



# 10 Tips to Add More Vegetables

**1 Choose vegetables rich in colour** – dark green, orange and red. Try acorn squash, cherry tomatoes, sweet potato, spinach and kale. Very nutritious and great tasting too!

**2 Have ready-to-go veggies** (whole, sliced, diced) for a simple “fast food” such as snap peas, grape tomatoes or baby carrots. Once per week, slice up a batch of bell peppers, celery, broccoli, etc. and keep in a resealable container in the fridge – ready to go as a salad, with hummus or in a wrap throughout the week.

**3 Keep frozen vegetables and fruits on hand** too – they are just as nutritious as fresh. Try adding frozen green beans, peas, spinach or edamame to some of your favorite dishes or have as a side dish. There are some interesting frozen stir-fry vegetable mixes too!

**4 Quick-steam vegetables.** Use the microwave to cook fresh or frozen vegetables that can be quickly added to any meal (steam almost any vegetable in a microwavable container with a small amount of water). If you cook your veggies on the stove top, use only a small amount of water and keep the cook time as short as possible.

**5 Try something NEW!** Eating a variety of vegetables and fruits beats mealtime boredom. You never know what you might like. Try a new vegetable (or fruit) every month. Pick one out – the internet will have many suggestions on how to prepare it!

**6 Try different ways of preparing vegetables** to add to meals such as:

GRATED zucchini, beets, carrots or cauliflower added to soups, stews or pasta sauce.

ROASTED – make a large batch and add to your meals in different ways throughout the week.

STIR-FRY – broccoli, cauliflower, celery, carrots, mushrooms and water chestnuts are popular in stir-fries.

PURÉE or MASH – blend leftover cooked vegetables and add to your pasta sauce, soup or meatloaf.

**7 Make a vegetable soup** with low sodium chicken or vegetable broth. Any or all vegetables will do.

Add onions, garlic, turnip, beans, lentils or squash.... If you want a change, add some milk to the mix (and any leftover cooked vegetables in the fridge) and blend it for a yummy puréed soup. Add fresh or dried herbs for a flavor punch (basil, cilantro, parsley....).

**8 Make your garden salad glow.** Start with darker green leafy vegetables (or buy a mix) and add some sliced red bell peppers, radishes, chopped red cabbage, watercress, and yellow cherry tomatoes to add colour and flavor to your salads. Even add some black beans or mixed beans for some healthy plant protein and colour. Fresh herbs are also a great flavour addition to salads.

**9 ENJOY seasonal vegetables** – buy in season for maximum flavour and often lower cost. Buy extra and freeze to have during the winter. Visit your local farmers’ market for fresh, colourful produce too.

**10 When eating out....** Instead of the usual fried side dish, order a side of grilled vegetables or a salad.

Recipes online at:

[www.halfyourplate.ca](http://www.halfyourplate.ca)

[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

[www.cookspiration.com](http://www.cookspiration.com)

