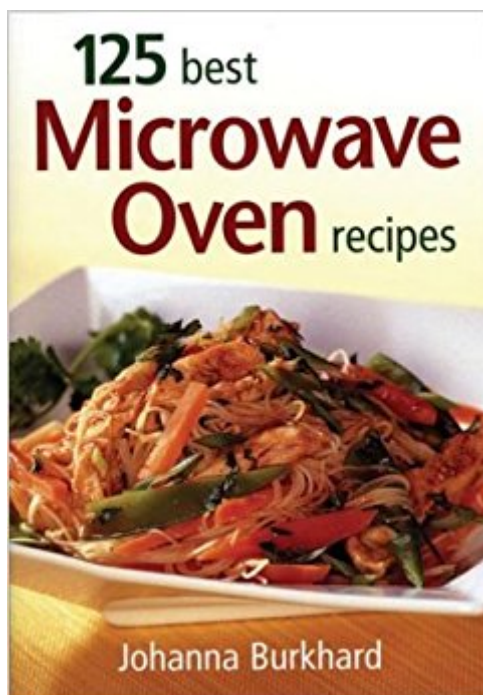


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# 125 Best Microwave Oven Recipes



## Synopsis

Perform microwave magic in your kitchen. Typically, microwave ovens are only used to heat leftovers, thaw frozen foods or nuke popcorn. Yet, there are many benefits to microwave cooking, such as: A greater retention of taste and natural flavors More vitamins and minerals are retained for better nutrition Shorter cooking times use less electricity than a conventional oven Less mess to clean up In 125 Best Microwave Recipes, Burkhard brings her culinary expertise to this versatile and convenient appliance with outstanding recipes for delicious main meals in a fraction of the time required by conventional ovens. From the tantalizing Chicken Creole, Beef, Macaroni and Zucchini Casserole to the Salmon Steaks with Creamy Tomato-Dill Sauce there is a variety of recipes for every occasion and taste. Grains and pastas are particularly well suited to cooking in a microwave. Lemon Barley Pilaf with Mushrooms, Asparagus Risotto, Linguine with Broccoli-Tomato Sauce and Tortellini with Basil, Cream and Walnut Sauce are sublime when cooked in the microwave. There is also a wonderful array of recipes for appetizers, side dishes and desserts. The recipes in 125 Best Microwave Recipes reflect the latest technology in microwaves, while recognizing that many cooks still use older microwaves. Rediscover the easy and convenient way to cook with this practical and appetizing cookbook.

## Book Information

Series: 125 Best

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## Customer Reviews

A cookbook we've used twice for Countdown to Dinner [columns] with excellent results... she has proved the "nuker" to be a time-saving kitchen buddy. (Nancy Anderson Pittsburgh Post-Gazette

2005-02-03)

Johanna Burkhard, a food consultant, recipe developer and spokesperson, is a food writer for magazines and often appears on radio and television.

Now I will learn to really use my new microwave oven! Many delicious sounding recipes to enjoy cooking and serving. are featured in this cookbook .

great recipes, uncomplicated and easy to understand. plus not time consumingj with hints of how to use your microwave to prepare meal dishes.

good informatin

Just received this. Looking through it it has some interesting recipes. Real food, not just warmed over left overs.

Tons of recipes and all is compiled well.

Ok just too many things I don't use in cooking

A few recipes I will try.

ok

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