

How to Cook Vegetables

Enjoy flavorful and appealing vegetables by using these cooking tips! Choose a new vegetable or cooking method to try. For any method, actual cooking times will vary depending on the size and thickness of the vegetable. Cook vegetables until they are tender but still firm (crisp-tender).

| Vegetable | Steam | Bake or Roast | Microwave | Sauté |
|------------------|------------|-------------------------------|-----------------------|---------------------------|
| Asparagus | 8-10mins | 400°F for 8-10 mins | 2-4 mins | 5-10 mins |
| Beets | 30 mins | 400°F for 30 mins | 10 mins | 2-5 mins |
| Brussels Sprouts | 8-10 mins | 400°F for 20 mins | 4-6 mins | 8-10 mins (thinly sliced) |
| Broccoli | 5-6 mins | 425°F for 15-18 mins | 2-3 mins | 6-8 mins |
| Cabbage | 5-8 mins | 400°F for 30 mins (wedge) | 5-6 mins | 5-10 mins (thinly sliced) |
| Carrots | 4-5 mins | 400°F for 20-30 mins | 4-5 mins | 7-10 mins (thinly sliced) |
| Cauliflower | 5-10 mins | 400°F for 25-30 mins | 2-3 mins | 5-10 mins |
| Corn on the cob | 4-7 mins | 350°F for 30 mins (husks on) | 1.5-2 mins (husks on) | Not recommended |
| Eggplant | 10 mins | 400°F for 30-60 mins | 10 mins | 8-10 mins |
| Greens | 7-12 mins | 300°F for 15-20 mins | 1-3 mins | 2-5 mins |
| Green Beans | 5-8 mins | 425°F for 12-15 mins | 3-4 mins | 5-10 mins |
| Mushrooms | 4-5 mins | 400°F for 25 mins | 2-3 mins | 4-6 mins |
| Okra | 7 mins | 425°F for 10-15 mins | 4-6 mins | 2-3 mins |
| Onions | 5 mins | 425°F for 25-30 mins (halved) | Not recommended | 5-7 mins |
| Peas | 4-5 mins | 400°F for 20 mins | 2-3 mins | 7-10 mins (pods) |
| Peppers | 2-4 mins | 450°F for 10-15 mins | 2-3 mins | 5-7 mins |
| Potatoes | 10-12 mins | 425°F for 20 mins | 6-8 mins | 10-15 mins (thin sliced) |
| Rutabaga | 25 mins | 425°F for 40 mins | 12-17 mins | 10-12 mins |
| Spinach | 5-6 mins | 450°F for 3-6 mins | 1-2 mins | 2-5 mins |
| Squash, summer | 3-5 mins | 350°F for 30 mins | 4-6 mins | 8 mins |
| Squash, winter | 10-12 mins | 400°F for 40 mins | 5-10 mins | 15-20 mins |
| Sweet Potato | 5-7 mins | 400°F for 8-10 mins (chopped) | 8 mins (whole) | 10-15 mins (thin sliced) |
| Zucchini | 4-6 mins | 450°F for 12-15 mins | 2-3 mins | 4-6 mins |

Vegetable Recipes:

Here are two vegetable recipes. For more ideas, visit www.nutrition.va.gov/Recipes.asp.

Roasted Vegetables

Recipe adapted from the VA Healthy Teaching Kitchen Low Sodium Cookbook.

Serving Size: ½ cup Servings: 8

Ingredients:

- 5-6 cups vegetables of your choice cut into ¾-inch pieces (eggplant, carrot, peppers, onion, potato, winter squash, mushrooms, cauliflower, etc.)
- 1 Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- 1 clove garlic, minced
- 2 teaspoons dried basil
- Pepper, to taste

Preparation:

1. Spray baking pan with non-fat cooking spray.
2. Mix olive oil, balsamic vinegar, garlic, basil, and pepper together for marinade.
3. Toss vegetables in marinade.
4. Spread vegetables in baking dish and cover with foil. Bake 10 minutes at 450° F.
5. Remove foil, stir, and bake for 25-30 minutes until fluid is evaporated and vegetables are tender.

Summer Veggie Sauté

Serving Size: 1.5 cups Servings: 4

Ingredients

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 6 cups vegetables of your choice cut into evenly sized pieces (sugar snap peas, asparagus, zucchini, summer squash, etc.)
- ½ cup fresh basil, chopped
- 1 teaspoon lemon juice

Preparation:

1. Heat oil in a large skillet over medium heat. Add onion and stir often for 4 minutes.
2. Increase the heat to medium high. Add the rest of the vegetables. Cook for 8 minutes, stirring often.
3. Remove from heat. Stir in fresh basil and sprinkle lemon juice on top.