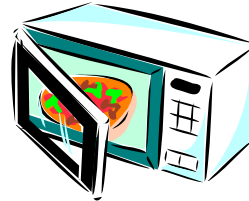


St. Oliver's Spice People Present

Microwave Recipes for the Dormitory

Created for the LOAF Ministry



7/28/2010

ANTIPASTO

Mushrooms

Cherry Tomatoes

Sausage, cubed

Cheese, cubed

Olives

Italian Dressing

Crackers

Toothpicks

On a large serving tray, arrange the mushrooms, tomatoes, sausage, cheese and olives in an attractive manner. Sprinkle the Italian Dressing over the top. Serve with crackers and toothpicks.

— *Submitted by Cathy Hedges*

RAMEN NOODLE SALAD ****

1 lg. head of cabbage chopped fine - or 2 pkgs of angel hair slaw
 5 green onions chopped
 2 pkg. ramen noodles (crushed)
 1/2 C. sunflower seeds
 1 pkg. slivered almonds
 1/2 C. butter (do not substitute margarine)

In microwave dish melt butter, add sunflower seeds and almonds and cook 2 minutes. Drain excess butter

Dressing:

1 Cup Canola or other salad oil
 2 tsp Soy sauce
 1 C sugar
 1/2 C vinegar
 1/2 tsp salt

Mix until well blended and sugar is dissolved. Mix noodles with nut/sunflower mix and cabbage. Add dressing to taste and toss. Serve immediately.

--Submitted by Sandra Walsh

Raisin Brandy Sauce

1/2 C. raisins
 1/3 C. Apple Brandy
 3 Tbs. brown sugar, packed
 1 Tbs. cornstarch
 1 C. apple cider
 2 Tbs. lemon juice
 1/8 tsp. ground cloves
 1/8 tsp. ground (fresh preferably) nutmeg

In small glass bowl heat raisins and brandy on Hi 1 minute. Set aside. In 2 cup glass measure mix sugar and cornstarch briskly stir (or whisk) in cider and lemon juice until blended. Cook on high 2 - 3 minutes stirring every minute or until thick and clear. Stir in cloves, nutmeg and brandy raisin mix. Cook on high 1 minute and let stand for 5 minutes Serve warm with ham, gingerbread, or baked apples or drink from the bowl. ;-)

--Submitted by Sandra Walsh

Hollandaise Sauce

1/4 C. butter
1/4 C. light cream
2 egg yolks, well beaten
1 Tbs. lemon juice
1/2 tsp. dry mustard
1/4 tsp. salt

In one-cup glass measure, cook butter on high 1 minute. Add remaining ingredients and beat with whisk until smooth. Reduce power to 70% and cook 1 minute beating with whisk every 15 seconds until thickened. Remove from oven and beat until light and smooth. Serve immediately with asparagus, broccoli, or Eggs Benedict.

--Submitted by Sandra Walsh

PORK RIBS



Preparation Time: 10 minutes

Microwave Time: 25 to 30 minutes

- 2 lbs. pork ribs
- 1 small yellow onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- 1/4 cup dark brown sugar
- 2 tablespoons dark mustard
- 2 tablespoons vinegar
- 1 3/4 cup tomato sauce or ketchup
- 1 teaspoon salt
- 2 teaspoons freshly ground black pepper

Peel and mince the garlic and peel and dice the onion. In a mixing bowl, stir the onion and garlic into the tomato sauce. Add in the mustard, vinegar, brown sugar, salt and pepper – stir well, so all ingredients are fully combined.

Place the ribs in a square, microwave-safe baking dish. Pour the sauce mixture – a little at a time – over ribs, rubbing the sauce into the meat of the ribs, and making sure that the ribs are fully covered. Keep the remaining sauce in the bowl available.

Place the ribs in the microwave and cook on medium heat for 15 minutes. Remove ribs from microwave, turn the ribs over, adding more sauce if the ribs look dry at all, and return to microwave for another 10 to 15 minutes until rib meat is fully cooked. You can tell the meat is fully cooked when it comes off the bone on its own, and it becomes very tender.

If desired, place the ribs on a hot grill for 10 minutes to give them a smoky flavor and to crisp up the edges. Use any remaining sauce to top the ribs before serving.

— Submitted by *Elena Porras Trejo*

BARBEQUE CHICKEN STRIPS



Preparation Time: 10 minutes

Microwave Time: 6 to 10 minutes

2 chicken breasts

1 green bell pepper, chopped

1 yellow onion, chopped

1 clove of garlic, peeled and minced

1/2 cup ketchup

1 tablespoon yellow mustard

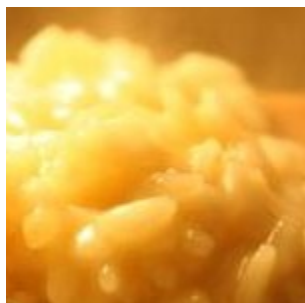
1 tablespoon dark brown sugar

2 tablespoons water

Pound the chicken breasts until they're a quarter inch thick all the way across. Cut chicken breasts into strips, and place in a microwave-safe baking dish. Layer the chopped onion, green pepper and garlic on top of the chicken. Finally, mix the ketchup, mustard, water and brown sugar together in a separate mixing bowl, and pour over the top of the chicken (Or replace this mixture with 3/4 cup of your favorite barbeque sauce). Cover loosely with microwave-safe plastic wrap. Microwave on high for 6 to 10 minutes, turning the chicken strips over after about 5 minutes. Continue to microwave until chicken is cooked all the way through (test by cutting several strips in half, and seeing if the middle is cooked).

— Submitted by Elena Porrás Trejo

TASTY RISOTTO



Preparation Time: 10 minutes

Microwave Time: 16 to 19 minutes

2 ½ tablespoons olive oil

2 cloves garlic, peeled and minced

¾ cup of fresh or frozen, chopped yellow onion

1 ¾ cups chicken stock

1 cup uncooked risotto

⅓ cup white wine

½ cup grated Parmesan cheese

Peel and mince/chop the garlic and onion. Combine these in a large, microwave safe bowl with the olive oil, being sure to coat all of the garlic and onion with the olive oil by stirring.

Microwave the garlic/onion on high for 2 to 3 minutes, until the onion begins to soften.

Add the chicken stock to the garlic/onion mixture, and place the bowl back in the microwave, on high for 2 to 4 minutes, until the chicken broth comes to a boil. As soon as the broth is boiling, remove the dish from the microwave, stir in the risotto, cover the dish with microwave-safe plastic wrap, and return to microwave for 7 minutes. Finally, stir in the white wine, and return to the microwave for 7 to 9 minutes, on high, until almost all the liquid has been absorbed and the risotto is fully cooked. Stir in or top each serving of risotto with parmesan cheese.

— Submitted by Elena Porras Trejo

MICROWAVE RECIPES

www.nancyskitchen.com

Twice Baked Potatoes

4 baking potatoes
3 green onions, thinly sliced
2 tbsp. butter
1/2 c. hot milk
1/2 tsp. salt
Dash black pepper
Dash nutmeg
Dash paprika
4 slices bacon
2 tbsp. grated Parmesan cheese
2 tbsp. grated sharp Cheddar cheese

Arrange potatoes on microwave dish. Pierce with a fork in a few places. Microwave, uncovered, for about 10 minutes at high power. Rearrange potatoes after 5 minutes, turn them over. Place potatoes on counter, cover with a bowl and let stand for at least 7 minutes (potatoes will continue to cook). Combine butter and green onions in a micro safe dish. Microwave covered at high power for at least 1 1/2 minutes or until onion is soft.

Place bacon on paper towel on a micro safe dish. Microwave, covered with paper towel at high power for 4-5 minutes or until almost crisp. Let stand for a minute. Crumble. Cut potatoes in half, scoop out pulp. Mash potatoes with butter and green onion mixture, milk or Half and Half and seasonings until light and fluffy. Add bacon. Spoon potato mixture into shells. Arrange on micro safe dish. Sprinkle with cheeses. Microwave, uncovered at high power for about 5 minutes or until potatoes are hot and cheeses are melted. Rotate dish after half the cooking time if the microwave oven is not a rotating one.

— Submitted by Teresa Barczak

Microwave Chili

1 lb. ground beef or turkey
1 med. onion, chopped
1 c. chopped celery
2 cans (10 3/4 oz.) tomato soup
1 can (16 oz.) kidney beans, undrained
1/4 c. water
1 1/2 to 2 tsp. chili powder
1 tsp. brown sugar
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. pepper
1/8 tsp. cayenne pepper

Combine meat, onion and celery in 3 quart casserole dish. Microwave on high 6 to 9 minutes or until meat is cooked and vegetables are tender. Drain fat and break up meat. Stir in remaining ingredients. Cover. Microwave on high 5 minutes. Stir. Reduce power to 50 percent. Microwave uncovered 30 to 35 minutes, stirring twice. Makes 2 quarts.

— Submitted by Teresa Barczak

Paula Deen's Corn Salad

2 15-oz cans of whole kernel corn, drained
2 cups grated cheddar cheese
1 cup mayonnaise
1 cup green bell peppers, chopped
1/2 cup red onions, chopped
1 10.5-oz bag Chili-Cheese Fritos, coarsely crushed

Directions: Mix first 5 ingredients and chill. Stir in corn chips just before serving.

— Submitted by Teresa Barczak

MICROWAVE CHOCOLATE/PEANUT BUTTER FUDGE

12 oz. semi-sweet chocolate chips

1 can Eagle Brand milk

2 heaping tbsp. peanut butter

Place chocolate chips and milk in microwave safe bowl. Cook on high for 5 minutes. Remove from microwave, stir in 2 heaping tablespoons of peanut butter. Spread in pan. Cool and cut.

— *Submitted by Teresa Barczak*

CHEESE GRITS (Side Dish)

1/3 cup quick-cooking grits
 1/2 cup shredded Monterey Jack
 Or cheddar cheese (2 oz.)
 2 Tbsp. margarine or butter, cut up
 2 Tbsp. canned chopped green chili peppers
 1/4 tsp. instant chicken bouillon granules (optional)
 Or use 1 1/2 cups chicken broth
 Dash garlic powder
 1 1/2 cups boiling water
 1 beaten egg

In a 3-qt Casserole combine grits, cheese, margarine, chilies (if desired), bouillon granules (if using) and garlic powder. Add water, stirring until margarine melts. Gradually stir in egg. Serves 4.

- *May be cooked separately, covered on 100% power (high) for 3 to 5 minutes or boiling. Stir; let stand, covered, for 5 min.*

— Submitted by Barbara Aho

CRANBERRY-SPICED PEARS (Dessert)

2/3 cup cranberry juice cocktail
 1 2-inch piece of stick cinnamon, broken
 4 small pears, peeled, halved, and cored. (5 to 6 oz. each),
 Or 1 16 oz. can of pear halves, drained

In micro safe bowl combine cranberry juice cocktail, grenadine syrup (if desired), and cinnamon. Place pears, cut side down, in sauce. Spoon sauce over each pear. Cook uncovered. Spoon sauce over pears. Makes 4 servings.

- *May be cooked at 100% power (high) until pears are tender or cook 2 1/2 to 3 1/2 minutes (until heated through.) Spoon sauce over pears.*

— Submitted by Barbara Aho

MICROWAVE HAMBURGER AND MACARONI CASSEROLE

Feel free to increase the amount of chili powder, according to your tastes.

1/2 pound lean ground beef
1 cup uncooked macaroni
1 small yellow onion, chopped
1 8 oz. can tomato sauce
1 cup water
1/4 cup ketchup
1/4 cup green pepper, seeded and chopped
1 Tablespoon light brown sugar
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon chili powder
1 8-oz can corn, undrained.

Place all the ingredients in a 2 quart glass or otherwise microwave-safe casserole dish. Stir well, making sure the ground beef is broken into small pieces. Cover and microwave on high for 8 minutes. Uncover and stir well. Cover and microwave for an additional 7 minutes. Let the casserole rest for 5 minutes, covered. Stir and serve. Serves 4.

Meaty Alternatives:

You can substitute ground turkey for the ground beef in this recipe.

If you want a lower-fat dish, microwave the ground beef on high until well done. Break the meat apart and drain the fat; blot the meat with a paper towel to remove any fat clinging to the meat. Add the other ingredients and make the casserole according to the recipe instructions.

— Submitted by Barbara Aho

AZTECA SOUP

This spicy hot Mexican chicken soup will surely warm you all over. See the recipe Tips if you prefer a milder flavor.

- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup finely chopped carrots
(about 2 medium)
- 2 cups water
- 1 14-1/2 ounce can chicken broth
- 1 10 ounce can tomatoes with
green chives, undrained
- 8 ounces skinned and boned
chicken breast, cut into thin strips
- 4 corn tortillas (about 6-inch size)

1. Combine onion, garlic, carrots and ½ cup of the water in 2-quart microwave-safe casserole. Cover with casserole lid.

2. MICROWAVE (on high) 5-6 minutes or until vegetables are tender. Add remaining 1-1/2 cups water, chicken broth, tomatoes and chicken. Cover.

3. MICROWAVE (on high) 8-10 minutes or until chicken is done and mixture is hot, stirring twice. Cut tortillas in half and then into ½-inch strips. Add to soup. Let stand a few minutes before serving.

About 5 servings, 150 calories each

TIPS:

For a milder soup, use a 16-ounce can of tomatoes, undrained and cut into small pieces, instead of the tomatoes with chilies. Reduce water to 1 cup. Add 2 to 4 tablespoons chopped mild green chilies and 3/4 teaspoon salt.

Leftover cooked chicken can be substituted for fresh. Use about 2 cups cubed chicken.

— Submitted by Barbara Aho

CANDIES (Great Gifts!!)**QUICKIE FUDGE**

1 lb. confectioners' sugar
 1/2 cup cocoa
 1/4 cup milk
 1/2 cup butter or margarine
 1 tsp. vanilla
 1/2 cup chopped nuts

1. Blend together confectioners' sugar and cocoa in an 8 x 8 x 8-inch dish. Pour in milk. Place butter on top. Heat in Radarange Oven on Full Power for 2 minutes, or until butter is melted. Stir well to mix ingredients.

2. Add vanilla and nuts. Stir until blended. Place in freezer for 20 minutes, or in refrigerator for 1 hour. Chill. Cut into 1-inch squares. Store in airtight container.

— Submitted by Barbara Aho

MARSHMALLOW CREAM FUDGE

1/2 cup butter or margarine
 2 cups sugar
 1 (5.3 oz.) can evaporated milk
 (2/3 cup)
 1 (12 oz. package semi-sweet
 chocolate morsels
 1 (7 oz.) jar marshmallow cream
 1 teaspoon vanilla
 1 cup chopped nuts (optional)

1. Place butter in a 9 x 9 x 2-inch dish. Heat in Radarange Oven on Full Power for 1 minute until melted.

2. Blend in sugar and evaporated milk. Mix well.

3. Cook in Radarange Oven Cookmatic Level 8 (80% power) for 8 to 10 minutes or until soft ball stage is reached. Stir mixture frequently during cooking time.

4. Blend in chocolate morsels, marshmallow cream, vanilla and nuts. Stir until smooth. Chill until firm. Cut into 1-inch squares. Store in airtight container.

— Submitted by Barbara Aho

CANDIES 2**MAGIC FUDGE**

1 (6 oz.) pkg. semi-sweet chocolate morsels
 1/2 cup sweetened condensed milk
 1/2 teaspoon vanilla
 Dash salt
 1/4 cup chopped nuts

1. Place chocolate morsels in 1-quart glass measure or casserole. Heat in Radarange on Cookmatic Level 6 (60% Power) for 2 1/2 to 3 minutes, or until melted. Stir once during melting. Stir until smooth.
2. Blend in milk, vanilla and salt. Add nuts. Turn mixture into greased 8 x 8 x 2-inch dish. Chill until firm. Cut into 1-inch squares. Store in airtight container.

Yield: 4 to 5 dozen.

— Submitted by Barbara Aho

PEANUT BUTTERSCOTCH MASH

2 cups sugar
 1 1/2 cups miniature marshmallows
 or 32 large marshmallows
 1 (5.3 oz) can evaporated milk
 (2/3 cup)
 1 (12 oz.) pkg. butterscotch morsels
 1 teaspoon vanilla
 1 (12 oz.) pkg. chocolate morsels
 2/3 cup chunky-style peanut butter
 1 cup chopped dry roasted peanuts

1. Combine sugar, marshmallows and milk in 1-1/2 quart casserole. Cook in Radarange Oven on Full Power for 3 to 4 minutes, or until marshmallows are melted. Stir once or twice during cooking time.
2. Stir in butterscotch morsels and vanilla. Stir until melted and well-blended. Spread in greased 2-quart utility dish. Cool slightly.
3. Combine chocolate morsels and peanut butter in a 1-quart glass measure or casserole. Heat in Radarange Oven on Full Power for 1 1/2 to 2 1/2 minutes, or until melted. Stir halfway through cooking time. Blend in nuts. Spread over butterscotch layer. Cut before too hard. Yield: 2 lbs.

— Submitted by Barbara Aho