

# HOW TO ADD MORE VEGGIES

During the Whole YOU, we're focusing on fueling your body with slow-acting carbs- veggies! You will be adding veggies to some of the recipes. Below are 3 fast and easy ways to add more veggies to your diet.



## 1. BUILD A BETTER SALAD BUILD A YUMMY SALAD DRESSING IN 1.2.3

### Step One—Healthy Fat

1 tbsp. of: Extra Virgin, Olive Oil, Sesame Oil, Pistachio Oil, Walnut Oil, Avocado Oil, Pumpkin oil, OR 1/4 medium Mashed Avocado (Tanja's favourite!!!)

### Step Two—Add some acidity

2 tbsp. of Balsamic Vinegar, Red/White Wine Vinegar, Rice Wine Vinegar, Sherry Vinegar, Lemon or Lime Juice

### Step Three—Add some extra flavour

1 tbsp. of: Dijon or Dry Mustard, Minced Garlic, Minced Shallot, Grated Ginger, Hot Sauce, Fresh Herbs such as Basil, Sage, Oregano, Green onions etc.

### TANJA'S AVOCADO DRESSING:

½ an avocado, mashed (healthy fat)  
1-2 tbsp. lemon juice, lime juice, or apple cider vinegar (acidity)  
1 tbsp. pumpkin oil (optional)  
Sea salt + Garlic to taste (extra flavour)  
Mix together and toss with greens! DELICIOUS!

## 2. SIMPLE ROASTED VEGGIES

### Makes 2 servings

4 cups mixed non-starchy veggies such as mushrooms, peppers, broccoli, onions, zucchini, cauliflower, and peppers. All veggies chopped into approximately 1-inch pieces.  
1 tablespoons olive oil  
1 tablespoons balsamic vinegar, or more, to taste  
2 cloves garlic, minced (or cheat and use garlic powder)  
1 1/2 teaspoons dried thyme or other spices as desired (parsley, rosemary, or skip the herbs)  
Salt and freshly ground black pepper, to taste

Preheat oven to 425 degrees F. Line a baking sheet with foil for easier clean up. Place veggies on pan in single layer. Add olive oil, balsamic vinegar, garlic and spices; season with salt and pepper, to taste. Gently toss to combine. Place into oven and bake for 12-15 minutes, or until tender.

### 3. EASY VEGETABLE SOUP

Makes 12 servings- make once and keep in your fridge!

From *fatsecret.com*

2 cloves garlic  
1 medium onion, chopped  
2 medium carrots, chopped  
1 medium red bell pepper, diced  
1 stalk medium celery, diced  
2 small zucchini, diced  
2 cups shredded cabbage  
2 cups swiss chard, chopped  
2 cups cauliflower, small florets  
2 cups chopped broccoli, small florets  
2 tsps. fresh thyme, chopped  
6 cups vegetable broth  
2 tbsps. fresh parsley, chopped  
1/2 tsp table salt  
1/4 tsp black pepper  
1/2 fl oz. lemon juice

Put garlic, vegetables, thyme and broth into a large soup pot. Cover and bring to a boil over high heat; reduce heat to low and simmer, partly covered, about 10 minutes.

Stir in parsley (or chives); season to taste with salt, pepper and lemon juice (optional).

Note: if you like thick soups, consider pureeing this recipe in the pot with an immersion blender. There are many variations to this recipe; add or leave out vegetables to suit your taste. Save time by using frozen vegetables instead of fresh ones (though the texture of the soup might change a bit).

### 4. SWAP OUT YOUR STARCHY CARBS

Pasta → Spaghetti squash, sautéed cabbage, or serve over greens

Lasagna → Egg plant

Hamburger bun → roasted mushrooms

Mashed potatoes → cauliflower mash

Rice → cauliflower rice

\*\*See “6 Swaps for Starchy Carbs” at [www.ascendfitnesslifestyle.com](http://www.ascendfitnesslifestyle.com)

\*\*Listen to FVY 54: Simple Ways to Manage your Carb Intake

### 5. JUST ADD MORE VEGGIES

To any recipe you’re making: stews, soups, pasta sauces, etc. Just add MORE!