

Vegetables

Bright yellow and orange peppers, crisp celery and juicy tomatoes – vegetables come in all shapes, colours, textures and flavours. Packed with important vitamins, minerals, and fibre, eating vegetables daily helps to keep us healthy. Fresh, frozen or canned vegetables are all great options. Enjoy vegetables raw or cooked, alone or in a mixed dish.

Tips for including more vegetables in your day

- Fill 1/2 your plate with vegetables
- Keep cut up vegetables in the fridge for a quick and easy snack
- Enjoy vegetables with a dip such as hummus (chickpea dip) or black bean dip
- Add chopped vegetables to scrambled eggs or omelets
- Add kale or other leafy greens to a fruit smoothie



One Food Guide serving of vegetables is:

- ⇒ 1 medium size vegetable
- ⇒ 1/2 cup chopped, frozen or canned vegetables
- ⇒ 1 cup salad greens
- ⇒ 1/2 cup 100% vegetable juice

Vegetable Quinoa (Makes 6 servings)

Ingredients

- 1 cup quinoa
- 1 cup boiling water
- ¼ cup diced tomatoes
- ¼ cup carrot strips
- ¼ cup chopped broccoli
- ¼ cup cauliflower florets
- ¼ cup diced zucchini
- 2 tbsp. olive oil
- 1 tbsp. low sodium soy sauce



Directions

1. Rinse quinoa under cold water. In a medium saucepan, add quinoa to boiling water; cover and simmer for about 15 minutes or until tender (watch carefully to prevent sticking).
2. Heat oil in a skillet over medium-high heat. Add tomatoes, carrots, broccoli, cauliflower, and zucchini and stir fry for about 7 minutes. Add quinoa and soy sauce to cooked vegetables and mix together. Serve immediately.

Eat at least one **dark green** and one **orange** vegetable a day!

References

Waisman, M.S. *Dietitians of Canada –Cook Great Food*. Robert Rose Inc. Toronto, Canada. 2001.Print.

Health Canada—Eating Well with Canada’s Food Guide. 2011.

Dietitians of Canada. (2012).Colour you Choices with Vegetables and Fruit. *Practice-based evidence in Nutrition (PEN)*. Retrieved from: <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Canada-s-Food-Guide/Colour-your-choices-with-Vegetables-and-Fruit.aspx>