Create Amazing Veggies

# Create healthy vegetable dishes from simple foods. Choose an item from each section. Then follow the directions. Use your imagination! Each dish serves 4 adults.

## Step 1: Choose 1 or more vegetables from the following list. Total should be 4 cups:

1. Arugula
2. Asparagus
3. Avocado
4. Bamboo shoots
5. Bell pepper
6. Beets
7. Bok Choy
8. Broccoli
9. Brussels Sprouts
10. Cabbage
11. Carrots
12. Cauliflower
13. Celery
14. Collard greens
15. Corn
16. Cucumber
17. Eggplant
18. Green Beans
19. Jalapeno
20. Jicama
21. Kale
22. Leek
23. Lettuce
24. Mushrooms
25. Mustard Greens
26. Okra
27. Onion
28. Parsnip
29. Peas
30. Potato
31. Pumpkin
32. Radish
33. Rutabaga
34. Shallot
35. Spinach
36. Squash
37. Swiss Chard
38. Sweet Potato
39. Tomatillo
40. Tomato
41. Turnip
42. Water chestnut
43. Watercress
44. Yam
45. Zucchini

## Step 2: Choose cooking method from the following list:

1. Fresh: no cooking needed. Ideas include salads, veggie trays, or other.
2. Roast your vegetables
   1. To roast your veggies, follow the directions below
      1. Chop vegetables into 1-inch cubes.
      2. Add vegetables and 1-2 tablespoons of olive oil and herbs.
      3. Put vegetables on a baking sheet in a single layer.
      4. Roast in the oven at 425 degrees Fahrenheit until the vegetables are tender. This should take 10-50 minutes, depending on the vegetables used. Stir occasionally.

Note: Roasting brings out naturally sweet flavor of the vegetables!

1. Steam your vegetables
   1. To steam your veggies, follow the directions below
      1. Bring water to a boil in a pan with a steamer basket.
      2. Place vegetables in the basket.
      3. Cover and steam until the vegetables are tender. This should take 3-10 minutes depending on the vegetable.
      4. If the vegetables are green, leave the lid part-way off to help keep color.
      5. Season to taste.
2. Sauté your vegetables:
   1. To sauté your vegetables, follow the directions below
      1. Heat a small amount of oil or water in a pan on low heat.
      2. Turn heat to medium-high heat. When the pan is hot, add your vegetables. Don’t put too many vegetables in the pan.
      3. The goal is to create a crust around each piece of food in the pan. Then it is crispy outside and tender inside.

Note: Do not stir too much.

1. Grill/Broil
   1. To grill or broil your vegetables, follow the directions below
      1. Spray grill rack or broiler pan with cooking spray.
      2. Heat grill or broiler pan for 10-15 minutes.
      3. Add cut up vegetables.
      4. Leave ¾ inch between food items for even cooling.
      5. “Flip” vegetables only once while cooking, to sear.
      6. Use seasonings for flavor. Add sticky sauces just before eating.
2. Boil
   1. To boil your vegetables, follow the directions below:
      1. Place cubed vegetables in a large pot.
      2. Add water or stock to barely cover the vegetables.
      3. Cover the pot and bring to a low boil.
      4. Turn down the heat and cook until vegetables are tender.
      5. Do not overcook the vegetables.

## Step 3: Choose 1 or more flavors from the following list (optional):

1. Chopped onion, celery, green pepper, hot pepper.
2. Minced garlic and/or ginger.
3. Lemon juice and/or zest.
4. 1-2 teaspoons dried herbs such as oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, or other herbs.
5. Salt and pepper to taste.
6. Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil.

## Step 4: Choose 1 or more extras from the following list:

1. ¼ cup breadcrumbs
2. 2 tablespoons grated parmesan cheese
3. ¼ cup grated cheddar or mozzarella cheese

## Step 5: Use the following directions to create amazing veggies:

1. Select vegetables and cooking method.
2. Choose flavors and extras.
3. Cook according to instructions.
4. Add extras before serving.

# Amazing Veggie Recipes

### A pantry that has whole foods will help you create great vegetables like these!

Roasted Potatoes

* 1 tablespoon olive oil
* 1 teaspoon paprika
* ¾ teaspoon chili powder
* ½ teaspoon salt
* ¾ teaspoon pepper
* 6 cups diced baking potato
* Cooking spray
* Aluminum foil

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Add all ingredients in a large bowl. Stir.
3. Line baking sheet with foil. Then spray with cooking spray.
4. Spread potatoes on baking sheet in a single layer.
5. Bake for 30 minutes or until browned.

Yield: 5 (1 cup) servings

Sweet Seasoned Carrots

* 6-8 large carrots, thinly sliced on the diagonal
* 1 yellow onion, diced
* 1 teaspoon butter
* 1-2 tablespoons brown sugar
* ½ to ¾ teaspoon Italian seasoning
* Salt and pepper to taste

Directions:

1. Place carrots, onion, and butter in a large frying pan with a little water to cover.
2. Bring to boil, reduce heat, and cook until water is gone. Carrots should be tender but not mushy.
3. Add brown sugar and seasonings. Stir well to coat each carrot. Cook for another 5 minutes.

Yield: 4 servings

## Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

This material was funded by USDA’s Supplement Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU’s non-discrimination notice see [Notice of Non-Discrimination](https://www.usu.edu/equity/non-discrimination).

© Utah State University 2022