

# TIPS & TRICKS TO COOKING ANYTHING IN THE MICROWAVE

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## Cooking Pasta

1. Pick a microwave safe bowl that will fit at least 4 cups of water, or the biggest size that will fit in your microwave.
  2. Fill the bowl up from 1/2-3/4 of the way full with water and add a pinch of salt.
  3. Set it in the microwave and cook 3-6 minutes until boiling. \*\*Watch the water carefully- One cup of water should boil in about two minutes!
  4. Once the water is boiling, turn off the microwave and carefully remove the bowl from the microwave and add the pasta being careful to make sure the water doesn't get too close to the top of the bowl, or spill over.
  5. Place the bowl back in the microwave and cook for another 5 minutes checking every few minutes until slightly firm & chewy.
  6. Drain using colander or plate.
- \*NOTE: If you don't have a colander (bowl with holes) use a spare plate by setting the plate on top of the bowl so it seals around the top of the bowl, sometimes you have to put the bottom of the plate towards the inside of the bowl. Slide the plate so there is a small hole between the edges of the plate and bowl, and carefully pour off the extra water.



**DO NOT Microwave:**  
**Metal, Cans,**  
**Aluminum, or**  
**Styrofoam**

## Cooking Rice

1. Place all ingredients in a large glass measuring or any microwave safe bowl.  
Note: The rice grows during cooking, so be sure to choose a container that is large enough.
2. Microwave on high, uncovered, for 10 minutes or medium-low, uncovered, for 15 minutes.
3. Do not stir the rice at any time during the cooking process.
4. Fluff with a fork just before serving.

## Cooking Vegetables

1. Wash your vegetables, and then cut them up to the size You want to serve them (canned or frozen can be used here too).
2. Place the vegetables in the microwave-safe bowl, and add a bit of water to the bottom of the bowl.
3. Cover the bowl with plastic wrap, but leave a little gap for the steam to escape.
4. Microwave on high until cooked as desired.
5. Most vegetables will take at least 5 minutes, but it really depends on how powerful your microwave is.

## Baked Potatoes

1. After washing one to four medium russets or other baking potatoes, use the tip of a sharp knife to poke slits 1/2" to 3/4" deep at various places around the potato. This allows steam to escape during baking for a dryer, fluffier tater.
2. Place on a microwave-safe plate and cook on high power for three to four minutes per potato. If you are making four potatoes, heat no longer than 12 minutes. Remove the hot baked potatoes using an oven mitt. Slice lengthwise at the top of the potato and fluff with a fork before adding your favorite toppings.

## Cooking Fruit

1. Clean & peel fruit (keep skin on if desired).
2. Place in microwave safe dish with thin layer of water.
3. Add some spices and seasonings like cinnamon, nutmeg, or brown sugar. (Try just letting the natural fruit juices stand out on their own too!)
4. Cook on high for 3 to 4 minutes until tender.

## Roasted Potatoes

1. Wash four medium potatoes and peel them if you like.
2. Cut into small cubes and place in a microwave-safe dish. Drizzle with two tablespoons of olive oil and toss to coat. Sprinkle with salt, pepper and your favorite seasonings.
3. Cover with plastic wrap, leaving a small corner uncovered for steam to escape. Microwave on high for 10 minutes. The hot oil browns the potatoes, while the plastic wrap creates steam to cook the insides.
4. Remove the hot potatoes using an oven mitt and serve hot.

## Mashed Potatoes

1. Wash four medium potatoes and put them in a microwave-safe casserole dish. Cover with plastic wrap, leaving a small corner uncovered for venting. Do not pierce or peel the potatoes before cooking.
  2. Heat on high power for 10 to 12 minutes. The microwave will heat the liquid in the potatoes, essentially steaming them from the inside out.
  3. Remove the hot potatoes using an oven mitt and place in a large mixing bowl. Add 1/2-cup low-fat milk or yogurt, a tablespoon of butter or margarine and salt and pepper to taste.
  4. Mix using a potato masher or large fork.
- NOTE: If the additional ingredients cool the potatoes too much, return the mixture to the



# Simple & Healthy Cooking

*Let's Use an Example of What Might be in Your Pantry Bag?*

Fruits	Vegetables	Grains	Protein
Oranges Apples Raisins Peaches in Juice Polaner All Fruit Spread Kiwi Strawberry -100% Juicy Juice	Canned Mixed Vegetables Fresh Tomatoes Condensed Tomato Soup	Special K Multi-Grain Cereal	Canned Beef Stew Canned Chicken Breast Peanut Butter

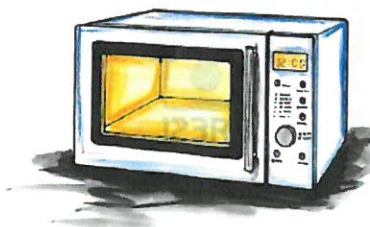
***These Ingredients Can Be Added to Make a Meal***

Fruits	Vegetables	Grains	Dairy	Protein
ANY— Frozen, Fresh, or Canned	ANY— Frozen, Fresh, or Canned	Pasta Rice Noodles Oatmeal Whole Grain Bread Couscous	Low-fat Milk, Yogurt, & Cheese	Canned Tuna Canned Chili Canned Stews Fresh or frozen: fish, chicken, beef, turkey (patties, ground meat, pieces)

All of these food items can be stored in a refrigerator & in dry storage kitchen cabinets and cooked in the microwave.

***Remember to always use microwave safe dishes when cooking.***

***Do Not Microwave Metal, Aluminum, Cans, or Styrofoam!***



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## **SIMPLE & HEALTHY RECIPES**

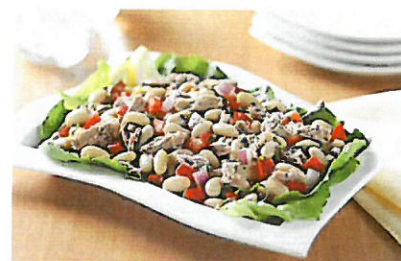
**NOTE: ANY LEFTOVERS MAY BE STORED *COVERED* IN *REFRIGERATOR***

### **Tuna & White Bean Salad (can be served hot or cold)**

**Ingredients:** 2 Cans Tuna

- 1 Can White Beans (Cannellini or Northern Beans)
- 2 cloves garlic or 1 tsp. Garlic powder
- 4 fresh tomatoes, chopped
- 3 Tbsp. Olive oil
- ½ cup lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- Whole wheat bread

**Directions:** In a large bowl combine the tuna, beans, garlic, chopped tomatoes, olive oil, lemon juice, salt and pepper. Toss until mixed well. Serve on whole wheat bread.



### **"Baked" Tomatoes (Served hot)**

**Ingredients:** 4 to 6 medium sized tomatoes

- 2 Tbsp. Olive oil or melted butter
- ¼ tsp. pepper
- ½ cup breadcrumbs
- Salt to taste

**Directions:** Wash and remove stem ends of tomatoes. Place in microwave safe dish with a thin layer of water. Brush with salt, pepper, and olive oil or melted butter. Sprinkle with breadcrumbs. Microwave on high for 5 minutes or until tender.



### **Orange Glazed Carrots (Served hot)**

**Ingredients:** 4 large carrots sliced

- 2 oranges peeled and sectioned
- ½ Tbsp. Honey
- 1/8 tsp. Salt

**Directions:** Slice carrots and place in microwave safe dish with water. Cook on high for 5 minutes, check for tenderness, and return to microwave for an additional 3 to 5 minutes. Drain carrots. Peel oranges and separate into sections. Combine carrots, oranges, honey and salt in microwave safe dish and heat for 3 to 5 minutes. Stir and serve hot.

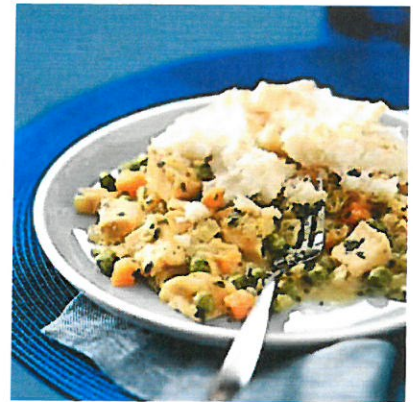


½ filled

### **Sheppard's Pie (Served hot)**

**Ingredients:** 2 cans Chicken breast  
1 can Mixed Vegetables  
1 can condensed chicken soup  
½ cup low fat milk  
¼ tsp. onion powder  
¼ tsp. black pepper  
3 cups mashed potatoes (4 to 6 potatoes)

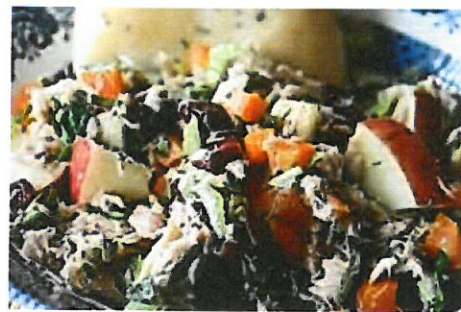
**Directions:** Using recipe provided, prepare mashed potatoes and set aside. Combine chicken, mixed vegetables, condensed chicken soup, low fat milk, onion powder, and black pepper in microwave safe dish. Microwave on high for 5 to 8 minutes until heated through. Remove from microwave and spread mashed potatoes on top. Serve immediately.



### **Apple Tuna Salad**

**Ingredients:** 1 Can Tuna fish  
1 Apple cut into small pieces  
2 Tbsp. Raisins  
1 Tbsp. Red wine vinegar  
2 Tbsp. Olive Oil  
¼ tsp. salt  
Pepper to taste

**Directions:** Combine tuna, apple, raisins, red wine vinegar, olive oil, salt, and pepper in small bowl. Serve over salad, with crackers, wheat toast, over a bed of rice or alone.





### **Tomato Florentine Soup**

**Ingredients:** 2 (14.5 ounce) cans chicken broth  
1 (14.5 ounce) can chopped stewed tomatoes  
1 (12 fluid ounce) can tomato-vegetable juice cocktail  
1 (10.75 ounce) can condensed tomato soup  
1 (10 ounce) package frozen chopped spinach  
1 pinch ground nutmeg (optional)  
Salt and pepper to taste  
1/2 cup cooked macaroni



**Directions:** Cook pasta using microwave recipe. Combine broth, tomatoes, juice, and soup in a microwave safe bowl on medium high heat for 5 minutes. Add spinach, nutmeg (optional), and salt and pepper to taste, without thawing spinach. Heat gently for an additional 5 to 8 minutes on medium-low until spinach is tender. Keep hot without letting it boil. Add cooked pasta and warm for an additional 3 to 5 minutes.

### **South of the Border Stew:**

**Ingredients:** 1 Can Beef Stew  
1-15oz. Can Corn  
1/2 cup salsa (mild, medium or hot)  
1 tortilla  
Shredded cheese to taste



**Directions:** Heat a can of beef stew in a microwave safe bowl for 3 to 5 minutes. Add an undrained 15-oz can of corn. Stir in 1/2-cup salsa and return to microwave for another 3 minutes. Serve hot with warm tortillas and a little cheese on top to taste.

### **PB&J Oatmeal**

**Ingredients:** 1/3-cup quick oats  
3/4-cup milk  
2 Tbsp. Creamy or Chunky Peanut Butter  
1 Tbsp. Polaner All Fruit Spread



**Directions:** In a medium microwave-safe bowl, mix the oats and milk or water. Cook on high for 3-4 minutes, watching to make sure it does not overflow. Mix in peanut butter and jelly until well combined. If the oatmeal becomes too thick, add more liquid. If the oatmeal is too runny, add more peanut butter or place it back in the microwave for an additional 30-60 seconds.

### **Yogurt Parfait**

**Ingredients:** 1 container (8 oz.) low-fat vanilla flavored yogurt  
1 cup peaches in juice  
1 cup Kellogg's® Special K® Multi-Grain cereal

**Directions:** In 2 tall glasses, layer yogurt, fruit and cereal until glass is full. Top with extra fruit. Serve immediately.



### **Kiwi Strawberry Ice-cubes**

**Ingredients:** 2 cups Kiwi Strawberry JUICY JUICE® 100% Juice  
5 (5 oz.) paper cups  
1/2 -cup fresh or frozen berries or sliced fruit  
5 wooden craft sticks, plastic or metal spoons

**Directions:** Pour Juicy Juice into paper cups. Divide berries or fruit between cups. Cover each cup with foil. Insert one stick through the center of each foil. Freeze for 3 hours or until firm. To remove pops from cups, carefully run warm water over side of cup to loosen. Remove cup and enjoy!





# How to Cook Proteins in the Microwave

- If meat is frozen: defrost by setting it out the night before in your refrigerator OR defrost in the microwave.
- Defrost in the microwave by placing meat in a microwave-safe container (heat-proof glass or glass ceramic container).
- Heat for at least 30 seconds to defrost and then take out the meat before fully cooked.

## Cooking POULTRY/CHICKEN:

1. Depending on how many pieces you are cooking place them in a glass dish (one that will fit in your microwave.)
2. Fill the dish with water (less than half of the poultry is covered).
3. Cover the dish with plastic wrap or lid (this will create a steam bath).
4. Place in microwave and cook until cooked through. Cooking time will depend on how many pieces you have and how thick they are. **\*Start at five minutes and increase as needed.**
5. After you remove it from the microwave allow it to sit for a few more minutes and it will continue to cook.
6. Cut into the poultry to make sure it is cooked through. You don't want to over cook it though and make it dry and tough. **Word of caution:** As you remove the plastic wrap from the dish be careful of the steam that will escape. You don't want to burn yourself.
7. Remove from dish and place on cutting board. After it cools cut into pieces or shred with a fork.



## Cooking BEEF:

1. Place the ground beef with your favorite seasoning in a microwave safe dish.
2. Cover and cook for 6 minutes per pound (If you have 2 pounds of ground meat = cook for 12 minutes).
3. Let sit a few minutes then remove from the microwave.



## Cooking FISH:

1. Place fillets in microwave safe dish and season as desired.
2. Cover with lid or plate and microwave for 4-5 minutes or so for a 1 inch-thick fillet and let sit covered until the rest of your dinner is ready.
3. Comes out perfectly steamed/poached every time.



## Cooking PORK:

1. Always cover pork with plastic wrap or a lid so that steam surrounds it, allowing even cooking to the well-done stage leaving a small portion at one corner open.
2. When cooking most types of fresh pork in your microwave oven, use medium or medium-low. This slow cooking allows the heat to penetrate evenly to the center. High power can work well for ground pork, bacon, sausages and slices of ham.
3. To determine when pork (especially chops) is done is by cutting into the meat, particularly near any bones. There should be no pink remaining and the meat should be tender.



## Cooking EGGS:

1. In a microwave safe cup or bowl, beat together 2 eggs, and 2 tablespoons milk with salt and pepper to taste, if desired, until blended.
2. Cook on full power, stirring once or twice, until almost set, about 1 to 1 1/2 minutes. Stir. If necessary, cover with plastic wrap and let stand until eggs are thickened and no visible liquid egg remains, about 1 minute.

