



## **Veggies kids crave: Quick tips on how to make veggies appealing to kids**

You hear it all of the time. “My kids just don’t like vegetables.” But after working their parents for over twenty-five years, I always manage to find vegetables that their kids love – with a little creative thinking.

I’m David Grotto, registered dietitian on behalf of Produce for Kids with some great tips on helping your kids “veg” out.

My first bit of advice, especially for those of you who have toddlers out there, is to stay the course. Researchers at Gerber found that vegetables may need to be introduced as many as seventeen times before a child calls it their own. But here’s some ideas that may give you quicker results that make eating veggies fun and delicious and more importantly, keep the kids coming back for more.

Though technically a fruit, tomato soup as a base camp for other vegetables is a great way of getting more servings in. Pureeing veggies like cucumbers, carrots or vegetables your kids won’t often eat, works well when added to tomato soup.

If your kids like mashed potatoes, try mashed cauliflower for a change. Take already trimmed and cleaned cauliflower florets and place them in a pot of boiling water until tender, about 8 minutes. Drain well and return to pot. Meanwhile heat olive oil in a small sauté pan and briefly sauté garlic until fragrant but not brown and remove from heat. Mash or process the cauliflower with a little bit of the olive oil, chicken stock and yogurt until desired consistency is reached. Add a splash of balsamic vinegar and season to taste with the salt and pepper and give it another stir.

How about setting up a salad bar right on the dining room table? Kids love to help themselves. Cut veggies into enticing shapes and offer their favorite dressings to go with them. Have a contest to see who can come up with the most colorful salad or fun veggie creation.