Vegetables

Mother always said, "Eat your vegetables!"
She was right. Of course.
You can prepare them in many ways.
You can cook them or have them raw.

Onions, red peppers, and courgettes.
Cut them into dices add some garlic.
Cook them in a hot oven.
And there you have a delicious ratatouille.

Tomatoes, lettuce, celery and carrots.
Cut them into strips and serve them in a bowl.
And there you have a fresh, crispy salad.

And what about potatoes?
They are full of vitamins and fibre.
Fried, boiled, baked, grilled or in soup.
Potatoes are everyone's favourite dish.

And did you know that artichokes are flowers?
How cool is that?
You can fill with flowers on your dinner plate.
Red cabbage, green peas, or radish.
Vegetables are great!

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