



Toddler Dinner Ideas

When dinner time rolls around, your Toddler will be less likely to eat a "full" meal than she did during breakfast or lunch. Don't despair however as this is very common. Providing you prepared healthy breakfast, lunch and snack offerings, your Toddler has likely gained 85% of needed nutrition during the day. There is no need to prepare separate dinners for your Toddler, simply take the ingredients you will be using for your dinner and concoct something your Toddler may just eat! Having meat loaf and mashed potatoes but you know your Toddler won't eat it? Make a small shepard's pie by setting aside some of the ground meat, veggies and mashed potatoes. Having baked chicken? Set aside some slices of chicken and make homemade chicken tenders/nuggets for your Toddler.

TOMATO & HAMBURGER

1 cup cooked hamburger (use ground turkey for a more healthy meal!)
1 1/4 cup cooked macaroni noodles
1/2 cup ketchup - add full can of tomatoes instead of ketchup if you like
1/8 cup tomato sauce
1/2 can tomatoes (stewed tomatoes are nice!)
dash Worcester sauce
1/3 cup cooked peas
1/3 cup cooked carrots

Combine ketchup, sauce, tomatoes and Worcester sauce. add hamburger and noodles, peas and carrots. Serve warm.

CHICKEN STICKS

Making spicy chicken breasts for dinner and your toddler won't touch it? Try chicken sticks!

Thinly sliced strips of chicken breast
yogurt - plain
crushed cereal - shredded wheat, cheerios, corn flakes, honey oat cereal

Roll chicken strips in yogurt then coat with crushed cereal of your choice. Bake on lightly greased baking sheet at 400 degrees for 20 minutes or until done.
Serve with a dipping sauce and the family veggies.



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MEAT & EGG DROP SOUP

Having Chicken/Beef/Fish and rice for dinner but your toddler won't eat the meat? Try this easy recipe using what you have already made!

2 cups chicken broth
1/2 cup cooked rice
1 or 2 eggs (both whites & yolks), beaten
Lemon Juice (optional)
Pepper

Stir broth & rice together in saucepan, bringing to a boil. Add eggs & continue to stir until eggs have cooked.

Add some meat cubes and lemon juice & pepper as desired. You may thicken this up by using less broth and more rice to make it a "stew" type dish. Serve with bread and the family veggies.

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Combine ketchup, sauce, tomatoes and Worcester sauce. Add hamburger and noodles, peas and carrots.
Serve warm.



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Stir interest in dinner by making your Toddler's plate more fun.

Make a mashed potato snowman using an ice cream scoop to scoop 3 mashed potato balls - corn for eyes, string bean for mouth, carrots for buttons. Arrange the rest of dinner around the "snowman". Serve your Toddler dinner on a colourful plate and arrange the food in a circle, putting your Toddler's favorite food in the middle.

Break out the dipping sauce during dinner time (try to encourage use of utensils with the older Toddler) and allow your Toddler to dip his foods.

Your Dinner Dinner

Involve your Toddler in dinner preparations as much as possible. Your dinner will soon become his dinner as he takes pride in being able to help.

Serve the same dinner to your Toddler as the family is eating and add a favorite food on the side. There is no need to prepare separate meals for your Toddler every night and doing so will make future meals more stressful for you and your Toddler as you try to cross him over to eating the family meal.

Try these ideas as well to stir some interest in dinner!

NOODLE IT!

Few Toddlers will resist a plate full of noodles for a meal. Making some noodles to go with the family dinner may be just the thing to get your Toddler to eat her dinner.

CHEESE IT!

Grated cheese may be one of the best eating temptations around. Sprinkle cheese on your Toddler's veggies, rice, potatoes and noodles.

SAUCE/DIP IT!

Offer dips and sauces with your Toddler's dinner - tempting and very easy to toss on the table!