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1. Fire Up The Grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

6. Get in on the Stir-frying FUN!

Try something new! Stir-fry fresh or frozen veggies – like broccoli, carrots, cauliflower, or green beans- for a quick-and-easy addition to any meal.

2. Take your Casserole to the Next Level

Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

7. Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



3. Planning something Italian?

Add extra vegetables to you pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.



8. Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.



4. Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.



9. Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.

5. Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

10. Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

