

Shrimp Fajitas

Ingredients

8oz raw no shell large shrimp (21-25)

1Tbsp vegetable oil

1 red bell pepper sliced

1 green bell pepper sliced

1 red onion sliced

1/2 tsp salt

1/4 tsp black pepper

1/4 tsp ground cumin

4- 6 inch corn or flour tortillas

Heat RangeMate with cover for 5 minutes at full power..

Add oil and shrimp.. stir ... add peppers, onion, salt, pepper and cumin.

Stir well... cover and cook on full power for 4 minutes

Serve with guacamole, sour cream, green onion and salsa

Asian Glazed Chicken Wings

Ingredients

8-10 large raw chicken wing sections dried well
1 tsp seasoning salt

1/2c soy sauce
1/4c honey
1/4 tsp ground ginger
1/4 tsp red pepper flake
1 clove garlic minced

Season wings with salt and place in RangeMate base. Cover and cook on full power for 6 minutes. Remove unit and carefully turn wings over. Cover and cook for an additional 6 minutes. Meanwhile, combine the remaining ingredients in a bowl. Remove chicken to a plate and discard fat. Wipe RangeMate base out with towel. Place chicken back in base, pour sauce over, cover and cook for 3 minutes. Serve wings with a side of sauce for dipping.

Grilled Chicken Breast with Fontina Cheese

Ingredients

3-6oz boneless chicken breast (skin on or skinless)

1 red bell pepper sliced

1 red onion sliced

1 clove garlic minced

6oz fontina cheese grated

1/2 tsp dried basil

1 tsp salt

1/4 tsp black pepper

Season chicken breasts with salt and pepper and place in RangeMate base.

Cover and cook on full power for 6 minutes. Remove and turn breast over, add peppers, onion, garlic and basil, cover and cook for an additional 4 minutes. Add grated cheese over chicken, cook for 1 minute. Let stand for 3 minutes. Serve

Philly Cheesesteak Sandwich

Ingredients

1 pound beef chip steak
1 medium onion sliced
1 green bell pepper sliced
6 slices american cheese or provolone
3- 6 inch torpedo rolls
1 tsp salt
1/4 tsp black pepper

Heat covered RangeMate unit for 5 minutes in microwave on full power.

Add steak and stir until meat is browned. Add in peppers and onions, cover and cook for 4 minutes on full power. Remove meat and peppers with slotted spoon to a bowl. leave as much of the juice behind. Discard juice and wipe base out with paper towel. Add meat mixture back into RangeMate, season with salt and pepper. Arrange cheese evenly over meat, cover and cook for 2 minutes. Fill rolls with meat and cheese, serve

Chocolate Fondue

Ingredients

18oz bittersweet chocolate chopped

2/3c heavy cream

1/3c brewed or instant espresso

2 tsp vanilla extract

1/4 tsp salt

Place chocolate, cream, espresso, vanilla and salt in RangeMate base.

Cover and cook on full power for 1 minute.

Stir well and continue cooking at 30 second intervals until smooth and warm.

Leave in RangeMate to serve. Residual heat will keep warm for a long while.

Serve with sliced fruit, berries, cookies, pound cake or marshmallows.