

1 American baby

JUNE 2006

MOM TO MOM. WOMAN TO WOMAN.™

The
ULTIMATE
Stroller Guide
From \$30 to \$1,000
Take a Look
At What's New

**EMERGENCY
FIRST AID**
Are You Prepared?

Parents Rate
The Most Popular
Family Restaurants

SIMPLE FUN

THE 3 BEST LEARNING TOYS
(AND NO BATTERIES NEEDED)

**FOR CRYING
OUT LOUD!**
SOLUTIONS
THAT'LL
SOOTHE
BOTH YOU
& BABY

Simply 1000

EASY SOLUTIONS FOR BUSY MOMS

food, family, & fun

- The No-Fuss Dinner Party
- Kids Will Love What's Cookin'
- Beyond Chicken Fingers and Fries

let's do dinner

HAVING A BABY DOESN'T MEAN AN END TO YOUR SOCIAL LIFE. HERE'S HOW TO PULL OFF A NO-FUSS PARTY. BY CYNTHIA STEVENS GRAUBART AND CATHERINE FLIEGEL, RN

Using your new baby as an excuse for not entertaining only works for a while. Once you're back on your feet and settled into a routine, you'll be ready for some adult company, and besides, you might feel the need to pay back your friends for the hospitality they showed you when you were in the hospital.

To help you ease back into dinnertime entertaining, we recommend doing a brunch test run first. That way, both you and baby are fresh for the day—and you can nap when it's over! Invite one or two couples, and serve a hot dish along with fruit and store-bought baked goods. This small-scale party will restore your confidence as a hostess. With that success under your belt, you'll be ready to bring on the dinner party.

HOSTING WITHOUT HASSLES

Don't let thoughts of cleaning and slaving over the stove overwhelm you—thereby derailing your dinner party. To make entertaining a cinch:

- 1. Stick with A-list guests.** Your real friends know how hectic life is and won't expect you to serve up perfection.
- 2. Don't be a neatnik.** Walk through the house with a shopping bag or laundry basket to collect stray messes. Then give the guest bathroom a once-over with a disposable cleaning wipe and put out a fresh set of towels.
- 3. Keep the table simple.** No one expects a four-course

meal on your grandmother's china. In fact, paper and plastic are just fine if that's all you think you can handle for

end-of-the-night cleanup.

- 4. Write up a checklist.** That way, if a ringing phone or a crying baby distracts you from your cooking or cleaning, you won't have to retrace your steps when you eventually return to your task. And you'll be sure everything that you intend to serve actually makes it to the table!

TURN THE PAGE FOR TWO EASY-TO-MAKE RECIPES.

NIGHT BEFORE

- Move casserole to refrigerator to defrost overnight.
- Set the table. Wait until 1 hour pre-party if your toddler must eat there.

DAY OF DINNER PARTY

- Prepare salad early in the day, but do not dress. Cover and refrigerate.
- Prepare rice according to directions (2 cups of dry rice makes 6 cups of cooked rice, or 6 servings), and refrigerate in microwave-safe serving dish.

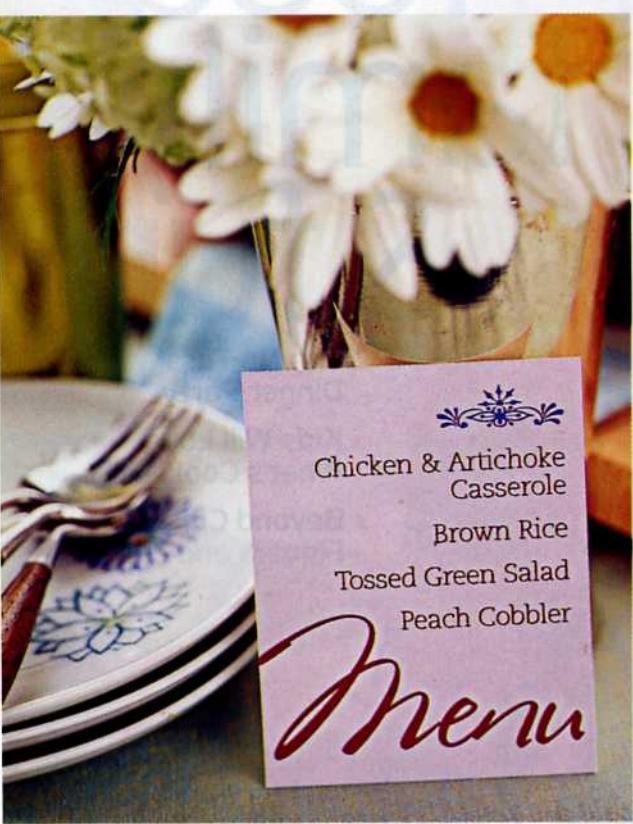
1 HOUR BEFORE GUESTS ARRIVE

- Place casserole in a cold oven. Set oven to 350° and bake.
- Arrange hors d'oeuvres on plat-

ters and dips in bowls.

10 MINUTES BEFORE SITTING TO EAT

- Reheat rice in microwave; add a little water to create steam so the rice does not dry out.
- Ask a guest to dress and toss the salad while you mix together the cobbler and pop it in the oven. Don't forget to set the oven timer.
- Sit down to a delicious job well done! (When the timer goes off, remove the cobbler and set aside to cool.)



Chicken & Artichoke Casserole
Brown Rice
Tossed Green Salad
Peach Cobbler

Menu

DINNER CHECKLIST

Follow this game plan for a great evening.

1 WEEK AHEAD

- Grocery shop for nonperishables, beverages, and casserole ingredients.
- Make and freeze the casserole.

UP TO 3 DAYS AHEAD

- Shop for fresh items, including hors d'oeuvres and flowers for the table.

Excerpted from
The One-Armed Cook
(Meredith Books, 2005)



Nutrition Facts Per Serving Calories:
409; Total Fat: 14g; Saturated Fat: 2g;
Carbs: 25g; Fiber: 8g; Protein: 46g

Peach Cobbler

You can easily substitute any variety of frozen fruit (like cherries or blueberries) for the peaches.

Makes: 6 servings

Preparation: 5 minutes

Start to Finish: 35 minutes

1 stick butter or margarine

1 cup all-purpose flour

1 1/2 tsp. baking powder

1/2 tsp. salt

1 cup milk

1/2 cup sugar

One 16-oz. package frozen peach slices

USE FRESH SEASONAL FRUIT IF YOU PREFER.

1. Preheat oven to 350°.
2. In a 9" x 13" glass baking dish, melt butter or margarine in the microwave.
3. In a large mixing bowl, combine flour, baking powder, salt, milk, and sugar, stirring well to mix with a wire whisk.
4. Pour batter evenly over the hot melted butter or margarine.
5. Top batter evenly with the peach slices.
6. Bake for 45 minutes. The batter will puff around the fruit and brown slightly.

Nutrition Facts Per Serving Calories:
326; Total Fat: 16g; Saturated Fat: 10g;
Carbs: 42g; Fiber: 2g; Protein: 4g

Chicken & Artichoke Casserole

Serve this recipe over brown rice to soak up the delicious sauce.

Makes: 6 to 8 servings

Preparation: 10 minutes

Start to Finish: 45 minutes

4 tsp. vegetable oil

2 lb. chicken breast tenders

2 tsp. bottled chopped garlic

Two 10-oz. packages frozen artichoke hearts, defrosted

Two 8-oz. packages fresh sliced mushrooms

One 12-oz. can evaporated milk

One 28-oz. can diced tomatoes

2 tsp. dried basil

2 tsp. dried tarragon

1 tsp. salt

1/2 cup sherry (optional)

Vegetable oil cooking spray

1/2 cup sliced almonds

1. In a large pan over medium-high heat,

heat oil and cook chicken tenders 3 to 4 minutes to brown them slightly.

2. Add garlic, artichoke hearts, and mushrooms to the pan and sauté with the chicken for another 3 to 4 minutes to brown them slightly.

3. In a medium mixing bowl, combine milk, tomatoes, basil, tarragon, salt, and sherry (if using), stirring well to mix.

4. Add chicken-and-vegetable mixture to the milk-and-tomato mixture, mixing well.

5. Coat a 9" x 13" baking dish with cooking spray. Add contents of mixing bowl. Top with almonds.

6. To cook frozen casserole, place in a cool oven, set timer for 1 hour, then set oven to 350°.

Note: If you are making this without freezing, preheat oven to 350° and bake for 25 to 35 minutes, until sauce is bubbly.

