

## **McSteamed Vegetables**

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 2 – 4 minutes

Serves: depends on how much you prepare.

A typical serving is ½ cup per person

**CChints:** This is a very healthy way to cook vegetables. Steaming allows the vegetable to retain a lot of their vitamins and color.

Natural Butter Flavor Sprinkles

Salt and pepper to taste

Select your favorite fresh vegetable like:

- Broccoli
- Summer Squash
- Butternut Squash
- Zucchini
- Asparagus, etc.

Frozen vegetables can be cooked in this same manner.

Fresh: Wash your vegetables and cut them into bite size pieces. Place in a microwavable container. Sprinkle with the butter flavor sprinkles and cover the container. Leave an opening or hole for steam to escape. Microwave on high for 2 minutes. If making 4 servings, stir after 2 minutes and check for desired tenderness. Microwave another minute or two, if desired. Season with salt and pepper and serve.

