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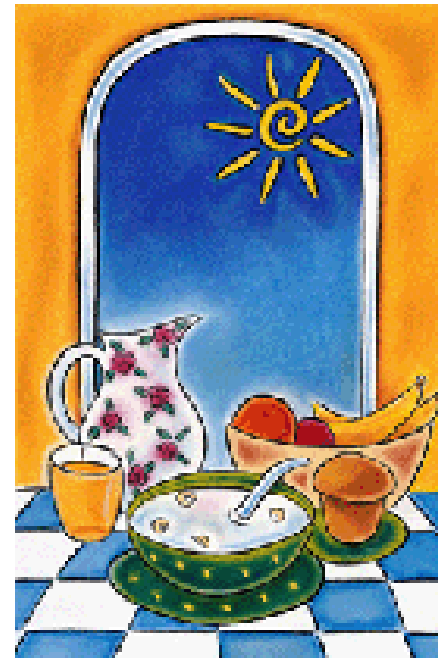


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Microwave Cooking

*Recipes compiled & presented by
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Includes

- *Breakfast Items*
- *Salads*
- *Vegetables*
- *Entrees*
- *Desserts*
- *Soups*

champs

Center for Healthy Aging Ministries, Programs & Services

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To reduce the amount of sodium	
If your recipe calls for:	Try substituting:
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped garlic, celery or onions
Soups, sauces, dressings, crackers, or canned meat,	Low-sodium or reduced-sodium versions
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends
To increase the amount of nutrients, including vitamins, minerals and fiber	
If your recipe calls for:	Try substituting:
All-purpose (plain) flour	Whole-wheat flour for half of the called-for all-purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley

Additional Healthy Substitutions:

1 whole egg = 1/2 teaspoon baking powder, 1 Tablespoons vinegar & 1 Tablespoon liquid (in baking)

- 1 egg in every 3 can be replaced with 1 Tablespoon cornstarch when baking.
- Soften 1 Tablespoon unflavored gelatin in 3 Tablespoons cold water; add 3 teaspoons boiling water; cool and beat until frothy; add to recipe (reduce other liquid by 2 Tablespoons)

Healthy Cooking Substitutions

To reduce the amount of fat and cholesterol	
If your recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil <i>Note:</i> To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening, and don't substitute diet, whipped or tub-style margarine for regular margarine.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or use nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Evaporated milk	Evaporated skim milk
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free plain yogurt, or fat-free or low-fat sour cream
Ground beef	Extra-lean or lean ground beef, chicken or turkey
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Whole milk	Reduced-fat or fat-free milk
To reduce the amount of sugar	
If your recipe calls for:	Try substituting:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup

Breakfast

Apple Bran Muffins

Ingredients:

2/3 cup milk	1/2 cup flour
2 teaspoons vinegar	3/4 teaspoon cinnamon
1 cup shreds of wheat bran cereal	1/2 teaspoon baking soda
2 eggs, beaten	1/2 cup peeled apple, finely chopped
2 Tablespoons vegetable oil	1 teaspoon wheat germ, toasted
1/4 cup sugar	

Combine milk and vinegar in a mixing bowl, let stand one minute. Add cereal, let stand five minutes. Beat in egg and oil; stir in sugar. Combine flour, cinnamon and soda; add to cereal mixture, stir just until moistened. Fold in apple. Spoon batter into paper-lined microwave muffin cups, filling 2/3 full. Sprinkle with 1/4 teaspoon wheat germ. Microwave on high for 2-3 minutes, rotating once. Repeat procedure with remaining batter. Let muffins cook in pan for one minute; serve immediately.

Scrambled Eggs for Lunch/Dinner

2 eggs (May use Eggbeaters)
 3 Tablespoons milk (skim milk may be used)
 1/4 cup shredded cheese of choice (lowfat cheese can be used)
 1/4 cup chopped ham (turkey is good, as well)
 1/2 cup chopped broccoli (frozen or fresh. If using fresh, cook in microwave for about 30 seconds before mixing with other ingredients. If using frozen, run under hot water until thawed, then completely drain.)

Put all ingredients into a quick shake container or mix with a hand mixer. Shake or mix until eggs are well beaten. Pour into two cup microwave container and cook for two minutes, then stir. Continue cooking at 30 second intervals until eggs are completely cooked. (About 2 1/2 minutes, depending on your microwave.) Serve with whole wheat toast and a glass of your favorite juice and you have breakfast for lunch! Serves 1.

Soups

Potato Soup

1 Tablespoons reduced calorie margarine
1/2 cup chopped onion
1/2 cup finely chopped carrots
1 cup thinly sliced celery
3 cups cubed potatoes
2 Tablespoons snipped parsley
1 can (14.5 oz.) chicken broth, without salt
1/8 teaspoon pepper
1 Tablespoon chopped pimento
3 1/2 cups skim milk
1/4 cup flour
1/2 cup skim milk

Spray a three quart saucepan with vegetable cooking spray. Melt margarine in pan. Saute onion till tender. Add carrots, celery, potatoes, parsley, chicken broth and pepper. Cover and simmer until the vegetables are tender, about 15 minutes.

Reduce heat, add pimento and 3 1/2 cups milk. Heat the soup until the milk is hot only—it should not boil. Blend flour with 1/2 cup milk and add it, stirring constantly, into the soup. Cook until the soup is bubbly and slightly thickened.

Quick, Easy Broccoli Soup

1 pkg. (10 oz.) frozen broccoli

In a three quart microwave-safe dish, microwave on high power (100%) for five minutes or until thawed. Stir halfway through.

Add the following:

1 can (10 oz.) can cream of mushroom soup
2 cups milk
1 cup grated cheddar cheese

Microwave on High power (100%) for six minutes or until hot. Season with salt and pepper.

Melissa's Pasta Toss Salad

2 cups cooked pasta, cooled (whatever variety)	1/4 cup chopped salami
5-10 diced cherry tomatoes	3 Tablespoons Parmesan cheese
1/2 cup frozen peas (thawed)	2 chopped green onions
	1/4 to 1/2 cup Italian dressing

Add ingredients to a bowl with a tight seal and turn bowl to toss salad. Refrigerate for at least 2-3 hours prior to serving for the best flavor.

** Variations of ingredients could be: red onions, black or green olives, chopped broccoli, zucchini or summer squash, pepperoni or ham, corn, green or red peppers. You may also use ranch dressing instead of Italian. The beauty of this salad is that it is easy to prepare and it makes a great one dish salad meal. You can add any ingredient you wish!

Fresh Cranberry, Orange and Apple Relish

1 unpeeled seedless navel orange
2 red apples, seeded and quartered
1 12 oz. package fresh cranberries

Process in food processor until chopped. Serve cold or put a small amount in a microwave-safe bowl and cook on high for approximately five minutes until tender. Serve warm.



Vegetables

Rice Pilaf

1 teaspoon light margarine	1 cup uncooked long grain rice
1/2 cup chopped onion	1/2 cup fresh mushrooms
1/2 cup chopped red bell pepper	2 Tablespoon fresh parsley
1/4 cup chopped celery	3/4 teaspoon pepper
2 cups chicken broth (low sodium)	

Saute margarine, onion, bell pepper, celery together for two minutes on high in microwave, add mushrooms, stir and cook for two more minutes. Add rice and chicken broth, then cook in a vented three quart microwave-safe container for 15 minutes until liquid is absorbed and rice is tender. Fluff with a fork before serving.

Honey Glazed Carrots

2 cups of peeled and sliced carrots
1 Tablespoon honey
1/4 teaspoon pumpkin pie spice
1 teaspoon margarine

Peel and slice carrots. Melt margarine, honey and spices together and add carrots. Stir to coat carrots, then cook in microwave on high until tender—takes approximately three-five minutes.



Crustless Pumpkin Pie

Prepare a 15 oz. pumpkin pie as directed on can, but substitute a small 5 oz. can of evaporated milk.

Can use 1 3/4 teaspoon pumpkin pie spice in place of spices listed in directions.



Cake in A Bowl

6 oz. strawberry Jello®
1 1/2 cup hot water
1-10 oz. pkg. frozen strawberries
1 baked angel food cake

In medium-sized bowl, mix Jello® and hot water until Jello® dissolves. Add frozen strawberries and stir until thawed. Tear angel food into bite-sized pieces and add to Jello® mixture. Press cake gently down into Jello® until cake is completely covered with Jello® mixture. Refrigerate until set (about 1 hour). Turn out onto plate and serve with whipped topping.

** To bake angel food in microwave, follow package directions for ingredient amount, then bake on HIGH in microwave for 1 minute. Let steam escape, then bake for approximately 2 more minutes.

Easy Peach Cobbler

In an 8x8 inch square microwave-safe dish place

1 16 oz. can of sliced peaches with syrup

Sprinkle a Jiffy® yellow cake mix over peaches. (Do not mix)

Thinly slice 4 Tablespoons margarine** over all

Sprinkle with cinnamon and sugar.

Microwave 12 minutes, uncovered.

**Note: May use butter substitute such as Benecol or Take Control.

Three Minute Fudge

1 package semi-sweet chocolate chips
1 can sweetened condensed milk

Place in a microwave safe dish, then cook on high for three minutes. Stir together until combined and place in a cool place to set up.

Cauliflower Supreme

1/2 head cauliflower	1/2 teaspoons ground mustard
1 cup grated cheddar cheese	1/8 teaspoons paprika
1 1/2 Tablespoon sour cream	1/8 fresh ground pepper
2 Tablespoons mayonnaise**	

Cut up cauliflower into bite-sized pieces.

In a microwave-safe container, cook the cauliflower for 2-5 minutes until it is slightly soft. Do not overcook

In a measuring cup, mix the cheese, mayonnaise and seasonings into a paste.

Dollop paste on top of slightly cooked cauliflower. Place back into the microwave for 2-5 minutes until cauliflower is cooked to your desired doneness and the cheese mixture is melted. Stir and serve.

Serves 2.

**Note: May substitute reduced fat mayonnaise for a healthier option.

White Sauce or Cheese Sauce

2 cups milk
2 Tablespoons Butter
2 Tablespoons Flour
1/2 cup cheese (if making a cheese sauce)

Bring milk to room temperature. Melt butter and flour together, then add milk. Whisk well, then microwave until desired thickness. (Add cheese, if desired.)

Baked Sweet Potatoes

Wash sweet potatoes and pierce with a fork. Wrap them in plastic Wrap and cook for 5-7 minutes. Let sit for 5 minutes, then unwrap. Peel and eat or split in half, then add butter**, salt and pepper.

**Note: may use butter substitute such as Benecol and Take Control.

Party Broccoli

This is a rich dish, but very elegant. If you wish to cut down on nuts and butter, you may do so.

2 pkg. (10 oz.) frozen chopped broccoli
1/2 cup melted butter** or margarine
1/2 pkg. (3 oz.) dehydrated onion soup mix
1 cup chopped pecans
1 can (8 oz.) water chestnuts, drained and chopped
1/4 cup seasoned dry bread crumbs

Defrost and drain broccoli. Mix butter, soup mix, pecans and water chestnuts. Stir gently through broccoli. Pour into two quart microwave casserole dish. Cook for 4-10 minutes on High power (100%) until very hot. Sprinkle with crumbs before serving.

**Note: May use butter substitute such as Benecol and Take Control.

Squash Ribbons with Garlic Lemon Sauce

2 medium zucchini, about 1/2 lb., washed well
1 medium yellow summer squash, about 1/2 lb., washed well
1 teaspoons margarine
1 small clove garlic, minced
2 teaspoons fresh lemon juice
1/4 teaspoons salt, optional
1/9 teaspoons ground pepper or to taste
Ground nutmeg to taste

Using a sharp vegetable peeler, cut the squash lengthwise into thin ribbons. Place the ribbons in a large microwave-safe dish with a lid. Cook on high power (100%) for 1-2 minutes, until wilted. In a glass measuring cup, combine margarine, garlic and lemon juice. Microwave on high power (100%) for 20 seconds, until margarine is melted. Pour over squash ribbons and add salt (if using), pepper and nutmeg. Toss well and serve.



Desserts

Cake Mix in the Microwave

Choose any flavor cake mix and prepare it according to the box directions. Spray a 2 1/4 quart microwave container with cooking spray and pour batter into it. Place in the center of the microwave and cook on 70% power for 10 minutes. (If you don't have a turntable in your microwave, turn 1/4 turn halfway through cooking time.) After 10 minutes open microwave, then reset it for one minute and cook on 100% power.

No-Egg Cocoa Snack Cake

1 1/2 cups all purpose flour	1 cup water
1 cup sugar	1/2 cup vegetable oil
1/2 cup unsweetened cocoa	2 Tablespoons white vinegar
1 teaspoon baking soda	2 teaspoons vanilla extract
1/2 teaspoon salt	

Combine first five ingredients in a nine-inch square microwave baking dish. Combine remaining ingredients in a bowl and stir into flour mixture. Microwave on high for 6-7 minutes, rotating 1/4 turn twice, or until tester comes out clean when inserted into the center. Cool ten minutes.

This recipe serves eight people. Due to the nature of this recipe, it adjusts the number of servings in multiples of eight only.

Apple Streusel

Quarter, peel and slice one apple in a two cup microwave container.

Mix:	
1 Tablespoon margarine	1 Tablespoon brown sugar
1 Tablespoon flour	1 Tablespoon quick oatmeal

Sprinkle over apple slices.
Cover and vent your microwave container.
Microwave on high power for two minutes.

Smothered Pork Chops on Bed of Potatoes

- Slice 2-4 red potatoes (no need to peel) in the bottom of a shallow microwave safe baking dish.
- Spread prepared brown mustard on both sides of 3-4 pork chops (not thick ones) and place them on top of potatoes.
- Spread a can of cream of mushroom soup over top of chops and potatoes.
- Cover container—leave room to vent (place slits in plastic wrap if using)
- Cook on HIGH for 10-11 minutes until pork is no longer pink in the center.

Salmon with Orange Sauce

- 1 lb. skinless, boneless salmon fillets
- 1 Tablespoons butter, melted
- 2 Tablespoons orange juice
- 1/8 teaspoons nutmeg
- 1/4 teaspoons salt
- Dash white pepper

Place fillets in two quart microwave-safe baking dish. Combine remaining ingredients in small bowl and mix well. Pour over fish. Cover casserole with plastic wrap, venting one corner, and microwave on HIGH (100%) 3-6 minutes, or until fish flakes easily with a fork, rotating dish once during cooking time.

Raspberry Glazed Turkey Breast/Cornish Game

- 1/3 cup seedless raspberry preserves
- 1 Tablespoons grated orange rind
- 2 teaspoons lemon juice
- 1 Tablespoons fresh parsley
- Orange slices for garnish

Mix all ingredients together except orange slices, then pour over Turkey breast or Cornish game hens (thawed). Cook covered on high for 6 1/2 minutes per pound for boneless meat or 7 1/2 minutes per pound for bone-in meat.

Entrees

Whole Chicken

(Tastes like baked rotisary chicken)

- 1 Whole chicken
- Seasoning of your choice

Rinse chicken and pat dry. Coat with seasoning mix and place in microwave container large enough to hold the juices in. Plastic wrap may be used; however you need to vent it - it is best if you use a container with a cover. Cook on high power for 7 1/2 minutes per pound. Make a cut into the middle of the breast to see if done. If still pink or bloody, cook two more minutes or until no longer pink.

Cajun Baked Fish

Be careful not to overcook fish, as it will become very tough. Meat, poultry, vegetables and fruit cook in approximately 6 minutes per pound, but fish and seafood take only 3-4 minutes per pound. Orange Roughy or other mild white fish are good substitutes for the catfish in this dish.

- 1 lb. Catfish fillets
- 1/4 cup mayonnaise**
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 cup crushed cracker crumbs

Mix mayonnaise and spices. Coat fish on both sides with mayonnaise* mixture and roll in cracker crumbs. Arrange fish on microwave rack or in casserole dish with thickest portions to the outside. Microwave on high power (100%) for 3-4 minutes. Let stand a few seconds and check for doneness. Fish will flake easily when done.

**Note: May substitute reduced-fat mayonnaise.

Hamburger in the Microwave

1 pound 90% lean ground beef
1 teaspoon minced dried onion flakes

Mix ground beef and onion in a 1 1/2 quart microwave container. Cook on high power for two minutes, then stir (break up large pieces with a fork.) Continue to cook on high for two more minute intervals until no longer pink. Microwaves vary in cooking times—a good rule of thumb is six minutes per pound of meat. Drain in a colander if desired to remove excess juice and fat. Meat may also be rinsed under hot water to remove the excess fat. Meat will be tasty and moist.

May use for tacos, lasagna or any casserole.

For taco meat—prepare meat as above but add 1/2 package of dry taco seasoning instead of onion.

Chicken Cordon Bleu

2 chicken breasts	2 thin slices swiss cheese
2 Tablespoons melted butter ** or margarine	Better Cheddar Cracker Crumbs
2 slices ham	

Pound chicken breast thin. Put a thin slice of ham and a thin slice of swiss cheese on top. Roll and secure with tooth picks. Dip in melted margarine and roll in crushed Better Cheddar Cracker Crumbs. Put in a one quart, covered microwave container. Microwave for three-five minutes until chicken is done.

Serve with baked potato or rice and vegetable. Makes a hearty, delicious meal.

Variation: Cut chicken breast into strips, roll in margarine, then in Better Cheddar Cracker Crumbs. Cook for six minutes per pound of meat. If 1/2 pound, cook for only three minutes in a covered microwave container.

**Note: May use butter substitute such as Benecol or Take Control.



Easy Lasagna Casserole

1/2 pound of ground beef, cooked	Layer as follows:
1/2 cup shredded mozzarella cheese	1/4 cup water
1 cup cottage cheese (can use lowfat)	half of noodles
1/2 package mini lasagna noodles (about six ounces)	half of ground beef
1 24 ounce jar of spaghetti sauce	1/2 cup cottage cheese
1/2 cup water	half jar spaghetti sauce
	(repeat for second layer)

Place in two quart microwave container with vented cover. Microwave on high power for 15-20 minutes. Take out of microwave, remove cover while being careful not to burn yourself with the steam. Cover with shredded cheese, replace cover and let stand for five minutes. Cheese will melt from the heat of the lasagna. Serves two—three people.

Add a health salad and a slice of garlic bread for a delicious Italian meal.

Variation: Add some raw sliced zucchini or summer squash between the layers. May be made meatless also, just by adding frozen (thawed) Italian-style or fresh vegetables, like broccoli or squash. You may also want to sprinkle with a dash of Parmesean cheese before serving.

Pasta/Noodles/Spaghetti

- The rule of thumb for any pasta is to use twice as much liquid as pasta. (If cooking 2 cups pasta, use 4 cups water.)
- Make sure you have plenty of room in your container for the pasta to expand and boil.
- Bring water to a boil in the microwave.
- Remove container from microwave and add pasta slowly, stir, then place back in the microwave and boil on HIGH for 1/2 the recommended time on package. Stir, then continue to cook on HIGH for the remaining time.
- After the pasta has cooked, let it sit in the water for up to 2 minutes for a softer pasta. (Drain pasta immediately if you want a firmer pasta.)
- If you are using the pasta immediately, add sauce or whatever ingredients you wish. Pasta may be stored for several days in the refrigerator—a small drizzle of oil will keep it from sticking together.