



Simple Guide to Vegetable Preparation

Enjoy flavorful and appealing vegetables by following these cooking recommendations. Consider choosing a new vegetable or a new cooking method to try. For any vegetable cooking method, actual cooking times will vary depending on the size and thickness of items. Cook vegetables until they are tender but still firm (crisp-tender).

Vegetable Cooking Methods

Vegetable	Steamed	Baked/Roasted	Microwaved	Sautéed
Asparagus	8 - 10 minutes	400°F for 8 - 10 minutes	2 - 4 minutes	5 - 10 minutes
Beets	25 - 30 min. (whole)	400°F for 30 - 40 minutes (wedge)	10 - 12 minutes (in parchment packet)	15- 20 minutes (thinly sliced)
Brussels sprouts	8 - 10 minutes	400°F for 20 minutes	4 - 6 minutes	8 - 10 minutes (thinly sliced)
Broccoli	5 - 6 minutes	425°F for 15 - 18 minutes	2 - 3 minutes	6 - 8 minutes
Cabbage	5 - 8 minutes	400°F for 30 minutes (wedge)	5 - 6 minutes	5 - 10 minutes (thinly sliced)
Carrots	4 - 5 minutes	400°F for 20 - 30 minutes	4 - 5 minutes	7 - 10 minutes (thinly sliced)
Cauliflower	5 - 10 minutes	400°F for 25 - 30 minutes	2 - 3 minutes	5 - 10 minutes
Green Beans	5 - 8 minutes	425°F for 12 - 15 minutes	3 - 4 minutes	5 - 10 minutes
Hearty greens (e.g. kale, collards)	5 - 10 minutes	400°F for 20 - 25 minutes (in foil or parchment packet)	10 - 12 minutes	10 - 15 minutes
Mushrooms	4 - 5 minutes	400°F for 25 minutes	2 - 3 minutes	4 - 6 minutes
Onions	5 minutes	425°F for 25 - 30 minutes (halved)	Not recommended	5 - 7 minutes
Peas	4 - 5 minutes	400°F for 20 minutes	2 - 3 minutes	7 - 10 minutes (pods)
Peppers	2 - 4 minutes	450°F for 15 minutes (peel off any black parts on skin)	2 - 3 minutes	5 - 7 minutes
Spaghetti squash	23 - 25 min. (whole)	400°F for 45 - 60 minutes (halved)	15 - 20 min. (halved)	Not recommended
Spinach	5 - 6 minutes	450°F for 3 - 6 minutes	1 - 2 minutes	2 - 5 minutes
Zucchini	4 - 6 minutes	450°F for 12 - 15 minutes	2 - 3 minutes	4 - 6 minutes

Roasted Vegetables

Recipe adapted from [VA Healthy Teaching Kitchen Low Sodium Cookbook](#).

Yield: 8 servings, Serving Size: ½ cup

Ingredients

5 - 6 cups vegetables, cut into ¾-inch pieces (e.g. eggplant, carrot, pepper, onion, potato, winter squash, mushrooms, cauliflower; one type or a combination)

1 tablespoon extra-virgin olive oil

1 tablespoon balsamic vinegar

1 clove garlic, minced

2 teaspoons dried basil

Ground black pepper, to taste

Directions

1. Preheat the oven to 450°F. Spray a baking sheet with nonstick cooking spray, or line with parchment paper.
2. Whisk together the olive oil, balsamic vinegar, garlic, basil, and pepper.
3. Place the vegetables in a large mixing bowl or a large zip-top bag. Pour the oil-vinegar mixture over the vegetables and toss until the vegetables are well-coated.
4. Spread the vegetables onto the prepared baking sheet in a single layer.
5. Cover the baking sheet tightly with foil and place in the oven. Cook for 10 minutes.
6. Remove the foil and continue cooking until any fluid is evaporated and the vegetables are tender when pierced with a fork, about 20 - 30 minutes depending on the vegetable(s) chosen.

Lemon-Tahini Dressing for Steamed Vegetables

Recipe adapted from TheKitchn.com

Ingredients

2 tablespoons unsalted tahini (sesame seed paste)

1 tablespoon warm or room-temperature water, plus more as needed

2 tablespoons lemon juice (about ½ lemon)

1 clove garlic, minced

¼ teaspoon salt

Directions

1. Whisk together all the ingredients in a small bowl, adding more water as needed to thin the consistency.
2. Use as a dressing for steamed vegetables. One batch will coat 1 - 2 pounds of vegetables.