

# How to Sneak in Vegetables

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# Breakfast Ideas

- Add veggies to a breakfast skillet (see recipe)
  - <https://www.acouplecooks.com/breakfast-skillet/>
  -
- Add frozen or fresh spinach to smoothies
  - <https://www.eatthismuch.com/recipe/nutrition/spinach-banana-and-peanut-butter-protein-shake.927828/>
  -
- Add bell peppers, mushrooms, onions, spinach, salsa to omelets
  - <https://www.healthyseasonalrecipes.com/grab-and-go-high-protein-veggie-egg-cups/>
- Blend up carrots into oats/baked goods
  - <https://www.mommafityndsev.com/carrot-cake-baked-oats/#recipe> (may substitute regular milk)
- Sweet potato pancakes
  - <https://healthbeet.org/recipe-for-sweet-potato-protein-pancakes/>
  -
- Loaded breakfast sweet potato parfait
  - <https://shawsimpleswaps.com/sweet-potato-pie-greek-yogurt-parfait/>

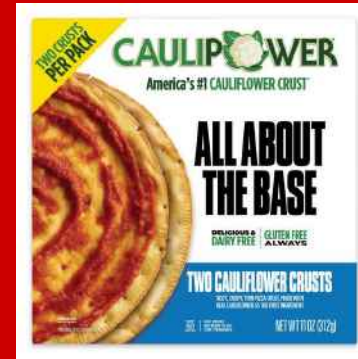


# Lunch Ideas

- Add spinach or lettuce to sandwich or wraps
  - <https://www.tasteandtellblog.com/california-chicken-club-wrap/#tasty-recipes-27436>
    - Use pre cut mango or omit mango for simplicity
    - Cauliflower wraps
- Pack side veggies with Ranch or hummus (plain Greek yogurt with a Ranch packet)
- Easy cauliflower rice burrito bowl
  - <https://minimalistbaker.com/cauliflower-rice-burrito-bowl/#wprm-recipe-container-35251>
    - Add ground meat of choice or canned tuna for protein
- Salads!
  - <https://www.twopeasandtheirpod.com/quinoa-fruit-salad-with-honey-lime-dressing/>
  - <https://www.wellplated.com/chickpea-tuna-salad/>
- Big Mac bowl
  - <https://wholelottayum.com/big-mac-in-a-bowl/>
    - May buy plain Greek yogurt and add premade Thousand Island for more ease



# Dinner Ideas



- Blend bell peppers and carrots into tomato-based sauces
- Vegetable-based noodles
- Eggplant lasagna
  - <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1747694>
  -
- Add onions and garlic!
- Add spinach and mushrooms!
- Sheet pans
  - <https://www.wellplated.com/sheet-pan-chicken-rainbow-vegetables/#wprm-recipe-container-37793>
  -
- Soups
  - Stuffed cabbage: <https://foolproofliving.com/stuffed-cabbage-soup/>
  -
- Cauliflower Pizza Crust
- Chili
  - Chicken enchilada
    - <https://www.plainchicken.com/chicken-enchilada-chili/>
    -
  - Sweet potato and ground chicken

<https://www.pinterest.com/pin/164311086393844280/>



# Side Dishes

- Roasted Brussel Sprouts
  - <https://www.afamilyfeast.com/oven-roasted-brussels-sprouts-with-lemon-aioli/>
  - <https://cookieandkate.com/buffalo-brussels-sprouts-recipe/#tasty-recipes-38016-jump-target>
- Honey-Glazed Carrots
  - <https://www.delish.com/cooking/recipe-ideas/recipes/a58381/honey-glazed-carrots-recipe/>
- Cauliflower Mac-n-Cheese
  - <https://www.skinnytaste.com/cauliflower-mac-and-cheese/#recipe>
- Roasted Green Beans and Sun-Dried Tomatoes
  - <https://lingeralittle.com/roasted-green-beans-8/>
- Air Fryer Jicama Fries
  - <https://thetoastedpinenut.com/jicama-fries/#tasty-recipes-19580>



# Snacks



- Veggies in hummus or Greek yogurt Ranch
- Celery and peanut butter
- Roasted edamame
  - <https://www.allrecipes.com/recipe/246665/simple-roasted-edamame/>
- Homemade veggie chips
  - <https://thebigmansworld.com/oil-free-baked-veggie-chips-paleo-vegan-gluten-free/#recipe>
- Zucchini pizza bites
  - <https://www.foodnetwork.com/recipes/sunny-anderson/zucchini-pizza-bites-3857456#:~:text=Slice%20th e%20zucchini%201%2F4.and%20bubbly%2C%20about%208%20minutes>
- Eggplant parm bites
  - <https://www.purewow.com/recipes/Eggplant-Parm-Bites>
- Chilled cucumber salad
  - <https://www.purewow.com/recipes/chilled-cucumber-salad>



# Desserts

- Sweet potato brownies (add chocolate protein powder)
  - <https://greensmoothiegourmet.com/sweet-potato-protein-workout-brownies-dairy-free-vegan/>
- Pumpkin oatmeal cookies
  - <https://allnutritious.com/pumpkin-oatmeal-cookies/>
- Zucchini muffins (may add flavorless or chocolate protein powder for more protein/flavor)
  - <https://www.erinliveswhole.com/gluten-free-chocolate-zucchini-muffins/#tasty-recipes-4942>
- Avocado chocolate pudding
  - <https://www.seededatthetable.com/avocado-chocolate-pudding/#recipe>

