

| Vegetable and Amount | Preparation (Yield) | Conventional Cooking Directions | Microwave Cooking Directions |
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| 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. |

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| 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. |

