

## 12 Delicious, Easy Ways to Enjoy Vegetables

From a health standpoint, vegetables are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free; and packed with disease-fighting phytonutrients. To maximize your health with vegetables, nutrition experts suggest at least 3 to 5 servings per day – in a rainbow of colors. All types of vegetables can be nourishing and delicious – fresh, frozen, canned, and juiced.

Here are a dozen daily ways to treat yourself to good health!

**1. Broccoli and cauliflower:**

Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad, or even a slaw.

**2. Carrots:**

Sweet, crunchy, good for your teeth, eyes, and heart! Perfect raw (as a snack or salad) or cooked in a stew.

**3. Peppers:**

Green, red, yellow, orange, or even purple! Enjoy peppers in a salad, stir-fry, casserole, or as a snack.

**4. Spinach:**

A salad of baby spinach leaves with pears, apples, or cranberries can turn anyone into a real spinach lover.

**5. Onions:**

The zesty onion family (scallions, leeks, and garlic, too!) offer some powerful antioxidant nutrients.

**6. Peas:**

Fresh, frozen, or even canned, peas are a treat to eat – and they are very popular with small children.

**7. Beets:**

If you've never liked beets, try them in a new way – like roasted, grilled, or lightly steamed in the microwave.

**8. Sweet potatoes and yams:**

Switch the color on your usual baked potato – and you'll get a lot more nutrients, along with great taste.

**9. Mushrooms:**

Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry, or even a tossed green salad.

**10. Leaf and romaine lettuce:**

Rule of thumb for a healthy salad: The darker green or red the lettuce leaves, the more nutrients you get.

**11. Green, yellow or purple beans:**

Like their pea 'cousins,' beans offer some fiber and a little bit of protein, along with vitamins and minerals.

**12. Tomatoes:**

Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste, and chunks.



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