

## **MICROWAVE MINUTES**

By JOYCE BATTCHER

Toss together a winter salad with a few fresh ingredients and your microwave's help.

A hearty main-dish salad, like one of today's recipes, is served warm to take the bite off cool March days and give a hint of mild spring days to come.

Both salads call for mciro-stirfrying meat or poultry. Small thin strips or cubes cook most evenly. For flavor and color, coat them with a mixture of paprika and other seasonings. Cover with waxed paper, microwave on High and stir at times indicated.

The salad dressing for both salads uses a combination of vinegar, sugar and pan drippings from stir-frying in the first step. Since the pork and chicken cuts are both very low in fat, the tiny amount left in drippings adds just the right touch of flavor, but keeps both salads low in calories.

Serve either salad with warm rolls or garlic bread. Wrap rolls or bread in foil and start warming them in your conventional oven as you start to make the salad. Or pop a pan of refrigerated biscuits in to bake before starting the salad. In

about 10 minutes, you'll be ready to sit down and eat.

Hot Pork and Pear Tossed Salad 5-6 cups bite-size pieces of salad greens

2 medium firm winter pears, cored and thinly sliced 4 green onions, including green

tops, cut in 1-inch slivers 1 pound pork tenderloin or boneless lean chops

1 teaspoon seasoned salt

1 teaspoon paprika

1/3 cup coarsely broken walnuts 2 tablespoons cider or herb vinegar 2 tablespoons sugar

Freshly ground black pepper

In large serving bowl, toss together salad greens, pears and green onions; set aside.

Cut pork into 1½ x¼ -inch strips. (If using chops, trim off all visible outside fat.) In a microwave-safe 1-quart casserole, stir together pork strips, seasoned salt and paprika until pork is well coated with spices; add walnuts. Cover with waxed paper. Microwave (High) 4 to 5 minutes, stirring each 2 minutes or until pork is done. With a slotted spoon,

remove pork strips and walnuts to salad mixture; toss to mix. Quickly add vinegar, sugar and black pepper to pork drippings. Microwave (High) 45 to 60 seconds. Stir to dissolve sugar. Quickly pour mixture over salad and toss. Serve immediately. Makes 6 servings.

Each serving: 153 calories, 9g protein, 9g fat, 12g carbohydrate, 259mg sodium, 18mg cholesterol. Hot Chicken and Cabbage Salad 1 package (3 ounces) chicken flavor oriental noodle (ramen) soup

½ teaspoon paprika

½ pound boneless skinned chicken breasts, cut in 1/2 x3/4 -inch pieces

1 tablespoon sugar

tablespoon oil

2 tablespoons white vinegar 1/8 teaspoon salt (optional)

2 cups thinly sliced cabbage 1 or 2 green onions, including green tops, thinly sliced

3 or 4 medium mushrooms, sliced Crumble noodles from soup mix; set aside. In microwave-safe

2-quart casserole, stir together seasoning packet from soup mix and paprika. Stir in chicken until well coated. Cover dish with waxed paper. Microwave (High) 2 to 3 minutes, stirring after each minute, or until chicken is done. Quickly stir in sugar, oil, vinegar and salt until sugar is dissolved. Add cabbage, onions, mushrooms and crumbled noodles; toss to coat with dressing. Cover with waxed paper. Microwave (High) 1 to 2 minutes, stirring after 1 minute. Cabbage should be warm and slightly wilted; noodles will remain slightly crisp. Serve immediately. Makes 2 large servings.

Each serving: 345 calories, 31g protein, 41g fat, 26g carbohydrate, 446mg sodium, 73mg cholesterol. Questions and answers -

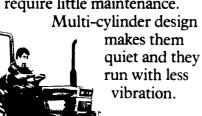
Q. I have a small microwave oven. Most of the time I cook only for one person - myself. Often I cook or reheat very small amounts of food. The instructions that came with my microwave caution against running

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		PTO HP	•				
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M7030	4	68 00	16/4	
M8030	4	76 00	16/4	
M4950	6	49 57	12/4	
M5950	3	58 00	12/4	
M6950	3	66 44	12/4	
M7950	4	75 44	12/4	
M8950	4**	85 00	24/8	

\*Manufacturer's estimate \*\*Turbo aspirated

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