

APPAREL PROBLEMS SOLVED 15 PIECES THAT FIX EVERYTHING

WOMEN'S Running™

True Stories
From Mother
Runners

LET'S GET
REAL!

Sara Hall isn't just a world-class triathlete. She's also a new (ish) mom to four girls—Hana, Jasmine, Rio and Lily—from Ethiopia.

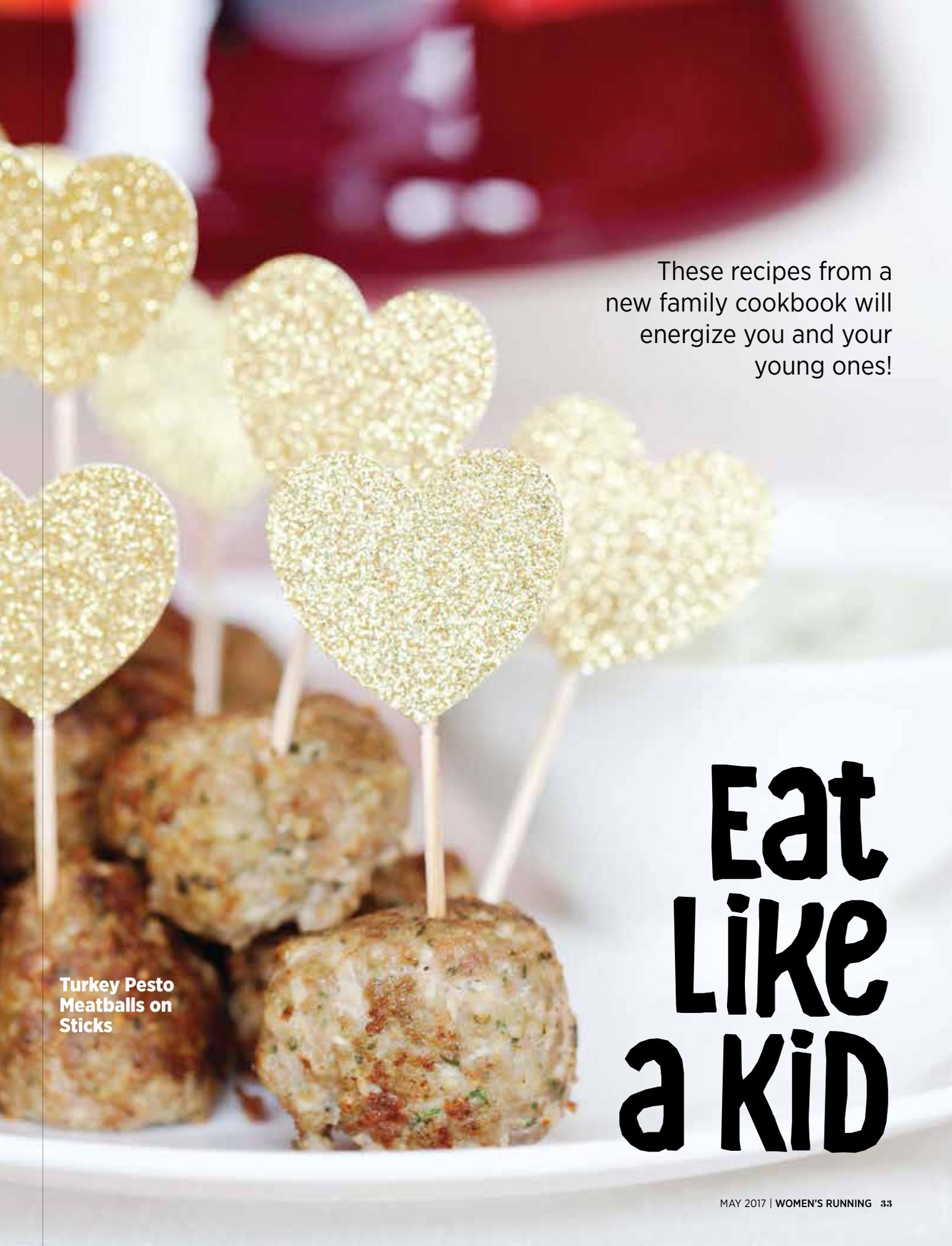
Do you need to
strengthen your
pelvic floor?

Hint: Probably!

Page 45

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A close-up photograph of several round, golden-brown turkey pesto meatballs. Each meatball is skewered with a wooden stick that has a heart-shaped topper. The hearts are covered in a fine, shimmering gold glitter. The background is softly blurred, showing a white plate and a red object, possibly a bowl or container.

These recipes from a new family cookbook will energize you and your young ones!

Turkey Pesto
Meatballs on
Sticks

Eat Like a Kid



Leah Garrad-Cole's new cookbook, *It All Begins With Food: From Baby's First Foods to Wholesome Family Meals*, got us thinking about how runners, like children, tend to gravitate toward foods that are easy to digest. Think bananas, bagels and granola bars. We even regularly consume what is arguably "baby food"—consider those smoothies with puréed fruits and vegetables. Perhaps you have prevented dehydration with Pedialyte?

For mother runners, if you can get you and your family on the same recipe page, life gets easier. To that end, we present a handful of dishes and tips from Garrad-Cole, the founder of the healthy snack company Love Child Organics, with useful information about what's worked for her family. We've also include a list of products you can buy—inspired by what kids like to eat—that will please and fuel all of your loved ones.

Fresh Squeezes

Stuck in a sandwich-filling rut? Here are some of our family favorites:

- Soft goat cheese and sliced tomato
- Hummus, avocado and alfalfa sprouts
- Shredded chicken mixed with mayonnaise, quartered grapes, shredded carrot, finely diced celery and a pinch of curry powder
- Cream cheese or goat cheese and sliced strawberries
- Cream cheese with alfalfa sprouts and cucumber
- Nitrate-free ham, sharp cheddar and apple (yummy grilled too!)
- Baby shrimp with mayo, dill and capers
- Shredded apples and carrots with almond butter
- Peanut butter and sliced firm pears
- Veggie-loaded taco meat sandwich
- Mashed tinned sardines and yellow mustard (kids often like this—really!)



pictured on previous page

TURKEY PESTO MEATBALLS ON STICKS

MAKES 24 MEATBALLS

I remember a friend once telling me that in an act of desperation to get her kids to try something new, she put a taco on a stick. How on earth she managed that I still can't quite work out, but the thought of her trying always makes me laugh. It is true, though, that food on a stick is always popular with kids, and here the sticks make these meatballs a fun party food proposition. Plus, as birthday parties often involve more sugar than a regular day, these are a potentially sanity-saving, protein-rich choice to help keep blood sugar levels stable and the party on an even keel. These grain-free meatballs are baked in the oven rather than fried, because the last thing you need at a kids' party is to be frying meatballs on the stovetop. These are also ideal as a finger food, as part of a family meal or to put in lunchboxes.

Virgin coconut oil, to grease the rack

- 1 pound ground turkey thighs
- 1 egg
- ¼ cup almond meal
- ¼ cup pesto
- ¼ cup finely grated Parmesan cheese
- ¼–½ tsp. sea salt (depending on how salty your pesto is in the dip, below)

Preheat oven to 375 degrees. Grease a metal roasting rack with **coconut oil** and set it over a roasting pan. Combine all **meatball ingredients** together in a large bowl. Use a wooden spoon or your hands to bring them together. Roll tablespoon-size amounts of the turkey mixture into balls and set them on the rack over the spaces so that the drippings will fall through. Bake for 30 minutes, until just starting to turn golden on top. To serve, stick cocktail sticks or lollipop sticks into the meatballs and serve on a platter alongside the dip.

Party Prep
You can freeze meatballs on a tray before cooking. At party time, place them in a 375-degree oven, and add 5 minutes to the cooking time.

DIP

- 1 cup whole-milk yogurt
- ¼ cup pesto
- Squeeze of lemon juice
- Sea salt to taste

To make the dip, simply whisk together **all ingredients** in a medium-size bowl.

Alternate Filling Combos

- 1) black beans + cheese + red bell pepper
- 2) pear + Manchego cheese
- 3) peanut butter + dried coconut + banana

Leftover Apple?
Dice and freeze to add to a smoothie later.

CHICKEN, APPLE, SPINACH AND CHEDDAR QUESADILLAS

SERVES 2 SMALL CHILDREN OR 1 BIG KID

Quesadillas are the ultimate quick lunchtime staple, and the possible variations are endless. This savory and sweet version is one of my favorites. A quick word about flour tortillas: Store-bought ones often contain a long list of preservatives, so it's worth taking the time to carefully read the labels and buy cleaner versions from the refrigerator section of natural food stores.

- $\frac{1}{2}$ cup shredded cheddar cheese
- 2 small whole-grain flour tortillas (gluten-free, if preferred)
- $\frac{1}{4}$ cup shredded cooked chicken
- 1 Tbsp. finely chopped baby spinach leaves
- 1 tsp. hemp hearts for added nutrition (sounds odd, but they blend in really well and add omegas and fiber) (optional)
- $\frac{1}{2}$ apple, sliced

Sprinkle half the **cheese** on a **tortilla**, then top with **chicken**, **spinach**, the **hemp hearts**, if using, and slices of **apple**. Sprinkle on the rest of the **cheese**, then place the other **tortilla** on top. In a skillet over medium-high heat, cook for 3 minutes on each side, until the apples are soft. Using a pizza cutter, slice into wedges to serve.

EAT LIKE A KID

NOODLE AROUND

If buckwheat noodles aren't your thing, substitute any other noodle or try rice. The sauce can also be used with other stir-fry combinations or as a dip, so make it up ahead of time and be ready for a quick meal.



MISO SOBA NOODLE BOWL

SERVES 2 ADULTS AND 2 SMALL CHILDREN

Asian flavors tend to be very popular with children, in my experience, but many of the ready-made stir-fry sauces contain nasty preservatives that really have no place in little bodies (or big bodies, come to think of it). The sauce in this recipe is much cleaner and tastes just like the real thing. It can be stored in the refrigerator in an airtight container for at least a month.

- 6 oz. buckwheat soba noodles
- 1 Tbsp. rice vinegar
- 1 Tbsp. miso paste (dark or light)
- 1 Tbsp. tamari or coconut aminos (or soy sauce in a pinch)
- 1½ tsp. honey (maple syrup or coconut sugar)
- 1½ tsp. toasted sesame oil
- 1 Tbsp. warm water
- Pinch of ground ginger
- Pinch of garlic powder
- 1 Tbsp. virgin coconut oil (or olive oil)
- ¾ cup frozen edamame beans, thawed
- ¾ cup diced carrot
- ¾ cup diced broccoli florets
- 1 packed Tbsp. minced green onion

Cook **noodles** according to package instructions. Drain. In a small bowl, combine **rice vinegar, miso, tamari, honey, sesame oil, water, ginger** and **garlic powder**. In a skillet, heat **oil**, then add **edamame, carrot, broccoli** and **green onion**. Cook for a few minutes, just until the carrot starts to soften. Turn off heat, add noodles and miso sauce to the pan, and stir until fully combined before serving.

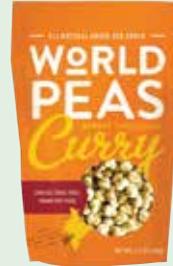
Kid-Tested, Runner-Approved

These child-friendly foods are great for fueling workouts too!

BY NICKI MILLER



Popcorn: This is a great snack for all ages, but we're particularly excited about The Little Kernel—baby popcorn that's good for small mouths and has enhanced flavor since there's less airy puff.



Peas: The frozen ones may be a go-to favorite to help teething pain as well as to cool down hot runners, but we also like them dried. World Peas has a line of flavorful options.

Tuna fish: A great source of protein, canned tuna can have its drawbacks, but with Safe Catch, you don't have to worry about mercury levels, there are more omega-3s than other brands and the fish are sustainably caught. The brand also offers new flavors, such as chili lime and citrus pepper.



Pedialyte: Yes, many runners like it for hydration and electrolytes (and hangovers too).



Squeeze packets: They aren't just for toddlers. Munk Pack makes oatmeal and fruit varieties suitable for a pre-race breakfast, or go for applesauce for a low-fiber energy boost. Purée a banana for your own homemade version.



Gummies: Project 7 makes them with organic sweeteners and no artificial stuff, so they work for a mid-run chew and as a replacement for the traditional candy.

Chocolate milk:

This staple at school lunches is now at race finishes because of its perfect mix of carbs and protein to fuel muscle recovery. For those who may be lactose intolerant, the a2 Milk Company has a new chocolate version made with the easier-to-digest protein.



Dried fruit:

Whether in chunks or strips, as a snack or mixed into a meal, the vitamins and fiber and sweetness are palate pleasing. Check out the new Sunkist TrueFruit Clusters.



Chips: The most versatile dipping staple. Pure Growth Organic Super Chips are healthier and meant for sharing ("co-snacking") between parents and kids.



Yogurt: This all-ages snack is available in just about any flavor combo. Check out Daiya's super-creamy dairy-free versions for an animal-free option.

CHICKPEA SALAD LETTUCE WRAPS

SERVES 1-2 CHILDREN

My kids both love tuna salad, but I have concerns about mercury levels and sustainability, so I wanted to come up with a safer option I could feel good about. This chickpea salad fits the bill and is a terrific source of vegetarian protein. Because it tastes so much like the tuna salad they're used to, it's really helped convince them that chickpeas are a reasonable thing to be eating! Prefer grains with your chickpea salad? Feel free to use sandwich bread or a wrap in place of the lettuce cups.

- ½ cup cooked or canned chickpeas (sodium-free and from a BPA-free can), skins removed if you like
- ¼ cup grated carrot
- 1½ Tbsp. vegan (or regular) mayonnaise
- 1 Tbsp. finely diced celery
- 1 Tbsp. finely chopped raw, unsalted cashews
- Pepper to taste
- Lettuce leaves

Put **chickpeas** in a medium-size bowl. Use a fork to mash them until they're just broken up. It's better not to use a food processor for this, because it destroys too much of the texture. Add the **rest of the ingredients**, except the lettuce leaves, and mix well to combine. Spoon this filling into the **lettuce leaves** and roll up to serve.



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