

# Eat Your Veggies!

kid-friendly vegetable recipes + tips



Recipes, tips, and resources contributed by the generous readers of the Let's Explore blog, October 2008.

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# Quick & Easy

**Ants on a Log** - Spread celery with peanut butter and top with raisin “ants” (Sara G.)

**Baked potatoes** - with broccoli + cheese (Jocelyne)

**Corn on the cob** (Joanna)

**Cucumber sandwiches** - Cucumber slices with peanut butter or cream cheese in the middle (Christy)

**Edamame** - Boil frozen edamame for about 4 minutes, drain, toss with salt. (Sadie)

**Egg scrambles** - add veggies, cheese, and ham or sausage (Jocelyne)

**Lettuce + peanut butter** - Spread a thin layer of peanut butter on a lettuce leaf and fold in half (Christy)

**Lettuce salads** - plain or with raspberry dressing (Shanelle)

**Salad toppings** - raisins, tortilla strips, slivered almonds, mini ritz crackers, Chinese crunchy noodles (Anne)

**Smoothies** (Sherral)

**Soup** - add lots of veggies! (Jocelyne)

**Spaghetti sauce** - add carrots and zucchini (Jocelyne)

**Steam carrots in apple juice.** Put apple juice in a bowl, add some carrot rounds, cover + microwave. (Katy)

**Roasted sweet potatoes** - Wash, peel, and cut sweet potatoes into 1” chunks. Toss with a bit of olive oil. Put them in a single layer on a cookie sheet and sprinkle with salt. Bake @ 425° for ~20 minutes. (Joanna)

**Potato Wedges** - Cut potatoes into wedges, toss with oil, put skin-down in a baking dish. Sprinkle with garlic salt and bake @ 450° till done. (Shanelle)

**Mini Pizza Faces** - zucchini rounds for eyes, shredded carrots for hair, red bell pepper slices for mouths, yellow or orange bell pepper triangles for noses (Jocelyne)

## Let's Dip!

**Cucumber sticks with yogurt dip** (Katy)

**Cucumbers + bell peppers with ranch** (Shanelle)

**Peanut butter yogurt dip** - 1/2 cup plain yogurt + 1/2 cup natural peanut butter (Sadie)

**Jicama Sticks** (Sadie)

**Hummus** (Jessica; Daffodil)

**Yogurt Dip** - 1 cup of plain yogurt + 1 Tablespoon of peanut butter + 1 Tablespoon of honey. Use with apples, carrots, cucumbers, etc. (Christy)



# Recipes

## Lentil Soup

Put in a crock pot:  
one onion, diced  
several carrots, diced  
bag of lentils, rinsed  
frozen kielbasa or chorizo  
4 cups of chicken broth  
1-2 cups water

Also try with split peas

(Sarah)

## Lasagna with Baby Spinach

"I make super-easy lasagna without meat and with "hidden" baby spinach--so far my very picky, no veggie eating 8 year old has never figured out the spinach is there. What I do is cook the lasagna noodles until they are done but still pretty firm, then spread some sauce in the bottom of a casserole dish and cover it with a layer of fresh baby spinach leaves, then noodles, then a layer of ricotta cheese, mozzarella cheese, more sauce, more noodles, more sauce, and topped with mozzarella cheese. Bake at 350 for about an hour." (Anne)

## Confetti Rice or Orzo

Cook the rice or orzo. Cut assorted veggies into small squares, steam, and add to rice or orzo. Try peas, carrots, zucchini, squash, broccoli, or corn. Add 1/2 cup cheese, if you like.

(Jocelyne)

## Princess Pancakes

3-4 cups of finely shredded veggies (beets, carrots, sweet potato, broccoli stalk)  
2 eggs  
1/3 cup flour  
salt + pepper

Lightly salt the veggies to get some of the excess water out. Mix with remaining ingredients. Cook over medium heat, with a drizzle of olive oil, till browned on both sides.

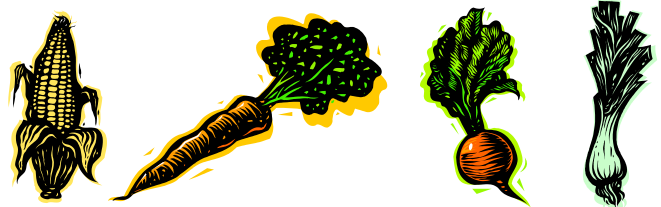
The beets make them pink!

(Dominique)

## Applesauce or Carrotsauce

"Steam apples, carrots, and a bit of broccoli (or I have also done just carrots and added a small amount of broccoli). Puree the steamed vegetables until they are the consistency of applesauce. Add a bit of apple juice if necessary for consistency or taste. Go easy on the broccoli though or the taste is way too strong!"

(Christy)





# Tips & Tricks

“The other trick I've found for my kids (probably not all kids, but it works for mine) is a lot of variety and color. The meals where they eat the best are when there are plenty of choices: I call them 'rainbow dinners'. Not everyday by any means, but often I try to set their plates with something like: whatever meat we're eating, a few raisins, 3 thin carrot sticks, a little scoop of corn, one small broccoli tree w/ dip, 2 cherry tomatoes halved, a few crackers, 1 piece of cheese...lots of color, tiny portions.” (Christy)

“The trick for us is that we have always had the rule that you try at least 3 bites of everything on your plate. And offering vegetables over and over again. I read somewhere that it takes 4 separate times of exposure to a new taste for it to become familiar and for a child to begin to develop a taste for the new flavor. As much as my children now love asparagus, the first time they tried it, they hated it! I've found that involving the girls in preparation helps their willingness to try new foods. Also the foods that require effort to eat, like artichoke and edamame are more experiential than just nutrition, which makes them lots of fun to eat together!” (Gretchen)

“I try to hide veggies in everything I can. I've started adding different veggies into my zucchini bread instead of just the zucchini and carrots. This week's loaf is made with zucchini, green beans and spinach. I just finely chop the veggies in my food chopper. I was very skeptical about the different veggies, but they're wonderful.

I also put a lot of veggie purees into things. Tonight we had turkey meatballs and instead of using an egg I used pureed acorn squash. I put puree in my meatloaves, spaghetti sauce and I've even dipped chicken breasts into it before the bread crumbs.” (Amy)

offer variety - color, shape, texture

get the kids involved in shopping, choosing, and preparing veggies

keep offering a variety of veggies over and over again

add grated or pureed veggies to sauces, smoothies, baked goods, etc.

offer a plate of veggies and dip as a snack or before-dinner appetizer



# Resources

## books

*Pretend Soup, Salad People, and Honest Pretzels* - Mollie Katzen  
[www.molliekatzen.com/kids.php](http://www.molliekatzen.com/kids.php)

*Eating the Alphabet* - Lois Ehlert  
*Fruits & Vegetables* - Susan Derkazarian  
*Good Enough to Eat* - Lizzy Rockwell  
*Growing Vegetable Soup* - Lois Ehlert  
*The Vegetables We Eat* - Gail Gibbons

## web sites

Dole SuperKids  
<http://www.dole5aday.com/>

Fresh for Kids  
<http://www.freshforkids.com.au/index.html>

Local Harvest  
<http://www.localharvest.org/>

KidsHealth Recipes  
<http://kidshealth.org/kid/recipes/index.html>

Nutrition Cafe  
[http://exhibits.pacsci.org/nutrition/nutrition\\_cafe.html](http://exhibits.pacsci.org/nutrition/nutrition_cafe.html)

## recipe links

Broccoli with garlic + onions (Shanelle)  
<http://hotnsteamy.wordpress.com/2007/12/16/broccoli/>

Caribbean Black Beans (Shanelle)  
<http://juliecooks.wordpress.com/2006/09/26/caribbean-black-beans/>

Halloween Pita Pizzas and Skeleton Veggie + Dip Tray (Lani)  
[http://belladia.typepad.com/crafty\\_crow/2008/10/halloween-par-1.html](http://belladia.typepad.com/crafty_crow/2008/10/halloween-par-1.html)

Pasta Primavera  
[http://www.thevisualguide.com/recipes/pasta\\_prima.htm](http://www.thevisualguide.com/recipes/pasta_prima.htm)

Red Lentil Soup (Yvette)  
<http://yvetteyasui.memebot.com/?id=83>

