

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Microwave Cooking

Microwave ovens can play an important role in mealtime preparation. Special care needs to be taken when preparing, cooking and reheating foods in the microwave oven.

- Use only “microwave-safe” cookware and utensils. Cookware, cups and other materials (food plastic wraps and oven cooking bags) that are safe to use in microwaves are usually labeled as “safe to use in microwave.”
- Microwave ovens may cook unevenly. It is important that meat, poultry, fish or egg, are cooked to the recommended safe temperature in the microwave oven to prevent foodborne illnesses. Check the internal temperature of the food using a food thermometer while the microwave oven is off. Remove the thermometer from the microwave if more cooking time is required.
- Immediately finish cooking foods that have been thawed and/or partially cooked in the microwave.
- Remove frozen food from packaging before defrosting in microwave.

Dilled Fish Fillets Serves 4

1 pound frozen haddock or cod fillets

1 tablespoon lemon juice

1/8 teaspoon dried dill weed

1/8 teaspoon salt

Dash of black pepper



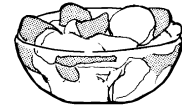
1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Separate into four fillets or pieces.
2. Place fish in a glass-baking dish. Cover with wax paper. Cook at “medium” power for 3 minutes.
3. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings. Cover and continue cooking at “medium” power for 3 minutes or until fish flakes with a fork.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 1 g ~ calories from fat 5 ~ sodium 135 mg ~ total carbohydrate 0 g ~ fiber 0 g

Fruit Crisp Serves 2

1 1/2 teaspoons butter or margarine
1 teaspoon brown sugar
1/4 teaspoon cinnamon

1 large apple, pear or peach,
cored and thinly sliced
1/2 cup granola cereal

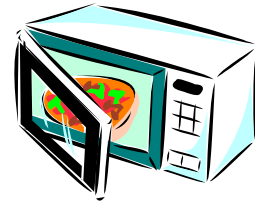


1. Place butter, sugar and cinnamon in a glass microwave-safe dish. Cook on High 20 to 30 seconds until butter melts; stir.
2. Add fruit slices and stir to coat evenly with butter, sugar and cinnamon mixture. Microwave, uncovered, on High 1 to 2 minutes. Let stand 2 minutes, then sprinkle with granola.

NUTRITION FACTS (per serving) - Calories 160 - fat 6 g - calories from fat 50 - sodium 10 mg
- total carbohydrate 27 g - fiber 4 g

More Microwave Cooking Tips

- Arrange food evenly in a covered dish and loosen lid to let steam escape while cooking.
- Tender, high moisture foods like ground beef, poultry, vegetables and fruits are best cooked on HIGH. Eggs, cheese and solid meat are best cooked on reduced power. Cook large cuts of meat on medium power for longer periods of time.
- Stir or rotate food once or twice during cooking so it evenly cooks.
- Reheat pre-cooked foods (leftovers, ready-to-eat, take-out) to steaming. Cover loosely while reheating to hold in moisture. Reheated food should reach 165°F.



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