

# Cauliflower Crust Pizza

## CRUST INGREDIENTS

- 3 cups “Riced” Cauliflower (bagged in the refrigerator section)
- 2 eggs
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon salt

## TOPPING

- 1 cup shredded Mozzarella or Parmesan cheese
- 1/2 cup Marinara or Pizza sauce

## DIRECTIONS

In a glass microwave-safe bowl, add 3 cups of Riced Cauliflower and 1 cup of water. Cover with the **CUCHINA SAFE Glass Vented Lid** and cook in the microwave for 5 minutes. Let sit with Vented Lid in place for 5 minutes more to continue steaming; let cool.

Using a clean dish towel or cheese cloth, drain cauliflower completely, removing as much water as possible before adding next ingredients. Add eggs and spices, stir the mixture well.

Pat cauliflower mixture into lightly sprayed **Cover ‘n Cook™** or any 2 qt. glass baking or deep pie dish. Bake in pre-heated oven at 400 degrees for 25 - 30 minutes, or until crust is golden brown. Remove the crust from the oven; allow to cool for 10 minutes.

Top with Marinara sauce and cheese. Place back into oven at 400 degrees another 5-10 minutes until melted and bubbly. Top with fresh basil or other toppings\* before serving.

\*Toppings –pepperoni, sausage, olives, mushrooms, spinach or zucchini

Serving size 6      *Original recipe by Susan Castriota*



## EGGS, BROCCOLI, CHEESE, CRUSTLESS QUICHE

### INGREDIENTS

- 6 eggs
- 2 cups fresh broccoli
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup Original Bisquick™ mix
- 1/2 cup sour cream
- 1/3 cup chopped onion
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

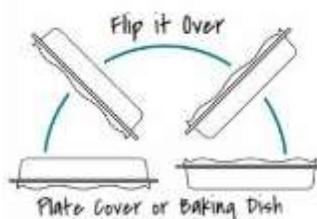
### DIRECTIONS

#### Steamed Broccoli:

Place florets in a 1-2 quart microwave-safe glass bowl; add 1/2 cup water, cover bowl with the **Cuchina Safe Glass Lid**. Cook in microwave on high for 4 to 5 minutes, drain.



Heat oven to 400°F. Grease or spray **Cuchina Safe Cover 'n Cook** baking dish. Stir together eggs, cooked, chopped broccoli, cheese, Bisquick, sour cream, onion, oregano, salt and pepper until blended, pour into Cover 'n Cook baking dish. Bake 35 minutes or until golden brown and knife inserted in center comes out clean. Serve warm. *Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



## HONEY GARLIC SHRIMP IN THE MICROWAVE

### INGREDIENTS

- 1 pound large shrimp, raw, peeled, deveined
- 1/2 cup honey
- 1/4 cup soy sauce
- 1/2 teaspoon garlic, minced
- 1/4 teaspoon ginger, grated
- 1 green onion, chopped
- 2 cups rice pilaf, cooked
- 1 cup baby peas, cooked



### DIRECTIONS

In a medium sized microwave safe bowl, whisk honey, soy sauce, garlic, ginger and onion. Rinse the shrimp, add to honey mixture and marinate for 30 minutes.

Cover the bowl of marinated shrimp with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 2 - 3 minutes. After 2 minutes, stir the shrimp, placing the undercooked shrimp on the outer area of the inside of bowl. Return bowl to the microwave and continue cooking until

shrimp lose transparency. Cooking time may vary depending on the size of the shrimp and your microwave wattage. Do not overcook!

Serve over hot cooked rice and peas.

Garnish with lemon slices.

Serving size: 4 *Original recipe by Susan Castriota*



## BAKED POTATO SKIN STUFFED WITH EGGS AND BROCCOLI

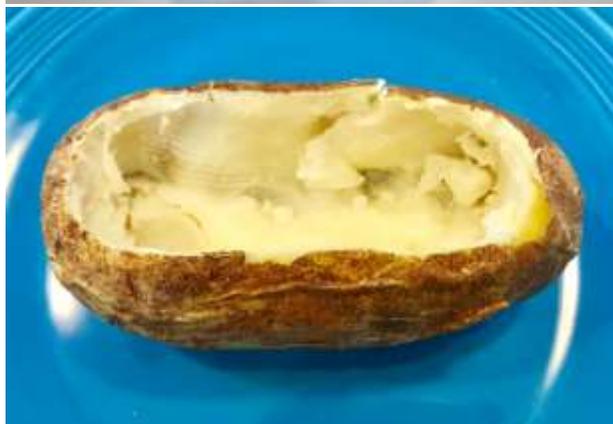
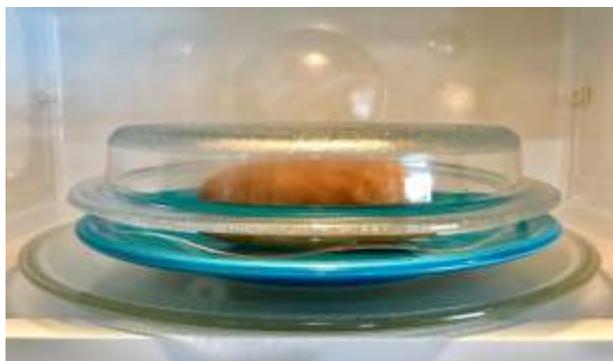
### INGREDIENTS

- 2 Russet potatoes, large
- 2 eggs
- 1 cup steamed broccoli flowerets
- 1/3 cup shredded hard cheese
- 2 tablespoons fresh basil, chopped
- 1 ½ tablespoons milk
- salt and pepper for taste
- sour cream for topping

### DIRECTIONS

Clean potatoes and pierce the top, place on a dinner plate and cover with the **Cuchina Safe Cover 'n Cook**. Place in microwave on high for 6 minutes, take out and rotate, cook another 4 minutes or until done. (1100 watt microwave) Slice off the top of the potato, spoon the inside potato out and save for another meal. In a small bowl,

whisk the eggs and milk; add broccoli, basil, salt and pepper. Pour mixture into the potatoes, place potatoes back on the dinner plate and cover with the Cover 'n Cook, microwave on high for 1 ½ minutes. Stir and add shredded cheese, cook another 30 sec. or until eggs are cooked. Top with a dollop of sour cream. Additional toppings: bacon bits, salsa or chives. Yield: 2 Servings



## MICRO-STEAMED HALIBUT WITH VEGTABLES

### INGREDIENTS

- 1 lb. Halibut fillets or any firm white fish
- 1 cup peppers, sliced
- 1/2 cup cherry tomatoes, cut in half
- 1/3 cup white wine
- 1/4 cup Kalamata olives, pitted, sliced
- 2 tablespoons olive oil
- 1 tablespoon capers, drained & rinsed
- 1 tablespoon cilantro, chopped
- 2 green onions, chopped
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper



### DIRECTIONS

Using a large deep dinner plate, add oil, onion and peppers. Cover with the **Cover'n Cook Vented Glass Plate Cover**, microwave on HIGH for 1 minute. Arrange 2 fillets on plate, thickest parts to outside edges, sprinkle with salt, pepper and capers. Add tomatoes, olives, cilantro, and pour wine around the fish. Cover with the **Cover'n Cook** and cook on HIGH for 4 minutes, check fish and cook another 2 minutes or until fish is white and flakes easily with a fork. Do not overcook. Steam/poaching fish in the microwave can be healthy and easy because fish has such a high water-content. This recipe was based on a 1,100-watt microwave.



*Original recipe by Susan Castriota  
www.cuchinasafe.com*

Yield: 2 servings

## TOMATO BASIL SHRIMP IN THE MICROWAVE

### INGREDIENTS

- 1 pound large shrimp, raw, peeled, deveined
- 1(14 oz.) can of diced tomatoes
- 1/2 cup zucchini, thin sliced
- 3 tablespoons of green onion, chopped
- 1 tablespoon fresh basil chopped
- 1½ tablespoons of fresh mint, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon pepper



### DIRECTIONS

In a large microwave safe bowl, mix tomatoes, zucchini, onion, basil, mint, garlic, salt and pepper. Rinse the shrimp, add to tomato mixture and marinate in refrigerator for 30 minutes.

Cover the bowl of marinated shrimp with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 2 minutes. After 2 minutes, stir the shrimp, placing the undercooked shrimp on the

outer area of the inside of bowl. Return bowl to the microwave for another 2 minutes or until shrimp lose transparency. Cooking time may vary depending on the size of the shrimp and your microwave wattage. Do not overcook! Leave the lid on to keep the shrimp dish warm. Serve over hot cooked rice or quinoa. Garnish with red pepper flakes or Parmesan cheese.

*Original recipe by Susan Castriota*



## BUTTERY LEMON-GINGER FISH FILLETS steam cooked in the Microwave

### INGREDIENTS

- 2-4 (1 lb.) fillets of Haddock or Cod, 2 large or 4 small pieces
- 2 cups fresh spinach
- 1/4 cup butter, melted
- 2 teaspoons grated fresh ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 fresh lemon

### DIRECTIONS

Rinse Haddock or Cod fillets and pat dry, (if using frozen fillets, thaw first) set aside. In a small bowl combine butter, ginger, salt, pepper and about a tablespoon of fresh squeezed

lemon. (slice the remaining lemon for garnish) Arrange fillets on a dinner plate with the thickest parts to the outside edge. Spread butter mixture evenly over fillets, for an added kick, sprinkle with some red pepper. Place spinach in the center of the plate between the fillets, sprinkle with some salt. Add slices of fresh lemon. Cover the plate with the **Cover 'n Cook Glass Plate Cover**. Microwave on high for 3-4 minutes (or until center of each fillet is cooked). Leave the lid in place for an additional minute to continue steaming. Check the fish at 3 minutes to see if it is done, DO NOT OVERCOOK. Fully



cooked fish will flake apart easily when you pull on it with a fork. This recipe was made using an 1100 watt microwave. *Original recipe by Susan Castriota*

Servings: 2

## ASIAGO PASTA WITH TOMATOES MADE IN THE MICROWAVE

### INGREDIENTS

- 2½ cups uncooked bow tie pasta
  - 1 can condensed cream of celery or mushroom soup
  - 2/3 cups frozen baby peas
  - 2/3 cups whole or 2% milk
  - 2/3 cups grape tomatoes, sliced
  - 1/3 cup Asiago cheese, grated
  - 2 tablespoons butter
  - 1/2 tablespoon dried parsley
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
- Optional:  
1½ cups of cooked chicken, chopped



### DIRECTIONS

Combine pasta, soup, 1/3 cup of milk and salt in a microwave-safe 2-quart bowl (a large deep mixing bowl works best). Cover with the **Cuchina Safe Vented Glass Lid**, microwave on **HIGH** for 4 minutes, stirring half-way. Add the remaining 1/3 cup of milk, peas, tomatoes, butter, parsley and pepper, stir well. Cover and cook on **MEDIUM** power for 6 minutes, stirring half-way. Remove, let sit covered for 3-5 minutes, then add the Asiago cheese (cooked chicken if desired). Stir, cover and cook on **MEDIUM** for 3 minutes more or until pasta is cooked to your liking. Remove from the microwave and let stand covered for a few minutes before serving.



Yield: 4 servings

*Original recipe by Susan Castriota  
www.cuchinasafe.com*

Cuchina Safe®

# CREAMY PASTA ALFREDO WITH SPINACH made in the Microwave

## INGREDIENTS

- 2 cups uncooked bow tie pasta
- 2 cups fresh baby spinach leaves chopped
- 1 ½ cups whole or 2% milk
- 1 ½ cups of cooked chicken chopped (optional)
- 1/2 cup Parmesan cheese, grated
- 2 ounces cream cheese, cubed
- 1/4 teaspoon salt
- 1/4 teaspoon minced garlic or garlic powder
- 1/8 teaspoon nutmeg

## DIRECTIONS

Combine pasta, 1 cup of milk and salt in a microwave-safe 2-quart bowl (a large deep mixing bowl will prevent the milk from boiling over). Stir, and allow the milk to soak into

the pasta for a few minutes. Cover with the **Cuchina Safe Vented Glass Lid**. Microwave on **HIGH** for 3 minutes, remove and stir; cook on **HIGH** for 1 minute more. Add the remaining milk, Parmesan

cheese, cream cheese, garlic and nutmeg and stir well. Cover and cook on **MEDIUM** power for 4 minutes, stir and cook on **MEDIUM** power another 2 minutes. Remove and add the spinach and or cooked chicken if desired; stir, cover and cook on **MEDIUM** for 2 minutes more or until pasta is cooked to your liking. Remove from the microwave and let stand covered for a few minutes before serving.

Yield: 4 serving



## RAVIOLI WITH SAUCE MADE IN THE MICROWAVE

### INGREDIENTS

- 1 (12 oz) package of frozen Ravioli, about 15 pieces (Butternut squash preferred)
- 2/3 cup spaghetti sauce
- 1/2 cup water
- 1 ½ tablespoons grated Parmesan cheese
- 1/4 teaspoon salt

### DIRECTIONS

Combine frozen ravioli, water, and salt in a microwave-safe 2-quart bowl (a large deep mixing bowl works best). Cover with the **Cuchina Safe Vented Glass Lid**, microwave on **HIGH** for 8 minutes. Stir half-way to allow the under cooked pieces to steam-cook. The **Cuchina Safe Lid** will allow the ravioli to steam cook and most of the water will evaporate. Remove from the microwave and let sit, covered for 3 minutes to continue steaming process. Gently stir in the sauce, cover and microwave on **HIGH** for 1 ½ minutes. Top with cheese and serve warm. Yield: 3-4 servings



*A note from the author: My dad's parents were immigrants from southern Italy. Growing up, we enjoyed authentic Italian recipes handed down through the generations. My dad's favorites were home-made ravioli, meatballs, braciolo and spaghetti sauce. My issue with cooking ravioli on the stove top is that often the raviolis separate while in the boiling stage, leaving the stuffing to be wasted. I have perfected a way to alleviate that problem by steam-cooking the ravioli in the microwave. Problem solved and it tastes great too!*

Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)

## FRANK'S BUFFALO CHICKEN DIP MADE IN THE MICROWAVE

### INGREDIENTS

- 1 (12.5 oz) can White Premium Chunk Chicken, drained
- 1 ½ cups cheddar cheese, shredded
- 1 package (8 ounces) cream cheese, softened, cubed
- 1/4 cup any flavor FRANK'S® REDHOT® Sauce (adjust to your preference)
- 1 (1.0 oz) package of HIDDEN VALLEY ranch dip dressing
- 2 tablespoons finely chopped green onions (optional)



### DIRECTIONS

In a large microwave-safe bowl, combine all ingredients, mix well.

Cover bowl with the **Cuchina Safe Vented Glass Lid** and microwave on **HIGH** for 2 minutes or until cheese is melted. If not completely melted, cook 30 seconds more. Leave covered until ready to serve. Garnish with green onions. Serve with chips or raw vegetables.



Original recipe by Susan Castriota and Bethany Salmen [www.cuchinasafe.com](http://www.cuchinasafe.com)

# TASTY TACO CHICKEN DISH IN THE MICROWAVE

## INGREDIENTS

- 3 cups fully cooked roasted chicken (give or take, if using leftovers)
- 8 ounces sour cream
- 1 ½ cups shredded cheddar cheese
- 1 cup frozen sweet corn
- 1 pack taco seasoning
- 3 tbsp. chopped fresh cilantro
- 2 tbsp. chopped green chiles
- 2 chopped green onion
- 6 tacos or Tostada bowls



## DIRECTIONS

Place chicken, sour cream, cheddar cheese, corn, taco seasoning (mild), cilantro, chilies (optional) and green onion in a large microwave-safe mixing bowl. Stir well to combine. Cover with the **Cuchina Safe Vented Glass Lid**.

Place in microwave on high for 5 minutes, take out at the halfway mark and stir.

Serve hot, several ways: on top of cooked rice, fill a Taco bowl, or wrap into a soft burrito size Tortilla. Top with shredded cheese, onion or taco strips. YIELD: 6 servings

*Note: Microwave ovens vary widely in temperature so you may need to alter the cooking time to suit your microwave.*

*Original recipe by Susan Castriota*

# TURKEY-BROCCOLI BURGERS, Gluten Free

## INGREDIENTS

- 1 pound uncooked lean ground turkey
- 1 cup riced-broccoli, (5 oz. frozen)
- 1 egg
- 1 tablespoon fresh basil, chopped
- 1 tablespoon parsley
- 1 teaspoon oregano
- 1 teaspoon fresh chives, chopped
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



## INSTRUCTIONS

Riced Broccoli – In a medium glass bowl, add frozen riced-broccoli and 2 teaspoons of water. Cover with the **Cuchina Safe Vented Glass Lid** and cook on high for 3-4 minutes, drain.

Preheat the broiler. Spray a baking sheet with nonstick cooking spray or line with foil. In a large mixing bowl, combine riced-broccoli, egg, basil, parsley, oregano, chives, garlic, salt, and pepper. Add turkey, mix well and form into 6 burgers. Place on baking sheet and broil 4 inches from heat until brown, about 7 minutes on each side. Serving size 6

*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



## MICROWAVE POTATO - TOPPED WITH BARBECUED CHICKEN



### INGREDIENTS

- 2 Russet or sweet potatoes, medium to large
- 1 ½ cups roasted chicken, or 1 can cooked Chicken breast, drained
- 1/2 cup tangy barbecue sauce
- 1/4 cup shredded hard cheese
- 1 tablespoon brown sugar
- sour cream for topping



**DIRECTIONS** Clean potatoes and rub with olive oil and pierce the top. Place on a dinner plate and cover with the **Cuchina Safe Cover 'n Cook**. Place in microwave on **HIGH** for 5 minutes, take out and rotate, cook another 5 minutes on **HIGH**, or until done.

Cut cooked chicken into small bites, place in a small bowl, add barbecue sauce, blend. Cover with the **Cuchina Safe Glass Lid**, microwave on high for 1 minute 30 seconds or until heated. Cut potatoes lengthwise and open. Pour chicken mixture over the potatoes, add cheese. Place in microwave for 20 seconds or until cheese is melted. Top with a dollop of sour cream and salt and pepper to taste.

Yield: 2 Servings *Original recipes by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*

## CARROT, SUNFLOWER SEED AND RAISIN SALAD WITH LEMON DRESSING

### INGREDIENTS

- 1 package (10 oz.) shredded carrots
- 3/4 cup sunflower seeds, roasted & salted
- 1/2 cup golden raisins
- 1/2 celery, chopped

### DRESSING INGREDIENTS

- 1/3 cup lemon juice, fresh squeezed
- 1/4 cup cilantro, fresh packed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



### DIRECTIONS

Place carrots and 1/2 cup of water in a large glass bowl, cover with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 5 minutes, let cool leaving lid on. Drain carrots and cut them into smaller pieces, add sunflower seeds, raisins, celery and \*dressing, mix well. Cover and chill for a few hours or overnight. Garnish with additional seeds. Serve as a side dish or add cooked chicken, or shrimp to the salad.



overnight. Garnish with additional seeds. Serve as a side dish or add cooked chicken, or shrimp to the salad.

**\*DRESSING DIRECTIONS** Combine dressing ingredients in a blender until smooth.

Servings: 4-6

*Original recipe by Susan Castriota*

[www.cuchinasafe.com](http://www.cuchinasafe.com)

## SESAME CARROTS STEAM COOKED IN THE MICROWAVE



### INGREDIENTS

- 2 ½ cups of carrots (6 carrots), peeled and sliced
- 3 tablespoons soy sauce
- 3 tablespoons water
- 2 tablespoons sugar
- 1/2 teaspoon minced garlic

### TOPPING

1 tablespoon toasted sesame seeds

### DIRECTIONS

In a microwave-safe dish, combine all ingredients except the sesame seeds. Cover with the **Cuchina Safe Vented Glass lid** and cook on **HIGH** for 6 minutes, stirring once, until carrots are crisp-tender.

On a small baking sheet, add sesame seeds and cook in the oven at 350 degrees for 5 minutes or until slightly browned, do not overcook. Sprinkle sesame seeds on top of warm carrots.

Serving size: 4 *Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*

## Brussels Sprouts, Apple and Raisin Slaw

### INGREDIENTS

- 1 pound fresh Brussels Sprouts
- 2 apples, medium honey crisp, chopped
- 3/4 cup golden raisins

### Dressing:

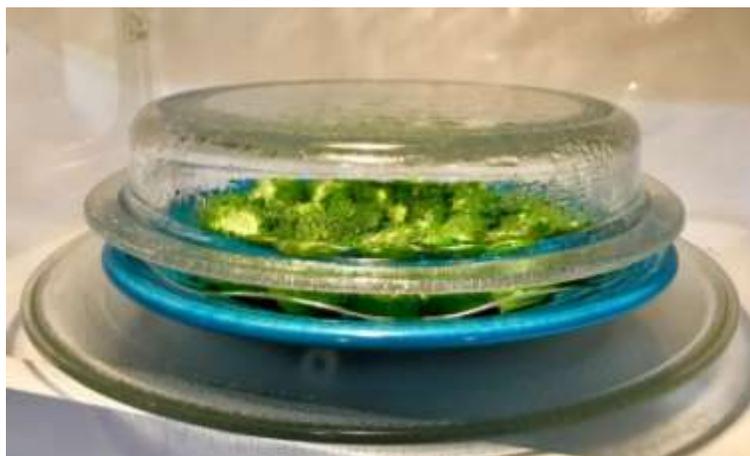
- 1/3 cup apple cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons sour cream or plain yogurt
- 1 ½ tablespoons sugar
- 1/4 teaspoon sea salt



### DIRECTIONS

Rinse and remove loose leaves from Sprouts, cut off stem ends, cut in halve. Place Sprouts on a dinner plate, sprinkle with 1 tbsp. of water. Cover with the **Cover 'n Cook Vented Glass Plate Cover** and microwave on **HIGH** for 4 - 6 minutes until tender. Let cool and drain.

In a large bowl, mix chopped Brussels sprouts, apples and raisins. In a small bowl, whisk vinegar, oil, sour cream, sugar and salt. Pour over Brussels sprouts mixture, marinate several hours or overnight, serve chilled. (Adding sour cream or yogurt can help balance out the vinegar taste) *Original recipe by Susan Castriota*



## CORN, PEPPERS AND FRITOS CORN CHIP SALAD

### INGREDIENTS

- 3 cups fresh corn (6 small ears)
- 3 cups Fritos corn chips
- 1 cup red pepper, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup finely chopped red onion
- 1/3 cup jalapeno pepper, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup crumbled Cotija cheese
- 1 scallion, sliced thin

### DRESSING

- 1 cup plain no-fat Greek yogurt
- 2 tablespoons Adobo sauce
- 2 tablespoons sugar
- 1½ tablespoons white vinegar
- 1 tablespoon fresh lime juice
- 1 teaspoon dry ground mustard

In a small bowl, combine dressing ingredients, mix well and set aside.



### DIRECTIONS

How to microwave **corn-on-the-cob**: place shucked corn on a dinner plate, add 1/3 cup water, cover with the **Cover 'N Cook vented glass plate cover**, microwave on **HIGH** for 4-5 minutes, cool and cut.

In a large bowl, combine corn, peppers, jalapeno, onion, scallions, and cilantro. Add dressing and toss. Spread corn chips on the bottom of a shallow bowl or plate. Top with mixture, garnish with Cotija cheese. Season to taste with salt and pepper. *Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



# CHEESY CHICKEN BROCCOLI IN THE MICROWAVE

## INGREDIENTS

- 2 cups of Basmati brown rice cooked
- 2 cups of fresh broccoli flowerets
- 2 cups of cooked chicken, cubed
- 6 oz. Velveeta cheese, cubed
- 1/2 cup butter
- 1/3 cup chopped celery
- 1/3 cup chopped mini sweet peppers
- 1 package of onion mushroom soup mix

## DIRECTIONS

Place butter in a large microwave-safe bowl, cover with the **Cuchina Safe Vented Glass Lid**,

microwave on high for 1 minute or until melted. Add broccoli, cheese, celery, sweet peppers and onion soup mix and stir. Cover and microwave on high for 3-4 minutes, let sit for a few minutes.

Microwave rice according to the package, (90 sec. rice works well) set aside when done.

Add chicken to the broccoli cheese mixture and stir, then cover and microwave for 2 minutes at 70% power. Server on top of rice, or substitute rice for pasta or biscuits.

Yield: 4 - 6 Servings

*Original recipe by Susan Castriota*



## CORN, KIDNEY BEAN, LIME, CILANTRO AND MINT SALAD

### INGREDIENTS

- 5 ears fresh corn-on-the-cob or 2 ½ cups of frozen corn
- 15 ounce can kidney beans, drained
- ¾ cup tomatoes, diced
- 1 ripe avocado, chopped
- ½ cup fresh cilantro, chopped, packed
- ¼ cup fresh mint, chopped, packed

### DRESSING INGREDIENTS

- ½ cup virgin olive oil
- ⅓ cup apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons lime juice (½ lime)
- 1 tablespoon fresh mint, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

### DIRECTIONS

To cook Corn-on-the-Cob in the microwave, trim both ends, place 2-3 ears on a large dinner plate, cover with the all glass vented **Cover 'n Cook**, cook on **HIGH** for 4-5 minutes, let cool, peel off husk

and cut. Combine corn, beans, tomatoes, cilantro, mint and dressing in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with more chopped cilantro if desired. Servings: 4-6

### DRESSING DIRECTIONS

Combine dressing ingredients in a blender and puree until smooth and emulsified. Mix with the corn salad and serve.

*Original recipe by Susan Castriota*

[www.cuchinasafe.com](http://www.cuchinasafe.com)



# VELVEETA MAC 'N CHEESE IN THE MICROWAVE

## INGREDIENTS

- 2 cups uncooked elbow macaroni
- 1 cup hot water
- 1 cup whole milk
- 8 ounce Velveeta process cheese, cubed
- 1/4 cup butter, cubed
- 1/2 tsp. of sea salt

## DIRECTIONS

Add macaroni, 1 cup of HOT water and salt in a microwave-safe

2-quart bowl (a large deep mixing bowl will prevent boiling over). Stir, and cover with the **CUCHINA SAFE Glass Vented Lid**. Microwave on **HIGH** for 2 minutes, remove and stir in milk.

Cover and cook on **MEDIUM** power for 3 minutes. Stir in the remaining ingredients. Cover and cook on **HIGH** for 5 minutes or until macaroni is tender, stirring at the 3 minute mark. Remove

and let sit covered for a few minutes. Spice up the flavor with 1 teaspoon of Dijon mustard.

This recipe was based on a 1,100-watt microwave.

*Original recipe by Susan Castriota  
www.cuchinasafe.com*

Yield: 6 servings



# CREAMY MAC 'N CHEESE IN THE MICROWAVE

## INGREDIENTS

- 2 cups uncooked elbow macaroni
- 2 cups whole milk
- 2 cups shredded Mexican 4 cheese blend
- 1/3 cup shredded sharp cheddar cheese
- 1/3 cup sour cream
- 1/2 tsp. of sea salt

## DIRECTIONS

Add macaroni, 1 cup of milk and salt in a microwave-safe 2-quart bowl (a large deep mixing bowl will prevent the milk from boiling over). Stir, and allow the milk to soak into the pasta. Cover with the

### **CUCHINA SAFE Glass Vented**

**Lid.** Microwave on HIGH for 3 minutes, remove and stir (be careful to avoid the hot steam). Cover and cook on HIGH for 1 minute. Add the remaining cup of milk, Mexican cheese blend, sour cream, (optional -add 2 teaspoons of mustard) stir well, cover and cook on MEDIUM power for 4 minutes until all melted. Remove and stir until thoroughly combined, cover and

cook on MEDIUM power another 2 minutes. Remove and add the sharp cheddar, stir, cover and cook on MEDIUM for 1 minute or until pasta is cooked to your liking. Remove and let sit covered for a few minutes.

*Original recipe by Susan Castriota  
www.cuchinasafe.com*

Yield: 6 servings



# THREE BEAN SALAD WITH APPLE VINEGAR DRESSING

## INGREDIENTS

- 1 lb. cooked green beans, cut
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 1 cup frozen baby peas
- 2 celery stalks, chopped fine
- 1 Tbsp. fresh, finely chopped cilantro

## DRESSING

- 1/3 cup apple cider vinegar
- 3 Tbsp. olive oil
- 2 Tbsp. honey
- 1 Tbsp. Balsamic vinegar
- 1 ½ teaspoons salt
- 1/4 teaspoon black pepper



## DIRECTIONS

**STEAMED GREEN BEANS** - Rinse fresh Green Beans, cut into smaller pieces. Place in 1-2 quart microwave-safe glass bowl; add ½ cup water. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on **HIGH** for 4 to 5 minutes (depending on your preference) leave the lid on the bowl for 1- 2 minutes more to steam beans, drain.

**STEAMED PEAS** - add 1 cup of frozen peas, 2 tablespoons of water in a small bowl, cover and cook on **HIGH** for 2 minutes and drain.

In a large bowl, mix the 3 different types of beans, peas, celery and cilantro.

In a separate small bowl, whisk together the vinegars, olive oil, honey, salt, and pepper. Add the dressing to the beans. Toss to coat.

Chill Three Beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing. Serves 4 to 8

*Original recipe by Susan Castriota*

# GLUTEN-FREE BROCCOLI PANINI SANDWICH

## “BREAD” INGREDIENTS

- 2 cups “Riced” Broccoli (bagged in the refrigerator section)
- 2 eggs
- 1/3 cup grated parmesan cheese
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- ¼ teaspoon salt

## FILLING

- Sliced deli ham or turkey breast
- Provolone or Swiss cheese
- Arugula or Bib Lettuce
- Tomato
- Dijon mustard



## DIRECTIONS

In a glass microwave-safe bowl, add 2 cups of Riced Broccoli and 2/3 cup of water. Cover with the **CUCHINA SAFE Glass Vented Lid** and cook in the microwave for 5 minutes. Let sit with Vented Lid in place for 5 minutes more to continue steaming; allow to cool.

Drain broccoli thoroughly, add eggs, grated cheese and spices, and stir the mixture well.

Pour broccoli mixture into lightly sprayed (non-stick) **Cover ‘n Cook™** or any 2 qt. glass baking or deep pie dish. Bake in pre-heated oven at 400 degrees for 20 minutes, or until crust is golden brown. Remove the crust from the oven; allow to cool.

Cut crust into 6 pie shape pieces (makes 3 sandwiches). Spread each piece with mustard, layer with meat, cheese, tomato and lettuce. Place sandwich in pre-heated Panini grill, broiler or skillet. Cook until golden brown and cheese is melted, about 3-5 min. Servings - 3



*Original recipe by Susan Castriota*

## STEAMED VEGETABLES IN THE MICROWAVE

**STEAMED BROCCOLI** Rinse fresh Broccoli, cut into small pieces or florets. Place in a 1-2 quart microwave- safe glass bowl; add 1/2 cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 5 minutes (depending on how you prefer your Broccoli) leave the lid on the bowl for 1-2 minutes more to steam Broccoli. Drain and season with favorite toppings. For frozen Broccoli, use instructions on bag.



**STEAMED VEGGIE MEDLEY** **Broccoli, Peppers and Yellow Zucchini** Rinse veggies, cut into small pieces. Place in 1-2 quart microwave-safe glass bowl; add 1/2 cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 4 minutes (depending on how you prefer your veggies) leave the lid on the bowl for 1- 2 minutes more to steam. Drain and season with your favorite toppings.

**STEAMED GREEN BEANS** Rinse fresh Green Beans, cut or snap into smaller pieces. Place in 1-2 quart microwave-safe glass bowl; add 1/2 cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass**



**Vented Lid**. Cook in microwave on high for 4 to 5 minutes (depending on how you like your Green Beans) leave the lid on the bowl for 1- 2 minutes more to steam Beans. Drain and season with your favorite toppings of butter, almonds, bacon or cheese.

**STEAMED SPINACH** Place one bag of fresh pre-washed Spinach into a microwave-safe glass bowl, add 1/2 cup water, pinch of sea salt. Cover with the **CUCHINA SAFE Glass Vented Lid**, (cook in microwave on high for 3 minutes, stir, add minced

garlic if desired, half way through cooking time. Drain and season with your favorite toppings.

**STEAMED ASPARAGUS** Take 1 lb. of fresh Asparagus (thin or medium thickness), rinse spears in water, pat dry. Trim 1-2 inches off the bottom stems. Place spears on a dinner plate, sprinkle with 2 tbsp. water and a pinch of salt. Cover with **Cover 'n Cook Plate Cover**, microwave on high for 3 to 5 min. (thin) 5 to 7 min. (thick) depending on your microwave and your preference, let sit for another minute, drain. Serve warm with butter or hollandaise sauce.

**CAREFUL when steaming, glass may be HOT, use towel or mitt!**



## BRUSSELS SPROUTS WITH BACON

### Steamed in the Microwave

#### INGREDIENTS

- 1 pound Brussels Sprouts
- 5-6 slices Bacon or Turkey Bacon
- 1 tbsp. Water
- Salt and pepper, optional

#### DIRECTIONS

Rinse, remove outer leaves from Sprouts, cut off stem ends. Place sprouts on a dinner plate, add ¼ cup water. Cover with the **Cover 'n Cook** glass plate cover and microwave on HIGH for 2-3 minutes until tender.

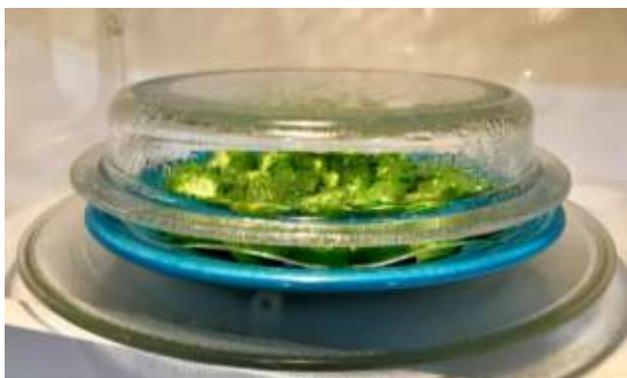
Cooking time may vary with oven. Cut Bacon in half, wrap around Sprouts leaving unwrapped Sprouts in the center. For Bacon, microwave on High for 4 -6 minutes.

For Turkey Bacon, microwave on High for 2-3 minutes. Drain and serve warm.

For a savory salad, slice Sprouts and Bacon in half and toss with olive oil, minced ginger and soy sauce.

To serve as appetizers, wrap all Sprouts in Bacon.

For steaming Brussels sprouts *only*, cut in half, place on dinner plate. Add 1/2 cup of water. Cover with **Cover 'n Cook** and microwave on high for 6-7 minutes, let sit for a few minutes more to continue steaming. Or place in a glass bowl, cover with the **Cuchina Safe Vented Glass Lid**, just change the cooking time to 4-6 minutes. *Original recipes by Susan Castriota*



# BRUSSELS SPROUTS, WALNUTS & SALAMI SLAW

## INGREDIENTS

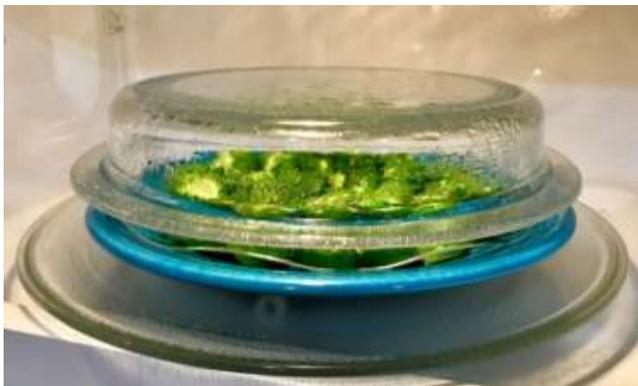
- 1 pound fresh Brussels Sprouts
- 1/2 cup walnuts, chopped
- 1/2 cup Romano cheese, grated
- 1/2 cup dates, chopped
- 1/2 cup olive oil
- 1/4 cup Balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon salt

## DIRECTIONS

Rinse Sprouts, cut off stem ends, cut in half. **#1 Cover 'n Cook:** Place Sprouts on a dinner plate. Add 1/2 cup of water. Cover with the **Cover 'n Cook** glass plate cover and microwave on HIGH for 6-7 minutes until tender. Let cool and drain. **OR #2 Cuchina Safe Vented**

**Glass Lid:** Place in a large glass bowl, add 1/2 cup of water, cover with the **Cuchina Safe Vented Glass Lid** and microwave on high for 4-6 minutes, let cool and drain. Cooking time may vary with oven. In a bowl, mix chopped Brussels sprouts, walnuts, cheese, dates, salami, oil, vinegar, honey and salt. Best eaten when marinated several hours or overnight, serve chilled.

For more recipes go to: [www.cuchinasafe.com](http://www.cuchinasafe.com) *Original recipe by Susan Castriota*



## CABBAGE, KIELBASA, APPLE ENTREE IN THE MICROWAVE

### INGREDIENTS

- 12 oz. kielbasa or sausage, pre-cooked, sliced
- 4 cups cabbage, shredded (10 oz. bag)
- 1 cup onion, diced
- 1/3 cup red wine vinegar
- 1/4 cup butter
- 1 Gala apple, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper

### DIRECTIONS

In a large microwave-safe bowl, add cabbage, onion, vinegar, butter, apple, salt and pepper, mix well. Cover with the **Cuchina Safe Vented Glass Lid**, cook on

high in microwave for 3 minutes. Add the meat, stir, cover and cook on high for an additional 3 minutes or until the meat is heated and cabbage is softened. Remove the dish from the microwave oven and let it sit, covered, for two to five minutes. The cabbage will continue to cook during this time. Servings: 4

Note: Rich in beta-carotene, fiber and vitamin C, cabbage is related to other nutritious cruciferous vegetables. Quickly cooking in the microwave can help retain its color, flavor and nutrients and prevents it from creating a smelly kitchen.



This recipe is done using an 1100 watt microwave, cooking time varies depending on the strength of your microwave.

*Original Recipe by Susan Castriota  
www.cuchinasafe.com*



## SWEET POTATO SALAD WITH BACON DRESSING

*A sweet twist on my grandfather's German potato salad recipe.*

### INGREDIENTS:

- 7-8 slices med-cut bacon, cooked
- 2 extra-large sweet potatoes, peeled and cut into chunks
- 1/3 cup thinly sliced green onions
- 1/4 cup Prosecco wine vinegar
- 1/4 cup olive oil
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/8 teaspoon black pepper



### DIRECTIONS

Place potatoes in a 2 qt. glass microwave-safe bowl, add 1 cup of water, cover with **Cuchina Safe Vented Glass Lid**. Microwave on high for 8 to 10 minutes depending on the size of your potato chunks, drain, then set aside.

Place bacon on a deep dinner plate and cover with the **Cover 'n Cook** plate cover. Crispy bacon works better for this recipe, microwave on high for 5-6 minutes, depending on your wattage. Once cool, slowly drain the grease into a small mixing bowl. Crumble the bacon and mix in onions, sugar, vinegar, oil, salt and pepper, whisk until blended.

Add the bacon dressing to the sweet potatoes, toss gently to combine. Taste and season with additional salt/pepper as desired. Serve warm or room temperature. YIELD: 6-8 servings

*Original recipe by Susan Castriota*

## Cauliflower Gluten-free Mac 'n Cheese recipe

### INGREDIENTS

- 4 cups chopped cauliflower florets (about ½" pieces)
- 1 ½ cups grated sharp cheddar cheese
- 1/3 cup grated parmesan cheese
- 1/4 cup sour cream (light)
- 1 tablespoon butter
- 1/4 teaspoon ground mustard
- 1/4 teaspoon salt
- Pinch of black pepper

### DIRECTIONS

In a large microwave-safe bowl, add cauliflower florets and 1/4 cup of water, cover with the **Cuchina**

**Safe vented glass lid**. Microwave on **HIGH** for 4 minutes, let sit cover for 2 minutes and drain water.

Add 1 ¼ cups of cheddar cheese (leave ¼ cup for topping), parmesan, sour cream, butter, mustard, salt and pepper and mix well. Cover and cook on **HIGH** for 1 minute. Leave covered until ready to serve. Sprinkle remaining cheddar on top of each serving. Serving size: 4

*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



## CREAMY MASHED SWEET POTATOES WITH NUTMEG

### INGREDIENTS

- 3 med sweet potatoes
- 1 cup half & half cream
- 1 stick (8 tablespoons) butter, melted
- 3/4 cup brown sugar
- Zest of 1 lemon
- 1 teaspoon grated nutmeg
- 1/4 teaspoon salt
- Topping (optional) 1/3 cup small marshmallows

### DIRECTIONS

Place sweet potatoes (pierced with a knife or fork) on a large dinner plate, cover with the **Cover 'n Cook** plate cover. Microwave on high for 6 minutes,

rotate and turn over potatoes and cook another 3 minutes until very tender. Depending on the size of the potatoes, you may need to cook 2 potatoes first, and cook the third one on its own. Peel off skin and in a large bowl, combine potatoes, half & half, butter, lemon zest, nutmeg and salt. Mash until the mixture is light and smooth. Pour mixture into the **Cover 'n Cook** serving dish (flipped over),

sprinkle marshmallows on top, cook in pre-heated oven at 350°F for 15 minutes, adding the marshmallows for the last 5 minutes or until the tops are a little brown. Serve warm. Serving size: 6 *Original recipe by Susan Castriota*



Potatoes steam-cooked using the Cover 'n Cook



## BREAD & BUTTER SWEET PICKLES MADE IN THE MICROWAVE

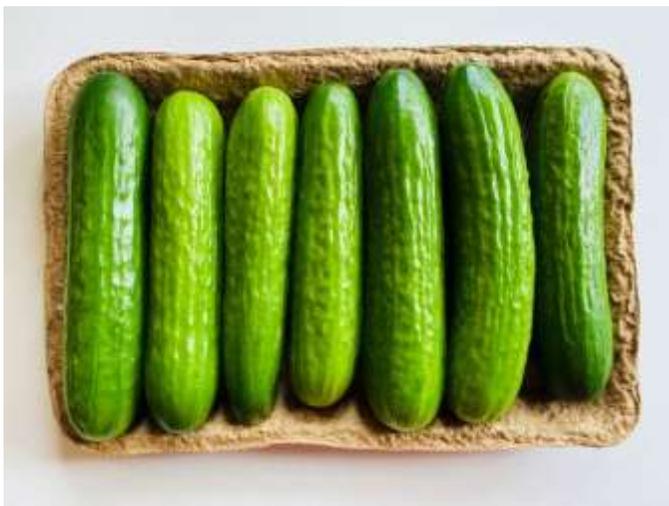
### INGREDIENTS

- 7-8 small cucumbers, ¼" slices
- 2/3 cup sugar
- 1/2 cup white vinegar
- 1/2 cup onions, chopped
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon mustard seeds
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon minced garlic (optional)

### DIRECTIONS

In a microwave-safe bowl, add sugar, vinegar, onions, salt, mustards, turmeric and garlic, mix well. Cover with the **Cuchina Safe Vented Glass Lid** and microwave on **HIGH** for 3 minutes. Remove and let sit covered for 2 minutes. In another large bowl, add cucumber slices, and carefully pour the hot vinegar-sugar mixture over the cucumbers and mix well. Cover and microwave on **HIGH** for 4 minutes until cucumbers are tender crisp.

Let mixture cool, transfer to sterile canning jars, seal and chill in the refrigerator overnight. Keep your deliciously crisp pickles chilled in the refrigerator and use within a couple of months.



*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



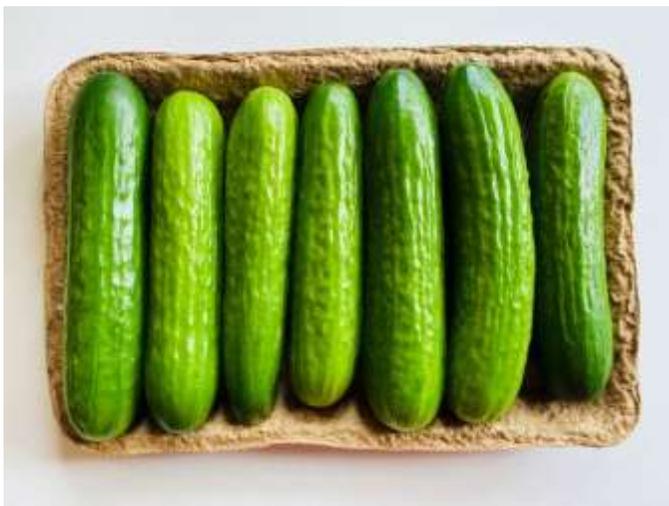
## CRISP DILL PICKLES MADE IN THE MICROWAVE

### INGREDIENTS

- 7-8 small cucumbers (4 cups) ¼” slices
- 1 ½ cups water
- ¾ cup cider vinegar
- 6-8 fresh dill sprigs, chopped
- 2 teaspoons salt
- 1 teaspoon mustard seeds
- ½ teaspoon minced garlic
- ¼ teaspoon ground turmeric
- a pinch of red pepper flakes

### DIRECTIONS

In a microwave-safe glass bowl, add water, vinegar, salt, mustard, garlic, turmeric and red pepper flakes, mix well. Cover with the **Cuchina Safe Vented Glass Lid** and microwave on **HIGH** for 3 minutes. Remove and let sit for 2 minutes covered. In a large microwave-safe bowl, combine cucumber slices and dill. Carefully pour the hot water-vinegar mixture over the cucumbers and mix well. Cover and microwave on **HIGH** for 4 minutes until cucumbers are tender crisp. Let mixture cool, transfer to sterile canning jars, seal and chill in the refrigerator overnight. Keep your deliciously crisp pickles chilled in the refrigerator and use within a couple of months.



*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



# CREAMY POTATO AND CORN SALAD

*potatoes and corn cooked in the microwave*

## INGREDIENTS

- 1 lb. 12 oz. small potato medley, sliced
- 2 cups of fresh corn kernels (4 ears)

## DRESSING

- 1/2 cup celery, chopped
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 3 tablespoons parsley, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon Old Bay



## DIRECTIONS

**How to cook potatoes in the microwave:** In a 2 qt. microwave-safe bowl, add sliced potatoes, 2 cups of water, a pinch of salt and a spray of cooking spray to the top of potatoes. Cover the bowl with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 5 minutes, stir and cook another 5 minutes, let sit until potatoes are cooked, but not mushy. Drain and set aside.

**How to cook Corn-on-the-Cob in the microwave:** Trim both ends, place 2 ears at a time on a large dinner plate, cover with the **Cover 'n Cook**, cook on high for 4-5 minutes, let cool, peel off husk (shuck the corn), removing the papery husks around each cob and those unwanted threads of corn silk .

In a separate small bowl, add celery, mayonnaise, sour cream, parsley, lemon juice, salt and Old Bay, mix well. Combine potatoes, corn and dressing in a large bowl and mix well. Cover and chill for a few hours or overnight before serving chilled.



Cooking time may vary depending on your microwave wattage.

Serving size: 6-8

*Original recipe by Susan Castriota*

## Steamed Rice IN THE Microwave

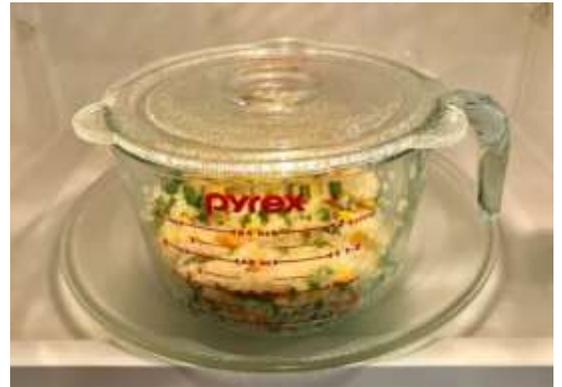
Using a 2 Qt. deep glass microwave-safe bowl, add 1 cup of uncooked white rice. Rinse in the sink with water 3 to 4 times to rid of starch, drain water. Add 1 ½ cup water (salt if desired) cover with the **CUCHINA SAFE Glass Vented Lid** and cook in microwave on high for 5-7 minutes. Leave the lid in place on the bowl in microwave for 15 minutes to steam the rice. Careful! Bowl will be hot! Garnish with your favorite toppings!



## Steamed Rice with Vegetables

### INGREDIENTS

- 1 cup uncooked medium 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



### DIRECTIONS

Using a 2-3 quart glass microwave-safe bowl, add 1 cup of uncooked white rice (rinse rice in the sink with water 3 to 4 times to rid of starch, drain water). Add 1½ cups water, butter, bouillon cubes, salt and spices. Cover with the **CUCHINA SAFE Glass Vented 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. *(make it a meal, add roasted chicken, cooked shrimp or kielbasa)*

# Cuchina Safe® Eggs in the Microwave

## SCRAMBLED EGGS

### INGREDIENTS

- 2 Eggs
- 1 to 2 tablespoons of Milk or Almond Milk



### DIRECTIONS

Combine ingredients in a microwave-safe glass bowl and whisk egg mixture. Cover with the **CUCHINA SAFE Glass Vented Lid**, cook in the 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. Add for taste - salt/pepper, cheese or steamed vegetables.

## POACHED EGG IN THE MICROWAVE



### INGREDIENTS

- 1 or 2 Eggs
- Salt & pepper to taste
- Water (1/4 Cup per egg)
- Vinegar (1/2 tsp.)
- 

### DIRECTIONS

In 1-2 quart microwave-safe glass bowl place water, vinegar and eggs (carefully crack, do not break the yolk). Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave at 50% to 80% power for 1 minute. Some experimenting may come into play with optimal power and time settings. If after 1 minute the egg(s) need more time, cook at 15 second intervals until done. Remove from the microwave and carefully lift out the poached egg(s) from the bowl. Top with salt and pepper and serve with toast or English muffin.

## SCRAMBLED EGGS WITH VEGGIES IN THE MICROWAVE

### INGREDIENTS

- 2 large eggs
- 1 cup fresh spinach, chopped
- 4 mini sweet peppers, chopped
- 1/4 cup Parmesan or feta cheese
- 2 tbsp. milk
- dash of salt
- dash of pepper

### DIRECTIONS

Using the **Cover 'n Cook** baking dish, spray with cooking spray, add vegetables, cover with the 9" **CUCHINA SAFE Vented Glass Lid**.

Microwave on high for 1 minute. In a small bowl, whisk eggs and milk. Move veggies to the center of baking dish, pouring the eggs around the outside of veggies to cook eggs faster. Cook on high for 1.30 minutes. Stir and add the cheese, salt and pepper. Cook another minute or until the eggs are done.



# TURKEY BACON QUICHE IN THE MICROWAVE

## INGREDIENTS

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

## DIRECTIONS

Use a 1.75 to 2 qt. glass microwave-safe cooking bowl (flat bottom works best), spray with cooking

spray. Take a glass narrow jar (also spray), place in the middle of the bowl. Whisk eggs, milk, Bisquick, salt & pepper in a bowl, 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 Glass Vented 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.

*Original recipe by Susan Castriota*



## SPINACH & EGG TACO SHELLS, GLUTEN-FREE

Low-carb, gluten-free soft taco shells are a delicious replacement to hard shell tacos.

### INGREDIENTS

- 6 oz fresh spinach leaves (4 cups)
- 3 eggs
- 1/2 cup grated cheese (Parmesan)
- 1/4 cup Gluten-free flour blend
- 1 tablespoon fresh basil, chopped
- 1/4 teaspoon salt



### DIRECTIONS

Place fresh spinach and 1/2 cup of water in a large glass bowl, cover with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 3 minutes, let cool leaving lid on, drain. Refrigerate for a few hours. Finely chop the cooked spinach, place into a large mixing bowl and combine with eggs, grated cheese, flour, basil and salt until it forms a sort of batter.

Preheat oven to 375° F. Scoop out the batter onto a cookie tray covered with parchment paper. Use a 1/3 measuring cup to scoop out the batter, flatten each scoop into 4 equal taco shells, about 5" in diameter.



Bake at 375° F. for 15 minutes or until done. Eat warm or room temperature with your favorite taco toppings. For the taco shape, place a warm taco into a drinking glass until shaped.

Topping ideas: scrambled eggs, tomatoes, shredded cheese, sour cream, avocado, lettuce, grilled chicken, or seasoned meat. Servings: 4 taco shells

## PARMESAN HERB CRUSTED SALMON IN THE MICROWAVE

### INGREDIENTS

- 2 Fillets of wild Alaskan Salmon
- 1/3 cup Italian Bread Crumbs
- 1/3 cup Parmesan/Romano cheese
- 3 tablespoons of butter, melted
- 1 tablespoon of green onions, chopped
- 2 teaspoons fresh oregano, chopped
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 1 fresh lemon

### DIRECTIONS

Rinse salmon fillets and pat dry (if using frozen fillets, thaw first).

Spray shallow dinner plate with cooking spray, place salmon skin-side down on plate. In a small bowl, combine bread

crumbs, cheese, butter, onions, oregano, lemon peel and salt, mix well. Generously spread the mixture on top of the fillets. Sprinkle with fresh lemon juice, add lemon slices. Cover the plate with the **Cover 'n Cook** glass plate cover. Microwave the fish for 3 minutes (or until center of fillet is cooked). If using thick fillets, extra cooking time may be needed. Leave the lid in place for an additional minute to continue steaming. If fish is not thoroughly cooked, microwave for another 30-45 seconds. Serve immediately with rice or vegetables.      Serving size - 2

*Original recipe by Susan Castriota*



# HERB-CRUSTED FISH FILLETS IN THE MICROWAVE

## INGREDIENTS

- 2 Fillets of wild Haddock or Cod
- ¼ C. Seasoned Italian Bread Crumbs
- ¼ C. Grated Parmesan Cheese
- ¼ Tsp. Sea Salt
- 1 Egg White, slightly beaten
- 1 Fresh Lemon
- Paprika

## DIRECTIONS

Rinse wild-caught Haddock or Cod fillets and pat dry, (if using frozen fillets, thaw first) set aside. In a small bowl combine bread crumbs, cheese and salt. Dip fillets in egg white, then into bread crumb mixture, coating both sides. Arrange fillets on a dinner plate with the thickest parts to the outside edge. Sprinkle with paprika and add slices of fresh lemon. Cover the plate with the **Cover 'n Cook Glass Plate Cover**. Microwave on high for 4 -5 minutes (or until center of each fillet is cooked). Leave the lid in place for an additional minute to continue steaming. Check the fish often with a fork to see if it is done, **DO NOT OVERCOOK**. Fully cooked fish will flake apart easily when you pull on it with a fork.



Garnish: If adding fresh Asparagus, place in the center of the dish and steam with fillets.  
Serving size – 2 *Original recipe by Susan Castriota*



# MAYO ITALIAN SALMON IN THE MICROWAVE

## INGREDIENTS

- 2 Filets of wild Alaskan Salmon
- 2 cups Spinach, fresh
- 3 tablespoons mayonnaise
- ½ package Italian salad dressing
- 1 fresh lemon
- Pepper

## DIRECTIONS

Rinse salmon filets and pat dry. (If using frozen filets, thaw first)  
Place fresh spinach in the glass microwave safe **Cover 'n Cook** baking dish, top with salmon - skin side down. In a small bowl, combine mayonnaise and dry Italian salad dressing mix.

Generously spread the mayonnaise mixture on top of the fillets. Sprinkle with pepper and fresh lemon juice, add lemon slices. Cover the dish with the **Cuchina Safe 11" Vented Lid**. Microwave the fish for 3 minutes (or until center of filet is cooked). Leave the lid in place for an additional minute to continue steaming. If fish is not thoroughly cooked, microwave for another 30-45 seconds. Garnish with additional parsley. Serving size – 2

*Original recipe by Susan Castriota*



# TURKEY TACOS MADE IN THE MICROWAVE

## INGREDIENTS

- 1 pound Ground Turkey
- 1 green onion, chopped
- 1 package taco seasoning mix
- 10 taco shells

## TOPPINGS

- 1 to 2 tomatoes, chopped
- 2 to 3 cups lettuce, shredded
- 1 cup cheddar cheese, grated
- 2 avocados, ripe, diced
- 1/3 cup cilantro, chopped



## DIRECTIONS

In 1.5 quart microwave-safe dish, combine turkey and taco mix. Cover with the **Cuchina Safe Vented Glass Lid**. This is essential to this recipe, as the lid steams the meat and keeps it moist.

Microwave on HIGH 2 minutes, remove from microwave and chop up the ground meat, mix in onion. Cook another 2 minutes or until the turkey is no longer pink. Let sit with the cover on, to keep the meat warm.



Spoon turkey mixture into taco shells; top each taco with tomatoes, greens, cheese, avocados or other desired toppings. Top with a dollop of sour cream or salsa. Makes 10 tacos.

*Original recipe by Susan Castriota*

# HEARTY MINISTRONE SOUP

## INGREDIENTS

- 6 cups chicken broth
- 1 40-ounce can kidney beans, drained
- 1 28-ounce can diced tomatoes
- 1 pound green beans, trimmed and cut into 1 inch pieces
- 2 cups of pasta, small shells or elbow
- 16 ounce bag carrots, diced chips
- 1 cup onion, frozen diced
- 4 stalks celery, diced
- 1 ½ tablespoons garlic, minced
- 2 tablespoons chopped fresh basil
- 1 tablespoon of olive or coconut oil
- 1 teaspoon turmeric
- 1 teaspoon dried oregano
- 1/2 teaspoon sea salt



## DIRECTIONS

Heat the oil in a large pot over medium-high heat. Add the onion, garlic, celery and carrots; cook until they begin to soften, about 10 minutes. Add remaining ingredients, except the pasta. Cover with the **Cuchina Safe Vented Glass Lid** and reduce the heat to low and simmer for 1 to 2 hours, stirring occasionally until vegetables are cooked to your liking. Stir in the pasta and cook until the pasta is tender, about 10 minutes. Top each serving with freshly grated parmesan cheese. For gluten-free soup, omit the pasta or add gluten-free pasta.

*Original recipe by Susan Castriota*

## CREAMY POTATO SOUP MADE IN THE MICROWAVE

### INGREDIENTS

- 3 cups chicken broth
- 3 cups frozen hash brown potatoes
- 1 cup frozen corn
- 1/2 cup chopped onions
- 1/2 cup milk
- 1/4 cup corn flour (cornstarch)
- 1/4 cup shredded cheddar cheese
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon mustard powder
- 1/8 teaspoon black pepper

### DIRECTIONS

In a large glass microwave-safe bowl, add your chicken broth and potatoes, cover with the **Cuchina**

**Safe Vented Glass Lid**. Microwave on **HIGH** for 5 minutes, add onion, spices, salt, pepper, and Worcestershire sauce, stir and cover and microwave on **HIGH** for 5 minutes. The bowl will be **HOT**, use oven mitts to handle. Add corn, milk, cornstarch, and cheese, stir, cover and microwave on **HIGH** for 5 minutes. Let sit covered, for additional 5 minutes or until creamy. Serve hot, topped with sour cream, yogurt, bacon bits or chives.

4 servings

Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)



## BACON CHEESY DIP MADE IN THE MICROWAVE



### INGREDIENTS

- 8 slices of bacon, crispy
- 1 (8 ounce) package of cream cheese, softened
- $\frac{3}{4}$  or 1 cup mayonnaise
- 8 oz. of Velveeta or shredded Sharp Cheddar cheese
- 1 cup shredded Parmesan cheese
- 3-4 green onions, finely chopped

### DIRECTIONS

Place bacon on a plate, cover with the **Cover 'n Cook** plate cover. Cook in the microwave for 4 to 5 minutes on high until crispy or per package instructions. Drain, crumble and set aside. In a microwave safe bowl, mix cream cheese with mayonnaise, stir in Velveeta, Parmesan, bacon and onions. Leave a small amount of bacon and onion for garnish. Cover bowl with the **Cuchina Safe Lid**, cook on high for 2 minutes. Remove and stir well, return to microwave for another 2 minutes or until mixture is melted. Bowl will be hot! Sprinkle with remaining bacon bits and onion. Serve warm with chips or crackers. *Original recipe by Susan Castriota*

## CHEESY SALSA DIP MADE IN THE MICROWAVE



### INGREDIENTS

- 1 (8 ounce) package of cream cheese, cubed and softened
- 1 cup salsa
- 1/2 cup grated Parmesan cheese
- 1 tablespoon soy sauce
- 2 teaspoons horseradish

### DIRECTIONS

In a microwave safe bowl mix cream cheese, salsa, Parmesan cheese, soy sauce and horseradish. Cover bowl with the **Cuchina Safe Vented Glass Lid**, cook on high for 1 minute. Remove and stir well, return to microwave for 30 second intervals until mixture is melted. Bowl will be hot! Sprinkle with some bacon bits or red pepper. Serve warm with corn chips. *Original recipes by Susan Castriota*

# Cuchina Safe® WHITE BEAN, TOMATO, SPINACH SOUP

## INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 cups diced frozen onion
- 32 ounces vegetable or chicken broth
- 2 (15 ounce) cans Garbanzo beans or white beans, drained
- 1 (28 ounce) can whole tomatoes, drained
- 1 (10 ounce) frozen Baby Spinach
- 1/3 cup fresh parsley, chopped
- 2 teaspoons thyme
- 1 teaspoon salt
- 1 teaspoon black pepper



## DIRECTIONS

Sauté garlic and onion in olive oil until tender. Add broth, beans, tomatoes, spinach, parsley, thyme, salt and pepper. Cover with the **Cuchina Safe Vented Glass Lid**. Cook until heated through, and then reduce heat to low and simmer for an hour, stirring occasionally. Top each serving with freshly grated parmesan cheese.

*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*

### INGREDIENTS

- 2 cups chocolate chips (dark or milk)
- 1 cup of pretzels, broken, (optional gluten free)
- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/3 cup brown sugar, packed
- 1/4 cup cashew halves or favorite nuts
- 2 tablespoons water
- 1/8 teaspoon coarse sea salt



### DIRECTIONS

In a medium microwave-safe bowl, add 1 ½ cups of chocolate chips, cover with the **Cuchina Safe Glass lid**. Microwave on **HIGH** for 1 ½ minutes or until melted.

Spread the warm chocolate evenly on a coated 9 x 12 cookie sheet. Add the pretzels on top and gently press them into the chocolate.

In a large 2 qt. microwave-safe bowl, combine the butter, sugars, and water. Cover with the **Cuchina Safe Lid**, microwave on **HIGH** for 6 minutes. CAREFULLY remove the **HOT** bowl (using oven mitts), stir and quickly pour **HOT** toffee over the pretzels and chocolate. Quickly add the remaining 1/2 cup of chocolate chips on top, press into the toffee, sprinkle on nuts and sea salt (optional).

Refrigerate until hardened. Once cooled, turn the whole sheet of toffee over, tap firmly to remove toffee, and break it into pieces with a wooden spoon or mallet. Store in an airtight container in the refrigerator.

*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*

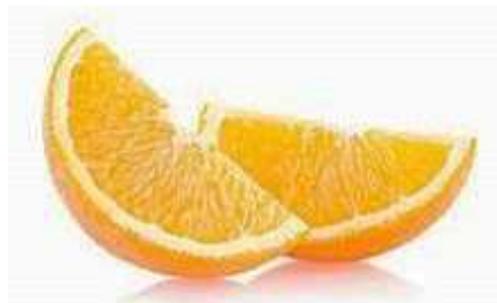


## CHOCOLATE, CASHEW, CRANBERRY, ORANGE BARK



### INGREDIENTS

- 3 cups semi-sweet or dark chocolate chips
- 1/2 cup salted cashew pieces
- 1/2 cup dried cranberries
- 1/2 teaspoon orange extract
- 1/4 teaspoon orange rind



### DIRECTIONS

Place chocolate chips in a 2 qt. glass microwave-safe bowl and cover with the **Cuchina Safe Vented Glass Lid**. Microwave on MEDIUM heat for 2 minutes then stir, continue heating on MEDIUM for another 1 minute or until melted, (using an 1100 watt oven). Do not over-heat! Add orange extract, orange rind and half of the cashews into melted chocolate, stir and pour mixture into a 9" x 12" baking pan lined with parchment paper. Spread cranberries and remaining cashews evenly on top, refrigerate for about 30 minutes. Once bark has hardened, break into pieces and serve.

*Original recipes by Susan Castriota at [www.cuchinasafe.com](http://www.cuchinasafe.com)*

## PUPPY CHOW SNACK, GLUTEN-FREE IN THE MICROWAVE



### INGREDIENTS

- 9 cups Rice Squares cereal (gluten-free)
- 2 cups powdered sugar
- 1 cup milk or semi-sweet chocolate chips
- 3/4 cup creamy peanut butter
- 1/4 cup butter
- 1 teaspoon vanilla

### DIRECTIONS

Combine chocolate chips, peanut butter, butter, and vanilla in a large microwave-safe bowl, cover with the **Cuchina Safe Vented Glass Lid**. Microwave for 1 minute on HIGH, then stir. Keep microwaving in 20 second increments until mixture is smooth. Put cereal into a very large lidded bowl, pour chocolate mixture over cereal, then stir until well coated. Add powdered sugar to the cereal mix, combine, cover the bowl with the lid and gently shake until cereal is coated. You can also use a large ziplock bag (may need to do a couple batches), or a large brown paper grocery bag. Allow to cool and serve! Store in an air tight container. *Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*

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## CHOCOLATE-COVERED PRETZELS WITH SPRINKLES AND DRIZZLE

### using the microwave

#### INGREDIENTS

- 1½ cups Semi-Sweet Chocolate or Milk Chocolate chip morsels  
OR
- 1½ cups chocolate candy melts
- 1 cup candy melts in white or other colors for dipping or drizzling
- 10-12 pretzel rods
- sprinkles, Jimmy's, chopped nuts, toffee bits, jelly beans or M&M's

#### DIRECTIONS

Line a baking sheet with wax or parchment paper.

Place morsels or melts (if using morsels, add 1½ teaspoons of vegetable oil) in a microwave-safe

deep bowl or tall canning jar. Cover with the **Cuchina Safe Vented Glass Lid**. Microwave on **MEDIUM** (50%) power for 1 minute, stir and microwave at 30 second intervals until melted.

Dip pretzel rods into the melted chocolate, shaking off any excess chocolate before adding the toppings. Sprinkle with toppings you desire before the chocolate has a chance to set. Place on wax paper and then let harden before adding drizzle. Store in an airtight container, best when eaten within a few days.

- ✓ To keep chocolate melted as you dip, place the jar with chocolate in a shallow bowl of hot water. Be careful not to get water mixed in with the chocolate.



- ✓ To add additional colors for drizzling, microwave the candy melts per the instructions on the bag. Use a fork or a decorating squeeze bottle to drizzle.

- ✓ When using sprinkles or toppings, place pretzel over a bowl to catch and reuse.

- ✓ The pretzels will set up at room temperature, although to speed up the process, place in the refrigerator for 10 minutes in an airtight container.

*Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



## CHEWIE OATMEAL CHOCOLATE BARS – GLUTEN-FREE MADE IN THE MICROWAVE

### INGREDIENTS

- 2 cups rolled oats, gluten-free
- 3/4 cup semisweet chocolate chips
- 1/2 cup packed brown sugar
- 1/2 cup creamy peanut butter
- 1/3 cup butter, melted
- 1/4 cup honey

### DIRECTIONS

In a large bowl, combine oats and brown sugar. Stir in butter and honey. Press into a greased 8" X 8" square glass microwave-safe dish. Cover with the **Cuchina Safe Glass Lid**, cook on **HIGH** for 3 ½ - 4 minutes.

In a microwave-safe bowl, combine chocolate chips and peanut butter. Cover with the **Cuchina Safe Lid**. Microwave on HIGH for 1 minute, remove and stir until smooth. Spread chocolate mixture evenly over oatmeal mixture.



Refrigerate 20-30 minutes before cutting.

*Original recipe by Susan Castriota  
www.cuchinasafe.com*



## SUPER EASY MINT FUDGE MADE IN THE MICROWAVE

### INGREDIENTS

- 2 ( 12oz ) bags milk chocolate chips (1  $\frac{3}{4}$  cup)
- 1 (14oz) can sweetened condensed milk
- $\frac{1}{4}$  cup butter
- 1 tsp. vanilla
- 1 tsp. peppermint extract
- 1 cup chopped walnuts (Optional, add to melted fudge mixture)

### DIRECTIONS

Place chocolate chips, condensed milk, butter, vanilla and peppermint in a 2 qt. glass microwave-safe bowl, cover with 9" **Cuchina Safe Lid**. Microwave

on MEDIUM heat for 2 minutes then stir, continue heating and stirring every 30 seconds until chocolate is completely melted. (using an 1100 watt oven, it's a total of 4 minutes on medium) This

prevents the chocolate from burning. Pour into an 8" x 8" baking pan lined with parchment paper. . Garnish with m&m's or shaved mint candy. Refrigerate to set overnight, if you can wait that long!

*Original recipe by Susan Castriota  
[www.cuchinasafe.com](http://www.cuchinasafe.com)*



## POPCORN CHOCOLATE ALMOND CLUSTERS

### INGREDIENTS

- 1 cup milk or dark chocolate chips
- 1/2 cup popcorn kernels, organic
- 1/3 cup almonds, sliced
- 1/2 teaspoon sea salt.

### DIRECTIONS

Using a 2 qt. glass microwave-safe large bowl, spray the inside of the bowl with cooking spray or use a teaspoon of oil. Add popcorn kernels, cover bowl with the **Cuchina Safe Vented Glass Lid**. Cook in microwave on high for 3-4 minutes. Cooking time may vary so watch the popcorn at the 3 minute mark. Using an oven mitt, remove lid immediately so moisture does not dampen the popcorn. Adult supervision required when removing glass bowl, it will be HOT! Remove unpopped kernels and transfer to a parchment-lined baking sheet.

Add chocolate chips in a microwave-safe bowl, cover with **Cuchina Safe Lid**. Microwave on MEDIUM heat for 1 minute then stir. If not completely melted, cook at additional 30-second intervals. Do not overcook! Quickly add chocolate to the popcorn, and then add the almonds. Sprinkle with salt. Refrigerate to set a few hours or overnight. Cooking time based on using an 1100 watt oven.

*Original recipe by Susan Castriota*



Cuchina Safe®

## POPCORN IN THE MICROWAVE

Use a 2 Qt. glass microwave-safe large bowl, spray the bottom of the bowl with cooking spray or use a teaspoon of oil. Add ½ cup of Popcorn kernels (organic), cover bowl with the **Cuchina Safe Lid**. Cook in microwave on high for 3- 4 minutes. Using an oven mitt, remove Vented Lid immediately so moisture does not dampen popcorn. Adult supervision required when removing glass bowl, it will be HOT! Transfer into a serving bowl!



Add butter, salt, grated cheese, m&ms, peanuts, pretzels or eat plain for healthier popcorn, makes 8 cups of yummy popcorn!

Cuchina Safe®

## POPCORN "BUNNY BAIT" MUNCH CLUSTERS

### INGREDIENTS

- 1 cup milk or dark chocolate chips
- 1/2 cup colored candy melts
- 1/2 cup popcorn kernels
- 1/2 cup small pretzels
- 1/2 cup M&M's
- 1/4 cup sprinkles

### DIRECTIONS

Using a 2 qt. glass microwave-safe large bowl, spray the inside of the bowl with cooking spray or use a teaspoon of oil. Add popcorn kernels, cover bowl with the **Cuchina Safe Vented Glass Lid**. Cook in microwave on **HIGH** for 3-4 minutes. Cooking time may vary so watch the popcorn at the 3 minute mark. Using an oven mitt, remove lid immediately so moisture does not dampen the popcorn. Adult supervision required when removing **HOT** bowl. Remove unpopped kernels and transfer popcorn to a parchment-lined baking sheet.

Place chocolate chips in a microwave-safe bowl, cover with **Cuchina Safe Lid**. Microwave on **MEDIUM** for 1 minute then stir. If not completely melted, cook at additional 30-second intervals. Quickly drizzle



chocolate on popcorn. Add M&M's and broken pretzels. In a small bowl, add candy melts and microwave on **MEDIUM** power for 1 minute or until melted for 30-second intervals. Drizzle on top of popcorn mixture, add sprinkles. Refrigerate to set a few hours or overnight.

Cooking time based on using an 1100 watt oven.

*Original recipe by Susan Castriota*  
[www.cuchinasafe.com](http://www.cuchinasafe.com)



## CARAMEL-MARSHMALLOW POPCORN MIX

### INGREDIENTS

- 12 cups popcorn, popped (1/2 cup kernels)
- 2 cups large marshmallows (14)
- 1/2 cup brown sugar, packed
- 1/2 cup butter

### DIRECTIONS

**POPCORN:** Using a 2 qt. glass microwave-safe large bowl, spray the inside of the bowl with cooking spray or use a teaspoon of oil. Add popcorn kernels, cover bowl with the **Cuchina Safe Vented Glass Lid**. Cook in microwave on **HIGH** for 3 to 4 minutes. Cooking time may vary, so watch the popcorn at the 3 minute mark. Using an oven mitt, remove lid immediately so moisture does not dampen the popcorn. Adult supervision required when removing **HOT** bowl. Remove unpopped kernels and transfer popcorn to a large mixing bowl.

**MARSHMALLOW MIX:** In a large glass or ceramic bowl, combine marshmallows, brown sugar and butter, cover with the **Cuchina Safe Lid**, heat in microwave on **HIGH** for 1 minute, remove

and stir. Cover and microwave on **HIGH** for another 30 seconds or until mixture is melted and smooth. Pour marshmallow mixture over popcorn; (you may need an extra bowl) stir to coat, arrange on a cookie sheet and cool. Add M&M's or peanuts if desired.

*Original recipe by Susan Castriota  
www.cuchinasafe.com*



# POPCORN, CHOCOLATE "HOLIDAY" MUNCH

## INGREDIENTS

- 1 cup milk or dark chocolate chips
- 1/2 cup colored candy melts
- 1/2 cup popcorn kernels
- 1/2 cup honey roasted peanuts
- 1/2 cup M&M's
- 1/4 cup sprinkles

## DIRECTIONS

Using a 2 qt. glass microwave-safe large bowl, spray the inside of the bowl with cooking spray or use a teaspoon of oil. Add popcorn kernels, cover bowl with the **Cuchina Safe Vented Glass Lid**. Cook in microwave on **HIGH** for 3-4 minutes. Cooking time may vary so watch the popcorn at the 3 minute mark. Using an oven mitt, remove lid immediately. Adult supervision required when removing **HOT** bowl. Remove unpopped kernels and transfer popcorn to a parchment-lined baking sheet.

Place chocolate chips in a microwave-safe bowl, cover with **Cuchina Safe Lid**. Microwave on **MEDIUM** for 1 minute then stir. Cook at additional 30-second intervals until melted. Quickly drizzle chocolate on popcorn. Add M&M's and peanuts. In a small bowl, add candy melts and microwave on **MEDIUM** power for 1 minute or until melted for 30-second intervals. Drizzle on top of popcorn mixture, add sprinkles. Refrigerate to set a few hours or overnight.

Cooking time based on using an 1100 watt oven. *Original recipe by Susan Castriota [www.cuchinasafe.com](http://www.cuchinasafe.com)*



# TURKEY MEATBALLS WITH RICED CAULIFLOWER

## Gluten-Free

*Original recipe by Susan Castriota*

### INGREDIENTS

- 1 lb. Ground Lean Turkey Meat
- 1 cup of riced Cauliflower
- ¼ cup grated Parmesan Cheese
- 1 egg
- 1/2 tsp Oregano
- 1/2 tsp Basil
- 1/2 tsp Minced Garlic
- 1/2 tsp Parsley Flakes
- 1/4 tsp Salt
- 1/8 tsp Turmeric
- 1/8 tsp Paprika

### DIRECTIONS

In a bowl, mix together all ingredients except the ground meat. Once mixed, add ground meat, mix well. Using your hands, roll the mixture into balls, smaller than a golf ball.



Pre- heat oven to 350 degrees. Place meatballs on a greased cookie sheet. Cook meatballs for 15 minutes then turn meatballs and cook for another 10 -15 minutes.

Serve warm or refrigerate and re-heat for a minute in the microwave.

Makes about 20 meatballs, for smaller appetizer size, about 24 meatballs.

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## HAM & HASH-BROWN CASSEROLE IN THE MICROWAVE

### INGREDIENTS

- 1/2 (15 oz.) package frozen Hash Brown Potatoes
- 1 can condensed Cream of Mushroom Soup
- 1 cup diced Cooked Ham
- 1 cup shredded Cheddar Cheese
- 1 cup frozen Peas
- 2 tablespoons Sour Cream
- 2 teaspoons of Garlic Salt

### DIRECTIONS

In a large mixing bowl, add frozen hash browns and peas, microwave on high for 2 minutes to thaw. The mixture should be cold, but not frozen.

In a medium bowl, stir together the cream of mushroom soup, cheddar cheese, sour cream and garlic salt. Add this to the thawed potatoes and peas, stir until evenly blended.

Cover the large mixing bowl with the **CUCHINA SAFE Glass Vented Lid**. Return to the microwave, and cook on high for 4 to 5 minutes. Stir and cook another 2 minutes or until the mixture is cooked and cheese is melted. (Cooking times may vary for your microwave) Leave the Lid in place until ready to serve to keep the casserole warm. Top with some cheddar cheese.



This makes a great dinner or breakfast dish. Serves 4 -6

*Original recipe by Susan Castriota*

## PUMPKIN BREAD PUDDING MADE IN THE Microwave

### INGREDIENTS

- 1 can (16 oz.) solid pack pumpkin
- 1 can (12 oz.) evaporated milk
- 5 slices of whole-wheat bread, cubed
- 1 cup sugar
- 1 cup golden raisins
- 2 eggs
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ginger, ground
- 1/4 teaspoon nutmeg

### DIRECTIONS

In a large microwave-safe glass or ceramic 3 qt. mixing bowl, combine pumpkin, milk, sugar, eggs, salt and spices, mix very well, cover with the **Cuchina Safe Vented Glass Lid**. Microwave on high for 3 minutes, stir and cook on high for an additional 3 minutes (be careful, use oven mitt or towel to handle the bowl). Add bread, mix well, cover and cook on high for 3 minutes, stir and cook on high an additional 2 minutes or until cooked, let sit with the lid on to keep pudding warm. Stir in the raisins, serve warm with ice cream or top with whipped cream. Servings: 6 - 8

*Original recipe by Susan Castriota*

[www.cuchinasafe.com](http://www.cuchinasafe.com)



## CHERRY OATMEAL COBBLER MADE IN THE MICROWAVE

Gluten-free option

### INGREDIENTS

- 1 (21 oz.) can Cherry fruit pie filling
- 3/4 cup whole grain rolled oats (gluten-free)
- 1/2 cup butter, not melted
- 1/2 cup packed brown sugar
- 1/2 cup gluten-free rice blend or all-purpose flour
- 1 tablespoon of sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla



### DIRECTIONS

Arrange cherry filling in the bottom of the **Cover 'n Cook** glass baking dish, stir in vanilla. In a medium bowl, mix together butter, brown sugar, oats, flour, and cinnamon until crumbly. Sprinkle this topping evenly over the cherry filling. Microwave uncovered on HIGH for 6 minutes. Keep in microwave and sprinkle sugar on the top. Microwave for 1-2 more minutes



until top is bubbly and brown. Glass will be HOT, let sit in microwave for 3-5 minutes before removing. Serve warm with vanilla ice cream or whipped cream.

*Original recipe by Susan Castriota*

# CARROT CAKE, GLUTEN-FREE IN THE MICROWAVE

## INGREDIENTS

- 1 ¼ cups Gluten-free rice flour blend or (all-purpose flour)
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup sugar
- 2 eggs
- 1/2 cup coconut oil, heated to liquid (place in bowl of hot water)
- 1 teaspoon vanilla extract
- 1 ½ cup peeled grated carrots
- 1/2 cup raisins
- 1/2 cup pineapple, crushed
- 1/2 tub (8 oz.) Home style cream cheese frosting – or home made



## DIRECTIONS

Generously spray 2 Pyrex® 1.75 qt. round glass bowls (the flat bottomed bowl is ideal). You can also cut a round piece of parchment paper and place on the bottom.

In a large bowl, combine the flour, baking soda, baking powder, cinnamon and salt, set aside.

In another bowl combine sugar, eggs, coconut oil and vanilla, blend well using a hand whisk. Mix wet mixture with the dry ingredients. Lastly fold in the grated carrot, raisins, and pineapple.

Divide the batter evenly between the 2 bowls. Cover with the **Cuchina Safe Vented Glass Lid**.

Microwave each layer individually for roughly 2 - 3 minutes or until firm on top and the middle is cooked. Timing may vary depending on your microwave wattage.

Let sit and allow to cool for 3-5 minutes before turning out onto a cooling rack.

Once the cake has completely cooled, put your first layer of cake on your serving platter. Using a large offset spatula spread a big dollop of the frosting evenly across the cake. Stack the top layer of cake on top of the frosted first layer and repeat, being a little more generous with icing on the top layer.

Serving size: 6 *Original recipe by Susan Castriota*

## NO CRUST PUMPKIN PIE – GLUTEN-FREE

### INGREDIENTS

- 1 can (15 oz.) pure pumpkin
- 1 can (12 oz.) evaporated milk
- 3/4 cup sugar
- 1/3 cup gluten-free flour, all-purpose flour blend
- 2 eggs
- 2 tablespoons butter, melted
- 2 teaspoon pumpkin spice
- 1 teaspoon vanilla
- 1/2 teaspoon baking powder



### DIRECTIONS

In a large mixing bowl, mix all ingredients until well blended. Using the **Cuchina Safe Cover 'n Cook** or a deep-dish pie plate, spray with nonstick cooking spray, pour in pumpkin mixture. Bake at 350° F in a pre-heated oven for 50 to 60 minutes or until knife inserted in center comes out clean. Cool 30 minutes, refrigerate. Serve chilled, garnish with whipped topping. Servings: 8-10

*Original recipe by Susan Castriota*

[www.cuchinasafe.com](http://www.cuchinasafe.com)



# Garbanzo Bean Chocolate Chip Blondies

## INGREDIENTS

- 2 cans (15oz) garbanzo beans
- 3 eggs
- 2 teaspoons vanilla extract
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup dark or milk chocolate chips
- ¾ cup sugar
- 1/3 cup quick 1-minute oatmeal
- 1 tablespoon coconut oil (melted)

## DIRECTIONS

In a large bowl, combine garbanzo beans (drain thoroughly), eggs, vanilla, baking powder and salt, stir. Blend ingredients in a blender until completely smooth.

Add chocolate chips, sugar, oats and coconut oil to blended ingredients.

Preheat oven to 350 degrees.

Spread into greased (parchment paper or cooking spray) round 2 qt. **Cover n Cook™** or 9" x 9" baking dish. (9"x 9" yields 16 pc.)



Bake Blondies at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean.

Garnish with powdered sugar, chocolate syrup or whipped cream if desired.

Serves: 12 slices or 16 squares

*Original recipe by Susan Castriota*

## KEY LIME PIE WITH GRAHAM CRACKER CRUST made in the microwave

### INGREDIENTS: CRUST

- 1 ½ cups graham cracker crumbs (9 full sheets)
- 6 Tablespoons butter, softened
- 1/3 cup brown sugar

### INGREDIENTS: FILLING

- 1 can (14oz) sweetened condensed milk
- 1 cup (8oz) cream cheese, softened
- 1/2 cup lime juice, freshly squeezed (2 - 3 limes)
- 2 teaspoons lemon curd
- 1 ½ teaspoons vanilla extract
- Whipped cream for topping



### DIRECTIONS: CRUST

To crush crackers, use a food processor or crush them in a zip top bag with a rolling pin.

Mix the graham cracker crumbs, butter, and sugar in a medium bowl until coarse and sandy (sugar crystals assist the butter in binding the crumbs together). Place parchment paper in the bottom of the 9" **Cover 'n Cook** dish, press the mixture into dish and pack it down with the bottom of a flat glass. Microwave uncovered on MEDIUM for 2 ½ -3 minutes. Refrigerate crust before filling. Makes 8 -10 servings.

**OR** If using single serving Ramekins, 6-8 glass (1) cup servings, spray bottom, divide crust mixture. Microwave uncovered on MEDIUM for 1 ½ -2 minutes, refrigerate crusts before filling.



### DIRECTIONS: FILLING

In a large bowl mix the cream cheese, condensed milk, lime, lemon curd and vanilla. Whip for roughly 4-5 minutes. (To get the most juice out of fresh lime, microwave for 20-30 sec. on high, roll on counter, squeeze.) Remove the pie crust from the fridge and fill with the filling mixture. Return to the fridge and allow to set for a minimum of 5 hours, preferably overnight. Decorate your pie with whipped cream and slices of lime or fruit and enjoy!

This pie can be kept covered and stored in the fridge for up to 4 days.

*Original Recipe by Susan Castriota*

## GRAHAM CRACKER MINT FUDGE

### 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.

### DIRECTIONS

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 butter
- 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!

*Original recipe by Susan Castriota*



# OATMEAL CHOCOLATE CHIP GLUTEN-FREE COOKIES

## Made with Cauliflower rice

### INGREDIENTS

- 2 cups Cauliflower “rice” steamed, drained
- 1 cup raisins
- 3/4 cups rolled oats, gluten-free
- 3/4 cups semi-sweet chocolate chips
- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup rice flour blend, gluten-free
- 2 eggs
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt



### DIRECTIONS

Preheat oven to 350 F. In a microwave safe bowl, add 1/2 cup of water to Cauliflower rice, cover with the **Cuchina Safe Vented Glass Lid**, microwave on high for 5 minutes, let it cool for a few minutes to avoid burning hands. Strain the cauliflower and pour onto a clean dishtowel or large piece of cheesecloth, twist tightly and squeeze out as much water as possible. Set aside “rice” pulp.

Cream butter and sugars together in a large mixing bowl; add eggs and vanilla, mix, then stir in the cooked “rice”.

In another bowl mix flour, oatmeal, baking soda, cinnamon and salt. Add dry ingredients to butter mixture and mix until blended, add raisins and chocolate chips and mix until blended. Drop 1 tablespoon for small cookies or 2 tablespoons for larger cookies onto parchment paper cookie sheet or a non-stick cookie sheet. Bake for 10-12 minutes until golden brown. Larger cookies may need a little longer cooking time. Servings: 24

*Original recipe by Susan Castriota*

## LEMON CREAM-CHEESE FILLED CREPES



### INGREDIENTS FOR FILLING

- 8oz. cream cheese, softened
- 1/2 cup lemon curd
- 1/4cup powdered sugar
- 1 tsp vanilla extract
- 1 tsp lemon juice

### DIRECTIONS

Using frozen Belgian Crepes, microwave for under 1 minute on high in the glass **Cover 'n Cook**.

Mix the “filling” ingredients in a bowl until creamy and smooth. Divide the mixture among the crepes, filling into one of the “corners” of the crepes and fold into ¼’s. Arrange on plate and top with fresh strawberries or your favorite fruit, sprinkle with powdered sugar and top with whipped cream and serve immediately. Serves: 6 to 8 crepes

*Original recipe by Susan Castriota*

# 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 olive oil)
- ½ tsp. vanilla
- (add a pinch of baking soda)
- 1/4 cup chocolate chips



## DIRECTIONS

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 Glass Vented 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.

*Original recipe by Susan Castriota*

# 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



## DIRECTIONS

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 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 *Original recipe by Susan Castriota*



## CHOCOLATE CANDY CANE PRETZEL BARK

*made using the microwave*

### INGREDIENTS

- 1 (11 oz.) bag milk or dark chocolate chips
- 1 cup mini pretzels or gluten free pretzels
- 2-3 candy canes, large or 8-10 mini canes
- 1/2 tsp. peppermint extract

### DIRECTIONS

Place candy canes in a plastic bag and crush using wooden hammer.

In a 1- 2 qt. glass microwave-safe bowl, add chocolate chips and cover with **Cuchina Safe Vented Glass Lid**.

Microwave on MEDIUM heat for 2 minutes then stir, continue heating on

medium for another 1 minute or until melted, (using an 1100 watt oven) Do not over- heat! Add peppermint extract and half of the candy canes into melted chocolate, stir and pour mixture into a 9" x 9" baking pan lined with parchment paper. Spread pretzels evenly on top, sprinkle remaining candy canes on top and refrigerate for about 30 minutes. Once bark has hardened, break into pieces. Servings: 12



*See more recipes at [www.cuchinasafe.com](http://www.cuchinasafe.com)*



# GLUTEN-FREE LEMON CAKE MADE IN THE MICROWAVE

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

**DIRECTIONS** 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.

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

Cover with the **CUCHINA SAFE Glass Vented Lid**. Microwave on High for 3 minutes (15 -30 sec. more depending on your oven) Let stand in the microwave for a minute more as cake continues to rise and baking. Cool and cut cake into 4-6 pieces and scoop out of bowl.



## ICING

- 2/3 cup confectioners' sugar
  - 2 tablespoons freshly squeezed lemon juice
- Mix in small bowl until smooth. Drizzle over cake



*Original recipe by Susan Castriota*

## CRANBERRY ORANGE SAUCE MADE IN THE MICROWAVE

### INGREDIENTS

- 12 ounces cranberries, fresh
- 1 cup sugar (add ½ cup more sugar, if you prefer sweeter)
- 1/2 cup orange juice
- 1 teaspoon grated orange rind
- Optional: 1-2 tablespoons of Grand Marnier

### DIRECTIONS

Combine all ingredients in a 2-3-qt microwave-safe glass bowl; mix well. Cover with **Cuchina Safe Vented Glass Lid** and microwave on high for 5 minutes. Remove to

stir, be extra careful, the glass is very HOT, use oven mitts or a towel to handle! Microwave another 5 minutes until cranberries pop, and sauce has thickened. Let stand, covered, cranberry sauce will thicken as it cools. Optional: after cooked, while still hot, add 1-2 tablespoons of Grand Marnier, mix well. Transfer to serving bowl and chill for 3-4 hours.



## BAKED CINNAMON APPLES MADE IN THE MICROWAVE

### INGREDIENTS

- 3 crisp apples (such as Gala or Fuji)
- 3 tablespoons of raisins or dries cranberries
- 3 tablespoons of butter
- 2 tablespoons brown sugar
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- Top with ¼ cup Granola (optional)

### DIRECTIONS

Using a spoon, remove the core, seeds and peel the apples, leaving the bottom intact.

In a small bowl, mix the sugars, cinnamon and raisins. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apples in a deep casserole dish and cover with the **Cuchina Safe Vented Glass Lid**.

Microwave on High for 3 -4 minutes (depending on your wattage) or until tender. Let the apples sit for a couple minutes before serving. Top with Granola, Ice Cream or Whipped Cream.

Yield: 3 servings

The strength of microwave ovens vary from one to the other according to the wattage power, the size in cubic feet measurements, and if it has a carousel or not. If you are using a recipe or following someones time requirement for microwaving food, adjust for the cooking times accordingly.

*Original recipe by Susan Castriota*



## PEACH OATMEAL COBBLER MADE IN THE MICROWAVE

Gluten-free

### INGREDIENTS

- 6 large ripe peaches – peeled and sliced
- 1/2 cup butter, not melted
- 3/4 cup packed brown sugar
- 3/4 cup whole grain rolled oats (gluten-free)
- 1/2 cup gluten-free rice blend or all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg



### DIRECTIONS

Arrange peaches in the **Cover 'n Cook** glass microwavable dish, add vanilla and let sit for a while to marinate. In a medium bowl, mix together butter, brown sugar, oats, flour, cinnamon and nutmeg until crumbly. Sprinkle this topping evenly over the peaches. Microwave uncovered on high for 6 minutes; rotate dish 1/2 turn and microwave for 2-3 minutes more until top is bubbly and brown. Glass will be HOT, let sit for 5 minutes.

Serve warm with ice cream or whipped cream.

*Original recipe by Susan Castriota*

## WHITE CHOCOLATE FUDGE WITH CRANBERRIES

### INGREDIENTS

- 3 cups (1 ½ bags) white chocolate chips
- 1 (14oz) can sweetened condensed milk
- 1 cup dried cranberries
- 1/2 cup walnut pieces (optional)
- 1/3 cup butter
- 1 teaspoon almond extract
- 1/2 teaspoon sea salt

### DIRECTIONS

Add white chips, condensed milk, butter in a 2 qt. glass microwave-safe bowl, cover with **Cuchina Safe Vented Glass Lid**. Microwave on MEDIUM

heat for 2 minutes then stir,

continue heating and stirring every 30 seconds until chocolate is completely melted. (total 3 minutes when using an 1100 watt oven) In a small bowl, mix salt with cranberries. Add salted cranberries and almond extract (and optional walnuts) in melted mix, stir until well combined. Pour into a 9" x 9"

baking pan lined with aluminum foil and smooth the top with a spatula. Refrigerate to set overnight. Remove from the foil before cutting into 1 -inch squares.

*Original recipe by Susan Castriota  
www.cuchinasafe.com*



## GLUTEN-FREE FRENCH TOAST – MADE WITH RICED CAULIFLOWER

### INGREDIENTS

- 4 cups “Riced” Cauliflower (16 oz. bag)
- 1/3 cup Milk or Almond Milk
- 4 eggs
- 1/4 cup gluten-free flour
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon nutmeg

### DIRECTIONS

In a large microwave-safe bowl, add cauliflower and 1 cup of water, cover with the **Cuchina Safe Vented Glass Lid**. Cook in the microwave on high for 6 minutes, let sit for another minute, cool. With a dish towel or cheese cloth, squeeze the riced cauliflower to remove water. Makes about 2 cups cooked. In a large bowl, mix the cooked cauliflower, milk, eggs, flour, spices and baking powder until combined. Place the mixture onto a sprayed or parchment paper lined 9” x 12” baking sheet and spread out evenly. Bake in pre-heated oven at 425°F for 15 -20 minutes. Remove the bread from the oven; divide into 6 pieces of bread, serve warm top with butter, syrup, powdered sugar or fruit. Serving size: 3 *Original recipe by Susan Castriota*



# CAULIFLOWER RICE GLUTEN-FREE BREAD

## INGREDIENTS

- 4 cups “Riced” Cauliflower (16 oz .bag )
- ½ cup Mozzarella Cheese shredded
- ½ cup Parmesan Cheese grated
- 2 eggs
- 1 tablespoon fresh basil chopped
- 1 teaspoon salt
- 1 teaspoon parsley
- 1 teaspoon garlic minced

## SANDWICH SUGGESTIONS

Lunch-meat, cheese, lettuce, tomato, mustard or mayo



## DIRECTIONS

In a large microwave-safe bowl, add cauliflower and 1 cup of water, cover with the **Cuchina Safe Vented Glass Lid**. Cook in the microwave on high for 6 minutes, let sit for another minute. With a dish towel or cheese cloth, squeeze the riced cauliflower to remove water.

In a large bowl, mix the cooked cauliflower, Mozzarella and Parmesan cheeses, eggs, basil, salt, parsley and garlic until combined. Place the mixture onto a parchment paper lined 9” x 7” baking sheet and spread out to 1/4” thick. Bake in pre-heated oven at 425°F for 15 -20 minutes. Remove the bread from the oven; allow to cool for 10 minutes.



Sandwich: Divide into 6 pieces of bread, top with meat, cheese, lettuce, tomatoes or your favorite sandwich ingredients.

Serving size: 3

*Original recipe by Susan Castriota*

Breadsticks: Top with butter and 3/4 cup shredded Mozzarella cheese and return to oven to continue baking until the cheese is melted. Cut into 12 pieces; dip into your favorite Marinara sauce.

## GROUND TURKEY SLOPPY JOE'S IN THE MICROWAVE

A zesty, Quick & Delish sandwich. Add a *tangy* barbecue sauce for extra flavor.

### INGREDIENTS

- 1 pound uncooked ground turkey
- 1 cup barbecue sauce
- 1/2 cup green pepper, chopped
- 1/4 cup sweet mini peppers, chopped
- 1/4 cup onion chopped
- 4- 6 Ciabatta rolls or buns

### DIRECTIONS

In 2 quart microwave-safe bowl, place turkey, cover with the **Cuchina Safe Vented Glass Lid**. This is essential to this recipe, as the lid steams the meat and keeps it moist. Microwave on HIGH 2 minutes, remove from microwave and chop up the ground meat, placing uncooked meat to the edges. Mix in peppers, onion and ½ cup of barbecue sauce. Cook another 2 minutes. Stir and add remaining sauce, cook another minute and stir. Continue at 30 second intervals until cooked. Let sit with the cover on, to keep the meat warm.



Spoon turkey mixture onto fresh buns.

Makes 4-6 sandwiches.

*Original recipe by Susan Castriota*

# CAULIFLOWER RICE CAPRESE SANDWICH

## INGREDIENTS

- 2 ½ cups cauliflower rice
- 1 large egg
- 1/2 cup grated Parmesan cheese
- 1 tbsp. gluten-free rice flour
- 1/2 tsp lemon pepper seasoning
- 4 thick slices of mozzarella cheese
- Tomatoes
- Balsamic vinegar
- Basil leaves, fresh

## DIRECTIONS

Place cauliflower into a microwave safe bowl, add 1 tbsp. water. Cover with the **Cuchina Safe Vented Glass Lid**, cook on high for 5 minutes. Let sit for 5 minutes covered.

Add egg, Parmesan cheese, flour and seasoning and mix well. Divide cauliflower mixture into 4 portions. Roll into a ball and flatten out each portion, place into a hot frying pan (add oil if not coated). Shape into disk about ½” thick. Cook on both sides until golden brown.



Using a spatula, remove the cauliflower bread. Place 2 slices on a plate as an open faced sandwich, top with a generous slice of Mozzarella cheese, sliced tomato, basil and drizzle with vinegar. YIELD: 2 Sandwiches

*Original recipe by Susan Castriota*

	Type of Vegetable	After Water Boils	Microwave Micro-Steam
	Asparagus	5 - 7 min	4 - 6 min
	Beans	8 - 10 min	4 - 5 min
	Beet Root (pierced)	30 - 60 min	10 - 15 min
	Broccoli (florets)	6 - 8 min	3 - 5 min
	Brussel Sprouts	5 - 10 min	4 to 6 min
	Cabbage (shredded)	5 - 10 min	5 - 6 min
	Carrots (sliced)	8 - 10 min	6 - 8 min
	Cauliflower (florets)	5 - 10 min	2 - 4 min
	Corn on the Cob	5 - 10 min	3 - 5 min
	Mushrooms (sliced)	5 - 10 min	2 - 4 min
	Peas (frozen)	3 - 4 min	2 - 3 min
	Peppers (sliced)	5 - 7 min	2 - 4 min
	Potatoes (cut)	8 - 15 min	5 - 8 min
	Spinach	3 - 5 min	2 - 3 min
	Zucchini (sliced)	3 - 6 min	2 - 3 min

Times are estimated and may vary according to quantity, size of food and appliance used.

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