

COOKING YOUR VEGGIES

Broccoli

Broccoli can be cooked a few different ways! You can steam it, roast it or sauté it. Below is a recipe for steaming!

1. Wash and cut broccoli into florets (cut stems off)
2. Bring water to a boil
3. Add broccoli to pot, cover and steam for 3-4 mins
4. Remove & season to taste

Asparagus

One way to cook asparagus is to roast it in the oven! Below is a recipe.

1. Wash and remove the tough ends of the asparagus
2. Toss with olive oil, salt & pepper
3. Place on baking sheet and cook at 450 for 6-7 minutes

Potatoes

There are many ways to use potatoes! One simple way is making yourself a baked potato.

1. Preheat oven to 350
2. Wash, pierce the skin 2-3 times with a fork and rub olive oil on the skin
3. Bake for about 90 mins or until soft and golden brown
4. Slice down the middle and top with your choice of condiments

Bell Peppers

Bell peppers can be enjoyed raw or can be cooked! One way to cook peppers are to sauté them on the stovetop. Instructions below!

1. Wash and cut the peppers into strips
2. Toss in olive oil, pepper and any other seasonings you'd like
3. Over medium-high heat, cook the peppers until tender



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Brussels Sprouts

One great way to cook brussels sprouts is to roast them! Learn how below!

1. Preheat oven to 400 degrees
2. Wash and cut ends off of brussels sprouts.
3. Place on baking sheet, drizzle with olive oil and season with your favorite seasonings
4. Bake for 35-40 minutes or until crispy

Zucchini

Sautéed zucchini can be a delicious addition to any dinner or lunch!

1. Wash and chop zucchini into chunks.
2. Toss with olive oil, salt & pepper
3. Heat pan on medium high heat, place zucchini into pan
4. Sauté for 15 minutes or until cooked through.

Green Beans

Green beans are very nutritious and can be delicious! Below is a great way to cook them!

1. Preheat oven to 400 degrees
2. Rinse green beans and then toss in olive oil
3. Place green beans on a baking sheet and season with salt & pepper
4. Cook for 15-20 minutes or until crispy and tender

Snap Peas

Sautéed Snap Peas are a great addition to any meal!

1. Wash and remove any stems from snap peas
2. Heat 1 tbsp of olive oil in a large skillet on medium- high heat
3. Add snap peas to skillet, season with salt & pepper
4. Cook for 5 minutes or until tender

