

6 Simple Ways to Eat More Veggies THIS FALL & WINTER

Created by Sara Thomas



Eat More Veggies!

We all have different foods that make us feel our best (and our worst!), but regardless of personal dietary preferences, all health experts can agree that eating enough vegetables is critical to achieving optimal health.

Consuming vegetables that are in season boots our health and supports the immune system. Our bodies have different nutritional needs depending on the time of year- even our gut flora and ability to digest certain foods changes with each season! Just as other animals and species depend on the earth to provide food, nature gives us exactly what we need, when we need it! Plus, eating in season means higher-quality food (think strawberries in February vs. fresh strawberries in June), and a smaller grocery bill (\$6 spaghetti squash in July, anyone?!).



These 6 SIMPLE WAYS TO EAT MORE VEGGIES THIS FALL AND WINTER will help ensure you and your family are getting enough servings to boost your health during the cold and flu months!

In Season

Fall Produce Guide

Foods in red should be purchased organic when possible.

- Apples
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Figs
- Garlic
- Ginger
- Grapes
- Kale
- Lemons
- Sweet Potatoes
- Swiss Chard
- Turnips
- Winter Squash
- Spinach
- Lettuce
- Limes
- Oranges
- Mushrooms
- Onions
- Parsnips
- Pears
- Pineapple
- Potatoes
- Pumpkin
- Raspberries
- Rutabagas



Vegetable Broth

Aside from being a delicious soup-base, vegetable broth is a great way to flavor your foods, and get some extra veggie goodness into your diet!

Use vegetable broth to **REPLACE WATER** when cooking rice, or **DRIZZLE OVER VEGETABLES** before roasting. Veggie stock can also be used for **SAUTEING** and **STIR-FRYING**, as well as creating delicious **MASHED VEGETABLES** by replacing all, or part of the milk.

Just as drinking bone broth offers many health benefits, **DRINKING** warm vegetable stock from a mug is a comforting, nutrient-dense way to enjoy vegetables!

Vegetable broth, or stock, is made by simmering vegetables and herbs in water, creating a delicious infusion of flavor and nutrients. Purchase high-quality organic broth at the store, or make your own!

MAKE YOUR OWN VEGETABLE BROTH ON THE CHEAP!

- When chopping your veggies and fresh herbs for your favorite dishes, save all the skins, tops, ends and stems. Store them in a gallon-size freezer bag, continuing to add scraps over time until it's full.
- Dump the frozen scraps into a crockpot or Instant Pot. Add 3 bay leaves, 1 Tb. sea salt, and 1 tsp. each of peppercorns, and your favorite dried herbs (rosemary, parsley, etc.) Fill with water.
- Set crockpot to high and let cook for 8 hours, or for 2 hours on high pressure in an Instant Pot.
- Place a strainer on top of a large stock pot, and strain cooked stock into the stock pot, separating the broth from scraps.
- Ladle cleared stock into glass canning jars (or other container), leaving an inch of space between the top to allow for expansion. Use broth fresh within 5 days, or freeze for later use!

**Do NOT use scraps from lettuce or other greens, as well as veggies from the cruciferous family (broccoli, cabbage, brussels sprouts, etc.) or your broth will taste bitter!*

Pickles & Veggie Slaw

Fresh pickled vegetables and slaws are delicious and easy to make! Pickling is a simple solution to preserving fresh, seasonal vegetables and herbs so that you can enjoy them for weeks!

To create nutrient-dense pickles and slaws, “refrigerator pickles”, or those meant for refrigerator storage, are key. Pickles that have been through a canning process have very little nutrition because the vitamins and minerals cannot survive the high temperatures of processing. Using raw, apple cider vinegar with “the mother” provides the added bonus of probiotics!

Pickled vegetables are the perfect addition to cheese boards and party platters! Or try them simply on their own as a snack, or side dish!

Try your pickles and slaw on:

- BURGERS
- SANDWICHES
- WRAPS
- TACOS
- SALADS
- NACHOS
- EGGS
- TOFU SCRAMBLE



QUICK & EASY VEGGIE SLAW

The fastest way to make delicious veggie slaw is to take advantage of pre-made shredded vegetable mixes. When you are too busy to slice or shred your own veggies, you can purchase prepared coleslaw mix, broccoli-slaw, or even a fresh stir-fry mix at your local grocery store.

If you DO have time to do some slicing and shredding, either by hand or with a food processor, it will give you more freedom to choose your favorite veggies, and mix and match to create your own personalized slaw mix!

Directions:

Wash and thinly slice/shred your favorite seasonal veggies (or purchase a prepared mix at the store.)

THESE FALL & WINTER VEGETABLES MAKE DELICIOUS OPTIONS FOR SLAW!

- ONIONS
- BRUSSELS SPROUTS
- RUTABAGA
- CABBAGE
- GARLIC
- CELERY
- PARSNIPS
- TURNIPS
- FENNEL
- CARROT
- BROCCOLI STEMS
- BEETS

* Fresh apples are a delicious addition to a fall or winter slaw! *

Choose a jar or container that will hold all of your sliced and shredded vegetables. Fill it with the slaw, leaving a 1-inch space from the top.

Pickled Slaw Brine

Whisk the following ingredients together in a bowl.

- ½ cup unfiltered, raw apple cider vinegar
- 3 Tb. water
- 1 Tb. pure maple syrup or honey
- 1 tsp. sea salt
- 1 tsp. granulated garlic
- 1 tsp. granulated onion
- 1 tsp. ground black pepper

Make the brine and pour it into the container, covering the vegetables. Depending on the size container you choose, you may need to make several batches of brine. Cover with a plastic lid (metal will corrode), shake, and store it in the fridge for 3 days before eating. Keeps for months!

6-MINUTE PICKLED VEGETABLES

OK- These may take a little longer than 6 minutes, depending how fast you are at chopping vegetables! But even so, they are totally worth the extra few minutes of prep time! You can also save time by purchasing pre-chopped veggies at the store!

Directions:

Begin by washing and chopping your favorite seasonal veggies (or skip this step by purchasing pre-chopped veggies at the store !)

THESE FALL & WINTER VEGETABLES MAKE DELICIOUS OPTIONS FOR PICKLES!

- ONIONS
- BRUSSELS SPROUTS
- RUTABAGA
- CABBAGE
- GARLIC
- CELERY
- CAULIFLOWER
- PARSNIPS
- TURNIPS
- FENNEL
- CARROT
- BROCCOLI STEMS
- BEETS
- PEPPERS



Next, choose a jar or container that will hold all of your chopped vegetables. Add (peeled) fresh garlic cloves, and fresh herbs (dried herbs work OK too!) or spices to the bottom of the jar.

TRY THESE DELICIOUS HERBS AND SPICES TO GIVE YOUR PICKLES TREMENDOUS FLAVOR!

- ROSEMARY
- THYME
- SAGE
- DILL
- CILANTRO
- PICKLING SPICE
- RED PEPPER FLAKES (HOT!)
- FRESH LEMON SLICES

Pickled Veggie Brine

Whisk the following ingredients together in a bowl:

- ½ cup unfiltered, raw apple cider vinegar
- ¼ cup water
- 2 tsp. sea salt

Now, fill the container with the chopped veggies, leaving a 1-inch space from the top. Make the brine and pour it over the vegetables. Depending on the size container you choose, you may need to make several batches of brine. Cover with a plastic lid (metal will corrode), shake, and store it in the fridge for 3 days before eating. Keeps for months!



Sprouts & Shoots



As fall transitions to winter, for many of us it becomes impossible to grow fresh greens. Sprouts and shoots are packed with nutrients, available at most grocery stores, and very easy to grow yourself indoors! These microgreens are easy to use and incorporate into a variety of dishes!

- SALADS
- SMOOTHIES
- WRAPS
- TACOS
- BURGERS
- EGGS
- STIR FRY
- SANDWICHES
- NACHOS
- OMELETS
- TOFU
- SCRAMBLE

GROW YOUR OWN PEA SHOOTS!

What you will need:

- Planter/ container for growing your shoots (an 8X8 or 9x13 baking dish works great!)
- Potting soil
- Dried peas (can be found in the dried bean section at your local grocery store.)
- Spray bottle

DIRECTIONS:

1. Fill the growing container $\frac{3}{4}$ of the way full with potting soil
2. Sprinkle the dried peas evenly over the entire surface of the potting soil
3. Add a thin layer of potting soil over the peas
4. Spray well with the water bottle to moisten the soil
5. Place the container near a window

Be sure to check your pea shoots every few days, and spray with water to keep them moist. Once the shoots grow a few inches long, you can begin cutting and using them! The shoots will continue to re-grow as you cut them, but will begin to produce tougher shoots over time. When shoots become chewy and stringy, pull them and plant new peas!

Sauce

Quickly up your veggie intake by enhancing your favorite store-bought sauces! Make your own garden sauce by adding in your favorite herbs and vegetables, or stir in some canned pumpkin or squash for a lovely flavor boost!

Ideas for using your vegetable-enhanced sauces:

- SPAGHETTI SQUASH
- PASTA
- PIZZA SAUCE
- LASAGNA
- STUFFED SHELLS / MANICOTTI
- RATATOUILLE
- SOUP
- EGGPLANT / CHICKEN PARM
- MEATBALLS
- CHILI
- STEW
- GOULASH
- CASSEROLES
- BAKED ZITI



PUMPKIN SAUCE

It doesn't get much easier than this delicious, simple pumpkin sauce! Try switching out the pumpkin for sweet potato/ yam, or butternut squash puree for a creative, seasonal twist!



WHAT YOU WILL NEED:

- 1-24 OZ JAR PASTA SAUCE (OR 3 CUPS OF HOMEMADE SAUCE IF YOU HAVE IT!)
- $\frac{1}{3}$ CUP CANNED PUMPKIN PUREE (NOT PIE FILLING!)

Directions:

Warm the pasta sauce in a saucepan over medium heat. Stir in the canned pumpkin and turn to low heat. Cover, and let cook on low for 20 minutes to let flavors combine. Be sure to stir frequently to avoid burning!

CHUNKY GARDEN SAUCE



It takes a little more time to prepare this hearty, vegetable-packed sauce, but it's so worth the effort!

WHAT YOU WILL NEED:

- 1-24 OZ JAR PASTA SAUCE (OR 3 CUPS OF HOMEMADE SAUCE IF YOU HAVE IT!)
- 2 CUPS OF YOUR FAVORITE SEASONAL VEGGIES, CHOPPED

Directions:

In a skillet, saute the chopped veggies (my favorites are onions, carrots, celery, bell peppers, mushrooms & spinach or swiss chard!) over medium heat in 3 Tb. olive oil, or vegetable stock until soft. Add the jar of pasta sauce and simmer, covered, for 20 minutes. Stir frequently to avoid burning!

Soup & Stew

Eat more soup! Often we think of creating meals around soup, and thinking of it as the “main course”. Soup can be served up as a side dish that pairs perfectly with roasts, salads, sandwiches, flatbreads, wraps, burgers and quesadillas.

When you're feeling tired of side salads, roasted vegetables, stir-frys or sauteed veggies, try doing a vegetable-based soup, chowder, or chunky vegetable stew instead!



MAPLE-HARD CIDER FRENCH ONION SOUP

This sweet and savory take on the delicious classic will quickly become your new, immune-boosting, go-to vegetable side dish during these chilly months!

WHAT YOU WILL NEED:

- 4 MEDIUM ONIONS, MIX OF RED & WHITE
- 4 TB. BUTTER, OR NON-DAIRY MARGARINE
- 2 TB. PURE MAPLE SYRUP
- 3/4 CUP DRY HARD CIDER (UNFLAVORED)
- 3 CUPS VEGETABLE BROTH
- 1 TB. COCONUT AMINOS (OR SOY SAUCE)
- 2 TSP. WORCESTERSHIRE SAUCE
- 1 TSP. THYME
- 1/2 GROUND BLACK PEPPER
- 2 BAY LEAVES
- SALT (TO TASTE)



Directions:

Peel and thinly slice the onions. Place them in a pot with the butter and maple syrup. Saute on medium, uncovered, until caramelized (they should be nice and brown on the edges, with brown bits on the bottom of the pan. Promise me you'll do this!). Turn off heat, add the hard cider and deglaze the pot. Add the broth, aminos, worcestershire, thyme, pepper, bay leaves, and salt to taste. Cover and bring to a boil, stirring occasionally. Turn down to low and simmer for 20 min.

HERBS DE PROVENCE PUMPKIN SOUP

This herby, rustic soup is full of delicious flavor and packed with vitamins! You'll love it as a stand-in for tomato soup with your favorite grilled cheese sandwich, or served as a side with a turkey roast!

Directions:

Dice the celery and onion. Place them in a pot with the olive oil and saute, covered, over medium heat until soft and translucent. Add the wine, and deglaze the pot. Stir in pumpkin, broth, granulated onion and garlic, Herbs de Provence, pepper, and salt (to taste). Cover and bring to a slow boil, stirring frequently to avoid burning. Turn to low and simmer for 20 minutes, stirring often.

WHAT YOU WILL NEED:

- 3 STALKS OF CELERY
- 1 SMALL ONION
- 3 TB. OLIVE OIL
- 1/4 DRY WHITE WINE
- 2 CUPS PUMPKIN PUREE (NOT PIE FILLING!)
- 2 CUPS VEGETABLE BROTH
- 2 TSP. GRANULATED ONION
- 2 TSP. GRANULATED GARLIC
- 2 TSP. HERBS DE PROVENCE
- 1/2 TSP. GROUND BLACK PEPPER
- SALT (TO TASTE)



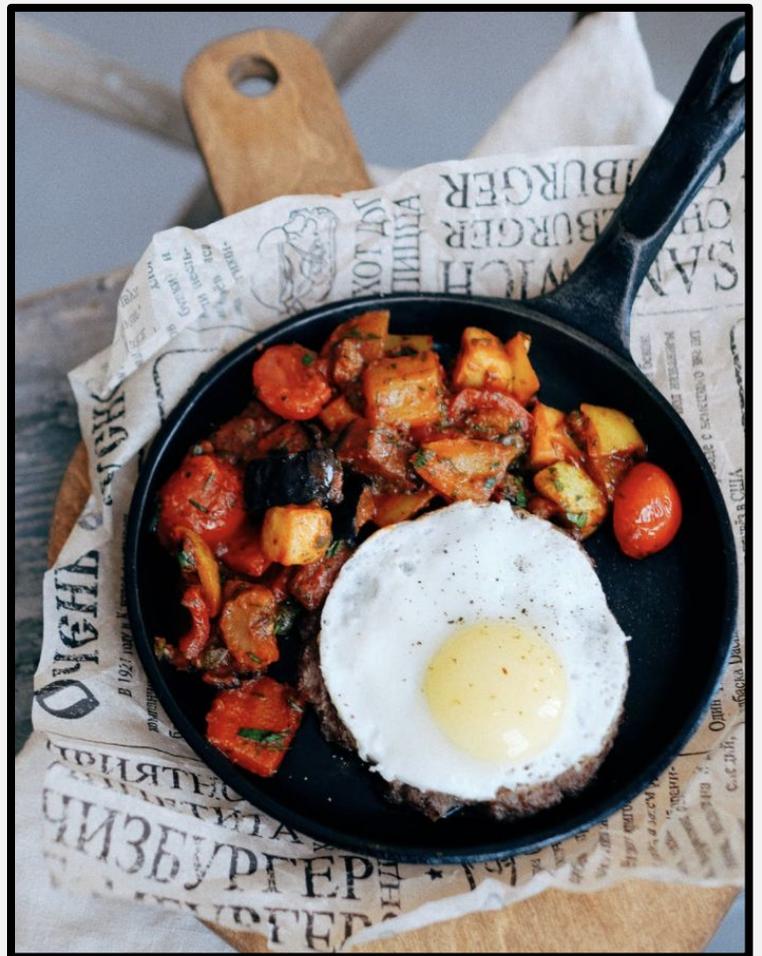
Breakfast

Vegetables for breakfast?! Hell yes, my friend!

Vegetable breakfast hashes are fun and easy to create using your favorite seasonal herbs and vegetables! Try roasting or sauteing large batches to enjoy throughout the week.

A delicious, seasonal vegetable hash is perfect for any breakfast! Enjoy it on its own, or try it with some of these ideas for serving:

- EGGS
- SCRAMBLED TOFU
- SLICED AVOCADO
- TOAST
- BAGEL
- BURRITO
- BAKED SWEET POTATO
- POWERBOWL
- FRESHLY COOKED BACON PIECES
- CHORIZO
- BREAKFAST SAUSAGE

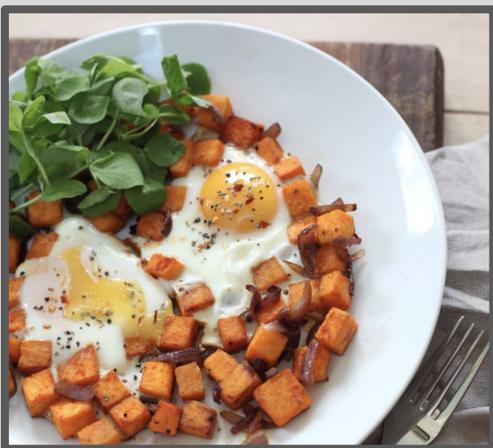


ROASTED SWEET POTATO APPLE HASH

All that's standing between you and this delicious, comforting breakfast is a little chopping! Top with eggs, bacon, breakfast sausage, chickpeas- or eat it on its own!

WHAT YOU WILL NEED:

- 1 LARGE SWEET POTATO
- 1 APPLE
- 1 SMALL RED ONION
- 1/2 HEAD OF CABBAGE
- 3 TB. OLIVE OR COCONUT OIL
- 1/2 TSP SEA SALT
- 1/2 TSP GROUND CINNAMON
- 1/2 TSP THYME
- 1/2 TSP ROSEMARY
- 1/4 TSP GROUND GINGER
- 1/4 TSP GROUND NUTMEG



Directions:

Dice the sweet potato and apple (no need to peel!), and slice the onion and cabbage. Place all veggies in a baking dish or on a cookie sheet with edges with the oil.

Season with sea salt, cinnamon, thyme, rosemary, ginger and nutmeg. Stir veggies several times to thoroughly coat with them with the oil and seasonings.

Roast at 450 for 20-30 minutes stirring 2 or 3 times, until vegetables are golden and slightly caramelized.