

Vegging Out

If you have trouble getting vegetables into your diet, here are a few ways to help you change your habits. This week's challenge: Try a vegetable that is completely new to you.

- 1. Be open to new flavors and textures. Don't make the assumption that you won't like something you haven't tried before.
- 2. Retry a vegetable that you haven't eaten since you were a kid. Taste buds change over time and you might find that those Brussels sprouts are pretty good.
- 3. Try cooking vegetables using different cuisines. A Chinese stir fry is a great way to get a number of vegetables onto your plate at once. There are lots of fabulous Indian recipes using cauliflower.
- 4. Give yourself some variety. Facing a plate of boiled potatoes and steamed carrots every day is pretty boring. Try colorful vegetables like sweet potatoes, beets or spinach.
- 5. Plan your meal around a vegetable and add the protein later. This gets you thinking about the vegetable as the main item. Your protein should represent only a third of your plate.
- 6. Be creative. If you have a sweet tooth and always eat dessert, try making carrot cake.
- 7. Add green leafy vegetables to soups or stews. Vegetables such as kale, swiss chard and spinach are loaded with calcium and iron. This is a really simple way to incorporate them into your meals.
- 8. Try making a salad that is more than lettuce. You can try salads made of grilled vegetables or crunchy cabbage salads. Make your own salad dressing rather than using bottled, it makes a huge difference in taste.
- 9. Make a soup. The possibilities of vegetable soups are endless. You can make soups with many vegetables in it, or with just one vegetable ingredient. It's a great way to get your vegetables at lunch time.

BONUS! Scroll Down for Veggie Recipe

Vegetable Lovers Fried Rice Recipe

Amount Per Serving Calories: 243 | Total Fat: 7.1g | Cholesterol: 132mg

Ingredients

- 1 1/2 cups uncooked long-grain white rice
- 3 cups water
- 2 tablespoons vegetable oil, divided
- 1/3 cup chopped onion
- 1 clove garlic, peeled and minced
- 5 eggs, beaten
- 1/4 cup soy sauce, divided
- 2 stalks celery, thinly sliced
- 4 ounces mushrooms, sliced
- 1 green bell pepper, chopped
- 1 (8 ounce) can bamboo shoots, drained
- 2 carrots, shredded
- 3/4 cup snow peas
- 3 green onions, sliced

Directions

1. Place rice and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and simmer 20 minutes, or until rice is tender. Transfer to a medium container, and place in the refrigerator 1 hour, or until chilled.
2. Heat 1 tablespoon oil in a medium skillet over medium heat. Stir in the onion and garlic, and cook until tender.
3. In a medium bowl, blend eggs and 1 tablespoon soy sauce. Stir into the medium skillet, and cook until no longer runny. Remove onion, garlic, and eggs from heat, and set aside. Chop any large egg chunks into small pieces.
4. Heat the remaining oil in a large, heavy skillet over medium heat. Stir in the celery, mushrooms, and green pepper. Cook until tender but firm. Stir in rice, bamboo shoots, carrots, and snow peas. Season with remaining soy sauce. Cook and stir 5 minutes, or until rice is heated through. Mix in the onion, garlic, and eggs.