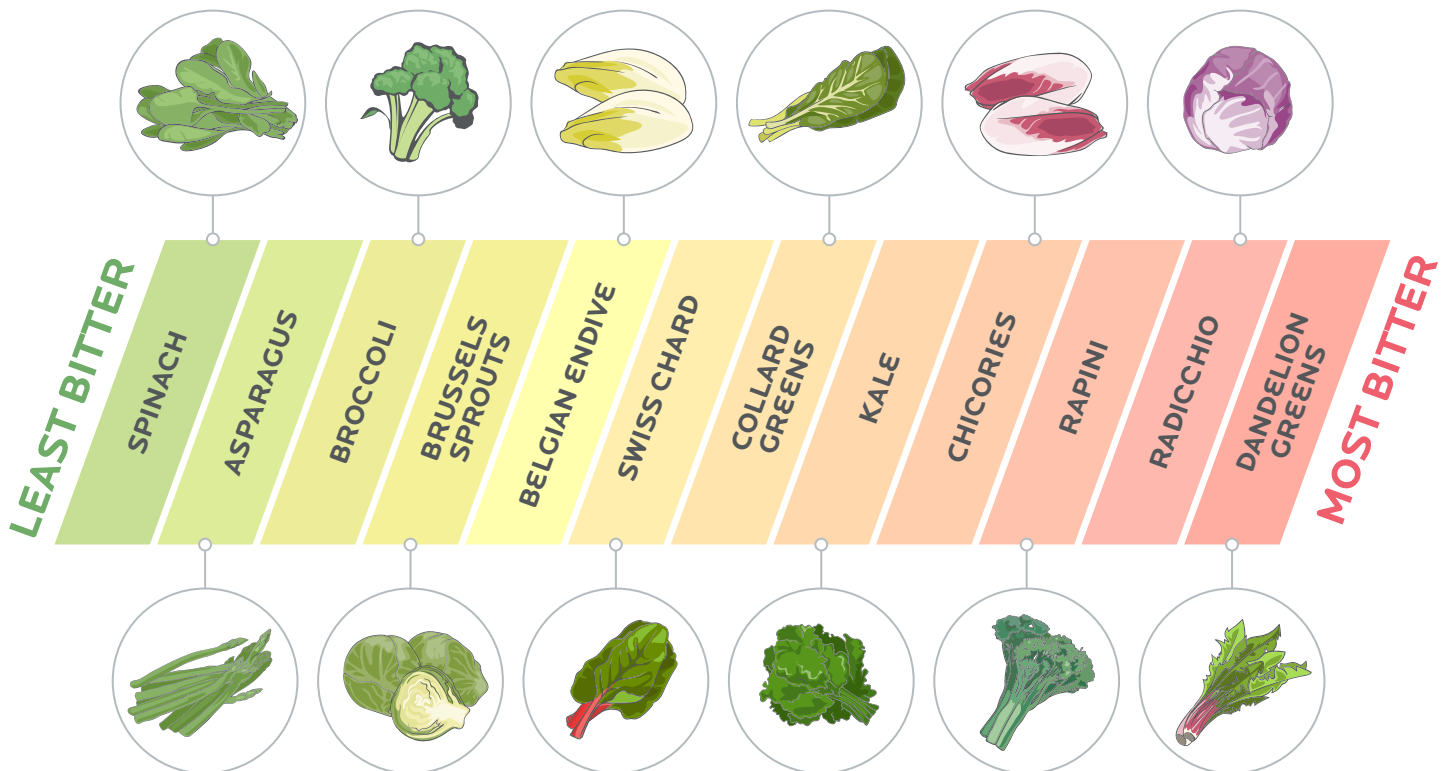


# 3 STEPS TO PREPPING (AND LOVING) YOUR VEGETABLES

1  
STEP

## CHALLENGE

Choose a vegetable to try.

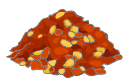


# 2<sup>STEP</sup>

## COMPLEMENT

Select 1-3 complementary flavors for your veggie.  
Spicy, sour, and salty flavors balance bitterness to make it more palatable.

### SPICE



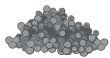
Crushed red pepper



Chopped fresh chiles



Smoked paprika



Black pepper



Chopped garlic



Ginger



Cumin

### SOUR



Fresh lemon juice



Fresh lime juice



Vinegar (wine, cider, or rice)



Preserved vegetables (pickles, chiles, etc.)



Fermented vegetables (sauerkraut, kimchi, etc.)



Wine

### SALTY



Dijon mustard



Salt



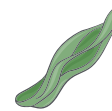
Capers



Anchovies



Olives



Seaweed



Brined cheese (feta, etc.)

# 3<sup>STEP</sup>

## CUSHION

Select 1-2 cushioning items for your veggie.  
Sweet and fatty flavors soften bitterness significantly.

### SWEET



Maple syrup



Honey



Cooked onions



Fortified wine



Berries



Oranges/tangerines/mandarin



Mirin

### FAT



Tahini



Chopped walnuts



Olive oil



Cooked bacon



Avocado



Soft cheese (goat, etc.)



Sliced almonds



Butter

# NOW PICK YOUR METHOD

Wash the vegetables thoroughly. If cooking, chop them into equal-sized pieces.

## RAW



Spinach



Broccoli



Brussels sprouts



Belgian endive



Kale



Chicories



Radicchio

## STEAM

Place veggies in single layer in steam pot with 1 inch of water. Cook over high heat for 3 min.



Garnish with complements and cushions.



Spinach



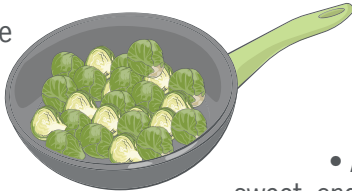
Asparagus



Broccoli

## SAUTÉ

Place damp veggies in single layer in sauté pan with a drizzle of cooking oil.



Cook on medium-high for about 10 min.

- Add salty, sweet, and/or spice midway through cooking.
- Garnish with sour and/or fat.



Kale



Spinach



Asparagus



Broccoli



Radicchio



Brussels sprouts



Belgian endive



Swiss chard

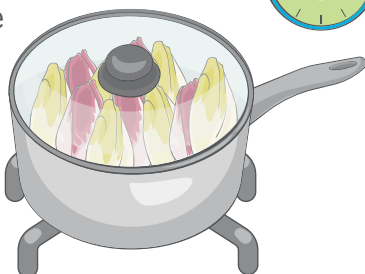


Rapini

## BRAISE

Place veggies in single layer in large pot over medium heat; drizzle with cooking oil. Add salty, spice, and/or sweet along with enough water to half-submerge veggies.

Lower heat, cover and cook until tender but still firm, 15-45 min.



Garnish with sour and/or fat.



Belgian endive



Swiss chard



Collard greens



Dandelion greens



Kale

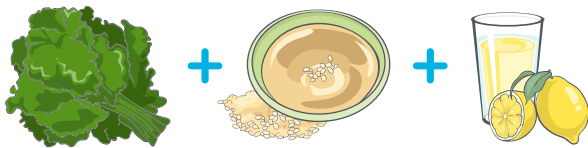


Chicories

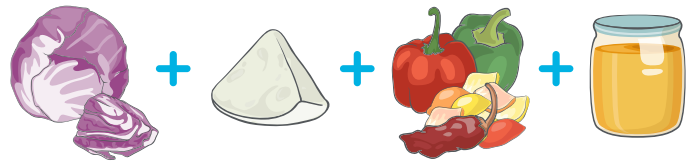


Rapini

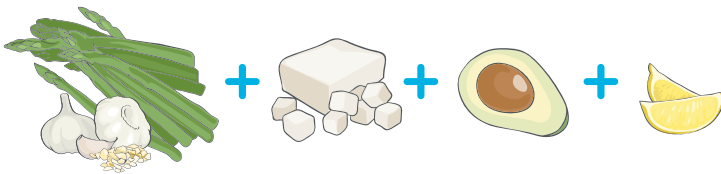
# SAMPLE COMBOS



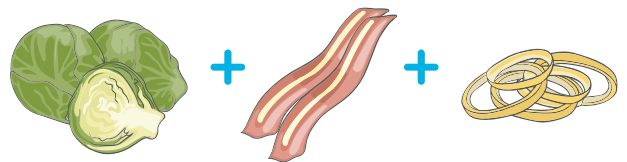
Kale with tahini and lemon juice



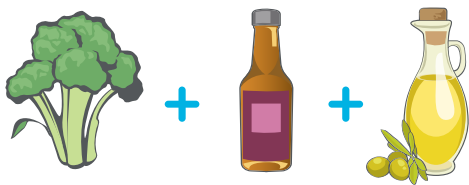
Radicchio with goat cheese, peppers, and honey



Asparagus with garlic, feta, avocado, and lemon



Brussels sprouts with bacon and onions



Broccoli with balsamic vinegar and olive oil



Endive with mirin and walnuts

For more info:  
<https://www.precisionnutrition.com/dont-like-vegetables>