

Download Different Ways With Vegetables

How to Do Formal Vegetable Cuts. A formal vegetable cut is a standard way of cutting vegetables. There are many different formal cuts, including the julienne and brunoise, and they're all used for different purposes. The main reason to...Eat your vegetables -- it's a rule you've likely heard since you were a child, but still may not be following through on as an adult. In fact, less than a quarter of Americans eat the recommended five servings of fruits and vegetables a day, according to 2009 data from the CDC's Behavioral Risk Factor Surveillance System. Join Cooking Light in our effort to change the way we approach fruits and vegetables. With our easy tips, you'll be on your way to 5 a day. By Sidney Though vegetables are incredibly healthy, many people don't get enough servings each day. Here are 17 creative ways to add more veggies to your diet. - Different Ways With Vegetables