

10 ways to add more vegies to the menu

Are you one of the 9 in 10 adults who don't eat enough vegies? Or maybe you've got a fussy eater at home? Try our tips below to add more vegies to the menu in your house.

1. Add a layer or two of spinach or silver beet to lasagne.
2. Add some frozen vegetables to the mix when making burger patties, meatballs or rissoles – better still grate zucchini, carrot and pumpkin into the mix and the little 'vegie detectives' won't find them!
3. Roasted vegetables can be blended and strained into a basic tomato sauces to use with spaghetti, pasta and meatballs or try it as topping on pizza bases.
4. Cooked pumpkin, corn, zucchini, carrot and potato can be creamed and added to savoury muffins, pies, quiches or baked into scones, scrolls or homemade breads.
5. When making mashed potato, mash in some steamed cauliflower, parsnip or pumpkin.
6. Stuff baked potatoes with baked beans or creamed corn. Top with grated cheese.
7. Add grated zucchini and mashed cauliflower to the cheese sauce when making macaroni cheese. For the 'green vegie detectives' out there, try peeling the zucchini first.
8. Turn ordinary pikelets into vegie pikelets – add grated zucchini, chopped spring onion, creamed corn and grated cheese to pikelet mixture. They will take a little longer to cook through than plain pikelets but are much healthier and tastier.
9. Make oven-baked vegetable chips: slice potatoes, carrots, sweet potato, parsnips or beetroot. Pat dry with paper towel and spray lightly with oil before baking at 200°C.
10. Make some tasty noodle fritters by adding egg, peas, corn, grated zucchini and grated cheese to cooked 2 minute noodles (minus the flavouring sachet). Cook in frying pan in small portions. These make a great afternoon tea snack.





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