



125 Best Microwave Oven Recipes

Johanna Burkhard

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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.

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