

50+ fall recipes to celebrate the season

yum For Kids

FOOD & FUN



Biggest Halloween Issue Ever!



Gear Up for Back to School!

- On-the-go breakfast ideas
- Cook Sunday, eat all week
- Best lunch totes and bento boxes

7
SPOOKTACULAR
Parties for Kids
of All Ages

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The **Never** *Girls*

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Lunch

Smart Choice

Salmon

Try this gluten-free lunch packed with nutrients from Crunchies Grilled Edamame, brown rice and flaky salmon.

RECIPES AND PHOTOGRAPHY BY CAROL KICINSKI, SIMPLY GLUTEN FREE

For a gluten-free lunch idea, which you can also serve at dinner, give your kids a helping of healthy salmon. Rich in omega-3 fatty acids and vitamin D, salmon is good for the brain, which will be much-appreciated once school is back in session. Cheers to good health and a great school year!



Gluten-free Asian Glazed Salmon with Edamame Rice

Serves 4

Prep time: 10 minutes

Cook time: 25-30 minutes

Rest time: 5 minutes

FOR THE ASIAN GLAZED SALMON:

¼ cup mirin (Japanese sweet rice wine)

¼ cup gluten-free soy sauce

¼ cup firmly packed brown sugar

1 teaspoon sesame oil

4 4-ounce salmon fillets, skin removed

1 Tablespoon rice wine vinegar

2 scallions, finely sliced on the diagonal

1 teaspoon sesame seeds

FOR THE EDAMAME RICE:

2 cups water

½ teaspoon kosher salt

2 teaspoons gluten-free soy sauce

2 Tablespoons rice wine vinegar

2 teaspoon sesame oil

½ teaspoon sugar

1 cup brown rice

2.25-ounce bag Crunchies Grilled Edamame

1 Combine the water, salt, soy sauce, vinegar, sesame oil, sugar, rice and Grilled Edamame in a saucepan, stir to combine and bring to a boil. Cover the pan, reduce to a simmer and let simmer for 20-25 minutes or until all the water has evaporated. Fluff with a fork, cover and let sit for 5 minutes.

1 In a shallow baking dish, combine the mirin, soy sauce, brown sugar and sesame oil. Add the salmon fillets and let marinate for 3 minutes, flip and let marinate on the other side.

2 Heat a large skillet over medium-high heat. Add the salmon fillets and cook for 2 minutes. Flip the salmon over and cook for another 2-4 minutes depending on how done you like your salmon. Remove from pan and pour the marinade into the hot skillet. Add the rice vinegar and cook, stirring until the sauce reduces slightly, about 2 minutes. Pour the sauce over the salmon, garnish with the scallions and sesame seeds. Serve immediately.