

Name _____

Date _____

MICROWAVE COOKING CONCEPT #9:
Pierce foods with a skin (such as egg yolks, potatoes or sausage) to let steam escape.

Spaghetti Potatoes

Serves 2

You Need:



2 medium
potatoes



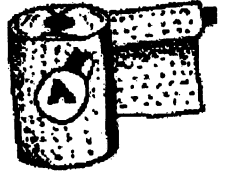
1/2 cup
spaghetti sauce



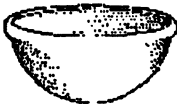
2 tsp.
parmesan cheese



fork



paper towel



bowl



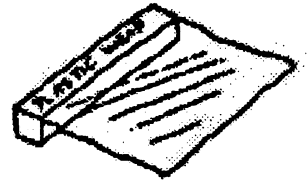
1/2 cup dry
measuring cup



1 teaspoon



plate



plastic wrap



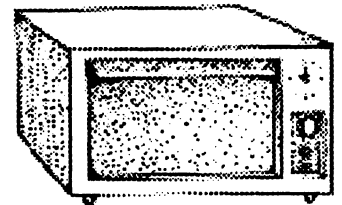
wooden spoon



water

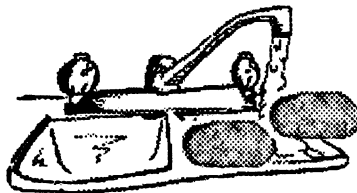


sharp knife



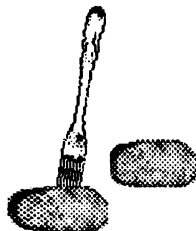
microwave

1.



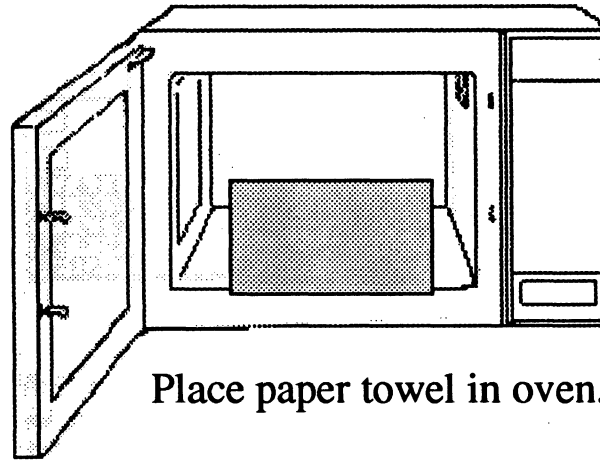
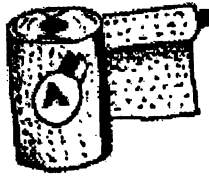
Wash potatoes.

2.



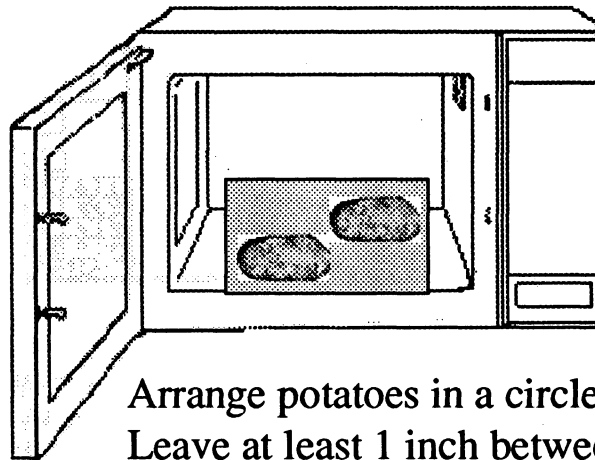
Use the fork to pierce the skins of each potato twice.

3.



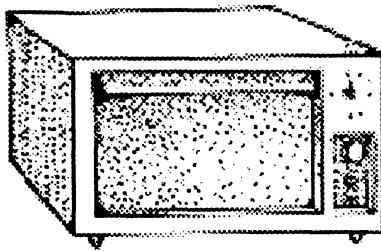
Place paper towel in oven.

4.

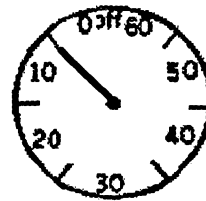


Arrange potatoes in a circle on paper towel.
Leave at least 1 inch between potatoes.

5.



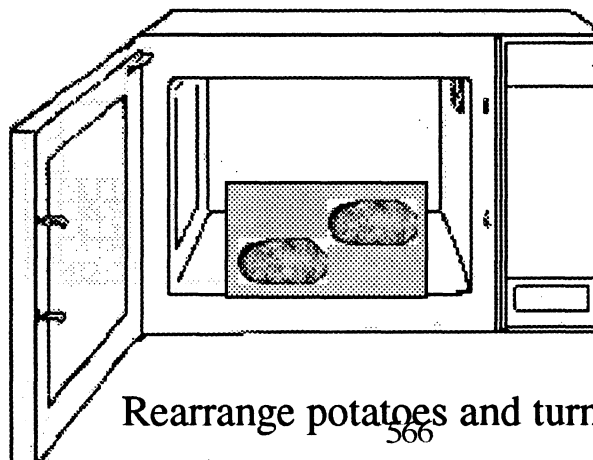
HIGH



5 minutes
5:00

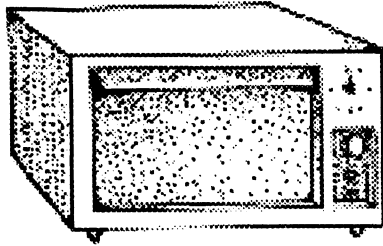
Microwave at HIGH power for 5 minutes.

6.

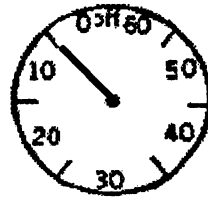


Rearrange potatoes and turn them over.

7.



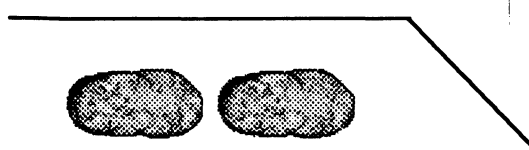
HIGH



4 - 6 minutes
4:00 - 6:00

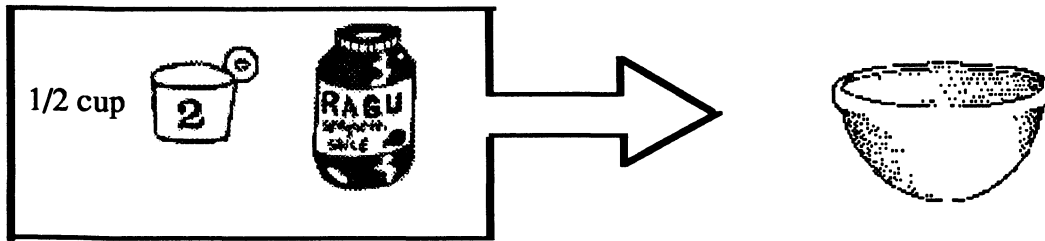
Microwave at HIGH power 4 - 6 minutes longer.

8.



Let potatoes stand on counter.

9.



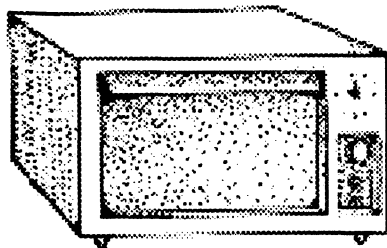
Measure 1/2 cup spaghetti sauce into a bowl.

10.

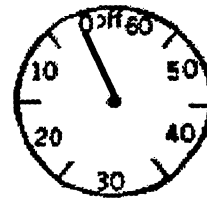


Cover with plastic wrap, leaving a corner open for steam to escape.

11.



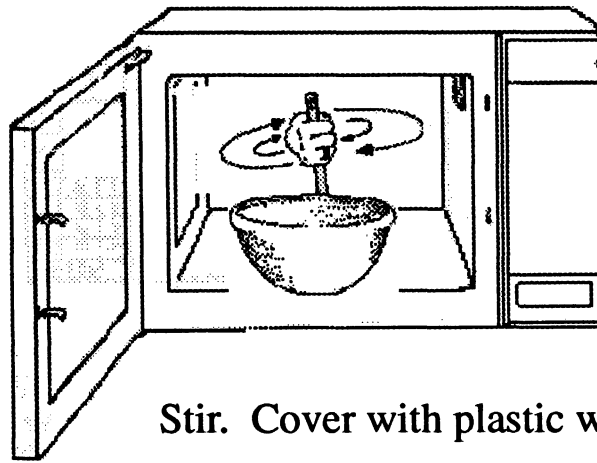
HIGH



1 minute
1:00

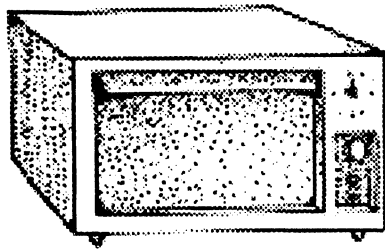
Microwave at HIGH power 1 minute.

12.

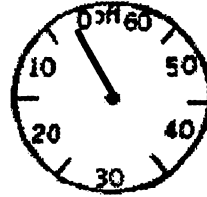


Stir. Cover with plastic wrap.

13.



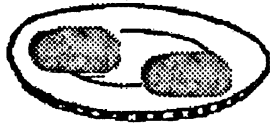
HIGH



1 - 2 minutes
1:00 -2:00

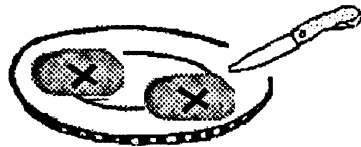
Microwave at HIGH power 1 or 2 minutes longer until warmed through.

14.



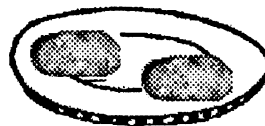
Put potatoes on plate.

15.



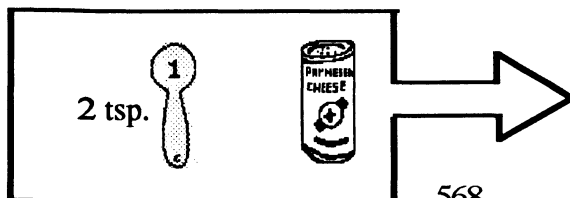
Cut an X in the top of each potato and split open.

16.



Spoon sauce over the potatoes.

17.



Sprinkle with 2 tsp. parmesan cheese.

MICROWAVE COOKING CONCEPT #9

SPAGHETTI POTATOES

You Need:

2 medium potatoes	sharp knife
1/2 cup spaghetti sauce	fork
2 tsp. parmesan cheese	bowl
1/2 cup dry measuring cup	1 teaspoon
wooden spoon	plastic wrap
plate	water
microwave	

1. Wash potatoes.
2. Use a fork to pierce the skins of each potato twice.
3. Place paper towel in oven.
4. Arrange potatoes in a circle on paper towel. Leave at least 1 inch between potatoes.
5. Microwave at HIGH power for 5 minutes.
6. Rearrange potatoes and turn them over.
7. Microwave at HIGH power 4 to 6 minutes longer.
8. Let potatoes stand on counter.
9. Measure 1/2 cup spaghetti sauce into a bowl.
10. Cover with plastic wrap, leaving a corner open for steam to escape.
11. Microwave at HIGH power 1 minute.
12. Stir. Cover with plastic wrap.
13. Microwave at HIGH power 1 or 2 minutes longer until warmed through.
14. Put potatoes on plate.
15. Cut an X in the top of each potato and split open.
16. Spoon sauce over the potatoes.
17. Sprinkle with 2 tsp. parmesan cheese.