

NS-MW07WH0/NS-MW07BK0



Before using your new product, please read these instructions to prevent any damage.

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Compact Microwave

Introduction

Congratulations on your purchase of a high-quality Insignia product. Your NS-MW07WH0 or NS-MW07BK0 represents the state of the art in microwave design and is designed for reliable and trouble-free performance.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 1 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.
- 2 Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- 3 Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
 - a) Door (including any dents),
 - b) Hinges and latches (broken or loosened),
 - c) Door seals and sealing surfaces.
- 4 The oven should not be adjusted or repaired by anyone except qualified service personnel

IMPORTANT SAFETY INSTRUCTIONS

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

- 1 Read all instructions before using the appliance.
- 2 Read and follow the specific PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY on page 3.
- 3 This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS on page 6.
- 4 Install or locate this appliance only in accordance with the provided installation instructions.
- 5 Do not operate the oven when empty.
- 6 Some products such as whole eggs and sealed containers -for example, closed glass jars- are able to explode and should not be heated in this oven.

- 7 Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- 8 As with any appliance, close supervision is necessary when used by children.
- 9 To reduce the risk of fire in the oven cavity:
 - a) Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse circuit breaker panel.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- 10 Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to person:
 - a) Do not overheat the liquid.
 - b) Stir the liquid both before and halfway through heating it.
 - c) Do not use straight-sided containers with narrow necks.
 - d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - e) Use extreme care when inserting a spoon or other utensil into the container.
- 11 Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
- 12 Do not cover or block any openings on the appliance.
- 13 Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- 14 Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
- 15 Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
- 16 This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
- 17 When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.

- 18** This equipment has been tested and found to comply with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

- 19** This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded and if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall outlet properly installed and grounded.

Power Cord

- 1 A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- 2 Longer cord sets or extension cords are available and may be used if care is exercised in their use.
- 3 If long cord or extension cord is used:
 - a) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - b) The extension cord must be a grounding-type 3-wire cord, and the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

INSTALLATION GUIDELINES

- 1 Make sure that all the packing materials are removed from the inside of the door.
- 2 This microwave oven must be placed on a flat surface.
- 3 For correct operation, the oven must have sufficient air flow. Allow 8 in. (20 cm) of space above the oven, 4 in. (10 cm) at back and 2 in. (5 cm) at both sides. Do not cover or block any openings on the appliance. Do not remove feet on which oven stands.
- 4 The appliance shall be only used on a countertop over 3 feet (91.4 cm) above the floor.
- 5 Do not operate the oven without glass tray, roller support, and shaft in their proper positions.

- 6 Make sure that the power cord is undamaged and does not run under the oven or over any hot or sharp surface.
- 7 The socket must be readily accessible so the microwave oven can be easily unplugged in an emergency.

Cookware and cooking materials

WARNING: Tightly-closed containers can explode. Open closed containers and pierce plastic pouches before cooking.

Cookware and other materials must fit on the turntable. Always use oven mitts or pot holders because cookware may become hot.

See Materials you can use and Materials to be avoided on page 8 as a guide, then test before using.

Note: To make sure that a dish is safe for microwaving, place the empty dish in your microwave and cook on HIGH for 30 seconds. If the dish becomes very hot, you should not use it in your microwave.

Materials you can use

MATERIAL	REMARKS
Browning dish	Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish. Incorrect usage may cause the turntable to break.
Dinnerware	Use microwave-safe only. Follow the manufacturer's instructions. Do not use cracked or chipped dishes.
Glassware	Use heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow the manufacturer's instructions. Do not close with a metal tie. Make slits to let steam escape.
Paper plates and cups	Use for short-term cooking/warming at low temperatures. Do not use recycled paper, which may contain metal and could ignite.
Paper towels	Use to cover food for reheating and absorbing fat. These absorb excess moisture and prevent splattering. Do not use recycled paper towels, which may contain metal and could ignite.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Use only if labeled "microwave safe." Follow the manufacturer's instructions. Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced, or vented, as indicated on the package.

MATERIAL	REMARKS
Plastic wrap	Use microwave-safe only. Use to cover food during cooking to retain moisture. Do not let plastic wrap touch food.
Thermometers	Use only those labeled "microwave safe" and follow all directions. Check the food in several places. Conventional thermometers can be used on microwaved food after the food has been removed from your microwave.
Wax paper	Use as a cover to prevent splattering and retain moisture.

Materials to be avoided

MATERIAL	REMARKS
Aluminum tray	May cause arcing. Use a microwave-safe dish instead.
Food carton with metal handle	May cause arcing. Use a microwave-safe dish instead.
Glass jars/bottles	Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.
Metal or metal trimmed utensils	Metal shields the food from microwave energy. The metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in your microwave.
Paper bags	May cause a fire hazard, except for popcorn bags that are designed for microwave use.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Plastic storage and food containers	Containers such as margarine tubs can melt in your microwave.
Wood	Wood dries out when used in your microwave and may split or crack.

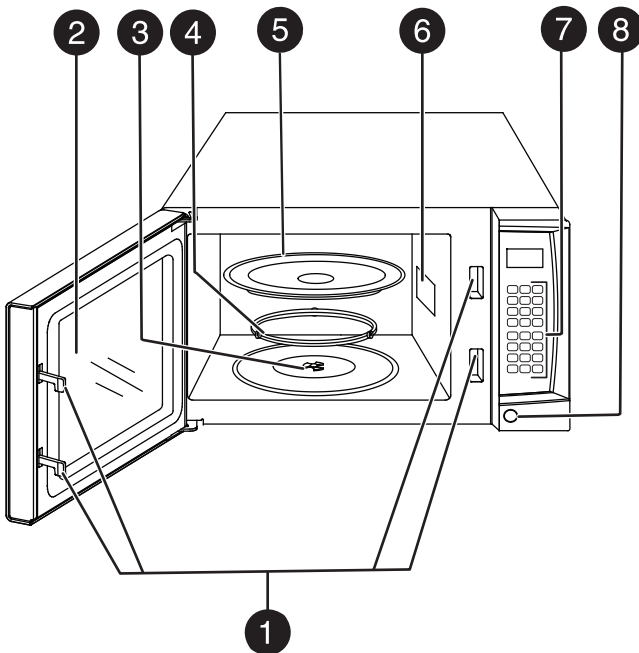
Features

- .7 cu ft compact design saves counter space
- 700W with 11 power levels heats your food to perfection
- Six presets easily cook your favorite foods
- 9.6-inch (24.5 cm) turntable helps evenly heat food
- Internal light shows your food

Package contents

- Compact Microwave
- Turntable (with ring)
- *User Guide*

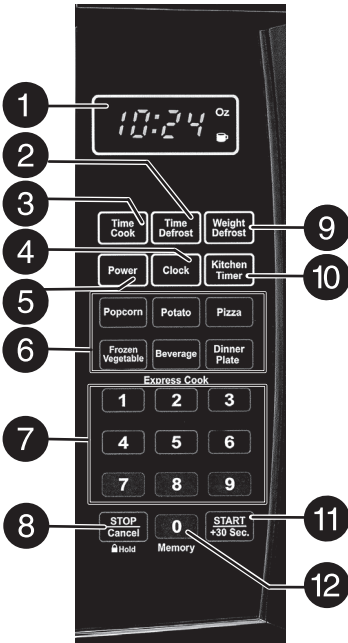
Microwave



#	ITEM	DESCRIPTION
1	Safety interlock system	Prevents your microwave from operating when the door is open.
2	Oven window	Lets you see food while it is cooking.
3	Turntable shaft	Rotates the turntable assembly.
4	Turntable ring assembly	Lets the turntable rotate to cook food evenly.

#	ITEM	DESCRIPTION
5	Glass turntable	Helps food cook evenly.
6	Waveguide cover	Covers the waveguide. DO NOT REMOVE.
7	Control panel	Provides controls to set cooking times and enter other information as needed.
8	Door release button	Opens your microwave's door.

Control panel



#	ITEM	DESCRIPTION
1	Display	In standby mode, shows the time. In cooking mode, shows cooking time, weight, and other information.
2	Time Defrost	Press, then enter the time you want for an item to defrost. See Defrosting by time on page 17.
3	Time Cook	Press to set the amount of time you want to heat your food, then press the number buttons to enter the time you want (up to 99 minutes and 99 seconds).
4	Clock	Press to set or check the clock. See Setting the clock on page 14.
5	Power	Press to set the power level of your microwave, then press the number buttons to set the level you want (0-10).
6	Auto menu	Press one of these buttons to automatically cook the item indicated. See Cooking with the auto menus on page 15.
7	Number pad	Press to enter cook time, defrost time, clock time, and other information.
8	STOP/Cancel	Press to stop the cooking process. Press again to cancel the cooking operation.
9	Weight Defrost	Press, then enter the weight of the item you want to defrost. The cooking time is set automatically. See Defrosting by weight on page 17.

#	ITEM	DESCRIPTION
10	Kitchen Timer	Press this button, then enter the time you want to count down. See Using the kitchen timer on page 14.
11	START +30 Sec.	In standby mode, press this button to begin cooking. While cooking, press this button to add 30 seconds to cooking time.
12	0/Memory	Press repeatedly to choose a memorized procedure.

Setting up your microwave

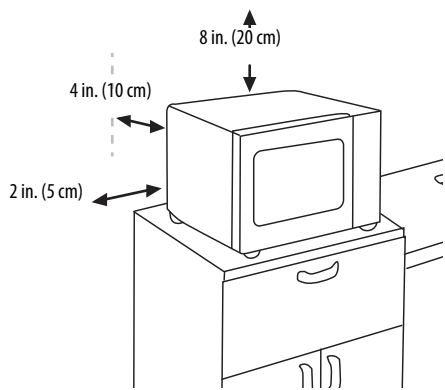
- 1

Remove all packing material, protective film, and accessories. Do not remove the light brown mica cover that is attached to the interior wall to protect the magnetron.
- 2

Check for any damage such as dents or a broken door. Do not use your microwave if it is damaged.
- 3

Select a level surface that provides enough open space for the vents.

CAUTION: Do not install your microwave over a range cooktop or other heat-producing appliance. Installing over a heat source can damage your microwave and voids your warranty.

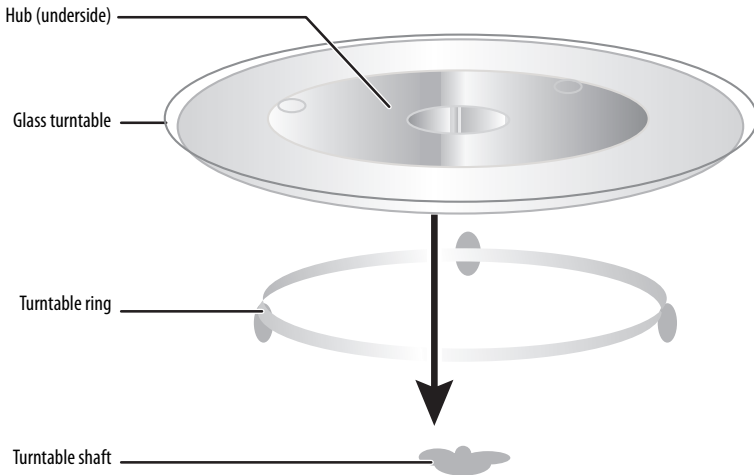


- 4

Plug your microwave into a power outlet.

Installing the turntable

Note: The turntable is shipped inside your microwave's cooking chamber.



Notes:

- Never place the glass tray upside down. The glass tray should never be restricted.
- Both the glass tray and turntable ring must always be used during cooking.
- Always place all food and containers of food on the glass tray for cooking.
- If the glass tray or turntable ring cracks or breaks, contact your nearest authorized service center.

- 1 Place the turntable ring in the round depression in the bottom of your microwave so that it turns freely.
- 2 Place the glass turntable (flat side up) on the turntable ring so that the hub engages the turntable shaft in the bottom of your microwave. The glass turntable should not turn freely when it is correctly installed.

Setting the clock and the timer

Setting the clock

You can set the clock to a 12-hour or 24-hour format.

- 1 In standby mode, press **Clock** once to select the 12-hour format or twice to select the 24-hour format.
- 2 Use the number pad to enter the current time.
For example, if you want to set the clock time to 8:30, press the number buttons **8**, **3**, and **0**, then press **START/+ 30Sec.** to save the setting.

Notes:

- While setting the clock, if you press **STOP/Cancel** or if you don't press a button within 20 seconds, your microwave goes back to its last setting.
- If the display shows "00:00" the clock is not set.

Using the kitchen timer

- 1 In standby mode, press **Kitchen Timer**. The display shows "00:00."
- 2 Use the number pad to enter the time (up to 99 minutes and 99 seconds), then press **START/+30SEC**. When the time reaches 0 (zero), your microwave beeps.

Notes:

- To check the amount of time left on the timer, press **Kitchen Timer**.
- To cancel the timer, press **STOP/Cancel**.

Cooking with your microwave

Microwave cooking

- 1 Press **Time Cook**, then use the number pad to enter the cooking time that you want.

Note: For example, to enter 3 minutes and 15 seconds, press **3**, **1**, and then **5**.

- 2 Press **Power**, then enter the power level that you want (0-10). The default power level is 100% (PL10).

LEVEL	10	9	8	7	6	5	4	3	2	1	0
Power	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%
Display	PL10	PL-9	PL-8	PL-7	PL-6	PL-5	PL-4	PL-3	PL-2	PL-1	PL-0

Note: Press **POWER** at any time to change the power setting. Enter the number of the new power setting you want. Your microwave cooks at the new power setting for the remainder of the cook time. You cannot change the power setting for auto-menu items.

- 3 If you want to set a second cook setting (multi-stage cooking), repeat steps 1 and 2.

Notes:

- Multi-stage cooking lets you program two cook times and power levels at the same time.
- Your microwave beeps between stages and automatically moves to the second stage.
- You can set time defrost or weight defrost for the first or second stage. Your microwave always defrosts first.
- You cannot use multi-stage cooking with the auto menu programs.

- 4 Press **START/+30SEC** to begin heating. Your microwave beeps when it is finished.

Notes:

- While cooking, if you press **STOP/Cancel** once, your microwave pauses the cooking program. Press **START/+30** to resume.
- While cooking, if you press **STOP/Cancel** twice, your microwave stops cooking and cancels the cooking program.
- When cooking is complete, your microwave beeps five times and enters standby mode.

Cooking quickly

- 1 Press **START/+30SEC** to instantly cook something at 100% power for 30 seconds.
OR
Press a number between **1** and **6** on the number pad to instantly cook something at 100% power for 1 to 6 minutes.
- 2 To increase the time in 30 second increments, press **START/+30SEC** repeatedly. The maximum cooking time is 99 minutes and 99 seconds.

Note: You cannot increase cook time when using defrost, weight defrost, or auto-menu items.

Cooking with the auto menus

Your microwave has six auto menus for commonly cooked items. You do not have to set the cook time when you use an auto menu.

Popcorn

- 1 Press **Popcorn** repeatedly until the display shows the weight of your popcorn bag (1.75, 3.0, or 3.5 ounces).
- 2 Press **START/+30SEC** to start. Your microwave beeps once, then cooks your popcorn.

Potato

- 1 Press **Potato** repeatedly until the display shows the number of potatoes you're cooking (1-3).

Note: Each potato is assumed to be 8 oz. (227 g) If your potato is large, select the amount based on the potato's weight.

AMOUNT	WEIGHT (APPROX.)
1 potato	8 oz. (227 g)
2 potatoes	16 oz. (453 g)
3 potatoes	24 oz. (680 g)

- 2 Press **START/+30SEC** to start. Your microwave beeps once, then cooks your potato.

Frozen vegetables

- 1 Press **Frozen Vegetable** repeatedly until the display shows the number weight of your vegetables (4.0, 8.0, or 16.0 ounces).
- 2 Press **START/+30SEC** to start. Your microwave beeps once, then cooks your vegetables.

Beverages

- 1 Press **Beverage** repeatedly until the display shows the number of 4 ounce-cups (1-3).
- 2 Press **START/+30SEC** to start. Your microwave beeps once, then heats your drink.

Dinner plate

- 1 Press **Dinner Plate** repeatedly until the display shows the weight of your food (9.0, 12.0, or 18.0 ounces).
- 2 Press **START/+30SEC** to start. Your microwave beeps once, then heats your food.

Pizza

- 1 Press **Pizza** repeatedly until the display shows the weight of your food (4.0, 8.0, or 14.0 ounces).
- 2 Press **START/+30SEC** to start. Your microwave beeps once, then heats your pizza.

Using a memorized procedure

Memorized procedures let you save heating operations (cook time and power level) that you use often. You must save a memorized procedure before using this feature. You can save three procedures. One of these procedures can be a multi-stage procedure.

- 1 Press **0/Memory** repeatedly to choose a memorized number (1 through 3) that you want to assign to the procedure.
- 2 Press **Time Cook**, then use the number pad to enter the cook time you want.

Note: For example, to enter 3 minutes and 15 seconds, press **3**, **1**, and then **5**.

- 3 Press **Power**, then enter the power level that you want (1 through 10). The default power level is 100% (PL10).

LEVEL	10	9	8	7	6	5	4	3	2	1	0
Power	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%
Display	PL10	PL-9	PL-8	PL-7	PL-6	PL-5	PL-4	PL-3	PL-2	PL-1	PL-0

- 4 (Optional) If you want to add a second stage, repeat steps 2 and 3. You can only add two stages to a memorized procedure.
- 5 Press **START/+30SEC**. Your microwave beeps and the display shows the memorized procedure number.
- 6 Press **START/+30SEC** again to run the procedure.

Note: If your microwave loses power, it forgets your memorized procedures.

Defrosting in your microwave

You can use your microwave to defrost frozen food by entering a defrost time or the weight of the food.

Defrosting by time

- 1 Press **Time Defrost**. The display shows "dEF2".
- 2 Use the number pad to enter the defrosting time you want. The time range must be between 00:01 and 99:99.
- 3 Press **START/+30SEC** to start defrosting. The display shows the remaining defrosting time.

Defrosting by weight

When you enter the weight of the item, your microwave automatically adjusts the time and defrosting power.

- 1 Press **Weight Defrost**. The display shows "dEF1".
- 2 Use the number pad to enter the weight of the item to be defrosted (in ounces). The input weight must be between 4 and 100 ounces.
- 3 Press **START/+30SEC** to start defrosting. The display shows the remaining defrosting time. After 2/3 of the time elapses, your microwave pauses.
- 4 Press **START/+30SEC** to continue defrosting for the rest of the time.

Changing other microwave settings

Using the child lock

- To lock your microwave, press and hold **STOP/Cancel** for three seconds while in standby mode. Your microwave beeps and the display shows **0000**.

Note: The display does not show the time while your microwave is locked.

- To unlock your microwave, press and hold **STOP/Cancel** for three seconds until your microwave beeps. Your microwave unlocks and goes into standby mode.

Checking the time or power level

- To check the time while cooking a meal, press **Clock**. The display shows the current time for three seconds, then returns to the cooking time remaining.
- To check the power level while using a microwave cooking program, press **Power**. The display shows the power level being used for three seconds, then returns to the cooking time remaining.

Note: Press **Power** at any time to change the power setting. Enter the number of the new power setting you want. Your microwave cooks at the new power setting for the remainder of the cook time. You cannot change the power setting for time defrost, weight defrost, or auto-menu items.

Cleaning and maintaining your microwave

Cleaning the outside of your microwave

Exterior

Clean the outside with a damp cloth. If needed you can use mild soap and water, then rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner. To prevent damage to the operating parts inside your microwave, make sure that water does not get into the ventilation openings.

Door

Wipe the window and door on both sides, the door seals, and adjacent parts with a damp cloth to remove any spills or spatters. Metal parts are easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak, or dull the door surface.

Control panel

If the control panel is dirty, open the microwave door before cleaning to prevent your microwave from turning on. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close the door and press **STOP/Cancel** to clear any buttons you may have pressed.

Cleaning the inside of your microwave

Interior

Wipe with a soft cloth and warm water. Do not use abrasive or harsh cleaners or scouring pads. For baked-on food, use baking soda or a mild soap, then rinse thoroughly with hot water.

Waveguide cover

The waveguide cover is located on the side wall inside the microwave cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave performance. Carefully wipe with a damp cloth any food spatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. **DO NOT REMOVE THE WAVEGUIDE COVER.**

Removing odors

Occasionally, a cooking odor may remain in your microwave. To remove, combine one cup (.25 L) water, grated peel and juice of one lemon, and several whole cloves in a two-cup (.5 L) glass measuring cup. Boil for several minutes using 100% power, then let it cool in your microwave. Wipe the interior with a soft cloth.

Turntable

Remove the turntable and wash it in mild, sudsy water. For stubborn stains, use a mild cleanser and non-abrasive scouring sponge. You can also wash it in the top rack of a dishwasher.

The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

Clean the ring and the floor regularly to avoid excessive noise. Wipe the bottom surface of your microwave with mild detergent. Wash the ring in mild, soapy water or in a dishwasher. When removing the ring, make sure that you replace it in its original position.

Troubleshooting

If you have a problem with your microwave, review the following chart for a possible solution. If your microwave still does not work properly, contact the nearest authorized service center.

PROBLEM	POSSIBLE CAUSE	POSSIBLE SOLUTION
Microwave does not start	The electrical cord is not plugged in.	Plug in the electrical cord.
	The door is open.	Close the door and try again.
	The wrong operation is set.	Check the instructions and try again.
Arcing or sparking in my microwave	You are trying to use incorrect materials in your microwave.	Use only microwave-safe materials.
	You are trying to use your microwave when it's empty.	Do not operate your microwave when it's empty.
	Spilled food remains in your microwave.	Clean your microwave with a wet towel.
Microwave has a bad odor	This is normal for new appliances.	The odor disappears after you use your microwave a few times.
	Sometimes food leaves an odor in your microwave.	See Removing odors on page 19.

PROBLEM	POSSIBLE CAUSE	POSSIBLE SOLUTION
Unevenly cooked foods	You are trying to use incorrect materials in your microwave.	Use only microwave-safe materials.
	The food is not defrosted completely.	Defrost the food completely before trying to cook it.
	The cooking time or power level is not adequate to cook the food.	Use the correct cooking time and power level.
	The food is not turned or stirred.	Turn or stir the food.
Overcooked foods	The cooking time is too long or power level is too high.	Use the correct cooking time and power level.
Undercooked foods	You are trying to use incorrect materials in your microwave.	Use only microwave-safe materials.
	The food is not defrosted completely.	Defrost the food completely before trying to cook it.
	The cooking time is too short or power level is too low.	Use the correct cooking time and power level.
	Your microwave ventilation ports are blocked or restricted.	Make sure that the ventilation ports are not blocked or restricted.
Improper defrosting	You are trying to use incorrect materials in your microwave.	Use only microwave-safe materials.
	The cooking time or power level is not adequate to cook the food.	Use the correct cooking time and power level.
	The food is not turned or stirred.	Turn or stir the food.
The ":" colon on the display is blinking	This is normal behavior.	The colon blinks to count seconds when the clock is set.
The program stops working	If any button on the control panel sticks for one minute, the display shows "FAIL", and a beep will sound once every minute.	If your microwave oven is within one year of purchase, contact Insignia Customer Service.
	If any button on the control panel sticks permanently, a beep will sound once every minute.	

Obtaining replacement parts

Call Insignia Customer Service at 1-877-467-4289.

Specifications

Model	NS-MW07WH0 or NS-MW07BK0
Rated voltage	120V / 60Hz
Rated input power	1,100W
Rated output power	700W
Operation Frequency	2450MHz
Microwave capacity	.7 cu. ft. (19.8 L)
Turntable diameter	9.6 in. (24.5 cm)
External dimensions (H x W x D)	10.3 x 17.8x 12.4 in. (26.3 x 45.2 x 31.6 cm)
Power cord length	33.9 in. (86 cm)
Net weight	23.1 lbs. (10.5 kg)

ONE-YEAR LIMITED WARRANTY

Definitions:

The Distributor* of Insignia branded products warrants to you, the original purchaser of this new Insignia-branded product ("Product"), that the Product shall be free of defects in the original manufacturer of the material or workmanship for a period of one (1) year from the date of your purchase of the Product ("Warranty Period").

For this warranty to apply, your Product must be purchased in the United States or Canada from a Best Buy branded retail store or online at www.bestbuy.com or www.bestbuy.ca and is packaged with this warranty statement.

How long does the coverage last?

The Warranty Period lasts for 1 year (365 days) from the date you purchased the Product. Your purchase date is printed on the receipt you received with the Product.

What does this warranty cover?

During the Warranty Period, if the original manufacture of the material or workmanship of the Product is determined to be defective by an authorized Insignia repair center or store personnel, Insignia will (at its sole option): (1) repair the Product with new or rebuilt parts; or (2) replace the Product at no charge with new or rebuilt comparable products or parts. Products and parts replaced under this warranty become the property of Insignia and are not returned to you. If service of Products or parts are required after the Warranty Period expires, you must pay all labor and parts charges. This warranty lasts as long as you own your Insignia Product during the Warranty Period. Warranty coverage terminates if you sell or otherwise transfer the Product.

How to obtain warranty service?

If you purchased the Product at a Best Buy retail store location or from a Best Buy online website (www.bestbuy.com or www.bestbuy.ca), please take your original receipt and the Product to any Best Buy store. Make sure that you place the Product in its original packaging or packaging that provides the same amount of protection as the original packaging.

To obtain warranty service, in the United States and Canada call 1-877-467-4289. Call agents may diagnose and correct the issue over the phone.

Where is the warranty valid?

This warranty is valid only in the United States and Canada at Best Buy branded retail stores or websites to the original purchaser of the product in the country where the original purchase was made.

What does the warranty not cover?

This warranty does not cover:

- Food, beverage, and/or medicine loss/spoilage.
- Customer instruction/education
- Installation
- Set up adjustments
- Cosmetic damage
- Damage due to weather, lightning, and other acts of God, such as power surges
- Accidental damage
- Misuse
- Abuse
- Negligence
- Commercial purposes/use, including but not limited to use in a place of business or in communal areas of a multiple dwelling condominium or apartment complex, or otherwise used in a place of other than a private home.
- Modification of any part of the Product, including the antenna
- Display panel damaged by static (non-moving) images applied for lengthy periods (burn-in).

- Damage due to incorrect operation or maintenance
- Connection to an incorrect voltage or power supply
- Attempted repair by any person not authorized by Insignia to service the Product
- Products sold "as is" or "with all faults"
- Consumables, including but not limited to batteries (i.e. AA, AAA, C etc.)
- Products where the factory applied serial number has been altered or removed
- Loss or Theft of this product or any part of the product
- Display panels containing up to three (3) pixel failures (dots that are dark or incorrectly illuminated) grouped in an area smaller than one tenth (1/10) of the display size or up to five (5) pixel failures throughout the display. (Pixel based displays may contain a limited number of pixels that may not function normally.)
- Failures or Damage caused by any contact including but not limited to liquids, gels or pastes.

REPAIR REPLACEMENT AS PROVIDED UNDER THIS WARRANTY IS YOUR EXCLUSIVE REMEDY FOR BREACH OF WARRANTY. INSIGNIA SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR THE BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT, INCLUDING, BUT NOT LIMITED TO, LOST DATA, LOSS OF USE OF YOUR PRODUCT, LOST BUSINESS OR LOST PROFITS. INSIGNIA PRODUCTS MAKES NO OTHER EXPRESS WARRANTIES WITH RESPECT TO THE PRODUCT, ALL EXPRESS AND IMPLIED WARRANTIES FOR THE PRODUCT, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF AND CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE WARRANTY PERIOD SET FORTH ABOVE AND NO WARRANTIES, WHETHER EXPRESS OR IMPLIED, WILL APPLY AFTER THE WARRANTY PERIOD. SOME STATES, PROVINCES AND JURISDICTIONS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE OR PROVINCE TO PROVINCE.

Contact Insignia:

1-877-467-4289

www.insigniaproducts.com

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**For product inquiries, please contact us with the information below:
1-877-467-4289**

www.insigniaproducts.com

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