

YOUR **GOOD HOUSEKEEPING** IS ARRIVED

FAMILY ROOM

PASTRY PRO
Meet Emily Luchetti, **Chief Pastry Officer** at the Cavalier, Marlowe and Park Tavern restaurants in San Francisco.

KNIFE SMARTS
Teach your kid to grasp the tool close to the blade for more control and keep fingers holding food curled under.

COOKING CLASS

Creating Little Chefs

When children help out with meal prep, research shows they're more likely to make healthy food choices. That's one of the reasons *GH* got on board with master chefs from the James Beard Foundation to develop tasty, kid-friendly recipes like this fruity crumble. Turn the page for the step-by-step recipe.









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FAMILY ROOM *cooking class*

Dessert for BREAKFAST

MINI FRUIT CRUMBLES

Chef Emily's yummy fruit-filled treat (with no added sugar) is full of fiber so your kids can start their day the healthy way.

-  **1 pear**
-  **1 red apple (any kind except Red Delicious)**
-  **2 Tbsp. cold unsalted butter**
-  **3 Tbsp. quick oats**
-  **2 Tbsp. all-purpose flour**
-  **Pinch ground cinnamon**
-  **6 Tbsp. rice and wheat flake cereal, divided**
-  **¼ c. vanilla skyr (Icelandic-style yogurt)**

SERVES 4 ABOUT 150 CALS, 3 G PROTEIN, 22 G CARBS, 6 G FAT (4 G SAT), 3 G FIBER, 25 MG SODIUM.



1 PREP Preheat oven to 400°F. Stand pear up and, starting from top, cut fruit from core in 4 sections. Discard rectangular core. Cut remaining pieces into ¼-in.-thick slices. Repeat with apple.

2 MIX Cut butter into ½-in. pieces. Place in sm. bowl with oats, flour, cinnamon and 2 Tbsp. cereal. Using fingers or fork, stir together, crushing cereal, until butter is well-coated with dry ingredients.



3 ASSEMBLE Combine pear and apple slices and divide among four 4-in. ramekins or small ovenproof dishes. Divide crumble topping over fruit. Sprinkle 1 Tbsp. cereal over top of each.

4 BAKE Place ramekins in oven for 15 min. or until fruit is soft. Serve warm or at room temperature, dolloped with yogurt.

MEAL MAGIC kids in the kitchen

Anyone who's ever tried to feed a toddler broccoli knows that getting kids to eat healthy is #haard. The **James Beard Foundation** is on a mission to change that with the **America Cooks With Kids** program. Children around the country were paired with award-winning chefs to create a how-to video series you can cook right along with in your own kitchen. Go to americacookswithchefs.com to see our editor-in-chief's son, Grey, and Chef Emily whip up this "dessert" vetted by our dietitian—and turn to page 145 for a bonus recipe.

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Asian Sesame Zucchini Noodles

TOTAL 15 MINUTES

- 1 c. packed fresh cilantro, finely chopped**
- 2 Tbsp. seasoned rice vinegar**
- 1 Tbsp. toasted sesame oil**
- 2 cloves garlic, crushed with press**
- 1 tsp. crushed red pepper**
- 1 tsp. sugar**
- 1 med. zucchini, spiralized (see box at right)**

In lg. bowl, whisk cilantro, vinegar, oil, garlic, red pepper, sugar and ½ tsp. salt. Add zucchini; toss until well-combined. Serve immediately.

SERVES 4 About 85 cal, 12 g protein, 12 g carbs, 1 g fat (1 g sat), 2 g fiber, 15 mg sodium.



TOP-TESTED SPIRALIZER

Making a big batch of zucchini noodles or potato ribbons with the push-button electric **Hamilton Beach 3-in-1 Spiralizer** is a cinch: Trim veggies into 2½-in. pieces and press a button. With two speeds (Low provides extra control), this handheld appliance is a major timesaver.

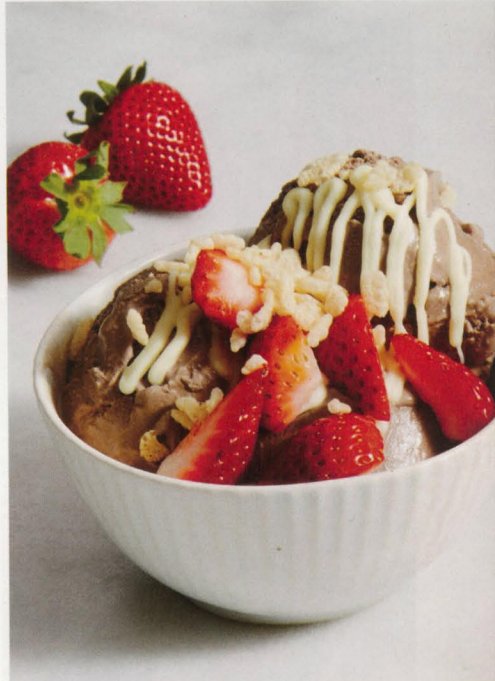
Sold with spiral, grater and ribbon disks; \$40, hamiltonbeach.com



AMERICA COOKS WITH KIDS

Double-Chocolate Sundae with Strawberries

Wash and hull 1½ c. **strawberries**; cut into quarters; if small, eighths if big. Break 6 oz. **white chocolate** into sm. pieces; place in microwave-safe sm. bowl. Microwave, in 20-sec. intervals, until chocolate is almost melted. Stir until no lumps remain, then stir in ¼ tsp. **vanilla extract**. In each of 4 bowls, place 1 scoop **chocolate ice cream**. Top with strawberries, then drizzle each bowl with about 2 Tbsp. white chocolate sauce and sprinkle each with 1 Tbsp. **crisp rice cereal**. **SERVES 4.**



DON'T JUST WASH IT.
WISK® IT.