Microwave Magic

1. Baked Apple
	1. **Ingredients**
		1. 2 apples
		2. 2 tablespoons brown sugar
		3. 1 teaspoon ground nutmeg
		4. 1 teaspoon ground cinnamon
		5. 1 T butter
	2. **Directions**
		1. Core the apples, leaving the bottom intact.
		2. In a bowl, mix the brown sugar, cinnamon and nutmeg. 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.
		3. Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for a couple minutes before serving
2. Baked Potato,
	1. Idaho Potato takes around 8 minutes to cook (poke holes in it first)
	2. Toppings
		1. Chives
		2. Bacon (5 ½ minutes in the microwave)
		3. Cheddar
		4. Sour cream
3. Egg and Toast
	1. 1 Egg
	2. 1 piece of bread
	3. S & P
	4. Butter
		1. 60-70% power for 1 minute (poke the yoke first)
		2. Can be made 12 times with a dozen eggs and loaf of bread
		3. Takes as long to eat as it does to make

Boiling Water

1. Ramen Variants
	1. Spicy
		1. Sriracha (from phil perhaps)
		2. Jalapeno
	2. Savory
		1. Scallions
		2. Egg Drop
		3. Cilantro
		4. Teriyaki Sauce
2. Angel Hair Pasta
	1. Ingredients
		1. 1 pound angel hair pasta
		2. 2 tablespoons olive oil
		3. 1 lemon, zested
		4. Kosher salt and freshly ground black pepper
		5. Parmesan, for garnish
3. Deviled Eggs
	1. 6 Eggs
	2. Pinch paprika
	3. Mayo, 2 tablespoons
	4. Mustard, ½ teaspoon
	5. S & P

Healthy Cooking

1. Spinach, blue cheese, pear salad, balsamic dressing
2. Honey Salmon, aphrodisiac
	1. Small amount of salmon
	2. 2 t honey
	3. 2 t basil
	4. Olive oil
	5. S & P
		1. 350 for 15 minutes
3. Caprese Salad
	1. Sun dried or cherry tomatoes
	2. Mozzarella
	3. basil

Baking (sweets)

1. Chocolate Stuffed Crescent Rolls – aphrodisiac recipe
	1. Ingredients
		1. 2 ounces chocolate
		2. 4 pack crescent rolls
		3. 1 egg yolk
		4. 1 T milk
		5. Pinch of sugar
			1. 375 for 10-12 minutes
2. French Toast
	1. Ingredients
		1. 4 eggs
		2. 1 teaspoon sugar, optional
		3. 1 teaspoon salt
		4. 1 cup milk
		5. 10 to 12 slices white bread
		6. butter
		7. maple syrup or other syrup
3. Lemon meringue Pie
	1. Ingredients
		1. 1 (14-ounce) can [sweetened condensed milk](http://www.foodterms.com/encyclopedia/sweetened-condensed-milk/index.html)
		2. 1/2 cup lemon juice
		3. 1 teaspoon grated lemon [zest](http://www.foodterms.com/encyclopedia/zest/index.html)
		4. 3 egg yolks
		5. 1 (8-inch) prebaked [pie](http://www.foodterms.com/encyclopedia/pie/index.html) shell or crumb crust
	2. Meringue:
		1. 3 egg whites
		2. 1/4 teaspoon cream or tartar
		3. 1/4 cup sugar
	3. Directions
		1. In medium bowl, combine milk, lemon juice, and zest; blend in egg yolks. Pour into cooled crust.
		2. Preheat oven to 325 degrees F.
		3. Beat egg whites with [cream of tartar](http://www.foodterms.com/encyclopedia/cream-of-tartar/index.html) until soft peaks from. Gradually beat in the sugar until stiff. Spread over filling; seal to edge of crust. Bake for 12 to 15 minutes or until [meringue](http://www.foodterms.com/encyclopedia/meringue/index.html) is golden brown.

Easy

Healthy Cheap