

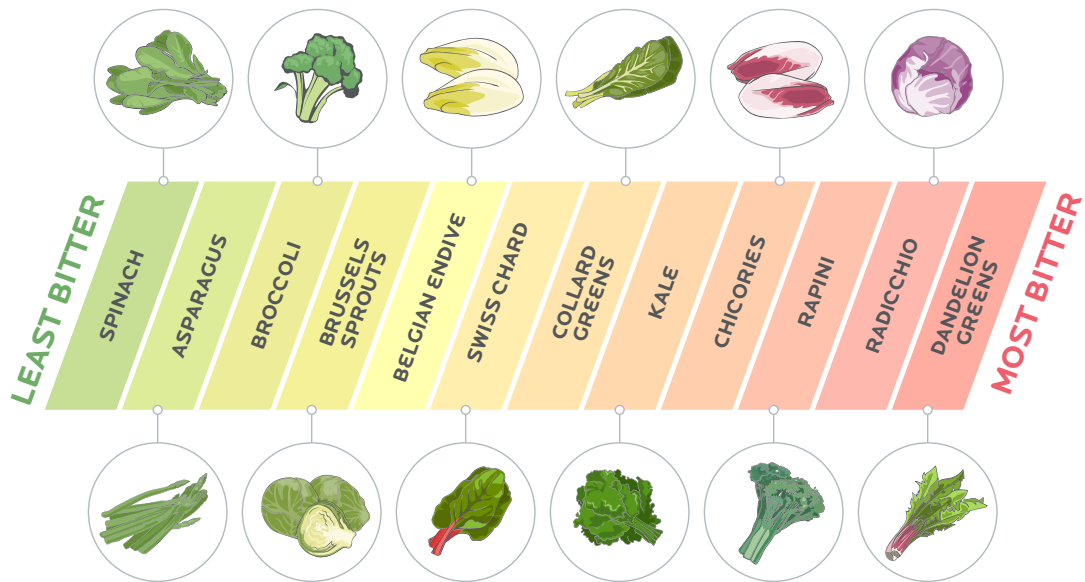
# 3 STEPS TO PREPPING (AND LOVING) YOUR VEGETABLES

Vegetables are a must — but what if you don't like the bitter taste?  
Use this easy 3-step formula to train your palate and enjoy your greens.

1  
STEP

## CHALLENGE

Choose a vegetable you've avoided in the past or have been a little afraid to try.



Research shows veggie distaste is reduced with exposure.  
It can take 3-4 tries to start liking something you originally didn't.

## 2 STEP

# COMPLEMENT

Select 1-3 complementary items for your veggie from any or all categories below.

### 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.)

Complements create flavor harmony, pushing several taste buttons at the same time. This covers up certain “veggie flavors” you may not enjoy.

## 3 STEP

# CUSHION

Select 1-2 cushioning items for your veggie.

### 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



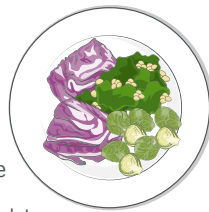
Butter

Don't freak out if these cushions sound calorie-dense. It only takes a little bit to balance out bitterness, not a cup of oil or a pound of bacon.

# NOW PICK YOUR METHOD

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

## RAW



Cut veggies to desired size and arrange them on your plate.

Top with complements and cushions.



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

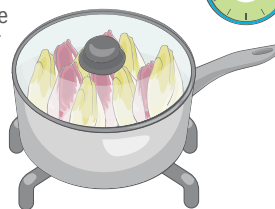


Rapini

## 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

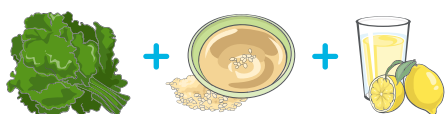


Chicories



Rapini

## SAMPLE COMBOS



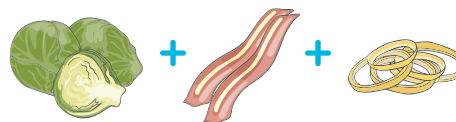
Kale with tahini and lemon juice



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 the full article explaining this infographic:  
<http://www.precisionnutrition.com/dont-like-vegetables>

 Precision Nutrition