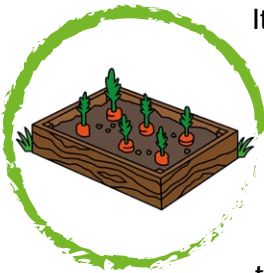


# Making Friends with Vegetables

Only 200 years ago, people were hunting, gathering or growing their own food.

There was no 'fast food' - production was slow and keeping up supply took a lot of time.

Food was highly valued, and people made the most of every morsel.



It is great to see people respecting these old values – taking the time to plant a veggie garden and/or buying fresh produce, and cooking for themselves.

Nature provides a delicious range of vegetables. They are easy to cook, in lots of different ways (see over).

You can eat many vegetables raw – in a salad, with a dip, or just as they are.



Mix up the colours to get a healthy mix of nutrients, vitamins and minerals!

## NOTES:

- Wash vegetables thoroughly and **leave the skin on** whenever possible to get the full nutritional benefit i.e. fibre and nutrients.
- Steaming (stovetop or microwave), stir frying and roasting maintains maximum nutritional value. Some vegetables can also be boiled, but a lot of the nutrients are lost into the water.
- Vegetables should be cooked 'al dente' - just enough to be firm to the bite, but not soggy.
- Cooking time will depend on the size of the pieces. Cut starchy vegetables into bite sized pieces.



## Kitchen Safety



Here are some golden rules to keep you safe in the kitchen:

- Always let an adult know you are going to cook.
- **WASH YOUR HANDS** before and during meal preparation.
- Ask an adult to teach you **safe knife skills**. Take your time and concentrate on what you are cutting.
- Prepare all the ingredients and cooking utensils before you start, and follow the recipe.





























- Try to clean up mess as you go or while your food is cooking.
- **DO NOT** lick your fingers while preparing food. It is unhygienic and some foods, eaten raw, can make you sick (e.g. chicken)
- Check the use by date and/or smell or feel the food to make sure it is fresh. Veggies should be firm to the touch and bright in colour.
- **NO METAL** in the microwave.
- Use a pot holder or towel to carry hot items from the microwave, oven or stove (or ask for help).
- **NEVER** mix water with hot oil.



### Cooking with fats and oils:

Only use healthy saturated fats and oils such as butter and coconut, or monounsaturated oil such as extra virgin olive oil (EVOO).

			RAW	STEAM (Half time for microwave)	ROAST (180°C)	STIRFRY	BOIL
	Carrot		YUM!	6-8mins	10-15mins	4-6mins	8-10mins
	Corn			8-10mins (cob)		1-2mins (kernels)	6-8mins
	Pumpkin			4-6mins	8-10mins		
	Sweet potato			4-6mins	8-10mins		
	Onion		YUM!	8-10mins	10-12mins	4-6mins	10-12mins
	Potato			10-12mins	15-20mins		15-20mins
	Cauliflower		YUM!	6-8mins	10-12mins	4-6mins	6-8mins
	Turnip			6-8mins	10-15mins		15-20mins
	Parsnip			8-10mins	10-15mins		8-10mins
	Mushroom		YUM!		5-8mins	2-4mins	
	Tomato		YUM!	2-4mins	6-8mins	2-4mins	
	Beetroot		YUM! (grated)	30-40mins	30-40mins		30-40mins
	Eggplant				10-12mins	8-10mins	



### Dressing your salad:

Keep your salad 100% natural and healthy by dressing it with lemon juice, extra virgin olive oil (EVOO) or balsamic vinegar.

			RAW	STEAM (Half time for microwave)	ROAST (180°C)	STIRFRY	BOIL
	Capsicum		YUM!		8-10mins	4-6mins	
	Cabbage		YUM!	6-8mins		4-6mins	10-12mins
	Asparagus			4-6mins		4-6mins	6-8mins
	Peas			4-6mins		2-4mins	8-10mins
	Beans		YUM!	4-6mins		3-4mins	20-30mins
	Broccoli		YUM!	4-6mins		2-4mins	4-5mins
	Bok choy			4-6mins		5-6mins	
	Silverbeet			2-4mins		2-4mins	
	Brussel sprouts			6-8mins	10-12mins	6-8mins	5-8mins
	Celery		YUM!			4-6mins	
	Baby spinach		YUM!			1-2mins	
	Kale		YUM! (chop finely)	2-4mins		1-2mins	
	Zucchini		YUM!	4-6mins	8-10mins	4-6mins	
	Cucumber		YUM!				

