

THE EDUCATION DEPARTMENT

STUDENTS' MICROWAVE





Welcome

Cooking meals without a stove can be a real challenge, whether you live in a tiny dorm room or share a home/room while away at college. Here are a few wholesome and delicious microwave-friendly recipes to help you get a balanced diet when you don't have a kitchen. Although cooking in a dorm room doesn't often lead to culinary masterpieces, there are definitely ways to have a delicious, varied diet when all you have is a microwave and a few plates.

You won't believe what you can do with a microwave. Check out these delicious recipes that will be ready before you know it.



Acknowledgements

Good food is one of life's greatest pleasures! The Students' Microwave Cookbook shows you how to prepare and enjoy quick and tasty recipes - a must for any busy student. It showcases quick and easy dishes that were created just for you with an American, Latino, Mediterranean or an Asian flair. I came up with the idea of preparing this cookbook during the COVID pandemic. In order to write a cookbook, it requires a special team to support them and I would like to especially mention several, who were invaluable in creating this cookbook.

Sincerest thanks to the ever-patient Miguel Freire at SMP for his invaluable help, understanding and enthusiasm in compiling this cookbook – a great team works out of that office and I thank them all.

In preparing the Students' Microwave Cookbook, I especially want to acknowledge my indebtedness to the wholehearted cooperation and vast experience of Karen Two-Shoes, Nutrition Coordinator for Integrative Health in Hollywood. The Department of Integrative Health generously responded with enthusiasm and nutritional expertise when we contacted them "out of the blue" for advice and to collaborate in this venture. Karen Two-Shoes was an intricate component from viewing the early versions before the final draft and giving me nutritional advice. You humble me and always encouraged me to make the Seminole Tribe of Florida communities a better place through this collaborative effort. Thank you for being someone I trust, honor and respect.

I acknowledge with much appreciation Michael Giacchino, my Director whose support, stimulating suggestions, inspiration and guidance helped me in the preparation of this cookbook.

None of this would have been possible without, the Seminole Tribe of Florida who I am honored to work for. Thank you for allowing me to serve and for being a part of an amazing company. Without the experiences and support of my peers in the Education Department and the Better Communication Tools & Ideas team members, this cookbook would not exist. I am humbled and thank you all!

And last, but certainly not least, a massive shout out to our students for being curious and brave enough to try these delicious recipes. It has never been more important to prepare and consume home-cooked meals that are easy and nutritious. The Students' Microwave Cookbook can help you do just that, easily and efficiently – give it a try and awaken your taste buds!

Bon Appétit!



Most
LIKELY TO
MICROWAVE

YAY

Helpful Tips

As a word of caution, microwave wattage varies between **600 Watts and 1200 for most microwave ovens depending on their size and features**. Knowing the wattage of the microwave is essential as it is directly related to how hot it can cook.

To Determine your Microwave Wattage:

If the manufacturer doesn't explicitly state the wattage of your device, a simple test can be conducted in a few steps to get an approximate value.

In a microwave-safe cup, pour some water at room temperature and set the microwave at 100% power.

Place the cup of water into the microwave and bring it to a boil and check the time it takes.

If it takes:

1. 3 – 4 minutes it produces 400-650 Watts
2. 2 – 3 minutes it produces 650-850 watts
3. Less than 2 minutes it produces 850 – 1000 Watts.

Always remember to start with the lower microwave cooking times and continually check if more time is needed. Short-burst cooking is your friend.

If you have dietary restrictions and/or allergies, please read the ingredient list carefully and feel free to adapt these recipes and make the necessary adjustments, prior to consumption.



Table of Contents

Mug Omelet.....	9
Microwave Prep Breakfast Sandwiches.....	11
Microwave Shakshuka	13
Scrambled Eggs in a Mug.....	15
Pancakes in a Jar.....	17
Pizza in a Mug	19
Black Beans and Rice.....	21
Perfect Microwave Rice	23
Brown Rice	25
Midnight Mac and Meat Mug.....	27
Black Bean Soup	29
Microwave Quinoa	31
Broccoli Edamame Quinoa Bowl	33
Microwave "Fried" Rice.....	35
Microwave Nachos	37
Microwave Meal-Prep Spinach Lasagna	39
Microwave Chicken and Dumplings	41
Microwave 10-minute Loaded Potato.....	43
Microwave 4-minute Chicken Quesadilla	45
Microwave Ropa Vieja.....	47
Chocolate Cake in a Mug.....	49
Microwave Brownies	51
Microwave Chocolate Pudding Cake	53
1-Minute Microwave Chocolate Chip Cookie in a Mug (Eggless)	55
Microwave "Baked" Apple	57



10
Minutes

1
Serving

Mug Omelet

Ingredients:

- Salted butter, for greasing the mug
- 3 large eggs
- 2 tablespoons milk (or add water or non-dairy option, if lactose intolerant)
- 2 tablespoons shredded Monterey Jack cheese (omit if you are on a dairy-free diet)
- 2 tablespoons finely diced ham (omit if vegetarian)
- 1/4 cup finely diced green bell pepper
- 1/2 cup diced tomato
- Chopped chives (optional)
- Pinch of kosher salt & freshly ground black pepper, to taste

Directions:

- 1.** Grease the inside of a microwave-safe 12-ounce mug with the butter. Add the eggs and milk, then beat with a fork until well combined.
- 2.** Stir in the cheese, ham, bell pepper, diced tomato, salt and pepper.
- 3.** Microwave on a medium-high setting for 1 1/2 minutes, then stir and microwave again until the eggs are set, an additional 1 to 1 1/2 minutes. Garnish with chopped chives.
- 4.** Let cool slightly before serving.



12
Minutes

5
Servings

Ingredients:

- 2 sausage patties*
- 2 slices ham, quartered*
- 5 eggs
- 1 splash milk (or water or your favorite Non-dairy option)
- Salt & pepper, to taste
- 2 strips of bacon, sliced in half width-wise*
- 5 English muffins, halved
- 5 slices cheddar cheese
- Fresh spinach

*Omit for vegetarian version

Microwave Prep Breakfast Sandwiches

You can prep these in advance and freeze them for up to a month. When you're in the mood for a breakfast sandwich, all you need to do is warm it up for two minutes in the microwave.

Directions:

1. On a large plate, arrange the sausage and the ham in a circle, then place a microwaveable mug in the center.
2. Crack the eggs into the mug, season with salt, pepper, and add a splash of milk/water. Stir until evenly mixed.
3. Microwave the entire plate for about 2 minutes until the egg is cooked through, making sure it does not bubble over.
4. Remove the plate and microwave the bacon strips on a separate plate for about 4-7 minutes. Check the bacon at 4 minutes, then every minute or so, to make sure it doesn't burn.
5. Drain the bacon of its fat, then set aside.
6. Invert the mug with the egg, then slice the egg cylinder into 5 equal rounds. You may have to run a knife around the mug first to ensure that the egg comes loose in one solid piece.
7. To assemble, layer your sandwich as you'd like with the meat, egg, cheese, and spinach.
8. Wrap each sandwich in a damp paper towel, then with parchment paper. Place the sandwiches in a large zip top bag, then freeze for up to one month.
9. When ready to eat, remove a sandwich from the freezer, unwrap the parchment, and microwave for about 2 minutes. Cool for 1 minute, then unwrap the paper towel.
10. Enjoy!



5
Minutes

1
Serving

Ingredients:

- Cooking spray
- 1/4 cup marinara sauce
- 1/4 cup cooked chickpeas, drained and rinsed if canned
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander
- Pinch of Kosher salt and Black pepper, to taste
- 1 large egg

Microwave Shakshuka

If you love breakfast for dinner, particularly when it involves eggs, this riff on Shakshuka, the dish of eggs poached in a spicy tomato sauce, adds tender chickpeas to the mix for extra heartiness and comes together beautifully in the microwave. Allow yourself just five minutes – yes, really just five minutes! – and it can be yours when you need dinner for one, fast.

*While this is an easy, straightforward recipe, there are a few key steps that are critical to its success. You'll want to start by **gently piercing the yolk with a sharp paring knife**. Just one small hole will do. The yolk won't run out; instead this works as a vent to help prevent the egg from exploding during the cooking process. Resist the urge to rush through the mere two minutes of cook time. After the initial minute, short-burst cooking is your friend. You can keep a better eye on the egg to get that perfect just-set white and ultra-runny yolk. Plus, it's an extra insurance policy to prevent the egg from getting too hot and potentially exploding in the microwave.*

Directions:

1. Coat a microwave-safe, wide, shallow bowl with cooking spray. Add the marinara sauce, chickpeas, red pepper flakes, cumin, coriander and salt, and stir to combine.
2. Make a well in the center of the sauce and crack the egg into the well. Pierce the center of the egg yolk once with a sharp paring knife. Cover the bowl with a damp paper towel. Microwave at 80% power for 1 minute. Continue cooking in 20-second bursts at 80% power until the white is set and yolk is at your preferred doneness, 3 to 4 bursts total. Serve immediately with toasted pita bread or Naan bread.



2
Minutes

1
Serving

Ingredients:

- Cooking spray
- 1/2 cup egg whites (or 2 eggs)
- Salt & black pepper, to taste
- 1 small red bell pepper, chopped
- 1 jalapeño pepper, chopped
- 1 tablespoon shredded cheddar cheese
- 1/2 avocado, diced
- Chopped fresh cilantro (optional)

Scrambled Eggs in a Mug

The best thing about this is that you can alternate the toppings as much as you like, so it never gets boring.

Directions:

- 1.** Spray a little bit of cooking spray at the bottom of your mug.
- 2.** Pour the egg whites and add salt and pepper.
- 3.** Microwave on high for 50 seconds.
- 4.** Stir, add chopped jalapeno, and shredded cheddar cheese and stir again.
- 5.** Microwave on high for 30-40 seconds until eggs are set.
- 6.** Serve with diced avocado and cilantro.



5

Minutes

2

Servings

Ingredients:

- 1/4 cup blueberries
- 1 cup prepared "Complete" pancake batter (from a mix)
- 2 tablespoons maple syrup/agave
- 2 teaspoons sugar (or sugar substitute or you can omit entirely)

Pancakes in a Jar

Directions:

1. Using 2 wide-mouthed mason jars, add 1 tablespoon blueberries to each, followed by 1/4 cup of the batter into each. Top each with 1 tablespoon maple syrup, then add another tablespoon blueberries and another 1/4 cup of the batter. Sprinkle the tops with 1 teaspoon sugar.
2. Microwave the jars one at a time until the mixture is fluffy and puffed over the edge of the jar, about 2 minutes 40 seconds each.



2
Minutes

1
Serving

Ingredients:

- 1/4 cup all-purpose flour
- 1/2 teaspoon dried Italian Seasoning Blend
- 1/8 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon kosher salt
- 1/8 teaspoon garlic powder
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon pizza sauce
- 2 tablespoons shredded whole milk mozzarella
- 6 mini pepperoni slices (omit if vegetarian)

Pizza in a Mug

Directions:

- 1.** Combine the flour, Italian Seasoning Blend, baking powder, baking soda, salt and garlic powder in a microwave-safe mug. Add the olive oil and 3 Tablespoons water and stir until a lumpy batter comes together.
- 2.** Pour the pizza sauce on top of the batter. Sprinkle the cheese on top, followed by the pepperoni slices.
- 3.** Cook in the microwave until the cheese is melted and the dough is crispy around the edges, about 1 minute and 30 seconds. Allow to cool slightly before serving.



40
Minutes

6
Servings

Ingredients:

- 2 cups long grain white rice (brown rice optional)
- 3 1/2 cups low sodium/low fat chicken stock (use vegetable stock for vegetarian version)
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 2-3 teaspoons Complete Seasoning (Flavorful seasoning with onion, cumin, garlic and other herbs)
- 1 can black beans, drained
- Chopped Green Onions/ Scallions
- Cilantro leaves (Optional)
- Squeeze of lime

Black Beans and Rice

Directions:

1. Place rice, stock, cumin, coriander, garlic powder and Complete Seasoning into a large microwave safe bowl or measuring cup. Microwave on high for 10 minutes and on medium for an additional 15 minutes. Remove from microwave and fluff rice with a fork. Stir in black beans sprinkle with cilantro, chopped scallions and a squeeze of lime.

Note: Brown rice has added fiber and different cooking times.



30
Minutes

8
Serving

Ingredients:

- 2 cups long grain white rice
- 3 1/2 cups water or low sodium/low fat chicken stock (use vegetable stock if vegetarian)
- 1 1/2 teaspoons butter
- Salt and freshly ground black pepper, to taste

Perfect Microwave Rice

Directions:

1. Place all ingredients into a large glass measuring or any microwave safe bowl. Note: the rice expands during cooking, so be sure to choose a container that is large enough. Microwave on high, covered, 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 & black pepper and fluff with a fork just before serving.



30
Minutes

4
Servings

Ingredients:

- 1 cup brown rice
- 3 cups water or low sodium/low fat chicken stock (use vegetable stock if vegetarian)

Brown Rice

You can use any type of brown rice, including brown basmati rice, brown long grain rice or brown short grain rice. However, brown SHORT grain rice (sushi rice), may take an additional 3-4 minutes cooking time. That's because short grain rice is fatter than skinny basmati rice.

Note: *This recipe is for raw brown rice, not "quick-cook" or "minute" brown rice which is already par-boiled. Brown rice has added fiber and different cooking times than white rice.*

Directions:

1. Wash rice, rinse, drain. Add rice and water to very large microwave safe bowl. Microwave uncovered at 100% power for 10 minutes. Reduce power to 50%, cover the bowl, and microwave another 20 minutes. Fluff with fork and serve.



12
Minutes

1
Serving

Midnight Mac and Meat Mug

Ingredients:

- 1/3 cup elbow macaroni
- 1 slice deli ham, chopped or 1/3 cup chopped rotisserie chicken (omit if vegetarian)
- Dash of Italian, Poultry or Steak Seasoning Blend
- 1/4 to 1/2 cup *heavy cream or *milk (but c'mon it's midnight, do the cream)
- 1/4 cup shredded Cheddar-Monterey Jack cheese blend
- 1 slice Pepper-Jack cheese, torn to bits
- Salt and freshly ground black pepper to taste

**Or your favorite non-dairy milk option*

Directions:

1. In a large coffee cup (if you have a "soup mug," use that), add the elbows, deli meat, seasoning blend and enough water to cover the elbows by at least 2 inches. Cover the mug with a paper towel and place a plate underneath for the water that will spill over during the cooking process. Microwave on high until the elbows are tender, 4 to 8 minutes depending on the strength of your microwave. Carefully remove from the microwave and drain in a colander. Add the elbows and deli meat back into the mug. Into the same mug, add the heavy cream, Cheddar-Monterey Jack cheese, Pepper-Jack, a pinch of salt and a grind of black pepper. Microwave on high, checking and stirring every 25 to 30 seconds, until the cheese is melted and a sauce forms, up to 90 seconds. Serve warm and get back to binge-watching your favorite TV show.



2
Minutes

4
Servings

Black Bean Soup

Directions:

Ingredients:

- 1 can (15 ounces) black beans, rinsed and drained
- 1 1/2 cups chicken or vegetable broth
- 3/4 cup chunky salsa
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 2 teaspoons Complete Seasoning (Flavorful seasoning with onion, cumin, garlic and other herbs)
- 1/2 cup canned whole kernel corn, drained
- Dash hot pepper sauce (more or less to your liking)
- 2 teaspoons lime juice
- 1/4 cup shredded cheddar cheese
- 2 tablespoons chopped cilantro (optional)

1. In a microwave-safe bowl, combine the first 7 ingredients. Cover and microwave on high until heated through, about 2 minutes. Pour into 4 serving bowls; drizzle each with lime juice and a dash of hot pepper sauce. Sprinkle with shredded cheese and chopped cilantro.



15
Minutes

1
Serving

Ingredients:

- 1 cup uncooked quinoa (any color), rinsed
- 2 cups water (or broth for a more "savory" option) use vegetable and/or chicken broth
- Chopped parsley/cilantro (optional)

Microwave Quinoa

Directions:

1. Begin by rinsing your quinoa under warm water to remove residue.
2. Then, place quinoa in a microwave-safe bowl or container and add in 2 cups of water or broth. Cover with a lid (I used a plate) and microwave on high for 6 minutes.
3. Remove and stir. At this point, more than half the water should be absorbed. Place back into the microwave, covered, for about 2 more minutes on high. Then, let sit covered for an additional 5-10 minutes, or until all of the water is absorbed. Serving suggestion: add your favorite herbs and/or lime/lemon juice to punch up the flavor. Enjoy!

Quinoa FAQs:

What is the ratio of quinoa to water for cooking?

The standard quinoa to water ratio is 1:2. This ratio can be used regardless of the amount of quinoa you're cooking. But be careful to not overfill your bowl before cooking in the microwave to avoid it spilling over while cooking!

What color quinoa works for this recipe?

Any kind! You'll keep the same water to quinoa ratio. White quinoa has the most "mild" taste, whereas tri-color quinoa or red quinoa packs more of a bite.

How do you know when quinoa is done cooking?

You know your quinoa is done cooking when the little seeds of quinoa sprout open, and all of your liquid has absorbed.

Is quinoa better for you than rice?

Nutritionally, yes, quinoa is better for you than white rice. Quinoa is a complete protein, so when looking at protein/serving, quinoa packs in 6g protein/1 cup cooked quinoa compared to 4g protein/1 cup cooked white rice.

How long does cooked quinoa last in the fridge?

Cooked quinoa will last in the fridge for around 5 days, making it great for meal prep. Make sure to keep it in a glass, airtight container for best results.

Can you freeze cooked quinoa?

Yes! Freezing cooked quinoa is easy. First, let quinoa cool completely. This part is important for preventing freezer burn. Then, transfer into a freezer-safe gallon-size bag or glass container. Remove as much air as possible and seal. It will last up to 3 months.



quinoa
Edamame

10
Minutes

1
Serving

Ingredients:

- 1/2 cup Quinoa
- 1 cup water or (broth for a more "savory" option) use vegetable and/or chicken broth
- Salt & black pepper
- 1/2 cup broccoli florets (about a handful)
- 1 tablespoon olive oil
- 1/2 cup Edamame
- 2-3 tablespoon Sesame Vinaigrette or Asian Salad Dressing
- Chopped fresh cilantro (optional)

Broccoli Edamame Quinoa Bowl

You can make the whole thing in the microwave and it's filled with protein thanks to the Quinoa and Edamame.

Directions:

1. Pour the Quinoa with a cup of water and a pinch of salt into a microwave safe bowl. Stir and cover with a plate or a lid. Microwave on high for six minutes. Take out of the microwave, stir, cover with the lid again, and let sit for 15-20 minutes, until all the water is absorbed by the Quinoa. Meanwhile, in a microwave safe bowl, stir Edamame and broccoli with olive oil, one tablespoon water, salt, and pepper. Cover with a damp piece of paper towel. Microwave on high for two minutes.
2. Once the Quinoa is ready, assemble all the ingredients into the bowl and enjoy!



10
Minutes

1
Serving

Ingredients:

- 1/2 cup rice (your choice white or brown rice)
- 1 cup water
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 2 strips bacon, chopped (omit for vegetarian version)
- 1/2 cup frozen peas and carrots
- 2 eggs
- Salt, to taste
- 1 tablespoon fresh green onions/scallions (to garnish)

Microwave "Fried" Rice

Directions:

1. In a bowl, combine the rice, water, soy sauce, sesame oil, and bacon. Stir, then microwave, covered, for about 6-8 minutes until the rice is fully cooked.
2. Mix the frozen peas and carrots into the rice.
3. In a microwaveable mug, beat the eggs with the salt.
4. Microwave the eggs and the rice again for about 1-2 minutes, until the eggs are fully cooked.
5. Break up the egg into small bits, then mix it in with the rice.
6. Garnish with chopped green onions/scallions, then serve!



10
Minutes

1
Serving

Ingredients:

- 1 bag (5.5 oz.) Food Should Taste Good™ Tortilla Chips Multigrain
- 1 cup Old El Paso™ Refried Beans
- 1/2 cup Pico de Gallo or Salsa
- 4 tablespoons Old El Paso™ diced green chiles
- 1 cup shredded Mexican Blend Cheese (you can use more or less depending on how much cheese you like)
- Guacamole as garnish
- Sour cream as garnish
- Pico de Gallo/Salsa as garnish

Microwave Nachos

Nachos as a midnight snack -- mmm – there's nothin' better. And here's how to make those nachos super quick in the microwave so you can get to munching. When you make them, you can add other stuff -- like ground beef or chicken -- but mostly I just love beans. I mix either salsa or Pico de Gallo into the beans to give them a little kick. Since I'm a wimp for heat, I stay with topping them with green chilies, but feel free to throw in jalapeños or hot sauce if you can handle that. Remove from microwave and top with sour cream, additional Pico de Gallo/Salsa, and guacamole if desired. Now you're "Good to go"!

Directions:

1. Scatter the entire bag of chips onto a large plate.
2. Place refried beans in microwave for 30 seconds to make them easier to mix. Add in Pico de Gallo or Salsa and mix together.
3. Drop spoonfuls of the refried beans and Pico de Gallo/Salsa mixture onto the chips.
4. Sprinkle green chilies on top of the refried bean and Pico/Salsa mixture and chips.
5. Evenly distribute the shredded cheese over the top. Place in microwave and cook for 1 to 1 1/2 minutes, depending upon the strength of your microwave.
6. Remove from microwave and top with sour cream, additional Pico de Gallo/Salsa, and guacamole garnishes if desired. DIG IN! YUM!!



10
Minutes

1
Serving

Ingredients:

- 1/2 cup ricotta cheese
- 1/2 cup fresh spinach or kale, chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons grated Parmesan cheese, divided
- Salt and Black Pepper to taste
- 1 teaspoon garlic powder
- 1 tablespoon Italian Seasoning Blend
- 1 cup tomato/marinara sauce (more or less as needed)
- 4 no-boil lasagna noodles, broken in half
- 1/2 cup shredded mozzarella cheese

Microwave Meal Prep Spinach Lasagna

Who said you had to completely give up on lasagna just because you don't have a kitchen? This recipe may not be as authentic as your Grandma's, but it will do the trick when your lasagna cravings get out of control when you're away from home.

Directions:

1. In a small bowl, mix the ricotta, spinach or kale, parsley, one tablespoon of Parmesan, salt and pepper, garlic powder and Italian Seasoning Blend until combined.
2. In the glass container, spread a layer of tomato/marinara sauce. Top the tomato/marinara sauce with the lasagna noodles. Cover the noodles with a layer of the ricotta mixture, then mozzarella cheese.
3. Continue with another layer of noodles, ricotta, tomato/marinara sauce, then mozzarella. Repeat.
4. Cover the top layer of lasagna noodles with more tomato/marinara sauce and a layer of mozzarella and Parmesan. Place the lid on the glass container, without sealing it closed. Microwave for 7 minutes or until the cheese is melted through.
5. Remove from the microwave carefully, the container will be hot!
6. Allow to cool and refrigerate, or serve immediately.



25
Minutes

4
Servings

Ingredients:

Filling:

- 2 cups low-sodium chicken broth or use vegetable broth for vegetarian version
- 1/4 cup all-purpose flour
- 1 small onion, diced
- 1 stalk celery, sliced 1/4 inch thick
- 2 tablespoons unsalted butter, cut into pieces
- 1 sprig fresh thyme (1 teaspoon of dried thyme)
- Kosher salt and freshly ground black pepper
- 2 cups shredded rotisserie chicken (about 1/2 chicken breast) or omit for vegetarian version
- 1 cup frozen peas and carrots

Dough:

- 1/2 cup all-purpose flour
- 1/4 cup yellow cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/3 cup milk (or your favorite non-dairy milk option)
- 2 tablespoons vegetable oil

Microwave Chicken and Dumplings

This version of this "old-fashioned" dish works beautifully in the microwave. It is made with rotisserie chicken, so you're halfway done before you even start.

Directions:

- 1. For the filling:** Whisk together the chicken/vegetable 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.
- 2.** 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 into the microwave, uncovered, and cook on high (at 100 percent power) until the broth is bubbly and thick, 5 minutes in an 1,100-watt oven or 8 minutes in a 700-watt oven.
- 3. 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).
- 4. 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 black pepper over each dumpling.
- 5.** 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.



10
Minutes

1
Serving

Ingredients:

- 1 russet potato, washed and scrubbed
- 1 tablespoon oil
- Salt and black pepper, to taste
- 2 slices bacon (omit for vegetarian version)
- 1/4 cup shredded cheddar cheese
- Sour cream & fresh chopped chives (Optional)

Microwave 10-Minute Loaded Potato

Loaded potatoes are delicious, but they can take forever to make. Unless you make them in the microwave, in which case they'll be ready in about 15 minutes and just as delicious.

Directions:

1. Poke holes into the potato with a fork, then rub with oil and salt.
2. Place the bacon slices on the same plate as the potato, microwave for 7-9 minutes until the bacon is crispy and the potato is tender. Make sure the bacon does not burn.
3. Crumble the bacon after it's cooled down.
4. Slice the potato in half, then use a fork to fluff up the insides.
5. Sprinkle the cheese on top, then microwave for another 30 seconds.
6. Top with sour cream, the crushed bacon bits, and the chives. Enjoy!



4
Minutes

1
Serving

Ingredients:

- 2 medium flour, whole wheat or corn tortillas
- 1/2 cup chicken strips cooked, or shredded rotisserie chicken or 1/2 cup refried beans (vegetarian version)
- 1/2 bell pepper, diced
- 1 tablespoon taco seasoning
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 cup shredded cheddar cheese

Microwave 4-Minute Chicken Quesadilla

Directions:

- 1.** Microwave the tortillas on a plate until slightly crispy. They will dry out a bit as they cool.
- 2.** Mix the chicken (refried beans for vegetarian version), peppers, garlic powder, cumin and taco seasoning in a bowl until evenly combined, then cook for about 1-2 minutes until the peppers are soft.
- 3.** Spread the mixture evenly on one tortilla, cover evenly with the cheese, then top with the other tortilla.
- 4.** Cook for another 30 seconds to 1 minute, slice, then serve. Enjoy!



70
Minutes

4
Servings

Ingredients:

- 1 small onion, sliced
1/4 inch thick
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon dried oregano
- 1 tablespoon Complete Seasoning (Flavorful seasoning with onion, cumin, garlic and other herbs)
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste
- One 14-ounce can
Crushed tomatoes
- 1 cup low-sodium beef broth
- 1/2 cup jarred roasted red peppers, sliced
- 2 teaspoons soy sauce
- 1 dried bay leaf
- 1 1/4 pounds flank steak, cut along the grain into 3-by-1 1/2 inch strips
- 1/3 cup pimento-stuffed olives, halved
- 3 tablespoons roughly chopped fresh cilantro leaves (optional)
- Cooked rice, for serving

Microwave Ropa Vieja

This version of Ropa Vieja ("old clothes")-a Cuban dish of shredded beef in a tomato sauce-has a deep, slow-cooked flavor we would never expect from a microwave. You don't have to brown the steak first; just let it bubble in the sauce until it's tender enough to shred. Serve it over rice to soak up all that yummy sauce.

Directions:

1. Toss the onion, garlic, cumin, oregano, Complete Seasoning, oil, 1/2 teaspoon salt and a few grinds of black pepper in a microwave-safe 4-quart bowl. Tightly cover the bowl 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) until the onions are soft and translucent, about 4 minutes. (See Cook's Note re cooking times.) If the onions aren't cooked through, cover and microwave again in 30-second increments. (When removing the plastic wrap, be careful to avoid the hot steam.)
2. Add the tomatoes, beef broth, red peppers, soy sauce, bay leaf, 1/2 teaspoon salt and some black pepper. Stir, then nestle in the steak. Tightly cover the bowl with 2 pieces of plastic wrap; cut a small slit in the center. Microwave on high (at 100 percent power) for 20 minutes. Carefully remove the plastic wrap (the bowl will be very hot), stir and cover again. Microwave on high (at 100 percent power) for another 20 minutes. Uncover the bowl, and let cool for 5 minutes.
3. Remove the steak with a slotted spoon onto a cutting board. (It will not be fall-apart tender at this stage but should be shreddable.) Using two forks, shred the steak; return it to the bowl, and stir in the olives. Tightly cover the bowl with plastic wrap, cut a small slit in the center and microwave at 100 percent power for 5 minutes. Let the Ropa Vieja sit, covered, for 5 minutes. Stir in the chopped cilantro (optional), and serve with rice.

Cook's Note: The cooking times in this recipe are for an 1,100-watt oven.



4
Minutes

1
Serving

Ingredients:

- 3 tablespoons all-purpose flour
- 3 tablespoons sugar
- 2 tablespoons cocoa powder
- 1/4 teaspoon baking powder
- Pinch of salt, optional
- 3 tablespoons milk (or your favorite non-dairy milk option)
- 3 tablespoons vegetable oil
- Splash vanilla extract, optional
- 3 tablespoons chocolate chips

Chocolate Cake in a Mug

Directions:

- 1.** Special equipment required: a 12-ounce microwave-safe ceramic mug and a microwave oven
- 2.** Put the flour, sugar, cocoa powder, baking powder and salt if using in a 12-ounce microwave-safe ceramic mug. Blend thoroughly with a fork. Add the milk, vegetable oil and vanilla (if using) and blend until smooth. Stir in the chocolate chips.
- 3.** Microwave on high for 90 seconds. Do not overcook or the cake will be dry. Let cool for 2 to 3 minutes before eating.



10
Minutes

9
Servings

Ingredients:

- 1/2 cup (1 stick) unsalted butter
- 3 ounces unsweetened chocolate
- 2 large eggs
- 1 cup sugar
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chunks or chips or morsels
- Nonstick cooking spray

Microwave Brownies

Directions:

1. Put the butter and chocolate into a microwave safe bowl and heat on high for 1 to 2 minutes, stirring every 30 seconds to melt the chocolate. Set aside.
2. In another bowl, whisk together the eggs and sugar.
3. In a large bowl sift the flour with the baking powder and salt. Add the egg and chocolate mixtures along with the vanilla and stir well to combine.
4. Spray an 8 by 8 by-2-inch microwave safe glass pan with cooking spray. Pour the batter into the pan, spread it out evenly, and scatter the chocolate chunks on top. Cook on high for 5 minutes. Remove from the oven and let rest for 3 minutes before cutting and eating.



45
Minutes

9
Servings

Ingredients:

- Nonstick cooking spray
- 3/4 cup all-purpose flour
- 1 cup packed light brown sugar
- 1/2 cup unsweetened cocoa powder (not Dutch processed)
- 1/2 teaspoon baking soda
- Pinch of Kosher salt
- 2/3 cup buttermilk or plain whole milk (or your favorite non-dairy milk option)
- 1/4 cup vegetable oil
- 1 teaspoon pure vanilla extract
- Vanilla ice cream, for serving

Microwave Chocolate Pudding Cake

Directions:

1. Spray the inside of a microwave-safe 2-quart 8-inch square baking dish with cooking spray.
2. Whisk together the flour, 1/2 cup of the brown sugar, 1/4 cup of the cocoa powder, baking soda and 1/2 teaspoon salt in a large bowl. Break up some of the larger brown sugar clumps with your fingers. Make a well in the center, add the buttermilk and oil and stir until everything is just combined. Scrape the batter into the prepared baking dish with a rubber spatula. Smooth the top.
3. Put 1 cup water into a microwave-safe 2-cup or larger measuring cup. Microwave on high (at 100 percent power) until steaming hot, 2 minutes in an 1,100-watt oven or 3 minutes in a 700-watt oven. Add the remaining 1/2 cup brown sugar and 1/4 cup cocoa powder, the vanilla and 1/4 teaspoon salt, and whisk to dissolve the sugar. Pour over the batter in the baking dish. Do not stir in.
4. Microwave the cake on high (at 100 percent power) until the top is mostly set and dry to the touch, 8 minutes in an 1,100- or a 700-watt oven. (If the cake is slightly wet in the center, that's OK; it will continue cooking as it sits.) Let cool for at least 30 minutes.
5. When you cut into the cake, you will notice a gooey chocolate pudding layer at the bottom; be sure to scoop some with each serving. Serve the cake warm or at room temperature with Vanilla ice cream.



1
Minute

1
Serving

Ingredients:

- 1 tablespoon unsalted butter, melted
- 2 tablespoons light brown sugar
- 1/8 teaspoon pure vanilla extract
- A pinch of salt
- 2 teaspoons whole milk (or your favorite non-dairy milk option)
- 3 tablespoons of all-purpose flour
- 2 tablespoons semi-sweet chocolate chips

1-Minute Chocolate Chip Cookie in a Mug (Eggless Recipe)

This super quick and easy microwave chocolate chip cookie is a delicious treat only for yourself. Yummy!

Directions:

1. In a cup add in light brown sugar and melted unsalted butter and whisk to combine. Then add in pure vanilla extract, a pinch of salt, and whole milk and stir to combine.
2. Add all-purpose flour in and fold until mixed. Fold in semi-sweet chocolate chips. Also dark or special dark chocolate chips are wonderful for this recipe.
3. Transfer to a microwavable plate and form one big round cookie. For successful microwaving, the center should be thicker than the edges.
4. Now microwave the cookie for 30 seconds at 700W. And again microwave for 20 seconds. Finally microwave for 10 seconds. The power of individual microwave oven varies, so take a look and stop microwaving when the center is set and the edges look still uncooked. The cookie should continue being cooked and get firmer out of the microwave oven.

Notes: *Just another idea. Out of microwave oven when the cookie is still hot, spread peanut butter, Nutella or marshmallow fluff on top. And let it melt and enjoy.*



4
Minutes

1
Serving

Ingredients:

- 1 large apple
- 1 tablespoon honey/brown sugar/agave/maple syrup or sugar substitute
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 tablespoon raisins
- 1/2 teaspoon lemon juice

Microwave "Baked" Apple

Directions:

- 1.** Wash, cut out core almost to the bottom, and trim one inch of peel from the top of the apple.
- 2.** Fill cavity with honey, raisins, and lemon juice.
- 3.** Place on a microwave dish, cover lightly with plastic wrap, venting the corners, and place in microwave oven.
- 4.** Cook for 2 minutes, or until tender. Makes one serving.



