



# My25's Famous Bump-Up-Veggie-Flavor Chart



Add a dash, pinch, smidge, so 1/2 your plate at mealtime is scrumptious.



## peas

**SPICE**

Italian seasoning  
Basil  
Onion, minced or powder  
Thyme  
Cumin  
Chili powder

**FRUIT**

Mandarin oranges

**JUICE**

Pineapple juice  
Lemon juice

**DRESSING**

Soy sauce  
Ranch dressing  
Honey



## broccoli

**SPICE**

Italian seasoning  
Garlic, minced or powder  
Onion, minced or powder  
Mrs. Dash  
Curry powder  
Tarragon

**FRUIT**

Pineapple chunks

**JUICE**

Pineapple juice  
Orange juice  
Lemon juice

**DRESSING**

Soy sauce  
Ranch dressing  
French dressing  
Oil & vinegar dressing



## spinach

**SPICE**

Italian seasoning  
Garlic, minced or powder  
Onion, minced or powder  
Turmeric  
Curry powder  
Nutmeg

**FRUIT**

Mandarin oranges

**JUICE**

Apple juice

**DRESSING**

Soy sauce  
Teriyaki sauce  
Oil & vinegar dressing



## green beans

**SPICE**

Italian seasoning  
Garlic, minced or powder  
Onion, minced or powder  
Oregano  
Basil  
Parsley

**FRUIT**

Pineapple chunks  
Mandarin oranges  
Tomatoes, diced

**JUICE**

Pineapple juice  
Orange juice

**DRESSING**

Soy sauce  
Teriyaki sauce  
Chicken broth  
Ranch dressing  
Oil & vinegar dressing



## mixed veggies

**SPICE**

Italian seasoning  
Garlic, minced or powder  
Onion, minced or powder  
Oregano  
Cumin

**FRUIT**

Pineapple chunks  
Mandarin oranges

**JUICE**

Orange juice  
Apple juice

**DRESSING**

Soy sauce  
Teriyaki sauce



## carrots

**SPICE**

Cinnamon  
Nutmeg  
Ginger  
Garlic, minced or powder  
Onion, minced or powder  
Cumin  
Brown sugar

**FRUIT**

Lemon zest

**JUICE**

Apple juice  
Orange juice  
Lemon juice

**DRESSING**

Honey  
Margarine  
Low-calorie maple syrup

Some of these ingredients can add extra calories, so use just a dash or a pinch—which will punch up the flavor. We suggest using low sodium and low calorie versions of the above ingredients whenever possible.