

# Kid Pleaser

Food Editor Katie Workman presents 100 super kid-friendly recipes.

**F**ROM MOM AND FOOD EDITOR KATIE WORKMAN comes a must-have cookbook for every family: *The Mom 100 Cookbook, 100 Recipes Every Mom Needs in Her Back Pocket*. It's sure to become your new "go-to" resource.

Pasta with Meatballs and Sauce uses the classic combination of beef, pork and veal, but ever the pragmatist, Workman says, "Do not make yourself in any way crazy about the one third, one third, one third thing."

The sauce uses canned crushed tomatoes and tomato paste, and it's "ridiculously easy," she says. "Just imagine how pleased you will be if you make a double batch and put half or more in the freezer for another couple of dinners. Even if you make just one batch, you will have enough left for another pound of pasta later in the week, or you can freeze that half for another time."

Kitchen Sink Chopped Salad is a perfect way to use the dribs and drabs of any vegetables lurking in your fridge: "Step 1: Open vegetable bins and peer inside. Step 2: Save any slightly depressing looking vegetables for soup and pull out the rest for this big-bowl salad." †

*Recipes reprinted with permission from Katie Workman's The Mom 100 Cookbook (Workman Publishing, 2012).*

## Pasta with Meatballs and Sauce

### Tomato Sauce:

- 3 tablespoons olive oil
- 1 large onion, finely chopped (about 1 cup)
- 1 teaspoon finely minced garlic
- 2 (28-ounce) cans crushed tomatoes, in purée
- 3 tablespoons tomato paste
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 pinch red pepper flakes (optional)
- ½ teaspoon coarse salt
- Freshly ground black pepper

### Meatballs and Spaghetti:

- 1 slice plain bread
- ¼ cup milk
- 1 ¼ pounds ground meat, preferably a combination of beef, pork and veal
- 1 egg, lightly beaten
- ¼ cup finely grated Parmesan cheese, plus more for serving (optional)
- 2 tablespoons minced fresh parsley
- ½ teaspoon finely minced garlic
- ½ teaspoon coarse salt, plus more for cooking the pasta
- ¼ teaspoon ground black pepper
- Nonstick cooking spray
- 4 cups tomato sauce or 4 cups store-bought tomato sauce
- 1 package (16 ounces) dried pasta,

anything from spaghetti to ziti to rigatoni

**1.** To prepare sauce, heat olive oil in a large saucepan over medium heat. Add onion and garlic and cook 5 minutes. Add tomatoes, tomato paste, oregano, basil and red pepper flakes, if using. Add salt and pepper and bring sauce to a simmer. Reduce heat to medium-

low and simmer until sauce thickens slightly, about 20 minutes. Makes about 7 cups, serves 6.

**2.** To prepare meatballs, tear bread into pieces and combine with milk. Let stand 5 minutes, until milk is absorbed. Shred bread into little pieces.

**3.** Place meat in a large bowl. Add soaked bread, egg, Parmesan (if using), parsley, garlic, salt and pepper. Using your hands, blend well but try not to squeeze too much. Form into meatballs about 1 ½ inches in size.

**4.** Preheat oven to 350F. Spray a rimmed baking sheet with nonstick cooking spray.

**5.** Arrange meatballs on baking sheet so that they are not touching. Bake 15 minutes.

**6.** Meanwhile, bring tomato sauce to a simmer in a medium-size pot over medium-low heat. Add meatballs to sauce and let them simmer until fully cooked, about 10 minutes.

**7.** While meatballs are cooking, cook pasta in salted water according to package directions. Drain and serve with sauce and meatballs. Serve extra Parmesan on the side to sprinkle over the meatballs, if you like. Makes about 20 meatballs; serves 6.

*Per serving: 611 calories, 21g fat, 104mg chol., 32g prot., 72g carbs., 6g fiber, 860mg sodium.*

## Kitchen Sink Chopped Salad

*Toss the salad in a big bowl or arrange on a platter in rows.*

- 2 hearts of romaine lettuce, sliced crosswise into ½-inch ribbons

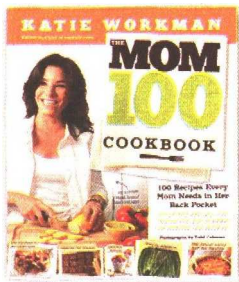


- 1 red bell pepper (or orange, yellow or green), diced
- 2 carrots, sliced or shredded
- 1 (14-ounce) can artichoke bottoms, cut into ¼-inch dice,
- 1 cup thinly sliced seedless or English cucumber
- 1 cup cherry or grape tomatoes,

- cut into halves
- ½ cup slivered red onion
- ¼ cup sliced pitted black olives
- ½ cup shredded Cheddar, Swiss or mozzarella cheese
- ¼ to ½ cup vinaigrette salad dressing of your choice

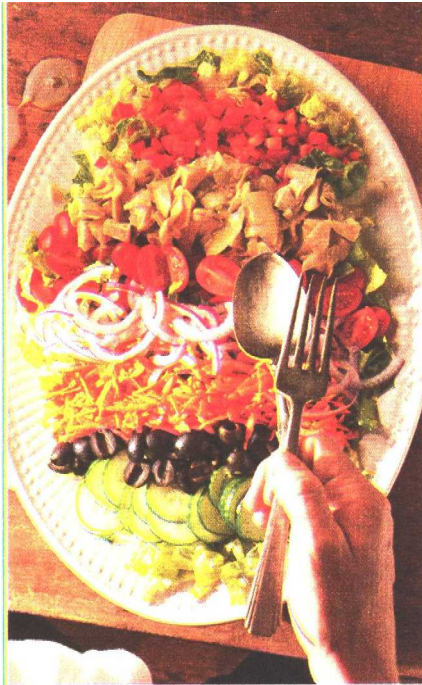
1. Combine lettuce, bell pepper, carrots, artichokes, cucumber, tomatoes, onion and olives in a large serving bowl. Toss in the cheese. Add vinaigrette and toss again. Serves 6.

*Per serving: 108 calories, 5gfat, 2mg chol., 4g prot., 13g carbs., 4g fiber, 422mg sodium.*



Photos by Todd Coleman





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