

Microwaving Guide for Single Servings (or more!)

Vegetable	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 for 1 cup 3–4 min for 2 cups 8–10 min for 1 lb (spears)
Brussels Sprouts	Peel away any wilted or brown outer layers. Arrange 1 pound in a 1 1/2 quart micro-safe dish and add 2 Tbsp water. Cover & cook.	3–4 min for 1 cup 6–7 min for 1 lb
Carrots	Trim stem and tops; slice. Place in micro-safe dish with 2 Tbsp water. Cover & cook.	3–4 min for 3/4 cup 4–5 min 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 ear
Cut Corn or Peas (frozen)	Pour corn or peas into a micro-safe dish with 3 Tbsp water. Cover & cook.	2–3 min for 1 cup 4–5 min 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 for 1 cup 7–12 min for 1 lb

Vegetable**Special Instructions****Cooking Time on HIGH**

Greens	Rinse and coarsely chop greens. Place lightly wet leaves in micro-safe dish. Cover & cook.	2 min for 2 cups leaves (makes 1/2 cup cooked) 7–10 min for 1 1/4 lb
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 for 1 medium (2–3 min for each additional potato)
Summer Squash (includes zucchini)	Trim off ends. Cut into 1/4" slices. water to micro-safe dish. Cover & cook.	3–4 min for 1 1/2 cup (sliced) 6–7 min for 1 lb
Winter Squash (includes Acorn, Hubbard Banana, Danish, and Spaghetti)	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

Source: Fast & Easy: Fruits & Vegetables for Busy People, NIH-93-3247, Nutrition and Cancer Prevention Program of the California Department of Health Services and the California Public Health Foundation.



Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of race, color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.