

As the weather shifts to shorter, cooler days and crisp mornings, salads may no longer be as appealing. It's time to consider more than just salads to get our daily dose of veggies. The DietSense Team has compiled a list of ways to add more vegetables to your meals this season:



## 8 WAYS TO INCORPORATE MORE VEGGIES

### 1. Add Them to Breakfast:

- Sautéed baby spinach, marogo, mushrooms, tomatoes, and onions can enhance eggs on toast.
- Add diced peppers, shallots, or tomatoes to an omelette for a flavorful start to your day.



### 2. Snack on Them:

- Raw vegetables like cucumber and celery sticks are great snacks paired with hummus or peanut butter.
- Snow peas, sugar snap peas, green beans, and capsicum sticks can be enjoyed with a plain yogurt-based dip.



### 3. Roast Them:

- Roast a mix of big chunks of onion, peppers, zucchini, mushrooms, patty pans, beans, broccoli, cauliflower, and eggplant with balsamic vinegar and oil.
- Add half a round of crumbled feta and roast until soft and golden.
- Roasted carrots and beets are delicious in salads with pine nuts or feta cheese.
- Try roasting broccoli and cauliflower with a mix of spices, including smoked paprika, for added zing!



### 4. Add Pre-Cut Veggies to Meals:

- Keep a pre-cut bag of coleslaw or salad vegetables on hand for any meal.
- Supermarkets offer pre-chopped salads, but you can also create and freeze your own to save time and money.
- Add veggies to spaghetti bolognese, pizza, or braais for a health boost.



**I hope you enjoy these tips and recipes!  
Stay tuned for our next 4 tips to incorporate  
more veggies this winter!**