



green vegetables

quick, tasty and healthy ways to get **green** into your day...

Poached eggs taste even better with a layer of **baby spinach** leaves between the toast and egg.

Steam or microwave bite-sized pieces of **broccoli** or **asparagus**. Cool. Add strips of roasted red pepper, sprinkle with sliced almonds and drizzle with vinaigrette.

Remember to include raw **celery** sticks in lunchboxes, with nachos, dips or on a cheese board.

Add sliced **silverbeet** or **spinach** leaves to a hot pasta sauce before pouring over the hot pasta. The heat of the sauce will wilt the leaves to perfection.

Stir-fry a finely diced onion in a little olive oil with a sprinkling of Chinese Five spice. Add finely shredded **cabbage** or **bak choy** and stir-fry for no more than 2 - 3 minutes.

Rocket or **watercress** leaves add a zing to your sandwiches or rolls. Try lots of leaves with cream cheese, sundried tomatoes and shaved ham.

Cut an iceberg **lettuce** into quarters. Serve in a bowl with your favourite creamy dressing.

Stir-fry a mix of sliced **courgettes**, **leeks**, **celery**, **beans**, **asparagus**, **cabbage**, **Brussels sprouts** or **capsicum**, **broccoli** or **cauliflower** florets, frozen or canned **peas** or **beans**. Heat 2 Tbsp honey, 2 Tbsp vinegar, 1 Tbsp oil and 1 Tbsp finely grated fresh ginger in the microwave until the honey is melted. Pour over the cooked greens.

Slice a telegraph **cucumber** lengthwise into thin ribbons with a potato peeler. Serve as is, or on a bed of mixed salad greens with herbs and a sprinkling of balsamic vinegar.

