



## Appetizers

NEVER PUT METAL OR ALUMINUM FOIL IN THE MICROWAVE OVEN.

### HAM ROLL-UPS

- 15 frozen Tater Tots
- 4 slices Swiss cheese
- 4 slices boiled ham
- 1/2 c. sour cream

Place Tater Tots in microwave oven on paper plate or towel. Microwave on high for 2 minutes or until thawed. Place 1 cheese slice on each ham slice. Spread each cheese slice with small amount of sour cream. Place 3 Tater Tots inside each ham-cheese slice; roll-up fastening with a toothpick. Place on serving platter. Microwave on high for 2 1/2 minutes or until hot.

### NACHOS

- 16 large tortilla chips
- 3/4 c. shredded Monterey Jack cheese (about 3 oz.)
- 1/4 c. shredded cheddar cheese (about 1 oz.)

Spread tortilla chips on a 10-inch wax-coated paper plate. Sprinkle with cheese. Microwave at medium (50% power) 1 1/2 to 2 1/2 minutes. Microwave just until cheese softens. It will finish by internal heat. A lower power setting helps prevent overheating, which can make cheese tough and stringy. Prepare and serve on a plastic or wax-coated paper plate.

### SMOKY CHEDDAR BALLS

- 1 tsp. vegetable oil
- 1/2 c. finely chopped onion
- 1/2 c. finely chopped celery
- 1 package (3 oz.) cream cheese, cut up
- 1 can (11 1/2 oz.) bean with bacon soup
- 1 1/2 cups shredded cheddar cheese (6 oz.)
- 1 tsp. Worcestershire sauce
- chopped fresh parsley

In 1-quart microwave-safe casserole, combine oil, onion and celery. Cover with lid; microwave on HIGH 3 minutes or until vegetables are tender. Stir in cream cheese. Microwave, uncovered, on HIGH 30 seconds or until cream cheese is very soft.

In large bowl, mash soup with fork. Stir in cream cheese mixture. Cheddar cheese and Worcestershire until well blended. Cover; refrigerate until firm, about 3 hours. Shape into a ball; roll in parsley to coat. Serve with crackers. Makes about 3 cups.

### CHICKEN WINGERS

- 1/4 c. butter or margarine
- 12 chicken wings
- 1/2 c. dry bread crumbs
- 2 tbsp. almonds, finely chopped
- 1/2 tsp. salt
- 1/2 tsp. dried parsley
- dash garlic powder
- dash pepper
- paprika

Put butter in a baking dish and microwave 30-45 seconds, until melted. Rinse and dry chicken pieces. Cut at joints, separating each into 3 sections. Discard tip sections. Dip remaining sections into melted butter. Mix bread crumbs, almonds, salt, parsley, garlic powder and pepper. Roll chicken pieces in this mixture to coat. Put half the chicken pieces in a dish with the small ends toward the middle. Sprinkle with paprika. Microwave on MEDIUM HIGH (70%) power 10-12 pieces, until tender. Repeat with the other 12 chicken pieces.



Sources:  
[members.amaonline.com/nrogers/kitchen/microwave.htm](http://members.amaonline.com/nrogers/kitchen/microwave.htm);  
[www.rosewave.com/recipes/MicrowaveDishes/microwave.htm](http://www.rosewave.com/recipes/MicrowaveDishes/microwave.htm);  
[www.geocities.com/NapaValley/8101](http://www.geocities.com/NapaValley/8101).

The Beacon would love to hear how the recipes taste. Please give us your feedback by e-mailing us at [behrroll@aol.com](mailto:behrroll@aol.com).

# Cooking in a cubicle

## Microwaveable recipes for the college chef

### Main Dish

#### BASIC MEAT LOAF

- 1 slice bread, torn in small pieces
  - 1/4 c. chopped celery
  - 1 egg, slightly beaten
  - 1 clove garlic, minced
  - 1 small onion, chopped
  - 1/2 tsp. salt
  - 1/8 tsp. pepper
  - 1 1/2 lbs. lean ground beef
  - 1/4 c. catsup
- Mix bread, celery, egg, garlic, onion, salt and pepper. Crumble ground beef into mixture; blend thoroughly. Press into 9x5-inch loaf pan (microwaveable). Microwave on high until internal temperature reaches 150 degrees, 13 to 15 minutes. If using oven other than carousel, rotate meat loaf once or twice during cooking. Spread with catsup. Microwave at medium until catsup is heated, 2 to 3 minutes. Let stand 3 to 5 minutes.

#### CHICKEN TACOS

- 1 medium onion (3/4 cup), sliced
  - 2 cloves garlic, crushed
  - 1/2 tsp. chili powder
  - 1/2 tsp. cumin
  - 1/4 tsp. sugar
  - 1/4 tsp. salt
  - 1 tsp. oil
  - 2 1/2 c. coarsely chopped cooked chicken
  - 1 can (213 mL) tomato sauce
  - 8 taco shells, heated
  - 1 c. grated cheddar cheese (100 g)
  - 3/4 taco sauce
  - 2 c. shredded lettuce
  - 1 c. coarsely chopped tomato
- Cook onion, garlic and seasoning in oil, uncovered, 2 1/2 min on high power, stirring frequently. Add chicken and tomato sauce. Cover and cook 6 min on high power, stirring occasionally. Fill taco shells with chicken mixture; top each with cheese. Serve with taco sauce, lettuce and tomato.



#### MICROWAVE CHILI

- 1 lb. ground beef
  - 1 c. onion (1 medium), chopped
  - 3/4 c. green pepper, chopped
  - 1 12 oz. can tomatoes
  - 1 12 oz. can kidney beans
  - 1 tsp. salt
  - 1 1/2 tsp. chili powder
  - 1/2 tsp. oregano
  - 1/4 tsp. basil
  - 1 garlic clove, crushed
- Combine meat, onion and green pepper. Cook, covered, 5 minutes at full power, stirring twice. Drain. Add remaining ingredients. Cook, covered, 10 minutes, stirring twice. Let stand, covered, 5 minutes.

#### MICROWAVE MINI PIZZAS

- 1 (6 count) pkg. English muffins
  - 1 small jar pizza sauce (any flavor)
  - 8 oz. pkg. shredded Mozzarella cheese
  - 48 slices pepperoni (optional)
- Pour sauce on open-face muffins. Place 4 slices of pepperoni on each muffin. Top each muffin with a generous amount of cheese. Bake in microwave for 2 minutes or until cheese is melted. Serves 3, or cut into fourths to serve as party food.

#### SWEET AND SOUR CHICKEN

- 1 tsp. vegetable oil
  - 2 green onions, cut into 1-inch pieces
  - 1/4 c. sweet red pepper cut into 1/2-inch pieces
  - 1/4 c. green pepper cut into 1/2-inch pieces
  - 1 can (8 oz.) pineapple chunks in juice, undrained
  - 1 tbsp. brown sugar
  - 1 tsp. rice wine vinegar
  - 2 tsp. cornstarch
  - 1 can (5 oz.) chunk white chicken, drained
- In 2-quart microwave-safe casserole, combine oil, onions and peppers. Cover with lid; microwave on HIGH 2 minutes or until peppers are nearly tender, stirring once during cooking. Drain pineapple, reserving 3 tbsp juice. In small bowl, stir together reserved pineapple juice, sugar, vinegar and cornstarch. Stir into vegetable mixture. Stir in pineapple chunks. Cover; microwave on HIGH 3 minutes or until boiling, stirring twice during cooking. Stir in chicken. Cover; microwave on HIGH 2 minutes or until heated through. Serve with cooked rice and soy sauce, if desired. Makes 2 servings.

### Desserts

#### CHOCOLATE MICROWAVE CAKE

- 1/4 c. Hershey's cocoa
- 2/3 c. hot water, divided
- 3/4 c. plus 2 tbsp. flour
- 1 c. sugar
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1/4 c. plus 2 tbsp. vegetable oil
- 1 egg
- 2 tsp. vanilla extract

Grease round micro-proof baking dish, 7 1/4 x 2 1/4 inch or 8 x 1 1/2 inches, and line bottom with plastic wrap. In small micro-proof bowl combine cocoa and 1/3 cup water; microwave on high (full power) for 40 to 50 seconds. In medium bowl, combine flour, sugar, baking soda, baking powder and salt. Add oil, remaining 1/3 cup hot water, egg, vanilla and chocolate mixture; beat until batter is smooth and well blended. Pour batter into prepared pan. Microwave on high 5 to 6 minutes without turning until cake begins to pull away from sides (some moist spots may remain but will disappear on standing). Let stand 5 minutes, invert onto serving plate. Peel off plastic wrap; cool, frost.

#### FUDGE

- 4 c. sugar
- 1 c. margarine
- 1 can (14 oz.) evaporated milk
- 12 oz. semi-sweet chocolate bits
- 7 oz. marshmallow cream
- 1 tsp. vanilla
- 1 c. chopped nuts

In 4 quart bowl mix sugar, milk and butter. Cook on high 20 to 22 minutes or until soft ball stage or 234 degrees on candy thermometer. Stir well every 5 minutes during cooking. Stir in chocolate bits and marshmallow cream until well blended. Add vanilla and nuts and mix. Pour into buttered 9 inch square dish for thick pieces or 7 1/2 x 12 inch for thinner pieces. Cool and cut.

#### KRISPIE MARSHMALLOW TREATS

- 1/2 c. butter or margarine
- 5 c. miniature or 40 large marshmallows
- 5 c. crispy rice cereal

Place butter or margarine in 12 x 7 inch glass baking dish. Microwave 1-1 1/2 minutes on medium high or until melted. Stir in marshmallows. Microwave 1 minute on medium high. Stir and continue cooking for about 1 1/2 to 2 minutes on medium high or until marshmallows are softened. Stir until smooth. Mix in cereal. Press into baking dish. Cool until set. Cut into squares. Makes 24-30.

#### MICROWAVE CARAMEL CORN

- 6 qts. of popped corn in brown paper bag (use hot air popper)
- 2 c. brown sugar
- 1 tsp. salt
- 2 sticks margarine
- 1/2 c. corn syrup

Boil this 5 minutes and remove from heat. Add 1 teaspoon baking soda. Stir. Pour mixture over and stir in bag. Bake 3 minutes on full power, stirring frequently. Pour out on wax paper or heavy aluminum foil and crumble. Store in air-tight container.