

9 Veggies to Eat in Late Winter

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Getting creative in the kitchen provides nutritious and exciting meals, help anyone stick to their resolutions, as well as provide a great escape from cabin fever. Encourage your clients to take advantage of the extra time indoors this winter and experiment with new foods, without giving them nutrition advice. Trying some of these lesser known veggies will surely motivate anyone to explore many culinary possibilities.

Beets

Loaded with protein and packed with fiber, low in calories and abundant in flavor, the benefits of beets are seemingly endless. Beets are known to support liver function and heart health. They also contain anti-aging properties as well as act as a natural anti-inflammatory. They can be used as a salad topping, a main smoothie ingredient, or in a roasted vegetable medley.

Celeriac

This high fiber, low calorie root has proven to improve teeth and bone health and is a wonderful source of Vitamin C. Simply substitute celeriac for potatoes or carrots in your favorite soups and stews, or roast them for a side dish.

Fennel

Fennel has a slightly sweet flavor. It promotes digestive health along with a hearty dose of vitamin C and minerals such as potassium, copper and magnesium.

Dark Greens

Collard, turnip and mustard greens, broccoli rabe and swiss chard are all linked to digestive health, lowering cholesterol and delivering tons of vitamins A, C, K and E.

Radicchio

Adding Radicchio to a pasta dish can add a bit of spice and a hint of bitterness to your plate. This crisp, leafy veggie is packed with vitamins C and K, as well as potassium and magnesium.

Parsnips

Parsnips, like carrots, are loaded with vitamin C – almost 20% of your recommended daily dosage, to be exact. They can be used in all your favorite winter soups and stews as a substitution for or in addition to

carrots.

Rutabagas

Rutabagas are a slightly bitter, slightly sweet root that is closely linked to veggies like cabbage and broccoli. Along with delivering a substantial dose of vitamins C and K, they also offer fiber and calcium while delivering a delectable flavor.

Brussel Sprouts

These tiny cabbages are full of antioxidants and cancer-fighting agents. While they can be slightly more bitter than cabbage, the texture and flavor are versatile enough to be a side dish fitted for any plate.

Winter Squash

There are a variety of recipes and types of squash to choose from. Full of vitamin A and potassium, squash can be easily added to your favorite veggie medley.

While this is a short list of many winter-friendly vegetables, it is enough to encourage your patrons to try something new, while also holding onto their health and fitness goals.