

# *5 Meals You Can Make in a Microwave*

## *1. Chicken Quesadilla*

Ingredients:

- 2 flour tortillas
- ½ cup pre-cooked chicken strips or cooked shredded chicken
- ½ cup diced bell pepper
- 1 tablespoon taco seasoning
- ¼ cup shredded cheddar or Mexican cheese

Preparation:

1. Microwave the tortillas on a microwave-safe plate for 30 seconds
2. Mix the cooked chicken, bell peppers and taco seasoning in a microwave-safe bowl and heat in microwave for 1-2 min.
3. Spread the chicken and pepper mixture over one of the tortillas. Cover the mixture with cheese and place the second tortilla on top.
4. Microwave for an additional 30 seconds-1 min.
5. Enjoy!

## *2. Mug Mac N' Cheese*

Ingredients:

- ½ cup elbow macaroni
- ½ cup water
- 3 tablespoons milk
- A pinch of salt and pepper
- ¼ cup shredded cheddar cheese

Preparation:

1. Mix the macaroni, water, and salt in a microwavable mug.
2. Microwave for 2-3 minutes, then remove and stir.
3. Add the milk, cheese, salt, and pepper and stir.
4. Microwave for another 30 seconds, remove and stir.
5. Enjoy!

### ***3. Scrambled Eggs***

Ingredients:

- 2 eggs
- Milk
- Salt and pepper

Preparation:

1. Crack 2 eggs in a microwave-safe bowl.
2. Add a splash of milk, a pinch of salt and pepper, then scramble with a fork.
3. Cook in microwave on high for 45 seconds.
4. Remove and stir eggs.
5. Cook in the microwave for an additional 30-45 seconds.
6. Stir and Enjoy!

### ***4. English Muffin Pizza***

Ingredients:

- 1 English muffin
- 2 Tablespoons Marinara Sauce
- ¼ cup Shredded Mozzarella Cheese

Preparation:

1. Cut the English muffin in half and place on a microwave-safe plate.
2. Put marinara sauce and cheese on top of each of the halves.
3. Cook in the microwave for 30-45 seconds or until cheese melts.
4. Enjoy!

### ***5. Baked Potato***

Ingredients:

- 1 Russet Potato
- \*Toppings to preference: butter, sour cream, cheese, bacon, etc.

Preparation:

1. Use a fork to poke holes around the entire surface of the potato.
2. Cook the potato in the microwave for 5 minutes.
3. Turn the potato over and cook for an additional 5 minutes.
4. Remove and cut longways down the middle to apply toppings.
5. Enjoy!