Asparagus: roast, steam, sauté, grill  
(Source: [www.asparagus.org](http://www.asparagus.org))

Beets: roast, stew  
(Source: en.wikipedia.org/wiki/beet)

Bell Peppers: raw, roast, sauté, grill, stew  
(Source: en.wikipedia.org/wiki/Bell_pepper)

Broccoli: raw, roast, steam, sauté  
Brussels Sprouts: raw, roast, steam, sauté
(Source: http://www.lesliebeck.com/ingredient_index.php?featured_food=77)

Cabbage: raw, steam, sauté, stew
(Source: http://localfoods.about.com/od/cabbage/ss/Cabbages-Types.htm)

Green cabbage

Savoy Cabbage

Red Cabbage

Napa Cabbage
Bok Choy: raw, roast, sauté, grill

Carrots: raw, roast, sauté, stew
(Source: carrotmuseum.co.uk)

Cauliflower: raw, roast, steam, sauté, stew
(Source: http://en.wikipedia.org/wiki/Cauliflower,

Purple Cauliflower

Romanesco
Collard Greens: sauté, stew
(Source: http://en.wikipedia.org/wiki/Collard_greens)

Eggplant: roast, sauté, grill
(Source: www.lifeworksrestaurant.com)

Fennel: roast, sauté, grill, stew
(Source: http://www.schreiberandsons.com/fennel.html)

String Beans: raw, roast, steam, sauté
(Source: www.grow-it-organically.com)
Peas: raw, steam, sauté, stew

Kale: raw, roast, sauté, stew
(Source: http://ilovekale.com/know-your-kale-variety/)

Curly Kale

Lacinato/Nero/Tuscan Kale

Red Winter Kale
Kholrabi: raw, roast, stew
(Source: http://gardening.yardener.com/YardenersPlantHelper/FoodGardening/VegetableFiles/Kohlrabi)

Leeks: raw, roast, sauté
(Source: http://www.growit.umd.edu/vegetableprofiles/leeks.cfm)

Mushrooms: raw, roast, sauté, grill
(Source: http://gourmetfood.about.com/od/wheretobuygourmetfoods/ig/Edible-Mushroom-Varieties/)

Common Button Mushrooms

Crimini Mushrooms

Mushrooms continued…
Portobello Mushrooms

Mustard Greens: raw, sauté, stew
(Source: http://en.wikipedia.org/wiki/Brassica_juncea)

Onions: raw, roast, sauté, stew, grill
(Source: http://www.ufseeds.com/Onionology_73664549fd8e5fe08e209.html)
Potatoes: roast, steam, stew
(Source: http://www.thekitchn.com/potato-varieties-64061)
Radishes: raw, roast, sauté
(Source: http://en.wikipedia.org/wiki/Radish)

Spinach: raw, sauté, stew
(Source: http://urbanext.illinois.edu/veggies/spinach.cfm)

Summer Squash: roast, sauté, grill

Zucchini

Patty pan

Yellow squash
Sweet Potatoes/Yams: roast, steam, stew, sauté
(Source: http://www.thekitchn.com/potato-varieties-64061)

Swiss Chard: raw, sauté, stew
(Source:
http://home.howstuffworks.com/swiss-chard.htm,

Yams
(Source: http://www.thekitchn.com/potato-varieties-64061)
**Tomatoes:** raw, roast, sauté, stew, grill  
(Source: http://en.wikipedia.org/wiki/Tomato)

Cherry tomatoes

Roma tomatoes

Variety of tomatoes

**Turnips:** roast, sauté  
(Source: http://www.vegancoach.com/how-to-cook-a-turnip.html)
Cooking Methods

**Roast:** add olive oil, salt, pepper, and roast uncovered at 400 degrees. Cooking time may vary from 10-15 minutes (asparagus, zucchini, broccoli) to 20-30 minutes (winter squash, tomatoes, cauliflower, potatoes) to up to or over an hour (beets covered in tin foil).

**Sauté:** add olive oil, salt, pepper and sauté until tender or crispy.

**Steam:** option 1- pop in a steamer until tender; option 2- “pansteam” in an inch of water in a large sauté pan until vibrant in color and tender.

**Grill:** add olive oil, salt, pepper, grill on each side until tender or crispy.

**Stew:** add vegetables to a soup, stew or flavorful liquid. Cook until tender.