



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2011

Try A New Taste

Taste new foods with your child in the grocery store:

- ✓ Ask for a sample at the deli.
- ✓ Stop and try food samples when offered in the store.
- ✓ Buy small amounts of new foods to take home and try.

Taste new foods with your child at the Farmers' Market:

- ✓ Many farmers will offer a taste of their fruits and vegetables.
- ✓ Buy a fruit or vegetable to try at home.

Talk about how the food tastes:

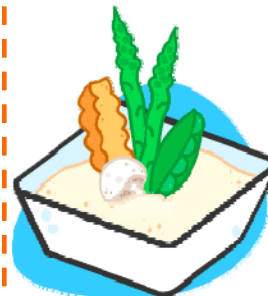
- ✓ Tell your child what you think about the food: "really like it", "like it", "don't like it today, but maybe I'll like it later".
- ✓ Let your child know it is OK to not like every food.
- ✓ Try it again later. You and your child may need to try a new food a few times before you like it. We often change in what foods we like to eat.

Crunchy Carrots & Green Beans

Green Beans - Rinse and remove ends.

Carrots - Peel and cut into strips.

1. Fill a large pan half full with water.
2. Bring water to a boil on the stove.
3. Put green beans and carrots into the boiling water. Boil for 4 minutes.
4. Drain the green beans and carrots out of the water.
5. Refrigerate vegetables until they are cool.
6. Serve carrots and green beans with dill dip.



Dill Dip

Combine $\frac{1}{2}$ cup low-fat mayonnaise, $\frac{1}{2}$ cup low-fat sour cream, 3 tablespoons dry dill weed and 1 teaspoon garlic powder together.

Veggie Pasta

Use extra Crunchy Carrots and Green Beans to make an easy pasta for the family!

2 cups cooked pasta - rotini, penne or other favorite shape

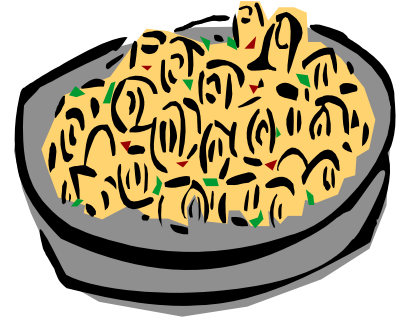
1 cup crunchy carrots and green beans (*recipe on page 1*)

$\frac{1}{2}$ cup chicken broth

3 tablespoons fresh basil or 1 tablespoon dried Italian herbs

Grated parmesan cheese

1. Combine cooked pasta, carrots and green beans into a large skillet. Stir together over medium heat.
2. Add chicken broth, and basil or Italian herbs. Stir gently until broth is absorbed.
3. Remove from heat. Sprinkle with parmesan cheese and serve.



Make half your plate Fruits and Vegetables!

Offer veggies with lunch or dinner:

- ☺ Serve crunchy carrots and green beans with dill dip and a sandwich.
- ☺ Grilled chicken or fish tacos with the Oriental Carrot Salad.
- ☺ Chicken or pork chop with the Veggie Pasta.

Oriental Carrot Salad



- 2 cups shredded carrots
- $\frac{1}{4}$ cup finely chopped green or red pepper
- $\frac{1}{4}$ cup dried cranberries or raisins
- $\frac{1}{4}$ cup cashews or sunflower seeds

1. Combine carrots, peppers, dried cranberries or raisins and nuts in a bowl.
2. Add Oriental salad dressing or your favorite salad dressing. Stir to blend.
3. Refrigerate for a few hours to blend flavors.

Oriental salad dressing:

- 2 tablespoons orange juice
- 2 tablespoons vegetable or olive oil
- 1 tablespoon soy sauce
- $\frac{1}{8}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon garlic powder
- 1 teaspoon sugar

1. Combine all ingredients in a jar.
2. Cover and shake to blend. Use in salad.

What Can You Do?

- Taste new foods with my child at the grocery store or farmers' market.
- Make the Oriental Carrot Salad or Veggie Pasta.
- Make half my plate fruits and vegetables.
- Other: _____





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