

# Getting Sneaky with Veggies

We all know vegetables offer us amazing health benefits, but not everyone is a raving fan of the brussel sprout! Listed below are some ideas for “sneaking” veggies into your dishes!

## Pumpkin, Sweet Potato or Butternut Squash Puree

- Stir 2-4 TBSP into Annie’s Whole Wheat Mac & Cheese
- Add to marinara (add a small amount at a time so you don’t add too much)
- Spread a little on Grilled cheese sandwich before adding the cheese
- Add into applesauce. Stir in cinnamon.
- Add to pizza sauce & make your own pizza with it



## Spinach or Other Greens

- Chop finely & add to cheesy scrambled eggs, an omelet or frittata
- Sprinkle finely chopped spinach on top of pizza before baking
- Add a few small spinach or lettuce leaves to a Flatbread Roll-Up
- Use finely chopped spinach mixed in ground chicken, turkey or lean beef burgers before cooking
- Layer spinach in lasagna



## Avocado

- Throw half an avocado into a fruit smoothie.  
Provides a creamy consistency and you can’t taste it
- Add a thin layer to a grilled cheese sandwich



## Zucchini, Summer Squash and Carrots

- Finely shred zucchini or summer squash and add it to casseroles
- Mix shredded carrots into meatballs before cooking
- Cook chopped carrots in spaghetti sauce



## Mushrooms & Cauliflower

- Add some finely chopped mushrooms to sloppy Joe's or meat-based spaghetti sauce
- Use ½ mashed cauliflower & ½ potatoes for mashed potatoes
- Same as above, but substitute sweet potatoes for regular potatoes
- Make a pizza with a cauliflower-based crust

