

## Eat 2

[Absolute favorite meals in our house and healthy too!]

1. **Taco night - There is something about the fun of bowls filled with colorful veggies, chips and hot sauce, tortillas and fun that make a great taco night!** There is also the power of choice in this meal. Our kids love the options and piling their tortilla or plate full of different things. So, buy the taco meat or chicken. Then make bowls of red, orange and yellow peppers, tomatoes, avocado cut in cubes or mashed up for guacamole, cheese, black beans, hot sauce, and so on! You can add so many healthy options to this meal, and it is a fun one. Your advance prep is cutting the veggies, heating the black beans and tortillas and cooking the meat.
2. **Stir-Fry Night - I stumbled on this one.** I bought a wok at IKEA for \$4.99 and hadn't used it yet. So, one night though I was running behind, I pulled it out and said, "tonight is stir fry night." I cut up some veggies and chicken, put in separate bowls and made some rice. The kids got to pick a few veggies and throw in the wok with their chicken. It was the idea of creating their own plate of choices that really engaged them. Then, I found some chop sticks and off we went with a fun family dinner. Once again, advance prep is cutting up the stuff and cooking the rice.
3. **Pizza Night - Here I go again, but it is true.** Fill the bowls with great choices and let them go to town on piling up their individual pizza bread. I buy the small pizza bread in packages of 4 and then everyone makes their own pizza. They have to choose at least 2-3 veggies to put on their pizza. I usually would have things like 3 different colors of peppers, tomatoes, onions, olives, spinach, etc. Now this meal is not totally perfect, because my son does not eat cheese. So, I usually heat up a can of Stars for him on these nights! Do you see a pattern - advance prep is cutting?
4. **Salmon, edamame or peas and fruit - This is one of those "keep putting it in front of them and they will eventually realize they like it" meals.** They really love salmon now. At first, they would only eat a little - at least 3 bites we would say. But now they eat a great serving although still dunked in ketchup! Edamame is one of those fun finds! Our kids love popping them out of their shells and then popping them right in their mouth. It is the fun of this food that seals the deal! With the peas, they try to see how many they can poke on their fork at once; it is a running competition. Whatever works! Advance Prep for this meal is simple as well. The salmon you can bake in the oven until almost done and then put on broil for a minute to get it crispy. I put some salt, pepper, lemon and rosemary on mine as well. The veggies are quickly boiled in water.
5. **Breakfast for dinner - always a favorite but difficult to get the greens in!** But the greatness of the eggs and such is worth it! We will make yogurt parfaits to go alongside our scrambled eggs, sausage and toast/biscuit! Eggs don't take too long to scramble, and the rest is pretty easy.

Would you share your family's favorites? Or some tricks of the trade? What healthy options for dinner get a "yahoo" at your dinner table?