



## Short Cuts for Cooking Hard Vegetables Fast

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With busy week nights, some foods don't make it to the table until the weekend simply due to lack of prep time. But, it's a shame to narrow some of our favorite foods to only a few nights of the week.

So, a quick solution when you're in crunch time is rely on your microwave. Here are a few microwave tricks for cooking hard vegetables fast.

### New Potatoes and Fingerlings

- Scrub potatoes with a vegetable brush and pat dry.
- Using a fork, pierce holes in each potato on all sides.
- Place potatoes in microwave in an even layer on a paper towel.
- Microwave on High for 3 – 4 minutes or until cooked tender.
- Let stand for a few minutes. Then, cut in half and add butter/ghee, salt, pepper and desired herbs or spices.

### Spaghetti Squash

- Scrub spaghetti squash with a vegetable brush and pat dry.
- Pierce squash with a fork in several spots on all sides.
- Place squash in microwave. Microwave on High for 5 minutes.
- Flip squash over and cook for 5 more minutes.
- Let rest for 5 minutes.
- Cut squash in half. Scoop out and discard seeds.
- Using a fork, scrape down the sides of each half to remove the noodles/threads.

### Sweet Potatoes

- Scrub sweet potato with a vegetable brush and pat dry.
- Using a [Microwave Potato Bag](#), wrap sweet potato in a dry paper towel. Place wrapped potato in Microwave Potato Bag.
  - No Microwave Potato Bag? Check out [this blog post](#) on microwaving sweet potatoes.
- Place bag, seam side down, in microwave and cook on High for 7 – 10 minutes (cooking time may vary depending on your microwave).
- Once potato is done, remove carefully from bag and paper towel.
- Spread with butter/ghee or olive oil and season as desired.