



Veg Out

QUICK & EASY WAYS TO ADD MORE VEGGIES INTO YOUR DAY

1 in 10 Americans meet the recommended daily intake for vegetables¹

The recommended daily intake for vegetables is between **2 - 3** cups per day²

BENEFITS OF EATING VEGETABLES



Health Benefits³

A diet rich in vegetables can lower a person's risk for diseases such as heart disease, stroke, and cancer



Fiber^{4,5}

Vegetables contain dietary fiber which helps to maintain a healthy gut, prevents constipation, and prevents against certain diseases.



Gut Health^{4,5}

Dietary fiber in vegetables is broken down and fermented which promotes good bacteria growth and a healthy gut microbiota.



Micronutrients²

Vegetables are full of micronutrients (vitamins and minerals) that our body needs to properly function.

References

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3. Hung HC, Joshipura KJ, Jiang R, Hu FB, Hunter D, Smith-Warner SA, Colditz GA, Rosner B, Spiegelman D, Willett WC. Fruit and vegetable intake and risk of major chronic disease. *J Natl Cancer Inst*. 2004 Nov 3;96(21):1577-84. doi: 10.1093/jnci/djh296. PMID: 15523086.
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Steamed Broccoli Salad

Servings: 6

Prep time: 15 min

Cook time: 2 min

INGREDIENTS

2 lbs broccoli florets
1/2 cup water
1/2 cup walnuts
1/2 cup raisins
1/2 cup cooked bacon crumbles
1/2 red onion
1/2 cup mayonnaise
1 Tbsp white vinegar
1/2 tsp salt
1/2 tsp black pepper

DIRECTIONS

1. Rinse broccoli, chop into broccoli florets.
2. Place in a microwave safe dish, add water (make sure it touches the bottom 1/3 of the broccoli) and add saran wrap. Create a small hole in saran wrap to allow air to get through. Place in the microwave and cook for 3 - 3 1/2 minutes. Broccoli should be easily stabbed with a fork but not too soft when cooked throughly.
3. Once broccoli is steamed, drain into a colander. Run broccoli through cold water until broccoli has cooled.
4. Place broccoli on a paper towel and blot to remove excess water. Transfer broccoli to a mixing bowl and set aside.
5. Rinse red onion and thinly slice. Add to the broccoli along with bacon, raisins, walnuts, mayonnaise, vinegar, salt, and pepper. Stir well.
6. If desired, let the broccoli salad chill in the refrigerator for 30-60 minutes before serving to make it colder and allow the flavors to meld. Enjoy!

*Recipe Adapted From: <https://www.fifteenspatulas.com/three-secrets-to-great-broccoli-salad/>

Sauteed Sugar Snap Peas

Servings: 2

Prep time: 10 min

Cook time: 5 min

INGREDIENTS

2.5 cups sugar snap peas; Use stringless if preferred
1 clove of garlic
2 tablespoon Olive Oil
1/2 teaspoon salt, or to taste
1/4 teaspoon black pepper, or to taste
1/2 lemon

DIRECTIONS

1. Rinse sugar snap peas and pat them dry.
2. If peas were not purchased "stringless", then remove the stem end with a knife or by snapping it with your fingers and pull away the membrane string running down the seam of each pod. Repeat with all of the sugar snap peas.
3. Mince 1 clove of garlic.
4. Heat oil in a large skillet over medium-high heat.
5. Once hot, add in minced garlic clove and sauté until fragrant, about 30 seconds.
6. Then, add the snap peas and sauté for between 3-5 minutes until tender and slightly crisp, stirring them often. When they're ready, the pea pods should still be bright green but with a few browned spots and a tender-crisp texture.
7. Season with salt and pepper (to taste), and then serve the peas with lemon wedges to squeeze over them.

Fresh Greek Salad

Servings: 4

Prep time: 15 min

Total time: 15 min

INGREDIENTS

1 English cucumber
2 cups halved cherry tomatoes
5 ounces feta cheese
1/3 cup red onion
1/3 cup pitted Kalamata olives
Dressing:
1/4 cup extra-virgin olive oil
3 tablespoons red wine vinegar
1 garlic clove, minced
1/2 teaspoon dried oregano
1/4 teaspoon Dijon mustard
1/4 teaspoon sea salt
Freshly ground black pepper

DIRECTIONS

1. Peel and chop cucumber into 1/4 inch half moons, slice cherry tomatoes in half, and thinly slice red onion.
2. Combine cucumber, tomatoes, red onion, kalamata olives in a large bowl.
3. Mix together dressing ingredients together in a separate bowl.
4. Cover salad with dressing and toss well.
5. Add feta just before serving.

*Can substitute homemade dressing with your favorite vinaigrette.