



## Microwave Cooking

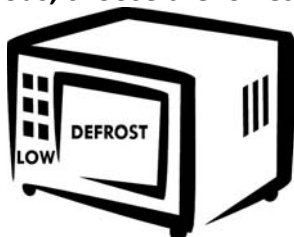
### MICROWAVE OVEN - A HOT OPTION!

You already use a microwave to warm up a cup of coffee or zap a pizza slice for a quick snack. But, did you know that it's just as **easy** to cook a meal or defrost foods? To keep it simple and risk-free, it is important to remember that microwaves are **DIFFERENT** than stoves or ovens. So, get cooking and take advantage of that microwave! Read on to make sure you have the facts to make it safe, fast and easy.

### Cooking & Defrosting

Some helpful tips when cooking in the microwave are:

- **CUT** foods into equal-sized pieces
- **ROTATE** foods to make sure they reach a safe temperature throughout
- **COVER** foods to hold in moisture
- **STIR** foods to move warmed foods to cooler area in the center
- Let food **REST 1-3 minutes** after cooking. This rest time or 'standing' time allows food to finish cooking without overcooking the outer areas.
- When **DEFROSTING** foods, choose the lowest heat setting possible.
- **ALWAYS** cook food immediately after defrosting.



### Microwave Baked Potato



1. Scrub potato. Prick several times with a fork or knife.
2. Place on microwave safe plate.
3. Cook according to table below. Turn over halfway through cooking.

# of Potatoes	Time
1	7-8 minutes or until soft
2	10-12 minutes or until soft
4	14-18 minutes or until soft

4. Let potato rest for 1-3 minutes.

**PER SERVING:** CALORIES 280 • FAT 0 G • PROTEIN 7 G • CARBOHYDRATE 68 G • FIBER 8 G • GOOD SOURCE OF VITAMIN C, VITAMIN B12 AND POTASSIUM

### Physical Activity Can Be Quick Too!

Just like microwave cooking, being physically active doesn't have to take a long time. While you need to shoot for 30 minutes a day of physical activity, you can reach that goal by doing something active for 10 minutes at a time, three times a day. It's that easy!





## CAUTION!!!

- **MELTING** - Don't use anything plastic in the microwave unless it states it is safe for microwave use.
- **SPARKING** - Metal and even some foods on occasion can cause sparking during cooking. Turn the microwave off immediately if this occurs and remove whatever caused the sparks!
- **BURNS** - Foods, liquids and the containers they are in get HOT in a microwave - always use pot holders!
- **ERUPTING** - Microwaves can heat foods and liquids fast. Be careful not to overheat otherwise erupting, or violent boiling can occur and cause burns!

### Microwave Scrambled Eggs

1. Lightly oil a microwave safe glass measure or coffee cup.
2. Add egg and milk or water; stir.
3. Cover and cook as follows:

# of Eggs	Milk or Water	Time
1	1 Tablespoon	45 seconds - 1½ minutes
2	2 Tablespoons	1½ - 2½ minutes
4	3 Tablespoons	3½ - 6 minutes

4. Let egg rest for 1-3 minutes.

**PER SERVING (with water):** CALORIES 71 • FAT 5 G • PROTEIN 6 G • CARBOHYDRATE 0 G • FIBER 0 G • GOOD SOURCE OF VITAMIN B12

### Microwave Meatloaf

Yield: 6 servings

- 2 eggs, lightly beaten
- ¼ cup fine bread **or** cracker crumbs
- 1 small onion, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ pounds lean ground meat
- 2 Tablespoons ketchup, barbecue sauce, **or** steak sauce

1. In a large bowl, mix together eggs, bread or cracker crumbs, onion, salt and pepper.
2. Add ground meat and mix completely.
3. In a microwave safe dish, form meat mixture into a donut shape (for more even cooking).
4. Spread ketchup, barbecue or steak sauce evenly over top of meat loaf.
5. Microwave on HIGH for 6 minutes. Turn dish. Cook another 6 to 8 minutes.
6. Let stand 5 minutes. Meatloaf is done when meat thermometer reads 160°F or juices run clear when center is pricked with a knife.

**PER SERVING:** CALORIES 283 • FAT 19 G • PROTEIN 24 G • CARBOHYDRATE 4 G • FIBER 0 G • GOOD SOURCE OF VITAMIN B12 AND ZINC

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