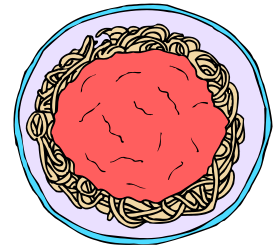


## Veggies for the Picky Eater

Vegetables are a common food that many children and adults do not like. However, they are an important part of a healthy diet that offers fibre, antioxidants, vitamins and minerals. If traditional ways of eating vegetables on the side have not worked for you or your family members, try the following ideas to help boost the amount of vegetables you eat.

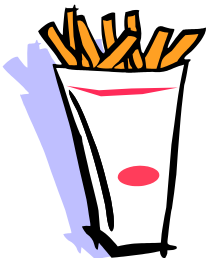
### Five Ways to Eat More Veggies

**1. Top up your Tomato Sauce.** Add grated or pureed cooked eggplant, sweet peppers and carrots. Add finely diced mushrooms and onions. Add extra diced tomatoes. Use this veggie-loaded tomato sauce for your pasta dishes, homemade pizzas, chili, and stews.



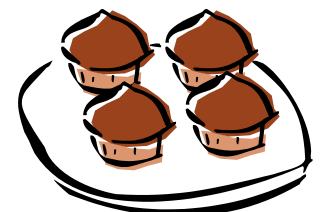
**2. Camouflaged Cauliflower.** Boil cauliflower in a pot of water until soft. Mash with a fork or puree in a food processor. Hide this in macaroni and cheese, casseroles, omelettes, and mashed potatoes. Flip over to the next page for a macaroni and cheese recipe with hidden cauliflower.

**3. Smoothies over Juice.** Replace fruit juice with homemade smoothies that offer extra nutrients from multiple ingredients. Add a handful of baby spinach or kale to your favourite fruit smoothie. Other than the green colour, the taste of the veggies will be completely masked by the fruits.



**4. Baked Veggie Fries** – Cut zucchini, sweet potatoes, and squash into strips. Cover with egg, then breadcrumbs, parmesan cheese and herbs. Bake until crisp and serve with a red pepper hummus dip or creamy spinach dip with extra added spinach.

**5. Baked Goods with Benefits** – Add grated zucchini or carrots into homemade muffin, pancake or waffle batter – an instant way to include veggies as a part of a balanced breakfast.



# RECIPE OF THE MONTH

February 2014

## Homemade Mac and Cheese

Turn this family favourite into a healthier option by adding hidden cauliflower in the recipe. Get maximum fibre benefits with whole wheat pasta, but if that is not preferred, substitute half the suggested portion with white pasta.



Makes about 3 cups

### Ingredients:

- 1 ¼ cups dry whole wheat pasta
- ½ head of cauliflower
- 1 cup evaporated skim milk
- 1 tbsp flour
- 1 cup shredded cheddar cheese, reduced fat
- ¼ tsp salt (optional; not included in nutrition analysis)

Nutrition Facts (values are approximate)	
Per one cup, prepared	
Amount	% Daily Value
<b>Calories</b> 365	
<b>Fat</b> 8 g	12 %
Saturated 5 g + Trans 0 g	25 %
<b>Cholesterol</b> 26 mg	9 %
<b>Sodium</b> 419 mg	17 %
<b>Carbohydrate</b> 50 g	17 %
Fibre 5 g	20 %
Sugar 12 g	
<b>Protein</b> 26 g	
<b>Vitamin C</b> 121 %	<b>Calcium</b> 59 %
	<b>Iron</b> 17 %

\*\*Recipe analyzed with [www.eatracker.ca](http://www.eatracker.ca)

### Directions:

1. Cook pasta according to package instructions.
2. Wash the cauliflower. Cut into large pieces and boil until very soft. Drain the water and mash until very smooth.
3. Lightly spray a small pot with canola oil. Combine pasta and mashed cauliflower in a small pot and set aside.
4. In a small bowl, whisk together milk and flour. Heat under medium heat until thickened. Add cheese and stir.
5. Pour milk and cheese mixture into pasta and cauliflower. Add salt if desired. Mix well and serve.

Recipe adapted from [www.nourition.com/2010/05/17/recipe-mac-and-cheese/](http://www.nourition.com/2010/05/17/recipe-mac-and-cheese/)

### Got questions?

Meet the clinic's Registered Dietitian on February 6<sup>th</sup>, 2013  
from 9 am to 10:30 pm during the recipe demonstration!