

Vegetables in Parchment Paper (Microwave instructions)

This is a quick and easy method to increase the amount of nutrients that you consume when you cook vegetables, especially if you use the juices left over in the parchment paper in soups and stocks.

Unbleached parchment baking paper can be composted after use if you don't use butter or add the butter at the end.

Ingredients:

- 2.0 ounce Carrot (about 1 small carrot)- peeled and chopped into quarter-size pieces about ½" thick
- 2.0 oz. Zucchini (about 1 small zucchini) - cut in the same way as above
- 2.0 oz. Green beans (small handful) - remove tips
- 2.0 oz. Sweet red or yellow pepper (about ½ of a large one) - discard stem & seeds, diced
- 1 Tablespoon Butter
- Garlic powder (just a sprinkle)
- Oregano (" " ")
- Salt & pepper

Procedure:

- 1) Tear off a piece of parchment paper that's about 18" long from the roll of paper.
- 2) Fold the paper in half so that you have a piece that is 9" long by 13" wide. (The width of a standard roll should be about 13" or 15" wide.)
- 3) Open the paper and lay it flat on a cutting board or large plate.
- 4) Place the vegetables in the center of the right side of the paper.
- 5) Sprinkle some garlic powder and oregano on the vegetables.
- 6) Add salt & pepper.
- 7) Place 1 Tablespoon of butter on top of the vegetables.
- 8) Fold the left side of the paper over the vegetables.
- 9) Crimp or roll up the edges of the parchment paper with your fingers to seal in the vegetables.
- 10) Place the parchment paper pouch on a microwave-safe plate.
- 11) Place the plate into the microwave oven and microwave for about 5 minutes. (Your microwave oven may require more or less time.)
- 12) The vegetables will be done when you press down on the vegetables through the top of the pouch with a fork, and the vegetables feel soft.
- 13) Remove the pouch from the microwave and slice open the top of the pouch with a knife. (Caution: The pouch is going to be very hot.)
- 14) Pour the vegetables onto a plate or bowl.

Serves: 2 servings

Nutritional Content:

FOOD	CALORIES	% DAILY VALUE			
<i>Item</i>	<i>Calories</i>	<i>Vitamin A</i>	<i>Vitamin C</i>	<i>Calcium</i>	<i>Iron</i>
Butter (1 Tablespoon or 15 grams)	108	8%	0%	0%	0%
Per 3.5 ounces or 100 grams:					
Carrots	41	334%	10%	3%	2%
Green beans	31	14%	20%	4%	6%
Sweet red or yellow peppers	31	63%	213%	1%	2%
Zucchini (Summer squash)	17	4%	30%	2%	2%

Percent Daily Values are based on a 2,000 calorie diet.

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<http://www.originofcancer.com/recipes/vegparchmentmw.pdf>