



as seen in

GOOD HOUSEKEEPING, SEPTEMBER 2008

SPECIAL MONEY-SAVING ISSUE*

SEPTEMBER 2008

* We'll save you \$1,000s!

Good Housekeeping

**SPEND LESS
SAVE MORE**
206 Ways to Cut...

GROCERY BILLS in half
GAS—by \$700 a year
MEDICAL (Doctors, Insurance)



Mashed Sweet Potatoes

Inspire a hands-on love of cooking with this healthier take on a family-friendly classic, triple-tested by the Good Housekeeping Research Institute. Children as young as three will love mashing slightly cooled potatoes.

- 4 pounds sweet potatoes, peeled and cut into 1/2-inch chunks
- 4 Tbsp margarine or butter
- 3 Tbsp soy sauce
- 1 green onion, thinly sliced

In 5- to 6-quart saucepot, place potatoes and enough water to cover; heat to boiling on high. Reduce heat to medium-low; cover and cook 10 to 12 minutes or until potatoes are tender. Drain well.

In same saucepot, melt margarine on medium. Remove saucepot from heat; add soy sauce and potatoes. With potato masher, mash potatoes until almost smooth. Transfer to serving bowl and sprinkle with sliced green onion.

Serves 12

Ready, Set, Cook!

Sign up for our national cooking event for kids

Good Housekeeping has proudly partnered with Chef'n Kids and Young Chefs Academy to spread the joy of cooking through a nationwide cooking event, dedicated to getting kids in the kitchen and on a healthy track. For dates and information, please visit www.chefnkids.com.

About Our Partners

YOUNG CHEFS ACADEMY With over 150 locations nationwide, Young Chefs Academy offers students an entertaining combination of food preparation, kitchen safety, etiquette, table setting, and menu planning, and provides children ages three and up with lifelong skills and a love of cooking. For a location near you, visit www.youngchefsacademy.com.

CHEF'N KIDS The Chef'n Kids program strives to educate children by showing them how to create healthy snacks and meals. The Chef'n Kids line of colorful, kid-friendly cooking gadgets inspires creativity in the kitchen and a lifelong love of cooking. Learn more at chefnkids.com.

PLUS We Test the Coffeepots, Alarm Clocks, Toasters & more

