

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.



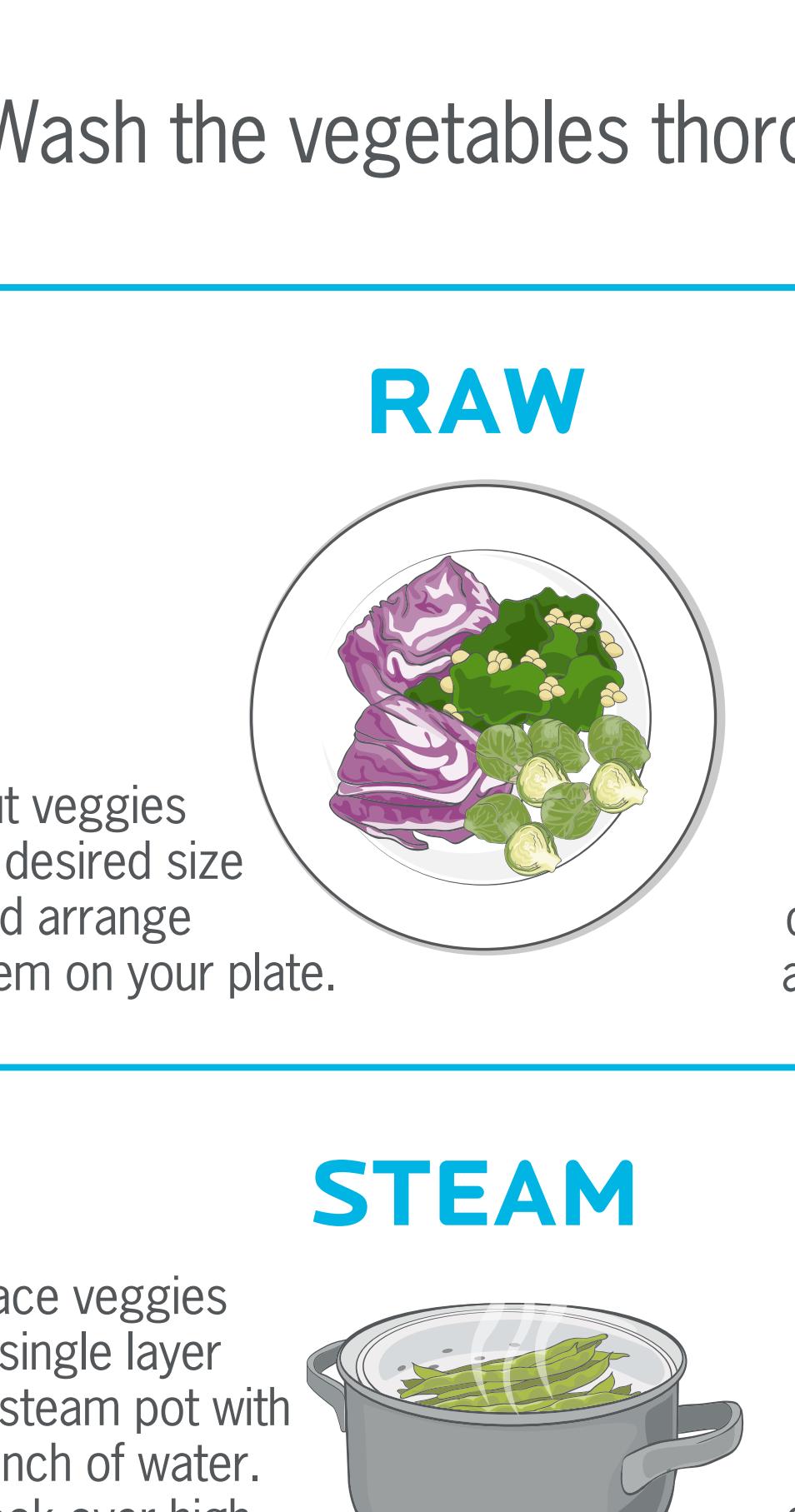
Research shows veggie distaste is reduced with exposure. It can take 3-4 tries to start liking something you originally didn't.

2
STEP

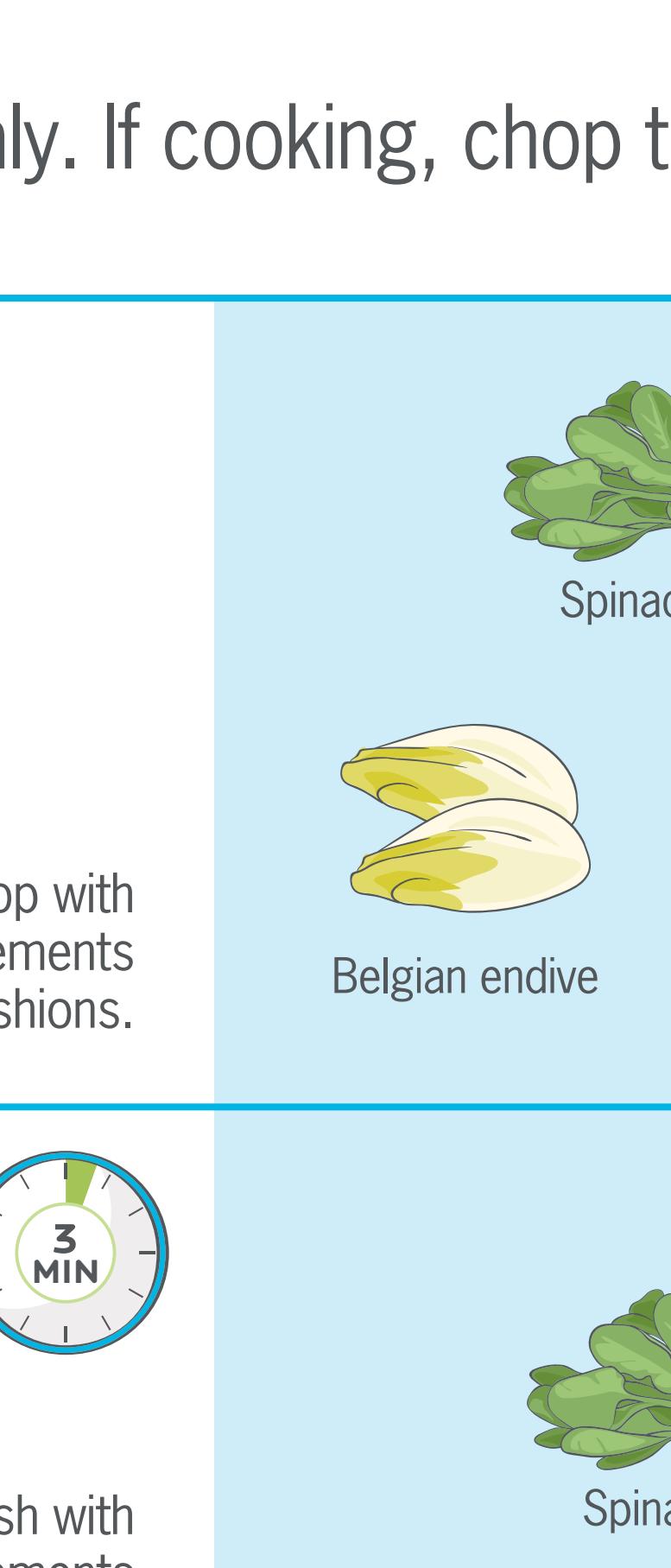
COMPLEMENT

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

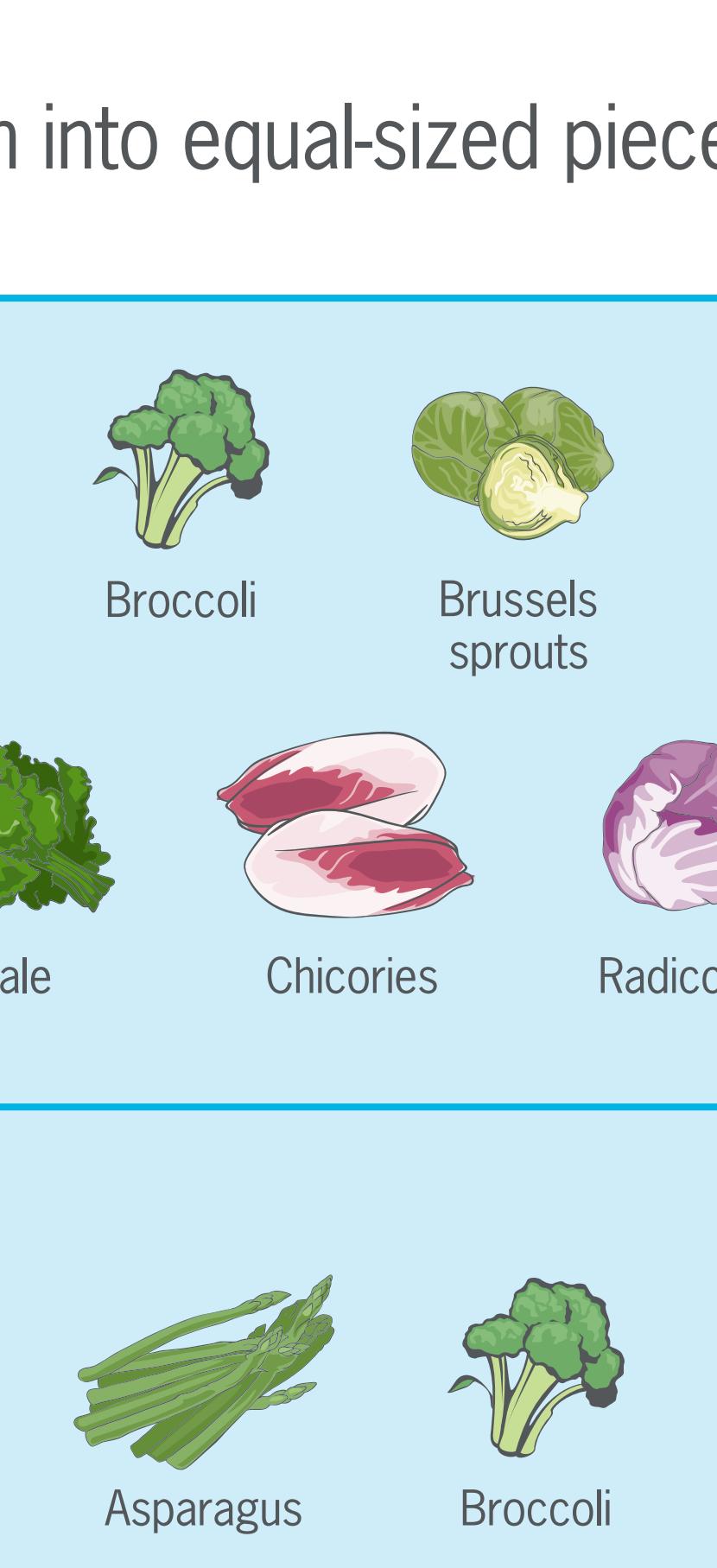
SPICE



SOUR



SALTY



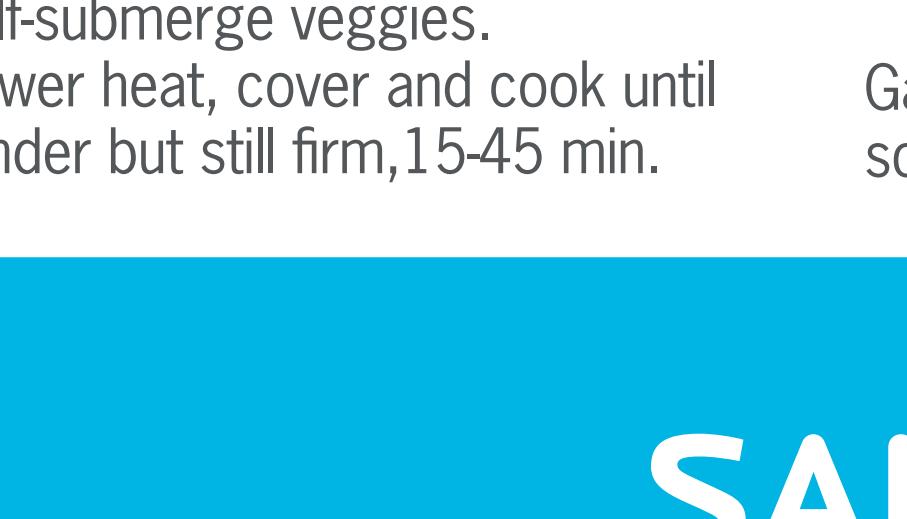
Complements create flavor harmony, pushing several taste buttons at the same time. This covers up certain "veggie flavors" you may not enjoy.

3
STEP

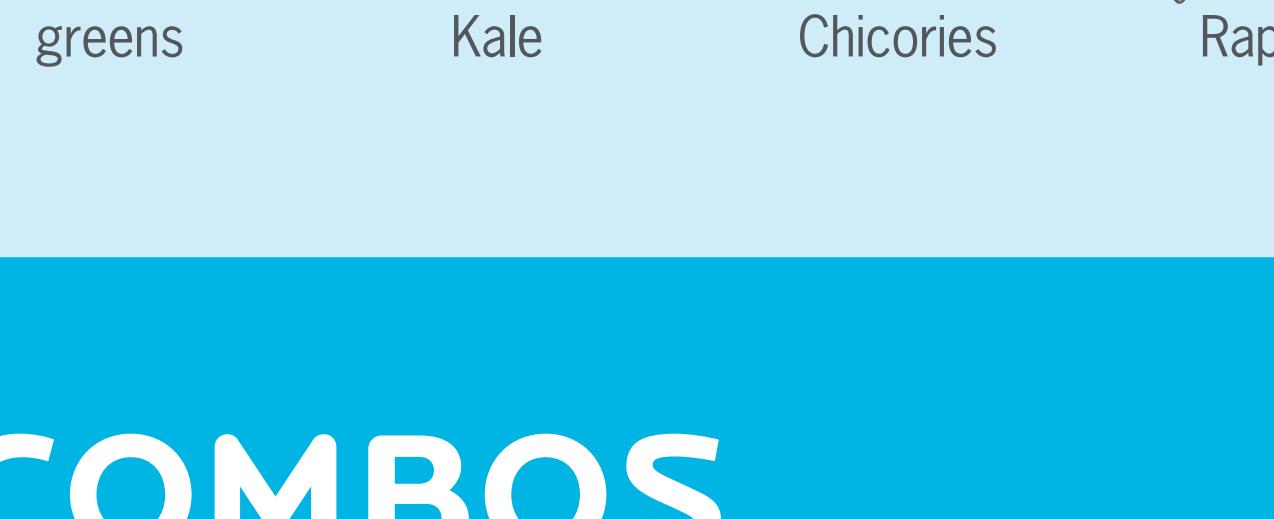
CUSHION

Select 1-2 cushioning items for your veggie.

SWEET



FAT



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

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 spicy 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, spicy, 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