



Sautéing

and stir frying

What is it?

Sautéing is a cooking technique that involves heating a small amount of fat in a pan over medium to high heat. Foods are cooked in the hot oil, with frequent stirring or tossing to prevent burning.

Why Sauté?

Saves time

- When cooking vegetables or meat

Easy to perform

- Just add your ingredients and let the pan and oil do the cooking

Requires minimal equipment

- Including: sauté pan (or large saucepan), spoon, and ingredients

Versatile

- By changing the stirring frequency or cooking temperature

Tips:

- Wait until the oil is hot enough before putting the food in the saucepan
- Don't overcrowd the saucepan, as this increases cooking time
- Make sure food is dry before putting it in the saucepan
- Use light olive oil for its high smoke point and omega-3 fatty acid content
- Microwave can be used as a supplemental tool to soften hard vegetables before sautéing

Easy to sauté vegetables:

Red Peppers

Squash

Eggplant

Potatoes

Zucchini

Cauliflower

Onions

Green beans

Mushrooms

Broccoli

The Sauté Formula:

1 Tbsp. oil + 1 lb. vegetables + seasoning

How-to:

1. Heat oil in pan over medium-high heat until it is hot and shimmery. **2.** Add your vegetable(s). and continuously stir **3.** Add your seasonings. **4.** Taste and see if the dish is to your desired flavor and texture. **5.** Enjoy!

Oil	Vegetable	Seasoning
Canola	Green beans	Garlic cloves
Avocado	Squash	Italian seasoning
Extra Virgin Olive	Bell peppers	Green onion
Peanut	Onions	Curry paste
Soybean	Mushrooms	Smoked paprika
Grapeseed	Asparagus	Lemon
	Cauliflower	Soy Sauce
	Swiss chard	Parmesan
		Aminos

Recommended Flavor Combinations

Lemon Parmesan Green Beans:

Canola oil, green beans, lemon zest, parmesan, and pistachios

Garlic and Herb Bell Peppers:

Olive oil, red and yellow bell peppers, salt, pepper, garlic cloves, parsley, basil

Roasted Garlic Soy Balsamic Mushrooms:

Canola oil, mushrooms, soy sauce, balsamic vinegar, garlic cloves

