



Recipe: Cinnamon-Apple Cranberry Oatmeal

Equipment needed

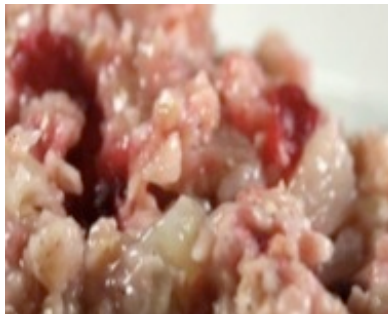
Microwave
Spoon
Bowl with tall sides
1/8 and 1 teaspoon, tablespoon, 1/2 cup measuring utensils

Ingredients needed

3 tablespoons quick oatmeal, uncooked	1 tablespoon dried cranberries
1/2 cup unsweetened applesauce	1/2 cup water
1/8 teaspoon ground cinnamon	

Directions

1. Mix all ingredients together in a bowl with tall sides
2. Microwave for 1-2 minutes on high





Recipe: Seasoned Scrambled Eggs

Equipment needed

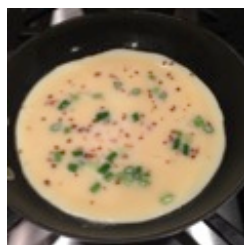
- Skillet or griddle or electric skillet
- Spatula
- Cutting board & Knife
- Whisk or table fork
- Small bowl
- 1/2 teaspoon and 1/4 cup measuring utensils

Ingredients needed

2 eggs	1/4 cup milk
approximately a 1/2 teaspoon of butter	sliced green onion
teaspoon roasted red pepper flakes	

Directions

1. Slice green onion in 1/4 wide pieces
 2. Break eggs into small bowl and add milk, onion and peppers
 3. Using a whisk or fork, blend eggs and milk in a quick, circular – lifting motion (incorporates air into the egg mixture)
 4. Heat butter on medium heat and add eggs mixture
 5. Cook about 1 minute or until the edges just start to firm around the mixture
 6. Using a plastic or rubber fork, stir the mixture to 'scramble'
 7. For soft scrambled – cook until just getting firm
 8. For hard scrambled – continue to stir and cook until eggs are completely set
- Tip: Watch the eggs so as not to let them burn (brown see last image below)



#4



#6 and the brown= burn/overcooked



Recipe: Microwave Rice

Equipment needed

Microwave
Strainer
Large microwave-safe bowl
Spoon
Plastic wrap or lid
1 cup measuring utensil

Ingredients needed

1 cup rice

2 cups water

1 dash salt

optional seasonings (onion, peppers, tarragon)

Directions

1. Put rice in a micro-safe bowl
2. Add water
3. Stir
4. Add salt
5. Stir together
6. Cover with vented plastic wrap or a loose plastic cover
7. Microwave on high for 12 minutes
8. Let rest for 5 minutes
9. Dump rice into a strainer and rinse under cold water
10. Place in micro-safe serving dish (or back in the rinsed out bowl), add seasonings to taste (onion soup mix, salt and pepper, bell or hot peppers) and heat on medium for 5 minutes until it reaches desired serving temperature