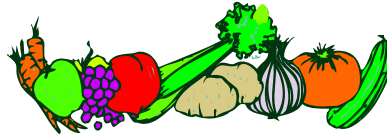


Vegetables



Cooking Fresh Vegetables



There are many ways to cook fresh vegetables:

- In a saucepan on top of the stove
- In a skillet or wok on top of the stove
- In the oven, or on the barbecue (roasting)
- In a microwave

To Prepare

Wash fresh vegetables with cool, clear tap water, and scrub firm vegetables with a clean brush.

Cooking in a saucepan on a top of the stove

- Cook vegetables in a saucepan in boiling water
 1. Slice or cut in small pieces.
 2. Cover with water.
 3. Add a small amount of salt.
 4. Cover the pan and bring to a boil.
 5. Turn heat down and simmer until tender when tested with a fork.

- Vegetable that are often cooked this way include:

- Asparagus	- Brussel sprouts	- Corn
- Beans (green or yellow wax beans)	- Cabbage	- Turnips
- Beets (peel and slice after boiling)	- Carrots	- Potatoes

Cooking in a skillet or wok on top of the stove

- Tender vegetables are often cooked in a small amount of oil, butter or margarine to add to other ingredients in casseroles, soups and stews or used in stir-fries.
- These include vegetables like:

- Celery	- Leeks
- Onions	- Peppers
- Mushrooms	- Spinach



Roasting in the oven or on a barbecue

- Many vegetables are roasted together or on their own in a baking pan or casserole in the oven. They can also be packed together and sealed in a double thickness of foil and cooked on a barbecue. Toss with a bit of olive oil and some fresh herbs like parsley, chives or rosemary.
- Examples of vegetables that are often cooked this way include:

- Potatoes (white or sweet)	- Peppers
- Carrots	- Mushrooms
- Eggplant	- Leeks
- Squash	- Parsnips
- Cabbage	- Turnips
- Onions	- Zucchini
- Celery	

Cooking in a microwave

- To microwave vegetables use a microwave safe baking dish or a casserole dish with a lid or cover.
 1. Chop or cut vegetables in small pieces.
 2. Add a small amount of water or broth.
 3. Cover and cook according to microwave directions.
- Vegetables that are often cooked this way include:

<ul style="list-style-type: none">- Broccoli- Cauliflower- Corn on the cob- Peas	<ul style="list-style-type: none">- Squash- Sweet potatoes, yams and potatoes
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Cooking Potatoes

Baked Potatoes:

1. Heat oven to 425° F (230° C).
2. Wash and scrub potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. For soft skins, wrap each potato in foil.
3. Bake potatoes at 425° F (230° C) for 40 to 60 minutes or until tender when pierced with a fork or sharp knife.

Stuffed Potatoes:

1. Bake potatoes and let stand for 10 minutes.
2. Cut potato in half the long way. Scoop potato from the skin using a spoon. Place potato in a bowl. Save the skin.
3. Mash the potato with a potato masher or electric mixer on low. Add some sour cream or cream cheese, a pinch of garlic powder and pepper and salt to taste. Beat until smooth. You can also stir in $\frac{1}{4}$ tsp (1mL) of chives.
4. Spoon the potato mixture into the potato skin shells and place on a baking pan.
5. Bake at 425° F (230° C) for 10 to 15 minutes until lightly browned. Place a slice of cheese or sprinkle with grated cheese and return to the oven until cheese melts.

Boiled Potatoes:

Place potatoes in a medium saucepan and cover potatoes with water. Put a lid on the saucepan. Bring to a boil and then reduce heat and simmer 20 to 25 minutes until potatoes are tender when tested with a fork.

Microwaved Potatoes:

1. Wash and scrub potatoes.
2. Prick potatoes with a fork.
3. Place potatoes in a micro-wave safe casserole dish with 2 Tbsp (30 mL) of water.
4. Microwave, covered on high for 5 minutes. Turn the potatoes and microwave for 3 to 5 more minutes or until tender.



Mashed Potatoes

Serves 4

4	medium	potatoes, peeled and quartered	4
½	tsp	salt	2 mL
1	Tbsp	butter or margarine	15 mL
2 to 4	Tbsp	milk	30 to 60 mL

How to Make:

1. In a medium saucepan, place potatoes and salt. Add enough water to cover. Cover pan. Bring to a boil and then reduce heat and simmer 20 to 25 minutes until potatoes are tender.
2. Drain water and mash potatoes with a potato masher or electric mixer on low speed.
3. Add butter and gradually beat in enough milk to make mixture light and fluffy.

Scalloped Potatoes

Serves 4

3 to 4	medium	potatoes, peeled and thinly sliced	3 to 4
1	small	onion, thinly sliced	1
2	Tbsp	flour	30 mL
½	tsp	salt	2 mL
¼	tsp	pepper	1 mL
1 ¼	cup	milk	300 mL

How to Make:

1. Heat oven to 325° F (160° C).
2. Lightly grease a 2 quart (2 L) casserole dish. Place ⅓ of potatoes in the bottom of the casserole, top with ½ of the onion. Sprinkle with 1 Tbsp (15 mL) of the flour and half of the salt and pepper.
3. Repeat with another ⅓ of potatoes, the remainder of the onions, the rest of the flour and salt and pepper.
4. Top with the remainder of the potatoes. Pour the milk over the top. It should just about come to the top of the layers of potato and onion.
5. Bake uncovered at 325° F (160° C) for 50 to 60 minutes or until golden brown on top.

Note:

- Try sprinkling the top of potatoes with parsley and/or grated Parmesan cheese before baking.
- You can layer some grated cheddar cheese with potatoes and onions for cheesy scalloped potatoes or add a bit of chopped ham or cooked chicken for a complete main dish.

Oven Baked Fries

Serves 4

4	medium	potatoes	4
1 to 2	Tbsp	vegetable oil	15 to 30 mL
		paprika	

How to Make:

1. Heat oven to 450 ° F (230° C).
2. Wash potatoes, but do not peel. Cut away any bruised spots.
3. Slice potatoes into ½ inch (1 cm) thick strips.
4. In a medium bowl, mix potatoes with oil. Sprinkle with paprika.
5. Spread on lightly greased baking sheet.
6. Bake at 450 ° F (230° C) for 10 minutes. Turn potatoes with spatula. Bake 10 to 15 minutes more, or until golden brown.

Note:

- You can add ¼ cup (150 mL) grated Parmesan cheese to the baked potatoes.
- You can add ¼ tsp (1 mL) garlic powder, pepper or other herbs to the potatoes before baking.
- Larger pieces of potato take longer to bake.

Roasted Potatoes

Serves 4

3 to 4	medium	potatoes, cut into large pieces	3 to 4
1	Tbsp	butter, margarine or olive oil	15 mL
		salt and pepper to taste	

How to Make:

1. Heat oven to 325° F (160° C).
2. Wash and scrub potatoes or peel. Place in a greased 9 inch square (2.5 L) baking pan. Combine oil or melted butter or margarine with salt and pepper and any other seasoning you want to add.
3. Toss to coat potatoes. Bake at 325° F (160° C) for 45 minutes. Stir potatoes and bake 10 to 20 minutes more or until potatoes are tender and brown on edges.

Note:

- In order to keep potatoes from getting too dry you may want to cover them for the first 45 minutes.
- Added seasonings can include ¼ tsp (1 mL) each of garlic powder, onion powder, chives, rosemary, or paprika.
- You can also add some sliced onion and peppers to taste. If you do, leave the mixture covered the entire cooking time.

Potato Pancakes

Makes 6 pancakes

1	egg, beaten	1
4	medium potatoes	4
2 Tbsp	flour	30 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL

How to Make:

1. Peel potatoes or leave skins on. Grate the potatoes.
2. Beat the egg in a bowl. Add the rest of the ingredients and mix well.
3. Heat a small amount of oil in a skillet or griddle or spray with vegetable oil spray.
4. Spoon potato mixture onto pan to form six pancakes and brown on both sides at medium-low heat.

Note:

- 1 Tbsp (15 mL) of finely chopped green onion or chives added before cooking gives extra flavor.
- Top with plain yogurt or sour cream.

Roasted Vegetables

Serves 4

2	Tbsp	vegetable oil	30	mL
1	tsp	dried thyme	5	mL
2	Tbsp	pancake syrup	30	mL
1	Tbsp	Dijon mustard	15	mL
4	cups	assorted vegetables (potatoes, carrots, onions, cauliflower)	1	L

How to Make:

1. Heat oven to 325° F (160° C).
2. Cut vegetables in 1 inch (2 cm) pieces and place in a lightly greased 9 x 13 inch pan (4 L).
3. Mix together the rest of the ingredients and toss with vegetables. Leave cauliflower out as it will be added later.
4. Cover pan and bake at 325° F (160° C) for 1 hour, stirring occasionally. Add vegetables like cauliflower and broccoli for the last half hour of cooking.

Note:

- You can also use vegetables such as celery, peppers, squash, turnip, parsnips or asparagus for this recipe.
- You can use ½ tsp (2 mL) dry mustard powder instead of the Dijon mustard.

Sesame Broccoli

Serves 4

1 lb	broccoli, fresh or frozen	.50 kg
1 Tbsp	vegetable oil	15 mL
1 Tbsp	white vinegar	15 mL
1 Tbsp	soy sauce	15 mL
1 tsp	sugar	5 mL
1 tsp	toasted sesame seeds	5 mL

How to Make:

1. Cut up broccoli and place in a saucepan and add enough water to cover the broccoli. Cover pan.
2. Bring to a boil and then reduce heat to low and simmer for about 5 minutes until the broccoli is tender when tested with a fork. Drain off the water.
3. Combine oil, vinegar, soy sauce, sugar and sesame seeds in a small bowl.
4. Pour over broccoli and serve.

Note:

The broccoli can also be cooked in the microwave for about 3 minutes.

Turnips 'N' Apples

Serves 6-8

Bottom:

1 large	turnip, peeled and cut in small pieces	1
1 Tbsp	butter	15 mL
2	apples, peeled and sliced	2
¼ cup	brown sugar	50 mL
1 pinch	cinnamon	1 pinch

Crust:

1/3 cup	flour	75 mL
1/3 cup	brown sugar	75 mL
2 Tbsp	butter	30 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Cook the turnip in boiling water until tender. Drain off water. Mash the turnip with butter.
3. In a small bowl, mix the apple slices with brown sugar and cinnamon.
4. Add mashed turnip to apples. Spoon into a greased 2 quart (2L) casserole dish.
5. In a small bowl, mix flour, brown sugar and 2 Tbsp (30 mL) butter until crumbly. Sprinkle on top of turnip and apple mixture.
6. Bake at 350° F (180° C) for 45 minutes.