

Other Holiday Meal Considerations

Gravy: Can be purchased in a jar and heated in the microwave.

Salad: Every meal can be more colorful with a salad.

Quick Measurements (without a measuring cup):

- **One level handful** = one quarter cup. A single serving of nuts is one ounce or $\frac{1}{4}$ to $\frac{1}{3}$ cup.
- **One heaping handful** = one half cup. A single serving of dry pasta is roughly $\frac{1}{2}$ cup
- **Two hands full** = one cup. A single serving of cooked pasta is usually one cup
- **One finger scoop** = one teaspoon. A single serving of butter or oil is often one teaspoon
- **Two finger scoop** = one tablespoon. A single serving of peanut butter is usually 2 tablespoons or two 2-finger scoops.

Other Recipes



Microwave-Based Holiday Cooking Ideas

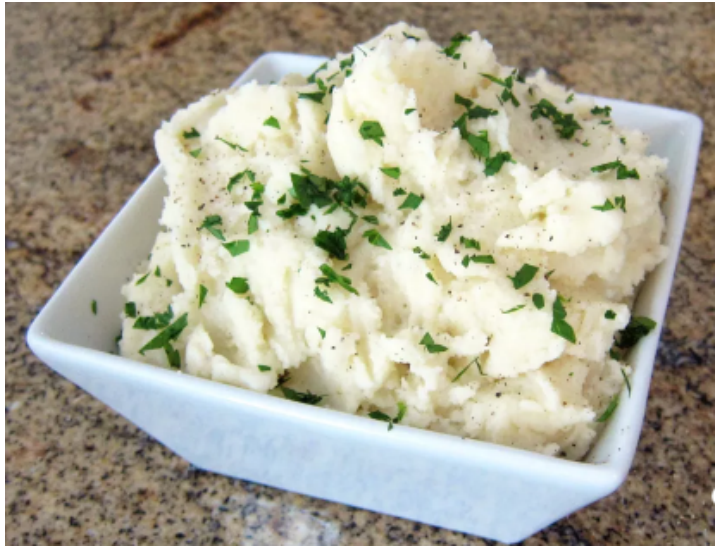
"So, whether you eat or drink, or whatever you do,
do all to the glory of God."

1 Corinthians 10:31

Easy Microwave Mashed Potatoes

Ingredients

- 2 1/2 pounds potatoes, peeled, cut into small chunks
- 1 cup milk or light cream
- 4 to 6 tablespoons of butter
- Salt and pepper, to taste



Materials

- Large microwave-safe bowl
- Plastic wrap
- Pot holders/oven mitts
- Measuring cup
- Knife
- Potato peeler

Instructions

1. Rinse the peeled potato chunks
2. Put them in a large, microwave-safe bowl
3. Cover the dish or bowl with plastic wrap with a small steam vent
4. Microwave on HIGH for 8 to 11 minutes (tender potatoes)
5. Carefully remove the bowl from the microwave.
6. Warm milk and butter in the microwave
7. Add the milk mixture; mash by hand masher or portable mixer.
8. Taste and add salt and pepper. Blend well.

Frozen Fruit and Yoghurt

Ingredients

- Frozen fruit (mixed berries work best)
- Liquid yoghurt or smoothie

Directions

1. Place frozen fruit in individual serving bowls
2. Pour liquid yoghurt or smoothie over each one
3. Chill momentarily and serve



No Bake Cookies

Ingredients

- 2 cups sugar
- 1/4 cup margarine, softened
- 1/2 cup milk
- 1/4 cup cocoa
- 1 teaspoon vanilla
- 1/2 cup peanut butter
- 3 cups quick oats



Materials

- Microwave
- Microwave safe bowl
- Measuring cup
- Spoon
- Wax paper

Directions

1. Mix together sugar, margarine, milk, cocoa, and vanilla.
2. Heat in microwave 2 minutes. Stir.
3. Heat in microwave 2 more minutes.
4. Stir in peanut butter until well blended.
5. Add oats.
6. Drop by spoonfuls onto wax paper. Allow time to cool.

Green Beans

Ingredients

- 1 pound fresh green beans *washed and trimmed*
- 3 tablespoons water
- 1 tablessoon butter
- Salt and pepper



Materials

- Microwave
- Microwaveable bowl
- Ceramic plate

Instructions

1. Place washed and trimmed green beans in a microwave-safe bowl. Add just enough water to cover the bottom of the bowl, 2 to 3 tablespoons.
2. Cover the bowl with a microwave-safe plate and microwave for 4 to 6 minutes, until green beans are just tender.
3. Carefully remove plate (the steam will be hot), drain any remaining liquid, and add about a tablespoon of butter to the bowl. Toss to coat and sprinkle with salt and pepper to taste.
4. Serve and enjoy!

Microwaveable Stuffing

Ingredients

- Package of stuffing mix
- ¼ cup of Butter (half a stick)
- 1 ½ cups of water

Materials

- Microwave
- Microwaveable bowl
- Mixing spoon
- Wax paper



Directions

1. In a microwave-safe dish, mix butter, water, and stuffing mix together
2. Cover with wax paper
3. Microwave on high for 5 to 6 minutes
4. Fluff with fork and serve

Spaghetti Squash

Ingredients

- Spaghetti squash
- Water
- Spaghetti sauce

Materials

- Microwave
- Microwave-safe bowl
- Oven mitts
- Knife



Directions

- Score (poke holes) in the squash lengthwise
- Microwave on high for 5 minutes
- Carefully remove squash from microwave and cut in two
- Scope out seeds
- Place squash cut-sides-down in a microwave-safe baking dish. Fill the dish with about 1 inch of water.
- Microwave on high for about 12 minutes, or until you can easily pierce the squash with a fork. Cooking time depends on the size of the squash and individual microwaves.
- Using a fork, pull out the spaghetti squash insides and put in bowl
- Serve with your favorite spaghetti sauce