



| | | 1 BAG | | 500 G – 17.63 OZ | | | |
|---|--|--|---|--------------------|---------------|-----------------------|----------------------------|
| Description | | Combi oven Steam mode 212°F (100°C) / 100% Humidity | Combi oven Grilled 450°F (230°C) / 100% Humidity | Stove top Steam | Microwave | Stove top Stir fry | Conventional oven 450°F |
| 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. | | |
| | BROCOLI – 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 – SHELLED | 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. | | |
| | RICE 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. | | |
| RUTABAGA – 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 | 7 to 8 min. | | 6 to 7 min. | 6 to 7 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 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 | 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