

Reader's digest

7 Recipes Even the Pickiest of Eaters Will Love—Seriously!

Want to raise a more adventurous little eater? Try these tips from some of America's top chefs.

Let them play with their food to create colorful art



For the same reason that kids will try to eat Play-Doh and crayons, they'll also be compelled to try a new "scary" food if it appeals to their eyes, so, keep the dishes colorful and fun. "Practically, this translates into adding colorful additions to simple, healthy dishes, even if they're seemingly a bit superfluous," says chef

Braulio Bunay of Industry Kitchen. "The more color you can incorporate, the more you'll be able to distract them from the fact that they're eating something new." For example, if you're trying to get them to eat a whole-wheat waffle, top it with strawberries, blueberries, and kiwi to make it vibrant, bright and inviting. Or, if you're aiming to amplify a bowl of Greek yogurt, try sprinkling it with some colorful chocolate-covered sunflower seeds, suggests Bunay. When serving dips, like hummus or tahini, try placing a diverse array of brightly colored vegetables in an alluring pattern around the dips, which makes eating it more like a playful game than a task.