

healthy kids, happy families

Parents

**best.
party.
ever.**

**59 fresh, fun (and easy!)
birthday ideas**

**STOP
ALLERGIES
THIS
SPRING**

**the web's
buzziest
reads for
moms**

**SIMPLIFY
YOUR
CRAZY-BUSY
LIFE**

*** food-safety
news every
family needs**

KID FEARS
what's normal,
what could be OCD



8
**signs
your new
baby is
healthy**

what's for dinner?

grocery list

- 1 jar tahini (sesame-seed paste)
- 1 12-oz. box whole-wheat couscous
- 2 32-oz. boxes reduced-sodium chicken broth
- 1 bag dried cranberries
- 1 bunch asparagus
- 1 bag carrots
- 2 medium heads cauliflower
- 3 large onions
- 2 small zucchini
- 1 yellow sweet pepper
- 1 bunch cilantro
- ½ pint half-and-half
- 5 oz. reduced-fat sharp cheddar cheese
- 1 oz. grated Parmesan cheese
- 4 8-in. whole-grain flour tortillas
- 1 lb. pork tenderloin
- 1 lb. turkey-breast cutlets
- 1 lb. lean ground beef
- 1 1-lb. bag frozen medium shrimp
- 3 cups frozen corn

PANTRY ITEMS

Reduced-sodium soy sauce, cider vinegar, honey, pure maple syrup, cornstarch, flour, salt and pepper, olive oil, Italian seasoning herb blend, ground cumin

5 Easy Meals

Supper is solved! With only one grocery trip and a bit of prep, your weeknights will now go a lot more smoothly. *by KATIE WEBSTER photographs by KANA OKADA*

weekend prep

1. Steam 8 cups cauliflower florets until tender, about 14 minutes. Puree with ½ cup half-and-half and salt and pepper to taste. Refrigerate half; freeze half for Thursday.
2. Cook a 12-oz. box of whole-wheat couscous in 3 cups reduced-sodium chicken broth according to package directions. Chill.

★ MONDAY

Maple Pork Sauté

ACTIVE TIME 40 MINUTES

TOTAL TIME 40 MINUTES

MAKES 4 SERVINGS

ingredients

- 2 Tbs. pure maple syrup
- 2 Tbs. tahini
- 2 Tbs. reduced-sodium soy sauce
- 2 tsp. cornstarch
- 2 tsp. olive oil
- 1 bunch asparagus, cut into 1-in. lengths
- 2 cups sliced carrots

1 lb. pork tenderloin, cubed

2 cups weekend-prepped couscous, heated

Chopped cilantro, optional

make it

1. In a small bowl combine ¾ cup water, maple syrup, tahini, soy sauce, and cornstarch; set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add

asparagus and carrots. Cook 7 minutes, stirring occasionally. Add pork; cook 4 minutes more. Add the reserved sauce. Cook 1 to 2 minutes or until sauce is thickened and pork is just barely pink in the center. Serve over couscous with cilantro garnish, if using.

NUTRITION PER SERVING
434 calories; 35g protein; 9g fat (2g sat. fat); 55g carbs; 10g fiber; 13g sugar; 5mg iron; 86mg calcium; 409mg sodium



GET this week's grocery list on your phone! Find it in your Mom+ app under "Extras." See page 181 for Mom+ details.



Serve this creamy soup with a green salad and bread on the side. Substitute vegetable broth for a meatless meal.



★ TUESDAY
Cheddar and Cauliflower Soup

ACTIVE TIME 25 MINUTES
TOTAL TIME 25 MINUTES
MAKES 4 SERVINGS

ingredients

- 2 tsp. olive oil
- 1 cup finely chopped onion
- 3 Tbs. all-purpose flour
- ¼ tsp. salt
- Dash pepper
- 4 cups reduced-sodium chicken broth
- 2 cups weekend-prepped cauliflower puree
- 1 cup shredded reduced-fat sharp cheddar cheese

make it

1. Heat oil in a large saucepan over medium heat. Add onion. Cook 5 to 7 minutes or until tender. Stir in flour, salt, and pepper. Add broth all at once. Whisk to combine. Bring to a simmer, whisking occasionally. Whisk in cauliflower puree; simmer 5 minutes. Remove from heat and stir in cheese.
2. Let mixture cool slightly. In a blender, blend mixture half at a time until smooth.
3. Ladle soup into bowls.

NUTRITION PER SERVING
188 calories; 12g protein; 10g fat (5g sat. fat); 14g carbs; 2g fiber; 4g sugar; 1mg iron; 291mg calcium; 484mg sodium

★ WEDNESDAY
Herby Turkey Cutlets

ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES
MAKES 4 SERVINGS

ingredients

- 2 Tbs. cider vinegar
- 2 Tbs. olive oil, divided
- 2 tsp. honey
- ½ tsp. salt, divided
- 2 tsp. Italian seasoning
- ¼ tsp. ground pepper
- 1 lb. turkey-breast cutlets
- ¼ cup all-purpose flour
- 1 cup chopped zucchini
- 2½ cups weekend-prepped couscous, heated
- ¼ cup dried cranberries

make it

1. Mix vinegar, 1 Tbs. oil, the honey, and ¼ tsp. salt; set aside. Add seasoning, ¼ tsp. salt, and pepper to cutlets. Dredge in flour; rid excess.
2. Heat 1 tsp. oil in nonstick skillet over medium-high heat. Add zucchini. Cook 3 minutes or until lightly browned. Transfer to a bowl. Mix in couscous, berries, and reserved dressing; cover.
3. Add 2 tsp. oil to skillet. Cook cutlets until browned and heated through, about 5 minutes. Serve with couscous.

NUTRITION PER SERVING
406 calories; 35g protein; 8g fat (1g sat. fat); 48g carbs; 3g fiber; 9g sugar; 2mg iron; 18mg calcium; 425mg sodium



★ THURSDAY

Skillet Shepherd's Pie

ACTIVE TIME 25 MINUTES
TOTAL TIME 25 MINUTES
MAKES 4 SERVINGS

ingredients

- 2 tsp. olive oil
- 1 lb. lean ground beef
- 1 cup chopped onion
- 1 tsp. Italian seasoning
- ½ tsp. salt
- 2 Tbs. all-purpose flour
- 1 cup reduced-sodium chicken broth
- 1 cup frozen corn kernels
- 2 cups weekend-prepped frozen cauliflower puree, thawed
- 2 Tbs. grated Parmesan cheese

make it

1. Place a rack in top of oven. Preheat broiler. Heat oil in a broiler-proof skillet on medium-high. Add beef, onion, seasoning, and salt. Cook, crumbling beef until browned and onion is tender, 6 to 8 minutes. Drain fat.

2. Coat beef mixture with flour. Add broth and corn. Cook and stir until mixture simmers and thickens, about 3 minutes. Spread cauliflower puree over beef mixture. Top with cheese. Broil until top is golden and hot, 6 minutes.

NUTRITION PER SERVING
336 calories; 28g protein; 16g fat (6g sat. fat); 20g carbs; 3g fiber; 4g sugar; 3mg iron; 84mg calcium; 511mg sodium



Thaw shrimp in the fridge on Thursday. Forgot? Run cold water over them for several minutes before cooking.

★ FRIDAY

Shrimp Fajitas

ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES
MAKES 4 SERVINGS

ingredients

- 1 Tbs. olive oil
- 1 cup sliced onion
- 1 sweet pepper, sliced
- 1 cup chopped zucchini
- 1 lb. medium shrimp, peeled and deveined
- 1½ tsp. ground cumin, divided
- Salt to taste
- 2 cups frozen corn
- 2 Tbs. chopped cilantro
- 4 8-in. whole-grain flour tortillas, warmed
- 4 Tbs. shredded reduced-fat sharp cheddar cheese

make it

1. Heat oil in a nonstick skillet over medium-high heat. Add onion and pepper. Cook and stir 2 minutes. Add zucchini. Cook 2 minutes more. Add shrimp, 1 tsp. cumin, and salt. Cook 2 to 3 minutes more or until shrimp are opaque.

2. In a microwave-safe bowl, mix corn, remaining ¼ tsp. cumin, and salt. Heat until steaming, about 4 minutes. Stir in cilantro.

3. Fill the tortillas with shrimp mixture and cheese. Serve with corn.

NUTRITION PER SERVING
380 calories; 29g protein; 10g fat (3g sat. fat); 47g carbs; 6g fiber; 8g sugar; 3mg iron; 223mg calcium; 523mg sodium