

How to Enjoy More Vegetables

Enjoy flavorful and appealing vegetables by following these cooking recommendations. Choose a new vegetable or cooking method to try.

Vegetable	Steamed	Baked/Roasted	Microwaved	Sautéed*
Asparagus	8-10mins	400° for 8-10 mins	2-4 mins	5-10 mins
Green Beans	5-8 mins	425° for 12-15 mins	3-4 mins	5-10 mins
Brussels Sprouts	8-10 mins	400° for 20 mins	4-6 mins	8-10 mins (thinly sliced)
Broccoli	5-6 mins	425° for 15-18 mins	2-3 mins	6-8 mins
Cabbage	5-8 mins	400° for 30 mins (wedge)	5-6 mins	5-10 mins (thinly sliced)
Carrots	4-5 mins	400° for 20-30 mins	4-5 mins	7-10 mins (thinly sliced)
Cauliflower	5-10 mins	400° for 25-30 mins	2-3 mins	5-10 mins
Corn on the cob	4-7 mins	350° for 30 mins (husks on)	1.5-2 mins (husks on)	Not recommended
Mushrooms	4-5 mins	400° for 25 mins	2-3 mins	4-6 mins
Onions	5 mins	425° for 25-30 mins (halved)	Not recommended	5-7 mins
Peas	4-5 mins	400° for 20 mins	2-3 mins	7-10 mins (pods)
Peppers	2-4 mins	450° for 15 mins (peel off black)	2-3 mins	5-7 mins
Potatoes	10-12 mins	425° for 20 mins	6-8 mins	10-15 mins (thin sliced)
Spinach	5-6 mins	450° for 3-6 mins	1-2 mins	2-5 mins
Sweet Potato	5-7 mins	400° for 8-10 mins (chopped)	8 mins (whole)	10-15 mins (thin sliced)
Zucchini	4-6 mins	450° for 12-15 mins	2-3 mins	4-6 mins

For any vegetable cooking method, actual cooking times will vary depending on the size and thickness of items. Cook vegetables until they are tender but still firm (crisp-tender).

Roasted Vegetables

Recipe adapted from VA Healthy Teaching Kitchen Low Sodium Cookbook.

For more recipes visit: www.nutrition.va.gov/Recipes

Serving Size: 1/2 cup

Makes 8 servings

Ingredients:

- 5-6 cups vegetables cut into 3/4-inch pieces (eggplant, carrot, pepper, onion, potato, winter squash, mushrooms, and cauliflower)
- 1 Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- 1 clove minced garlic
- 2 teaspoon dried basil
- Pepper to taste

Preparation:

1. Spray baking dish 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 in baking dish and cover with foil. Bake 10 minutes at 450° F.
5. Remove foil and bake for 25-30 minutes until fluid is evaporated and vegetables are tender.

Nutrition Information
Calories: 61
Fat: 2gm
Sodium: 141mg
Carbohydrates: 11gm
Fiber: 2gm
Protein: 1.5gm

Early Summer Veggie Sauté

Adapted from One Green Planet

Serving Size: 1.5 cups

Makes: 4 servings

Ingredients:

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 6 cups vegetables (combination of sugar snap peas, asparagus and zucchini, cut into even sizes pieces)
- ½ cup fresh basil
- 1 teaspoon lemon juice

Preparation:

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

Nutrition Information
Calories: 145
Fat: 5gm
Sodium: mg
Carbohydrates: 21gm
Fiber:
Protein: