

Brianna Higgins, MS, RD, LD, CPT

EAT YOUR VEGGIES

**Warren County
Health District**



Public Health
Prevent. Promote. Protect.



Tasty Ways to Sneak in Vegetables

- Chips and salsa/pico de gallo
 - Try whole grain chips or crackers to make it even healthier!
- Vegetable slices and guacamole
- Vegetable slices and hummus
- High protein salads
- Fruit and nut salads
- Vegetable slices + 1 cup plain Greek yogurt + 1 Ranch seasoning packet
- Blend spinach or kale into a smoothie
- Try vegetables on the grill!
 - Grilled asparagus
 - Grilled squash
 - Grilled zucchini
 - Grilled onions
 - Grilled mushrooms
 - Make vegetable kabobs!
- Add cauliflower to mac-n-cheese
- Like spicy? Try sriacha with your vegetables!
- Roast in the oven with oil, can add egg and bread crumbs
 - OR fry them in the air fryer

