

WHERE GOOD TASTE MEETS GOOD HEALTH

# EatingWell®

MAY 2019



## crazy for carrots

...and all the other  
vegetables too.  
It's our 4th annual  
Eat More Veg issue!

**4 Ways  
to Improve  
Cholesterol**

**15 Better  
Breakfasts**

**Kitchen  
Splurges  
That Are *SO*  
Worth It**

Grilled Carrots  
with Smoky  
Ketchup, p. 96





## Raise a Fearless Eater

When the ambition to introduce your kid to new cuisines runs smack into reality—picky palates, busy schedules and impossible-to-find ingredients—kits can make life a little easier and more delicious. **By Rachel Meltzer Warren**

“**H**ey, how about we go to Morocco for dinner tonight?” I asked my 6-year-old. Lilianna raised her eyebrow at me. Then I brought out the Eat2Explore kit. Each box focuses on one of 15 countries—such as Israel, Singapore or Mexico. It comes with three recipes, shelf-stable ingredients (usually ones that tend to be hard to track down, like za’atar or Japanese bonito flakes), a shopping list for the fresh groceries, and easy-to-follow instructions. The box also includes activity sheets and brochures with info about

each country, plus flag pins and stickers for little cooks to put in their Eat2Explore passports. Boxes are available individually or by monthly subscription.

My daughter jumped with excitement—the combined promises of great food, time in the kitchen together and, let’s be honest, *stickers*, completely won her over. Over the course of a week we prepared the recipes: kebabs with crispy potato and zucchini pancakes, veggie tagine and a spiced flatbread. We also learned about the geography of Morocco, local

animals, how to count to 10 in Arabic and fun facts. (Did you know a camel can drink 53 gallons of water in three minutes?!)

In our kitchen, the zucchini pancakes were a hit and we’ve added couscous to our regular dinner rotation. Some of the stronger spices were a little much for my particular kindergartner’s tastes, but we all agreed that it was super-fun to smell different-to-us aromas coming from our plates. And the time we spent together cooking, learning and tasting was the best souvenir we could ask for. (\$25/kit; [eat2explore.com](http://eat2explore.com))

### 3 MORE WAYS TO PLAY WITH YOUR FOOD

#### RADDISH KIDS

Time to build those sous chef skills... The illustrated recipes in this kit walk kids through techniques like safely mincing garlic or using a blender. It also includes a kid-size cooking tool plus activities like dinner conversation starters and grocery store scavenger hunts. (\$24/kit; [raddishkids.com](http://raddishkids.com))

#### GET FIRED UP

Kids who did a cooking activity tried about 2½ new veggie dishes when offered a spread of unfamiliar snacks. Those who didn’t cook tried fewer than two.

Source: *Appetite*

#### VEGGIE BUDS CLUB

Get your kid to eat more veg. Each produce-themed kit comes with gardening activities, coloring sheets, a picture book and recipes that make veggies the star of the plate. (Starting at \$22/kit; [vegiebudsclub.com](http://vegiebudsclub.com))

#### HARLOW'S HARVEST

When it comes to raising a healthy eater, this kit does double duty. Not only does it teach your kids how to cook, it also highlights nutrition and the importance of eating homemade meals. (\$20/kit; [harlowsharvest.com](http://harlowsharvest.com))