

# Cheat Sheet

# Vegetable Cooking Times

**Sauté**

**Steamed**

**Microwave**  
Add water

**Bake**  
400°F-  
425°F

**Electric  
pressure  
cooker**

**Air fryer**  
380°- 400°F

**BBQ**  
380°-400°F  
Use grill basket or foil

## Root veggies cut into 1" pieces



20-25 mins

25-30 mins

15-20 mins

30-45 mins

3-4 mins

25-35 mins

10-20 mins *Sliced*

## Winter squash cut into 1" pieces



20-25 mins

25-30 mins

15-20 mins

40-50 mins

3-4 mins

25-35 mins

20-25 mins *Sliced*

## Cruciferous veggies cut into 1" pieces



10-15 mins

5-8 mins

3-8 mins

20-30 mins

0-3 mins

8-15 mins

10-20 mins

## Leafy greens chopped



2-5 mins

5-10 mins

2-7 mins

15-20 mins

0-2 mins

5-10 mins

2-4 mins *Leave whole*

## Softer veggies sliced



5-10 mins

3-5 mins

3-5 mins

15-30 mins

0-2 mins

5-10 mins

7-12 mins

## Thin veggies trimmed



4-6 mins

5-7 mins

4-6 mins

10-15 mins

0-2 mins

5-10 mins

5-10 mins

Note: Cooking times may vary based on size, desired doneness, and appliance. Adjust accordingly.