



# Veggie-Friendly Comfort Foods



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Most of us need 2 to 3 cups of vegetables each day. Sure, eating salad helps, but adding vegetables to comfort foods boosts intake too.



## Pasta Primavera

- **Swap half the spaghetti** with **spiralized zucchini or carrots**
- These vegetable “noodles” are available fresh and frozen at most major grocery stores

## Shepherd's Pie

- **Substitute riced cauliflower** in place of mashed potatoes
- Don't want to fully swap out your spuds? **Steam frozen cauliflower** and use it to **replace half the potatoes** – whip cooked cauliflower directly into the potatoes



## Layered Lasagna

- Alternate lasagna sheets with grilled zucchini or eggplant (or forgo the pasta entirely)

## Taco Tuesday

- **Mix** ground meat with chopped **peppers, onions, and mushrooms** – sauté together with seasonings
- **Top** with **shredded lettuce or cabbage, fresh tomato, and cilantro** for a vegetable-centered taco night



## Stir-Fry Dishes

- Frozen **riced cauliflower** mixes seamlessly with rice – aim to **replace half**
- **Double the amount** of sautéed vegetables you would normally use – include **peppers, onions, celery, peas, broccoli, carrots, or mushrooms**