

# 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.