



Microwave Your Way to More Produce Per Day!

Breakfast - Cinnamon Apples

1 cup sliced apples with peel
1/2 tsp sugar
1 tsp water
Pinch ground cinnamon
Place all ingredients in microwaveable plastic or glass container; cover and microwave on high until apples are tender, about 3-4 minutes. Serve warm over oatmeal, cereal or yogurt. Serves 2: Each serving: 44 calories, 0 fat, 0 cholesterol, 0 sodium, 11 g carbohydrate, 2 g fiber, 0 protein.

Breakfast - Oatmeal & Raisins

1/3 cup rolled oats
2/3 cup water
1/4 cup raisins
Pinch cinnamon
Place all ingredients in plastic or glass microwave container. Microwave on full power until bubbly and thick, about 5 minutes. Serve with 1 cup skim milk. Serves 1: 319 calories, 3 g fat, <1 g saturated fat, 4 mg cholesterol, 136 mg sodium, 62 g carbohydrate, 4.7 g fiber, 14 g protein.

Lunch/Dinner - Sweet Potato

1 sweet potato
1 tsp light margarine
1 Tbsp low-calorie maple syrup
Wash sweet potato under cold running water and pierce with fork. Place in microwave and cook on full power until tender, about 5-6 minutes; turn once

during cooking. Cut in half and top with light margarine and low-calorie syrup. Ground cinnamon is optional.

Serves 1. 188 calories, 1.5 g fat, <1 g saturated fat, 0 mg cholesterol, 71 mg sodium, 41 g carbohydrate, 4.5 g fiber, 2 g protein.

Lunch/Dinner - Baked Potato

1 baking potato
1/2 Tbsp light margarine
2 Tbsp fat-free sourcream
Wash potato under cold running water and pierce with a fork. Place in microwave and cook on full power until tender, about 4-5 minutes. Split in half and top with margarine and sourcream. You can also top with steamed broccoli and chopped green onion. Serves 1. 277 calories, 2 g fat, <1 g saturated fat, 0 mg cholesterol, 76 mg sodium, 57 g carbohydrate, 4.5 g fiber, 6.5 g protein.

Dinner - Steamed Broccoli

3 cups broccoli florets
1/2 Tbsp light margarine
Black pepper to taste
Place broccoli in plastic or glass microwave container and cover. Cook on full power until broccoli is tender, about 6-8 minutes. Add margarine and pepper and stir briefly. Serves 4. Each serving: 24 calories, <1 g fat, 0 saturated fat, 0 mg cholesterol, 26 mg sodium, 3.5 g carbohydrate, 2 g fiber, 2 g protein.

Test Kitchen

Did you know that it is very easy to cook vegetables in your microwave? Here are the FAQs:

Do I need to add water?

No - most fruits and vegetables are made primarily of water so you don't need to add more during cooking. Just rinse them, place in a covered microwave container and cook on full power.

How long do I cook them for?

Most fruits and vegetables cook in 2-3 minutes per serving. Delicate items like asparagus take a shorter amount of time than more dense items like potatoes, sweet potatoes and carrots.

Do I need to stir them?

Yes. It is helpful if you stir or turn them once or twice during cooking. It is also helpful if you place them in a shallow container. If you are putting individual items in the microwave, like a potato or corn on the cob, then you should arrange them so they are not touching.

