

*Healthy
& Delicious!*

MORE VEGGIES PLEASE!

Add them in

- Beans in taco or chili
- Mushrooms on the grill
- Eggplant in your meat sauce
- Grated beets (or any of the above) mixed into burgers
- Grilled cheese/quesadillas

Spread the love

- Sweet potato spread
- Avocado toast
- Beet, edamame, or white bean Hummus

Blend it up

- Queso
- Soup
- Mac and cheese
- Pasta sauce
- French toast batter!

Mates for your tates

- Hashbrowns
- Fritters/pancakes
- Mash

More tips:

- 1. Add 1 to what you make every day*
- 2. Make them irresistible*
- 3. Don't forget frozen!*

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Go for a dip

- AS the dip and WITH the dip
- Salsa
- "Chips"/"Fries"
- Pickles

Get a head start

- Scramble
- Poached egg on veg
- Mini frittata
- Smoothie
- Savory oatmeal

Take a sip

- Juices (save the pulp!)
- Smoothies
- Soups

Bake and take

- Sweet potato or carrot muffins
- Savory flatbreads
- Cake, donuts and brownies?!

More Tips:

- 4. Prepare for the week*
- 5. Keep them where you can see them*
- 6. Join a CSA!*