Healthy Ways to Cook Vegetables

**Steaming**—keeps nutrients from escaping
- Put vegetables in a pan with 1½ inches of water and cover. Simmer until vegetables are tender.
- Try it with *corn on the cob, green beans, spinach*

**Roasting**—adds natural sweetness
- Cube vegetables and toss with olive oil, salt, and pepper. Place on a baking sheet and cook in oven at 375°F until tender.
- Try it with *carrots, parsnips, sweet potatoes*

**Stir Frying**—cooks in a flash
- Slice vegetables and put in a frying pan with a small amount of oil. Stir the vegetables until they begin to soften.
- Try it with *bell peppers, mushrooms, pea pods*

**Grilling**—adds some crispiness
- Toss vegetables with olive oil, balsamic vinegar, salt, and pepper. Wrap in aluminum foil and cook on the grill until tender.
- Try it with *asparagus, eggplant, zucchini*

**Microwaving**—speeds up cooking
- Cover vegetables to keep moisture inside. Stir occasionally, cooking until tender.
- Try it with *beets, peas, broccoli*

**Baking**—means no fuss
- Put uncovered vegetables in the oven at 350°F. Cook until tender.
- Try it with *whole potatoes, winter squash, cauliflower*

**Food Safety**
- Wash vegetables under cool, running water before cooking or eating them.
- Use different cutting boards for raw and ready-to-eat foods.
- Always keep vegetables separate from raw meats and poultry.
- Be sure to refrigerate leftovers within two hours of cooking.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.