CONVECTION MICROWAVE
COOKBOOK

SHARP®

HOW TO USE THIS COOKBOOK

Your Sharp Convection Microwave Oven can be used as a microwave oven for quick, convenient cooking, as a convection oven for small baked goods and broiling or in combination for roasting and baking.

Your cookbook begins with an introduction to the principles and techniques of convection microwave cooking, then explains convection and combination cooking, and includes cooking methods, charts and recipes.

For some foods you will find directions for both combination cooking and microwave cooking. Your oven provides you with the option of using either method, depending on the time you have available and your own preferences. It is necessary to use the cookbook along with the Use and Care manual.

Take a moment to flip through the cookbook to see how it's arranged. As you use the book, be sure to read the captions under the pictures — often that's where you'll find important directions and tips.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the microwave oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

(d) The microwave oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Sharp Electronics Corporation
Sharp Plaza Blvd.
Mahwah, NJ 07495-1163

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What is Convection Microwave Cooking?

The convection microwave oven is the ultimate cooking team. This state-of-the-art system brings together the best of both worlds. Enjoy the browning and crisping capabilities of convection plus the speed of microwave cooking. Microwaving brings out the natural flavor of foods and keeps them moist and juicy. Convection cooking adds the advantage of browning and crisping food beautifully. Combination settings LOW MIX and HIGH MIX use convection heat to seal and brown the outside while using microwave energy to make sure the interior is cooked.

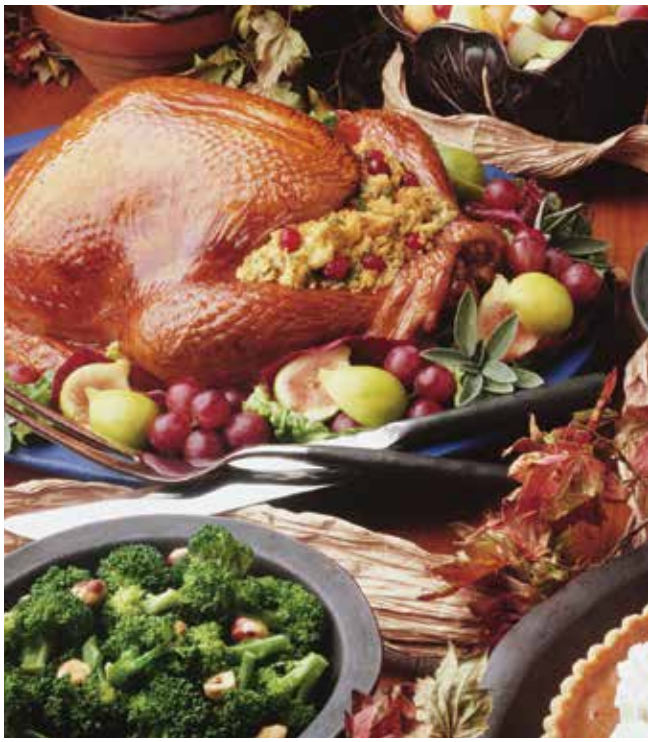
Breads and cakes are done to perfection; roasts and poultry brown and crisp just right. The results are superior to conventional methods, giving you the widest range of options for creative cooking and timesaving ease. It is not necessary to preheat with combination settings.

When you compare foods cooked in a convection microwave oven with those cooked conventionally, you'll discover the advantages of this advanced system.

Turkey is an excellent example of the superb results you can achieve with this team. No turning over is needed, and you don't need to baste unless a special seasoning is desired. Turkey roasted conventionally browns well, but white meat often becomes dry in the time needed to cook dark meat completely. Combination settings use hot air roasting for crisp, brown skin plus microwaving speed for moist, juicy meat.

Breads and cakes also turn out beautifully. The convection microwave team bakes bread with golden brown, crisp crust and fine texture. Cakes are tender moist and evenly cooked with a nicely browned surface. You can also bake two layers at a time rather than the one-at-a-time method of microwave-only baking.

Low Mix combines convection heat with microwave power for perfect baking results. Use the Low Mix setting for baked goods that require more than 20 minutes baking time. Angel food and bundt cakes, quick breads and yeast breads and large muffins are examples of foods that bake perfectly at this setting. Check the use and care manual for further information.



High Mix combines convection heat with microwave power, providing crisp brown exteriors and superior juiciness for meats. Longer-cooking foods, such as roasts, whole turkey and chicken and poultry pieces, cook in about half of the time with just the right amount of browning. Check the use and care manual for further information.

What is Convection Cooking?

With convection cooking, a high-speed fan circulates air past the heat source and around the food. The superheated air browns and crisps the food beautifully.

Convection cooking is ideal for foods requiring 20 minutes or less cooking time. Preheating is necessary with convection cooking. Two round sheets of cookies or two 6-cup muffin pans bake at the same time when using the high rack with turntable on. A rectangular cake pan, large cookie sheet or 12-cup muffin pan are ideal for convection baking on the low rack with the turntable off.

Use the convection setting for baked goods such as cookies, biscuits, cupcakes and small muffins or frozen or refrigerated convenience-food items.

What is Convection Broiling?

In convection broiling, food is elevated on the low rack, allowing cooking to occur on all sides simultaneously. Fats drip away from the food providing for great flavor.

Convection broiling is easier than ever with the unique one-step programming Convec Broil, which makes broiling even easier, with its automatic settings for hamburgers, chicken and steaks.

Foods and Best Cooking Methods

There's an easy way to cook each of your favorite foods. Matching the best method and setting to the food is the secret to success time after time. This chart keeps it simple by giving you the everyday guidelines you need. Now you can tell at a glance whether it's best to use the Convection or Microwave only method, the Broil setting or combination cycles of LOW MIX/Bake or HIGH MIX/Roast.

Convection **Low Mix** **High Mix**
Broil **Microwave**

Food	Convection	Low Mix	High Mix	Broil	Microwave
Bread & Rolls					
Biscuits					
Bread loaves					
Rolls					
Cakes					
Bundt					
Cupcakes					
Layer Cakes					
Loaf Cakes or Quick Breads					
Muffins (regular size)	Convec Bake #3 1-12 cup pan				
Muffins (bakery-style, large size)					
Rectangular Cake	Convec Bake #1 13x9x2 pan				
Tube Cakes					
Cookies					
Bar					
Brownies	Convec Bake #2 13x9x2 pans				
All Other Cookies					
Desserts					
Cheesecake					
Cream Puffs or Eclairs					
Crisps or Cobblers					
Frozen Convenience Foods					
Bake under 20 min.					
Bake over 20 min.					

Convection
Broil
Low Mix
Microwave
High Mix

Food	Convection	Low Mix	High Mix	Broil	Microwave
Meat, Fish & Poultry					
Bacon					
Casseroles					
Chicken, Whole Roasting			Convec Roast #1		
Chicken Pieces				Convec Broil #2	
Chops – Lamps, Pork, Veal					
Hamburgers				Convec Broil #1	
Ham Steak					
Hot Dogs					
Fish & Seafood					
Meat Loaf					
Roasts – Beef, Lamb, Pork, Veal					
Sausage					
Steak – Boneless (¾ - 1 inch)				Convec Broil #3	
Steaks & London Broil					
Turkey, Whole & Breast			Convec Roast #2, 3		
Pies					
Crust					
Custard or Pumpkin					
Double-Crust					
Frozen Prepared Custard					
Frozen Prepared Fruit					
Variety Pies (pecan, cheese, etc.)					
Pizza					
Potatoes					
French Fries	Convec Bake #4				
Crispy					
Quick					
Reheating Leftovers					
Vegetables					

Convection Microwave Utensils

A wide variety of utensils may be used in convection and combination cooking. Many of them are also suitable for microwaving alone. Microwave-only paper and plastic products should not be used for combination cooking or placed in the oven while it is still hot from convection cooking.

Be sure to use hot pads when handling utensils. They become hot from convection and combination cooking.

The turntable is an utensil itself: a drip pan under the low rack during roasting and broiling or a baking sheet for breads and cookies.

A meat/poultry thermometer may help you to determine doneness and assure you that foods have been cooked to a safe temperature. A conventional thermometer cannot be used with combination cooking, so it would be necessary to check doneness after food has been removed from the oven.

Low rack holds meat and poultry above the turntable so that heated air cooks all sides of the food and the fat drains onto the turntable for healthy cooking. Use the low rack for roasting, broiling, Convec Bake, Convec Broil and Convec Roast.

High rack serves as a shelf for two-level cooking, such as layer cakes or cookies. Use it for convection and combination cooking.

Metal and aluminum foil pans are safe for combination as well as convection cooking. During convection, heat transferred from the pan cooks the bottom and sides of food. During the microwave part of the cycle, energy penetrates from the top.

Oven glass is excellent for convection, combination and microwave cooking. Stoneware and pottery utensils may be used if they are also microwave-safe.

Glass ceramic (Pyroceram®) casseroles go from oven to table. They are microwave-safe and resist the heat of surface elements as well as ovens.

Thermoset® plastics are heat-resistant to temperatures of 425°F. as well as microwave-safe. They are sold as dual-purpose utensils and can be used. Do not use any other plastics for combination and convection cooking.

convection microwave main dishes

Roasting Techniques

Preheating the oven is not necessary for roasted meat and poultry. Place foods on low rack which holds meat out of its juices. You don't even need a pan because the turntable will catch the drippings. For moist, tender, perfectly done meat in a fraction of the conventional time, just season meat and place it in the oven and cook, following the temperature and time in chart on page 11 or use Convec Roast for whole chicken, whole turkey, turkey breast or pork loin.

Optional utensils are metal or foil roasting pans, oven-glass baking dishes or Pyroceram® casseroles.

Shield thin or bony areas of roasts or breast, wing tips and legs of birds to prevent overbrowning. Be sure foil does not touch rack or oven walls.

Roasting Techniques

To collect drippings for preparing gravy, place a microwave-safe dish below the low rack. When meat or poultry is done, remove and allow to stand covered while microwaving gravy in the same dish.

Gravy

- 2 tablespoons fat
- 1 cup cooking liquid or broth
- 1 tablespoon all-purpose flour

Pour drippings into measuring cup. Allow fat to rise to top; return 2 tablespoons to baking dish. Skim off remaining fat; discard. Add broth to make 1 cup. Set aside.

Blend flour into fat in baking dish. Microwave at HIGH (100%) until lightly browned, about 3 minutes. Stir in cooking liquid. Microwave at HIGH (100%), stirring several times, until thickened and smooth.

Check doneness after minimum time using a meat thermometer. Removal temperatures are listed on page 11. If meat is not done, cook 5 minutes longer and check again. Let stand, tented with foil, 5 to 10 minutes before carving.

Roast less-tender cuts of meat in heat-resistant and microwave oven-safe covered casserole or in oven cooking bag set in baking dish. Covering helps tenderize meat. You may also use the SLOW COOK setting. See use and care manual for programming instructions.

Combination Roasting Chart

Cut		Time	Removal Temperature	Internal Temp. After Standing
Beef				
Roasts (tender cuts)	Rare	12-14 min. per lb. at HIGH MIX	120˚F.	140˚F.
	Medium	13-15 min. per lb. at HIGH MIX	130˚F.	150˚-160˚F.
	Well Done	14-17 min. per lb. at HIGH MIX	150˚F.	160˚-170˚F.
Roasts (less tender cuts)	Rare	12-15 min. per lb. at HIGH MIX	120˚F.	140˚F.
	Medium	13-17 min. per lb. at HIGH MIX	130˚F.	150˚-160˚F.
	Well Done	14-18 min. per lb. at HIGH MIX	150˚F.	160˚-170˚F.
Veal				
Roasts (boned, rolled, tied)	Well Done	14-16 min. per lb. at HIGH MIX	155˚F.	165˚-170˚F.
Breast (stuffed)	Well Done	11-13 min. per lb. at HIGH MIX	160˚F.	170˚F.
Pork				
Roasts (boneless single pork loin)		Convec Roast #4	165˚F.	170˚F.
Roasts (boned, rolled, tied or bone-in)	Well Done	14-16 min. per lb. at HIGH MIX	165˚F.	170˚F.
Smoked Ham		7-9 min. per lb. at HIGH MIX	130˚F.	140˚F.
Lamb				
Leg Roasts	Rare	10-12 min. per lb. at HIGH MIX	120˚F.	130˚-140˚F.
	Medium	12-14 min. per lb. at HIGH MIX	135˚F.	145˚-160˚F.
	Well Done	14-16 min. per lb. at HIGH MIX	150˚F.	160˚-170˚F.
Poultry				
Chicken, whole		Convec Roast #1	170˚F.	180˚F.
Chicken, pieces		10-14 min. per lb. at *HIGH MIX, 375˚F.	170˚F.	180˚F.
Turkey Breast		Convec Roast #3	160˚F.	165˚-170˚F.
Turkey (unstuffed)		Convec Roast #2	170˚F.	180˚F.

* Necessary to change temperature on HIGH MIX.

Broiling Techniques

Spray low rack and turntable with nonstick vegetable cooking spray for easy cleanup. Do not cover low rack with aluminum foil, as it blocks the flow of warm air that cooks the food.

Check chart, opposite, for maximum broiling time. Program oven for maximum time, on BROIL or 450˚F., following directions in use and care manual. Season and slash fat at 1-inch intervals. When audible signal sounds that oven is preheated, quickly put food in oven. You may also use Convec Broil.

Cook for the minimum time recommended in the chart; then test for doneness. Time varies with the thickness or weight of meat and degree of desired doneness. Turning meat over is not necessary, as moving air cooks it on both sides.

Broil food in advance, if desired, then slice. Individual servings may be reheated as needed by microwaving at MEDIUM (50%), until warm.

Convection Broiling Chart

Cut		Weight/Thickness	Convection Time	
Beef				
Steaks-Boneless		¾ -1 in. .5-2 lb., 8 oz. each	Rare	Convec Broil #3 + Power Level x's 2
			Medium	Convec Broil #3
			Well Done	Convec Broil #3 + Power Level x's 1
Steaks-Rib-eye		¾ -1 in. 7-8 oz. each	Rare	10-13 min.
			Medium	14-16 min.
			Well Done	17-20min.
Steaks-Bone-in (Sirloin, Porterhouse, T-Bone)		1-1½ in.	Rare	10-13 min.
			Medium	14-18 min.
			Well Done	19-25 min.
Chuck Steak		1 in.	Rare	12-14 min.
			Medium	15-18 min.
			Well Done	19-23 min.
London Broil		1-1¼ in. 2½ -3 lb.	Rare	23-25 min.
			Medium	26-30 min.
Hamburgers		¼ lb. each 1-8 patties	Rare	Convec Broil #1 + Power Level x's 2
			Medium	Convec Broil #1
			Well Done	Convec Broil #1 + Power Level x's 1
Pork				
Chops: loin or center		¾ -1 in.	Well Done	16-20 min.
Bacon		Regular sliced		4-5 min.
		Thick sliced		7-8 min.
Sausage:	Brown'n Serve	Patties: ½ in., 8 oz.-1 lb.		8-10 min.
	Fresh	Links: 8 oz.-1 lb.		8-10 min.
Ham slice, fully cooked		¾ in.		10-12 min.
Frankfurters		1 lb.		5-7 min.
Lamb				
Chops: rib, loin		¾ in.	Medium	12-14 min.
or center		3-4 oz. each	Well Done	15-17 min.
Chicken				
Broiler-Fryer, halved, quartered or cut up		1-3 lb.		Convec Broil #2
Fish				
Fillets		¼ - ¾ in.		6-7 min.
Steaks		¾ -1 in. .5-2 lb.		Convec Broil #4
Shellfish		.5-2 lb.		8-10 min.

◀ Pot Roast with Vegetables

4 to 5-pound round or chuck pot roast
½ teaspoon salt
½ teaspoon garlic powder
½ teaspoon dried thyme leaves
⅛ teaspoon pepper
4 potatoes, peeled and quartered
3 onions, quartered
2 carrots, sliced
¾ cup water
2 tablespoons brown bouquet sauce

Makes 8 servings

Place meat in 4-quart casserole. Pat seasonings into meat. Add vegetables. Combine water and browning sauce; pour into casserole dish. Cover.

Roast 22 to 24 minutes per pound on HIGH MIX or until meat is fork-tender. Allow to stand 5 minutes.

Per Serving:			
Calories:	325	Fat:	11 g.
Protein:	36 g.	Cholesterol:	102 mg.
Carbohydrate:	21 g.	Sodium:	227 mg.

Meat Loaf Surprise

1½ pounds ground beef
1 egg
1 small onion, chopped
1 carrot, grated
1 stalk celery, finely chopped
½ cup seasoned bread crumbs
¼ cup catsup
½ teaspoon dried thyme leaves
¼ teaspoon garlic powder
⅛ teaspoon pepper
¼ pound boiled ham, sliced
¼ pound Swiss cheese, sliced

Makes 6 servings

Thoroughly combine all ingredients except ham and cheese. On a sheet of wax paper, press mixture into a 9 x 12-inch rectangle.

Layer sliced ham on meat, then cheese. Roll up, starting at narrow end. Seal ends to form loaf. Place seam side down in loaf pan, 9 x 5 inches. Roast 35 to 40 minutes on HIGH MIX or until internal temperature reaches 155°F. Cover and allow to stand 5 to 10 minutes.

Per Serving:			
Calories:	384	Fat:	23 g.
Protein:	30 g.	Cholesterol:	145 mg.
Carbohydrate:	12 g.	Sodium:	525 mg.

Steak Roulade ▲

- ¼ cup red wine
- ¼ cup soy sauce
- ¼ cup vegetable oil
- 1½ pounds flank steak
- 1 medium onion, diced
- 1 stalk celery, diced
- ½ green pepper, diced
- ½ cup sliced mushrooms
- 2 tablespoons margarine or butter
- ½ cup seasoned bread crumbs

Makes 4 servings

Combine wine, soy sauce and oil in large dish. Add steak and marinate several hours.

Combine remaining ingredients, except bread crumbs, in small bowl. Microwave at HIGH (100%) until vegetables are tender, 4 to 5 minutes. Stir in crumbs.

Remove meat from marinade. Spread filling evenly over meat. Roll meat up, starting at narrow end. Tie securely with string. Place in glass pie plate and on low rack. Roast 30 minutes on HIGH MIX or until internal temperature reaches 130°F.

Per Serving:			
Calories:	461	Fat:	29 g.
Protein:	35 g.	Cholesterol:	90 mg.
Carbohydrate:	13 g.	Sodium:	536 mg.

Oriental Flank Steak

- ¼ cup sherry
- 2 tablespoons packed brown sugar
- ¾ teaspoon salt
- 3 tablespoons soy sauce
- 3 tablespoons Hoisin sauce
- 3 tablespoons catsup
- 1 tablespoon minced fresh ginger
- 2 green onions, thinly sliced
- 1 to 1½ -pound flank steak

Makes 4 servings

Combine all ingredients except flank steak in medium bowl. Pour over steak. Marinate at least 2 hours or overnight. Preheat oven for broiling.

Place flank on low rack. Broil in preheated oven 18 to 22 minutes for rare, 22 to 26 minutes for medium, brushing with marinade several times.

Per Serving:			
Calories:	226	Fat:	13 g.
Protein:	22 g.	Cholesterol:	60 mg.
Carbohydrate:	4 g.	Sodium:	421 mg.

◀ Hearty Pizza

1 pound ground beef or
4 to 6 ounces sliced pepperoni
2 medium onions, chopped
2 cloves garlic, finely chopped
2 tablespoons olive oil
1 can (28 oz.) crushed tomatoes in puree
1 tablespoon dried oregano leaves
1 teaspoon dried basil leaves
½ teaspoon salt
⅛ teaspoon pepper
3 cups all-purpose flour
1 package active dry yeast
½ teaspoon salt
¾ cup milk
¼ cup water
2 tablespoons vegetable oil
2 cups shredded mozzarella cheese (about 8 ounces)
Yellow cornmeal

Makes two 12-inch pizzas, 16 servings

If using ground beef, place in medium-sized bowl. Microwave at HIGH (100%) until beef loses pink color, 4 to 6 minutes, stirring to break up beef after half the cooking time. Drain and set aside.

Combine onion, garlic and olive oil in medium bowl. Microwave at HIGH (100%) until vegetables are tender, 4 to 6 minutes. Stir in crushed tomatoes in puree, spices, ½ teaspoon salt and the pepper.

Microwave at HIGH (100%) until bubbly, about 3 minutes. Stir. Reduce power to MEDIUM (50%). Microwave until thickened, 6 to 8 minutes.

Mix flour, yeast and ½ teaspoon salt in large bowl. Stir in milk, water and oil to make a pliable dough. Knead until smooth, about 2 minutes. Place in well-greased large bowl; turn greased side up. Cover with clean, moist towel. Place in oven at 100˚F. until double in size, about 40 minutes. (Dough is ready if an indentation remains when touched.)

Remove dough and turntable from oven. Preheat oven to 400˚F. Punch down dough. Divide dough in half. With well-greased fingers, pat dough onto 2 greased 12 x ⅝-inch metal pizza pans, which have been sprinkled with cornmeal. Pinch dough to form edge. Prick crust. Bake on turntable and high rack 12 to 15 minutes or until crusts are golden brown. Top crusts with pizza sauce, ground beef or pepperoni and cheese. Bake at 400˚F., 6 to 10 minutes or until cheese is melted and beginning to brown.

Per Serving:			
Calories:	245	Fat:	11 g.
Protein:	12 g.	Cholesterol:	26 mg.
Carbohydrate:	24 g.	Sodium:	333 mg.

Tamale Casserole

1 pound lean ground beef
1 medium onion, chopped
1 small green pepper, chopped
2 cans (8 ounces each) tomato sauce
1 clove garlic, minced
1 teaspoon chili powder
1 teaspoon taco seasoning mix
½ teaspoon sugar
¼ teaspoon salt
¼ teaspoon pepper

Corn Bread:

½ cup yellow cornmeal
½ cup all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
¼ teaspoon salt
½ cup milk
1 egg
2 tablespoons melted shortening

Topping:

½ cup shredded Cheddar cheese (about 2 ounces)
¼ cup sliced pitted black olives

Makes 6 servings

Mix ground beef, onion and green pepper in 2-quart casserole. Microwave at HIGH (100%) 5 minutes, stirring to break up beef after half the cooking time. Stir in tomato sauce, garlic, chili powder, taco seasoning mix, sugar, salt and pepper. Microwave at HIGH (100%) 5 minutes. Reduce power to MEDIUM-HIGH(70%). Microwave 5 minutes.

Combine cornmeal, flour, baking powder, sugar and salt in medium bowl. Stir in milk, egg and shortening. Beat mixture until almost smooth.

Pour over beef mixture. Bake 25 minutes on *HIGH MIX, 350˚F. or until corn bread is golden. Sprinkle with topping ingredients. Cool 5 minutes before serving.

* Necessary to change temperature on HIGH MIX.

Per Serving:			
Calories:	341	Fat:	16 g.
Protein:	22 g.	Cholesterol:	108 mg.
Carbohydrate:	27 g.	Sodium:	909 mg.

Steak Kabobs ▲

- ¼ cup sugar
- ¼ cup soy sauce
- ¼ cup white wine
- 1 tablespoon vegetable oil
- 1 teaspoon ground ginger
- ¼ teaspoon salt
- 2 pounds lean top beef round steak, cut into 1-inch cubes
- 2 large green pepper, cut into chunks
- 2 medium tomatoes, cut into quarters
- 1 can (8 ounces) pineapple chunks (juice pack), drained

Makes 4 servings

Mix sugar, soy sauce, wine, oil, ginger and salt in medium bowl. Stir in steak cubes; cover. Marinate at room temperature 1 hour or at least 4 hours in refrigerator.

Preheat oven for broiling. Remove steak cubes from marinade; reserve marinade. Thread steak cubes alternately with remaining ingredients on 8 wooden or metal skewers. Place on low rack. Broil 10 to 12 minutes or until desire doneness, brushing with marinade after half the time.

Note: Skewers up to 12 inches can be used.

Per Serving:

Calories:	432	Fat:	17 g.
Protein:	52 g.	Cholesterol:	153 mg.
Carbohydrate:	15 g.	Sodium:	381 mg.

Stuffed Pork Chops

- 4 pork chops, 1¼ inches thick
- 1 cup chopped apple
- ½ cup soft bread crumbs
- ½ cup chopped walnuts
- ¼ cup chopped onion
- ¼ cup raisins
- 1 egg
- 1 teaspoon dried parsley flakes
- ½ teaspoon dried thyme leaves
- ¼ teaspoon ground sage
- ⅛ teaspoon pepper

Makes 4 servings

Make pocket in each chop. Combine remaining ingredients; mix well. Stuff each chop with one-fourth of the mixture. Place chops directly on turntable or round baking pan.

Roast 30 minutes on HIGH MIX or until meat next to bone is no longer pink.

Per Serving:			
Calories:	451	Fat:	26 g.
Protein:	36 g.	Cholesterol:	156 mg.
Carbohydrate:	19 g.	Sodium:	100 mg.

Pineapple Pork Roast

- 1 cup pineapple preserves
- ¼ cup prepared mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon soy sauce
- 2 to 3½ pound trimmed, boneless loin pork roast

Makes 8 servings

Combine all ingredients except pork roast in small bowl. Place roast on low rack.

Roast on Convec Roast setting number 4.

Cover roast with sauce during last 20 minutes of cooking. Cover and let stand 10 minutes before serving. Extra sauce may be heated and served with roast.

*Per Serving:			
Calories:	285	Fat:	9 g.
Protein:	25 g.	Cholesterol:	70 mg.
Carbohydrate:	27 g.	Sodium:	289 mg.

*Based on 2 pound trimmed, boneless loin pork roast

Ginger Pork Kabobs

- 1 egg, beaten
- ½ cup crushed chow mein noodles
- ¼ cup apple juice
- 2 tablespoons soy sauce
- 1 tablespoon grated gingerroot
- 1 pound ground pork
- 1 can (8 ounces) pineapple chunks (juice pack), drained
- 1 large red pepper, cut into ¾-inch chunks
- ½ cup apple juice
- 2 tablespoons cider vinegar
- 1 teaspoon cornstarch

Makes 4 servings

Mix egg, crushed noodles, ¼ cup apple juice, soy sauce and gingerroot. Crumble ground pork into mixture; blend thoroughly, shape into 1-inch balls. Set aside.

For glaze, mix ½ cup apple juice, vinegar and cornstarch in small bowl. Microwave at HIGH (100%) until thickened, 1½ to 3 minutes, stirring every 30 seconds.

Preheat oven for broiling. Thread pork balls alternately with pineapple and red pepper chunks on 4 wooden or metal skewers. Place on low rack.

Brush kabobs with glaze. Broil in preheated oven 20 to 25 minutes. Brush with remaining glaze before serving.

Per Serving:			
Calories:	256	Fat:	7 g.
Protein:	29 g.	Cholesterol:	153 mg.
Carbohydrate:	18 g.	Sodium:	652 mg.

Convert your own casserole recipes.

Bake 25 to 30 minutes on HIGH MIX or until thoroughly heated.

Herb Roasted Chicken ▲

- 3 tablespoons margarine or butter, softened
- 1 clove garlic, minced
- 3 tablespoons grated Parmesan cheese
- ½ teaspoon ground sage
- ¾ teaspoon thyme leaves
- ¾ teaspoon basil leaves
- 5 to 6 pound roasting chicken

Makes 6 servings

Cream together margarine, garlic, Parmesan cheese, sage, thyme and basil.

Turn chicken breast side up and work your fingers under the skin at the openings on each side of the breast. Continue into thigh and leg and make the skin as smooth as possible. Using fingers, spread herb mixture evenly under skin.

Place chicken, breast side up on low rack. Roast using Convec Roast setting number 1.

Per Serving:			
Calories:	270	Fat:	15 g.
Protein:	32 g.	Cholesterol:	94 mg.
Carbohydrate:	1 g.	Sodium:	216 mg.

Glazed Stuffed Cornish Hens

- 1 cup chopped pecans
- ¾ cup apricot preserves
- ¼ cup margarine or butter, melted
- 3 tablespoons orange juice concentrate
- 1 tablespoon lemon juice
- 1 cup seasoned stuffing cubes
- ½ cup water
- 2 Cornish hens (1½ pounds each)

Makes 4 servings

Combine pecans, preserves, melted margarine, orange juice concentrate and lemon juice. Combine half the sauce mixture with stuffing cubes and water. Stuff cavity of each bird. Truss birds.

Pour half of the remaining sauce over hens. Brush with remaining sauce half way through cooking time.

Roast 13 to 15 minutes per pound on HIGH MIX. Internal temperature of stuffing should register 165˚F.

Per Serving:			
Calories:	743	Fat:	36 g.
Protein:	34 g.	Cholesterol:	74 mg.
Carbohydrate:	75 g.	Sodium:	670 mg.

Mustard and Mayonnaise Chicken

- 2½ to 3-pound broiler-fryer chicken, cut up
- ¼ cup spicy prepared mustard
- ¼ cup mayonnaise

Makes 5 servings

Arrange chicken pieces skin side up on round baking pan or directly on turntable. Combine mustard and mayonnaise; spread on chicken pieces.

Roast 35 to 40 minutes on HIGH MIX or until chicken next to bone is no longer pink.

Per Serving:			
Calories:	233	Fat:	15 g.
Protein:	21 g.	Cholesterol:	72 mg.
Carbohydrate:	—	Sodium:	479 mg.

Poultry Pie

Filling:

- 3 cups diced, cooked boneless chicken or turkey
- 1 package (10 ounces) frozen peas, defrosted
- 1 can (10¾ ounces) condensed cream of mushroom soup
- ½ cup milk
- 2 tablespoons chopped pimiento
- ½ teaspoon dried oregano leaves
- ½ teaspoon dried marjoram leaves
- ½ teaspoon salt
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper

Crust:

- 1 cup all-purpose flour
- 1¼ teaspoons baking powder
- ½ teaspoon salt
- ¼ cup margarine or butter
- 3 to 5 tablespoons milk

Makes 8 servings

Combine filling ingredients in 9-inch deep-dish pie pan; set aside.

Combine flour, baking powder and salt in medium bowl. Cut in margarine until mixture resembles coarse crumbs. Add enough milk to form a soft dough. Roll out on lightly floured surface to fit top of dish. Fit dough onto dish. Trim, seal and flute. Cut small slits in crust.

Place on low rack. Bake 25 to 30 minutes on *LOW MIX, 350˚F., or until thoroughly heated and top is browned.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	284	Fat:	13 g.
Protein:	20 g.	Cholesterol:	49 mg.
Carbohydrate:	21 g.	Sodium:	774 mg.

Broiled Chicken

1 cup dry white wine
1 medium onion, chopped
1 tablespoon dried thyme leaves
½ teaspoon salt
½ teaspoon garlic powder
⅛ teaspoon pepper
2½ to 3-pound broiler-fryer chicken, cut up

Makes 4 servings

Combine all ingredients except chicken. Reserve some of the marinade to be used later. Place chicken skin side down in large dish. Pour marinade over chicken. Marinate 2 hours.

Preheat oven for broiling. Remove chicken from marinade; reserve marinade. Place chicken pieces on low rack. Broil using Convec Broil setting number 2.

Pour reserved marinade over chicken pieces.

Per Serving:			
Calories:	235	Fat:	7 g.
Protein:	27 g.	Cholesterol:	81 mg.
Carbohydrate:	5 g.	Sodium:	349 mg.

Sesame Oven-Fried Chicken

1 egg
½ cup milk
½ cup all-purpose flour
2 tablespoons sesame seed
1 teaspoon baking powder
2 teaspoons paprika
1 teaspoon garlic powder
½ teaspoon salt
2½ to 3½-pound broiler-fryer chicken, cut up
½ cup margarine or butter, melted

Makes 5 servings

Beat egg and milk in medium bowl. Combine flour, sesame seed, baking powder, paprika, garlic powder and salt in plastic or paper bag. Dip chicken pieces in egg mixture, then shake in bag to coat. Arrange chicken pieces skin side up on turntable. Pour margarine evenly over chicken. Bake 30 to 35 minutes on *HIGH MIX, 375°F.

* Necessary to change temperature on HIGH MIX.

Per Serving:			
Calories:	399	Fat:	27 g.
Protein:	26 g.	Cholesterol:	122 mg.
Carbohydrate:	12 g.	Sodium:	578 mg.

Stuffed Turkey Loaf

1 package (6 ounces) stuffing mix
1½ pounds ground turkey or ground beef
1 egg, slightly beaten
1 small onion, finely chopped
½ cup quick-cooking oats
½ cup applesauce
½ teaspoon salt
⅛ teaspoon white pepper
¼ teaspoon ground thyme
½ teaspoon poultry seasoning
1 teaspoon Worcestershire sauce
Turkey gravy (1 can, jar or prepared dry mix)

Makes 6 servings

Prepare stuffing according to package directions for microwaving. Set aside 2 cups. Place remaining stuffing in small casserole to be reheated later.

Thoroughly combine remaining ingredients, except for turkey gravy. In a 10-inch glass pie plate, shape ½ of the mixture into an oval. Flatten center being sure to leave one-inch sides.

Place reserved 2 cups of stuffing inside the center. Cover with remaining meat mixture. Press to seal edges and form a loaf shape. Roast 30 to 35 minutes on HIGH MIX or until internal temperature in center of stuffing reaches 170°F. Let stand, covered, 10 minutes before slicing. Slice and serve with heated gravy and reheated leftover stuffing.

Per Serving:			
Calories:	369	Fat:	17 g.
Protein:	25 g.	Cholesterol:	106 mg.
Carbohydrate:	30 g.	Sodium:	964 mg.

◄ Honey Mustard Chicken

½ cup coarse ground mustard
¼ cup Dijon-style mustard
¼ cup honey
2 to 3 pounds boneless chicken breasts and thighs, skin removed

Makes 4 servings

Combine coarse mustard, Dijon mustard and honey. Set aside.

Place chicken in 9-inch oven-safe dish. Put dish on low rack and broil using Convec Broil setting number 2. When chicken is about half cooked, pour off any liquid and brush with sauce to cover chicken pieces completely.

Per Serving:			
Calories:	368	Fat:	8 g.
Protein:	50 g.	Cholesterol:	133 mg.
Carbohydrate:	19 g.	Sodium:	950 mg.

Roast Chicken

1 teaspoon ground ginger
½ teaspoon ground coriander
Dash of pepper
5 to 6-pound roasting chicken
2 tablespoons margarine or butter
½ cup minced onion
½ cup plain yogurt
½ cup half-and-half
1 teaspoon turmeric
½ teaspoon salt

Makes 6 servings

Combine ginger, coriander and pepper; rub into chicken. Tie legs of chicken; place breast side up on broiling trivet on turntable.

Place margarine in a medium bowl. Microwave at HIGH(100%) until melted, 30 to 45 seconds. Blend in remaining ingredients. Reserve one-fourth cup of the mixture; set aside. Spread remaining mixture over chicken.

Roast using Convec Roast setting number 1. Spread remaining one-fourth cup of mixture over chicken and roast on HIGH MIX for 10 additional minutes.

Per Serving:			
Calories:	284	Fat:	15 g.
Protein:	32 g.	Cholesterol:	100 mg.
Carbohydrate:	4 g.	Sodium:	337 mg.

◀ Spicy Shrimp

¼ cup white wine
¼ cup water
3 tablespoons soy sauce
2 tablespoons sugar
1 tablespoon vegetable oil
2 teaspoons dried parsley flakes
⅛ to ¼ teaspoon ground ginger
Dash of hot pepper sauce
1 pound jumbo raw shrimp, shelled and deveined

Makes 4 servings

Mix all ingredients except shrimp in medium bowl. Reserve some of the marinade to be used later. Stir in shrimp; cover. Marinate at room temperature 45 minutes or 3 hours in refrigerator.

Preheat oven for broiling. Remove shrimp from marinade; reserve marinade. Place shrimp on round baking pan. Broil 6 to 8 minutes, brushing with marinade after half the time.

Serve the reserved marinade over rice or as a dipping sauce when served as an appetizer, if desired.

Per Serving:			
Calories:	109	Fat:	2 g.
Protein:	18 g.	Cholesterol:	129 mg.
Carbohydrate:	3 g.	Sodium:	319 mg.

Broiled Salmon with Basil Sauce

2 tablespoons olive oil
1 clove garlic, minced
¼ cup white wine
2 tablespoons lemon juice
1 cup fresh basil*
¼ cup grated Parmesan cheese
½ teaspoon Dijon-style mustard
4 salmon steak (1¼ to 1½ pounds) or haddock, halibut, swordfish
Cayenne pepper

Makes 4 servings

Combine oil, garlic, white wine and lemon juice in blender. Add basil, Parmesan cheese and mustard and blend until smooth. Preheat oven for broiling.

Put one-fourth of basil sauce in bottom of 9-inch oven-safe dish. Arrange steaks on sauce and pour remaining sauce over tops of steaks. Sprinkle with cayenne.

Place dish on low rack and broil using Convec Broil setting number 4.

* If not available substitute ½ cup fresh parsley and 2 tablespoons dried basil.

Per Serving:			
Calories:	357	Fat:	21 g.
Protein:	35 g.	Cholesterol:	97 mg.
Carbohydrate:	2 g.	Sodium:	209 mg.

Crunchy Crab Boats

1 can (6 ounces) fancy white crabmeat, drained
1 package (3 ounces) cream cheese, softened
½ cup chopped almonds
2 tablespoons green onions, chopped
1 tablespoon dry white wine
1 teaspoon lemon juice
1 teaspoon prepared horseradish
¼ teaspoon garlic powder
¼ teaspoon salt
Dash of white pepper
Dash of cayenne pepper
2 hard rolls, cut in half
¼ cup shredded Swiss cheese

Makes 4 servings

Preheat oven for broiling. Remove any bits of shell or cartilage from crab. Combine with next 10 ingredients. Mix well. Set aside.

Spread one-fourth of crab filling on each roll half. Place Swiss cheese on top of each. Place on low rack.

Broil in preheated oven 12 to 15 minutes or until cheese is melted and crab is hot. Sprinkle with paprika and serve.

Per Serving:			
Calories:	292	Fat:	19 g.
Protein:	15 g.	Cholesterol:	57 mg.
Carbohydrate:	15 g.	Sodium:	416 mg.

◀ Frittata

- ¾ cup diced green pepper
- ¾ cup diced mushrooms
- ¾ cup diced zucchini
- ¾ cup diced onion
- ½ cup diced pimiento
- 2 tablespoons vegetable oil
- 6 eggs
- 2 packages (8 ounces each) cream cheese
- ¼ cup milk
- 2 cups cubed bread (3 slices)
- 1½ cups shredded Cheddar cheese
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper

Makes 8 servings

Combine vegetables and oil in medium bowl; cover. Microwave at HIGH (100%) until vegetables are tender, about 5 minutes. Drain liquid.

Beat eggs with cream cheese and milk until smooth. Mix in remaining ingredients. Pour into buttered 9-inch spring form pan.

Bake 30 minutes on LOW MIX or until set in center. Cool 10 to 20 minutes. Cut into wedges.

Per Serving:			
Calories:	426	Fat:	36 g.
Protein:	16 g.	Cholesterol:	292 mg.
Carbohydrate:	12 g.	Sodium:	685 mg.

Cheese Soufflé

- ¼ cup margarine or butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 1½ cups milk
- 2 cups shredded Cheddar cheese (about 8 ounces)
- 6 eggs, separated

Makes 4 servings

Place margarine in large bowl. Microwave at HIGH (100%) until melted, about 1 minute. Blend in flour, salt and cayenne. Gradually stir in milk. Microwave at MEDIUM-HIGH (70%) until slightly thickened, about 6 minutes, stirring every 2 minutes. Add cheese. Microwave at MEDIUM-HIGH (70%) 2 minutes; stir to blend.

Preheat oven to 325°F. Beat egg yolks. Stir a small amount of hot sauce gradually into egg yolks; return to sauce, blending well. Cool slightly.

Beat egg whites until soft peaks form. With rubber spatula, fold egg whites into cheese sauce, half at a time, just until blended. Pour into greased 2-quart soufflé dish. Bake 30 to 35 minutes on LOW MIX or until top is puffed and golden and center is set. Serve immediately.

Per Serving:			
Calories:	531	Fat:	41 g.
Protein:	27 g.	Cholesterol:	478 mg.
Carbohydrate:	12 g.	Sodium:	912 mg.

convection microwave baking & desserts

Convection-Only Techniques

Convenience foods such as frozen appetizers, pizzas, egg rolls and refrigerated bread products bake and brown quickly with convection-only cooking. Two shelf cooking with the turntable on is perfect for two different foods requiring the same temperature.

Preheating the oven is necessary with convection cooking of smaller, faster-cooking food items that require less than 20 minutes of baking. Foods requiring longer baking time use LOW MIX.

Turntable off is used for larger cookie sheets, 12-cup muffin pans and rectangular cake pans. Use low rack with turntable off. Convec Bake uses the turntable off for all selections.

Two-Level Baking allows baking of two pans of cookies, small muffins or pizzas at the same time. Round baking pans are excellent cooking utensils for many convection-only items.

Cake Techniques

Rectangular Cakes. Use 13x9x2 baking pan and a mix or your own conventional recipe. Place pan on low rack. Use Convec Bake selection number 1.

Layer Cakes. Use a mix or your own conventional recipe. Use high rack and turntable to bake two layers at once. See chart on page 33.

Tube or Bundt Cakes. Do not preheat oven. Bake cakes for three-fourths of time on recipe or package directions using LOW MIX. Bake cake on low rack. If arcing occurs with fluted tube pan, place a heat-and-microwave-safe dish or plate between pan and low rack.

Angel Food. Do not preheat oven. Bake your recipe or a mix 25 to 30 minutes on LOW MIX or until crust is golden brown, firm and looks very dry.

Loaf Cakes or Quick Breads. Do not preheat oven. Bake for three-fourths of time on recipe or package directions using LOW MIX. Test for doneness at minimum time. If loaf is not done, let stand in oven a few minutes to complete cooking.

Pie Techniques

Pie Shell. Use mix, frozen pie dough or your recipe for single crust pie. Prick crust with fork. Preheat oven to 400˚F. Place pie shell on low rack; bake with convection heat 8 to 10 minutes or until lightly browned. Cool and fill.

Custard Pies. Prebake and cool pie shell as directed on the left. Fill with uncooked custard. Without preheating, bake pie on round baking pan placed on low rack for 30 to 35 minutes on LOW MIX. If custard is not set, let stand in oven a few minutes to complete cooking.

Double Crust or Crumb Top Pies. Preheat pie as you would for conventional baking; make slits in top of two crust pie. Preheat oven to 375˚F. Place pie on low rack. Bake double crust or lattice pies 25 to 35 minutes on *HIGH MIX, 375˚F.; crumb top pies 20 to 25 minutes on *HIGH MIX, 375˚F. (*Necessary to change temperature on HIGH MIX).

Frozen Prepared Custard-Type Pies. Preheat oven to temperature listed on package. Place pie on low rack. Bake three-fourths of package time using LOW MIX set at the package temperature. If filling is not set, let stand in oven to complete cooking.

Frozen Prepared Fruit Pies. Do not preheat oven. Bake on low rack. Use *HIGH MIX, 350˚F. Bake 8-inch, 35 minutes; 9-inch, 40 to 45 minutes. (*Necessary to change temperature on HIGH MIX).

Bread & Baking Techniques

Proof dough. Use your own recipe or frozen dough. Place in well-greased bowl or loaf pan; cover with damp cloth. Place in oven at *SLOW COOK 100˚F. 30 to 45 minutes. Frozen dough will take longer, 2 to 2¾ hours. Dough is doubled when impressions remain after fingers are pressed ½ inch into dough. (*Necessary to change temperature on SLOW COOK.)

Preheating of oven is not necessary. Bake one loaf 25 minutes and two loaves 30 minutes at LOW MIX. After baking, bread should be golden brown and sound hollow when tapped. Do not let bread stand in oven; remove from pans immediately to cool on wire rack.

Braid or other shape. Remove turntable from oven. Shape bread; place directly on turntable. No preheating is needed. Bake for three-fourths of the time in your conventional recipe on LOW MIX.

Combination Baking Chart

Item	Procedure
Cakes: Your recipe or mix	
Tube or Bundt Cakes**	Bake on low rack three-fourths the recommended time on LOW MIX.
Angel Food	Bake 25 to 30 minutes on LOW MIX.
Loaf Cakes or Quick Breads	Bake three-fourths the recommended time on LOW MIX.
Bar Cookies: Your recipe or mix	Bake three-fourths the recommended time or until wooden pick inserted in center comes out clean on LOW MIX.
Pies	
Single Crust: baked before filling, your recipe, mix or frozen prepared	Prick crust with fork. Preheat oven to 400°F. Bake on low rack 8 to 10 minutes or until lightly browned. Let cool before filling.
Double Crust	Preheat oven to 375°F. Bake on low rack 25 to 35 minutes on *HIGH MIX 375°F
Crumb Top	
Custard Pie	Prebake, following directions for single crust; cool. Fill with desired uncooked custard. Bake on round baking pan on low rack 35 minutes on LOW MIX. If custard is not set, let stand in oven a few minutes.
Pecan Pie	Preheat oven to 350°F. Bake on low rack 25 to 30 minutes on LOW MIX.
Frozen Prepared Fruit Pies	Place on low rack and bake 30 to 40 minutes using *HIGH MIX 350°F.
Frozen Prepared Custard Pies	Preheat oven to package temperature. Place on low rack and bake three-fourths of package time using LOW MIX and package temperature. If not set, let stand in oven a few minutes.
Breads	
Loaf: Your recipe or frozen, defrosted and proofed	Bake 25 to 30 minutes on LOW MIX for 1 to 2 loaves.
Braid or other shape	Remove metal turntable from oven. Place bread directly on metal turntable. Bake on LOW MIX for three-fourths the conventional time.
Muffins: Large, bakery-style	Bake three-fourths the recommended package or recipe time on LOW MIX.
Desserts	
Cheesecake	Bake three-fourths the recipe time on LOW MIX or until center is nearly set.
Crisps and Cobblers	Bake three-fourths the recipe time on LOW MIX.

** If arcing occurs while using a fluted tube pan, place a heat-resistant dish (Pyrex® pie plate, glass pizza tray or dinner plate) between the pan and the low rack.

* Necessary to change temperature on HIGH MIX and LOW MIX.

Convection Baking Chart

Item (for foods requiring 25 minutes or less)		Baking Temperature
Appetizers	Brown and serve, pastry	Lower temperature by 25°F.
Biscuits	Your recipe, mix or refrigerator	Lower temperature by 25°F.
Brownies	13x9x2 pan	Convec Bake setting number 2
Cookies	Drop, rolled, refrigerator, spritz, molded	Lower temperature by 25°F.
Fish Sticks	Frozen	Lower temperature by 25°F.
French Fries	Frozen	Convec Bake setting number 4
	Shoestring fries	Convec Bake setting number 4 + Power Level x's 2
Layer Cakes	Your recipe or mix	Lower temperature by 25°F.
Muffins	1-12 cup pan	Convec Bake setting number 3
Pizza	Your recipe or frozen	Lower temperature by 25°F.
Puff Pastry	Your recipe or frozen	Lower temperature by 25°F.
Rectangular Cake	Your recipe or mix 13x9x2 pan	Convec Bake setting number 1
Rolls	Your recipe, package or refrigerator	Lower temperature by 25°F.

Chocolate Chip Bars ▲

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- ½ cup margarine or butter
- ½ cup vegetable oil
- 1 teaspoon vanilla
- 2 eggs
- 1 package (12 ounces) chocolate chips
- 1 cup chopped nuts

Makes 32 bars

Combine flour, soda and salt; set aside. Cream together sugars, margarine, oil and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts.

Spread mixture into 13x9x2 ungreased pan. Set oven for turntable-off. Bake 18 to 22 minutes on LOW MIX or until wooden pick inserted in center comes out clean. Let cool in pan. Cut into 32 squares.

Per Serving:

Calories:	208	Fat:	13 g.
Protein:	2 g.	Cholesterol:	17 mg.
Carbohydrate:	23 g.	Sodium:	108 mg.

Peanut Butter Cookies

- ½ cup peanut butter
- ½ cup granulated sugar
- ½ cup packed brown sugar
- ¼ cup margarine or butter
- ¼ cup vegetable shortening
- 1 egg
- 1¼ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon baking powder

Makes 3 dozen

Combine peanut butter, sugars, margarine shortening and egg; beat until smooth. Blend in flour, baking soda and baking powder. Preheat oven to 350°F.

Shape dough into ¾-inch balls. Place 2 inches apart on lightly greased round baking pans. With fork, flatten in crisscross pattern.

Bake 12 minutes at 350°F. or until set but not hard. Cool on wire racks.

Per Serving:			
Calories:	85	Fat:	5 g.
Protein:	2 g.	Cholesterol:	8 mg.
Carbohydrate:	10 g.	Sodium:	62 mg.

Orange Oatmeal Chippers

- ½ cup margarine or butter, softened
- ⅓ cup oil
- ¾ cup packed brown sugar
- ¼ cup granulated sugar
- 2 eggs
- 1 teaspoon orange extract
- 2 cups quick-cooking rolled oats
- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup raisins or chocolate chips
- 1 tablespoon grated orange peel
- ½ cup coarsely chopped nuts

Makes 4 dozen

Preheat oven 325°F. Cream together margarine, oil and sugars. Beat until creamy. Beat in eggs and orange extract; blend well.

Add rolled oats, flours, baking soda and salt; mix well. Stir in raisins or chocolate chips, orange peel and nuts.

Drop dough by teaspoonfuls 2 inches apart on greased round baking pans. Bake 8 to 12 minutes at 325°F. or until light golden brown. Cool on wire racks.

Per Serving:			
Calories:	95	Fat:	5 g.
Protein:	2 g.	Cholesterol:	11 mg.
Carbohydrate:	12 g.	Sodium:	72 mg.

Carousel Crackles

- 1 cup semisweet chocolate chips
- 1 cup packed brown sugar
- ⅓ cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup finely chopped walnuts
- ½ cup powdered sugar

Makes 4 dozen

Place chocolate chips in large mixing bowl. Microwave at HIGH (100%) until melted, about 2 minutes. Blend in brown sugar and oil. Add eggs, 1 at a time, beating well after each. Stir in vanilla. Combine flour, baking powder and salt; stir into chocolate mixture. Mix in nuts. Chill dough at least 1 hour.

Preheat oven 325°F. Drop dough by rounded teaspoonfuls into powdered sugar; roll to coat. Place 2 inches apart on greased turntable or round baking pans. Bake 10 to 12 minutes at 325°F. Cool on wire racks.

Per Serving:			
Calories:	72	Fat:	4 g.
Protein:	1 g.	Cholesterol:	6 mg.
Carbohydrate:	10 g.	Sodium:	20 mg.

Autumn Treasure Cookies ▲

- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup packed brown sugar
- ½ cup granulated sugar
- ½ cup butter-flavor shortening
- 1 egg
- 1 cup rolled oats
- 1 teaspoon vanilla
- ½ cup Reese's Pieces® candy
- ½ cup M&M® candies (only orange, yellow and browns)

Makes 32 cookies

Preheat oven 325°F. Grease 2 round baking pans; set aside.

Sift first 4 ingredients. Blend sugars and shortening. Add egg and beat well. Add the sifted mixture and mix well.

Add oats, vanilla and candies. Blend together well.

Drop by rounded tablespoonfuls onto prepared sheets. Bake 12 to 15 minutes at 325°F. or until golden brown. Cool cookies on wire racks.

Per Serving:

Calories:	112	Fat:	5 g.
Protein:	2 g.	Cholesterol:	9 mg.
Carbohydrate:	15 g.	Sodium:	36 mg.

Cheesecake

Crust

- 1¼ cups all-purpose flour
- ¾ cup margarine or butter
- ¼ cup sugar
- 1 egg yolk
- Grated lemon peel from ½ lemon

Filling

- 4 packages (8 ounces each) cream cheese
- 1¼ cups sugar
- 2 tablespoons all-purpose flour
- 4 eggs
- 1 egg yolk
- 2 tablespoons heavy cream
- Grated lemon peel from ½ lemon

Makes 12 servings

Combine crust ingredients in small bowl; beat until well mixed. Refrigerate, covered, 1 hour.

Preheat oven 375°F. Press one-third flour mixture into bottom of 9-inch spring form pan. Bake at 375°F. 10 minutes; cool.

In large bowl, beat cream cheese until smooth. Slowly beat in sugar. Add flour and remaining ingredients. Beat 5 minutes. Press remaining dough around side of pan to within 1 inch of top; do not bake. Pour cream cheese mixture into pan.

Bake 35 to 40 minutes on LOW MIX or until set. Let cheesecake remain in oven 30 minutes. Remove; cool in pan.

Per Serving:			
Calories:	560	Fat:	42 g.
Protein:	10 g.	Cholesterol:	223 mg.
Carbohydrate:	38 g.	Sodium:	383 mg.

Chocolate Meringue Pie

- ¾ cup sugar
- 2 tablespoons cornstarch
- 2 cups milk
- 2 squares (1 ounce each) unsweetened chocolate
- 3 eggs, separated
- 2 tablespoons margarine or butter
- 1 teaspoon grated orange peel
- 1 9-inch baked pie shell
- ½ teaspoon cream of tartar
- 6 tablespoons sugar

Makes 8 servings

Mix sugar and cornstarch in medium bowl. Stir in milk. Add chocolate squares. Microwave at HIGH (100%) until smooth and thick, 6 to 8 minutes, stirring after 3 minutes. Stir a small amount of chocolate mixture into egg yolks; return to hot chocolate mixture, blending well. Microwave at MEDIUM-HIGH (70%) 3 minutes, stirring once. Stir in margarine and orange peel until margarine is melted. Pour into pie shell. Set aside.

Preheat oven 400°F. Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Spoon meringue onto chocolate filling; spread over filling, carefully sealing meringue to edge of crust. Bake 8 to 10 minutes at 400°F. or until meringue is brown.

Per Serving:			
Calories:	349	Fat:	17 g.
Protein:	6 g.	Cholesterol:	108 mg.
Carbohydrate:	45 g.	Sodium:	228 mg.

Harvest Fruit Pie

2 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
⅔ cup plus 2 tablespoons vegetable shortening
4 to 5 tablespoons cold water
¾ cup sugar
¼ cup all-purpose flour
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
6 cups sliced, peeled apples and pears
2 tablespoons margarine or butter
1 tablespoon milk
1 tablespoon sugar

Makes 8 servings

Preheat oven 375°F. Combine 2 cups flour, the salt and 1 teaspoon cinnamon in medium bowl. Cut in shortening. Sprinkle in water, 1 tablespoon at a time, until flour is moistened. Gather dough into ball; divide in half. Roll each half into 9-inch circle. Ease 1 circle into 9-inch pie pan.

Combine ¾ cup sugar, ¼ cup flour, ½ teaspoon cinnamon and the nutmeg; mix with apples and pears. Turn into pastry-lined pan; dot with margarine. Cover with top crust. Brush crust with milk; sprinkle with 1 tablespoon sugar. Trim, seal and flute. Cut small slits in top crust.

Place on low rack. Bake 35 minutes on *HIGH MIX, 375°F. or until juices begin to bubble.

* Necessary to change temperature on HIGH MIX.

Per Serving:			
Calories:	469	Fat:	23 g.
Protein:	4 g.	Cholesterol:	—
Carbohydrate:	63 g.	Sodium:	302 mg.

Peach Küchen

1 cup all-purpose flour
1 tablespoon sugar
¼ teaspoon salt
¼ teaspoon baking powder
¼ cup margarine or butter
4 to 5 medium peaches, peeled and sliced or 1 package (20 ounces) frozen peaches, defrosted and drained
¼ cup sugar
1 teaspoon ground cinnamon
1 cup dairy sour cream
1 egg yolk, slightly beaten
1 teaspoon vanilla

Makes 8 servings

Combine flour, 1 tablespoon sugar, salt and baking powder in medium bowl; mix well. Using a pastry blender, cut in margarine until mixture resembles coarse crumbs. Turn mixture into baking pan, 8x8 inches. Pat evenly over bottom and one-fourth way up the sides.

Arrange peaches on top of flour mixture. Combine sugar and cinnamon; sprinkle over peaches. Combine sour cream, egg yolk and vanilla; pour over peach mixture.

Bake 30 minutes on *LOW MIX, 350°F. or until juice begins to bubble. Cool; cut into squares.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	230	Fat:	13 g.
Protein:	3 g.	Cholesterol:	47 mg.
Carbohydrate:	26 g.	Sodium:	161 mg.

Coconut Oatmeal Pie

3 eggs, well beaten
1 cup packed brown sugar
⅔ cup granulated sugar
⅔ cup quick-cooking oats
⅔ cup shredded coconut
½ cup milk
2 tablespoons margarine or butter, melted
1 teaspoon vanilla
½ cup broken pecans
1 9-inch unbaked pie shell

Makes 8 servings

Preheat oven 450°F. Combine all ingredients except pecans in large bowl. Add pecans; mix well. Pour into pie shell. Place pie on low rack. Bake at 450°F. 8 minutes, then bake 15 minutes on *LOW MIX, 350°F. or until set.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	504	Fat:	25 g.
Protein:	7 g.	Cholesterol:	104 mg.
Carbohydrate:	66 g.	Sodium:	215 mg.

Fudge Brownie Pie ▲

¼ cup margarine or butter,
¾ cup packed brown sugar
1 tablespoon instant espresso coffee
3 eggs
1 bag (12 ounces) semisweet chocolate chips
¼ cup all-purpose flour
1 cup chopped pecans
1 9-inch unbaked pie shell
1½ teaspoons rum extract
1 cup whipping cream, whipped stiffly
Chocolate sprinkles

Makes 12 servings

Cream margarine and brown sugar until light and fluffy. Stir in espresso. Add eggs, one at a time, beating well after each.

Place chips in 4-cup measure or small bowl. Microwave at MEDIUM (50%) until melted, 1 to 2 minutes, stirring 2 or 3 times. Stir chocolate, flour and pecans into butter, sugar, egg mixture. Pour into pie shell.

Bake 24 to 28 minutes on low rack on LOW MIX. Cool. Fold rum extract into whipped cream. Spread on top of pie and decorate with sprinkles.

Per Serving:			
Calories:	480	Fat:	35 g.
Protein:	5 g.	Cholesterol:	96 mg.
Carbohydrate:	42 g.	Sodium:	168 mg.

Nut Cake With Mocha Frosting ▲

8 eggs
1½ cups sugar
2 cups hazelnuts or walnuts
¼ cup all-purpose flour
1½ tablespoons baking powder

Frosting:

1 pint heavy cream
½ cup plus 2 tablespoons sugar
¼ cup plus 1 tablespoon chocolate-flavor drink mix
2½ teaspoons vanilla
1 teaspoon instant coffee

Makes 10 servings

Grease and flour two 9-inch round cake pans; line with wax paper. Combine eggs and sugar in blender; blend until light and fluffy. Add nuts; blend until finely chopped. Add flour and baking powder; blend until just mixed. Pour into prepared pans. Bake 20 to 25 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool.

For frosting, combine remaining ingredients in medium bowl. Beat until stiff. Frost cake and chill. Cake must be refrigerated.

Per Serving:			
Calories:	561	Fat:	37 g.
Protein:	9 g.	Cholesterol:	285 mg.
Carbohydrate:	52 g.	Sodium:	216 mg.

Strawberry Puff Ring

- ½ cup water
- 2 tablespoons plus 1½ teaspoons margarine or butter
- ½ cup all-purpose flour
- 3 eggs
- 2 cups prepared vanilla pudding or 2 cups sweetened whipped cream
- 1 pint strawberries, rinsed, hulled and sliced
- Powered sugar

Makes 8 servings

Place water and margarine in medium bowl. Microwave at HIGH (100%) until boiling, about 2 minutes. Blend in flour until smooth. Microwave at HIGH (100%) 1 minute. Add eggs, 1 at a time, beating well after each. Preheat oven to 375˚F. Drop dough by tablespoonfuls into 8 equal puffs touching each other in 8-inch circle onto greased round baking pan.

Bake 25 minutes at 375˚F. Prick puff with sharp knife in several places to allow steam to escape. Let stand in oven 5 minutes; remove from oven to cool. Cut cooled puff ring in half. Spoon pudding into bottom half of ring; top with strawberries. Replace top half. Sprinkle with powdered sugar.

Per Serving:			
Calories:	186	Fat:	8 g.
Protein:	6 g.	Cholesterol:	111 mg.
Carbohydrate:	25 g.	Sodium:	152 mg.

Preserve Cake

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 cups sugar
- ¾ cup margarine or butter, softened
- 4 eggs
- 1 cup buttermilk
- ½ teaspoon vanilla
- 2 cups preserves (combine 2 or more flavors)
- 2 cups chopped pecans

Makes 12 servings

Mix flour, baking soda, allspice, cinnamon and nutmeg. Set aside. Beat sugar and margarine until light and fluffy. Add eggs, 1 at a time, beating well after each. Stir in flour mixture alternately with buttermilk, beating well after each addition until smooth. Mix vanilla, preserves and pecans together. Fold mixture into batter until thoroughly blended.

Pour into grease 10-inch tube pan. Bake 50 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Per Serving:			
Calories:	647	Fat:	27 g.
Protein:	8 g.	Cholesterol:	92 mg.
Carbohydrate:	97 g.	Sodium:	278 mg.

Classic Cranberry Tea Cake

- ¾ cup margarine or butter, softened
- 1½ cups sugar
- 3 eggs
- 2½ teaspoons almond extract
- 3 cups all-purpose flour
- 1½ teaspoons baking powder
- 1½ teaspoons baking soda
- ¾ teaspoon salt
- 1½ cups sour cream
- ¾ cup canned whole berry cranberry sauce

Makes 16 servings

Thoroughly grease and flour a 12-cup fluted bundt pan. With an electric mixer, beat margarine. Gradually add sugar and beat until fluffy. Add eggs, one at a time, beating well after each addition. Add extract.

Sift dry ingredients together and add alternately with the sour cream. Fold in cranberries.

Pour into prepared pan and bake on low rack on LOW MIX 35 to 45 minutes or until wooden pick inserted in center comes out clean. Allow to cool on counter 30 minutes. Turn out onto plate and allow to finish cooling before glazing.

Glaze:

- ¾ cup powdered sugar
- ½ teaspoon almond extract
- 2 teaspoons warm water
- ¼ cup toasted sliced almonds

Combine first 3 ingredients. Drizzle on cake and top with almonds.

Per Serving:			
Calories:	350	Fat:	16 g.
Protein:	5 g.	Cholesterol:	62 mg.
Carbohydrate:	48 g.	Sodium:	360 mg.

Sour Cream Pound Cake

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups sugar
- 1 cup margarine or butter, softened
- 4 eggs
- 1 teaspoon vanilla
- 2 cups dairy sour cream
- ½ cup sugar
- ¼ cup finely chopped walnuts
- 2 tablespoons ground cinnamon

Makes 12 servings

Mix flour, baking powder, baking soda and salt in medium bowl. Set aside. Beat 2 cups sugar and the margarine until light and fluffy. Add eggs, one at a time, beating well after each. Mix in vanilla. Stir in flour mixture alternately with sour cream, beating after each addition until smooth. Set aside.

Combine ½ cup sugar, the nuts and cinnamon. Pour half the batter into well-greased 10-inch tube pan; sprinkle with half of filling. Repeat with remaining batter and filling.

Bake 45 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Per Serving:			
Calories:	586	Fat:	28 g.
Protein:	8 g.	Cholesterol:	109 mg.
Carbohydrate:	77 g.	Sodium:	456 mg.

▲ Raspberry Oatmeal Bar Cookies

1 package (18.25-18.5 ounces) yellow cake mix
2¼ cups quick-cooking oatmeal
½ cup butter or margarine, melted
1 (12 oz.) jar of raspberry jam
2 tablespoons of water
2 tablespoons of sliced almonds

Makes 32 bars

Combine cake mix with oatmeal. Stir in melted butter until mixture is crumbly. Firmly press about 3 cups of mixture in a 13x9x2 pan. Combine remaining mixture with almonds and reserve for later use.

Combine jam and water; spoon over crumb mixture in pan, spreading evenly. Top jam with remaining cake and almond mixture.

Set oven for turntable off. Bake for 20 minutes at *LOW MIX 350˚F. or until cookies are no longer moist in the center. Cool in pan before cutting into bars.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	146	Fat:	5 g.
Protein:	183 g.	Cholesterol:	8 mg.
Carbohydrate:	24 g.	Sodium:	135 mg.

Biscuits

5 cups all-purpose flour
3 tablespoons baking powder
3 tablespoons sugar
1 teaspoon salt
1 teaspoon baking soda
1 cup vegetable shortening
2 packages active dry yeast
2 to 4 tablespoons warm water
2 cups buttermilk

Makes 7 dozen biscuits

Combine dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Dissolve yeast in warm water. Add dissolved yeast and buttermilk to dry ingredients; mix well. Roll out desired amount on lightly floured surface to a little over ¼ inch thick. Cut with floured 2-inch biscuit cutter.

Preheat oven to 375˚F. Place biscuits on lightly greased baking pans. Let rise 10 minutes. Bake at 375˚F. 10 to 12 minutes or until golden brown.

Note: Dough can be refrigerated 1 week in an air-tight plastic bag.

Per Serving:			
Calories:	54	Fat:	3 g.
Protein:	1 g.	Cholesterol:	—
Carbohydrate:	7 g.	Sodium:	78 mg.

◀ Chocolate Chip Banana Crumb Loaf

1 package (14 ounces) banana bread mix or banana muffin mix
¾ cup semisweet chocolate mini morsels
Ingredients to complete mix

Crumb Topping:

½ cup chopped walnuts
½ cup all-purpose flour
2 tablespoons granulated sugar
2 tablespoons packed brown sugar
¼ cup margarine or butter

Makes 12 servings

Grease and flour 9x5-inch loaf pan. For easy removal of finished loaf, place a 2½ x 16-inch strip of wax paper lengthwise in pan with both ends extending above top of pan.

Combine mix and morsels. Prepare bread mix according to package directions or muffin mix according to loaf pan directions. Pour into prepared pan. Combine remaining dry ingredients in small bowl. Cut in margarine until mixture resembles coarse crumbs. Top batter with this mixture.

Bake 35 to 40 minutes on low rack on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 5 minutes; remove from pan by lifting both ends of wax paper. Cool completely on wire rack.

Per Serving:			
Calories:	338	Fat:	19 g.
Protein:	4 g.	Cholesterol:	46 mg.
Carbohydrate:	40 g.	Sodium:	245 mg.

Caraway Rolls

1 package active dry yeast
¼ cup warm water
1 cup cottage cheese
2 tablespoons sugar
1 tablespoon caraway seed
1 teaspoon salt
¼ teaspoon baking soda
1 egg, slightly beaten
2 cups all-purpose flour

Makes 1 dozen rolls

Dissolve yeast in warm water in large bowl. Microwave cottage cheese at HIGH (100%) until cheese is lukewarm, about 20 seconds; add to yeast mixture. Stir in sugar, caraway seed, salt, soda and egg. Slowly add flour, mixing until dough cleans bowl.

Cover with damp cloth. Place in oven. Let rise at 100˚F. until double in bulk, 30 to 45 minutes. Stir down dough. Divide among two 6-cup greased medium muffin pans. Let rise at 100˚F. until double in bulk, about 20 minutes.

Bake 15 minutes on LOW MIX or until tops spring back when touched lightly with finger.

Per Serving:			
Calories:	116	Fat:	2 g.
Protein:	5 g.	Cholesterol:	26 mg.
Carbohydrate:	19 g.	Sodium:	287 mg.

Zucchini Muffins

1½ cups all-purpose flour
½ cup sugar
1 teaspoon baking powder
½ teaspoon ground cinnamon
½ teaspoon salt
1 cup grated zucchini
½ cup chopped walnuts
½ cup raisins
1 egg
⅓ cup vegetable oil

Makes 1 dozen muffins

Combined dry ingredients in medium bowl. Mix in remaining ingredients until just moistened. Spoon batter into greased medium muffin pans.

Bake 20 to 24 minutes on *LOW MIX 375˚F. or until tops spring back when touched lightly with finger.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	204	Fat:	10 g.
Protein:	3 g.	Cholesterol:	23 mg.
Carbohydrate:	26 g.	Sodium:	125 mg.

Apricot Pecan Oat Bran Muffins ▲

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup oat bran
- ¼ cup wheat germ
- 2 teaspoons baking powder
- ½ cup orange juice
- ½ cup packed brown sugar
- ¼ cup honey
- 1 cup dried apricots, chopped
- 1 teaspoon grated orange peel
- 2 tablespoons vegetable oil
- ½ cup buttermilk
- 2 eggs
- ⅓ cup chopped pecans

Makes 1 dozen muffins

Combine all-purpose flour, whole wheat flour, oat bran, wheat germ and baking powder; set aside.

Place orange juice in small bowl. Microwave at HIGH (100%) 1 minute. Add brown sugar, honey, apricots and orange peel. Cool slightly.

Preheat oven to 375°F. Combine oil, buttermilk and eggs in large bowl. Add apricot/orange and flour mixtures. Stir to just combine ingredients.

Spoon batter into two 6-cup greased muffin pans. Sprinkle with pecans.

Bake 15 to 20 minutes at 375°F. or until tops spring back when touched lightly with finger.

Per Serving:

Calories:	206	Fat:	7 g.
Protein:	5 g.	Cholesterol:	36 mg.
Carbohydrate:	35 g.	Sodium:	119 mg.

No-Knead Cheddar Dill Bread

2½ to 3 cups all-purpose flour
1 tablespoon sugar
2 teaspoons dill weed
1 teaspoon dill seed
1 teaspoon salt
¼ teaspoon baking soda
1 package active dry yeast
1 cup small-curd cottage cheese
¼ cup water
1 tablespoon margarine or butter
1 egg
2 cups shredded sharp Cheddar cheese
1 egg, slightly beaten
Poppy seed

Makes one 8-inch round loaf, 16 servings

Combine 1 cup of flour, sugar, dill weed, dill seed, salt, baking soda and dry yeast in large mixing bowl.

Combine cottage cheese, water and margarine in 2-cup glass measure. Microwave at HIGH (100%) 2 minutes. Add cottage cheese mixture, egg and Cheddar cheese to dry ingredients. Stir well. Add enough flour to make a stiff dough.

Soak a cloth with hot water, wring it out and place it over mixing bowl. Let dough rise in oven at *SLOW COOK 100°F. until double in size, about 1 hour.

Grease well an 8-inch round cake pan. Place in pan bottom a wax paper circle cut to fit. Place a strip of wax paper, 2½ x 25 inches, around pan edge. Grease both wax paper circle and strip. Stir dough down and put in prepared pan, patting the dough to smooth it. Let dough rise in 100°F. oven until double in size, 35 to 45 minutes.

Brush bread lightly with beaten egg and sprinkle top with poppy seed. Bake 25 to 35 minutes on low rack on LOW MIX. Remove from pan. Cool on wire rack.

* Necessary to change temperature on SLOW COOK.

Per Serving:			
Calories:	168	Fat:	7 g.
Protein:	8 g.	Cholesterol:	51 mg.
Carbohydrate:	17 g.	Sodium:	319 mg.

Hearty Cheese Caraway Bread

6¾ cups all-purpose flour
3 tablespoons sugar
2½ teaspoons salt
¼ teaspoon baking soda
1 package rapid rise yeast
2 teaspoons caraway seed
1 cup milk
1 cup water
⅓ cup margarine or butter
1¾ cups grated sharp Cheddar cheese
¼ cup melted margarine or butter (for greasing)

Makes 2 loaves, 24 servings

Set aside 1 cup of flour. In large bowl, mix remaining flour, sugar, salt, baking soda, yeast and caraway seed. Heat milk, water and ⅓ cup of margarine until hot to touch, approximately 2½ to 3 minutes on MEDIUM (50%); stir into dry ingredients. Mix in only enough reserved flour to make soft dough. Turn out onto lightly floured surface; knead until smooth and elastic, about 8 to 10 minutes. Cover; let rise 10 minutes.

Divide dough in half; roll half into a 15 x 9-inch rectangle. Sprinkle ¾ cup of grated cheese evenly over dough. Roll tightly from short end to other. Pinch dough together at ends and along seam. Repeat with second half of dough.

Brush tops of loaves with melted margarine and sprinkle top with 2 tablespoons from the remaining cheese. Press gently on top of loaves. Place each loaf in a buttered 8½ x 4½-inch loaf pan. Let rise in oven on *SLOW COOK 100°F. 40 minutes.

Bake 25 to 30 minutes on LOW MIX until golden brown. Remove from pans and cool on wire racks.

* Necessary to change temperature on SLOW COOK.

Per Serving:			
Calories:	216	Fat:	8 g.
Protein:	6 g.	Cholesterol:	9 mg.
Carbohydrate:	30 g.	Sodium:	343 mg.

Onion-Cheese Bread ▲

- ½ cup chopped onion (about 1 medium)
- 1 tablespoon margarine or butter
- 1½ cups buttermilk baking mix
- ½ cup milk
- 1 egg, well beaten
- ½ cup shredded sharp Cheddar cheese
- 2 tablespoons snipped parsley or 1 tablespoon dried parsley flakes
- 2 tablespoons margarine or butter
- ½ cup shredded sharp Cheddar cheese

Makes 8 servings

Combine onion and 1 tablespoon margarine in small bowl. Microwave at HIGH (100%) until onion is tender, about 2 minutes. Set onion aside.

Preheat oven to 375°F. Mix baking mix, milk and egg until just moistened in medium bowl. Stir in onion, ½ cup cheese and parsley. Spread in greased square baking pan, 8x8 inches. Dot with 2 tablespoons margarine; sprinkle with ½ cup cheese. Bake at 375°F. until wooden pick inserted in center comes out clean, about 20 minutes.

Per Serving:			
Calories:	210	Fat:	14 g.
Protein:	7 g.	Cholesterol:	50 mg.
Carbohydrate:	15 g.	Sodium:	422 mg.

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Your Sharp Convection Microwave Oven can be used as a microwave oven for quick, convenient cooking, as a convection oven for small baked goods and broiling or in combination for roasting and baking.

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