

Knowledge @ Noon

“Save Time – Microwave It!” Part 2



Wednesday, April 15, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

FOLLOWING MICROWAVE INSTRUCTIONS

Today there are many food products made specifically for use in microwave ovens.



Some non-microwavable food packages look similar to microwavable products, so check labels carefully.



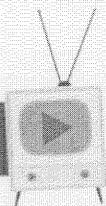
Follow cooking instructions on the product label or recipe instructions. These instructions are developed to destroy the harmful bacteria.



If a range of time is given, start with the fewest minutes recommended. Add cooking time if necessary to reach a safe internal temperature.

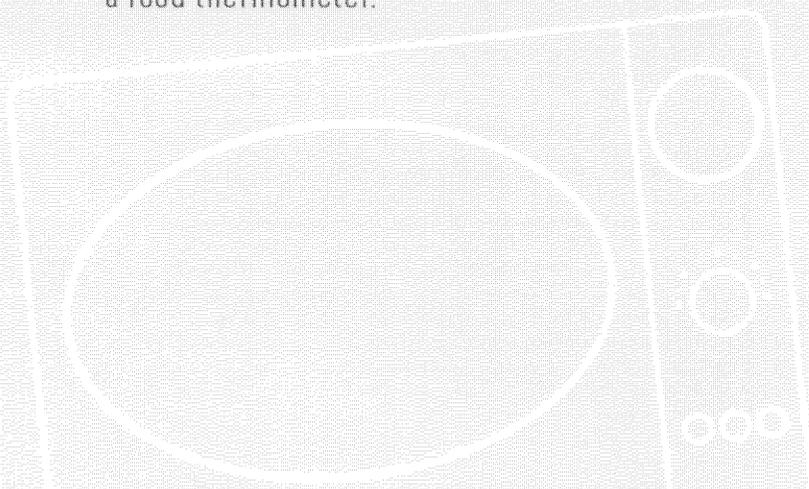
Many people think they can pop food in the microwave oven for however long it takes to warm it up or for the food to "look done." Unfortunately, it is not that simple. To prevent bacteria from growing, use a food thermometer to ensure food has reached the correct internal temperature.

Following Microwave Instructions



The label may include different cooking times depending on the wattage of the microwave oven being used. If you don't know the wattage of your microwave, use the Water Test for Wattage described on page 3.

The package label or recipe instructions may provide the internal temperature that the product needs to reach to kill harmful bacteria. To be sure the food has reached that temperature, use a food thermometer.



Insert the thermometer into the center of the food after removing it from the microwave oven. Measure the temperature in different spots, especially if the item is large. Different foods need to reach different temperatures to kill harmful bacteria. After removing meat, poultry, and egg dishes from the microwave, allow "standing time" of at least three minutes to complete the cooking process.

Using a Food Thermometer



After food is removed from the microwave, food temperatures can increase. This is called the standing time. Consider standing time as part of the cooking time. Many package directions will say how long to allow for standing time. If it doesn't say, allow two minutes. Following the standing time, check the internal temperature with a food thermometer to ensure the food has reached the temperature needed to destroy harmful bacteria.

Some food items need to be "poked" ●

What about breast milk or baby formula? ●

Oven Temperatures for Common Microwave Foods

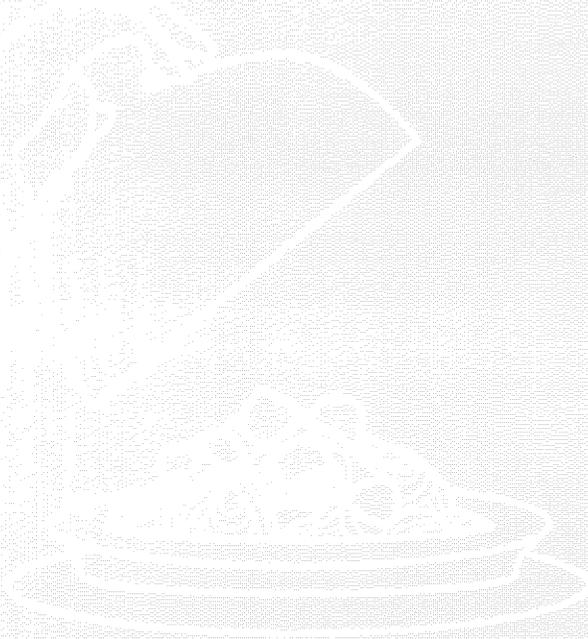
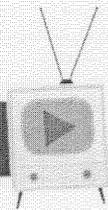
- * Ground meats ●
- * All raw beef, pork, lamb and veal steaks, chops, and roasts ●
- * All poultry ●
- * Eggs and casseroles containing eggs ●
- * Fish ●

Temperature Danger Zone ●

SAFE CONTAINERS

Only use containers and wraps that are safe to use in a microwave oven. Glass, ceramic, and all plastic containers and wraps are usually labeled for microwave oven use. If a container is not labeled, use this list to determine if it is microwave-safe.

Microwave Safe Containers



Safe to Use

Safe

- * Any utensil or container labeled for microwave use
- * Heat-resistant glass (such as Pyrex[®], Anchor Hocking)
- * Glass-ceramic material (such as CorningWare[®])
- * Oven cooking bags
- * Baskets (straw and wood) for quick warm-up of rolls or bread ●
- * Most paper plates, towels, napkins, and bags ●
- * Wax paper, parchment paper, and heavy plastic wrap ●
- * Heat-susceptor packaging – some commercial packages have a silver liner to help conduct heat

Foods cooked in microwave-safe containers may cause the container to become hot. Use hot pads or oven mitts to remove food from the microwave oven to prevent burns, especially from steam.



Not Safe to Use

Not Safe

- * Cold-storage containers such as margarine tubs, cottage cheese and yogurt cartons, etc.
- * Brown paper bags and newspapers
- * Metal pans
- * Foam-insulated cups, bowls, plates, or trays
- * China with metallic paint or trim
- * Chinese take-out containers with metal handles
- * Metal twist ties on package wrapping
- * Food completely wrapped in aluminum foil
- * Food cooked in any container or packaging that has warped or melted during heating
- * Containers microwavable food comes in are designed for one-time use

Foam trays, some plastic wraps, and plastic containers, including containers microwavable food comes in, may not be safe to use in a microwave oven. The container may melt during heating and cause the package material or harmful chemicals to migrate into the food.

Try this
Container Test

Accessorize Your Microwave

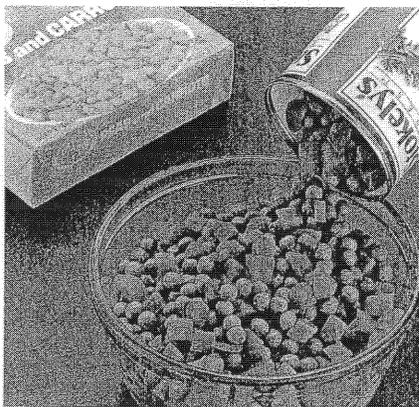
Many microwave accessories are made to help you cook specific foods in a microwave. Common items include:

- * 1- and 2-cup glass measuring cups
- * 2-quart glass mixing pitcher
- * Individual glass oval dishes
- * 1- and 2-quart casseroles
- * Oval 9 x 13-inch glass pan
- * Glass-ring pan (for meatloaves, cakes, casseroles)
- * Microwaveable 1-quart saucepan with lid that can be used as a strainer
- * Bacon rack
- * 2-cup egg poacher

It is not safe to use a microwave oven for canning. Instead, use a water-bath or a pressure canner and approved canning jars, lids, and methods. At one time, a microwave canner was developed but proved unsafe.

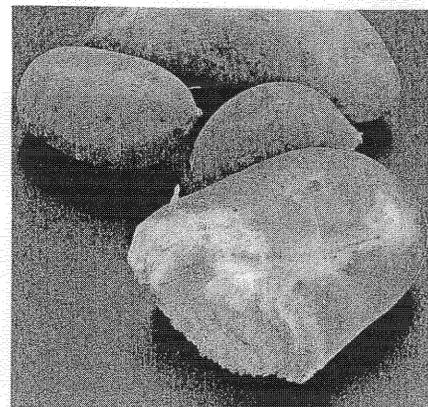
Microwave Techniques

The characteristics of food and the application of certain techniques will influence the speed and effectiveness of microwave cooking. While the techniques may be familiar, the way they are used may be somewhat different because of the unique way in which microwave energy cooks.

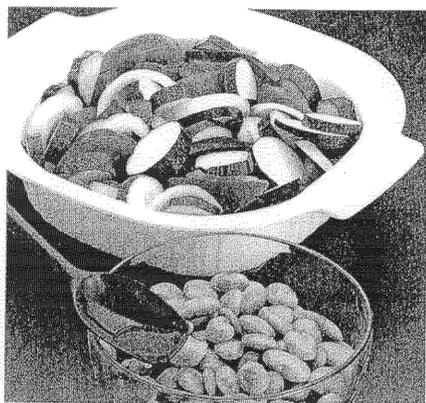


STARTING TEMPERATURE

Suggested cook times in this book are based on normal storage temperatures. Foods which are refrigerated or frozen may require longer cooking time than foods stored at room temperature.



DENSITY In both conventional and microwave cooking, dense foods, such as potatoes, take longer to cook or reheat than light porous foods such as a piece of cake, bread or a roll.

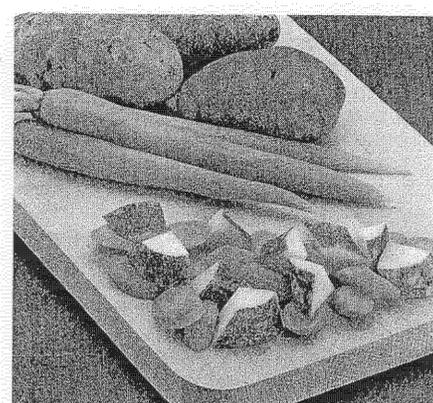


MOISTURE CONTENT

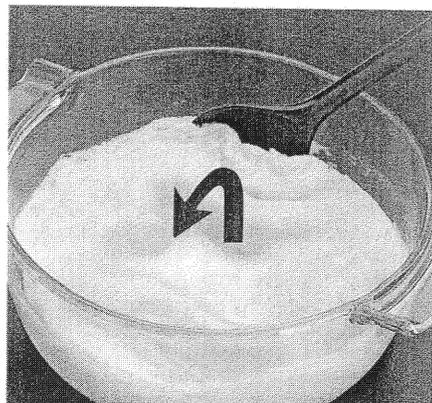
Moisture of food affects how it cooks. Very moist foods cook evenly because microwave energy is attracted to water molecules. Food with low moisture content should be covered during cooking and allowed to stand after cooking so heat can disperse evenly.



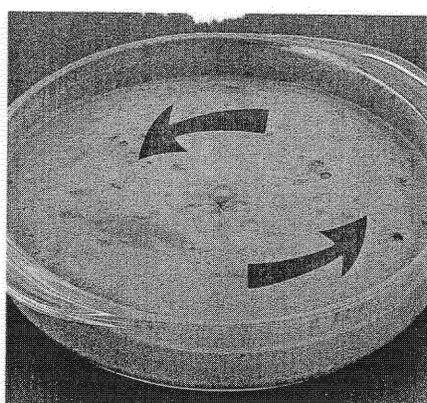
QUANTITY In microwave cooking, where time is directly related to the number of servings, small amounts of food take less time to cook than large ones.



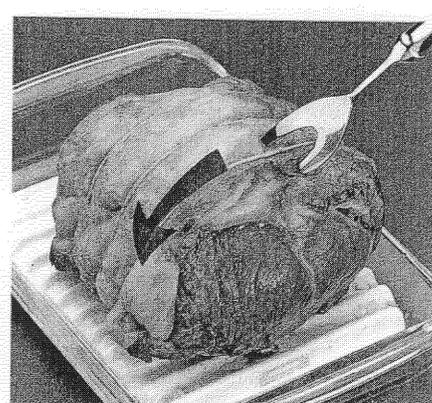
SIZE Foods which are similar in size and shape cook more evenly. Small pieces cook faster than large ones. When cooking large pieces of food such as a roast, the power level may be reduced to allow for more even cooking.



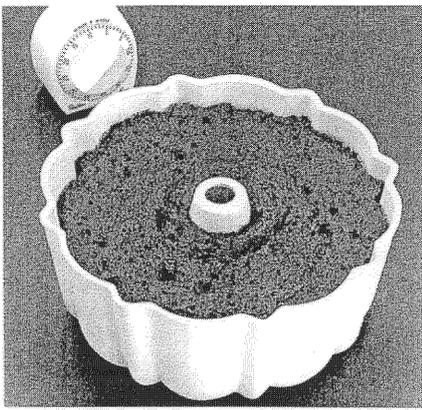
STIRRING When microwaving, for best results, stir foods from the outside to the center of the dish once or twice during cooking. Foods which require constant stirring conventionally will need only occasional stirring. When possible, stir foods before serving.



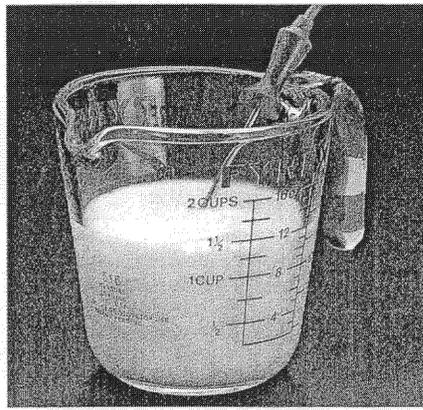
ROTATING Repositioning a dish in the oven may help foods cook evenly. To rotate $\frac{1}{2}$ turn, turn the dish until the side which was to the back of the oven is to the front. To rotate $\frac{1}{4}$ turn, turn the dish until the side which was to the back of the oven is to the side.



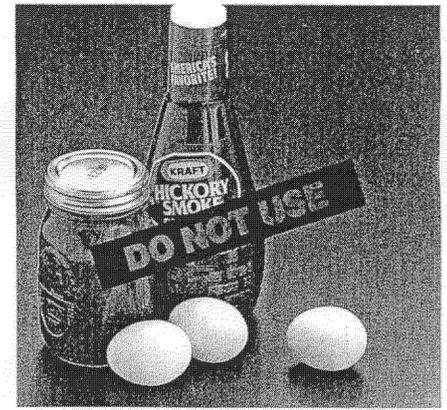
TURNING OVER When microwaving, turning over or rearranging is often needed to allow for even heating of foods. Turning large cuts of meat or frozen hamburgers over once or twice during cooking will give best results.



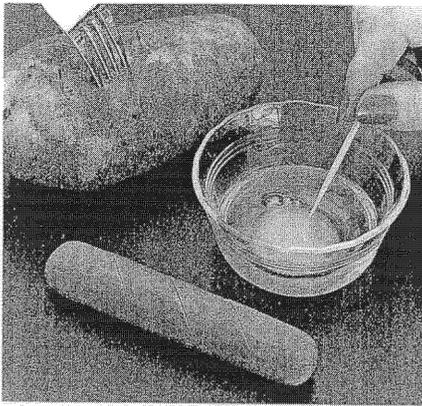
STAND TIME In microwaving, stand time is necessary to allow foods to finish cooking. During stand time, moist surface areas on cakes will disappear and the internal temperature of a roast will continue to rise. Most recipes require stand times ranging from 5 to 15 minutes.



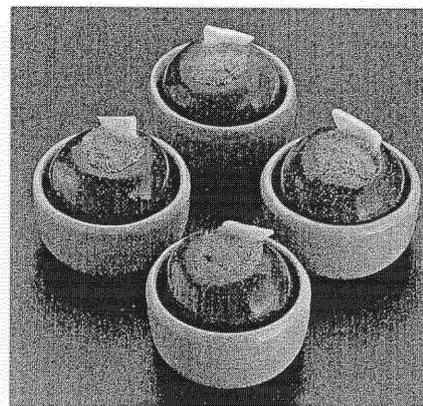
TEMPERATURE Foods with delicate textures are best cooked at lower power levels. Using the temperature probe can prevent milk-based liquids from over cooking. To ensure thorough heating, foods should reach a temperature of 160°F to 165°F before serving.



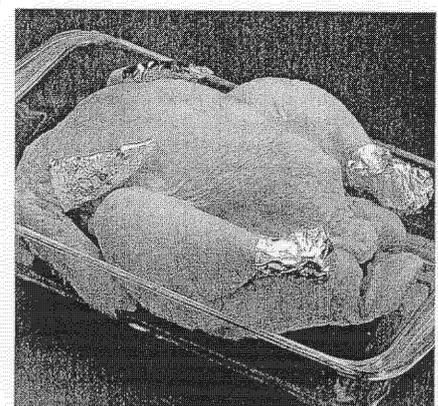
DO NOT MICROWAVE. Do not cook eggs in shells. Avoid heating foods in narrow necked jars and bottles. Always remove lids from wide necked jars before warming food. Heating baby food in jars is not recommended.



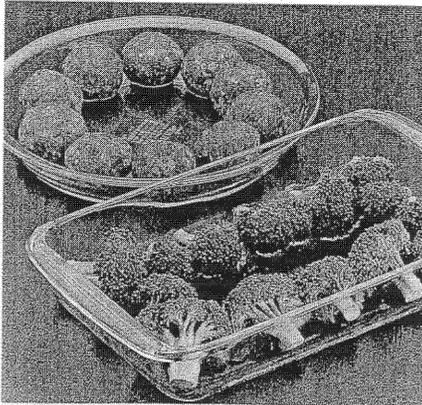
PRICK FOODS TO RELEASE PRESSURE. Steam causes pressure to build in foods which are tightly covered by a skin or membrane. Prick potatoes, egg yolks and chicken livers to prevent bursting.



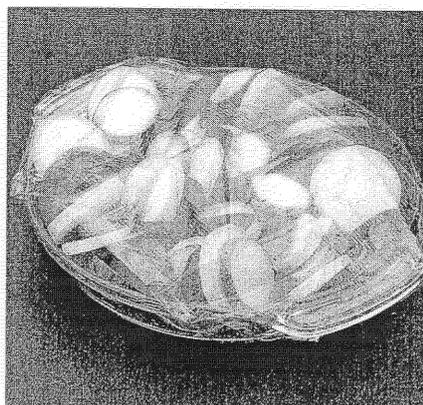
ARRANGEMENT Place individual items, like custard cups or baked potatoes in a ring. Allow space between foods so energy can penetrate from all sides.



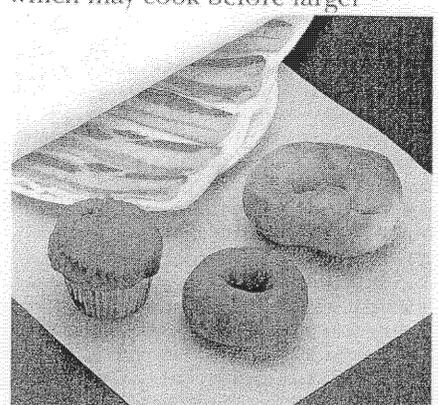
SHIELDING When microwave cooking or defrosting, foods may be shielded to prevent overcooking. Use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which may cook before larger



SHAPE OF FOOD When microwaving, arrange foods with the thickest or less tender portions to the outside of the dish. This prevents thinner more tender pieces from overcooking. Arrange foods of equal size in a ring, leaving the center empty.



COVERING To cook quickly and retain moisture, cover dish with a lid or plastic wrap. Vent plastic wrap by turning back one edge to form a narrow slot where excess steam can escape. To hold in heat and prevent spatters without steaming, use wax paper.



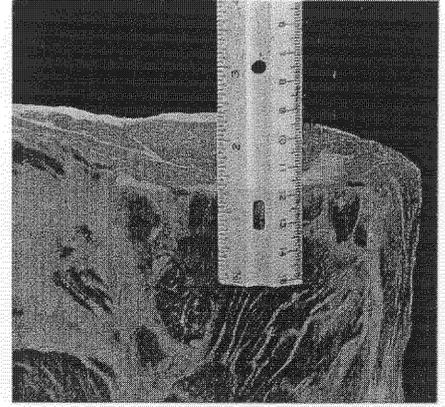
POROUS COVERS Paper towels or napkins allow steam to escape, absorb moisture and prevent spattering. For best results wrap food such as breads and baking items in a paper towel or napkin.



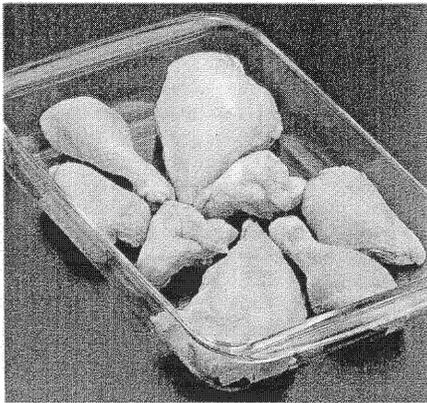
Microwaves pass through paper, glass, plastic and ceramic utensils. These materials are ideal for microwave oven cooking because they allow microwave energy to penetrate the food. Paper towels and napkins absorb moisture in foods like bacon and aid in retaining moisture in foods such as breads and rolls.



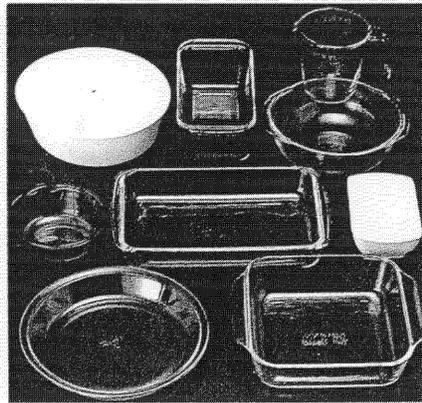
Microwaves are reflected by metal. Foil wrapped boxes, aluminum containers deeper than $\frac{3}{4}$ inch, metal baking utensils and conventional meat thermometers are not suitable for use in microwave ovens. Do not use glass, pottery or pyroceram utensils with metal trim or fittings.



Microwaves penetrate to a depth of about $\frac{3}{4}$ to $1\frac{1}{4}$ inches. This microwave energy causes molecules within the food to vibrate, producing the heat necessary to cook the food.



Foods should be arranged with the meatiest portions around the outer edge of the dish and thinner pieces towards the middle. This enables thick portions to cook completely without overcooking thin pieces.



Size and shape of a container will influence the microwave cooking time. A shallow casserole exposes more food surface to microwave energy and will require less time to cook than taller utensils holding the same amount. Since microwaves penetrate from all sides, round shapes and rings cook more evenly.



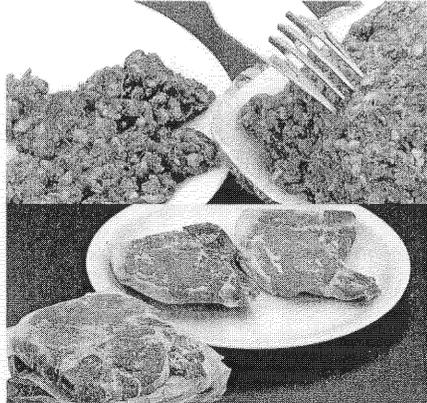
Today many convenience foods are packaged in containers designed especially for use in microwave ovens. Consult package instructions for cooking procedures.

Defrosting Techniques

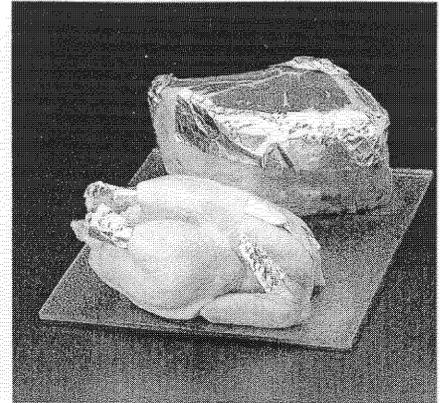
See Pages 118-119 For Defrosting Chart.



Casseroles, soups and stews will require stirring once or twice during defrosting. Layered casseroles that cannot be stirred, such as lasagna, should be rotated several times to allow for more even defrosting.



Remove meat from the original wrapper and place in baking dish. After first half of defrosting time, break up or separate ground beef, steaks, chops, chicken pieces or fish fillets. Remove any defrosted pieces and return remainder to oven to continue defrosting. If additional thawing is needed, return frozen portions to oven to complete defrosting.



Turn large roasts, whole chickens and cornish hens over after half of defrosting time. Shield warm areas with small pieces of foil. For whole poultry, start with the breast side down; shield legs and wing tips after turning over. Defrost meats and poultry only until they can be pierced to the center with a skewer. The surface should feel cool but not icy.

Microwave Oven Wattage

All microwave ovens have similar components but the wattage (power output) will vary. Larger models offer between 700 and 1000 watts of cooking power. Compact models yield less — usually 500 to 600 watts. The lower the wattage, the longer it will take food to cook.

To determine the wattage of your oven, check the Use and Care Book or the oven nameplate. If the information is not available, use this easy test to measure the wattage. In a 2-cup glass measure, heat 1 cup of tap water at High power. If the water boils in less than 3 minutes, your oven probably has 600 or more watts.

All of the recipes in this book have been tested in 700 to 1000 watt ovens. If your microwave oven has less than 700 watts of power output, cooking times may be longer.

Recipe Analysis

Calories per serving and a nutrient analysis are provided for each recipe. The nutrients listed include grams of protein, fat and carbohydrate in addition to milligrams of cholesterol and sodium.

These calorie and nutrient values are obtained from computer analysis, based primarily on information from the U.S. Department of Agriculture. The values are as accurate as possible and are

based on the following guidelines:

- All nutrient breakdowns are listed per serving.
- When a range is given for an ingredient (for example, 2 to 2½ cups), the smaller amount is calculated.
- When a marinade is given, only the amount of marinade actually used (not discarded) is calculated.
- Garnishes and other optional ingredients are not included in the calculation.
- Fruits and vegetables listed in the ingredients are not peeled unless specified.
- Calculations apply only to the original recipe and not to any accompanying variations.

Vegetable Microwaving Guide

1. Salt vegetables after cooking to avoid browning and dehydration of vegetable surface.
2. Arrange vegetables such as asparagus, with the thickest pieces to the outside edges of the dish.
3. Use casserole lid to cover vegetables when cooking. When using plastic wrap, turn back corner to vent.
4. Size of vegetable pieces affects cooking time. Larger pieces take longer.
5. For more even heating, stir vegetables during cooking.

VEGETABLE	Amount	Procedure/Comments	Power Level	Time, Minutes
<i>Artichokes</i>	Fresh 4 medium	In 3-quart casserole, place 1 cup water.	High (10)	13 to 18
<i>Asparagus</i>	Fresh Cuts 1 lb. (3 cups, cut into 1 to 2-inch pieces)	In 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	6 to 10
	Spears 1-lb.	In 1 $\frac{1}{2}$ -quart oblong glass baking dish, place $\frac{1}{2}$ cup water.	Medium High (7)	6 to 10
	Frozen Spears 10-oz. pkg.	In 1-qt. casserole.	High (10)	5 to 7
<i>Beans</i>	Fresh Green 1 lb., cut in half	In 1 $\frac{1}{2}$ -quart casserole, place $\frac{1}{2}$ cup water.	High (10)	12 to 17
	Frozen Green 10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
	Frozen Lima 10-oz. pkg.	In 1-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	5 to 8
<i>Beets</i>	Fresh Whole 1 bunch	In 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	15 to 20
<i>Broccoli</i>	Fresh Spears 1 bunch (1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ lbs.)	In 2-quart oblong glass baking dish, place $\frac{1}{2}$ cup water.	High (10)	8 to 12
	Cut 1 bunch (1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ lbs.)	In 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	7 to 10
	Frozen Chopped 10-oz. pkg.	In 1-quart casserole.	High (10)	5 to 8
	Spears 10-oz. pkg.	In 1-quart casserole, place 3 tablespoons water.	High (10)	5 to 8
<i>Brussels Sprouts</i>	Fresh 1 lb.	In 1 $\frac{1}{2}$ -quart casserole, place $\frac{1}{2}$ cup water.	High(10)	7 to 10
	Frozen 10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
<i>Cabbage</i>	Fresh 1 medium head (about 2-lbs.)	In 1 $\frac{1}{2}$ or 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	8 to 11
	Wedges	In 2 or 3-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	7 to 10
<i>Carrots</i>	Fresh Sliced 1 lb.	In 1 $\frac{1}{2}$ -quart casserole, place $\frac{1}{2}$ cup water.	High (10)	6 to 9
	Frozen 10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
<i>Cauliflower</i>	Fresh Whole 1 medium head	In 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	10 to 17
	Flowerets 1 medium head	In 2-quart casserole, place $\frac{1}{2}$ cup water.	High (10)	9 to 14
	Frozen 10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8

VEGETABLE		Amount	Procedure/Comments	Power Level	Time, Minutes
<i>Corn</i>	Frozen Kernel	10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
	<i>Corn on the Cob</i>	Fresh	1 to 5 ears	In 2-quart oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add $\frac{1}{4}$ cup water. Rearrange after half of time.	High (10)
Frozen		1 ear	In 2-quart oblong glass baking dish.	High (10)	3
		2 to 6 ears	Rearrange after half of time.	High (10)	3 to 4 per ear
<i>Eggplant</i>	Fresh	1 medium (about 1 lb.)	In 2-quart casserole, place 3 tablespoons water. Add peeled and diced eggplant.	High (10)	5 to 8
<i>Okra</i>	Frozen	10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
<i>Parsnips</i>	Fresh	1 lb.	In $\frac{1}{2}$ -quart casserole, place $\frac{1}{4}$ cup water. Slice parsnips $\frac{1}{4}$ -inch thick.	High (10)	7 to 10
<i>Peas</i>	Fresh Shelled	2 lbs. unshelled	In 1-quart casserole, place $\frac{1}{4}$ cup water.	High (10)	9 to 12
	Frozen	10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
<i>Potatoes</i>	Fresh Whole Sweet or White	1 (6 to 8 oz. each)	Pierce with fork. Place on paper towel on floor of microwave oven, 1-inch apart in circular arrangement. Let stand 5 minutes.	High (10)	3 to 5
		4		High (10)	15 to 17
	Fresh Cubed White	4 potatoes (6 to 8 oz. each)	Peel, cut into 1-inch cubes. Place in 2-quart casserole with $\frac{1}{4}$ cup water. Stir after half of time.	High (10)	10 to 14
<i>Spinach</i>	Fresh	10 to 16 oz.	In 2-quart casserole, place washed spinach.	High (10)	5 to 8
	Frozen Chopped and Leaf	10-oz. pkg.	In 1-quart casserole, place 3 tablespoons water.	High (10)	5 to 8
<i>Squash</i>	Fresh Summer and Yellow	1 lb. sliced	In $\frac{1}{2}$ -quart casserole, place $\frac{1}{4}$ cup water.	High (10)	5 to 7
	Winter Acorn or Butternut	1 to 2 squash (about 1 lb. each)	Cut in half and remove fibrous membranes. In 2-quart oblong glass baking dish, place squash cut side down. Cover with plastic wrap. Turn cut side up after half time.	High (10)	9 to 12
<i>Succotash</i>	Frozen	10-oz. pkg.	In 1-quart casserole, place 2 tablespoons water.	High (10)	5 to 8
<i>Turnips</i>	Fresh	1 lb. cubed	In $\frac{1}{2}$ -quart casserole, place 3 tablespoons water.	High (10)	6 to 9
<i>Vegetables, Mixed</i>	Frozen	10-oz. pkg.	In 1-quart casserole, place 3 tablespoons water.	High (10)	5 to 8

Microwave Cabbage and Sausage

- 1 medium head of cabbage, chopped
- 2 Tbsp. water
- 1 10-14 oz. pkg. smoked sausage, cut into ½ inch “circles”

Place cabbage and water in large microwave bowl or a 2 qt. casserole dish. Cover and microwave on high (10) 6-8 minutes, stir after 5 minutes. Drain. Add smoked sausage and microwave on high 4-6 minutes. Serve.

Green Beans and Potatoes

- 3 Tablespoons butter or margarine
- 1 pound fresh green beans cut into 2 inch pieces
- 2 small potatoes, peeled and cut into ½ inch cubes
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon rubbed sage

Place butter or margarine in a 2 quart casserole or bowl; cover with casserole lid or large plate. Cook at High 1 minute or until butter melts. Add green beans, potatoes, water, salt, and sage. Cover casserole and cook at High 12 to 14 minutes, stirring every 5 minutes, until beans and potatoes are tender.

Makes 6 servings. *Recipes submitted by Royce Collins, MFV*

Microwave Chicken Breast Parmesan

- | | |
|---|-----------------------------------|
| 2 whole, boneless, skinless chicken breasts | 2 Tablespoons butter or margarine |
| 1 egg | 1/3 cup seasoned bread crumbs |
| ½ cup grated parmesan cheese | ½ teaspoon oregano |
| ½ teaspoon paprika | |

Cut each chicken breast in half crosswise. Pound each cutlet until ¼ inch thick. In medium bowl, place 2 T. butter or margarine; heat, covered with a paper towel on high (100% power) 45 seconds or until melted. Let cool slightly; beat in egg. On waxed paper, combine bread crumbs, parmesan cheese, oregano, and paprika. Dip chicken cutlets into butter mixture and then coat with seasoned bread crumbs. Place chicken in 9 x 13 inch baking dish. Cook, covered loosely with waxed paper, on High 6 to 8 minutes, or until fork tender, rearranging halfway through cooking. Let stand. May be served with marinara sauce. (If you have a microwave safe rack, it will make the chicken seem more baked).

Serves 4. *Recipe from Good Housekeeping Illustrated Microwave Cookbook.*

381 calories per serving. Good source of vitamin D, calcium, and iron.

No Bake Energy Bites

- | | |
|----------------------------|-----------------------|
| 1 cup quick oats | ½ teaspoon cinnamon |
| ½ cup milled flaxseed | 1/3 cup honey |
| ½ cup mini chocolate chips | 2/3 cup peanut butter |

Combine all ingredients and form into walnut size balls. Enjoy!

Recipe submitted by Viola Lee, MFV

Chicken Noodle Soup

1 cup sliced carrots	2 Tablespoons butter
1/2 (8-oz.) package fresh mushrooms, quartered	1 cup chopped sweet onion
1 cup cooked green beans	3 Tablespoons all-purpose flour
1 teaspoon kosher salt	2 cups shredded or diced cooked chicken
1/4 teaspoon freshly ground black pepper	1/2 cup whipping cream
1 1/2 cups chicken broth	
1 cup self-rising soft wheat flour	

Preparation

Preheat oven to 375°. Microwave carrots and 2 Tbsp. water in a microwave-safe glass bowl at HIGH 1 to 2 minutes or until crisp-tender. Drain. Melt butter in a medium skillet over medium-high heat; add onion and sauté 2 minutes. Add mushrooms; cook, stirring constantly, 2 minutes. Add beans and carrots, and cook 2 minutes. Sprinkle all-purpose flour, salt, and pepper over vegetables. Cook, stirring constantly, 1 minute or until smooth. Gradually stir in broth; cook over medium-high heat, stirring constantly, 8 to 10 minutes or until mixture is thickened and bubbly. Stir in chicken. Stir together self-rising flour and cream just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times. Pat or roll dough to 1/2-inch thickness; cut with a 3-inch round cutter to make 4 biscuits, reshaping once, if necessary. (Do not twist cutter as you cut.) Place 4 (10-oz.) ovenproof bowls in a jelly-roll pan. Divide hot chicken mixture among bowls, and top each with a biscuit. Bake at 375° for 20 minutes or until biscuits are golden brown.

Makes 4 servings. *Recipe from Southern Living.*

Microwave Chicken Tortilla Soup

Ingredients

- 1 14-ounce bag whole-kernel corn, frozen
- 1 15-ounce can black beans
- 1 15-ounce can kidney or cannellini beans
- 1 14.5-ounce can diced tomatoes, no sodium
- 1 4-ounce can green chilies, chopped and drained
- 1 14.5-ounce can chicken broth, low sodium
- 1 10-ounce can chunk chicken
- 1 10-ounce can Cheddar cheese soup (reduced fat and/or sodium)

Optional toppings: crushed tortilla chips, shredded cheese, diced tomatoes

Directions

1. Open all the cans.
2. Drain and rinse beans in a strainer.
3. Place all ingredients in a large microwave-safe bowl and cover with plastic wrap.
4. Cook on high for 18 minutes, stirring 3 times or until chicken is heated through.
5. Serve.

Makes 10 serving. Nutrition information per serving: 170 calories; 4 grams fat; 13 grams protein; 22 grams carbohydrate; 5 grams fiber; 520 milligrams sodium

Microwave Chicken and Dumplings

Filling:

2 cups low-sodium chicken broth	1 small onion, diced
1/4 cup all-purpose flour	1 stalk celery, sliced 1/4 inch thick
2 tablespoons unsalted butter cut into pieces	1 sprig fresh thyme
Kosher salt and freshly ground black pepper	1 cup frozen peas and carrots
2 cups shredded rotisserie chicken (from about 1/2 chicken)	

Dough:

1/2 cup all-purpose flour	1 teaspoon baking powder
1/4 cup yellow cornmeal	1/2 teaspoon kosher salt
1/3 cup milk	2 tablespoons vegetable oil

Directions

For the filling: Whisk together the chicken broth and flour in a microwave-safe 8-by-8-by-2-inch baking dish for an 1,100-watt oven or a 4-quart microwave-safe bowl for a 700-watt oven, until there are no lumps. Stir in the onions, celery, butter, thyme sprig, 3/4 teaspoon salt and a few grinds of pepper. Cover tightly with plastic wrap; cut a small slit in the center with the tip of a paring knife to vent excess steam. Microwave on high (at 100 percent power) for 5 minutes in an 1,100-watt oven or 8 minutes in a 700-watt oven.

Remove the dish from the microwave, and remove the plastic wrap (be careful to avoid the hot steam). Carefully whisk the broth mixture until there are no clumps of flour at the bottom. Put the dish back in the microwave, uncovered, and cook on high (at 100 percent power) until the broth is bubbly and thick, 5 minutes in a 1,100-watt oven or 8 minutes in a 700-watt oven.

For the dough: Meanwhile, in a medium bowl, whisk together the flour, cornmeal, baking powder and salt. Add the milk and oil in the center, and stir everything together with a fork until the dough just comes together (it will be sticky and wet).

To assemble: Remove the dish from the microwave. Remove and discard the thyme sprig, and whisk the broth mixture again. Stir in the shredded chicken and frozen peas and carrots. Arrange rounded teaspoons of the dough (about 16 dumplings) about 1/2 inch apart along the perimeter of the dish or bowl. Grind a little pepper over each dumpling.

Cover the dish tightly with a new piece of plastic wrap; cut a small slit in the center. Microwave on high (at 100 percent power) until the dumplings are puffed and a toothpick inserted in the center comes out clean, 6 minutes in an 1,100- or a 700-watt oven. If they are not cooked through, microwave them again in 30-second increments, testing with a toothpick after each. Serves 4 Total Time 25 minutes

All At Once Spaghetti

1 Tablespoon butter or oleo

1 cup chopped onion

Cook in Microwave at full power for 3 – 4 minutes.

Add 1 pound ground beef. Cook full power 3 – 4 minutes or until beef is no longer pink. Stir once during this time. Drain

Add seasonings:

1 teaspoon garlic salt	1/2 teaspoon basil
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1/4 teaspoon pepper	1 teaspoon sugar
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1/2 teaspoon oregano

Add: 2 8oz cans tomato sauce	1 3/4 cups water
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Cook covered full power 4 minutes.

Break 1/2 pound spaghetti in half and stir into sauce. Cook covered 18 – 20 minutes or until tender. Stir once in between. Sprinkle with parmesan.

Recipe submitted by Cwen Sims, MFV (from her mom Frieda Lemon)

Microwave Scrambled Eggs

Ingredients

- 1 egg
- 1 tablespoon milk or water

Directions

1. Spray glass bowl or other microwave-safe dish with nonstick spray.
2. Add milk or water and egg, blending lightly with a fork.
3. Cover with plastic wrap and cook on HIGH for 30 to 45 seconds for 1 egg. Remove from microwave and stir.
4. Cover and let stand 2 to 3 minutes.
5. Season to taste

Variations

- Add onions, peppers, or other vegetables before microwaving to add color and flavor to the eggs.
- Sprinkle with cheese or top with salsa after taking the eggs out of the microwave.

Makes 1 serving

Nutrition information per serving: 70 calories; 5 grams fat; 6 grams protein; 70 milligrams sodium

Easy Microwave Pralines (no candy thermometer!)

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|------------------------------|-----------------------------------|
| 1 ½ cup brown sugar | 2/3 cup heavy cream |
| 1 ½ cup pecan halves | 1 teaspoon vanilla extract |
| 1/8 teaspoon salt (optional) | 2 Tablespoons butter or margarine |

Mix all ingredients in a large microwave safe bowl. Microwave 4 minutes, stir. Microwave an additional 5 minutes (this is for a 1000 watt oven)-watch closely as times may vary. Let sit in microwave for one minute. Remove from microwave; be careful, mixture will be bubbling. Stir for 3-4 minutes until thickened. Spoon onto buttered wax paper and allow to cool.

Spiced Apple Slices

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|--|-------------------------------|
| 1 ½ cups apple juice | ¼ cup packed brown sugar |
| 2 teaspoons grated lemon (or orange) peels | 2 3 inch long cinnamon sticks |
| 3 whole cloves | 3 whole allspice |
| 10 cinnamon red hot candies | 4 small apples |
| 2 Tablespoons lemon juice | |

In an 8 x 12 inch microwave safe baking dish, combine apple juice, brown sugar, lemon peel, cinnamon sticks, cloves, allspice, and red hots. Cook on high (100% power) 7 – 9 minutes, until sugar dissolves and liquid boils, stirring occasionally.

Meanwhile, peel and core apples. Slice crosswise into ¼ inch rings. Sprinkle with lemon juice.

To spiced liquid in baking dish, add half of apple rings. Cook on high 3-5 minutes, until tender, turning halfway through cooking time. Transfer to serving dish and keep warm. Repeat with remaining apple rings. Strain liquid over apples in serving dish. Serve warm or cover and refrigerate to serve later.

Serves 4 *Good Housekeeping Illustrated Microwave Cookbook* 157 calories Good source of vitamin C.

Microwave Pineapple Upside-Down Cake

1 ¼ cups packed brown sugar
1 stick butter
1 15 ½ ounce pineapple rings OR tidbits, well drained
Candied cherries, optional
1 package yellow cake mix
1 cup water
¼ cup oil
3 eggs

In 13" x9" baking dish, place brown sugar and butter. Cook on High power 3 to 5 minutes until butter melts, stirring twice. In sugar mixture, place pineapple putting a cherry in the center of each ring. Use extra cherries between rings if desired. Set aside. In large bowl, mix cake mix, oil, and eggs until blended. Scrape bowl. Increase speed and mix two minutes. Carefully pour batter over pineapple in baking dish. Smooth surface. Elevate baking dish on trivet or microwave safe dish turned upside down. Cook on High 10 to 12 minutes, until cake springs back when lightly touched with finger, rotating dish halfway through cooking. Remove from microwave and let stand 10 minutes. Loosen edges with knife and invert dish on plate.

Serves 12. *Recipe from Good Housekeeping Microwave Cookbook*

Chocolate Chip Cookie in a Cup

1 Tablespoon Butter	1 Tablespoon Granulated White Sugar
1 Tablespoon of firmly packed Dark Brown Sugar	3 Drops of Vanilla Extract
Small Pinch of Kosher Salt	1 Egg Yolk
Scant ¼ of All Purpose Flour (slightly less than ¼ of a cup)	
2 heaping tablespoons of Semi-Sweet Chocolate Chips	

Instructions

Start by melting your butter in the microwave. Butter should just be melted, not boiling. Add sugars, vanilla and salt. Stir to combine. Separate your egg and add the yolk only to your cup. Stir to combine. Add flour and then stir again. Measure a scant, slightly less than full, ¼ cup of all-purpose flour. Add the chocolate chips, and give a final stir. Now your mixture will look like cookie dough. Cook in microwave 40-60 seconds, start checking for doneness at 40 seconds. Mine takes 50 seconds. Do not cook past one minute, just like a regular cookie; this will continue cooking as it cools. If the cookie is dry or cake like, try less time.

Serve warm. Makes 1

Bread Pudding Microwave

6 slices white bread with crusts tor into small pieces
2 cups milk
1 Tablespoon butter or margarine
2 eggs, beaten
1 ¼ cups sugar
¼ teaspoon salt
1 teaspoon vanilla
½ teaspoon cinnamon
½ cup raisins

Place bread pieces in a 9 inch round or square glass dish. Heat milk and butter on High for 3 minutes in a 4 cup measure. Stir a small amount of hot milk into beaten eggs. Return eggs to milk. Add sugar, salt, cinnamon, vanilla, and raisins. Pour mixture over bread pieces. Cook on High for 7 minutes. Cook 2 minutes longer if center is not firm. Serve warm or cold.

Yield is 8 servings. *Recipe from Cwen Sims, MFV and Treasured Recipes from Paola United Methodist Church by Mildred Haley*

Microwave Cheesecake in a Mug

Ingredients for the cheesecake:

4 Tablespoons light cream cheese (you can also use cream cheese spread which actually is much easier to mix, though the final cake has looser layers)
2 Tablespoons plain Greek yogurt (or sour cream)
2 1/2 Tablespoons granulated sugar (less if you are using a sweetened flavored cheese spread)
1 egg
1/4 tsp vanilla

Ingredients for the crust:

4 Tablespoons graham cracker crumbs (place through food processor to get fine crumbs. 4 tbsp is about 1 sheet of graham cracker)
1 Tablespoon melted butter

Grease the inside of a microwave-safe mug (both interior sides and bottom). Add graham cracker crumbs and melted butter and mix until butter is incorporated. Press down with your hands so the graham cracker crumbs form a crust at bottom of mug.

In a small bowl, whisk egg. Then add cream cheese, yogurt, sugar and vanilla. Using a small whisk, mix until batter is smooth. If you are using cream cheese and not spread, there may remain lumps of cream cheese. If that is the case, use a bigger whisk, which should help you break up all the lumps. Pour batter into mug.

Cover top of mug with a paper towel or napkin and microwave for 1 minute. Mug cake should be mostly cooked except center. Pause to check on it, then microwave for another 20 seconds. Stop again, and microwave for another 20 seconds. Then microwave for one final round of 20 seconds. Cake should be completely cooked. You don't want to microwave the entire amount at once because the batter may overheat and start popping and exploding in the microwave.

If you have greased your mug, the cheesecake should have pulled away from the sides of the mug. Gently slide cheesecake out of the mug. I let it come out upside down onto a big spatula and then flipped it back over onto a plate. Let cool cake at room temperature for a few minutes. When cake is no longer too hot to touch, place in fridge to cool and set for at least 1 hour. Serves 1. *Recipe from Kirbiecravings.com*