

EAT MORE VEGGIES!

Carrots

- Mince and add to ground meat
- Cook, puree, and mix into mashed potatoes or mac and cheese
- Shred and add to muffins or cookies

Cauliflower

- Mince and add to ground meat
- Cook, puree, and mix into mashed potatoes or mac and cheese
- Mix with potatoes to make tater tots

Zucchini/Squash

- Grate and add into muffins or bread
- Spiralize and add to spaghetti
- Mince and cook into enchiladas

Broccoli

- Mince and add to ground meat
- Cook and blend into smooth/creamy soups
- Finely chop and add to scrambled eggs or omelets

Butternut Squash

- Cook, puree, and mix into mashed potatoes or mac and cheese
- Cook, puree, and mix with cheese for quesdillas, burritos, grilled cheese, etc.

Bell Peppers

- Cook and blend into pasta or pizza sauce
- Mince and add to ground meat

Spinach/Kale

- Chop and blend into pesto
- Cook and puree into pizza sauce
- Add to fruit smoothies

Mushrooms

- Mince and add to ground meat
- Mince and cook into scrambled eggs or enchiladas

“Sneaking “ veggies into food won’t help your kids learn to actually like vegetables. It is better to be honest and transparent about what is in the food, and allow your child to decide whether or not they like it.



Try adding vegetables to dishes that you already enjoy. If mac and cheese is a favorite, throw in some peas or finely chopped broccoli. Pairing a familiar food with a new food can be helpful.

Additional Ideas :



- Add cooked beets to your favorite brownie or chocolate cake recipe
- Bake spaghetti squash and mix with spaghetti noodles and sauce
- Make "ants on a log" with celery, nut butter, and raisins
- Chop radishes and add to guacamole or salsa
- Roast eggplant and blend into hummus for an added flavor kick
- Cut a sweet potato into thick strips, toss with olive oil and salt, and bake into "french fries"
- Toss diced cucumber in plain yogurt, lemon juice, and a pinch of salt for a yummy dip or topping
- Substitute equal amount of pumpkin puree for 1/2 of the fat in baking recipes

