

MIRCROWAVE RECIPES

Food Pantry Nutrition Project – University of Missouri

Summer Succotash

A great side dish for grilled meat.

All you need:

2 cups corn (frozen or cut from the cob)
2 cups shelled edamame (green soy beans, in the freezer section of your grocery store) OR
2 cups lima beans (frozen or cooked from dried)
1 large ripe tomato
Salt and pepper to taste
1 teaspoon whipped butter or less-fat margarine (optional)

All you do:

1. Add corn and edamame to a microwave-safe dish and stir to blend
2. Microwave on HIGH for 3 – 4 minutes, or until vegetables are hot
3. Stir in the chopped tomato, salt and pepper and whipped butter
4. Enjoy

From: www.medicinenet.com

Peppers, Onions and Sausage

Some comfort food without heating up your kitchen. Serve over pasta.

All you need:

2 large bell peppers, green, yellow or red
2 large sweet onions, yellow or red
12 ounces smoked (pre-cooked) turkey sausage

All you do:

1. Wash pepper, remove seeds and slice into strips, taking care to make sure the strips are all the same size.
2. Place pepper in a microwave-safe container and cook on HIGH for 1 ½ minutes.
3. Peel and slice onion, taking care to make sure the strips are all the same size.
4. Place onion in the container with the peppers and microwave on HIGH for 2 minutes.
5. Cut sausage into 4 inch links. Poke several holes in the sausage with a fork. Cook sausage on HIGH for 1 ½ minutes. Turn the sausage over and cook for 1 minute 15 seconds.
6. Place sausage in the center of the container of peppers and onions. Cover container and cook for 2 minutes at 50% power.

From: www.microwavecookingforone.com

Uncle Bill's Microwave Veggie Chips

Lower in fat and calories than store-bought chips.

All you need:

4 zucchini or yellow squash OR 6 carrots
Your favorite spices
Cooking spray or canola oil

All you do:

1. Wash the vegetables, leaving skin on.
2. Slice off the top of the vegetable.
3. Use a vegetable peeler to make paper thin slices of vegetables by moving it across the vegetable (NOT the length of the vegetable).
4. Put the veggie slices on a paper towel and pat to dry.
5. Sprinkle with your choice of seasonings.
6. Spray a microwave safe container with a lid with cooking spray or rub lightly with oil.
7. Place a single layer of vegetables on the bottom of the container.
8. Cook for 3 – 4 minutes on HIGH, or until the slices curl slightly and are very light brown.

From: www.food.com

Microwave Pasta

All you need:

Pasta
Water
2 quart microwave safe bowl

All you do:

1. Measure 6-8 ounces of dried pasta (about half a box) and place in the 2 quart bowl.
2. Add 1 $\frac{3}{4}$ cup water. You could also use broth.
3. Microwave on HIGH, uncovered, for 9 minutes, stirring once half-way through the cooking time.
4. Taste the pasta. If it is not tender enough, cook in 30 second increments until it is done to your liking.

Adapted from www.ehow.com

Perfect Microwave Rice

Recipe courtesy Kathleen Daelemans

Ingredients:

2 cups long grain rice
3 $\frac{1}{2}$ cups water or stock
1 $\frac{1}{2}$ teaspoons butter or oil
Salt and freshly ground black pepper

Directions:

Place all ingredients in a large glass measuring bowl or any microwave safe measuring bowl. Note: the rice expands during cooking, so be sure to choose a container that is large enough. Microwave on high, uncovered, for 10 minutes. Microwave on medium-low, uncovered, for 15 minutes. Do not stir the rice at any time during the cooking process. Season with salt and fluff with fork just before serving.

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Vegetable Cooking Times		
Vegetable	Steaming	Microwaving
Asparagus 1 lb.	<i>whole</i> : 12 to 20 minutes <i>cut</i> : 7 to 12 minutes	<i>whole or cuts</i> : 7 to 12 minutes; let stand 3 minutes
Beans (Green or Wax) 1 lb.	<i>whole</i> : 15 to 20 minutes	<i>whole</i> : 11 to 16 minutes; let stand 1 minute
Broccoli 1 lb. (4 to 5 cups pieces)	<i>spears</i> : 12 to 14 min. <i>pieces</i> : 10 to 12 min.	<i>spears or pieces</i> : 8 to 12 min.; let stand 2 to 3 min.
Brussel Sprouts 1 lb.	<i>whole</i> : 15 to 20 min.	<i>whole</i> : 6 to 7 min.; let stand 5 min.
Carrots 1 lb. (2 $\frac{1}{2}$ cups diced or 3 cups shredded)	<i>whole</i> : 20 to 30 min. <i>slices/strips</i> : 8 – 11 min.	<i>whole or slices</i> : 7 to 12 min.; let stand 3 min.
Cauliflower 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ lb. (1 medium head)	<i>whole</i> : 20 to 25 min. <i>florets</i> : 10 to 18 min.	<i>whole</i> : 8 to 15 min.; let stand 3 min. <i>florets</i> : 7 to 13 min.; let stand 3 min.
Corn 4 large ears or 2 to 3 cups kernels	<i>ears</i> : 5 to 9 min. <i>kernels</i> : 4 to 6 min.	<i>ears</i> : 3 to 4 min. per ear; let stand 2 min. <i>kernels</i> : 5 to 9 min.; let stand 1 min.
Peas 2 lb. unshelled or 2 cups shelled	8 to 12 min.	5 to 7 min.; let stand 1 min.
Potatoes 1 $\frac{1}{2}$ lb. to 2 lb.	<i>whole</i> : 30 to 35 min. <i>quarters</i> : 20 to 25 min. <i>slices/chunks</i> : 8 to 12 min.	<i>whole</i> : 12 to 16 min.; let stand 5 min. <i>quarters, slices, or chunks</i> : 7 to 11 min.; let stand 3 min.
Potatoes (New Whole) 1 $\frac{1}{2}$ lb. (10 to 12)	18 to 22 min.	8 to 12 min.; let stand 3 min.
Spinach 1 $\frac{1}{4}$ lb.	5 to 8 min.	3 to 10 min.; let stand 3 min.
Summer Squash (pattypan, zucchini, straightneck, and crookneck yello) 2 lb.	5 to 10 min.	7 to 10 min.; let stand 3 min.
Sweet Potatoes (Yam) 1 medium, whole	20 to 25 min.	4 to 5 min.; let stand 3 to 5 min.; or, 2 to 3 min. for each additional potato
Winter Squash (acorn, hubbard, banana, and spaghetti)	25 to 40 min.	10 to 13 min.; let stand 3 to 5 min.