



A Nutrition Resource



MICROWAVE COOKING

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

Cooking and defrosting

- **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 a cooler area in the center.
- **Let food REST** 1-3 minutes after cooking. This 'standing' time allows food to finish cooking without overcooking the outer areas and allows food to cool.
- **When DEFROSTING** foods, choose the lowest heat setting possible. Always cook food immediately after defrosting.

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 can cause sparking during cooking. Unplug the microwave immediately if this occurs and remove whatever caused the sparks!
- **BURNS:** Foods, liquids, and containers get **HOT** in a microwave - always use pot holders!
- **ERUPTING:** Microwaves can heat foods and liquids fast. Be careful not to overheat, otherwise erupting

Cooking vegetables

- To steam vegetables in the microwave, place washed and chopped vegetables in a microwave safe bowl or casserole 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 the 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



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Microwave Scrambled Egg

Yield: 1 Serving | Serving Size: 1 Egg

⅓ cup chopped green pepper

⅓ cup chopped onion

1 egg

1 Tablespoon low-fat milk or water

- 1) Spray a glass bowl or other microwave safe dish with nonstick spray.
- 2) Add green pepper and onion.
- 3) Microwave 30 seconds.
- 4) Add egg and milk or water, whisk lightly with a fork.
- 5) Cover with plastic wrap and cook for 30 to 45 seconds.
- 6) Remove from microwave. Stir. Cover and let stand two to three minutes.

Variations: Sprinkle with cheese or top with salsa after taking the egg out of the microwave.

Additions: Add whole wheat toast, banana, and low-fat milk for a complete breakfast.

Nutrition Facts	
1 servings per container	
Serving size	1 egg (78g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 93mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Microwave Oatmeal

Yield: 1 Serving | Serving Size: 1 Egg

¼ cup chopped apple

⅓ cup rolled oats (quick oats or old-fashioned oats)

⅔ cup water or low-fat milk

- 1) Mix together apple, oats, and water or milk in a large microwave-safe bowl. (The bowl needs to be deep enough to avoid boil-over messes.)
- 2) Microwave on high for two minutes.

Variations:

- Add other fruit such as sliced or mashed bananas, raisins, or diced pears.
- Top with nuts, such as sliced almonds or chopped walnuts or pecans.
- Sprinkle with cinnamon and a little sugar or maple syrup.

Nutrition Facts	
1 servings per container	
Serving size	1 serving (216g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 132mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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