



Microwave Cooking

Microwave cooking is a fast and easy way to thaw, cook and reheat foods. Microwaves and foods cooked in a microwave are safe. Keep your microwave clean and in good condition.

Quick tips for better and safer microwave cooking:

- Stir the food at least once during the cooking time for even cooking.
- Cover the food. This helps keep in moisture and create steam. This shortens the cooking time. It also keeps the oven cleaner.
- Test meats for doneness using a meat thermometer. Check in several spots after standing to ensure it has reached the proper internal temperature throughout.
- Round dishes cook food more evenly than square dishes or containers.



Microwave Cookware Safety

USUALLY SAFE	NOT USUALLY SAFE
<ul style="list-style-type: none"> • Heat safe glass and ceramics • Porcelain, china, stoneware, pottery • Plastic wraps marked for microwave use • Dishwasher safe plastic containers (for short term heating) • Wax/parchment paper (for covering) • Plain paper towels (for short-term reheating) 	<ul style="list-style-type: none"> • Plastic food containers, such as margarine tubs • Decorated china or glass edged with metal like gold, silver or platinum • China or glass that has been glued or repaired • Unglazed pottery or pottery with a metallic glaze or hand-thrown pottery • Metal foils (unless marked “microwave-safe”) • Styrofoam • Recycled or printed paper towels • Lead crystal

Microwave Oven Care

- Clean up spills right away with a damp cloth.
- Never block the vents of the microwave oven as they keep the oven cool and cut down on moisture build-up.
- Use the microwave only for defrosting, heating or cooking food.
- Always use microwave-safe cookware and utensils.
- Do not turn a microwave on when it is empty.
- Do not use a microwave oven for home canning. The jars can explode.