Cooking with Fresh Veggies

Buying veggies:
Use your eyes, nose and hands
- Look for veggies that are bright in color, heavy, a pleasant smell and not slimy

Storing veggies:
Again- uses your eyes, nose and hands
- Most veggies will last longer in the refrigerator and in a plastic bag
- Veggies to leave on the counter in a cool place: onions, garlic, potatoes, and tomatoes

Some tips for cooking with veggies:
Is it a tough or tender veggie?
Dry heat-
- Saute
- Pan Fry
- Bake/Roast
Moist heat-
- Simmer
- Boil
- Steam
Duo heat-
- Braise

Cabbage Slaw
Serves: 6
Veggies:
- 1 whole red cabbage, cut into quarters and sliced into ribbons
- Maybe also add some thinly sliced kale, swiss chard or spinach
- Fresh Herbs-- that’s where the flavor comes in! Try mint, cilantro, parsley or basil

Dressing:
- ½ cup Olive oil
- ⅓ cup Lime juice or vinegar
- 2 garlic cloves, minced
- 2 teaspoons Ground cumin
- 1 teaspoon Paprika (smoked paprika is even better if you have it)
- 1 teaspoon salt
- 1 tablespoon black pepper
- 1 tablespoon honey (adjust to taste, add more honey if you prefer the dressing sweeter)

Combine all dressing ingredients in a container and shake to emulsify.
Add dressing to cabbage and mix well.