

relish | classic dishes

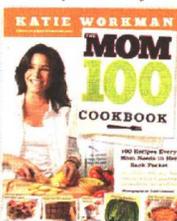
# Kid Pleaser

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).



Photos by Todd Coleman

## 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 ½ 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 1/2 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.*

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The CDC now also recommends routine vaccination for boys 11–12 years old.

**Boys can be affected by HPV disease too.**

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When it comes to human papillomavirus (HPV), females are only half the equation. There are 30 to 40 types of HPV that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for others who don't clear certain types, HPV could cause cervical cancer in females and other types of HPV could cause genital warts in both males and females. And there's no way to predict who will or won't clear the virus.

**GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.**

GARDASIL may not fully protect everyone, nor will it protect against diseases caused by other HPV types or against diseases not caused by HPV. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings.

GARDASIL does not treat cervical cancer or genital warts. **GARDASIL is given as 3 injections over 6 months.**

**IMPORTANT SAFETY INFORMATION**

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your child's health care professional may ask your child to sit or lie down for 15 minutes after he or she gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

Only a doctor or health care professional can decide if GARDASIL is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. Please read the Patient Information on the next page and discuss it with your child's doctor or health care professional.

**Talk to your child's doctor about GARDASIL.**



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