

# The simplest way

... to make vegies easy to eat.

Vegetables don't have to be boring.

Prepare vegies in different ways and add flavor to make them appealing.



- Try our tasty salad [dressings](#)
- Make vegies interesting by serving with [sauces and dips](#)
- Combine vegetables with other foods and flavours that the family enjoy, try:
  - [Cauliflower and broccoli "Mac N Cheese"](#)
  - [Eggplant tagine](#)
  - [Beef and broccoli stir fry](#)
  - [Vegie and black bean tacos](#)
  - [Green frittata](#)
  - [Easy pizza](#)
  - [Sweet potato and lentil curry](#)

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