

TIPS FOR ENCOURAGING EATING OF VEGETABLES (2-3 cups a day min.)

1 Add vegetables to recipes– spaghetti & marinara sauce. Pasta dishes. Pizza. Stews, Soups, Dips.

2 Put vegetables in Sandwiches & Wraps- Veggie and hummus, Avocado Tomato Sandwiches. Veggie Wrap piled high with lettuce, spinach, tomatoes, and cucumbers.

3 Opt for a fiber-rich Bean Burger topped with fresh greens, tomatoes, onions, and pickles.
Bean Chili with chopped veggies.
Meatballs made of veggies & beans for spaghetti or hoagie sandwiches.

4 Use veggies as toppings for baked potatoes, crusty bread/toast, pasta.- Roasted (or not) vegetables like bell peppers, mushrooms, onions, tomatoes, greens (chopped if large).

5 Soups & stews- Try vegetable soup, creamy potato soup, or white or black bean soup.

6 Pizza- Everybody loves pizza, and it is a great way to add lots of veggies like onion, bell pepper, mushrooms, olives, spinach, artichoke hearts, and any other vegetables you can think of. We even add broccoli to ours. Try it without cheese and see the bright red sauce!

7 Stir fries- Asian food is a great way to get in more veggies, especially stir-fries. Toss in carrots, baby corn, broccoli, cabbage, peas, greens and more. Add a simple Asian sauce.

8 Veggie bowls- in addition to salads, make a beautifully colorful veggie bowl! Endless variety!
Start with a grain like rice or quinoa
Pile on veggies, beans, greens, and yummy sauces. Your veggies might be cauliflower, sweet potatoes, asparagus, radishes, pea pods, carrots, bean sprouts, shredded cabbage, peppers, or tomato. You get the picture.

9 Smoothies - BEWARE of adding on the calories!

To a fruit smoothie, add a handful of fresh baby spinach leaves or even frozen peas. You can't even taste them! Experiment by combining them with fruits such as bananas or frozen mango. The inherent sweetness of fruits can effectively conceal the taste of vegetables.

Add greens to oatmeal for a savory oatmeal.

10 Keep fruits and raw or lightly steamed veggies ready for snacks. People will eat what's easy. May choose to pair them with a dip.