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veggie

LOVE



There's a widely held assumption that kids hate the taste of vegetables, and therefore the only way to get veggies into them is to cook, puree and then hide them in everything from brownies to chicken nuggets. We disagree with this tricky strategy and prefer to serve our veggies out in the open. Vegetables can sometimes be a hard sell with kids, but these five easy and delicious recipes should tempt even the pickiest of eaters.

*By Liz Weiss and Janice Newell Bissex*

Photography by Colin Cooke  
Food Styling by Andrea Kapsales

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Reddish-purple beets were used for this dish, but a tour through the market may reveal white, golden and even rainbow-colored varieties. A good source of folate, a B-vitamin that's important for heart health, beets make a sweet and nutritious addition to the dinner table.

### Roasted Beets with Orange-Honey Glaze

1 ½ lb.	beets (about 4 medium)	½ cup	orange juice
½ tbsp.	extra virgin olive oil	2 tbsp.	honey
	dash kosher salt	1 tsp.	cornstarch
	dash freshly ground black pepper	1 tsp.	red wine vinegar

1. Preheat oven to 425°F.
2. Wash and dry beets; trim tips. Arrange on a large piece of aluminum foil. Drizzle with oil and pinch of salt and pepper. Fold foil into a pouch.
3. Place beets on a baking dish and roast until they're tender when pierced with a sharp knife, about 1 hour. Set aside to cool.
4. Meanwhile, in a small saucepan, whisk orange juice, honey, cornstarch and vinegar until combined well.
5. Place mixture over medium-high heat and bring to a boil. Reduce heat and simmer, stirring constantly, until glaze thickens, about 2 minutes. Season with salt and pepper, to taste.
6. When beets are cool enough to handle, scrape off skins with a knife. Cut in half and then into ¼" half-moons. (Tip: Wear latex gloves so your hands don't turn purple.) Place in a serving bowl, add glaze and stir gently to combine.

SERVES 4 *Per serving: calories 110, fat 1g, protein 2g, carbohydrates 23g, dietary fiber 3g*

*vitamin C—30% daily value*





## Maple-Bacon Brussels Sprouts

Though Brussels sprouts may seem a bit sophisticated for kids, when prepared the following way—with a few strips of slightly salty bacon and a tablespoon of sweet maple syrup—they're lip-smacking good! Boiling versus steaming brings out a mellow flavor.

- 1 lb. Brussels sprouts
  - 2 slices nitrite-free bacon, sliced into ¼" strips
  - 1 small onion, finely chopped, about ½ cup
  - 1 tbsp. pure maple syrup
  - ¼ tsp. kosher salt
  - Pinch freshly ground black pepper
1. Trim stems of Brussels sprouts with a sharp knife. Peel off loose leaves around stems and slice each sprout in half lengthwise.
  2. Bring a pot of water to a boil. Add Brussels sprouts and cook until soft, about 8 minutes. Drain and set aside.
  3. While sprouts are cooking, heat a large nonstick skillet over medium heat. Add bacon and onion and cook, stirring frequently, until bacon is crisp and onions are soft, about 8 minutes.
  4. Add cooked sprouts, maple syrup, salt and pepper and toss until coated.

SERVES 4 *Per serving: calories 80, fat 1.5g, protein 5g, carbohydrates 14g, dietary fiber 4g*

*vitamin A—15% daily value, vitamin C—150% daily value*



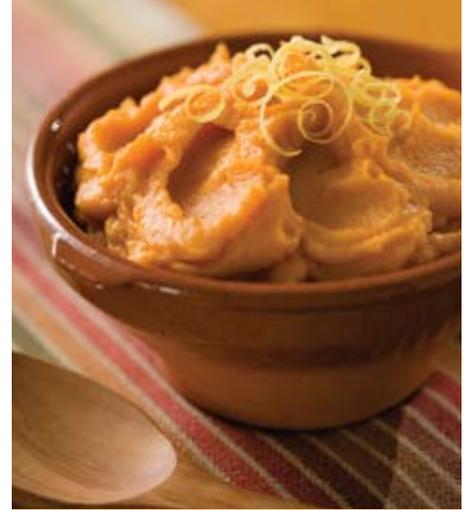
## Perfect Parsnip Fries

To expand your child's veggie repertoire, consider parsnips. They're packed with potassium and fiber—both important for heart health—and when turned into oven-baked fries, their crisp exterior and soft, creamy interior make them a surefire winner. Serve with ketchup for dipping.

- 1 1-lb. bag parsnips
  - 1 tbsp. extra virgin olive oil
  - ¼ tsp. kosher salt
  - ½ tsp. garlic powder
  - Pinch freshly ground black pepper
1. Preheat oven to 400°F.
  2. Peel parsnips and trim their tops and bottoms. Slice each in half crosswise to separate the thick end and the narrow end. Cut the narrow piece in half lengthwise and the thick piece in quarters or eighths, depending on the thickness. Each fry will be about 2½" to 3" long and ½" to ¾" thick.
  3. Place the parsnip pieces in a bowl and toss with the olive oil, salt, garlic powder and pepper. Spread in a single layer on a wide-rimmed baking sheet.
  4. Bake for 15 minutes. Remove from oven, turn each parsnip with a fork or tongs, place back in oven and bake until golden brown and tender, an additional 10 minutes. This will allow for even baking.
  5. Season with salt and pepper, to taste.

SERVES 4 *Per serving: calories 100, fat 4g, protein 1g, carbohydrates 17g, dietary fiber 5g*

*vitamin C—25% daily value*



## Smoothed Sweet Potatoes

Sweet potatoes are bursting with vitamin A, best known for its contribution to good vision. But this oh-so-important nutrient also strengthens the immune system. The sweet flavor and creamy texture of this simple, smoothed side dish is a winning combo that kids will love.

- 1 lb. sweet potatoes (about 2 medium)
  - 2 tbsp. orange juice
  - 1 tbsp. brown sugar
  - ½ tbsp. butter
  - ½ tsp. kosher salt
  - Pinch ground pepper
  - Pinch ground ginger
1. Cook sweet potatoes in a saucepan of boiling water until tender when pierced with a sharp knife, about 30 minutes. Remove and let cool.
  2. Scrape off skins with a knife. Place potatoes back in the saucepan and mash with a potato masher or a fork.
  3. Stir in orange juice, brown sugar, butter, salt, pepper and ginger until well combined. Season to taste with additional salt, pepper and ginger.

SERVES 4 *Per serving: calories 120, fat 1.5g, protein 2g, carbohydrates 24g, dietary fiber 4g*

*vitamin A—110% daily value, vitamin C—30% daily value*

## Broccoli Trees with Cheesy Dipping Sauce

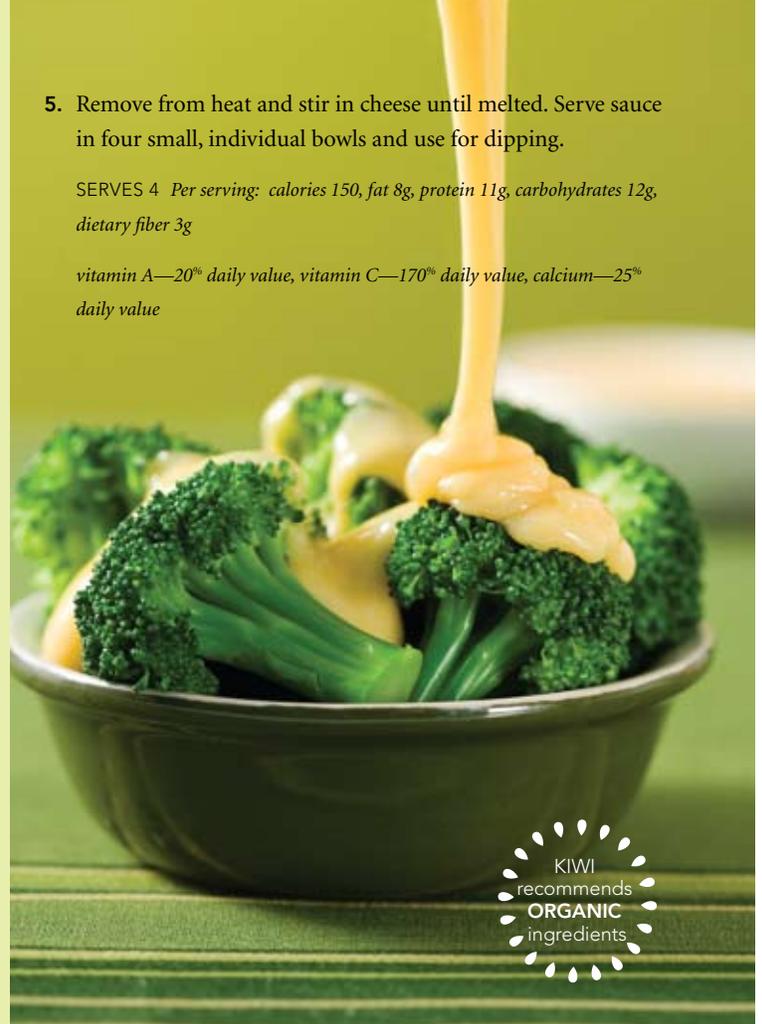
Half a cup of broccoli contains almost a day's worth of vitamin C. To raise the bar on good nutrition and add kid appeal, prepare this calcium-rich cheese sauce so your wee ones can dip or drizzle away.

- 1 small bunch broccoli, cut into florets
  - 1 tbsp. olive oil or butter
  - 1 tbsp. all-purpose flour
  - ¾ cup 1% lowfat milk
  - ½ tsp. Dijon mustard
  - ⅓ tsp. garlic powder
  - ¾ cup shredded reduced-fat Cheddar cheese
1. Steam broccoli until crisp, yet tender (about 5 minutes). Set aside uncovered.
  2. While broccoli is cooking, heat oil or butter in a small saucepan over medium heat.
  3. Stir in flour and cook, stirring constantly, until flour turns light golden, about 1 minute.
  4. Raise heat to medium-high. Slowly add milk, mustard and garlic powder and bring to a simmer, whisking often. Reduce heat and continue to simmer and whisk gently until mixture thickens slightly, about 2 minutes.

5. Remove from heat and stir in cheese until melted. Serve sauce in four small, individual bowls and use for dipping.

SERVES 4 *Per serving: calories 150, fat 8g, protein 11g, carbohydrates 12g, dietary fiber 3g*

*vitamin A—20% daily value, vitamin C—170% daily value, calcium—25% daily value*



## Fruit Substitutes

Vegetables are renowned for their high nutrient content—from vitamins A and C to minerals such as potassium to disease-fighting antioxidants. So what do you do if your son continually turns up his nose to vegetables, or your daughter refuses to eat anything green? The answer: Substitute them with a variety of fruits to fill the nutritional gaps.

*Janice Newell Bissex, MS, RD, and Liz Weiss, MS, RD—also known as The Meal Makeover Moms—are registered dietitians, authors and, of course, moms. Their recipes are featured in their book, The Moms' Guide to Meal Makeovers, and on the website [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com).*

## If your child won't eat:



**BROCCOLI**  
An excellent source of vitamin C (good for wound healing and reducing cancer risk)



**CARROTS**  
An excellent source of vitamin A (good for vision and immune system)



**TOMATOES**  
An excellent source of Lycopene (antioxidant; reduces cancer risk)



**SPINACH**  
An excellent source of Lutein / Zeaxanthin (antioxidants; promote eye health)

## try:

Kiwifruit, Orange, Strawberry



Mango, Cantaloupe, Papaya



Red Grapefruit, Watermelon, Apricot



Pear, Tangerine, Red Grapes

