

25 easy ways to get more

veges



1 Grate vegetables (e.g. carrots, courgettes) into mince dishes.

2 Make a salsa with tomatoes, onion, garlic and herbs. Serve with vegetable sticks.

3 Cook some veges on the BBQ - try eggplant, capsicum, courgette and corn cobs.

4 Boil cauliflower, parsnip or pumpkin in with your potatoes and mash.

5 Thicken soups or stews with leftover vegetable mash or grated vegetables.

6 Make brunch fritters using grated courgettes, carrot, pumpkin and canned corn.

7 Stuff halved capsicums with brown rice and mince or beans and bake.

8 Make savoury muffins or scones using veges like onion, corn, spinach, courgettes and pumpkin.

9 Puréed cooked frozen peas make a vibrant dip.

10 A bowl of hot edamame beans in their pods make a great pre-dinner snack.

11 Use raw vegetables as a base for canapés. Try cucumber slices topped with smoked salmon.

12 Veg up your sandwiches with grated carrot, capsicum, sliced mushrooms or lettuce.

13 Mash cooked frozen peas with goat cheese and chopped fresh mint. Season and serve with lamb chops.

14 Make oven-baked vegetable chips with sliced potatoes, carrot, kumara, parsnips or beetroot.

15 Blanch spinach leaves or broccoli florets in pasta cooking water and add to your favourite sauce.

16 Roast chops or chicken portions over a seasoned layer of sliced onions, crushed garlic, potato or kumara and apple.

17 Use avocado as a spread instead of butter or margarine.

18 Make omelettes and frittatas with onions, tomatoes, mushrooms, spinach, capsicum and cubed potato.

19 Use tomato juice as a base for a quick soup. Just add chopped canned or fresh tomatoes, garlic, stock and fresh herbs.

20 For an easy tomato sauce simmer together canned tomatoes, crushed garlic and basil.

For the kids

21 Make vege faces. Try slices of olives for eyes, cauliflower or mushroom noses, capsicum moustaches.

22 Freeze vege juice in different shaped moulds for a fun, healthy ice-block.

23 Get the kids to pod fresh peas for dinner - they'll snack as they work so have plenty!

24 Bite-sized portions of cooked vegetables like potatoes, kumara, pumpkin and yams are excellent snacks.

25 A small container of frozen peas or grated carrot is a great snack to entertain young kids while you are cooking.

Tips developed by the New Zealand Fruit and Vegetable Alliance (NZFAVA) to promote increasing daily fruit and vegetable consumption.

www.nzfava.org.nz

