

25 easy ways to get more veges

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Fruit And Vegetable Alliance

- 1 Grate vegetables (e.g. carrots, courgettes) into mince dishes.
- 2 Make a salsa with tomatoes, onion, garlic and herbs. Serve with vegetable sticks.
- 3 Cook some veges on the BBQ - try eggplant, capsicum, courgette and corn cobs.
- 4 Boil cauliflower, parsnip or pumpkin in with your potatoes and mash.
- 5 Thicken soups or stews with leftover vegetable mash or grated vegetables.
- 6 Make brunch fritters using grated courgettes, carrot, pumpkin and canned corn.
- 7 Stuff halved capsicums with brown rice and mince or beans and bake.
- 8 Make savoury muffins or scones using veges like onion, corn, spinach, courgettes and pumpkin.
- 9 Puréed cooked frozen peas make a vibrant dip.
- 10 A bowl of hot edamame beans in their pods make a great pre-dinner snack.
- 11 Use raw vegetables as a base for canapés. Try cucumber slices topped with smoked salmon.
- 12 Veg up your sandwiches with grated carrot, capsicum, sliced mushrooms or lettuce.
- 13 Mash cooked frozen peas with goat cheese and chopped fresh mint. Season and serve with lamb chops.
- 14 Make oven-baked vegetable chips with sliced potatoes, carrot, kumara, parsnips or beetroot.
- 15 Blanch spinach leaves or broccoli florets in pasta cooking water and add to your favourite sauce.
- 16 Roast chops or chicken portions over a seasoned layer of sliced onions, crushed garlic, potato or kumara and apple.
- 17 Use avocado as a spread instead of butter or margarine.
- 18 Make omelettes and frittatas with onions, tomatoes, mushrooms, spinach, capsicum and cubed potato.
- 19 Use tomato juice as a base for a quick soup. Just add chopped canned or fresh tomatoes, garlic, stock and fresh herbs.
- 20 For an easy tomato sauce simmer together canned tomatoes, crushed garlic and basil.

For the kids

- 21 Make vege faces. Try slices of olives for eyes, cauliflower or mushroom noses, capsicum moustaches.
- 22 Freeze vege juice in different shaped moulds for a fun, healthy ice-block.
- 23 Get the kids to pod fresh peas for dinner - they'll snack as they work so have plenty!
- 24 Bite-sized portions of cooked vegetables like potatoes, kumara, pumpkin and yams are excellent snacks.
- 25 A small container of frozen peas or grated carrot is a great snack to entertain young kids while you are cooking.

Tips developed by the New Zealand Fruit and Vegetable Alliance (NZFAVA) to promote increasing daily fruit and vegetable consumption.

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