

The following table will give the wattages specified in the recipes included in the file with this note.

Power Level Settings	Percent Of Power Output	Wattage
High	100%	550
Medium-High	70%	385
Medium	50%	275
Medium-Low	30%	165
Low	10%	55

Those of you with a single setting on your microwave will have to experiment with the length of time that it takes each dish to cook in your own Microwave Oven.

This recipe file was created using Meal Master Version 5.54 and can be incorporated into the program using the import utility. Just import the file and it will ask you if you want to include it in the Data Base.

I hope that you enjoy all of the recipes in this file. It is from Betty Crocker's "Microwave Cooking" Cookbook.

It is donated as public domain and all that I ask is that it be posted with this note attached giving the credit where it is due.

<<Rich>>
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