

Video: What's the healthiest way to eat your veggies?

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Credit: The American Chemical Society

Vegetables are chock-full of essential vitamins and minerals, but how should you eat them to get the most nutritious bang for your buck? Raw? Sauteed? Frozen?

You might want to eat those fresh green beans right away, for one—flash-frozen green beans kept for months have up to three times

more vitamin C than week-old beans kept in the fridge.

And did you know that oil-based dressing and [avocados](#) can help you absorb more nutrients from that kale salad?

Watch the latest Reactions episode to find out other ways you can use chemistry to get the most out of your veggies:

Provided by American Chemical Society

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