

Cooking Vegetables in the Microwave

The microwave can be used to steam a variety of fresh vegetables! Paired with a sauce or Yum-ify toppings, microwaved vegetables are a perfect side to any meal. Here are some tips from the Dr. Yum Project Kitchen.

What you'll need:

- Chef knife
- Paring knife
- Vegetable peeler
- Flexible cutting sheet/cutting board
- Microwave-safe dish/bowl
- Plastic wrap/container lid

Yum-ify options:

- Choice of shredded cheese
- Feta cheese
- Citrus juice and zest
- Sunflower seeds
- Pepitas
- Pine nuts

Microwave safety:

- Every microwave is different. Cook times will vary depending on the power level of your microwave.
- Heat in microwave-safe containers.
- Keep the rotating plate in the microwave so food can cook more evenly.
- When food is heated, remove the plastic wrap or lid carefully to avoid the hot steam being released.
- Promptly cool leftovers and store in the refrigerator.
- When reheating food in the microwave, be sure to only reheat the portion you will be eating.

General tips for microwaving veggies:

- Wash and dry all veggies before chopping.
- Chop veggies into about 1-inch, bite-sized pieces for even cooking.
- If cooking vegetables of different sizes together, place the larger pieces near the outside of the container and the smaller pieces toward the inside.
- Place chopped vegetables in a microwave-safe dish, add water, and cover tightly.
- If veggies are not cooked enough, put them back in the microwave in 30 second increments.
- As an end result, you are looking for veggies to be crisp tender, rather than too soft.
- Add dry seasonings like salt, pepper, and garlic powder to your veggies before cooking.
- Add fresh herbs like basil or rosemary to your veggies after cooking.

Veggie-specific Notes

Info on 40 more here:



Broccoli, cauliflower, carrots, green beans, snap peas:

- Add 3 tablespoons of water and microwave on high for 3-4 minutes

Squash/zucchini:

- Add 2 tablespoons of water and a drizzle of olive oil and microwave on high for 5-6 minutes

Corn on the cob:

- With the husk on, microwave on high for 3 minutes (1-2 ears) or 5 minutes (3-4 ears)
- Cool until they are not hot to the touch and shuck just before servings

Asparagus:

- Snap off white ends
- Wrap spears in 2 layers of damp paper towels, and lay the bundle seam-side down onto a microwave-safe dish
- Microwave on high for 3-4 minutes

Potatoes:

- Chopped potatoes with a drizzle of olive oil can be microwaved on high for 10 minutes.
- Alternatively, larger potatoes and sweet potatoes can be microwaved whole!
 - This will essentially "bake" them in the microwave.
 - Make sure your potatoes are thoroughly washed and pierce with a fork in multiple places for the steam to escape.
 - Microwave on high for 3 minutes per potato, but no more than 4 potatoes at a time.
 - Remove from microwave with an oven mitt, slice longways, and add desired toppings.

Winter squash:

- Score squash with a knife and place in the microwave whole for 3-5 minutes, depending on microwave strength -- this will soften the squash and make it easier to cut.
- Use an oven mitt to remove from the microwave as the squash will be hot to the touch.
- Cut the squash in half longways with a large, sharp knife.
- Scoop out the seeds.
- Place squash flesh-side down in a microwave-safe dish and add about 1 inch of water.
- Microwave on high for 5-10 minutes, or until tender. This will depend on the size of your squash and microwave strength.