

Vegetable Steaming 101

Steaming vegetables is one of the easiest & quickest ways to get vegetables at each meal. It's time to ditch the mushy boiled veggies and expensive steamer bags. Learn this simple cooking technique and start steaming your own fresh vitamin-packed veggies!

Did you know:

- The longer you cook veggies, the more nutrients are lost. Unlike boiled vegetables, steamed veggies are cooked briefly and then removed from the heat.
- The goal of steaming is to cook the vegetables until they are no longer raw, but still bright and crisp. This preserves color and flavor, and some of the nutrient content.
- Frozen veggies work great in the steamer, so keep a bag of frozen veggies on hand for those days you can't make it to the grocery store!

Quick Start Guide

A steaming pot usually looks something like this:



Steamer-pot set

Stainless steel steamer basket

3-tier steamer-pot set

Steaming How-To:



1. Place an inch and a half of water into a pot, and heat to boiling.



2. Put your vegetables into the steamer basket and place the lid on.



3. Cook for 5-10 min with the lid on. Poke with a fork to check doneness. (cooking times vary. See chart below for recommended cooking times)

The Table below lists a number of vegetables, their recommended cooking times as well as seasoning ideas.

Now, get steaming!

<u>Vegetable</u>	<u>Size/Preparation</u>	<u>Cooking Time</u>	<u>How to season</u>
Artichokes	Steam whole artichokes	25-40 min	Season with extra virgin olive oil and lemon zest
Asparagus	Whole spears, thick spears peeled lightly	7-13 min	Serve with olive oil combined with lemon zest, or olive oil combined with sesame seeds
Asparagus	Cut into 2-inch pieces	4-7 min	Season with olive oil combined with lemon zest or sesame seeds
Beans, green	Whole beans	6-10 min	Season with garlic
Beans, wax	Whole beans	6-10 min	Season with garlic
Beets, small or medium-sized	Whole, unpeeled beets scrubbed clean; peel off the skins after steaming	35-50 min	Season with fresh thyme
Beet greens	Cleaned and coarsely chopped	7-9 min	Drizzle with olive oil
Broccoli	Trimmed stalks	8-12 min	Season with olive oil, pumpkin seed oil, lemon juice, lime juice, or balsamic vinegar
Broccoli	Trimmed stalks split in half or florets	5-7 min	Extra-virgin olive oil, pumpkin seed oil, lemon juice, lime juice, or balsamic vinegar
Brussels sprouts	Whole, trimmed	8-15 min	Season with fresh thyme
Brussels sprouts	Trimmed and halved	6-8 min	Season with fresh thyme
Cabbage	Cut in wedges	6-10 min	Lemon or lime juice
Carrots	Cut into ¼-inch thick slices	7-10 min	Season with honey combined with cinnamon or ginger
Carrots, baby	Whole baby carrots	10-12 min	Season with honey combined with cinnamon or ginger
Cauliflower	Florets	5-10 min	Lemon or lime juice
Celery root	Cut into ¼-inch thick matchsticks	5-7 min	
(celeriac)			
Celery stalks	Cut into ½-inch thick slices	4-9 min	Season with seeds
Corn on the cob	Whole, husks removed	7-10 min	Homemade chicken or vegetable stock
Daikon radishes	Peeled and cut into chunks	8-12 min	Season with fresh herbs
Chicory (endives)	Cut in half lengthwise	5-10 min	Drizzle with olive oil and lemon juice

Fennel bulbs	Cut crosswise into ½-inch slices	8-10 min	Season with olive oil and basil (or lemon)
Jerusalem artichokes	Peeled or scrubbed; sliced	5-8 min	Serve with arugula or fresh herbs such as chives or parsley
Jerusalem artichokes	Whole tubers, peeled or scrubbed	20-25 min	Serve with arugula or fresh herbs such as chives or parsley
Kale	Trimmed	4-7 min	Drizzle with olive oil and crushed garlic
Kohlrabi	Peeled and cut into ½-inch cubes	5-8 min	Toss with parsley and olive oil
Leeks	Trimmed, cut in half	5-8 min	Season with your favorite vinaigrette
Okra	Fresh whole okra, trimmed	6-8 min	Season with lemon/lime juice and parsley, or with sauteed scallions
Onions, pearl	Whole onions, peeled	8-12 min	
Parsnips	Peeled and cut into ½-inch slices	7-10 min	Season with fresh herbs such as oregano or parsley
Peas, green	Fresh, shelled peas	2-4 min	Season with fresh herbs (such as mint) or lemon juice
Peas, sugar snap	Whole pea pods, trimmed	5-6 min	Season with fresh herbs (such as mint) or lemon juice
Potatoes, all	Peeled or scrubbed clean, cut into ½-inch slices	8-12 min	Toss with fresh parsley, rosemary or dill
Potatoes, new	Whole, scrubbed clean	15-20 min	Toss with fresh parsley, rosemary or dill, or with chopped red onions
Radishes	Whole radishes, trimmed	7-14 min	Season with chopped scallions or chives
Scallions	Cut into ½-inch slices	3-5 min	
Spinach	Cleaned, whole leaves	3-5 min	Season with olive oil and garlic, or sesame seeds
Squash, butternut	Peeled and cut into 1-inch cubes	7-10 min	Season with honey, lemon juice, and rosemary
Turnips	Cut into 1/2-inch cubes	8-12 min	Season with olive oil and fresh herbs
Turnip greens	Cleaned and coarsely chopped	4-6 min	Season with olive oil and garlic
Sweet potatoes	Cut into large chunks	8-12 min	Season with honey and lemon juice
Swiss chard	Coarsely chopped leaves	3-5 min	Serve with chopped fresh tomatoes, olive oil, garlic, olive oil and pepper
Zucchini	Cut into 1-inch slices	5-8 min	Season with olive oil, lemon/lime juice, and fresh herbs (such as thyme or rosemary)

Source: <http://www.healwithfood.org/chart/vegetable-steaming-times.php#ixzz3p0IC5pPA>