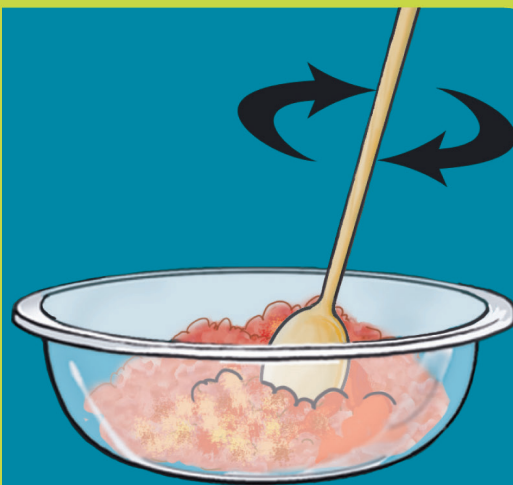
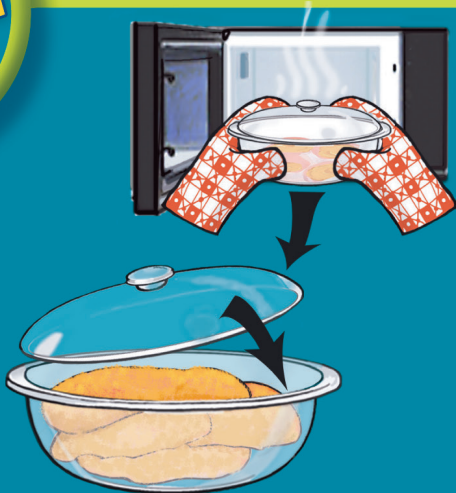


ATTAINMENT'S

LOOK 'n COOK **MICROWAVE** **COOKBOOK**

**2ND
EDITION**



Easy-to-Make Illustrated Recipes

LOOK 'n COOK MICROWAVE COOKBOOK

2nd Edition

Concepts & Recipes by ELLEN SUDOL

Editor: DAN HANSON

Illustrations & Production: BEVERLY POTTS

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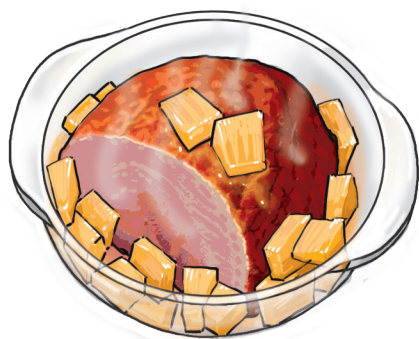
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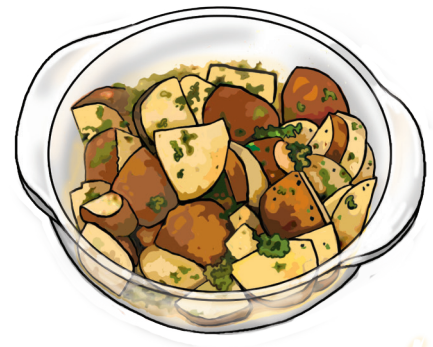
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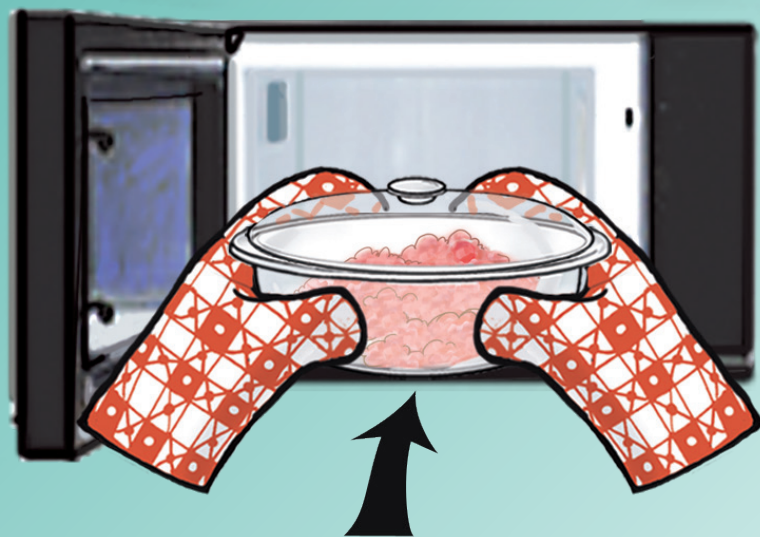
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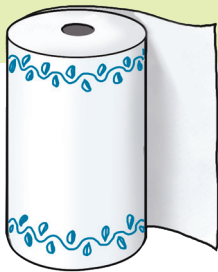


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Introduction





Overview

Look 'n Cook Microwave Cookbook is a practical **survival** cookbook for nonreaders and beginning cooks. Recipes are presented in pictures and text, but require little reading ability and no cooking experience.

The cookbook is designed to teach microwave cooking techniques, with independent use as the eventual goal. If you make copies of the recipes, you can give every student a copy and each step can be crossed out when it's done.



Microwave cooking is generally a faster and safer cooking method than conventional cooking. Certain cooking techniques and safety skills are still required, however. The companion **Look 'n Cook Microwave Lesson Plans** presents the skills required to do microwave cooking in 34 structured lessons. Be sure everyone using this cookbook learns at least the basics of microwave cooking.



Use only microwavable cookware.
(Never use metal dishes in the microwave.)



Never activate the oven while it's empty.



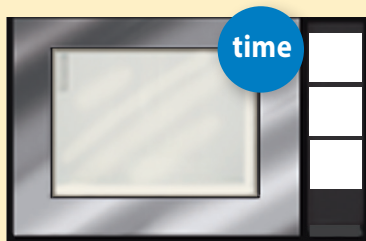
Always use oven mitts when handling microwaved dishes.



Let food stand when it's removed from the microwave.



To make meal planning easier the cookbook is divided into six sections: **Breakfasts, Soups and Beverages, Main Dishes, Side Dishes, Vegetables,** and **Desserts and Snacks.** There is also an illustrated **Shopping List** showing the ingredients needed for each recipe.



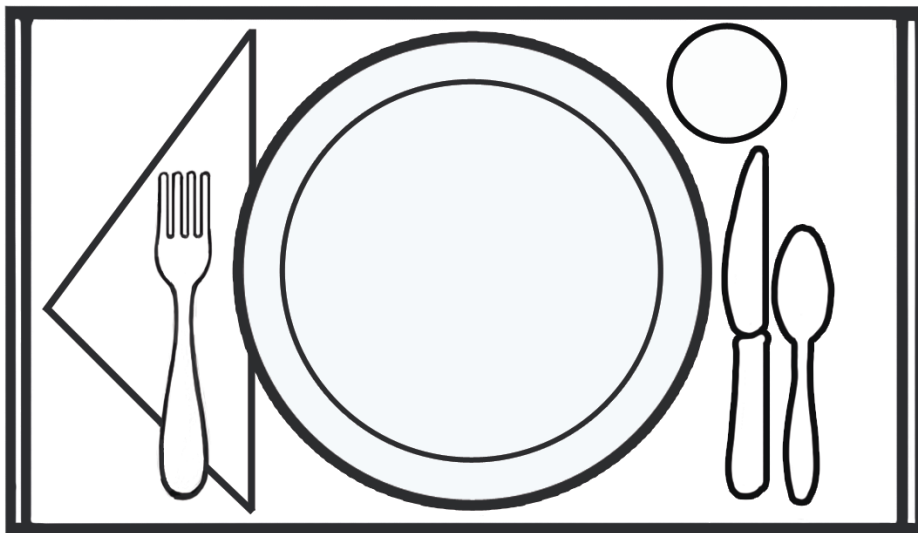
Please Note!

Microwaves vary in power and setup. This cookbook was developed using a medium range microwave oven (850 watts) as the standard. If your microwave is much more or less powerful, you may need to adjust the time for some recipes. The recipes also use the most common control features on a push button oven rather than a dial control oven. Again, your oven

may vary and require some editing of the recipes. For example, on most microwaves you push a **time** button and then enter the numbers for the time. On other microwaves, however, you skip the **time** button and just enter the digits.

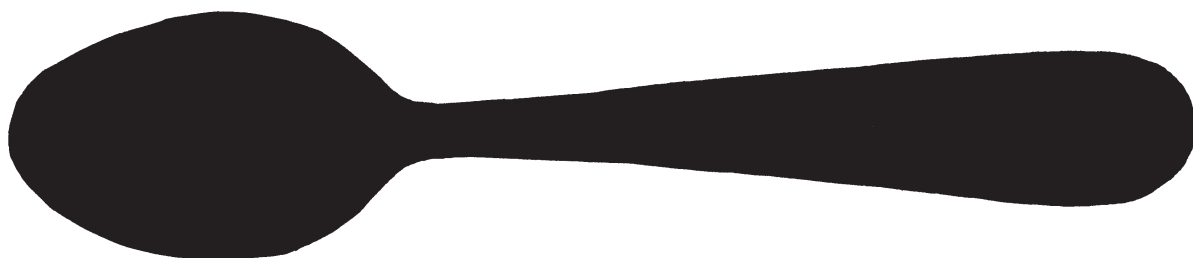
Setting the Table

Cut a paper placemat to define the eating area and draw the utensils and dishes, or paste pictures of them, on the placemat. The person setting the table matches the utensils with the pictures to set the table correctly. When this skill is mastered, try using a regular placemat without illustrations.



Utensil Patterns

Trace or copy these silhouettes for your placemat utensils.



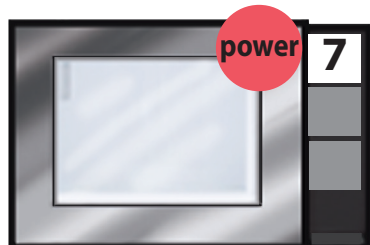
Preparing to Cook

Color Coding

The recipes in this cookbook can be color-coded to make the measurements and temperatures easier to use. If you use the **Look 'n Cook Cookbook** for conventional recipes, you already know the system. To color-code these recipes, affix colored plastic tape to your microwave oven and measuring cups and spoons. Each recipe is color-coded for the **clear**, **time**, **power**, and **start** directions for the microwave. The measuring cups and spoons used in each recipe are also color-coded. If anyone using the cookbook has difficulty with color discrimination, use symbols such as square, circle, triangle, and star instead of, or in addition to, the colors.



*Attainment's
Look 'n Cook
Cookbook
for conventional
cooking*




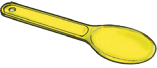






To color-code your microwave, use colored tape:

clear	— yellow tape
time	— blue tape
power	— red tape
start	— green tape

Color-Coding Utensils

To color-code your recipes, wrap colored tape on the handles of your cups, teaspoons, and tablespoons with the corresponding colors used in this cookbook.

red		1 cup	red		1 tablespoon
yellow		½ cup	yellow		1 teaspoon
blue		⅓ cup	blue		½ teaspoon
green		¼ cup	green		¼ teaspoon

Timer

In addition to setting the time on the microwave for cooking, nearly all recipes require that the food **stand** for **3** minutes when removed from the microwave. This gives the food time to stop cooking and be more manageable. Use a dial timer with the 3-minute mark coded, or use a 3-minute hourglass egg timer to measure the standing time.



The 3-minute timer

The Bells

There are two bell symbols indicating the beeping of the microwave oven and the ringing of the timer. These symbols remind the cook to wait until the microwave beeps before opening the oven and to wait until the timer rings before taking the lid off the dish or serving the food.



Microwave beep symbol



Timer bell symbol

Utensils

To prepare the recipes in the **Look 'n Cook Microwave Cookbook**, you need to equip your kitchen with a variety of standard kitchen utensils. These are the utensils used in the recipes.



2 qt. glass dish
with lid



plate



mug



large bowl



2 small bowls



2 soup bowls



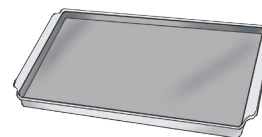
colander



can opener



food chopper



cookie sheet



cutting board



oven mitts



wooden spoon



tongs



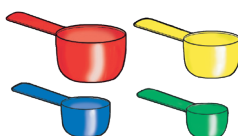
knife



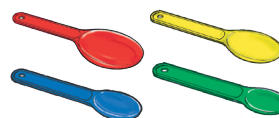
fork



spoon



measuring cups



measuring spoons



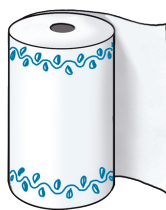
ladle



cutting knife



timer



paper towels



scissors



stand mixer



wax paper

Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page.

Start the recipe by getting out the cooking supplies and ingredients shown in the top row.

Follow the recipe steps across the page from left to right. **Read across** both pages if the recipe is two pages long.

One Page Recipe

Completed dish

Supplies

The numbered steps read from left to right

Page number

Acorn Squash

Serves four

Number of people served

Ingredients

2 qt. glass dish with lid cutting board knife fork spoon oven mitts 1 lb. acorn squash

1. Cut squash in half using the knife and fork.
2. Use a spoon to remove the seeds from both halves.
3. Put the squash in the dish, cut side up.
4. Put the lid on the dish.
5. Put on the oven mitts. Put the squash in the microwave.
6. Close the door. Push **clear**.
7. Push **time**. Push **1 0 0 0**.
8. Push **start**.
9. When the oven beeps, put on the oven mitts. Remove the dish.
10. Let stand **3** minutes.
11. When the bell rings, use oven mitts to remove the lid. Serve.

92

Two Page Recipe

Ingredients

Number of people served

Completed dish

Supplies

The numbered steps read from left to right

Page number

Sloppy Joes

Serves six

Ingredients

1 lb. lean ground beef sloppy joe mix 6 oz. tomato paste six hamburger buns

Number of people served

1. Put ground beef in the glass dish. Break up the beef with the spoon.
2. Put the lid on the dish.
3. Put on the oven mitts. Put the dish in the microwave.
4. Close the door. Push **clear**.
5. Push **time**. Push **5 0 0**.
6. Push **start**.
7. When the oven beeps, put on the oven mitts. Remove the dish.
8. Use the oven mitts to remove the lid.
9. Open and spoon the tomato paste into the dish. Add the Sloppy Joe Mix.
10. Add 1 cup and $\frac{1}{4}$ cup water.
11. Stir well.
12. Put on oven mitts. Put the lid on the dish.
13. Use the oven mitts to put the dish in the microwave.
14. Close the door. Push **clear**.
15. Push **time**. Push **5 0 0**.
16. Push **start**.
17. When the oven beeps, put on the oven mitts. Remove the dish.
18. Let stand **3** minutes. When the bell rings, use oven mitts to remove lid.
19. Stir.
20. Spoon the Sloppy Joe mix onto buns. Serve.

54

55

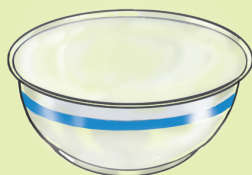
Microwave Breakfasts





Instant Oatmeal


Serves one



small bowl



spoon



½ cup



oven mitts



1 envelope
instant oatmeal



milk



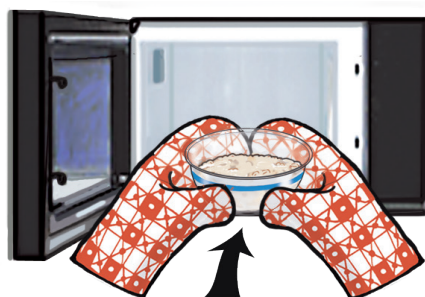
1. Open the envelope and put the oatmeal in the bowl.



2. Add ½ cup milk to the bowl.



3. Stir.



4. Put on the oven mitts.
Put the bowl in the microwave.



5. Close the door.
Push **clear**.



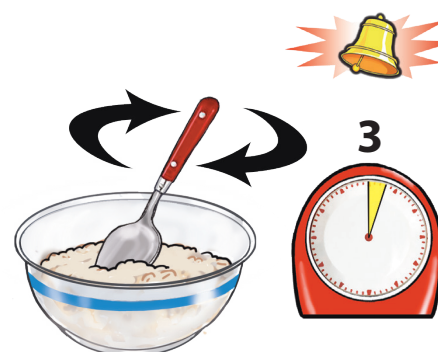
6. Push **time**.
Push **1 3 0**.



7. Push **start**.

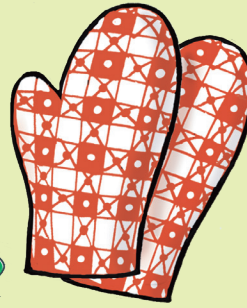


8. When the oven beeps, put on oven mitts. Remove the bowl.



9. Stir. Let stand **3** minutes.
When the bell rings, serve.

Oatmeal



2 qt. glass dish with lid

wooden spoon

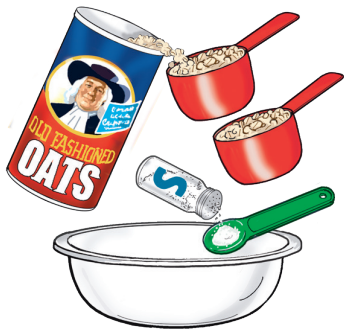
1 cup

$\frac{1}{4}$ teaspoon

oven mitts

oats

salt



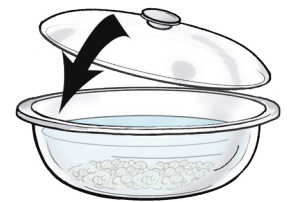
- Put 2 cups oats and $\frac{1}{4}$ teaspoon salt in the glass dish.



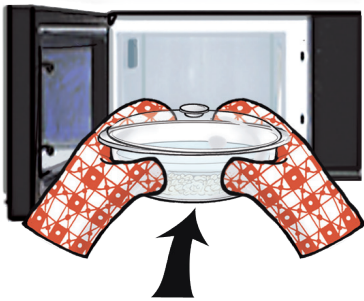
- Add 4 cups water.



- Stir with the wooden spoon.



- Put the lid on the glass dish.



- Put on the oven mitts. Place the dish in the microwave.



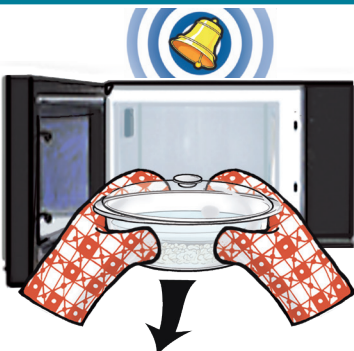
- Close the door. Push **clear**.



- Push **time**. Push **6 0 0**.



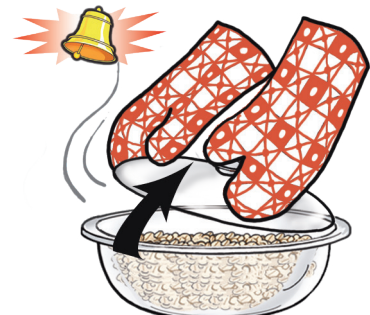
- Push **start**.



- When the oven beeps, put on the oven mitts. Remove the dish.

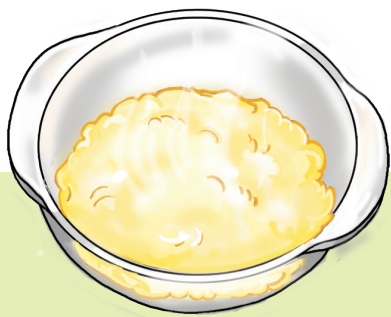


- Let stand **3** minutes.



- When the bell rings, put on the oven mitts. Remove the lid. Serve.

Scrambled Eggs



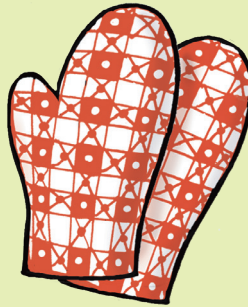
2 qt. glass dish with lid



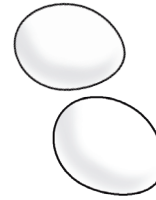
fork



1 tablespoon



oven mitts



2 eggs



salt



pepper



milk



1. Crack the eggs in the glass dish.



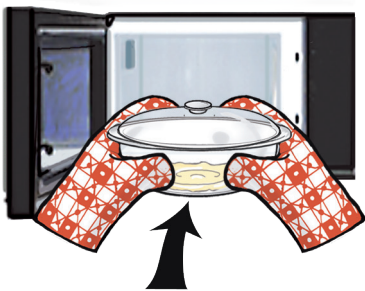
2. Add 1 tablespoon milk. Sprinkle with salt and pepper.



3. Beat the eggs with the fork.



4. Put the lid on the dish.



5. Put on the oven mitts. Put the dish in the microwave.



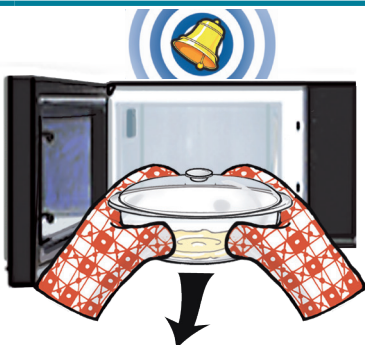
6. Close the door. Push **clear**.



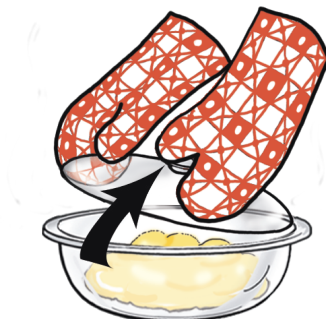
7. Push **time**. Push 1 4 0.



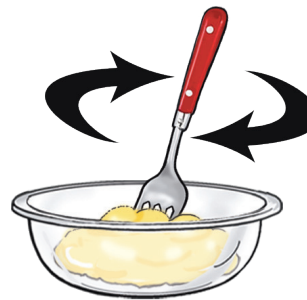
8. Push **start**.



9. When the oven beeps, put on the oven mitts. Remove the dish.



10. Remove the lid.

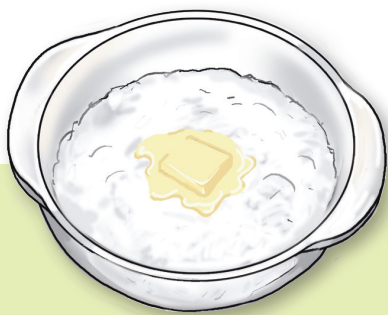


11. Use the fork to stir the eggs.



12. Serve.

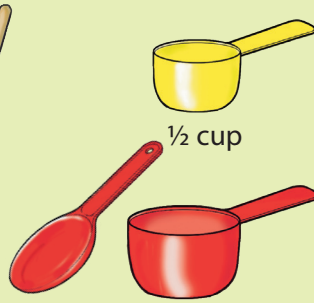
Grits



2 qt. glass dish
with lid



wooden
spoon



1 tablespoon

1 cup



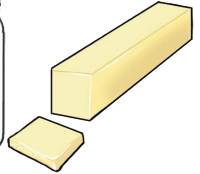
oven mitts



quick grits



salt



butter



1. Put 1 cup and $\frac{1}{2}$ cup
water in the glass dish.



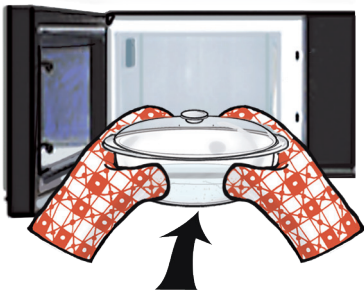
2. Put $\frac{1}{2}$ cup grits in
the dish.



3. Sprinkle with salt.
Stir.



4. Put the lid on the dish.



5. Put on the oven mitts.
Put the dish in the
microwave.



6. Close the door.
Push **clear**.



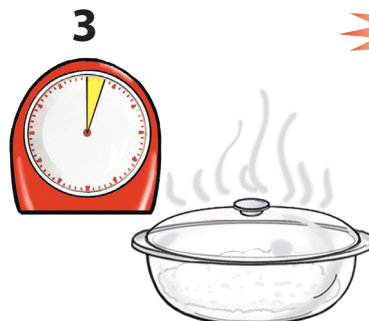
7. Push time.
Push **5 0 0**.



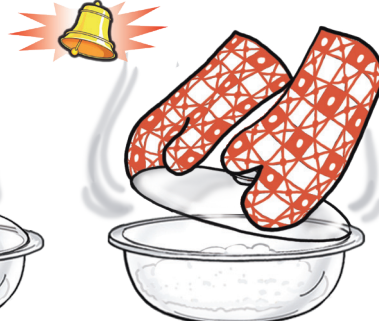
8. Push **start**.



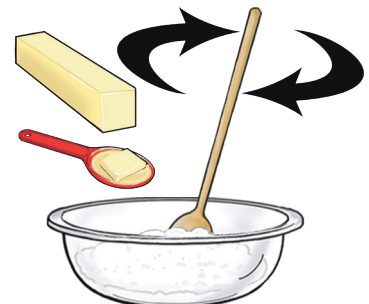
9. When the oven beeps,
put on the oven mitts.
Remove the dish.



10. Let stand **3** minutes.

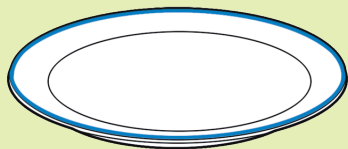
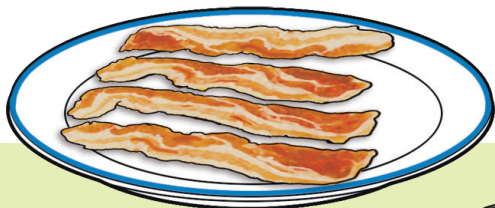


11. When the bell rings,
put on the oven mitts.
Remove the lid.

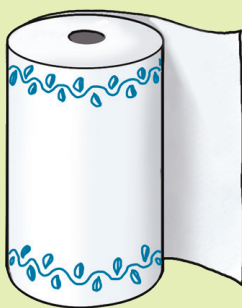


12. Add 1 tablespoon butter.
Stir. Serve.

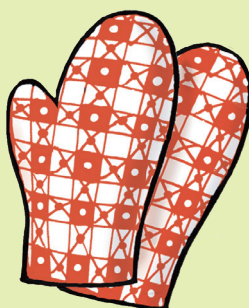
Bacon



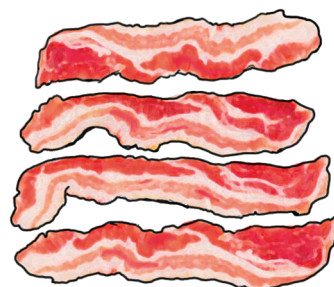
plate



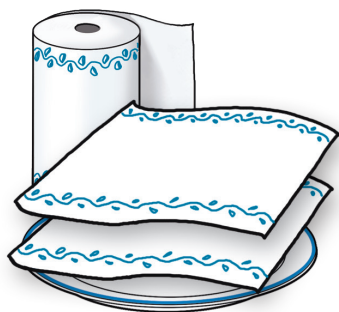
paper towels



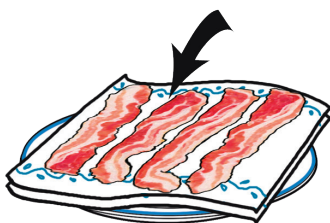
oven mitts



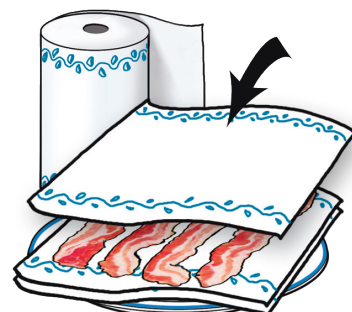
4 strips of bacon



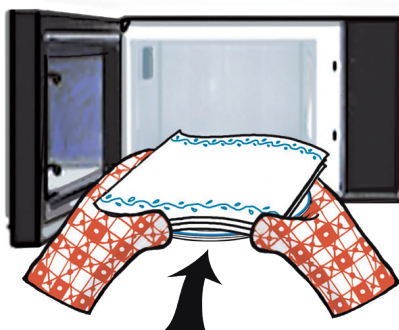
1. Put 2 paper towels on the plate.



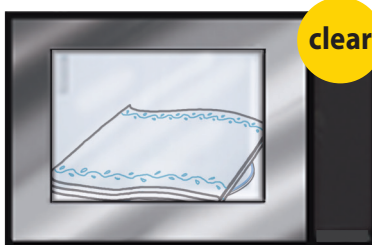
2. Put 4 strips of bacon on the paper towels.



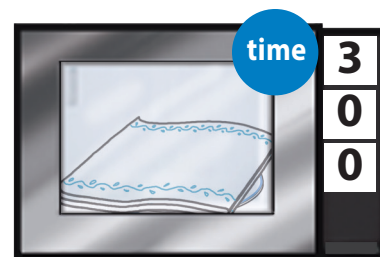
3. Put a new paper towel on top of the bacon.



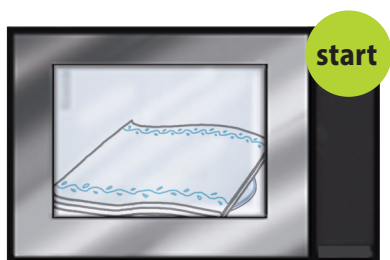
4. Put on the oven mitts.
Put the plate in the microwave.



5. Close the door.
Push **clear**.



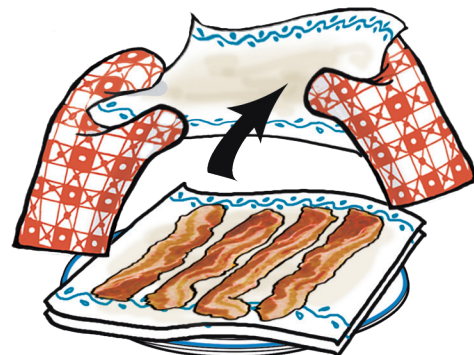
6. Push **time**.
Push **3 0 0**.



7. Push **start**.

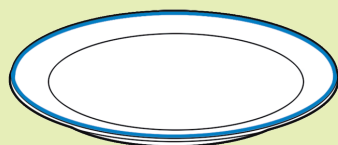
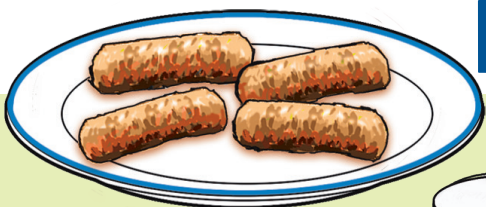


8. When the oven beeps, put on the oven mitts. Remove the plate.

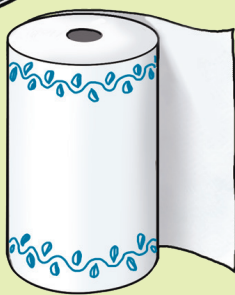


9. Use the oven mitts to remove the top paper towel. Serve.

Breakfast Sausage



plate



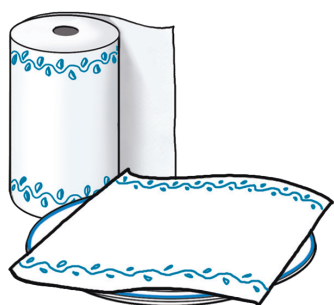
paper towel



oven mitts



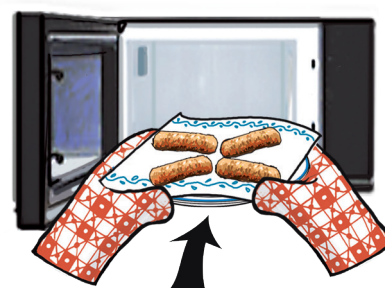
fully cooked breakfast sausage



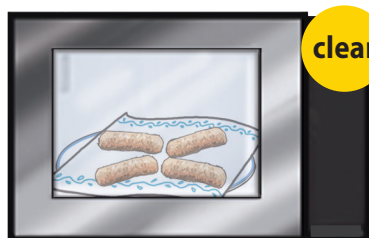
1. Put a paper towel on the plate.



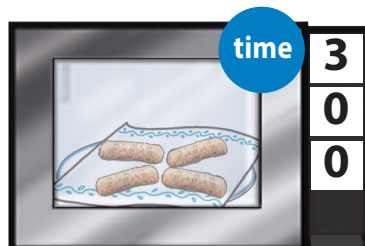
2. Put 4 sausages on the paper towel.



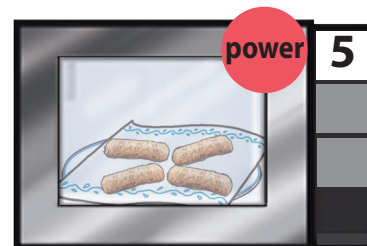
3. Put on the oven mitts. Put the plate in the microwave.



4. Close the door. Push **clear**.



5. Push **time**. Push **3 0 0**.



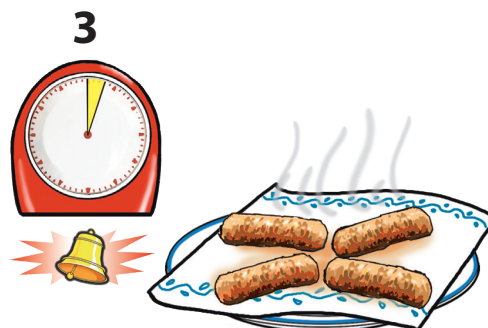
6. Push **power**. Push **5**.



7. Push **start**.



8. When the oven beeps, put on the oven mitts. Remove the plate.



9. Let stand **3** minutes. When the bell rings, serve.



Serves one

Breakfast Burrito



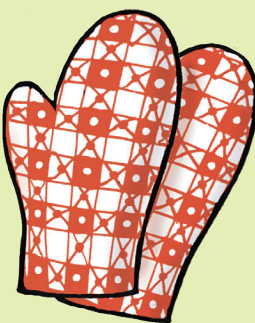
2 small bowls



fork



1 tablespoon



oven mitts



flour
tortilla

egg

salsa

shredded cheese



1. Crack the egg in one of the bowls. Add 1 tablespoon salsa.



2. Beat the egg and salsa with the fork.



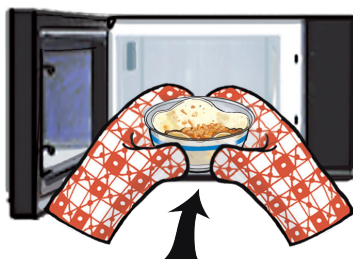
3. Put the tortilla down into the **other** bowl.



4. Pour the egg mixture into the tortilla bowl.



5. Sprinkle 1 tablespoon shredded cheese on the egg mixture.



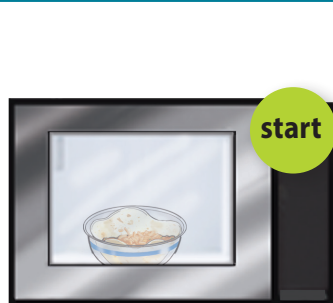
6. Put on the oven mitts. Put the tortilla bowl in the microwave.



7. Close the door. Push **clear**.



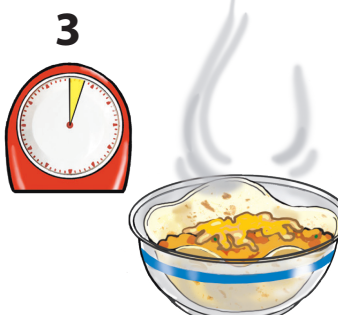
8. Push **time**. Push **1 0 0**.



9. Push **start**.



10. When the oven beeps, put on the oven mitts. Remove the bowl.



11. Let stand **3** minutes.

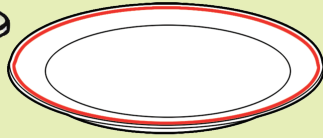


12. When the bell rings, fold the tortilla. Serve.

Caramel Rolls



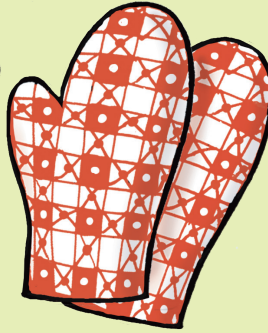
2 qt. glass dish with lid



plate



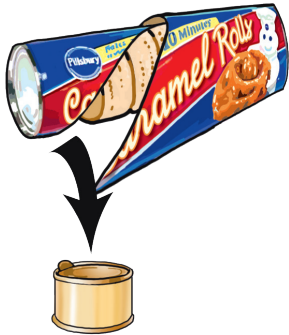
spoon



oven mitts



8 refrigerator caramel rolls



1. Open caramel rolls. Remove the can of caramel topping.



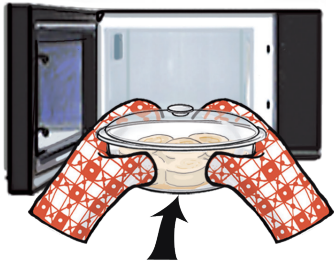
2. Open the topping. Use the spoon to spread caramel on the bottom of the dish.



3. Place the rolls on the caramel.



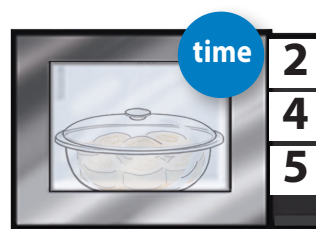
4. Put the lid on the dish.



5. Put on the oven mitts. Put the dish in the microwave.



6. Close the door. Push **clear**.



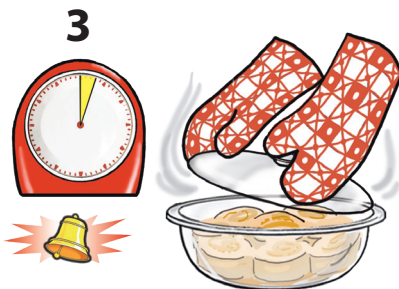
7. Push **time**. Push **2 4 5**.



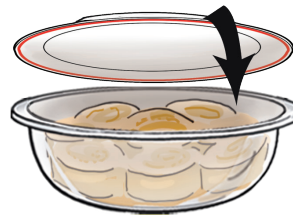
8. Push **start**.



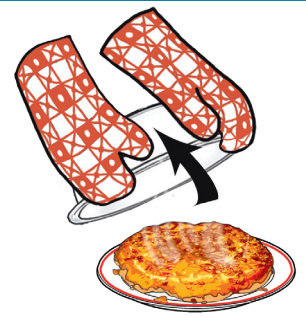
9. When the oven beeps, put on the oven mitts. Remove the dish.



10. Let stand **3** minutes. When the bell rings, put on the oven mitts. Remove the lid.



11. Put the plate upside down on top of the dish.



12. Use the oven mitts to turn the dish and plate upside down. Remove the dish and serve.