

featured recipe



Ingredients

- 1/2 pound Swiss chard or other greens
- 2 cups shredded cabbage
- 1 tablespoon vegetable or olive oil
- 2 tablespoons minced garlic
- 1 chopped onion
- 1 tablespoon vinegar
- Black pepper, to taste

Delicious Greens

Loving Your Family Curriculum
Serving size: 1/4 recipe
Servings per recipe: 4

Instructions

1. Rinse greens, remove tough stems, and tear or cut into small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add greens, return to a boil, and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Sometimes new foods take time.



Kids (and adults) don't always take to new foods right away. But patience works better than pressure. These tips will get your kids asking for more vegetables and fruits:

- Offer new fruits and vegetables many times, served a variety of ways.
- Give your kids just a taste at first and be patient with them.
- When you offer new vegetables and fruits, let them choose how much to eat. Kids are more likely to enjoy new foods when eating them is their own choice.
- Let them learn by serving themselves. Invite them to take small amounts at first. Assure them they can get more if they're still hungry.

Lastly, let your children see you enjoying fruits and vegetables during meals and snacks. Keep mealtime upbeat and stress free.

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To discover new ways to include vegetables and fruits in family meals & snacks, go to GrabtheGoodStuff.org

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