



Provided by Brenda Aufdenkamp, ([baufdenkamp1@unl.edu](mailto:baufdenkamp1@unl.edu))  
FNH Extension Educator located in North Platte

It's frighteningly and easy to overcook—or undercook—food in your microwave. And that's not a surprise: unlike something on your stovetop, it's much more fussy to check in on food when you need to stop the microwave, open the door, check on the food, close the door, and press start again. Way more work than just lifting the lid on a simmering pot. The wattage of your microwave will determine how perfectly cooked your food will be. Find the wattage of your microwave by reviewing your owner's manual.

### TEST YOUR MICROWAVE SKILLS:

1. You can heat food in a take-out container; old whipped topping bowls or margarine tubs in a microwave oven? **FALSE**
2. When using this cooking method, you should stir the food halfway through and rotate the cooking dish to eliminate uneven cooking temperatures or cold spots? (cooking methods—baking, grilling, microwaving, stovetop heating) **MICROWAVING**
3. Which one of these dishes is NOT microwave safe? (glass bowl, plastic foam cup, ceramic bowl, bowl labeled microwave safe) **PLASTIC FOAM CUP**



### DETERMINE THE WATTAGE OF YOUR MICROWAVE:

1. Fill a microwave-safe liquid measuring cup with 1 cup cold water.
2. Microwave on HIGH and keep an eye on it, noting how long it takes for the water to come to a boil.
  - 1 1/2 minutes — 1,200 watts
  - 2 minutes — 1,000 watts
  - 2 1/2 minutes — 800 watts
  - 3 minutes — 700 watts
  - 4 minutes — 600 watts
3. Armed with this information, you can adjust your microwave's power level, or cooking time to suit the wattage that 's specified in your recipe of choice.

### BLUEBERRY MUG MUFFIN

- 1/4 cup flour
- 1 Tbsp brown sugar
- 1/4 tsp baking powder
- 1/8 tsp salt
- Pinch cinnamon
- 1/2 Tbsp butter /margarine
- 1-2 Tbsp frozen blueberries

- Instructions:**
1. Wash hands and equipment with soap and water.
  2. Stir together flour, brown sugar, baking powder, cinnamon,
  3. Add butter to mug and swash it together with other ingredients,
  4. Stir in milk. It should resemble a thick batter. If too dry, add a splash more of milk.
  5. Sprinkle blueberries over top and push into the batter.
  6. Microwave on high approximately 90 seconds.
  7. Enjoy with a drizzle of maple syrup.
- (For added flavor, add drop of vanilla.)

