

Microwave Recipes

Yogurt Parfait- 1 serving

4 oz vanilla low fat yogurt

4 oz low fat granola or Kashi GO LEAN Crunch Cereal

4 oz frozen berries or any fruit you like.

Layer yogurt first in dish, then cereal, then top with fruit!

Breakfast Burrito- 1 serving

2 Eggs or ¼ cup Egg Beaters

½ chopped red pepper- can get off salad bar in grocery store

½ chopped green pepper- can get off salad bar in grocery store

1 oz of shredded low fat cheese

1 oz salsa

1 whole wheat tortilla

Lightly beat together two eggs and two tablespoons of water. Pour half of egg mixture into each compartment (or bowl). Place open omelet pan in the microwave and cook on high for 30 seconds, stir from outside to inside and continue to cook for approximately 40 seconds on high. Add peppers and cheese to each half and cook on high for one and a half minutes. Flip microwave omelet pan over to fold in half. Gently slide omelet onto a plate and serve immediately. Heat tortilla in microwave for 15-30 seconds, put omelet in the tortilla, wrap and pour salsa on top.

Annie's Mac and Cheese with Broccoli- 1 serving

1 packet of Annie's Microwaveable Mac and Cheese

1 cup frozen broccoli

Cook Mac and cheese according to package directions

Place frozen broccoli in small bowl with 2 tbsp of water. Microwave for 1-2 minutes.

Drain broccoli and add to mac and cheese.

Stir fry w/ Chicken- 4 servings

1 bag of frozen stir fry vegetables

1 package of Tyson fajita style chicken strips

1 bottle of stir fry sauce

Pour vegetables into microwave safe bowl with water. Microwave on high for 5 minutes. Drain water. Set aside. Place desired serving of chicken onto plate. Microwave for 30-45 seconds depending on how much chicken you have. Add to cook vegetables and stir in sauce. Can serve with steamed brown rice or noodles.