



Give Them More
of the
Good Stuff!

Microwave Basics

Tips for Success

- ✿ Cut food into same-sized pieces for even cooking.
- ✿ Cover food to hold in moisture and avoid messes. Allow space for steam to escape.
- ✿ Stir or rotate foods midway through the cooking time to avoid hot spots.
- ✿ Let food rest for 1 to 3 minutes to finish cooking. Use a food thermometer to check for safe internal temperature.
- ✿ Remove and uncover foods carefully to prevent burns.
- ✿ Read and follow package and recipe directions.
- ✿ Make note of the power levels and cooking times that work well for you.

Use a microwave oven to prepare quick, easy and tasty meals.

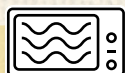


Use Your Power Level

- Using the different power levels of a microwave is like changing the heat level on your stovetop.
- **HIGH**, or level 10, gives energy for 100% of the cooking time. Lower levels give less energy by cycling the microwaves on and off.
- Some foods will look and taste better when you use a lower power level because they cook more evenly. Lower power can also reduce messes and waste from boiling over.
- To best understand your oven's power levels, refer to the owner's manual.
- Here are some examples of uses for different power levels:
 - HIGH level 10** – fish, vegetables, water
 - MED-HIGH level 7** – reheat cooked food, meats
 - MEDIUM level 5** – grains, stews
 - DEFROST level 3** – defrost, simmer
 - LOW level 1** – reheat bread, soften butter or cheese

Use Safe Containers and Covers

Protect your microwave oven from damage and avoid items that can overheat, break or melt.



Do Use

- items with a microwave-safe symbol or words. Some will have extra directions for safe use, such as plastic wrap.
- most glass and ceramic dishes. Do not use any with a metallic glaze or trim.



Don't Use

- take-out food containers, produce bags or cold food containers such as yogurt tubs.
- metal or aluminum foil.
- foam dishes and trays, newspaper or cardboard.

Find a missing owner's manual by searching online using the oven's model number.



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We're on:



Easy Microwave Recipes

Microwave Fresh Vegetables

1. Place 1 to 4 cups rinsed and cut vegetables in a microwave-safe dish with 1 or 2 Tablespoons water. Cover with a microwave-safe cover that allows a little space for steam to escape.
2. Microwave on HIGH for the time that matches the vegetable (see below). Let sit for 1 or 2 minutes, remove cover, drain and season as desired. Experiment to find the cooking time that's right for you.
 - Asparagus, bok choy - 2 to 3 minutes
 - Carrots, broccoli, cauliflower, green beans - 3 to 4 minutes
 - Potatoes (all types, cut into pieces), Brussels sprouts - 5 minutes

Microwave Steamed Fish

1. Place 12 to 16 ounces of fish fillets (try snapper, rockfish, cod or tilapia) in a microwave-safe baking dish.
2. Sprinkle the fish with herbs and spices as desired.
3. Add 2 Tablespoons liquid (water, broth or citrus juice) and cover the dish with a microwave-safe cover that allows a little steam to escape.
4. Microwave fish on HIGH for 3 to 5 minutes, depending on its thickness. Allow fish to rest for 30 seconds then check for doneness. The fish will be opaque throughout and flake easily. A safe internal temperature is 145 degrees F. If not done, microwave for 30 seconds with a 30-second rest until it is done.
5. Enjoy in a rice bowl, taco, fish salad or with your favorite sides.

Go to [FoodHero.org](https://www.foodhero.org) for tasty microwave recipes

Sesame Fish and Rice Bowl

Ingredients:

- 1/2 cup **cooked fish** (see Notes)
- 1 or 2 Tablespoons **mayonnaise**
- 1/2 teaspoon **sesame oil** (try toasted)
- 1/2 teaspoon low-sodium **soy sauce**
- 1 cup **cooked rice** (brown or white)
- 1 teaspoon **rice vinegar** (optional)
- 1 **green onion**, chopped
- 1 teaspoon **toasted sesame seeds** (optional)

Directions:

1. Wash hands with soap and water.
2. In a small bowl, stir together the fish, mayonnaise, sesame oil and soy sauce.
3. Warm the rice and place in a bowl. Sprinkle with vinegar, if desired. Spoon the fish mixture on top. Sprinkle with green onion and sesame seeds, if desired.

Notes:

- ❁ Try any fresh or canned fish such as tuna, salmon, cod, rockfish, snapper, sole or tilapia.
- ❁ Try adding sliced avocado, pickled vegetables, baby greens or microgreens to the bowl.

Makes 2 servings

Prep time: 10 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ **find microwave-safe containers and covers.**
- ❁ **let hot food rest to finish cooking.**
- ❁ **stir or turn foods to distribute heat.**