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FEBRUARY 2008



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Hearty Winter Pies

RECIPES

By Liz Weiss and
Janice Newell Bissex

If you're like us, when the weather turns cold and windy, you head from the great outdoors to the warmth of your kitchen. Winter is the perfect time for making comfort foods such as savory winter pies. This year, give our made-over recipes a try. They're a lot lower in saturated fat and calories than their traditional counterparts, and each is brimming with good nutrition for your family, thanks to the addition of some surprising ingredients.

Photography by Colin Cooke
Food Styling by Andrea Karpates

Chicken Potpie Bundles

This is hard to digest: A typical chicken potpie made with a shortening-laden crust can have a staggering 10 grams of trans fat and 20 grams of saturated fat—both major culprits in heart disease. To slash the unhealthy fats, we created a crustless potpie, using egg-roll wrap-

pers to hold the savory filling. Our new twist on this pie is a bundle of fun to eat. In fact, we suggest that you let your kids eat the bundles with their hands and use a spoon to pick up any bits of chicken and veggies that escape.



It's a Wrap:

If you've never cooked with egg-roll wrappers and don't know where to find them, just look in either the produce section (near the tofu) or the dairy case of your grocery store. They are made with simple ingredients—flour, water, salt, wheat gluten, vinegar, eggs and cornstarch—and nothing artificial. Two wrappers contain only 115 calories and less than half a gram of fat (no saturated or trans fats). After opening, they'll last about a week in the fridge or two months in the freezer, as long as they're stored in plastic wrap or an airtight container.

Chicken Potpie Bundles (continued...)

2½ Tbsp. extra virgin olive oil, divided	½ tsp. kosher salt
	Pinch of black pepper
2 medium carrots, peeled and cut into ¼-inch pieces (about 1 cup)	1 cup chicken broth
1 small onion, finely chopped (about ½ cup)	4 tsp. cornstarch
2 cloves garlic, minced	¾ cup frozen petite peas, thawed
1 lb. boneless, skinless chicken breast halves, cut into ½-inch pieces	¾ cup frozen corn kernels, thawed
2 tsp. chopped fresh tarragon	2 Tbsp. grated Parmesan
	12 egg-roll wrappers

1. Preheat oven to 350°F.
2. Heat 1 tablespoon of olive oil in large nonstick skillet over medium-high heat. Add carrots and onion and cook, stirring frequently, until they soften, about 5 minutes.
3. Add second tablespoon of olive oil and garlic, and cook 1 minute more.
4. Add chicken, tarragon, salt and pepper. Cook until chicken is no longer pink, about 5 minutes.
5. In a bowl, whisk chicken broth and cornstarch until well combined. Add to skillet, along with peas and corn, and bring to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
6. To prepare the bundles, use a nonstick muffin pan with 12 medium-size cups. Gently place 1 egg-roll wrapper into each cup, letting it extend over the sides.
7. Place a generous ¼ cup of the chicken mixture into each wrapper.
8. Sprinkle Parmesan evenly on top.
9. Bring the corners up and over the top of the filling, pressing and folding to seal the edges together (it doesn't have to be perfect!).
10. Brush the remaining oil on top of each bundle. Bake until golden, about 15 minutes. Let cool 5 to 10 minutes before serving.

SERVES 6 *Per serving (2 bundles): calories 380, fat 9g, protein 24g, carbohydrate 48g, fiber 4g, sodium 650mg*

Vitamin A- 80% daily value, Iron- 20% daily value

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Simply Delicious Shepherd's Pie

Meat 'n' potatoes: That pretty much sums up shepherd's pie. This classic dish has more saturated fat and sodium than any sensible dietitian or cardiologist would recommend! For our easy makeover, we used 93% lean ground beef. We prepared our mashed potatoes with lowfat milk and just a tablespoon of butter. We also mixed in lots of carrots for immune-boosting vitamin A, and a pint-sized can of pinto beans for heart-healthy fiber.

1 lb. 93% lean ground beef
2 large carrots, peeled and shredded (about 2 cups)
1 tsp. garlic powder
1 tsp. onion powder
1 can 15-oz. pinto beans, drained and rinsed
1 can 14.5-oz. all natural tomato soup
1 cup shredded reduced-fat Cheddar
1 cup frozen corn kernels, thawed
Salt and pepper
3 to 4 cups mashed potatoes
2 Tbsp. grated Parmesan

1. Preheat oven to 375°F.
2. Place a large nonstick skillet over medium-high heat. Add beef, carrots, garlic powder and onion powder and cook, breaking up the large pieces, until meat is no longer pink and carrots are tender, about 5 minutes. Drain any excess fat.
3. Add beans, tomato soup, Cheddar and corn, and simmer until heated through, 2 to 3 minutes.
4. Season with salt and pepper to taste.
5. Spread meat mixture evenly in a 9" x 13" baking dish.
6. Top with mashed potatoes, using a spatula to gently spread them over the meat.
7. Sprinkle Parmesan evenly over potatoes.
8. Bake until meat mixture starts to bubble, about 10 minutes. Change the oven setting to "broil" and broil until the top turns golden brown, 2 to 4 minutes.

SERVES 8 *Per serving: calories 340, fat 9g, protein 29g, carbohydrate 38g, fiber 6g, sodium 530mg*

Vitamin A- 100% daily value, Vitamin C- 40% daily value, Calcium- 25% daily value, Iron- 15% daily value