



# Tupperware's Cook with Confidence

## Tofu Lasagna

6 no-boil lasagna noodles  
½ package of firm tofu  
1 egg  
¼ teaspoon salt  
¼ teaspoon black pepper  
¼ teaspoon ground nutmeg  
2 Tbsp milk  
1-2 cups of spaghetti sauce  
1 Tbsp dried parsley  
1 cup shredded mozzarella cheese, divided  
½ cup grated Parmesan cheese

In a medium bowl, combine tofu, egg, salt, pepper, nutmeg, milk, spaghetti sauce, parsley, and 1/2 cup of mozzarella cheese. Spread a layer on the bottom of the MicroPro Grill. Layer noodles with the sauce mixture, ending with sauce. Combine remaining mozzarella and parmesan cheese and sprinkle on top. Microwave on high for 15-20 minutes.

## Creamy Chicken Ranch

4 pieces chicken breast boneless  
1/4 tsp garlic powder  
1 can chicken broth  
1 can Cream of chicken soup  
1/4 tsp paprika  
1 pkg. Ranch dressing mix  
1 8 oz cream cheese

Cut chicken breasts into bite size piece. Add all ingredients except chicken in the pressure cooker. Add bite size chicken breast.

Mix and microwave on high for 20- 25 minutes. Optional: add carrots parsley flakes

## Green Bean Casserole

1 can cream of mushroom soup  
½ cup milk  
1 tsp. soy sauce  
1 dash black pepper  
2 cans (14oz.) green beans, drained  
1½ cups French's French fried onions

Stir the soup, milk, soy sauce, pepper, beans and 2/3 cups onions in a medium bowl.

Pour the green bean mixture in the base of the MicroPro Grill. Place cover in the casserole position. Microwave on high power 10 minutes. Stir the bean mixture, sprinkle with the remaining onions, place cover in GRILL position, and Microwave on high for 2-3 minutes or until onions are lightly browned.

## Balsamic Cucumber Salad

2 medium cucumbers, halved  
1 medium red onion, peeled  
1 pint grape tomatoes, halved  
6 oz. container feta cheese  
1 cup balsamic dressing

Set Mandolin round knob to #3, triangular knob to "lock" and select the straight V-shaped blade insert. Slice cucumbers. Transfer to medium bowl. Switch mandolin round knob to #1 to slice onion. Add to cucumbers in bowl. Add tomatoes, feta and balsamic dressing. Toss gently to combine.