

Vegetable Mix

Makes 8 servings

Ingredients

- 2 small zucchini or cucumbers
- 1 bell pepper, green or red
- 1 onion
- 3 carrots
- 3 stalks of celery
- 1 small yellow squash
- Vary the vegetables based on what is in season.



Directions

1. Chop the vegetables into about ½-inch pieces. Chop only the amount that can be used within about 3 days. Store remaining uncut vegetables to chop later in the week.
2. Combine chopped vegetables and store in sealable bag in the refrigerator.
3. Use ½ to 1 cup of the mix in the following ways. Use the mix within 3 to 4 days.

Nutrition Facts

Serving Size 1/2 cup (165.62g)
Servings Per Container 8

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Vegetable Mix (Continued)

Breakfast:

- Cook in a little canola oil in a small pan and add scrambled eggs.
- Add to any type of quiche.
- Finely chop the vegetables. Mix with low-fat soft cream cheese and salt and black pepper. Spread on bagel or toast.
- Cook in a little canola oil in a small pan with chopped potatoes, low-fat breakfast sausage, and salsa.

Lunch and Dinners:

- Cook in a small pan or microwave. Add to soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add to any green salad or tuna, egg, or pasta salad.
- Add to other vegetables such as cabbage or broccoli for a stir-fry. Try adding meat, poultry, fish, eggs, beans or tofu.
- Cook in small pan or microwave. Make a pilaf by adding rice, barley, or another grain; or pasta.
- Make a cool wrap with hummus, vegetables, lettuce, tomato, avocado, and sunflower seeds in a tortilla.
- Replace in recipes calling for fresh or cooked chopped vegetables.

