



# Microwave Recipes Penfield Books

*Michelle Nagle Spencer*

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Appetizers include the following recipes: Hot Crab Dip, Italian Eggplant Appetizer, Kabobs, Microwave Chex Mix, Satays, Shrimp Puffs, Spiced Almonds, Stuffed Mushrooms, & Kabobs.

Beverages include: Hot Buttered Rum, Hot Cider, Hot Merry Bulls, Super Rich Hot Chocolate, & Sweet Hot Peanut Smoothy.

Soups include recipes for: Artichoke Heart Soup, Cauliflower-Cheese Soup, Chili, Chilled Tomato-Curry Soup, Clam Chowder, Corn Chowder, French Onion Soup, Spicy Chicken Soup, Split Pea Soup, & Watercress Soup.

Salads include these recipes for: Blue Cheese Dressing, Bright Garlic-Vegetable Salad, Creamy Wilted Lettuce Salad, Dill Salad, & Hot Potato Salad.

Sauces include recipes for: Applesauce, Cheese, Chocolate Fudge, Cranberry, Hollandaise, Mushroom, Tomato, & White Sauce.

Breads and Cereals include these recipes: Banana Bread, Beer Bread, Cheese-Dill Bread, Corn Muffins, Cornmeal, Granola, Honey Muffins, Oat Muffins, Pumpkin Bread, Tips, & Zucchini Bread.

Meat recipes: Barbecue Beef Strips, Beef-Cheddar Pitas, Lamb Curry, Meat Cooking Chart, Meat Defrosting Chart, Meat Loaf, Mexican Lasagna, Mexi-Mini Beef Loaves, Nicoise Beef, Oriental Pork, Oriental Steak Strips, Pork Roast, Stroganoff, & Sweet and Sour Pork.

Poultry and Egg recipes: Chicken Rice Curry, Cornish Game Hens, Creamy Chicken and Cucumber, Hearty Italian Chicken, Poached Eggs, Scrambled Eggs, Tips for Cooking Eggs, Tips for Cooking Poultry, Tomato-Onion-Pepper-Chicken, & Turkey Casserole.

Fish and Seafood recipes: Almond Sole, Oriental Halibut Steaks, Oriental Shrimp, Poor Man's Lobster, Southern Scallops, & Stuffed Trout.

Vegetables and Side Dishes: Cooking Brown Rice, Cooking Dried Legumes, Cooking Long Grain White Rice, Cooking Spaghetti or Fettuccine, Cooking Wild Rice, Corn Pudding, Fettuccine Alfredo, Fresh Vegetable Cooking Chart, Herbed Beans, Minted Peas, New Potatoes, Red Cabbage, Scalloped Potatoes, Spicy Green Beans, Sweet-Sour Spinach, Tips, & Vegetable Casserole.

Desserts: Baked Pears, Key Lime Pie, Microwave Creme Brulee, Rhubarb Crisp, Rice Pudding, & Strawberry-Kiwi Cheesecake.

Cakes:

Cherry-Nut Cupcakes, Chocolate-Walnut Cake, Devils Food Cake, Gingerbread, Orange Cake, Rich Lemon-Ginger Cake, Sponge Cake, & Strawberry Shortcake.

Cookies:

Almond Wedges, Brownies, Chocolate Danish Cookies, Molasses Cookies, Oatmeal Cookies, Pecan Bars, Scones, Seven Layer Bars, Sugar Cookies, & Sugar Plums.

Candies:

Crunchy Drops, & Peanut Brittle

**\*\*Seven Layer Bars\*\***

1/2 cup butter

1 1/2 cups graham cracker crumbs

6 ounces chocolate chips

6 ounces butterscotch chips

1 1/2 cups flaked coconut

1 cup chopped pecans

15-ounce can sweetened condensed milk

In a 12x7-inch glass pan, melt butter. Spread butter over bottom of pan. Sprinkle even layers of crumbs, chocolate and butterscotch chips, coconut, and pecans. Pour sweetened condensed milk over all. Microwave on defrost or low for 10 to 15 minutes, or until mixture browns slightly. Cool, cut into bars. Makes 3 1/2 dozen bars.

**\*\*Hearty Italian Chicken\*\***

2 whole chicken breasts, skinned and boned

1 tomato, sliced

1 zucchini, sliced

1 leek, sliced

1 cup chopped Italian parsley

1/4 cup chicken stock

1 tablespoon olive oil

salt and pepper to taste

2 tablespoons fresh lemon juice

2 cups hot cooked brown rice

On a 12-inch serving platter, arrange chicken breasts on half the platter, fanned, but not touching. Arrange tomato and zucchini over the second half of the platter. Sprinkle with leek and parsley. Beat together remaining ingredients except rice and pour over chicken and vegetables. Microwave, covered on high for 10 or more minutes. Serve over rice. Serves 2.

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