

The Vegetables

How to cut, cook, and season various vegetables.



ACORN SQUASH

Halve and scrape out the seeds, cut in 1-inch wedges (cut into cubes for sauté)

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 10- 20 minutes

TIME ON GRILL: 20-35 minutes

SEASONINGS: fresh thyme leaves, honey, or real maple syrup



ASPARAGUS

Snap or cut off the woody end and leave whole.

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 5 minutes

TIME ON GRILL: 5-7 minutes

SEASONINGS: a squeeze of lemon and/or minced garlic



BELL PEPPERS

Halve and scrape out the center and seeds, cut into ½-inch thick slices (or can roast whole for longer time)

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 5-8 minutes

TIME ON GRILL: 10-15 minutes

SEASONINGS: garlic, fresh basil, and dried oregano; or fajita seasoning



BROCCOLI & CAULIFLOWER

Snap or cut off the florets, if needed, break into 2-inch pieces.

TIME IN OVEN: 30-40 minutes

SAUTÉ TIME: 5-8 minutes

SEASONINGS: a squeeze of lemon, parmesan cheese, garlic, and Italian seasoning



BRUSSELS SPROUTS

Trim the ends and cut in half if large, leave whole if small.

TIME IN OVEN: 35-40 minutes

SAUTÉ TIME: 10-15 minutes

SEASONINGS: a drizzle of honey or balsamic vinegar, garlic, and/or thyme



CARROTS & PARSNIPS

Trim the ends and peel, cut into 2-inch pieces, cut lengthwise into quarters.

TIME IN OVEN: 30 - 40 minutes

SAUTÉ TIME: 8 - 12 minutes

TIME ON GRILL: 10 - 15 minutes

SEASONINGS: a sprinkle of fresh thyme, parsley, rosemary, dill, and/or lemon juice

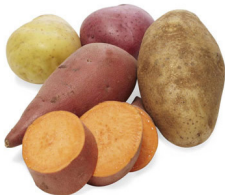


GREENS (KALE, CABBAGE, CHARD, SPINACH)

Cut or keep leaves in 2-inch pieces, laying all of the pieces in the pan.

SAUTÉ TIME: 5 - 15 minutes

SEASONINGS: garlic, red pepper flakes, and/or cider vinegar or lemon juice



POTATOES & SWEET POTATOES

Scrub the skins clean, cut into ½-inch pieces (can be chunks, wedges, or fries)

TIME IN OVEN: 40 - 50 minutes

SAUTÉ TIME: 10 - 15 minutes

TIME ON GRILL: 15 - 30 minutes

SEASONINGS: a sprinkle of fresh rosemary, fresh thyme, dill and/or minced garlic



TOMATOES (PLUM OR CHERRY)

Cut tomatoes in half (leave cherry tomatoes whole), roast cut side down.

TIME IN OVEN: 20 - 25 minutes

SEASONINGS: minced garlic, chopped fresh basil and/or crumbled feta



ZUCCHINI & SUMMER SQUASH

Trim the ends and cut into ½-inch thick circular slices or wedges.

TIME IN OVEN: 20 - 30 minutes

SAUTÉ TIME: 5 - 10 minutes

TIME ON GRILL: 8 - 12 minutes

SEASONINGS: a sprinkle of Italian seasoning, basil, oregano, minced garlic, parmesan cheese, and/or a squeeze of lemon juice



MUSHROOMS

Trim the stems. Cut in half.

TIME IN OVEN: 20 - 30 minutes

SAUTÉ TIME: 8 - 12 minutes

TIME ON GRILL: 10 - 15 minutes

SEASONINGS: fresh thyme or dill weed, minced garlic, or a splash of soy sauce