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Kate Sears is a satisfying substitute for burgers, these meaty mushrooms take just a few minutes to make - they're already a patty-shaped, and savoury dried tomato pesto is the only condiment needed. Appliance: The Ravioli toaster oven with the ripe tomatoes of Kate Sears This simple scratch sauce uses the last of the late summer tomatoes - and doesn't take time to cook. Whipped fresh and fast and tossed with ricotta ravioli, this is a fragrant send-off in season. Appliance: Microwave beat-the-Clock Chili Kate Sears A good bowl of thick and hearty chili has just become lighter thanks to your microwave. In less than 30 minutes you will serve up a delicious meal the whole family will enjoy. Device: Kat Sears' citrus spice This healthy grain gets hit by pungent citrus flavors and becomes stuffed with turkey and almonds. Appliance: Microwave Tex-Mex Chicken Quesadillas By Kate Sears This Mexican is made easy with a few simple, shop-bought ingredients. Top it with sour cream, green onions and cilantro, and you'll never guess this delicious meal has been whipped into your toaster oven. Appliance: Toaster Oven Maple-Glazed Sausages and Rice Kate Sears Spicy Sausage meets the sweet fig flavor in this heat-free recipe. Served with a Swiss chard, this light dish becomes a delicious, all-round meal. Appliances: Microwave and toaster oven Shrimp Tacos Kate Sears microwave a safe bowl and 10 minutes all you need to get these streamlined seafood taco table. Serve with no fuss, no cooking avocado salsa for a cali-casual dinner. Appliance: Pot spaghetti squash Puttanesca By Kate Sears Skip a pot of spaghetti steam in the kitchen - this pasta imposter vegetarian cooks completely (and quickly) in the microwave. The bucket is on briny, muscular sauce, and this dinner is destined to become a busy family favorite. Appliance: Kate Sears' microwave toasty speedy open-faced sandwiches deliver all the bubbly meltiness of the oven's baked original, minus just pasta - and preparatory steps. Kids love that it's lasagna they can eat with their own hands; You will appreciate all the zucchini hidden inside. Appliances: Microwave and toaster oven salmon BLT Salad By Kate Sears handmade from toaster-oven croutons and fresh microwaved bacon crumbles to give this salad a homemade touch. Light dressing and fresh salmon are the perfect topping for this healthy dinner. Appliances: Microwave and toaster oven more: Great ways to use Kate Sears steamed cod sausage steamed cod becomes the perfect steamer with a microwave safe bowl and a little plastic wrap. Asian-infused flavors give the recipe a little kick, and brown rice rounds up this healthy meal. Appliance: Microwave And: Our Library of Taco Recipes Kate Sears' pre-cooked grilled chicken salad, available at almost any grocery store, is for that non-cook dinner. Rice noodles and fresh vegetables give the dish an authentic Asian flavor. Device: Microwave AND: Everything you need to know about Squash This content is created and supported by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and a similar content on piano.io description of microwave heat food using microwave ovens, a form of electromagnetic radiation similar to radio waves. Microwave ovens have three characteristics that allow them to be used in cooking: they are reflected by metal; They pass through glass, paper, plastic and similar materials; and they are absorbed by food. The device, called magnetron inside the oven, produces microwave ovens. Microwave ovens reflect the metal interior of the oven and cause water molecules in the food to vibrate. This vibration leads to friction between the molecules that produce the heat that prepares the food. The risks/benefits of microwave ovens are non-ionizing radiation, so they do not have the same risks as X-rays or other types of ionizing radiation. But, microwave radiation can heat the body tissue just as it heats food. Exposure to high levels of microwave ovens can cause skin burns or cataracts. Less is known about what happens to people exposed to low levels of microwave ovens. To ensure the safety of microwave ovens, manufacturers must certify that their microwave ovens meet the strict radiation safety standards created and applied by the FDA. Microwave energy will not seep out of the microwave in good condition. A damaged microwave oven can pose a risk of energy leakage in the microwave. Seek help from a microwave manufacturer if your microwave has damage to door loops, latches or seals, or if the door does not open or close properly. Consumer Protection Laws, Regulations and Standards of Manufacturers of Electronic Emitting Products Sold in the United States are responsible for complying with the Federal Food, Drug and Cosmetics Act (FFDCA), Chapter V, Subchapter C - Electronic Radiation Control Products. Microwave manufacturers are responsible for complying with all applicable requirements in Section 21 of the Federal Rules Code (Subchapter J, Radiological Health) Parts 1000 to 1005: 1000 - General 1002 - Records and Reports 1003 - Notice of Defects or Non-Compliance 1004 - Repurchase, Repair, or Replacement of Electronic Products 1005 - Imports of Electronic Products In addition, microwave ovens must comply with radiation safety standards in 21 Code of Federal Regulations (Subchapter J, Radiological Health) Parts 1010 and 1030.10: 1010 - Performance Standards for Electronic Products: General 1030.10 - Microwave Mandatory Reports for Microwave Manufacturers or Industry Recommendations Recommendations Resources Standing Magnet synchronized generator is a generator where the arosual field is provided by a permanent magnet instead of a coil. The term synchronous refers here to the fact that the rotor and magnetic field rotate at the same speed because the magnetic field generated through the shaft is set by a permanent magnetic mechanism and the current induced in stationary fittingsSYchron generators are the main source of commercial electrical energy. They are commonly used to convert the mechanical power of steam turbines, gas turbines, reciprocal engines and hydro turbines into electrical energy for the grid. Wind turbines of any significant scale use only asynchronous generators. In most structures, the rotating assembly in the center of the generator, the rotor, contains a magnet, and the waller is a stationary fixture that is electrically connected to the load. Can you get free energy from the synchronized engine. It's an electrical experiment! Is it amazing that you can control a fluorescent light bulb with a synchronized magnetic engine like a ballast transformer, fact or fake? Comments are always welcome! Those who know electricity; Can you try Make this self-chart simple! My own opinion is to take energy out of the ether and it makes us think differently. Positive thinking always helps the World and FREE ENERGY 4 ALL humanity ... Enjoy... Supporting my work every little bit helps! Watch ADS THANK YOU - Stay tuned... Microwave capacity is measured by the growth, width and depth of the inner cavity. The three digits are multiplied together to get a total of cubic inches, and then divided into 1,728 (volume of cubic feet). The result is a figure of oven building. For example, if the microwave cooking area is 11 inches high, 18 inches wide and 12 inches deep, then when multiplying it all together, the answer is 2,376 cubic inches. This figure is divided by 1728, with a result of 1,375. Manufacturers usually round these numbers up or down. In this case, the specifications will be listed at 1.4 cubic feet. Calculations can be done entirely with a measuring tape and a calculator. Or, as a result, a figure such as 2,376 cubic inches above can be connected to an online measurement converter. One of the easiest to use is the Metric Conversion website, where users can convert a cubic inch of just a cubic foot. The external size of the microwave oven may have little to do with the capacity of the oven. Some of the new models have relatively thin frames and the cooking section takes up most of the machine. Others, especially older models, are larger with thick frames, but the oven section has a smaller volume than smaller models. You buy a microwave about as often as you other large appliances that are not very common. If you are interested in buying a purchase Some important factors to consider first, so you get what you need and want. It's a good idea to think about things like what you cook, how often you use it, and the size of the microwave you need. Make a list of these features and take it from 500 to the store so you can easily compare the models and make an informed decision. You also want to buy the best device you can afford while staying within your budget. You can compare models online and use a service like Consumer Reports to research appliances before you go to the store. The first consideration when buying a microwave oven is to determine how you will use it. Some people rely on this device, while others use it only on occasion or for specific tasks. No matter what category you fall into, there is a good microwave oven for you. If you are a light user, your microwave is used primarily for melting and heating or perhaps making popcorn. You won't need a lot of fancy features, so don't pay for them. If you like to experiment with products and use a microwave to cook whole foods - even spaghetti or meatloaf - look for the latest innovations and more variable features. If your kids are using the microwave, ease of use and safety features are becoming increasingly important. Higher power will cook the products faster, which is good if you use the microwave often. Most microwave ovens have a power of between 600 and 1,200 W. Recipes that are written for the microwave usually indicate the power of at least 800 watt to allow the products to cook evenly. This would be a good base for most households, beyond the fact that plans only to use light. Where are you going to put the microwave? It's a great solution for such a small device. You have a choice of countertops or built-in model, which is usually installed over the stove. Countertop models are the most popular, you just plug them in and start cooking. It's also nice to have the flexibility to move the microwave around as you reorganize, and it can be taken with if you move. New types of microwave countertops put controls on the door, so there's more room in a smaller footprint that's perfect for smaller kitchens. Built-in microwave ovens require professional installation, although they are usually more powerful. Over-oven microwave ovens can have fans built in, include more options and features, and save valuable counter space. For heavy users and large families, you may even consider both over-the-top microwave ovens and smaller, placed on a shelf in the kitchen. Once you start shopping, you will be amazed at the features of the microwave ovens. It can be overwhelming at first and you may not need all of them, but some are nice to have. Cooking sensor: Prepares food based on humidity in the oven. It does this by measuring the moisture released from the food. Programmed cooking: Launches the oven with one touch: you add food, food, what you cook and hit the start. Programmable Cooking: Allows you to choose different power outputs and timings for full control.Combination microwave/convection oven: As a convection oven option in the range, these units are better on the circulating air inside. This allows you to brown and crispy food as well as cook it. This is something you don't get from the average microwave. Other possible features that you'll come across in include minute-plus options, automatic one-touch defaming, perfect popcorn features, and more. If you have children, lock safety should be included so they don't put something in the microwave that they shouldn't. The bigger your family, the bigger your microwave should be. A family of four will probably want a family or a full-size microwave, while a couple or one person may only need a compact or medium-sized oven, depending on how much you cook with it. Size ranges for microwave ovens include: Compact: 0.5 to 0.8 cubic feetF size: 0.9 to 1.3 cubic feetFam: 1.4 to 1.6 cubic feet of ful size: 1.8 to 2.0 cubic feet What you cook also has a bearing on the size you choose. If you are cooking casseroles, for example, make sure that the dishes you use will fit inside the device with room to spare. Spare.

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