



# Healthy Cooking Methods

Avoid mushy broccoli and preserve vitamin C by using healthy cooking methods. Cook vegetables for a short period of time and with little water to preserve more vitamins and minerals. Methods such as baking instead of frying can decrease unwanted calories and fat when preparing foods like meat. Try out these healthy cooking methods.

## **Microwave**

Microwaving is a great way to preserve nutrients, color, and texture of vegetables because it has a short cooking time and only a small amount of water is needed.

- ◆ To microwave vegetables, use a microwave safe dish and add a small amount of water to fresh vegetables. Frozen vegetables usually don't need extra water. Cover and cook on high until tender. Stir halfway through cooking.

## **Sauté / Stir-fry**

Stir-frying and sautéing uses little oil. The quick cooking time ensures that meats and vegetables are not overcooked which maintains nutrients.

- ◆ To sauté and stir-fry, heat a small amount of oil in the pan over medium-high heat. Once the oil is hot, add meat and/or vegetables, stirring often to evenly heat and cook the food.

## **Broil / Grill**

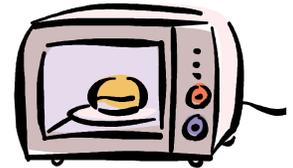
Broiling and grilling have short cooking times and allow extra fat to drip off meats and fish. This method also keeps foods juicy and tender.

- ◆ Place food on a hot grill rack. For smaller items like vegetables, use foil or a grill basket. To broil, put food on the broiler rack below the heat element.

## **Pressure Cooker**

Pressure cookers create steam under pressure, which raises the temperature and results in a shorter cooking time. Pressure cookers work well for dry beans, grains, potatoes, other vegetables, and lean, tough pieces of meat.

- ◆ When preparing food in the pressure cooker, timing is important because vegetables can become overcooked quickly. Use the amount of time and liquid called for in the recipe or pressure cooker manual.



## **Steam**

Steaming uses little water and allows nutrients to stay in the food. Steamed foods can also be cooked without added oil.

- ◆ Layer vegetables in a perforated pan or steam basket over a pot or pan of boiling water. Cook until fork tender. The steam will cook the vegetables while maintaining a lot of the flavor, nutrients, color, and texture.

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