

# Oval Microwave Cooker Recipes





## temptation bars

Makes 28 cookies

- 14 whole graham crackers
- 1 (12 oz.) jar caramel sauce
- 1 (7 oz.) jar marshmallow crème
- 2 (12 oz.) pkgs. milk chocolate chips (or semi-sweet)
- 1 cup chopped nuts

Melt 1 package of chocolate chips in Base of **Oval Microwave Cooker** for 1 1/2 minutes. Stir and melt for additional 30 seconds, if necessary. On a 15 1/2" x 10 1/2" jelly roll pan, lined with a **Silicone Wonder™ Mat**, evenly spread the melted chocolate. Lay, side-by-side, the graham crackers over the melted chocolate. Melt the marshmallow crème for 30 seconds; spread over graham crackers. Add the chopped nuts. Pour caramel sauce over graham crackers, smoothing out with **Saucy Silicone Spatula**. Melt second package of chocolate chips; gently spread over caramel with **Saucy Silicone Spatula**. Chill for about 15 minutes. To break into bars, pull up mat and start to fold over. Cookies should break apart to the shape of the original graham cracker. For best results, keep refrigerated.

## warm rice pudding

Makes 6 servings

- 1 cup short grain rice, uncooked
- 2 cups water
- 1 (14 oz.) can fat-free sweetened condensed milk
- 1/2 cup raisins
- 1/2-1 tsp. **Cinnamon- Vanilla Spice**

In Base of **Oval Microwave Cooker** place rice and 2 cups water; cover and microwave at 100% for 5 minutes; stir with **Saucy Silicone Spatula**, replace cover; microwave for 10 minutes at 70% or until water is absorbed and rice is tender. Gently fold in sweetened condensed milk, raisins and **Spice**; cover and microwave at 70% for 6 minutes until milk is slightly absorbed. Allow mixture to cool slightly. Remove from Base and place into favorite **Tupperware Bowl**. Best served warm.

CHOCOLATE · Omit raisins and add 1/2 cup semi-sweet chocolate chips to slightly cooled pudding.

## Breakfast

### mini-omelets

Makes 7 omelets

- 5 eggs, beaten
- 1/3 cup shredded cheddar cheese
- 2 1/2 Tbsp. green onion, chopped
- 7 strips crispy bacon, crumbled

Place Cooking Rack in bottom of Base of **Oval Microwave Cooker**; add bacon slices, cover and microwave for about 3 minutes on High until bacon is crispy. Remove bacon from Cooking Rack and set aside. In 7-count Silicone Muffin form, fill each cup about 1/2 way with eggs. Add 2 tsp. of cheese to each cup; follow with 1 tsp. of chopped green onion. Finally, top off each cup with crumbled bacon slice. Bake at 350°F for 15-20 minutes, until eggs are set. Remove from oven and let stand for a minute. Using **Saucy Silicone Spatula**, gently scoop mini-omelet out of each cup. Recipe can be doubled or tripled.

#### Recipe Variations:

**Skinny Version** Use egg whites, low-fat cheese and turkey bacon.  
**Very Veggie** Add chopped mushrooms and peppers—only need about 2 Tbsp. of each!

### southwest scramble

Makes 6 servings

- 6 oz. reduced-fat pork sausage
- 10 large eggs
- 1/4 cup fat-free milk
- 3/4 cup shredded cheddar cheese
- 2 tsp. **Southwest Chipotle Seasoning**

Placed crumbled sausage on Cooking Rack in Base of **Oval Microwave Cooker**. Microwave on High for 2 minutes; remove sausage and rack from base, drain any grease. Place eggs, milk, and Seasoning in **Quick Shake® Container**, seal and shake until blended. Return cooked sausage to Base, add egg mixture and cheese. Microwave on High for 2 minutes, stir and microwave an additional minute; let stand 2 minutes before serving. For firmer eggs, an additional minute in microwave may be necessary.

**Serving Suggestion:** Top with sour cream, salsa, jalapenos, onions or olives

# Dips

## **taco dip**

Tupperware's **Simply Salsa**

- 1 brick of cream cheese (Lite or fat-free is okay too)
- 1 can of refried beans
- 1 package of shredded sharp cheddar cheese (8 oz)
- Olives, green onions, jalapeños, etc. (optional)

Soften the cream cheese in base of **Microwave Oval Cooker** for 3 minutes at 30% power. Spread in base with **Saucy Silicone Spatula**. Using **E-Series Can Opener**, open refried beans. Spread beans over cream cheese. Pour 1/2 of salsa (about 1 cup) over beans then cover with cheese. Cover and put heat at 50% power for 3-4 minutes or until cheese is melted. Serve with tortilla chips.

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## **hot chili dip**

*Makes 8 servings*

- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese
- 1 (15 oz.) can spicy chili beans
- 1 cup Tupperware's **Simply Salsa**
- 1 cup shredded Cheddar cheese (low-fat or non-fat)

In Base of **Oval Microwave Cooker**, layer ingredients in order with shredded cheese ending up on top. Cover and microwave on High until cheese is melted and bubbly—about 2 minutes. Serve immediately with chips.

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## **pineapple upside down cake**

- 1 Jiffy Cake Mix (yellow)
  - 2 Tbsp. Butter or Margarine
  - ½ cup Brown Sugar
  - 1 Small Can Crushed Pineapple - drained. Reserve the juice. Using the base of the **Oval Microwave Cooker**, melt the butter first, add Brown sugar and Pineapple and pat evenly. Now, pour one Jiffy cake mix (prepared according to package directions- you may use reserved pineapple juice in place of water). Let mix rest 5 minutes and cook on high about 8 min. Cool for 5 minutes before inverting onto a heat safe plate. Cover or Serve.
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## **rocky road clusters**

*Makes about 24 pieces*

- 1 (12 oz.) pkg. semi-sweet chocolate chips
- 2 cups mini-marshmallows
- 1 cup chopped pecans
- 1/2 tsp. **Cinnamon-Vanilla Spice**

Chop pecans using **Quick Chef**. Melt chocolate in Base of **Oval Microwave Cooker** for 1 1/2-2 minutes. Stir and microwave for additional 30 seconds, if necessary. Stir in remaining ingredients, gently folding together using the **Saucy Silicone Spatula**. Spread onto a jelly roll pan lined with a **Silicone Wonder™ Mat**. Chill or freeze until firm. Break into clusters before serving. Store in a **Stuffables™ Container**.

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## **sweet 'n fruity dip**

*Makes 8 servings*

- 1 (8 oz.) pkg. low-fat cream cheese
- 1 (7 oz.) jar marshmallow crème
- 1 tsp. vanilla extract
- 3 cups of mixed, sliced fruit (any variety available)

In Base of **Oval Microwave Cooker**, mix together ingredients, except for fruit. Microwave on Medium High (70% power) for 1-2 minutes; stir until smooth. Place into **Tupperware® Impressions 5 1/2-cup Bowl**. Chill and serve with mixed, sliced fruit.

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## on your honor pie

*Makes 8 servings*

- 1 (10 oz.) pkg. chocolate mint cookies, crushed
- 1/4 cup (1/2 stick) butter, melted
- 1/4 cup milk chocolate chips, melted
- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese, softened
- 1 (8 oz.) container non-dairy light whipped topping

In Base of **Oval Microwave Cooker**, melt chocolate chips. In **9" round silicone form** or **Micro Pitcher Set**, melt butter in microwave. Crush cookies to a medium fine texture—need 2 cups. Add crushed cookies to silicone form with melted butter; press onto bottom and sides. Add cream cheese to melted chocolate chips stirring together until smooth. Fold in 1 1/2 cup whipped topping to the chocolate cream cheese mixture and pour into pie crust.

**Crust Options:** For a more traditional crust, bake for 8 minutes at 350°F and allow it to cool before adding the filling. For a nobake crust, simply use the **Tupperware® Impressions Dessert Server** for the crust and just add the filling. The crust will have a crumbly texture. Garnish with remaining whipped topping (in Gourmet Decorator), and remaining cookies (coarsely crushed) crumbled on top of filling. Chill until time to serve.

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## pineapple delight

*Makes 12 servings*

- 2 Tbsp. light brown sugar
- 1 (16 oz.) box angel food cake
- 1 (20 oz.) can crushed pineapple in natural juice

Drain pineapple, setting aside juice for later. Place pineapple in Base of **Oval Microwave Cooker**. Sprinkle brown sugar over pineapple. In **Thatsa™ Bowl**, combine cake mix with pineapple juice until moist. Pour cake batter over pineapple/sugar mix. Microwave on High for 7 minutes. Let cake sit for 2 minutes before serving.

*Recipe Variation:* Substitute peaches in juice for pineapple.

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## simply salsa

- 1 medium onion
- 2 cloves garlic
- Juice of 1/2 lime
- 1 (15 oz.) can diced tomatoes
- 1 Tbsp. Southwest Chipotle Seasoning Blend
- 2-3 Tbsp. fresh cilantro (optional)

Peel and slice onion into 4 pieces; place in Quick Chef with blade, cover and turn handle until onion is roughly chopped. Peel and smash two garlic cloves and add to Quick Chef. Add remaining ingredients; cover and turn handle until desired consistency. Remove blade and place salsa in Snack Cups or a bowl for serving. Serve with chips or as a topping for tacos!

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## party arti dip

*Makes 8 servings*

- 1 (14 oz.) can artichoke hearts, drained
- 2 green onions chopped
- 1/2 cup low-fat mayonnaise
- 1/2 cup grated Parmesan cheese

Combine ingredients in **Quick Chef**; turn handle until chopped. Place into Base of **Oval Microwave Cooker**. Microwave on High for 3–5 minutes until hot. Serve with tortilla chips, pita or bread.

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## **pizza dip**

1 (8oz) pkg. shredded mozzarella cheese (part-skim)  
1 (15 oz) jar pizza sauce  
1-2 tsp **Italian Herb Seasoning**  
Sliced baguette or breadsticks for dipping

In the **Oval Microwave Cooker** layer cheese, and sauce; sprinkle Seasoning on top. Cover and microwave on 70% for 3-5 minutes until mixture is bubbly. Allow to cool slightly before serving.

Optional toppings: Sliced pepperoni and canned mushrooms.

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## **queso dip**

*Makes 12 servings*

1 (14 1/2 oz.) can diced tomatoes with chili peppers  
1 Tbsp. **Southwest Chipotle Seasoning**  
1 (16 oz.) pkg. low-fat processed cheese food, cut into pieces

In Base of **Oval Microwave Cooker**, stir together ingredients. Cover and microwave on High for 2 minutes or until cheese is melted when stirred. Serve with chips.

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## **queso bean dip**

*Makes 12 servings*

1 cup Simply Salsa  
1 can (15 oz.) black beans, drained  
1 Tbsp. **Southwest Chipotle Seasoning**  
1 (16 oz.) pkg. low-fat processed cheese food, cut into pieces

Mix together ingredients in Base of **Oval Microwave Cooker**. Cover; microwave on High for 2 minutes or until cheese is melted when stirred. Serve with corn chips or tortilla chips.

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## **noodle dessert**

*Makes 6 (1/2 cup) servings*

3 cups wide egg noodles, cooked (1 1/2 cups uncooked)  
1 (8 oz.) pkg. Neufchatel low-fat, cream cheese, softened  
1/4 cup powdered sugar  
1/2 tsp. Cinnamon-Vanilla Spice (adjust to taste)  
1/2 cup raisins  
1/4 cup fat free half & half (may need to add 1 Tbsp. more)

Mix together all ingredients in Base of **Oval Microwave Cooker**. Cover and microwave on High for 3 minutes. Serve immediately. **Leftover Suggestion:** Prior to reheating, add a little milk or water to keep dessert moist.

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## **nutty chocolate covered pretzels**

*Makes 14 servings*

2 cups (12 oz. bag) milk or semisweet chocolate chips  
3 cups mini-pretzels  
1 cup finely chopped pecans, peanuts or walnuts

Melt chocolate in Base of **Oval Microwave Cooker** on High for 2 minutes. Stir and melt for additional 30 seconds, if necessary. Dip pretzels in chocolate and place on baking sheet lined with **Silicone Wonder™ Mat**. Sprinkle finely chopped nuts over dipped pretzels then chill until firm.

**Recipe Variation:** For Chocolate Covered Nutty Marshmallows, substitute 1 cup of mini-marshmallows. Fold in marshmallows and nuts into melted chocolate. Spread onto baking sheet lined with **Silicone Wonder™ Mat**. Chill until firm.

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## fruit pizza

*Makes 16 servings*

- 1 (18 oz.) pkg. refrigerated sugar cookie dough
- 1 (8 oz.) pkg. low-fat cream cheese
- 1/4 cup packed light brown sugar
- 2 cups mixed fruit (whatever handy—sliced strawberries, blueberries, raspberries or sliced bananas)

In **Rock 'N Serve™ Medium Shallow** or **Base of Oval Microwave Cooker**, melt cream cheese and brown sugar together for 1 minute at Medium High (70% power). Stir until smooth and set aside. On a baking sheet lined with **Silicone Wonder™ Mat**, press out cookie dough to 9" circle. Bake for 12–15 minutes at 350°F. Let cool for a few minutes and then spread cream cheese mixture onto cookie. Sprinkle with fruit and chill until time to serve. Remove from **Silicone Wonder™ Mat** before slicing pizza. To prevent bananas from turning black, cover sliced bananas with 1/8 cup apricot or peach jam diluted with 2 tsp. of water.

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## lace cookies

*Makes about 30 cookies*

- 1/2 stick unsalted butter, in chunks
- 1/4 cup corn syrup
- 1/2 cup light brown sugar (packed)
- 1/2 tsp. **Cinnamon-Vanilla Spice**
- 1/2 cup all-purpose flour

In Base of **Oval Microwave Cooker**, place butter chunks, corn syrup and brown sugar; stir together. Cover and microwave for 1 minute on 60% power; stir, replace cover and microwave for an additional 1 1/2 minutes at 60% power. Slowly stir in flour and Spice, mixing until well blended. Using the Teaspoon from **Measuring Spoon Set**, drop batter onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Place only 6 cookies per sheet to allow batter to spread while baking. Bake at 350°F for 6–8 minutes until golden and bubbly. Remove from oven and cool 1 1/2–2 minutes. Gently pull cookies off mat creating a shape (if desired) while pliable. If cookies do not pull away easily, place back in oven for 30 seconds to become pliable again. *Filling Suggestions:* Using Decorating Bag pipe with whipped topping, frosting or mousse.

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## spicy mexicali dip

*Makes about 2 1/4 cups*

- 1 (14 oz.) can artichoke hearts, drained
- 1/2 cup low-fat sour cream
- 1 cup shredded Mexican style cheese
- 1 (10 oz.) can diced tomatoes with chilies, drained
- 1 Tbsp. **Southwest Chipotle Seasoning**

Chop artichokes in **Quick Chef** with blade. Place all ingredients in Base of **Oval Microwave Cooker**; blend together with **Saucy Silicone Spatula**. Microwave on High for 3–5 minutes. Serve with tortilla chips.

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## Main Dishes

### Beef

## basic beef

*Makes 4 servings*

- 1 lb. lean ground beef
- 1 small onion, 1/2 cup chopped
- 1 Tbsp. **Italian Herb** or **Southwest Chipotle Seasoning**

Using the **Quick Chef**, chop onion. Add ground beef, chopped onion, and seasoning to Base of **Oval Microwave Cooker** with Cooking Rack. Cook for 3–5 minutes until no longer pink. Great for use as taco meat, meat sauce, or pizza topping!

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## easy tacos

*Makes 12 tacos*

- 1 lb. extra lean ground beef (7% fat)
- 1 small onion, chopped (1/2 cup)
- 2 Tbsp. **Southwest Chipotle Seasoning**
- 1 garlic clove, minced
- 1 pkg. of 12 taco shells or flour tortillas

Mix 1st four ingredients together in **Thatsa™ Bowl** with **Saucy Silicone Spatula**; place in Base of **Oval Microwave Cooker** with Cooking Rack on bottom. Microwave on High for 3 minutes; stir. Cook additional 2 minutes or until no longer pink in color.

**For Taco Salad:** Serve over 1 cup shredded lettuce per serving.

**Serving Suggestion:** Heat ready-made hard taco shells on baking sheet lined with **Silicone Wonder™ Mat** at 350°F for 8–10 minutes. For soft tacos use packaged tortillas heated on baking mat at 350°F for about 5 minutes.

**Topping Ideas:** Low-fat shredded cheese, sour cream, shredded lettuce, chopped tomatoes or Simply Salsa, olives or jalapenos.

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## enchiladas

- 1lb Ground Beef
- 1 pkg. Corn or Flour Tortillas
- 2 tsp **Southwest Chipotle Seasoning**
- Enchilada Sauce
- Mixed Cheese - cheddar and white cheese
- Optional: 1 yellow onion, Chopped olives

Add seasoning into meat, the onions may be added now or at the end. Brown Ground Beef in the base of the **Oval Microwave Cooker** with Colander Base. Cook at 6 min. per lb. Stopping half way through and breaking it up with a large spoon. Drain meat and rinse out Oval Cooker. Place Deep Colander Ring on top of base. Dip tortilla into the sauce and lay it in the Oval Cooker. Layer meat, cheese, onions, olives, and tortilla with sauce. Continue to make layers until complete. cook for 15- 20 min.

## easy chocolate cake

*Makes 12 servings*

- 1 (18 1/4 oz.) pkg. chocolate cake mix
- 1 (15 oz.) can pumpkin
- 1 tsp. **Cinnamon-Vanilla Spice** (optional)
- 1 (12 oz.) tub vanilla frosting (or favorite flavor) optional

Mix first 3 ingredients together in a **Thatsa™ Bowl** with a **Saucy Silicone Spatula** until moistened. Consistency will be very thick. Spread batter in Base of **Oval Microwave Cooker**; cover and microwave on High for 8-10 minutes. Cake will be very moist. Ice cake with frosting and serve immediately.

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## essence of decadence

*Makes 8-10 servings*

- 2 cups (12 oz. bag) semi-sweet or milk chocolate chips
- 1 cup assorted sliced fruit such as banana, strawberries, pineapple.
- 1 cup potato chips, cookies, or cubed pound cake

Melt chocolate chips in Base of **Oval Microwave Cooker** for 2 minutes. Stir and melt for additional 30 seconds, if necessary. Dip food in chocolate and place onto baking sheet lined with **Silicone Wonder™ Mat**. Will set after a few minutes; may want to chill. **Topping Options:** 1 cup of finely chopped nuts to sprinkle on dipped food

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## ez s'mores

*Makes 16 s'mores*

- 1 (12 oz.) pkg. milk or semisweet chocolate chips
- 8 Graham Crackers broken into 1/4 pieces
- 3 oz. marshmallow crème

Melt chocolate in Base of **Oval Microwave Cooker** on High for 2 minutes. Stir and melt for additional 30 seconds, if necessary. While chocolate is melting, make small marshmallow sandwiches with the graham crackers. Dip sandwiches in chocolate and place on a baking sheet lined with **Silicone Wonder™ Mat**.

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## chocolate truffles

*Makes 24 truffles*

1 1/2 cup semi-sweet or bittersweet chocolate chips  
1/3 cup heavy whipping cream  
2 Tbsp. butter, unsalted  
1/8 tsp. Cinnamon-Vanilla Spice  
Coating options: 3 Tbsp. unsweetened cocoa,  
or finely chopped nuts

Heat cream in microwave for 30 seconds; set aside. In the Base of the **Oval Microwave Cooker**, microwave chocolate chips, butter, and Spice for 1 minute; stir and heat for 30 more seconds, if necessary. Stir chocolate until silky smooth; slowly add cream; stirring until cream is absorbed; repeat until cream is gone. Pour chocolate mixture in a **Medium Deep Rock 'N Serve™ Container**; seal and freeze for 15 minutes. Remove from freezer and scoop out with 1/2 Tbsp. (about 3/4" diameter). Roll into ball and quickly coat in cocoa or nuts. Place either in container or small muffin paper. Repeat until finished. *Please Note: If chocolate becomes too soft, place container back in freezer for a few minutes.*

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## cinnamon apples

3-4 apples, cored and sliced  
1/2 C. brown sugar  
1 tsp cinnamon-vanilla seasoning

Add sliced apples to **Microwave Oval Cooker**. Sprinkle with brown sugar and seasoning. Cook in microwave for 4 minutes. Stir. Return for another 4 minutes. May serve apples with homemade whipped cream.

## whipped cream

Mix 1/2 pint of chilled heavy cream, 1-2 tsp. of sugar and a pinch of cinnamon-vanilla seasoning. Whip in **Quick Chef** until firm.

## layered pasta

*Makes 6 servings*

1 lb. Basic Beef  
3 cups (6 oz. uncooked) bowtie pasta, cooked al dente  
1 (26 oz.) jar favorite pasta sauce  
1 (8 oz.) bag shredded Italian cheese

In Base of **Oval Microwave Cooker**, create two layers of pasta, beef, pasta sauce, and cheese. Cover and microwave for approximately 6 minutes until heated through and cheese on top is melted and bubbling. Serve immediately.

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## Meatballs

*Makes 48 meatballs*

2 lb. ground beef  
1 small onion, chopped (1/2 cup)  
2 eggs, lightly beaten  
3/4 cup breadcrumbs  
1/4 cup **Italian Herb Seasoning**

Use the **Quick Chef** to chop onion. Mix together ground beef, onion, eggs, bread crumbs, and Seasoning in **Thatsa™ Bowl** with **Saucy Silicone Spatula**. Roll into 1-inch balls. In Base of **Oval Microwave Cooker**, place a layer of meatballs on Cooking Rack. Microwave on High for about 6-8 minutes. May take two batches to complete.

### Recipe Variations:

**Tex-Mex Version** Substitute 1/4 cup Southwest Chipotle Seasoning for Italian Herb Seasoning.

**BBQ Version** Substitute 1/4 cup Hickory Mesquite Seasoning with 1/4 cup ketchup for Italian Herb Seasoning.

**Oriental Version** Substitute 1/4 cup Ginger Teriyaki for Italian Herb Seasoning. For sauce, add 1/2 cup low-sodium soy sauce and 1 cup tomato sauce.

**Leftover Suggestion:** Heat meatballs in Rock 'N Serve™ container with pasta sauce, add sliced cheese like mozzarella, and fresh sub rolls for a quick lunch or dinner treat.

## porcupine balls

Makes 48 - 1" Balls

3 cups cooked rice  
1 1/2 lbs. extra lean (93%) ground beef  
1 1/2 tsp. **Simply Garlic Seasoning**  
1 1/2 tsp. **Italian Herb Seasoning**  
1/2 cup egg substitute or 2 eggs, lightly beaten  
1 (26 oz.) jar favorite pasta sauce (optional)

In a **Thatsa™ Bowl**, mix together first 5 ingredients using a **Saucy Silicone Spatula**. Using Tablespoon from **Measuring Spoon Set**, scoop mixture into 1" balls; place on **Cooking Rack** in **Base of Oval Microwave Cooker**. Cover and microwave on High for 5 minutes or until cooked through. Repeat until finished. Serve alone or remove Rack from Base; place Porcupine Balls back into Base and pour sauce over meat. Cover and heat on High for approximately 3 minutes until heated through.

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## savory beef strips

Makes 4 servings

1 lb. top sirloin, cut into thin strips  
1 Tbsp. **Italian Herb Seasoning**  
1/2 cup chopped onion (1 medium)

In **Oval Microwave Cooker**, place beef and chopped onion in Shallow Colander over Base (filled with 1 cup water). Sprinkle beef with Seasoning. Microwave on High for 3-5 minutes or until desired doneness.

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## chocolate peanut butter decadence

Makes 48 balls

1 1/2 cup peanut butter  
1 3/4 cup graham cracker crumbs  
1/2 cup (1 stick) butter, melted  
1 1/2 cup powdered sugar  
1 (12 oz.) pkg. + 4 oz. milk chocolate chips (or semi-sweet)

In a **Thatsa™ Bowl**, combine melted butter, peanut butter, graham cracker crumbs, and powdered sugar. Mix together using a **Saucy Silicone Spatula**. Roll into 3/4" balls, and chill for 15 minutes. Meanwhile, in the Base of the **Oval Microwave Cooker**, microwave chocolate for a minute, stirring with **Saucy Silicone Spatula**. If necessary, microwave for 30 seconds more. Chocolate consistency should be smooth. Take chilled peanut butter balls and dip one by one in the melted chocolate (use your fingers, toothpick, or a fork to dip). Place onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Chill for about 10 minutes until chocolate has hardened. Keep refrigerated.

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## chocolate peanut butter sandwich cookies

Makes 24 sandwich cookies

48 low-fat, round buttery crackers  
1/2 cup creamy peanut butter (approximately)  
1 (12 oz./2 cups) pkg. milk or semisweet chocolate chips

Spread 1 teaspoon of peanut butter between two crackers. Melt chocolate in Base of **Oval Microwave Cooker** on High for approximately 2 minutes. Stir with **Saucy Silicone Spatula** and microwave for additional 30 seconds, if necessary. Using **Saucy Silicone Spatula**, dip peanut butter sandwich cookies into melted chocolate covering completely. Place dipped cookie on 11" x 17" cookie sheet lined with a **Silicone Wonder™ Mat**. Chill for approximately 10 minutes or until firm.

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## chocolate chip pie

*Makes 6 servings*

- 1 (6 oz.) vanilla wafer cookie crust (or graham cracker crust)
- 1 (8 oz.) pkg. of Neufchatel, low-fat cream cheese, softened
- 1/2 cup powdered sugar
- 1 1/2 cup non-dairy whipped topping
- 3/4 cup mini-chocolate chips

In Base of **Oval Microwave Cooker**, microwave cream cheese for 30 seconds. Stir with **Saucy Silicone Spatula** till smooth; add powdered sugar and stir until well blended. Mix in 1/2 cup chocolate chips, and gently fold in whipped topping—spoon into crust. Sprinkle remaining chocolate chips over pie and chill until serving time.

*Recipe Variation:* Substitute crumble chocolate sandwich cookies instead of chocolate chips.

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## chocolate fortune cookies

*Makes 24 cookies*

- 2 (3 1/2 oz.) boxes fortune cookies
- 1 (6 oz./1 cup) pkg. milk or semisweet chocolate chips

Melt chocolate chips in Base of **Oval Microwave Cooker** on High for 1 minute. Stir with **Saucy Silicone Spatula** and microwave for additional 30 seconds, if necessary. Dip 1/2 of fortune cookie in chocolate and place onto baking sheet lined with **Silicone Wonder™ Mat**. Chill until firm.

*Recipe Variations:*

*Black & White Fortune Cookies* 1 cup of white chocolate morsels, melted. After semi-sweet chocolate is firm, dip other 1/2 of fortune cookie into melted white chocolate. Chill until firm.

*Nutty Fortune Cookies* Roll in crushed nuts. Chill until firm.

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## savory stroganoff

*Makes 4 (1 cup) servings*

- 1 lb. top sirloin, cut into thin strips
- 1 small onion, chopped (1/2 cup)
- 1 (10 1/2 oz.) can cream of mushroom soup
- 3 cups, cooked wide egg noodles (1 1/2 cups, uncooked)
- 1 Tbsp. **Italian Herb Seasoning**

Chop onion using the **Quick Chef**. Place beef, chopped onion and Seasoning in Shallow Colander (Base filled with 1 cup water) of Oval Microwave Cooker. Microwave for 3 1/2 minutes. Remove Shallow Colander from Base. Empty water from Base, then place the beef mixture, can of soup, and egg noodles inside and mix together. Cover and microwave for 3 minutes or until heated through. Add salt and pepper to taste.

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## shepherd's pie stuffed peppers

*Makes 3 (2 pepper) servings*

- 3 medium peppers (any color), halved and seedless
- 8 oz. ready-made mashed potatoes
- 1/2 lb. Basic Beef
- 6 oz. low-fat cheddar cheese, shredded
- 6 Tbsp. early June peas (optional)

A different twist to the ordinary stuffed pepper! Steam peppers in Deep Colander of **Oval Microwave Cooker** for 3 minutes. Add 1-2 Tbsp. beef per pepper, 1 Tbsp. of peas, and 2-2 1/2 Tbsp. of mashed potatoes (depending on size of pepper). Microwave peppers for an additional 3 minutes. Add 2 Tbsp. cheese to each pepper and microwave for another minute. Let sit for a minute and then serve.

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## stuffed mini-meatloaves

*Makes 8 servings*

- 2 lb. lean ground beef
- 1 small onion (1/2 cup)
- 1/4 cup **Italian Herb Seasoning**
- 1/2 cup seasoned breadcrumbs
- 2 eggs, blended
- 8 oz. brick favorite cheese, cubed

Using a **Chef Series™ Paring Knife** peel and quarter onion. Use the **Quick Chef** to chop onion. Mix together all ingredients (except cheese) in **Thatsa™ Bowl**; using **Saucy Silicone Spatula**, make 8 wedges out of mixture. Take each wedge, pat into circle and place 1 ounce cubed cheese in center; fold over creating a mini-loaf. Place on Cooking Rack in Base of **Oval Microwave Cooker**, repeat until finished. Cover and microwave on High for 8-10 minutes. Let sit for 5-10 minutes as the loaves will continue to cook. Cheese may ooze out of loaves slightly.

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## taco casserole

- 2 lbs. Ground Beef
- 1 (10 oz) jar Salsa (mild, med or hot)
- 8 oz sour cream
- 2-3 cups shredded cheddar or Mexican blend cheese
- 1 Bag of round tortilla chips

Brown ground beef by placing on the cooking rack in the bottom of the **Oval Microwave Cooker**. Cover and microwave on high 6 minutes then chop. Continue cooking about 3-6 min. more until brown. Chop again. Scoop out the beef into **Lg. Deep Rock N Serve**; mix in all remaining ingredients (except chips). Heat together until HOT. Serve with chips.

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## chinese noodle candy

*Makes 18 pieces*

- 2 cups (12 oz. bag) semisweet chocolate chips
- 1/2 cup of pecans or walnuts, chopped
- 1 (3 oz.) can chow mein noodles

Melt chocolate in Base of **Oval Microwave Cooker** on High for 1 1/2–2 minutes. Stir with **Saucy Silicone Spatula** and melt for additional 30 seconds if necessary. Gently fold in pecans and chow mein noodles. Drop small bundles onto **Silicone Wonder™ Mat** lined baking sheet and chill until hardened.

*P'nutty Version* Reduce chocolate chips to 1 cup and add 1 cup peanut butter chips

*Rocky Road Version* Add 1 cup mini-marshmallows

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## chocolate caramel cookies

*Makes 28 cookies*

- 14 whole graham crackers
- 1 (12 oz.) jar caramel sauce
- 1 (12 oz.) pkg. milk chocolate chips

Melt chocolate in Base of **Oval Microwave Cooker** for 1 1/2 minutes. Stir and melt for additional 30 seconds, if necessary. Meanwhile, on a 15 1/2" x 10 1/2" jelly roll pan, lined with a **Silicone Wonder™ Mat**, lay out the graham crackers. Pour caramel sauce over graham crackers, smoothing out with **Saucy Silicone Spatula**. Cover with melted chocolate, smoothing out with **Saucy Silicone Spatula**. Chill for about 10 minutes. To break into bars, pull up mat and start to fold over. Cookies should break apart to the shape of the original graham cracker.

*Nutty Caramel Cookies* Add 1 cup of chopped pecans or walnuts.

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## **cherry chocolate fudge**      Makes about 3 dz pcs

1/3 cup finely chopped Maraschino cherries, well drained  
1/2 cup (1 stick) butter, cut into pieces  
3 2/3 cups powdered sugar (1 lb.)  
1/2 cup unsweetened cocoa powder  
1/3 cup evaporated milk  
1/3 cup pecan pieces  
1 tsp. almond or vanilla extract

Line 8-inch square pan with foil. Drain chopped cherries between paper towels. Microwave butter on High (100%) in Base of **Oval Microwave Cooker** 45 seconds or just until melted. Stir in powdered sugar, cocoa and evaporated milk. Microwave on High 1 minute; stir well with whisk. Microwave on High additional 30 seconds at a time until slightly thickened and smooth when stirred. Do not boil. With **Saucy Silicone Spatula**, stir in cherries, pecans and extract. Spread into prepared pan. Cover; refrigerate until firm. Use foil to lift fudge out of pan; cut into squares. Cover and refrigerate leftover fudge.

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## **cherry cream pie**

*Makes 6 servings*

1 (6 oz.) vanilla wafer cookie crust (or graham cracker crust)  
1 (8 oz.) pkg. Neufchatel, low-fat cream cheese, softened  
1/2 cup powdered sugar  
1 1/2 cup non-dairy whipped topping  
1 (15 oz.) can cherry pie filling (or blueberry, or raspberry)

In Base of **Oval Microwave Cooker**, microwave cream cheese for 30 seconds. Stir with **Saucy Silicone Spatula** till smooth; add powdered sugar and stir until well blended. Gently fold in whipped topping and spoon into crust. Chill for 10 minutes, then top with cherry filling and chill again until serving time.

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## **Main Dishes**

### **Chicken**

#### **chicken fajitas**

2 Lb. Boneless Skinless Chicken (1/2 inch strips)  
1 Red & 1 Green Bell Pepper (1 inch strips)  
1 med. Sweet Onion (1 inch strips)

#### **Southwest Chipotle Seasoning**

Sour cream  
Shredded Cheese  
Soft FLOUR Tortillas (med size)

Place all veggies in the base of the **Oval Microwave Cooker**. Put on the ring with the handled colander and place chicken, lightly seasoned with **Southwest Chipotle Seasoning**, in the top colander and cover. Cook on high about 6 min. Stop and mix the chicken and put on high again about 4-6 min. until chicken is done. Transfer this into **Lg. Deep Rock n' Serve**. Lay tortillas over the mixture and cook on high 45 seconds longer to steam tortillas. Serve.

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#### **chicken, stuffing & veggies**

6 oz. Stuffing mix for Chicken  
4 medium Boneless, skinless Breast halves  
1 can Condensed Cream of Mushroom Soup  
1/3 Cup Sour Cream  
1 Package Frozen Veggies - thawed

Prepare Stuffing Mix according to micro directions (don't cook) and set aside. In **Oval Microwave Cooker**, place Chicken breasts in Base, thicker sides out. Top with Soup & sour cream. Spoon Stuffing mix evenly over top. Cover and cook on high 10 Min. Place Deep Colander with floor inserted on top. Sprinkle veggies evenly inside. Cover and cook on high 6-8 minutes more or until everything is done.

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## golden mushroom chicken

4 boneless skinless chicken breasts  
Salt and pepper and favorite seasoning  
1 pkg. of sliced mushrooms  
1 sliced onion  
1 can of Campbells Golden Mushroom Soup

Season chicken breast and roll them skinny end to fat end. Then place in base of **Oval Microwave Cooker**. Place fresh mushrooms and onions on top and then pour soup over, and cover with lid. May seem thick but remember it will thin with cooking. Cook for 15-20 min. on high.

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## parslied potatoes & chicken

(Makes 4 -6 servings.)

1½ lbs. (about 10 to 12) small new red potatoes, unpeeled  
2 Tbsp. vegetable oil  
1 medium onion, finely chopped  
1 clove garlic, crushed and chopped  
¾ cup chopped fresh parsley  
1 lb. sknls, bnls chicken breasts, cut into bite-sized pieces  
1 cup chicken or vegetable broth  
½ teaspoon pepper

Scrub potatoes; cut into 1-inch cubes. Rinse again. Stir together vegetable oil, onion, garlic, parsley and chicken pieces in Base of **Oval Microwave Cooker** and cover. Microwave on High (100%) power for 5 to 7 minutes or until onion is transparent. Stir in broth and pepper. Spread potato pieces evenly over bottom of Shallow Colander; place on top of Base with chicken and broth mixture. Cover. Microwave on High for 5 to 9 minutes or until potatoes are for tender, stirring occasionally. Stir potatoes into chicken mixture. Cover. Microwave on High for 2 to 4 minutes or until potatoes are fully cooked and coated with parsley mixture.

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## buttery chocolate toffee squares *Makes 24 pcs*

44 club style saltine crackers  
1 cup light brown sugar, packed  
1 cup (2 sticks) unsalted butter  
1 (12 oz.) pkg. milk chocolate chips  
2/3 cup chopped pecans  
1/4 tsp. Cinnamon-Vanilla Spice (optional)

In the Base of the **Oval Microwave Cooker**, melt butter and brown sugar for 11/2 minutes; stir with **Saucy Silicone Spatula** until sugar is dissolved and microwave an additional 2-21/2 minutes until a caramel sauce has been made. Meanwhile, lay crackers side by side, salt side up on a 10 1/2" x 15 1/2" jelly roll pan lined with a **Silicone Wonder™ Mat**. When caramel sauce is ready, carefully pour over crackers, spreading out to an even layer with a **Saucy Silicone Spatula**. Bake for 10 minutes at 350°F. Remove from oven and immediately sprinkle chocolate over mixture; smoothing out with a **Saucy Silicone Spatula**. Add chopped nuts. Chill and break into pieces. *Please Note: Texture will be a softer toffee.*

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## carmelized bananas

*Makes 8 servings*

4 ripe bananas, sliced in half  
1/4 cup packed light brown sugar  
1 tsp. vanilla  
1/2 stick butter, melted

Place ingredients into Base of **Oval Microwave Cooker**. Cover and microwave on Medium High (70% power) for 9-12 minutes. Serve by itself or over vanilla ice cream.

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## Desserts

### **baked apples & cinnamon**

*Makes 4 servings*

- 3 apples, cored, peeled and sliced
- 1/2 cup packed light brown sugar
- 1 tsp. vanilla
- 1 tsp. ground cinnamon

Place ingredients in Base of **Oval Microwave Cooker**; cover and microwave on High for 4 minutes. Stir with **Saucy Silicone Spatula** and microwave on High for 4 more minutes. Stir again; apples should be fork tender. If necessary microwave on High for an additional 2 minutes. **Serving Suggestion:** Perfect as a topping over low-fat ice cream or frozen yogurt.

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### **butterscotch heaven**

*Makes 12 servings*

- 1 (14 oz.) bag reduced fat ginger snaps
- 2 (1 oz.) pkgs. fat-free, sugar-free instant butterscotch pudding
- 1 qt. skim milk
- 1 (12 oz.) container non-fat whipped topping

Using **Quick Chef** to crush about 20 cookies to yield 1 cup of crushed cookies. Spread evenly in Base of **Oval Microwave Cooker**. In **Quick Shake® container**, pour in 2 cups cold, skim milk and 1 package of pudding. Seal and shake for about 2 minutes, pudding will thicken. Pour over crushed cookies using **Saucy Silicone Spatula** to spread evenly. Then spread 1/2 of whipped topping over pudding. Repeat pudding recipe in **Quick Shake® container**. Layer pudding over whipped topping; spread the rest of the whipped topping over pudding. Finish dessert by sprinkling 2 crumbled cookies over whipped topping. Chill until ready to serve.

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### **rotisserie chicken**

- 1 Whole Chicken (3 to 4 pounds)
- Your Favorite Season Salt or Tupperware Seasoning Blend

Clean and Rinse chicken. Place chicken in base of **Oval Microwave Cooker**. Cover. Microwave on high 6 to 7 min. per pound. Let Stand 4 to 5 min. before serving.

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### **southwest chicken casserole** *Makes 6 servings*

- 1 lb. boneless, skinless chicken breast, cut into strips
- 2 Tbsp. **Southwest Chipotle Seasoning**
- 1 (10 1/2 oz.) can cream mushroom soup  
(cream of chicken soup may be substituted)
- 1 (10 oz.) can tomatoes with onions and chili peppers
- 1 (10-count) pkg. corn tortillas, torn into strips
- 8 oz. shredded Mexican cheese

Add 1 cup water to Base of **Oval Microwave Cooker**. Place chicken sprinkled with 1 Tbsp. of the **Southwest Chipotle Seasoning** in Shallow Colander. Cook for about 4-5 minutes or until done. Let stand for a few minutes. Remove chicken from Shallow Colander and empty water in Base. Shred the chicken and place in Base of **Oval Microwave Cooker**, add tortillas, 1 cup of shredded cheese, soup, canned tomatoes, and remaining Seasoning. Mix together with **Saucy Silicone Spatula**. Sprinkle remaining 1 cup of cheese on top. Microwave for about 3-4 minutes or until heated through—cheese should be melted.

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## southwest chicken enchiladas *Makes 6 servings*

1 lb. (4–4 oz.) bnls, sknls chicken breasts cut into strips

2 Tbsp. **Southwest Chipotle Seasoning**

1/2 cup chopped red pepper

1/2 cup chopped green pepper

1/2 cup chopped onion

12 corn tortillas

1 (15 oz.) can enchilada sauce

1 cup fat-free shredded cheddar cheese

Mix chicken, Seasoning, peppers and onions together. Place 1 cup of water in Base of **Oval Microwave Cooker**. Place chicken and veggies in Shallow Colander. Cover and microwave on High for 5 minutes. Stir and microwave an additional 3–5 minutes until chicken is thoroughly cooked. In the Base of the **Oval Microwave Cooker**, layer 6 tortillas, sauce, chicken mixture, cheese. Repeat until finished, shredded cheese should be on top. Cover and microwave on Medium High (70% power) for 7–10 minutes. Can also be baked in conventional oven using a 2-qt. covered casserole dish at 350°F for 25–30 minutes.

## southwest chicken stir-fry *Makes 4 servings*

1 lb. bnls, skinless chicken breast halves, sliced thin strips

2 Tbsp. **Southwest Chipotle Seasoning**

1/2 cup chopped red pepper

1/2 cup chopped green pepper

1/2 cup chopped onion

Coat chicken strips with Seasoning, add peppers and onion. Place 1 cup of water in Base of **Oval Microwave Cooker**; place coated chicken and veggies in Shallow Colander. Cover. Microwave on High for 5 minutes. Stir and microwave additional 3–5 minutes until chicken is thoroughly cooked.

Vegetable Amount	How to Prepare Vegetables	Water Amount In Base	Place Vegetable in this Piece (With Base)	Cooking Time (covered on High)
Artichokes	Peel off outer leaves; Trim off top of dried leaves; Trim diagonally 1/2 inch around bottom; Remove choke	2 cups water plus 1 Tbsp. olive oil	Shallow Colander with Deep Colander Ring	10-15 minutes
Asparagus (2 lbs.)	Snap off bottom of each stalk; Peel bottom of each stalk	2 cups	Shallow Colander	3-5 minutes
Broccoli (1 1/2 lbs.)	Cut into flowerets	2 cups	Shallow Colander with Deep Colander Ring	3-5 minutes
Brussel Sprouts (1 lb.)	Cut X on bottom of each	2 cups	Shallow Colander	5 min, stir; Add. 3-5 mins
Carrots (1 lb.)	Cut into 1/4-in wide slices	2 cups	Shallow Colander	3-5 minutes
Carrots (1 lb.)	Cut into 1-in wide slices	2 cups	Shallow Colander	5-7 minutes
Cauliflower (Whole head)	Trimmed of green leaves	2 cups	Shallow Colander with Deep Colander Ring	10-15 minutes
Corn on the Cob (5 to 8 small cobs, depending)	Husk corn & remove silk	2 cups	Shallow Colander with Deep Colander Ring	10 min.; rotate cobs additional 3 to 8 min.
Green Beans (1 lb.)	Trim off both ends; cut into 1 1/2-in pieces for thinner beans; cut into 1-in. pieces for thicker beans	2 cups	Shallow Colander with Deep Colander Ring	6 to 9 minutes; Stir after every 3 minutes
Snow Peas (1 lb.)	Trim at both ends	2 cups	Shallow Colander	3 -5 minutes



## creamy macaroni & cheese

*Makes 8 (1/2 cup) servings*

16 oz. processed low-fat cheese  
4 Tbsp. unsalted butter  
4 cups cooked elbow macaroni (2 cups, uncooked)  
2/3 cup shredded Parmesan cheese

In Base of **Oval Microwave Cooker**, melt processed cheese for 2 1/2 minutes. Stir in butter and elbow macaroni with **Saucy Silicone Spatula**, then sprinkle parmesan cheese on top. Cover and microwave for an additional 3 minutes. Serve immediately.

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## mashed potatoes

8 to 10 med. Potatoes Quartered

Place potatoes in base of **Oval Microwave Cooker** add water to top. Cook for 15 min or until tender. (Do not cover as it will boil over) Drain. Add milk, butter and mash.

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## stuffed italian chicken

*Makes 4 servings (2 pieces each)*

4 (4 oz.) boneless, skinless chicken breasts  
2 (4 oz.) fresh mozzarella balls  
3 Tbsp. sundried tomato sauce/spread  
2-2 1/2 Tbsp. **Italian Herb Seasoning**  
Toothpicks

Cut chicken breasts in half (8 pieces of chicken). With a sharp knife, cut a horizontal pocket into each piece of chicken. Slice mozzarella cheese into even slices (1 oz. each). Place one slice of cheese into each piece of chicken followed by a teaspoon of the sundried tomato sauce. If needed, use toothpick to secure chicken. Sprinkle Seasoning over each piece of chicken. Place chicken in Shallow Colander over Base of **Oval Microwave Cooker** (1 cup of water in Base). Microwave chicken for about 5-6 minutes. Let stand for a few minutes.

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## tex-mex chicken stir-fry

*Makes 4 servings*

4 (4 oz.) boneless, skinless chicken breast halves, sliced thin  
2 Tbsp. **Southwest Chipotle Seasoning**  
1 pepper (red, green or yellow), sliced into strips  
1 (10 oz.) can diced tomatoes with onions and chili peppers  
1 (15 oz.) can black beans

Place 1 cup of water in Base of **Oval Microwave Cooker**; place chicken coated with Seasoning and sliced peppers in Shallow Colander. Cover. Microwave on High for 4 minutes. Stir; may need additional 1 minute until chicken is thoroughly cooked. Let sit for a few minutes before removing Colander from Base, drain water and add all ingredients to the Base; gently mixing together. Microwave on High for 3 minutes.

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## Main Dishes

### Pork

#### **mojo pork over rice**

*Makes 4 servings*

1 lb. boneless pork loin chops, cut into thin strips  
1 large onion, roughly chopped  
2 cloves garlic, minced  
juice from 2 limes  
2 cups cooked rice

Chop onion in **Quick Chef**. In **Tupperware® Impressions Bowl**, place pork strips, minced garlic, lime juice, and onion inside bowl—mix together and seal. Let stand for 15 minutes. Place 1 cup of water in Base of **Oval Microwave Cooker**. In Shallow Colander, spoon in the pork mixture; place Shallow Colander inside Base and cover. Microwave 4-6 minutes until done. Serve over white rice.

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#### **pork chop ranch lovers delight**

1 Pkg. Pork Chops  
1 Avg. size Ranch Dressing (light or fat free)  
1 can Artichoke hearts  
1 can Mushrooms  
Garlic Powder  
Salt & Pepper

Place rice mixture of your choice in the bottom of the **Oval Microwave Cooker** using  $\frac{1}{4}$  cup less water than recipe calls for. Place Deep Colander ring with Deep Colander Floor on top of the Base. Place can of mushrooms in bottom of the Oval Cooker and add pork chops on top. Place artichokes around the pork chops. Sprinkle Simply Garlic, salt and pepper on the pork chops. Squeeze the ranch dressing over the top of the entire mixture, place cover and microwave for about for 20 to 25 min. Please allow it to stand for  $\frac{1}{4}$  of the original cooking time. Some of the pork chop mixture will drain into your rice.

#### **cheesy beef sandwiches** *Makes 6 servings*

1 lb. roast beef sliced thin (rare is best)  
2 (10.5 oz.) cans beef consommé  
2 Tbsp. **Italian Herb Seasoning**  
12 thin slices provolone cheese  
6 Italian hard rolls, sliced

Pour consommé in Base of **Oval Microwave Cooker**, stir in Seasoning; cover and microwave on High for 4-5 minutes. Remove cover and add beef; replace cover and microwave for 1 1/2-2 minutes. Place 2 slices cheese on each roll then add beef. Either spoon consommé (au jus) over sandwich or pour into separate small bowls for dipping. Serve immediately.

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### Sides

#### **cheesy cauliflower dish**

*Makes 6 servings*

1 head cauliflower, rinsed  
8 oz. pasteurized low-fat cheese food, cubed  
1 (4 oz.) can green chilies (optional)  
1-2 tsp. **Southwest Chipotle Seasoning**

On the Cooking Rack in Base of **Oval Microwave Cooker** with Large Colander Ring add  $\frac{1}{4}$  cup water and cauliflower; cover and microwave on High for 6-8 minutes until fork tender. In a **Rock 'N Serve™ Medium Shallow Container**, place cheese, chilies, and Seasoning. Microwave on Medium-High (70% power) for 2-3 minutes until cheese is melted and bubbly. Place cauliflower in serving bowl and pour cheese sauce on top. Serve immediately.

**Leftover Idea:** Add leftovers to **Taste of Tupperware Potato Leek Soup Mix** for an easy Cheesy Potato Chowder

## **pasta with alfredo sauce** *Makes 4 servings*

1 (8 oz.) pkg. Neufchatel low-fat, cream cheese  
1/4 cup fat free half & half  
3/4 cup frozen pepper stir-fry mixture  
2/3 cup shredded Parmesan or Italian cheese  
3 cups pasta, cooked and drained, not rinsed  
1 Tbsp. **Italian Herb Seasoning**

In Base of **Oval Microwave Cooker**, melt cream cheese for 30 seconds on High. Stir and add half & half until smooth; add pepper mixture, Seasoning and cheese. Microwave 2 minutes on High until heated through. Add pasta and stir to coat evenly. Add just a little more half & half if mixture is too thick. Microwaving an additional 30 seconds may be necessary. Salt & Pepper to taste.

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## **Main Dishes** **Salads & Sandwiches**

### **southwest turkey salad** *Makes 8 servings*

1 (3/4 lb.) pkg. smoked turkey breast  
1 (1 lb. 4 oz.) pkg. red potatoes (wedges)  
1/4 cup chopped green onion  
1/2 cup mayonnaise  
1 tsp. **Southwest Chipotle Seasoning**

Slice potatoes in half and place in Shallow Colander of **Oval Microwave Cooker**, microwave on High for 5 minutes until potatoes are fork tender; set aside to cool. Cube turkey breast and place in **10 cup Impressions Bowl**; add chopped onion, mayonnaise, potatoes, and Seasoning. Gently fold ingredients together using **Saucy Silicone Spatula**. Cover and refrigerate until serving time.

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## **pork chops and rice**

4 to 6 Pork chops  
1 cup long grain rice  
1 can cream of mushroom soup  
2 cups water  
Salt and pepper salt to taste

In Base of **Oval Microwave Cooker**, put 1 cup of long grain rice to 2 cups of water, salt to taste. In deep colander ring with the colander floor place pork chops and pour soup over. Cook for 25 min. Some of soup mixture will drip into rice.

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## **Main Dishes** **Seafood**

### **shrimp & veggie toss over pasta**

*Makes 4 servings*

1/2 cup chopped peppers (red & green)  
1/2 cup chopped onion  
2 cloves garlic, minced  
1 lb. cooked shrimp (peeled and deveined)  
8 oz. thin spaghetti, cooked

Place 1 cup water in Base of **Oval Microwave Cooker**. In Shallow Colander place vegetable mix and minced garlic. Microwave 2–3 minutes on High until vegetables are tender crisp. Add shrimp; microwave additional 2 minutes, just until warm. In **Thatsa™ Bowl**, toss together hot pasta and shrimp mixture. Serve immediately.

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### **south of the border salmon** *Makes 4 servings*

1 lb. (4–4 oz.) fresh pink salmon fillets  
1 cup Simply Salsa

In Shallow Colander of **Oval Microwave Cooker**, cover salmon with salsa and for cook for 4 minutes on High. Check to see if salmon has turned light pink throughout. Cook additional 2 minutes if necessary.

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## southwest tuna casserole

*Makes 6 (3/4 cup) servings*

- 3 (6 oz.) cans Albacore tuna, packed in water, drained
- 1 (8 oz.) container low-fat sour cream
- 1 1/2 cup low-fat, shredded Mexican cheese or cheddar
- 3 cups cooked egg noodles (1 1/2 cups uncooked)
- 2 Tbsp. **Southwest Chipotle Seasoning**

Mix above ingredients together (save 1/2 cup of cheese for top) in the Base of the **Oval Microwave Cooker**. Top with remaining 1/2 cup of shredded cheese. Microwave on High for 3-5 minutes until hot and cheese is melted. Serve immediately. Add salt & pepper to taste.

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## Main Dishes Meatless

### bean & cheese quesadillas

*Makes 5*

- 1 (10 ct.) pkg. 6" flour tortillas
- 1 (16 oz.) can fat-free refried beans
- 12/3 cup shredded cheddar cheese
- 1 Tbsp. **Southwest Chipotle Seasoning** (optional)

Place one cup water in Base of **Oval Microwave Cooker**; set aside. Mix Seasoning and beans together; spread 2 Tbsp. bean mixture on 5 of the tortillas using **Saucy Silicone Spatula**; sprinkle 1/3 cup cheese over the beans and cover with a plain tortilla. Place one quesadilla in the Shallow Colander and one in the Deep Colander. Cover and microwave on High for 2 minutes until beans and cheese are hot; repeat until finished. Serve immediately or cover to keep warm.

#### **Recipe Variation:**

**Bean & Cheese Burritos** Spread 2 Tbsp. beans on tortilla using **Saucing Silicone Spatula**; sprinkle 3 Tbsp. cheese over beans. Gently fold sides in and then roll tortilla forward until burrito is created. Repeat until finished. Place seam side down in Base of **Oval Microwave Cooker**; Microwave on High for 2 minutes until beans and cheese are hot.

## vegetarian stuffed peppers *Makes 6 servings*

- 1 (7 oz.) box Spanish rice
- 2 cups water
- 1 (15 oz.) can black beans
- 1 (14 oz.) can of diced tomatoes plain or with chilis
- 1 Tbsp. **Southwest Chipotle Seasoning**
- 3 peppers (red, green, orange or yellow) halved and seeded

Stir together uncooked rice and seasoning packet, 2 cups water, black beans, and 14 oz. can diced tomatoes and Seasoning in Base of **Oval Microwave Cooker**. Cover and microwave at High for 10–15 minutes until tender. Remove rice and add 1 cup of water to Base. Place peppers in Deep Colander of Oval Microwave Cooker and steam on High for 3 minutes. Stuff rice mixture evenly into each pepper and microwave an additional 2 minutes on High.

**Optional Topping:** 1 cup shredded low-fat or non-fat cheese (Mexican variety) heat on High for 30 seconds.

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## Main Dishes Pasta

### lasagna

- 2 lb ground beef
- 15 oz. Ricotta Cheese
- 2 lb Mozzarella Cheese
- 1 Box of “no Boil” lasagna noodles
- Salt and Pepper
- 2 jars of Spaghetti Sauce
- 2tsp **Italian Herb Seasoning**
- Fresh Garlic

Soak noodles in **Lg. Deep Rock n Serve** using hot water from faucet. Mix seasoning, fresh garlic, salt and pepper with meat and place in the base of the **Oval Microwave Cooker** with Base Colander and cook for 12 min. Stir half way through. Drain noodles and begin to layer lasagna as follows: sauce, pasta, ricotta cheese, meat, mozzarella cheese, sauce etc.. The final layer should result in plenty of sauce and LIGHT cheese as microwaves will attract to foods high in fat and could result in burn spots. Add seal and rock venting tab open. Microwave for 12 min and let stand for at least 5 min for cooling.