

# But Mom.....I hate vegetables!

Sound familiar?

Here are a few ways to fix vegetables that may be more popular with your kids.....

## Microwave 'Em

Cook until tender crisp



## Toss 'Em

In salads, soups, stews

## Dip 'Em

In dips, salad dressings, peanut butter

## Cover 'Em

With cheese sauce or melted cheese

## Add 'Em

To eggs, rice, sandwiches, or pizza

## Hide 'Em

In casseroles, spaghetti sauce, or meatloaf

## Stuff 'Em

With meat, tuna salad, egg salad, or cottage cheese

## Stir Fry 'Em

With spices, meats, or rice

### Baked Potatoes Primavera

Serving Size: 1 Potato with 1/4 of topping  
Yield: 4 servings

#### Ingredients:

4 medium potatoes  
4 cups frozen mixed vegetables  
1 1/4 cups fat free sour cream  
1/2 teaspoon Italian seasoning  
1/8 teaspoon pepper



#### Instructions:

1. Pierce potatoes several times with fork and microwave on high until tender, about 3-4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream.

Baked potato picture courtesy of Idaho Potato Commission.

### Confetti Grain Salad

Serving Size: 3/4 cup  
Yield: 6 servings

#### Ingredients:

1 1/2 cups brown rice, uncooked  
3 cups water  
Juice of 2 lemons  
3 chopped green onions  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup fresh minced parsley, optional  
1/4 cup olive or canola oil  
1 1/2 cups your favorite veggie cut into small pieces



#### Instructions:

1. Cook rice according to package instructions then pour into a medium sized bowl.
2. Pour lemon juice over rice and stir.
3. Add vegetables, salt, pepper, and oil then stir.
4. This dish can be served warm or chilled.

### Mexican Rice

Serving Size: 1 Cup  
Yield: 6 servings

#### Ingredients:

1 cup rice  
1 medium chopped yellow onion  
1 chopped garlic clove or 1/2 teaspoon garlic powder  
2 cups hot water  
2 low sodium, chicken bouillon cubes  
1 can (8 ounces) tomato sauce  
3 1/3 cups frozen vegetables (peas and carrots)



#### Instructions:

1. Lightly spray a large saucepan with nonstick cooking spray.
2. Add rice and cook over medium heat, stirring occasionally until lightly brown.
3. Add all ingredients except vegetables and simmer for 20 minutes.
4. Add vegetables and cook for 10 more minutes or until all moisture is absorbed.

For More Recipes Go to  
<http://recipefinder.nal.usda.gov/>

### Tortilla Pizza

Serving Size: 1 Pizza  
Yield: 6 Servings

#### Ingredients:

12 small flour or corn tortillas  
Vegetable oil or margarine  
1 can refried beans  
1 small chopped onion  
1 can diced green chilies  
6 tablespoons red taco sauce  
3 cups chopped vegetables such as broccoli, mushrooms, spinach, and red bell peppers  
1/2 cup mozzarella cheese  
1/2 cup chopped, fresh cilantro



#### Instructions:

1. Brush one side of each tortilla with water and press together to make thick crust for pizza.
2. Brush outside of tortilla with a small amount of oil then brown evenly on both sides.
3. Heat refried beans, onion, half of chili peppers in a sauce pan then remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza.
5. Then sprinkle with taco sauce, vegetables, chili peppers, and cheese.
6. Return to skillet and heat until cheese is melted.

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6.8 L PAM-MCH-23 12/15

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