

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## STEAMED VEGETABLES

Steamed vegetables are some of the healthiest foods we can consume, ideally every day! While I chose a combination of cruciferous veggies and leafy greens for this recipe, feel free to try all kinds of other vegetables like [asparagus](#), carrots, peppers, summer squashes, snap peas, green beans, etc. Most vegetables, while high in vital nutrients, are low-calorie and low-glycemic, meaning that eating them instead of sugary, processed foods will help prevent insulin resistance, diabetes, obesity and heart disease. Vegetables are also full of insoluble fiber, which keeps our [digestive tracts healthy](#) and thus enhances our overall states of health.

I especially like to steam cruciferous vegetables like broccoli, Brussels sprouts and cauliflower, as well as leafy greens like kale, chard and spinach because they are so full of [cancer-protective](#) plant compounds as well as vitamins K, A and C, which help promote cardiovascular health and immunity. Whichever veggies you choose, be sure to use organic ones when possible to avoid pesticide residues.

- [Broccoli](#)
- Cauliflower
- Kale
- Swiss chard
- Brussels sprouts
- 1-3 cloves [garlic](#), chopped
- [Extra virgin olive oil](#), to taste
- Sea salt and pepper
- Lemon juice (optional)

Prepare vegetables. Soak them all in water for a few minutes to wash them. Slice cauliflower and broccoli into florets; peel skin off of the stems and slice tender parts of stems into bite-sized rounds. Separate leaves of kale and chard and shred with fingers into bite-sized pieces. Slice ends off of Brussels sprouts. Chop or slice garlic.

To steam veggies, add one-inch of water to the bottom of a 3 to 4 quart saucepan, then place vegetables into steamer basket (don't worry if you don't have one, just place vegetables in the saucepan). Sprinkle chopped garlic over them, to taste) Put a lid on the pan and steam veggies on high heat for 5-10 minutes (so that they are still bright with color and al dente, i.e. not too soft or mushy). Using a slotted spoon or tongs, transfer veggies to a plate, then drizzle with extra virgin [olive oil](#), adding fresh lemon juice, [sea salt](#) (very little if you are concerned about your blood pressure) and pepper, if you like.