

Hidden veg recipes

A handful is a portion of your 5 a day.
Try out some of these hidden vegetable tips to boost their health

Top tips for hiding vegetables in your child's food:

1. Grate, dice or peel the vegetables as finely as possible in meals.
2. Include mashed cauliflower or sweet potatoes in your mashed potatoes.
3. Blend sauces so that children can't pick the vegetables out and won't be able to tell what is hidden in the meal.

Hidden Veg Tomato Sauce

Ingredients:

Wholemeal pasta or rice
250 g of mince (beef or turkey)

Tomato Sauce

1 tablespoon olive oil
8 mushrooms, chopped
1 aubergine (small, chopped into chunks)
1 leek, chopped
2 courgettes, chopped
1 red pepper or yellow pepper, chopped
2 cloves of garlic, peeled and chopped
2 cans of chopped tomatoes
1 teaspoon of dried basil or mixed herbs

Method

To make the tomato sauce, heat the oil in a large saucepan over a gentle heat. Add the garlic and all the vegetables for 10 minutes, stirring.

Add the chopped tomatoes and herbs. Stir. Bring to the boil, then reduce the heat and simmer for about 30-45 minutes.

Once all the vegetables are completely soft, transfer the mixture to a blender or use a handheld blender- and blitz until moderately smooth.

Cook the pasta according to instructions. Drain well. Pour the sauce over the pasta and toss together. This dish is very versatile and can be served with mince, chicken or fish. You could also serve rice instead or pasta if you wish.

Fussy Eaters



FREE support, information and advice:

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Feeding Fussy Eaters

Food Art Ideas

Eating is always more fun for children when it is eye catching and colourful. Below are a few ideas you could try at home to encourage your little one to try out some new, healthy foods.

The Healthy Living Team's 10 Top Tips for fussy eaters:

1. Be a role model by eating a balanced diet and being physically active.
2. Always have healthy snacks available
3. Get children involved with the food shop and let them choose a new fruit or vegetable that they have not tried before.
4. Get children involved with food preparation in the kitchen: chopping, mashing, stirring and sprinkling. Start them young and with any luck they'll develop a lifelong love of the kitchen as well as skills they can use throughout adulthood.
5. Go to the source: berry picking/ planting seeds.
6. Homemade fruit smoothies: adding a handful of spinach leaves will not change the taste and it's a great way to hide some vegetables in your child's diet. Remember to stick to one 150ml glass of fruit juice or smoothie a day.
7. Don't give up on certain foods
8. Try a reward chart using non-food rewards to encourage children to try new foods: day out, extra play time, extra story read at night.
9. Praise when children eat well
10. Using creative names for foods: broccoli trees, crunchy carrots and superman spinach. This can encourage children to become excited about foods they may have never given a second thought about.

Your Community Food Team offers early years sessions to support you and your family to make healthy choices. For more information please call The Healthy Living Team on: [0300 300 0103](tel:03003000103).

