

VEGGIE OF THE DAY

Ideas to inspire you in the 2015 VegOut! Challenge



1. Cauliflower
2. Collard Greens
3. Squash
4. Fennel
5. Kale
6. Parsnip
7. Asparagus
8. Broccoli
9. Celery
10. Avocado
11. Arugula
12. Radish
13. Brussels Sprouts
14. Jicama
15. Spinach
16. Bell Pepper
17. Cabbage
18. Nopales (Cactus)
19. Artichoke
20. Beet
21. Swiss Chard
22. Daikon
23. Kohlrabi
24. Sweet Potato / Yam
25. Carrot
26. Mushroom
27. Turnip
28. Eggplant
29. Greens (Mustard, etc.)
30. Green Beans
31. Zucchini

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