

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.

