

# VEGETABLE COOKING GUIDE



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## 2. ASPARAGUS

**LOOK FOR:** Sturdy spears with tight, clean heads; the cut ends should not look dried out, wrinkled or woody. Fresh asparagus should snap when bent.

**PREP:** Trim off stem ends; peel more woody, mature stalk ends with a vegetable peeler, if desired.

**PAN-STEAM:** Place a large skillet over high heat. Add asparagus,  $\frac{1}{2}$  cup water and a slice of lemon. Cover, bring to a simmer, and cook until tender, about 5 minutes.

**ROAST:** Preheat oven to 500°F. Spread asparagus on a baking sheet or in a pan large enough to hold it in a single layer. Coat with 2 teaspoons extra-virgin olive oil and sprinkle with  $\frac{1}{2}$  teaspoon salt. Roast, turning once halfway through cooking, until wilted and browned, about 10 minutes.

If you want more fiber, nutrients and antioxidants in your diet—eat more vegetables! It may be tough to expand your vegetable vocabulary if you don't know how to cook unfamiliar varieties, so we've compiled this guide for preparation and cooking for 20 of our favorite vegetables. These grocery shopping tips, quick and easy preparation techniques and cooking methods will help you bring out the flavor of each vegetable. All instructions start with 1 pound untrimmed raw vegetables.

## 1. ARTICHOKE, BABY

**LOOK FOR:** Tight, small heads without browning or bruising.

**PREP:** Snip off tough outer leaves; cut off top quarter and trim off woody stem.

**BRAISE:** Heat 2 teaspoons extra-virgin olive oil in a large skillet; add artichokes and cook for 1 minute, stirring constantly. Add 1 cup each white wine (or dry vermouth) and water, 1 teaspoon dried thyme (or rosemary or tarragon) and  $\frac{1}{2}$  teaspoon salt. Bring to a simmer; cover, reduce heat and cook until tender, about 15 minutes.

**Steam:** Place artichokes in a steamer basket over 2 inches of boiling water in a large pot set over high heat. Cover and steam until tender, about 15 minutes.

## 3. BEETS

**LOOK FOR:** Small beets with stems and greens attached (the greens should look fresh) and firm, dark ruby or bright orange skins.

**PREP:** Cut off greens (reserve for another use), trim the ends. Peel. Microwave: Cut beets into  $\frac{1}{4}$ -inch-thick slices; place in a large glass baking dish. Add  $\frac{1}{4}$  cup water, cover tightly and microwave on High for 10 minutes. Let stand, covered, for 5 minutes before serving.

**ROAST:** Preheat oven to 500°F. Cut beets into  $1\frac{1}{2}$ -inch chunks. Spread on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 2 teaspoons extra-virgin olive oil and sprinkle with  $\frac{1}{2}$  teaspoon salt. Roast, turning once halfway through cooking, until tender, about 30 minutes.

## 4. BROCCOLI

**LOOK FOR:** Sturdy, dark-green spears with tight buds and a high floret-to-stem ratio; there should be no yellowing.

**PREP:** Cut off florets; cut stalks in half lengthwise and then into 1-inch-thick half-moons.

**ROAST:** Preheat oven to 500°F. Spread on a baking sheet or in a pan

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large enough to hold it in a single layer. Coat with 1 tablespoon extra-virgin olive oil and sprinkle with  $\frac{1}{2}$  teaspoon salt. Roast, turning once halfway through cooking, until tender and browned in places, about 10 minutes.

**STEAM:** Place stems in a steamer basket over 2 inches of boiling water (with 1 tablespoon lemon juice added to it) in a large pot set over high heat. Cover and steam for 2 minutes. Add florets; cover and continue steaming until tender, about 5 minutes more.

## 5. BRUSSELS SPROUTS

**LOOK FOR:** Tight, firm, small deep-green heads without brown or yellow leaves or insect holes.

**PREP:** Peel off outer leaves; trim stem. If not cutting down further score an X into the base with a paring knife to speed up cooking.

**PAN-STEAM:** Place sprouts and 1 cup dry white wine in a large skillet over medium-high heat. Cover and cook until tender, about 7 minutes. Remove sprouts with a slotted spoon; increase heat to high, add 1 teaspoon butter and reduce liquid to a glaze. Pour over sprouts.

**ROAST:** Preheat oven to 500°F. Cut sprouts in half. Spread on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 1 tablespoon extra-virgin olive oil and sprinkle with  $\frac{1}{2}$  teaspoon salt. Roast, turning once halfway through cooking, until browned and tender, about 20 minutes.

## 6. CARROTS

**LOOK FOR:** Orange, firm carrots without any gray, white or shriveled spots on the skin. The greens should preferably still be attached.

**PREP:** Peel; cut off greens.

**ROAST:** Preheat oven to 500°F. Cut carrots in half lengthwise then cut into  $1\frac{1}{2}$ -inch-long pieces. Spread on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 2 teaspoons extra-virgin olive oil and sprinkle with  $\frac{1}{2}$  teaspoon salt. Roast, turning once halfway through cooking, until beginning to brown, about 15 minutes.

**SAUTÉ:** Cut carrots into  $\frac{1}{8}$ -inch-thick rounds. Melt 1 tablespoon butter in a large skillet over medium-low heat. Add carrots; stir and cook until tender, about 4 minutes. Add 1 teaspoon sugar; stir until glazed.



## 7. CAULIFLOWER

**LOOK FOR:** Tight white or purple heads without black, brown or yellow spots; the green leaves at the stem should still be attached firmly to the head, not limp or withered.

**PREP:** Cut into 1-inch-wide florets; discard core and thick stems. Microwave: Place florets in a large glass baking dish. Add  $\frac{1}{4}$  cup dry white wine (or dry vermouth). Cover tightly and microwave on High until tender, about 4 minutes.

**PAN-STEAM:** Place florets,  $\frac{1}{2}$  cup dry white wine and  $\frac{1}{2}$  teaspoon caraway seeds in a large skillet. Bring to a simmer, reduce heat, cover and cook until tender, about 4 minutes.

## 8. CORN

**LOOK FOR:** Pale to dark green husks with moist silks; each ear should feel heavy to the hand, the cob filling the husk well. The cut at the stem should look fresh.

**MICROWAVE:** Husk corn and cut ears in thirds; place in a large glass baking dish. Cover tightly and microwave on High until tender, about 4 minutes.

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**SAUTÉ:** Cut kernels from cobs. Melt 2 teaspoons butter in a large skillet over medium heat. Add corn kernels; cook, stirring constantly, until tender, about 3 minutes. Stir in ½ teaspoon white-wine vinegar before serving.

## 9. EGGPLANT

**LOOK FOR:** Smooth, glossy skins without wrinkles or spongy spots; each eggplant should feel heavy for its size.

**PREP:** Slice into ½-inch-thick rounds (peeling is optional).

**GRILL:** Preheat grill to medium-high. Brush both sides of eggplant slices lightly with extra-virgin olive oil and sprinkle with ½ teaspoon salt. Grill, turning once, until browned, about 8 minutes.

**SAUTÉ:** Cut eggplant slices into cubes; mix with 2 teaspoons salt. Let stand for 5 minutes, then blot dry with paper towels. Heat 2 teaspoons extra-virgin olive oil in a large skillet over medium heat. Add the eggplant; cook until tender, stirring often, about 4 minutes.

## 10. GREEN BEANS

**LOOK FOR:** Small, thin, firm beans.

**PREP:** Trim stem ends.

**MICROWAVE:** Place beans in a large glass baking dish. Add ¼ cup broth (or water). Cover tightly and microwave on High for 4 minutes.

**ROAST:** Preheat oven to 500°F. Spread beans on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 1 tablespoon extra-virgin olive oil and sprinkle with ½ teaspoon salt. Roast, turning once halfway through cooking, until tender and beginning to brown, about 10 minutes.

**STEAM:** Place beans in a steamer basket over 2 inches of boiling water in a large pot set over high heat. Cover and steam until tender, about 5 minutes.

## 11. LEEKS

**LOOK FOR:** Long, thin stalks that do not bend and are not bruised; the outer layers should not be wrinkly or dried out.

**PREP:** Trim off the thick green leaves, leaving only the pale green and white parts; pull off damaged outer layers and trim off the root end. Split leek in half lengthwise. Submerge in cold water and shake, fanning out the inner layers to rinse out grit and sand.

**GRILL:** Preheat grill to medium. Brush leeks with 1 tablespoon extra-virgin olive oil and sprinkle with ½ teaspoon salt. Grill, turning occasionally, until lightly browned, about 8 minutes.

**Pan-steam:** Place leeks in a large skillet with ½ cup broth, 1 sprig fresh rosemary (or 6 juniper berries) and 6 black peppercorns. Bring to a simmer over high heat. Cover, reduce heat and cook until tender, about 12 minutes. Serve warm or cold with a vinaigrette dressing.

## 12. PARSNIPS

**LOOK FOR:** Firm parsnips that are not browning and that are not sprouting at their tops.

**PREP:** Scrub and peel the parsnips. Remove the core if it is spongy or tough.

**ROAST:** Preheat oven to 500°F. Cut parsnips in half lengthwise then cut into 1½-inch-long pieces. Spread on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 2 teaspoons extra-virgin olive oil and sprinkle with ½ teaspoon salt. Roast, turning once halfway through cooking, until beginning to brown, about 15 minutes.

**STEAM:** Cut parsnips into ½-inch-thick rounds. Place in a steamer basket over 2 inches of boiling water in a large pot set over high heat. Cover and steam until tender, about 4 minutes.

## 13. PEAS

**LOOK FOR:** Firm, vibrant green pods without blotches and with the stem end still attached.

**PREP:** Zip open the hull, using the stem end as a tab.

**MICROWAVE:** Place peas in a large glass baking dish or pie pan; add 2 tablespoons broth (or unsweetened apple juice). Cover tightly and microwave on High for 2 minutes.

**SAUTÉ:** Heat 2 teaspoons butter in a large skillet over medium heat. Add peas; cook, stirring often, until bright green, about 3 minutes.

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## 14. POTATOES, RED-SKINNED OR YELLOW-FLESHED

**LOOK FOR:** Small potatoes with firm skins that are not loose, papery or bruised.

**PREP:** Scrub off any dirt (peeling is optional; the skin is fiber-rich and the nutrients are clustered about ½ inch below the skin).

**PAN-STEAM:** Cut potatoes into ½-inch pieces. Place in a large skillet with ½ cup each vegetable broth and nonfat milk and 1 teaspoon butter. Bring to a simmer, cover, reduce heat and cook until tender and most of the liquid has been absorbed, about 20 minutes.

**SAUTÉ:** Shred potatoes using the large-hole side of a box grater. Heat 1 tablespoon canola oil in a large skillet over medium heat. Add potatoes; reduce heat. Cook for 6 minutes. Flip the cake over and continue cooking until browned, about 5 minutes more.

## 15. SPINACH & CHARD

**LOOK FOR:** Supple, deeply colored leaves without mushy spots.

**PREP:** Trim off root ends if still attached. Wash by submerging and swirling in cold water several times to remove sand; remove thick stems and cut leaves into 2-inch pieces. Rinse leaves again but do not dry.

**BRAISE:** Heat 2 teaspoons walnut oil (or canola oil) in a large skillet over medium heat. Add spinach or chard and toss until beginning to wilt. Add ½ cup dry white wine (or dry vermouth). Cover, reduce heat and cook until wilted, about 5 minutes. Uncover and cook until liquid is reduced to a glaze. Stir 2 teaspoons balsamic vinegar (or rice vinegar) into the greens.

**SAUTÉ:** Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add 1 clove minced garlic, cook, stirring, for 1 minute. Add spinach or chard and toss until wilted.

## 16. SQUASH, ACORN

**LOOK FOR:** Green, orange or white squash with firm, smooth skins and no spongy spots.

**PREP:** Cut in quarters and scoop out the seeds.

**MICROWAVE:** Place squash in a large glass baking dish or pie pan; add cup water. Cover tightly and microwave on High for 15 minutes; let stand, covered, for 10 minutes.

**ROAST:** Preheat oven to 400°. Place squash on a baking sheet, coat with 2 teaspoons extra-virgin olive oil and sprinkle with ½ teaspoon salt. Roast until tender, 35 to 45 minutes.

## 17. SQUASH, DELICATA

**LOOK FOR:** Small, firm squash with bright yellow or orange skins that have green veins branching like lightning through them.

**PREP:** Cut squash in half lengthwise, scoop out the seeds and slice into thin half-moons (peeling is optional).

**SAUTÉ:** Melt 2 teaspoons butter in a large skillet over medium heat. Add squash slices; cook, stirring frequently, until tender, about 10 minutes. Stir in a pinch of grated nutmeg before serving.

**STEAM:** Place squash slices in a steamer basket over 2 inches of boiling water in a large pot set over high heat. Cover and cook until tender, about 6 minutes.

## 18. SQUASH, SUMMER & ZUCCHINI

**LOOK FOR:** No breaks, gashes or soft spots; smaller squash (under 8 inches) are sweeter and have fewer seeds.

**PREP:** Do not peel, but scrub gently under running water. Cut off stem ends.

**GRILL:** Cut squash lengthwise into ¼-inch slices. Preheat grill to medium; brush slices lightly with 1 tablespoon extra-virgin olive oil and sprinkle with ½ teaspoon salt. Grill, turning once, until marked and lightly browned, 3 to 4 minutes.

**SAUTÉ:** Cut squash into ¼-inch-thick rounds. Heat 1 tablespoon extra-virgin olive oil in a large skillet over medium heat. Add 1 minced garlic clove and squash; cook, stirring frequently, until tender, about 7 minutes.

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## 19. SWEET POTATOES

**LOOK FOR:** Taut, smooth and papery skins with tapered ends and no bruises or soft spots.

**PREP:** Scrub with a vegetable brush.

**MICROWAVE:** Place sweet potatoes in a large glass baking dish; pierce several times with a knife. Microwave on High until soft, 8 to 12 minutes. Let stand for 5 minutes.

**PAN-STEAM:** Cut sweet potatoes into 1-inch pieces. Place in a large skillet with 1 cup broth, 1 teaspoon honey and ½ teaspoon dried thyme. Bring to a simmer over high heat; reduce heat, cover and cook until almost tender, about 15 minutes. Uncover, increase heat and cook until the liquid is reduced to a glaze, about 2 minutes.

## 20. TURNIPS

**LOOK FOR:** Smaller turnips with firm skins that are not bruised, soft or shriveled; they should feel heavy to the hand.

**PREP:** Cut off the root end and the greens, peel, then thinly slice.

**ROAST:** Preheat oven to 500°F. Spread turnip slices on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 2 teaspoons extra-virgin olive oil and sprinkle with ½ teaspoon salt. Roast, turning once halfway through cooking, until tender, about 15 minutes.

**SAUTÉ:** Cut turnip slices into matchsticks. Heat 1 teaspoon each butter and extra-virgin olive oil in a large skillet over medium heat; add turnips and cook, stirring frequently, until tender, about 12 minutes.

## RECIPES

Check the Price Chopper Recipe Cards Rack, or go to [www.pricechopper.com](http://www.pricechopper.com).

CREAMY CAULIFLOWER PUREE

GLAZED MINI CARROTS



Roasted Halibut with Pickled Beets

LEMON LOVERS' ASPARAGUS

MASHED MAPLE SQUASH

MINTED PEAS & RICE WITH FETA

ORANGE-INFUSED ROASTED GREEN BEANS & RED PEPPERS

ROASTED HALIBUT WITH PICKLED BEETS

SHREDDED BRUSSELS SPROUTS WITH BACON & ONIONS

SOUTHWESTERN CALICO CORN

TEX-MEX SUMMER SQUASH CASSEROLE

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