

Kids' Corner

A Meal for Mom

Show her you care with this step-by-step, make-ahead meal



THIS MOTHER'S DAY, TREAT MOM TO A DELICIOUS MEAL MADE BY YOU! OUR BRUNCH MENU IS EASY TO PREPARE, but you can make sure the meal comes off smoothly by following the make-ahead steps and reading the recipes through carefully before you begin. That way you'll stay on track and everything will be ready at the same time. • Depending on how much experience you have in the kitchen, you might want to ask Dad for a little help. Whether you go it alone or have others pitch in, it will be a celebration brunch Mom will always remember. Just be sure to clean up afterward so she isn't left doing the dishes!

MOM'S MIMOSA WITH FRUITY STIR-STICKS

PREP TIME: 10 to 15 minutes

MAKES: 4 servings

- 4 bamboo skewers
- 12 small strawberries, stems removed
- 12 chunks canned pineapple
- 2 cups sparkling apple cider, chilled
- 2 cups pineapple-orange juice, chilled

On each of the 4 skewers, alternate 3 strawberries with 3 pineapple chunks. Pour the apple cider and pineapple-orange juice into each of 4 tall glasses. Place a fruit skewer in each glass, stir, and serve immediately.

Per serving: 130 cal., 1.1% (1.5 cal.) from fat; .84 g protein; .17 g fat (.02 g sat.); 32 g carbo (.45 g fiber); 10.6 mg sodium; 0 mg chol.

ORANGE CHERRY SALAD

PREP TIME: 30 minutes

MAKES: 4 servings

- 4 cups packaged romaine lettuce, torn into bite-size pieces
- 1 cup shredded, ready-to-eat carrots (sold in the produce section in a bag)
- 1 hothouse cucumber, plastic removed, washed
- 2 green onions
- ¼ cup dried cherries or cranberries
- ¼ cup Safeway SELECT Walnut Halves and Pieces, chopped
- 2 medium navel oranges
- 1 medium avocado (optional)
- ½ cup Safeway SELECT Raspberry Vinaigrette Dressing

1. Arrange 1 cup of romaine leaves on each of 4 salad plates. On

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one, two, three...brunch!

top of each plate of lettuce, sprinkle about $\frac{1}{4}$ cup of the preshredded carrots.

2. Cut the cucumber in half crosswise, reserving one half for another use. Cut the remaining half lengthwise down the center, then slice into thin half moons. Arrange about 8 to 10 slices on each salad.

3. Cut root ends off both green onions and discard. Slice the green onions into $\frac{1}{4}$ -inch-thick rounds (use both white and green parts). Sprinkle equal amounts of onions, dried cherries, and chopped walnuts over each salad. (At this point, you can cover each plate tightly with plastic wrap and store them in the refrigerator until it's time for brunch.)

4. Using a paring knife, slice off the ends off of the oranges. With the tip of the knife, slice lengthwise through the orange rind. Gently peel the orange, and remove as much of the white pulp as possible. Slice each orange in half from end to end, then

1. Before you go grocery shopping, make a detailed list of all the ingredients you need plus any items for table decorations.

2. Shop for groceries two or three days ahead of time.

3. Two days or up to two months ahead, make the quiche. Since Mother's Day is on Sunday, you can bake the quiche as early as Friday and, when it has cooled to room temperature, refrigerate it covered tightly with aluminum foil.

4. One day ahead, make the salads on individual plates but leave off the oranges (they will make the other vegetables wilt). Refrigerate plates, tightly covered with foil or plastic wrap.

5. The night before the party, set the table with special decorations or a centerpiece.

6. Two hours before serving, make the fruit skewers for the mimosas and peel and slice the oranges for the salads. Take the quiche out of the refrigerator to bring to room temperature.

7. Thirty minutes before serving, arrange a rack in the middle position of your oven, then preheat it to 400°. When the oven reaches that temperature, remove foil and bake the quiche for about 20 minutes or until hot.

8. While waiting for the quiche to heat, pour the mimosas. Then take the salads out of the refrigerator and arrange the orange slices on top.

9. Just before serving the quiche, drizzle the salads with dressing.

QUICK HAM AND CHEDDAR QUICHE

PREP AND COOK TIME: About 50 minutes

NOTES: You can make two quiches at the same time by doubling the recipe, then freezing one or both. Defrost overnight in the refrigerator and reheat in a preheated 400° oven for 20 minutes.

MAKES: 8 to 10 servings



WHAT COULD BE MORE PERFECT FOR MOM THAN BRUNCH IN BED?

slice each half into thin half moons.

5. Cut each avocado in half lengthwise around the seed. To remove the top half, gently twist it to the side, then pull up. Remove the avocado seed with the tip of the knife or a small spoon. Slice each avocado in half lengthwise. Gently remove avocado peel. Slice or dice the peeled avocado.

6. Just before serving, arrange equal amounts of sliced oranges and avocado on top of each salad. Shake dressing well and drizzle two tablespoons over each salad.

Per serving: 268 cal., 50% (135 cal.) from fat; 4.5 g protein; 15.9 g fat (1.4 g sat.); 31 g carbo (5.4 g fiber); 62 mg sodium; 0 mg chol.

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- $\frac{1}{4}$ pound Safeway SELECT Primo Taglio Ham, thinly sliced
- $\frac{1}{4}$ cup preshredded cheddar cheese
- 3 to 4 green onions, rinsed
- 4 large eggs
- $\frac{1}{2}$ cup light sour cream
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- 1 9-inch frozen deep-dish pie crust

1. Preheat oven to 400°.

2. Stack ham neatly into a block and slice into $\frac{1}{2}$ -inch squares. Add to a medium bowl with cheese. Thinly slice enough green onions to make $\frac{1}{2}$ cup, then mix into the meat and cheese with a rubber spatula.

3. Crack the eggs into a blender. Add sour cream, garlic powder, and salt. Blend on high until well mixed.

4. Place frozen pie shell onto a baking sheet. Spread meat mixture evenly into the bottom of the shell. Pour egg mixture over meat and cheese.

5. Carefully put the baking sheet into the preheated oven. Bake 30 to 35 minutes, until eggs are set and quiche is lightly browned on top. Remove from oven and let rest 10 minutes before serving. Or cool to room temperature, then cover tightly with aluminum foil and refrigerate for up to 2 days or freeze for up to 2 months.

Per serving: 155 cal., 59% (91 cal.) from fat; 6.9 g protein; 10 g fat (3.5 g sat.); 9.3 g carbo (.35 g fiber); 360 mg sodium; 98 mg chol.

by HOLLY RUDIN BRASCHI