

Back to Basics

Raw or roasted? Steamed or sautéed? Whether you're using an oven, a grill, or even your microwave, try these basic cooking methods to keep your food delicious and nutritious—in mere minutes!

FRESH (RAW)



Go all-natural:

Enjoy an entirely different flavor (*and typically more nutrients*) when you eat your vegetables raw.

In addition to carrots, celery and tomatoes, veggies like jicama, zucchini, mushrooms and even pumpkin burst with unique flavor when served raw.

GRILLED



Go lean and mean:

Outdoors, on a grill pan, in the broiler, or with a counter-top grill, grilling is a fast and easy way to cook without adding extra fat—no need for more than a ½ tsp drizzle of oil on your veggies (*if at all*).



TRY IT: Grill vegetables by using skewers to make healthy kabobs, or toss chopped veggies into an aluminum foil bag and place on the grill alongside the other foods for your meal. Efficient and delicious!

BLANCHED



Go crisp and colorful:

Blanching helps preserve the texture of vegetables *and* enhances their color for a meal that's as bright and crisp on your plate as your palate.



TRY IT: Boil water, add veggies, and cook for 2-3 minutes, uncovered. Drain in a colander and rinse under cold water.

Healthy tip: choose olive or canola oil.

You only need a small amount (*about 1-2 tsp*) for most cooking methods. Avoid excess fat from oil and butter by using a cooking spray to lightly coat pans and skillets.

SAUTÉED *or* STIR-FRIED



Spice things up:

If you love garlic, herbs, and spices, sautéing is a quick and tasty way to add your own creative flair to a topping or side dish, especially with vegetables like zucchini, onion, bell pepper, and tomato.



TRY IT: Drizzle ½ tsp oil in pan. Once hot, add thin-sliced vegetables and your favorite seasonings, and cook for about 2 minutes. If they start to stick, add a splash of water instead of oil to keep things healthy.

BAKED *or* ROASTED



Add tender, loving care:

Baking and roasting adds tender texture, flavor, and color to your vegetables. Ideal for squash, carrots, broccoli, sweet potatoes, asparagus (*and more!*).



TRY IT: Toss chopped fresh or frozen veggies with seasoning and a dash of oil, spread onto a baking sheet or pan, and bake until tender in a 350° oven. Toss occasionally for even cooking.



TRY IT: Prick vegetables (*like potatoes*) all over with a fork. Microwave on medium-high, turning food in 3-minute increments until tender.

STEAMED



Go fast and fresh:

Steaming is a great way to cook vegetables, as it is fast, healthy, and helps retain vitamins and flavor.



TRY IT: Add a half-inch of water to a pot and bring to a boil. Set veggies in water (*or colander, if preferred*). Cover tightly with lid and steam until tender, anywhere from 5 minutes (*leafy greens*) to 25 minutes (*artichokes*).



TRY IT: Place veggies into shallow dish with sides, add 3-5 tbsp water, and cover with a damp paper towel. Microwave on high in 2-minute increments until food is tender, but not mushy.