

BRACES-FRIENDLY RECIPES

Good news orthodontic patients and parents! Orthodontic patients can enjoy a variety of healthy food options, from main dishes to side dishes to snacks and desserts. A healthy diet provides essential nutrients and helps the patient achieve the best possible results from orthodontic treatment. Here are some recipes to help you prepare braces-friendly foods for the orthodontic patients in your life.

Michael Chiarello of the Food Network provides the first two recipes - a delicious main dish and scrumptious dessert: Pasta Pomodorini and Apple Bombolini.

PASTA POMODORINI

[Makes 4 servings]

INGREDIENTS:

3/4 pound spaghetti or spaghetti
1/4 cup extra-virgin olive oil, plus more for drizzling
1/4 cup sliced garlic
1/2 teaspoon finely minced Calabrian chilies, or 1/4 teaspoon red pepper flakes
1 pint small cherry tomatoes, stems removed, crushed between your thumb and forefinger
Sea salt, preferably gray salt
1/2 cup fresh basil leaves, each torn into 2 or 3 pieces
Wedge of Parmesan cheese



DIRECTIONS:

Bring a large pot of salted water to a boil over high heat. Add the pasta.

While the pasta cooks, heat the 1/4 cup olive oil in a large skillet over moderate heat. Add the garlic and cook until the slivers are golden brown and crisp, then add the chilies and cook for about 30 seconds. Raise the heat to high and add the tomatoes. Simmer briskly to soften the tomatoes and thicken the juices, about 3 minutes. Season with salt.

When the pasta is al dente, scoop out about 1/2 cup of the pasta cooking water, then drain the pasta. Return the pasta to the warm pot off the heat. Add the sauce and the basil and mix well. Add some of the reserved cooking water if the pasta seems dry. Transfer to a warmed serving bowl and grate Parmesan over the top to taste. Drizzle with a little more olive oil. Serve immediately.

APPLE BOMBOLINI

[Makes 5 servings]

INGREDIENTS:

RUSTIC DOUGH

9 ounces cake flour (about 3 cups)
1/2 cup all purpose flour
1/2 cup granulated sugar
Pinch sea salt
1 cup (2 sticks) unsalted butter, chilled and cut into large pieces
1 tablespoon vanilla
2 tablespoon cold water



APPLE SAUCE FILLING:

4 Granny Smith apples
1 cup (2 sticks) unsalted butter
1 tablespoon lemon juice
1 vanilla bean, or 1 teaspoon vanilla extract
1/3 cup granulated sugar
1 tablespoon water

DICED APPLES:

4 Granny Smith apples
1/4 cup sugar
1/2 teaspoon vanilla
1/2 lemon, juiced



DIRECTIONS:

Dough: In a mixing bowl with a paddle attachment, add the dry ingredients and mix for 5 seconds to blend. Add the butter and vanilla and mix until the butter is about the size of peas. Add the cold water and blend until the dough just comes together. Form the dough into a roughly shaped ball, wrap in plastic, and refrigerate for 1 to 2 hours.

Applesauce filling: Peel, core, and slice the apples. Put the apples with the rest of the ingredients into a saucepan. Bring to a boil, turn down the heat, and cook until the apples are very soft, about 20 minutes. Remove from the heat, cool, and refrigerate.

Diced apples: Peel, core, and cut the apples into large slices. Toss with the sugar, vanilla and lemon juice and set aside.

Assemble the bomboloni: Remove the dough from the refrigerator. Roll out to 1/4-inch thick round. Cut into 6-inch rounds. Place about 1/4 cup of the Apple Sauce Filling onto the center of each round. Top with a few pieces of the Diced Apples. Pull the sides up towards the center to form a bundle, pinching the dough together towards top. Cover with plastic wrap and refrigerate for 1 hour before baking

Bake the bomboloni: Heat the oven to 350 degrees F.

Remove the bomboloni from the refrigerator and place them on a greased or parchment paper lined baking sheet. Bake until golden brown, about 25 to 30 minutes.

*Time Saving Step: Use store-bought pie crust

And here are more recipes orthodontic patients can enjoy:

main dishes, side dishes, and snacks and desserts....

(from "The Braces Cookbook: Recipes You and Your Orthodontist Will Love" by Pamela

and Brenda Waterman at www.bracescookbook.com)