

Fresh Vegetables

You Need:



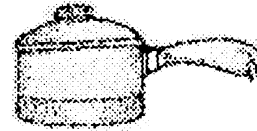
1 section
broccoli



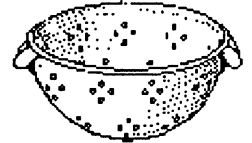
pinch salt



liquid
measuring cup



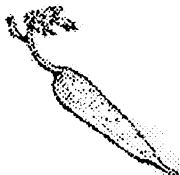
saucepan with lid



strainer



1 section
cauliflower



1 carrot



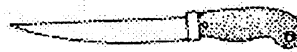
1 cup water



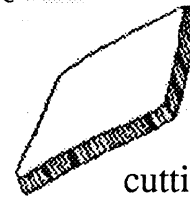
spoon



small bowl

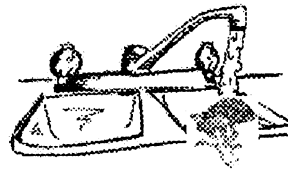
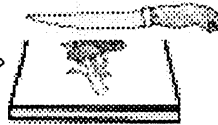


sharp knife

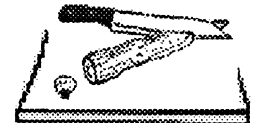
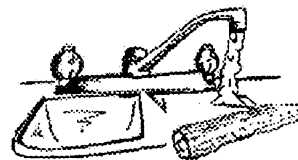
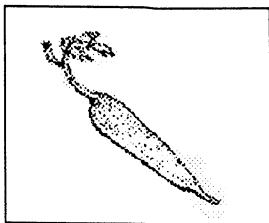


cutting board

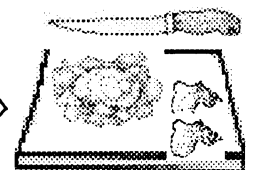
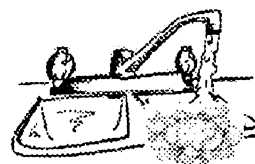
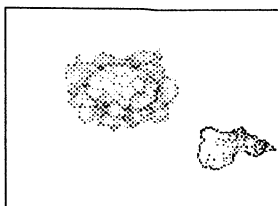
1.



Remove outer leaves and tough parts of stalks. Split the rest of the stalk into flowerets. Wash broccoli under COLD running water. Cut into pieces.

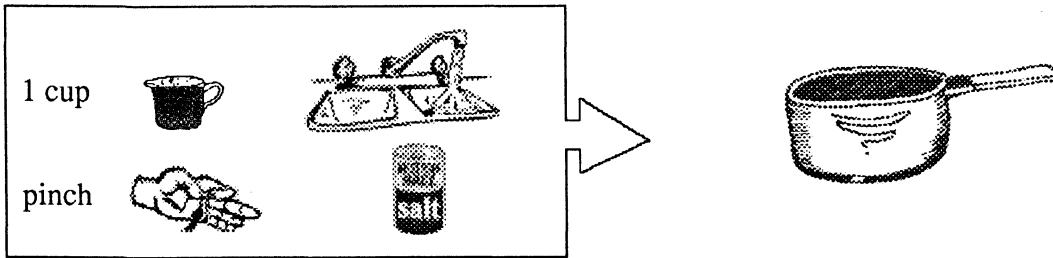


Scrape or peel off carrot, wash and cut into small pieces.



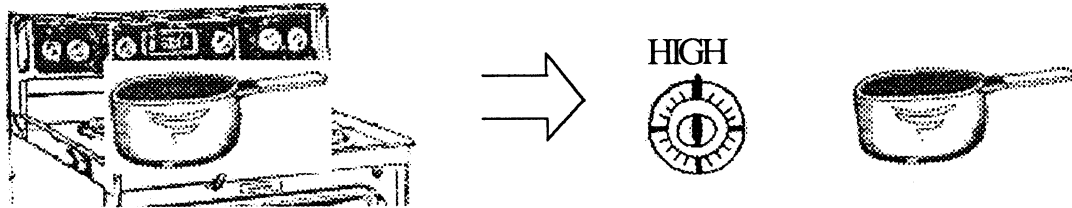
Separate cauliflower into pieces. Wash under cold running water. Cut into pieces.

2.



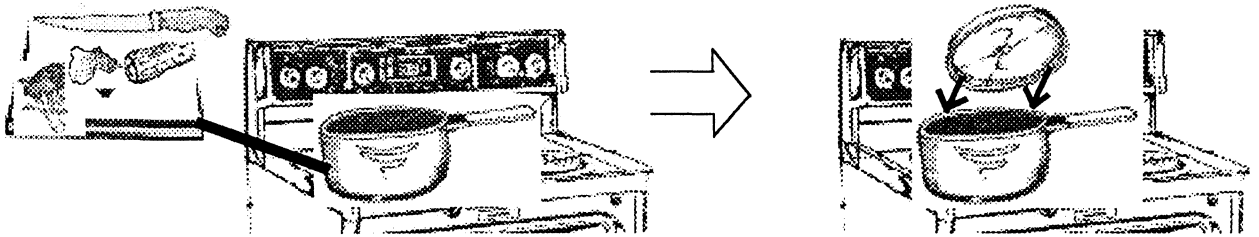
Measure 1 cup of water and a pinch of salt. Place in pan.

3.



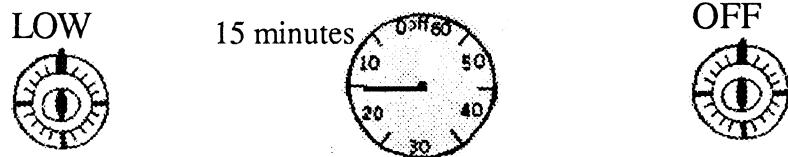
Place pan with water on stove. Turn heat onto HIGH. Bring to a boil.

4.



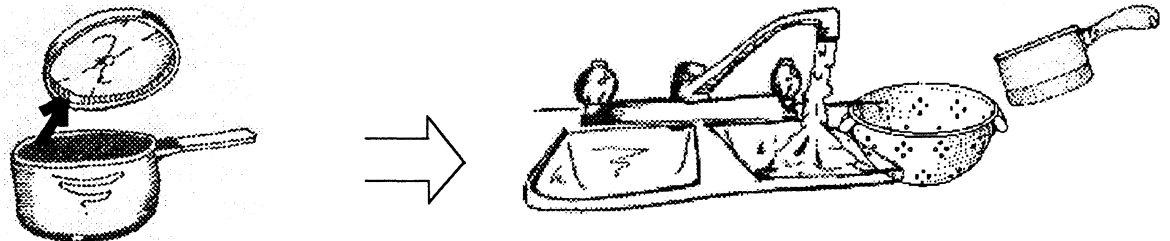
Carefully, put cut up vegetables in pan. Bring to a boil. Put on lid.

5.

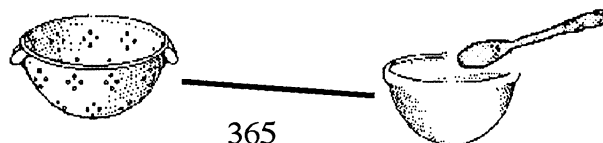


Turn temperature to LOW. Simmer for 15 minutes. Turn heat OFF.

6.



Remove lid. Drain vegetables in strainer over sink.



Place in serving bowl. Serve.

FRESH VEGETABLES

You Need:

1 section cauliflower
1 carrot
1 section broccoli
salt
saucepan with lid
strainer
sharp knife
small bowl
spoon
cutting board
liquid measuring cup

1. Remove outer leaves and tough parts of stalks. Split the rest of the stalk into flowerets. Wash broccoli under COLD running water. Cut into pieces.

Scrape or peel off carrot, wash and cut into small pieces.

Separate cauliflower into pieces. Wash under cold running water. Cut into pieces.

2. Measure 1 cup of water and a pinch of salt. Place in pan.
3. Place pan with water on stove. Turn heat on HIGH. Bring to a boil.
4. Carefully put cut up vegetables in pan. Bring to a boil. Put lid on pan.
5. Turn temperature to LOW. Simmer for 15 minutes. Turn heat OFF.
6. Remove lid. Place strainer in sink and pour vegetables from pan into strainer.

Place in serving bowl. Serve.