



Health Yourself Byte

20 Easy Ways to Increase Your Fruits & Veggies



1. Think veggies when topping your pizza. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Roll a whole-wheat tortilla with roasted vegetables and low-fat to make a delicious veggie wrap.
4. Try crunchy vegetables dipped in your favorite low-fat salad dressing instead of chips.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Make colorful salads using baby carrots, grape tomatoes, spinach leaves and citrus slices.
7. Keep cut vegetables handy for mid-afternoon snacks or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers.
8. Keep a bowl of fresh, ripe whole fruit in the center of your kitchen table for easy grabbing on the run.
9. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables and low-fat cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal or yogurt.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of reduced sodium, low-fat vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, rice dishes and pasta sauces.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip whole wheat pita wedges, baked tortilla chips, and crackers in hummus.

Hummus

- 2 cups canned garbanzo beans, drained
 - 1/4 cup lemon juice
 - 1 teaspoon salt
 - 2 cloves garlic, halved
 - 1 tablespoon olive oil
 - 1 pinch paprika
 - 1 teaspoon minced fresh parsley
- 1/3 cup tahini



Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor.

Blend until smooth. Transfer mixture to a serving bowl. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

