

Non-starchy Vegetables

Vegetables List

Alfalfa Sprouts

Artichoke

Asparagus

Baby Corn

Bamboo Shoots

Bean Sprouts

Beans:

- Green Beans
- Italian Beans
- Wax Beans
- Yellow Beans
- Yard-Long Beans

Beets

Broccoli

Broccolini

Brussel Sprouts

Bok Choy

Cauliflower

Carrots

Cabbage

Celery

Chayote

Cucumbers

Daikon

Eggplant

Hearts of Palm

Iceberg Lettuce

Jicama

Kohlrabi

Leafy Greens:

Beet Greens

o Collard Greens

o Kale

o Mustard Greens

o Swiss Chard

o Turnip Greens

Leeks

Mushrooms

Okra

Onions

Peppers:

- Banana Pepper
- Bell Pepper
- Cayenne Pepper
- Chili Pepper
- Jalapeno Pepper
- Poblano Pepper
- Scotch Bonnet Pepper
- Sweet Italian Pepper

Portobello

Mushrooms

Radishes

Red Cabbage

Rhubarb

Rutabaga

Salad Greens:

- Arugula
- Chicory
- Endive
- Escarole
- Radicchio
- Romaine
- Spinach
- Watercress

Scallions

Snap Peas

Snow Peas

Summer Squash:

- Crookneck Squash
- Patty Pan Squash
- Spaghetti Squash
- Yellow Squash
- Zucchini Squash

Turnips

Tomatoes

Tomatillos

Water Chestnuts



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