



"Microwave Magic"

By:
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While it is cold and snowy outside I like to think about recipes that add the touch of what it is like outside but still have a hot vegetable dish to serve on the table. Frosted Cauliflower is one of those recipes that remind you of a snowy mountain top in addition to being delicious and nutritious.

FROSTED CAULIFLOWER

- 1 head of cauliflower
- 1/4 cup water
- 1/2 cup sour cream anchive dip
- 1/2 dry mustard
- 1/2 celery seed
- 1 cup shredded Cheddar cheese

Salad seasoning
Baking Dish 2-quart casserole.
Time at HIGH- cauliflower 8 to 9 minutes.

Standing Time- 2 minutes.
Time at High (Frosted)- 2 minutes.

To cook whole: Wash and core cauliflower, leaving head intact. Remove excess leaves. Place cauliflower, stem end down, in a casserole. Add water. Cover. Microwave at full power (HIGH) for time in chart above or until tender, giving dish a half turn once. Let stand, covered 2 minutes. Drain. To Frost: In a small bowl, mix dip, mustard, and celery seed. Spread over hot cauliflower in casserole. Sprinkle with cheddar cheese,

then sprinkle generously with salad seasoning. Microwave, uncovered, at full power (HIGH) for time in chart above or until cheese melts, giving dish a half turn once.

Today most families are double working families whether it be on the farm or the extra jobs we all take on, our preparation time in the kitchen seems to be the thing we cut. Therefore we need recipes that can save us time. Here is a recipe that makes a large casserole dish of potatoes yet their preparation time is very simple.

BUSY DAY

SCALLOPED POTATOES

- 1-1/2 pounds (6 cups) frozen hashed brown O'Brien potatoes
 - 1 cup half and half
 - 1 1/2 cups (6 ounces) cubed process American cheese
 - 1/2 cup butter or margarine, cut up
 - 1 cup (4 ounces) shredded cheddar cheese
- Garnish- snipped parsley, paprika
Baking dish 12"x7".
Glass measuring cup.
Time at 30 percent - 5 minutes - defrosting.
Time at High (Sauce) - 3 to 4 minutes.
Time at High - potatoes, sauce - 5 minutes.
Time at 30 percent or medium

heat - 30 minutes - potatoes and sauce.

Time at 30 percent or medium heat - 15 minutes (Cheese added)
Place frozen potatoes in a baking dish. Microwave at 30 percent (MEDIUM LOW) for 5 minutes. Let stand while preparing sauce. In a 4-cup glass measuring cup, combine half and half, cubed process American cheese and butter. Microwave at full power (HIGH) for 3 to 4 minutes, stirring often until cheese and butter melt. Stir until smooth. Spread defrosted potatoes evenly in baking dish. Pour cheese sauce over potatoes; stir gently. Cover with vented plastic wrap. Microwave at full power (HIGH) for 5 minutes; stir well. Cover again with vented plastic wrap. Microwave at 30 percent (MEDIUM LOW) for 30 minutes. Sprinkle potato mixture with shredded cheddar cheese, parsley and paprika. Microwave, uncovered at 30 percent (MEDIUM LOW) for 15 minutes or until potatoes in center of dish are tender.

SPICE-UP

BASIC FRENCH OMELET

- 1 tablespoon butter or margarine
- 3 eggs
- 3 tablespoons milk
- Dash pepper
- Glass 9-inch pie plate.
- Time at HIGH - 30 seconds.
- Time at 70 percent - 1 1/2 minutes.
- Time at 70 percent (after stirring) 1/4 to 1/2 minutes.
- Standing time - 1 minute.
- Beat together eggs, milk and pepper. Pour in pie plate. Cover completely with plastic wrap; do not vent. Microwave at 70 percent (Medium High). Gently lift

cooked egg edges, allowing uncooked egg to flow underneath. Cover completely with unvented plastic wrap. Microwave at 70 percent (Medium High) for 1 1/4 to 1 1/2 minutes. Let stand, uncovered, 1 minute. Fill with one of the following fillings. Fold over and serve immediately. Garnish according to filling recipe.

SUNSHINE

OMELET FILLING

- 1 tablespoon butter or margarine
- 1 cup chopped zucchini
- 1/4 cup shredded carrot
- 1/4 cup chopped green onion
- 1/2 teaspoon dried leaf basil
- 12 cherry tomatoes, halved
- 1 tablespoon sunflower kernels
- Baking Dish - 1 quart.
- Time at High - Zucchini - 3 1/2 minutes to 4.
- Time at High (Tomatoes added) 1 minute.

In a casserole dish combine butter or margarine, zucchini, carrot, green onion and basil. Microwave, uncovered, at full power (HIGH) for 3 to 4 minutes or until vegetables are tender, stirring once. Add tomatoes. Microwave at full

power (HIGH) for 1 minute. Stir in sunflower kernels. Reserve 1 to 2 tablespoons mixture for topping on each omelet.

ITALIAN OMELET FILLING

- 1 tablespoon olive oil
- 1 cup chopped, drained canned artichoke hearts
- 1/4 cup chopped onion
- 2 tablespoons chopped, drained, sun-dried tomatoes (oil-packed)
- 2 tablespoons sliced ripe olives
- 1 large clove garlic minced
- 1/2 teaspoon dried leaf oregano
- 1 tablespoon pine nuts

To garnish - pepperoncinis
Baking dish - 1 quart casserole.
Time at High 3 to 4 minutes.

In a casserole dish combine olive oil, artichokes, onion, sun-dried tomatoes, olives, garlic and oregano. Microwave, uncovered at full power (HIGH) for 3 to 4 minutes or until onion is tender, stirring once. Cover and keep warm. Stir in pine nuts just before using as filling for the Basic French Omelet. Garnish with pepperoncinis.

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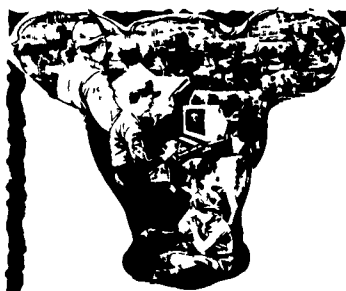
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