



# RECIPE BOOK





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# Microwave Recipes



## Lemon Dill Salmon

SERVES 2

### INGREDIENTS:

- Zest and juice of 1 lemon, divided
- 1/4 cup white wine
- 1 1/2 tsp. dried dill
- 1 tsp. minced garlic
- 1 tsp. olive oil
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 6 ounce salmon filets

### DIRECTIONS:

1. Place the lemon juice and white wine in the base of the Ceramiwave.
2. In a small bowl mix together the zest, dill, garlic, oil, salt and pepper.
3. Generously rub the salmon with the zest and dill mixture.
4. Place in base of Ceramiwave.
5. Cover with the lid.
6. Microwave on high for 8-9 minutes or until flakey.





## Turkey Florentine Meatloaf with Balsamic BBQ Sauce

SERVES 6-8

### INGREDIENTS:

- 1 1/2 pounds ground turkey
- 1/2 cup defrosted and squeezed dry frozen chopped spinach
- 1 cup shredded mozzarella
- 1/4 cup grated parmesan
- 1/4 cup plain bread crumbs
- 1/2 cup small diced onion
- 2 tsp. minced garlic
- 1 egg
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. salt
- 1 tsp. black pepper
- 1/2 cup BBQ sauce
- 1 1/2 tbsp. balsamic vinegar

### DIRECTIONS:

1. In a bowl mix together the turkey, spinach, mozzarella, parmesan, bread crumbs, onion, garlic, egg, oregano, basil, salt and pepper.
2. Form mixture into a round flat loaf and place in the base of the Ceramiwave leaving an empty 1/2 inch border from the edge of the base to the meatloaf.
3. In a small bowl combine the BBQ sauce and the balsamic.
4. Spread BBQ sauce over surface of meatloaf.
5. Cover with the lid.
6. Microwave on high for 15-20 minutes or until a meat thermometer stuck in the middle of the meatloaf reaches 165°F.
7. Let meatloaf rest for a few minutes before slicing.



## Bacon and Hash Brown Frittata

SERVES 6-8

### INGREDIENTS:

- 1 tbsp. butter
- 1 cup small diced onions
- 1 cup small diced peppers
- 1/2 cup chopped cooked bacon
- 3/4 cup refrigerated shredded hash browns
- 1 cup shredded extra sharp cheddar cheese
- 6 eggs
- 1/2 tsp. salt
- 1/4 tsp. black pepper

### DIRECTIONS:

1. Place butter in the base of the Ceramiwave.
2. Place base in microwave and melt butter on high for about 20 seconds.
3. Add onions and peppers and microwave on high for another 3 minutes.
4. Remove base from the microwave.
5. Spread the bacon and hash browns over the onions and peppers.
6. Sprinkle the cheese over top of the bacon and hash browns.
7. In a bowl beat together the eggs, salt and pepper.
8. Pour eggs over the cheese.
9. Cover with the lid.
10. Microwave on high for 7 minutes.
11. Let rest for a few minutes before serving.



## Asian Chicken Wings

SERVES 4-6

### INGREDIENTS:

- 4 tbsp. sesame seeds
- 1/2 tsp. ground ginger
- 1 tbsp. turmeric
- 2 tbsp. light brown sugar
- 1/2 tbsp. kosher salt
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1/2 tsp. cumin
- 1/2 tsp. cinnamon
- 1/2 tsp. black pepper
- 1 1/2 pounds chicken wings

### DIRECTIONS:

1. In a medium bowl combine the sesame seeds, ginger, turmeric, brown sugar, salt, coriander, cardamom, cumin, cinnamon and black pepper.
2. Add the chicken wings and toss to coat.
3. Place coated wings into the base of the Ceramiwave.
4. Sprinkle any remaining spice mixture in bowl over wings.
5. Cover with lid.
6. Microwave on high for 15 minutes.





## Chicken Fajitas

SERVES 4

### INGREDIENTS:

- 2 peppers, thinly sliced
- 1 large onion, thinly sliced
- 11.25 ounce package of fajita seasoning
- 1 pound boneless skinless chicken breast, cut into thin strips
- 4-6 fajita sized flour tortillas
- 2 cups grated cheddar or Monterey jack cheese
- Optional fixings: salsa, guacamole, sour cream and shredded lettuce

### DIRECTIONS:

1. Place peppers and onions in the base of the Ceramiwave.
2. Sprinkle about 2 tbsp. of the fajita seasoning over the peppers and onions.
3. In a bowl coat the chicken with the remaining fajita seasoning.
4. Spread chicken over the peppers and onions.
5. Cover with the lid.
6. Microwave on high for 10 minutes.
7. Serve with flour tortillas, grated cheese and optional fixings.



## Huevos Rancheros

SERVES 3

### INGREDIENTS:

- 1 15.5 ounce can black beans, drained and rinsed
- 1 15.5 ounce jar of salsa
- 6 eggs
- 1 cup shredded cheddar cheese
- 1 tbsp. chopped cilantro
- 1 avocado, small diced
- Sour cream and tortilla chips for serving

### DIRECTIONS:

1. Place beans in the base of the Ceramiwave.
2. Spread salsa over beans.
3. Crack eggs over the salsa.
4. Cover with lid.
5. Microwave on high for 8-12 minutes depending on preference of egg doneness.
6. Remove lid.
7. Add cheese and cilantro.
8. Cover with lid and let sit a minute or two for cheese to melt.
9. Serve with avocado, sour cream and tortilla chips.



## Ratatouille

SERVES 4-6

### INGREDIENTS:

- 1 cup thin sliced onions
- 1 cup medium diced peppers
- 2 cups medium diced peeled eggplant
- 1 cup medium diced zucchini
- 1 cup medium diced yellow squash
- 3 plum tomatoes, seeded and medium diced
- 2 tbsp. extra virgin olive oil
- 3/4 tsp. dried oregano
- 3/4 tsp. dried basil
- 1 tsp. minced garlic
- 2 tsp. salt
- 1/4 tsp. black pepper

### DIRECTIONS:

1. In a bowl mix all ingredients together.
2. Place in the base of the Ceramiwave.
3. Cover with lid.
4. Cook on high for 15 minutes.



## Beef Burrito Basserole

SERVES 4-6

### INGREDIENTS:

- 1/2 pound ground beef
- 1/2 cup medium diced onion
- 1/4 cup frozen corn
- 1/2 cup medium diced peppers
- 1/2 cup long grain rice
- 1 cup canned pinto beans, drained and rinsed
- 1 10 ounce can diced tomatoes with chilies
- 1/2 cup beef stock
- 1/2 tsp. chili powder
- 1/4 tsp. cumin
- 1/8 tsp. cayenne pepper
- 1 tsp. salt
- 1 1/2 cups shredded cheddar cheese
- 1 tbsp. chopped cilantro
- Tortilla chips for serving
- Optional toppings: sour cream, diced avocado, sliced scallions



#### **DIRECTIONS:**

1. Crumble beef into base of Ceramiwave.
2. Add onion.
3. Cover with lid.
4. Microwave on high for 3 minutes.
5. Remove lid and break apart beef with a fork.
6. Place beef and onion in a bowl and add corn, peppers, rice, beans, tomatoes, stock, chili powder, cumin, cayenne and salt.
7. Mix together and spread mixture into the base of the Ceramiwave.
8. Cover with lid.
9. Microwave on high for 10 minutes.
10. Carefully remove hot Ceramiwave from microwave and remove lid.
11. Stir the beef mixture and cover with lid.
12. Microwave for an additional 10 minutes.
13. Remove lid and sprinkle cheese and cilantro over top.
14. Cover with lid and let sit a few minutes to allow cheese to melt.
15. Serve with tortilla chips and any optional toppings.





## Ravioli Lasagna

SERVES 4-6

### INGREDIENTS:

- 1 cup marinara sauce
- 1 pound small frozen ravioli, about 1 inch in diameter
- 2 cups shredded mozzarella
- 2 tbsp. grated parmesan

### DIRECTIONS:

1. Spread 1/2 cup of marinara sauce in the base of the Ceramiwave.
2. Place a single layer of ravioli over marinara.
3. Sprinkle 1 cup of the mozzarella and 1 tbsp. of the parmesan over the ravioli.
4. Spread 1/2 cup of marinara over cheese.
5. Place another layer of ravioli.
6. Cover with the lid.
7. Microwave on high for 12-15 minutes.
8. Remove lid and top with remaining cheeses.
9. Cover with lid for a few minutes until cheese has melted.



## Shrimp and Vegetable Ramen Noddle's

SERVES 2-4

### INGREDIENTS:

- 2 3 ounce packages dry ramen noodles, flavor packet discarded
- 3 tbsp. soy sauce
- 3 tbsp. rice wine vinegar
- 1 tsp. sesame oil
- 1/4 tsp. ground ginger
- 1/2 cup vegetable stock
- 1 cup snap peas
- 1 cup sliced red peppers
- 6 mushrooms, sliced
- 1 carrot, thinly sliced
- 1/2 cup sliced water chestnuts, drained
- 20 large shrimp, peeled, deveined and tails removed
- 2 scallions, sliced

### DIRECTIONS:

1. Break up ramen noodles into large pieces into the base of the Ceramiwave.
2. In a bowl mix together the soy sauce, vinegar, oil, ginger and stock.
3. Add the snap peas, red peppers, mushrooms, carrot, water chestnuts and shrimp.
4. Toss ingredients together with the liquid.
5. Spread everything over the ramen noodles.
6. Cover with the lid.
7. Microwave for 10-12 minutes.
8. Remove lid.
9. Add scallions and using a fork break up the noodles and mix into the vegetables and shrimp.



## Tarragon Mussels

SERVES 2-4

### INGREDIENTS:

- 1/4 cup white wine
- 2 tbsp. butter
- 1 tsp. minced garlic
- 1/2 tbsp. dried tarragon
- Juice of 1/2 a lemon
- 2 pounds mussels

### DIRECTIONS:

1. In the base of the Ceramiwave add the wine, butter, garlic, tarragon and lemon juice.
2. Add the mussels.
3. Cover with the lid.
4. Microwave on high for 8 minutes.
5. Serve with cooking broth for dipping.



## Curry Chicken and Sweet Potatoes

SERVES 2-4

### INGREDIENTS:

- 2 cups large diced sweet potatoes
- 1/2 pound boneless skinless chicken breast, cut into bite sized pieces
- 1/2 cup canned chick peas, drained and rinsed
- 1/2 cup canned petite diced tomatoes
- 1 tsp. curry powder
- 1/4 tsp. turmeric
- 1/4 tsp. ground ginger
- 1/4 tsp. coriander
- 1 tsp. salt
- 1/4 tsp. black pepper

### DIRECTIONS:

1. Put the sweet potatoes into the base of the Ceramiwave.
2. In a bowl toss together the chicken, chick peas, tomatoes, curry, turmeric, ginger, coriander, salt and pepper.
3. Spread the chicken mixture over the sweet potatoes.
4. Cover with the lid.
5. Microwave on high for 10-12 minutes.



## Mediterranean Chicken and Cous Cous

SERVES 4

### INGREDIENTS:

- 1/2 pound boneless skinless chicken breast, cut into bite sized pieces
- 1 cup large diced eggplant
- 1 cup large diced zucchini
- 1/2 cup medium diced onion
- 1/4 cup halved pitted kalamata
- 1/4 cup sliced sun dried tomatoes
- 2 tsp. minced garlic
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1 tbsp. olive oil
- 1 tsp. salt
- 1/4 tsp. black pepper
- 3/4 cup cous cous
- 1 cup chicken stock
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped fresh spinach

### DIRECTIONS:

1. In a bowl toss together the chicken, eggplant, zucchini, onion, olives, sun dried tomatoes, garlic, oregano, basil, olive oil, salt and pepper.
2. Add the cous cous and chicken stock to the base of the Ceramiwave.
3. Add chicken and vegetable mixture evenly over the cous cous.
4. Cover with the lid.
5. Microwave on high for 10 minutes.
6. Remove lid.
7. Fold in feta and spinach.





## Poached Pears

SERVES 6

### INGREDIENTS:

- 3 pears
- 2 tbsp. white wine
- 2 tbsp. honey
- 1/4 tsp. cinnamon
- 1/4 tsp. cardamom
- 1 tbsp. lemon juice
- Vanilla ice cream for serving

### DIRECTIONS:

1. Peel, cut pears in half lengthwise and core.
2. Place cored side down in base of Ceramiwave.
3. In a bowl mix together the white wine, honey, cinnamon, cardamom and lemon juice.
4. Pour liquid over pears.
5. Cover with lid.
6. Microwave on high for 10 minutes.
7. Serve with ice cream and poaching liquid.



## Brownies

SERVES 6-8

### INGREDIENTS:

- 1/2 cup flour
- 3/4 cup light brown sugar
- 1/3 cup cocoa powder
- 1 tsp. baking powder
- 2 eggs
- 2/3 cup butter, melted
- 1 tsp. vanilla extract
- 1 cup chocolate chips
- 1 cup chopped walnuts
- Vanilla ice cream for serving

### DIRECTIONS:

1. In a bowl combine the flour, sugar, cocoa, and baking powder.
2. In another bowl beat the eggs with the butter and vanilla
3. Add the liquid ingredients to the dry ingredients and mix together.
4. Fold in the chocolate chips and walnuts.
5. Spray the base of the Ceramiwave with cooking spray.
6. Spread batter in the base.
7. Microwave on high for 6 minutes.
8. Serve with ice cream.



## Oven Recipes



## Lemon, Rosemary Chicken Thighs and Potatoes

SERVES 4

### INGREDIENTS:

- 1 lemon, zested and cut into 6 wedges.
- 1 tbsp. chopped fresh rosemary
- 2 tsp. minced garlic
- 2 tsp. salt
- 1/2 tsp. black pepper
- 1 pound red skinned potatoes, diced into 1 inch pieces
- 1 1/2 pounds boneless skinless chicken thighs

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small bowl, mix together the zest, rosemary, garlic, salt and pepper.
3. Add the potatoes to the base of the Ceramiwave.
4. Add half of the zest and garlic mixture to the potatoes and toss to coat.
5. With the remaining zest and garlic mixture, coat the chicken thighs.
6. Fold each thigh in half and place evenly over the potatoes.
7. Cover with the lid.
8. Bake in oven for 1 hour or until a meat thermometer inserted in the chicken reaches 165°F.
9. Serve with lemon wedges.





## Cilantro Cornbread

SERVES 6-8

### INGREDIENTS:

- 1 cup flour
- 1 cup cornmeal
- 1/4 cup sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1/2 cup shredded pepper jack cheese
- 1/2 cup extra sharp cheddar cheese
- 2 tbsp. chopped cilantro
- 1/3 cup chopped scallions
- 1 cup buttermilk
- 2 eggs
- 1/4 cup butter, melted

### DIRECTIONS:

1. Preheat oven to 375°F.
2. In a bowl combine the flour, cornmeal, sugar, baking powder, baking soda, salt, pepper jack, cheddar, cilantro and scallions.
3. In another bowl mix together buttermilk, eggs and butter.
4. Add liquid ingredients to dry and stir to combine.
5. Spray the base of the Ceramiwave with cooking spray.
6. Spread the cornbread batter in the base of the Ceramiwave.
7. Bake in oven for 25-30 minutes or until golden brown and a toothpick inserted in the center comes out clean.





## Black Bean and Rice Stuffed Peppers

SERVES 4

### INGREDIENTS:

- 4 each bell peppers, tops and seeds removed
- 1 tbsp. olive oil
- 1 cup medium diced onions
- 2 tsp. minced garlic
- 1 cup cooked rice
- 1 15 ounce can black beans, drained and rinsed
- 1 10 ounce can diced tomatoes with green chilies
- 1/2 tsp. cumin
- 1 tsp. dried oregano
- 1 tsp. salt
- 1/4 tsp. black pepper
- 3 cups shredded Monterey jack cheese.

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Heat a small skillet with oil on medium high heat.
3. Add onions and garlic and sauté until translucent.
4. In a bowl stir together the onions, garlic, rice, black beans, tomatoes, chili powder, cumin, oregano, salt and pepper.
5. Fold in 2 cups of cheese.
6. Stuff each pepper with stuffing and place upright in the base of the Ceramiwave.
7. Top with remaining cheese.
8. Cover with the lid.
9. Bake in oven for 1 hour.



## Roasted Whole Chicken

SERVES 4-6

### INGREDIENTS:

- 1/2 tbsp. celery salt
- 1/2 tbsp. paprika
- 1/2 tbsp. garlic powder
- 1/2 tbsp. onion powder
- 1/2 tbsp. dried thyme
- 1 tsp. dried sage
- 3/4 tsp. dried rosemary
- 3/4 tsp. black pepper
- 3-4 pound whole chicken, giblets removed

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small bowl mix together the celery salt, paprika, garlic powder, onion powder, thyme, sage, rosemary and black pepper.
3. Rub the mixture under the skin and all over the outside of the chicken.
4. Place chicken in the base of the Ceramiwave.
5. Tie legs together with butchers twine.
6. Cover with the lid.
7. Roast in oven for 1 1/4 -1 1/2 hours or until meat thermometer stuck in the thickest part of the thigh reaches 165°F.



## Beef Stew

SERVES 2-4

### INGREDIENTS:

- 1 pound beef stew meat
- 3 carrots, peeled and cut into 1 inch pieces
- 2 stalks celery, cut into 1 inch pieces
- 1/2 Large onion, large diced
- 2 medium sized potatoes, peeled and cut into 1 inch pieces
- 1 10-1/2 ounce can beef gravy
- 1/4 tsp. dried rosemary
- 1/4 tsp. dried thyme
- 3/4 tsp. salt
- 1/4 tsp. black pepper

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a bowl mix together all the ingredients.
3. Place mixed ingredients into the base of the Ceramiwave.
4. Cover with lid.
5. Bake in over for 1 1/2 hours.



## Pork with Potatoes and Sauerkraut

SERVES 4

### INGREDIENTS:

- 2 cups peeled and large diced potatoes
- 2 cups sauerkraut
- 1 pound thick boneless pork chops, cut into 1 inch pieces
- Salt and pepper for seasoning

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Add potatoes to the base of the Ceramiwave.
3. Spread the sauerkraut over the potatoes.
4. Spread the pork cubes over the sauerkraut.
5. Season pork with salt and pepper.
6. Cover with lid.
7. Bake for 1 1/2 hours.



## Warm Jalapeño Popper Dip

SERVES 6-8

### INGREDIENTS:

- 1 8 ounce package cream cheese, room temperature
- 1 cup sour cream
- 2 cups extra sharp cheddar cheese
- 3/4 cup grated parmesan
- 1 4 ounce can chopped jalapeños
- 1 tbsp. hot sauce
- 1 tbsp. butter, melted
- 1/4 cup Italian seasoned bread crumbs
- Tortilla chips or crackers for serving

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a bowl of a stand mixer with the paddle attachment add the cream cheese and sour cream.
3. Beat until smooth.
4. Add the cheddar, parmesan, jalapeños and hot sauce and mix together.
5. Spread the mixture into the base of the Ceramiwave.
6. In a small bowl combine the butter and bread crumbs.
7. Sprinkle over surface of dip.
8. Cover with lid and bake for 20-30 minutes or until heated through.
9. Serve warm with tortilla chips or crackers.





## Mixed Berry Crisp

SERVES 6-8

### INGREDIENTS:

- 3/4 cup + 3 tbsp flour, divided
- 3/4 cup + 2 tbsp. sugar, divided
- 3/4 cup chopped walnuts
- 3/4 tsp. baking powder
- 1/2 tsp. cinnamon
- 1 egg, lightly beaten
- 1 tbsp. butter, melted
- 1 1/2 pounds, frozen mixed berries

### DIRECTIONS:

1. Preheat oven to 350°F.
2. In a bowl combine the 3/4 cup flour, 3/4 cup sugar, 3/4 cup walnuts, baking powder and cinnamon.
3. Stir in the egg and butter until combined.
4. In another bowl add the berries, 3 tbsp. flour and 2 tbsp. sugar.
5. Toss to combine and place in the base of the Ceramiwave.
6. Crumble the crisp mixture over the berries.
7. Cover with the lid.
8. Bake for 1 hour.
9. Remove lid and bake for an additional half hour.



## Baked Stuffed Apples

SERVES 4

### INGREDIENTS:

- 4 granny smith apples
- 1/4 cup light brown sugar
- 1/4 cup whole oats
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 tsp. cardamom
- 1/4 cup raisins
- 2 tbsp. cream cheese, room temperature
- 1 tbsp. butter, cut into 4 pieces
- Vanilla ice cream for serving

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Core apple within a 1/4 inch of the bottom.
3. In a bowl mix together the brown sugar, oats, cinnamon, nutmeg, cardamom, raisins and cream cheese.
4. Divide the mixture between the apples packing the wells firmly.
5. Top each with a piece of butter.
6. Place apples in the base of the Ceramiwave.
7. Cover with lid.
8. Bake for 40-50 minutes or until a knife poked through the oatmeal mixture and into the apple has no resistance.
9. Serve warm apples with ice cream.



