6 Ways to Eat More Vegetables
Pack your meals with healthy produce using these tips.

By: EatingWell Editors

You probably know you should be eating plenty

of vegetables, but if you're finding it difficult to get your daily servings in, try these tips to make it easier.

Top Proteins with Sautéed Vegetables. Instead of topping cooked fish (or meat or poultry) with a sauce, use sautéed vegetables, such as peppers, onions and tomatoes. They'll add plenty of flavor and nutrients— and at the same time, boost portion size without adding a lot of calories.

Replace Carbs with Vegetables. Lighten starchy carbs, such as pasta, potatoes and rice, with low-cal veggies. If you love cheesy mashed potatoes but not all the calories they deliver, replace some of the potatoes with vegetables, such as broccoli. For the same volume of food, you'll get fewer calories and, most likely, more antioxidants. (Another twist on this trick: replace some of your pasta with veggies.)

Photo Credit: Ken Burris

Use Lettuce Leaves As Bread. The next time you make a sandwich, consider lettuce leaves as a virtually calorie-free alternative to a bread slice or wrap. Just about any filling works beautifully. Try tuna or chicken salad, a stir-fry or even a burger.

Add Spinach. Add spinach to soups, stews and casseroles. It pumps up the volume—so you feel like you're getting more—for virtually no additional calories.

Dress Up Your Vegetables. If eating vegetables simply steamed—plain—doesn't tempt your tastebuds, try adding just a little olive oil plus big, bold "no-calorie" flavoring (e.g., garlic), and you've got a delicious proof that low-cal eating doesn't have to be boring.

Eat Edamame. Get edamame—green soybeans—into your diet. They have satisfying protein and fiber. Try adding them to salads, stir-fries or soups.

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