

Moroccan Chicken –
recipe page 26

ADVANTIUM™ 120 COOKBOOK

ADVANTIUM™
120
COOKBOOK

Cooking at the speed of life™



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GE APPLIANCES

Oatmeal-Orange Coffee Cake
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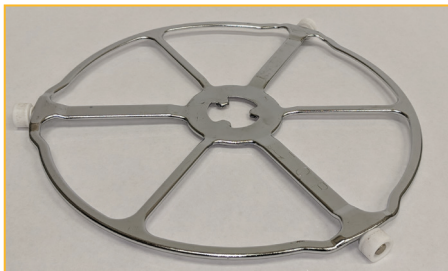
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INTRODUCTION

The new Advantium™ 120 oven uses breakthrough Speedcook technology to cook food with light and microwave. Foods cook in a fraction of the time needed in conventional ovens with delicious results. Advantium browns, bakes, roasts, broils, and crisps just like a conventional oven, and requires no preheating. Advantium uses high intensity halogen lights to cook food from the top and bottom simultaneously, cooking the surface and interior to seal in moisture and flavor. For added versatility, the Advantium™ 120 oven can be converted to a traditional oven or a fully functional microwave, by simply pressing a button. And, the oven's Warm/Reheat features can be used to keep foods warm or reheat leftovers.

USING THE ADVANTIUM™ 120 OVEN

The Advantium™ 120 oven comes with a turntable and two types of removable trays, each designed for a specific type of cooking.



Turntable

The turntable ring must be placed on the floor of the oven for all cooking procedures. The turntable rotates the trays for even cooking.



Metal Tray

The metal tray is used for all speedcook functions. Foods such as cookies, biscuits and rolls, pizza, fish fillets, and steaks can be placed directly on the metal tray. Casserole and baking dishes should also be placed on the metal tray when speed cooking.



Glass Tray

The glass tray should be used when cooking with microwaves only. Place the cooking utensil on the glass tray.

SPEEDCOOK TECHNIQUES

Your favorite recipes cook with exceptional quality and speed in the Advantium™ 120 oven.

Follow these simple guidelines for great results every time you use your oven.

Cook Setting

Each recipe in the cookbook has the recommended cook setting shown in red in the preparation instructions, (example: **U=3, L=3, M=7**).

Using this setting for upper lamps (U), lower heater (L), and microwave (M) will ensure the most delicious results for each dish.



Any oven-safe dish can be used in your oven. Recipes in this cookbook were tested in Pyrex® and Anchor Hocking® glass cookware and Corningware® ceramic casseroles. Cook times and results may vary when using other types of oven-safe utensils.



No metal utensils should be used with the speedcook feature except for the 6-cup muffin pans recommended in muffin recipes on pages 87 through 89. (Follow recipe directions exactly).



When using the speedcook feature or oven features, the utensils and the oven itself will be hot. Always use hot pads or oven mitts when removing utensils from the oven.



Paper products and wraps should not be used in the Advantium™ 120 oven when cooking with the speedcook or oven features.

COOKING TIPS

Cooking in the Advantium™ 120 oven is so easy that both novice and experienced cooks can achieve outstanding results.

Other Helpful Cooking Tips

- ▶ Always check foods for doneness at minimum time.
- ▶ When baking multiple runs of foods, such as cookies, let the metal tray cool to room temperature between runs.
- ▶ To determine the cooking time and setting for your own favorite recipes, refer to a similar recipe in this cookbook.
- ▶ Clean the oven interior frequently to prevent build-up of grease or food particles.

For additional information, refer to your Advantium Cooking Guide or Owner's Manual.



When using Broil or Toast features, place food on the shiny metal pan on the rack.

The rack is also used when baking two cake layers.



Biscuits and cookies should be placed on the metal tray as shown to ensure consistent texture and even browning.



Oval shapes, such as crescent rolls and bread sticks, bake best when placed on the metal tray in spoke fashion.



When basting meats or chicken with sauce or adding toppings, such as crumbs or cheese to a casserole, add them during the last 5 minutes of cooking time to prevent overbrowning.

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CRAB-SWISS CROSTINI ▲

Cooks in 6 minutes

Ingredients

- 1 (6-oz.) can crabmeat, drained and flaked
- 1¼ cups shredded Swiss cheese
- ½ cup mayonnaise
- 2 tablespoons thinly sliced green onion
- 1 teaspoon lemon juice
- ¼ teaspoon curry powder
- 1 French baguette, sliced ¼ -inch thick, lightly toasted

Preparation

Combine crabmeat, cheese, mayonnaise, onion, lemon juice and curry powder; blend well. Spread 1 rounded teaspoon filling over each slice of bread. Arrange 18 slices on metal tray. Cook for 6 to 8 minutes at **U=10, L=7, M=0** or until lightly browned. Repeat with remaining filling and bread. Makes 36 crostini.

MEDITERRANEAN DIP WITH FETA AND OLIVES

Cooks in 6 minutes

Ingredients

- 1 (16-oz.) can garbanzo beans, rinsed and drained
- ½ (8-oz.) pkg. cream cheese, softened
- 2 oz. crumbled feta cheese
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon dill weed
- ½ teaspoon lemon pepper
- ¼ teaspoon salt
- 3 tablespoons sliced ripe olives
- 2 tablespoons snipped fresh parsley

Preparation

Combine beans, cream cheese, feta cheese, garlic, lemon juice, dill weed, lemon pepper and salt in container of food processor. Cover and process until smooth. Spoon mixture into a 1-quart round casserole; cover. Place dish on metal tray. Cook for 6 to 8 minutes at **U=3, L=3, M=7** or until hot. Sprinkle olives and parsley over dip before serving. Serve with assorted crackers or bagel chips. Makes about 2 cups.

TASTY CHICKEN BITES WITH TARRAGON-MUSTARD SAUCE

Cooks in 12 minutes

Ingredients

- 1 cup dry bread crumbs
- ½ cup grated Parmesan cheese
- ½ teaspoon thyme
- ½ teaspoon lemon pepper
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ½ cup butter, melted
- 2 lbs. skinless, boneless chicken breasts, cut into 1½ -inch cubes

Preparation

In shallow dish, combine bread crumbs, Parmesan cheese, thyme, salt, pepper and garlic powder; mix well. Dip chicken cubes in butter and coat evenly with crumb mixture. Place coated chicken pieces on metal tray. Cook for 12 to 14 minutes at **U=9, L=9, M=1** or until done. Serve with Tarragon-Mustard Sauce for dipping. Makes 6 to 8 servings.

Tarragon-Mustard Sauce:

In 2-cup glass measuring cup, combine 1 cup sour cream, ¼ cup Dijon mustard, ½ teaspoon tarragon, ½ teaspoon sugar and ¼ teaspoon hot pepper sauce. Place cup on glass tray. Microwave at medium high (7) for 1 minute.



ARTICHOKE SPREAD

Cooks in 6 minutes

Ingredients

- 1 (14-oz.) can artichoke hearts, drained and finely chopped
- 1 cup mayonnaise
- 1 cup grated Parmesan cheese
- 1 (2-oz.) jar sliced pimiento, well drained
- ¼ teaspoon garlic salt

Preparation

In a 1-quart round casserole, combine artichokes, mayonnaise, cheese, pimiento and garlic salt; blend well. Place dish on metal tray. Cook for 6 to 9 minutes at **U=7, L=7, M=3** or until thoroughly heated. Serve warm with assorted crackers. Makes 2 cups.

For a change of flavor, vary this spread by adding a 4-ounce can of drained chopped green chilies or a 6-ounce can of crabmeat, drained and flaked. Cook as directed in the recipe.



SPINACH-STUFFED MUSHROOMS

Cooks in 10 minutes

Ingredients

- ½ (12-oz.) pkg. frozen spinach souffle, thawed
- ½ cup dry bread crumbs
- 3 slices bacon, cooked crisp and crumbled
- 2 teaspoons grated Parmesan cheese
- ¼ teaspoon garlic pepper
- 20 fresh mushrooms, 2 inches in diameter

Preparation

Wash and drain mushrooms; pat dry with paper towels. Remove stems. Combine spinach souffle, bread crumbs, bacon, Parmesan cheese and pepper; blend well. Divide mixture evenly among mushrooms. Place mushrooms on metal tray. Cook for 10 to 12 minutes at **U=10, L=10, M=0** or until lightly browned. Makes 20 stuffed mushrooms.

TINY CHICKEN TURNOVERS

Cooks in 16 minutes

Ingredients

- ½ (8-oz.) pkg. cream cheese, softened
- ½ cup butter, softened
- 1 cup all-purpose flour
- 1 cup finely chopped cooked chicken
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped sweet red pepper
- 2 tablespoons mayonnaise
- 1 teaspoon honey-Dijon mustard
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 1 egg, beaten

Preparation

Beat cream cheese and butter together until light and fluffy. Blend in flour to make a soft dough. Turn out onto lightly floured surface; knead gently 10 or 12 strokes. Wrap in plastic wrap and refrigerate until firm enough to handle.

Combine chicken, onion, red pepper, mayonnaise, mustard, salt and pepper; blend well. Set aside while rolling out dough. Roll dough on well-floured surface to ⅛-inch thickness. Cut into 3-inch rounds. Place one heaping teaspoon filling on each pastry round. Brush edges of pastry with egg. Fold pastry rounds in half over filling. Seal edges together with a fork. Brush tops with remaining egg. Place 10 turnovers on metal tray, arranging to fit. Cook for 16 to 18 minutes at **U=10, L=6, M=0** or until golden brown. Makes 20 appetizers.

PARTY QUICHE SQUARES

Cooks in 13 minutes

Ingredients

- ½ cup finely chopped onion
- ¼ cup finely chopped sweet red pepper
- 2 tablespoons butter
- 1 (6-oz.) jar marinated artichoke hearts, drained and chopped
- 1 (6-oz.) can crabmeat, drained and flaked
- 4 eggs, beaten
- 2 cups shredded sharp Cheddar cheese
- ¼ cup dry bread crumbs
- 2 tablespoons snipped fresh parsley
- ¼ teaspoon ground red pepper

Preparation

Cook onions and sweet red pepper in butter until tender; cool slightly. Combine onion mixture, artichoke hearts, crabmeat, eggs, cheese, bread crumbs, parsley and red pepper; mix well. Spoon into a lightly greased 8-inch square baking dish. Place dish on metal tray. Cook for 13 to 15 minutes at **U=7, L=7, M=3** or until set. Let stand 10 minutes. Cut into squares. Makes 16 squares.

BARBEQUED COCKTAIL MEATBALLS

Cooks in 13 minutes

Ingredients

- 1 pound lean ground beef
- ½ cup finely chopped onion
- ¼ cup dry bread crumbs
- 1 egg, beaten
- 2 tablespoons milk
- 2 teaspoons prepared horseradish
- ½ teaspoon salt
- ⅛ teaspoon pepper

Preparation

In a bowl, combine all ingredients; shape into 1-inch meatballs. Place on metal tray. Cook for 13 to 16 minutes at **U=6, L=6, M=4**, or until done. Drain on paper towels. Serve with Barbecue Sauce. Makes 50 meatballs.

Barbecue Sauce:

In a 2-cup measuring cup, combine 1 cup chili sauce, ¼ cup seedless raspberry jam, ¼ teaspoon allspice and ¼ teaspoon hot pepper sauce. Place cup on glass tray. Microwave at high (10) for 45 seconds to 1-minute or until hot.

To make meatballs of uniform size, scoop the meat mixture with a melon baller or small ice cream scoop.



GARLIC SHRIMP

Cooks in 8 minutes

Ingredients

- 1 lb. large shrimp, peeled and deveined
- 3 tablespoons butter, melted
- 4 cloves garlic, minced
- 1 tablespoon snipped fresh parsley
- Shredded fresh spinach
- Grated Parmesan cheese

Preparation

In a 2-quart bowl, combine shrimp, butter, garlic and parsley; stir to coat evenly. Spread shrimp in a single layer on metal tray. Cook for 8 to 9 minutes at **U=10, L=10, M=0** or until done. Stir after 5 minutes of cooking time. Arrange on shredded spinach; sprinkle with cheese. Makes 6 appetizer servings.

Serve Garlic Shrimp as a main dish by tossing the shrimp and sauce with hot cooked pasta. A green salad and crusty bread complete this simple but delicious meal for four.

COCKTAIL REUBENS

Cooks in 5 minutes

Ingredients

- 24 slices cocktail rye bread, toasted
- ½ cup Thousand Island salad dressing
- 1 (8-oz.) can sauerkraut, rinsed and drained
- ¼ lb. thinly sliced corned beef
- 1½ cups shredded Swiss cheese

Preparation

Spread each bread slice with about ¼ teaspoon Thousand Island dressing. Divide sauerkraut evenly among bread slices. Top each with corned beef; sprinkle with 1 tablespoon Swiss cheese. Place 12 Reubens on metal tray. Cook for 5 to 7 minutes at **U=10, L=7, M=0** or until cheese is melted slightly. Repeat with remaining Reubens. Makes 24 appetizers.

CHEDDAR APPETIZER SQUARES

Cooks in 16 minutes

Ingredients

- ¼ cup finely chopped sun-dried tomatoes
- 4 cups shredded Cheddar cheese
- 4 eggs, beaten
- ⅓ cup milk
- ¼ cup dry bread crumbs
- ¼ cup chopped green onion

Preparation

Reconstitute tomatoes according to package directions; drain well and chop. In a medium bowl, combine all ingredients. Spread mixture in a lightly greased 8-inch square baking dish. Place dish on metal tray. Cook for 16 to 18 minutes at **U=7, L=7, M=3** or until set. Cool and cut into squares. Makes 16 squares.

BARBEQUED RIBLETS

Cooks in 30 minutes

Ingredients

- 2 lbs. baby back ribs, cut in serving size pieces
- Salt and pepper
- ½ cup bottled barbecue sauce

Preparation

Season ribs with salt and pepper; place meaty side down on metal tray. Cook for 30 to 32 minutes at **U=10, L=10, M=0** or until done. Turn ribs over after 15 minutes of cooking time. Brush occasionally with barbecue sauce during last 5 minutes. Makes 6 appetizer servings.



SAUSAGE PINWHEELS ▲

Cooks in 11 minutes

Ingredients

- ½ lb. sausage
- ⅓ cup finely chopped onion
- 1 tablespoon catsup
- 1 teaspoon lemon juice
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- 1 (8-oz.) pkg. refrigerated crescent rolls
- 1 egg, beaten

Preparation

Cook sausage and onion until sausage is thoroughly cooked and onion is tender; stir occasionally to crumble sausage. Drain well. Combine sausage mixture, catsup, lemon juice, Italian herb seasoning and garlic powder; blend well.

Divide crescent roll dough into 4 rectangles; pinch perforations to seal. Spread one fourth sausage mixture down center of each rectangle. Brush long edges of dough with beaten egg. Starting at long side, roll up jellyroll-style, enclosing sausage completely. Seal edges. Brush dough lightly with egg; cut each length into 1-inch pieces. Arrange 12 pinwheels on metal tray. Cook for 11 to 13 minutes at **U=10, L=8, M=0** or until golden brown. Cool slightly on wire rack. Repeat with remaining pinwheels. Makes 24 appetizers.

GREEN ONION AND CHEDDAR CHEESE BALL

Cooks in 30 seconds

Ingredients

- 1 (3-oz.) pkg. cream cheese
- 2 tablespoons butter
- 3 cups shredded sharp Cheddar cheese
- ¼ cup finely chopped dried beef
- 3 tablespoons chopped green onion
- 1 teaspoon Worcestershire sauce
- ½ teaspoon garlic powder
- ½ cup finely chopped walnuts
- Assorted crackers

Preparation

In 2-quart round casserole, place cream cheese and butter. Place dish on glass tray. Microwave at medium (5) for 30 seconds to 1 minute or until softened. Add Cheddar cheese, dried beef, onion, Worcestershire sauce and garlic powder. Beat with an electric mixer at medium speed until combined. Shape into a ball; refrigerate until easy to handle. Roll in walnuts to coat all sides before serving. Serve with assorted crackers. Makes one (4-inch) cheese ball.

MEXICAN CHEESE DIP

Cooks in 5 minutes

Ingredients

- ½ cup finely chopped onion
- 1 tablespoon butter
- 1 teaspoon cornstarch
- ½ cup milk
- 2 cups shredded Monterey Jack-colby cheese blend
- 1 (3-oz.) pkg. cream cheese, softened
- ½ cup chunky salsa
- 1 (4-oz.) can chopped green chilies
- Dash hot pepper sauce

Preparation

In 1½-quart round casserole, combine onion and butter. Place dish on glass tray. Microwave at high (10) for 1 to 2 minutes or until onion is tender. Stir in cornstarch and milk. Microwave at high (10) for 2 to 3 minutes or until thickened, stirring once. Add shredded cheese, cream cheese, salsa, chilies and hot pepper sauce. Microwave at high (10) for 2 to 4 minutes or until cheeses are melted, stirring once to blend thoroughly. Serve with taco chips. Makes about 2 cups.

SPICY CARIBBEAN PECANS

Cooks in 9 minutes

Ingredients

- 6 tablespoons butter, melted
- 4 teaspoons Caribbean jerk seasoning
- 1 teaspoon garlic salt
- 4 cups pecan halves

Preparation

Combine butter, jerk seasoning and garlic salt; blend well. Pour over pecans; stir to coat evenly. Spread pecans on metal tray. Cook for 9 to 11 minutes at **U=10, L=6, M=0** or until toasted, stirring after 5 minutes. Spread on wax paper to cool slightly. Makes 4 cups.

These spicy nuts make a welcome hostess gift. Or add them to a salad for extra crunch. Their intense flavor complements crisp greens perfectly.

TOASTED BUTTER PECANS

Cooks in 11 minutes

Ingredients

- 4 tablespoons butter, melted
- 3½ teaspoons seasoned salt
- 4 cups pecan halves

Preparation

Combine butter and seasoned salt; blend well. Pour over pecans; stir to coat evenly. Spread pecans on metal tray. Cook for 11 to 13 minutes at **U=10, L=6, M=0** or until toasted, stirring after 6 minutes. Spread on wax paper to cool slightly. Makes 4 cups.

SUGAR AND SPICE WALNUTS

Cooks in 12 minutes

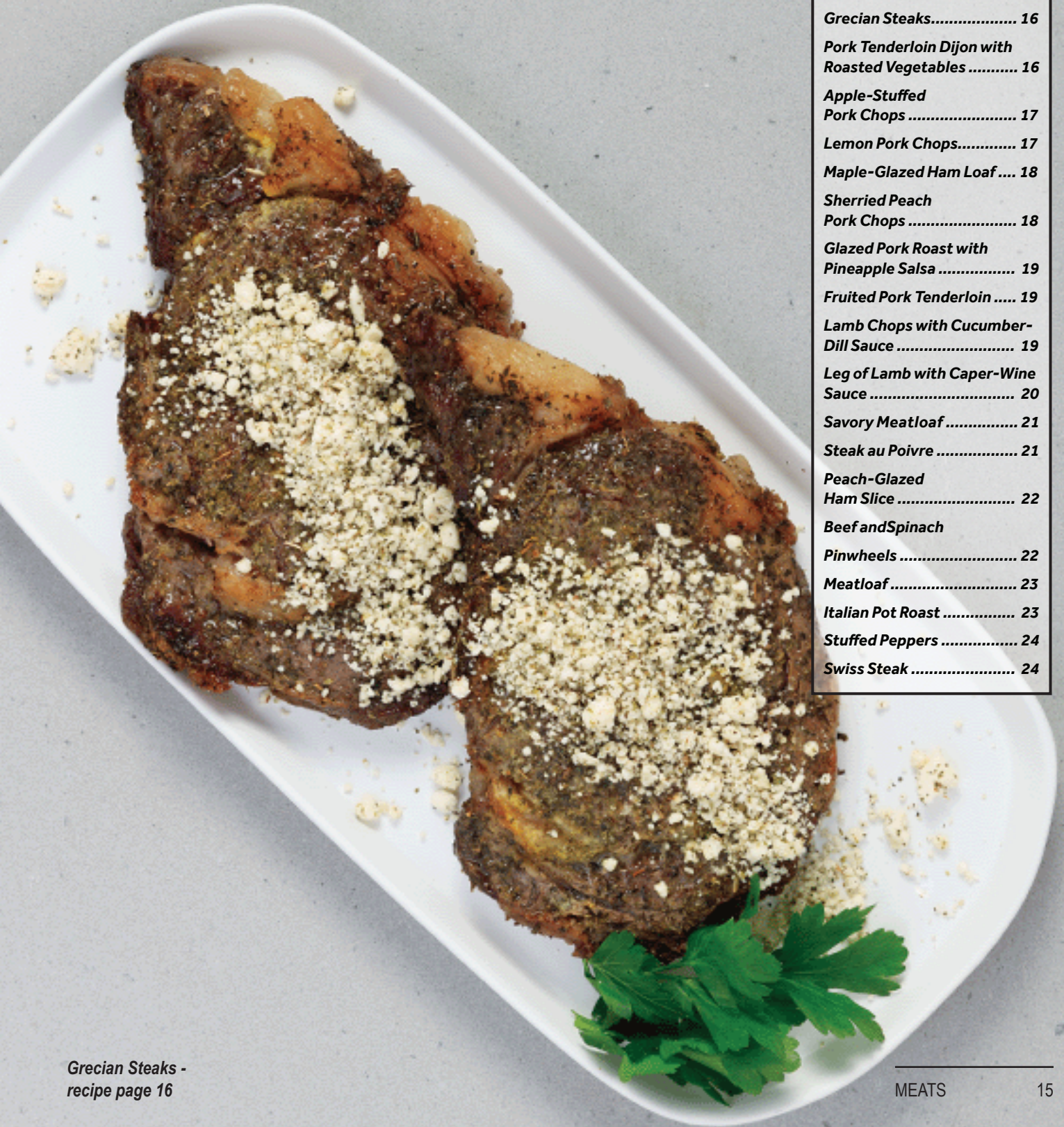
Ingredients

- ½ cup sugar
- 2 teaspoons cinnamon
- 6 tablespoons butter, melted
- 4 cups walnut halves

Preparation

Combine sugar, cinnamon and butter; blend well. Pour over walnuts; stir to coat evenly. Spread walnuts on metal tray. Cook for 12 to 14 minutes at **U=10, L=6, M=0** or until toasted, stirring after 7 minutes. Spread on wax paper to cool slightly. Makes 4 cups.

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GRECIAN STEAKS ▲

Cooks in 17 minutes

Ingredients

- 2 (10-oz.) strip or rib-eye steaks, cut 1-inch thick
- Olive oil
- 1 tablespoon basil
- 1 tablespoon oregano
- 2 teaspoons garlic salt
- 1 teaspoon lemon pepper
- ¼ cup crumbled feta cheese with olives

Preparation

Brush steaks lightly on both sides with olive oil. Combine basil, oregano, garlic salt and lemon pepper; rub on both sides of steaks. Arrange steaks on metal tray. Cook for 17 to 19 minutes at **U=9, L=9, M=1** or until desired doneness. Turn steaks over after 12 minutes of cooking time. Top each steak with 1 tablespoon feta cheese. Makes 4 servings.

Some of the tenderest steak cuts are filet mignon, strip porterhouse/T-bone and rib-eye. Buy your favorite cut when it's on sale and freeze it for later use. Wrapped properly, beef can be successfully frozen for up to 6 months.

PORK TENDERLOIN DIJON WITH ROASTED VEGETABLES

Cooks in 28 minutes

Ingredients

- ⅓ cup dry sherry
- ¼ cup honey-Dijon mustard
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- ½ teaspoon roasted garlic pepper
- 1 (1 lb.) pork tenderloin
- 4 small red-skinned potatoes, cut into quarters
- 1½ cups carrots, sliced ½ inch thick

Preparation

Combine sherry, mustard, oil, soy sauce and pepper; blend well. Reserve ¼ cup marinade mixture. Pour remaining marinade into a zip-top plastic bag. Add tenderloin, turning to coat evenly. Seal bag and marinate tenderloin in refrigerator for 1 hour, turning occasionally.

Remove tenderloin from bag; brush off excess marinade. Place tenderloin in a 2½ quart oval casserole. Combine potatoes, carrots and reserved ¼ cup marinade; toss gently to coat evenly. Spoon vegetables around tenderloin. Cover.

Place dish on metal tray. Cook for 28 to 30 minutes at **U=8, L=7, M=2** or until meat thermometer inserted in center registers 160°F. Turn tenderloin over and stir vegetables after 12 minutes of cooking time. Let stand 5 minutes before serving. Makes 4 servings.

APPLE-STUFFED PORK CHOPS

Cooks in 26 minutes

Ingredients

- ½ cup apple jelly
- 2 tablespoons orange juice
- ¾ cup herb-seasoned stuffing mix
- ⅓ cup finely chopped, unpeeled apple
- ¼ cup finely chopped onion
- 2 tablespoons raisins, coarsely chopped
- ¼ cup orange juice
- 1 tablespoon butter, melted
- 1 tablespoon grated orange rind
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 4 center-cut pork chops, cut 1-inch thick

Preparation

In small saucepan, combine jelly and 2 tablespoons orange juice. Cook over low heat until jelly is melted; stir until smooth. Set aside.

In mixing bowl, combine stuffing mix, apple, onion, raisins, ¼ cup orange juice, butter, orange rind, salt and cinnamon; mix well. Cut a pocket in each pork chop. Spoon one fourth of mixture into each pork chop pocket. Secure opening with wooden picks, if necessary.

Place chops on metal tray. Cook for 26 to 28 minutes at **U=7, L=7, M=3** or until done. Turn chops over after 17 minutes of cooking time. Brush with jelly mixture during last 10 minutes of cooking time. Makes 4 servings.



LEMON PORK CHOPS

Cooks in 40 minutes

Ingredients

- 4 center-cut pork chops, cut 3/4-inch thick
- ½ teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon pepper
- ½ cup chili sauce
- 1 tablespoon brown sugar
- 4 onion slices
- 4 lemon slices

Preparation

Sprinkle chops with salt, thyme and pepper. Arrange chops in a 3-quart oblong casserole. Combine chili sauce and brown sugar; pour over chops. Place onion and lemon slice on top of each chop. Place dish on metal tray. Cook for 40 to 42 minutes at **U=9, L=9, M=1** or until tender. Makes 4 servings.

When buying fresh citrus fruits, such as lemons, look for fruit with smooth skin that is free from blemishes. The juiciest fruit is heavy for its size and will yield to slight pressure.

MAPLE-GLAZED HAM LOAF

Cooks in 13 minutes

Ingredients

- 1 lb. ground cooked ham
- ½ lb. ground fresh pork
- ½ cup soft bread crumbs
- ½ cup water
- 1 egg
- ½ cup finely chopped onion
- ½ teaspoon dry mustard
- ¼ teaspoon pepper
- ⅓ cup maple syrup

Preparation

Combine ham, pork, crumbs, water, egg, onion, mustard and pepper; blend well. Form mixture into a loaf in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 13 to 15 minutes at **U=7, L=7, M=3** or until done. Brush occasionally with maple syrup during the last 5 minutes of cooking time. Let stand 5 minutes. Makes 6 servings.

Ham loaf is a nice change of pace from that old standby, meatloaf. Team this easy ham loaf with baked sweet potatoes, buttered peas with sliced celery and apple-cranberry pie.

SHERRIED PEACH PORK CHOPS

Cooks in 26 minutes

Ingredients

- 1 (15-oz.) can peach halves
- ⅓ cup chutney, coarsely chopped
- ¼ cup dry sherry
- ½ teaspoon coriander
- ¼ teaspoon cumin
- ¼ teaspoon ginger
- ⅛ teaspoon ground red pepper
- 4 loin pork chops, cut 1-inch thick

Preparation

Drain peaches, reserving syrup; fill peach halves with chutney and set aside. Combine reserved syrup, sherry, coriander, cumin, ginger and pepper; blend well. Place pork chops in zip-top plastic bag; pour peach mixture over chops. Seal bag and marinate in refrigerator for 1 hour, turning occasionally.

Remove chops from marinade; discard marinade. Place chops on metal tray. Cook for 26 to 28 minutes at **U=7, L=7, M=3**, or until done. Turn chops over after 17 minutes of cooking time. Arrange filled peach halves around chops during last 8 minutes of cooking time. Makes 4 servings.

GLAZED PORK ROAST WITH PINEAPPLE SALSA

Cooks in 48 minutes

Ingredients

- 2 cups finely chopped fresh pineapple
- ½ cup finely chopped sweet red pepper
- ½ cup finely chopped green pepper
- ¼ cup finely chopped red onion
- 2 tablespoons snipped fresh parsley
- 2 teaspoons lemon juice
- ½ teaspoon dried red pepper
- 1 (2 to 2½ lb.) boneless pork loin roast

Preparation

Combine pineapple, red pepper, green pepper, onion, parsley, lemon juice and pepper. Cover and refrigerate.

Place roast on trivet in a 2 -quart oval casserole. Place dish on metal tray. Cook for 48 to 52 minutes at **U=8, L=7, M=2** or until meat thermometer inserted in center registers 160°F. Turn roast over after 25 minutes. Brush with Pineapple Glaze during last 5 minutes of cooking time. Remove from oven and let stand for 10 minutes. Serve with Pineapple Salsa. Makes 6 servings.

Pineapple Glaze

Combine ¼ cup pineapple preserves, 1 teaspoon orange juice and ¼ teaspoon ginger; blend well.



FRUITED PORK TENDERLOIN

Cooks in 27 minutes

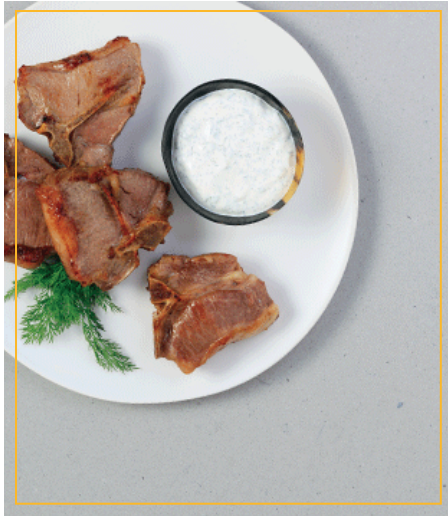
Ingredients

- 1 (1 lb.) pork tenderloin
- 1 cup Madeira wine
- 2 tablespoons butter, melted
- 1 tablespoon molasses
- 1 teaspoon thyme
- ¼ teaspoon garlic powder
- ½ cup pitted prunes
- ½ cup dried apricots

Preparation

Place tenderloin in 1½ quart oval casserole. In small bowl, combine wine, butter, molasses, thyme and garlic powder; pour over tenderloin. Cover and refrigerate for 6 to 8 hours or overnight. Place dish on metal tray. Cook for 27 to 29 minutes at **U=8, L=7, M=2** or until meat thermometer inserted in center registers 160°F. Turn meat over; add prunes and apricots after 15 minutes of cooking time. Make certain that fruit is submerged in liquid. Add additional wine, if necessary. Makes 4 servings.

Use an inverted oven-proof saucer or casserole lid for a trivet.



LAMB CHOPS WITH CUCUMBER-DILL SAUCE

Cooks in 26 minutes

Ingredients

- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup peeled, finely chopped cucumber
- 1 tablespoon lemon juice
- 2 teaspoons dill weed
- ½ teaspoon salt
- 6 loin lamb chops, cut 1¾ inches thick

Preparation

In small bowl, combine mayonnaise, sour cream, cucumber, lemon juice, dill weed and salt; blend well and set aside.

Arrange lamb chops on metal tray. Cook at **U=8, L=7, M=2** for 26 to 28 minutes or until desired doneness. Turn chops over after 10 minutes. Serve with Cucumber-Dill Sauce. Makes 4 to 6 servings.

LEG OF LAMB WITH CAPER-WINE SAUCE

Cooks in 40 minutes

Ingredients

- 1 (3 to 3½ lb.) boneless leg of lamb
- 1 large clove garlic, thinly sliced
- Coarsely ground pepper to taste
- Caper-Wine Sauce

Preparation

Cut several slits on top and sides of roast; insert garlic slice into each slit. Sprinkle roast with pepper. Place roast on trivet in a 4-quart oval casserole. Place dish on metal tray. Cook for 40 to 45 minutes at **U=7, L=7, M=3** or until meat thermometer inserted in center registers 160°F. Turn meat over after 20 minutes of cooking time. Let stand 10 minutes. Serve with Caper-Wine Sauce. Makes 6 servings.

Caper-Wine Sauce

In a 2-cup measuring cup, place 2 tablespoons flour, ½ teaspoon garlic salt, ½ teaspoon coriander and ¼ teaspoon white pepper. Gradually add ½ cup chicken broth, ½ cup half & half and 2 tablespoons dry vermouth; stir until smooth. Place dish on glass tray. Microwave at high (10) for 2 to 3 minutes or until thickened and bubbly, stirring twice. Stir in 2 tablespoons drained capers.

SAVORY MEATLOAF

Cooks in 29 minutes

Ingredients

- 1 pound lean ground beef
- ½ pound ground pork
- 2 eggs
- 1 (2-ounce) jar sliced pimiento, drained
- ½ cup rolled oats
- ½ cup finely chopped onion
- ½ cup shredded carrot
- ¼ cup chili sauce
- 2 teaspoons Worcestershire sauce
- 1 teaspoon chopped garlic (about 2 cloves)
- 1 teaspoon salt
- ½ teaspoon thyme
- ½ teaspoon fennel seeds
- ¼ teaspoon allspice
- ¼ teaspoon pepper

Preparation

In a large bowl, combine beef, pork, eggs, pimiento, oats, onion, carrot, chili sauce, Worcestershire sauce, chopped garlic, salt, thyme, fennel seeds, allspice and pepper; blend well. Form mixture into a loaf in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 29 to 32 minutes at **U=7, L=7, M=3**. Let stand 5 minutes before cutting. Makes 6 servings.

STEAK AU POIVRE

Cooks in 16 minutes

Ingredients

- ¼ cup brandy
- 2 tablespoons butter, melted
- 4 beef tenderloin filets, cut 1-inch thick
- 2 tablespoons crushed mixed peppercorns*
- Salt to taste

Preparation

Combine brandy and butter; blend well. Place filets in a shallow dish; pour brandy mixture over filets. Marinate in refrigerator for 30 minutes, turning filets over and brushing with marinade after 15 minutes.

Remove filets from marinade. Press peppercorns into both sides with heel of hand; season with salt to taste. Arrange filets on metal tray. Cook for 16 to 18 minutes at **U=9, L=9, M=1** or until desired doneness. Turn filets over after 10 minutes of cooking time. Makes 4 servings.

* The amount of crushed peppercorns can be varied to suit your individual taste.



◀ BEEF AND SPINACH PINWHEELS

Cooks in 18 minutes

Ingredients

- ½ cup chopped fresh mushrooms
- ½ cup chopped onion
- ⅓ cup finely chopped carrot
- 1 tablespoon olive oil
- 1 (10-oz.) pkg. frozen chopped spinach, thawed and well drained
- ½ teaspoon salt
- ¼ teaspoon curry powder
- ⅓ teaspoon white pepper
- 1 to 1½ lb. beef flank steak

Preparation

Sauté mushrooms, onion and carrot in hot oil until tender. Add spinach, salt, curry powder and pepper; combine thoroughly and set aside.

Make shallow cuts diagonally across steak in a diamond pattern at 1-inch intervals. Repeat on second side. Pound steak into a 12x8-inch rectangle with a meat mallet. Spread spinach mixture over steak to within ½ inch of edges. Starting at short end, roll up steak jellyroll-style; secure with wooden picks at 1-inch intervals. Cut between picks into eight 1-inch slices. Place slices, cut side down, on metal tray. Cook for 18 to 20 minutes at **U=10, L=10, M=0** or until desired doneness.

Serve with Creamy Mustard Sauce. Makes 4 servings.

Creamy Mustard Sauce

In a small bowl, combine ½ cup sour cream, ½ cup mayonnaise, 1 tablespoon Dijon mustard and ½ teaspoon lemon juice; blend thoroughly.

PEACH-GLAZED HAM SLICE

Cooks in 15 minutes

Ingredients

- 1 (8¾-oz.) can sliced peaches, drained
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ¼ teaspoon allspice
- 1 teaspoon grated lemon rind
- 1 fully-cooked center ham slice, cut 1-inch thick

Preparation

In blender container, combine peach slices, honey, lemon juice and allspice. Cover and blend until smooth; stir in lemon rind.

Place ham slice on metal tray. Cook for 15 to 17 minutes at **U=10, L=7, M=0** or until thoroughly heated. Turn ham over and brush occasionally with glaze after 10 minutes of cooking time. Heat remaining glaze and spoon over ham before serving. Makes 4 to 6 servings.

To squeeze excess moisture from thawed spinach, place the spinach on a dinner plate and put a second plate on top of it. Squeeze the plates together over the sink until the spinach is nearly dry.

MEATLOAF

Cooks in 35 minutes

Ingredients

- 1 egg, beaten
- 1½ cups soft bread crumbs
- ¾ cup milk
- ½ cup finely chopped onion
- ½ cup finely chopped green pepper
- ¾ teaspoon salt
- ½ teaspoon basil
- ¼ teaspoon oregano
- ¼ teaspoon pepper
- 1½ lbs. lean ground beef

Preparation

In a bowl, combine egg, bread crumbs, milk, onion, green pepper, salt, basil, oregano and pepper. Add ground beef; mix well. Form mixture into a loaf in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 35 to 38 minutes at **U=7, L=7, M=3** or until done. Let stand 10 minutes. Makes 6 servings.

ITALIAN POT ROAST

Cooks in 55 minutes

Ingredients

- 1 (2½ to 3 lb.) boneless chuck roast
- 1 cup zesty Italian salad dressing
- 1 teaspoon pepper
- ¼ teaspoon garlic powder
- Water
- ½ (16-oz.) pkg. frozen sliced carrots, thawed
- ½ lb. sliced fresh mushrooms

Preparation

Pierce roast on both sides with a fork. Place in zip-top plastic bag. Combine salad dressing, pepper and garlic powder; pour over roast in bag. Seal bag and refrigerate for 6 to 8 hours or overnight, turning occasionally.

Drain meat, reserving ⅓ cup marinade; add enough water to reserved marinade to make 1 cup. Place meat and marinade mixture in 4-quart oval casserole; cover. Place dish on metal tray. Cook for 55 to 60 minutes at **U=9, L=6, M=1** or until tender. Turn roast over and add vegetables after 20 minutes of cooking time. Makes 6 servings.



◀ SWISS STEAK

Cooks in 37 minutes

Ingredients

- 1½ lbs. tenderized boneless round steak
- ½ small onion, thinly sliced
- 1 cup coarsely chopped green pepper
- 1 (14½-oz.) can whole tomatoes, chopped and undrained
- 1 (8-oz.) can tomato sauce
- 1 (1¾-oz.) pkg. dry onion soup mix
- 1 tablespoon parsley flakes
- 1 teaspoon basil

Preparation

Cut steak into serving size portions and place in a 4-quart oval casserole. Spread onion slices and green pepper over steak. Combine tomatoes, tomato sauce, onion soup mix, parsley flakes and basil; pour over steak and vegetables. Cover. Place dish on metal tray. Cook for 37 to 42 minutes at **U=9, L=9, M=1** or until tender. Let stand, covered, for 5 minutes. Makes 4 to 6 servings.

STUFFED PEPPERS

Cooks in 14 minutes

Ingredients

- 4 medium-size green, red or yellow peppers
- 1 (10¾-oz.) can cream of tomato soup
- ¼ cup water
- ½ teaspoon basil
- 1 lb. lean ground beef
- ½ cup chopped onion
- ½ cup chopped celery
- 1 clove garlic, minced
- ⅔ cup cooked rice
- ½ cup chunky salsa
- ½ teaspoon salt
- ¼ teaspoon pepper
- Shredded Parmesan cheese

Preparation

Cut open side of peppers; remove seeds and membrane. Set aside. Combine soup, water and basil; blend well and set aside. Cook beef, onion, celery and garlic until meat is browned; drain. Combine meat mixture, rice, salsa, salt and pepper. Fill peppers evenly with meat mixture. Place peppers in a 1½- quart oval casserole. Cover. Place dish on metal tray. Cook for 14 to 18 minutes at **U=3, L=3, M=7** or until done, pouring soup mixture over peppers during last 10 minutes of cooking time. Sprinkle with cheese before serving. Makes 4 servings.

A melon baller is a useful tool for scooping the white pithy membrane and seeds from inside the peppers.

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MOROCCAN CHICKEN

Cooks in 27 minutes

Ingredients

- 2 to 2½ lbs. chicken pieces
- 1½ cups carrots, sliced ½ inch thick
- 1 cup chopped onion
- ¾ cup chicken broth
- 1 tablespoon lemon juice
- 2 teaspoons grated lemon rind
- 1 teaspoon paprika
- ½ teaspoon ginger
- ½ teaspoon turmeric
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- cooked rice

Preparation

In 2 ½-quart oval casserole, place chicken pieces; add carrots and onion. Combine broth, lemon juice, lemon rind, paprika, ginger, turmeric, salt and cinnamon; pour over chicken. Cover. Place dish on metal tray. Cook for 27 to 30 minutes at **U=3, L=3, M=7** or until done. Turn chicken over and stir carrots after 15 minutes of cooking time. Serve over rice. Makes 4 servings.

Turmeric lends unique color and flavor to this dish. Turmeric is the root of a tropical plant related to ginger. It has a slightly bitter flavor and bright orange-yellow color. East Indian cooking frequently features turmeric and it is the ingredient that gives American-style yellow mustard its intense yellow color.

CITRUS CHICKEN

Cooks in 16 minutes

Ingredients

- ⅓ cup orange juice
- ⅓ cup lemon juice
- ⅓ cup lime juice
- 1 tablespoon grated orange zest
- 1 clove garlic, minced
- 1 teaspoon sugar
- Dash hot pepper sauce
- 2 tablespoons vegetable oil
- 6 (6-oz.) skinless, boneless chicken breasts

Preparation

In small saucepan, combine orange juice, lemon juice, lime juice, orange zest, garlic, sugar and hot pepper sauce. Cook over medium heat until sugar is dissolved. Remove from heat and whisk in oil; cool.

Place chicken in shallow dish; prick in several places with a fork. Pour marinade over chicken; cover and refrigerate for 2 hours, turning occasionally. Remove chicken from marinade; discard marinade. Place chicken on metal tray. Cook for 16 to 18 minutes at **U=7, L=7, M=3** or until done. Turn chicken over after 12 minutes of cooking time. Makes 6 servings.

TACO CHICKEN PLATTER

Cooks in 16 minutes

Ingredients

- 1 medium tomato, seeded and chopped (about 1 cup)
- ¼ cup finely chopped green pepper
- ¼ cup finely chopped onion
- 1 (2¼-oz.) can sliced ripe olives, drained
- 2 tablespoons snipped fresh cilantro
- ⅛ teaspoon ground red pepper
- 1 cup crushed tortilla chips
- 1 (1¼-oz.) pkg. taco seasoning mix
- ¼ teaspoon garlic powder
- 6 (5-oz.) skinless, boneless chicken breasts
- Water
- Sour cream (optional)
- Shredded Cheddar cheese (optional)

Preparation

In a small bowl, combine tomato, green pepper, onion, olives, cilantro and pepper; blend well and set aside.

In a shallow dish, combine crushed tortilla chips, taco seasoning and garlic powder. Dip chicken in water, then coat both sides with chip mixture. Arrange chicken on metal tray. Cook for 16 to 18 minutes at **U=7, L=7, M=3** or until done. Turn chicken over after 12 minutes of cooking time. To serve, top chicken with tomato mixture; garnish with sour cream and cheese, if desired. Makes 6 servings.

Salsas are a great way to add maximum flavor to your food without adding unwanted fat and calories. When possible, use a blender or food processor to make chopping the salsa ingredients faster and easier.



CHICKEN AND DRESSING

Cooks in 23 minutes

Ingredients

- 1 (8-oz.) pkg. herb-seasoned stuffing mix
- ½ cup chopped celery
- ½ cup chopped onion
- 1 (2-oz.) jar sliced pimiento, drained
- 1½ cups chicken broth
- 1 egg, slightly beaten
- ½ teaspoon sage
- 6 small chicken thighs (about 1½ lbs.)
- 3 tablespoons butter, melted
- Salt and pepper
- Paprika

Preparation

Combine stuffing mix, celery, onion, pimiento, broth, egg and sage; blend well. Spoon mixture into lightly greased 2½-quart oval baking dish. Arrange chicken thighs over stuffing mixture. Brush chicken with butter; sprinkle with salt, pepper and paprika. Cover. Place dish on metal tray. Cook for 23 to 26 minutes at **U=3, L=3, M=7** or until chicken is done. Makes 4 to 6 servings.



GOAT CHEESE STUFFED CHICKEN BREAST

Cooks in 14 minutes

Ingredients

- 1 (3½-oz.) pkg. goat cheese, softened slightly
- ½ cup finely chopped ready-to-use sun-dried tomatoes
- 2 tablespoons snipped fresh parsley
- 1 teaspoon basil
- ½ teaspoon roasted garlic pepper
- 4 (5 oz.) skinless, boneless chicken breasts
- Salt
- 4 large fresh spinach leaves
- Olive oil
- Paprika

Preparation

Combine cheese, tomatoes, parsley, basil and pepper; blend well and set aside. Place chicken between two sheets of heavy-duty plastic wrap; flatten to ¼-inch thickness with flat side of meat mallet or rolling pin. Sprinkle chicken with salt; place a spinach leaf and 2 tablespoons cheese mixture in center of each chicken breast.

Roll up, jellyroll-style, starting at short end; secure with wooden picks. Place rolls, seam side down in a 2-quart oblong baking dish. Brush lightly with olive oil; sprinkle with paprika. Place dish on metal tray. Cook for 14 to 16 minutes at **U=6, L=6, M=4** or until done. Let stand 10 minutes. Cut into ½-inch thick slices to serve. Makes 4 servings.

This festive recipe is equally delicious when a 3-oz. package of cream cheese is substituted for goat cheese. If desired, serve the individual slices as appetizers. Just secure the slices with a cocktail pick and arrange on a serving platter.

CHICKEN AND PEPPERS IN WHITE WINE SAUCE

Cooks in 26 minutes

Ingredients

- 4 (6-oz.) skinless, boneless chicken breasts, cut into 1-inch cubes
- 6 slices bacon, diced
- 1 cup coarsely chopped onion
- ⅔ cup coarsely chopped green pepper
- ⅔ cup coarsely chopped sweet red pepper
- 1 (2¼-oz.) can sliced ripe olives, drained
- 1 teaspoon sage
- ½ teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon pepper
- 1 cup dry white wine

Preparation

In 2½-quart oval casserole, combine chicken and bacon. Place dish on metal tray. Cook for 10 minutes at **U=3, L=3, M=7** stirring occasionally; drain. Add onion, green pepper, red pepper, olives, sage, salt, thyme, and pepper. Pour wine over chicken and vegetables; cover. Place dish on metal tray. Continue cooking for 16 to 18 minutes until done.

CHICKEN NORMANDY

Cooks in 20 minutes

Ingredients

- 2 large apples, sliced
- 1 cup sliced celery
- 3 tablespoons butter
- 3 tablespoons cornstarch
- 1 cup chicken broth
- ½ cup sweet and sour sauce
- ⅓ cup apple juice
- ⅓ cup heavy cream
- 2 tablespoons apple brandy (applejack or Calvados)
- 6 (5-oz.) skinless, boneless chicken breasts
- Salt and pepper

Preparation

In saucepan, combine apples, celery and butter. Cook over medium heat for 4 to 5 minutes until celery is crisp tender. Dissolve cornstarch in chicken broth; add cornstarch mixture, sweet and sour sauce, apple juice, cream and brandy to apple mixture. Cook for 3 to 4 minutes or until thickened and bubbly, stirring occasionally. Pour mixture into a 3-quart ceramic casserole. Top with chicken breasts; season with salt and pepper. Cover. Place dish on metal tray. Cook for 20 to 22 minutes at **U=3, L=3, M=7** or until done. Makes 6 servings.

SPICY ORANGE CHICKEN

Cooks in 15 minutes

Ingredients

- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon allspice
- ¼ teaspoon ginger
- ¼ teaspoon white pepper
- 4 (5-oz.) skinless, boneless chicken breasts
- ¼ cup orange juice
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon grated orange rind
- ¼ cup thinly sliced green onion

Preparation

Combine salt, paprika, allspice, ginger and pepper; sprinkle over both sides of chicken. Place chicken in 2-quart oblong baking dish. Combine orange juice, lemon juice, sugar and orange rind; pour over chicken. Place dish on metal tray. Cook for 15 to 17 minutes at **U=6, L=6, M=4** or until done. Turn chicken over after 8 minutes of cooking time. Spoon cooking liquid over chicken and garnish with sliced green onion. Makes 4 servings.

If you prefer not to use apple brandy in this dish, just increase the apple juice to 1/2 cup.



CHICKEN WITH HOT CHEESE SAUCE

Cooks in 14 minutes

Ingredients

- ½ cup corn flake crumbs
- ½ teaspoon cumin
- ½ teaspoon garlic salt
- 4 (5-oz.) skinless, boneless chicken breasts
- ⅓ cup cheese spread with jalapeno peppers
- ¼ cup sliced ripe olives
- 1 (2-oz.) jar sliced pimento, drained

Preparation

In shallow dish, combine corn flake crumbs, cumin and garlic salt. Rinse chicken in water, then coat on both sides with crumb mixture. Place chicken on metal tray. Cook for 14 to 16 minutes at **U=7, L=7, M=3** or until done.

Hot Cheese Sauce

In 2-cup glass measuring cup, combine cheese spread, olives and pimento. Place dish on glass tray. Microwave at high (10) for 1 minute or until heated through. Pour over chicken.

Keep a bottle of minced garlic on hand in the refrigerator to use whenever a recipe calls for minced garlic cloves. One fresh clove equals 1/2 teaspoon bottled minced garlic.

CHICKEN A LA ROMA

Cooks in 28 minutes

Ingredients

- ½ lb. sliced fresh mushrooms
- ¾ cup thinly sliced green onion
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 (8-oz.) can tomato sauce
- 1 (6-oz.) can tomato paste
- 1 (2¼-oz.) can sliced ripe olives, drained
- ½ cup dry white wine
- 1 tablespoon instant chicken bouillon granules
- 2 teaspoons parsley flakes
- 1 teaspoon basil
- 1 teaspoon oregano
- ¼ teaspoon garlic pepper
- 2 to 2½ lbs. chicken pieces
- 1 (6-oz.) jar marinated artichoke hearts, drained
- Cooked angel hair pasta
- Grated Parmesan cheese

Preparation

Cook mushrooms, onion and garlic in olive oil until tender; drain. Combine tomato sauce, tomato paste, olives, wine, bouillon, parsley flakes, basil, oregano and garlic pepper; blend well. Stir in mushroom mixture. Place chicken in a 4-quart oval casserole. Pour tomato sauce mixture over chicken. Cover. Place dish on metal tray. Cook at **U=3, L=3, M=7** for 28 to 31 minutes or until done, turning chicken over after 16 minutes. Arrange artichokes around chicken pieces during last 5 minutes of cooking time. Sprinkle with cheese. Serve over pasta. Makes 4 to 6 servings.

CHICKEN CACCIATORE

Cooks in 40 minutes

Ingredients

- 2 to 2½ lbs. chicken pieces
- 1 medium green pepper, coarsely chopped
- 1 large tomato, seeded and coarsely chopped
- 1 (15-oz.) can tomato sauce
- 1 (6-oz.) can tomato paste
- ½ cup dry red wine
- 2 cloves garlic, minced
- 1 tablespoon sugar
- 1 teaspoon basil
- 1 teaspoon oregano
- ½ teaspoon fennel seed
- ½ teaspoon pepper
- Grated Parmesan cheese
- Cooked spaghetti (optional)

Preparation

Place chicken pieces in a 4-quart oval casserole; add green pepper, onion and tomato. Combine tomato sauce, tomato paste, wine, garlic, sugar, basil, oregano, fennel seed and pepper; pour over chicken. Cover. Place dish on metal tray. Cook for 40 to 45 minutes at **U=3, L=3, M=7** or until done, turning pieces over after 20 minutes. Sprinkle with cheese. Serve over spaghetti, if desired. Makes 4 to 5 servings.

Make an easy job of seeding tomatoes. Cut the tomato in half crosswise, exposing the seeds. Scoop out the exposed seeds with your finger and chop seeded tomato as directed.

SWEET AND TANGY CHICKEN

Cooks in 34 minutes

Ingredients

- 2 to 2½ lbs. chicken pieces
- ¾ cup bottled Russian salad dressing
- ¾ cup apricot preserves
- 2 tablespoons mayonnaise
- 1 (1¾ -oz.) pkg. dry onion soup mix

Preparation

Arrange chicken in a 4-quart oval casserole. Combine salad dressing, preserves, mayonnaise and onion soup mix; pour over chicken. Cover. Place dish on metal tray. Cook for 34 to 36 minutes at **U=3, L=3, M=7** or until done, stirring after 20 minutes. Uncover during last 4 minutes of cooking time. Makes 4 to 5 servings.

Lower the calories in this golden-glazed chicken dish by substituting reduced-fat mayonnaise, fat-free Russian dressing and low sugar preserves for the ingredients called for in the recipe.

ASIAN CHICKEN ROSÉ

Cooks in 16 minutes

Ingredients

- 4 (5-oz.) skinless, boneless chicken breasts
- 1 tablespoon cornstarch
- $\frac{3}{4}$ cup rosé wine
- $\frac{1}{4}$ cup soy sauce
- 2 tablespoons vegetable oil
- 3 tablespoons brown sugar
- 1 clove garlic, crushed
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{3}$ cup raisins
- Cooked rice (optional)

Preparation

Place chicken breasts in a 2½-quart oval casserole. In a small bowl, dissolve cornstarch in wine; stir until smooth. Add soy sauce, oil, sugar, garlic and ginger; blend well. Stir in raisins. Pour mixture over chicken breasts; cover. Place dish on metal tray. Cook for 16 to 18 minutes at **U=6, L=6, M=4** or until done, turning chicken over after 8 minutes. Serve over rice, if desired. Makes 4 servings.

For an easy recipe variation, slice the chicken breasts into 1/2-inch wide strips. Reduce cooking time to 11 to 13 minutes. Serve over rice and garnish with sliced green onions.

CHICKEN PARMESAN

Cooks in 17 minutes

Ingredients

- 4 (5-oz.) skinless, boneless chicken breasts
- $\frac{3}{4}$ cup Italian seasoned bread crumbs
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- 1 egg, beaten
- $\frac{1}{4}$ cup water
- 1 cup spaghetti sauce
- $\frac{1}{2}$ cup shredded mozzarella cheese
- Grated Parmesan cheese (optional)

Preparation

Place chicken breasts between two pieces of heavy-duty plastic wrap. Flatten slightly with flat side of meat mallet. In shallow dish, combine bread crumbs, $\frac{1}{4}$ cup Parmesan cheese, salt and paprika. Combine egg and water. Dip chicken in egg mixture, then in crumb mixture, coating both sides evenly. Place chicken breasts in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 17 to 19 minutes at **U=7, L=7, M=3** or until done. Spoon spaghetti sauce evenly over chicken and sprinkle with mozzarella cheese after 9 minutes of cooking time. Sprinkle with Parmesan cheese before serving, if desired. Makes 4 servings.

CHICKEN THIGHS WITH MUSHROOM TARRAGON SAUCE

Cooks in 6 minutes

Ingredients

- 1 cup sliced fresh mushrooms
- ½ cup chopped green pepper
- ½ cup chopped green onion
- ¼ cup dry white wine
- 2 teaspoons instant chicken bouillon granules
- 1 teaspoon tarragon
- 6 chicken thighs, skinned and boned
- ¾ cup dry bread crumbs
- ¾ cup grated Parmesan cheese
- ¾ teaspoon garlic salt
- 1 egg, beaten

Preparation

In a small saucepan, combine mushrooms, green pepper, onion, wine, bouillon granules and tarragon. Cook over medium heat until hot; set aside and keep warm.

Place chicken thighs between two sheets of heavy-duty plastic wrap; pound with flat side of meat mallet or rolling pin to ½-inch thickness. In shallow dish, combine bread crumbs, cheese and garlic salt. Dip each piece of chicken in beaten egg, then coat both sides with crumb mixture. Place chicken on metal tray. Cook for 6 to 10 minutes at **U=7, L=7, M=3** or until done. Spoon mushroom mixture evenly over each chicken thigh. Makes 6 servings.

MEXICAN TURKEY LOAF

Cooks in 40 minutes

Ingredients

- 2 lbs. ground turkey
- 2 cups soft bread crumbs
- 1 egg, beaten
- 2 cloves garlic, minced
- ½ cup chopped onion
- 1 (8-oz.) can tomato sauce
- 2 tablespoons chopped green chilies
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon oregano
- ½ teaspoon salt
- ½ cup shredded Cheddar cheese

Preparation

In a large mixing bowl, combine turkey, bread crumbs, egg, garlic, onion, tomato sauce, green chilies, cumin, chili powder, oregano and salt. Form mixture into a loaf in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 40 to 43 minutes at **U=6, L=6, M=4** or until done. Sprinkle with cheese during last 2 minutes of cooking time. Let stand 5 minutes. Makes 8 servings.

Ground turkey is a blend of dark and white meat. The fat content of ground turkey will vary with the amount of dark meat (which is higher in fat) that is used. Ground turkey can be substituted for ground beef in many recipes.



TURKEY SQUARES WITH CRANBERRY SAUCE

Cooks in 28 minutes

Ingredients

- 3 cups finely chopped cooked turkey
- 2 cups soft bread cubes
- ½ cup finely chopped celery
- ¼ cup finely chopped onion
- 1 (2-oz.) jar sliced pimiento, drained
- 3 eggs, slightly beaten
- ⅔ cup milk
- ½ cup chicken broth
- 1 tablespoon lemon juice
- ½ teaspoon poultry seasoning
- ¼ teaspoon pepper

Preparation

In a large mixing bowl, combine turkey, bread cubes, celery, onion, pimiento, eggs, milk, chicken broth, lemon juice, poultry seasoning and pepper; mix well. Spoon mixture into an 8-inch square baking dish. Place dish on metal tray. Cook for 28 to 30 minutes at **U=7, L=7, M=3**, or until center is set. Serve with Cranberry Sauce. Makes 6 servings.

Cranberry Sauce

In a 2-cup glass measuring cup, combine 1 cup whole berry cranberry sauce, 3 tablespoons orange marmalade, 1 teaspoon prepared mustard, ½ teaspoon allspice and ¼ teaspoon ginger. Place on glass tray. Microwave at high (10) for 1 to 2 minutes or until heated through.

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*Baked Grouper with Creole Sauce –
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BAKED GROUPEL WITH CREOLE SAUCE

Cooks in 12 minutes

Ingredients

- 4 (6-oz.) fresh grouper fillets
- 1 (8-oz.) can tomato sauce
- 1 tablespoon dry white wine
- 2 teaspoons sugar
- 1 teaspoon basil
- ½ teaspoon thyme
- ½ teaspoon salt
- ¼ teaspoon oregano
- ¼ teaspoon dried red pepper
- ¼ cup thinly sliced green onion

Preparation

Place fillets in a 3-quart oblong baking dish. Combine tomato sauce, wine, sugar, basil, thyme, salt, oregano and pepper; blend well and pour over fish. Place dish on metal tray. Cook for 12 to 14 minutes at **U=7, L=7, M=3**, or until fish flakes easily when tested with a fork. Sprinkle with onions before serving. Makes 4 servings.

FISH FILLETS AMANDINE

Cooks in 10 minutes

Ingredients

- 2 (8-oz.) fresh fish fillets
- 2 tablespoons butter, melted
- ½ teaspoon lemon pepper
- ¼ teaspoon dill weed
- ¼ teaspoon salt
- ½ cup slivered almonds, toasted
- 1 tablespoon snipped fresh parsley

Preparation

Brush fish on both sides with butter; sprinkle with lemon pepper, dill weed and salt. Place fish on metal tray. Cook for 10 to 12 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Turn fish over after 6 minutes of cooking time. Top with almonds and parsley before serving. Makes 4 servings.

LEMON PEPPER SALMON STEAKS

Cooks in 16 minutes

Ingredients

- 3 tablespoons butter, melted
- 2 teaspoons lemon juice
- 3 (11-oz.) salmon steaks, cut 1-inch thick
- 2 teaspoons lemon pepper
- ½ teaspoon garlic powder
- ½ teaspoon tarragon
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 6 thin lemon slices

Preparation

Combine butter and lemon juice; brush over both sides of salmon. Combine lemon pepper, garlic powder, tarragon, salt and paprika; sprinkle over both sides of salmon. Place salmon on metal tray. Cook for 16 to 18 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Turn salmon over after 12 minutes of cooking time. Top each steak with lemon slice. Makes 6 servings.



ASIAN GLAZED SALMON

Cooks in 11 minutes

Ingredients

- 3 tablespoons teriyaki sauce
- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 tablespoon honey-Dijon mustard
- 1 teaspoon vegetable oil
- ½ teaspoon Chinese five-spice powder
- ½ teaspoon garlic salt
- 2 (8-oz.) salmon fillets

Preparation

In a small bowl, whisk together teriyaki sauce, honey, lime juice, mustard, oil, five-spice powder, and garlic salt. Place salmon on non-stick metal tray; brush lightly with teriyaki mixture. Cook for 11 to 13 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Turn salmon over and brush with teriyaki mixture after 10 minutes of cooking time. Brush with remaining glaze before serving. Makes 4 servings.

Chinese five-spice powder consists of equal parts cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. It can be found in Asian markets and most supermarkets. If not available, 1/8 teaspoon cinnamon, 1/8 teaspoon cloves and 1/8 teaspoon ginger can be substituted.

SPICED BAKED FISH

Cooks in 12 minutes

Ingredients

- 4 (6-oz.) fresh talapia fillets
- 3 tablespoons butter, melted
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon lemon pepper
- ¼ teaspoon dry mustard
- ¼ teaspoon garlic powder
- Dash ground red pepper

Preparation

Brush fish with melted butter. Combine paprika, salt, lemon pepper, dry mustard, garlic powder and red pepper; sprinkle over fish. Place fish on metal tray. Cook for 12 to 14 minutes at **U=8, L=7, M=2** or until fish flakes easily when tested with a fork. Makes 4 servings.

The freshest fish makes the most delicious eating. When shopping for fish, remember that fresh fish has very little smell and that the flesh should feel firm and elastic to the touch. Always cook fish as soon as possible after purchasing.

ITALIAN BAKED FISH

Cooks in 13 minutes

Ingredients

- 1½ cups sliced fresh mushrooms
- 1 cup chopped tomatoes
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons snipped fresh parsley
- 2 teaspoons grated lemon zest
- ¾ teaspoon oregano
- ½ teaspoon seasoned salt
- ¼ teaspoon garlic powder
- 2 tablespoons olive oil
- 4 (6-oz.) fresh cod fillets
- Salt and pepper to taste

Preparation

Cook mushrooms, tomatoes, onion, green pepper, parsley, lemon zest, oregano, seasoned salt, and garlic powder in olive oil until onion is tender. Place fish in a 2-quart oblong baking dish; sprinkle with salt and pepper. Spoon tomato mixture over fish. Place dish on non-stick metal tray. Cook for 13 to 15 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Makes 4 servings.

SWORDFISH WITH ORANGE SAUCE

Cooks in 15 minutes

Ingredients

- ⅔ cup orange marmalade
- ¼ cup pineapple juice
- 2 teaspoons prepared horseradish
- ¼ teaspoon garlic powder
- ¼ teaspoon coriander
- Dash hot pepper sauce
- 3 tablespoons butter, melted
- 1 teaspoon lime juice
- 2 (12-oz.) swordfish steaks, cut 1-inch thick

Preparation

In a 2-cup glass measuring cup, combine marmalade, pineapple juice, horseradish, garlic powder, coriander and hot sauce. Place cup on non-stick metal tray. Cook for 1 to 2 minutes at **U=3, L=3, M=7** or until hot.

Combine butter and lime juice; brush over both sides of swordfish. Place fish on metal tray. Cook for 15 to 17 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Turn fish over after 10 minutes. Serve with Orange Sauce. Makes 4 servings.



SALMON TERRINE

Cooks in 18 minutes

Ingredients

- 2 (16-oz.) cans salmon, drained with bone and skin removed
- ¾ cup dry bread crumbs
- ½ cup milk
- 1 egg, beaten
- ¼ cup butter, melted
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dill weed
- ½ teaspoon salt

Preparation

In large bowl, combine salmon, bread crumbs, milk, egg, butter, cheese, dill weed and salt; mix well. Form mixture into a loaf in a 2-quart oblong baking dish. Place dish on metal tray. Cook for 18 to 20 minutes at **U=7, L=7, M=3** or until done. Let stand 5 minutes. Makes 6 servings.

Salmon is high in protein and also-a rich source of vitamin A, the B-group vitamins and omega-3 oils. The soft bones in canned salmon are an excellent calcium source.

SCROD WITH SHALLOTS AND PARSLEY

Cooks in 12 minutes

Ingredients

- 3 large shallots, minced
- ½ cup butter
- 4 cups soft white bread crumbs
- ⅓ cup chopped green onion
- ¼ cup snipped fresh parsley (optional)
- Salt and pepper to taste
- 1½ lbs. scrod fillets
- 4 teaspoons fresh lemon juice

Preparation

Cook shallots in butter until tender; add crumbs, green onion and parsley, if desired. Stir until butter is absorbed into mixture. Season with salt and pepper to taste.

Place fish on metal tray; brush with lemon juice. Cook for 12 to 14 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. After 7 minutes of cooking time, turn fillets over and spread crumb mixture evenly over fish, pressing gently to adhere to fish. Makes 6 servings.

Shallots are part of the onion family. Fresh shallots are available in the spring, but dry shallots (those with dry skins and moist flesh) are available year-round. Shallots are prized for their mild onion flavor and can be used like onions in cooking.

TUNA CROQUETTES WITH LEMON SAUCE

Cooks in 13 minutes

Ingredients

- 1¾ cups dry bread crumbs, divided
- 1 (6½-oz.) can water-pack tuna, drained
- 1 cup grated carrots
- ½ cup finely chopped celery
- ½ cup milk
- 2 eggs, beaten
- 1 tablespoon finely chopped onion
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper

Preparation

In large mixing bowl, combine 1 cup dry bread crumbs, tuna, carrots, celery, milk, eggs, onion, lemon juice, salt and pepper; mix well. Shape mixture into 6 cone-shaped portions; roll in remaining crumbs to coat all sides. Place croquettes on metal tray. Cook for 13 to 15 minutes at **U=6, L=6, M=4** or until done. Serve with Lemon Sauce. Makes 4 to 6 servings.

Lemon Sauce

In small bowl, dissolve 1 tablespoon cornstarch in 1 cup milk. Add 2 tablespoons melted butter and ⅛ teaspoon pepper. Place dish on glass tray. Microwave at high (10) for 2 to 3 minutes or until thickened, stirring once. Stir in ⅓ cup snipped fresh parsley and 1 tablespoon lemon juice before serving.

BAKED FISH WITH CHEESE

Cooks in 10 minutes

Ingredients

- ½ cup shredded four-cheese blend
- 2 tablespoons sour cream
- 1 lb. fresh sole or cod fillets
- 2 tablespoons butter, melted
- 2 teaspoons tarragon
- Salt and pepper to taste

Preparation

Combine shredded cheese and sour cream; set aside. Brush fish on both sides with melted butter; sprinkle with tarragon, salt and pepper. Place fish on metal tray. Cook for 10 to 12 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Turn fish over and Top with cheese mixture after 8 minutes of cooking time. Makes 4 servings.

SCALLOPED OYSTERS

Cooks in 12 minutes

Ingredients

- ½ cup chopped onion
- 2 tablespoons butter
- 2 cups buttery cracker crumbs
- ¼ cup butter, melted
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper
- 2 (8-oz.) cans fresh oysters, drained
- 1 cup evaporated milk
- 2 teaspoons Worcestershire sauce

Preparation

Cook onion in 2 tablespoons butter until tender; set aside. In a small mixing bowl, combine cracker crumbs, ¼ cup melted butter, salt, and red pepper; mix well.

In 2-quart oblong baking dish, place one third of crumb mixture, one can oysters and half of onion mixture. Repeat layers, ending with cracker crumbs. Combine milk and Worcestershire sauce; pour over casserole. Place dish on metal tray. Cook for 12 to 14 minutes at **U=6, L=6, M=4** or until done. Makes 6 servings.

Select and Standard refer to the size of the oyster. Standard oysters are small and select oysters are medium in size. Fresh oysters should be plump and smell like the sea. Their liquor should be clear rather than opaque.

SOLE FLORENTINE

Cooks in 14 minutes

Ingredients

- ¼ cup chopped onion
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 1 (10-oz.) pkg. frozen chopped spinach, thawed and drained
- 1 (2-oz.) jar sliced pimiento, drained
- ½ cup crumbled feta cheese
- 1 teaspoon grated lemon rind
- ½ teaspoon salt
- ¼ teaspoon oregano
- ⅛ teaspoon white pepper
- 4 (6-oz.) fresh sole fillets
- 2 tablespoons butter, melted
- 2 teaspoons lemon juice
- Paprika



Preparation

Cook onion and garlic in olive oil until tender. Combine onion mixture, spinach, pimiento, cheese, lemon rind, salt, oregano and pepper. Spread spinach mixture in an 8-inch square baking dish; arrange fish over spinach. Combine butter and lemon juice; brush over fish and sprinkle with paprika. Place dish on metal tray. Cook for 14 to 16 minutes at **U=7, L=7, M=3** or until fish flakes easily when tested with a fork. Makes 4 servings.

ASIAN FAVORITES

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Sesame Fish Sandwich – recipe on page 44

CANTONESE ROAST CHICKEN WITH HONEY-HOISIN GLAZE

Cooks in 40 minutes

Ingredients

- 1 (3 to 4-lb.) roasting chicken, giblets removed
- 3 tablespoons soy sauce
- 2 tablespoons Chinese rice wine or dry sherry
- ½ teaspoon Chinese five-spice powder
- ½ teaspoon white pepper
- 2 cloves garlic, crushed
- 1 rib celery, finely chopped
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 3 cloves garlic, minced
- Vegetable cooking spray

Preparation

Rinse chicken inside and out; pat dry with paper towels. Starting at neck opening, separate the skin and flesh with your fingers, being careful not to tear skin. Work your fingers over each side of breast and thigh areas to loosen skin.

Combine soy sauce, wine, five-spice powder and pepper. Rub ¾ of mixture over chicken flesh under the skin and over outside of chicken. Reserve remaining marinade. Place garlic under breast skin. Cover chicken and refrigerate for at least 2 hours or overnight.

Remove chicken from refrigerator. Combine celery, onion, carrot, garlic and reserved marinade; toss to coat evenly. Spoon stuffing into chicken cavity. Spray an 8-inch square baking dish with vegetable cooking spray. Place chicken, breast side up, in dish.

Cover. Place dish on metal tray. Cook for 40 to 42 minutes at **U=3, L=3, M=7** or until done. Baste twice with Glaze during last 5 minutes of cooking time.

Glaze

In a small bowl, combine 1½ tablespoons soy sauce, 1 tablespoon hoisin sauce, 1 tablespoon honey and 1 teaspoon sesame oil.

SESAME FISH SANDWICHES

Cooks in 8 minutes

Ingredients

- 1½ lb. firm white fish fillets, such as sea bass or red snapper
- 2 tablespoons oyster-flavored sauce
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 4 fresh shiitake mushrooms, sliced
- 2 green onions, cut in julienne strips
- 1 small carrot, cut in julienne strips
- 1 rib celery, cut in julienne strips
- 1 teaspoon black sesame seeds
- 1 teaspoon white sesame seeds

Preparation

Cut fillets crosswise into 8 serving-size pieces (about 3-inch squares). Combine oyster-flavored sauce, soy sauce and sesame oil; blend well. Add fish and turn to coat on both sides. Place half of fish on tray. Divide mushrooms, green onion, carrots and celery evenly among fish. Top with remaining fish to make “sandwiches;” sprinkle evenly with sesame seeds. Cook for 8 to 11 minutes at **U=6, L=6, M=4**, or until fish flakes easily when tested with a fork. Makes 4 servings.

CHINESE SEAFOOD AND CHICKEN RICE CASSEROLE

Cooks in 30 minutes

Ingredients

- 1½ cups long-grain rice, uncooked
- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- 1 teaspoon turmeric
- ½ teaspoon Chinese five-spice powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 chicken drumsticks or thighs
- 1 large onion, chopped
- 1 medium-size sweet red pepper, seeded and chopped
- 2¾ cups chicken broth
- 3 tablespoons soy sauce
- 12 medium-size shrimp, peeled and deveined, with tails intact
- 1 cup frozen peas, thawed

Preparation

In a 2½-quart oval casserole, combine rice, oil, garlic, ginger, turmeric, five-spice powder, salt and pepper; stir well. Add chicken, onion, red pepper, chicken broth and soy sauce; combine thoroughly. Cover. Place dish on metal tray. Cook for 25 to 27 minutes at **U=3, L=3, M=7**, or until rice is tender.

Add shrimp, placing them under rice; sprinkle with peas. Cover. Continue cooking for 5 minutes or until shrimp turn pink. Makes 6 servings.



Special thanks to Chef Martin Yan for developing the recipes in this section.

CURRIED CHICKEN

Cooks in 26 minutes

Ingredients

- 1 (13½-oz.) can unsweetened coconut milk
- 2 tablespoons vegetable oil
- 2 tablespoons curry powder
- 2 tablespoons regular or dark soy sauce
- 1 tablespoon chili garlic sauce
- 1 red jalapeño pepper, seeded and minced
- 4 skinless chicken thighs
- 2 potatoes, peeled and cut into 1-inch cubes
- 2 carrots, thinly sliced diagonally
- 2 green onions, cut into 1-inch lengths

Preparation

In a mixing bowl, combine coconut milk, oil, curry powder, soy sauce, chili garlic sauce and jalapeño pepper; add chicken and stir to coat evenly on both sides. Place chicken mixture in a 2½-quart oval casserole; cover. Place dish on metal tray. Cook for 26 to 28 minutes at **U=3, L=3, M=7**, or until chicken is done. Add potatoes, carrots and onions after 15 minutes of cooking time. Makes 4 servings.

Fresh ginger has a pungent, spicy-aroma and peppery, slightly sweet flavor. It is frequently used in Asian and Indian cooking. When purchasing fresh ginger, choose roots with smooth skins and a fresh, spicy fragrance. Fresh, unpeeled ginger can be tightly wrapped and refrigerated for up to 1 week or frozen for up to 2 months.



SCALLION PINWHEELS

Cooks in 12 minutes

Ingredients

- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon honey
- 1½ teaspoons minced garlic
- 1½ teaspoons minced fresh ginger
- 1 teaspoon sesame oil
- 1 (1-lb.) loaf frozen bread dough, thawed
- 1 tablespoon sesame oil
- 1 green onion, thinly sliced
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon salt
- 1 tablespoon sesame seeds

Preparation

In a small bowl, combine soy sauce, hoisin sauce, honey, garlic, ginger and 1 teaspoon sesame oil; set aside.

On lightly floured surface, roll dough into an 18x5-inch rectangle; brush with remaining sesame oil. Combine onion, five-spice powder and salt; sprinkle over dough. Beginning at long end, roll up tightly, jellyroll-style; pinch seam to seal. Cut into 20 equal pieces. Place rolls, cut sides down, 1 inch apart on tray. Cover with a damp cloth; let rise in a warm place for 15 to 20 minutes or until light and puffy. Brush rolls with reserved soy sauce mixture; sprinkle with sesame seeds. Cook for 12 to 14 minutes at **U=9, L=6, M=1** or until lightly browned. Makes 20 pinwheels.

Hoisin sauce lends a sweet and spicy flavor to many Chinese dishes. It's made from soybeans, garlic, chili peppers, and a variety of spices. You'll find it in Asian markets and many large supermarkets.

CASHEW SHRIMP

Cooks in 8 minutes

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon oyster-flavored sauce
- 1 tablespoon soy sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1 teaspoon cornstarch
- ¾ lb. large shrimp, peeled and deveined, with tails intact
- 1 carrot, thinly sliced diagonally
- ¼ lb. snow peas, trimmed
- ¼ cup sliced water chestnuts
- Vegetable oil
- ¾ cup unsalted, roasted cashews

Preparation

In a mixing bowl, combine vegetable oil, oyster-flavored sauce, soy sauce, wine and cornstarch; stir until smooth. Add shrimp, carrot, snow peas and water chestnuts; stir to coat evenly. Brush metal tray with vegetable oil. Spread shrimp mixture on tray. Cook for 8 to 10 minutes at **U=10, L=10, M=0** or until shrimp turn pink. Sprinkle with cashews. Makes 4 servings.

Scallops may be used instead of-shrimp, if desired. Slice ¾ pound of sea scallops in half-horizontally. Cook as directed above.

LYCHEE SWEET AND SOUR PORK

Cooks in 14 minutes

Ingredients

- ¾ cup sweet and sour sauce
- 1 tablespoon chili garlic sauce
- 2 tablespoons vegetable oil
- 2 teaspoons regular or dark soy sauce
- 1 teaspoon cornstarch
- ¾ lb. boneless pork, cut into 1-inch cubes
- 1 (11-oz.) can lychee fruit, drained
- 1 (8-oz.) can pineapple chunks, drained
- ¼ cup coarsely chopped onion
- ¼ medium-size sweet red pepper, cut into ½-inch squares
- ¼ small green pepper, cut into ½-inch squares
- 1 teaspoon minced fresh ginger
- Vegetable oil
- Noodle pancake (optional)

The Lychee is native to southeast Asia but is also grown in California, Florida and Hawaii. It has creamy white flesh that is juicy and sweet. Fresh lychees are available from June to mid-July. Canned or dried lychees are available year round.



Preparation

Combine sweet and sour sauce and chili garlic sauce; blend well and set aside. In a mixing bowl, combine 2 tablespoons vegetable oil, soy sauce and cornstarch; stir until smooth. Add pork, lychee fruit, pineapple, onion, red pepper, green pepper and ginger; stir to coat evenly. Spread pork mixture on metal tray. Cook for 14 to 16 minutes at **U=3, L=3, M=7** or until pork is done, stirring after 8 minutes. Stir reserved sweet and sour sauce mixture into pork mixture after 11 minutes of cooking time. Serve over noodle pancake, if desired. Makes 4 servings.

Noodle Pancake

Cook 8 ounces dried Chinese egg noodles according to package directions; drain well. Heat 1 tablespoon vegetable oil in 10-inch skillet. Spread noodles in skillet; cook, uncovered, over medium heat for 6 to 7 minutes or until bottom is lightly browned. Invert skillet over large plate to remove pancake; then slide pancake back into skillet, browned side up. Continue cooking for 5 to 6 minutes or until second side is lightly browned. Cut into 4 wedges.



SHANGHAI RED-COOKED RIBS

Cooks in 22 minutes

Ingredients

- 2 lbs. pork spareribs, cut into 2-inch lengths
- 1 cup water
- 1/3 cup Chinese rice wine or dry sherry
- 1/4 cup regular or dark soy sauce
- 2 tablespoons hoisin sauce
- 4 thin slices fresh ginger, slightly crushed
- 2 teaspoons minced garlic
- 1 1/2 tablespoons brown sugar
- 2 whole star anise
- 3 green onions, cut into 1-inch lengths
- 2 teaspoons cornstarch
- 3 tablespoons water

Preparation

In a medium bowl, combine ribs, water, wine, soy sauce, hoisin sauce, ginger, garlic, sugar and star anise; stir to coat evenly. Place rib mixture meat side down into a 2 1/2 - quart oval casserole dish; place dish on metal tray. Cook for 22 to 25 minutes at **U=3, L=3, M=7** until meat is tender. Add green onions during last 2 minutes of cooking time.

Remove ribs to serving plate; keep warm. Pour half of cooked sauce into a 2-cup glass measuring cup. Dissolve cornstarch in water; add to sauce and blend well. Place cup on metal tray. Cook for 2 to 3 minutes at **U=3, L=3, M=7**, stirring twice. Pour thickened sauce over ribs. Makes 4 servings.

BROCCOLI BEEF

Cooks in 9 minutes

Ingredients

- 2 tablespoons regular or dark soy sauce
- 1 tablespoon oyster-flavored sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1 teaspoon vegetable oil
- 1 teaspoon cornstarch
- 1/4 teaspoon pepper
- 3/4 lb. top sirloin steak, cut into thin strips
- 1 1/2 cups broccoli florets
- 1 small onion, cut into 1-inch squares
- Vegetable oil
- Cooked rice (optional)

Preparation

In a medium bowl, combine soy sauce, oyster-flavored sauce, wine, oil, cornstarch and pepper; stir until smooth. Add steak, broccoli and onion; stir to coat evenly. Brush metal tray with vegetable oil. Spread beef mixture on tray. Cook for 9 to 12 minutes at **U=3, L=3, M=7** or until desired doneness. Serve over rice, if desired. Makes 4 servings.

CASSEROLES



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recipe page 50*

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BAKED CHICKEN SALAD

Cooks in 22 minutes

Ingredients

- 2 cups buttery cracker crumbs
- ¼ cup butter, melted
- 2½ cups finely chopped cooked chicken
- 1 cup thinly sliced celery
- ¾ cup shredded carrots
- ½ cup chopped onion
- ½ cup slivered almonds, toasted
- 1 (10¾-oz.) can cream of chicken soup
- ⅔ cup mayonnaise
- ¼ teaspoon salt

Preparation

Combine cracker crumbs and butter; mix well and set aside. Combine chicken, celery, carrots, onion, almonds, soup, mayonnaise and salt; spoon into a 1½-quart round casserole. Place dish on metal tray. Cook for 22 to 24 minutes at **U=7, L=7, M=3** or until golden brown and bubbly. Top with crumb mixture during last 5 minutes of cooking time. Serve with biscuits, if desired. Makes 6 servings.

CRAB-SHRIMP BAKE

Cooks in 22 minutes

Ingredients

- 1½ cups buttery cracker crumbs
- 2 tablespoons butter, melted
- 1 cup sliced fresh mushrooms
- ½ cup chopped celery
- ¼ cup finely chopped onion
- 2 tablespoons butter
- 1 (6-oz.) pkg. long grain and wild rice, cooked
- 2 (4½-oz.) cans shrimp, drained
- 1 (6-oz.) can crabmeat, drained and flaked
- 1 (10¾-oz.) can cream of mushroom soup
- 1 (2-oz.) jar sliced pimiento, drained
- 1 tablespoon lemon juice

Preparation

Combine cracker crumbs and 2 tablespoons melted butter; set aside.

Cook mushrooms, celery and onion in remaining butter for 4 to 5 minutes or until crisp-tender. Combine rice, mushroom mixture, shrimp, crabmeat, soup, pimiento and lemon juice. Spoon mixture into a lightly greased, 2-quart round casserole. Place dish on metal tray. Cook for 22 to 24 minutes at **U=7, L=7, M=3** or until bubbly. Top with crumb mixture during last 5 minutes of cooking time. Makes 6 servings.

SCALLOPED HAM AND POTATOES

Cooks in 30 minutes

Ingredients

- ¼ cup dry bread crumbs
- 2 tablespoons snipped fresh parsley
- 1 tablespoon butter, melted
- 1 (8-oz.) pkg. diced cooked ham (1½ cups)
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 (2-oz.) jar sliced pimiento, drained
- 4 medium potatoes, peeled and thinly sliced (4 cups)
- 1 (10¾-oz.) can Cheddar cheese soup
- ½ cup milk

Preparation

Combine bread crumbs, parsley and butter; blend well and set aside. Combine ham, onion, green pepper and pimiento; stir to combine. In a 2½-quart oval casserole, layer half of ham mixture and half of potatoes. Repeat layers. Combine soup and milk; pour over potatoes. Cover. Place dish on metal tray. Cook for 30 to 35 minutes at **U=3, L=3, M=7**, or until lightly browned. Uncover and sprinkle with reserved crumb mixture after 30 minutes of cooking time. Let stand 10 minutes. Makes 6 servings.

Variations

This dish would be just as delicious made with cream of mushroom or celery soup. Serve with melon wedges, corn muffins and strawberry sundaes for dessert.



SPANISH RICE

Cooks in 10 minutes

Ingredients

- 1 lb. lean ground beef
- 2 (14½-oz.) cans tomatoes, chopped and undrained
- 1 cup instant rice
- 1 tablespoon instant minced onion
- 1 tablespoon chili powder
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper

Preparation

Cook ground beef until browned; drain. In 2-quart round casserole, combine beef, tomatoes, rice, onion, chili powder, sugar, salt and pepper; mix thoroughly. Cover. Place dish on metal tray. Cook for 10 to 12 minutes at **U=3, L=3, M=7**, or until liquid is absorbed. Stir before serving. Makes 4 to 6 servings.

To chop canned tomatoes easily, use kitchen shears to snip tomatoes into pieces while still in the can.



TAMALE PIE

Cooks in 16 minutes

Ingredients

- 1 lb. lean ground beef
- ½ cup chopped onion
- 1 (15¼-oz.) can whole kernel corn, drained
- 1 cup chunky salsa
- 1 (6-oz.) can tomato paste
- 1 (2¼-oz.) can sliced ripe olives, drained
- 2 teaspoons chili powder
- ½ teaspoon salt
- 1 (8-oz.) package corn muffin mix
- ⅓ cup milk
- 1 egg

Preparation

Cook beef and onion until meat is browned; drain well. In a bowl, combine meat mixture, corn, salsa, tomato paste, olives, chili powder and salt. Spoon into a 8-inch square baking dish.

In a small bowl, combine muffin mix, milk and egg; stir just until moistened. Spread mixture over meat. Place dish on metal tray. Cook for 16 to 18 minutes at **U=6, L=6, M=4**, or until top is golden brown. Makes 6 servings.

SPICY WILD RICE CASSEROLE

Cooks in 32 minutes

Ingredients

- 1 lb. hot bulk pork sausage
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup sliced fresh mushrooms
- ½ cup chopped green pepper
- 1½ cups water
- 1 (10¾-oz.) can cream of mushroom soup
- 1 (6-oz.) pkg. long grain and wild rice
- 1 cup shredded Cheddar cheese
- ¼ teaspoon pepper

Preparation

Cook sausage, onion, celery, mushrooms and green pepper until sausage is browned and vegetables are tender; drain. Stir in water, soup, rice, cheese and pepper. Spoon mixture into a lightly greased 2-quart round casserole; cover. Place dish on metal tray. Cook for 32 to 35 minutes at **U=7, L=7, M=3** or until bubbly. Makes 8-servings.

FOUR CHEESE PASTA WITH ITALIAN SAUSAGE AND PEPPERONI

Cooks in 15 minutes

Ingredients

- 1 lb. bulk Italian sausage
- 1 cup chopped onion
- 1 cup chopped green pepper
- ½ teaspoon Italian herb seasoning
- ½ teaspoon salt
- ½ teaspoon garlic pepper
- 1 (14-oz.) jar pizza sauce
- 1 (7-oz.) pkg. macaroni, cooked and drained
- ½ (3-oz.) pkg. pepperoni, chopped
- 1 cup shredded four-cheese pizza blend

Preparation

Cook sausage, onion and green pepper until meat is browned; drain well. Add Italian herb seasoning, salt, pepper, pizza sauce and macaroni; stir to combine. Spoon mixture into a 2-quart round casserole; cover. Place dish on metal tray. Cook for 15 to 17 minutes at **U=3, L=3, M=7** or until bubbly. Uncover, stir and sprinkle with pepperoni and cheese after 13 minutes of cooking time. Makes 6 servings.

CHICKEN-ASPARAGUS CASSEROLE

Cooks in 22 minutes

Ingredients

- 1 (10-oz.) pkg. frozen asparagus spears, thawed and well drained
- 1 (8-oz.) can sliced water chestnuts, drained
- 1 cup sliced celery
- 2 cups chopped cooked chicken
- 1 (10¾-oz.) can cream of chicken soup
- ½ cup sour cream
- ¼ cup dry sherry
- ¼ cup milk
- ½ teaspoon salt
- ½ cup chopped toasted almonds
- ¼ cup grated Parmesan cheese

Preparation

Layer asparagus, water chestnuts, celery and chicken in an 8-inch square baking dish. Combine soup, sour cream, sherry, milk and salt; mix well. Spoon over chicken. Place dish on metal tray. Cook for 22 to 24 minutes at **U=3, L=3, M=7**. Top with chopped almonds and grated cheese with 2 minutes of cooking time remaining. Makes 6 servings.

Serve this tasty casserole at a special luncheon. The menu could include fresh fruit salad, miniature cinnamon muffins and lemon tarts purchased from the bakery.

FAVORITE HAMBURGER-CHEESE CASSEROLE

Cooks in 18 minutes

Ingredients

- 1½ lbs. lean ground beef
- 2 (8-oz.) cans tomato sauce
- 2½ teaspoons sugar
- 1 teaspoon garlic salt
- ¼ teaspoon pepper
- 1 (8-oz.) pkg. cream cheese, softened
- 1 (8-oz.) carton sour cream
- ½ cup thinly sliced green onion
- 1 (8 oz.) pkg. wide noodles, cooked and drained
- 1½ cups shredded sharp Cheddar cheese

Preparation

Cook ground beef until browned; drain well. Add tomato sauce, sugar, garlic salt and pepper; stir to combine and set aside. Combine cream cheese and sour cream; stir until smooth. Stir in onion. In a 2½-quart oblong baking dish, layer noodles, ground beef mixture and cream cheese mixture. Place dish on metal tray. Cover. Cook for 18 to 23 minutes at **U=3, L=3, M=7** or until bubbly. Uncover and sprinkle with shredded cheese with 4 minutes of remaining cooking time. Makes 6 servings.

Microwaving can make short work of browning ground beef. Crumble ground beef in a microwave-safe colander. Place the colander in a round glass casserole. Place dish on glass tray. Microwave at high (10) for 6 to 8 minutes (for 1 pound) or until no pink color remains. The beef cooks and drains in one simple step.

TURKEY TETRAZZINI

Cooks in 17 minutes

Ingredients

- ¼ cup butter, melted
- ¼ cup all-purpose flour
- 1 cup chicken broth
- 1 cup half & half
- 4 cups chopped, cooked turkey
- 3 cups cooked spaghetti (about 5 oz. uncooked)
- 1 (4-oz.) can sliced mushrooms, drained
- 1 (2-oz.) jar sliced pimiento, drained
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon nutmeg (optional)
- ¼ cup grated Parmesan cheese

Preparation

In a glass bowl, combine butter and flour. Gradually add broth and half & half, stirring until smooth. Place dish on glass tray. Microwave at medium high (7) for 4 to 6 minutes or until thickened, stirring twice.

In a large bowl combine turkey, spaghetti, mushrooms, pimiento, salt, pepper, nutmeg and sauce; blend well and pour into 3-quart ceramic casserole. Cover. Place dish on metal tray. Cook for 17 to 20 minutes at **U=3, L=3, M=7** or until bubbly, stirring after 5 minutes. Uncover, stir and sprinkle with cheese during last 5 minutes of cooking time. Makes 6 servings.

Variations

This popular casserole can be made with leftover turkey or chicken. For a tasty variation, replace half the turkey with chopped cooked ham. Serve Turkey Tetrazzini with steamed broccoli and crunchy apple salad. An easy dessert of orange sherbet and gingersnaps completes the meal.

CLASSIC LASAGNA

Cooks in 26 minutes

Ingredients

- ½ pound bulk pork sausage
- 1 cup sliced fresh mushrooms
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 cups spaghetti sauce
- 1 teaspoon sugar
- 1 egg, beaten
- 1 cup ricotta cheese
- ½ cup grated Parmesan cheese, divided
- 6 lasagna noodles, cooked and drained
- 1¼ cups shredded mozzarella cheese

Preparation

Cook sausage, mushrooms, onion and garlic until sausage is browned; drain. Add spaghetti sauce and sugar; blend well. In a small bowl, combine egg, ricotta cheese and ¼ cup Parmesan cheese; blend well and set aside.

Arrange 3 lasagna noodles in a greased 2-quart oblong baking dish. Spread with half of the ricotta cheese mixture. Spoon half of sauce over cheese. Sprinkle with half of mozzarella cheese. Repeat layers of noodles, ricotta cheese mixture and sauce. Place dish on metal tray. Cook for 21 minutes at **U=3, L=3, M=7**. Top with remaining Parmesan and mozzarella cheeses and continue cooking for 5 to 7 minutes or until bubbly. Let stand for 10 minutes. Makes 6 servings.

Variations

Ground beef or turkey can be substituted for sausage, if desired. For a creamier cheese layer, try small curd cottage cheese in place of ricotta.



ITALIAN BEEF AND RICE CASSEROLE

Cooks in 19 minutes

Ingredients

- 1 lb. lean ground beef
- 1 cup chopped onion
- ½ cup chopped green pepper
- ½ cup chopped celery
- 1 cup cooked rice
- 1 (14½-oz.) can tomatoes
- 1 (6-oz.) can tomato paste
- 1 (4-oz.) can mushroom pieces, drained
- 2 teaspoons Italian herb seasoning
- ½ teaspoon salt
- ½ teaspoon garlic pepper
- 1 cup shredded Cheddar cheese

Preparation

Cook beef, onion, green pepper and celery until meat is browned and vegetables are tender; drain well. Stir in rice, tomatoes, tomato paste, mushrooms, Italian herb seasoning, salt and pepper. Spoon mixture into a 2½-quart oval casserole. Cover. Place dish on metal tray. Cook for 19 to 21 minutes at **U=3, L=3, M=7** or until bubbly. Uncover and top with cheese during the last 2 minutes of cooking time. Makes 6 servings.

ENCHILADA CASSEROLE

Cooks in 21 minutes

Ingredients

- 1 lb. lean ground beef
- ½ cup chopped onion
- 1 (11-oz.) can corn with red and green-peppers, drained
- 1 (10-oz.) can enchilada sauce (hot or mild)
- 1 (8-oz.) can tomato sauce
- 1 (4-oz.) can chopped green chilies, drained
- ½ cup picante sauce
- ½ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 (6-inch) corn tortillas, divided
- 1 cup shredded Cheddar-Monterey Jack cheese blend, divided

Preparation

Cook ground beef and onion until beef is browned; drain. Stir in corn, enchilada sauce, tomato sauce, chilies, picante sauce, oregano, salt and pepper. Place four tortillas in bottom of a lightly greased 9x13 baking dish, arranging so that tortillas extend 1 inch up sides of dish. Pour half of meat mixture over tortillas; top with half of cheese. Repeat layers of tortillas and meat mixture. Place dish on metal tray. Cook for 21 to 23 minutes at **U=3, L=3, M=7** or until hot and bubbly. Top with remaining cheese during last 2 minutes of cooking time. Makes 6 servings.

Variations

Add a little heat to this Mexican-style dish by using hot enchilada and picante sauces plus a dash of ground red pepper. Flour tortillas may be substituted for corn tortillas, if desired.

CHILE CON CARNE WITH NOODLES

Cooks in 16 minutes

Ingredients

- 1½ lbs. lean ground beef
- ½ cup chopped onion
- ½ cup chopped green pepper
- 2 cups shredded Cheddar cheese
- 6 oz. egg noodles, cooked and drained
- 1 (15-oz.) can chili beans
- 1 (8-oz.) can tomato sauce
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon pepper
- Sliced ripe olives (optional)

Preparation

Cook ground beef, onion and green pepper until beef is browned; drain. In 2½-quart oval casserole, combine beef mixture, cheese, noodles, beans, tomato sauce, chili powder, cumin, salt and pepper. Cover. Place dish on metal tray. Cook for 16 to 18 minutes at **U=3, L=3, M=7** or until bubbly, stirring after 10 minutes. Garnish with sliced ripe olives, if desired. Makes 8 servings.

Variations

For a spicier version of this recipe, add 1 seeded and chopped jalapeño pepper. Always wear rubber gloves when chopping hot peppers to avoid skin irritation.

TUNA-NOODLE CASSEROLE WITH WATER CHESTNUTS

Cooks in 28 minutes

Ingredients

- 1 cup buttery cracker crumbs
- ¼ cup butter, melted
- 2 teaspoons parsley flakes
- 1 (8-oz.) pkg. medium egg noodles, cooked and drained
- 1 (12-oz.) can water-pack tuna, drained
- 1 (8-oz.) can sliced water chestnuts, drained
- 1 cup chopped onion
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 (10¾-oz.) cans cream of mushroom soup
- ¾ cup milk

Preparation

Combine cracker crumbs, butter and parsley flakes; set aside. In a large bowl, combine noodles, tuna, water chestnuts, onion, salt and pepper. Combine soup and milk; stir until smooth. Pour over noodle mixture; combine thoroughly. Spoon mixture into a lightly greased 2-quart round casserole. Place dish on metal tray. Cook for 28 to 30 minutes at **U=7, L=7, M=3** or until bubbly. Top with crumb mixture during last 5 minutes of cooking time. Makes 8 servings.

The addition of sliced water chestnuts gives a pleasing crunch to the texture of this old favorite. Remember to add the crumb mixture during the last 5 minutes of cooking time for a perfect golden brown topping.



QUICK AND EASY CHICKEN POT PIE

Cooks in 22 minutes

Ingredients

- 2 cups chopped cooked chicken
- 1 (10-oz.) pkg. frozen mixed vegetables, thawed
- ½ cup chopped onion
- 1 (2-oz.) jar sliced pimiento, drained
- 1 (10¾-oz.) can cream of chicken soup
- ½ cup milk
- ¼ teaspoon thyme
- ⅛ teaspoon pepper
- 1½ cup baking mix
- ¾ cup milk
- 1 egg
- 2 tablespoons grated Parmesan cheese

Keep your pantry stocked with staples. Canned soups, baking mix, pasta, tomato sauce, canned tuna, pasta sauces and seasoning mixes can help make last minute meal preparation a snap.

Preparation

In a medium bowl, combine chicken, vegetables, onion and pimiento. Combine soup, ½ cup milk, thyme and pepper; stir until smooth. Pour over chicken mixture; stir to combine. Spoon mixture into a 2-quart round casserole baking dish.

Combine baking mix, ¾ cup milk and egg; stir to blend. Pour evenly over chicken mixture. Place dish on non-stick metal tray. Cook for 22 to 24 minutes at **U=6, L=6, M=4** or until golden brown. Sprinkle with cheese during last 5 minutes of cooking time. Let stand for 5 minutes. Makes 6 servings.

STEW

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recipe page 60*

BEEF BURGUNDY

Cooks in 33 minutes

Ingredients

- 1 lb. beef stew meat, cut into ½-inch cubes
- 3 shallots, quartered
- 1 large carrot, cut into ¼-inch slices
- 3 cloves garlic, minced
- 3 slices bacon, diced
- 1½ cups burgundy
- ½ cup water
- ½ teaspoon herbes de Provence
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ cups sliced fresh mushrooms
- 3 tablespoons all-purpose flour
- 3 tablespoons water
- Cooked noodles (optional)

Preparation

In a 2½-quart oval casserole, combine beef, shallots, carrot, garlic and bacon. Place dish on glass tray. Microwave at high (10) for 12 to 14 minutes, stirring every 5 minutes. Drain.

Add wine, water, herbes de Provence, salt and pepper; cover. Place dish on non-stick metal tray. Cook for 28 to 30 minutes at **U=8, L=7, M=2**; stir and add mushrooms after 20 minutes cooking time. Dissolve flour in water; stir into stew mixture. Continue cooking at **U=8, L=7, M=2** for 5 to 7 minutes or until thickened. Serve over noodles, if desired. Makes 4 servings.

Cumin is frequently used in Mexican cooking. But its earthy, nutty aroma and slightly bitter, spicy flavor complement many foods. Cumin keeps its flavor best when stored as whole seed in an airtight container. For fullest flavor, grind or crush the seeds just before adding to a recipe.

Herbes de Provence contains an assortment of herbs most commonly used in the cooking of southern France. The mixture contains basil, fennel seed, lavender, marjoram, summer savory, thyme and sage. It is usually packed in tiny clay crocks and sold in the spice section of large supermarkets or gourmet shops.

SPICY PORK AND SWEET POTATO STEW

Cooks in 27 minutes

Ingredients

- 1 lb. lean boneless pork, cut into ½-inch cubes
- 1 small onion, thinly sliced
- ½ cup chopped sweet red pepper
- 2 cloves garlic, minced
- Vegetable cooking spray
- 2 cups peeled, cubed sweet potato
- 1½ cups chicken broth
- ½ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon allspice
- ¼ teaspoon dried red pepper
- 2 medium apples, peeled, cored and sliced
- 2 cups cooked rice
- ¼ cup sliced green onion

Preparation

Combine pork, onion, sweet red pepper and garlic in a 2½-quart oval casserole that has been coated with cooking spray. Place dish on glass tray. Microwave on high (10) for 12 minutes or until browned, stirring occasionally; drain.

Add sweet potato, broth, salt, cumin, allspice and pepper; cover. Place dish on metal tray. Cook for 27 to 30 minutes at **U=6, L=6, M=4** or until meat is tender. Stir and add apples after 20 minutes of cooking time. Serve over rice and garnish with sliced green onion. Makes 4 servings.

CLASSIC BEEF STEW

Cooks in 48 minutes

Ingredients

- 1½ lbs. beef stew meat, cut in ½-inch cubes
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 2½ cups water
- ½ (16-oz.) pkg. baby carrots
- 2 cups peeled, cubed potatoes
- 1 (1¾-oz.) pkg. dry onion-mushroom soup mix
- ½ teaspoon thyme
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ (16-oz.) pkg. frozen cut green beans, thawed
- 2 tablespoons cornstarch (optional)
- 3 tablespoons water (optional)

Preparation

Coat a 4-quart oval casserole with vegetable cooking spray; place beef, onion and garlic in casserole. Place dish on non-stick metal tray. Cook for 8 to 10 minutes at **U=3, L=3, M=7** or until browned. Drain.

Add water, carrots, potatoes, soup mix, thyme, salt and pepper; cover. Place dish on non-stick metal tray. Cook for 40 to 45 minutes at **U=6, L=6, M=4**, stirring occasionally. Add green beans after 20 minutes of cooking time. If desired, dissolve cornstarch in water; stir into stew mixture. Continue cooking for 5 minutes at **U=6, L=6, M=4** or until thickened. Makes 6 servings.

When buying meat, look for meat cuts that have the most lean meat and least amount of waste for the money. Less expensive cuts, such as stew meat, should have a minimum amount of gristle, fat or bone.



SOUTHWEST CHILI

Cooks in 33 minutes

Ingredients

- 2 lbs. lean ground beef
- 2 cups chopped onion
- 2 cloves garlic, minced
- 2 (28-oz.) cans tomatoes
- 2 (15-oz.) cans pinto beans, rinsed and drained
- 1 (8-oz.) can tomato sauce
- 1 (4-oz.) can chopped green chilies
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon salt
- ¼ teaspoon ground red pepper
- Sour cream (optional)
- Chopped green onions (optional)

Preparation

In a 4-quart oval casserole, place beef, onion and garlic. Place dish on glass tray. Microwave on high (10) for 5 to 7 minutes until meat is browned, stirring twice to crumble beef. Drain well.

Add tomatoes, beans, tomato sauce, chilies, chili powder, cumin, salt and pepper to meat mixture; stir to combine. Cover. Place dish on metal tray. Cook for 33 to 38 minutes at **U=3, L=3, M=7** or until hot and bubbly. Stir after 10 minutes of cooking time. Ladle into bowls and top with sour cream and onions, if desired.



CHICKEN AND SHRIMP JAMBALAYA

Cooks in 44 minutes

Ingredients

- ½ lb. smoked sausage, halved lengthwise and sliced
- 1½ cups finely chopped onion
- 1 cup chopped green pepper
- 1½ cups uncooked long-grain rice
- ½ teaspoon thyme
- ½ teaspoon pepper
- ⅛ teaspoon ground red pepper
- 2 (14½-oz.) cans Cajun-seasoned tomatoes
- 2 cups chicken broth
- 1 cup water
- 1 (9-oz.) pkg. frozen pre-cooked chopped chicken, thawed
- ½ lb. medium shrimp, peeled and deveined
- ¼ cup snipped fresh parsley (optional)

Preparation

In a 4-quart oval casserole, combine sausage, onion, green pepper, rice, thyme, pepper, red pepper, tomatoes, broth and water; cover. Place dish on metal tray. Cook at **U=3, L=3, M=7** for 44 to 46 minutes or until done. Add shrimp and chicken after 40 minutes of cooking time. Sprinkle with parsley before serving, if desired. Makes 6 to 8 servings.

SPANISH-STYLE CHICKEN

Cooks in 21 minutes

Ingredients

- 4 (4-oz.) skinless, boneless chicken breasts, cut into 2-inch cubes
- 1 cup instant rice
- 1 (15-oz.) can tomato sauce
- 1¼ cups chicken broth
- 2 tablespoons dry sherry
- ½ teaspoon salt
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon saffron
- 1 (10-oz.) pkg. frozen peas, thawed
- ½ cup sliced stuffed olives

Preparation

In a 2½-quart oval casserole, combine chicken, rice, tomato sauce, broth, sherry, salt, chili powder, garlic powder and saffron; cover. Place dish on metal tray. Cook for 21 to 24 minutes at **U=3, L=3, M=7** or until chicken is done and rice is tender. Stir and add peas and olives after 11 minutes of cooking time. Makes 6 servings.

Jambalaya gets its name from the French “jambon” meaning “ham” and the African “ya” meaning “rice.” Modern adaptations of the original dish may feature spicy sausage, kielbasa, shrimp or crawfish in place of or in combination with the ham.

Saffron is the world’s most expensive spice. Fortunately, a little of this pungent, aromatic spice goes a long way. It can be purchased in powdered form or as threads. The threads should be crushed just before using.

MEATBALL AND VEGETABLE SUPPER

Cooks in 25 minutes

Ingredients

- 1½ lbs. lean ground beef
- ¾ cup soft whole wheat bread crumbs
- 2 tablespoons chopped fresh parsley
- 2 teaspoons Worcestershire sauce
- ½ teaspoon marjoram
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups fresh broccoli florets
- 1 (8-oz.) pkg. sliced fresh mushrooms
- 1 small onion, thinly sliced
- ½ (16-oz.) pkg. frozen sliced carrots
- 1 (14½-oz.) can vegetable broth
- 1½ cups water
- ¼ teaspoon thyme

Preparation

In a bowl, combine beef, bread crumbs, parsley, Worcestershire sauce, marjoram, salt and pepper; blend thoroughly. Shape mixture into 18 meatballs. Place in a 4-quart oval casserole. Place dish on metal tray. Cook for 6 to 8 minutes at **U=3, L=3, M=7** or until done; drain well and wipe drippings out of casserole with paper towel. Return meatballs to dish; add mushrooms, onion and carrots. Combine broth, water and thyme; pour over vegetables. Cover. Place dish on metal tray. Cook for 19 to 21 minutes at **U=3, L=3, M=7** or until vegetables are crisp-tender. Add broccoli and stir during last 10 minutes of cooking time. Makes 6 servings.



SUMMER GARDEN STEW

Cooks in 20 minutes

Ingredients

- 2 small zucchini (about 1 lb.), cubed
- 1 large potato, peeled and cubed
- 1 cup grated carrots
- 1 small onion, coarsely chopped
- ½ small head cabbage, thinly sliced
- ½ cup chicken broth
- 1 (10¾-oz.) can cream of celery soup
- 1 cup shredded Cheddar cheese
- 1 (4-oz.) can mushroom pieces
- 1 lb smoked sausage, sliced ½ inch thick

Preparation

In a 3-quart ceramic casserole, place zucchini, potato, carrots, onion, cabbage and chicken broth; cover. Place dish on metal tray. Cook for 15 to 18 minutes at **U=3, L=3, M=7**, stirring after half of cooking time; drain well. Add soup and cheese; stir until well blended. Stir in mushrooms and sausage; cover. Cook for 5 to 8 minutes at **U=3, L=3, M=7** until thoroughly heated. Makes 4 to 6 servings.

Plan your menu around fresh produce from the local farmers' market. Serve this colorful stew with sliced tomatoes garnished with fresh basil and fresh peach cobbler.

HERBED BEEF STEW

Cooks in 30 minutes

Ingredients

- 1 lb. beef stew meat, cut into ½-inch cubes
- Vegetable cooking spray
- 1 cup coarsely chopped onion
- 2½ cups water
- ½ cup dry red wine
- 1 cup peeled, seeded and coarsely chopped acorn squash
- 1 cup sliced parsnips
- ½ cup coarsely chopped dried cranberries
- 1½ teaspoons instant beef bouillon granules
- ½ teaspoon rosemary, crushed
- ½ teaspoon thyme
- ½ teaspoon pepper
- 1 cup halved fresh Brussel sprouts
- Cooked rice

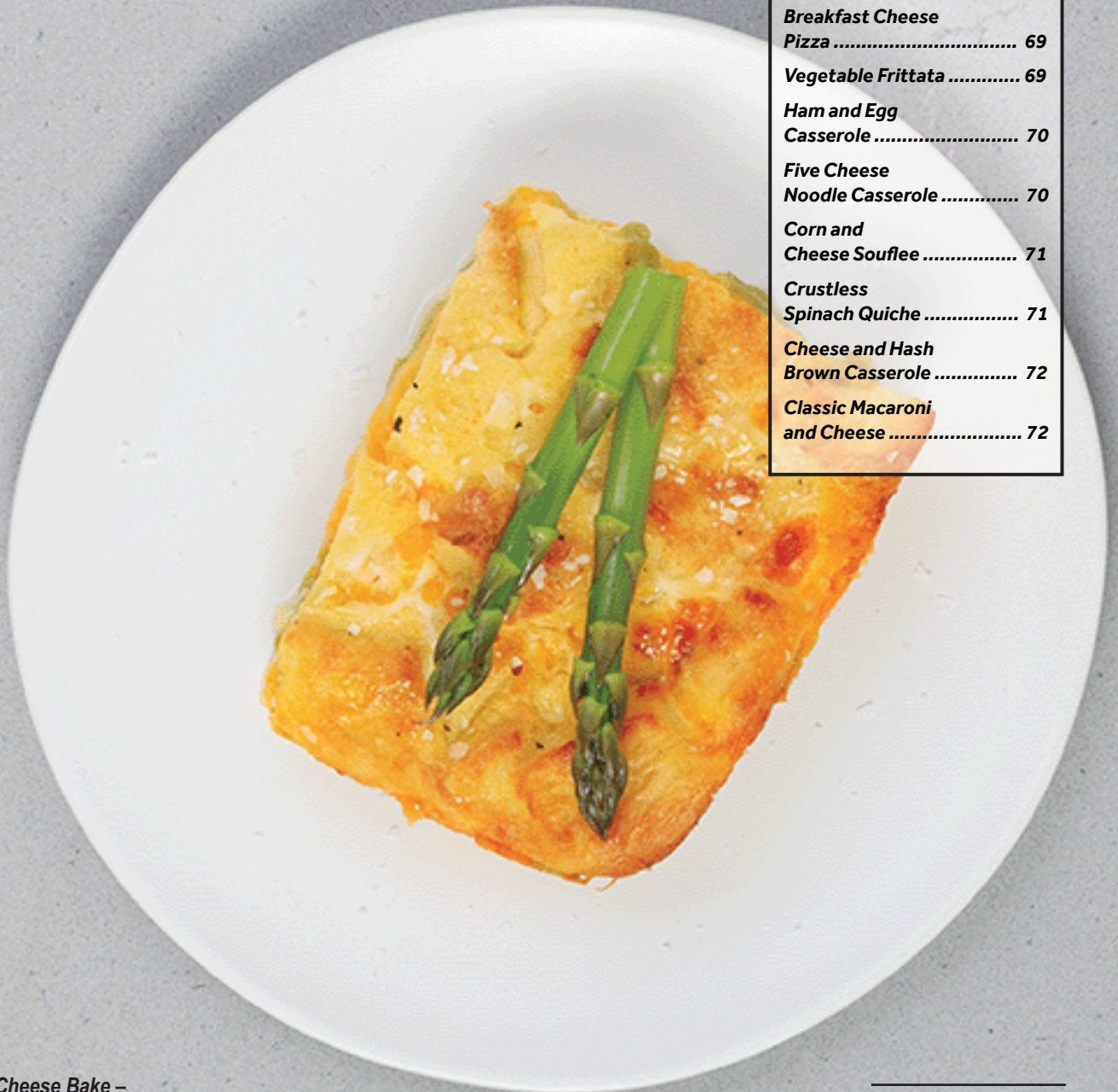
Brussel sprouts are a member of the cabbage family. They are an excellent source of vitamins A and C and contain some iron, as well. When purchasing, look for heads that are compact and bright green in color. Brussel sprouts should be cooked just until tender. Overcooking results in a strong flavor.

Preparation

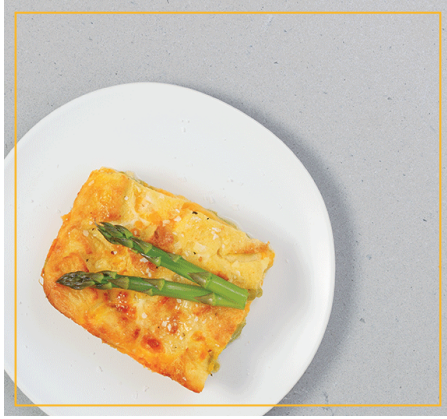
Coat a 2½-quart oval casserole with vegetable cooking spray; place beef and onion in casserole. Place dish on metal tray. Cook for 7 to 9 minutes at **U=3, L=3, M=7**, stirring after 4 minutes; drain.

Add water, wine, squash, parsnips, cranberries, bouillon, rosemary, thyme and pepper; cover. Place dish on metal tray. Cook for 23 to 25 minutes at **U=3, L=3, M=7**, or until meat and vegetables are tender, stirring occasionally. Add Brussel sprouts during last 10 minutes of cooking time. Spoon rice into serving bowls; ladle stew over rice to serve. Makes 4 servings.

BRUNCH



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ASPARAGUS AND CHEESE BAKE

Cooks in 27 minutes

Ingredients

- 8 slices white bread
- 1 (12-oz.) can asparagus spears, drained and cut into 2-inch pieces
- 2 cups shredded Cheddar cheese
- 4 eggs, beaten
- 2 cups milk
- 2 tablespoons finely chopped onion
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ⅛ teaspoon ground red pepper

Preparation

Remove crusts from bread and cut into cubes. Place half the bread cubes in a lightly greased 2-quart oblong baking dish; top with asparagus and sprinkle with cheese. Add remaining bread cubes.

Combine eggs, milk, onion, salt, dry mustard and pepper; blend well and pour over casserole. Let stand 20 minutes. Place dish on metal tray. Cook for 27 to 29 minutes at **U=6, L=6, M=4** or until center is set and top is lightly browned. Let stand 5 minutes before serving. Makes 6 servings.

For a casserole with a nuttier flavor and heartier texture, use stone-ground grits in this recipe. Cook stone-ground grits according to package directions.

GARLIC CHEESE GRITS

Cooks in 16 minutes

Ingredients

- 3 cups hot water
- ¾ cup quick-cooking grits
- ¾ teaspoon salt
- 2 cups shredded sharp Cheddar cheese, divided
- 5 tablespoons butter, sliced
- 2 eggs
- Milk
- ¼ teaspoon garlic powder
- Dash hot pepper sauce

Preparation

In a 3-quart ceramic casserole, combine water, grits and salt. Place dish on glass tray. Microwave at high (10) for 9 to 12 minutes or until thickened and bubbly; stir after 5 minutes. Add 1½ cups cheese and butter; stir until melted.

In a 1-cup measuring cup, beat eggs. Add enough milk to total ¾ cup; stir in garlic powder and hot pepper sauce. Quickly stir egg mixture into grits. Pour mixture into a well-greased 2-quart oblong baking dish; sprinkle with remaining cheese. Place dish on metal tray. Cook for 16 to 18 minutes at **U=7, L=7, M=3** or until knife inserted in center comes out clean. Let stand 5 minutes. Makes 6 servings.

FRENCH TOAST WITH RASPBERRY ORANGE SAUCE

Cooks in 11 minutes

Ingredients

- 3 eggs
- 1 cup milk
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- ½ teaspoon vanilla
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 10 slices French bread, 1-inch thick
- Powdered sugar

Preparation

In a large bowl, combine eggs, milk, sugar, oil, vanilla, cinnamon and nutmeg; beat until blended. Arrange bread slices in a 13x9-inch baking dish. Pour egg mixture evenly over bread; lift and move slices until liquid is absorbed. Cover and refrigerate overnight.

Remove from refrigerator. Place slices of bread on well-greased metal tray. Cook for 11 to 13 minutes at **U=7, L=7, M=3** or until golden brown. Turn bread over after 9 minutes of cooking time. Sprinkle with powdered sugar. Serve with Raspberry-Orange Sauce. Makes 4 to 6 servings.



Raspberry-Orange Sauce

Thaw a 10-oz. pkg. of frozen raspberries in syrup; drain and reserve syrup. Set raspberries aside. Add water to syrup to make ¾ cup. In 1-quart round casserole, combine syrup mixture, ⅓ cup seedless raspberry jam and 1 tablespoon cornstarch; stir until smooth. Place dish on glass tray. Microwave at high (10) for 3 to 4 minutes or until thickened, stirring after 2 minutes. Stir in raspberries, 1 (11-oz.) can mandarin oranges, drained, and 2 teaspoons grated orange rind.

For those watching their cholesterol intake, use an egg substitute in place of the whole eggs called for in the recipe. Cut the calories by eliminating the Raspberry-Orange Sauce. Instead, sprinkle the toast with powdered sugar and fresh raspberries.

SAUCY SCRAMBLED EGG BAKE

Cooks in 23 minutes

Ingredients

- 2 tablespoons butter
- 8 eggs, beaten
- ½ cup evaporated milk
- ½ lb. bacon, cooked crisp and crumbled
- 1 (10¾-oz.) can cream of mushroom soup
- ½ cup milk
- 1 (2½-oz.) can sliced mushrooms, drained
- ¼ teaspoon pepper
- Snipped fresh parsley (optional)

Make this tasty egg casserole a day ahead and invite friends over for an easy-to-do brunch. They'll enjoy a menu of cranberry juice, Saucy Scrambled Egg Bake, cinnamon-nut muffins and baked fruit compote.

Preparation

Melt butter in large skillet. Combine eggs and evaporated milk; add to skillet and cook over medium heat, stirring occasionally, until thickened but still moist. Remove from heat and stir in bacon.

Combine soup, milk, mushrooms and pepper; stir until smooth. In a lightly greased 2-quart oblong baking dish, layer half of egg mixture and half of sauce. Repeat layers with remaining eggs and sauce. Cover and chill 8 hours or overnight.

Remove from refrigerator and let stand at room temperature for 30 minutes. Place dish on metal tray. Cook for 23 to 25 minutes at **U=6, L=6, M=4** or until thoroughly heated. Sprinkle with parsley, if desired. Makes 6 servings.

BREAKFAST CHEESE PIZZA

Cooks in 18 minutes

Ingredients

- ½ cup finely chopped fresh mushrooms
- 3 green onions, chopped
- 1 tablespoon butter
- 5 slices buttered bread
- 1 cup shredded Cheddar cheese
- 1 cup shredded Swiss cheese
- 2 tablespoons all-purpose flour
- 6 slices bacon, cooked and crumbled
- 6 eggs
- 1 cup milk
- ¼ teaspoon salt
- ¼ teaspoon pepper

Preparation

On glass tray microwave mushrooms and onions in butter at high (10) for 1-2 minutes or until tender; set aside. Cut bread slices in half diagonally; arrange buttered side down in 10-inch pie plate to form a crust. Sprinkle mushroom mixture over bread.

In medium mixing bowl, combine cheeses, flour and bacon; spread over mushroom mixture. Beat together eggs, milk, salt and pepper; pour evenly over cheese mixture. Place dish on metal tray. Cook for 18 to 20 minutes at **U=6, L=6, M=4** or until knife inserted in center comes out clean. Let stand 5 minutes. Makes 6 to 8 servings.



VEGETABLE FRITTATA

Cooks in 20 minutes

Ingredients

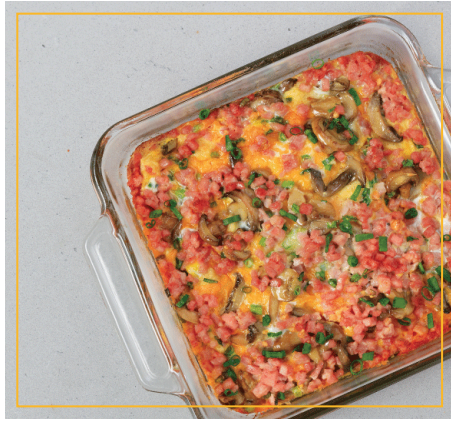
- 1 small onion, thinly sliced
- ½ small zucchini, thinly sliced
- ½ cup sliced fresh mushrooms
- 4 asparagus spears, cut into ½-inch pieces
- 2 tablespoons butter, melted
- 8 eggs, beaten
- ½ cup milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Dash hot pepper sauce

Preparation

Place onion, zucchini, mushrooms, asparagus and butter in 9-inch deep pie dish. Place dish on glass tray. Microwave at high (10) for 3 to 4 minutes or until crisp-tender.

In small mixing bowl, combine eggs, milk, salt, pepper and hot pepper sauce; blend well. Pour over vegetables. Place dish on metal tray. Cook for 20 to 22 minutes at **U=6, L=6, M=4** or until center is set. Makes 6 servings.

A frittata is an Italian-style omelet that has the ingredients mixed with the eggs rather than folded inside. It's a simple but very welcome lunch or supper dish when served with bread sticks, a crisp salad, fruit sorbet and bakery cookies of your choice.



HAM AND EGG CASSEROLE

Cooks in 19 minutes

Ingredients

- 2 cups white bread cubes, crusts removed
- 1 cup shredded sharp Cheddar cheese
- 1 (4-oz.) can sliced mushrooms, drained
- ¼ cup finely chopped green onion
- 1 cup chopped cooked ham
- 4 eggs, beaten
- ½ cup milk
- 1 teaspoon dry mustard
- ¼ teaspoon ground red pepper

Preparation

In a greased 2-quart oblong baking dish, layer bread cubes, cheese, mushrooms and onion. Top with ham. Combine eggs, milk, dry mustard and pepper; pour over casserole. Place dish on metal tray. Cook for 19 to 21 minutes at **U=6, L=6, M=4** or until center is set. Let stand 5 minutes. Makes 4 to 6 servings.

FIVE CHEESE NOODLE CASSEROLE

Cooks in 23 minutes

Ingredients

- 1 (16-oz.) pkg. wide egg noodles, cooked and drained
- 3 cups (12 oz.) shredded four-cheese blend
- 1 (15-oz.) carton ricotta cheese
- 1 cup whipping cream
- 1 egg, beaten
- ¼ teaspoon nutmeg
- ½ cup buttery cracker crumbs
- 2 tablespoons butter, melted

Preparation

Combine noodles, shredded cheese, ricotta cheese, cream, egg and nutmeg; spoon into a 3-quart round casserole. Cover. Place dish on metal tray. Cook for 23 to 25 minutes at **U=7, L=7, M=3** or until lightly browned and bubbly. Combine crumbs and butter; uncover and sprinkle over casserole during last 10 minutes of cooking time. Makes 6 servings.

CORN AND CHEESE SOUFFLE

Cooks in 27 minutes

Ingredients

- ¼ cup butter, melted
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon ground red pepper
- 1¼ cups milk
- 2 cups shredded sharp Cheddar cheese
- 1 (8-oz.) can whole kernel corn, drained
- 6 eggs, separated

Preparation

In 2-quart casserole, combine butter, flour, salt and pepper. Gradually stir in milk. Place dish on metal tray. Cook for 4 to 6 minutes at **U=6, L=6, M=4** until slightly thickened, stirring every 2 minutes. Add cheese and corn. Continue cooking for 2 minutes; stir to blend.

In small mixing bowl, beat egg yolks. Stir small amount of cheese sauce into egg yolks; return yolk mixture to sauce, blending well. Cool slightly. In medium bowl, beat egg whites until soft peaks form. Fold egg whites into cheese mixture just until blended. Pour into a greased 2½-quart souffle dish. Place dish on metal tray. Cook for 21 to 23 minutes at **U=6, L=6, M=4** until top is puffed and golden and center is set. Serve immediately. Makes 4 servings.

CRUSTLESS SPINACH QUICHE

Cooks in 22 minutes

Ingredients

- ½ lb. mild bulk Italian sausage
- 2 cups sliced fresh mushrooms
- 1 (12-oz.) pkg. frozen spinach, thawed
- 1 cup shredded Swiss cheese
- 3 eggs, beaten
- ½ cup half & half
- ¼ teaspoon pepper

Preparation

Combine sausage and mushrooms; cook until sausage is browned and mushrooms are tender, stirring occasionally to crumble sausage. Drain well. Stir in spinach, cheese, eggs, half & half and pepper. Pour mixture into a lightly greased 9-inch deep pie dish. Place dish on metal tray. Cook for 22 to 26 minutes at **U=7, L=7, M=3** or until knife inserted in center comes out clean. Let stand 5 minutes. Makes 6 servings.

CHEESE AND HASH BROWN CASSEROLE

Cooks in 22 minutes

Ingredients

- ½ lb. spicy bulk pork sausage
- ⅓ cup finely chopped green pepper
- ⅓ cup finely chopped sweet red pepper
- 1½ cups frozen hash brown potatoes, thawed
- 1½ cups shredded sharp Cheddar cheese
- 6 eggs, beaten
- 1 cup milk
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt

Preparation

Cook sausage, green pepper and red pepper until sausage is browned, stirring to crumble sausage; drain well. Place hash brown potatoes in a lightly greased 2-quart oblong baking dish; top with sausage mixture.

Combine eggs, milk, Worcestershire sauce and salt, stirring well; pour over sausage. Place dish on metal tray. Cook for 22 to 24 minutes at **U=7, L=7, M=3** or until center is set. Sprinkle with cheese during last 5 minutes of cooking time. Let stand 5 minutes. Makes 6 servings.

CLASSIC MACARONI AND CHEESE

Cooks in 24 minutes

Ingredients

- 1 (7-oz.) pkg. elbow macaroni
- 2 tablespoons all-purpose flour
- 2 cups shredded sharp Cheddar cheese
- 2 tablespoons butter, melted
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk

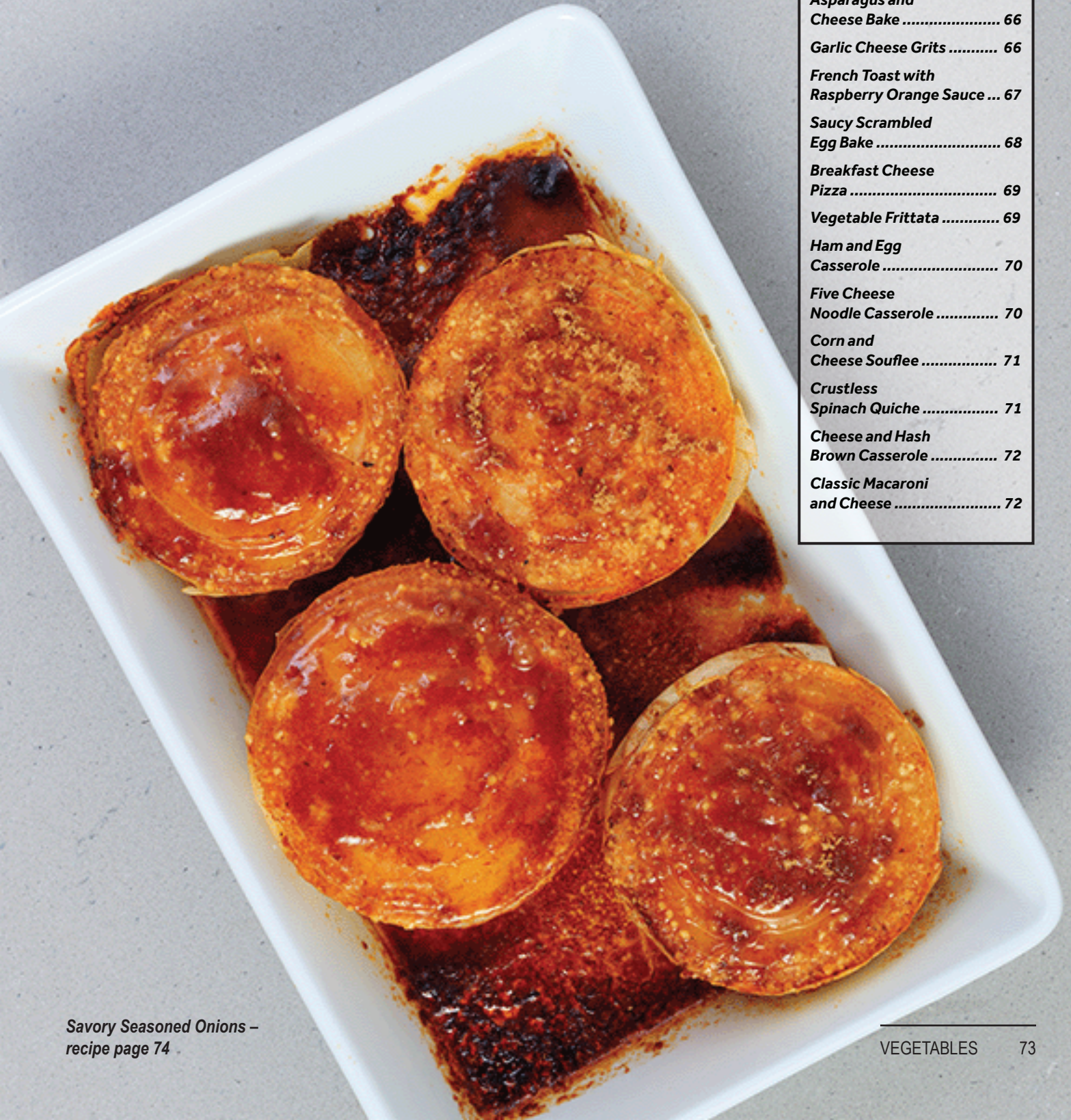
Preparation

Cook macaroni according to package directions; drain. Combine hot macaroni, cheese and butter; stir gently until thoroughly combined. Spoon mixture into a lightly greased 2½-quart oval casserole.

In a small bowl, combine flour, salt and pepper: gradually add milk, stirring until smooth. Pour over macaroni mixture and blend well. Place dish on non-stick metal tray. Cook for 24 to 26 minutes at **U=7, L=7, M=3** or until golden brown. Makes 6 servings.

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*Savory Seasoned Onions –
recipe page 74*



SAVORY SEASONED ONIONS

Cooks in 9 minutes

Ingredients

- 2 large onions
- 2 tablespoons steak sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons butter, melted
- Dash hot pepper sauce
- 2 teaspoons grated Parmesan cheese
- ½ teaspoon garlic salt

Preparation

Cut onions in half horizontally; place cut side up in a 1½-quart round casserole. Combine steak sauce, Worcestershire sauce, butter and hot pepper sauce; drizzle evenly over onions. Sprinkle onions with cheese and garlic salt. Place dish on glass tray. Microwave at High (10) for 9 minutes or until done. Makes 4 servings.

For a pleasing caramelized variation, top each onion with 1-teaspoon brown sugar when onions are tender. Continue microwaving for 30-seconds to 1-minute or until sugar is melted.

GREEN BEAN CASSEROLE

Cooks in 22 minutes

Ingredients

- 2 (16-oz.) pkgs. frozen French-style green beans, thawed
- 1 (10¾-oz.) can cream of mushroom soup
- ½ cup milk
- 1 (2-oz.) jar sliced pimiento, drained
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 (3-oz.) can French-fried onions, coarsely crushed

Preparation

Combine beans, soup, milk, pimiento, salt and pepper. Spoon mixture into a 2-quart oblong baking dish. Place dish on metal tray. Cook for 22 to 24 minutes at **U=3**, **L=3**, **M=7** or until bubbly. Stir and sprinkle with onions after 20 minutes of cooking time remaining. Makes 8 servings.

It's difficult to improve on an old-favorite, but this variation is a flavorful change. Use 1 can cream of celery soup instead of mushroom soup. Replace the pimiento with an 8-ounce can of sliced water chestnuts, drained.

CREAMY CAULIFLOWER

Cooks in 13 minutes

Ingredients

- 2 tablespoons butter, melted
- 2 tablespoons all-purpose flour
- 1 cup small curd cottage cheese
- ¼ cup milk
- ½ cup shredded Cheddar cheese
- 1 (2-oz.) jar sliced pimiento, drained
- ½ teaspoon dill weed
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 3 cups cauliflower florets, cooked crisp-tender and drained
- ¼ cup corn flake crumbs

Preparation

In a 1½-quart oval casserole, combine butter and flour, stirring until smooth. Add cottage cheese, milk, Cheddar cheese, pimiento, dill weed, salt and pepper; blend well. Stir in cauliflower. Cover. Place dish on metal tray. Cook for 13 to 15 minutes at **U=7, L=7, M=3** or until bubbly. Uncover, stir, and top with crumbs during last 5 minutes of cooking time. Makes 4 to 6 servings.

CORN PUDDING

Cooks in 22 minutes

Ingredients

- 1 (15¼-oz.) can whole kernel corn, drained
- 1 cup milk
- 3 eggs, beaten
- 2 tablespoons butter, melted
- 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon salt

Preparation

In a 1½-quart oval casserole, combine corn, milk, eggs, butter, flour, sugar and salt; blend well. Place dish on metal tray. Cook for 22 to 24 minutes at **U=8, L=7, M=2** or until center is barely set. Makes 4 servings.

This recipe can be made with 1-2/3 cups fresh corn kernels, if desired. To choose the freshest sweet corn, buy corn that has been picked for no more than 24 hours.

CHEESE-BROCCOLI BAKE

Cooks in 24 minutes

Ingredients

- 1 (10¾-oz.) can cream of chicken soup
- 1 (8-oz.) jar processed cheese spread
- ½ cup milk
- ¼ teaspoon pepper
- 1 (10-oz.) pkg. frozen chopped broccoli, thawed
- 1 cup instant rice
- ½ cup chopped celery
- ¼ cup chopped onion

Preparation

In a 2-quart oblong baking dish, combine soup, cheese spread, milk and pepper. Place dish on glass tray. Microwave at high (10) for 2 to 3 minutes or until cheese melts; blend well. To cheese mixture, add broccoli, rice, celery and onion; blend well. Place dish on metal tray. Cook for 24 to 26 minutes at **U=7, L=7, M=3**. Let stand 5 minutes. Makes 6 servings.

CABBAGE CASSEROLE

Cooks in 27 minutes

Ingredients

- 8 cups coarsely chopped cabbage (1 small head)
- 1½ cups shredded carrots
- 4 strips bacon, cooked crisp and crumbled
- 1 (10¾-oz.) can Cheddar cheese soup
- ½ cup milk
- ¼ teaspoon salt
- 1 (3-oz.) can French-fried onions, crushed

Preparation

In large bowl, combine cabbage, carrots and bacon. Combine soup, milk and salt; stir until smooth. Pour over cabbage mixture; stir to combine. Spoon mixture into a 2½-quart oval casserole; cover. Place dish on metal tray. Cook for 27 to 29 minutes at **U=3, L=3, M=7**. Uncover and top with crushed onions after 24 minutes of cook time. Makes 6 servings.

ZESTY TOMATOES AND SQUASH

Cooks in 8 minutes

Ingredients

- 2 tablespoons butter, melted
- 1 teaspoon sugar
- 1 teaspoon oregano
- 1 teaspoon seasoned salt
- ½ teaspoon basil
- ¼ teaspoon garlic pepper
- 2 medium zucchini, thinly sliced
- 1 medium yellow squash, thinly sliced
- 2 small tomatoes, each cut into 4 wedges

Preparation

In a 2-quart round casserole, combine butter, sugar, oregano, salt, basil and pepper. Add zucchini and yellow squash; stir to coat thoroughly. Cover. Place dish on glass tray. Microwave at high (10) for 8 to 10 minutes or until vegetables are tender; stir after 5 minutes. Add tomatoes; cover and let stand 2 minutes. Makes 4 servings.

Make sure you are purchasing the freshest squash by checking the stem end. If it's dry, hard, dark in color or shriveled, the squash is not fresh.



ZIPPY ZUCCHINI

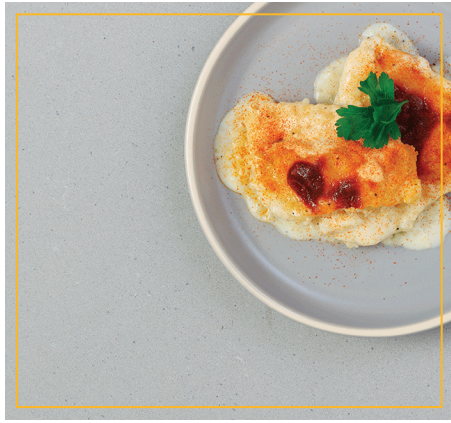
Cooks in 14 minutes

Ingredients

- 4 cups coarsely chopped zucchini (about 2 medium)
- ½ medium onion, thinly sliced
- 4 eggs, beaten
- 1½ cups shredded sharp Cheddar cheese
- 1 (2-oz.) jar sliced pimento, drained
- ½ teaspoon salt
- ⅛ teaspoon pepper

Preparation

In an 8-inch square baking dish, place zucchini and onion. Cover with vented plastic wrap. Place dish on a glass tray. Microwave at high (10) for 7 minutes; drain. Combine eggs, cheese, pimento, salt, and pepper; pour over vegetables. Microwave at medium high (7) for 7 to 8 minutes or until center is set. Makes 4 servings.



SCALLOPED POTATOES

Cooks in 31 minutes

Ingredients

- ¼ cup butter, melted
- ¼ cup all-purpose flour
- 2 cups milk
- 3 tablespoons dried onion flakes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 6 medium potatoes, peeled and thinly sliced
- Paprika (optional)
- Snipped fresh parsley (optional)

Preparation

In a 4-cup glass measuring cup, combine butter and flour; gradually add milk, stirring until smooth. Add onion flakes, salt and pepper. Place cup on glass tray. Microwave at high (10) for 4 to 6 minutes or until thickened, stirring twice.

In a 2-quart oval casserole, place half of potatoes; pour half of sauce over potatoes. Repeat layers; cover. Place dish on metal tray. Cook for 31 to 33 minutes at **U=3, L=3, M=7** or until tender, stir with 8 minutes of cook time remaining. Let stand, covered, for 5 minutes. Sprinkle with paprika and parsley before serving, if desired. Makes 6 servings.

PARMESAN POTATO SLICES

Cooks in 23 minutes

Ingredients

- 1½ lbs. medium-size red skinned potatoes, unpeeled and sliced ¼-inch thick
- 3 tablespoons butter, melted
- ½ cup grated Parmesan cheese
- ½ teaspoon rosemary, crushed
- ½ teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon pepper

Preparation

In large bowl, combine sliced potatoes and butter; add cheese, rosemary, salt, thyme and pepper; toss gently to coat potato slices evenly. Place potatoes in a single layer on metal tray. Cook for 23 to 25 minutes at **U=10, L=10, M=0**. Makes 6 servings.

DILLED POTATOES WITH CHEESE

Cooks in 23 minutes

Ingredients

- 1 (10½-oz.) can cream of celery soup
- 1 cup shredded Cheddar cheese
- ½ cup chopped green onion
- ½ teaspoon dill weed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 (16-oz.) cans sliced potatoes, drained
- 3 tablespoons shredded Parmesan cheese

Preparation

Combine soup, cheese, onion, dill weed, salt and pepper; blend well. Add potatoes; stir to combine. Spoon mixture into a 1½-quart oval casserole. Cover. Place dish on metal tray. Cook for 23 to 25 minutes at **U=7, L=7, M=3** or until bubbly. Stir and sprinkle with Parmesan cheese during last 5 minutes of cooking time. Makes 4 servings.

CANDIED SWEET POTATOES

Cooks in 10 minutes

Ingredients

- 2 (15-oz.) cans cut sweet potatoes, drained
- ½ cup packed brown sugar
- Dash nutmeg
- 3 tablespoons butter, cut into small pieces ¼ cup chopped pecans, toasted

Preparation

In a 1½-quart oval casserole, layer half of the potatoes, half of brown sugar, dash nutmeg and half of butter. Repeat layers; top with pecans. Cover. Place dish on metal tray. Cook for 10 to 12 minutes at **U=6, L=6, M=4**. Makes 6 servings.

To make this recipe with fresh sweet potatoes, cook 2 pounds sweet potatoes in enough boiling water to cover for 30 minutes or until tender; drain. Cool slightly, then peel and cut into 1/2-inch thick slices. Never store fresh uncooked sweet potatoes in the refrigerator. They lose flavor and turn black in cool temperatures.

YELLOW SQUASH CASSEROLE

Cooks in 30 minutes

Ingredients

- 6 cups coarsely chopped yellow squash
- ½ cup finely chopped onion
- ½ cup water
- 2 teaspoons sugar
- 1 cup shredded carrots
- 1 (10¾-oz.) can cream of chicken soup
- 1 (3-oz.) pkg. cream cheese, softened
- ¼ cup butter, melted
- 1 egg, beaten
- 1 cup buttery cracker crumbs

Preparation

In a 2½-quart oval casserole, combine squash, onion, water and sugar; cover. Place dish on glass tray. Cook for 7 to 9 minutes at **U=3, L=3, M=7** or until crisp; drain well. In same casserole, combine squash mixture and carrots. Combine soup, cream cheese, butter and egg; blend well. Stir into squash-carrot mixture. Place dish on metal tray. Cook for 23 to 25 minutes at **U=7, L=7, M=3** or until bubbly. Stir and top with crumbs during last 5 minutes of cooking time. Makes 6 servings.

To crush crackers for the crumb topping, place crackers in a zip-top plastic bag; push out air and seal. Run a rolling pin back and forth across the bag until crackers are crushed.

SPINACH AND ARTICHOKE BAKE

Cooks in 18 minutes

Ingredients

- 1 (8-oz.) pkg. cream cheese, softened
- ¼ cup butter, melted
- 2 tablespoons mayonnaise
- ⅓ cup plus 1 tablespoon milk
- 1 (14½ oz.) can quartered artichoke hearts, drained
- 2 (10-oz.) pkgs. frozen chopped spinach, thawed and well drained
- salt and pepper to taste
- ½ cup grated Parmesan cheese

Preparation

In a bowl, combine cream cheese, butter and mayonnaise. Beat until light and fluffy. Gradually add milk, beating until smooth. In a 1½-quart oval casserole, place artichokes. Season with salt and pepper to taste. Spread spinach on top of artichokes. Spread cream cheese mixture evenly over spinach. Place dish on metal tray. Cook for 18 to 20 minutes at **U=6, L=6, M=4** or until bubbly. Sprinkle with Parmesan cheese during last 5 minutes of cooking time. Makes 6 servings.

EGGPLANT ITALIANO

Cooks in 15 minutes

Ingredients

- ½ cup finely chopped onion
- ½ cup finely chopped green pepper
- ½ cup finely chopped celery
- 1 teaspoon olive oil
- 2 (8-oz.) cans tomato sauce
- ⅔ cup packed brown sugar
- 1½ teaspoons oregano
- 1½ teaspoons basil
- ½ teaspoon garlic salt
- 1 medium eggplant, peeled and sliced ½ inch thick
- 1½ cups shredded Cheddar cheese, divided

Preparation

In a 1-quart casserole, combine onion, green pepper, celery and olive oil; cover. Place dish on glass tray. Microwave at high (10) for 2 to 3 minutes or until crisptender. Add tomato sauce, sugar, oregano, basil and garlic salt; blend well. Spread 3 tablespoons sauce on bottom of 2-quart round casserole dish. Layer half of eggplant, half of remaining sauce, and ¼ cup cheese. Repeat layers. Place dish on glass tray. Microwave at high (10) for 13 to 14 minutes or until bubbly and cheese is melted. Makes 4 to 6 servings.

LIMA BEANS WITH BACON AND APPLE

Cooks in 8 minutes

Ingredients

- 1 (10-oz.) pkg. frozen lima beans
- ½ cup chopped, unpeeled apple
- ¼ cup chopped green pepper
- ½ cup water
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon rosemary, crushed 4 strips bacon, cooked crisp and crumbled

Preparation

In a 1½ quart round casserole, combine lima beans, apple, green pepper, water, sugar, salt and rosemary; cover. Place dish on glass tray. Microwave at high (10) for 8 to 9 minutes or until done. Stir in bacon before serving. Makes 4 servings.

SUNDAY GLAZED CARROTS

Cooks in 11 minutes

Ingredients

- 1 lb. carrots, sliced ½ inch thick
- ¼ cup packed brown sugar
- 2 tablespoons butter
- 1½ teaspoons cornstarch
- 2 tablespoons water
- ¼ cup chopped pecans

Preparation

In a 1-quart round casserole, combine carrots, sugar and butter; cover. Place dish on glass tray. Microwave at high (10) for 9 minutes. Dissolve cornstarch in water; add cornstarch mixture and pecans to carrots. Cover. Microwave at high (10) for 2 minutes or until thickened. Stir before serving. Makes 4 servings.



ASPARAGUS WITH MUSTARD SAUCE

Cooks in 2 minutes

Ingredients

- ½ cup mayonnaise
- 2 tablespoons finely chopped onion
- 1 tablespoon dry white wine
- 2 teaspoons prepared mustard
- ½ teaspoon soy sauce
- ⅛ teaspoon ginger
- ⅛ teaspoon white pepper
- 1 lb. fresh asparagus spears
- ¼ cup water

Preparation

Mustard Sauce: In a small bowl, combine mayonnaise, onion, wine, mustard, soy sauce, ginger and pepper; blend well and set aside.

Break off woody asparagus where stems snap easily. Arrange asparagus spears in an 8-inch square baking dish; add water. Cover with vented plastic wrap. Place dish on glass tray. Microwave at high (10) for 2 to 3 minutes or until crisp-tender; drain. Serve with Mustard Sauce. Makes 3 to 4 servings.

VEGETABLE MEDLEY

Cooks in 9 minutes

Ingredients

- 2 cups cauliflower florets
- 2 cups broccoli florets
- 4 carrots, sliced ¼ inch thick
- ½ cup butter, melted
- ½ teaspoon garlic salt
- ¼ teaspoon lemon pepper

Preparation

In a 1½-quart round casserole, combine cauliflower, broccoli, carrots, butter, garlic salt and lemon pepper; cover. Place dish on glass tray. Microwave at high (10) for 9 to 10 minutes or until done. Let stand, covered, for 5 minutes. Makes 6 servings.

BAKED BEANS

Cooks in 27 minutes

Ingredients

- 2 (16-oz.) cans baked beans
- ½ cup finely chopped onion
- 2 tablespoons catsup
- 2 tablespoons brown sugar
- 3 slices bacon, cooked crisp and crumbled
- 2 teaspoons prepared mustard
- 1 teaspoon Worcestershire sauce

Preparation

Drain one can of beans. In a 1½ - quart oval casserole, combine drained beans with remaining beans, onion, catsup, sugar, bacon, mustard and Worcestershire sauce; stir well. Cover. Place dish on metal tray. Cook for 27 to 29 minutes at **U=9, L=9, M=1** or until bubbly. Makes 4 servings.

THREE BEAN BAKE

Cooks in 18 minutes

Ingredients

- 1 (15¼-oz.) can lima beans rinsed and drained
- 1 (15-oz.) can pork and beans
- 1 (16-oz.) can kidney beans rinsed and drained
- 4 slices bacon, cooked crisp and crumbled
- ½ cup chopped red onion
- ¼ cup packed brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon dry mustard
- ⅛ teaspoon ground red pepper

Preparation

In a 1½-quart oval casserole, combine lima beans, pork and beans, kidney beans, bacon, onion, sugar, vinegar, mustard and pepper; stir well. Cover. Place dish on metal tray. Cook for 18 to 20 minutes at **U=3, L=3, M=7** or until bubbly; stirring after 10 minutes of cooking time. Makes 6 to 8 servings.

Note: Navy, pinto, cannellini or butter beans can be substituted for those in the recipe, if preferred.

Cook bacon in the microwave oven to eliminate spattering and turning while the bacon cooks. Line a microwave-safe plate with two layers of paper towels; place up to 4 slices of bacon on paper towels; cover with another piece of towel. Place plate on glass tray. Microwave at High (10) for 45 seconds to 1 minute per slice. To cook up to 8 slices at one time, repeat layers of paper towels and bacon.

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*Oatmeal-Orange Coffee Cake –
recipe page 86*

OATMEAL-ORANGE COFFEE CAKE

Cooks in 16 minutes

Ingredients

- 1½ cups all-purpose flour
- 1 cup regular rolled oats, uncooked
- ⅓ cup packed brown sugar
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup ripe bananas, mashed
- ⅓ cup orange juice
- ⅓ cup butter, melted
- 1 egg, beaten
- 1 teaspoon grated orange rind
- ½ teaspoon vanilla
- ½ cup powdered sugar
- 1 tablespoon orange juice

Preparation

In large mixing bowl, combine flour, oats, brown sugar, baking powder, cinnamon, baking soda and salt. Combine bananas, ⅓ cup orange juice, butter, egg, orange rind and vanilla; add to flour mixture, stirring just until moistened. Pour batter into a lightly greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 16 to 18 minutes at **U=9, L=9, M=1** or until golden brown. Cool on wire rack for 10 minutes.

In small bowl, combine powdered sugar and 1 tablespoon orange juice; stir until smooth. Drizzle evenly over coffee cake. Makes 9 servings.

The aromatic outermost skin layer of the orange (or lemon) is called the zest. It consists only of the colored portion of the skin. Remove the zest with a citrus zester, vegetable peeler or fine, hand-held grater.



BUTTERMILK COFFEE CAKE

Cooks in 16 minutes

Ingredients

- 1¼ cups all-purpose flour
- ¾ cup packed brown sugar
- ¼ teaspoon salt
- ⅓ cup butter
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅔ cup buttermilk
- 1 egg, beaten
- ¼ cup chopped pecans

Preparation

Combine flour, sugar, and salt. Cut in butter with a pastry blender or fork until crumbly; set aside ¼ cup crumb mixture. To remaining crumb mixture, add baking powder, baking soda, cinnamon and nutmeg; mix well. Add buttermilk and egg; mix well.

Spread batter in a greased 2-quart oblong dish. Combine reserved crumb mixture and nuts; sprinkle evenly over batter. Place dish on metal tray. Cook for 16 to 18 minutes at **U=9, L=9, M=1** or until toothpick inserted in center comes out clean. Serve warm. Makes 9 servings.

LEMON-GLAZED CRANBERRY MUFFINS

Cooks in 14 minutes

Ingredients

- 1¾ cups all-purpose flour
- ½ cup coarsely chopped dried cranberries
- ⅓ cup sugar
- ⅓ cup chopped pecans
- 2 teaspoons baking powder
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- 1 egg, beaten
- ¾ cup milk
- ¼ cup vegetable oil
- 1 teaspoon grated lemon rind

Preparation

Grease a 6-cup muffin pan; set aside. In a bowl, combine flour, cranberries, sugar, pecans, baking powder, nutmeg and salt. Make a well in center of mixture. Combine egg, milk, oil and lemon rind; add to dry mixture. Stir just until moistened. Spoon batter into prepared pan, filling ⅔ full. Place pan on metal tray. Cook 6 muffins for 14 to 16 minutes at **U=10, L=10, M=0** or until lightly browned. Remove from pan and cool slightly on wire rack. Repeat with remaining batter. Drizzle Lemon Glaze over muffins before serving. Makes 12 muffins.

Lemon Glaze

In small bowl, combine ½ cup powdered sugar and 2 to 3 teaspoons lemon juice; stir until smooth. If necessary, add additional lemon juice until of drizzling consistency.

For the very best muffins, take it easy on the mixing. After adding liquid to the dry ingredients, stir only enough to moisten. The batter should be lumpy. Overmixing results in tough muffins.



PUMPKIN-NUT MUFFINS

Cooks in 14 minutes

Ingredients

- 2 cups all-purpose flour
- ⅓ cup chopped pecans
- 2 teaspoons baking powder
- 1½ teaspoons pumpkin pie spice
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg, beaten
- ¾ cup buttermilk
- ¾ cup canned pumpkin
- ⅔ cup packed brown sugar
- ⅓ cup butter, melted

Preparation

Grease a 6-cup muffin pan; set aside. In a bowl, combine flour, pecans, baking powder, pumpkin pie spice, baking soda and salt. Make a well in center of mixture. Combine egg, buttermilk, pumpkin, brown sugar and butter; add to flour mixture. Stir just until moistened. Spoon batter into prepared pan, filling ¾ full. Place pan on metal tray. Cook 6 muffins for 14 to 16 minutes at **U=10, L=10, M=0** or until done. Remove to wire rack to cool slightly. Repeat with remaining batter. Makes 12 muffins.



APRICOT-ALMOND SCONES

Cooks in 15 minutes

Ingredients

- 2 cups all-purpose flour
- 4½ teaspoons baking powder
- ½ teaspoon baking soda
- 2 tablespoons sugar
- ¼ teaspoon ginger
- ¼ teaspoon salt
- ½ cup butter, cut up
- ¾ cup buttermilk
- 1 cup dried apricots, finely chopped
- 1 teaspoon almond extract
- 1 tablespoon milk
- 1 tablespoon cinnamon-sugar

Preparation

Combine flour, baking powder, baking soda, sugar, ginger and salt; cut in butter with pastry blender or fork until crumbly. Add buttermilk, apricots and almond extract; stir just until moistened. Turn dough out onto a lightly floured surface; knead 5 or 6 strokes. Pat into an 8-inch circle. Cut into 8 wedges. Place about 1-inch apart on lightly greased metal tray. Brush with milk and sprinkle with cinnamon-sugar. Cook for 15 to 17 minutes at **U=9, L=6, M=1** or until golden brown. Makes 8 scones.

BANANA MUFFINS

Cooks in 14 minutes

Ingredients

- 1½ cups all-purpose flour
- ¾ cup chopped pecans
- ½ cup regular rolled oats, uncooked
- ½ cup corn flakes
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup mashed ripe banana
- ½ cup milk
- ½ cup honey
- 1 egg, slightly beaten
- 2 tablespoons butter, melted

Preparation

Grease a 6-cup muffin pan; set aside. In a large mixing bowl, combine flour, pecans, oats, corn flakes, baking powder, baking soda and salt; make a well in center. Combine banana, milk, honey, egg and butter; blend well. Add banana mixture to flour mixture; stir just until moistened. Spoon batter into prepared pan, filling ¾ full. Place pan on metal tray. Cook for 14 to 16 minutes at **U=10, L=10, M=0** or until done. Cool slightly on wire rack. Repeat with remaining batter. Makes 12 muffins.

Dried fruit will often stick to the knife as you chop. To make chopping easier, spray the knife blade with vegetable cooking spray before you begin.

APPLE-WALNUT MUFFINS

Cooks in 14 minutes

Ingredients

- 1¾ cups all-purpose flour
- ⅓ cup sugar
- 2½ teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 egg, beaten
- ¾ cup milk
- ⅓ cup vegetable oil
- 1 cup finely chopped, peeled apple
- ½ cup chopped walnuts, toasted

Preparation

Grease a 6-cup muffin pan; set aside. In a bowl, combine flour, sugar, baking powder, cinnamon and salt. Make a well in center of mixture. Combine egg, milk and oil; add to dry mixture. Stir just until moistened. Gently stir in apple and ¼ cup walnuts. Spoon batter into prepared pan, filling ¾ full. Sprinkle with half of remaining walnuts. Place pan on metal tray. Cook for 14 to 16 minutes at **U=10, L=10, M=0** or until lightly browned. Remove to wire rack to cool slightly. Repeat with remaining batter. Makes 12 muffins.

CLASSIC BISCUITS

Cooks in 13 minutes

Ingredients

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ¼ cup butter
- 1 cup whipping cream

Preparation

In large mixing bowl, combine flour, sugar, baking powder and salt. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Add cream; stir until mixture forms stiff dough. Turn dough out onto a lightly floured surface; knead 10 or 12 strokes. Roll out dough to ½-inch thickness. Cut out biscuits, using a floured 2½-inch biscuit cutter. Place biscuits on metal tray. Cook for 13 to 15 minutes at **U=10, L=8, M=0** or until golden brown. Makes 10 biscuits.

For tender, flaky biscuits, handle the dough as little as possible. When adding liquid to the flour mixture, stir just until flour is moist. Too much stirring makes biscuits tough. To roll out the dough, start at the center and roll in all directions (rather than back and forth) to ensure tender biscuits.

STRAWBERRY SWIRL COFFEE CAKE

Cooks in 16 minutes

Ingredients

- ½ (8-oz.) pkg. cream cheese, softened
- ¼ cup butter, softened
- 1¼ cup all-purpose flour
- ½ cup sugar
- 1 egg
- 3 tablespoons milk
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon vanilla
- ¼ cup strawberry preserves

Preparation

In a large mixing bowl, beat cream cheese and butter with an electric mixer until smooth and well combined. Add half of flour to cream cheese mixture. Add sugar, egg, milk, baking powder, baking soda and vanilla. Beat on low speed until thoroughly combined. Beat on medium speed for 2-minutes. Add remaining flour and beat on-low speed just until combined.

Spread mixture in a lightly greased 7x11 baking dish. Drop small spoonfuls of preserves on top of batter. Using a small metal spatula or knife, gently swirl preserves into batter to create a marbled effect. Place dish on metal tray. Cook for 16 to 18 minutes at **U=9, L=9, M=1** or until golden brown. Cool on wire rack for 15 minutes. Drizzle with Vanilla Glaze. Makes 8 servings.

Vanilla Glaze

In a small bowl, combine ½ cup powdered sugar, 3 teaspoons milk and ¼ teaspoon vanilla; stir until smooth. Drizzle over coffee cake.

SWEET POTATO BISCUITS

Cooks in 15 minutes

Ingredients

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- ⅓ cup butter
- 1 cup drained and mashed cooked sweet-potato
- ⅓ cup milk
- ¼ teaspoon vanilla
- Melted butter
- Sugar

Preparation

In mixing bowl, combine flour, sugar, baking powder, pumpkin pie spice and salt. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Add sweet potato, milk and vanilla. Stir just until dough clings together.

On a lightly floured surface, knead dough gently 10 or 12 strokes. Roll out dough to ½-inch thickness. Cut with a 2½-inch biscuit cutter, dipping cutter into flour between cuts. Place biscuits on lightly greased metal tray. Cook for 15 to 17 minutes at **U=9, L=6, M=1** or until golden brown. Brush tops with melted butter and sprinkle with sugar. Makes 10 to 12 biscuits.

CLASSIC CORN BREAD

Cooks in 17 minutes

Ingredients

- 1 cup all-purpose flour
- 1 cup cornmeal
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs
- 1 cup milk
- ¼ cup vegetable oil

Preparation

In a bowl, combine flour, cornmeal, sugar, baking powder and salt. Beat together eggs, milk and oil; add to flour mixture and stir just until smooth. Pour into a greased 8-inch square baking dish. Place dish on metal tray. Cook for 17 to 19 minutes at **U=9, L=9, M=1** or until golden brown. Makes 9 servings.

For an easy lunch or supper dish, split squares of corn bread in half. Fill with barbecued pork, beef or chicken purchased from your favorite carry-out restaurant or deli. Serve with cole slaw from the salad bar and a dessert of mixed fresh fruit.



PARMESAN BISCUIT POCKETS

Cooks in 13 minutes

Ingredients

- 2 ounces cream cheese, softened
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon Italian herb seasoning
- ⅛ teaspoon garlic powder
- 1 (12-oz.) can refrigerated flaky biscuits
- Melted butter
- Grated Parmesan cheese

Preparation

Combine cream cheese, 1 tablespoon Parmesan cheese, Italian herb seasoning and garlic powder; blend well and set aside.

Separate dough into 10 biscuits; separate each in half horizontally. Place bottom halves on metal tray. Place 1 teaspoon cheese mixture in center of each bottom half; top with remaining biscuits and pinch edges to seal. Cook for 13 to 15 minutes at **U=9, L=6, M=1**, or until golden. Brush tops with butter and sprinkle with Parmesan cheese. Serve warm. Makes 10 servings.

Variations

Try a sweet and spicy version of this recipe. Omit Parmesan cheese, Italian herb seasoning and garlic powder. Combine cream cheese with 1 tablespoon cinnamon sugar and 1 tablespoon finely chopped pecans. Cook as directed. Brush tops with-butter and sprinkle with additional cinnamon sugar.

MINI PESTO FOCACCIA

Cooks in 12 minutes

Ingredients

- 1 (11.5-oz.) can refrigerated corn bread twists
- 3 tablespoons refrigerated pesto
- 3 tablespoons pine nuts
- 3 tablespoons grated Asiago cheese

Preparation

Separate dough into 8 coils; place on metal tray. Spread pesto evenly over tops of biscuits. Sprinkle each coil evenly with pine nuts. Cook for 12 to 14 minutes at **U=9, L=6, M=1**, or until golden brown. Sprinkle with Asiago cheese after 10 minutes of cooking time. Makes 8 servings.

It's easy to make your own pesto when summer herbs are abundant. In a food processor or blender, combine 2 cups loosely packed fresh basil leaves, 1/4-cup olive oil, 2 tablespoons pine nuts, 2 cloves garlic and 1/2-teaspoon salt; cover and process until smooth. Stir in 1/3 cup freshly grated Parmesan-cheese.

DILLED ONION AND COTTAGE CHEESE BREAD

Cooks in 17 minutes

Ingredients

- 1 (¼-oz.) pkg. dry yeast
- ¼ cup warm water (110-115°F)
- 1 cup small curd cottage cheese, room temperature
- 1 egg, beaten
- 2 tablespoons sugar
- 2 tablespoons dill weed
- 1 teaspoon celery seed
- 1 tablespoon dried onions
- 2 cups all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoons butter, melted

Preparation

In a large bowl, sprinkle yeast over warm water; stir to dissolve. Add cottage cheese, egg, sugar, dill weed, celery seed and onions; stir to combine. Combine flour, salt and baking soda; add to cottage cheese mixture and stir well. Cover and let rise in warm place for 1 hour or until doubled in size.

Stir dough down and spoon into a greased 2-quart bowl. Cover and let rise about 45 minutes or until nearly doubled in size; uncover. Place bowl on metal tray. Cook for 17 to 19 minutes at **U=8, L=7, M=2**, or until golden brown. Remove to wire rack and brush top with melted butter. Serve warm. Makes 6 to 8 servings.

CRUNCHY ONION CORN BREAD

Cooks in 15 minutes

Ingredients

- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 (2.8-oz.) can French-fried onions, crushed
- 3 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon chili powder
- ½ teaspoon salt
- 2 eggs
- 1 cup milk
- ¼ cup vegetable oil

Preparation

In a bowl, combine flour, cornmeal, onions, sugar, baking powder, chili powder and salt. Beat together eggs, milk and oil; add to flour mixture. Stir just until smooth. Pour into a greased 2-quart oblong baking dish. Place dish on metal tray. Cook 15 to 17 minutes at **U=9, L=9, M=1** or until golden brown. Makes 9 servings.

FENNEL AND PINE NUT STUFFING

Cooks in 25 minutes

Ingredients

- 1½ cups chopped onion
- 1 medium-size fennel bulb, trimmed and coarsely chopped
- 3 tablespoons butter
- 5 cups dry sourdough bread cubes
- 1 cup finely chopped cooked ham
- ½ cup toasted pine nuts
- ¼ cup snipped fresh parsley
- 2 teaspoons grated lemon rind
- ½ teaspoon marjoram
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 eggs, beaten
- ¾ cup chicken broth

Preparation

Cook onions and fennel in butter until crisp-tender. In large bowl, combine onion mixture, bread cubes, ham, pine nuts, parsley, lemon rind, marjoram, salt and pepper. Add eggs and broth; stir well to moisten completely. Spoon mixture into a 2-quart oblong baking dish. Place dish on metal tray. Cook for 25 to 27 minutes at **U=9, L=9, M=1**, or until lightly browned. Makes 6 servings.

To chop fennel, cut off the feathery fronds and tough stems. Cut the fennel bulb in half through the bottom and stem ends, discarding bottom end. Place the fennel, cut side down, on a cutting board and slice thinly. Then chop slices as you would an-onion.

SAUSAGE STUFFING

Cooks in 21 minutes

Ingredients

- ½ lb. bulk pork sausage
- 1 cup finely chopped onion
- ¾ cup finely chopped celery
- 2½ cups corn bread crumbs
- 3 slices toasted white bread, cubed
- ½ teaspoon thyme
- ¼ teaspoon basil
- ¼ teaspoon pepper
- 1¼ cups chicken broth
- 1 egg, beaten

Preparation

Cook sausage, onion and celery until sausage is browned, stirring to crumble; drain. In large bowl, combine sausage mixture, corn bread crumbs, white bread cubes, thyme, basil and pepper. Add chicken broth and egg; stir to moisten completely. Spoon mixture into a lightly greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 21 to 23 minutes at **U=9, L=9, M=1** or until lightly browned and heated through. Makes 6-servings.

DESSERTS



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LUSCIOUS LEMON SQUARES

Cooks in 16 minutes

Ingredients

- 1/3 cup butter, softened
- 1 cup sugar, divided
- 1 cup all-purpose flour
- Dash salt
- 2 eggs, beaten
- 3 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon zest
- Powdered sugar

Preparation

In a small mixing bowl, beat butter and 1/4 cup sugar until well blended. Mix in 1 cup flour and salt until mixture is crumbly. Press mixture onto bottom of an 8-inch square baking dish. Place dish on metal tray. Cook for 7 minutes at **U=7, L=7, M=3**. Cool slightly.

Combine remaining sugar, eggs, 3 tablespoons flour, baking powder, lemon juice and lemon zest; spread over crust. Return dish to oven. Cook for 9 to 11 minutes at **U=10, L=10, M=0** or until set. Cool completely and sprinkle with powdered sugar. Cut into squares. Makes 16 squares.

COCONUT-CHOCOLATE CHIP PIE

Cooks in 28 minutes

Ingredients

- 1 cup sugar
- 1/2 cup butter, melted
- 1/4 cup all-purpose flour
- 3 eggs, beaten
- 2 teaspoons rum flavoring
- 1 (6-oz.) pkg. semisweet chocolate chips
- 1/2 cup chopped pecans
- 1/2 cup flaked coconut
- 1/2 (15-oz.) pkg. refrigerated pie crust

Preparation

Line a 9-inch pie plate with pie crust according to package directions; flute edges. Place dish on metal tray. Cook for 6 to 7 minutes at **U=9, L=9, M=1**.

In a large mixing bowl, combine sugar, butter, flour, eggs, rum flavoring, chocolate chips, pecans and coconut; blend well. Pour filling into pie crust. Return dish to oven. Cook for 22 to 24 minutes at **U=9, L=9, M=1**, or until center is set. Serve warm. Makes 8 servings.

After removing the lemon zest, squeeze the lemon for the juice needed in this recipe. The fresh lemon juice gives the squares a superior flavor.

PINEAPPLE UPSIDE DOWN CAKE

Cooks in 21 minutes

Ingredients

- ¼ cup butter, melted
- ½ cup packed brown sugar
- 1 tablespoon water
- 1 (8-oz.) can pineapple slices, drained and halved
- 4 maraschino cherries, halved
- 1⅓ cups all-purpose flour
- ⅔ cup granulated sugar
- 2 teaspoons baking powder
- ⅔ cup milk
- ⅓ cup butter, softened
- 1 egg

Preparation

Combine melted butter, brown sugar and water in a 2-quart oblong baking dish; blend well. Arrange pineapple slices and cherries over sugar mixture. Set aside. In a bowl, combine flour, granulated sugar and baking powder. Add milk, butter and egg. Beat with an electric mixer on low speed until combined. Beat on medium speed for 1 minute. Pour batter over pineapple and cherries. Place dish on metal tray. Cook for 21 to 23 minutes at **U=9, L=6, M=1** or until toothpick inserted in center comes out clean. Cool on wire rack for 5 minutes. Loosen sides; invert onto serving plate. Serve warm. Makes 8 servings.

OATMEAL-RAISIN COOKIES

Cooks in 7 minutes

Ingredients

- ¾ cup butter, softened
- 1¾ cups all-purpose flour
- 1 cup packed brown sugar
- ½ cup granulated sugar
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- ¼ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1⅔ cups rolled oats, uncooked
- 1 cup raisins

Preparation

In a mixing bowl, beat butter with an electric mixer on medium-high speed for 30 seconds. Add half of flour, sugars, egg, baking powder, vanilla, baking soda, cinnamon and nutmeg. Beat until thoroughly combined. Beat in remaining flour. Stir in oats and raisins. Drop by rounded tablespoon 2 inches apart in a circular pattern onto metal tray and flatten with a fork. Cook for 7 to 9 minutes at **U=10, L=6, M=0** or until edges are golden. Cool on tray for 2 minutes. Remove to wire rack to cool completely. Makes about 5 dozen.

To make luscious oatmeal-chip cookies, omit raisins and stir in 1 cup semisweet, milk chocolate or butterscotch chips and 1/2 cup chopped nuts after adding the oats.



PEANUT BRITTLE

Cooks in 8 minutes

Ingredients

- 1 cup sugar
- ½ cup light corn syrup
- 1 cup dry roasted peanuts
- 1 tablespoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

Preparation

In a 1½-quart round casserole, combine sugar and syrup. Place dish on glass tray. Microwave at high (10) for 3 minutes. Add peanuts; microwave at high (10) for 5 to 7 minutes or until peanuts are light brown, stirring every 2 minutes. Add butter and vanilla; stir well. Add baking soda and gently stir until light and foamy. Pour mixture onto a lightly greased cookie sheet; cool 30 minutes. When cool, break into pieces. Makes about 1 pound.

No candy thermometer or constant stirring is required to create a batch of perfect peanut brittle when you use the microwave. Best of all, the candy is ready to enjoy in half the time.

◀ WHITE CHOCOLATE CHEESECAKE

Cooks in 14 minutes

Ingredients

- 1½ cups graham cracker crumbs
- ¼ cup toasted, ground almonds
- ¼ cup plus 1 tablespoon butter, melted
- 1 lb. white chocolate, coarsely chopped
- 2 (8-oz.) pkgs. cream cheese, softened
- ½ cup sour cream
- 3 eggs
- 1 teaspoon vanilla
- ½ teaspoon almond extract
- Melted chocolate (optional)
- Fresh berries (optional)

Preparation

Combine graham cracker crumbs, almonds and butter; blend well. Press mixture onto bottom and 1 inch up sides of a 9-inch springform pan; chill.

In a 1-quart round casserole, place white chocolate. Place dish on glass tray. Microwave at medium (5) for 2 to 3 minutes; stir until smooth. Cool slightly. Combine cream cheese and sour cream in a large mixing bowl; beat at medium speed with an electric mixer until fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla, almond extract and white chocolate; stir until smooth and well blended. Pour mixture into a 2-quart round casserole. Place dish on glass tray. Microwave at medium high (7) for 12 to 13 minutes or until very thick, stirring with a wire whisk every 2 minutes. Pour into crust. Refrigerate 4 hours or until firm. Drizzle chocolate over top and garnish with fresh berries, if desired. Makes 12 servings.

CHERRY VANILLA BARK

Cooks in 4 minutes

Ingredients

- 1 lb. vanilla-flavored candy coating, coarsely chopped
- ½ cup candied cherries, coarsely chopped

Preparation

In a 1-quart round casserole, place candy coating. Place dish on glass tray. Microwave at medium (5) for 4 to 6 minutes or until nearly melted; stir until smooth. Add cherries; mix well. Spread mixture in a thin layer on a lightly buttered cookie sheet; refrigerate until firm. Break into pieces. Makes 1 pound.

FRENCH STYLE FUDGE

Cooks in 6 minutes

Ingredients

- 2¼ cups sugar
- 1 (5-oz.) can evaporated milk
- 1 (12-oz.) pkg. semisweet chocolate chips
- 1 (6-oz.) pkg. milk chocolate chips
- 1 cup chopped walnuts or pecans
- ½ cup butter
- 2 tablespoons vanilla

Preparation

In a 3-quart ceramic casserole or large microwave-safe bowl, combine sugar and milk; blend well. Place dish on glass tray. Microwave at high (10) for 6 to 7 minutes or until sugar is dissolved, stirring after 2 minutes. Add chocolate chips, nuts, butter, and vanilla; stir until thoroughly blended. Pour mixture into a buttered 2-quart oblong glass dish. Refrigerate until firm. Cut into squares. Makes about 60 squares.

FRUIT-FILLED PINEAPPLE

Cooks in 6 minutes

Ingredients

- 1 medium-size fresh pineapple
- 1 (11-oz.) can mandarin oranges, drained
- 1 cup shredded coconut
- ½ cup maraschino cherries, drained and cut in half
- ½ cup orange marmalade
- ½ cup toasted, sliced almonds
- 2 tablespoons light rum

Preparation

Cut leafy crown off pineapple; reserve for garnish, if desired. Cut pineapple in half lengthwise. Scoop out fruit, leaving a ¼-inch thick shell. Remove woody core from fruit and discard. Cut remaining fruit into chunks.

Combine pineapple chunks, oranges, coconut, cherries, marmalade, almonds and rum; toss gently. Divide fruit mixture between shells; place shells in 9x13-inch baking dish. Cover with wax paper. Microwave at high (10) for 6 to 8 minutes or until heated through. Makes 6 servings.

What's the secret to selecting a good pineapple? A ripe pineapple will be firm and heavy with a golden color and distinctive sweet smell. A green pineapple will ripen on the kitchen counter, but before buying, check the base. If the base is green, the pineapple will not ripen properly.

PEANUT BUTTER COOKIES

Cooks in 7 minutes

Ingredients

- ½ cup butter, softened
- ½ cup crunchy peanut butter
- 1¼ cups all-purpose flour
- ½ cup sugar
- ½ cup packed brown sugar
- 1 egg
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon vanilla

Preparation

In a mixing bowl, beat butter and peanut butter with an electric mixer on medium-high speed for 30 seconds. Add ½ cup flour, sugars, egg, baking soda, baking powder and vanilla. Beat until thoroughly combined. Beat in remaining flour. Cover and chill dough until easy to handle, if necessary.

Shape dough into 1-inch balls. Place cookies in a circular pattern 2-inches apart on metal tray. Flatten balls by crisscrossing with the tines of a fork. Cook for 7 to 9 minutes at **U=10, L-6, M=0** or until bottoms are lightly browned. Cool on tray for 2 minutes. Remove to wire rack to cool completely. Makes about 3½ dozen.

Cool cookies before storing. Soft, chewy cookies should be stored in an airtight container. Store crisp cookies in a jar with a loose-fitting lid.

GINGERBREAD WITH CITRUS SAUCE

Cooks in 13 minutes

Ingredients

- 1½ cups all-purpose flour
- ¼ cup packed brown sugar
- 1 teaspoon cinnamon
- ¾ teaspoon ginger
- ¼ teaspoon allspice
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup shortening
- ½ cup light molasses
- ½ cup water
- 1 egg

Preparation

In a bowl, combine the first seven ingredients. Add shortening, molasses, water and egg. Beat with an electric mixer on low speed until combined. Beat on high speed for 2 minutes. Pour into a greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 13 to 15 minutes at **U=7, L=7, M=3** or until toothpick inserted in center comes out clean. Cool on wire rack. Serve with Citrus Sauce. Makes 9 servings.

Citrus Sauce

In a 1-quart round casserole, combine 1-cup sugar and 3 tablespoons cornstarch. Stir in 1 cup water and ½ cup orange juice. Place dish on glass tray. Microwave at high (10) for 3 to 4 minutes or until thickened; stir twice. Add 2 tablespoons butter and 1 tablespoon grated lemon zest.



CARROT CAKE

Cooks in 23 minutes

Ingredients

- 1¼ cups sugar
- ¾ cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1¼ cups all-purpose flour
- 2 teaspoons cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 cups shredded carrots
- ½ cup finely chopped pecans

Preparation

In a large mixing bowl, combine sugar, oil, eggs and vanilla; beat with an electric mixer at medium speed for 1 minute. Combine flour, cinnamon, baking soda and salt; add to sugar mixture. Beat on low speed for 1 minute. Stir in carrots and pecans. Spread mixture evenly in a greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 23 to 25 minutes at **U=7, L=7, M=3** or until toothpick inserted in center comes out clean. Cool on wire rack. Makes 12 servings.

PEACH COBLER

Cooks in 22 minutes

Ingredients

- 2 (21-oz.) cans peach pie filling
- ½ teaspoon almond extract
- 1 (9-oz.) pkg. yellow cake mix
- 1 tablespoon sugar
- ½ teaspoon cinnamon
- ⅛ teaspoon ginger
- ¼ cup butter, thinly sliced
- ¼ cup chopped, toasted almonds

For Apple Cobbler, substitute 2 cans apple pie filling for the peach pie filling. Increase cinnamon to ¾ teaspoon and add ¼ teaspoon nutmeg. Replace the chopped, toasted almonds with chopped, toasted walnuts.

Preparation

Combine pie filling and almond extract; spoon into 2-quart oblong baking dish. Combine cake mix, sugar, cinnamon and ginger. Cut in butter with a pastry blender or fork until crumbly; stir in almonds. Spread mixture evenly over peaches. Place dish on metal tray. Cook for 22 to 24 minutes at **U=7, L=7, M=3** or until golden brown and bubbly. Makes 8 servings.

BAKED APPLES

Cooks in 7 minutes

Ingredients

- 4 large apples, unpeeled
- ½ cup packed brown sugar
- ½ teaspoon cinnamon
- ¼ cup butter
- ½ cup orange juice

Preparation

Core apples; peel a strip of skin from apple around center top to prevent bursting. Place apples in a 2-quart round casserole. Fill center of each apple with one-fourth of sugar, cinnamon, and butter. Pour orange juice around apples; cover. Place dish on glass tray. Microwave at high (10) for 7 to 9 minutes or until tender. Makes 4 servings.

Substitute fresh pears for a sweet and juicy variation on this old-fashioned dessert. Add ¼ teaspoon ginger to the sugar-cinnamon mixture.

BREAD PUDDING WITH BOURBON SAUCE

Cooks in 19 minutes

Ingredients

- 4 cups bread cubes (4 to 5 slices)
- ½ cup packed brown sugar
- ½ cup raisins
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- 2 cups milk
- ¼ cup butter
- 2 eggs, beaten
- 1 teaspoon vanilla

Preparation

Spread bread cubes evenly in a 2-quart oblong baking dish. Combine sugar, raisins, nutmeg and salt; sprinkle evenly over bread cubes. Set aside.

Place milk and butter in a 4-cup glass measuring cup; place cup on glass tray. Microwave at high (10) for 3 to 4 minutes or until butter is melted. Rapidly stir in eggs with a fork; blend well. Add vanilla. Pour milk mixture over bread cubes. Place dish on metal tray. Cook for 19 to 21 minutes at **U=9, L=9, M=1** or until center is set.

Serve with Bourbon Sauce. Makes 6 servings.

Bourbon Sauce

In a 1-quart round casserole, combine ½-cup sugar, 1 tablespoon cornstarch and ½ teaspoon cinnamon. Combine ½ cup water and ¼ cup bourbon; gradually add to sugar mixture, stirring until smooth. Place dish on glass tray. Microwave at high (10) for 3 to 4 minutes or until thickened, stirring twice. Add 2 tablespoons butter; stir until blended. Serve warm.

If you prefer, substitute 1/2 cup chopped dried apricots, 1/2 cup coarsely chopped dried cranberries or 1/2 cup chopped dates for the raisins.



OLD FASHIONED RICE PUDDING

Cooks in 13 minutes

Ingredients

- 2 cups cooked rice
- 3⅓ cups milk
- 3 eggs, beaten
- ½ cup packed brown sugar
- 1 tablespoon butter, softened
- 2 teaspoons vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- Whipping cream (optional)

Preparation

In a 2-quart round casserole, combine rice, milk, eggs, sugar, butter, vanilla, cinnamon, and nutmeg. Place dish on glass tray. Microwave at medium (5) for 13 to 15 minutes or until done, stirring every 6 minutes. Let stand 10 minutes. Serve warm or chilled topped with whipped cream, if desired. Makes 6 servings.

STRAWBERRY SHORTCAKE

Cooks in 13 minutes

Ingredients

- 6 cups sliced strawberries
- ¼ cup sugar
- 2⅓ cups baking mix
- 3 tablespoons sugar
- ½ teaspoon mace (optional)
- ½ cup milk
- ¼ cup butter, melted
- Whipped cream (optional)

Preparation

Combine strawberries and ¼ cup sugar; stir well and set aside. In a large mixing bowl, combine baking mix, 3 tablespoons sugar, mace, if desired, milk and butter; stir until mixture forms a soft dough. Turn out onto lightly floured surface; knead 10 or 12 strokes. Roll dough out to ½-inch thickness; cut with a 3-inch biscuit cutter. Place on metal tray. Cook for 13 to 15 minutes at **U=9, L=6, M=1** or until golden brown. Cool shortcakes on wire rack. Split into 2 layers. Spoon strawberries between layers and over top. Garnish with whipped cream, if desired. Makes 6 servings.

Peach-Blueberry Shortcake:

Combine 5-cups peeled, sliced fresh peaches, 1 cup fresh blueberries, 1 tablespoon orange juice, ¼ cup sugar and ¼ teaspoon nutmeg. Spoon fruit mixture between layers and over top of shortcakes.

Mixed Berry Shortcake: Combine 2 cups sliced fresh strawberries, 2 cups fresh raspberries, 2 cups fresh blueberries, ¼-cup sugar, 2 teaspoons grated orange rind and ¼ teaspoon cinnamon. Spoon fruit mixture between layers and on top of shortcakes.



EASY GRASSHOPPER PIE

Cooks in 1 minutes

Ingredients

- 1 (10-oz.) pkg. large marshmallows
- ½ cup milk
- 2 cups frozen whipped topping, thawed
- 3 tablespoons green creme de menthe
- 2 tablespoons white creme de cocoa
- 1 (9-inch) chocolate crumb crust
- Whipped topping (optional)
- Chocolate curls (optional)

Preparation

In a 3-quart ceramic casserole, combine marshmallows and milk; cover. Place dish on glass tray. Microwave at high (10) for 1 to 2 minutes or until mixture can be stirred smooth. Refrigerate until thickened (about 35 minutes), stirring occasionally. Stir in 2 cups whipped topping, creme de menthe and creme de cocoa; spoon into crumb crust. Refrigerate several hours or overnight. Garnish with additional whipped topping and chocolate curls, if desired. Makes 6 servings.

Fruit Variation

Omit green creme de menthe and white creme de cocoa. Fold in 2 cups of your favorite fresh fruit when adding the whipped topping. Use a graham cracker crumb crust.

CLASSIC BROWNIES

Cooks in 16 minutes

Ingredients

- 1 cup sugar
- 2 eggs
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ cup butter, melted
- ¾ cup all-purpose flour
- ½ cup cocoa
- ½ cup chopped pecans or walnuts

Preparation

In a small bowl, beat sugar, eggs, salt and vanilla with an electric mixer at medium speed until light. Add butter; beat until thoroughly blended. Combine flour and cocoa; add to sugar mixture, beating at low speed until blended. Stir in nuts. Spread batter evenly in a greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 16 to 18 minutes at **U=9, L=9, M=1**, or until done. Cool on wire rack. Cut into squares. Makes 16 squares.

CHOCOLATE CLUSTERS

Cooks in 2 minutes

Ingredients

- 1 (6-oz.) pkg. semisweet chocolate chips
- 1 cup dry-roasted peanuts
- 1 cup raisins

Preparation

In a 1-quart round casserole, place chocolate chips, peanuts and raisins. Place dish on glass tray. Microwave at medium high (7) for 2 to 4 minutes or until chocolate is melted. Stir until peanuts and raisins are evenly coated with chocolate. Drop by teaspoonfuls onto wax paper; cool until firm. Makes about 20 pieces.

BANANA CAKE

Cooks in 20 minutes

Ingredients

- 1½ cup all-purpose flour
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup mashed ripe banana
- ¼ cup buttermilk
- ¼ cup shortening
- 1 egg
- ½ teaspoon vanilla

Preparation

In a bowl, combine flour, brown sugar, granulated sugar, baking powder, baking soda and salt. Add banana, buttermilk, shortening, egg and vanilla. Beat with an electric mixer on low speed until combined. Beat on medium speed for 3 minutes. Pour batter into a greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 20 to 22 minutes at **U=9, L=9, M=1** or until toothpick inserted in center comes out clean. Cool on wire rack. Frost with Lemon Butter Cream Frosting. Makes 9 servings.

Lemon Butter Cream Frosting

In a bowl, beat 2 tablespoons softened butter until fluffy. Gradually add 1 cup powdered sugar, beating well. Beat in 2 tablespoons fresh lemon juice and ½ teaspoon vanilla. Slowly beat in 1 cup powdered sugar. Beat in additional lemon juice, if needed, to make a spreadable consistency.

To cut bar cookies neatly, try the following procedure. While the bars are still warm, use a sharp knife to lightly mark where to cut. When the bars have cooled, use the marks as a guide to cut the bars evenly and cleanly.

HOT FUDGE PUDDING

Cooks in 23 minutes

Ingredients

- 1¼ cups granulated sugar, divided
- 1 cup all-purpose flour
- ½ cup cocoa, divided
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup milk
- ⅓ cup butter, melted
- 1½ teaspoons vanilla
- ½ cup packed brown sugar
- 1¼ cups boiling water

Preparation

Combine ¾ cup granulated sugar, flour, ¼-cup cocoa, baking powder and salt. Add milk, butter and vanilla; beat until smooth. Pour mixture into an 8-inch square baking dish. Combine remaining granulated sugar, brown sugar and remaining cocoa; sprinkle evenly over chocolate mixture. Pour boiling water over batter. Do not stir. Place dish on metal tray. Cook for 23 to 25 minutes at **U=9, L=9, M=1** or until center is almost set. Let stand 15 minutes. Spoon into dessert dishes to serve. Makes 6 servings.

Use the second packaged pie crust to make a fancy edging for your pie. Using a tiny cookie cutter, cut out shapes of your choice. Moisten the edge of the pie crust lining the dish with water. Arrange the cut-out shapes around the edge of the pie, overlapping slightly and pressing gently in place.



CRANBERRY-PECAN PIE

Cooks in 34 minutes

Ingredients

- 1 cup light corn syrup
- ⅔ cup sugar
- 3 eggs, beaten
- 3 tablespoons butter, melted
- 1 teaspoon vanilla
- 1 cup pecan halves
- ½ cup coarsely chopped dried cranberries
- ½ (15-oz.) pkg. refrigerated pie crust
- Whipped cream (optional)
- Chopped dried cranberries (optional)

Preparation

Line a 9-inch pie plate with pie crust according to package directions; flute edges. Place plate on metal tray. Cook for 6 to 7 minutes at **U=9, L=9, M=1**. In a mixing bowl, combine corn syrup, sugar, eggs, butter and vanilla; blend well. Stir in pecans and cranberries. Pour pecan mixture into pie crust. Place plate on metal tray. Cook for 28 to 30 minutes at **U=9, L=9, M=1** or until crust is golden brown and center is set. Cool before serving. Garnish with whipped cream and additional cranberries, if desired. Makes 8 servings.

CHOCOLATE CHIP COOKIES

Cooks in 7 minutes

Ingredients

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 1 cup butter, softened
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1½ teaspoons vanilla
- 2 eggs
- 1 (12-oz.) pkg. semisweet chocolate chips
- 1 cup chopped pecans

Preparation

In a small bowl, combine flour, baking soda and salt; set aside. In a large bowl, beat butter, granulated sugar, brown sugar and vanilla with electric mixer. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate chips and pecans. Drop by rounded tablespoon in a circular pattern onto metal tray. Cook for 7 to 9 minutes at **U=10, L=6, M=0** or until golden brown. Cool on tray for 2 minutes. Remove to wire rack to cool completely. Makes 6 dozen.

CHERRY-PINEAPPLE PIE

Cooks in 26 minutes

Ingredients

- 1 cup graham cracker crumbs
- ⅓ cup dry unseasoned bread crumbs
- ¼ cup sugar
- 6 tablespoons butter, melted
- 2 (21-oz.) cans cherry pie filling with extra fruit
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 (15¼-oz.) can pineapple tidbits, drained
- ½ teaspoon almond extract
- ⅓ cup sliced almonds
- Whipped topping

Preparation

Combine graham cracker crumbs, bread crumbs, sugar and butter; blend well. Press mixture on bottom and up sides of a 9-inch glass pie plate. Place dish on metal tray. Cook for 4 minutes at **U=10, L=10, M=0**. Cool slightly.

Discard ½ cup sauce from the pie filling. In a 2-quart round casserole dish, combine cornstarch and the remaining pie filling, stirring until smooth. Place dish on metal tray. Cook for 2 to 4 minutes at **U=3, L=3, M=7** or until thickened, stirring twice. Add pineapple tidbits and almond extract to pie filling; spoon mixture into crumb crust. Place dish on metal tray. Cook for 20 to 23 minutes at **U=8, L=7, M=2** or until filling just begins to bubble around the edges. Cool on wire rack. Top with sliced almonds and whipped topping before serving. Makes 8 servings.

BANANAS FOSTER

Cooks in 2 minutes

Ingredients

- 3 medium bananas
- ½ cup pecan halves
- ½ cup packed brown sugar
- 3 tablespoons butter
- 2 tablespoons orange juice
- 2 tablespoons light rum
- ½ teaspoon vanilla
- Vanilla ice cream

Preparation

Slice bananas in half crosswise and then lengthwise; place in a 9-inch pie plate. Sprinkle with pecans. In a 2-cup glass measuring cup, combine sugar, butter, orange juice, rum and vanilla. Place dish on glass tray. Microwave at high (10) for 1 minute or until butter is melted; blend well. Pour sauce over bananas. Microwave at high (10) for 1 to 2 minutes or until bananas are warm. Spoon over ice cream. Makes 4 servings.



APPLE CRANBERRY CRISP

Cooks in 28 minutes

Ingredients

- 6 cups peeled, thinly sliced apples
- 1 cup dried cranberries
- ¾ cup packed brown sugar
- ¼ cup water
- 1 tablespoon orange juice
- 1 tablespoon grated orange rind
- ½ cup all-purpose flour
- ⅓ cup packed brown sugar
- ⅓ cup quick-cooking rolled oats, uncooked
- ½ teaspoon cinnamon
- ¼ cup butter

Preparation

Combine apples, cranberries, ¾ cup brown sugar, water, orange juice and orange rind; spoon into an 2-quart oblong baking dish. Combine flour, ⅓ cup brown sugar, oats and cinnamon. Cut in butter with a pastry blender or fork until crumbly; sprinkle over fruit. Place dish on metal tray. Cook for 28 to 30 minutes at **U=6, L=6, M=4**, or until apples are tender. Makes 6 to 8 servings.

CHOCOLATE PUDDING

Cooks in 6 minutes

Ingredients

- ¾ cup granulated sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups milk
- 2 (1-oz.) squares unsweetened chocolate, coarsely chopped
- 1 egg, well beaten
- 2 tablespoons butter
- 1 teaspoon vanilla

Preparation

In 1½-quart round casserole, combine sugar, cornstarch and salt. Gradually add milk, mixing well. Place dish on glass tray. Microwave at high (10) for 4 to 5 minutes or until thickened and bubbly, stirring twice.

Add chocolate and stir until melted. Stir a small amount of hot pudding mixture quickly into beaten egg. Return egg mixture to pudding; blend well. Microwave at medium high (7) for 2 to 3 minutes or until thickened and smooth. Add butter and vanilla; stir until butter is melted. Pour into serving dishes; serve warm or chilled. Makes 4 servings.

Vanilla Pudding

Omit chocolate; prepare as directed above.

Butterscotch Pudding

Substitute ¾ cup packed brown sugar for granulated sugar. Increase butter to 3 tablespoons.

Puddings, like sauces, are perfect choices for microwave cooking. A minimum of stirring is required to keep the pudding smooth and creamy.

CHOCOLATE CHIP BARS

Cooks in 14 minutes

Ingredients

- ¾ cup packed brown sugar
- ½ cup butter, melted
- 2 eggs, beaten
- 1 teaspoon vanilla
- ½ teaspoon almond extract
- 1 (6-oz.) pkg. semisweet chocolate chips
- ¾ cup chopped walnuts
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- Powdered sugar

Preparation

In a mixing bowl, combine sugar, butter, eggs, vanilla and almond extract; stir until well blended. Add chocolate chips, walnuts, flour, baking powder and salt; blend well. Pour batter into a greased 2-quart oblong baking dish. Place dish on metal tray. Cook for 14 to 16 minutes at **U=9, L=9, M=1** or until golden brown. Cool on wire rack. Sprinkle with powdered sugar and cut into bars. Makes 24 bars.

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