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.


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.
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.


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.