

# "Microwave Magic"

By:  
**Carol Stark**



While the children are home for the holidays, here is a quick meal for the children to make that is fun.

### Stuffed Frankfurters

- 1/2 cup water
  - 1/4 cup butter, melted
  - 2 cups corn bread stuffing mix
  - 1/2 cup shredded cheddar cheese (2 ounces)
  - 1 pound large frankfurters (6-8)
  - 1 beaten egg
  - 2 tablespoons sliced green onion
- Cut frankfurters lengthwise, cutting to but not through opposite side. Place in a shallow baking dish. In a mixing bowl stir together egg, green onion, and liquid, vegetable and seasoning. Toss

lightly with stuffing. Mound mixture in cut frankfurters. Micro-cook, covered on 100 percent power (HIGH) for 4 to 8 minutes or until heated thoroughly. Sprinkle cheese atop, micro-cook, uncovered on 100 percent (HIGH) for 1 to 2 minutes or until cheese is melted. Makes 3 or 4 servings.

For dessert you might want to try a no-bake cookie.

### No-Bake Cookies Chewy Oatmeal

- 2 cups quick-cooking rolled oats
- 2 cups sugar
- 1/4 cup unsweetened cocoa powder
- 1/2 cup milk
- 1/2 cup butter, cut-up

1 tablespoon light corn syrup  
1/4 cup peanut butter

In a 2-quart casserole combine sugar, cocoa powder, and spice. Stir in milk. Stir in butter or margarine and corn syrup. Micro-cook, uncovered, on 100 percent (HIGH) for 3 to 4 minutes or until mixture is boiling rapidly, stirring once. Micro-cook uncovered on 100 percent power (HIGH) for 3 minutes more, stirring every minute.

Stir in peanut butter, cereal. Micro-cook, uncovered on 100 percent power (HIGH) for 1 to 2 minutes or until mixture is boiling rapidly. Let stand about 20 minutes. Beat for 3 to 5 minutes or until mixture is slightly thickened. Quickly drop from rounded teaspoon onto waxed paper. Cool. Makes about 36 cookies.

As the weather is beginning to get cold everyone likes to come home to a hot pot roast dinner.

### Pot Roast

- 1/2 teaspoon dried basil
- 2 tablespoons cold water
- 2 tablespoons all purpose flour

1-3 pound beef chuck pot roast up to 2-inches thick

- 1/2 cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon instant beef bouillon granules
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium carrots, cut into julienne strips
- 3 medium potatoes, peeled and cut into 1-inch cubes
- 3 stalks celery, cut into 2-inch pieces
- 2 medium onions, quartered
- 1 - 4 ounce can mushroom stems and pieces, drained

Trim excess fat from the pot roast. In a 3-quart casserole, stir together 1/2 cup water, Worcestershire sauce, beef bouillon granules, minced garlic, salt, pepper and seasoning; Add the pot roast.

Micro-cook, covered on 100 percent power (HIGH) for 5 minutes.


Micro-cook covered on 50 percent power (MEDIUM) for 35 minutes. Turn the pot roast over; add carrots, potatoes, celery and quartered onions.

Micro-cook meat and vegetables, covered on 50 percent power (MEDIUM) for 25 to 40 minutes or until meat and vegetables are tender; spoon broth over vegetables once or twice during cooking. Remove meat and vegetables to a serving platter. Skim fat from broth. Stir together liquid and thickener. Stir liquid mixture and drained mushrooms into broth. Micro-cook uncovered on 100 percent (HIGH) for 1 minute more. Spoon some thickened broth over meat and vegetables on serving platter. Pass remaining. Makes 8 servings.

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