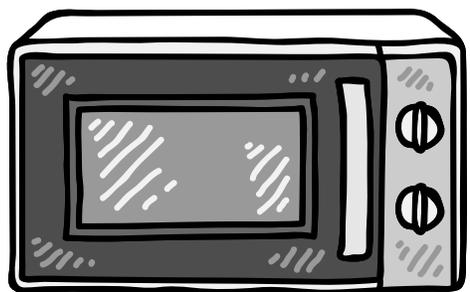


Fresh Produce Recipes for Microwave and Toaster Oven



Steamed Veggies

Almost any vegetable can be quickly steamed in the microwave. Some good options are: cauliflower, broccoli, carrots, peas, okra, summer squash, bok choy, and green beans.

- Chop vegetables into regularly sized pieces, less than 1/2" is best.
- Place in a microwave-safe glass or ceramic bowl.
- Add a small amount of water to the bowl, no more than 1/2" deep.
- Cover the bowl with a microwave-safe lid or plate.
- Cook for 4-6 minutes on high, stirring occasionally.
- Test with a fork to determine if vegetables are tender. If not, cook for 1-2 more minutes as needed.
- Add salt and seasonings to taste and enjoy!

Veggie Chips

This recipe can be used for kale chips or to make tasty snacks from any root vegetable. Potatoes, sweet potatoes, beets, parsnips, and carrots all make great chips. These can be prepared in a microwave or toaster oven.

- Clean kale leaves and pat dry. Remove the stems with a paring knife or by ripping with your hands. Cut or tear into bite-sized pieces. OR
- Slice root veggies into thin rounds, ideally less than 1/8" thick.
- Lightly coat in oil and salt, season as desired.
- Place chips in a single layer on microwave- or toaster-safe plate, making sure they do not overlap.
- Cook on high for 3-5 minutes, checking for burnt edges. Remove cooked chips and return under-cooked pieces to the oven for 1 minute intervals until done.



Popcorn

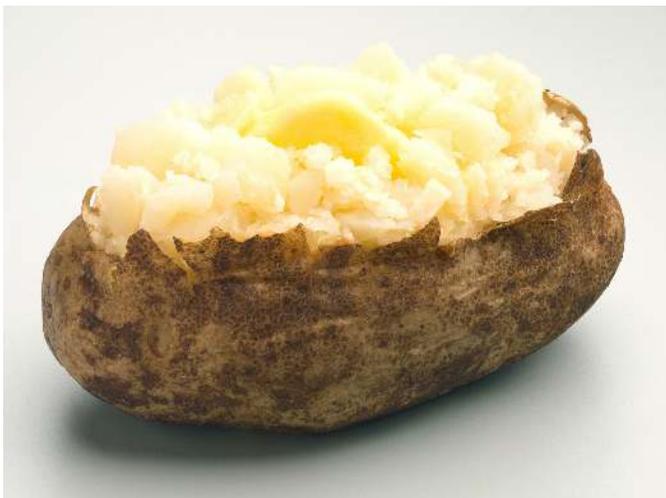
Popcorn is a fun and easy garden addition, and young learners love to see this movie-time favorite come to life from seed to harvest. You can also find bulk popcorn at the grocery store next to the pre-packaged version, usually at a better price per serving and without added preservatives.

- Add 1/4 cup of popcorn kernels to a plain paper bag.
- Add 1/2 tsp of oil to the bag and gently toss to coat the kernels.
- Loosely seal the bag by folding the top over 2-3 times and creasing.
- Microwave for about 4 minutes on high, listening for the kernels to stop popping. Remove the bag when there is less than one pop per second.
- Transfer to a bowl, top with seasonings, salt, nutritional yeast, or butter as desired.

Baked Potato

A quick and filling dinner option -- try eating the skins for an extra nutritious crunch!

This recipe works for sweet potatoes and yams as well.

- Wash potatoes with running water and a scrub brush to remove dirt.
 - Pierce the potato/es all over with the tines of a fork.
 - Place potato/es on an oven-safe glass or ceramic plate. You can cook them as-is, no need to wrap in plastic or paper towels.
 - Cook on high, starting with 5-6 minutes per medium sized potato (10-12 minutes for 2 potatoes, etc).
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- For larger spuds or multiple potatoes, flip them over half way through cooking.
 - Using an oven mitt or thick towel, gently squeeze the sides of the potato. If it is fully cooked, it should give slightly and feel tender. Cook 2-3 more minutes if your potato does not give when squeezed.
 - Once they are tender, allow potato/es to cool for 1-2 minutes. Then gently slice with a fork or a knife.
 - Top with your favorite baked potato add-ons! Grass-fed butter, guacamole, cottage cheese, herbs, onions, or beans are all tasty options, but you can get creative with a toppings bar to add interest for young eaters.

Corn on the Cob

One of the great pleasures of early summer gardening, sweet corn on the cob can be enjoyed quick and easy from the microwave.

- Fresh cobs can be microwaved whole, husks and all.
- Shucked cobs can be wrapped in a moist paper towel.
- However your cobs are wrapped, place them on a microwaveable glass or ceramic plate and cook on High. Start with 3-4 minutes for one cob, adding 1-2 minutes per additional cob.
- Allow corn to cool for 2 minutes before unwrapping.
- Enjoy plain or with butter and spices.



Winter Squash

Wholesome and tasty squash is an easy meal in the microwave or toaster oven. Any kind of hard squash (acorn, butternut, delicata, spaghetti, etc.) or pumpkin may be prepared in this manner. Bigger squash may be chopped into quarters or smaller pieces and prepared in multiple batches.



- Cut squash in half and remove the seeds with a spoon (seeds may be retained and roasted as a crunchy snack, or dried and saved for next year's garden)
- Place the halves cut-side down on an oven-safe glass or ceramic plate and cook on High for 10-12 minutes.
- Test doneness by piercing with a fork -- fully cooked squash should be tender all the way through. Cook for 4-6 more minutes if squash is still firm.
- Optional -- turn squash over, add butter, sugar, or spices to the center and cook for 2 more minutes .
- Spaghetti squash cooked in this way may be 'noodled' by scraping the flesh vertically with a fork.
- Squash may be cubed and eaten as is or mashed and added to pasta, rice, soup, etc.
- Cooked squash may also be allowed to cool, scooped from the skins, and frozen in double-zip quart bags. Add to pie filling or chili for a great year-round treat!

Apple Crumble

A quick and easy dessert that can easily be made gluten free or vegan. You may use any fresh fruit or berries in place of apples. If using frozen fruit, coat with flour before mixing.

- 1 1/2 cups of apples, chopped into 1/2" pieces
- 2 tablespoons of flour (coconut flour is the best GF option)
- 1/4 cup of quick oats
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla
- 1 tablespoon softened butter, oil, or ghee
- 2 tablespoons of maple syrup, sugar, honey, or sugar-free sweetener
- Combine all ingredients in a microwave safe ceramic or glass bowl, adding extra sweetener and oats on top if you like more crunch.
- Cook on High for 2-4 minutes, until fruit is soft all the way through.
- Serve plain or top with unsweetened yogurt or whipped cream.

Zucchini Bread

Fresh or frozen zucchini may be used -- if using frozen, make sure to thaw in the refrigerator and drain the excess liquid. This recipe can be modified to make banana, pumpkin, or other quickbreads.

- 1 cup of zucchini, shredded and squeezed to remove water
- 3 tablespoons sweetener of your choice
- 1 egg (or 1 tablespoon flax seed, soaked in 1 tablespoon water for 5 min)
- 1 tablespoon oil
- 4 tablespoons flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon
- Combine zucchini, sweetener, oil, and egg. Mix well, then add in dry ingredients. Pour the batter into a glass or ceramic bowl or divide between two ceramic mugs.
- Cook on High for 2-3 minutes, checking with a toothpick for doneness. Cook for 1-2 more minutes if the toothpick comes out wet.



Questions? Comments? Get in touch!

Contact our Farm to ECE team at wifarmtoece@rootedwi.org. Visit our website at rootedwi.org for more Farm to ECE resources.

Thanks to Amanda Bee and Becca Lewis-Clifton for their review of this piece.

This project is funded by the W.K. Kellogg Foundation of Battle Creek, Michigan

