

*Simple and nutritious*

# RECIPES

*Only requiring a microwave and cooking utensils*





# INTRODUCTION

This booklet will guide you in your learning on how to cook a variety of foods in the microwave, such as grains, vegetables and protein foods. In addition, there are several breakfast, lunch and supper recipes that are included in this booklet.

It is important to know that the cooking times can be different for each microwave. In addition, the cooking times can also differ depending on the type of product, quantity, shape and size. Therefore, the cooking time written might not always be accurate for your situation. It is important to always check on the food while it is in the microwave to make sure it won't be over or undercooked.





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Pasta, rice & couscous

# **COOKING GRAINS IN THE MICROWAVE**

Grains give your body and brain the energy they need. Choose whole grains which are high in fibre for more health benefits.





# PASTA

*Retrieved from <https://www.tablespoon.com/meals/how-to-make-pasta-in-the-microwave>*

## PROCEDURE

**YIELD: 2-4**

### WHAT YOU NEED

- 1 cup of dry pasta
- A large microwave safe bowl
- A large plate
- A strainer

### PASTA RECIPES

- Beef pasta (page 19)

- 1** Add the pasta to a microwave safe bowl.
- 2** Fill the bowl with water until it tops the pasta by a couple of inches (50mm).
- 3** Place the bowl on top of a plate and place in the microwave.  
  
Cook on high for the suggested cooking time indicated on the box
- 4** and add an extra 3-4 minutes.
- 5** If the pasta is not fully cooked, continue to microwave and test for doneness every 30 seconds.
- 6** Once pasta is cooked, strain from the water.





# RICE

*Retrieved from the foodnetwork*

## WHAT YOU NEED

- 1 cup of rice
- 2 cups of water or broth
- 1 teaspoon of butter or oil
- Microwave safe bowl

## RICE RECIPE

- Mexican rice (page 16)

## PROCEDURE

**YIELD: 6**

- 1 Place all of the ingredients in a microwave safe bowl.
- 2 Microwave on high for 10 minutes. Verify if more water is needed.
- 3 Cook in microwave for an additional 5 minutes or until the rice is ready.
- 4 Fluff the rice with a fork before serving.



# COUSCOUS

*Retrieved from Jessica Gavin, the culinary scientist*

## WHAT YOU NEED

- 1 cup of Moroccan couscous (Instant)
- 1 cup of water or broth
- 2 Tbsp vegetable oil
- Large microwave safe bowl

## COUSCOUS RECIPE

- Couscous salad (page 18)

## PROCEDURE

**YIELD: 5**

- 1 Microwave the water or broth in a large microwave safe bowl for 5 minutes (until boiling).
- 2 Add the vegetable oil and couscous, stir to combine. Heat and add more water if necessary.
- 3 Cover the bowl with a plate. Allow the couscous to sit and absorb the water for 5 minutes, until tender.
- 4 Fluff with a fork before serving.



# **COOKING VEGETABLES IN THE MICROWAVE**

Vegetables contain vitamins, minerals, antioxydants and fiber, all essential for good health.





# VEGETABLES

*Retrieved from wikiHow*

## WHAT YOU NEED

- Vegetable(s) of choice
- Knife
- Cutting board
- Large microwave-safe plate
- Water
- Salt & pepper
- Dried herbs (optional)

## RECOMMENDATION

For a balanced meal, fill about half of your plate with vegetables.

## PROCEDURE

- 1 Wash and chop the vegetable(s) in small, even chunks.
- 2 Place the vegetables in a microwave-safe plate.
- 3 Add a bit of salt, pepper and dried herbs (optional).
- 4 Add a dash of water to the plate.
- 5 Cook in microwave on high. Refer to table below for cooking time.

## COOKING TIME

Vegetables	Cooking time (minutes)
Asparagus	4-6
Broccoli, flowerets	4-5
Carrots, sliced	4-7
Cauliflower, florets	3-4
Eggplant, diced	5-6
Mushrooms	3-4
Onion, whole	6-10
Peppers, sliced	2-4
Potatoes, diced	8-10
Sweet potatoes, diced	5-8
Spinach	3-4
Squash, sliced	3-6
Tomatoes	3-4
Zucchini	3-6

- Notes:
- The cooking time varies depending on the size of the vegetable(s). Start with the lowest cooking time and continue to cook in microwave until tender.
  - Flip the vegetables half-way into cooking time.



Fish, ground beef, eggs

# COOKING PROTEIN FOODS IN THE MICROWAVE

Proteins play several functions in our bodies, including building and repairing muscles and building a strong immune system.





# FISH

*Retrieved from delish.com*

## WHAT YOU NEED

- Fish fillet
- Slightly oiled glass dish with lid
- Seasoning

## RECOMMENDATIONS

- Serve the fish with a side of couscous or rice (page 6) and vegetables (page 8).

## PROCEDURE

- 1 Lay the fish in a lightly oiled glass dish.  
Season the fish (optional). Add salt, pepper, crushed garlic, lemon juice, sliced onion and/or herbs.
- 2
- 3 Cover (with lid or plate) and microwave for approximately 3-5 minutes. Cook longer if necessary.
- 4 Let sit covered until it is ready to be served.



# GROUND BEEF

*Retrieved from wikiHow*

## WHAT YOU NEED

- Microwave-safe container or high-edge plate
- Lid or plastic wrap
- Ground beef (defrosted)
- Tablespoon
- Strainer

## BEEF RECIPE

- Beef pasta (page 19)

## PROCEDURE

- 1 Press the beef down in container/plate with a spoon so that it is flat and evenly distributed.
- 2 Cover with lid or plastic wrap and microwave on medium heat for 5 minutes.
- 3 Remove from microwave, break the beef apart and stir it, using a spoon.  
Repeat steps 2 and 3 (cook 2-5 minutes) until the beef is fully cooked. It is important that it is completely brown.
- 4
- 5 Drain the beef.



# BASIC EGG RECIPE

*Retrieved from eggs.ca*

## WHAT YOU NEED

- 1-2 Egg(s)
- Vegetable oil
- Salt & pepper
- Mug or ramekin

## PROCEDURE

- 1 Lightly wipe a mug or ramekin with vegetable oil. Sprinkle a few grains of salt at the bottom.
- 2 Add the egg(s) and pierce each with a fork about 4-5 times.
- 3 Cover mug/ramekin with plastic wrap. Leaving a small opening to allow venting.
- 4 Microwave on high for 40 seconds. Let stand for 30 seconds before removing plastic wrap. Cook longer if necessary.



# SCRAMBELED EGGS

*Retrieved from eggs.ca*

## WHAT YOU NEED

- 2 eggs
- Vegetable oil
- 2 Tbsp milk
- Mug or ramekin
- Salt & pepper

## PROCEDURE

- 1 Lightly wipe a mug or ramekin with vegetable oil.
- 2 Add and mix the eggs, milk, salt and pepper.
- 3 Cover mug/ramekin with plastic wrap. Leaving a small opening to allow venting.
- 4 Cook in microwave on medium-high for 1 minute & 15 seconds. Stir several times during cooking.

## NOTES

- Increase cooking time to 60 seconds if using 2 eggs in the first recipe.
- Cooking time varies based on egg size.
- Never cook an egg in its shell in the microwave.
- Recommendation: Have the egg(s) with a slice of toast and fruits or vegetables for a complete meal.





Oatmeal & Egg omelet

# BREAKFAST RECIPES

Breakfast is an important meal, it gives you the energy you need to start your day.





# SIMPLE OATMEAL RECIPE

## INGREDIENTS

- 1 cup rolled oats
- 2 cups milk
- 4 tablespoons peanut butter or 1/2 cup of chopped nuts
- 1 large mashed banana (or 1/2 cup apple sauce)
- Fruit of choice (optional)
- 1/2 teaspoon cinnamon (optional)

## ALTERNATIVE

- Make overnight oats: Simply combine all ingredients in a container and place in fridge over night. Note: use 1 cup of milk instead of 2.

## PROCEDURE

**YIELD: 2**

- 1** Combine oats, milk and cinnamon in a microwavable bowl.
- 2** Cook in microwave on high for approximately 3 minutes.
- 3** Mash the banana in a separate bowl and mix into the oatmeal.
- 4** Top with peanut butter or chopped nuts and fresh fruit (optional).





# EGG OMELET

*Recipe retrieved from eatthis.com*

## PROCEDURE

**YIELD: 1**

## INGREDIENTS

- 2 eggs
- 2 tablespoons milk
- Salt & pepper to taste
- Handful of chopped kale or spinach (optional)

- 1** In a small bowl, combine eggs with the milk and mix together. Add a dash of salt and pepper.
- 2** Pour mixture into a slightly oiled high-edge microwave-safe plate or an omelet pan.
- 3** Add spinach or kale (optional) on top of mixture. Cook for 2.5 minutes in the microwave, or until eggs are cooked.
- 4** Fold omelet in half and enjoy with a side of toast and vegetables or fruit.





Mexican rice, tuna and bean salad, couscous salad,  
beef pasta

# LUNCH & SUPPER RECIPES

Every meal should include a variety of foods  
including grains, protein foods and vegetables  
and/or fruits.





# MEXICAN RICE

*Recipe adapted from the Capital Area Food Bank*

## INGREDIENTS

- 1 cup rice (uncooked)
- 2 cans of black beans (398 ml), drained and rinsed
- 1/2 can of corn (341 ml), drained and rinsed
- 1/2 can diced tomatoes (540 ml), drained
- 1 sweet potato, cut into cubes (peel if preferred)
- 1 tablespoon chili powder
- 1/2 cup shredded cheese (optional)
- Salt and pepper to taste

## PROCEDURE

**YIELD: 4-6**

- 1** Cook sweet potato cubes in microwave, following the instructions on page 8.
- 2** Cook the rice according to the instructions on page 6.
- 3** In a large bowl, combine the cooked sweet potato cubes, black beans, tomatoes, corn, salt, pepper and chili powder. Mix all of the ingredients together.
- 4** Add the cooked rice into the bowl and mix with other ingredients.
- 5** Separate the recipe into four microwave safe bowls and top with shredded cheese.
- 6** Heat each bowl in the microwave for 1.5 minutes or until hot.

## RECOMMENDATIONS

- **Alternative:** Make quesidillas by using tortilla bread instead of rice. Simply mash together the beans and sweet potatoes before combining with the remaining ingredients. Place mixture on half of a tortilla, add shredded cheese and fold other half. Microwave for 90 seconds each.
- Serve with a side of vegetables or salad.



# TUNA & BEAN SALAD

*Recipe adapted from Capital Area Food Bank*

## PROCEDURE

**YIELD: 4-6**

## INGREDIENTS

- 1 can tuna (170g), drained
- 2 cups white beans, drained and rinsed
- 1 large carrot, peeled and grated
- 4 celery sticks, chopped
- $\frac{1}{4}$  cup onion, chopped
- 3 tablespoons vinegar
- 2 tablespoons Dijon mustard
- 3 tablespoons vegetable oil
- Salt and pepper to taste

- 1 Mix the mustard, onion, vinegar, pepper and oil in a bowl.
- 2 Add the tuna, beans, carrot and celery into the dressing. Mix well.

## RECOMMENDATIONS

- Serve on top of a green salad or with a side of vegetables.
- **Option:** Make it into a sandwich! Simply mash the beans before combining with the other ingredients. The mixture can then be added on a slice of bread, topped with leafy greens and finally with the other slice of bread.





# COUSCOUS SALAD

*Recipe adapted from food.com*

## INGREDIENTS

- 1 cup instant couscous (uncooked)
- 1 carrot, chopped
- 1 onion, chopped
- 1 zucchini, chopped
- 1 apple, chopped
- 1 can chickpeas (540ml), drained and rinsed
- 1 tablespoon oil
- Vinegar to taste
- 1.5 tablespoons of lemon juice (optional)
- Spices (optional)
- Salt and pepper to taste

## PROCEDURE

**YIELD: 4-6**

**1**

Cook couscous following instructions on page 6. Add the spices (optional).

**2**

Transfer the couscous to a large mixing bowl and let cool. Fluff the couscous.

**3**

Add the carrots, zucchini, onion, apple, chickpeas, lemon juice, oil, salt, pepper and vinegar to the bowl. Mix all ingredients together.

**4**

Cover and refrigerate for several hours or up to 3 days.



# BEEF PASTA

*Recipe adapted from bigoven.com*

## INGREDIENTS

- 1 pound of ground beef (about 2 cups)
- 1 onion, chopped
- 1 can of diced tomatoes (540ml), drained
- 1 can of tomato sauce (650 ml)
- 2 celery stalks, sliced
- 2 cups macaroni (uncooked)
- 1 teaspoon sugar
- 1 tablespoon garlic, minced (optional)
- 1 can of kidney beans, drained and rinsed (optional)
- 1 tablespoon spices (optional)
- Salt and pepper to taste

## RECOMMENDATIONS

- Serve with a side of salad or vegetables (follow the instructions on page 8).

## PROCEDURE

**YIELD: 4-6**

- 1** Cook the macaroni by following instructions on page 5.  
Combine the ground beef, onion, celery and garlic in a large high edge plate and cook following instructions on page 10.
- 2** After draining the beef, add it with the diced tomatoes, tomato sauce, salt, sugar and spices in the microwave-safe bowl.
- 3** Mix all ingredients together and place a cover or plastic wrap on top of the plate. Microwave on medium heat until celery is tender and flavors have blended (about 20 minutes, stirring half-way).
- 4** Stir in kidney beans (optional).
- 5** Separate cooked pasta onto 4 plates and top with the sauce. Heat in microwave for 1 minute or until hot.
- 6**