



Adding Vegetables to Everyday Meals (Original Series)

Jean Paré

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Experts tell us to eat more vegetables but how? This all-new cookbook shows how easy it is to work more vegetables into your family meals throughout the day: lunch, dinner and even brunch and dessert. Adding Vegetables to Everyday Meals helps you eat the 7 to 10 servings of vegetables a day that are recommended by Canada's Food Guide. Handy at-a-glance graphics throughout the cookbook show you exactly how many servings of vegetables you're getting with each portion. You'll be surprised how many extra servings of vegetables are tucked into the 126 recipes in this book!

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