

Braces-Friendly Fare Cooked Up By Celebrity Chef

(NAPSA)—Many parents find that mealtime can be a challenge when their children get braces. Now, thanks to some new recipes, both parents and kids will have something to smile about.

For example, when celebrity chef Gale Gand's 10-year-old son, Gio, got braces she faced one of her toughest tests to date: how to modify her favorite recipes into braces-friendly fare that her whole family would love.

"Meals have always been an event at our home, a time when we can all come together as a family to share delicious food and the day's events," says Gand. "The good news is that with a few food modifications and braces-friendly substitutes, our family mealtime ritual didn't have to change that much."

According to the American Association of Orthodontists (AAO), more than 4 million children and 1 million adults have braces. "Avoiding hard, sticky, crunchy and chewy foods helps to keep braces intact and can make the treatment process flow smoothly," says Dr. William Gaylord, D.D.S., M.S.D., an orthodontist and president of the AAO. "When patients take good care of their braces, they should be able to finish treatment on time with good results."

To help parents and patients, the AAO provides the following braces-friendly recipe created by Chef Gale Gand. She says it's one of her son's favorites:



Dishes like Chef Gale's Savory Chicken Pot Pie can help keep braces intact and make the treatment process flow smoothly.

Savory Chicken Pot Pie Serves 4

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 large chicken breasts, cut into cubes
- 1 large russet potato, peeled and cubed
- 2 large carrots, peeled and cubed
- ½ cup of frozen peas
- 1 16-oz. can of chicken broth
- 1 tablespoon fresh chopped parsley
- salt and black pepper to taste
- 1 tablespoon butter
- 2 tablespoons of flour
- 2 disks of pie crusts for a 10" pie (ready-made or homemade)

In a large skillet, heat the olive oil till it's almost smoking, add the onions and sauté them. Stir them to coat with oil and then add the cubed chicken cook till the onions are translu-

cent and chicken is cooked through, stirring often. Remove to a bowl.

Meanwhile, heat the chicken stock to boiling and add the potatoes and carrots to cook them through, simmering about 15 minutes. Reserving the chicken stock, strain out the potatoes and carrots and add them to the chicken. Add the peas as well.

In the same sauté pan, heat 1 tablespoon butter and add 2 tablespoons flour. Stir continuously over medium heat to boil and cook till it's straw colored, about 2 minutes. Whisk in the reserved chicken broth and cook, whisking till it boils and thickens. Stir in all the vegetables and chicken, and parsley and taste for seasonings. Add salt and pepper as needed.

Place a homemade or ready-made pie crust in the bottom of a deep-dish, 10-inch pie pan.

Pour the chicken and veggies over the bottom crust, then place the top crust over and crimp the edges. Cut 3-4 small slits in the top crust or use a small cookie cutter to remove a portion of the top crust, leaving a cut-out design. Place on a cookie sheet.

Bake at 425° for 40 minutes or until the pie is hot and bubbly and the crust is golden brown.

Parents interested in additional braces-friendly recipes or information on orthodontic treatments or orthodontists near them can visit www.braces.org.