

Vegetable Magic Microwave Cooking Laws

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## Summary:

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How to Steam Vegetables in the Microwave | The Food Lab ... Alternatively, remove the kernels from cobs and microwave. For corn in the husk, microwave for about 1 1/2 minutes per ear. For kernels, microwave uncovered in a bowl, stopping every 30 seconds to stir, until hot. Green Beans: Trim the ends. Frozen Peas: Use straight from freezer. Microwave uncovered in a bowl, stopping every 30 seconds to stir, until hot.