



MICROWAVE MINUTES

By JOYCE BATTCHER

No-fuss microwave breakfasts have always been fast and easy to make. Here are three good examples.

Glorified Oatmeal (below) is a superhealthy variation of traditional oatmeal. Cook oatmeal in a large enough measure or deep bowl. It bubbles up and over edges of all but the largest cereal bowl. I find a one-quart measure is a good size for cooking two servings. I like oatmeal with texture, but if you like yours softer, I've added a variation below the recipe.

Microwave Breakfast Pizza is a quick no-fuss breakfast to make and eat on hectic mornings. Make the topping ahead and keep it on hand for a few days worth of quick breakfasts.

If you're in a rush, pop the top on the heated cheese-topped bagel, wrap in waxed paper and run. Eat it as soon as possible or before it cools. Or, take an unheated Microwave Breakfast Pizze (well wrapped in plastic wrap) along to work with you. Remove from plastic wrap and heat on a paper napkin in the cafeteria microwave. Be careful not to overheat. Commercial microwave ovens often

operate at a higher setting than home microwaves. If you can set the cooking time, use less than at home. Or, watch and remove your breakfast before the cheese starts to bubble.

One-Dish Bacon, Egg and Toast Breakfast is another make-ahead breakfast. It calls for the traditional bacon (or ham) and eggs, but cooks them in a new, no-fuss style. Medium power works best in this breakfast strata for even cooking. Standing time is necessary so the center gets completely done.

Again, if you're in a big rush, take this breakfast along to eat on the way to work. After the mixture has firmed up, cut it and put the pieces in a sandwich bag to eat on the run.

GLORIFIED OATMEAL

- 1 1/2 cups warm water
 - 1 sweet apple, unpeeled and diced
 - 1/2 cup quick or old-fashioned oatmeal (not instant)
 - 1/4 cup oat bran
 - 1/4 cup raisins
 - 1/2 teaspoon salt (optional)
 - 1/4 teaspoon cinnamon
 - Dash nutmeg (optional)
- Measure water into microwave-

safe 4- to 6-cup measure. Add diced apple and cover with waxed paper. Microwave (High) 4 to 5 minutes or until water boils. Stir in remaining ingredients. Microwave (High), uncovered, 2 to 3 minutes or until slightly less than desired consistency. Stir; then let stand, covered, 1 to 4 minutes or until desired thickness. Spoon into individual bowls. Top with milk and serve. Makes two large servings.

Variation: For softer oatmeal, stir together all ingredients; microwave (High), uncovered, 6 to 7 minutes or until close to desired doneness.

Hine: Recipe may be doubled. Double ingredient amounts. Microwave 8 to 9 minutes, then 4 to 5 minutes in a microwave-safe 2-quart measure. Leftovers may be refrigerated and reheated in a microwave-safe cereal bowl. Microwave (High), covered, about 2 minutes per serving.

Each serving: 213 calories, 4g protein, 1g fat, 48g carbohydrate, 6mg sodium,) cholesterol.

MICROWAVE BREAKFAST PIZZA

- 2 cups shredded Muenster cheese at room temperature
- 4 teaspoons soft butter or margarine
- 1 can (8 ounces) crushed pineapple, well drained
- Toasted bagel halves
- Ground cinnamon or nutmeg

Stir together cheese and butter until well combined. Stir in pineapple. Spread on a toasted bagel half; set on a plate or sheet of waxed paper. Sprinkle lightly with cinnamon or nutmeg. Microwave (High) 30 to 45 seconds or until cheese starts to melt. Makes

enough topping for 8 large bagel halves (8 servings).

Hint: Topping may be made ahead and stored, covered, in refrigerator for 3 to 5 days.

Each serving: 228 calories, 10g protein, 11g fat, 21g carbohydrate, 176mg sodium, 33mg cholesterol.

ONE-DISH BACON, EGG AND TOAST BREAKFAST FOR TWO

- 2 eggs
- 1/2 cup skim or low-fat milk
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon dry mustard
- Dash pepper
- 1/4 cup shredded Cheddar cheese
- 2 slices cooked and crumbled bacon or 1/2 cup diced cooked ham
- 2 slices firm whole-wheat bread, well toasted
- Butter or margarine
- Paprika

Beat together eggs, milk and seasonings in a microwave-safe individual casserole (about 2-cup size). Stir in cheese and bacon or ham. Spread toasted bread lightly with butter. Cut bread into cubes and add to egg mixture, pushing cubes into egg mixture. Sprinkle lightly with paprika. Cover tightly and refrigerate for several hours or overnight.

To cook: Cover casserole with waxed paper. Microwave on Medium (50 percent power, 325-350 watts) 7 to 8 minutes, rotating dish once, or until cooked toward center. Let stand, covered, 5 to 10 minutes or until set in center. Cut in wedges or quarters to serve. Makes 2 servings.

Each serving: 288 calories, 24g protein, 17g fat, 16g carbohydrate, 985 sodium, 281mg cholesterol.

Update On Use Of The Micro-Dome Canner — Since writing about the Micro-

Dome canner in an August Microwave Minutes, I've acquired some new information that you should have. Even though there seems to be (since March 1988) no new non-company published research about the safety of Micro-Dome canned foods, especially low-acid ones, there's some new information that will clearly tell you not to buy or use a Micro-Dome at this time. I'll keep you updated as I learn more.


The following was provided by Dr. William Schafer, University of Minnesota Extension food technologist, who passed on information from the University of California, Davis. It's in the form of a letter from Micro-Dome Consumer Service Department to its customers. It warns customers not to use their Micro-Dome because "it appears that the plastic resin used to manufacture the product may have physical property variations that could cause the Micro-Dome to malfunction and result in harm to you or your property."

Questions For Joyce?


Do you have a question about microwave cooking? Send it to Microwave Minutes, c/o 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.

Joyce Battcher is an independent home economist microwave specialist. She is author of "Microwave Family Favorites" and editor of "A Batch of Ideas" newsletter.



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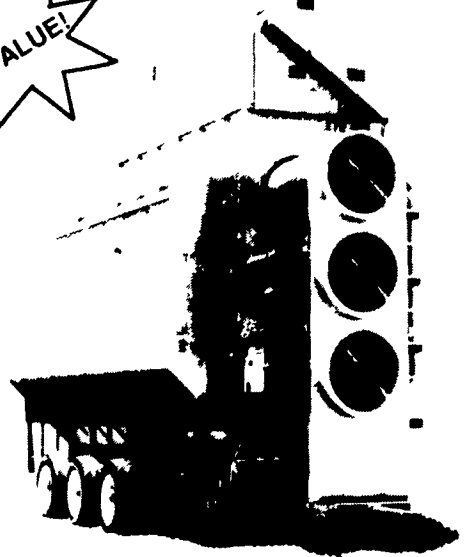
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