Oven Roasted Vegetables

Select two or more vegetables:
• Beets
• Bell peppers (any color)
• Carrots
• Cauliflower
• Eggplant
• Mushrooms
• Onion
• Potatoes (peeled or unpeeled)
• Sweet potatoes (peeled)
• Winter squash (peeled, Butternut, Acorn, or Hubbard)
• Zucchini and other summer squash

Seasonings
1 tablespoon vegetable oil for every 4 cups of raw prepared vegetables.
For every 4 cups of raw vegetables, use one of the following:
½ teaspoon Italian herb mix
¼ teaspoon cumin
¼ teaspoon curry powder
½ teaspoon rosemary
Optional: add 1/8 teaspoon garlic powder and/or a dash of cayenne pepper with any of the above seasonings.

1. Preheat oven to 425°F.
2. For each serving, prepare 1 cup of raw vegetables.
3. Wash, trim, and cut all vegetables into ½- to 1-inch cubes or slices.
4. In a mixing bowl, toss prepared vegetables with oil and seasonings.
5. Lightly oil a large shallow baking pan. Spread vegetables in a single layer in the oiled pan. If making larger amounts, use two pans so vegetables cook in a single layer.
6. Roast until vegetables are tender and start to brown, about 30 minutes, stirring every 10 minutes. Larger amounts of vegetables and crowded pans will take longer. Continue to stir every 10 minutes.

Oven Fries

Follow the directions above using peeled or unpeeled potatoes cut into strips like French fries. Russet-type potatoes are best for “fries.” For more crisp or golden fries, place under the broiler for a minute or two at the end of cooking.
Stir-fried Vegetables
Good choices, grouped by cooking time needed

Group 1  Carrots
          Celery
          Onion

Group 2  Bok choy
          Broccoli
          Cabbage
          Cauliflower
          Mushrooms
          Zucchini
          Garlic, minced or crushed (use 1–2 cloves for 4 servings)
          Ginger root, minced (use 1 teaspoon for 4 servings)

Other ingredients: vegetable oil, soy sauce (optional)

Preparation
• Use two or more vegetables for good color, flavor, and texture.
• For each serving, prepare 1 cup of raw vegetables.
• Wash, trim, and thinly slice all vegetables.
• Place vegetables in different bowls by groups to add at different times.
• Use 1 tablespoon vegetable oil for every 4 cups of vegetables.
• Use a 10-inch or larger skillet for 4 cups of vegetables.

Cooking
1. Heat oil in a skillet or wok over medium-high heat until hot, about 2 minutes. Oil should sizzle when vegetables are added.
2. Add vegetables from Group 1 and stir constantly for 1–2 minutes.
3. Add vegetables from Group 2, stirring constantly for an additional 2–3 minutes until all vegetables are just crisp tender.
4. If desired, add 2–4 tablespoons of water then cover to steam for 2 or 3 minutes to soften vegetables.
5. Season with soy sauce if desired. Use 1 tablespoon soy sauce for 4 cups of raw vegetables.

Wash vegetables thoroughly. Special soaps or "vegetable washes" are not needed. Use a brush to scrub root vegetables such as potatoes, carrots, and beets.

Leftover cooked vegetables should be refrigerated within 2 hours.
All vegetables have different cooking times, depending on size and thickness. The chart lists cooking times for stovetop steaming and microwaving. In general, microwaving vegetables takes less time than stovetop cooking.

### Microwave Cooking

To steam vegetables in a microwave, place washed vegetables in a microwave-safe bowl with 1–2 tablespoons of water. Use 2–4 tablespoons for potatoes, yams, or beets. Cover the bowl with microwave-safe plastic wrap or a tight-fitting lid, leaving one corner open to vent.

### Seasoning ideas:
- For every 4 cups add a teaspoon of olive oil, soft tub margarine, or butter.
- Add a dash of garlic powder or ½ teaspoon of dried herbs.
Great Greens!

Tender greens
• Bok choy, beet greens, chard, spinach

Strongly flavored greens
• Collards, kale, mustard greens, turnip greens

Seasonings (add after cooking and draining the vegetables)
Use one or more:
• Dash of nutmeg
• Garlic clove, minced or crushed, or ¼ teaspoon garlic powder
• ¼ teaspoon crushed red pepper flakes
• 1 tablespoon each of oil and vinegar
• ¼ cup lean chopped ham

Wash all greens thoroughly in several changes of water. Trim off stems. Stems may be chopped and cooked with the greens. Cut greens crosswise in 1- to 2-inch strips. Small leaves can be left whole.

Cook tender greens in a tablespoon of oil over medium heat until just wilted. Add 2–4 tablespoons of water, cover, and cook about 5 minutes until tender. Add desired seasonings.

Cook strongly flavored greens in a pot of boiling water. This method helps reduce any bitterness. For one “bunch” of greens, bring two quarts of water to boil in a large saucepan (4-quart) or pot. Add the greens, reduce heat to medium high and boil for 5–10 minutes, or until desired tenderness. Drain in a colander. Put greens back in pan and add desired seasonings.

Buying and Storing Fresh Vegetables
• Many fresh vegetables are available at good prices all year. Watch for specials.
• Good quality fresh vegetables feel firm and plump and don’t have soft, decaying spots.
• Green vegetables with yellow or brown spots are old or over mature.
• Keep fresh vegetables refrigerated in plastic bags or covered containers.
• Potatoes, onions, garlic, and winter squashes should be stored in a cool, dry place, not refrigerated. Use within 2–4 weeks. Store potatoes away from light.
• Plan to use most fresh vegetables the same week you buy them. Cabbage, broccoli, cauliflower, celery, and carrots will keep longer.

This material was funded in part by USDA’s Supplemental Nutrition Program. The Supplemental Nutrition Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, 5th Floor, Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued by Washington State University Extension and the U.S. Department of Agriculture in furtherance of the Acts of May 8 and June 30, 1914. Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, and national or ethnic origin; physical, mental, or sensory disability; marital status or sexual orientation; and status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local WSU Extension office. Trade names have been used to simplify information; no endorsement is intended. Printed March 2009.

EM4939