

Food	Amount	Suggested Seasoning	Time
EGGS			
Soft cooked eggs	2-8 eggs		6-8 minutes
Hard cooked eggs	2-8 eggs		10-12 minutes
RICE (note: USE RICE BOWL TO PREPARE RICE)			
White	1 cup rice with 1¼ cups water	salt, pepper, butter, olive oil	35-40 min or until water is absorbed
Brown	1 cup rice with 1 cup water	salt, pepper butter, olive oil	40-50 min or until water is absorbed
FRESH VEGETABLES			
Asparagus	8 oz. (½lb.) trimmed	lemon	8-10 minutes
Broccoli	1 lb. fresh florets	basil or dill	10-12 minutes
Green beans	1 lb. trimmed	thyme	8-10 minutes
Corn on the cob	3-4 ears		10-12 minutes
Snow peas	1/2 lb.	ginger or garlic	8-10 minutes
Summer Squash (zuchinni, yellow, etc)	½lb. sliced	basil or oregano	10-12 minutes
Frozen vegetables	1 pkg.		10-12 minutes
MEAT / POULTRY / FISH			
Boneless skinless chicken breasts	1 lb.	sage, thyme	20-30min (until 165°)
Hot dogs	1 lb. (8-10 links)	basil	6-8 min (until 150°)
Salmon	2 steaks (6 oz.), total	lemon, dill	10-12 min (until 145°)
Cod, halibut or other whitefish	4 (6oz) portions about ½ in. thick	celery, dill	10-12 min (until 145°) & fish flakes easily
Shrimp (fresh)	1lb.	lemon, dill, celery	14-16 min or until shrimp turn pink