



United States Department of Agriculture

MyPlate KITCHEN

COOKBOOK

Healthy Microwave Ideas

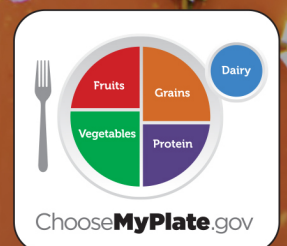




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Meatloaf in a Mug



Makes: 1 Serving

Enjoy this flavorful meatloaf without ever turning on your oven. This delicious single serving meal can be prepared in the microwave.

Ingredients

- 1/4 pound ground beef, 85% lean (or leaner)
- 2 cup oatmeal
- 1 tablespoon catsup
- 2 tablespoon milk, 1%
- 1 teaspoon dry onion mix

Directions

1. Combine all ingredients and stir to mix.
2. Spray microwave-safe mug with cooking spray.
3. Pat beef mixture into mug. Make a small hold in center, all the way to the bottom.
4. Microwave on HIGH (100%) for 3 minutes or until done.

Source: Iowa State University Extension. [Spend Smart. Eat Smart.](#)

Nutrition Information

Serving Size: 3/4 cup, 1 meatloaf

Nutrients	Amount
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Calories	266
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Total Fat	13 g
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Saturated Fat	5 g
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Cholesterol	74 mg
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Sodium	427 mg
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Total Carbohydrate	13 g
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Dietary Fiber	1 g
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Total Sugars	4 g
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Added Sugars included	3 g
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Protein	23 g
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Vitamin D	0 mcg
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Calcium	41 mg
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Iron	3 mg
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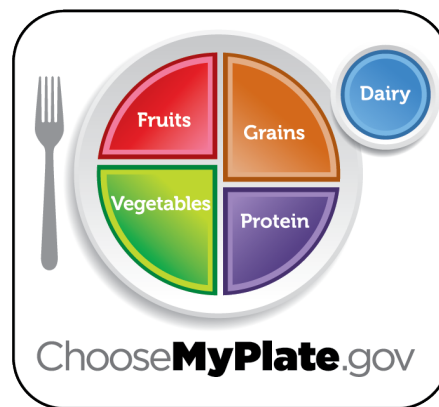
Potassium	420 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains	1/4 ounces
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 Protein Foods	2 3/4 ounces
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Surf's Up Tacos



Makes: 6 Servings

This fish taco recipe is a time and money saver, using canned tuna and a mix of canned and fresh veggies.

Ingredients

- 1 can tuna (6.5 oz or 5 oz)
- 1 can kidney beans (15.5 oz can) (rinsed and drained)
- 1 can mexi-corn or canned corn (drained)
- 1/3 cup mayonnaise, light
- 2 tablespoon taco seasoning
- 2 tablespoon lime juice or juice from one lime
- 2 cup lettuce, shredded
- 1 1/2 cup cheddar cheese, reduced-fat
- 1/2 cup salsa
- 12 whole grain tortillas or hard taco shells

Directions

1. In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning*, and lime juice.
2. Place lettuce, cheese, and salsa in separate bowls.
3. Place tortillas or taco shells on microwave safe plate. Microwave on HIGH for 1 minute.**
4. To eat, layer tuna mixture, lettuce, and cheese on tortilla. Top with salsa.

Nutrition Information

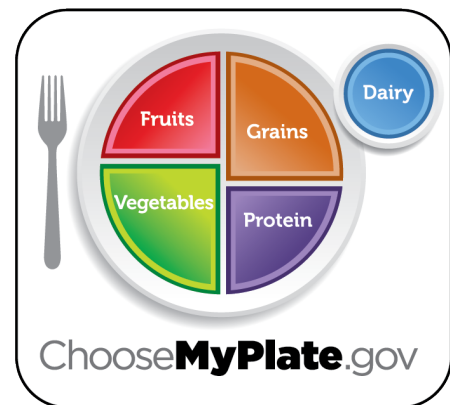
Serving Size: 2 tacos

Nutrients	Amount
Calories	388
Total Fat	16 g
Saturated Fat	7 g
Cholesterol	38 mg
Sodium	535 mg
Total Carbohydrate	42 g
Dietary Fiber	8 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	22 g
Vitamin D	-404 mcg
Calcium	281 mg
Iron	2 mg
Potassium	536 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	3/4 cups
■ Grains	2 ounces
■ Protein Foods	2 1/2 ounces
■ Dairy	3/4 cups



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Pizza Meat Loaf



Makes: 4 servings

There are microwave and oven directions for this recipe, so that you can make this meal in a way that is quick and convenient for you and your family. Enjoy with a fresh green salad or steamed spinach on the side.

Ingredients

- 1 pound ground turkey (85% lean)
- 3/4 cup spaghetti sauce
- 1/4 cup mozzarella cheese, part-skim
- 1/2 cup green pepper (chopped)
- 1/4 cup onion (minced)

Directions

1. Lightly grease 9 inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Cover turkey with waxed paper. Cook in microwave on high; rotate plate 1/4 turn after 3 minutes. Cook until turkey reaches an internal temperature of 160 degrees, about 5 more minutes. Drain excess liquid.
OR
Place turkey in 350 degree oven; bake until turkey reaches an internal temperature of 160 degrees, about 30-35 minutes. Drain any excess liquid.
3. Top cooked turkey with vegetables, spaghetti sauce and cheese.
4. Return turkey to either the microwave or oven and heat until cheese is melted, about 1-2 minutes.

Source: Ohio State University Cooperative Extension,
Quick and Healthy Meals,
Tips and Tools for Planning Meals for Your Family
Cuyahoga County

Nutrition Information

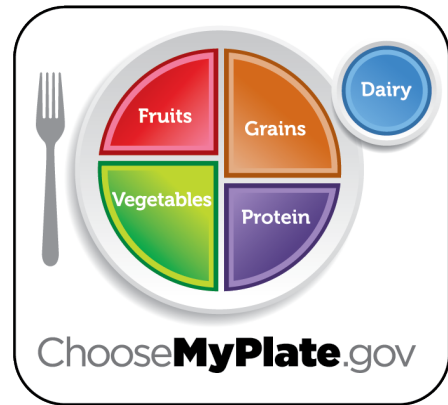
Serving Size: 1/4 of meat loaf, 1/4 of recipe (199g)

Nutrients	Amount
Calories	251
Total Fat	16 g
Saturated Fat	4 g
Cholesterol	86 mg
Sodium	309 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	22 g
Vitamin D	0 mcg
Calcium	106 mg
Iron	2 mg
Potassium	416 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1/2 cups
■ Protein Foods	2 1/2 ounces
■ Dairy	1/6 cups



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Quesadilla con Huevos



Makes: 4 servings

Tortillas, eggs, cheese, and salsa can be enjoyed at any meal. Enjoy this main dish with a salad and a piece of fruit for a well balanced lunch.

Ingredients

- 1/2 cup cheddar or cojack cheese (grated)
- 2 egg (scrambled)
- 4 flour tortillas (6 - 8 inch)
- 4 salsa (4 Tablespoons, optional)

Directions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

Serving Size: 1 Quesadilla con Huevos, 1/4 of the recipe (85g)

Nutrients Amount

Calories **252**

Total Fat **11 g**

Saturated Fat 5 g

Cholesterol 108 mg

Sodium **448 mg**

Total Carbohydrate **27 g**

Dietary Fiber 2 g

Total Sugars 1 g

Added Sugars included 0 g

Protein **11 g**

Vitamin D 1 mcg

Calcium 182 mg

Iron 2 mg

Potassium 127 mg

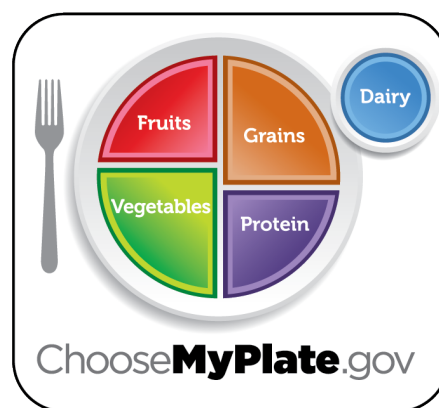
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MyPlate Food Groups

■ Grains 1 3/4 ounces

■ Protein Foods 1/2 ounces

■ Dairy 1/3 cups



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Baked Chicken Nuggets



Makes: 4 servings

Cook Time: 15 minutes

Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Ingredients

- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Directions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Source: USDA, Center for Nutrition Policy and Promotion (CNPP), [Recipes and Tips for Healthy, Thrifty Meals, 2000](#)

Nutrition Information

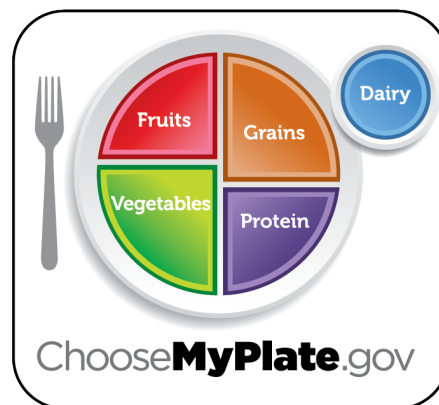
Nutrients	Amount
Calories	141
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	84 mg
Sodium	344 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	1 g
Protein	17 g
Vitamin D	0 mcg
Calcium	11 mg
Iron	3 mg
Potassium	204 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Grains 1/4 ounces

■ Protein Foods 2 1/4 ounces



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Microwave Baked Apple



Makes: 4 servings

Here is a sweet apple treat that you can prepare in minutes in the microwave.

Ingredients

- 4 apple (large, baking)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon

Directions

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

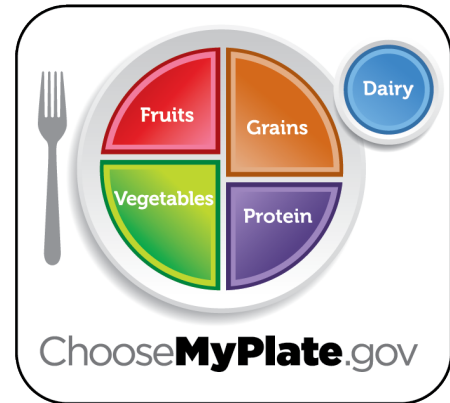
Nutrients	Amount
Calories	216
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	57 g
Dietary Fiber	5 g
Total Sugars	49 g
Added Sugars included	25 g
Protein	1 g
Vitamin D	0 mcg
Calcium	42 mg
Iron	1 mg
Potassium	266 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits

1 3/4 cups



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Peachy Peanut Butter Pita Pockets



Makes: 4 servings

Packed with fresh fruit, this pita pocket makes a wonderful breakfast, lunch, or snack. If you don't have peaches, try with plums or nectarines.

Ingredients

- 2 pita pockets (medium, whole wheat)
- 1/4 cup peanut butter (reduced fat, chunky)
- 1/2 apple (cored and thinly sliced)
- 1/2 banana (thinly sliced)
- 1/2 peach (fresh, thinly sliced)

Directions

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Source: California Champions for Change, [Snack Recipes](#)
[California Department of Public Health, Network for a Healthy California](#)

Nutrition Information

Serving Size: 1/2 pita pocket (101g)

Nutrients	Amount
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Calories	183
-----------------	------------

Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	0 mg
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Sodium	197 mg
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Total Carbohydrate	26 g
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Dietary Fiber	4 g
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Total Sugars	7 g
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Added Sugars included	1 g
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Protein	7 g
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Vitamin D	0 mcg
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Calcium	13 mg
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Iron	1 mg
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Potassium	266 mg
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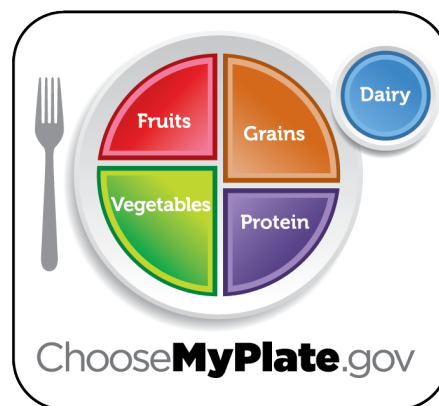
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MyPlate Food Groups

 Fruits	1/2 cups
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 Grains	1 ounces
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 Protein Foods	1 ounces
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Sarah's Green Bean Casserole



Makes: 8 Servings

Prep Time: 15 minutes

Cook Time: 30 minutes

This is a healthier version of my mom's green bean casserole recipe. My version has more vegetables and almost half the sodium per portion. The secret ingredient is the onion powder mixed with the cracker crumb topping. It tastes a lot like the fried onions in my mom's recipe. I knew the result was good when my husband said he liked it better than the original. Enjoy! - Sarah, MyPlate Nutritionist

Ingredients

- 4 cup fresh green beans (trimmed)
- 1 cup onion (diced)
- 2 cup mushrooms (diced)
- 1 tablespoon butter
- 2 tablespoon flour
- 1 cup skim milk
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 3/4 teaspoon salt
- 16 low sodium whole wheat crackers
- 1 teaspoon olive oil
- 1/2 teaspoon onion powder

Directions

1. Preheat the oven to 350 degrees.
 2. Blanch the green beans in boiling water for about 4 minutes for crisper beans or longer for a softer texture. Then plunge in ice water. Drain and set aside.
 3. Place diced onions and mushrooms in a microwaveable bowl and microwave for about 2.5 minutes on high to soften. Set aside.
 4. Melt the butter over medium heat. Once melted, stir in flour with a whisk and cook for about 1 minute (continuously whisking).
- Healthy Microwave Ideas

5. Whisk in the milk and cook over low heat until you have a thick white sauce.
6. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.
7. Stir the drained green beans, onions, and mushrooms into the white sauce (including any liquid with the onions and mushrooms).
8. Pour into a casserole dish sprayed with nonstick spray.
9. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.
10. Bake at 350°F for about 30 minutes or until crackers are golden brown.

Source: Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 1 portion of Sarah's Green Bean Casserole

Nutrients	Amount
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Calories	111
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	4 mg
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Sodium	274 mg
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Total Carbohydrate	17 g
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Dietary Fiber	3 g
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Total Sugars	4 g
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Added Sugars included	0 g
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Protein	4 g
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Vitamin D	0 mcg
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Calcium	79 mg
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Iron	1 mg
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Potassium	284 mg
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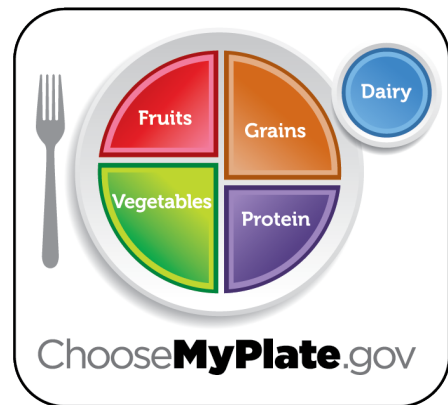
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MyPlate Food Groups

■ Vegetables 1 cup

■ Grains 1/2 ounces

■ Dairy 1/4 cups



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Popcorn Treats



Makes: 2 servings

A great snack for adults and kids. A crunchy and sweet treat, enjoy this snack by yourself or double the recipe and share it with a group of friends.

Ingredients

- 2 tablespoon margarine (melted, or butter)
- 5 cup popcorn (popped)
- 3/4 cup raisins
- 1 cup shredded wheat (bite-size)
- 1 tablespoon sugar (brown or white)
- 1 1/4 teaspoon cinnamon

Directions

1. Pop popcorn.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

Source: Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)

Nutrition Information

Serving Size: 1/2 of recipe (129g)

Nutrients	Amount
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Calories	530
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Total Fat	19 g
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Saturated Fat	3 g
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Cholesterol	0 mg
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Sodium	236 mg
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Total Carbohydrate	92 g
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Dietary Fiber	10 g
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Total Sugars	39 g
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Added Sugars included	6 g
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Protein	8 g
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Vitamin D	0 mcg
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Calcium	61 mg
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Iron	3 mg
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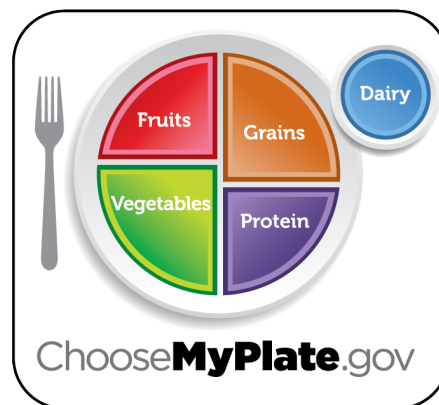
Potassium	608 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits	3/4 cups
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■ Grains	1 3/4 ounces
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Turkey Pinwheel Appetizers



Makes: 16 servings

Colorful tomatoes and spinach make these appetizers festive enough for your next party or potluck.

Ingredients

- 8 ounce cream cheese, low-fat (garlic and herb)
- 6 flour tortillas (8 inch)
- 6 slice turkey (low sodium, 6 ounces)
- 3 Roma tomatoes (medium, chopped)
- 3 cup baby spinach leaves (fresh)

Directions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Source: Ohio State University Cooperative Extension, [Recipes - Ross County](#)

Nutrition Information

Serving Size: 3 pinwheels (59g)

Nutrients	Amount
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Calories	106
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Total Fat	4 g
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Saturated Fat	2 g
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Cholesterol	12 mg
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Sodium	260 mg
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Total Carbohydrate	13 g
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Dietary Fiber	1 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	5 g
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Vitamin D	0 mcg
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Calcium	54 mg
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Iron	1 mg
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Potassium	173 mg
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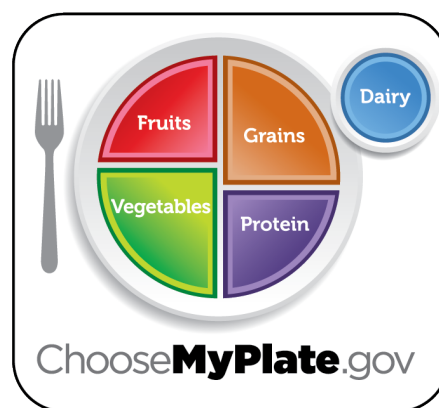
Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1/4 cups
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■ Grains	3/4 ounces
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■ Protein Foods	1/2 ounces
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