



Peppers

Try them...

as a pizza topping

as a taco filling

in a sandwich

in an egg scramble



Carrots

Try them...

as a burger topping

in a smoothie

in holiday stuffing

added to canned soup



Cucumbers

Try them...

added to pico de gallo or salsa

added to coleslaw

in pasta salad

added to caprese salad



Apples

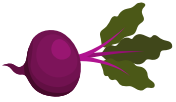
Try them...

thinly sliced and baked into crisps

as a topping for oatmeal

added to soup or chili

inside grilled cheese



Beets

Try them...

roasted, as a side dish

as a pizza topping

added to coleslaw

added to a sandwich



Broccoli

Try it...

added to pasta or mac & cheese

in an egg scramble

as a pizza topping

on top of a baked potato



Cabbage

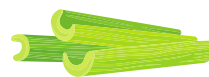
Try it...

as a substitute for a wrap

added to soups

added to stir-fry

in homemade coleslaw



Celery

Try it...

dipped in peanut butter, hummus, ranch, or another favorite dip

added to a stir-fry

added to chicken or tuna salad

diced, added to pico de gallo or salsa





Grapes

Try them...

added to a smoothie

paired with cheese and crackers

added to chicken salad

frozen, as a snack



Jalapeño Pepper

Try them...

added to chili or soup

on nachos or tacos

added to salsa or guacamole

added to pickle relish



Onions

Try them...

chopped and added to quinoa salad

sautéed with bell peppers

added to soup or chili

roasted with other vegetables



Oranges

Try them...

as an ingredient in a salad dressing

in a smoothie

added to stir-fry

sliced, as a snack



Tomatoes

Try them...

in a fresh, homemade pico de gallo

added to a pasta dish

diced into a salad

in a breakfast scramble



Squash

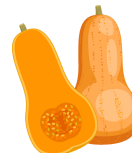
Try it...

roasted and added to pasta dishes

sliced and baked into fries

mashed into a side dish

added to soups



Sweet Potatoes

Try it...

as potato skins! Scoop the inside out and bake with fillings of your choice

baked in the oven

shredded into hash browns

mashed into mashed potatoes



Zucchini

Try it...

roasted, as a side dish

added to a casserole

added to scrambled eggs

as a pizza topping





Raspberries

Try them...

added to a fruit salad

added to a salad

in breakfast cereal

frozen, as a snack



Blueberries

Try them...

added to salsa or pico de gallo

added to pancake batter

in oatmeal or yogurt

in breakfast cereal



Cherries

Try them...

in a quinoa salad with dressing and nuts

added to a smoothie

added to yogurt

added to cottage cheese



Strawberries

Try them...

with peanut butter on an English muffin

added to oatmeal

in breakfast cereal

dipped in yogurt



Peaches

Try them...

chopped, in a fruit salad

mixed into yogurt

diced into a salad

added to cottage cheese



Mango

Try it...

diced, added to pico de gallo or salsa

blended into a smoothie

added to yogurt

chopped, and added to rice



Pineapple

Try it...

in a "Hawaiian Hash" egg scramble

mixed into yogurt

added to stir-fry

added to salsa or pico de gallo



Spinach

Try it...

rolled into meatballs

added to soups

added to a pasta sauce or recipe

added to an egg scramble or casserole



Mixed Veggies

Try them...

added to soup

added to homemade fried rice

steamed, as a side dish

added to stir-fry



Yellow Squash

Try it...

added to pasta dishes

baked into a casserole

served as a side with corn and fresh parsley

cooked into a stir-fry



Pears

Try them...

on top of yogurt or oatmeal

added to a fruit salad

added to chili

added to cottage cheese



Black Beans

Try them...

in an omelet or a breakfast scramble

in tacos or burritos

added to soup or salad

in a black bean and corn salsa



Green Beans

Try them...

added to pasta or mac & cheese

added to soup

added to baked beans

baked into a casserole



Corn

Try it...

diced, added to pico de gallo or salsa

as a pizza topping

added to tacos

in a southwest salad



Garbanzo Beans

Try them...

as a snack! Season, oil, and bake Garbanzo Beans as a crunchy snack

added to curry dishes

in a salad

added to salsa or pico de gallo

also known as chickpeas!



Peas

Try them...

rolled into meatballs

added to soups

added to a pasta sauce or recipe

added to a casserole

