



# EAT MORE VEGGIES!

The recommended daily serving of fruits and vegetables is 5-9. Getting vegetables can be easy and delicious! Here are some tips for getting more vegetables in your diet.

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## 1 ADD VEGGIES TO SMOOTHIES

Add veggies such as kale, avocado, spinach, or pumpkin to smoothies for added nutrition. By mixing frozen fruit with veggies it is hard to tell that veggies are in there, except your smoothie may be a vibrant green color.

## 2 EAT VEGETABLE SOUP

Veggie soups can be an excellent way to get more veggies in your diet. Another option is to simply add vegetable to a soup you already enjoy.

## 3 MAKE VEGGIES INTO NOODLES

Certain veggies such as zucchini, sweet potato, squash, and broccoli stems can be made into noodles. All you need is a spiralizer or spiral slicer tool and you can make your own noodles. Use this in any dish in replacement of pasta.

## 4 USE LETTUCE TO MAKE A WRAP

Instead of a tortilla, try using lettuce as a wrap. Bib lettuce, Boston lettuce, or even romain can all work. Wrap ingredients such as meats, tofu, fish, or even other veggies for a delicious wrap alternative.

## 5 MAKE VEGGIES CHIPS

Bake vegetables such as kale, sweet potatoes, beets, or zucchini to make a delicious vegetable chip. Cut vegetables into thin slices and bake with a little olive oil and salt until crunchy.

## 6 ADD VEGGIES TO SAUCES

Veggies can be a great addition to any sauce. This includes pasta sauces, creamy sauces, or even curries. This is a great way to "hide" veggies and make a healthier sauce.

## 7 BEND VEGGIES WITH MEATLOAF

Chopped or shredded vegetables such as bell peppers, onions, carrots, zucchini to meat loaf can be a great way to get an added dose of veggies without having to serve them on the side.

## 8 GRILL VEGGIE KEBABS

Buy some skewers and load them with vegetables such as broccoli, bell pepper, mushrooms, zucchini, summer squash, tomatoes, or onion. Then season with salt and pepper or seasoning of choice and a little olive and grill them on the barbecue grill. This is a delicious way to enjoy more vegetables.

## 9 MAKE STUFFED PEPPERS

Cut a bell pepper in half and stuff with ingredients such as beans, cooked meat, cheese or other veggies!

## 10 MAKE CAULIFLOWER RICE

You will need a food processor for this, but it is well worth it as riced cauliflower can be a great lower carb, nutrient dense substitute for rice.

## 11 ADD VEGGIES TO CASSEROLES

Vegetables can be added to pretty much any casserole. This is a great way to sneak in vegetables and make any casserole more filling and nutritious.

## 12 ADD VEGGIES TO YOUR OMELET

IT can be challenging to get vegetables at breakfast, but one great way to start the day right and add more veggies is by adding them to your morning omelet. Some great options include spinach, peppers, onion, tomatoes, or mushrooms.

