



Bump-Up-Veggie-Flavor Chart



Add a dash, pinch, smidge, so 1/2 your plate at mealtime is scrumptious.



peas

SPICE
Italian seasoning
Basil
Onion, minced or powder
Thyme
Cumin
Chili powder

FRUIT
Mandarin oranges

JUICE
Pineapple juice
Lemon juice

DRESSING
Soy sauce
Ranch dressing
Honey



broccoli

SPICE
Italian seasoning
Garlic, minced or powder
Onion, minced or powder
Mrs. Dash
Curry powder
Tarragon

FRUIT
Pineapple chunks

JUICE
Pineapple juice
Orange juice
Lemon juice

DRESSING
Soy sauce
Ranch dressing
French dressing
Oil & vinegar dressing



spinach

SPICE
Italian seasoning
Garlic, minced or powder
Onion, minced or powder
Turmeric
Curry powder
Nutmeg

FRUIT
Mandarin oranges

JUICE
Apple juice

DRESSING
Soy sauce
Ranch dressing
Oil & vinegar dressing




green beans

SPICE
Italian seasoning
Basil
Onion, minced or powder
Oregano
Basil
Parsley

FRUIT
Mandarin oranges

JUICE
Pineapple juice
Mandarin oranges
Tomatoes, diced

DRESSING
Soy sauce
Teriyaki sauce
Chicken broth
Ranch dressing
Oil & vinegar dressing



mixed veggies

SPICE
Italian seasoning
Garlic, minced or powder
Onion, minced or powder
Oregano
Cumin

FRUIT
Mandarin oranges

JUICE
Pineapple juice
Mandarin oranges

DRESSING
Soy sauce
Teriyaki sauce



carrots

SPICE
Cinnamon
Nutmeg
Ginger
Garlic, minced or powder
Onion, minced or powder
Cumin
Brown Sugar

FRUIT
Lemon zest

JUICE
Apple juice
Orange juice
Lemon juice

DRESSING
Honey
Margarine
Low-calorie maple syrup