

# Vegetables, Legumes, & Whole Grains

Including vegetables and legumes (beans) in your diet is *extremely important*. Veggies as well as grains are incredibly rich in nutrients and antioxidants, which boost your health and help fight off disease.

Legumes includes  
beans, peas, peanuts,  
and soybeans

Additionally, they are beneficial for weight control due to their low-calorie content.

Health authorities around the world recommend that adults consume several servings of vegetables and whole grains each day, but this can be difficult for some people.

Here are some ways to incorporate more vegetables, legumes, & whole grains into your family's diet:

## 1. Make Veggie-Based Soups

Soups are an excellent way to consume multiple servings of vegetables at once. You can make veggies the "base" by pureeing them and adding spices. Furthermore, it is simple to cook veggies into broth- or cream-based soups. Adding even a small amount of extra veggies, such as broccoli, to soups is a great way to increase your intake of fiber, vitamins, and minerals. Here is a recipe that you can try!

# Super Low Cal Healthy Creamy Vegetable Soup

Super low cal and gluten free, the soup broth is made using whizzed up peeled zucchini, cauliflower and onion. Zucchini has a terrific neutral flavour which makes a creamy broth just like creamy soups thickened using butter and flour (and often cream!) - but with 90% less calories!

## Ingredients

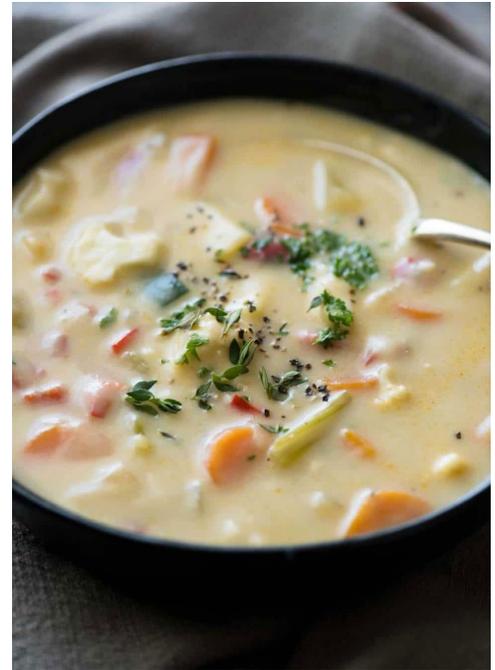
- 1 medium head of cauliflower

### LOW CAL CREAMY SOUP BROTH:

- 1 lb zucchinis (2 large), peeled and cut into slices
- 1 large onion , roughly chopped (brown, white, yellow)
- 2 garlic cloves , whole
- 2 cups vegetable or chicken broth
- 2 cups water
- 1 cup 0% fat milk (or other milk of choice)
- 1/2 tsp each garlic powder and onion powder (or 1 tsp of one of them)
- Pinch black pepper

### SOUP:

- 1 tbsp olive oil
- 1 garlic clove , minced
- 1 onion , chopped (brown, white, yellow)
- 2 large carrots , cut into 1/2" pieces
- 3 celery sticks , cut into 1/4" slices
- 2 red bell peppers , cut into 2/5" pieces
- 1 lb zucchinis (2 large), peeled and cut into 1/2" slices



- ❑ 1 tsp dried thyme (*or other herb of choice*)
- ❑ Salt and pepper
- ❑ Finely chopped parsley , *optional garnish*

## Instructions

### CAULIFLOWER:

1. For soup - Break off 1/4 of the cauliflower into small bite size florets and put aside to use in the soup.
2. For broth - Break up the rest of the cauliflower into medium florets. If you have a small cauliflower, use the stem too - peel then rough dice.

### BROTH:

1. Place cauliflower for broth in a large pot. Add zucchini, onion, whole garlic cloves, vegetable broth and water.
2. Place lid on, bring to boil then adjust heat so it's simmering energetically. Cook for 15 minutes or until cauliflower is soft.
3. Transfer to blender, add garlic powder, onion powder, pepper and milk. Place lid on, place tea towel on lid and hold down very firmly, then whizz to puree soup, starting on low then getting faster.
4. Remove lid. Marvel at super low cal ultra creamy soup broth.

### SOUP:

1. Heat oil in a large pot over medium high heat. Add onion and garlic, cook for 1 minute. Then add carrots and celery, cook for 2 minutes.
2. Add thyme, capsicum and zucchini. Cook until softened, around 2 minutes.
3. Pour in soup broth. Adjustment consistency with water to achieve desired thickness. Add reserved cauliflower.
4. Simmer 5 minutes to bring flavours together. Season with salt and pepper.
5. Serve, garnished with parsley. Or splurge your calorie credits on a piece of grilled cheese to dunk into the soup!!

## Recipe Notes:

1. STORAGE: This keeps very well in the fridge for up to 4 days. It also freezes very well!

2. Nutrition per serving, assuming 6 servings (about 2 heaped cups, one generous sized bowl which is filling).

## 2. Experiment with Veggie Noodles

Veggie noodles are easy to make, and a great way to get more veggies in your diet. They are also an excellent low-carb substitute for high-carb foods, such as pasta. They are commonly used for zucchini, carrots, and sweet potatoes. Once the "noodles" are made, they can be consumed just like pasta and combined with sauces, other vegetables, or meat.

Try this Veggie Spaghetti recipe!

### Ingredients:

- Zucchini
- Olive oil,
- Ragu pasta sauce,
- Basil or thyme (optional),
- Vegetables such as mushrooms or red peppers (optional)



Nutrition Facts	
Healthy Creamy Vegetable Soup	
Serving Size: <input type="text" value="1"/> Serving (612g)	
Amount Per Serving	
<b>Calories</b> 124	Calories from Fat 34
% Daily Value*	
<b>Total Fat</b> 3.8g	6%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 1.8g	
<b>Cholesterol</b> 0.9mg	0%
<b>Sodium</b> 355mg	15%
<b>Potassium</b> 1011mg	29%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 6g	24%
Sugars 11g	
<b>Protein</b> 7g	
<b>Vitamin A</b>	115%
<b>Vitamin C</b>	130%
<b>Calcium</b>	14%
<b>Iron</b>	9.9%

\* Percent Daily Values are based on a 2000 calorie diet.

## Notes:

- 2 medium-sized zucchinis usually feed about 2 people. Take this into account when planning on making this for your family!
- You do not have to use zucchini. You can also use carrots or sweet potatoes.

## Instructions:

1. Wash all vegetables.
2. Make zucchini into noodles using spiralizer or cutting them with a knife to make it noodle-like.
3. If you decided to add any extra veggies, sauté them in a pan using olive oil.
4. Turn on stove to low-medium heat. Add olive oil to pan and add the zucchini noodles.
5. Cook zucchini noodles for about 3 minutes. Stir often.
6. Add in extra veggies and Ragu sauce to noodles. Season with salt & pepper. Continue cooking for about 5 minutes.
7. Sprinkle finished product with basil or thyme if you would like.
8. Ready to serve!



## 3. Add Veggies to Sauces

Adding extra vegetables to your sauces is a sneaky, unique way to increase your veggie intake. While you are cooking sauce, such as marinara sauce, simply add some veggies of your choice to the mix, such as chopped onions, carrots, spinach, or bell peppers. You can also puree certain veggies with seasonings and make them into a sauce on their own. Try the recipe below!

## Creamy Veggie Mac n' Cheese Sauce

### What you will need:

- 10 medium vine-ripe tomatoes, cut them into quarters
- 8 medium-large orange carrots, diced into large pieces
- 1/2 medium white onion, diced into large pieces
- 8 cloves garlic, minced
- 1/4 cup water
- 2 tbsp olive oil
- 2 stems celery, diced into large pieces (optional)
- salt, to taste
- red crushed pepper (optional)
- freshly ground black pepper (optional)



### Instructions:

**\*\*Can use stove top or Instant Pot\*\***

1. Select the Sauté button (normal) on the Instant Pot or heat a non-stick pan on medium heat.
2. Add olive oil.
3. Add all the minced garlic and cook until fragrant (~30 sec).
4. Add the diced white onions and cook for another 1-2 minutes, stirring frequently.
5. Add the diced carrots, tomatoes, and celery (if using). Sauté for another 1-2 minutes, stirring frequently.
6. Add 1/4 cup water and mix well.
7. **For Instant Pot Method:** Close the Instant Pot lid. Select the Pressure Cook button to cook on high pressure (HP). Set the timer for 7

minutes. When the time is up, allow the pressure to release naturally (NPR). Open the lid and cool slightly.

*For Stove-Top Method:* When mixture starts boiling, turn down heat to gentle simmer and cover pot. Let it simmer covered for about 15 minutes or until carrots are very tender (no need to add water to the pot because tomatoes should release liquid).

8. Empty the contents into a blender (or use a hand blender) and completely puree everything. Depending on how much sauce you make, you may need to do this in two batches.
9. Pour the pureed sauce back into the pot or instant pot
10. Heat the pot on medium-low, sauté mode (normal) for Instant Pot, and simmer uncovered for 5-10 minutes to reduce and thicken the sauce if necessary.
11. Season with salt to taste. Since we did not add any salt prior to this step, depending on how sweet your tomatoes are and whether or not you used cashews, you may need to add a decent amount of salt for the amount of pasta sauce you have.

*(optional) Add red crushed pepper and freshly ground black pepper for some spice.*

## 4. Make a Cauliflower Pizza Crust

Cauliflower is extremely versatile, and there are many unique ways to include it in your diet. One strategy is to replace regular, flour-based pizza crust with a cauliflower crust which is made by combining cauliflower with eggs, almond flour, and some seasonings. You can then add your own toppings, such as fresh veggies, tomato sauce and cheese. Substituting cauliflower crust for flour-based crusts is an excellent way to enjoy the

delicious taste of pizza, while reducing your intake of carbs and calories. Here is how to make cauliflower pizza crust!

## Cauliflower Crust Pizza

### Ingredients

- 1 large head cauliflower, roughly chopped
- 1 large egg
- 2 c. shredded mozzarella, divided
- 1/2 c. freshly grated Parmesan, divided
- Kosher salt
- 1/4 c. marinara or pizza sauce
- Pepperoni slices



### Directions

1. Preheat oven to 425°. In a large skillet, bring about 1/4" water to a boil. Season with salt. Add cauliflower in one even layer and cook until crisp-tender, 3 to 4 minutes. Transfer to a clean dish towel (or paper towels) and squeeze to drain water.
2. Add drained cauliflower to food processor and pulse until grated. Drain excess water in paper towels.
3. Transfer drained cauliflower to a large bowl and add egg, 1 cup mozzarella and 1/4 cup Parmesan, then season with salt.
4. Transfer dough to a baking sheet lined with cooking spray and pat into a crust. Bake until golden and dried out, 20 minutes.

5. Top crust with marinara, remaining mozzarella and Parmesan, pepperoni slices and bake until cheese is melted, and crust is crisp, 10 minutes more.
6. If you do not like pepperoni, add any toppings of your choice!

## 5. Blend Smoothies

Smoothies make for a refreshing breakfast or snack. Typically, they are made by combining fruit with ice, milk, or water in a blender. You can also add veggies to smoothies without compromising the flavor. Fresh, leafy greens are common smoothie additions, such as in this recipe, which combines kale with mango, peaches, ginger, and some other flavorings. Adding spinach and kale to smoothies is an easy way to get more nutrients. Try making a smoothie!

### Ingredients:

- 1 cup of milk (almond or dairy)
- Handful of ice cubes
- 1 banana (fresh or frozen)
- ½ cup of fresh fruit (blueberries, strawberries, raspberries, etc.)
- ½ cup of veggies (kale, spinach, beets, etc.)
- Optional add-ins (protein powder, peanut butter, honey, cocoa)

### Directions:

- Add chosen ingredients into a blender and blend until you achieve a smooth consistency
- Yields 1-2 Servings
- Serve immediately

