

Microwaves = Meals Made Easy

The microwave has been relegated as the heater of left-overs or popcorn, however, it can be used for so much more! Often the hesitation to use the microwave has been due to little convincing evidence that they are “cancer-causing death traps” due to the radiation they emit. Per the Cancer Council microwave ovens do NOT make foods radioactive.

Microwave ovens have taken undeserved criticism for way too long and are called “ovens” for a reason; they can create meals equal to anything from a standard oven in less than half the time! From steaming vegetables to cooking poached eggs, try making a healthy meal in your microwave today! Below are some of the delicious meals you can create using your microwave:

2-Minute French Toast in a Mug

Ingredients: 2 French Bread Slices

1 Egg

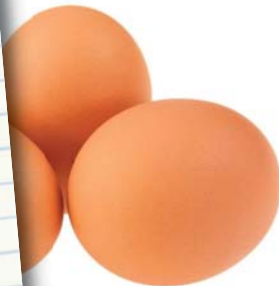
1/2 tsp Vanilla Extract

1/2 tsp Cinnamon

1 tsp Maple Syrup

1/2 tsp Powdered Sugar

Directions: Cut up bread slices, crack egg & whisk with vanilla & cinnamon. Pour egg over bread in a mug, heat in microwave for 1-1/2 to 2 minutes, or until egg is fully cooked. Top with maple syrup.



Chicken Fajitas

Ingredients: 4 Boneless Chicken Breasts

Taco Seasoning

Onion

Green & Red Bell Pepper

Whole Grain Tortilla

Directions: Slice bell peppers & onion, toss with taco seasoning, place into microwave-safe dish. Slice chicken into long strips. Season well. Add to seasoned vegetables. Cover & heat for 10 minutes. Serve with tortilla.



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