



SAUTÉ IT!



Sautéing uses a small amount of fat in a shallow sauté or frying pan to cook small cut vegetables or other foods. In

French, the word sauté means "to jump" since sautéed foods are tossed and stirred around the hot pan without allowing foods to remain in one spot for long.



BASIC STEPS FOR SAUTÉING VEGETABLES



1. Wash vegetables and cut into bite-sized or smaller pieces. For even cooking, all vegetables should be the same size.
2. Heat a sauté pan or skillet over medium-high heat.
3. Add a small amount of canola or olive oil (2-4 teaspoons) to lightly coat the bottom of the pan.
4. Add vegetables and stir with a wooden spoon or silicone spatula for the entire cooking time.
5. Vegetables are ready once they are golden-brown (caramelized).



TIP: When sautéing, do not use a lid to cover vegetables while cooking. Adding a lid will steam the vegetables and prevent flavors from developing (caramelization).

Sautéed vegetables are the secret ingredient found in many cuisines around the world. Try using one of these popular combinations to add flavor to your next soup, sauce, or other savory dish:



CARROT
CELERY
ONION

GARLIC
ONIONS
TOMATO

ONIONS
CELERY
GREEN PEPPER

GREEN ONIONS
GARLIC
GINGER

SAUTÉED VEGGIE MEAL IDEAS:

1. Make an *Alambre de verduras* with sautéed zucchini, carrots, green bell pepper, red bell pepper, and onions.

2. Sauté together onion, garlic, zucchini, eggplant, and bell peppers with Italian herbs for a quick *ratatouille*.

3. Combine broccoli, carrots, bell pepper, and snow peas with fresh garlic, fresh ginger, and fresh diced green onions; sauté for a quick *stir fry*.



< 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.



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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