

# *Clever Kitchen™*

## *Recipe Booklet*

Microwave Multi-Cooker  
BBQ, Roasts, Steams, Bakes



***Your new Microwave Multi-Cooker  
is all you need to create delicious meals in  
minutes-even cooks sides and desserts!***

## Clever Kitchen Microwave Multicooker

Thank you for purchasing the Microwave BBQ Chicken Roaster. When cooking with the roaster you will find that moist, flavorful foods are the results you will experience. BBQ, roasting, steaming, poaching and baking are all of the cooking methods that you can do. Cook healthy meals for one person or a family meal. Fast, Easy and Simple and you can use your roaster for appetizers, breakfast, lunch, dinner or to warm up foods.



# Table of Contents

Getting Started

Cleaning

Featured Benefits

Safety Tips

Product Illustration

Cooking Guide



## Table of Contents ~ Continued

### ***APPETIZERS:***

Hot Cheese & Jalapeño Dip  
Honey Brie with Nuts  
Warm Taco Layer Dip  
Queso Dip with Corn  
Ultimate Easy Nachos  
Broccoli Mushroom & Cheese  
Personal Pizza Pies  
Mexican Pizza  
Mediterranean Quesadillas  
Marinated Sweet & Sour Wings

### ***BREAKFAST:***

Sausage & Hash Brown Casserole  
Streusel Muffins  
Healthy Oatmeal  
Fabulous Frittata  
Sausage & Hash Browns Casserole  
Streusel Muffins  
Spinach Frittata

### ***MAIN DISHES:***

BBQ Chicken  
Hot Wings or BBQ Wings/BBQ Thighs  
Whole Savory Roasted Chicken  
Microwave Herb Bake Chicken  
Hot Dogs with Chili, Onions and Cheese  
Juicy Hamburgers  
Micro Magnificent Meatloaf  
Stuffed Bell Peppers  
Roasted Turkey Breasts  
Baked Pork Chops  
Glazed Salmon  
Savory Cornish Hens  
Hamburger Quiche  
Tuna with Pepper Jelly Glaze  
Roasted Pork Loin  
Rib Eye Steak  
Enchiladas

## Table of Contents ~ Continued

### *SLAMMIN' SIDES:*

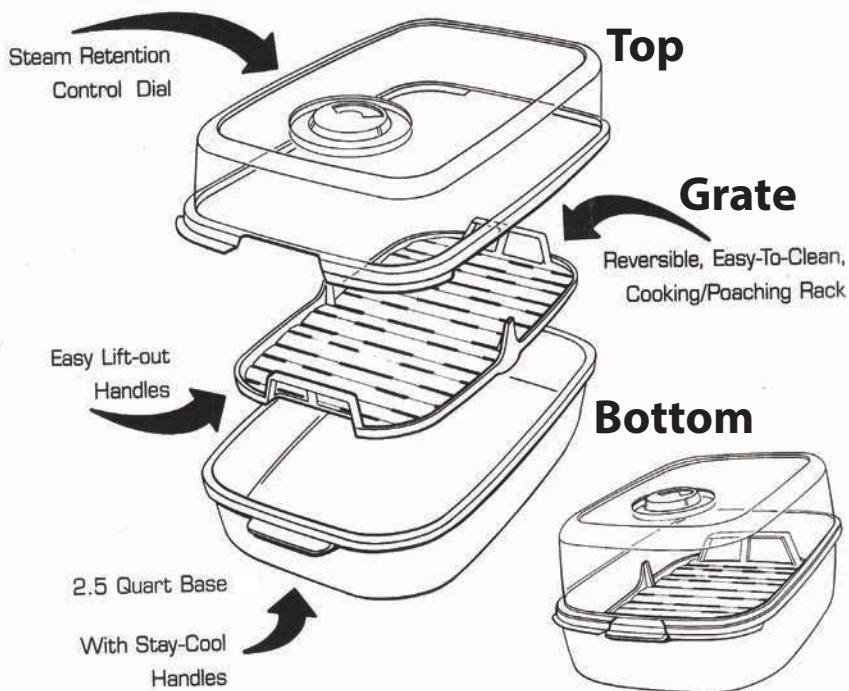
Mac & Cheese  
Rocking' Rice & Shrimp Casserole  
Rice  
Spaghetti Squash  
Stuffed Potatoes  
Sweet Potatoes  
Fresh Corn  
Steamed Asparagus  
BBQ Beans  
Buttery New Potatoes  
Steamed Cabbage

### *EASY DESSERTS:*

Creamiest Fudge Ever  
Fab Fudge  
Cherry Crunch  
Lemon Blueberry Walnut Cobbler  
Microwave Baked Apples  
Tasty Marshmallow Squares  
Peanut Butter Fudge  
Cream Cheese Butterscotch Squares  
Peppermint Bark  
Haystacks



## Product Illustration:



### I. Top with Steam Vent:

#### **STEAM VENT:**

**Open Completely**-BBQ, Browning-Seasoned or Sauced Chicken, Pork Chops, Hamburgers, Meatloaf, Roasted Chicken, Wings, Meats, etc...

**Closed with small holes only** - Fish

**Closed Completely**-steaming vegetables, rice, rice mixes, refreshing stale bread.

### II. GRATE:

**Legs up** when cooking larger chickens or other meats such as wings, pieces of chicken, large pieces of veggies such as cauliflower.

**Legs down** when cooking smaller chickens, hamburgers, pork chops, fish, multi-meals such as veggies and meat, rice and meat, etc...

## **WARNING: MICROWAVES MAY VARY.**

- ~ use potholders as roaster can get hot and produce much steam.
- ~ If you have an 1100 watt microwave or higher, please reduce cooking time to 8 minutes per pound or 2 minutes less per lb of meat than the time in the recipe.
- ~ Do not cook candy such as toffee or pralines for long periods in Roaster.
- ~ Apply BBQ Sauce with a basting brush for better results. Do not pour too much BBQ sauce in roaster at one time.
- ~ If you do not have a turntable, turn the roaster at least once during cooking time.

**DISCLAIMER:** *Clever Kitchen is not responsible for any damage caused by misuse of this device.*

## **GENERAL USE & CARE INSTRUCTIONS**

- ~ Do not use on top of stove or in a conventional oven.
- ~ When removing cooker from microwave, grab the cooker by the handles.
- ~ Beware of the steam when lifting dome. Use pot holders.
- ~ Do not use abrasive cleaners or knives on the Microwave BBQ Chicken Roaster.
- ~ Dishwater safe. Top rack only.
- ~ Do not cook with grate in the bottom of cooker.

## **BASIC INSTRUCTIONS FOR COOKING POULTRY**

- ~ Rinse poultry before cooking.
- ~ Follow recipes, but be aware that microwaves are not equal so check your poultry with a thermometer for best results.
- ~ Store leftover poultry in the Roaster and close the vent. To reheat, open vent and heat poultry for 1-1/2 minutes on high per piece.

# Appetizers

## Hot Cheese and Jalapeño Dip

- 2 cans bean dip
- 1/2 cup jalapeño slices
- 1 can tomatoes with chili peppers, drained
- 1 cup shredded cheddar cheese
- 1/2 cup jalapeño slices



Remove grate. Layer all ingredients in the roaster. Close vent completely. Microwave for 5 minutes. Serve with tortilla chips.

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## Honey Brie with Nuts

*Place on a platter and it looks like you slaved over a hot oven.*

- 1 (7-8 oz) wheel or wedge of brie cheese
- 1/2 cup honey or agave syrup
- 1/2 cup nuts toasted (toast in microwave for 3 minutes)
- 3 tbsp dried sweetened cranberries



Cut off top of brie rind. Place on serving dish. Remove grate from roaster. Place Honey, Nuts and Cranberries in Roaster. Cover and close vent. Microwave for 2 minutes. Pour over Brie. Serve with Crackers.



## Warm Taco Layer Dip

1 can refried beans  
1 cup tomatoes, chopped  
1/2 cup onions, chopped  
1 cup shredded mozzarella cheese  
sour cream  
lettuce



Remove grate. Place beans, tomatoes, onions in roaster. Cover with cheese. Microwave 2 minutes. Serve with sour cream and lettuce. Serve with chips.

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## Queso Dip with Corn

*This is so easy and delicious,  
only stir and serve!*

1 jar cheese dip  
1 can chili beans  
1/2 cup green onions, chopped  
1 can tomatoes with chilies, drained  
1 can corn, drained



Remove grate. Mix all ingredients in bottom of roaster. Cover and microwave for 3 minutes and stir. Microwave for 1 minute more. Serve with chips, crackers or vegetables.

## Ultimate Easy Nachos

*Easy and add your own special ingredients.*



50 bite size tortilla chips or 25 large tortillas  
2 cups shredded cooked chicken  
2 cups shredded cheddar cheese  
1/2 cup sliced jalapeños  
1/2 cup sliced olives

Remove grate. Place 25 tortilla chips on bottom of roaster. Layer 1/2 each of the chicken, cheese, jalapeños and olives. Place 25 tortilla chips on top of this. Layer the remaining ingredients. Cover and open vent completely. Microwave for 2 minutes. Serve with sour cream, chopped tomatoes and lettuce. Serves 6.

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## Broccoli Mushroom and Cheese Dip

*This can be made with Spinach instead of Broccoli as well.*



1 package frozen chopped broccoli, thawed and drained  
1 small can sliced mushroom, drained  
1 tbsp minced garlic  
1 cup shredded cheddar cheese

Remove grate. Combine all ingredients in bottom of roaster and stir. Cover and open vent completely. Microwave for 2 minutes. Stir. Microwave for 2 minutes more. Makes approximately 3½ cups.

## Personal Pan Pizzas

*These Pizzas can be used for Appetizers or entrees.*

- 4 small flatbreads
- 1 cup pizza sauce
- 1 cup pepperoni slices
- 1/2 cup sliced olives
- 1/2 cup chopped onions
- 1 cup mozzarella cheese



Place grate legs down. Place 2 flatbreads on grate. Spread 1/4 cup pizza sauce, 1 cup pepperoni slices, 1/8 cup olives, 1/8 cup onions and 1/4 cup cheese on each bread. Cover and open vent completely. Microwave for 2 minutes. Cook the other two the same. Serves 4.

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## Mexican Pizza

*Serve with guacamole, sour cream or your favorite sides.*

- 4 small flatbreads
- 1 cup refried beans
- 1 cup salsa
- 1 cup cooked chicken
- 1 cup Mexican cheese



Place grate in with legs down. Place 2 flatbreads on grate. Spread 1/4 cup refried beans on each bread. Spread 1/4 cup salsa, 1/4 cup chicken and 1/4 cup cheese on each bread. Cover and open vent completely. Microwave for 2 minutes. Cook the other 2 the same. Serves 4.

## Mediterranean Quesadillas

*These are low fat and full of Vitamin A.  
Substitute with the no fat feta.*



- 1 package frozen spinach, thawed and drained
- 1/2 cup sun dried tomatoes, chopped
- 1/2 cup black olives
- 1 cup feta crumbled cheese
- 2 tsp salt
- 1 tsp black pepper
- 2 tsp minced garlic
- 4 small corn or flour tortillas

Place grate in roaster with legs up. Mix all ingredients in a bowl except for tortillas. Spread ingredients on 2 tortillas. Cover with another tortilla. Place in roaster. Cover and open vent completely. Microwave 3 minutes. Repeat with other 2 tortillas. Serves two entrees or 8 appetizers.

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## Hot Legs

- 4 lbs chicken legs
- Wing Sauce

In storage bag place all ingredients. Marinate 3 hours or overnight. Place grate in roaster with legs up. Place legs in in roaster. Cover and open vent completely. Microwave on high for 32 minutes. Check to see if tender. Microwave for 5-10 minutes more.

## Healthy Oatmeal

*You may add any nuts, dried fruit or banana to this easy to prepare and clean up oatmeal. Oatmeal is a great heart-healthy and great source of Vitamin A.*



- 1 cup cooking oats
- 3 cups water
- 1 tsp salt
- 1 tbsp butter or low-fat margarine
- 1 tbsp cinnamon
- Walnuts
- Raisins
- Apple, dried fruit or other cut up fresh fruit

Remove grate. Place oatmeal, water and salt into roaster. Cover and close vent completely. Microwave on high for 8-10 minutes. Add other ingredients. Serve with milk. Serves 4.

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## Fabulous Frittata

*This Versatile dish can be eaten for breakfast, lunch or dinner. You can substitute other veggies and cheeses in this dish.*



- 10 eggs (beaten well)
- 1/2 cup ham, real bacon bits or chopped cooked sausage
- 1/2 cup cheddar cheese, shredded
- 1/2 cup veggies (can be frozen)
- 1/4 cup milk
- 1 tsp of Creole Seasoning or salt and pepper mixed

Remove grate. Mix all ingredients and pour in bottom of Roaster. Place cover on and open completely. Cook on high for 5-8 minutes depending on microwave power. Serves 8.  
**Spinach Frittata** Add 1 package of frozen, thawed and drained spinach to the above recipe.

## Sausage & Hash Brown Casserole

1/2 package frozen hash browns

1 roll breakfast sausage, cooked, drained

1/2 cup chopped green onions

8 eggs

1/2 cup heavy cream

1 cup shredded cheddar cheese



Remove grate. Place hash browns and sausage in bottom of roaster. In a bowl beat eggs, add all ingredients. Pour over hash brown/sausage mixture. Cover and open vent completely. Microwave 5-7 minutes or until set.

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## Streusel Muffins

*You can substitute other muffin/cake mixes as long as you make a nut or streusel topping or ice the muffins as they will not brown.*

1 box streusel muffin and cake mix

Chopped nuts

1 can cream cheese prepared icing

Paper or silicone cupcake holders



Prepare mix as indicated on box. Place grate in roaster bottom and place 6 cupcake holders onto grate. Fill cupcake holders 1/3 full. Sprinkle streusel topping and nuts on top of mix. Cover and open vent completely. Microwave for 3 minutes. Top with cream cheese icing. Repeat until all mix is used.

## Easy Whole BBQ Chicken

3 to 4-1/2 pound whole chicken  
1/4 cup water  
Creole Seasoning or All-Purpose Seasoning  
1 cup BBQ sauce

Season and baste with BBQ sauce all over chicken. Cover and open vent completely. Microwave for 20 minutes. Baste on more BBQ sauce. Microwave for 15 minutes more. If needed microwave for minute more. (8 minutes per pound)

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## Hot Wings or BBQ Wings

4 lbs chicken wings  
Seasoning of your choice  
Hot Wing or BBQ Sauce

Place grate in cooker with legs up. Place 1/2 cup water in roaster. Arrange chicken wings. Season with your favorite seasoning. Baste hot sauce on chicken wings. Place cover on and open vent completely. Microwave for 8 minutes per pound or 32 minutes. During halfway point, take cover off and baste with more sauce. Serves 6 people.

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## BBQ Thighs

*Get the boneless skinless thighs for a healthy version. If you do choose the bone in, skin on, this will work as well.*

3 lbs chicken thighs  
All purpose seasoning or salt and pepper  
BBQ Sauce



Place grate in with legs down. Place 1/4 cup water in the bottom of the roaster. Season chicken thighs and baste on BBQ Sauce. Place cover on and open vent completely. Microwave on high for 20 minutes and check for doneness. Microwave 5 minutes more if not done.

## MICROWAVE HERB BAKED CHICKEN

*Experiment with other herbs such as rosemary, thyme or basil.*



3 lb chicken, cut into serving pieces

Olive oil

1 tsp garlic salt

1 tsp paprika

1/2 tsp oregano

1/4 tsp pepper

Juice & peel of 1 lemon

Sliced lemon

Remove grate. Mix all ingredients and pour in bottom of Roaster. Place cover on and open completely. Cook on high for 5-8 minutes depending on microwave power. Serves 8.

**Spinach Frittata** Add 1 package of frozen, thawed and drained spinach to the above recipe.

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## Hot Dogs with Chili, Onions and Cheese

1 can (8 oz) chili (with or without beans)

1 cup onions chopped

1/2 cup shredded cheese

1 package (16 oz) hot dogs

Place chili, onions and cheese in the bottom of the microwave cooker. Place grid on top. Place hot dogs on the grid. Cover and place vent open. Microwave on high for 5 minutes.

Remove hot dogs. Serve on buns. Cover with chili. Serves 8.



## Juicy Hamburgers or BBQ Burger

1 lb. ground beef  
1 package dry onion soup mix  
2 tsp Worcestershire sauce  
1/3 cup BBQ sauce (optional)  
shredded mozzarella or cheddar cheese  
hamburger rolls (optional)  
1/4 cup water

In medium bowl blend beef, soup mix, Worcestershire Sauce and seasoning. Don't over mix as this keeps the burgers tender. Make into 4 patties. Place burgers on rack in Roaster, (with handles down). Baste with BBQ sauce which is optional. Place top on. Place steam vent on open. Microwave at high 4 minutes until lightly cooked around edges of patties.

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## Micro Magnificent Meatloaf

*Turkey can be substituted for the beef or a mixture of both. Always add water to bottom of roaster before cooking. Add 1/2 cup water to bottom of Roaster before microwaving meatloaf.*

1 cup ketchup  
2 tsp Worcestershire sauce  
1 tsp creole seasoning or all purpose seasoning  
2 lb ground meat  
1/2 cup Italian bread crumbs  
2 eggs, beaten  
1-1/2 package dry onion soup mix  
1/4 cup water

Mix Ketchup, Worcestershire sauce, and 1 tsp all-purpose seasoning, set aside. In a bowl, mix meat, crumbs, eggs, 1/2 cup ketchup mix, soup mix, 1 tsp seasoning. Shape into a loaf and place on grate with handles turned down. Spread mixture on top of meatloaf. Pour cup of water in bottom of roaster. Place lid on roaster. Open vent completely. Microwave for 15 minutes. Turn if you do not have a turntable. Microwave 10 minutes more. Check by placing meat thermometer in middle. 165 degrees. Serves 6 to 8.

## Stuffed Bell Peppers

*My Mom who was Cajun used to cook this stuffing with fresh summer squash. Try with both bell peppers or yellow Squash.*

4 large or 6 small bell peppers, cut tops off and scoop out inside-dice tops and add to stuffing

1 cup rice

1 lb ground meat

1 can (6 oz) tomato Italian paste

1 can (8 oz) Diced Tomatoes with chili pieces

1 stick butter, softened

2 tsp salt or all-purpose seasoning

1 tsp cinnamon

Topping

Topping-mix together

1/2 cup Italian Bread Crumbs

1/2 cup Parmesan cheese

4-6 butter pats



Place bell peppers on top of grate with handles down. Pour 1/4 cup water in bottom. Close vent. Microwave on high for 3 minutes. Mix rest of ingredients except topping. Stuff stuffing into bell peppers. If you have leftover, place small mounds on top of bell peppers. Sprinkle with bread crumb mixture. Top with butter. Place lid on and open vent. Microwave on high for 20 minutes. Serves 4

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## Pork Chops

4 medium size pork chops

All Purpose Seasoning or your choice

If using Black Pepper and Salt add a sprinkle of paprika to assist in browning Place grate in bottom of roaster with legs down. Pour 1/4 cup water in bottom. Season pork chops and place on grate. Cover and open vent completely. Microwave for 8 minutes per pound. It is better to microwave for 6 minutes and check for doneness.

## Roasted Turkey Breast

1-Turkey Breast (up to 4 lbs)

Olive Oil

Seasoning of your choice (if using black pepper and salt add a bit of paprika to assist in browning)

Place grate in bottom of roaster with legs down. Add  $\frac{1}{4}$  cup water in bottom of roaster. Season breast. Place on grate. Cover and open vent completely. Microwave for 20 minutes. Check for doneness. Microwave 15 minutes more and check for doneness.

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## Glazed Salmon Steaks

*If you don't have pepper jelly, apple jelly works great. The sweetness blends with the savory meat making a great flavor.*



3-4 salmon steaks

All purpose seasoning or Creole Seasoning

$\frac{1}{4}$  cup Pepper Jelly or Apple Jelly, melted

Place grate in roaster with legs down. Pour  $\frac{1}{4}$  cup water in bottom. Season fish. Place on grate. Brush with jelly. Cover and open vent to small holes. Microwave on high for 6 minutes per pound depending on your taste for doneness.

## Savory Cornish Hens

2-1½ lb Cornish hens

Olive Oil if desired

All Purpose Seasoning or seasoning of your choice (always add a pinch of paprika to your seasoning for assistance in browning)



Place grate in roaster with legs down. Rub Cornish hens with olive oil. Season all over and inside cavity. Can add garlic and onion to inside of cavity. And if you like rosemary this can be sprinkled on the outside as well. Cover and open vent completely. Microwave on high for 8 minutes per pound. Check and if need additional time add 5 minutes. All microwaves vary so adding additional time in small increments may be needed. Serves 4.

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## Hamburger Quiche

½ lb ground beef or breakfast sausage

4 eggs

1/2 cup sliced green onions

1/3 cup milk

1/3 cup mayonnaise

1/2 tsp salt

1/2 tsp black pepper

1 cup shredded sharp cheddar cheese

Remove grate. Crumble ground meat in roaster. Microwave for 3 minutes. Drain. In a bowl mix remainder of ingredient except cheese. Pour over meat. Microwave for 4 minutes. Take a fork and lift side of quiche to let uncooked egg flow down. Place cheese on top. Microwave 3 minutes more. Let stand 2 minutes before serving. Serves 4.

## Tuna with Pepper Jelly Glaze

*You can substitute orange marmalade or your favorite jelly for pepper jelly.*



1 lb Tuna cakes

Seasoning of your choice

1/2 cup Pepper Jelly (can substitute apple jelly), melted in cup in microwave 30 seconds. Season fish. Place rack in roaster with legs down. Pour 1/4 cup water or wine in cooker. Place fish on rack. Brush jelly on top of fish. Place cover on and open vent completely. Microwave for 5 minutes. Serves 4

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## Roasted Pork Loin

1 Pork Loin (up to 4 lbs)

Olive Oil

Seasoning of your choice

(if using Black Pepper and Salt add a pinch of paprika to assist in browning)

Rosemary leaves (optional)



Season loin. Place rack in roaster. Pour 1/4 cup water or wine in roaster. Place loin on rack. Place cover on and open vent completely. Microwave for 8 minutes per lb. Serves 8.

# Slammin' Sides



## Mac and Cheese

- 1-1/2 cups elbow macaroni
- 2 cups whole milk
- 1 tsp salt
- 1 cup shredded yellow American cheese
- 1 cup shredded pepper Jack cheese
- 1/2 cup grated Parmesan
- 2 oz cream cheese
- 2 tsp Dijon mustard
- 1 tsp worchestershire sauce (optional)
- 1 tsp hickory smoke flavor (optional)

Remove grate. Stir the macaroni, 1 cup of the milk and 1/4 teaspoon salt in the roaster. Cover and close vent completely. Microwave on high for 4 minutes. Stir and cover. Microwave for 2 minutes more. Add the remaining cup of milk, American cheese, Jack cheese, Parmesan, cream cheese and mustard. Microwave for 4 minutes. Stir. If you want a topping, mix 1/2 cup bread crumbs, 1/4 cup parmesan cheese and place on top. Add 1/2 stick of butter cut in pats. Sprinkle on top, cover and microwave for 2 minutes more.

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## Rockin Rice & Shrimp Casserole

- 1 cup raw rice
- 1 stick of butter
- 1 can onion soup
- 1 can tomatoes with chili peppers, un-drained
- 1 tsp Creole or All Purpose Seasoning
- 1 lb shrimp, peeled and deveined

Remove grate from roaster. Place all ingredients in roaster and cover. Close vent. Place in microwave and microwave for 20 minutes. Stir shrimp into ingredients. Microwave for 2 minutes more.

## Rice

*With the Microwave Roaster, rice is a cinch to clean. Wipe out with paper towel.*

2 cups raw white rice (brown takes longer)  
4 cups water  
1 tsp salt

Place rice in roaster. Add water and salt. Cover. Close vent completely. Place in microwave. Microwave for 20 minutes. Let rest for 5. Use pot holders or gloves when removing. Makes 4 cups cooked rice.

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## Spaghetti Squash

1 spaghetti squash  
1/4 cup butter, melted  
1/4-1/2 cup brown/white sugar  
2 tsp cinnamon  
1/2 tsp salt



Cut spaghetti squash in half. Place grate in Roaster. Place squash halves on grate with sliced part facing down. Place 1/4 cup water in Roaster. Cover and close vent completely. Microwave for 10 minutes. Take out, scoop inside out. As you scoop out the inside, it should separate into spaghetti-like strands. Take your "spaghetti" and mix with the remaining ingredients.

## Triple Stuffed Potatoes

*Can double for 8 servings.*

2 baking potatoes  
1/4 cup sour cream  
1/2 cup real bacon crumbles (find in salad section) can use turkey bacon  
1/2 cup shredded cheddar cheese  
1/4 cup shredded Parmesan cheese  
1/2 bunch green onions, sliced  
Salt and pepper to taste  
1/2 cup shredded cheese

Wash potatoes really well. Pierce with fork. Place on grate in roaster. Handles down. Add 1/4 cup water to bottom. Place potatoes on grate. Place top on and close vent. Microwave for 7-10 minutes or until potatoes are soft. Pour water out of roaster. Cut potatoes in half and scoop out potato using roaster bottom as bowl. (Easy clean up). Add remainder of ingredients except last 1/2 cup cheese. Stuff potato bottoms. Wipe out roaster bottom. Place grate in handles down and place potatoes on top. Sprinkle with shredded cheddar. Place cover on with vent open completely. Microwave for 3-4 minutes. 4 servings.

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## Microwave Baking Potatoes

**Can make the Broccoli and Cheese Dip for a great topping to potatoes.**

1 or 2 baking potatoes

Place rack in cooker with legs down. Add 1/4 cup water to bottom. Cover and close vent completely. Microwave for 10 minutes.



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## Microwave Sweet Potatoes

Follow baking potatoes above. When done, slice, add 1 tablespoon sugar (or sweetener substitute), cinnamon and 1 tablespoon butter (or low-fat margarine) and serve.



## Frozen Corn

4 small frozen ears of corn

Place grate in roaster. Add  $\frac{1}{4}$  cup water to the bottom. Place corn on top of grate. Cover and close vent completely. Microwave for 3-5 minutes.

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## Fresh Corn Ears

2-4 fresh corn ears, cleaned  
Salt & Butter if desired

Place grate in roaster. Add  $\frac{1}{4}$  cup water. Place ears on grate, trimming if necessary to fit. Cover and close vent completely. Microwave on high for 10 minutes. Salt and butter if desired.

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## Fresh Asparagus

*You can cook two vegetables at the same time by placing for example the asparagus on bottom and grate in with legs down. Place corn on top. Add  $\frac{1}{4}$  cup water. Cover and close vent completely. Microwave for 10 minutes.*



1 lb fresh Asparagus, trimmed

Place grate in roaster with legs up. Place  $\frac{1}{4}$  cup water in bottom of roaster. Place asparagus on top of grate. Cover and close vent completely. Microwave for 15 minutes.

## BBQ Beans

Note from Gaye-you can make your favorite bean recipe and cover and open vent completely. Microwave for 25 minutes.

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## New Potatoes

3 cups new potatoes, cut in half  
Salt & Pepper  
½ stick butter, melted  
½ cup parmesan cheese (optional)



Place grate in roaster with legs up. Place potatoes on top of grate. Add 1/ cup water to roaster. Sprinkle seasoning on top of potatoes. Pour butter on top. Sprinkle with cheese if desired. Cover and open vent completely. Microwave on high for 8 minutes.

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## Steamed Cabbage

½ head of cabbage, cut into pieces  
½ cup water  
Seasoning – Pepper and salt  
½ stick butter

Place grate in roaster with legs up. Place cabbage on top of roaster. Cover and close vent completely. Microwave on high for 10 minutes or more for your taste. Drain and season with butter and seasoning.

# Easy Desserts



## Creamiest Fudge Ever

*This recipe is fabulous and so rich and creamy. I guarantee you will like it!*

- 1 package (12 oz.) dark chocolate chips
- 1 pound processed cheese, shredded
- 1 pound confections sugar, sifted
- 1 teaspoon vanilla
- 1 cup chopped nuts

Remove grate. Combine chocolate chips and cheese in roaster. Cover with lid and open vent completely. Microwave on high for one minute or until melted. Stir. Add sugar, vanilla and nuts. Refrigerate until set and cut into squares.

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## Dark Chocolate Toffee Walnut Fudge

- 1 can (10oz) prepared chocolate fudge frosting
- 1 bag (8oz) milk chocolate toffee bits
- 1 bag (12oz) dark chocolate chips
- 1 cup walnut pieces
- Kosher Salt

Remove grate. Add chips and frosting in roaster. Microwave 2 minutes. Add walnuts and toffee. Microwave for 1 minute. Stir. Sprinkle top with kosher salt. Pour into greased 8x8 pan or another roaster. Place in refrigerator for 5 minutes or until set.

## Fab Fudge

- 3-1/4 cups semi-sweet chocolate chips
- 1 can condensed milk
- 1/4 cup butter
- 1-1/2 tsp vanilla extract
- 1/4 tsp salt

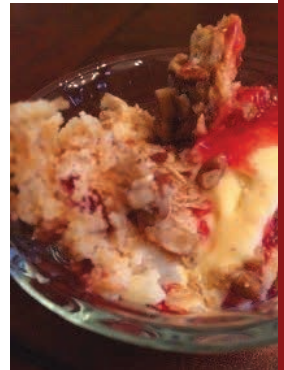
Prepare an 8x8 pan by spraying with non-stick vegetables spray. Remove grate from roaster. Place chips, milk and butter in roaster. Microwave for 2 minutes. Stir. Microwave for 2 minutes more. Stir. Microwave until all chips are melted. Add vanilla and salt. Stir. Pour into prepared pan.

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## Cherry Crunch

Can use any pie filling.

- 2 cans cherry pie filling
- 1 tsp salt
- 2 tbsp sugar
- 1 tsp lemon juice
- 1 box yellow cake mix
- 1 cup chopped nuts
- 2 sticks melted butter



Remove grate. Place pie filling on bottom of roaster. Mix in salt sugar and lemon juice. Cover with box of cake mix. Sprinkle nuts on top. Pour on melted butter. Cover with lid and open vent completely. Microwave 25 minutes



## **Peanut Butter Fudge**

1 cup crunchy or smooth peanut butter  
2 sticks salted butter, cut into 1 inch pats  
2 teaspoon vanilla extract  
4 cups sifted confectioners' sugar  
3/4 Peanut Butter Cups, chopped (optional)

Remove grate. Add peanut butter and butter. Cover and open vent. Microwave for 1 minute. Stir. Microwave for 1 minute more. Stir. Add extract, sugar and peanut butter cups. Press into roaster. No need to dirty any other pans. Cut into squares.

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## **Cream Cheese Butterscotch Squares**

1 bag butterscotch chips  
1 can (14oz.) prepared cream cheese frosting  
1 tsp rum flavoring (optional)

Remove grate. Add morsels and frosting in roaster. Microwave for 1 minute. Stir. Microwave 1 minute or until chips are melted. Stir. Add rum flavoring. Pour into a greased 8x8 pan or leave in roaster to set. Place in refrigerator for 5 minutes. Cut into squares.

## Peppermint Bark

1 bag white chocolate chips  
1 cup crushed peppermint

Remove grate. Add chocolate and peppermint to roaster. Cover and close vent completely. Microwave on high 1 minute. Stir. Pour on greased cookie sheet. Break into pieces.



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## Haystacks

1 bag butterscotch chips  
1 chow mein noodles  
1/2 cup peanuts

Remove grate and add ingredients. Microwave for 1 minute. Stir. Drip onto wax paper with tablespoon.



## Lemon Blueberry Walnut Cobbler

*You can use 2 blueberry or 2 raspberry or 1 of each as I have written.*

1 can raspberry pie filling  
1 can blueberry pie filling  
1/2 cup fresh blueberries  
2 teaspoons lemon juice  
1 teaspoon salt  
1/4 cup brown sugar  
1 box lemon cake mix  
1/2 or 1 cup chopped walnuts

Remove cooking rack/grate. Put first 6 ingredients in bottom of roaster and mix. Pour on a layer of all of the cake mix, a layer of all of the walnuts, and then pour on a layer of butter in that order. Cover and open vent completely. Microwave 20-25 minutes. Serve warm with ice cream or whipped cream.



## MICROWAVE BAKED APPLES

4 large baking apples  
1/3 cup packed dark brown sugar  
1/4 tsp cinnamon  
1/8 tsp nutmeg  
4 tbsp butter

Core apples. Leave bottom of apple small so filling will not run out. With sharp knife, cut a small hair line around the middle of apples. Place grate in roaster with legs up. Place apples inside. Fill cores with brown sugar. Dust tops with spices. Place 1 tablespoon butter on top of each apple. Pour apple juice or water in bottom of roaster. Cover and open vent completely. Cook on high power for 8 to 12 minutes. Let stand 5 minutes. Serve with whipped cream or sour cream or yogurt.





Note: Always put 1/4 cup water in bottom of roaster when cooking.

| Meat Cooking Chart - Thawed  | 1100 - 700<br>Watts | Steam Vent<br>Position: |
|--|---------------------|-------------------------|
| Chicken, Boneless Skinless (3-4 oz)  | 2-3 minutes         | open                    |
| Chicken Breasts, Skin On (4-5 oz)  | 3-4 minutes         | open                    |
| Chicken Nuggets (4-6 only)   | 1-2 minutes         | open                    |
| Chicken Wings Raw (3- 4 lbs)   | 24-30 minutes       | open                    |
| Whole Chicken (4-4 1/2 lbs)  | 32-35 minutes       | open                    |
| Chicken Thighs (2-3 oz)  | 3-4 minutes         | open                    |
| Chicken Thighs, Skin On (3 oz)   | 4-5 minutes         | open                    |
| Chicken Legs (2 oz)  | 3-4 minutes         | open                    |
| Turkey Breasts, Bone in (4 lbs)  | 32-35 minutes       | open                    |
| Turkey Breasts (5-6 oz)  | 4-5 minutes         | open                    |
| Turkey Patties (4 oz)  | 3-4 minutes         | open                    |
| Fish Fillets Thin (3-4 oz)   | 2-3 minutes         | small holes             |
| Fish Steaks Thick, ex: Salmon/Tuna   | 3-4 minutes         | small holes             |
| Ground Beef Patties (4 oz)   | 3-4 minutes         | open                    |
| Meat Loaf (2-3 lbs)  | 20-25 minutes       | open                    |
| Rib Eye Steak (4-5 oz)   | 3-4 minutes         | open                    |
| Filet Mignon (4 oz)  | 2-3 minutes         | open                    |
| Ribs-must boil first for 30 min (3 lb)   | 24-25 minutes       | open                    |
| Hot dogs and Sausage (1-4)   | 2 minutes           | closed                  |
| Lamb Chops   | 2 minutes           | open                    |
| Pork Tenderloins (1-1/2 lb)  | 8 minutes           | open                    |
| Pork Loin (3 lbs)  | 20-24 minutes       | open                    |
| Baby Back Ribs boil for 20 min (3 lb)  | 20 minutes          | open                    |
| Bacon-can only cook bacon in Roaster if you place on a paper towel-grease is too hot for roaster bottom. |                     |                         |
| Meat Cooking Chart - Frozen  | 1100 - 700<br>Watts | Steam Vent<br>Position: |
| Chicken, Boneless Skinless (3-4 oz)  | 5-7 minutes         | open                    |
| Chicken Breasts, Skin On (4-5 oz)  | 6-8 minutes         | open                    |
| Chicken Nuggets (4-6 only)   | 2 minutes           | open                    |
| Chicken Wings Raw (3- 4 lbs)   | 40 minutes          | open                    |
| Whole Chicken (4-4 1/2 lbs)  | 40-60 minutes       | open                    |
| Chicken Thighs (2-3 oz)  | 6 minutes           | open                    |
| Chicken Thighs, Skin On (3 oz)   | 7 minutes           | open                    |
| Chicken Legs (2 oz)  | 5 minutes           | open                    |
| Turkey Breasts, Bone in (4 lbs)  | 60 minutes          | open                    |
| Turkey Breasts (5-6 oz)  | 6-8 minutes         | open                    |
| Turkey Patties (4 oz)  | 6 minutes           | open                    |
| Fish Fillets Thin (3-4 oz)   | 3 minutes           | small holes             |
| Fish Steaks Thick, ex: Salmon/Tuna   | 5 minutes           | small holes             |
| Ground Beef Patties (4 oz)   | 6 minutes           | open                    |
| Meat Loaf (2-3 lbs)  | 40 minutes          | open                    |
| Rib Eye Steak (4-5 oz)   | 6 minutes           | open                    |

Note: Always put 1/4 cup water in bottom of roaster when cooking.

| Meat Cooking Chart - Frozen   | 1100 - 700<br>Watts | Steam Vent<br>Position: |
|---|---------------------|-------------------------|
| Filet Mignon (4 oz)   | 5 minutes           | open                    |
| Beef Ribs not recommended frozen.   |                     |                         |
| Hot dogs and Sausage (1-4)  | 6 minutes           | closed                  |
| Lamb Chops  | 6 minutes           | open                    |
| Pork Tenderloins (1-1/2 lb)   | 16 minutes          | open                    |
| Pork Loin (3 lbs)   | 50 minute           | open                    |
| Baby Back Ribs not recommended from raw frozen state.                               |                     |                         |
| Vegetable   | 1100 - 700<br>Watts | Steam Vent<br>Position: |
| Artichokes-fresh  | 10 minutes          | closed                  |
| Asparagus-frozen  | 3 minutes           | closed                  |
| Broccoli-frozen (2 cups)  | 3 minutes           | closed                  |
| Broccoli-fresh (2 cups)   | 10 minutes          | closed                  |
| Brussels Sprouts-fresh (2 cups)   | 10 minutes          | closed                  |
| Cabbage cut in wedges (1/2 cabbage)   | 10-15 minutes       | closed                  |
| Cauliflower-frozen (2 cups)   | 3 minutes           | closed                  |
| Cauliflower-fresh (1 head or 4 cups)  | 20 minutes          | closed                  |
| Corn on the Cob-frozen (1-4 pieces)   | 4 minutes           | closed                  |
| Corn on the Cob-fresh (1-4 pieces)  | 10 minutes          | closed                  |
| Green Peas-frozen (1 cup)   | 3 minutes           | closed                  |
| Garlic, cut top off drizzle with olive oil  | 8 minutes           | closed                  |
| Green peas, corn, mixed vegetables,<br>BBQ Beans, other cooked canned<br>vegetable. | 2 minutes           | closed                  |
| Mushrooms-fresh   | 4 minutes           | closed                  |
| New Potatoes (2 cups whole)   | 8 minutes           | closed                  |
| Baking Potatoes   | 8 minutes           | closed                  |
| Spaghetti Squash (meat down on grate)   | 10 minutes          | closed                  |
| Sweet Potatoes (1 whole)  | 8 minutes           | closed                  |
| Turnips, cut and cubed (2 cups)   | 8 minutes           | closed                  |
| Zucchini, sliced (2 cups)   | 8 minutes           | closed                  |

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## **GETTING STARTED:**

\*Microwaves vary in wattage. Check your wattage and adjust cooking time by subtracting 1 to 2 minutes per lb. of meat or by recipe. These recipes were tested in a 900 wattage microwave, but you can use this device with good results in microwaves ranging from 600-1100 watts.

\*Roaster is not made to use in any other cooking device besides the microwave.

\*High or full power is recommended for recipes. If you are not sure about the wattage of your microwave, simply reduce cooking time 1-2 minutes and add if food is not fully cooked.

\***ALWAYS INCLUDE** 1/2 cup of water in bottom of cooker to prevent sugars from burning roaster unless cooking rice, sides, casseroles or desserts.

## **CLEANING:**

Dishwater safe-top rack dishwasher safe. Easy to clean naturally non-stick surface-warm, soapy water using a grease cutting dish washing detergent is recommended for hand-washing.