

EAT THE RAINBOW

How to eat your veggies

Here are some of our favorite, simple, ways to prepare and eat vegetables. For more recipe ideas, why not check out our cookbook, [Gourmet Nutrition](#), or [allrecipes.com](#)?

1. Eat them raw

You can always grab a carrot and start chomping away or pop grape tomatoes into your mouth like candy. But sometimes that gets a little boring. So why not start with an awesome salad?

Forget the bland iceberg lettuce and shredded carrots you've been served at Applebee's. Instead, take some pride in your salad and get creative. Follow these steps for the perfect side salad.

Anatomy of an awesome salad

- Pick a "soft" leaf like butterhead lettuce, spinach, or mixed greens.
- Pick a "crunchy" leaf like romaine lettuce or radicchio.
- Pick a fresh herb like basil, arugula, or Italian parsley.
- Pick a "topping" like sliced cucumber, tomato, carrots, celery, or bell pepper. (The more, the merrier.)
- Pick a light dressing like olive oil and balsamic vinaigrette.
- Voilà!



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2. Eat them steamed

Steaming takes only a few minutes. All you need is a big pot of water and a steamer basket or a colander that will fit inside.

Fill the pot with enough water so that it just barely reaches the bottom of the colander or steamer basket. Bring the water to a boil, add your vegetables, and place a loose fitting lid on top to cover. (If your lid is more fitted over the colander, position it so that one side hangs over the colander just enough to let the steam escape.)

How long should you steam for? Well, it depends on the vegetable.

Asparagus: ~5 minutes

Cauliflower: ~ 6-7 minutes

Broccoli: ~ 5 minutes

Green beans: ~ 5 minutes

Brussels spouts: ~ 10 minutes

Fresh peas: ~ 3 minutes

Carrots: ~ 8 minutes

Zucchini: ~ 7 minutes

(if sliced into 1/4" thick pieces)

After they're steamed, try tossing your veggies in a little olive oil and sprinkle some sea salt and black pepper. Or, if you're feeling rather daring, you can sprinkle some red pepper flakes over them. (This is especially good with broccoli.)



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3. Stir-fry them

Stuck for a quick dinner? Look no further than the humble stir-fry.

Drizzle 1 tbsp (15 mL) olive oil (or water) in a large frying pan or wok and heat over medium heat. Chop some veggies and some lean protein such as chicken, lean beef, shrimp, salmon, tofu, etc. Mince up a little garlic, some onion, ginger, and a wee bit of chili pepper if you like a little heat.

Dump it all into the pan (starting with the meat if it's included) and swirl it around until the protein is well cooked and the veggies are crisp-tender. Splash in a little bit of low-sodium soy sauce to taste.



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4. Add them to soups

Sometimes the best approach is to take a bunch of ingredients, throw it in a pot, and see what happens! Creating a healthy, tasty soup is easy. And if you're not the greatest cook, a soup or stew is one way to flex your culinary skills. It's just too simple to screw up!

One of our favorite soups is the Spicy Vegetable Soup.

WHAT YOU'LL NEED

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 1-3 teaspoons hot paprika, or to taste
- 2 14-ounce cups vegetable broth
- 4 medium plum tomatoes, diced
- 1 medium yellow squash, diced
- 1 ½ cups green beans, cut into 2-inch pieces
- 2 cups spinach
- 2 tablespoons sherry vinegar, or red-wine vinegar
- ¼ cup chopped fresh basil, or prepared pesto

WHAT YOU'LL DO

Heat the oil in a big pot over medium heat.

Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, and beans; bring to a boil.

Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, about 2 to 4 minutes.

Ladle soup into bowls and top with fresh basil or a dollop of pesto.



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5. Eat 'em grilled

Grilled veggies complement any meat dish perfectly and can even be a part of a delicious shish kabob with chicken, beef, or pork.

You can grill them on the barbecue or under your oven's broiler. To roast vegetables in the oven, toss veggies such as the following in a little bit of olive oil and salt to taste:

WHAT YOU'LL NEED

Asparagus spears
Beets, cut into 1-2" chunks
Brussels sprouts, halved or quartered
Butternut squash, peeled and cut into 1-2" chunks
Cauliflower
Carrots, sliced 1/2" thick
Eggplant
Green beans
Parsnips, sliced 1/2" thick
Portabello mushrooms
Red onions, cut into quarters
Peppers, seeds removed and cut into strips
Roma tomatoes
Zucchini or yellow summer squash, sliced lengthwise in half or quarters

WHAT YOU'LL DO

Preheat the broiler. Spread veggies on a roasting pan or cookie sheet and pop them into the oven.

Check them often, to make sure they're cooking evenly and not burning. (Using the "low" setting on the broiler helps to ensure that your veggies are browning slowly rather than scorching.)

You can also bake them at 375-400F (190-205C) for 15-20 minutes.

One of our favorite meals is the beef skewer recipe found in our Gourmet Nutrition cookbook. It's the perfect blend of protein and delicious veggies.

