

The Microwave Times

by:
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Summer Snacks

Softball and soccer, swimming and tennis, county fair preparation and harvest... we're all on the go with summer activities. Our active schedules mean we need more calories, but may have less time for meals. Help fill in the extra food needs with easy-to-make snacks from the microwave oven. They can be sweet and gooey like candy bar-flavored bars or be more nutritious like granola muffins. Children love snacks as much or more than adults and they are ideal for children to make in the microwave oven.

The food processor makes a handy mixer for small quantities of batter such as this. It serves a double purpose by grating the carrot into fine pieces as it mixes the other ingredients.

Carrot-Granola Muffins

- 1/2 cup packed brown sugar
- 1/4 cup margarine or butter
- 1 egg
- 1 medium carrot, peeled and cut into 3 pieces
- 1/2 cup buttermilk or sour milk
- 1/4 cup unsifted all-purpose flour or whole wheat flour
- 1/2 cup granola cereal
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon soda

1. Insert metal blade into food processor bowl. Place brown sugar and margarine in processor bowl. Process with short on-off motion until creamy. Add egg,

carrot and buttermilk; process until carrot is in fine pieces. Add remaining ingredients; process just until combined.

2. Spoon batter into paper-lined muffin pan or custard cups, filling 1/2 full. If desired, sprinkle tops with additional granola.

3. Microwave (high), 6 muffins at a time, 2 to 3 minutes or until no longer doughy, rotating once or twice. Repeat with remaining batter. 12 Muffins.

TIP • If you don't have a food processor, shred the carrot and add along with buttermilk. Or, combine the egg, buttermilk and carrot in blender and process until carrot is in fine pieces. Add to creamed mixture along with flour mixture.

Nutrition Info/Serving: 136 calories, 2g protein, 6g fat, 19g carbohydrate, 150mg sodium, 18mg cholesterol.

Individual cookies are possible, but difficult to make in the microwave because they each cook at different rates. This recipe eliminates the potential problem of uneven cooking by precooking the mixture in a bowl. The hot mixture is then quickly spooned onto waxed paper to form cookies.

Microwaved Macaroons

- 2 1/2 cups flaked coconut
- 1/2 cup (half a 14-oz. can) sweetened condensed milk
- 1 teaspoon vanilla or almond extract

Food coloring, if desired

1. Combine all ingredients in

2-quart glass mixing bowl. Tint mixture with favorite food coloring if desired.

2. Microwave (high), uncovered, 6 to 7 minutes or until mixture loses its gloss, stirring 3 or 4 times. Immediately spoon by teaspoonful onto waxed paper, pressing together with fingers to form cookies. Cool completely. Remove from paper to airtight storage container. About 36 Macaroons.

TIP • For other variations, add 1 cup chopped nuts or use colored coconut.

Nutrition Info/Serving: 44 calories, 1g protein, 2g fat, 6g carbohydrate, 21mg sodium, 2mg cholesterol.

These bars were very popular with our staff, and a pan seldom lasted more than one day. When you aren't watching calories, we think you may find these to be another favorite for microwaving.

Yummy Mound Bars

- 1/2 cup margarine or butter
- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 2 1/2 cups (8 ozs.) flaked coconut
- 1 can (14 oz.) sweetened condensed milk
- 2 cups (12 ozs.) milk chocolate



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pieces

1. Microwave (high) margarine in 12x8-inch glass baking dish about 1 minute or until melted. Stir in crumbs and sugar until combined. Press mixture firmly and evenly into bottom of dish.

2. Stir together coconut and condensed milk. Spoon over crust; spread evenly.

3. Microwave (medium - 50% power), uncovered, 9 to 11 minutes or until heated through, rotating dish once.

4. Microwave (high) chocolate pieces in uncovered glass bowl 2 to 3 minutes or until softened. Stir until smooth. Spoon onto coconut mixture; spread to cover. Refrigerate to set chocolate, about 1 hour. Cut into bars. About 48 Bars.

TIPS • Add 1/2 cup chopped, toasted almonds to coconut mixture for a delicious variation.

• With full power (high), microwave in Step 3 for 4 1/2 to 5 minutes, rotating dish twice.

Nutrition Info/Serving: 125 calories, 2g protein, 7g fat, 16g carbohydrate, 75mg sodium, 3mg cholesterol.

These yummy bars not only satisfy a "sweet tooth," they supply extra energy with a generous

amount of peanut butter. To assure even cooking, the mixture is cooked in a bowl before being processed into the baking dish.

Peanut Butter Cup Bars

- 1 cup peanut butter
- 1/2 cup sugar
- 1 egg
- Frosting:
- 1/4 cup semi-sweet or milk chocolate pieces
- 1 tablespoon margarine or butter

1. Combine peanut butter, sugar and egg in glass mixing bowl. Beat until creamy.

2. Microwave (high), uncovered, 2 1/2 to 3 minutes or until mixture is slightly dry and crumbly, stirring twice. Press into 10x6-inch baking dish; press firmly into dish using back of spoon.

3. Place chocolate pieces in 1-cup glass measure.

4. Microwave (high), uncovered, 1 to 2 minutes or until glossy. Stir until smooth. Add margarine and stir until blended. Spoon onto bars; spread to cover. Refrigerate to set chocolate, about 30 minutes. Cut into 1-inch bars. About 60 Bars.

Nutrition Info/Serving: 44 calories, 1g protein, 3g fat, 4g carbohydrate, 23mg sodium, 0mg cholesterol.

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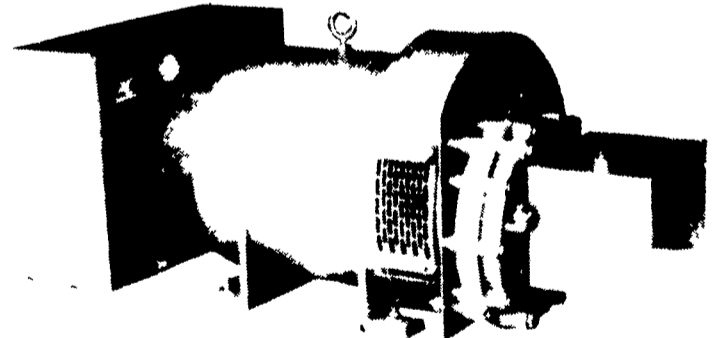
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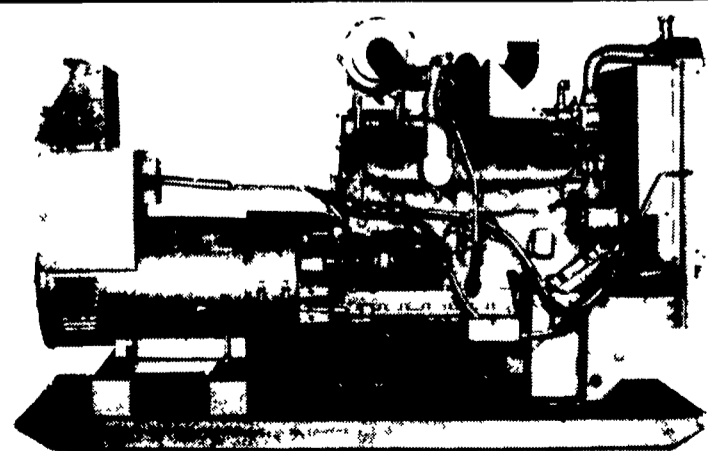
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