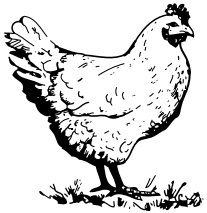
HEAT, EAT, REPEAT

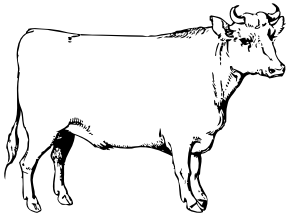
Single serving recipes that can be cooked with just a microwave or less.

foodbank of the Southern Tier

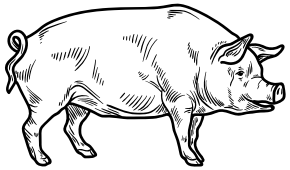
Safe Internal Temperatures



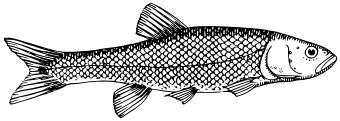
Chicken/Duck/Turkey
165°F



Beef
Ground: **160°F**
Steak: **145°F**



Pork
Ground: **160°F**
Chop: **145°F**



Fish
145°F

Adapted from the Health Meets Home cookbook

Food Package Safety

Do **not** eat from a can or packaging that is / has:

- Leaking, rusty, or stained
- Swollen
- Sharply dented, dented along the seams, or cracked
- Missing label
- Foul odor
- Missing or broken safety seal, or loose or missing lid

"When in doubt, throw it out!"

Adapted from Food Bank for NYC Food Dating Guide

Adapted from the Health Meets Home cookbook

Safe Thawing Practices

Improperly thawing food can lead to harmful bacteria growth, which is harmful to your health. Here are some safe methods to thaw your foods.

Thawing in Refrigerator

Place the frozen item in a pan in refrigerator until thawed.

Speed: Slow

Time: **2 - 5 days**, depending on size of the item

Refrigerated foods must be kept at 40°F or below. Frozen foods must be kept at or below 0°F.

Thawing in Cold Water

Place frozen item in leak-proof bag in bowl under running cold water, OR place food in leak-proof bag, then place in bowl with cold water, replacing cold water every 30 minutes until food is thawed.

Speed: Fast

Time: **30 minutes to 1 day**, depending on size of item

Thawing in Microwave

Using the defrost setting on microwave to thaw frozen item. **Only use this option if you plan to immediately cook the food!**

Speed: Fast

Time: **30 minutes or less**, depending on size of item

Cross-Contamination

Clean workspaces and utensils between each ingredient.

Do not allow ready-to-eat food to touch surfaces touched by raw meat, seafood, or poultry.

Do not prep ready-to-eat foods and raw foods at the same time.

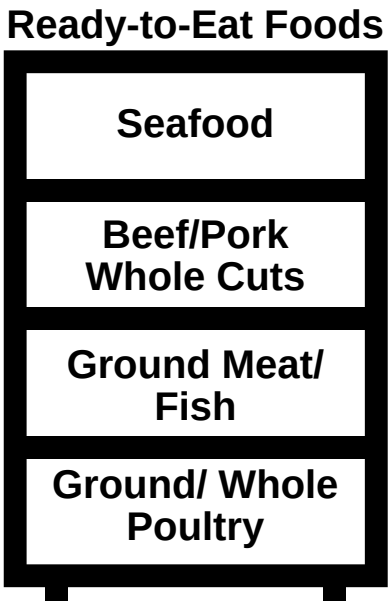
Hand Washing



1) Wet hands and arms with warm running water
2) Apply soap to build up lather
3) Scrub hands and arms for at least 10-15 seconds
4) Rinse under warm running water

Refrigerator Storage

Store foods in the fridge in this order top to bottom to prevent cross-contamination.



Adapted from ServSafe Preventing Cross Contamination and Handwashing 101

MORNING STARTERS

Note: Most of the recipes listed contain a QR code leading to a Nutrition Facts label of the recipe. These labels were created using the VeryWellFit Recipe Analyzer. Please note that these are estimates and may not be entirely correct, especially between products used.

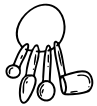
MUG SCRAMBLED EGGS

Prep Time: 2 mins
Cook Time: 2 mins

Tools Needed


Microwave-safe cup


Silverware


Measuring cup

Ingredients

2 eggs

2 tbsp milk

Salt & pepper

Steps

1. Whisk all ingredients together in a microwave-safe cup / mug.
2. Microwave on HIGH for 1.5 - 2 mins, stirring several times throughout cooking time.

Healthful Notes

Add other vegetables to this mixture such as peppers, mushrooms, or onions for added nutrients.

Recipe from eggs.ca

PANCAKE IN A MUG

Prep Time: 2 mins
Cook Time: 2 mins

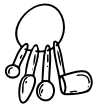
Tools Needed



Microwave-safe cup



Silverware



Measuring cup

Ingredients

¼ cup complete pancake mix

¼ cup milk

Steps

1. Combine pancake mix and milk in a microwave-safe cup / mug.
2. Microwave on HIGH for 1 - 1.5 mins.

Healthful Notes

Top with some fresh fruit, such as strawberries, bananas, or apples.

Recipe from tablespoon.com

OVERNIGHT OATS

Prep Time: 2 mins
Cook Time: overnight

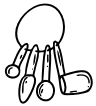
Tools Needed



Cup



Silverware



Measuring cup

Healthful Notes

Include your favorite toppings, such as fruits, dried berries, milk, honey, brown sugar, nuts, or seeds.

Ingredients

¾ cup rolled oats

Milk of choice, enough to cover the oats

Additions / toppings

Steps

1. Combine oats and milk (enough milk to over the oats) in a cup.
2. Mix in additions as desired.
3. Store in refrigerator overnight.
4. Enjoy with desired toppings.

Recipe adapted from msrgear.com

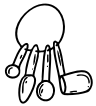
MICROWAVE OATS

Prep Time: 3 mins
Cook Time: 5 mins

Tools Needed


Microwave-safe cup


Silverware


Measuring cup

Ingredients

½ cup rolled oats

¾ cup water

Additions / toppings

Steps

1. Combine ingredients in a microwave-safe cup.
2. Microwave on HIGH for 2-3 mins and let it rest for 2 mins.
3. Add more water as needed.
4. Top with desired toppings and serve.

Recipe from bestrecipebox.com

Healthful Notes

Include your favorite toppings, such as fruits, dried berries, milk, honey, brown sugar, nuts, or seeds.

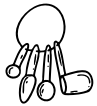
PEANUT BUTTER GRANOLA BARS

Prep Time: 10 mins
Cook Time: 1 hr

Tools Needed


Microwave-safe cup


Silverware


Measuring cup


Tupperware

Healthful Notes

Some optional ingredients to include in your granola bars are dried berries, chocolate chips, nuts, and/or seeds.

Ingredients

- ½ cup rolled oats
- ½ cup Rice Krispie cereal
- ⅓ cup peanut butter
- 2 tbsp white sugar or honey
- Salt, pinch

Steps

1. Mix together oats and Rice Krispie.
2. Combine PB, sugar, and salt in a microwave-safe cup, then heat for 1 min and whisk.
3. Combine two mixtures, mixing well.
4. Firmly press the mixture into an even layer in tupperware, then cover and refrigerator for at least 1 hour.

Recipe adapted from cookingclassy.com

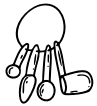
PEPPER POTATO FRITTATA

Prep Time: 3 mins
Cook Time: 7 mins

Tools Needed


Microwave-safe cup


Silverware


Measuring cup


Knife

Ingredients

- ½ a potato, diced
- ¼ bell pepper, diced
- 2 eggs
- 1 tbsp. onion, diced
- Salt and pepper
- Shredded cheese

Steps

1. Add diced potato and enough water to cover the potato into a large microwaveable mug.
2. Microwave on HIGH for 3 - 4 mins, watching for spillover. Ensure potato is soft, then drain water.
3. Add pepper, onion, and spices to mug. Beat eggs and combine with cheese in separate bowl, then add.
4. Microwave for 2.5 - 3 mins until cooked.

Healthful Notes

Add other vegetables to this dish such as tomatoes, spinach, mushrooms, or even sweet potatoes!

Recipe adapted from jsyfruitveggies.org

MEALS & STAPLES

Note: Most of the recipes listed contain a QR code leading to a Nutrition Facts label of the recipe. These labels were created using the VeryWellFit Recipe Analyzer. Please note that these are estimates and may not be entirely correct, especially between products used.

MICROWAVE GROUND BEEF

Prep Time: 1 mins
Cook Time: 4 mins

Tools Needed


Microwave-safe plate


Silverware

Ingredients

½ lb ground beef

Steps

1. Place it in a microwaveable container or plate, then break up the meat with a fork.
2. Microwave on HIGH for 1 min increments.
3. After each increment, carefully drain liquid (will be hot) and break up the meat into smaller pieces.
4. Cook this way until there is no longer pink meat visible (~4 mins total).

Healthful Notes

Ground beef must be cooked to a temperature of 160°F to be safe to eat.

Try seasoning your ground beef with salt, pepper, cumin, paprika, cayenne, or other spices of your choice.

Recipe from justmicrowaveit.com

MICROWAVE CHICKEN BREAST

Prep Time: 1 mins
Cook Time: 5 mins

Tools Needed


Microwave-safe plate


Silverware

Ingredients

1 chicken breast, skinless and boneless

Water

Healthful Notes

Chicken must be cooked to a temperature of 165°F to be safe to eat.

Try seasoning your chicken with salt, pepper, cumin, paprika, cayenne, or other spices of your choice.

Steps

1. Place chicken in a microwave-safe plate with tall sides or a shallow bowl.
2. Fill dish with water so about 1/2 of the chicken is submerged.
3. Cover and microwave on HIGH for 5 min, or until safe internal temp. is reached. Let rest until able to be safely removed from microwave, water will be hot.

Recipe from yourhomebasedmom.com

PASTA IN A MUG

Prep Time: 1 mins
Cook Time: 5 mins

Tools Needed



Microwave-safe mug



Silverware

Ingredients

½ cup elbow macaroni pasta, uncooked

½ cup water

Salt & pepper

Healthful Notes

Break up the pasta into smaller pieces so that it's easier to cook and cooks evenly. Try a whole wheat pasta, but lower the cooking time slightly because it cooks faster.

Steps

1. Combine all ingredients in a large, deep mug or bowl to avoid spillover.
2. Microwave on HIGH for 4 minutes total, but stop every minute to stir the pasta.
3. If spillover occurs, add more water to cover pasta. Different pasta noodles may need more or less cooking time.

Recipe from feelgoodfoodie.net

EASY CHICKEN SALAD

Prep Time: 3 mins
Cook Time: o mins

Tools Needed



Container



Silverware

Healthful Notes

Use a light or fat free mayo to reduce saturated fat intake.

Include various sweet or savory toppings such as celery, onion, relish, dried fruits, and/or nuts and seeds.

Ingredients

3 oz canned chicken, cooked

Dash of mayo

Steps

1. Combine all ingredients in a container.

Recipe adapted from attagirlsays.com

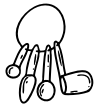
ZUCCHINI BOATS

Prep Time: 7 mins
Cook Time: 8 mins

Tools Needed


Microwave-safe cup


Silverware


Measuring cup


Knife

Healthful Notes

Add other vegetables to this filling such as peppers, mushrooms, or onions for added nutrients and flavor.

Ingredients

- 1 zucchini, whole
- 1 tbsp tomatoes, diced
- 1 tbsp breadcrumbs
- 1 tbsp ground meat, cooked
- ½ tbsp taco seasoning
- Cooking spray

Steps

1. Wash and cut zucchini in half lengthwise.
2. Microwave for 1 min to soften the flesh.
3. Scoop out interior zucchini flesh and set aside.
4. Mix all remaining ingredients with zucchini flesh.
5. Spray hollowed zucchini with cooking spray then add mixture. Top with cheese if desired.
6. Microwave on HIGH for 5 - 7 mins, until tender.

Recipe adapted from the *Microwave Cooking Class Cookbook*

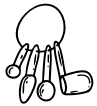
TUNA NOODLE CASSEROLE

Prep Time: 5 mins
Cook Time: 2 mins

Tools Needed


Microwave-safe plate


Silverware


Measuring cup

Ingredients

- ½ cup pasta, cooked
- ¼ cup milk
- ¼ cup frozen vegetables
- ½ cup can tuna, drained
- ¼ cup cream of mushroom
- Shredded cheese

Steps

1. Combine all ingredients on a microwave-safe plate.
2. Stir until well combined, and top with cheese.
3. Cover and microwave on HIGH for 1.5 - 2 mins, stirring halfway through cooking time.
4. Season to taste.

Recipe adapted from food.com

Healthful Notes

Add frozen vegetables such as bell peppers, corn, carrots, and peas. Rinse the canned tuna under water to reduce the salt content.

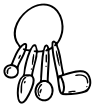
MEATBALL SUB

Prep Time: 5 mins
Cook Time: 8 mins

Tools Needed


Microwave-safe plate


Silverware


Measuring cup

Ingredients

- ⅓ cup ground beef
- 1 egg
- ¼ cup spaghetti sauce
- 1 bread roll/hotdog bun
- Shredded cheese
- Salt & pepper

Steps

1. Mix ground beef, egg, salt, and pepper, then stir until combined. Shape the mixture into meatballs.
2. Place on a microwave-safe plate. Microwave on HIGH for 4 minutes, flipping at halfway point.
3. Add the spaghetti sauce to the meatballs, cover and return to the microwave for additional 2 mins.
4. Serve meatballs on rolls and top with cheese. Return to the microwave to melt the cheese, about 15 sec.

Recipe adapted from allrecipes.com

Healthful Notes

Ground beef must be cooked to a temperature of 160°F to be safe to eat.

Add cooked peppers, onions, or mushrooms for more veg.

CHICKEN QUESADILLA

Prep Time: 3 mins
Cook Time: 5 mins

Tools Needed


Microwave-safe plate


Silverware


Microwave-safe mug

Ingredients

- 2 flour tortillas
- ½ cup cooked chicken
- 3 tbsp frozen vegetables
- 1 tbsp taco seasoning
- Shredded cheese
- Salt & pepper

Steps

1. Place tortillas on a microwave-safe plate and microwave for 1 min.
2. Combine chicken, vegetables, and seasonings, then microwave for 1 - 2 mins.
3. Mix shredded cheese with chicken mixture. Spread evenly over one tortilla, then cover with second tortilla.
4. Microwave again for 30 sec to 1 min.

Recipe from www.tasty.co

Healthful Notes

Add frozen vegetables such as bell pepper, corn, onion, mushroom, or spinach.

Add warmed beans for added protein and fiber.

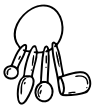
CHILI IN A MUG

Prep Time: 3 mins
Cook Time: 5 mins

Tools Needed


Silverware


Microwave-safe mug


Measuring cups

Healthful Notes

Drain and rinse canned beans, and look for a low-sodium broth to reduce salt intake.

Ingredients

- 2 tbsp onion, diced
- 1 cup tomatoes, diced
- ½ tsp taco seasoning
- 1 cup kidney beans, drained
- Vegetable/chicken broth

Steps

1. Combine onion and taco seasoning in a microwave-safe mug and microwave on HIGH for 30 sec.
2. Add tomatoes and beans, then pour in broth until all ingredients are submerged.
3. Cover and return to microwave on HIGH for 4 - 5 mins total, stirring every minute to avoid spillover.

Recipe adapted from bbcgoodfood.com

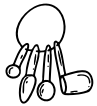
POTATO SOUP IN A MUG

Prep Time: 7 mins
Cook Time: 10 mins

Tools Needed


Microwave-safe cup


Silverware


Measuring cup


Knife

Ingredients

- ½ potato, cubed
- 2 tbsp onion, chopped
- ¼ cup frozen vegetables
- 2 tsp cornstarch/flour
- ¼ cup milk
- 2 tbsp cheddar cheese
- Chicken or vegetable stock
- Salt & pepper

Steps

1. Add cubed potato and enough water to cover the potato into a large microwaveable mug.
2. Microwave on HIGH for 3 - 4 mins and drain water.
3. Add the remaining ingredients into the mug and fill with stock until all ingredients are submerged.
4. Microwave for 2.5 - 3 mins and season to taste.

Recipe adapted from biggerbolderbaking.com

Healthful Notes

Use a low-sodium stock to reduce salt intake.

Add frozen veg. such as peas, spinach, or carrots.

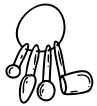
TACO SALAD

Prep Time: 5 mins
Cook Time: 0 mins

Tools Needed


Cup or bowl


Silverware


Measuring cup


Knife

Ingredients

- 1 cup lettuce or greens
- 3 tbsp diced tomatoes
- ⅓ cup cooked beans
- 1 tbsp sour cream
- ¼ tsp taco seasoning
- Crushed tortilla chips
- ¼ cup shredded cheese
- Salt & pepper

Steps

1. Heat beans in microwave if desired. If heating, let cool slightly.
2. Mix beans, sour cream, taco seasoning, and tomatoes together.
3. Add lettuce to bean mixture, then toss lightly.
4. Add crushed tortilla chips and cheese to top.

Recipe adapted from jsyfruitveggies.org

Healthful Notes

Drain and rinse canned beans to reduce salt intake. Add more vegetables as desired, or a protein source.

BEAN BURRITO

Prep Time: 5 mins
Cook Time: 0 mins

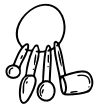
Tools Needed



Cup



Silverware



Measuring cup

Ingredients

- ¼ cup cooked beans
- ¼ cup shredded cheese
- ½ cup lettuce
- 2 tbsp diced tomatoes
- 1 medium flour tortilla
- Salt & pepper
- 3 tbsp cooked rice (if desired)

Steps

1. Mix beans, cheese, tomatoes, and rice (if using) in a cup or bowl. Add salt and pepper as desired.
2. Add bean mixture to tortilla, then add lettuce.
3. Roll up tortilla, then cut in half to serve.

Recipe adapted from jsyfruitveggies.org

Healthful Notes

Drain and rinse canned beans to reduce salt intake. Add canned chicken to burrito for more protein.

SIDES & SNACKS

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MICROWAVE BAKED POTATO

Prep Time: 2 mins
Cook Time: 10 mins

Tools Needed


Microwave-safe plate


Silverware

Ingredients

- 1 russet potato
- Knob of butter
- Cheddar cheese
- Salt & pepper

Healthful Notes

Add some vegetable-packed toppings to your baked potatoes, such cooked broccoli, zucchini and diced tomatoes cooked together, scallions, or even salsa and refried beans!

Steps

1. Clean potato, then prick all over with a fork.
2. Place the potato microwave-safe plate and microwave on HIGH for 4 - 5 mins. Flip the potato and microwave for another 4 - 5 mins.
3. Cut lengthwise, then add toppings such as cheese, butter, and spices as desired.

Recipe adapted from allrecipes.com

BROCCOLI PASTA SALAD

Prep Time: 5 mins
Cook Time: 0 mins

Tools Needed


Cup or bowl


Knife


Measuring cup

Ingredients

- ¼ cup broccoli, chopped
- ¼ cup pasta, cooked
- 2 tbsp onions, diced
- 2 tbsp low-fat mayo
- 3 tbsp chopped bell pepper
- 1 tsp vinegar
- ¼ tsp sugar
- Salt & pepper

Steps

1. Mix mayo, vinegar, and sugar together in a small bowl or cup.
2. Combine other ingredients together, then mix well with sauce.
3. Add salt and pepper as needed.

Recipe adapted from jsyfruitveggies.org

Healthful Notes

Add raisins for additional fiber and / or some nuts for more nutrients and an added crunch!

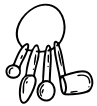
SWEET POTATO MASH

Prep Time: 2 mins
Cook Time: 6 mins

Tools Needed


Cup


Silverware


Measuring cup

Ingredients

- 1 medium sweet potato
- ¼ cup milk
- Knob of butter
- Salt, pinch
- Spices, as desired

Steps

1. Clean sweet potato, then prick all over with a fork.
2. Place the sweet potato in the microwave and microwave on HIGH for 6 mins. Carefully flip potato halfway through the cooking time.
3. When cooled slightly, take off the skin and mix the flesh with remaining ingredients, and stir until well combined.

Recipe adapted from apronandsneakers.com

Healthful Notes

For a more savory mash, omit sweeter spices and add some minced garlic, green onion, and sour cream.

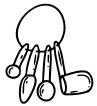
CUCUMBER DIP

Prep Time: 4 mins
Cook Time: 0 mins

Tools Needed


Cup or bowl


Knife


Measuring cup

Ingredients

- 1 cup plain yogurt
- ½ cucumber, diced
- ¼ carrot, finely cut
- ½ clove minced garlic OR
- ¼ tsp garlic powder
- Salt and pepper

Steps

1. Combine all ingredients together in a cup or bowl. Chill until ready to eat.
2. Dip can be paired with vegetables, pita, crackers, or even on a sandwich.

Recipe adapted from jsyfruitveggies.org

Healthful Notes

Use plain Greek yogurt for more protein. Pair this dip with vegetables such as carrots, celery, or peppers.

SWEET POTATO CHIPS

Prep Time: 5 mins
Cook Time: 6 mins

Tools Needed



Microwave-safe plate



Knife

Healthful Notes

Try this recipe with other vegetables such as zucchini, carrot, eggplant and squashes.

Serve these chips with either sweet or savory dips.

Ingredients

1 sweet potato, sliced thin

Cooking spray

Salt & pepper

Steps

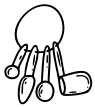
1. Place the thinly sliced sweet potato chips evenly on a microwave-safe plate with no overlap.
2. Coat with cooking spray and season with salt & pepper.
3. Microwave on HIGH for 4 - 6 mins, flip halfway through the cooking time. Be sure to keep an eye on chips so they don't burn.

Recipe from slenderkitchen.com

MICROWAVE APPLE

Prep Time: 3 mins
Cook Time: 3 mins

Tools Needed



Measuring cup



Silverware



Microwave-safe cup

Ingredients

- 1 small apple, sliced
- ¼ tsp cornstarch or flour
- Cinnamon, to taste
- ½ tbsp white or brown sugar
- 1 tbsp water

Steps

1. Mix all ingredients in a microwaveable cup or a zip lock bag.
2. Microwave on HIGH for 2 - 2.5 mins, or longer for a bigger apple.

Recipe from saladinajar.com

Healthful Notes

Add some deshelled nuts, such as walnuts, for a little extra protein and crunch to this dish.

MICROWAVE TORTILLA CHIPS

Prep Time: 3 mins
Cook Time: 5 mins

Tools Needed



Microwave-safe plate



Knife

Healthful Notes

Sprinkle chips with a variety of spices, such as cumin, garlic powder, cayenne, chili powder, and/or onion powder for more flavor.

Serve chips with pico de gallo or use for nachos.

Ingredients

2 corn tortillas

Cooking spray

Salt & pepper, or other spices

Steps

1. Cut tortillas into quarters and lay quarters evenly on a plate with little to no overlap.
2. Spray with cooking spray and season with chosen spices. Repeat on the other side of tortilla quarters.
3. Microwave on HIGH for 4 mins. Flip chips halfway through cook time and watch carefully to prevent burning.

Recipe from sinfulnutrition.com

Prep Time: mins

Cook Time: mins

Tools Needed

Ingredients

Steps

Healthful Notes



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