

Apple Pie Topping

Apple Pie Topping - Serves 1

This recipe uses the Microwave Noodle Bowl

1 green apple, peeled and sliced

2tbs brown sugar

2tbs butter

¼ tsp cinnamon

1tbs flour

½ tsp lemon juice

Mix all ingredients in steamer, cook 3 minutes. Stir and serve over ice cream or pound cake.

Bacon Mac and Cheese

Bacon Mac and Cheese - Serves 1

This recipe uses the Microwave Noodle Bowl

1 cup cooked macaroni noodles

2 slices cooked bacon, crumbled

2 Tbs heavy cream

1/3 cup shredded cheddar cheese

1/8 tsp dried mustard

1/8 tsp salt

Mix all ingredients in steamer and cook 1 minute 30 seconds. Stir.

Baked Penne

Baked Penne - Serves 1

This recipe uses the Microwave Noodle Bowl

1 cup cooked penne noodles

¼ cup pasta sauce

¼ cup shredded Mozzarella cheese plus 1tbs

½ tsp grated parmesan cheese

In steamer stir the pasta, sauce and ¼ cup Mozzarella cheese. On top, add 1tbs Mozzarella and the parmesan. Cook for 2 minutes.

Banana Foster

Banana Foster - Serves 2

This recipe uses the Microwave Noodle Bowl

2 bananas sliced

¼ cup brown sugar

2 Tbs butter

¼ tsp Vanilla extract

Put bananas, sugar and butter in the mug, cook 3 minutes. Stir in vanilla. Serve over ice cream.

Banana Oatmeal

Banana Oatmeal - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup quick cooking oats

½ cup milk

1 banana, diced

1tbs brown sugar

1tbs butter

1/8 tsp salt

Mix ingredients in steamer, cook 1.5 minutes, stir.

Blueberry Lemon Sauce

Blueberry Lemon Sauce - Serves 2

This recipe uses the Microwave Noodle Bowl

1 cup frozen blueberries

½ cup sugar

2tbs butter

2tbs flour

1 1/2tbs lemon juice

1/8 tsp cinnamon

Mix all ingredients in steamer, cook 3 minutes. Stir and serve over pound cake or ice cream.

Cheesy Chicken Salsa Bowl

Cheesy Chicken Salsa Bowl - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup cooked chicken

1 oz cream cheese

½ cup salsa

¼ cup shredded cheddar cheese

1 cup rice

2 Tbs fresh cilantro chopped

Place cream cheese, salsa and cheddar in steamer and cook 1 minute. Stir until blended, add chicken and rice and cook 1 minute 30 seconds. Stir in cilantro.

Chicken and Artichoke and Feta

Chicken and Artichoke and Feta - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup cooked chicken

½ cup cooked pasta

½ cup frozen artichoke quarters

¼ cup fresh tomatoes, seeded and diced

¼ cup Feta cheese

1Tbs chicken broth

1Tbs butter

1tsp lemon juice

1/8 tsp minced garlic

Salt and pepper

Add artichoke, tomato, butter, broth, lemon juice and garlic and cook 1 minute 30 seconds. Add chicken and pasta, cook 1 minute. Stir in Feta cheese.

Chicken Fried Rice

Chicken Fried Rice - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup cooked chicken

½ cup cooked rice

¼ cup shredded carrots

¼ cups small broccoli florets

¼ cup onion, finely diced

1tbs soy sauce,

¼ tsp minced garlic

Pepper

1 egg

Scramble egg in the steamer, cook 1 minute. Remove the egg and chop it up. Place the carrots, broccoli, onions, and pepper in the steamer and cook 2 minutes. Add the chicken, rice, soy sauce and egg back in and cook 1 minute.

Chicken Lo Mein

Chicken Lo Mein - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup cooked chicken

1 cups thin spaghetti

¼ cup match stick carrots

¼ cup snow peas cut in half

¼ cup green onion sliced

3tbs cup soy sauce

¼tbs sesame oil

¼ tsp minced garlic

½ tsp sugar

Place carrots, snow peas and garlic in steamer and cook 1 minute. Stir in chicken, soy sauce, oil, onion and sugar and cook 1 minute. Stir, add spaghetti and cook 30 seconds.

Chicken Marsala

Chicken Marsala - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup cooked chicken

8 oz sliced Baby Bella mushrooms

½ cup cooked rice

2tbs butter

1tbs flour

¼ tsp minced garlic

¼ cup marsala wine

¼ cup chicken stock

Salt and pepper to taste

In steamer toss mushrooms with flour, add butter, garlic, wine, stock, salt and pepper and cook 5 minutes. Stir in chicken and rice and cook for 1 minute.

Chicken Noodle Soup

Chicken Noodle Soup - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup chicken cut up

2 Tbs carrots finely diced

2 Tbs celery finely diced

1 packet noodle soup

¾ cups water

Place the carrots and celery in the steamer and cook for 1 minute 30 seconds. Add chicken, soup mix and water and cook 2 minutes

Chicken Taco Bowl

Chicken Taco Bowl - Serves 1

This recipe uses the Microwave Noodle Bowl

¼ lb lean ground chicken

1/2tbs taco seasoning

½ cup crushed tortilla chips

¼ cup shredded lettuce

2tbs shredded cheddar cheese

1tbs taco sauce

1tbs sour cream

Crumble chicken into the steamer, cook 1 minute. Stir and chop chicken, add taco seasoning, cook 1 minute. Stir and top with lettuce, chips, cheese, sauce and sour cream.

Chicken Teriyaki

Chicken Teriyaki - Serves 1

This recipe uses the Microwave Noodle Bowl

4 oz boneless skinless chicken cut in cubes

¼ cup matchstick carrots

¼ cup broccoli florets

2 Tbs pineapple tidbits

¼ cup teriyaki marinade

1 cup cooked rice

Salt and pepper

Put chicken in the steamer and season with salt and pepper. Cook 2 minutes. Add carrots, broccoli, pineapple and marinade and cook 1 minute 30 seconds. Stir in rice and cook 1 minute.

Chili Dog

Chili Dog - Serves 1

This recipe uses the Microwave Noodle Bowl

1/4 lb lean ground beef

1 hot dogs cut in ½ inch slices

1/2 cup salsa

1 tsp chili seasoning

2 Tbs shredded cheddar cheese

Crumble the beef in the steamer and cook 1 minute. Stir and chop up the meat and cook 30 seconds. Add the salsa, chili seasoning and hot dog and cook 2 minutes. Sprinkle cheese on top.

Chili

Chili - Serves 1

This recipe uses the Microwave Noodle Bowl

¼ lb ground beef

½ cup salsa

1 tsp chili seasoning

2 Tbs shredded cheddar cheese

1 Tbs sour cream

Crumble beef in the steamer. Cook 1 minute. Chop and stir beef and cook 30 seconds. Add salsa and seasoning and cook 1 minute. Top with cheese and sour cream.

Chocolate Fondue

Chocolate Fondue - Serves 3

This recipe uses the Microwave Noodle Bowl

1 cup semi sweet chocolate chips

¼ cup heavy cream

Place ingredients in steamer, cook 1 minute. Stir until creamy, dip in pretzels or fruit.

Creamy Broccoli Soup

Creamy Broccoli Soup - Serves 1

This recipe uses the Microwave Noodle Bowl

1 cup chicken broth

1 cup broccoli cut into small pieces

¼ cup heavy cream

½ tsp onion powder

Salt and pepper to taste

Cook broccoli with onion powder, salt and pepper for 1.5 minutes. Add broth, cook 1 minute. Stir in cream.

Edemame

Edemame - Serves 2

This recipe uses the Microwave Noodle Bowl

1 cup frozen shelled edemame

½ tsp soy sauce

1 Tbs water

¼ tsp kosher salt

Put edemame, soy sauce and water in the steamer. Cook 3 minutes. Drain and toss with the salt. Enjoy as a snack or on a salad.

Egg White Frittata

Egg White Frittata - Serves 1

This recipe uses the Microwave Noodle Bowl

2 egg whites

2tbs broccoli florets

¼ cup shredded cheddar cheese

Salt and pepper

Mix all ingredients in the steamer and cook for 1 minute 30 seconds. Check center to make sure the frittata is cooked through, if not cook in 30 second intervals until done.

Egg Whites

Egg Whites - Serves 1

This recipe uses the Microwave Noodle Bowl

3 egg whites

Salt and pepper

Stir salt and pepper into the eggs and cook for 2 minutes.

Glazed Carrots with Blue Cheese and Pecans

Glazed Carrots with Blue Cheese and Pecans - Serves 3

This recipe uses the Microwave Noodle Bowl

2 cups carrot coins
1/3 cup pecan halves
¼ cup crumbles blue cheese
2 Tbs brown sugar
1 Tbs butter
1/8 tsp cinnamon

Place carrots, pecans, sugar, butter and cinnamon in steamer. Cook 2 minutes, stir and cook 2 minute more. Stir and sprinkle with blue cheese.

Meatball Parmesan

Meatball Parmesan - Serves 1

This recipe uses the Microwave Noodle Bowl

3 frozen meatballs
¼ cup Rotini pasta
¼ cup pasta sauce
¼ cup mozzarella cheese, plus 1tbs
½ tsp grated parmesan cheese

In steamer place the meatballs. Cook for 2 minutes. Carefully remove and cut in quarters. Stir in pasta, sauce, ¼ cup cheese. Add 1tbs mozzarella and the parmesan cheese on top. Cook for 1 minute.

Meatball Sub

Meatball Sub - Serves 1

This recipe uses the Microwave Noodle Bowl

4 1 oz frozen meatballs
¼ cup pasta sauce
1 slice provolone cheese
1 steak roll

Place meatballs in the steamer and cook for 1.5 minutes. Add the sauce and cook another 1.5 minutes. Place the meatballs on the roll and top with the provolone cheese.

Mushroom Pizza Pasta

Mushroom Pizza Pasta - Serves 1

This recipe uses the Microwave Noodle Bowl

1 cup pasta

½ cup mushrooms, sliced

¼ cup pizza sauce

¼ cup mozzarella cheese

1 tsp grated Parmesan cheese, divided

Place mushrooms in the steamer and cook 1 minute. Stir in pasta, sauce and mozzarella cook 1 minute. Stir, then sprinkle parmesan on top.

Oatmeal with Apples

Oatmeal with Apples - Serves 1

This recipe uses the Microwave Noodle Bowl

½ cup quick cook oats

½ cup milk

¾ cup apple, peeled and diced

1Tbs brown sugar

1Tbs butter

Mix all ingredients in the steamer and cook for 2 minutes.

Onion and Pepper Frittata

Onion and Pepper Frittata - Serves 1

This recipe uses the Microwave Noodle Bowl

2 eggs

1tbs onion, finely diced

1tbs milk

1tbs green pepper, diced

2tbs shredded cheddar cheese

Salt and pepper

In steamer, scramble eggs with milk, salt and pepper, stir in onions and green pepper and cheese. Cook 2 minutes 30 seconds. Check to make sure center is cooked, if not cook in 30 second intervals until cooked through.

Pasta with Bacon, Onion and Tomato

Pasta with Bacon, Onion and Tomato - Serves 1

This recipe uses the Microwave Noodle Bowl

2 slices cooked bacon crumbled

2 Tbs onion diced

2 Tbs fresh tomato, seeds removed and diced

1 Tbs butter

1 ½ Tbs grated parmesan cheese

1 cup cooked penne pasta

Put onion and butter in the steamer and cook 1 minute. Add the bacon, tomato and pasta and cook 1minute 30 seconds more. Stir in parmesan cheese.

Salted Caramel Pretzels

Salted Caramel Pretzels - Serves 4

This recipe uses the Microwave Noodle Bowl

20 caramel squares

¼ cup half and half

1/8 tsp kosher salt

2 cups pretzels

Put caramels, half and half and salt in steamer and cook 1 minute. Stir until creamy. May need to cook additional 20 seconds. Dip pretzels in caramel.

Sausage Marinara

Sausage Marinara - Serves 1

This recipe uses the Microwave Noodle Bowl

1 sausage links cut in 1 inch slices

½ cup marinara sauce

1 cup pasta

Place sausage in steamer and cook 2 minutes. Stir and cook in 30 second intervals until cooked through. Add sauce and pasta and cook 1 minute more.

