



Recipes

Leafy Greens

Steamed Vegetables

Directions:

1. Wash the vegetables.
2. Cut into slender shapes.
3. Bring water to a boil.
4. Put vegetables in the steam basket and cover.
5. When vegetables reach desired tenderness take them out of the pot and serve.
6. Since the vegetables will continue to cook slightly after they are removed from the pot, place them under cool water to keep color vibrant.

Notes:

Steaming is one way to prepare simple, clean tasting vegetable, free of salt, oil or seasoning. Steamers come in a variety of forms. The stainless steel fold up variety fits inside a pot to hold the vegetables above the water. Some pots are specifically made with holes in the bottom for steaming over another pot of water.