

# Flavor Remix!

## Explore New Foods & Flavors

Eating familiar foods in new ways can keep mealtimes fun and exciting! Plus, 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.<sup>1</sup>

Ready to find out if an everyday dish becomes a new family favorite? Start your taste test with ingredients and cooking tools you have at home.

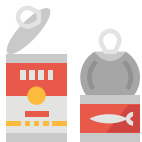
### 1. Remix your go-to foods into something new and different.

Check out these fun ideas to get you started!



#### 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!<sup>2</sup>



#### Recreate Your Canned Goods

- Mix beans with 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: As a pasta sauce, in a soup, and in a rice dish.



#### Inspire Super Sandwiches

- Build an at-home sandwich bar. You might 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!

## 2. Talk about your Flavor Remix!

Here are some questions to spark your exploration.



### Take turns asking each other:

- What does this taste like to you? Do you like it?
- What are the ingredients and where do they 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 that Flavor

Decide together if you've found a new family favorite:

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



### Did you find a new way to enjoy a familiar food?

Share your experience on social media with the hashtag #KohlsHealthyAtHome for the chance to be one of our featured flavor remixes!

#### Resources

1. U.S. Department of Agriculture. (2020). MyPlate. Retrieved from: <https://www.myplate.gov/>
2. Ellie Krieger. 5 Proven Ways to Get Your Kids to Eat Vegetables. Retrieved from: <https://www.elliekrieger.com/5-proven-ways-to-get-your-kids-to-eat-vegetables/>