

One more veggie a day

Focus on ways to add just one more serving of vegetables each day.

Microwave for faster cooking: Steam fresh or frozen green beans, broccoli or bok choy for a quick and easy side dish.

Cut up and package for later: Use veggies like cauliflower and bell peppers in a stir-fry, casserole or as a snack.

Frozen — just as nutritious as fresh: Good buys include frozen peas, corn and green beans.

Enjoy vegetable soups: Look on the package for reduced-sodium or low-sodium. If you have time, make and freeze a large batch of soup with lots of added vegetables.

