



7 Low or No Prep Veggies

1. Toss Cherry Tomatoes and mozzarella cheese balls with olive oil and garlic.
2. Brussels sprouts: Toss with oil and salt. Roast on a baking sheet for 25-30 minutes until tender.
3. Baby spinach: Add 8 cups spinach to a large pot with 1/2 cup of broth. Add spaghetti or Chinese noodles, lime, cilantro, and your favorite spicy sauce. Cook until liquid is absorbed.
4. Snap Peas - great finger food with dip.
5. Green Beans - Snap off the ends, place in a bowl with a little water, and cook 4 minutes or until tender.
6. Carrots - great finger food with dip or on its own.
7. Small Potatoes - cut into quarters, toss in oil and dried rosemary, place on a baking sheet, roast in the oven at 425 degrees for 20-30 minutes until golden brown and tender. Sprinkle salt to taste.

Cooking Tips

These veggies require less hands on time compared to some of the other veggies. Low and no prep veggies are great to cook in a large batch for use throughout the week.

These easy methods can help your snack cravings and introduce more vegetables into the diet.



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