

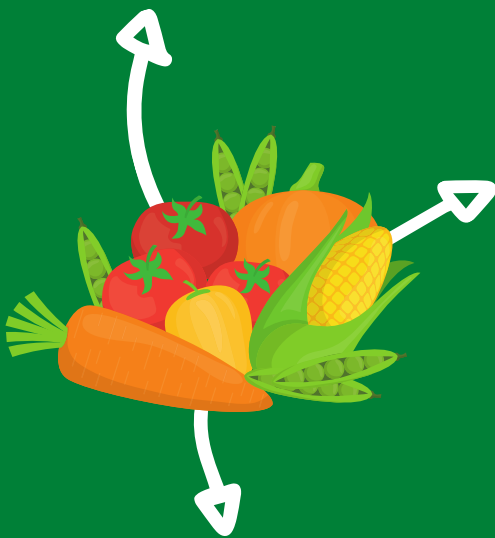
# A QUICK GUIDE TO VEGETABLE PREPARATION METHODS

## BOIL

*To cook foods in a boiling liquid*

- preserves vegetable colors
- preserves antioxidants
- beware of losing water soluble vitamins!

Suggestion: carrots, peas, potatoes



## ROAST

*To cook foods in a hot oven*

- brings out flavor
- improves texture
- great for retaining nutrients

Suggestion: onions, sweet potatoes, tomatoes

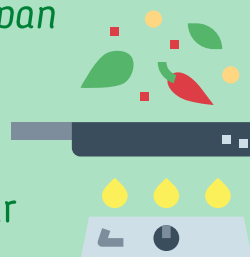


## SAUTÉ

*To cook foods in a thin film of hot oil in a pan*

- maximizes flavor
- results in a tender-crisp texture
- the addition of a little bit of oil helps your body absorb fat soluble vitamins

Suggestion: zucchini, bell peppers, mushrooms



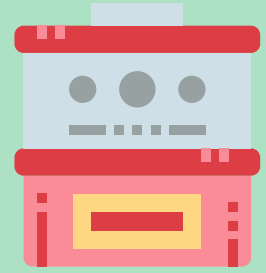


## STEAM

*To cook food that is suspended, generally in a basket, over simmering liquid in a covered pot*

- preserves easily damaged nutrients, such as vitamin C and many vitamin Bs
- good texture quality
- preserves color
- preserves fiber
- enhances nutrients in some vegetables (ex: broccoli)

Suggestion: broccoli, collard greens, bok choy



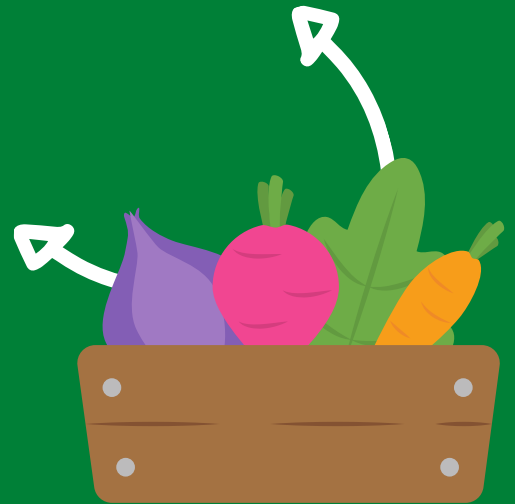
## MICROWAVE

*To cook by placing food in the path of microwaves*

- short cooking time
- uses less heat, preserves heat sensitive vitamins
- retains nutrients
- preserves fiber



Suggestion: broccoli, carrots, beets



## A Note About Cooking

Very often, nutrients can get lost in the cooking water. Heat from cooking can break down vegetables for better digestion and absorption of some nutrients, but destroy others. Beware of overcooking your vegetables, which can damage texture, taste, and nutrients, and also produce harmful substances to your body. Every vegetable cooking method (or just eating raw) brings its own advantages and disadvantages...there is no one best way to eat your vegetables!

## RAW

*No heat treatment to the food*

- easy to prepare: just wash and cut
- high fiber
- good texture quality
- nutrients are not damaged by heat and some are well-preserved

Suggestion: kale, cauliflower, lettuce

### \*Note

- some vegetables can NOT be eaten raw!
- some nutrients will not be available when eaten raw
- make sure to wash vegetables thoroughly before eating



## FERMENTATION

*To use live microorganisms (such as lactic acid bacteria) as a means to preserve foods*

- improves shelf life
- enhances taste
- increases levels of vitamins such as K and some vitamin Bs
- supports gut health\*

Suggestion: cucumbers, cabbage, olives

### \*About Gut Health

*Probiotics*, or good bacteria, can be found in fermented foods. They help you maintain a good mixture of gut bacteria to keep your intestinal walls strong and digestive system working properly.



\*Note that this is not an exhaustive list of all vegetable preparation methods