

Vegetable Magic Microwave Cooking Laws

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Summary:

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Are You Using Your Microwave to Cook Vegetables? You ... When it comes to cooking vegetables, exposure to heat causes the breakdown of some nutrients, such as vitamin C. Certain types of nutrients are also water-soluble, which means they leach out of the vegetables and into the cooking water. How to Cook Vegetables in the Microwave - wikiHow Microwave on high! Add about 3 tablespoons of water to the bowl for every pound of vegetable. Generally, firmer vegetables such as beets or turnips will take longer to cook, whereas softer, moister vegetables such as broccoli take much less.