

Sautéing Vegetables

Directions

1. Wash vegetables and chop into serving or bite size pieces (chop all vegetables before beginning to cook).
2. In an unheated non-stick pan combine 1/4 t-1 T olive oil or butter* with vegetables to be cooked. (Do not preheat the pan and oil or butter).
3. Cook vegetables on medium heat, stirring constantly until they are tender and slightly browned, but still bright in color (onions will turn partly translucent).
4. Lightly salt and serve or continue recipe if following one.

*Non-stick pans still require some cooking spray, oil, or butter. Less can be used, however, than in regular pans.

Cookware & Equipment

Cutting board
Chef's knife
Spoon
Large frying pan

Techniques & Tips

- While the vegetables are cooking, stir constantly with the goal of rotating pieces on the bottom and top of the pan for even cooking (don't allow some pieces to always remain stuck on the bottom of the pan, which will result in overcooking and burning, while other pieces are always on the top, and which will remain undercooked).
- To have the most control over cooking time, chop vegetables into pieces of similar sizes, and cook only one type of vegetable at a time.
- When cooking smaller quantities of vegetables, consider the cooking order when cooking multiple vegetables at once. Onions typically take the longest so cook the onions until partially done before adding other vegetables. Add fast cooking vegetables such as leafy greens and fresh herbs at the very end, as they will cook in a few seconds.