

# Parents

healthy kids, happy families

our  
cover contest  
winner!  
Colette McConnell,  
age 3



## MORE GRATITUDE LESS ATTITUDE

HELP YOUR  
CHILD VALUE WHAT  
SHE HAS

THE MOST  
COMMON KID  
ILLNESSES  
*and how to cope*

THE BEST  
TOYS  
OF 2014

GO NOW!

10 PLACES  
TO VISIT  
BEFORE AGE 10

HOSTING  
THANKSGIVING AT  
YOUR PLACE?  
A SIMPLE  
STEP-BY-STEP PLAN

OM-M-G!  
mantras to ease  
mommy stress





eating well

**JUST  
ADD + BACON**





**fennel + corn  
+ bacon**

**Corn and Bacon Chowder.**  
See page 174 for recipe.



How can you convince picky eaters to try broccoli, asparagus, or mushrooms? Make the dish with a bit of bacon—the latest kid-food craze.

by KATIE WEBSTER

photographs by CHRISTOPHER TESTANI





**asparagus  
+ bacon**

### Veggie Bundles

ACTIVE TIME 25 MINUTES

TOTAL TIME 50 MINUTES

MAKES 6 SERVINGS

#### Ingredients

Nonstick cooking spray

6 slices bacon

1 bunch asparagus,  
trimmed

2 Tbs. orange juice

2 tsp. olive oil

2 tsp. honey

#### make it

**1.** Preheat oven to 400°F. Coat a large baking sheet with cooking spray; set aside. Arrange bacon between four sheets of paper towels on a plate. Microwave bacon on high (100%) power for 1½ to

2 minutes or until partially cooked but not brown. Cool.

**2.** Cook asparagus in lightly salted boiling water for a minute; drain. Rinse with cold water and pat dry.

**3.** Divide asparagus into six piles. Wrap a slice of bacon around each; secure with a toothpick. Bake on sheet,

turning once or twice until asparagus is soft and bacon is browned, 20 to 25 minutes.

**4.** Whisk juice, oil, and honey. Drizzle on bundles.

#### NUTRITION PER SERVING

70 calories; 3g protein; 6g fat (2g sat. fat); 4g carbs; 3g sugar; 1g fiber; 1mg iron; 10mg calcium; 131mg sodium



eating well

### broccoli + bacon



### Creamy Picnic Salad

ACTIVE TIME 15 MINUTES  
TOTAL TIME 15 MINUTES  
MAKES 12 SERVINGS

#### ingredients

- ½ cup plain low-fat Greek yogurt
- 3 Tbs. mayonnaise
- 4 tsp. brown mustard
- 2 tsp. cider vinegar
- ½ tsp. salt
- Freshly ground pepper, to taste
- 5 cups chopped raw broccoli florets (1 lb.)
- 4 slices bacon, cooked crisp and crumbled
- ½ cup dried cranberries
- ¼ cup sunflower kernels, toasted
- 1 shallot, minced

#### make it

In a large bowl, whisk together yogurt, mayo, mustard, vinegar, salt, and pepper. Add broccoli, bacon, cranberries, sunflower kernels, and shallot. Stir to coat.

NUTRITION PER SERVING  
94 calories; 4g protein; 6g fat  
(1g sat. fat); 8g carbs; 5g sugar;  
2g fiber; 1mg iron; 33mg  
calcium; 206mg sodium

### Stuffed 'Shrooms

ACTIVE TIME 25 MINUTES  
TOTAL TIME 55 MINUTES  
MAKES 5 SERVINGS

#### ingredients

- Nonstick cooking spray
- ¼ cup bulgur
- 1 cup water, divided
- 4 slices bacon, cooked crisp and crumbled
- 2 green onions, finely chopped
- 1 slice whole-wheat bread
- 1 egg white
- ¼ cup shredded cheddar cheese (1 oz.)
- ½ tsp. ground sage
- ¼ tsp. salt
- ¼ tsp. pepper
- 20 large cremini mushrooms, stemmed and cleaned (1 lb.)

#### make it

1. Preheat oven to 400°F. Coat a 13x9x2-in. baking dish with cooking spray; set aside. In a small saucepan, combine the bulgur and ½ cup of the water. Bring to a simmer. Simmer, covered, for 12 minutes.

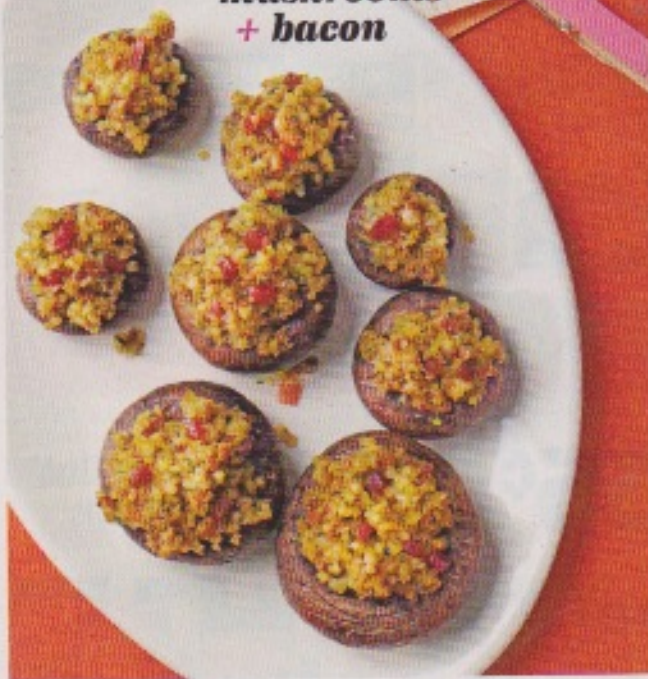
2. In a food processor, combine the bacon, green onions, bread, egg white, cheese, sage, salt, and pepper. Cover and process until it forms a rough paste.

3. Place mushrooms, stemmed side up, in the prepared baking dish. Gently stuff mushrooms with bulgur mixture.

4. Pour the other ½ cup of water into bottom of dish; cover with foil. Bake 15 to 20 minutes or until hot. Uncover and bake 5 to 10 minutes more or until tops are lightly crisp. Let cool 5 minutes.

NUTRITION PER SERVING  
120 calories; 9g protein; 5g fat  
(2g sat. fat); 11g carbs; 2g sugar;  
3g fiber; 1mg iron; 60mg  
calcium; 256mg sodium

### mushrooms + bacon



### BACON BY THE NUMBERS

A slice of bacon is less fattening than you'd imagine, containing **42 calories** and **3 grams of fat**, about the same amount as a chicken nugget. If added nitrates or nitrites are a concern, consider buying "uncured" bacon from a brand such as Applegate or Hormel Natural Choice.



*fish + bacon*

**Crunchy Cod**

ACTIVE TIME 10 MINUTES

TOTAL TIME 25 MINUTES

MAKES 4 SERVINGS

*ingredients*

- ½ slice sourdough bread, torn into small pieces
- 2 slices bacon, cooked crisp and crumbled
- 3 tsp. olive oil, divided
- ¼ tsp. smoked paprika
- ¼ tsp. kosher salt plus a pinch, divided
- ¼ tsp. garlic powder

- ¼ tsp. ground pepper
- 4 4-oz. boneless cod fillets

*make it*

1. Preheat oven to 450°F. In a food processor, combine bread, bacon, 1 tsp. oil, paprika, pinch of salt, garlic powder, and pepper. Cover and pulse until evenly moistened and bread resembles coarse crumbs.
2. Sprinkle cod with ¼ tsp. salt. Divide crumb mixture

evenly over fish and press gently to adhere. In a large oven-safe skillet, heat remaining 2 tsp. oil over medium-high heat. Add cod, skin side down. Immediately transfer skillet to oven. Bake until fish is cooked through and crumb mixture is browned, 8 to 14 minutes.

**NUTRITION PER SERVING**  
154 calories; 22g protein; 6g fat (1g sat. fat); 2g carbs; 0 sugar; 0 fiber; 1mg iron; 21mg calcium; 269mg sodium