

# Raw - Steam - Roast



**Verduras  
crudas**

**Verduras  
al vapor**

**Verduras  
asadas**

# How do you eat your vegetables?

Which do you like to eat raw?

Which can you steam or roast?

- \* **Vegetables and fruits can be eaten raw, steamed or roasted.**
- \* **Some vegetables are easier to digest and chew if they are partially or fully cooked.**
- \* **Don't over-cook your vegetables. Soft mushy vegetables are not as enjoyable to eat.**
- \* **Try steaming tender vegetables instead of boiling. Tender vegetables lose nutrients into the water when they are boiled.**
- \* **Try steaming in your microwave. However stick to pan steaming to preserve more of the nutrients.**
- \* **Roast a variety of vegetables by cutting them into small pieces or thin slices, add herbs and spices, and bake. You can lightly oil the pan before cooking, or use a cooking spray, but go easy on the oil. No Salt Needed!** (don't pile vegetables too thick so they can't roast on the pan very well)
- \* **Try roasting vegetables on the barbeque. Grilled vegetables can be put on a skewer or on a grilling pan. You can grill right on the barbeque if your pieces are large. If not, make your own grilling pan with aluminum foil.**