

# TAKE THE VEGGIE CHALLENGE

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Hi there Shoppers! Are you ready to take the "veggie challenge?" It involves enjoying at least one vegetable at every meal - including breakfast! Try savory oatmeal topped with sautéed spinach and a fried egg; use leftover roasted vegetables in an omelet; or meal-prep mini frittata muffins with whatever vegetables you have on hand - mushrooms and peppers work great! Pairing eggs and vegetables help you better absorb the nutrients found in vegetables, which is all the more reason to enjoy nutrient-rich eggs and colorful vegetables at breakfast and beyond.

VIDEO/RADIO SCRIPT



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