

Microwave Cooking Made Easy!

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Asiago Sun-Dried Tomato Dip

3 tablespoons chopped sun-dried tomatoes (not oil-packed)

1 cup water

1 package (3 oz.) cream cheese, softened

1/2 cup finely shredded Asiago cheese (2 oz.)

3/4 cup sour cream

1/4 cup thinly sliced green onions (4 medium)

Assorted fresh vegetables or baguette slices, if desired

In small bowl, mix tomatoes and water; let stand 30 minutes. Drain thoroughly. In 3-cup microwavable ceramic fondue pot, mix tomatoes, cheeses, sour cream and onions. Microwave uncovered on Medium 3 minutes, stirring every minute, until cheese is melted.

Place fondue pot on stand with candle to keep dip warm. Serve dip with assorted vegetables or chips.

Buffalo Chicken Dip

1 cup chunky blue cheese dressing

2 to 3 tablespoons buffalo wing sauce

2 cans (10 oz. each) chunk chicken, drained, chopped

2 packages (8 oz. each) cream cheese, softened

2 medium stalks celery, finely chopped (1 cup)

In large microwavable bowl, mix dressing, sauce, chicken and cream cheese. Cover; microwave on High 2 to 3 minutes or until hot. Stir in celery. Spoon dip into serving dish. Serve with chips.

Sweet Potato Hummus

1 large orange-fleshed sweet potato (12 to 14 oz.)

1 can (15 oz.) Progresso® chick peas, drained, rinsed

1/4 cup almond butter or tahini

1/4 cup fresh lemon juice

3 tablespoons extra-virgin olive oil

1 small clove garlic, halved

1 1/2 teaspoons fine sea salt

2 teaspoons smoked paprika

1 teaspoon ground coriander

1 teaspoon ground cumin

Topping

1/4 cup coarsely chopped almonds or toasted blanched almonds

2 tablespoons coarsely chopped fresh Italian (flat-leaf) parsley

1 tablespoon extra-virgin olive oil

Prick skin of sweet potato with fork. Microwave on High 6 to 8 minutes or until tender. Let cool 15 minutes or until cool enough to handle. Peel and cut up cooked sweet potato. To make hummus, place cooked sweet potato and remaining hummus ingredients in large food processor. Cover; process until smooth. If needed, add water 1 tablespoon at a time to desired consistency. Cover and chill at least 2 hours to allow flavors to blend. To serve, spoon hummus onto serving platter. Top with almonds, parsley and 1 tablespoon olive oil. Serve with flatbread crackers and/or fresh veggies.

Zesty Chicken Casserole

1 can cream of mushroom soup
1 t minced onion
½ cup water
4 oz. green chilies, drained
2 large ripe tomatoes
1 small package corn chips

Meat loaf

1 ½ lb. ground beef
¾ c rolled oats
¼ c chopped onion
¼ c tomato juice
1 ½ t salt
1 egg
½ c ketchup
½ c dark brown sugar

Mexican Chicken Kiev

8 chicken boneless breast halves
3 T butter
3 T sharp cheese spread
3 T diced onion
1 ½ t salt
2 T chopped green chilies'
½ cup melted butter
1 cup crushed cheddar cheese crackers

Quick Mac and Cheese

1 c. uncooked macaroni
1 c. water
1 c. milk
2 T butter
3 t flour
1 t salt

Green Rice

1 (10 oz.) package frozen chopped broccoli
1 c. quick-cooking rice (uncooked)
1 can cream of mushroom soup
½ c milk
8 oz. processed pasteurized cheese food

2 c cooked boned chicken
1 c shredded cheddar cheese

Mix together soup, chilies, onion and water, set aside. Slice or chop tomatoes. In a 2 qt casserole layer chips, chicken, tomato, soup mixture, cheese, chips, chicken, tomatoes, soup mixture and top with remaining cheese. Microwave 15 minutes until bubbly let sit for 10 minutes before serving.

Dash nutmeg

Mix together the first six ingredients, form in a circle in a round dish with an overturned glass in the center. Mix together the ketchup and brown sugar and pour over the meat. Microwave for 12 minutes. Let set a few minutes. Carefully remove the meatloaf in sections from the dish.

1 ½ T taco seasoning mix

Flatten each piece of chicken with a mallet. Beat together butter and cheese spread as onion, salt and chilies. Place about 1T of cheese mixture on each chicken breast and roll to completely cover the filling. Combine crackers and taco seasoning. Dip each roll in melted butter and in cracker topping. Place in a glass cooking dish and cover with waxed paper. Microwave 10 – 12 minutes or until fork tender.

1 c. cubed soft cheese

Combine all ingredients except cheese in a 2 ½ quart casserole or mixing bowl. Cover and microwave for 4 ½ minutes, stir and cook an additional 4 ½ minutes or until macaroni is tender. Add cheese, stir and cover. Let sit about 5 minutes, stir and serve.

1 ½ t salt

¼ t pepper ¼ c chopped onions

Place unopened package of broccoli on end in microwave. Cook for 3 minutes, turning over once, set aside. Combine rice, soup, milk, cheese, salt and pepper in casserole. Place in microwave oven and cook 2 – 3 minutes or until cheese melts and can be blended easily. To cheese mixture add onion, and broccoli, stir and place in a greased 10x6x2 glass baking dish and cook 12 – 14 minutes. Let stand 5 minutes before serving.

Golden Acorn Squash

2 medium acorn squash
¾ c brown sugar
4 t butter
1 onion sliced in rings

Place whole squash on paper towels in microwave. Microwave 8 – 10 minutes or until soft. Let stand 5 minutes, Split and scoop out seeds, Place halves in 13x9" baking dish. Place teaspoon of butter in each half along with onion rings and sprinkle with brown sugar. Cook in the microwave on high for 2 – 3 minutes.

Bran Muffins

1 c water
3 c all bran cereal
½ c butter
1 ½ c sugar
2 eggs
2 ½ c flour
2 t soda
2 c buttermilk

Heat water to boiling, place cereal in a covered storage container, stir in water soften butter add sugar and eggs and beat well. Stir into the cereal mixture. Blend in the flour, soda and buttermilk and mix well. Spoon into paper lined microwave baking pan or custard cups filling them ½ full. Microwave uncovered until no doughy spots remain. (6 muffins – 2 minutes 15 seconds, 4 muffins – 2 minutes, 2 muffins 1 minute 30 seconds).

Extra batter can be refrigerated up to six weeks. When the batter is refrigerated add 15 seconds additional cooking time.

Breakfast Burrito

1 lb. Pork or Turkey Sausage, brown and drain well
1 Pkg. Hash browns
8 to 12 large eggs (egg substitute can be used or use some whole eggs and some egg whites)
¼ cup low fat milk
1 pkg. shredded cheese
salt and pepper to taste
1 to 2 pkg. flour tortillas

eggs, milk, salt and pepper. Add browned sausage back to the pan with the cooked hash browns. Add the eggs to the sausage mixture and cook until the eggs are done, stirring gently. lay tortillas on counter. Place egg mixture on each tortilla. Top with cheese. Roll into a burrito. Ten eggs will make about 22 burritos. Wrap each burrito in plastic wrap. Then place the wrapped burritos in freezer zip-lock bags. I put four burritos in a small zip-lock bag and then place several of the smaller bags into a larger zip-lock bag. Place in freezer.

Cook hash browns in the same pan as sausage. While the hash browns are cooking in a large mixing bowl, whisk

When you are ready to eat - take the number of burritos you want out of the – unwrap place in a paper towel and warm ONE of the burritos for 45 seconds - take out - warm the second ONE for 45 seconds. Then put the first one back in the microwave for another 30 seconds. Repeat for second burrito. This allows the burrito to warm completely through. Serve with salsa, sour cream, or plain, it is your choice!

Super Pie

1 8 oz. chocolate bar
1 9 oz. non-dairy whipped topping, thawed
1 graham cracker or chocolate crumb pie crust

Break chocolate into a non-metal bowl and microwave for 1 ½ minutes until melted. Stir in the whipped topping and spoon into pie crust. Chill one hour until firm.

Peanut Butter Fudge

1 lb. powdered sugar
½ c peanut butter
1 stick butter or margarine
¼ c milk
1T vanilla

Put sugar, peanut butter, and milk in a glass bowl. Microwave for 2 minutes. Remove and stir until all is mixed well all vanilla and place in a buttered pan. Chill for 20 minutes in the freezer or longer in the refrigerator.

Quick Fruit Cobbler

1 22 oz. can of prepared pie filling
1 pkg (9 oz.) yellow cake mix
½ cup sliced butter
2 ½ T brown sugar
1 t cinnamon
½ cup finely chopped nuts

Spread pie filling in the bottom of a ungreased round glass cake baking dish. Sprinkle evenly with dry cake mix. Place butter slices evenly over the mixture. Combine sugar, cinnamon and nuts and sprinkle of the top. Microwave for 9 – 11 minutes. Remove from oven and let rest ten minutes. Top with ice cream or whipped topping if you dare.

3 – 2 – 1 Cake

1 cake mix, flavor of your choice
1 angel food cake mix

Mix the cake mixes together in a gallon zip lock bag. When ready for a cake place 3 Tablespoons cake mix in a custard cup, stir in 2 tablespoon water. Microwave for 1 minute.

Hints

Baked apples – Wash and core the apple, remove top ½ skin. Place 1 t brown sugar and dash of cinnamon in the core. Microwave 3 minutes for first apple and add two minutes for each additional apple.

Use large dishes for items that might boil over such as milk. Also spraying the bowl will make it harder for the liquid to ‘climb’ the sides of the bowl.

Use a lower power level to defrost meat to avoid cooking part of the meat before it is completely thawed.

Use a steamer to cook fresh vegetables.

To cook corn on the cob, clean and place in a baking dish with a small amount of water, cover with plastic wrap and microwave.

Do not reheat in plastic containers that are not intended for microwave use (cottage cheese containers).

Reheat cold fruit pie a few seconds for that fresh from the oven flavor.

Make waffles and pancakes when you have time then refrigerate. Two refrigerated pancakes reheat in about 35 seconds, waffles in 25 seconds.

Dry herbs by microwaving the leaves between paper towel for about two minutes.

Do not use recycled paper towel in the microwave!!!

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