

brave



where you are

LIFE SKILLS

how to cook in the
microwave

Life Skill #4: How to cook in the microwave

You can use the microwave for more than just heating things up.

What can you cook with a microwave?

CAKE IN A CUP

WHAT YOU NEED:

1/4 cup all-purpose flour

2 tbsp. unsweetened cocoa powder

1/4 tsp. baking powder

2 tbsp. granulated sugar (you can add 1 tbsp. more if you like it sweeter)

1/4 tsp. salt

1/4 cup + 1 tbsp. milk

2 tbsp. vegetable oil

1 tbsp. hazelnut chocolate spread

INSTRUCTIONS:

- 1]** In a medium bowl, whisk together dry ingredients.
- 2]** Whisk in the milk and vegetable oil until all ingredients are combined and batter has no clumps. Pour batter into a microwave-safe mug. Mine was a 14-ounce mug. You want enough head space for the cake to rise without pouring over.
- 3]** Add 1 tbsp. of hazelnut chocolate spread in the middle of the batter. Just drop it in the middle, no need to push it down and sink it in the batter.
- 4]** Place a paper towel into the microwave and set the mug on top (this is to catch any batter if your mug cake overflows).
- 5]** Microwave mug cake for 70 seconds on high.
- 6]** Carefully remove from microwave and enjoy!

STEAMING VEGGIES

INSTRUCTIONS:

(This works well with: carrots, broccoli, asparagus, green beans, peas and bell peppers)

- 1]** Wash and dry your vegetable and cut it into equal size pieces.
 - 2]** Place them in one layer in a microwave safe glass bowl or a dish with sides.
 - 3]** Add just enough water to the bowl that it comes 1/8 up the side of the vegetable piece.
 - 4]** Cover the bowl with plastic wrap or a microwave safe cover, and microwave for 2 minutes. Test the vegetable for softness, and rotate or flip it if necessary. Cook again for four minutes.
 - 5]** Continue alternating sides and cooking for one minute per side until the vegetable can easily be pierced with a fork. Once your veggies are moist and tender, they are all ready to serve!
-

COOKING CHICKEN BREAST

WHAT YOU NEED:

1½ pounds boneless, skinless chicken breast halves

INSTRUCTIONS:

- 1]** Arrange chicken, thickest parts to outside edges in glass pie plate, 10 x 1½ or 9 x 1¼ inches (sides of chicken will touch).
- 2]** Cover dish with plastic wrap, folding back one corner or edge ¼ inch to vent steam. Microwave on Medium (50%) 14 to 16 minutes or until juice of chicken is no longer pink when center of thickest pieces are cut and temperature reaches 170°. Let stand 5 minutes.
- 3]** Cool slightly; cut into desired size of pieces.

MAKING A BAKED POTATO

WHAT YOU NEED:

1 to 4 russet potatoes

Olive oil

Salt

Pepper

EQUIPMENT:

Fork

Microwave-safe plate or baking dish

Oven mitts

INSTRUCTIONS:

- 1]** Scrub the potatoes clean: Scrub the potatoes thoroughly under running water and pat them dry. You don't have to remove the eyes, but trim away any blemishes with a paring knife. Pat dry.
- 2]** Pierce with a fork: Prick the potatoes four or five times on each side with a fork. This allows steam to escape from the baking potato.
- 3]** Rub with olive oil, salt, and pepper: Rub the potatoes all over with a little olive oil. Generously sprinkle the potatoes with salt and pepper.
- 4]** Microwave for 5 minutes: Place the potatoes in a microwave-safe dish and microwave at full power for 5 minutes.
- 5]** Flip the potatoes: Use a fork or tongs to flip the potatoes—they will be hot. If you remove the dish from the microwave, use oven mitts, as the dish will be hot.
- 6]** Continue microwaving the potatoes: If cooking one potato, microwave for an additional 3 minutes. If cooking two or more potatoes, microwave an additional 5 minutes.
- 7]** Check the potatoes: When done, the potatoes should be easily pierced with a fork or paring knife all the way to the center. Continue to microwave in 1-minute bursts as needed until the

