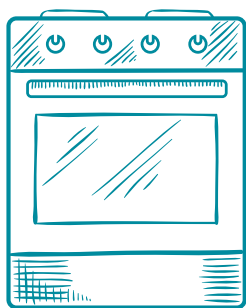


# Healthy Ways to Cook Food

Different ways of cooking can bring out different flavors and textures from food.

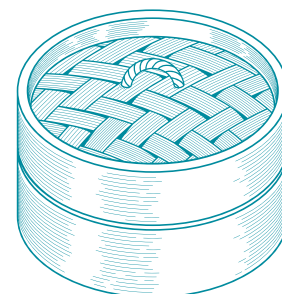
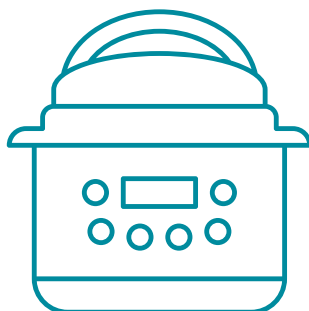
## Roasting or Baking

Preheat oven. Cover a roasting pan or baking sheet with parchment paper. Toss food in a small amount of cooking oil with herbs and seasonings. Add to tray. Place in oven until cooked through.



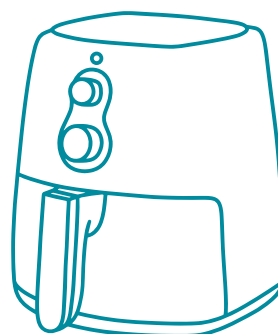
## Steaming

Boil a pot with 1-2 inches of water. Place a steamer basket or wire rack above the boiling water. Place meat, fish, fruits, or veggies in a single layer on top. Cover with a lid until done. You may need to add more water as it cooks.



## Sauté or Stir-fry

Cut food into same size pieces. Heat a pan or wok at medium/high heat on the stove with a small amount of cooking oil. Add food and seasonings. Toss often to avoid burning. Cook until browned and soft.



## Air-fry or Instant Pot

Use these electric cooking tools for faster cook times and less cooking oil. Follow recipes included in instruction manuals or look up recipes online.



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## Roasting and Air Frying Vegetables

Add herbs and seasonings for extra flavor:

Try salt, pepper, garlic, onion powder, oregano, basil, rosemary, turmeric, thyme, cumin, paprika, and/or chili.

<b>Vegetable</b>	<b>Oven Temperature and Time</b>	<b>Air Fryer Temperature and Time</b>
Asparagus	425° F for 15-20 minutes	375° F for 10 minutes
Green Beans	400° F for 12-15 minutes	375° F for 10 minutes
Broccoli & Cauliflower	400° F for 15-20 minutes	375° F for 10 minutes
Brussel Sprouts	425° F for 20-25 minutes	375° F for 10 minutes
Carrots	425° F for 20-30 minutes	375° F for 20-30 minutes
Onions	425° F for 20-30 minutes	375° F for 20-30 minutes
Peppers	425° F for 14-20 minutes	375° F for 10 minutes
Zucchini	400° F for 10-20 minutes	375° F for 10 minutes



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