



MIXED VEGETABLES – 1/2 Pound

Here's how to cook one half pound of frozen mixed vegetables in the microwave oven.



- _____1. Get 1/2 pound frozen mixed vegetables (open package).
Get microwave safe dish with cover.
Get measuring spoons.
Get water.
Get potholders.



- _____2. Put mixed vegetables into dish.



- _____3. Measure 2 tablespoons water.



- _____4. Put water into dish. Cover dish.



_____ 5. Open microwave. Put dish in.



_____ 6. Close microwave.



_____ 7. Set microwave for 5 minutes. Start.



_____ 8. Open microwave.



_____ 9. Put on potholders. Turn dish.



_____ 10. Close microwave.



_____ 11. Take off potholders.



_____ 12. Set microwave for 6 minutes. Start.



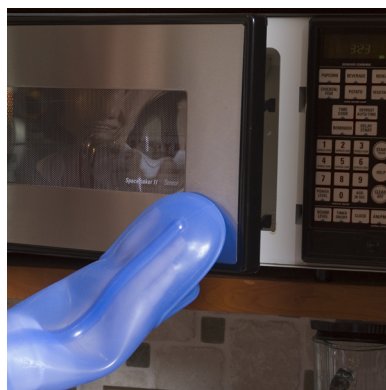
_____13. Open microwave.



_____14. Put on potholders.



_____15. **Careful!** Take dish out of microwave.



_____16. Close microwave.



_____17. **Careful!** Take off cover.



_____18. Take off potholders.

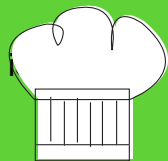


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Here's how to cook one half pound of frozen mixed vegetables in the microwave oven.

Use in salads, as an ingredient in another dish, and as a side dish.

- _____ 1. Get 1/2 pound frozen mixed vegetables (open package). Get microwave safe dish with cover. Get measuring spoons. Get water. Get potholders.
Get one half pound of frozen mixed vegetables, a clean microwave safe dish with a cover, a clean set of measuring spoons, water from a faucet, and clean potholders.
- _____ 2. Put mixed vegetables into dish.
Put the mixed vegetables into the dish.
- _____ 3. Measure 2 tablespoons water.
Using the measuring spoons and water from the faucet, measure two tablespoons of water.
- _____ 4. Put water into. Cover dish.
Put the water from the tablespoons into the dish with the mixed vegetables.
Put the cover on to the dish.
- _____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.
- _____ 6. Close microwave.
Close the microwave oven door.
- _____ 7. Set microwave for 5 minutes. Start.
Set the microwave oven cook timer for five minutes.
Start the microwave oven.
- _____ 8. Open microwave.
Open the microwave oven door.



- _____ 9. Put on potholders. Turn dish.
Put the potholders on to your hands as an extra precaution.
Using your hands, turn the dish one half turn.
- _____ 10. Close microwave.
Close the microwave oven door.
- _____ 11. Take off potholders.
Take the potholders off of your hands.
- _____ 12. Set microwave for 6 minutes. Start.
Set the microwave oven cook timer for six minutes.
Start the microwave oven.
- _____ 13. Open microwave.
Open the microwave oven door.
- _____ 14. Put on potholders.
Put the potholders on to your hands.
- _____ 15. **Careful!** Take dish out of microwave.
Using your hands, carefully take the dish out of the microwave oven
and put it on to a safe surface.
- _____ 16. Close microwave.
Close the microwave oven door.
- _____ 17. **Careful!** Take off cover.
Using your one hand and the potholder, hold the dish so that it is steady.
Using your other hand and the potholder, carefully take off the cover
from the dish and put it on to a safe surface.
- _____ 18. Take off potholders.
Take the potholders off of your hands.



MIXED VEGETABLES – 1 Pound

Here's how to cook one pound of frozen mixed vegetables in the microwave oven.



- _____1. Get 1 pound frozen mixed vegetables (open package).
Get microwave safe dish with cover.
Get liquid measuring cup.
Get water.
Get potholders.



- _____2. Put mixed vegetables into dish.



- _____3. Measure 1/4 cup water.



- _____4. Put water into dish. Cover dish.



_____ 5. Open microwave. Put dish in.



_____ 6. Close microwave.



_____ 7. Set microwave for 7 minutes. Start.



_____ 8. Open microwave.



_____ 9. Put on potholders. Turn dish.



_____ 10. Close microwave.



_____ 11. Take off potholders.



_____ 12. Set microwave for 7 minutes. Start.



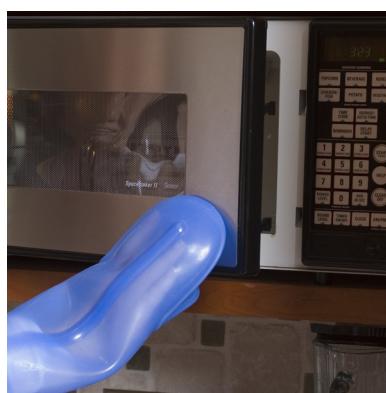
_____13. Open microwave.



_____14. Put on potholders.



_____15. **Careful!** Take dish out of microwave.



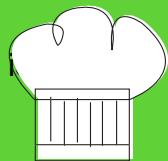
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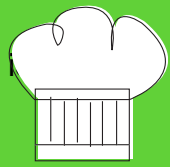


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Use in salads, as an ingredient in another dish, and as a side dish.

- _____ 1. Get 1 pound frozen mixed vegetables (open package). Get microwave safe dish with cover. Get liquid measuring cup. Get water. Get potholders.
Get one pound of frozen mixed vegetables, a clean microwave safe dish with a cover, a clean liquid measuring cup, water from a faucet, and clean potholders.
- _____ 2. Put mixed vegetables into dish.
Put the mixed vegetables into the dish.
- _____ 3. Measure 1/4 cup water.
Using the liquid measuring cup and water from the faucet, measure one quarter cup of water.
- _____ 4. Put water into dish. Cover dish.
Put the water from the measuring cup into the dish with the mixed vegetables.
Put the cover on to the dish.
- _____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.
- _____ 6. Close microwave.
Close the microwave oven door.
- _____ 7. Set microwave for 7 minutes. Start.
Set the microwave oven cook timer for seven minutes.
Start the microwave oven.
- _____ 8. Open microwave.
Open the microwave oven door.



- _____ 9. Put on potholders. Turn dish.
Put the potholders on to your hands as an extra precaution.
Using your hands, turn the dish one half turn.
- _____ 10. Close microwave.
Close the microwave oven door.
- _____ 11. Take off potholders.
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Using your hands, carefully take the dish out of the microwave oven
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