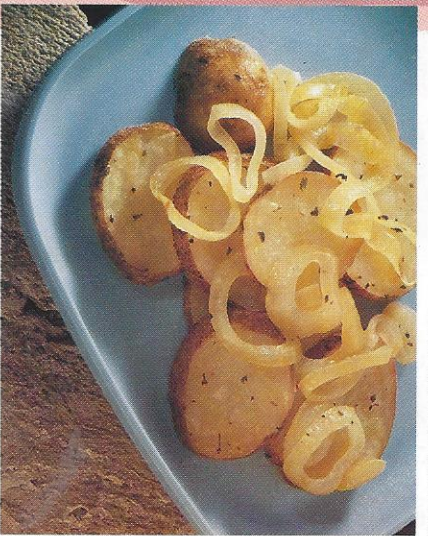


SIDE DISH



Cover

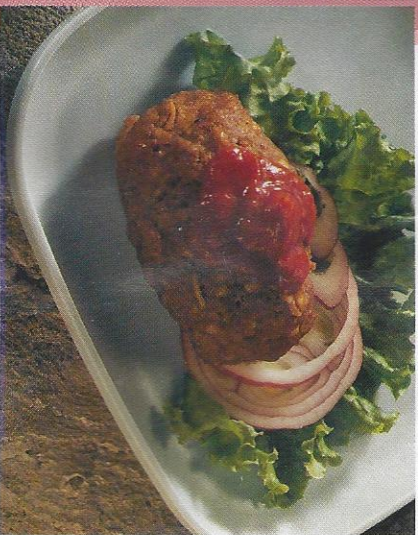
HERBED POTATOES

2 medium baking potatoes (12 oz.)	2
1 small onion, thinly sliced (1/3 cup)	1
4 or 2 Tbsp. water	50 or 25 mL
1 Tbsp. margarine or butter, melted	15 mL
1/2 tsp. dried basil, oregano, or tarragon, crushed	2 mL

Slice potatoes about 1/4 inch thick. Arrange potato and onion slices in the Cover, placing smaller pieces in the center. Combine 4 Tbsp. (50 mL) water, the margarine, and herb; pour over vegetables. Stack and cook, covered with waxed paper, as directed on page 16. Stir before serving. Makes 4 servings.

● May be cooked separately using 2 Tbsp. (25 mL) water. Cover and cook on 100% power (high) for 10 to 12 minutes or until potatoes are tender. Stir before serving.
● Preparation time: 10 minutes
● Nutrition information per serving: 11 g 2 g pro., 21 g carbo., 3 g fat (1 g sat. fat, 1 mg chol., 40 mg sodium).

MAIN DISH



1 3/4-qt. Casserole

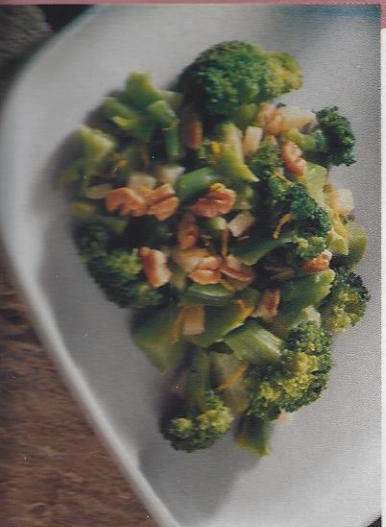
HERBED MEAT LOAVES

1 beaten egg	1
1/2 cup herb-seasoned stuffing mix	125 mL
1/3 cup milk	75 mL
1 Tbsp. onion soup mix	15 mL
2 Tbsp. bottled barbecue sauce, chili sauce, or catsup	25 mL
1 1/4 lb. lean ground beef	625 g
1/4 cup bottled barbecue sauce, chili sauce, or catsup	50 mL

In a Medium Mixing Bowl combine egg, stuffing mix, milk, onion soup mix, and the 2 Tbsp. (25 mL) barbecue sauce; add ground beef and mix well. Shape into 5 loaves. Arrange loaves around edge of the 1 3/4-qt. Casserole. Stack and cook as directed on page 16. Spoon the 1/4 cup (50 mL) barbecue sauce over loaves before serving. Makes 5 servings.

● May be cooked separately, covered, on 100% power (high) for 8 to 10 minutes or until no longer pink. Spoon 1/4 cup (50 mL) barbecue sauce over loaves before serving.
● Preparation time: 12 minutes
● Nutrition information per serving: 278 27 g pro., 8 g carbo., 15 g fat (6 g sat. fat, 129 mg chol., 427 mg sodium).

SIDE DISH



BROCCOLI AND PECANS

4 cups loose-pack frozen cut broccoli	1 L
1/3 cup water chestnuts, chopped	75 mL
1/4 tsp. onion salt	1 mL
1/4 tsp. finely shredded orange peel (optional)	1 mL
2 Tbsp. margarine or butter	25 mL
1/4 cup broken pecans	50 mL

In the 3-qt. Casserole combine broccoli, water chestnuts, onion salt, and, if desired, orange peel. Dot with margarine. Stack and cook as directed on page 16. Stir in pecans before serving. Makes 4 servings.

● May be cooked separately, covered, on 100% power (high) for 6 to 8 minutes or until broccoli is crisp-tender. Stir in pecans before serving.
● Preparation time: 5 minutes
● Nutrition information per serving: 131 3 g pro., 8 g carbo., 11 g fat (2 g sat. fat), 1 mg chol., 159 mg sodium.