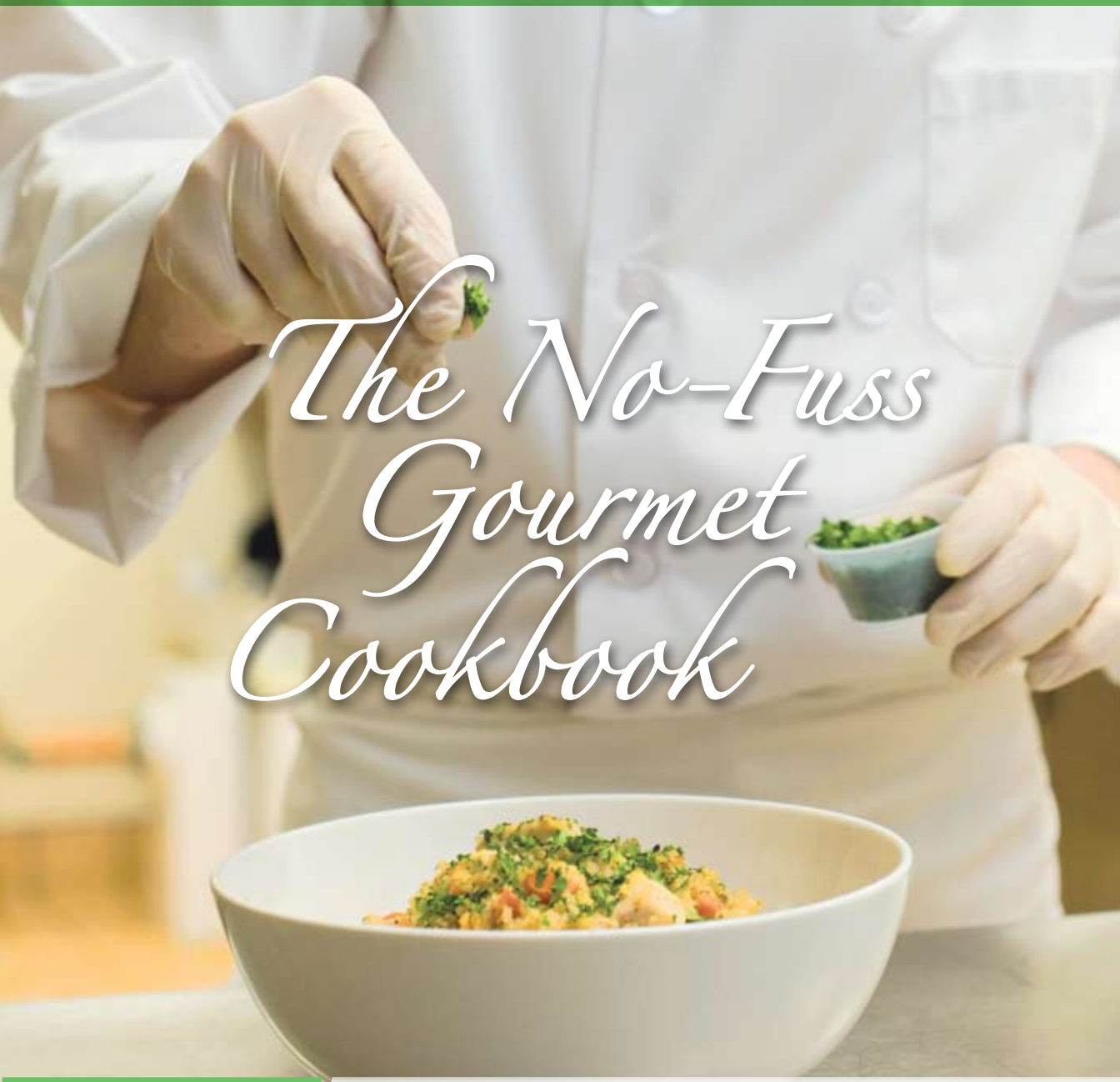
Quick & Healthy Microwave Recipes Created for **Panasonic**
by **The Culinary Institute of America**

The No-Fuss Gourmet Cookbook



INVERTER

Panasonic ideas for life

We hope you enjoy the No-Fuss Gourmet Cookbook which features fifteen quick and healthy microwave recipes created for Panasonic by the Certified Master Chefs at The Culinary Institute of America (CIA). As part of Panasonic's commitment to an exceptional consumer cooking experience, we have engaged the CIA to help us develop the newest in microwaveable healthy menu options inspired by international cuisine. Panasonic hopes to help you, the home cook, discover the power of microwave cooking. We think you'll be amazed to discover that microwaves can do more than make popcorn and reheat leftovers!

These 15 no-fuss gourmet dishes are a result of three months of research and testing by CIA chefs and include culinary favorites that are not typically prepared in microwaves, such as: Maryland Crab Dip, Corn Chowder with Chilies and Monterey Jack, Herb Stuffed Turkey Breast with Cranberry Chutney, and Cinnamon Raisin Bread Pudding. In the

following pages, you will find step-by-step instructions for the microwave recipes – so you can recreate these delicious dishes. We have also included the nutritional values. Panasonic's microwave ovens stand apart from other microwaves as they feature Inverter technology, a unique capability that allows for more even cooking with an always-on, constant energy flow. Other ovens use 100% power all the time, but repeatedly turn the energy on and off in the lower microwave settings. Panasonic's consistent and precise heat provides more control while cooking.

We have been delighted with the superb taste and quality of these recipes and we hope you also find these delicious, healthy meals complement a busy lifestyle, but do not sacrifice taste, elegance or quality. Happy cooking and bon appetit!

For more information about Panasonic Microwave Ovens and to view video demos of some of these recipes, please visit www.panasonic.com/inverter or, contact Ken Megarr, MS,CCC Director, Research & Development Test Kitchens at

www.megarrk@us.panasonic.com

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Critical Microwave Cooking Technique Tips (Culinary Technique Tips)

1. As in any type of cooking, top quality ingredients will always produce superior results. The microwave works best with foods that have high moisture contents, like fish, poultry, fruits, and vegetables.

2. When cooking foods that have a skin or some type of shell or coating, pierce the outer layer. This will help to keep food from exploding as a result of steam that can build up from the inside.

3. Salt on the surface of food tends to attract microwaves, which can dry out the outer layer. If salt is desired, stir it well before cooking or sprinkle it on the food after removal from the microwave.

4. Butters and oil normally needed to sauté foods conventionally are not needed when foods are cooked in the microwave. Instead, if butter flavor is desired, add a small amount after cooking and the flavor will be absorbed during the standing time.

5. Using containers that are round or oval in shape can help to heat food more evenly. With square or rectangular shaped containers, the corners tend to receive more energy (as there is a greater amount of surface area), which can cause the food to overcook in these areas. Do not use metal or aluminum foil in the microwave which will cause arching and could possibly damage the microwave.

6. When deciding whether a lid is necessary, remember this rule: if it is covered in the oven, it should be covered in the microwave. In addition, covering food with lids or plastic wrap can help food retain moisture and cook more evenly. Remember to allow a small gap between the food and the lid of the wrap, and leave one corner open to allow steam to escape.

7. To maximize flavor, add fresh herbs during standing time, after food has been cooked or heated in the microwave. Standing time is – At the end of the set cooking time, the food continues cooking and distributes the heat evenly throughout your food.

8. Use microwave safe containers when cooking and reheating food. The container's manufacturer will indicate if it is safe for microwave use. Generally, glass, ceramic, and plastic containers are safe. They must be heat resistant otherwise they could melt in the microwave and cause spills or burns. For more information visit http://www.fda.gov/FDAC/features/2002/602_plastic.html

9. A light browning and crispy skin effect with poultry (turkey breast, chicken breast) can be achieved by spreading butter in a pocket between the skin and the breast meat. Adding herbs to the butter is a great way to enhance the flavor.

10. If low heat or "slow" cooking is the goal, as when cooking custards or poaching fish, reduce the power setting of the microwave for ideal results.

11. For more even cooking, stir food half way through the cooking or reheating time. This will eliminate cold spots.

12. Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt.

breakfast item

Creamy Steel Cut Oats with Apple, Cherry and Walnuts

Ingredients	*Amounts*
Quick-cooking oats	½ cup
Dried Cherries	2 Tbsp.
Apple Juice	1 ½ cup
Cinnamon, ground	¼ tsp.
Salt	pinch
Vanilla Yogurt	¼ cup
Brown Sugar	1 Tbsp.
Walnuts, chopped	1 Tbsp.

Method

1. Combine the oats, dried cherries, apple juice, cinnamon, and salt in a microwave–safe bowl.
2. Cook on P10 for 2-3 minutes, stirring every 30 seconds until thickened.
3. Top with yogurt and sprinkle with brown sugar and walnuts

Yield: 1 Portion

Nutrition Facts
Serving Size 1 serving
Servings Per Container 1

Amount Per Serving
Calories 480 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 97g	32%
Dietary Fiber 5g	20%
Sugars 64g	
Protein 9g	

Vitamin A 15% • Vitamin C 10%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat		Less than	65g	80g
Saturated Fat		Less than	20g	25g
Cholesterol		Less than	300mg	300 mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

appetizers

Goat Cheese and Red Onion Quesadilla

Ingredients	*Amounts*
Red onions, thinly sliced	1 ea.
Olive oil	2 Tbsp.
Salt	½ tsp.
Black Pepper	¼ tsp.
Jack cheese, grated	1 cup
Flour tortillas, 6-inch	8 ea.
Goat cheese	½ cup
Cilantro leaves	½ cup
Sour cream	¼ cup

Ingredients	*Amounts*
Tomatillo Salsa	
Tomatillos	5 ea.
Jalapeno	1 ea.
Garlic clove	1 ea.
Cilantro, chopped	¼ cup
Salt	¼ tsp.
Ground black pepper	¼ tsp.

Nutrition Facts
Serving Size 1 serving
Servings Per Container 4

Amount Per Serving
Calories 530 Calories from Fat 290

	% Daily Value*
Total Fat 32g	49%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1150mg	48%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 20g	

Vitamin A 20% • Vitamin C 15%
Calcium 40% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat		Less than	65g	80g
Saturated Fat		Less than	20g	25g
Cholestero		Less than	300mg	300 mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Method

1. Microwave the onions with the 1 Tbsp. olive oil on P10 for 2 ½ minutes, until soft and translucent. Season with salt and pepper.
2. For each quesadilla, sprinkle 3 Tbsp. of Jack cheese on a flour tortilla. Crumble 1 Tbsp. of the goat cheese over the Jack cheese. Spoon 2 Tbsp. of the cooked onions on top and lay 8 sprigs of cilantro over the onions. Cover with second flour tortilla and press down.
3. Brush quesadilla with some of the remaining olive oil, cover lightly with paper towel, and microwave for 1 minute on P8. Repeat steps with the remaining quesadillas.
4. Top each quesadilla with 1 Tbsp. of sour cream and 1 Tbsp. of tomatillo salsa.

Tomatillo Salsa

1. Remove the husk from the tomatillos.
2. Place the tomatillos and jalapeno in a 1 qt. microwave dish with about ½ cup of water. Microwave covered at P10 for 5 minutes, until the tomatillos are fully cooked and have become a dull green color.
3. Remove the stem and seeds from the jalapeno.
4. Strain the tomatillos and place into a food processor with the flesh of the jalapeno, garlic, salt, and pepper. Process until smooth. Add the cilantro and pulse until incorporated.
5. Serve warm or chilled.

Yield: 4 Portions

Maryland Crab Dip

Ingredients	*Amounts*
Spinach, fresh, tightly packed	½ cup
Cream cheese	1 cup
Mayonnaise	½ cup
Grated Parmesan	¼ cup
Old Bay™ Seasoning Mix	1 tsp
Milk	¼ cup
Garlic, chopped	1 tsp.
Basil, cut into thin strips	½ cups
Spring onions, finely sliced	½ cup
Jumbo lump crabmeat, shells removed	1 lb

Method

1. Place spinach in a 1 qt microwave dish with 2 Tbsp. of water. Microwave covered at P10 for 1 minute. Drain, chill and chop coarsely.
2. In a large bowl beat cream cheese until smooth. Add mayonnaise, parmesan, Old Bay™, milk, garlic, basil, and spring onions and mix until well blended. Add chopped spinach and fold in crabmeat.
3. Place crab dip mix into a microwavable 9" glass pie plate. Spread evenly.
4. Microwave at P10 for 3 minutes.

Yield: 4 cups

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 270 Calories from Fat 200

	% Daily Value*
Total Fat 23g	**35%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 470mg	**20%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 13g	

Vitamin A 15% • Vitamin C 8%
Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Corn Chowder with Chilies and Monterey Jack

Ingredients	*Amounts*
Corn kernels, fresh or frozen	2 cups
Heavy cream	½ cup
Bacon	1 slice
Onion, finely diced	½ cup
Red pepper, finely diced	½ cup
Celery, finely diced	½ cup
Garlic clove, minced	1 ea.
Chicken stock	3 cups
Potatoes, peeled and diced	1 cup
Tomatoes, peeled, seeded, diced	½ cup
Canned green chilies, drained, chopped	¼ cup
Monterey Jack cheese, shredded	½ cup
Salt	½ tsp.
Black Pepper	½ tsp.
Tabasco sauce	½ tsp.

Method

1. Reserve ½ cup of the corn kernels and puree the rest with the heavy cream in a food processor or blender. Reserve until needed.
2. Put the bacon in between 2 paper towels and microwave at P10 for 2 minutes. Crumble, reserve until needed.
3. Put the onions, red pepper, celery, and garlic with a ½ cup of the chicken stock in a 2 qt. microwave bowl and cook at P10 for 4 minutes, stirring once.
4. Add the rest of the broth, potatoes, and tomatoes, including their juices. Cook at P10, covered, for 5 minutes.
5. Add the pureed corn and cream, the reserved corn kernels, the chilies, cheese, and crumbled bacon. Microwave at P10, covered, for an additional 5 minutes.
6. Adjust seasoning with salt, pepper, and Tabasco.

Yield: : 1 ½ Quarts (8 portions)

Nutrition Facts
Serving Size 1 serving (214g)
Servings Per Container 8

Amount Per Serving

Calories 170 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 400mg	**17%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 6g	

Vitamin A 15% • Vitamin C 35%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mediterranean Vegetable Frittata

Ingredients	*Amounts*
Olive oil	1 tsp.
Onion, diced	¼ cup
Garlic, minced	½ tsp.
Zucchini, diced	½ cup
Red pepper, diced	½ cup
Yellow squash, diced	½ cup
Tomatoes, peeled, seeded, diced	½ cup
Cooked Pasta	½ cup
Basil, cut into thin strips	1 cup
Eggs, beaten	8 ea.
Salt	½ tsp.
Black Pepper	½ tsp.
Vegetable spray	as needed

Method

1. Combine all the vegetables with the olive oil in a 2 qt. microwave container, and microwave covered at P10 for 2 ½ minutes.
2. Spray a shallow microwave glass pie pan (9" round or 6" x 10" rectangular) with the vegetable spray and add the vegetable mixture.
3. Beat the eggs and season with salt and pepper. Pour the egg mixture over the vegetable mixture and stir gently to combine.
4. Microwave partially covered to let steam escape at P4 for 18 minutes.
5. Cut the frittata into wedges and serve hot or at room temperature.

Yield: 8 portions

Nutrition Facts
Serving Size 1/8 Frittata
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 210mg	**70%**
Sodium 250mg	**10%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 8g	

Vitamin A 30% • Vitamin C 60%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Asian Citrus Beef

Ingredients	*Amounts*
Oranges	1 lb.
Dry sherry	3 Tbsp.
Soy sauce	3 Tbsp.
Ginger, minced	⅛ cup
Red Pepper flakes	¼ tsp.
Bean sprouts	1 ½ cups
Snow peas, ends and strings removed	1 ½ cups
Sirloin, fat removed, cut across the grain into ¼ inch-thick slices	1 lb.
Sesame oil	2 tsp.
Spring onions, sliced thin	1 Tbsp.

Nutrition Facts
Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 100

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 750mg	**31%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 12g	
Protein 29g	

Vitamin A 10% • Vitamin C 130%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Method

1. Zest half of the oranges and juice them all.
2. In a 2 quart microwave bowl stir together zest, orange juice, sherry, soy sauce, ginger, red pepper flakes, and snow peas. Microwave covered at P10 for 3 minutes until pea pods turn bright green. Stir, add the bean sprouts and microwave on P10 for another 2 minutes.
3. Arrange the beef slices on a 10' plate. Cover tightly with plastic wrap. Microwave at P7 for 2 ½ minutes.
4. Combine beef and any juices with the vegetables, and microwave at P8 for 1 minute.
5. Finish with sesame oil and sprinkle with spring onions.

Recommendation: Serve with steamed rice.

Yield: 4 Portions

North Carolina Barbecued Pulled Pork

Nutrition Facts
Serving Size 1 serving
Servings Per Container 4 servings

Amount Per Serving

Calories 490	Calories from Fat 220	
		% Daily Value*
Total Fat 24g		37%
Saturated Fat 8g		40%
Trans Fat 0g		
Cholesterol 125mg		42%
Sodium 1770mg		74%
Total Carbohydrate 33g		11%
Dietary Fiber 1g		4%
Sugars 28g		
Protein 35g		

Vitamin A 40% • Vitamin C 25%
Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients	*Amounts*
Brown sugar	2 Tbsp.
Paprika	1 Tbsp.
Chili powder	1 Tbsp.
Dry mustard	1 Tbsp.
Red pepper flakes	1 tsp.
Cider vinegar	½ cup
White vinegar	¼ cup
Ketchup	1 ½ cups
Worcestershire sauce	2 Tbsp.
Tabasco sauce	1 Tbsp.
Sugar	1 Tbsp.
Salt	1 tsp.
Black Pepper	1 tsp.
Pork butt	1 ½ lb.

Method

1. Combine all ingredients, except for the pork, in a 1 qt. microwave container and microwave covered for 1 minute.
2. Place pork butt into a large round microwave dish. Pour barbecue sauce over pork and cover.
3. Microwave at P4 for 90 minutes until meat starts to come apart very easily when separating with a fork. (Baste the pork every 20 minutes and check on consistency of barbecue sauce. If barbecue sauce becomes thick, dilute with 1-2 tablespoons of water).

Yield: 4 Portions

Herb Stuffed Turkey with Cranberry Chutney

Ingredients	*Amounts*
Boneless turkey breast, about 2 ½ lb.	1 ea.
Butter, softened	½ cup
Shallot, finely minced	1 ea.
Garlic clove, minced	1 ea.
Lemon zest	1 Tbsp.
Lemon juice	1 tsp.
Orange zest	1 Tbsp.
Orange juice	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Parsley, chopped	1 Tbsp.
Basil, fresh, chopped	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Salt	½ tsp.
Black Pepper	½ tsp.

Ingredients	*Amounts*
Cranberry Chutney	
Cranberries, fresh or frozen	2 cups
Granny Smith apples	1 cup
Sugar	1 cup
Cider vinegar	½ cup
Orange zest	1 Tbsp.
Orange juice	¼ cup
Cinnamon, ground	1 tsp.
Ginger, minced	1 tsp.

Method

1. Rinse the turkey breast in cold water and pat dry. Carefully, using your fingers, make a pocket between the skin and the breast.
2. Combine the butter, shallots, garlic, lemon zest, lemon juice, orange zest, orange juice, tarragon, parsley, basil, cilantro, salt, and pepper. Mix well.
3. Using a pastry bag, pipe an even layer of the soft butter mixture in the pocket between the skin and the breast. By pressing on the skin, spread herb mixture into an even thin layer throughout the pocket.
4. Place turkey breast into a microwave cooking bag, following the instructions for using the microwave bag. Microwave on P7 for 25 minutes, about 8-9 minutes per pound, or internal temperature reached 165°F. Allow to set 15 minutes before carving.
5. For the chutney, combine all the ingredients in a large microwavable bowl. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P7 for 12 minutes, until slightly thick. Let cool. Keep refrigerated until needed.

Yield: 6 Servings

Nutrition Facts
Serving Size 1 serving
Servings Per Container 6

Amount Per Serving

Calories 600	Calories from Fat 230	
		% Daily Value*
Total Fat 26g		40%
Saturated Fat 13g		65%
Trans Fat 0g		
Cholesterol 150mg		50%
Sodium 290mg		12%
Total Carbohydrate 46g		15%
Dietary Fiber 3g		12%
Sugars 40g		
Protein 44g		

Vitamin A 15% • Vitamin C 30%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chicken Curry with Almonds and Spicy Mango Chutney

Ingredients	*Amounts*
Almonds, sliced	½ cup
Water, hot	½ cup
Onion, minced	2 Tbsp.
Garlic, minced	½ tsp.
Ginger, minced	½ tsp.
Chicken broth	¼ cup
Curry powder	1 Tbsp.
Chicken thighs, boneless, skinless Cut into 1-inch pieces	1 ½ lb.
Yukon gold potatoes, small cubes	½ lb.
Coconut milk	½ cup
Salt	½ tsp.
Cilantro, chopped	2 Tbsp.
Almonds, toasted, for garnish	2 Tbsp.

Method

1. Soak the sliced almonds in the hot water for 15-20 minutes.
2. Blend the almonds with the water in a food processor or blender until it forms a smooth puree, similar to a cream consistency (about 3-5 minutes).
3. Place the onions, garlic, ginger, chicken broth, and curry into a 2 qt. microwave container and microwave at P10 uncovered for 2 minutes until aromatic.
4. Stir in the almond paste and mix in the chicken. Microwave covered at P10 for 4 minutes, stirring once.
5. Add the potatoes, coconut milk, and salt and microwave at P7 covered for an additional 5 minutes, until the chicken and the potatoes are cooked.
6. Top with chopped cilantro and toasted almonds.

Yield: 4 Portions

Nutrition Facts
Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 440	Calories from Fat 230	
		% Daily Value*
Total Fat 26g		40%
Saturated Fat 9g		45%
Trans Fat 0g		
Cholesterol 115mg		38%
Sodium 450mg		19%
Total Carbohydrate 15g		5%
Dietary Fiber 3g		12%
Sugars 1g		
Protein 37g		

Vitamin A 2% • Vitamin C 20%
Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Spicy Mango Chutney

Ingredients	*Amounts*
Mango, peeled, seed removed, diced	2 cups
Dark brown sugar	½ cup
Cider vinegar	2 Tbsp.
Raisins	½ cup
Jalapeno, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Salt	¼ tsp.
Black Pepper	¼ tsp.

Method

1. Combine all the ingredients in a 2 qt. microwave dish. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave for at P10 for 6 minutes.
2. Let cool, cover and keep refrigerated until needed.

Yield: : 2 cups

Nutrition Facts
Serving Size 1/4 cup
Servings Per Container 8

Amount Per Serving

Calories 110	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 80mg		3%
Total Carbohydrate 28g		9%
Dietary Fiber 1g		4%
Sugars 20g		
Protein 1g		

Vitamin A 6% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Walnut Chicken with Bulgur Pilaf

Ingredients	*Amounts*
Chicken breast, boneless, skinless, 1" cubes	1 ½ lb.
Vegetable oil	1 tsp.
Salt	½ tsp.
Black Pepper	½ tsp.
Onions, chopped	1 cup
Carrots, small dice	1 cup
Cumin	½ tsp.
Caraway seeds	½ tsp.
Chicken broth	1 cup
Walnuts, chopped	4 Tbsp.
Golden raisins	¼ cup
Bulgur wheat	¾ cup
Cinnamon, ground	¼ tsp.
Mint, chopped	1 Tbsp.

Method

1. Season the cubed chicken breast with the vegetable oil, salt and pepper.
2. Arrange the seasoned chicken cubes on a 10' plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Stir, then microwave for an additional 2 minutes Reserve.
3. Place the diced onions, diced carrots, cumin, and caraway seeds with ¼ cup of the chicken broth into a 2 quart microwave container. Cook covered at P10 for 3 minutes, until onions are translucent and carrots are tender.
4. Add the remaining chicken broth, walnuts, raisins, bulgur wheat, and cinnamon. Microwave covered at P10 for 3 minutes.
5. Add the reserved chicken chunks and microwave for an additional 1 minute.
6. Sprinkle with chopped mint.

Yield: 4 Portions

Nutrition Facts
Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 410	Calories from Fat 100	
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 100mg		33%
Sodium 640mg		27%
Total Carbohydrate 36g		12%
Dietary Fiber 8g		32%
Sugars 11g		
Protein 44g		
Vitamin A 110%	• Vitamin C 8%	
Calcium 6%	• Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

entrées

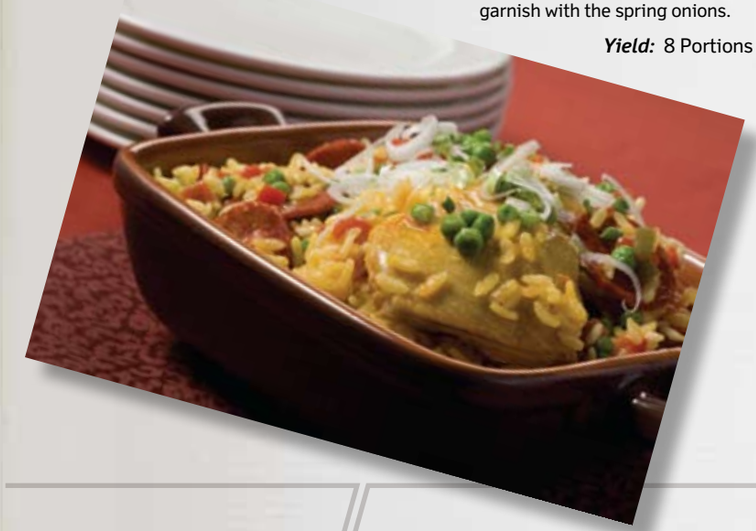
Sausage and Chicken Paella

Ingredients	*Amounts*
Saffron crushed	1 tsp.
Chicken stock	3 cups
Chicken breast, cut into 1 ½ " cubes (8 breasts)	2 ½ lbs.
Olive oil	3 Tbsp.
Salt	1 tsp.
Black pepper	½ tsp.
Onions, diced	½ cup
Red peppers, diced	½ cup
Green peppers, diced	½ cup
Garlic, minced	1 tsp.
Dry Spanish chorizo, sliced ¼ "thick	8 oz.
Rice, short grain	2 cups
Tomatoes, peeled, seeded, diced	1 cup
Green peas, frozen	1 cup
Spring onions, thinly sliced	2 Tbsp.

Method

1. Add the saffron to the chicken stock and microwave covered at P10 for 3minutes. Remove and let saffron steep for 20 minutes. Keep warm.
2. Season the cubed chicken breast with 1 tablespoon olive oil, salt and pepper.
3. Arrange the seasoned chicken cubes on a 10' plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Reserve.
4. In a large microwave bowl combine 2 tablespoons olive oil, onions, red peppers, green peppers and garlic. Microwave covered at P10 for 3 minutes.
5. Add the chorizo, rice, chicken cubes, and tomatoes. Stir. Add the saffron infused chicken stock. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave at P10 for 5 minutes. Reset the microwave at P7 for an additional 20 minutes until rice is cooked and has absorbed all the liquid. During the last minute add the peas.
6. Allow to rest uncovered for 5 minutes, and garnish with the spring onions.

Yield: 8 Portions



Nutrition Facts
Serving Size 1 serving
Servings Per Container 8

Amount Per Serving

Calories 570	Calories from Fat 190	
		% Daily Value*
Total Fat 21g		32%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 105mg		35%
Sodium 1430mg		60%
Total Carbohydrate 49g		16%
Dietary Fiber 3g		12%
Sugars 4g		
Protein 42g		
Vitamin A 15%	• Vitamin C 45%	
Calcium 2%	• Iron 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Vegetarian Black Bean Chili Stew

Ingredients	*Amounts*
Olive oil	2 Tbsp.
Onions, diced	1 cup
Garlic, minced	1 tsp.
Celery, diced	½ cup
Red pepper, diced	½ cup
Green pepper, diced	½ cup
Jalapeno pepper, minced	1 ea.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Paprika	2 tsp.
Cinnamon, ground	⅛ tsp.
Tomatoes, peeled, seeded, diced	2 cups
Black beans, canned, (15 oz.)	2 ea.
Cilantro, chopped	2 Tbsp.
Salt	¾ tsp.
Black Pepper	½ tsp.

Method

1. Combine the olive oil, onions, garlic, celery, red pepper, green pepper, jalapeno, and spices in a 2 qt. microwave container. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 5 minutes, until all the vegetables are tender and fragrant.

2. Add the tomatoes and beans. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 6 minutes, until thoroughly heated.

3. Just before serving, finish seasoning the chili by adding the cilantro, salt, and pepper.

Yield:: 1 quart (4-5 portions)

Nutrition Facts
Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 310 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1150mg	**48%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 15g	**60%**
Sugars 6g	
Protein 14g	

Vitamin A 45% • Vitamin C 110%
Calcium 10% • Iron 35%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Salmon en Papillote

Ingredients	*Amounts*
Parchment paper, 16" square	4 sheets
Olive oil	1 tsp.
Salmon filets, cut into 6 oz. portions	4 ea.
Salt	1 tsp.
Black Pepper	½ tsp.
Lemons, peeled, thinly sliced	2 ea.
Celery stalks, cut into 2" strips	1 cup
Shallots, thinly sliced	4 Tbsp.
Parsley, chopped	2 Tbsp.
Tarragon, chopped	2 tsp.
Red bliss potatoes, cooked, thinly sliced	1 lb.
White wine, dry	¼ cup

Method

1. Brush parchment paper with olive oil.

2. Arrange ¾ cup of sliced potatoes on parchment paper, and place one portion of salmon on top of the potatoes.

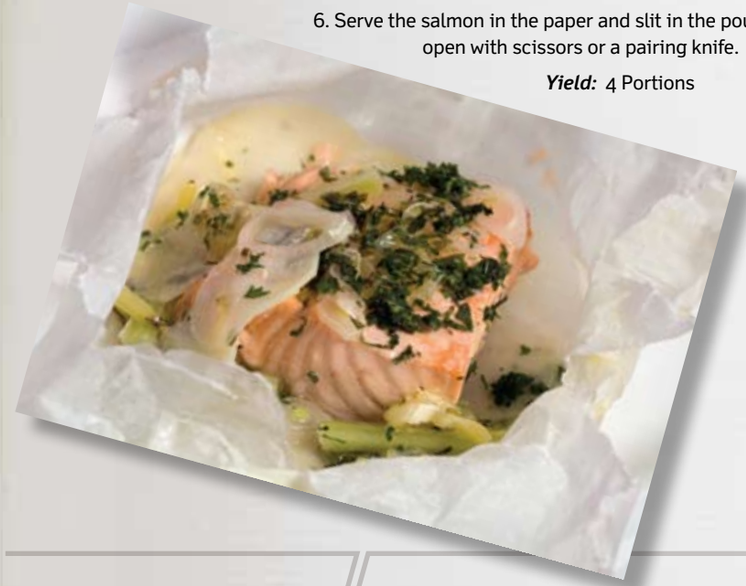
3. Season the salmon with salt and pepper, top each portion with 2 lemon slices, ¼ cup of celery, 1 Tbsp. of shallots, and 1 Tbsp. of herbs.

4. Sprinkle some white wine onto each salmon piece. Fold the paper over the top of the salmon to create a pouch and crimp the paper edges to seal.

5. Microwave 2 pieces at a time on P10 for 3 ½ minutes, until the paper pouch puffs up.

6. Serve the salmon in the paper and slit in the pouch open with scissors or a pairing knife.

Yield: 4 Portions



Nutrition Facts
Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 390 Calories from Fat 120

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 700mg	**29%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 42g	

Vitamin A 10% • Vitamin C 90%
Calcium 8% • Iron 15%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grand Marnier–Chocolate Fondue

Ingredients	*Amounts*
Bittersweet chocolate	1 cup
Semisweet chocolate	1 cup
Heavy cream	½ cup
Orange zest	2 tsp.
Honey	2 Tbsp.
Grand Marnier	¼ cup
Salt	pinch
Assorted fruit, cut into bite-sized pieces	6 cups
Pound cake, cut into bite-sized pieces	2 cups
Marshmallows	2 cups

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Method

1. Combine the chocolate and microwave in a 2 qt. microwave bowl on P6 for 3 minutes, stirring the chocolate after each minute. Keep warm.

2. Microwave heavy cream, orange zest, salt, honey, and Grand Marnier covered on P10 for 2 minutes. Remove and allow zest to steep for 10 minutes. Strain the warm mixture into the chocolate and whisk together, and mix thoroughly.

3. Serve warm in a fondue pot with a variety of bite-sized pieces of foods to dip. (Strawberries with stems, pitted cherries, apricots, pineapples, orange segments, sponge cake pieces, ladyfingers, etc.).

Yield: 6 Portions

Nutrition Facts
Serving Size 1 serving
Servings Per Container 6

Amount Per Serving

Calories 620	Calories from Fat 260
	% Daily Value*
Total Fat 29g	45%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 135mg	6%
Total Carbohydrate 91g	30%
Dietary Fiber 7g	28%
Sugars 66g	
Protein 6g	

Vitamin A 15% • Vitamin C 100%
Calcium 8% • Iron 15%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cinnamon Raisin Rice Pudding

Ingredients	*Amounts*
Short-grain rice (Arborio rice)	1 cup
Water	3 cups
Sweetened condensed milk (14 fl oz)	1 can (396g)
Vanilla extract	½ tsp.
Cinnamon, ground	¼ tsp.
Raisins	½ cup
Salt	1 pinch

Method

1. Combine rice and water in a large microwave safe bowl. Cover bowl and microwave on P10 for 15 minutes. Remove.

2. Add remaining ingredients to the bowl with cooked rice and mix thoroughly.

3. Cook uncovered at P6 for 6 minutes, stirring 3 times.

Yield: 10 Portions

Nutrition Facts
Serving Size 1 serving
Servings Per Container 10

Amount Per Serving

Calories 270	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 51g	17%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 6g	

Vitamin A 2% • Vitamin C 2%
Calcium 15% • Iron 6%

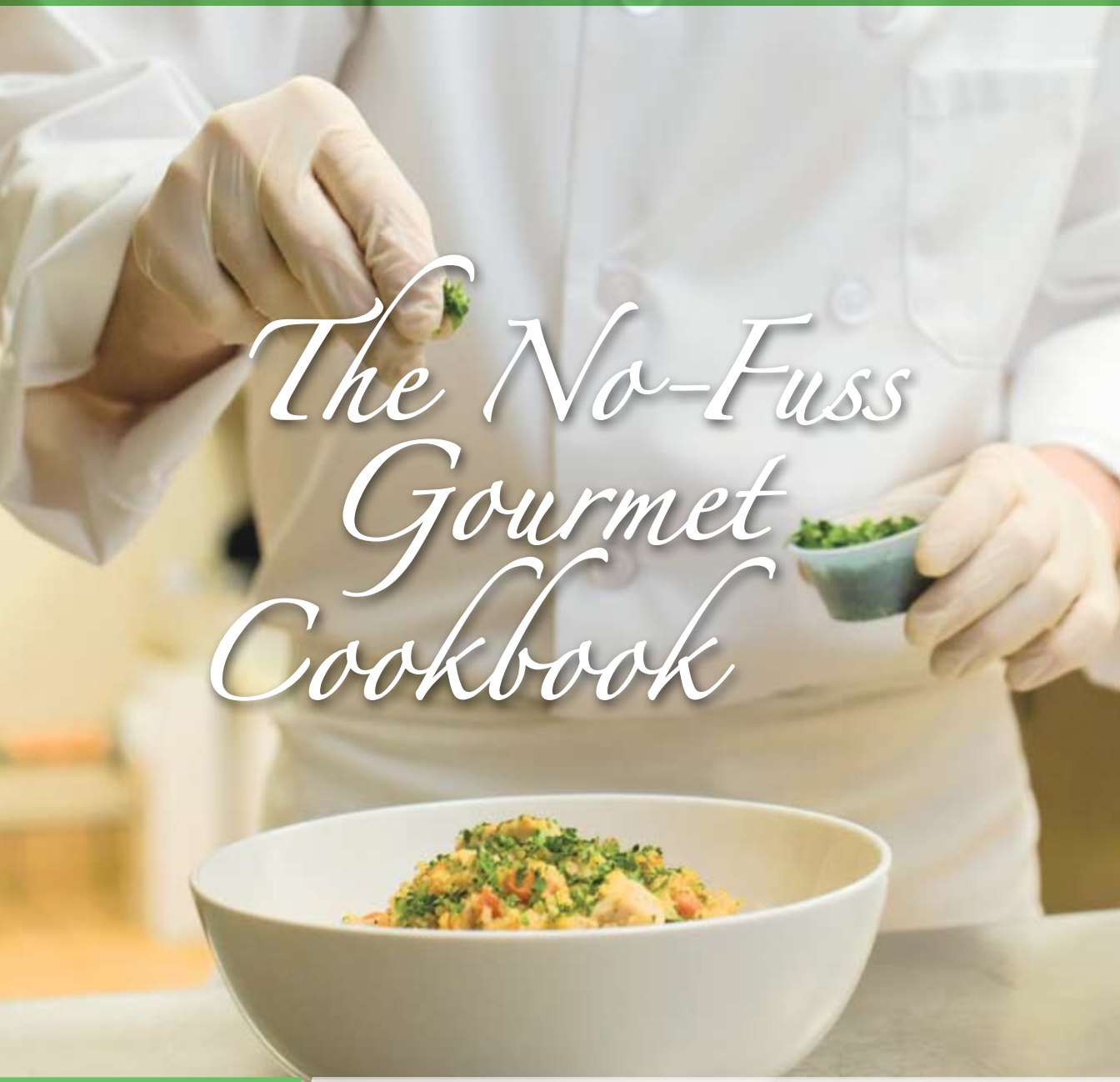
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Quick & Healthy Microwave Recipes Created for **Panasonic**
by **The Culinary Institute of America**

The No-Fuss Gourmet Cookbook



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