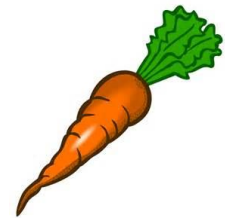

15 Ways to Increase Your Veggie Intake

1. Stack your sandwiches high with veggies like spinach, tomatoes, avocado, sprouts, onions, cucumbers, peppers, and even sliced carrots!

2. Start your meal with a salad or use a salad for a daily snack. Start with a mixture of greens and have fun with toppings: black beans, corn, salsa, nuts, sesame seeds, strawberries, peas, carrots, hard-boiled egg, tuna, or cottage cheese. Toss with a bit of salad dressing or balsamic vinegar to give a flavor kick.



3. Mix cooked veggies into your scrambled eggs or omelet and top with a thick vegetable salsa.



4. Buy a mix of fresh raw veggies—cherry tomatoes, celery, baby carrots, or radishes. Wash, cut, and portion these into plastic bags to use for a quick-grab snack during the week. Dip in a small amount of hummus, light dill or ranch dip, or a homemade yogurt dip (low fat plain yogurt with added seasonings like onion or garlic powder, celery seed, pepper, dill, basil, or turmeric).

5. Try dried veggies instead of chips when you want a crunchy snack.

6. Mix cooked chopped veggies into any starch-based side dish, like lasagna, macaroni and cheese, roasted red skin potatoes, rice, or mixed-grain dishes. The more colorful you can make it, the better!



7. Add an extra serving of canned, pureed, or cooked frozen veggies to your soups for a heartier spoonful.



8. Try a healthy smoothie recipe that includes kale, spinach or carrot along with sweeter fruits or 100% fruit juice for a cold tasty treat. Or, take



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a small can of low sodium vegetable juice with you to drink as a snack for a “shot” of nutritional goodness!

9. Try veggie-based recipe swaps. For example, cauliflower mashed potatoes, spaghetti squash marinara, or lasagna with thinly cut eggplant or zucchini in place of the pasta.

10. Mix finely chopped veggies like onions, celery, peppers, carrots, mushrooms, or mashed beans into meats like hamburgers, meatballs, or meatloaf.



11. Borrow or buy a veggie “spiralizer” and spiral cut vegetables like zucchini, beets, sweet potatoes, carrots, and butternut squash.

12. Top your pizza with an extra layer of cooked or roasted veggies instead of meats. Add sliced tomatoes with the cheese and other toppings on your homemade pizza.

13. Add a stir fry to your weekly menu. Try lemon garlic shrimp with asparagus and red peppers; teriyaki beef with broccoli and mushrooms; orange or sweet and sour chicken with Asian blend veggies and snow pea pods.

14. Grill vegetable ‘kabobs’ for your next cookout to go with your main entree.

15. Choose a new vegetable to experiment with each week or month. Try something like jicama, turnips, eggplant, kale, yams, bamboo shoots, collard greens, parsnips, okra, water chestnuts, or any other veggie that is ‘new’ to you!

