



Healthy Ways to Eat Mixed Vegetables



Drain & rinsed mixed veggies to remove sodium (salt)

1. Add mixed vegetables to soups, stews, salads, pastas and casseroles.
2. Toss mixed vegetables with a teaspoon of melted butter, a tablespoon of shredded cheese or parmesan, and a pinch of garlic powder and/or black pepper for an easy side dish.
3. Add mixed vegetables to canned soups, stews and chilis to lower the sodium and stretch these meals further.
4. Add mixed veggies to ground meat in chili, tacos, or hamburger skillet for added nutrition.
5. Add to mac & cheese. Try this recipe for [Dressed up Mac & Cheese!](#)

Ingredients:

1 box Macaroni & Cheese
¼ cup low-fat or fat free milk
Black pepper to taste

1 (5-oz.) can chicken or tuna, drained
1 (15-oz.) can mixed vegetables, drained & rinsed
½ teaspoon garlic powder (optional)

Directions:

1. Cook pasta according to instructions on package. Drain and return to saucepan.
2. Add milk and contents of sauce packet to pan. Mix well and add chicken and peas.
3. Season with black pepper. Serve hot.

6. Add mixed veggies to your mashed potatoes to make [Confetti Mashed Potatoes](#).

Ingredients:

3 cups chopped potatoes (fresh or canned), OR
2 cups instant potatoes
1 (15-oz.) can mixed vegetables, drained & rinsed
1 Tablespoon butter or oil

¼ cup low-fat milk or reserved hot water
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon garlic powder (optional)

Directions:

1. *Stovetop:* Bring a large pot of salted water to a boil. Boil potatoes for 5 minutes (canned), 18-22 minutes (fresh), or until soft enough to mash. Drain and place in a large bowl (if you are not using milk, reserve ¼ cup of the hot water). Mash potato chunks using a fork (or potato masher).

Microwave: Place potatoes in a microwave safe bowl. Fill the bowl with enough water to cover the potatoes. Microwave for 5 minutes (canned) or 10-12 minutes (fresh), or until soft enough to mash.

Drain in a colander (if you are not using milk, save ¼ cup of the hot water). Mash potatoes with a fork.

Instant potatoes: Prepare the equivalent of 2 cups mashed potatoes following instructions on package.

2. In a large bowl, combine mashed potatoes, butter/oil, milk/hot water, salt, pepper and garlic powder (if using). Serve warm.

7. Make [Veggie Burgers](#). Eat them on their own, with a whole grain bun or on top of greens!

Ingredients:

2 (15-oz.) cans beans (any kind), drained & rinsed
1 (15-oz.) can mixed vegetables, drained & rinsed
1 teaspoon onion powder
1 teaspoon garlic powder
¼ teaspoon salt

½ teaspoon black pepper
½ teaspoon cumin (optional)
1 teaspoon chili powder (optional)
1 cup oats
¼ cup flour (whole wheat if you have it)

Directions:

1. Preheat oven to 350°F. Grease a baking sheet.
2. Place beans in a large bowl and mash with a fork. Stir in mixed vegetables. Add onion powder, garlic powder, salt, pepper, cumin (if using) and chili powder (if using). Stir in oats and flour.
3. Form into 8 patties. Flatten patties so that they are ½-inch thick. Place on baking sheet.
4. Bake for 15 minutes, then flip. Bake for another 15 minutes until outsides are crunchy. Refrigerate for up to 5 days and reheat in the microwave. Cooked patties may be frozen and defrosted in microwave.

8. Make Pasta Primavera. This pasta is easy to whip up & packed with flavor.

Ingredients:

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| 8 oz. whole wheat pasta | 1 (15-oz.) can spaghetti sauce or diced tomatoes |
| 1 Tablespoon oil | 1 (15-oz.) can mixed vegetables, drained & rinsed |
| 1 onion, chopped (or 1 tsp onion powder) | Salt & pepper to taste |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | Pinch of red pepper flakes (optional) |
| 1 Tablespoon Italian seasoning (or other herbs) | ½ cup parmesan cheese (optional) |

Directions:

1. Cook and drain pasta according to directions on package.
2. Heat oil in a pan over medium-low heat. Add onion and cook, stirring frequently, until soft and slightly browned, about 5-7 minutes. Add garlic and cook for 30 seconds longer. If using onion and/or garlic powder, skip this step.
3. Add the canned tomatoes/spaghetti sauce, herbs and red pepper flakes (if using). Cook until mixture begins to bubble. Cover and simmer for about 10 minutes.
4. Add mixed vegetables and pasta to the sauce and heat through. Add salt and pepper as needed. Top with parmesan if desired.

9. Make Chicken & Vegetable Fried Rice. A healthier variation of a favorite take-out dish.

Ingredients:

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| 1 tablespoon oil | 1 onion, chopped (or 1 tsp onion powder) |
| 2 garlic cloves, minced (or 1 teaspoon garlic powder) | 1 teaspoon ginger, grated |
| 1 ½ cups cooked chicken | (or ¼ teaspoon ginger powder) -optional |
| (or 2 (5-oz.) cans chicken, drained) | 3 cups cooked rice (whole grain brown rice!) |
| 2 (15-oz.) cans mixed vegetables | 1 teaspoon of oil (only if using egg) |
| 4 tablespoons low sodium soy sauce | 2-4 eggs, beaten lightly (optional) |

Directions:

1. Heat oil in a large pan over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes.
2. Add garlic, ginger, chicken and mixed vegetables. Cook for 2-3 minutes, stirring constantly, until fragrant.
3. Stir in rice and drizzle with the soy sauce. Stir to combine and heat through.
4. If adding egg, push rice to the side of the pan and add 1 teaspoon of oil. Use a spatula to slightly scramble the eggs. Toss the eggs and rice together. Serve warm.

10. Make Easy Shepherd's Pie for a rich & satisfying dish.

Ingredients:

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| 1 lb. lean ground turkey or beef | ¼ teaspoon black pepper |
| 1 onion, chopped | ½ teaspoon garlic powder (optional) |
| 2 (15-oz.) cans mixed vegetables | 2 cups instant mashed potatoes, prepared |
| 1 (10-oz.) can cream of mushroom soup | according to package instructions |

Directions:

1. Preheat oven to 400°F.
2. In a skillet over medium-high heat, add onions and cook until tender and slightly browned, about 5-7 minutes. Add ground meat and garlic powder; cook through. Pour off any excess fat.
3. In a greased casserole dish, combine beef mixture, mixed vegetables, soup and pepper.
4. Spoon prepared potatoes over beef mixture.
5. Bake for 15 minutes or until potatoes are browned. Serve warm.

11. Make Chicken Noodle Casserole for a quick & easy weeknight meal.

Ingredients:

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| 2 cups egg or whole wheat noodles | 1 (10.5-oz.) condensed cream of chicken or mushroom soup |
| 1 (15-oz.) can mixed vegetables, drained & rinsed | ½ teaspoon garlic powder (optional) |
| 2 (5-oz.) cans chicken, drained & flaked | ¼ teaspoon black pepper |
| ½ cup low-fat milk | |

Directions:

1. Preheat oven 350°F. Cook noodles according to package instructions. Drain and set aside.
2. Combine all ingredients in a greased casserole dish.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

