

Name _____

Date _____

MICROWAVE COOKING CONCEPT #10:
The high fat content of cheese attracts microwaves. When heating large quantities of cheese, use less than 100% power so that outside edges will not get too hot before the inside is heated.

Cheese Dip

Make 3/4 cup

You Need:



4 oz. pkg. processed
American cheese loaf



2 Tb. chopped
green pepper



1 Tb. grated
onion



2 Tb. milk



1 drop red
pepper sauce



grater



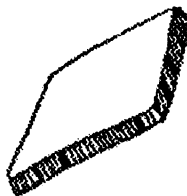
handful of
tortilla chips



carrot and celery sticks



plastic wrap



cutting board



Tablespoon



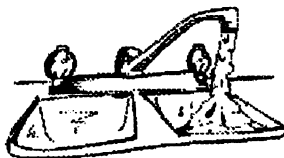
plate



paring knife



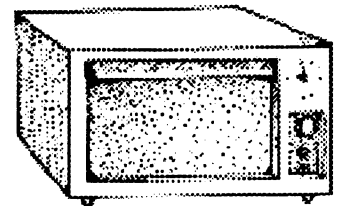
wooden spoon



water

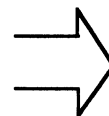
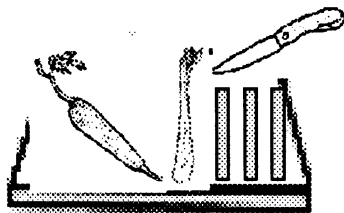
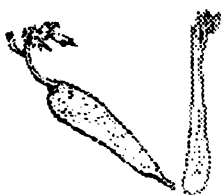


casserole dish



microwave

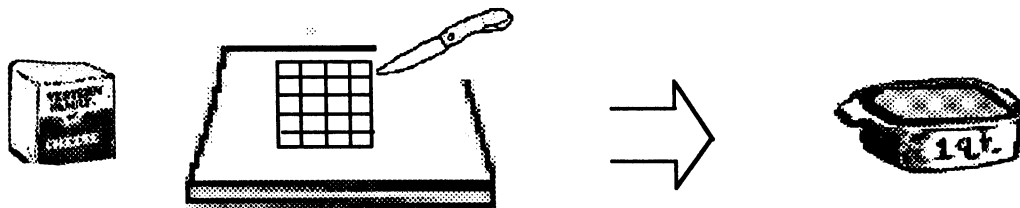
1.



571

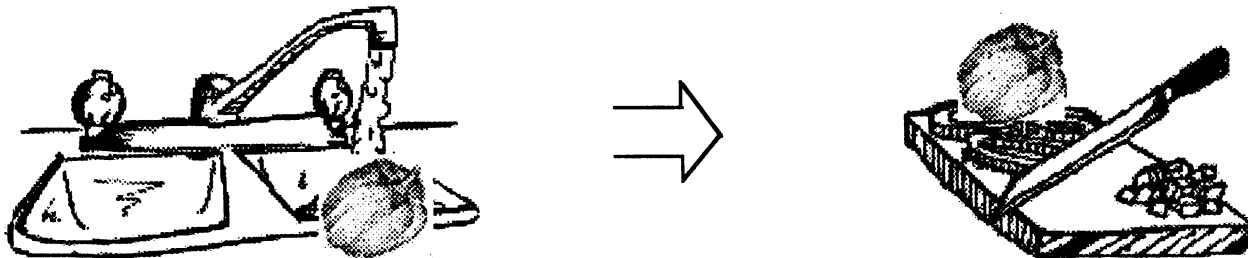
Peel, wash and cut up vegetables. Put on plate.

2.

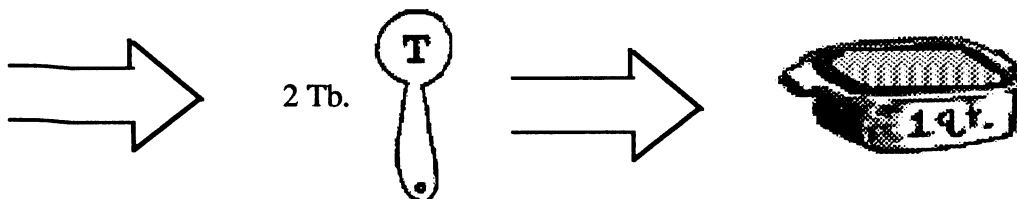


Cut cheese into small cubes. Place in casserole dish.

3.

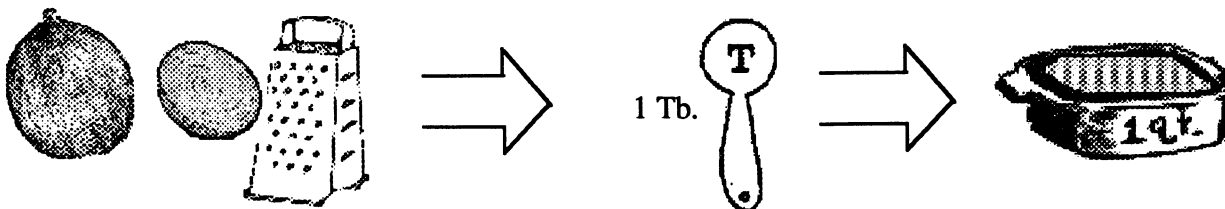


Wash green pepper. Finely chop green pepper into small pieces.



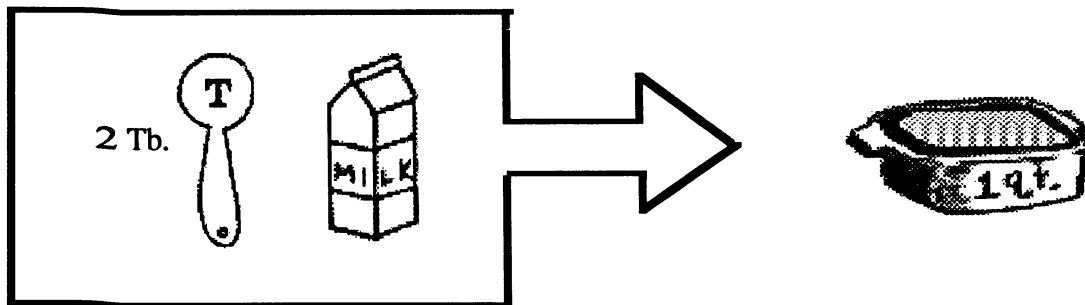
Measure 2 Tb. green pepper and add to casserole dish.

4.



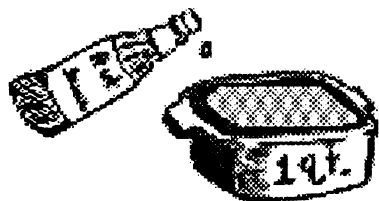
Peel onion. Grate onion. Measure 1 Tb. onion and add to casserole dish.

5.



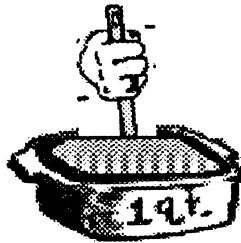
Measure 2 Tb. milk and add to the dish.

6.



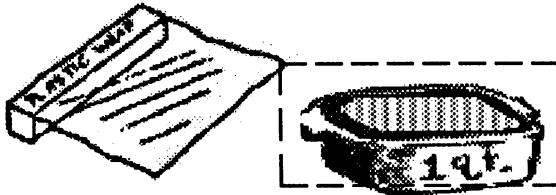
Add 1 drop red pepper sauce to the dish.

7.



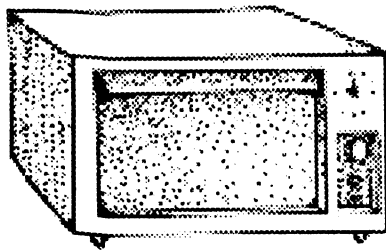
Mix all ingredients together.

8.

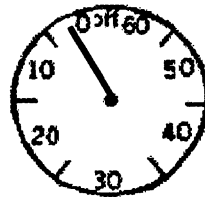


Cover with plastic wrap. Leave a small opening for steam to escape.

9.



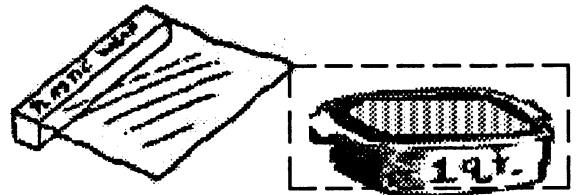
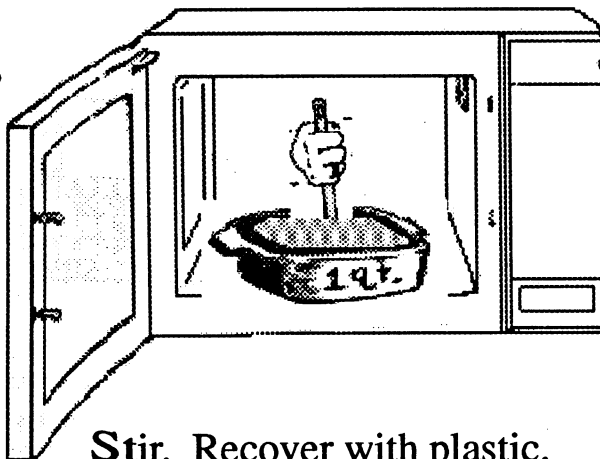
MEDIUM
HIGH



2 minutes
2:00

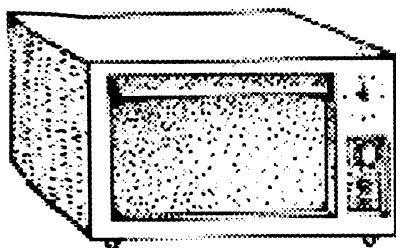
Microwave at MEDIUM HIGH (70 percent) power for 2 minutes.

10.

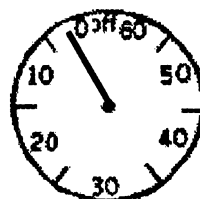


Stir. Recover with plastic.

11.



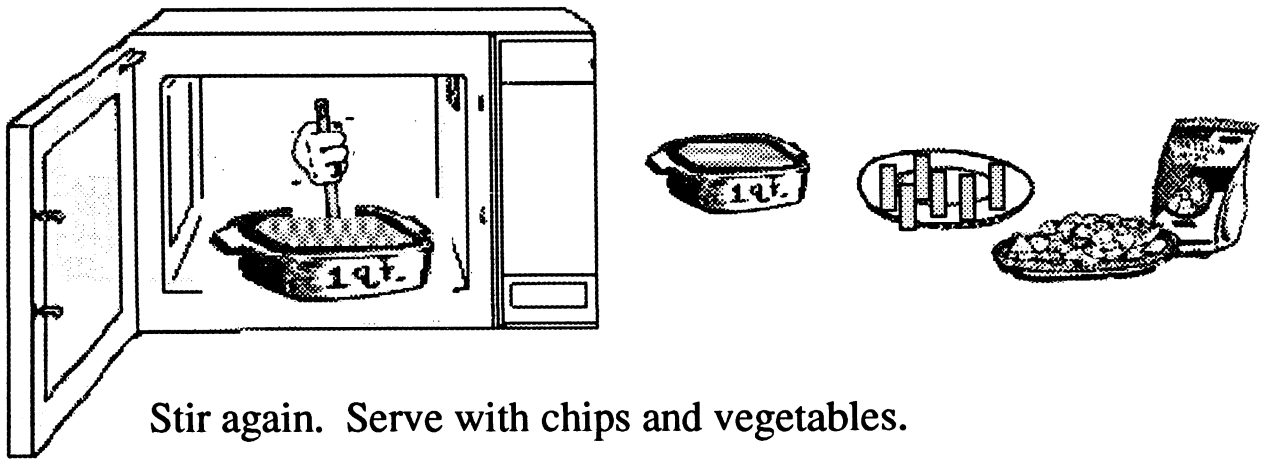
MEDIUM
HIGH



1 minute
1:00

Microwave at MEDIUM HIGH (70 percent) power for 1 minute.

12.



Stir again. Serve with chips and vegetables.

MICROWAVE COOKING CONCEPT #10

CHEESE DIP

You Need:

4 oz. pkg. processed american cheese loaf
2 Tb. chopped green pepper
1 Tb. grated onion
2 Tb. milk
1 drop red pepper sauce
tortilla chips (handful)
celery and carrot sticks
microwave
plate

paring knife
casserole dish
cutting board
Tablespoon
plastic wrap
grater
wooden spoon
water

1. Peel, wash, and cut up vegetables. Put on plate.
2. Cut cheese into small cubes. Place in casserole dish.
3. Wash green pepper. Finely chop green pepper into small pieces. Measure 2 Tb. green pepper and add to casserole dish.
4. Peel onion. Grate onion. Measure 1 Tb. onion and add to casserole dish.
5. Measure 2 Tb. milk and add to the dish.
6. Add 1 drop red pepper sauce to the dish.
7. Mix all ingredients together.
8. Cover with plastic wrap. Leave a small opening for steam to escape.
9. Microwave at MEDIUM HIGH (70 percent) power for 2 minutes.
10. Stir. Recover with plastic.
11. Microwave at MEDIUM HIGH (70 percent) power for 1 minute.
12. Stir again. Serve with chips and vegetables.