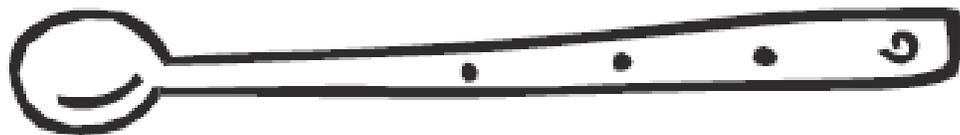


no
Kitchen
no cry



Look inside for more than 50 recipes so
you can eat dinner tonight in style.



has your back

**If you live in Single Soldier's Quarters, and
are tired of eating pre-made
microwavable meals, take a look in this
book!**

All you need is a microwave and a blender to make over 50
delicious recipes. Buy your
ingredients at the Commissary, save money, and cook like a
chef without a full kitchen!



"Better Opportunities for Single Soldiers"

For more information on BOSS, contact
Jenny Sullivan, BOSS Coordinator Jenny.a.sullivan@eur.army.mil

For more information on the Commissary, contact
Katterbach: DSN 467-2140
Hours: Tues. -Thurs., Sat. & Sun. 1000-1800
Fri. 1000-1900; closed Mon.

Illesheim: DSN 467-4717
Hours: Mon.-Tues. & Thurs.-Fri. 1100-1900
Sat. 1000-1800; closed Sun. and Wed.

INDEX

Appetizers	Pages 4-8
Salads and Soups	Pages 9-14
Entrees	Pages 15-19
Sides	Pages 20-24
Desserts	Pages 25-29
Beverages	Pages 30-33
Breakfast	Pages 34-36

Note from the editor:

After talking to many Single Soldiers about their eating habits, and life in the Single Soldier's Quarters, I learned that many of them only eat pre-made microwavable meals. These get old after a while and then fast food restaurants become a quick replacement. There simply wasn't the information on how to cook a decent meal in their rooms. I saw another installation created a similar book with recipes and information on how to eat quality food without a full kitchen, so I did some research and compiled this book. I tried to fill it up with a variety of recipes for the health nut, vegetarian or the meat-and-potatoes eaters like me. I hope you enjoy this book and it helps you learn to create some tasty meals.

-Jenny Sullivan, BOSS Coordinator

Thanks to Jenny Sullivan, USAG Ansbach
FANCY COCKTAIL WIENERS

Servings: 4 Prep Time: 3 Minutes Cook Time: 2 1/2 Minutes

Ingredients:

4 Beef Hot Dogs
¼ cup ketchup
3 tablespoons Water
1 tablespoon Mustard
1 teaspoon Worcestershire sauce
1/4 teaspoon Onion powder

PREPARATION:

Cut the hot dogs into eighths and place them on a microwave bowl or paper plate. Combine the remaining ingredients in a small bowl. Brush half of the mixture over the wieners. With the microwave on HIGH, cook for 1-1/2 minutes, rotating the plate one-half turn after 1 minute. Brush with the remaining sauce mixture. Continue cooking on HIGH for 1 minute. Place a toothpick in the top of each wiener piece.

STUFFED SHRIMP

Tripling the recipe (12 shrimp) will fill a dinner plate before cooking. When cooked, the shrimp coil around the stuffing and create a perfect ring of pink shrimp on a plate.

Servings: 1 Prep Time: 5 Minutes Cook Time: 2 1/4 Minutes

Ingredients

4 ounces large shrimp
2 teaspoons butter
1 tablespoon chopped fresh or frozen onion
1/3 cup fresh bread crumbs* (grate 3/4 oz. Piece of bread)
1/4 teaspoon dried parsley or 3/4 tsp. Minced fresh or frozen parsley
1/16 teaspoon salt
pinch of tarragon

PREPARATION:

Peel shrimp and slit each down the back three-quarters of the way through. Flatten into butterfly shape and devein. Rinse off with water and place on a paper towel to drain. Put butter and onion into a microwavable bowl. Cook 45 seconds at 100% power. Add remaining ingredients to bowl. Mix well with rubber spatula. Arrange shrimp on paper plate with tails in center. Spread bread crumb mixture evenly over shrimp, covering them completely. Cover plate with paper towel. Cook 1:30 minutes at 100% power, giving plate a half turn halfway through cooking time. (Auto-rotating oven: Eliminate turn.) Place shrimp in emptied skillet and serve.

CHILI CHEESE DIP

Servings: 32 Prep Time: 10 Minutes Cook Time: 5 Minutes

Chili is sandwiched between cream and Cheddar cheeses. This warm dip is great with tortilla chips.

Ingredients:

1 (8 ounce) package cream cheese, softened
1 (15 ounce) can chili
1 cup shredded Cheddar cheese

PREPARATION:

In the bottom of a 9 inch, microwave safe round baking dish, spread the cream cheese. Top cream cheese with an even layer of chili. Sprinkle Cheddar cheese over the chili. Heat in the microwave on high for 5 minutes, or until the cheese has melted.

CRAB DIP

Servings: 4 Prep Time: 5 Minutes Cook Time: 2 Minutes

Ingredients

8 oz. Light Cream Cheese
1 can Crab meet, drained, liquid reserved (6 oz.)
¼ cup Finely chopped green onions
2 tsp. Freshly squeezed lime juice
½ tsp. Worcestershire sauce
¼ tsp. Paprika
Hot pepper sauce

PREPARATION:

Place cream cheese in a medium-sized microwave-safe bowl; microwave at Medium for 2 minutes or until softened. Stir until smooth. Stir in crab, green onions, 2 tablespoons reserved crab liquid, lemon juice, **Worcestershire** sauce, paprika and hot pepper sauce to taste. Microwave at Medium-High for 2 minutes or until piping hot. Serve warm.

STUFFED MUSHROOMS

Servings: 4 Prep Time: 5 minutes Cook Time: 6 minutes

INGREDIENTS:

12 large mushrooms
1/4 cup onion -- chopped
1/4 cup green peppers -- chopped
3 ounces white cheese, 1/2% fat
1 cup bread crumbs
1 teaspoon lemon juice
1/2 teaspoon salt
1/8 teaspoon pepper

PREPARATION:

Remove stems from mushrooms and chop. Pour in glass bowl with onions and peppers and a few drops of water or broth. Microwave 3 minutes at high. Add the rest of the ingredients (except caps). Stuff the caps, and arrange around the edges of a plate. Microwave at high for 3-4 min.

CAULIFLOWER PICK-UPS

Servings: 4 Prep Time: 5 minutes Cook Time: 5 1/2 minutes

INGREDIENTS:

1 Small head cauliflower
1/3 cup Butter or margarine
1/4 cup Dry bread crumbs
1/4 cup Grated Parmesan cheese
1 teaspoon Tarragon leaves, crushed
1 teaspoon Paprika
1/2 teaspoon Salt
1 dash Pepper

PREPARATION:

Wash cauliflower and pat dry. Separate into flowerets. Microwave butter in a small dish until melted. Combine remaining ingredients in plastic bag. Dip several pieces of cauliflower at a time in butter. Add to crumbs and shake to coat evenly. Repeat with remaining cauliflower. Arrange in single layer in 12x8" glass baking dish. Microwave, covered, with a paper towel on high for 4-1/2 to 5-1/2 minutes.

SMOKED SALMON ROLLS

Servings: 9 Prep Time: 5 minutes Cook Time: 6 minutes

INGREDIENTS:

1/4 lb. cream cheese, at room temperature
2 teaspoons fresh lemon juice
1 teaspoon finely grated lemon zest
2 tablespoons plus 2 teaspoons thinly sliced fresh chives
Kosher salt
3/4 cup shaved fresh fennel
8 ounces thinly sliced smoked salmon (not hot-smoked)
1 tablespoon finely chopped fennel fronds

PREPARATION:

In a small bowl, mix the cream cheese, lemon juice, zest, chives, and 1/8 tsp. salt. To assemble, lay an 8 or 9-inch long sheet of plastic wrap on the counter. Slightly overlap slices of salmon on the plastic to create a rectangle measuring about 3-1/2x7 inches. The long side of the rectangle should be parallel to the edge of your work surface. Cover with another sheet of plastic and press gently with your hands or a flat spatula to encourage the salmon to stick together. Remove the top sheet of plastic. Using a thin metal offset spatula or a butter knife, spread about 2 Tbs. of the cream cheese mixture on the salmon, leaving a 1/2-inch border along the long sides. Arrange about a third of the fennel shavings lengthwise on the lower half of the salmon. Sprinkle the fennel lightly with salt. Starting at the long side closest to you and using the plastic wrap as an aid, gently roll up the salmon to enclose the filling. Gently press the roll together at the seams. Transfer the roll to a cutting board. Cut the roll into 6 pieces. Repeat with the remaining salmon, cream cheese mixture, and fennel to make 2 more rolls. You may have extra salmon or fennel. Arrange the rolls on a platter, cut side up. Garnish with the chopped fennel fronds.

QUICK AND EASY NACHOS

Servings: 1 Prep Time: 1 Minute Cook Time: 1 1/2 Minutes

INGREDIENTS:

4 ounces tortilla chips
1/2 cup taco sauce
1/2 cup shredded Cheddar cheese
jalapeno pepper slices, optional

PREPARATION:

Place tortilla chips on a paper plate. Pour taco sauce over chips. Sprinkle with the shredded cheese. If desired, top with jalapeno pepper slices.
Microwave on HIGH for 1 to 1 1/2 minutes, until cheese is melted.

FETA AND TOMATO APPETIZER

Servings: 1 Prep Time: 3 Minute Cook Time: 2 Minutes

INGREDIENTS:

3 slices of tomato
1 slice of feta from a block, 1/2-inch thick
1 tablespoon of olive oil
1 pinch of dried Greek oregano (rigani)

PREPARATION:

In a shallow bowl or on a plate, place the tomato slices in one layer. Place cheese on top and drizzle with the olive oil. Sprinkle oregano on top. Microwave on high for 2 minutes, or until feta begins to spread.

AMBROSIA SALAD

Servings: 6 Prep Time: 5 minutes Cook Time: 0 minutes

INGREDIENTS:

1 cup mixed fruit chunks or fruit cocktail, drained

1/2 cup Mandarin orange sections
1/2 cup pineapple tidbits
1/2 cup miniature marshmallows
3/4 cup sour cream, or as desired
1/4 cup maraschino cherries, halved
1/4 cup red seedless grapes
lettuce leaves

PREPARATION:

Drain fruits well. Combine all ingredients except lettuce, mixing gently but thoroughly. Chill. Serve on lettuce leaves.

CAJUN COLE SLAW

Servings: 4 Prep Time: 10 Minutes Cook Time: 0 Minutes

INGREDIENTS:

5 teaspoon Mayonnaise, (heaping)
1 teaspoon Louisiana hot sauce
2 teaspoon Yellow mustard (heaping)
2 teaspoon Ketchup
2 teaspoon Olive oil
1 teaspoon Wine vinegar
1 teaspoon Garlic salt
1 Juice of mediums size lemon
3 teaspoon Salt (to taste)
4 Bell peppers, sliced
2 Onions, medium, shredded
1 Large cabbage, shredded

PREPARATION:

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has

PREPARATION:

In a microwavable bowl, combine the chicken rice soup and water. Heat, covered, in Microwave Oven 6 to 8 minutes or until soup is very hot. Gradually, a little at a time, add some of the hot soup mixture to the well-beaten egg; stir until completely combined. Return the egg-soup mixture to the hot soup; stir to combine. Heat, uncovered, in Microwave Oven 2 minutes or until soup thickens slightly. While the soup is heating, slice one of the two lemons into thin circles. Squeeze the juice from the other lemon. Just before serving, add the lemon slices and juice to the soup. Heat, uncovered, in Microwave Oven 2 minutes.

FRUIT SALAD

Servings: 4 Prep Time: 5 minutes Cook Time: 0 minutes

INGREDIENTS:

1/3 cup honey
1/4 cup orange juice
1/4 cup canola oil
1/2 teaspoon fresh lemon juice, plus the juice 1 lemon
1 1/2 teaspoons poppy seeds
1/4 teaspoon salt
1/4 teaspoon prepared mustard
1 apple, cored and diced
1 banana, sliced
1 avocado, peeled and sliced
1 (11-ounce) can mandarin oranges, drained
1/4 cup raisins
1/4 cup chopped walnuts or pecans

PREPARATION:

For the dressing, combine the honey, orange juice, oil, 1/2 teaspoon lemon juice, poppy seeds, salt, and mustard in a jar with a tight lid; cover and shake well. Toss the apple, banana, and avocado with juice from 1 lemon to prevent the fruit from turning brown. Combine the fruit, raisins, and nuts in a bowl. Add the dressing and stir gently.

GRAPE GAZPACHO SOUP

Servings: 6 Prep Time: 5 minutes Cook Time: 0 minutes

INGREDIENTS:

1 small cucumber, seeded and chopped (approximately 1 cup)
1 Granny Smith apple, peeled, cored, and chopped (approximately 1 cup)
1 cup chopped tomatillos (approximately 3 medium tomatillos)
1 pound seedless green grapes (approximately 3 cups)
1 cup chopped walnuts, toasted
1 cup plain yogurt
1 cup white grape juice
1 teaspoon rice wine vinegar
6 large mint leaves
Salt

PREPARATION:

Place half of the cucumbers, apples, and tomatillos into the bowl of a food processor. Add all of the grapes, walnuts, yogurt, grape juice, vinegar, and mint. Pulse 9 to 10 times. Combine with the remaining half of the cucumber, apple, and tomatillo. Season with salt, to taste. Chill for 2 hours in the refrigerator before serving.

HOT CHICKEN & APPLE SALAD

Servings: 4 Prep Time: 10 minutes Cook Time: 13 minutes

INGREDIENTS:

1/2 teaspoon Paprika
1/4 teaspoon Pepper
4 x (4 Oz.) Boned, Skinned Chicken Breast Halves, Cut into Bite Sized Pieces
3 tablespoon Unsweetened Apple Cider
1 cup Diagonally Sliced Carrots
3 cups (1/2 in.) Cubes Unpeeled Granny Smith Apples (1 Lb.)
1/2 cup (2 Oz.) Gorgonzola Cheese Divided
2 teaspoons Minced Shallots
2 tablespoons White Wine Vinegar
4 cups Torn Fresh Spinach

PREPARATION:

Combine Paprika, Pepper & Pinch Salt in A Plastic Bag. Add Chicken & Shake To Coat. Set Aside. Place Cider in An 8 Inch Square Baking Dish; Microwave At High 30-45 Seconds. Add Chicken; Cover With Wax Paper & Microwave At Medium-High 6 To 7 Min., Stirring Every 3 Min. Drain Chicken & Set Aside. In Reserved Apple Cider Mixture, Add Carrots; Cover With Plastic & Vent. Microwave At High 2 Min. Stir in Apples; Microwave At High 1 1/2 To 2 1/2 Min. OR Until Apples Are Tender. Drain, Reserving 2 T. Apple Cider Mixture in Baking Dish. Combine Apples, Carrots, Chicken & 1/4 C. Cheese in A Bowl; Toss & Set Aside. Add Vinegar & Shallots To Reserved Apple Cider Mixture in Baking Dish; Microwave At High 1 Min. Drizzle Over Chicken Mixture With Remaining 1/4 C. Cheese & Serve Warm. Sprinkle Cheese on Top.

VEGETABLE CLAM CHOWDER

Servings: 4 Prep Time: 10 minutes Cook Time: 25 minutes

INGREDIENTS:

2 tablespoon Margarine or butter
1 pack (16 oz.) frozen mixed vegetables (ex. Broccoli, Corn & Red Peppers mix)

2 can (6 1/2 ounces each) minced clams, drained
3 cup Milk
1 teaspoon Salt
1/8 teaspoon Pepper

PREPARATION:

Place margarine and frozen vegetables in 3-quart microwavable casserole. Cover tightly and microwave on high 8 to 10 minutes or until hot. Stir in remaining ingredients. Cover tightly and microwave on medium- high (70%) 10 to 12 minutes, stirring after 5 minutes, until hot. Cook uncovered on high for 3 minutes, or until noodles are tender, stirring halfway through cooking time. Stir in sliced onions and coriander.

BEEFY SPAGHETTI SOUP

Servings: 4 Prep Time: 10 minutes Cook Time: 13 minutes

INGREDIENTS:

1/2 lb ground beef, crumbled
1 cup frozen cut green been
1 medium onion
1 1/2 cups broken spaghetti (uncooked)
1 clove garlic minced
1 teaspoon parsley flakes
4 cups beef stock
3/4 teaspoon salt
1 teaspoon olive oil
1/8 t pepper
1 can sliced mushrooms
1 bay leaf
1 can tomato sauce
1/2 teaspoon oregano

PREPARATION:

In large casserole combine ground beef, onion, garlic, and oil. Microwave at high until meat is no longer pink, stirring once during cooking. Drain. Add remaining ingredients. Cover. Microwave at high till spaghetti is done (around 20 to 25 minutes). Stir occasionally.

LOTSA BEANS CHILI

Servings: 6 Prep Time: 10 minutes Cook Time: 10 minutes

INGREDIENTS:

8 large garlic cloves chopped
29 oz Stewed tomatoes canned
15 oz Black beans, canned drained, rinsed
15 oz Red kidney beans, canned drained, rinsed
15 oz Garbanzo beans, canned drained, rinsed
3 tablespoon chili powder
1 tablespoon ground cumin
2 cups instant brown rice uncooked

PREPARATION:

Combine first 7 ingredients in a large microwave-safe container and microwave on high for 10 minutes or until heated through. Cook rice according to package directions. Serve chili over rice and garnish with chopped onions, cilantro, grated cheese, etc.

BLACK BEAN SALAD

Servings: 6 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 can (15 ounces) black beans, drained and rinsed
1 can (12 to 16 ounces) whole kernel corn, drained or 1 1/2 cups thawed frozen corn
2 small to medium red bell peppers, chopped
2 tablespoons finely chopped sweet onion
2 to 3 green onions, sliced
1/4 teaspoon onion powder
1/4 teaspoon dried leaf oregano
dash garlic powder
dash ground cayenne pepper, or to taste
1/2 cup light or fat-free Italian salad dressing

PREPARATION:

Combine beans, vegetables, and seasonings. Pour dressing over bean mixture; toss well.

FROZEN PINEAPPLE CRANBERRY SALAD

Servings: 8 Prep Time: 5 minutes (freeze overnight)

INGREDIENTS:

1 can (20 ounce) crushed pineapple, drained
1 can (16 ounces) whole cranberry sauce
1 cup dairy sour cream
1/4 cup pecans, coarsely chopped

PREPARATION:

Combine all ingredients; spoon into an 8-inch square pan. Freeze for several hours or overnight. To serve, cut in squares or slices and arrange on salad greens.

SESAME PECAN CHICKEN

Servings: 4 Prep Time: 45 minutes Cook Time: 8 minutes

INGREDIENTS:

1/4 cup brown sugar
1/3 cup soy sauce
1/4 cup dry sherry or dry white wine
2 tablespoons rice wine vinegar or white wine vinegar
2 tablespoons sesame oil
1 teaspoon fresh minced ginger
1 medium clove garlic, minced
1/4 teaspoon ground cayenne pepper
1/8 teaspoon ground black pepper
4 boneless chicken breast halves, without skin, sliced in narrow strips
2 teaspoons cornstarch
1 red bell pepper, cut into narrow strips
4 green onions, sliced
1/2 cup coarsely chopped pecans
1 tablespoon sesame seeds

PREPARATION:

In a food storage bag, combine brown sugar, soy sauce, sherry or wine, vinegar, sesame oil, minced ginger, garlic, and cayenne and black peppers. Add sliced chicken and turn to coat well with marinade. Seal bag and refrigerate, taking care to keep sealed end up. Let chicken marinate in refrigerator for 30 to 45 minutes. Drain, reserving 1/4 cup of the marinade. Combine reserved marinade and the 2 teaspoons cornstarch, then toss with the chicken. Place in a microwave-safe dish and cover with plastic wrap. Pierce or fold back edge to vent. Microwave on HIGH for 5 minutes. Uncover and stir in the red pepper slices and green onions. Cover the chicken again and microwave on HIGH for 3 minutes, or until chicken is tender. Add pecans and sesame seeds. Cover and let stand for 1 minute.

MEAT LOAF

Servings: 4 Prep Time: 5 minutes Cook Time: 10 minutes

INGREDIENTS:

1 pound lean ground beef
1 egg, beaten

PREPARATION:

Place 2 tablespoons of oil in microwave safe pan. Beat eggs and water together. Combine bread crumbs and Parmesan cheese. Put chicken in egg mixture, then bread crumbs. Place in pan then drizzle remaining oil evenly over chicken pieces. Place in microwave for 2 1/2 minutes, turn chicken over, then cook 2 1/2 more minutes. Put spaghetti sauce on top and cook for 4 1/2 more minutes. Place cheese on top. Cover with plastic wrap and vent (so that cheese can melt). You can place it back in the microwave for an additional minute (with the Saran Wrap on the pan) so that the cheese will melt quicker.

BARBECUED SHRIMP

Servings: 4-6 Prep Time: 5 minutes Cook Time: 12 minutes

INGREDIENTS:

1/2 cup butter
1/2 cup olive oil
1 tablespoon soy sauce
juice of 1 lemon
2 bay leaves
1 tablespoon black pepper
3/4 teaspoon cayenne pepper
1/2 teaspoon paprika
1/8 teaspoon rosemary
1/8 teaspoon thyme
1/8 teaspoon oregano
2 pounds unpeeled large shrimp
1 1/2 teaspoons salt

PREPARATION:

Combine all ingredients except shrimp and salt in a baking dish approximately 11 x 7-inches. Microwave on high (100%) for 2 to 3 minutes, until butter is melted. Add shrimp; mix to coat. Microwave on high (100%) for 8 to 9 minutes or until shrimp are tender, stirring a few times. Stir in salt.

SPICY SQUASH CASSEROLE

Servings: 8 Prep Time: 10 minutes Cook Time: 20 minutes

INGREDIENTS:

2 pounds yellow summer squash or zucchini
1 medium onion, chopped
1 can (4 ounces) chopped mild green chilies, with liquid
2 small jalapeno peppers, seeded and chopped
8 ounces shredded Monterey jack cheese
1 cup sour cream
1 1/2 cups tortilla chips, crushed

PREPARATION:

Slice squash 1/4-inch thick. Place squash and onions in a 3-quart casserole. Cover and microwave on HIGH 9-10 minutes, stirring once. Add chilies, cheese and sour cream; stir gently so squash will not be mashed. Spread half of crushed tortilla chips on bottom of a 2-quart rectangular baking dish. Pour squash mixture in dish and sprinkle with remaining tortilla chips. Microwave on 70% (MEDIUM-HIGH) 10 minutes, or until heated through, rotating dish once. Recipe may be halved.

LASAGNA

Servings: 6 Prep Time: 15 minutes Cook Time: 40 minutes

INGREDIENTS:

32 ounce Jar Prego Green Label Spaghetti sauce
1/2 cup Water
1lb Ricotta Cheese
1 Egg
Approx 8 lasagna noodles, uncooked
12 ounce Mozzarella cheese, grated or thin sliced
Grated Parmesan cheese

PREPARATION:

Mix Prego with water. Blend together the ricotta and egg, adding a generous amount of pepper. Layer ingredients in 9 x 12 Pyrex pan as follows, starting from the bottom: 1/3 sauce, 1/2 the noodles, 1/2 the ricotta mixture, 1/2 Mozzarella, 1/3 sauce, 1/2 the noodles, 1/2 the ricotta mixture, 1/2 Mozzarella, remaining sauce. Cover tightly with a double layer Saran Wrap. Microwave on high for 8 minutes, then medium low for 32, turning the pan occasionally. Loosen cover, sprinkle top with grated Parmesan. Cover loosely and let stand 15 minutes.

CHINESE CHICKEN

Servings: 6 Prep Time: 15 minutes Cook Time: 30 minutes

INGREDIENTS:

1 whole chicken
1/4 cup soy sauce
1/4 cup white wine -- (or sherry)
2 ginger root slices
1 medium onion -- cut up
1 clove garlic

PREPARATION:

Put chicken in cooking bag. Mix remaining ingredients. Seal bag and shake to coat chicken. Let marinate if desired, shaking every once in a while. Microwave on high for about 30 minutes.

BEEF-STUFFED ZUCCHINI

Servings: 2 Prep Time: 5 minutes Cook Time: 7 minutes

INGREDIENTS:

1 medium zucchini
1/4 lb. lean ground beef
1 tbsp chopped onion
1 tbsp minced green pepper
3 tablespoons tomato sauce
2 tbsp Parmesan cheese, divided
Dash of garlic powder
Dash of salt

PREPARATION:

Wash and cut zucchini in half lengthwise. Scoop out pulp, leaving about 1/4-inch shell. Chop pulp and set aside. Place ground beef, onion, and green pepper in small casserole dish. Cover and microwave on HIGH for 1 to 2 minutes, stirring once, until browned. Drain. Add zucchini pulp, tomato sauce, 1 tablespoon Parmesan, garlic powder and salt to beef mixture. Place half of mixture in each zucchini shell; sprinkle top of mixture with remaining 1 tablespoon Parmesan cheese. Place on a microwave roasting rack; cover tightly with heavy-duty plastic wrap. Microwave on HIGH for 1 1/2 minutes. Give dish a half-turn, and microwave on HIGH for 1 1/2 to 3 1/2 minutes or until filling is set and zucchini is fork-tender. Serve immediately.

TORTILLA CASSEROLE

Servings: 2 Prep Time: 5 minutes Cook Time: 7 minutes

INGREDIENTS:

1/2 cup soft cream cheese
4 6-inch tortillas
3/4 pound ground beef or pork
8 ounces can stewed tomatoes
4 ounces can diced green chili peppers
1/2 cup enchilada sauce, mild
1 teaspoon ground cumin
1/2 cup shredded Monterey jack cheese, Mexican style

PREPARATION:

Spread about 2 tablespoons cream cheese onto each tortilla; fold tortillas in half. Set aside. In a 1 1/2 quart microwaveable casserole dish, crumble the ground beef or pork. Microwave, covered, on high for 3 1/2 to 4 1/2 minutes, until no pink remains, stirring once. Drain off fat. Stir in undrained tomatoes, undrained chilies, enchilada sauce, and cumin. Cook, covered, on high for 5 to 7 minutes or until heated through. Spoon about three-fourths of the meat mixture into a 12x7x2 microwave safe baking dish. Arrange folded tortillas on top of the meat mixture. Spoon remaining meat mixture over the tortillas. Cover with wax paper. Cook on high for 3 to 5 minutes or until heated through. Sprinkle with shredded cheese.

ZUCCHINI BREAD

Servings: 4 Prep Time: 5 minutes Cook Time: 26 minutes

INGREDIENTS:

3 eggs
2 cups Sugar
1 cup oil
2 cup raw grated zucchini
2 cups flour
1 teaspoon salt
1/4 teaspoon baking powder
1 1/2 teaspoon baking soda
1 tablespoon cinnamon
1/2 teaspoon ground nutmeg
1 cup chopped pecans or walnuts
2 teaspoons vanilla extract
cream cheese frosting, below

PREPARATION:

In a large mixing bowl, blend eggs with sugar. Add oil and zucchini, stirring to blend well. Stir in remaining ingredients. Pour into a 12-cup microwave Bundt pan, or use two 6-cup ring pans for the microwave. Microwave (HIGH) 8-10 minutes, rotating a quarter turn halfway through cooking. Bread looks dry and begins to pull away from side when cooked. Cool 10 minutes in the pan. Invert bread onto serving plate. Frost with cream cheese frosting when cool. Makes 1 large or 2 small loaves. This bread freezes well. If using the 6-cup ring pans, microwave about 4-6 minutes each, rotating halfway through cooking.

CORN ON THE COB

Servings: 1 Prep Time: 2 minutes Cook Time: 5 minutes

INGREDIENTS:

Ingredients: 1 Ear of Corn, husked and Clean

PREPARATION:

Wet a paper towel, and wring out. Wrap the ear of corn in the moist towel, and place on a dinner plate. Cook in the microwave for 5 minutes. Carefully remove paper towel, and enjoy!

ASPARAGUS

Asparagus loses flavor, color, and nutrients when overcooked. Here are some of the best ways to prepare and cook it.

Time Required: 15 minutes

Here's How: Soak the asparagus in cold water for several minutes. Swish it to remove dirt and grit. Bend each stalk gently until the tough, woody end snaps off. You may cut the ends off with a sharp knife. Discard the ends or set aside.

If the asparagus is particularly tough or old, remove the skin from the stalk with a vegetable peeler. To microwave, arrange the spears in a round baking dish with the tips toward the center. Add 2 tablespoons of water. Cover and cook on HIGH (100% power) for 8 minutes or until crisp-tender, rotating the dish a half turn after about 4 minutes.

Tips: If using asparagus in a cold dish, plunge into cold water immediately after cooking.

Freeze the discarded stems for future use. They can be cooked and pureed for sauces and soups, or used to flavor stock.

RISOTTO

Servings: 4

Prep Time: 5 minutes

Cook Time: 19 minutes

INGREDIENTS:

3 tablespoons butter

1 clove garlic, minced

1 onion, chopped

1 1/2 cups vegetable broth

1 cup uncooked Arborio rice

3/4 cup white wine

1/4 cup grated Parmesan cheese

PREPARATION:

In a 3 quart, microwave safe casserole dish combine butter, garlic and onion. Place dish in microwave and cook on high for 3 minutes. Place vegetable broth in a microwave safe dish. Heat on microwave until the broth is hot but not boiling (approximately 2 minutes). Stir the rice and broth into the casserole dish with the onion, butter and garlic mixture. Cover the dish tightly and cook on high for 6 minutes. Stir wine into the rice. Cook on high for 10 minutes more. Most of the liquid should boil off. Stir the cheese into the rice and serve.

VEGGIES WITH COUSCOUS

Servings: 1

Prep Time: 5 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 cup couscous

Season with salt and pepper. Blend with a hand mixer until smooth and creamy.

OKRA SUCCOTASH

Servings: 4-6

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS:

1/4 cup chopped onion

1 can (14.5 ounces) diced tomatoes

1/4 teaspoon ground cumin

1/4 teaspoon turmeric

1 teaspoon mustard seed

1/2 teaspoon chili powder

dash cayenne pepper

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon vegetable oil

1 pound fresh okra, stemmed, sliced into 1/2-inch rounds

1 1/2 to 2 cups diced potatoes

1 1/2 cups corn kernels, fresh or frozen

fresh chopped cilantro or parsley

PREPARATION:

In a large microwave-safe dish combine chopped onion, tomatoes, cumin, turmeric, mustard seed, chili powder, cayenne pepper, salt, pepper, and vegetable oil. Microwave, uncovered, on HIGH for 5 minutes, or until steaming hot. Add the okra, potatoes, and corn; stir to blend ingredients. Cover dish; microwave on HIGH for 10 minutes, or until the potatoes are tender. Sprinkle the cilantro or parsley over the succotash before serving.

TERIYAKI POTATOES

Servings: 5 Prep Time: 10 minutes Cook Time: 15 minutes

INGREDIENTS:

1 1/2 lb Tiny new potatoes (about 10) or med. red potatoes (5)
1/4 teaspoon Garlic salt
1/4 teaspoon Italian seasoning; crushed
1 tablespoon Margarine or butter; cut into pieces
dash Ground black pepper
dash Ground red pepper
1 tablespoon Teriyaki sauce
Fresh snipped rosemary (opt)

PREPARATION:

Wash potatoes; scrub thoroughly with vegetable brush. Cut tiny new potatoes into quarters or the med. potatoes into 1" pieces. Place potatoes in 1 1/2-qt. microwave safe casserole. Add margarine/butter, teriyaki sauce, garlic salt, Italian seasoning, and peppers. Toss to combine. Cover; microwave on 100% power (high) for 12 to 15 minutes or until potatoes are tender, stirring twice during cooking. Stir before serving. Garnish with rosemary and serve with sour cream, if desired.

CALCUTTA CARROTS

Servings: 4 Prep Time: 10 minutes Cook Time: 4 minutes

INGREDIENTS:

1 can pineapple chunks (20 ounce)
water
8 medium carrots
1/2 teaspoon curry powder, or more to taste
1/2 teaspoon salt
1/4 teaspoon pepper

PREPARATION:

Wash and scrape carrots and cut into strips. Drain pineapple juice into measuring cup and add enough water to make one cup. Pour into dish and add carrots, curry, salt, and pepper. Cover with vented plastic film and cook on HIGH for 3 or 4 minutes or until carrots as tender. Stir in pineapple chunks, reheat, and serve.

POLENTA

Servings: 2 Prep Time: 3 minutes Cook Time: 25 minutes

INGREDIENTS:

2 c. chicken broth (fresh, if possible, or canned)
1 1/2 cup water
1/4 - 1/2 teaspoon salt
1 tablespoon butter
3/4 cup coarsely ground polenta (cornmeal)

PREPARATION:

Bring broth and water to boiling in a large (2 or 3-quart) bowl in the microwave. Mix in salt and butter, then cornmeal in a thin stream, stirring rapidly, until smooth. Return bowl to microwave and cook on high 18-20

minutes, stirring every 4-5 minutes.

PEANUT BRITTLE

Servings: 10 Prep Time: 10 minutes Cook Time: 6 minutes

INGREDIENTS:

1 cup sugar
1/2 cup white Karo syrup
1/8 tsp. salt
1/2 cup dry roasted peanuts
1 tsp. margarine
1 tsp. baking soda
1 tsp. vanilla

PREPARATION:

Mix sugar, Karo, and salt, cook in microwave for about 4 minutes, or just until amber colored. Remove from oven (it's very hot, be very careful) and add peanuts, cook about 1 to 2 minutes more, remove from oven add the margarine, baking soda, and vanilla all at once, and mix thoroughly, spread on a cookie sheet that has been sprayed with Pam. Spread out on cookie sheet, (this sets up quickly). Cool, then break into pieces and put in jar, with tight fitting lid.

CHOCOLATE TURTLES

Servings: 30 Prep Time: 75 minutes Cook Time: 9 minutes

INGREDIENTS:

2 cups semisweet chocolate chips
2 tablespoons shortening
14 ounce package caramels
1/2 cup butter or margarine
2 tablespoons milk
1 cup whole pecan halves

PREPARATION:

Microwave chocolate chips and shortening in a 2-quart bowl for 2 to 3 minutes at MEDIUM HIGH setting (70%). Pour half of the melted chocolate into a foil-lined 8-inch pan. Chill for 15 minutes. In a 1-quart bowl, microwave caramels, margarine, and milk for 4 to 5 minutes at MEDIUM HIGH. Stir in pecans. Pour over the chilled chocolate in pan. Reheat remaining chocolate for 60 seconds at MEDIUM HIGH. Spread chocolate over caramel layer. Refrigerate for about 1 hour, or until firm. Invert pan and peel off foil. Cut candy into 1-inch squares. Store in a tightly covered container in the refrigerator. Makes 5 dozen candies.

CHEWY GRANOLA BARS

Servings: 18 Prep Time: 10 minutes Cook Time: 9 minutes

INGREDIENTS:

1 cup brown sugar, packed
1/4 cup sugar
1/2 cup butter, softened
2 tablespoons honey
1 teaspoon vanilla extract
1 egg
1 cup all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/4 teaspoon salt
1 1/2 cups quick cooking rolled oats
1 1/4 cups crispy rice cereal
1 cup chopped pecans or other nuts

1 cup chocolate chips or raisins
1/3 cup toasted wheat germ

PREPARATION:

Grease a microwave baking dish about 12- X 8-inches. In large bowl, cream sugars with butter until light. Beat in honey, vanilla, and egg; blend well. Gradually blend in flour, cinnamon, baking powder, and salt, beating at low speed of electric mixer. Fold in remaining ingredients with a spoon; press firmly into the prepared baking dish. Microwave on MEDIUM (50%) for 7 to 9 minutes or until set. Rotate dish 1/2 turn every 3 minutes. The granola bars will firm up as they cool. Cool and cut into bars.

HAYSTACKS

Servings: 8 Prep Time: 5 minutes Cook Time: 5 minutes

INGREDIENTS:

1 cup butterscotch chips
1/2 cup peanut butter
1/2 cup peanuts
2 cups chow mein noodles

PREPARATION:

Microwave the butterscotch chips and peanut butter on 50 percent power for 3 to 5 minutes. Add remaining ingredients and blend to coat noodles thoroughly. Drop by teaspoonfuls onto waxed paper.

FUDGE PIE

Servings: 18 Prep Time: 10 minutes Cook Time: 9 minutes

INGREDIENTS:

1/2 cup butter or margarine
1 cup sugar
2 eggs
1/2 cup all-purpose flour
1 square (1 ounce) unsweetened chocolate
1 teaspoon vanilla extract
1/2 cup pecans or walnuts

PREPARATION:

Put butter in glass or microwave safe mixing bowl. Place in microwave oven and cook for 30 seconds, or until melted. Add sugar to melted butter; beat well. Beat in eggs then stir in flour. Put chocolate in glass or microwave safe bowl. Place in microwave and cook for 2 minutes, or until chocolate is melted. Stir melted chocolate into the sugar mixture; stir in vanilla and pecans. Pour mixture into a 9-inch pie plate. Microwave for 6 minutes. Slice and serve topped with whipped topping or vanilla cream, if desired.

BAKED APPLE

Servings: 1 Prep Time: 5 minutes Cook Time: 3 minutes

This is a basic 1-serving recipe for a baked apple, but you can use as many apples as you like, just adjust the remaining ingredients.

INGREDIENTS:

1 large baking apple
1 teaspoon sugar
1 teaspoon butter
1 teaspoon raisins
2 teaspoons cinnamon candies, "red hots"

PREPARATION:

Carefully cut out core of apple; discard. Remove peel of apple about halfway down. Set apple in a small bowl or custard cup. Into the center of the apple, add sugar, butter, raisins, and cinnamon candies. Push

mixture down into the center. Cover dish with wax paper. Microwave on HIGH for 2 to 3 minutes, until apple is tender. Let stand for 2 minutes. Makes 1 serving.

PEANUT BUTTER BROWNIE DESSERT CUPS

Servings: 6 Prep Time: 10 minutes Cook Time: 6 minutes

INGREDIENTS:

1/2 cup all-purpose flour
1/2 cup sugar
3 tablespoons unsweetened cocoa
1/4 teaspoon baking soda
6 tablespoons creamy peanut butter
2 tablespoons milk
1 egg, beaten
1/2 cup semisweet chocolate chips
1 cup miniature marshmallows

PREPARATION:

In a mixing bowl, combine flour, sugar, cocoa, and baking soda. Stir in the peanut butter, milk, and egg; mix until well blended. Stir in chocolate chips and miniature marshmallows. Divide batter among six 6-ounce custard cups. Arrange custard cups in microwave oven, evenly spaced in a circle. Cook, uncovered, at 100% power for 1 1/2 minutes. Rotate cups, trading each with the one directly across from it (unless your microwave has a turntable). Continue cooking for 1 1/2 minutes longer. Let cups stand in microwave oven for 3 minutes. Dessert centers will be soft. Serve hot or warm with vanilla ice cream or a dollop of whipped cream, if desired.

CHOCOLATE COVERED BANANAS

Servings: 5 Prep Time: 2 hours Cook Time: 4 minutes

INGREDIENTS:

10 wooden skewers
5 firm bananas -- peeled and halved crossways
1 cup chocolate chips
3 tablespoon shortening

PREPARATION:

Insert skewers in end cuts of bananas. Freeze at least 2 hours. Just before serving place chips and shortening in small mixing bowl. Microwave at Medium for 2 1/2 to 4 minutes or until most of the chips are shiny and soft. Blend well. Dip frozen bananas in chocolate to coat or spoon chocolate over bananas, allowing excess to drip off. Serve immediately.

RASPBERRY RASCAL

Servings: 3-4 Prep Time: 2 minutes Cook Time: 0 minutes

INGREDIENTS:

1 cup Raspberries -- fresh or frozen
1 cup Pineapple, fresh
2 cup Cold water
Honey -- to taste

PREPARATION:

Whirl raspberries and pineapple in blender. Add water and honey to taste. Whirl again. Strain. Garnish with tiny piece of pineapple.

HEALTHY BREAKFAST DRINK

Servings: 1 Prep Time: 1 minutes Cook Time: 0 minutes

INGREDIENTS:

1 cup orange juice
1 large banana
2 tablespoons non-fat milk powder

PREPARATION:

Place all ingredients in a blender and mix on high for about 30 seconds. Add a few ice cubes for interest/texture. One could optionally include ingredients such as one half a peeled apple, tsp wheat germ, etc.

FLUID-REPLACING SPORTS DRINK

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

16 oz Prepared Caffeine-Free Lemon Tea
2 tablespoons Sugar
1/8 teaspoon Salt
2 oz Orange Juice

PREPARATION:

Dissolve the sugar and salt in the hot tea. Cool. Blend the tea and orange juice in a blender or shaker. Drink cold for best taste. (Per Serving: 60 calories, less than 1 g fat, less than 1 g protein, 15 g carbohydrates, 130 mg sodium, no cholesterol.) Notes: This is good as a fluid-replacer before, during and after workouts. Keeps in the refrigerator for up to a week, so you can make a double or triple recipe. Freeze it in your water bottle for a cool drink on a long hot ride.

FRAPPUCCINO

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

2 tablespoons instant espresso powder
1/2 cup hot tap water
2 cups ice cubes
1/2 cup sweetened condensed milk

PREPARATION:

Dissolve espresso powder in hot water. Let mixture cool to room temperature. In a blender, combine espresso mixture, sweetened condensed milk and ice. Blend on high for one minute, until no visible chunks of ice are left.

KOOL-AID SPRITZER

Servings: 10 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 small package unsweetened kool aid -- choice of flavor
1 cup sugar
6 cups cold water
1 can 12 oz.) lemon lime soda pop
Ice

PREPARATION:

Combine all ingredients in a 2 quart pitcher; mix well.

BLACK HAWK PUNCH

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 quart cranberry juice
1 quart ginger ale
1 cup tropical punch-flavored soft drink
1 cup orange juice

PREPARATION:

Chill all ingredients; combine in a punch bowl just before serving.

PEANUT BUTTER BANANA MILKSHAKE

Servings: 2 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 1/4 cup Milk
1/2 cup Quaker Oats, uncooked (quick or old-fashioned)
1 large Ripe banana (cut into chunks)
2 tablespoon Peanut butter
1 teaspoon Honey
1/4 teaspoon Vanilla
3 Ice cubes

PREPARATION:

Combine milk, oats, banana, peanut butter, honey and vanilla in blender container. Cover; blend 1 minute on medium speed or until smooth and creamy. Add ice cubes; cover. Blend 1 minute on high speed or until frothy.

WEIGHT LOSS SHAKE

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 cup Skim milk
1 3/4 oz Frozen raspberries (unsweetened. Other fruit could be used if frozen and not in large pieces)
2 tablespoon Ice cream, low fat
2 teaspoon Sweetener

PREPARATION:

Put all ingredients in a mixer, you may put away some raspberries for garnishing. Mix until smooth, pour in a large glass and enjoy!

TOMATO JUICE COCKTAIL

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

46 oz Can tomato juice
6 Limes, juiced
2 teaspoon Salt
8 dash Tabasco sauce
2 teaspoon Ground cumin

PREPARATION:

Mix all ingredients. Put mixture in a pitcher and float the lime slices. Serve over ice.

SUMMER SANGRIA

Servings: 8 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

3 cups grapefruit juice, *chilled*
1 1/2 cups white grape juice, *chilled*
1 orange, peeled and thinly sliced (see note)
1 cup strawberries, hulled and sliced
1 1/2 cups club soda, *chilled*

PREPARATION:

Combine grapefruit juice, white grape juice, orange slices and strawberries. Add club soda when ready to serve.

CHOCOLATE COFFEE SHAKE

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1 1/2 cup chocolate ice cream
1/4 cup prepared espresso or strong coffee
1/4 cup skim milk
1 dash ground cinnamon
1 dash cocoa

PREPARATION:

Place all ingredients except cocoa in blender. Cover and blend on high speed until smooth and frothy. Pour into glasses. Sprinkle with cocoa.

CHOCOLATE COFFEE SHAKE

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

chocolate syrup
seltzer
vanilla ice-cream

PREPARATION:

Place 2 tablespoons of syrup in bottom of large glass. Add seltzer water, stirring until liquid is within 2 inches of top of glass. Add a huge scoop of ice cream.
cook **5 seconds more at 100% power**. Mix with rubber spatula and serve.

BACON

To cook 2 or 3 slices of bacon:

Place a paper towel on a paper plate and lay bacon on top. Cover with another paper towel. Cook 1:45 minutes at 100% power for two slices or 2:40 minutes at 100% power for three slices until bacon is well done. Drain on paper towel before serving.

To cook 4 slices of bacon:

Place a paper towel on a paper plate and lay 2 slices bacon on top. Cover with a second paper towel. Lay remaining 2 slices bacon on top of that and cover with third paper towel. Cook 3:30 minutes at 100% power until well done. Drain on paper towel before serving.

To cook 1 lb. of bacon:

Place a paper towel on a paper plate and lay 3 slices bacon on top. Cover with a second paper towel. Lay next 3 slices on top, cover with another paper towel, and continue layering remaining bacon 3 slices at a

time (A paper towel can not absorb the grease from more than 3 slices of bacon. Putting more slices in a layer will cause excess grease to ooze out onto bottom of oven.) Cook 15:00 minutes at 100% power until well done. It is better to undercook bacon at first and check as additional cooking time progresses than to try to salvage a pound of overcooked bacon.

BREAKFAST PUDDING

Servings: 2 Prep Time: 3 minutes Cook Time: 0 minutes

INGREDIENTS:

1/4 cup flax seed meal
1/4 cup water (some of the liquid can be sugar-free syrup, if desired)
1 egg
Sugar substitute to taste
Additions as desired (see below)

PREPARATION:

Mix flax meal, egg, and water in a microwave-safe bowl. Microwave on high for about 45 seconds. Move the cooked part of the pudding towards the center of the bowl and add any mix-ins you want. Microwave for about 45-60 more seconds, depending on mix-ins (frozen fruit will need even longer cooking, as it will cool down the pudding). Stir and eat.

Possible Additions:

Fresh or frozen berries or other fruit, Unsweetened coconut, Peanut butter or other nut butters, Small cubes of cream cheese (any fat level), Sugar-free maple or other syrup, Chopped nuts, or Sugar-free jam or preserves

BREAKFAST COBLER

Servings: 4-6 Prep Time: 2 minutes Cook Time: 5 minutes

INGREDIENTS:

1 can (16 oz.) drained sliced peaches
1 can (16 oz.) drained pear halves (substitute 2-16 oz. cans fruit cocktail for peaches & pears)
1 cup (6 oz.) pitted prunes, halved
1 teaspoon grated orange peel
1 ½ cups low-fat granola cereal
½ cup orange juice

PREPARATION:

In 6-cup shallow microwave-safe bowl, toss peaches, pears, prunes, orange peel, and orange juice. Top with granola. Microwave on HIGH for 5 minutes. Let stand for 2 minutes. Spoon into bowls. Serve with plain yogurt if desired.

LEMON PUDDING

Servings: 4-6 Prep Time: 5 minutes Cook Time: 3 minutes

INGREDIENTS:

1 small egg
2 tablespoon plus 2 teaspoon sugar
1 tablespoon all-purpose flour
1 tablespoon lemon juice
1/8 teaspoon grated lemon rind or dried lemon peel
3 tablespoon milk
1 cup water

Place egg, sugar, and flour in 2-cup liquid measure. Beat with electric mixer until thick. Add lemon juice and lemon rind and mix. Add milk and beat until well mixed. Pour into 8-oz. Ceramic custard cup. Set aside. Pour water into 1½-pint microwavable bowl. Cook **1:00 minute at 100% power**. Carefully place custard cup in hot water. Cook **55 seconds at 100% power**. Turn bowl halfway around. Cook **50 seconds at 100%**

power. Serve warm or chilled. If chilled pudding is weepy when eaten, increase cooking time a little next time so pudding will stay firm when chilled.

23

23

CHEX MIX

Servings: 10 Prep Time: 10 Minutes Cook Time: 5-6 Minutes

Ingredients:

¼ cup butter or margarine (melted)
1 ¼ teaspoon seasoned salt
4 ½ teaspoon Worcestershire sauce
8 cups mixed cereal (rice, corn, and wheat Chex)
1 cup pretzels
1 cup salted nuts

PREPARATION:

In small bowl add seasoned salt and Worcestershire sauce to melted butter and mix well. Pour cereals, nuts and pretzels into large re-sealable plastic bag. Pour butter mixture over cereal mixture inside plastic bag. Seal top of bag securely. Shake bag until all pieces are evenly coated. Transfer mix to microwavable bowl. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Store in airtight container.

RANCH WINGS

Servings: 9 Prep Time: 5 minutes Cook Time: 6 minutes

INGREDIENTS:

1 1/2 pound chicken wings
2/3 cup finely crushed buttery crackers
1/2 teaspoon salt
2 tablespoons Ranch salad dressing
1/2 teaspoon paprika

PREPARATION:

Cut off wing tips. In a bowl, combine wings and Ranch dressing. Combine crushed crackers, paprika and salt in a shallow dish. Dip chicken wings in cracker mixture. In a 12x8" baking dish, microwave on high for 7-9 minutes (cover with a paper towel) or until chicken juices are clear when pierced with a fork. Serve with additional Ranch dressing.

returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so. Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

1905 CUBAN SALAD

Servings: 6 Prep Time: 5 minutes Cook Time: 0 minutes

INGREDIENTS:

----- SALAD -----
1 Med Lettuce Head, Iceberg, chopped
4 Tomatoes, diced
1/2 lb Cheese, Swiss, cut into long, thin strips
6 ounces Ham cut into long, thin strips
2/3 cup Olives, Spanish, pitted
3 teaspoon Cheese, Romano, grated
1 Lemon, juiced
----- DRESSING -----
1/4 cup White Vinegar
1 cup Olive oil
2 teaspoons Minced Garlic
2 teaspoons Oregano
2 teaspoons Worcestershire sauce
Salt and Pepper to taste

PREPARATION:

Dressing: Put into bowl minced garlic, oregano, and Worcestershire sauce. Beat until smooth with whisk. Add oil gradually and finally add vinegar, beating continuously.
Salad: Put lettuce in mixing bowl. Add tomatoes, ham, and cheese. Top with Spanish olives. Pour dressing on top and add grated Romano cheese and lemon juice. Toss all ingredients together.

GREEK LEMON SOUP

Servings: 4 Prep Time: 5 minutes Cook Time: 12 minutes

INGREDIENTS:

21oz Condensed chicken rice soup (2 cans @ 10.5 oz each)
2 Soup cans water
1 Egg, well beaten
2 Medium Lemons

1/2 cup plain bread crumbs
1/4 cup milk
2 tablespoons dry onion soup mix
2 tablespoons ketchup
2 tablespoons soy sauce
1/2 cup shredded Swiss or Cheddar cheese

PREPARATION:

Combine all ingredients and mix gently with clean, moistened hands or fork; shape into a round loaf. Place loaf in a microwave-safe dish, cover with waxed paper and microwave on HIGH for 10 minutes, turning dish a quarter turn after 5 minutes. Drain and cover with foil; let stand 10 minutes before slicing.

PORK CHOPS AND RICE

Servings: 4-6 Prep Time: 5 minutes Cook Time: 58 minutes

INGREDIENTS:

1/3 cup raisins
1/3 cup brown sugar
1 onion, sliced

1 cup uncooked rice, white, brown, wild, or mixed (not instant)
1 cup apple juice
dash nutmeg
1/2 cup water
4 to 6 pork chops

PREPARATION:

In a 3-quart casserole, combine raisins, brown sugar, sliced onion, rice, apple juice, nutmeg, and water. Cover and microwave for 6 to 8 minutes at HIGH (100%), or until boiling. Place pork chops over rice. Cover and microwave for 40 to 50 minutes at DEFROST (30%) until chops are done. Let stand 5 minutes.

CHICKEN PARMESAN

Servings: 4 Prep Time: 5 minutes Cook Time: 10 minutes

INGREDIENTS:

4 boneless, skinless chicken breasts (pound to 1/4 inch in between wax paper)
1 1/2 cup bread crumbs
1/2 cup Parmesan cheese
2 eggs
1/4 cup water
1/4 cup oil
2 cups shredded Mozzarella cheese
2 cups spaghetti sauce
1 bag frozen vegetables (broccoli, carrots or whatever else you want)
1 can of beans (your choice)

PREPARATION:

Microwave 2 cups of water to boiling. Stir in 1 cup of couscous, microwave another minute, fluff, and cover for 15 minutes. Meanwhile, microwave veggies of your choosing in a little water in a covered microwave dish. Next microwave beans until warmed. Serve the beans over the couscous, and garnished with the vegetables. The whole meal takes about 20 minutes.

STUFFED BAKED POTATO

Servings: 1 Prep Time: 5 minutes Cook Time: 2.5 minutes

INGREDIENTS:

4-oz. baking potato
1/2 tbsp. butter
1 1/2 tbsp. half and half
1/8 tsp. salt
dash of black pepper
1/4 ounce grated cheddar cheese
1/8 tsp. paprika

PREPARATION:

Scrub potato clean and pierce through with large two-tined fork. Place potato on oven tray or bottom of oven. Cook 1 minute at 100% power. Turn potato over and halfway around. Cook 1 minute at 100% power until potato is tender when pierced with a toothpick. Cut potato in half lengthwise. Scoop out inside with small spoon and place in bowl. Add butter, half and half, salt, and pepper to bowl. Mix with potato masher, then beat with wire whisk until creamy. Fill skins with potato mixture. Sprinkle cheese over stuffed potato halves, then sprinkle with paprika. Cook 35 seconds at 100% power until cheese melts. Let stand 1 minute before serving.

WHIPPED BUTTERNUT SQUASH

Servings: 1 Prep Time: 2 minutes Cook Time: 13 minutes

INGREDIENTS:

20 oz fresh butternut squash
1/4 cup water
1 tablespoon butter or margarine or 1 tablespoon olive oil
1/4 cup skim milk
1/4 cup grated Parmesan cheese

PREPARATION:

Transfer squash cubes to a microwave casserole. Add water and microwave, covered, on high for 10 to 12 minutes or until very tender. Add butter, milk and cheese. Season with salt and pepper. Blend with a hand mixer until smooth and creamy.

MICROWAVE CAKE

Servings: 12 Prep Time: 10 minutes Cook Time: 13 minutes

Other combinations are: chocolate cake mix with cherry pie filling or yellow cake mix with apple pie filling (add a bit of cinnamon for flavor to this one.)

INGREDIENTS:

1 (18.25 ounce) package yellow cake mix
3 eggs
1 (21 ounce) can apple pie filling
1/2 cup applesauce

PREPARATION:

Mix the box of cake mix, eggs, pie filling and applesauce till moist. Use a microwave safe Bundt pan or substitute a microwave safe bowl that has a microwave safe cup or cone placed in the middle of it (to mimic a Bundt pan). Pour mixture into the bowl around the cup. Bake on high for 6 minutes 30 seconds, turn and bake for another 6 minutes 30 seconds on high. Remove from oven and cover bowl with a dish and let stand for 5 minutes (this finishes the cooking process).
Turn cake over onto dish and remove cone (cup) for a delicious quick dessert. Good hot with vanilla ice cream or whipped topping.

CARAMEL POPCORN

Servings: 8 Prep Time: 10 minutes Cook Time: 9 minutes

INGREDIENTS:

1 cup brown sugar, packed
1/4 cup white corn syrup
1/2 teaspoon baking soda
1 Stick (4 oz.) margarine or butter
1/2 teaspoon salt
3 to 4 quarts of POPPED corn

PREPARATION:

Combine all ingredients except soda and popped corn in a 1½ to 2 quart microwave safe bowl. Put in microwave (HIGH) and bring to a boil. Boil for 2 minutes. Remove from microwave and stir in soda. Put the popped corn in a brown grocery bag and pour the syrup over the corn. Close the bag by rolling it down a couple times and SHAKE HARD. Cook in the bag on HIGH microwave for 1½ minutes. Remove and shake vigorously and cook in the microwave another 1½ minutes. Remove and shake again. microwave another 1½ minutes. Shake when you remove it from the microwave and pour it on a large cookie sheet to cool. Store in an airtight container when cool.

BREAKFAST CASSEROLE

Servings: 1 Prep Time: 5 minutes Cook Time: 6 minutes

INGREDIENTS:

1 slice bread, cubed
1 egg, beaten
3 tablespoons milk
1/4 cup cooked diced ham
1 dash Worcestershire sauce
2 tablespoons shredded Cheddar cheese
1/4 teaspoon dry mustard
1/8 teaspoon salt
dash pepper

PREPARATION:

Combine all ingredients in a 6-inch microwave-safe serving bowl. Blend well. Cover tightly with plastic wrap, then poke a few small perforations in the top to vent. Cook on MEDIUM HIGH, or 80% power, for 4 1/2 to 5 1/2 minutes.

Halfway through cooking time, turn dish a half-turn. Let stand, covered, for 30 seconds to finish cooking. Serve with fresh fruit or fruit juice. You can prepare this the night before, refrigerate for the night, then pop it in the microwave in the morning. Cook for a little longer if it has been refrigerated. Makes 1 serving.

SCRAMBLED EGGS

Servings: 1 Prep Time: 5 minutes Cook Time: 1 minute

INGREDIENTS:

1 extra-large egg or
2 small eggs
2 tsp. milk
pinch of salt
pinch of black pepper
1/2 tsp. butter (optional)

PREPARATION:

Break egg into 1-quart mixing bowl. Add milk, salt, and pepper. Beat well with wire whisk. Add butter to mixture. Cook **1 minute at 100% power** until about 1 tbsp. Mix egg well with rubber spatula and serve. Egg will be moist. If dry eggs are preferred,

THREE PILLARS OF BOSS:

SOLDIER WELL BEING

BOSS provides single and unaccompanied soldiers the opportunity to address issues, make changes and enhance morale, living environments, and personal growth and development. Well Being issues raised at the BOSS meetings are directed through the appropriate command or agency for resolution and are resolved at the lowest level.

COMMUNITY SERVICE

BOSS councils and soldiers often participate in community programs or projects that make a difference in the lives of others, our community, and ultimately themselves. These programs / projects are done on and off post. This component is voluntary in nature and must be in accordance with the Installation Volunteer

Coordinator (IVC).

RECREATION AND LEISURE

Soldiers assume the primary role in planning BOSS events that meet the needs and desires of single soldiers in the Division. Activities can be planned solely through the BOSS council or in conjunction with Morale, Welfare and Recreation (MWR) activities. Events may be locally within or can consist of a day trip or an overnight trip.

Note from the editor:

After talking to many Single Soldiers about their eating habits, and life in the Single Soldier's Quarters, I learned that many of them only eat pre-made microwavable meals. These get old after a while and then fast food restaurants become a quick replacement. There simply wasn't the information on how to cook a decent meal in their rooms. I saw another installation created a similar book with recipes and information on how to eat quality food without a full kitchen, so I did some research and compiled this book. I tried to fill it up with a variety of recipes for the health nut, vegetarian or the meat-and-potatoes eaters like me. I hope you enjoy this book and it helps you learn to create some tasty meals.

-Jenny Sullivan, BOSS Coordinator