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.