

Microwave Cooking Made Simple

Using your microwave to prepare healthy meals for your family is a great option! A microwave cooks food 3-4 times faster than a regular oven, and you don't have to pre-heat it before using. Here are recipes and tips for cooking common foods and using your microwave safely - more safety information is on the back. Always use a microwave-safe dish!

Fresh Vegetables

- Peel and remove stems or seeds if necessary. Chop into bite-sized pieces and place in a dish with 3-4 tablespoons of water and cover tightly.
- Microwave on high for 3-4 minutes. Remove lid carefully to avoid steam.



Fresh Corn



- Place 1-2 ears of fresh corn, with the husk still on, in the microwave.
- Microwave for 3-5 minutes and carefully remove from the microwave using a towel or oven mitt. Let cool slightly and slip the husk off.

Fresh potatoes (regular or sweet)



- Slice or keep whole. If keeping whole, prick the outside with a fork in several places so steam can escape. Place in a dish and microwave on high for about 5 minutes until soft; allow more time for additional potatoes.
- Turn the potatoes over and microwave on high for 5 more minutes.

Hardboiled eggs



- Place eggs in a bowl and cover with hot tap water. Make sure to use a bowl that is deep so that the water does not overflow when boiling.
- Add a pinch of salt to the water for each egg. This will prevent the eggs from exploding.
- For 2 eggs, microwave for about 4 minutes.
- Let the eggs sit in the hot water in the microwave for an additional 3-6 minutes.
- Carefully remove the bowl from the microwave and drain the water.
- Crack the shells and run the eggs under cool water for easier peeling.

Rice

- Add rice to a bowl and pour water in until it reaches about an inch above the rice. Add fresh, frozen, or canned vegetables to your rice if desired. Cover loosely with a lid so that some steam can escape.
- Cook brown rice at medium power (50%) for about 15 minutes. Cook white rice at regular power for 9 minutes. "Quick cooking" rice will usually cook within 1-2 minutes.
- Let the rice sit for a few minutes before removing the lid. Cook rice for a little longer if water remains in the container.



Easy Oatmeal



- For 1 serving: in a bowl, mix 1 packet or ½ cup of instant or quick-cooking oatmeal with about 2 tablespoons of water to hydrate the oats. Oatmeal can overflow during cooking, so make sure to use a large bowl. It also helps to cook in individual portions, rather than a big batch.
- Add about 1 cup of milk or about ½ can of evaporated milk (you can use water instead of milk)
- Add a pinch of salt, a little butter, cinnamon, and a touch of vanilla or almond extract for flavor.
- Mix well and cook for 1½ - 2 minutes and stir, then cook for another 1-3 minutes until cooked. Carefully remove oatmeal from the microwave with an oven mitt or towel.

Microwave Cooking Tips and Safety Information

- Only use cookware that is made to be used in the microwave. Glass and ceramic containers are best. Avoid microwaving in plastic containers because it can cause chemicals to leak into food. You should never microwave food in plastic food packaging (like a yogurt tub) that is not marked as microwave safe.
- Never use these in the microwave: cold storage containers such as yogurt or butter tubs, brown paper bags, metal pans, foam plates or cups, aluminum foil, and foods that were previously cooked in a container that has warped or melted during heating. Some paper towels and paper plates are safe to use in the microwave; check the package label to make sure.
- Stir food while cooking or heating to prevent uneven cooking. Always stir liquids heated in the microwave before drinking to make sure you don't get hot spots. This is why baby bottles should never be heated in the microwave!
- Covering foods will help food cook faster and prevent splattering. Cover loosely with a microwave-safe lid or plastic wrap (cut vents to allow steam to escape). Plastic wrap should be pulled tightly across the dish so that it doesn't touch the food.
- Certain foods can explode in the microwave. Pierce potatoes, squash, tomatoes, and egg yolks a few times with a fork before and during cooking to release steam.
- Clean your microwave regularly so food doesn't become dried on and hard to clean. Wipe with a damp cloth or paper towel.
- Don't leave your microwave unattended while cooking. Overcooking can cause food to burn. If that happens, turn off and unplug the microwave but leave the door closed.

YES ✓	NO ✗
 Glass dishes	 Plastic containers like yogurt or butter tubs
 Ceramic dishes	 Metal such as baking pans
 Anything with a microwave safe symbol	 Brown paper bags
	 Plastic and styrofoam plates and cups
	 Aluminum foil