



Picky Eater Pleasers

TURN THE TABLES ON YOUR FUSSIEST FAMILY DINER
WITHOUT BECOMING A SHORT-ORDER COOK OR FIXING THE SAME FOODS EVERY NIGHT.

A picky eater in the family can take all of the fun out of cooking. Luckily, there are proven ways to encourage the whole family to enjoy meals together. Here are three approaches that ensure that everyone—including the cook—leaves the table satisfied.

Cook Together

Get your picky eaters involved in meal making, and often they'll be more interested in trying what winds up on their plate. Read through a recipe together and ask your assistants to help gather the ingredients. Preschoolers can wash vegetables, and elementary school age kids enjoy measuring and mixing ingredients. And under your watchful eye, teens can master "real" cooking, such as sautéing vegetables and pulling together a soup or salad. Each of these tasks can help your picky eater feel more comfortable trying a new or different food.



KIDS' MAC & CHEESE PIZZA

Build-a-Meal Bars

There's something to be said for letting each person in the family have a say in what they eat for dinner. So rather than prepare a "one-size-fits-all" entrée, plan a meal around a basic recipe that can be customized by each diner. For example, cook up a batch of taco meat, then provide warm tortillas, diced tomatoes, avocado, lettuce, shredded carrots, sour cream, cheese and salsa. Try LLOYD'S® Seasoned Shredded Pork with buns, and let each person build their own sandwich with tasty toppings like coleslaw, lettuce, tomato, onions, bacon and baked beans.



BARBEQUE PORK BURGERS

Serve spaghetti with marinara sauce alongside protein options, cooked sausage, sliced pepperoni and chicken strips. Chances are you'll find that putting your picky eater in control at mealtime can really dial down the conflicts.



Dine Out at Home

Everyone likes the change of pace that eating out offers, but it can be just as much fun to recreate restaurant favorites at home. Make a pizza together, with each person topping their portion of the pie, or bake up a classic mac and cheese. If you're feeling especially ambitious, try an ethnic food favorite such as pad thai, fried rice, fajitas or burritos. Let each family member choose a special restaurant-style meal each week, then talk about what's for dinner earlier in the day to help get everyone excited about "tonight's special."



SPEEDY BEEF STEW

Have the kids help stir together the ingredients for Speedy Beef Stew and watch them devour their dinner.

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