

# 10 Ways to Include Veggies

Vegetables are some of the most nutrient dense foods, packed with vitamins, minerals, phytochemicals, and fiber. We often fall short on the number of veggies we should be getting daily, so here is a list of 10 ways you can add veggies into your diet.

1. **Omelet.** Stuff into your eggs a variety of veggies including spinach, sun-dried, Roma or grape tomatoes, mushrooms, onions, chives or shallots, leeks, bell peppers, carrots, zucchini, or squash.
2. **Smoothies or fresh juice.** Leafy greens such as spinach, kale, Swiss chard, and arugula make great additions to smoothies, also carrots, cucumbers, and celery can add a zest.
3. **Snacks.** Munch on carrots, celery, bell peppers (green, yellow, red, and orange), cucumbers, broccoli, cauliflower, grape tomatoes. These can be eaten by themselves or dipped into guacamole, hummus, baba ganoush.
4. **Roasted.** Beets, asparagus, Brussel sprouts, cabbage, eggplant, zucchini, squash, grape or Roma tomatoes, artichoke, kohlrabi, mushrooms, okra, parsnips, rutabaga, turnips are all delicious and have an enhanced flavor when roasted.
5. **Salads.** Start with leafy greens such as lettuce, kale, spinach, arugula, bok choy, cabbage; adding in cucumbers, carrots, broccoli, cauliflower, asparagus, zucchini, squash, beets, onion, celery, then throw on a little fruit if you'd like for a bit of sweetness.
6. **Soups.** Warm "kitchen sink soup" can include everything you have in the kitchen except the sink. These could include tomatoes, broccoli, green beans, eggplant, zucchini, carrots, turnips, and rutabaga.  
When it's warm Gazpacho soup is a cold soup that blends tomatoes, cucumbers, garlic, onions, bell peppers, and celery.
7. **Wraps or bread.** Zucchini and cauliflower make great substitutes for bread or tortillas.
8. **Dehydrated.** Often called "chips" dehydrated veggies such as kale chips or dehydrated carrots, green beans, tomatoes, peppers, or okra can be a great snack.
9. **Muffins.** Adding carrots or zucchini to muffins is a great way to add veggies to a breakfast meal or snack.
10. **Add-ins.** Adding veggies to some typical dishes such as adding kale to gumbo, squash or zucchini to chili, and eggplant to spaghetti sauce.