

_____ Unit # _____ Date _____

Microwave Potato Lab

1. Baked Potatoes

4 potatoes for baking or 1 per person

Prick 4 well-scrubbed potatoes several times with fork tines. Arrange 1-inch apart on paper towel on oven floor. Microwave at **HIGH** for 6 to 8 minutes, using 100 percent power. Turn the potatoes over and rearrange. Cook for an additional 6 to 8 minutes until done. Potatoes may still feel slightly firm. Wrap each potato in foil or paper towel. Let stand 5 to 10 minutes to finish cooking.

In the meantime, prepare a cheese sauce with broccoli to serve over potatoes.

2. Broccoli

Wash, cut and chop broccoli into bite-size pieces. Put in a casserole dish with a lid. Add 1 - 2 tablespoons water. Cover with the lid. Cook on **HIGH** for 3 - 5 minutes or until tender crisp and done. Let stand, covered, for 5 minutes. Drain any excess water and mix with the cheese sauce.

3. White Sauce

2 tbs. butter
2 tbs. flour
dash pepper
1 cup milk
1 cup grated cheese

In a medium size mixing bowl, melt butter covered with a paper towel; at 70% power **MEDIUM-HIGH** for 40 to 50 seconds or until melted. Gradually, stir in flour and pepper. Continue to mix until the mixture is smooth. Add milk all at once. Stir to combine.

Cook, uncovered, on **HIGH** for 3 to 5 minutes or until thickened and bubbly; stirring every minute till the sauce starts to thicken. Then stir every 30 seconds. Add 1 cup grated cheese and stir until the cheese is melted. Then pour over the cooked broccoli and serve on top of the potatoes.