

Download Microwave Cooking Diabetes Recipes

All recipes and menus are provided with the implied understanding that directions for exchange sizes will be strictly adhered to, and that blood glucose levels can be affected by not following individualized dietary guidelines as directed by your physician and/or healthcare team. From melting chocolate to cooking vegetables, your microwave is a value and time-saving tool in the kitchen. These healthy recipes for dinner, desserts, snacks and side dishes can be made strictly in your microwave. Try making a healthy recipe in your microwave today! Cover dishes with microwave-safe clingfilm and always pierce the film before cooking. Stir, turn, and rotate foods frequently during cooking to ensure heat is distributed evenly. Do this even if your microwave plate rotates during cooking. Allow cooked food to rest for a minute or two after the cooking time. This ensures the heat is evenly distributed through the food. One of the main reasons that we like microwave cooking is that we can cook delicious meals with little or no fat, an important consideration when you're trying to eat well with diabetes (either type 1 diabetes or type 2 diabetes). The microwave can help you make fast, diabetes-friendly meals that