

Fix It Fast



General Microwaving Tips

- The higher the microwave wattage (power), the faster it will cook.
- Use the cookbook that came with your microwave for recipes tested for its own wattage.
- The amount of time it takes to cook food increases as the amount of food increases. If one potato takes 4 minutes to bake, two potatoes will take 6 to 8 minutes.
- Use a tight-fitting cover on foods you want to steam.
- Cover foods such as leftovers with a paper towel (not made from recycled paper) to hold heat in but not steam foods.
- Cook meats right after thawing in the microwave oven. Use a meat thermometer to verify that meats are cooked to a safe minimum internal temperature to destroy any harmful microorganisms that may be in the food.
- Remove covers and wraps from heated foods carefully. Allow steam to escape away from your hands and face.
- Use only cookware safe for use in a microwave oven (labeled microwave safe).
- Don't run the microwave oven when it is empty. You could damage the oven.
- Don't heat infant formula or baby food in the microwave. The foods could have hot spots and burn your child.
- Keep your microwave oven clean. A dirty oven increases cooking time.



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