

Microwave Meals

Breakfast

Omelet in a Mug

Ingredients

- ¼ c. meat (ham, sausage, turkey)
- ½ c. vegetables (spinach, peppers, tomatoes, etc.)
- Salt & pepper
- 2 tbsp. cheese of choice
- 2 eggs

Instructions

1. Combine eggs, meat, veggies and spices in coffee mug
2. Cook for 1-1.5 min, stir; cook for another 1-1.5 min
3. Sprinkle cheese on top and enjoy

Microwave French Toast

Ingredients

- 1 egg
- 1 tbsp. milk
- 1 tsp. vanilla
- ½ tsp. cinnamon
- 3 slices of bread
- Syrup

Instructions

1. Whisk milk, egg, vanilla and cinnamon together in a shallow bowl
2. Soak 1 slice of bread in mixture, then flip and repeat (soak for no more than 30 sec.)
3. Place eggy bread on microwave plate
4. Cook for 1 minute
5. (Repeat for remaining slices)

Lunch

Microwave “Fried” Rice

Ingredients

- ½ c. rice
- 1 c. water
- 1 tbsp. soy sauce
- 1 tsp. sesame oil
- ½ c. frozen veggies
- 2 eggs

Instructions

1. In a bowl, combine rice, water, sesame oil & soy sauce
2. Stir, then microwave, covered for 6-8 min (until rice is cooked)
3. In a mug, beat the eggs
4. Microwave eggs and rice again for 1-2 min (until eggs are cooked)
5. Break up egg into smaller bits then mix with rice

Microwave Chicken Quesadilla

Ingredients

- 2 medium tortillas
- ½ c. chicken (shredded or diced)
- ½ bell pepper, diced
- 1 tbsp. taco seasoning
- ¼ c. shredded cheese

Instructions

1. Microwave tortillas until crispy
2. Mix chicken, peppers & taco seasoning in a bowl then cook for 1-2 min (until peppers are soft)
3. Spread mixture evenly on one tortilla, cover with cheese then top with other tortilla
4. Cook for 30 sec – 1 min

Dinner

One Bowl Mac & Cheese

Ingredients

- ½ c. pasta
- ½ c. water
- 3 tbsp. milk
- ¼ c. shredded cheese
- Salt & pepper to taste

Instructions

1. In a mug, combine water, pasta and salt
2. Microwave 2-3 min and stir
3. Add milk, cheese, salt and pepper. Stir.
4. Microwave another 30 sec

Microwave Chicken Enchiladas

Ingredients

- 1 can (19 oz) enchilada sauce
- 2 c. shredded chicken
- 1 tbsp. taco seasoning
- 1½ c. shredded cheese
- 8 corn tortillas (6 in)
- 3 tbsp. chopped cilantro
- ¾ c. sour cream

Instructions

1. Mix ½ c. of the enchilada sauce, the chicken, seasoning mix and ¾ c. cheese
2. Spray 8 in square microwavable baking dish with cooking spray. Place ½ c. of enchilada sauce in bottom of dish. Working with 1 tortilla at a time, fill with heaping ¼ c. mixture, and roll to seal; place in baking dish seam side down. Repeat with remaining tortillas.
3. Pour remaining enchilada sauce over tortillas; top with remaining ¾ c. cheese.
4. Microwave uncovered on high 9-10 min (until cheese is melted and enchiladas are heated through). Serve with cilantro & sour cream.