

Caramelized bananas over ice cream

3 T butter
1/4 cup brown sugar
2 bananas peeled and sliced
2-3 T dark rum (optional)

Place butter in the Rangemate cook for about 2 minutes.
Meanwhile slice your bananas
Once the butter has melted stir in your brown sugar until smooth and add rum if desired. Place bananas on top of the syrup cook about 1 minute stir and cook another minute until desired consistency. Serve warm on top of ice cream.

Veggie and cheese frittata

We make our frittata with left over veggies (red peppers and asparagus works nicely)

8 eggs beaten with 2 T of milk or water
3/4 cup of left over vegetables that have been previously steamed or sautéed
1/3 cup cheddar cheese.

Place all ingredients in your Rangemate. We recommend you do this on 50% power for about 10 minutes and let rest 2-3 minutes for residual cooking time. If your eggs are not set to your liking cook for an additional 1-2 minutes.
This will stay hot for another 10-15 minutes more in your Rangemate so everyone will get a nice hot meal.

Rice Cereal Treats

In this recipe we preheated the pan in the microwave for about 4 minutes then we added 2T butter which quickly melts, stir in about 2 1/2 cups of mini marshmallows until completely smooth this will take a minute or two.
Then add 3 cups of rice cereal and press the mixture right into the Rangemate.
No more additional dishes as we mixed, set and served right from the Rangemate!

They are yummy and a quick treat for the mom on the go

Corn on the cob

Place 2 or 3 ears of peeled corn in your Rangemate. Add about 1/3 of a cup of water and steam for about 9 minutes in your microwave. Carefully pour off the water and add your butter, salt and pepper. Place your Rangemate on your table and when you are ready to eat your corn it will be hot and delicious.

Grilled corn with lime and cheese

2-3 ears peeled corn
2 T light mayonnaise
1/2 lime
2 oz finely grated feta
red pepper flakes to taste

Spread the corn with mayonnaise and place in the Rangemate. Squeeze your the lime on top and cover. Cook the corn for 90 second intervals to desired temperature turning the corn to insure even browning. Sprinkle with feta and red pepper flakes, place lid back on to keep hot until serving time.