

STORIES OF
SERENDIPITY

GOOD

INDOOR
FAMILY FUN

HOUSEKEEPING

THE NO.1 FAMILY AND HOME MAGAZINE

PHILIPPINES • AUGUST 2017

**WINNER,
WINNER,
CHICKEN
DINNER**

*What to do with
leftover chicken*

**BOUNCE
BACK
FROM
MONEY
WOES!**

**BRING
COZY
INTO YOUR
HOME**

P120



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GOOD
HOUSEKEEPING
**ANTI-AGING
AWARDS**
*
2017

*Model Ollivia
Medina & her
baby Sofia
Fazzini*

*You
rock,
mama!*



**BREASTFEEDING FASHION
FOR THE MODERN MOM**

**10
THINGS
WOMEN
SHOULD
KNOW
ABOUT
HEART
ATTACKS**

A PLACE TO READ: THE BOOKSTOP PROJECT • A PLACE TO PLAY: PLAY PILIPINAS



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Detox Decoded

Healthy, Feel-Good Recipes

Eggplant Stuffed with Vermicelli, Spinach and Mushrooms

INGREDIENTS

100 grams Sapporo Long Kow Vermicelli (sotanghon)
2 large Eggplants, halved lengthwise
2 tablespoons Light Olive Oil
1 small White Onion, finely chopped
2 cloves Garlic, crushed
200 grams Shiitake Mushrooms, sliced

100 grams Spinach Leaves, washed
50 grams Parmesan Cheese, grated
4 tablespoons Greek Yogurt
¼ cup fresh White Breadcrumbs
Zest of 1 Lemon
40 grams Cashews or Almonds, toasted
2 tablespoons flat Parsley, chopped
Salt and Pepper, to taste

PROCEDURE

Place the Sapporo sotanghon in a large stainless bowl and pour boiling water. When sotanghon becomes al dente, drain and set aside. Halve the eggplants lengthwise. Salt the eggplant and let it stand for 10 minutes. Place eggplants on a baking tray, brush with 1 tablespoon of the olive oil and cook for 20-25 minutes until tender and golden. Scoop out the eggplant flesh (leaving about ¼ of flesh attached to the skin), then roughly chop. Meanwhile, heat remaining oil in frying pan, then add the onions and garlic for 3-4 minutes or until the onion have softened. Add the eggplant flesh to the pan and fry for a few minutes. Next, add the mushrooms, then cook until browned and tender. Add spinach leaves and cook until wilted, stirring frequently. Remove the pan from the heat and stir in the cheese and yogurt. Season with salt and pepper. In a bowl, mix together the breadcrumbs, lemon zest, nuts and parsley. Season with salt and pepper. Spoon the spinach mixture into the eggplant halves. Add the cooked sotanghon and sprinkle the top of each with the breadcrumb mixture. Return to the oven and cook for 10-15 minutes until the topping is golden brown.



DETOXING GOODNESS



VERMICELLI
fat free and low in sodium



EGGPLANT
high in fiber, folate, potassium and manganese



SPINACH
low in fat and cholesterol



Recipes by:
Chef Sheila Lopez



Noodleliciously Healthy
www.sapporoproducts.com.ph



August **GOOD** 2017 **HOUSEKEEPING**

48

BREASTFEEDING
FASHION FOR THE
MODERN MOM



11

WHAT TO DO WITH
LEFTOVER CHICKEN

31

10 THINGS WOMEN
SHOULD KNOW
ABOUT HEART
ATTACKS

39

GH ANTI-AGING
AWARDS 2017

60

BOUNCE BACK FROM
MONEY WOES!

67

BRING COZY INTO
YOUR HOME

82

STORIES OF
SERENDIPITY

90

INDOOR FAMILY FUN



ON THE COVER

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GOOD HOUSEKEEPING

40

GH ANTI-AGING AWARDS 2017



17



55



70

04 From The Editors
Thank You

06 Get Help From Technology
By The (e)Book

08 Ask The Experts
Your Questions Answered

YOUR KITCHEN

11 Good Food
Leftover Love

20 Dinner In A Flash
Weeknight Easy

22 If You've Got
A Slow Cooker

25 Food News
Kitchen Guide

YOUR BODY

28 Health News

30 Weight Loss
Drop 5 Lbs.

31 Heart Health
Indigestion Or
Something More
Serious?

36 Lifestyle Change
How I Finally
Lost 50 Lbs.

YOUR LOOK

40 Beauty Awards
GH Anti-Aging
Awards 2017

48 Breastfeeding
Special
Modern Mama

YOUR MONEY

55 Inspiring Pursuits
Making Financial
Literacy Fun;
Breaking Stereotypes

60 Overcoming
Financial Setbacks
The Steps To
Financial Recovery

64 Money News
5 Money Rules
To Live By Forever

66 Ask The Expert
Money Matters

YOUR HOME

68 Cozy Interiors
How To Bring Hygge
Into Your Home

74 Organize and
Declutter
Mess De-Stress

76 Ask The Experts
Household Help &
Cleaning Tips

REAL LIFE

80 Good Deeds
One For The Books;
It's Play Time!

82 Good Reads
Stories Of Serendipity

87 News For
Your Brood
Family Time

88 Life Lessons
The Power Of
Cut And Paste

YOUR LEISURE

90 Indoor Fun
Take The Fun Inside

96 Your Bookshelf
Live Strong

98 Me-Time
Your Weekend

100 At My House
Nadia Montenegro

75

ORGANIZE AND
DECLUTTER