

RECIPE #1: KEEP THE PEACE DURING FAMILY MEALS



- ✔ Set a positive tone at the table and keep mealtimes pleasant.
- ✔ Children are more willing to participate in the meal when they come to the table hungry. Try to have regular meal and snack times, with no grazing before dinner.
- ✔ Offer children a variety of foods and allow your children to decide what and how much they eat at each meal.
- ✔ Children are more likely to try new foods when there's no pressure. Show that you enjoy the meal and be appropriately unconcerned about your child's plate.
- ✔ Use family dinners to model and teach table manners. If children don't like a food or prefer not to try, teach them to politely decline.
- ✔ You have done your part by providing a variety of healthy foods on a consistent schedule. Avoid force-feeding or using bribes and rewards to encourage your child to eat.

ANY-VEGETABLE EASY-CRUST PIZZA

Recipe Source: Chop Chop Family

Hands-on time: 45 minutes

Total time: 1 hour

8 servings

INGREDIENTS

2 teaspoons plus 2 tablespoons olive oil	$\frac{3}{4}$ cup water
1 cup all-purpose flour	$\frac{2}{3}$ cup canned, jarred, or homemade tomato sauce
1 cup whole-wheat flour	1 cup shredded cheese (Monterey jack, cheddar, or mozzarella)
$\frac{1}{2}$ teaspoon kosher salt	1 $\frac{1}{2}$ cups chopped or sliced vegetables (mushrooms, peppers, fennel, onions, tomatoes, cauliflower, Brussels sprouts)
2 teaspoons baking powder	

INSTRUCTIONS

1. Turn the oven on and set the heat to 400 degrees. Lightly grease the baking sheet with 2 teaspoons oil.
2. Put the flours, salt, and baking powder in the bowl and stir well
3. Add the water and olive oil and stir well. If the dough needs more liquid to come together, add water, 1 tablespoon at a time, until it does.
4. Scoop the dough onto the oiled pan, then oil your hands and fingers and start gently pressing and flattening the dough. Take your time and work from the middle out toward the edges. You want the dough to cover (or nearly) the bottom of the pan, and it might take a while to press it flat and thin without tearing it.
5. Drizzle the dough with the sauce and use the back of the spoon to spread it to the edges.
6. Sprinkle the sauce with cheese, then add the toppings.
7. Once the oven temperature has reached 400 degrees, bake until the crust is lightly browned and the toppings look cooked, 10 to 15 minutes. Serve right away.

