



		1 BAG		500 G – 17.63 OZ			
Description			Stove top Steam	Microwave	Stove top Stir fry	Conventional oven 450°F	
	Combi oven Steam mode 212°F (100°C) / 100% Humidity	Combi oven Grilled 450°F (230°C) / 100% Humidity					
SINGLE VEGETABLES	BEANS - CUT GREEN & WAX	4 to 5 min.		6 to 7 min.	7 to 8 min.		
	BEANS - EXTRA FINE GREEN & WAX	5 to 6 min.		5 to 6 min.	6 to 7 min.		
	BROCCOLI - CUTS	3 to 4 min.		6 to 7 min.	8 to 9 min.		
	BROCCOLI - FLORETS	3 to 4 min.	7 to 8 min.	6 to 7 min.	8 to 9 min.		
	BRUSSEL SPROUTS	7 to 8 min.	9 to 10 min.	8 to 9 min.	8 to 9 min.		
	BUTTERNUT SQUASH - DICED	3 to 4 min.		5 to 6 min.	7½ to 8½ min.		
	CARROTS - DICED, CRINKLE SLICED & SLICED	4 to 5 min.		6 to 7 min.	8 to 9 min.		
	CAULIFLOWER - FLORETS	4 to 5 min.	8 to 9 min.	7 to 8 min.	8 to 9 min.		
	CELERY - DICED	4 to 5 min.		6 to 7 min.	7 to 8 min.		
	CORN - WHOLE KERNEL, PEACHES & CREAM & SUPER SWEET	5 to 6 min.		6 to 7 min.	6 to 7 min.		
	CORN - ON THE COB	21 to 22 min.					
	EDAMAME - SHELLLED	7 to 8 min.		5 to 6 min.	6 to 7 min.		
	JULIENNE CARROTS - ORANGE & YELLOW 1/4	5 to 6 min.		5 to 6 min.	8 to 9 min.		
	ONIONS - DICED 3/8"					4 to 5 min.	
	PEAS & DICED CARROTS	4 to 5 min.		6 to 7 min.	6 to 7 min.		
	PEAS - GREEN & PETITE	4 to 5 min.		5 to 6 min.	7 to 8 min.		
	PEPPERS - DICED RED & GREEN					5 to 6 min.	
	POTATOES - DICED	4 to 5 min.		5 to 6 min.	7 to 8 min.		
	RICED CAULIFLOWER	3 to 4 min.			8 to 9 min.		
	RUTABAGAS - DICED 3/8"	4 to 5 min.	8 to 9 min.	5 to 6 min.	7 to 8 min.		
	RUTABAGAS - HOMESTYLE CUT	4 to 5 min.	8 to 9 min.	5 to 6 min.	7½ to 8½ min.		
	SPINACH - LEAF NUGGET & CHOPPED NUGGETS	9 to 10 min.		10 to 11 min.	8 to 9 min.		
	ZUCCHINI - QUARTERS	3 to 4 min.		5 to 6 min.	8 to 9 min.		
BLENDS	BISTRO	5 to 6 min.		6 to 7 min.	8 to 9 min.		
	CALIFORNIA	4 to 5 min.		7 to 8 min.	8 to 9 min.		
	COCKTAIL	4 to 5 min.		6 to 7 min.	8 to 9 min.		
	FAJITA	6 to 7 min.				7 to 8 min.	
	FALL MEDLEY	4 to 5 min.		5 to 6 min.	7½ to 8½ min.		
	FUSION & GARDEN BEAN	7 to 8 min.		6 to 7 min.	6 to 7 min.		
	GRAIN & LEGUME MIXES	4 to 5 min.			5 to 7 min.	6 to 8 min.	
	ITALIAN	6 to 7 min.		7 to 8 min.	8 to 9 min.		
	ROASTED VEGETABLES (ROOT, BRUSSELS, ASPARAGUS)		6 to 7 min.			13 to 14 min.	25 to 26 min.
	MIREPOIX	4 to 5 min.		6 to 7 min.	8 to 9 min.	5 to 6 min.	
	MIXED VEGETABLES (4 & 5)	5 to 6 min.		6 to 7 min.	8 to 9 min.		
	MONTEGO	4 to 5 min.		7 to 8 min.	8 to 9 min.		
	PRINCE EDWARD	5 to 6 min.		7 to 8 min.	8 to 9 min.		
	ROMANESCO	5 to 6 min.		6 to 7 min.	8 to 9 min.		
	SPAGHETTI	4 to 5 min.		6 to 7 min.	8 to 9 min.	5 to 6 min.	
	STIR FRY	4 to 5 min.		6 to 7 min.	8 to 9 min.	10 to 11 min.	
	SUNRISE	4 to 5 min.		6 to 7 min.	8 to 9 min.	9 to 10 min.	
	THAI-STYLE	4 to 5 min.		6 to 7 min.	8 to 9 min.	11 to 12 min.	
	VEGGIES PICK OF THE DAY	5 to 6 min.		5 to 6 min.	8 to 9 min.		
	WINTER	4 to 5 min.	8 to 9 min.	7 to 8 min.	8 to 9 min.		

* To taste. Cooking times may vary depending on the vegetable cut selected and equipment used. | No data = Cooking not recommended