

FOOD NEWS

BY ALLISON BAKER

Breakfast Club

The right morning meal can boost a kid's brainpower. Stock up on these ideas for busy weekdays—and whip up this amazing recipe on leisurely weekends.

On-the-go for Monday to Friday

→ Evol breakfast burritos, grocery stores, \$3

→ Kellogg's All-Bran Original cereal, grocery stores, \$4

→ Quaker Granola Bites, grocery stores, \$5

→ Archer Farms Simply Balanced Granola Bars, Target, \$2.50

→ Market Pantry Low-Sugar Maple & Brown Sugar Instant Oatmeal, Target, \$2

Irresistible when you have a little more time STRAWBERRY FRENCH TOAST

- 1 pack (8 ounces) softened neufchâtel cheese
- 2 tablespoons sugar
- 2 tablespoons light sour cream
- ¼ teaspoon vanilla
- 2 cups chopped strawberries
- 8 slices country white bread (such as Arnold)
- 4 eggs
- 1 teaspoon pumpkin pie spice
- 1 tablespoon butter

① Beat together softened cream cheese, sugar, sour cream and vanilla. Fold in strawberries.

② Dip bread into beaten eggs and pumpkin pie spice; fry on a hot buttered griddle for about 2 minutes per side. Top with strawberry mixture.

FamilyCircle

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Favorite Family Suppers

Halloween Decorating Ideas

The Anti-Cancer Diet

Why Kids Today Are So Mean

GEORGETOWN CUPCAKE

This well-known Washington, D.C., shop ships its special Susan G. Komen Dozen cupcakes nationwide and donates the entire price to Susan G. Komen for the Cure, which helps fight breast cancer. Georgetowncupcake.com, \$29/dozen (plus overnight shipping)

→ MARATHON OF MIRACLES BARS

Our editors love these bars, with their nuts, seeds and big pieces of blueberries and cranberries. One hundred percent of the net profits goes to a nonprofit that provides cancer wellness and prevention programs. Marathonofmiracles.org, \$30/dozen

NEW IDEAS FOR WALNUTS

① An easy starter: Place 20 dried apricot halves on a plate, cut-side up. Spread each with ½ tsp softened cream cheese or goat cheese. Press a walnut half into cheese; sandwich apricot halves together.

② Prepare a spicy snack by tossing 1 cup walnuts with 1 tsp each olive oil and ground cumin. Add salt and cayenne pepper to taste. Bake at 350° for 25 to 30 minutes, stirring occasionally.

③ Top salad for six with this dressing: Whisk together 5 tbsp olive oil, 2 tbsp light mayo and 2 tbsp red wine vinegar. Fold in ½ cup each crumbled Gorgonzola and chopped toasted walnuts.

ONE FOR THE BOOKS >>> Hot off the press, *Melissa's Everyday Cooking with Organic Produce* is a gorgeous hardcover filled with selection and storage tips, and recipes for more than 100 different fruits and vegetables. Dig in! Amazon.com, \$30

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