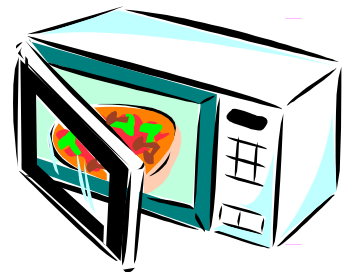




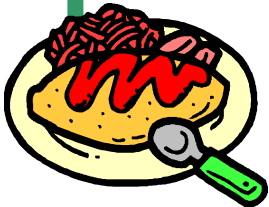
## Cooking, Not Reheating, With the Microwave

*Cooking in your microwave can –*

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



### NUKING BREAKFAST

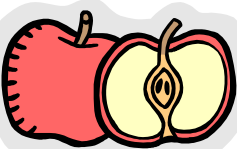


- ❖ Cook scrambled eggs or omelet on medium for 2-4 minutes – stir or lift so cooked egg goes to middle of baking dish.

- ❖ 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.**



The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family & Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**

**Bulletin # FDNSE-89-21**

**Reviewed by Connie Crawley MS, RD, LD 2013**