



Caption

Adding More (sneaky) VEGETABLES to Your Meals

It can be very difficult to add more vegetables to your diet, especially if you're not a fan of the options out there or have some picky eaters at home. Try these strategies for stress-free options which actually still taste delicious!

Secret Veggie Muffins

Prep Time: 10 mins Cook Time: 35 mins Yield: 6

DESCRIPTION

Delicious gluten free, no added sugar muffins. The secret ingredients are sweet potato and carrot, but you could swap in butternut or acorn squash as well.

- 60g coconut or almond flour
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1 small sweet potato
- 1 small carrot
- 1 egg
- 30g raisins
- 40g chopped mixed nuts
- 2 tbsp honey
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Preheat the oven to 375F and line a muffin tin with paper cups.
2. Peel and chop the sweet potato, cook in boiling water until soft, then mash it. Grate the carrot.

3. Combine the sweet potato and carrot with all of the other ingredients in a large bowl and mix well.
4. Divide the mixture between the paper cases and bake for approx 25 minutes.

Cauliflower Mac & Cheese

Prep Time: 5 mins Cook Time: 20 mins Yield: 4

DESCRIPTION

A healthy twist on a comfort food. This Cauliflower Mac & Cheese is packed with hidden veggies that you can't see or taste!

- 350g / 10oz macaroni pasta (or gluten free pasta)
 - 1 medium cauliflower
 - 1 low sodium vegetable stock cube
 - 200ml / 3/4 cup milk
 - 100g / 1 cup grated cheddar cheese
 - 1 tbsp butter
 - 1/2 tsp dijon mustard
 - salt and pepper to taste
- To Top:
- 25g / 1/4 cup grated cheddar cheese
 - 15g / 1/4 cup panko (or gluten free) breadcrumbs
 - cherry tomatoes

INSTRUCTIONS

1. Preheat the oven to 400 F.
2. Cook the macaroni in a pan of boiling water according to the package instructions.
3. Cut the cauliflower into small florets. Place in a saucepan with the stock cube. Cover with boiling water and cook for 5-6 minutes until the cauliflower has softened.
4. Once the cauliflower has cooked, add to a blender, along with the milk, grated cheese, butter and dijon mustard. Blitz until all the ingredients have combined to a sauce consistency. If it seems too thick then add a little extra milk. Season with salt and pepper if you wish.
5. Drain the pasta and return it to the saucepan. Add in the cauliflower cheese sauce and mix well.

6. Transfer the pasta into one large or several small baking dishes. Sprinkle the extra cheese and panko (or gluten free) breadcrumbs on top and finally finish with a whole cherry tomato.
7. Bake in the oven for 10-15 minutes until the top is crispy.
8. Allow to cool a little and then serve.

Red Beet Pancakes (Serves 6)

Prep Time: 5 mins Cook Time: 12 mins

Ingredients

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- *alternately use 1 3/4 cups 3-in-1 gluten free flour blend or almond flour
- 3 Tbsp light brown sugar
- 1 Tbsp baking powder
- 1/2 tsp kosher salt
- 2 medium beets, roasted and pureed (about 3/4 cup)
- 1 1/4 cup milk
- 1/3 cup plain greek yogurt
- 1 large egg
- 3 Tbsp unsalted butter, melted
- 1 tsp vanilla extract

Preparation

1. Sift the first 5 ingredients into a bowl.
2. Place the rest of the wet ingredients in a separate bowl and whisk thoroughly to combine.
3. Add the dry ingredients into the wet and stir until just combined (you don't want to over-stir the batter — some lumps are good).
4. Drop about 2 Tbsp of the pancake mixture onto a greased griddle or pan over medium heat and cook for 3 minutes on each side.
5. Serve with desired accompaniments.

* To freeze: Place the pancakes in labeled zipper bags and freeze for up to 3 months

Accompaniments

honey, maple syrup, butter, raspberry sauce

Hidden Veggie Sloppy Joes (Serves 4)

Prep Time: 5 minutes Cook Time: 15 minutes

Ingredients:

- 1 lb ground turkey
- 1 medium bell pepper (any color)
- 1 medium carrot
- 1 medium onion
- 1 cup spinach
- 1 cup favorite BBQ sauce
- 1/4 cup tomato juice (or V8) or small can of tomato paste
- Buns to serve on

Directions:

1. In a large pan add the ground turkey over medium heat, cook until no longer pink. Drain and return to pan.
2. While that's cooking, roughly chop the carrot, onion, and bell pepper and add to a blender or food processor. Add in spinach, BBQ sauce, and tomato juice, then blend until smooth.
3. Pour sauce over turkey meat and mix together, then spoon over bun and serve with a side of sweet potato fries or steamed broccoli!

Hidden Vegetable Meatloaf "Cupcakes" with Mashed Potato "Frosting" (serves 16 muffins)

Prep: 25 mins Cook: 45 mins

Ingredients

- 1 cup Mushrooms, Chopped
- 1 cup Carrots, Chopped
- 1/2 cup Celery, Chopped
- 4 cloves Garlic, Chopped
- 1 Tbsp Olive Oil
- 2 Tbsp Butter
- 1 tsp Salt and black pepper
- 1/2 cup White Wine Or Poultry Stock
- 1/4 cup Milk
- 1 cup Italian-Flavored Bread Crumbs (or gluten-free breadcrumbs)
- 3 lbs ground turkey



Caption

3 Eggs

1 tsp each onion powder and garlic powder

1 Tbsp Worcestershire sauce

1 Tbsp dried parsley

FROSTING

2 medium potatoes, chopped

1 sweet potato, chopped

1/2 cup plain Greek yogurt

1/4 cup favorite BBQ sauce

Preparation:

1. Place all vegetables in a food processor and process until they are a fine mixture.
2. Over medium-high heat, melt olive oil and butter. Once butter begins to start browning, add the processed vegetables and salt.
3. After these have cooked for a few minutes, add the wine or stock to deglaze pan (which picks up all the pan-yummies). Continue cooking and stirring for a few more minutes. Remove from heat.
4. After allowing the mixture to cool for a couple of minutes, add the milk. Stir until combined. Add the breadcrumbs. Continue adding breadcrumbs (if needed) and stirring until mixture is a nice, thick paste.
5. In a large mixing bowl, place the ground turkey. Whisk eggs and add to the meat. After allowing the pasty vegetable mixture to cool down a bit, begin incorporating it into the meat. Add 2 tablespoons Worcestershire, onion powder, garlic powder, and parsley. Keep mixing until it is well blended. Get those hands dirty!
6. Place meatloafs into a muffin tin, filling slightly above top and packing down tightly for each cup
7. Place in a 400 F oven for about 40 minutes.
8. While that's baking, boil water in a large pot then add chopped potatoes and sweet potato. Cook about 20 minutes until tender, then drain.
9. Mash the potatoes and add greek yogurt and BBQ sauce. Add to the top of the meatloaf cupcakes by using a piping bag (to get fancy) and serve!

*alternative vegetables you can use include bell pepper, butternut squash, onions, or zucchini.

More Veggie Lasagna

Prep time: 15 minutes Cook time: 60 minutes

Ingredients

- 3-4 large carrots
- 2 large zucchini
- 1 red bell pepper
- 1 red onion
- 1 small container mushrooms
- 4 cloves garlic
- 1 lb ground turkey (turkey sausage would be great though)
- 1 Tbsp olive oil
- 1 6-oz can tomato paste
- 1 28-oz can crushed tomatoes
- lasagna noodles (I like the kind you don't have to boil, gluten free option as well)
- 1/2 Tbsp salt and 1/2 Tbsp black pepper
- 1 1/2 Tbsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp crushed red pepper flakes
- 1/2 tsp dried sage
- 1/2 tsp dried rosemary
- 1 15-oz container ricotta cheese
- 3 cups mozzarella cheese
- 1/4 cup parmesan cheese
- 1 egg
- 1/2 tsp nutmeg

Directions:

1. Preheat a deep pot over medium heat and preheat the oven to 375 F.
2. Coat the bottom of the pot with olive oil and start browning/cooking the turkey.
3. Shred all of the veggies in a food processor. Add the veggies straight to the pot.
4. You can certainly drain the turkey if you would like but the added flavor and the moisture is needed in the sauce to cook the noodles.
5. Stir in the spices and cook, stirring constantly, for about 5 minutes. Stir in the tomato paste and the crushed tomatoes.

6. Put a lid on that and simmer over very low heat while you get everything else together. In a bowl combine the ricotta, the egg, nutmeg, and a pinch of salt and pepper. Spray a 9×13 pan with nonstick spray. Take the sauce off the heat and get ready for LAYERING!
7. Start off with a tiny bit of sauce in the bottom, then layer the sheets of pasta on top. You'll want them to overlap a little bit. Top with the ricotta mixture and spread as best you can. Sprinkle some mozzarella on top
8. Continue layering sauce, pasta sheets, ricotta mixture, and mozzarella until you run out of ricotta. Then top with sauce, another layer of mozzarella, and the parmesan.
9. Bake, covered with foil, at 375 F for 50-60 minutes. Remove the foil and broil the top until brown and bubbly. Let sit for 10-15 minutes before serving!

Additional Resources:

<https://greatist.com/health/40-unexpected-ways-add-veggies-meal>

<https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies>

<https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day>