

Chapter 29

Vegetables

Cooking Vegetables

Directions: Read the following selection. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

To simmer: Use half of the water for four servings unless the chart directs otherwise. Pour water into a medium saucepan, cover, and bring to a boil. Add vegetables, cover, and bring the water to a boil again. Lower the heat until the water just simmers. Follow the directions under *Simmering Time* in the chart or until vegetables are just tender.

To microwave: Arrange pieces of uniform size in a microwave-safe dish. Add 2 tablespoons of water. Cover with a lid or vented plastic wrap. Microwave at 100 percent power, as indicated in the directions under *Microwaving Time* below. Allow the food to stand for the time indicated. Adjust the time depending on the microwave oven you use.

Vegetable/Amount for 4 Servings	Preparation	Simmering Time (approximate)	Microwaving Time (approximate)
Broccoli 1½ lb.	Remove outer leaves. Trim off tough parts of stalks. Cut lengthwise into spears or slice crosswise.	6 to 12 minutes	6 to 7 minutes Let stand 5 minutes.
Cabbage 1¼ lb.	Trim off outer leaves. Cut into small pieces or four wedges.	Pieces: 5 to 7 minutes Wedges: 8 to 10 minutes	Pieces: 6 to 7 minutes Wedges: 9 to 11 minutes Let stand 5 minutes.
Carrots 1 lb.	Cut into ¼-inch slices.	7 to 10 minutes	7 to 9 minutes Let stand 5 minutes.
Cauliflower 1½ lb.	Break into flowerets.	8 to 10 minutes	8 to 10 minutes Let stand 5 minutes.
Green beans 1 lb.	Snap off ends; remove strings. Cut into 1-inch pieces.	4 to 8 minutes	5 minutes Let stand 5 minutes.
Potatoes 1 lb.	Cut into quarters or cubes.	20 to 25 minutes Use enough water to cover.	10 to 12 minutes Let stand 5 minutes.
Spinach 1 lb.	Remove stems.	3 to 5 minutes	5 to 6 minutes Let stand 3 minutes.
Summer squash 1 lb.	Cut into ¼-inch slices.	3 to 5 minutes	5 to 7 minutes Let stand 5 minutes.

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Thinking Critically

1. Would a chef in a restaurant be wiser to cook larger or smaller quantities of vegetables at a time? Explain your answer.

2. Choose two vegetables from Chapter 31 in your text that are not included in the chart. Predict directions for simmering and microwaving them. Explain your predictions.

3. When might you choose to use fresh, canned, frozen, or dried vegetables? For example, would you choose fresh spinach or canned or frozen spinach; fresh mushrooms or canned mushrooms?

For Further Study

- ◆ Research the evolution of a potato chip. Then compare a baked potato, French fries, and potato chips for calories per serving and nutrients per serving, such as fats, carbohydrates, protein, and vitamin C. Based on your research, what accounts for the differences in calories and nutrients among these alternatives?
- ◆ Simmer or microwave a vegetable that your family has never tasted. For example, prepare spaghetti squash in place of pasta for a spaghetti dinner. Prepare and serve the vegetable at home. Record your family members' reactions. What would you do differently or the same when preparing the vegetable next time? Write a brief summary of your experience and share it with the class.
- ◆ Interview the produce manager from a nearby supermarket. Based on Chapter 31, prepare ten questions to ask the manager. Then add questions pertaining to career interest, skill, and aptitude for this position. Report your results to the class.
- ◆ Prepare two dinner menus that include at least two different vegetables, each prepared in a different way. How do these two vegetables contribute to the daily nutrient intake (and percent of Daily Value)?
- ◆ Make a collage using pictures of vegetables that represent different parts of the plant. For example, broccoli is the flower of the plant. Display your collage in the foods lab or in the classroom.