

# HOW TO MAKE YOUR VEGGIES TASTE EVEN BETTER



## Roast In The Oven, Grill, Or Air Fry

These cooking methods result in sweeter, smokier, and crispier veggies. Try it with cauliflower, broccoli, and Brussels sprouts.



## Add Garlic

To maximize flavour, use a garlic press or roast the entire bulb in the oven and add what you need.



## Zest It Up

Before serving, add a squeeze of lemon or lime. It instantly adds a tangy pop of flavour to the dish.



## Spice It Up

Experiment with spices. Look for no-salt-added Italian, Greek, or Cajun seasoning blends, or make your own.



## Drizzle With Flavoured Oils

Try sesame oil with stir fry veggies or lemon, garlic, or basil-infused oils on roasted veggies.



## When In Doubt, Add Cheese

A sprinkle of grated Parmesan, goat, or feta cheese can go a long way.



## Serve With A Dip

Pair raw veggies with healthy dips like hummus, guacamole, and tzatziki.



## Steam, Don't Boil

Your veggies will retain more nutrients and you'll be less likely to overcook them.



## Toss With Fresh Herbs

Fresh herbs like parsley, thyme, cilantro, and rosemary pack a ton of flavour and pair well with veggies.

