

# Vegetables

broccoli  
spinach  
peppers (any color)  
tomatoes and tomato sauce  
carrots  
squash (winter and summer)  
cabbage  
cauliflower  
brussel sprouts  
bok choy  
collards  
kale  
kohlrabi  
mustard greens  
potatoes  
sweet potatoes  
peas  
mushrooms  
green beans  
beets  
cucumbers  
corn  
celery  
egg plant  
lettuce  
onions  
zucchini