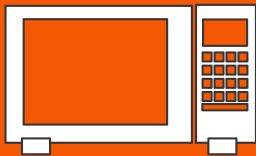


Garden Steamed Veggies

Serves: 1



INGREDIENTS

1 pound of fresh veggies like:

asparagus
broccoli
carrots
cauliflower
green beans
peas
spinach

2-4 tablespoons of water

Optional seasonings: ground black pepper, dried oregano, dried basil, garlic powder

INSTRUCTIONS

1. Wash and chop veggies into bite sized pieces.
2. Place chopped veggies into microwave-safe dish. Add 2 to 4 Tablespoons of water.
3. Cover with microwave-safe plastic wrap or lid.
4. Microwave for 3 to 4 minutes and check for tenderness. Continue to cook and check every minute until tender.
5. If desired, sprinkle with optional seasonings.

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Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.

**EAT.
MOVE.
SAVE.**

For more recipes & tips, visit:

<https://go.illinois.edu/EatMoveSave>

<https://Facebook.com/IllinoisNEP>

Microwave Tips

In Illinois, many of these vegetables are in season in the spring, summer, or fall.

Prevent burns. Use oven mitts.

Be careful when removing lid or plastic wrap from steamed vegetables.

Fresh veggies may take 3-8 minutes to cook.

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