

THE MICRO WAY LANI BLOOMER



THE BEST OF THE MICRO WAY

This will be the last Micro Way column, faithful readers. I have accepted a full time job at Penn State, and will no longer be writing The Micro Way.

I am leaving you with a handful of the best Micro Way recipes. I've chosen these because they are all quick, inexpensive, easy enough for children to make, and good eating too!

Make this speedy casserole ahead of time or freeze it if you wish. Leave the cheese off the top so you can stir as it reheats, then top with cheese just before eating.

PIZZA CASSEROLE

- 1 pound ground beef or sausage
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 can (4-ounce) sliced mushrooms
- 1 can (16-ounce) pizza sauce
- 1 cup HOT water
- 1 1/2 cups macaroni elbows

(uncooked)
1 cup shredded mozzarella cheese (4 ounces)

1. Break up meat into a 2 quart casserole. Add onion and pepper on top. Cover and microwave on high for 5-6 minutes, stirring twice, until meat is brown and vegetables tender.

2. Stir in the rest of the ingredients, except cheese. Cover tightly with a lid or plastic wrap. Microwave on high for 15 minutes, stirring every 5 minutes, until the macaroni is tender.

3. Sprinkle cheese on top and let stand 5 minutes before serving. Serves 4.

These hot appetizers have been a favorite at microwave demonstrations for years! Wrap them ahead of time then cook when you're ready for an instant snack!

BACON STICKS

- 1 box Snack Sticks (small, 3 inch bread sticks)
- sliced bacon

about 1 cup grated Parmesan cheese

For each 12 appetizers:

1. Cut three pieces bacon in half crosswise and then in half lengthwise (to get 12 little skinny strips).

2. Spread cheese on a flat plate or papertowel. Dip both sides of a bacon strip in cheese, then wrap diagonally around one bread stick. Repeat for remaining 11 bacon pieces.

3. Place bacon sticks, 12 at a time, on a bacon or meat rack. Microwave on high for 2-3 minutes, just until bacon is done. Let cool a minute or two. Serve warm.

To cut this thrifty recipe in half, just cut the ingredients and cooking times in half. Let the carrots stand a full 5 minutes though — that's when they finish getting tender.

HONEY GLAZED CARROTS

- 6 carrots (about 1 pound)
- 2 tablespoons water
- 2 tablespoons butter or margarine
- 1 tablespoon honey
- 1/4 teaspoon salt

1. Scrape carrots and slice diagonally into 1/4 inch slices. Put in a one quart casserole with the water, cover.

2. Microwave on high for 7-8 minutes, stirring after 4 minutes, until almost tender.

3. Drain. Add remaining ingredients, stirring until butter melts and the carrots are well coated. Leave uncovered and microwave

on high for 4 minutes until the carrots are glazed. Cover and let stand 5 minutes until fully tender. Serves 4.

These stewed apples are ready to eat in less than 10 minutes. They are delicious warm for breakfast with pancakes or over ice cream for dessert.

STEWED APPLES

2 medium apples, peeled, cored and sliced

- 1 tablespoon sugar
- 1/4 teaspoon cinnamon
- 1 teaspoon butter or margarine

1. Mix cinnamon and sugar in a small cup. Put apple slices in a one quart casserole and stir in sugar. Dot with butter.

2. Cover and microwave on high for 2 minutes. Stir. Then microwave on high for 1-2 minutes longer until the apples are almost tender. Let stand for several minutes before serving. Serve warm or chilled. Serves 2.

Fudgy brownies freeze and keep well, if tightly covered. My son won a blue ribbon with this recipe at our Grange Fair.

FUDGY BROWNIES

- 1 stick margarine or butter
- 1 cup sugar
- 2 eggs
- 3/4 cup flour
- 1/2 cup cocoa
- 1/2 teaspoon baking powder
- pinch of salt

1. Put margarine in a medium microsafe mixing bowl. Microwave on high for 60 seconds, until melted. Stir in sugar, then beat in eggs.

2. In a separate bowl combine remaining ingredients, then stir into egg mixture until blended. Pour batter into a greased 8" square microsafe pan.

3. Cover with waxed paper and microwave on medium (50,5) for 10 minutes, until the center of the batter raises up. Rotate the pan once if your oven cooks unevenly.

4. Microwave on high for 1-2 minutes longer, until the center of the batter is cooked. Remove waxed paper and cool before cutting. Makes 16-25 squares.

NOTE: Microwave times are approximate since oven speeds vary so greatly. Start with the shorter times given in the recipes, add time if needed.

Thank you all for reading, and writing. I wish you many years of happy microwaving.

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Sussex 4-H Leader

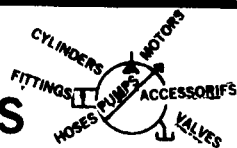
Mary Argo of Milford, Del., a project leader for the Broadkill 4-H Club, will attend a national volunteer leader forum on nutrition Sept. 13 to 17 at the National 4-H Center, Chevy Chase, Md.

Argo, who has led projects in food and nutrition in the Sussex County club for the past seven years, holds a bachelor's degree in home economics from the University of Delaware. Her trip is sponsored by the Delaware 4-H Foundation and the Campbell Soup Company, which is also sponsoring the meeting.

During the forum, Argo will attend workshops on time management; food and nutrition projects for latchkey kids; fitness and food; food power in sports; and careers in the food industry. Participants will also tour the microwave workshop at the Campbell Soup Co.

Argo was one of the original members of the Broadkill Club after it was founded by her mother. She has five children, all of whom participate in 4-H.

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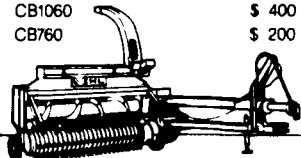
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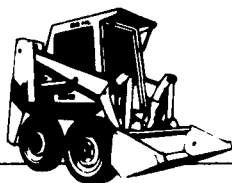
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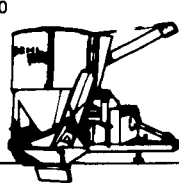
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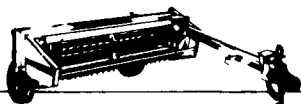
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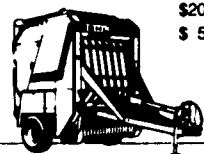
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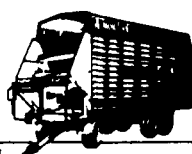
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