

Pointers For Parents

Survival Guides For Moms

(NAPSA)—One of the world's toughest jobs—being a mom—can benefit from the help of a survival guide—a set of three books that help busy moms master crowded schedules and find time for fun with their families.

The books are part of the best-selling Chicken Soup series, which has sold over 100 million copies. The books deliver inspiration, offer time- and sanity-saving tips, as well as quick and tasty recipes.

“Chicken Soup for Every Mom’s Soul” includes 101 new stories of love and inspiration for moms of all ages. “Life Lessons for Busy Moms” shares essential ingredients to help moms organize and balance their worlds. Finally, “Recipes for Busy Moms” provides creative ideas and foolproof, tasty recipes—created by celebrity chef Mr. Food, who stands for quality, great taste and quick n’ easy practicality—as well as a number of stories to help warm the heart. The set of three books makes a great gift.

Here’s a look at one of the favorites from “Recipes for Busy Moms”:

Muffin Tin Meat Loaves

Makes 12 Muffins

By making meat loaf in muffin tins, you reduce the cooking time...which means that dinner can be on the table quicker. Now, isn't that great news?

1½ pounds lean ground beef
1 egg, slightly beaten
1½ cups shredded zucchini



Moms can find inspiration, helpful tips and family recipes in a series of new books.

(about 1 medium zucchini)
1 teaspoon dried Italian seasoning
½ teaspoon salt
1 cup bread crumbs
¼ cup ketchup

1. Preheat the oven to 400°F.
2. In a large bowl, combine all the ingredients except the ketchup, mixing lightly but thoroughly. Place about ⅓ cup of the beef mixture into each of 12 medium muffin cups, pressing lightly; spread ketchup over the tops.

3. Bake for 20 minutes, or until no pink remains and the juices run clear.

OPTION: If you want, you can use yellow squash in place of the zucchini...or some of both!

HEALTHY HINT: Not only is this a quick dinner, but it’s a great way for kids of all ages to get everything they need in an all-in-one muffin!

The books can be purchased together for a special price at www.chickensoup.com.