

## Ways to Sneak More Fruits and Vegetables into Your Diet

### Lunch/Dinner:

See ideas for breakfast on the back of the brochure):

- Place cooked asparagus on toasted bread and melt cheese on top.
- Add mushrooms, peppers, onions, or diced carrots to any casserole.
- Put sliced tomatoes on a grilled cheese sandwich.
- Top tuna fish sandwich with green peppers, cucumber, and lettuce.
- Add apples, grapes, celery, to chicken or tuna salad.
- Spread some cranberry sauce on a turkey sandwich.
- Top pork chops with apples or pears.
- Add broccoli, diced pepper or peas to macaroni and cheese.
- Blend cooked cauliflower into mashed potatoes.

Source: Adapted from RD411.com

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### Breakfast:

- Add berries to pancake, waffle or muffin batter or serve on top.
- Add pepper, onion, spinach, broccoli and/or shredded carrots to an omelet or breakfast potatoes

Source: Adapted from RD411.com

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# Fruits and Vegetables: Easy Ways to Eat More!



## Quick Meal Ideas

- Open cans of kidney beans, wax beans, chickpeas and green beans, and toss with low-fat vinaigrette or Italian dressing and chill for a quick bean salad.
- Broil sliced vegetables (zucchini, bell peppers, eggplant and tomatoes) for a few minutes until blackened around the edges. Serve warm with a light dressing of lemon juice, reduced-fat mayo and black pepper.
- Use a 12 inch, pre-baked packaged pizza crust to create a 20-minute dinner; add sliced zucchini, fresh spinach, mushrooms, onions, tomatoes, garlic and cheese and bake at 400 degrees until the cheese bubbles (10-15 minutes).

## Microwave Tips for Fresh Vegetables - 5 Simple Rules

1. Wash and, if needed, peel the vegetables; for vegetables such as broccoli or carrots, cut into same size pieces for even cooking.
2. Place in a microwave-safe bowl and add a bit of water, 3 – 6 TBSP, to keep vegetables moist while cooking; loosely cover foods so that steam can escape (use wax paper, plastic wrap or a paper towel).
3. Microwave 3 - 6 minutes. Check after a minute or so to see how quickly the vegetables are cooking and adjust time if needed. Also, stir, rearrange foods, or rotate 1/2 turn halfway through cooking.
4. Important: For whole, unpeeled vegetables like potatoes, use a fork to poke holes in the potato to keep it from bursting while cooking. Water is not needed. Cooking time is 5 - 9 minutes; check after 5 minutes.
5. After cooking, let vegetables stand for a minute or two; use oven mitts when removing the bowl from the microwave.

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## Challenges and Helpful Hints

### **“I buy plenty of fresh produce but I forget about it and it spoils in the fridge.”**

- Try putting fruits that don't need refrigeration where you can see them. Make a habit of grabbing a few pieces on your way out the door.
- Keep a bag of your favorite vegetables in the freezer. It will last for months. Add the frozen vegetables to rice, casseroles, soups, spaghetti sauce, etc.

### **“I like fruits and vegetables, but I don't like all the peeling, chopping, and slicing involved.”**

- Select fruits and vegetables that require little peeling and chopping such as cherry tomatoes, asparagus, berries, apples, or pears.

### **“I eat out at restaurants and I don't have time to eat vegetables at home.”**

- Many restaurants and fast food places are now offering vegetable options; ask if you can substitute the fries with a side salad or fruit.