

8 GREAT WAYS TO ADD VEGETABLES TO BREAKFAST

1. Simple Raw Vegetables: carrot and celery sticks, cherry tomatoes and cucumber spears are student favourites with or without dip. Experiment with the unusual: turnip, jicama or purple cabbage.

2. Morning Smoothies: Dark green and orange vegetables like frozen spinach, fresh kale and carrots add a burst of nutrients to fruits, berries, yogurt and milk. Simplify preparation by using frozen or pre-prepared chopped vegetables.

3. Pancakes and Muffins: Add vegetables to the batter of any recipe. Canned pumpkin purée with cinnamon, savoury zucchini and hearty sweet potato are well-loved pancake ideas. Muffin additions like shredded carrots, beets and zucchini add moisture, flavour and nutrients.

4. Breakfast Sandwiches: Toasted tomato or cucumber sandwiches are great for mornings when time is limited and students are hungry. When you have more time you can add tomato, spinach or fresh salsa to grilled cheese and egg sandwiches or quesadillas.

5. Scrambled Eggs: Bell peppers, mushrooms, onion, broccoli, green beans and cauliflower are perfect in scrambled eggs. For special occasions cook eggs and vegetables into omelettes with a bit of cheese

6. Frittata and Quiche: Transform scrambled eggs into large frittatas simply by pouring whisked eggs into a frying pan over gently fried vegetables. Let everything cook on the stove for 8-10 minutes or until done. You can also try adding to pie crust and baking in the oven to make a quiche.

7. Breakfast Hash: A mix of finely diced red, russet, white and sweet potatoes can be baked or fried to serve with eggs. When available, try new varieties like local fingerling, blue and purple potatoes.

8. Dinner for Breakfast: Hot dinner foods are a satisfying way to include more vegetables. Try pasta with tomato sauce, barley vegetable soup, vegetable chili or vegetable pizza.

