

Kid-Friendly Cooking



A healthy diet is very important for children to grow up strong, smart, and healthy. But kids can also be very picky eaters who are reluctant to try new foods. With a little creativity, you can fit more healthy fruits & vegetables into your child's meals.

Start early

Introduce your children to as many new foods as possible, as early as possible. They will be more likely to vary their diet as they grow older, which can lead to a lifetime of better health!

Set the example

Kids are most likely to try a new fruit or vegetable if they see YOU eating it, so join in! Show your kids that adults try new foods, too. If you enjoy a variety of fruits and vegetables, your kids will too.

Be persistent

Keep offering your child vegetables, even if they've rejected them before. Try the "one bite" rule: as long as they try one bite, your child can decide whether or not to eat the rest.

Hide the veggies

For very picky eaters, try to "hide" the veggies by finely chopping or pureeing them into sauces. Try to match colors and textures of foods your child likes. Slowly adding more vegetables to their favorite meals will help them get the nutrients they need without dinner table fights.



Mac & Cheese with Cauliflower and Carrots



INGREDIENTS

- ½ lb carrots
- ½ lb cauliflower
- 1 box (13.25 oz) whole wheat fusilli or other pasta
- ¼ cup butter
- 3 tablespoons all-purpose flour
- 2 cups milk
- 3 cups shredded Cheddar cheese (12 oz)

INSTRUCTIONS

- Turn oven on to broil. Using the fine setting of a grater or food processor, grate carrots. Using the coarse side of the grater, grate cauliflower (including stem). Set aside.
- Cook pasta as directed on box. Drain; transfer pasta to a 4-quart baking dish or oven-safe skillet.
- In a medium skillet over med-high heat, melt butter. Add carrots and cauliflower; cook and stir 6 minutes. Sprinkle flour over vegetables; stir & cook until thoroughly combined, about 1 minute. Slowly stir in milk. Cook until thickened and bubbly. Stir in 2 1/2 cups of the cheese; cook and stir until melted.
- Pour cheese mixture over pasta and stir to combine. Sprinkle remaining 1/2 cup cheese over the top.
- Broil about 6 inches from heat 2 to 3 minutes or just until cheese is melted. Serves 6-8.

