

Microwave-Convection Cooking for Two

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Make a small-sized combination of stuffing with chicken breasts to enjoy year around. Use the how-mix combination for smaller sizes when there is added sauce. Add a vegetable and salad for an easy meal.

SAUCY CHICKEN & STUFFING

- ³/₄ cup hot water
- ¹/₂ pkg. (1¹/₂ cups) chicken-flavored saucepan-type stuffing mix
- ¹/₂ container (10-oz. size) cooking creme (cream cheese type)
- 2 tablespoons milk or sherry
- 8 oz. boneless, skinless chicken breast, cut into pieces

1. Preheat microwave-convection oven to 375°.
2. Combine water and stuffing mix; toss lightly. Stir together creme and milk in shallow silicone 3 to 4-cup casserole. Cut chicken into similar-sized pieces. Add to creme mixture, stirring to coat with sauce. Spoon stuffing over chicken.
3. COMBO-ROAST with high-mix setting at 375° for 13 to 15 minutes or until chicken is no longer pink. Let stand a few minutes before serving.

About 2 Servings

TIPS · Chicken soup can be substituted for cooking creme.

- Boneless skinless chicken thighs can be used for breasts.
- When using a glass baking dish, spray dish with non-stick spray.
- Leftover sauce can be refrigerated up to 5 days.

Toast crumbs in the microwave for small portions of microwaved foods such as fish, chicken or vegetables.

TOASTED CRUMBS

- ¹/₂ cup panko crumbs
- 1 teaspoon oil or butter

1. Combine crumbs and oil in silicone or glass measuring cup.
2. MICROWAVE (100%), uncovered, 45 to 60 seconds or until toasted, stirring once. Sprinkle on microwaved food just before serving.

About ¹/₂ Cup

TIP · If desired, add a few chopped nuts to toast with crumbs.

Cook extra spaghetti for use in an easy recipe like this one. Just add bread and a salad for a quick meal.

EASY SPAGHETTI PIE

- 1 tablespoon butter
- 2 cups cooked spaghetti
- 1 egg, beaten
- 3 tablespoons Parmesan cheese
- ¹/₂ cup cottage cheese
- 1 cup cooked ground beef
- 1 cup spaghetti sauce
- ¹/₂ cup shredded Mozzarella cheese (2 oz.)

1. MICROWAVE (100%) butter in uncovered 8-inch silicone steamer/pie pan 50 to 60 seconds to melt.
2. Preheat microwave-convection oven to 350°.
3. Add spaghetti, egg and Parmesan cheese to butter; mix lightly. Press onto bottom and up sides of pan. Spread cottage cheese over spaghetti. Top with ground beef. Spread with spaghetti sauce. Sprinkle with Mozzarella cheese.
4. COMBO-BAKE on low rack with high-mix setting at 350° for 14 to 16 minutes or until center is heated. Cool 5 minutes; cut into 4 serving pieces.

About 4 Servings

TIPS · Be sure to use a silicone or table knife without a serrated edge to cut in silicone pans.

- Dish can be assembled ahead for baking just before serving.
- Lightly spray or oil glass pie pan.
- Cooking creme can be substituted for cottage cheese.
- About ³/₄ lb. ground beef equals 1 cup cooked beef.
- Reheat leftovers with 70% power for 2 to 3 minutes.

For small serving needs, use half a normal recipe and bake in regular rather than bakery-sized cups.

SMALL-SIZED POPOVERS

- 1 tablespoon butter
- ¹/₂ cup milk
- 1 egg
- ¹/₂ cup all purpose flour
- ¹/₈ teaspoon salt

1. MICROWAVE (100%) butter in 2-cup measuring cup 30 to 40 seconds or until melted. Preheat microwave-convection oven to 400°.

2. Mix milk and egg with melted butter. Add flour and salt. Beat with wire whisk just until smooth (do not overbeat). Pour into 4 ungreased regular-sized silicone muffin cups set on Teflon baking sheet-topped low rack or turntable.
3. CONVECTION-BAKE at 400° for 22 to 25 minutes or until puffed and golden brown. Serve immediately.

4 Popovers

TIPS · Generously grease or oil glass custard cups or metal muffin pan.

- Popovers are best served hot from oven, so wait and bake just before serving.

Croissants make the easy base for this smaller-sized egg bake. Prepare ahead or just before baking. Add fresh fruit to complete the meal.

BACON & EGG CROISSANTS

- 2 slices cooked bacon
- 2 bakery croissants
- ¹/₂ cup milk
- 2 eggs
- ¹/₂ teaspoon Dijon mustard
- Salt & pepper, if desired
- ¹/₂ cup shredded Cheddar cheese
- 1 teaspoon chopped chives

1. Preheat microwave-convection oven to 350°.
2. Cook and crumble bacon. Cut croissants in half horizontally. Combine milk, eggs, mustard and salt and pepper. Pour about half into 9x5-inch ungreased silicone loaf pan. Place tops of croissants, cut-side-down in egg mixture a few minutes to absorb most of liquid. Remove from pan. Place bottoms of croissants, cut-side-up in pan. Top with cheese, crumbled bacon and chives. Pour remaining egg mixture over croissants. Top with top half of croissants, placing cut-side-down.
3. COMBO-BAKE on low rack with low-mix setting at 350° for 10 to 11 minutes or until egg is set. Cool slightly; cut into servings.

About 2 Servings

TIPS · Egg beaters can be substituted..

- Other cheeses can be substituted.
- Chopped ham or Canadian-style bacon can be substituted for bacon. Use about 4 tablespoons.
- Add sautéed mushrooms or other vegetables with bacon.

Here is an easy cobbler recipe that will be perfect for using fresh fruit pickings. Individual servings are nice because extras can be refrigerated or frozen for another meal. Enjoy with a variety of fruits, either fresh or frozen.

EASY FRUIT COBBLER

- 1/2 cup self-rising flour**
- 1/2 cup sugar**
- 1/2 cup milk**
- 1 tablespoon butter**
- 2 cups fresh or frozen fruit**

1. Preheat microwave-convection oven to 350°.
2. Combine flour, sugar and milk in small mixing bowl. Pour into 4 ungreased Texas-sized individual silicone muffin cups. Cut butter into small pieces; divide evenly among cups. Top each with 1/2 cup fruit.
3. COMBO-BAKE with low-mix setting on low rack at 350° for 15 to 17 minutes or until fruit is bubbly in center. Cool slightly. Serve warm or cold, plain or with ice cream.

About 4 Servings

TIPS · For added flavor, sprinkle a little cinnamon or nutmeg on fruit just before baking.

- Decrease sugar for sweeter fruit. Sweeteners such as Xylitol or Splenda can be used for sugar.
- When fruit is frozen, increase time to 20 to 22 minutes.
- For smaller serving sizes, spoon half of each cup into a dessert dish.
- Dessert can be baked in the base of the silicone steamer or 8-inch pie pan; increase time 2 to 3 minutes.
- When not using silicone, be sure to grease pan.
- For a double recipe, prepare in 9-inch round baking pan. Increase time to 20 to 23 minutes.
- When self-rising flour is not available, use all-purpose flour plus 1/2 teaspoon baking powder and 1/8 teaspoon salt for each 1/2 cup of flour.

Here is a smaller-sized cake favorite. You can bake it in the silicone mixing bowl or in individual Texas-sized baking cups. Makes good use of abundant zucchini.

SMALL-SIZED ZUCCHINI CAKE

- 1/2 cup cooking oil**
- 2/3 cup sugar**
- 1 egg**
- 1 cup shredded zucchini**
- 2/3 cup flour**
- 1 teaspoon cinnamon**
- 3/4 teaspoon baking soda**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla**
- 1/3 cup chopped walnuts or pecans**

1. Preheat microwave-convection oven to 350°.
2. Stir together oil, sugar and egg in 1 or 1 1/2-quart silicone mixing bowl. Add remaining ingredients; stir until blended.
3. COMBO-BAKE with low-mix setting at 350° for 19 to 21 minutes or toothpick inserted in center comes out clean. Cool. Invert onto serving plate. If desired, frost with cream cheese frosting.

About 6 Servings

TIPS · Cake can be baked in the silicone steamer or in a loaf pan. Reduce time to 18 to 20 minutes. Or, spoon batter into 4 to 5 Texas-sized muffin cups and bake 14 to 16 minutes.

- This cake freezes well, either frosted or unfrosted.
- Use a high-heat silicone bowl when planning to bake cake in oven. If baking in another dish, cake can be mixed in any mixing bowl. When not using silicone, be sure to grease baking pan.

CREAM CHEESE FROSTING

1. MICROWAVE (100%) 2 oz. cream cheese and 2 tablespoons butter in small bowl 15 to 20 seconds or until softened.
2. Blend in 1 1/2 cups powdered sugar. Stir in 1/2 teaspoon vanilla. Spread on cake. If desired, sprinkle with a few finely chopped walnuts.

An easy microwaved cake for a quick dessert or snack. Prepare for two servings in a silicone measuring cup or, make four smaller servings in regular-sized muffin cups. Delicious served warm with ice cream or whipped cream!

DOUBLE CHOCOLATE CAKE IN A DISH

- 1/4 cup sugar**
- 1/4 cup flour**
- 2 tablespoons baking cocoa**
- 1 egg**
- 3 tablespoons water**
- 2 tablespoons cooking oil**
- 2 tablespoons chocolate chips**

1. Stir together sugar, flour and cocoa in 1 or 2-cup silicone measuring cup. Add egg, water and oil; mix with fork just until smooth. Stir in chips.
2. MICROWAVE (100%), uncovered, 2 to 2 1/2 minutes or until cake is set. Let cool a few minutes. Turn onto plate; cut into halves or quarters. If desired, serve with whipped cream.

About 2 Servings

TIPS · Batter can be refrigerated. Increase time 15 to 30 seconds when cooking chilled batter.

- Use Xylitol or Splenda for sugar and white whole wheat flour. If desired, use a light olive oil for cooking oil.

Toast nuts for a quick topping for ice cream, cake or pudding.

TOASTED ALMOND TOPPING

- 2 tablespoons sliced almonds**
- 2 teaspoons butter**
- 1 tablespoons caramel ice cream topping**

1. Combine almonds and butter in silicone or glass measuring cup.
2. MICROWAVE (100%), uncovered, 1 1/2 to 2 minutes or until lightly toasted, stirring once. Stir in ice cream topping. Serve warm.

About 3 Tablespoons

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