

Help your child enjoy

vegetables

Children may say no to vegetables for many reasons. As long as your child is happy and growing there is no need to panic.

Try these tips to help your child learn to eat and enjoy vegetables:

- It could take up to 15 tastes or more before a child will decide they like a new food. Don't give up!
- Role model healthy eating by enjoying a variety of vegetables.
- Remember that we all have different tastes. Children pick up messages about how you view food. If you are excited about a new food, they may be too.
- Offer raw veggies with salsa, guacamole, hummus, bean dip or plain yogurt.
- Grate, grill, bake, mash or steam vegetables. Enjoy them plain, with cheese, or with a dressing.
- Add vegetables to stir fries, casseroles, lasagna, fried rice, pita pizzas, muffins, pasta sauces, tacos, stews, soups, salads, wraps and omelettes.
- Let children help in the kitchen. They can clean carrots, snap beans, tear leafy greens or mix the dressing.
- Plant vegetables in a garden or in containers. Children will often eat the vegetables they helped grow.
- Change things up during the year by taking advantage of seasonal vegetables.

For more information, contact the Health Action Line 1-800-660-5853 or visit www.healthunit.org



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Kale Chips

Ingredients:

- 1 bunch of kale
- canola oil
- salt

Directions:

1. Preheat oven to 300°F.
2. Wash kale and let dry.
3. Cut or pull off tough stems, tear the leaves into chip sized pieces and place on baking sheet.
4. Sprinkle with oil and use your hands to get all of the leaves coated.
5. Arrange the kale pieces in a single layer on a baking sheet and sprinkle salt or herbs as desired.
6. Bake for 20 minutes at 300°F or until crisp. Turn kale halfway through.
7. Serve immediately.

Tip: Kids can help with washing the kale, tearing the leaves into chips and mixing with oil.

Reference: Leeds, Grenville and Lanark District Health Unit

Spaghetti Squash

Ingredients:

- 1 spaghetti squash
- tomato sauce
- parmesan cheese
- black pepper

Directions:

1. Preheat oven to 375°F.
2. Halve squash lengthwise and remove seeds.
3. Lightly oil a baking sheet. Lay halves on sheet, flesh side down.
4. Bake for 35 minutes. Let cool 10 minutes.
5. Run fork over inside of squash to get spaghetti like strands. Scoop out spaghetti squash onto a plate.
6. Top with prepared and heated tomato sauce, pepper and a sprinkle of parmesan cheese.
7. Makes 4 servings.

Tip: Kids can help with scooping out the spaghetti squash, adding their own sauce and sprinkling their own cheese.

Reference: Leeds, Grenville and Lanark District Health Unit

Raw Beet, Apple and Carrot Salad

Ingredients:

- 2 beets, peeled and shredded
- 2 carrots, peeled and shredded
- 2 apples, peeled and shredded
- 50 ml (¼ cup) orange juice
- 45ml (3 tbsp) of olive oil
- salt and pepper to taste

Directions:

1. Shred carrots, apples, and the beet using the large holes of a grater.
2. Mix orange juice, salt and pepper, and olive oil.
3. Mix vegetables and apple in a bowl with dressing; toss to combine.
4. Makes 4 servings.

Tip: Kids can help with peeling, grating and mixing.

Reference: Leeds, Grenville and Lanark District Health Unit

Warm Edamame

Ingredients:

- 1 package frozen edamame (green soybeans in the pod).

Directions:

1. Boil edamame in salted water for about 5 minutes.
2. Drain, sprinkle with a little salt if you like.
3. Serve as a snack or side vegetable.

Tip: You can find edamame in the freezer section of most grocery stores. Once cooked, edamame are eaten by popping a pod into your mouth then pulling it back out through your teeth.

Reference: Leeds, Grenville and Lanark District Health Unit

