



Veggie Variety

Are you playing with *your* vegetables?

It's really easy to eat three to five servings of vegetables daily when you consider that one serving is equal to: 1 cup of leafy greens, or other lettuce or 1/2 cup cooked or raw carrots, broccoli, tomatoes, etc.



Try these other helpful hints:

- Darker greens such as red leaf, and green leaf have more nutrients than white lighter greens such as iceberg.
- To spaghetti sauce or pizza; add grated carrots, onions, mushrooms, green peppers, broccoli, zucchini, tomatoes (sliced or chopped) and spinach.
- To casseroles: add green peas, carrots, celery, onion, green pepper and mushrooms for color and flavor.
- To vegetarian chili, bean dishes and turkey meatloaf: add extra tomato sauce, tomatoes (chopped or whole) and corn.
- To soups: add all vegetables, potatoes, corn and beans (kidney, white and black)
- Blend all vegetables into potato soup for a chunky vegetable chowder.
- Stuff a baked potato with:
 - spinach + nonfat cheese + nonfat yogurt
 - broccoli + mushrooms + nonfat cheese
 - nonfat cheese + nonfat yogurt + chopped tomatoes
 - tomato sauce + nonfat cottage cheese or skim ricotta
- Make spinach or broccoli dips using low-fat or nonfat yogurt to substitute for sour cream
- Eat stir-fried vegetable dishes. "Stir-fry" with broth, Pam or cook mushrooms first and use their "juice" for "stir-frying".
- Make a vegetarian pizza with lots of tomato, zucchini, green, yellow or red pepper, onion, mushroom, carrots, broccoli and spinach.

Eat beans which are rich in all vegetable nutrients...

- bean soup - minestrone, pasta fagioli
- vegetarian bean chili
- bean enchiladas and soft tacos



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beans on salads



Other vegetable ideas...

- Melt nonfat cheese on vegetables.
- Stuff vegetables, such as squash, tomatoes, peppers.
- Stuff a pita pocket with mixed vegetables or green salad.
- Try succotash (corn + lima bean mixture).
- Add zucchini or carrot to whole wheat, homemade bread.
- Make a shish-ka-bob of vegetables: zucchini, tomatoes, mushrooms, peppers and onions.
- Fill soft tortillas with spinach, nonfat cottage cheese, and heat. Or fill with brown rice, black beans, chunky salsa and a dab of low fat Monterey Jack cheese.
- Try vegetables raw and chilled: raw vegetables with yogurt-based dip or salsa, big tossed salads with a wide variety of vegetables three bean salad: black, white, kidney, and chickpeas tossed in nonfat vinaigrette, carrot-raisin salad, Waldorf salad (apples, celery, low fat cheese, nuts, green pepper), fruit salads tossed with nonfat yogurt, marinated vegetables (sliced carrots, celery, cherry tomatoes, mushrooms, broccoli, yellow squash, zucchini combined with nonfat vinaigrette dressing)

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