

Microwave Cooking



Microwave cooking is a quick, easy, and safe way to cook a variety of foods. Microwaves work by heating food at the molecular level, so they are best for foods with a high water content (water transfers heat evenly).

Microwave cooking can include:



• Steaming veggies



• Reheating frozen and/or pre-cooked foods



• Quickly cooking bacon without mess



• Cooking quick meals for one

Tips

- Always make sure the dishes you use are labeled "Microwave Safe."
- Never put metal in a microwave!
- Rotate or stir foods often while cooking to ensure even heating.
- If cooking meat in the microwave, it is still important to check the internal temperature with a thermometer. Do this in several places to make sure the meat is cooked evenly.



Peanut Butter and Jelly Oatmeal Breakfast Mugs



Serves: 1 Total Time: 5 minutes

Ingredients:

- 3 tbsp rolled or quick oats
- 6 tbsp water
- 2 tbsp milk
- 1 tbsp nuts or raisins
- 2 tsp peanut butter (or other nut butter)
- 2 tsp strawberry jelly (or flavor of your choice)

Directions:

1. Mix together oats, water, milk, nuts or raisins, and nut butter in a large microwave safe mug or small bowl.
2. Cook for 1 minute, then stir. Cook again for another minute, stir, and continue cooking until done. This stirring will prevent overheating and spilling over in your microwave. It will take roughly 3 minutes to cook in total.
3. Take out and add in some extra milk if it's a bit thick.
4. Top with jelly and enjoy!



Quick Tips:

- Make the night before and store in the fridge until use.
- Use a large mug or deep bowl so your oats and water don't overflow while cooking.
- Do not use steel cut oats as they take a very long time to cook.