



**1985 Favorites from "The Microwave Times"**  
The recipes below are two readers' favorites from *The Microwave Times* for the 1985 issues. *The Microwave Times* is a magazine devoted to microwave cooking techniques, recipes, and articles on different ovens, utensils, etc.

Each issue contains good, tested recipes, and features such as, "Micro Adapting" and "Micro Quik." Micro Adapting answers questions about converting recipes for microwave cooking. Micro Quik gives you quick and simple recipes for extra busy days.

This magazine is in newsletter format, with holes punched in the 16 page issues so you can keep them in a three ring binder. It's published six times a year, every other month. I highly recommend it, and a subscription to this magazine would make a great gift for someone who has a microwave.

A subscription to *The Microwave Times* costs \$8.95 per year (within United States). Orders must include a check, money order or charge information. Write to:

Recipes Unlimited, Inc. Box 1271, Burnsville, Minnesota 55337. Or call toll-free 800-328-2846.

**Mexican Manicotti**  
1/2 pound ground beef  
1/2 can (16-ounce) refried beans  
2 tablespoons chopped onion  
1 teaspoon oregano leaves  
1 1/4-ounce package taco seasoning mix  
2 cups (8 ounces) shredded Colby-Jack cheese  
10 manicotti shells  
1 15-ounce can tomato sauce  
2 cups water  
1/2 cup sour cream  
3 green onions sliced  
1/4 cup sliced ripe olives

1. Mix together ground beef, beans, onion, oregano, 1 1/2 tablespoons of seasoning mix and 1 cup of cheese. With a small spoon or using fingers, press meat mixture into shells. Arrange in 12x8-inch microwave-safe baking dish.

2. Microwave (high), uncovered, tomato sauce, 1 cup of water and remaining taco seasoning mix in 4-cup glass measure 6 to 7 minutes or until steaming hot. Pour over shells.

3. Microwave (high) 14 minutes;

turn each shell over. Add remaining 1 cup water. Cover, then microwave (medium-50 percent) 16 minutes longer or until shells are tender. Let stand covered 5 minutes. Spoon sour cream onto shells. Sprinkle with remaining 1 cup cheese, green onions and olives.

4. Microwave (high), uncovered, 1 to 1 1/2 minutes or until cheese is melted. 5 servings 540 calories each.

Tip: With only Full Power, microwave 14 minutes in step 3. Turn shells over; add water, then, use intervals of 5 minutes microwave and 5 minutes standing time for total of 20 minutes.

**Mexican Casserole**  
1 pound ground beef  
1 small onion, chopped  
2 cups crushed taco chips  
1 1/4-ounce package taco seasoning mix  
1 16-ounce can whole tomatoes, undrained  
1 cup (1/2-pint) sour cream  
1 cup (4 ounces) shredded Cheddar Cheese

1. Crumble ground beef and onion into microwave-safe hamburger cooker set in glass pie plate.

2. Microwave (high), uncovered, 5 to 6 minutes or until no longer pink, stirring once to break meat into small pieces; drain.

up taco chips in bottom of 1 1/2-quart microwave-safe casserole. Cover with ground beef, dry taco seasoning mix, tomatoes (cut into quarters), sour cream and cheese. Top with remaining taco chips

4. Microwave (high), uncovered, 5 to 6 minutes or until cheese melts and casserole is heated through (150 degrees), rotating dish once. About 6 servings 490 Calories each

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## Chicken Cooking Contest

**Deadline Is Oct. 15**

WASHINGTON, D.C. — Someone has a chicken recipe that is worth \$10,000 and it may be the dish you are serving your family for dinner tonight.

A new chicken cooking champion will be crowned in Jackson, Miss., next May at the 37th National Chicken Cooking Contest. But now is the time to get your favorite recipe in the competition. Time is running out, the deadline for entries is Oct. 15.

One contestant from each state and the District of Columbia will be selected to take part in the national Cook-Off. Each of the 51

finalists will receive an expense-paid trip to Mississippi and a chance to win not only the top prize but an additional \$10,000 which will be divided among four runners-up.

The National Broiler Council, contest sponsor, makes it easy to enter. Chicken is the only required ingredient in the recipe and you may use a whole bird or any part or parts.

Just write your name, address and telephone number on each recipe you enter and mail before the Oct. 15 deadline to: Chicken Contest, Box 28158 Central Station, Washington, DC 20005.

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