Katie says
Steaming is a good way to cook food. The steam comes from boiling water. It circles the food to cook it.

- The food never touches the water.
- Almost all types of food can be steamed, even bread, cakes, and pastries.
- Vegetables are steamed more often than other foods.

### Steaming Vegetables

**What You Can Use:**
- A metal collander that fits into a saucepan with a lid
- A blancher with a lid
- A special vegetable steamer
- A steamer basket in a saucepan with a lid

**How To Steam Vegetables:**

1. Pour 1 or 2 inches of water in the pan.

2. Put the basket into the pan.

3. Cut vegetables into small pieces.

4. Put the vegetables in the basket.

5. Cover the pan with a lid.

6. Heat the water to boiling. Add more water when it is needed.

7. Lift lid only if necessary. Your steam will escape.

8. Steam the vegetables until they are tender.

### Time Needed To Cook Fresh Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lima Beans</td>
<td>25 to 35</td>
</tr>
<tr>
<td>Snap Beans (whole)</td>
<td>20 to 35</td>
</tr>
<tr>
<td>Broccoli</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>quartered</td>
<td>15</td>
</tr>
<tr>
<td>shredded</td>
<td>8 to 12</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>whole</td>
<td>20 to 25</td>
</tr>
<tr>
<td>sliced</td>
<td>15 to 25</td>
</tr>
<tr>
<td>Okra</td>
<td>20</td>
</tr>
<tr>
<td>Green Peas</td>
<td>10 to 20</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Spinach</td>
<td>5 to 12</td>
</tr>
</tbody>
</table>

Increase the time needed to cook vegetables if they are bigger or older than normal.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Steaming Foods

Steaming foods is a good way to cook.
- It saves vitamin C.
- It cuts out the use of fats.
- It cuts down on the use of salt.
- It saves cooking time.
- It saves energy.
- Foods do not have to be watched closely while cooking.

Evelyn F. Crayton, Extension Foods & Nutrition Specialist
Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:

EFNEP
Expanded Food & Nutrition Education Program

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