

Play with Your Food!

By Chef Jen, RDN/LDN, RYT-200

This week we are bringing the FUN to our meals! Did your parents ever tell you to “Stop playing with your food and eat.” Usually that meant that it was a food you didn’t like. Well, hopefully you’ve grown to love the things you had not when you were a kid. That’s one of the amazing things that happens to our bodies as we grow up. Not only do you change physically, emotionally, mentally, but our palate (taste buds) adjust and change as well. That’s why I always encourage people, of all ages, to keep re-trying different foods! You never know what you may like. 😊

Also, meal time and cooking at home should be a fun, enjoyable and connective experience for those you are sharing it with. So, this week’s recipes and video is about FUN with prepping and eating of the meals. The sandwich logs aren’t anything unfamiliar, it’s just a different form of our beloved sandwiches, like PB&J and grilled cheese. The PB&J log is a piece of bread, rolled flat, spread with nut butter of choice and rolled up! I add a little apple juice to a side of jelly to make the jelly dipping friendly and voila! You have a fun/different way to make and eat PB&J! What kid doesn’t like to dip?

For that matter, what adult doesn’t?! Look at the appetizer selections at many restaurants and at most parties. What do they mostly consist of? Dips!

- spinach and artichoke dip
- mozzarella sticks and marinara
- buffalo wings and blue cheese/ranch
- Buffalo chicken dip
- fresh veggies and ranch
- chips and salsa

I believe these types of foods at parties, events and dining out indicate FUN and connecting with those you are with.

The other recipe I have this week is Queso Fundido because, let’s face it, IT HAS FUN IN ITS NAME! Which, it is.....and its tasty too! While I did not create this recipe, because I wanted something more authentic, I did tweak this a little from a Mexican chef I follow on Instagram and watch on PBS, Pati Jinich.

So, roll up those sleeves.

Grab the kids, or your friends (via video or socially distant, of course.)

Play with your food and plunge into a dip!

Eat Well, Be Well, walk you dog and Bon Appetit!

~~ Chef Jen