



BackCountry RESIDENT SPOTLIGHT

By Richa Mitchell

It's dinnertime and the kids are hungry. You are tired of making the same old meals and the kiddos are also looking for something new to excite their palate. Need some help? One of our BackCountry neighbors is here to help save dinnertime, offering delicious, healthy recipes through her book and blog, "What a Good Eater!"

Amy Godiwalla, a mother of two adorable young boys, researched how to minimize picky eating habits in children before her first child was born. Through this research, she created a blog and co-authored a book "What a Good Eater!" that offers nutritious recipes for babies and toddlers. "My research confirmed my intuition: exposing children to a variety of foods, flavors, and textures at a very young age is imperative. I hope to raise children who enjoy a variety of cuisines and flavors, welcoming them with enthusiasm and curiosity. I would be delighted and honored if I can help other parents also achieve this goal," she says.

The *What A Good Eater!* book and blog are a parents dream, offering healthy recipes that incorporate spices, herbs and different flavors from around the world. The coconut curry fish recipe is a popular recipe you will find on the site. You will also find useful parent information like how to plant an herb garden with your toddler and how much salt you should add to baby food.

"We include so many wonderful tips in the book, but one simple tip that has been incredibly helpful to us with our own kids is this: serve nutritious meals made from whole foods on a three-sectioned plate. Make sure at least one of those foods is something your child enjoys. For example, if your child loves strawberries, serve chicken, broccoli, and strawberries. If she eats all the strawberries and asks for

more without touching the other two foods, ask her to eat some of the chicken or broccoli first. If she's hesitant, encourage her to at least taste them. Give her positive feedback if she does. Even one bite is a win!"

Amy co-authored the book and blog with friend Alessandra Macaluso. Both busy moms drew from their unique background and heritage while creating the blog and book. Amy, a Persian-Indian, and Ali, a first generation Italian, grew up eating foods from around the world and they desired to share their passion of culturally diverse foods with others.

"My favorite recipes are Turkey Cutlets, Coconut Curry Goan Fish, Sow Your Oats (steel cut oats with spices), The Iron Chicken Dance (chicken with black beans and mango), and Roasted Salmon with Pear and Lime," Godiwalla says.

For more information on "What a Good Eater", please visit www.whatagoodeater.com and sign up for the monthly newsletter to receive free recipes for babies, toddlers, and the entire family! The book of the same name is available for purchase and can be bought on Amazon.

BACK COUNTRY *Views*

A SOCIAL NEWSLETTER FOR THE RESIDENTS OF BACKCOUNTRY

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