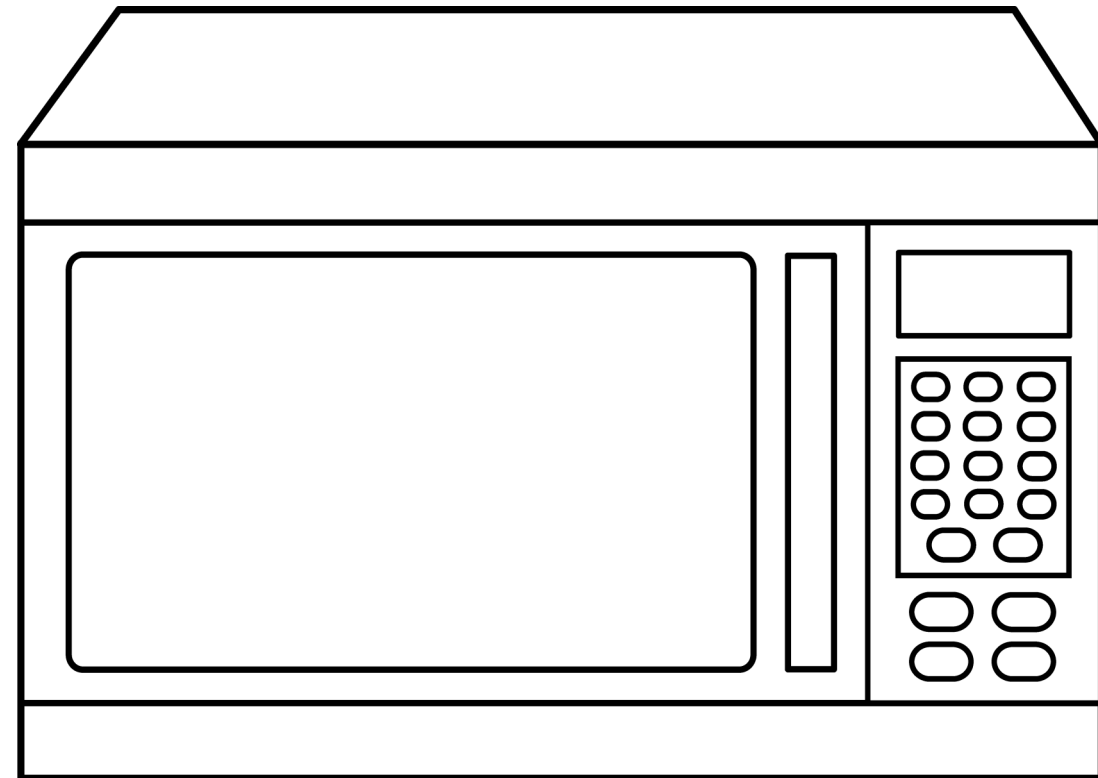


Microwave Masterchef



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Microwave Cooking

- i. Pantry Staples.....p 3-6
- ii. Microwave Use Basics.....p 7-8
- iii. Recipes.....p 9-18
- iv. Healthier Frozen Meals.....p 19-23

FROZEN cont.

- Mojito Salmon
- Mushroom Risotto
- Organic 3 Cheese Pizza
- Palak Paneer
- Paneer Tikka Masala
- Penne Arabiatta
- Penne Pepperonata
- Pesto Pizza
- Pesto Tortellini Bowl
- Pizza 4 Formaggi
- Pizza Margherita
- Pizza Olympiad
- Pizza Parlanno
- Puff Pastry Margherita Pizza
- Reduced Guilt Baked Ziti
- Reduced Guilt Chicken in Poblano Sauce
- Reduced Guilt Filet of Sole
- Roasted Vegetable Multigrain Lasagna
- Saucy Scallops with Mushrooms
- Shepherd's Pie
- Shredded Beef Burritos
- Shrimp Stir Fry
- Southwest Chicken Quesadillas
- Shrimp w/ Green Curry & Jasmine Rice
- Smoked Salmon & Spinach Crêpes
- Southwest Chicken Quesadillas
- Southwest Salmon en Croute
- Spaghetti with Shrimp & Garlic Herb Sauce
- Spicy Kung Pao Chicken Rice Bowl
- Spinach & Mushroom Quiche
- Spinach Lasagna
- Tarte d'Alsace
- Tarte d'Champignon
- Tomato & Pesto Flatbread w/Mozzarella
- Tom Yam Soup
- True Thai Pad See Ew**
- Vegetable Burritos
- Vegetable Eggrolls
- Vegetable Fried Rice
- Vegetable Pad Thai
- Vegetable Panang Curry
- Vegetarian Pizza

GROCERY

- Beef Barley Soup
- Chicken Noodle Soup
- Chunky Minestrone
- Indian Fare Jaipur Vegetables

- Indian Fare Punjab Choley
- Lentil Soup with Vegetables
- Low Sodium Chicken Pasta Soup
- Low Sodium Minestrone Soup
- Macaroni & Cheese
- Mushroom Noodle Soup Bowl
- Organic Minestrone Soup
- Organic Shells & White Cheddar
- Premium Select Chicken Chile w/Beans
- Springy Onion Noodle Soup Bowl
- Turkey Chili

REFRIGERATED*

Fresh Entrées – from Cajun inspired Fettuccine Alfredo & Mediterranean Feasts to Stuffed Peppers & Meatloaf Meals...

Fresh Pizzas – a savory selection of small pies, ready to heat & eat.
Fresh Salads – some 15 or so varieties of fresh, classic & exotic salads.

Fresh Sandwiches – a dynamic selection of flavors, shapes & sizes.

Fresh Sushi - an assortment of fresh fish &/or vegetable combinations, some a tad sweet, others a bit savory and if you like, some are spicy.

*The Refrigerated Quick Meal items will vary by region & sometimes by season. The following category descriptions are intended to pique your curiosity and whet your appetite. If they worked, please visit your local store for specific items.

Frozen Meals

TRADER JOE'S® Quick Meal Options



FROZEN

Arugula Pizza
Asparagus Risotto
Bambino Pizza Formaggio
Beef Bourguignon
Beef & Green Chile Burritos
Beef Steak Burritos
Beef Taquitos
Bibimbap Bowl
Black Bean & Cheese Taquitos
Black Bean & Corn Enchilada
Black Bean & Rice Burrito
Broccoli & Cheddar Cheese Quiche
Cannelloni Tre Formaggio
Channa Masala
Chicken Burritos
Chicken Chile Verde Burritos
Chicken Chow Mein
Chicken Eggrolls
Chicken Enchiladas Green Chile Sauce
Chicken Fajita Burrito
Chicken Fried Rice
Chicken Gorgonzola
Chicken Pot Pie
Chicken Serenada
Chicken Taquitos
Chicken Tikka Masala w/ Basmati Rice

Chile Relleno
Cioppino Seafood Stew
Coq Au Vin
Fare For Four or More... Cheese Enchiladas
Fettuccine Alfredo with Chicken
Fettuccine with Mushrooms
French Onion Soup
Gluten Free 3 Cheese Pizza
Gnocchi al Gorgonzola
Gnocchi alla Sorrentina
Handcrafted Beef Enchiladas
Handcrafted Beef Tamales
Handcrafted Cheese & Green Chile Tamales
Handcrafted Cheese Enchiladas
Handcrafted Chicken & Cheese Tamales
Handcrafted Chicken Enchiladas
Kung Pao Chicken Stir Fry
Lemongrass Chicken Stix
Linguine with Clam Sauce
Linguine with Pesto & Tomatoes
Mac n' Cheese
Mexican Quiche
Mini Beef Tacos
Mini Chicken Tacos

Pantry Staples

Keeping Food In a Dorm Room

- Be realistic about storage space—don't buy more than you have room for.
- Buy a reasonable amount of perishables. You don't want them to go bad before you can eat them.
- Go shopping with a list to minimize impulse buying.
- Be careful of what you keep in your room. If you buy lots of high fat, sugared snacks, you are likely to eat them! Try to balance with some nutritious foods.

Nutrition Basics

- Eat 3 meals and 2-3 snacks daily
- Build meals around complex carbohydrates and whole grains like whole wheat bread and brown rice
- Include lean protein sources at each meal (non-fat or 1% milk, yogurt, poultry, lean red meats, seafood, tofu, soy, eggs, beans)
- Limit high fat foods
- Limit high sugar foods
- Stay hydrated — aim for 8 glasses per day

Pantry Staples

Sample Shopping List

Dry Items — non-perishables

- Cold cereal
- Instant oatmeal
- Crackers
- Dried soups
- Pretzels
- Crackers
- Instant noodles — look for healthy options low in sodium and fat
- Limit the amount of high-fat/high-sugar foods you keep around! Occasionally you may want to treat yourself to:
 - Cookies
 - chips

Canned/Jarred — non-perishables

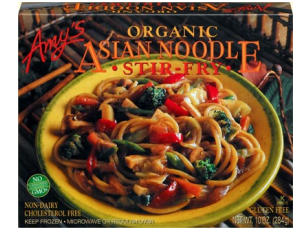
- Tuna* *make sure you have a can opener
- Soups, Chili*
- Peanut Butter
- Applesauce

Frozen Meals

- Amy's Kitchen Meals

Wide range of ethnic foods
(East Asian, Indian, Mexican)

All meals are vegetarian and
many contain organic ingredi-
ents



- Healthy Choice Frozen Meals

Complete meals lie within
nutrient guidelines

Contain a sweetened fruit
dessert



- Lean Cuisine

Many choices including
American, Asian, Italian, and
Mediterranean options



Frozen Meals

Examples of Healthier Frozen Meals

Available at supermarkets or online

- Seeds of Change Frozen Meals
Contain organic vegetables and brown rice



- Artisan Bistro Meals

Lean proteins with whole grain rice pilaf, lentils, or quinoa

All meals are gluten-free and use organic ingredients



- Kashi All-Natural Entrees

Contain Seven Whole Grains blend and balanced fiber and protein content



Pantry Staples

Fresh — perishables

Buy only what you have room to store

- Non-fat or 1% milk
- Yogurt
- Cottage cheese
- Cheese
- Fresh fruits: apples, oranges, pears, and bananas do not need refrigeration
- Fresh vegetables: baby carrots, lettuce, spinach, broccoli
- Frozen vegetables
- Bread
- Tortillas
- Eggs
- Potatoes
- Deli meat
- Microwaveable pre-cooked meats (available at Trader Joe's)
- Microwaveable rice (available at Trader Joe's)
- Pre-cooked rotisserie chicken (available at Ralph's)

Pantry Staples

Condiments / Other

- Nuts
 - Dried fruits
 - Jam/jelly
 - Salt
 - Pepper
 - Sugar
 - Ketchup
 - Soy sauce
 - Dips for vegetables (hummus, ranch)
-
- Frozen Meals—choose healthier ones with lower fat and sodium content. See (iv) for examples.

Dishes / Utensils

- Microwave-safe Bowl
- Microwave-safe Plate
- Microwave-safe Cup
- Fork, knife, spoon
- Can opener
- Measuring cups/spoons
- Something to wash dishes with: soap, sponge

Frozen Meals

Healthier Frozen Meals

Guidelines for choosing Frozen Meals

When reading the Nutrition Label, look for:

- Calorie range: 350-500 kcal
- Low in fat
 - Total fat: regular < 25 g fat
light < 8 g fat
 - Saturated fat < 2 g
- Low in sodium: aim for < 600 mg per serving
- Contains fiber, at least 3-5 g

Avoid unknown, scientific-sounding ingredients.

Try to make sure the meal has all the components of a home-cooked dish: 1/2 cup fruits or vegetables, 1/2 - 1 cup of whole grains, 14-21 g of protein.

Other Lunch / Dinner Ideas

- Sandwiches
 - Peanut butter + jelly
 - Sliced deli meat, tomato, lettuce
- Microwaveable soups + bread
- Instant noodles (choose an option with low sodium content: < 600 mg sodium per serving)
- Frozen meals—see (iv) for healthy choices

How do Microwaves Cook Food?

- A microwave's power vibrates water, fat, and sugar molecules resulting in high temperatures that cook the food.
- Microwaves penetrate food a depth of 1 - 1 1/2 inches.
- Bacteria are destroyed by microwave cooking, so food is safe if it is completely cooked in a microwave oven.

Tips

- Follow the cooking instructions on product label.
- Observe the “standing time”—cooking continues and is completed during this time.
- Uneven cooking sometimes occurs. To prevent this, arrange food items evenly in the dish, with a cover and some liquid if needed.
- Stir, rotate, or turn over food midway through the microwave time to even the cooking and eliminate cold spots.
- To prevent splatter in the microwave, cover the dish with a microwave-safe lid, plastic wrap, or napkin. Allow enough space between the food and the top of the dish so that the plastic wrap does not touch the food. This will also moisten the dish.

Standard Microwave Times

food	time
frozen vegetables	high; 4-5 min
large potato	high; 10 min
popcorn	popcorn button (usually 2-3 min)
soup	high; 1-3 min (depending on amount)

Microwave Safety

- Only cook foods in microwave-safe containers or dishes.
 - Safe to use: heatproof glass, ceramic dishes, paper plates, napkins, containers labeled “microwave-safe”
 - NOT safe to use: metal dishes, foam, Chinese “take-out” containers, aluminum foil, margarine tubs/yogurt cartons, metal twist ties, wood, brown paper bags
- Do not use metal containers in the microwave!
- Never partially cook food.
- Do not lean against a microwave when it is in use.
- Do not operate an oven with the door open.

Frozen Vegetables

Ingredients:

- 1 cup frozen vegetables
- Seasonings or sauces (salt, pepper, garlic powder, soy sauce, etc.)

Put vegetables in a covered microwaveable dish. Add 1/2 inch of water if making a solid/dense vegetable like broccoli or Brussels sprouts.

Microwave on high for 4-5 minutes. Stir. Repeat until vegetables are hot but still bright-colored and firm.

Repeat if softer veggies are desired.

Serve with microwaveable rice, bread, or a cooked potato along with a side of meat or beans.

Teriyaki Chicken & Broccoli over Rice

Ingredients:

- Microwaveable pre-cooked frozen chicken with teriyaki sauce (available at Trader Joe's)
- 1 cup Broccoli florets
- Soy sauce
- Sesame oil
- Salt/pepper to taste
- Microwaveable rice (available at Trader Joe's)

Place broccoli florets with 1/2 inch of water in a microwaveable bowl. Microwave with a cover or paper towel on top of the bowl for 5 minutes.

Pour over sesame oil, soy sauce, salt, and pepper to taste.

Prepare the microwaveable rice as indicated on package instructions.

Prepare the frozen chicken in a microwaveable bowl as indicated on the package instructions. Add sauce.

Combine cooked broccoli, chicken, and rice.

Breakfast

Scrambled Eggs

Ingredients:

- 2 eggs
- 2 tablespoons to milk
- Salt and pepper to taste

In a cup or bowl, beat together the eggs and milk with salt and pepper until blended.

Cook on full power, stirring once or twice, until almost set (about 1 - 1 1/2 minutes). Stir.

If necessary, cover with plastic wrap and let stand until eggs are thickened and no visible liquid eggs remains, about 1 minute

Do *not* microwave whole eggs—they may explode.

1 egg: 30 - 45 sec

2 eggs: 1 - 1 1/2 minutes

4 eggs: 2 1/2 - 3 minutes

Scrambled Egg Pockets

Ingredients:

- 2 eggs
- 1/2 small tomato, chopped
- 1/4 green bell pepper, chopped
- Other vegetables: spinach, mushrooms, etc.
- Dash of salt
- 1 pita bread, cut open to form a pocket

Beat together the eggs and salt in a bowl until blended. Add the chopped vegetables.

Cook on full power, stirring once or twice, until almost set (see “Scrambled Eggs” for cooking length). Stir.

Cover with plastic wrap and let stand until the egg & vegetable scramble is thickened and no visible liquid remains.

Spoon into pita.

Veggie & Cheese Stuffed Baked Potatoes

Ingredients:

- 1 large potato
- 1 cup vegetable blend: broccoli, cauliflower, carrots, etc.
- 1/4 cup reduced -fat shredded cheese
- To taste: pepper, sour cream

Scrub potato thoroughly and pierce 3 or 4 times with a fork. Place in microwave on high for 4-5 minutes. Cook longer if necessary. Set aside.

Place vegetables in a microwave safe dish. Cover and cook for 6-8 minutes on high.

Split potato open and top with vegetables.

Sprinkle cheese on top and microwave whole potato for 1 more minute to melt the cheese.

Top potato with pepper and light sour cream if desired.

Baked Potato

Ingredients:

- Baking potato (Idaho variety is good)
- Condiments as desired: cheese, salsa, butter, salt, pepper, sour cream

Scrub potato and pat dry.

Poke holes in the potato with a fork.

Place potato on a microwave safe plate in the microwave. Microwave on high for 8-10 minutes.

Top with condiments to taste.

Baked Sweet Potato

Ingredients:

- Sweet potato

Scrub sweet potato and pat dry.

Poke holes in the sweet potato with a fork.

Place sweet potato on a microwave safe plate in the microwave.

Cover with a damp paper towels and microwave for 5 minutes; turn and cook for another 5 minutes.

Breakfast Muesli

Ingredients:

- 1 cup quick rolled oats
- 1/2 cup apple juice
- 1 8-ounce can crushed pineapple in juice
- 1 small red apple
- 1 8-ounce container vanilla flavored yogurt

In a bowl, combine the oats, apple juice, and crushed pineapple with its juice. Combine and refrigerate the muesli several hours or overnight.

Just before serving, chop the apple. Stir the apple and yogurt into the muesli. Serve with milk and honey or brown sugar, if desired.

Other Breakfast Ideas

- Cold cereal with milk + fruit
- Yogurt + granola
- Bread + jam
- Bread + peanut butter + chopped banana
- Instant oatmeal + fruit + nuts

Lunch and Dinner

Bean Burritos

Ingredients:

- 4 flour tortillas
- 1 (16 oz.) can fat-free refried beans
- 1/2 cup salsa
- 1/2 cup low-fat shredded cheddar cheese

Divide beans between tortillas, top with salsa and cheese.

Roll tortilla, tucking in the ends.

Heat burritos on high for one minute and the cheese will melt.

Serves 4.