



MICROWAVE MINUTES.

By JOYCE BATTCHER

Breakfast is an important part of a day's diet, but who has time for breakfast? You do, when you microwave a quick breakfast sandwich.

Make a nutritious topping the night before; spread on toasted bread or English muffin and microwave a few seconds to heat. Or make the whole thing in the morning. Either way, during the hectic morning hour, microwave cooking time is just a matter of minutes.

Directions for microwaving *Oat and Honey Toast* topping call for two microwave cooking steps. Both give a microwave time, but also say that the mixture should boil for a certain number of seconds. Your microwave may cook faster or slower than the time called for, but most important is that the mixture boil rapidly for the time indicated. Watch through the microwave door and keep track with the count-down of seconds on your microwave's digital timer. The time doesn't have to be abso-

lutely exact in this recipe, but the mixture must boil enough or it won't thicken properly. You may see these kinds of directions in other recipes, like candies, jellies or frostings; those will have to be timed accurately.

Toppings for both *Oat and Honey Toast* and *Swiss and Bacon Muffins* may be made ahead and refrigerated. Both will thicken as they chill. Soften the oat and honey mixture by microwaving it 10 or 20 seconds. But, soften the cheese mixture by stirring vigorously with a fork — microwaving it may start to melt the cheese and that shouldn't happen until it's spread on the English muffin.

It would be convenient to spread the fillings on toast or English muffin the night before, but I'd suggest you do it right before eating — otherwise toast or muffin gets soggy. I discovered that the oat and honey mixture is great between graham crackers — those can be spread ahead and refrigerated for a sweet but nutritious

snack.

Egg and Cheese Roll should be made and then eaten at once. But it won't slow you down much in the morning. It's a quick and easy recipe — basically an omelet for one, garnished with cheese and plenty of black pepper — which microwaves in about a minute. Cover it as directed with waxed paper to hold in some heat and promote even cooking. If you have time, cook the minimum time and let the egg stand, still covered, to finish cooking on its own. That way it will be done, yet not tough and rubbery from overcooking.

Oat And Honey Toast

- 1/4 cup margarine or butter
- 1/4 cup honey
- 1/2 cup quick oatmeal (not instant)
- 1/4 teaspoon cinnamon
- 1 tablespoon wheat germ

8 slices toasted whole wheat bread
Place margarine and honey in a microwave-safe 1-quart measure or bowl. Microwave (High) 30 to 40 seconds to melt margarine. Stir. Then microwave (High) 60 to 90 seconds, checking that mixture boils rapidly for about 30 seconds. Stir in oatmeal and cinnamon. Microwave (High) 30 to 40 seconds, checking that mixture boils for at least 15 seconds. Cool until slightly thick. Stir well and spread about 2 tablespoons on 1 slice of toasted whole wheat bread; top with second slice. Prepare just enough sandwiches for eating. Refrigerate remaining mixture. Makes 1/2 cup topping or enough for 4 sandwiches.

Note: If desired, loosely wrap a sandwich in a paper towel and heat until warm (not hot) by microwaving (High) 15 to 20 seconds.

Each sandwich: 352 calories, 9g protein, 17g fat, 48g carbohydrate, 323mg sodium, 0 cholesterol.

Each 2 tablespoons topping: 232 calories, 3g protein, 15g fat, 24g carbohydrate, 117mg sodium, 0 cholesterol.

To make ahead: Prepare topping as above. Refrigerate until ready to use. To soften for easy spreading, microwave (High) 15 to 20 seconds and stir. Spread between toasted whole wheat bread or graham crackers.

Swiss And Bacon Muffins

- 4 slices bacon
- 1/4 cup butter, softened
- 1 teaspoon prepared mustard
- 1 cup (4 ounces) shredded Swiss cheese
- 4 English muffins, split and toasted

Separate bacon strips and place on several papertowels; top with another paper towel. Microwave (High) 3 to 4 minutes or until bacon is almost crisp. Remove bacon from paper towels; cool, crumble and set aside.

With a fork, stir together butter and mustard until smooth. Add Swiss cheese and crumbled bacon, mixing until well combined. Refrigerate until serving time. Makes 1 cup spread or enough for 8 open-faced sandwiches.

To serve: Soften refrigerated topping by stirring vigorously with

a fork. Spread about 2 tablespoons on each toasted English muffin half. Place on a microwave-safe plate. Microwave on Medium (50% power, 325-350 watts) 45 to 60 seconds for each 2 halves, or until cheese just starts to melt.

Each serving — 1/4 of recipe: 394 calories, 15g protein, 25g fat, 29g carbohydrate, 819mg sodium, 66mg cholesterol.

Egg and Cheese Roll

- 1 teaspoon butter
- 1 egg, beaten
- Freshly grated black pepper
- 1 slice American process cheese
- 1 hamburger roll

Melt butter in microwave-safe saucer by microwaving (High) 20 to 30 seconds. Add egg and sprinkle with pepper; cover with waxed paper. Microwave (High) 45 to 60 seconds or until set. Place half of cheese on half of egg; fold over. Top with remaining cheese; fold egg and cheese to fit roll. Slide egg and cheese onto roll. Makes 1 serving.

Each serving 339 calories, 15g protein, 21g fat, 22g carbohydrate, 725mg sodium, 279mg cholesterol.

Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes, % Extra Newspaper Features, P.O. Box 6118, Rochester, MN 55903. Please include a self-addressed, stamped, business-size envelope.

Recipes in this column are tested in 600- and 650-watt microwave ovens. With an oven of different wattage output, timings may need slight adjustment.

\$SAVINGS GALORE!!

JET We Supply The Tools You Supply The Project

EQUIPMENT & TOOLS

JET JBS-14MW

WOODWORKING BANDSAW

- 3 Speed, 2 Woodworking/Metal
- 1/4" Blade
- 6" Capacity
- 45° Tilting, 14" Square Table
- 1 HP, 1 Ph, 115/230V UL Listed Motor

List Price \$459

SALE PRICE \$339

JET JTS-10 TABLESAW

- 10" Blade
- 23"D x 35 1/4"W Table
- 3 1/2" Cutting Capacity
- 1 1/2 HP, 1 Ph, 115/230 V Motor

List Price \$554

SALE PRICE \$439

JET JJ-6 WOODWORKING JOINTER

- 6"W x 1/2" D Cutting Capacity
- 3 Knives- 4,500 RPM
- 7"W x 42 1/2" L Table
- 45°, 90° R&L Positive Stops

List Price \$456

SALE PRICE \$368

JET JWS-18 WOODWORKING SHAPER

- 15"D x 18"W Precision Ground Table
- 1/2" Spindle
- 1 HP, 1 Ph, Reversible Motor

List Price \$457

SALE PRICE \$349

Emglo

K5HGA-8A

SALE PRICE \$639

JET JSG-6 COMBINATION DISC, BELT SANDER

- 6" x 48" Belt, 12" Disc
- Belt Operates At Any Degree Between The 45°-90° Positive Settings
- New Belt Tracking Adjustments
- Dust Chute On Belt Cover
- Cast Iron Tilting Tables
- Mitre Gauge
- 1 1/2 HP, 1 Ph, 115/230 V (Prewired 115V) Motor

List Price \$689

SALE PRICE \$539

Model	Air Specifications				Motor or Engine		Dimensions				
	Standard 110-125 PSI	CFM	CFM Free Air	40-50 PSI	75-100 PSI	Type	Brand	Approx. Ship. Weight	L	W	H
5 HP Set 110-125 PSI	Tank Gal	14.6	8.5	10.7	8.9	Recoil	Honda	175	43 1/2	18 1/2	26

ASHLEY

WOOD & COAL STOVES

NEW & USED FURNITURE

FISHER'S FURNITURE, INC.

Bart, Pennsylvania 17503
Rt. 896 at Georgetown - 6 Miles South of Strasburg
Hours: Mon. Thru Thurs.; 8-5; Fri. 8-3; Sat. 8-12

TILLERS AND BCS ATTACHMENTS

The Toughest Tillers On Earth

COMPARE BEFORE YOU BUY!

ALL GEAR DRIVE
No Belts Or Chains

3 Year Warranty

8 Models To Choose From 5 HP to 16 HP, Recoil or Elec. Start

WITH QUICK HITCH, JUST PULL THE PIN TO CHANGE ATTACHMENTS

• Cutter Bar

• Snow Blower

• Rotary Mower

• Sprayer

• Shredder

• Dozer Blade

SEE US AT THE EPHRATA FAIR
LOC. TENT CITY

WES STAUFFER ENGINES & EQUIP.

23 Pleasant Valley Rd., Ephrata, PA 17522
(717) 738-4215

Ephrata Exit Rt. 222, 1/4 Mile West
On Rt. 322, Turn left onto Pleasant Valley Rd.

BLUE BALL MACHINE CO., INC.

INDUSTRIAL EQUIPMENT & SUPPLIES

P.O. Box 369 Blue Ball, PA 17506-0218

(717) 354-4478

Mon., Tues., Wed., Fri.: 7:30-5:00; Thurs.: 7:30-8:00; Sat.: 8:00-12:00