

Steaming Vegetables in the Microwave

Directions

1. Place fresh or frozen vegetables in a microwavable bowl (glass or ceramic).
2. Cover with a damp (wet, but not sopping) paper towel.
3. Microwave for 1-2 minutes at a time. In between cooking, stir the vegetables to move the colder vegetables in the center to the nearer the sides of the bowl.
4. Repeat until the vegetables are hot, bright colored, and tender. Stop cooking before they become soft, overcooked, and dull in color.
5. Season with salt, and optional 1/4 T butter or garlic sautéed in 1/4 T butter.

*Best for **green beans** (fresh or frozen), **peas**, & **corn**. Avoid most other frozen vegetables, particularly frozen broccoli, carrots, & onions as they do not freeze well.*

Green Beans with Butter & Garlic

Ingredients

Green beans, fresh (washed, ends trimmed),
or frozen (French cut)
1/2-1 T butter
2-4 cloves garlic, sliced thin
Salt to taste

Cookware & Equipment

Cutting board
Chef's knife
Glass or ceramic bowl
Paper towel
Large frying pan (non-stick)
Cooking spoon

Directions

1. Place the desired amount of green beans in a microwavable bowl (glass or ceramic). Recommend cooking extra to have leftovers.
2. Cover the beans with a damp (wet, but not sopping) paper towel.
3. Microwave for 1-2 minutes at a time. In between cooking, stir the vegetables to move the colder vegetables in the center to the nearer the sides of the bowl.
4. Repeat until the vegetables are hot, bright colored, and tender. Stop cooking before they become soft, overcooked, and dull in color. Carefully drain off the hot water.
5. In a large non-stick frying pan sauté the thin garlic slices in butter on medium heat until the garlic is golden brown (but before the garlic sticks to the pan).
6. Add cooked green beans to the hot pan, stirring constantly for 20-30 seconds until green beans are coated with butter and hot.
7. Transfer to a serving dish, add salt to taste, and serve hot.

Storage

5 days in refrigerator