

MICROWAVE COOKING CONCEPT #6:
Plastic wrap makes a tight cover. Leave a little opening to let some steam escape. Paper towels placed under bread or crackers absorb moisture and help keep the food from getting soggy. Paper towels or wax paper placed over food prevents spatters but allows steam to escape.

Chili Dogs

Serves 2

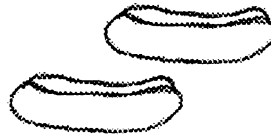
You Need:



1/2 cup chili with beans



2 hot dogs



2 hot dog buns



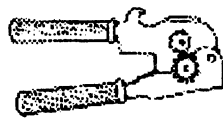
1 oz. cheese



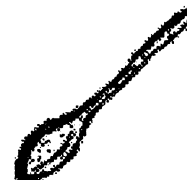
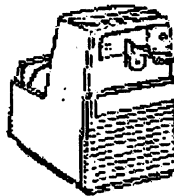
1/2 cup dry measuring cup



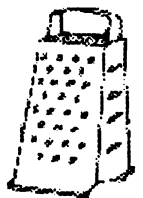
small bowl



hand or electric can opener



wooden spoon



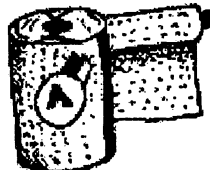
grater



wax paper



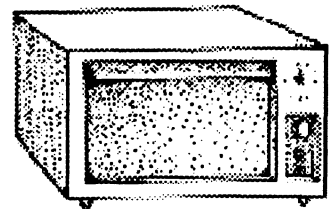
plastic wrap



paper towels

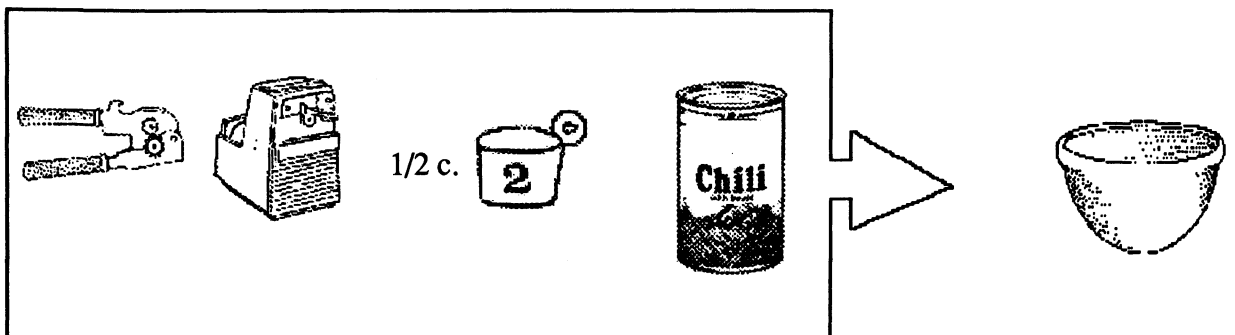


plate



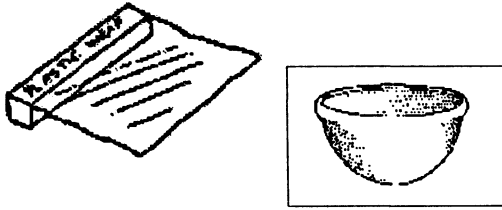
microwave

1.



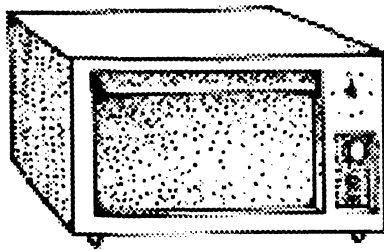
Open can of chili with ~~hand~~ hand or electric can opener. Measure 1/2 cup chili and place in small bowl.

2.

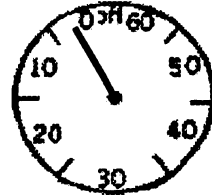


Cover bowl with plastic wrap. Leave a small opening so some steam can escape.

3.



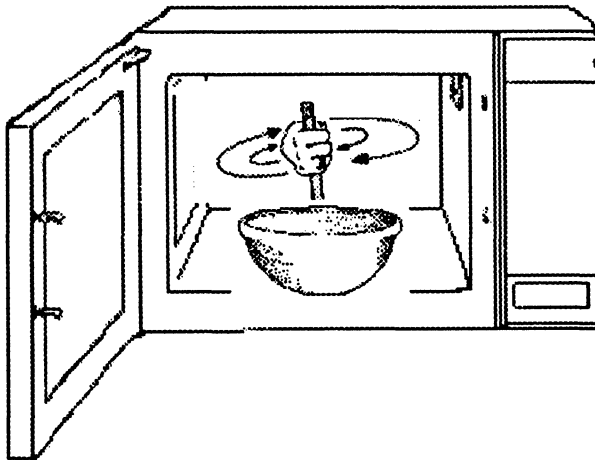
HIGH



30 seconds
:30

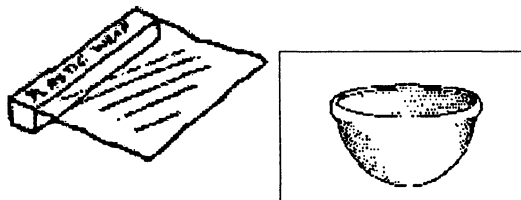
Microwave at HIGH power for 30 seconds.

4.



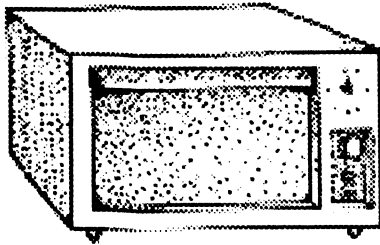
Open door, remove plastic carefully, stir chili.

5.

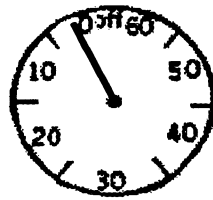


Cover bowl with plastic wrap again.

6.



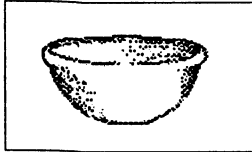
HIGH



30 seconds
:30

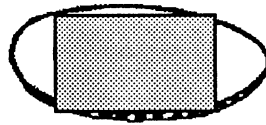
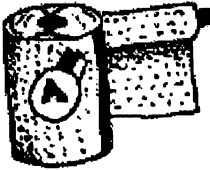
Microwave at HIGH power for 30 seconds longer.

7.



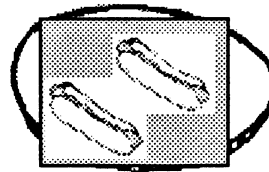
Remove bowl from microwave. Let stand on counter still covered.

8.



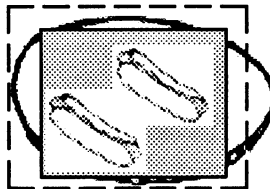
Put a paper towel on a plate.

9.



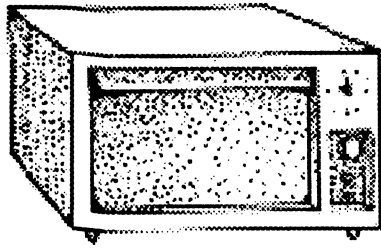
Place hot dogs in each hot dog bun and arrange on plate with paper towel.

10.

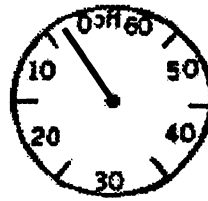


Cover plate with hot dogs with a piece of wax paper.

11.



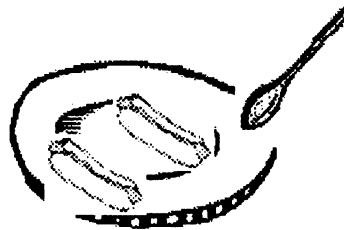
HIGH



1 minute
1:00

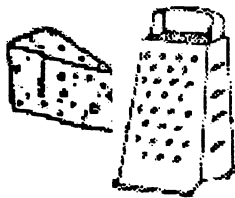
Microwave at HIGH power for 1 minute.

12.



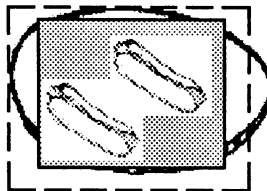
Spoon chili on top of each hot dog.

13.



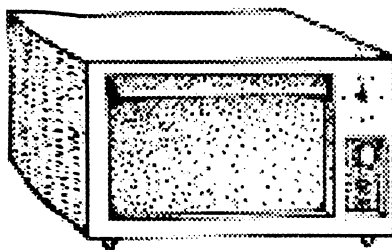
Grate cheese. Sprinkle grated cheese over chili.

14.

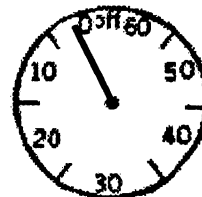


Cover with wax paper again.

15.



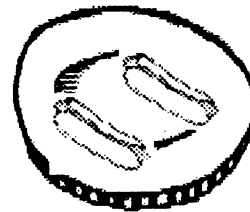
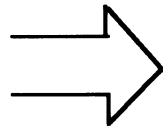
HIGH



30 seconds
:30

Microwave at HIGH power for 30 seconds or until cheese starts to melt.

16.



Transfer Chili Dog to another plate.

CHILI DOGS

You Need:

1/2 cup chili with beans
2 hot dogs
2 hot dog buns
1 oz. cheese
2 plates
1/2 cup dry measuring cup
grater

wax paper
plastic wrap
small bowl
hand or electric can opener
wooden spoon
paper towels
microwave

1. Open can of chili with hand or electric can opener. Measure 1/2 cup chili and place in small bowl.
2. Cover bowl with plastic wrap. Leave a small opening so some steam can escape.
3. Microwave at HIGH power for 30 seconds.
4. Open door, remove plastic carefully, stir chili.
5. Cover bowl with plastic wrap again.
6. Microwave at HIGH power for 30 seconds longer.
7. Remove bowl from microwave. Let stand on counter still covered.
8. Put a paper towel on a plate.
9. Place hot dogs in each hot dog bun and arrange on plate with paper towel.
10. Cover plate with hot dogs with a piece of wax paper.
11. Microwave at HIGH power for 1 minute.
12. Spoon chili on top of each hot dog.
13. Grate cheese. Sprinkle grated cheese over chili.
14. Cover with wax paper again.
15. Microwave at HIGH power for 30 seconds or until cheese starts to melt.
16. Transfer Chili Dog to another plate.