seven ways to eat more red and orange vegetables

Choose red and orange vegetables often - carrots, squash, red peppers, sweet potatoes, tomatoes and pumpkin.

1 add veggies

- Cook red pepper and onion slices, serve with burritos.
- Mix shredded carrots with with chopped lettuce for tacos or burritos.
- Top your sandwich with shredded carrots, sliced red peppers or chopped tomatoes.
- Spread mashed avocado on a tortilla. Top with shredded carrots and chopped tomatoes. Roll up and eat.

Summer Salad
Combine chopped tomatoes and cucumbers in a bowl. Add a small amount of low fat Ranch or Italian salad dressing. Toss together for a quick salad.

2 mix shredded carrots or red peppers into:

Salads and Soups
Casseroles and Stews
Meatballs and Meatloaf
Spaghetti sauce or Lasagna

3 snack on red and orange veggies:

Baby Carrots
Carrot sticks
Cherry Tomatoes
Tomato slices
Red Pepper slices

Dip in low fat dill dip, Ranch salad dressing, or peanut butter

Keep cut up veggies in your refrigerator. You are more likely to eat a snack that is ready to grab and eat!

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4 eat more tomatoes

- Add chopped tomatoes to a sandwich or pizza.
- Serve chopped tomatoes with cottage cheese.
- Enjoy tomato soup, spaghetti, lasagna

5 salsa

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hilies, drained
d red onion
ped fresh cilantro
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d chopped onion
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s or burritos.

6 potato

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and vegetables!

information:
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