

Quick and Tasty Ways to Cook Vegetables

Guide to cooking a variety of fresh and frozen vegetables with recipes to try

MICROWAVE

Place vegetables in a large microwave safe dish (preferably glass). To preserve most nutrients, use very little liquid. **Fresh vegetables:** use ¼ cup of liquid for every pound of fresh vegetables. **Frozen vegetables:** use 1 to 2 Tablespoons water for every 10 to 12 ounces of frozen vegetables. Cover tightly with a lid or microwave-safe plastic wrap and microwave on high until tender (time will vary depending on microwave and if using fresh or frozen vegetables).

Cauliflower: (serves 4 – 6)

Fresh: Cut into 1-inch florets. Place in a large microwave-safe baking dish. Add ¼ cup dry white wine, broth or water. Cover tightly and microwave on high about 4 minutes.

Frozen: place frozen cauliflower florets in a large microwave-safe baking dish. Add 2 Tablespoons liquid, microwave on high until tender.



GRILLING

Grilled vegetables are colorful with a bright and intense flavor.

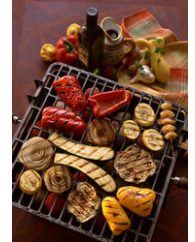
General Instructions. Wash vegetables very well. Cut vegetables to expose the maximum surface area to the grill. Smaller vegetables may need to be wrapped in aluminum foil. Brush or spray the vegetables with a little oil before placing vegetables on the grill. Season with a little salt and pepper. To avoid burning, the grill should be medium-hot. Test by holding your hand 5 inches above the grill grate. If you can hold your hand there for 3-4 seconds the grill is ready.

Grilled Zucchini or Summer Squash

Trim off both ends of the zucchini or squash and slice the long way into ½-inch thick planks.

Spray vegetables with oil and season with lemon pepper. Place vegetables on grill.

Grill 8–10 minutes, turning once half way through the cooking time.



OVEN ROASTING

Oven roasting releases the natural sweetness of vegetables (called caramelization). Onions, white and sweet potatoes, brussels sprouts, green beans, cauliflower and carrots are just some of the vegetables that roast well.

General Instructions: Preheat oven to 425 degrees. Spread vegetables on baking sheet or pan large enough to hold them in a single layer. Coat with olive oil (generally 2 teaspoons oil for every pound of vegetables). Sprinkle with a little salt. Roast until tender and browned in a few places. Roast harder vegetables such as potatoes, beets or brussels sprouts for 30 to 40 minutes. Roast softer vegetables such as asparagus, broccoli and cauliflower for 12 to 15 minutes.

Oven roasted green beans:

1 pound green beans (washed and ends trimmed off)
2 teaspoons olive oil.

Pre heat oven to 425 degrees.

In large bowl, coat green beans with olive oil.

Place on pan large enough to hold them in a single layer.

Sprinkle with ½ teaspoon salt.

Put in oven. Roast until tender and beginning to brown about 12 minutes.



SAUTÉING

Sautéing is a quick way to cook almost any fresh or frozen vegetable. Very little oil, spray, broth or water is needed especially if using a nonstick pan. Two teaspoons of oil or broth is needed for every 1 pound of vegetables.

General Instructions: Spray pan with vegetable spray or add 2 teaspoons oil or broth to pan and turn heat to medium. Add vegetables. Cook 3 to 5 minutes until tender. Season with salt and pepper.

Sautéed Lemon Swiss Chard: (serves 4)

2 teaspoons olive oil

3 cloves garlic, sliced

1 head Swiss chard, washed and chopped into large pieces

¼ teaspoon salt

¼ cup lemon juice

1 to 2 Tablespoons balsamic vinegar

Heat olive oil in skillet over medium heat. Sauté garlic until slightly browned.

Add in Swiss chard and salt, cook until wilted.

Turn off heat and toss with lemon juice and balsamic vinegar.



References: Cooks Illustrated May & June 2001; www.eatingwell.com; Foundations of Food Preparation 6th ed. Simon & Schuster Company.