

# Raw Veggies are Great, but Cooking Can Add Interest

## EASY COOKING METHODS FOR FRESH VEGGIES



### OVEN ROASTING

Roasting vegetables in the oven is done by cooking the vegetables at a very hot temperature for a short period of time. With high heat, the flavor of the food sweetens as the natural sugars caramelize while the outside of vegetable gets crisp and the inside softens. Roasting vegetables is a simple technique that can help picky eaters learn to like vegetables.

#### INSTRUCTIONS:

1. Preheat the oven to 425 degrees.
2. Lightly cover a baking sheet with some oil (can be sprayed or wiped on with a paper towel).
3. In a bowl, mix evenly sized vegetable pieces, a small amount of oil, and salt and pepper to taste.
4. Spread the contents of the bowl in a single layer on the baking sheet.
5. Put the baking sheet in the preheated oven and bake until the vegetables are starting to brown on the outside and are soft on the inside (about 15 minutes - 1 hour, varies by vegetable).



### SAUTÉING

Using a saucepan over a stovetop, sautéing is done at a medium to high heat in a small amount of oil, broth, or water. Like oven roasting, the heat of the pan will help to caramelize the sugars in the food to sweeten the flavor of the vegetable. As the vegetables are stirred occasionally, the overall texture of the food is softened.

#### INSTRUCTIONS:

1. Warm a small amount of oil, broth, or water in saucepan at medium to high heat on a stovetop.
2. Lower the temperature to low or medium heat and spread evenly sized vegetable pieces in the pan, adding salt, pepper, or other seasoning to taste.
3. Stir the vegetables every 1-2 minutes, to allow all sides of the food to cook evenly.
4. Cook until the vegetables are tender on the inside (about 5-20 minutes, varies by vegetable).



### GRILLING

Grilling vegetables, which is similar to oven roasting, is done by cooking the vegetables at a high temperature for a short period of time. This can be done over a stovetop with a grill pan, on a gas grill, or on a charcoal grill. The resulting flavor and texture of the food will be similar to oven roasted vegetables, where the vegetable is sweetened with a crisp outside and soft inside.

#### INSTRUCTIONS:

1. Preheat the grill or grill pan to medium-high heat.
2. In a bowl, mix evenly sized vegetable pieces, a small amount of oil, and salt and pepper to taste.
3. Wrap the contents of the bowl in aluminum foil, spreading the vegetables into a single layer.
4. Lower the heat on the grill and place the foil directly on the grill. Cook until the vegetables start to brown on the outside and are soft on the inside (about 10-35 minutes, varies by vegetable).