

# EAT - MORE - VEGETABLES!



## Roasting:

Roasting vegetables is a great way to bring out deep flavors that you never knew were there. Many vegetables that people do not like raw or boiled taste completely different & people end up loving a vegetable that they once hated! Just drizzle with about 1 Tbsp. olive oil per oven tray (about 18 by 13 inch) and sprinkle with a pinch of sea salt (about 1/16<sup>th</sup> of a teaspoon) & fresh ground black pepper, or your favorite herbs & spices. Then chop in half and put in the oven pre-heated to 450 deg. F at the times below. The smaller you cut them, the faster they will roast.

Non-starchy vegetables that are low in carbs are all vegetables except, potatoes, beans, peas, corn & winter squash. Feel free to mix & match & enjoy!

**15 – 20 minutes:** Brussels sprouts, Carrots, Cherry Tomatoes, Garlic, Green Beans, or “String Beans,” Mushrooms, Parsnips, Radishes, Shallots, Wax beans, Zucchini

**20 – 30 minutes:** Artichokes- baby, Carrots- baby, Belgian endives, Cauliflower, Cipollini onions, Corn on the cob, Eggplant, Fennel bulb, Garlic, Kohlrabi, Pearl onions, Tomatoes- plum, Red onions, Sweet peppers; Sweet potatoes, Turnips, Yellow onions,

**30 – 40 minutes:** Butternut squash, Carrots, Daikon Radishes, Fennel bulb, Potatoes-Baking, Rutabagas, Kohlrabi, Parsnips, Jerusalem Artichokes, New potatoes, Celery root “Celeriac”

**40 – 50 minutes:** Acorn Squash, Beets



## Steaming:

Steaming vegetables is a great way to bring out both flavor & color. Just be careful not to overcook them as they can get too mushy, dark colored and not as appealing.

Most vegetables will steam in 3 to 7 minutes. Just watch carefully every minute after 3 minutes and take them out when they are as soft as you want them to be.

You don't even need a fancy metal steamer. Just add about a half-inch or so of water in a covered pot or pan and watch carefully so that all the water doesn't evaporate.

After done, strain all water, you can even save & drink the broth, and season with a teaspoon of fresh butter or olive oil, a pinch of sea salt, fresh ground black pepper & your favorite herbs & spices!