

Knowledge @ Noon

“Save Time – Microwave It!”



Wednesday, March 18, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

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Save Time Microwave It!

Know How. Know Now. University of Nebraska-Lincoln Extension

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Need a quick meal? Most kitchens have a microwave oven, but often the microwave is not used to its potential.

In this lesson you will explore how to use your micro-wave oven to prepare quick, easy, and safe meals.

How does a microwave oven heat your food?

Microwaves cook food by using a magnetron, a device that converts electric power to very short radio waves of about 2,450 megahertz. At this frequency, water, fats, and sugars absorb the waves and vibrate very fast to create high temperatures that cook the food.

Know the Wattage

Watts are a measure of power. Microwave ovens with different wattages are available. Knowing the wattage of your microwave will help you determine how long to cook foods. High wattage (1,000 watts or more) micro-wave ovens take less time to cook items than low wattage (300 to 500 watts) microwave ovens.

Do you know the wattage of your microwave? If not, here are three easy ways to determine the wattage.

1. On older microwave ovens, the wattage is shown on the back of the microwave or listed in the owner's manual.
2. Newer models provide the wattage on the inside of the door.
3. Conduct the "Water Test for Wattage," explained here, if the wattage is not shown anywhere on the microwave or in the owner's manual.

Water Test for Wattage

Measure 1 cup of water into a 2-cup glass measuring cup. Make sure the water is cold; add ice if needed. Set the microwave on high for 4 minutes and watch the water through the window to see when it boils.

- If water boils in less than 2 minutes, it is a very high wattage oven — 1,000 watts or more.
- If water boils in 2 ½ minutes, it is a high wattage oven — about 800 watts or more.
- If water boils in 3 minutes, it is an average wattage oven — 650 to 700 watts or more.
- If water boils in more than 3 minutes, it is a slow oven — 300 to 500 watts.

Power Level

Microwaves also have several power levels. When you are heating foods on high power, the microwave is producing the highest amount of energy from the magnetron. For less power, the magnetron cycles on and off.

For example, on medium power (50%), the microwave oven produces microwaves only 50 percent of the time.

Foods such as ground beef, poultry, vegetables, and fruits are tender and have a high moisture content, so they cook best on a high power setting. A lower power setting is recommended for eggs, cheese, and solid meats since they can become tough when cooked on a high power setting.

Uneven Heating

One problem with cooking using a microwave oven is they do not heat evenly. Many microwave ovens have turntables inside to help cook the food more evenly. If your microwave does not have one, a turntable accessory can be purchased to help prevent hot spots.

You can determine where the hot spots are in your microwave by conducting a marshmallow test.

To conduct this test:

- Use a microwavable, flat plate, or turn the turntable upside down so it won't rotate, and place marshmallows on it.

Tip: Line the plate with parchment or wax paper to make cleanup a breeze.

- Line the plate with miniature marshmallows, and place the plate in the microwave oven.
- Set the timer for 1 minute, but watch carefully and stop microwaving if the marshmallows begin to burn.
- Watch through the glass window for the marshmallows to heat and expand.

The marshmallows that expand first reveal the hot spots. If your microwave oven has hot spots, you know that food will cook unevenly. Uneven cooking can sometimes result in undercooked food that may be unsafe to eat.

There are things you can do to ensure your food cooks evenly.

- Rotate food in the microwave oven as it is cooking.
- Interrupt the cooking and stir or turn food halfway through the heating time. Even if your microwave oven has a turntable, it is helpful to stir and turn food.
- Arrange food items evenly in a covered dish and add some liquid if needed.
- Large cuts of meat should not be cooked on high power (100%). Cook large cuts of meat on medium power (50%) for longer periods of time.
This helps the heat reach the center of the food without overcooking the outer areas.
- Remove the bone from large pieces of meat because it can shield meat from thorough cooking.
- Avoid cooking a whole, stuffed chicken or turkey in a microwave oven because the stuffing might not reach the temperature required to kill harmful bacteria.
- Cover the dish with a lid or plastic wrap to help evenly distribute the heat inside the container. Allow enough space between the food and the top of the dish so that plastic wrap does not touch the food. Loosen or vent the lid or plastic wrap to allow steam to escape. The moist heat created will help destroy harmful bacteria and help achieve even heating. Cooking bags also provide safe, even heating.
- To thaw foods in a microwave oven, remove the food from the packaging before placing it in the microwave oven. Foam trays and plastic wraps may not be safe for use in a microwave oven. If you are thawing or partially cooking a meat or poultry product in a microwave oven, continue cooking immediately in an oven, grill, or on top of the stove.
- Thawing food in a microwave oven causes partial heating, which causes the bacteria present to start growing. Continuing to heat the food immediately to the proper temperature will kill bacteria and prevent foodborne illness.
- Leftover foods can be reheated in a microwave oven by placing the food in a microwave-safe container and covering with a microwave-safe plastic wrap to keep the moisture in and to provide even heating. Remember to turn back a corner to allow steam to escape during heating.

Cleaning Your Microwave Oven

Check your microwave owner's manual for recommended cleaning methods. If you cannot find your manual, here are some general cleaning tips:

- Remove spatters and spills as they occur so food residue won't become baked-on.
- Wipe with a soft cloth or clean paper towel dampened with warm water.
- For heavier spills, use baking soda, a mild soap, or dishwashing liquid with a damp cloth.
- Do not use steel wool, scouring pads, abrasive cleaners, or oven cleaners.
- To remove food odors or loosen baked-on food residue, mix 6 tablespoons of baking soda OR ½ cup lemon juice with 1 cup of water in a microwave-safe glass measure. Microwave the mixture until it boils, then leave the mixture in the microwave without opening the door until the mixture cools. The steam will help loosen food residue and remove odors. Wipe the surfaces with a soft cloth or paper towel.

Recipes

Microwave ovens are most often used to reheat leftovers or cook a few favorite packaged food items. Many foods can be cooked in microwaves, however, and will look and taste as good as if they were prepared on a stove.

Foods may not brown in your microwave oven as they do when cooked on a stove or in an oven. Here are some ingredients to add or techniques you can use to help microwaved food look like food cooked the conventional way.

- Glazes — ketchup, barbeque, teriyaki, brown sugar, apricot or peach jam
- Sauces — brown bouquet sauce, steak sauce, Worcestershire sauce
- Dry onion soup mix
- Marinade mixes
- Cream soups
- Cheese slices melted on top
- Sear meat or poultry in a skillet or microwave brown-and-sear pan, or put meat under an oven broiler for a couple of minutes before cooking in the microwave.

Resources

Bite When the Temperature is Right, HEF587, www.extension.unl.edu/communityprograms/

Cook It Safe, fightbac.org/cookitsafe

Cooking 101: Cooking in Small Spaces Using a Microwave Oven, www.ag.ndsu.edu/pubs/yf/foods/fn1618b.pdf

Microwave Ovens and Food Safety, www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/appliances-and-thermometers/microwave-ovens-and-food-safety/ct_index

Use Your Microwave Safely, www.fda.gov/downloads/forconsumers/consumerupdates/ucm143607.pdf

Your microwave owner's manual

Microwave White Rice VARIATIONS:

Add one or more of the following to the above ingredients:

- Sauté ½ cup diced onion in 1 tablespoon oil until tender, about 5 minutes. Add sautéed onions to the uncooked rice. Cook rice according to directions. When fluffing rice with a fork, add ¼ cup minced fresh parsley.
- Sauté 1 cup sliced baby Portobello mushrooms in 1 tablespoon oil until tender, about 5 minutes. Add the sautéed mushrooms to the uncooked rice. Cook rice according to directions.
- Substitute chicken or beef broth for the water. Cook according to directions.
- Add 1 teaspoon Italian seasoning and ½ cup grated Parmesan cheese when fluffing rice with a fork.
- Add ½ cup cooked frozen peas when fluffing rice.

Béchamel or White Sauce

2 tablespoons butter or margarine

2 tablespoons all-purpose flour

½ teaspoon salt

Ground white pepper, to taste

1 cup low-fat milk

Sprinkle of freshly grated nutmeg (optional)

Directions

1. Put butter or margarine in a microwave-safe, 1-quart casserole dish.
2. Heat on HIGH for 30 to 45 seconds or until melted.
3. Stir in flour and salt. Blend to a smooth paste (roux).
4. Heat on HIGH for 30 seconds or until roux bubbles.
5. Whisk in milk gradually, stirring or beating constantly, until smooth.
6. Cook on HIGH for 2 to 3 minutes, or until thickened. Stir every 30 seconds during cooking to prevent lumps.
7. Add white pepper and nutmeg to taste.

Makes 1 cup **Nutrition information per serving:** 84 calories; 6 grams fat; 2 grams protein; 5 grams carbohydrate; 0 grams fiber; 384 grams sodium

VARIATIONS

Mornay Sauce - After the sauce has thickened, add ¼ cup grated Gruyere cheese and ¼ cup grated Parmesan cheese. Stir to melt the cheeses. If sauce is too thick, add a small amount of milk.

Cheddar Cheese Sauce - After sauce has thickened, add ½ cup grated sharp Cheddar cheese. Stir to melt the cheese. If sauce is too thick, add a small amount of milk.

Herb Sauce - After sauce has thickened, add 1 teaspoon minced fresh herbs or ½ teaspoon dried herbs. Cook for 30 seconds longer.

Microwave Sweet Potato or Baked Potato

1 medium sized sweet or russet potato

1. Scrub the outside of the potato with a vegetable brush under cool running water to remove dirt.
2. Puncture a few times with a fork to allow the steam to escape.
3. Place the potato on a paper towel in a microwave-safe dish.
4. Cook on HIGH for 6 to 7 minutes. Turn over and rotate the potato halfway through cooking.

VARIATIONS:

- Top baked potato with vegetables, cheese, chili, or whatever else you would like.
- Top sweet potato with a little cinnamon sugar or salt and pepper.

Sweet Potato Makes 1 serving. **Nutrition information per serving:**

150 calories; 0 grams fat; 2 grams protein; 38 grams carbohydrate; 4 grams fiber; 70 milligrams sodium

Potato Makes 1 serving. **Nutrition information per serving:**

160 calories; 0 grams fat; 4 grams protein; 36 grams carbohydrate; 4 grams fiber; 20 milligrams sodium

Microwave Adapting

When adapting recipes for the microwave, it is best to start with a familiar recipe. Knowing how the food should look and taste will help when adapting it for microwaving. Foods that require browning or crisp, dry surfaces will cook best in a conventional oven.

- Refer to similar microwave recipes for cooking techniques, power levels and microwaving time.
- Moist foods such as vegetables, fruits, poultry and seafood microwave well.
- Rich foods such as bar cookies, moist cakes and candies are suitable for microwaving because of their high fat and sugar content.
- Reduce conventional cooking time by one-third to one-half. Check food after minimum time to avoid overcooking.
- Small amounts of butter or oil can be used for flavoring but are not needed to prevent sticking.
- Seasonings may need to be reduced. Salt meats and vegetables after cooking.
- Liquids may need to be reduced.

Recipe Conversion

Conventional Spanish Rice

1 lb. ground beef
1 (28 oz.) can whole tomatoes, cut up
1½ cups water
¾ cup long grain rice
2 tablespoons chili powder
2 tablespoons instant minced onion
1 teaspoon salt
⅓ teaspoon pepper

In 10-in. skillet, crumble ground beef. Cook over medium high heat 10 minutes, uncovered. Add tomatoes, water, rice, chili powder, onion, salt and pepper. Mix well. Cover and cook over medium heat 35 to 40 minutes.

Total Cooking Time 45 to 50 Minutes
Serves 4 to 6

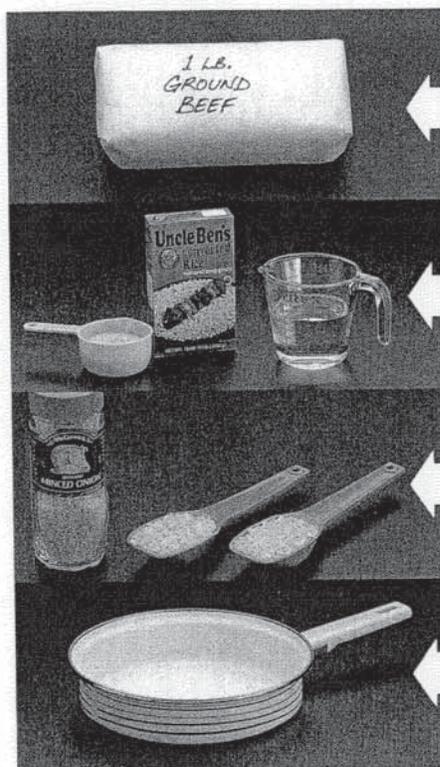
Microwave Spanish Rice

1 lb. ground chuck
1 (28 oz.) can whole tomatoes, cut up
1 cup instant rice
2 tablespoons chili powder
1 tablespoon instant minced onion
1 teaspoon salt
⅓ teaspoon pepper

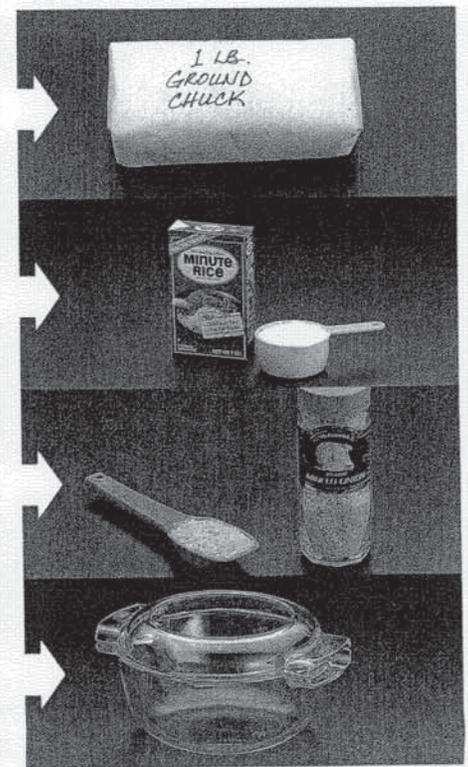
In 2-quart casserole, crumble beef. Add tomatoes, rice, chili powder, minced onions, salt and pepper. Mix well. Cover. Microwave at HIGH (10) 11 to 14 minutes, stirring after 6 minutes. If top of food appears dry during cooking, stir again. Return to oven to finish cooking.

Total Cooking Time 11 to 14 Minutes
Serves 4 to 6

CONVENTIONAL



MICROWAVE



Microwaving Guide

1. Refer to the chart below when microwaving raw or uncooked foods.
2. Since microwaving does not brown food as in conventional cooking, you may prefer to cook foods such as meats and baked goods in a conventional oven.
3. Always cook in microwave-safe plastic or glass utensils. Paper is acceptable for some foods. **DO NOT USE METAL CONTAINERS.**
4. When covering utensils with plastic wrap, turn back one corner to vent.
5. Cooktimes and food quantities given should be used as a guide. In microwaving, the greater the quantity of food the longer time it will take to cook.

FOOD	Cover	Power Level and Time	Comments	
<i>Appetizers</i>	Party mix (2½-quarts)	No	High (10) 5 to 7 minutes.	Stir every 2 minutes.
	Meatballs, small meat or hot dog chunks (24)	Wax paper or plastic wrap	High (10) 5 to 8 minutes.	Spread in single layer in 2-quart oblong glass baking dish.
	Stuffed vegetables (12)	No	High (10) 3 to 5 minutes.	Space evenly on trivet or on plate lined with paper towels.
	Toasted nuts or seeds (½ to 1 cup)	No	High (10) 3 to 5 minutes.	Combine nuts with small amount of butter, stirring every 2 minutes.
<i>Cakes, Cookies, Breads</i>	Oblong, square or round cake	No	High (10) 2 minutes. Medium High (7) 3 to 5 minutes.	
	Fluted tube cake	No	High (10) 12 to 16 minutes.	Let stand 5 to 10 minutes before inverting.
	Cheesecake (9-inch pie plate)	No	Medium High (7) 10 to 14 minutes.	Microwave cheesecake mixture in 2-quart casserole until thick and smooth. Stir every 2 minutes with wire whisk. Pour into crumb crust. Refrigerate until firm.
	Bar Cookies (8-in. square dish)	No	High (10) 5 to 7 minutes.	Rotate ¼ turn after 3 minutes.
	Muffins (6)	No	Medium High (7) 2 to 4 minutes.	Check at minimum time.
<i>Eggs, Cheese, Dairy</i>	Scrambled eggs	No	High (10) ½ to 1 minute per egg.	Stir 2 or 3 times during microwaving.
	Quiche	No	Medium High (7) 15 to 21 minutes.	Pour filling into prebaked shell.
	Thickened sauces and gravies (1 cup)	No	Medium (5) 3 to 5 minutes.	Microwave fat, flour and salt 1 to 2 minutes; stir to blend. Add liquid. Stir every minute.
	Scald milk (½ cup)	No	Medium High (7) 3 to 5 minutes.	
	Melt butter (½ cup)	No	High (10) ½ to 1 minute.	
	Soften cream cheese (8 oz.)	No	Low (3) ½ to 1 minute.	Remove foil wrapper and place on microwave-safe plate.
<i>Fish & Shellfish</i>	Fillets or steaks (1 lb.)	Wax paper	High (10) 5 to 7 minutes.	Very delicate fish should be placed on trivet.
	Casserole, pre-cooked (2 to 3 quart)	Plastic wrap	High (10) 12 to 18 minutes.	
	Scallops, shrimp, peeled (1 lb.)	Plastic wrap	High (10) 4 to 7 minutes.	Brush with garlic butter before cooking.
<i>Fruits</i>	Baked apples or pears	Lid or plastic wrap	High (10) 2 to 4 minutes per piece.	Pierce fruit or peel to prevent bursting.

FOOD	Cover	Power Level and Time	Comments
<i>Meat</i>			
Ground meat (1 lb.)	Lid or wax paper	High (10) 5 to 7 minutes.	Break up and stir every 2 minutes.
Bacon (2 to 8 strips)	Paper towels	High (10) $\frac{1}{2}$ to 1 minute per slice.	Place on trivet or paper towel-lined plate.
Sausage	Wax paper	High (10) Patties: 1 minute per patty. Links: $\frac{1}{2}$ to $\frac{3}{4}$ minute per link.	Place on paper towel-lined plate or glass dish. Turn over after half of cooking time.
Franks or hot dogs (1 lb.)	Lid or wax paper	High (10) 3 to 6 minutes.	Add $\frac{1}{2}$ cup water. Rearrange after half of cooking time.
Meat casseroles with pre-cooked meat and ingredients	Lid or plastic wrap	High (10) 19 to 30 minutes.	Stir once or twice.
Meat stews with raw meat and vegetables	Lid or plastic wrap	Medium (5) 70 to 80 minutes.	Rearrange or stir after half time.
Meat patties (4 per lb.)	Wax paper	High (10) 5 to 7 minutes.	Place on trivet or on paper towel-lined plate. Rearrange patties after 3 minutes.
Meat loaf, beef or ham (1 $\frac{1}{2}$ lbs. meat)	Plastic wrap	Medium High (7) 25 to 28 minutes.	
Spareribs (2 to 3 lbs.)	Lid or plastic wrap	Medium (5) 80 to 90 minutes.	Cover meat with water. Rearrange after half of cooking time. Drain 10 minutes before end of cooking time; add barbecue sauce and complete cooking.
Chops with sauce (4 1-inch chops)	Wax paper	Medium High (7) 30 to 40 minutes.	Turn over after half of cooking time.
<i>Pasta & Cereals</i>			
Long pieces (spaghetti, etc., $\frac{1}{2}$ lb.)	Plastic wrap	High (10) 12 to 15 minutes.	In 2-quart oblong glass dish, add 6 cups hot tap water, 1 tablespoon oil, 1 teaspoon salt. Rearrange after half of cooking time.
Noodle or rice casseroles (2 quarts)	Lid or plastic wrap	High (10) 8 to 15 minutes.	Stir after $\frac{1}{2}$ of cooking time. Add topping just before serving.
Cereal or instant rice	Lid or plastic wrap	High (10) 1 $\frac{1}{2}$ to 3 minutes per serving.	Add amount of hot tap water given on package. Stir after half of cooking time.
<i>Pies</i>			
Crumb crust (9-inch)	No	Medium (5) 2 to 3 minutes.	Rotate dish $\frac{1}{2}$ turn after 1 minute.
<i>Poultry</i>			
Chicken, 6 to 8 pieces	Wax paper or plastic wrap	High (10) 11 to 16 minutes.	
Whole chicken or Cornish hens	Cooking Bag	Medium High (7) 9 to 12 minutes per lb.	Turn over after half of cooking time.
Turkey legs or quarters	Cooking Bag	Medium (5) 11 to 14 minutes per lb.	Turn over after half of cooking time.
Turkey breast	Cooking Bag	Medium (5) 12 to 15 minutes per lb.	Place on trivet, breast side down. Turn over after half of cooking time.
<i>Roasts</i>			
Pot roast 3 to 4 lbs.)	Cooking Bag	Medium (5) 18 to 23 minutes per lb.	Turn over after half of cooking time.
Tender beef roast (rib-eye, bone-in rib, rolled rib)	Cooking Bag	Medium (5) Rare: 11 to 14 minutes per lb. Medium: 14 to 17 minutes per lb. Well done: 17 to 20 minutes per lb.	Turn over after half of cooking time.
Pork roast	Cooking Bag	Medium (5) 13 to 18 minutes per lb.	Turn over after half of cooking time.
Ham roast, pre-cooked	Cooking Bag	Medium (5) 14 to 17 minutes per lb.	Turn over after half of cooking time.

Heating or Reheating Chart

1. Refer to the chart below for reheating cooked foods at refrigerator or room temperature. Use microwave oven-safe containers.
2. Cover most foods for fastest heating. When covering with plastic wrap, turn back one corner to vent.
3. Bubbling around edges of dish is normal, since center is last to heat. Stir foods before serving whenever possible.
4. Stir or rearrange large amounts of food after half the suggested heating time.
5. Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.
6. To be thoroughly heated, food should reach a temperature of 160°F to 165°F. Allow foods to stand a few minutes before serving.

Item	Amount	Power Level	Approx. Time, Minutes	
<i>Appetizers</i>	Saucy: meatballs, riblets, cocktail franks, etc. ½ cup / serving	1 to 2 servings 3 to 4 servings	High (10) High (10)	1 to 2 3 to 4
	Dips: cream or process cheese	½ cup 1 cup	Medium (5) Medium (5)	½ to 1 2 to 3
	Pastry bites: small pizzas, egg rolls etc.	2 to 4 servings	High (10)	1 to 3
	Tip: Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Do not cover pastry bites.			
<i>Plate of Leftovers</i>	Meat plus 2 vegetables	1 to 2 plates	High (10)	2 to 4
	Tip: Cover plate of food with wax paper or plastic wrap.			
<i>Meats & Main Dishes</i>	Saucy Main Dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. ¾ to 1 cup / serving	1 to 2 servings 3 to 4 servings 1 16-oz. can	High (10) High (10) High (10)	1 to 2 2 to 3 2 to 3
	Thinly sliced roasted meat: Rare, minimum time Medium Rare, maximum time 3 to 4 oz. / serving	1 to 2 servings 3 to 4 servings	Medium High (7) Medium High (7)	1 to 3 2 to 4
	Well done beef, pork, ham, poultry, etc. 3 to 4 oz. / serving	1 to 2 servings 3 to 4 servings	Medium High (7) Medium High (7)	1 to 3 3 to 4
	Steaks, chops, ribs, other meat pieces:			
	Rare beef steak	1 to 2 servings 3 to 4 servings	Medium High (7) Medium High (7)	1 to 2 2 to 3
	Well done beef, chops, ribs, etc.	1 to 2 servings 4 servings	Medium High (7) Medium High (7)	1 to 2 2 to 3
	Hamburgers or meat loaf 4 oz. / serving	1 to 2 servings 3 to 4 servings	High (10) High (10)	1 to 1½ 2 to 3
	Chicken pieces	1 to 2 pieces 3 to 4 pieces	High (10) High (10)	1 to 1½ 2 to 3
	Hot dogs and sausages	1 to 2 3 to 4	High (10) High (10)	½ to 1½ 1½ to 2
	Rice and pasta Plain or buttered ½ to 1 cup / serving	1 to 2 servings 3 to 4 servings	High (10) High (10)	1 to 2 2 to 3
	Topped or mixed with sauce ½ to 1 cup / serving	1 to 2 servings 3 to 4 servings	High (10) High (10)	1 to 2 2 to 4
	Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. Do not cover rare or medium rare meats.			

Item	Amount	Power Level	Approx. Time, Minutes	
<i>Sandwiches & Soups</i>	Moist filling: sloppy joe, barbecue, ham salad, etc. in bun ½ cup / serving	1 to 2 servings 3 to 4 servings	Medium High (7) Medium High (7)	1 to 2 2 to 4
	Meat-cheese filling with firm bread	1 to 2 servings 3 to 4 servings	Medium High (7) Medium High (7)	1 to 1½ 1½ to 2½
	Soup			
	Water based 1 cup / serving	1 to 2 servings 3 to 4 servings 1 10-oz. can reconstituted	High (10) High (10) High (10)	1 to 3 3 to 4 3 to 4
	Milk based 1 cup / serving	1 to 2 servings 3 to 4 servings 1 10-oz. can reconstituted	Medium High (7) Medium High (7) Medium High (7)	2 to 3 3 to 5 6 to 8
	Tip: Use paper towel or napkin to cover sandwiches. Cover soups with wax paper or plastic wrap.			
<i>Vegetables</i>	Small pieces peas, bean, corn, etc. ½ cup / serving	1 to 2 servings 3 to 4 servings 1 16-oz. can	High (10) High (10) High (10)	1 to 2 2 to 3 2 to 3
	Large pieces or whole asparagus spears, corn on the cob, etc.	1 to 2 servings 3 to 4 servings 1 16-oz. can	High (10) High (10) High (10)	1 to 2 2 to 3 2 to 3
	Mashed potatoes, squash, pumpkin, etc. ½ cup / serving	1 to 2 servings 3 to 4 servings	High (10) High (10)	1 to 2 3 to 4
	Tip: Cover vegetables for most even heating.			
<i>Sauces</i>	Dessert: chocolate or butterscotch	½ cup 1 cup	High (10) High (10)	½ to 1 1 to 2
	Meat or main dish, chunky type giblet gravy, spaghetti sauce, etc.	½ cup 1 cup 1 16-oz. can	High (10) High (10) High (10)	½ to 1 1 to 2 2 to 3
	Creamy type	½ cup 1 cup	High (10) High (10)	¾ to 1 1 to 2
Tip: Cover food to prevent spatter.				
<i>Bakery Foods</i>	Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	1 piece 2 pieces 9-in. cake or 12 rolls or doughnuts	Low (3) Low (3) Low (3)	¾ to 1 1 to 1½ 2 to 4
	Dinner rolls, muffins	1 2 to 4 6 to 8	Medium (5) Medium (5) Medium (5)	¾ to ½ ¾ to 1 1 to 2
	Pie fruit, nut or custard 1/8 of 9-in. pie = 1 slice (use minimum time for custard)	1 slice 2 slices 9-in. pie	High (10) High (10) Medium High (7)	¾ to 1 1 to 1½ 3 to 4
<i>Griddle Foods</i>	Pancakes, French toast or waffles			
	Plain, no topping	2 or 3 pieces	High (10)	¾ to 1
	With syrup & butter With 2 sausage patties (cooked)	2 or 3 pieces 2 or 3 pieces	High (10) High (10)	1 to 2 1 to 2
<i>Beverages</i>	Coffee, tea, cider, other water based	1 to 2 cups 3 to 4 cups	High (10) High (10)	1 to 3 4 to 6
	Cocoa, other milk based	1 to 2 cups 3 to 4 cups	Medium High (7) Medium High (7)	3 to 4 5 to 6

Microwave Meatballs

1 pound lean ground beef	1 Tablespoon dried onions
½ cup bread crumbs	1 beaten egg
1 Tablespoon milk	1 Tablespoon Worcestershire sauce

Combine all ingredients in a large bowl. Use your hands to combine the ingredients together. Squish it together into a large lumpy ball.

Shape into firm, uniform size balls.

Place on an 8"X 8" casserole dish, leaving room between the meatballs. Cover the dish tightly with plastic wrap (not letting it touch the food while cooking).

Microwave on high for 3 minutes. Carefully uncover the dish, letting the steam escape. Rearrange the meatballs so that the ones in the middle are on the outside, and the outside ones are in the middle. Re-cover and microwave for an additional 5 minutes. Drain off the grease.

**You can easily store your cooked meatballs for future use. Meatballs made from frozen meat can be stored for up to 3 months. Those made from fresh hamburger can be stored for 6 months. Be sure to thaw frozen meatballs in the fridge or under cold water, never thaw on the counter.

Meatloaf in a Mug

1 slice white bread, torn into pieces	1 green onion thinly sliced
2 Tablespoons milk	¼ teaspoon seasoned salt
½ teaspoon Worcestershire sauce	1/8 teaspoon ground black pepper

Place the torn bread into a small bowl, and pour in the milk and Worcestershire sauce; set aside for a few minutes for the bread to absorb the liquid. Add the ground beef, green onion, seasoned salt and pepper to the bread; mix well and place into a 10 ounce, microwave-safe mug.

Cook in the microwave at 70 % power until the meatloaf is firm and no longer pink in the center, 4 to 5 ½ minutes depending on the microwave. Remove the meatloaf from the microwave, and allow to stand 2 minutes before serving.

Nutrition: 1 serving, Calories 295. Total Fat: 15.1 g, Cholesterol, 73 mg., Sodium 508 mg., Total Carbs 16.2 g, Protein 22.3 g.

Recipe from Allrecipes.com

Cabbage Patch Casserole

1 medium head cabbage, chopped	1 (1 3/4 oz) can Cheddar Cheese Soup
2 Tablespoons water	½ cup milk
½ teaspoon salt	1 (3 oz) can French-fried onions
4 strips bacon, cooked and crumbled	

In 2-quart casserole, place cabbage, water and salt; cover. Microwave at HIGH (10) 6 to 8 minutes; stir after 5 minutes. Drain. Combine crumbled bacon, soup and milk; pour over cabbage and blend well; cover. Microwave on HIGH (10) 4 to 6 minutes; stir. Sprinkle with onions. Microwave, uncovered, at HIGH (10) 1 to 2 minutes until bubbly.

Yield: 6 servings Nutrition analysis: 205 calories per serving. Protein 5.8 g, Fat 14.7g, Carbs 13.4g, Sodium 550mg, Cholesterol 19mg

Recipe from The Microwave Book, General Electric, 1998

Scalloped Potatoes

3 Tablespoons butter	3 cups milk
2 Tablespoon all-purpose flour	4 cups potatoes, peeled and thinly sliced (2 lbs.)
1 teaspoon salt	¼ cup onion, finely chopped
¼ teaspoon pepper	Paprika

In 4-cup glass measure, place butter. Microwave at HIGH (10) ½ to 1 minute until melted. Blend in flour, salt and pepper. Gradually add milk, stirring until smooth. Microwave at HIGH (10) 6 to 10 minutes until sauce is smooth and slightly thickened, stirring every 3 minutes. In

2-quart casserole, layer half of potatoes, onions and sauce. Repeat layers. Cover. Microwave at HIGH (10) 14 to 20 minutes until potatoes are tender. Sprinkle with paprika. Let stand, covered, 5 minutes. Yield: 6 servings. 257 calories per serving. Nutrition analysis: Protein 7.5 g, Fat 10 g, Carbs. 35.5 g, Sodium 518 mg, Cholesterol 33 mg.

Recipe from The Microwave Book, General Electric, 1998

Wilted Spinach Salad

3 strips bacon	½ cup celery, sliced
¼ cup vinegar	1 small red onion, thinly sliced
2 teaspoons sugar	1 pkg. fresh spinach leave, torn (8 cups total)
¼ teaspoon salt	2 medium oranges, peeled and sliced
1/8 teaspoon pepper	1/3 cup cashews, coarsely broken
1/8 teaspoon tarragon	

Snip bacon into 1-inch pieces and place in 3-quart casserole. Cover with paper towel. Microwave at HIGH (10) 1 to 3 minutes until crisp. With slotted spoon, place bacon on paper towels to drain. To bacon drippings add vinegar, sugar, salt, pepper and tarragon. Microwave at HIGH (10) 1 to 3 minutes until mixture boils. Stir in celery and onion.

Gradually add spinach to hot dressing, tossing to coat evenly. Add crumbled bacon, orange segments and cashews. Toss again lightly. Serve immediately.

Yield 8 servings. Nutrition analysis: 87 calories per serving. Protein 3.8 g, Fat 4.3 g, Carbs 10.4 g, Sodium 206 mg., Cholesterol 2 g.

Recipe from The Microwave Book, General Electric, 1998

Cauliflower with Dijon Sauce

1 head cauliflower, separated into florets	¼ cup Dijon mustard
½ cup mayonnaise	1 cup shredded sharp Cheddar cheese

Place cauliflower in a large glass bowl or casserole dish, and cover with plastic wrap. Poke a few holes in the plastic with a knife. Cook in microwave for 5 to 7 minutes, or until tender.

In a cup or small bowl, stir together the mayonnaise and Dijon mustard. Spread over the top of the cauliflower. Sprinkle shredded cheese over the top. Return to the microwave, and cook until just cheese has melted, about 2 minutes.

Recipe from Allrecipes.com

Tostada Casserole (4 servings)

1 pound ground beef	2 teaspoons chili powder
1 small onion, grated	1 (4 oz) can diced green chilies
1 (8 oz.) can tomato sauce	1 cup shredded Monterey Jack cheese
¼ cup water	1 (4-4 1/2) ounce taco shells, coarsely broken

ALLOW 40 MINUTES BEFORE MEAL

In 2 quart bowl, mix ground beef and onion; cover bowl with waxed paper. Cook at High (100% power) 4 to 5 minutes, stirring and breaking up meat into small pieces every 2 minutes. Tilt bowl: skim and discard excess fat. Stir in tomato sauce, water, and chili powder. Cover and cook at high 4 minutes or until meat mixture thickens, stirring after 2 minutes. Stir in un-drained green chilies and cheese.

In shallow 1 ½ quart casserole, place ¾ of the taco shells. Top with meat mixture; cover with lid or large plate. Cook at medium high (70% power) 12 to 14 minutes until meat mixture is hot. Let stand, still covered, 5 minutes. Sprinkle with remaining tacos.

Submitted by Royce Collins, MFV.

Perfect Microwave Rice

Perfect fluffy rice can be made in the microwave very easily.

In a bowl combine:

- 1 part rice
- 2 part water
- 1 Tablespoon cooking oil – oil prevents sticking and makes rice fluffier

Cover and cook in microwave for 12 minutes.

The amount of rice used does not affect cooking time. I usually use anywhere from 2/3 cups uncooked rice to 2 cups. *Recipe submitted by Bob Burns, MFV.*

Microwave Cake

- 1 (18.25 oz.) package spice cake mix
- 3 eggs
- 1 (21 ounce) can apple pie filling
- 1/2 cup applesauce

1. Mix the box of cake mix, eggs, pie filling and applesauce till moist. Use a microwave safe bundt pan or substitute a microwave safe bowl that has a microwave safe cup or cone placed in the middle of it (to mimic a bundt pan). Pour mixture into the bowl around the cup.
2. Bake on high for 6 minutes 30 seconds, turn and bake for another 6 minutes 30 seconds on high. Remove from oven and cover bowl with a dish and let stand for 5 minutes (this finishes the cooking process).
3. Turn cake over onto dish and remove cone (cup) for a delicious quick dessert. Good hot with vanilla ice cream or whipped topping.

Nutrition Information Servings Per Recipe:12 , Calories: 258 Per Serving.

Total Fat: 6.3g, Cholesterol: 54mg., Sodium: 323mg., Total Carbs: 47.9g

Dietary Fiber: 1.1g., Protein: 3.5g

Recipe Printed from Allrecipes.com 2/19/2015

Peanut Brittle

1 cup sugar	1 teaspoon butter
½ cup light corn syrup	1 teaspoon vanilla
1 cup roasted peanuts, salted	1 teaspoon baking soda

In 1 ½-quart casserole, combine sugar and syrup. Microwave at HIGH (10) 3 minutes. Add peanuts. Microwave at HIGH (10) 4 to 5 minutes, until mixture is light brown, stirring every 2 minutes. Add butter and vanilla; stir well. Add baking soda and gently stir until light and foamy. Pour mixture onto lightly greased cookie sheet. Let cool 30 minutes to 1 hour. When cool, break into small pieces. Yield: 16 pieces (134 calories per 1 oz.)

Nutrition analysis: Protein 2.4 g, Fat 4.6 g, Carbs 21.9 g, Sodium 100 mg, Cholesterol 0.6 g.
Recipe from The Microwave Book, General Electric, 1998

Chocolate Clusters

1 (6 oz) pkg. semisweet chocolate chips	1 cup seedless raisins
1 cup salted jumbo peanuts	

In 1-quart casserole, place chocolate, peanuts and raisins. Microwave at MEDIUM HIGH (7) 2 ½ to 4 minutes until chocolate is melted. Stir mixture until chocolate covers peanuts and raisins. Drop by teaspoonful onto wax paper. Chill until firm. Yield: 20 pieces. (104 calories each).

Nutrition analysis: Protein 2.6 g, Fat 6.3 g, Carbs. 12.1 g, Sodium 32 mg, Cholesterol 0
Recipe from The Microwave Book, General Electric, 1998

Microwave Peanut Brittle

1 cup sugar	1 teaspoon Butter
½ cup white syrup	1 teaspoon Vanilla
1 cup raw peanuts	1 teaspoon baking soda
¼ teaspoon Salt	

Combine sugar, syrup, peanuts, and salt. Cook on high 5 minutes in microwave in glass container. Stir and cook 3 ½ additional minutes until light brown. Add butter and vanilla. Microwave 1 ½ minutes. Add 1 teaspoon soda. Stir. Pour onto lightly buttered cookie sheet. Cool. Break into pieces.

Recipe submitted by Viola Lee, MFV

Microwave Apple Crisp

6 cups peeled, cored, and sliced apples	1 Tablespoon lemon juice (opt.)
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Topping:

6 Tablespoons butter	½ cup flour
¾ cup packed brown sugar	1 teaspoon Cinnamon
¾ cup quick-cooking oatmeal	

Place apples in 8-inch baking dish. Sprinkle with lemon juice. Melt butter in small mixing bowl at high power 1 to 1 ½ minutes. Stir in remaining ingredients until crumbly. Sprinkle over apples evenly; press lightly. Microwave on high 8 minutes. Rotate dish ½ turn.

Microwave 6 to 8 minutes apples are tender. Serve warm.

Variations: (Cherry Crisp). Substitute 1 can cherry pie filling for apples.

Microwave for 8-11 minutes or until hot and bubbly in center. *Recipe submitted by Viola Lee, MFV*

Apple-Walnut Crisp (8 servings)

3 pounds cooking apples	1 teaspoon cinnamon
1 Tablespoon lemon juice	½ teaspoon nutmeg
½ cup walnuts, chopped	½ teaspoon ginger
½ cup flour	4 Tablespoon butter, cut into ¼ inch pieces
1/3 cup packed dark brown sugar	

1. Peel, core, and cut apples into ½ inch slices. Place slices in 1 ½ quart baking dish; toss with lemon juice to coat.
 2. In bowl, mix walnuts, flour, brown sugar, cinnamon, nutmeg, and ginger. Add butter; blend until mixture resembles coarse crumbs. Sprinkle crumb mixture over apples. Cook at high (100%) power 14 to 16 minutes until apples are tender and topping is crispy. Best served warm.
- Submitted by Royce Collins, MFV.

Microwave Granola Mix

9 cups oats (regular or quick cook)	1 cup brown sugar
¾ cup oleo (1 ½ sticks)	1/3 cup light corn syrup

Measure oats into a large microwavable bowl. (The large Tupperware salad bowl is good for this) Combine oleo, brown sugar and corn syrup in a small sauce pan. Heat until boiling and cook for 3 minutes, stirring constantly. Pour mixture over oats and stir to coat evenly. Microwave 3-4 minutes, stirring after each minute. Spread on greased cookie sheet to cool. Store in air tight container. Provides 18 one-half cup servings or 36 one-fourth cup servings.

Prairie Trail Mix

½ cup popped corn	½ Tablespoon sunflower seeds
¼ cup granola	½ Tablespoon dried chopped apples
1 Tablespoon raisins	

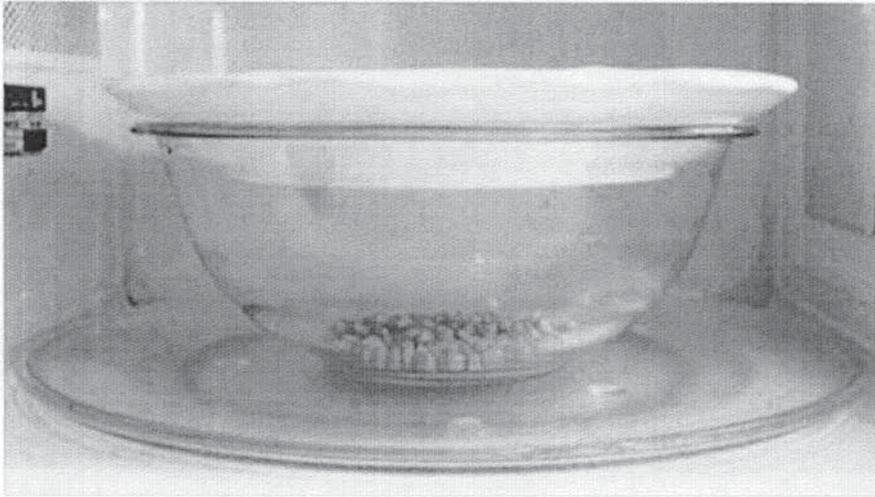
Put all ingredients in a baggie, close the baggie and shake to mix. Eat as a snack.

Microwave Oatmeal

½ cup regular oatmeal (not quick)	½ cup chopped or pureed fruit (frozen, canned or fresh)
1 cup water	½ cup low fat yogurt (Greek or regular) or milk

Put dry oatmeal and water in bowl (must be 3 cup bowl that is 3 inches deep) and stir. Microwave on high for 1 minute and 30 seconds. Remove from microwave and stir. Let set a few minutes. Add fruit and yogurt or milk. This makes a large bowl of oatmeal!

Microwave Popcorn



I have been asked to post this again! For the popcorn lovers!!!
COOL
Make sure to SHARE this so you can have the Recipe SAVED to your timeline!
Microwave popcorn, no bags, no butter, no oil!!!!

It's genius really. Simple, simple genius.

Glass bowl + ceramic plate + popcorn kernels = perfectly popped popcorn in the microwave.

No bag. No butter or oil. Nothing to throw away afterward. And even no un-popped kernels.

This is life-changing.

Stay with me now.

Take 1/4 cup of dry popcorn kernels and place in the bottom of a microwave-safe glass bowl (pyrex is a great choice). Place a microwave-safe plate on top of the bowl. Plate should be wide enough to go beyond the rim of the bowl.

Microwave for 2 minutes 45 seconds. Watch in glory as your popcorn pops perfectly into little puffs of heaven.