WIAW #9: Donâ€™t Eat With Your Eyes!

Description

You know the saying, â€œYou eat with your eyes firstâ€•? Iâ€™m lucky my wife and daughter either donâ€™t practice this quote, or simply donâ€™t look at what I make sometimes because some things just look straight up gross.

See?

But it *usually* tastes great and is *always* healthy! I mean, I try to make some dishes look good for Going Mom. Like the presentation on this chicken tortilla soup looks delicious and she agreed it was.

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Unfortunately, since most of my meals are one-pot collaborations of loads of veggies, some healthy fats, and protein, they usually donâ€™t do much to please the eyes. Even when they are miniaturized for the little belly in the house.

Hey, itâ€™s not easy cooking several meals for three every day. Then again, as a stay-at-home dad, I donâ€™t need to complain, it should just be part of what I do. No fast food or going out to eat means more for me to make, but Iâ€™m happy with that since it means a healthier family. And most of the time my ugly meals still taste good. Love that slow-cooker!

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So, as I share with you my day of eats, I only ask that you DO NOT eat with your eyes ~~first~~ at all! Please?

Now, how about a little WIAW action! Thanks as always to the wonderful Jenn from Peas and Crayons, for creating this fun link-up for foodies everywhere!

what I ate wednesday, WIAW

Breakfast â€“ I followed my typical fasting protocol and just had some Homemade Cold Brew Coffee as I fed this smiling girl some microwave chocolate bread with NuttZo.

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Lunch â€“ Steamed beets, kale, carrots, and broccoli topped with eggs and nutritional yeast. Also had a couple of Beanitos chips for a tasty crunch.

Before Dinner â€“ Green protein smoothie with whole apples, kale, carrots, and spirulina.

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Dinner â€“ Dadâ€™s specialty, another crock-pot perfection! Wild antelope steaks (thanks to my brother, Uncle Preston) in a stew of organic mixed veggies, corn, and beans. See, not the best thing to look at, but trust me, it was a delight to eat!

Snack â€“ Iâ€™ve been making a lot of variations of my microwave breads and had way more than necessary of this chocolate version. #noguilt

Do you eat with your eyes first or can you overlook the ugly dish if taste prevails?

Seriously, what *canâ€™t* you make in the slow-cooker?

Ever try any kind of wild game like antelope?

Brilliant blog posts on HonestMum.com

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