

Cuchina Safe Glass Lids - Recipes

#1 Susan's MOIST GLUTEN-FREE CHOCOLATE CAKE in the Microwave

Ingredients

- 2/3 cup gluten-free flour mix
- 2/3 cup granulated sugar
- 1/3 cup chocolate syrup
- 1 large egg
- 1/4 cup milk (dairy or almond)
- 1/4 cup oil (I prefer extra virgin olive oil)
- ½ tsp. vanilla
- (add a pinch of baking soda)
- 1/4 cup chocolate chips

Instructions

Mix in a bowl - syrup, egg, milk, oil, vanilla. Add dry ingredients (except chocolate chips) and mix well. Pour ingredients into a pre-sprayed microwave-safe glass bowl (1.75 qt.), place a small microwave-safe narrow jar or shot glass in the middle and pour the mixture into bowl like a Bundt cake. Sprinkle chocolate chips on top of batter.

Cover with the **Cuchina Safe Lid**, microwave on high for 3 minutes 30 sec. Let sit in the microwave for a minute more as the cake will still be rising and baking.

After cooling, cut cake into 4-6 serving size pieces and scoop out of bowl.

Garnish with whipped cream or serve warm with ice cream.

#2 NO CRUST PUMPKIN PIE in the Microwave

Ingredients

- 3/4 cup of pumpkin (canned)
- 1/3 cup can of evaporated milk or almond milk
- 1 egg
- 1/3 cup of baking mix (Bisquick) (adjust for Gluten-Free – 1/3 cup Gluten-Free Flour and 1/4 tsp. baking powder)
- 1/3 cup sugar
- 1/4 tsp. pumpkin spice
- 1/4 tsp. cinnamon
- 1 tsp. vanilla

Instructions

Prep Time: 5 minutes Cook Time: 7 minutes

Use a 1.75 to 2 qt. glass microwave-safe cooking bowl (flat bottom works best), spray with nonstick cooking spray. Take a glass shot glass or narrow jar (also spray) and place in the middle of the bowl. Place ingredients into a blender or hand blend. Pour into sprayed bowl, leaving the glass jar in the middle to help evenly cook the pie. Cover with the vented **Cuchina Safe Lid**. Microwave pumpkin pie at 50% power for 7 minutes (time varies, depending on your microwave). Uncover and let stand 15 minutes. Chill. Garnish with whipped topping

Servings: 4

#3 STEAMED SCRAMBLED EGGS in the Microwave

Ingredients

- 2 eggs
- 1 to 2 tablespoons of milk or almond milk

Instructions

Add for taste - salt/pepper, cheese, steamed veggies

Combine ingredients in a microwave-safe glass bowl and whisk egg mixture. Cover with the **CUCHINA SAFE LID**, cook in microwave on high for 40 sec., stir and cook another 40 sec. or until eggs are not runny. The steam makes perfect fluffy scrambled eggs.

#4 TURKEY BACON QUICHE in the Microwave

Ingredients

- 4 large eggs
- 2 tbsp. milk
- 2 tbsp. Bisquick
- 1/8 tsp. ground black pepper
- ¼ tsp. salt
- 1 cup shredded Colby & Monterey Jack cheese (use Swiss for a milder taste)
- 1 cup fresh broccoli florets
- 2 slices of turkey bacon chopped

Instructions

Use a 1.75 to 2 qt. glass microwave-safe cooking bowl (flat bottom works best), spray with nonstick cooking spray. Take a glass shot glass or narrow jar (also spray), place in the middle of the bowl. Whisk eggs, milk, Bisquick, salt & pepper in a 1 qt. measuring cup, add remaining ingredients, stir until blended. Pour into bowl, leaving the glass jar in the middle to help evenly cook the quiche. Cover with the **Cuchina Safe Lid**. Microwave at 50% power for 6 minutes or until eggs are thoroughly cooked (time varies, depending on your microwave). Serve warm. Makes 4 servings.

#5 OATMEAL (gluten-free preferred) in the Microwave

Use a microwave-safe deep cereal bowl or large 20 oz. mug. Add 1/2 cup of uncooked oatmeal and 1/2 cup of water, add 2 tbsp. of cocoa chips or 1/3 cup of frozen berries, or other frozen fruit. Cover with the **Cuchina Safe Lid** and cook in microwave on high for 2 minutes 25 seconds. Leave the lid in place on the bowl for 1 minute more to steam the oatmeal. Careful! Bowl will be hot! Add milk and enjoy a healthy breakfast!

#6 STEAMED BROCCOLI in the Microwave

Wash fresh Broccoli and cut into small pieces or florets. Place in 1 ½ quart microwave-safe glass bowl, add a little water & sea salt. Cover bowl with the **CUCHINA SAFE LID**. Cook in microwave on high for 3 to 4 minutes (depending on how you prefer your broccoli) leave the lid on the bowl in microwave for 1-2 minutes more to steam broccoli. Careful! Bowl will be hot! Drain and season with your favorite toppings of butter or grated cheese.

#7 STEAMED VEGGIES - Broccoli, Bell Peppers and Yellow Zucchini in the Microwave

Wash veggies and cut into small pieces. Place in 1 ½ quart microwave-safe glass bowl, add ½ cup water & some sea salt. Cover bowl with the **CUCHINA SAFE LID**. Cook in microwave on high for 3 minutes (depending on how you prefer your veggies), leave the lid on the bowl for 2 minutes more to steam. Careful! Bowl will be hot! Drain, season with your favorite toppings.

#8 STEAMED GREEN BEANS in the Microwave

Wash fresh green beans and cut or snap into smaller pieces. Place in 1 ½ quart microwave-safe glass bowl; add 1/3 cup water and a pinch of sea salt. Cover bowl with the **CUCHINA SAFE LID**. Cook in microwave on high for 3 to 4 minutes (depending on how you like your green beans). Leave the lid on the bowl for 1- 2 minutes more to steam beans. Careful! Bowl will be hot! Drain and season with your favorite toppings of butter, almonds, bacon or blue cheese.

#9 CREAMY MAC 'N CHEESE in the Microwave

Ingredients

- 1 1/2 cups uncooked elbow macaroni
- 2 cups half & half or whole milk
- 1 tsp. of sea salt
- 1 cup shredded Sharp Cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/4 cup shaved or grated Parmesan
- 2 ounces cream cheese
- 1 teaspoon Dijon mustard

Instructions

Add macaroni, 1 cup of half & half and salt in a microwave-safe 4-quart bowl (A large mixing bowl will prevent the milk from boiling over). Cover with large **Cuchina Safe Lid**. Microwave on high for 4 minutes, uncover and stir (be careful to avoid the hot steam). Cover and microwave on high for 1 ½ minutes. Cook longer if using a 700-watt oven. Add the remaining cup of half & half, Cheddar, Jack, Parmesan, cream cheese and mustard. Stir well, cover and microwave on high until all cheeses have melted, about 4 minutes. Stir until thoroughly combined, let stand covered for 3 minutes more to steam cook any unmelted cheeses. Yield: 4 servings

#10 CASTRIOTA CHILI – stove top

Ingredients

- 2 pounds cubed lean beef (small cubes)
 - 1 (40 oz.) cans kidney beans, rinsed and drained
 - 1 (28 oz.) cans diced or whole peeled tomatoes
 - 1 (12 oz.) bag of frozen diced onions
 - 1 green bell pepper, chopped
 - 2 tps. Minced garlic
 - 2 tbsp. Olive oil
 - 2 to 3 tablespoons chili powder (mild to spicy)
 - 2 teaspoons sea salt
 - 1 teaspoon ground black pepper
- Top with 1/4 cup shredded Cheddar cheese for each serving

Instructions

In a large Dutch oven over medium-high heat, add olive oil, garlic, ½ bag of onions and beef. Cook and stir until beef is evenly browned - do not drain. Add kidney beans (drained), diced tomatoes, bell pepper, chili powder, salt, and black pepper. Cover with large **Cuchina Safe Lid** and cook on low for 3 to 4 hours or until the meat is tender. Add remaining onion half way through cooking, stir occasionally. If too thick, add a small can of diced tomatoes. Garnish each serving with Cheddar cheese, serve over rice or pasta.

#11 STEAMED RICE (white) in the Microwave

Use 1 ½ quart glass microwave-safe bowl, spray upper inside with cooking spray

Add 1 cup of uncooked long grain white rice, rinse in the sink with water 3 to 4 times to rid of starch, drain water. Add 1 ½ cup water (salt if wanted) cover with the **Cuchina Safe Lid** and cook in microwave on high for 5 minutes.

Leave the lid in place on the bowl in microwave for 15 minutes to steam the rice.

Careful! Bowl will be hot! Garnish with butter or favorite toppings

#12 STEAMED RICE WITH VEGETABLES in the Microwave

Ingredients

- 1 cup uncooked long grain white Rice
- 2 tbsp. butter
- 2 cubes of chicken bouillon cubes
- 1 tsp. of sea salt
- ¼ tsp. dried thyme and 1 Bay Leaf (optional)
- 2 cups Frozen Vegetable medley

Instructions

Use 2.5 quart glass microwave-safe bowl. Add 1 cup of uncooked long grain white rice (rinse rice in the sink with water 3 to 4 times to rid of starch, drain water).

Add 1 ½ cup water, butter, bouillon cubes, salt and spices. Cover with the **Cuchina Safe Lid** and cook in microwave on high for 5 minutes. Stir in frozen vegetables, cover and microwave another 5 minutes on high. Leave the lid in place on the bowl for 15 minutes more to continue to steam the rice. Careful! Bowl will be hot! Garnish with butter or favorite toppings.

#13 YUMMY STEAMED CARROTS in the Microwave

- 1 bag (10 oz) of shredded carrots
- ½ c water
- 1 tbsp. honey
- 1 tbsp. olive oil
- 2 tsp. Dijon Mustard
- 1 tsp. Lemon juice

Instructions

Add carrots and water into a 1 ½ - 2 quart microwave-safe glass bowl, cover with the **Cuchina Safe Lid**. Cook in microwave on high for 5 minutes, leave the lid in place on the bowl in microwave for 3 minutes more to steam the carrots. Drain and add remaining ingredients, serve warm or chilled for a healthy side dish! Optional - add raisins or almond slivers.

#14 CHICKEN BREASTS IN CREAMY CAPER SAUCE - Stove Top

Ingredients

- 4 boneless, skinless chicken breast halves
- 2 tbsp. lemon juice
- 1 teaspoon sea salt
- 1 teaspoon dried dill weed
- 4 tablespoons butter
- 1 cup half & half
- 2 tablespoons capers, drained and rinsed

Instructions

Season chicken breasts with lemon juice, salt, dill weed. Melt butter in a large skillet over medium heat. Place chicken in a deep skillet, and increase heat to medium-high. Cover with the large **Cuchina Safe Lid**, turn chicken frequently, until brown, about 5 minutes. Reduce heat to medium, and cook 5 to 7 minutes, until chicken is cooked through. Remove chicken to a serving platter, and cover with foil. Return skillet to stove, and increase heat to high. Whisk in half & half, whisking continuously until reduced to sauce consistency, about 3 minutes. Remove from heat. Stir in capers. Pour sauce over chicken, and serve.

15 YAMS cooked in the Microwave

Poke small vent holes in medium size yam, place in shallow microwave-safe glass bowl. Add a teaspoon of water for every yam. Cover with the **CUCHINA SAFE LID**, cook on high for 5 to 6 minutes. Leave the lid in place on the bowl for 1 minute more to steam yams.

Careful! Bowl will be hot! Season with toppings of butter, marshmallows or cinnamon.

#16 STEAMED SPINACH in the Microwave

Place one bag of fresh pre-washed spinach into a microwave-safe glass bowl, add 2 tbsp. of water and a pinch of sea salt. Cover with the **CUCHINA SAFE LID**, cook on high for 2 minutes, stir – add minced garlic if desired, cook 1 minute more. Drain and season with your favorite toppings.

#17 ONE-POT PASTA WITH SPAGHETTI SAUCE Stove-Top

Ingredients

- 2 cups of rigatoni pasta, uncooked
- 1 - 26 oz can spaghetti sauce
- 1 cup water
- Optional:
 - 1 cup mushrooms
 - Browned hamburger meat or frozen cooked meatballs.
 - Garnish - 1 cup shaved Romano or Parmesan cheese

Instructions

Add sauce and water into a deep 3 qt saucepan. Cover with the **Cuchina Safe Lid** and bring to a boil. Stir in the Pasta and optional vegetables or meat, reduce heat to medium, cover with the **Cuchina Safe Lid**. Cook for 3 minutes then lower heat and simmer for 18 minutes, stir occasionally. Time may vary depending on how you like your pasta. To keep pasta from getting soggy, do not overcook ! Garnish with cheese. Makes 4 servings.

#18 POPCORN in the Microwave

Use a 2 Qt. glass microwave-safe large bowl, spray the bottom of the bowl with cooking spray (PAM) or use a teaspoon of oil. Add ½ cup of Popcorn kernels, cover bowl with the **Cuchina Safe Lid**. Cook in microwave on high for 4 minutes for perfect popcorn, immediately remove lid. Careful! Bowl will be hot! Add butter, salt or eat plain for healthier popcorn, makes 8 cups of yummy popcorn!

Chocolate drizzle popcorn topping: Spread 8 cups of popped popcorn on a wax paper lined cookie sheet. In a small glass measuring cup add: ¾ cup of chocolate morsels and 2 tbsp. of milk, cover with the Cuchina Safe Lid. Cook on high in the microwave for 40 sec., stir, if not melted, cook at 10 sec intervals until melted. Add ½ cup of English Toffee Bits into hot melted chocolate, drizzle on top of popcorn. Let chocolate set, then enjoy!

#19 NUTTY CHOCOLATE RICE CRISPY BARS in the Microwave

Ingredients

- ½ cup corn syrup
- ½ cup sugar
- ½ cup creamy peanut butter
- 4 cups of Rice Crispy cereal
- ½ cup of honey roasted peanuts
- ½ container (8 oz.) creamy chocolate frosting

Instructions

Line an 8" X 11" baking pan with aluminum foil, set aside. In a large 2 qt. microwave-safe bowl, add corn syrup and sugar, cover with the **Cuchina Safe Lid** and microwave on high for 2 minutes. Stir in peanut butter until melted, add cereal and nuts, mix well. Press mixture into prepared pan. Chill 30 min. Top with the frosting, cut into squares and serve.

20 Susan's Gluten-free Lemon Cake

Refreshing, lemony, delicious and ready in minutes!

Ingredients

- 2/3 cup gluten-free flour mix
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2/3 cup granulated sugar
- 1 large egg
- ¼ cup vegetable or olive oil
- ¼ cup milk (dairy or almond)
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon lemon curd
- ½ teaspoon vanilla

Instructions

In a med sized bowl, mix egg, oil, milk, lemon juice, lemon curd and vanilla until very well blended. Add dry ingredients and mix well.

Spray a microwave safe glass bowl (1.75 qt.), place a small microwave safe glass jar (spray with cooking spray) in the middle and pour the mixture into bowl like a bunt cake.

Cover with the **Cuchina Safe Lid**. Microwave on High for 3 minutes (may be 30 sec. more depending on your oven) Let stand in the microwave for a minute more as the cake will still be rising and baking. Cool and cut cake into 4-6 serving size pieces and scoop out of bowl. Drizzle icing on top of each piece.

Icing

- 2/3 cup confectioners' sugar
- 2 tablespoons freshly squeezed lemon juice

In a small bowl or cup, use a fork to stir confectioners' sugar and lemon juice until smooth. Drizzle over cake

21 Graham Cracker Mint Fudge

From the cucina of Susan Castriota

Crust Ingredients

- 1 ¾ cups graham cracker crumbs or 10 whole graham crackers*
- 6 tablespoons melted salted butter
- 1/4 cup granulated sugar

* If using the whole graham crackers, place them in a re-sealable plastic bag and crust with your rolling pin.

Instructions

Preheat oven to 350 degrees F.

In a small microwave safe bowl, cut butter into cubes, cover with small **Cuchina Safe Lid**, microwave on high for 35 to 40 sec., do not overcook. In medium bowl combine graham crackers, sugar, and melted butter; blend until the texture of coarse meal. Line pan with non-stick foil or parchment paper, using your hands or a flat-bottomed glass, press the mixture evenly into a 9"x 9" pan. If the crumb mixture will not stick where you press them; just add a tablespoon of water to the mix.

Bake approximately 8 to 10 minutes

Chill crust for an hour before adding fudge to help prevent crumbling when serving.

Fudge Ingredients

- 1 (10oz) bag milk chocolate chips (1 ¾ cup)
- 1 (10oz) bag mint chocolate chips (1 ¾ cup)
- 1 (14oz) can sweetened condensed milk
- 1/4 cup margarine
- 1 tsp. Vanilla
- 1 cup chopped walnuts (Optional if not doing the crust, add to melted fudge mixture)

Directions

Place chocolate chips, condensed milk, butter and vanilla in a microwave proof bowl, cover with large **Cuchina Safe Lid**. Microwave on MEDIUM heat for 1 minute then stir, continue heating and stirring every 30 seconds until chocolate is completely melted. This prevents the chocolate from burning.

Pour over chilled graham cracker crust. Garnish with candy or shaved mint. Refrigerate to set overnight, if you can wait that long!

