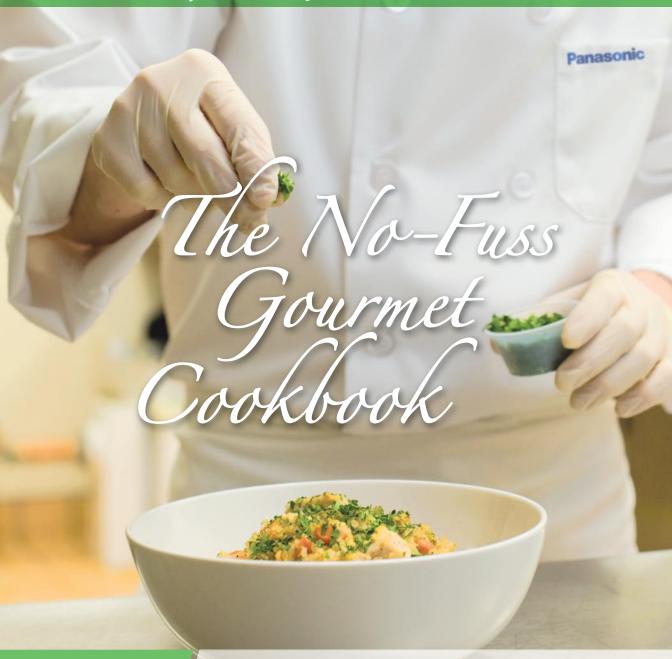
Quick & Healthy Microwave Recipes Created for **Panasonic** by **The Culinary Institute of America**



INVERTER

hope you enjoy

The No-Fuss Gourmet

Cookbook which features
fifteen quick and healthy
microwave recipes created



for Panasonic by the Certified Master Chefs at The

Culinary Institute of America (CIA). As part of Panasonic's commitment to an exceptional consumer cooking experience, we have engaged the CIA to help us develop the newest in microwaveable healthy menu options inspired by international cuisine. Panasonic wants to help you, the home cook, discover the power of microwave cooking. We think you'll be amazed to discover that Inverter microwaves can do more than make popcorn and reheat leftovers!

These 15 no-fuss gourmet dishes are a result of three months of research and testing by CIA chefs and include culinary favorites that are not typically prepared in microwaves, such as: Maryland Crab Dip, Corn Chowder with Chilies and Monterey Jack, Herb Stuffed Turkey Breast with Cranberry Chutney, and Cinnamon Raisin Bread Pudding. In the following pages, you will find step-bystep instructions for the Inverter microwave recipes – so you can recreate these delicious dishes in your own kitchen. We have also included the nutritional values. Panasonic's Inverter microwave ovens stand apart from other microwaves as they feature Inverter technology, a unique capability that allows for more even cooking with an always-on, constant energy flow. Other ovens use 100% power all the time, but repeatedly turn the energy on and off in the lower microwave settings. Panasonic's consistent and precise heat provides more control while cooking.

We have been delighted with the superb taste and quality of these recipes and we hope you also find these delicious, healthy meals complement a busy lifestyle, but do not sacrifice taste, elegance or quality. Happy cooking and bon appetit!

For more information about Panasonic Inverter Microwave Ovens and to view video demos of some of these recipes, please visit www.panasonic. com/inverter or, contact me, Ken Megarr, MS,CCC Director of the Panasonic, Research & Development Test Kitchens at www.panasonic.com/askthechef or email @ megarrk@us.panasonic.com





The Culinary Institute of America's Top 12 Inverter Microwave Cooking Tips

As in any type of cooking, top quality ingredients will always produce superior results. The microwave works best with foods that have high moisture contents, like fish, poultry, fruits, and vegetables.

When cooking foods that have a skin or some type of shell or coating, pierce the outer layer. This will help to keep food from exploding as a result of steam that can build up from the inside.

3 • to attract microwaves, which can dry out the outer layer. If salt is desired, stir it well before cooking or sprinkle it on the food after removal from the microwave.

Butters and oil normally needed • to sauté foods conventionally are not needed when foods are cooked in the microwave. Instead, if butter flavor is desired, add a small amount after cooking and the flavor will be absorbed during the standing time.

5 Using containers that are round or oval in shape can help to heat food more evenly. With square or rectangular shaped containers, the corners tend to receive more energy (as there is a greater amount of surface area), which can cause the food to overcook in these areas. Do not use metal or aluminum foil in the microwave which will cause arching and could possibly damage the microwave.

When deciding whether a lid is necessary, remember this rule: if it is covered in the oven, it should be covered in the microwave. In addition, covering food with lids or plastic wrap can help food retain moisture and cook more evenly. Remember to allow a

small gap between the food and the lid of the wrap, and leave one corner open to allow steam to escape.

To maximize flavor, add fresh herbs during standing time, after food has been cooked or heated in the microwave. Standing time is – At the end of the set cooking time, the food continues cooking and distributes the heat evenly throughout your food.

Use microwave safe containers when cooking and reheating food. The container's manufacturer will indicate if it is safe for microwave use. Generally, glass, ceramic, and plastic containers are safe. They must be heat resistant otherwise they could melt in the microwave and cause spills or burns. For more information visit http://www.fda.gov/FDAC/features/2002/602_plastic.html

A light browning and crispy skin effect with poultry (turkey breast, chicken breast) can be achieved by spreading butter in a pocket between the skin and the breast meat. Adding herbs to the butter is a great way to enhance the flavor.

10 If low heat or "slow" cooking one is the goal, as when cooking custards or poaching fish, reduce the power setting of the microwave for ideal results.

 11° For more even cooking, stir food half way through the cooking or reheating time. This will eliminate cold spots.

12 Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt.

reaktast item Creamy Steel Cut Oats with Apple, Cherry and Walnuts

Ingredients	Amo	unts
Quick-cooking oats	1/2	cup
Dried Cherries	2	Tbsp.
Apple Juice	1 1/2	cup
Cinnamon, ground	1/4	tsp.
Salt		pinch
Vanilla Yogurt	1/4	cup
Brown Sugar	1	Tbsp.
Walnuts, chopped	1	Tbsp.

Method

- 1. Combine the oats, dried cherries, apple juice, cinnamon, and salt in a microwave-safe bowl.
- 2. Cook on P10 for 2-3 minutes, stirring every 30 seconds until thickened.
- 3. Top with yogurt and sprinkle with brown sugar and walnuts

Yield: 1 Portion



Nutrition Facts Serving Size 1 serving

Servings Per Container 1

Calories 480 Calories from Fat 70 % Daily Value* Total Fat 8q 12% Saturated Fat 1.5q Trans Fat 0g Cholesterol 5mg 2% Sodium 330mg 14% Total Carbohydrate 97q Dietary Fiber 5g 20% Sugars 64q

Protein 9a Vitamin A 15% Vitamin C 10%

Calcium 10% Iron 15% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

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Calores

Total Fat Less than 65g
Saturated Fat Less than 20g
Cholesterol Less than 300mg
Less than 2,400mg
300g
300g
300g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Goat Cheese and Red Onion Quesadilla

Ingredients	Α
Red onions, thinly sliced	1
Olive oil	2
Salt	1/2
Black Pepper	1/4
Jack cheese, grated	1
Flour tortillas, 6-inch	8
Goat cheese	1/2
Cilantro leaves	1/2

AII	iounts		
1	ea.		
2	Tbsp.	Tomatillo Salsa	
1/2	tsp.	Ingredients	Amounts
1/4	tsp.	Tomatillos	5 ea.
1	cup	Jalapeno	1 ea.
8	ea.	Garlic clove	1 ea.
1/2	cup	Cilantro, chopped	⅓ cup
1/2	cup	Salt	¹⁄₄ tsp.
1/4	cup	Ground black pepper	¹⁄₄ tsp.

Nutrition Facts

Sour cream

Amount of octang	
Calories 530 Calories	from Fat 290
	% Daily Value
Total Fat 32g	49%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1150mg	48%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 20g	

Vitamin A 20%	٠	Vitamin	C 15%
Calcium 40%	•	Iron 209	%
*Percent Daily Values diet. Your daily values depending on your cale	may orie r	be higher a needs:	rlower
Calo	riae:	2.000	2.500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m:		
Fat 9 • (Carbohydrate	 4 • Prot 	ein 4

Method

- 1. Microwave the onions with the 1 Tbsp. olive oil on P10 for $2\frac{1}{2}$ minutes, until soft and translucent. Season with salt and pepper.
- 2. For each guesadilla, sprinkle 3 Tbsp. of Jack cheese on a flour tortilla. Crumble 1 Tbsp. of the goat cheese over the Jack cheese. Spoon 2 Tbsp. of the cooked onions on top and lay 8 sprigs of cilantro over the onions. Cover with second flour tortilla and press down.

- 3. Brush quesadilla with some of the remaining olive oil, cover lightly with paper towel, and microwave for 1 minute on P8. Repeat steps with the remaining guesadillas.
- 4. Top each quesadilla with 1 Tbsp. of sour cream and 1 Tbsp. of tomatillo salsa.

Tomatillo Salsa

- 1. Remove the husk from the tomatillos.
- 2. Place the tomatillos and jalapeno in a 1 qt. microwave dish with about $\frac{1}{2}$ cup of water. Microwave covered at P10 for 5 minutes, until the tomatillos are fully cooked and have become a dull green color.
- 3. Remove the stem and seeds from the jalapeno.
- 4. Strain the tomatillos and place into a food processor with the flesh of the jalapeno, garlic, salt, and pepper. Process until smooth. Add the cilantro and pulse until incorporated.
- 5. Serve warm or chilled.

Yield: 4 Portions



appetuzers

Maryland Crak Dis Spinach, fresh, tightly packed ½ cup Cream cheese 1 cup Mayonnaise ½ cup **Grated Parmesan** 1/4 cup Old Bay™ Seasoning Mix 1 tsp Milk ¹/₄ cup Garlic, chopped 1 tsp. Basil, cut into thin strips ½ cups Spring onions, finely sliced ½ cup Jumbo lump crabmeat, shells removed 1 lb

Amounts

Method

 Place spinach in a 1 qt microwave dish with 2 Tbsp. of water. Microwave covered at P10 for 1 minute. Drain, chill and chop coarsely.

In a large bowl beat cream cheese until smooth.
 Add mayonnaise, parmesan, Old Bay™, milk, garlic, basil, and spring onions and mix until well blended.
 Add chopped spinach and fold in crabmeat.

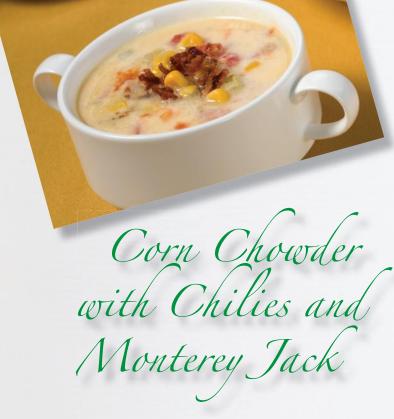
3. Place crab dip mix into a microwavable9" glass pie plate. Spread evenly.

4. Microwave at P10 for 3 minutes.

Yield: 4 cups

Nutrition Facts Serving Size 1/2 cup Servings Per Container 8 Amount Per Serving Calories 270 Calories from Fat 200 % Daily Value Total Fat 23g Saturated Fat 9g 45% Trans Fat 0g 25% Cholesterol 75mg 20% Sodium 470mg 1% Total Carbohydrate 2g Dietary Fiber 0g 0% Sugars 1g Protein 13g Vitamin A 15% · Vitamin C 8% Calcium 10% Iron 4% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



Ingredients	Amo	unts
Corn kernels, fresh or frozen	2	cups
Heavy cream	1/2	cup
Bacon	1	slice
Onion, finely diced	1/2	cup
Red pepper, finely diced	1/2	cup
Celery, finely diced	1/2	cup
Garlic clove, minced	1	ea.
Chicken stock	3	cups
Potatoes, peeled and diced	1	cup
Tomatoes, peeled, seeded, diced	1/2	cup
Canned green chilies,		
drained, chopped	1/4	cup
Monterey Jack cheese, shredded	1/2	cup
Salt	1/2	tsp.
Black Pepper	1/2	tsp.
Tabasco sauce	1/2	tsp.

Method

- 1. Reserve $\frac{1}{2}$ cup of the corn kernels and puree the rest with the heavy cream in a food processor or blender. Reserve until needed.
- 2. Put the bacon in between 2 paper towels and microwave at P10 for 2 minutes. Crumble, reserve until needed.
- 3. Put the onions, red pepper, celery, and garlic with a $\frac{1}{2}$ cup of the chicken stock in a 2 qt. microwave bowl and cook at P10 for 4 minutes, stirring once.
- 4. Add the rest of the broth, potatoes, and tomatoes, including their juices. Cook at P10, covered, for 5 minutes.
- 5. Add the pureed corn and cream, the reserved corn kernels, the chilies, cheese, and crumbled bacon. Microwave at P10, covered, for an additional 5 minutes.
- 6. Adjust seasoning with salt, pepper, and Tabasco.

Yield: 1 1/2 Quarts (8 portions)

Nutrition Facts Serving Size 1 serving (214g) Servings Per Container 8 Amount Per Serving Calories 170 Calories from Fat 80 % Daily Value' Total Fat 9g Saturated Fat 5g 25% Trans Fat 0g 10% Cholesterol 30mg Sodium 400mg 17% Total Carbohydrate 17g Dietary Fiber 2g Sugars 4g Protein 6g Vitamin A 15% • Vitamin C 35% Calcium 2% Iron 4% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



entrées

Mediterranean Vegetable Frittata

Amounts
1 tsp.
½ cup
¹/₂ tsp.
½ cup
1 cup
8 ea.
¹⁄₂ tsp.
¹/₂ tsp.
as needed

Method

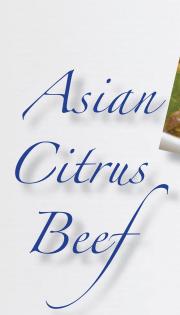
8

- 1. Combine all the vegetables with the olive oil in a 2 qt. microwave container, and microwave covered at P10 for 2 $\frac{1}{2}$ minutes.
- 2. Spray a shallow microwave glass pie pan (9" round or 6" x 10" rectangular) with the vegetable spray and add the vegetable mixture.
- 3. Beat the eggs and season with salt and pepper. Pour the egg mixture over the vegetable mixture and stir gently to combine.
 - 4. Microwave partially covered to let steam escape at P4 for 18 minutes.
 - 5. Cut the frittata into wedges and serve hot or at room temperature.

Yield: 8 portions



To see a video demo of this recipe, please visit www.panasonic.com/inverter



Ingredients **Amounts** Oranges 1 lb. 3 Tbsp. Dry sherry 3 Tbsp. Soy sauce Ginger, minced ½ cup Red Pepper flakes ¹/₄ tsp. Bean sprouts 1 ½ cups Snow peas, ends and strings removed 1 ½ cups Sirloin, fat removed, cut across 1 lb. the grain into 1/4 inch-thick slices Sesame oil 2 tsp. Spring onions, sliced thin 1 Tbsp.

Nutrition Facts

Serving Size 1 serving Servings Per Container 4

Amount Per Serving	
Calories 300 Calories	from Fat 100
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 750mg	31%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 12g	

Vitamin A 10%	 Vitamin C 130%
Calcium 4%	 Iron 15%

Protein 29g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65q	80g
Saturated Fat	Less than	20g	25g
Chalesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25a	30a

Method

- 1. Zest half of the oranges and juice them all.
- 2. In a 2 quart microwave bowl stir together zest, orange juice, sherry, soy sauce, ginger, red pepper flakes, and snow peas. Microwave covered at P10 for 3 minutes until pea pods turn bright green. Stir, add the bean sprouts and microwave on P10 for another 2 minutes.
- 3. Arrange the beef slices on a 10" plate. Cover tightly with plastic wrap. Microwave at P7 for 2 $\frac{1}{2}$ minutes.
- 4. Combine beef and any juices with the vegetables, and microwave at P8 for 1 minute.
- 5. Finish with sesame oil and sprinkle with spring onions.

Recommendation: Serve with steamed rice.

Yield: 4 Portions



entrees North Carolina Barbecued Pulled Pork

Nutrition Facts

Serving Size 1 serving Servings Per Container 4 servings

Amount Per Serving

Calories 490	Calories	from Fat 220
		% Daily Value*
Total Fat 24g		37%
Saturated Fa	at 8g	40%
Trans Fat 0g	1	
Cholesterol 12	25mg	42%
Sodium 1770n	ng	74%
Total Carbohy	drate 33g	11%
Dietary Fibe	r 1g	4%
Sugars 28g		
Duntain 25m		

Protein 35g

Vitamin A 40%	•	Vitamin	C 25%

Calcium 8%	•	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

 Calories:
 2,000
 2,500

 Total Fat Saturated Fat Cholesterol
 Less than Less than
 65g 20g 20g 300mg 300mg 300mg 300mg 300mg 300mg 300mg 300mg 300mg 300mg

 Ingredients Amounts Brown sugar 2 Tbsp. Paprika Tbsp. Chili powder Tbsp. Dry mustard Tbsp. Red pepper flakes 1 tsp. Cider vinegar ½ cup White vinegar 1/4 cup Ketchup 1 ½ cups Worcestershire sauce 2 Tbsp. Tabasco sauce 1 Tbsp. Sugar 1 Tbsp. Salt 1 tsp. Black Pepper 1 tsp. Pork butt 1 ½ lb.

Method

- Combine all ingredients, except for the pork, in a 1 qt. microwave container and microwave covered for 1 minute.
 - Place pork butt into a large round microwave dish. Pour barbecue sauce over pork and cover.
 - 3. Microwave at P4 for 90 minutes until meat starts to come apart very easily when separating with a fork. (Baste the pork every 20 minutes and check on consistency of barbecue sauce.

If barbecue sauce becomes thick, dilute with 1-2 tablespoons of water).

Yield: 4 Portions



Herb Stuffed Turkey with Cranberry Chutney

Ingredients	Am	ounts
Boneless turkey breast, about 2 $\frac{1}{2}$ lb.	1	ea.
Butter, softened	1/2	cup
Shallot, finely minced	1	ea.
Garlic clove, minced	1	ea.
Lemon zest	1	Tbsp.
Lemon juice	1	tsp.
Orange zest	1	Tbsp.
Orange juice	1	Tbsp.
Tarragon, fresh, chopped	1	Tbsp.
Parsley, chopped	1	Tbsp.
Basil, fresh, chopped	1	Tbsp.
Cilantro, fresh, chopped	1	Tbsp.
Salt	1/2	tsp.
Black Pepper	1/2	tsp.

Ingredients	Am	ounts
Cranberry Chutney		
Cranberries, fresh or frozen	2	cups
Granny Smith apples	1	cup
Sugar	1	cup
Cider vinegar	1/2	cup
Orange zest	1	Tbsp.
Orange juice	1/4	cup
Cinnamon, ground	1	tsp.
Ginger, minced	1	tsp.

Method

- 1. Rinse the turkey breast in cold water and pat dry. Carefully, using your fingers, make a pocket between the skin and the breast.
- Combine the butter, shallots, garlic, lemon zest, lemon juice, orange zest, orange juice, tarragon, parsley, basil, cilantro, salt, and pepper. Mix well.
- 3. Using a pastry bag, pipe an even layer of the soft butter mixture in the pocket between the skin and the breast. By pressing on the skin, spread herb mixture into an even thin layer throughout the pocket.
- 4. Place turkey breast into a microwave cooking bag, following the instructions for using the microwave bag. Microwave on P7 for 25 minutes, about 8-9 minutes per pound, or internal temperature reached 165°F. Allow to set 15 minutes before carving.
- 5. For the chutney, combine all the ingredients in a large microwavable bowl. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P7 for 12 minutes, until slightly thick. Let cool. Keep refrigerated until needed.

 Yield: 6 Servings

To see a video demo of this recipe, please visit www.panasonic.com/inverter

Nutrition Facts Serving Size 1 serving Servings Per Container 6 Amount Per Serving Calories 600 Calories from Fat 230 % Daily Value Total Fat 26g 40% Saturated Fat 13g Trans Fat 0g Cholesterol 150mg 50% Sodium 290mg 12% 15% Total Carbohydrate 46g Dietary Fiber 3g 12% Sugars 40g Protein 44g Vitamin A 15% Vitamin C 30% Calcium 6% Iron 15% depending on your calorie needs Calories: 2, Saturated Fat Less than 20g Cholesterol Less than 300mg 300 mg Less than 2,400mg 2,400mg Total Carbohydrate Dietary Fiber 300g 25g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



Chicken Curry with Almonds and Spicy Mango Chutney

Ingredients	Amo	unts
Almonds, sliced	1/2	cup
Water, hot	1/2	cup
Onion, minced	2	Tbsp.
Garlic, minced	1/2	tsp.
Ginger, minced	1/2	tsp.
Chicken broth	1/4	cup
Curry powder	1	Tbsp.
Chicken thighs, boneless, skinless		
Cut into 1-inch pieces	1 1/2	lb.
Yukon gold potatoes, small cubes	1/2	lb.
Coconut milk	1/2	cup
Salt	1/2	tsp.
Cilantro, chopped	2	Tbsp.
Almonds, toasted, for garnish	2	Tbsp.

Nutrition Facts

Serving Size 1 serving Servings Per Container 4

Amount Per Serving

Calories 440	alories from Fat 230
	% Daily Value*
Total Fat 26g	40%
Saturated Fat 9	g 45%
Trans Fat 0g	
Cholesterol 115r	ng 38%
Sodium 450mg	19%
Total Carbohydr	ate 15g 5%
Dietary Fiber 3	g 12%
Sugars 1g	
Protein 37a	

Vitamin A 2% Vitamin C 20% Calcium 6% Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25q
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Method

- 1. Soak the sliced almonds in the hot water for 15-20 minutes.
- 2. Blend the almonds with the water in a food processor or blender until it forms a smooth puree, similar to a cream consistency (about 3-5 minutes).
- 3. Place the onions, garlic, ginger, chicken broth, and curry into a 2 gt. microwave container and microwave at P10 uncovered for 2 minutes until aromatic.
- 4. Stir in the almond paste and mix in the chicken. Microwave covered at P10 for 4 minutes, stirring once.
- 5. Add the potatoes, coconut milk, and salt and microwave at P7 covered for an additional 5 minutes, until the chicken and the potatoes are cooked.
- 6. Top with chopped cilantro and toasted almonds. Yield: 4 Portions



Ingredients	Amounts
Mango, peeled,	
seed removed, diced	2 cups
Dark brown sugar	¹⁄₂ cup
Cider vinegar	2 Tbsp.
Raisins	¹/₂ cup
Jalapeno, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Salt	¹/₄ tsp.
Black Pepper	¹/₄ tsp.

Method

- Combine all the ingredients in a 2 qt. microwave dish.
 Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave for at P10 for 6 minutes.
- 2. Let cool, cover and keep refrigerated until needed.

Yield: 2 cups

Nutrition Facts Serving Size 1/4 cup Servings Per Container 8 Amount Per Serving Calories 110 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 80mg 3% Total Carbohydrate 28g 9% Dietary Fiber 1g 4% Sugars 20g Protein 1g Vitamin A 6% • Vitamin C 20% Calcium 2% • Iron 2% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4





Ingredients	Amo	ounts
Chicken breast, boneless,		
skinless, 1" cubes	1 1/2	lb.
Vegetable oil	1	tsp.
Salt	1/2	tsp.
Black Pepper	1/2	tsp.
Onions, chopped	1	cup
Carrots, small dice	1	cup
Cumin	1/2	tsp.
Caraway seeds	1/2	tsp.
Chicken broth	1	cup
Walnuts, chopped	4	Tbsp.
Golden raisins	1/4	cup
Bulgur wheat	3/4	cup
Cinnamon, ground	1/4	tsp.
Mint, chopped	1	Tbsp.

Walnut Chicken with Bulgur Pilaf

Method

- 1. Season the cubed chicken breast with the vegetable oil, salt and pepper.
- 2. Arrange the seasoned chicken cubes on a 10" plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Stir, then microwave for an additional 2 minutes Reserve.
- 3. Place the diced onions, diced carrots, cumin, and caraway seeds with $\frac{1}{4}$ cup of the chicken broth into a 2 quart microwave container. Cook covered at P10 for 3 minutes, until onions are translucent and carrots are tender.
- 4. Add the remaining chicken broth, walnuts, raisins, bulgur wheat, and cinnamon. Microwave covered at P10 for 3 minutes.
- 5. Add the reserved chicken chunks and microwave for an additional 1 minute.
- 6. Sprinkle with chopped mint.

Yield: 4 Portions

Serving Size 1 serving Servings Per Container 4 Calories 410 Calories from Fat 100 % Daily Value Total Fat 11g 17% Saturated Fat 2g 10% Trans Fat 0g Cholesterol 100mg 33% Sodium 640mg 27% Total Carbohydrate 36g 12% Dietary Fiber 8g 32% Sugars 11g Protein 44g Vitamin A 110% • Vitamin C 8% Calcium 6% Iron 15% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

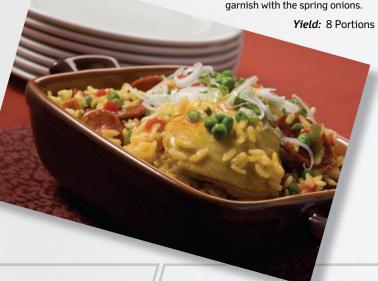
entrées

Sausage and Chicken Paella

Method

- Add the saffron to the chicken stock and microwave covered at P10 for 3minutes. Remove and let saffron steep for 20 minutes. Keep warm.
- 2. Season the cubed chicken breast with 1 tablespoon olive oil, salt and pepper.
- Arrange the seasoned chicken cubes on a 10" plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Reserve.
- 4. In a large microwave bowl combine 2 tablespoons olive oil, onions, red peppers, green peppers and garlic. Microwave covered at P10 for 3 minutes.
- 5. Add the chorizo, rice, chicken cubes, and tomatoes. Stir. Add the saffron infused chicken stock. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave at P10 for 5 minutes. Reset the microwave at P7 for an additional 20 minutes until rice is cooked and has absorbed all the liquid. During the last minute add the peas.

6. Allow to rest uncovered for 5 minutes, and



Ingredients	Am	ounts
Saffron crushed	1	tsp.
Chicken stock	3	cups
Chicken breast, cut into		
1 ½ " cubes (8 breasts)	2 1/2	₂ lbs.
Olive oil	3	Tbsp.
Salt	1	tsp.
Black pepper	1/2	tsp.
Onions, diced	1/2	cup
Red peppers, diced	1/2	cup
Green peppers, diced	1/2	cup
Garlic, minced	1	tsp.
Dry Spanish chorizo,		
sliced ¼" thick	8	OZ.
Rice, short grain	2	cups
Tomatoes, peeled, seeded, diced	1	cup
Green peas, frozen	1	cup
Spring onions, thinly sliced	2	Tbsp.

Nutrition Facts

Serving Size 1 serving Servings Per Container 8

Amount Per Serving				
Calories 570 Calories	from Fat 190			
	% Daily Value*			
Total Fat 21g	32%			
Saturated Fat 6g	30%			
Trans Fat 0g				
Cholesterol 105mg	35%			
Sodium 1430mg	60%			
Total Carbohydrate 49g	16%			
Dietary Fiber 3g	12%			
Sugars 4g				

Protein 42g

Vitamin A 15%	•	Vitamin C 45%		
Calcium 2%	•	Iron 25%		
*Percent Daily Values are based on a 2,000 calc diet. Your daily values may be higher or lower depending on your calorie needs:				

Calories	2,000	2,500	
Total Fat	Less than	85g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	2,400mg	2,400mg
Total Cashohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

entrées

Vegetarian Black Bean Chili Stew

Ingredients	An	ounts
Olive oil	2	Tbsp.
Onions, diced	1	cup
Garlic, minced	1	tsp.
Celery, diced	1/2	cup
Red pepper, diced	1/2	cup
Green pepper, diced	1/2	cup
Jalapeno pepper, minced	1	ea.
Cumin, ground	1	Tbsp.
Coriander, ground	2	tsp.
Paprika	2	tsp.
Cinnamon, ground	1/8	tsp.
Tomatoes, peeled, seeded, diced	2	cups
Black beans, canned, (15 oz.)	2	ea.
Cilantro, chopped	2	Tbsp.
Salt	3/4	tsp.
Black Pepper	1/2	tsp.

Method

- 1. Combine the olive oil, onions, garlic, celery, red pepper, green pepper, jalapeno, and spices in a 2 qt. microwave container. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 5 minutes, until all the vegetables are tender and fragrant.
- 2. Add the tomatoes and beans. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 6 minutes, until thoroughly heated.
- 3. Just before serving, finish seasoning the chili by adding the cilantro, salt, and pepper.

Yield: 1 quart (4-5 portions)

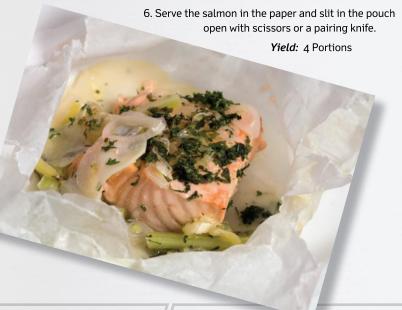


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Nutrition	ı Fa	cts
Serving Size 1 cup		
Servings Per Containe	er 4	
Amount Per Serving		
Calories 310 Calo	ories fron	n Fat 80
	% Da	ily Value'
Total Fat 9g		14%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1150mg		48%
Total Carbohydrate	40g	13%
Dietary Fiber 15g		60%
Sugars 6g		
Protein 14g		
Vitamin A 45% • \	Vitamin (2 110%
Calcium 10% • I	Iron 35%	
*Percent Daily Values are bat diet. Your daily values may be depending on your calorie ne	e higher or	
Calories:	2,000	2,500
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate	- - 4 • Prot	ein 4

Salmon en Papillote

Method

- 1. Brush parchment paper with olive oil.
- 2. Arrange 3/4 cup of sliced potatoes on parchment paper, and place one portion of salmon on top of the potatoes.
- 3. Season the salmon with salt and pepper, top each portion with 2 lemon slices, 1/4 cup of celery, 1 Tbsp. of shallots, and 1 Tbsp. of herbs.
- 4. Sprinkle some white wine onto each salmon piece. Fold the paper over the top of the salmon to create a pouch and crimp the paper edges to seal.
- 5. Microwave 2 pieces at a time on P10 for 3 ½ minutes, until the paper pouch puffs up.



Ingredients	Amounts	
Parchment paper, 16" square	4	sheets
Olive oil	1	tsp.
Salmon filets,		
cut into 6 oz. portions	4	ea.
Salt	1	tsp.
Black Pepper	1/2	tsp.
Lemons, peeled, thinly sliced	2	ea.
Celery stalks, cut into 2" strips	1	cup
Shallots, thinly sliced	4	Tbsp.
Parsley, chopped	2	Tbsp.
Tarragon, chopped	2	tsp.
Red bliss potatoes,		
cooked, thinly sliced	1	lb.
White wine, dry	1/4	cup

Nutrition Facts Serving Size 1 serving

Amount Per Serving	
Calories 390 Calories	from Fat 120
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 700mg	29%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 2g	
D 1 1 10	

Protein 42g Vitamin A 10% • Vitamin C 90%

Calcium 8%	•	Iron 15%	
*Percent Daily Vidiet. Your daily videpending on yo	alues may b	e higher or	
	Calories	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	m: Carbohydrat	e 4 • Prote	ein 4

Grand Marnier-Chocolate Fondue

Ingredients	Amounts
Bittersweet chocolate	1 cup
Semisweet chocolate	1 cup
Heavy cream	½ cup
Orange zest	2 tsp.
Honey	2 Tbsp.
Grand Marnier	½ cup
Salt	pinch
Assorted fruit, cut into	
bite-sized pieces	6 cups
Pound cake, cut into	
bite-sized pieces	2 cups
Marshmallows	2 cups

1 esserts

Method

- 1. Combine the chocolate and microwave in a 2 gt. microwave bowl on P6 for 3 minutes, stirring the chocolate after each minute. Keep warm.
- 2. Microwave heavy cream, orange zest, salt, honey, and Grand Marnier covered on P10 for 2 minutes. Remove and allow zest to steep for 10 minutes. Strain the warm mixture into the chocolate and whisk together, and mix thoroughly.
- 3. Serve warm in a fondue pot with a variety of bite-sized pieces of foods to dip. (Strawberries with stems, pitted cherries, apricots, pineapples, orange segments, sponge cake pieces, ladyfingers, etc.).

Yield: 6 Portions



Servings Pe	1 serving		
Amount Per Se			
Calories 62	0 Calor	ies from	Fat 26
		% D:	aily Value
Total Fat 29	g		45%
Saturated	Fat 17g		85%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium 135	img		69
Total Carbo	hydrate	91g	30%
Dietary Fi	ber 7g		289
Sugars 66	3q		
Protein 6q			
16: 1.44			
Vitamin A 15		Vitamin (
Calcium 8%		ron 15%	
*Percent Daily V diet. Your daily v	alues may b	e higher or	300 calori lower
depending on yo	ur calorie ne Calories:	eds: 2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per grai	m: Carbohydrate		



Ingredients	Amounts
Short-grain rice (Arborio rice)	1 cup
Water	3 cups
Sweetened condensed milk	
(14 fl oz)	1 can (396g)
Vanilla extract	¹/₂ tsp.
Cinnamon, ground	¹/₄ tsp.
Raisins	½ cup
Salt	1 pinch

Method

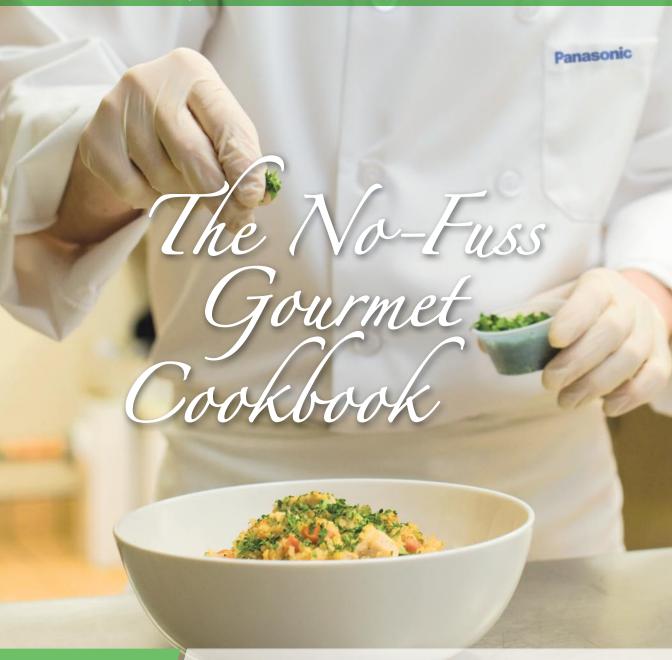
- 1. Combine rice and water in a large microwave safe bowl. Cover bowl and microwave on P10 for 15 minutes. Remove.
- 2. Add remaining ingredients to the bowl with cooked rice and mix thoroughly.
- 3. Cook uncovered at P6 for 6 minutes, stirring 3 times.

Yield: 10 Portions

Nutrition Facts Serving Size 1 serving Servings Per Container 10 Amount Per Serving Calories 270 Calories from Fat 45 % Daily Value Total Fat 5g Saturated Fat 3g 15% Trans Fat 0g Cholesterol 20mg 7% Sodium 100ma 4% Total Carbohydrate 51g 17% Dietary Fiber 1g 4% Sugars 29g Protein 6g Vitamin A 2% Vitamin C 2% Calcium 15% Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories: 2,1 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



Quick & Healthy Microwave Recipes Created for **Panasonic** by **The Culinary Institute of America**



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