

## List of Vegetables

Vegetables are a helpful part of a healthy diet but oftentimes we say that we “Don’t like vegetables”.

Check off the vegetables that you do like or have not tried to help balance out your meal plan!

- Artichoke
- Arugula
- Asparagus
- Avocado
- Bamboo Shoots
- Bean Sprouts
- Beans
  - Black Beans
  - Fava Beans/Broad Beans
  - Garbanzo Beans/Chickpeas
  - Kidney Beans
  - Lentils
    - Green, Red, Yellow, Brown
  - Lima Beans, Lupini Beans
  - Navy Beans
  - Soybean
  - Split Peas
    - Green, Yellow
- Beet
- Belgian Endive
- Bell Pepper
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
  - Green, Red, Savoy
- Carrot
- Cauliflower
- Celery
- Celery Root/Celeriac
- Cucumber
  - English Cucumber
  - Gherkin
- Pickling Cucumbers
- Daikon Radish
- Edamame
- Eggplant/Aubergine
- Endive
  - Curly/Frisee
  - Escarole
- Fennel
- Grape Leaves
- Green Beans/String Beans/Snap Beans
  - Wax Beans
- Greens
  - Amaranth Leaves/Chinese Spinach
  - Beet Greens
  - Collard Greens
  - Dandelion Greens
  - Kale
  - Kohlrabi Greens
  - Mustard Greens
  - Rapini
  - Spinach
  - Swiss Chard
  - Turnip Greens
- Kale
- Kohlrabi
- Leeks
- Lemongrass
- Lettuce
  - Butterhead- Bibb, Boston
  - Iceberg
  - Leaf- Green Leaf, Red Leaf
  - Romaine
- Mushrooms
- Napa Cabbage
- Okra
- Olive
- Onion
  - Green Onions/Scallions
- Parsnip
- Peas
  - green peas
  - snow peas
  - sugar snap peas
- Peppers- see Peppers List
- Pumpkin
- Radish
- Rutabaga
- Spinach
- Squash
  - Summer Squash
    - Yellow
    - Zucchini
  - Winter Squash
    - Acorn
    - Banana
    - Buttercup
    - Butternut
    - Cushaw
    - Delicata
    - Hubbard
    - Kabocha
    - Pumpkin
    - Spaghetti
    - Turban
- Sweet Potato
- Swiss Chard
- Tomato
- Turnip
- Water Chestnut
- Water Spinach
- Watercress
- Yams
- Zucchini