



**2023** study on the association between family meals and child development found that both the quantity and quality of shared meals positively influence children's well-being. Regular family meals led to better food responsiveness, improved diet quality, and lower emotional difficulties. Family dinners also provide opportunities for children to develop conversational and social skills while strengthening familial bonds. Start by setting a goal to share at least one meal together as a family each week, then build from there.

**3** natural fabrics that are gentle on kids' delicate skin include organic cotton, lyocell, and merino wool. Organic cotton is grown without synthetic fertilizers or pesticides, making it a safe and hypoallergenic choice. Lyocell, a soft cellulose fiber derived from bamboo, offers thermoregulating properties (keeping you cool in summer and warm in winter). Similarly, merino wool is thermoregulating, breathable, and suitable for sensitive skin. When shopping, be sure to check how the garment was manufactured, as natural fibers are sometimes blended with synthetic ones.

**5** benefits of having kids help with chores are learning time management skills, improving organizational skills, understanding responsibilities, developing independence, and gaining self-esteem and confidence. Teaching kids age-appropriate tasks can instill a sense of pride and develop important life skills. You can start as early as two years old by encouraging them to put away their toys, dress themselves, and tidy their room.

**~12** hours of sleep is optimal for kids up to 13 years old. Quality sleep is critical to cognitive (learning, memory, and emotional regulation) and physical development. To promote better sleep, encourage physical activity during daytime, establish a bedtime routine, read to your kids, dim the lights close to bedtime, and diffuse essential oils like lavender. Cooling body temperatures approaching bedtime coincides with an increase in melatonin, which also helps kids fall asleep.

**1** cup of strawberries contains 89.38 mg of vitamin C, 232.56 mg of potassium, and 19.76 mg of magnesium. Packed with antioxidants, strawberries help protect kids' eyes and skin from harmful UV rays. To extend their shelf life, wash berries in a solution of one part vinegar to three parts water. This helps them stay fresh in the fridge for up to five days. Don't forget to pick up fresh pints from local farmers' markets between June and September.

TASTE  
THE  
SUNSHINE!

## CRISP RUTABAGA FRIES and TWO DIPS

4  
SERVES

### Rutabaga fries

- 1 lb (454 g) rutabaga
- 2 Tbsp (30 mL) extra-virgin olive oil
- 1 tsp (5 mL) chili powder
- 1 Tbsp (15 mL) finely chopped fresh dill or Italian parsley (optional)

### Tomato chipotle sauce

- 1/3 cup (80 mL) full-fat plain Greek yogurt
- 1/4 cup (60 mL) mayonnaise
- 2 tsp (10 mL) chipotle pepper in sauce
- 1 Tbsp (15 mL) tomato ketchup (more, to taste, if preferred)
- 1 garlic clove, peeled, crushed, and minced
- 1 tsp (5 mL) maple syrup
- Lime juice (optional)

### Creamy dill sauce with cumin and lime

- 1/2 cup (125 mL) full-fat plain Greek yogurt
- 1 garlic clove, peeled, smashed, and minced
- 1 Tbsp (15 mL) finely chopped fresh dill
- 2 tsp (10 mL) lime juice
- 1/2 tsp (2 mL) ground cumin

Preheat oven to 400 F (200 C).

Using potato peeler or paring knife, peel rutabaga. Cut into 1/3 x 3 inch (1 x 7.5 cm) fries. Place in bowl and drizzle with oil and chili powder. Toss together to lightly coat. Line baking sheet with parchment paper and arrange fries on top in a single layer. Bake in centre of preheated oven for 30 to 40 minutes, flipping and stirring fries a couple of times during baking. Fries should be golden brown and firm on the outside and soft in the centre. Add some salt and pepper, to taste, if you wish.



In mini blender, combine tomato chipotle sauce ingredients. Whirl until smooth. Add pinch of salt and splash of lime juice for some zesty brightness, if you wish. Transfer to bowl and set aside.

In small bowl, combine creamy dill sauce ingredients. Stir together to blend. Add more seasonings, to taste, if you wish. Set aside.

When fries are done, transfer to small platter. Sprinkle with chopped herbs and serve with sauces for dipping on the side. Rutabaga fries are delicious served as a side dish with any main course.

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CURATED SPOTIFY PLAYLIST





## ROASTED SUMMER VEGETABLE SALAD *on* CHARRED ROMAINE

6  
SERVES

### Roasted vegetable salad

1/2 large sweet onion, diced  
4 garlic cloves, peeled, smashed, and minced  
1 red bell pepper, seeded and diced  
1 yellow bell pepper, seeded and diced  
1 small zucchini, diced  
1 large jalapeno pepper, seeded and diced  
2 Tbsp (30 mL) extra-virgin olive oil  
Generous pinch salt  
Freshly ground black pepper, to taste  
1/2 cup (125 mL) cooked French lentils  
1 Tbsp (15 mL) red wine vinegar  
2 tsp (10 mL) liquid honey or maple syrup  
1/4 tsp (1 mL) crushed red pepper flakes

### Charred romaine

3 romaine hearts, trimmed  
1 Tbsp (15 mL) extra-virgin olive oil  
1/4 cup (60 mL) grated pecorino Romano  
1 Tbsp (15 mL) well-aged balsamic vinegar  
3 Tbsp (45 mL) chopped fresh basil

Preheat oven to 400 F (200 C). Lightly oil large baking sheet and set aside.

In large bowl, combine onion, garlic, peppers, and zucchini. Drizzle with oil and sprinkle with a little salt and freshly ground black pepper. You should have about 5 cups (1.25 L). Toss to evenly coat and spread out on prepared baking sheet.



Bake on top rack in preheated oven for 30 to 45 minutes, or until slightly golden tinged. Stir occasionally for even roasting. (Careful when opening oven as escaping steam from roasting vegetables can scald.) When done as preferred, transfer vegetables to large bowl and stir in cooked lentils, red wine vinegar, honey, and crushed red pepper flakes. Taste and add more seasonings, if you wish. Can be made a day ahead and refrigerated. Bring to room temperature before using. It's delicious hot or cold.

Preheat barbecue grill to medium-high. (Alternatively, heat cast iron grill pan over medium-high heat and brush with oil.) Cut romaine hearts in half, lengthwise. Brush cut sides with olive oil. Place romaine hearts, cut side down, on grill and cook, turning once, until charred and slightly wilted, about 3 minutes, depending on heat. Transfer, cut side up, to serving platter. Scatter roasted vegetable salad otop, dividing evenly among romaine hearts. Sprinkle with grated pecorino and drizzle with extra-virgin olive oil, balsamic vinegar, and chopped fresh basil.

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## ROASTED SALMON *with* TOMATO *and* PEACH SALAD

6  
SERVES

6 - 4 oz (120 g) centre-cut salmon fillets, skin on  
Salt and freshly ground black pepper (optional)  
3 large firm (but ripe) heirloom tomatoes, cut into wedges  
3 firm (but ripe) cling-free (or clingstone) peaches,  
pitted and cut into wedges  
1/3 cup (80 mL) pitted Castelvetrano olives or  
black kalamata olives  
1/3 cup (80 mL) soft Italian mozzarella cheese such as burrata  
2 cups (500 mL) baby arugula, washed and spun dry

### Dressing

3 Tbsp (45 mL) extra-virgin olive oil, plus a little extra for salmon  
1 1/2 Tbsp (22 mL) seasoned rice vinegar  
1/4 cup (60 mL) fresh tiny basil leaves

Preheat oven to 425 F (220 C).

Place salmon fillets, skin side down, in oiled baking dish large enough to accommodate fillets in a single layer with space in between to allow for even baking. Rub with a little oil and season with salt and pepper, if using. Roast salmon until almost cooked through, about 10 to 15 minutes, depending on thickness of salmon fillet. To test, a paring knife should slide through easily. Flesh should be a little rare in the centre as it will continue to cook when resting. Remove from oven and set aside.

While salmon rests, make tomato peach salad. In medium bowl, combine tomato and peach wedges with olives. Tear cheese into bite-size pieces and scatter otop the salad along with arugula.

In small bowl, combine olive oil and rice vinegar. Whisk to blend. Drizzle over salad, reserving a little for the salmon. Gently toss to lightly coat.



To serve, place salmon fillets on individual serving dishes and spill tomato peach salad otop. Drizzle salmon with any remaining dressing and scatter with fresh basil. Season with a little salt and freshly ground black pepper, if you wish. Serve immediately. This dish is delicious served with an orzo and spinach salad.

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