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Solved

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DISPLAY
YOUR EGGS IN
OUR SIMPLE
TWIG NEST
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YOUR DINNER CHALLENGES SOLVED!

How can I make a single meal that suits both kid and grown-up tastes?

Try our two-way
skillet mac-and-cheese!



Dinnertime doesn't have to be a drag. With the right strategy in place, family meals can be more enjoyable for everyone. To help out, we've come up with recipes that solve **four common meal-planning (and -making) dilemmas** submitted by readers just like you. Whether you need to please multiple palates or get things done in a flash, these fresh ideas can make your next sit-down meal something to savor.

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YOUR
DINNER
CHALLENGES
SOLVED!



Ingredients:

For the fish:

- 2 tablespoons water
- 2 large eggs, beaten
- ½ cup flour
- 2 cups panko
- 1 pound catfish fillets sliced into 1- by 3-inch strips
- Salt and pepper
- 8 to 10 corn tortillas, warmed
- Shredded lettuce
- Low-fat sour cream or mayonnaise (optional)

For the salsa:

- 1 (16-ounce) package frozen segmented peaches, chopped and thawed
- ¼ cup finely chopped red onion
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1 tablespoon finely chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon salt

Challenge #2 Eating Healthier

"I need ideas for healthy meals that my daughter will actually want to eat."

— Nicole Bennett, Amherst, MA



Our Solution: Try baking instead of frying

Fish Tacos With Peach Salsa

The fish nuggets in this tasty taco are baked, not fried, which translates into less fat — without sacrificing a crunchy coating. The secret is panko, delicious Japanese bread crumbs that form the super-crisp outer layer on the fish. The salsa, made with frozen peaches, offers a slightly sweet and tangy complement to the fish, along with a healthy dose of vitamin C.

Hands-on Time: 30 minutes • Total Time: 45 minutes • Serves: 4

1. Heat the oven to 450°. Line a rimmed baking sheet with foil. Place an ovenproof cooling rack on the baking sheet and coat the rack with nonstick cooking spray.

2. Stir together the water and the beaten

eggs. Place the flour, the egg mixture, and the panko in three separate bowls. Season the catfish with salt and pepper, then dredge each piece first in the flour, then the egg, and finally the panko. Place each coated strip on the prepared rack, leaving a 1-inch space between the pieces. Lightly mist the fish with nonstick cooking spray.

3. Bake the fish until it's lightly browned, 10 to 12 minutes. Meanwhile, in a medium bowl, stir together the salsa ingredients.

4. Prepare each taco by placing two or three strips of fish in a tortilla. Top with the Peach Salsa, the shredded lettuce, and if you like, low-fat sour cream or mayonnaise.