

Vegetables are one of the toughest food groups to get many kids to eat (and sometimes adults!). Allowing children to help with the shopping and preparing of vegetables can entice them to eat them. Also cutting vegetables into fun shapes or having dips to dunk them in makes them more appealing to kids. The following recipe can be enjoyed by both children and adults. Children (if they are old enough) can help with slicing the zucchini, and topping them with seasoning and cheese!

Broiled Zucchini With Cheese

Makes: 6 servings

Ingredients:

- 3-4 zucchini, 8-10 inches long (same size zucchini works best)
- Salt and pepper to taste
- Finely shredded cheese, enough to cover zucchini

Directions:

1. Preheat broiler and put rack into middle position or about 4 inches away from broiler.
2. Wash zucchini and cut off ends. Cut into slices about 3/8 inches wide. It's important that all zucchini slices are the same width so they can cook evenly.
3. Spray a large baking sheet with non-stick spray. Cover baking sheet completely with zucchini rounds, putting them as close together as possible. Sprinkle each zucchini piece with salt, pepper, or whatever seasoning you desire. Completely cover top of zucchini with shredded cheese. Broil until cheese is browned and zucchini is barely tender, about 5-7 minutes. Serve immediately.



*August is “**Kids Eat Right**” month. This is an initiative created by the Academy of Nutrition and Dietetics which focuses on healthy nutrition and active lifestyles for children and families. Parents and caregivers can play a big role in children’s nutrition and health, teaching kids about healthy foods, being a good role model and making sure physical activity is incorporated into each day.*

This month is a great time for families to focus on the importance of healthful eating and active lifestyles. The following key messages encourage healthy lifestyles for families.

- **Shop smart.** To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table. Encourage your child to help plan the weeks menu and write a grocery list.
- **Cook healthy.** Involve your children in the cutting, mixing and preparation of all meals and snacks. Allowing your children to do this, helps them learn about food and be more enticed to try new foods.
- **Eat right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day’s experiences with one another. Research shows that those families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.