

HATE VEGGIES?

By Kelly Fisher

It's safe to say that I've been a picky eater my entire life. As a child, I fought a constant battle to avoid eating the greens off of my dinner plate, and as an adult, I'm not much different. If you're like me, and have an extreme distaste for those pesky veggies, you aren't out of luck quite yet. We all know how important vegetables are for good health and a nutrient-dense diet, and avoiding them simply isn't smart. So instead of handing them off to the dog or pretending to be allergic to everything green, here are some tips to disguise your veggies. If you can't beat (beet?) 'em, hide 'em!

Like Seasoning?

My first trick of the trade is more or less simple: spice up your veggies. If you're a fan of spicy food like me, I highly recommend adding a hot pepper sauce, like Tabasco to your veggies. Tabasco is a particularly strong flavor that overtakes the taste of almost anything you put it on. It is also very low in calories; allowing you to enjoy some guilt-free, spicy food. Cayenne Pepper will also have the same effect, and it adds even more health benefits (like supporting weight loss) to your veggies.

Another way to season your veggies is to add the same things you use on your favorite meals. Try adding Oregano, Garlic, Basil or all of these spices to your veggies, and make them delicious instead of disgusting. Marinades can also achieve this result. Use any marinades that you usually add to your favorite proteins (chicken, steak, etc.), and it will add great flavor while easily hiding the veggie taste. Barbeque sauce and Soy sauce are especially good for this.

Like Blending?

Smoothies are a very efficient way to hide your veggies. My least favorite veggies have to be spinach and kale. I hate leafy greens quite a lot, but I find when I make a smoothie and add my favorite fruits along with spinach, kale (or any veggie for that matter), I don't even notice they're there. Bananas, along with pineapple-based or berry-flavored smoothies are especially good at hiding the veggie taste since they are strong flavored fruits. The veggies become virtually flavorless hidden behind the fruit, and I am drinking something with both fruit and veggie benefits. It is a complete personal victory in my never-ending quest to be healthy but not have to endure the taste of vegetables.

FITNESS FLYER

Like Cooking?

Cooking puts you in total control of every ingredient you're eating. When you're preparing a lot of meals, you'll find that it is easy to sneak veggies in, once again, without even tasting them. Pasta dishes, especially lasagna, are great for layering in spinach or zucchini. Broccoli and Asparagus can be easily added to omelets, casseroles or used as a topping for a baked potato or pizza.

Soups with a protein base will also do the trick. Adding almost any veggie to your favorite soups will usually take on the taste of the meat or broth flavor. Crockpots can be your best friend for this type of cooking. Mixing veggies with soup or a roast in a crockpot will give your veggies great flavor with minimal effort. With just a little creativity, you can hide veggies in almost anything you cook!

Like Grilling?

Grilling is a great way to cook veggies, especially during the spring and summer seasons. You will be amazed at how different veggies taste on the grill, and there are plenty of ways to do so. One way to grill up your veggies is to use heart-healthy olive or coconut oil. Not only do these oils add more health benefits to your veggies, they alter the flavors in the best possible way.

If you are also grilling meat try grilling your veggies right after and your veggies will pick up a lot of the flavor that the meat leaves behind. Similarly to that, grilling your veggies on meat skewers is an alternative way to have your veggies pick up the flavor of whatever protein you are grilling it with. Use plenty of meat and maybe a marinade, and you won't even notice the greens on your skewer.

WITH ANY LUCK, YOU WILL FIND A WAY TO TRICK YOUR INNER CHILD (AND PICKY ADULT SELF) INTO EATING VEGGIES. SO INSTEAD OF RUNNING AWAY FROM YOUR VEGGIES, YOU CAN ENJOY THEM.



PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).

Kelly Fisher
Food Snob & Designer