

Vegetable and Amount	Preparation (Yield)	Conventional Cooking Directions	Microwave Cooking Directions
Artichokes, baby 1 pound (6 to 8 whole)	Wash; trim stems. Cut off one-fourth from tops. Remove outer leaves until pale green petals are reached. Cut into halves or quarters. Cut out of fuzzy centers, if necessary.	Cook, covered, in a large amount of boiling salted water for 15 minutes or until tender. (Or stem for 15 to 20 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 6 to 9 minutes or until tender.
Artichokes 2 (10 ounces each) (2 servings)	Wash; trim stems. Cut off 1 inch from tops; snip off sharp leaf tips. Brush cut edges with lemon juice.	Cook, covered, in a large amount of boiling salted water for 20 to 30 minutes or until a leaf pulls out easily. (Or stem for 20 to 25 minutes.) Invert artichokes to drain.	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 7 to 9 minutes or until a leaf pulls out easily, rearranging artichokes once. Invert artichokes to drain.
Asparagus 1 pound (18 to 24 spears)	Wash; break off woody bases where spears snap easily. If desired, scrape off scales. Leave spears whole or cut into 1-inch pieces. (2 cup pieces)	Cook, covered, in a small amount of boiling salted water for 3 to 5 minutes or until crisp-tender. (Or steam for 3 to 5 minutes.)	Place in a baking dish or casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 3 to 6 minutes or until crisp-tender, rearranging or stirring once.
Beans (green, Italian green, purple, or yellow wax) 12 ounces	Was; remove ends and strings. Leave whole or cut into 1-inch pieces. (2-1/2 cups pieces) For French-cut beans, slice lengthwise.	Cook, covered, in a small amount of boiling salted water for 10 to 15 minutes for whole or cut beans (5 to 10 minutes for French-cut beans) or until crisp-tender. (Or steam whole, cut, or French-cut beans for 18 to 22 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 8 to 12 minutes for whole or cut beans (7 to 10 minutes for French-cut beans) or until crisp-tender, stirring once.
Beets 1 pound (4 medium)	For whole beets, cut off all but 1 inch of stems and roots; wash. Do not peel. (For microwaving, prick the skins of whole beets.) Or peel beets; cube or slice. (2-3/4 cups cubes)	Cook, covered, in boiling salt water for 35 to 40 minutes for whole beets (about 20 minutes for cubed or sliced beets) or until tender. Slip skins off whole beets.	Place in a casserole with 2 tablespoons water. Microwave whole, cubed, or sliced beets, covered, on 100% power (high) for 9 to 12 minutes or until tender, rearranging or stirring once. Slip skins off whole beets.
Broccoli 12 ounces	Wash; remove outer leaves and tough parts of stalks. Cut lengthwise into spears or cut into 1-inch florets. (3 cups florets)	Cook, covered, in a small amount of boiling salted water for 8 to 10 minutes or until crisp-tender. (Or steam for 8 to 10 minutes.)	Place in a baking dish with 2 tablespoons water. Microwave, covered, on 100% power (high) 5 to 8 minutes or until crisp-tender, rearranging or stirring once.

Brussels sprouts 12 ounces	Trim stems and remove any wilted outer leaves; wash. Cut large sprouts in half lengthwise. (3 cups)	Cook, covered, in enough boiling salted water to cover for 10 to 12 minutes or until crisp-tender. (Or steam for 10 to 15 minutes.)	Place in a casserole with 1/4 cup water. Microwave, covered, on 100% power (high for to 7 minutes or until crisp-tender, stirring once.
Cabbage Half of a 1-1/2-pound head	Remove wilted outer leaves; wash. Cut into 4 wedges or coarsely chop. (3 cups coarsely chopped)	Cook, uncovered, in a small amount of boiling water for 2 minutes. Cover; cook for 6 to 8 minutes more for wedges (3 to 5 minutes for pieces) or until crisp-tender. (Or steam wedges for 10 to 12 minutes.)	Place in a baking dish or casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 9 to 11 minutes for wedges (4 to 6 minutes for pieces) or until crisp-tender, rearranging or stirring once.
Carrots 1 pound	Wash, trim, and peel or scrub. Cut into 1/4-inch slices into strips. (2-1/2 cups slices)	Cook, covered, in a small amount of boiling salted water for 7 to 9 minutes for slices (4 to 6 minutes for strips) or until crisp-tender. (Or steam slices for 8 to 10 minutes or strips for 5 to 7 minutes)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 6 to 9 minutes for slices (5 to 7 minutes for strips) or until crisp-tender, stirring once.
Carrots (packaged, peeled baby carrots or small carrots with tops) 1 pound	Wash; trim and scrub if necessary. (3-1/2 cups)	Cook, covered, in a small amount of boiling salted water for 8 to 10 or until crisp-tender. (Or steam for 8 to 10 minutes)	Place in a casserole with 2 tablespoons water. Microwave covered, on 100% power (high) for 7 to 9 minutes or until crisp-tender, stirring once.
Cauliflower 12 ounces	Wash; remove leaves and woody stem. Leave whole or break into florets. (3 cups florets)	Cook, covered, in a small amount of boiling salted water for 10 to 15 minutes for head (8 to 10 minutes for florets) or until crisp-tender. (Or steam head or florets for 8 to 12 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 9 to 11 minutes for head (7 to 10 minutes for florets) or until crisp-tender, turning or stirring once.
Celeriac 1 pound	Wash; trim off the leaves and ends. Peel off hairy brown skin. Cut into strips. (3-1/2 cups strips)	Cook, covered, in a small amount of boiling salted water for 5 to 6 minutes or until crisp-tender. (Or steam for 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 5 minutes or until crisp-tender, stirring once.
Celery 5 stalks	Remove leaves; wash stalks. Cut into 1/2-inch slices. (2-1/2 cups slices)	Cook, covered, in a small amount of boiling salted water for 6 to 9 minutes or until crisp-tender. (Or steam for 7 to 10 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 6 to 10 minutes or until crisp-tender, stirring once.

Chayote 1 pound	Wash, peel, halve lengthwise, and remove seed; cube. (2 cups cubes)	Cook, covered, in a small amount of boiling salted water about 5 minutes or until crisp-tender. (Or steam about 8 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 5 to 6 minutes or until crisp-tender, stirring once.
Corn 4 ears	Remove husks. Scrub with stiff brush to remove silks; rinse. Cut kernels from cob. (2 cups kernels)	Cook, covered, in a small amount of boiling salted water for 4 minutes. (Or steam for 4 to 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) 5 to 6 minutes, stirring once.
Corn on the cob (1 ear equals 1 serving)	Remove husks from fresh ears of corn. Scrub with a stiff brush to remove silks; rinse.	Cook, covered, in enough boiling lightly salted water to cover for 5 to 7 minutes or until tender.	Wrap each ear in waxed paper; place on microwave-safe paper towels in microwave. Microwave on 100% power (high) 3 to 5 minutes for 1 ear, 5 to 7 minutes for 2 ears, or 9 to 12 minutes for 4 ears, rearranging once.
Eggplant 1 pound	Wash and peel. Cut into 3/4-inch cubes. (5 cups cubes)	Cook, covered, in a small amount of boiling water for 4 to 5 minutes or until tender. (Or steam for 4 to 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 6 to 8 minutes or until tender, stirring once.
Fennel 2 bulbs	Cut off and discard upper stalks, including feathery leaves. Remove wilted outer layer of stalks; cut off a thin slice from base. Wash; cut fennel lengthwise into quarters. (2-1/2 cups quarters)	Cook, covered, in a small amount of boiling water for 6 to 10 minutes or until tender. (Or steam for 6 to 8 minutes.)	Place in a casserole with 1/4 cup water. Microwave, covered, on 100% power (high) for 6 to 8 minutes or until tender, rearranging once.
Greens (beet or chard) 12 ounces	Wash thoroughly in cold water; drain well. Remove stems; trim bruised leaves. (12 cups torn)	Cook, covered, in a small amount of boiling salted water for 8 to 10 minutes or until tender.	Not recommended.
Greens (kale, mustard, or turnip) 12 ounces	Wash thoroughly in cold water; drain well. Remove stems; trim bruised leaves. (12 cups torn)	Cook, covered, in a small amount of boiling salted water for 20 to 25 minutes or until tender.	Not recommended.
Jerusalem artichokes (Sunchokes) 1 pound	Wash, trim, and peel or scrub. Cut into 1/4-inch slices. (2 cups slices)	Cook, covered, in a small amount of boiling salted water for 7 to 9 minutes or until tender. (Or stem for 10 to 12 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 5 to 7 minutes or until tender, stirring once.

Jicama 10 ounces	Wash, trim, and peel. Cut into 1/2-inch cubes. (2 cups cubes)	Cook, covered, in a small amount of boiling salted water about 5 minutes or until crisp-tender. (Or steam about 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 5 minutes or until crisp-tender, stirring once.
Kohlrabi 1 pound	Cut off leaves; wash. Peel; chop or cut into strips. (3 cups strips)	Cook, covered, in a small amount of boiling salted water for 4 to 6 minutes or until crisp tender. (Or steam about 6 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 5 to 7 minutes or until crisp-tender, stirring once.
Leeks 1-1/2 pounds	Wash well; remove any tough outer leaves. Trim roots from base. Slit lengthwise and wash well. Cut into 1/2-inch slices. (3 cups slices)	Cook, covered, in a small amount of boiling salted water for 4 to 5 minutes or until tender. (Or steam slices for 4 to 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 6 minutes or until tender, stirring once.
Mushrooms 1 pound	Wash mushrooms with a damp towel or paper towel. Leave whole or slice. (6 cups slices)	Cook sliced mushrooms, covered, in 2 tablespoons butter or margarine about 5 minutes. (Or steam whole mushrooms for 10 to 12 minutes.)	Place mushrooms in a casserole with 2 tablespoons butter or margarine. Microwave, covered, on 100% power (high) for 4 to 6 minutes, stirring twice.
Okra 8 ounces	Wash; cut off stems. Cut into 1/2-inch slices. (2 cups slices)	Cook, covered, in a small amount of boiling salted water for 8 to 10 minutes or until tender.	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 6 minutes or until tender, stirring once.
Onions, boiling or pearl 8 ounces boiling onions (10 to 12) 8 ounces pearl onions (24 to 30)	Peel boiling onions. (Peel pearl onions after cooking.) (2 cups)	Cook, covered, in a small amount of boiling salted water for 10 to 12 minutes for boiling onions, 8 to 10 minutes for pearl onions. (Or steam 12 to 15 minutes for boiling onions, 10 to 12 minutes for pearl onions.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 3 to 5 minutes.
Parsnips 12 ounces	Wash, trim, and peel or scrub. Cut into 1/4-inch slices. (2 cups slices)	Cook, covered, in a small amount of boiling salted water for 7 to 9 minutes or until tender. (Or steam for 8 to 10 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 6 minutes or until tender, stirring once.
Peas, edible pod (Snow peas or sugar snap peas) 8 ounces	Remove strings and tips; wash. (2 cups)	Cook, covered, in a small amount of boiling salted water for 2 to 4 minutes or until crisp-tender. (Or steam for 2 to 4 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 3 to 5 minutes or until crisp-tender, stirring once.

Peas, green 2 pounds	Shell and wash. (3 cups shelled)	Cook, covered, in a small amount of boiling salted water for 10 to 12 minutes or until crisp-tender. (Or steam for 12 to 15 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 6 to 8 minutes or until crisp-tender, stirring once.
Peppers, sweet 2 large	Wash. Remove stems, seeds, and membranes. Cut into rings or strips. (2-1/2 cups rings or strips)	Cook, covered, in a small amount of boiling salted water for 6 to 7 minutes or until crisp-tender. (Or steam for 6 to 7 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 6 minutes or until crisp-tender, stirring once.
Potatoes 1 pound	Wash and peel. Remove eyes, sprouts, or green areas. Cut into quarters or cubes. (2-3/4 cups cubes)	Cook, covered, in enough boiling salted water to cover for 20 to 25 minutes for quarters (about 15 minutes for cubes) or until tender. (Or steam about 20 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 8 to 10 minutes or until tender, stirring once.
Rutabagas 1 pound	Wash and peel. Cut into 1/2-inch cubes. (3 cups cubes)	Cook, covered, in a small amount of boiling salted water for 18 to 20 minutes or until tender. (Or steam for 18 to 20 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 11 to 13 minutes or until tender, stirring 3 times.
Spinach 1 pound	Wash and drain; remove stems. (12 cups torn)	Cook, covered, in a small amount of boiling salted water for 3 to 5 minutes or until tender, beginning timing when steam forms. (Or steam 3 to 5 minutes.)	Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 4 to 6 minutes or until tender, stirring once.
Squash (acorn, delicate, golden nugget, or sweet dumpling) 1 1-1/4-pound (2 servings)	Wash, halve, and remove seeds.	Place squash halves, cut side down, in a baking dish. Bake in a 350 degree F oven for 45 minutes. Turn cut side up. Bake for 20 to 25 minutes more or until tender.	Place squash halves, cut side down, in a baking dish with 2 tablespoons water. Microwave, covered, on 100% power (high) for 7 to 10 minutes or until tender, rearranging once. Let stand, covered, 5 minutes.
Squash (banana, buttercup, butternut, Hubbard, or turban) 1 1-1/2-pound or a 1-1/2-pound piece.	Wash, halve lengthwise, and remove seeds.	Place squash halves, cut side down, in a baking dish. Bake in a 350 degree F oven for 30 minutes. Turn cut side up. Bake, covered, for 20 to 25 minutes more or until tender.	Place squash halves, cut side down, in a baking dish with 2 tablespoons water. Microwave, covered, on 100% power (high) for 9 to 12 minutes or until tender, rearranging once.
Squash (spaghetti) 1 2-1/2- to 3-pound	Wash, halve lengthwise, and remove seeds.	Place squash halves, cut sides down, in a baking dish. Bake in a 350 degree F oven for 30 to 40 minutes or until tender.	Place squash halves, cut side down, in a baking dish with 1/4 cup water. Microwave, covered, on 100% power (high) for 17 to 20 minutes or until tender, rearranging once.

<p>Sweet potatoes 1 pound</p>	<p>Wash and peel. Cut off woody portions and ends. Cut into quarters or cubes. (2-3/4 cups cubes) (For microwaving, cut into quarters.)</p>	<p>Cook, covered, in enough boiling salted water to cover for 25 to 30 minutes or until tender. (Or steam for 20 to 25 minutes.)</p>	<p>Place in a casserole with 1/2 cup water. Microwave, covered, on 100% power (high) for 10 to 13 minutes or until tender, stirring once.</p>
<p>Turnips 1 pound</p>	<p>Wash and peel. Cut into 1/2-inch cubes or strips. (2-3/4 cups cubes)</p>	<p>Cook, covered, in a small amount of boiling salted water for 10 to 12 minutes or until tender. (Or steam for 10 to 15 minutes.)</p>	<p>Place in a casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 10 to 12 minutes or until tender, stirring once.</p>