

Crunchy Veggies

Simple and Delicious

Most children preferred crunchy, steamed vegetables instead of soft, overcooked vegetables.

Steamed vegetables are a quick and healthy dish for dinner.

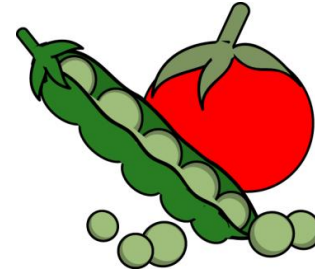
Steam your veggies this summer.

1. Fill a pot with 2 inches of water.
2. Place a metal steaming basket with veggies in the pot.
3. Bring the water to a boil, cover the pot with a lid. Lower the heat to medium.
4. Steam the veggies for 5 to 10 minutes, until slightly tender and crunchy. Most vegetables will be cooked within 5 minutes.
5. Flavor with fresh lemon or soy sauce, garlic, salt and pepper.

Try a variety of veggies:

Sliced Carrots
Pea Pods
Green Beans
Snap peas
Broccoli

Your vegetables will have a bright beautiful color, be crunchy and full of flavor!



Eat Local Food

Take advantage of the summer – eat locally grown fruits and vegetables in season. They'll taste better, and be better for you.

Not sure what's in season?

Visit your local farmers' market

Local farmers will be selling fruits and vegetables that are in season.

Talk to your local farmers

Find out when strawberries, raspberries, melons, corn, apples and other summer treats are in season and taste their best!

Ask your grocery store

They will know which fruits and vegetables are in season, taste their best and are the best price.

Dip Veggies

Cool vegetables after steaming.
Dip in low fat Ranch salad dressing or dill dip.

Steamed veggies are a fun finger food for children.

Is your child hungry all the time?

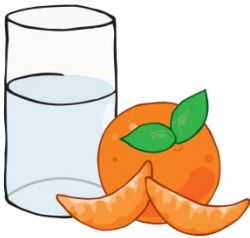
A small child needs to eat often – 3 meals and 2 to 3 snacks each day.

If your child seems hungry, he may be going through a growth spurt and needs to eat more.

Let your child decide how much he will eat at meals and snacks.

Be sure your child gets enough water to drink between meals and snacks.

He may be thirsty and not really hungry.



- ✗ Drink water with your child he will want to drink what he sees you drinking.
- ✗ Drink water during the day.
- ✗ Bring along a water bottle – get a cute child size water bottle.

- ✗ Add ice to your water bottles.
- ✗ Flavor your water – add a slice of lemon, lime, orange or fresh raspberries.
- ✗ Eat lots of fruits and vegetables – they have a lot of water, often 90 to 95% water.
- ✗ Eat fewer high salt foods – chips, canned soups, boxed pasta and rice dishes, and other processed foods.
- ✗ Remember to drink more water on hot days.



Summer Pasta Salad

4 ounces dry orzo
1 cup chopped tomatoes
½ cup chopped green or red peppers
¼ cup sliced black olives
½ cup low fat Italian salad dressing
1 tablespoon chopped parsley

- 1 Cook orzo in salted boiling water until tender, about 7 minutes. Drain well and let pasta cool.
- 2 Place orzo in a large bowl.
- 3 Add chopped tomatoes, peppers, olives, salad dressing and parsley. Stir together and serve.



Variations:

- Use small ring macaroni instead of orzo.
- Add chopped ham or shrimp.
- Add steamed peas, pea pods or carrot slices.
- Add chopped cucumbers.
- Stir in chopped fresh basil or cilantro instead of parsley.

What can you do?

- Drink water with my child between meals and snacks.
- Steam a vegetable for dinner.
- Make the Summer Pasta Salad with fresh vegetables.
- Other: _____