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**HEALTH & BEAUTY**

**Getting vegetables into your diet is easy with a little planning**

A foundational pillar of a balanced diet, vegetables provide us with a long list of nutritional benefits.

But many of us think of boring salads and bland raw vegetables as the only ways to eat this essential food group.

However, eating a balanced diet packed with produce can be as delicious as it is colourful.

Apart from cooking veggie-filled meals, getting more vegetables into your diet is easy with these tips from the produce experts.

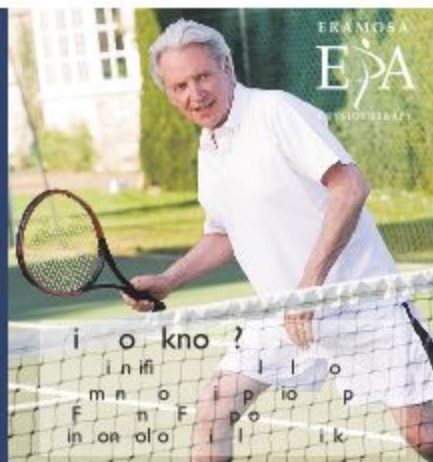
- Use the weekend to prep and portion easy grab-and-go veggie snacks.
- Add a handful of spinach or kale to your smoothie, soup, omelette or pizza the mild-tasting leaves blend right in.
- During your weekly grocery shopping trip, pick up a vegetable that you've never tried before and find a fun way to prepare it.
- Don't forget about frozen or canned vegetables. They're inexpensive and are convenient for days when you'd rather not clean, peel, and chop.

Here is an appetizing veggie-packed side to help you get started.

- Quinoa & Veggie Stuffed Sweet Peppers  
Prep Time: 15 minutes  
Total Time: 60 minutes  
Serves: 4  
Ingredients:
- 2 large sweet red peppers, halved and seeded
  - 1/2 cup (125 mL) quinoa, rinsed and drained
  - 1 tbsp (15 mL) olive oil
  - 1 onion, finely chopped
  - 1 clove garlic, finely chopped
  - 1 cup (250 mL) sodium-reduced chicken broth
  - 1 cup (250 mL) eggplant, diced
  - 1 cup (250 mL) zucchini, cut into small cubes
  - 1/3 cup (75 mL) jarred tomato salsa
  - 1/4 cup (60 mL) frozen or canned (drained) corn kernels
  - 1 tsp (5 mL) dried oregano
  - 1/2 tsp (2 mL) chili powder
  - 1/2 cup (125 mL) grated Cheddar cheese
  - Salt to taste

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