

vegetables

Vegetables are important in the normal diet due to their vitamin, carbohydrate, and mineral salts values. Do not waste any of a vegetable food value by careless preparation and cooking.

A great deal of food value is lost by starting vegetables to cook in cold water and by cutting them into small pieces before cooking.

When food is put into boiling water the outside is seared by the heat, and the juices, flavor, and goodness are thus retained.

Do not add water to spinach for cooking. Cover tightly and allow to cook in its own water.

Strong vegetables as cabbage should be cooked uncovered and then there will be less odor.

Steaming and baking are excellent methods of cooking vegetables.

