

Readin', Writin' and Recipes

by Lois Friedman

“School days, school days... dear old golden rule days.” Whatever tune gets you back to school or back to basics, these cookbooks are for kids of all ages.

Better Than Peanut Butter & Jelly, by Marty Mattare and Wendy Muldawer (McBooks, \$16.95). A cookbook for busy parents concerned about good nutrition for their children ages two and older. You'll find 150 kid-friendly, healthy, low-fat recipes, including those that use no refined sugar, as well as meatless, vegetarian and vegan recipes for meals and snacks, from breakfast through dessert. Stocking your pantry and fridge is also covered. Children drew the illustrations and approved recipes like this PB&J, Southwest style.

Peanut Butter Tortilla

- 1 small-size whole-wheat tortilla
- 1 tablespoon natural peanut butter
- 1 teaspoon honey
- 1 banana, sliced

For each snack, spread whole-wheat tortilla with peanut butter. Drizzle with honey, top with sliced banana. Roll up. Vegetarian. Serves 1.

Lunch Lessons, by Ann Cooper & Lisa Holmes (Collins, \$22.95). The “renegade lunch lady,” chef and cookbook author advocates changing how our kids eat and transforming cafeterias into culinary classrooms. “Basic Childhood Nutrition” precedes 68 recipes for breakfast, snacks and lunch gathered from Alice Waters’s Chez Panisse Foundation and other entities serving children high-quality, nutritional school food. Lunchbox and thermos icons are included, along with numerous interesting facts and numerical instructions. Lots of Web sites and a Wellness Policy Guide too.

Feeding the Whole Family, by Cynthia Lair (Sasquatch, \$21.95). This third edition has 180-plus recipes from the Kansas teacher/writer/mother. Combining today’s research and data with the common sense of yesteryear, Lair invites readers to begin or expand their wholesome-food journey, with an emphasis on all things fresh, local, organic and seasonal. Sip on this cider while you read through the 10 chapters,



from “Basic Grains & Bean Cooking” to “Daily Drinks & Brews.”

Cranberry Ginger Cider

Prep time: 20 minutes

Makes 4 cups

- 2 cups cranberry juice
- 2 cups apple cider
- Eight, 1/4-inch slices fresh ginger
- 1/2 teaspoon orange zest

Orange slices, for garnish (optional)

Place juice, cider, ginger, and zest in a medium pan. Bring heat up and simmer 15 minutes. Remove pieces of ginger. Garnish each cup with an orange slice, if desired. Serve warm.

The Great Chiles Rellenos Book, by Janos Wilder (Ten Speed, \$16.95). This James Beard–award-winning chef explores the world of the chile relleno (relleno means “stuffed”), from its culinary origins to his view on authentic ingredients and preparation. Organized into six sections are 70 recipes that highlight stories of the culinary heritage of this south-of-the-border dish “of the people.” Experiment and learn with recipes from the traditional to the exotic, all from Wilder’s restaurant, Janos. Here’s a vinaigrette to complement many dishes.

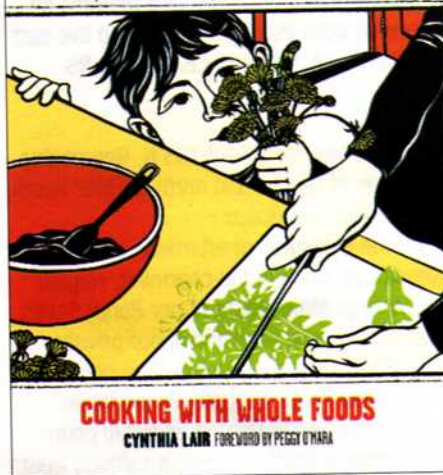
Cuitlacoche Mojo

2 cups

- 1 cup cuitlacoche [available in the Mexican foods isle]
- 1 jalapeño, seeded
- 2 tablespoons grated fresh ginger
- 1/2 cup cilantro

FEEDING THE WHOLE FAMILY

Recipes for Babies, Young Children, and Their Parents



- 4 tablespoons lime juice
- 2 tablespoons sugar
- 1 tablespoon kosher salt
- 1/2 cup corn oil
- 4 tablespoons pineapple juice

In a blender, puree the cuitlacoche, jalapeño, ginger, cilantro, lime juice, sugar and salt together until smooth. With the motor running, add the oil in a steady stream to emulsify. With the motor still running, add the pineapple juice.

101 Sangrias and Pitcher Drinks, by Kim Haasarud (Wiley, \$16.95). Celebration 101! Get the party rolling with one of the 101 recipes for liquid cuisine, and not just sangrias, but other punches as well.

The New Glucose Revolution, by Dr. Jennie Brand-Miller (Da Capo, \$19.95). Let this cookbook help you to begin eating nutritiously and make healthy choices. Inside find 100 recipes from one of the world’s leading authorities on the glycemic index, the measure of how foods affect your blood-sugar levels. Part One — food is a family affair — has several dozen pages of terrific reading. Part Two — recipes with a healthy balance — has six sections covering “Brain-

Boosting Food” to “the accompaniments that can make all the difference.”

Everybody Eats Lunch, by Cricket Azima (Glitterati, \$16). An adorable, international and interactive cookbook/lunchbox, complete with handle, for kids ages three to eight. Mexico, Japan, Brazil, South Africa and Jamaica have recipes found beneath sturdy, food-shaped puzzle pieces. Kids also learn lunchtime greetings: “hiru gohan,” “almuerzo,” “almoco” and “isidlo sasemini.”



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