

## Tips for Getting More Veggies

### Boost flavour with:

- Hummus (dip for raw carrots or other vegetable)
- Vinaigrette or other dressing (on salad or cooked vegetables)
- Soy sauce (choose reduced-sodium variety, use sparingly)
- Garlic, ginger (cook in them)
- Chopped nuts or seeds
- Fresh or dried herbs and spices
- Small amounts of flavourful cheese

### Don't overcook!

### Roast or grill them to bring out the natural sweetness

- 375-400F
- Toss in oil (canola, peanut, avocado or grapeseed)
- Don't crowd them
- Do big batches, use the extras for snacks or for boosting the veggie content of meals

### Enjoy your salads

- Try different greens
- Get outside the lettuce + vegetables box
  - Try beans, chickpeas, cooked grains, fruit, cheese, nuts, seeds, meat, fish, chicken...
- Don't be afraid to use regular (vs low-fat) dressing
  - 1/3 cup oil + 2 tbsp acid (lemon juice or vinegar) + flavours you like (chopped garlic, herbs, dry mustard)

### Add veggies to everything!

- Lasagna
- Eggs
- Soup
- Sandwiches
- Pasta
- Burrito
- Chili...

### Swap out some of your starch

- Spiralize! - zucchini noodles
- Mash non-starchy veggies to cut calories vs. mashed potatoes
  - Carrots
  - Cauliflower
- Try cauliflower rice
- Use lettuce leaves in place of tortillas or bread
- Try spaghetti squash instead of spaghetti

### You'll probably eat more if you...

- Pre-wash and cut right away
- Store at eye level, clear containers
- Buy large packages

### Planning *and* using your veggies

- Build the veggies into your weekly meal planning
- Have 1-2 veggie catchall meals near the end of the week to use up the extras
  - Stir-fry
  - Pasta
  - Wrap
  - Pizza
  - Salad

### Time-savers

- Pre-washed spinach and other leafy greens
- Frozen veggies
- Use food processor to grate (eg. Carrots)
- If you shop only once a week, have veggies delivered mid-week (eg. Spud.ca \$\$)

### Get in the mood (to eat fruit and veggies)

- Get enough sleep (when you're sleep deprived, you crave carbs more than veggies!)
- Eat every few hours, before you are ravenous and a salad won't cut it
- Relax, meditate, or otherwise proactively manage stress