

bon appétit

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THE
TRAVEL
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**BEST
OF THE
USA**



**NEW
AMERICAN
CLASSICS**

WHOLE GRAIN
SPAGHETTI
WITH BEEF
AND SAUSAGE
RAGU **p. 92**

family style

BY MARIA HELM SINSKEY

breakfast
for you and
your kids—
plus leftovers



recipes
on p. 56

THE MENU/ MOTHER'S DAY BREAKFAST FOR 4

Almond-banana smoothies
Strawberry-citrus salad
Pint-size lemon-poppy seed muffins

THE PAYOFF/

An impressive breakfast for Mom that the kids really can make (with a little help from Dad). Healthy almond-

milk smoothies are paired with a simple, minty strawberry and orange salad and cute little lemon and poppy seed muffins.

THE LEFTOVERS/

Strawberry "Shortcakes": You'll have plenty of leftover muffins to layer with more fruit salad for a pretty dessert.

KIDS CAN COOK...

...everything! This menu was created with kids in mind: There's no stove-top cooking and very little chopping. Older

children can manage pretty much on their own, but Dad may want to supervise younger kids when they're blending, baking, mixing, and slicing.

ALMOND-BANANA SMOOTHIES

4 SERVINGS/ These smoothies are light, delicious, and not too sweet. If you prefer a thicker smoothie, add ¼ cup plain yogurt. Almond milk is a dairy-free product made from ground almonds; it's available at some supermarkets and at specialty foods stores and natural foods stores.

- 2 large ripe bananas, peeled, sliced
- 2 cups almond milk or whole milk
- 2 cups ice cubes
- 2 tablespoons (packed) golden brown sugar
- 1 teaspoon vanilla extract
- Ground nutmeg

Blend first 5 ingredients in blender until smooth. Divide smoothies among 4 small glasses. Sprinkle lightly with nutmeg.

STRAWBERRY-CITRUS SALAD

4 SERVINGS PLUS LEFTOVERS/ This recipe yields enough to make the "shortcakes," too.

- 3 cups sliced hulled strawberries (about one 22-ounce basket)
- 3 large navel oranges, peeled, thickly sliced crosswise, cut into ¾-inch pieces (about 3 cups)
- 2 tablespoons (packed) golden brown sugar
- 2 tablespoons thinly sliced fresh mint leaves

Toss all ingredients in large bowl. Let stand at room temperature 30 minutes.

PINT-SIZE LEMON-POPPY SEED MUFFINS

MAKES 36 MINI MUFFINS/

- 2 cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon coarse kosher salt
- ¼ teaspoon baking soda
- 1 cup buttermilk
- 2 tablespoons fresh lemon juice



- 1 cup sugar
- ½ cup (1 stick) unsalted butter, room temperature
- 1 tablespoon (packed) finely grated lemon peel
- 2 large eggs
- ¼ cup poppy seeds

Position rack in center of oven and preheat to 350°F. Butter and flour three mini muffin pans or line with paper liners. Whisk flour, baking powder, ½ teaspoon coarse salt,

and baking soda in medium bowl. Whisk buttermilk and lemon juice in small bowl to blend. Using electric mixer, beat sugar, butter, and lemon peel in large bowl to blend. Add eggs 1 at a time, beating well after each addition until mixture is light and fluffy, occasionally scraping down sides of bowl. Beat in dry ingredients in 3 additions alternately with buttermilk mixture in 2 additions. Mix just until blended. Mix in poppy seeds. Spoon batter into prepared muffin cups by generous tablespoonfuls.

Bake muffins until tester inserted into center comes out clean, 22 to 24 minutes. Cool in pans 5 minutes. Remove muffins from pans and cool on rack. ■

second helpings/

STRAWBERRY "SHORTCAKES"

• In 4 bowls, top halved leftover LEMON MUFFINS with LIGHTLY SWEETENED WHIPPED CREAM (1¼ cups chilled cream whipped into peaks with 2 tablespoons sugar) and leftover STRAWBERRY-CITRUS SALAD (there should be 2 layers of each). If desired, spread some STRAWBERRY JAM or RASPBERRY JAM over the muffin slices before layering.

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