How to Sauté Vegetables

Heat the Pan

* Heat a large pan over medium high heat.
* The pan needs to be large enough for all the ingredients to touch the bottom of the pan in a single layer.
* The pan usually takes 3 minutes to heat

Add Oil

* The oil should just lightly coat the bottom of the pan, usually 1 to 2 tablespoons.
* Let the oil heat another minute. This step is important because adding your ingredients to a hot pan lets them cook more quickly. The faster cook time also reduces the amount of oil the food absorbs.

Add Ingredients

* Cut all of your ingredients to about the same size.
* Keeping them the same size helps everything cook evenly.

Mix

* Mix the ingredients fairly often to keep things from sticking or burning. However it is unnecessary to mix constantly.
* Occasionally flip the food to help everything cook on both sides.

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