



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## How Do You Serve Vegetables?

Do you serve a plate piled with a scoop of veggies, add them into a recipe, or hide them completely? There's no perfect answer for how to get your family to accept and eat their recommended servings of vegetables.

**But they're SO IMPORTANT!**

Involve the family in planning the menu, shopping, or even growing a few. Be honest about what's in their food so they can decide if they like the flavor of the veggies. No one likes to feel tricked, and it breaks trust. If you've got picky eaters, start small. Doctor up a favorite - Mac & Cheese. You can add diced veggies or puree some into the cheese sauce. Just be honest about what you added. They might be more willing to try it in another way at a future time.

### Hidden Veggie Mac and Cheese

#### Ingredients:

- 1 pkg. (16 oz.) small elbows
- 2 Tbsps. all-purpose flour
- 1 pkg. (10 oz.) frozen riced cauliflower
- 1/2 tsp. kosher salt
- 3 cups whole milk
- 1/4 tsp. black pepper
- 2 cups frozen crinkle cut carrots
- 1/2 (8 oz.) package cream cheese, cubed
- 2 cups shredded Cheddar cheese
- 2 Tbsps. unsalted butter



#### Directions:

1. Prepare elbows as label directs; drain, return to saucepot and cover.
2. In medium saucepot, cover and cook cauliflower, 2 cups milk and carrots over medium-high heat for 10 minutes or until milk is steaming; uncover, reduce heat to medium and cook 5 minutes or until carrots are very tender, stirring frequently. Transfer to blender; purée until smooth.
3. In large saucepot, melt butter over medium heat; add flour and cook 2 minutes, stirring constantly. Stir in the remaining 1 cup milk. Heat to a boil over medium-high heat, stirring constantly. Stir in the cauliflower mixture, salt and pepper; gradually stir in both cheeses until smooth and creamy. Fold in elbows. Makes about 8 cups.

### Chicken-Broccoli Mac & Cheese

#### Ingredients:

- 1 pkg. (8 oz.) elbow macaroni
- 2 cups broccoli florets
- 1-3/4 cups shredded reduced fat Cheddar cheese
- 1 cup shredded skinless chicken breast
- 1/2 cup plain nonfat Greek yogurt



#### Directions:

1. Cook pasta as label directs, adding broccoli during last 2 minutes of cooking; drain, reserving 1/2 cup pasta water. Return pasta mixture to saucepot; stir in cheese and 1/4 cup reserved pasta water until cheese melts. Cover to keep warm.
2. In small skillet, cook and stir chicken and remaining 1/4 cup reserved pasta water over low heat 2 minutes or until most water is absorbed, and chicken is heated through.
3. Stir chicken and yogurt into pasta mixture. Makes about 6 cups.