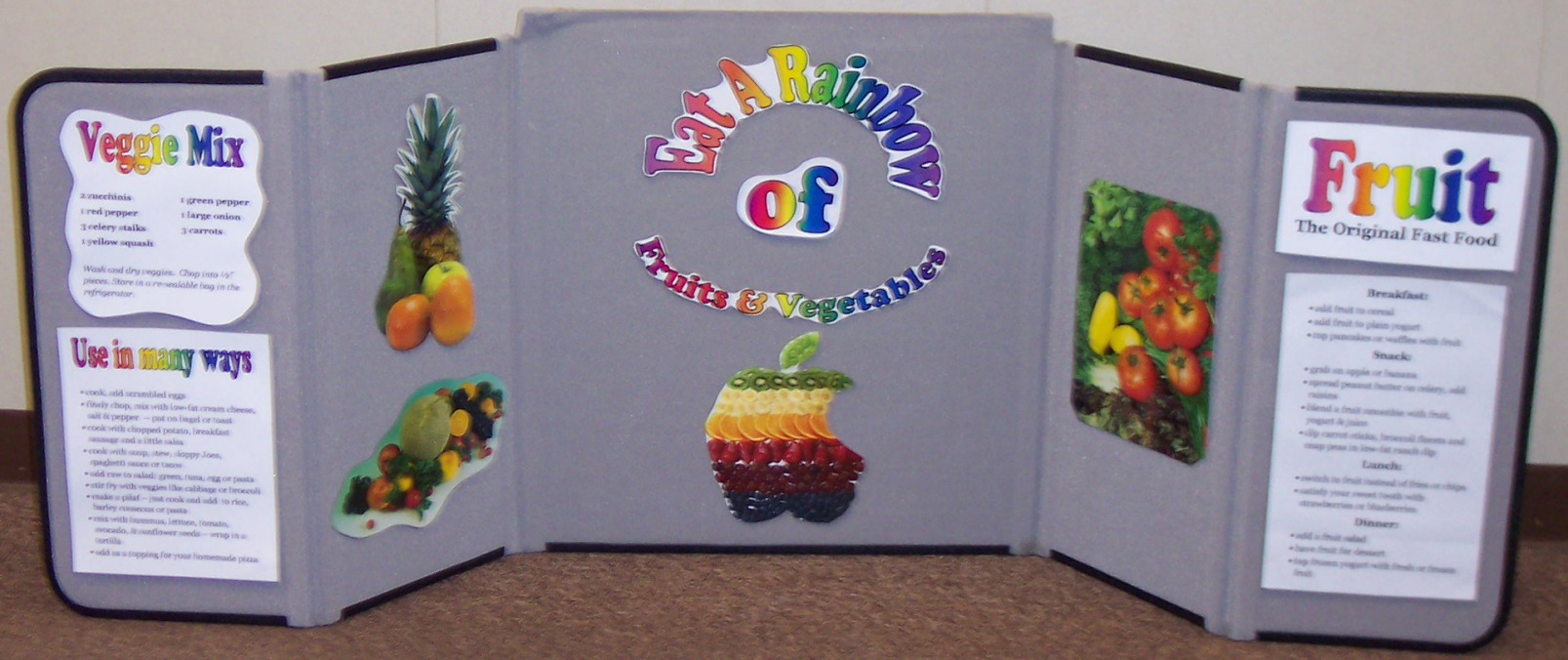
Veggie Mix
2 zucchinis
1 red pepper
3 celery stalks
1 yellow squash
1 green pepper
1 large onion
3 carrots
Wash and dry veggies. Chop into ½" pieces. Store in a re-sealable bag in the refrigerator.
Use in many ways
• cook, add scrambled eggs
• finely chop, mix with low-fat cream cheese, salt & pepper -- put on bagel or toast
• cook with chopped potato, breakfast sausage and a little salsa
• cook with soup, stew, sloppy Joes, spaghetti sauce or tacos
• add raw to salad: green, tuna, egg or pasta
• stir fry with veggies like cabbage or broccoli
• make a pilaf -- just cook and add to rice, barley couscous or pasta
• mix with hummus, lettuce, tomato, avocado, & sunflower seeds -- wrap in a tortilla
• add as a topping for your homemade pizza
Eat A Rainbow
of
Fruits & Vegetables
Fruit
The Original Fast Food
Breakfast:
• add fruit to cereal
• add fruit to plain yogurt
• top pancakes or waffles with fruit
Snack:
• grab an apple or banana
• spread peanut butter on celery, add raisins
• blend a fruit smoothie with fruit, yogurt & juice
• dip carrot sticks, broccoli flowers and snap peas in low-fat ranch dip
Lunch:
• switch to fruit instead of fries or chips
• satisfy your sweet tooth with strawberries or blueberries
Dinner:
• add a fruit salad
• have fruit for dessert
• top frozen yogurt with fresh or frozen fruit