

Cooking Fresh Summer Veggies



Vegetables are best enjoyed when properly prepared. Use this guide to to create delicious vegetables.

Cooking Method	Vegetable	Type/Instructions	Time
Baking	Beets Carrots Corn	2 cups sliced or chopped 1 inch chopped Remove husks and silks, place in foil, packs of four work best	Bake at 400° F in foil 45-60 minutes Bake at 350° F 20 minutes Bake at 425-450° F 20-30 minutes
	Potatoes Summer Squash	Whole potato (clean) Sliced or halved	Bake at 350° F 60-90 minutes Bake at 350° F 30-35 minutes
Boiling	Corn Potatoes	Remove husks and silks Cut into quarter pieces (if large cut again)	7 minutes 15-30 minutes (check every 5 minutes)
	Corn Onions Summer squash Tomatoes	Leave in husks, remove silks Cut into quarters, place on skewer Cut 3/8 -1/2 inch slices Cut in half or quarter depending on size	15-20 minutes (rotating) Cook over direct medium heat for 20-30 minutes Grill for 4-5 minutes on each side Grill for 4-5 minutes on each side
Microwaving	Carrots Corn Potatoes	1 inch slices Leave in husks, remove silks Poke potato skin to allow for steam	10-15 minutes 5 minutes for 1 ear of corn For 1 potato microwave 6 minutes, for additional add 2 min. per potato
	Summer squash	Slices	4-7 minutes
Roasting	Beets Carrots Onions Potatoes Tomatoes Summer squash	Cut in 1 1/2 inch chunks/slices Cut in 1 1/2 inch chunks/slices Cut in 1 1/2 inch chunks/slices Cut in 1 1/2 inch chunks/slices Cut in half or quarter depending on size Cut in 1 1/2 inch chunks/slices	40 minutes at 400° F 20 minutes at 400° F 20 minutes at 400° F 40 minutes at 400° F Broil for 4-5 minutes (under broiler) 20 minutes at 400° F
	Carrots Onions Cabbage Potatoes Tomatoes	1 inch chopped 1 inch chopped 1 inch chopped 1 inch chopped 1 inch chopped	5 minutes over medium heat High heat, cook until evenly browned Medium heat, cook until tender 10 -15 minutes Over medium heat, when oil is hot, cook 2-3 minutes
Sautéing	Summer Squash	1 inch chopped	3-6 minutes
	Carrots Cabbage Corn	1 inch chopped 1 inch chopped Whole in steam basket	10-20 minutes (check every 5) 2-5 minutes 15-20 minutes
Steaming			

