MICROWAVE COOKING CONCEPT #8:
Larger amounts of food need a longer time to cook than smaller amounts of food.

Ingredients for 1 serving:
1 large apple
3/4 tsp. lemon juice
1 Tbs. margarine
2 Tbs. brown sugar
2 Tbs. oatmeal
1 Tbs. flour
1/4 tsp. cinnamon

Apple Crisp
Serves 2

You Need:

2 large apples
2 Tbsp. flour
1 tsp. + 1/2 tsp. lemon juice
1/2 tsp. cinnamon
2 Tbsp. margarine
1/4 cup brown sugar
1/4 cup oatmeal
paring knife
paring knife
metal spatula
rubber spatula
Tablespoon
1 teaspoon
1/2 teaspoon
1/4 cup dry measuring cup

Cutting Board
Bowl
Casserole Dish
Wooden Spoon
Microwave
1. Get 2 apples. Cut apples in half and then half again to make 4 pieces each.

Core each section. Peel apples with knife or peeler.

2. Slice apples into pieces into casserole dish.

3. Measure 1 tsp. + 1/2 tsp. lemon juice. Sprinkle over apples. SET ASIDE.

5. Put margarine in microwave. Microwave at HIGH power for 45 seconds until margarine is melted.

6. Measure 1/4 cup brown sugar, 1/4 cup oatmeal, 2 Tb. flour and 1/2 tsp. cinnamon. Add to melted margarine.

7. Stir ingredients together until crumbly.
8. Sprinkle topping over apples.

9. Microwave at HIGH power 3 - 4 minutes or until apples are tender. Rotate dish once or twice during cooking time.
MICROWAVE COOKING CONCEPT #8

APPLE CRISP

You Need:

2 large apples  
1 tsp. + 1/2 tsp. lemon juice  
2 Tb. margarine  
1/4 cup brown sugar  
1/4 cup oatmeal  
2 Tb. flour  
1/2 tsp. cinnamon  
Tablespoon  
1 teaspoon  
1/2 teaspoon

paring knife  
peeler  
metal spatula  
rubber spatula  
cutting board  
casserole dish  
bowl  
1/4 cup dry measuring cup  
wooden spoon  
microwave

1. Get 2 apples. Cut apples in half and then half again to make 4 pieces. Core each section. Peel apples with knife or peeler.

2. Slice apples into pieces into casserole dish.

3. Measure 1 tsp. + 1/2 tsp. lemon juice. Sprinkle over apples. SET ASIDE.


5. Put margarine in microwave. Microwave at HIGH power for 45 seconds until margarine is melted.

6. Measure 1/4 cup brown sugar, 1/4 cup oatmeal, 2 Tb. flour, and 1/2 tsp. cinnamon. Add to melted margarine.

7. Stir ingredients together until crumbly.

8. Sprinkle topping over apples.

9. Microwave at HIGH power 3 - 4 minutes or until apples are tender. Rotate dish once or twice during cooking time.