



*Most vegetables become delicious with just a simple cooking method and good olive oil. These three techniques will cover nearly everything you need in everyday cooking. The vegetables in this section are specifically recommended for midlifers.*



## ROAST (Oven)

Roasting brings out natural sweetness and creates lightly caramelized edges.

### How to roast:

1. Heat oven to 400°F.
2. Toss vegetables with extra virgin olive oil and a pinch of salt.
3. Spread in a single layer on a parchment-lined baking sheet.
4. Roast until tender and lightly browned, stirring halfway through.

### Vegetables that roast well:

<b>Quick (~20 min)</b>	<b>Medium (~30 min)</b>	<b>Longer (~35–40 min)</b>
– Asparagus	– Broccoli	– Brussels sprouts
– Zucchini	– Cauliflower	– Cabbage wedges
– Summer squash	– Green beans	
– Bell peppers	– Eggplant	
– Onion	– Radicchio	
– Radishes		



## SAUTÉ (Stovetop)

Sautéing is quick and ideal for vegetables that cook in just a few minutes.

### How to sauté:

1. Heat extra virgin olive oil, avocado oil, coconut oil, or ghee in a skillet over medium heat.
2. Add vegetables and cook while stirring frequently.
3. Cook until tender but still vibrant.
4. Typical cook time: 5–10 minutes.

### Vegetables that sauté well:

– Onions	– Garlic	– Bell peppers
– Shallots	– Mushrooms	– Zucchini
– Leeks	– Kale	– Summer squash



## STEAM

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Steaming keeps vegetables bright, tender, and fresh-tasting.

### How to steam:

1. Bring 1–2 inches of water to a simmer.
2. Place vegetables in a steaming basket.
3. Cover and steam until just tender.
4. Typical cook time: 5–10 minutes.

### Vegetables that steam well:

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|---------------|---------------|--------------|
| – Broccoli    | – Asparagus   | – Carrots    |
| – Cauliflower | – Green beans | – Artichokes |



## FLAVOR INSPIRATION FOR PROTEIN & VEGETABLES

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Once cooked, vegetables become even better with simple additions.

### Fresh & Bright (Citrus + Herbs)

- Lime & Cilantro: Lime juice + cilantro + jalapeño + avocado oil.
- Lemon & Dill: Lemon zest + fresh dill + garlic + yogurt.
- Orange & Mint: Orange zest + fresh mint + olive oil + white balsamic.

### Warm & Savory (Earthy + Aromatic)

- Cumin & Coriander: Ground cumin + coriander + garlic + olive oil.
- Turmeric & Ginger: Fresh turmeric + ginger + coriander + coconut milk.
- Rosemary & Garlic: Rosemary + garlic + olive oil.

### Mediterranean & Herbaceous (Tangy + Earthy)

- Oregano & Feta: Dried oregano + feta crumbles + olive oil + lemon zest.
- Za'atar & Olive Oil: Za'atar spice mix + olive oil + garlic.
- Thyme & Goat Cheese: Fresh thyme + goat cheese + olive oil + honey.

### A Little Heat (Spicy + Zesty)

- Chili & Lime: Red pepper flakes + lime juice + garlic + cilantro.
- Gochujang & Sesame: Gochujang (Korean chili paste) + sesame oil + soy sauce.
- Harissa & Lemon: Harissa paste + lemon juice + olive oil + garlic.

### Rich & Umami (Deep + Flavorful)

- Soy & Ginger: Soy sauce + ginger + rice vinegar + sesame oil.
- Tamarind & Chili: Tamarind paste + cayenne + garlic + onion.
- Anchovy & Parsley: Anchovy paste + garlic + olive oil + parsley.