



# Easy Ways to Eat More Veggies

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Presented By |  
HealthCheck360

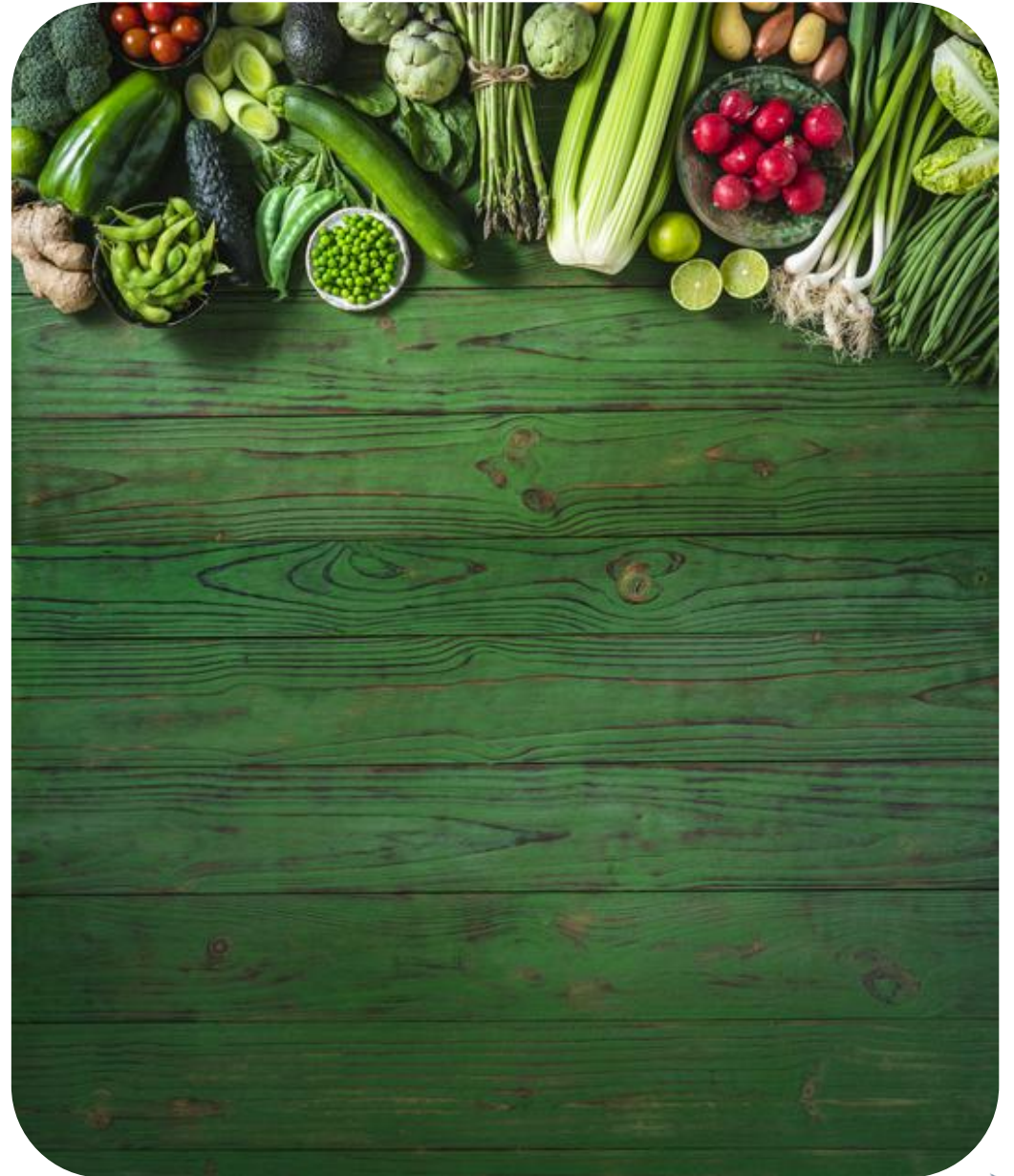


# Agenda

**Why veggies**

**Tips to add more into your meals**

**Recipes!**





# Benefits of Vegetables

Inflammation

Digestion

Blood pressure

Heart health

Blood sugar

Brain

Immune system





## **Add it!**

### **Add veggies to meals you already make**

- Eggs
- Casseroles
- Meats
- Soup/chili
- Sauce/pasta
- Baked goods
- Sandwiches
- Smoothies





# Zucchini muffins

## Ingredients

- $\frac{3}{4}$  cup roughly chopped raw walnuts or pecans (optional)
- $\frac{1}{3}$  cup melted coconut oil or extra-virgin olive oil\*
- $\frac{1}{2}$  cup honey or maple syrup
- 2 eggs
- $\frac{2}{3}$  cup buttermilk (or  $\frac{2}{3}$  cup milk of choice mixed with 2 teaspoons vinegar, allow to rest for 5 minutes before using)
- 2 teaspoons vanilla extract
- 1  $\frac{3}{4}$  cups white whole wheat flour or regular whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon fine sea salt
- $\frac{1}{4}$  teaspoon ground nutmeg
- 1  $\frac{1}{2}$  cups grated zucchini (you'll need 1 small-to-medium zucchini, about 7 ounces—working in handfuls, gently squeeze out excess moisture from the grated zucchini over the sink)

## Directions

Preheat oven to 400 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or cooking spray. Toast the nuts (if using): Once the oven has finished preheating, pour the chopped nuts onto a small, rimmed baking sheet. Bake until the nuts are fragrant and toasted, about 4 to 5 minutes, stirring halfway. In a medium mixing bowl, combine the coconut oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well. Add the buttermilk and vanilla. Whisk to combine, and set the bowl aside. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 30 seconds in the microwave.) In a large mixing bowl, combine the flour, cinnamon, baking powder, baking soda, salt and nutmeg. Using a big spoon, stir to combine. Pour the liquid mixture into the dry and stir just until combined (a few lumps are ok!). Add the zucchini (be sure to squeeze excess moisture out of the zucchini first) and toasted nuts, if using. Gently fold the zucchini and nuts into the batter, being careful not to over-stir. Divide the batter evenly between the 12 muffin cups. Bake muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.





# Mango and Spinach Smoothie

## Ingredients

- 1 ½ cups baby spinach
- 1 cup frozen mango chunks
- ¼ cup plain or vanilla low-fat Greek yogurt
- 1 cup unsweetened vanilla almond milk or other milk

## Directions

Add spinach, mango, yogurt and almond milk (or other milk) to a blender. Blend on medium-low speed, using the tamper as necessary, until well combined. Increase speed to medium-high and blend until very smooth.

<https://www.eatingwell.com/recipe/7899384/mango-spinach-smoothie/>



# Swap it!

## Replace foods with a veggie

- Sides
- Main Course
- Snacks
- Chips
- Pasta
- Rice
- Mashed potatoes
- Pizza crust
- Burgers





# Spicy Black Bean Burger with Chipotle Mayo

## Ingredients

- For the Spicy Chipotle Mayo:
  - 3 1/2 tbsp light mayonnaise, Hellman's
  - 1 tbsp canned chipotle in adobo sauce
- For the Black Bean Burgers:
  - 16 oz can black beans, rinsed and drained
  - 1/2 red bell pepper, cut into 2 inch pieces
  - 1/2 cup chopped scallions
  - 3 tbsp chopped cilantro
  - 3 cloves garlic, peeled
  - 1 jumbo egg
  - 1 tbsp cumin
  - 1/4 to 1/2 tsp kosher salt
  - 1 tsp hot sauce
  - 1/2 cup quick oats, use gf oats for gluten free
  - 4 whole wheat buns
  - 1 small hass avocado, sliced thin

## Directions

Combine mayonnaise and chipotle, set aside. Dry the beans well after washing, extra moisture will keep the burgers from sticking. In a medium bowl, mash beans with a fork until thick and pasty. In a food processor, finely chop bell pepper, cilantro, onion, and garlic, then add oats, then eggs and spices. Then stir into mashed beans. Divide mixture into four patties (using slightly oiled hands helps) and place them onto a flat surface covered with wax paper. (If it's too wet, chill the mixture 30 minutes in the refrigerator or add another tablespoon of oats). Freeze at least 2 hours before cooking or keep frozen until ready to cook. Heat a lightly sprayed skillet to medium heat and cook frozen burgers about 7 minutes on each side. If grilling, preheat grill over medium heat, and lightly oil a sheet of aluminum foil; grill 7-8 minutes on each side or you can bake in the oven at 375° on a lightly oiled baking sheet.





# Beet Chips

## Ingredients

- 6-8 medium to large beets
- Olive oil
- 1 tablespoon flaked sea salt
- 1 tablespoon dried chives

## Directions

Trim the beets of greens and the roots. Scrub the beets well under cold water, but leave the skins on. Use a mandoline to slice the beets 1/16" thin. If you don't have a mandoline, use a very sharp knife to thinly slice the beets. Preheat the oven to 400° F. Drizzle a very scant amount of olive oil to a baking sheet pan, then rub the oil over the pan with your hands or a paper towel. You want this to be a very scant layer, just enough so the beets don't stick, but not enough so they cook in the oil or they will steam instead of bake and come out limp instead of crisp. Layer the sliced beets onto the pan being careful not to overlap. You will need more than one sheet pan, and/or reuse the pans in batches of baking. Bake the chips on the bottom rack of the oven for 10-15 minutes, depending on how thin the beets are cut and how large they are. While the beets are baking, pour the salt into a small bowl and crush the dried chives into the salt. You could do this step ahead of time as the longer the herbs are in the salt, the more flavorful the salt becomes. Remove the rack from the oven and sprinkle with the chive salt. Allow the beets to cool on the pan, they'll crisp as they cool. Once cool, transfer to a cooling rack to continue to dry and crisp. Repeat with the remaining slices of beets.

<https://www.foodiecrush.com/how-to-make-baked-beet-chips/>





# **Prep it or buy it!**

**Prep ahead of time**

**Buy pre-cut**

**Frozen/canned**

**Meal prep**







## **Tips for meal prepping veggies**

**Roasting and grilling helps to prevent moisture**

**Sautéing can help maintain crispness**

**Boiling vs. blanching**

**Slow-cook veggies in soups and stews**

**Store raw veggies in an airtight container**

**Cool veggies on a sheet tray before storing them**





# Sheet Pan Meal Prep

## Ingredients

- 12-16 ounces Smoked Turkey or Chicken Sausage, about 3 cups
- 2 cups sweet potato, diced into 1/2" cubes
- 2 cups broccoli florets
- 1 cup bell pepper, chopped (any colors you like)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning, or taco, Cajun or your favorite spice blend!
- ½ teaspoon salt
- ½ teaspoon black pepper

## Directions

Pre-heat oven to 400F. Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes. Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Seasoning with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.





# Try it!

## New ways of prepping

- Boiling
- Steaming
- Sauté/Stir-fry
- Roasting/Baking
- Grilling

## New veggies

- Make it a goal to try a new veggie
- CSA box or Farmer's market

## Try it again!

- Tastes change
- Try a new preparation method





# Grilled Vegetables

## Ingredients

- 3 large red bell peppers, seeded and quartered
- 1 large red onion, peeled and cut into quarters through the root
- 1 pound yellow summer squash (about 3 medium), cut lengthwise into 1/2-inch thick rectangles
- 1 pound zucchini (about 3 medium), cut lengthwise into 1/2-inch thick rectangles
- 3 small eggplants (preferably graffiti or Japanese, about 12 ounces total), cut lengthwise into 1/2-inch thick rectangles
- 8 ounces cremini mushrooms, stems removed and halved if large
- 1 pound asparagus, trimmed
- 6 ounces cherry tomatoes, on the vine if possible
- 1/4 cup olive oil
- 1 teaspoon kosher salt

## Herby dressing (optional):

- 1/2 cup olive oil
- 4 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 1/4 cup fresh parsley leaves
- 1 teaspoon dried basil

## Directions

Heat the grill to medium-high, direct heat. If you haven't already, trim and cut the vegetables while the grill heats. Drizzle the vegetables on both sides with the olive oil and season with salt. Make the herby dressing (optional). Place all the ingredients in a small blender or food processor and pulse to combine.

Grill the vegetables in a single layer, starting with the heartier peppers and onions going down first (or in the hottest area if your grill has hot spots), followed by the eggplant, squash, zucchini, mushrooms, and then quick cooking asparagus, and tomatoes. Cover and grill without distributing for 3 to 4 minutes on the first side, then flip and continue to grill for the following total cook times (the number below includes the 3 to 4 minutes on the first side):

- 8 to 10 minutes for bell peppers and onions
- 7 to 8 minutes for yellow squash, zucchini, eggplant, and mushrooms
- 4 to 6 minutes for asparagus, green onions, and tomatoes on the vine

Remove the grilled vegetables to a platter, and coat with the dressing just before serving. Leftovers can be refrigerated in an airtight container up to 4 days.







# Summary

**Getting in enough veggies doesn't have to be hard**  
**Find small ways to add them in**  
**Try something new!**



# Upcoming Webinars

## Maximize your Workout

Exercising doesn't have to be time consuming. Find out how to get the most out of your workout in the shortest amount of time.



July 2

## The Science of Breathwork

Discover how breathing exercises can improve your health in unexpected ways. From stress response and sleep quality to pain management, learn how to tap into the power of breathwork anytime, anywhere.



August 6

# Lifestyle Rewards



1. **True or False: If you didn't like a veggie as a kid, you won't like it as an adult**
    - a) True
    - b) False
  2. **What was one benefit of vegetables mentioned?**
    - a) Brain health
    - b) Increased cholesterol
  3. **What is a strategy mentioned under the "swap it" tip?**
    - a) Replace pasta with bread
    - b) Replace your side of fries with a veggie
- \* If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**





# Get in Touch

## Social Media

- [www.facebook.com/healthcheck360](http://www.facebook.com/healthcheck360)
- [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)
- [www.instagram.com/healthcheck360/](http://www.instagram.com/healthcheck360/)
- @HealthCheck360 or #HealthCheck360

## Watch past webinars and register for upcoming

- [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)

## Contact a Health Coach

- 1-866-511-0360 or [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)



# Questions?

