

THE BASICS OF

COOKING WITH A MICROWAVE

PROTEINS | VEGETABLES | GRAINS & POTATOES | BAKING

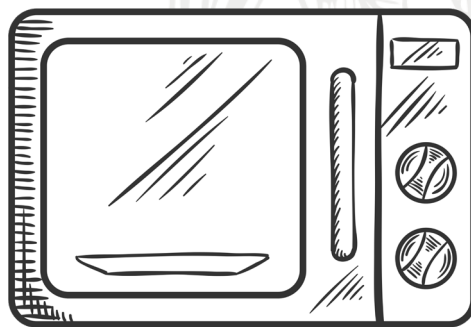
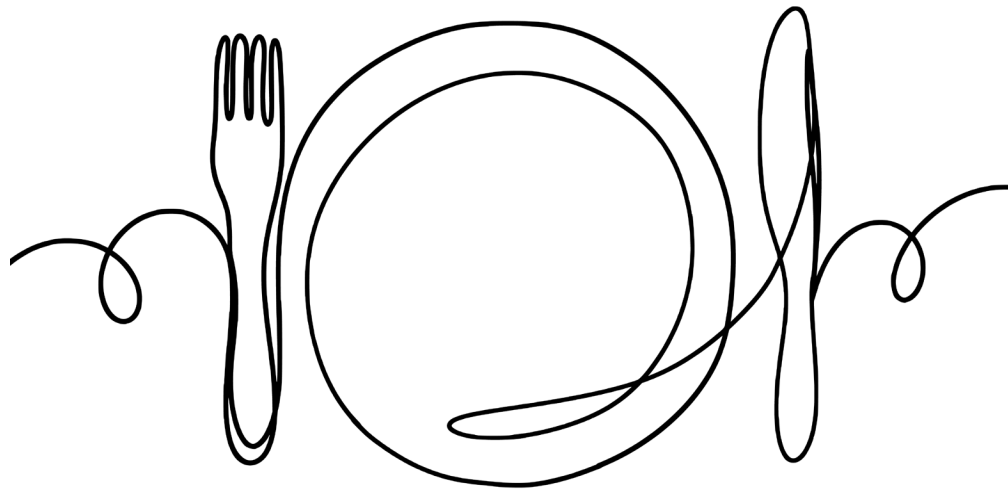


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PROTEIN



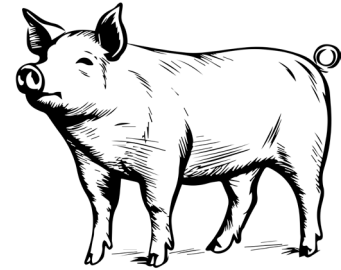


CHICKEN



1. Place chicken on counter and pound using your hands or a meat tenderizer to make the cut of chicken roughly the same thickness to help it all cook evenly.
2. Once chicken is pounded, place up to 3 chicken breast or similar amount of tenderloins, in a microwave safe dish, side by side.
3. Fill the dish with enough water to cover 1/3 of the chicken
4. Cover the bowl with plastic wrap or a plate.
5. For chicken breast, microwave for 5 minutes per chicken breast (so 3 chicken breasts = 15 minutes)
6. For chicken tenderloins, microwave for 2 minutes covered, then flip the tenderloins, and microwave for another 3 minutes covered.
7. Use a meat thermometer to check if it is cooked to 165 degrees Fahrenheit.
8. If you don't have a thermometer, you can pierce the chicken to check for doneness, but this may cause the chicken to turn out drier in texture. The chicken should not be pink but instead white/ivory in color. The skin should be firm.

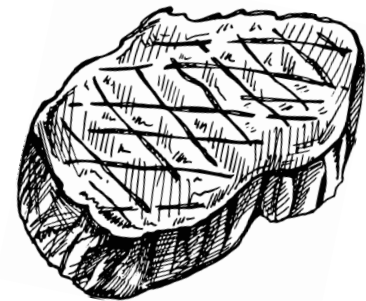
PORK



1. Place two pork chops at a time in a microwave safe dish.
2. Option to marinate with spices of your choice. If marinating, let sit for 15 minutes covered in spices before cooking.
3. Cover with dish a lid, plastic wrap, or a plate ensuring it is sealed around the dish to prevent steam from escaping.
4. Microwave on high for 4-6 minutes for thinner chops and 6-8 minutes for thicker chops.
5. Check internal temperature of pork chops to ensure it has reached 145°F.
6. If needed, microwave in 1-minute increments until fully cooked.
7. Once cooked, let the pork chops rest for several minutes to improve flavor.

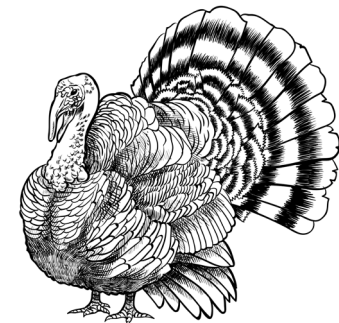
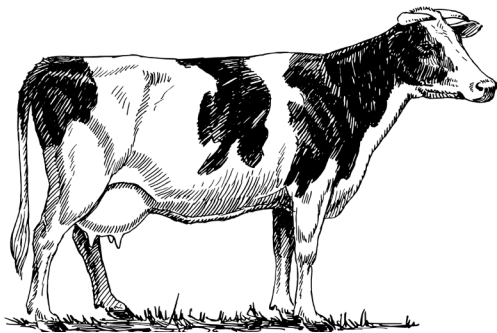
STEAK

1. Before cooking, add any spices you want to season the steak with. Allow seasoning to marinate for at least 10 minutes before microwaving.
2. Place thawed steak on a microwave safe plate or dish.
3. Place a damp towel over steak to prevent it from drying out
4. Microwave on medium-high for 2 minutes. Flip the steak over to ensure even cooking.
5. Depending on thickness of steak and your preference for how well done it should be, microwave another 2-4 minutes.
6. Allow the steak to rest in the microwave after cooking for 7 minutes.

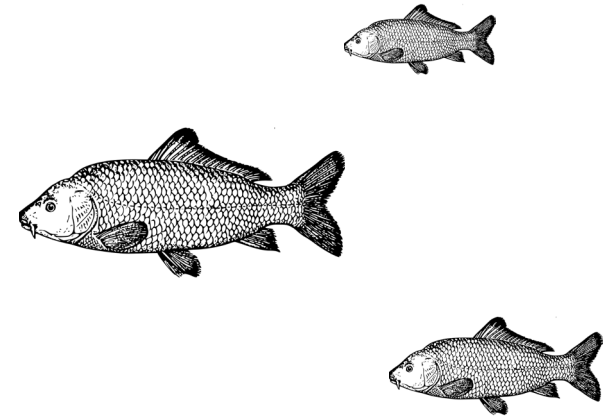


GROUND BEEF & GROUND TURKEY

1. Remove ground meat from packaging and place in microwave safe bowl.
2. Cover the bowl with plastic wrap or a damp towel.
3. Microwave for 4 minutes, or until meat is soft enough to mash with a fork if frozen.
4. Stir the ground meat in the bowl to help it cook evenly and break up chunks.
5. Option to add salt or other spices at this point
6. Recover the bowl with plastic wrap or a towel and microwave 1 minute at a time, checking in-between to see if the meat is no longer pink, around 7 minutes.



FISH



1. Place your filet of fish on a microwave safe dish
2. Add any spices you like. *Try salt, pepper, and lemon!*
3. Cover your dish with its lid or plastic wrap, ensuring it is completely sealed.
4. For thicker filets (like salmon or cod) microwave for 4-5 minutes on high. For thinner filets (like tilapia) microwave for 3 minutes.
5. If the fish still looks translucent and somewhat shiny, continue to microwave, checking on it every 30 seconds. Your fish is fully cooked when it is opaque – you can no longer see through it.
6. Allow to cool for 2 minutes in the microwave.

EGGS

SCRAMBLED

1. Lightly grease a mug or small microwave safe bowl with butter or oil.
2. Crack your egg/s into the mug and whisk with a fork then add any *salt, pepper, or spices* you want.
3. Microwave on high for 30 seconds.
4. Remove from microwave and whisk to mix up the egg. Option to add cheese, bacon bits, or vegetables.
5. Microwave another 20 seconds. If the egg is runny, continue microwaving, checking every 20 seconds.

POACHED

1. Crack an egg into a mug or other microwave safe small bowl.
2. Fill the mug with enough water to cover the egg, around 1/3 cup.
3. If you have vinegar, add a small splash to the mug.
4. Place in microwave and cover the mug with a microwave safe plate or towel.
5. Microwave for 30 seconds. For a more done egg, microwave for another 10-20 seconds.

EGGS (CONTINUED)

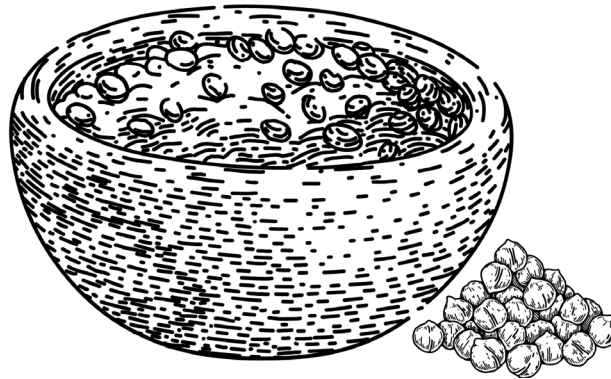
BAKED

1. Lightly grease a mug or small microwave safe bowl with butter or oil.
2. Place spinach, sliced peppers, bacon, ham, tomatoes, or any other toppings you want in the mug/bowl.
3. Crack your egg/s on top of the ingredients you just placed in the mug/bowl.
4. Add salt/pepper/spices on top of the egg.
5. Pierce the yoke and white with a fork to prevent it from exploding.
6. Microwave for 15 seconds, checking for doneness. Keep microwaving and checking on it every 15 seconds for desired level of runny/not-runny-ness. It shouldn't take more than a minute. Enjoy!



LENTILS

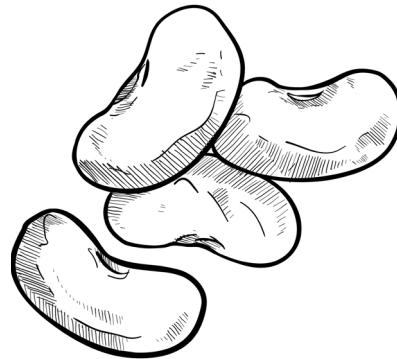
1. Rinse 1/2 cup of lentils under running water to remove any debris.
2. Place 1/2 cup of lentils in a large microwave safe glass with 1.5 cups of water. (If you don't have a measurement tool, use 2 parts lentils with 6 parts water.)
3. Microwave, uncovered for 14 minutes. Be careful when removing from the microwave as it will be HOT!
4. Once removed from the microwave, add *salt, butter, pepper* and any other spices you may want. Mix and enjoy!



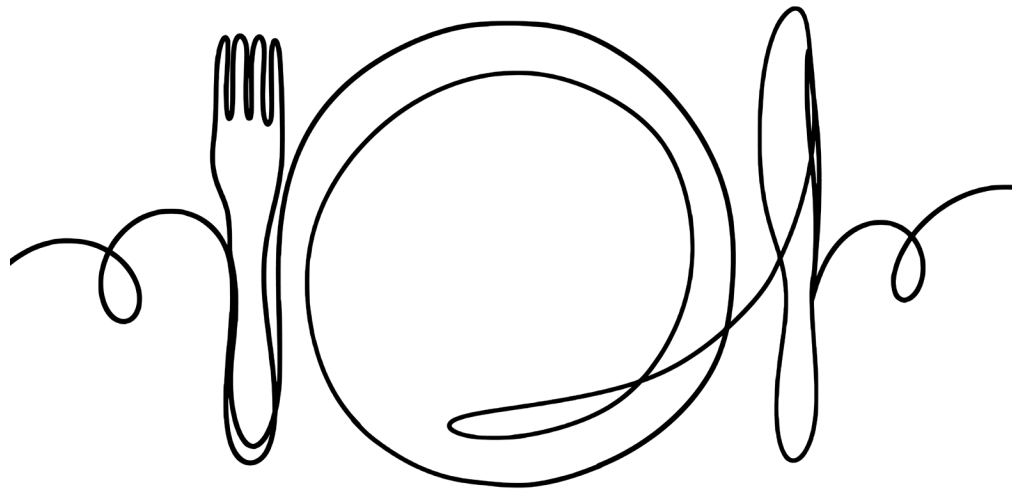
DRIED BEANS

BLACK BEANS / PINTO BEANS / KIDNEY BEANS / GARBANZO BEANS

1. Measure out 1/4 cup of dried beans and place in a microwave safe bowl.
2. Add 4 cups of water and soak for a minimum of 8 hours
3. Strain the water from the beans and add 4 more cups of water.
4. Microwave uncovered for 45-60 minutes until the water is mostly absorbed and the beans are soft.
5. Strain any remaining water, add any desired spices, and enjoy!



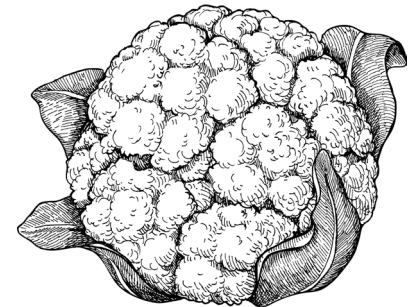
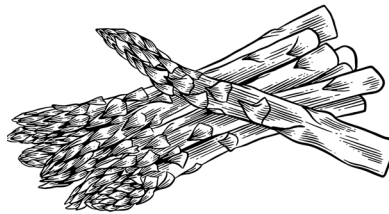
VEGETABLES



STEAMED VEGETABLES

GREENBEANS / ASPARAGUS / CAULIFLOWER / CARROTS /
BRUSSEL SPROUTS / BOK CHOY / MUSHROOMS

1. Rinse the veggies. If larger vegetable, chop or break apart into smaller chunks, all the same size. For vegetables with tough ends, remove the ends by ripping or chopping them off.
2. Place in microwave safe dish with $\frac{1}{4}$ cup of water (don't use water if making mushrooms), so that they are partially covered.
3. Microwave for 3-4 minutes (5 minutes for Brussel sprouts) until desired softness.
4. Drain the liquid and enjoy!



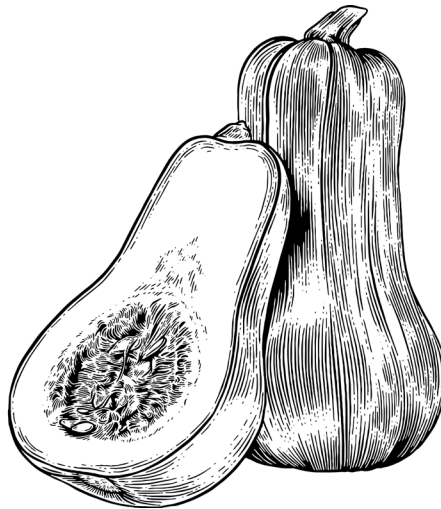
CORN ON THE COB

1. Place ear of corn, still in husk in microwave.
2. For one ear of corn microwave on high for 3 minutes.
3. If larger ear of corn, microwave for 4 minutes.
4. If corn isn't done, microwave some more, checking every 30 seconds.
5. For every additional ear of corn you are microwaving together, add 2 minutes.
6. Corn will be HOT so use towel or tongs to remove from microwave.
7. Peel and enjoy as is or add butter, salt, and pepper.

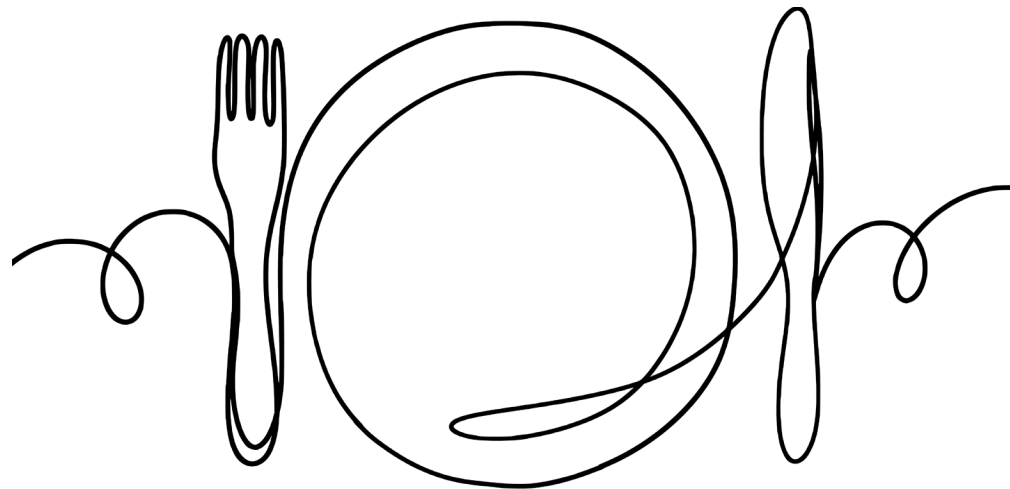


SQUASH

1. If the squash is not already cut, cut in half and scoop out all the seeds.
2. Place squash, cut side up, on a microwave safe dish. Add butter or oil to the hollowed out part of the squash. Option to add salt, pepper, maple syrup, or brown sugar to the butter/oil as well.
3. Microwave for 10-15 minutes or until you can insert a fork and the squash is soft. Enjoy!
4. TIP: This will also work with cubed squash! Just microwave for a shorter period of time, checking for softness.



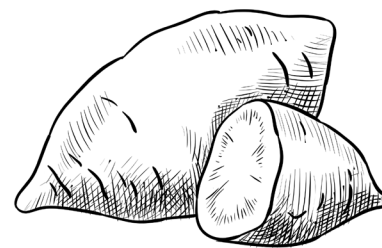
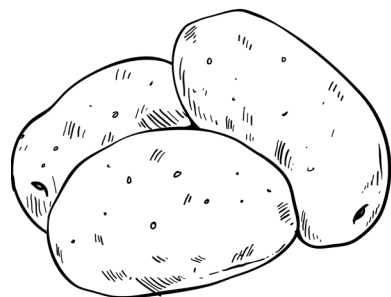
GRAINS & POTATOES



POTATO & SWEET POTATO

1. Wash the potato, scrubbing off any dirt.
2. Pierce the potato with a fork or knife at least three times. Option to wrap the potato in a damp paper towel to help retain moisture but this is not necessary.
3. Place in microwave for 3 minutes. If after 3 minutes, it is still hard, microwave for another 2 minutes or until soft.
4. TIP: You can microwave multiple potatoes at a time, just add additional time to your microwave duration and you're good to go!

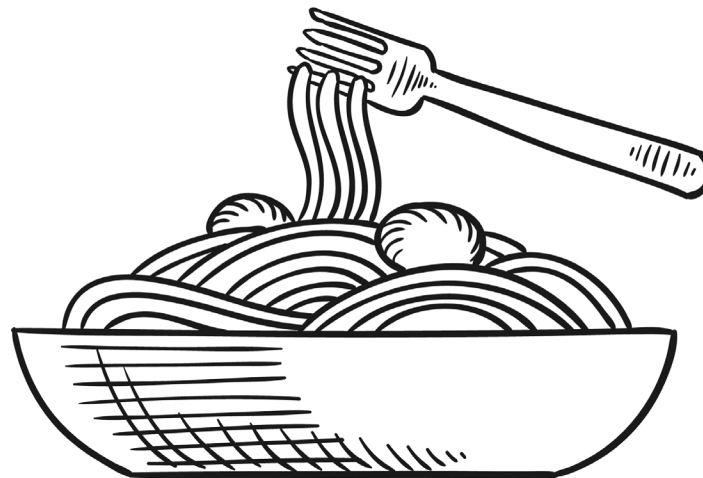
****CAUTION** the potato will be very hot when you remove it from the microwave******



PASTA



1. Pour desired amount of pasta into a microwave safe bowl.
2. Cover pasta with enough water so all the noodles are covered
3. Microwave for 8 minutes. After 8 minutes, check tenderness of pasta. If it is still hard, microwave another 3 minutes or until soft.



RICE

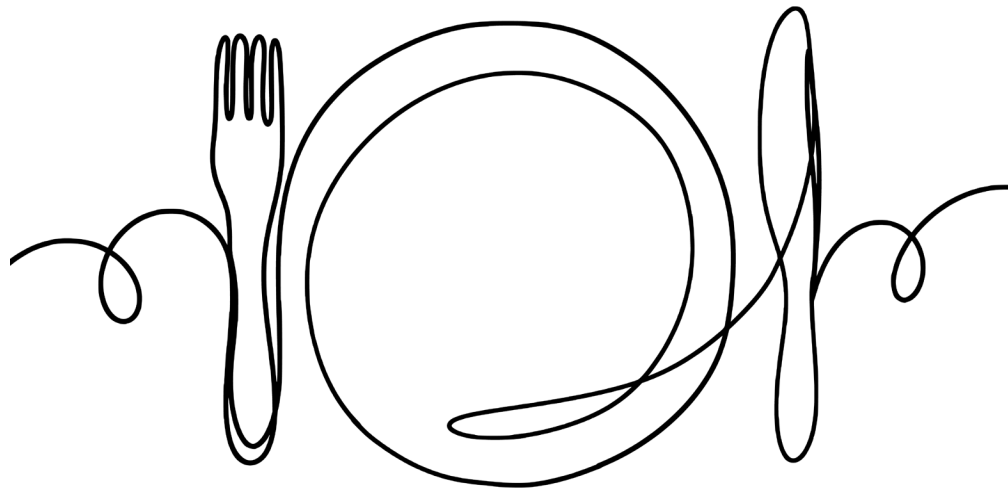


ALL WHITE RICE VARIETIES



1. Measure one cup of rice and pour into a large microwave safe bowl.
2. Measure two cups of water, and pour over rice.
3. TIP: If you don't have a measurement tool, always use twice as much water as you have rice and this recipe will work!
4. Place bowl of rice/water in microwave and microwave for 10 minutes with the bowl uncovered
5. Check the rice after ten minutes. If most of the water has disappeared and small holes appear in the rice, move to the next step. If not, microwave 1 minute at a time, checking in between. Move to the next step when little holes appear and the water is mostly gone.
6. Cover the bowl with a microwave safe lid, plate, or plastic wrap. Microwave for 4 minutes, covered this time. If using plastic wrap, poke several small holes to vent the steam.
7. Take out of the microwave and let stand for 5-7 minutes still covered. Enjoy!

BAKING



VANILLA MUG CAKE

INGREDIENTS

- 4 tablespoons all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon baking powder
- 1/4 cup milk or water
- 1 1/2 tablespoons oil
- 1/2 teaspoon vanilla extract
- 1 tablespoon sprinkles, chocolate chips, berries, or candies (optional)

TIP: Swap vanilla for 2 tablespoons of coco powder, 2 tablespoons of peanut butter, or 2 tablespoons honey to change the flavor!

INSTRUCTIONS

1. Add flour, sugar, and baking powder to a mug and whisk with a fork until well combined.
2. Add milk, oil, and vanilla.
3. Mix all ingredients together until smooth.
4. Add in optional sprinkles/chocolate chips/candies, being sure not to over stir.
5. Microwave for 90 seconds. Insert a fork into the middle, if it comes out with cake batter, microwave in 30 second intervals. Once the fork comes out clean, your cake is done!



PANCAKE IN A MUG

INGREDIENTS

- 1 cup flour
- 2 teaspoons baking powder
- 1 tablespoons sugar
- 1/2 teaspoon salt
- 2/3 cup milk, water, or buttermilk
- 1 tablespoons melted butter or oil
- 1 egg, beaten
- Blueberries (optional)



INSTRUCTIONS

1. Whisk with a fork the flour, baking powder, sugar, and salt in a microwave safe mug
2. Add milk/water, butter/oil, and egg to dry ingredients. Whisk together.
3. Add blueberries, do not overmix.
4. Microwave for 90 seconds. Insert a fork after 90 seconds, if it comes out clean its done! If it has batter, microwave for 30 more seconds or until fork comes out clean.



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