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 Tbsp. chopped green pepper
1 Tbsp. grated onion
2 Tbsp. 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.
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.
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.

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