

RECIPE #5: USE FAMILY MEALS TO EXPAND FOOD ACCEPTANCE

-  It can take 10-15 or more exposures to a new food before a child may come to like it. Family meals are the perfect place to offer your children a variety of foods to try.

-  Most foods are new for younger children. Strategies to help your child try new foods:
 - Allow children to choose which individual foods to try, by deconstructing meals (serve the vegetables separate from the chicken and the rice).
 - Involve children in the kitchen or vegetable garden.
 - Give them food or cooking-related coloring sheets, books, or toys.
 - Let them help pick out fruits and vegetables at the market.

-  Short-order cooking what you know your child likes gives them fewer times to try new foods. In time, the family menu can become very limited. Instead, continue to offer new foods alongside familiar ones and allow your child to choose from these options.



FISH TACOS

INGREDIENTS

2 tablespoons vegetable oil
1 teaspoon ground cumin
1 teaspoon chili powder
1/4 teaspoon kosher salt
1 garlic clove, peeled and minced
1 1/2 pounds firm white fish
(halibut, cod, haddock, etc.)
8 6-inch corn tortillas

Purple Cabbage Slaw or shredded cabbage
1/2 onion, peeled and finely chopped
1 cup tomato, cored and chopped
1 cup avocado, pitted, peeled and diced
1/2 cup chopped fresh cilantro leaves
1 lime, cut in quarters
hot sauce
plain Greek yogurt

INSTRUCTIONS

1. Put the oil, spices, salt, and garlic in the bowl and mix well.
2. Cut the fish into 1-inch strips, put them in the bowl, and use your fingers to coat them with the spice mixture. Set the fish aside.
3. Be sure to wash your hands with soap and water after handling raw fish!
4. Put the skillet on the stove and turn the heat to medium. When hot, add the tortillas one at a time, and cook about 30 seconds on each side. Wrap them in a dish towel to keep warm.
5. Put the skillet on the stove and turn the heat to medium-high. Add the fish and cook 3 minutes, then flip the pieces over. Cook until the fish breaks easily into flakes, about 2 minutes.
6. Assemble the tacos with the toppings you like.

Recipe Source: Chop Chop Family

Total preparation/cooking time: 45 minutes
4 servings



ChopChopFamily.org