

## VEGETABLES (FRESH/FROZEN)

Broad beans  
Coleslaw (commercial)  
French fries  
Hash browns  
Parsnips  
Potatoes (instant)  
Potatoes (mashed or baked)  
Rutabaga  
Turnips

Artichokes  
Beets  
Corn  
Pickles  
Potatoes (boiled)  
Pumpkin  
Squash  
Sweet potatoes  
Yams

Alfalfa sprouts  
Asparagus  
Beans (green/wax)  
Bell peppers  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage (all varieties)  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cucumbers  
Eggplant  
Fennel  
Garlic  
Hearts of palm  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Mustard greens  
Okra  
Olives\*  
Onions  
Peas  
Peppers (hot)  
Potatoes (boiled, small, preferably new)  
Radicchio  
Radishes  
Rapini  
Salad greens (all varieties)  
Snow peas  
Spinach  
Swiss chard  
Tomatoes  
Zucchini