



GE APPLIANCES

OWNER'S MANUAL

MICROWAVE OVEN

“Recipe book not included”

IMPORTANT SAFETY INSTRUCTIONS READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

▲WARNING To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

When using electrical appliances, basic safety precautions should be followed, including the following:

- Read all instructions before using this appliance.
- Read and follow the specific precautions in the **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** section.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This appliance should be serviced only by qualified service perso nel. Contact a service center.

INSTALLATION

- Install or locate this appliance only in accordance with the provided installation instructions.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the **GROUNDING INSTRUCTIONS** section.
- Be certain to place the front surface of the door 3 inches or more back from the counter top edge to avoid accidental tipping of the appliance in normal usage.
- Recommended clearances: 3 inches on each side, 3 inches on the top, and 1 inch in the rear.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Keep power cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not immerse power cord or plug in water.
- Do not cover or block any opening on the appliance.
- Do not store this appliance outdoors. Do not use this product near water - for example, in a wet basement, near a swimming pool, or in a similar location.
- Do not mount over a sink.

TO REDUCE THE RISK OF FIRE IN THE CAVITY:

- Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
- Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
- If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
- Do not store any materials in the oven when not in use. Do not leave paper products, cooking utensils, or food in the cavity when not in use. All racks should be removed from oven when not in use.
- Do not operate the microwave feature without food in the oven.

TO REDUCE THE RISK OF BURNS

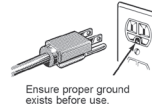
- Be careful when opening containers of hot food. Use pot holders and direct steam away from face and hands.
- Vent, pierce, or slit containers, pouches or plastic bags to prevent build-up of pressure.
- Be careful when touching the turntable, door, racks, or walls of the oven which may become hot during use. Do not touch heating elements.
- Energized cooktop surface and interior cavity lighting will cause burns. Use caution when cleaning and allow lamps to cool prior to replacement.
- **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d) **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

▲WARNING Improper use of the grounding plug can result in a risk of electric shock.



This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the GROUNDING INSTRUCTIONS are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet. Do not under any circumstances cut or remove the third (ground) prong from the power cord. A short power-supply cord is provided to reduce risks resulting from becoming entangled or tripping over a longer cord.

Do not use an extension cord. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

NOTICE: PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.

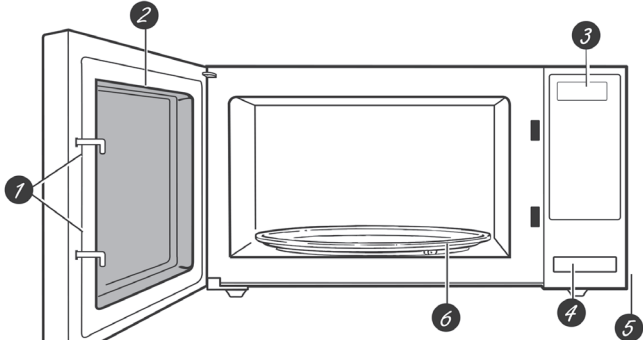
READ AND SAVE THESE INSTRUCTIONS

USING YOUR OVEN

Features

Throughout this manual, features and appearance may vary from your model.

1100 Watts



- 1. Door Latches**
 - 2. Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
 - 3. Control Panel and Display.**
 - 4. Door Latch Release.** Press latch release to open door.
 - 5. Lock Button.** Press button to operate door latch release.
 - 6. Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
- NOTE:** Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

NOTE: Accessory type and quantity may vary depending on the model.

The images shown in this manual are for illustrative purposes only and may be subject to change.

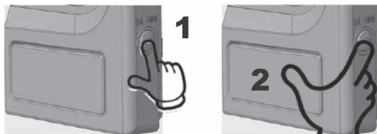
This microwave oven is equipped with a Child Resistant Oven Door. The requirement of child-resistant oven door latches has been implemented by all manufacturers of microwave ovens to reduce the likelihood of young children handling hot food and beverage items and to further reduce the potential risk of injury. All persons should use caution when removing hot items from microwave ovens.

Please read instructions carefully. Microwave is shipped with the door locked.

Child Resistant Oven Door Operation Opening the Door

- Press button **(lock button)** located on the right-hand side of the microwave
- While holding down the lock button, simultaneously press the door latch release button **(front push button)** on microwave.

Note: You will need to complete these steps every time you want to open the door.



Deactivation of the Child-Resistant Microwave Door Latch

In some cases, it may be desirable to disable this feature. For example, households that do not have young children or households where users may have physical limitations that make it difficult to operate the child resistant door may want to disable the two-step latch. This feature can be disabled by following these steps.

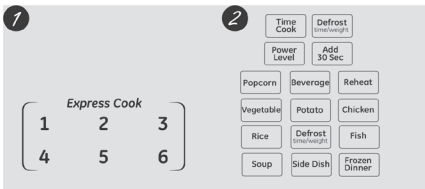
- Locate the lock button/screw on the side of the control panel.
- Using a Phillips screwdriver, gently depress this button.
- Rotate the screwdriver clockwise so that the “indicator dimple” is nearest to the “Unlock” position/label. Do not over-tighten.



Note: The position of the lock button has molded in indicator dimple. When this is closest to the molded “Lock” the child resistant door is enabled. After it has been rotated it will be closest to “Unlock”, in this position the child resistant door is disabled.

Controls

You can microwave by time, with the sensor features or with the auto feature. Not all features on all models.



Cooking Controls

Check the Convenience Guide before you begin.

1. Time Features

Press	Enter
TIME COOK	Amount of cooking time
DEFROST TIME/WEIGHT - Press Twice	Amount of defrosting time
BEVERAGE	Starts immediately!
EXPRESS COOK	Starts immediately!
ADD 30 SEC.	Starts immediately!
POWER LEVEL	Power level 1-10

2. Sensor Features and Auto Feature

Press	Enter
POPCORN	Starts immediately!
REHEAT	Starts immediately!
POTATO	Starts immediately!
VEGETABLE	Starts immediately!
RICE	Starts immediately!
SOUP	Starts immediately!
FROZEN DINNER	Starts immediately!
SIDE DISH	Starts immediately!
CHICKEN	Starts immediately!
FISH	Starts immediately!
DEFROST TIME/WEIGHT - Press Once	Food Weight

NOTE: The actual descriptions of control panel and their locations may vary depending on the model.

Power Levels

The power level may be entered or changed immediately after entering the feature time for **TIME COOK**. The power level may NOT be changed during time countdown.

- Press **TIME COOK**.
- Enter cooking time.
- Press **POWER LEVEL**.
- Select desired power level 1–10.
- Press **START/PAUSE**.



Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percentage of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on **High (power level 10)** which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10: Fish, bacon, vegetables, boiling liquids.

Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

Time Cook

Time Cook I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level 10 (High) is automatically set, but you may change it for more flexibility.

- Press **TIME COOK**.
- Enter cooking time.
- Change power level if you don't want full power. (Press **POWER LEVEL**. Select a desired power level 1–10.)
- Press **START/PAUSE**.

You may open the door during **Time Cook** to check the food. Close the door and press **START/PAUSE** to resume cooking.

Time Cook II

Lets you change power levels automatically during cooking. Here's how to do it:

- Press **TIME COOK**.
- Enter the first cook time.
- Change the power level if you don't want full power. (Press **POWER LEVEL**. Select a desired power level 1–10.)
- Press **TIME COOK** again.
- Enter the second cook time.
- Change the power level if you don't want full power. (Press **POWER LEVEL**. Select a desired power level 1–10.)
- Press **START/PAUSE**.

At the end of **Time Cook I**, **Time Cook II** counts down.

Cooking Guide for Time Cook

NOTE: Use power level High (10) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus			
(fresh spears)	1 lb.	5 to 8 min. Med-High (7)	In 1½-qt. oblong glass baking dish, place ¼ cup water.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans			
(fresh green)	1 lb. cut in half	10 to 15 min.	In 1½-qt. casserole, place ½ cup water
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place ¼ cup water
Beets			
(fresh, whole)	1 bunch	16 to 22 min.	In 2-qt. casserole, place ½ cup water
Broccoli			
(fresh cut)	1 bunch (1½ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place ½ cup water.
(fresh spears)	1 bunch (1½ to 1½ lbs.)	7 to 11 min.	In 2-qt. oblong glass baking dish, place ¼ cup water.
(frozen,)	10-oz. package	4 to 7 min.	In 1-qt. casserole (chopped)
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage			
(fresh)	1 med head (about 2 lbs.)	6 to 10 min.	In 1½- or 2-qt. casserole, place ¼ cup water.
(wedges)		5 to 9 min.	In 2- or 3-qt. casserole, place ¼ cup water.
Carrots			
(fresh, sliced)	1 lb.	4 to 8 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower			
(flowerets)	1 medium head	7 to 11 min.	In 2-qt. casserole, place ½ cup water.
(fresh, whole)	1 medium head	7 to 15 min.	In 2-qt. casserole, place ½ cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn			
(frozen kernel)	10-oz. package	2 to 6 min	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob			
(fresh)	1 to 5 ears	1 ½ to 4 mins per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add ¼ cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	3 to 6 mins 2 to 3 mins per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed Vegetables			
(frozen)	10-oz. package	2 to 6 min	In 1-qt. casserole, place 3 tablespoons water.
Peas			
(fresh, shelled)	2 lbs. unshelled	7 to 10 mins	In 1-qt. casserole, place ¼ cup water.
(frozen)	10-oz. package	2 to 6 min	In 1-qt. casserole, place 2 tablespoons water.
Potatoes			
(fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1-inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	2 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach			
(fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash			
(fresh, summer and yellow)	1 lb. sliced	3 to 5 min.	In 1½-qt. casserole, place ¼ cup water.
(winter, acorn, or butternut)	1 or 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

PRINTED IN MEXICO / Elbrd: J.M / SC: 08-11-2026
SHNMDL: GCST14S1W1WW_B / Add:GCST14S1W1BB_B
OBPN: 49-7000219 Rev.2 04-25

8 1 4 1 0 0 8 0 3



Defrost

Time Defrost

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Weight Defrost explained in the About the Auto Feature section.)

- Press **DEFROST TIME/WEIGHT** twice.
- Enter defrosting time.
- Press **START/PAUSE**.
- Turn food over when the oven signals.
- Press **START/PAUSE**.

Power level is automatically set at 3, and you may not change it.

At one half of selected defrosting time, the oven signals **TURN**. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at **High** power.



Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use **Weight Defrost**. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

Defrosting Guide

Food	Time	Comments
Breads, Cakes		
Bread, buns or rolls (1 piece)	1/4 min.	
Sweet rolls (approx. 12 oz.)	2 to 4 min.	
Fish and Seafood		
Fillets, frozen (1 lb.)	6 to 9 min.	
Shellfish, small pieces (1 lb.)	3 to 7 min.	Place block in casserole dish. Turn over and break up after half the time.
Fruit		
Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min	
Meat		
Bacon (1 lb.)	2 to 5 min	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
Ground meat (1 lb.)	4 to 6 min.	Turn meat over after half the time.
Roast: beef, lamb, veal, pork	9 to 13 min. per lb.	Use power level 1.
Steaks, chops and cutlets	4 to 8 min. per lb.	Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
Poultry		
Chicken, broiler-fryer, cut up (2½ to 3 lbs.)	14 to 20 min.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2–4 minutes more, if necessary. Let stand to finish defrosting.
Chicken, whole, (2½ to 3 lbs.)	20 to 25 min.	Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed.
Cornish hen	7 to 13 min. per lb.	Place unwrapped hen in the oven breast-side-up. Turn over after half the time. Run cool water in the cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	3 to 8 min. per lb.	Place unwrapped breast in dish breast-side-down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1–2 hours in refrigerator to complete defrosting.

WEIGHT DEFROST

The **DEFROST TIME/WEIGHT** feature gives you two ways to defrost frozen foods. Press **DEFROST TIME/WEIGHT** once for **WEIGHT DEFROST** or twice for **TIME DEFROST**. Use **WEIGHT DEFROST** for meat, poultry and fish. Use **TIME DEFROST** for most other frozen foods.

WEIGHT DEFROST automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to 6 pounds.

- Press **DEFROST TIME/WEIGHT** once.
- Using the Conversion Guide below, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
- Press **START/PAUSE**.



(**Time Defrost** is explained in the About the Time Features section.)

There is a handy guide located on the front of the oven.

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals **TURN**. At each **TURN** signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenth of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Other Features

Express Cook

This is a quick way to set cooking time for 1–6 minutes.

Press one of the **Express Cook** pads (from 1 to 6) for 1–6 minutes of cooking at **power level 10**. For example, press the 2 pad for 2 minutes of cooking time.



Add 30 Seconds

You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.



Beverage

Press **BEVERAGE** to heat a cup of coffee or other beverage.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.

If food is undercooked after the countdown use **Time Cook** for additional cooking time.



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

Humidity Sensor

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

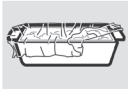
Do not use the Sensor Features twice in succession on the same food portion—it may result in severely over-cooked or burnt food. If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

- The proper containers and covers are essential for best sensor cooking.



Covered

- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight-sealing plastic containers — they can prevent steam from escaping and cause food to overcook.



Vented

- Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

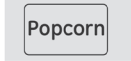


Dry off dishes so they don't mislead the sensor.

Popcorn

To use the **Popcorn** feature:

- Follow package instructions, using **Time Cook** if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- Press **POPCORN**. The oven starts immediately.



Do not open the oven door until time is counting down. If the door is opened, while time is counting down, close it and press **START/PAUSE** immediately.

If food is undercooked after the countdown use **Time Cook** for additional cooking time.

NOTE : Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 ounces.

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

Reheat

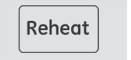
The **Reheat** feature reheats single servings of previously cooked foods or a plate of leftovers.

- Place covered food in the oven. Press **REHEAT**. The oven starts immediately.
- The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the oven door until time is counting down. If the door is opened, while time is counting down, close it and press **START/PAUSE** immediately.

After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

If food is not hot enough after the countdown, use **Time Cook** for additional reheating time.



Some Foods Not Recommended for Use With Reheat

It is best to use **Time Cook** for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

Sensor Cooking

Vegetables, Potatoes, Fish, Chicken Pieces, Soup, Side Dish, Rice, Frozen Dinner

- Place covered food in the oven. Press the food pad. For vegetables, press the **VEGETABLE** pad. The oven will start immediately.
- The oven signals when steam is sensed and the time remaining begins counting down. Turn or stir the food if necessary.

Do not open the oven door until time is counting down. If the door is opened, while time is counting down, close it and press **START/PAUSE** immediately.

For pre-wrapped potatoes, please follow cooking instructions on the package.

If food is undercooked after the countdown use **Time Cook** for additional cooking time.

Food Type	Amount	Comments
Fresh Vegetables	4-16 oz.	Add 1/4 cup water per serving. Cover with lid or vented plastic wrap.
Potatoes	8-9.5 oz.	Pierce skin with fork. Place potatoes on the turntable.
Fish	4-16 oz.	Cover with vented plastic wrap.
Chicken Pieces	1-8 pieces	Cover with vented plastic wrap.
Rice	1 cup	Cover with vented plastic wrap.
Side dish	1 cup	Add 1T water and cover with vented plastic wrap.
Soup	1 cup	Cover with vented plastic wrap.
Frozen Dinner	11 oz	Cover with vented plastic wrap.



Sensor cooking gives you easy, automatic results with a variety of foods (see the Cooking Guide below).

Clock

Press to enter the time of day or to check the time of day while microwaving.

- Press **CLOCK**.
- Enter time of day.
- Select AM or PM.
- Press **START/PAUSE** or **CLOCK**.



Start/Pause

In addition to starting many functions, **START/PAUSE** allows you to stop cooking without opening the door.



Control Lock-Out

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold **CANCEL/OFF** for about three seconds. When the control panel is locked, **LOC** will be displayed to the extreme right.



Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

Press **TIMER ON/OFF**.

Enter time you want to count down.

Press **TIMER ON/OFF** to start.



When time is up, the oven will signal. To turn off the timer signal, press **TIMER ON/OFF**.

NOTE: The timer indicator will be lit while the timer is operating.

Display On/Off

To turn the clock display on or off, press and hold **0** for about 3 seconds. The **Display On/Off** feature cannot be used while a cooking feature is in use.



CARE AND CLEANING

Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

Unplug the cord before cleaning any part of this oven.



How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

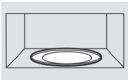


To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

Never use a commercial oven cleaner on any part of your microwave.

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

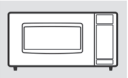


NOTE: In order to ensure the highest possible standard for refurbished items, all units are thoroughly inspected as part of the process.

For this item, water may be used during the refurbishing process and so; you may notice some condensation in the water reservoir. It is recommended to rinse the water reservoir with fresh water prior to its first use.

How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.



Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Surface

It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Stainless Steel

Do not use a steel-wool pad, it will scratch the surface.

To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with dry, clean cloth. Always scrub lightly in the direction of the grain.

Power Cord

If the power cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

TROUBLESHOOTING

Troubleshooting Tips

Save time and money! Review the charts first and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped	Replace fuse or reset circuit breaker.
	Power surge.	Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
Control panel lighted, yet oven will not start	Door not securely closed.	Open the door and close securely.
	START/PAUSE pad not pressed after entering cooking selection.	Press START/PAUSE .
	Another selection entered already in oven and CANCEL/OFF pad not pressed to cancel it.	Press CANCEL/OFF .
	Cooking time not entered after pressing TIME COOK	Make sure you have entered cooking time after pressing TIME COOK .
	CANCEL/OFF was pressed accidentally.	Reset cooking program and press START/PAUSE .
"SENSOR ERROR" (or Err) appears on display	Food weight not entered after selecting WEIGHT DEFROST .	Make sure you have entered food weight after selecting WEIGHT DEFROST .
	During Popcorn, Potato, Vegetable, Rice, Soup, Frozen Dinner, Side Dish, Chicken, or Fish program, the door was opened before steam could be detected.	Close the door, press CANCEL/OFF and begin again
	Steam was not detected in maximum amount of time.	Use Time Cook to heat for more time.
"LOCKED" (or LOC) appears in display	The control has been locked.	Press and hold CANCEL/ OFF for about three seconds to unlock the control.
Food amount too large for Sensor Reheat	Sensor Reheat is for single servings of recommended foods.	Use Time Cook for large amounts of food.
"FOOD (or food)" appears on display	For safe cooking "food detection algorithm" is added to prevent microwave cooking without first placing food into the cavity. The oven monitor the door open/close switch, Food Detection Algorithm control the initiating a cooking sequence.	You should open the door to check the food. (For users who place food into the cavity before selecting a cooking sequence, the door switch is read to determine the door has been opened and then closed. Upon opening and the door, a 5-minute count down timer is started You can then make your cooking selection prior to the expiration of the timer. When 5-timer expires, if you select a cooking sequence, "FOOD" will appear on the display and an error beep will sound. Then you should open the door to check the food before selecting a cooking sequence.)

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: • metal or foil touching the side of the oven. • foil that is not molded to food (upturned edges act like antennas). • metal such as twist-ties, poultry pins, gold-rimmed dishes. • recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

GE APPLIANCES

Manual del propietario

HORNOMICROONDA

“Libro de recetas no incluido”

INFORMACIÓN IMPORTANTE DE SEGURIDAD

LEA TODAS LAS INSTRUCCIONES ANTES DE USAR

▲ADVERTENCIA

Para reducir el riesgo de quemaduras, descargas eléctricas, incendio, lesiones o exposición a energía de microondas excesiva:

Cuando utilice aparatos eléctricos, se deben seguir las precauciones de seguridad básicas, entre las que se incluyen las siguientes:

- Lea todas las instrucciones antes de utilizar este aparato.
- Lea y siga las precauciones específicas descritas en la sección PRECAUCIONES PARA EVITAR LA POSIBLE EXPOSICIÓN A ENERGÍA DE MICROONDAS EXCESIVA.
- Utilice este aparato solamente para el fin previsto, como se describe en este manual. No utilice químicos ni vapores corrosivos en este aparato. Este horno está específicamente diseñado para calentar, secar o cocinar alimentos y bebidas y no está diseñado para usarse en n laboratorio ni para uso industrial.
- Este electrodoméstico sólo debería ser reparado por personal técnico con calificación. Punte en contacto con un centro de servicio técnico.

INSTALACIÓN

- Instale o ubique este aparato únicamente de acuerdo a las instrucciones de instalación suministradas.
- Este aparato debe contar con una conexión a tierra. Conecte sólo a un tomacorriente con adecuada conexión a tierra. Ver la sección Instrucciones de conexión a tierra.
- Asegúrese de colocar la superficie frontal de la puerta a 3 pulgadas o más atrás del extremo superior de la mesada, a fin de evitar caídas accidentales del electrodoméstico durante su uso normal.
- Espacios recomendados: 3 pulgadas a cada lado, 3 pulgadas sobre la parte superior y 1 pulgada en la parte trasera.
- No utilice este aparato si tiene el cable eléctrico o el enchufe dañados, si no funciona bien o si ha sufrido una avería o una caída.
- Mantenga el cable alejado de superficies calientes.
- No permita que el cable eléctrico cuelgue sobre el borde de la mesa o del mostrador de encimera.
- No suerja el cable eléctrico o el enchufe en agua.
- No cubra ni bloquee ninguna apertura de este aparato.
- No almacene este aparato al aire libre. No utilice este producto cerca del agua, por ejemplo, en un sótano húmedo, cerca de una piscina, cerca de un lavabo o lugares similares.
- No monte este aparato sobre el fregadero.

PARA REDUCIR EL RIESGO DE INCENDIO DENTRO DEL HORNO:

- No cocine excesivamente los alimentos. Vigile cuidadosamente el aparato cuando coloque papel, plástico u otros materiales combustibles dentro del microondas para facilitar la cocción.
- Quite las tiritas de seguridad (twist-ties) y asas metálicas de los recipientes de papel o plástico antes de colocarlos dentro del microondas.
- No guarde ningún material, a excepción de nuestros accesorios recomendados, en este horno cuando no esté en uso. No deje productos de papel, utensilios de cocina ni comida en el horno cuando no esté en uso. El estante del microondas se deberá retirar del horno cuando no se encuentre en uso.
- Si los materiales que se encuentran dentro del horno prenden fuego, mantenga cerrada la puerta del horno, apáguelo y desconecte el cable eléctrico, o corte la energía desde el panel de fusibles o del interruptor de circuitos.
- No opere el horno sin alimentos adentro.

A FIN DE REDUCIR RIESGOS DE QUEMADURAS:

- Tenga cuidado al abrir envases con comida caliente. Use manijas y aleje el vapor del rostro y las manos.
- Ventile, perfore, o corte envases, bolsas, o bolsas plásticas para evitar la acumulación de presión.
- Tenga cuidado al tocar el plato giratorio, la puerta, estantes o paredes del horno, los cuales se podrán calentar durante el uso. No toque los elementos calefactores.
- La superficie de cocción y el bombillo de la cavidad interior encendidos ocasionarán quemaduras. Tenga cuidado al limpiar y espere hasta que los bombillos se enfrien antes de su reemplazo.
- LOS CONTENIDOS CALIENTES PUEDEN OCASIONAR QUEMADURAS GRAVES. NO PERMITA QUE LOS NIÑOS USEN EL MICROONDAS. Tenga cuidado al retirar artículos calientes.

PRECAUCIONES PARA EVITAR LA POSIBLE EXPOSICIÓN A ENERGÍA DE MICROONDAS EXCESIVA

(a) No intente hacer funcionar el horno con la compuerta abierta ya que esto puede provocar exposición peligrosa a la energía de microondas. Es importante no forzar ni dañar los seguros.

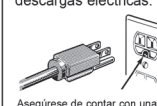
(b) No coloque ningún objeto entre la parte frontal del horno y la compuerta, ni permita que se acumulen residuos de producto limpiador o detergente, suciedad o polvo en las superficies de sellado.

(c) No haga funcionar el horno si se encuentra dañado. Es particularmente importante cerrar bien la compuerta (1) la compuerta (doblada o curvada), (2) las bisagras y pestillos (rotos o flojos), (3) sellos de la compuerta y superficies de sellado.

(d) El horno no debe ser ajustado o reparado por ninguna persona, excepto por personal de mantenimiento calificado.

INSTRUCCIONES DE CONEXIÓN A TIERRA

▲ADVERTENCIA El uso inadecuado del enchufe de conexión a tierra puede provocar riesgos de descargas eléctricas.



Asegúrese de contar con una conexión a tierra adecuada antes de usar.



Este electrodoméstico debe estar conectado a tierra. Si se produjera un cortocircuito, la toma de tierra reduce el riesgo de descarga eléctrica al proveer un cable de escape para la corriente eléctrica. Este electrodoméstico está equipado con un cable de corriente que dispone de un hilo para toma de tierra con un enchufe con toma de tierra. El enchufe debe estar conectado a una toma de corriente que esté debidamente instalada y con salida a tierra. Consulte con un electricista cualificado o un técnico de reparaciones si no entiende completamente las instrucciones sobre la toma de tierra, o si tuviese alguna duda sobre si su aparato está debidamente conectado a tierra. Si la toma de corriente es un modelo estándar de dos clavijas, es su responsabilidad personal y su obligación el reemplazarla por una toma adecuada para tres clavijas con conexión a tierra. Bajo ninguna circunstancia debe cortar o quitar la tercera clavija (tierra) del cable de corriente. Se brinda un cable de corriente corto a fin de reducir riesgos que puedan resultar de enredos o tropezos con un cable más largo. No recomendamos el uso de un cable de prolongación con este electrodoméstico. Si el cable de corriente es demasiado corto, haga que un electricista cualificado o un técnico de reparaciones instalen una toma de corriente cerca del electrodoméstico. (Consulte la sección ADVERTENCIA—CABLES DE PROLONGACIÓN.) Para un mejor funcionamiento, enchufe este electrodoméstico en una toma de corriente exclusiva para evitar parpadeos de luz, fusibles quemados o que salte el diferencial.

MARCAPASOS

La mayoría de los marcapasos poseen protección contra interferencias de productos eléctricos, incluyendo microondas. Sin embargo, es aconsejable que los pacientes con marcapasos consulten a sus médicos ante cualquier duda.

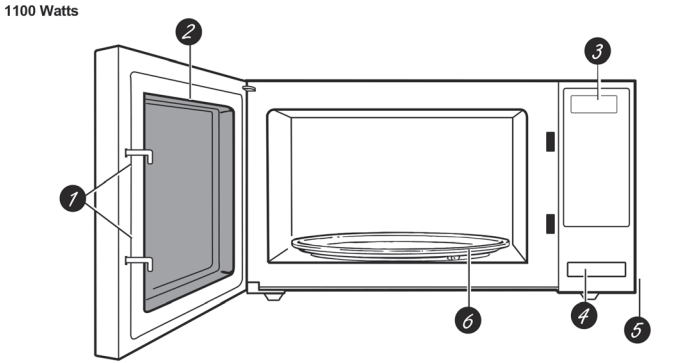
LEA Y GUARDE ESTAS INSTRUCCIONES

USO DE LA HORNO

Funciones

Su modelo puede tener otras características y apariencia que las ilustradas en este manual.

1100 Watts



1. Enganches de la puerta.

2. Ventana con cobertura metálica. La pantalla permite que usted pueda ver lo que cocina, al tiempo que mantiene las microondas confinadas en el horno.

3. Panel de Control y Pantalla

4. Botón de liberación de los enganches de la puerta. Presione el botón de liberación de los enganches para abrir la puerta.

5. Botón de Bloqueo Presione este botón para liberar el pestillo de la puerta.

6. Plato giratorio desmontable. El plato giratorio y el soporte deben estar en la ubicación correcta al usar el horno. El plato giratorio se podrá retirar para su limpieza.

NOTA: El Plato de graduación, la ventilación(es) del horno y la luz del horno están ubicados en las paredes interiores del horno microondas.

NOTA: El tipo y la cantidad de accesorios pueden variar según el modelo.

NOTA: Con el fin de garantizar el más alto nivel posible para los artículos reacondicionados, todas las unidades son inspeccionadas a fondo como parte del proceso. En el caso de este artículo, es posible que se utilice agua durante el proceso de reacondicionamiento, por lo que es posible que se produzca condensación en el depósito de agua. Se recomienda enjuagar el depósito de agua con agua dulce antes del primer uso.

Este horno microondas está equipado con una Puerta de Horno con Seguridad para Niños. Los pestillos para puerta de horno con seguridad para niños requeridos fueron implementados por todos los fabricantes de hornos microondas, con la finalidad de reducir la posibilidad de que los niños pequeños manipulen comidas y bebidas calientes y reducir así la posibilidad de riesgos de lesiones. Todas las personas deberán tener cuidado al retirar artículos calientes de los hornos microondas.

Por Favor Lea Las Instrucciones Detenidamente. El Horno Microondas Se Envía Con La Puerta Bloqueada

Funcionamiento de la Puerta del Horno con Seguridad para Niños

Apertura de la Puerta

1. Presione el botón (botón de bloqueo) ubicado del lado derecho del horno microondas.
2. Mientras mantiene presionado el botón de bloqueo, de forma simultánea presione el botón para liberar el pestillo de la puerta (botón de presión frontal) del horno microondas.

Nota* Usted deberá completar estos pasos cada vez que desee abrir la puerta.

Desactivación del Pestillo de Puerta del Horno Microondas con Seguridad para Niños

En algunos casos, desactivar esta función sería lo más recomendable. Por ejemplo: en aquellos hogares donde no haya niños pequeños o en hogares donde los usuarios puedan tener limitaciones físicas que dificulten el funcionamiento de la puerta con seguridad para niños es posible que se desee desactivar el pestillo con uso en dos pasos. Esta función se podrá desactivar siguiendo estos pasos.

1. Ubique el botón/ tornillo de bloqueo al costado del panel de control.

2. Usando un destornillador Phillips, oprima de forma suave este botón.

3. Gire el destornillador en sentido horario, de modo que el "hoyuelo indicador" quede más cerca de la posición/ etiqueta "Unlock" (Desbloquear). No ajuste en exceso.



1



2



3

Nota: La posición del botón de bloqueo tiene moldeado un hoyuelo indicador. Cuando éste se encuentre más cerca del "Bloqueo" moldeado, la puerta con seguridad para niños se activará. Luego de ser rotado, quedará más cerca de "Unlock" (Desbloquear); en esta posición la puerta con seguridad para niños quedará desactivada.

Controles

Puede cocinar con microondas por tiempo, con las funciones del sensor o con la función automática. No todos los modelos cuentan con todas las funciones.

1

Express Cook

1 2 3

4 5 6

2

Time Cook

Defrost (unfrost)

Power Level

Add 30 Sec

Popcorn

Beverage

Reheat

Vegetable

Potato

Chicken

Rice

Defrost (unfrost)

Fish

Soup

Side Dish

Frozen Dinner

Controles de Cocción

Consulte la Guía de Acciones Convenientes antes de comenzar.

1. Funciones del Temporizador		
Presione	Iniciar	
TIME COOK (TIEMPO DE COCCIÓN)	Cantidad de tiempo de cocción	
DEFROST TIME/WEIGHT (DESCONGELAR POR TIEMPO/PESO)	Cantidad de tiempo de descongelación	
Presione Dos Vezes		
BEVERAGE (BEBIDA)	(Comienza de inmediato)	
EXPRESS COOK (COCCIÓN EXPRESS)	(Comienza de inmediato)	
ADD 30 SEC. (AGREGAR 30 SEGUNDOS)	(Comienza de inmediato)	
POWER LEVEL (NIVEL DE POTENCIA)	Power level 1-10	
2. Funciones del Sensor y Función Automática		
Presione	Iniciar	
PALOMITAS DE MAÍZ	(Comienza de inmediato)	
REHEAT (RECALENTAR)	(Comienza de inmediato)	
POTATO (PAPA)	(Comienza de inmediato)	
VEGETABLE (VERDURA)	(Comienza de inmediato)	
RICE (ARROZ)	(Comienza de inmediato)	
SOUP (SOPA)	(Comienza de inmediato)	
FROZEN DINNER (CENA CONGELADA)	(Comienza de inmediato)	
SIDE DISH (GUARNICIÓN)	(Comienza de inmediato)	
CHICKEN (POLLO)	(Comienza de inmediato)	
FISH (PESCADO)	(Comienza de inmediato)	
DEFROST TIME/WEIGHT (DESCONGELAR POR TIEMPO/PESO)	Peso de la Comida	
Presione Una Vez		

NOTA: las descripciones reales del panel de control y sus ubicaciones pueden variar según el modelo.

Nivel de Potencia

El nivel de potencia se puede ingresar o modificar de forma inmediata luego de introducir la función de tiempo para **TIME COOK** (Cocción por Tiempo). El nivel de potencia **NO** se podrá modificar durante la cuenta regresiva.

1. Presione **TIME COOK** (Cocción por Tiempo).
2. Ingrese el tiempo de cocción.
3. Presione **POWER LEVEL** (Nivel de Potencia).
4. Seleccione el nivel de potencia deseado de 1 a 10.
5. Presione **START/PAUSE** (Iniciar/ Pausar).

Power Level

Express Cook

1 2 3

4 5 6

7 8 9

0

Start/Pause

Los niveles de potencia variables suman flexibilidad a la cocción en el microondas. Los niveles de potencia del horno microondas se pueden comparar con las unidades de superficie en una graduación. Cada nivel de potencia le brinda energía de microondas durante un cierto porcentaje del tiempo. El **Nivel de Potencia 7** es energía de microondas el 70% del tiempo. El **Nivel de Potencia 3** es energía de microondas el 30% del tiempo. La mayoría de las cocciones se harán en **High (power level 10)** (**Alto (nivel de potencia 10)**), lo cual le brinda el 100% de potencia. **Power level 10 (Nivel de potencia 10)** hará la cocción más rápido pero será necesario revolver, rotar o dar vuelta la comida con mayor frecuencia. Una configuración inferior hará la cocción más pareja y se necesitará revolver y rotar menos la comida. Algunas comidas podrán tener mejor sabor, textura o aspecto si se usa una de las configuraciones inferiores. Use un nivel de potencia inferior al cocinar comidas con tendencia a hervir, tales como papas en escalope.

Los períodos de descanso (cuando los ciclos de energía de microondas finalizan) brindan tiempo para que la comida "equipare" o transfiera calor al interior de la comida. Un ejemplo de esto se muestra con el nivel de potencia 3 - el ciclo de descongelamiento. Si la energía del microondas no finalizó el ciclo, la parte externa de la comida se cocinará antes de que el interior esté descongelado.

Estos son algunos ejemplos de usos de diferentes niveles de potencia:

Alto 10: Pescado, tocino, verduras, líquidos en hervor.

Medio-Alto 7: Cocción suave de carne y ave; caerolías para hornear y recalentar.

Medio 5: Cocción lenta y ablandamiento para guisados y cortes de carne menos tiernos.

Bajo 2 o 3: Descongelar, hervir a fuego lento; platos delicados.

Caliente 1: Mantener la comida caliente; ablandar la manteca.

Cocción por Tiempo (Time Cook)

Time Cook I (Cocción por Tiempo I)

Le permite cocinar en el horno microondas por cualquier tiempo hasta 99 minutos y 99 segundos.

Power level 10 (Nivel de potencia 10) se configura de forma automática, pero lo puede modificar para una mayor flexibilidad.

1. Presione **TIME COOK** (Cocción por Tiempo).
2. Ingrese el tiempo de cocción.
3. Modifique el nivel de potencia si no desea que esté en el nivel máximo. (Presione **POWER LEVEL (Nivel de Potencia)**. Seleccione el nivel de potencia deseado de 1 a 10).

4. Presione **START/PAUSE** (Iniciar/ Pausar).

Puede abrir la puerta durante **TIME COOK** (Cocción con Temporizador) para controlar la comida. Cierre la puerta y presione **START/PAUSE** (Iniciar/ Pausar) para reanudar la cocción.

Time Cook II (Cocción por Tiempo II)

Le permite cambiar los niveles de energía de forma automática durante la cocción. Así es como funciona:

1. Presione **TIME COOK** (Cocción por Tiempo).
2. Ingrese el primer tiempo de cocción.
3. Modifique el nivel de potencia si no desea que esté en el nivel máximo. (Presione **POWER LEVEL (Nivel de Potencia)**. Seleccione el nivel de potencia deseado de 1 a 10).
4. Presione nuevamente **TIME COOK** (Cocción por Tiempo).
5. Ingrese el segundo tiempo de cocción.
6. Modifique el nivel de potencia si no desea que esté en el nivel máximo. (Presione **POWER LEVEL (Nivel de Potencia)**. Seleccione el nivel de potencia deseado de 1 a 10).
7. Presione **START/PAUSE** (Iniciar/ Pausar).

Al finalizar **Time Cook I**, **Time Cook II** (Tiempo de Cocción I, Tiempo de Cocción II) se realiza la cuenta regresiva.

Guía de Cocción para la Cocción por Tiempo

NOTA: Use nivel de potencia **Alto (10)** a menos que se indique lo contrario.

Verdura	Cantidad	Tiempo	Comentarios
Espárragos			
(tallos frescos)	1 lb.	5 to 8 min., Med-High (7)	En un plato de hornearo de vidrio rectangular de 1½ cuartos, coloque 1/4 de taza de agua.
(tallos congelados)	Paquete de 10 oz	4 a 7 min.	En cazuela de 1 cuarto.
Habas			
(verdes frescas)	1 lb. cortada a la mitad	10 a 15 min.	En una cazuela de 1½ cuartos coloque 1/2 taza de agua.
(verdes congeladas)	Paquete de 10 oz	4 a 8 min.	En una cazuela de 1 cuarto coloque 2 cucharadas grandes de agua.
(lima congelada)	Paquete de 10 oz	4 a 8 min.	En una cazuela de 1 cuarto, coloque 1/4 de taza de agua.
Remolachas			
(fresca, entera)	1 puñado	16 a 22 min.	En una cazuela de 2 cuartos, coloque 1/2 de taza de agua.
Brócoli			
(cortadas frescas)	1 puñado (1¼ to 1½ lbs.)	5 a 9 min.	En una cazuela de 2 cuartos, coloque 1/2 de taza de agua.
(tallos frescos)	1 bunch, (1¼ to 1½ lbs.)	7 a 11 min.	En un plato de hornearo de vidrio rectangular, de 2 cuartos, coloque 1/4 de taza de agua.
(en trocitos, congelado)	Paquete de 10 oz	4 a 7 min.	En una cazuela de 1 cuarto.
(tallos congelados)	Paquete de 10 oz	4 a 7 min.	En una cazuela de 1 cuarto, coloque 3 cucharada grandes de agua.
Rapollo			
(frescos)	1 media cabeza (una 2 lbs.)	6 a 10 min.	En una cazuela de 1½ o 2 cuartos coloque 1/4 de taza de agua.
(trozos grandes)		5 a 9 min.	En una cazuela de 2 o 3 cuartos, coloque 1/4 de taza de agua.
Zanahorias			
(frescas, en rodajas)	1 lb.	4 a 8 min.	En una cazuela de 1½ cuarto, coloque 1/4 de taza de agua.
(congelados)	Paquete de 10 oz	3 a 7 min.	En una cazuela de 1 cuarto, coloque 2 cucharada de agua.
Coliflor			
(florilla)	1 media cabeza	7 a 11 min.	En una cazuela de 2 cuartos, coloque 1/2 de taza de agua.
(frescos, entera)	1 media cabeza	7 a 15 min.	En una cazuela de 2 cuartos, coloque 1/2 de taza de agua.
(congelados)	Paquete de 10 oz	3 a 7 min.	En una cazuela de 1 cuarto, coloque 2 cucharada de agua.

Vegetal	Cantidad	Tiempo	Comentarios
Maíz			
(granos congelados)	Paquete de 10 oz	2 a 6 min.	En una cazuela de 1 cuarto coloque 2 cucharadas grandes de agua.
Eiote de Maíz			
(fresco)	1 a 5 ears	1½ a 4 min. por mazorca	En un plato de hornearo de vidrio rectangular de 2 cuartos coloque maíz. Si el maíz tiene cáscara, no use agua; si el maíz fue descascarado agregue 1/4 de taza de agua. Reordene luego de la mitad del tiempo.
(congelado)	1 ear 2 a 6 ears	3 a 6 min. 2 a 3 min. por mazorca	Coloque en un plato de hornearo de vidrio rectangular de 2 cuartos Cubra con un envoltorio plástico ventilado. Reordene luego de la mitad del tiempo.
Mezcla de verduras			
(congelado)	Paquete de 10 oz	2 a 6 min.	En una cazuela de 1 cuarto coloque 3 cucharadas grandes de agua.
Guisantes			
(fresco, en cubos, blancas)	4 papas (6 to 8 oz. each)	9 a 12 min.	Pele y corte en cubos de 1 pulgada. Coloque una cazuela de 2 cuartos con ½ taza de agua. Mezcle luego de la mitad del tiempo.
(fresco, enteras, dulces o blancas)	1 (6 to 8 oz.)	2 a 4 min.	Perfore con un tenedor de cocina Coloque en el centro del horno. Deje reposar por 5 minutos.
Spinach			
(frescos)	10 to 16 oz.	3 a 6 min.	En una cazuela de 2 cuartos coloque espinaca lavada.
(congelado, picada y en hojas)	Paquete de 10 oz	3 a 6 min.	En una cazuela de 1 cuarto coloque 3 cucharadas grandes de agua.
Zapallo			
(fresco, de verano y amarillo)	1 lb. en rodajas	3 a 5 min.	En una cazuela de 1½ cuarto coloque 1/4 cup water.
(de invierno, bellota o calabacita)	1 or 2 zapallos (cerca de 1 lb. cada uno)	5 a 9 min.	Corte por la mitad y retire las membranas fibrosas. En un plato para hornear de vidrio rectangular de 2 cuartos, coloque el zapallo con el corte hacia abajo. Luego de 4 minutos, dé vuelta con el corte hacia arriba.

Las imágenes que se muestran en este manual son sólo para fines ilustrativos y pueden estar sujetas a cambios.

