

Cooking Up A Cupcake Full Of Nutritious Eating

(NAPSA)—While most parents believe good eating habits are formed during childhood, quite a few find they must struggle every day to get their kids to eat enough vegetables.

A growing number of parents also prefer that their kids eat organic vegetables, those grown without the use of toxic pesticides and fertilizers and processed without artificial ingredients, preservatives or irradiation.

“I prefer to buy organic as much as possible, but as a working mom of two highly active kids, I don’t always have time to shop at organic markets,” said Barbara Albright, M.S., R.D., nutritionist and food author.

Fortunately, getting kids to eat their vegetables—organic ones at that—has become much easier with the introduction of a new line of organic pasta sauces. Ragú® Organic Sauces are 100 percent natural, certified organic and available in three flavors—Traditional, Garden Veggie and Cheese. The entire line is certified organic under the strict guidelines of the U.S. Department of Agriculture (USDA) and approved to carry the USDA seal on its label. The following recipe may convince kids vegetables are delicious:

Veggie Pizza Cupcakes

Makes: 10 pizza cups

Prep Time: 10 minutes

Cook Time: 20 minutes

- 1 can (12 oz.) refrigerated biscuits (10 biscuits)**
- 1 tsp. olive oil**
- 1½ cups assorted diced fresh vegetables (red bell pepper, zucchini, summer squash, onion)**
- 1½ cups Ragú® Organic Pasta Sauce**



These cupcakes are a fun way to deliver nutritious vegetables to the whole family.

½ cup shredded mozzarella cheese (about 2 oz.)

1. Preheat oven to 375°. Unroll biscuits and press each into a 3-inch round. In 12-cup muffin pan, evenly press each biscuit in bottom and up sides of each cup; chill until ready to fill.

2. In 10-inch skillet, heat olive oil over medium heat and cook vegetables, stirring occasionally, 5 minutes or until tender. Stir in Pasta Sauce and bring to a boil over high heat. Reduce heat to low and simmer 2 minutes or until slightly reduced.

3. Evenly spoon vegetable mixture into prepared muffin cups. Bake 15 minutes. Evenly sprinkle tops with cheese and bake an additional 5 minutes or until cheese is melted and biscuits are golden. Let stand 5 minutes before serving. Gently remove pizza cups from muffin pan and serve.

For delicious recipes and ways to use Ragú Organic Sauces, visit www.Ragu.com.