

*Tupperware Home Parties
On Track Sales*



*Rock 'N Serve[®]
Recipe Book*

Rock N' Serve Recipes

Sugar Spice and Everything Nice



Black Forest Dump Cake

5 oz can crushed pineapple 21 oz can cherry pie filling
18.5 oz devils food cake mix 1 cup chopped peanuts
1 stick melted butter (½ cup) Whipped Topping

Drain pineapple, reserve liquid. Spread pineapple in Large Deep Rock N' Serve. Add pie filling. Spread gently. Sprinkle dry cake onto filling; top with pecans. Combine melted butter and pineapple juice and pour on top of mixture. Microwave on high 12 min. Cool, top with whipped topping and enjoy.

Peanut Butter and Jam Bars

6 Tbs. Margarine, softened	1/3 cup sugar
1/3 cup peanut butter	1 egg
1/3 cup light brown sugar	2/3 cup strawberry jam
1 2/3 cup flour	

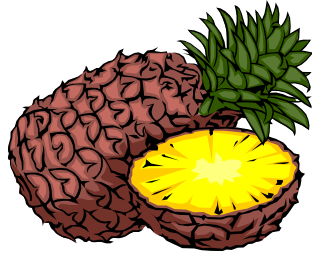
Combine butter, peanut butter, sugars and egg; beat well. Add flour and beat on low speed until mixture is crumbly. Reserve 1 cup crumbs. Press remaining crumbs Rock N' Serve Large Shallow. Place on inverted plate to elevate dish in oven. Microwave on medium (50%) 5½ - 6½ min., or until base looks dry, rotating dish if necessary. Spread jam on base to within ½ inch of edge. Sprinkle with reserved crumbs. Microwave on medium (50%) 6-7 min. or until jam bubbles near the center, rotating dish once. Makes 16 bars.

Crunchy Munchies

¼ cup margarine	¼ cup sugar
2 Tbs. Honey	1 tsp cinnamon
2 cups O-type oat cereal	2 cups wheat square cereal
1 cup sliced almonds OR Spanish peanuts	

In Large Deep Rock N' Serve combine margarine, sugar, honey and cinnamon. Microwave on high 1½ - 2 min or until mixture boils well, stirring once. Stir in cereals and nuts; mix well. Microwave on high, uncovered, 2½ - 3½ min. Or until lightly toasted, stirring twice. Turn out onto cookie sheet to cool. Store in Modular Mate, makes 5 cups.

*May use any other non-sweetened cereal, or mixture of cereal - great way to use up leftover cereal.



Pineapple Wedding Cake

Jiffy Cake Mix (1 layer size) 1 box instant vanilla pudding
8 oz cream cheese 2 cups milk
1 med. Can crushed pineapple, drained
Cool Whip, coconut & maraschino cherries, for garnish

Mix cake mix according to package directions in Mix N' Store Plus and pour into Rock N' Serve Large Shallow; microwave on high for 5 min. Cool. Mix pudding, cream cheese and milk and pour over cooled cake. Top with drained pineapple, cool whip, coconut, and cherries.

Fresh Strawberry Jam

5 cups crushed strawberries 2 tsp. lemon juice
1 pkg. Powdered fruit pectin 7 cups sugar

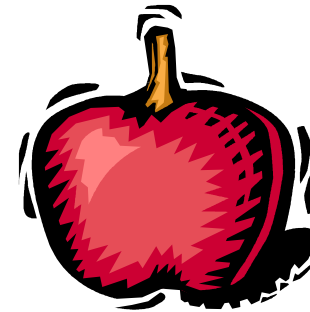
Mix fruit, lemon juice and pectin in Rock N' Serve Large Deep. Cover and microwave on high for 11 min., stir once. Stir in sugar; microwave, uncovered, on high for 10-12 min., or until mixture boils hard for at least one minute. Skim off foam. Pour into Freezer Mates Mini 2 containers and freeze for later use.

2 Minute Fudge

2 Cups semi-sweet Chocolate chips
1-14 oz can sweetened condensed milk

Mix all ingredients in Rock N' Serve Large Shallow. Microwave on high for 2 min. Stir. Pour into large #1 FreezeSmart container. Chill for 45-60 minutes. Flip container and pop onto cutting board to slice.

Rocky Road Fudge: Add 1 cup chopped nuts and 1 cup miniature marshmallows before chilling.



Apple Streusel

Apple 1 Tbs. Flour
1 Tbs. Brown sugar 1 Tbs. Margarine
1 Tbs. Oatmeal

Peel and slice one apple in Medium Shallow Rock N' Serve. Mix other ingredients and sprinkle on apple. Microwave on high for 2 min., covered and vented.

Easy and quick to make and serve at a demo!



Caramel Apples

5-6 granny smith apples	2 tsp. lemon juice
1 tsp. butter	½ cup brown sugar
½ cup white sugar	¼ tsp. nutmeg
1 tsp. cinnamon	½ cup peanuts
1 cup caramel sauce	

Peel and core apples and coat with real lemon juice. Dot with butter. Put in Large Deep Rock N' Serve. Mix together brown sugar, white sugar, nutmeg, cinnamon, and peanuts. Put over apples and microwave on high for 7-10 min. Check apples for tenderness. Add caramel sauce. Pour over apples and let melt.

Microwave Cinnamon Bites

1 can of biscuits (cut into at least ½ or 3's but if you use Grands cut into 5 pieces like a pie)

¼ cup brown sugar	2 Tbs. flour
½ tsp. cinnamon	1 stick melted butter

Place in Rock N' Serve. Seal and shake it up. Then pour 1 stick melted butter over the dry coated biscuits. Microwave 8-10 min. Leave lid on for a few more min. and serve.

Five Layer Bars

1/3 cup butter	1 cup Graham cracker crumbs
¾ cup milk chocolate chips	¾ cup coconut shredded
2/3 cup chopped pecans	
2/3 cup sweetened condensed milk	

(Chow Mein noodles may be used instead of Coconut)

Put butter in Large Shallow Rock N' Serve container. Cover and melt in microwave. Stir in graham cracker crumbs and press evenly on bottom of container. Cook in microwave on high for 1-2 min. Sprinkle chocolate chips, coconut, & nuts in listed order. Pour condensed milk evenly over all. Bake on high in microwave for 4-5 min. or until bubbly all over. Let cool and cut into bars.

Fruity Oatmeal Cobbler

12 Archway brand Oatmeal or Chocolate Cookies
1 can any flavor pie filling (cherry and strawberry are best with chocolate cookies)
Vanilla Ice Cream

Crumble 8 of the cookies in the bottom of the Tupperware Rock N' Serve Large Shallow container. Spread the pie filling evenly on top of the crumbled cookies. Crumble remaining 4 cookies on top of the pie filling. Microwave on high for 6-8 min. Serve hot using Tupperware Ice Cream Scoop to top with vanilla ice cream.

Quick Apple Crisp

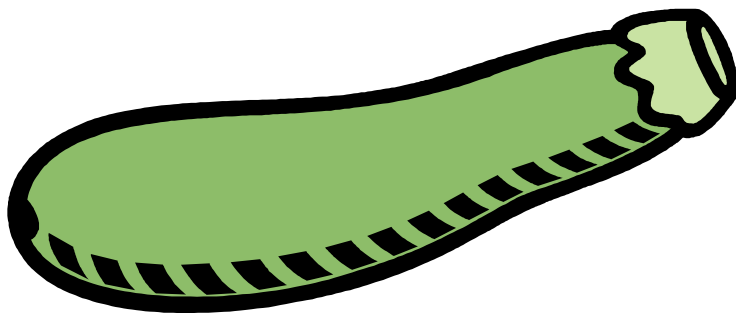
1 pkg. Archway oatmeal cookies 1 can apple pie filling

Line the bottom of the Large Shallow Rock N' Serve with the cookies to form a crust, crumble the remaining cookies. Spoon the pie filling over the "crust" and top with crumbled cookies. Microwave on high for 3-5 min. or until hot. Great served warm with ice cream.

Brownies

1 box of brownie mix

Follow the instructions for the mix, and pour into the Large Shallow Rock N' Serve. Cook in the microwave with top off for 6-8 min. After cooked, put the seal on and vent for 2 min.



Zucchini Bread

3 eggs, beaten	1 cup vegetable oil
2 cups sugar	2 tsp. vanilla
3 tsp. cinnamon	3 cups flour
1 tsp. salt	½ tsp. baking powder
½ cup chopped walnuts	2 cups grated zucchini

Mix eggs, oil, sugar, vanilla, and cinnamon. Add dry ingredients and stir. Pour into Large Deep Rock N' Serve. Cook in microwave, uncovered at 80% power for 20 min. For individual size breads, bake in Medium Shallow for 4-6 min.

Sand Art Brownies

Layer the following ingredients (in this order) in a Modular Mate Round 5:

1/3 cup Cocoa	2/3 cup sugar
½ cup Red M&M's	½ cup Green M&M's
2/3 cup brown sugar	1 1/8 cup flour
½ cup Walnuts (to fill container)	

Attach a copy of the following directions to the container:

Combine contents of this container with:

1 tsp. Vanilla	2/3 cup Oil
3 eggs	

Mix in a Tupperware Mix N' Stor Pitcher. Pour into a lightly greased Rock N' Serve Large Shallow (bottom only.) Microwave on high for 8-9 min. Let stand. Cut when cool.

Kids Stuff

Rainbow S'mores

1 cup marshmallow crème	3 oz Mini M&M's
3 oz white chocolate chips	

Crust:

Blend together until crumbly:

1 cup flour	¾ cup graham cracker crumbs
2/3 cup softened butter	¼ cup sugar
¼ cup brown sugar	¼ tsp. salt

Press into Rock N' Serve Large Shallow and microwave at 70% power for 3-4 min.

Top warm crust with marshmallow crème and let stand until softened. Mix Mini M&M's and white chocolate chips gently spread over warm crust. Microwave 1 min. on high. Cool and cut into bars.

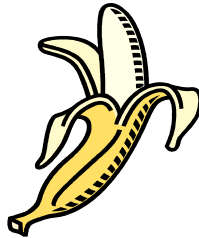


Soda Fountain Cakes

Jiffy Cake Mix

12 flat bottom ice cream cones

In Mix N' Stor Plus mix cake mix according to package directions, using slightly less water. Fill cone 2/3 full with batter and microwave about 45 sec. per cone on high, cook 1-3 at a time. Cool & decorate with icing, sprinkles, and/or a dip of ice cream! Cut a straw into 4 pieces and insert 2 into the top of each cake!



Banana Dogs

¾ cup peanut butter

4 hot dog buns

1 Tbs. lemon juice

2 Tbs. honey

2 small bananas

Microwave honey and peanut butter in Rock N' Serve Small for 30 sec., stir, spread on buns. Slice bananas lengthwise and dip in lemon juice. Place banana halves on buns.

Melted Chocolate

Melting Chocolate in the microwave is very easy! Place the chocolate in the Rock N' Serve Medium Shallow, microwave at 50%, uncovered, stirring and checking at least every minute. The chocolate will not look melted, but will liquefy when stirred.

There are 2 important things to remember:

1. Melt at a low temperature (50% power), if the chocolate gets too hot it will be ruined.
2. Never add water, it will get grainy and be ruined; add a few drops of vegetable oil if you need to thin the chocolate.

Dipping

Always dip sweet items before salty. Great things to dip:

- | | |
|----------------------------------|----------------------|
| Apricot halves | Oreos |
| Fresh strawberries | Pretzels |
| Pringles (sounds strange, yummy) | Use your imagination |

Easter Egg Nests

- | | |
|---|-------------------------|
| 6 oz chocolate chips | 6 oz butterscotch chips |
| 5 oz chow mein noodles or 1 pkg. shredded coconut (7oz) | |

Melt chocolate in Medium Deep Rock N' Serve, stir in noodles or coconut. Mound on waxed paper and use the bottom of spoon to indent center, place mini jelly beans in nests for eggs.

Bacon & Eggs

Melt white chocolate and spoon onto waxed paper; place 2 pretzels at the side (bacon) and two yellow M&M's (yolks) into center.

Kids love these!

Giant Cookie

18 oz size of ready made cookie dough
a baggie
wax paper

Line Large Shallow Rock N' Serve with wax paper. Place cookie dough on wax paper & smash with hand in the baggie. Microwave on high for 5 min. Remove and let stand to finish cooking.

Microwave Play Dough

2 cups flour	2 cups water
1 cup salt	4 tsp Cream of tarter
4 Tbs. oil	food coloring

Mix all ingredients in Rock N' Serve Large Deep. Microwave on high 3-5 min, stirring every minute. Cook until mixture gets so thick it can't be stirred. Let mixture cool. Divide and knead in food coloring. Store in Tupperware!

Fun Stuff

Bread and Butter Pickles

1 large cucumber, sliced in ¼ inch thick rounds
1 medium onion, sliced in thin rounds
1 cup sugar ½ cup white vinegar
1 tsp salt ½ tsp mustard seed
½ celery seeds ¼ tsp turmeric

Mix all ingredients in Rock N' Serve Large Deep. Microwave on high 7-8 min., stirring twice until cucumber is crisp-tender and onion translucent. Cool and place in Freezer Mates Mini 2 for storage. Keep up to 1 month in refrigerator and freeze very well for longer storage.

Even works great with zucchini!

Cincinnati Chili Dip

1 can or frozen pkg. chili	8 oz cream cheese
1 cup grated Colby cheese	corn chips for dipping

In Rock N' Serve Large Shallow soften and spread cream cheese, top with chili. Microwave on medium high (70%) 2 min. Sprinkle with cheese. Serve with Chips for dipping.

Hot Bean Dip

2 cans black beans; drained and rinsed	8 oz sour cream
1 small can of chopped chilies; drained	
Cumin to taste (the more you add the spicier it gets)	
Grated cheese to cover top (Mexican, cheddar, Monterey jack, or even Colby and Monterey jack)	

Mix first 4 ingredients in Large Shallow Rock N' Serve. Top with cheese and then black olives for pretty display. Put lid on, pop the top and heat in microwave for 3-5 min depending on microwave. You want the dip to be heated and the cheese melted. Then serve it hot with chips or tortillas.

Chicken Taco Dip

1 Large can chicken	1 pkg. cream cheese (8 oz)
1 pkg. Taco seasoning	1 can cream of chicken soup
1 cup shredded Cheddar cheese	

Mix together. Place in a Large Shallow Rock N' Serve. Microwave on high 4 min. Sprinkle cheese on top. Let stand 1 min.



Taco Dip

8 oz softened cream cheese 15 oz can no-bean chili
3 oz can diced green chilies
8 oz shredded cheese (taco seasoned, cheddar, mozzarella, or Colby jack)

Layer ingredients in order into a Rock N' Serve Large Shallow. Microwave on high power for 5 min. Serve hot with corn chips or tortilla chips.

Pizza Dip

1 jar pizza sauce 8 oz soft cream cheese
1 cup shredded mozzarella pepperoni slices

Spread cream cheese in bottom of Large Shallow Rock N' Serve. Pour sauce over the top. Sprinkle with the mozzarella. Top with pepperoni slices. Microwave on medium for 6 min. or until cheese is melted and heated through. Dip in with nacho chips.

Hot Crab Dip

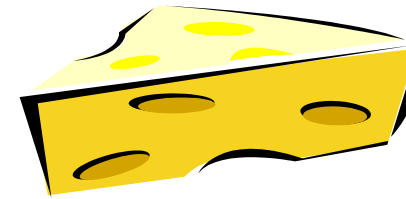
1 can (6 ½ oz) crab meat 1 pkg. cream cheese
3 Tbs. mayonnaise 1 Tbs. Worcestershire sauce
2 tsp. lemon juice 1 tsp. minced onion

Rinse crab in cool water, soften cream cheese in Medium Deep Rock N' Serve on 50% power for 1-2 min. Stirring after 30 seconds. While cream cheese is in the microwave, mince the onion and add the mayonnaise, lemon juice and Worcestershire sauce. Add the mixture and the crab to the cream cheese. Microwave at 50% power for 4-6 min. or until mixture is hot, stir after 2 min. Serve with crackers.

Best Beef Dip

1 pkg. (8 oz) cream cheese ½ cup sour cream
2 Tbs. milk 1/8 tsp. Worcestershire sauce
1 pkg. (3 Oz) dried beef 2 Tbs. chopped onions
2 Tbs. chopped bell pepper ¼ chopped pecans

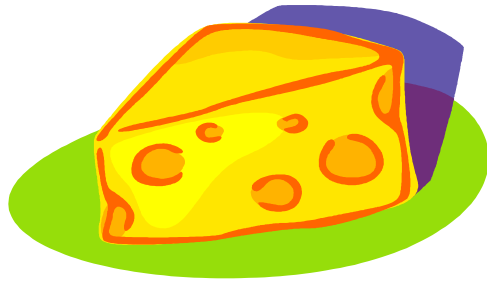
In Large Shallow Rock N' Serve, soften cream cheese on 50 % power for 1-2 min. Stir in sour cream, milk, Worcestershire sauce, and onion. Rinse dried beef in warm water and chop. Mix into cheese mixture and top with pecans. Heat 5 min. on medium-high (70%) until mixture is very hot, not boiling. Serve with crackers.



Best Bar Cheese

1 lb Velveeta cheese 1/3 cup horseradish
½ cup Mayo

Soften Velveeta in Rock N' Serve Large Shallow in microwave on high for 1-2 min. or until melted. Stir in Mayo and horseradish and blend well. Store in refrigerator. Serve on crackers.



Cheese Mold

1 lb Velveeta
1 lb Monterey cheese or Pepper Jack
1 lb Cheddar cheese

Melt all 3 cheeses in the Large Deep Rock N' Serve at 50% power for about 7 min. or more, stirring every three minutes. Pour the melted cheese into Jell-Ring Mold sprayed with Pam. Place the mold in the refrigerator so the cheese will "set up". Turn out of mold into serving tray and serve with crackers.

Ranch Oyster Crackers

12 oz bag oyster crackers
1 pkg. ranch dressing mix
1 tsp. lemon pepper
½ cup oil
1 tsp. garlic
1 tsp. dill

Combine all ingredients except crackers in Large Deep Rock N' Serve. Heat in microwave for 45 seconds. Add crackers, cover with seal (vent closed). Shake well. Microwave on high, with vent open at 30 second intervals, shaking each time. Microwave for a total of 3 min. Let cool.

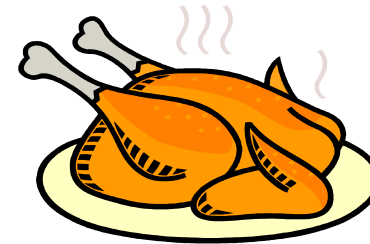


Broccoli Soup

14 ½ oz chicken broth
2 Tbs. Butter
½ tsp salt
¼ tsp nutmeg
1 ½ cups finely chopped broccoli
1 cup milk
½ tsp paisley flakes
¼ tsp pepper
2 Tbs. Cornstarch

Combine all ingredients, except broccoli in Rock N' Serve Medium Deep, stir until cornstarch is dissolved. Add broccoli; cover and microwave at 70% power for 13-14 min., until broccoli is fork tender. Stir and turn once during cooking. Let stand 5 min. before serving.

/feel like chicken tonight!



Chicken Cordon Bleu

Boneless, skinless chicken breast
Better Cheddar Crackers, crushed
Melted butter
1 slice Swiss cheese
2 slices low fat ham

Tenderize chicken breast with meat cleaver. Top with a slice of Swiss cheese and 2 pieces of ham. Roll and close with toothpick. Dip in melted butter. Roll in crushed cracker crumbs. Place in Small Rock N' Serve. Microwave on high 1 ½ min.

Quick and Easy Lemon Pepper Chicken

3 boneless, skinless chicken breasts
Miracle Whip Lemon Pepper

Coat chicken with miracle whip and sprinkle with lemon pepper; Place in Rock N' Serve Large Shallow. Microwave on high 8-9 min. Let stand, covered for 2 min. to finish cooking. Quick and Easy Mexican Chicken: Use Taco Seasoning instead of lemon pepper and cook as above.

Whole Chicken

Place a 3lb chicken in a Large Deep Rock N' Serve, breast side down. Cover with Large Shallow Rock N' Serve. Microwave on high 9 min., turn breast side up, microwave on high 9 min. Let stand for 5 min. Wonderful for chicken salad, casseroles, or sliced chicken.

Firehouse Chicken

1 envelope dry onion soup mix
1 bottle Catalina salad dressing (fat free)
1 can whole berry cranberry sauce
4 boneless, skinless chicken breasts

Mix first three ingredients in Large Deep Rock N' Serve, add chicken breasts and marinate overnight. Microwave on high 12-15 min. stirring and turning chicken one time. Let stand 5 min. Great served over noodles.

Chicago Style Chicken

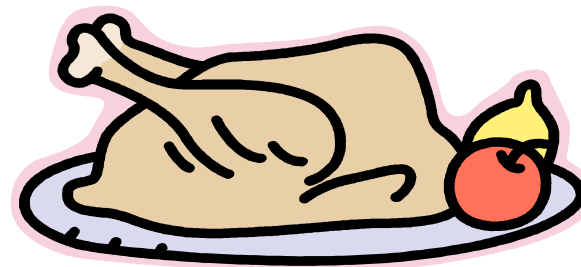
1 envelope dry onion soup
1 bottle Catalina salad dressing (fat free)
1 jar apricot preserves
4 boneless, skinless chicken breasts

Mix first three ingredients in Large Deep Rock N' Serve, add chicken breasts and marinate overnight. Microwave on high 12-15 min. stirring and turning chicken one time. Let stand 5 min. Great served over noodles.

Chicken Parmesan

4 boneless, skinless chicken breast
2 cups seasoned bread crumbs 1 Tbs. canola oil
½ cup Parmesan cheese 8 oz Tomato paste
Oregano Mozzarella cheese

In a small bowl, combine seasoned bread crumbs and Parmesan cheese. Put oil in Large Shallow Rock N' Serve. Dip chicken breasts in bread crumb mixture and place in Rock N' Serve. Put in the microwave and cook for 3 min. Turn breasts over and cook and additional 3 min. Add can of tomato paste, sprinkle with oregano and cook for 6 min. Add mozzarella cheese and let stand covered until cheese is melted.



Chicken Casserole

2-4 cups broccoli cuts 1 can cream of mushroom soup
3 cups cubed, cooked chicken
1 can cream of chicken soup
½ tsp. pepper 1 cup shredded cheddar cheese
2 cups cooked noodles French-fried onions for topping

In a large bowl, combine soups and pepper. If using frozen broccoli, microwave in Large Deep Rock N' Serve for 5-7 min. on defrost. Add broccoli, noodles and chicken to soup mixture; mix gently. Pour mixture into sprayed Rock N' Serve Large Deep. Top with cheese and French-fried onions. Cover and vent. Microwave on 50% power for 10-15 min.

Quick and Easy Dinners

Spicy Beans and Rice

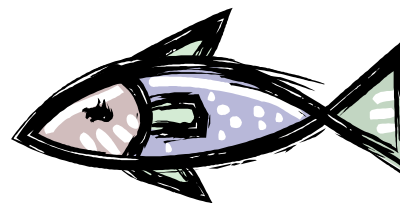
1 1/3 cup minute rice 1 pkg. Taco seasoning
1 can kidney beans, drained dash cayenne pepper
1 1/3 cup water

In Medium Deep Rock N' Serve put rice, drained beans, seasoning mix and cayenne pepper. Add water, mix well. Cover and microwave on high 8 min. Stir, let stand 4 min. Serve.

Yam Ham Roll Ups

8 oz can yams, drained 1 Tbs. butter, melted
3 Tbs. brown sugar 4 thin slices ham
8 oz can pineapple slices, drained, reserve juice
¼ cup pecans 6 Tbs. brown sugar

Mash yams with butter and 3 Tbs. brown sugar. Spread ham slices with yam mixture and roll loosely. Place pineapple slices in bottom of Rock N' Serve Large Shallow. Place roll ups on pineapple. Mix together 6 Tbs. reserved pineapple juice, pecans, and 6 Tbs. brown sugar; pour over roll ups. Cover and microwave on high 4-6 min. Let stand 5 min and enjoy.



Chipper Fish

1 lb scrod or cod fillets 1/3 cup Caesar salad dressing
1 cup crushed potato chips

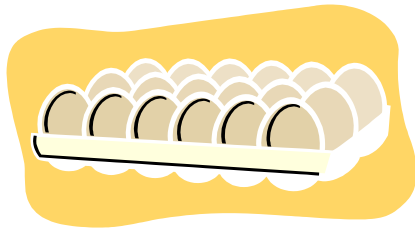
Arrange fish around outer edges of Rock N' Serve Large Shallow, placing none in the center. Add salad dressing and turn fillets to coat. Sprinkle potato chips over fish. Microwave high 4-5 min, uncovered. Rotate dish midway through cooking. Let fish stand 3 min. before testing for doneness. Makes 4 servings.

Salmon and Dill Sauce

4 salmon steaks
Dill Sauce:
2 Tbs. fresh dill, chopped 2 Tbs. fresh parsley, chopped
½ cup cottage cheese 2 Tbs. plain yogurt

Place 4 salmon steaks in Rock N' Serve Large Shallow. Sprinkle with 2 Tbs. water. Cover and microwave at 70 % for 7-9 min. rotate dish ½ turn midway through cooking time. Allow to stand.

Dill Sauce:
Mix Parsley and dill in blender for a few seconds, add cottage cheese and yogurt. Blend until smooth, season to taste. In Rock N' Serve Small heat sauce 1-2 min at 70% power, taking care not to boil. Serve over salmon steaks.



“Square” Hard “Boiled” Eggs

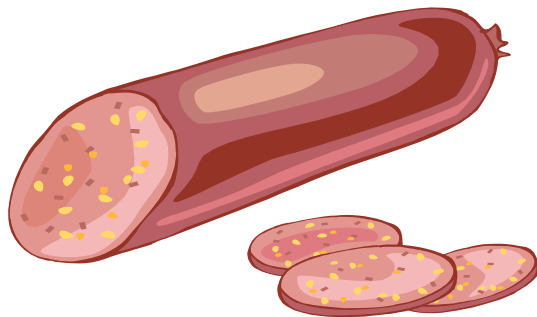
1 egg:

In small Rock N’ Serve crack 1 egg; gently poke holes in yellow and white. Cover and microwave at 50% for 75 sec. Let stand for 2 min.

4 eggs:

Use Medium Shallow Rock N’ Serve, microwave at 50% for 5 min. Let stand 5 min. and serve!

Chop and use as you would hard boiled eggs – but no peeling!!



Zesty Smoked Sausage

- 1 lb smoked sausage, sliced
- 1 Tbs. white vinegar
- 1 can zesty tomato soup
- ½ cup orange marmalade
- 1 Tbs. Mustard

Mix all ingredients in Rock N’ Serve Medium Deep, stir to coat meat. Cover and microwave on high 7 min. and serve.

Meat & Potatoes 5 Ways

5 cups peeled and sliced potatoes

Place sliced potatoes in Large Deep Rock N’ Serve and microwave on high for 3-4 min. STIR

The potatoes form the bottom layer for the next layers your choice:

Meat (middle layer)	Top Layer
Boneless chicken	Cream of Chicken or Broccoli Soup <i>(dilute with ½ can milk or water)</i>
Pork Chops	Cream of Mushroom Soup <i>(dilute with ½ can milk or water)</i>
Pork Chops	Sauerkraut and thin slices of apple
Smoked Sausage	Sauerkraut and caraway seeds
Sausage Links	Scrambled Eggs

Lay meat over potatoes, thicker parts to the outside, spoon the top layer over all, being sure to cover all of the potatoes and meat. Cover with Rock N’ Serve Large Shallow, which forms a dome. Microwave 15-18 min. on high. Let stand 5 min.

Garnish Ideas:

- Chicken – salsa down the center and a sprinkling of cheddar cheese.
- Pork Chops – Durkee Fried onion rings
- Eggs – Sprinkling of Colby cheese

Yummy appetizer – great Tupperware party food!



Potatoes

6 cups potato, peeled and sliced

Put potatoes in Rock N' Serve Large Deep, cover with Rock N' Serve Large Shallow. Cook on high for 10 min., stir and let stand for 5 min. Use to mash, fry, or for potato salad.

Rock N' Serve "Baked" Potatoes

Wash potatoes (no need to poke) microwave in Rock N' Serve Medium Deep about 3-4 min. per potatoes. You can fit 2-3 in the Medium Deep Rock N' Serve at the same time and microwave about 12 min. Let stand 5 min. Poke to see if tender

Potato Salad

½ cup onion, diced	½ cup celery, diced
4-6 slices bacon, diced	1/3 cup sugar
1/3 cup vinegar	4 microwave hard boiled eggs
3 Tbs. Mayonnaise	

Cook bacon in Rock N' Serve Medium Deep for 4 min. on high, stirring every min. Drain off half the bacon grease. To the remaining bacon grease and bacon add sugar and vinegar, stir quickly so the sugar dissolves. Add this mixture with the potatoes with the celery and onion, blend in mayonnaise. These ingredients work well with macaroni salad, too.

Quick Au Gratin Potatoes

1 10 oz can of cream of potato soup ½ cup sour cream
 ¾ cup shredded cheddar cheese, divided
 16 oz pkg. Frozen hash brown potatoes

Combine potatoes, soup, sour cream, and ½ cup cheese in Rock N' Serve Large Deep. Microwave on high 10-11 min. until potatoes are tender, stirring once during cooking time. Sprinkle with remaining ¼ cup cheese, cover and let stand 3 min., until cheese melts.

Cheddar Potato Casserole

1 cup milk	1 tsp. dried onion flakes
½ tsp. pepper	4 Tbs. melted margarine
½ tsp. salt	24 oz. hash brown potatoes, thawed
¾ cup shredded cheddar cheese	

In a small bowl, combine first 5 ingredients. Add potatoes and cheese; mix well. Spread in Rock N' Serve Large Deep. Rock vent and cook on high for 12-15 min. or until bubbly.

Dump Lasagna

1 pkg. extra wide egg noodles (uncooked)	
1 ½ large jars of sauce	16 oz Ricotta cheese
1 pkg. Lean ground beef or turkey (raw)	
Salt, pepper, garlic, oregano, Parmesan cheese, etc to your taste	

Using the Rock N' Serve Large Deep, layer ingredients. Start a layer of noodles on the bottom, top with sauce, ricotta cheese, mozzarella cheese, the beef (in little chunks), and seasonings. Repeat layers (approximately 3) until you reach the fill line at the top (making sure you cover the top with sauce and not cheese as in the traditional oven baked lasagna.) Seal and vent Rock N' Serve. Microwave on high for 30 min, turning every 7 min. Let sit for 15 min. and then garnish with fresh parsley, parmesan cheese and serve.

Macaroni and Cheese for 2

1 cup elbow macaroni, uncooked
1 cup hot water ½ cup milk
2 Tbs. butter 1 cup cubed cheese

Place macaroni, hot water, milk & butter in Rock N' Serve Medium Deep. Microwave on high, uncovered, for 7-8 min., stirring once or twice. Stir in 1 cup cubed cheese. Microwave 1 min until cheese starts to melt. Stir and let stand a few minutes.

Mostaccioli

1 lb Mostaccioli pasta, cooked
1 large jar spaghetti sauce
1 ½ cup Colby cheese
1 lb ground beef, cooked & drained
2 cup Mozzarella cheese

Stir together cooked pasta, ground beef, Colby cheese and sauce. Put in Rock N' Serve Large Deep. Microwave at 70% power for 15-17 min. stir. Sprinkle Mozzarella on top, cover and microwave for 2 min.

Macaroni Pizza

2 cups uncooked macaroni 1 tsp parmesan cheese
1 egg ½ cup skim milk
15 ½ jar spaghetti sauce ½ cup chopped green pepper
½ cup chopped onion 4 oz can mushrooms, drained
2 Tbs. parmesan cheese ½ lb cooked ground meat
8 oz shredded light Mozzarella cheese

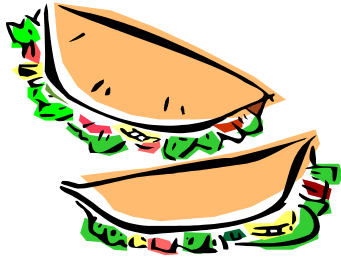
Cook macaroni. For crust mix egg, milk, 1 tsp. parmesan cheese; stir in cooked macaroni. Spread in Rock N' Serve Large Shallow. Pour spaghetti sauce over macaroni, top with green pepper, onion, mushrooms, small bits of cooked ground meat & 2 Tbs. parmesan. Microwave on high 5 min. Sprinkle with Mozzarella cheese. Microwave 2 more minutes. Let stand 5-10 min. before cutting.



Mexican Lasagna

2-3 oz pkg. cream cheese softened
2 cups chopped, cooked chicken or turkey
1/3 cup milk ¼ cup shredded Monterey Jack cheese
8 (5-6") tortillas, quartered
10 ¾ oz can cream of chicken soup
4 oz can diced chili peppers, drained
1/3 cup sour cream ¼ tsp. ground cumin

In the Thatsa Bowl Jr. stir together cream cheese, chicken or turkey, milk, and cheese. Layer one third of the tortilla quarters in Large Shallow Rock N' Serve. Spoon half or the chicken filling on top, repeat layers. Top with tortillas. Press gently. Sauce: In Thatsa Bowl Jr. stir together cream of chicken soup, diced chili peppers, sour cream and cumin. Spread over top of Tortilla layers, pressing down gently. Vent the container and microwave 70% power for 12-17 min. or until heated through. Sprinkle with ½ cup Monterey jack cheese. Let stand covered for 10 min. To serve, sprinkle with crushed tortilla chips, garnish with chopped tomatoes or green chilies if desired.



Mexican Surprise

6 (8-10") tortillas
1 lb ground chuck
½ cup salsa
½ cup thinly chopped green onion
1 can refried beans
1 pkg. Lipton Spanish rice
1 cup shredded cheese

Spread beans evenly on tortillas. Add taco seasoning to ground beef and spread over beans on tortillas. Sprinkle with shredded cheese and add a little salsa if desired. Roll up tortillas and place in the bottom of Large Deep Rock N' Serve. In Rock N' Serve Medium Deep cook Lipton Spanish rice according to directions for 8-10 min. on 75% power. Pour rice over tortilla roll ups. Garnish with salsa, shredded cheese, and green onions. Heat on high for 5 min. you may also add sour cream, and olives to the top for flavor.

Taco Casserole

2 lb hamburger or turkey
16 oz salsa
1 cup shredded mozzarella cheese
6 small corn tortilla shells cut into wedges
16 oz sour cream
1 cup grated cheddar cheese
1 med. Onion, finely chopped

Cook meat in Tupperware colander. Mix salsa with cooked meat. Stir in tortilla shells. Layer in Rock N' Serve Large Deep in the following order: meat, onions, sour cream, and cheese. Repeat layers once. Seal and vent microwave at 70% power for 9 min. turning 2-3 times.

Heat N' Serve Recipes

Skinny Chocolate Cake

1 pkg. (18.25 oz) chocolate cake mix
1 cup water
1/3 cup fat-free salad dressing or mayonnaise
3 egg whites or 6 tbs. liquid egg whites

In a Mix N' Stor Plus Pitcher, combine first 5 ingredients, blending well with Saucy Silicone Spatula. Spray Heat N' Serve 6 ¼ cup Round container and place in microwave uncovered. Microwave on high for 7-10 min. (depending on microwave power) rotating container during baking; cake should pull away from sides slightly and be sticky on top. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check. Repeat until done. Cool 4-5 min. and invert into serving plate. Serve plain or with dusting of powdered sugar or simple glaze. Optional: Dress it up with a topping sugar-free cherry pie filling and pipe stars around the edge with the decorating bag with star tip 6 and reduced-fat whipped topping.

Autumn Apple Cake

1 pkg. (18.25 oz) yellow cake mix 1 cup water
1/3 cup fat-free salad dressing or mayonnaise
3 egg whites or 6 tbs. liquid egg whites
1 tsp. Chef Series Cinnamon Vanilla Spice Blend
1 can (21 oz) Apple Pie Filling ¼ cup chopped nuts

In a Mix N' Stor Plus Pitcher, combine first 5 ingredients, blending with Saucy Silicon Spatula. Blend in 1 tsp. Chef Series Cinnamon Vanilla Spice Blend. Spray Heat N' Serve 6 ¼ round container with cooking spray. Remove 1 cup of batter (set aside for later use or dispose of) and pour remaining batter into prepared container and place in microwave uncovered. Microwave on high for 7-10 min rotating container during baking. Cake should pull away from sides slightly and be sticky on top. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check. Repeat until done. Cool 4-5 min. and invert onto serving plate. Garnish cake by topping with apple pie filling. Sprinkle with chopped nuts and Chef Series Cinnamon Vanilla Spice Blend.

Tropical Fruit Shortcake

1 pkg. (9 oz) single layer cake mix (prepare per package directions)
1 can (15 oz) tropical fruit cocktail drained, reserving juice
1 tsp. cornstarch Whipped topping
Optional: approximately 1/3 cup toasted coco

Spray Heat N' Serve 6 ¼ cup round container with cooking spray. Pour batter into container and place in microwave uncovered. Microwave on high 5-7 min. rotating during baking. Cake should pull away from sides and be slightly sticky on top. Toothpick should test clean with inserted into center of cake. If necessary, microwave an additional minute and check; repeat until done. Cool 4-5 min and invert onto serving plate. Place reserved juice in 2 cup Micro Pitcher. Blend cornstarch into reserved juice and heat in microwave on high for 2 min. or until slightly thickened; add to reserved fruit. Split cake into 2 layers; Spread half of fruit mixture over bottom layer, top with (optional) toasted coconut and pipe whipped topping around the edge of cake with Decorating Bags Star tip 6. Place top layer on bottom layer, pour remaining fruit on top of cake. Garnish with additional whipped topping and remaining toasted coconut, if desired.

Microwave Hints

- 100 hours cooking in the conventional oven = \$75.00
- 100 hours cooking in the microwave oven = \$3.00!
Plus you'll be making even more food in less time means even greater savings
- Do not overcook – standing time is $\frac{1}{4}$ of cooking time
- Microwaves are attracted to fat, sugar and liquid – foods high in these ingredients cook faster.
- Center of food is the last to get done – microwaves penetrate 1 $\frac{1}{2}$ inch from the top, bottom and sides.
- Microwaves cook by bouncing around, creating friction which cooks the food, which is why standing time is so important.
- Cakes, cookies and candy do not need tight fitting lids.
- Casseroles, meats, and vegetables need tight fitting cover to provide a steaming effect.
- To clean microwave: Use 1 cup water with 1 Tbs. Vanilla or lemon juice and cook on high 5 min. or until very steamy. Wipe with damp cloth. Don't forget the top of the interior, makes the kitchen smell good, too!
- Basic Rule: Everything should be cooked 6 min per pound, except fish and eggs. Fish is 3 min per pound. Eggs are 1 min. 15 sec. per egg unless mixed with other ingredients.
- Find Hot Spots: Dampen a paper towel and lay flat in bottom of microwave. Heat 1 min. Look for dry (hot) spots on towel.
- Potatoes can be sliced ahead of time, refrigerated in water with milk in a Tupperware container.
- Make a child's cake in the soup mug.
- Make a muffin in the micro-mug.
- Equal amounts of apple sauce may be substituted for oil in cake recipes to cut down on fat.
- Best sources of iron: Liver, kidney, red meats, green leafy vegetables, dried fruit, dried beans & peas, black strap molasses and whole grain cereals.
- Enhance iron absorption by eating a vegetable or fruit containing Vitamin C (tomato, orange, potato) at the same meal. Eggs and tea can interfere with Iron absorption from vegetable sources.
- Determine Microwave Wattage: Boil 1 cup room temperature water. Boils in 3 min = 600 watts. Boils in less 3 min. = higher than 600 watts. Takes more than 3 min. to boil = lower than 600 watts.