

MICROWAVE VEGETABLES COOK TIMES

CHEATSHEET by [RecipeThis.com](https://www.recipethis.com)



CORN ON COB

3 mins



COURGETTE

4 mins



BROCCOLI

5 mins



GREEN BEANS

5 mins



CABBAGE

6 mins



CAULIFLOWER

6 mins



BUTTERNUT SQUASH

7 mins



BEETS

7 mins



CARROTS

7 mins



FROZEN BROCCOLI

9 mins



SWEDE

10 mins

YOU WILL NEED:

- ☒ Microwave Steamer Bowl
- ☒ 1 Tbsp Water
- ☒ Seasoning