

Smart ways to live well

SEPTEMBER 06

# Prevention

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quick meals that fight fat

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ANTI-AGING GUIDE

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196  
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TIPS



GRANOLA  
PANCAKES  
WITH FRUIT  
SAUCE, p. 200

# food kids (and you) will love

Star chefs add  
healthy pizzazz to  
pancakes,  
pizza,  
and more

BY LESLEY PORCELLI

If feeding your kids good-for-them food involves more negotiation than a peace treaty, take comfort: Even famed chefs (and parents) like Alice Waters, owner of Chez Panisse restaurant in Berkeley, CA, and Rick Bayless, owner of both Topolobampo and Frontera Grill in Chicago, struggled to keep their kids happy at meal time. In fact, it's common, and even healthy, for kids to view any unfamiliar food with skepticism, says Marilyn Tanner, RD, a pediatric dietitian at St. Louis Children's Hospital in Missouri.

To help introduce your kids to something more sophisticated than gummy bears, *Prevention* teamed up with members of the Chefs Collaborative, a network of restaurant chefs who use local, seasonal, and sustainable ingredients—the kind you want your kids to love. They cooked up these five tried-and-true kid-friendly recipes. All of them look familiar and nonthreatening and are so yummy, they'll bring the whole family to the table together.

“If your apples are sweet, you won't need to add any sugar to the filling in this recipe”

—Alice Waters, *Chez Panisse, Berkeley, CA*



APPLE CRISP  
p. 200



“Lamb is very flavorful, so if your kid is a picky eater go with beef.”

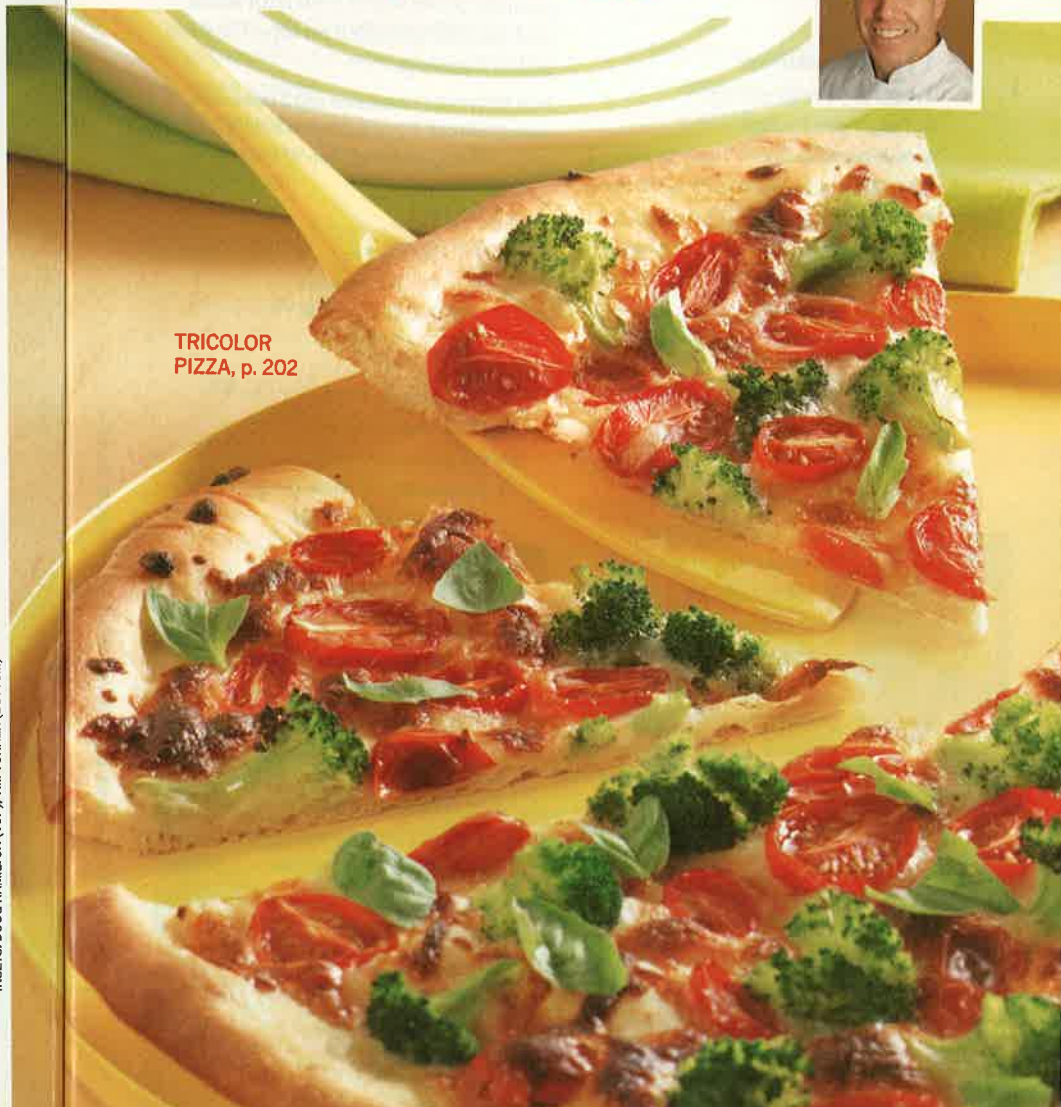
—Rick Bayless,  
*Topolobampo and Frontera Grill, Chicago*

MOROCCAN MEATBALLS IN TOMATO SAUCE  
p. 201

INSETS: DOUG HAMILTON (TOP); TIM TURNER (BOTTOM)

“I encourage parents to make pizza with vegetables with their kids. It's wholesome, homemade food”

—Michael Tuohy, *Woodfire Grill, Atlanta*



TRICOLOR PIZZA, p. 202

# Kid-friendly recipes

## Granola Pancakes with Fruit Sauce

PREP TIME 10 minutes

COOKING TIME 14 minutes

### PANCAKES

- 1 c low-fat buttermilk
- 1 egg, at room temperature
- 3 Tbsp melted butter
- $\frac{3}{4}$  c all-purpose flour
- 1 tsp baking soda
- 2 tsp sugar (optional)
- $\frac{1}{2}$  c low-fat granola

### SAUCE

- 1 c fresh berries (whole or sliced)
- 1 Tbsp maple syrup
- $\frac{1}{2}$  tsp freshly squeezed lemon juice

1. To prepare pancakes: In small bowl, combine buttermilk, egg, and melted butter. Stir until smooth. In medium

bowl, combine flour, baking soda, and sugar, if using. Stir until well blended. Add liquid mix and stir until just blended.

2. To prepare sauce: In small saucepan, combine berries, maple syrup, and lemon juice. Cook over medium heat just until berries are soft and

release their juices, about 8 minutes. Keep warm if desired.

3. Heat lightly oiled skillet or griddle to medium high. Ladle 2 tablespoons of batter onto skillet. Sprinkle with

1 tablespoon granola. When little bubbles begin to form, flip pancake and cook 1 to 2 minutes on other side. Repeat with remaining batter and granola. Serve warm with fruit sauce and granola sprinkled on top, if desired.

Makes 4 servings

PER SERVING (2 pancakes and 2 teaspoons sauce) 290 cal, 8 g pro, 40 g carb, 11 g fat, 6 g sat fat, 78 mg chol, 2 g fiber, 471 mg sodium

## Apple Crisp

PREP TIME 17 minutes

COOKING TIME 40 minutes

COOLING TIME 10 minutes

### TOPPING

- $\frac{1}{2}$  c all-purpose flour
- 3 Tbsp brown sugar
- $1\frac{1}{2}$  tsp granulated sugar
- 3 Tbsp butter, at room temperature
- Apple slices (garnish)

### FILLING

- 2 lb apples (or other fruit such as peaches), peeled, cored, and sliced (about 4 c)
- $\frac{1}{2}$  tsp freshly squeezed lemon juice
- $\frac{1}{4}$  tsp lemon zest
- $1\frac{1}{2}$  Tbsp granulated sugar (optional)

1. Preheat oven to 375°F.

2. To prepare topping: In medium bowl, combine flour and sugars. Cut butter into small pieces and add. Mix in butter by rubbing it in flour mixture lightly and quickly between fingertips until evenly combined and mixture looks crumbly.

3. To prepare filling: In large bowl,

combine apples with lemon juice, lemon zest, and sugar, if needed. Transfer to 1-quart glass or ceramic baking dish, spreading to cover bottom. Sprinkle topping evenly over apples. Bake on middle rack until topping is brown and apples are soft and bubbly, about 40 minutes. Cool 10 minutes before serving. Garnish with apple slices, if desired.

Makes 4 servings

PER SERVING 241 cal, 2 g pro, 41 g carb, 9 g fat, 5 g sat fat, 23 mg chol, 3 g fiber, 63 mg sodium

## Moroccan Meatballs in Tomato Sauce

PREP TIME 20 minutes

COOKING TIME 15 minutes

$1\frac{1}{4}$  lb ground beef or lamb

- 1 Tbsp paprika
- 2 tsp ground cumin
- Leaves from 12 lg parsley sprigs, chopped
- 1 lg clove garlic
- 1 can (15 oz) diced tomatoes, drained
- $\frac{1}{4}$  c olive oil
- 3 Tbsp tomato paste
- 1 sm onion, cut into chunks
- 8 oz spaghetti

1. Place ground beef or lamb in large bowl. Add  $1\frac{1}{2}$  teaspoons of the paprika, 1 teaspoon of the cumin, and half of the parsley. Mix or knead to thoroughly distribute flavorings through meat. Roll into 1" balls and place on plate. Bring large pot of water to a boil for pasta.

“ This recipe has half the fat of a traditional potpie. And it's full of vegetables ”

—Ann Cooper, coauthor of *Lunch Lessons: Changing the Way We Feed Our Children*



CHICKEN POTPIE WITH SWEET POTATO BISCUITS p. 203



Lucia Watson, Lucia's, Minneapolis

FOOD PHOTOS BY BRIAN HAGIWARA; FOOD STYLING BY VIVIAN JAO; PROP STYLING BY LISA SACCO

INSET: COURTESY OF THE CHEZ PANISSE FOUNDATION (RIGHT)

2. In food processor, combine garlic, tomatoes, oil, tomato paste, and onion. Process until mixed. Add remaining paprika, cumin, and parsley. Process until nearly smooth. Scrape into medium pot or deep 10" skillet. Place over medium heat, bring to boil, and cook 2 to 3 minutes.

3. Remove pan from heat. Nestle meatballs into sauce in one layer. Swirl pan gently to cover meatballs with sauce. Place over medium heat, positioning lid slightly ajar, and cook 10 to 12 minutes, until meatballs are cooked through. While meatballs are cooking, add spaghetti to boiling water and prepare per package directions. Drain and place spaghetti in a large serving dish. Serve meatballs and sauce over spaghetti.

**Makes 4 servings**

**PER SERVING** 541 cal, 37 g pro, 51 g carb, 21 g fat, 4.6 g sat fat, 75 mg chol, 4 g fiber, 317 mg sodium

## encourage healthy eating

"I love showing kids how to make peanut butter by grinding up roasted peanuts; they always say, 'That's insane!' They can't believe that's where peanut butter comes from. This captures not only the wonder of food, but also kids' current disconnect from what they eat." —Lucia Watson

"Experts say kids have to taste something 15 to 20 times before they'll accept it. But that's not the case if they help prepare it. Once they participate, all those problems go away."

—Ann Cooper

"A lack of food traditions in this country contributes to picky kids. In Mexico, food traditions—and food—tend to be strong. There's such a reverence for it that kids grow up learning to like it."

—Rick Bayless

"Wear them out before dinner! If kids are actually hungry, they're more interested in new foods."

—Lucia Watson

"Look for fruits and vegetables in season—those are always the ones that taste the best and cost the least. And always look for food that's organically grown. It's the healthiest for you, and organic farmers take care of the earth for the good of all of us."

—Alice Waters

## Tricolor Pizza

**PREP TIME** 5 minutes

**COOKING TIME** 10 minutes

- 1 head broccoli, separated into small florets
- 2 prebaked regular or whole wheat pizza shells (12" diameter), such as Boboli
- 1 c reduced-fat shredded mozzarella cheese
- 1 pt cherry tomatoes, halved
- 6 Tbsp grated Parmesan cheese
- 1 c torn basil leaves (optional)

1. Preheat oven to 500°F.
2. In large pot of rapidly boiling water, cook broccoli, uncovered, until crisp-tender, 2 minutes. Drain and set aside.
3. Place each pizza shell on baking sheet. Sprinkle on mozzarella, add an even layer of tomatoes, and dot with broccoli. Place in oven and bake until crusts are golden brown and crisp, about 8 minutes. Remove from oven

and sprinkle with Parmesan. Scatter pizzas with basil leaves, if desired. Cut each pie into six slices and serve.

**Makes 6 2-slice servings**

**PER SERVING** 425 cal, 23 g pro, 53 g carb, 14 g fat, 6 g sat fat, 26 mg chol, 4 g fiber, 820 mg sodium

## Chicken Potpie with Sweet Potato Biscuits

**PREP TIME** 55 minutes

**COOKING TIME** 41 minutes

### BISCUITS

- $\frac{3}{4}$  c all-purpose flour
- $\frac{1}{4}$  c whole wheat flour
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- 2 Tbsp unsalted butter, cold
- $\frac{1}{3}$  c 1% milk
- $\frac{1}{4}$  c mashed sweet potato

### FILLING

- 2 Tbsp unsalted butter
- 1 c chopped onion ( $\frac{1}{2}$ " pieces)
- $\frac{1}{4}$  c chopped celery ( $\frac{1}{2}$ " pieces)
- $\frac{1}{2}$  c chopped carrots ( $\frac{1}{2}$ " pieces)
- 1 c chopped potatoes ( $\frac{1}{2}$ " pieces)
- $\frac{3}{4}$  lb boneless, skinless chicken breast, cut into  $\frac{3}{4}$ " pieces
- 1 Tbsp all-purpose flour
- 1 bay leaf
- 1 c 1% milk
- 1 c reduced-sodium chicken broth
- $\frac{1}{2}$  tsp chopped fresh tarragon
- 2 tsp chopped parsley

1. Preheat oven to 450°F.
2. To prepare biscuits: In medium bowl, combine flours, baking powder, and salt, and mix well. Cut butter into small

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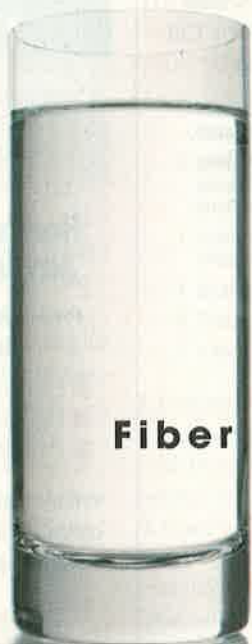
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pieces and add to flour mixture. Using fingertips, work butter into flour until it has consistency of cornmeal.

**3.** In small bowl, combine milk and sweet potato and mix well with fork. Add to flour mixture and stir quickly just until it forms a ball. Turn dough onto lightly floured surface and knead 14 times. Do not overwork or dough will become tough.

**4.** Pat dough out until it is 1/2" thick. Cut into rounds with biscuit cutter. Gather scraps, pat out, and cut again until all dough is used. Place on cookie sheet and bake 8 to 10 minutes or until bottoms of biscuits are golden brown.

**5.** *To prepare filling:* Melt butter in medium saucepan over medium heat. Add onion and celery and cook until onion is translucent, about 2 minutes. Add carrots and potatoes and cook until hard vegetables soften, about 10 minutes. Add chicken and cook 3 minutes. Stir in flour and cook 3 minutes. Add bay leaf, milk, and broth and cook until vegetables are tender, about 8 minutes.

**6.** Stir in tarragon and parsley, season with salt and pepper, and cook 5 minutes until chicken is fully cooked. Remove and discard bay leaf.

**7.** To serve, place a bottom half of biscuit in each of 4 bowls, add potpie filling, and cap with biscuit tops.

**Makes 4 servings**

**PER SERVING** 429 cal, 29 g pro, 47 g carb, 14 g fat, 8 g sat fat, 83 mg chol, 4 g fiber, 470 mg sodium

**Lesley Porcelli** is a New York food writer and regular *Prevention* contributor.

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