BRYANNA'S VERSION OF MICROWAVE ORANGE-WITH-A-BIT-OF-LEMON MARMALADE
Makes a little over 1 pint.

1 large navel orange (use organic and scrub as well)
1 medium-large lemon (ditto note above)
organic unbleached granulated sugar equal to the measure of processed fruit
(My fruit came to 1 1/2 cups, so I used 1 1/2 cups sugar)
1 tablespoon golden syrup *(a sugar product)* per cup of processed fruit (this replaces the 1 tablespoon corn syrup Beth Hensperger called for), to prevent crystallization.
(I used 1 1/2 tablespoons golden syrup)

If you don't mind a chunky marmalade, you can process the whole fruit in the food processor. *If you want it to to be a little more refined,* use a zester and zest the orange and lemon first, before cutting the lemon into 8 wedges (remove any seeds) and the orange into 12 wedges and then each wedge in half. Whichever way you do it, add the fruit to your food processor and pulse until the fruit is in tiny pieces, but not pulverized.

Pour it the fruit into a 2 qt. ceramic or Pyrex measuring beaker/batter bowl. Take note of the measure of the fruit *(measure it first if your bowl does not have measurement indications)* and add an equal amount of sugar and then the golden syrup as instructed above. Stir well.

Microwave (in a 1200 watt oven) on 100% power for 2-3 minutes and then on 10% power for 3-6 minutes, depending upon the amount. The fruit peel should be softened and the liquid a bit thickened. NOTE: I cooked this batch for 2 minutes at 100% power and then 6 minutes at 10% power. If your oven has less wattage than mine, you may need to add a little more time onto each section of cooking. If it is 1300 watts or more, you may have to use less time.

Pour the mixture into a sterilized pint jar or two sterilized half-pint jars and secure the lids. Let cool a room temperature and then refrigerate (or water-bath can as per canning instructions for preserves).

Nutrition (per tablespoon): 38.7 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 1.6mg sodium; 14.2mg potassium; 10.1g carbohydrates; 0.3g fiber; 9.6g sugar; 9.9g net carbs; 0.1g protein; 0.7 points.

LEMON/GINGER MARMALADE VERSION: Makes about 1 1/4 pints

The same as above, except use:

3 medium-large organic lemons

1/2 cup organic candied ginger
organic unbleached granulated sugar equal to the measure of processed fruit
1 tablespoon golden syrup *(a sugar product)* per cup of processed fruit (this replaces the 1 tablespoon corn syrup Beth Hensperger called for), to prevent crystallization.
(After I measured the fruit mixture with this version-- and, as you can see in the photo above, I zested the lemons before processing-- I had to use 2 cups sugar and 2 tablespoons golden syrup.)

Follow the instructions in the main recipe above. For this version, I cooked it at 100% power for 3 minutes and 10% power for 5 minutes.

Nutrition Facts
Nutrition (per tablespoon): 51.7 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 2.0mg sodium; 15.9mg potassium; 13.9g carbohydrates; 0.5g fiber; 10.9g sugar; 13.4g net carbs; 0.1g protein; 0.9 points.