

STEAMED VEGTABLES in the Microwave

STEAMED BROCCOLI Rinse fresh Broccoli, cut into small pieces or florets. Place in a 1-2 quart microwave-safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 5 minutes (depending on how you prefer your Broccoli) leave the lid on the bowl for 1-2 minutes more to steam Broccoli. Drain and season with favorite toppings. For frozen Broccoli, use instructions on bag.



STEAMED VEGGIE MEDLEY Broccoli, Peppers and Yellow Zucchini Rinse veggies, cut into small pieces. Place in 1-2 quart microwave-safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in

microwave on high for 3 to 4 minutes (depending on how you prefer your veggies) leave the lid on the bowl for 1- 2 minutes more to steam. Drain and season with your favorite toppings.



STEAMED GREEN BEANS Rinse fresh Green Beans, cut or snap into smaller pieces. Place in 1-2 quart microwave-safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 4 to 5 minutes (depending on how you like your Green Beans) leave the lid on the bowl for 1- 2 minutes more to steam Beans. Drain and season with your favorite toppings of butter, almonds, bacon or cheese.

1/3 cup water, pinch of sea salt. Cover with the **CUCHINA SAFE Glass Vented Lid**, (cook in microwave on high for 2 minutes, stir, add minced garlic if desired, cook 1 minute more. Drain and season with your favorite toppings.

STEAMED ASPARAGUS Take 1 lb. of fresh Asparagus (thin or medium thickness), rinse spears in water, pat dry. Trim 1 - 2 inches off the bottom stems. Place spears on a dinner plate, sprinkle with 2 tbsp. water and a pinch of salt. Cover with **Cover 'n Cook Plate Cover**, microwave on high for 3 to 5 min. (thin) 5 to 7 min. (thick) depending on your microwave and your preference, let sit for another minute, drain. Serve warm with butter or hollandaise sauce.



CAREFUL when steaming, glass may be HOT, use towel or mitt!

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