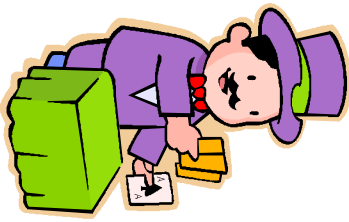


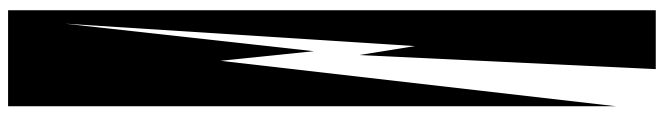


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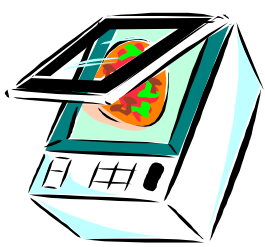


FOR @V@

FOOD
In A
Flash



Easy, Healthy,
Delicious, & Fun!



Microwave Magic Party

Earn even more free gifts!

Host Name _____

Party Date _____

Party Closing Date _____

COMPLETE YOUR GUEST LIST & RETURN TO ME BY



1 DATING IN WAITING!



\$100 PAID OUTSIDE ORDERS



7 OR MORE ADULT GUESTS IN ATTENDANCE



GO FOR IT ALL!



Microwave Magic Party



Come learn how to make magic in your microwave with quick and delicious recipes that you can prepare in minutes. The newest microwave products will be used in our demonstration and on display. You can taste test and receive new recipes to prepare for your friends & family!

Please join the fun. You'll be glad you did!

Host: _____

Date: _____

Time: _____

Place: _____

RSVP Please: _____



Bring a friend & receive a gift!!



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Place: _____

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Bring a friend & receive a gift!!

Microwave Cooking Made Easy

Coming To Terms

How does your microwave describe it's power and what does it mean?

100% = 10 = High = Cook
70% = 7 = Med. High = Roast
50% = 5 = Medium = Simmer
30% = 3 = Med Low = Defrost
10% = 1 = Low = Warm

What's Your Wattage?

Use this simple test to check your microwave oven's power wattage.

Pour 1 cup of room temperature water into a 2 cup microwaveable container. Heat at 100% power for 3 minutes. If it takes 3 minutes to boil, your oven is probably 600 watts. If it is boiling in 2 minutes, it's 800 watts. One minute or less is 1000 watts or more. Microwave ovens made after the year 2000 are generally 1000 watts.

If after 3 minutes the water has not begun to boil, your power may be 400 watts or less. Your wattage will affect the cooking time. High wattage cooks in less time. Low wattage takes longer. 800 watts is the average wattage that most recipes are based upon.

Converting your conventional recipes will soon be a breeze with a little practice. Just remember microwave cooking takes 1/4 of the time. A recipe that bakes for 1 hour can be microwaved in 15 minutes. Always add standing time. The food is still cooking even though the microwave has stopped. Also, when microwaving, if using salt to season foods, wait until after cooking.

ROUND CONTAINERS
ARE BEST FOR
MICROWAVE COOKING

**MICROWAVES CAN
PENETRATE ROUND
CONTAINERS ON ALL SIDES,
TOP, AND BOTTOM EVENLY.**

**SQUARE CONTAINERS
SHOULD HAVE ROUNDED
CORNERS TO PREVENT OVER
COOKING THE EDGES.**

Under Cover

Tight Cover or Plastic Wrap:
Promotes steaming & keeps moist

Vented Cover or Waxed Paper:
Holds in some moisture without steaming.

Paper Towel

Like having no cover, yet it absorbs extra moisture & holds in the heat during standing time.

You've Got The Power

Degrees	=	Power
475°-500°	=	100%
350°-375°	=	70%
300°	=	50%
225°	=	30%
150°	=	10%

Hot Spots!

If your microwave seems to be over cooking in the same area all the time, it could be a hot spot! Test it by placing a damp paper towel in the microwave. Cook on high for 2 minutes, then examine the paper towel. If there are some areas that are still wet while some are dry, those dry areas are hot spots. To compensate, place foods away from those areas or use a carousel.

Compliments of

Your Tupperware Consultant:

Ingredients for Your Microwave Cooking Class

Congratulations on deciding to host a Microwave Cooking Class!

When inviting your friends, it is important to let your enthusiasm show.

You might say: "I'm so excited! I am calling to invite you to a free microwave cooking class I am hosting on _____."

A trained specialist from Tupperware is going to show us their microwave product line, give us tips and ideas, and show us how to cook _____.

I have seen it and I think it's great!"

Recipe(s) selected for your class:

Please provide the ingredients needed for your microwave cooking class.

Use the list below to determine what you have on hand and what you need.

Ingredients on hand:

Ingredients Needed:

Other things you will need: hot pads or trivets, plates and silverware,
2 or 3 serving spoons, waxed paper, and paper towels.

Thank you for doing your part to make your class a big success!

Please don't hesitate to call if you have any questions.

Your Tupperware Specialist:

--

Heart Warming Savings

Quick and Easy Meal Preparation and Storage with Tupperware

Jan 27-Feb 23

Save Big Today! ~ Purchase Two sets for even Bigger Savings

#1-Got to Have it All Set - Retail \$212.50—12 Microwave Containers

1-8 cup Square Round	1-3 cup Oval	<u>Purchase one</u>	<u>Purchase Two</u>
4-2 cup Square Round	1- Oval Microwave Cooker	<u>Retail</u> \$212.50	\$425.00
1- 8 1/4 cup Oval	1- Oval Cooker Baking Rack	<u>Sale</u> \$159.30	\$318.60
1-4 3/4 cup Oval	1- Southwest Chipotle	<u>Save</u> \$53.20	\$106.40
1-6 1/4 cup Oval			

#2- Super Starter Set Retail \$168.00

1-8 cup Square Round	1-3 Cup Oval	<u>Purchase one</u>	<u>Purchase Two</u>
2- 2 cup Square Round	1-Oval Microwave Cooker	<u>Retail</u> \$168.00	\$336.00
1- 8 1/4 Cup Oval		<u>Sale</u> \$124.80	\$249.60
1-4 3/4 Cup Oval		<u>Save</u> \$43.20	\$86.40
1-6 1/4 Cup Oval			

#3-Starter Set Retail \$108.00

1-8 cup Square Round	<u>Purchase one</u>	<u>Purchase Two</u>
2- 2 cup Square Round	<u>Retail</u> \$108.00	\$216.00
1- 8 1/4 Cup Oval	<u>Sale</u> \$64.80	\$129.60
1-4 3/4 Cup Oval	<u>Save</u> \$43.20	\$86.40
1-6 1/4 Cup Oval		
1-3 Cup Oval		

Microwave Cooking Accessories and Other items to Consider

- Micro Pitcher Set
- Rock-n-Serve Divided Dish
- Southwest Chipotle, Italian Herb, Simply Garlic, Cinnamon Vanilla
- Silicone Spatula
- Lil' Chopper
- Can Opener
- Measuring Cups and Measuring Spoons
- Garlic Keeper
- CrystalWave Divided Dish
- CrystalWave Soup Mug
- Rock-n-Serve Soup Mug



Heat 'N Serve vs. Rock 'N Serve



Heat 'N Serve:

- Innovative shape ensures more even reheating of foods.
- Slightly raised hub in the center eliminates under-heated center and over-heated edges.
- Exclusive, automatic no-worry valve is made of flexible state-of-the-art silicone, and automatically adjusts to allow steam to escape when in the microwave.
- Large handles make it easy to remove seal when container is hot or cold.
- Great for transporting foods. (Always transport in an upright position.)

Both:

- Refrigerator, Freezer, Microwave & Dishwasher safe
- Virtually unbreakable, stain resistant plastic
- Sheer materials makes it easy to identify contents at a glance.
- Textured bottom helps mask scratches.
- Attractive design is suitable for serving.
- Cool touch handles make removal from microwave easy.
- Square and round designs to suit every need.

Rock 'N Serve:

- Rocker enables steam to escape and eliminates messy splatters in the microwave.
- Modular designs work together to save valuable storage space in the refrigerator or freezer.
- Curved sides as well as feet on the bottom provide air circulation for faster and more even freezing and reheating.
- Virtually airtight design provides superior storage.
- Fill line on the interior ensures sufficient room for food contents to expand in the freezer.



MICROWAVE SPANISH RICE RECIPE

Ingredients:

- 1 Tbsp butter or margarine
- 1 cup long grain rice
- 1 Tbsp Southwest Chipotle Seasoning
- 1 (14 1/2 oz) can chicken broth
- 1/2 cup salsa

Directions:

- Melt butter in 8-Cup Square Round Heat N Serve ~ 20 seconds
- Stir in rice to coat; cover; microwave on High 2 minutes
- Add remaining ingredients; cover; microwave on High 3-4 min.
- Stir; cover; microwave on Medium (50% power) 10-12 min.

Your Tupperware Connection:

MICROWAVE SPANISH RICE RECIPE

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Your Tupperware Connection:

Easy Cake

Any cake mix (do not mix)
Any pie filling (regular sized can)
3 eggs



Mix the ingredients together in a Mix-N-Store Plus Pitcher. Pour into the Heat N' Serve 8 1/4 cup Oval. Cook on High for 8-12 minutes.

Yummy!

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Any cake mix (do not mix)
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Yummy!

Your Tupperware Connection:

Cinnamon & Sugar Coffee Cake

1 Yellow Cake Mix ~ mix according to directions on box
Sugar for sprinkle topping
Cinnamon Vanilla Seasoning



Pour cake mix batter in the Heat N' Serve 8 1/4 cup Oval container. Sprinkle the top with a mixture of the Cinnamon Vanilla seasoning and sugar.
Microwave on High for 10 minutes.

Yummy!

Your Tupperware Connection:

Cinnamon & Sugar Coffee Cake

1 Yellow Cake Mix ~ mix according to directions on box
Sugar for sprinkle topping
Cinnamon Vanilla Seasoning



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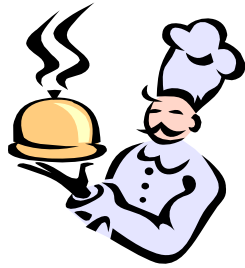
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Microwave on High for 10 minutes.

Yummy!

Your Tupperware Connection:

Best Hot Dip Ever!

- 2 (8 oz) pkg of Cream Cheese, softened
- 8 oz sour Cream
- 1 pkg dried beef
- 1 tsp Worcestershire sauce
- 1/2 green pepper, chopped
- 2 Tbsp onion, grated
- 1/4 tsp garlic
- Salt & pepper
- Slivered almonds



Mix all ingredients in the 8 cup Square Round Heat N Serve Container or the Rock N Serve Medium Deep. Top with slivered almonds and microwave on High for 3 1/2– 4 1/2 min. or until hot and bubbly.
Serve with Fritos.

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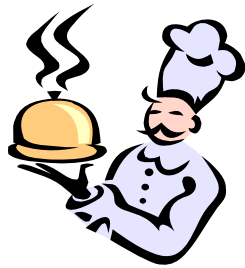


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Serve with Fritos.

Your Tupperware Connection:

Southwest Chicken Enchiladas



Ingredients:

1 lb. boneless, skinless chicken breasts; cut into strips	12 corn tortillas
2 Tbsp SW Chipotle Seasoning	1 (15 oz) can enchilada sauce
1/2 cup chopped red pepper	1 cup shredded cheddar cheese
1/2 cup chopped green pepper	
1/2 cup chopped onion	

Directions:

*Place 1 cup water in base of Oval Microcooker; place veggies & chicken in shallow colander; cover; microwave on High 5 min. Stir and microwave on High 3-5 min. more until chicken is cooked.
*In base of Oval Microcooker, layer 6 tortillas, sauce, chicken mix, cheese. Repeat until finished with cheese on top.
*Cover & microwave on Med. High (70%) for 7-10 min.
*Serves 6.

Your Tupperware Connection:

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*Serves 6.

Your Tupperware Connection:

Fresh Vegetable Microwave Cooking Chart

Vegetable Amount	How to Prepare Vegetables	Water Amount In Base	Place Vegetable in this Piece (With Base)	Cooking Time (Covered on High)
Artichokes	Peel off outer leaves; Trim off top of dried leaves; Trim diagonally ½ inch around bottom; Remove choke	2 cups water plus 1 Tbsp. olive oil	Shallow Colander with Deep Colander Ring	10 to 15 minutes
Asparagus (2 lbs.)	Snap off bottom of each stalk; Peel bottom of each stalk	2 cups	Shallow Colander	3 to 5 minutes
Broccoli (1½ lbs.)	Cut into flowerets	2 cups	Shallow Colander with Deep Colander Ring	3 to 5 minutes
Brussel Sprouts (1 lb.)	Cut X on bottom of each	2 cups	Shallow Colander	5 min.; stir. Additional 3 to 5 min.
Carrots (1 lb.)	Cut into ¼-in wide slices	2 cups	Shallow Colander	3 to 5 minutes
Carrots (1 lb.)	Cut into 1-in wide slices	2 cups	Shallow Colander	5 to 7 minutes
Cauliflower (Whole head)	Trimmed of green leaves	2 cups	Shallow Colander with Deep Colander Ring	10 to 15 minutes
Corn on the Cob (5 to 8 small cobs, depending on size)	Husk corn & remove silk	2 cups	Shallow Colander with Deep Colander Ring	10 min.; rotate cobs additional 3 to 8 min.
Green Beans (1 lb.)	Trim off both ends; cut into 1½-in pieces for thinner beans; cut into 1-in. pieces for thicker beans	2 cups	Shallow Colander with Deep Colander Ring	6 to 9 minutes; Stir after every 3 minutes
Snow Peas (1 lb.)	Trim at both ends	2 cups	Shallow Colander	3 to 5 minutes

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Oval Microwave Cooker

Fiesta Dip

(Makes 6 servings.)

- 1 pkg. cream cheese (8-oz. softened)
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup salsa
- 2 Tbsp. chopped green pepper
- 2 Tbsp. sliced black olives
- 2 Tbsp. sliced green onions

Spread cream cheese with Silicone Spatula evenly into Base of Oval

Microwave Cooker.

Sprinkle evenly over top.

Drizzle salsa over top of cheeses; top with peppers, black olives, and onion.

Microwave on Medium (50%) for 2 to 4 minutes, or just until cream cheese is melted and mixture is bubbly on edges.

Let stand several minutes.

Serve with taco chips.



Parried Potatoes & Chicken

(Makes 4-6 servings.)

- 1½ lbs. (about 10 to 12) small new red potatoes, unpeeled
- 2 Tbsp. vegetable oil
- 1 medium onion, finely chopped
- 1 clove garlic, crushed and chopped
- ¾ cup chopped fresh parsley
- 1 lb. skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 cup chicken or vegetable broth
- ½ teaspoon pepper

Scrub potatoes; cut into 1-inch cubes. Rinse again.

Stir together vegetable oil, onion, garlic, parsley and chicken pieces in Base of Oval Microwave Cooker and cover. Microwave on High (100%) power for 5 to 7 minutes or until onion is transparent. Stir in broth and pepper.

Spread potato pieces evenly over bottom of Shallow Colander; place on top of Base with chicken and broth mixture. Cover.

Microwave on High for 5 to 9 minutes or until potatoes are for tender, stirring occasionally.

Stir potatoes into chicken mixture. Cover. Microwave on High for 2 to 4 minutes or until potatoes are fully cooked and coated with parsley mixture.

Oval Microwave Cooker

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(Makes 6 servings.)

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- 1/2 cup salsa
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Spread cream cheese with Silicone Spatula evenly into Base of Oval Microwave

Cooker.

Sprinkle evenly over top.

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Microwave on High for 5 to 9 minutes or until potatoes are for tender, stirring occasionally.

Stir potatoes into chicken mixture. Cover. Microwave on High for 2 to 4 minutes or until potatoes are fully cooked and coated with parsley mixture.

Cherry Chocolate Fudge

(Makes about 3 dozen pieces.)

- 1/3 cup finely chopped Maraschino cherries, well drained
- 1/2 cup (1 stick) butter, cut into pieces
- 3 2/3 cups powdered sugar (1 lb.)
- 1/2 cup unsweetened cocoa powder
- 1/3 cup evaporated milk
- 1/3 cup pecan pieces
- 1 tsp. almond or vanilla extract

Line 8-inch square pan with foil. Drain chopped cherries between paper towels.

Microwave butter on High (100%) in Base of Oval Microwave Cooker 45 seconds or just until melted. Stir in powdered sugar, cocoa and evaporated milk.

Microwave on High 1 minute; stir well with E-Series Whisk.

Microwave on High additional 30 seconds at a time until slightly thickened and smooth when stirred. Do not boil. With Silicone Spatula, stir in cherries, pecans and extract. Spread into prepared pan.

Cover; refrigerate until firm. Use foil to lift fudge out of pan; cut into squares. Cover and refrigerate leftover fudge.

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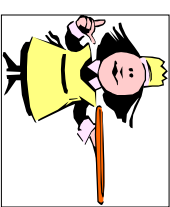
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Rock 'N Serve Recipes



Taco Casserole

- 2 lbs. Ground Beef or Ground Turkey
- 8-oz. Jar of Mild Taco Sauce
- 1 cup Grated Mozzarella Cheese
- 6 Small Corn Tortilla Shells (cut in wedges)
- 16-oz. Sour Cream
- 1 cup Grated Cheddar Cheese
- 1 medium Onion, finely chopped

Cook ground beef (6 minutes per pound on high) in the microwave in the TupperWave Colander. Mix taco sauce with cooked meat. Stir in tortilla shells. Layer in Rock 'N Serve Large Deep container in the following order: ground beef mixture, onions, sour cream, and cheeses. Repeat layers once. Microwave at 70% power for nine minutes with cover vented, turning 2-3 times during cooking.

Creamed Tacos

- Brown: 1 lb. hamburger and 1 medium chopped onion in TupperWave Colander over 3-Qt. Casserole for 6 minutes in the microwave.

Add: 1 can tomato sauce, 1 can chopped green chile peppers, 1 small can evaporated milk, 1 can enchilada sauce, and 1 cup grated parmesan cheese.

Heat in TupperWave 3-Qt. Casserole on high for 3 minutes or until cheese melts. Line a Rock 'N Serve Large Deep with corn tortillas torn in half. Spoon hamburger mixture over tortillas until completely covered. Add another layer of tortillas and hamburger mixture. Continue layers ending with the hamburger mixture. Sprinkle grated cheese generously over the top. Microwave at 70% power for approximately 8 minutes. Yield 6 servings.



Microwave Brownies

Mix any regular (not for microwave) brownie mix according to package directions.

Pour into the Rock 'N Serve Large Shallow container, uncovered.

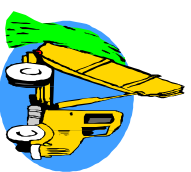
Microwave for approximately *8-10 minutes, turning the container once during cooking time.

Enjoy!

*Cooking time varies for each microwave.

Dump Cake

- 20-oz. can crushed pineapple
- 21-oz. can cherry pie filling
- 1 yellow Jiffy Cake Mix
- 1 stick of butter (1/2 cup)



Melt butter in microwave for 1 minute.

In Rock 'N Serve Large Shallow, dump pineapple, pie filling, cake mix and butter.

Microwave on high 10-15 minutes.

(All microwave ovens vary.)

Let sit 5 minutes before serving.

(Recipe can be doubled using the Rock 'N Serve Large Deep.)

Other variations: Use above recipe with peach pie filling using chocolate cake mix instead of yellow or any desired combination of cake mixes and pie fillings.



Compliments of Your Tupperware Specialist:

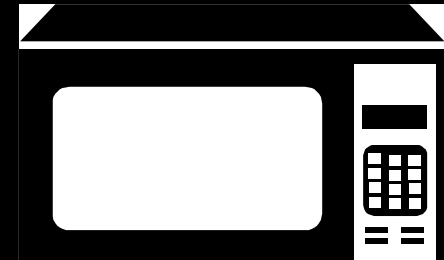
Microwave Magic Quiz

Answer TRUE or FALSE
to the following questions:

- 1. Cooking food in the microwave is healthier than cooking the conventional way.
- 2. It's possible for harmful microwaves to escape when you open your oven door.
- 3. Never place metal in the microwave.
- 4. The shape of a microwave pan isn't particularly important.
- 5. Microwaves don't cook meats very well.
- 6. You'll always get better results if you turn the food you're cooking in the microwave.
- 7. All microwave ovens will boil water in the same amount of time.
- 8. There is no easy way to determine how long to cook something in the microwave.
- 9. A microwave oven with a turntable is superior to one without it.
- 10. The arrangement of food in the microwave dish has nothing to do with the success of cooking.

By Tupperware

Microwave Magic



Microwave Magic Quiz Answers

1. Cooking food in the microwave is healthier than cooking the conventional way.

TRUE. Because cooking time is shorter, the food retains more nutrients. Long exposure to heat causes loss of vitamins and nutrients. Microwave cooking also requires less added fat, and this also makes it a healthier way to cook.

2. It's possible for harmful microwaves to escape when you open your oven door.

FALSE. Microwaves work like the light inside your refrigerator which turns on and off when you open the door. Whenever you open the microwave door, the oven stops and there are no harmful waves.

3. Never place metal in the microwave.

FALSE. It's okay to use lightweight aluminum foil in the microwave oven to shield or protect food from over-cooking. Be sure that:

- You have at least 4 times as much water or food as foil.
- You keep the foil away from the metal sides of the oven. Metal to metal contact will cause arcing.
- You smooth the foil so there are no pieces standing up like antennas which will also cause arcing.

4. The shape of a microwave pan isn't particularly important.

FALSE. It's very important! A round pan is very efficient. You can arrange food in a ring which allows the microwave to penetrate the food from both the inside of the ring and the outside of the pan. A pan with straight sides and a flat bottom allows for an even layer of food which will cook more evenly.

5. Microwaves don't cook meats very well.

FALSE. Meats turn out juicy and tender if you allow for the standing time when food continues to cook after it has been removed from the oven. Otherwise, meat may be overcooked.

Microwave Magic Quiz Answers

6. You'll always get better results if you turn the food you're cooking in the microwave.

FALSE. For most foods, you don't have to turn unless your oven has a hot spot.

7. All microwave ovens will boil water in the same amount of time.

FALSE. If the oven is 600 watts or over, 8-oz. of room temperature water will boil in 3 minutes. If the oven is a lower wattage, boiling will take longer.

8. There is no easy way to determine how long to cook something in the microwave.

FALSE. A good rule of thumb is 6 minutes per pound. However, other factors can affect how long the food should be cooked:

- Oven wattage
- How the food is arranged
- Starting temperature of the food
- Density of the food
- Freshness of the food (fresher foods have more water)
- Size and/or uniformity of the food pieces
- The amount of fat, sugar, and bone in the food
- Fish and Seafood take about 3 minutes per pound.

9. A microwave oven with a turntable is superior to one without it.

FALSE. Ovens without a turntable have a rotating fan or some other mechanism to disperse the microwave energy evenly.

10. The arrangement of food in the microwave dish has nothing to do with the success of cooking.

FALSE. Since microwaves penetrate food only about 1 to 1½ inches, you want to arrange food so that all parts will receive the microwaves. Cut pieces uniformly and place them in a ring in the dish.