

# **Fruits & Veggies**

## **Every Day the Tasty Way**

### **Variety Adds Appeal**

Its important to eat more fruits and veggies. Its so easy to fall into the rut of choosing the same ones and growing tired of them. Add some interest and appeal to your produce choices by trying the following ideas:

**Toss a salad.** Either fruit or veggie salads can provide a variety of tastes, colors, healthy fiber, and antioxidants. Change the mixtures of fruits or veggies and you'll never grow tired of the results! Use a variety of leaf lettuces, cabbages, greens, raw and canned veggies...use your imagination!

- **Vary your Dressings.** In addition to trying a variety of fruit and veggie salads, experiment with different low-fat salad dressings. Sweet, sour or spicy dressings can add a new pizzazz to your salad.
- **Sauté with Herbs.** To add wonderful aromas and interesting flavors to veggies, sauté them in a little bit of olive oil and an herb of your choice. Taste test with herbs that you have at home already, such as basil, oregano or rosemary.
- **Drizzle your Veggies.** Add a tangy taste in addition to your steamed/cooked veggies with a drizzle of lemon or lime juice. If you like a pickled flavor, drizzle or toss sliced cucumbers, carrots and tomatoes with favored vinegars like balsamic, rice, or red wine vinegar.
- **Partner with Cheese.** Cheese can add flavor, calcium and protein to your veggie choices. Sprinkle parmesan cheese on top of your cooked veggies or mix low-fat cheese into hot veggies for a light cheese sauce. Toss some feta or blue cheese into a salad for a flavor burst!

