



BROIL IT!



Broiling is a quick, flavorful way to cook tender vegetables, such as zucchini and summer squash, onions, tomatoes, eggplant, bell pepper, and asparagus. This method uses an overhead radiant heat—usually the broiler element in your oven—to cook vegetables or other foods from above. Like grilling and roasting, broiling creates flavor by using heat to caramelize the natural sugars in vegetables or other foods.

SIMPLE STEPS FOR BROILING VEGETABLES



1. Preheat oven to the “broil” setting. Prepare vegetables by slicing or chopping them into desired shape and size ($\frac{1}{4}$ "- $\frac{1}{2}$ " thick usually works best). Brush with a bit of olive or canola oil or spray with nonstick cooking spray. Lightly sprinkle with salt.



2. Spread vegetables evenly on a foil-lined sheet pan.
3. Place sheet pan on the upper rack in the oven and broil for about 10 minutes, stirring or flipping about halfway through the cooking process.



4. Using an oven mit, carefully remove vegetables from oven after they have softened, and small black spots have started to appear.
5. Sprinkle with a bit of vinegar, citrus juice, or low-sodium marinade before serving.



TIP: For extra flavor, vegetables can be marinated with a mixture of garlic, vinegar or citrus juice, $\frac{1}{4}$ tsp salt, and oil for a few hours or overnight and then broiled.

BROILED VEGGIE MEAL IDEAS:

Chill broiled vegetables and add to pasta salad.

Broil bell peppers, tomatoes, garlic, and onions, then blend to create a smoky homemade salsa or pasta sauce.

Use leftover broiled vegetables in tacos and quesadillas, on sandwiches, or combine chopped vegetables with broth and canned beans for a delicious soup.



< Watch this cooking method.



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A PROGRAM OF HUNGER FREE OK

The Double Up Oklahoma (DUO) program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit DoubleUpOklahoma.org to find a DUO-participating farmers market or grocery store location near you.



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CULINARY MEDICINE

This content was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



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