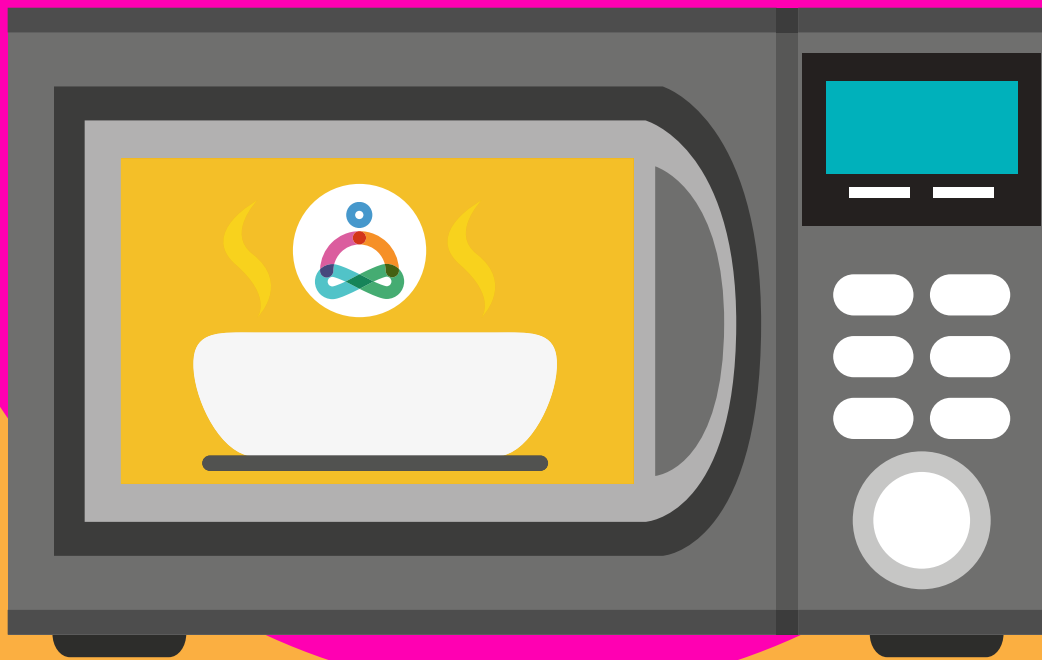


THE HEALTHY LIVING PROGRAM PRESENTS

# *The* **Microwave** *Cookbook*



*10 healthy recipes that you can  
make in the microwave!*

# Breakfast

## Vegetable and Egg Breakfast Bagel

### INGREDIENTS

- Thin bagel
- 3/4 cup egg white
- 15 baby spinach leaves
- 1 slice of tomato
- 1 slice of provolone cheese
- 1/2 small avocado, sliced
- Salt
- Hot sauce

### INSTRUCTIONS

1. In a small microwave safe bowl add egg whites and spinach and place in the microwave on high for 1 minute and 30 seconds
2. Toast bagel in toaster oven and top with cheese slice and tomato
3. Top with cooked egg whites and spinach
4. Add avocado slices
5. Add salt and hot sauce if desired.  
Top with bagel patty



### NUTRITION FACTS

This breakfast sandwich is a great balanced meal that includes carbohydrates, protein and healthy fats.

Kcal: 376  
Fat: 19g  
Carbs: 34g

Fiber: 5g  
Protein: 32g

## Simple Cheesy Omelet in a Mug

### INGREDIENTS

- 2 eggs
- 1/2 cup of low fat milk
- Diced green pepper
- Diced slice of ham
- Salt
- Pepper

### NUTRITION FACTS

Kcal: 250  
Fat: 13g  
Carbs: 7g  
Fiber: 2g  
Protein: 18g

### INSTRUCTIONS

1. Whisk together eggs, milk, salt and pepper
2. Add diced green peppers and ham
3. Microwave in the mug for about 1 minute and 30 seconds on high





## Oatmeal with Fruit

### INGREDIENTS

- ½ cup of old fashioned rolled oats
- 1 Tbsp. of ground flaxseed
- ½ cup of low fat milk or almond milk
- ¼ teaspoon of cinnamon
- 2 teaspoons of maple syrup or honey
- ½ banana or other fruit

### INSTRUCTIONS

1. Spray a microwave safe bowl with cooking spray
2. Combine all ingredients except for fruit
3. Gradually stir in banana slices, or berries
4. Microwave on high for 3 minutes
5. Stir in extra milk or yogurt if desired.
6. For added protein, top with a scoop of your favorite nut butter

### NUTRITION FACTS

A satisfying breakfast with fiber, vitamins and minerals:

Kcal: 300  
Fat: 3.5g  
Carbs: 54g  
Fiber: 8g  
Protein: 8g

## Nut energy Breakfast Bar

### INGREDIENTS

- ½ cup of dry roasted peanuts
- ½ cup of sunflower seeds or flaxseed
- ½ dried fruit
- 1 and ½ cup of uncooked instant oatmeal or steel cut oats
- 1 cup of rice cereal
- ½ cup peanut butter
- ¼ cup brown sugar
- ¼ cup honey

### NUTRITION FACTS

This recipe yields 16 small bars. Nutrition facts are for one serving:

Kcal: 156  
Fat: 6g  
Carbs: 16g  
Fiber: 3g  
Protein: 8g

### INSTRUCTIONS

1. In a bowl mix first five ingredients
2. In another microwave safe bowl mix the peanut butter, brown sugar and honey and heat on high for 2 minutes.
3. Combine the peanut butter mix with the dry mixture and stir well
4. Spoon the mixture into a small (8 X 8) glass baking dish coated with cooking spray and pat it down firmly
5. Let sit for one hour to harden and then cut in squares



# Lunch

## Microwave Shakshouka

### INGREDIENTS

- One tablespoon olive oil
- 200 ml canned tomatoes with juice
- 1 garlic, finely sliced or minced
- ½ red pepper chopped
- 2 eggs
- ¼ tsp of cumin
- 1 tsp chopped parsley
- Pita bread to serve



### INSTRUCTIONS

1. Brush a microwave bowl with the olive oil
2. Stir the tomatoes, garlic, and red pepper together
3. Make a dip in the center using a spoon and break in the egg and prick the yolk with a knife
4. Cover the bowl with plastic wrap or lid and microwave on high for 1 minute and then in 20 second burst until egg white is set
5. Top with parsley and serve with pita

### NUTRITION FACTS

Shakshuka is a Middle Eastern recipe that can be whipped up in 10 minutes:

Kcal: 465  
Fat: 23g  
Carbs: 6g

Fiber: 6g  
Protein: 19g



## Black Bean Quesadilla

### INGREDIENTS

Servings: 2

- ½ can of black beans
- 1/3 cup of frozen corn
- Fajita seasoning blend
- Chopped cilantro
- Juice from 1 lime
- 2 Tbsp. of chopped red onion
- Handful (or 1oz) shredded Mexican style cheese
- 2 Corn Tortillas
- 2 tbsp salsa

### NUTRITION FACTS

Protein packed delicious quesadillas are a great healthy dinner option served with a side of salsa and salad:

Kcal: 550  
Fat: 10g  
Carbs: 38g

Fiber: 20g  
Protein: 25g

### INSTRUCTIONS

1. Drain the black beans and rinse with water
2. Place the beans in a bowl and season them with fajita seasoning, mix in chopped cilantro and lime juice
3. Mash the bean mixture with the back of a fork and spread on tortilla
4. Top with corn, diced onion and a handful of cheese
5. Top with another tortilla with bean spread
6. Microwave for one minute or until cheese melts
7. Top with salsa

## Quinoa with Vegetables

### INGREDIENTS

- 1 cup of quinoa, rinsed
- 1 tbsp olive oil
- 2 cups of water or broth (vegetable or chicken)
- ¼ teaspoon of salt
- ½ cup Diced carrots
- ½ Zucchini
- ½ red pepper

### INSTRUCTIONS

1. Rinse quinoa well under cold water to remove impurities
2. Combine water or broth and quinoa in a microwave safe bowl
3. Stir in salt and olive oil
4. Cover with a lid or plate and microwave for 6 minutes.
5. Remove and stir and continue to cook on high for 2 more minutes
6. Let sit covered for 15 minutes until remaining water is absorbed
7. To steam diced carrots place in a microwave safe dish with 3 tbsp. of water, add a pinch of salt and microwave on high for 3 minutes. Let stand covered for 5 more minute
8. Combine Quinoa with vegetables or/and add cooked chicken for extra protein



### NUTRITION FACTS

Kcal: 580  
Fat: 10g  
Carbs: 90g  
Fiber: 26g  
Protein: 29g



## Red Beans and Brown Rice in a Mug

### INGREDIENTS

- ½ cup of Kidney beans, rinsed
- 2 tbsp. diced red onion
- 2 tbsp. diced green or red pepper
- 2 tsp. of chopped parsley
- 1 tsp of tomato paste
- 1 tsp honey
- ¼ tsp of salt
- 1/2 cup of brown rice
- 1/8 tsp of cumin and 1/8 of all spice
- 1 oz Feta cheese

### INSTRUCTIONS

1. Mix together the beans, onions, bell peppers, herbs, lime juice, tomato paste, honey, spices and salt in a small bowl. Pour into a 12-oz. mug.
2. Cover and microwave until hot, about 2 minutes. Serve over the rice.
3. Top with feta cheese and a splash of lime

### NUTRITION FACTS

Kcal: 333  
Fat: 8g  
Carbs: 54g  
Fiber: 9g  
Protein: 15g

# Dinner

## Spinach Zucchini and Ricotta Lasagna in a Bowl

### INGREDIENTS

- Fresh lasagna sheets (can be found in refrigerated section of grocery store)
- 2 1/2 cups (75g) baby spinach, roughly chopped
- 1/4 medium zucchini, diced
- 1/4 medium green pepper diced
- 1/4 cup part-skim ricotta cheese
- 3 large basil leaves, finely chopped (or 1/2 tsp dried basil)
- 1/4 tsp salt
- 1 garlic clove minced or finely chopped
- 6 tablespoons of tomato sauce or marinara pasta sauce
- 1/3 cup shredded part-skim mozzarella

### INSTRUCTIONS

1. Cut the lasagna sheet in half, and cut each strip in half again. Place the pasta sheets into a bowl, and pour very hot water in it, until it covers all the pieces.
2. Chop the spinach and place it in a microwave-safe bowl. Cover the top with plastic wrap and poke a few holes in it for ventilation. Microwave for 1 minute. Take out the spinach and let it cool.
3. Mix the spinach with the ricotta, pepper, zucchini, garlic, and salt. Set mixture aside.
4. Pour 2 tablespoons of pasta sauce at the bottom of the bowl. Top with a piece of softened pasta sheet. Add some spinach mixture, 2 tablespoons of mozzarella, and a pasta sheet. Continue building the lasagna, ending with a layer of pasta sheet at the top. Sprinkle mozzarella over the pasta.
5. Microwave for 1 minute 30 seconds. Add more time if cheese is not melted.

### NUTRITION FACTS

Kcal: 437	Fiber: 4g
Fat: 12g	Protein: 27g
Carbs: 44g	



# Simple Microwave Salmon With Salad

## INGREDIENTS

- 2 salmon fillets
- 1 tablespoon of olive oil
- 2 garlic cloves minced
- ¼ teaspoon of salt
- Black pepper
- Mixed greens

## INSTRUCTIONS

1. Place salmon on microwave dish, skin down.
2. Brush fillets with olive oil and spread the garlic
3. Season with salt and pepper
4. Cover and microwave for 2 minutes or until fish is cooked through
5. Let stand for 2 minutes and then place on bed of mixed green
6. Add more olive oil and side of hot sauce if desired.

## NUTRITION FACTS

Salmon is a great source of omega 3 fats and magnesium.

Kcal: 625  
Fat: 35 g  
Carbs: 6 g

Fiber: 2g  
Protein: 31g

