



# MICROWAVE MINUTES

By JOYCE BATTCHER

The following recipes can help you eat sensibly, so you can indulge a bit on some other foods and not feel too guilty! Thanks to two friends in Rochester, Minn., for these recipes, which I love. I know you'll like them too, not only for this time of year, but any time when you want something light and nutritious.

Broccoli Frittata is a lower-cholesterol and fast-cooking version of a classic Italian omelet. Serve it for an appetizer or as a main dish for brunch or a light supper. Apple Confetti Compote, a delightful combination of fruits, makes a colorful snack or a refreshing addition to breakfast or brunch.

### Broccoli Frittata

- 2 cups finely chopped fresh broccoli
- 1/2 cup chopped onion
- 1 jar (2 ounces) chopped pimento, drained
- 2 tablespoons flour
- 1 1/2 cups (6 ounces) shredded low-fat mozzarella cheese
- 3 large eggs
- 3 egg whites
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon no-salt herb seasoning or seasoned salt
- 1/2 teaspoon garlic powder
- Grated Parmesan cheese (optional)
- Paprika

Combine broccoli and onion in microwavable 9-inch quiche dish or deep pie plate. Cover with plas-

tic wrap. Microwave (High) 3 to 4 minutes or until tender. Drain well. Stir in pimento. Sprinkle flour evenly over broccoli mixture. Sprinkle evenly with cheese; set aside. In medium bowl, beat eggs and egg whites until evenly combined; stir in hot pepper sauce, salt and garlic powder. Pour evenly over ingredients in quiche dish. With a fork, push broccoli mixture down into egg mixture. Sprinkle evenly with Parmesan, if used, and then with paprika. Cover dish with plastic wrap and vent. Microwave on Medium-High (70 percent power, 450-500 watts) 8 to 10 minutes, rotating dish half a turn after 4 minutes. Frittata is done when knife inserted near center comes out clean. To finish cooking, let stand, covered, 5 to 10 minutes. Cut into wedges for main dish or into small triangles for appetizers. Serve warm or at room temperature. Makes 6 to 8 main-dish servings.

Hint: If your microwave doesn't have Medium-High power, microwave on High for 4 minutes. Stir outside less-cooked edges to center; smooth top and rotate dish. Sprinkle with Parmesan, if used, and paprika. Then microwave on Medium (50 percent power, 325-350 watts) 4 to 6 minutes, or until done.

Each serving — 1/4 of recipe: 120 calories, 11g protein, 6g fat, 6g carbohydrate, 176mg sodium, 104mg cholesterol.

### Apple Confetti Compote

- 1 can (11 ounces) mandarin oranges
- 1 cup fresh or frozen cranberries
- 1/2 cup honey
- 1 1/2 tablespoons lemon juice
- 3 apples, cut into bite-size pieces

Drain mandarin oranges, saving liquid. Set oranges aside. Combine liquid, cranberries and honey in a microwavable 2-quart measure or casserole. Microwave (High), uncovered, 3 to 4 minutes

or until cranberries pop. Stir in lemon juice. Let stand about 10 minutes. Gently stir in apples and oranges. Chill before serving. Makes 4 to 6 servings.

Each serving — 1/6 of recipe: 166 calories, 0 protein, 0 fat, 30g carbohydrate, 7mg sodium, 0 cholesterol.

### Questions and answers —

**Q. What are the signs that a microwave could be leaking?**

**A.** It is very rare that a microwave will leak. Microwave ovens must meet high government and manufacturing standards. If you have moved your microwave often or have dropped it and the door looks like it isn't closing tightly, I would suggest having it checked. If the door seal isn't tight, is coming away from the microwave door or wall, or is frayed or flaking off, you should have the microwave checked. There's no need to have your microwave checked periodically, but if the door or seal is suspect, have it checked by an authorized microwave dealer.

You can not tell if a microwave is leaking by trying to slide a piece of paper through it or by looking for light or feeling for air. Inexpensive microwave detectors that you may see advertised do not register accurately.

**Q. I have a fudge recipe that says to melt all at once 1 pound of semi-sweet chocolate, 1/4 cup marshmallow creme and 1/2 cup sweetened condensed milk. How can I microwave it?**

**A.** Put all the ingredients in a large microwave-safe container. (If using large pieces of chocolate, break them up first.) Microwave (High) 1 1/2 minutes; stir. Then repeat intervals of microwaving 1 minute and stirring until the chocolate is melted when stirred.

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No one wants to avoid all his or her favorite holiday goodies. With a little thought, the great foods of the holidays can be prepared with lower calories and more nutrition and yet with the same wonderful flavor.

Holiday ham, often baked in sugar glaze, can be cooked in your microwave and still retain natural juices and flavors. Roast turkey also stays moist and tender without the use of gravies or basting. Microwave cooking helps vegetables keep their natural flavor and color, so they don't need extra fats or high-calorie sauces.

Prepare favorite side dishes, such as mashed potatoes, sweet potatoes, corn, and peas, with lower-calorie ingredients. Try making mashed potatoes with skim milk and "light" cream cheese. Sweet potatoes taste terrific when sprinkled with spices and microwaved instead of baked with

brown sugar and marshmallows. Peas and corn don't need rich cream sauces to taste special. Instead, add a dash of herbs — such as thyme or summer savory — before microwaving. After microwaving, stir in freshly ground black pepper, along with minced fresh parsley.

Desserts, such as baked apples or fruit compotes, are easy to microwave and provide a light flavorful alternative to heavier pies and cakes. Spices, such as nutmeg and cinnamon, are low-calorie substitutes for some of the sugar in recipes.

Muffins and quick breads, such as pumpkin, banana, and zucchini, offer a nutritious change from overly sweet coffeecakes and doughnuts. For extra nutrition, add wheat germ or make them with part whole-wheat flour.

With a little thought, holiday foods can be enjoyed by everyone.

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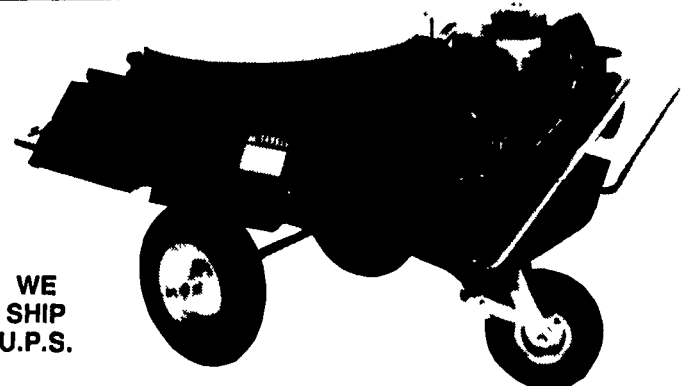
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