

## SERVING STRATEGIES



### Dips

Classic ranch, tahini, aioli, peanut butter, tzatziki, remoulade, hummus ... veggie dips can span the entire flavor spectrum and balance tastes and textures in complementary ways.



### Sauces

Vegetables don't have to be in a salad to get topped with dressing. Try mixing your own DIY dressings at home with unique oils and vinegars, or try some store-bought versions.

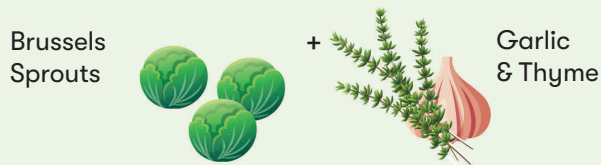
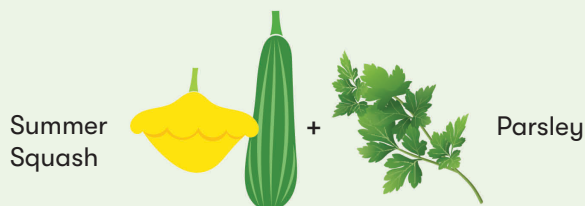


### Pairings

One of our favorite ways to make veggies taste good is by pairing them with other foods you already love! Add them to your tacos, pizza, noodle bowls, etc. for tastier and more nutritious faves.



## HERB & VEGGIE PAIRING IDEAS



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## How to Make Veggies Taste Good

Taste continues to be first and foremost when it comes to the way people think about food. Not far behind is nutrition and health. Understandably, most of us want to eat food that is healthy but are not willing to sacrifice taste. The good news is, we don't have to!

There are so many ways to make veggies taste better without fancy cooking equipment, expensive ingredients, or drastically changing the way you cook. Start with these suggestions and experiment until you find a strategy that works for you.

Before you know it, you'll be craving the amazing flavors of perfectly prepared veggies every time you eat!



For recipe inspiration, visit  
**fruitsandveggies.org.**





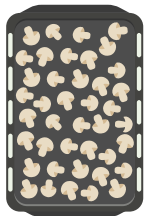
## COOKING STRATEGIES

High heat helps reduce the bitterness in some veggies. The browning around the edges is some of the molecules being converted to simple sugars, making them slightly sweeter.



### Grilling or Smoking

The high heat and smoky flavors can add a distinct charred flavor.



### Roasting

Use a sheet pan and spread cubed or chopped veggies in a single layer with enough space in between for air to circulate for perfect browning.



### Sautéing

Easy and quick, sautéing also allows immediate control over how cooked your veggies get. Try adding a little butter as it will have a browning reaction of its own for even more flavor.



### Air Frying

Similar to roasting, the air that circulates around vegetables as they cook can improve the texture and overall flavor.

## TEXTURE STRATEGIES

Changing the texture of veggies can have a big impact on the flavor. Here are some techniques to try on your quest for greater veggie flavor.



### Creamy or Puréed

Boiling, steaming and puréeing veggies can create creamy textures and sweeter, milder flavors.



### Crunchy

Most people enjoy the satisfying experience of eating crunchy food. Some raw veggies have great crunch. For others try adding roasted grains or nuts.



### Tender-Crisp

When boiling or steaming, don't overcook your veggies. Keep an eye on them and check often. You want them to be soft enough to eat, but not mushy.



### Juicy

Juice or blend veggies and fruit together into a smoothie for a tasty, sweet drink.

## FLAVOR STRATEGIES

Knowing how to add the right ingredients when preparing veggies can make the flavor more balanced and satisfying, as well as reduce the need for salt.



### Spicy

Spicy peppers contain capsaicin, a compound that stimulates our taste receptors and enhances flavor.



### Umami

Umami rich foods such as soy sauce, Parmesan cheese, mushrooms, and kimchi add a deep, rich, savory flavor that makes food more satisfying.



### Aromatic

More than 80% of flavor comes from our sense of smell. Infuse veggies with herbs, garlic, ginger, celery, leeks, and citrus zest to boost aromatics and taste.



### Acid

Acidic ingredients like citrus juice, vinegars, yogurt, pickles, tomatoes, olives, etc. help to finish off and round out the flavor of veggie dishes.

