



Metabolic Code®

unlock your healthiest you

## Additional **Vegetable Ideas**

Weight Loss - **Week 8**





### Vegetable Ideas

A high intake of vegetables is a great way to succeed with weight loss. (Remember all the benefits previously discussed.) Here are some easy, delicious cooking and preparation techniques to help you eat more. As with all foods, we recommend buying organic or other sustainably raised (low-chemically treated) versions as often as possible.



When it comes to vegetable variety, learning some basic cooking techniques can carry you far.



### Tips and Tricks:

#### ■ Frozen Vegetables:

Frozen vegetables can be just as or sometimes more nutritious than fresh vegetables, and can be easier to find at certain times of the year. Frozen vegetables makes meal prep quicker and prevents waste. Keeping some frozen vegetables on hand is useful during unpredictable weeks; you can cook with what you have on hand. As with everything in life, the more exposure you have to different vegetables your preferences will develop. For example, frozen French style green beans, cooked in the microwave with a little bit of butter and salt and pepper, are great because the softer texture works. However, for regular green beans, most people prefer fresh; frozen versions have a mushier texture when cooked that works best in soups.

#### ■ Blanching:

For many people the texture of vegetables can be a deal breaker. Asparagus is a good example. Some people like them crunchy almost raw, while others like them fork tender and very soft. Blanching is a technique that can help achieve a different texture. Blanching is simply cooking in boiling water for a very short period of time (usually 1-2 minutes) and then transferring to ice-water to stop the cooking process. This “shock” cooking breaks the cell walls, giving vegetables a more vibrant color and helping to tenderize them. The ice bath or ice water is used to stop the cooking process so the vegetables don’t continue to cook on the plate making them soggy. If you have tried roasted or sautéed asparagus and don’t love it, try blanching it first before roasting. Dry the spears off after the ice bath, then coat them with olive oil and roast in the oven for a few minutes. I think you’ll be amazed at the difference. You can also try this with cruciferous vegetables like broccoli.





## Vegetable Math:

Chopped Garlic + Olive Oil + Fresh Bagged Spinach + Skillet = **Sautéed Garlic Spinach**

Chopped Garlic + Olive Oil + Collard Greens + Skillet = **Sautéed Greens**

Chopped Garlic + Olive Oil + Bok Choy + Red Pepper Flakes + Skillet = **Sautéed Bok Choy**

Indian Spices + Olive Oil + Shredded Cabbage + Frozen Peas + Skillet = **Madras Vegetables**

Turkey Bacon Cooked + Fresh Bagged Spinach + Skillet = **Spinach with Bacon**

Turkey Bacon Cooked + Frozen Green Beans + Skillet = **Green Beans with Bacon**

Turkey Bacon Cooked + Broccoli + Skillet = **Broccoli with Bacon**

Kale + Olive Oil + 350 Degree Oven + S/P\* = **Roasted Kale**

Carrots + Olive Oil + 350 Degree Oven + S/P\* = **Roasted Carrots**

Asparagus + Olive Oil + 350 Degree Oven + S/P\* = **Roasted Asparagus**

Chicken Broth + Frozen Vegetables + Canned Tomatoes = **Vegetable Soup**

Olive Oil + Grated Ginger Root + Vegetable Broth + Sugar Snap Peas + Shredded Carrots + Chili Sauce = **Asian Style Soup**

Chicken Broth + Canned Tomatoes + Canned Black Beans + Bell Pepper + Taco Seasoning = **Taco Soup**

Chicken Broth + Canned White Beans + Kale + Broccoli + Parsley + Veggie Parmesan (contains soy, use only after Phase 2 soy reintroduction/trial process.) + Blender = **Pureed Super Greens Vegetable Soup**

\*Salt and Pepper to taste. Anyone with high blood pressure, should be very light with added salt. 1 tsp of salt contributes 2000 mg sodium to the daily intake.



## Tips and Tricks:

### ■ Aromatic Starters:

Garlic, Onions, Ginger, Scallions, Shallots, all of these aromatic ingredients are staples in a cooks kitchen. The reason? They build flavor in your foods. Food choppers are great for these foods because they are so quick and easy and can help avoid the watery eyes you get when hand dicing an onion. The garlic used in the vegetable math ideas is easily chopped with a chopper or use a garlic press for quick minced garlic. When added to medium-low temperature olive oil in a skillet, garlic infuses great aroma and flavor to any sautéed vegetable. You can also buy pre-peeled garlic bulbs, but they tend to spoil faster. Pre-chopped garlic is also available, but they are usually packaged in oil. Bacon is another aromatic starter ingredient, which adds flavor. Cook the bacon and then remove it from the skillet, cooking the vegetables in the remaining bacon grease. You don't want to do this too often, but on occasion, it makes your food really special.

### ■ Roasting:

Roasting: Oven roasting vegetables is a great way to cook vegetables, if you don't like the sometimes bitter flavor they can have. Roasting tends to bring out the sweetness in many vegetables, such as carrots, turnips and Brussels Sprouts and helps change the texture of other vegetables such as kale and broccoli. Roasting is very easy, but can require a little more time compared with sautéing.