

Written by:

Alicia Vogel

222 Lake Drive

Newark, DE 19702

Microwave Cooking

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP

Tips for Successful Microwave Defrosting/Cooking

- Cut foods to equal sized pieces.
- Rotate foods to ensure a safe internal temperature has been reached.
- Cover foods to hold in moisture.
- Stir foods to move warmed foods to a cooler area in the center.
- Let food rest 1-3 minutes after cooking.
- Reheat leftovers to 165°F

Source:
www.buyeatlivebetter.org

The Benefits of Microwave Cooking

Microwaves are good for much more than reheating leftovers or frozen meals.

- Microwave cooking doesn't heat up the kitchen, like an oven would.
- It's often faster than a conventional oven
- Some foods, like vegetables, retain more nutrients when cooked in the microwave.

A microwave provides a quick and easy alternative to some basic cooking techniques.

Source:www.extension.usu.edu

Microwave Safety

- Do not use anything plastic in the microwave unless it states that it is safe for microwave use.
- Metal and even some foods can cause sparking during cooking. Immediately unplug it that occurs.
- Foods and liquids can be very HOT. Use pot holders.
- Be careful not to overheat foods or liquids to prevent a spill.

Source: [www. Buyeatlivebetter.org](http://www.Buyeatlivebetter.org)

Cooking Vegetables in the Microwave

***To steam vegetables in the microwave, place washed, and chopped vegetables in a microwave– safe bowl with a little water.**

***Cover the bowl with microwave-safe plastic wrap, leaving one corner open to vent or cover with a not-too-tight lid. Microwave vegetables on HIGH.**

• **The timing will depend on the vegetable.**

- **Carrots (4-6 minutes)**
- **Broccoli (6-8 minutes)**
- **Green beans (3-5 minutes)**
- **Corn on the cob (6-7 minutes)**

Awesome Granola

Ingredients

- 3 cups oatmeal (uncooked)
- 1/2 cup coconut (shredded and flaked)
- 1 cup pecans (chopped, walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup canola oil
- 1 1/2 teaspoon cinnamon
- 2/3 cup raisins

Directions

1. Combine all ingredients except raisins in a large microwave-safe bowl; mix well.
2. Place in a 11X7in. Glass baking dish.
3. Cook on HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
4. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly.

Image and recipe source: www.myplate.gov

Follow us on:



@FoodBankofDE

Visit our website:

www.fbd.org



This institution is an equal opportunity provider.