

## Guide to the healthiest way of Cooking Vegetables

	Healthy Sauté	Healthy Steaming	Quick Boil	Preparation
Asparagus	5 min			Cut off ruff stems
Avocados				Slice or cube
Beets		15 min		Quarter
Beet greens			2 min	Chop 1" thick
Bell Pepper	7 min			Slice
Bok Choy	4 min			Slice 1" thick
Broccoli		5 min		Cut florets in quarters
Brussels Sprouts		5 min		Cut in quarters
Carrots		5 min		Slice ¼" thick
Cabbage: Red	5 min			Chop ¼" thick
Cabbage: Green		5 min		Chop ¼" thick
Cauliflower	5 min			Cut florets into quarters
Celery	5 min			Cut
Collard Greens		5 min		Chop ½" thick
Crimini Mushrooms	7 min			Cut into quarters
Cucumbers				Slice
Eggplant	7 min			Cut into ½" slices
Fennel	5 min			Slice thin
Garden Peas	3 min			Shell
Garlic	1 min			Chop
Green Beans		5 min		Cut off ends
Kale		5 min		Chop ½" thick
Leeks	7 min			Slice thin
Mustard Greens	3 min			Chop ¼" thick
Onions	7 min			Chop or slice thin
Potatoes		10min		Cut into 1" cubes
Shitake Mushrooms	7 min			Slice and cut stems off
Spinach		1 min		Cut off roots and cook
Squash, Summer	3 min			Slice ¼" thick
Squash, Winter		7 min		Cut into 1" cubes
Sweet Potatoes		10 min		Cut into 1" cubes
Swiss Chard			3 min	Slice into 1" pieces
Tomatoes	5 min			Chopped for sauté

**Note: You can cook more than one vegetable at a time:**

- Healthy Sauté for 3 minutes: Green peas, summer squash, and tomato
- Healthy Sauté for 4 minutes: Bok Choy
- Healthy Sauté for 5 minutes: Cauliflower, red cabbage, and asparagus
- Healthy Steam for 5 minutes: Broccoli, kale, collard greens, Brussels sprouts, and carrots
- Healthy Steam for 7 minutes: Bell pepper, onions, leeks, and mushrooms
- Healthy Steam for 10 minutes: Potatoes, sweet potatoes and winter squash,