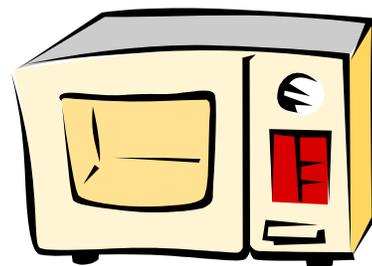


## 5 quick ways to Microwave Delicious Vegetables

The microwave ovens we have today are amazing. They are easy to use. And, they help preserve the nutrients in cooked vegetables. Vegetables cook quickly in the microwave. It only takes three to 10 minutes on HIGH per pound. And you don't need to use a lot of water. Quick cooking with very little water means that few nutrients are lost. Here are five tips to microwave vegetables every time.

### 1. Prepare the veggies properly.

Start by giving raw vegetables a good rinse. Cut off the ends or bad spots, just as you would for any type of cooking. Fresh vegetables may need to be sliced or diced. Try to make all pieces about the same size. Use a fork to pierce the skins of whole vegetables, such as sweet potatoes or whole carrots. This allows steam to escape and prevents exploding.



### 2. Choose cookware carefully.

Cover vegetables while microwaving, except for whole potatoes. Choose a dish made of porcelain or glass, or other microwave safe cookware. Use the lid that came with the dish. If there isn't a lid, cover your dish with high-quality, microwave-safe wrap. Poke one or two small holes in the wrap so that steam can escape.

### 3. Add water sparingly.

Use as little water as possible to cook the vegetables. This helps to be sure that the nutrients end up in your body instead of the water. For soft vegetables, use 1 to 3 tablespoons of water per pound. This is enough for things like peas, green beans or broccoli. Use 4 to 5 tablespoons per pound for solid vegetables. Examples are carrots or beets. Spinach and other leafy greens don't need much water at all. The water that is left after rinsing should be enough.

### 4. Set cooking times correctly.

Most vegetables are best when cooked on HIGH until tender-crisp. Cooking times vary from oven to oven. Here are some estimated cooking times per pound:

<b>Leafy vegetables</b>	3 to 4 minutes
<b>Asparagus, broccoli, or peas</b>	4 to 6 minutes
<b>Whole sweet potato (single)</b>	4 to 6 minutes
<b>Whole carrots</b>	8 to 10 minutes
<b>Beets</b>	15 minutes

### 5. Check tenderness frequently.

Check the vegetables half way through the suggested cooking time. Be careful when removing the lid or plastic wrap. Escaping steam could burn your hands. Check for tenderness with a fork. Then stir, rearrange or turn over larger items. This will help all the vegetables cook evenly.