



Charge through your day

with 2 fruit & 5 vegetables

MICROWAVE TIPS

Why microwave fruit 'n' veg?

- to retain flavour and preserve nutrient value
- no need to add fat during cooking, and
- cooking time is shortened, minimising vitamin and mineral losses.

Almost all fruit and vegetables can be cooked successfully in a microwave oven.

Here are some tips to help you microwave successfully:

- small portions of food cook faster than larger portions, eg. sliced carrots will cook more quickly than whole carrots
- as the quantity of food increases, so does the cooking time; as a general rule, as you double the quantity of food, add half the original cooking time
- uniform sizes cook more evenly; to compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish. eg. arrange broccoli so that stalks are facing outwards
- starting temperature of food will affect cooking time, eg. foods at room temperature take less time to cook than refrigerated foods
- it is easier to add time to undercooked food than to rescue an overcooked meal
- the larger the surface area, the faster food will cook so for more even cooking, place foods at an equal distance apart, eg. arrange whole or sliced fruit and vegetables in a single layer, and in a circular pattern
- when cooking whole foods such as potatoes, tomatoes or apples, pierce the skin to allow steam to escape
- cover food to retain steam and heat and therefore reduce cooking time; microwave-proof lid or plastic wrap is best for this purpose
- standing time helps to complete cooking to the centre of the food, without overcooking the edges
- natural flavours are enhanced in microwave cooking; salt is unnecessary and will toughen and dry foods during cooking; add flavour with herbs, spices and other low fat flavourings
- fruit and vegetables can be microwaved without the addition of fat (oil, butter or margarine)





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MICROWAVE TIPS

Stuffed Cabbage

Serves 4

Ingredients

1 whole cabbage

1 onion, finely chopped

1 clove garlic, crushed

400g lean beef mince

1/2 red capsicum, finely chopped

2 tablespoons tomato paste

Freshly ground black pepper

1 tablespoon chopped parsley

1 egg, lightly beaten

Method

Remove outer leaves from cabbage. Cut a slice off the top and scoop out inside leaves. Leave a cavity large enough to hold filling.

Cook onion and garlic on HIGH for two minutes.

Add mince, capsicum and tomato paste. Stir well.

Cook on HIGH for five to six minutes, stirring every two minutes.

Add pepper, parsley and egg. Mix well.

Press mince mixture firmly into cavity of cabbage.

Place cabbage lid on top of mince.

Cover with plastic wrap and cook on HIGH for six minutes.

Cut into wedges and serve with freshly steamed rice and additional vegetables.



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