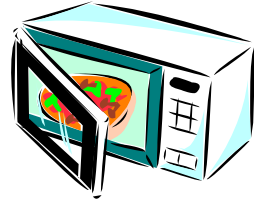


# Quick Ways to Microwave Fruits & Veggies



- Mix canned or cooked tomatoes, bread cubes, onion and seasonings. Heat in microwave.
- Heat applesauce and canned or cooked sweet potatoes together in the microwave. Use other cooked or canned fruits with the sweet potatoes.
- Add a little orange juice to drained, canned beets. Heat in microwave.



## Apple Surprise Serves 1.

1 medium apple

1 tablespoon brown sugar

1 tablespoon of raisins

1 teaspoon margarine



Rinse apple with cold water. Core apple being sure to remove all seeds. Set apple in microwave safe bowl. Fill inside of the apple with brown sugar, raisins and margarine. Cover with waxed paper or microwave-safe plastic wrap with corner turned back for steam to escape. Microwave on High for 4 to 5 minutes or until apple is tender.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 4 g ~ calories from fat 35 ~ sodium 55 mg  
~ total carbohydrate 43 g ~ fiber 5 g

## Orange Raisin Rice Serves 2

1 cup cooked rice

2 tablespoons sugar or corn syrup

1/4 cup raisins

1 teaspoon margarine

1/4 cup orange juice



Stir all of the ingredients together in a microwave-safe dish. Cover and microwave on High for 2 to 3 minutes or until heated through to blend flavors. Serve warm.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 2 g ~ calories from fat 20 ~ sodium 30 mg  
~ total carbohydrate 48 g ~ fiber 1



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

University of Illinois \* United States Department of Agriculture

\* Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

This material was funded by USDA's Food Stamp Program.