












How to Cook Your Fresh Vegetables in the Microwave

1. Choose your vegetable and wash it
2. Prepare it for cooking and add seasoning

Vegetable	Preparation	Cooking Instructions
Asparagus 	<ul style="list-style-type: none"> ○ snap white ends off ○ lay flat in a dish 	Spread out a few damp paper towels and lay the asparagus on top. Add seasoning and roll up the asparagus in the towels. Lay the bundle, seam side down, in the dish. Microwave on high until the asparagus tender, about 3 to 4 minutes.
Beets 	<ul style="list-style-type: none"> ○ trim ends off ○ peel ○ slice in half and place in single layer in a dish 	For 4 or 5 medium beets, cover and microwave on high for 5 minutes, turn beets, and cook for 3-5 minutes more until fork-tender. Drizzle with olive oil.
Broccoli 	<ul style="list-style-type: none"> ○ cut off any white or brown areas and remove stems ○ cut into bite-sized florets ○ place into a bowl 	Add 3 tbsp water to the bowl and cover tightly. Microwave on high for 3-4 min. Remove lid carefully to avoid steam. Sprinkle with cheese.
Brussel Sprouts 	<ul style="list-style-type: none"> ○ remove loose outer layers ○ lay in bowl or dish with sides 	Add 3 tbsp of water to the bowl and any seasonings. Cover and microwave on high for 6-8 minutes, stirring every 2 minutes. Drain before serving. Drizzle with olive oil.
Butternut Squash 	<ul style="list-style-type: none"> ○ peel and cut into cubes ○ lay in microwave safe dish 	Add seasonings and 2 tbsp of water. Microwave on high for 10 min. Drizzle with olive oil and let cool.

<p>Cabbage</p> 	<ul style="list-style-type: none"> ○ remove loose outer leaves ○ cut end of stem off ○ chop into pieces and remove the core ○ place in microwave safe bowl 	<p>Add 2 tbsp water to bowl and cover; microwave on high for 9-11 min for wedges or 4-6 min for small pieces; stir or rearrange once halfway through.</p>
<p>Carrots</p> 	<ul style="list-style-type: none"> ○ peel and cut ends off ○ chop into pieces or cut lengthwise ○ lay in microwave-safe dish 	<p>Add seasoning and 2 tbsp water in bottom of dish, cover, and microwave on high for 3-5 min. Drizzle with olive oil.</p>
<p>Cauliflower</p> 	<ul style="list-style-type: none"> ○ cut off any brown areas ○ cut into bite-sized florets ○ remove stems or cut them very small 	<p>Add 3 tbsp water to the bowl and cover tightly. Microwave on high for 3-4 min. Remove lid carefully to avoid steam. Drizzle with olive oil.</p>
<p>Corn</p> 	<ul style="list-style-type: none"> ○ lay flat in a dish with the husks on 	<p>Keep husks on and microwave on high; 3 mins for 1-2 ears, 5 mins for 3-4. Let cool until no longer hot to the touch. Shuck just before serving and add a little butter.</p>
<p>Eggplant</p> 	<ul style="list-style-type: none"> ○ cut off ends ○ cut in large chunks or strips, ○ place skin side down in microwave safe dish 	<p>Add seasonings and cover dish. Microwave on high for 10 minutes. Sprinkle with parmesan cheese.</p>
<p>Green beans</p> 	<ul style="list-style-type: none"> ○ cut off ends ○ place in microwave safe shallow dish 	<p>Cover, microwave on high for 6-7 min until beans are crisp-tender</p>

Leafy Greens 	<ul style="list-style-type: none"> ○ chop ○ place in microwave safe dish 	Add 1 tbsp water to dish, microwave on high for 5 min
Mushrooms 	<ul style="list-style-type: none"> ○ cut into slices ○ place in microwave safe dish 	Add seasonings and cover dish. Microwave on high for 2-3 min, stirring once halfway through. Drizzle with olive oil.
Peas 	<ul style="list-style-type: none"> ○ remove from pod and wash, or keep in pod and wash pod; ○ place in microwave safe dish 	Add 2 tbsp water, cover, microwave on high 5-7 min, stirring halfway through. Add a little butter.
Bell Peppers 	<ul style="list-style-type: none"> ○ remove stems and cut into strips ○ place in microwave safe dish 	Microwave on high 4-6 min.
Red ,White, & Sweet Potatoes 	<ul style="list-style-type: none"> ○ cut off eyes or sprouts ○ slice or keep whole (if whole, prick in several places) ○ Lay in dish 	Add seasonings and drizzle olive oil. Microwave on high 5 min, turn over and microwave on high 5 more min.
Tomatoes 	<ul style="list-style-type: none"> ○ cut off part where stem attaches, chop up or keep whole ○ place in microwave safe dish 	Add seasonings and microwave on high 2 min. Drizzle with olive oil and sprinkle with cheese.
Winter Squash 	<ul style="list-style-type: none"> ○ peel, cube, and lay in microwave safe dish 	Add 2 tbsp water and seasonings. Microwave on high for 10 min.
Yellow Squash/Zucchini 	<ul style="list-style-type: none"> ○ trim ends and slice ○ lay in microwave safe dish 	Add seasonings and 2 tbsp water. Microwave on high for 8 min.