How to Sneak Vegetables Into Your Meals

Vegetables seem to be one of the most common foods parents struggle to convince their kids to eat. Veggies can be a little intimidating for kids when introducing them for the first time, but there are ways to sneak them into meals for the pickiest of eaters. They might not even realize they are eating vegetables, yet you know your child is still getting proper nutrition. Here are some different ways to sneak vegetables into their meals.

**Use Leftover Veggies in Your Breakfast**

If you have leftover veggies in your fridge, consider chopping them up and adding them to your kid’s breakfast. These are really easy to add to scrambled eggs or an egg and cheese omelet. Just use a little bit of veggies so it isn’t overwhelmed by them, and your kids are likely to eat them along with their favorite type of omelet. You can also use small pieces of veggies with breakfast quesadillas, which are a lot of fun and a nice change from having cereal in the morning.

**Add Veggies to Your Pasta Sauce**

A common way to sneak vegetables into food when picky eaters don’t enjoy them is to cook the veggies with your pasta sauce. This works best when your sauce is homemade and will be simmering all day, because it gives the vegetables a chance to soften and not be as obvious. Vegetables like bell peppers, onions, and celery are perfect for pasta sauce. Chop them up really small and mix them in, and your kid probably won’t notice the difference.

**Make Green Juice For the Kids**

Green juice might have a bright color that is off-putting, but kids usually like the taste of it. While green juice does have a lot of vegetables in it, it also has fruit. The fruit is going to help sweeten it up, so it really just tastes like fruit juice. Your child will have a tall glass filled with carrots, leafy greens, and broccoli, but with the apples and berries, it is just like drinking fruit juice.

**Add Veggies to Macaroni and Cheese**

Macaroni and cheese is a kid favorite and a good opportunity for adding in vegetables. Let your kids know you will make them macaroni and cheese if they eat it with broccoli or cauliflower. These vegetables have a mild flavor and are great to mix in to this type of dish. In most cases, kids will eat the veggies along with the rest of the macaroni and cheese.