

Easy, Kid-Friendly Dinner Ideas

Try these quick and healthy dinner ideas

- **Make your own pizzas**- Use individual Naan or pita breads, add pizza sauce and let your kids add their favorite toppings. If they're old enough, let them prep some of the ingredients- cut up veggies, spread sauce, etc.
- **Build your own taco bar**- Cook up some ground meat with beans or shred up some chicken, then put out lettuce, salsa, cheese and guacamole. Kids love to pick their own toppings and when they are able to assemble part of their meal, they're more likely to want to eat it!
- **Breakfast for Dinner**- This automatically makes dinner time more fun! If your kid is old enough, teach them how to crack an egg or stir pancake batter. If you're really short on time, heat up frozen pancakes or waffles and just cook some eggs on the side!
- **Leftover Quesadillas**- This is a great way to use up any leftovers you have in the fridge! Add cheese, rotisserie chicken or any other meat and/or veggies you have leftover, and top with salsa, guacamole, hummus or other dip your kid loves!
- **Spaghetti and Meat Sauce**- Brown up some ground meat and add a jar of your favorite sauce. Cook some spaghetti and stir it all together. Add in some frozen spinach, onions or peppers for more veggies!
- **Caprese Grilled Cheese**- Brush sourdough bread with olive oil, add fresh mozzarella, tomato, and pesto and cook in a pan until cheese is melted. Get creative and add some spinach or arugula if you'd like! Kids will love to help assemble the sandwich and pick their ingredients.



Tips for making dinner time more enjoyable

Get your kids involved – Let them help you as much as possible in the kitchen. The more they are involved and feel like they have a choice, the more likely they are to eat! This will help cut down on the stress of meal time.

Don't give up – Kids will often refuse a new food the first few times it is offered. Don't force them to eat it, but continue to offer the food along with other foods you know they like. Talk about food in a positive way- how yummy it is and try not to label it "good" or "bad". Kids pick up on this and it might make them even pickier!



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