



A nutrition Fact Sheet



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 or violent boiling can occur and cause burns!

Microwave Sweet Potato or Baked Potato

1 medium sized sweet potato or Russet potato

Scrub the potato. Puncture several times with a fork. Place on microwave safe plate. Cook on high for 6 or 7 minutes. Turn over halfway through cooking.

- Top baked potato with vegetables, chili, or cheese.
- Top sweet potato with a little cinnamon and sugar or salt and pepper.

Nutrition Facts

2 servings per container
Serving size 1/2 sweet potato (57g)

Amount per serving	
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 271mg	6%

*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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Microwave Scrambled Egg

- 1/3 cup chopped green pepper
- 1 egg
- 1 Tablespoon lowfat milk or water

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

- Sprinkle with cheese or top with salsa after taking the egg out of the microwave.
- Add whole wheat toast, banana, and lowfat 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%
<i>Trans Fat</i> 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%

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Contact Us

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Microwave Oatmeal

- 1/4 cup chopped apple
- 1/3 cup rolled oats (quick oats or old fashioned oats)
- 2/3 cup water or lowfat milk

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.)

Microwave on high for two minutes.

- 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%
<i>Trans Fat</i> 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%

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Cooking Vegetables in the Microwave

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 cob: 6-7 minutes).