

Over 50 Ways to Add Portions of Fruit and Vegetables to Menus

| Breakfast Tips | Lunch Tips | Dinner Tips |
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| 1. Use nut butters or mashed avocado on toast instead of butter | 2. Offer vegetables soups all year round, hot or cold – different vegetables every day | 3. Add vegetable colour to whole grains, e.g., pesto (basil sauce), chopped roasted peppers, diced carrots |
| 4. Mix ground almonds into apple purée for a dairy-free alternative to yoghurt | 5. Serve raw spinach, watercress and rocket in addition to lettuce in salads | 6. Top grilled vegetables with steamed fish or grilled chicken |
| 7. Use pancakes as a wrap for mixed fruits (apples, raisins, peaches) or veggies (sautéed peppers, asparagus, mushrooms) | 8. Make vegetable pâtés to serve with bread, e.g., beetroot and nut butter, carrot, sweet potato and almond, bean | 9. Serve at least 2 different vegetables with every meal |
| 10. Serve freshly prepared fruit or vegetable juices, in traditional or novel combinations | 11. Add a selection of colourful vegetables to salads, e.g., beetroot, sweet corn, diced or grated carrots, beans, peas, celery, cucumber, radishes | 12. Add fresh (carrots, sweet potato, beetroot) and/or dried fruit (dates, blueberries, apricots, pears) to puddings and baked goods such as cakes |
| 13. Serve assorted cut up fresh fruit such as melons, pineapple and berries, with low fat yoghurt; use unusual serving bowls such as hollowed out melons | 14. Offer fruit desserts, such as spiced pears, baked apples, fruit crumble, fruity trifle, home-made banana ice cream | 15. Offer a baked sweet potato in addition to ordinary baked potato or roast sweet potato along with ordinary potato |
| 16. Offer a variety of fruit smoothies made with frozen and fresh fruit | 17. Add cooked sweet potato cubes to potato salad | 18. Serve roasted vegetables, such as carrots, asparagus, aubergine |
| 19. Add a variety of veggies like spinach, spring onions and peppers to scrambled eggs and omelettes | 20. Serve sandwiches with a colourful side of grilled peppers, baby vegetables, or a mixture of olives | 21. Serve baked vegetables, such as squash, sweet potato, beetroot with a naturally sweet onion sauce |
| 22. Mash tofu with a fork and cook it with onions and vegetables as an alternative to scrambled eggs | 23. Serve lasagne with extra vegetables such as courgettes, mushrooms, onions, sweet corn, lentils | 24. Poach pears in red grape juice and stuff with dates and walnuts, or with ground almond paste |
| 25. Make a light miso soup with vegetables such as carrots and onions | 26. Serve bean salads | 27. Serve casseroles with root vegetables such as swede, parsnip, carrot, squash, sweet potato |
| 28. Serve low salt, low sugar baked beans on toast | 29. Serve grain salads, such as quinoa, with celery, carrots, spring onions, chopped parsley, sweet corn | 30. Add some ethnic bean dishes – rice and beans, curried chick peas, lentil dahl with fresh ginger, green chillies and coriander, vegetarian chilli |
| | 31. Prepare stir-fries with a selection of different vegetables, e.g., courgettes, garlic, carrots, celery, sweet corn | 32. Serve poultry or meat dishes with a fruit sauce |
| | 33. Serve bowls of noodles with a selection of steamed vegetables, e.g., sugar snap peas, beans, tofu, grilled chicken or fish | 34. Serve sliced avocado with prawns in a lime dressing |

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| Appetisers and snacks | Add a new twist to traditional favourites | Try some new ingredients |
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| 35. Offer bean dip, hummus or mango salsa with bread sticks or oat cakes for an appetiser | 36. Stuff marrow or winter squash with rice or other whole grain seasoned with garlic and herbs | 37. Use sea vegetables in soups, salads, stir-fries and casseroles |
| 38. Make vegetable chips by peeling thin slices of parsnip, sweet potato, beetroot, tossing in oil and baking until golden | 39. Combine mashed potato with parsnip or celeriac or replace the potato with a creamy grain like cooked millet in dishes like shepherd's pie | 40. Experiment with vegetarian proteins like tempeh (fermented soy) and seitan (the protein extracted from wheat) – combine them with vegetables in the same ways you would with meat |
| 41. Offer dried fruit such as apricots, nuts and seeds as snacks | 42. Serve vegetable frittatas, with roasted Mediterranean vegetables | 43. Broaden your repertoire of grains – make salads with quinoa, couscous, bulgur – sauté buckwheat with leeks, cook millet with squash or sweet potato |
| 44. Offer a vegetable plate with raw and cooked vegetables – baby carrots, stuffed mushrooms, grilled tomatoes, raw vegetable crudités | 45. Serve a colourful vegetarian pizza with tomatoes, peppers, onions, mushrooms and topped with a small amount of mature cheddar or a lower fat cheese such as pecorino | 46. Use grain milks such as rice milk combined with bananas, coconut, raspberries and strawberries to create your own ice cream |
| 47. Make vegetable or fruit kebabs | 48. Use non-traditional fruits in crumbles, e.g., nectarines and stem ginger | 49. Try making vegetable sushi using sheets of the sea vegetable, nori, filled with short grain brown rice and fillings such as avocado and salmon, carrot and nut butter, tofu and cucumber |
| 50. Offer fresh tomatoes with herbs, olive oil and feta cheese on whole grain bread slices | 51. Make fruit jellies and trifles with a variety of different fruits | |
| 52. Make fresh fruit smoothie ice lollies | 53. Serve fruit compotes, e.g., apple, vanilla and apricots | |
| 54. Serve steamed asparagus spears tossed in an olive oil, lemon and fennel seed dressing | 55. Vary the vegetables used in lasagne, for example aubergines, courgettes, sweet potatoes, sweet corn, mushrooms | |
| 56. Serve frozen grapes in small cups | 57. Add a variety of fruits to salads | |
| 58. Serve strawberries with cocktail sticks and a variety of dips | | |