

QuickStudy



COOKING

QUICK & EASY
RECIPES

call mom

chips
salsa
cheese
bread

Tools & Tips for Quick & Easy Cooking

Tools

- Refrigerator
- Microwave
- Microwave-safe dishes
- Pot holder
- Handheld can opener
- Sturdy plastic utensils
- Dish soap
- Sponge
- Dish towels
- Paper towels
- Cookbooks
 - o *The Healthy College Cookbook*, by Alexandra Nimetz, Jason Stanley, Emeline Starr
 - o *The College Cookbook*, by Geri Harrington, Constance Oxley (Editor)
 - o *A Man, a Can, a Plan*, by David Joachim
 - o *Where's Mom Now That I Need Her? Surviving Away From Home*, by Kathryn J. Frandsen, Kent P. Frandsen, Betty Rae Frandsen
- Simple cutlery - knives, forks, spoons, wooden spoons, and a whisk if you feel like making scrambled eggs
- Can opener
- Plates and bowls (china or pottery is best, but easily broken - plastic can get pretty scummy)

Tips

- Buy some crates to store dry goods.
- Be prepared by keeping your refrigerator stocked.
- Put only microwave-safe dishes in the microwave. That means no metal or tin. Glass or Corningware is the wisest choice.
- Always cover your food with wax paper or a paper towel before you microwave it to avoid splattering.
- Use a pot holder when removing anything from the microwave.
- Keep the bugs away.
- Clean your dishes immediately after you finish eating.
- Try to eat at your desk to avoid getting crumbs on the floor or in your bed.

12 Essential Items

- | | |
|--|---|
| • Ketchup | • Pasta |
| • Mustard | • Marinara sauce |
| • Mayonnaise | • Milk |
| • Soy sauce | • Butter |
| • Lunch meat | • Bread |
| • Canned goods (fruits, veggies, tuna) | • Spices (salt, pepper, oregano, paprika, rosemary, garlic, cinnamon) |
| • Cheese | |

Breakfast

Microwave Scrambled Eggs

Ingredients:

- | | |
|----------------|------------------------------|
| 1/4 C butter | 1/4 C grated Parmesan cheese |
| 8 eggs, beaten | 1/2 tsp salt |
| 1/4 C milk | 1/8 tsp white pepper |

Preparation & Cooking Instructions:

Place butter in a large microwave-safe bowl. Microwave on High until butter melts, about 60-90 seconds. Mix eggs, milk, parmesan cheese, salt, and pepper in another large bowl and beat well. Pour into hot butter. Microwave on High until eggs are set but still slightly moist, about 2-3 minutes. Remove from microwave and cover; let stand on solid surface until eggs become firm, about 2-3 minutes. Return to microwave for 30-second intervals if eggs aren't done to your liking. Serves 4.

Chocolate Cinnamon Rolls

Ingredients:

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|-----------------------|-----------------------------------|
| 1/2 C chocolate chips | 2 tbsp honey |
| 1/2 C chopped nuts | 1 can refrigerated cinnamon rolls |

Preparation & Cooking Instructions:

Mix together chocolate chips, nuts and honey. Place one tablespoon of the mixture into 8 different mugs (if you don't have 8 mugs, divide the mixture and repeat this process for each roll). Cut cinnamon roll into 8 pieces. Place one piece over the chocolate chip mixture in each of the mugs. Microwave each mug on High for 2-3 minutes, or until surface springs back when lightly touched. As soon as you remove from microwave, invert mug immediately over a plate. Leave mugs over rolls for about 3 minutes, then remove.



Hot Grape-Nuts Cereal

Ingredients:

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|-------------------------|--------------|
| 1/2 C Grape-Nuts cereal | 1 tbsp honey |
| 1/3 C milk | |

Preparation & Cooking Instructions:

Combine cereal and milk in a microwavable bowl. Drizzle with the honey. Microwave on High to taste: 30 seconds for a BIG crunch, 60 seconds for a little crunch.

Breakfast in a Mug

Ingredients:

- | | |
|----------------------|----------------------------------|
| 1 tbsp butter | 1 dash salt |
| 1 tbsp milk or water | 1 slice bacon, cooked (optional) |
| 1-2 eggs | Shredded cheese |
| 1 dash pepper | |

Preparation & Cooking Instructions:

Place butter in 12-oz. microwave-safe mug or small bowl. Microwave on High 30-45 seconds, or until melted. Add egg(s), milk, salt and pepper. Stir or whip with a fork. Microwave 1 egg on High 35-45 seconds; 2 eggs, 1 1/4 to 1 3/4 minutes or until eggs begin to set, stirring with fork to break apart after half of the time. Remove eggs when they are still soft and moist (you may have to play with the time, depending on your microwave). Let stand about 2 minutes. While eggs are standing, crumble bacon and add to eggs. Eggs will firm up while standing. If desired, sprinkle with shredded cheese during standing time.

Snacks & Appetizers

Easy Salad

Combine prepackaged lettuce with canned vegetables, such as kidney beans, baby corn, olives, artichoke hearts or sauerkraut. Mix equal parts honey and mustard for a no-fat dressing (about one tablespoon of each).

Crispy Nibblers

Combine 1 1/2 cups stick pretzels, 1 cup corn cereal squares, 1 cup rice cereal squares and 1 cup dry roasted peanuts in large bowl. Melt 1/2 stick of margarine in small bowl. Add 1 tablespoon Worcestershire sauce, 1 teaspoon onion salt, and 1/2 teaspoon garlic salt to melted margarine. Pour this over mixture and microwave on High for 3-4 minutes.

Fruit Smoothie

In blender, add 1 cup (8 oz.) vanilla-flavored nonfat yogurt; a sliced banana; 1 cup fresh, frozen or canned fruit, such as strawberries or peaches; and 1/4 cup orange juice. Blend until smooth.

Mini Pizzas

Toast 4 English muffins. Top with 1 can (8 oz.) tomato sauce, 1/2 teaspoon oregano, dash of garlic powder and mozzarella cheese. Microwave uncovered on High for 1-2 minutes. Optional toppings: green pepper strips, pepperoni, slices of mushroom, grated Parmesan cheese and chopped onion.

Microwave Mexican Pizza

Ingredients:

2 fat-free tortillas	1/2 C salsa
1/4 C low-fat mozzarella	2 tbsp low-fat sour cream
1/4 C low-fat cheddar cheese	

Preparation & Cooking Instructions:

Lay out 1 tortilla, and spread evenly with cheese. Microwave on High for 30 seconds and place second tortilla over the first. Microwave again for 40 seconds. Mix sour cream and salsa, and spread over top. Cut and eat.

Peanut Butter Balls

Ingredients:

1/4 C granola	1/4 C shredded carrots
2 tbsp brown sugar	3/4 C peanut butter

Preparation & Cooking Instructions:

Combine all ingredients except peanut butter. Cook the peanut butter on High in microwave for 45 seconds. Add to the mixture, let cool. Roll into balls and chill in the refrigerator.

Chicken Taco Dip

Ingredients:

1 package taco season mix	1 can chicken
1 package cream cheese	Hot peppers
1 can cream of chicken soup	

Preparation & Cooking Instructions:

Add 1 can of chicken and hot peppers to taste in large microwave-safe dish. Add all ingredients. Microwave on High approximately 10 minutes. Remove from microwave and stir contents together, forming thick paste. Serve hot with side of tortilla chips and hot peppers.

Nachos

Place tortilla chips on a plate and sprinkle with shredded cheese. Microwave on High for 1-1 1/2 minutes until the cheese is melted. Spoon salsa onto the chips, or just dip straight from the jar.

Nachos Supreme

Place chips on microwave-safe plate. Sprinkle 2 tablespoons olives and/or chilies and 1 cup grated cheese over chips. Microwave on High for 1-2 minutes or until cheese melts.

Quesadillas

Cover half a tortilla with shredded cheese. Fold it over and microwave for 30 seconds on High. If you want, chicken or bacon can be added before folding the tortilla. Once the quesadilla cools a bit, slice it in half and spoon some salsa onto each triangle-shaped piece.

Hot Dog à la Microwave

Ingredients:

1 hot dog	1 paper towel
1 bun	Ketchup and/or mustard (opt.)
1 microwave	

Preparation & Cooking Instructions:

Wrap paper towel around hot dog and place in center of microwave. Cook on High for 1 minute. Remove from microwave, remove paper towel. Place on bun, season to taste.

Microwave Oatmeal Squares

Ingredients:

1/2 C butter (microwave until melted)	1/2 C packed brown sugar
1/2 tsp vanilla or almond extract	2 C oats

Preparation & Cooking Instructions:

Mix ingredients together. Press into square glass dish. Microwave on High for 5 minutes. Cool and cut into squares.

Maple Mashed Potatoes

Ingredients:

4 medium sweet potatoes	2 tsp ground cinnamon
1/4 C maple syrup	1/2 tsp ground ginger

Preparation & Cooking Instructions:

Microwave potatoes for 7-8 minutes on High or until done. Squeeze the potatoes out of their skins into a bowl and mash. Add remaining ingredients and mix well. Cook on high for 2-3 minutes.

Microwave Baked Beans

Ingredients:

4 slices bacon, chopped	1 small onion, finely chopped
1 16-oz. can pork and beans with tomato sauce	1/4 C ketchup
1/2 tsp dry mustard	2 tbsp brown sugar

Preparation & Cooking Instructions:

Put bacon into a 1-quart glass casserole. Cover with paper towel. Cook in microwave 3 minutes on High. Set bacon aside on paper towel. Discard fat. Combine beans, dry mustard, onion, ketchup, and brown sugar in the glass casserole. Cover with an all-glass lid or plastic wrap. Cook in microwave 8 minutes on High. Stir twice. Top with bacon. Cook covered 2 minutes on High.

S'mores

Ingredients:

4 graham cracker squares	4 marshmallows
2 plain chocolate bar pieces	

Preparation & Cooking Instructions:

On paper towel, place 1 cracker square. Top with chocolate and marshmallow. Microwave on High 15 seconds or until marshmallow puffs. Remove from oven and cover with other cracker. Eat like a sandwich.



Main Courses

Microwave Mexican Chili

Ingredients:

1 tbsp oil	2 (16-oz.) cans black beans, rinsed & drained
1 onion, chopped	1 tbsp chili powder
2 garlic cloves, minced	1/2 tsp cumin
1 lb. lean ground beef	1/2 tsp cinnamon
2 (14-oz.) cans diced tomatoes with onions & garlic	1/8 tsp pepper
6-oz. can tomato paste	1/2 of a 1 oz. square unsweetened chocolate
4-oz. can diced green chilies, undrained	

Preparation & Cooking Instructions:

Combine oil, onion and garlic in 3-quart microwave-safe glass casserole dish. Microwave on High for 4 minutes, stirring once during cooking. Add beef to casserole and cook on High for 4 minutes, stirring once during cooking to break up meat. Cook 3 minutes longer, then drain off any fat or liquid. Add all remaining ingredients. Mix well to combine. Microwave, uncovered, for 5 minutes on High. Stir well. Cook 10-15 minutes longer until thickened and bubbly, stirring once during cooking. Serves 4.

Microwave Spaghetti

Ingredients:

1 lb. lean ground beef	2 C water
1 onion, chopped	1 tsp dried basil leaves
2 cloves garlic, minced	8 oz. spaghetti pasta, broken into pieces
28-oz. jar spaghetti sauce	1/2 C grated Parmesan cheese

Preparation & Cooking Instructions:

In a 3-quart microwave-safe casserole, place beef and onions, crumbling beef to break into small pieces. Microwave on High for 3-4 minutes, stirring once to break up meat. Microwave on High for 2 more minutes and drain off any fat. Add spaghetti sauce, water, basil and uncooked spaghetti. Mix gently to combine. Cover with lid and microwave on High for 5 minutes. Stir well. Cover casserole again and microwave on High for 8-10 minutes longer. Stir well. Let stand 4 minutes before serving. Serves 6.

Microwave Beef Stroganoff

Ingredients:

1 lb. boneless beef sirloin steak	10-oz. can condensed cream of mushroom soup
1 onion, chopped	1/2 tsp paprika
2 cloves garlic, minced	
1/2 C sour cream	

Preparation & Cooking Instructions:

Freeze steak 1 hour to make slicing easier. Cut steak into very thin slices across the grain. Combine steak, onion and garlic in a 2-quart microwave-safe casserole. Cover with lid and microwave on High 5 minutes or until beef is no longer pink, stirring once during cooking. In small bowl, stir together soup, sour cream and paprika with wire whisk until smooth. Add to beef mixture, stir well. Cover casserole and microwave on Medium for 3-4 minutes or until heated through, stirring once during cooking. Let stand 3 minutes before serving. Serves 4.

4-Layer Microwave Dinner

Ingredients:

10 oz. chopped spinach	1 lb. ground beef
2 C cooked rice	1 can tomato paste
1 C Swiss cheese	1 envelope mushroom gravy
1 egg	2 2/3 C water

Preparation & Cooking Instructions:

Microwave spinach on High 3-4 minutes in package; drain well. In 12x8 dish, put rice. Microwave on High 1-2 minutes. Stir in 1/2 cup cheese and egg. Microwave on High 3-4 minutes, rotating half-way. Crumble ground beef. Microwave on High 3-5 minutes; drain. Add all but spinach and cheese. Spoon over rice. Top with cheese. Microwave 5 minutes on High and then on Medium 4 – 7 1/2 minutes.

Fish Dish

Ingredients:

Canned mushrooms	Fish fillet (can be bought frozen & pre-seasoned, if desired)
1 tsp soy sauce	

Preparation & Cooking Instructions:

Microwave canned mushrooms on High until hot. Pour soy sauce on fish fillet and microwave on High for 3-5 minutes. Serve with mushrooms.

Microwave Vegetable Pie

Ingredients:

2 tbsp butter	1/4 tsp salt
1 onion, chopped	1/8 tsp pepper
16-oz. pkg frozen broccoli & cauliflower	1/3 C sour cream
1 C dry bread crumbs	3 eggs
1 1/4 C shredded Swiss cheese	1/4 C shredded Parmesan cheese
1 tsp dried basil leaves	1 tsp dry bread crumbs

Preparation & Cooking Instructions:

Combine butter and onion in microwave-safe 9" pie pan. Cook on High for 3-4 minutes until onions are tender. Add frozen vegetables and cover with microwave-safe plastic wrap. Microwave on High for 4-5 minutes until vegetables are thawed, stirring once. Drain well, if necessary, and set aside. In large bowl, combine 1 cup bread crumbs, 1 cup cheese, basil, seasonings, sour cream and eggs. Beat well to combine. Stir in vegetable mixture and mix well. Spread mixture evenly in 9" pie pan. Sprinkle with 1/4 cup Parmesan cheese and 1 tsp dry bread crumbs. Microwave on High for 10-12 minutes or until a knife inserted in center comes out clean, rotating pan once during cooking. Let stand on solid surface 5 minutes before serving. Serves 8.

Microwave Meat Loaf

Ingredients:

1 lb. ground chuck	1/4 tsp dried marjoram leaves
1 egg	1/4 tsp garlic salt
2 tbsp quick cooking oats	Dash white pepper
1/4 C minced onion	1 tbsp brown sugar
8-oz. can tomato sauce	2 tsp Worcestershire sauce
1/4 tsp dried thyme leaves	2 tsp prepared mustard

Preparation & Cooking Instructions:

Combine meat, eggs, oats, onion, half the tomato sauce, thyme, marjoram, garlic salt, and pepper in a large bowl. Gently shape into an 8x4" loaf. Place into a 9x5" glass loaf pan, making sure the meat mixture doesn't touch the sides of the pan. Cover pan with microwave-safe waxed paper. Microwave on High for 5 minutes, and then carefully pour off juices. Combine brown sugar, Worcestershire sauce and mustard with remaining tomato sauce. Spoon this mixture over the meat loaf, making sure to evenly coat top and sides. Return pan to microwave, rotating one half-turn. Cover pan with microwave-safe waxed paper and cook on Low for 17-20 minutes. Cover with foil and let stand 5 minutes on a solid surface before serving. Serves 6.

Microwave Enchilada Chicken Pie

Ingredients:

1 9" pie shell	1/4 C grated Parmesan cheese
4 eggs	1/2 C whole milk
1 tsp Worcestershire sauce	1/4 tsp cumin
1 onion, chopped	1/8 tsp garlic powder
6-oz. can cooked chicken, drained & flaked	1/8 tsp pepper
4-oz. can chopped green chilies, drained	4 drops hot pepper sauce
1 1/4 C shredded Monterey Jack cheese	

Preparation & Cooking Instructions:

Place pie crust in 9" microwave-safe pie pan. Prick crust well with fork. Blend 1 egg with Worcestershire sauce in a small bowl and brush this mixture lightly over the pie crust (reserve any remaining egg mixture for pie filling). Microwave the pie crust on High for 6-8 minutes, rotating pan every 2 minutes. Crust is done when the surface looks dry and flaky. Place onions in small microwave-safe bowl and sprinkle with water; cover. Cook on High for 3 minutes or until crisp tender. Drain well and set aside. Layer chicken, cooked onions, chilies and cheeses in cooked pie crust. In medium bowl, combine remaining egg and Worcestershire sauce mixture, 3 eggs, milk, cumin, garlic powder, pepper and hot pepper sauce and mix well. Pour slowly over chicken and cheese in pie crust, pausing often to let mixture settle to bottom of ingredients. Microwave pie on High for 8-11 minutes, turning pie once during cooking. Pie is done when knife inserted near center comes out clean. Let stand on solid surface for 5 minutes before serving. Serves 6.

QuickStudy Main Courses (cont.)

Vegetable Chicken Casserole

Ingredients:

8 oz. medium egg noodles	2 C chopped cooked chicken
1 C water	$\frac{1}{2}$ tsp garlic powder
1 $\frac{1}{2}$ C chicken broth	$\frac{1}{2}$ tsp salt
16-oz. pkgs frozen broccoli, cauliflower & red peppers, thawed	$\frac{1}{2}$ tsp pepper
1 onion, chopped	1 C shredded Swiss cheese

Preparation & Cooking Instructions:

In 3-quart microwave-safe casserole dish, mix noodles, water and chicken broth. Cover with lid and microwave on High for 6 minutes, stirring once during cooking. Add vegetables, onion, chicken and seasonings. Cover and microwave on High for 7-9 minutes, stirring once during cooking, until vegetables are hot and crisp tender and noodles are tender. Stir in half of cheese and mix well. Sprinkle casserole with remaining cheese. Cook, uncovered, on high for 2-3 minutes until cheese is melted.

Sweet & Sour Microwave Chicken

Ingredients:

4 boneless, skinless chicken breasts	2 tbsp ketchup
8-oz. can pineapple chunks, drained, reserving juice	Dash pepper
$\frac{1}{4}$ C water	1 tbsp soy sauce
2 tbsp orange marmalade	1 tbsp white wine vinegar
1 tbsp cornstarch	1 tbsp sugar
	$\frac{1}{2}$ C halved green grapes

Preparation & Cooking Instructions:

Cut chicken into 1" pieces and combine with pineapple chunks in 9" square glass baking dish. Combine pineapple juice, water, marmalade, cornstarch, ketchup, soy sauce and vinegar in 2-cup microwave-safe glass measuring cup and mix well to blend. Microwave on High for 3-4 minutes, or until mixture thickens, stirring once during cooking. Pour over chicken and pineapple in baking dish. Cover with microwave-safe waxed paper. Microwave on High for 4-7 minutes or until chicken is no longer pink in center, turning dish once during cooking time. Sprinkle grapes over chicken and microwave on High for 1 more minute. Let stand 3 minutes before serving. Serves 4.

Chili Macaroni

Ingredients:

1 box Kraft Macaroni and Cheese	2 tbsp milk, bottled water (or tap water)
1 can chili	

Preparation & Cooking Instructions:

Pour macaroni into a microwave-safe bowl and add water on top until the noodles are covered with water. Microwave noodles on High for 6 minutes, stirring with a fork every 2 minutes or so. When done, drain any excess water off noodles and add chili. Stir in chili and microwave on High 1 minute. Add packet of cheese to noodle/chili combo and stir. Add milk to noodles until creamy.

Twice-Baked Potatoes

Ingredients:

4 baking potatoes	Dash nutmeg
3 green onions, thinly sliced	Dash paprika
2 tbsp butter	4 slices bacon
$\frac{1}{2}$ C hot milk	2 tbsp grated Parmesan cheese
$\frac{1}{2}$ tsp salt	2 tbsp grated sharp Cheddar cheese
Dash black pepper	

Preparation & Cooking Instructions:

Arrange potatoes on microwave dish. Pierce with a fork in a few places. Microwave potatoes, uncovered, on High for about 10 minutes. Rearrange potatoes after 5 minutes, turn them over. Place potatoes on counter, cover with a bowl and let stand for at least 7 minutes (potatoes will continue to cook). Combine butter and green onions in a microwave-safe dish. Microwave covered on High for at least 1 $\frac{1}{2}$ minutes or until onion is soft. Place bacon on paper towel on a microwave-safe dish. Microwave bacon, covered with paper towel, on High for 4-5 minutes or until almost crisp. Let bacon stand for a minute. Crumble. Cut potatoes in half, scoop out pulp. Mash potatoes with butter and green onion mixture, milk or Half and Half and seasonings until light and fluffy. Add bacon. Spoon potato mixture into shells. Arrange on microwave-safe dish. Sprinkle with cheeses. Microwave, uncovered, on High for about 5 minutes or until potatoes are hot and cheeses are melted. Rotate dish after half the cooking time if the microwave oven is not a rotating one.

Desserts

Fruit Cobbler

Ingredients:

1 can cherry pie filling	Canned peaches
1 pkg. yellow cake mix	2 tbsp sugar
1 stick melted butter	2 tbsp cinnamon

Preparation & Cooking Instructions:

Combine pie filling, cake mix and butter in a bowl and microwave on High 11-13 minutes. Arrange peaches on top and sprinkle with sugar and cinnamon.

Microwave Brownies

Ingredients:

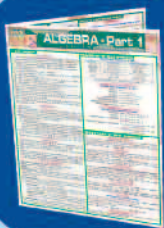
1 stick butter (melt 50 sec. in microwave)	1 tsp vanilla
1 C sugar	$\frac{3}{4}$ C cocoa
$\frac{1}{4}$ tsp salt	$\frac{3}{4}$ C chopped nuts or 1 handful chocolate chips
2 eggs	

Preparation & Cooking Instructions:

Mix all together in quiche dish or 9-inch round Pyrex dish. Microwave 6 minutes on High. Cover with Saran Wrap when you remove dish from microwave.

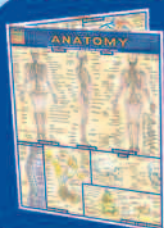
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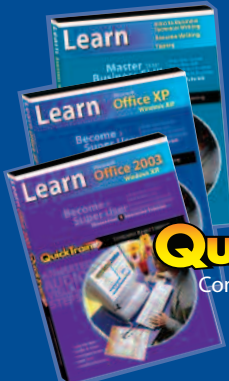


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