Article published on November 25th 2011 | Technology

Over the past five years, the focus on producing healthy, nutritious meals with minimal fuss has quadrupled.

Whether the purpose be to raise our children on the best diet for learning and activity, or to keep ourselves in optimum shape â€“ healthy eating is essential for everyone.

In turn, microwave technology has evolved, and a great deal of this advancement can be seen at LG UK.

Offering a combination oven that combines not convenience with traditional cooking, but it is also four-times-faster with the added bonus of the latest steam technology.

With its â€˜Speed Cookâ€™ function, it combines the power of oven, microwave, grill and halogen light technology to cook browned and crispy food whilst all the time trapping in moisture meaning you are not left with a dry, tasteless meal.

The steam function offers you all the health benefits of steam cooking so even if short for time, you neednâ€™t risk your healthy diet.

Fast Cooking

Lightwave Technology is used to lock flavour and goodness into your meals, by using a multi-heating system designed specifically to cook your food in a healthier, tastier, gourmet-standard with minimum fuss.

To keep food moist, tender and bursting with flavour, â€¨SolarCube uses powerful halogen lights to cook the outside of your food, much like conventional radiant heat, but at the same time penetrates the surface so the inside is cooked too.

Steam Cooking: The Healthier Option

Where the Lightwave function/technology offers the speed and power of microwave cooking; steam offers the health benefits of, well, steam cooking. Just like you would do so on the hob or in a separate steamer.

Removing excess fat and locking in more of the healthy nutrients that your body needs to function, Steam penetrates deeper into your food and keeps your food that little bit fresher.

Save Energy, Save Money

You may start to think with all the added technology on offer, and the speed at which your food can be cooked, that this product would be inefficientâ€¦on the contrary.

The multi heating system is not just efficient but super efficient; slashing energy consumption by up to 40% when compared to conventional units. Which in turn, saves you money.

Article Source:
http://www.articleside.com/technology-articles/lg-uk-make-eating-healthy-as-easy-a-three-two-one-beep.htm - Article Side

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Article Keywords:
LG UK

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