



# Perk Up Your Meals with Vegetables & Fruits!

## BREAKFAST

Add fresh or frozen vegetables to your scrambled eggs or omelette (try mushrooms, green onions, bell peppers or spinach).



Top your morning cereal with fresh berries or a handful of dried fruit.

Roll peanut butter and banana in a whole wheat tortilla for a convenient meal.

Grab a couple of hard-boiled eggs with toasted whole grain bread or bagel and a container of cherry tomatoes as you head out the door.

Make a quick "Eggs Benny". Poach or microwave 1-2 eggs to serve over a whole wheat English muffin stacked with spinach leaves and sliced tomatoes (add a sprinkle of cheese melted on top, if desired).

Got to run? Grab a handful of mixed nuts with a fruit (perhaps a pear, plum or mandarin orange) and a container of low-fat Greek yogurt.

Smoothies make a great breakfast or snack! Start with a fresh or frozen fruit mix and Greek yogurt or cottage cheese. Add 1-2 frozen cubes of spinach or kale (found in the frozen food aisle) and a tablespoon of hemp hearts or chia seeds for added nutrition. Blend until smooth.



## LUNCH

Make it a habit to bring along a container (at least a fist size) of vegetables to have with your lunch.



Top sandwiches with generous amounts of veggies like romaine, spinach, sprouts, cucumbers or sliced tomatoes.

Make a veggie pita or tortilla wrap (make extra so you have some for the next day). Pop in some sliced avocado, chopped tomatoes, red onion, bell peppers and don't forget to add some protein like tuna, chicken or black beans.

In the winter, make a big batch of vegetable soup to have with your lunch for a change. Freeze extras in individual portions to pull out whenever you need to warm up!

Make a salad (vegetable, fruit or mixed) with enough for leftovers. Add some protein and grains to balance it out (like chickpeas and quinoa or chicken and couscous).



What about a lettuce wrap for a change? Start with a large leaf of romaine lettuce and add some cooked shrimp or tuna. Top with thinly sliced carrots, red pepper and bean sprouts, add a dollop of spicy peanut sauce or honey Dijon mustard... and it's ready to roll!

# SUPPER

Slip extra vegetables into a meal by grating carrots, sweet potato, beets or onion into pasta sauces, meatloaf, casseroles or chili. This adds texture and plenty of vitamins and minerals.



Roasted vegetables are delicious served with grilled fish or meat or added to pasta salads, omelettes or sandwiches.

## ***How do I roast vegetables?***

1. Slice vegetables into large chunks (try red onion, eggplant, sweet potato, beets, parsnips, cauliflower or Brussels sprouts).
2. Lightly toss with canola oil and flavor of your choice. For example, try balsamic vinegar and dried basil.
3. Spread vegetables out on a roasting tray and roast uncovered at 425°F until tender, or BBQ vegetables in a grill basket until nicely browned.

Instead of a lettuce salad, make a quick coleslaw from fresh cabbage or a produce bag of undressed coleslaw. Add finely sliced kale or Brussels sprouts and some chopped apple and walnuts. Lightly coat with a homemade vinaigrette.

For a healthier version of French fries, slice a potato into wedges (leave the skin on) and brush it with a little oil, garlic or chili powder and cracked pepper. Bake at 375°F for 45 minutes, turning halfway through. Try this with sweet potatoes for a blast of vitamin A!



Stir-fry fresh green beans or asparagus and sliced mushrooms in a non-stick skillet with a brush of oil.

Make a vegetable platter with dips such as hummus, tzatziki or baba ganoush and use leftovers for snacks through the week.



Make a buddha bowl! Use leftover rice/quinoa/noodles as your base. Layer with zoodles (zucchini noodles), sliced cucumber or bean sprouts, roasted veggies and a source of protein. Top with a sauce of your choice.

Roast or boil sweet potato chunks, then mash and add a bit of milk to make a beautiful sweet potato mash. Top with roasted pecans.

Make a veggie appetizer! Try caprese bites—just skewer cherry tomatoes, bocconcini cheese, and basil leaves, then drizzle with balsamic vinegar. Or make stuffed mushrooms—remove the stems and fill with goat cheese and a dollop of chutney or pesto.



**Recipes** online at:

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

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

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

