

# TIPS TO MAKE **VEGETABLES AND FRUIT** TASTE GREAT

Ask the seller at your **farmers market** how he or she likes to prepare the vegetables you're buying.



Make soup, adding a rainbow of produce and your favorite herbs and spices.



Don't let your veggies get boring. Look for new ways to prep your favorites, or branch out and try something new.

Blend a handful of spinach into your fruit smoothies. You won't even taste it, but you will get the extra nutrition.

Shop for produce and cook with your kids. Ask them which vegetables and recipes they want to try.

Toss vegetables with oil, salt and pepper, and roast them in the oven to bring out their natural sugars.

Track your healthy diet as part of a Green Day Challenge (offered in March, June, and September 2020) and earn 120 well-being incentive points upon completion!

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