



The Weekly Peek: September 27, 2011

Issue 22

Peekaboomom.com shares quick tips, recipes, and inspiration from one busy mom to other moms on the run. Email mom@peekaboomom.com, follow @peekaboomomny.

VIDEO RECIPE

Rice & Eggs

Justin, a loyal fan of Peekaboomom, provides us with this favorite "dinner in a snap." Click below to watch this simple dish: Rice and Eggs.



Main Ingredients:
Rice, eggs, veggies.

RECIPE

Orzo Pepper Boats

1 cup assorted fresh mushrooms (crimini, portabella etc.) sliced
2 large peppers (I prefer orange or yellow as they're more mild, optional)
1/2 red onion, diced
1/4 cup cream cheese
1 c Kamut (or other) Orzo (cook according to package)
1/4 cup goat cheese (optional)
1/2 teaspoon olive oil
1 teaspoon rosemary or basil, chopped
salt and pepper to taste

Cook orzo according to package. Sauté onions, mushrooms and spices in olive oil until caramelized. Add cream cheese and incorporate. Add orzo and salt and pepper to taste.

Optional: Stuff peppers with orzo. Bake at 350 degrees for 45 minutes until peppers are tender. Crumble goat cheese on top.

Focus Food: Kamut

KAMUT® brand khorasan wheat is higher in protein and many minerals, especially selenium, zinc, and magnesium compared to modern wheat. Learn more [here](#).

Easy Meal-planning

[Click here](#) for four quick steps.

MOMMY MUST HAVES

Edible Markers

These markers are an easy way to use less icing and sprinkles on sugar cookies and still have a great time decorating.



NEAT LINKS

Soy Lecithin

As you may know, we have a LOT of Soy and Corn products in our diet. One way to help avoid processed foods is to avoid soy lecithin. It's no easy task, but may be worth it. Read more [here](#).



PEAKS & VALLEYS:

Valley

My two-year old is having a tough time with drop-off at her pre-school. It is heartbreaking actually. She wells up and her little lip starts to quiver, but she is so brave. And I think that's what tugs at my heart strings the most. She wants to go in and knows she has to but she's a little tentative. I want to just give her the biggest hug (but I've already had the lecture from Miss Pamela that my daughter is taking queues from me and I need to be positive at drop off.) She's happy as anything at pick-up, does great artwork and is singing some songs I don't know. All good signs, I just hope mornings turn around soon!



Peak

This week I had two true suburban moments. I don't know if they were exactly peaks but they definitely made me smile. The first was going to the mall. As a Jersey Girl at heart it was interesting being back in a shopping mall after 13 years in NYC. My two-year old kept asking what the couches were - like little living rooms all over (I guess for the Dads?). The second was weeding. I bought some gloves at Home Depot and pulled some weeds while the kids were on the swing set. Then my four-year old started to help. Very sweet.

INSPIRATION CORNER

Do not neglect hospitality,

for through it some have unknowingly entertained angels.

