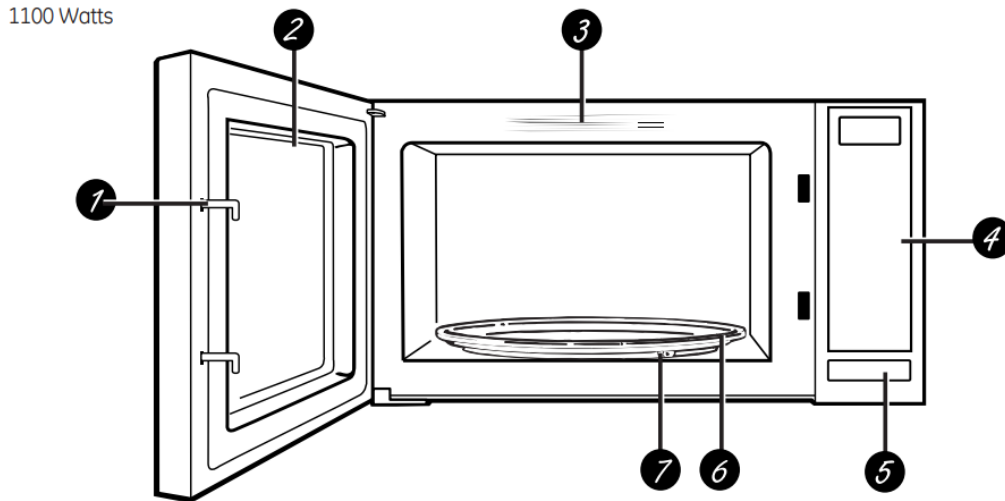


Operating Instructions

About the features of your microwave oven.

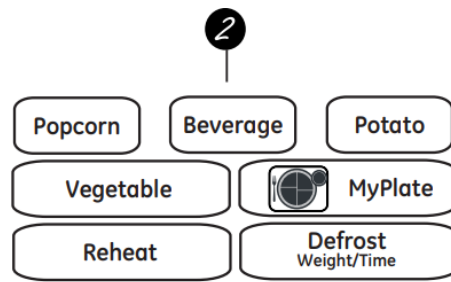
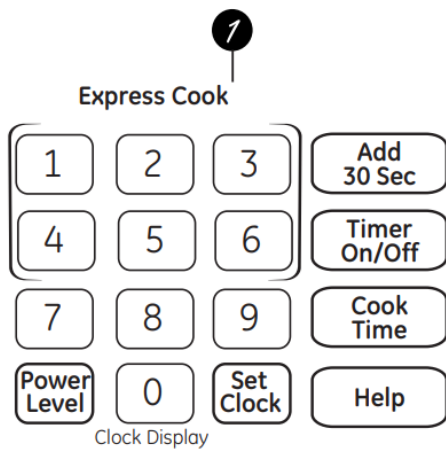


Features of the Oven

1. Door Latches.
2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.
3. Convenience Guide.
4. Touch Control Panel Display.
5. Door Latch Release. Press latch release to open door.
6. Removable Turntable. Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
7. Removable Turntable Support. The turntable support must be in place when using the oven.

About the features of your microwave oven.

You can microwave by time or with the convenience features. Not all features on all models.



Cooking Controls

Check the Convenience Guide before you begin.

1.

Time Features	
Press	Enter
Cook Time	Amount of cooking time
Defrost Weight/Time Press twice (Time Defrost)	Amount of defrosting time
Express Cook Press number pads (1-6)	Starts Immediately
Add 30 Sec	Starts Immediately!
Power Level	Power level 1 to 10

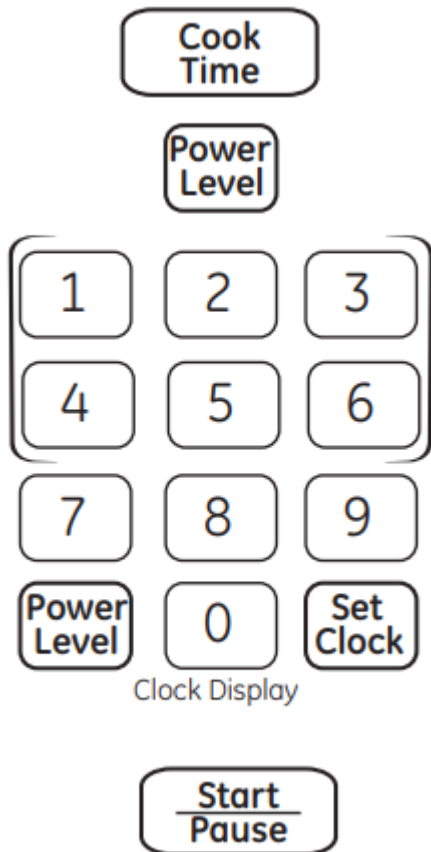
2.



Convenience Features	
Press	Enter
Popcorn	Starts immediately!
Beverage	Starts immediately!
Reheat	Starts Immediately
Potato	Starts Immediately!
Vegetables Press once (fresh vegetables) Press twice (frozen vegetables) Press three times (canned vegetables)	Starts immediately!
Defrost Weight/Time Press once (Weight Defrost)	Enter food weight
MyPlate	Enter pad to select Food Code

Changing the Power Level





The power level may be entered or changed immediately after entering the feature time for Cook Time or Express Cook. the power level may also be changed during the cooking.

1. Press Cook Time and enter cooking time.
2. Press Power Level and select power level 1-10.
3. 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 percent 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 HI which gives you 100% power.

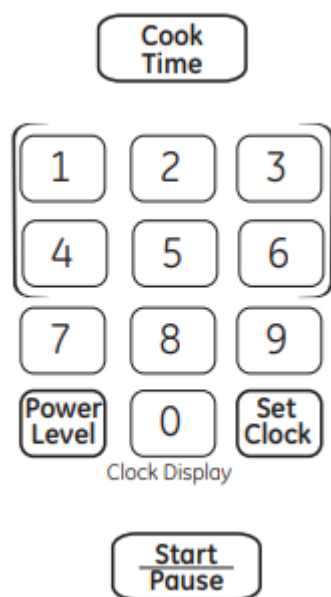
Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level 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:

- Power Level 10: Fish, bacon, vegetables, boiling liquids.
- Power Level 7: Gentle cooking of meat and poultry; baking casseroles and reheating.
- Power Level 5: Slow cooking and tenderizing for stews and less tender cuts of meat.
- Power Level 3: Defrosting; simmering; delicate sauces.
- Power Level 1: Keeping food warm; softening butter.

About the time features.



Cook Time 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.

1. Press Cook Time.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press Power Level. Select a desired power level 1–10.)
4. Press Start/Pause.

You may open the door during Cook Time to check the food. Close the door and press Start/Pause to resume cooking.

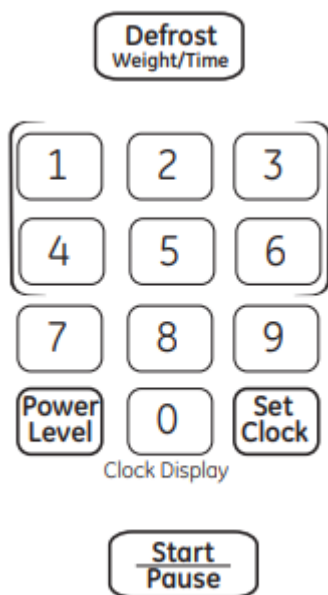
Cook Time II

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

1. Press Cook Time.

2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press Power Level. Select a desired power level 1–10.)
4. Press Cook Time again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press Power Level. Select a desired power level 1–10.)
7. Press Start/Pause.

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



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

1. Press Defrost twice.
2. Enter defrosting time.
3. Press Start/Pause.

When the oven signals, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

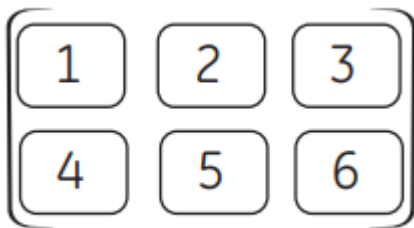
Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

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 microwavesafe dish.
- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking.
- 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.
- 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 for a few minutes.

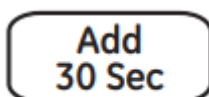
Express Cook



- This is a quick way to set cooking time from 1-6 minutes.
 - Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.
- The power level can be changed as time is counting down. Press Power Level and enter 1-10.

NOTE: Express Cook function pertains to pads 1-6 only.

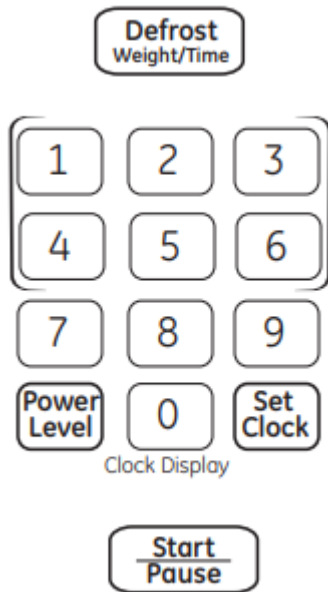
Add 30 Sec



- It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.

- The oven will start immediately when pressed.

About the auto features



Weight Defrost

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

1. Press Defrost.
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press Start/Pause.

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

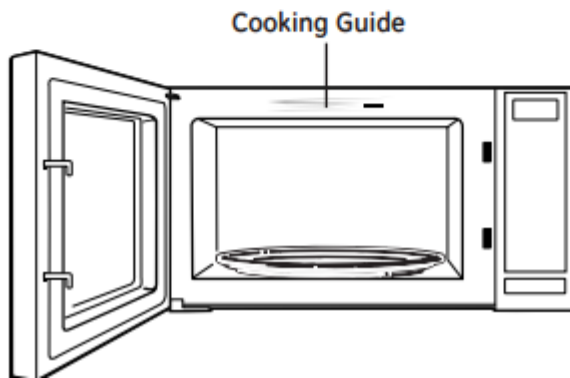
There is a cooking guide located on the inside front of the oven.

- Remove meat from package and place on microwave-safe dish.
- When the oven signals, 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.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



About the sensor features.



Covered



Vented



Dry off dishes so they don't
mislead the 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 overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.
- If food is undercooked after the countdown, use Cook Time for additional cooking time.
 - The proper containers and covers are essential for best sensor cooking.
 - Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight-sealing plastic covers— they can prevent steam from escaping and cause food to overcook.
 - Be sure the outside of the cooking container 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.

To use the Popcorn feature:

Popcorn

NOTE: Do not use this feature twice in succession on the same food portion— it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

1. Follow package instructions, using Cook Time if the package is less than 3.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
2. Press Popcorn. The oven starts immediately.

If you open the door while “POPCORN” is displayed, “SENSOR ERROR” will appear. It will scroll until Cancel/Off is pressed.

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

To use the Beverage feature:

Beverage

NOTE: Do not use this feature twice in succession on the same food portion— it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

- Press Beverage to heat an 8–10 oz. 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 Cook Time for additional cooking time.

Reheat

NOTE: Do not use this feature twice in succession on the same food portion— it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Reheat feature:

The Reheat feature reheats 4–36 ounces of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press Reheat. The oven starts immediately.
2. The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the door while “REHEAT” is displayed, “SENSOR ERROR” will appear. It will scroll until Cancel/Off is pressed.

After removing food from the oven, stir, if possible, to even out the temperature. If the food is not hot enough, use Cook Time to reheat for more time. Reheated foods may have wide variations in temperature. Some areas may be extremely hot. Some Foods Not Recommended for Use With Reheat

It is best to use Cook Time 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—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the MyPlate feature:

Use MYPLATE feature to cook healthy food choices by servings or with sensor.

1. Place food in the oven and press MyPlate pad.
2. Enter the food code. See Cooking Guide for MyPlate below for codes.
3. Enter the number of servings (1-4) for codes 1-3. For Code 4-10, the oven can start with no serving selection needed.
4. Press Start/Pause pad.

If you open the door while the food name of MYPLATE feature is displayed, “SENSOR ERROR” will appear. It will scroll until Cancel/Off is pressed.



ChooseMyPlate.gov is one of core projects by The Center for Nutrition Policy and Promotion (CNPP), an organization of the U.S. Department of Agriculture.

Cooking Guide for MyPlate Feature

Note: Use power level 10 unless otherwise noted

Enter Code	Food Choice	Weight Setting
1	Rice	1-4 Servings (Power Level 7 for 1 Serving)
2	Oatmeal	1-4 Servings
3	Pasta	1-4 Servings
4	Asparagus	Sensor Menu
5	Broccoli	Sensor Menu
6	Green Beans	Sensor Menu
7	Carrots	Sensor Menu
8	Green Peas	Sensor Menu
9	Spinach	Sensor Menu
10	Potato	Sensor Menu



Potato

NOTE: Do not use this feature twice in succession—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Potato feature:

The Potato feature cooks 1 to 2 (8 oz. each) potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press Potato. The oven starts immediately. The oven signals when steam is sensed and the time remaining begins counting down.

If you open the door while POTATO is displayed, SENSOR ERROR will appear. It will scroll until Cancel/Off is pressed.

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

Vegetable

NOTE: Do not use this feature twice in succession—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Vegetable feature:

Use the Vegetable feature to cook 4–16 ounces of fresh, frozen or canned vegetables.

1. For fresh vegetables, add 2 tablespoons of water per serving. For frozen vegetables, follow package instructions for adding water. Cover with lid or plastic wrap. Place vegetables in the oven.
2. Press Vegetable once for fresh vegetables, twice for frozen vegetables or three times for canned vegetables. The oven starts immediately. The oven signals when steam is sensed and time remaining is counting down.

If you open the door while FRSH-VG, FRZ-VEG, or CAN-VEG is displayed, SENSOR ERROR will appear. It will scroll until Cancel/Off is pressed.

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

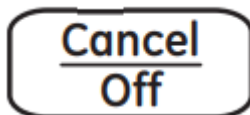
About other features.



- The Help pad displays information and helpful hints. Press Help, then select a feature pad.

COOKING COMPLETE *reminder*

- To remind you that you have food in the oven, the oven will display FOOD IS READY and beep once a minute until you either open the oven door or press Cancel/Off.



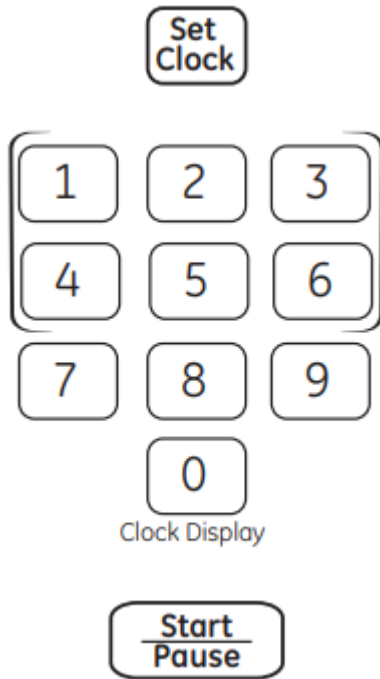
Lock Controls
Hold 3 Sec

- 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, LOCKED will appear in the display



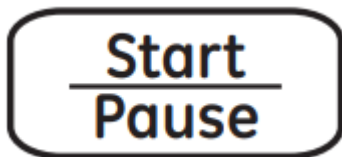
Clock Display

- 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.



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

1. Press Set Clock.
2. Enter time of day.
3. Press Start or Set Clock.



- In addition to starting many functions, Start/Pause allows you to stop cooking without opening the door or clearing the display. Press Start/Pause again to restart the oven



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

1. Press Timer On/Off.
2. Enter the amount of time you want to count down.
3. Press Timer On/Off to start.

When the 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.



- The beeper sound can be adjusted. Press Sound. Choose 0-1 for mute or normal.

Microwave Terms

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, goldrimmed 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.

Care and Cleaning

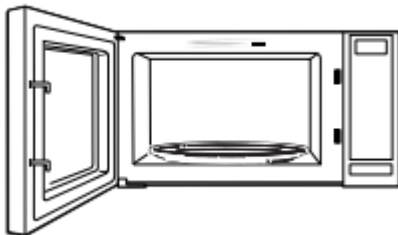
Helpful Hints



- 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



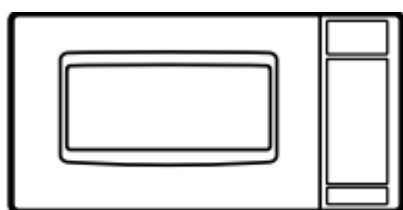
- Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.
- To clean the surface of the door and the surface of the oven that come together 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

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 with a damp cloth 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 is 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.
- Power Cord: If the 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.
- Stainless Steel (on some models)
 - Do not use a steel-wood 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 a dry, clean cloth. Always scrub lightly in the direction of the grain.

Troubleshooting Tips

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	<ul style="list-style-type: none"> • A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker. • Unplug your microwave oven, then plug it back in. • Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none"> • Door not securely closed. • Start/Pause must be pressed after entering cooking selection. • Another selection entered already in oven and Cancel/Off not pressed to cancel it. • Make sure you have entered cooking time after pressing Cook Time. • Cancel/Off was pressed accidentally. Reset cooking program and press Start/Pause. • Make sure you entered food weight after pressing Defrost Weight. • Oven was paused accidentally. Press Start/Pause to restart the cooking program.
"SENSOR ERROR" APPEARS ON DISPLAY	<ul style="list-style-type: none"> • During a Sensor Cooking program, the door was opened before steam could be detected. SENSOR ERROR will scroll until Cancel/Off is pressed. • Steam was not detected in maximum time. Use Cook Time to heat for more time.
"LOCKED" APPEARS ON DISPLAY	<ul style="list-style-type: none"> • The control panel has been locked. (When the control panel is locked, an "L" will be displayed.) Press and hold Cancel/Off for about 3 seconds to unlock the control panel.



FOOD AMOUNT TOO LARGE FOR SENSOR REHEAT	<ul style="list-style-type: none">• Sensor Reheat is for single servings of recommended foods. Use Cook Time for large amounts of food.
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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.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.