



## MICROWAVE STEAMER

**Steaming vegetables in your microwave is quick and easy, and it helps keep the vitamins and minerals in the vegetables!**

### How to use your steamer:

- Cut vegetables into similar sized pieces to ensure even cooking; place vegetables in the strainer piece of the steamer.
- Add 2 tablespoons of water to the bottom bowl. Flavorings such as soy sauce and lemon juice can be added to the water for extra flavor.
- It is important that the lid vent holes be open during cooking.
- Cover the steamer with its lid and place in the microwave.
- Microwave on medium heat until the vegetable is cooked. Cooking times will vary, depending on the size, amount, and type of vegetable. Cooking on high can often result in overcooking.
- Test vegetables with a fork to check if they are done and to prevent overcooking. Vegetables should be a little crisp.
- Use potholders to remove steamer from the microwave.
- Let covered steamer stand for 1-3 minutes after cooking. This will allow the steam to be released and prevent burns.
- Use potholders to remove steamer lid.

### Great Steamer Suggestions:

- Season your favorite vegetables with dill or thyme for flavor.
- Mix vegetables together that need similar cooking times.
- Add grated cheese to the vegetable after it is steamed.
- Fruits, fish and poultry can also be cooked in the steamer.

