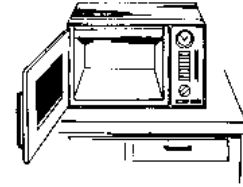


Microwave Cooking



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

- Use only cookware and utensils labeled “microwave-safe” to thaw, cook and reheat your food.
 - Some microwave-safe materials include parchment paper, microwave plastic wraps, wax paper, oven cooking bags and most white, unprinted paper plates, paper towels and napkins. Avoid letting the plastic wrap touch the food while cooking.
 - Heat-proof glass or ceramic cookware used in the microwave should be labeled for microwave use - “microwave oven-safe” or “suitable for microwave”.
- Arrange food evenly in a covered dish and loosen lid to let steam escape while cooking.
- 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. Arrange thicker part of meat toward outside of the dish and thin parts in the center.
- Foods thawed and/or partially cooked in the microwave need to have their cooking on the stovetop, oven, or grill completed immediately, not at a later time.
- Before using a food thermometer to see if meat, poultry, fish/seafood or eggs have reached a safe internal temperature stop the microwave and let food sit or “rest” for a few minutes. Place thermometer in thickest part of meat. Do not leave a food thermometer in food during microwaving unless the food thermometer is labeled safe for microwave cooking.
- Remove foods from packaging before defrosting in microwave. Defrost in microwave-safe dish.
- 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.