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:** Does't the microwave “kill” all the nutrients? No. The shorter cook time of the microwave actually preserves more nutrients in the food.

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

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

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

More recipes are available at pittsburghfoodbank.org/RecipeRainbow

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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.

### How to Prep
- **Potatoes**: Rinse and scrub potato skin and prick all over with fork.
- **Winter Squash**: Cut in half, lay cut-side down in microwave-safe dish.

### Cook Time
- **Potatoes**: 6 to 8 minutes for every 2 cups
- **Winter Squash**: 10 to 12 minutes

### How to Steam-Cook in Microwave
1. Destem and tear leaves into bite-sized pieces (Chop into bite sized florets & stems)
2. Snap off ends and cut in half
3. Cut in half, lay cut-side down in microwave-safe dish

### Microwave Spicy Peanut Sauce:
- 2 Tbl peanut butter (creamy or chunky)
- 2 Tbl water
- 1 Tbl vinegar
- 1 Tbl soy sauce

### Instructions
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.

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