

# MICROWAVE MODE COOKING GUIDE

	Power Level	Time	Utensil/Rack Position
Baked Potato	600 W	8 - 10 mins	Microwave safe plate, floor of oven.
Baked Sweet Potato	600 W	8 - 10 mins	1 medium sized sweet potato, approx ½ lb. Microwave safe plate or glass oven tray, rack position 1.
Chicken Tenders	600 W	3 - 4 mins	Microwave safe plate or glass oven tray. Cook uncovered.
Microwave Popcorn	600 W	4 mins	Place the bag as directed on the floor of the oven.
Nachos	600 W	1 - 2 mins	Place the tortilla chips on a microwave safe plate and cook for 40 seconds to toast the chips. Add the cheese and toppings, cook for 45 seconds or until cheese has just melted.
Oatmeal	600 W	1 min 30 sec	Combine ½ cup oats with 1 ¼ cups water and a pinch of salt in an oven safe bowl. Cover and cook for 1 minute 30 seconds. Stir and cook for another 20 seconds if needed, allow to settle before serving.
Poached Eggs	600 W	1 min 30 sec	Crack egg into ½ cup of water in a microwave safe container. Place on oven floor, remove with slotted spoon when done.
Regular Popcorn	600 W	6 mins	Place ½ cup popping corn into a large bowl, cover with microwave safe lid or plate.
Rice	600 W	20 mins	Combine 1 cup rice, 1 ½ cups water, 1 tbsp butter, and salt in a large microwave safe bowl. Glass tray rack position 1.
Scrambled Eggs	360 W	2 mins	Crack eggs into a lightly oiled oven safe bowl and mix well. Place on the glass oven tray, rack position 1 and cook for 30 seconds. Stir and repeat every 30 seconds until eggs begin to set. Allow to settle before serving.

Detailed information for Microwave cooking can be found in the product User Guide.