

Microwave Cooking Directions

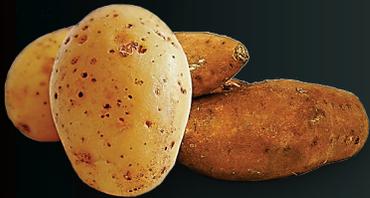
NOTE: wattage and cooking temperatures of microwaves may vary; always check to make sure food is fully cooked and adjust the time accordingly.

Rice



1. Place one cup of white rice and 2 cups of water in a microwave safe baking dish or medium size microwave safe bowl—do not cover.
2. Microwave on high power until rice is tender and the water is absorbed; about 15–20 minutes (check for readiness at 15 minutes), if rice is not tender, continue to microwave checking at 2-minute intervals, until done.

Potatoes



Baking Potato:

1. Scrub potatoes and pierce skin with a fork, several times.
2. Place potato on a microwave safe plate and into the microwave.
3. Microwave on full power for 5 minutes; turn over and continue to cook for 4–6 more minutes or until potato is soft.

Sweet Potato:

1. Scrub potatoes and pierce skin with a fork, several times.
2. Place potato on a microwave safe plate and into the microwave.
3. Microwave on full power for 2–4 minutes; turn over and continue to cook for 2–4 more minutes or until potato is soft.

NOTE: adding additional potatoes will increase cooking times; check if ready, continue to microwave checking at 1-minute intervals, until potatoes are soft.

12:08



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Pasta



1. Place pasta in a microwave safe bowl and add water to cover 1 inch above the pasta.
2. Place dish in a microwave; cook on high for 4–5 minutes more than the cooking time listed on the pasta box (e.g. if the box says 8 to 12 minutes; cook for about 12–16 minutes).
3. Check to see if the pasta is tender; if not tender return to the microwave and cook in 1-minute increments until pasta is cooked to desired tenderness.
4. Drain any excess water and serve.

Dry Beans



Use the following directions for all bean types except chickpeas (garbanzo beans) or dried whole peas—neither cook well in the microwave.

1. Rinse & sort one pound of beans, cover with water and soak overnight.
2. Place soaked beans, with soaking water, in a 4 to 5 quart microwave safe casserole dish and add 3 cups hot water, cover with a lid and cook on high for 20–25 minutes.
3. Check if fully cooked, if not tender, stir beans and continue to microwave in 5-minute increments, checking if done and stirring each time, until beans are tender.

12:08

TIME COOK TIME DEFROST WEIGHT DEFROST

POWER CLOCK KITCHEN TIMER

POPCORN POTATO PIZZA

FROZEN VEGETABLE BEVERAGE REHEAT

1 2 3

4 5 6

7 8 9

STOP CLEAR 0 START +30 SEC