

Session 5

50 Ways to Love Your Fruits and Veggies

1. Mix a bag of shredded cabbage with a little light coleslaw dressing; chopped apples or canned pineapple chunks are optional.
2. Add grated carrots or zucchini to spaghetti sauce.
3. Substitute green peas for half the avocado in guacamole to reduce fat without changing the taste or texture.
4. Add chopped fresh tomatoes and cilantro to bottled salsa as a quick dip for chips, baby carrots, or pita, or pile it on as dressing for salads, tacos, and burritos.
5. Make pumpkin pie with fat-free canned milk and low-fat crust.
6. Add lots of leaf lettuce, red onion, and thick tomato slices to a turkey sandwich.
7. Pop frozen blueberries or grapes into your mouth for a sorbet like treat.
8. Top your morning cereal with dried plums or cranberries or a handful of fresh berries.
9. Drink a travel-size box of orange juice on the way to work.
10. Stir fresh peaches or berries into frozen yogurt.
11. Add canned mandarin oranges to your spinach salad.
12. Skewer more vegetables (cherry tomatoes, carrot slices, mushrooms, eggplant, onion, squash, sweet potato, etc.) than meat on your shish kabobs.
13. Add frozen green peas to canned chicken noodle soup.
14. Never, and I mean never, leave the house without a snack stash (banana, orange, apple, baby carrots, raisins, grapes).
15. Puree fresh fruit, sweeten it with concentrated apple juice, and freeze it into ice cubes or pops. Add cubes to club soda for a refreshing drink.
16. Add fruit to your milkshake (smoothie).
17. Make fruit or vegetable salsa and sauces with mango, papaya, peach, or pineapple and use it in place of creamed sauces on meats, fish, and chicken.
18. Sweeten nonfat, plain yogurt with fruit.
19. After dinner, place a platter of cut-up fruit on the table for snacking in the evenings.
20. When eating out, order entrees that feature vegetables (grilled vegetable sandwich, salad, vegetable soup).
21. Ask your waiter to hold the potato and instead bring two side orders of vegetables (steamed) with your meal.
22. Add grapes, mandarin oranges, or cubed apples to chicken salad.
23. Skip the syrup, and top pancakes, waffles, or French toast with fresh fruit.
24. Puree vegetables such as cauliflower, carrots, or broccoli to add to soup stock and sauces.
25. Add dried fruit to stuffings and rice dishes.
26. Double your normal portion of and vegetable (except french fries or iceberg lettuce!).
27. Cut sweet potatoes into half-inch strips and roast them, for a tasty alternative to french fries.
28. Stuff an almond into each of five pitted dried plums for a sweet, chewy, crunchy snack.
29. Plan your dinner around the theme of “Meat and Three Veggies.”
30. Toss a bag of frozen stew vegetables (large hunks of carrots, potato, celery, and onion) with a tablespoon of olive oil, a dash of salt and pepper, and a few sprigs of fresh rosemary. Roast at 425 degrees for 30 minutes.
31. Toss chopped tomatoes, corn, red onion, salt, and rice vinegar for a quick and filling snack or lunch salad.
32. Add cilantro, chopped tomatoes, corn, grated carrots, or other vegetables to tacos and burritos.
33. When flying, as for a tomato or orange juice for your in-flight beverage.

34. Once a week, have a meal salad for dinner, such as Cajun-salmon Caesar salad or grilled-chicken spinach salad with mandarin oranges.
35. Take advantage of precut vegetables, packaged salads, supermarket salad bars, and specialty produce.
36. Grill extra vegetables at dinner to use in a quick wrap for tomorrow's lunch.
37. Fill a halved cantaloupe with lemon-flavored yogurt.
38. Skip the fruit drinks, blends, and "ades," and go for the 100 percent orange, grapefruit, prune, pomegranate, and pineapple juices. Remember moderation!
39. Add flowers such as dandelions, violets, daylilies, clover, and oxalis to salads.
40. Add steamed asparagus or green beans to your favorite pasta dish.
41. Top pizza with quartered artichoke hearts (canned in water), roasted red peppers, red onion, sliced zucchini, and fresh tomatoes.
42. Order deli sandwiches with extra tomatoes.
43. Whip steamed chopped collards or chard into mashed potatoes.
44. Buy produce at various stages of ripeness to avoid spoilage.
45. Stock up on frozen plain vegetables for last-minute meals.
46. Keep dried fruit on hand for a quick snack.
47. Plant a pear or apple tree, a row of blueberry bushes, or a vegetable garden in the backyard.
48. When eating out, ask for two sides of vegetables, or split an entrée and complement it with a salad.
49. At parties, sip on orange juice, tomato juice, or Bloody Mary mix.
50. Take a low-fat cooking class and share vegetable recipes with friends.