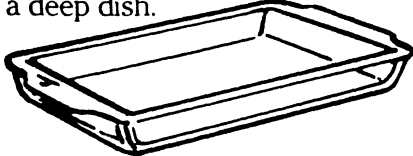
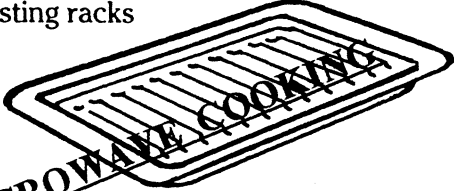

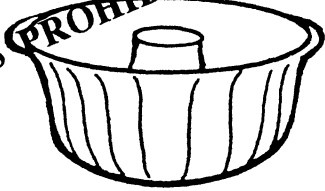

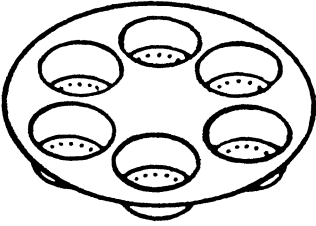


Choosing Dishes to Use in a Microwave Oven

<i>Dishes that may already be in your kitchen</i>	<i>Special microwave dishes</i>
<p>Use a shallow dish . . . instead of a deep dish.</p>  <p>More food surface is exposed to microwave energy.</p>	<p>Roasting racks</p>  <p>Use meat so it does not steam and juices.</p>
<p>Use a round dish instead of a square dish.</p>  <p>Corners of a square dish receive more energy and may overcook.</p>	<p>Cake pan</p>  <p>The ring shape allows energy to enter food from the center.</p>
<p>Use a dish with straight sides . . . instead of one with sloped sides.</p>  <p>Foods on sloped sides will receive more energy and may overcook.</p>	<p>Muffin pan</p>  <p>Holes in the bottom reduce moisture. (Use paper liners.)</p>

To test if a dish is microwave safe: Place it in the microwave oven. Set a glass of water in the dish. Microwave at high power 1 minute. If dish remains cool, it is safe to use in the microwave. If dish is warm, it is absorbing microwave energy and is not safe to use.