

Don't Be a Veggie Hater

5 Tips to Help You Eat More Vegetables
(And Actually Like It)



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nutrition



Roast

Roasting is the best way to cook almost every vegetable. It caramelizes the sugars and makes everything crispy and delicious. Plus, it's super easy.

1. Preheat your oven to 425°F.
2. Chop vegetables into uniform pieces and toss with oil, salt, and any other spices you desire.
3. Arrange veggies on a baking sheet in an even layer and roast for 20-40 minutes. Delicate vegetables, like peppers and onions, will take less time, while heartier ones, like winter squash, will take longer.





Upgrade a Favorite Recipe

Pick a favorite recipe and upgrade it by adding in more vegetables. Adding in extra veggies won't take much more time and, because you know it's a recipe you love, you don't have to worry about making something new and totally hating it.

Here are some ideas to get you started.

- Toss extra peppers into your chili.
- Double the veggies in your stir fry.
- Add more carrot and celery to chicken soup.





Blend

If you're unsure about a new veggie or just want to give your meals an extra boost, blending can be a great idea. Try making a sweet potato or split pea soup and blend until smooth. This also gives you a different texture, which can be a nice way to switch things up.

Just be careful not to rely on this one too much, especially with kids. Even if they are getting lots of veggies through sneaky purees, they still need to see an obvious vegetable on the table to learn what makes up a healthy, balanced meal (whether they choose to eat it or not).





Go Local

You might find that eating vegetables isn't so hard when you buy them from local farmers.

At a farmers' market, you'll likely see many more varieties than you would at the store, which means you have more options to choose from.

Also, local, seasonal foods often taste better. This is because the time from harvest to plate is shorter and farmers aren't limited to growing only the varieties that tolerate shipping well.





Stop Steaming

If you love steamed vegetables, then go right ahead, but I find that steaming is usually the best way to make any vegetable not so tasty. It's no wonder people think they don't like veggies when all they've had is a mushy, flavorless mess.

How you cook your vegetables plays a big roll in how they taste and, ultimately, whether you'll like them or not. Play around with different cooking methods. You might just find that you like a certain vegetable more when it's cooked one way over another.



About Sarah

Sarah is a Registered Dietitian Nutritionist (RDN) with a focus on real foods. She works with individuals and groups to help them build a real foods lifestyle one step at a time.



Sarah helps people create healthy habits that last. It's not about making a huge overnight change, but small changes over time that lead to a healthy body and stable weight.

If you'd like to work with Sarah, you can find more information at SarahMoranNutrition.com.

