

Vegetable Medley

Unit: Small saucepan or Small skillet

Any assortment of fresh or frozen vegetables

Place the vegetables into a cold pan and seal the lid. Then pour one tablespoon of water on the lip of the pan to seal the cover.

Rotate the valve under the knob to open and place the lid on the unit. Turn to medium heat. When the valve whistles, rotate it closed and reduce to low heat for 5-10 minutes or until it is done to your liking.

**If you don't want completely cooked veggies, turn to low as soon as moisture escapes the valve. Before it actually begins to whistle.

**It is very important to fill your cooking piece at least 3/4 full when you cook them without water so pick the smallest sized piece you can use. It will speed up the cooking process.

** If you are cooking fresh low-moisture vegetables such as cauliflower, it is a good idea to combine them in the unit with frozen corn or cut up root vegetables that have more moisture..



HEALTH QUEST