# FLAVOR REMIX

## **BUILDING HEALTHY COMMUNITIES**



Eating familiar foods in new ways can keep mealtimes fun and exciting!

Getting creative with flavor combinations and cooking styles will help you build nutritious, balanced meals that your family will want to remix again and again. A re-mixed dish may become a new family favorite!

Enjoy exploring new foods and flavors!

## **REMIX YOUR GO-TO FOODS:**

#### Jazz Up Your Vegetables:

- Try grilling vegetables outside or on a griddle for a unique smoky flavor
- Roast veggies in the oven and take a break from the stovetop
- Enjoy them raw and crunchy with homemade hummus

#### **Recreate Your Canned Goods:**

- Mix beans, olive oil and low-sodium seasonings for a delicious, healthy dip
- Make tuna the star of a salad or pasta dish or mix it into your pasta salad
- Try canned tomatoes three ways; pasta sauce, soup or rice dish

#### **Inspire Super Sandwiches:**

- Build an at-home sandwich bar! Try tasty and silly flavor combinations
- Wake up your tastebuds with hot sauce, a tangy vinaigrette, or dried herbs
- Take a walk on the wild side with animal toast faces using fruit or veggies

### **TALK ABOUT YOUR FLAVOR REMIX!**

Here are some discussion ideas to spark your exploration:

### **ASK QUESTIONS**

- Do you like it?
- What does this taste like to you?
- What are the ingredients?
- Where do the ingredients come from?
- What can we learn about another place or culture by trying this food? What can we learn about our family or community through this food?

### **RATE THE FLAVOR**

- 1 = I do not like
- 2 = I like it less than other foods 3
- = I'm not sure
- 4 = I would eat it again
- 5 = New favorite

