

# Mom's the word

Call it self-care, indulgence or, simply, overdue. This year, Mom deserves it all.

**TIP:** GIVE HER THE GIFT OF A GOOD NIGHT'S SLEEP WITH FANCY NEW BEDDING OR A LUXE LINEN ROBE.



1. OUI ORGANIC COTTON PILLOWCASES, TERRACOTTA, \$39/2-PACK, INDIGO.CA 2. THE ROBE, ROSE, \$98, FLAXSLEEP.COM 3. THE HOODIE, TOAST, \$160, TKEES.COM 4. CANDLE, MAPLE & PECAN NUT, AUTHENTICBEAUTYCONCEPT.CA 5. SEEDLIP DISTILLED NON-ALCOHOLIC SPIRIT, GROVE 42, \$45, WELL.CA 6. BALA BANGLES RESISTANCE WEIGHTS, BONE, \$65/2-PC. SET, INDIGO.CA 7. BURT'S BEES WILD ROSE AND BERRY LIP BUTTER, \$7, WELL.CA 8. BITE BEAUTY UPSWING EXTREME LONGWEAR LIQUID EYE-LINER, \$33, SEPHORA.COM 9. BITE BEAUTY UPSWING FULL VOLUME MASCARA, \$37, SEPHORA.COM 10. BAMBOO TOOTHBRUSH WITH INFUSED CHARCOAL HEAD, \$5, TANIT.CO 11. REPLENISH HAIR MASK, 200-ML TUB, \$38, AUTHENTICBEAUTYCONCEPT.CA 12. SOLID SHAMPOO, OASIS AND CIEL D'AZUR, \$16 EACH, TANIT.CO 13. BODY CLEANSER, \$35, THISISCELA.COM 14. OUI RECYCLED KNIT THROW BLANKET, GERBER DAISY, \$60, INDIGO.CA 15. OUI WATERING CAN, BISQUE SUNFLOWER, \$40, INDIGO.CA



# FOOD+FAMILY

Easy meals, nutrition, news + tips

## Baby bites

Whole foods and from-scratch purées are ideal, but when you need to feed a hungry baby in a hurry (or on the go), these new store-bought options are supercharged with fruits, vegetables and whole grains.

**TIP: OFFER BABIES A VARIETY OF TEXTURES TO EAT WITH A SPOON OR WITH THEIR HANDS TO PRACTISE Pincer GRIP.**



SILICONE AND BAMBOO DISHES, CUPS AND CUTLERY ARE EASY FOR SMALL HANDS TO GRIP AND GENTLE ON LITTLE MOUTHS.

1. BABY GOURMET PLUS YUMBERRIES & PLUM WITH ANCIENT GRAINS, \$2, LOBLAWS.CA 2. GERBER ORGANIC RICE RUSKS, MANGO BANANA CARROT, \$4, WALMART.CA 3. PC ORGANICS BANANA, APPLE & CARROT STRAINED BABY FOOD, \$3/2-PACK, SUPERSTORE.CA 4. AMARA ORGANIC BABY FOOD OATS N' BERRIES, \$13/5-PACK, AMARAORGANICFOODS.COM 5. AMARA ORGANIC SMOOTHIE MELTS, MANGO CARROTS, \$30/6-PACK, AMARAORGANICFOODS.COM 6. HAPPY BABY ORGANICS NUTTY BLENDS BANANAS & PEANUT BUTTER POUCH, \$3, WALMART.COM 7. GERBER ORGANIC PUFFS, FIG BERRY, \$4, WALMART.CA 8. HEINZ BY NATURE PEAR, RASPBERRY, OAT & YOGURT, \$2, AMAZON.CA 9. GERBER STAGE 3 MULTIGRAIN YOGURT BLUEBERRY BABY CEREAL, \$4, WALMART.CA



EGGS



FOR

DAYS

Not sure what to make for dinner tonight? Eggs will save the day. Packed with protein, essential vitamins and antioxidants, these small wonders can turn the random scraps you have in the fridge into a meal your family will love. Go ahead and get cracking!

RECIPES BY **The Chatelaine Kitchen** PHOTOGRAPHY BY **Erik Putz** FOOD STYLING BY **Eshun Mott**  
PROP STYLING BY **Madeleine Johari** PRODUCED BY **Simone Olivero** ART DIRECTION BY **Emily Vezér**

**KITCHEN TIP**

Get the kids in the kitchen! Have some artistic fun with the food you're about to cook (how cute are these faces?) or let them try cracking an egg. Little helpers tend to be less picky eaters.



PHOTO: TKTKTK THING: TKTKTK





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**1**  
**SCOTCH EGGS**



PREP 15 MIN; TOTAL 30 MIN

- 6 medium eggs
- 500 g mild Italian sausage (about 5 sausages), meat removed from casings
- 1 cup panko bread crumbs
- 2 to 3 cups canola oil

**1.** Cover eggs with water in a large pot. Bring to boil on high and boil for 4 to 5 min. Transfer eggs to a bowl of cold water and let cool for 5 min. Peel and pat dry.

**2.** Divide sausage meat into 6 equal portions. Flatten each portion into a 5-in. circle. Lay a peeled egg in the centre of a circle and wrap sausage meat around egg to cover completely. Repeat with remaining eggs and meat.

**3.** Pour panko into a shallow bowl. Coat sausage-covered eggs with panko bread crumbs completely.

**4.** Pour oil into a large pot until it reaches ½ in. up the side. Heat over medium. Add 2 eggs. Cook, turning eggs often, until panko turns golden-brown, about 2 min. Transfer to a paper towel-lined plate. Repeat with remaining eggs. Serve sliced, warm or cold, with a side of sautéed spinach and grape tomatoes, if desired.

**MAKES 4 SERVINGS. PER SERVING:** CALORIES 690, PROTEIN 34 G, CARBS 21 G, FAT 52 G, IRON 3 MG, SODIUM 1640 MG.

**Kitchen tip:** For a quick side, heat a large non-stick frying pan over medium. Add 1 tsp canola oil, then 1 pint grape tomatoes. Cook until tomatoes start to burst and soften slightly, 4 to 5 min. Add 6 cups baby spinach, 1 minced garlic clove and ¼ tsp salt. Season with pepper. Cook until spinach wilts, 1 to 2 min.

**2**  
**SCRAMBLED EGG TACOS**



PREP 15 MIN; TOTAL 30 MIN

- 2 cups tater tots
- 4 strips bacon, cut in half
- 4 large eggs
- 1 small avocado, thinly sliced
- 4 small flour tortillas
- ¼ cup chunky salsa
- ¼ cup tomatillo salsa (optional)
- ¼ cup shredded Monterey Jack cheese (optional)
- ¼ cup chopped cilantro (optional)

**1.** Bake tater tots in oven following package directions, 19 to 21 min.

**2.** Meanwhile, arrange bacon strips in a single layer in a large non-stick frying pan and set over medium-high. Cook until crispy, 2 to 3 min per side. Transfer to a paper towel-lined plate.

**3.** Reduce heat to low, then discard all but 1 tbsp fat from pan. Beat eggs with 2 tbsp water in a medium bowl. Season with pepper. Pour eggs into centre of pan.

**4.** When edges start to set, about 30 sec, use a rubber spatula to gently push eggs from edge toward the centre of pan. Swirl the pan to allow raw eggs to run to the edges of pan. Repeat process until eggs are fluffy and softly scrambled, 2 to 3 min.

**5.** Arrange scrambled eggs, bacon, avocado and tater tots over tortillas. Drizzle with salsas, then sprinkle with cheese and cilantro, as desired. Serve immediately.

**MAKES 4 SERVINGS. PER SERVING:** CALORIES 500, PROTEIN 16 G, CARBS 37 G, FAT 32 G, FIBRE 6 G, IRON 3 MG, SODIUM 880 MG.

**3**  
**EGG FRIED RICE**



PREP 15 MIN; TOTAL 25 MIN

- 8 large eggs, divided
- ¼ cup oyster sauce or vegetarian oyster sauce
- 5 cups day-old cooked rice, preferably jasmine
- 4 tsp canola oil, divided
- 1 onion, finely chopped
- 2 cups frozen mixed vegetables, such as peas, corn and carrots
- 2 garlic cloves, minced
- 1 green onion, thinly sliced (optional)

**1.** Beat 4 of the eggs with oyster sauce in a large bowl. Stir in rice until combined. Set aside.

**2.** Heat a large non-stick frying pan over medium-high. Add 3 tsp oil, then onion. Cook, stirring occasionally, until softened, 2 to 3 min. Add mixed vegetables and garlic. Cook until warmed through, 1 to 2 min.

**3.** Add rice mixture. Cook, stirring constantly, until egg is cooked and rice is hot, 4 to 5 min. Season with pepper. Divide rice mixture among four plates.

**4.** Return pan to heat over medium. Add remaining 1 tsp oil, then crack remaining 4 eggs into pan. Cook, covered, until whites are no longer runny, 2 to 3 min. Top each portion of rice with a fried egg. Sprinkle with green onion, if desired.

**MAKES 4 SERVINGS. PER SERVING:** CALORIES 490, PROTEIN 20 G, CARBS 69 G, FAT 15 G, FIBRE 5 G, IRON 3 MG, SODIUM 670 MG.