

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

October 2021

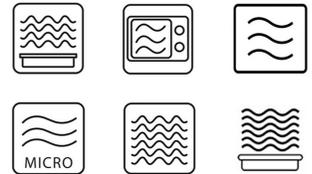
Brought to you by your
Licensed Dietitian Nutritionist

Microwave Like a Pro

The microwave is a great tool to speed up and simplify cooking at home. Here are some tips to microwaving like a pro.

1. Cover food to keep in moisture, prevent splatters, and promote even cooking. Use microwave-safe containers to cook or reheat food.
2. Thaw food quickly using the defrost option.
3. Stir or rotate the food for even cooking.
4. Use a food thermometer to ensure your food reaches the correct cooking temperature.
5. Do not use a microwave that operates with the door open.
6. Put your food on the outer ring of the turntable to keep the food moving while it cooks.

MICROWAVE OVEN SAFE SYMBOLS



Meatloaf in a Mug

Ingredients

- 1/4 pound ground beef, 85% lean (or leaner)
- 2 tablespoons oatmeal
- 1 tablespoon catsup
- 2 teaspoons milk, 1%
- 1 teaspoon dry onion mix

Directions

1. Combine all ingredients and stir to mix.
2. Spray microwave-safe mug with cooking spray.
3. Pat beef mixture into mug. Make a small hole in the center, all the way to the bottom.
4. Microwave on HIGH (100%) for 3 minutes or until done.

Find more great recipes for the microwave on <https://www.myplate.gov/myplate-kitchen/recipes>.
Filter your search by Cooking Equipment: Microwave.

It's Hurricane Season

Call 727-456-0222 ext-2241 for our operational status during a major storm. Keep your hurricane (shelf-stable) box until December 1 if we have to cancel deliveries



October is National Breast Cancer Awareness Month

National Breast Cancer Awareness Month was founded in 1985 to raise funds for the research into the cause, prevention, diagnosis, treatment & cure of breast cancer.

Want simple microwave meal recipes?

Call 727-573-9444 to speak with your licensed dietitian.

Sources: Cooking with a Microwave (eatright.org); 5 Tips for Using Your Microwave Oven Safely | FDA; Cooking with Microwave Ovens | Food Safety and Inspection Service (usda.gov); Breast Cancer Awareness Month - National Breast Cancer Foundation