

Recipes for your Pampered Chef Microwave Pasta Cooker



**Courtesy of your favorite
Pampered Chef Consultant:**

Jen Haugen
507-438-7109

Haugen.jen@gmail.com

<https://Pamperedchef.com/pws/jenhaugen>

CAPRESE PASTA

Whether you need a quick dinner or lunch at the office, this recipe is easy to prepare and seriously satisfying. (serves 1)

INGREDIENTS

2 oz. (60 g) rotini ($\frac{2}{3}$ /150 mL)
1¼ cups (300 mL) water
½ link precooked Italian chicken sausage
½ cup (125 mL) cherry tomatoes
1 tsp (5 mL) [Garlic & Herb Rub](#)
½ tbsp (5 mL) olive oil
2 oz. (60 g) mozzarella balls (about ¼ cup/50 mL packed)
2 tbsp (30 mL) fresh basil, thinly sliced



DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 10 minutes.

Cut the sausage, tomatoes, and mozzarella with the [Quick Slice](#). Set the mozzarella aside. Combine the rub and oil in a small bowl.

Remove the bowl from the microwave. Add the sausage, tomatoes, and rub mixture, and cook, uncovered, for 2 minutes.

Remove the bowl from the microwave. Top with mozzarella and basil. Let it stand for 2–3 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 500, Total Fat 24 g, Saturated Fat 10 g, Cholesterol 80 mg, Sodium 420 mg, Carbohydrate 46 g, Fiber 3 g, Sugars 4 g, Protein 25 g

CREAMY SPINACH & MUSHROOM PENNE

You won't believe this creamy, flavor-packed pasta is made in the microwave! (serves 1)

INGREDIENTS

2 oz. (60 g) penne ($\frac{2}{3}$ /150 mL)
10 oz. (300 mL) water
3 oz. (90 g) white mushrooms (about 4)
 $\frac{1}{2}$ oz. (15 g) fresh Parmesan cheese
2 tbsp (30 mL) half-and-half
2 cups (500 mL) fresh baby spinach leaves
 $\frac{1}{4}$ tsp (1 mL) [Garlic Rub](#)

DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 8 minutes.

Slice the mushrooms with the [Quick Slice](#). Grate the cheese with the [Microplane® Adjustable Fine Grater](#).

Remove the bowl from the microwave and drain the remaining water with the lid. Add the remaining ingredients. Microwave, covered, for 2 minutes. Remove from the microwave and let it stand for 2–3 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 340, Total Fat 8 g, Saturated Fat 4.5 g, Cholesterol 25 mg, Sodium 250 mg, Carbohydrate 51 g, Fiber 5 g, Sugars 4 g, Protein 17 g



MICROWAVE MAC & CHEESE

This easy Mac & Cheese is perfect for nights when the kids don't want the same dinner as mom and dad. (serves 1)

INGREDIENTS

2 oz. (60 g) elbow macaroni ($\frac{1}{2}$ cup/125 mL)

6 oz. (175 mL) water ($\frac{3}{4}$ cup/175 mL)

$\frac{1}{4}$ cup (50 mL) evaporated milk

$\frac{1}{2}$ cup (125 mL) shredded cheddar cheese (or cheese of your choice)

DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 6 minutes. Add the milk and cheese; stir to combine.



Nutrients per serving:

U.S. nutrients per serving: Calories 500, Total Fat 24 g, Saturated Fat 15 g, Cholesterol 75 mg, Sodium 430 mg, Carbohydrate 49 g, Fiber 2 g, Sugars 8 g, Protein 26 g

MINISTRONE PASTA BOWL

Inspired by classic Italian minestrone, this all-in-one meal is perfect for lunch on the go or a simple dinner for one. (serves 1)

INGREDIENTS

2 oz. (60 g) ditalini pasta

1 carrot

1 celery stalk

½ tsp (2 mL) [Bell Pepper Herb Rub](#)

¾ cup (175 mL) reduced-sodium chicken broth (6 oz./175 g)

½ cup (125 mL) canned chickpeas or kidney beans, drained and rinsed

½ oz. (15 g) fresh Parmesan cheese, plus extra for garnish



DIRECTIONS

Chop the celery and carrot with the [Food Chopper](#).

Combine the pasta, vegetables, tomatoes, rub, and chicken broth in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 8 minutes.

Remove the bowl from the microwave and add the beans. Cook, uncovered, for 1 minute. Top with cheese and let stand for 2–3 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 500, Total Fat 6 g, Saturated Fat 2.5 g, Cholesterol 10 mg, Sodium 900 mg, Carbohydrate 68 g, Fiber 12 g, Sugars 15 g, Protein 24 g

PIZZA PASTA

It's so easy to put together a fun and tasty dinner for your kids when they don't want to have what mom and dad are eating for dinner. (serves 1)

INGREDIENTS

2 oz. (60 g) rigatoni ($\frac{3}{4}$ cup/175 mL)
10 oz. (300 mL) water (1 $\frac{1}{4}$ cups)
 $\frac{1}{2}$ cup (125 mL) marinara sauce
 $\frac{1}{2}$ bell pepper
 $\frac{1}{2}$ oz. (15 g) turkey pepperoni (8–10 slices)
 $\frac{1}{2}$ tsp (2 mL) Italian seasoning
1 oz. (30 g) Parmesan cheese (about $\frac{1}{2}$ cup/125 mL grated)



DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 10 minutes.

Finely chop the bell pepper with the [Food Chopper](#). Stack the pepperoni slices and cut them into thin strips.

Remove the bowl from the microwave and add the remaining ingredients. Cook, covered, for 2 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 430, Total Fat 13 g, Saturated Fat 5 g, Cholesterol 35 mg, Sodium 1,000 mg, Carbohydrate 57 g, Fiber 6 g, Sugars 12 g, Protein 22 g

THAI NOODLE BOWL

This Thai-style pasta bowl has a creamy peanut sauce and fresh bright veggie, and it comes together in minutes! (serves 1)

INGREDIENTS

2 oz. (60 g) spaghetti
8 oz. (250 g) water
1 tbsp (15 mL) creamy peanut butter
1½ tsp (7 mL) reduced-sodium soy sauce
1½ tsp (7 mL) honey
½ lime, juiced
1½ tsp (7 mL) water
1 carrot, peeled
½ red or green pepper
Optional: fresh cilantro, chopped peanuts



DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 6 minutes.

In a small bowl, combine the peanut butter, soy sauce, honey, lime juice, and water.

Grate the carrot with the [Veggie Strip Maker](#). Cut the bell pepper into thin strips.

Remove the bowl from the microwave; add the sauce and vegetables then cook, covered, for 2 minutes. Top with cilantro and peanuts. Let it stand for 2–3 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 380, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 64 g, Fiber 6 g, Sugars 17 g, Protein 13 g

TUNA NOODLE PASTA BOWL

This quick version of classic tuna noodle casserole will be your new go-to for easy lunches and dinners! (serves 1)

INGREDIENTS

2 oz. (60 g) medium shell pasta ($\frac{3}{4}$ cup/175 mL)
8 oz. (250 g) water
2 tbsp (30 mL) milk
2 oz. (60 g) canned tuna, drained
 $\frac{1}{2}$ tsp (2 mL) [Three Onion Rub](#)
 $\frac{1}{4}$ cup (50 mL) frozen peas
 $\frac{1}{2}$ oz. (15 g) Parmesan ($\frac{1}{4}$ cup/50 mL grated)
 $\frac{1}{4}$ cup (50 mL) croutons, finely crushed



DIRECTIONS

Combine the pasta and water in the [Microwave Pasta Cooker](#). Cover with the lid and microwave on HIGH for 7 minutes.

Remove the bowl from the microwave. Add the milk, tuna, rub, peas, and cheese. Microwave, covered, for 2 minutes.

Remove the bowl from the microwave; top with the croutons and let it stand for 2–3 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 260, Total Fat 7 g, Saturated Fat 3.5 g, Cholesterol 40 mg, Sodium 560 mg, Carbohydrate 24 g, Fiber 3 g, Sugars 4 g, Protein 25 g

ZUCCHINI NOODLE LASAGNA BOWL

Fresh zucchini and ricotta cheese create a lightened-up version of a family favorite.
(serves 1)

INGREDIENTS

- 1 medium zucchini
- ½ oz. (15 g) fresh Parmesan cheese, grated (about ¼ cup/150 mL grated)
- ¼ cup (50 mL) part-skim ricotta cheese
- 1 oz. (30 g) fresh baby spinach (about 1 cup/250 mL)
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) cherry tomatoes



DIRECTIONS

Spiralize the zucchini using the fettuccine blade on the [Veggie Spiralizer](#).

Add the zucchini to the [Microwave Pasta Cooker](#). Cover it with the lid and microwave on HIGH for 2–3 minutes, or until the noodles are slightly softened.

Meanwhile, grate the Parmesan with the [Microplane® Adjustable Fine Grater](#). Remove the bowl from the microwave. Add the cheeses, spinach, and salt, and stir well. Microwave, covered, for 1 minute.

Cut the tomatoes in half with the [Close & Cut](#). Remove the bowl from the microwave and top with tomatoes. Let it stand for 1–2 minutes.

Nutrients per serving:

U.S. nutrients per serving: Calories 220, Total Fat 11 g, Saturated Fat 7 g, Cholesterol 35 mg, Sodium 1,020 mg, Carbohydrate 14 g, Fiber 3 g, Sugars 5 g, Protein 18 g