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Cooking with Confidence

Eating with confidence starts with cooking with confidence! Do you often feel overwhelmed in the kitchen? We live in a world where we are told to “eat the rainbow”, but what if we don’t know where to start in the kitchen? This could lead us to reach for convenient foods and snacks. I can assure you that a bag of Skittles is not the same rainbow the professionals are referencing, pinky promise.

The Dietary Guidelines for America recommends that half of our plate is fruits and vegetables. We are supposed to eat a variety of colors of fruits and vegetables; this is where the “eat the rainbow” phrase came from! Each color provides us with different vitamins and nutrition.

Follow these simple tips to liven up your meals with fruits and vegetables:

- Be creative with your breakfast! Omelets and smoothies are both great ways to add in fruits and vegetables. You could also skip the sugary syrup on your pancakes and top them with fresh berries or bananas.
- Stir-fry options are endless with veggies! You can use fresh or frozen vegetables paired with your favorite sauce and protein of course for a delicious meal.
- Take your casserole to the next level! Add vegetables into one of your favorite casseroles for some extra nutrition and volume.
- Salads don’t have to be boring! Fruits and vegetables can be paired together to make a power-packed salad! You could also add hard-boiled eggs, cheese, beans, seeds, and so much more!

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