

# 10 Ways to Make Veggies "Yummier"

*"Veggify" smoothies!*

1. a big handful of "superhero spinach" won't change the taste of a fruit smoothie, but will add a lot of nutrition! Other veggies that go well in smoothies: cucumber, kale, carrots and beets.

*Make it saucy!*

2. add them to tomato sauce, marinara sauce, or homemade salsa

*Serve frozen "power peas"*

3. a small bowl full of frozen peas is not only fun to eat, but also makes a great pre-dinner nutrient-packed snack

*Serve as soup!*

4. butternut squash, mushrooms, tomato, or broccoli soups are a delicious way to include more veggies

*Make them into ribbons*

5. make a "ribbon" salad with zucchini or cucumber.

*Serve with cheese*

6. add cheese to them: Cheese makes everything yummier, doesn't it? Add cheddar cheese to steamed broccoli or cauliflower, or finely grate some parmesan cheese and dip raw or steamed veggies into it!

*Dip them!*

7. serve raw veggies with a yummy dips (even ketchup!)

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9. make them into "fries" or "chips": Toss in some olive oil, a bit of salt and pepper and herbs/spices of choice and bake! Best veggies for this: yams, sweet potatoes, zucchini, carrot

*8. Pair them with fruit:*

when you add some sweetness to veggies, it takes away from their natural bitter taste and makes them more palatable. Try combining spinach with strawberries in a salad, or add tomatoes, peppers and mango to a salsa. Or try sprinkling dried cranberries into a sweet broccoli salad.

*Spiralize them!*

10. spiralize veggies and add them to regular pasta with sauce (zucchini and carrot work great!)