

Tips To Make Nutritious Casserole

For Children



1

Try different whole grains and millets



Whole grains

Quinoa, bulgur, oats



Millets

Kodo millet, foxtail millet,
barnyard millet

2

Include plant-based protein foods



Legumes

Pinto beans, kidney beans



Seeds

Flax seeds, hemp seeds

3

Add colorful veggies to make the dish appealing

White



White onions,
mushrooms,
parsnips

Red



Red peppers,
red onions,
tomatoes

Yellow



Corn,
pumpkin,
sweet potatoes

Green



Green pepper,
broccoli,
peas

Blue/Purple



Eggplant,
purple cabbage,
beetroot

4

Use various herbs and spices



Herbs

Oregano, thyme, basil



Spices

Nutmeg, cinnamon, garlic powder

Mom Junction

Source: https://www.momjunction.com/articles/kid-friendly-casseroles-recipes_00797789/