



STEAM IT!



Steaming is a fast way to cook vegetables that is more flavorful and nutritious than boiling. When vegetables are boiled, many of the vitamins and natural flavors are lost in the cooking water. When vegetables are steamed, the nutrients remain in the vegetable while the water vapors gently cook the food. Steaming naturally brightens the colors of vegetables and makes them easier to chew and digest.

FOLLOW THESE BASIC STEPS FOR STEAMING NEARLY ANY VEGETABLE

1. Wash and cut vegetables into bite-sized pieces. All vegetables should be about the same size. You are now ready to steam the vegetables on the stove or in the microwave.



IN THE MICROWAVE

- Place vegetables in a microwave-safe glass dish filled with a few tablespoons of water. If steaming whole potatoes, pierce with a fork or knife tip before steaming.
- Cover with a microwave-safe glass plate and place in microwave.



ON THE STOVE

- In a pot with a lid, place a steamer basket or wire colander in the pot along with about 1/2 inch of water. Bring water to a boil.
- Using tongs or a spoon, place vegetables in the steamer basket. Cover with a lid.



SAFETY TIP: Keep away from steam: it can burn!

2. Cook until the vegetables are tender and bright in color.
3. Serve the vegetables warm or cold.



Smaller and softer vegetables may be ready within 2-3 minutes and harder vegetables, such as new potatoes, will be ready within 5-7 minutes.

See back side for recipe recommendations using these methods.

BLANCH AND SHOCK

Plunge steamed vegetables into a bowl of ice water to prevent overcooking and to keep their colors bright. Remove and drain well. This step prevents the green vegetables from turning brown. An ice water bath should also be used if you are steaming vegetables to use at a later meal.

Watch this cooking method. >



DOUBLE UP[™]
OKLAHOMA
DUO FOR HEALTH

STEAMED VEGGIE MEAL IDEAS:



1
Combine steamed squash and zucchini with corn and roasted slices of chili poblano; season with tomato sauce and fresh cilantro



2
Make pasta primavera with steamed broccoli, cauliflower, and carrots



3
Mash steamed cauliflower as a healthy alternative to mashed potatoes



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.



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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