



SKILL CARD

How to: STEAM BROCCOLI IN THE MICROWAVE

Step 1:

Preheat your oven to 425 degrees F.



Step 2:

Place 3 tablespoons of water into a large microwave-safe bowl.

Step 3:

Add bite sized pieces of broccoli, and top with a plate.

Variations:

Top with parmesan, lemon juice, garlic, or red chili flakes!

Step 4:

Microwave for 3-5 minutes. Check broccoli after 3 minutes, and if you like it softer, continue to cook for 1-2 more minutes.

