

The Microwave Cookbook

83 Recipes

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Microwave Peanut Brittle

Ingredients

1 cup white sugar
1/2 cup light corn syrup
1 cup salted peanuts
1 teaspoon butter
1 teaspoon vanilla extract
1 teaspoon baking soda

Directions

Butter a cookie sheet. Combine sugar and corn syrup in a 2 quart glass bowl and microwave on high 4 minutes. Stir in peanuts and microwave on high 3 1/2 minutes more, then stir in butter and vanilla and microwave for 1 1/2 minutes.

Stir in baking soda until light and foamy. Pour onto cookie sheet and spread thin. Cool completely and break into pieces and serve.

Gourmet Microwave Popcorn

Ingredients

1/4 cup unpopped popcorn
salt to taste
1 teaspoon olive oil, or more if
needed

Directions

Place popcorn in a brown paper bag. Tightly seal the bag by folding the top several times.

Microwave on High until the popping slows, about 2 minutes. Carefully open the bag. Season with salt and drizzle with olive oil. Reclose the bag and shake to distribute the seasoning.

Microwave Lemon Curd

Ingredients

1 cup white sugar
3 eggs
1 cup fresh lemon juice
3 lemons, zested
1/2 cup unsalted butter, melted

Directions

In a microwave-safe bowl, whisk together the sugar and eggs until smooth. Stir in lemon juice, lemon zest and butter. Cook in the microwave for one minute intervals, stirring after each minute until the mixture is thick enough to coat the back of a metal spoon. Remove from the microwave, and pour into small sterile jars. Store for up to three weeks in the refrigerator.

Microwave Popcorn

Ingredients

1/2 cup unpopped popcorn
1 teaspoon vegetable oil
1/2 teaspoon salt, or to taste

Directions

In a cup or small bowl, mix together the unpopped popcorn and oil. Pour the coated corn into a brown paper lunch sack, and sprinkle in the salt. Fold the top of the bag over twice to seal in the ingredients.

Cook in the microwave at full power for 2 1/2 to 3 minutes, or until you hear pauses of about 2 seconds between pops. Carefully open the bag to avoid steam, and pour into a serving bowl.

Microwave Fried Rice

Ingredients

1 tablespoon vegetable oil
1/2 cup sliced green onions
1 medium carrot, shredded
1 garlic clove, minced
2 cups water
1 cup uncooked long grain rice
1 tablespoon beef or chicken
bouillon granules
3/4 cup Frozen Peas, thawed
2 tablespoons soy sauce
1 1/4 cups chopped cooked ham
(optional)
2 eggs

Directions

In a 2-qt. microwave-safe dish, combine the oil, onions, carrot and garlic. Cover and microwave on high for 3-4 minutes or until vegetables are crisp-tender. Stir in water, rice and bouillon. Cover and cook on high for 15-18 minutes or until rice is tender and liquid is absorbed, stirring once. Stir in peas, soy sauce and ham if desired. Cover and let stand for 5 minutes.

Meanwhile, in a small microwave-safe bowl, beat the eggs. Cover and heat on high for 1-1/2 to 1-3/4 minutes or until firm. Cut into small pieces; stir into rice mixture. Serve immediately.

Microwave Tacos

Ingredients

1 pound ground beef
1 1/2 teaspoons chili powder
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/4 cup water
8 medium taco shells, warmed
2 cups shredded Cheddar cheese
2 cups shredded lettuce
1/4 cup finely chopped onion
1 medium tomato, chopped
taco sauce

Directions

Crumble the ground beef into a 1 1/2 quart casserole dish. Cover with glass lid. Cook in the microwave for 5 minutes on High. Drain, and stir in chili powder, salt, garlic powder, cayenne pepper and water. Cover and return to the microwave. Cook for another 3 to 4 minutes on High.

Fill each taco shell with about 2 tablespoons of the ground beef, then top with desired amounts of cheese, lettuce, onion, tomato and taco sauce.

Microwave Apple Cobbler

Ingredients

5 cups thinly sliced peeled tart apples
1/2 cup sugar
2 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon or cloves
TOPPING:
3/4 cup biscuit baking mix
3 tablespoons sugar, divided
1/3 cup milk
1/2 teaspoon ground cinnamon or cloves

Directions

Place apples in a 1-1/2-qt. microwave-safe dish. Combine the sugar, flour and cinnamon; sprinkle over apples and toss to coat. Cover and microwave on high for 3-4 minutes or until apples are tender.

Meanwhile, in a bowl, combine the biscuit mix, 2 tablespoons sugar and milk. Drop by tablespoonfuls over hot apple mixture. Combine cinnamon and remaining sugar; sprinkle over topping. Microwave, uncovered, for 4-6 minutes or until a toothpick comes out clean. Serve warm.

Microwave Pralines

Ingredients

1 1/2 cups brown sugar
2/3 cup heavy cream
1/8 teaspoon salt
2 tablespoons margarine
1 1/2 cups pecan halves
1 teaspoon vanilla extract

Directions

In a large, microwave safe bowl, combine sugar, cream, salt, margarine and pecans. Microwave 9 minutes on high, stirring once. Let rest 1 minute. Stir in vanilla and continue to stir 3 minutes more. Drop by teaspoonfuls onto buttered waxed paper. (If mixture is runny, allow to cool 30 seconds more and try again.)

Microwave Clam Chowder

Ingredients

4 slices bacon, cut into 1/2 inch pieces
2 (6.5 ounce) cans chopped clams
1 1/2 cups diced peeled raw potatoes
1/3 cup chopped onion
2 tablespoons all-purpose flour
1 1/2 cups milk, divided
1/2 teaspoon salt
1 pinch pepper
1 teaspoon butter or margarine
Minced fresh parsley

Directions

In covered 2-qt. microwave-safe dish, cook bacon on high for 4-5 minutes or until crisp. Remove with slotted spoon to drain; set aside. Drain clam juice into the drippings. Stir in potatoes and onion. Cover and cook on high for 8-10 minutes or until potatoes are tender, stirring once or twice. Stir flour into 1/4 cup of milk; add to potato mixture. Stir in salt, pepper and remaining milk. Cover and cook on medium for 6 minutes, stirring once or twice. Let stand for 3-5 minutes. Stir in clams and butter. Garnish with bacon and parsley.

Microwave Cracker Pizzas

Ingredients

24 whole wheat crackers
1/4 cup pizza sauce
24 slices pepperoni, or pizza
toppings of your choice
1 1/2 cups finely shredded
mozzarella cheese

Directions

Spread each cracker with 1/2 teaspoon pizza sauce, place a slice of pepperoni on top, and sprinkle with about 1 tablespoon of shredded mozzarella cheese. Place crackers onto a microwave safe plate.

Microwave on High for 1 to 2 minutes, until cheese melts.

Microwave German Potato Salad

Ingredients

2 pounds red potatoes, cooked and sliced
3 hard-cooked eggs, chopped
1/2 cup chopped onion
1/2 cup chopped celery
6 bacon strips, diced
2 tablespoons sugar
4 teaspoons all-purpose flour
2 tablespoons vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup milk

Directions

In a large bowl, combine potatoes, eggs, onion and celery; set aside. Place bacon in a microwave-safe bowl; cover with a paper towel and microwave on high for 2 minutes. Stir. Microwave 3-4 minutes longer or until the bacon is crisp, stirring after each minute. Remove bacon to paper towel to drain; reserve 2 tablespoons drippings. Stir sugar, flour, vinegar, salt and pepper into drippings until smooth; gradually add milk. Microwave on high for 5-6 minutes, stirring every 2 minutes until thickened. Pour over potato mixture; toss. Top with bacon. Serve immediately.

Microwave Pickles

Ingredients

1 medium cucumber, thinly sliced
2 small onions, thinly sliced
3/4 cup sugar
1/2 cup vinegar
1 teaspoon salt
1/2 teaspoon celery seed
1/2 teaspoon mustard seed

Directions

In a large microwave-safe bowl, combine all of the ingredients. Microwave, uncovered, on high for 4 minutes; stir. Cook 3-4 minutes longer or until mixture is bubbly and cucumbers and onions are crisp-tender. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

Microwave Macaroni and Cheese

Ingredients

8 ounces macaroni
2 tablespoons butter
2 1/2 tablespoons chopped onion
16 ounces cubed processed
cheese food
3/4 cup milk
salt to taste
ground black pepper to taste

Directions

In a large pot with boiling salted water cook the elbow macaroni until al dente. Drain.

In a 2 quart microwave safe covered casserole dish, saute the onions and butter or margarine on high for 3 to 4 minutes.

Add the cooked and drained pasta, milk, and cubed cheese and stir. Cook for 11 to 12 minutes on high stirring at 4, 8, and 11 minutes. The mixture will still be runny at this stage. Add salt and pepper to taste.

Let stand for 5-8 minutes before serving. The sauce will thicken upon standing.

Microwave English Muffin Bread

Ingredients

1 tablespoon yellow cornmeal
1/4 cup warm water (110 degrees F/45 degrees C)
1 (.25 ounce) package active dry yeast
1 cup lukewarm milk
2 teaspoons white sugar
1 teaspoon salt
1/8 teaspoon baking soda
1 cup whole wheat flour
2 cups all-purpose flour

Directions

Lightly grease a microwave-safe 9x5 inch loaf pan; sprinkle pan with cornmeal.

In a large bowl, dissolve yeast in water. Add milk, sugar, salt, soda and whole wheat flour; beat well. Beat in all-purpose flour, 1/2 cup at a time, until a soft dough is formed. Turn dough out onto a lightly floured surface, and knead for about 5 minutes, or until smooth. Form into a loaf, and place into the prepared pan.

Place in microwave oven uncovered, at 50 percent power, for 1 minute. Let rest for 10 minutes. Repeat 1 or 2 times until loaf has doubled in size.

Microwave on high for 4 to 6 minutes, until top is no longer moist. Let stand for 5 minutes in pan. Remove and cool on a rack.

Microwave Sausage and Clam Soup

Ingredients

1 1/2 pounds hot Italian sausage
1/4 cup olive oil
3 cloves garlic, minced
2 onions, chopped
1 green bell pepper, chopped
1 bunch snipped fresh parsley
1 teaspoon dried basil
1 pound fresh mushrooms, sliced
1 (28 ounce) can whole peeled tomatoes with juice
1 cup dry white wine
4 (6.5 ounce) cans minced clams, drained with juice reserved
1 teaspoon salt

Directions

In a large microwave-safe dish, microwave sausage 5 minutes on high, until no longer pink. Remove sausage from dish. Stir garlic and olive oil into sausage drippings and microwave 1 minute. Stir in onion, bell pepper, parsley and basil and microwave 4 minutes, until just tender.

Stir in the mushrooms and cook 2 minutes. Then stir in the tomatoes, wine and reserved clam juice. Cover and cook 10 minutes, stirring once.

Stir in the sausage and cook 5 minutes more. Let stand 5 minutes before stirring in the clams and salt. Serve hot.

Jen's Microwave Doggie Donuts

Ingredients

1 egg
2/3 cup beef broth or chicken
broth
2 cups whole wheat flour
3 tablespoons quick cooking oats

Directions

Grease a shallow, microwave-safe plate or baking dish. Set aside.

Whisk together the egg and broth in a large bowl. Gradually stir in the flour and oats. Turn dough out onto a floured surface and roll out to 1/2 inch thickness. Cut out cookies using a round cookie cutter. Use a smaller round cookie cutter to cut out the center hole. Place on prepared plate, arranging the cookies on the dish without crowding them.

Cover with a paper towel, and cook in the microwave on high until firm, about 10 minutes. Repeat steps to use up the remaining dough. Cool on a wire rack.

Easy 1000 Watt Microwave Pralines

Ingredients

1 cup white sugar
2 tablespoons butter
1 cup milk
1 cup light brown sugar
2 tablespoons light corn syrup
1 pinch salt
1 3/4 cups pecan halves

Directions

Butter some waxed paper and lay on a flat surface or cookies sheet. In a 2 1/2 quart microwave dish, stir together sugar, butter, milk, brown sugar, corn syrup, and salt. Microwave on high, 4 minutes. Stir. Microwave another 4 minutes. Stir in pecans, and drop by tablespoons onto buttered paper. Let cool.

Quick Microwave Frittata Casserole

Ingredients

2 cups frozen hash brown potatoes
1/2 cup shredded carrot
1/4 cup chopped onion
2 tablespoons chopped fresh parsley
2 tablespoons butter
1 to taste salt and pepper to taste
8 eggs
1/2 cup milk
1/4 teaspoon dry mustard
1 dash hot pepper sauce
1 cup cubed cooked ham
1/2 cup shredded Cheddar cheese

Directions

In a non-metallic 2 quart casserole dish, stir together potatoes, carrot, onion, parsley and butter. Cover and microwave on High for 5 minutes, stirring once or twice. Season with salt and pepper.

In a medium bowl, beat together, eggs, milk, mustard and hot pepper sauce. Stir in cubed ham. Pour egg mixture into casserole, stir to combine.

Cover dish and microwave on high for 3 minutes. Draw cooked egg toward middle of dish and microwave on medium for 10 to 12 minutes. If you do not have a turntable rotate dish 2 to 3 times. Sprinkle cheese on top, cover and microwave for 30 to 60 seconds until cheese is melted. Let stand 5 minutes before serving.

Microwave Tater-Tot Casserole

Ingredients

1 (32 ounce) package frozen potato rounds
1 (10.75 ounce) can condensed cream of chicken soup with herbs
8 ounces shredded Cheddar cheese
2 tablespoons sour cream
1 (15 ounce) can green beans, drained
8 slices ham, chopped
salt and pepper to taste (optional)

Directions

Pour the potato rounds into a 9x13 inch glass baking dish. Heat in the microwave for about 2 minutes to thaw. The potato rounds should be cold, but not frozen.

In a medium bowl, stir together the cream of chicken soup, Cheddar cheese, and sour cream. Stir in the green beans and ham. Stir this mixture into the potato rounds until evenly blended.

Return to the microwave, and cook on high power for 5 minutes, or until heated all of the way through. If you have a high powered microwave, you may want to check on your casserole every two minutes or so. Season with salt and pepper, and serve.

Microwave Beef Casserole

Ingredients

1 pound ground beef
1 small onion, chopped
1/2 cup uncooked instant rice
1 1/2 cups water, divided
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup slivered almonds
5 large fresh mushrooms, chopped
1 (6 ounce) package seasoned stuffing mix
1/4 cup butter, melted

Directions

Crumble beef into a microwave-safe 3-qt. dish; add onion. Loosely cover and microwave on high for 5-6 minutes or until meat is no longer pink, stirring twice; drain. Stir in rice and 1/2 cup water. Cover and cook for 3 minutes. Stir in soup, almonds and mushrooms.

In a bowl, combine the stuffing mix, butter and remaining water; spoon over beef mixture. Microwave, uncovered, for 2-3 minutes or until heated through.

Microwave Stir-Fry

Ingredients

1/4 cup all-purpose flour
2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
1 pound boneless sirloin steak,
cut into thin strips
1 tablespoon vegetable oil
1 (14.5 ounce) can diced tomatoes
3 medium carrots, julienned
1/2 cup finely chopped onion
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1 cup julienned zucchini
1 1/2 cups sliced fresh
mushrooms
Hot cooked rice

Directions

In a shallow dish or resealable plastic bag, combine the first four ingredients. Add meat and toss to coat. Pour oil into a shallow 2-qt. microwave-safe dish; arrange meat evenly in dish. Cover and microwave at 50% power for 6 minutes, stirring once; set aside. Drain tomatoes, reserving juice; set tomatoes aside. In a microwave-safe bowl, combine tomato juice, carrots, onion, basil and oregano. Cover and microwave on high for 4 minutes, stirring once. Pour over meat; add the tomatoes, zucchini and mushrooms. Cover and microwave at 50% power for 12 minutes, stirring several times. Let stand for 3 minutes. Serve over rice.

5 Minute Microwave Cornbread

Ingredients

1/2 cup all-purpose flour
1/2 cup cornmeal
2 tablespoons white sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 egg
1/2 cup milk
2 tablespoons vegetable oil

Directions

Mix the flour, cornmeal, sugar, baking powder, salt, egg, milk, and vegetable oil in a microwave-safe glass or ceramic bowl.

Heat in the microwave on high, until a toothpick inserted into the center comes out clean, about 3 minutes, rotating the bowl halfway through cooking if the microwave does not have a rotating tray.

Microwave Mexican Manicotti

Ingredients

1 pound ground beef
1 (16 ounce) can refried beans
1 teaspoon dried oregano
1/2 teaspoon ground cumin
1 (8 ounce) package manicotti shells, uncooked
1 1/4 cups water
1 (16 ounce) jar picante sauce
1 cup sour cream
1/2 cup shredded Monterey Jack cheese
chopped green onions for garnish

Directions

Grease a microwave-safe 9x12 inch baking dish, and set aside.

Heat a skillet over medium-high heat, and cook and stir the beef until crumbly, evenly browned, and no longer pink, about 10 minutes. Drain and discard any excess grease.

Mix together the cooked ground beef, refried beans, oregano, and cumin in a bowl. Spoon the mixture into uncooked manicotti shells, and place the filled shells into the baking dish. Combine the water and picante sauce in a bowl, and pour over the shells.

Cover the dish with microwave-safe plastic wrap, cut a few holes in the wrap with a knife to vent, and microwave on High power for 10 minutes. Carefully pull back the plastic wrap to avoid steam, and turn the shells over with tongs. Replace the plastic and microwave an additional 15 to 20 minutes on Medium power, until the shells are cooked and the liquid has been absorbed.

Pull off the plastic wrap, and spoon sour cream over the shells. Sprinkle with Monterey Jack cheese and chopped green onions for garnish.

Microwave Chocolate Cake

Ingredients

1 1/2 cups all-purpose flour
1 cup sugar
3 tablespoons baking cocoa
1 teaspoon baking soda
1/4 teaspoon salt
1 cup cold water
1/3 cup vegetable oil
1 tablespoon vinegar
1 teaspoon vanilla extract
CHOCOLATE SAUCE:
1 cup sugar
3 tablespoons cornstarch
2 tablespoons baking cocoa
1 cup boiling water
Dash salt
1 tablespoon butter
1 teaspoon vanilla extract

Directions

In a bowl, combine the first five ingredients. Stir in water, oil, vinegar and vanilla until well blended. Pour into an ungreased 8-in. square microwave-safe dish. Microwave on high for 6-8 minutes, turning the dish every 2 minutes, or until a toothpick inserted near the center comes out clean. In a 1-qt microwave safe bowl, combine sugar, cornstarch and cocoa. Stir in water and salt. Microwave 1 minute more. Stir in butter and vanilla. Spoon over pieces of warm cake.

Microwave Mochi

Ingredients

1 1/2 cups mochiko (glutinous rice flour)
1 cup white sugar
1 1/2 cups water
2 drops distilled white vinegar
1/2 cup potato starch
1/4 cup white sugar
1/4 teaspoon salt

Directions

In a medium bowl, mix together the mochiko, 1 cup of sugar, and water until well blended. Mix in the 2 drops of vinegar to soften. Pour into a microwave-safe dish, and loosely cover with plastic. Microwave for 8 to 10 minutes on HIGH. Remove, and let cool until cool enough to handle.

In a small bowl, combine the potato starch, 1/4 cup sugar, and salt. Turn the mochi out onto the plastic, and cut into pieces using a plastic or wooden knife. Metal knives tend to stick too much. Roll the pieces in the potato starch mixture.

Easy Microwave Chilaquiles

Ingredients

1 3/4 cups enchilada sauce
1 (7-1/2 ounce) bag corn tortilla chips
2 cups sour cream
12 ounces shredded queso asadero (white Mexican cheese)

Directions

Cover the bottom of a shallow microwaveable dish, with some of the enchilada sauce. Arrange a layer of tortilla chips on top. Follow with another layer of sauce, then a layer of sour cream. Sprinkle cheese over the top. Repeat layers to use up all ingredients, finishing with cheese on top.

Cook in the microwave on high for 2 minutes, or until cheese has melted throughout. Serve immediately.

Gaye's Microwave Fudge

Ingredients

4 cups confectioners' sugar
1/2 cup unsweetened cocoa powder
1/4 cup milk
1/2 cup butter
2 teaspoons vanilla extract

Directions

Grease a 9x9 inch dish.

In a microwave safe bowl, stir together confectioners' sugar and cocoa. Pour milk over mixture and place butter in bowl. Do not mix. Microwave until butter is melted, 2 minutes. Stir in vanilla and stir vigorously until smooth. Pour into prepared dish.

Chill in freezer 10 minutes before cutting into squares.

Microwave Brussels Sprouts

Ingredients

1 1/2 pounds Brussels sprouts
1/4 cup water
1/4 teaspoon celery salt
1 pinch pepper
1/2 cup shredded Cheddar
cheese
1/3 cup finely crushed cornflakes
1 tablespoon butter or margarine,
melted

Directions

Place the brussels sprouts in a 1-1/2-qt. microwave-safe dish; add water. Sprinkle with celery salt and pepper. Cover and microwave on high for 8-10 minutes or until tender, stirring and rotating a quarter turn every 3 minutes. Drain. Sprinkle with cheese; microwave on high for 1-2 minutes or until cheese begins to melt. Combine cornflakes and butter; sprinkle over sprouts.

Microwave Corn Chowder

Ingredients

2 cups water
2 cups diced peeled potatoes
1/2 cup sliced carrots
1/2 cup sliced celery
1/4 cup chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup butter or margarine
1/4 cup all-purpose flour
2 cups milk
3 cups shredded Cheddar cheese
2 (14.75 ounce) cans cream-style corn

Directions

Place water in a 2-qt. microwave-safe dish; cover and heat until boiling. Add potatoes, carrots, celery, onion, salt and pepper. Cook, uncovered, on high for 8-10 minutes or until vegetables are crisp-tender; set aside (do not drain).

Meanwhile, in a 3-qt. dish, microwave butter on high for 50-60 seconds or until melted. Stir in flour until smooth. Gradually stir in milk. Cook, uncovered, on high for 6-7 minutes or until thickened, stirring every 2 minutes. Add the cheese. Heat for 1 to 1-1/2 minutes or until the cheese is melted. Stir in the corn and reserved vegetables. Cook on high for 2-3 minutes or until heated through.

Microwave Salsa

Ingredients

3 medium tomatoes, chopped
1 green onion, sliced
1 clove garlic, minced
3 tablespoons finely chopped green pepper
1 tablespoon lemon juice
1 1/2 teaspoons minced fresh basil
1/2 teaspoon chili powder
1/2 teaspoon salt
1/8 teaspoon pepper
Tortilla chips

Directions

In a microwave-safe bowl, combine the tomatoes, onion and garlic. Add green pepper, lemon juice and seasonings; mix well. Microwave on high for 45-60 seconds or until heated through. Serve immediately with tortilla chips. Salsa can be stored in the refrigerator for up to 3 days.

Microwave Sponge Pudding

Ingredients

1/4 cup butter
1/4 cup white sugar
1/2 cup self-rising flour
1 egg, beaten
2 tablespoons milk

Directions

In a medium bowl, cream together the butter and sugar until smooth. Mix in the egg and milk gradually, so as not to curdle the butter. Sift in the flour, and fold in gently. Transfer to a 1 pint microwave-safe bowl.

Cover, and cook for 3 1/2 minutes on full power, or until the pudding appears set when gently jiggled, and the top is sticky. Serve hot.

Microwave Baked Apples

Ingredients

2 apples
2 tablespoons brown sugar
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 teaspoons butter

Directions

Core the apples, leaving the bottom intact.

In a bowl, mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apples in a deep casserole dish and cover.

Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for a couple minutes before serving.

Microwave Swiss Steak

Ingredients

1 1/2 pounds boneless round steak (1/4 inch thick)
3 tablespoons dry onion soup mix
1 (4 ounce) can mushroom stems and pieces, drained
1 (14.5 ounce) can diced tomatoes
2 tablespoons cornstarch
1/4 teaspoon pepper
1 dash cayenne pepper

Directions

Cut steak into serving-size pieces; pound with a mallet to tenderize. Place the steak in an ungreased shallow microwave-safe dish. Sprinkle with soup mix and mushrooms. Drain tomatoes, reserving liquid; set tomatoes aside. In a bowl, combine the cornstarch and tomato liquid until smooth. Add pepper, cayenne if desired and tomatoes. Pour over meat. Cover and microwave on high for 6-7 minutes or until mixture begins to boil. Microwave, covered, at 50% power for 20-25 minutes longer or until meat is tender.

Easy Microwave Chocolate Cake

Ingredients

3 tablespoons butter, softened
1/4 cup white sugar
1 egg
1 teaspoon vanilla extract
1/4 cup milk
1/2 cup all-purpose flour
2 tablespoons cocoa powder
1/4 teaspoon baking powder
1 pinch salt

Directions

Spray a medium microwave-safe bowl with non-stick spray and set aside. In a mixing bowl, combine the butter, sugar, egg, vanilla extract, and milk; blend together. Combine the flour, cocoa powder, baking powder and salt; blend into the mixture until smooth. Pour into greased bowl.

Cover and cook in the microwave on high for 2 to 2 1/2 minutes, or until cake springs back when touched. Since all microwaves cook differently, adjust the cooking time to accommodate your machine. To serve, let the cake cool five minutes, then cover the bowl with a plate and turn both bowl and plate upside down so the cake falls onto the plate.

Microwave Snack Mix

Ingredients

1/2 cup butter or margarine
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder
5 cups oyster crackers
3 cups miniature pretzels
2 1/2 cups salted peanuts
2 tablespoons Parmesan cheese

Directions

In a small microwave-safe bowl, combine butter, chili powder, cumin and garlic powder. Cover and microwave on high for 45-60 seconds or until butter is melted.

In a 3-qt. microwave-safe dish, combine crackers, pretzels and peanuts. Add butter mixture and mix lightly. Sprinkle with Parmesan cheese; toss to coat. .

Microwave, uncovered, on high for 7-8 minutes or until mixture begins to toast, carefully stirring every 2 minutes. Cool. Store in an airtight container.

Microwave Peach Plum Butter

Ingredients

1 cup finely chopped, peeled peaches
1 cup pitted, chopped plums
1 tablespoon water
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 cup granular no-calorie sucralose sweetener (such as Splenda®)

Directions

Combine peaches, plums, and water in a microwave-safe glass or ceramic bowl. Heat in the microwave on high in 3 minute intervals, stirring between heating, until mixture is very thick, about 15 minutes. Stir in the cinnamon, ginger, and sweetener. Pour fruit butter into a jar. Cover and refrigerate until ready to use.

Microwave Roux

Ingredients

1 cup vegetable oil
2/3 cup all-purpose flour

Directions

Pour the vegetable oil into a microwave-safe glass bowl. Whisk in the flour until no lumps remain.

Cook in the microwave at 70% power for 6 minutes. This will create white roux. If you would like a darker roux, carefully stir, and return to the microwave. Cook at 70% power 2 to 3 minutes at a time until the desired color has been achieved.

Microwave Chicken Teriyaki

Ingredients

1/4 cup soy sauce
2 packets ketchup
2 tablespoons garlic powder
3 individual packets white sugar
1 skinless, boneless chicken
breast half - cut into strips

Directions

Stir together soy sauce, ketchup, garlic powder, and sugar in a bowl. Toss chicken in sauce to coat, and place onto a microwave safe plate.

Cover with plastic wrap and cook in the microwave on High for 5 to 8 minutes, until chicken is opaque in the center and no longer pink.

Microwave Red Snapper

Ingredients

4 (6 ounce) fillets red snapper or haddock
3/4 cup sour cream
1/4 cup mayonnaise
3 tablespoons milk
1 tablespoon prepared mustard
1 1/2 teaspoons dill weed
Hot cooked rice

Directions

Cut fish into serving-size pieces; place in an ungreased shallow microwave-safe dish. Cover and microwave on high for 4 minutes. Drain liquid. Combine the sour cream, mayonnaise, milk, mustard and dill; drizzle 1/2 cup over the fish. Microwave, uncovered, on high for 4 minutes or until fish flakes easily with a fork. Serve over rice with remaining sauce.

Microwave Asparagus Salad

Ingredients

24 medium stalks asparagus
4 cups Italian-style salad greens
with radicchio
4 tablespoons chopped hazelnuts

Dressing:

6 tablespoons balsamic vinegar
2 tablespoons olive oil
2 tablespoons orange juice
2 teaspoons Dijon mustard
1 teaspoon low-sodium soy sauce
Freshly ground pepper, to taste

Directions

Trim, peel and rinse asparagus (do not dry). Place spears flat, two or three deep, in a glass pie plate or similar dish. Cover tightly with microwavable plastic wrap and microwave on high 2 1/2 to 5 minutes, depending on wattage.

Whisk together dressing ingredients, pour over asparagus and marinate in refrigerator until cool.

Divide greens onto four salad plates; top each with six asparagus spears.

Drizzle with equal amounts of dressing, and top with hazelnuts.

Microwave Risotto

Ingredients

3 cups hot chicken broth
1/2 teaspoon salt
1 pinch ground white or black pepper
2 tablespoons butter
2 tablespoons olive oil
1/2 cup minced yellow onion
1 cup uncooked medium grain white rice
1/4 cup freshly grated Parmesan cheese

Directions

Combine the chicken broth, salt and pepper in a saucepan, and bring to a simmer. Keep warm over low heat.

In a square baking dish, or glass pie plate, heat the butter and olive oil in the microwave for 2 minutes. Add the onion to the dish, and stir to coat. Cook in the microwave for 4 more minutes. Add the uncooked rice, and stir to coat with oil. Cook for another 4 minutes.

Pour the simmering chicken broth into the rice, and stir. Cook in the microwave for 9 minutes. Stir, then microwave for another 9 minutes. If you want a creamier risotto, add 1/4 cup of warm water, and cook for another 2 minutes. Stir in the Parmesan cheese as soon as it comes out of the microwave, and serve.

Microwave Peanut Patties

Ingredients

1/2 cup water
2 cups white sugar
1/2 cup light corn syrup
1 1/2 cups peanuts
2 tablespoons butter
1 teaspoon vanilla extract
3 drops red food coloring

Directions

Grease a cookie sheet or other flat surface.

In a 2 quart glass measuring cup combine water, sugar and corn syrup. Microwave on high until boiling. Stir in peanuts.

Microwave on medium to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.

Stir in butter, vanilla and food coloring. Beat until creamy and cool. Drop by teaspoonfuls onto prepared pan.

Microwave Potato Ham Dinner

Ingredients

2 cups peeled, cubed potatoes
1 cup sliced carrots
1 cup chopped celery
1/2 cup water
2 tablespoons chopped green pepper
2 tablespoons chopped onion
2 tablespoons reduced-fat margarine
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups 2% milk
1/2 cup reduced fat shredded Cheddar cheese
2 cups cubed fully cooked lean ham

Directions

In a large microwave-safe bowl, combine the potatoes, carrots, celery and water. Cover and microwave on high for 7 minutes, stirring once. Add green pepper and onion; cover and microwave on high for 4-5 minutes or until crisp-tender, stirring once. Pour into a 2-qt. microwave-safe baking dish coated with nonstick cooking spray; set aside.

In a microwave-safe bowl, heat the margarine, covered, on high for 40-50 seconds or until melted. Stir in the flour, salt and pepper until smooth. Gradually add milk. Cook, uncovered, on high for 2-3 minutes or until thickened and bubbly, stirring after each minute. Stir in the cheese until melted. Pour over the vegetables. Stir in ham. Cover and microwave on high for 4-5 minutes or until heated through.

Moms Goulash in the Microwave

Ingredients

- 1 (8 ounce) package uncooked elbow macaroni
- 1 pound ground beef
- 1 cup diced onion
- 1 cup sliced celery
- 1 tablespoon minced garlic
- 1 (14.5 ounce) can diced tomatoes
- 1 (10 ounce) can tomato sauce
- 1 tablespoon sugar
- 1 tablespoon paprika
- 1 teaspoon dried oregano
- 1/4 teaspoon caraway seed
- 1 pinch cayenne pepper, or to taste
- 1 teaspoon salt

Directions

Bring a pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain.

Meanwhile, crumble the ground beef into a 2 quart or larger casserole dish. Add the onion, celery and garlic. Cook in the microwave on High for 5 to 6 minutes, or until beef is no longer pink. Stir once during cooking. Drain off the grease.

Stir the tomatoes, tomato sauce and sugar into the beef, and season with paprika, oregano, caraway seed, cayenne pepper and salt. Cover, and cook in the microwave on power level 8 for about 14 minutes, or until celery is tender and the flavors have blended.

Remove from the microwave, and mix in the cooked macaroni. Cook for 2 to 3 more minutes, until heated through. Serve.

Microwave Spiced Nuts

Ingredients

1/4 cup butter
1/2 cup brown sugar
1/2 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 tablespoons water
3 cups pecan halves

Directions

Melt butter in a 4 quart glass casserole dish in the microwave. Stir in the brown sugar, nutmeg, cinnamon and water. Microwave on high for 1 minute. Stir in the nuts so they are well coated. Microwave for 4 to 5 additional minutes on high, stirring every minute. Spread cooked nuts out onto parchment or waxed paper to cool.

Microwave Mississippi Mud Cake II

Ingredients

1 cup margarine
1/4 cup unsweetened cocoa powder
4 eggs
2 cups white sugar
1 1/2 cups all-purpose flour
1 cup chopped walnuts
1 teaspoon vanilla extract
2 cups miniature marshmallows
4 cups confectioners' sugar
1/3 cup unsweetened cocoa powder
2/3 cup milk

Directions

In 9x13 inch microwave-safe cake dish, melt the margarine and 1/4 cup cocoa together. Stir in the eggs. Mix in the 2 cups sugar, flour, nuts and vanilla.

Bake in microwave oven on high, for 11 minutes, rotating dish after 5 minutes. Remove from microwave and sprinkle marshmallows on top.

To make the frosting: In microwave-safe bowl, combine confectioners' sugar, cocoa, and milk. Cook in microwave for 2 minutes, stir and pour over cake.

Microwave Fettuccine Alfredo

Ingredients

2 ounces uncooked fettuccine
3 tablespoons half-and-half cream
1 ounce cream cheese, cubed
3 tablespoons shredded
Parmesan cheese
1/8 teaspoon salt
1/8 teaspoon white pepper

Directions

Cook fettuccine according to package directions. Meanwhile, in a small microwave-safe bowl, combine the cream and cream cheese. Cover and microwave at 50% power for 2 minutes; stir in the Parmesan cheese until smooth. Stir in salt if desired and pepper. Drain fettuccine; toss with sauce.

Microwave Flan

Ingredients

3 cups white sugar, divided
2 cups milk
1 tablespoon vanilla extract
4 eggs

Directions

Heat 1 cup of sugar (dry) in a saucepan over medium heat. Do not stir until you start to see the sugar melting and bubbling. When the sugar is completely melted and golden brown, pour it into a 9 inch glass or ceramic pie plate and tilt to coat.

In a large bowl, mix the milk, remaining sugar, vanilla and eggs until well blended. Pour into the pie plate.

Cook in the microwave at 50% power for 7 minutes, then cook at 100% power for 8 minutes. A knife inserted into the center of the flan should come out clean when it is done. If it is not done after the 8 minutes, cook at one minute intervals, checking each time. Cool and refrigerate before serving.

To serve, warm the bottom of the pie plate over a pan of simmering water to loosen the caramelized sugar. Place a serving plate on top of the dish, and invert so that the flan is on the serving dish and the caramelized coating is on top.

Microwave Mississippi Mud Cake I

Ingredients

1 cup butter
2 cups white sugar
1/2 cup unsweetened cocoa powder
4 eggs
2 teaspoons vanilla extract
1 1/2 cups all-purpose flour
1/4 cup coarsely chopped walnuts
1/4 teaspoon salt
1/2 cup miniature marshmallows
1/2 cup butter
1/3 cup milk
1/4 cup unsweetened cocoa powder
1/2 teaspoon vanilla extract
4 cups confectioners' sugar

Directions

Put 1 cup butter or margarine into large mixing bowl. Microwave on high 1 to 1 1/2 minutes until melted.

Stir in 2 cups white sugar and cocoa. Add eggs and vanilla; beat vigorously until well-blended. Stir in flour, nuts and salt. Let batter "rest" for 10 minutes.

Pour into an 11 3/4 x 7 1/2 pan. Place on a plastic trivet or inverted saucer in oven. Microwave on medium 9 minutes, rotating dish 1/2 turn after 3 minutes.

Microwave on high 3-5 minutes rotating dish 1/2 turn once, until top is mostly dry with moist spots and pick comes out clean. Sprinkle marshmallows evenly over top of cake. Let stand about 5 minutes until marshmallows are slightly melted.

To Make Frosting: Melt 1/2 cup butter in large bowl. Stir in 1/3 cup milk, 1/4 cup cocoa and 1/2 teaspoon vanilla. Add 4 cups confectioners' sugar and beat vigorously until smooth. Spread evenly over marshmallows. Let stand on flat surface 30 minutes until slightly warm or cool completely. Makes 16 very rich servings as this is a very dense cake.

Microwave Corn on the Cob

Ingredients

1 ear corn, husked and cleaned

Directions

Wet a paper towel, and wring out. Wrap the ear of corn in the moist towel, and place on a dinner plate. Cook in the microwave for 5 minutes. Carefully remove paper towel, and enjoy!

Microwave Apple Crisp

Ingredients

4 large Granny Smith apples -
peeled, cored and sliced
1/2 cup butter, melted
3/4 cup packed brown sugar
3/4 cup quick cooking oats
1/2 cup all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon allspice

Directions

Spread the apples evenly in an 8 inch square glass baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice. Sprinkle this topping evenly over the apples.

Cook on full power in the microwave for 10 to 12 minutes, until apples can easily be pierced with a knife. Enjoy!

Twice Microwaved Potatoes

Ingredients

6 medium russet potatoes
4 green onions, chopped
1 cup sour cream
1/2 cup cubed processed cheese
1/4 cup shredded Cheddar cheese
garlic powder to taste
seasoned salt to taste
ground black pepper to taste
1 tablespoon chopped green onion (optional)
1/4 cup shredded Cheddar cheese (optional)

Directions

Poke potatoes with the tines of a fork, and place them in the microwave oven. The more holes, the better. Cook on high power for about 4 minutes per potato. Check about halfway through, and turn potatoes over for even cooking. Potatoes are done when they can be easily poked with a fork.

Remove potatoes from the microwave, and cut each one in half lengthwise. Use a large spoon to scoop out the inside of the potatoes, leaving the skins intact. Place the scoopings into a large microwave safe bowl, and stir in the 4 green onions, sour cream, processed cheese, and 1/4 cup Cheddar cheese. Season with garlic powder, seasoned salt, and black pepper; mix well.

Place the bowl in the microwave, and cook for 2 to 3 minutes, or until heated through. Scoop the mixture back into the potato skins to serve, or serve from the bowl. Garnish with additional green onion and shredded cheese if desired.

Microwave Tofu Banana Bread

Ingredients

1/2 (12 ounce) package silken tofu
2 ripe bananas
2 tablespoons miniature chocolate chips
1 cup pancake mix

Directions

Place the tofu, bananas, and 1 tablespoon of chocolate chips in the bowl of a food processor; blend on low to combine ingredients.

Mix together the pancake mix and the remaining 1 tablespoon of chocolate chips in a bowl. Stir in the banana mixture and blend until smooth. Spoon the batter into the bottom of a microwave-safe baking dish, spreading to 1 1/2 inch thickness.

Cover and cook in the microwave at full power for 3 minutes. Remove and invert onto a microwave-safe plate. If the cake is too moist, cook in the microwave 1 to 3 minutes more.

Microwave Bread and Butter Pickles

Ingredients

1 large cucumber, sliced
1 teaspoon salt
1 onion, thinly sliced
1/2 teaspoon mustard seeds
1 cup white sugar
1/2 cup distilled white vinegar
1/4 teaspoon celery seed
1/4 teaspoon ground turmeric

Directions

In a medium microwave safe bowl, mix cucumber, salt, onion, mustard seeds, white sugar, distilled white vinegar, celery seed and turmeric.

Microwave on high 7 to 8 minutes, stirring twice, until cucumbers are tender and onion is translucent.

Transfer to sterile containers. Seal and chill in the refrigerator until serving.

Microwave Chocolate Pie

Ingredients

1 (9 inch) pie shell, baked
3/4 cup white sugar
1/4 cup cornstarch
1/3 cup unsweetened cocoa powder
1/4 teaspoon salt
2 cups milk
3 egg yolks, beaten
2 tablespoons butter, softened
1 teaspoon vanilla extract
3 egg whites, beaten
1/4 teaspoon cream of tartar
6 tablespoons white sugar
1/2 teaspoon vanilla extract

Directions

Preheat oven to 375 degrees F (190 degrees C).

In 1 1/2 quart casserole dish, mix together sugar, cornstarch, cocoa, salt and 1/2 cup of milk until smooth. Once it is mixed well, stir in remaining milk. Microwave on high for 5 to 8 minutes or until thick; stir halfway through cooking.

In a small bowl, place a small amount of the hot mixture and beat together with egg yolks. Stir back into original mixture in casserole dish. Microwave on high for 1 1/2 to 2 minutes or until thickened; stir frequently. Blend in butter and the 1 teaspoon of vanilla. Pour mixture into pastry shell.

To Make Meringue: In a small bowl, beat egg whites and cream of tartar until foamy. Gradually stir in 2 tablespoons of sugar at a time until stiff peaks form; stir in vanilla. Spread meringue over top of pie filling.

Seal rim of pie with aluminum foil, then bake in preheated oven for about 8 minutes or just until meringue gets browned.

Microwave Walnut Brittle

Ingredients

2 cups chopped walnuts or black walnuts
1 cup sugar
1/2 cup light corn syrup
1/2 teaspoon salt
1 tablespoon butter (no substitutes)
1 teaspoon vanilla extract
1 teaspoon baking soda

Directions

In a covered 1-1/2-qt. microwave-safe glass dish, microwave the walnuts, sugar, corn syrup and salt on high for 4 minutes. Stir; cook 4 minutes longer. Stir in butter and vanilla. Cover and microwave on high for 2 minutes. Add baking soda; stir quickly until lightly foamy. Immediately pour onto a lightly buttered baking sheet; spread until very thin. When cool, break into small pieces. Store in an airtight container at room temperature.

Microwave Peanut Brittle

Ingredients

1 cup light corn syrup
2 cups white sugar
2/3 cup peanuts
2 tablespoons butter
2 teaspoons vanilla extract
2 teaspoons baking soda

Directions

In a 3 quart casserole dish, combine the corn syrup, sugar and peanuts. Microwave on high for 12 minutes. Stir in butter and vanilla, cook on high for 4 minutes. Stir in baking soda.

Pour onto buttered cookie sheet; cool and break into pieces.

Loga's Microwave Chicken

Ingredients

1 cup ketchup
5 tablespoons curry powder
1 teaspoon cayenne pepper
8 chicken legs

Directions

In a large, round microwave safe casserole dish combine the ketchup, curry powder and cayenne powder and mix together. Add chicken pieces and turn to coat. Arrange chicken legs in a fan, with the thin part of the legs in the center of the dish. Cover and cook in the microwave on high for 12 to 15 minutes or until chicken is cooked through and juices run clear.

Microwave Snack Mix

Ingredients

1/2 cup butter or margarine
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder
5 cups oyster crackers
3 cups miniature pretzels
2 1/2 cups salted peanuts
2 tablespoons Parmesan cheese

Directions

In a small microwave-safe bowl, combine butter, chili powder, cumin and garlic powder. Cover and microwave on high for 45-60 seconds or until butter is melted. In a 3-qt. microwave-safe dish, combine crackers, pretzels and peanuts. Add butter mixture and mix lightly. Sprinkle with Parmesan cheese; toss to coat. Microwave, uncovered, on high for 7-8 minutes or until mixture begins to toast, carefully stirring every 2 minutes. Cool. Store in an airtight container.

Microwave Frittata

Ingredients

1 tablespoon butter or margarine
1 cup cubed fully cooked ham
1/2 cup chopped onion
1/4 cup chopped green pepper
4 egg, beaten
salt and pepper to taste

Directions

Place butter in a microwave-safe 9-in. pie plate. Cover with waxed paper; microwave on high for 30-40 seconds or until melted. Add ham, onion and green pepper. Cover and cook on high for 2 minutes. Stir in eggs, salt and pepper. Cover and cook on high for 1-1/2 to 2-1/2 minutes or until a knife inserted near the center comes out clean. Let stand for 3 minutes or until completely set. Cut into wedges.

Microwave Potato Chips

Ingredients

4 medium Yukon Gold potatoes
salt to taste

Directions

Scrub the potatoes, then slice them paper thin. Place a sheet of parchment paper over the bottom of your microwave oven. Place the potato slices in a single layer on top of the paper. Season with salt . Cover the potatoes with a second sheet of parchment paper.

Cook on high power for 8 minutes, or until potato slices are browned and crisp, testing and adjusting the time as necessary since all microwaves cook differently. Remove potato chips from the microwave and cool on a rack. Repeat these steps to cook the remaining potato slices.

Easy Microwave Maple Fudge

Ingredients

1 (16 ounce) package
confectioners' sugar
3 tablespoons milk
1 tablespoon maple extract
1/2 cup butter
3/4 cup chopped walnuts

Directions

Line a baking dish with plastic wrap.

Sift the confectioners' sugar into a large, microwave-safe bowl. Add the milk, maple extract, and butter to the bowl, but do not stir.

Heat in microwave on full power for 3 minutes.

Stir the walnuts into the fudge mixture until the fudge begins to thicken; pour into the lined baking dish. Smooth the top of the fudge with a spatula. Refrigerate until firm, about 15 minutes. Remove the fudge from the pan using the plastic wrap as a handle. Cut into small squares and store in an airtight container.

Basic Microwave Risotto

Ingredients

3 tablespoons butter
1 clove garlic, minced
1 onion, chopped
1 1/2 cups vegetable broth
1 cup uncooked Arborio rice
3/4 cup white wine
1/4 cup grated Parmesan cheese

Directions

In a 3 quart, microwave safe casserole dish combine butter, garlic and onion. Place dish in microwave and cook on high for 3 minutes.

Place vegetable broth in a microwave safe dish. Heat on microwave until the broth is hot but not boiling (approximately 2 minutes).

Stir the rice and broth into the casserole dish with the onion, butter and garlic mixture. Cover the dish tightly and cook on high for 6 minutes.

Stir wine into the rice. Cook on high for 10 minutes more. Most of the liquid should boil off. Stir the cheese into the rice and serve.

Microwave Scalloped Corn

Ingredients

2 eggs
1 (14.75 ounce) can cream-style corn
2/3 cup milk
1/2 cup crushed saltines
2 tablespoons butter or margarine, melted
1 tablespoon sugar
1/4 teaspoon salt
pepper to taste
Paprika

Directions

In a bowl, beat eggs. Stir in the corn, milk, cracker crumbs, butter, sugar, salt and pepper; mix well. Pour into a greased 1-qt. microwave-safe dish.

Cover and microwave at 70% power for 6-7 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving. Sprinkle with paprika.

Microwave Pralines

Ingredients

1 pound light brown sugar
1 cup heavy whipping cream
2 tablespoons light corn syrup
1 tablespoon butter
2 cups chopped toasted pecans

Directions

In a deep, microwave-safe bowl, mix together brown sugar, whipping cream, and corn syrup. Microwave on High for 13 minutes.

Mix in butter until well blended. Then stir, stir, and stir until mixture begins to cool and get creamy. Stir in chopped nuts. Drop by tablespoonfuls onto waxed paper to cool.

Microwave Truffles

Ingredients

1/3 cup finely chopped pecans,
toasted, divided
8 ounces semisweet chocolate
1/4 cup butter (no substitutes)
1/4 cup whipping cream
1/4 teaspoon almond extract

Directions

Place 24 small foil candy cups in miniature muffin cups or on a baking sheet. Spoon 1/2 teaspoon pecans into each; set cups and remaining pecans aside. In a 2-qt. microwave-safe bowl, combine chocolate and butter. Microwave at 50% power for 1-1/2 to 2 minutes or until melted. Stir in cream and extract. Beat with an electric mixer until slightly thickened, scraping sides of bowl occasionally. Immediately pour into prepared cups. Top with remaining pecans. Refrigerate until set.

Microwave Cherry Crisp

Ingredients

1 (21 ounce) can cherry pie filling
3/4 cup packed brown sugar
2/3 cup quick-cooking oats
1/3 cup all-purpose flour
1/4 cup butter or margarine
Vanilla ice cream (optional)

Directions

Spoon filling into a greased 9-in. pie plate. In a bowl, combine brown sugar, oats and flour; cut in butter until crumbly. Sprinkle over filling. Microwave on high for 12-14 minutes. Serve warm with ice cream if desired.

Tamra's Microwave Tilapia

Ingredients

1 pound tilapia fillets
1 tablespoon butter
1 garlic clove, minced
1 teaspoon chopped fresh tarragon
1/4 cup apple cider vinegar

Directions

In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle over fresh tarragon. Cover with waxed paper and microwave on high for 2 minutes.

Turn fillets over, recover, and continue to microwave on high for a further 2 minutes. Remove immediately, sprinkle with apple cider vinegar, and serve.

Microwave Corn Bread Casserole

Ingredients

2 cups frozen mixed vegetables
1 1/2 cups cubed fully cooked ham
1 (6 ounce) package corn bread stuffing mix
3 eggs
2 cups milk
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Cheddar cheese

Directions

In a greased 11-in. x 7-in. x 2-in. microwave-safe dish, combine vegetables, ham and stuffing mix; mix well. In a bowl, combine eggs, milk, salt and pepper. Pour over corn bread mixture. cover and refrigerate for at least 5 hours or overnight.

Remove from the refrigerator 30 minutes before cooking. Cover and microwave on high for 18-22 minutes or until a knife inserted in the center comes out clean. Sprinkle with cheese. Cover and let stand for 5 minutes before serving.

Microwave Raisin Bread Pudding

Ingredients

16 thick slices raisin bread, cubed
1/2 cup white sugar
1/8 teaspoon ground cinnamon

2 cups milk
1/4 cup butter
5 eggs, beaten
1/2 cup white sugar
1 teaspoon vanilla extract

Directions

Line a microwave-safe 2 quart ring mold or baking dish with raisin bread. Sprinkle sugar and cinnamon evenly over bread cubes. Set aside.

Place milk and butter in a 1 quart glass measure and microwave on medium 4 1/2 to 5 1/2 minutes, until butter is melted and milk is scalded. Quickly stir eggs, 1/2 cup sugar and vanilla into hot milk mixture. Pour over bread cubes.

Cover with plastic wrap and microwave at medium heat for 17 to 19 minutes, until pudding is set.

Microwave Caramel Popcorn

Ingredients

4 quarts popped popcorn
1 cup brown sugar
1/2 cup margarine
1/4 cup light corn syrup
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 teaspoon baking soda

Directions

Place the popped popcorn into a large brown paper bag. Set aside.

In a 2 quart casserole dish, or other heat-proof glass dish, combine the brown sugar, margarine, corn syrup, salt and vanilla. Heat for 3 minutes in the microwave, then take out and stir until well blended. Return to the microwave, and cook for 1 1/2 minutes. Remove from microwave, and stir in the baking soda.

Pour syrup over the popcorn in the bag. Roll down the top once or twice to close the bag, and shake to coat the corn. Place bag into the microwave, and cook for 1 minute and 10 seconds. Remove, shake, flip the bag over, and return it to the microwave. Cook for another 1 minute and 10 seconds. Dump the popcorn out onto waxed paper, and let cool until coating is set. Store in an airtight container.

Microwave Meatball Sandwich in Ten Minutes

Ingredients

10 slices provolone cheese
1 (14 ounce) package frozen
cooked meatballs
1 (28 ounce) jar spaghetti sauce
5 hoagie rolls, split lengthwise

Directions

Place the meatballs into a glass baking dish and heat in the microwave until hot, about 45 seconds per 6 meatballs. Remove from the microwave, add the spaghetti sauce, cover and return to the microwave. Heat until bubbly, 2 to 3 minutes depending on your microwave.

Spoon the meatballs and sauce onto the rolls and top each one with two slices of provolone cheese. Return to the microwave and heat until cheese melts, about 15 seconds.

Microwave Oven Peanut Brittle

Ingredients

- 1 1/2 cups dry roasted peanuts
- 1 cup white sugar
- 1/2 cup light corn syrup
- 1 pinch salt (optional)
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

Directions

Grease a baking sheet, and set aside. In a glass bowl, combine peanuts, sugar, corn syrup, and salt. Cook in microwave for 6 to 7 minutes on High (700 W); mixture should be bubbly and peanuts browned. Stir in butter and vanilla; cook 2 to 3 minutes longer.

Quickly stir in baking soda, just until mixture is foamy. Pour immediately onto greased baking sheet. Let cool 15 minutes, or until set. Break into pieces, and store in an airtight container.

Curried Microwaved Chicken

Ingredients

1 apple - peeled, cored, and chopped
1 onion, chopped
2 tablespoons butter
3 teaspoons curry powder
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup heavy cream
salt and pepper to taste
8 chicken thighs, cut into bite size pieces
3/4 cup fresh sliced mushrooms
1 teaspoon paprika

Directions

In a microwave safe dish cook the apple and onion in the curry powder and butter or margarine on high power for 3 minutes. Stir in the soup, cream and salt and pepper.

Place the chicken in an 8x12 inch microwave safe baking dish and cover with the curry sauce. Sprinkle the top with paprika.

Cover with wax paper and microwave on at full power for 30 minutes. Test to see if chicken is done and tender. If not microwave at full power for another 15 to 20 minutes. Checking every 5 minutes or so.

Microwaved Potatoes Lyonnaise

Ingredients

3 large potatoes, peeled and cubed
2 small onions, sliced
2 tablespoons margarine
2 cloves garlic, minced
1/2 teaspoon salt
1/8 teaspoon dried oregano
1/8 teaspoon black pepper
1/8 teaspoon paprika

Directions

In a 3-quart microwave-safe casserole dish, combine potatoes, onions, margarine, garlic, salt, oregano, pepper and paprika.

Heat in microwave on high until margarine melts, about 1 minute; stir. Cook 10 minutes more, stirring occasionally.

Microwave Baked Potato

Ingredients

1 large russet potato
1 tablespoon butter or margarine
3 tablespoons shredded Cheddar cheese
salt and pepper to taste
3 teaspoons sour cream

Directions

Scrub the potato, and prick several times with the tines of a fork. Place on a plate.

Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Season with salt and pepper, and mash up the inside a little using a fork. Top the open sides with butter and 2 tablespoons of cheese. Return to the microwave, and cook for about 1 minute to melt the cheese.

Top with remaining cheese and sour cream, and serve.

Microwave Chicken Parmesan/Chicken Breast

Ingredients

1 (8 ounce) can tomato sauce
1 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/2 cup cornflake crumbs
1/4 cup grated Parmesan cheese
1 teaspoon dried parsley flakes
6 boneless, skinless chicken breast halves
1 egg, beaten
2/3 cup shredded mozzarella cheese

Directions

In a microwave-safe bowl, combine the tomato sauce, Italian seasoning and garlic powder. Cover and microwave on high for 2 minutes; stir. Cook at 50% power for 3-5 minutes or until mixture simmers, stirring once; set aside.

In a bowl, combine the crumbs, Parmesan cheese and parsley. Dip the chicken into egg, then roll in the crumb mixture. Place in a lightly greased shallow 3-qt. microwave-safe dish. Cover and microwave on high for 10-12 minutes, rotating a half turn after 5 minutes.

Pour tomato mixture over chicken; sprinkle with mozzarella. Cook, uncovered, at 50% power for 3-5 minutes or until meat juices run clear.

Microwave Peanut Butter S'Mores

Ingredients

Graham crackers
JIF® Creamy Peanut Butter
Milk chocolate candy bars
Large marshmallows

Directions

Spread graham cracker square with peanut butter.

Top with a square of chocolate and a marshmallow.

Microwave on HIGH (100% power) 5 to 10 seconds or until marshmallow puffs.

Top with another cracker square. Serve immediately.

Microwave Classic Chili

Ingredients

1 pound ground beef
1 medium onion, finely chopped
2 (14.5 ounce) cans stewed tomatoes
2 teaspoons chili powder
1 1/2 teaspoons prepared mustard
1 (16 ounce) can kidney beans, rinsed and drained
salt and pepper to taste

Directions

Crumble the beef into a 2-qt. microwave-safe bowl. Add onion; mix well. Cover and microwave on high for 5 minutes or until meat is no longer pink; drain. Stir in the tomatoes, chili powder and mustard; mix well. Cover and microwave on high for 10 minutes. Add beans and mix well. Cover and microwave on high for 3 minutes longer. Add salt and pepper.

Microwave Ham

Ingredients

1 (3 pound) boneless ham
1/2 cup packed brown sugar
1/4 cup soy sauce
3 tablespoons Dijon mustard

Directions

Cut the ham in half lengthwise. Place into a large pot, and fill with enough water to cover. Bring to a boil and cook for 1 hour, replenishing water as needed. Drain.

Meanwhile, stir together the brown sugar, soy sauce and mustard in a small bowl. Set aside until the ham is done.

Place the ham halves into a glass or ceramic baking dish with the cut sides facing up. Cover the ham with the brown sugar mixture. Cook in the microwave for 15 minutes. Slice and serve.

Microwave Cake

Ingredients

1 (18.25 ounce) package yellow cake mix
3 eggs
1 (21 ounce) can apple pie filling
1/2 cup applesauce

Directions

Mix the box of cake mix, eggs, pie filling and applesauce till moist. Use a microwave safe bundt pan or substitute a microwave safe bowl that has a microwave safe cup or cone placed in the middle of it (to mimic a bundt pan). Pour mixture into the bowl around the cup.

Bake on high for 6 minutes 30 seconds, turn and bake for another 6 minutes 30 seconds on high. Remove from oven and cover bowl with a dish and let stand for 5 minutes (this finishes the cooking process).

Turn cake over onto dish and remove cone (cup) for a delicious quick dessert. Good hot with vanilla ice cream or whipped topping.

Chinese Microwaved Tofu with Minced Pork

Ingredients

3/4 cup ground pork
1 teaspoon soy sauce
1 teaspoon sesame oil
1/2 teaspoon white sugar
1 teaspoon cornstarch
1 dash ground black pepper
1 dash crushed red pepper flakes
1 (14 ounce) package tofu,
drained
1 green onion, chopped
1 tablespoon chopped carrots
1 chile pepper, chopped

Directions

In a bowl, mix the ground pork with the soy sauce, sesame oil, sugar, cornstarch, black pepper, and red pepper flakes. Marinate at least 10 minutes.

Place the tofu in a microwave-safe dish. Place the pork over the tofu. Discard any remaining marinade. Top with green onion, carrots, and chile pepper. Cover with microwave-safe plastic wrap. Cut a small slit in the plastic wrap to vent steam.

Cook 5 minutes on High in the microwave, or until vegetables are tender and pork is cooked to desired doneness.

Schweineruckbraten (Microwave Loin of Pork)

Ingredients

1 (2 pound) boneless pork loin
2 tablespoons chopped fresh rosemary
1/2 cup water
3 onions, halved
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried thyme
1 teaspoon ground cumin

Directions

Pat the pork roast dry with a paper towel and perforate the meat at 1 inch intervals with a knife or fork. Insert leaves of rosemary in the perforations.

Place the onion halves into a glass 9 or 10 inch pie plate. Set the meat on top of the onions so they act as a roasting rack. Pour the water over the meat and season with salt, pepper, thyme, and cumin.

Cook in the microwave at full power for 16 minutes (or about 8 minutes per pound). Turn the roast over and cook for an additional 6 minutes or until the internal temperature of the roast has reached 160 degrees F (70 degrees C). Let the roast rest for about 15 minutes before carving and serving.