

handed eating

One hand always seems to be out of commission now that you're a mom, doesn't it? You're either feeding your baby, holding your baby, playing with your baby, or pushing your baby in a stroller. Even when it's his naptime, you're probably talking about your baby on the phone, or cleaning up the mess he made when he was awake. No matter what, you don't have both arms available to eat a sit-down meal with—remember these?—utensils. But you can still eat well with just one hand when you're on the go. Cynthia Stevens Graubert and Catherine Fliegel, R.N., authors of *The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and Not-So-New) Moms*, show us how:

wrap it up

Toss some toppings onto a whole-wheat tortilla, roll it up, and store it in the fridge for whenever you need a handy (and handheld) bite. Try these minimal-mess recipes (if none of them appeal, just throw last night's leftovers into the wrap):

The Veggie Spread a generous portion of store-bought hummus on the wrap and layer with broccoli slaw (Earthbound Farm sells it in a container) and baby spinach for a protein-rich, low-fat, high-fiber meal that's a great source of folate, iron, calcium, and vitamins A, C, and E.

The Bean Good Mix some canned beans with a dollop of nonfat plain yogurt, some shredded cheddar cheese, and a little salsa. Beans are a low-fat, high-fiber source of protein and iron. Yogurt and cheese add calcium.

The Mega-Omega Smear on some cream cheese with chives and top with canned salmon, sliced hard-boiled egg, and baby spinach for a

wrap filled with heart-healthy omega-3 fatty acids. **Italian Chicken Spread** on a thin layer of prepared pesto (Contadina is our fave) and top with grilled chicken strips (Tyson sells fully cooked ones that you can keep in your fridge...you don't even have to reheat them), mozzarella cheese, and some salad greens. This one's packed with protein, folate, iron, and calcium.

Sesame Chicken Toss together grilled chicken strips, broccoli slaw, and sliced almonds with a low-fat sesame ginger dressing (we like Newman's Own) into a salad before wrapping up. The goods: protein, folate, iron, calcium, fiber, and vitamins C and E.

nuke it

FROZEN FOODS

These microwavable meals and snacks have less fat and sodium than most other items in the frozen-food section, and are actually really tasty:

Amy's Organics Pocket Sandwiches

Think of your favorite gourmet pizza folded up into a pocket. The delicious Roasted Vegetables Pocket Sandwich is our number one choice.

Veggie Patch Spinach or Broccoli

Nuggets These pop-with-your-fingers snacks are a good source of protein

from so, and are high in calcium and vitamin C.

We love to dip them in ranch dressing.

Health Is Wealth Spring

Rolls They're low-fat—

only 1.5 grams per two rolls—and have zero monosodium glutamate (MSG). The all-natural, vegan Thai Spring Rolls are a real winner.

Amy's Organics Snacks We keep our freezers full of these amazing bite-sized snacks. They're satisfying and wholesome, and all varieties deliver at least 7 grams of protein per serving. It's a tie between Spinach Feta and Spinach Pizza for our first-place flavor.

