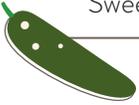




# VEGGIE COOKING CHEAT SHEET

VEGGIE	BOILED	STEAMED	BAKED	MICROWAVE
Asparagus	not recommended	8-10 min	8-10 min at 400° F	2-4 min
Green Beans	6-8 min	5-8 min	12-15 min at 425° F	3-4 min
Broccoli Florets	10-15 min	5-6 min	15-18 min at 425° F	4-6 min
Brussels Sprouts	5-7 min	8-10 min	20 min at 400° F	4-6 min
 Cabbage (shredded)	5-10 min	5-8 min	30 min at 400° F (wedges)	5-6 min
 Carrots (sliced)	5-10 min	4-5 min	20-30 min at 400° F (baby carrots)	4-5 min
Cauliflower	5-10 min	5-10 min	25-30 min at 400° F	2-3 min
 Corn on the Cob	5-8 min	4-7 min	30 min at 350° F (with husks)	2 min
Eggplant	not recommended	5-6 min	25-30 min at 400° F	2-4 min
 Mushrooms	not recommended	4-5 min	25 min at 400° F	2-3 min
 Onions (sliced)	30-50 min (whole, outer layer removed)	5 min	425° F for 25-30 min (halved)	not recommended
Peas	8-12 min	3-5 min	20 min at 400° F	2-3 min
 Bell Peppers	not recommended	2-4 min	15 min at 450° F or until black (peel skin after)	2-3
Potatoes ( cut)	15-20 min	10-15 min	20 min at 425° F	6-8 min
Spinach	2-5 min	5-6 min	3-6 min at 450° F	1-2 min
Sweet Potato (cubes)	20-30 min	5-7 min	20 min at 350° F	8 min (whole)
 Zucchini	3 -5 min	4-6 min	12-15 min at 450° F	2-3 min

*This institution is an equal opportunity provider and employer.*

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*This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 211 (option 2).*