



Fruits and Vegetables Activity

# Cooking Fruits and Vegetables

**Purpose:** Practice preparation methods for fruits and vegetables that preserve nutrients.

## Supplies:

Foods for each cooking principle

Oil or cooking spray

Medium sauce pan

Perforated basket

Cutting board and knife

Mixing bowls

Stove top

Frying pans

Spatulas

Oven and/or microwave

Baking dish

## Directions:

Demonstrate how to properly prepare fruits and vegetables using techniques unfamiliar to participants such as steaming, panning, baking, and stir-frying. A few ideas from the *Cent\$ible Nutrition* Cookbook are offered.

**Cooking Principles:** steaming, panning, baking and stir-frying

### STEAMING (broccoli or beets)

Steaming helps retain the shape and color of vegetables the nutrients.

The flavor of steamed vegetables is more distinct.

- Wash vegetables.
- Boil 1/2-inch of water in a medium sauce pan.
- Place vegetables in a perforated basket.
- Place basket in pan over boiling water and cover tightly.
- Vegetables should not be sitting in the water, adjust level as needed.

### PANNING (Zucchini and Tomatoes, pg 278 or Panned Carrots and Onions, pg 279)

Panning uses little water or the steam from the vegetable's/fruit's own juices.

- Wash vegetables or fruit.
- Shred or cut vegetable or fruit into small pieces.
- Place in a lightly greased pan (use oil or cooking spray).
- Add a small amount of water.
- Cover tightly.
- Cook 5 to 8 minutes.
- Vegetable or fruit should be crisp and tender.

## BAKING (Baked Apples\*, pg 251 or Crunchy Fruit Crisp, pg 253)

Baking can be used for fruits or vegetables that contain enough water to form steam and still stay moist when baked.

- Leave the skin on to prevent loss of nutrients and to hold steam in for a pleasant baked flavor.
- Bake most fruits and vegetables at 350° Fahrenheit.

\*As a faster option, try the microwave recipe for Applesauce (page 258).

## STIR-FRY

Stir-frying preserves the natural color, flavor, and texture of fresh foods. Ingredients can be prepared ahead of time. The technique is simple and easy. See Basic Recipes, pages 107-108 of the *Cent\$ible Nutrition* Cookbook, for ingredients and instructions.



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