

Create Amazing Veggies

1

Choose your veggies



Broccoli



Cauliflower



Snap Peas



Squash



Peppers



Asparagus



Cabbage

2

Choose method for cooking



Steamer bags



Microwave steamer



Glass bowl and plastic wrap

3

Cook 6-8 minutes



4

Choose flavors



Parmesan cheese



Everything bagel seasoning



Cheese sauce



Lemon juice



Ranch dressing



Italian seasoning

Extension
UtahStateUniversity.



Learn more about
SNAP benefits

