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A MICROWAVE, A MUG, A MEAL.



GIBBS
SMITH



Recipes by Amy Sherman
Illustrations by Nate Padavick



CONTENTS

GLOBAL PANTRY STAPLES, 5



MASTER RECIPES, 8

BREAKFAST ANYTIME, 13



APPETIZERS, 27

SOUPS & STEWS, 38



SANDWICHES & SALADS, 54

SEAFOOD, 71

HEARTY MAINS, 78

VEGETABLE SIDES, 89

DESSERTS, 97



FRENCH-STYLE CHEESE OMELET

This fluffy omelet has a light texture, as if the egg whites were beaten. Choose a cheese that melts easily, such as cheddar or Monterey Jack. Serve it in the mug, or gently transfer it to a plate using a flexible spatula.

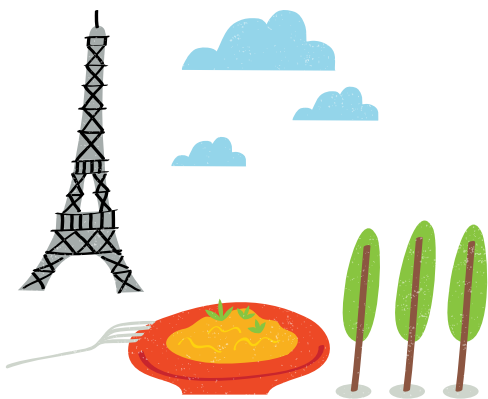
2 LARGE EGGS

2 TABLESPOONS WATER

3 TABLESPOONS GRATED CHEESE

FINELY CHOPPED CHIVES OR PARSLEY (OPTIONAL)

- 1 Whisk together the eggs and water in a soup mug, and then stir in the cheese.
- 2 Cover with plastic wrap, vent, and microwave at 500 watts for 1 minute.
- 3 Stir, re-cover, and microwave at 500 watts for 1 minute 30 seconds for a soft omelet or 2 minutes if you prefer a drier, firmer omelet.
- 4 Garnish with herbs. Serve immediately.



PORK & VEGETABLE MISO SOUP

This chunky stew is hearty and warming, perfect for a blustery winter day. If you can't find daikon, substitute peeled, diced potato.



1 STRIP THICK-CUT BACON

1/4 CUP DICED CARROT

1/4 CUP PEELED AND DICED DAIKON RADISH

1/4 CUP THINLY SLICED ONION

1/2 CUP WATER

1 TEASPOON RED MISO

2 TABLESPOONS SLIVERED GREEN ONIONS

- 1 Microwave bacon until cooked but not crisp, about 1 minute at 1000 watts. Let the bacon cool, then cut into bite-size pieces.
- 2 Place the bacon, carrot, daikon radish, and onion in a large soup mug and add the water. Cover with plastic wrap, vent, and microwave at 1000 watts for 4 minutes, or until vegetables are tender.
- 3 Blend in the miso and stir until it is completely dissolved. Stir in the green onions before serving.



GNOCCHI WITH SPINACH, GORGONZOLA & WALNUTS

Potato gnocchi are shelf stable and cook up quickly. You could substitute another soft, creamy cheese, such as chèvre, for the Gorgonzola.

1 TABLESPOON CHOPPED WALNUTS

1/2 CUP WATER

1/2 CUP POTATO GNOCCHI

2 CUPS BABY SPINACH, CHOPPED

1-2 TABLESPOONS CRUMBLED GORGONZOLA



- 1 Place walnuts on a paper towel, and microwave at 1000 watts for 4 minutes, or until toasted. Let the walnuts cool.
- 2 Add the water and gnocchi to a soup mug. Place the mug on top of a folded paper towel, and microwave at 1000 watts for 2 minutes.
- 3 Add the spinach and stir; drain very well. Microwave at 1000 watts for 2 minutes, or until the gnocchi are tender.
- 4 Add 1 tablespoon of Gorgonzola and stir until the cheese melts. Taste and add more cheese if desired. Top with walnuts.



CHIPOTLE BAKED BEANS

It takes nothing more than pantry staple items to take plain beans from ordinary to extraordinary. Serve these beans with hot dogs, and you'll have a meal for two.

1/2 STRIP BACON, CHOPPED

1/4 CUP FINELY CHOPPED ONION

1/4 CUP CHILI SAUCE

2 TABLESPOONS COFFEE OR WATER

1 TABLESPOON UNSULPHURED MOLASSES

1 TEASPOON DIJON MUSTARD

1/2 TEASPOON WORCESTERSHIRE SAUCE

1/2 TEASPOON SOY SAUCE

1 TEASPOON MINCED CHIPOTLE PEPPERS
IN ADOBO SAUCE

1 CUP CANNED GREAT NORTHERN BEANS,
DRAINED AND RINSED



- 1 Place the bacon and onion in a soup mug, and microwave at 1000 watts for 2 minutes.
- 2 Add the chili sauce, coffee, molasses, mustard, Worcestershire sauce, soy sauce, chipotle, and beans; stir to combine.
- 3 Cover with plastic wrap, vent, and microwave at 1000 watts for 3 minutes. Stir, then cover with plastic wrap and microwave at 1000 watts for another 2 minutes.
- 4 Let cool for 2 minutes before serving.



SPICE CAKE

This light cake is reminiscent of gingerbread and is good with vanilla ice cream or a dollop of whipped cream. A fun recipe for kids to practice measuring and mixing.

3 TABLESPOONS ALL-PURPOSE FLOUR

1/2 TEASPOON BAKING POWDER

PINCH OF KOSHER SALT

1 TEASPOON PUMPKIN PIE SPICE OR CINNAMON

1/4 TEASPOON GROUND GINGER

1/8 TEASPOON DRY MUSTARD POWDER

1 TABLESPOON BROWN SUGAR

1 EGG YOLK

1 TABLESPOON MILK

1 TABLESPOON COOKING OIL

1 TABLESPOON UNSULPHURED MOLASSES



1 In a soup mug, whisk together the flour, baking powder, salt, pumpkin pie spice, and ginger.

2 Add the brown sugar, egg yolk, milk, oil, and molasses; mix until combined with no lumps.

3 Microwave at 1000 watts for 1 minute. Serve warm or cool.

