



# 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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