

Your Path to Eating More Vegetables

Eating vegetables is important because they provide vitamins and minerals, fiber, and low in calories. Add more vegetables to your day by following these simple tips. It's easier than it seems and adds color to your plate!

Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy addition to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish. Season with herbs and spices for flavor!

Be ahead of the game

Cut up bell peppers, carrots, cucumbers, tomatoes, or peppers. Pre-package them to use when time is limited. These make great snacks too!

Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as carrots, sliced red peppers, shredded radishes, chopped purple cabbage, and cauliflower. Add beans (pinto or black) or peas (chickpeas or split peas) for a great combination of vegetables and protein.

Fresh, frozen, and canned vegetables all count

Frozen and canned vegetables are just as easy and nutritious as fresh veggies. When purchasing canned goods, read the labels and aim to pick "no salt-added" or "reduced sodium" options, if available. (Also remember to always drain and rinse all canned goods prior to use!) Try adding frozen or canned corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

Try something new

You never know what you may like! Choose a new vegetable, add it to an existing recipe, or look up how to fix it online. To help you get started, try this **Confetti Bean Salsa**.

Confetti Bean Salsa

8 SERVINGS

Amount Per Serving:

Calories 138

Carbohydrate 22g

Fat 4g

Protein 6g

Sodium 131mg

Fiber 5g

Ingredients

- **1 ½ cups** fresh or frozen corn
- **1 can** reduced sodium red or black beans
- **1** large tomato
- **1** large sweet onion
- **1 teaspoon** ground cumin
- **2 tablespoons** olive oil
- **1 tablespoon** lime juice (fresh or bottle)

Instructions

- Drain and rinse beans.
- Chop tomato and onion.
- Combine corn, beans, tomato, onion, cumin, olive oil and lime juice in bowl.
- Mix well.
- Serve with tacos or tortilla chips.



Source: Farrah Wigand, *SNAP-Education Registered Dietitian Nutritionist with the Division of Public Health Nutrition Practice and SNAP-Education Program, Department of Health and Environmental Control*

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP