

Cooking Corner

Tips To Help You

Famous Chef Shares Recipe For Braces-Friendly Food

(NAPSA)—Chef and author Michael Chiarello is renowned for his culinary creations. But it is his latest recipes that have the more than 5 million braces-wearing children and adults in North America smiling.

Chiarello, inspired by his young daughter who recently began orthodontic treatment, has teamed up with the American Association of Orthodontists (AAO) to create several braces-friendly recipes.

"When my daughter got braces, I knew I had to modify some of our favorite meals," says Chiarello. "Not only are these dishes braces-friendly, they are fun to make with the whole family." Chiarello's creations include Pasta Pomodorini, a savory pasta dish made with fresh cherry tomatoes; and Apple Bomboloni, a pastry with filled with warm sweetened apples.

"Michael's recipes illustrate that with a little awareness and creativity in the kitchen, meals can still be delicious and safe for individuals with braces," says Raymond George, Sr., DMD, an orthodontist and president of the AAO.

Chiarello encourages parents to involve their children in meal preparation. "The cherry tomatoes featured in my Pasta Pomodorini offer the perfect opportunity to get kids into the kitchen and introduce them to cooking," says Chiarello. "Smaller hands are ideal for crushing the cherry tomatoes—just be sure to show them how to squish the tomatoes slowly and carefully between thumb and forefinger so the juice doesn't end up on the ceiling," he smiles.

According to the AAO, more



Chef Michael Chiarello's Pasta Pomodorini is a braces-friendly food that's fun to make and great to eat.

than 1 million adults and 4 million children are receiving orthodontic treatment from its members in the U.S. and Canada. "Avoiding hard, sticky, crunchy and chewy foods helps to keep braces intact and lets treatment proceed as planned," says Dr. George. "Our goal is to create healthy, beautiful smiles. When patients take good care of their teeth, gums and braces, they end up with better results."

To help parents and patients, the AAO provides braces-friendly recipes by chef Michael Chiarello on their Web site, www.braces.org. The site also features information on orthodontic treatment and the many benefits of a healthy beautiful smile. Try this dish:

Pasta Pomodorini *From Michael Chiarello* *Serves 4*

Ingredients

¾ pound spaghetti
¼ cup extra-virgin olive oil,
plus more for drizzling

¼ cup sliced garlic
½ teaspoon finely minced
Calabrian chilies, or
¼ teaspoon red pepper
flakes
1 pint small cherry
tomatoes, stems removed,
crushed between your
thumb and forefinger
Sea salt, preferably gray
salt
¾ cup fresh basil leaves,
each torn into 2 or 3 pieces
Wedge of Parmesan cheese

Directions

Bring a large pot of salted water to a boil over high heat. Add the pasta.

While the pasta cooks, heat the ¼ cup olive oil in a large skillet over moderate heat. Add the garlic and cook until the slivers are golden brown and crisp, then add the chilies and cook for about 30 seconds. Raise the heat to high and add the tomatoes. Simmer briskly to soften the tomatoes and thicken the juices, about 3 minutes. Season with salt.

When the pasta is al dente, scoop out about ½ cup of the pasta cooking water, then drain the pasta. Return the pasta to the warm pot off the heat. Add the sauce and the basil and mix well. Add some of the reserved cooking water if the pasta seems dry. Transfer to a warmed serving bowl and grate Parmesan over the top to taste. Drizzle with a little more olive oil. Serve immediately.

For more information, visit www.braces.org.