

Help Kids Like Veggies

(NAPSA)—Getting children to eat their veggies can seem more like child's play if you heed these do's and don'ts.

Don't try to hide vegetables in your kid's dinner.

Do let the child decide how much to eat at any meal.

Don't pressure your children. That can cause them to rebel, making vegetables the enemy.

Do introduce new vegetables to your children regularly to give them an opportunity to try veggies without a battle.



With mashed sweet potatoes, children hardly notice they're eating vegetables that are good for them.

For example, one delicious new vegetable you can present to your kids is the sweet potato. Sweet potatoes (yams) are naturally sweet yet very nutritious.

Mashed sweet potatoes can be made at any time of the year, with canned or fresh sweet potatoes.

Mashed Sweet Potatoes

4 (15/16-ounce) cans sweet potatoes, drained and mashed

2 Tbsp. brown sugar

2 Tbsp. margarine, melted

¼ cup evaporated skimmed milk

In mixing bowl, beat together sweet potatoes, brown sugar, margarine and milk until creamy. Transfer to baking dish and bake for 15 minutes or until thoroughly heated.

For a variety of free sweet potato recipes, visit the Louisiana Sweet Potato Commission's Web site, www.sweetpotato.org.