

MANY MINIS

Add these sugared-gelatin grape “eggs” to your dessert spread this Easter. Kids (and kids at heart) will love the dip-and-roll process—not to mention the candy-coated results. BY NATALIE MECHEM

Candied Easter Grapes

HANDS-ON 30 MIN
TOTAL 2 HR, 30 MIN SERVES 10
SUBMITTED BY THEHUNGRYSCIENTIST
NEW RECIPE GO ONLINE TO RATE & REVIEW

- 4 to 5 (3-oz.) pkg. flavored gelatin (in various flavors)
- 1 lemon
- 60 large green grapes

1. Line a rimmed baking sheet or tray with wax paper. Pour gelatin into 4 shallow bowls, keeping each flavor separate. Juice lemon into another small shallow bowl.
2. Insert a toothpick into the stem end of 1 grape. Dip grape into lemon juice; let excess drip off. Roll grape in desired gelatin until evenly coated. Transfer to prepared baking sheet or tray; carefully remove toothpick. Repeat with remaining grapes, juice, and gelatin.
3. Chill or freeze grapes until coating hardens, at least 2 hours.

armagazine.com/candied-easter-grapes

HIDDEN GEM GLUTEN-FREE
PER 6 GRAPES: 52 CAL; 0G FAT; 1G PRO; 13G CARB
(0G FIBER, 12G SUGARS); 35MG SODIUM

Clumps may form in the gelatin as it gets wet. Not to worry! Use a sieve to remove them.

PHOTOS: (FOOD, OPPOSITE) BRIE GOLDMAN; FOOD STYLING: LAUREN MCANELLY (CHILD) GETTY IMAGES; (PORTRAIT) ASHLEY NEWMAN

It's Not Just About the Veggies

See beyond each bite to open up a whole world of happy meals.

BY AMY PALANJIAN

I'll never forget the first time I saw my oldest daughter eat fresh snap peas straight out of our garden. Just 2 years old, she wandered our backyard, grabbing pea pods as she saw them and munching as she walked. I went over and tried one myself—it was fresh and vaguely crunchy but otherwise slightly bitter. It wasn't ripe. My daughter clearly disagreed with my assessment and was living her best life, bite by bite.

That day was the day I started to really understand how hard it is to

accurately predict someone else's food preferences. So much of eating really isn't about the food at all; it's about the larger context—which, for my kids, often means feeling safe enough to explore food on their own terms (and on their own timelines).

Since that day, whenever my kids hit a phase of negative feedback around the food I'm serving for dinner, I look for small ways to shift the power balance—to help them channel that innate sense of ownership and curiosity my daughter felt that day in the garden. Often, that means trusting my kids to choose the foods they want, in the amounts they're craving . . . and even letting them plate their own meals. (Sometimes it also means stepping in to reassure relatives who question my approach at holiday meals and get-togethers.)

Of course, it's my responsibility to offer my children nutritious food and a wide range of dishes and flavors, but they are still free to make their own choices. And honestly? Ten years into parenting, this has become the very best part. It can be so darn fun—and surprising—to watch them. The sheer delight my kids have in food reminds me every day that I get to confidently like what I like, too.

Amy Palanjian is the creator of *YummyToddlerFood.com* and the author of the forthcoming cookbook *Dinnertime SOS: 100 Sanity-Saving Meals Parents and Kids of All Ages Will Actually Want to Eat*. She lives in central Pennsylvania with her family and can be found on social media @yummytoddlerfood.

ABOUT THE WRITER



KID-FRIENDLY TWISTS

Check out Amy's ideas for kid-ifying a few recipes from this issue, plus ways to get little ones involved in meal prep.



BREAKFAST SLIDERS p. 71

Make these easier for tiny mouths by offering the elements on a plate as a little bacon-and-egg platter. (Small bites can be easier than full sandwiches, which can be a lot for little mouths to bite through!)



CHIA SEED PUDDING p. 76

For a classic creamy pudding texture, blend the base recipe until smooth or look for ground chia seeds. Set out different fruits and nuts and let kids choose their own toppers.



CUCUMBER SUSHI BOATS p. 101

Let kids scrape out seeds with a melon baller or spoon and pack in the rice on their own. Giving kids some control over their food (and letting them help) often translates to happier mealtimes.