



QUICK MEALS for kids

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story Laurie Wallace-Lynch

As that memorable commercial goes, early September marks “the most wonderful time of the year” when the kids go back to school and your life gets back to somewhat normal. Or does it? Fall brings an onslaught of after school activities like soccer practice, hockey games, music lessons—you know the drill.

This is the time we need an arsenal of quick meals that our kids are actually going to eat and enjoy. Meals that can

be made in no time flat so we don’t have to go through the drive thru at 5 p.m.—again!

Well, here they are! Quick, easy meals your entire family will love.

By the way, we would also like to give a special shout out to one more book called *Get Your Kids to Eat Anything* by Emily Leary: The 5-Phase Programme to Change the Way Your Family Thinks About Food (Octopus Publishing Group). Excellent book and recipes to tame the fussiest eater.



101 One Dish Dinners: Hearty Recipes for the Dutch Oven, Skillet & Casserole Pan

By Andrea Chesman

Excerpted from *101 One Dish Dinners* © 2005, 2016 by Andrea Chesman. Photography by © Johnny Autry. Used with permission from Storey Publishing

You had me at “one dish!” In her new book *101 One Dish Dinners*, Andrea Chesman shows us how to make marvelous one-pot wonders in no time flat, from classic comfort food like Baked Macaroni and Cheese to new favourites like Chicken Noodle Salad with Peanut Dressing.

Chesman is the author of many books, including *Serving Up the Harvest* (another great book for fall), and a James Beard Award nominee who teaches cooking classes. No cooking lessons are required to follow the easy and simple recipes in *101 One Dish Dinners*; the recipes are easy to follow and call for ingredients you likely have in your kitchen. These meals are packed with flavour thanks to the use of plenty of fresh ingredients.

On weeknights, you may want to try the Baked Macaroni & Cheese with Vegetables, Taco Salad, Pasta E Fagiole, Mexican Lasagna (with corn tortillas), Chicken Tetrazzini or Skillet Shepherd’s Pie. On weekends, impress your guests with a huge pan of Seafood Paella, Saffron



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BAKED MACARONI & CHEESE WITH VEGETABLES

Ingredients:

1 lb. elbow macaroni
1 head broccoli
1 large carrot, grated
4 tablespoons, butter
1/4 cup unbleached all-purpose flour
1 teaspoon dry mustard

2 cups milk
1 lb. sharp cheddar, grated
1 cup thinly sliced red bell pepper
1 cup thinly sliced green bell pepper
1 cup thinly sliced red onion
4 large portobello mushrooms, sliced (about 3 cups)
2 tablespoons vegetable oil
Salt and freshly ground black pepper

Macaroni and cheese without vegetables just isn’t a complete meal, so why not add vegetables to this perennial favorite? If different vegetables are preferred—frozen peas or green beans are recommended—just throw them into the pasta water about 2 minutes before the pasta is done. Fresh cauliflower can be substituted for the broccoli.

Preheat the oven to 350°F. Lightly grease a large casserole dish with butter.

Bring a large pot of salted water to a boil. Add the macaroni and boil. About 3 minutes before the macaroni is done according to the cooking time on the package, add the broccoli. About 1 minute before the macaroni is done, add the carrot. Continue boiling until the macaroni is al dente. Drain well. Transfer to the casserole dish.

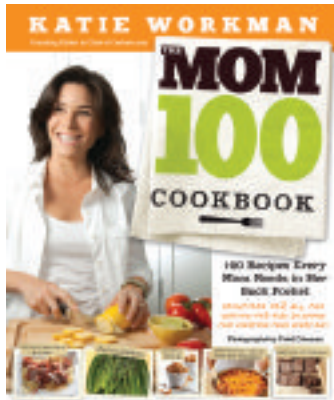
To make the cheese sauce, melt the butter over medium heat in a medium saucepan. Stir in the flour and dry mustard to form a smooth paste.

Stir in the milk and bring to a boil, stirring to prevent lumps. When the sauce thickens, stir in the Cheddar until melted.

Stir the sauce into the macaroni and vegetables. Season with salt and pepper.

Bake for 30 minutes, until bubbly and browned. Serve hot.

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The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket and Solutions for all the Cooking-for-Kids Dilemmas That Everyone Faces Every Day.

By Katie Workman

Excerpt from The Mom 100 Cookbook by Katie Workman. Photography by Todd Coleman, Workman Publishing © 2012. Used with permission from the publisher.

Workman is Founding Editor in Chief of Cookstr.com and a popular food writer and mother. Her book includes ingenious Fork in the Road variations on how to keep the dish simple enough so that kids will eat it, while ramping up the flavour for the grown-ups. You'll discover chapters on Quick Breakfasts, Hearty Comfort Foods, Pasta and Pizza—the Magic Words, Main Dish Meat, Vegetarian Mains, Souper Up, 4 Salads and a Couple of Vinaigrettes, Mixed Company Dinners, Simple Weeknight Desserts and Special Occasion Desserts.

She also includes solutions (and recipes) to handle the real life situations parents often face, such as getting night-before notice that your kid signed you up to supply goodies for the school bake sale (yes, it happened to me and I wish I had this book at the time). From breakfast to dessert, dealing with fussy eaters to weekend brunches, you will discover delicious solutions to preparing great meals that your family will gobble up.

BIG BATCH TURKEY MEAT SAUCE WITH ZITI

Serves 6 to 8, with serious amounts of leftover sauce; makes about 20 cups of sauce

Ingredients for turkey meat sauce:

2 tablespoons olive oil 1 pound ground turkey (don't buy the ultralean, use 93 percent lean/7 percent fat or 85 percent lean/15 percent fat) 1 pound fresh hot turkey sausage, removed from the casing 1 pound fresh sweet turkey sausage, removed from the casing 1½ cups chopped onions 3 shallots, finely chopped 1 tablespoon finely minced garlic 1 tablespoon dried oregano 2 teaspoons

Ingredients:

1 package (16 ounces) dried penne or ziti rigate (see Note)



dried basil Big glug or two of red or white wine, if you have a bottle open 4 cans (28 ounces each) crushed tomatoes, preferably in puree ½ teaspoon red pepper flakes (optional) Kosher or coarse salt and freshly ground black pepper

Make the turkey meat sauce: Heat 1 tablespoon of the olive oil in a large stockpot over medium-high heat. Add the ground turkey and the turkey sausage meat and cook, stirring frequently and breaking up the meat until it's very crumbly and browned throughout, 4 to 6 minutes. Place the browned meat in a strainer and let the fat drain off.

Heat the remaining 1 tablespoon of olive oil in the same pot over medium heat. Don't clean the pot! All those little browned bits of flavor from the meat will season the sauce. Add the onions and shallots and cook, stirring frequently, until softened, about 5 minutes. Add the garlic, oregano, and basil and cook, stirring, until you can smell the garlic and herbs, about 2 minutes. Add the wine, if using, and cook, scraping up any bits stuck to the bottom of the pot, until the wine pretty much evaporates, about 1 minute.

Add the tomatoes and red pepper flakes, if using, and stir to combine. Increase the heat to medium-high and let the tomato mixture come to a simmer, stirring it occasionally for about 10 minutes. Add the browned turkey and sausage mixture, reduce the heat to medium-low, and let simmer, stirring occasionally, until nicely thickened and the flavors have blended, about 20 minutes. Taste for seasoning, adding salt and black pepper as necessary. You won't need much; the sausages provide a whole lot of seasoning.

Bring a large pot of water to a boil over high heat. Add salt and let the water return to a boil. Add the pasta and cook it according to the package directions. Drain the pasta, return it to the pot, and toss it with as much of the meat sauce as desired.

Note: Rigate means ridged, and those ridges help catch the sauce in the pasta.

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Mad Hungry Family

By Lucinda Scala Quinn

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When kids get home from school, they are “mad hungry” for something good to eat. Lucinda Scala Quinn is the author of four MAD HUNGRY books and co-host of *Everyday Food* on PBS. In **Mad Hungry Family**, Lucinda shares 120 recipes that, according to her Essential Manifesto, will help readers “believe in the power of home cooking, bring confidence to the kitchen, buy real food and cook it well.”

Chapters include Mad About Meat, Chicken Confidential, Eggs All Day Long, The Seafood Story, Pantry Power, Mad Veg, Killer Salads, Holiday Meal Circuit and Speed-Scratch Sweets.

The recipe for Haddock Italiano is absolutely delicious and is my new go-to recipe for fish. You’ll also learn how to cook lobster and impress company with Neo Clams Casino.

The holiday chapter is particularly useful thanks to recipes like Straight-Talk Turkey, Thanksgiving Leftover Pie, Standing Rib Roast and Yorkshire Pudding.

Just flipping through this book and seeing the great recipes and photos makes me “Mad Hungry” to try every recipe!



Photo by Clare Winfield

HADDOCK ITALIANO

Serves 4

This Italian-American-style recipe breaks the cardinal (Italian) rule that you never, ever put cheese with fish, lest you overwhelm its delicate flavor. But here, a toasty, lightly cheesy bread crumb mixture makes a perfect coating for haddock, a thick, flaky white fish that is still affordable and plentiful in eastern waters. Any similarly textured fish, such as flounder or cod, can be substituted.

Ingredients:

1 pound skinless haddock or other mild, flaky white fish, cut into 4 pieces
Coarse salt and freshly ground black pepper
1 teaspoon extra-virgin olive oil, plus more for drizzling and coating the pan
2 tablespoons Dijon mustard
½ cup panko bread crumbs or coarse bread crumbs (preferably

dry, but fresh will work, too)
¼ cup chopped fresh parsley leaves
2 tablespoons grated Parmesan cheese
1 garlic clove, minced
Finely grated zest of 1 lemon
1 lemon, halved (juice one half and cut the other half into 4 pieces, for serving)
2 teaspoons unsalted butter

Preheat the oven to 425°F. Season the fish on both sides with salt and pepper, and place on an oiled or parchment paper-lined baking pan. Whisk together the oil and mustard and spread the mixture over the top of the fish.

Combine the bread crumbs, parsley, cheese, garlic, lemon zest, and a drizzle of oil (enough to slightly moisten the mixture) in a bowl. Pile the bread crumb mixture on each piece of fish and gently press it down. Drizzle a scant ½ teaspoon lemon juice over each one. Dot the tops with butter. Bake until cooked through and golden brown on top, about 8 minutes, depending on the thickness of the fish. The fish should feel slightly firm when pressed with your finger. Serve each portion with a lemon wedge.

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