



4 Easy Steps for Preparing Vegetables

<p>Step 1: Choose your vegetables</p>	<p>Choose your favorite fresh, frozen, or leftover “scrap” vegetables. Make a large batch, so leftovers can be used – 6 cups or more.</p> <ul style="list-style-type: none"> • Bell peppers • Broccoli • Brussels sprouts • Carrots • Cauliflower • Greens (Mustard, Kale, etc.) • Green beans • Garlic • Mushrooms • Onions (red, yellow, white, etc.) • Spinach • Green beans • Tomatoes • Zucchini 																												
<p>Step 2: Add a touch of healthy sauce</p>	<p>Add 1-2 Tbsp of healthy “sauce”</p> <ul style="list-style-type: none"> • Olive oil • Light salad dressing • Low sodium marinade • Low fat yogurt sauce • Balsamic vinegar • 1 cubed avocado • Salsa • Low fat shredded cheese 																												
<p>Step 3: Spice it up!</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;"><u>Italian</u></th> <th style="text-align: left; padding: 5px;"><u>Latin</u></th> <th style="text-align: left; padding: 5px;"><u>Asian</u></th> <th style="text-align: left; padding: 5px;"><u>Indian</u></th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Garlic</td> <td style="padding: 5px;">Cumin</td> <td style="padding: 5px;">Ginger</td> <td style="padding: 5px;">Curry</td> </tr> <tr> <td style="padding: 5px;">Oregano</td> <td style="padding: 5px;">Paprika</td> <td style="padding: 5px;">Sesame seed</td> <td style="padding: 5px;">Celery seed</td> </tr> <tr> <td style="padding: 5px;">Parsley</td> <td style="padding: 5px;">Jalapeño pepper</td> <td style="padding: 5px;">Cloves</td> <td style="padding: 5px;">Nutmeg</td> </tr> <tr> <td style="padding: 5px;">Basil</td> <td style="padding: 5px;">Crushed red pepper</td> <td></td> <td style="padding: 5px;">Cinnamon</td> </tr> <tr> <td style="padding: 5px;">Rosemary</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="padding: 5px;">Fennel</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	<u>Italian</u>	<u>Latin</u>	<u>Asian</u>	<u>Indian</u>	Garlic	Cumin	Ginger	Curry	Oregano	Paprika	Sesame seed	Celery seed	Parsley	Jalapeño pepper	Cloves	Nutmeg	Basil	Crushed red pepper		Cinnamon	Rosemary				Fennel			
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<p>Step 4: Shake & Bake, broil, or grill</p>	<p>Toss everything into a large storage container or baggie Shake it up to distribute the sauce & herbs/spices Cook on high heat as desired for about 10-30 minutes or until veggies are crisp-tender and enjoy!</p>																												



Ways to Eat More Vegetables

- 🍃 **Cook large batches of veggies** ahead of time using any recipe and put in storage containers in refrigerator or freeze
- 🍃 **Use leftover “scraps”** and add oil/marinade/herbs/spices (4 easy steps above)
- 🍃 **Cut up favorite raw vegetables** such as baby carrots, celery sticks, bell pepper strips, cucumber coins, broccoli florets, etc. immediately after coming home from the grocery store so they are ready to use in recipes or to eat raw as a snack with hummus or low-fat dip
- 🍃 **Cut crunchy vegetables** (i.e. bell peppers) in shape of crackers/chips so it feels like a treat
- 🍃 Fresh veggies are good, but sometimes difficult to find and go bad easily; sometimes **frozen can be even better**, since they are frozen at peak ripeness – frozen green beans and broccoli are always great to have on hand
- 🍃 **Add plain frozen veggies to frozen meals**, since those meals are usually small & may not fill you up alone; there is usually more sauce in those containers than needed for frozen meals alone; add frozen veggies before cooking & they absorb all the extra flavor
- 🍃 **Add a veggie side salad** to just about anything or eat **broth-based veggie soups** as carb
- 🍃 **Have a salad as a meal** – be sure to add protein (such as lean chicken or tuna, lean beef, or lean pork) and have a carb (such as corn, peas, or dried beans in the salad), or add fresh fruit, yogurt, or a glass of low-fat milk to the meal
- 🍃 **Add extra vegetables to soups**, chili, and stir-fries **instead of starches** like beans, rice, or pasta
- 🍃 **Pack raw veggies** in a Ziploc bag and carry them around for a snack or eat as part of meal
- 🍃 **Cook 2 large batches** veggies each week; keep leftovers in refrigerator to make easily accessible – Make it a SMART Goal!

Complete Your Plate of Life

- 🍃 **Soups** make it effortless to achieve your half plate serving of veggies! Add your extra cut up veggie scraps (carrots, celery, onions, etc) with last night’s chicken to a low sodium broth or fill up the crock pot!
- 🍃 **Salads** are great to bring to work and an easy way to rotate veggies and protein throughout your week. Mix leftover protein (chicken, turkey, steak, hardboiled eggs) and match with unlimited veggies. Toss in vinegar and oil and you have a custom Cobb salad. Add ¼ cup beans, a cup of yogurt, or a piece of fruit to balance the meal.
- 🍃 Ditch the plain eggs and start your day right with something new. Mix pieces of salmon or turkey to eggs to make a **breakfast omelet or frittata**. Add veggies, low fat cheese, and spices to create a delicious scramble. Top with low sodium salsa and crushed red pepper for an extra kick.
- 🍃 **Lettuce wraps** satisfy that crunch without sacrificing your waistline. Roll ham or turkey with avocado, tomato and hummus. If not looking for a low-carb option, you may also wrap in whole-wheat or corn tortilla.