

## "EAT YOUR VEGETABLES"

-said by most parents everywhere

Meal times can be a point of conflict for many children, especially picky eaters. Picky eating can be described as:

- **Eating a limited amount of food,**
- **Restricting intake particularly of vegetables,**
- **Being unwilling to try new foods, and**
- **Having strong food preferences** (Mascola 2010)

It is common for parents to be concerned about their child's nutrition. Luckily, researchers are discovering methods that may help picky eaters expand their horizons. Chao (2015) found these methods worked well to encourage non-picky eating:

- **Changing the way the food is prepared**
- **Repeatedly introducing the food (10 times or more)**
- **Persuading (highlighting the food's texture, shape, aroma, etc.)**
- **Encouraging**

If you're interested in some new and fun ways to incorporate veggies, invite your child to help you create some of the ideas below. More recipes can be found online:

### • **SWEET POTATO FRIES**

- **Ingredients:** Sweet Potatoes, Olive Oil, Salt and Peppers
- **Directions:** Heat oven to 425. Cut sweet potato into thin fries or wedges. Coat with olive oil or spray with cooking oil. Sprinkle salt and pepper. Bake on a cookie sheet 10-15 minutes then flip and repeat.
- Tip: Make them sweet with some sprinkled cinnamon.
- Tip: Make them savory by adding garlic powder.



### • **HOMEMADE PITA PIZZA**

- **Ingredients:** Whole Wheat Pita, Favorite Tomato Sauce, Mozzarella Shredded, Toppings.
- **Directions:** Fix your pita with your toppings and bake in toaster or convection oven.
- **Cobb Pizza:** Rotisserie Chicken, Turkey Bacon, and Spinach
- **Italian Pizza:** Turkey Pepperoni, Mushroom, Olives.



**Be creative and make it your own!**

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• **MINI EGG MUFFINS**

- **Ingredients:** 8 Eggs, 1/2 Cup Plain Yogurt, 1/2 Cup Cheese, 12oz Lean Meat (Chicken or Turkey Sausage), 1 Cup Spinach, Tomato, & Spices
- **Directions:** Heat Oven to 350. Cook your meat and veggies on the stovetop. Whisk 8 eggs in a large bowl and add cheese. Distribute your meat and veggie mixture in a muffin tin. Pour eggs and cheese over. Bake for 20 minutes or until set.
- **Optional Spices:** Salt/pepper, garlic, basil



• **GRILLED VEGGIE KABOBS**

- **Ingredients:** Skewers, Bell Peppers, Zucchini, Squash, and Tomatoes
- **Directions:** Cut veggies into wedges and add to a large bowl. Coat with olive oil, salt and pepper, and balsamic vinegar or vinaigrette. Thread veggies onto skewers and grill until tender.
- **Tip:** Use any marinade to coat. Alternately, just spray with olive oil and let child dip veggies into their favorite dip like lite ranch or hummus. Serve as a side to burgers or any entree.
- **Optional:** Other produce like: onions, mushrooms, or pineapple.



• **GREEN MONSTER SMOOTHIES**

- **Ingredients:** 1 Cup Milk of Choice, 1/2 or whole frozen banana, 2 handfuls of spinach, 1 tbs of nut butter, 2-3 ice cubes. (Optional: 1/2 cup plain yogurt for creaminess).
- **Directions:** Add all ingredients to a blender and serve.
- **Optional:** The title. Call it "Green Machine," "Green Goblin" or whatever will get your child excited to drink to their health!

