

# Microsteamer Recipes

## Sweet & Sour Chicken and Rice

1 cup instant rice	1/8 tsp. pepper
2/3 cup water	1 cup mixed vegetables
1 tsp. soy sauce	1 cup pineapple and cherries
1/4 tsp. garlic powder	1/4 cup sweet and sour sauce
6 oz. skinless chicken breasts cut into cubes	

In the Family-sized Micro-steamer base, combine rice, water, soy sauce, garlic powder and pepper. In the steamer colander, combine chicken, vegetables, pineapples and cherries. Place colander in the base, cover and microwave on high for 8 minutes, stirring once half way through. Let stand for 2 minutes before serving.

## Chicken & Rice

2/3 cup warm water	1/4 cup ranch dressing
1 tsp. chicken bouillon	1/4 tsp. garlic powder
3/4 cup minute rice	1/4 tsp. paprika
13oz can French style green beans	1 tsp. dried onion flakes
6 oz. boneless, skinless chicken breasts cut into cubes	

Combine water, bouillon and rice in Microsteamer base. Combine ranch dressing and spices in a separate bowl. Toss chicken in dressing to coat. Drain green beans and place in the steamer colander. Place chicken on top, cover and cook 7½ minutes on high. Let stand 2 minutes before serving.

## Stir Fry Chicken & Rice

3/4 cup instant rice	2/3 cup water
1/2 tsp. oregano	1 Tbsp. chicken bouillon granules
6 oz chicken breasts cut in strips	2 cups frozen vegetables
3-4 Tbsp. Italian dressing	

In the Microsteamer base, mix together the rice, water, oregano and chicken bouillon. Place the colander on top and add the strips of chicken, vegetables and dressing. Cover and microwave on high for 7-9 minutes or until chicken and rice are tender. Let stand for 3 minutes before serving.

### **Magical Chicken Casserole**

¾ cup instant rice	2 cups vegetables fresh or frozen
1 tsp. bouillon	¼ cup salad dressing
1/3 cup water	1/8 to ¼ tsp. dill weed
2 boneless, skinless chicken breasts - cut in small pieces	

In the base of the Microsteamer place the rice, bouillon, water and dill weed and stir. In the colander place the chicken, vegetables and salad dressing or soup. Cover and microwave on high for 7 minutes. Let stand for 5 minutes before serving.

### **Chicken & Broccoli**

2 boneless chicken breasts cubed	½ to ¾ bag of frozen broccoli
1 can cream of chicken or mushroom soup	1 cup instant rice
1/3 cup milk	

In the Microsteamer base, mix together the soup, rice, and milk. Place the colander on top and add the cubed chicken and broccoli. Cover and microwave on high for 10 minutes. Stir together and serve.

### **Peasant Style Potatoes & Ham**

2 cups loose-pack diced hash brown potatoes, thawed	
1/8 tsp. pepper	½ cup condensed cream of broccoli or celery soup
8 oz. cooked ham, diced	½ cup milk
1 cup frozen peas	½ tsp. dried basil, crushed
½ cup sliced celery	½ tsp. garlic powder
½ cup shredded Swiss cheese	sliced green onion (optional)

In Microsteamer base, stir together the potatoes, soup, milk, basil, garlic powder and pepper. In colander, combine the ham, peas and celery. Place colander in base. Cover and cook on high for 9-12 minutes, stirring ham mixture once. Stir ham mixture into potato mixture. Sprinkle with cheese and onion, if desired.

### **Ham & Potato Casserole**

1½ cups shredded hash browns	¼ cup water
1 cup frozen peas	1 cup ham pieces
½ cup pineapple chunks	1 Tbsp. soy sauce
½ cup shredded carrot	¼ cup pineapple juice

Combine hash browns and water in Microsteamer base. Mix other ingredients and put in colander. Cover and cook on high for 9 minutes, let stand 3 minutes before serving.

### **Egg & Potato Casserole**

2 cups frozen hash brown potatoes	5 eggs, well beaten
½ cup creamed cottage cheese	4 drops Tabasco sauce
1 cup shredded Monterey Jack Cheese	1 whole minced green onion
1 dash black pepper	1 dash salt
¾ cup grated Cheddar cheese	1/8 tsp. paprika
6 slices bacon, crisp	

In base of Microsteamer, mix together, potatoes, eggs, cottage cheese, Jack cheese, Tabasco, salt and pepper. Top with Cheddar cheese, onion and crumbled bacon. Sprinkle with paprika. Cook at 70% power for 10 to 15 minutes or until knife inserted in center comes out clean. Let stand to become firm.

### **Omelet**

5 -6 eggs, scrambled	salt and pepper to taste
Cheddar cheese	Seasonings of your choice Ham or Bacon
Vegetables of your choice	

Pour scrambled eggs into the base of the Microsteamer. Put your choice of toppings in the colander. Cover and microwave for 5 – 7 minutes, stirring eggs every 2 minutes. When eggs are done, put toppings over half of eggs, put cheese on top and fold over eggs. Cover for a few minutes to finish melting cheese. Makes two omelets.

### **Quesadilla's**

Large flour tortilla shells	chicken, pre-cooked and diced
Grated cheese of your choice	salsa

Place one flour tortilla in bottom of colander; add chicken, salsa, and cheese. Top with another tortilla. Place in Microsteamer base, cover and cook on high for 1 – 2 minutes or until cheese is melted. Remove to cutting board and slice with the pizza wheel.

### **Layered Chili Dip**

8 oz. cream cheese	1 can no-bean chili
½ pkg. taco seasoning	1 small can chop green chilies
1 cup Monterey Jack Cheese, shredded	

Layer in Family size Microsteamer, microwave 5 minutes on high.



### **Chicken Fajitas**

- 1 lb. Boneless/Skinless Chicken Breasts, bite sized
- 1 Red Pepper, bite sized
- 1 Green Pepper, bite sized
- 1 Large Onion, bite sized
- 1 Clove Minced Garlic or ½ Tsp. Garlic Powder

Small Jar Salsa or Picante Sauce

Toppings: Sour Cream, Grated Cheddar Cheese, Shredded Lettuce, Guacamole, Flour Tortillas

Put all ingredients except salsa into Family Micro Steamer and stir. Add salsa to mixture and stir. Cover and microwave for 8 minutes on 80% power. Stir, making sure to bring chicken from center to the outside. Microwave on 80% power for another 5 minutes or until chicken is no longer pink when cut. Place rolled up tortillas in Small Micro Steamer and microwave on high one minute to warm.

### **Fajitas in 9 minutes in the microwave**

- 1 lb. boneless, skinless chicken breast
- ½ yellow pepper
- 1 med onion
- 6 corn tortillas
- ½ green pepper
- ½ red pepper
- 1 tsp. Chipotle seasoning

Toppings of your choice-cheese, sour cream (serve in gourmet decorator) olives etc.

Cut chicken into strips, cut peppers and onion into 1/8" strips. Place onions and peppers in bottom of Micro Steamer-place chicken in colander, sprinkle with Chipotle seasoning. Cook on high for app. 9 minutes. Roll and top.

### **Taco Pie**

- 1 lb ground beef
- 1 can refried beans
- 1 pkg. Taco seasoning
- 1 ½ cups shredded cheese
- 1 jar salsa

Brown ground beef in Family Microsteamer Colander, drain. Mash refried beans into bottom of steamer. Mix browned ground beef with salsa and taco seasoning, pour over beans. Cover. Microwave on high for 8 min. Sprinkle cheese over top. Cover and allow 2 min. standing time. Garnish with sour cream and chives, if desired. Serve with Tortilla chips.

## Fast & Easy Nacho Dip

1 lb. Ground beef  
1 ½ cup grated Cheddar Cheese

1 jar Salsa  
Bag of nacho chips

Put an inch of water in base of Family-sized Microsteamer and place ground beef in circle in colander. Microwave on HIGH for 3 minutes. Remove cover and stir using a plastic utensil. Microwave another 3 minutes on HIGH. Let stand 2 minutes (1/4 cooking time). Dispose of fat in dish and clean. Add ground beef to base and mix in salsa and cheese. Place cover over dish and reheat 6 minutes on MEDIUM HIGH. Serve in dish with nacho chips. Enjoy!

## Vegetable Chart

Wash, trim and peel fresh vegetables as necessary. Cut into pieces if specified. Arrange vegetables in colander of Family Size Microsteamer. Add ½ cup of water to dish. Place colander in dish. Cover and heat on 100% power (High) for time listed or until vegetables are crisp-tender. Stir or rearrange once.

Vegetable amount for 4 servings microwave time.....

Asparagus spears 10 oz. 4 – 6 minutes

Beans, green whole 8 oz. 6 – 7 minutes

Broccoli spears 12 oz. 6 – 8 minutes

Carrots, ¼ inch slices 12 oz. – 2 ½ cups 6 – 8 minutes

Cauliflower flowerets 10 oz. – 3 cups 5 – 8 minutes

Corn on the cob 4 ears 8 – 12 minutes

Pea pods 8 oz. 3 – 5 ½ minutes

Sweet Pepper in strips 10 oz. – 3 cups 3 – 6 minutes

Potatoes, quartered 1 Lb. – 4 small 6 – 10 minutes

Zucchini or Yellow summer squash ¼ inch slices 12 oz – 3 cups 3 ½ - 5 ½ minutes

## Apple Crisp

1 stick butter  
1/2 cup flour  
1 tsp. cinnamon  
4 - 5 Granny Smith apples

2/3 cup brown sugar  
1/2 cup oatmeal  
3/4 tsp. nutmeg

Peel and slice apples and place in the dish of the Family Size Microsteamer. Blend remaining ingredients and sprinkle over apples. Cover and microwave on high power for 12 - 14 minutes. Tastes great over vanilla ice cream!

### **Breakfast Quiche**

12 Brown 'n Serve Sausage Links	1 c. sliced Swiss Cheese (cheddar, etc.)
2 c. whole milk	1/2 c. pancake mix
1/4 tsp. pepper	6 eggs
1/4 tsp. salt	1/4 tsp. pepper
1/3 c. finely chopped onion (green onion, bell pepper, mushrooms, broccoli too!)	

Cook sausage in Family Microsteamer colander 5-8 minutes. Clean base and lightly coat with cooking spray. In base, add crumbled sausage, onions (and any other veggies!) and cheese. Mix remaining ingredients and pour over sausage mixture. Cover and cook for 16 minutes on high. Let stand for 5 minutes covered. Serve with pie server

### **Chicken Piccata Style**

1/2 of a 9-oz. pkg. refrigerated linguine	1 jar (12-oz.) chicken gravy
1 cup frozen chopped broccoli	1/4 cup water
1 lb. skinless, boneless chicken thighs, cut into bite-size strips	
1 1/2 cups fresh mushrooms, halved	
1 small onion, cut into thin wedges	2 Tbs. lemon juice

Cut linguine into 2-inch lengths. In the bottom dish of the Meals in Minutes<sup>T</sup> Family-Size Microsteamer, combine linguine, gravy, broccoli and water. In the colander insert of the Microsteamer, combine chicken strips, mushrooms and onion. Place Colander in Dish. Cover and microwave on High 13-15 minutes, stirring once, until chicken is tender and no longer pink. Let stand, covered, about 5 minutes, until pasta is tender. To serve, stir chicken mixture and lemon juice into pasta mixture.

### **Lemon Pepper Chicken**

3/4 Cup Chicken Broth  
1/4 Cup dry white wine  
1 lb. Boneless, Skinless chicken breast halves, cut into small pieces  
Lemon Pepper Seasoning spice

Place broth and wine in base of Microsteamer. Place chicken pieces in colander. Sprinkle top of chicken pieces with seasoning. Place cover on top. Microwave on High for 3 minutes. Stir Chicken and sprinkle top with more seasoning. Cover. Microwave on High for additional 2 to 4 minutes or until chicken is cooked thoroughly.

### **Fast Smashed Potatoes**

2 pounds white potatoes, washed, peeled, and diced.

1/2 cup water

Place in dish of microsteamer (no colander). Cover and micro cook on high power for 12 minutes, stirring once. Drain water. Add milk, butter, or sour cream. "Smash" with potato masher.

### **Chicken Tetrazzini**

7 oz. refrigerated fettuccine

1 Tbs. olive oil or cooking oil

1 can (10 3/4 oz.) reduced-sodium condensed cream of chicken soup

1/2 cup water

1/2 cup milk

1 Tbs. snipped fresh basil or 1 tsp. dried basil, crushed

12 oz. skinless, boneless chicken breast halves, cut into 3/4-inch cubes

1 cup loose-pack frozen peas or cut asparagus

2 Tbs. grated Parmesan cheese

Cut fettuccine into 2-inch lengths. In the bottom dish of the Meals in Minutes™ Family-Size Microsteamer, combine fettuccine and oil, stirring to coat. Stir in soup, water, milk and basil. In the colander insert of the Microsteamer, combine chicken and peas. Place colander insert in bottom dish. Cover and microwave on High 10-12 minutes, stirring once, until chicken is tender and no longer pink. Let stand, covered, 5 minutes. To serve, stir chicken mixture into pasta. Sprinkle with Parmesan cheese.

### **Chicken Vegetable Medley**

12 oz boneless, skinless chicken breasts (3-4 half breasts), cut into bite-sized pieces

5 cups broccoli, cauliflower, and carrots

1/2 cup creamy cucumber ranch salad dressing

1 1/2 cups quick cooking rice

1 cup water

1/2 tsp. dried dillweed

2 tsp. chicken bouillon granules

dash pepper

In a bowl, combine chicken, vegetables and salad dressing. Cover and let stand 20 minutes or chill 4 hours. In microsteamer dish, combine rice, water, dill, bouillon, and pepper. Place chicken-vegetable mixture into colander. Place colander onto dish. Cover and microcook on 100% power for 12-14 minutes until chicken is tender, stirring chicken mixture once. Let stand, covered for four minutes. Stir rice. Serve with chicken. Serves four.

Alternate recipe: use Italian dressing with chicken and vegetables. Use oregano or basil instead of dill.



### **Creamy Pasta Alfredo**

1 1/4 Cup Elbow Macaroni  
2/3 cup Milk (Not Skim Milk)  
1 pkg. (3 oz.) Cream Cheese, Cut into cubes  
1/8 tsp. Ground Nutmeg  
1/2 Cup chopped Onion  
3 TBS. grated Parmesan Cheese

1 Cup Water  
1 TBS. Margarine or Butter  
1/2 tsp. Basil, Crushed  
2/3 Cup frozen Peas  
1/2 Cup chopped Green Peppers

In the bottom dish of the Family-Size Microsteamer, combine pasta, water, milk, cream cheese, margarine, basil and nutmeg. In the colander insert of the Microsteamer, place peas, onion and pepper in an even layer. Place colander insert in bottom dish. Cover and microwave on High 7-10 minutes, until pasta and vegetables are tender. To serve, stir vegetables and Parmesan cheese into pasta mixture (sauce may look curdled, but will become creamy after standing). Let stand, covered, 5 minutes, then stir again before serving.

### **Monkey Bread**

2 cans of country biscuits, cut into fourths  
1/3 c. brown sugar  
1/2 stick butter or margarine  
Optional - 3/4 nuts, chocolate chips, raisins

1/3 c. white sugar  
1 tsp. cinnamon

Place first four ingredients into Large Impressions Bowl. Shake well to cover. Pour into Microsteamer, arrange and smooth with fork - pushing away from center. Melt margarine and pour over biscuits. Cover and cook in microwave for 7 minutes on high. Uncover and let stand for 3 minutes. Invert onto plate

### **Pineapple Upside-Down Cake**

1 box Jiffy Yellow Cake Mix (or 1/2 box regular yellow cake mix)  
1 can sliced pineapple  
1/2 c. brown sugar  
3 Tbs. margarine

1/2 c. pineapple juice (from can)  
1 egg  
Cherries, if desired

Melt margarine in Family Microsteamer 45-60 seconds on high. Add brown sugar, stir and cook on high for another 1 1/2 - 2 minutes. Drain pineapple juice from can, reserving liquid. Mix 1/2 c. juice, cake mix and egg by hand; set aside. Arrange pineapple slices in bottom of steamer over the brown sugar mix. Decorate with cherries. Pour cake mix over top of pineapples and microwave 6-9 minutes (8 is usually good). Let cool 2-3 minutes and invert onto plate.

### **Taco Dip**

1 pound ground beef	1 can refried beans
1 pkg. Ortega taco seasoning mix	1 jar Ortega salsa
2 cups cheddar cheese	Tortilla chips

Put ground beef into the steamer basket and cover. Put into microwave and cook 3 minutes, break up hamburger into smaller pieces and then microwave another 3 minutes. Remove hamburger and drain fat out of the bottom. Place hamburger into the bottom of the Microsteamer and add beans, salsa, and seasoning. Stir well and place into microwave for 2-3 min. Add shredded cheddar cheese and put into the microwave another 1-2 minutes till melted. Eat while warm with tortilla chips.

### **Warm Oriental Broccoli Salad**

1 cup hot tap water	1 large bunch broccoli
1/3 cup rice wine or cider vinegar	2 Tablespoons sugar
1 Tablespoon reduced sodium soy sauce	
1 red bell pepper, seeded and cut into thin strips	
1 Tablespoon sesame seeds	

Remove broccoli from FridgeSmart container. Cut into small florets. In base of Meals in Minutes Family-Size Microsteamer, place 1 cup hot tap water; arrange broccoli in colander and cover. Cook on High 5 to 8 minutes until broccoli is crisp-tender. In a Tupperware® Impressions Large Bowl, combine vinegar, sugar and soy sauce; stir until sugar is dissolved. Add the steamed broccoli, pepper strips and sesame seeds and toss well. Serve warm.

### **Greek Style Stuffed Peppers - Makes 4 servings**

12 oz lean ground beef or lamb	1/2 cup chopped onion
2 garlic cloves, minced	1 cup reduced sodium chicken broth
3/4 cup quick cooking rice	1/2 tsp dried mint, crushed
1/4 tsp black pepper	
2 medium green bell peppers, halved lengthwise and seeded	
1/2 cup shredded mozzarella cheese	1/2 cup crumbled feta cheese
1/4 cup plain lowfat yogurt	Snipped fresh cilantro, optional

Into the colander insert of the Meals in Minutes Family Size Microsteamer, crumble meat. Add onion and garlic. Place colander in the bottom dish of the Microsteamer. Cover and microwave on High for 4-5 minutes, or until meat is brown, stirring once to break up meat. Wipe out bottom dish. In the bottom dish of the Microsteamer, combine meat mixture, chicken broth, uncooked rice, mint and pepper. Place bell peppers, cut side down, in the colander insert. Place the colander insert in the bottom dish of the Microsteamer. Cover and microwave High 6-9 minutes, until meat mixture is hot and peppers are crisp tender, giving the Microsteamer a half-turn once, if necessary in your oven. Let stand, covered 5 minutes. Stir the cheeses into meat mixture. Spoon mixture into peppers to serve. Serve with yogurt and cilantro.

### **Plum Sauced Pork - *Makes 4 Servings***

2 cups quick-cooking rice  
1/3 cup bottled plum sauce, divided  
12 oz lean boneless pork, cut into thin strips  
1 medium carrot, cut into thin strips

1½ cups water  
2 Tbsp soy sauce  
1 medium zucchini, cut into thin strips

In the bottom dish of the Meals in Minutes Family-Size Microsteamer, stir together uncooked rice, water, 3 Tbsp plum sauce and the soy sauce. In the colander insert of the Microsteamer, combine pork, zucchini and carrot. Place colander insert in bottom dish. Drizzle pork mixture with remaining plum sauce. Cover and microwave on High 7-9 minutes, stirring pork mixture once, until pork is cooked through. Let stand, covered, 5 minutes. To serve, stir rice mixture and place on dinner plates. Spoon pork over rice.

### **Cornbread**

1 box of jiffy corn bread mix, 1 egg, and what ever amount of milk the box directions call for. Mix in microsteamer put lid on and cook for 3 minutes.

### **Steamed Peel & Eat Shrimp**

1 lb peel and eat shrimp  
½ cup beer

Old bay seasoning  
½ cup water

### **Steamed Fish Fillets**

fish fillets  
½ cup water

lemon pepper

Arrange fish fillets around the colander. Sprinkle the fillets with lemon pepper. Add water to the base. Place colander in base and place the cover on. Cook on high power for 4 minutes.

### **Fish Fillets & Broccoli**

4-6 Fish Fillets (1-1 ½ lbs)  
Lemon Pepper Seasoning

Fresh Broccoli Flowerettes

Place fish fillets around sides of Microsteamer and sprinkle with lemon pepper. Place broccoli in center of dish. Cover and microwave on high for about 8 mins.