Quick Microwave Dishes for Kids

It seems that kids are always hungry, especially after school. We want to encourage them to cook, but we don’t like them using knives or the oven when we aren’t there to watch. Before letting the kids loose in the kitchen alone, remind them:

- Things can catch fire in the microwave, especially if the water boils away
- Keep a fire extinguisher in the kitchen. If you do not have one, keep a big box of baking soda in the cabinet. In case of a fire, pour it on and put out the flames
- Always wash hands first
- Read directions all the way through before you start
- Use the right kind of dish – nothing metal goes into the microwave
- Wipe out the microwave after cooking so it is clean for the next time.

Here are some easy microwave dishes they can do by themselves after you have checked them out on microwave use and safety.

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**Microwave Cracker Pizza**

**Ingredients**

- Crackers (any kind, but whole wheat work very well)
- Pizza sauce (leftover spaghetti sauce is fine)
- Pizza toppings of your choice (slices of pepperoni, ham, chopped onions, sliced onions, peppers or olives, etc)
- Finely shredded mozzarella cheese

**Directions**

1. Spread each cracker with 1/2 teaspoon pizza sauce, place a slice of pepperoni on top, and sprinkle with about 1 tablespoon of shredded mozzarella cheese. Place crackers onto a microwave safe plate.
2. Microwave on High for 1 to 2 minutes, until cheese melts.

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**Brown Bag Popcorn**

**Ingredients**

- Brown paper bag
- ¼ cup popcorn kernels
- 1 Tbs cooking oil

**Directions**

- Put the popcorn and oil into the bag.
- Fold the top twice to close and tape it shut.
- Place the bag into the microwave and cook for 3 to 5 minutes. Listen closely and take it out when the popping stops.
- Eat it right out of the bag!

**Hint:** For flavored popcorn, shake in one of the following ingredients. If you have trouble getting the topping to stick, pour the popcorn out, spray it with non-stick coating spray and then shake on the toppings.

- Cinnamon and a little sugar
- Ranch powder or dry salad dressing mix
- For cheese popcorn, use the dry cheese packet that comes in the macaroni and cheese box (use the macaroni to make something else)
Microwave Cheese Wrap

Ingredients

- Tortilla (whole wheat works best, but other kinds work too)
- Piece of string cheese

Directions

1. Lay the tortilla on a microwave safe plate.
2. Lay the string cheese in the center and roll the tortilla around the cheese
3. Lay the wrap seam side down on the plate
4. Microwave for about one minute until it is hot.

Options:

- Make a pizza wrap by adding spaghetti sauce
- Roll up slices of deli meat and sliced cheese instead of a string cheese
- Add other ingredients like sliced pepper, mushrooms, onions and grated carrots
- You can substitute ¼ cup shredded cheese for the string cheese