

Company offers microwave booklet library

It hardly seems possible but the microwave oven has been part of the American scene for 31 years. Tappan Appliances of Mansfield, Ohio, introduced the first built-in microwave oven designed for home use in 1955.

Modern home microwave units are a far cry from that first built-in unit which weighed 170 pounds and cost \$1,195. As revolutionary as it was for the day, the unit operated at only one power level — high.

Today's microwave oven has as many as 10 power settings and units are so versatile, home economists estimate more than ninety-five per

cent of all cooking can now be done with a microwave oven. This includes dishes for every course. . . even if it's a twelve course banquet!

To prove the point and with all those years of microwave cooking behind them, Tappan home economists have created a series of special microwave recipes for every meal and for many special occasions. The recipes have now been put into booklets and are available to consumers.

MICROWAVE BOOKLET LIBRARY:

Calories Do Count — Lower calo-

rie but interesting, attractive and good-tasting microwave recipes.

How to Prepare Nutritious Meals In Your Microwave Oven.

Appetizers — They're quick and easy in a microwave oven.

Breakfast Cookbook — How to start the day right with a nutritious breakfast.

Complementary Cooking — A step-by-step guide to complete meal preparation utilizing both microwave and conventional cooking.

Holiday Recipes For Your Microwave Oven — Fun, easy and glamorous recipes. Copies are available by sending

fifty cents for each booklet ordered (to cover postage and handling): Microwave Recipes — \$1. Tappan Appliances, P.O. Box 390, Piquette, IL 61841. (Be sure to include each title requested.)

ARTICHOKE SQUARES:

2 jars (6 1/2 oz. each) marinated artichoke hearts
1 small onion, finely chopped
1 clove garlic, minced
4 eggs
1/4 cup bread crumbs
1/4 tsp. salt
1/4 tsp. ground pepper

1/4 tsp. dried oregano
1/4 tsp. hot pepper sauce
2 cups grated Cheddar cheese
2 tbsp. minced fresh parsley
1 jar (4 oz.) chopped pimientos, drained

Drain marinade from 1 jar of artichoke hearts into a 2-quart microwave safe baking dish (11x7 inches). Drain second jar (set aside marinade to use in tossed salad dressing later). Chop artichoke hearts fine and set aside. Add onion and garlic to dish with marinade. Microwave uncovered at High 4 minutes or until onion is soft. Stir halfway through

cooking. In medium-sized bowl, beat eggs slightly with a fork. Add bread crumbs, salt, pepper, oregano and hot pepper sauce. Stir in cheese, parsley, chopped artichokes and pimientos. Stir in cooked onion and garlic; combine mixture well. Pour mixture into same baking dish, and microwave at medium 27 minutes. Halfway through cooking time, rotate dish 1/4 turn; cover corners of dish with aluminum foil (make sure foil does not touch walls or door of oven). Allow to stand about 10 minutes. To serve, cut into 24 squares (9 down and 6 across). Serve at room temperature.

Vegetable melange cooks in flash

(AP) — Arrange and cook a colorful vegetable melange in your microwave oven right on the serving platter.

GARLIC-SAUCE VEGETABLES
2 cups broccoli flowerets
2 cup cauliflower flowerets
2 tsp. water
1 medium zucchini, sliced 1/4-inch thick

1 cup fresh mushrooms
1 green or red sweet pepper, cut into thin strips
1/4 cup margarine or butter
1 clove garlic, quartered
1/4 tsp. pepper
Dash salt

On a large microwave-safe platter arrange broccoli and cauliflower around outer edges. Sprinkle with

water. Cover with microwave-safe plastic wrap. Vent by leaving a small area unsealed at the edge. Microwave on 100 percent power (high) for 2 minutes. Place zucchini, mushrooms and pepper in center. Cook covered, on high for 3-5 minutes more or until vegetables are crisp-tender. Carefully drain liquid by tilting the covered platter in the direction of the vent. In a 1-cup mi-

crowave-safe measure stir together margarine, garlic, pepper and salt. Cook on high about 1 minute or until margarine is melted. Discard garlic. Drizzle over vegetables. Makes 6 servings.

Nutrition information per serving: 93 calories, 2 g protein, 5 g carbohydrates, 8 g fat, 0 mg cholesterol, 112 mg sodium. U.S. RDA: 47 percent vitamin A, 108 percent vitamin C.

Muesli is Swiss type of granola

AP — Meet muesli, the Swiss breakfast food that's a less-sweet version of granola. Muesli varies from cook to cook, but always includes dried fruits, nuts, seeds and grains. Its high fiber content is a plus; a 1/4-cup serving has 2 grams of fiber.

BRAN AND NUT MUESLI

1 cup bran flakes
1 cup corn bran cereal
1/4 cup wheat germ or toasted wheat bran
1/4 cup chopped walnuts
1/4 cup snipped, pitted whole dates

1/2 cup snipped, dried apple
1/4 cup unsalted sunflower seeds
1/4 cup dried banana chips, crushed

In a large bowl stir together bran flakes, bran cereal, wheat germ, nuts, dates, apple, sunflower seeds and banana chips. Store in an airtight container at room temperature. Serve with milk. Makes about 5 cups.

Nutrition information per 1/4-cup serving (without milk): 90 calories, 2 g protein, 12 g carbohydrates, 5 g fat, 1 mg cholesterol, 46 mg sodium. U.S. RDA: 13 percent riboflavin, 12 percent iron.

Serve up a corn bread country breakfast

(AP) — Served with maple-flavored syrup and sausages, this corn bread makes a fine country-style breakfast. Or have it for supper with soup or a main-dish salad.

CRUNCHY CORN BREAD

8 1/2 oz. pkg. corn muffin mix

1/4 cup quick-cooking rolled oats
1/4 cup cracked wheat or bulgur
2 slightly beaten eggs
1/2 cup milk
1/4 cup chopped pecans
1 tbsp. maple-flavored syrup
Maple-flavored syrup or margarine or butter

In a mixing bowl stir together corn muffin mix, rolled oats and cracked wheat. Add eggs and milk; stir until mixture is moistened. Stir in pecans. Spread batter evenly in a greased 9x9x2-inch baking pan. Drizzle with the 1 tbsp. syrup. Bake in a 400°F oven about 30 minutes or until done. Cut into squares and serve

warm with additional maple-flavored syrup or margarine. Makes 9 servings.

Nutrition information per serving: 220 calories, 5 g protein, 20 g carbohydrates, 80 mg cholesterol, 333 mg sodium. U.S. RDA: 1 percent thiamine, 21 percent phosphorus.

Pasta, broccoli is colorful side dish

AP — Use your noodle and add broccoli to pasta for a super-easy, colorful side dish.

CREAMY PASTA AND BROCCOLI

10-oz. pkg. frozen cut broccoli
3-oz. pkg. cream cheese with chives
1/4 cup milk
5 ozs. mafalda (curly-edge wide noodles) or linguine

In a medium saucepan cook broccoli according to package directions; drain. Remove broccoli and set aside. In same saucepan combine cream cheese and milk; heat and stir until smooth. Stir in cooked broccoli. Season to taste with salt and pepper. Meanwhile, cook 5 ounces pasta according to package directions; drain. Combine pasta and sauce; toss gently to mix. Makes 3 servings.

Nutrition information per serving: 321 calories, 12 g protein, 42 g carbohydrates, 12 g fat, 37 mg cholesterol, 115 mg sodium. U.S. RDA: 41 percent vitamin A, 102 percent vitamin C, 31 percent thiamine, 22 percent riboflavin, 17 percent niacin, 12 percent calcium, 13 percent iron, 19 percent phosphorus.

Apple-raisin rice is easy, tastes great

AP — Keep a package of chewy, nutty-flavored long grain and wild rice in the freezer for an easy side dish. To make a great tasting accompaniment to ham or pork chops, stir in fruit.

APPLE-RAISIN RICE

10-oz. pkg. frozen long grain and wild rice
1 medium apple, cored and coarsely chopped
1/4 cup raisins or chopped pecans
2 tbsp. water

Place the cooking pouch from the rice in a medium mixing bowl filled with hot tap water. Let stand about 10 minutes or until just thawed. Remove rice from pouch and place in a 2-quart saucepan. Stir in apple, raisins and water. Cover and cook about 5 minutes or until rice is heated through and apples are crisp-tender, stirring occasionally. Makes 4 or 5 side-dish servings.

Nutrition information per serving: 132 calories, 16 g protein, 20 g carbohydrates, 2 g fat, 0 mg cholesterol, 380 mg sodium. U.S. RDA: 11 percent thiamine.

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