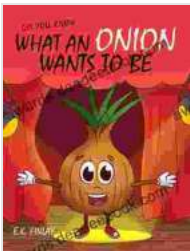


What an Onion Wants to Be: Fussy Eaters Can Love Vegetables

Onions are a versatile and nutritious vegetable that can be enjoyed by people of all ages. They are a good source of vitamins, minerals, and fiber, and they can help to improve heart health, digestion, and immunity. Despite their many health benefits, onions can sometimes be a tough sell for picky eaters. Their strong flavor and pungent smell can be off-putting to some people.



What An Onion Wants To Be (Fussy Eaters Can Love Vegetables) by E.K. Finlay

★★★★☆ 4.7 out of 5

Language : English

File size : 6831 KB

Screen Reader : Supported

Print length : 31 pages

Lending : Enabled



However, there are many ways to cook onions that can make them more appealing to even the most finicky eaters. Here are a few tips:

- **Start by caramelizing the onions.** This process involves slowly cooking the onions over low heat until they become golden brown and sweet. Caramelized onions are a delicious and versatile topping for pizzas, pasta dishes, and sandwiches.

- **Roast the onions.** Roasting onions brings out their natural sweetness and makes them tender and flavorful. Roasted onions can be used in salads, soups, and stews.
- **Sauté the onions.** Sautéing onions is a quick and easy way to cook them. Sautéed onions can be used as a side dish or added to main courses.
- **Add onions to soups and stews.** Onions are a great way to add flavor and depth to soups and stews. They can be added to the pot whole or chopped.
- **Make onion rings.** Onion rings are a classic appetizer or side dish. They can be made by slicing onions into rings and then breading and frying them.

If you are having trouble getting your picky eater to eat onions, try incorporating them into their favorite dishes. For example, you could add caramelized onions to a grilled cheese sandwich or roasted onions to a macaroni and cheese casserole. You can also try hiding onions in dishes, such as adding them to a meatloaf or meatballs.

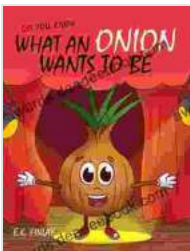
With a little creativity, you can find ways to make onions appealing to even the most finicky eaters. So don't give up on onions! They are a nutritious and delicious vegetable that can be enjoyed by everyone.

Additional tips for getting kids to eat vegetables

- **Involve kids in the cooking process.** Let them help you choose vegetables at the store, wash them, and chop them. This will make them more likely to want to try the vegetables they have helped to prepare.

- **Make vegetables fun.** Cut vegetables into fun shapes using cookie cutters. Serve them with dipping sauces, such as hummus or guacamole. Or, make vegetable-based smoothies or popsicles.
- **Be patient.** It may take time for kids to develop a taste for vegetables. Keep offering them vegetables at meals and snacks, and eventually they will come around.

Remember, there is no one-size-fits-all approach to getting kids to eat vegetables. But with a little creativity and patience, you can find ways to make vegetables appealing to even the pickiest eaters.



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