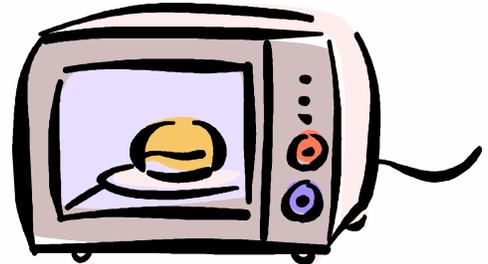


# Microwave Safety

Microwave ovens are a fast and easy way to cook, defrost, and reheat foods. If microwave ovens are not used properly, accidents can occur. The following are guidelines that should be followed when using a microwave oven.



## Cooking & Reheating Food Do's and Don'ts

### ✓ DO'S:

- ✓ Poke foods with an outer skin such as potatoes, tomatoes and apples with a fork or knife. This allows the steam to escape so they do not explode.
- ✓ Remove the shell of an egg and poke the yolk before cooking.
- ✓ Cover food with a lid when cooking in the microwave. It will help retain moisture.
- ✓ Stir and rotate food often when microwaving. Microwave ovens do not heat food and liquids evenly and can leave cold spots where bacteria can survive.
- ✓ Cut foods into similar sizes. Microwaves only heat food up to one inch deep.
- ✓ After cooking or reheating, leave foods in the microwave for 1-2 minutes. This allows food to finish cooking.
- ✓ Use hot pads or oven mitts to remove food from the microwave to prevent burns.

### ✗ DON'TS:

- ✗ Do not turn the microwave on when it is empty. It can damage the microwave.
- ✗ Do not use aluminum foil, metal items, or dishes with metallic trim in the microwave.
- ✗ Do not use left over plastic food containers, such as margarine tubs, sour cream, whipped topping or cottage cheese containers for reheating foods in the microwave. These plastics may melt during cooking and possibly cause harmful chemicals to get into the food.
- ✗ Do not heat bottles of breast milk or formula in the microwave. It can destroy nutrients and burn your baby's mouth.

Know how. Know **now**.

## Defrosting foods:

- ★ The best way to defrost foods in the microwave is to remove the food from the store packaging and separate items.
- ★ Never defrost on the highest temperature. If the microwave has a low (30%) power setting, use that to defrost the food.
- ★ Always cook the food immediately after defrosting.

### Microwave Safe?

Always use dishes that are safe for use in a microwave. The following steps can be used to test a dish for safe use in the microwave:

1. Pour 1/2 cup of cold water into a glass measuring cup.
2. Set the cup inside the dish to be tested.
3. Microwave for 1 minute.
4. If the water is warm and the dish is cool, or the dish is warm but can still be picked up with bare hands, then the dish can be used safely in the microwave. If the dish gets too hot to handle, it should not be used in the microwave.

### Baked Caramel Apples

Makes 6 servings

3 medium apples  
1/2 cup brown sugar, firmly packed  
2 tablespoons all-purpose flour  
1/4 cup milk  
2 tablespoons margarine, melted  
1/2 cup miniature marshmallows  
1/3 cup chopped nuts (optional)

1. Wash, core, and slice apples but do not peel. Place apples in a microwave-safe bowl. Cover with plastic wrap.
2. Place bowl in microwave, cook on 100% power for 2 minutes or until apples are almost tender.
3. Combine brown sugar and flour in a small bowl. Slowly blend in milk and margarine. Spoon over apples.
4. Sprinkle marshmallows and nuts over apples.
5. Cover apples with plastic wrap, microwave on 100% power for 2 to 4 minutes or until apples are tender and sauce is bubbling. Serve warm.

Nutrition Information per Serving (1/2 apple): 210 calories, 4.5 g fat, 1 g saturated fat, 0 mg cholesterol, 65 mg sodium, 45 g carbohydrates, 4 g fiber, 38 g sugar, 1 g protein, vitamin A 6%, vitamin C 15%, calcium 4%, iron 4%