

Microwave your 5 a Day

Microwaving fruits and vegetables is easier than it looks. It saves time and they taste great! You don't even have to go to the market for fresh vegetables...frozen vegetables can be microwaved too. Here are five simple rules to successfully microwaving produce.

1. Cut into same-size pieces.
2. Stir or rotate food during cooking.
3. Loosely cover foods allowing steam to escape.
4. Use a fork to pierce whole, unpeeled vegetables or fruits.
5. Let food stand 3-5 minutes after microwaving, allowing them to finish cooking.

Microwaving Guide For Single Servings (or more!)

Special Instructions		Cooking time on high	
Asparagus, Broccoli, or Cauliflower	Arrange pieces in micro-safe dish (flowerettes or asparagus tips pointed toward center). Add 2 Tbsp. water. Cover & cook.	2-3 min. 3-4 min. 8-10 min.	for 1 cup for 2 cups for 1 lb. (spears)
Brussels Sprouts	Peel away any wilted or brown outer layers. Arrange 1 pound in 1 1/2 quart micro-safe dish and add 2 Tbsp. water. Cover & cook.	3-4 min. 6-7 min.	for 1 cup for 1 lb.
Carrots	Trim stem and tops; slice. Place in micro-safe dish, with 2 Tbsp. water. Cover & cook.	3-4 min. 4-5 min.	for 3/4 cup for 1 1/2 cup
Corn on the Cob	Peel husks back and remove silk; replace husks (if cooking more than one, arrange like "spokes" in the dish).	3-4 min.	per car
Cut Corn or Peas (frozen)	Pour corn or peas into a micro-safe dish with 3 Tbsp. water. Cover & cook.	2-3 min. 4-5 min.	for 1 cup for 2 cups
Green Beans	Cut beans into 1" pieces and place in micro-safe dish with 1/4 cup water. Cover & cook.	3 min. 7-12 min.	for 1 cup for 1 lb.
Greens	Rinse and coarsely chop greens. Place lightly wet leaves in micro-safe dish. Cover & cook.	2 min. 7-10 min.	for 2 cups leaves [makes 1/2 cup cooked] for 1 1/4 lb.
Mushrooms	Place whole or sliced mushrooms in dish with 1 Tbsp. water. Cover tightly with plastic wrap.	2 min.	for 1 cup
Onions	Place chopped onion in dish with 1 Tbsp. water. Cover tightly with plastic wrap.	2-3 min.	for 1 onion
Peppers	Cut in 1/4-inch pieces. Add 1 Tbsp. water and cover tightly with plastic wrap.	2-3 min.	for 3/4 cup
Potato, Sweet Potato or Yam	Puncture a few times with a fork. Place on paper towel in microwave. Do this at work as a snack.	4-5 min. (2-3 min. for each additional potato)	for 1 medium
Summer Squash (includes zucchini)	Trim off ends. Cut into 1/4" slices. Add 1/4 cup water to micro-safe dish. Cover & cook.	3-4 min. 6-7 min.	for 1 1/2 cup (sliced) for 1 lb.
Tomatoes	Clean, peel and halve. Add 2 Tbsp. water. Cover with plastic wrap.	4-6 min.	for lg. tomato
Winter Squash*	Cut into serving size pieces, remove seeds and fibers. Place pieces cut side up in a micro-safe dish. Sprinkle surfaces with 1/4 cup water or fruit juice. Cover and cook until tender when pierced with fork.	10-13 min.	for 1 squash

* Includes acorn, hubbard, spaghetti, etc.