

# 12 Healthy Habits

## Habit 7: Veggie Up

A YEAR OF BUILDING A HEALTHY LIFESTYLE

### BENEFITS:

- May reduce risk for heart disease, including heart attack and stroke
- May protect against certain types of cancers
- May reduce risk for obesity and type 2 diabetes
- May help lower blood pressure and risk of developing kidney stones

### GOAL:

- Eat at least 2-3 cups of vegetables each day

## Eat Your Peas, Please!

We've all heard it. "Eat your vegetables". Instead of thinking of it as having to eat vegetables because they're good for us, think about all the delicious flavors, interesting textures and beautiful colors. We think of vegetables as a side dish or just an accompaniment to something else but vegetables are delicious dishes that can be the stars of the plate and provide a satisfying and pleasurable eating experience. We should want to eat our vegetables because they're good, not just good for us.

To help us veggie up let's consider the many possibilities. In the spring we can add asparagus, peas and spinach to pasta and eggs. All the fresh lettuces make great salads and lettuce wraps filled with

chicken and vegetables. In the summer we enjoy corn on the cob, yellow squash sautéed with cherry tomatoes, peppers and onions on sausages, juicy tomato sandwiches or marinated cucumber and tomato salad. In the fall we have the fabulous greens like kale and collards for soups along with roasted winter squashes like butternut and acorn. Sweet potatoes can be baked or mashed.

Try incorporating vegetables into whatever you are making. Egg dishes like quiches and omelets, pas-

tas, soups and sandwiches are all naturals for adding vegetables. Sautéed vegetables spooned over grilled or roasted meat make an interesting main dish. Kebabs are another good way to get a variety of vegetables with grilled meats.

Not only are vegetables good but they are a nutritional powerhouse, filled with vitamins, minerals, fiber and phytochemicals that may help protect against heart disease, high blood pressure and certain types of cancer. So veggie up this month and fill half your plate with vegetables.



When you are short on time and/or energy, use frozen vegetables that are already peeled and chopped for you.

## Half a Dozen Ways to Eat More Veggies

### 1. Boost Your Breakfast

Add peppers, tomatoes, mushrooms and/or onions to your eggs for a delicious omelet or scramble.

### 2. Double the Veggies

In soups, salads, pastas and casseroles, double the amount of vegetables called for in the recipe.

### 3. Be a Sneaky Chef

Add pureed or grated vegetables to mixtures like meatloaf, quick breads, mac and cheese, sauces or mashed potatoes.

### 4. Feature a Fresh New Vegetable Each Week

Try to experiment with a new seasonal vegetable each week, especially in the summer when the farmers markets are running.

### 5. Salute the Snack

Keep cut up veggies in the fridge so you can grab and go. Fill celery with peanut butter or pimento cheese.

### 6. Say Yes to Salads

Have a salad with your meal or make a salad your whole meal and load it with colorful veggies.

## Dress Up Your Meats with Vegetable Sautés

Both of these recipes are excellent spooned over a slice of roasted pork or a grilled chicken breast and they add some color and nutrition to your main dish.

### Sweet Carrot Chutney

2 tablespoons butter  
4 carrots, cut into 1/4" dice  
1/2 onion, diced  
1/2 teaspoon dried thyme  
1/8 teaspoon salt  
1 (8 ounce) can pineapple tidbits  
1/2 teaspoon chicken base (or bouillon granules)  
1/4 cup orange marmalade

In a medium skillet, melt the butter and sauté the carrot, onion, thyme and salt until onion is translucent and carrots are starting to get tender, about 15-20 minutes. Add the pineapple with juice, chicken base and orange marmalade. Cover and simmer until carrots are tender. Uncover and reduce until there is just a little juice left. Spoon over meat.

### Corn Sauté with Chile and Lime

2 tablespoons butter, divided  
1 tablespoon olive oil  
1 1/2 cups diced onion  
1 teaspoon kosher salt, divided  
2 heaping cups corn kernels, fresh from the cob  
1/2 teaspoon chili powder  
1 teaspoon lime zest  
Black pepper  
1/4 lime  
3 tablespoons chopped fresh cilantro

Melt 1 tablespoon of the butter with the olive oil in a medium sauté pan. Add the onion and 1/2 teaspoon of the salt, cover and cook, stirring occasionally until translucent, about 5 minutes. Uncover, turn up the heat to medium and sauté, stirring frequently until lightly browned, 4-5 minutes more.

Add the remaining tablespoon of butter, corn and remaining 1/2 teaspoon of salt. Cook, stirring frequently and scraping the bottom of the pan with a wooden spoon, until the corn is tender but still slightly toothy to the bite, 4-5 minutes. Add the chili powder and cook, stirring, for 1 minute. Stir in the lime zest and remove the pan from the heat. Let it rest for a couple of minutes and then season with salt, pepper and lime juice. Stir in the cilantro just before serving.

Eat  
Breakfast

Get  
Cooking

Eat  
More Fish

Get  
Moving

Good  
Fats

Go  
Meatless

Veggie  
Up

Get  
Stronger

Sugar  
Down

Make  
Grains  
Whole

Portion  
Power

Be  
Mindful