

5 quick ways to

Fix Vegetables with the Most Flavor

Most families in America need to eat more vegetables. But no one likes to eat vegetables that have been cooked too long! They get soggy and mushy. To make veggies your family loves to eat, follow the tips below. The flavor and texture will turn out just right.

1. Crunch into raw veggie power.

Crisp, fresh vegetables are popular snacks. You can also use them in main dishes or side salads. To keep fresh veggies safe and tasty, be sure to store and clean them properly. Buy items without bruises at the grocery store or farmers' market. Keep them wrapped and store them in the fridge crisper drawer. Wash them well under running tap water just before you eat them.

2. Steam veggies quickly on the stovetop.

Cooked vegetables should be tender but crisp. They should keep their natural, bright color. You can do this by steaming vegetables. The time it takes to steam vegetables depends on the type and size of the pieces. After the water boils, it can take as little as five minutes to steam small green beans or cauliflower florets. It can take as much as 45 minutes for whole beets or an artichoke.

3. Cook veggies rapidly in the microwave.

Microwave ovens are not just easy; they also are great at keeping the nutrients in vegetables. This is because foods cook quickly in the microwave. One pound of vegetables takes three to eight minutes on HIGH. You don't have to add much water, either. You may only need a few drops. For large amounts of vegetables, a couple of teaspoons will do.

4. Stir-fry veggies for a few minutes.

Stir-frying is quick and easy. You can stir-fry fresh or frozen vegetables. All it takes is a wok or non-stick pan. Vegetables cut into thin slices or small pieces will cook in one to three minutes. Leafy greens, such as spinach and bok choy, also take one to three minutes. Carrots, onions, snow peas and whole green beans may take four to six minutes. Add a small amount of olive oil and/or sauce to speed cooking.

5. Roast veggies in a hot oven.

Oven roasting takes more time than other methods, but it can be easy. Just roast veggies at the same times as meat or poultry. Heat your oven to 375 to 400 degrees F. Coat vegetables in a little oil. Roast for 45 to 50 minutes. Roasting is great for root vegetables like beets, carrots, turnips, parsnips, butternut squash, whole garlic and potatoes.

