



TLF

MICROWAVE

Meals



INDEPENDENT



Greek Mug Omelet

By Megan Sham

"Omelets are a great way to get protein and veggies in one delicious dish. Feta, spinach, and tomatoes make this one a win!"

Ingredients

- 2 eggs
- handful fresh spinach
- handful diced tomatoes (Campari are a favorite)
- feta, to taste
- salt and pepper, to taste

Instructions

Scramble eggs in microwaveable mug.
Add spinach and tomatoes.
Microwave 90 seconds.
Stir.
Microwave another 60-90 seconds. Watch so egg doesn't overflow.
Add feta, salt, and pepper to taste.



Apple Cinnamon Oatmeal

Adapted from Food Network Kitchen

"This hearty breakfast dish is packed with cholesterol-lowering soluble fiber. Leaving the apple skin on contributes even more fiber."

Ingredients

- 1 apple, cored and coarsely chopped
- 1 cup rolled oats
- pinch ground cinnamon
- pinch kosher salt
- 2 cups water
- 2 tablespoons pure maple syrup
- handful toasted pecans

Instructions

Combine the apple, oats, cinnamon, and salt in a large microwave-safe bowl, and stir in the water. Cover and seal with plastic wrap or a tight fitting lid and heat in the microwave on high until apples are soft and most of the liquid is absorbed, about 8 minutes.

Stir in the maple syrup.

Divide between 2 bowls and top with the nuts.

Serve immediately.

Makes 2 servings.



Microwave Stir Fry

by Mary-Catherine LaBossiere, MPH, RD, LDN

An easy, healthy meal your whole family will love! Add soy or your favorite stir-fry sauce, toss, and serve.

Ingredients

- 90 second microwaveable quinoa
- rotisserie chicken
- steam-in-a-bag frozen veggies.

Instructions

Cook quinoa and veggies according to package instructions. Mix with rotisserie chicken. Add low-sodium soy sauce to give it flavor.

UF Microwave Meals



Mexican Sweet Potatoes

by Mary-Catherine LaBossiere, MPH, RD, LDN

A nutritious, plant-based meal made in minutes.

Ingredients

- sweet potato
 - no salt added black beans (look for pop top!)
 - salsa
- Optional:
- avocado
 - greek yogurt or sour cream

Instructions

“Bake” sweet potato in the microwave. While it is cooking, drain and rinse black beans. Once the sweet potato is done cooking, top with black beans and salsa. You can spice it up by adding some lower sodium taco seasoning.



“Fried” Rice

by Mary-Catherine LaBossiere, MPH, RD, LDN

A nutritious, plant-based meal made in minutes.

Ingredients

- 90 second microwavable brown rice
- frozen peas/ carrots mix
- low sodium soy sauce + egg + optional sesame oil (this really brings it to the next level!)

Instructions

Cook brown rice according to package instructions. While rice is cooking, beat egg in a separate microwavable bowl. Remove rice from microwave. Pour brown rice into large bowl (be careful- it's hot!). Add in the peas/carrots mix. Microwave egg for 1-2 minutes until fully cooked. Break up the eggs in small pieces and combine with rice mixture. Top with soy sauce and sesame oil. Microwave for an additional 1-2 minutes if needed.



Parmesan Chicken

Adapted from Michael Herman, Taste of Home

"This quick way to prepare chicken has been a family staple ever since a friend gave me the recipe. It's too good not to share."

Ingredients

- 2 boneless skinless chicken breast halves
- 4 teaspoons reduced-sodium soy sauce
- two pinches garlic powder
- pinch of pepper
- palmful grated parmesan cheese
- 1 teaspoon butter

Instructions

Place chicken in a microwave-safe dish. Top with soy sauce, garlic powder and pepper. Sprinkle with cheese and dot with butter. Cover and cook on high for 4-5 minutes or until a thermometer reads 170°.



Loaded Potato

By Megan Sham

"One of my favorite comfort foods is a baked potato loaded with my favorite veggies and toppings."

Ingredients

- 1 russet potato, washed and scrubbed
- 1 tablespoon oil
- salt, to taste

Favorite Toppings:

- bacon bits
- shredded cheddar cheese
- greek yogurt or sour cream
- fresh chives or scallions

Instructions

Poke holes in the potato with a fork, then rub with oil and salt.

Microwave for 7-9 minutes until the potato is tender.

Slice the potato in half, then use a fork to fluff up the insides.

Sprinkle the cheese on top, then microwave for another 30 seconds.

Top with yogurt, bacon bits, and the chives or scallions. Salt and pepper to taste.



Spaghetti Squash with Meatballs

Adapted from Alvin Zhou, Tasty

Ingredients

- spaghetti squash
- 1 tablespoon oil
- salt and pepper, to taste
- 12 meatballs, fully cooked
- 2 cups pasta sauce
- grated parmesan cheese, to serve

Instructions

Poke holes in squash with a fork, microwave for 5 minutes.

Slice the spaghetti squash in half.

Scoop out the seeds and innards with a spoon, then rub oil, salt, and pepper all over the surface.

Microwave for about 10-15 minutes until the squash is tender and pulls away from the skin easily.

Using a fork, shred the squash into noodle-like strands.

Microwave the meatballs with the pasta sauce, covered, for about 2 minutes or until the meatballs are fully heated through.

Spoon the meatballs and sauce on top of each spaghetti squash half, garnish with Parmesan.



Easy Burritos

By Mara Lieb

Ingredients

- rotisserie chicken
- marinade such as Goya Mojo
- 90 second microwaveable brown rice
- beans - pinto or black (look for a pop-top can!)
- shredded cheese
- any tortilla or wrap

Optional toppings:

- fresh pico de gallo, salsa, or tomatoes
- cilantro
- lettuce or cabbage

Instructions

Place shredded rotisserie chicken and marinade in a ziploc bag and marinate for at least 30 minutes or up to 4 hours.

Drain marinade when ready through a small opening at the top of the bag.

Cook rice according to package instructions and then heat the chicken and beans.

Have your family assemble their burritos the way they like them using any of the other ingredients listed!

Adapt for kids - leave out the marinade and use plain rotisserie chicken. Let them choose their other toppings and wrap it the way they want!



Lettuce Wraps

By Mara Lieb

"A fun way to eat lots of veggies!"

Ingredients

- rotisserie chicken
- hoisin sauce or low-sodium soy sauce
- bibb, butter, or romaine lettuce

Optional toppings:

- shredded carrots
- shredded broccoli slaw
- diced bell peppers
- microwave rice, quinoa, or cauliflower rice

Instructions

Heat the shredded rotisserie chicken and stir in hoisin or soy sauce to taste (a light hand is probably better!) Separate the lettuce leaves and wash. Let everyone fill their lettuce wrap with any ingredients they want!

Adapt for kids - let kids choose which vegetables they want to add or choose not to "wrap" it!

Make it vegetarian - Substitute diced tofu for the chicken.