

Microwave Cooking

(Mostly-)Tested Recipes for an 1,100 Watt Microwave, Sometimes with
Alternate Directions for if You Own a Stove

Some Solicited from Students, Some Made Up on the Spot and Some Stolen From
the Internet

by Elizabeth Muire

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Some Things You Will Need:

Can opener (you probably want a bottle opener, too, but not for anything in this cookbook)

Microwave safe dishes: mug, plate, cereal/soup bowl, and a large bowl for mixing/heating

Silverware

Tupperware for leftovers

A SMALL knife: most dorms won't allow anything longer than 4 inches. Pocket knives or multi-tools, if cleaned and well maintained, work fine for most easy cooking.

Zipper storage bags

Utensils: spatula, scraper, large wooden spoon

SPICES: make everything better, and are not wildly expensive as long as you look for the cheapest option (McCormick is NEVER the cheap option).

A slow cooker, if you're allowed to have one, immediately triples your cooking possibilities, but this cookbook doesn't address those.

A Note on Microwaves: the times listed in this book are estimated off a 1,100 watt microwave—depending on the power of your appliance, times may need adjustments.

PROTIP: if you need single servings of vegetables and don't want to buy an entire package of fresh, if your grocery store has a **salad bar** that can be a good place to get a usable amount of vegetables without worrying about waste.

Chicken Quesadillas

Ingredients

1 can chicken, drained

1 apple, cubed small

2 strips bacon, crisped and crumbled

Sauce of choice (I use barbeque or ranch)

Grated cheese of choice (I use Colby jack or the Mexican Mix from the store)

Tortillas

Directions

Mix drained chicken, apple cubes, and sauce and spread across one tortilla. Sprinkle bacon crumbles and cheese over the top. Cover in second tortilla.

Microwave covered on a microwave-safe plate until warmed through and cheese is melted (approximately 1 minute 30 seconds*).

Alternately if you have a stove, for crispy tortilla edges, cook in a saucepan over medium heat until warmed through, and tortillas are nicely browned.

*this is a wild estimate

“Posole”-Type Soup-Object

Ingredients:

2 cans chicken

1 can chicken broth

1 can hominy

1 bay leaf

1/2 teaspoon thyme

1/2 teaspoon oregano

2 teaspoons garlic powder

2 teaspoons cumin

1 to 2 teaspoons salt

1 teaspoon chili powder

1/2 teaspoon coriander

Directions:

Mix all the things in a large, microwave-safe bowl. Microwave covered until warmed through (probably about four minutes*).

Alternately on the stove, mix all the things in a large pot, and simmer over medium heat until warmed through, about fifteen minutes.

*Still a wild estimate

Meatloaf in a Mug

Ingredients:

2 tablespoons milk

1 tablespoon ketchup

2 tablespoons quick-cooking oats

1 teaspoon onion soup mix

1/4 pound lean ground beef

Frozen vegetables of choice, optional

Additional ketchup, optional

Directions:

In a bowl, mix milk, ketchup, oats and soup mix (and vegetables, if you want). Break apart raw ground beef over mixture and mix well. **WASH YOUR HANDS WITH SOAP** before you touch anything. Coat a mug with cooking spray and put the mixture into the mug, filling it about $\frac{3}{4}$ of the way full.

Cover and microwave for at LEAST 3 minutes, and until you poke open the meatloaf and the beef in the middle is brown instead of pink. (If you have a quick-read thermometer, the magic temperature is 160°). Let stand 3 minutes.

Serve with more ketchup if desired.

*Googling “microwave mug recipes” will turn up a million and one more mug recipes for microwaves—including individual servings of cake.

Corn on the Cob and Baked Potatoes

Ingredients:

Corn on the cob

Directions:

Microwave for four minutes per cobb, still in the husk. Use a serrated knife (this will be the hard part in the dorm—plastic silverware knives may work, or the saw blade off your multi-tool [wash!] if you have one) to cut off the stalk end (not the end with the white wispy hair growing out) and simply shake the ear out of the husk. If you have no knife that will work, you can still peel and shuck the corn—be careful though; it'll be hot.

Ingredients:

Potato

Directions:

Puncture the skin of the potato several times with a fork. Microwave for five minutes. Turn the potato over. Microwave for five more minutes.

Chicken or Tuna Salad

Ingredients

Canned chicken or tuna, drained

Mayo

Relish, if desired

Crackers

Gallon Ziploc bag

Directions:

Mix the meat, mayo, and relish in the Ziploc bag. Serve on crackers.

Chicken Soup with Rice

Ingredients:

1 can chicken, drained

1 can chicken broth

1/2 broth can of water

1 cup instant rice

Frozen vegetables

Directions:

Prepare rice. Microwave vegetables in water until warm, then drain. Combine prepared rice, vegetables, chicken, and liquids in a large microwave safe bowl and cook until hot, approximately four minutes*.

Alternately, cook in a pot on the stove over medium heat for ten minutes.

*Still an estimate.

Pasta

Ingredients:

Water

Pasta of choice

Jar or Can of sauce

Directions:

Put water in a microwave safe dish and heat to boiling. Add pasta, and continue to microwave until pasta is soft. Drain. Add sauce. You can continue to microwave at this point, but the hot pasta will probably warm the sauce enough that it's not necessary.

Alternately, bring water to boil over medium-high heat, add pasta, and boil until soft. Drain, and add sauce.

Mac 'n' Cheese

Prepare macaroni pasta as above. Add shredded cheese (about $\frac{1}{4}$ cup, for a mug of noodles) and stir. Microwave for another 20-30 seconds, stir again. Serve.

Add a vegetable or two for variety (steam them in the microwave and then stir them in).

My usual cream sauce recipe (but this requires a stove):

Ingredients:

1 stick Butter

Some half and half

Like $\frac{1}{2}$ cup-ish Flour

Like $\frac{1}{2}$ cup finely grated Parmesan cheese

Garlic powder

Directions:

Melt butter over medium-low heat. Sprinkle some garlic powder in it, and add flour until it is a gooey mess. Pour in half and half slowly, stirring until the sauce is a good consistency. Melt in parmesan cheese.

Baked Chicken Breast

Ingredients:

Chicken breast (frozen works)

Salt

Pepper

Seasoning of choice (I use lemon pepper, Nature's Seasoning, or McCormick's Grill Mates Mesquite)

Directions:

Defrost chicken if necessary. Salt, pepper, and season both sides of the chicken breast. Place on a microwave safe dish (plate or casserole dish). Microwave on high for AT LEAST four minutes, definitely until the middle is no longer pink.

Steamed Vegetables

Ingredients:

Fresh or frozen vegetables of choice (I like peas, broccoli, or asparagus)

Directions:

Place vegetables in a microwave-safe dish. Add water until the vegetables are about half submerged. Microwave covered until frozen vegetables are hot through (about two minutes), or fresh vegetables are hot and soft, to taste (about four minutes).

Eggs

Ingredients:

Eggs

Directions: Don't ever attempt to hard boil an egg in the microwave.

For sunny-side up eggs, crack an egg onto a buttered or oiled plate. Then poke a hole in the top of the yolk (so it doesn't explode), and put it in the microwave for 45 seconds. If the whites are still runny, continue to microwave the egg in 15-second increments.

For scrambled eggs, break a few eggs in an oil-sprayed mug, whisk them, add a splash of milk, and microwave for 45 seconds. Stir and zap for another 30 to 45 seconds. Then feel free to add cheese or any other toppings you desire.

For poached eggs, fill a bowl with half a cup of water, break in the egg, cover the bowl with a saucer, and microwave it on high for 1 minute.

Risotto

Ingredients:

1 cup minute rice

2 tablespoons heavy cream or half and half

A handful of frozen corn and/or peas

Colby or pepper jack cheese, grated

Thyme, garlic, seasoning to taste

Directions:

Prepare rice as directed on packaging. Heat vegetables in water until hot through. Drain and add to rice. Add cream or half and half, cheese, and seasoning. Stir, and microwave another minute.

Pancakes

Ingredients:

Pancake mix (like Bisquick)

Milk or water (milk tastes better)

Eggs (if needed)

Directions:

Mix pancake mix according to the directions on the box. Grease a plate--edges will help the batter not get everywhere--and then put a pancake-size amount on the plate. Microwave on high for one minute. Lift edges to make sure it cooked all the way through; if not, cook in 10 second increments until done.

Overcooking will make the pancakes super chewy, so there may be a learning curve on timing.

Orange Chicken Recipe

Ingredients:

¼ of a bag of Chicken Nuggets

½ a cup of orange marmalade

¼ cup of BBQ Sauce

Crushed peanuts (extra)

Red Pepper Chili Flakes (spicy)

Directions -Mix orange marmalade and BBQ sauce together in a cup, double rations for more sauce (if needed), heat up the sauce for 30 seconds -Heat up the chicken nuggets separate for 1 minute and 30 seconds until warm/hot -Mix in your sauce with your chicken nuggets -(Optional) add crushed peanuts for flavor and chili flakes for some spice

Chocolate Chip Cookie in a Cup

Ingredients

1 Tablespoon Butter

1 Tablespoon Granulated White Sugar

1 Tablespoon of firmly packed Dark Brown Sugar

3 Drops of Vanilla Extract

Small Pinch of Kosher Salt

1 Egg Yolk discard the egg white or save for different recipe

Scant 1/4 cup of All Purpose Flour slightly less than 1/4 of a cup

2 heaping tablespoons of Semi Sweet Chocolate Chips plus more for topping

Instructions

1. Start by melting your butter in the microwave. Butter should just be melted, not boiling.
2. Add sugars, vanilla and salt. Stir to combine.
3. Separate your egg and add the yolk only to your cup. Stir to combine.
4. Add flour, then stir again. Measure a scant, slightly less than full, 1/4 cup of all-purpose flour.
5. Add the chocolate chips, and give a final stir. Now your mixture will look like cookie dough. Add a few chocolate chips to the top of the cookie dough.
6. Cook in microwave 40-60 seconds, start checking for doneness at 40 seconds. Mine takes 50 seconds. Do not cook past one minute, just like a regular cookie, this will continue cooking as it cools. If the cookie is dry or cake like, try less time.
7. Serve warm.

Microwave Mug Pizza

Ingredients

4 tbsp all purpose flour* sub with GF if needed
1/8 tsp baking powder
1/16 tsp baking soda
1/8 tsp salt
3 tbsp plant based milk use unflavored milk
1 tbsp olive oil
1 tbsp marinara sauce
1 generous tbsp shredded mozzarella cheese
fresh basil
1/2 tsp dried Italian herbs (basil or oregano will work)

Directions

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, and dried herbs
5. Microwave for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)
6. Enjoy straight away!

Salted Caramel Apple Spice Mug Cake

INGREDIENTS

¼ cup all-purpose flour

½ teaspoon apple pie spice

½ teaspoon baking powder

3 tablespoons granulated sugar

Pinch of salt

1 ½ tablespoons unsweetened applesauce

2 tablespoons milk

1 teaspoon vegetable oil

1 teaspoon water

INSTRUCTIONS

In a small bowl, whisk together the dry ingredients.

Make a well in the center of the dry ingredients then add the wet ingredients. Whisk everything together until combined and no lumps remain.

Pour batter into a microwave-safe mug. Mine was a 14-ounce mug. You want enough head space for the cake to rise without pouring over.

Place a paper towel into the microwave and set the mug on top (this is to catch any batter if your mug cake overflows).

Microwave mug cake for 1 minute and 50 seconds on high

Carefully remove from the microwave, drizzle your homemade salted caramel sauce (or you can use a store-bought caramel sauce) on top and enjoy!

Microwaved Chili

Ingredients:

1/2 chopped onion
1 crushed garlic clove
1 knob of butter
1/2 tsp of ground cumin
1/2 tsp of paprika
pinch of chili powder
14 oz of chopped tomatoes, drained, hold onto the juice
14 oz of kidney beans, drained and rinsed
1/2 vegetable stock cube
2 squares of dark chocolate

Step 1: Put the onion, garlic, butter, and spices in a container, stir, and heat in microwave on high for 30-40 seconds. Leave it alone for 1 minute, then add chopped tomatoes, beans, stock cube, and chocolate.

Step 2: Heat for 2 minutes on high and leave it alone for 1 minute. If the chili starts to dry out, add some tomato juice.

Step 3: Heat for 2 minutes on medium, stir, and leave it alone for 1 min before serving.

Queso (usually eaten with tortilla chips)

Ingredients

1 block of velveeta cheese

2 cans of rotel tomatoes and green chiles

1/4 a cup of milk

Directions:

Combine ingredients and microwave until completely melted, mixing occasionally.

Pour over tortilla chips and enjoy

Chocolate brownies

Ingredients:

2 1/2 tbsp dutch process cocoa powder

1 1/2 tbsp all purpose flour

2 tbsp granulated white sugar

2 tbsp oil canola, vegetable or olive oil

2 tbsp water

1 1/2 tbsp chopped dark chocolate

Directions:

In an 8 oz microwave-safe mug, add cocoa, flour and sugar. Whisk together with a mini whisk.

Add in oil and water. Whisk briskly until batter is smooth, making sure to break up any cocoa or flour lumps.

Add half the chocolate to the mug and briefly stir into batter. Sprinkle remaining chocolate on top of the batter.

Cook cake for about 40 seconds at full power. Top of brownie should no longer be wet but may still be a little moist. Allow brownie to cool a few minutes and then eat the brownie while warm.

Korean steamed eggs (*gaeran jim*)

Ingredients:

4 eggs

3/4 cup water

1 teaspoon kosher salt

1 scallion, chopped

Directions

Gather the ingredients

In a heat-safe bowl—porcelain or stoneware work best—whisk together the eggs, water, salt, and scallions until fully combined.

*If using a microwave, cover the bowl with a plate and cook for 4 minutes.

If steaming on a stovetop, add the bowl to a steamer and steam for 10 minutes over medium-high heat.

Enjoy!

Egg Sandwich

- 1 piece Canadian bacon
- 1 egg or 1/4 cup egg substitute
- 1 tablespoon salsa
- 1 tablespoon shredded reduced-fat cheddar cheese
- 1 whole wheat English muffin, split, toasted
- 3 spinach leaves

Directions

Place Canadian bacon on bottom of a 6-oz. ramekin or custard cup coated with cooking spray. Pour whisked egg or egg substitute over top.

Microwave, uncovered, on high for 30 seconds; stir. Microwave 15-30 seconds or until egg is almost set. Top with salsa; sprinkle with cheese. Microwave just until cheese is melted, about 10 seconds.

Line bottom of English muffin with spinach. Place egg and Canadian bacon over spinach; replace English muffin top.

Garlic knots

Ingredients:

- 1 can of premade biscuit dough (room temperature)
- Garlic powder
- Melted Butter
- Salt
- Pepper

Steps:

1. Separate biscuit dough and cut each biscuit into 4 pieces, place into a bowl.
2. Add enough butter to coat all biscuit pieces, not so much that it's pooling up in the bottom of the bowl.
3. Add garlic powder, salt, and pepper to taste. It can always be added after it's done cooking too.
4. Microwave dough at 30-second intervals being sure to rotate (by shaking bowl) after every interval until they are done.

Note: If you want them to be more crispy add the butter after you're done cooking the dough, either way, works fine.

Microwavable Spaghetti Squash Recipe

Ingredients:

A Spaghetti Squash

Jarred marinara sauce

Salt, pepper to taste

Parmesan cheese

Directions

Cut the squash in half and remove seeds.

Place one half inside face down in a casserole dish.

Put a quarter cup of water in the dish

Seal the casserole dish with Saran Wrap.

Place in microwave for 15 minutes

Take the dish out and see if the squash is tender.

Season butter, salt and pepper, and parmesan to your liking,

repeat 4 through 9 for second half.

Microwave covered your choice marinara sauce.

Enjoy your meal.

Egg Soup, or *Changwa* in Spanish

Ingredients:

3-4 cups Milk

3 tablespoons salt

1 egg per person eating

Croutons to top

Directions:

1. Microwave milk in a large bowl until boiling
2. add about 3 table spoons of salt
3. Slowly pour the egg into the boiling milk, making sure the yolk doesn't break
4. Microwave in 30-45 second intervals, stirring between, until yolks are hard-boiled
5. place one egg into each bowl and add croutons for the finishing touch
6. enjoy :)

Egg & Cheese Burrito

Ingredients:

Tortillas

Eggs

Sliced Cheese

Directions:

Make scrambled eggs with microwave

Put sliced cheese on tortilla.

Put half of your eggs on the sliced cheese

Fold into burrito shape

Repeat for other half of eggs

Microwave 30-45, or until cheese is melty

Eat :)

Chicken Salad Wrap

Ingredients

1 can chicken, drained

One cucumber

1 red bell pepper

1 little red onion

8 Springs parsley, chopped

One head of lettuce

Salt and pepper

Tortilla

Olive Oil

Preparation

Cut the bell pepper and onion and small cubes and toss the greens with the parsley cool mixed with a little olive oil.

Microwave the tortilla on a microwave-safe plate until warmed (approximately 45 seconds*).

Lay the tortilla on a flat surface. Add the lettuce first , then the chicken, and then put the rest of the salad ingredients on top and spread evenly. Fold in two of the four sides of the wrap about 1/2 inch (so fold top and bottom). Then take the other side and wrap it tightly. Cut wrap in half or leave whole.

*Note: you can dip in ranch

Chunky Monkey Mug Cake

in a mug, whisk:

1 egg

half of a mashed banana

1 Tablespoon almond milk

dash of vanilla

Then mix in:

4 Tablespoon almond flour

1 Tablespoon coconut flour

1 Tablespoon coconut sugar

1/2 teaspoon baking powder

dash of cinnamon

dash of salt

then stir in chocolate chips! then microwave for 90 seconds and immediately top with more chocolate chips, peanut butter and peanuts! let cool for a few minutes and enjoy!

Microwave fried rice

Ingredients:

utensils: medium bowl, spoon/fork

-1 cup of ready serve Minute rice

-cooking spray

-1 egg

-sesame oil

-1 cup of thawed frozen peas and carrots

-soy sauce

-ginger (can be fresh or seasoning)

-Garlic powder

-1 green onion (optional)

Directions

Step 1: Heat the rice for a minute with the garlic powder

Step 2: coat medium bowl with cooking spray, and add the egg with a drizzle of sesame oil (not too much). Microwave for 30 seconds

step 3: stir the egg up, and add rice, peas and carrot, 2 tablespoons of soy Sause, 1/2 ginger, and 1 green onions. Then microwave for 30 seconds and enjoy

Chicken skewers with peanut sauce

Ingredients

5oz raw chicken breast tenders

Seasonings:

1 teaspoon cumin

Pinches of sea salt and pepper

Sauce:

2 tablespoons powdered peanut butter

2 tablespoons water

1 teaspoon low sodium soy sauce

1 1/1 teaspoon sriracha

1 teaspoon raw honey (optional)

Steps

Mix together powdered peanut butter with a few tablespoons of water.

Then add a little low sodium soy sauce, raw honey, and sriracha. Mix it up and set it aside.

Then, season chicken breast tenders with cumin, sea salt & pepper. Carefully skewer each tender with a wooden stick, then place the kabob over a microwave-safe bowl.

Spray the meat with olive oil, then cook in the microwave for 2.5 minutes.

After that, check on the chicken to ensure it is not burning, then cook it for another 2.5 to 3 minutes.

Finally, check it one last time to make sure the chicken is completely cooked.

Then, spice it up a bit with some red pepper flakes.

Vegetarian Burrito Bowl

Ingredients

1 cup of microwavable brown rice

1/2 cup beans, drained and rinsed

2-3 tablespoons salsa, or to taste

1 tablespoon plain Greek yogurt

1 tablespoon shredded cheese

Steps

1) Prepare brown rice according to package instructions

2) In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through

3) Top with any desired toppings like diced avocado, diced tomato, guacamole, pico de gallo, etc.

Gluten Free Vegan Microwave Mug Cake

Ingredients:

- 2 tbsp Gluten free flour
- 2 tbsp sugar
- 1 3/4 tbsp cocoa powder, unsweetened (optional)
- 1 tsp vegan butter or oil
- 1/6 tsp baking soda
- 1/4 tsp vinegar
- 3 tbsp water
- 1 tbsp vegan chocolate or sprinkles (optional)

Directions:

Combine dry ingredients together in mug and mix with a fork. Add wet ingredients and stir with a fork for a minute or until no flour pockets remain. If adding chocolate or sprinkles, add after mixing and gently fold them in. Microwave for 60 to 70 minutes. (Don't worry if it rises up a lot out of the cup, when it cools it will go back down). Add toppings of your choosing and dig in! Makes 1 mug cake.

Spicy Queso Dip with Ground Beef

Ingredients

- 1 Package Velveeta Cheese Block
- 1 Package Ground Beef
- 1 Can Jalapeño Peppers
- 1 Canned Chopped Tomatoes
- 1 Bottle Tabasco Hot Sauce
- 1 Bowl

Directions

1. Put ground beef on microwave safe plate. Cook in microwave until fully cooked
2. Chop cheese block into cubes. Put cheese in bowl and microwave until creamy, then mix
3. Add tomatoes and ground beef to bowl , then mix
4. Add desired amount of Jalapeños and Tabasco to bowl for desired spiciness, then mix
5. Microwave until at desired creaminess and temperature. Serve with chips and enjoy

Strawberry breakfast cake:

Ingredients:

1/4 cup oat bran
2 Tbsp oat flour
2 Tbsp buckwheat groats
1 Tbsp ground flaxseed
1/2 tsp baking powder
pinch salt
1/4 tsp cinnamon
1/2 tsp vanilla
2 Tbsp unsweetened applesauce
1/4 cup almond milk
1/2 cup fresh strawberries, diced

Directions:

Mix together the dry ingredients (oat bran, oat flour, buckwheat groats, flaxseed, baking powder, salt, and cinnamon)

Stir in the wet ingredients (vanilla, applesauce, and almond milk) until it's evenly textured batter.

Fold in the diced strawberries

Spray a microwavable bowl, so it won't get stuck, and pour the batter in.

Heat for a minute and a half (or until the top is set)

Leave it to cool for 2-3 minutes

Creamed Corn

1 cup frozen or canned corn(drained)

1/8 cup butter (melted)

1/8 cup water

1 teaspoon granulated sugar

1/8 cup half & half cream

1/4 teaspoon cornstarch

Salt & pepper to taste

Scallions (optional)

Add the corn to a large microwave safe bowl.

In a liquid measuring cup or small bowl, combine water and sugar. Stir until the sugar dissolves, then add to the corn, along with the melted butter. Stir until evenly combined.

Cover with a plate and microwave for 3 minutes.

In a liquid measuring cup or small bowl, combine the half and half and cornstarch. Remove the bowl from microwave, stir, cover, and microwave for 3 minutes more.

Remove the bowl from the microwave and add the half and half mixture. Stir to combine. Microwave for 6 minutes, until the corn has softened.

Let cool, then top with sliced scallions.

Enjoy!

Microwaveable French Toast

ingredients needed:

- 1 or 2 slices of bread, cubed (just fill your cup to overflowing a bit)
- 1 tbs butter
- 1 egg
- 3tbs milk
- Dash cinnamon
- Drop of vanilla extract (optional)

Directions:

1. cut bread into cubes
2. microwave butter in bowl
3. Add bread to the cup.
4. In a separate cup, combine the egg, milk, cinnamon, and vanilla. Stir.
5. Pour the liquid over the bread. Smoosh it a little and allow the liquid to soak into the bread.
6. Microwave. Start with one minute, then add ten seconds at a time until it's cooked to your liking (no runny eggs).
7. Add syrup if wanted

Microwave Chicken Tortilla Soup

Ingredients:

1 can of chicken soup, or 1 can of chicken broth and 1 can of mixed vegetables

opt: sour cream, lemon or lime juice, any kind of shredded cheese, SALT and Pepper.

Method:

Heat the soup or broth with the mixed veg in the microwave until hot. Remove and add the shredded cheese (opt), put back in the microwave until slightly melted. Add salt and pepper to taste. Enjoy with sour cream and lemon or lime juice.

Sweet and Sour Chicken

Ingredients

9 tbsp tomato ketchup
3 tbsp malt vinegar
4 tbsp dark muscovado sugar
2 garlic cloves, crushed
4 skinless and boneless chicken breast, cut into chunks
1 small onion, roughly chopped
2 red peppers, seeded and cut into chunks
227g can pineapple pieces in juice, drained
100g sugar snap peas, roughly sliced
handful salted, roasted cashew nuts, optional

Method

STEP 1

In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.

STEP 2

Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.

Bean and Cheese Tacos

Ingredients:

2 tortilla (preferably flour)

Refried beans, canned or in a bag (my family gets one that comes in a bag)

1/4 cup Shredded Mexican cheese blend

Directions:

Grab a microwave safe bowl and pour half a can (or a quarter of a bag) of refried beans into it

Put the bowl of beans in the microwave for 40 seconds and then set on the side

Then grab your tortillas and add them to the microwave for 30 seconds

Split the bean mixture evenly between both tortillas

Split the cheese evenly between both tortillas

Fold the tortillas so they form tacos

Put into the microwave for an additional 25 seconds

Let tacos cool for 1 minute and enjoy

Microwave Ratatouille

Ingredients

1 medium yellow onion, sliced 1/4 inch thick

2 cloves garlic, minced

3 oil-packed sun-dried tomatoes, chopped

1/4 cup extra-virgin olive oil

1 teaspoon chopped fresh thyme (from about 3 sprigs)

Kosher salt and freshly ground black pepper

1 small eggplant, peeled in alternating stripes, sliced into 1/4-inch-thick rounds (about 6 ounces)

1 small zucchini, sliced into 1/4-inch-thick rounds (about 4 ounces)

1 small yellow squash, sliced into 1/4-inch-thick rounds (about 4 ounces)

2 plum tomatoes, sliced into 1/4-inch-thick rounds (about 8 ounces)

Directions:

Toss the onion, garlic, sun-dried tomatoes, 1 tablespoon of the olive oil, 1/2 teaspoon of the thyme, 1/2 teaspoon salt and a couple grinds of pepper in a microwave-safe 9-inch pie dish. Cover with a piece of wax paper. Microwave on high (at 100 percent power) until the onions are soft and translucent, 7 minutes in an 1,100-watt oven or 10 minutes in a 700-watt oven. (When removing the wax paper, be careful to avoid the hot steam.) If the onions are still a little raw, microwave again, covered, in 30-second increments.

While the onions cook, toss the eggplant, zucchini and yellow squash slices with 2 tablespoons of the remaining olive oil, the remaining 1/2 teaspoon thyme, 1/2 teaspoon salt and a few turns of black pepper in a large bowl. Add the plum tomato slices, and gently toss.

Alternating vegetables, shingle slices in a circular pattern over the cooked onions in the pie dish. Sprinkle lightly with salt. Cover with wax paper. Microwave on high (at 100 percent power) until the vegetables are soft, 9 minutes in an 1,100-watt oven or 14 minutes in a 700-watt oven. If there is any resistance when you pierce the vegetables with a paring knife, microwave again, covered, in 30-second increments. Microwave, uncovered, on high (at 100 percent power) for 3 minutes in an 1,100-watt oven or 4 minutes in a 700-watt oven to evaporate excess moisture. Drizzle with the remaining tablespoon of olive oil.

Microwave Ramen Upgrade!

(Look friends, ramen is *cheap* and easy, but it is not exciting. It also only has stovetop directions. This is me fixing that)

Ingredients

1 Packet Ramen

2 cups water

Sauce of choice (Sriracha? Miso? Thai curry paste? Fish paste?)

[1 poached egg](#)

1/3 cup Frozen corn and/or peas

1-2 tbsp green onions

Directions

Put water and noodles in a microwave safe bowl, cover, and microwave on high until 2 minutes (or noodles are soft, if more time is needed).

Stir in *half* the seasoning packet and your sauce of choice (if your sauce has zero salt in it, you could add the whole packet, but it's not necessary even then).

Add poached egg and frozen peas/corn. The water should be hot enough still to thaw the frozen vegetables, but you could thaw them before if you're worried about it.

Garnish with green onions.