

Enjoying Vegetable Variety

*The vegetable group is full of essential vitamins and minerals.
To maximize the benefits, eat from each of the five subgroups throughout the week.*



Dark Green Vitamins C, K, B, and iron

Salads + wraps: spinach, arugula, romaine, or kale

Soups + stews: collards or kale

Stir-fry: broccoli, spinach, or bok choy

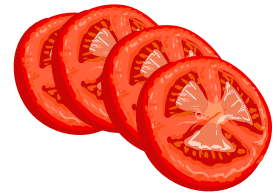
Roast: broccoli or kale – season to taste

Vitamin A and antioxidants **Red + Orange**

Chili, stews, + casseroles: tomatoes and bell peppers

Raw: red and orange bell peppers in hummus or ranch dip

Salads + wraps: tomatoes and carrots



Beans + Legumes Protein and fiber

Salads: add black beans, chickpeas, or lentils

Tacos, enchiladas, + casseroles: replace meat with beans

Soups, chili, + stews: replace meat with beans

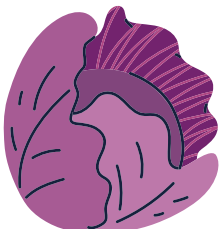
Puree: create your own hummus!

Potassium and fiber **Starchy**

Boil + smash: parsnips or potatoes

Roast: acorn or butternut squash, potatoes, and sweet potatoes

Grill: corn



Other

Roast: mushrooms, cauliflower, green beans, zucchini, brussels sprouts, asparagus, or okra

Saute: mushrooms, onions, green peppers, or squash