How To Maintain Nutrients
When Cooking Vegetables

- Cook in the smallest possible amount of liquid.
- Cook for the shortest possible amount of time.
- Cover most vegetables.
- Cook in the skins when possible.
- Do not add baking soda or other ingredients to enhance color.

How to Maintain Quality
When Cooking Vegetables

- Cook as close to service time as possible – cook in batches.
- Vent strong flavored vegetables.
- Avoid excessive stirring.
- If adding canned vegetables to other forms of vegetables, add the canned product last.
- Do not overcook!