

# Microwaving Vegetables

**Uses:** In a pinch? Try steam-cooking these veggies in the microwave: asparagus, green beans, broccoli, cauliflower, carrots, corn on the cob, winter squash, all kinds of potatoes and all sorts of dark leafy greens.

**Nutrition:** Doesn't the microwave "kill" all the nutrients? No. The shorter cook time of the microwave actually preserves more nutrients in the food.



More recipes are available at  
[pittsburghfoodbank.org/RecipeRainbow](http://pittsburghfoodbank.org/RecipeRainbow)

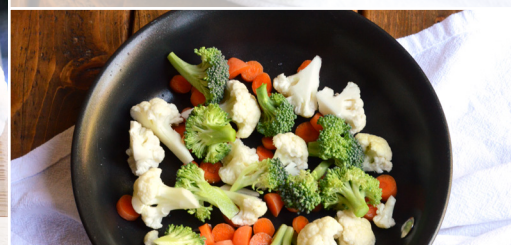
Greater Pittsburgh  
**community  
food bank**  
412-460-3663 | [pittsburghfoodbank.org](http://pittsburghfoodbank.org)



Cut into bite-sized pieces to make  
mealttime easy for the whole family.



Cook in a microwave safe dish and cover  
with plastic wrap or a damp paper towel.



Serve steamed veggies as a side dish  
or quickly sauté with stir fry sauce.

## How to Steam-Cook in Microwave

Prepare vegetables. Place in a microwave-safe dish and cover with plastic wrap, a damp paper towel or a microwave-safe lid. When cooking non-starchy vegetables like broccoli, cauliflower, green beans or carrots, add 1 Tablespoon of water to help the steam-cooking process.

Vegetable	How to Prep	Cook Time on HIGH
Broccoli and Cauliflower	Chop into bite sized florets & stems	4 to 5 minutes
Carrots	Peel and cut into ½" thick rounds	4 to 5 minutes
Corn	Leave the corn in the husk	5 minutes
Dark, Leafy Greens	Destem and tear leaves into bite sized pieces	2 minutes for every 2 cups of greens
Green Beans	Snap off ends and cut in half	3 to 4 minutes
Potatoes	Rinse and scrub potato skin and prick all over with fork	6 to 8 minutes turn potato once when cooking
Winter Squash	Cut in half, lay cut-side down in microwave-safe dish	10 to 12 mintues

### Microwave Spicy Peanut Sauce:

- 2 Tbl **peanut butter** (creamy or chunky)
- 2 Tbl **water**
- 1 Tbl **vinegar**
- 1 Tbl **soy sauce**
- ½ tsp **red pepper flakes** or **chili paste**
- 1 to 2 clove **garlic**, minced

1. Combine ingredients in a microwave-safe dish.
2. Heat for 30 seconds, then remove and stir contents.
3. Continue heating in 30-second intervals until the mixture can be easily drizzled over vegetables.

### How do I know if a dish is microwave-safe?

Most glass and ceramic dishes are microwave-safe. Always check for the "Microwave-Safe" stamp on the bottom of a dish before using it to cook in the microwave.