



The Be Fit Minute

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40 WAYS TO FRESHEN UP YOUR DIET

Take the fruit and vegetable challenge: how many ways can you add nutrient-packed plants to your day?



- Bake zucchini bread.
- Place sun-dried tomatoes on pita or an English muffin and broil with cheese.
- Have an apple with peanut butter, almond butter, or sunflower butter as a snack.
- Add broccoli to a pasta recipe (this could even include mac and cheese).
- Make homemade trail mix with dried fruit (apricots, raisins, plums, mango, apples, etc.).
- Have a banana dipped in chocolate for dessert.
- Make mango salsa to go with chicken or fish.
- Add cucumbers or radishes to your sandwich for a crunch.
- Add roasted peppers to scrambled eggs.
- Make homemade applesauce.
- Roast cherry tomatoes in the oven with olive oil, salt, and pepper until caramelized.
- Add blueberries to your cereal or oatmeal.
- Try dilly beans (pickled green beans).
- Make a twice-baked sweet potato.
- Have leftover rice? Stuff peppers with it, top with cheese, and bake.
- Chop up both the stems and leaves of parsley and add to pasta salad.
- Add shredded carrots to tuna salad.
- Make cornbread and mix in corn kernels and diced peppers.
- Top a scoop of vanilla ice cream with an equal portion of raspberries (fresh or frozen).
- Make muffins with berries (try blueberries, blackberries, or cranberries).
- Make spinach dip and serve with raw vegetables (cherry tomatoes, celery, carrots, etc.).
- Bake a crustless quiche with leftover sautéed (or roasted) vegetables.
- Wrap cantaloupe slices with prosciutto.
- Add grapes and/or apples to chicken salad.
- Make homemade coleslaw.
- Add sliced strawberries or blueberries to pancakes.
- Make a salad with peaches, tomatoes, basil, and olive oil.
- Add peas to a rice dish.
- Bake carrot cake.
- Add sliced radishes as a taco garnish.
- Shred raw Brussels sprouts and add them to a salad.
- Make grilled cheddar or swiss cheese sandwiches with sliced pears.
- Mix spinach into mashed potatoes.
- Make Portobello mushroom burgers topped with avocado, onions, and cheese.
- Make (or buy) pumpkin soup.
- Dip sugar snap peas in salad dressing.
- Make eggplant parmesan with roasted or grilled (instead of fried) eggplant.
- Freeze pitted cherries (or buy them already frozen) and have as a cold snack.
- Add orange slices to seltzer water.
- Mix marinated artichokes with cream cheese and use as a sandwich spread.

