

# 4 Vegetable Tips

## Eat at last 3 different colored vegetables

- Make a salad with a variety of chopped vegetables
- Or add a variety of chopped veggies to tacos, sandwiches, wraps or pitas – greens, tomatoes, carrots, peppers
- Add frozen mixed veggies to any pasta or noodle dish – throw them in to cook with the pasta or noodles during the last few minutes. Reduces cooking time and dishes!
- Grate vegetables like carrots, squash, zucchini and sweet potatoes into things like hamburger patties, meatballs or meatloaf, pasta sauce, pancakes or muffins – even the pickiest eater will often eat them this way!
- Stir fry a mixture of veggies for a colorful, tasty side dish. Time saver – use a frozen vegetable mix or packages of pre-cut vegetables from the produce aisle.
- Throw vegetables (fresh or frozen) into soup – add to canned soup or use prepared broth to make your own soup.

## Eat a vegetable with your breakfast

- Add veggies such as mushrooms, peppers, spinach, kale or broccoli to your morning omelet.
- Drink a glass of vegetable juice (tomato, V-8, carrot, etc)
- Smoothies - great way to fit in veggies – any time of day!
- Put salsa on your eggs or in a tortilla with cheese or cottage cheese (heat for 30 seconds). Did you know, a ¼ cup of salsa is a vegetable serving!

## Have a vegetable as a snack

Munch on raw vegetables as a snack or try some of these ideas:

- Celery with peanut butter
- Bake a sweet potato or make baked sweet potato fries
- Microwave a single-serve frozen vegetable package
- Raw veggies with a healthy dip like hummus, guacamole or Greek yogurt dip. [Greek yogurt dip = stir dry packet of salad dressing mix (like Ranch or other favorite) into about 2 cups of plain Greek yogurt. Or stir together plain Greek yogurt and salsa, add a little chili powder, red pepper or hot sauce for extra zing.]
- A smoothie is a great snack! – Smoothie Tip: Pick up a few ice cube trays and buy a variety of greens. Puree greens in a food processor or blender, adding a little water to create a smooth consistency. Pour into the ice cube tray and freeze. Once the cubes are frozen, you can leave them in the trays or pop them out into freezer bags. When you're ready to make your smoothie, just grab a few and throw them in your blender — it's a great time saver!



## More veggie tips

<http://www.choosemyplate.gov/vegetables>

<http://www.fruitsandveggiesmorematters.org/>

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm063367.htm>

<http://www.choosemyplate.gov/vegetables-tips>

### Microwave Veggie Pita Pizza

**Ingredients**

- 1 pita bread
- 3 tablespoons of pizza or pasta sauce
- ½ cup finely chopped vegetables such as onion, peppers, mushrooms, zucchini, tomato
- ¼ cup mozzarella cheese
- (try adding your own vegetables and spices such as red pepper flakes or basil to fit your taste)



**Directions**

- Split pita bread around edge with knife to make 2 rounds. Spread pizza sauce on bread halves; place on small microwavable plates.
- Place chopped veggies in 2-cup microwavable bowl. Microwave uncovered on High 2 minutes 30 seconds to 3 minutes or until tender. Stir in salt to taste.
- Spoon vegetables onto bread halves; top with cheese. Microwave uncovered on High 45 to 60 seconds or until hot. Cut into wedges.

### Broccoli Parmesan Veggieballs

**Ingredients**

- 1/2 c. raw almonds
- 1 large head broccoli, cut into florets and steamed (about 2 cups)
- 1/2 cup shredded Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 egg, lightly beaten
- Olive oil mister or cooking spray



**Directions**

- Preheat oven to 350°F.
- Place the almonds in a food processor. Process until they're coarsely ground. Transfer ground almonds to a medium bowl.
- Place the broccoli florets in the food processor and pulse until chopped.
- Add the chopped broccoli, cheese, and garlic to the almonds and season with salt and pepper to taste, mix well.
- Stir in the egg.
- Spray a mini-muffin tin with olive oil or cooking spray. Form the broccoli mixture into 12 balls, squeezing them a little to make sure they hold their shape, and place each one in its own cup in the muffin tin.
- Bake until balls are golden on the outside and heated through, about 20 minutes.
- Remove tin from oven and run a butter knife along the edges of each muffin cup to loosen veggieballs before gently popping them out.

## Creamy Cucumbers

### Ingredients

½ cup plain yogurt or reduced fat sour cream  
1 tablespoon vinegar  
½ teaspoon salt  
¼ teaspoon dried dill  
Dash black pepper  
1 large cucumber, peeled (if desired), halved lengthwise, and thinly sliced (3 cups)  
1/3 cup thinly sliced onion (about half of a small onion)



### Directions

- In a medium bowl combine yogurt/sour cream, vinegar, salt, dill, and pepper.
- Add cucumber and onions; toss to coat.
- Cover and chill for 4 hours or up to 3 days, stirring occasionally. Stir before serving.

## Buffalo Cauliflower

### Ingredients

1 large head cauliflower, cut into bite-size florets  
Olive oil to drizzle  
2 teaspoons garlic powder  
¼ teaspoon salt  
⅛ teaspoon pepper  
½ cup buffalo wing sauce of choice  
Other: 1 gallon or larger size plastic bag



### Directions

- Preheat oven to 450°F
- Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
- Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
- Place on ungreased cookie sheet or baking pan and bake on middle rack for 15 minutes, turning florets once during baking.
- Check them at 10 minutes for desired tenderness. Cook until tender-crisp.
- Remove florets from oven. Drizzle desired amount of hot sauce over cauliflower and stir to cover all florets. Start with about half the sauce and add more to your taste.
- Return to oven and cook for additional 5 minutes.
- Serve with dip of choice such as reduced fat ranch or Blue Cheese.

## Oven Baked Sweet Potato Fries

### Ingredients

1 medium to large sweet potato  
1-2 tablespoons olive or other vegetable oil  
1 tablespoon spice or spice combination of your choice: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.



### Directions:

- Preheat oven to 450°F. (For more crispiness, preheat your oven to 500°F.)

- Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise then into wedges. If potatoes are long, you may need to cut them in half crosswise before cutting into wedges.
- Put the sweet potatoes into a bowl or ziplock bag and add the oil. Mix well to combine. Sprinkle with salt and spices of your choice then mix until all pieces are coated with oil and spices.
- Spread the sweet potatoes out in a single layer on a baking sheet.
- Bake for 15 minutes, remove from oven and turn over all potato pieces. Return to the oven and bake for another 10-15 or until they are well browned. Let cool for 5 minutes before serving.

Find more recipes for vegetables at:  
<http://recipes.millionhearts.hhs.gov/recipes>