

Sugar and Spice and Everything Nice

Black Forest Dump Cake

5 oz can crushed pineapple	21 oz can cherry pie filling
18.5 oz devils food cake mix	1 cup chopped pecans
1 stick melted butter (1/2 cup)	Whipped topping

Drain pineapple, reserve liquid. Spread pineapple in Large Deep Rock 'N Serve. Add pie filling. Spread gently. Sprinkle dry cake mix onto filling; top with pecans. Combine melted butter and pineapple juice and pour on top of mixture. Microwave on High 12 min. Cool, top with whipped topping and enjoy!

Peanut Butter and Jam Bars

6 Tbs. Margarine, softened	1/3 cup sugar
1/3 cup peanut butter	1 egg
1/3 cup light brown sugar	2/3 cup strawberry jam
1 2/3 cup flour	

Combine butter, peanut butter, sugars and egg; beat well. Add flour and beat on low speed until mixture is crumbly. Reserve 1 cup crumbs. Press remaining crumbs into a Rock 'N Serve Large Shallow. Place on inverted plate to elevate dish in oven. Microwave on medium (50%) 5½-6½ min., or until base looks dry, rotating dish if necessary. Spread jam on base to within ½ inch of edge. Sprinkle with reserved crumbs. Microwave on medium (50%) 6 to 7 mins. Or until jam bubbles near the center, rotating dish once. Makes 16 bars.

Crunchy Munchies

¼ cup margarine ¼ cup sugar
2 Tbs. Honey 1 tsp cinnamon
2 cups O-type oat cereal 2 cups wheat square cereal
1 cup sliced almonds OR Spanish peanuts

In Large Deep Rock ‘N Serve combine margarine, sugar, honey and cinnamon. Microwave on high 1½-2 mins or until mixture boils well, stirring once. Stir in cereals and nuts; mix well. Microwave on high, uncovered, 2½-3½ mins. Or until lightly toasted, stirring twice. Turn out onto cookie sheet to cool. Store in Modular Mate, makes 5 cups.

*May substitute other non sweetened cereal, or mixture of cereal – great way to use up leftover cereal.

Fresh Strawberry Jam

5 cups crushed strawberries 2 tsp. Lemon juice
1 pkg. Powdered fruit pectin 7 cups sugar

Mix fruit, lemon juice and pectin in Rock ‘N Serve Large Deep. Cover and microwave on high for 11 min., stir once. Stir in sugar; microwave, uncovered, on high for 10-12 min., or until mixture boils hard for at least one minute. Skim off foam. Pour into Freezer Mates Mini 2 containers and freeze for later use.

Pineapple Wedding Cake

Jiffy Cake Mix (1 layer size) 1 box instant vanilla pudding
8 oz cream cheese 2 cups milk
1 med. Can crushed pineapple, drained
Cool Whip, coconut & maraschino cherries, for garnish

Mix cake mix according to package directions in Mix ‘N Stor Plus and pour into Rock ‘N Serve Large Shallow; microwave on high for 5 min. Cool. Mix pudding, cream cheese, and milk and pour over cooled cake. Top with drained pineapple, cool whip, coconut, and cherries.

Fun Stuff

Bread and Butter Pickles

1 large cucumber, sliced in ¼ inch thick rounds
1 medium onion, sliced in thin rounds
1 cup sugar ½ cup white vinegar
1 tsp salt ½ tsp mustard seed
½ tsp celery seeds ¼ tsp turmeric

Mix all ingredients in Rock ‘N Serve Large Deep. Microwave on high 7-8 min., stirring twice, until cucumber is crisp-tender and onion translucent. Cool and place in Freezer Mates Mini 2 for storage. Keep up to 1 month in refrigerator and freeze very well for longer storage.

This even works great with zucchini!

Microwave Play Dough

2 cups flour 2 cups water
1 cup salt 4 tsp. Cream of tartar
4 Tbs oil food coloring

Mix all ingredients in Rock ‘N Serve Large Deep. Microwave on high 3-5 min, stirring every minute. Cook until mixture gets so thick it can't be stirred. Let mixture cool. Divide and knead in food color. Store in Tupperware!

Cincinnati Chili Dip

1 can or frozen pkg. Chili 8 oz cream cheese
1 cup grated Colby cheese corn chips for dipping

In Rock ‘N Serve Large Shallow soften and spread cream cheese, top with chili. Microwave on medium high (70%) 2 min. Sprinkle with cheese. Serve with chips for dipping.

I feel like chicken tonight!

Chicken Cordon Bleu

Boneless, skinless chicken breast 1 slice Swiss cheese
Better Cheddar Crackers, crushed 2 slices low fat ham
Melted butter

Tenderize chicken breast with meat cleaver. Top with a slice of Swiss cheese and 2 pieces of ham. Roll and close with toothpick. Dip in melted butter. Roll in crushed cracker crumbs. Place in Small Rock 'N Serve. Microwave on high 1½ min.

Quick and Easy Lemon Pepper Chicken

3 boneless, skinless chicken breasts
Miracle Whip Lemon Pepper
Coat chicken with Miracle whip and sprinkle with lemon pepper;. Place in Rock 'N Serve Large Shallow. Microwave on high for 8-9 min. Let stand, covered for 2 min. to finish cooking. Quick and Easy Mexican Chicken Use Taco Seasoning instead of lemon pepper and cook as above.

Whole Chicken

Place a 3 lb chicken in the Large Deep Rock 'n Serve, breast side down. Cover with Large Shallow Rock 'N Serve. Microwave on high 9 min., turn breast side up, microwave on high 9 min. Let stand for 5 min. Wonderful for chicken salad, casseroles, or sliced chicken.

Firehouse Chicken

1 envelope dry onion soup mix
1 bottle Catalina salad dressing (fat free)
1 can whole berry cranberry sauce
4 boneless, skinless chicken breasts
Mix first three ingredients in Large Deep Rock 'N Serve, add chicken breast and marinate overnight. Microwave on high 12-15 min. stirring and turning chicken one time. Let stand 5 min. Great served over noodles.

Chicago Style Chicken

1 envelope dry onion soup mix
1 bottle Catalina salad dressing (fat free)
1 jar Apricot preserves
4 boneless, skinless chicken breasts
Mix first three ingredients in Large Deep Rock 'N Serve, add chicken breast and marinate overnight. Microwave on high 12-15 min. stirring and turning chicken one time. Let stand 5 min. Great served over noodles.

Quick and Easy Dinners

Chipper Fish

1 lb scrod or cod fillets 1/3 cup Caesar salad dressing
1 cup crushed potato chips

Arrange fish around the outer edges of Rock 'N Serve Large Shallow, placing none in the center. Add salad dressing and turn fillets to coat. Sprinkle potato chips over fish. Microwave on high 4-5 min. uncovered. Rotate dish midway through cooking. Let fish stand 3 min. before testing for doneness. Makes 4 servings.

Spicy Beans and Rice

1 1/3 cup minute rice 1 pkg. Taco seasoning
1 can kidney beans, drained dash cayenne pepper
1 1/3 cup water

In Medium Deep Rock 'N Serve put rice, drained beans, seasoning mix and cayenne pepper. Add water, mix well. Cover and microwave on high 8 min. Stir, let stand for 4 min. Serve.

Yam Ham Roll Ups

8 oz can yams, drained 1 Tbs. Butter, melted
3 Tbs brown sugar 4 thin slices ham
8 oz can pineapple slices, drained, reserve juice
1/4 c. pecans 6 Tbs. Brown sugar

Mash yams with butter and 3 Tbs brown sugar. Spread ham slices with yam mixture and roll up loosely. Place pineapple slices in bottom of Rock 'N Serve Large Shallow. Place roll ups on pineapple. Mix together 6 Tbs. Reserved pineapple juice, pecans and 6 Tbs. Brown sugar; pour over roll ups. Cover and microwave on high 4-6 min. Let stand 5 min. and enjoy!

Salmon & Dill Sauce

4 salmon steaks

Dill Sauce:

2 Tbs. Fresh dill, chopped 2 Tbs. Fresh parsley, chopped
1/2 cup cottage cheese 2 Tbs. Plain yogurt

Place 4 salmon steaks in Rock 'N Serve Large Shallow. Sprinkle with 2 Tbs. Water. Cover and microwave at 70% for 7-9 min., rotate dish 1/2 turn midway through cooking time. Allow to stand.

Dill Sauce:

Mix parsley and dill in blender for a few seconds, add cottage cheese & yogurt. Blend until smooth, season to taste. In Rock 'N Serve Small heat sauce 1-2 min. at 70% power, taking care not to boil. Serve over salmon steaks.

Macaroni Pizza

2 cups uncooked macaroni 1 tsp Parmesan cheese
1 egg 1/2 cup skim milk
15 1/2 oz jar spaghetti sauce 1/2 cup chopped green pepper
1/2 cup chopped onion 4 oz can mushrooms, drained
2 Tbs Parmesan cheese 1/2 lb cooked ground meat
8 oz shredded light Mozzarella cheese

Cook macaroni. For crust mix egg, milk and 1 tsp. Parmesan cheese; stir in cooked macaroni. Spread in Rock 'N Serve Large Shallow. Pour spaghetti sauce over macaroni, top with green pepper, onion, mushrooms, small bits of cooked ground meat & 2 Tbs. Parmesan. Microwave on high 5 min. Sprinkle with Mozzarella cheese. Microwave 2 more minutes. Let stand 5-10 min. before cutting.

Mostaccioli

1 lb Mostaccioli pasta, cooked
1 large jar spaghetti sauce
1½ c Colby cheese
1 lb ground beef, cooked & drained
2 c. Mozzarella cheese

Stir together cooked pasta, ground beef, Colby cheese, and sauce. Put in Rock ‘N Serve Large Deep. Microwave at 70% power for 15-17 min. stir. Sprinkle 2 cups Mozzarella on top, cover and microwave for 2 min.

Broccoli Soup

14½ oz can chicken broth	1 cup milk
2 Tbs. Butter	½ tsp parsley flakes
½ tsp salt	¼ tsp pepper
¼ tsp nutmeg	2 Tbs. Cornstarch
1½ cups finely chopped broccoli	

Combine all ingredients, except broccoli, in Rock ‘N Serve Medium Deep, stir until cornstarch is dissolved. Add broccoli; cover and microwave at 70% power for 13-14 min., until broccoli is fork tender. Stir and turn once during cooking. Let stand 5 min. before serving.

Quick Apple Crisp

1 pkg. Archway oatmeal cookies 1 can apple pie filling

Line the bottom of the Large Shallow Rock ‘N Serve with the cookies to form a crust, crumble the remaining cookies. Spoon the pie filling over the “crust” and top with crumbled cookies. Microwave on high 3-5 min. or until hot. Great served warm with ice-cream!

Easy and quick to make and serve at a demo!

Meat & Potatoes 5 Ways

5 cups peeled & sliced potatoes

Place sliced potatoes in Rock ‘N Serve Large Deep and microwave on high for 3-4 min. STIR

The potatoes form the bottom layer for the next layers your choice:

<u>Meat (middle layer)</u>	<u>Top Layer</u>
Boneless Chicken	Cream of Chicken or Broccoli Soup (dilute with ½ can milk or water)
Pork Chops	Cream of Mushroom Soup (dilute with ½ can milk or water)
Pork Chops	Sauerkraut and thin slices of apple
Smoked Sausage	Sauerkraut & caraway seeds
Sausage Links	Scrambled Eggs

Lay meat over potatoes, thicker parts to the outside, spoon the top layer over all, being sure to cover all of the potatoes and meat. Cover with Rock ‘N Serve Large Shallow, which forms a dome. Microwave 15 to 18 min. on high. Let stand 5 min.

Garnish Ideas:

Chicken – Salsa down the center and a sprinkling of cheddar cheese.

Pork Chops – Durkee Fried onion rings

Eggs – sprinkling of Colby cheese

Quick Au Gratin Potatoes

1 10 oz can cream of potato soup ½ cup sour cream
¾ cup shredded cheddar cheese, divided
16 oz pkg. Frozen hashed brown potatoes

Combine potatoes, soup, sour cream and ½ cup cheese in Rock ‘N Serve Large Deep. Microwave on high 10-11 min. until potatoes are tender, stirring once during cooking time. Sprinkle with remaining ¼ cup cheese, cover and let stand 3 min., until cheese melts.

Macaroni and Cheese for 2

1 cup elbow macaroni, uncooked
1 cup hot water ½ cup milk
2 Tbs butter 1 cup cubed cheese

Place macaroni, hot water, milk & butter in Rock ‘N Serve Medium Deep. Microwave on high, uncovered, for 7-8 min., stirring once or twice. Stir in 1 cup cubed cheese. Microwave 1 min. until cheese starts to melt. Stir and let stand a few minutes.

Zesty Smoked Sausage

1 lb smoked sausage, sliced ½ cup orange marmalade
1 Tbs. White vinegar 1 Tbs. Mustard
1 can zesty tomato soup

Mix all ingredients in Rock ‘N Serve Medium Deep, stir to coat meat. Cover, microwave on high 7 min. and serve!

Yummy appetizer – great Tupperware party food!

Potato Salad

½ cup onion, diced ½ cup celery, diced
4-6 slices bacon, diced 1/3 cup sugar
1/3 cup vinegar 4 microwave hard boiled eggs
3 Tbs. Mayonnaise

Cook bacon pieces in Rock ‘N Serve Medium Shallow for 4 min. on high, stirring every min. Drain off half the bacon grease. To the remaining bacon grease and bacon add sugar and vinegar, stir quickly so the sugar dissolves. Add this mixture to the potatoes with the celery and onion, blend in mayonnaise. These ingredients work well with macaroni salad, too.

Potatoes

6 cups potatoes, peeled and sliced

Put potatoes in Rock ‘N Serve Large Deep, cover with Rock ‘N Serve Large Shallow. Cook on high for 10 min., stir and let stand for 5 min. Use to mash, fry or for potato salad.

“Square” Hard “Boiled” Eggs

1 egg:

In Small Rock ‘N Serve crack 1 egg; gently poke holes in yellow and white. Cover & microwave at 50% power for 75 sec. Let stand for 2 min.

4 eggs:

Use Medium Shallow Rock ‘N Serve, microwave at 50% for 5 min. let stand for 5 min.

Chop and use as you would hard boiled eggs – but no peeling!!

FAMILY MICROSTEAMER RECIPES

Pineapple Upside Down Cake

1 Jiffy cake mix (yellow, 1 layer size)
1 egg 1 can pineapple slices
½ cup brown sugar 3 tbs. Margarine
Maraschino cherries

Mix cake mix, 1 egg & ½ cup pineapple juice. Melt margarine in Microsteamer, sprinkle with brown sugar, place pineapple slices and cherries on brown sugar. Pour on cake batter & cook on high 7-8 min. Place Microsteamer on top of inverted colander to elevate for even cooking!

Onion Roasted Potatoes

Microwave cooking cuts time in this great

Low fat French fry substitute!

1 envelope dry onion soup 2 lb potatoes, cut into chunks
1/3 cup olive or vegetable oil

Preheat conventional oven to 450. In Family Size Microsteamer, place ½ cup water in bottom and potatoes in colander. Cover. Microwave on high for 8 min. In large Tupperware bowl mix oil and onion soup mix. Add potatoes, toss to coat and put in low baking pan. Roast in oven until Golden brown (about 10 min.)

Easy Marzetti

1 lb ground chuck* 1 onion
¼ cup chopped green pepper 1 Tbs Chili powder
¼ tsp. Garlic powder 8 oz pkg. Inn Maid noodles
1 cup shredded cheese
Whisk together in Mix 'N Stor Plus for Sauce:
1 can tomato soup 1 cup water
1 can cream of mushroom soup

Brown ground beef, onion and green pepper in Colander in Family Size Microsteamer, discard grease and wipe out casserole. Place ground beef in casserole, mix in spices and top with noodles, pour the sauce over the noodles. Cover and microwave on high for 10 min, then at 50% power for 15 min. Stir, top with cheese and let stand 5-10 min.

*May use 2 lb ground chuck and ½ cup more water.

Taco Pie

1 lb ground beef 1 pkg. Taco seasoning
1 jar salsa 1 can refried beans
1½ cups shredded cheese

Brown ground beef in Family Microsteamer Colander, drain. Mash refried beans into bottom of steamer. Mix browned ground beef with salsa and taco seasoning, pour over beans. Cover. Microwave on high for 8 min. Sprinkle cheese over top. Cover and allow 2 min. standing time. Garnish with sour cream and chives, if desired. Serve with Tortilla chips.

Rainbow S'Mores

1 cup marshmallow crème 3 oz Mini M & M's

3 oz white chocolate chips

Crust:

Blend together until crumbly:

1 cup flour ¾ cup Graham cracker crumbs

2/3 cup softened butter ¼ cup sugar

¼ cup brown sugar ¼ tsp. Salt

Press into Rock 'N Serve Large Shallow and microwave at 70% power for 3-4 min.

Top warm crust with marshmallow crème and let stand until softened. Mix Mini M & M's and white chocolate chips gently spread over warm crust. Microwave 1 min. on high. Cool and cut into bars.

Kid's Stuff Soda Fountain Cakes

Jiffy Cake mix

12 flat bottom ice cream cones

In Mix 'N Stor Plus mix cake mix according to package directions, using slightly less water. Fill cone 2/3 full with batter and microwave about 45 sec. Per cone on high, cook 1-3 at a time. Cool & decorate with icing, sprinkles and/or a dip of ice cream! Cut a straw into 4 pieces and insert 2 into top of each cake!

Banana Dogs

¾ cup peanut butter

2 Tbs honey

4 hot dog buns

2 small bananas

1 Tbs lemon juice

Microwave honey and peanut butter in Rock 'N Serve Small for 30 sec., stir, spread on buns. Slice bananas lengthwise and dip in lemon juice. Place banana halves on buns.

Melted Chocolate

Melting chocolate in the microwave is very easy! Place the chocolate in the Rock 'N Serve Small or Medium Shallow, microwave at 50%, uncovered, stirring and checking at least every minute. The chocolate will not look melted but will liquefy when stirred. There are two important things to remember:

1. Melt at a low temperature (50% power), if the chocolate gets too hot it will be ruined.
2. Never add water, it will get grainy and be ruined; add a few drops of vegetable oil if you need to thin the chocolate.

Dipping

Always dip sweet items before salty. Great things to dip:

Apricot halves

Oreos

Fresh strawberries

Pretzels

Pringles (sounds strange, yummy) Use your imagination!

Bacon & Eggs

Melt white chocolate and spoon onto waxed paper, place 2 pretzels at the side (bacon) and two yellow M & M's (yolks) into center.
Kids just love these!

Easter Egg Nests

6 oz chocolate chips

6 oz butterscotch chips

5 oz chow mein noodles or 1 pkg. Shredded coconut (7 oz)

Melt chocolate in Medium Deep Rock 'N Serve, stir in noodles or coconut. Mound on waxed paper and use the bottom of spoon to indent center, place mini jelly beans in the nests for eggs.

Microwave Hints

- 100 hours cooking in the conventional oven = \$75.00
- 100 hours cooking in the microwave oven = \$3.00!
Plus you'll be making a lot more food in less time means even greater savings.
- Do not overcook – standing time is $\frac{1}{4}$ of cooking time
- Microwaves are attracted to fat, sugar and liquid – foods high in these ingredients cook faster.
- Center of food is the last to get done – microwaves penetrate $1\frac{1}{2}$ inch from top, bottom and sides.
- Microwaves cook by bouncing around, creating friction which cooks the food, that is why standing time is so important.
- Cakes, cookies and candy do not need tight fitting lids.
- Casseroles, meats and vegetables need tight fitting cover to provide a steaming effect.
- To clean microwave: Use 1 cup water with 1 Tbs. Vanilla or lemon juice and cook on high 5 min. or until very steamy. Wipe with damp cloth. Don't forget the top of the interior, makes the kitchen smell good, too!
- Basic Rule: Everything should be cooked 6 min per pound, except fish and eggs. Fish is 3 min per pounds. Eggs are 1 min. 15 sec. Per egg unless mixed with other ingredients.
- Find Hot Spots: Dampen a paper towel and lay flat in bottom of microwave. Heat 1 min. on high. Look for dry (hot) spots on towels.
- Brown extra ground beef in the Family Microsteamer, freeze in small Tupperware containers for fast and easy meals. 1 cup = 1 pound for chili, tacos, meat sauce, etc. Saves on kitchen clean up too.
- Potatoes may be sliced ahead of time, refrigerated in water with milk in a Tupperware container.
- Make a child's cake in the soup mug.
- Make a muffin in the micro-mug.
- Equal amounts of applesauce may be substituted for oil in cake recipes to cut down on fat.
- Best sources of iron: Liver, kidney, red meats, green leafy vegetables, dried fruit, dried beans & peas, black strap molasses and whole grain cereals.
- Enhance iron absorption by eating a vegetable or fruit containing Vitamin C (tomato, orange, potato) at the same meal. Eggs or tea can interfere with Iron absorption from vegetable sources.
- Determine Microwave Wattage: Boil 1 cup room temperature water. Boils in 3 min = 600 watts. Boils in less than 3 min. = higher than 600 watts. Takes more than 3 min. to boil = lower than 600 watts.

MY ROCK 'N SERVE
TOP HITS