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Vamp Up Your Vegetables

Whether you want to drop a few pounds after Thanksgiving or you just want to feel more comfortable in your favorite party dress, you are sure to have found our website useful for reading up on weight loss tips and diet recipes. If you think dieting means tiny portions of watery soups and limp salads then think again. This blog post will show you how you can transform your boring watery vegetables into scrumptious side dishes.

If you have already started to take steps towards protecting your health, whether you have joined a running club, taken out life insurance with [Aviva Life](#), or your local insurance company, or you have bought some diet cook books, then you are certainly on the right track to becoming more fit and healthy. Let's see how you can vamp up your vegetables at meal times with these two tasty recipes; who says dieting has to be boring?

Potatoes

Rather than eating boring boiled potatoes, why not try making a low fat version of the popular Italian dish, Dauphinoise Potatoes?

Method: Begin by thinly slicing a large baking potato and lay the discs in an oven proof dish. In a bowl, combine one egg, a splash of skimmed milk, a teaspoon of low fat butter and season with salt and pepper. Pour the liquid over the potatoes and top with a spoonful of reduced fat mozzarella. Bake in the oven on 180°C for 45 minutes. You will have a soft and creamy potato dish with a crunchy cheesy topping. Delicious!

Carrots

Boiling or steaming carrots often leave them limp and tasteless, so why not try making sweet and tangy honey glazed carrot wedges?

Method: Cut your carrots into chunky strips and lay them on a baking tray. In a bowl, mix a spoonful of honey and the juice of one lemon. Pour the mixture over the carrots, sprinkle with sesame seeds and roast in the oven for 30 minutes on 200°C . You will end up with sweet and tangy carrot sticks; the perfect accompaniment to a slice of gammon and peas.

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