Steamed Veggies

Time: 3 min

Ingredients:
• Vegetable(s) of your choice, washed and cut
• \( \frac{1}{4} - \frac{1}{2} \) cup water
• If doing frozen, veggies in microwavable package.

Directions:
• Place water and cut vegetables into bowl. Enough water for 1 inch.
• Microwave on high for 1-2 minutes.
• Vegetables are done when they are bright in color and soft.
• Enjoy with rice, noodles, pasta, etc.

Did you know? Frozen vegetables are frozen right after picking and sometimes, have more nutrient value than fresh vegetables. Also, frozen veggies are often much cheaper than fresh produce.

Benefits: Vegetables are packed with vitamins and minerals, which are needed for bodily functions such as DNA synthesis, muscle contraction, and electrolyte balance. Veggies also have water, which helps maintain hydration.