

CAULIFLOWER CRUST PIZZA

From the Castriota Kitchen

CRUST INGREDIENTS

- 3 cups “Riced” Cauliflower (bagged in the refrigerator section)
- 2 eggs
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon salt

TOPPING

- 1 cup shredded Mozzarella or Parmesan cheese
- 1/2 cup Marinara or Pizza sauce



DIRECTIONS

In a glass microwave-safe bowl, add 3 cups of Riced Cauliflower and 1 cup of water. Cover with the **CUCHINA SAFE Glass Vented Lid** and cook in the microwave for 5 minutes. Let sit with Vented Lid in place for 5 minutes more to continue steaming; let cool.

Using a clean dish towel or cheese cloth, drain cauliflower completely, removing as much water as possible before adding next ingredients. Add eggs and spices, stir the mixture well.

Pat cauliflower mixture into lightly sprayed **Cover 'n Cook™** or any 2 qt. glass baking or deep pie dish. Bake in pre-heated oven at 400 degrees for 25 - 30 minutes, or until crust is golden brown. Remove the crust from the oven; allow to cool for 10 minutes.

Top with Marinara sauce and cheese. Place back into oven at 400 degrees another 5-10 minutes until melted and bubbly. Top with fresh basil or other toppings*before serving.

*Toppings –pepperoni, sausage, olives, mushrooms, spinach or zucchini

Serving size 6

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GLUTEN-FREE BROCCOLI PANINI SANDWICH

From the Castriota Kitchen

"BREAD" INGREDIENTS

- 2 cups "Riced" Broccoli (bagged in the refrigerator section)
- 2 eggs
- 1/3 cup grated parmesan cheese
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- ¼ teaspoon salt

FILLING

- Sliced deli ham or turkey breast
- Provolone or Swiss cheese
- Arugula or Bib Lettuce
- Tomato
- Dijon mustard



DIRECTIONS

In a glass microwave-safe bowl, add 2 cups of Riced Broccoli and 2/3 cup of water. Cover with the **CUCHINA SAFE Glass Vented Lid** and cook in the microwave for 5 minutes. Let sit with Vented Lid in place for 5 minutes more to continue steaming; allow to cool.

Drain broccoli thoroughly, add eggs, grated cheese and spices, and stir the mixture well.

Pour broccoli mixture into lightly sprayed (non-stick) **Cover 'n Cook™** or any 2 qt. glass baking or deep pie dish. Bake in pre-heated oven at 400 degrees for 20 minutes, or until crust is golden brown. Remove the crust from the oven; allow to cool.

Cut crust into 6 pie shape pieces (makes 3 sandwiches). Spread each piece with mustard, layer with meat, cheese, tomato and lettuce. Place sandwich in pre-heated Panini grill, broiler or skillet. Cook until golden brown and cheese is melted, about 3-5 min. Servings - 3



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STEAMED VEGETABLES in the Microwave *From the Castriota Kitchen*

STEAMED BROCCOLI Rinse fresh Broccoli, cut into small pieces or florets. Place in a 1-2 quart microwave- safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 4 minutes (depending on how you prefer your Broccoli) leave the lid on the bowl for 1-2 minutes more to steam Broccoli. Drain and season with favorite toppings. For frozen Broccoli, use instructions on bag.



STEAMED VEGGIE MEDLEY Broccoli, Peppers and Yellow Zucchini Rinse veggies, cut into small pieces. Place in 1-2 quart microwave-safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 4 minutes (depending on how you prefer your veggies) leave the lid on the bowl for 1-2 minutes more to steam. Drain and season with your favorite toppings.



STEAMED GREEN BEANS Rinse fresh Green Beans, cut or snap into smaller pieces. Place in 1-2 quart microwave-safe glass bowl; add ½ cup water, pinch of sea salt. Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave on high for 3 to 4 minutes (depending on how you like your Green Beans) leave the lid on the bowl for 1-2 minutes more to steam Beans. Drain and season with your favorite toppings of butter, almonds, bacon or cheese.

STEAMED SPINACH Place one bag of fresh pre-washed Spinach into a microwave-safe glass bowl, add 1/3 cup water, pinch of sea salt. Cover with the **CUCHINA SAFE Glass Vented Lid**, (cook in microwave on high for 2 minutes, stir, add minced garlic if desired, cook 1 minute more. Drain and season with your favorite toppings.

STEAMED ASPARAGUS Take 1 lb. of fresh Asparagus (thin or medium thickness), rinse spears in water, gently rubbing the tips to loosen dirt, pat dry. Trim 1 - 2 inches off the bottom stems. Place spears on a dinner plate, sprinkle with ¼ cup water and ½ tsp. sea salt. Cover with **Cover 'n Cook Glass Plate Cover**, microwave on high for 5 to 7 min (depending on your microwave and your preference), let sit for another minute, drain. Serve warm with butter or hollandaise sauce.



CAREFUL when steaming, glass may be HOT, use towel or mitt!

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EGGS in the Microwave *From the Castriota Kitchen*

SCRAMBLED EGGS

Ingredients

- 2 Eggs
- 1 to 2 tablespoons of Milk or Almond Milk



Instructions

Combine ingredients in a microwave-safe glass bowl and whisk egg mixture. Cover with the **CUCHINA SAFE Glass Vented Lid**, cook in the microwave on high for 40 sec., stir and cook another 40 sec. or until eggs are not runny. The steam makes perfect fluffy scrambled eggs. Add for taste - salt/pepper, cheese or steamed vegetables.



POACHED EGG IN THE MICROWAVE

Ingredients

- 1 or 2 Eggs
- Salt & pepper to taste
- Water (1/4 Cup per egg)
- Vinegar (1/2 tsp.)

Directions

In 1-2 quart microwave-safe glass bowl place water, vinegar and eggs (carefully crack, do not break the yolk).

Cover bowl with the **CUCHINA SAFE Glass Vented Lid**. Cook in microwave at 50% to 80% power for 1 minute. Some experimenting may come into play with optimal power and time settings. If after 1 minute the egg(s) need more time, cook at 15 second intervals until done. Remove from the microwave and carefully lift out the poached egg(s) from the bowl. Top with salt and pepper and serve with toast or English muffin.

TURKEY BACON QUICHE in the Microwave

From the Castriota Kitchen



Ingredients

- 4 large eggs
- 2 tbsp. milk
- 2 tbsp. Bisquick
- ¼ tsp. salt
- 1/8 tsp. ground pepper
- 1 cup shredded Colby & Monterey Jack cheese (use Swiss for a milder taste)
- 1 cup fresh broccoli florets (steamed)
- 2 slices of turkey bacon chopped

Instructions

Use a 1.75 to 2 qt. glass microwave-safe cooking bowl (flat bottom works best), spray with cooking spray. Take a glass narrow jar (also spray), place in the middle of the bowl. Whisk eggs, milk, Bisquick, salt & pepper in a bowl, add remaining ingredients, stir until blended. Pour into bowl, leaving the glass jar in the middle to help evenly cook the quiche. Cover with the **CUCHINA SAFE Glass Vented Lid**. Microwave at 50% power for 6 minutes or until eggs are thoroughly cooked (time varies, depending on your microwave). Serve warm. Makes 4 servings.

HERB-CRUSTED FISH FILLETS

IN THE MICROWAVE

From the Castriota Kitchen

INGREDIENTS

2 Fillets of wild Haddock or Cod

¼ C. Seasoned Italian Bread Crumbs

¼ C. Grated Parmesan Cheese

¼ Tsp. Sea Salt

1 Egg White, slightly beaten

1 Fresh Lemon

Paprika



INSTRUCTIONS

Rinse wild-caught Haddock or Cod fillets and pat dry, (if using frozen fillets, thaw first) set aside. In a small bowl combine bread crumbs, cheese and salt. Dip fillets in egg white, then into bread crumb mixture, coating both sides. Arrange fillets on a dinner plate with the thickest parts to the outside edge. Sprinkle with paprika and add slices of fresh lemon. Cover the plate with the **Cover 'n Cook Glass Plate Cover**.

Microwave on high for 4 -5 minutes (or until center of each fillet is cooked). Leave the lid in place for an

additional minute to continue steaming. Check the fish often with a fork to see if it is done, DO NOT OVERCOOK. Fully cooked fish will flake apart easily when you pull on it with a fork.

Garnish: If adding fresh Asparagus, place in the center of the dish and steam with fillets.

Serving size – 2

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MAYO ITALIAN SALMON

IN THE MICROWAVE

From the Castriota Kitchen

INGREDIENTS

2 Filets of wild Alaskan Salmon

2 cups Spinach, fresh

3 tablespoons mayonnaise

½ package Italian salad dressing

1 fresh lemon

Pepper

INSTRUCTIONS

Rinse salmon filets and pat dry. (If using frozen filets, thaw first) Place fresh spinach in the glass microwave safe **Cover 'n Cook** baking dish, top with salmon - skin side down. In a small bowl, combine mayonnaise and dry Italian salad dressing mix. Generously spread the mayonnaise mixture on top of the fillets. Sprinkle with pepper and fresh lemon juice, add lemon slices. Cover the dish with the **Cuchina Safe 11" Vented Lid**. Microwave the fish for 3 minutes (or until center of filet is cooked). Leave the lid in place for an additional minute to continue steaming. If fish is not thoroughly cooked, microwave for another 30-45 seconds. Garnish with additional parsley. Serving size - 2



CHICKEN BREASTS PARMESAN IN THE MICROWAVE

From the Castriota Kitchen

INGREDIANTS

- 1 cup (8 oz.) Spaghetti sauce
- 1/4 tsp. Garlic salt
- 1/2 cup Corn flake crumbs
- 1/4 cup Grated Parmesan cheese
- 1 tsp. Dried parsley flakes
- 3 to 4 Boneless chicken breasts (1 1/2 to 2 lbs.), split & skin removed
- 1 egg, beaten
- 2/3 cup Shredded mozzarella cheese



INSTRUCTIONS

In a microwave -safe bowl, combine spaghetti sauce and garlic salt. Cover with **CUCHINA SAFE Glass Vented Lid**.

Microwave on high for 2 minutes, stir. Cook at 50% power for 3-4 minutes or until mixture simmers, stir. Set sauce aside.

Mix corn flake crumbs, parmesan cheese and parsley flakes. Dip chicken breasts in beaten egg, then roll in the crumb mixture. Place in a

lightly greased **Cover 'n Cook** 2 qt. baking dish. Cover with the large **Vented Glass Lid**. Microwave at high until chicken is tender, 10 to 12 minutes, depending on your oven. (10 min. for 1200 watts) *Always start out using the lowest time shown and check food for doneness, then add time in small increments if needed.*

Pour sauce mixture over chicken, then sprinkle with mozzarella. Cover with **Vented Lid** , microwave on medium (50%) until mozzarella melts and sauce is hot, 2 to 5 minutes. Makes 3 to 4 servings.

Ham and Hash-Brown Casserole in the Microwave

From the Castriota Kitchen

Ingredients

- 1/2 (15 oz.) package frozen Hash Brown Potatoes
- 1 can condensed Cream of Mushroom Soup
- 1 cup diced Cooked Ham
- 1 cup shredded Cheddar Cheese
- 1 cup frozen Peas
- 2 tablespoons Sour Cream
- 2 teaspoons of Garlic Salt

Directions

In a large mixing bowl, add frozen hash browns and peas, microwave on high for 2 minutes to thaw. The mixture should be cold, but not frozen.

In a medium bowl, stir together the cream of mushroom soup, cheddar cheese, sour cream and garlic salt. Add this to the thawed potatoes and peas, stir until evenly blended.

Cover the large mixing bowl with the **CUCHINA SAFE Glass Vented Lid**. Return to the microwave, and cook on high for 4 to 5 minutes. Stir and cook another 2 minutes or until the mixture is cooked and cheese is melted. (Cooking times may vary for your microwave) Leave the Lid in place until ready to serve to keep the casserole warm.

Top with some cheddar cheese.

This makes a great dinner or breakfast dish. Serves 4 -6



Garbanzo Bean Chocolate Chip Blondies

From the Castriota Kitchen

INGREDIENTS

- 2 cans (15oz) garbanzo beans
- 3 eggs
- 2 teaspoons vanilla extract
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup dark or milk chocolate chips
- ¾ cup sugar
- 1/3 cup quick 1-minute oatmeal
- 1 tablespoon coconut oil (melted)

INSTRUCTIONS

In a large bowl, combine garbanzo beans (drain thoroughly), eggs, vanilla, baking powder and salt, stir. Blend ingredients in a blender until completely smooth.

Add chocolate chips, sugar, oats and coconut oil to blended ingredients.

Preheat oven to 350 degrees.

Spread into greased (parchment paper or cooking spray) round 2 qt. **Cover n Cook™** or 9" x 9" baking dish. (9"x 9" yields 16 pc.)

Bake Blondies at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean.



Garnish with powdered sugar, chocolate syrup or whipped cream if desired.

Serves: 12 slices or 16 squares

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Graham Cracker Mint Fudge

From the Castriota Kitchen

Crust Ingredients

- 1 $\frac{3}{4}$ cups graham cracker crumbs or 10 whole graham crackers*
- 6 tablespoons melted salted butter
- $\frac{1}{4}$ cup granulated sugar

* If using the whole graham crackers, place them in a re-sealable plastic bag and crust with your rolling pin.

Instructions

Preheat oven to 350 degrees F.

In a small microwave safe bowl, cut butter into cubes, cover with small **Cuchina Safe Lid**, microwave on high for 35 to 40 sec., do not overcook. In medium bowl combine graham crackers, sugar, and melted butter; blend until the texture of coarse meal. Line pan with non-stick foil or parchment paper, using your hands or a flat-bottomed glass, press the mixture evenly into a 9"x 9" pan. If the crumb mixture will not stick where you press them; just add a tablespoon of water to the mix.

Bake approximately 8 to 10 minutes

Chill crust for an hour before adding fudge to help prevent crumbling when serving.

Fudge Ingredients

- 1 (10oz) bag milk chocolate chips (1 $\frac{3}{4}$ cup)
- 1 (10oz) bag mint chocolate chips (1 $\frac{3}{4}$ cup)
- 1 (14oz) can sweetened condensed milk
- $\frac{1}{4}$ cup butter
- 1 tsp. Vanilla
- 1 cup chopped walnuts (Optional if not doing the crust, add to melted fudge mixture)

Directions

Place chocolate chips, condensed milk, butter and vanilla in a microwave proof bowl, cover with large **Cuchina Safe Lid**. Microwave on MEDIUM heat for 1 minute then stir, continue heating and stirring every 30 seconds until chocolate is completely melted. This prevents the chocolate from burning. Pour over chilled graham cracker crust. Garnish with candy or shaved mint. Refrigerate to set overnight, if you can wait that long!

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SUSAN'S MOIST GLUTEN-FREE CHOCOLATE CAKE

in the Microwave

From the Castriota Kitchen

Ingredients

- 2/3 cup gluten-free flour mix
- 2/3 cup granulated sugar
- 1/3 cup chocolate syrup
- 1 large egg
- 1/4 cup milk (dairy or almond)
- 1/4 cup oil (I prefer olive oil)
- ½ tsp. vanilla
- (add a pinch of baking soda)
- 1/4 cup chocolate chips



Instructions

Mix in a bowl - syrup, egg, milk, oil, vanilla. Add dry ingredients (except chocolate chips) and mix well. Pour ingredients into a pre-sprayed microwave-safe glass bowl (1.75 qt.), place a small microwave-safe narrow jar or shot glass in the middle and pour the mixture into bowl like a Bundt cake. Sprinkle chocolate chips on top of batter.

Cover with the **CUCHINA SAFE Glass Vented Lid**, microwave on high for 3 minutes 30 sec. Let sit in the microwave for a minute more as the cake will still be rising and baking.



After cooling, cut cake into 4-6 serving size pieces and scoop out of bowl.

Garnish with whipped cream or serve warm with ice cream.

NO CRUST PUMPKIN PIE in the Microwave

From the Castriota Kitchen



Ingredients

- 3/4 cup of pumpkin (canned)
- 1/3 cup can of evaporated milk or almond milk
- 1 egg
- 1/3 cup of baking mix (Bisquick)
(adjust for Gluten-Free – 1/3 cup Gluten-Free Flour and 1/4 tsp. baking powder)
- 1/3 cup sugar
- 1/4 tsp. pumpkin spice
- 1/4 tsp. cinnamon
- 1 tsp. vanilla

Instructions

Prep Time: 5 minutes Cook Time: 7 minutes

Use a 1.75 to 2 qt. glass microwave-safe cooking bowl (flat bottom works best), spray with nonstick cooking spray. Take a shot glass or narrow jar (also spray) and place in the middle of the bowl. Place ingredients into a blender or hand blend. Pour into sprayed bowl, leaving the glass jar in the middle to help evenly cook the pie. Cover with the vented **Cuchina Safe Lid**. Microwave pumpkin pie at 50% power for 7 minutes (time varies, depending on your microwave). Uncover and let stand 15 minutes. Chill. Garnish with whipped topping

Servings: 4

POPCORN in the Microwave

From the Castriota Kitchen



Use a 2 Qt. glass microwave-safe large bowl, spray the bottom of the bowl with cooking spray or use a teaspoon of oil. Add ½ cup of Popcorn kernels (organic), cover bowl with the **Cuchina Safe Lid**. Cook in microwave on high for 3- 4 minutes. Using an oven mitt, remove Vented Lid immediately so moisture does not dampen popcorn. Adult supervision required when removing glass bowl, it will be HOT! Transfer into a serving bowl!



Add butter, salt, grated cheese, m&m's, peanut s, pretzels or eat plain for healthier popcorn, makes 8 cups of yummy popcorn! For more recipes and video visit www.cuchinasafe.com

Susan's Gluten-free Lemon Cake

From the Castriota Kitchen

Refreshing, lemony, delicious
and ready in minutes!

Ingredients

- 2/3 cup gluten-free flour mix
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2/3 cup granulated sugar
- 1 large egg
- ¼ cup vegetable or olive oil
- ¼ cup milk (dairy or almond)
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon lemon curd
- ½ teaspoon vanilla

Instructions

In a med sized bowl, mix egg, oil, milk, lemon juice, lemon curd and vanilla until very well blended. Add dry ingredients and mix well.



Using a microwave safe glass bowl (1.75 qt.), place a small microwave glass jar in the middle and pour the mixture into bowl like a bunt cake. (spray bowl and jar with cooking spray)

Cover with the **CUCHINA SAFE Glass Vented Lid**. Microwave on High for 3 minutes (15 -30 sec. more depending on your oven) Let stand in the microwave for a minute more as cake continues to rise and baking. Cool and cut cake into 4-6 serving size pieces and scoop out of bowl.

Icing

- 2/3 cup confectioners' sugar
 - 2 tablespoons freshly squeezed lemon juice
- Mix in small bowl until smooth. Drizzle over cake



STEAMED RICE in the Microwave

From the Castriota Kitchen

Using a 2 Qt. deep glass microwave-safe bowl, add 1 cup of uncooked white rice. Rinse in the sink with water 3 to 4 times to rid of starch, drain water. Add 1 ½ cup water (salt if desired) cover with the **CUCHINA SAFE Glass Vented Lid** and cook in microwave on high for 5-7 minutes. Leave the lid in place on the bowl in microwave for 15 minutes to steam the rice. Careful! Bowl will be hot! Garnish with your favorite toppings!



STEAMED RICE with Vegetables

Ingredients

- 1 cup uncooked medium grain white Rice
- 2 tbsp. butter
- 2 cubes of chicken bouillon cubes
- 1 tsp. of sea salt
- ¼ tsp. dried thyme and 1 Bay Leaf (optional)
- 2 cups Frozen Vegetable medley



Instructions

Using a 2-3 quart glass microwave-safe bowl, add 1 cup of uncooked white rice (rinse rice in the sink with water 3 to 4 times to rid of starch, drain water). Add 1½ cups water, butter, bouillon cubes, salt and spices. Cover with the **CUCHINA SAFE Glass Vented Lid** and cook in microwave on high for 5 minutes. Stir in frozen vegetables, cover and microwave another 5 minutes on high. Leave the lid in place on the bowl for 15 minutes more to continue to steam the rice. *(make it a meal, add roasted chicken, cooked shrimp or kielbasa)*



CREAMY MAC 'N CHEESE in the Microwave

From the Castriota Kitchen

Ingredients

- 1 ½ cups uncooked elbow macaroni
- 2 cups half & half or whole milk
- 1 tsp. of sea salt
- 1 cup shredded Sharp Cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/4 cup shaved or grated Parmesan
- 2 ounces cream cheese
- 1 teaspoon Dijon mustard



Instructions

Add macaroni, 1 cup of half & half and salt in a microwave-safe 4-quart bowl (A large mixing bowl will prevent the milk from boiling over). Cover with large **CUCHINA SAFE Glass Vented Lid**. Microwave on

high for 4 minutes, uncover and stir (be careful to avoid the hot steam). Cover and microwave on high for 1 ½ minutes. Cook longer if using a 700-watt oven. Add the remaining cup of half & half, Cheddar, Jack, Parmesan, cream cheese and mustard. Stir well, cover and microwave on high until all cheeses have melted, about 4 minutes. Stir until thoroughly combined, let stand covered for 3 minutes more to steam cook any unmelted cheeses.

Yield: 4 servings



BAKED APPLES in the Microwave

From the Castriota Kitchen

Ingredients

- 3 crisp apples (such as Gala or Fuji)
- 3 tablespoons of raisins or dries cranberries
- 3 tablespoons of butter
- 2 tablespoons brown sugar
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon

Top with ¼ cup Granola (optional)



Instructions

Using a spoon, remove the core, seeds and peel the apples, leaving the bottom intact.

In a small bowl, mix the sugars, cinnamon and raisins. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apples in a

deep casserole dish and cover with the **Cuchina Safe Vented Glass Lid**.

Microwave on High for 3 -4 minutes (depending on your wattage) or until tender. Let the apples sit for a couple minutes before serving. Top with Granola, Ice Cream or Whipped Cream.



Yield: 3 servings

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The strength of microwave ovens vary from one to the other according to the wattage power, the size in cubic feet measurements, and if it has a carousel or not. If you are using a recipe or following someones time requirement for microwaving food, adjust for the cooking times accordingly.