

Moms Satisfy Picky Palates Using One Recipe, Four Ways

(NAPSA)—Young children can be picky eaters, spooked by strong flavors or unfamiliar ingredients, much to the disdain of parents who strive to introduce new foods to their children so they'll enjoy eating for a lifetime. To help parents please the diverse tastes of their hungry horde without spending all night in the kitchen, Mealtime.org has devised an intriguing dinner-time idea that easily creates four dinners out of one.

Here's how: moms or dads can start by preparing a basic, kid-friendly recipe that makes enough for the whole family. Then, while the food is cooking, they whip up small amounts of simple stir-ins or add-ons from easy-to-use ingredients like canned foods. In the time it takes to prepare an everyday dinner, they can transform portions of the basic recipe into up to three additional dinners that have a little more zest.

A good example of this is Mealtime.org's *One Recipe, Four Ways* portfolio, which includes four easy, nutritious dinners developed by Andy Schloss, a chef, columnist, cookbook author and, most importantly, a father with years of experience cooking for his own brood. Parents can tantalize the taste buds of everyone in the family with recipes based on fun kid favorites, like Family Fiesta Soft Tacos, Tasty Mixed-Up Mac and Cheese, Tutti Frutti Teriyaki Chicken and Yummy Yammy BBQ Chicken.

Problem Solvers

Chef Schloss designed *One*



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Recipe, Four Ways to solve several of the problems inherent in feeding a family with individual likes and dislikes:

- Children's tastes evolve, and parents never know when they might be ready to try something new. The food they rejected last week may become their favorite next year, so it is important to keep offering options beyond their current tastes.

- Parents are a model for how their children think about eating and food. If kids see their parents enjoying new foods, they are likely to do the same.

- Family dinners tend to be seasoned to the taste of the pickiest eaters. But just because the three-year-old prefers milder foods doesn't mean the rest of the family can't enjoy something with more zip.

To learn more and get the recipes, visit www.mealtime.org, the Web site of the Canned Food Alliance. The Web site contains hundreds of healthy and easy-to-prepare recipes that make healthful eating easy.