

Steamed Vegetables

Start by getting your water boiling in your steamer.

Wash, cut and portion selected vegetables. If you are going to be using greens remember to add them in the last 3-5 minutes of cooking.

Place vegetables in steam basket, cover and cook 9 minutes at most. You can check the vegetables by poking them with a fork. Always undercook your veggies, they will keep cooking after you have removed them from heat.