

Microwave Meal Ideas

Chili Baked Potato

- 1 medium potato
- 1 can chili beans
- 1 can tomatoes
- 1 small can green chiles
- ½ cup chopped red pepper
- 1 bag steamtable broccoli
- 1 Tbsp cheese (optional)



1. Cook potato in the microwave (wash, dry, puncture with fork, cook for 5-7 minutes)
2. Heat chili beans, tomatoes, green chiles, and chopped bell pepper
3. Steam broccoli
4. Add chili beans to potato and sprinkle with cheese

Veggie Scrambled Eggs

- 1 egg & 1 egg white
- 2 tbsp milk or milk alternative
- ½ cup chopped veggies (red pepper, onion, broccoli)
- ½ can green chiles

1. Mix Eggs and milk with a fork
2. Add chopped vegetables, and green chiles and mix
3. Microwave for 1-2 minutes
4. Eat with fruit and/or whole wheat toast



No Heat Meals

1st - Turkey or Chicken Wrap

- 1 salad kit of your choice
 - 1 whole wheat tortilla
 - 3 slices turkey OR 2 oz frozen pre-grilled chicken
 - 1 Tbsp pumpkin or sunflower seeds
1. Assemble salad kit
 2. Scoop ½ cup into tortilla
 3. Heat chicken if using
 4. Add chicken or turkey to wrap
 5. Sprinkle sunflower seeds or pumpkin seeds on top
 6. Wrap and enjoy with cucumber or carrots on the side

Tuna Avocado Sandwich -

- 1 can of tuna
- ½ avocado
- ¼ cup chopped cucumber
- ½ tsp garlic powder
- black pepper to taste
- 2 slices tomato
- 2 slices whole wheat bread

1. Mix tuna, avocado, cucumber, and spices
2. Spread on bread and add tomato

Note: mixture can more than 1 sandwich



3 Bean Salad

- 1 can green beans
- 1 can kidney beans
- 1 can garbanzo beans
- ½ cup chopped red pepper
- ½ cup chopped celery
- ¼ cup olive oil
- ½ cup red wine vinegar



1. Drain and rinse canned beans
2. Combine all ingredients and mix
3. Cover and refrigerate

Overnight Oats

- ½ cup rolled oats
- ½ cup milk or milk alternative
- ½ Tbsp chia seeds
- ½ cup berries



1. Combine oats, milk/milk alternative and chia seeds.
2. Refrigerate overnight or at least 3 hours until thickened
3. Add berries and other toppings if desired

General Cooking in the Microwave

Starches/Grains

- Potatoes/Sweet Potatoes - wash, dry, pierce with a fork 3 times, microwave for 5-7 minutes
- Whole Wheat Pasta (cover with water, microwave for 8-11 minutes)
- Minute Rice - Use 1:1 ratio for rice to water. Mix and microwave for 5-10 minutes.

Vegetables

- Thaw frozen vegetables
- Vegetable canned soup (minestrone) and add extra veggies
- Steamtable veggie packs
- Steamed veggies
-Place raw veggies in dish cover w/ water, microwave 2 minutes, drain



Protein

- Egg- crack in a bowl and mix with a fork, microwave for 1-2 minutes
- Canned beans - drain, rinse, and heat up in the microwave
- Microwavable lentil packages

Consider using a microwavable silicone steamer to make meals.

This one includes a cookbook: https://www.surlatable.com/lekue-steamer-case-with-tray-22oz/PRO-1054782.html?dwvar_PRO-1054782_color=Green#start=10