

Eating Your Vegetables

You'd probably like them if they were cooked properly

Vegetable Specific Best Results

Artichokes: steamed (stove), hearts from jar over salad/pasta

Asparagus: roasted, grilled, sautéed

Beans: canned, dried (rehydrated, boiled)

Beets: canned, steamed (stove)

Bell Peppers: in omelets (sautéed), stir-fries, grilled, raw

Broccoli: Butter steamed, grilled, sautéed

Brussels sprouts: oven roasted

Butternut Squash/Honey Nut Squash/Kibocha Pumpkin: oven roasted, steamed in microwave

Carrots: raw, sautéed, in soup, stew, or sauce

Celery: raw, in soup or stew (after lightly sautéing)

Corn on the cob: microwave in husk (silk comes off easily);

1 ears: 2-2.5 minutes (small), 3 minutes (medium-large);

2 ears: 4 minutes (small), 5 minutes (medium-large)

Corn (frozen or fresh): steamed in microwave, in soup or stew

Eggplant: oven roasted, or grilled

Green beans (fresh, or frozen—full or French cut): steamed in the microwave

Leak (onion family): sautéed, in omelets, in soup, stew, or sauce

Lettuce (raw): salad or sandwiches

Mushrooms: grilled, sautéed, in omelets, raw in salad, in soup/stew/sauce, other baked dishes

Onions: grilled, sautéed, in omelets, raw (red) in salad or sandwiches, in soup, stew, sauce, or baked savory dishes

Peas (frozen or fresh): steamed in microwave

Peas in Pod (raw): in salad, as snack, or steamed in microwave

Spinach (raw): salad or sandwiches, blanched as side dish or in omelets, in soup, stew, sauce, or baked savory dishes

Swiss Chard: blanched

Tomatoes: raw, canned or in a jar (for cooking) in soup/stew/sauce, other baked dishes

Yellow Squash: grilled, sautéed

Zucchini: grilled, sautéed, in soup or stew (after lightly sautéing), or in baked savory dishes

Frozen Vegetables

Only **green beans, peas, corn, & spinach** (for cooking) freeze well.

Do not bother with other frozen vegetables no matter how convenient. You won't like them & won't eat them.

Salads

Salads are great when eating out & someone else is chopping all the vegetables.

When cooking for one, large quantities of vegetables have to be purchased for a salad, which often go bad before they can be completely eaten.

Additionally, many salad dressings are very high fat & high calorie, and vigilance is required to make sure a salad does not become fairly unhealthy (which typically defeats the purpose).

Canned Vegetables

Only **tomatoes** (for cooking), **beets, beans, heart of palm, artichoke hearts, & baby corn** can well.

Opt for jarred in glass over traditional cans when available.

Potatoes

Potatoes are nature's starch, and do not count towards your recommended vegetable consumption.