

3 EASY WAYS TO GET YOUR FAMILY TO EAT MORE VEGGIES

Click any of the images below for the recipe!

#1 COOK VEGGIES WHILE YOUR GRAINS ARE COOKING!

Whether its Rice, Quinoa, Orzo, or Cous Cous, just add shredded or finely chopped veggies to the pot for the entirety of the cooking. My favorites to add are **Broccoli, Carrots, Zucchini, Peppers, Cauliflower or Peas**.

This also works great with pasta!

Just subtract 3 minutes from the cooking time and add the veggies to the boiling water for the last three minutes. I love this method for broccoli, chard, or kale to name a few.



#2 COOK GREENS WITH EGGS FOR BREAKFAST!

There's nothing like eating greens first thing in the day to make you feel healthy! Whether it's steaming some spinach or chard to add with scrambled eggs, or sautéing cabbage with eggs for a breakfast quesadilla or burrito, this method is also quick and delicious.

I also love a good quiche!

They're easy to make ahead of time and then just warm up individual servings in the morning.



#3 LET VEGGIES BE THE STAR OF YOUR SOUP!

Soups are a great way to get so many veggies in one meal!

And just like my other favorite recipes, I like soups that are easy!

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