



It's Greek to Me

Get your kids preparing a meal in the kitchen with Chef George's favorite family recipes.

Recipes and photographs by George Kyrtatas

In certain ways, Greece is a country that's steeped in its past. You can see and hear it for yourself when you're sitting on a balcony that overlooks one of its many quaint little towns. The faint but unmistakable crow of roosters is layered behind the beautiful sound of church bells that ring on the hour. Families spanning generations interact closely among themselves, with the older generations introducing the younger set to the family trade, or passing down secret recipes that will be followed for even more years to come.

Unlike dinner in the states, in Greece it's an event. When supper arrives, you take part in the time-honored tradition of the family gathering, where you pick and choose contents and amounts of food from small plates called *meze*. You socialize, talk about the day. You savor the entrée when it arrives—*Mousaka* is a traditional favorite—but also want to leave room for dessert. And, you don't just eat and leave—you relax and stay for hours. That's one of the many things that makes Greece so special.

Visiting Greece is always a great idea, but you don't need to book a family vacation there to introduce your children to its culture. By preparing a Greek meal together, you can teach them about the country's customs and flavors. Remember that you are the best judge of what your child is capable of undertaking, and your supervision at all times is advised. Some kids are only ready to wash veggies or put toppings on a pizza, while others are able to cut soft foods. Be sure to teach your child to wash his or her hands before and after food preparation, and take caution when handling rare meat. The following dishes are the ones I prepare with my three-year-old daughter.

George Kyrtatas is Executive Chef of Hathaway's Restaurant in New Jersey and author of the cookbook My Big Fat Greek Feast.

KIWI recommends that you use natural and/or organic ingredients as much as possible. Many of the ingredients listed in our recipes have natural/organic counterparts that can be found at your local market.

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Spinach, Sun-dried Tomato and Goat Cheese Pita Pizzas

- 3 cups spinach, torn
- 2 cups sun-dried tomato halves
- ½ cup olive oil
- ⅛ tsp. sugar
- 2 pita rounds
- ½ cup tomato paste
- ¼ tsp. oregano
- 2 fresh basil leaves
- 1 garlic clove, sliced
- ½ cup goat cheese (can be substituted with feta)

- 1 Combine sugar, salt, oregano and tomato paste in a small bowl.
- 2 Lightly oil pitas and place on a sheet pan.
- 3 Lightly broil pitas until they're a little crispy.
- 4 Remove pitas from broiler. Top with sauce mixture. Layer spinach, basil, sun-dried tomatoes and cheese.
- 5 Broil until cheese starts to melt.

Serves 2 as an entrée; 4 as a side or appetizer
Per Serving: calories 694, fat 37g, protein 24g, carbohydrates 83g, dietary fiber 17g