

Microwave Magic! Quick Recipes from Tupperware®

Stack Cooked Meal

Cranberry-Spiced Pears

2/3 Cup cranberry juice cocktail
2 Tbs. grenadine syrup (optional)
1 2-inch piece stick cinnamon, broken
4 small pears, peeled, halved, and cored OR
1 16 oz. can pear halves, drained

In Cover, combine cranberry juice, syrup, and cinnamon. Place pears, cut side down, in sauce. Spoon sauce over each pear. Stack and cook, uncovered. Spoon sauce over pears.

Italian-Seasoned Chicken

3 Cup loose-pack frozen cut broccoli OR
Italian-style mixed vegetables
4 boneless, skinless chicken breast (1 lb.)
2 Tbs. mayonnaise
1/3 Cup Italian-seasoned bread crumbs
3 Tbs. grated Parmesan cheese
1/8 tsp. paprika

Rinse vegetables in colander with warm water to thaw slightly. Place vegetables in 1 ¾ qt. casserole. Rinse chicken pieces and pat dry. Fold chicken breasts in half; secure with toothpick. Brush chicken on all sides with mayonnaise. Combine bread crumbs and cheese. Roll chicken in crumb mixture, coating generously. Arrange on top of vegetables with thickest portions toward the edge of the Casserole. Sprinkle chicken with paprika and any remaining crumbs. Add to stack.

Herbed Rice

1 Cup quick rice
1 Cup water
1 Cube bouillon
1 tsp. parsley
½ tsp. basil
½ tsp. thyme

In 3-qt. Casserole, combine rice and water. Stack remaining casseroles on top of 3 qt.

Put entire stack into microwave and cook at 100% (high) power for 25 minutes. Allow 5 minutes standing time. Makes 4 servings.

Lasagna

1 ½ lbs. Hamburger
1 large jar of Gardenstyle Ragu (3 lbs.)
5 Cups of grated Mozzarella Cheese
12 oz. small curd Cottage Cheese
9 uncooked Lasagna noodles
Parmesan cheese to taste

Put 9 noodles in the hottest tap water to soak. (Large Shallow Rock-n-Serve-10 minutes)

Brown hamburger meat. (Brown in TupperWave 3 qt. Casserole & Colander)

Mix Lg. Jar of Ragu with browned hamburger.

Layer ¼ meat mixture, 3 noodles, 1/3 mozzarella, 1/3 cottage cheese, repeat 2 more times, and end with the last ¼ meat mixture. (Prepare in the lg. Deep Rock-n-Serve. Seal and vent)

Microwave on High (100%) for 9 minutes.

Rotate halfway and microwave 9 more minutes.

Sprinkle the top with Parmesan Cheese, cover, and let stand for 10 minutes.

Serves 6 - 8.

Handy Tips

100% Power = 450° in conventional oven or High
70% Power = 350° in conventional oven or Medium
50% Power = 300° in conventional oven or med-lo.
20% Power = 200° in conventional oven or low.

100 hours cooking in the conventional oven costs about \$75.00. 100 hours cooking in the microwave oven costs about \$3.00

Microwaves are attracted to fat, sugar and liquid molecules. Foods high in these ingredients cook faster.

Most foods should be cooked 6 minutes per pound. Fish cooks in 3 minutes per pound.

Soften hardened brown sugar by microwaving at high 1-2 minutes for ½ lb. or 2-3 minutes for 1 lb.

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Rotisserie Chicken

- 1 Roasting Chicken approximately 3 - 4 lb (giblet pack removed)
- 2 - 3 Tbsp of Zesty Pork & Poultry Seasoning Blend

Place chicken on Cone in Tupperware 3 Qt Casserole. Generously sprinkle seasoning blend over chicken and inside cavity.

Microwave on high for 7 = minutes per pound. Let chicken sit for 5 minutes before removing to carve. Tested in a 1000 watt microwave - if lower wattage increase cooking time to 8 minutes per pound.

Enjoy with favorite side dish.

Frosted Cauliflower

- 1 medium head cauliflower
- 1-2 tsp. prepared mustard
- ½ cup mayonnaise
- 1 tsp. dry mustard (optional)
- ¼ tsp. salt
- ¾ cup grated sharp Cheddar cheese

Remove woody base of cauliflower, but leave whole, aerate base with knife to make more porous. Place in ¾ - Qt. Tupperware cover, then cover with 3 qt. Tupperware, microwave on 100% for 6 minutes per pound. Rest covered for 5 minutes. Mix mayonnaise, salt and mustard and Microwave on 70% power. Spread over cauliflower and sprinkle with grated cheese. Heat 1 minute until cheese melts on 70 % power. Sprinkle with paprika.

Triple Chocolate Cake

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| 1 package chocolate cake mix | 2 eggs |
| 1 (3 oz) package instant chocolate pudding | 1 (12 oz) package semi-sweet chocolate chips |
| 1 ½ cup milk | ½ c. chopped pecans, optional |

Mix cake mix, pudding, milk, and eggs together until smooth. Fold in chocolate chips and nuts. Pour into a TupperWare 3 qt. Casserole with Cone. Let stand 5-10 minutes before cooking to allow leavening time to work. Cook at 70% power for 12-14 minutes. Let cool and turn out onto serving platter. Dust with powdered sugar.

Hot Fudge Pudding Cake

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| ¾ cup plain flour | 3 TBS melted margarine |
| 1 ¼ cups sugar, divided into ½ c & ¾ c | 1 ½ tsp. vanilla |
| 6 TBS cocoa, divided into 2 TBS & 4 TBS | ¼ cup chopped pecans (opt) |
| 1 ½ tsp. baking powder | 1 cup hot water |
| 1/3 cup skim milk | |

Stir together ½ cup sugar, flour, 2 TBS cocoa & baking powder. Stir in milk, margarine and vanilla. Blend in nuts and pour batter into 3 Qt. Tupperware.

In separate bowl, mix ¾ cup sugar and ¼ cup cocoa. Stir in hot water and pour evenly over batter. Do not stir! Cook, uncovered at 100% power for 5-8 minutes or until cake springs back when lightly touched. Let stand 15-20 minutes before serving. Excellent with vanilla ice cream.