



# "Microwave Magic"

By:  
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### Vegetable Micro-Lesson

With microwaving, vegetables are not only an essential part of the meal, they're one of the best parts. Fresh, frozen or canned, microwaved vegetables retain their attractive color, fresh taste and natural texture. Since you add only a small amount of water, just enough to produce steam, you don't drain off flavor and nutrients before serving.

Vegetables with a high natural moisture content will taste better than after any other cooking method. Until you taste microwaved corn on the cob, you'll never realize how much good corn taste you discarded with the cooking water.

Vegetables should be tightly covered. The ones that are cooked in their skins, such as potatoes, are already so tightly cooked, that they should be pricked with a fork before cooking to release excess steam.

Salt vegetables after cooking, or put salt in the casserole with the water before adding vegetables. Salting the tops of vegetables before microwaving causes darkened, dried-out spots.

Vegetables continue to cook after they are removed from the microwave oven, even in the time it takes to serve them.

### Cheesy Broccoli

- 2 packages frozen chopped broccoli
- 2 cups packaged precooked (Minute) rice
- 2 cans (10 1/2 oz. each) cream of chicken soup
- 1 cup milk
- 1 jar (16 oz. pasteurized processed cheese
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 1/2 cup chopped onion
- 1 cup chopped celery
- 1 can (6 oz.) water chestnuts, dried and sliced

Place unopened packages of broccoli on end in microwave oven. Microwave at HIGH 4 to 5 minutes, turning after 2 minutes. Set aside.

In 3 quart casserole combine rice, soup, milk, cheese, salt and pepper. Microwave at HIGH 2 to 4 minutes, until cheese melts and can be blended easily.

To cheese mixture, add onion, celery, water chestnuts and broccoli. Stir thoroughly. Divide evenly between 2 lightly greased 10x6x2 inch dishes. Microwave one dish at a time. Microwave at HIGH 12 to 14 minutes, rotating dish 1/2 turn after 5 minutes. Let stand 5 minutes before serving. Makes 12 servings.

NOTE: For convenience, freeze one dish of broccoli. When cooking from the frozen state, unwrap, microwave at HIGH 18 to 21 minutes, rotating dish 1/2 turn every 5 minutes.

### Harvard Beets

- 1 medium bunch beets
- 1 cup warm tap water
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 3/4 teaspoon salt
- Dash of pepper
- 2/3 cup water
- 1/4 cup vinegar

Wash and remove tops from beets. Place beets and water in 1 1/2 quart casserole. Cover. Microwave at HIGH 10 to 12 minutes, until fork tender. Remove beets from oven and place in cool water. Peel and slice or cube as desired.

In same 1 1/2 quart casserole stir together cornstarch, sugar, salt, pepper, water and vinegar. Microwave at HIGH 3 to 4 minutes, until thickened, stirring after 2 minutes. Add beets and Microwave at HIGH 5 to 8 minutes, until hot, or, if desired, serve cold. Makes 4 servings.

### Sunny Glazed Carrots

- 1 lb. or about 6 to 8 medium carrots
- 2 tablespoons butter
- 1/4 cup brown sugar (packed)
- 2 tablespoons cold water
- 1 1/2 teaspoons cornstarch
- 1/4 cup pecans, coarsely chopped (optional)

Wash and cut carrots into 1/2 inch diagonal slices. Place in 1 quart casserole with butter and brown sugar. Cover. Microwave at HIGH 9 to 11 minutes, stirring after 5 minutes.

Mix water and cornstarch until smooth. Stir into carrot mixture. Add pecans if desired. Cover. Microwave at HIGH 2 to 4 minutes, until thickened. Stir before serving.

To Double This Recipe: Use 2 quart casserole and double the ingredients. Microwave the car-

rots 15 minutes, stirring after 7 minutes. Add thickening and microwave 4 to 6 minutes more.

### Corn Pudding

- 1 egg
- 1/2 cup milk
- 1 tablespoons sugar
- 1 can cream style corn
- 3/4 cup crushed crackers
- 2 tablespoons butter, cut in pieces

Paprika  
Place egg in 1 1/2 quart casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter. Microwave at Medium High 7 minutes and stir well.

Sprinkle with paprika. Microwave at Medium High 11 to 14 minutes, rotating dish 1/4 turn after 5 minutes. When done, center will be barely set. Makes 4 servings.

### Cauliflower Au Gratin

For convenience, this recipe

uses herb-seasoned stuffing mix, but you may substitute coarse bread crumbs dried in the microwave oven.

Place one package (10 oz.) frozen cauliflower in water and salt. Microwave at High 8 to 9 minutes, stirring after 4 minutes. Drain off liquid from dish.

Sprinkle stuffing mix, then cheese, over cauliflower. Microwave at High 1 to 2 minutes, uncovered, until cheese melts. Makes 2 to 3 servings.

### Corn On The Cob

For most even blanching, cut corn off the cob before blanching. Blanch corn cut from 4 ears at a time. Place cut corn in 1 quart casserole. Add 1/4 cup water. Cover. Cook 4 to 5 minutes, stirring after 2 minutes. Cool by setting casserole in ice water, stirring occasionally until cool.

## Is Your Infant At Risk For Food Poisoning?

CARLISLE (Dauphin Co.) — When you warm your baby's food, do you heat the whole jar even though it may not be eaten? Do you feed your infant baby food directly from the jar or storage container, or return uneaten food to the jar or container? If the bottle isn't finished, do you keep it for a future feeding? When you are going away for the day, is the filled bottle thrown into the diaper bag so you'll have it conveniently when you need it?

A yes answer to any of these questions, puts your baby at risk for foodborne illness. Heat food thoroughly. If not taken to a temperature of 165°F, the food is warmed enough to promote bacteria growth, but not hot enough to destroy bacteria.

Bacteria from the infant's mouth contaminates the formula in the bottle when sucking on the nipple or when the feeding spoon is put into the dish or jar of food. Leftovers become an ideal medium for bacteria growth. Formula, just like milk, will spoil if

kept out of the refrigerator after the can has been opened. It must be kept refrigerated. This is also true for opened jars of baby food.

Because infants do not have well developed immune systems they are more susceptible to foodborne illness. Follow these suggestions to prevent infant food poisoning.

- Put just enough food into the dish that the baby will eat.

- Heat only the portion of food that will be used. Any leftover heated food that has been contaminated from the spoon should be thrown out.

If the child has not finished the bottle, throw out the leftovers.

- Keep chilled formula in a thermos when going out for the day. Don't open the formula until you are ready to use it. If you can't refrigerate it, or put it on ice, throw it out.

- Use the same rules for expressed breast milk; keep it cold or throw it out!

For more information about keeping your baby's food safe, request the new guide: **How to Heat Refrigerated Infant Formula in Microwave Ovens.** Call Penn State Extension at (717) 240-6500.

## Weather Affects Older Adults

More than 90 percent of the deaths related to heat waves are of people over 50 years of age. As temperatures rise the body cools itself by sweating and pumping more blood to the skin. Due to physical changes in the blood vessels' ability to dilate properly, older people pass less blood to the skin. What can older adults do to

assist the body in maintaining a favorable body temperature? Drink more water than thirst dictates. Older adults possess a less sensitive thirst mechanism, often drinking much less fluid than their bodies have lost. This is useful information for all ages during periods of extreme hot weather or

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