



## Tempt kids into eating healthy!

Kids are enticed by all sorts of unhealthy snacks at school. What's a mom to do? Pack a nutritious (and equally enticing) lunch!

- Stir shredded carrots into favorites like tuna and chicken salad to sneak in veggies.
- If they snub whole-wheat bread, try whole-grain crackers—the crunch makes 'em more appealing!
- Instead of chips, toss in a bag of raisins and nuts, which are sweet 'n' salty and higher in fiber and nutrients.
- Pack fruit for dessert—and make it fun by sending along a small container of our Chocolate-Peanut Butter Fruit Dip, below. (Include an ice pack to keep it cool.)

### Chocolate-Peanut Butter Fruit Dip

2 conts. (4 oz. each) chocolate pudding from 1 (24-oz.) pack or 3/4 cup prepared chocolate pudding

1/4 cup creamy peanut butter

Assorted fruit, such as grapes, pineapple chunks and strawberries

Stir together pudding and peanut butter until smooth; serve with fruit.

**Makes 1 cup. Per Tbs.:** 44 cal.; 1 g. protein; 3 g. fat (1 g. saturated); 0 mg. chol.; 4 g. carbs.; 42 mg. sodium; 0 g. fiber; 3 g. sugar

## Enjoy fresh corn in autumn!

You may think of it as summer food, but fresh, sweet corn is still in season. And now that the weather is getting colder, this super-sweet veggie is perfect in your favorite fall dishes!

- Cut it from the cob, raw or cooked, and stir it into chili or potato soup to make them extra-hearty.
- Stir a cup or two of raw kernels into cornbread or muffin batter.
- The cooler weather makes this a great time to roast whole ears of corn in your oven. Gently pull back husk. Remove silk; replace husk. Roast on ungreased baking sheet in preheated 500°F oven, turning occasionally, until lightly browned and tender, 10-15 minutes.



## Smart Ideas to Make Life Delicious!

### ● Jell-O trick

Sprinkle powdered gelatin onto boiling water while stirring, instead of pouring water over it in a bowl—it will dissolve faster and won't clump together!

### ● A sparkling microwave!

Spill something sticky in the microwave? Cover the spot with a damp cloth and heat it on High for 10 seconds—the mess will wipe up easily!

### ● Faster cookies

Making a lot of peanut butter cookies? Instead of a fork, save time by pressing 'em down with a potato masher!

### ● Quick ripe tomatoes

To ripen green tomatoes, just place them in a paper bag with a banana—the ethylene gas that bananas give off will turn them red in no time!

### ● Fluffier pancakes

For the fluffiest pancakes ever, replace the liquid called for in your recipe with club soda or seltzer.

### ● Healthier veggies

Don't cut the peels from zucchini or yellow squash—that's where the vitamins and flavor are. If you're worried about chemicals on your veggies, rinse them with cold water or try a fruit and vegetable wash, such as Fit.

### ● No more odors!

To get a bad smell out of a plastic lunchbox, simply wipe down the inside with a cloth dipped in vinegar!

## No-time-to-shop supper

Whip up this easy recipe with ingredients you have on hand!

### Tangy Tuna-Pasta Salad!

8 oz. pasta

1 can (6 oz.) tuna, drained

1 cup grape or cherry tomatoes, halved

1 cup bottled Italian-style vinaigrette salad dressing

1/2 cup cubed or shredded cheese

1/2 cup sliced black or green olives

2 Tbs. chopped fresh parsley, optional

Cook pasta according to package directions; drain. Rinse well. Toss pasta with remaining ingredients.



**Makes 4 servings.**

**Per serving:** 643 cal.; 22 g. protein; 39 g. fat (9 g. saturated); 37 g. chol.; 51 g. carbs.; 876 mg. sodium; 2 g. fiber; 5 g. sugar

**Kitchen time:** 10 minutes.  
**Ready to serve in 20 minutes.**

## The APPLE you need right now!

It's apple season, and suddenly there are dozens of varieties available in supermarkets. Confused? *Woman's World* test-kitchen experts reveal their picks for every occasion!

### Snacking

Try crisp **Granny Smiths** or sweet-tart **McIntoshes**. (Bonus: Granny Smiths' skins have lutein, a nutrient that maintains good vision!)

### Fruit salad

Because they're slow to brown when cut, **Golden Delicious** and **Cortland** are good choices.

### Pies

**Granny Smiths** and **Golden Delicious** keep their shape best when baked.

### Applesauce

A naturally spicy flavor makes **Jonathans** the perfect choice!

### Baked apples

**Rome** apples are large, round and slightly tart—great for baking whole.

