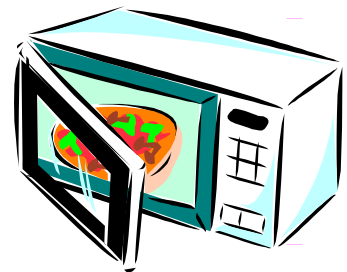




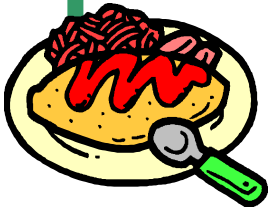
Cooking, Not Reheating, With the Microwave

Cooking in your microwave can –

- ❖ Retain vitamins and minerals in food
- ❖ Make meals faster and easier
- ❖ Offer more variety in your meals



NUKING BREAKFAST

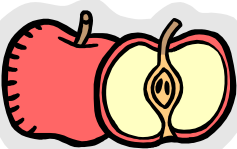


❖ Cook scrambled eggs or omelet on medium for 2-4 minutes – stir or lift so cooked egg goes to middle of baking dish.

❖ Cook cereal on medium for 2-3 minutes. Stir at least once while cooking.



❖ Cook berries or fruit on high for 2-3 minutes. Stir at least once while cooking. To thicken sauce, mix $\frac{1}{4}$ teaspoon of cornstarch with $1 \frac{1}{2}$ teaspoon of cold water, add to fruit before heating. Serve on pancakes or waffles.



Cooking Meat, Fish and Poultry

1. Thaw first if frozen.
2. Cook on medium heat.
3. Arrange so thickest part lies toward edge of the dish.
4. Turn during cooking for even heating.
5. Broil off if want browned.

Food can be cooked all or part of the way done. Finish on the grill, under the broiler, in the oven or on top of the stove.

Cooking Vegetables

- ❶ **Purchase fresh or frozen vegetables in bags so can make amount desired. Heat on high for 2-4 minutes per serving.**
- ❷ **Bake fresh sweet potatoes for about 5-6 minutes. Top with low fat shredded cheese and cooked vegetables.**
- ❸ **Cook corn on the cob in the husk or wrap in plastic wrap and heat on high for four minutes.**



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