

# Food

WEDNESDAY, MARCH 29, 2006

The Weekly  
Parade

## Recipes

- 2 The Wildest Bacon Caesar Salad
- 3 Primitiva of Zucchini and Tomato Gratin
- 6 Three-Cheese Spinach Orzo Bake
- 6 Mini-Chicken Burgers With Herbs

More recipes inside

## Q&A | Aviva Goldfarb

# Hey Mom, What's for Dinner?

If you're a parent with young children, then you know that the dinner hour is always a time of calm and organization, resulting in a delicious home-cooked meal.

You can stop laughing now.

Aviva Goldfarb feels your chaos. The Chevy Chase mother of two children, ages 6 and 9, recognizes what she calls "the six o'clock scramble" to get some semblance of a meal on the table.

Now 38, she went through it herself when her first child was born — until she came up with a system that involves weekly dinner menus, a shopping list and quick, nutritious recipes. It has also evolved into a career for Goldfarb.

Now "The Six O'Clock Scramble" is a weekly e-mail newsletter with 2,200 subscribers. And next month, Goldfarb's cookbook — "The Six O'Clock Scramble: Quick, Healthy and Delicious Dinner Recipes for Busy Families"



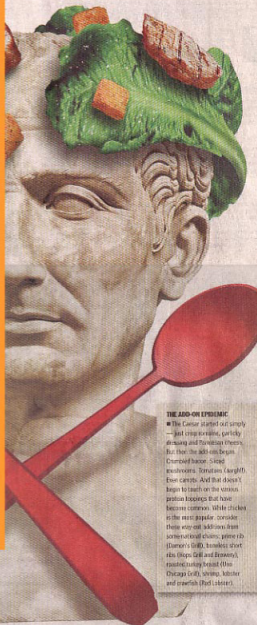
BY KIM TILLEY

**Aviva Goldfarb's system helps avoid the daily dinner scramble. See recipes, Page 6.**

**Progress** — Despite two years of lawsuits, ironically, the original Caesar dressing never excluded them. Orzo? Caesar Cardini used a drizzle of Worcestershire sauce to give his dressing a slightly salty fishy flavor.



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### THE AND-ON EPIDEMIC

■ The Caesar started off simply — just crisp romaine, garlicky dressing and Parmesan cheese. But then the add-ons began. Crumbled bacon. Sliced anchovies. Tortaroni (cauliflower carrots). And that doesn't begin to touch on the various protein toppings that have become common. While chicken is the most popular, consider these eye-out additions: beef, salmon, scallops, shrimp, ribs (Kings Grill and Brewery), roasted turkey breast (The Chicago Grill), shrimp, lobster and cranfish (Paul Lobster).