

## 3 Minute Bolognese Sauce

3 Minute Bolognese Sauce- serves 1

This recipe uses the Microwave Plate

¼ lb ground beef

1 cup pasta sauce

Salt and pepper

On the tray in the steamer, break up the ground beef, add salt and pepper, and cook 1.5 minutes. Carefully remove the tray and discard the liquid on the bottom. Place ground beef in the steamer without the tray and stir in the sauce, breaking up the beef. Cook 1 minute. Serve over pasta.

## Artichoke Dip

Artichoke Dip - Serves 8

This recipe uses the Microwave Plate

1 14 oz can quartered artichoke hearts

¼ cup mayonnaise

¼ cup shredded Swiss cheese

½ cup grated parmesan cheese

¼ tsp minced garlic

1/8 tsp pepper

1/8 tsp paprika

Mix all ingredients except the paprika. Spread on bottom of the steamer, no tray. Sprinkle paprika on top. Cook 2.5 minutes. Serve with crackers.

## Baked Penne

Baked Penne - Serves 2

This recipe uses the Microwave Plate

2 cups cooked penne noodles

1/3 cup ricotta cheese

½ cup shredded mozzarella, divided

1 egg beaten

½ cup pasta sauce, divided

1 ½ Tbs grated parmesan cheese, divided

¼ tsp dried oregano

1/8 tsp garlic powder

Salt and pepper to taste

2tbs chopped fresh basil, divided

In a bowl mix the noodles, ricotta cheese, 1/4 cups mozzarella cheese, egg,

1/4 cup sauce, 1tbs parmesan cheese, oregano, garlic, salt, pepper and 1tbs basil

Pour into the plate without the tray. Top with the remaining sauce, ¼ cup mozzarella cheese, and 1/2tbs parmesan cheese Cook 4 minutes. Sprinkle with basil and serve.

## Banana Chocolate Chip Bread

Banana Chocolate Chip Bread - Serves 4

This recipe uses the Microwave Plate

1 banana diced

1 cup baking mix

1/3 cup milk

¼ cup chocolate chips

½ tsp vanilla

¼ cup brown sugar

1 tsp white sugar for top

Mix all ingredients except the white sugar and spread into the steamer without the tray. Sprinkle the white sugar on top. Cook 4 minutes. Let stand 2 minutes.

## BBQ Chicken

BBQ Chicken

This recipe uses the Microwave Plate

1 boneless skinless chicken breast, cut into thin strips

Salt and pepper

2 Tbs BBQ sauce

Salt and pepper the chicken and place on tray in the steamer. Cook 2.5 minutes. Remove tray and discard liquid on the bottom. Return chicken to the steamer, no tray. Toss with the BBQ sauce and cook 30 seconds.

## Buffalo Chicken Dip

Buffalo Chicken Dip - Serves 8

This recipe uses the Microwave Plate

½ cup cooked chicken

8 oz cream cheese softened

¼ cup wing sauce

½ cup shredded cheddar cheese

2 Tbs blue cheese dressing

2 Tbs crumbled blue cheese

Cut the cream cheese into cubes. Mix with chicken, wing sauce, cheddar cheese and the blue cheese dressing.

Cook 1.5 minutes, stir and cook an additional 30 seconds. Sprinkle with the crumbles blue cheese. Serve with celery or crackers.

## Buffalo Wing Chicken Salad

Buffalo Wing Chicken Salad

This recipe uses the Microwave Plate

1 boneless skinless chicken breast

½ cup celery, diced

¼ cup blue cheese

1Tbs chicken broth

2 Tbs mayonnaise

3 Tbs hot wing sauce

Salt and pepper

Put broth on the bottom of the steamer. Place tray on top. Cut the chicken into three long strips, salt and pepper the chicken and place on the tray. Cook 3 minutes. Carefully remove the chicken and let cool. Cut into cubes and mix with the celery, mayonnaise and wing sauce. Carefully stir in the blue cheese. Serve on a roll or over lettuce.

## Chicken in Lemon Butter Sauce

Chicken in Lemon Butter Sauce - Serves 2

This recipe uses the Microwave Plate

2 thin cut boneless skinless chicken breast

2 Tbs butter

2 Tbs lemon juice

¼ tsp minced garlic

½ Tbs flour

Salt and pepper to taste

On the bottom of the steamer add the butter, lemon juice garlic and flour. Place tray on top. Season chicken with salt and pepper and place on the tray. Cook 4 minutes. Stir sauce on bottom and pour over chicken.

## Chicken Parmesan

Chicken Parmesan - Serves 2

This recipe uses the Microwave Plate

2 thin cut boneless skinless chicken breast

2 Tbs pasta sauce

2 slices provolone cheese

Salt and pepper to taste

Season the chicken with salt and pepper. Place on the tray in the steamer. Cook 4 minutes. Place 1tbs sauce on each breast and top with one slice of cheese. Cook 1 minute.

## Chicken Tenders

Chicken Tenders - Serves 1

This recipe uses the Microwave Plate

1 boneless skinless chicken breast

1 egg

¼ cup seasoned bread crumbs

Salt and pepper

Cut the chicken in half to make two thin breasts and then cut in half again to make 4 tenders. Salt and pepper the chicken. Scramble the egg in a shallow dish; place the bread crumbs in a second shallow dish. Dip the chicken in the egg and then coat with the bread crumbs. Place the four tenders on the tray in the steamer. Cook 3.5 minutes

## Flounder and Broccoli

Flounder and Broccoli - Serves 1

This recipe uses the Microwave Plate

1 Piece Flounder

1 cup broccoli florets

2 Tbs vegetable stock

Salt and pepper to taste

Place stock on the bottom of the steamer. Place the tray on top. Put the flounder on the tray with the broccoli around it, salt and pepper to taste. Cook 3 minutes.

## Greek Chicken

Greek Chicken

This recipe uses the Microwave Plate

2 thin cut boneless skinless chicken

1tbs olive oil

¼ tsp oregano

1 2.25oz can sliced olives

¼ cup crumbled feta cheese

2tbs fresh basil, chopped

Salt and pepper to taste

On the bottom of steamer combine the oil, oregano and olives. Place tray on top. Salt and pepper the chicken then place on the tray. Cook for 3 minutes. Remove chicken to plate, pour olive mixture on top of chicken then add the feta and the basil.

## Green Beans and Carrots

Green Beans and Carrots - Serves 2

This recipe uses the Microwave Plate

8 oz green beans

¼ cup matchstick carrots

1Tbs butter

Salt and pepper to taste

Place butter on the bottom of the steamer. Put in the tray and place green beans and carrots on top, season with salt and pepper. Cook 3 minutes. Carefully remove the tray and toss with the melted butter

## Hamburger

Hamburger - Serves 2

This recipe uses the Microwave Plate

8 oz ground beef  
¼ tsp garlic powder  
¼ tsp onion powder  
1Tbs BBQ sauce  
Salt and pepper to taste

Mix ground beef, garlic and onion powders and the BBQ sauce and form into two patties. Season both sides with salt and pepper. Place on tray in the steamer and cook for 3 minutes.

## Herb Biscuit

Herb Biscuit - Serves 3

This recipe uses the Microwave Plate

1 cup baking mix  
1/3 cup milk  
½ tsp dried thyme  
½ tsp dried basil

In a small bowl, mix thyme and basil into the baking mix then add milk and stir until a dough ball forms. Drop by tablespoons into steamer, no tray. Cook 2 minutes.

## Omelet

Omelet - Serves 1

This recipe uses the Microwave Plate

2 eggs  
1Tbs milk  
2 slices Canadian bacon diced  
¼ cup shredded finely cheddar cheese  
Salt and pepper to taste

Scramble the eggs, mix in the bacon, salt and pepper. Cook 3 minutes. Sprinkle cheese on top and carefully, with a spatula, slide onto a plate and fold in half.

## Peanut Butter Smore's

Peanut Butter Smore's – Serves 2

This recipe uses the Microwave Plate

4 graham crackers

2 marshmallows

½ chocolate bar

2 tsp peanut butter

Break each graham cracker in half. Spread 1 tsp of peanut butter on two pieces of the cracker then place in the steamer on top of the steamer tray. Place ¼ of the chocolate bar on top of each peanut butter coated cracker, then 1 marshmallow on each piece of chocolate. Top with the other half of the graham cracker. Cook for 15 seconds.

## Philly Cheese Steak

Philly Cheese Steak

This recipe uses the Microwave Plate

1 frozen beef sandwich steak

2 tsp Worcestershire sauce

1 slice provolone cheese

1 steak roll

Place Worcestershire sauce on the bottom of the steamer and then put on the tray. Place steak on top of the tray and cook 2 minutes. Push the meat to the center of the tray and place the provolone on top. Cook 30 seconds.

Carefully remove with a spatula and place in roll.

## Salmon

Salmon - Serves 2

This recipe uses the Microwave Plate

2 salmon filets

2 Tbs white wine

½ Tbs lemon juice

1/8 tsp dried thyme

¼ cup yellow peppers and red peppers

Lemon slices from ½ lemon

Fresh dill

Salt and pepper

On bottom of steamer mix the wine, lemon juice and thyme. Place the tray on top of liquid. Place the salmon fillets on top of tray. Season with salt and pepper. Place the peppers around the salmon. Place the dill and lemon slices on top of the salmon. Cover and cook in the microwave for 3 minutes.

## Strawberry Sauce

Strawberry Sauce

This recipe uses the Microwave Plate

1 cup frozen strawberries

¼ cup sugar

1Tbs butter

1Tbs flour

Place all ingredients into steamer without the tray. Cook 3 minutes, stir and break up the berries with a spoon. Serve over pound cake or ice cream.

## Asparagus

Asparagus - Serves 2

This recipe uses the Microwave plate

½ lb Asparagus spears

1 Tbs Butter, cut up

Salt and pepper

Place butter on the bottom of the Steamer. Add the tray and place asparagus on top. Season with salt and pepper. Lock on lid, open vent and cook for 2 minutes 30 seconds. Pour butter over asparagus.

## Chicken Cacciatore

Chicken Cacciatore - Serves 2

This recipe uses the microwave plate



2 thin cut chicken breast cut in 1 inch strips

½ red bell pepper cut in strips

½ onion, sliced

½ cup fresh tomatoes, diced and divided

1 Tbs chicken broth

1 tsp white wine

½ tsp minced garlic

¼ tsp dried oregano

2 Tbs fresh basil, chopped and divided

Salt and pepper

On the bottom of the steamer combine the broth, wine, garlic, oregano, 1 /4 cup diced tomatoes and 1 Tbs basil.

Place tray in steamer and add red pepper and onion. Season the chicken with salt and pepper and place on top of the vegetables. Sprinkle with ¼ cup tomatoes and 1 Tbs basil. Lock on lid, open vent and cook for 4 minutes. Place the chicken and vegetables on a tray with a rim. Stir the sauce and pour over the chicken.

## Hot Dogs with Sauerkraut

Hot Dogs with Sauerkraut - Serves 4

This recipe uses the plate steamer

4 hot dogs

4 hot dogs

1 cup sauerkraut

¼ cup apple cider vinegar

4 hot dog rolls

Place vinegar on bottom of the steamer. Put tray on top. Place sauerkraut on top of tray then place hot dogs on top of the sauerkraut. Lock on lid, open vent and cook for 2 minutes 30 seconds. Serve on rolls.

## Tilapia with Spinach and Feta

Tilapia with Spinach and Feta Recipe - Serves 2

This recipe uses the plate steamer

2 4oz tilapia filets

1 cup baby spinach

1/3 cup crumbled feta cheese

2 Tbs melted butter  
¼ tsp garlic  
¼ tsp lemon juice  
1 Tbs fresh tomatoes diced  
¼ tsp paprika  
Salt and pepper

Place butter, garlic and lemon juice on the bottom of the steamer. Place the tray on top. Put the spinach then the feta on top of the tray. Season the tilapia with salt and pepper then place on top of the spinach and feta. Sprinkle with the paprika and the tomatoes. Lock on lid, open vent and cook for 3 minutes 30 seconds. With a spatula carefully remove to a tray with rim. Stir the sauce and pour over the fish.

## Green Beans Almondine

Green Beans Almondine- serves 2

This recipe uses the plate steamer

8 oz green beans  
1/3 cup sliced almonds  
1 Tbs butter, cut up  
Salt and pepper

Place butter and almonds on the bottom of the steamer. Put tray in and place green beans on top. Season with salt and pepper. Lock on lid, open vent and cook for 3 minutes. Pour butter and almonds over the green beans.

## Shrimp in Lemon Butter Sauce

Shrimp in Lemon Butter Sauce- serves 2

This recipe uses the plate steamer

½ lb Shrimp, peeled and deveined  
2 Tbs olive oil  
2 Tbs melted butter  
2 Tbs lemon Juice  
½ tsp minced garlic  
1 Tbs fresh parsley chopped  
Salt and pepper

Mix oil, butter, lemon juice, and garlic on bottom of steamer. Place tray on top. Season the shrimp with salt and pepper and place on the tray. Lock on lid, open vent and cook for 3 minutes. Carefully remove shrimp, stir the sauce on the bottom and pour over the shrimp. Sprinkle with the fresh parsley.

## Stuffed filet of Sole

Stuffed Filet of Sole- serves 1

This recipe uses the plate steamer

1 6 oz sole filet

1 cup broccoli florets

¼ cup shredded cheddar cheese

1 tbs butter

1 tbs heavy cream

1 tsp minced garlic

2 tsp lemon juice

Pepper to taste

In bottom of steamer mix butter, cream, garlic, lemon juice and pepper. Put tray in and place broccoli on top.

Sprinkle cheese on broccoli then place sole filet on top. Add salt and pepper to taste. Cover and cook for 3 minutes.

Slide fish and broccoli onto a plate. Stir sauce and pour over fish.

## Chicken Fajitas

Chicken Fajitas- serves 1

This recipe uses the plate steamer

1 chicken breast sliced in thin strips

1 Tbs fajita mix

¼ cup water

1 tsp oil

½ cup peppers sliced in thin strips

¼ cup onion sliced in thin strips

Put water, oil and fajita mix in a zip sealed bag. Add chicken, peppers and onions. Marinate for 10 minutes. Take chicken and vegetables out of bag and put in the bottom of steamer( do not use the tray). Cover and cook 3 minutes.

Serve with warm tortillas.

## Pasta Primavera

Pasta Primavera- serves 1

This recipe uses the plate steamer

1 cup cooked pasta

¼ cup broccoli florets

¼ cup carrots sliced thin  
¼ cup diced tomatoes  
¼ cup zucchini diced  
¼ cup onion diced  
2 tbs butter  
2 tbs chicken broth  
3 tbs heavy cream  
3 tbs grated parmesan cheese  
1 tsp minced garlic  
1/8 tsp pepper  
1 tbs fresh basil chopped

Melt butter in bottom of steamer; then add broth, cream, parmesan, garlic, pepper and basil. Put in steamer tray and add pasta and vegetables. Cover and microwave 4 minutes. Put pasta and vegetables in a bowl. Stir sauce on bottom and pour over pasta.

## Crispy Bacon

Crispy bacon - serves 2

This recipe uses the plate steamer

4 slices of bacon

Place bacon on tray. Lock on lid, open vent and cook for 3minutes 30 seconds. Cook in additional 30 second intervals if needed.