

# 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

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## 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.