

3 PICKY-EATER APPROVED RECIPES

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Picture it - you are standing in front of your refrigerator thinking of what to prepare for dinner. You start to grab a few ingredients to make a fun recipe, but then you remember one family member doesn't like anything green, the other will only eat mac-and-cheese, and you will have to eat the leftovers everyone won't eat. Sigh.

However, integrating healthy ingredients and even vegetables so your family will eat them does not require you to have a degree from the best culinary institution. Check out these three recipes packed with wholesome ingredients that even the pickiest eaters can enjoy and even ask for seconds!

VEGGIE LASAGNA

8 SERVINGS

Ingredients

- 14 lasagna noodles (ready to bake noodles) (2 extra for filling in holes)
- 1 large eggplant
- 2 tablespoons canola oil
- 1 yellow onion
- 1 white onion
- 1 tablespoon minced garlic, (3 cloves)
- 2 medium zucchinis, cut into 1/2-inch pieces
- 2 medium yellow squash, cut into 1/2-inch pieces
- One (12-ounce) jar roasted red peppers, drained, and cut into 1/2-inch pieces, 1 heaping cup
- 1 (28-ounce) can crushed tomatoes
- 1 medium container of Mushrooms
- One (15-ounce) container of ricotta cheese or cottage cheese
- 2 large eggs
- 2 cups parmesan cheese, grated.
- 2 tablespoons of ground oregano.
- 8 ounces (230 grams) low-moisture mozzarella cheese, shredded
- 1 (23 oz) jar marinara sauce divided into 2.
- Salt and fresh ground black pepper, to taste



Directions

- Pre-Heat oven to 350 degrees Fahrenheit.
- Lightly oil a 13-inch by 9-inch baking dish or spray with non-stick cooking spray.
- Peel and slice the eggplant and lay flat in a tray, sprinkle a thick layer of salt, and let sit for 1-2 hours. This will remove the bitter flavor of eggplant.
- Rinse eggplant with warm water and pat dry removing any excess liquid.
- Lightly sauté the eggplant in a hot pan for 1-2 min on each side, set aside to use later in building the lasagna.
- Finely chopped onions, zucchini, squash, and red bell peppers sauté until golden.
- Add mushrooms, eggplant, and canned tomatoes.
- While veggies are cooking, in a separate bowl mix ricotta cheese, eggs, oregano, and 1 cup of parmesan cheese.
- Pour into cooking veggies ½ of marinara sauce and mix well.

Veggie Lasagna (cont.)

Assembly

- From the remaining marinara sauce, divided into 2. Use one half to evenly coat the bottom of the baking dish.
- Lay out the first layer of ready to cook pasta noodles.
- Spoon in generously cooked vegetables and spread evenly throughout the baking dish.
- Add a generous layer of ricotta cheese mixture and spread evenly(as best as possible).
- Lay put next layer of noodles, with a spoon moisten them with some of the remaining marinara sauce. And repeat layering vegetables and ricotta cheese.
- Top layer, place noodles and moisten with remaining sauce and sprinkle a generous amount of mozzarella cheese and remaining parmesan cheese evenly over noodles.
- Lightly cover with aluminum foil and bake at 350 Fahrenheit for 20 minutes.
- Remove foil and continue baking for approx. 15 minutes or until the top layer is golden brown.
- Once removed from the oven allow to rest for 3 minutes before cutting and serving.

HOMEMADE GRANOLA

8 SERVINGS



Ingredients

- 4 cups old-fashioned rolled oats
- 1 ½ cup raw nuts and/or seeds (flaxseed, chia seeds, etc.)
- 1 teaspoon fine-grain sea salt (if you're using standard table salt, scale back to ¾ teaspoon)
- ½ teaspoon ground cinnamon
- ¼ teaspoon cumin
- ½ cup melted coconut oil or olive oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ¾ cup dried fruit, chopped if large (apricots, dates, raisins, cranberries, etc.)
- Totally optional additional mix-ins: ½ cup chocolate chips or coconut flakes

Directions

- In a large skillet toast oat, nuts/seeds, cinnamon, cumin, on a medium-low heat
- Slowly drizzle in olive oil or coconut oil and mix well
- Add honey or syrup and mix well
- Add chopped dried fruits and vanilla extract mix well
- Remove from heat and lay out on a baking sheet to let cool or press into a baking pan to shape. Allow cooling before storing in an airtight container.
- Granola kept in an airtight container at room temperature can last up to 1 month. Frozen for up to 3 months.

5 DE MAYO BOWL

8 SERVINGS



Ingredients

- 4 cups cooked rice
- 1 can sweetcorn
- 1 can of black beans
- 1 small red onion diced
- 3 bell pepper (red, green, orange)
- 2-3 Hass avocados
- 2 small garlic cloves
- 2 fresh limes
- 1 tbsp. olive oil
- 4 oz. fat-free sour cream
- 1 tbsp. sriracha sauce
- 1/4 cup fresh chopped cilantro
- Salt and pepper to taste

Directions

- Drain and rinse black beans
- Roast corn and ½ of red onion on a gas burner stovetop
- Cut corn off the cob and dice the roasted onion
- Guacamole: In a bowl, mash avocados with a fork and squeeze one lime into avocado. Mince garlic and combine with mashed avocado
- Mix sour cream and Sriracha
- Heat cooked rice thoroughly in a pan, add beans and heat through, toss in corn and roasted onion
- Pico de Gallo: rough chop the cilantro and small dice tomatoes. Add to chopped onion. Add olive oil, salt, and pepper to taste
- In a bowl, place rice & beans and top with Pico de Gallo, guacamole, sour cream, and lime.



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"Food has no morals. It is neither good nor bad; it is just energy waiting to be used. Thanks to nutrition, I can help individuals rediscover their love for food and find the balance between health and pleasure."

Angela Torres is a Registered Dietitian with HCSG, providing nutrition services at a Long Term Care facility in South Carolina since November 2021. Angela is a Le Cordon Bleu (2011) and a Florida International University (2016) graduate, where she obtained her degrees in culinary and baking arts and Nutrition and Dietetics degrees.