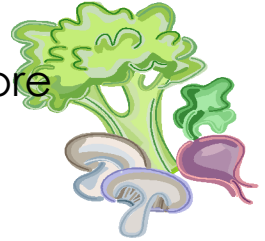


# VEGETABLES



Though it is hard, it is important to try and get 3 or more servings of vegetables per day.



## Helpful Hints:

- When available choose vegetable sticks (carrots and celery with ranch) as a side.
- For sandwiches, get vegetables as condiments on your sandwich (lettuce and tomato aren't the only thing to put on!)
- Mix vegetables into ordinary dishes such as:
  - **spaghetti sauce** (sauté vegetables and then add them to the sauce when warming),
  - **salads** (include more than just lettuce and cucumbers),
  - **Pizza** (add some spinach or mushrooms or peppers).
- Remember: Mix up the colors of the vegetables, they all provide different and essential vitamins.
- Look for frozen vegetables in freezer section that take 1-1½ minutes to cook in microwave.



## Meal Ideas:

### ▪ **Stir-fry:**

(Start and sauté meat in a little oil in bottom of frying pan. Once meat is cooked, remove and add vegetables. Cook with top on so steam cooks faster. Add meat back once vegetables are done, throw in seasoning and let season a few minutes.)

### ▪ **Fajitas:**

(sauté meat and then sauté the onions and peppers or other vegetables, season and serve together on a tortilla or salad.)

### ▪ **Chicken Kazam:**

(place 3 un-cooked boneless chicken breasts, a jar of spaghetti sauce and sliced squash, zucchini, onions, mushrooms, etc. into 9x13 pan. Cook covered in foil at 350 for 30 minutes or until chicken is cooked thoroughly.)

### ▪ **Chicken Noodle Soup:**

(cook vegetables in chicken broth until soft. Add chunks of cooked chicken and noodles. Cook until noodles are soft. Serve and season to taste.)

