



## Tips for Selective Eaters

Do you want everyone in your house to eat vegetables? Try one or more of the following ideas, but keep in mind never to force anyone to taste the vegetable. Eating should be a pleasant experience, and remember to set a good example by eating vegetables yourself!

- Add chopped or mashed vegetables to quick breads, casseroles or sauces. For example: add grated carrots to spaghetti sauce or make zucchini bread.
- Add vegetables to sandwiches, for example: add grated carrot to peanut butter or add lettuce to any sandwich.
- Serve vegetables raw with dip.
- Serve cooked vegetables with a cheese sauce.
- Serve vegetables attractively, for example, broccoli trees.
- Serve cooked vegetables crisp, not mushy.
- Serve one vegetable versus a mixed vegetable.
- Serve a favorite food with a vegetable on the side. People are more likely to eat vegetables if their favorite food is also offered.
- Have the selective eater help choose the vegetables at the store and prepare the vegetables at home. He/she is more likely to eat them if they helped prepare them.

Don't get discouraged; you may need to offer a new food over 10 times before a selective eater even tries a new food. In the meantime, keep offering vegetables at meal and snack time!

### **Skinny French Fries**

Yield: 8 servings

4 medium potatoes, cut into strips (great with sweet potatoes!)  
2 Tablespoons vegetable oil  
Salt and pepper to taste

1. Preheat oven to 450°F. Lightly oil a 9 inch x 13 inch pan.
2. Cut potatoes and pat dry on towels.
3. Spread strips of potatoes in one layer in pan.
4. Distribute remaining oil evenly over potatoes.
5. Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.
6. Season to taste.

### **Groovy Green Smoothie**

Yield: 2 servings

1 banana, cut in chunks  
6 ounces vanilla yogurt  
1½ cup fresh or frozen spinach leaves  
1 cup orange juice

1. Place ingredients into blender; blend until smooth.

## Cooking Vegetables in the Microwave

### Canned Vegetables

Canned vegetables may be heated in the microwave by emptying the contents into a microwave safe dish. Cover and heat for 2 minutes. Stir and heat 2 to 3 minutes longer. Season to taste.

### Frozen Vegetables

Frozen vegetables may be cooked in a covered, microwave safe dish. Read package for cooking time.

### Fresh Vegetables

*Carrots:* Wash and peel, slice or chop carrots. Place carrots in a microwave safe baking dish. Add 2 Tablespoons water. Cover and cook on HIGH. If cooking 1 cup of raw carrots, cook for 5 to 6 minutes.

*Cabbage:* Shred cabbage and place in a microwave safe dish, cover and cook on HIGH. For 2 cups of shredded cabbage, cook for 4 minutes.

*Baked Potatoes:* Wash and scrub potatoes. Poke with fork on all sides. Arrange in a circle in the microwave. Turn and rearrange potatoes half way through cooking time. Let stand for 5 minutes after cooking.

Potatoes	HIGH
1	3 to 5 minutes
2	5 to 7½ minutes
3	7 to 10 minutes
4	10 to 14 minutes

*Broccoli:* Wash and cut into spears. Place in microwave safe dish with 1 Tablespoon water. Cover and cook on HIGH for 6 to 9 minutes.

## Impossible Vegetable Pie

Yield: 6 servings

- 2 cups chopped vegetables (zucchini, broccoli or cauliflower)
- 1 cup diced tomatoes (optional)
- ½ cup chopped onion
- ½ cup grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- 1½ cups milk
- 3 eggs
- ¾ cup MASTER MIX or baking mix

1. Preheat oven to 400°F. Lightly grease 7 inch to 11 inch baking dish.
2. Layer vegetables in dish. (If using fresh vegetables, simmer broccoli or cauliflower about 5 minutes.)
3. Sprinkle Parmesan cheese, salt and pepper evenly over vegetables.
4. In a large mixing bowl stir together milk, eggs, and master mix or baking mix until smooth. Pour mixture over vegetables.
5. Bake for 30 minutes or until top is lightly browned and a knife inserted in middle of pie comes out clean.
6. Let sit 5 minutes before cutting.
7. Serve hot. Refrigerate leftovers.

### Contact Us

Visit [www.msuextension.org/nep](http://www.msuextension.org/nep)  
for more information.