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Overview



Look 'n Cook Microwave Cookbook is a practical **survival** cookbook for nonreaders and beginning cooks. Recipes are presented in pictures and text, but require little reading ability and no cooking experience.

The cookbook is designed to teach microwave cooking techniques, with independent use as the eventual goal. If you make copies of the recipes, you can give every student a copy and each step can be crossed out when it's done.



Microwave cooking is generally a faster and safer cooking method than conventional cooking. Certain cooking techniques and safety skills are still required, however. The companion **Look 'n Cook Microwave Lesson Plans** presents the skills required to do microwave cooking in 34 structured lessons. Be sure everyone using this cookbook learns at least the basics of microwave cooking.



Use only microwavable cookware.
(Never use metal dishes in the microwave.)



Never activate the oven while it's empty.



Always use oven mitts when handling microwaved dishes.



Let food stand when it's removed from the microwave.



To make meal planning easier the cookbook is divided into six sections: **Breakfasts, Soups and Beverages, Main Dishes, Side Dishes, Vegetables,** and **Desserts and Snacks.** There is also an illustrated **Shopping List** showing the ingredients needed for each recipe.



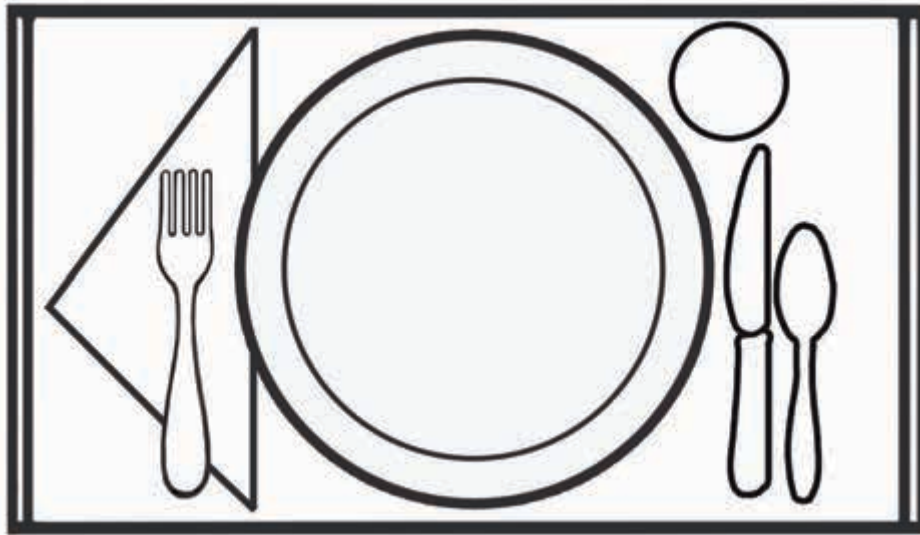
Please Note!

Microwaves vary in power and setup. This cookbook was developed using a medium range microwave oven (850 watts) as the standard. If your microwave is much more or less powerful, you may need to adjust the time for some recipes. The recipes also use the most common control features on a push button oven rather than a dial control oven. Again, your oven

may vary and require some editing of the recipes. For example, on most microwaves you push a **time** button and then enter the numbers for the time. On other microwaves, however, you skip the **time** button and just enter the digits.

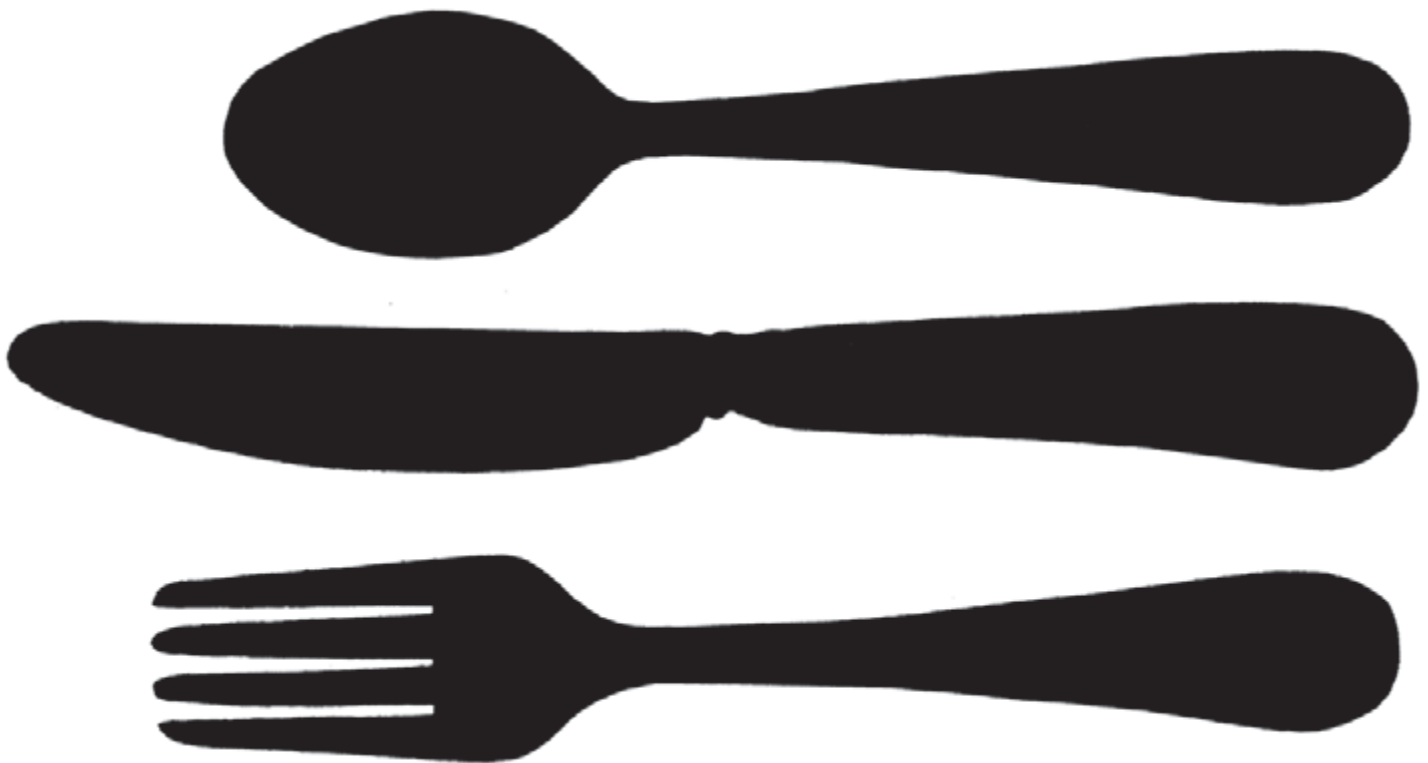
Setting the Table

Cut a paper placemat to define the eating area and draw the utensils and dishes, or paste pictures of them, on the placemat. The person setting the table matches the utensils with the pictures to set the table correctly. When this skill is mastered, try using a regular placemat without illustrations.



Utensil Patterns

Trace or copy these silhouettes for your placemat utensils.



Preparing to Cook

Color Coding

The recipes in this cookbook can be color-coded to make the measurements and temperatures easier to use. If you use the **Look 'n Cook Cookbook** for conventional recipes, you already know the system. To color-code these recipes, affix colored plastic tape to your microwave oven and measuring cups and spoons. Each recipe is color-coded for the **clear**, **time**, **power**, and **start** directions for the microwave. The measuring cups and spoons used in each recipe are also color-coded. If anyone using the cookbook has difficulty with color discrimination, use symbols such as square, circle, triangle, and star instead of, or in addition to, the colors.



Attainment's
**Look 'n Cook
Cookbook**
for conventional
cooking



To color-code your microwave, use colored tape:

clear	— yellow tape
time	— blue tape
power	— red tape
start	— green tape

Color-Coding Utensils

To color-code your recipes, wrap colored tape on the handles of your cups, teaspoons, and tablespoons with the corresponding colors used in this cookbook.

red		1 cup	red		1 tablespoon
yellow		½ cup	yellow		1 teaspoon
blue		⅓ cup	blue		½ teaspoon
green		¼ cup	green		¼ teaspoon

Utensils

To prepare the recipes in the **Look 'n Cook Microwave Cookbook**, you need to equip your kitchen with a variety of standard kitchen utensils. These are the utensils used in the recipes.



2 qt. glass dish with lid



plate



mug



large bowl



2 small bowls



2 soup bowls



colander



can opener



food chopper



cookie sheet



cutting board



oven mitts



wooden spoon



tongs



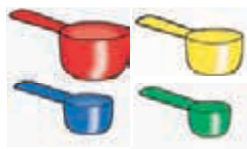
knife



fork



spoon



measuring cups



measuring spoons



ladle



cutting knife



timer



paper towels



scissors



stand mixer



wax paper

Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page.

Start the recipe by getting out the cooking supplies and ingredients shown in the top row.

Follow the recipe steps across the page from left to right. **Read across** both pages if the recipe is two pages long.

One Page Recipe

Completed dish

Supplies

The numbered steps read from left to right

Page number

Number of people served

Ingredients

Two Page Recipe

Completed dish

Supplies

The numbered steps read from left to right

Page number

Ingredients

Number of people served



Serves one

Heat and Enjoy Soup Bowl



oven mitts



Heat and Enjoy Soup



1. Pinch the tabs on the plastic cover to remove. Set aside.



2. Pull the tab to remove the metal cover and discard.



3. Put the plastic cover back onto the bowl. Snap into place.



4. Put on the oven mitts. Put the bowl in the microwave.



5. Close the door. Push **clear**.



6. Push **time**. Push **1 3 0**.



7. Push **start**.



































8. When the oven beeps, put on the oven mitts. Remove the bowl.



9. Let stand **3** minutes.



10. When the bell rings, remove the plastic cover. Serve.

					
Baked Ham	1½ lbs. ham	8 oz. pineapple chunks			
					
Beans and Wieners	wieners	15 oz. baked beans			
					
Meatloaf	1½ lbs. ground beef	11 oz. tomato juice	oats	egg	onion
					
Sloppy Joes	1 lb. ground beef	sloppy joe mix	6 oz. tomato paste	hamburger buns	
					
Meatballs	1 lb. ground beef	small onion	egg	Italian style bread crumbs	garlic powder
					
Italian Macaroni Casserole	1 lb. ground beef	26 oz. spaghetti sauce	8 oz. tomato sauce	elbow macaroni	shredded cheese
					
Fish Sticks	frozen fish sticks	lemon juice			