

Name _____

Date _____

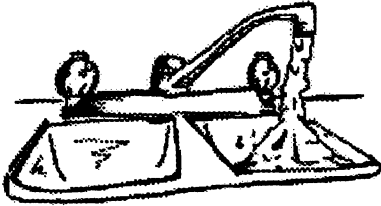
MICROWAVE COOKING CONCEPT #4:

Stir foods while they are cooking. Bring food in the center toward the edge and food at the edge toward the center.

Confetti Rice

Serves 2

You Need:



1/2 cup hot water



1/2 tsp.
chicken bouillon



1/2 cup
instant rice



1/2 cup
frozen vegetables



1 cup liquid
measuring cup



1/2 cup dry
measuring cup



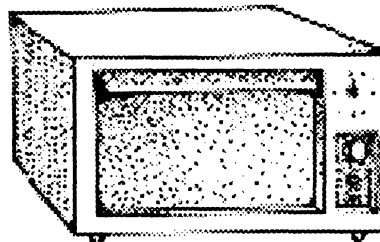
1/2 teaspoon



wooden spoon



plastic wrap

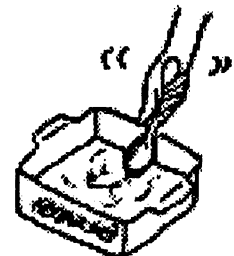
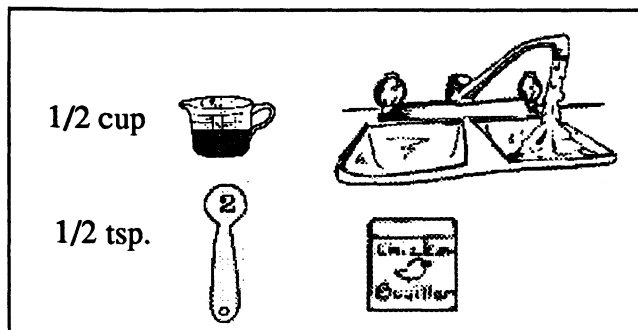


microwave



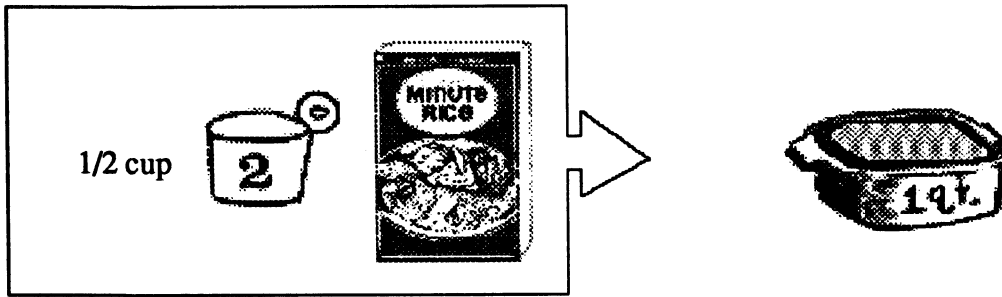
1 qt. casserole dish

1.



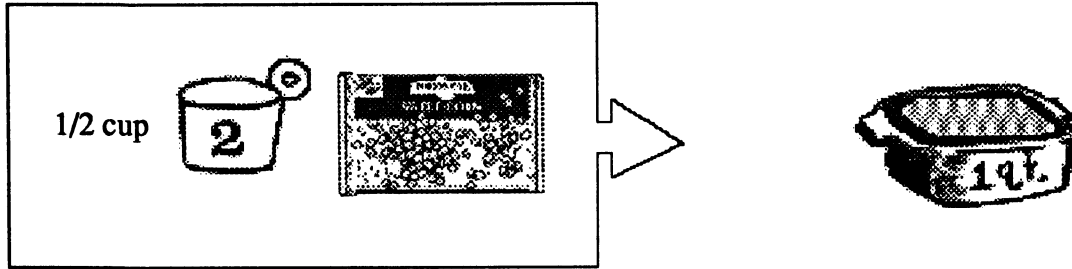
Measure 1/2 cup HOT water⁵³⁴ and 1/2 tsp. chicken bouillon in a casserole dish. Stir.

2.



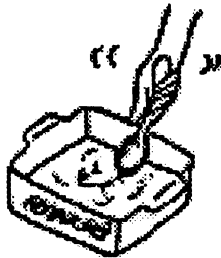
Measure 1/2 cup instant rice and add to the casserole dish.

3.



Measure 1/2 cup frozen mixed vegetables and add to the casserole dish.

4.



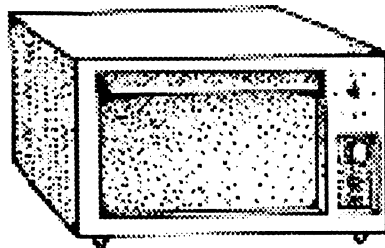
Stir all ingredients.

5.

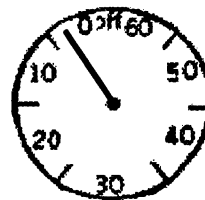


Cover with plastic wrap. Leave a small opening for steam to escape.

6.



HIGH



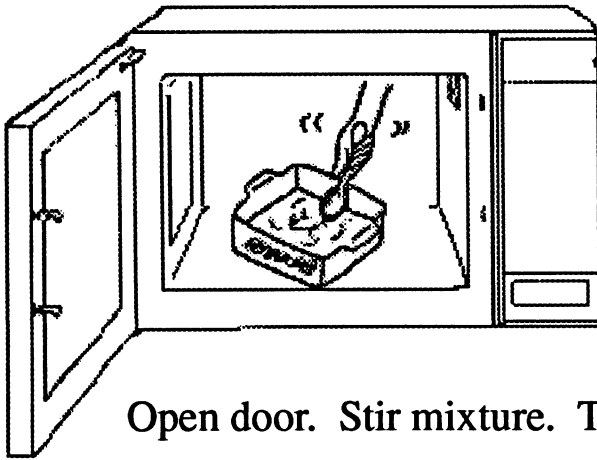
3 minutes

3:00

535

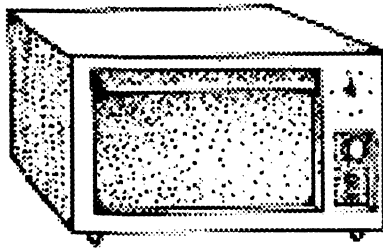
Place in microwave oven. Microwave HIGH power for 3 minutes.

7.

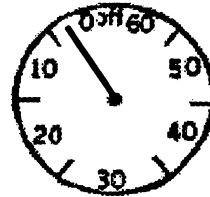


Open door. Stir mixture. Turn dish.

8.



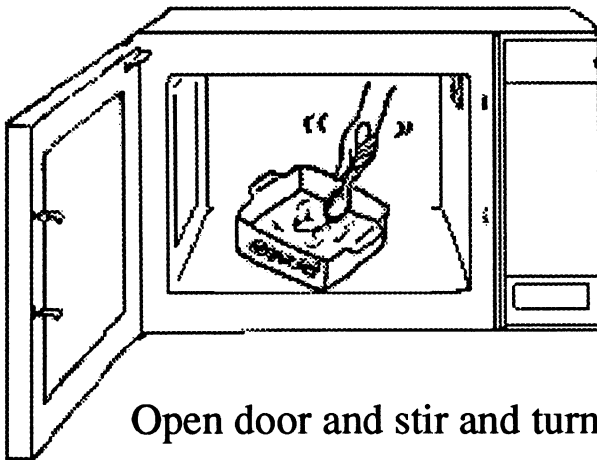
HIGH



2 minutes
2:00

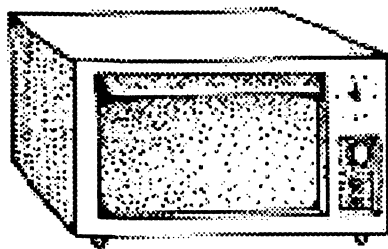
Microwave at HIGH power for 2 minutes.

9.

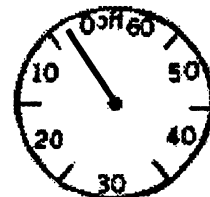


Open door and stir and turn dish again.

10.



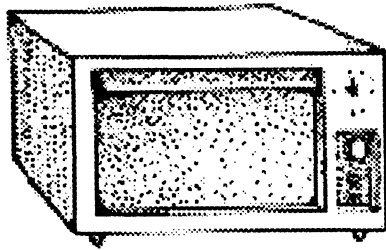
HIGH



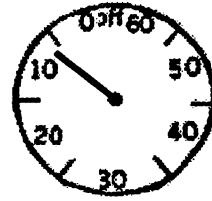
2 minutes
2:00

Microwave at HIGH power for 2 minutes longer. Vegetables and rice should be still firm, but not hard.

6. - 10. If using a carousel microwave:



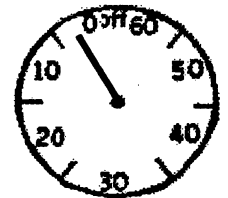
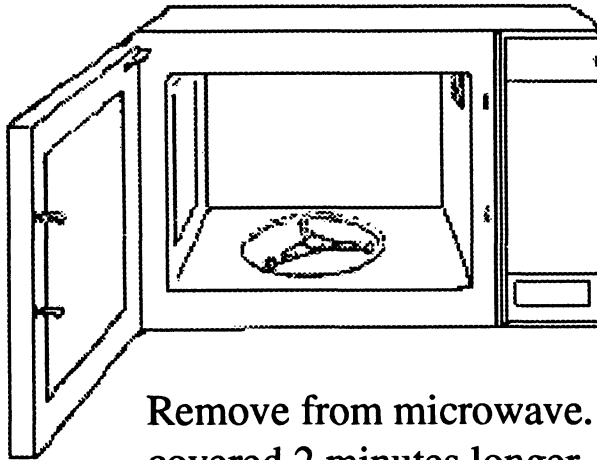
HIGH



7 minutes
7:00

Place in microwave oven. Microwave at HIGH power for 7 minutes. The carousel will rotate the dish.

11.



2 minutes
2:00

Remove from microwave. Let the casserole dish stand covered 2 minutes longer.

MICROWAVE COOKING CONCEPT #4

CONFETTI RICE

You Need:

1/2 cup water	1 cup liquid measuring cup
1/2 tsp. bouillon	1/2 cup dry measuring cup
1/2 cup instant rice	1/2 teaspoon
1/2 cup frozen vegetables	wooden spoon
1 qt. casserole dish	plastic wrap
microwave	1 qt. casserole dish

1. Measure 1/2 cup HOT water and 1/2 tsp. chicken bouillon in a casserole dish. Stir.
2. Measure 1/2 cup instant rice and add to the casserole dish.
3. Measure 1/2 cup frozen mixed vegetables and add to casserole dish.
4. Stir all ingredients.
5. Cover with plastic wrap. Leave a small opening for steam to escape.
6. Place in microwave oven. Microwave at HIGH power for 3 minutes.
7. Open door. Stir mixture. Turn dish.
8. Microwave at HIGH power for 2 minutes.
9. Open door and stir and turn dish again.
10. Microwave at HIGH power 2 minutes longer. Vegetables and rice should be still firm, but not hard.
11. Remove from microwave. Let the casserole dish stand covered 2 minutes longer.

IF USING A CAROUSEL MICROWAVE:

6. - 10. Place in microwave oven. Microwave at HIGH power for 7 minutes. The carousel will rotate the dish.