**STEAMING VEGETABLES:**

Steaming is a moist-heat cooking technique that uses hot steam to conduct the heat to the food item. This is quick, easy, and healthy, only requires water, and retains the vegetable’s natural flavors and colors.

Cut vegetables into similarly sized and shaped pieces so they cook at the same rate.

To steam vegetables, heat a small amount of water in a pot on the stovetop. Bring the water to a simmer - or barely a boil. The vegetable to be cooked is placed in a basket suspended above the liquid and then the pot should be covered.

There are steaming baskets that can be bought at cooking supply stores, but in a pinch a metal colander or sieve can work as a steam basket too! If you have a metal colander, make sure the holes are not so big that the vegetable pieces will fall through and that the colander will nest into the pot with the water without touching the water. Once the water has begun to simmer, place the colander steaming basket onto the top of the pot and then put the pot lid on top of the colander.

Good vegetables for steaming include: broccoli, cauliflower, kale, collard greens, and carrots.

**STEAMED BROCCOLI WITH GARLIC, LEMON, AND BUTTER**

**INGREDIENTS:**
- 1 large bunch of broccoli
- 2-3 garlic cloves, chopped
- 2-3 tablespoons butter
- Salt to taste
- Juice from 1/2 a lemon (use a whole lemon if it is on the smaller side, or not the juiciest!)

**DIRECTIONS:**
Cut the thick stems from a large bunch of broccoli. Peel and trim the stems, and cut them into pieces.

Cut the tops of the broccoli into the florets, or bite sized pieces. Steam the prepared broccoli and stems until tender.

While the broccoli is steaming, melt the butter in a small pan over medium-low heat. Add the chopped garlic and a pinch of salt. Cook just until the butter starts to bubble. Turn off the heat, and add a big squeeze of lemon juice.

Remove broccoli from steamer to a serving bowl, pour the flavored butter over the broccoli, toss and serve.

For variety, add chopped marjoram or oregano to the hot butter. And/or, use half butter and half extra-virgin olive oil instead of all butter.
SAUTÉING VEGETABLES:

Sautéeing is a quick way of cooking over high heat in just a little oil or fat. Food (small pieces of vegetables, meat, or fish) is cut in small pieces and quickly tossed or stirred in a hot pan with a small amount of oil until it is done. This cooks the foods quickly; meats stay succulent and vegetables fresh and juicy.

A sauté pan has rounded sides which make it easier to toss the food, although in a pinch, a classic frying pan will do. When sautéeing, ingredients are added in an amount that is easy to toss or stir in the pan, and need to be moved about quickly so that all sides of the pieces can make contact with the hot pan right away. The pan must be quite hot and the heat turned up before the cooking begins to ensure the food is seared immediately – otherwise the food will start to sweat, lowering the chances of browning and raising the chances of sticking. To check if the pan is hot enough, add a drop of water or two before adding the food – if you hear a nice crisp sizzle then the pan is ready.

Use an oil with a high smoke point to sauté – Canola oil or Grapeseed oil are good choices. Add just enough oil to coat the pan and keep the food from sticking. Occasionally, some ingredients absorb all the oil and threaten to stick; add more oil right away, pouring it down the side of the pan so it has a chance to heat up on its way into the pan. Meat and vegetables are seasoned with salt and pepper either in advance or right at the start of the cooking; most other seasonings are added towards the end to keep them from burning. Have all of your ingredients ready to go before you start cooking, as there will be no time to gather them once you start to sauté!

Many sautés start with onions and garlic, and then other vegetables are added as desired. Start simple, with just a few different vegetables. Find a few different combinations of vegetables that you like and gradually build up to more and new vegetables.

SAUTÉED CAULIFLOWER

INGREDIENTS:
1 large head of cauliflower (or 2 small heads)
2 tablespoons olive oil
Salt

DIRECTIONS:
Remove the leaves from the outside of the cauliflower, and then remove the base of the stem. From the top down, cut the cauliflower into 1/4-inch slices (if the cauliflower is too large to handle easily, cut in half first, and then cut slices). Leave cauliflower on cutting board temporarily.

Heat olive oil in a sauté pan over medium-high heat until hot. You can tell the oil is hot when it glistens and moves easily around the pan. Once the oil is hot, but not smoking, add the cauliflower with a pinch or two of salt.

Let the cauliflower sit until it starts to brown a bit before stirring and tossing. Cook, continuing to stir and toss until the cauliflower is tender, about 7 minutes total. Don’t worry if the cauliflower starts to break up; that is part of the charm of the dish! Taste for salt and add more if needed. Finish with a light drizzle of olive oil if desired.

VARIATIONS:
• When the cauliflower is a minute or so from being done, add a couple of chopped garlic cloves and 1 tablespoon of chopped parsley.
• In addition to adding the garlic and parsley above, a classic Italian dish also adds chopped salt-cured anchovies and capers, hot chili flakes, and coarsely chopped olives. This is a delicious mix to put on top of some whole wheat pasta!
• Sprinkle with fresh-ground cumin, chopped garlic, turmeric, and chopped cilantro during the last few minutes of cooking.
Critical points for roasting vegetables: The shape in which they are cut; seasoning and oiling; and temperature at which they are cooked.

Cut vegetables into pieces that are more or less the same size so they will cook evenly and be done at the same time. Root vegetables with tough skins should be peeled before being cut.

When cutting: avoid shapes that have thin edges as they tend to burn before the centers are done; and don’t cut vegetables too small or they will be mostly browned bits with very little soft flavorful vegetable left to eat.

To season and oil vegetables: place cut vegetables in a large bowl and use a spoon or your hands to toss with salt and olive oil. The vegetables only need a light coating of oil – if oil is pooling at the bottom of the bowl as you toss the vegetables then you have used too much oil. Mix in a little salt and any other herbs or spices you would like to season the vegetables. Lay the vegetables out on a baking sheet that has low sides – the sides will make it easier to stir the vegetables while they are cooking.

Cook vegetables in a hot oven preheated to 400˚F. A lower temperature will dry out the vegetables as they are cooking making them leathery before they are done. A higher temperature will burn them before they are cooked all the way through.

While roasting, stir the vegetables a few times to keep them from drying out - turning the pieces along the edges into the center. Roast the vegetables until they are tender and nicely browned here and there. To test for tenderness and doneness, probe a piece with the tip of a knife – or better yet, take a piece out to cool and then taste! Don’t let the roasting go too far – a little browning makes things sweeter, but if they get too dark they will taste bitter.

Examples of good veggies to roast: Brussels sprouts, asparagus, carrots, turnips, parsnips, potatoes, sweet potatoes, squash, garlic, onions, broccoli, fennel, artichokes, eggplant, celery root, rutabagas, kohlrabi.

Roasting vegetables is one of the easiest and most delicious ways to prepare vegetables. As vegetables roast, their flavors intensify and their brown caramelized edges add sweetness and texture. Most any vegetable can be roasted, either simply with salt and olive oil or with garlic, herbs and spices for added flavor.

**ROASTING SQUASH**

Smaller winter squash, like Delicata and Acorn varieties, can be roasted in halves. Cut the squash in half and scoop out the seeds, place the halves cut-side up on an oiled baking sheet and sprinkle cut-side with a little oil and salt. Then turn cut-side down on the baking sheet, and roast in oven until soft. Then scoop the squash out of the skin shell and enjoy!

Butternut and Delicata squash can also be roasted with the peel on. Cut in half and scoop out seeds, then cut into slices and lay on an oiled baking sheet to roast. The skin is so tender after roasting it is fine to eat!

Squash can also be peeled and cut into cubes for roasting. Many squash can be peeled with a simple potato or vegetable peeler, but some with thicker skins may require a knife. Toss cubes with olive oil and fresh sage, or other herbs and spices to your taste before roasting.
Eating vegetables raw means eating them in their most natural state and not cooking them at all. It is still a good idea to wash any dirt off prior to eating though!

Eating raw vegetables is refreshing, there’s no cooking equipment or tools required, and you can enjoy the vibrant flavors and textures (crunchy radishes, crisp snap peas, and delicate spinach leaves).

Raw vegetables are great for salads, or cut up in wedges (carrots, celery, cucumbers, bell peppers) as snacks!

---

**CUTTING TECHNIQUES**

**CHOP:** Cut into pieces of an even size. Cutting pieces smaller and smaller until you achieve the desired size.

**DICE:** Cut pieces into cubes - as even as possible, but does not have to be precise! Think of what you are cutting as a grid. Cut even slices in one direction, then cut the slices (in a stack or not) into even-sized matchstick shapes, then cut across the matchsticks into cubes. The thinner the slices, the finer the dicing.

**MINCE:** Chop pieces very finely. First dice the food very small, then pile all the pieces together, and chop it even smaller.

**JULIENNE:** Cut food into thin matchstick shapes - the first 2 steps of dicing! Cut even slices in one direction, then cut the slices (in a stack or not) into even-sized matchstick shapes.

**CHIFFONADE:** Cut leafy herbs, lettuces, or greens into thin strips or ribbons. An easy way to do this is to neatly pile the leaves one on top of another, and then roll the pile up lengthwise into a neat cigar-looking roll. Slice the roll of leaves crosswise, cutting it into very thin ribbons.