



## Safe at Home: Try the 5 Vegetable Challenge!

Are you ready to try something new? Here are five simple and practical ways to add veggies to your safe at home menu plan.

1. Buy frozen spinach (the kind that is frozen into ice cube shaped blocks) and put directly into pasta sauce as you're heating it up.
2. Slice green cabbage very finely and mix with a small amount of creamy salad dressing. It's perfect in a sandwich or as a taco topping. A bonus is that cabbage has a longer shelf life than lettuce.
3. Use leftover roasted cauliflower (or other leftover roasted vegetables) as a novel filling in a grilled cheese sandwich.
4. Peel and grate one carrot and add to pancakes, muffin batter or even oatmeal!
5. Slice tomatoes and place on top of fish before cooking it in the oven.

Have a great idea for vegetables that you would like to share with us? We would love to hear from you!

