



3 GREAT FIXES

Make tasty meals everyone will enjoy

Some simple tweaks introduced the Hatfields to new foods and flavors.

- Shopping List
- apples
  - oranges
  - asparagus
  - bell peppers
  - chicken

**THE PLAN**

WEEK 1

**1**

Develop a week's worth of meals

**BEFORE**

With limited time to think about what to make for dinner, the Hatfields often fell back on tried-and-true recipes. As a result, their dishes had little variety and weren't always balanced.

**VICTORIA'S SOLUTION**

Write out a weekly plan of seven dinners and shop for all the ingredients at once. Number each meal from one to seven, and go through the list in any order you choose. Nat and Liz will always have appropriate foods for Penelope at every meal.

**LIZ'S VERDICT**

☺ "We like not being tied to a specific day of the week—we can be flexible. We factored in a few leftover meals so Nat doesn't have to cook every night."

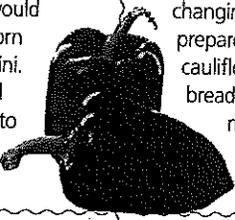
☺ "Listing our dinners helped us make sure we are eating a mix of protein, carbs and a little fat. We also noticed when we'd planned too many chicken dishes, so we changed it up a bit."

WEEK 2

**2**

Mix up side dishes

When it came to vegetables, Penelope and Nat would eat only corn and zucchini. Liz wanted the family to try other produce.



Incorporate flavorful veggies as side and main dishes by changing how they're prepared. Add zip to cauliflower with garlicky bread crumbs. Dress up meat-based meals with onions and bell peppers.

☺ "We made fajitas with red peppers and onions [see recipe, below]. If anything, Nat was calling for more vegetables—which was a pleasant surprise."

☺ "We tried asparagus, and Penelope shocked us with her love of the 'green sticks.'"

WEEK 3

**3**

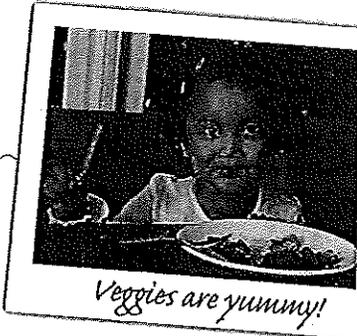
Find more healthful ways to flavor foods

The Hatfields relied on salty soy sauce and salad dressings to infuse their meals with flavor. That habit added a lot of calories, sodium and fat to their food and made everything they ate taste the same.

Cut back on the amount of salty and high-calorie dressings, and boost flavor with fresh ingredients such as ginger. Also, keep an array of dried herbs and spices on hand to punch up meat. They're cheaper than fresh seasonings and can last for six months if stored in a cool, dark place.

☺ "We used paprika and garlic powder on some pork chops. They were very tasty!"

☺ "We prepared salmon with a ginger and teriyaki sauce. It was a nice change from the usual chicken we make; the ginger gave it a great smoky flavor. Penelope even ate some salmon when I sneaked it in with her rice."



Why it was WORTH IT

"Although cooking with food allergies in mind is challenging, this experience showed us that eating healthy is achievable and doesn't mean giant lifestyle changes. Our daughter is the most important thing in the world to us, and we want her to feel as normal as possible. Having family dinners that are planned out for nutrition and variety gives us one less thing to worry about."

—Elizabeth Hatfield

Chicken Fajitas Serves 4

Toss 1 lb. boneless, skinless chicken breast cut into 1/2-inch strips with 1 Tbsp. olive oil, 4 minced garlic cloves, 2 Tbsp. chili powder, 1/4 tsp. black pepper and 1/2 tsp. salt. Set aside. In a large skillet over medium-high heat, cook 2 bell peppers and 1 onion (all sliced into 1/2-inch strips) with 2 Tbsp. olive oil. Char, then stir. Sauté until vegetables begin to soften, 4 to 5 minutes. Rinse and drain 1 15-oz. can black beans, then warm in a pot over medium heat for 1 to 2 minutes. Sauté chicken mixture for about 10 minutes. Toss in bell pepper mixture. Serve in warm tortillas with beans.

PER SERVING: 606 Cal., 18g Fat (2g Sat.), 10mg Chol., 10g Fiber, 25g Pro., 89g Carb., 559mg Sod.

