

Name \_\_\_\_\_

Date \_\_\_\_\_

**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

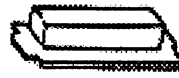
**You Need:**



2 large apples



1 tsp. + 1/2 tsp.  
lemon juice



2 Tbs. margarine



1/4 cup  
brown sugar



1/4 cup  
oatmeal



2 Tbs. flour



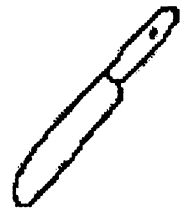
1/2 tsp. cinnamon



peeler



paring knife



metal spatula



rubber spatula



Tablespoon



1 teaspoon



1/2 teaspoon



1/4 cup dry  
measuring cup



cutting board



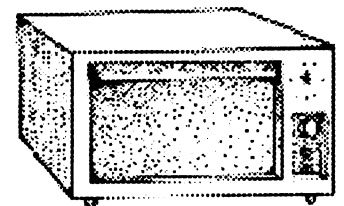
bowl



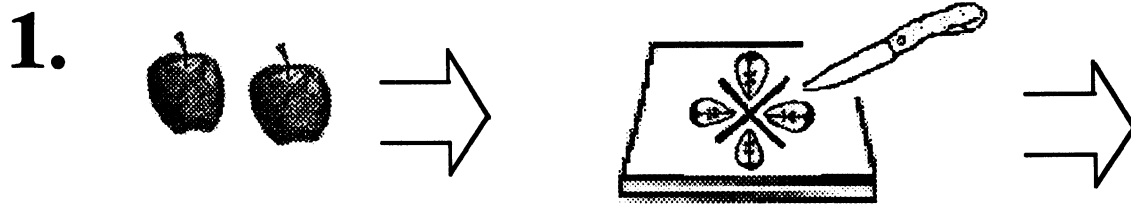
1 qt.  
casserole dish



wooden spoon

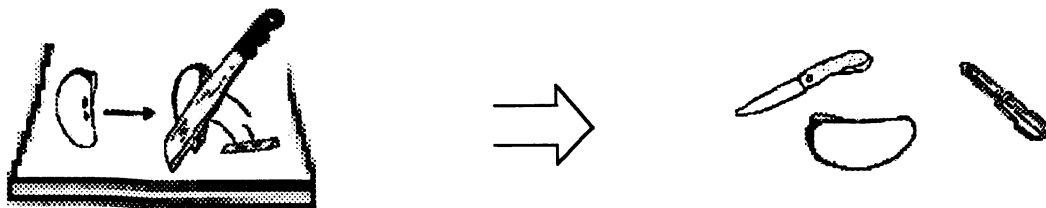


microwave



Get 2 apples. Cut apples in half and then half again to make 4 pieces each.

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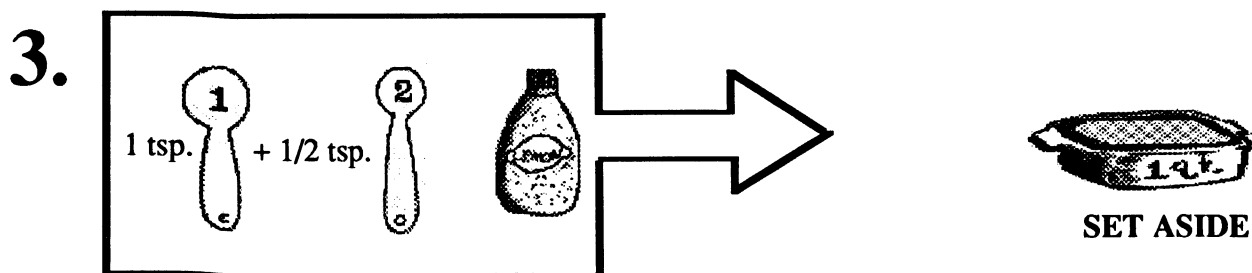
Core each section. Peel apples with knife or peeler.

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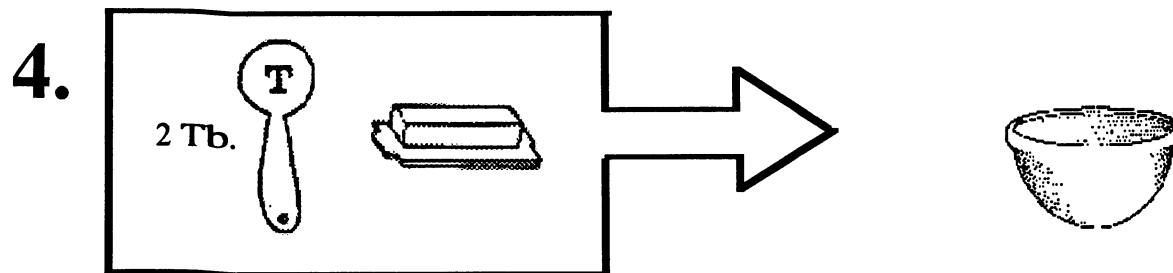
Slice apples into pieces into casserole dish.

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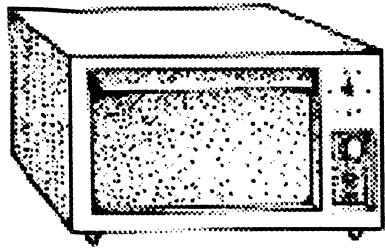
Measure 1 tsp. + 1/2 tsp. lemon juice. Sprinkle over apples. SET ASIDE.

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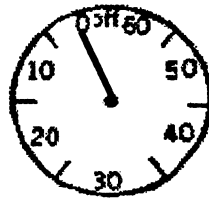


Measure 2 Tb. margarine. Put into bowl.

5.



HIGH

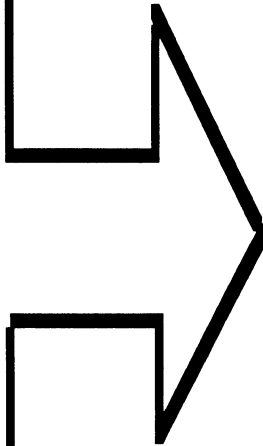
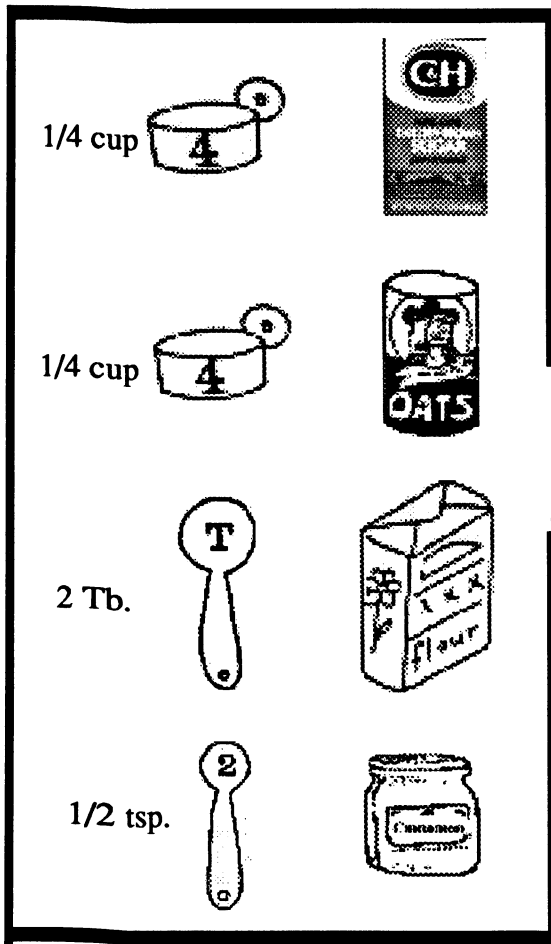


45 seconds  
:45

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

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6.



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

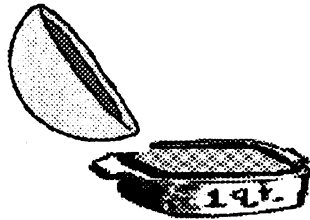
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7.



Stir ingredients together<sup>561</sup> until crumbly.

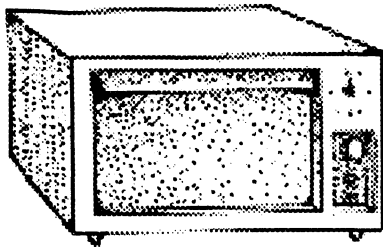
8.



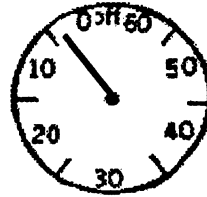
Sprinkle topping over apples.

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9.



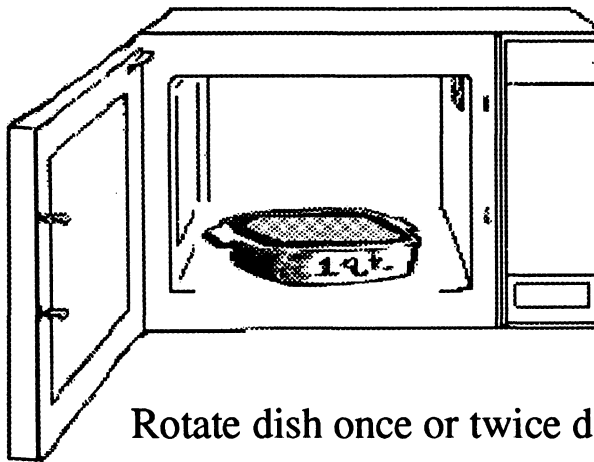
HIGH



3 - 4 minutes  
3:00 - 4:00

Microwave at HIGH power 3 - 4 minutes or until apples are tender.

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Rotate dish once or twice during cooking time.

## MICROWAVE COOKING CONCEPT #8

### APPLE CRISP

#### You Need:

|                               |                           |
|-------------------------------|---------------------------|
| 2 large apples                | paring knife              |
| 1 tsp. + 1/2 tsp. lemon juice | peeler                    |
| 2 Tb. margarine               | metal spatula             |
| 1/4 cup brown sugar           | rubber spatula            |
| 1/4 cup oatmeal               | cutting board             |
| 2 Tb. flour                   | casserole dish            |
| 1/2 tsp. cinnamon             | bowl                      |
| Tablespoon                    | 1/4 cup dry measuring cup |
| 1 teaspoon                    | wooden spoon              |
| 1/2 teaspoon                  | 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.
4. Measure 2 Tb. margarine. Put into bowl.
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.