

Get Your Grill On!

Tupperware®

MicroPro Grill Recipes & Cooking Guide



Tupperware MicroPro Grill Recipes by Category

Appetizers

Bacon & Blue Cheese Spinach Artichoke Dip
Bacon & Smoked Gouda Dip
Bacon Bomb Dip & Garlic Butter Crostini
Bacon Wrapped Asparagus
Bacon Wrapped Avocado Fries
Bacon Wrapped Chicken Tenders
Bacon Wrapped Cream Cheese Pickles
Bacon Wrapped Jalapeno Poppers
Bacon Wrapped Mushrooms
Bacon Wrapped Smokies
Bang Bang Shrimp Tacos
Black Bean Burgers
Buffalo Shrimp Dip
Buffalo Wing Dip
Buffalo Chicken Quesadilla
Cajun Chicken Wings
Caprese Stuffed Mushrooms
Chicken Quesadilla
Chili Cheese Dip
Chili Queso Dip
Chili Brown Sugar Chicken Wings Roasted Red Pepper Sauce
Chorizo Stuffed Poblano Peppers
Creole Salmon Patties with Spicy Dill Sauce
Crispy Parmesan Zucchini
Garlic Parmesan Bites
Garlic Parmesan Potato Wedges
Ginger Coriander Pot Stickers
Grilled Chicken Taquitos with Lime Cilantro Dressing
Grilled Chipotle Beef Taquitos
Grilled Lemony Shrimp
Grilled Pork Sopes with Roasted Tomatillo Sauce

Grilled Potatoes and Asparagus
Grilled Thai Chicken Wings
Honey Sriracha Chicken Wings
Hot Bacon & Cheddar Dip
Jalapeno Cheese Crisps
Jalapeno Popper Dip
Loaded Baked Potato Dip
Loaded Potato Planks
Bacon Wrapped Jalapeno Poppers
Maine Hot Crab Dip
Maui Shrimp
Oriental Sticky Chicken Wings
Parmesan Crisps
Pepperoni Pizza Quesadilla
Pizza Dip
Pizza Rolls
Potato Skins
Potato & Cheese Latkes
Queso Blanco Dip
Quick Nachos
Ricotta Stuffed Mushrooms
Roasted Corn Dip
Roasted Tomato Bruschetta
Rosemary Roasted Nuts
Sassy Cajun Crab Stuffed Mushrooms
Sassy Sausage Dip
Sausage Rolls with Creamy Honey Mustard Sauce
Shrimp & Spinach Quesadilla
S'mores Dip
Spicy Cilantro Lime Shrimp
Spicy Corn Dip
Spicy Nuts
Spicy Salmon Bites
Spinach Artichoke Dip
Spinach Dip
Spinach Asiago Chicken Hash Browns

Spinach Mushroom Feta Cheese Quiche, crust less
Stuffed Sliders with Blue Cheese and Bacon
Stuffed Sliders with smoked Cheddar and Bacon
Stuffed Turkey Sliders with Goat Cheese & Roasted Red Pepper Relish
Swedish Turkey Meatballs
Swiss & Ham Quiche, crust less
Tahini Chicken Wings with Spicy Peanut Sauce

Salads

Chicken Caesar Salad Boats
Chicken Cobb Salad
Greek Chicken Salad
Green Goddess Cobb Salad
Grilled Chicken & Vegetable Panzanella
Grilled Chili Lime Chicken Fajita Salad
Pecan Crusted Mozzarella Salad
Taco Salad
Taco Salad with Sizzlin' Vinaigrette
Thai Chicken Salad with Sweet Chili Dressing

How to use your new MicroPro Grill

GRILL Position:

Place cover so that it sets inside the MicroPro Grill.

Grilling position for grilling paninis, grilled cheese, burgers, chicken, fish, grill and sear paninis, meats and vegetables.



GRILL Position

CASSEROLE Position:

Place cover so it sets on top of the MicroPro Grill.

Casserole position for making casseroles, cobblers, enchiladas, crisp desserts, au gratin potatoes, pizza.



CASSEROLE Position

Tips

- Always pat meat dry prior to grilling. Higher water content may cause an unwanted steaming effect.
- Do not salt the meat prior to grilling to avoid steaming effect.
- For thinner cuts (like chicken cutlets), frozen meat grills better.
- For thicker cuts, grill fresh or thawed.

Tupperware MicroPro Grill Recipes by Category

Beef

All American Grilled Stuffed Burgers
Baked Ravioli
Beef CrunchWrap Supreme
Beef Enchiladas
Castle Burgers
Cheesy BBQ Sloppy Joes
Chile Rellenos Casserole
Drunken Burgers with Marsala Onions
Grilled Chipotle Beef Taquitos
Grilled Lettuce Wrap Sliders
Grilled Onion and Roast Beef Panini
Grilled Ribeye Steaks - Two ways
Hamburger Steak with Sweet Onion Mushroom Gravy
Hidden Veggie Burger
Korean BBQ Beef
Meatball Sub Sandwich
Mexican Lasagna
Mini Meatloaf Bombs
Mini Meatloaves
Mongolian Beef
Montreal Steak and Onions
Mozzarella Stuffed Meatballs
Philly Cheese Steak Sandwiches
Pot Roast Patty Melt
Quick Microbaked Lasagna
Roast Beef & Provolone Sliders
Reuben Sandwich
Salisbury Steak
Steak Fajitas
Stuffed Cabbage
Stuffed Sliders with Blue Cheese & Bacon
Stuffed Sliders with smoked Cheddar & Bacon
Sweet and Sour Meatballs
Swiss Burgers in Tomato Gravy
Taco Boats
Taco Salad

Taco Salad with Sizzlin Vinaigrette

Poultry

Asian Grilled Chicken Rolls
Bacon Wrapped Chicken Tenders
Balsamic Herb Chicken
Buffalo Chicken Cheese Steaks Sandwiches
Buffalo Dip Stuffed Chicken Breast
Buffalo Wing Dip
Buffalo Chicken Quesadilla
Caprese Chicken
Cajun Chicken Wings
Cajun Stuffed Chicken with Pepper Jack Cheese & Spinach
Chicken & Stuffing
Caribbean Rum Glazed Sweet & Spicy Chicken Legs
Chicken Alfredo Roll-ups
Chicken Caesar Salad Boats
Chicken Cobb Salad
Chicken Fajitas
Chicken Gyros Boats
Chicken Jalapeno Burgers
Chicken Parmesan
Chicken Piccata
Chicken Pot Pie
Chicken Quesadilla
Chicken Satay with Peanut Sauce
Chicken Teriyaki
Chili Brown Sugar Chicken Wings Roasted Red Pepper Sauce
Crispy Parmesan Chicken Planks
Coconut Chicken Tenders
Columbian Pollo Asado
Oregon Tuscan Garlic Chicken
Dorito Burrito
Fiesta Chicken Fajitas
Greek Chicken Salad

Greek Chicken Souvlaki
Green Goddess Cobb Salad
Grilled Buffalo Chicken Wrap
Grilled Chicken & Avocado Burrito
Grilled Chicken & Spinach Alfredo Ziti
Grilled Chicken & Vegetable Panzanella
Grilled Chicken Cacciatore
Grilled Chicken Taquitos with Lime Cilantro Dressing
Grilled Chili Lime Chicken Fajita Salad
Grilled Thai Chicken Wings
Hawaiian Chicken Burgers
Honey Sriracha Chicken Breast
Honey Sriracha Chicken Wings
Italian Spinach & Sun Dried Tomato Stuffed Chicken Breast
Italian Turkey Burgers
Korean BBQ Chicken
Mexican Chicken Burgers
Oriental Sticky Chicken Wings
Pesto Turkey Panini
Salsa Chicken
Southwest Turkey Burgers with Guacamole & Spicy Mayonnaise
Southwest Turkey Sliders
Spinach Asiago Chicken Hash Browns
Spinach Chicken Garlic Bacon Panini
Stuffed Turkey Sliders with Goat Cheese & Roasted Red Pepper Relish
Summer Kabobs
Swedish Turkey Meatballs
Sweet & Spicy Chicken
Sweet & Spicy Thai Chicken
Szechuan Chicken
Thai Chicken Salad with Sweet Chili Dressing
Tahini Chicken Wings with Spicy Peanut Sauce
Turkey Panini with Cranberry Marmalade

Tupperware MicroPro Grill Recipes by Category

Pork

Apple Sage Stuffed Pork Chops
Bacon & Blue Cheese Roasted Cabbage Steaks
Bacon & Blue Cheese Spinach Artichoke Dip
Bacon & Smoked Gouda Dip
Bacon Bomb Dip & Garlic Butter Crostini
Bacon Wrapped Asparagus
Bacon Wrapped Chicken Tenders
Bacon Wrapped Jalapeno Poppers
Bacon Wrapped Mushrooms
Bacon Wrapped Pork Medallions with Dijon Wine Sauce
Bacon Wrapped Smokies
Brown Sugar Glazed Pork Chops
Carne Asada
Chorizo Stuffed Poblano Peppers
Country Style Chipotle Pork Ribs
French Onion Pork Medallions
Ginger Coriander Pot Stickers
Grilled Beer Brats
Grilled Pork Sopes with Roasted Tomatillo Sauce
Ham & Cheese with Garlic Parmesan Butter
Hawaiian Ham & Swiss Sliders
Hot Ham & Cheese Sandwich with Onion Butter
Italian Panini
Pepperoni Pizza Quesadilla
Pesto Turkey Panini
Philly Cheese Steak Sandwiches
Pizza Dip
Pizza Rolls
Pork Tenderloin in Garlic Lemon Sauce
Sassy Sausage Dip
Sausage & Potatoes in Creamy Mustard Sauce
Spicy Bacon Grilled Cheese

Swiss & Ham Quiche, crust less
Teriyaki Grilled Pork
Traditional Cuban Sandwich

Seafood

Ahi Tuna Steaks with Mango Salsa
Bang Bang Shrimp Tacos
Buffalo Shrimp Dip
Chili, Lime & Garlic Prawns
Creole Crab Cakes
Creole Salmon Patties with Spicy Dill Sauce
Chili Lime & Garlic Prawns
Dijon Dill Tuna Burgers
Fish Tacos
Grilled Lemony Shrimp
Grilled Lobster Tails
Honey Lime Glazed Salmon
Maine Hot Crab Dip
Maui Shrimp
Mediterranean Salmon
Sassy Cajun Crab Stuffed Mushrooms
Shrimp & Spinach Quesadilla
Shrimp Creole
Shrimp Enchiladas with Jalapeno Cheese Sauce
Spicy Cilantro Lime Shrimp
Spicy Salmon Bites
Summer Kabobs
Tilapia with Lemon Parsley Rice
Tilapia with Caper Lemon Sauce
Tuna Burgers with Sour Cream Dill Sauce

Sandwiches and Paninis

Buffalo Chicken Cheese Steaks Sandwiches
Castle Burgers
Cinnamon Toast Sandwich
Grilled Onion and Roast Beef Panini

Gouda Onion Mushroom Grilled Cheese
Ham & Cheese with Garlic Parmesan Butter
Hawaiian Ham & Swiss Sliders
Hidden Veggie Sliders
Hot Ham & Cheese Sandwich with Onion Butter
Italian Turkey Burgers
Jalapeno Popper Grilled Cheese
Meatball Sub Sandwich
Mexican Chicken Burgers
Monte Cristo
Pesto Turkey Panini
Philly Cheese Steak Sandwiches
Pot Roast Patty Melt
Quinoa & Black Bean Burgers with Spicy Red Pepper Sauce
Raspberry & Chocolate Grilled Cheese
Roast Beef & Provolone Sliders
Roasted Red Pepper Panini with Cilantro
Lime Mayonnaise
Reuben Sandwich
Southwest Turkey Burgers with Guacamole and Spicy Mayonnaise
Southwest Turkey Sliders with Spicy Mayonnaise
Spicy Bacon Grilled Cheese
Spinach Artichoke Grilled Cheese
Spinach Chicken Garlic Bacon Panini
Stuffed Sliders with Blue Cheese and Bacon
Stuffed Sliders with smoked Cheddar and Bacon
Stuffed Turkey Sliders with Goat Cheese and Roasted Red Pepper Relish
Traditional Cuban sandwich
Tuna Burgers with Sour Cream Dill Sauce

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Tupperware MicroPro Grill Recipes by Category

Side Dishes

Au Gratin Potatoes
Bacon & Blue Cheese Roasted Cabbage Steaks
Bacon Beer Cheddar Mac
Bacon Cheddar Tater Tots
Bacon Wrapped Asparagus
Baked Wrapped Avocado Fries
Campfire Loaded Potatoes
Caprese Stuffed Mushrooms
Crispy Parmesan Zucchini
Curried Pumpkin with Blue Cheese and Pecans
Garlic Butter Grilled Potatoes
Garlic Parmesan Potato Wedges
Garlic Roasted Green Beans & Almonds
Green Bean Casserole
Grilled Corn off the Cob
Grilled Eggplant with Roasted Red Pepper Relish
Grilled Macaroni and Cheese
Grilled Mexican Street Corn
Grilled Mushrooms
Grilled Potatoes & Asparagus
Hash Browns
Hash Brown Casserole
Jalapeno Cheese Crisp
Loaded Potato Planks
Parmesan & Garlic Roasted Asparagus
Parmesan & Garlic Smashed Potatoes
Poblano Rajas con Crema
Potato Skins
Potato & Cheese Latkes
Ricotta Stuffed Mushrooms
Roasted Chipotle Lime Cauliflower
Roasted Rosemary Potatoes
Roasted Zucchini & Tomato Bake
Sassy Cajun Crab Stuffed Mushrooms

Sautéed Spinach and Mushrooms in Spicy Garlic Sauce
Scalloped Potatoes
Smashed Red Potatoes
Sweet & Spicy Brussels Sprouts

Pasta

Baked Ravioli Casserole
Baked Ziti
Chicken Alfredo Roll Ups
Eggplant Parmesan with Spaghettini
Grilled Chicken & Spinach Alfredo
Grilled Chicken Cacciatore
Grilled Macaroni & Cheese
Manicotti
Quick Microbaked Lasagna

Vegetarian

Black Bean Burgers
Caprese Stuffed Mushrooms
Crispy Parmesan Zucchini
Eggplant Parmesan with Spaghettini
Grilled Balsamic Vegetable Wrap
Grilled Eggplant with Roasted Red Pepper Relish
Grilled Macaroni and Cheese
Gouda Onion Mushroom Grilled Cheese
Jalapeno Popper Grilled Cheese
Parmesan & Garlic Roasted Asparagus
Parmesan & Garlic Smashed Potatoes
Pecan Crusted Mozzarella Salad
Poblano Rajas con Crema
Potato & Cheese Latkes
Quinoa & Black Bean Burgers with Spicy Red Pepper Sauce

Raspberry & Chocolate Grilled Cheese
Ricotta Stuffed Mushrooms
Roasted Red Pepper Panini with Cilantro Lime Mayonnaise
Roasted Zucchini & Tomato Bake
Sautéed Spinach & Mushroom in Spicy Garlic Sauce
Smoked Caprese panini
Spinach Artichoke Grilled Cheese
Spinach, Mushroom Feta cheese Quiche

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Tupperware MicroPro Grill Recipes by Category

Breads

Cornbread
Chocolate Croissant Bread Pudding
Cinnamon French Toast
Cinnamon Roll Bread Pudding
Cinnamon Sugar Bites
Cinnamon Toast Sandwich
Red lobster Cheddar Bay Biscuits
Garlic Parmesan Bites
Jumbo Cinnamon Rolls
Toasted Breadcrumbs
Toasted Garlic Bread

Breakfast

Bacon Cheddar Tater Tot Casserole
Cheesy Eggs in a Basket
Crispy Bacon
Cinnamon French Toast
Hash Browns
Jumbo Cinnamon Rolls
Parmesan Eggs in Bell Pepper Rings
Roasted Rosemary Potatoes
Sausage Hash Brown Breakfast Casserole
Scrambled Omelet
Spinach Mushroom Feta Cheese Quiche, crust less
Swiss & Ham Quiche, crust less

Desserts

Apple Cake
Apple Pie Boats
Apple Pie Bubble Dessert
Apple Streusel
Baked Pears with Walnuts & Honey
Blueberry Bubble Dessert
Blueberry Crumble

Cherry Crumble
Cherry Pie
Chocolate Cherry Heaven
Chocolate Chip Cookie Bar
Chocolate Covered Strawberry Brownies
Chocolate Croissant Bread Pudding
Cinnamon Roll Bread Pudding with Buttercream Icing
Cinnamon Sugar Bites
Giant Chocolate Chip Cookie
Giant Reese's Pieces Peanut Butter Cookie
Grilled Peaches and Cream
Harvest Pear Crisp
Jumbo Cinnamon Rolls
Oatmeal Cake with Coconut Pecan Glaze
Peach Cobbler
Pumpkin Soufflé
S'mores Dip
Strawberry Cheesecakeadilla
Strawberry Upside Down Cake

Misc.

Roasted Garlic
Grilled Mushrooms
Roasted Red Peppers

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11. Ahi Tuna Steaks with Mango Salsa
12. All American Grilled Stuffed Burgers
13. Apple Cake
14. Apple Pie Boats
15. Apple Pie Bubble Dessert
16. Apple Sage Stuffed Pork Chops
17. Apple Streusel
18. Asian Grilled Chicken Rolls
19. Au Gratin Potatoes
20. Bacon Beer Cheddar Mac
21. Bacon & Blue Cheese Roasted Cabbage Steaks
22. Bacon & Blue Cheese Spinach Artichoke Dip
23. Bacon Bomb Dip & Garlic Butter Crostinis
24. Bacon Cheddar Tater Tots
25. Bacon & Smoked Gouda Dip
26. Bacon Wrapped Asparagus
27. Bacon Wrapped Avocado Fries
28. Bacon Wrapped Chicken Tenders
29. Bacon Wrapped Cream Cheese Pickles
30. Bacon Wrapped Jalapeno Poppers
31. Bacon Wrapped Mushrooms
32. Bacon Wrapped Pork Medallions with Dijon Wine Sauce
33. Bacon Wrapped Smokies

34. Baked Pears with Walnuts & Honey
35. Baked Ravioli Casserole
36. Baked Ziti
37. Balsamic Herb Chicken
38. Bang Bang Shrimp Tacos
39. Beef CrunchWrap Supreme
40. Beef Enchiladas
41. Black Bean Burgers
42. Blueberry Crumble
43. Blueberry Pie Bubble Dessert
44. Brown Sugar Glazed Pork Chops
45. Bruschetta Grilled Chicken Zoodle Bowls
46. Buffalo Chicken Cheese Steaks Sandwiches
47. Buffalo Dip Stuffed Chicken Breast
48. Buffalo Shrimp Dip
49. Buffalo Wing Dip
50. Buffalo Chicken Quesadilla
51. Cajun Chicken Wings
52. Cajun Stuffed Chicken with Pepper Jack Cheese & Spinach
53. Campfire Loaded Potatoes
54. Caprese Chicken
55. Caprese Stuffed Mushrooms
56. Caribbean Rum Glazed Sweet & Spicy Chicken Legs
57. Carne Asada
58. Castle Burgers
59. Cherry Pie
60. Cheesy Apple Panini
61. Cheesy BBQ Sloppy Joes
62. Cheesy Eggs in a Basket
63. Cherry Crumble
64. Chicken Alfredo Rolls-ups
65. Chicken Caesar Salad Boats
66. Chicken Cobb Salad

67. Chicken Fajitas
68. Chicken Gyros Boats
69. Chicken Jalapeno Burgers
70. Chicken Parmesan
71. Chicken Piccata
72. Chicken Pot Pie
73. Chicken Quesadilla
74. Chicken Satay with Peanut Sauce
75. Chicken & Stuffing
76. Chicken Teriyaki
77. Chili, Lime & Garlic Prawns
78. Chile Rellenos Casserole
79. Chili Cheese Dip
80. Chili Queso Dip
81. Chili Brown Sugar Chicken Wings
Roasted Red Pepper Sauce
82. Chili Honey Glazed Salmon
83. Chocolate Cherry Heaven
84. Chocolate Chip Cookie Bar
85. Chocolate Covered Strawberry Brownies
86. Chocolate Croissant Bread Pudding
87. Chorizo Stuffed Poblano Peppers
88. Cinnamon French Toast
89. Cinnamon Roll Bread Pudding
90. Cinnamon Sugar Bites
91. Cinnamon Toast Sandwich
92. Columbian Pollo Asado
93. Cornbread
94. Creamy Tuscan Garlic Chicken
95. Creole Crab Cakes
96. Creole Salmon Patties with Spicy Dill Sauce
97. Crispy Bacon
98. Crispy Parmesan Chicken Planks
99. Coconut Chicken Tenders

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Tupperware MicroPro Grill Recipes

100. Country Style Chipotle Pork Ribs
101. Crispy Parmesan Zucchini
102. Curried Pumpkin with Blue Cheese and Pecans
103. Dijon Dill Tuna Burgers
104. Dorito Burrito
105. Drunken Burgers with Marsala Onions
106. Eggplant Parmesan with Spaghetti
107. Fiesta Fajitas
108. Fish Tacos
109. French Onion Dip
110. French Onion Pork Medallions
111. Fried Rice
112. Garlic Butter Grilled Potatoes
113. Garlic Parmesan Bites
114. Garlic Parmesan Potato Wedges
115. Garlic Roasted Green Beans & Almonds
116. Giant Chocolate Chip Cookie
117. Giant Reese's Pieces Peanut Butter Cookie
118. Ginger Coriander Potstickers
119. Gouda Onion Mushroom Grilled Cheese
120. Greek Chicken Salad
121. Greek Chicken Souvlaki
122. Green Bean Casserole
123. Green Goddess Cobb Salad
124. Grilled Balsamic Vegetable Wrap
125. Grilled Beer Brats
126. Grilled Buffalo Chicken Wrap
127. Grilled Chicken & Avocado Burrito
128. Grilled Chicken & Spinach Alfredo Ziti
129. Grilled Chicken & Vegetable Panzanella
130. Grilled Chicken Cacciatore
131. Grilled Chicken Taquitos with Lime Cilantro Dressing
132. Grilled Chipotle Beef Taquitos
133. Grilled Chili Lime Chicken Fajita Salad
134. Grilled Corn off the Cob
135. Grilled Eggplant with Roasted Red Pepper Relish
136. Grilled Lemony Shrimp
137. Grilled Lettuce Wrap Sliders
138. Grilled Lobster Tails
139. Grilled Macaroni and Cheese
140. Grilled Mexican Street Corn
141. Grilled Mushrooms
142. Grilled Onion and Roast Beef Panini
143. Grilled Peaches and Cream
144. Grilled Pork Sopes with Roasted Tomatillo Sauce
145. Grilled Potatoes and Asparagus
146. Grilled Ribeye Steak - Two Ways
147. Grilled Thai Chicken Wings
148. Ham & Cheese with Garlic Parmesan Butter
149. Hamburger Steak with Sweet Onion Mushroom Gravy
150. Harvest Pear Crisp
151. Hash Browns
152. Hash Brown Casserole
153. Hawaiian Chicken Burgers
154. Hawaiian Ham & Swiss Sliders
155. Hidden Veggie Sliders
156. Honey Lime Glazed Salmon
157. Honey Sriracha Chicken Breast
158. Honey Sriracha Chicken Wings
159. Hot Bacon & Cheddar Dip
160. Hot Ham & Cheese Sandwich with Onion Butter
161. Italian Panini
162. Italian Spinach & Sun Dried Tomato Stuffed Chicken Breast
163. Italian Turkey Burgers
164. Jalapeno Cheese Crisps
165. Jalapeno Popper Dip
166. Jalapeno Popper Grilled Cheese
167. Jumbo Cinnamon Rolls
168. Korean BBQ Beef
169. Korean BBQ Chicken
170. Loaded Baked Potato Dip
171. Loaded Potato Planks
172. Maine Hot Crab Dip
173. Manicotti
174. Maple Dijon Apple Cider Grilled Pork
175. Maui Shrimp
176. Meatball Sub Sandwich
177. Mediterranean Salmon
178. Mexican Chicken Burgers
179. Mexican Lasagna
180. Mini Meatloaf Bombs
181. Mini Meatloaves
182. Mongolian Beef
183. Monte Cristo Sandwich
184. Montreal Steak and Onions
185. Mozzarella Stuffed Meatballs
186. Oatmeal Cake with Coconut Pecan Glaze
187. Oriental Sticky Chicken Wings
188. Parmesan Crisps
189. Parmesan Eggs in Bell Pepper Rings
190. Parmesan & Garlic Roasted Asparagus
191. Parmesan & Garlic Smashed Potatoes
192. Parmesan Garlic Bites
193. Peach Cobbler
194. Pecan Crusted Mozzarella Salad
195. Perfect Personal Pizza
196. Pepperoni Pizza Quesadilla
197. Pesto Turkey Panini

Tupperware MicroPro Grill Recipes

198. Philly Cheese Steak Sandwiches
199. Pizza Dip
200. Pizza Rolls
201. Poblano Rajas con Crema
202. Pork Tenderloin in Garlic Lemon Sauce
203. Pot Roast Patty Melt
204. Potato Skins
205. Potato & Cheese Latkes
206. Pumpkin Soufflé
207. Queso Blanco Dip
208. Quick Microbaked Lasagna
209. Quick Nachos
210. Quinoa and Black Bean Burger with Spicy Red Pepper Sauce
211. Raspberry & Chocolate Grilled Cheese
212. Red Lobster Cheddar Bay Biscuits
213. Reuben Sandwich
214. Ricotta Stuffed Mushrooms
215. Roast Beef & Provolone Sliders
216. Roasted Chipotle Lime Cauliflower
217. Roasted Corn Dip
218. Roasted Garlic
219. Roasted Red Peppers
220. Roasted Red Pepper Panini with Cilantro Lime Mayonnaise
221. Roasted Rosemary Potatoes
222. Roasted Tomato Bruschetta
223. Roasted Zucchini & Tomato Bake
224. Rosemary Roasted Nuts
225. Salisbury Steak
226. Salsa Chicken
227. Sassy Cajun Crab Stuffed Mushrooms
228. Sassy Sausage Dip
229. Sausage Hash Brown Breakfast Casserole
230. Sausage Rolls with Creamy Honey Mustard Sauce
231. Sauteed Spinach and Mushrooms in Spicy Garlic Sauce
232. Scalloped Potatoes
233. Scrambled Omelet
234. Shrimp & Spinach Quesadilla
235. Shrimp Creole
236. Shrimp Enchiladas with Jalapeno Cheese Sauce
237. Smashed Red Potatoes
238. Smoked Caprese Panini
239. Smoked Sausage & Potatoes in Creamy Mustard Sauce
240. Smores Dip
241. Snickerdoodle Cheesecake Bars
242. Southwest Turkey Burgers with Guacamole and Spicy Mayonnaise
243. Southwest Turkey Sliders with Spicy Mayonnaise
244. Spicy Bacon Grilled Cheese
245. Spicy Cilantro Lime Shrimp
246. Spicy Corn Dip
247. Spicy Nuts
248. Spicy Salmon Bites
249. Spinach Artichoke Dip
250. Spinach Dip
251. Spinach Artichoke Grilled Cheese
252. Spinach Asiago Chicken Hash Browns
253. Spinach Chicken Garlic Bacon Panini
254. Spinach Mushroom Feta Cheese Quiche, crustless
255. Steak Fajitas
256. Strawberry Cheesecakeadilla
257. Strawberry Upside Down Cake
258. Stuffed Cabbage
259. Stuffed Sliders with Blue Cheese and Bacon
260. Stuffed Sliders with smoked Cheddar and Bacon
261. Stuffed Turkey Sliders with Goat Cheese & Roasted Red Pepper Relish
262. Summer Kabobs
263. Swedish Turkey Meatballs
264. Sweet and Sour Meatballs
265. Sweet & Spicy Brussels Sprouts
266. Sweet & Spicy Chicken
267. Sweet & Spicy Thai Chicken
268. Swiss & Ham Quiche, crustless
269. Swiss burgers in Tomato Gravy
270. Szechuan Chicken
271. Taco Boats
272. Taco Salad
273. Taco Salad with Sizzlin Vinaigrette
274. Tahini Chicken Wings with Spicy Peanut Sauce
275. Teriyaki Grilled Pork
276. Thai Chicken Salad with Sweet Chili Dressing
277. Tilapia with Lemon Parsley Rice
278. Tilapia with Caper Lemon Sauce
279. Toasted Breadcrumbs
280. Toasted Garlic Bread
281. Tomatillo Salsa Verde Steak & Eggs
282. Traditional Cuban Sandwich
283. Tuna Burgers with Sour Cream Dill Sauce
284. Turkey Panini with Cranberry Marmalade
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Ahi Tuna Steaks with Mango Salsa

- 2 Ahi tuna steaks
- Sea salt and fresh cracked black pepper, to taste
- 1 cup mango, peeled, seeded and chopped
- ½ small white onion
- 1 Tbsp. cilantro
- 1 Tbsp. lime juice, fresh squeezed
- ½ jalapeño, deseeded
- ¼ red bell pepper
- ¼ tsp. sea salt



1. Season tuna steaks with salt and pepper and place into base of MicroPro Grill.
2. Place cover in GRILL position and microwave on high power 5 minutes. Flip over and microwave in GRILL position for another 3-5 minutes or until at your desired doneness.
3. Place the remaining ingredients in the base of the power chef with the blade attachment, cover and pull cord a few times to dice. Serve over tuna steaks



All American Grilled Stuffed Burger

- 1 lb. lean ground beef
- ½ tsp. coarse kosher salt
- ½ cup shredded cheddar cheese
- ½ cup cream cheese, room temperature
- 2 tbsp. Steak & Chop Seasoning
- 1 garlic clove, peeled and minced



1. Combine ground beef and salt in medium bowl. Divide ground beef into 6 portions, press into thin patties and set aside.
2. Stir together cheddar, cream cheese, seasoning and garlic in small bowl.
3. Place two tablespoons of the cheese mixture on top of three of the patties. Top with remaining patties, gently pressing edges to form a pocket around the cheese.
4. Place the three patties into the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, drain any liquid. Flip burgers, microwave on high power an additional 2 minutes or until desired temperature.
5. Serve with a variety of fresh vegetables, pickles and condiments.

Apple Cake

- 1 (14-oz.) can apple pie filling or 2-3 apples, peeled cored and sliced
- ¼ cup brown sugar
- ¼ tsp. cinnamon
- 1 egg
- ⅔ cup flour
- ⅔ cup sugar
- ⅔ cup milk
- 1 tsp. oil
- 2 tsp. baking powder



1. Pour apple pie filling or sliced apples into base of MicroPro Grill.
2. Sprinkle brown sugar and cinnamon over apples.
3. In a medium bowl, mix together remaining ingredients, pour over apple mixture
4. Place cover in **CASSEROLE** position and microwave on high power 15 minutes. Serve warm.

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Apple Pie Boats

- 8 Mini Taco Boats
- 2 Tbsp. salted butter, melted
- 2 Tbsp. sugar
- 2 Tbsp. cinnamon
- 1 (21 oz.) can apple pie filling
- 1 sheet refrigerated pie crust, cut into ½ inch strips (use pizza cutter)
- Vanilla ice cream, optional



1. Using a pastry brush, coat the outside of each Mini Taco Boat with the melted butter.
2. Mix together the cinnamon and sugar in a small bowl. Sprinkle the outside of each Taco Boat with cinnamon sugar and rub into place with your finger.
3. Place the taco boats in the base of the MicroPro Grill.
4. Fill each boat with 3-4 Tbsp. of the apple pie filling; filling to the top.
5. Make a lattice pattern on the top of each taco boat using the pie crust strips.
6. Brush the pie crust tops with butter and sprinkle with cinnamon sugar.
7. Place cover on the MicroPro Grill in **CASSEROLE** position, microwave on high for 5 minutes, check to see if done, microwave for additional 2-3 minutes if not.

14

Apple Pie Bubble Dessert

- 1 (12-oz) can refrigerated Pillsbury Grands Jr biscuits (10 count)
- 1 (21-oz) can apple pie filling
- 1 tsp cinnamon
- 1 cup butterscotch chips
- Icing*
- ½ cup powdered sugar
- 1 Tbsp. milk



1. Cut biscuits into fourths.
2. In a medium Thatsa Bowl, mix biscuits, apple pie filling, cinnamon and butterscotch chips.
3. Pour mixture in to the base of the MicroPro Grill
4. Place cover on the MicroPro Grill in **CASSEROLE** position, microwave on high for 8 minutes, check to see if done, microwave for additional 2-3 minutes if not.
5. In a small bowl, mix powdered sugar and milk, when dessert has cooled off some drizzle icing over it.

15

Apple Sage Stuffed Pork Chops

- 3 tbsp. butter
- ½ cup finely chopped yellow onion
- ½ cup finely chopped celery
- ½ cup finely chopped Granny Smith apple
- ½ cup finely chopped fresh mushrooms
- 1½ cups herb stuffing mix
- 1 (14.5-ounce) can chicken broth
- ½ tsp. rubbed sage
- 6 tbsp. finely chopped fresh flat-leaf parsley, divided
- 1 tsp. salt, divided
- 1 tsp. ground black pepper, divided
- ¼ tsp. ground red pepper
- 4 (1"-thick) bone-in center-cut pork chops



1. Place butter, onion, celery, mushrooms and apple in the base of the MicroPro Grill, place cover on **GRILL** position, microwave on high for 3-4 minutes.
2. Pour cooked vegetables and fruit into a medium Thatsa bowl, add stuffing mix, broth, sage, 2 tbsp. chopped parsley, ¾ tsp. salt, ¾ tsp. black pepper, and ground red pepper. Mix and let stand 20 minutes.
3. Trim excess fat from each pork chop, and cut a slit in 1 side of each chop to form a pocket. Spoon stuffing mixture evenly into each pocket. Combine remaining 4 tbsp. parsley, ½ tsp. salt, and ½ tsp. black pepper. Rub both sides of stuffed pork chops evenly with 2 tbsp. oil, and spread parsley mixture evenly over chops.
4. Place pork chops in the to the base on the MicroPro Grill, place cover in **GRILL** position, microwave on high for 6-8 minutes, Flip pork chops, microwave for additional 3-4 minutes or until no longer pink.

16

Apple Streusel

6 granny smith apples, peeled, cored, and sliced ¼" thick
2 tsp. ground cinnamon
½ cup granulated sugar
1 tbsp. lemon juice

Crumble Topping
1 stick cold unsalted butter, cut into small pieces
¾ cup all-purpose flour
½ cup brown sugar
½ cup rolled oats
¼ tsp. nutmeg

TUPPERWARE



1. In a medium bowl, stir together apples, salt, cinnamon, sugar and lemon juice. Pour into base of MicroPro Grill, set aside.
2. In a medium bowl, mix together crumble ingredients. Mix on low speed until the mixture is crumbly and the butter is the size of peas. Once combined, sprinkle over top of apples.
3. Place cover in CASSEROLE position and microwave on high power 15 minutes. Let cool for 5 minutes to thicken slightly. Serve warm.

17

Asian Grilled Chicken Rolls

Chicken Rolls
2 large carrots, peeled
2 medium zucchini
1 lb. (12 pc.) chicken tenders or breast, cut into tenders
1 tbsp. Asian Seasoning
2 tbsp. soy sauce

Rice
1 cup jasmine rice, cooked
1½ cups water
½ cup green onions with tops, sliced
1 cup chopped zucchini and carrots

Glaze
3 tbsp. honey
2 tbsp. soy sauce
1 tbsp. rice vinegar
1 garlic clove, minced
1 tbsp. Asian Seasoning

TUPPERWARE



1. Cut carrots and zucchini into long ribbons for 12 pieces each, using universal Peeler or Mandoline, chop remaining vegetables for rice.
2. In the Rice Maker add rice, then water, then green onions and remaining chopped vegetables, cover, microwave on high for 5 minutes, then reduce to medium power for 15 minutes; set aside.
3. In a 1 cup Micro Pitcher, whisk together glaze ingredients; microwave on high for 1-2 minutes, set aside.
4. Flatten chicken to an even ¼-in pieces. Combine chicken, seasoning mix and soy sauce, stir to coat.
5. For each roll, stack a wide carrot ribbon, zucchini ribbon and chicken tender. Roll up and secure with wooden pick. Repeat with additional carrot and zucchini ribbons and remaining chicken tenders.
6. Place chicken rolls into the base of MicroPro Grill, place cover in GRILL position and microwave on high for 4 minutes, flip over, pour half the glaze over the rolls, place cover in GRILL position and microwave for additional 2-4 minutes.
7. To serve, divide rice among serving plates; top with rolls and drizzle with remaining glaze

18

Au Gratin Potatoes

4 large potatoes, thinly sliced
½ tsp. garlic, minced
1 tbsp. butter, melted
1 tbsp. flour 1 cup half and half
¾ cup cheddar cheese, shredded and divided
¼ cup Parmigiano-Reggiano
½ tsp. salt
¼ tsp. pepper chives, chopped (optional)

TUPPERWARE



1. Place sliced potatoes in the base of the MicroPro Grill.
2. Mix the remaining ingredients except ¼ cup of the cheddar cheese in medium bowl, mix well and pour over potatoes place cover in CASSEROLE position, microwave on high for 12 minutes, stir, sprinkle with remaining cheese, place cover in GRILL position and cook for 3-5 more minutes.
3. Sprinkle with chives if desired.

19

Bacon Beer Cheddar Mac

1 cup (leftover) Bacon Beer Cheddar Spread (see recipe)
3 dashes hot sauce
3 tbsp. heavy cream
2 tbsp. salted butter, melted
3 cups cooked elbow macaroni

Bacon Beer Cheddar Spread (1½ cups)
1 cup farmer's cheese or cream cheese, softened
2 cups shredded cheddar, divided
3 strips cooked bacon, finely crumbled
3 dashes hot sauce
¼ cup plus 1 tbsp. beer or broth
1 garlic clove, peeled and minced
½ tsp white vinegar
¼ tsp. kosher salt
⅛ tsp. nutmeg
½ cup chopped pecans

TUPPERWARE



1. In the base of the Power Chef System fitted with the blade attachment, combine cream cheese, 1 cup of the cheddar, bacon, hot sauce, beer, garlic, vinegar, salt and nutmeg. Cover and pull cord until well blended. Transfer to a small bowl, cover and refrigerate at least 1 hour. Clean Power Chef System.
2. In the base of the Power Chef System fitted with the blade attachment, combine pecans and remaining cheddar. Cover and pull cord until pecans are finely minced.
3. Remove cheese spread from refrigerator, form into one large ball, several smaller balls, or log, and roll in pecan-cheddar mixture until well coated.
4. In a medium bowl, stir together Bacon Beer Cheddar Spread, hot sauce, cream, butter and macaroni. Transfer mixture to the base of the MicroPro Grill.
5. Place cover on GRILL in casserole position. Microwave on high power 3 minutes. Remove from microwave, let stand 3 minutes. Serve warm.

20

Bacon & Blue Cheese Grilled Cabbage Steaks

4 slices bacon
 ½ small head cabbage, cut into 3 steaks
 ¼ cup bleu cheese crumbled
 1 tbsp. green onion, thinly sliced

Marinade
 ¼ tsp. liquid smoke
 3 tbsp. vegetable oil
 ¼ cup apple juice
 2 tbsp. apple cider vinegar
 2 tbsp. maple syrup



TUPPERWARE



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. In the quick shake, add all the marinade ingredients, shake well to mix.
3. Place cabbage steaks in the Season Serve container and pour marinade over cabbage, coat cabbage with marinade. Refrigerate for at least 30 minutes.
4. Remove cabbage from marinade, reserving marinade.
5. Place cabbage steak in the base of the MicroPro Grill, you may have to GRILL one at a time. Place cover in GRILL position. Microwave on high for 5 minutes, flip, recover and GRILL for 2-3 minutes.
6. Place cabbage on a plate and sprinkle with blue cheese and green onions.

21

Bacon & Blue Cheese Spinach Artichoke Dip

4 slices bacon
 1 cup sweet onion, coarsely chopped
 2 (14 oz.) cans artichoke hearts, drained and coarsely chopped
 1 (10 oz.) box frozen chopped spinach, thawed and well drained
 1 cup red bell pepper, chopped
 1 cup light mayonnaise dressing (do not use regular mayonnaise)
 8 oz. cream cheese, cut up
 4 oz. blue cheese, crumbled
 3 cloves garlic, minced
 ¼ tsp. dry mustard
Assorted crackers for dipping



TUPPERWARE



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. Place bacon, onion, spinach, red bell peppers and artichoke hearts in base of Power Chef System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
3. Remove the blade and stir in remaining ingredients with a spatula.
4. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes.

22

Bacon Bomb Dip & Garlic Butter Crostinis

1 (10") baguette, sliced into ¼" slices
 ¼ cup butter, softened
 1 Tbsp. olive oil
 3 garlic cloves, minced

½ cup mayonnaise or sour cream
 2 Tbsp. jalapenos, diced
 ¼ tsp. garlic powder
 ¼ tsp. onion powder
 ¼ tsp. black pepper
 ¼ tsp. salt
 4 oz. diced pimentos

8 slices bacon
 1 cup shredded mild cheddar cheese
 ½ cup shredded sharp white cheddar Cheese
 ½ cup shredded pepper jack cheese



TUPPERWARE



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble. Wipe Clean.
2. In a small bowl, stir together the butter, olive oil, and chopped garlic. Spread the butter mixture onto each slice of the bread. Place the slices in one layer in the base of the MicroPro Grill, place cover in the GRILL, microwave for 2-3 minutes or until golden brown.
3. In a medium bowl add remaining ingredients, stir to combine.
4. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes.

23

Bacon Cheddar Tater Tots

6 slices bacon
 3 cups tator tots, thawed
 1 cup shredded cheddar cheese (about 4 oz.)
 ½ small onion, diced
 ½ cup sour cream
 ¼ cup mayonnaise
 2 tablespoons Sriracha
 Chopped fresh chives, for topping



TUPPERWARE



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble. Wipe Clean.
2. Place tator tots in the base of the MicroPro Grill, place cover in the GRILL, microwave for 5 minutes, flip over, recover in GRILL position and microwave for 5 more minutes or until crispy.
3. Sprinkle crumbled bacon and cheddar cheese over tator tots, place cover in CASSEROLE position and microwave for one minute.
4. In a medium bowl add sour cream mayonnaise and Sriracha sauce, stir to combine, drizzle sour cream over tator tots.

24

Bacon & Smoked Gouda Dip

6-8 slices bacon, divided
8 oz. cream cheese, cut up
8 oz. smoked gouda cheese, shredded
½ cup sour cream
¼ cup parmesan cheese, shredded
1 clove garlic, minced
Fresh ground black pepper to taste
2 tbsp. white wine, optional
3 scallions, chopped, divided
Assorted crackers for dipping



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. In a medium bowl mix all ingredients, reserving 2 tbsp. bacon and 1 tbsp. scallions for garnish.
3. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes.
4. Sprinkle with bacon and scallions

25

Bacon Wrapped Asparagus

1 pound fresh asparagus, ends trimmed
5-6 slices bacon
¼ cup light brown sugar
2 Tbsp. butter, melted
1½ tsp. soy sauce
¼ tsp. garlic powder
freshly ground pepper



1. Divide asparagus into five or six bundles,* depending on the size of your asparagus, and carefully wrap a piece of bacon around each and secure with a toothpick if needed.
2. Place wrapped asparagus in base of MicroPro Grill Place cover on in GRILL position.
3. Microwave on high power 7 minutes or until bacon is crispy, flip asparagus.
4. Combine the remaining ingredients and pour on asparagus and cook for 5-7 more minutes in GRILL position.

*Can be wrapped individually also.

26

Bacon Wrapped Avocado Fries

3 avocados
12 thin strips of bacon
¼ cup ranch dressing



1. Slice avocados into equally sized wedges. Wrap each wedge in bacon, cutting the bacon if needed. Place the bacon-wrapped avocado wedges in base of MicroPro Grill Place cover on in GRILL position.
2. Microwave on high power 5 minutes or until bacon is crispy, flip, cover and cook for 3-5 more minutes in GRILL position.
3. Serve with ranch dressing.

27

Bacon Wrapped Chicken Tenders

1 lb. chicken tenders (aprox. 10 chicken tenders) or 2 Breast cut into strips
10 strips bacon
½ tsp. Italian seasoning
½ tsp. black pepper
½ tsp. salt
1 tsp. paprika
1 tsp. onion powder
1 tsp. garlic powder
⅓ cup light brown sugar, packed
1 Tbsp. chili powder



1. In a medium Thatsa bowl, mix together Italian seasoning, pepper, salt, paprika, onion powder, and garlic powder.
2. Add chicken tenders, Toss to coat.
3. Wrap a slice of bacon around each tender. Tuck in the ends.
4. Place Chicken Tenders in the base of the MicroPro Grill.
5. Mix brown sugar and chili powder together, and sprinkle generously over the bacon-wrapped chicken on all sides.
6. Place cover in the GRILL position and microwave on high for 6-8 minutes, flip over and grill for 3-5 more minutes or until chicken is no longer pink.

28

Bacon Wrapped Cream Cheese Pickles

12 mini dill pickles, cut in half, scoop out center
1 block cream cheese, softened
1½ cup shredded cheddar cheese
1 clove garlic, minced
12 slices bacon, halved



1. In a small Thatsa bowl, mix together cream cheese, cheddar cheese and garlic.
2. Spoon mixture unto pickles and wrap with a half slice of bacon.
3. Place in the base of the MicroPro Grill.
4. Place cover in the GRILL position and microwave on high for 6-8 minutes, flip over and grill for 3-5 more minutes.

29

Bacon Wrapped Jalapeno Poppers

4 oz. cream cheese, room temperature
1½ tbsp. green onions, sliced
3 tbsp., cheddar cheese, shredded
¼ tsp. Worcestershire sauce
Freshly ground pepper, to taste
Kosher salt, to taste
3 large jalapenos, deseeded, membranes removed, cut in half
3 slices bacon, cut in half



1. In a small thatsa bowl combine cream cheese, green onions, cheddar cheese, Worcestershire sauce, salt and pepper.
2. Fill jalapeno halves with cream cheese mixture, then wrap a piece of bacon around the pepper.
3. Place wrapped jalapenos in the base of the MicroPro Grill, place cover in the GRILL position.
4. Microwave on high power for 6 minutes or until bacon is crispy.

30

Bacon Wrapped Mushrooms

½ (4-oz.) pkg. button mushrooms
¼ lb. package peppered bacon, room temperature, cut in half
¼ cup barbecue sauce



1. Cut the stems off the mushrooms. Rinse briefly and dry them well with paper towels.
2. Wrap each mushroom with the bacon strip halves. Use 2 if the cap is not completely covered. The bacon will stick to the mushrooms so there is no need for toothpicks
3. Place wrapped mushrooms in base of MicroPro Grill Place cover on in GRILL position.
4. Microwave on high power 5-7 minutes or until bacon is crispy, flip cook for 2-3 more minutes.
5. Add BBQ sauce, mix to coat all pieces.

31

Bacon Wrapped Pork Medallions with Dijon Wine Sauce

1 lb. pork tenderloin
4 slices bacon, not thick
¼ cup chopped shallots (or red onion)
½ cup good white wine
¼ cup heavy cream
1 Tbsp. Dijon mustard
1 Tbsp. butter
2 Tbsp. chopped Italian parsley

Seasoning Mix:
1 tsp. garlic powder
½ tsp. dried oregano
¼ tsp. dried thyme
¼ tsp. dried rosemary



1. Prepare the tenderloin by removing all the silver skin and trimming the fat. Cut the tenderloin into 4 even medallions. Wrap each medallion with a slice of bacon and secure with toothpicks, don't overlap bacon.
2. Combine all seasoning ingredients and crush with a mortar and pestle until ground together, sprinkle the seasoning mix over the top of the wrapped medallions then flip and season the other side.
3. Place wrapped tenderloin in base of MicroPro Grill Place cover on in GRILL position.
4. Microwave on high power 5-7 minutes, flip cook for 2-3 more minutes or until pork is no longer pink. Remove pork from MicroPro Grill, place on a serving plate.
5. Add the remaining ingredients except the parsley to the base of the MicroPro Grill, place cover on CASSEROLE position and cook for about 3-5 minutes. Pour sauce over pork medallions.
6. Sprinkle with parsley.

32

Bacon Wrapped Smokies

- ¼ cup Butter
- 1 cup Brown Sugar
- ½ lb. bacon, cut into thirds
- ½ lb. Smokies



1. In the Micro Pitcher add butter and ½ cup brown sugar, microwave on high for 30 seconds to melt butter.
2. Wrap each smokie with the bacon strip piece. If bacon wont stay on use a half a toothpick to secure.
3. Place wrapped smokies in base of MicroPro Grill Place, sprinkle remaining brown sugar over top, place cover on in GRILL position.
4. Microwave on high power 5-7 minutes or until bacon is crispy, flip and cook for 2-3 more minutes or until it caramelizes.

33

Baked Pears with Walnuts & Honey

- 2 large ripe pears
- ¼ tsp. ground cinnamon
- 2 tsp. honey
- ¼ cup crushed walnuts



1. Cut the pears in half, using a measuring spoon or melon baller, scoop out the seeds.
2. Place pears in the base of MicroPro Grill, sprinkle with cinnamon, top with walnuts and drizzle ½ teaspoon honey over each one.
3. Place cover in CASSEROLE position and microwave on high for 10-12 minutes.

34

Baked Ravioli

- ¼ pound ground beef
- 4 oz. fresh mushrooms, sliced
- ¼ small onion, diced
- 2 cups spaghetti sauce
- 1 package (20 ounces) cheese ravioli, refrigerated
- 1 cup mozzarella cheese, shredded



1. Crumble hamburger, onion and mushrooms into the base of the MicroPro Grill. Place cover on GRILL position. Microwave on high 3 minutes. Remove from microwave, Stir. Place cover in the GRILL position. Microwave 3 minutes more or until meat is no longer pink. Remove meat mixture to a bowl.
2. Pour 1 cup sauce in the base of the MicroPro Grill, layer the ravioli, pour hamburger mixture over it. Pour remaining sauce over the meat, then top with mozzarella cheese.
3. Place cover in CASSEROLE position. Microwave on high for 8-10 minutes.
4. Uncover and place cover in GRILL position and microwave on high for 1-2 minutes

35

Baked Ziti

- 2 cups penne noodles
- 6 cups water
- 1 tsp. coarse kosher salt
- 2 Italian sausage links
- 2 cups marinara sauce
- 3 cups shredded mozzarella. divided



1. Place noodles in Microwave Pasta Maker with water and salt Microwave on high power 10 minutes or until noodles are al dente. Strain and set aside
2. Remove casings from sausage links and break apart meat in base of MicroPro Grill Place cover on sausage in GRILL position.
3. Microwave on high power 5 minutes or until sausage is no longer pink in the middle. Once fully cooked, break apart with a spatula.
4. In a medium bowl stir together sausage, cooked noodles, marinara sauce and 1 cup of shredded cheese.
5. Place noodle mixture into base of GRILL Top with remaining cheese and place cover in CASSEROLE position.
6. Microwave on high power 6-8 minutes or until cheese is bubbly and heated through.

36

Balsamic Herb Chicken

- ½ tsp. garlic powder
- ¼ tsp. course kosher salt
- ¼ tsp. ground black pepper
- 2 tbsp. all-purpose flour
- 12-oz. chicken breast, butterflied
- ¼ cup heavy cream
- ½ tsp. baking soda
- ¼ cup chicken stock
- 2 tbsp. balsamic vinegar
- 1 tbsp. cornstarch
- 1 tbsp. fresh sage
- 1 tbsp. thyme
- 1 tbsp. rosemary

1. Combine garlic powder, salt, pepper and flour on a plate.
2. Dredge butterflied breast in seasoned flour, shaking off excess.
3. Place the seasoned chicken breast into the base of MicroPro Grill.
4. Place cover on top of the chicken in GRILL position and microwave on high power for 5 minutes.
5. Stir together heavy cream and baking soda in small bowl and set aside.
6. In a Quick Shake container combine chicken stock, balsamic vinegar and cornstarch. Replace seal and shake to combine.
7. Remove GRILL from microwave and flip chicken over. Add balsamic mixture and heavy cream mixture to base of MicroPro Grill and stir to combine.
8. Replace cover in CASSEROLE position and microwave on high power an additional 5 minutes.
9. Place sage, thyme and rosemary in the Chop N Prep chef, finely chop.
10. Remove GRILL from the microwave and stir in chopped herbs. Serve warm



Bang Bang Shrimp Tacos

- 12 fresh medium, raw shrimp
- ¼ cup mayonnaise
- 1 Tbsp. Thai sweet chili sauce
- ½ Tbsp. sriracha sauce
- 1 tsp. rice vinegar
- Tortillas
- Suggested toppings
- ¼ cup cilantro, chopped
- ¼ red onion, chopped
- 1 avocado, diced
- 4-5 radishes, finely chopped
- 2 limes, cut into wedges
- Tomatoes, diced

1. In the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp, Place cover on shrimp in the GRILL position. Microwave on high power an additional 2 minutes.
2. Meanwhile, in a bowl, stir together mayonnaise, chili sauce, sriracha sauce and rice vinegar. Add shrimp and toss to coat.
3. Place shrimp into warm tortillas.
4. Top with desired ingredients.

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Beef CrunchWrap Supreme

- 1 lb. ground beef
- ¼ cup onion, diced
- 1 tsp. chili powder
- ½ tsp. ground paprika
- ¼ tsp. ground cumin
- kosher salt
- Freshly ground black pepper
- 8 large flour tortillas
- ¼ cup nacho cheese sauce
- 4 tostada shells
- 1 cup sour cream
- 2 cup Shredded lettuce
- 1 cup chopped tomatoes
- 1 cup shredded Cheddar
- 1 cup shredded monterey jack cheese
- Hot sauce, for serving

1. In the base of the MicroPro Grill add ground beef, onion, chili powder, paprika and cumin . Place cover in the GRILL position. Microwave on high power 5 minutes or until the beef is no longer pink, drain and pour into a bowl. Wipe MicroPro Grill Clean.
2. Take 4 tortillas, place a tostada shell in the center. Using a paring knife, trace around the edges of the shell to cut four smaller flour tortilla rounds. Set aside.
3. Place on large tortilla on a plate add ¼ of meat mixture in the center, top with ¼ of the nacho cheese sauce, then place tostada shells on top, spread sour cream over tostada, then top with ¼ of each lettuce, tomato, and cheeses. Place the smaller flour tortilla cutouts in the center of each crunchwrap then tightly fold the edges of the large tortilla towards the center, creating pleats. After wrapping, quickly invert crunchwraps so the pleats are on the bottom and they stay together.
4. Place one crunchwrap in the base of the MicroPro Grill, place cover in GRILL position, and microwave on high for 3-4 minutes, flip and grill for 2 more minutes. Repeat with remaining crunchwraps.

Beef Enchiladas

- 1 lb. ground beef
- ½ cup finely chopped onion
- 2 cups shredded cheddar cheese
- 1 (20 ounce) can enchilada sauce
- 6 flour tortillas

1. In the base of the MicroPro Grill add onions and crumble the ground beef.
2. Place cover in the GRILL position. Microwave on high power 3-5 minutes. Remove from microwave, check for doneness, if more time is required, microwave on high power an additional 1-2 minutes. Drain beef, pour into a bowl, add 1 cup sauce and 1 cup cheese, stir.
3. Put filling along center of each tortilla.
4. Roll up and place seam side down in the base of the MicroPro Grill.
5. Pour remaining sauce over tortillas and sprinkle remaining cheese.
6. Place Cover in CASSEROLE position and microwave on high for 4-6 minutes.

39

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Black Bean Burgers

- 1 (15-oz) can black beans
- 1 red bell pepper, cored and quartered
- 2 tbsp. cilantro
- ¼ cup breadcrumbs
- ¼ tsp. garlic powder
- 1 tsp. cumin
- 4 tsp. lime juice
- Salt and pepper to taste



1. Place black beans into base of Power Chef System fitted with blade attachment Pull cord until coarsely processed. Add 2- 3tsp. of water if necessary for pulling. Remove to small bowl and set aside.
2. Place red pepper and cilantro in base of Power Chef System fitted with blade attachment. Cover and pull cord until finely chopped. Add to black bean mixture.
3. Stir in remaining ingredients.
4. Divide into four equal patties.
5. Place two patties at a time in base of the MicroPro Grill and place the cover on top of patties in GRILL position.
6. Microwave on high power 8 minutes, then flip burgers and microwave on high power an additional 2 minutes.
7. Now that your GRILL is hot, additional patties will require less grill time. Microwave remaining patties on high power 6 minutes, then flip and microwave on high power an additional 2 minutes.
8. Top with desired toppings and serve.

41

Blueberry Crumble

- 4 cups frozen blueberries
- ¼ cup all-purpose flour
- ¼ cup granulated sugar
- 1 tbsp. lemon juice

- Crumble Topping*
- 1 stick unsalted butter, melted
- ¾ cup all-purpose flour
- ¾ cup brown sugar
- ¾ cup rolled oats
- 1 tsp. vanilla extract



1. In a medium bowl, stir together berries, flour, sugar and lemon juice. Pour into base of MicroPro Grill, set aside.
2. In a medium bowl, mix together crumble ingredients. Once combined, sprinkle over top of berries.
3. Place cover in CASSEROLE position and microwave on high power 15 minutes.
4. Let cool for 5 minutes to thicken slightly. Serve warm.

42

Blueberry Pie Bubble Dessert

- 1 (12-oz) can refrigerated Pillsbury Grands Jr biscuits (10 count)
- 1 (21-oz) can blueberry pie filling
- ¼ cup sugar
- Icing*
- ½ cup powdered sugar
- 1 Tbsp. milk



1. Cut biscuits into fourths.
2. In a medium Thatsa Bowl, mix biscuits, blueberry pie filling and sugar.
3. Pour mixture in to the base of the MicroPro Grill
4. Place cover on the MicroPro Grill in CASSEROLE position, microwave on high for 8 minutes, check to see if done, microwave for additional 2-3 minutes if not.
5. In a small bowl, mix powdered sugar and milk, when dessert has cooled off some drizzle icing over it.

43

Brown Sugar Glazed Pork Chops

- 2 center cut boneless pork chops, 4 oz. each (bone in can be used)
- ¼ cup brown sugar
- 2 tbsp. vegetable oil
- 1 tsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. cornstarch
- ¼ cup water
- pinch of salt and pepper



1. Season pork with salt and pepper to taste and arrange in center of MicroPro Grill.
2. Place cover in GRILL position and microwave at 70% power 8 minutes.
3. While pork is cooking, in a small saucepan, combine brown sugar, vegetable oil, soy sauce, honey, salt and pepper. Bring to boil. In a separate cup combine cornstarch and water. Whisk well and slowly pour in to saucepan mixture. This will thicken it up. Set aside.
4. Remove the MicroPro Grill from microwave using oven mitts and drain excess liquid by placing cover in CASSEROLE position and holding it tightly while pouring it from the side.
5. Pour sauce over pork chops and microwave with cover in CASSEROLE position on high power 4 minutes or until pork is no longer pink.

44



Bruschetta Grilled Chicken Zoodle Bowls

Recipe submitted by JaKell Farnsworth Meckley

Marinade

- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- ½ tsp. sea salt
- ½ tsp. black pepper
- 3 cloves garlic, minced
- 2 tbsp. fresh basil, chopped

- 2 cups tomato basil bruschetta:
- 3 Roma tomatoes, chopped
- ¼ cup red onion, chopped, optional
- 2 cloves garlic, minced
- 1 tbsp. fresh basil, chopped
- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 tbsp. parmesan cheese (grated)

- 2 chicken breasts
- 2 large zucchinis (spiralized into approx. 4 cups zoodles)

1. In a small bowl combine olive oil, balsamic vinegar, sea salt, black pepper, garlic and basil.
2. Slice chicken breasts and place in the Season Serve Container, pour marinade over chicken breast, refrigerate for 1-8 hours.
3. In a medium bowl combine all the bruschetta ingredients, refrigerate.
4. Add zucchini to the base of the MicroPro Grill, place cover in CASSEROLE position, microwave on high for 3-4 minutes, remove to a bowl, set aside.
5. Remove the chicken from the marinade and place in the base of the MicroPro Grill; place cover in the GRILL position. Microwave on high power 5 minutes.
6. Divide the zucchini noodles between two bowls. Once the chicken is grilled, place on top of zoodles, spoon the bruschetta over the chicken and zoodles.



45



Buffalo Chicken Cheese Steaks

- 1 lb. chicken breast, butterflied
- ¼ tsp. garlic powder
- ¼ tsp. coarse kosher salt
- ¼ tsp. ground black pepper
- ¼ cup buffalo hot sauce
- 4 (6") Hoagie rolls
- 4 slices provolone cheese, cut in half
- ¼ cup chunky blue cheese dressing
- ¼ cup thinly sliced celery

1. Place chicken breast in between plastic wrap and pound with a rolling pin until vey thin and even.
2. Season butterflied breast with salt and pepper.
3. Place the seasoned chicken breast into the base of MicroPro Grill.
4. Place cover on top of the chicken in GRILL position and microwave on high power for 5 minutes.
5. Remove GRILL from microwave and flip chicken over. Add hot sauce.
6. Replace cover in CASSEROLE position and microwave on high power an additional 3-5 minutes or until no longer pink.
7. Open the hoagie rolls lengthwise and place 2 halves of provolone cheese in the bottom of the roll. Fill the roll with buffalo simmered chicken tenders.
8. Spoon 2 tbsp. of blue cheese dressing over the buffalo chicken and sprinkle with thinly sliced celery.



46



Buffalo Dip Stuffed Chicken Breast

- 4 small chicken breast, butterflied
- ¼ tsp. garlic powder
- ¼ tsp. coarse kosher salt
- ¼ tsp. ground black pepper
- 1 cup buffalo dip
- ¼ cup panko bread crumbs or seasoned croutons, crushed
- ¼ tsp paprika

1. Place chicken breast in between plastic wrap and pound with a rolling pin until thin and even.
2. Season butterflied breast with garlic powder, salt and pepper.
3. Fill each breast with ¼ cup buffalo dip, fold chicken in half and place chicken into the base of MicroPro Grill, Sprinkle each chicken breast with a quarter of the pulverized croutons or panko bread crumbs, sprinkle smoked paprika on top.
4. Place cover in GRILL position and microwave on high for 5 minutes, flip chicken, recover in GRILL position and microwave on high for 5 more minutes, or until chicken is no longer pink.



47



Buffalo Shrimp Dip

- 12-14 oz raw shrimp, cleaned + peeled + thawed if frozen, diced
- ¼ cup onion, diced
- 2 jalapeños, deseeded and diced
- ½-1 tsp oil or melted butter for sautéing
- 1 cup fresh spinach, chopped
- 4 oz. cream cheese, softened
- ¼-½ cup beer
- 1 Tbsp. butter, melted
- 3 Tbsp. hot sauce, extra to taste
- 3 oz. pepper jack cheese, grated
- 2 oz. sharp cheddar cheese, grated

Optional, garnish with chopped spinach and red pepper flakes

1. Place onion, jalapeños and oil or butter into the base of MicroPro Grill.
2. Place cover on top of the chicken in GRILL position and microwave on high power for 3-5 minutes.
3. Remove GRILL from microwave and add shrimp.
4. Replace cover in GRILL position and microwave on high power an additional 2-3 minutes or until no longer pink.
5. Add remaining ingredients to the base of the MicroPro Grill, stir, place cover in CASSEROLE position and microwave on high for 3-5 minutes.
6. Stir and garnish if desired, and serve with tortilla chips.



48

Buffalo Wing Dip

- 1 stalk celery, finely chopped (½ cup)
 - 1 fresh jalapeno, seeded and minced
 - 8 oz. cream cheese, softened (or Neufchatel), cut up
 - ¼ cup buffalo wing sauce
 - 1½ tsp. blue cheese salad dressing
 - 1 cup chopped cooked chicken breast
- For dipping: 20 stalks celery, halved crosswise*



TUPPERWARE



1. In a medium bowl, combine all ingredients.
2. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power, 5-7 minutes.

49

Buffalo Chicken Quesadilla

- 2 cups shredded rotisserie chicken
- 4 oz. cream cheese, softened
- ½ cup ranch dressing, divided
- ¼ cup buffalo sauce, divided
- 2 tbsp. green onions, sliced
- ½ cup shredded gouda, shredded
- ½ cup Monterey Jack cheese, shredded
- kosher salt Freshly ground pepper
- 4 medium flour corn tortillas
- vegetable oil



TUPPERWARE



1. In a medium bowl, combine chicken, cream cheese, ¼ cup ranch, ¼ cup buffalo sauce and 1 tbsp. of green onions. Stir until well combined. Season to taste with salt and pepper.
2. Brush one side of tortilla with oil, place oil side down in the base of the MicroPro Grill. Spread the buffalo chicken mixture onto a tortilla. Top with both cheeses and cover with a second tortillas. Top with 2nd tortilla, oil side up.
3. Place cover in the GRILL position. Microwave on high power, 3-4 minutes. Flip over, GRILL for 1-2 minutes. Repeat with 2nd quesadilla.
4. Drizzle with more ranch dressing and buffalo sauce. Garnish with more scallions.

50

Cajun Chicken Wings

Rub

- 1 tbsp. baking powder
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. dried thyme
- ¼ tsp. dried oregano
- ¼ tsp. cumin
- ¼ tsp. kosher salt
- ¼ tsp. fresh ground black pepper
- ¼ tsp. cayenne pepper

2 lbs. chicken wings

Sauce

- ¼ cup butter
- ¼ cup Louisiana-style hot sauce
- 1 tbsp. Worcestershire sauce



TUPPERWARE



1. Rinse chicken wings and pat dry. Remove tip and discard; separate each wing at the joint into 2 pieces.
2. Place wings in a shallow dish.
3. In a small bowl, combine Rub ingredients, Sprinkle over chicken wings.
4. Place ½ of the chicken wings in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 6-8 minutes. Flip, halfway through. Cook until no longer pink.
5. Repeat with 2nd batch of wings.
6. Whisk together sauce ingredients in a medium bowl, add chicken wings toss to coat.

51

Cajun Stuffed Chicken with Pepper Jack Cheese and Spinach

- 2 boneless, skinless chicken breasts
- 4 oz. pepper jack cheese, shredded
- ½ cup frozen spinach, thawed and drained (or fresh cooked spinach)
- 1 tbsp. olive oil
- 1 tbsp. Cajun seasoning
- 1 tbsp. Italian breadcrumbs
- Sea salt, to taste
- Freshly ground black pepper, to taste



TUPPERWARE



1. Butterfly the chicken breast and flatten the chicken to ¼" thickness. Season the chicken with salt and pepper.
2. In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper.
3. Combine the Cajun seasoning and breadcrumbs together in a small bowl.
4. Spoon about ¼ cup of the spinach mixture onto each chicken breast. Fold over chicken breast and secure with toothpick if needed.
5. Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all. Make sure you get underneath, too.
6. Place chicken breasts into base of the MicroPro Grill. Place cover on top of chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip chicken, sprinkle any remaining spinach and cheese on top of chicken. place cover on chicken and microwave an additional 5 minutes or until no longer pink.

52

Campfire Loaded Potatoes

- 4 slices bacon
- 4 medium potatoes, peeled and cut into small chunks
- 1 medium onion, diced
- 6 tbsp. butter, melted
- 2 tbsp. minced fresh parsley
- 1 tbsp. Worcestershire sauce
- Salt and pepper to taste
- ½ cup chicken broth
- ½ cup cheddar cheese, shredded
- 2 tbsp. green onion, sliced
- ¼ cup sour cream, optional



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. Place potatoes and onions in the base of the MicroPro Grill.
3. Mix butter, parsley, Worcestershire sauce, chicken broth, salt and pepper in a small bowl, pour over potatoes and onions.
4. Place cover in CASSEROLE position. Microwave on high for 8 minutes, stir, recover and cook for 4-6 more minutes or until potatoes are soft.
5. Remove cover, sprinkle with bacon, cheese and green onion. Place cover in GRILL position and microwave on high for 2 minutes to melt cheese.
6. Top with sour cream if desired.

53

Caprese Chicken

- 4 boneless, skinless chicken breast halves
- ¼ cup balsamic vinaigrette salad dressing
- 2 garlic cloves, minced
- 2 plum tomatoes, sliced
- 4 oz. balls fresh mozzarella, sliced
- 3 Tbsp. snipped fresh basil leaves
- Salt and coarsely ground black pepper to taste



1. Flatten chicken to an even thickness.
2. Mix together the balsamic vinegar and garlic pour over chicken to marinade. Marinate in refrigerator 30 minutes.
3. Remove chicken from marinade and place in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 8-10 minutes or until thermometer registers 170°F in thickest part of breast and juices run clear. Flip Chicken at 5 minutes.
4. About 2 minutes before chicken is done, arrange tomatoes and cheese over chicken.
5. Remove chicken from grill to serving platter; sprinkle with basil.

54

Caprese Stuffed Mushroom

Garlic Butter

- 2 tbsp. butter
- 2 cloves garlic, crushed
- 1 tbsp. freshly chopped parsley

Mushrooms

- 3-4 large Portobello Mushrooms, stem removed, washed and dried with a paper towel
- 3 fresh mozzarella cheese balls, sliced thinly
- ¼ cup grape or cherry tomatoes, sliced thinly
- fresh basil, shredded to garnish

Balsamic Glaze

- ¼ cup balsamic vinegar
- 2 tsp. brown sugar



1. In the Micro Pitcher microwave garlic, butter and parsley for 30 seconds, to melt.
2. Brush the bottoms of each mushroom and place them, buttered side down in the base of the MicroPro Grill and brush any remaining garlic over the insides of each cap.
3. Fill each mushroom with the mozzarella slices and tomatoes.
4. Place cover in the GRILL position. Microwave on high power, 4-5 minutes. Check to see if done, GRILL for 1- 2 minutes, if needed or until cheese has melted and golden in color.
5. Combine sugar and vinegar in a small saucepan over high heat and bring to the boil. Reduce heat to low; allow to simmer for 5-8 minutes or until mixture has thickened and reduced to a glaze.
6. Drizzle mushrooms with balsamic glaze. Garnish with chopped basil.

55

Caribbean Rum Glazed Sweet & Spicy Chicken Legs

Marinade

- ¼ Cup Captain Morgan Spiced Rum
- 3 tbsp. agave nectar
- 1 tbsp. corn oil
- 2 tbsp. cider vinegar
- 2 tbsp. soy sauce
- 1 orange, juiced
- 1 lime, juiced
- 2 tbsp. Brown Sugar
- 2 tsp. garlic
- 2 tsp. ginger

- 1 tsp. lemongrass
- 1 habañero chile, chopped fine, seeded if you don't want heat
- 1 tsp. thyme
- ¼ tsp. fennel
- Dash of salt & pepper

- 3 lbs. chicken legs
- 2 green onions, chopped, garnish



1. Add all the marinade ingredients into the base of the Power Chef System with the blade attachment, pull cord until Puréed.
2. Place chicken legs in the Season Serve container and pour marinade over chicken, refrigerate for 6 hours turning occasionally.
3. Remove chicken from the marinade and pat dry.
4. Place chicken wings in the base of the MicroPro Grill and Place cover in the CASSEROLE position. Microwave on high power, 5 minutes, flip chicken legs over.
5. Turn Cover to GRILL position and microwave on high for 5 minutes, flip chicken legs over and GRILL for 5 more minutes.
6. Sprinkle with green onions.

56

Carne Asada

- ¼ cup olive oil
- ¼ cup malt vinegar
- ⅓ cup lime juice
- ½ cup orange juice
- ½ cup water
- 3 cloves fresh garlic, minced
- ½ tsp. ground white pepper
- 1 tsp. salt
- 1 tsp, ground cumin
- 1 tsp, chili powder
- 1 tsp. Mexican oregano
- 1 Tbsp. jalapeno, chopped
- ¼ cup cilantro, chopped
- 2-2½ pounds skirt steak

1. Place flank steak in the season serve container.
2. Mix all the marinade ingredients together in and a Thatsa bowl, and pour over steak, marinade for at least 3 hours, preferably overnight.
3. Remove steak from marinade, pat dry with paper towel.
4. Place steak into the base of the MicroPro Grill. (You may have to do two batches depending on the steak size,) Place cover on top of bacon in the GRILL position. Microwave on high 6-8 minutes. Remove from microwave* flip steak. Place cover in the GRILL position. Microwave 3 minutes more.
5. Remove steak, let rest for 10 minutes, then slice.
6. Place meat and favorite toppings (salsa, cheese, guacamole, avocado slices, tomatoes, shredded cabbage, grilled sweet peppers, etc.) in a tortilla to make into tacos or burritos. You can also serve meat over rice or a carne asada bowl.

57

Castle Burgers (Copy Cat)

Recipe submitted by: Jennifer Wagner Bair & Thriftymoms.com

- 1 lb. hamburger, 80/20 is best
- ¾ cup onion, finely chopped
- 1 tsp. salt
- 1 tsp. black pepper
- 2 eggs
- ¼ cup plain bread crumbs
- 1 package Dinner Rolls
- American cheese
- Sliced pickles, optional

1. In a bowl, mix together hamburger, onion, salt, pepper, eggs and bread crumbs. Form a square patty shape a bit smaller than the GRILL, (use cover for a sizing guide) poke holes in meat, (use a drinking straw).
2. Place diced onions in the base of the MicroPro Grill.
3. Place patty over the onions in the MicroPro Grill.
4. Place cover in the GRILL position. Microwave on high power, 5-6 minutes. Check to see if done.
5. Add cheese, place cover in CASSEROLE position and microwave on high for 1-2 minutes, until cheese has melted.
6. Use a non stick spatula to remove burger and place on bottom layer of dinner rolls. Place pickles on if desired.
7. Place dinner rolls tops on and cut.

58

Cherry Pie

Recipe submitted by: Joan Maimonis

- 1 (21 oz.) can of cherry pie filling
- 2 refrigerated pie crusts

1. Place one pie crust in the base of the MicroPro Grill, pour cherry pie filling on top of pie crust, put top crust on.
2. Cut vent slits in top crust, and flute edges.
3. Place cover in the CASSEROLE position and microwave on high for 15 minutes.
4. Allow to cool for 10 minutes.

59

Cheesy Apple Panini

- 2 slices hearty sandwich bread
- 1 tbsp. unsalted butter
- 3 slices provolone cheese
- ¼ granny smith apple, sliced

1. Butter one side of each piece of sandwich bread.
2. Place one slice, butter side down, in MicroPro Grill base. Lay cheese slices onto bread.
3. Lay apple slices over cheese and bread. Top with remaining slice of bread, butter side up.
4. Rest MicroPro Grill cover on top of bread in grill position and microwave on high power 3 minutes.
5. Remove from microwave, flip Panini, replace cover and microwave on high power 1 minute more.
6. Serve warm.

60

Cheesy BBQ Sloppy Joes

- 1½ pounds lean ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 cup ketchup
- ½ cup bottled barbecue sauce
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. chopped pickled jalapeño peppers (optional)
- 1 (11.25-oz.) package frozen garlic Texas toast
- ½ cup (2 oz.) shredded sharp Cheddar cheese



1. Place Texas toast in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 2-3 minutes, flip over, recover and microwave for 1-2 minutes, Set aside.
2. Place ground beef in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 5 minutes, stir, recover and microwave for 2-3 minutes or until beef crumbles and is no longer pink; drain well.
3. Stir in tomatoes, ketchup, BBQ sauce and Worcestershire sauce, and, if desired, jalapeño peppers.
4. Place Cover in CASSEROLE position and microwave on high for 2-4 minutes.
5. Serve beef mixture over Texas toast; sprinkle with cheese.

61

Cheesy Eggs in a Basket

- 2 slices of sandwich bread
- 1 Tbsp. butter
- 2 large eggs at room temperature
- 4 (¼-inch) slices of white Cheddar or Swiss
- Salt and pepper to taste



1. Lightly butter both sides of each piece of sandwich bread.
2. Place both slices in MicroPro Grill base, place cover in GRILL and microwave on high for 2-3 minutes to toast.
3. Remove from MicroPro Grill and cut a circle in the middle of toast using a biscuit cutter, place bread squares back in the MicroPro Grill. Set toast circles aside.
4. Crack and egg in each toast circle, season with salt and pepper, place cheese on top of the toast but not in the hole. Place cover in CASSEROLE position for 3-5 minutes depending on your desired doneness.

62

Cherry Crumble

Recipe submitted by Cindy Wei

- 1 (21 oz.) can cherry pie filling
- 1 (9 oz.) box Jiffy yellow cake mix*
- 1 stick butter, melted



1. Pour pie filling into the base of the MicroPro Grill.
2. Sprinkle cake mix over the pie filling.
3. Pour butter over the cake mix.
4. Place cover in CASSEROLE position and microwave on **80% power for 15 minutes. Let cool for 5 minutes to thicken slightly. Serve warm.

*You can use any yellow cake mix. The normal size cake mixes are 25 oz. I would use about half. **1200 watt microwave used

63

Chicken Alfredo Roll-Ups

Recipe submitted by Mike McCurdy

- 3 tbsp. butter
- 3 tbsp. flour
- 2½ cups milk, 2% or whole
- Juice of 1 lemon
- 2 tsp. chopped parsley
- 2 garlic cloves, minced
- 2 tbsp. cream cheese, softened
- 2 cups shredded rotisserie chicken
- ¼ cup finely grated Parmesan
- 8 cooked lasagna noodles
- kosher salt
- Freshly ground black pepper



1. In a saucepan, melt butter over medium heat. Add garlic and stir for about 30 seconds. Whisk in the flour and cook until the mixture is bubbling and golden, 1 minute more. Gradually whisk in milk. Bring mixture to a simmer, stir in cream cheese and Parmesan. Let simmer until the sauce thickens, about 2 minutes. Add lemon juice and about 1 tsp. of parsley. Season to taste with salt and pepper. Then stir in shredded chicken.
2. Spoon a thin layer of sauce onto the base of the MicroPro Grill.
3. Lay cooked noodles in a single layer on a cutting board or baking sheet. Spread chicken Alfredo mixture on each noodle, then roll up the lasagna noodle. Lay the roll-ups in the MicroPro Grill seam side-down. Spoon more sauce on top of the roll-ups.
4. Place cover in CASSEROLE position and microwave on high power for 5 minutes. Let cool for 5 minutes to thicken slightly.
5. Garnish with more parsley and serve warm.

Chicken Caesar Salad Boats

2 chicken breast, boneless skinless salt and pepper
 12 Mini Taco Boats Cooking spray or aerosol olive oil
 ¼ cup Caesar salad dressing
 1½ cups romaine lettuce, thinly sliced
 ¼ cup cilantro leaves, chopped
 ¼ cup queso fresco cheese, crumbled
 freshly ground black pepper

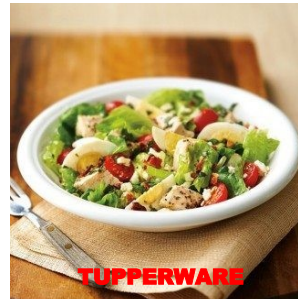


1. Season chicken breast with salt and pepper and place in the base of the MicroPro Grill.
2. Place cover in GRILL position and microwave at 70% power 7 minutes or until chicken is no longer pink in center. Remove chicken to a cutting board to rest for 5 minutes and wipe Grill clean.
3. Cut chicken into cubes.
4. Lightly brush Mini Taco Boats with olive oil.
5. Place the taco boats in the base of the MicroPro Grill.
6. Place cover on the MicroPro Grill in GRILL position, microwave on high for 2-3 minutes, to make crispy.
7. Meanwhile, toss the cooked chicken meat with the Caesar salad dressing.
8. Place ¼ cup sliced romaine lettuce into each boat. Scoop ¼ cup dressed chicken into each taco boat.
9. Divide the chopped cilantro and queso fresco amongst the tortillas, then sprinkle freshly ground black pepper onto the top of each boat.

65

Chicken Cobb Salad

3-4 slices bacon
 4 oz. chicken breast
 1 hard-boiled egg
 1 cup romaine lettuce, chopped
 ½ cup cherry tomatoes, halved
 ¼ cup feta cheese
 2 tbsp. Basil Vinaigrette or preferred dressing



1. Place bacon slices in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, flip bacon, recover and microwave for 2-3 more minutes, remove from Grill, crumble when cool. Set aside.
2. Season chicken breast with salt and pepper and place in the base of the MicroPro Grill.
3. Place cover in GRILL position and microwave on high power 5-7 minutes or until chicken is no longer pink in center. Remove chicken to a cutting board to rest for 5 minutes.
4. Cut chicken into cubes.
5. Layer lettuce in a bowl, top with cherry tomatoes, bacon, feta cheese, chicken and hard boiled egg.
4. Add dressing or vinaigrette.

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Chicken Fajitas

1 lb. chicken breast, cut into strips
 1 tbsp. olive oil
 2 tbsp. fajita mix or taco seasoning, divided
 1 red bell pepper, strips
 1 green bell pepper, strips
 ½ jalapeno, deseeded and sliced (optional)
 1 large onion, sliced
 salsa
 sour cream
 tortillas



1. Place peppers and onions in a small bowl, season with ½ tsp. fajita seasoning, stir to mix.
2. Place vegetables in the base of the MicroPro Grill, place cover in the GRILL position and microwave on high for 3-5 minutes, remove vegetables to a plate, set aside.
3. Season chicken strips with 1½ tsp. fajita seasonings, place in the base of the MicroPro Grill, place cover in the GRILL position and microwave on high for 5 minutes or until no longer pink.
4. Add vegetables replace cover to warm vegetables.
5. Serve on tortillas, with desired toppings.

67

Chicken Gyros Boats

2 chicken breasts, skinless boneless
 ¼ cup extra-virgin olive oil
 5 cloves garlic, finely chopped
 1 tsp. dried oregano
 ½ tsp. ground cumin
 ¼ tsp. salt
 ¼ tsp. black pepper
 1 pkg. Mini Taco Boats

Tzatziki Sauce

½ medium cucumber, peeled, seeded & shredded, excess liquid squeezed out
 ¼ cup Greek plain yogurt
 1 Tbsp. chopped fresh parsley
 1 tsp. fresh lemon juice
 1 clove garlic, finely chopped
 ¼ tsp. salt
 ¼ tsp. black pepper
 Cucumber salsa
 ½ cucumber, peeled and diced
 1 cup grape tomatoes, quartered
 1 small red onion, halved & thinly sliced
 1 Tbsp. chopped fresh parsley
 1 tsp. lemon juice



1. In a medium bowl mix together olive oil, garlic, oregano, cumin, salt and pepper, add chicken breast and toss to coat, remove chicken and place in the base of the MicroPro Grill.
2. Place cover in GRILL position and microwave at 70% power 7 minutes or until chicken is no longer pink in center. Remove chicken to a cutting board to rest for 5 minutes and wipe Grill clean.
3. Cut chicken into cubes or shred.
4. Lightly spritz Mini Taco Boats with cooking spray or olive oil.
5. Place the taco boats in the base of the MicroPro Grill.
6. Place cover on the MicroPro Grill in GRILL position, microwave on high for 2-3 minutes, to make crispy.
7. Meanwhile, In small bowl, mix all Tzatziki Sauce ingredients.
8. In another medium bowl, toss Cucumber Salsa ingredients.
9. Spoon chicken filling evenly in warmed boats.
10. Top with cucumber salsa and tzatziki sauce.

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Chicken Jalapeno Burgers

- 1 ½ lbs. ground chicken
- ½ cup minced yellow onion
- ⅓ cup minced fresh cilantro
- ⅓ cup shredded Cheddar cheese
- 2 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- ½ lime, juiced
- 1 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. Kosher salt
- ½ tsp. ground black pepper
- 4 hamburger buns, split and toasted
- ¼ cup guacamole
- 1-2 tomatoes, sliced
- Lettuce
- 1 red onion, finely sliced
- Mexican hot sauce

1. Mix ground chicken, ½ cup cilantro, Cheddar cheese, garlic, jalapeno pepper, lime juice, cumin, paprika, salt, and pepper together in a bowl; shape into 4 patties.
2. Place the patties into the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 3-4 minutes. Remove from microwave, drain any liquid. Flip burgers, microwave on high power an additional 2 minutes or until desired temperature.
3. Serve patties in burger buns with sliced tomato, guacamole, lettuce, red onion and Mexican hot sauce.



Chicken Parmesan

Recipe submitted by Cassandra Reed

- 2 skinless and boneless chicken breasts
- Garlic powder
- freshly ground black pepper
- 1 cup pasta/marinara sauce
- ½ cup low fat mozzarella cheese, shredded
- Fresh basil, chopped
- Salt, to taste

1. Season chicken with garlic and pepper.
2. Place chicken breast into the base of the MicroPro Grill. Place cover on top chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip over, replace cover in GRILL position and cook for 4 minutes or until no longer pink.
3. Pour pasta sauce over chicken and sprinkle with shredded cheese, place cover in CASSEROLE position and microwave on high for 2 minutes.
4. Sprinkle basil and salt over chicken and serve.

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Chicken Piccata

- 1 skinless and boneless chicken breasts, butterflied and cut in half
- Kosher salt
- freshly ground black pepper
- 1 cup all purpose flour
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter, melted
- ¼ cup fresh lemon juice
- ¼ cup chicken stock
- 2 tbsp. brined capers, rinsed
- ¼ cup fresh parsley, chopped

1. Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.
2. Mix olive oil and melted butter, pour in the MicroPro Grill.
3. Place chicken breast into the base of the MicroPro Grill. Place cover on top chicken in the GRILL position. Microwave on high 4 minutes. Remove from microwave, flip over.
4. Combine, lemon juice, chicken stock and capers, pour over chicken.
5. Place cover on top of chicken in the GRILL position. Microwave 3-5 minutes more or until chicken is no longer pink.
6. Sprinkle parsley over chicken and serve.

Chicken Pot Pie

- 1 box refrigerated pie crust, softened as directed on box
- 1½ cups or 1½ lbs. cooked chicken, diced or shredded (or canned chicken meat)
- 1½ cups frozen mixed vegetables
- ¼ cup onion, diced
- 1 can cream of chicken soup
- ¼ cup milk
- ¼ tsp. poultry seasoning
- Salt and pepper to taste

1. Remove 1 crust from pouch; unfold crust. Place crust in bottom and up sides of the base of the MicroPro Grill.
2. In a medium bowl mix chicken, frozen vegetables, onions, soup, milk, poultry seasoning and salt and pepper.
3. Pour mixture into crust-lined MicroPro Grill.
4. Remove second crust from pouch; unfold crust. Place over chicken mixture, lightly pinch crust seams together and make sure they are on the inside of the grill, slice a few small slits in the top crust.
5. Place cover in CASSEROLE position and microwave on high for 12-15 minutes. Let rest 5-10 minutes.

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Chicken Quesadilla

- 1 chorizo sausage, sliced in 10 pieces
- 1 sweet bell pepper, deseeded and sliced
- 1 chicken breast, sliced
- 1 cup shredded cheese
- ¼ tsp. coarse kosher salt
- 4 (6") tortillas
- ¼ tsp. black pepper



TUPPERWARE



1. Season chicken breast with salt and pepper and arrange in center of MicroPro Grill base along with chorizo and sweet bell pepper.
2. Place cover in GRILL position and microwave at 70% power 7 minutes* or until chicken is no longer pink in center. At the end of cooking time, remove the MicroPro Grill from microwave using oven mitts and drain excess liquid by placing cover in CASSEROLE position and holding it tightly while pouring it from the side.
3. Fill each tortilla with chicken and cheese. Fold tortillas in half and place two at a time in MicroPro GRILL base. Microwave with cover in CASSEROLE position on high power 4 minutes or until cheese is melted and tortilla has browned on top.

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Chicken Satay with Peanut Sauce

Marinade

- 4 tbsp. coconut milk
- 1½ tbsp. creamy peanut butter
- 1¼ tbsp. light brown sugar
- 1¼ tbsp. Thai red curry paste
- 1 tbsp. sweet soy sauce
- 1 tbsp. fish sauce or soy sauce
- Pinch of salt
- 4 skinless chicken thighs
- 2 tsp. Peanut oil for frying

Peanut Sauce

- 1½ cup coconut milk
- ¼ cup creamy peanut butter
- 1 tbsp. fish sauce or soy sauce
- 1 tbsp. sweet soy sauce
- 1 tbsp. packed brown sugar
- 1 tbsp. Thai red curry paste
- ½ tbsp. Tamarind puree
- Pinch of salt
- 1 tsp. minced garlic Garnish
- 1-2 tbsp. lime juice, fresh
- Cilantro leaves to garnish
- Lime wedges to garnish
- Red chilies, sliced to garnish



TUPPERWARE



1. Place chicken in a the Season Serve container, mix all marinade ingredients and pour over chicken. Marinade for at least 15 minutes.
2. Remove chicken from marinade and place in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 5-7 minutes.
3. Add peanut sauce, place cover in CASSEROLE position, microwave on high for 12-14 minutes or until chicken is no longer pink.
4. Garnish with fresh cilantro leaves, lime juice and red chilies.

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Chicken & Stuffing

- 2 chicken breast, butterflied
- 1 (1.06 oz.) packet favorite chicken marinade, follow instructions on packet*
- 1 (6 oz.) box of StoveTop chicken stuffing
- 1½ cup Hot water
- 4 Tbsp. butter, melted



TUPPERWARE



1. Place chicken in a the Season Serve container, mix all marinade ingredients and pour over chicken. Marinade for at least 30 minutes.
2. In a medium bowl combine hot water, butter and stuffing mix, pour into the base of the MicroPro Grill.
3. Remove chicken from marinade and place on top of the stuffing. Place cover in the GRILL position. Microwave on high power 10-12 minutes.

* I used (Grill Mates) Baja Citrus, you need oil, vinegar and water for marinade

75

Chicken Teriyaki

- ¼ cup soy sauce
- ¼ cup apple cider vinegar
- ¼ cup honey
- ¼ cup brown sugar
- 2 cloves garlic, minced
- 2 tbsp. cornstarch + ¼ cup water
- 1 pound boneless skinless chicken breasts, cut into chunks
- 1 cup broccoli florets
- Cooked rice or quinoa, for serving
- sesame seeds, for garnish
- sliced green onions, for garnish



TUPPERWARE



1. In a Quick Shake container, add, soy sauce, apple cider vinegar, brown sugar, and garlic, cornstarch and water, shake to combine.
2. Season chicken breast with salt and pepper and place in a Season Serve container, pour ¾ of the sauce over and marinade for at least one hour.
3. Remove chicken from marinade and arrange in the base of MicroPro Grill. Place cover in GRILL position and microwave at high power for 8 minutes.
4. Uncover GRILL and pour remaining sauce over chicken, add place broccoli florets in the MicroPro Grill, recover with the Cover in GRILL position and microwave on high for 3-5 minutes or until chicken is no longer pink in center.
5. Sprinkle with sesame seeds and green onions.
6. Serve over rice

76

Chili, Lime & Garlic Prawns

1½ lbs./750g prawns, peeled (deveined with tails on) *To Serve*
2-3 cloves garlic
Coconut rice
1 red chili, roughly chopped (optional)
Fresh salad
1cm piece fresh ginger (optional)
Lime wedges
1 tbs chili paste
Fresh coriander
1 tsp chili flakes
Salt and pepper
¼ cup (60ml) olive oil
1 lime, zest and juice



TUPPERWARE



1. Place the triple blade attachment in the Power Chef System, add garlic, fresh chili and ginger; lock cover into position and pull the cord several times until contents are finely chopped.
2. Remove cover and add chili paste, flakes and season with salt and pepper; lock cover into position and pull the cord several times until contents are combined. Empty ingredients into Quick Shake with olive oil, lime juice and zest. Cover and shake to combine.
3. Place prawns into Season Serve and place over marinade. Place on cover and shake to coat. Set aside in fridge to marinate for 30 minutes. Remove and pat dry.
4. In the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp, Place cover on shrimp in the GRILL position. Microwave on high power an additional 2 minutes.
5. Serve with coconut rice, fresh salad, lime wedges and coriander.

77

Chile Rellenos Casserole

¼ lb. ground beef (or ground turkey, chicken, sausage)
¼ onion, chopped
1 (10 oz.) can whole green chiles, divided (or 2 roasted fresh green chiles)
1 cups cheddar cheese
½ cup monterey jack cheese
2 eggs
¾ cups milk
¼ cup flour
1 tsp. cumin
½ tsp. salt
½ tsp. pepper



TUPPERWARE



1. Crumbled ground beef and chopped onion in the base of the MicroPro Grill, place cover on GRILL position and microwave on high for 5-6 minutes, stir and microwave for 2-3 more minutes if needed. Pour into bowl, set aside. Wipe MicroPro Grill clean.
2. Line the base of the MicroPro Grill with the ¾ of the whole chili peppers.
3. Chop the remaining ¼ chili peppers, set aside.
4. Cover whole peppers in the MicroPro GRILL with ground meat mixture, then a layer of cheese, then a layer of diced chili peppers.
5. Whisk together eggs and milk, then add flour and mix well.
6. Pour mixture into the base of the MicroPro Grill over chopped chilis, place cover in the CASSEROLE position.
7. Microwave on high power 15 minutes.

78

Chili Cheese Dip

1 (8 oz.) block cream cheese, slightly softened
¼ cup salsa
1 (16 oz.) can chili with or without beans
1½ cups shredded Colby Jack or Cheddar cheese
2 green onions, chopped
1 tomato, chopped
tortilla chips for serving



TUPPERWARE



1. In the base of the MicroPro Grill, spread cream cheese to cover bottom, spread salsa over cream cheese.
2. Pour chili over salsa, then sprinkle shredded cheese over beans.
3. Place cover in CASSEROLE position and microwave on high for 5-6 minutes.
4. Remove from microwave and green onions and tomatoes, serve with tortilla chips.

79

Chili Queso Dip

1 can (15 oz.) Chili, No Beans
1 can (10 oz.) Diced Tomatoes & Green chiles, drained
1 pkg. (16 oz.) Velveeta, cut into cubes



TUPPERWARE



1. In a medium Thatsa bowl, combine all ingredients.
2. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes.

80

Chili Brown Sugar Chicken Wings

- 1 cup low sodium soy sauce
- 1 tbsp. fresh ginger grated
- 2 tbsp. chopped fresh cilantro leaves
- 2 cloves garlic, minced
- ½ lemon, juiced
- Kosher salt and freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter
- ½ cup honey
- Sesame seeds, for garnish



TUPPERWARE



1. Rinse chicken wings and pat dry. Remove tip and discard; separate each wing at the joint into 2 pieces.
2. Place wings in a shallow dish and pour over the soy sauce, ginger, cilantro, garlic, and lemon juice. Toss well to coat; marinate, refrigerated, for 2 hours.
3. Remove wings from marinade and pat dry; season with salt and pepper.
4. Melt butter and add honey; pour over chicken wings, toss to coat.
5. Place chicken wings in the base of the MicroPro GRILL. Place cover in the GRILL position. Microwave on high power 6-8 minutes. Flip, halfway through. Cook until no longer pink.

81

Chili Honey Glazed Salmon

- 4tsp. Dijon mustard
- 3tsp. ancho chile powder
- 2 tsp. southwest chipotle seasoning
- 6 tbsp. duck sauce
- 4 tbsp. honey
- 2 (8 oz.) cut center salmon fillets
- ½ tsp. salt
- ¼ tsp. pepper



TUPPERWARE



1. In Quick Shake container, combine Dijon mustard, ancho chili powder, Southwest Chipotle seasoning, duck sauce and honey.
2. Seal and shake until glaze is combined.
3. Season salmon with salt and pepper.
4. Place salmon filets skin side down in base of MicroPro Grill,
5. Reserve 1 tbsp. glaze and pour the remaining over salmon. Make sure to completely cover the filets with glaze.
6. Place cover on top of filet in GRILL position and microwave on high power 5 minutes
7. Garnish salmon filets with remaining glaze and serve.

82

Chocolate Cherry Heaven

Recipe submitted by Chef Mike McCurdy

- 1 (16 oz.) Pkg. Pitted Dark Sweet Cherries, frozen
- 1 (18 oz. box Ghirardelli brownie mix
- ¼ cup water
- 1 egg
- ¼ cup vegetable oil
- 1 tsp. almond extract
- ½ cup bittersweet chocolate chips



TUPPERWARE



1. Place cherries in the base of the MicroPro Grill.
2. In a medium Thatsa Bowl, mix brownie mix, water, egg, oil, extract and chocolate chips, pour over cherries.
3. Place cover in the CASSEROLE position. Microwave on high power 18-20 minutes.
4. Remove from microwave, remove cover and let cool for 15 minutes.

83

Chocolate Chip Cookie Bars

- 2 cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ cup butter
- ¾ cup sugar
- ¾ cup brown sugar
- 1 egg, large
- 1 tsp. vanilla extract
- 1½ cups chocolate chips



TUPPERWARE



1. Combine flour, baking soda and salt in small bowl.
2. In a medium Thatsa bowl beat butter, granulated sugar, brown sugar and vanilla extract. Add egg, beat until well mixed.
3. Gradually beat in flour mixture. Stir in chocolate chips.
4. Press dough in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power 10-12 minutes.

84



Chocolate Covered Strawberry Brownies

- 1 (8 oz.) Pkg. strawberries, frozen sliced
- ¼ cup sugar
- 1 (18.2 oz.) box dark chocolate fudge brownies
- ½ cup water
- 3 egg
- ¼ cup vegetable oil
- 3 Tbsp. chocolate syrup



1. In the base of the Power Chef System fitted with blade attachment add strawberries and sugar. Cover and pull cord until mixture is diced.
2. Place strawberries in the base of the MicroPro Grill.
3. In a medium Thatsa Bowl, mix brownie mix, water, eggs and oil, pour over strawberries.
4. Place cover in the CASSEROLE position. Microwave on high power 10 minutes.
5. Remove from microwave, remove cover and let cool for 10 minutes.
6. Spoon into a bowl upside down and top with chocolate syrup.

85



Chocolate Croissant Bread Pudding

Recipe submitted by Erin Lohse

- 2 tbsp. butter, room temperature
- ¼ cup sugar
- 1 tsp. cinnamon
- 1 egg
- ¾ cup whipping cream
- 3 large croissants
- ¼ cup dark chocolate chips
- Ice cream, if desired



1. In the base of the Power Chef, add butter, sugar, cinnamon, egg and whipping cream, pull cord, to combine all ingredients.
2. In a medium bowl, tear croissants into pieces, pour cream mixture over bread, push down to soak bread. Set aside for 10 minutes.
3. Pour bread mixture into in the base of the MicroPro Grill, sprinkle chocolate chips over bread. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes. Let rest 10 minutes.
4. Serve with ice cream if desired.

86



Chorizo Stuffed Poblano Peppers

- 1 tsp. olive oil
- ¼ lb. bulk chorizo sausage
- ¼ cup onion, diced
- ½ cup cooked rice
- ¼ cup taco sauce
- ¼ cup cheddar cheese, shredded
- 1 tsp. ground cumin
- 2 poblano peppers, halved lengthwise and seeded
- 2 tbsp. taco sauce, or to taste
- ¼ cup pepper jack cheese, shredded
- ¼ cup water
- Green onions, diced optional



1. Place chorizo sausage and onion in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 5-7 minutes, until browned. Wipe clean.
2. Pour meat into a medium bowl, stir rice, ¼ cup taco sauce, Cheddar cheese, and cumin with the chorizo until evenly mixed.
3. Fill poblano pepper halves with the chorizo mixture; place into the base of the MicroPro Grill, drizzle with 2 tbsp. taco sauce.
4. Sprinkle with pepper jack cheese. Pour water in base, around peppers Place cover in CASSEROLE position. Microwave on high for 8-10 minutes, or until peppers are tender.

87



Cinnamon French Toast

Recipe submitted by Lisa Anne Thomas-Perez

- 2 eggs
- ¼ cup milk
- 1 tbsp. sugar
- ½ tsp. vanilla extract
- 4 slices bread
- ¼ tsp. ground cinnamon
- Butter
- Syrup



1. In a medium shallow bowl, whisk together eggs, milk, sugar, and vanilla. Soak slices of bread in egg mixture.
2. Place soaked bread in the base of the MicroPro Grill.
3. Place cover in GRILL position and microwave on high for 4-5 minutes.
4. Sprinkle with cinnamon before serving with butter and syrup.

88

Cinnamon Roll Bread Pudding with Vanilla Buttercream Icing

- 1½ cups milk
- 2 eggs
- ¼ cup brown sugar
- ½ cup granulated sugar
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ tsp nutmeg, optional
- 3-4 cups torn bread
- Vanilla Butter Cream Icing*
- 2 Tbsp. butter, softened
- 1 cup cups confectioners sugar
- ½ tsp. vanilla
- 1 Tbsp. milk

1. In a medium Thatsa Bowl, whisk together milk, eggs, brown sugar, granulated sugar, vanilla extract, cinnamon and nutmeg. Add bread and push down to soak up liquid.
2. Pour bread mixture in the in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power for 8 minutes, check to see if done, if more time is needed cook in one minute increments until done. Let cool with lid on for 10 minutes. *(Mine took 10 minutes total to cook)*
4. In a small Thatsa bowl, whisk butter until creamy, add the confectioners' sugar, vanilla and enough milk to achieve desired consistency.
5. Using a plastic spatula, cut and remove a piece and drizzle icing over the bread pudding. Enjoy!

89

Cinnamon Sugar Bites

- 4 Tbsp. butter, melted
- ⅓ cup sugar
- ½ tsp. vanilla extract
- ½ tsp. ground cinnamon
- 4 jumbo butter flavored biscuits, refrigerated, cut into quarters

1. Mix butter, sugar vanilla extract and cinnamon in a medium bowl. Add biscuit pieces, toss to coat.
2. Place biscuits in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power 6-7 minutes.

90

Cinnamon Toast Peanut Butter & Banana Sandwich

- 2 slices of bread
- 2 tbsp. peanut butter or nutella
- ½ banana, sliced
- ¼ tsp. ground cinnamon
- 1 tbsp. powdered sugar
- Chocolate syrup, optional

1. Place two slices of bread in the base of the MicroPro Grill.
2. Place cover in GRILL position and microwave on high for 1-2 minutes.
3. Remove toast from grill and spread one slice with peanut butter, top with bananas, sprinkle cinnamon sugar, top with 2nd slice of toast. Place in the base of the MicroPro Grill, place cover in CASSEROLE position and microwave on high for 1 minute.
4. Place sandwich on plate and sprinkle with powdered sugar and drizzle with chocolate syrup.

91

Columbian Pollo Asado

Marinade

2-3 lbs. chicken legs

- 5 scallions, chopped
- 3 cloves garlic
- ½ cup chopped white onion
- ¼ cup fresh cilantro
- 1 tbsp. fresh thyme
- 1 tbsp. ground cumin
- 1 tbsp. paprika
- Salt and pepper
- 2 tbsp. white vinegar

1. Add all the marinade ingredients into the base of the Power Chef System with the blade attachment, pull cord until Puréed into a paste.
2. Place chicken legs in the Season Serve container and rub marinade over chicken, refrigerate for 6 hours turning occasionally.
3. Remove chicken from the marinade and pat dry.
4. Place chicken wings in the base of the MicroPro Grill and Place cover in the CASSEROLE position. Microwave on high power, 5 minutes, flip chicken legs over.
5. Turn Cover to GRILL position and microwave on high for 5 minutes, flip chicken legs over and GRILL for 5 more minutes.

92

Cornbread

- 1 (8.5 oz.) box Jiffy yellow cornbread mix
- 1 egg
- 1/3 cup milk



1. In a small Thatsa Bowl, whisk together milk, eggs, and cornbread mix.
2. Pour 2/3 of the mixture in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power for 11 minutes, check to see if done, if more time is needed cook in one minute increments until done. Let cool with lid on for 10 minutes.

93

Creamy Tuscan Garlic Chicken

- 1 1/2 lbs. Boneless Skinless Chicken Breasts, thinly sliced
- 2 tbsp. olive oil
- Salt and pepper, to taste
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1 tsp. garlic powder
- 1 tsp. Italian seasoning
- 1/2 cup parmesan cheese
- 1 cup spinach, chopped
- 1/2 cup sun dried tomatoes



1. Drizzle chicken with oil, toss to coat.
2. Place chicken in the MicroPro Grill, place cover in GRILL position and microwave on high power 4 minutes. Remove from microwave, drain liquid, stir to redistribute. Microwave on high power an additional 3 minutes. Season with salt and pepper.
3. Add the heavy cream, chicken broth, garlic powder, Italian seasoning, and parmesan cheese. Place cover in CASSEROLE position and microwave on high for 4 minutes.
4. Stir sauce, and add the spinach and sundried tomatoes: place cover in Casserole position, and microwave on high for 1-3 minutes, until the spinach starts to wilt.
5. Add the chicken back to the pan and serve over pasta if desired.

94

Creole Crab Cakes

- 1 lb. crabmeat, fresh and drained
- 1/2 cup Italian breadcrumbs
- 1/2 tsp. baking powder
- 1/3 cup milk
- 1 Tbsp. creole mustard (grainy mustard)
- 1 large egg, beaten
- 1/4 cup mayonnaise
- 2 Tbsp. green onions, finely chopped
- 1/4 tsp. garlic powder
- 2 tsp. Cajun seasoning or creole seasoning
- 2 tsp. onions, diced
- 2 tsp. parsley flakes
- 1/4 cup all-purpose flour or dried breadcrumbs



1. In a medium Thatsa bowl, mix all the ingredients except the flour/breadcrumbs, shape into small patties or Croquettes.
2. Coat crab cakes with flour or breadcrumbs. Chill at least 1 hour.
3. Place a couple patties at a time in base of the MicroPro Grill and place the cover on top of patties in GRILL position.
4. Microwave on high power 6-8 minutes, then flip and microwave on high power an additional 2 minutes.
5. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 4-5 minutes, then flip and microwave on high power an additional 2 minutes.

95

Creole Salmon Patties with Spicy Dill Sauce

- 1 tsp. sriracha sauce
- 1 Tbsp. dill, finely chopped
- 1 tsp. lemon juice
- 1/2 cup mayonnaise
- 1 (14.7 oz.) can salmon, well-drained, flaked with a fork
- 1/2 cup Ritz Crackers, crushed
- 1 egg
- 1/4 cup mayonnaise
- 1/4 cup red onion, minced
- 1/4 cup celery, minced
- 1/4 tsp. cayenne pepper
- 1/2 tsp. brown mustard
- 1/2 tsp. garlic powder



1. Place sriracha sauce, dill, lemon juice and mayonnaise in a small bowl, mix and refrigerate.
2. In a medium Thatsa bowl, mix the remaining ingredients and shape into small patties or Croquettes.
3. Place a couple patties at a time in base of the MicroPro Grill and place the cover on top of patties in GRILL position.
4. Microwave on high power 8 minutes, then flip burgers and microwave on high power an additional 2 minutes.
5. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 6 minutes, then flip and microwave on high power an additional 2 minutes.
6. Top with spicy dill sauce.

96

Crispy Bacon

6-8 strips of bacon



1. Place strips of bacon in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, flip bacon, recover in GRILL position and microwave for 2-3 more minutes.

97

Crispy Parmesan Chicken Planks

1½ cups seasoned croutons, crushed
¼ cup grated fresh Parmesan cheese
1 tsp. dried parsley
¼ tsp. garlic salt
2 egg whites
1 Tbsp. water
1 lb. boneless, skinless chicken breasts, cut into 1-in. strips



1. In medium bowl, combine croutons, cheese, parsley and garlic salt. Whisk together egg whites and water in small bowl. Dip each chicken strip into egg mixture and then into crouton mixture, coating evenly.
2. Arrange strips in a single layer in base of the MicroPro Grill and place the cover on top of patties in GRILL position.
3. Microwave on high power 5 minutes, then flip and microwave on high power an additional 3-5 minutes.
4. Now that your GRILL is hot, additional planks will require less GRILL time. Microwave remaining patties on high power 4 minutes, then flip and microwave on high power an additional 2-3 minutes.

98

Coconut Chicken Tenders

Recipe submitted by Jana Drake Tornga

¼ cup cornstarch or arrowroot
¼ tsp. salt
⅛ tsp. pepper
1 tsp. cayenne pepper
3 large eggs, lightly beaten
3-4 cups coconut flakes, sweetened or unsweetened
3-4 Chicken breast, skinless, boneless, cut into chunks



1. Place cornstarch or arrowroot, salt, pepper and cayenne pepper in a small bowl, mix and set aside.
2. In a 2nd bowl, add eggs and slightly beat them.
3. In a 3rd bowl add coconut flakes.
4. Dip Chicken into the cornstarch or arrowroot, then dip into egg mixture to coat well, then coat with coconut. Place on plate, repeat until all chicken pieces are coated.
5. Place a one layer of chicken in base of the MicroPro Grill, be careful to not put them in the well area, place the cover in CASSEROLE position.
6. Microwave on high power 6 minutes, drain any liquid, replace cover in GRILL position and microwave on high power an additional 4-6 minutes.
7. Repeat until all chicken has been cooked.
8. Serve with your favorite sauce or use as a topping for a green salad.

99

Country Style Chipotle Pork Ribs

2 lb. Country Style Boneless Pork Ribs
1 cup beef broth
1 cup BBQ sauce Chipotle GRILL Sauce
¼ cup BBQ sauce of your choice
¼ cup honey
1-2 chipotles in adobo sauce



1. Place the ribs in the base of the Pressure cooker, cover with beef broth and BBQ Sauce, make sure meat is covered, add more liquid if needed.
2. Microwave on high for 25 minutes. Once Pressure has released. Drain any liquid in the pressure cooker and pour GRILL sauce over ribs, toss to coat.
3. Place ribs in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 5-7 minutes, flip over, add more of the GRILL sauce if desired, recover in GRILL position and cook for 3-4 minutes.

100

Crispy Parmesan Zucchini

1 medium zucchini
¼ cup freshly grated Parmesan
¼ cup plain dry bread crumbs
dash of salt
dash of freshly ground black pepper



1. Set Mandoline round knob to #2, triangular knob to “lock” and select the straight v-shaped blade insert.
2. Using a knife, discard ends and attach one half to food guider and push guider down Mandoline to create (¼”) discs. Set aside.
3. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick
4. Place zucchini in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power 3 minutes. Flip, place cover in the GRILL position. Microwave on high power 3 minutes or until the desired doneness.

101

Curried Pumpkin with Blue Cheese and Pecans

Recipe submitted by Chef Mike McCurdy

1 tsp. garam marsala
1 tsp. curry powder
¼ tsp. salt ¼ black pepper
¼ tsp. hot chili powder
1 small sugar pumpkin or squash, cut into 1” slices
2 Tbsp. coconut oil
2 garlic cloves, sliced thinly
¼ blue cheese or gorgonzola cheese, crumbled
¼ cup pecans halves, toasted



1. In a small bowl, combine, garam marsala, curry powder, salt, pepper and chili powder, set aside.
2. Place the pumpkin slices in a medium bowl, drizzle with coconut oil and seasoning mix, toss to coat.
3. Place pumpkin slices in the base of the MicroPro Grill.
4. Sprinkle garlic over pumpkin and place cover in the CASSEROLE position. Microwave on high power 8 minutes, flip over, Place cover in GRILL position and cook for 5 minutes.
5. Transfer to a serving dish, and sprinkle with cheese and pecans.

102

Dijon Dill Tuna Burgers

Burger

2 (6 oz.) cans water-packed white tuna, drained
1 egg white
¼ cup dry bread crumbs
¼ cup green onions, sliced
2 tbsp. light salad dressing
2 tbsp. Dijon mustard
1 tsp. dried dill weed
⅛ tsp. garlic powder

Toppings

4 tsp Dijon mustard
4 whole wheat hamburger buns, split
4 lettuce leaves
1 tomato, sliced



1. In a medium bowl, combine burger ingredients.
2. Form tuna mixture into four 1/2-inch thick patties.
3. Place two burgers in the base of the MicroPro Grill and place cover in the GRILL position. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes or until burgers register 155° F/66° C.
4. Spread 1 teaspoon Dijon mustard on bottom half of each bun. Top with lettuce, tomato, tuna burger and remaining bun half.

103

Dorito Burrito

Recipe submitted by Joni Bartels

1 cup chicken, shredded
1 tsp. taco seasoning
2 flour tortillas
Fritos Jalapeno Cheddar Flavored Cheese Dip, to taste
Dorito chips, crushed
¼ cup cheese, shredded, your choice of flavor



1. In a small bowl, combine chicken and taco seasoning.
2. Place tortillas on cutting board, layer each one with ½ chicken mixture, cheese dip, crushed Doritos, shredded cheese, roll into a burrito.
3. Place burritos in the base of the MicroPro Grill.
4. Place cover in GRILL position and cook for 2 minutes, flip, place cover in GRILL position and microwave on high for 1-2 more minutes.

104

Drunken Burgers with Marsala Onions

- 1 lb. ground chuck
- 4 garlic cloves, peeled and minced
- ¼ tsp. kosher salt
- ¼ cup fresh Italian (flat-leaf) parsley, chopped
- ¼ tsp. ground clove
- ¼ cup extra virgin olive oil
- 1 cup Marsala wine
- 2 tbsp. balsamic vinegar
- 2 medium yellow onions, sliced thin



1. Season beef with salt and pepper. Using the Hamburger Press & Keepers Deluxe Set, divide ground beef evenly between 4 keepers; insert press to form patties. Refrigerate until ready to marinate.
2. In the base of the Power Chef System fitted with blade attachment, add garlic, salt, parsley, clove, olive oil, Marsala, and balsamic. Cover and pull cord until garlic is minced. Pour marinade into the base of the Season-Serve container; add onions.
3. Place burger patties in marinade. Seal and refrigerate 3 hours. Flip Season-Serve container to marinate other side of patties; refrigerate an additional 3 hours or overnight.
4. Remove burgers from marinade. Place two patties at a time in base of MicroPro Grill and place the cover on top of patties in GRILL position. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes. or until burgers register 155° F/66° C.
5. Meanwhile, pour marinade and onions into a non-stick skillet. Bring to boiling, reduce heat to medium. Cook, stirring occasionally, until marinade thickens and onions become soft, about 8 minutes.
6. Serve burgers with Marsala onions and your choice of buns.

105

Eggplant Parmesan with Spaghetti

- 1 small eggplant, ¾" slices
- ¾ cup flour
- ¼ tsp. black pepper
- ½ tsp. salt
- 1 egg
- ½ tsp. parsley
- ½ tsp. oregano
- ½ tsp. basil
- ¼ cup Parmesan cheese, grated
- ¼ cup cornmeal
- 1½ cup seasoned Italian
- 4 servings spaghetti, cooked
- 1 jar pasta sauce
- 1 cup mozzarella cheese, shredded
- 2 tbsp. parsley leaves, chopped for garnish



1. Set up a breading station using 3 dishes. In the first dish, add the flour and season with salt and pepper, to taste. In the second dish whisk the eggs with ½ cup water. In the third dish combine the parsley, oregano, basil, bread crumbs, cornmeal, 2 tbsp. Parmesan and season with salt and pepper, to taste. Slice the eggplant into ¾" slices. Dredge them in flour, then in the egg wash and then in the bread crumbs.
2. Place eggplant slices a few at a time in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 5-6 minutes. Repeat until all are Grilled.
4. When all are Grilled in the base of the MicroPro GRILL place one layer of eggplant, one layer of sauce (1 cup), one layer of mozzarella cheese, repeat layers, sprinkle remaining parmesan cheese. Replace cover in CASSEROLE Position and microwave on high for 2-3 minutes.
5. Place spaghetti on a plate and top with eggplant parmesan and sauce.
6. Sprinkle with parsley leaves.

106

Fiesta Chicken Fajitas

- ½ lb. chicken tenders, sliced into thin strips
- ½ green bell pepper, sliced into thin strips
- ½ red bell pepper, sliced into thin strips
- ½ large onion, sliced into thin strips
- 1 tbsp. Cilantro Mojo Seasoning Blend
- 4 flour tortillas



1. In a medium bowl toss together chicken, peppers, onion and seasoning until well blended. Transfer chicken and vegetables to the base of the MicroPro Grill.
2. Place cover on MicroPro Grill in the GRILL position. Microwave on high 4 minutes. Remove from microwave, drain accumulated juices. Cover in the GRILL position and microwave on high power 2 additional minutes.

107

Fish Tacos

- 2 8-oz. Mahi fillets
- 2 tsp Southwest chipotle seasoning
- 1-2 tsp. extra virgin olive oil
- Tortillas
- Suggested toppings*
- ½ cup cilantro, chopped
- ¼ red onion, chopped
- 1 avocado, diced
- 4-5 radishes, finely chopped
- 2 limes, cut into wedges



1. Rub southwest seasoning onto the Mahi fillets and drizzle with olive oil.
2. Place in the base of the MicroPro Grill, place cover onto of fillet in GRILL position, and microwave on high power for 3-4 minutes, or until fish is opaque all the way through.
3. Break apart fillets into bite size pieces and place into tortillas for serving.
4. Top with desired ingredients.

108

French Onion Dip

- 2 Vidalia onions, sliced into ¼" rings
- ½ cup shallots, sliced into ¼" rings
- 2 cups sour cream
- 1 cup mayonnaise
- ¾ tsp. celery salt
- ½ tsp. garlic powder
- 1 tsp. Worcestershire
- 1 tsp. freshly ground black pepper
- 1 tsp. salt



1. Set Mandoline round knob to #2, triangular knob to "lock" and select the straight v-shaped blade insert.
2. Using a knife, discard ends of the onion and attach to food guider and push guider down Mandoline to create (¼") discs. Set aside.
3. Set Mandoline round knob to #1, triangular knob to "lock" and select the straight v-shaped blade insert.
4. Using a knife, discard ends of the shallot and attach to food guider and push guider down Mandoline to create (¼") discs. Set aside.
5. Place an layer of sliced onions and shallots in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 8 minutes.
6. Remove from microwave and stir onions. Recover in GRILL position and Microwave on high power an additional 5-7 minutes or until caramelized. Allow to cool.
7. Place onion mixture to the base of the Power Chef fitted with blade attachment. Cover and pull cord until onions are minced.
8. Remove blade and add the paddle attachment, add sour cream, mayonnaise, celery salt, garlic powder, Worcestershire, salt and pepper. Cover, pull cord until blended. Refrigerate for at least one hour. 109

French Onion Pork Medallions

- 1 lb. pork tenderloin, cut into cubes
- 1 pkg. onion soup mix
- 1½ Tbsp. oil



1. In a medium Thatsa bowl, add pork, soup mix and oil, toss to coat.
2. Place in the base of the MicroPro Grill, place cover onto of fillet in GRILL position, and microwave on high power for 10 minutes, or until pork is cooked all the way through.

Fried Rice

- 2 Tbsp. sesame oil
- 1 small white onion, chopped
- 1 cup frozen peas and carrots, thawed
- 3 Tablespoons soy sauce (more or less to taste)
- 2 eggs, lightly beaten
- 3 cups cooked rice
- 2 Tbsp. chopped green onions



1. Pour sesame oil in base of the MicroPro Grill. Add white onion and peas and carrots place cover in GRILL position and microwave on high for 3-5 minutes.
2. Add rice and stir into vegetables.
3. Stir in beaten eggs and soy sauce.
4. Place cover in CASSEROLE position and microwave on high for 2-4 minutes, let sit for a couple minutes.
5. Add chopped green onions and stir.

Garlic Butter Grilled Potatoes

- 2 Russet potatoes
- ¼ tsp. coarse kosher salt
- 4 tbsp. salted butter
- 1 garlic clove
- ¼ cup fresh Italian (flat-leaf) parsley leaves, loosely packed



1. Using the Mandoline with slicing blade, slice potatoes using the #2 setting. Layer potatoes in the base of the MicroPro Grill and sprinkle with salt.
2. In the base of the Chop 'N Prep, add butter, garlic and parsley. Cover and pull cord until garlic and parsley are well minced.
3. Using a spoon, place dollops of garlic butter on top of potatoes. Place cover on MicroPro Grill in the GRILL position. Microwave on high power 7 minutes. Serve warm.

Garlic Parmesan Bites

- 4 Tbsp. butter, melted
- ¼ cup parmesan
- ½ tsp. garlic powder
- ½ tsp. parsley
- ½ tsp. oregano
- 4 jumbo butter flavored biscuits, refrigerated, cut into quarters



1. Mix butter, parmesan cheese, oregano, parsley and garlic powder in a medium bowl. Add biscuit pieces, toss to coat.
2. Place biscuits in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power 6-7 minutes.

113

Garlic Parmesan Potato Wedges

Recipe submitted by Jessica Steinman

- 3 large russet potatoes, sliced into thin wedges
- 4 Tbsp. olive oil
- 1½ tsp. salt
- 1½ tsp. garlic powder
- 1½ tsp. Italian seasoning
- ½ cup shredded parmesan cheese
- fresh parsley, optional
- ranch or blue cheese dressing for dipping



1. Place potato wedges in a large bowl. Drizzle with olive oil and toss to coat. In a small bowl whisk together salt, garlic powder, and Italian seasoning. Sprinkle potato wedges with the shredded cheese, tossing to coat, then sprinkle with the seasoning mixture.
2. Place potato wedges in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 10 minutes.
4. Flip potatoes. Place cover and GRILL for 7-10 more minutes.

114

Garlic Roasted Green Beans & Almonds

- 1 lb. fresh green beans, trimmed
- 3 shallots, peeled, and cut into thin slivers
- 3 large cloves garlic, peeled and cut into thin slices
- 1½ Tbsp. olive oil
- ½ tsp. salt
- freshly ground black pepper
- 2 Tbsp. cup flat leaf parsley, very finely chopped
- ¼ cup almonds, sliced or chopped
- ½ tsp. lemon zest



1. Place green beans in a medium bowl. Add shallots, olive oil, salt & pepper, parsley, almonds and lemon zest. Toss until ingredients are well coated with oil.
2. Place green beans in the base of the MicroPro Grill, place cover in CASSEROLE position and microwave on high for 5 minutes, stir green beans, place cover in GRILL position and microwave on high for 5-7 minutes.

115

Giant Chocolate Chip Cookie

- 2 tbsp. salted butter, melted, but not hot
- 3 tbsp. packed light-brown sugar
- 1 pinch salt
- 1 tbsp. whisked egg
- ¼ tsp. vanilla extract
- ½ cup all-purpose flour
- ¼ tsp. baking soda
- ¼ cup chocolate chips



1. In a small bowl, add butter, brown sugar, salt, egg, vanilla, flour and baking soda. Stir with a spoon until well combined, about 20 - 30 seconds.
2. Mix in chocolate chips. Shape dough into a 3 1/2-inch disk .
3. Place cookie in the base of the MicroPro Grill. (I sprinkle a few extra chocolate chips on)
4. Place cover in the CASSEROLE position. Microwave on high power 2-3 minutes for chewy and 4-5 minutes for crispy.

116



Giant Reese's Pieces Peanut Butter Cookie

- 2 tbsp. unsalted butter, softened
- 2 tbsp. granulated sugar
- 2 tbsp. brown sugar
- 2 tbsp. beaten egg
- ½ tsp. vanilla extract
- 2 tbsp. creamy peanut butter
- ½ cup all purpose flour
- ¼ tsp. baking soda
- ¼ tsp. salt
- ¼ cup Reese's Pieces
- ¼ cup semi-sweet chocolate chips



1. In a Thatsa bowl, whisk the butter and sugars until light and fluffy. Add egg and vanilla mixing until well combined. Stir in peanut butter then add flour, baking soda and salt. Fold in Reeses pieces and chocolate chips until combined.
2. Place cookie dough (it will be sticky) in the base of the MicroPro Grill. Make sure it is thick, not spread out, it will spread when cooking (I sprinkle a few extra Reese's Piece on top before cooking)
3. Place cover in the CASSEROLE position. Microwave on high power 3-4 minutes for chewy and 5-6 minutes for crispy.

117



Ginger Coriander Pot Stickers

- | | |
|---|---|
| ½ lb. ground pork or chicken | <i>Dipping Sauce</i> |
| 1 tbsp. freshly grated ginger | ¼ cup toasted sesame oil |
| 1 garlic clove, crushed | ¼ cup beef, chicken, or vegetable broth |
| 2 green onions, sliced thin | 1 tsp. honey |
| ¼ tsp. kosher salt | 1 garlic clove, crushed |
| 20 prepared wonton wrappers | ¼ tsp. crushed red pepper flakes |
| ½ cup water, divided, plus more for wontons | |



1. In a large bowl stir together ground pork, ginger, garlic, green onion and salt.
2. Arrange 10 wonton wrappers on a cutting board or clean counter. Place ½ tsp. of the pork mixture in the middle of each wonton.
3. Moisten edges of wontons and fold in half to form a triangle shape. Crimp edges to secure. Repeat, filling all wonton wrappers.
4. In a medium bowl, whisk sesame oil, broth, honey, garlic, crushed red pepper flakes and cilantro. Set aside; whisk before serving.
5. Place 10 wontons in the base of the MicroPro GRILL with cover in the GRILL position. Microwave on high power 3 minutes.
6. Remove cover, add ¼ cup of the water. Immediately replace cover in the GRILL position and let stand 1 minute.
7. Transfer wontons to a platter, cover, keep warm. Repeat with remaining wontons. 8. Serve with dipping sauce and Asian-style vegetables.

118



Gouda Onion Mushroom Grilled Cheese

- 8 oz. mushrooms, sliced
- 1 medium onion, sliced (the sweeter the better)
- 1½ tbsps. butter salt and pepper
- 4 tbsp. butter
- 4 slices bread of choice
- 1 cup gouda, shredded



1. Place 1½ tbsps. of butter, onions and mushrooms in base of MicroPro Grill Place cover on GRILL position.
2. Microwave on high power 3 minutes, stir, Add some salt and pepper for taste and cook for 2 additional minutes, set aside.
3. Butter all 4 slices of bread on one side, place two slices buttered side down in the MicroPro Grill.
4. Place a slice of cheese on the unbuttered side of 2 slices of bread, layer shredded gouda, the roasted mushrooms and onions, then more gouda. (Layering this way ensures that the melty cheese will hold the sandwich together.) Salt and pepper to taste. Top with the other slice of bread.
5. Microwave on high power 3 minutes, in the GRILL position, flip over and microwave an additional 2 minutes or until cheese is bubbly and heated through.

119



Greek Chicken Salad

- | | |
|-----------------------------------|--|
| <i>Marinade</i> | 2 boneless, skinless chicken breasts |
| 1 tbsp. lemon zest, finely grated | 1 cup rice, cooked |
| 2 tbsp. fresh lemon juice | ½ cup grape tomatoes, halved |
| 1 tbsp. fresh thyme, chopped | 1 cucumber, diced |
| 1½ tsp. Greek seasoning | 1 scallion, diced |
| 3 tbsp. olive oil | ½ cup fresh flat-leafed parsley, chopped |
| 3 cloves garlic, minced | 2 tbsp. fresh mint, chopped |
| ½ cup dry white wine | 1 oz. feta cheese, crumbled |
| | 3 tbsp. olive oil |



1. Add all marinade ingredients into a Season Serve Container and add chicken, stir to coat chicken, marinade for one hour.
2. Place chicken breasts into base of the MicroPro Grill. Place cover on top of chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip chicken, place cover on chicken and microwave an additional 5 minutes. Let chicken rest 5 minutes the slice into 1" slices.
3. Add rice to a bowl and stir in tomatoes, cucumbers, scallions, parsley, mint, feta, lemon juice, remaining 3 tbsps. oil, and remaining clove garlic.
4. Serve rice warm or at room temperature topped with chicken.

120

Greek Chicken Souvlaki

Chicken Skewers Marinade

- 1 pound boneless skinless chicken breast, cut into 1 inch chunks
- 2 Tbsp. of lemon juice
- 3 Tbsp. olive oil
- 1 tsp. dried oregano
- 1 teaspoon kosher salt
- ¼ tsp. black pepper
- 2 garlic cloves, minced

Yogurt Sauce

- 1 cup plain greek yogurt
- ½ cup sour cream
- salt and pepper to taste
- ½ cup minced cucumber
- ¼ cup minced fresh parsley or dill

Tomato Cucumber Relish

- 1 small cucumber, peeled
- 1 seeded tomato
- 2 Tbsp. minced organic parsley
- 2 tsp. lemon juice
- 1 Tbsp. olive oil
- salt and pepper to taste



TUPPERWARE



1. Add all marinade ingredients into a Season Serve Container and add chicken, stir to coat chicken, marinade for one hour, remove from marinade and put on short wooden skewers.
2. Place chicken skewers into base of the MicroPro Grill. Place cover on top of chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip chicken, place cover on chicken and microwave an additional 5 minutes.
3. In a small bowl, add Yogurt sauce ingredients, whisk until well blended, Refrigerate until ready for use.
4. In the base of the Quick Chef Pro System with the blade attachment add cucumber, tomato and parsley, turn handle until roughly chopped. Stir in the lemon juice and olive oil. Season to taste with salt and pepper. Refrigerate until ready for use.
5. Serve the chicken skewers with the yogurt sauce and cucumber relish, as well as flatbread, hummus and olives if desired.

121

Green Bean Casserole

- 1 can cream of mushroom Soup
- ½ cup milk
- 1 tsp. soy sauce
- 1 dash black pepper
- 2 cans (14.5 ounces each) green beans, drained
- 1 ½ cups French's french fried onions



TUPPERWARE



1. Stir the soup, milk, soy sauce, black pepper, beans and ¾ cup onions in a medium bowl.
2. Pour the green bean mixture in the base of the MicroPro Grill. Place cover in the CASSEROLE position.
3. Microwave on high power 10 minutes. 4. Stir the bean mixture, sprinkle with the remaining onions, place cover in GRILL position, microwave on high for 2-3 minutes or until onions or lightly browned.

122

Green Goddess Cobb Salad

- 4 slices bacon
- 2 (4 oz.) skinless chicken breasts
- 3 cups chopped romaine
- ½ cup shredded kale
- 2 cups loosely packed arugula
- 1 avocado, diced
- 1 large tomato, diced
- ¼ cup thinly sliced red onion
- 2 hard cooked eggs, diced
- 4 artichoke hearts, diced
- 2 cups cooked green beans, chopped



TUPPERWARE



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. Place chicken breasts into base of the MicroPro Grill. Place cover on top of chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip chicken, place cover on chicken and microwave an additional 5 minutes. Remove chicken, sprinkle with coarse kosher salt and pepper to taste; cut into ½-inch pieces.
3. In a large bowl toss together romaine, kale, arugula, avocado, tomato, onion, eggs, artichokes, green beans, bacon and chicken. Serve dressing on the side.

123

Grilled Balsamic Vegetable Wrap

- ¼ cup zucchini, chopped
- ¼ cup yellow or orange bell pepper, chopped
- ¼ cup yellow onion, chopped
- ¼ cup eggplant, chopped
- 3 tbsp. balsamic vinegar
- ¼ tsp. coarse kosher salt
- 2 tbsp. fresh Italian (flat leaf) parsley, chopped
- ½ cup crumbled goat cheese or feta
- 4 large lettuce leaves, ribs removed



TUPPERWARE



1. In the base of the MicroPro Grill, add zucchini, bell pepper, onion and eggplant. Place cover on vegetables in the GRILL position. Microwave 6 minutes on high power. Remove from microwave; turn lid to CASSEROLE position and drain any liquid. Stir in vinegar until vegetables are well coated.
2. Replace lid in the GRILL position. Microwave on high power an additional 6 minutes. Remove from microwave, transfer vegetables to a medium bowl.
3. Stir in salt, parsley and goat cheese. Divide into four equal portions, spoon onto lettuce leaves and tightly wrap. Serve warm or at room temperature.

124

Grilled Beer Brats

- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 small onion, peeled and diced
- 1 tbsp. salted butter
- 4 brat sausage links
- ½ cup beer
- 1 garlic clove, peeled and minced
- 2 tbsp. cornstarch
- ¼ tsp. coarse kosher salt



TUPPERWARE



1. Place peppers and onion in base of the MicroPro Grill. Place cover in CASSEROLE position. Microwave on high power 4 minutes. Stir in butter.
2. Place cover in GRILL position. Microwave on high power 2 minutes more.
3. Push vegetables to the sides of the grill. Place brats in the base of the grill. Place cover in GRILL position. Microwave on high power 4 minutes.
4. Meanwhile, in a medium bowl stir together beer, garlic, corn starch and salt; set aside.
5. Remove grill from microwave and pour beer mixture over brats. Place cover in GRILL position. Microwave on high power 3 minutes more. Remove from microwave.
6. Serve warm over rice, noodles or on rolls

125

Grilled Buffalo Chicken Wraps

- 2 boneless, skinless chicken breasts (6 oz. each)
- ¼ tsp. kosher salt
- ⅛ tsp. ground black pepper
- 1 small stalks celery, chopped
- 1 green onion, chopped
- 1 medium carrot, peeled
- 1-2 tsp. hot sauce
- ¼ cup mayonnaise
- 1 oz. blue cheese, crumbled
- ½ garlic clove, minced
- 2-3 (11") flour tortillas



TUPPERWARE



1. Place chicken breasts into base of the MicroPro GRILL. Place cover on top of chicken in the GRILL position. Microwave on high 5 minutes. Remove from microwave, flip chicken, place cover on chicken and microwave an additional 5 minutes. Remove chicken, sprinkle with coarse kosher salt and pepper to taste.
2. Thinly slice celery and green onions. Grate the carrot. Combine the celery, green onions and carrot in a small Thatsa bowl and set aside.
3. In a 2nd small Thatsa bowl, combine hot sauce, mayonnaise bleu cheese and garlic, mix well.
4. To assemble wraps, spoon ⅓ of the chicken mixture over center of the tortilla and top with ⅓ of the hot sauce mixture, then ⅓ of the vegetable mixture. Fold in the sides of the tortilla and roll up tightly into a burrito. Repeat with remaining tortillas.
5. Place 1 or 2 wraps the base of the MicroPro Grill, place cover on the GRILL position. Microwave 3 minutes on high power. Remove wrap. Serve warm or at room temperature.

126

Grilled Chicken & Avocado Burrito

- 2 chicken breasts
- ½ tsp. taco seasoning (optional)
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup shredded cheese
- 2 avocados, diced
- 4 large tortillas Salsa, optional



TUPPERWARE



1. Season chicken breast with salt, pepper and taco seasoning and arrange in center of MicroPro Grill.
2. Place cover in GRILL position and microwave at 70% power 7 minutes or until chicken is no longer pink in center. At the end of cooking time, remove the MicroPro Grill from microwave using oven mitts and drain excess liquid by placing cover in CASSEROLE position and holding it tightly while pouring it from the side.
3. Cut cooked chicken into thin strips. Combine the chicken, cheese, and the diced avocados.
4. Lay tortilla flat on a cutting board and add ¼ of the mixture, form a roll and place two at a time in MicroPro Grill base.
5. Microwave with cover in CASSEROLE position on high power 4 minutes or until cheese is melted and tortilla has browned on top. Repeat with the other two burritos.

127

Grilled Chicken & Spinach Alfredo Ziti

- 2 boneless, skinless chicken breast
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper
- 4 cloves garlic, minced
- 1 cup fresh spinach
- 3 Tbsp. flour
- ¾ cup chicken broth
- ¾ cup heavy cream
- ¾ cup parmesan cheese, freshly grated
- ¾ cup mozzarella cheese
- 2 cups ziti pasta, cooked al dente
- 1 tsp. fresh parsley roughly chopped



TUPPERWARE



1. Season chicken with salt and pepper and place in the base of the MicroPro Grill; place cover in the GRILL position. Microwave on high power 4 minutes. Remove from microwave, drain liquid, stir to redistribute. Add garlic and spinach, recover and microwave on high power an additional 3 minutes. Remove chicken and dice.
2. Meanwhile, in a medium bowl, whisk flour and broth. Add heavy cream.
3. Add parmesan cheese, chicken and pasta to the cream mixture and stir to mix.
4. Pour pasta mixture in the base of the MicroPro Grill, and sprinkle mozzarella cheese and parsley over pasta, make sure not to overfill. Place cover on CASSEROLE position.
5. Microwave on high power an additional 12-14.
6. Remove from microwave. Serve warm.

128

Grilled Chicken & Vegetable Panzanella



TUPPERWARE



- 4 (1") slices Italian or sourdough bread
- 4 tbsp. unsalted butter 1 garlic clove, peeled
- 2 (4-oz.) boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 yellow onion, roughly chopped
- 1 large tomato, chopped
- 2 cups chopped Romaine or mixed greens
- 1 bunch Italian flat-leaf parsley, roughly chopped
- Shaved Parmesan cheese
- ½ cup favorite Italian dressing

1. Butter each side of the bread. Place bread in the base of the MicroPro Grill. Place cover on the bread in the GRILL position. Microwave on high power 2 minutes.
2. Remove, flip bread and microwave on high power 1 minute.
3. Remove and rub bread with whole garlic clove, set aside.
4. Place chicken in base of the MicroPro Grill. Place cover on the chicken in the GRILL position. Microwave on high power 6 minutes.
5. Remove, flip chicken and microwave on high power 3 minutes or until internal temperature of chicken reaches 165° F/75° C.
6. Remove chicken, sprinkle with salt and pepper to taste, set aside 5 minutes. Cut chicken into ½" cubes.
7. Place peppers, onion and tomato in base of the MicroPro GRILL. Place cover on the vegetables in the GRILL position. Microwave on high power 8 minutes.
8. In a large bowl, combine Romaine, parsley, bread cubes, grilled vegetables and dressing. Garnish with shaved Parmesan. Serve at room temperature.

129

Grilled Chicken Cacciatore



TUPPERWARE



- 4 boneless, skinless chicken thighs, chopped
- 1 large green bell pepper, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, peeled, minced
- ¼ cup tomato paste
- ¼ cup crushed tomato
- ¼ cup chicken stock
- 1 tsp. corn starch
- 1 tsp. dried oregano
- ½ tsp. coarse kosher salt

1. In the base of the MicroPro Grill, add chicken, bell pepper, onion, and garlic. Place cover on chicken in the GRILL position. Microwave on high power 4 minutes. Remove from microwave, drain liquid, stir to redistribute. Microwave on high power an additional 3 minutes.
2. Meanwhile, in a medium bowl, stir together tomato paste, crushed tomato, chicken stock, corn starch, oregano, and salt. Pour over chicken. Place cover on chicken in the GRILL position. Microwave on high power an additional 3 minutes or until chicken is cooked through.
3. Remove from microwave. Serve warm over rice or pasta.

130

Grilled Chicken Taquitos with Lime Cilantro Dressing



TUPPERWARE



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| <p><i>Filling</i></p> <ul style="list-style-type: none"> ½ cup cream cheese ¼ cup green salsa 1 tbsp. fresh lime juice ½ tsp. cumin 1 tsp. chili powder ½ tsp. onion powder ¼ tsp. garlic powder 3 tbsp. chopped cilantro 2 tbsp. green onions, sliced 2 cup shredded cooked chicken 1 cup pepper jack cheese, grated | <ul style="list-style-type: none"> small flour or corn tortillas kosher salt olive oil <p><i>Dressing</i></p> <ul style="list-style-type: none"> 1 pack (1 oz.) Hidden Valley ranch dressing mix 1 cup mayonnaise ½ cup buttermilk 1 lime, zested and juiced 2 cloves garlic, minced ½ cup cilantro chopped ¼ cup mild green salsa hot sauce, optional to taste |
|--|--|

1. Heat cream cheese in the microwave for about 20-30 seconds so it's soft and easy to stir. Add remaining filling ingredients, mix well.
2. Wrap tortilla in damp paper towels, microwave for a few seconds so they are easier to work with.
3. Place 2-3 T of chicken mixture on the lower third of a tortilla, keeping it about 1 inch from the edges. Roll up tortillas brush with oil, if desired.
4. Place seam down in the base of the MicroPro Grill; place cover in the GRILL position. Microwave on high power 4 minutes. Flip taquitos and microwave on high power an additional 1-2 minutes.
5. Add all the dressing ingredients in the base of the Power Chef, attach cover, pull cord to mix well.

131

Grilled Chipotle Beef Taquitos



TUPPERWARE



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| <p><i>Filling</i></p> <ul style="list-style-type: none"> 2 oz. green chiles, undrained ¼ tsp. minced chipotle pepper in adobo sauce 1 tsp. adobo sauce from the canned chipotle peppers ½ tsp. garlic powder ½ tsp. coriander ¼ tsp. cumin 1 tsp. chili powder zest from one lime 2 tsp. fresh lime juice 1½ cup cooked, shredded beef roast | <ul style="list-style-type: none"> 6 oz. Queso Fresco cheese 10 (6") white corn tortillas olive oil or cooking spray |
|--|---|

1. Mix ingredients green chiles to lime juice in the base of the power chef, pill cord to blend well. Remove cover and add shredded beef stir to combine.
2. Wrap tortilla in damp paper towels, microwave for a few seconds so they are easier to work with.
3. Place 2-3 Tbsp. of chicken mixture on the lower third of a tortilla, keeping it about 1 inch from the edges. Roll up tortillas brush with oil, if desired.
4. Place seam down in the base of the MicroPro Grill; place cover in the GRILL position. Microwave on high power 4 minutes. Flip taquitos and microwave on high power an additional 1-2 minutes.

132

Grilled Chili Lime Chicken Fajita Salad

Recipe submitted by Penny Goldsmith

Marinade

- 3 Tbsp. olive oil
- ½ cup freshly squeezed lime Juice
- 2 Tbsp. fresh chopped cilantro
- 2 cloves garlic, crushed
- 1 tsp. brown sugar
- ¾ tsp. red chili flakes
- ½ tsp. ground Cumin
- 1 tsp. salt

- 4 chicken thighs, skinless boneless, cut into strips
- ½ yellow bell pepper, cut into strips
- ½ red bell pepper, cut into strips
- ½ onion, sliced
- 5 cups Romaine lettuce, washed and dried
- 2 avocados, sliced
- Extra cilantro leaves to garnish
- Sour cream (optional)

1. Add marinade ingredients in the Quick Shake container, place cover on and shake together to combine.
2. Place chicken in the Season Serve container and pour half the marinade over the chicken, refrigerate for two hours. Refrigerate the reserved marinade.
3. Add peppers and onion into the base of the MicroPro Grill. Place cover in the GRILL position and microwave on high power 5-6 minutes.
4. Remove from microwave; transfer vegetables to a bowl; set aside.
5. Remove chicken from marinade pat dry with paper towel and place in MicroPro Grill, with lid in the GRILL position. Microwave on high power 5-6 minutes. Stir, replace cover in the GRILL position and microwave on high for 3-4 or until no longer pink.
6. Prepare salad with lettuce, avocado slices, peppers, onion strips and chicken. Drizzle with remaining marinade and serve with extra cilantro leaves and sour cream.

133

Grilled Corn off the Cob

- 4 large ears fresh corn, shucked
- 3 tbsp. salted butter, melted
- 2 tbsp. Southwest Chipotle Seasoning

- Optional toppings:*
- Black beans
 - Butter beans
 - Parmesan cheese
 - Queso fresco crumbles
 - Minced red onion
 - Green onion, thinly sliced
 - Cilantro or basil
 - Pimentos

1. Cut fresh kernels off cobs, transfer to a medium bowl. Stir together corn, butter and seasoning.
2. Place corn mixture in the base of the MicroPro Grill. Place cover in CASSEROLE position. Microwave on high power 6 minutes. Remove from microwave, stir corn to redistribute.
3. Place cover in the GRILL position. Microwave on high power 4 minutes more or until slightly charred.
4. Top with favorite cheese, vegetable or herb. Serve warm.

134

Grilled Eggplant with Roasted Red Pepper Relish

- 1 eggplant (about 1 lb.), trimmed and cut into 1/2-inch-thick rounds
- 3 Tbs. extra-virgin olive oil
- Kosher salt

Red Pepper Relish:

- 1 Tbs. dried currants
- ½ Tbsp. red-wine vinegar
- ½ Tbsp. balsamic vinegar
- 1 small clove garlic
- Kosher salt
- 1 large red bell pepper
- 2 Tbsp. pine nuts, toasted chopped
- 1½ Tbsp. extra-virgin olive oil
- 1 Tbs. chopped fresh marjoram
- Pinch cayenne; more to taste
- 3 Tbs. flat-leaf parsley chopped

1. Soak eggplant slice in salt water for 15 minutes. Drain.
2. In a small bowl, combine currants and vinegars.
3. Make a paste with the garlic, using a chef knife, mashing the salt into the garlic.
4. Remove stem from peppers, deseed and remove membranes, Place Peppers in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 4-6 minutes. Allow to cool, peel peppers.
5. Place all Relish ingredients in the base of the Power Chef System with the blade attachment, cover and pull cord until chopped: set aside.
6. Brush both sides of the eggplant slices with olive oil and season with salt.
7. Place eggplant slice in the base of the Micro Pro Grill, place cover in GRILL position and microwave on high for 5-7 minutes.
8. Spoon relish on eggplant and garnish with parsley.

135

Grilled Lemony Shrimp

- 12 fresh medium, raw shrimp
- 3 garlic cloves, peeled, minced
- zest of 2 lemons
- ½ cup chicken stock
- 2 tsp. corn starch
- ¼ tsp. coarse kosher salt

1. In the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp.
2. Meanwhile, in a small bowl, stir together lemon zest, chicken stock, corn starch, and salt. Pour over shrimp. Place cover on shrimp in the GRILL position. Microwave on high power an additional 2 minutes.
3. Remove from microwave. Serve shrimp warm with your favorite vegetable noodles or spaghetti squash.

136

Grilled Lettuce Wrap Sliders

- ½ lb. ground beef
- 2 tbsp. ketchup
- 2 tbsp. dried onion
- ¼ tsp. coarse kosher salt
- ½ tsp. cracked black pepper
- ½ cup shredded cheddar cheese
- 8 large butter lettuce leaves
- sliced tomato (optional)
- sliced red onion (optional)



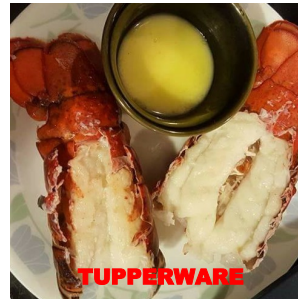
1. In a medium bowl, mix together ground beef, ketchup, onion, salt, pepper, and cheddar cheese. Divide into four equal portions and form into flat patties.
2. In the base of the MicroPro Grill, place four patties. Place cover on patties in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip patties. Microwave on high an additional 3 minutes.
3. Remove patties from Grill. Wrap in butter lettuce leaves. Serve warm with optional toppings.

137

Grilled Lobster Tails

Recipe submitted b: Diane Haugh Tokach

- 1 tbsp. lemon juice
- ¼ cup olive oil
- 1 tsp. salt
- 1 tsp. paprika
- ¼ tsp. white pepper
- ½ tsp. garlic powder
- Two lobster tails
- 1 tsp. parsley, chopped optional
- Clarified butter



1. Squeeze lemon juice into a small bowl, and slowly whisk in olive oil. Whisk in salt, paprika, white pepper, and garlic powder. Split lobster tails lengthwise with a large knife, and brush flesh side of tail with marinade.
2. Place Lobster tails in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 4 minutes. Flip and cook 4 more minutes.
4. Remove GRILL and sprinkle parsley if desired.

138

Grilled Macaroni and Cheese

- 1½ cups evaporated milk (or heavy cream)
- 2 egg yolks
- 3 tbsp. melted butter
- 1 garlic glove, minced
- ½ tsp. kosher salt
- 3 cups cheddar cheese, shredded
- 1 tsp. cornstarch
- 3 cups cooked elbow macaroni (1½ cups dry)
- Optional, parsley, tomatoes, crumbled bacon, bread crumbs*



1. In base of Mix-N-Stor Pitcher, whisk together milk, eggs, butter, garlic and salt.
2. In small bowl, mix cheese and cornstarch.
3. Cook elbow macaroni in Microwave Pasta Maker 8 minutes. Drain. Add to cream mixture.
4. Add cheese to macaroni and stir.
5. Pour all into the MicroPro Grill, place lid in in the CASSEROLE position, microwave for 5 minutes, high power until cheese has browned.
6. Let rest for 2-3 minutes before serving.

139

Grilled Mexican Street Corn

- ¼ cup mayonnaise
- ¼ cup sour cream or Mexican crema
- ½ cup finely crumbled cotija or feta cheese, plus more for garnish
- ½ tsp. ancho or guajillo chili powder, plus more for garnish
- 1 medium clove garlic, finely minced
- ¼ cup finely chopped cilantro leaves and tender stems
- 3 ears shucked corn, cut in half
- 1 lime, cut into wedges



1. Combine mayonnaise, sour cream, cheese, chili powder, garlic, and cilantro in a large bowl.
2. Place corn in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 5-6 minutes. Flip, replace cover and GRILL for 3-5 more minutes.
4. Transfer corn to bowl with cheese mixture and use a large spoon to evenly coat corn on all sides with mixture.
5. Sprinkle with extra cheese and chili powder and serve immediately with lime wedges.

140

Grilled Mushrooms

- 1 tbsp. garlic cloves, minced
- 2 tbsp. butter, melted
- ¼ cup chopped flat-leaf parsley
- Salt and pepper, to taste
- 1 lb. mushrooms, cremini or white, halved lengthwise if large
- 1 tsp. fresh lemon juice



TUPPERWARE



1. Combine garlic, butter, parsley, salt and pepper in a bowl. Add mushrooms, toss to coat.
2. Pour mushroom mixture in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 3-5 minutes. Flip, replace cover and GRILL for 2-3 more minutes.
4. Sprinkle with lemon juice.

141

Grilled Onion and Roast Beef Panini

- 1 small onion
- 1 tsp. olive oil
- 2 slices Sourdough bread
- 2 oz. Gruyère cheese
- 3-4 oz. roast Beef, sliced
- 1 tbsp. Dijon mustard or horseradish sauce



TUPPERWARE



1. Place sliced onions and olive oil in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 5 minutes, stir, and cook for 1-2 more minutes if needed. Set aside. Wipe GRILL clean.
2. Spread mustard on each slice of bread, place one slice of bread, mustard side up in the base of the MicroPro Grill, top bread with roast beef, grilled onions and Gruyère cheese, add 2nd slice of bread, mustard side down.
3. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

142

Grilled Peaches and Cream

- 4 fresh peaches, peeled pitted and cut in half
- 2 tbsp. clover honey
- ¾ cup honey pecan soft cream cheese
- 2 tbsp. pecans, chopped
- ½ tsp. ground cinnamon



TUPPERWARE



1. Place peaches pit side up in the base of the MicroPro Grill.
2. Place cover in GRILL position and microwave on high power 5-7 minutes.
3. Drizzle peaches with honey and a dollops of cream cheese on each peach.
4. Place cover in CASSEROLE position and microwave on high for 1-2 minutes, to warm.
5. Place peaches on a dessert plate and sprinkle with cinnamon and nuts.

143

Grilled Pork Sopes with Roasted Tomatilla Sauce

- 6 prepared sopes
- small onion, cut into wedges
- 3 medium tomatillos, husks removed, cut in half
- 1 jalapeno pepper
- 1 garlic clove, peeled
- ½ cup packed fresh cilantro
- ¾ tsp. salt, divided
- 1 (1 lb.) pork tenderloin
- 1 tbsp. chill powder
- ½ cup (2 oz.) queso fresco, crumbled
- Additional chopped onion and cilantro (optional)



TUPPERWARE



1. Place ½ of the sopes in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 2-3 minutes, remove. Repeat with remaining sopes, tent with foil. Set aside.
2. Place onion, tomatillas and jalapeno in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 6 minutes to char vegetables.
3. Add grilled vegetables in the base of the Power Chef System, add garlic, cilantro and ½ tsp. of salt, place cover on and pull cord to mince.
4. Trim excess fat and silver skin from pork, cut into ½" pieces.
5. Combine pork, chili powder and remaining ¼ tsp salt in Thatsa bowl; mix well.
6. Place pork in the base of the MicroPro Grill, place cover in the GRILL position. Microwave on high power 7 minutes. Stir pork, microwave for 2-3 more minutes or until no longer pink,
7. To serve, fill wells of sopes with pork. Place 1 tbsp. salsa over pork; top with queso fresco and additional chopped onion and cilantro, if desired.

144

Grilled Potatoes & Asparagus

- 1 bag 28-oz. petit red potatoes
- ½ tsp. Italian Seasoning Blend
- 1 bunch asparagus
- ¼ tsp. coarse kosher salt
- 1 tbsp. extra virgin olive oil
- ¼ tsp. black pepper



TUPPERWARE



1. Place potatoes in Thatsa Medium Bowl, add olive oil and Italian Seasoning Blend. Toss to season.
2. Place potatoes in MicroPro GRILL base and place cover in GRILL position.
3. Microwave on high power 12 minutes.
4. Meanwhile, using the same bowl to season the potatoes, place asparagus in bowl and toss around to season with remaining oil and blend.
5. Remove MicroPro GRILL from microwave with oven gloves. Add the asparagus on top of potatoes.
6. Place cover back on in CASSEROLE position and microwave on high power an additional 3 minutes.
7. Serve immediately.

145

Grilled Thai Chicken Wings

- 2 lbs. chicken wings, tips removed, drumettes and flats separated
 - ½ cup oyster sauce
 - ½ cup Thai thin soy sauce
 - 2 tbsp. sugar
 - 2 tbsp. vegetable oil
 - 2 tsp. freshly ground black pepper
- Dipping Sauce*
- 6 dried chiles de árbol
 - ½ cup fish sauce
 - 1 tbsp. fresh lime juice
 - 1 tbsp. toasted sesame seeds
 - 2 tsp. sugar



TUPPERWARE



1. Combine oyster and soy sauces, sugar, oil, and pepper in a Thatsa bowl. Add wings; toss to coat. Let sit 20–30 minutes (if allowed to marinate longer, they'll be too salty).
2. Place wings in MicroPro Grill base and place cover in GRILL position.
3. Microwave on high power 6-8 minutes, flip and cook until no longer pink.
4. Grind chiles in spice mill to a fine powder. Mix chile powder, fish sauce, lime juice, sesame seeds, and sugar in a medium bowl to dissolve sugar. Adjust with more sugar or lime juice if needed.

147

Grilled Ribeye Steak—Two Ways

Marinade

- ¼ cup chopped onion
- ¼ cup olive oil
- 1 tbsp. lemon juice
- 1 tbsp. soy sauce
- ½ tbsp. sugar
- ½ tbsp. cider vinegar
- ½ tbsp. honey
- 1 tsp. minced garlic
- 1 tsp. Worcestershire sauce
- ½ tsp. kosher salt
- ¼ tsp. fresh cracked black pepper
- 2 ribeye steaks 1" thick

Dry Rub

- 1 tsp. salt
- ½ tsp. fresh-ground black pepper
- ½ tsp. white pepper
- ¼ tsp. paprika
- 1 tsp. rosemary, chopped
- ¼ tsp. garlic powder
- 2 tbsp. olive oil
- 2 ribeye steaks 1" thick



TUPPERWARE



1. Remove the steak from the refrigerator and let it come to room temperature, about 30 to 45 minutes.

Marinade - Mix all the marinade ingredients and pour into the Season Serve container, add steak and marinate for at least 30 minutes. Remove from marinade and pat with paper towel to remove excess liquid.

Dry Rub - Toss together the salt, black pepper, white pepper, paprika, rosemary, and garlic powder in a small bowl. Brush the steaks with the olive oil, then coat them with the seasoning mixture.

1. Preheat MicroPro Grill by placing a slice of bread, placing the cover in GRILL position and microwave on high for 2 minutes, throw bread away of use it for another dish.
2. Place the steaks in the base of the heated MicroPro Grill, place cover in GRILL position and microwave on high for 4 minutes, flip steak over, cook for 1-2 minutes depending on how you like your steak cooked.

Tip: A temperature of 125 degrees means medium-rare. Use a meat thermometer.

146

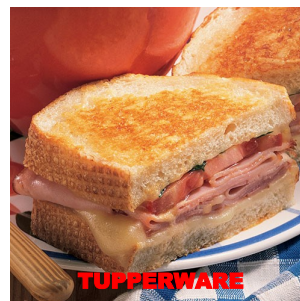
Ham & Cheese with Parmesan Garlic Butter

Parmesan garlic butter

- ½ oz. fresh Parmesan cheese, grated (⅓ cup)
- 1½ Tbsp. butter or margarine, softened
- 1 garlic clove, minced

Sandwiches

- 4 slices sourdough bread
- 4 oz. sliced deli ham
- ½ medium tomato, sliced into 4 thin slices
- 2 tsp. snipped fresh basil leaves
- 4 oz. sliced Monterey Jack cheese
- 2 tsp. Dijon mustard



TUPPERWARE



1. In small bowl, mix together parmesan garlic butter ingredients.
2. Spread butter one side of 2 pieces of bread, place 2 slices of bread into the base of MicroPro Grill, butter side up.
3. Spread mustard on the two remaining pieces of bread set, aside.
4. On each buttered bread slice, layer 1 oz. of Monterey jack cheese, ½ the ham, one slice of tomato, 1 tsp. of basil, then the remaining 1 oz. of Monterey jack cheese, place remaining bread mustard side down,
5. Place cover on top of sandwiches in GRILL position and microwave on high power 3-4 minutes.

148

Hamburger Steak with Sweet Onion Mushroom Gravy

- 2 honey-wheat bread slices
- 1 pound ground round
- 1 large egg, lightly beaten
- 2 garlic cloves, minced
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 1 (1.2-oz.) envelope brown gravy mix
- 1 (8-oz.) package fresh mushrooms, sliced
- 1 medium-size sweet onion, halved and thinly sliced



1. Place onions and mushrooms in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3-5 minutes, stir, recover and microwave for 2-3 more minutes, until grilled. Transfer to a small bowl; set aside.
2. In the base of the Power Chef System with the blade attachment, add bread, cover and pull cord until finely chopped.
3. In a medium bowl add breadcrumbs, ground round, egg, garlic, salt and pepper, gently combine until blended, using your hands. Shape into 4 (4-inch) patties.
4. Place patties in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 5 minutes, flip, recover and microwave for 3-5 minutes or until no longer pink.
5. Whisk together brown gravy mix and 1½ cups water, pour over burgers, add onions and mushrooms, place cover in CASSEROLE position and microwave for 2-3 minutes. Allow to set for 5 minutes.

149

Harvest Pear Crisp

- 3 cups Anjou or Bartlett pears, cored and cut lengthwise into ½ inch-thick slices (about 1½ lb.)
- 1 Tbsp. fresh lemon juice
- 3 Tbsp. granulated sugar
- 2 tsp. cornstarch
- ¾ tsp. ground cinnamon, divided
- 3 Tbsp. all-purpose flour
- ¼ cup packed brown sugar
- ¼ tsp. salt
- 1½ Tbsp. chilled butter, cut into small pieces
- 3 Tbsp. regular oats
- ¼ cup coarsely chopped walnuts

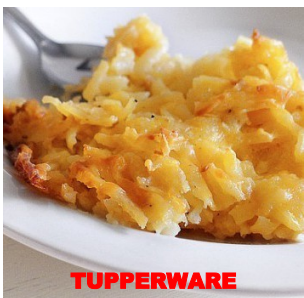


1. Combine pears and lemon juice in a bowl; toss gently to coat. Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk. Add cornstarch mixture to pear mixture; toss well to coat.
2. Place flour, ¼ teaspoon cinnamon, brown sugar, and salt in a the base of the Power Chef System with blade attachment, cover and pull cord until well blended. Add chilled butter; recover and pull cord resembles coarse meal. Add oats and walnuts; recover and pull cord.
3. Place pear mixture in the base of the MicroPro Grill, Sprinkle flour mixture evenly over pear mixture.
4. Place cover in CASSEROLE position and microwave on high for 12-15 minutes

150

Hash Brown Casserole

- 1 lb. frozen shredded hash browns, thawed
- ¼ cup butter, melted
- 1 (10 ¼ oz.) can cream of chicken soup
- ¼ cup sour cream
- ½ cup onion, diced
- 1½ cups cheddar cheese, shredded
- Salt and pepper to taste
- ¼ cornflakes, crashed (optional)



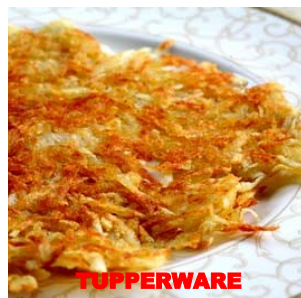
1. In a medium bowl, combine all ingredients except cornflakes.
2. Place potato mixture in MicroPro Grill base and place cover in CASSEROLE position.
3. Microwave on high power 8-10 minutes.
4. Un-cover and sprinkle with cornflakes, if desired and place cover in GRILL position, microwave on high for 2-3 minutes.

151

Hash Browns

- 2 russet potatoes, peeled*
- salt and ground black pepper to taste
- 1 pinch cayenne pepper, or to taste
- 1 pinch paprika, or to taste

*You can use frozen shredded hash browns, thawed and moisture removed.



1. Shred potatoes into a large bowl filled with cold water. Stir until water is cloudy, drain, and cover potatoes again with fresh cold water. Stir again to dissolve excess starch. Drain potatoes well, pat dry with paper towels, and squeeze out any excess moisture.
2. Place potato mixture in MicroPro Grill base and place cover in CASSEROLE position.
3. Microwave on high power 6 minutes.
4. Change cover position to GRILL and microwave on high for 4-6 minutes.

152

Hawaiian Chicken Burger

2 garlic cloves, peeled
1 small red onion, peeled and quartered, divided
1 (20-oz.) can pineapple slices, divided, 5 slices for topping
1 lb. ground chicken
½ cup Swiss cheese
¼ cup plain breadcrumbs
½ tsp. coarse kosher salt
¼ tsp. black pepper
Hamburger buns



TUPPERWARE



1. If desired, grill 5 pineapple slices by placing in the MicroPro Grill with cover in GRILL position, on high for about 3 minutes, flip cover and microwave for additional 2 minutes. Wipe clean.
2. Place garlic, ½ red onion and ½ can of pineapple (reserving 5 slices for garnish) in the base of the Power Chef Pro, pull cord until vegetables are finely diced.
3. Combine ground chicken, pineapple mixture, swiss cheese, breadcrumbs, salt and pepper in Thatsa bowl. Mix well. Divide burgers mixture into 5 equal portions.
4. Place 2 burgers in base MicroPro Grill 4–5 minutes, place cover in GRILL position. Microwave on high for 5 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer. Repeat with remaining burgers.
5. Top each burger with pineapple ring and sliced red onion.

153

Hidden Veggie Burger

2 garlic cloves, peeled
½ medium onion, peeled and cut into 2" pieces
½ zucchini, trimmed and cut 2" pieces
½ red bell pepper, seeded and cut into 2" pieces
1 lb. ground beef
Kosher salt and fresh cracked black pepper
1 tbsp. Steak & Chop Seasoning Blend
Slider buns



TUPPERWARE



1. Place vegetable in the base of the Power Chef Pro, pull cord until vegetables are finely diced.
2. Combine ground beef, vegetables, salt and pepper and Steak N Chop seasoning in Thatsa bowl. Mix well. Divide burgers mixture into 8 equal portions.
3. Place 4 burgers in base MicroPro Grill 4–5 minutes, place cover in GRILL position. Microwave on high for 3- 4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer. Repeat with remaining burgers.

155

Hawaiian Ham & Swiss Sliders

12 Slices of deli honey ham
3 Slices of swiss cheese, cut into fourths
2½ Tbsp. mayonnaise
1¼ tsp. poppy seeds
¾ Tbsp. Dijon mustard
¼ cup butter melted
1½ tsp. onion powder
¼ tsp. Worcestershire sauce
1 package (12 count) Hawaiian sweet rolls, sliced in half horizontally



TUPPERWARE



1. Spread mayo onto the cut side of both the top and bottom of the Hawaiian rolls.
2. Place bottom rolls, in the base of the MicroPro Grill.
3. Place a layer of ham over bottom rolls and layer of swiss then place the top of the Hawaiian rolls on top.
4. In a medium bowl, whisk together poppy seeds, Dijon mustard, melted butter, onion powder and Worcestershire sauce.
5. Pour sauce over the rolls, place cover in CASSEROLE position and microwave on high for 2-4 minutes.

154

Honey Lime Glazed Salmon

2 tbsp. fresh lime juice
2 tbsp. rice vinegar
2 tbsp. Dijon mustard
2 tbsp. honey
2 tbsp. minced fresh chives or red onion
1 tsp. kosher salt
½ tsp. granulated garlic
½ tsp. freshly ground black pepper
¼ tsp. ground cayenne pepper
¼ cup extra-virgin olive oil
2 (8 oz.) salmon fillets
½ tsp. kosher salt
¼ tsp. freshly ground black pepper



TUPPERWARE



1. In Quick Shake container, combine ingredients lime juice to olive oil, shake to mix well: seal and shake until combined.
2. Season salmon with salt and pepper.
3. Place salmon fillets, skin side down in the base of the MicroPro Grill.
4. Reserve 3 tbsp. glaze, pour remaining glaze over salmon, place cover in GRILL position and microwave on high for 5-7 minutes.
5. Garnish salmon fillets with remaining glaze and serve.

156

Honey Sriracha Chicken Breast

Recipe submitted by Jennifer McEllen

- 1 lbs. chicken breast, skinless and boneless
- ½ tsp. garlic powder
- Kosher salt and freshly ground black pepper, to taste
- Dipping Sauce*
- ¼ cup Sriracha sauce
- ¼ cup honey
- 2 Tbsp. lime juice
- 4 tbsp. butter, melted
- 1 tbsp. chopped fresh cilantro leaves or cilantro paste



1. Season chicken with garlic powder, salt and pepper.
2. Combine Sriracha sauce, honey, lime and butter in a Thatsa bowl. Add chicken; toss to coat.
3. Marinade for 15 minutes.
4. Place chicken in MicroPro Grill base and place cover in GRILL position.
5. Microwave on 80% power 7 minutes, flip chicken and microwave for 5 minutes or until no longer pink.

157

Hot Bacon and Cheddar Dip

- 8 oz. cream cheese, softened
- ½ cup sour cream
- ½ cup mayonnaise
- 10 slices bacon, cooked crisp and crumbled
- 3 dashes Worcestershire sauce
- 4 tbsp. fresh parsley
- 1 clove garlic, minced
- 1½ cups shredded cheddar cheese, divided
- 4 green onions, chopped
- ½ cup shredded cheddar cheese (topping)



1. Combine all ingredients, except ½ cup of shredded cheese in a Thatsa bowl.
2. Pour mixture in the base of MicroPro Grill, sprinkle remaining ½ cup cheese over top and place cover in CASSEROLE position.
3. Microwave on high power, 5-7 minutes.

159

Honey Sriracha Chicken Wings

- 1 lbs. chicken wings, tips removed, drumettes and flats separated
- ½ tsp. garlic powder
- Kosher salt and freshly ground black pepper, to taste
- Dipping Sauce*
- ¼ cup Sriracha sauce
- ¼ cup honey
- 1 lime, juiced
- 4 tbsp. butter, melted
- 1 tbsp. chopped fresh cilantro leaves



1. Season chicken wings, with garlic powder, salt and pepper.
2. Combine Sriracha sauce, honey, lime and butter in a Thatsa bowl. Add wings; toss to coat.
3. Place wings in MicroPro Grill base and place cover in GRILL position.
4. Microwave on high power 6-8 minutes, flip chicken wings for 2-3 minutes or until no longer pink.

158

Hot Ham & Cheese Sandwiches with Onion Butter

- Onion Butter*
- 4 tbsp. salted butter, melted
- ¼ cup finely minced onion
- 1½ tbsp. Dijon mustard
- ¼ tsp poppy seeds
- ½ tsp. freshly squeezed lemon juice
- Sandwiches*
- 4 sandwich rolls
- ¼ lb. ham, sliced
- ¼ lb. cheese (American, Swiss, Muenster, etc)



1. In small bowl, mix together onion butter ingredients.
2. Place bottom half of rolls cut side up base
3. Spread ½ the onion butter evenly onto the halves.
4. Top with ½ the cheese. Add all the ham. Add remaining cheese. Finish with the rest of the onion butter. Place top half of rolls on sandwiches.
5. Place cover in GRILL position and microwave on high power for 3-4 minutes.

160

Italian Panini

- 2 Italian bread, sliced
- 2 tsp. butter
- 1 oz. thinly sliced ham
- 1 oz. thinly sliced salami
- ½ oz. thinly sliced pepperoni
- 1 slice provolone cheese
- 1 pepperoncini peppers, thinly sliced



1. Spread butter on each slice of bread, place one slice of bread, butter side down in the base of the MicroPro Grill, top bread ham, salami, pepperoni, provolone cheese and peppers, add 2nd slice of bread, butter side up.
2. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

161

Italian Turkey Burger

- 1 lb. ground turkey breast
- 1 tbsp. Italian Herb Seasoning
- 1 tsp. dry zesty Italian dressing mix
- 1 cup shredded mozzarella cheese
- 1 egg, lightly beaten
- ¼ cup Italian style breadcrumbs or plain Burger buns



1. Place all ingredients in medium bowl and combine well
2. Divide into four equal patties.
3. Place two patties at a time in base of MicroPro Grill and place the cover on top of patties in GRILL position.
4. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes.
5. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 3 minutes, then flip and microwave on high power an additional 3 minutes.
6. Top with desired toppings and serve.

163

Italian Spinach & Sun Dried Tomato Stuffed Chicken Breast

- Dijon Mustard Sauce*
- 2 tsp. olive oil
- 1 tbsp. Dijon Mustard
- 1 tbsp. white wine vinegar or lemon juice
- ½ tsp. sugar, any
- 2 tsp olive oil
- ½ tsp. Italian herbs
- ½ tsp. red pepper flakes

- 2 (6 oz.) chicken breasts , boneless and skinless
- ½ cup sun dried tomato (oil packed)
- 4 slices mozzarella cheese (or cheese of choice)
- leaves Handful of spinach
- Salt & pepper



1. In a small bowl, whisk together all the ingredients for the Dijon mustard sauce, set aside.
2. Cut a slit into the side of each breast to form a pocket.
3. Brush the inside and outside of the chicken breast with the mustard sauce.
4. Stuff each chicken breast with ½ of the sun dried tomatoes, cheese and spinach.
5. Seal opening with toothpicks to keep closed. Season with salt and pepper.
6. Place chicken breast in the base of the MicroPro Grill.
7. Place cover in the GRILL position. Microwave on high power 5 minutes. Flip chicken, microwave for 3-5 minutes or until chicken is no longer pink.

162

Jalapeno Cheese Crisps

- 2 medium jalapenos
- ¼ tsp. onion salt or powder
- ⅛ tsp. pepper
- 1½ cup shredded Monterrey Jack cheese or any cheese of your choice
- Ranch dressing



1. Slice your jalapeno into thin slices, about ¼-½" thick. Make sure to cut out seeds if you don't want them spicy.
2. Mix cheese, onion powder or onion salt, and pepper.
3. Place jalapenos in the base of the MicroPro Grill, sprinkle cheese mixture over jalapenos. Place cover in GRILL position. Microwave on high for 3 minutes. Check and microwave for 1 more minute if needed. Let cool and break into pieces.
4. Serve warm with ranch dressing.

164

Jalapeno Popper Dip

- 6-8 slices of bacon, diced and cooked crispy
- 2 (8-oz.) packages of cream cheese, soft
- 1 cup of mayonnaise
- 2-4 jalapenos, seeded, membranes removed, diced finely
- 1 cup of cheddar cheese, shredded
- 1 cup of jack cheese, shredded
- ¼ cup diced green onion Topping
- 1 cup of crushed Ritz crackers
- ½ cup Parmesan cheese
- ½ stick of butter, melted



1. Place bacon into the base of the MicroPro Grill. Place cover on top of bacon in the GRILL position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the GRILL position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. Mix together crumbled bacon, cream cheese, mayonnaise, jalapeno, cheeses and green onion in a medium bowl.
3. Pour into the base of the MicroPro Grill.
4. Combine the topping ingredients and sprinkle all over the top of the dip.
5. Place cover in CASSEROLE position. Microwave on high for 5-7 minutes.

165

Jalapeno Popper Grilled Cheese

- 3 jalapenos, cut in half lengthwise
- 1 tbsp. olive oil
- Salt and freshly cracked black pepper
- ½ cup mascarpone cheese
- ½ cup shredded aged Cheddar
- 4 slices country white bread
- 1 tbsp. salted butter, room temperature



1. Toss the jalapenos with 1 tbsp. olive oil, some salt and pepper and lay skin-side up in the base of the MicroPro Grill. Place cover in GRILL position and microwave on high for 3-5 minutes.
2. Remove from GRILL and place in a plastic baggie for about 5 minutes loosen the skin. Pull off the skin, remove the majority of seeds and ribs, and slice. Set aside.
3. Butter all 4 slices of bread on one side, place two slices buttered side down in the MicroPro Grill.
4. Spread mascarpone cheese on the unbuttered side of 2 slices of bread, top with roasted jalapenos then a layer of shredded cheddar cheese. (Layering this way ensures that the melty cheese will hold the sandwich together.) Salt and pepper to taste. Top with the other slice of bread.
5. Microwave on high power 3 minutes, in the GRILL position, flip over and microwave an additional 2 minutes or until cheese is bubbly and heated through.

166

Jumbo Cinnamon Rolls

- 1 roll (3.5 oz.) Pillsbury Grands Cinnamon Rolls with Icing



1. Place 2 or 3 cinnamon rolls in the base of the MicroPro Grill.
2. Place cover on CASSEROLE position and microwave on high for 6-7 minutes.
3. Let rolls cool for a few minutes, then apply icing provided.
4. Repeat with remaining rolls.

167

Korean BBQ Beef

- ½ cup low-sodium soy sauce
- 2 tbsp. water
- 1½ tbsp. raw or turbinado sugar
- 1 tbsp. minced garlic
- 1 tsp. Asian sesame oil
- 1 tsp. grated peeled fresh ginger
- ½ tsp. freshly ground black pepper
- ½ cup chopped scallions
- 1 lb. ribeye steak, thinly sliced
- Toasted white and black sesame seeds, for garnish (optional)



1. Place meat in Season Serve Container. Toss with ¾ of marinade, reserve ¼ of marinade for dipping sauce. Cover; chill for 3-8 hours.
2. Remove meat from marinade, pat dry.
3. Microwave on high power 8 minutes, then stir the meat and microwave on high power an additional 2-3 minutes.

168

Korean BBQ Chicken

Marinade

- 3 tbsp. Korean red chili pepper flakes
- 1 tbsp. sugar
- 3 tbsp. soy sauce
- 2 tbsp. rice wine
- 2 tbsp. Korean red chili pepper paste
- 2 tbsp. honey
- 3 tbsp. pineapple juice
- 1 tbsp. sesame oil
- ¼ cup onion, grated
- 2 tbsp. minced garlic
- 1 tbsp. grated ginger
- ½ tsp. salt & pepper, to taste

1 lb. boneless chicken thighs

Garnish

- 2 tbsp. chopped scallions
- 1 tsp. sesame seeds



TUPPERWARE



1. Place meat in Season Serve Container.
2. Mix all marinade ingredients in the Quick Shake container.
3. Pour over chicken and toss with ¾ of marinade, reserve ¼ of marinade for dipping sauce. Cover; chill for 3 -8 hours.
4. Remove meat from marinade, pat dry.
5. Place chicken in the base of the MicroPro Grill. Place cover in the GRILL position.
6. Microwave on high power 10-12 minutes, flip chicken and microwave on high power an additional 2-3 minutes or until no longer pink.

169

Loaded Baked Potato Dip

- 8 oz. sour cream
- 8 oz. cream cheese, room temperature
- 1 cup shredded sharp cheddar cheese, divided
- 6 strips of bacon, cooked till crispy and chopped
- 3 green onions, green tops cut thinly

Serve with French Fries or Freshly made Potato Chips



TUPPERWARE



1. In a medium sized mixing bowl add sour cream and cream cheese. Mix together until smooth and combined. Add in ¾ cup shredded cheese, the majority of the bacon and the majority of the sliced green onions. Stir together until combined.
2. Pour into the base of the MicroPro Grill, top with remaining cheddar cheese, place Cover in CASSEROLE position, microwave on high for 5-6 minutes.
3. Top with remaining bacon and sliced green onions. Serve with warm french fries or crispy potato chips.

170

Loaded Potato Planks

- 2 slices bacon
- 1 large russet potato, scrubbed
- ¼ tsp. kosher salt
- ¼ cup sour cream
- ½ cup shredded Cheddar
- 2 tbsp. thinly sliced green onion



TUPPERWARE



1. Set Mandoline round knob to #2, triangular knob to "lock" and select the straight v-shaped blade insert.
2. Using a knife, cut potato in half lengthwise, discard ends and attach one half to food guider and push guider down Mandoline to create 4 (¼") planks. Set aside.
3. Place bacon in the base of the MicroPro Grill. Place cover on bacon in the GRILL position.
4. Microwave on high power 3 minutes. Flip bacon and microwave on high power 3 minutes. Remove bacon, set aside. Crumble when cool.
5. Place potatoes in the base of the MicroPro Grill. Sprinkle with salt. Place cover on potatoes in the CASSEROLE position.
6. Microwave on high power 3 minutes. Flip potatoes, place cover on potatoes in the GRILL position. Microwave on high power 3 minutes or until the desired doneness.
7. Top potatoes with sour cream, crumbled bacon, Cheddar and green onion. Serve warm or at room temperature.

171

Maine Hot Crab Dip

- 1½ cups sour cream
- 3 tbsp. fresh lemon juice
- 2 tbsp. onion, grated
- 2 tsp. Worcestershire sauce
- 1 tsp. dry mustard
- ½ tsp. garlic powder
- 2 (8 oz.) pkg. cream cheese, softened
- 1 cup sharp cheddar cheese
- 1½ lb. lump crabmeat, shells removed (or 2 cans of canned crab meat)
- 1 tsp. Old Bay Seasoning



TUPPERWARE



1. Mix together sour cream, lemon juice, onion, Worcestershire, dry mustard, garlic powder, and cream cheese with mixer until well blended. Fold in cheddar cheese and crabmeat.
2. Spoon mixture into the base of the MicroPro Grill. Sprinkle with old bay seasoning.
3. Microwave on high power 5-7 minutes or until dip is heated through.

172



Manicotti

- 6 manicotti noodles, uncooked
- ¼ cup ricotta cheese or cottage cheese
- 3 tbsp. parmesan cheese, grated
- ½ tsp. Italian seasoning
- 1 egg, slightly beaten
- 1 tsp. parsley, finely chopped
- salt and pepper, to taste
- 4 oz. mozzarella cheese, grated
- 1 (15 ½ oz.) jar pasta sauce



1. Cook Manicotti noodles in the Pasta Maker, for approximately 16 minutes, al dente.
2. While that is cooking, mix ricotta, parmesan cheese, egg, Italian seasoning, salt and pepper and parsley in a small bowl.
3. Fill noodle with cheese mixture.
4. Pour about ½ cup pasta sauce in the base of the MicroPro Grill. Top with cheese filled noodles, followed by the remainder of the pasta sauce. Place cover on the CASSEROLE position.
5. Microwave on high power 15 minutes.
6. Remove cover and sprinkle with mozzarella cheese, put cover on GRILL position, microwave on high for 4 minutes to lightly brown cheese.

173



Maui Shrimp

- 1 pinch garlic salt, to taste
- ¼ tsp. cayenne pepper, to taste (optional)
- ¼ cup melted butter
- 1 tsp. Worcestershire sauce
- ½ tsp. fresh parsley, chopped
- ½ tsp. garlic, minced
- 1 tbsp. fresh lemon juice
- 1 lb. uncooked medium shrimp, peeled and deveined



1. Preheat MicroPro Grill, by placing a piece of bread, and microwaving on high for 2 minutes, throw bread away or use in another dish.
2. Mix all ingredients in a medium bowl. Toss to coat. Marinate for 15 minutes.
3. Drain shrimp and place in the base of the MicroPro Grill. Place cover on the GRILL position. 4. Microwave on high power 5-7 minutes.

175



Maple Dijon Apple Cider Grilled Pork Medallions

- 1 lb. pork tenderloin, cut into 1½" medallions
- salt and pepper to taste
- 2 apples, sliced

- Sauce*
- 1½ cups apple cider
 - ¼ cup maple syrup
 - 1 Tbsp. Dijon mustard
 - 1 Tbsp. grainy mustard
 - 1 Tbsp. white miso paste
 - 1 Tbsp. soy sauce
 - 1 Tbsp. sriracha
 - 1 clove garlic, grated
 - 1 Tbsp. cornstarch



1. Prepare the tenderloin by removing all the silver skin and trimming the fat. Cut the tenderloin into 6-8 even medallions.
2. Season pork slices with salt and pepper on both sides.
3. Place 4 pork tenderloin slices in base of MicroPro Grill Place cover on in GRILL position.
4. Microwave on high power 5-7 minutes, flip cook for 2-3 more minutes or until pork is no longer pink. Remove pork from MicroPro Grill, place on a serving plate.
5. Mix sauce ingredients, set aside
6. Place apple slices in the base of the MicroPro Grill, cover in GRILL position, microwave on 5-7 minutes, stir and pour sauce over apples, place cover in CASSEROLE position and microwave for 5 minutes on high.
7. Pour apple sauce over pork chops.

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Meatball Sub Sandwich

- 1 lb. ground sirloin
- 1 large egg, beaten
- ½ cup, Italian bread crumbs
- ½ medium onion, chopped fine
- 2 cloves garlic, minced
- ¼ tsp. crushed red pepper flakes
- 1 tsp. Worcestershire sauce
- 2 tbsp. flat-leaf parsley leaves, chopped
- 2 tbsp. grated Parmigiano or Romano
- Coarse salt and black pepper
- Hoagie rolls
- 1 cup Basic Tomato Sauce
- 6 oz. fresh mozzarella, shredded



1. Mix ground sirloin to salt ingredients in a medium bowl, shape into meatballs.
2. Place meatballs in the base of the MicroPro Grill. Place cover on the GRILL position.
3. Microwave on high power 5 minutes, flip and cook for 3 more minutes, wipe grill clean.
4. Place hoagie rolls into the base of the MicroPro Grill, place meatballs in hoagie rolls, top with about ¼ cup tomato sauce on each sandwich, then top with mozzarella cheese. Place cover on the GRILL position.
5. Microwave on high for 3 minutes or until cheese is melted.

176

Mediterranean Salmon

- 1 tsp. plus 1 tbsp. extra virgin olive oil, divided
- 1 pint cherry tomatoes, halved
- 1 cup chopped zucchini
- ½ cup eggplant, chopped
- ¼ cup golden raisins (optional)
- 2 tsp. chopped fresh rosemary
- 2 garlic cloves, crushed
- ¼ tsp. coarse kosher salt
- 4 (4 oz.) salmon fillets, skin-on



TUPPERWARE



1. In a large bowl, toss together 1 tsp. of the olive oil, cherry tomatoes, zucchini, eggplant and raisins until well coated.
2. Transfer vegetables into the base of the MicroPro Grill. Microwave on high power 5 minutes with the lid in the GRILL position.
3. Remove from microwave; transfer vegetables back to the same bowl. Fold in rosemary and salt; set aside.
4. Brush salmon on all sides with remaining olive oil. Place 2 salmon fillets in MicroPro Grill, skin side up, with lid in the GRILL position. Microwave on high power 4 minutes.
5. Remove salmon, sprinkle with coarse kosher salt to taste. Repeat with remaining salmon fillets. Serve warm with vegetables.

177

Mexican Chicken Burger

- 1 small tomato, quartered and de-seeded
- ½ small red onion, peeled and quartered
- 1 cup loosely packed cilantro
- ¼ cup black olives, pitted
- 1 lb. ground chicken
- ½ tsp. coarse kosher salt
- ¼ tsp black pepper
- 1 tsp. taco seasoning
- Hamburger buns
- Vegetable relish or salsa topping, optional



TUPPERWARE



1. Place vegetables in the base of the Power Chef Pro, pull cord until vegetables are finely diced.
2. Combine ground chicken, vegetables, salt and pepper and taco seasoning in Thatsa bowl. Mix well. Divide burgers mixture into 4 equal portions.
3. Place 2 burgers in base MicroPro Grill 4–5 minutes, place cover in GRILL position. Microwave on high for 3–4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer. Repeat with remaining burgers.

178

Mexican Lasagna

- 1 lb. ground beef
- ¼ cup onion, diced
- 1 pkg. taco seasoning
- ½ cup water, divided
- 1 (12-19 oz.) can enchilada sauce
- 1 (16 oz.) can refried beans
- 1 (4 oz.) can green chilis
- 8 corn tortillas

Optional toppings, sour cream, tomatoes, olives, jalapeno



TUPPERWARE



1. Crumble ground beef and add onions in the base of the in base MicroPro Grill, place cover in GRILL position. Microwave on high for 4-6 minutes or until no longer pink; add taco seasoning and ¼ cup water, place cover in CASSEROLE position and microwave on high for 2 minutes. Pour into a bowl and set aside.
2. In a small bowl mix refried beans with ¼ water.
3. Place one layer of corn tortillas (3) in the base of the MicroPro Grill, layer ½ enchilada sauce, half the beans, half the beef mixture, ½ the cheese, and half the green chilis. Repeat for a 2nd layer. Place last two corn tortillas on top, pour remaining enchilada sauce and sprinkle with remaining cheese.
4. Place cover in casserole position and microwave on high for 10 minutes. Let rest for 5 minutes

179

Mini Meatloaf Bombs

- 1 Tbsp. olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 Tbsp. Worcestershire sauce
- 3 Tbsp. ketchup
- 1 Tbsp. apple-cider vinegar
- 2 Tbsp. Dijon mustard
- 1 tsp. paprika
- ½ tsp. cumin
- 1 tsp. salt
- 1 tsp. freshly ground black pepper
- 1 egg
- 1½ pounds ground meat (beef, pork, turkey, chicken or a mixture)
- ¾ cup plain bread crumbs
- 6 strips bacon, halved

Sauce

- ½ cup ketchup
- 2 tsp. brown sugar
- 1 tsp. apple cider vinegar



TUPPERWARE



1. In the base of the MicroPro Grill add the onion place cover in GRILL position and microwave on high for 3-5 minutes, Transfer the mixture to a medium bowl and let cool about 5 minutes.
2. Add the garlic, Worcestershire, ketchup, vinegar, mustard, paprika, cumin, salt, pepper and egg to the bowl with the onion and mix to combine.
3. Add the meat and mix to combine fully. Add the bread crumbs and mix to combine.
4. Divide the mixture into 6 even portions and then form into miniature loaves on the prepared baking sheet. Each loaf should be about 3 inches wide and 2 inches high.
5. Wrap each loaf with 2 pieces of the halved bacon.
6. Place in the base of the MicroPro Grill, place cover in GRILL position and microwave for 6-8 minutes.
7. Flip meatloaves, mix sauce and pour on top of meatloaf, cover in CASSEROLE position the microwave for 5 minutes.

180

Mini Meatloaves

2 large eggs, lightly beaten
¼ cup milk
½ cup finely crushed saltines
⅓ cup chopped onion
1 clove garlic, minced
¾ tsp. salt
¼ tsp. sage
Dash pepper
1½ lb. ground beef
½ cup ketchup
¼ cup packed brown sugar
½ tsp. Worcestershire sauce
¼ tsp. chili powder



1. In a large bowl, combine the first eight ingredients. Add beef; mix lightly but thoroughly. Shape into mini loaves.
2. Place meatloaves in base MicroPro Grill, place cover in CASSEROLE position. Microwave on high for 10 minutes.
3. In a small bowl, combine remaining ingredients, stirring to dissolve sugar; Spread mixture over meatloaves.
4. Place cover in CASSEROLE position and microwave on high for 3-4 minutes.

181

Mongolian Beef

½ tsp. ginger, minced
1 Tbsp. garlic, chopped
½ cup soy sauce
½ cup water
¾ cup dark brown sugar

2-3 Tbsp. vegetable oil
1 lb. flank steak
¼ cup cornstarch
2 large green onions, sliced on the diagonal into one-inch lengths



1. In the 2 cup Micro Pitcher, stir together ginger, garlic, soy sauce, water and brown sugar, microwave on high for 1-2 minutes, set aside.
2. Slice the flank steak against the grain into 1/4" thick bite-size slices. Dip the steak pieces into the cornstarch to apply a very thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes so that the cornstarch sticks.
3. Place beef in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3-5 minutes, flip beef, recover in GRILL position and microwave for additional 2-3 minutes.
4. Pour sauce over beef and microwave with cover in CASSEROLE position for two minutes.
5. Garnish with green onions.

182

Monte Cristo Sandwich

3 slices white sandwich bread
¼ lb. ham, sliced
½ cup gouda cheese, grated or Swiss or Gruyere
2 tsp. mayonnaise
1 egg
2 tbsp. milk
1 tsp. paprika
Salt and pepper, to taste
1 tbsp. butter, melted



1. In a small bowl, stir together the egg, milk, paprika, and a pinch of salt and pepper. Set aside.
2. Spread mayonnaise on one slice of bread, lightly on both sides.
3. Lay one piece of bread down, cover with half the cheese, half the ham, then top with the mayonnaise covered bread, cover with 2nd half of ham, 2nd half of cheese and the last piece of bread.
4. Press down on the sandwich, flatten as much as you can.
5. Trim the crust off the sandwich.
6. Dip sandwich in the egg mixture. (similar to French toast)
7. Pour melted butter in the base of the MicroPro Grill. Place sandwich in the butter.
8. Place cover in the GRILL position.
9. Microwave on high power 3-5 minutes. Flip, replace cover and GRILL for 2-3 more minutes.

183

Montreal Steak and Onions

1 large onion, peeled, sliced thin
½ tsp. coarse kosher salt, divided
1 garlic clove, peeled, minced
1 large NY strip steak, outer fat trimmed, cut into cubes
1 tbsp. cornstarch
¼ tsp. freshly ground black pepper
½ tsp. onion powder
¼ tsp. ground coriander



1. In the base of the MicroPro Grill, add onions and sprinkle ¼ tsp. of the salt. Place cover on top of onions in the GRILL position. Microwave on high power 4 minutes. Remove from microwave and transfer to a medium bowl.
2. Meanwhile in a second medium bowl, stir together steak cubes, cornstarch, remaining salt, pepper, onion powder and coriander until steak is well coated.
3. In the base of the MicroPro Grill, place steak cubes in an even layer. Place cover on top of steak in the GRILL position. Microwave 3 minutes or until steak is medium to medium-rare and caramelized. Transfer steak to bowl with onions, toss to combine. Serve warm.

184

Mozzarella Stuffed Meatballs

1½ pounds ground beef (85-90% lean)
 ¼ cup breadcrumbs
 1 tsp. salt
 ½ tsp. pepper
 ½ tsp. garlic powder
 ½ tsp. dried oregano
 1 egg
 2 tablespoons water
 6 ounces mozzarella cheese, cut into ½ inch cubes
 3 cups marinara sauce (homemade or store bought)
 2 Tbsp. chopped fresh parsley



1. Place the beef, breadcrumbs, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 tablespoon at a time, to get a smooth mixture.
2. Take approximately 2 Tbsp. of the meat mixture and roll it into a ball. Press a cube of cheese into the ball of meat, making sure that the meat completely surrounds the cheese. repeat with remaining meat and cheese.
3. Place the meatballs in the base of the MicroPro Grill, place cover in GRILL position and microwave for 5 minutes, drain, flip meatballs recover in GRILL position and microwave for additional 3-5 minutes.
4. Pour the marinara sauce over the top, place cover in CASSEROLE position and microwave on high for 2-3 minutes.
5. Sprinkle with parsley and serve immediately.

185

Oatmeal Cake with Coconut Pecan Glaze

Recipe submitted by: KJ Fee-Mann

½ cup quick cooking oatmeal
 ¾ cup boiling water
 ½ cup granulated sugar
 ⅔ cup flour
 ½ tsp. salt
 ½ tsp. baking soda
 1 egg
 ¼ cup shortening

Glaze
 ½ cup sweetened shredded coconut
 3 Tbsp. butter
 ⅓ cup brown sugar
 ½ cup chopped pecans
 2 Tbsp. milk
 ½ tsp. vanilla extract



1. Add water to the 1 cup Micro pitcher and microwave on high for 1-2 minutes, add oatmeal, stir and let stand.
2. In a medium bowl, mix together, sugar, flour, salt, baking soda, egg and shortening; add oatmeal mixture, stir to combine.
3. Sprinkle coconut in the base of the MicroPro Grill. Place cover in CASSEROLE position and microwave on high for 2-3 minutes. Check and stir about every minute to avoid burning. Pour coconut in a small bowl; set aside.
4. Pour cake mixture in the base of the MicroPro Grill, Place cover in CASSEROLE position and microwave on high for 4-6 minutes, checking at 4 minutes. Remove from microwave, remove cover, and set aside.
5. Add butter to the 1 cup Micro pitcher, microwave for 30 seconds to melt, add to the bowl with coconut; add brown sugar, pecans, milk and vanilla extract. Stir until brown sugar is melted and ingredients are combined.
6. Pour glaze over the cake and gently spread. Allow to cool or serve warm.

Oriental Sticky Chicken Wings

Marinade
 1 cup soy sauce, low sodium
 1 tbsp. fresh ginger, grated
 2 tbsp. cilantro, chopped
 2 garlic cloves, minced
 ½ lemon, juiced
 Salt and pepper, to taste
 2 tbsp. extra-virgin olive oil
 2 tbsp. butter, melted
 ½ cup honey

1½ lbs. chicken wings
Garnish
 Sesame seeds, toasted



1. Rinse chicken wings and pat dry. Remove tip and discard; separate each wing at the joint into 2 pieces.
2. Place wings in a shallow dish.
3. In a small bowl, combine marinade ingredients, Pour over chicken wings. Marinade for at least 30 minutes.
4. Place chicken wings in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 6-8 minutes. Flip, halfway through. Cook until no longer pink.
5. Sprinkle with sesame seeds.

187

Parmesan Crisps

2 oz. grated fresh Parmesan cheese (1/2 cup)
 Freshly cracked black pepper



1. Mound 1-2 Tbsp of parmesan cheese in the base of the MicroPro Grill, 1-2" apart, sprinkle with black pepper.
2. Place cover in the CASSEROLE position. Microwave on high power 2-3 minutes.

188

Parmesan Eggs in Bell Pepper Rings

1 red bell pepper
4-5 large eggs
Salt
Pepper
¼ cup grated parmesan cheese



1. Cut peppers into ½" rings and remove the seeds and centers.
2. Place sliced peppers in the base of the MicroPro Grill, crack one egg in each pepper ring and season with salt and pepper.
3. Place cover on CASSEROLE position and microwave on high for 3-5 or until it reaches your desired doneness.
4. Sprinkle parmesan cheese on top, replace cover and let sit for 1 minute.

189

Parmesan & Garlic Roasted Asparagus

1 tbsp. garlic cloves, minced
1½ tbsp. olive oil
salt, to taste
pepper, to taste
3 tbsp. freshly grated parmesan cheese
½ lb. fresh asparagus
2 tbsp. lemon juice, fresh



1. Combine garlic, olive oil, salt, pepper and parmesan cheese in a bowl. Toss asparagus, to coat.
2. Place asparagus in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 5-6 minutes. Flip, replace cover and GRILL for 2-3 more minutes.
4. Sprinkle with lemon juice.

190

Parmesan & Garlic Smashed Potatoes

1 lb. baby potatoes
3 tbsp. olive oil
3 cloves garlic, minced
1 tbsp. fresh chopped parsley
Kosher Salt and Black Pepper to taste
2 tbsp. Parmesan Cheese



1. Place potatoes in a large pot of salted water. Bring to the boil; cook, covered for 20 minutes or until just fork-tender. Drain well.
2. Place potatoes into a bowl, and drizzle olive oil over potatoes, add garlic, parsley, salt and pepper. Toss to coat.
3. Place potatoes in MicroPro Grill base, smash potatoes with masher or cover sprinkle parmesan cheeses.
4. Place cover in GRILL position.
5. Microwave on high power 8 minutes.

191

Parmesan Garlic Bites

4 tbsp. butter, melted
¼ cup parmesan cheese, grated
½ tsp garlic powder or fresh minced
½ tsp. parsley
½ tsp. oregano
4 jumbo butter flavored biscuits, cut into quarters



1. Mix butter, parmesan cheese, garlic, parsley and oregano in a bowl, add biscuits, toss to coat.
2. Place biscuits in the base of the MicroPro Grill.
3. Place cover in CASSEROLE position and microwave on high for 6-7 minutes.

192



Peach Cobbler

Recipe submitted by Julie Annette

- 6 fresh peaches, peeled pitted and sliced
- 2 tbsps. lemon Juice
- 1 tsp. lemon zest
- ½ cup butter, melted
- ¼ cup brown sugar
- 1 cup flour
- ¼ cup rolled oats
- ¼ tsp. nutmeg



1. Sprinkle peaches with lemon juice and grated lemon rind, place in the base of the MicroPro Grill.
2. In a small bowl combine butter, brown sugar, flour, rolled oats and nutmeg, sprinkle over peaches.
3. Place cover in CASSEROLE position and microwave on high power 8 minutes. Let rest for 5 minutes before serving.

193



Pecan Crusted Mozzarella Salad

- ½ cup pecan halves
- 2 Tbsp. Parmesan cheese, grated
- 8-oz. log fresh mozzarella cheese
- 1 tbsps. all-purpose flour
- 1 egg
- ½ cup panko bread crumbs
- 2 tsp. olive oil
- ½ cup prepared balsamic vinaigrette
- 2 tsp. Dijon mustard
- 1 cup grape tomatoes
- 6 cups mixed greens salad blend



1. Place pecans and parmesan in the base of the Power Chef System with blade attachment, cover and pull cord until chopped.
2. Slice mozzarella cheese into eight rounds about ½ in. thick.
3. Place flour in small bowl. Lightly beat egg in small bowl. Combine pecans, Parmesan cheese and bread crumbs in third small bowl.
4. Lightly dredge each mozzarella round in flour, shaking off excess; dip into egg and then into pecan mixture, coating evenly.
5. Place cheese rounds in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, remove from microwave, flip, replace cover in Grill position and microve for 1-2 minutes.
6. In the quick shake container add vinaigrette and mustard and shake until well blended.
7. Cut tomatoes in half lengthwise. Divide mixed greens and tomatoes among serving plates; drizzle with vinaigrette and top with mozzarella rounds.

194



Perfect Personal Pizza

- 1 mini pizza crust (6-7½")
- 4 sun dried tomatoes
- 3 tbsps. pizza sauce
- 3 leaves fresh basil, roughly chopped
- 6 mushroom slices
- 1 cup shredded mozzarella



1. Place mushroom slices in base of MicroPro Grill. Place cover directly on mushrooms in GRILL position and microwave on high power for 4-5 minutes or until brown. Remove from GRILL.
2. Place prepared pizza crust in base of MicroPro Grill and spread on sauce. Add cooked mushrooms, sundried tomatoes, fresh basil and mozzarella.
3. Add any additional toppings and place cover on rim in CASSEROLE position. Microwave on high power 8 - 10 minutes, or until cheese is melted and bottom has browned.
4. Let rest 5 minutes before removing from pan and cutting. Serve warm.

195



Pepperoni Pizza Quesadilla

- ¼ cup pizza sauce
- 3 (7") flour tortillas
- 4 ounces shredded mozzarella cheese
- ¼ cup sliced pepperoni
- 1 tsp. vegetable oil



1. Brush one side of tortilla with oil, place oil side down in the base of the MicroPro Grill.
2. Spread a thin layer of pizza sauce on half of a tortilla. Sprinkle a layer of cheese over the pizza sauce. Top with pepperoni, fold over.
3. Place cover in the GRILL position. Microwave on high power, 3-4 minutes. Flip over, GRILL for 1-2 minutes.
4. Repeat for additional quesadillas.

196

Pesto Turkey Panini

- 1-2 tsp. butter
- ¼ loaf of French bread, cut in half and sliced lengthwise
- ¼ cup pesto, homemade or store-bought
- 2-3 oz. mozzarella, sliced
- 4 oz. turkey
- ½ Roma tomato, thinly sliced
- ½ avocado, halved, seeded, peeled and sliced



1. Spread butter on each slice of bread, place one slice of bread, butter side down in the base of the MicroPro Grill, top bread with pesto, mozzarella, turkey, tomatoes, avocado, and add 2nd slice of bread, butter side up.
2. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

197

Philly Cheese Steak Sandwiches

- Onions and Peppers
- 1 tbsp. extra-virgin olive oil
- 1 green pepper, sliced into strips
- 1 yellow skinned onion, sliced very thin
- Coarse salt and pepper
- Meat
- 2 tsp. extra-virgin olive oil
- 1 lb. lean beef tenderloin or sirloin, very thinly sliced
- ½ tsp. garlic salt
- Freshly ground black pepper
- 4 slices provolone cheese
- 4 hoagies rolls



1. Place onions and green peppers in the base of the MicroPro Grill, drizzle with oil. Place cover in the GRILL position. Microwave on high power 4-6 minutes. Flip, replace cover and GRILL for 1-2 more minutes.
2. Pour into a bowl, season with salt and pepper, set aside.
3. Place olive oil in the base of the MicroPro Grill, add meat, place cover in GRILL position, microwave on high for 5-6 minutes, check to see if cooked to your desired doneness. Place meat on a plate, set aside.
4. Place bun in the base of the MicroPro Grill, top with meat, cheese then onions and peppers. Place cover in GRILL position and microwave on high for 1-2 minutes to melt cheese.

198

Pizza Dip

- 8 oz. cream cheese, softened
- 1 tsp. italian seasoning
- ¼ tsp. garlic powder
- 8 oz. mozzarella cheese, shredded
- 4 oz. cheddar cheese, shredded
- ¾ cup pizza sauce
- ¼ cup green bell pepper, finely chopped
- ¼ cup red bell pepper, finely chopped
- 2 oz. pepperoni, chopped
- 2 tbsp. sliced black olives (optional)



tortillas or breadsticks, for dipping

1. In a medium Thatsa bowl mix all ingredients.
2. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 5-7 minutes.

199

Pizza Rolls

- ½ medium green pepper
- ½ medium sweet red pepper
- ½ medium onion
- 2 cups shredded pizza cheese blend or part-skim mozzarella cheese
- ½ pound bulk Italian sausage, cooked and drained
- 1 (3 oz.) pkg. sliced pepperoni, chopped
- 1 jars (14 ounces each) pizza sauce



- Oil spray, optional
- 16 egg roll wrappers
- Additional pizza sauce for dipping, warmed, optional

1. In the base of the Power Chef System with the blade attachment, add peppers and onion, cover and pull cord until finely diced.
2. In a medium Thatsa bowl mix cheese, sausage, pepperoni, peppers, onion and pizza sauce.
3. Place about ¼ cup filling in the center of each egg roll wrapper. Fold bottom corner over filling; fold sides toward center over filling. Moisten remaining corner with water and roll up tightly to seal.
4. Spray rolls with oil spray.
5. Place 8 rolls at a time into in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power, 5 minutes, flip, recover and microwave for 2-3 more minutes.
6. Further batches should take less cooking time, 3-4, flip then 1-2 more minutes.
7. Serve with additional Pizza Sauce, if desired.

200

Pablanos Raja con Crema

Recipe submitted by J Lupe Maria Torres

- 3 large poblanos peppers, deseeded, trimmed and sliced into strips
- 1 tomato, deseeded and cut into chunks
- 1 small onion, sliced
- 3 Tbsp. Nestle Table Cream
- ¼ tsp. cumin
- Salt, to taste



1. Place peppers into in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power for 8 minutes.
2. Add tomatoes and onions to the MicroPro Grill and place cover on grill position, microwave on high power for 5 minutes.
3. Add cream, cumin and salt, stir, place cover in CASSEROLE position, microwave on high power for 1-2 minutes.

201

Pork Tenderloin in Garlic Lemon Sauce



- 1 lb. pork tenderloin
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 garlic gloves, minced
- ¼ cup white wine
- ½ cup chicken broth
- 1 lemon, zested and juiced
- ¾ tsp sage
- ¾ tsp rosemary
- 1 tbs. fresh parsley

1. Prepare the tenderloin by removing all the silver skin and trimming the fat. Cut the tenderloin into 8 even medallions.
2. Season pork slices with salt and pepper on both sides.
3. Place 4 pork tenderloin slices in base of MicroPro Grill Place cover on in GRILL position.
4. Microwave on high power 5-7 minutes, flip cook for 2-3 more minutes or until pork is no longer pink. Remove pork from MicroPro Grill, place on a serving plate.
5. Add the remaining ingredients except the parsley to the base of the MicroPro Grill, place cover on CASSEROLE position and cook for about 3-5 minutes. Pour sauce over pork medallions.
6. Sprinkle with parsley.

202

Potato and Cheese Latkes

- 1 (20-ounce) package refrigerated shredded potatoes, thawed
- 2 eggs, beaten
- ½ tsp. garlic powder
- 1 small onion, finely died
- ½ cup all-purpose flour
- ¾ cup Cheddar cheese
- ¼ cup Parmesan cheese
- 1 tsp. salt
- Freshly ground black pepper
- 1 green onions, chopped for garnish Dipping sauce
- ½ cup sour cream
- 1 tbs. chili garlic sauce



1. In a medium Thatsa bowl combine shredded potatoes and eggs, stir to combine.
2. Add garlic powder, onion, flour, cheese, salt and pepper, stir to combine.
3. Drop batches of potato mixture using an ice cream scoop into the base of the MicroPro Grill. Place cover on GRILL position. Microwave on high 5-6 minutes. Remove from microwave, flip Latke over. Place cover in the GRILL position. Microwave 2-3 minutes.
4. Repeat with remaining Latkes.

203

Potato Skins

- 3 medium potatoes
- 1 tsp. canola oil
- 4-6 slices bacon
- ½ tsp. paprika
- ½ tsp. garlic powder
- Salt and pepper to taste
- 1½ cups shredded cheddar cheese
- ¼ cup sour cream
- 1 green onion, sliced



1. Microwave potatoes, pierce the potato a few times with a sharp knife or the tines of a fork, rub all over with olive oil and cook on the high setting for about 3-5 minutes per potato.
2. Place bacon in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power, 4 minutes, flip bacon, replace cover and microwave for 2-3 more minutes, remove bacon from the MicroPro Grill. Crumble when cooled.
3. While bacon is cooking, cut potatoes in half horizontally. Use a spoon or cookie scoop carefully scoop out the insides, reserving the scooped potatoes for another use, leaving about ¼" of potato on the skin. Season potatoes with garlic, paprika, salt and pepper. Brush potatoes with canola oil.
4. Place potato skins in the MicroPro Grill, place cover in GRILL position, cook on high for 5 minutes, open cover, sprinkle with cheese and bacon, place cover in GRILL position and microwave on high for 2-3 minutes, to melt cheese.
5. Top with sour cream and green onions

204



Pot Roast Patty Melt

- 1 cup of leftover pot roast
- 4 slices of sturdy bread
- 1½ tbsp. butter
- 1 medium onion, thinly sliced
- 4 oz. of sliced button mushrooms
- 1 clove of garlic, minced
- Salt and pepper
- 4 slices of colby cheese
- ½ cup of mayonnaise
- 3 tbsp. steak sauce
- 1 dash Worcestershire sauce



1. Place 1½ tbsps. of butter, onions and mushrooms in base of MicroPro Grill Place cover on GRILL position.
2. Microwave on high power 3 minutes, stir, Add in garlic, some salt and pepper for taste and cook for 2 additional minutes, set aside.
3. Butter all 4 slices of bread on one side, place two slices buttered side down in the MicroPro Grill.
4. Place a slice of cheese on the unbuttered side of 4 slices of bread. Top with ½ cup of the pot roast, add on onion and mushroom mixture and the other slice of cheese, then top with bread butter side up
5. Microwave on high power 4 minutes or until cheese is bubbly and heated through.
6. For the sauce, mix together the mayonnaise, the steak sauce and Worcestershire sauce and serve with the patty melts.

205



Pumpkin Soufflé with Pecan Crumble

Recipe submitted by Chef Mike McCurdy

- | | |
|-------------------------------|---------------------------------------|
| 1 (15 oz.) can pumpkin puree | <i>Pecan crumble</i> |
| 1 egg | ½ cup flour |
| ¼ cup unsalted butter, melted | ½ cup brown sugar |
| ½ cup sugar | ¼ cup unsalted butter, cold, diced |
| 1 tsp. cinnamon | ½ cup pecans, toasted roughly chopped |
| ¼ tsp. ground cloves | |



1. In a medium Thatsa bowl, combine, pumpkin, egg, melted butter, sugar, cinnamon and cloves.
2. Place pumpkin mixture in the base of the MicroPro Grill.
3. Place cover in the CASSEROLE position. Microwave on high power 10 minutes.
4. In base of Power Chef System, fitted with paddle attachment, combine flour and brown sugar, cover and pull cord until blended. Open add cold butter recover and pull cord until crumbly.
5. Open cover of the MicroPro Grill sprinkle pumpkin mixture with the pecan crumble. Place cover in CASSEROLE position and microwave on high power for 7 minutes.
6. Allow to cool in the MicroPro Grill for 10 minutes before serving.

206



Queso Blanco Dip

- ½ cup onion, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- 12 oz. white American cheese, shredded
- ½ cup milk
- 1 small tomato, seeded and finely chopped
- 2 tbsp. cilantro, minced



1. In a medium bowl, mix all ingredients.
2. Pour into the base of the MicroPro Grill. Place cover in CASSEROLE position.
3. Microwave on high for 6 minutes.
4. Serve warm.

207



Quick MicroBaked Lasagna

- 1 tbsp. extra virgin olive oil
- ½ lb. ground beef
- ½ cup each, minced carrot, eggplant, onion, green bell pepper
- 3 garlic cloves, crushed
- 1½ tsp. cornstarch
- ¾ tsp. coarse kosher salt, divided
- 1½ cups prepared tomato sauce, divided
- 1 cup ricotta cheese
- 1 egg, lightly beaten
- 9 no-boil lasagna noodles
- 2 cups shredded mozzarella; divided

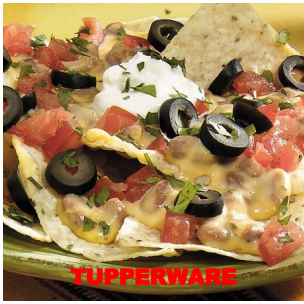


1. In a large bowl, combine olive oil, ground beef, minced vegetables, garlic, cornstarch and ½ tsp. salt. Transfer mixture to the base of the MicroPro Grill with cover in the GRILL position. Microwave on high power 6 minutes. Transfer mixture back to bowl and stir in 1 cup tomato sauce; set aside.
2. In a medium bowl, combine ricotta, egg and remaining salt until well mixed. Set aside.
3. In the base of the MicroPro Grill pour ¼ cup of the tomato sauce. Place three of the lasagna noodles on top of the sauce, overlapping as needed.
4. Spread half of the ricotta cheese mixture onto the noodles. Spoon half of the ground beef mixture over the ricotta mixture. Sprinkle ¼ cup of the mozzarella over the ground beef mixture. Top with a layer of noodles, overlapping as needed. Repeat.
5. Top with the remaining sauce. Microwave on high power 5 minutes with the cover in the CASSEROLE position. Remove from microwave; add remaining mozzarella cheese, return lid to the CASSEROLE position and let stand 10 minutes before slicing. Serve warm.

208

Quick Nachos

- 1 (15.5-oz.) can pinto beans, drained
- 8 oz. Mexican pasteurized prepared cheese product with jalapeño peppers, cubed (2 cups)
- 6 cups tortilla chips
- ¼ cup sliced ripe olives
- ¾ cup chopped seeded tomato
- ⅓ cup sour cream
- ¼ cup chopped fresh cilantro



1. In the base of the MicroPro Grill, stir together beans and cheese, place cover in CASSEROLE position and microwave on high for 5-6 minutes, uncover, stir and heat additional 1-3 minutes if needed to be completely melted.
2. Place tortilla chips on a cookie sheet lined with a wonder mat, warm in oven for 2-3 minutes at 350°F.
3. Place 2 cups chips on each individual serving plate. Spoon about ⅓ cup bean mixture over chips.
4. Top each with olives, tomato, sour cream and cilantro. Serve immediately.

209

Quinoa & Black Bean Burgers with Spicy Red Pepper Sauce

Burger

- 2 cups red quinoa cooked
- 1 cup black beans, canned, rinsed
- ½ cup bread crumbs
- ½ tsp. garlic powder
- ½ tsp. chili powder
- 1 tsp. cumin
- ½ tsp. smoked paprika
- ½ tsp. salt
- ½ tsp. black pepper
- 1 large egg lightly beaten
- ¾ cup cheddar cheese

Spicy red pepper sauce

- 8 oz. roasted red pepper (jar)
- 1 chipotle pepper in adobo sauce
- ½ cup feta cheese, crumbled
- ½ cup mayonnaise
- ½ tsp. smoked paprika
- 1 tbsp. olive oil extra-virgin
- Roma Tomato, sliced
- Leaf Lettuce
- 4 whole wheat buns



1. In the base of the Power Chef Pro place quinoa and black beans replace cover, pull cord until minced finely.
2. Pour bean mixture in medium bowl and combine the remaining burger ingredients.
3. Divide into four equal patties, place on a plate and refrigerate for 10 minutes.
4. Place two patties at a time in base of MicroPro Grill and place the cover on top of patties in GRILL position.
5. Microwave on high power 4 minutes, then flip and microwave on high power an additional 2-3 minutes.
6. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 3 minutes, then flip and microwave on high power an additional 2 minutes.
7. While burgers are GRILL, mix ingredients for the spicy red pepper sauce in the base of the power chef, replace cover, pull cord until desired consistency is reached. Put guacamole in a bowl, set aside. Clean out power chef.
8. Add spicy mayonnaise ingredients in the base of the power chef, replace cover, pull cord until desired consistency is reached.
9. Top each burger with tomato, lettuce and spicy red pepper sauce.

210

Raspberry & Chocolate Grilled Cheese

- 2 slices sourdough bread
- 1 tbsp. butter, softened
- 3 slices Brie cheese
- 2 chocolate squares
- 5 raspberries, sliced



1. Butter one side of each slice of bread.
2. Place bread buttered side down in MicroPro Grill base and place cover in GRILL position. Microwave on high power 3 minutes.
3. At the end of cooking time, carefully remove from microwave using oven mitts and remove cover. Place cheese and chocolate on bread in base of MicroPro Grill. Top with raspberries and place remaining slice of bread on top, butter side up.
4. Place cover in GRILL position and microwave on high power 1 additional minute.

211

Red Lobster Cheddar Bay Biscuits Copy Cat

- 2½ cups Bisquick baking mix
- 4 tbsp. cold butter
- 1 cup sharp cheddar cheese, grated
- ¾ cup cold whole milk
- ¼ tsp. garlic powder
- 2 tbsp. butter, melted
- ½ tsp. garlic powder
- ¼ tsp. dried parsley flakes
- 1 pinch salt



1. Combine Bisquick and cold butter. Don't combine too thoroughly. There should be small chunks of butter about the size of peas.
2. Add cheddar cheese, milk and ¼ tsp. garlic.
3. Mix by hand until combined, but don't over mix.
4. Drop heaping tablespoons of dough into the base of the microPro Grill.
5. Place cover in CASSEROLE position and microwave on high for 6 minutes.
6. In a small bowl combine the remaining ingredients and brush on biscuits.

212

Reuben Sandwich

6 tbsp. Thousand Island Dressing
4 (½" thick) slices rye bread
4 oz. sliced Gruyère or Swiss cheese
2 cups sauerkraut, drained and squeezed of excess moisture
8 oz. slices pastrami or corned beef
2 tbsp. unsalted butter, softened



1. Butter all 4 slices of bread on one side, place two slices buttered side down in the MicroPro Grill.
2. On the top side of the bread, Spread 1 tbsp. of the Thousand Island dressing on each piece of bread and top with one slice of cheese, ½ cup of sauerkraut, and 4 oz. of meat, spread another tbsp. of the dressing over the meat and top with the remaining sauerkraut and cheese, in that order.
3. Microwave on high power 3 minutes, in the GRILL position, flip over and microwave an additional 2 minutes or until cheese is bubbly and heated through.

213

Ricotta Stuffed Mushrooms

6 –8 portabella mushrooms, small
2 tbsp. olive oil
3 tbsp. finely minced onion
3 garlic cloves, minced
3 tbsp. fresh parsley, chopped
¼ tsp. cayenne pepper, optional
3 sun-dried tomatoes, oil packed finely chopped
1 cup ricotta cheese, full fat
salt & pepper
5 tbsp. pecorino (or parmesan) cheese, freshly grated
Olive oil For brushing



1. Remove the stems of the mushrooms and chop them finely. Place olive oil, chopped mushrooms and onion in the MicroPro Grill, with cover in GRILL position. Microwave on high for 2-4 minutes, until softened. Pour into a Small Thatsa bowl.
2. Allow the mixture to cool and then add the garlic, cayenne, parsley, tomatoes, and ricotta cheese, then season with salt and pepper.
3. Brush the caps lightly with olive oil and then spoon the filling in.
4. Place in stuffed mushrooms in the MicroPro Grill, Sprinkle with the grated cheese, with cover in GRILL position. Microwave on high for 5 minutes. Serve warm.

214

Roast Beef & Provolone Sliders

1 onion, sliced
1 Tbsp. sugar
1 Tbsp. butter, melted
12 count each King Hawaiian Dinner Rolls, sliced in half horizontally
1 lb. roast beef
6-8 slices provolone cheese
¼ tsp oregano
1 Tbsp. butter, melted



1 packet Au Jus mix, optional, prepare as directed on package

1. Add onions in the base of the MicroPro Grill, mix sugar with 1 Tbsp. melted butter and pour over onions, place cover in GRILL position. Microwave on high for 3-5 minutes, until browned and softened. Transfer to a bowl; set aside. Wipe MicroPro Grill clean.
2. Place bottom section of Hawaiian rolls in the MicroPro Grill, put a layer of roast beef, a layer of onions, a layer of cheese, top with top half of Hawaiian rolls.
3. Mix oregano and 1 Tbsp butter, pour over rolls.
4. Place Cover in CASSEROLE position and microwave on high for 2-4 minutes.

215

Roasted Chipotle Lime Cauliflower

1 tbsp. chipotle powder
¼ tsp. organic garlic powder
¼ tsp. Himalayan pink salt
1 lime, juiced and zested
½ cauliflower, cut into bite sized pieces
1 tbsp. extra virgin olive oil



1. Add the chipotle powder, garlic powder and salt to a medium Thatsa bowl, stir
2. Add cauliflower, mix well to coat, drizzle with oil, mix to coat
3. Place cauliflower into base of MicroPro Grill.
4. Place cover in GRILL position and microwave on high power 6-8 minutes.
5. Open cover, stir, place Cover in GRILL position and microwave on high for 3-5 minutes.

216

Roasted Corn Dip

- 1½ cups corn kernels, frozen, or canned
- ½ (4.5-oz.) can chopped green chiles, drained
- ¾ cup shredded mozzarella cheese, divided
- ½ cup plain Greek yogurt
- 2 tbsp. mayonnaise
- 1 tbsp. chopped fresh cilantro leaves
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- Kosher salt and freshly ground black pepper, to taste
- 1 Roma tomato, diced
- 1 green onion, thinly sliced



1. To roast corn, place kernels in the MicroPro Grill, with cover in GRILL position. Microwave on high for 5-7 minutes.
2. In a medium Thatsa bowl, combine corn, chiles, 1 cup mozzarella cheese, Greek yogurt, mayonnaise, cilantro, garlic powder, onion powder and oregano; season with salt and pepper, to taste.
3. Spread corn mixture into the in the base of the MicroPro Grill; sprinkle with remaining ½ cup mozzarella cheese.
4. Microwave on high power 5 minutes with the cover in the CASSEROLE position. Serve warm.

217

Roasted Red Peppers

1-2 Red Peppers



1. With a paring knife, cut off the stem and remove seeds and membranes.
2. Place the peppers skin side up in base of the MicroPro Grill.
3. Place cover in GRILL position and microwave on high for 4-6 minutes.

219

Roasted Garlic

1 or more heads whole garlic
Olive oil



1. Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic.
2. Place the garlic heads in base of the MicroPro Grill, cut side up.
3. Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves.
4. Place cover in CASSEROLE position and microwave on high for 10-12 minutes.

218

Roasted Red Pepper Panini with Cilantro Lime Mayonnaise

2-3 Red Peppers
ciabatta bread
extra-virgin olive oil
cilantro-lime mayonnaise
3-4 slices provolone or Monterey jack cheese
1-2 ripe avocados, sliced
1 ripe tomato, sliced
arugula

Cilantro Lime Mayonnaise
½ cup mayonnaise - regular
mayo not miracle whip
¼ cup chopped fresh cilantro
2 teaspoons fresh lime juice
2 garlic cloves, minced



1. With a paring knife, cut off the stem and remove seeds and membranes.
2. Place the peppers skin side up in base of the MicroPro Grill.
3. Place cover in GRILL position and microwave on high for 4-6 minutes.
4. Brush olive oil on the top and bottom of my bread.
5. In a small bowl or ramekin, whisk together ½ cup mayonnaise, ¼ cup minced cilantro, 2 teaspoons lime juice and 2 minced garlic cloves until well combined.
6. Spread a thick layer of the cilantro-lime mayonnaise on the bottom and top half of the ciabatta bread.
7. Add a slice of cheese, add layer of the roasted red peppers, add a layer of sliced tomatoes, add some arugula, top with top half of bread.
8. Place sandwich in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, flip sandwich and microwave for 1-3 more minutes.

220

Roasted Rosemary Potatoes

3 Large Potatoes, cut into cubes
2 tbsp. extra-virgin olive oil
1 tsp. dried rosemary
¼ cup onions, chopped
Coarse salt and pepper



1. Place potatoes in a bowl, drizzle with olive oil, add rosemary, toss to coat.
2. Place potatoes in the base of the MicroPro Grill. Place cover in the GRILL position.
3. Microwave on high power 10 minutes.
4. Flip, add onions. Place cover and GRILL for 7-10 more minutes.

221

Roasted Tomato Bruschetta

1 pint cherry tomatoes
1 tbsp. extra virgin olive oil
½ tsp. coarse kosher salt
½ tsp. Italian Herb Seasoning
½ loaf Italian bread sliced into ½" slices



1. Preheat oven to 450° F/230°C.
2. Place bread slices on Silicone Wonder Mat and toast in oven until brown.
3. Meanwhile, In a medium bowl, combine olive oil, spices and tomatoes. Mix Well.
4. Place tomato mixture into base of MicroPro Grill and place cover on top of mixture in GRILL position.
5. Microwave on high power 10 minutes.
6. Place roasted tomato mixture into Chop 'N Prep Chef, Cover and pull cord until chopped.
7. Spread mixture on toasted bread and serve

222

Roasted Zucchini & Tomato Bake

2 medium zucchini, cut lengthwise ¼" thick slices
½ tsp. salt
1 tablespoons olive oil
1 cup marinara sauce
½ tsp. garlic salt
2 tsp. minced basil leaves
1 cup mozzarella cheese, shredded or pre-sliced fresh mozzarella cheese
2 tbsp. freshly grated Parmigiano-Reggiano cheese



1. Arrange the zucchini slices on a baking sheet lined with paper towels. Sprinkle with kosher salt and set aside for 10 minutes to remove excess liquid. Blot the slices dry with the paper towels.
2. Brush zucchini slices with oil.
3. Place one layer in the base of the MicroPro Grill,
4. Place cover In the GRILL position and microwave on high for 6-8 minutes, remove from grill; set aside, repeat with remaining zucchini.
5. Mix marinara, garlic salt and basil, stir.
6. In the base of the MicroPro Grill add ½ of the zucchini, ½ cup marinara sauce, ½ cup mozzarella cheese, repeat. Sprinkle parmesan cheese on top.
7. Place cover in CASSEROLE position and microwave on high power 6-8 minutes.

223

Rosemary Roasted Nuts

3 cups whole unblanched almonds
1½ cups walnuts
1 cup raw pumpkin seeds (pepitas)
2 Tbsp. finely snipped fresh rosemary
2 tsp. packed brown sugar
1 tsp. sea salt
½ tsp. cayenne pepper
2 Tbsp. butter, melted



1. Place nut mixture in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 15 to 20 minutes, stirring every 4-5 minutes, until nuts are fragrant and lightly toasted.
2. In the 1 cup Micro Pitcher combine rosemary, brown sugar, salt, cayenne pepper and butter, microwave for 30-60 seconds. Drizzle butter mixture over nuts, tossing gently to coat.
3. Serve warm or cooled to room temperature. Store in an airtight container for up to 3 days.

224

Salisbury Steak

- 1 onion, sliced
- 2 oz. mushrooms, sliced, optional
- 1 tsp. olive oil
- ¾ lb. ground beef
- ¼ cup seasoned breadcrumbs
- 2 tsp. ketchup
- 1 tsp. dry mustard
- 2 dashes Worcestershire sauce
- ¼ tsp. beef bouillon, granules
- Salt and pepper
- 1-1½ cups beef broth
- 1 tsp. ketchup or tomato paste
- ½ tsp. Kitchen Bouquet, optional
- 2 dashes Worcestershire
- 1 tsp. cornstarch

1. Place sliced onions, mushrooms, if desired and olive oil in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 5 minutes, stir, and cook for 1-2 more minutes if needed. Pour into bowl, Set aside.
2. Mix ground beef to salt and pepper, form into patties, place into base of MicroPro Grill.
3. Place cover in the GRILL position. Microwave on high power 4 minutes. Flip patties, microwave for 3 more minutes.
4. In small bowl mix remaining ingredients, pour over patties and place cover in CASSEROLE position, microwave on high for 5 minutes.



Salsa Chicken

- 4 boneless skinless chicken breast halves
- 4 teaspoons taco seasoning mix
- 1 cup salsa
- 1 cup shredded Colby-jack or cheddar cheese
- 2 tablespoons sour cream, optional

1. Coat chicken with taco seasoning and place in the base of the MicroPro Grill.
2. Place cover in GRILL position and microwave on high for 5 minutes, flip chicken, recover in GRILL position and microwave for 3-5 minutes or until chicken is no longer pink.
3. Cover chicken with slasa and sprinkle chees over salsa, place cover in CASSEROLE position and microwave for 2 minutes to melt cheese.

225

226

Sassy Cajun Crab Stuffed Mushrooms

- 1 pkg. portabella mushrooms
- 3 tbsp. butter, divided
- ¼ cup of chopped onion, finely minced
- ¼ cup of chopped green bell pepper, finely minced
- 1 egg
- Pinch of salt
- ¼ tsp. freshly cracked black pepper
- ¼ tsp. Cajun seasoning (like Slap Ya Mama)
- ¼ tsp. Old Bay seasoning
- ¼ tsp. dried parsley
- ¼-½ lb. of fresh lump crabmeat
- ¼ cup dried bread crumbs
- ¼ cup Parmesan cheese, shredded
- Lemon wedges

1. Remove the stems of the mushrooms and chop them finely.
2. Place 1 tbsp. butter, chopped mushrooms. onion and green bell pepper in the MicroPro Grill, with cover in GRILL position. Microwave on high for 2-4 minutes, until softened. Pour into a Small That'sa bowl.
3. Allow the mixture to cool and then add salt, pepper, cajun seasoning, Old Bay, and parsley; carefully turn until well mixed. Add the crab and 1 tbsp. melted butter, gently mix.
4. Brush the caps lightly with 1 tbsp. melted butter and then spoon the filling in.
5. Place in stuffed mushrooms in the MicroPro Grill, sprinkle with bread crumbs and parmesan cheese, place cover in GRILL position. Microwave on high for 5 minutes. Serve warm.



Sassy Sausage Dip

- 1 (16-oz.) pkg. Italian Sausage
- 1 (8-oz) pkg. cream cheese, softened cut into cubes
- 1 (16-oz.) pkg. Velveeta cut into cubes
- 1 (15-oz.) can whole kernel corn, drained
- 2 (10-oz.) cans diced tomatoes and green chilis (mild or hot), drained
- ½ teaspoon garlic powder
- 2 jalapeños, deseeded and diced

Tortilla chips for serving

1. Place sausage in the MicroPro Grill, with cover in GRILL position. Microwave on high for 3-6 minutes, until cooked.
2. Add remaining ingredients, stir to mix.
3. Place cover in CASSEROLE position and microwave on high for 6-8 minutes. Add additional time if need until heated through.
4. Serve with tortilla chips.

227

228

Sausage Hash Brown Breakfast Casserole

- 1 lb. ground pork sausage
- ½ (15-oz.) package frozen hash browns
- ¾ teaspoons salt, divided
- ¼ teaspoon fresh ground black pepper
- ½ cup shredded Cheddar cheese
- 4 large eggs
- 1 cup milk



1. Place sausage in the MicroPro Grill, crumbled, place cover in GRILL position. Microwave on high for 4-6 minutes, until cooked, drain and move to a small bowl. Wipe MicroPro Grill clean.
2. Place hash Browns in the base of the MicroPro Grill, GRILL position. Microwave on high for 5-7 minutes.
3. Sprinkle cheese over hash browns, then top with crumbled sausage.
4. Mix eggs and milk and pour over hash browns, place cover in CASSEROLE position and microwave on high for 10 minutes or until desired doneness is reached.

229

Sausage Balls with Creamy Honey Mustard Sauce

- 1 lb. uncooked bulk pork sausage
- 2 cups (8.5 oz.) baking mix, (such as Bisquick)
- 1½ cups (6 oz.) sharp cheddar cheese
- ¼ cup sliced chives or green onions
- Creamy Honey Mustard Sauce*
- ½ cup mayonnaise
- ¼ cup sour cream
- 3 Tbsp. whole grain or Dijon mustard
- 2 Tbsp. honey



1. In a large bowl, combine the sausage, baking mix, shredded cheese, and chives/green onions until well combined.
2. Shape the mixture into 1-inch balls using an ice cream scoop, spoon, or your hands, and place them in the base of the MicroPro Grill, 12 sausage balls at a time.
3. Place cover in CASSEROLE position and microwave for 5 minutes, drain any liquids, flip sausage balls, recover and microwave for 5 more minutes.
4. In a small bowl whisk together sauce ingredients.

230

Sautéed Spinach and Mushrooms in a Spicy Garlic Sauce

- 2 tsp. sesame seeds, toasted and crushed
- 1 tsp. minced garlic
- ¼ cup chopped scallion
- 3 tbsp. low sodium soy sauce
- 1 tbsp. Asian sesame oil
- 1 tsp. coarse Korean hot red pepper flakes
- ½ tsp. sugar
- 2 tbsp. olive oil
- 3 cups shitake mushrooms, sliced
- 3 cups baby spinach leaves, loosely packed



1. In a bowl, whisk together the sesame seeds, garlic, scallions, soy sauce, sesame oil, red pepper flakes and sugar. Set aside.
2. In a bowl, add mushrooms and olive oil, stir to coat then place mushrooms into base of MicroPro Grill.
3. Place cover in the GRILL position. Microwave on high power 5 minutes.
4. Open GRILL, add spinach and sauce, stir. Place cover in the CASSEROLE position and microwave for 3-5 more minutes.

231

Scalloped Potatoes

- 4 large potatoes, thinly sliced
- ½ tsp. garlic, minced
- 1 tbsp. butter, melted
- 1 cup half and half
- ½ tsp. salt
- ¼ tsp. pepper
- nutmeg, dash
- Seasoned bread crumbs, (optional)



1. Place sliced potatoes in the base of the MicroPro Grill.
2. Mix the remaining ingredients in small bowl, and pour over potatoes place cover in CASSEROLE position, microwave on high for 12 minutes, stir, sprinkle with bread crumbs if desired place cover in GRILL position and cook for 3-5 more minutes.

232

Scrambled Omelet

- 2eggs
- ¼ cup bacon, diced
- ¼ cup onion, chopped
- ¼ red pepper, diced
- ¼ cup cheddar cheese, shredded
- 2 tablespoons milk
- 1 pinch paprika
- 1 pinch salt
- 1 pinch pepper, to taste



1. Place bacon, onion and red pepper in the base of the MicroPro Grill.
2. Place cover in the GRILL position and microwave on high for 4-7 minutes.
3. Mix remaining ingredients and place cover in CASSEROLE position and microwave on high for 3 minutes stir, cook for 2-3 more minutes or until your desired doneness is reached.

233

Shrimp & Spinach Quesadilla

- 1 tsp. Old Bay seasoning
- ¼ lb. medium shrimp, cleaned, deveined and tails removed
- 2 large flour tortillas
- ¾ cup shredded Monterey Jack, divided
- ¾ cup fresh spinach, chopped
- ½ cup guacamole
- 1 small tomato, chopped
- 2 tbsp. cilantro, chopped
- Dash cayenne pepper



1. Season shrimp with Old Bay seasoning and place in the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp, replace cover in GRILL position and GRILL for 1-2 minutes or until shrimp is cooked through and pink. Remove to plate.
2. Brush one side of tortilla with oil, place oil side down in the base of the MicroPro Grill.
3. Spread ½ of shrimp, ½ spinach and ¾ cup cheese onto tortilla. Fold tortilla in half.
4. Place cover in the GRILL position. Microwave on high power, 3-4 minutes. Flip over, sprinkle with a bit of cheese and GRILL for 1-2 minutes. Repeat with 2nd quesadilla.
5. Top each quesadilla with guacamole, chopped tomato, cilantro, and dash of cayenne pepper.

234

Shrimp Creole

- ½ cup onion, finely diced
- ¼ cup green bell pepper, chopped
- ¼ cup celery, chopped
- 2 cloves garlic, minced
- 2 Tbsp. cornstarch
- 1½ cups tomato sauce
- 1 Tbsp. Worcestershire sauce
- 1 tsp. chili powder
- tsp. cayenne pepper
- 1 bay leaf
- 1 pound medium or large shrimp - peeled and deveined
- Cooked long-grain white rice, for serving
- chopped green onion, garnish



1. Place onion, bell pepper and celery in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 5-6 minutes.
2. Remove cover, stir, add garlic, cornstarch, tomato sauce, Worcestershire sauce, chili powder, cayenne pepper and bay leaf. Place cover in CASSEROLE position, and microwave on high for 6 minutes.
3. Remove cover add shrimp, place cover in CASSEROLE position, microwave on high for 3-5 minutes or until shrimp is cooked to desired doneness.
4. Remove bay leaf.
5. Serve over rice and sprinkle with green onions.

235

Shrimp Enchiladas with Jalapeno Cheese Sauce

Shrimp Mix

- 1 lb. raw shrimp, peeled, deveined
- 4 oz. mushrooms
- ½ small onion
- ½ red bell pepper
- ½ cup pickled jalapenos slices
- 2 large garlic cloves
- 1 Tbsp. olive oil
- ¾ tsp. all purpose seasoning
- ¾ tsp. dried cumin
- 1 tsp. chili powder

Jalapeno cheese sauce

- 2 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 1½ cups chicken broth
- ½ cup pickled jalapenos slices, diced
- ½ cup pickled jalapenos brine
- 1 cup monterey jack cheese, shredded
- Sea salt and freshly ground black pepper, to taste
- ½ cup chopped fresh cilantro
- 6-8 corn tortillas
- cooking spray



1. Place shrimp mix ingredients in the base of the power chef with the blade attachment, cover and pull cord a few times to dice. Sprinkle with all purpose seasoning, cumin, and chili powder. Toss to coat.
2. Place shrimp mix into the base of the MicroPro Grill, place cover in the GRILL position and microwave on high for 3 minutes, stir and microwave for 3 more minutes. Add to bowl when finished.
3. In a medium saucepan, melt butter. Stir in flour and cook 1-2 minutes. Slowly whisk in chicken broth and jalapeno brine, stirring constantly. Cook until sauce thickens. Remove from heat. Stir in diced jalapenos and monterey jack cheese. Stir until cheese is melted.
4. In a bowl Add 1 cup of your sauce to shrimp mixture in the bowl. Stir to combine.
5. In a small hot skillet sprayed with cooking spray, heat tortillas on each side about 30 seconds.
6. Remove tortilla from skillet and fill with about 2 tablespoons of shrimp mixture. Roll tortilla up and place seam side down in the MicroPro Grill, repeat with remaining tortillas.
7. Pour remaining jalapeno cream sauce over top of enchiladas. (be careful not to overfill)
8. Place Cover in CASSEROLE position and microwave on high for 6-8 minutes. Let cool at least 10 minutes before serving.

236

Smashed Red Potatoes

- 1 lbs. small red potatoes
- 3 tbsp. olive oil
- 3 cloves garlic, minced
- 1 tbsp. fresh thyme leaves (without stems)
- salt and pepper to taste



1. Place potatoes in a large pot of salted water. Bring to the boil; cook, covered for 20 minutes or until just fork-tender. Drain.
2. Place potatoes into a bowl, and drizzle olive oil over potatoes, add garlic, thyme, salt and pepper. Toss to coat.
3. Place potatoes in MicroPro Grill base, smash potatoes with masher or cover.
4. Place cover in GRILL position, microwave on high power 8 minutes.

237

Smoked Caprese Panini

- 2 slices Italian bread
- 1 tsp. olive oil
- 2 slices smoked mozzarella cheese
- 2 slices tomatoes
- 3-4 basil leaves



1. Spread olive oil on each slice of bread, place one slice of bread, oil side down in the base of the MicroPro Grill, top bread with cheese slices, then tomato slices, top with 2nd piece of bread, oil side up.
2. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

238

Smoked Sausage & Potatoes in Creamy Mustard Sauce

- 1 pound potatoes, cubed
- 1 small onion, diced
- Salt and freshly cracked black pepper
- $\frac{3}{4}$ cup heavy cream
- $\frac{3}{4}$ cup chicken broth
- 2 Tbsp. whole grain mustard
- 2 Tbsp. Dijon mustard
- 1 lb. smoked sausage, cut into pieces, your choice of size



1. Add potatoes and onions in the base of the MicroPro Grill, season with salt and pepper and stir.
2. Mix cream, mustards and broth and pour over potatoes.
3. Place cover in the CASSEROLE position. Microwave on high power 20 minutes. Check to make sure potatoes are cooked, add a few more minutes if needed.

239

S'mores Dip

- 1 can sweetened condensed milk
- 1 bag chocolate chips
- 2 cups mini marshmallows

Graham crackers for serving



1. Mix sweetened condensed milk and chocolate chip, and pour into the base of the MicroPro Grill.
2. Place cover in CASSEROLE position and microwave for 2 minutes.
3. Remove from microwave, stir and place marshmallows on top of chocolate mixture.
4. Place cover in CASSEROLE position and microwave on high for 2-3 minutes.

240

Snickerdoodle Cheesecake Bars

Recipe submitted by Samantha Sakrismo

Cheesecake

1 block cream cheese, softened
¼ cup sugar
1 large egg
½ tsp. vanilla extract
Pinch of kosher salt

Snickerdoodle

1½ cup all purpose flour
¼ tsp. salt
¼ tsp baking powder
¼ stick unsalted butter, melted
½ cup sugar
¼ cup brown sugar
1 egg
½ tsp. vanilla extract
¼ tsp. ground cinnamon
cinnamon sugar for garnish



TUPPERWARE



1. Cheesecake: In a large bowl, beat cream cheese and sugar until fluffy. Add eggs, vanilla, and salt and beat until combined.
2. Snickerdoodle: In a medium bowl, whisk together flour, baking soda, and salt. In a large bowl, beat butter and sugar with a hand mixer until pale and fluffy, about 3 minutes. Add eggs and vanilla and mix until just combined. Gradually add flour mixture and mix on low until just combined.
3. Press about two-thirds of the snickerdoodle dough into an even layer in the base of the MicroPro Grill.
4. Sprinkle with cinnamon-sugar.
5. Pour cheesecake batter on top and smooth the top with a rubber spatula. Break up remaining snickerdoodle dough into small clumps and sprinkle over cheesecake layer. Sprinkle with more cinnamon sugar.
6. Place cover in CASSEROLE position. Microwave on high power 8-10 minutes.

241

Southwest Turkey Burgers with Guacamole and Spicy Mayonnaise

Burger

1 lb. ground turkey
¼ cup finely diced onion
2 tbsp. fresh cilantro, diced
2 tsp. ground cumin
1 garlic clove, minced
1 egg
salt & pepper
Guacamole
2 avocados
juice of one lime
½ tsp. salt

Spicy mayonnaise

2 roasted piquillo peppers
1 small chipotle peppers (from a can of chipotle peppers in adobe sauce)
½ cup mayo
1 tbsp. lime juice
Roma Tomato, sliced
Red Leaf Lettuce
4 whole wheat buns



TUPPERWARE



1. Place all burger ingredients in medium bowl and combine. Divide into four equal patties.
2. Place two patties at a time in base of MicroPro Grill and place the cover on top of patties in GRILL position.
3. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes.
4. Now that your grill is hot, additional patties will require less grill time. Microwave remaining patties on high power 3 minutes, then flip and microwave on high power an additional 3 minutes.
5. While burgers are GRILL, put avocado, lime juice and salt in the base of the power chef, replace cover, pull cord until desired consistency is reached. Put guacamole in a bowl, set aside. Clean out power chef.
6. Add spicy mayonnaise ingredients in the base of the power chef, replace cover, pull cord until desired consistency is reached.
7. Top each burger with guacamole and spicy mayonnaise.

242

Southwest Turkey Sliders with Spicy Mayonnaise

Mayonnaise

¼ cup mayonnaise
½ tsp. paprika
¼ tsp. cayenne pepper
½ tsp. curry powder
¼ tsp. salt

Butter Sauce

½ cup butter
1 Tbsp. poppy seeds
1 Tbsp. Dijon mustard
1 Tbsp. onion powder
1 tsp. Worcestershire sauce

Sandwiches

1 (12 count) package Hawaiian Rolls
1 lb. deli sliced turkey
8 oz. shredded pepper jack cheese
7 oz. can diced green chiles, drained well



TUPPERWARE



1. In the base of the Power Chef System with the paddle attachment, add all the mayonnaise ingredients, cover and pull cord until well blended.
2. Spread mayo onto the cut side of both the top and bottom of the Hawaiian rolls.
3. Place bottom rolls, in the base of the MicroPro Grill.
4. Place a layer of turkey over bottom rolls, a layer of green chiles, a layer of cheese, then place the top section of the Hawaiian rolls on top.
5. In the 1 cup Micro Pitcher mix butter sauce ingredients, microwave on high for 30-60 seconds to melt butter, stir.
6. Pour sauce over the rolls, place cover in CASSEROLE position and microwave on high for 2-4 minutes.

243

Spicy Bacon Grilled Cheese

6 slices hickory-smoked bacon
¼ tsp. chipotle powder
1 Tbsp. butter
4 slices rustic white bread
2 slices provolone cheese
2 slices cheddar cheese



TUPPERWARE



1. Place bacon the base of the micropro grill, place cover in GRILL position and microwave on high for 3-5 minutes or until bacon is crisp. Place bacon on paper towel, wipe Grill clean.
2. Mix chipotle and butter and spread on one side of each bread slice.
3. In the MicroPro Grill place two slices butter side down. On each bread slice place 1 slice provolone cheese, 3 slices bacon and 1 slice Cheddar cheese on each. Top with remaining bread slices, butter side up.
4. Place cover in GRILL position and microwave on high for 2 minutes, flip sandwiches over, recover and microwave for 2-3 minutes.

244

Spicy Cilantro Lime Shrimp

1 lb. fresh, medium, raw shrimp, shelled and deveined
2 limes, juice and zest
1 tbsp. oil
2 tbsp. cilantro, chopped
1 jalapeno, deseeded, coarsely chopped
1 clove garlic, grated
salt and pepper to taste



TUPPERWARE



1. In a small bowl, stir together lime zest, oil, cilantro jalapeno, garlic, and salt and pepper. Pour over shrimp. Marinate for 30 minutes. Drain shrimp.
2. In the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp. Replace cover on shrimp in the GRILL position. Microwave on high power an additional 2 minutes.

245

Spicy Corn Dip

6 oz. cream cheese, softened
¼ cup mayonnaise
¼ cup sour cream
1 (14.5 oz.) cans corn or 1 (12 oz.) bags frozen corn
½ small red onion, diced
1 jalapeno peppers, seeded and minced
Salt and freshly ground black pepper
1 cloves garlic, minced

4 oz. white american cheese, shredded
½ (2 oz.) can green chiles
2 scallions, thinly sliced , plus more for garnish
½ tsp. chili powder
¼ tsp. paprika
1 Tbsp minced fresh cilantro, for garnish, optional
Tortilla chips, for serving



TUPPERWARE



1. In a medium bowl, whip mayonnaise, cream cheese and sour cream, add remaining ingredients, stir together to blend.
2. Pour in the base of the MicroPro Grill place cover in CASSEROLE position.
3. Microwave on high for 6-8 minutes.
4. Serve with Tortilla chips.

246

Spicy Nuts

½ cup pecans, raw
½ cup almonds, raw
½ cup pistachios, raw
½ cup cashews, raw
½ cup pumpkin seeds, raw
1 tbsp. maple syrup
½ tsp. curry powder
¼ tsp. cayenne (or more to taste)
½ tsp. dried rosemary
¼ tsp. salt



TUPPERWARE



1. Combine nuts and seeds in a medium-sized bowl. Add the maple syrup and spices and salt and toss to combine.
2. Place nut mixture in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, 15 to 20 minutes, stirring every 5 minutes, until nuts are fragrant and lightly toasted.

247

Spicy Salmon Bites

2 Tbsp. chopped fresh oregano
2 tsp. sesame seeds
1 tsp. ground cumin
1 tsp. kosher salt
¼ tsp. crushed red pepper flakes
1 lb. skinless salmon fillet (preferably wild), cut into 1-inch pieces
1-2 tablespoons olive oil
1 lemons, very thinly sliced into rounds



TUPPERWARE



1. Mix oregano, sesame seeds, cumin, salt, and red pepper flakes in a small bowl to combine.
2. Brush salmon with olive oil, and sprinkle seasoning mixture on salmon
3. Place lemon slices in the base of the MicroPro Grill, then add salmon. Place cover in the GRILL position. Microwave on high power, 5 minutes, flip salmon, place cover in the GRILL position and microwave on high for 2-3 minutes, or until desired doneness.

248

Spinach Artichoke Dip

- 1 cup spinach, packed
- ½ cup artichoke hearts, drained
- 4 oz. cream cheese, softened
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 cup Parmesan cheese, shredded
- ¼ tsp. coarse kosher salt
- ¼ tsp. garlic powder



1. Place spinach and artichoke hearts in base of Power Chef System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Pour mixture into in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, for 5 minutes.

249

Spinach Dip

Recipe submitted by Cassandra Reed

- ¾ cup Fresh spinach (or frozen, thawed and drained)
- 2 cloves garlic chopped
- 8 oz. cream cheese
- ½ cup shredded parmesan cheese (or blend of Romano & Asiago)
- 1 cup mozzarella
- ¼ sour cream
- 1 tsp. basil
- ½ tsp. crushed red pepper flakes



1. Place spinach and artichoke hearts in base of Power Chef System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Make a ball flatten in the center in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power, for 5 minutes.
4. Open grill and sprinkle some mozzarella cheese on top, add tortilla chips around dip place cover in CASSEROLE position and microwave on high for 1 minute.

250

Spinach Artichoke Grilled Cheese

- 1 tsp. extra-virgin olive oil
- 1 clove garlic, minced
- 2 cups baby spinach
- 1 (15-oz.) can artichoke hearts, drained and chopped
- 1 cup shredded Gruyère cheese
- 4 oz. (½ block) cream cheese, softened
- kosher salt to taste
- Freshly ground black pepper to taste
- 4 slice sourdough bread
- 2 tbsp. butter Makes two sandwiches



1. In the base of the MicroPro Grill, add olive oil, garlic and spinach, place cover in GRILL position, and microwave on high for 1-2 minutes, to wilt spinach and make garlic fragrant, scrape into a small bowl, wipe clean.
2. In the bowl add artichoke hearts, Gruyère cheese, cream cheese and salt and pepper, stir to mix.
3. Spread butter on two slices of bread, place one slice of bread, butter side down in the base of the MicroPro Grill, top bread spinach artichoke mixture, and add 2nd slice of bread, butter side up. Repeat for 2nd sandwich.
4. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

251

Spinach Asiago Chicken Hash Browns

- ¾ cup chopped frozen spinach, defrosted and squeezed dried
- ½ rotisserie chicken, store bought, (¼" diced or shredded)
- 10 oz. shredded hash browns, defrosted excess water removed
- ¾ cup shredded Asiago cheese
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ¼ tsp. cayenne pepper, optional
- 2 eggs
- 1 tbsp. (or more) olive oil



1. In a medium bowl, thoroughly combine all ingredients, except for oil. Shape into patties.
2. Drizzle oil in the base of the MicroPro Grill, add patties.
3. Place cover in the GRILL position. Microwave on high power 3-5 minutes. Flip over, microwave for 2-3 more minutes.

252

Spinach Chicken Bacon Garlic Panini

Garlic mayonnaise

- ½ cup mayonnaise
- 3 cloves garlic, finely minced
- ½ tsp. lemon juice
- ¼ tsp. fresh cracked pepper

Sandwich

- 2 slices sourdough bread
- 2 tbsp. unsalted butter
- 2 tbsp. garlic mayonnaise
- 4 slices sharp cheddar cheese
- 1 chicken breast, cooked or 3 chicken tenders
- 3 strips crispy bacon
- ¼ cup fresh baby spinach



TUPPERWARE



1. In a small bowl, mix mayonnaise, garlic, lemon juice and pepper, mix well.
2. Spread butter on each slice of bread, place one slice of bread, butter side down in the base of the MicroPro Grill, top bread with garlic mayo, cheddar cheese, chicken breast, bacon and spinach, and add 2nd slice of bread, butter side up.
3. Place cover in the GRILL position. Microwave on high power 3 minutes. Flip sandwich, microwave for 1 more minute.

253

Spinach Mushroom Feta Cheese Quiche, Crust less

- 4 oz. button mushrooms
- 1 tbsp. butter
- 1 tsp. garlic, minced
- ½ (10 oz.) box frozen spinach, thawed
- 2 large eggs
- ½ cup milk
- 1 oz. feta cheese
- ⅓ cup grated Parmesan
- ¼ cup shredded mozzarella
- Salt & pepper to taste



TUPPERWARE



1. Squeeze the excess moisture from the thawed spinach. Rinse any dirt or debris from the mushrooms, then slice thinly.
2. Add mushrooms, butter and garlic to the base of the MicroPro Grill, place cover in the GRILL position, microwave on high for 5 minutes, empty into bowl, set aside.
3. Place spinach in the base of the MicroPro Grill, place the sautéed mushrooms on top of the spinach, followed by the crumbled feta.
4. In a medium bowl, whisk together the eggs, milk, and Parmesan. Season lightly with pepper. Pour the egg mixture over the vegetables and feta .
5. Place cover in the CASSEROLE position. Microwave on high power 15 minutes.

254

Steak Fajitas

- | | |
|--------------------------------------|------------|
| 1 lb. sirloin steak, cut into strips | sour cream |
| 2 tbsp. olive oil | salsa |
| 1 tbsp. lime juice | tortillas |
| 1 garlic clove, finely minced | |
| ½ tsp. chili powder | |
| ½ tsp. cumin | |
| ½ tsp. hot pepper flakes | |
| ½ tsp. black pepper | |
| ½ tsp. salt | |
| 1 red bell pepper, strips | |
| 1 green bell pepper, strips | |
| 1 large onion, sliced | |
| ½ tsp. fajita seasoning | |



TUPPERWARE



1. In bowl, mix together olive oil, lime juice, garlic, chili powder, cumin, hot pepper flakes, black pepper & salt. Add steak and stir to coat, set aside.
2. Place pepper and onions in a small bowl, season with ½ tsp. fajita seasoning, place in the base of the MicroPro Grill, place cover in the GRILL position, microwave on high for 3-5 minutes: pour into bowl set aside.
3. Drain steak strips, place in base of the MicroPro Grill, place cover in the GRILL position, microwave on high for 5 minutes or desired temperature.
4. Add peppers and onions, cover to warm, serve on tortillas with favorite toppings.

255

Strawberry Cheesecakeadilla

- ¼ cup cream cheese, room temperature
- 1 tbsp. sugar
- ¼ tsp. vanilla extract
- 2 (8 inch) tortillas
- 1 tsp. unsalted butter, melted
- ½ tsp. sugar
- ¼ tsp. cinnamon
- Strawberry pie filling or fresh sliced strawberries
- Chocolate syrup (optional)



TUPPERWARE



1. In a small bowl beat the cream cheese, sugar and vanilla extract until smooth, spread it on one tortilla and top with the other.
2. Brush the butter on the outside of the tortillas and place in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, flip quesadilla and microwave for 2 more minutes.
3. Remove from grill and sprinkle with cinnamon and sugar.
4. Top with Strawberries and chocolate syrup if desired.

256

Strawberry Upside Down Cake

- 1 pint strawberries, stemmed and quartered
- 1 tbsp. sugar Shortcake
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup shortening
- 1 large egg
- 1 tsp. vanilla extract
- $\frac{1}{4}$ tsp. salt
- 1 $\frac{1}{2}$ cups all-purpose flour
- 2 tsp. baking powder
- $\frac{1}{2}$ cup milk
- Whipped topping, if desired



TUPPERWARE



1. Mix Strawberries with 1 tbsp. sugar, stir to mix, and refrigerate for at least 30 minutes.
2. In a bowl, cream sugar and shortening. Add egg and vanilla; beat well. Combine dry ingredients and add alternately with milk to the creamed mixture.
3. Place strawberry mixture in the base of the MicroPro Grill, pour cake batter over strawberries, place cover in CASSEROLE position and microwave 10 minutes.
4. Remove from microwave, remove cover and let stand 5 minutes before serving.

257

Stuffed Cabbage

- 12 cabbage leaves
- 1 lb. ground beef
- 1 cup cooked rice
- 1 (15 oz.) can tomato sauce, divided
- 1 tsp. garlic salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ cup chopped onion, diced
- $\frac{1}{4}$ cup chopped green pepper, diced
- 1 tsp. sugar
- 1 Tbsp. cornstarch
- 1 Tbsp. water



TUPPERWARE



1. Cover cabbage leaves with boiling water, let stand until leaves are limp. Drain.
2. Mix beef, rice, $\frac{1}{2}$ cup tomato sauce, garlic salt, pepper, onions and green pepper.
3. Put $\frac{1}{3}$ cup of meat mixture in each leaf; roll, tucking in the sides.
4. Place, seam side down in the base of the MicroPro Grill, mix remaining tomato sauce with the sugar, pour over rolls.
5. Place cover in CASSEROLE position and microwave on high for 10-12 minutes.
6. Flip cabbage rolls, mix cornstarch and water; stir into sauce and place cover in CASSEROLE Position microwave on high for 5 minutes.

258

Stuffed Sliders with Blue Cheese & Bacon

- 3 oz. bacon
- 1 lb. ground beef
- 1 tsp. coarse kosher salt
- 2 oz. crumbled Blue cheese
- Slider buns



TUPPERWARE



1. Place bacon in base MicroPro Grill 4-5 minutes, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip, cook for 1-3 minutes or until crisp. Remove and place on paper towels.
2. Combine ground beef, garlic powder, salt and pepper in Thatsa bowl. Mix well. Divide burgers mixture into 8 equal portions.
3. Place 4 burgers in base MicroPro Grill 4-5 minutes, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer.
4. Repeat with remaining burgers.

259

Stuffed Sliders with Smoked Cheddar & Bacon

- 3 oz. bacon
- 1 lb. ground beef
- $\frac{1}{2}$ tsp. garlic powder
- 1 tsp. coarse kosher salt
- 1 tsp. black pepper
- 4 oz. Smoked cheddar cheese
- Slider Buns



TUPPERWARE



1. Place bacon in base MicroPro Grill 4-5 minutes, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip, cook for 1-3 minutes or until crisp. Remove and place on paper towels.
2. Combine ground beef, garlic powder, salt and pepper in Thatsa bowl. Mix well. Divide burgers mixture into 8 equal portions.
3. Place 4 burgers in base MicroPro Grill 4-5 minutes, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer.
4. Repeat with remaining burgers.

260

Stuffed Turkey Sliders with Goat Cheese & Roasted Red Pepper Relish

1 lb. lean ground turkey
4 tbsp. fresh breadcrumbs
1 tbsp. fresh lemon juice
1 tsp. grated lemon peel
1 tsp. dried thyme
½ tsp. salt
¼ tsp. ground black pepper
4 tbsp. soft fresh goat cheese
8 Hawaiian sweet rolls or another of your choice

1 tbsp. olive oil
2 (7-oz.) jars roasted sweet red peppers, rinsed, drained, patted dry, chopped
¾ cups chopped onions
1½ tsp. finely chopped garlic
2 tbsp. cider vinegar
1½ tsp. sugar
¼ tsp. dry mustard
¼ tsp. cayenne pepper



1. Combine turkey, breadcrumbs, lemon juice, lemon peel, thyme, salt and pepper in large bowl. Mix well. Divide turkey mixture into 8 equal portions.
2. Place 4 burgers in base MicroPro Grill 4–5 minutes, place cover in GRILL position. Microwave on high for 3- 4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer.
3. For Relish, Heat oil in heavy large skillet over medium-high heat. Add red peppers and sauté 2 minutes. Add onions and garlic. Cook until onions are tender, stirring frequently, about 5 minutes.
4. Mix vinegar and sugar in small bowl until sugar dissolves. Stir vinegar mixture into red peppers. Mix in mustard and cayenne pepper. Season with salt. Continue cooking relish until all liquid has evaporated, stirring frequently, about 6 minutes. Cool to room temperature. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.) Makes about 2 cups.

261

Summer Kabobs

16 medium shrimp, peeled and deveined
3 (4-oz.) chicken breasts, cut into 1" pieces
2 tbsp. Southwest Chipotle Seasoning
2 tbsp. Steak & Chop Seasoning
2 tbsp. extra virgin olive oil, divided
20 (4") wooden skewers

*Optional ingredients:
cut into approximately 2" pieces,
seasoned with salt*
Fresh pineapple chunks
Fresh mango chunks
Fresh avocado chunks
Cherry tomatoes
Peaches
Red onion
Red bell pepper



1. Soak skewers in water 20 minutes; set aside.
2. Stir together shrimp, Southwest Chipotle Seasoning and 1 tbsp. olive oil in a medium bowl until well coated.
3. Stir together chicken, Steak & Chop Seasoning and 1 tbsp. olive oil in a second medium bowl, until well coated.
4. Remove skewers from water. Slide a piece of seasoned shrimp onto the skewer, followed by a fruit or vegetable. Repeat until skewer is full. Repeat with chicken.
5. Place four kabobs of the same meat type in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power. For shrimp: 3 minutes, turn, 2 minutes more. For chicken: 4 minutes, turn, 3 minutes more.

262

Swedish Turkey Meatballs

¼ cup milk
½ cup breadcrumbs
1½ lbs. ground turkey
1 egg
½ tsp. salt
½ tsp. paprika
¼ tsp. allspice
1 tbsp. chopped parsley
1 tbsp. onion flakes
3 tbsp. cornstarch

1–1½ cups beef broth
½ cup sour cream
1-2 tsp. snipped fresh dill or ¾ tsp. dill weed



1. In a medium Thatsa bowl combine milk and bread crumbs, then add turkey, egg, salt, paprika, nutmeg, chopped parsley and onion flakes, shape into meatballs.
2. Place one layer of meatballs in the base of the MicroPro Grill, place cover on the GRILL position. Microwave 4 minutes on high power. Remove flip meatballs over, cook an additional 2 minutes on high. Repeat for remaining meatballs.
3. Whisk together cornstarch and beef broth, pour over meatballs, Replace cover in CASSEROLE position and microwave on high power an additional 8-10 minutes.
4. Stir in sour cream, sprinkle with dill and serve. Serve with rice, egg noodles, or fettuccini

263

Sweet and Sour Meatballs

Meatball mixture

1 lb. ground beef
1 eggs
½ cup dry bread crumbs
¼ cup finely chopped onion
¼ tsp. ground ginger
½ tsp. seasoning salt
¼ tsp. ground black pepper
1 tsp. Worcestershire sauce
1 tsp. granulated sugar

Sauce

¼ cup water
1 tbsp. distilled white vinegar
½ tsp. soy sauce
¼ cup packed brown sugar
1½ tablespoons cornstarch
½ tsp. ground ginger
¼ tsp. seasoning salt
¼ tsp. seasoning salt
½ large carrot, diced
½ large green bell pepper, cut into ½" pieces
½ (20 ounce) can pineapple chunks, drained with juice reserved



1. In a medium bowl, combine the ground beef, eggs, bread crumbs, onion, ginger, seasoning salt, pepper, Worcestershire sauce and sugar. Shape into one inch balls.
2. Place meatballs in a single layer in the base of the MicroPro Grill.
3. Place cover in the GRILL position and microwave on high for 5 minutes.
4. To make the sauce, mix the water with the reserved pineapple juice to make ½ cup; Mix the juice mixture, vinegar, soy sauce, and brown sugar. Stir in cornstarch, ginger and seasoning salt, until smooth.
5. Remove Micro Grill from the microwave and drain excess liquid and add sauce, carrots, green peppers, place cover in CASSEROLE position and microwave on high for 8-10 minutes.

264

Sweet & Spicy Brussels Sprouts

- 1 tbsp. raw pecan pieces
- 8 oz. baby brussels sprouts, ends trimmed and halved
- 1 tsp. olive oil
- salt and pepper
- 1 tsp. pure maple syrup
- ½ tsp. sriracha chili sauce



1. Place pecans in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 2 minutes. Stir, microwave for 2 more minutes, set aside.
2. In a medium bowl, toss the sprouts with remaining ingredients.
3. Place sprouts in the base of the MicroPro Grill. Place cover in the CASSEROLE position. Microwave on high power 4 minutes. Stir, place cover in the GRILL position. Microwave on high power 4 minutes or until the desired doneness.

265

Sweet & Spicy Chicken

- Rub**
- 2 tsp. garlic powder
 - 1½ tsp. chili powder
 - 1¼ tsp. salt
 - 1 tsp. ground cumin
 - 1 tsp. onion powder
 - ½ tsp. smoked paprika
 - ½ tsp. paprika
 - ¾ tsp. chipotle chili powder
- Honey Dijon Sauce**
- 4 boneless, skinless chicken breasts
 - ⅓ cup honey
 - 1 Tbsp. Dijon mustard
 - 1 Tbsp. yellow mustard
 - 1 Tbsp. apple cider vinegar
 - 1 tsp. lemon juice



1. In a bowl, mix rub ingredients, and rub over chicken breasts.
2. Place sprouts in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 6 minutes. Flip chicken, place cover in the GRILL position. Microwave on high power 5 minutes.
3. Pour Honey Dijon Sauce over, place cover on CASSEROLE position and microwave on high for 3-4 minutes.

266

Sweet & Spicy Thai Chicken

- 1 lb. boneless skinless chicken thighs, trimmed and cut in small strips
- Salt and freshly ground black pepper
- ½ medium onion, cut in strips
- ⅓ cup fresh gingerroot, cut in very thin strips
- 2 garlic cloves, minced
- ¼ cup Thai sweet chili sauce
- 2 tsp. fish sauce
- 1 Tbsp. crushed red pepper flakes



1. Place half the onions, half the ginger and all of the garlic in the base of the MicroPro Grill. Add chicken, season with salt and pepper and place cover in the GRILL position. Microwave on high power 5 minutes. Flip chicken, place cover in the GRILL position. Microwave on high power 2-3 minutes or until chicken is no longer pink.
2. Mix remaining ingredients and pour over chicken, place cover in GRILL position and microwave on high for 3-5 minutes

267

Swiss and Ham Quiche, Crust less

- 3 large eggs
- 1 cup heavy cream
- ½ cup milk
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- Dash cayenne pepper
- ½ tsp. dry mustard
- 6 oz. shredded Swiss cheese
- 6 oz. diced ham
- 3 tbsp. finely chopped green onions



1. In a mixing bowl, whisk the eggs with the cream, milk, salt, black and cayenne peppers, and the dry mustard until well blended.
2. Add cheese, ham and green into the egg mixture, pour mixture into the base of the MicroPro Grill, place cover in the CASSEROLE position.
3. Microwave on high power 15 minutes.

268

Swiss Burgers in Tomato Gravy

1½ lb. ground sirloin
 1 large egg, lightly beaten
 ½ tsp. ground black pepper
 1 medium-size white onion, sliced
 2 (15-oz.) cans fire-roasted diced tomatoes
 1 chicken bouillon cube
 6 (1-oz.) Swiss cheese slices
 Chopped fresh basil (optional)



TUPPERWARE



1. Stir together sirloin, egg, pepper, and remaining 1 tsp. salt in a large bowl. Shape into 6 (3½-inch) patties.
2. Place burger in the base of the MicroPro Grill, place cover in GRILL position and microwave on high for 3 minutes, flip, recover then microwave for 2-3 more minutes or until browned. Remove patties, reserving drippings.
3. Place onions in hot drippings, place cover in GRILL position and microwave on high for 3 minutes.
4. Add tomatoes, bouillon, and ½ cup water, return patties to MicroPro Grill, spoon tomato mixture over patties.
5. Place Cover in CASSEROLE position and microwave for 3-4 minutes, uncover, top burgers with cheese and basil, recover, and allow to sit for a few minutes until cheese melts.

269

Szechuan Chicken

½ pound skinless boneless chicken breast (or fillets) chopped bite size
 1 large egg whisked
 2 tsp. cornstarch
 2 Tbsp. vegetable oil or peanut oil
 2 cloves garlic minced
 2 Tbsp. ginger peeled and finely chopped
 1 small onion julienned
 ½ green bell pepper julienned
 ½ red bell pepper julienned
 5 fresh shiitake mushrooms julienned, or button mushrooms
 3 scallions finely chopped

Sauce
 2 Tbsp. soy sauce
 2 Tbsp. dry sherry
 2 tsp. cornstarch
 2 tsp. peeled ginger, grated
 ¼ tsp. sugar
 ¼ tsp. crushed red pepper flakes



TUPPERWARE



1. In a bowl, combine egg and cornstarch and season with a little salt and pepper. Add chicken pieces and marinade for 5 minutes.
2. In the base of the MicroPro Grill add chicken pieces and place cover in GRILL position and microwave on high for 5-7 minutes or until no longer pink. Remove chicken and set aside.
3. In the base of the MicroPro Grill add onions, green and red bell pepper and shiitake mushrooms. Place cover in GRILL position and microwave on high for 3-5 minutes.
4. Mix sauce ingredients and pour over chicken, place cover in CASSEROLE position and microwave on high for 2-3 minutes.
5. Garnish with green onions.

270

Taco Boats

1 lb. lean ground beef
 1 pkg. taco seasoning
 ½ cup water
 1 (15.oz) can black beans, optional
 24 mini taco boats
Toppings
 Shredded cheese, diced tomatoes, sour cream, onions, diced avocados, jalapenos



TUPPERWARE



1. Place crumbled ground beef in base MicroPro Grill, place cover in GRILL position. Microwave on high for 5 minutes.
2. Remove Grill cover add water and taco seasoning, stir to mix and place cover in grill position for 2-4 minutes or until meat is cooked. Pour meat into a heat proof container. Wipe grill clean.
3. Divide taco meat into the boats and place in the MicroPro Grill, you will have to do this in batches. Place cover in CASSEROLE position and microwave on high for 3 minutes.
4. Top with desired toppings

271

Taco Salad

1 pkg. taco seasoning
 ½ cup water
 1 lb. ground beef
 4-6 cups mixed salad into bite-sized pieces
 1 cup tortilla chips
 ½ cup chopped tomato
 2 Tbsp. sliced green onion
 ½ cup shredded Cheddar cheese
 ¼ cup sliced pitted black olives

Optional Toppings
 sour cream
 white onions
 diced avocados
 jalapeños



TUPPERWARE



1. Place crumbled ground beef in base MicroPro Grill, place cover in GRILL position. Microwave on high for 5 minutes.
2. Remove Grill cover add water and taco seasoning, stir to mix and place cover in grill position for 2-4 minutes or until meat is cooked.
3. Place the greens and chips onto a platter. Spoon the beef mixture over the chips.
4. Top with the tomato, green onion, cheese and olives.

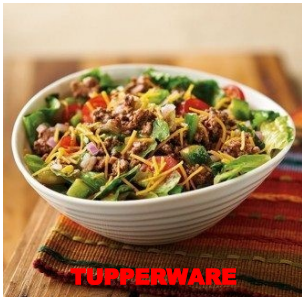
272

Taco Salad with Sizzlin Vinaigrette

1 pkg. taco seasoning
 ½ cup water
 1 lb. ground beef
 4-6 cups romaine lettuce, bite-sized pieces
 1 cup tortilla chips
 ½ cup chopped tomato
 ¼ cup green bell pepper, chopped
 ⅙ cup red onion, diced
 ½ cup shredded Cheddar cheese
 ¼ cup sliced pitted black olives

Sizzlin' Vinaigrette
 Makes 1¼ cup

½ tsp. cayenne pepper
 ¼ cup white wine vinegar
 1 tsp. dry mustard
 2½ tsp. granulated sugar
 1 tsp. garlic powder
 10 drops hot pepper sauce
 1 tsp. coarse kosher salt
 ¾ cup vegetable oil



TUPPERWARE



1. In the base of the Quick Shake Container, add all vinaigrette ingredients, screw on cover and shake to mix well.
2. Place crumbled ground beef in base MicroPro Grill, place cover in GRILL position. Microwave on high for 5 minutes.
3. Remove Grill cover add water and taco seasoning, stir to mix and place cover in grill position for 2-4 minutes or until meat is cooked.
4. Place the greens and chips onto a platter. Spoon the beef mixture over the chips.
5. Top with the tomato, bell pepper, red onion, cheese and olives.
6. Pour vinaigrette over salad.

273

Tahini Chicken Wings with Spicy Peanut Sauce

2 garlic cloves, finely grated
 ¼ cup smooth peanut butter
 ¼ cup fresh lemon juice
 2 tsp. Aleppo pepper or ½ crushed red pepper flakes, plus more
 2 tsp. ground cumin
 Kosher salt
 2 lbs. chicken wings (flats and drumettes separated)
 Chopped fresh flat-leaf parsley leaves
 Cucumber spears and lemon wedges (for serving)



TUPPERWARE



1. Rinse chicken wings and pat dry. Remove tip and discard; separate each wing at the joint into 2 pieces. Place wings in a shallow dish.
2. Whisk together, garlic, peanut butter, lemon juice, pepper, cumin and salt. Pour ¼ cup of the sauce over the wings, Toss well to coat; cover and marinate in the refrigerator 2-12 hours.
3. Remove wings from marinade and place chicken wings in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 6-8 minutes. Flip, halfway through. Cook until no longer pink.
4. Serve wings with remaining sauce, topped with chopped parsley and Aleppo pepper or crushed red pepper flakes, accompanied by cucumber spears and lemon wedges.

274

Teriyaki Grilled Pork

Marinade
 ½ cup reduced-sodium soy sauce
 ½ cup packed brown sugar
 1 Tbsp. finely chopped, peeled fresh gingerroot
 2 garlic cloves, minced
 2 tsp. dark sesame oil

1 lb. pork tenderloin, cut into 1" pieces
 3 fresh pineapple slices, cut into 1" pieces
 1 medium red onion, cut into 1" pieces
 1 medium green bell pepper, cut into 1" pieces
 1 medium red bell pepper, cut into 1" pieces



TUPPERWARE



1. Trim excess fat and silver skin from pork, cut into ½" pieces.
2. Mix marinade ingredients in a medium Thatsa bowl, reserve ¼ cup, set aside. Add pork to remaining marinade, place in refrigerator for one hour.
3. Place pineapple chunks in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 4-6 minutes, remove, set aside.
4. Place onion, and peppers in the base of the MicroPro Grill, place cover in GRILL position, microwave on high for 4-6 minutes, remove, set aside,
5. Place pork in the base of the MicroPro Grill, place cover in the GRILL position. Microwave on high power 9 minutes. Stir pork, add pineapple, onions, peppers and remaining marinade, microwave for 2-3 more minutes or until pork is no longer pink.

275

Thai Chicken Salad with Sweet Chili Dressing

¼ tsp. salt
 2 boneless, skinless chicken breasts
 1 cucumber, sliced
 6 large radishes, sliced
 6-oz. bag mixed salad greens
 ¾ cup fresh basil leaves, torn
 4 large mint leaves, sliced
 ¼ cup red onion, thinly sliced, rinsed
 ½ cup bagged matchstick carrots
 4 tsp. unsalted peanuts, crushed

Sweet Chili Dressing
 ¼ tsp. salt
 2 tbsp. extra virgin olive oil
 1 tsp. granulated sugar
 4 tsp. sweet Thai chili sauce
 1 tsp. fresh ginger, grated, with juice
 ½ tsp. sesame oil
 1 lime, juiced



TUPPERWARE



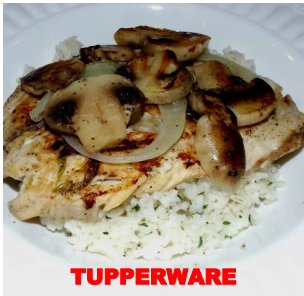
1. Combine Sweet chili dressing ingredients, in the base of the Quick Shake Container, twist on cover and shaker until well combined.
2. Sprinkle ¼ tsp. salt over chicken breast. Place chicken in base of the MicroPro Grill, place cover in GRILL position and microwave on high for 5 minutes, flip chicken, recover and GRILL for 2-4 minutes or until juices run clear and internal temperature reaches 165°F/75°C. Remove chicken, allow to cool, then slice.
3. Place the cucumber, radishes, salad greens, basil, mint, red onion and carrots in a large bowl, stir to mix.
4. Top with sliced chicken, then drizzle dressing over salad.

276

Tilapia with Lemon Parsley Rice

1 cup water
1 cup minute rice
½ tsp. parsley

1 small onion, sliced
1 lemon, half sliced, half juiced and zested, divided
¼ tsp. dried oregano
¼ tsp. garlic powder
Dash cayenne pepper
¼ tsp. parsley
2 (6-8 oz.) Tilapia fillets, frozen
¼ cup mushrooms, sliced
1 tsp. green onion, sliced



1. In 4 cup Vent N Serve, add water, microwave on high for 4 minutes, remove from microwave add rice, parsley and lemon zest, place seal on, open vent.
2. Place sliced onion in the base of the MicroPro Grill, layer sliced lemon on top of the onion.
3. Season fish with oregano, garlic powder, cayenne pepper and parsley, place on top of onion and lemon slices, add mushrooms around the fish and sprinkle with green onions.
4. Place cover in the GRILL position and microwave on high for 6-8 minutes.
5. Spoon rice onto the plate, top with fish, then vegetables, squeeze lemon juice over all of it.

277

Tilapia with Caper Lemon Sauce

2 tbsp. oil, optional
all purpose flour (for coating fish)
3 tilapia fillets
¼ cup diced onions
¼ cup butter, melted
1½ tbsp. capers
¼ cup white wine
¼ cup freshly squeezed lemon juice
salt and pepper to taste
¼ bunch fresh flat-leaf parsley, finely chopped



1. Lightly coat fillets with flour.
2. Place tilapia in base of MicroPro Grill.
3. Place cover on top of fillet in GRILL position and microwave on high power 3-5 minutes
4. Flip fish over, add remaining ingredients except parsley, place cover in GRILL position, microwave on high for 3-4 more minutes.
5. Sprinkle with chopped parsley

278

Toasted Breadcrumbs

½ loaf country style bread, torn into chunks or Panko breadcrumbs
1 Tbsp. olive oil, optional



1. Place bread in the base of the power Chef System with the blade attachment, cover and pull cord until crumbled. (you may have to do two batches)
2. Place breadcrumbs and oil if using in the base of the MicroPro Grill, place cover in GRILL position and microwave on high power 2 minutes
3. Stir breadcrumbs, place cover in GRILL position, microwave on high for 2 more minutes.

279

Toasted Garlic Bread

¼ cup butter, melted
2 garlic cloves, minced
½ loaf French bread, halved lengthwise
1 tablespoons minced fresh parsley



1. In a small bowl, combine butter and garlic. Brush over cut sides of bread; sprinkle with parsley.
2. Place, cut side up in the base of the MicroPro Grill, place cover in GRILL position and microwave on high power 2-4 minutes
3. Check bread and microwave additional 1-2 minutes if needed

280



Tomatillo Salsa Verde Steak & Eggs

Recipe submitted by J Lupe Maria Torres

- 6 medium tomatillos, husks removed, cut in half
- 3 serrano peppers, cut lengthwise in half, seeded
- ½ onion, sliced
- 1 lb. flank steak
- ½ tsp garlic, minced
- ½ tsp, cumin
- Salt and pepper, to taste
- 5 eggs
- ¼ tsp. garlic powder
- ⅓ cup milk

TUPPERWARE



1. Place tomatillo, peppers and onion in base of MicroPro Grill.
2. Place cover in GRILL position and microwave on high power 10 minutes.
3. After it cools, place in the base of the Power Chef System with the blade attachment, place cover on and pull cord, until finely chopped.
4. Season flank steak with garlic, cumin, salt and pepper.
5. Wipe grill clean and place flank steak base, place cover in the GRILL position, microwave on high for 5 minutes, check for desired doneness. Drain if needed.
6. Meanwhile, place eggs, garlic powder and milk into the base of the Quick Shake Container, place cover on and shake, pour into a 8" Chef Series skillet, cooked to desired doneness.
7. Add eggs to steak and pour salsa verde over steak and eggs. Place MicroPro Grill cover in CASSEROLE position, microwave on high for 2-3 minutes.

281



Traditional Cuban Sandwich

- ⅓ loaf of Cuban bread hard crust (or French bread)
- 4 slices of ham
- 4 slices of braised roast pork shoulder (see Pressure Cooker Recipe)
- 4 slices swiss cheese
- 2 slices dill pickle, whole
- Yellow mustard

TUPPERWARE



1. Cut your bread lengthwise into two pieces.
2. Spread mustard on the inside of each half. Layer the ham slices on one piece of bread, then top with the roasted pork, add Swiss cheese on top of the pork, and then add the pickle slices.
3. Place the other piece of bread on top.
4. Place sandwich in the base of the MicroPro Grill. Place cover in the GRILL position. Microwave on high power 4 minutes. Flip, cook 2 more minutes.

282



Tuna Burgers with Sour Cream Dill Sauce

- 2 (6-ounce) cans tuna, drained
- ½ cup breadcrumbs
- 2 large eggs, lightly beaten
- ½ cup finely chopped onion
- ½ cup finely chopped celery
- 1 tbsp. chopped pimento, optional
- 1 tbsp. fresh lemon juice
- 1½ tsp. prepared horseradish
- 1 clove garlic, minced
- ¼ tsp. pepper
- Choice of buns and toppings

- Sour cream dill sauce*
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 tsp. dried dill weed

TUPPERWARE



1. In a large bowl, combine the tuna, bread crumbs, and egg, and stir lightly.
2. Add the onion, celery, pimento (if using), lemon juice, horseradish, garlic, and pepper, stir to combine. Form the mixture into 4 patties.
3. Place burgers in base of MicroPro Grill.
4. Place cover on top of filet in GRILL position and microwave on high power 3-5 minutes. Flip over, place cover in GRILL position, microwave on high for 3-4 more minutes,
5. Combine ingredients for the sour cream sauce in a small bowl.
6. Place burgers on buns and top with sour cream sauce.

283



Turkey Panini with Cranberry Marmalade

- Cranberry Marmalade*
- ¼ cup sweetened dried cranberries
- 2 Tbsp. hot water
- 1 tsp. vegetable oil
- 1 cup thinly sliced onion
- 2 Tbsp. cider vinegar
- 2 Tbsp. orange marmalade

- 4 slices multigrain bread
- Vegetable oil
- 4 slices Havarti cheese
- 4 oz. thinly sliced deli mesquite turkey (6 slices)
- Cranberry Marmalade
- ¼ small Granny Smith apple, cut into eight thin slices

TUPPERWARE



1. Marmalade: Pour hot water over cranberries in Micro Pitcher; let stand 5 minutes.
2. Meanwhile, heat 1 teaspoon vegetable oil in Chef Series fry Pan over medium heat; add 1 cup thinly sliced onion. Cook and stir 5 minutes or until onion softens and begins to caramelize. Add cider vinegar; stir to loosen browned bits from bottom of pan. Add orange marmalade, cranberries and any liquid from soaking. Bring to a boil; reduce heat and simmer 1 minute. Remove from heat; cool slightly.
3. Butter one side of each bread slice.
4. Place two slices of bread butter side down in the MicroPro Grill, top each slice with half of the cheese, turkey, marmalade and apple slices. Top with remaining cheese and two bread slices, butter side up.
5. Place cover on top of panini in GRILL position and microwave on high power 3 minutes. Flip over, place cover in GRILL position, microwave on high for 1 more minute.

284

Tupperware Ultimate MicroPro Grill Cooking Guide

Food	Quantity and Basic Instructions	Timing	Lid Position
Beef			
Beef Braciole or Pinwheel	6-8 ounces	8-12 minutes, flip halfway	Grill
Beef Hot Dog	4 pierced	3 minutes	Grill
Beef Ground with diced onions	1 pound	9 minutes, stir halfway	Grill
Beef Fajitas peppers & onions	6-8 ounces	8 minutes, stir halfway	Grill
Beef Kabobs with vegetables	4-6 ounces, serves 2	8 minutes, flip halfway	Grill
Beef Satay	6-8 ounces, serves 2-3	8 minutes, stir halfway	Grill
Corned Beef Sandwich Rueben	1 sandwich	3-4 minutes, flip half way	Grill
Hamburgers 8 ounce (2) Fresh	2 8-ounce patties	6 minutes flip half way	Grill
Hamburgers 8 ounce Cheese Bacon wrapped	2 8-ounce patties	9 minutes, flip halfway	Grill
Hamburgers 4-6 ounce (4) Fresh	4 6-ounce patties	8 minutes flip half way	Grill
Hamburgers 4-6 ounce (4) Frozen	4 6-ounce patties	10 minutes, flip halfway	Grill
Meatballs	1 pound	8-10 minutes, flip halfway	Grill
Meatloaf	1 1/2 - 2 pounds	10-12 minutes	Casserole
Salisbury Steak with Onion	1 pound	8 minutes flip half way	Grill
Stuffed Peppers, Beef Ground	3-4	10-12 minutes	Casserole
Poultry			
Burgers 8 ounce (2)	2 8-ounce patties	6 minutes, flip half way	Grill
Burgers 4-6 ounce (4)	4 6-ounce patties	8 minutes, flip half way	Grill
Chicken Breast 6 ounce (2)	2 6-ounce breast	6 minutes, flip half way	Grill
Chicken Breast 10 ounce (2)	2 10-ounce breast	14-18 minutes, flip half way	Grill
Chicken Breast, breaded, 6 ounces	2 patties	8 minutes, flip half way	Grill
Chicken Breast, butterfly	1 8-ounce	8 minutes, flip halfway	Grill
Chicken Kabobs with vegetables	4-6 ounces, serves 2	10 minutes, flip halfway	Grill
Chicken Nuggets, frozen	One layer	10 minutes, flip halfway	Grill
Chicken Tenders, frozen	One layer	15 minutes, flip halfway	Grill
Chicken Tenderloins, raw	One layer	8 minutes, flip halfway	Grill
Chicken Thighs, raw bone-in	One pound	14-18 minutes, flip half way	Grill
Chicken Satay	6-8 ounces, serves 2-3	8 minutes, stir halfway	Grill
Chicken Wings, frozen	One pound	10-12 minutes, flip half way	Grill

Tupperware Ultimate MicroPro Grill Cooking Guide

Food	Quantity and Basic Instructions	Timing	Lid Position
Fruit & Vegetables			
Apples	1/2 inch slices	10-12 minutes	Grill
Apricots	Cut in half	4-6 minutes	Grill
Artichokes	One layer	7-10 minutes	Grill
Asparagus	1 bunch, thick spears	3-5 minutes	Grill
Bananas	2 Half lengthwise	3-5 minutes	Grill
Bell Peppers	2 sliced	4-6 minutes	Grill
Broccoli, fresh	One layer	8-10 minutes, flip half way	Grill
Cherry Tomatoes	1 pint	3-5 minutes	Grill
Corn on the cob	2 ears	7-10 minutes, flip half way	Grill
Eggplant	4 slices	4 minutes, flip, 1 minute	Grill
Fennel	Half lengthwise, one layer	4 minutes, flip, 2 minutes	Grill
Kale, chips	One layer	8-10 minutes, flip half way	Casserole
Leeks	Half lengthwise, one layer	4 minutes, flip, 2 minutes	Grill
Mango	1/2 inch thick, one layer	3-5 minutes	Grill
Melon	1/2 inch thick, one layer	5-8 minutes	Grill
Mushrooms, sliced	8-ounces, sliced	4-6 minutes	Grill
Mushrooms, stuffed	One layer	9 minutes	Casserole
Nectarines	2 pitted and sliced	3-4 minutes	Grill
Onions	1 medium, sliced	5-8 minutes, stir half way	Grill
Papayas	cut lengthwise into quarters	3-4 minutes	Grill
Peaches	Cut in half	4-6 minutes	Grill
Pears	Cut in half	4-6 minutes	Grill
Pineapple	1/2 inch thick slices	5-8 minutes	Grill
Plums	Cut in half	3-4 minutes	Grill
Red Potatoes	Medium, 3-4, halved	12-16 minutes, stir half way	Grill
Summer Squash	One layer	4 minutes, flip, 2 minutes	Grill
Vegetables Mixed, sliced	Sliced	6 minutes, stir halfway	Grill
Vegetables Mixed, chunks	chunks	12 minutes, stir halfway	Grill
Zucchini	4-5 strips, 1/2-3/4" thick	4 minutes, flip, 1 minute	Grill

Tupperware Ultimate MicroPro Grill Cooking Guide

Food	Quantity and Basic Instructions	Timing	Lid Position
Pork			
Andouille Sausage	4 links	6 minutes, flip half way	Grill
Bacon	4-5 strips	6 minutes, flip half way	Grill
Bratwurst	4 links	6-8 minutes, flip halfway	Grill
Breaded Pork Patties, 6 ounces	2 patties	8 minutes, flip half way	Grill
Italian sausage, ground	One pound	9 minutes, stir halfway	Grill
Kielbasa	Sliced lengthwise	6-8 minutes, flip half way	Grill
Pork Chop	2 8-ounce bone-in	6-8 minutes, flip half way	Grill
Pork Kabobs with vegetables	4-6 ounces Pork, serves 2	10-12 minutes, flip halfway	Grill
Pork Steaks	8-ounce	6-8 minutes, flip half way	Grill
Pork Tenderloin	1 pound	15 minutes, flip half way	Grill
Sausage Links	4-8 links	10-12 minutes, flip half way	Grill
Sausage Patties	4-6 Patties	10-12 minutes, flip half way	Grill
Seafood			
Crab Dip	2 cups	3-5 minutes	Casserole
Grouper	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Hallibut	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Lobster Tails	6-8 ounces	4-6 minutes	Grill
Mahi	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Red Snapper	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Sea Bass	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Salmon	2 8-ounce	5 minutes	Grill
Scallops	6 ounces, 1-2 inches diameter	3-5 minutes	Grill
Shrimp, fresh	8-12 ounces	2-4 minutes	Grill
Shrimp, frozen	8-12 ounces	4-6 minutes	Grill
Swordfish	2 6-ounce, 1/2 to 1 inch thick	3-5 minutes	Grill
Tuna	2 6-ounce, 1/2 to 1 inch thick	4-5 minutes	Grill

Tupperware Ultimate MicroPro Grill Cooking Guide

Food	Quantity and Basic Instructions	Timing	Lid Position
Bread			
Biscuits, fresh	4-8	5-6 minutes	Casserole
Biscuits, mix	4-8	5-6 minutes	Casserole
Biscuits, refrigerated roll	4-8	6 minutes, flip half way	Casserole
Crescent Rolls, refrigerated roll	One layer	6 minutes, flip half way	Casserole
Cinnamon Rolls, refrigerated	One layer	4-5 minutes, flip, halfway/1 minute	Casserole/Grill
French Bread	1 1/2-2" thick	4-5 minutes, flip, halfway	Grill
French Toast Sticks	One layer	6-8 minutes, flip half way	Grill
Garlic Italian Bread, fresh	1 1/2-2" thick	4-6 minutes, flip half way	Grill
Garlic Italian Bread, frozen	1 1/2-2" thick	6-8 minutes, flip half way	Grill
Panini	1 sandwich	3-4 minutes, flip half way	Grill
Pizza			
Pizza, Calzone Crescent Roll	One Layer	5 minutes	Casserole
Pizza, English muffin	2 English muffins	6 minutes	Casserole
Pizza, Frozen	One Layer	6 minutes	Casserole
Pizza, leftover	One Layer	4-6 minutes	Casserole
Pizza, Flatbread	One Layer	4-6 minutes	Casserole
Pizza, premade crust	One Layer	6-8 minutes	Casserole
Pizza, Tortilla	One Layer	6-8 minutes	Casserole
Pizza, Fresh	One Layer	6-8 minutes	Casserole
Pizza Rolls	One Layer	6-8 minutes	Casserole
Dessert			
Berry Crumble	Follow Recipe Instructions	15 minutes	Casserole
Cake, Box Mix	1/2 package, follow box directions	7-8 minutes	Casserole
Cookies, fresh	4-6	4-6 minutes	Casserole
Cookies, Frozen	4-6	5-6 minutes	Casserole
Muffin Mix, pouch	Follow pouch directions	6-8 minutes	Casserole
Muffin Mix, box	Follow box directions	6-8 minutes	Casserole
S'Mores	One layer	3-4 minutes	Casserole

Tupperware Ultimate MicroPro Grill Cooking Guide

Food	Quantity and Basic Instructions	Timing	Lid Position
Frozen, Ready Made			
Bagel Bites	4-8	3-5 minutes	Casserole
Burritos	2	5-7 minutes	Casserole
Bertolli Meals in a bag	One bag	10-12 minutes	Casserole
Cheese sticks	4-8	5-6 minutes, flip half way	Grill
Corn Dogs, full length	2-3	6-8 minutes, flip half way	Grill
Corn Dogs, nuggets	One layer	5-6 minutes, flip half way	Grill
Crab Puff Pastry	One layer	4-6 minutes	Casserole
Egg Rolls	2-4	4-5 minutes, flip, halfway	Grill
Mini Quiches	One layer	6-8 minutes, flip, halfway	Grill
French Fries, crinkled	One layer	8-10 minutes, flip half way	Grill
French Fries, loaded Bacon cheese	One layer	6-8 minutes	Casserole
French Fries, steak	One layer	10-12 minutes, flip half way	Grill
French Toast Sticks	One layer	6-8 minutes, flip half way	Grill
Fish Planks	One layer	10-12 minutes, flip half way	Grill
Fish Sticks	One layer	6-8 minutes, flip half way	Grill
Hash browns, patties	2-3	5-7 minutes, flip half way	Grill
Hash browns, shredded	One layer, 1"	8-10 minutes, flip half way	Grill
Hot Pockets	2	5-6 minutes, flip half way	Grill
Potato Skins	3-4	8-10 minutes,	Casserole
Toasted Ravioli	One layer	6-8 minutes, flip half way	Grill
Quesadillas	1	6-8 minutes, flip half way	Grill
Spanakopita Puff pastry	1 sandwich	5-6 minutes, flip half way	Grill
Tacos, Mini	One layer	5-6 minutes, flip half way	Grill
Tamales	One layer	6-8 minutes, flip half way	Grill
Taquitos, rolled	One layer	6-8 minutes, flip half way	Grill
Toaster Strudels	2	6-8 minutes	Casserole
Waffles	2	4-6 minutes, flip half way	Grill
White Castle Burgers	4	5-7 minutes	Casserole