

FOOD



Steamed Vegetables

One of the simplest ways to prepare fresh or even frozen vegetables is to steam them over simmering water. This method is quick, light, and retains flavor and nutritional value. As long as you take care not to overcook them, steamed in-season vegetables often taste perfectly wonderful as they are.

- 1. Fresh herbs** - Toss whole sprigs of fresh herbs like parsley, thyme, or dill over the steaming vegetables, or chop up the leaves and sprinkle them over the vegetables after they're cooked.
- 2. Garlic** - Add sliced or chopped garlic to any vegetable, but leafy greens like kale really benefit from this extra zing. You can also sauté garlic with olive oil and toss it with vegetables after they're steamed.
- 3. Ginger** - Place thinly sliced ginger at the bottom of the steaming basket and cover with butternut squash or other winter root vegetables. Like garlic, sauté ginger in olive oil first before tossing with steamed vegetables.
- 4. Lemon** - Add a few slices of lemon or lemon zest to vegetables like broccoli, green beans, and summer squash. You can also add lemon juice to the steaming water.
- 5. Olive oil** - Before steaming, toss vegetables in the classic combination of olive oil, salt, and freshly ground black pepper.
- 6. Sesame oil** - Toss Asian vegetables such as bok choy or gai lan with toasted sesame oil, salt or soy sauce, and white pepper before steaming.
- 7. Fish sauce or soy sauce** - Add a couple of tablespoons of fish or soy sauce directly to the steaming water.
- 8. Vinegar** - Toss sweet vegetables like sweet potatoes or carrots with a splash of balsamic, red wine, or other vinegar in before steaming to play off their natural sweetness.



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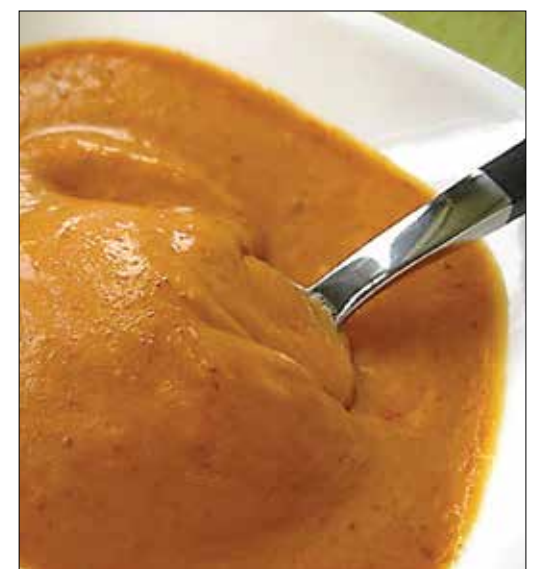
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Peanut Sauce

INGREDIENTS

- 1" piece ginger, peeled
- 1 small garlic clove
- 1/2 cup creamy peanut butter
- 2 tablespoons teriyaki sauce
- 1 tablespoon fresh lime juice
- 1/2 teaspoon light brown sugar
- 1/4-1/2 teaspoons crushed red pepper flakes

PREPARATION:

- 1.** With motor running, drop ginger and garlic clove into a blender and blend until finely chopped.
- 2.** Add peanut butter, soy sauce, lime juice, brown sugar, red pepper flakes, and 1/3 cup water and blend, adding more water by tablespoonfuls if needed to thin, until smooth. Will keep refrigerated for a few days; serve at room temperature.