



Top 10 Healthy Ways to Cook Fruits & Vegetables

10

Bake ...

1. Sweet potato fries by cutting up into slices and seasoning with olive oil, cayenne pepper and a dash of salt.
2. Peaches for a sweet snack. Slice in half, drizzle on some honey and sprinkle with ginger and pecans.
3. Winter squash. Drizzle with olive oil and sprinkle with cinnamon.
4. A potato for lunch. Top with broccoli and a sprinkle of cheese.
5. An apple for dessert. Fill the core with dried fruit and nuts.

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Boil ...

1. Diced or crushed tomatoes in a vegetable or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.
2. Apples with lemon juice and cinnamon. Mash up and serve warm or chilled.
3. Turnips and potatoes. Mash them together and season with salt and pepper.
4. Kale, and add a handful of chopped currants, salt and pepper.
5. Butternut squash and season with salt, pepper and a drizzle of olive oil.

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Steam ...

1. Artichokes for a long time (about an hour) to get flavorful leaves perfect for dipping! Try them with a tasty almond pate.
2. Any of your favorite vegetables with citrus juice and zest added to the water to create bold, new flavors. Try lemon juice with spinach, orange with broccoli or grapefruit with carrots!
3. A medley of vegetables and season with some herbs. Serve over couscous.
4. Cabbage, and season with caraway seed, salt and pepper.
5. Green beans with chopped onion. Add a clove of garlic to cooking water.

Stir-Fry ...

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1. Pineapple and mango in a honey ginger sauce for a perfect topping to low- or fat-free ice cream.
2. Zucchini, yellow squash, diced tomatoes and mushrooms with olive oil and herbs. Add some diced jalapeno for an extra kick and serve over brown rice.
3. Broccoli in olive oil and chopped garlic. Add some capers for extra zip.
4. Frozen mixed veggies. Add a dash of low sodium soy sauce, or flavor with herbs.
5. Onions, peppers, zucchini, corn and jicama. Throw in some red or black beans. Season with your favorite salsa to give it a Southwestern flair. Serve over rice.

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Sauté ...

1. Pear and apple slices (peeled) in a skillet with a little butter until tender. Add marmalade and orange slices, remove from heat and serve for a fruity dessert.
2. Cauliflower with nutmeg and oil after pre-steaming for a tasty twist on an old veggie.
3. Spinach with garlic and olive oil.
4. Green and yellow summer squash with onion and garlic. Season with salt and pepper, and sprinkle with Parmesan cheese. For a different twist, add chopped tomato and basil.
5. A variety of different colored peppers with onion. Serve as a side dish.

5

Roast ...

1. Red peppers in the oven at 450°, turning every 15 minutes until done (blackened skins). Peel off the skin and slice them, then drizzle in oil and garlic and refrigerate. A Perfect addition to any salad, sandwich or antipasto dish!
2. Whole red potatoes in the oven after tossing them in a mixture of olive oil, garlic and rosemary until tender for a mouth-watering side to any meal!
3. Some winter vegetables cut in large pieces – parsnips, turnips, rutabaga, beets, sweet potato are some good choices. Coat lightly with olive oil, sprinkle with your favorite herbs, and roast at 425° for 30-40 minutes until tender and browned.
4. Brussels sprouts drizzled lightly with olive oil, and sprinkled with salt. Magnifique!
5. Thin slices of sweet potato to make chips.

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Grill ...

1. Mushrooms, bell peppers, onions and tenderloin for the perfect summer kabobs.

2. Corn on the cob. Peel and coat in a mix of seasonings such as oregano, pepper, onion and chili powders and salt with a touch of butter to help it stick. Wrap in aluminum foil and grill until tender.
3. Pineapple, peaches or mango. Top with a dollop of low-fat ice cream, frozen yogurt or sherbet.
4. Asparagus and add to a salad of mixed greens, roasted peppers and toasted nuts.
5. Some eggplant, zucchini and portabella mushrooms to use in a wrap.

3

Stew ...

1. Pears. Peel and core and stew gently in cinnamon, sugar and water until tender. Perfect for an after-dinner treat!
2. Cabbage with tomatoes and garlic to serve over rice for a unique side dish to any meal!
3. Classic stew vegetables such as potatoes, carrots, green beans, celery, onions in canned tomato sauce. Substitute canned beans like kidney beans or black beans for meat.
4. Frozen corn, onions, peppers, celery, and salsa. Serve over rice. Add some red or black beans and call it a meal!
5. Canned tomatoes, eggplant, peppers, and chickpeas. Add oregano and top with sliced olives.

2

Blanch ...

1. Almonds in water for 15 seconds and peel for a new twist on a healthy snack.
2. Basil and parsley leaves. Blend together with olive oil, pine nuts, garlic and a little lemon juice for a great pesto!
3. Broccoli and cauliflower to use on a vegetable platter for snacks and appetizers.
4. Broccoli rabe in salted water to reduce bitterness. Then cook like broccoli.
5. Carrots, cauliflower, green beans, asparagus and broccoli. Marinate in your favorite low-fat vinaigrette and serve cold. If desired, add other veggies like onions, mushrooms and peppers.

1

Microwave ...

1. Any of your favorite chopped veggies in a bowl with an egg or two for a quick, nutritious breakfast.
2. Cranberries and orange zest with a little sugar and water to make a sweet cranberry relish.
3. Frozen or canned vegetables on those busy nights.

4. Spaghetti squash by cutting in half lengthwise and putting face down in a dish with water. Scoop out squash and serve like spaghetti with tomato sauce and/or Parmesan cheese.
5. A potato for lunch and top with low-fat cottage cheese and chives.

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