



Microwaving Vegetables

How to:

First, Cut vegetables into equal sized pieces

Tip: equal sized pieces ensures equal cooking for vegetables

Second, Place water & oil in a microwaveable safe bowl

Tip: use 1-2 Tbsp of oil and 1 Tbsp of water for each pound of vegetables

- 1 pound = 2 medium sweet potatoes, 1 broccoli crown, 5-6 carrots

Third, Place vegetables and seasoning in the microwaveable safe bowl

Tip: use 1 Tbsp of spices for each pound of vegetables

- Add dry seasoning prior to cooking
- Add fresh seasonings after cooking

Fourth, Cover loosely with a lid

Tip: substitute a damp paper towel for a lid if needed

Fifth, Microwave for 3 minutes on high, stop and stir. Continue cooking in 1-minute intervals until vegetables reach desired texture

Tip: check for doneness with a fork

Cooking tips:

- 3-4 minutes for crunchy vegetables
- 5-7 minutes for softer vegetables
- 8-10 minutes for dense vegetables