

---

# Simple Guide to Cooking Vegetables

---

You can enjoy flavorful and appealing vegetables by using these cooking tips! To start, choose a new vegetable or cooking method to try. For any method, actual cooking times will vary depending on the size and thickness of the vegetable. Cook vegetables until they are tender but still firm.

<b>Vegetable</b>	<b>Steamed</b>	<b>Baked/Roasted</b>	<b>Microwaved</b>	<b>Sautéed</b>
Asparagus	8 to 10 min	400°F for 8 to 10 min	2 to 4 min	5 to 10 min
Beets	25 to 30 min (whole)	400°F for 30 to 40 min (wedge)	10 to 12 min	15 to 20 min (sliced)
Brussels sprouts	8 to 10 min	400°F for 20 min	4 to 6 min	8 to 10 min (sliced)
Broccoli	5 to 6 min	425°F for 15 to 18 min	2 to 3 min	6 to 8 min
Cabbage	5 to 8 min	400°F for 30 min (wedge)	5 to 6 min	5 to 10 min (sliced)
Carrots	4 to 5 min	400°F for 20 to 30 min	4 to 5 min	7 to 10 min (sliced)
Cauliflower	5 to 10 min	400°F for 25 to 30 min	2 to 3 min	5 to 10 min
Green beans	5 to 8 min	425°F for 12 to 15 min	3 to 4 min	5 to 10 min
Hearty greens (e.g., kale, collards)	5 to 10 min	400°F for 20 to 25 min (in foil or parchment paper packet)	10 to 12 min	10 to 15 min
Mushrooms	4 to 5 min	400°F for 25 min	2 to 3 min	4 to 6 min
Onions	5 min	425°F for 25 to 30 min (halved)	4 to 5 min	5 to 7 min
Peas	4 to 5 min	400°F for 20 min	2 to 3 min	7 to 10 min (pods)
Peppers	2 to 4 min	450°F for 10 to 15 min	2 to 3 min	5 to 7 min
Potatoes	10 to 12 min	425°F for 20 min (wedge)	6 to 8 min	10 to 15 min (sliced)
Spinach	5 to 6 min	450°F for 3 to 6 min	1 to 2 min	2 to 5 min
Zucchini	4 to 6 min	450°F for 12 to 15 min	2 to 3 min	4 to 6 min