

Recipe Card Index

1

Appetizers

Avocado Bacon Egg Rolls
Bacon Jalapeño Popper Dip
Baked Ravioli
Boom Boom Sauce
Buffalo Chicken Dip
Cheese-Stuffed Garlic
Parmesan Pretzels
Cheesy Bacon Dip
Chili / Taco Dip
Chili Dips, Velveeta Spicy
Chili Dips, Layered Chili
Cinnamon Cream Cheese Rollups
Corned Beef and Kraut Hot Dip
Corny Bacon Jalapeno Dip
Cream Cheese Chicken Dip
Grilled Stuffed Jalapeños
Hot Cheesy Spinach Dip
Hot Chipped Beef Dip
Hot Crab Dip

Hot Crab Dip II
Jalapeño Corn Dip
Jalapeno Popper Dip
Loaded Up Ranch Dip
Mexicorn Dip
Mini Dog Croissant Chili Cheese
Bake
Mini Sweet Poppers
Newfie Salsa Dip
Onion Cilantro Nachos
Parmesan Crisps
Pesto Cheese Bombs
Pizza Egg Rolls
Roasted Tomato Bruschetta
Sausage Balls
Sausage Cheese Dip Bake aka Hissy
Fit Dip
Sausage Crescent Cheese Balls
Sausage Spread
Spinach-and-Artichoke Dip
Tex-Mex Dip

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Recipe Card Index

3

Breakfast, cont.

Healthy Freezer Breakfast
Sandwiches
Peanut Butter Jam Fr Toast Rollups
Perfect French Toast Secrets
Spicy Sausage Squares
Casseroles
Bacon & Cheese Hashbrown
Casserole
Cheesy Bacon Tater Tot Pie
Cheesy Potato Casserole
Green Bean Casserole
Hot Chicken Salad Casserole
Loaded Cauliflower Casserole
Sloppy Joe Tater Tot Casserole

Chicken, Turkey

30 Minute Chicken and Dumplings
Balsamic Herb Chicken
BBQ Popcorn Chicken
BEST Chicken Marinade

Chicago Chicken
Chicken Parmesan
Coconut Chicken Tenders
Creamy Grilled Chicken
Doritos Chicken Tenders
Favorite Buffalo Wings
Green Goddess Tossed Cobb Salad
Grilled Chicken and Vegetable
Panzanella
Grilled Lemon Chicken
Hasselback Chicken Choices 1
Hasselback Chicken Choices 2
Hasselback Pizza Chicken
Honey Garlic Chicken
Italian Chicken and Veggies
Italian Turkey Burgers
Jalapeño Popper Stuffed Bacon
Chicken
Olive Garden Chicken
Oven Fried Chicken in the Grill
Parmesan-Crusted Chicken

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Recipe Card Index

2

White Cheese Sauce or Queso Blanco

Asian
Asian Orange Chicken
Fried Rice
Ginger-Coriander Pot Stickers
Grilled Orange Chicken
Mongolian Beef
Spicy Thai Crispy Chicken
Szechuan Chicken
Teriyaki Chicken
Thai Sweet Chili Stir Fry

Beef & Venison

Bacon Bomb
Bacon-Wrapped Cheeseburgers
Best Ever Steak Marinade
Garlic Bacon Avocado Burgers
Grilled Lettuce Wrap Sliders
Hamburger Steaks, Onion Gravy
Hawaiian Meatballs
Meat Meatloaf in the Grill

MicroPro Grill Meatballs
Mini Bacon Meatloaves
Onion Ring Cheeseburgers
Steak Fajitas
Stuffed Cabbage Leaves

Bread

Cheddar Biscuits Copycat
Pull-Apart Cheddar Ranch Rolls
Sweet Potato Biscuits
Toasted Breadcrumbs

Breakfast

Baked Oatmeal
Breakfast in Minutes
Breakfast Pizza with Gravy
Breakfast Tater Tot Casserole
Cinnamon Roll French Toast Roll-Ups
Coconut Pancakes *Gluten-Free*
Egg in a Hole
French Toast Fruit Roll-Ups
French Toast Sausage Roll Ups

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Recipe Card Index

4

Chicken, Turkey, cont.

Pizza Stuffed Chicken Breast
Prosciutto Turkey Burgers
Quick 'N Easy Chicken Pot Pie
Quick Chicken a la King
Salsa Chicken
Sun Dried Tomato, Spinach &
Cheese Stuffed Chicken
Teriyaki chicken
Versatile Chicken Quinoa Salad

Desserts

Apple Crisp
Baked Fruit-Filled Pears
Blueberry Crumble
Brownie Perfection
Cake Mix Cookies
Caramel Apple Crisp
Caramel Snickerdoodle Bombs
Chef Mike's Pumpkin Soufflé
Chocolate Cherry Heaven

Chocolate Chip Cookie Bars
Chocolate Croissant Bread Pudding
Dessert Taquitos
Gluten-Free Apple Crumble
Grilled Bananas Foster
Grilled Pineapple With Toasted
Coconut
Grilled Stuffed Apple Rings
MicroPro Grill Apple Pie
Mint Chocolate Pudding Cookies
Mom's Apple Cake
Mulled Cider Poached Pears
Strawberry Oatmeal Crumb Bars
Strawberry Shortcake

Eggs

Crustless Zucchini Quiche
Green Chile, Egg and Ham Crustless
Quiche
Ham & Swiss Crustless Quiche
Italian
Baked Ziti Alfredo

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Recipe Card Index

5

Italian, cont.

Cheese Manicotti
Easiest Cauliflower Pizza Crust
Easy Baked Ravioli
French Bread Pizza Party
Low Carb (Keto) Pizza & Crust
Mini Pepper Pizzas
Pepperoni Pizza Bread
Perfect Personal Pizza
Pizza Crust in a Bowl
Pizza Crust Yeast Dough
Pull Apart Pizza Bread
Quick Pizza Methods
Ravioli Lasagna
Spaghetti Carbonara Royale
Spaghetti Squash Lasagna

Mexican

Authentic Carne Asada
Baked Tacos
Chicken Bacon Avocado Burritos

Chicken Quesadillas
Corn Chip Taco Casserole
Easy Mexican Casserole
Fajitas in 7 Minutes
Fish Tacos
Grilled Chicken Chimichangas
Homemade Crunchwraps
Homemade Tortillas
Impossible Taco Pie
Jalapeño Cheese Crisps
Layered Doritos Casserole
Ranch & Chile Chicken Enchiladas
Santa Fe Chicken
Stuffed Poblano Peppers

Taquitos

Taquitos - Black Bean Pepper Jack
Taquitos - Buffalo Chicken
Taquitos - Cherry Cheesecake
Taquitos - Chicken Cream Cheese
Taquitos - Chicken Taco
Taquitos - Chorizo Breakfast

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Recipe Card Index

7

Bacon Jalapeño Grilled Cheese
Sandwiches, Grilled Cheese, cont.

Buffalo Chicken Grilled Cheese
Buffalo Chicken Grilled Cheese II
Cheesy Apple Panini
Grilled Almond Chicken Salad
Sammich
Grilled Cheese Coconut Flour
“Bread”
Grilled Cheese French Toast with
Bacon
Leftover Pot Roast Patty Melt
Nutella Marshmallow Grill
Pizza Grilled Cheese
Raspberry & Chocolate Grilled
Cheese

Rice “Bread” Grilled Cheese
Sloppy Joe Grilled Cheese

Sliders

BBQ Chicken Sliders

Breakfast Sliders
Cheeseburger Sliders
Chicken Parmesan Sliders
Dr. Pepper Chicken Sliders
Easy BBQ Chicken Sliders
French Onion Beef Sliders
Meatball Sliders

Seafood

Caribbean Coconut Shrimp Tacos
Mango Salsa
Chile Honey-Glazed Salmon
Crunchy Coconut Shrimp
Mediterranean Salmon
Simple Salmon Patties
The Pirate’s Copycat Batter

Vegan

Cauliflower Buffalo Wings
Easy Ranch Baby Carrots
Fried Tofu
Vegan Mushroom “Neatballs”

Vegetarian

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Recipe Card Index

6

Mexican, Taquitos, cont.

Taquitos Grilled
Taquitos - Jalapeno and Cheese
Taquitos - Shredded Beef
Taquitos - Spicy Beef
Tostadas

Pasta

15-Minute Lasagna
Baked Ziti
Cream Cheese Pasta
Grilled Macaroni and Cheese
Quick MicroBaked Lasagna
Ragu Shells and Cheese

Pork

Apple Butter BBQ Baby Back Ribs
Bacon Grilled by the Pound
Grilled Country Style Pork Ribs
Sausage Cabbage Slaw Rolls

Potatoes

3-Cheese Mashed Potato Bake

Balsamic Potatoes
Cheese Potato Pancakes
Easy Tater Tot Hot Dish
Grilled Potatoes and Asparagus
Hash Brown Casserole Copycat
Jalapeno Tater Popper Casserole
Loaded Baked Potato Rounds
Loaded Potato Planks
Parmesan Roasted Potatoes
Roasted Ham & Cheese Potato Bites
Scalloped Potatoes
Sloppy Joe Fries, DIY Nacho Sauce
Tater Tot Hotdish
Twice Baked Potato Rings
Twice Baked Potatoes

Sandwiches

Cajun Chicken Pita Pockets
Easy BBQ Chicken Sliders
Grilled Cheese Rollups
Philly Cheese Steak Sandwich
Grilled Cheese

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Recipe Card Index

8

Black Bean Burgers
Vegetarian, cont.

Cauliflower Fried Rice
Cauliflower Grilled Cheese
Cauliflower Pizza Crust
Cheesy Cauliflower “Breadsticks”
Crispy Glazed Tofu
Eggplant Bolognese
Eggplant Fries
Sweet Potato Tots
Veggie Balls

Veggies

Bacon-Wrapped Asparagus
Broccoli Bites
Cauliflower Hash Browns
Cheesy Grilled Lime Cauliflower
with Avocado
Chef Mike’s Curried Pumpkin
Fall Veggie Seasoning Mix
Grilled Balsamic Vegetable Wraps

Mexican Corn Salad
No Oil Fried Eggplant
Parmesan Ranch Zucchini Chips
Spaghetti Squash Au Gratin Bacon
Stuffed Green Pepper Rings
Sweet & Spicy Roasted Cauliflower
Sweet Potato Toasts
Vidalia Onion Steaks
Zucchini Noodles Carbonara
Zucchini Torte

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Appetizers



Bacon Jalapeño Popper Dip

- 1 8-oz block cream cheese, softened
- 1/3 cup mayo
- 1/3 cup sour cream
- 1 tsp garlic powder
- 10 slices chopped cooked bacon
- 2 jalapeños, minced
- 1 1/2 cup shredded cheddar
- 1 1/2 cup shredded Monterey jack



1. Mix all ingredients, spread in MicroPro Grill. Microwave 6-8 min with cover in Casserole position.

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CASSEROLE



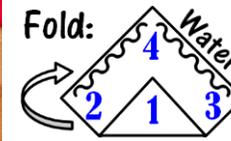
Avocado Bacon Egg Rolls

- 2 ripe avocados, sliced
- Juice from 1/2 lime
- Salt to taste
- 12 egg roll wrappers
- 6 slices jack cheese, cut in half
- 12 slices bacon, cooked
- Water



1. Drizzle avocados with juice and salt.
2. In an egg roll wrapper, place 1 slice cheese, two slices avocado and 1 slice bacon. Fold 3 corners in, moisten edges with water to seal then finish fold.
3. Microwave 4 min with cover in Grill position. Turn 1/4 of the way over. Grill 2 min. Turn another 1/4, grill 2 min. Continue for desired doneness.
4. Serve with dipping sauce of your choice and enjoy!

GRILL



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Baked Ravioli

1. Whisk together
 - 1 egg
 - 1 Tbsp water
 - Mix together
 - 1/2 cup breadcrumbs
 - 1 tsp basil
 - 1/2 tsp garlic powder
 - 1/2 Tbsp parsley
 - 1/2 tsp red pepper flakes



2. Dip ravioli into egg then coat with breadcrumbs
 - 1 pkg mini ravioli

3. Microwave 4-5 min in MicroPro Grill with cover in Grill position. Flip and grill 2-3 min more to desired doneness.

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GRILL



Boom Boom Sauce

1. Mix well in Power Chef with paddle
 - 1/2 cup mayonnaise
 - 2 Tbsp ketchup
 - 1 Tbsp sweet chili sauce
 - 1 tsp sriracha hot sauce
2. Mix in. Adjust to taste as necessary.
 - 2 tsp garlic powder
 - Salt and pepper, to taste
3. Refrigerate before serving.
4. Serve with anything that you want to add a “kick” to!



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Cheese-Stuffed Garlic Parmesan Pretzels

- 1 13.8-oz can pizza dough
 - 2 cups mozzarella, shredded
 - 3 Tbsp butter, melted
 - 3 garlic cloves, minced
 - 2 Tbsp fresh parsley, chopped
 - 1 cup parmesan, shredded
1. Stretch pizza dough into a rectangle, cut into 8 equal-sized strips. Stretch strips lengthwise, and widthwise.
 2. Place mozzarella down the middle of each strip. Fold and pinch dough up around cheese and close off ends.
 3. Form a pretzel shape. Place in MicroPro Grill one or two at a time.
 4. Mix melted butter, garlic, and parsley then spoon over pretzels. Top evenly with parmesan.
 5. Microwave 6-7 min with cover in Casserole position until golden brown. Next ones will be 4-5 min.



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Buffalo Chicken Dip

1. Mix together
 - 1 chicken breast cooked and shredded
 - 1/2 cup buffalo sauce
 - 1/2 cup ranch dressing
 - 1/2 cup shredded cheddar
 - 8oz cream cheese softened
2. Microwave in MicroPro Grill in Casserole position 4-5 min
3. Take out, mix well. Sprinkle on top
 - 1/2 cup shredded cheddar
4. Put back in casserole position 2 more min
5. Enjoy with tortilla chips, crackers or grilled French or rye bread



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Julia Hiser

Cheesy Bacon Dip

- 1 8-oz pkg cream cheese, room temp
 - 2 cups sour cream
 - 1 1/2 cups cheddar cheese, grated
 - 1 cup bacon (6-8 slices), crumbled
 - 1/3 cup green onions, chopped
 - OPT: 1 pkg ranch seasoning
1. Combine all ingredients in a large bowl.
 2. Spread in MicroPro Grill.
 3. Microwave 8-10 min with cover in Casserole position until melted and bubbly.
 4. Serve with chips or toasted bread.



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Chili / Taco Dip

1. Break up into MicroPro Grill and microwave 4 min in Casserole position

- 1 lb ground beef*
2. Add and cook 4 - 5 min more
- 2 cup tomato sauce**
 - 1 pkg chili mix
3. Add toppings of choice
- Pepper jack cheese, shredded
 - Cheddar cheese, shredded
 - Black olives
 - Onions, chopped
 - Jalapenos, chopped



4. Microwave in Casserole position 9 min

**OPT: grill 1 lb boneless chicken; chop in Power Chef®*

***Substitute: 15 oz enchilada sauce for tomato sauce and seasoning mix*



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Joan Longworth

Chili Dips

Velveeta Spicy Chili Dip

- 1 block processed cheese (Velveeta), cut up
 - 1 can beanless chili
 - 1 can hot diced tomatoes (Rotel)
1. Mix all ingredients in MicroPro Grill
2. Microwave 9 min with cover in Casserole position. Stir after 5-6 min.



Cassandra Reed

Layered Chili Cheese Dip

- 1 pkg cream cheese, softened
 - 1 can beanless chili (or leftover)
 - 2 cups cheddar cheese, shredded
1. Layer in MicroPro Grill: cream cheese, chili then cheese.
2. Microwave 10 min with cover in Casserole position.



Cindy Newton



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Cinnamon Cream Cheese Roll Ups

- 1/2 loaf sandwich bread
- 2/3 of 8 oz bar of cream cheese, softened
- 1/2 cup powdered sugar
- 3/4 cup sugar
- 1 Tbsp cinnamon
- 1/2 cup butter, melted



1. Cut off bread crusts and flatten each slice
2. Combine cream cheese and powdered sugar until well blended
3. In a separate bowl combine sugar and cinnamon – set aside
4. Spread 1 – 1½ Tbsp cream cheese mixture onto each slice of bread and roll up
5. Dip each rolled bread into melted butter and then into cinnamon and sugar mix
6. Place in MicroPro Grill and repeat for all slices of bread
7. Microwave with cover in Grill position 5-6 min until golden brown. Serve warm.



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Corned Beef and Kraut Hot Dip

- 1/2 lb thinly sliced deli corned beef
- 1 can sauerkraut, drain and squeeze-dry
- 1 8-oz pkg cream cheese, softened
- 1/3 cup mayonnaise
- 1/3 cup thousand island dressing
- 1 Tbsp milk
- 1/2 tsp Worcestershire sauce
- 1 1/2 cups shredded swiss cheese



1. Chop corned beef in Power Chef. Press drained kraut between paper towels to remove excess moisture.
2. Mix together cream cheese, mayonnaise, dressing, and milk.
3. Stir in remaining ingredients. Transfer to MicroPro Grill.
4. Microwave 6-8 min with cover in Casserole position until bubbly and top is beginning to brown.



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Corny Bacon Jalapeno Dip

- 3 cans whole kernel corn, drain
- 2 jalapenos, seeded and diced
- 1/2 cup sour cream
- 1 cup shredded pepper jack cheese
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste
- 8 oz cream cheese, cubed



For Garnish:

- 4 slices bacon, cook and dice
- 2 Tbsp chopped chives

1. Combine ingredients in MicroPro Grill. Microwave 5 min with cover in Casserole position. Stir. Cook 3-4 min more to desired doneness.
2. Serve immediately, garnished with bacon and chives.

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Cream Cheese Chicken Dip

- 1 lb chicken tenders
- 1 8-oz block cream cheese, softened
- 1 pkt dry Ranch seasoning
- 1/2 cup bacon bits
- 1/2 cup cheese (any on hand), grated



1. Microwave chicken 6-7 in in MicroPro Grill with cover in Grill position. Shred in Power Chef.
2. Combine in a bowl, cream cheese, ranch and bacon. Stir in chicken.
3. Spread in grill, sprinkle cheese on top. Microwave 4 min in Casserole position.

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Grilled Stuffed Jalapeños

1. Preheat MicroPro Grill: Microwave 1 tortilla in Grill position 2 min
2. Microwave in grill position 4 min, flip, 2 min; drain on paper towels. Crumble. Drain grease from grill and wipe with paper towel.
 - 2 bacon slices
3. Combine bacon with
 - 8 oz cream cheese, softened
 - 1/4 cup extra-sharp cheddar cheese, shred
 - 1/4 cup minced green onions
 - 1 tsp fresh lime juice
 - 1/4 tsp kosher salt
 - 1 small garlic clove, minced



4. Fill pepper halves
 - 14 jalapeño peppers, halved lengthwise, deseed
5. Microwave peppers, cheese side up, in Casserole position 4-6 min or until bottoms of peppers are charred and cheese mixture is lightly browned
6. Place peppers on a serving platter. Sprinkle with
 - 2 Tbsp chopped fresh cilantro
 - 2 Tbsp chopped seeded tomato

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Hot Cheesy Spinach Dip

- 8 oz cream cheese
- 1/2 cup shredded parmesan cheese or blend of Romano and Asiago
- 2 cup mozzarella, save 1/2 cup for top
- 1/4 cup sour cream
- 3/4 cup spinach (fresh or frozen, thawed and drained)
- 2 garlic cloves chopped
- 1 tsp basil
- 1/2 tsp crushed red pepper flakes



1. Chop garlic and spinach in Power Chef.
2. Mix all ingredients, make a ball, and flatten in center of MicroPro Grill.
3. Microwave 5 min with cover in Casserole position.
4. Sprinkle 1/2 cup mozzarella on top, place chips around dip.
5. Cook for 1 1/2-2 min more.

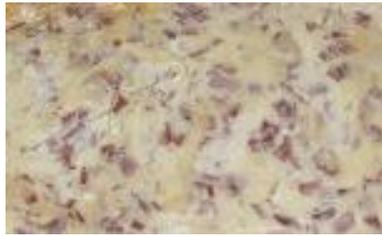
CASSEROLE
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Cassandra Reed



Hot Chipped Beef Dip

- 1 pkg 4-oz thinly sliced dried beef
- 2 pkg 8-oz cream cheese, softened
- 1 cup (8-oz) sour cream
- 1/4 cup milk
- 4 tsp dried onion bits
- 1/2 tsp garlic powder
- Pepper to taste
- 1/2 cup cheese, grated



1. Chop dried beef finely in Power Chef.
2. Mix chopped beef with all ingredients except grated cheese.
3. Spread in MicroPro Grill, sprinkle top with grated cheese.
4. Microwave 4-5 min with cover in Casserole position. Let rest 5 min.
5. Serve with assorted fresh veggies or crackers.

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Hot Crab Dip

- 2 8-oz pkg cream cheese, softened
- 1/4 cup mayonnaise
- 2 cups shredded Cheddar cheese
- 12 oz crabmeat, chopped
- 1 1/2 Tbsp lemon juice
- 2 tsp hot sauce
- 2 Tbsp Worcestershire sauce
- Paprika, for garnish



1. Mix ingredients in med bowl. Transfer to MicroPro Grill.
2. Microwave 6-8 min until bubbly and top is beginning to brown.

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Hot Crab Dip II

- 1 8-oz pkg cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 cups shredded cheddar cheese*
- 12 oz crabmeat, chopped
- 2 Tbsp Worcestershire sauce
- 2 Tbsp green onion 2 tsp hot sauce
- 2 Tbsp garlic minced
- 1 1/2 Tbsp lemon juice
- OPT: paprika, for garnish
- OPT: Sprinkle of Old Bay Seasoning



1. Mix ingredients in med bowl. Transfer to MicroPro Grill.
2. Microwave 6-8 min until bubbly and top is beginning to brown.

* OPT: 1 cup cheddar, 1 cup parmesan or mozzarella cheeses

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Jalapeño Corn Dip

- 1 1/2 cup whole kernel corn, drained
- 3/4 cup sour cream
- 1/3 cup chopped jalapeños
- 1 cup grated Parmesan



1. Mix all, spread in MicroPro Grill.
2. Microwave 6-8 min with cover in Casserole position.

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Jalapeño Popper Dip

- Mix together in Power Chef
 - 1 block cream cheese, softened
 - 1 cup sour cream
 - 1 tsp garlic powder
- Add and mix together
 - 2 cups cheddar cheese
 - 3/4 cup Parmesan cheese
 - 4-6 jalapeños, roasted* and chopped or 1 4-oz can diced jalapeños, drained
 - OPT: 1 Tbsp fresh parsley
- Spread out into the MicroPro Grill
- Mix together for topping, spread over the cream cheese mixture
 - 1 cup bread crumbs (see separate recipe)
 - 1/4 cup Parmesan cheese
 - 4 Tbsp melted butter
- Microwave 4 min with cover in Grill position.



Steps 1 & 2 then grilled

*Cut in half lengthwise then roast 4 min in grill with cover in Grill position



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Jennifer Kelly Bournon



Mexicorn Dip

- 1 cup salsa (Simply Salsa or your choice)
 - 4 oz sour cream
 - 4 oz cream cheese
 - 2 cans Mexican style corn, drained*
 - 1/4 to 1/2 lb shredded cheese of choice (pepper jack, cheddar, Mexican blend etc)
- Mix salsa, cream cheese and sour cream in either the Quick Chef or Power Chef, then add 1/2 of the shredded cheese.
 - Place drained corn in MicroPro Grill, pour cheese mixture over it then mix together.
 - Microwave 5-8 min in Casserole position until hot throughout.
 - Sprinkle remaining cheese on top & serve.



Options to add: cooked sausage, bacon or chicken; chopped hot peppers, green onions; garnish with cilantro

* use 2 15-oz cans or 2 11-oz cans vacuum-packed so as not to overfill the grill.

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Joyce Seitz



Loaded Up Ranch Dip

- 8 oz cream cheese, room temperature
- 1 oz pkt ranch seasoning mix
- 1 red or yellow bell pepper, diced
- 1 4-oz can diced jalapeño, drained
- 1 6-oz can black olives, diced
- 1 15-oz can corn, drained
- Salt and ground pepper, to taste



- Mix cream cheese, bell pepper, jalapeño, olives, and corn in Power Chef.
- Add ranch dressing and stir until fully incorporated. Add salt and pepper, to taste.
- Cover and chill for 1 hour.
- GREAT dip for hot Taquitos from the MicroPro Grill!

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Mini Dog Croissant Chili Cheese Bake

- 8 oz cream cheese
- 1 cup shredded cheese
- 15 oz can chili, no beans
- 1 pkg croissant/crescent rolls
- 16 mini hot dogs or little smokies



- Cut each crescent roll in half lengthwise and roll around each dog.
- Microwave mini dogs 4-5 min in MicroPro Grill with cover in Casserole position.
- Mix together cheeses and chili.
- Flip dogs and place in a circle over the outer edges of the raised susceptor plate in the grill. Add dip to middle of circle.
- Microwave 4 min in Casserole position until dip is hot.

CASSEROLE

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Tara Little-Green



Mini Sweet Poppers

- 2 links turkey Italian sausage, frozen
- 8 oz cream cheese, room temp
- 1 tsp minced garlic
- 2/3 cup grated cheddar
- 2 green onions, chop finely
- 12-15 mini sweet peppers, halved



1. Microwave sausage links 6 min in MicroPro Grill with cover in Grill position. Turn 1/4 and grill 3-4 min until cooked through. Cool then remove casings.

2. Chop green onions in Power Chef. Add sausages and chop well. Mix in all other ingredients.

3. Fill pepper halves with mixture, place in raised area of grill. Microwave 7 1/2 min in Casserole position or to desired doneness. Repeat for remaining ingredients.



Rachel Chisholm



DEMO

Newfie Salsa Dip

- 1 lb ground beef
- 1 jar salsa of choice
- 2 cup shredded cheese of choice

1. Break up meat in MicroPro Grill. Microwave 5 min with cover in Casserole position. Drain. Grill 1-2 min more.

2. Stir in salsa and 1 cup cheese. Sprinkle 1 cup cheese over all.

3. Microwave 5 min in Casserole position.



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Jennifer Kelly Bourlon



Onion Cilantro Nachos

-  Tortilla Chips
-  Pepper jack cheese
-  Mozzarella cheese
-  Onions, chopped
-  Fresh Cilantro, chopped

Cook 3-4 minutes with cover in Casserole position.

Variations:

Cheddar cheese, Mexican cheese blend, Feta cheese
Jalapeno or other peppers, tomatoes, avocado, mushrooms, olives
Ground beef, shredded chicken, diced ham, pulled pork
~~ Anything YOU like! ~~



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Andrea Lawson



Parmesan Crisps

- about 1/2 cup grated parmesan
- OPT: spices or seasoning

1. Make 3-4 bunches of cheese in unheated MicroPro Grill.

2. Sprinkle very lightly with Italian Herb, Cilantro Mojo or Southwest Chipotle Seasoning if desired.

3. Set cover in CASSEROLE position.



4. Microwave 2-3 min until crispy golden. Check at intervals for doneness.

5. Serve with your favorite salad.

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Andrea Lawson



Pesto Cheese Bombs

- 1 can refrigerated biscuits, split 6 in half
- 4 pieces string cheese, cut into thirds
- 1/2 cup pesto
- 1 cup marinara sauce



1. Place 1 piece cheese in center of a biscuit half. Wrap and roll this so cheese is completely covered.
2. Pour pesto into large bowl. Roll bombs in pesto but leave in bowl to marinate until all are done.
3. Place bombs in MicroPro Grill, leaving a little space between each. Microwave in Casserole position 5-6 min, turn after 4 min.
4. Serve hot with marinara sauce for dipping.

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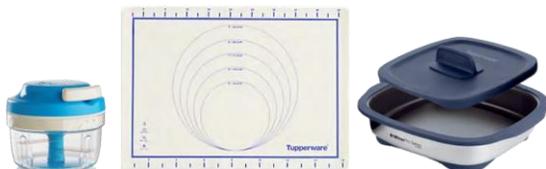
Roasted Tomato Bruschetta

- 1 pt cherry tomatoes
- 1 Tbsp extra virgin olive oil
- 1/2 tsp coarse kosher salt
- 1/2 tsp Italian Herb Seasoning
- 1/2 loaf Italian bread, in 1/2" slices



1. Preheat oven to 450* F.
2. Place bread slices on Silicone Wonder Mat, toast in oven until brown.
3. In a med bowl, combine olive oil, spices and tomatoes. Mix well.
4. Place tomato mixture in MicroPro Grill and microwave 10 min with cover in Grill position.
5. Blend tomato mixture in Chop 'N Prep.
6. Spread on toasted bread and serve.

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Pizza Egg Rolls

1. Microwave 5 min in MicroPro Grill with cover in Grill position. Drain, stir, grill 2 min more.

- 1 lb Italian sausage, chopped
- 1 garlic clove minced
- 3/4 cup green pepper diced



2. Stir in
 - 2 cups pizza sauce
3. Microwave in Casserole position 3 min.
4. Remove to bowl. Let cool 10 min. Stir in
 - 8 oz mozzarella cut into 1/4" cubes
5. Place 1/3 cup sausage in each wrap
 - 13 egg roll wraps
 - 1 egg, lightly beatenFold bottom over filling, brush with egg, roll up rightly to seal.
6. Place in Grill, microwave 5 min in grill position. Flip, grill 2 min. Next batch: grill 3 min, flip then 2 min more.

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Sausage Balls

- 1 lb ground sausage
- 1 cup shredded cheddar cheese or Colby jack cheese
- 1 cup baking mix (bisquick, jiffy mix, etc)



1. Mix until fully incorporated.
2. Roll into 1" balls. Place in MicroPro Grill, up to 12 so they don't stick together.
3. Microwave 10 min, flip halfway, with cover in Casserole position..

NOTE: drain drippings if making more than one batch.

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Cathy McAtamney



Sausage Cheese Dip Bake aka Hissy Fit Dip

- 1 lb ground sausage, brown, drain
- 1 16 oz container sour cream
- 1 8 oz pkg cream cheese, softened
- 1 8 oz pkg Velveeta cheese, cubed
- 4 oz Monterey jack cheese, grated
- 2 Tbsp fresh chives, minced, optional
- 1/2 Tbsp Worcestershire sauce
- 1 tsp dried parsley
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp dried sage



1. In Power Chef combine sour cream and cream cheese. Add Worcestershire and seasonings. Transfer to a bowl.
2. Fold in remaining ingredients then smooth into the MicroPro Grill.
3. Microwave 7-8 min with the cover in Casserole position until molten, bubbly and golden brown.
4. Serve hot with chips or sliced baguette.

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CASSEROLE



Sausage Spread

- 1 lb sausage
- 1 10-oz can diced tomatoes and green chilies, undrained
- 1 8-oz pkg cream cheese, cut into pcs



1. Break up sausage in MicroPro Grill.
2. Microwave 4 min with cover in Grill position, drain, break up, grill 3 min more.
3. Drain sausage, let cool a few min then chop in Power Chef. Return to grill and stir in tomatoes and cream cheese.
4. Microwave in Casserole position 2 min until cheese melts.
5. Serve warm with tortilla chips or veggies.

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GRILL CASSEROLE



Sausage Crescent Cheese Balls

1. Mix well in large bowl
 - 1 lb bulk spicy sausage
 - 2 cups shredded sharp Cheddar (8 oz)
 - 1/2 tsp dried rosemary
2. Unroll dough; coat each side with flour. Cut into 1/4" pcs.
 - 1 can (8 oz) refrigerated crescent rolls
 - 2 Tbsp all-purpose flour
3. Mix dough pcs into sausage mixture in small amounts until blended.
4. Use ice cream scoop to shape mixture into 42 (1 1/4") balls.
5. Microwave in MicroPro Grill 8-9 min with cover in Grill position. Drain and flip halfway. Repeat until all are cooked.



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Spinach and Artichoke Dip

1. Combine well in large bowl
 - 1 cups mozzarella shredded
 - 1/4 cup sour cream
 - 1 Tbsp grated Parmesan
 - 1/8 tsp black pepper
 - 1-2 garlic cloves, crushed
 - 1/2 of 14-oz can artichoke hearts, drain and chop
 - 1 8-oz block cream cheese, softened
 - 1/4 of 10-oz pkg frozen chopped spinach: thaw, drain, squeeze dry
2. Spoon mixture into MicroPro Grill. Sprinkle top with
 - 1/4 cup mozzarella
 - 1 Tbsp Parmesan.
3. Microwave 8-10 min with cover in Casserole position. Serve with tortilla chips.



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CASSEROLE



Tex-Mex Dip

- 1 lb pkg bulk hot breakfast sausage
- 1 onion, diced
- 2 lb processed cheese (Velveeta) cubed
- 10 oz diced tomatoes and green chiles
- 2 cans chopped green chiles
- 1 jalapeno, diced
- Tortilla chips



- Break up sausage in MicroPro Grill, add onion. Microwave 5 min with cover in Grill position.
- Drain drippings, let sausage cool a few minutes. Chop in Power Chef.
- Mix all ingredients. Microwave 8-10 min in Casserole position, stir halfway.

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White Cheese Sauce or Queso Blanco

- 1/2 cup yellow onion, finely chopped
- 1/4 cup jalapeño, minced
- 1 Tbsp olive oil
- 2 cups heavy cream
- 1 lb Monterey jack cheese, grated
- 1/2 cup extra-sharp cheddar, grated
- 2 Tbsp fresh cilantro, finely chopped
- 1/4 tsp chili powder, plus extra for garnish



- Microwave onion, pepper and oil 4-5 min in MicroPro Grill with cover in Grill position.
- Pour in cream and microwave 3 min in Casserole position.
- Stir in cheeses until melted and smooth. Season with chili powder and stir in cilantro.
- Pour over burritos or serve with chips.

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Asian



Asian Orange Chicken



Grill 10-12 min. Flip half way. Repeat for rest of chicken.

Marinate 4 hrs to overnight

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Fried Rice

- 2 cups cooked rice*
- 1 cup mixed veggies - canned, frozen or leftover
- 1 chicken breast
- 2 eggs
- soy sauce to taste



1. Microwave chicken breast in MicroPro Grill with cover in Grill position to desired doneness. (Check every couple of min. Time varies with size and thickness)
2. Cool slightly then cut into bite-sized pieces.
3. Mix together in grill: chicken, rice and veggies. Microwave 6 min in Casserole position, stirring every 2 min.
4. Stir in 2 beaten eggs and soy sauce. Cook 2 min. Stir and let rest a few min before serving.

* rinse well before cooking so rice does not stick together

OPTIONAL: 1 tsp fish sauce, oyster sauce or toasted sesame oil.

OPTIONAL: 1 small onion, 2 green onions, 2 garlic cloves



Sandra Nolan



Ginger-Coriander Pot Stickers

- 20 prepared wonton wrappers
- 1. In a large bowl stir together
 - 1/2 lb ground pork or chicken
 - 1 Tbsp freshly grated ginger
 - 1 garlic clove, crushed
 - 2 green onions, sliced thin
 - 1/4 tsp kosher salt



2. Place 1/2 Tbsp meat in middle of wontons. Moisten edges, fold in half to form triangles. Crimp edges.

3. Mix dipping sauce in a medium bowl; whisk before serving.

- 1/4 cup toasted sesame oil
- 1/4 cup beef, chicken, or vegetable broth
- 1 tsp honey
- 1 garlic clove, crushed
- 1/4 tsp crushed red pepper flakes
- 1/4 cup fresh cilantro, minced

4. Microwave 10 wontons 3 min in MicroPro™ Grill with cover in grill position.

5. Add 1/4 cup water, replace cover in the grill position and let sit 1 min. Set aside on platter, cover, keep warm.

6. Repeat with remaining wontons. Serve with sauce and Asian-style vegetables

Tupperware®



Grilled Orange Chicken

1. Combine for marinade
 - 1/2 cup orange juice
 - 1/4 cup olive oil
 - 2 garlic cloves pressed
 - 1/2 tsp thyme
 - 1/2 tsp oregano
 - Paprika, salt and pepper to taste



2. Place in Junior Season Serve, pour marinade over all
 - 3 medium chicken breasts or thighs
 - ✦ Marinate minimum of 2 hrs in frig, flip at least once
3. Place chicken in MicroPro Grill, microwave in Grill position 6 min, flip and grill 2 min more.
4. Place over top of chicken and grill 2 min
 - 2 tangerines or oranges, peeled and in slices
5. Serve with grilled asparagus and red potatoes

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Beth Scott



Mongolian Beef

1. Whisk together in 2-cup Micro Pitcher. Microwave 1 min at 70% power

- 1/2 cup soy sauce
- 1/2 cup brown sugar, packed
- 3 cloves garlic, minced
- 2 tsp grated fresh ginger
- 2 tsp vegetable oil
- 2 Tbsp water



2. Combine in a large bowl
 - 1 lb flank steak, thinly sliced across the grain
 - 1/4 cup cornstarch
3. Microwave 3 min in MicroPro Grill with cover in Grill position. Stir, grill 3 min more.
4. Pour sauce over meat, microwave 1-2 min in Casserole position. Let rest 5 min.
5. Serve over rice and top with
 - 2 green onions, thinly sliced

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Spicy Thai Crispy Chicken

- 1 1/2-2 lb chicken wings or small pcs
- 1 Tbsp baking powder
- 3/4 tsp salt
- Chopped roasted peanuts
- Sesame seeds



1. Dry chicken with paper towels. Shake in sealed bowl with baking powder and salt to thoroughly cover.
2. Refrigerate uncovered at least 8 hr on a rack in single layer to draw out moisture.
3. Microwave 5-6 min with cover in grill position until crisp and golden brown.
4. Whisk together in a medium size bowl
 - 2/3 cup creamy peanut butter
 - 1/2 cup soy sauce
 - 1/4 cup rice vinegar
 - 1/2 cup sesame oil
 - 1/4 cup light brown sugar, packed
 - 2 tsp fresh grated ginger
 - 1 Tbsp Sriracha
5. Gently toss wings with sauce to coat evenly.
6. Garnish with sesame seeds and chopped peanuts.

GRILL



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Szechuan Chicken

- 1 lb chicken breasts, cut to bite size pcs
- 1/2 cup corn starch
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp pepper



For the sauce:

- 2 Tbsp hoisin sauce
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp sugar
- 1/2 Tbsp minced garlic (or garlic powder)
- 1 Tbsp water
- 1 tsp crushed red pepper flakes
- steamed or fried rice for serving

1. Whisk together corn starch, garlic powder, salt and pepper. Add with chicken to a large bowl. Seal and shake to coat chicken.
2. Microwave 6 min in MicroPro Grill with cover in Grill position. Flip chicken.
3. Combine sauce ingredients. Pour half over chicken in grill. Microwave 6-8 min at 50% in Casserole.
4. Just before serving, add remaining sauce and stir gently.

GRILL CASSEROLE



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Teriyaki Chicken

1. Grill 4 min on EACH side*

- 1 large chicken breast
- 2 chicken thighs

GRILL



2. For sauce, shake it up in Quick Shake Container



- 1/2 cup soy sauce
- 1/4 cup apple cider vinegar
- 3/4 cup brown sugar
- 1/2 cup honey
- 1 tsp ginger powder
- 1 tsp garlic powder
- 2 Tbsp corn starch



3. Pour sauce over chicken
4. Add pineapple, if desired, grill 1 min.

* In MicroPro Grill with Cover in Grill position



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Heather Wheeler

Thai Sweet Chili Stir Fry

1. Marinate 2-4 hours
 - 5 chicken tenders in bite-sized pcs
 - 1/4 cup Thai sweet chili sauce
 - 1-2 Tbsp Sriracha
 - 1/2 tsp garlic powder



2. Prepare for stir fry:
 - 1 green pepper, slice or chop
 - 1/2 onion, slice or chop
 - 1 small can pineapple chunks, drain

3. Place all ingredients in MicroPro Grill, including marinade. Microwave 5 min with cover in Grill position. Stir/flip ingredients and cook another 2 min.



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Elena DeBeau



Hamburger Steaks And Onion Gravy

- 1 lb lean **ground beef**
- 1 **egg**
- 1/4 cup **bread crumbs** or **stuffing mix**
- 1/8 tsp ground black **pepper**
- 1/2 tsp **seasoned salt**
- 1/2 tsp **onion powder**
- 1/2 tsp **garlic powder**
- 1 tsp **Worcestershire sauce**
- 1 cup thinly sliced **onion**
- 2 Tbsp all-purpose **flour**
- 1 cup beef **broth**



1. In a large bowl, mix meat, egg, bread crumbs, seasonings, and Worcestershire sauce. Form into 8 balls. Flatten into patties.
2. Microwave 4 patties 6-8 min in MicroPro Grill with cover in Grill position. Cook remaining patties 5-6 min. Remove patties and keep warm.
3. Chop or slice onions, add to drippings, microwave in Casserole position 3 min until tender. Sprinkle flour over onions and drippings, stir in. Gradually mix in beef broth. Add 1/2 tsp seasoned salt. Microwave 5 min at 70% power in Casserole position, until gravy thickens.
4. Return patties to grill, spoon some gravy over them. Cover, and let rest 15 min.

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Bacon-Wrapped Cheeseburgers

- 4 quarter-pound burger patties
- 1 lb bacon
- 4 slices cheese of choice

1. Begin to weave 3-4 slices of bacon together. Lay 1 burger over them and bring ends up, over and weave as needed to hold together.

2. Microwave in MicroPro Grill 6 min in grill position. Flip and grill 5 min.

3. Flip, add 1 slice cheese on top. Cook 1 min with cover in Casserole position.



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Elena DeBeau



Hawaiian Meatballs

- 2 1/2 lb lean ground beef
- 1 sweet onion, dice finely
- 1 Tbsp wet minced garlic (heaping)
- 1 14-oz can crushed pineapple, drain
- 1/4 tsp black pepper

1. Mix and roll into medium sized balls, approximately 36.

2. Run hot tap water over the top and bottom of the MicroPro Grill to warm it; dry thoroughly. Place 12 meatballs into the grill.

3. Microwave 5 min with the cover in Casserole position. Drain excess liquid. Microwave 4 min more in Grill position. Remove meatballs, wipe with paper towel and repeat until all are cooked.

4. Delicious on their own with mashed potatoes or stir in sweet and sour sauce and serve over rice.



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Sue Brimmer



Meatloaf in the Grill

- 2 lb lean ground beef or 1 lb beef and 1 lb sausage*
- 2 eggs
- 1/2 cup catsup or BBQ sauce
- 1 cup cornbread stuffing mix
- 1 medium onion, chop
- 1-2 cloves garlic, chop
- 1/2 tsp salt
- 1/8 tsp pepper



1. In a medium bowl, break up meat, mix in eggs and sauce
2. Blend in remaining ingredients. Press into MicroPro Grill.
3. Microwave with cover in casserole position 12-14 minutes
4. Add additional catsup or BBQ sauce on top if desired.

* Check at 9 min and drain drippings: wearing oven mitts, hold lid on grill in casserole position, lift and drain from one corner. Wipe clean any drips.

Tupperware® *Sherry Ashberger*



Best Ever Steak Marinade

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 Tbsp garlic powder
- 3 Tbsp dried basil
- 1 1/2 Tbsp dried parsley flakes
- 1 tsp ground white pepper
- 1/4 tsp hot pepper sauce
- 1 tsp dried minced garlic



1. Blend ingredients well in Power Chef with blade attachment.
2. Place meat of choice in Season Serve and pour marinade over it. Refrigerate up to 8 hrs, turn occasionally
3. Grill the meat in the MicroPro Grill to your preferred doneness.


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MicroPro Grill Meatballs

1. Mix well, roll into balls, place in the MicroPro Grill
 - 1 lb lean ground beef or turkey
 - 1/2 cup Italian breadcrumbs
 - 1 egg
 - 1 Tbsp water
 - 1 tsp garlic powder
2. Pour over meatballs, enough to cover
 - 2-3 cup spaghetti sauce



3. Microwave 4 min with cover in Grill position. Flip with Tupperware tongs, grill 4 min more
4. Serve with your favorite pasta made in the Microwave Pasta Maker

NOTE: these would be GREAT for Meatball Subs!



Tupperware® *Jenny Banville Cummings*



Grilled Lettuce Wrap Sliders

1. Mix in a medium bowl
 - 1/2 lb ground beef
 - 2 Tbsp ketchup
 - 2 Tbsp dried onion
 - 1/4 tsp coarse kosher salt
 - 1/2 tsp cracked black pepper
 - 1/2 cup shredded cheddar cheese
2. Divide and form 4 equal patties.
3. Microwave 3 min in the MicroPro™ Grill with cover in Grill position. Flip, grill 3 min more.
4. Wrap in leaves. Serve warm with optional toppings.
 - 8 large butter lettuce leaves
 - OPT: Sliced tomato
 - OPT: Sliced red onion



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Steak Fajitas

- 1 lb beef steak* cut into thin strips
- 1 Tbsp olive oil
- 1 Tbsp taco seasoning
- Onions, cut in strips
- Peppers, cut in strips



1. Drizzle olive oil over meat in MicroPro Grill then stir in taco seasoning.
2. Microwave 10 min with cover in Casserole position.
3. Remove meat and set aside. Cook veggies 15 min in Casserole position.
4. Mix meat into veggies. Cook 2 min to reheat meat.

**or pork steak or chops*



Kathy Herrera Briggs



Bacon Bomb

- 1/2 lb ground sausage, your choice
- 1/2 lb ground beef
- 1/4 lb cheese, feta or other, 1/2" thick
- 3/4 lb bacon



1. Mix sausage and beef together.
2. Lay bacon pieces side-by-side, about the width of the MicroPro Grill.
3. Flatten ground meat to just wider than cheese and long enough to wrap around. Lay block of cheese in middle then wrap meat around it, sealing cheese inside the meat. Lay meat-wrapped cheese over the bacon. Bring bacon up and around to cover the meat.
4. Lay "bomb" in MicroPro Grill and place cover in Grill position, pressing cover down to assure it is on the SIDES of the grill and not raised.
5. Microwave 12-15 min. Turn after 6 min then again every 2-3 min until desired doneness is achieved.



Silke Doll

Stuffed Cabbage Leaves

- 1 can tomato soup
- 1/4 cup milk
- 1 lb ground beef
- 1/2 green pepper
- 1/4 onion
- 1 egg
- 8 cabbage leaves without tears
- 1 cup cooked rice
- OPT: shredded cheese



1. Whisk together tomato soup and milk.
2. Chop veggies in Chop N Prep. Add with burger (broken up) to Micro Pro Grill. Microwave 4-5 min with cover in Grill position, drain and chop up; grill 2-3 min more or to desired doneness.



3. Add rice, 2-3 Tbsp soup sauce and salt & pepper. Microwave 1 min more in Casserole position. Place in bowl and wipe out grill with paper towel.
4. Microwave cabbage and 1/2 Tbsp water 3-4 min in grill with cover in Casserole position, enough to steam and wilt it.

5. Divide meat mix into 4ths. Roll in 2 cabbage leaves and secure with wooden toothpicks or string.

6. Place seam side down in grill, 2 at a time. Divide and pour remaining sauce and cheese over cabbage rolls.
7. Microwave 4-5 min in casserole position. Let rest 5 min. Remove for serving and repeat with remaining cabbage rolls.



Alex Lee Barr

Garlic Bacon Avocado Burgers

- 1/2 lb bacon, cook extra crisp and grind finely in Power Chef when cooled*
- 6 cloves garlic, mince in Chop N' Prep
- 1 1/4 lb ground beef
- 1/4 tsp pink Himalayan sea salt
- 3/4 tsp fresh cracked pepper
- 1 avocado, sliced



1. Combine garlic, ground beef and bacon in a Thatsa Bowl with. Sprinkle seasoning over all then combine with your hands until well disbursed.
2. Divide into 1/4 lb sections (1/2 cup each, slightly rounded) and form into burgers in Hamburger Press.
3. Microwave in MicroPro Grill with cover in Grill position to desired doneness. (Time can vary with thickness.)
4. Serve with avocado slices on top of each burger!

5. * Freeze 10 min to make chopping easier.

NOTE: Freeze patties individually for future meals. Defrost or cook from frozen, adding more time. "Whole 30" friendly.



Nadene Copeland



Mini Bacon Meatloaves

1. Place 5-6 slices bacon, folded in half, in MicroPro Grill. Microwave 6 min with cover in Grill position. Drain, repeat with remaining bacon, reducing time to 4-5 min.

- 12 slices bacon
2. In a bowl, combine well then set aside
- 1 3/4 lb lean ground beef
 - 1 onion, minced
 - 2 medium carrots, grated
 - 1 egg, beaten
 - 1 cup Italian seasoned breadcrumbs
 - 1 tsp Worcestershire sauce
3. In a small bowl, combine then set aside
- 1/2 cup ketchup
 - 1 tsp mustard
 - 1 Tbsp brown sugar
4. Divide meat into 12 portions. Form into balls but mash down to 1-1 1/4" high. Wrap a piece of bacon around each and secure with a wooden toothpick.
5. Place several in raised area of Grill. Microwave 6 min with cover in Grill position. Drain drippings. Flip each, add ketchup to top.
6. Microwave 3-4 min with cover in Casserole position. Repeat for remaining meatloaves.



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Onion Ring Cheeseburgers

1. Cut 1/2" slices then separate rings.

- 1 large onion
2. In a bowl, mix together
- 1 lb ground beef
 - 1 tsp salt
 - 1 tsp pepper
 - 1/4 tsp cayenne pepper
 - 1/4 tsp paprika
 - 1/2 tsp garlic powder
3. Press a spoonful of beef into an onion ring. Add 1 square cheese then another spoonful of beef. Flatten. Continue until all rings are filled.
- 1/4 lb cheddar, cut into 1" squares
4. Dip each into flour, eggs, bread crumbs, eggs again, crumbs again.
- 1 1/2 cups flour
 - 4 eggs, beaten
 - 2 cups breadcrumbs
5. Microwave 4 min in MicroPro Grill with cover in Casserole Position. Flip, cook 3 min more until both sides are golden brown.



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BREAD



Cheddar Biscuits Copycat

1. Cut butter into Bisquick and garlic until pea-size.

- 2 1/2 cup Bisquick baking mix
 - 1/4 tsp garlic powder
 - 4 Tbsp cold butter
2. Add, mix by hand until combined, but do not over mix.
- 1 cup sharp cheddar cheese, grated
 - 3/4 cup cold whole milk
3. Drop 9 equal portions into MicroPro Grill.
4. Microwave in Casserole position 6 min or until tops are light brown.
5. Mix and brush over tops of hot biscuits.
- 2 Tbsp butter, melted
 - 1/2 tsp garlic powder
 - 1/4 tsp dried parsley flakes
 - 1 pinch salt



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Pull-Apart Cheddar Ranch Rolls

- 1 can pre-made biscuits, cut each into 6-8 pieces
- 1 cup shredded cheddar cheese
- 1/4 cup chives, chopped
- 1 Tbsp ranch seasoning
- 3 Tbsp butter, melted



1. Mix all ingredients well in your favorite Tupperware bowl. Place loosely in MicroPro Grill.

2. Place cover in Casserole position. Microwave 9 minutes.

NOTE: Check for doneness at 7-8 min then cook as needed.

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CASSEROLE



Sweet Potato Biscuits

1. Combine in a mixing bowl
 - 1 1/4 cups all-purpose flour
 - 1 Tbsp sugar
 - 1 1/2 tsp baking powder
 - 1/2 tsp salt
2. Cut in butter with two forks to form pea-sized chunks.
 - 6 Tbsp unsalted butter, cubed
3. Add and mix until fully incorporated
 - 1/4-1/3 cup milk, as needed
 - 1 cup mashed sweet potato
4. Knead gently on a lightly floured surface. Don't overwork the dough, or biscuits become overly dense and chewy.)
5. Roll out the dough and cut into 2" rounds.
6. Microwave in MicroPro Grill 4-5 min with cover in Casserole position.



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Toasted Breadcrumbs

- 2 or more slices of bread

1. Break up bread in Chop 'N Prep Chef, blend into crumbs.
2. Microwave crumbs in MicroPro Grill 2 min with cover in Grill position. Stir with Silicone Spatula then grill again 2 min.

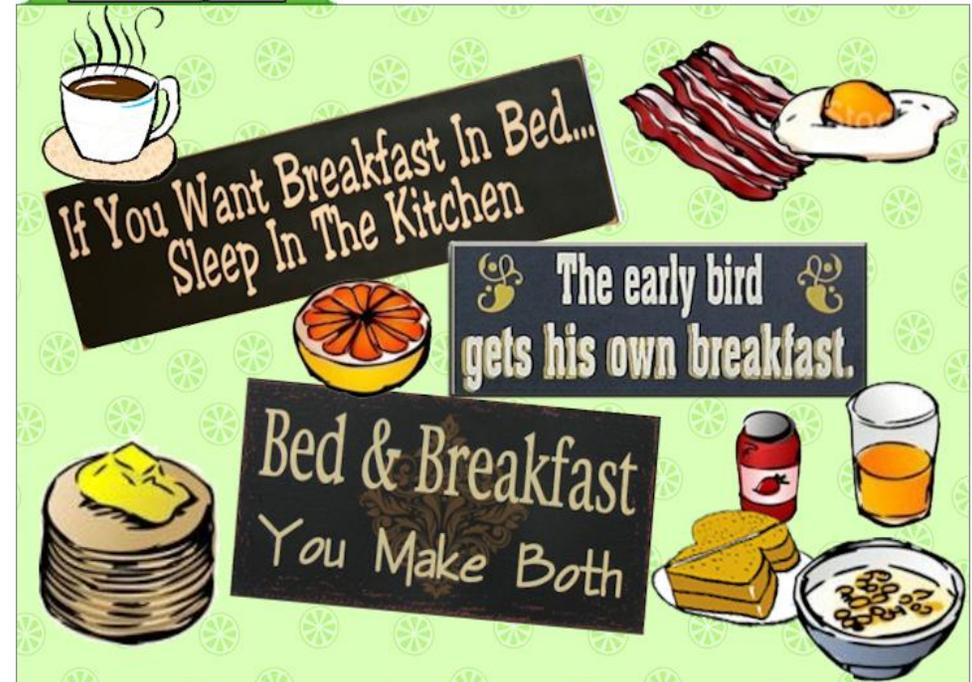


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Jennifer Kelly Bourlon



Breakfast



Baked Oatmeal

- Whisk together in a large bowl
 - 2 cup old-fashioned rolled oats (not instant)
 - 1 cup walnuts or pecans, divided
 - 3/4 cup light brown sugar
 - 1/2 cup raisins
 - 2 tsp cinnamon
 - 1 tsp baking powder
 - 1/2 tsp salt
- Whisk together in a medium bowl
 - 2 cup milk
 - 2 large eggs
 - 1 tsp vanilla extract
 - 4 Tbsp butter or coconut oil, melted but not hot
- Pour egg mixture over dry ingredients, whisk to combine
- Arrange evenly in the MicroPro Grill
 - 2-3 large crisp, sweet apples (Honey Crisp or Gala): peel, core, dice
 - pour oatmeal mixture over the top
- Microwave in Casserole position 10-12 min



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Jane McMichael

Breakfast in Minutes

- 6 slices bacon
- 5 eggs
- Salt & pepper to taste
- 4 slices cheese of choice

- Microwave bacon 3 min in MicroPro Grill with cover in Grill position, flip, grill 3 min more. Cool slightly, chop.
- Mix eggs with seasoning in Quick Chef Pro using beater. Add with chopped bacon to the grill and microwave 2 min in casserole position, stir then cook 3 min more.
- Place cheese slices on top, put lid back on, let sit for cheese to melt.
- Add fruit to complete your delicious breakfast in minutes!



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Arica Mtz Cortes

Breakfast Pizza with Gravy

- 1 pkg crescent rolls or dough
 - 1 pkg white gravy mix
 - 4 scrambled eggs
 - 5 slices crumbled cooked bacon
 - 5 slices diced Canadian bacon
 - 1 cup mozzarella cheese
- Roll out 1/2 can crescents, pinch together seams if needed.
 - Microwave in MicroPro Grill 4 min with cover in Casserole position. Let rest 2 min then flip.
 - Make gravy per pkg, spoon over crust. Top with remaining ingredients.
 - Microwave 3 min more in Casserole position.
- Other topping options: breakfast sausage with cheddar and pepper jack cheeses.*



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CASSEROLE

Breakfast Tater Tot Casserole

- 16 oz (1/2 bag) tater tots, frozen*
 - 1/2-1 lb breakfast sausage
 - 4 eggs, scrambled
 - 1 cup cheddar cheese, grated
 - OPT: 1/2 onion, chop in Chop N Prep
 - OPT: 1 green pepper, chop
- Brown sausage in MicroPro Grill 5-6 min in Grill position with veggies if desired. Drain, set aside and wipe out grill.
 - Microwave tots 10 min in Grill position, stir halfway.
 - Sprinkle sausage over tots. Mix eggs and cheese together then pour over sausage and tots. Microwave 1 1/2 min in Casserole position.
 - Let rest 2-3 minutes before removing cover to let eggs set fully.
- *Substitute hash browns or home fries if you prefer*



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Elizabeth Harrison Gregory

Cinnamon Roll French Toast Roll-Ups

- Cut off bread crusts and flatten each
 - 10 slices sandwich bread
- Combine then spread on each bread slice and roll up
 - 3 Tbsp butter, melted
 - 3 Tbsp brown sugar
 - 2 Tbsp cinnamon
- Combine
 - 3 eggs
 - 1 Tbsp milk
 - 1/2 tsp cinnamon
 - 1/2 tsp vanilla extract
- Dip each roll-up in egg mixture, place in MicroPro Grill.
- Microwave 4 min with cover in Grill position, turn, grill 1-2 min more until golden brown. Serve warm.



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GFV Coconut Pancakes *Gluten-Free*

- Whip until stiff peaks form; set aside
 - 6 egg whites
 - 1 pinch salt
- Whisk together in a different bowl
 - 6 egg yolks
 - 2 Tbsp melted coconut oil
 - 3/4 cup coconut milk
- Add and mix into a smooth batter
 - 1/2 cup coconut flour
 - 1 tsp baking powder
- Fold egg whites into batter. Let sit 5 min.
- Drop into MicroPro Grill as 4 dollar-sized pancakes (1/8 cup ea) or one big one (1/2-2/3 cup), staying on raised area in bottom of grill.
- Microwave 4 min with cover in Casserole position (2 min after 1st ones). Flip. Microwave 2 min more or to desired doneness.
- Serve with melted butter or fresh berries.

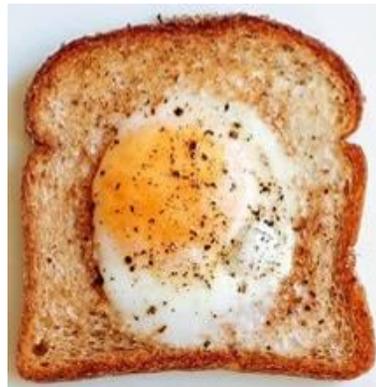


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Egg in a Hole

- Use a biscuit cutter or rim of glass or cup to cut out a hole in the middle of
 - 1 slice of bread
- Butter lightly on both sides
- Microwave 3 min with cut-out piece in MicroPro Grill in Grill position
- Flip. Break into hole
 - 1 egg
- Microwave 2-3 min in Grill position



Also called:

- Egg in a Basket
- Egg in the Middle
- Egg in a Nest
- Holey Eggs

Can also be made in

- Squash
- Bell Peppers
- Waffles
- Pancakes

Tupperware®



French Toast Fruit Roll-Ups

- Cut off bread crusts and flatten each
 - 10 slices sandwich bread
- Spread on bread, add fruit and roll up
 - Peanut butter OR cream cheese
 - Bananas OR strawberries*
- Combine
 - 3 eggs
 - 1 Tbsp milk
 - 1/2 tsp cinnamon
 - 1/2 tsp vanilla extract
- Dip each roll-up in egg mixture, place in MicroPro Grill.
- Microwave 4 min with cover in Grill position, turn, grill 1-2 min more until golden brown. Serve warm.



* or fruit of choice, such as blueberries, mango, pineapple, etc.

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French Toast Sausage Rollups

1. Microwave in MicroPro Grill 6 min in Grill position. Set aside. Wipe out grill.

- 8 – 10 breakfast sausages
2. Trim away crust and flatten
- 8 – 10 slices sandwich bread

3. Whisk together

- 2 eggs
- 1/4 cup milk
- 1/4 tsp ground cinnamon
- Splash of vanilla extract

4. Roll each sausage up in a piece of bread

5. Coat each roll completely in egg mixture and place in MicroPro Grill

6. Microwave 4-5 min in Grill position, turn frequently after 2 min until browned on all sides

7. Serve with for dunking

- Maple syrup



Tupperware®

Healthy Freezer Breakfast Sandwiches

- 6 eggs
- 1/4 cup milk
- 1 1/2 cups spinach, chopped
- 1 1/2 cups broccoli, finely chopped
- 1/2 cup feta, crumbled
- 1/8 tsp salt
- 4 slices havarti (or mozzarella) cheese
- 4 whole wheat English muffins



1. In a large bowl, beat eggs and milk together. Fold in spinach, broccoli, salt and feta.

2. Pour into MicroPro Grill, microwave 4-5 min with cover in Casserole position. Stir. Cook 4-5 min more.

3. When cool, cut into 4 squares; assemble sandwiches with egg and cheese.

STORE sandwiches up to 4 days in fridge or 3 months in freezer.

Variations:

- 3 cups spinach (no broccoli) or
- 1 1/2 cups spinach, 1 1/2 cups sliced mushrooms



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Peanut Butter Jam French Toast Rollups

- Peanut butter
- Jam of your choice
- Bread of your choice
- 2-3 eggs
- Cinnamon-Vanilla seasoning
- OPT: powdered sugar, maple syrup, fruit

1. Use rolling pin to roll slices of bread flat. "Heel" or end pieces of bread work well.

2. Whip eggs in shallow container.

3. Spread desired amount of peanut butter & jam on each slice of bread, roll (secure with wooden toothpick if needed), dip in egg until well coated then lay in MicroPro Grill.

4. Microwave 2 min with cover in Grill position. Flip 1/2 turn then cook 2 min. Flip to any area that isn't grilled and cook 1 min more.

5. Serve with desired toppings.



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Jami Fuller

Perfect French Toast Secrets

Here are a few not-so-secret secrets:

- thicker slices of bread work better than thinner for absorbing batter
- lightly toast thick slices of bread before dipping in batter to prevent sogginess



Toppings:

- butter and syrup
- powdered sugar
- fruit
- whipped cream and fruit
- there's no wrong way to top your toast!

1. Use any favorite batter.

2. Microwave 3 min* in MicroPro Grill with cover in Casserole position.

3. Flip then grill 1-2 min longer to desired doneness. *In hot grill, do 1 1/2 to 2 min.



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Spicy Sausage Squares

- 1 lb hot sausage
- 1 (8 oz) pkg cream cheese, room temp
- 1/2 cup water
- 2 (8 oz) pkg Pillsbury crescent rolls
- 2 cups shredded sharp Cheddar (8 oz)



1. Break up sausage in MicroPro Grill. Microwave 4 min with cover in Grill position. Drain drippings, break up more, grill 3 min. Drain, place cooked sausage in bowl, wipe out grill.
2. Mix cream cheese into sausage, add water to thin slightly if needed.
3. Place 1/2 of 1 pkg of crescent rolls in bottom of grill, press seams together. Spread half of sausage mixture over dough then 1 cup of cheese. Place other half of rolls over all, leaving seams as they are.
4. Microwave 6-8 min with cover in Casserole position, until top is golden brown. Repeat for 2nd batch.
5. Cut into squares to serve.

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Bacon & Cheese Hashbrown Casserole

1. Microwave bacon 5 min with cover in Grill position. Flip, drain liquid and add veggies. Cook 3-6 min more. Cool slightly after then crumble or chop bacon.

- 2-3 slices bacon, cooked and chopped
- 1/2 cup onions diced
- 1/2 tsp garlic diced



2. Mix with veggies and spread in grill
 - 1 can cream of chicken soup
 - 1 can cheddar cheese soup
 - 1/2 cup half & half
 - 1/2 cup cheddar grated
 - black pepper to taste
 - 2/3 bag frozen hashbrowns

3. Top with cheese and bacon
 - 1/3 cup grated cheddar

4. Microwave 10-12 minutes in Casserole position, check at 6 min.

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Sue Brimmer



CASSEROLES



Cheesy Bacon Tater Tot Pie

- 1 bag frozen Tater Tots
- 4 slices bacon
- 1 cup shredded cheddar cheese
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 2 Tbsp Sriracha
- Chopped fresh chives, for topping



1. Fold bacon slices in half to fit in MicroPro Grill. Microwave 6-8 min with cover in Grill position until crispy, flip halfway. Cool slightly then crumble or chop.

2. Place a layer of tater tots in Grill. Microwave 6 min in Grill position, flip, grill 3-4 min more. Top with cheese and bacon, microwave 2-3 min in Casserole position to melt cheese.

3. Combine sour cream, mayo and Sriracha in Power Chef. Drizzle over tots and sprinkle with chives.

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Cheesy Potato Casserole

- Mix together and spread evenly in MicroPro Grill
 - 1/2 bag shredded hash browns, thaw
 - 1 can cream of celery or onion soup
 - 1/2 cup sour cream
 - 2/3-1 cup shredded cheddar cheese
 - Salt and pepper as desired
- Mix together
 - 1 cup cornflake crumbs
 - 2 Tbsp butter
- Top casserole with more cheese then crumb mixture
 - 1/2-1 cup shredded cheese
- Microwave 10 min with cover in Casserole position



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Rachel Chisholm



Green Bean Casserole

- Mix together, place in MicroPro Grill
 - 14.5 oz can French style green beans*
 - 10.5 oz cream of mushroom soup
 - 1/4 cup sour cream
 - 1 tsp Worcestershire sauce
- Sprinkle evenly on top
 - 1 cup mozzarella cheese, shredded
 - 1 cup French fried onions**
- Microwave 12 min with cover in Casserole position.



* *drain liquid from beans*

** *OPTIONAL: substitute crushed BBQ potato chips*



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Rachel Chisholm



Hot Chicken Salad Casserole

- Place in a large bowl.
 - 3 cups chicken cooked, shred or chop
 - 1 cup sharp cheddar cheese, grated
 - 1 cup celery, finely chopped
 - 1/4 cup bacon, cook and crumble
- In a small bowl, whisk together
 - 1 1/4 cups mayonnaise
 - 1 Tbsp dry ranch mix
 - 1/2 Tbsp lemon juice
 - 1 tsp Worcestershire sauce
 - 1/2 tsp onion powder
 - Kosher salt and freshly ground pepper, to taste
- Stir ranch mixture into chicken, place in MicroPro Grill. Top with
 - 1 cup potato chips, slightly crushed
- Microwave 10-12 min with cover in Casserole position until mixture is hot and bubbly and cheese is melted.



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Loaded Cauliflower Casserole

- 4 cups cauliflower in bite size pcs
 - 5-6 strips bacon, cooked, crumbled
 - 6 Tbsp chopped chives
 - 1/3 cup mayonnaise
 - 1/3 cup sour cream
 - 2 cups cheddar cheese shredded
 - OPT: 8 oz sliced mushrooms
- Place cauliflower in MicroPro Grill. Microwave 6 min with cover in Grill position. Stir, grill 2 min more.
 - Mix in a large bowl: mayo, sour cream, 1/2 of bacon, 3 Tbsp chives, 1 cup cheese and mushrooms. Stir in cauliflower.
 - Place all in grill, top with remaining cheese and bacon.
 - Microwave 5-6 min with cover in Casserole position. Top with remaining chives and serve.



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Sloppy Joe Tater Tot Casserole

1. Microwave 4 min in MicroPro Grill with cover in Grill position.

Drain, stir, grill 2-3 min more

- 1 lb ground beef, break up
- 3 cloves garlic, mince
- Kosher salt and freshly ground pepper

2. In a medium bowl, whisk together

- 1 8-oz can tomato sauce
- 1/2 cup ketchup
- 2 Tbsp Worcestershire sauce
- 1 1/2 Tbsp brown sugar
- 1 Tbsp Dijon mustard
- 1 tsp onion powder
- 1 tsp garlic powder
- OPT: 1/4 tsp red pepper flakes

3. Mix with sauce into beef

- 1 15-oz can pinto beans, rinsed and drained

4. Top with 1 cup cheese, tater tots then 1/2 cup cheese

- 1 16-oz bag tater tots thawed
- 1 1/2 cups sharp cheddar cheese

5. Microwave 10-12 min in Casserole position.



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Chicken



30 Minute Chicken and Dumplings

1. Season chicken. Microwave 15 min in MicroPro Grill with cover in Grill position, flip halfway. Cut into pieces.

- 10 frozen chicken tenderloins
- 1 tsp Mrs Dash
- 1 tsp garlic salt

2. Cut each in quarters

- 1 can Grands butter biscuits

3. Mix in Mix n Stor pitcher

- 1 can cream of chicken soup
- 1 can cream of broccoli soup
- 1 pint half & half
- 2 cups 2% milk

4. Combine in 3-Qt Casserole of Stack Cooker with soup mixture, chicken, and biscuits

- 1 bag mixed frozen vegetables

5. Cook covered 10 min at 50% power. Let rest 5 min.

6. May be thickened with mixed flour and cold water.



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Jody Pieves

Balsamic Herb Chicken

1. Combine on a plate

- 1/2 tsp garlic powder
- 1/2 tsp coarse kosher salt
- 1/4 tsp ground black pepper
- 2 Tbsp all-purpose flour

2. Dredge chicken in flour, shake off excess

- 12 oz chicken breast, butterflied

3. Microwave 5 min in MicroPro™ Grill with cover in grill position.

4. Stir together and set aside

- 1/4 cup heavy cream
- 1/2 tsp baking soda

5. Combine in Quick Shake® container

- 1/4 cup chicken stock
- 2 Tbsp balsamic vinegar
- 1 Tbsp cornstarch

6. Flip chicken, add both mixtures and stir to combine.

7. Microwave 5 min in Casserole position

8. Chop in Chop 'N Prep™ Chef

- 1 Tbsp fresh sage
- 1 Tbsp fresh thyme
- 1 Tbsp fresh rosemary

9. Stir in chopped herbs. Serve warm.

If desired, stir in cooked pasta.



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BBQ Popcorn Chicken

- 2 chicken breasts
- 1 cup BBQ sauce
- 6 cups BBQ-flavored chips



1. Cut chicken breasts into bite-size pcs. Place in a bowl, stir in BBQ sauce.
2. Crush chips and place in a large bowl. Add chicken. Seal bowl and shake to coat.
3. Place chicken in single layer in MicroPro Grill.
4. Microwave 4 min in Casserole position. Flip pieces, microwave 2-3 min in Grill position or to desired doneness.
5. Enjoy with a side of ranch dressing or your favorite sauce!

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BEST Chicken Marinade

- 1 1/2 lb chicken
- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic or other vinegar
- 1/8 cup soy sauce
- 1/8 cup Worcestershire sauce
- 2 Tbsp lemon juice
- 1/3 cup brown sugar
- 1 tsp dried rosemary
- 1 Tbsp Dijon or Spicy Brown mustard
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp garlic powder



1. Combine marinade ingredients*, place with chicken in Season Serve.
2. Marinate 1/2 to 4 hr or more.
3. Grill chicken in MicroPro Grill according to its size and thickness and amount of crispness desired.

*OPT: Remove 1/2 cup marinade, bring to boil, then simmer until slightly reduced for sauce to go on top of chicken.

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Chicago Chicken

- 4 chicken breasts
1. Marinate 4-8 hrs.
 2. GRILL in MicroPro Grill to desired doneness, according to size and thickness. Check every few minutes, flip, repeat.



MARINADE

- OLIVE OIL ¼ CUP
- LEMON JUICE ¼ CUP
- OREGANO 1 TBSP
- GARLIC 3 TBSP
- JALAPENO 3 TBSP
- SALT & PEPPER



Tupperware®



Chicken Parmesan

- 2 eggs, beaten
 - 2 cup Italian bread crumbs
 - 4 small chicken breasts or boneless thighs, slice or pound to 1" thick
 - 2 cups mozzarella, shredded
 - 1/4 cup parmesan
 - 2 cups marinara
1. Dip chicken in egg then crumbs.
 2. Microwave 8 min in MicroPro Grill with cover in GRILL position.
 3. Flip chicken pieces then
 - a. Sprinkle 1 cup mozzarella & parmesan over chicken
 - b. Pour marinara around and over all
 - c. Sprinkle 1 cup mozzarella over all
 4. Microwave 7 min more in Casserole position until bubbly



Tupperware®



Michael Mastronardi



Coconut Chicken Tenders

- 1/2 cup cornstarch or arrowroot
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tsp cayenne pepper
- 3 large eggs, lightly beaten
- 3-4 cups coconut flakes, sweetened or unsweetened
- 3-4 chicken breasts, cut into chunks



1. Mix cornstarch and seasonings in a shallow bowl.
2. Place beaten eggs in a 2nd bowl and coconut in a 3rd.
3. Dip and coat chicken well with cornstarch then eggs then coconut.
4. Place chicken pcs in a single layer in MicroPro Grill in raised area only, not in the lower drainage area around the sides.
5. Microwave 6 min with cover in Grill position. Drain any liquid then grill 4-6 min more. Repeat with remaining chicken.
6. Serve with your favorite dip or to top a green salad.



Jana Drake Tornga



Creamy Grilled Chicken

1. Place in MicroPro Grill.
 - 1 1/2 lb chicken breasts, diced
2. Combine in a small bowl
 - 1 cup mayo OR plain Greek yogurt
 - 3/4 cup shredded Parmesan cheese
 - 1 tsp seasoned salt
 - 1/2 tsp ground black pepper
 - 1 tsp garlic powder
3. Spread mixture evenly on top of chicken.
4. Sprinkle on top of mayo mixture
 - 1/4 cup shredded Parmesan cheese
5. Microwave 10-12 min with cover in Casserole position.
6. Serve over rice or pasta of your choice.



Doritos Chicken Tenders

- 1 cup nacho cheese Doritos, crush
- 1/2 cup mayonnaise
- 2 chicken breasts, cut in small strips



1. Toast Doritos crumbs in MicroPro Grill 2 min with cover in Grill position (to preheat grill).
2. Coat chicken pieces in mayonnaise then roll in Doritos crumbs.
3. Microwave chicken 5-6 min in Grill position. Flip, grill 2-3 min more to desired doneness. Repeat for remain chicken pieces.



Favorite Buffalo Wings

WINGS

1. Pat dry with paper towels
 - 3 lb chicken wings, separate at the joints
2. Place in large bowl and shake to mix
 - 3/4 cup flour
 - 1 tsp cayenne pepper
 - 1 tsp paprika
 - 1 tsp table salt
 - 1 tsp ground black pepper
 - 1/2 tsp crushed red pepper flakes
3. Add wings, seal, toss well coated. Chill on a baking sheet, at least 1 hr

SAUCE

4. Whisk until combined. Set aside until wings are done chilling.
 - 1/2 cup hot sauce (Frank's Louisiana Hot Sauce)
 - 4 Tbsp unsalted butter
 - 2 Tbsp Tabasco sauce or to taste
 - 1 Tbsp dark brown sugar
 - 2 tsp cider vinegar

LET'S COOK!

5. Dip wings into sauce, place in preheated* MicroPro Grill in single layer
6. Microwave 6-8 min in Grill position until no longer pink in the center
7. Repeat until all wings are cooked.

*Preheat 2 min with 1 slice bread



Green Goddess Tossed Cobb Salad

- 4 slices uncooked bacon
- 2 4-oz skinless chicken breasts
- 3 cups chopped romaine
- 1/2 cup shredded kale
- 2 cups loosely packed arugula
- 1 avocado, diced
- 1 large tomato, diced
- 1/4 cup thinly sliced red onion
- 2 hard cooked eggs, diced
- 4 artichoke hearts, diced
- 2 cups cooked green beans, chopped



1. Microwave bacon 3 min in MicroPro™ Grill with cover in grill position. Flip, grill 3 min more. Drain bacon on paper towels, let cool then crumble.
2. Microwave chicken breasts 5 min in grill position. Flip, grill 5 min more.
3. Remove chicken, sprinkle with salt and pepper to taste; cut in 1/2" pcs.
4. In a large bowl toss bacon and chicken with remaining ingredients.



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Grilled Lemon Chicken

- 4 small chicken breasts
- 2 Tbsp lemon juice
- 2 tsp olive oil
- 1 clove garlic
- 1/2 tsp dried oregano
- Pinch cayenne



1. Combine all in Jr Season-Serve® and marinate 20 min or up to 6 hrs in the frig.
2. Microwave 5 min in MicroPro Grill with cover in Grill position. Flip, grill 4-5 min more.



Tupperware®

Ruth Schmidt

Grilled Chicken and Vegetable Panzanella

- 4 1" slices Italian or sourdough bread
- 4 Tbsp unsalted butter
- 1 garlic clove, peel
- 2 4-oz boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 green bell pepper, seed and chop
- 1 red bell pepper, seed and chop
- 1 yellow onion, chop roughly
- 1 large tomato, chop
- 2 cups chopped Romaine or mixed greens
- 1 bunch Italian flat-leaf parsley, chop roughly
- Shaved Parmesan cheese
- 1/2 cup favorite Italian dressing



1. Butter each side of bread. Microwave 2 min in MicroPro™ Grill with cover in grill position. Flip, grill 1 min. Remove and rub bread with whole garlic clove, set aside.
2. Microwave chicken 6 min in grill position. Flip, grill 3 min or until internal temp is 165° F. Remove, sprinkle with salt and pepper, set aside 2 min. Cut chicken into 1/2" cubes.
3. Microwave peppers, onion and tomato 8 min with cover in grill position.
4. Cut bread into bite-sized cubes, combine with all veggies and dressing. Garnish with Parmesan.



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Hasselback Pizza Chicken

- 2 4-oz chicken breasts
- Pizza sauce
- Mushroom slices
- Ham and salami
- mozzarella, shredded
- Italian or pizza seasoning or oregano



1. Make cuts along chicken breasts about 1/2" apart and 3/4 of the way through WITHOUT cutting all the way through.
2. Place two breasts in MicroPro Grill and stuff each slit with pizza sauce and your favorite toppings. Top with shredded cheese and desired seasonings.
3. Microwave 10-12 min with cover in Casserole position.



GRILL CASSEROLE
Tupperware®

Val Brightman



Hasselback Chicken Choices 1

4 4-oz chicken breast halves. Stuff with cheese, other and seasonings.

Recipe	Cheese	Other	Seasonings
	Cajun Pepper jack slices	1/2 cup cooked spinach	1/2 Tbsp Cajun seasoning
	Pizza Mozzarella slices Top: cheddar	Salami or pepperoni Pizza sauce	1 tsp oregano
	Ham & Cheese Any kind, 1" x 2" strips	4 oz deli-sliced ham	Seasoned Salt black pepper
	Buffalo Cheddar slices Top: blue cheese	Browned potato slices	Buffalo sauce
	Barbecue Cheddar slices	2 slices cooked bacon	2 Tbsp barbecue spice

Microwave 10 min in MicroPro Grill
in **CASSEROLE** position.

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Hasselback Chicken Choices 2

4 4-oz chicken breast halves. Mix "Other" & "Seasonings" then stuff.

Recipe	Cheese	Other	Seasonings
	Mediterranean Mozzarella slices	4 sliced sun-dried tomatoes 4 Tbsp fresh pesto	Handful basil leaves
	Fajita 4 oz cheddar, shredded	1/2 onion; 1/2 ea yellow, red, green bell peppers	2 Tbsp fajita spice 3 Tbsp salsa
	Creamy Bacon 1/2 cup cream cheese	4 slices bacon 2 green onion	
	Spinach & Artichoke 1/4 cup cream cheese 1/3 cup mozzarella	1 cup fresh spinach 1/2 cup artichoke hearts	1 tsp garlic powder
	Basil & Red Pesto 1/4 cup mozzarella	2 Tbsp red pesto handful basil	

Microwave 10 min in MicroPro Grill
in **CASSEROLE** position.

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Honey Garlic Chicken

- Season chicken as desired
 - 4 chicken thighs, with or without skin
 - garlic powder
 - salt and pepper
- Place skin side up in MicroPro Grill. Microwave 6 min with cover in Grill position; turn, grill 6 min more.
- Chop in chopper of your choice
 - 6 garlic cloves
- Mix together in med bowl with garlic for sauce
 - 1/3 cup honey
 - 1/4 cup water or stock
 - 2 Tbsp rice wine vinegar
 - 2 Tbsp soy sauce
- Add chicken to sauce, stir well and coat using silicone spatula
- Place chicken back in grill with cover in Casserole position. Microwave 3 min; spoon liquid over chicken, cook 3 min more.
- Set chicken aside. Pour liquid into small saucepan and boil on stove top until thickened.
- Put chicken back in grill with cover in Casserole position, microwave another 2 min. Leave it in the grill to stay warm while sauce thickens.



Tupperware® *Allison MacGregor Keller*



Italian Chicken and Veggies

- 2 chicken breasts
- Italian dressing
- Handful of spinach
- 1 cup broccoli florets
- 1 cup cauliflower florets

- Cut chicken to bite-sized pieces. Place in MicroPro Grill, drizzle dressing over all.
- Microwave 8-10 min with cover in Grill position. Stir then grill 5 min more or to desired doneness.
- Add veggies and additional dressing if desired. Grill 5 min more or until veggies are to your liking.



GRILL
Tupperware®

Julianna Marie



Italian Turkey Burgers

- 1 lb ground turkey breast
- 1 Tbsp Italian Herb Seasoning
- 1 cup shredded mozzarella cheese
- 1 egg, lightly beaten
- 1/4 cup Italian or plain breadcrumbs



1. Combine ingredients, make 4 patties.
2. Microwave 2 patties for 8 min in MicroPro Grill with cover in Grill position. Flip halfway.
3. Since grill is hot, cook other patties 6 min in Grill position. Flip halfway.



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Olive Garden Chicken

- 1 1/2 lb chicken breasts or cutlets
- 8 oz Olive Garden Italian dressing
- 1/4 cup grated parmesan cheese
- 1 tsp lemon juice
- 1 Tbsp Italian seasoning
- Salt and pepper, to taste



1. Place chicken in MicroPro Grill.
2. Whisk together dressing, cheese, juice and seasonings. Pour over chicken, flip chicken to coat well.
3. Microwave 10 min with cover in Grill position for crispy chicken or Casserole position for baked chicken.
4. Serve chicken with a salad or side of rice or pasta.



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Jalapeño Popper Stuffed Bacon Chicken

1. Cut open (do not cut in half), carefully de-seed. Keep shape and stem intact.

- 8 jalapeños
2. Slice REALLY thin to roll easily, or pound flat
- 8 thin slices of chicken breast



3. Mix filling

- 6 oz cream cheese
- 1/4 cup sour cream
- 2 tsp ranch dressing powder
- 1 1/2 tsp Italian Herb Seasoning
- Salt and pepper, to taste

4. Fill peppers. Wrap with chicken then 1 slice bacon around each one. Seal with a toothpick.

- 8 slices bacon

5. Place in MicroPro Grill and microwave 12-15 min in Grill position, turn as needed to crisp bacon all around.



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Oven Fried Chicken in the Grill

- 2 lbs boneless chicken pcs
- 2/3 cup baking mix (like Bisquick)
- 1 1/2 tsp paprika
- 1 1/4 tsp salt
- 1/4 tsp pepper
- 2 T butter



1. Mix together baking mix and seasonings.
2. Dip chicken pieces in mixture and place in MicroPro Grill.
3. Place small pieces of butter on top of each piece of chicken.
4. Microwave 5 min with cover in Casserole position. Flip chicken pcs, cook 3 min more.



Tupperware®

Allison MacGregor Keller

Parmesan-Crusted Chicken

- 2 large chicken breasts, pounded to 1/2" thick
- 2 Tbsp sour cream
- 2 Tbsp whole-grain (or stone ground) mustard. *Substitute: Dijon mustard*
- 1/2 tsp paprika
- 2 Tbsp grated Parmigiano-Reggiano cheese. *Substitute: Parmesan cheese*
- 2 Tbsp Panko breadcrumbs



1. In a bowl, combine sour cream, mustard and paprika. Coat chicken well on both sides.
2. Microwave chicken 4 min in MicroPro Grill with cover in Grill position.
3. Combine cheese and breadcrumbs in a small bowl.
4. Flip chicken and sprinkle Parmesan mixture over top.
5. Grill 3 min more or until chicken is cooked. If desired, season with salt and pepper after grilling.
6. Good served with buttered green beans and rice pilaf.



Tupperware®

Ruth Schmidt



Pizza Stuffed Chicken Breast

- 4 chicken breasts
- pizza sauce
- turkey pepperoni
- shredded cheese
- garlic herb seasoning
- wooden toothpicks



1. Pound chicken breasts fairly thin.
2. Spread on pizza sauce, a layer of pepperoni, then sprinkle with cheese.
3. Roll, then hold together with wooden toothpicks. Add seasoning.
4. Place in MicroPro Grill, microwave 12 min in Casserole position.



Tupperware®

Jo Anne Dixon



Prosciutto Turkey Burgers

- 1 Tbsp bread crumbs
- 1/4 lb ground turkey
- 1 slice mozzarella
- 1 piece prosciutto
- 1 hamburger bun, toast if desired
- 2 Tbsp pesto
- OPT: 1/4 avocado, sliced
- OPT: 2-3 slices onions and pepper
- OPT: spinach



1. Mix turkey and bread crumbs. Shape patty around the cheese. Wrap with the prosciutto.
2. Microwave 5-6 min in MicroPro Grill with cover in Grill position - FLIP midway. Flip and grill another 2-3 min or to desired doneness.
3. Spread pesto sauce on each side of bun. Add optional avocado, onions, peppers and spinach

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Quick 'n Easy Chicken Pot Pie

- 1 pkg of 2 9" pie crusts
- 1 can cream of chicken soup
- 2 cans white meat chicken*, drained
- 12-16 oz frozen vegetables**
- 1/2 cup cheddar cheese, grated



1. Form 1 pie crust to the bottom of the MicroPro Grill, trim extra above the edges.
2. In a large bowl, mix other ingredients. Pour into pie crust.
3. Place 2nd pie crust on top, pinch to the bottom one then trim. Cut slits in top to vent steam.
4. Microwave with cover in Casserole position 9-12 min. Let rest 5 min.

**or 1 1/2 lb chicken breast, cooked, cut up; **shown with peppers /onions mix*



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Allen Dale-Tackett



Quick Chicken a la King

- 1 Tbsp butter or oil
- 1/4 cup shredded carrots
- 1/4 cup chopped onion
- OPT: 1/2 cup chopped mushrooms
- 1/2 cup frozen peas
- 1 can cream of mushroom soup
- 1/2 cup milk
- 1 1/2 cups cooked chicken breasts, cubed or shredded
- 3-4 cups hot cooked rice of choice



1. Place butter, carrots, onion and mushrooms in MicroPro Grill. Microwave 3 min with cover in Grill position.
2. Stir in peas, soup, milk and chicken, microwave 4-5 min in Casserole position until hot and bubbling.
3. Serve over hot rice or mix them together.

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Sun Dried Tomato, Spinach & Cheese Stuffed Chicken

- 2 6-oz small chicken breasts
- 1/2 cup sun dried tomato in oil, cut in strips
- 4 slices mozzarella cheese
- Handful of spinach leaves

1. Whisk together dressing in a bowl
 - 1 Tbsp Dijon Mustard
 - 1 Tbsp white wine vinegar or lemon juice
 - 1/2 tsp sugar, any
 - 2 tsp olive oil
 - 1/2 tsp Italian herbs
 - 1/2 tsp red pepper flakes
 - Salt & pepper
2. Butterfly chicken: slice as to cut in half, but not all the way through.
3. Coat chicken with dressing. Layer on half of each breast: tomato, cheese then spinach. Fold to close, push toothpicks in at diagonal over opening.
4. Microwave 6 min in MicroPro Grill with cover in Grill position (rearrange chicken as needed to keep cover horizontal). Flip, grill 3-5 min to desired doneness. Rest 3 min before serving.



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Salsa Chicken

- 2 chicken breasts, cut in half lengthwise
- 1 cup thick salsa
- 1 lime, juice of
- 3/4 cup Mozzarella cheese, grated
- OPT: low-fat sour cream



1. Place chicken in single layer in MicroPro Grill.
2. Add lime juice to salsa, pour over chicken.
3. Microwave 5 min with cover in Casserole position. Flip chicken, cook 3 min in Grill position.
4. Spoon some of the salsa up over the pieces of chicken.
5. Sprinkle cheese over chicken and cook 2 min in Casserole position.
6. Serve hot, with a little low-fat sour cream if desired.

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Teriyaki Chicken

1. In MicroPro Grill, microwave chicken pcs 4 min with cover In Grill position. Flip with tongs then grill another 4 min.

- 1 large chicken breast
 - 2 thighs
2. Put in Quick Shake & shake to mix
 - 1/2 cup soy sauce
 - 1/4 cup apple cider vinegar
 - 3/4 cup brown sugar
 - 1/2 cup honey
 - 1 tsp ginger
 - 1 tps garlic
 - 2 Tbsp corn starch
 3. Pour sauce over cooked chicken in the grill and microwave 1 min more in grill position.
 4. Serve with rice and pineapple if desired.
 - OPT: pineapple for garnish



Tupperware®

Heather Jo Wheeler



Versatile Chicken Quinoa Salad

- 3 cups cooked quinoa
- 1 lb chicken breasts
- 1 cup broccoli florets
- 1 cup cabbage, shredded
- 1/2 cup carrots, shredded
- 1/2 cup blue cheese crumbles
- 1/2 cup green onions, chopped
- Salt and pepper, to taste



Dressing: mix in a small bowl

- 1/4 cup olive oil
- 3/4 cup buffalo hot sauce or sauce of your choice*
- 1 tsp onion powder

1. Microwave chicken 6 min with cover in Grill position. Shred in Power Chef.
2. Microwave broccoli 4-6 min in Grill position to desired doneness.
3. Cook chicken and broccoli with 1/2 of dressing 3-4 min in Casserole position.
4. Combine ingredients, garnish with bleu cheese and green onions.

* or BBQ, Teriyaki, Thai, salsa, etc.

Tupperware®



Apple Crisp 🍏

Apple Filling

- 6 cups apples
- 3/4 cup sugar *
- 1 tbsp lemon juice
- 1 tbsp cinnamon

Topping

- 1/2 cup flour
- 3/4 cup quick oats
- 1/2 cup brown sugar
- 1 tsp cinnamon
- 1/3 cup butter

*less for sweet apples

12-15 min

Casserole position



Tupperware®

Angela Lynn Pysker



Baked Fruit-Filled Pears

- Bosc Pears
- Blueberries, blackberries or raspberries
- Pecans chopped
- Nutmeg
- Cinnamon
- Honey



1. Cut pears in half, scoop out core. Slice back to create a flat surface.
2. Fill with fruit of choice. Sprinkle/drizzle top with remaining ingredients.
3. Microwave 5-7 min in MicroPro Grill with cover in Casserole position.

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Blueberry Crumble

1. Stir together. Pour into MicroPro Grill.

- 4 cups frozen blueberries
- 1/4 cup all-purpose flour
- 1/4 cup granulated sugar
- 1 Tbsp lemon juice

2. **Crumble Topping:** Mix together, sprinkle over berries.

- 1 stick unsalted butter, melted
- 3/4 cup all-purpose flour
- 1/2 cup brown sugar
- 3/4 cup rolled oats
- 1 tsp vanilla extract

3. Microwave 15 min with cover in Casserole position. Let cool 5 min to thicken slightly. Serve warm.



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Photos by Sue Brimmer



Cake Mix Cookies

Cream Cheese Cookies

- 1 box cake mix, any flavor
- 8 oz cream cheese, room temp
- 1/4 cup butter, room temp
- 1 large egg
- 1 tsp vanilla extract
- 1-2 cups chips, candy, nuts, etc

1. Cream together butter and cream cheese. Add egg and vanilla; blend.
2. Stir in cake mix a little at a time, then add any chips, candy or nuts.

1. Drop 1" balls of dough into MicroPro Grill, leave 2" between each.
2. Microwave 4 min with cover in Casserole position. Check for doneness and microwave longer as desired. For next batch, cook 3 min



Strawberry Cookies

- 1 box strawberry cake mix*
- 1 tsp baking powder
- 2 eggs
- 1/3 cup vegetable oil
- 1/2 tsp vanilla extract
- 2 cups milk chocolate chips

1. Combine cake mix, baking powder, eggs, oil and vanilla. Blend well.
2. Fold in chips.
* or any flavor you choose



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Brownie Perfection

- 1 box brownie mix
- 2 eggs
- 2 Tbsp water
- 1/3 cup oil

1. Combine ingredients and spread in MicroPro Grill*.

2. Microwave 11 min at 80% power with cover in Casserole position. Check for doneness with a toothpick.

* Do not preheat the grill.



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Sarah & Rich Brynteson



Caramel Apple Crisp

- 2 granny smith apples, peel and dice
- 1/2 cup caramel sauce
- 1/2 tsp cinnamon vanilla blend
- 1 Tbsp butter
- 2/3 cup flour
- 1/2 cup packed brown sugar
- 2/3 cup oats

1. Mix caramel and cinnamon vanilla seasoning in a bowl. Stir in apples. Pour into Micro Pro Grill

2. Mix flour, brown sugar, and butter in the Power Chef until it looks like crumbs. Mix in oats. Pour over apples and flatten with a spatula

3. Microwave 15 min cover in casserole setting.



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Ashley Moira Blank



Caramel Snickerdoodle Bombs

- 2 cans of 8 crescent rolls, cut each triangle in half
- 1 bag of caramel candies
- 1/2 cup sugar
- 1 Tbsp Cinnamon-Vanilla Seasoning



1. Mix together cinnamon and sugar.
2. Roll crescent dough around caramel to form ball
3. Roll ball in cinnamon and sugar mix
4. Microwave balls 4 min in MicroPro Grill with cover in Casserole position. Flip all, cook 3 min more.

NOTE: To reheat and soften caramel, microwave 25 seconds on power 3 (30%)



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Sandy Yamamoto



Chocolate Cherry Heaven

Tastes like chocolate covered cherries!

- 1-16 oz pkg frozen pitted dark sweet cherries
- 1-18 oz box Ghirardelli Double Chocolate Brownie Mix (or any brand but not more than 18 oz)
- 1/2 cup bittersweet chocolate chips
- 1 tsp almond extract



1. Pour frozen cherries into base of MicroPro Grill.
2. Make brownie mix per pkg instructions, adding almond extract to liquid ingredients. Stir in chocolate chips.
3. Pour batter evenly over cherries, smooth top with spatula.
4. Microwave 18-20 min with cover in Casserole position.
5. Remove from microwave, remove cover and let cool 15 min. Serve warm with vanilla ice cream or whipped cream.

CASSEROLE

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Chef Mike McCurdy



Chef Mike's Pumpkin Soufflé

1. Mix in a bowl until well-blended
 - 1 15oz can pumpkin purée* (NOT pie filling)
 - 1 egg
 - 1/2 stick unsalted butter, melted
 - 1/2 cup sugar
 - 1 tsp Cinnamon Vanilla Seasoning
 - OPT: 1/4 tsp ground cloves
2. Microwave in MicroPro Grill with cover in Casserole position on full power for 10 min



Pecan Crumble Topping

1. In Power Chef®, pull string 3-4 times to blend
 - 1/3 cup all-purpose flour
 - 1/2 cup brown sugar, packed (light or dark)
2. Add and pull string a few times just until crumbly - not a ball
3. Transfer to a small mixing bowl, gently fold in pecans, don't overmix
 - 1/2 stick COLD unsalted butter, cut into cubes
 - 1/2 cup pecans, toasted and roughly chopped
4. Evenly sprinkle topping over cooked soufflé. Replace cover in Casserole position, cook 5-7 min until topping is golden and somewhat melted.
5. Allow to rest 10 min before serving (topping will harden/solidify)



* OPT: Substitute a 15oz can sweet potato/yam purée

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Chef Mike McCurdy



Chocolate Chip Cookie Bars

- 2 cup flour
- 1 tsp baking soda
- 1/2 tsp salt
- 3/4 cup unsalted butter, softened
- 1/2 cup sugar
- 3/4 cup packed light-brown sugar
- 1 large egg
- 2 tsp vanilla extract
- 1 1/2 cup chocolate chips



1. Mix together flour, baking soda and salt.
2. In a separate bowl, mix together butter and sugars then beat in egg and vanilla. Slowly add flour mixture. Fold in chips.
3. Press into Micro Pro Grill. Set cover in Casserole position. Microwave for 12 minutes.

The thickness of this cookie makes it crispy on the outside, and gooey on the inside...mmmmm!!!

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Elena DeBeau



Chocolate Croissant Bread Pudding

1. Place into Power Chef®, process until well mixed. Remove paddle.

- 2 Tbsp butter, room temp
- 1/4 cup sugar
- 1 egg
- 3/4 cup whipping cream*
- 1 tsp Cinnamon Vanilla Seasoning



2. Tear into bite size pieces, add to liquid

- 3 large or 6 small butter croissant rolls (deli style)
 - Mash down to absorb liquid. Let rest 10 minutes



3. Pour into MicroPro Grill, spread to edges. Sprinkle top with

- 1/4 cup dark chocolate chips**

4. Microwave on high in Casserole position 6-8 min. Check at 6 min then 1 min increments until it begins to look slightly dry on the edges.

5. Allow to sit covered 5-10 min before serving.

* or 1 Tbsp butter and 3/4 cup milk

** or small chunks chopped from bar

Note: might be able to double and still fit in pan



Tupperware® *Allison MacGregor Keller*

Gluten-Free Apple Crumble

1. Stir together in MicroPro Grill

- 5 apples, peel; slice or dice*
- 1/2 cup applesauce
- 1 Tbsp apple juice
- 1/2 tsp cinnamon
- 1/8 cup sugar



2. Microwave 4 min with cover in Casserole position. Uncover, cool 5 min

3. Mix together, pour over apples

- 1 1/4 cup gluten-free yellow cake mix
- 2 Tbsp butter, cut into small pcs
- 1/2 tsp cinnamon

4. Microwave 5 min with cover in Grill position.

* to consistent size for even cooking



Tupperware® *Maggie Daniels*

Dessert Taquitos

1. Mix together in a shallow plate

- 1/2 cup sugar
- 1 tsp cinnamon

2. Prepare taquitos:

- 1 can (20 oz) pie filling, any flavor
- 8-12 medium soft flour tortillas
 - ✧ Lay a tortilla flat
 - ✧ Place 2-3 Tbsp filling in middle
 - ✧ Roll like an egg roll



3. Brush with butter then roll in sugar/cinnamon mixture

- 1/4 cup unsalted butter, melted

4. Place in MicroPro Grill. Repeat with remaining taquitos

5. Microwave in Grill position 6 min.

6. Remove from Grill and drizzle with

- Caramel ice cream topping with apple pie filling
- Chocolate sauce with cherry pie filling



Tupperware® *Valerie Propati Smith*

Grilled Bananas Foster

- 2 Tbsp brown sugar
- 2 Tbsp butter, melted
- 1/8 tsp kosher salt
- 1/4 tsp ground cinnamon
- 2 bananas, peeled

1. Mix all but bananas until combined.

2. Slice bananas in 1/4" rounds or strips.

Fold into sugar mixture until coated.

3. Microwave 3 min in MicroPro Grill with cover in Grill position. Serve warm with granola, oatmeal or ice cream.



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Grilled Pineapple With Toasted Coconut

- 4 fresh pineapple rings, 1/2" thick
- 1/2 cup toasted coconut

1. Roll edges of pineapple in toasted coconut.
2. Microwave slices 3 min in MicroPro Grill with cover in Grill position.
3. Flip slices grill 2 min more.
4. Garnish with remaining coconut.



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MicroPro Grill Apple Pie

- 5-6 spy or granny smith apples*
- 1/2 lemon zested and squeezed
- 1/2 cup sugar
- 1 tsp cinnamon
- 1-2 Tbsp flour
- 1 pkg refrigerator pie crust (2 9" crusts)
- 1 tsp butter, melted or milk for the crust

1. Peel and slice apples. Mix in a bowl with zest and juice. Mix in sugar, cinnamon and flour.
2. Place bottom crust in MicroPro Grill. Add apple mixture. Top with 2nd pie crust and crimp edges. Brush on melted butter or milk...sprinkle with cinnamon and sugar.
3. Microwave 15-20 min with cover in Casserole position. Let rest 10 min, sauce will thicken.
4. Top with real whipping cream: whip with Whip N Prep 20 sec
 - 1/2 pint whipping cream
 - 2 heaping Tbsp Powdered Sugar
 - Splash of vanilla



*sliced thin with mandolin set on #2

CASSEROLE

Tupperware® Alex Lee Barr



Grilled Stuffed Apple Rings

- 1 large apple, cored
- 3 Tbsp quick cook oats
- 1 Tbsp finely chopped walnuts
- 3 Tbsp minced dried dates
- 1/4 tsp ground cinnamon
- 1/8 tsp kosher salt
- 1 Tbsp brown sugar
- 2 Tbsp melted butter

1. Slice apple into 4 equal rings. Place in single layer in MicroPro Grill, microwave 3 min with cover in Grill position.
2. In a small bowl, stir together remaining ingredients. Spoon into center of each apple ring and gently press filling with the back of spoon.
3. Microwave 3 min with cover in Grill position. Serve warm.



Tupperware® Photo by Sue Brimmer



Mint Chocolate Pudding Cookies



- 1 cup sugar
- 1/2 cup butter, softened (1 stick)
- 1 egg
- 1/2 cup sour cream
- 1 small box instant vanilla pudding
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips*

1. Cream together sugar and butter in Power Chef. Add egg, sour cream and pudding mix.
2. In a medium bowl, combine flour, salt & baking soda. Add creamed mixture & combine. Add mint extract and food coloring for desired color.
3. Add in chocolate chips.
4. Drop 1" balls of dough in MicroPro Grill, 4 at a time.
5. Microwave 4 min with cover in Casserole position. For next batches, cook 3 min.

* or any combination with mint chips or crumbled Andes



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Mom's Apple Cake

1. In a large bowl, mix dry ingredients
 - 2/3 cup flour
 - 1/3 cup sugar
 - 1/4 cup brown sugar
 - 1/8 tsp Salt
 - 1/2 tsp + pinch of cinnamon
2. In a second bowl, mix liquid ingredients
 - 1 egg
 - 1/2 tsp vanilla
 - 1/3 cup oil
3. Add the liquid ingredients to the dry, then stir in
 - 2 apples peeled, cored and chopped

This is a very dense mixture, don't be put off by texture
4. Spread evenly in the MicroPro Grill and sprinkle on top if desired
 - OPT: chopped nuts
5. Microwave 16 min with cover in casserole position.



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Rachel Chisholm



Mulled Cider Poached Pears

- 2 pears, peeled and cored
 - 1 cup apple cider
 - 3 orange slices
 - 2 Tbsp mulling spices
1. Cut pears in half lengthwise.
 2. Place pears cut side down in MicroPro Grill. Add other ingredients.
 3. Microwave 6 min with cover in Grill position.
 4. Serve warm or at room temp.



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Strawberry Oatmeal Crumb Bars

1. In a medium bowl, use a pastry cutter or forks to work until pea sized and crumbly
 - 1 1/2 cup all purpose flour
 - 1/2 cup granulated sugar
 - 1/4 tsp salt
 - 1/2 tsp baking powder
 - 3/4 cup old fashioned oats
 - 1/2 cup cold unsalted butter, cubed
 - 1 egg white

✧ Set aside 3/4 cup for topping, press the rest into the MicroPro Grill.
2. Toss until sugar is absorbed
 - 1 1/2-2 cup strawberries, hulled and quartered
 - 1/4 cup granulated sugar
 - 1 Tbsp cornstarch
3. Spread evenly over crust then sprinkle on topping.
4. Microwave 11 min with the cover in Casserole position. Time is approximate, so check for desired doneness.



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Cyri Johnson Eidsmoe



Strawberry Shortcake

1. Chop in Power Chef with blades to 1/4" pcs then spread in base of MicroPro Grill
 - 12 fresh strawberries, green tops removed
 - 1 tsp granulated sugar
 - 1/8 tsp kosher salt
2. Blend in Power Chef with paddle
 - 1 Tbsp butter, melted
 - 1/2 cup granulated sugar
3. Add and blend, about 20 pulls
 - 1 small egg
 - 1/4 cup heavy cream
 - 2 Tbsp plain yogurt
 - 2 tsp vanilla extract
 - 1/4 tsp baking soda
 - 1/4 tsp baking powder
4. Add and blend, about 20 pulls
 - 1/2 cup all-purpose flour
5. Spread and smooth batter over strawberries, not necessarily out to edges.
6. Microwave 10 min with cover in Casserole position. Remove cover, let rest 5 min before serving with whipped cream.



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OPT: use any fruit desired, blueberries, pineapple, cherries etc



Green Chile, Egg and Ham Crustless Quiche

- 1 small sweet onion, diced
- 1 Tbsp olive or coconut oil
- 8 eggs
- 1 cup cheddar cheese shredded
- 1 cup cottage cheese
- 1 cup chopped ham or bacon, cooked
- 1 cup chopped green chile, roasted and peeled
- 1/4 tsp fresh ground pepper



1. Microwave onion and oil 5 min in MicroPro Grill with cover in Grill position.
2. Mix remaining ingredients in a bowl, add onion then place in grill.
3. Microwave 10-12 min with cover in Casserole position. Check for doneness with toothpick (comes out clean).
4. Top with cheese and cook 3 min more
 - 1/2 cup cheddar cheese shredded

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Crustless Zucchini Quiche

- 2 medium zucchini, grate
- 1 small sweet onion, chop
- 15 oz ricotta cheese
- 3 eggs
- 1 cup mozzarella shredded
- 1 Tbsp butter
- dash black pepper
- 1/2 tsp dried basil
- 1/2 tsp dried oregano



1. Microwave zucchini and onion in butter 5 min with cover in Grill position.
2. Beat remaining ingredients together in Power Chef with beater then fold into veggies.
3. Microwave 10 min with cover in Casserole position. Test for doneness with a toothpick (comes out clean when done). Cook 2-3 min more or to desired doneness.

CASSEROLE
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Kellie Stuart



Ham & Swiss Crustless Quiche

1. Mix together
 - 8 large eggs
 - 1 pkg seasoning mix of choice*
 - 1 tsp garlic pepper or garlic powder
 - 1/2 cup sour cream
2. Add
 - 1 cup potatoes, diced frozen
 - 1 8-oz pkg diced ham
 - 1 cup Swiss cheese shredded



3. Microwave 15 min in MicroPro Grill with cover in Casserole position. Check for doneness with toothpick (comes out clean).
4. Top with cheese and cook 3 min more
 - 1/2 cup Swiss cheese shredded

* Artichoke & Spinach, Ranch, Italian, etc

CASSEROLE
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Missy Walker



Italian



Cheese Manicotti

1. Cook in pasta maker per pkg directions then drain and let cool
 - 7 manicotti noodles
2. Mix together in a bowl
 - 1/3 cup ricotta cheese
 - 1/3 cup cottage cheese (optional)
 - 1 egg
 - 2 Tbsp parsley
 - OPT: any desired seasoning
3. Fill noodles with the cheese mixture using a piping bag or spoon.
4. Pour thin layer of sauce in bottom of MicroPro Grill, add 5 filled noodles across middle then one on each side. Pour more sauce over noodles.
 - 1 jar your favorite spaghetti sauce
5. Microwave 15 min with cover in Casserole position.
6. Sprinkle on top, microwave until starting to brown, 3-4 min
 - 2/3 cup shredded mozzarella cheese



Tupperware® Hannah Prince



Baked Ziti Alfredo

- 2 cups dry penne or ziti pasta, cooked about 1/2 of a 16 oz box
- 1 cup mozzarella, shredded
- 1/3 cup Asiago cheese*, shredded
- 2 cups spinach
- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 1 cup half & half
- 1/2 tsp kosher salt
- 1/4 tsp pepper
- 1 tsp Italian seasoning
- 1/2 cup feta or mozzarella for top



1. Chop spinach, garlic and oil in Power Chef.
2. Stir all together then pour into the MicroPro Grill. Sprinkle additional cheese on top.
3. Microwave 10-12 min. Let rest a few min before serving.

* or Parmesan can be used

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Easiest Cauliflower Pizza Crust

- ▲ 2 cups cauliflower, grated finely
- ▲ 2 eggs
- ▲ 2 cups mozzarella

1. Mix together to form dough.
2. Place half in MicroPro Grill and press out with hands to make a THIN crust.
3. Microwave 5 min with cover in Casserole position (lets more steam out)
4. Use paper towel to blot out moisture in grill and cover. Microwave 3 min in Grill position
5. Carefully flip crust, microwave 2-3 min or to desired brownness.
6. Add sauce, mozzarella, other toppings as desired. Microwave 2-3 min in Casserole position to melt cheese.



REMINDER: Use ONLY PLASTIC utensils in the grill.

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Easy Baked Ravioli

- 1/3-1/2 pkg mini ravioli
- 10-12 meatballs, frozen or raw
- 1 1/2 cups sauce, heated
- 1 1/2-2 cups cheese grated



1. Cook ravioli in the pasta maker per instructions. Drain.

2. Microwave meatballs 5 min with cover in Grill position. Turn, grill 5 min more.

3. Stir sauce into meatballs. Microwave 3 min.

4. Add cooked ravioli then cheese. Microwave 5 min in casserole position.

5. Serve with Tupperware serving spoon.



Rosalee Schmidt



Low Carb (Keto) Pizza & Crust

Crust

1. Blend well in Power Chef® with paddle

- 1 egg (beat by itself first)
- 4 oz cream cheese, room temp
- 1/8 cup grated parmesan cheese
- 1/2 tsp garlic powder
- 1/8 tsp ground black pepper

2. Spread in MicroPro Grill. Microwave 7 min with cover in Casserole position. Let rest 5 min.



Toppings

3. Spread sauce on crust, add cheese and toppings.

- 1/4 cup pizza sauce
- 3/4 cup shredded mozzarella cheese
- toppings as desired pepperoni, ham, sausage, mushrooms, bell pepper, onion, mushrooms, garlic powder, Italian Herb Seasoning, etc

4. Microwave 4 min in Casserole position.



Amy Elizabeth Corpas



DEMO

French Bread Pizza Party

- 6 whole deli rolls or crusty Italian rolls
- Marinara, pizza or pesto sauce
- 2 lb mozzarella cheese, grated
- Grated parmesan cheese
- 1/2 lb sausage (breakfast or Italian)
- Pepperoni slices
- Canadian bacon slices
- 1 whole onion
- Black olives sliced
- Roma tomatoes, sliced
- Pineapple chunks
- Italian seasoning



OPT: sliced bell peppers, various cheeses, pepperoncini, jalapeno slices, diced red onion, any other pizza topping you'd like!

1. Select toppings desired for party. Prep everything up to where it's ready for demos with the Power Chef, Master Grater and Mandolin.

2. Before party, fill serving center with toppings that won't be in the demo.

3. Cook sausage if desired as part of demo (6 min in Grill position).

4. For ROLLS: cut in half, microwave 3-4 min in Grill position to lightly toast.

5. Cut rolls in half again, let guests add desired toppings.

6. Microwave 2-3 min in Casserole position to melt cheese.



Mini Pepper Pizzas

- 4 bell peppers
- 1/2 cup pizza sauce
- 2 cup shredded mozzarella
- 1/2 cup finely grated Parmesan
- 1/3 cup mini pepperoni
- OPT: 1 Tbsp chopped parsley

1. Cut bottom and top off peppers then cut into quarters or thirds, in the middle of the flat areas on the sides. Place in one layer in raised area of MicroPro Grill.

2. Spoon sauce onto each pepper. Sprinkle with cheeses and top with pepperoni.

3. Microwave 6-8 min with cover in Casserole position until peppers are crisp-tender and cheese is melted. Repeat for remaining peppers, reducing time by 1 1/2 to 2 min after 1st batch.

4. Garnish with parsley.



Pepperoni Pizza Bread

- 1 can crescent dough sheet
- 1 cup shredded mozzarella cheese
- 40 slices pepperoni
- 1 egg
- 1 Tbsp grated Parmesan cheese
- 3/4 tsp Italian seasoning



1. Unroll dough and spread out evenly. Sprinkle mozzarella over it, leave 1/2" border around edges.
2. Place pepperoni in rows over cheese. Fold short ends up over edge of pepperoni. Starting at long end, roll dough, pinching to seal.
3. Cut in HALF and place side-by-side in MicroPro Grill.
4. Mix egg with 1 Tbsp water. Brush over dough (discard leftover).
5. Mix Parmesan cheese and seasoning. Sprinkle evenly over dough.
6. Microwave 6 min with cover in Casserole position or until golden brown.
7. Cut into 2" pieces; serve with pizza or marinara sauce for dipping.

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Perfect Personal Pizza

- 1 mini pizza crust (6–7½")
- 4–5 sun dried tomatoes
- 2–3 Tbsp pizza sauce
- 2–3 leaves fresh basil, chop roughly
- 6–8 mushroom slices
- 1 cup shredded mozzarella
- TOPPINGS: pepperoni, sausage, onions, peppers etc.



1. Microwave mushroom slices 4–5 min in MicroPro Grill with cover in grill position.
2. Place crust in Grill, add sauce and other ingredients.
3. Microwave 8–10 min with cover in Casserole position until cheese is melted and bottom has browned.
4. Let rest 5 min, remove from pan and cut.

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Pizza Crust in a Bowl

- 1 3/4 cup flour*
- 3/4 tsp baking powder
- 3/4 tsp baking soda
- 2 Tbsp sugar
- 1/4 tsp salt
- 1/2 cup cheddar cheese - shredded
- 1/4 cup olive oil or melted butter**
- 2/3 cup hot water
- Pepper to taste



1. Put the ingredients IN ORDER in a Thatsa® Jr bowl (12 cup or less).
2. Seal, burp, and shake til ball forms: shake side-to-side first then twist/flip. Have FUN! Divide dough in half.
3. Roll out flat or pat into MicroPro Grill with silicon spatula
4. Add desired toppings
5. Microwave 6–7 min with cover in Casserole position

* or Self-Rising Flour - DO NOT use baking powder or soda
** Butter is a little sweeter than olive oil

Tupperware® *Retro Recipe*



Pizza Crust Yeast Dough

1. Combine and let sit 5 min
 - 1 cup warm water
 - 2 Tbsp sugar
 - 1 Tbsp yeast
2. Mix together, add to liquid
 - 2 cup flour
 - 1 tsp salt
 - 2 Tbsp Italian Herb Seasoning
3. Shape into ball, coat with oil, cover and let rise 1–2 hr until double
4. Punch down, divide in half, cover, let rest 15 min
5. Flatten dough, brush with oil, pierce with fork.
6. Place in MicroPro Grill, go up sides just a little. Add toppings.
7. Microwave in Casserole position
 - Thin crust: 6–7 min (1/2 of recipe)
 - Thicker crust: 10–12 min or to desired doneness



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Sherry Ashberger



Pull Apart Pizza Bread

- 1 pkg refrigerated pizza crust, cut into bites*
- 1 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 an 8-oz pkg pepperoni minis
- 1/3 cup pizza sauce
- 1 Tbsp Italian Seasoning
- 1/4 tsp garlic powder



3. Mix all ingredients well in your favorite Tupperware bowl. Place loosely in MicroPro Grill.

4. Place cover in Casserole position. Microwave 9 minutes. NOTE: Check for doneness at 7-8 min then cook as needed.

5. Use a plastic spatula to remove to a serving plate and ENJOY!

* or biscuits cut into eighths -- smaller pieces cook better in the grill



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Quick Pizza Methods

1. CHOOSE the crust of your choice.
2. Add your favorite toppings.
3. Microwave in the MicroPro Grill with cover in Casserole position.



Any fresh dough or bread rolls
Add toppings
6-7 min each
Leighana Wing
Laura Orozco



6-7 1/2" mini pizza crust
Add toppings
8- 10 minutes
Paula Price
Jenny Brown Welker



1/2 can crescent dough
Sprinkle Italian Seasoning
Cook crust 4 min. Rest 2
Flip. Add toppings
Cook 3 min more
Joyce Seitz

NOTE: Quick FROZEN pizzas: try 6-8 min.



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Ravioli Lasagna

- 8 oz mozzarella cheese
- 24 oz spaghetti sauce
- 1 bag frozen ravioli*

1. Shred cheese with Grate Master.
2. Spread a layer of sauce (3/4 cup) in the MicroPro Grill. Sprinkle with cheese (1/2 cup) then add a layer of raviolis. Repeat layer. Top with remaining cheese.



3. Microwave 15-20 min with cover in Casserole position. Check occasionally and cook to desired doneness.

* Vegetarian: use cheese ravioli



CASSEROLE
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Alex Lee Barr

Spaghetti Carbonara Royale

- 4-6 slices bacon
- 3/4 lb spaghetti
- 1-2 cups mushrooms, slice
- 1-2 large garlic cloves, mince
- 2 plum tomatoes, chop
- 2 large eggs
- 1/3 cup heavy cream
- 1/4 tsp grated nutmeg
- 1/4 tsp salt & 1/8 tsp pepper
- 1/4 cup grated Parmesan
- OPT: 1/2 red bell pepper, chop



1. Microwave bacon 6-7 min in MicroPro Grill with cover in Grill position, flip halfway. Set aside and chop when cooled.
2. Microwave mushrooms, garlic and pepper in Grill position 3-4 min. Stir, add tomatoes and microwave 2 min more in Casserole position.
3. Cook spaghetti in Pasta Maker 12-15 min until al dente. Drain.
4. In Quick Shake, combine eggs, cream, nutmeg, salt and pepper.
5. Using tongs, stir in egg mixture then bacon and vegetables.
6. Serve right away, top with extra Parmesan.

GRILL CASSEROLE
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Spaghetti Squash Lasagna

- 1 medium spaghetti squash, cut in half, remove seeds
- 2 pc Texas Garlic Toast, frozen
- 1/3 pkg Broccoli slaw or spinach
- 2-3 links Italian sausage
- 1 - 1 1/2 cup Ragu pasta sauce
- 1 8-oz pkg mozzarella pearls
- Italian Herb Seasoning to taste



1. Microwave squash halves 8 min face down in UltraPro 2-Qt Square Pan.
2. Let cool slightly, use a fork to pull strands out of both halves. Squeeze liquid out with paper towels.

3. Microwave toast 3 min in MicroPro Grill with cover in Grill position.
4. Open up sausage into Grill, add slaw, cook 4 min in Grill position, stir, then grill 3 min more.

5. In Thatsa Bowl, mix squash, 1/2 of cheese, pasta sauce and seasoning. Add to grill.

6. Cook 4 min. Add remaining cheese, replace cover, let rest for cheese to melt.



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Joyce Seitz

Authentic Carne Asada

- 2 limes, juiced
- 4 cloves garlic, crushed
- 1/2 cup orange juice
- 1 cup chopped fresh cilantro
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup olive oil
- 1 jalapeno, minced
- 2 Tbsp white vinegar
- 2 lb flank steak



1. Combine all ingredients in Season Serve. Refrigerate at least 2 hours, or overnight, turn occasionally.

2. Place meat in MicroPro Grill, microwave 6 min with cover in Grill position. Flip, grill 2-3 min more or to desired doneness.

3. Let rest 10 min. To serve, remove and slice against the grain.



GRILL
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MEXICAN



Baked Tacos

- 1 1/2 lb ground turkey, broken up
- 1/2 can Rotel tomatoes
- 1 pkg taco seasoning
- 1/2 cup water
- Shredded cheese
- 12 taco shells, your preference



1. Microwave turkey and tomatoes 4 min in MicroPro Grill with cover in grill position. Stir then grill 4 more min. Place cover in casserole position to drain liquid.

2. Add taco seasoning and water and stir. Add as much as or as little cheese as you want.

3. Microwave 2 min in casserole position.

4. Spoon into taco shells or use Tupperware Rocker Scoop for perfect portions.



GRILL CASSEROLE
Tupperware®

Cassandra Reed



Chicken Bacon Avocado Burritos

- Mix together
 - 2 cups chicken, cooked & shredded
 - 4 slices bacon, cooked & crumbled
 - 1 cup Mexican blend cheese
 - 1 avocado diced
 - 2 Tbsp cilantro, chopped
- Spread 2 Tbsp sour cream on tortilla
 - 4 large tortillas
 - 1/2 cup sour cream
- Add 1/4 of chicken mixture. Fold in sides then roll into a burrito or spread mixture out on 1/2 of tortilla and fold in half for a quesadilla.
- Microwave in MicroPro Grill 4 min in Grill position (2 min after grill is warm). Flip. Grill 2 min more or to desired doneness.



Leighana Wing



Chicken Quesadillas

- 1 chorizo sausage, slice or break up
- 1 chicken breast, slice in strips lengthwise
- 1 sweet bell pepper
- 1/2 tsp coarse kosher salt
- 1/4 tsp black pepper
- 1 cup shredded cheese
- 4-6 6" tortillas



- Season chicken with salt and pepper, center in MicroPro™ Grill, add chorizo and pepper.
- Microwave with cover in Grill position at 70% power 7 min* or until chicken is no longer pink in center. Using oven mitts, drain excess liquid (place cover in casserole position, hold tightly, pour from side). Remove all and slice chicken into bite-sized pieces.
- Fill a tortilla with meats, peppers and cheese. Fold in half and grill 2 at a time or place another tortilla on top for 1 whole flat one. With cover in casserole position, microwave on high power 4 min or until cheese is melted and tortilla is browned on top.

* Tested in a 900W microwave. Adjust as needed.

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Pam Callahan



Corn Chip Taco Casserole

- 1 lb ground beef
- 1/2 yellow onion, chop in Chop 'N Prep
- Salt and pepper, to taste
- 2 Tbsp taco seasoning
- 1 cup salsa or enchilada sauce
- 1 4-oz can mild diced green chiles
 - 1 cup refried beans
 - 1 cup cooked rice
 - 1 cup Mexican blend cheese
 - 2 cup corn chips, divided



- Break up ground beef in MicroPro Grill, sprinkle in chopped onion. Microwave 5-6 min with cover in Grill position. Drain drippings.
- Stir in salt, pepper and taco seasoning. Stir in salsa and chiles.
- Microwave in Casserole position 2 min.
- Stir in rice and beans. Microwave in Casserole position 3 min.
- Stir. Top with 1 cup chips and cheese. Microwave in Casserole position 2 min.
- Serve hot with remaining chips

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Easy Mexican Casserole

- 1 1/2 cups cooked chicken, dice or shred
- 1 1/2 cups cooked rice or quinoa
- 1 can corn, drained
- 1 can petite diced tomatoes, NOT drained
- 1 can diced green chiles, NOT drained
- 1 cup taco or enchilada sauce
- 1 cup shredded Mexican blend cheese reserve 1/2 to sprinkle on top



Toppings: guacamole, sour cream, diced avocado, chopped green onion, halved grape tomatoes, sliced olives

- Mix ingredients in MicroPro Grill. Top with reserved cheese.
- Microwave 6-7 min with cover in Casserole position.
- Serve and garnish as desired.

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Fajitas in 7 Minutes

1. Cut into strips
 - 2 chicken breasts
 - 1 green pepper
 - 1 red pepper
 - 1 onion
2. Add to Season Serve then marinate 4 hr with
 - fajita seasoning
 - taco seasoning
3. Spread evenly in Micro Pro Grill. Microwave 5 min in grill position, stir, grill 2 min more



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Melissa Helgeson

Grilled Chicken Chimichangas

- 2 cups cooked chicken
- 1 cup salsa
- 1/4 cup green onion
- 1 tsp cumin
- 1/2 tsp oregano
- 1 cup cheddar
- 4 flour tortillas

1. Mix together all ingredients except tortillas.
2. Place 1/4 of mixture on a tortilla, fold in sides then roll. Place in MicroPro Grill. Repeat.
3. Microwave 6 min with cover in Casserole position. Turn, microwave 2 min with cover in Grill position. Turn and grill 2 min more.



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Fish Tacos

- 2 8-oz Mahi fillets
- 2 tsp Southwest chipotle seasoning
- 1-2 tsp extra virgin olive oil
- Tortillas

Suggested toppings

- 1/2 cup cilantro, chop
- 1/4 red onion, chop
- 1 avocado, dice
- 4-5 radishes, chop finely
- 2 limes, cut into wedges



1. Rub seasoning onto Mahi fillets and drizzle with oil.
2. Microwave in MicroPro Grill with cover in grill position 3-4 min until opaque all the way through
3. Break into bite size pieces for tacos. Top as desired.



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Homemade Crunchwraps

- 6 burrito size flour tortillas
- 6 tostada shells*
- 1 cup sour cream
- 2 cup shredded lettuce
- 1 tomato, chop in Power Chef®
- 1 cup shredded cheese
- Nacho cheese
- OPT: hot sauce



1. In MicroPro Grill in Grill position, cook 6 min. Remove meat, wipe out grill.
 - 1 lb ground meat, broken up
 - 1 Tbsp Southwest Chipotle Seasoning
 - 1 onion, chop in Power Chef®
2. Add in this order to each large tortilla: 1/2 cup meat, nacho cheese, 1 tostada, sour cream, tomato, shredded lettuce, grated cheese, hot sauce.
3. Fold tortilla up around all. Grill 3 min or until golden brown. Makes 6.

**Substitute Cheetos® for tostada shells for a Cheetos® Crunchwrap!*



Tupperware®

Rachael Figueroa

Homemade Tortillas

- 2 cups all-purpose flour
- 1/2 tsp salt
- 3/4 cup water
- 3 Tbsp olive oil



1. In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water to achieve a smooth dough. Let rest for 10 min.
2. Divide dough into eight portions. On a lightly floured surface, roll each into a 7" circle.
3. Microwave in MicroPro Grill for 3 min with cover in Casserole position. Flip, cook in grill position 1 min more. Additional tortillas are 1 min in Casserole position, flip, 1 min in Grill position.
4. Keep warm. Yield: 8 tortillas.



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Jalapeño Cheese Crisps

- 1 cup finely shredded Parmesan
- 1/2 cup shredded cheddar
- 1 jalapeño, sliced thinly
- 4 slices bacon, cook and crumble
- Freshly ground black pepper



1. Spoon 1 Tbsp Parmesan into raised area of MicroPro Grill. Top with 1/2 Tbsp cheddar. Carefully pat cheese down flat then place a jalapeño slice on top. Sprinkle with bacon and a generous amount of pepper over each mound.
2. Microwave 4-6 min with cover in Grill position until crispy and golden. Time varies with how much cheese is used and how thick each crisp is.
3. Serve at room temperature.



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Impossible Taco Pie

- 1 lb ground beef, break up
- 1/2 large onion, chop
- 1 small can green chiles, drain
- 2 Tbsp taco seasoning
- 2 eggs
- 1 cup milk
- 1/2 cup Bisquick
- 1 cup shredded cheese
- Salsa
- Sour cream



1. Brown meat with onion in MicroPro Grill 6 min with cover in Grill position. Drain liquid. Stir in seasoning and chiles. Sprinkle 1/2 cup cheese over all.
2. Mix eggs, milk and Bisquick in Quick Shake. Pour over all.
3. Microwave 12 min with cover in Casserole position.
4. Sprinkle 1/2 cup cheese over all. Microwave 3 min. Let rest 5 min before serving with salsa, sour cream any other favorite toppings.



Tupperware®

Elena DeBeau

Layered Doritos Casserole

1. Microwave 4 min in MicroPro Grill with cover in Grill position. Drain, grill 2 min
 - 1 lb lean ground beef, broken up
 - 1 onion, diced
 - 1 clove garlic, minced
2. Add, cook 3 min with cover in Casserole position
 - 1 cup salsa
 - 2 Tbsp taco seasoning
3. Mix in bowl with beef mixture
 - 1 cup sour cream
 - 1 can cream of chicken or mushroom soup
 - 1/2 of 8-oz bag shredded cheese, Tex Mex or cheddar
4. Layer in grill: 1/2 of chips, beef mixture, remaining chips and cheese.
 - 1 (family size) bag Doritos, any flavor, slightly crushed
5. Microwave 7-8 min with cover in Casserole position
6. OPT: Serve with lettuce, tomato, olives and sour cream



GRILL CASSEROLE
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Kathy Herrera Briggs



Ranch & Chile Chicken Enchiladas

- 4 10" flour tortillas warmed
- 2 cups shredded chicken
- 1 1/2 cups shredded Mexican cheese
- 1/2 cup ranch dressing
- 1/4 cup sour cream
- 2 Tbsp diced green chiles
- 19 oz enchilada sauce



1. Combine chicken, 3/4 cup cheese, dressing, sour cream and green chiles. Divide mixture and roll in tortillas.
2. Place tortillas seam side down in MicroPro Grill. Spoon enchilada sauce over top and sprinkle on remaining cheese.
3. Microwave 5-6 min with cover in Casserole position.



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Stuffed Poblano Peppers

- 1 lb ground meat, beef or turkey
- 1 box Spanish rice
- 3 poblano peppers, cut in half (remove seeds for mild flavor, leave in for HOT!)
- Mexican blend cheese, shredded

1. Brown meat in Stack Cooker 6 min.
2. Cook rice in Rice Maker 10 min. Let it rest 15 min.
3. Microwave 3 pepper halves for 6 min in MicroPro Grill with cover in Grill position. Flip, cook 2 min. Grill remaining halves 4 min, flip, then 2 min.
4. Mix meat with half of rice then stuff peppers with it.
5. Place stuffed peppers in grill, top with Mexican blend cheese. Microwave 2 min with cover in Casserole position until heated through and cheese melts.



GRILL
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Elizabeth Harrison Gregory

Santa Fe Chicken

1. Place in MicroPro Grill and stir well
 - 1 15-oz can black beans, drain, rinse
 - 2 cups frozen corn kernels
 - 1 1/2 cups salsa
 - 1 4-oz can green chilies
2. Season both sides of chicken, lay in grill, and press down to bottom
 - 4 small chicken breast halves (1 lb)
 - Salt and pepper
 - 4 tsp taco seasoning
3. Microwave 6 min in Grill position. Flip chicken, grill 3-4 min more.
4. Add on top of chicken
 - 1 cup Mexican cheese blend, shredded
5. Microwave 2-3 min in Casserole position to melt cheese.



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GRILL
CASSEROLE

Black Bean & Pepper Jack Taquitos

1. Blend in Power Chef® until thoroughly combined
 - 4 oz cream cheese, room temperature
 - 1 Tbsp Southwest Chipotle Seasoning
 - 1 cup pepper jack cheese, shredded
 - 2 green onions, slice thinly
 - 1/4 cup cilantro, chop in Chop 'N Prep™
2. Place 2-3 Tbsp into each tortilla with 1 Tbsp beans and roll tightly to form taquito.
 - 1 can black beans, rinse
 - 12 small flour tortillas
3. Place taquitos in MicroPro Grill in grill position and cook 5 min. No butter is needed, but can be added for flavor.
4. Serve warm with salsa.



GRILL
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Buffalo Chicken Taquitos

- 1 1/2 lb chicken breasts, cut in strips
- 1 8-oz pkg cream cheese, softened
- 1 cup shredded cheddar cheese
- 1/4 cup buffalo wing sauce
- 1/4 cup ranch dressing
- 12 small (7-inch) flour tortillas
- Garnish: sliced green onions



1. Microwave chicken 6-8 min in MicroPro Grill with cover in Grill position. Let cool slightly then slice or shred.

2. Combine chicken, cheeses, wing sauce and dressing in a bowl.

3. Place 1/3 cup mixture in each tortilla, roll up and place in grill with seam down.

4. Microwave 4-5 min with cover in Grill position, turn and grill 1-2 min or to desired doneness.

5. Garnish, if desired.

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Cherry Cheesecake Taquitos

- 6 6" flour tortillas
- 8 oz cream cheese-softened
- 1 Tbsp sugar
- 1 tsp vanilla extract
- 1 1/2 cups cherries from cherry pie filling
- 1/2 stick butter
- 1 Tbsp cinnamon
- 1/2 cup sugar



1. Mix cream cheese, sugar and vanilla. Divide and spread on lower 1/3 of all tortillas.

2. Remove cherries from pie filling, eliminating extra sauce. Place 2 heaping Tbsp of cherries over cream cheese on each tortilla. Roll tightly but keep cherries in a ways from ends.

3. Place taquitos seam side down in raised area of MicroPro Grill. Microwave 4-5 min with cover in Grill position, turn and grill 1-2 min or to desired doneness.

4. Melt butter in shallow dish long enough to accommodate taquitos. Mix cinnamon and sugar in separate shallow dish.

5. Roll each taquito in butter then sugar mixture.

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Chicken and Cream Cheese Taquitos

- 3 cup cooked chicken
- 6 oz cream cheese, softened
- 1/3 cup sour cream
- 1/2 cup salsa
- 1 1/2 cup fresh spinach, chopped
- 1 1/2 cup Colby jack cheese, shredded
- Corn tortillas



1. Spoon onto about 1/2 of ea corn tortilla and roll tightly. Place in MicroPro Grill in raised area only.

2. Microwave 5-6 minutes with cover in Grill position.

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Chicken Taco Taquitos

- 2 chicken breasts, cubed
- 2 Tbsp taco seasoning
- 1/2 cup frozen corn
- 1/2 cup refried beans
- 1/2 cup salsa
- 1 cup cheddar shredded
- 2 Tbsp cilantro
- 12 6" flour tortillas



1. In MicroPro Grill sprinkle chicken with taco seasoning. Microwave 4-5 min with cover in Grill position. Stir, grill 3 min more.

2. Stir in corn, beans, salsa, cheese and microwave 4 min with cover in Casserole position. Stir in cilantro.

3. Place 2-3 Tbsp mixture in each tortilla. Roll tightly and place in single layer in MicroPro Grill in raised area until full.

4. Microwave 5-6 min with cover in Grill position. Repeat with remaining tortillas and mixture.

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Chorizo Breakfast Taquitos

- 1 lb chorizo
- 4 strips bacon, cook and chop*
- 5 large eggs, scramble
- 1 1/2 cup shredded cheddar cheese
- 8 flour or corn tortillas
- Cooking spray
- Salt and pepper to taste



1. Break up chorizo in MicroPro Grill. Microwave 5 min with cover in Grill position. Drain any liquid, break up, add bacon and grill 3-4 min more.
2. Spread meats to edges, add eggs in center and microwave with cover in Casserole position 2 min, stir eggs, cook another 2-3 min. Place in large bowl, stir in cheese and let sit.
3. Heat 4 tortillas in MicroPro Grill 2-3 min with cover in casserole position.
4. Spoon mixture over half of tortilla and roll rightly. Add to raised area only of the MicroPro Grill. Microwave 5-6 min with cover in Grill position. Repeat for remaining tortillas and mixture.
5. Garnish as desired.

* Microwave 5-6 min in MicroPro Grill, flip halfway; crumble.

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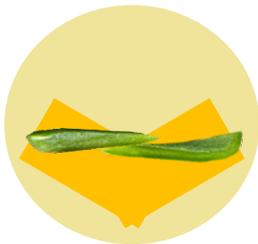
Jalapeno and Cheese Taquitos

- 12 corn tortillas
- 12 slices Colby jack or pepper jack cheese
- 2-3 jalapeno peppers, seeded

1. Slice jalapenos into thin slices, 24 pcs
2. Cut each slice cheese in half and lay in V shape near one end of a tortilla. Add 2 jalapeno strips then roll tightly. Lay in MicroPro Grill, seam down. Repeat until grill is full.
3. Microwave 4-5 min with cover in Grill position. Turn as needed and grill 1-2 min more. Repeat for remaining ingredients.



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Grilled Taquitos

5. Blend in Power Chef® until thoroughly combined
 - 4 oz cream cheese, room temperature
 - 1 Tbsp Southwest Chipotle Seasoning
 - 1 cup pepper jack cheese, shred
 - 2 green onions, slice thinly
 - 1/4 cup cilantro, chop in Chop 'N Prep™
6. Place 2-3 Tbsp into each tortilla with 1 Tbsp beans and roll tightly to form taquito.
 - 1 can black beans, rinse
 - 12 small flour tortillas
7. Place taquitos in MicroPro Grill in grill position and cook 5 min. No butter is needed, but can be added for flavor.
8. Serve warm with salsa.



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Shredded Beef Taquitos

- 1 1/2 lb beef, steak, stew meat, etc.
- 2 Tbsp taco or chili seasoning
- 1/2 tsp garlic powder
- 3-4 cups beef broth
- 1 onion quartered
- 3 garlic cloves
- 10 corn tortillas
- 2/3 cup shredded cheddar cheese



1. In Pressure Cooker, season meat on all sides and rub in. Add onion and garlic cloves then cover all with beef broth (but not over max-fill line).
2. Seal and microwave on high 25 min. Let pressure release, 10-12 min. Remove and shred with 2 forks.
3. Spoon 2 Tbsp meat onto each tortilla, add a good pinch of cheese then roll tightly. Place seam-side down in MicroPro Grill on the raised area. Repeat until grill is full.
4. Microwave 5-6 min with cover in Grill position. Repeat for remaining ingredients.

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Spicy Beef Taquitos

- 1 lb lean ground beef, broken up
- 2 Tbsp taco seasoning
- 1/4-1/2 tsp crushed red pepper flakes
- 1/2-1 tsp black pepper
- 1/2 cup salsa
- 3 oz pepper jack cheese, shredded
- 16 6" corn tortillas



1. In MicroPro Grill, microwave beef 4 min with cover in Grill position. Drain liquid, break up, stir in seasonings, grill 4-5 min more.
2. Transfer to a bowl stir in salsa and cheese.
3. Place half the tortillas between 2 paper towels, microwave 30-60 sec until warm and pliable.
4. Scoop 2 rounded Tbsp of filling onto each tortilla, roll tightly and place seam-side down in grill. Repeat until the raised part of the grill base is full.
5. Microwave 5-6 min with cover In Grill position. Repeat for remaining ingredients.

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Tostadas

- 4 6" tortillas
- 4 tsp extra virgin olive oil
- 1 cup refried beans
- 1 cup shredded cheese
- OPT: meat of choice
- salsa, avocado, lettuce



1. Brush each tortilla with olive oil on both sides. Microwave 1st tortilla 2 min with cover in Grill position. Flip, grill another min or until crispy.
2. Repeat but since grill is warm, grill 1 min on each side or until crispy.
3. Top each with beans, cheese and meat if desired.
4. Microwave each tostada 1 min in Casserole position to melt cheese.
5. Add toppings as desired.

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Pasta



15-Minute Lasagna

1. Cook in Pasta Maker
 - 6 oven-ready lasagna noodles
2. Brown in Stack Cooker 6 min
 - 1 lb ground beef
3. Grate with Grate Master Shredder
 - 2 cup mozzarella cheese
4. Add to grated cheese
 - 1 1/2 cup ricotta cheese
5. Make TWO layers in the MicroPro Grill, starting with sauce
 - 2 cup spaghetti sauce



- 4 -- 1/4-1/3 of cheese mixture
- 3 -- half of ground beef
- 2 -- 2 noodles
- 1 -- 1/2-2/3 cup spaghetti sauce

6. Top with 2 noodles then rest of sauce and cheese on top
7. Microwave 15 min with cover in Casserole position
8. Let rest 5 min before serving

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Alex Lee Barr



Baked Ziti

1. In Pasta Maker, microwave 10 min until al dente. Strain, set aside.
 - 2 cup penne noodles
 - 6 cup water
 - 1 tsp coarse kosher salt
2. Remove casings and break apart into MicroPro Grill
 - 2 Italian sausage links
3. Microwave 5 min with cover in Grill position. Break up with spatula.
4. In a medium bowl, mix sausage and cooked noodles with
 - 2 cup marinara sauce
 - 1 cup shredded mozzarella
5. Place in MicroPro Grill and top with
 - 2 cup shredded mozzarella
6. Microwave 6-8 min with cover in Casserole position until heated through and cheese is bubbly.



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Grilled Macaroni and Cheese

1. Whisk together in Mix-N-Store Pitcher
 - 1 cup evaporated milk or heavy cream
 - 2 egg yolks
 - 3 Tbsp melted butter
 - 1 garlic glove, minced
 - 1/2 tsp kosher salt
2. Mix in different bowl
 - 3 cups shredded cheddar cheese
 - 1 tsp cornstarch
3. Cook macaroni 8 min in Pasta Maker. Drain. Add to cream mixture
 - 3 cups cooked elbow macaroni, 1 1/2 cups dry
4. Add cheese to macaroni and stir.
5. Microwave 5 min in MicroPro Grill with cover in Casserole position.
6. Let rest for 2-3 minutes before serving.



CASSEROLE

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Photo by Lauren Mansell

Cream Cheese Pasta

- 1/2 lb spaghetti or pasta of choice
 - 1/2 lb ground beef, broken up
 - 1/2 small white onion, chopped
 - 1-2 cloves garlic, minced
 - 1 14-oz can petite diced tomatoes, drain
 - 2 Tbsp tomato paste
 - 1 1/2 tsp Italian Herb Seasoning
 - 1/2 pkg cream cheese, softened
 - 1/4 cup sour cream
 - 1/2 cup cheddar cheese, grated
 - 1/4 cup parmesan cheese, grated
 - kosher salt and freshly ground pepper, to taste
1. Cook pasta in Pasta Maker per directions or until al dente. Drain.
 2. Microwave ground beef in MicroPro Grill 4 min with cover in Grill position.
 3. Drain, break up and add onion and garlic. Grill 2-3 min more.
 4. Stir in tomatoes, tomato paste and seasoning then set aside in a bowl.
 5. In a separate bowl, combine cream cheese and sour cream.
 6. Place drained pasta in grill then spread cheese mixture over top.
 7. Spoon in beef mixture then sprinkle cheeses over top.
 8. Microwave 10 min in Casserole position until cheese is melted and sauce is bubbly.



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Quick MicroBaked Lasagna

1. Combine in large bowl
 - 1 Tbsp extra virgin olive oil
 - 1/2 lb ground beef
 - 1/2 cup each, minced carrot, eggplant, onion, green bell pepper
 - 3 garlic cloves, crushed
 - 1 1/2 tsp cornstarch
 - 1/2 tsp coarse kosher salt
2. Microwave mixture 6 min in MicroPro™ Grill with cover in the grill position.
3. Transfer back to bowl and stir in
4. Combine in separate bowl
 - 1 cup ricotta cheese
 - 1 egg, lightly beaten
 - 1/4 tsp coarse kosher salt
5. Spread in grill:
 - 1/4 cup tomato sauce
 - 3 no-boil lasagna noodles, overlap as needed
6. Add in layers:
 - 1/2 of cheese mixture
 - 1/2 of meat mixture
 - 3/4 cup shredded mozzarella
 - 3 no-boil lasagna noodles
7. Repeat layers then top with 1/2 cup tomato sauce. Microwave 5 min with cover in casserole position.
8. Top with cheese, cover and let sit 10 min before slicing
 - 1/2 cup shredded mozzarella



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Ragu Shells and Cheese

- Cook in pasta maker 13 min then drain
 - 1 cup pasta shells or pasta of choice
- Mix all together, add cooked pasta.
 - 1 jar Ragu Cheese Sauce
 - 1 Tbsp butter
 - 1 egg
 - 3/4 cup milk
 - Salt & pepper, to taste
 - Paprika on top for color*
 - OPT: Garnish with grated cheese*
- Microwave 15 min in MicroPro Grill with cover in Casserole position.



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Shonda Gooch-Williams



Pork



Apple Butter BBQ Baby Back Ribs

1 slab (3 to 4 lb) pork baby back ribs

RUB: Combine in small bowl

- 1/2 cup brown sugar
- 1 Tbsp garlic powder
- 2 tsp onion powder
- 1/2 tsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper

SAUCE: Combine in small bowl

- 1/2 cup good barbecue sauce
- 1/4 cup apple butter



- Remove membrane (silver skin) from bone to prevent curling.
- Rub all sides of ribs with rub, refrigerate in Season-Serve overnight.
- Cut ribs to fit in one layer in MicroPro Grill. Microwave 6 min* with cover in Grill position. Flip, grill 4 min longer. Drain juices.
- Pour 1/3 of sauce over ribs, microwave 2 min to form glaze. Repeat for remaining ribs. Serve with remaining sauce.

* 4-5 min after grill is hot

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Bacon Grilled by the Pound

- 1 lb bacon

- Roll each slice of bacon and place in the MicroPro Grill, 3 columns and 5 rows, up to 15 slices.
- Place cover in Casserole position:
 - Microwave 6 min. Drain drippings.
 - Flip, cook 3 min for “floppy” slices that can be unrolled*.
 - Flip again, cook 3 min more for crispy.



* *OPT: Unroll several at a time and cook 3 min for flat crispy slices*

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Judith Frace

Grilled Country Style Pork Ribs

- 🐾 2 lb country style ribs
- 🐾 BBQ sauce of your choice

1. Add ribs in single layer to MicroPro Grill.
2. Microwave 15 min in Grill position.
3. Turn, microwave 15 min in Grill position.
4. Drain liquid, cover in BBQ sauce, then microwave in Casserole position 10 min.



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Kathy Herrera Briggs

Sausage Cabbage Slaw Rolls

1. Break up in MicroPro Grill
 - 1 lb sausage
2. Microwave 5 min with cover in grill position. Drain liquid. Break up as needed, microwave 2-3 min.
3. Chop onion and garlic in Chop N Prep.
 - 1/4 cup onion diced
 - 2 garlic cloves minced
4. Stir veggies into meat and microwave 3-4 min in casserole position
 - 1 bag coleslaw mix
 - Any desired seasoning
5. Add 1/4-1/2 cup mixture to leaves and roll. Serve warm.
 - Cabbage leaves, raw or steamed



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POTATOES



3-Cheese Mashed Potato Bake

1. Mix together
 - 4 cups mashed potatoes from instant or homemade from 2 lb potatoes
 - 1/4 cup sour cream
 - 1/3 cup milk
 - 2 Tbsp butter, melted
2. Stir in
 - 1/2 cup cheddar shredded or other mix
 - 1/2 cup mozzarella cheese shredded
 - 1/4 cup Parmesan shredded
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
3. Place in MicroPro Grill. Sprinkle on top
 - 1/4 cup Parmesan shredded
 - 1/4 cup bread crumbs
4. Microwave 6 min with cover in Casserole position. Check for browning and cook 2-3 min more if desired.



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DEMO

Balsamic Potatoes

- 2 medium potatoes
- 2-3 Tbsp Balsamic salad dressing

1. Slice potatoes to 1/4" thick.
 2. Place potato slices in Thatsa Bowl. Add salad dressing. Seal and burp bowl then shake well to cover potatoes thoroughly.

3. Place potatoes in single layer in MicroPro Grill. Microwave 6 min with cover in Grill position. Flip potatoes, grill 3 min more.



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Sue Brimner

Easy Tater Tot Hot Dish

- 16 oz ground turkey or beef
- 1/2 onion, chop in Chop N Prep
- 1 pkg Lipton onion soup mix
- 1 can cream of onion soup
- 1 cup cheese
- 1/2 can French cut green beans
- 1 bag tater tots

1. Break up meat in MicroPro Grill and microwave 5 min with cover in Casserole position. Drain drippings.
 2. Mix onion with meat in grill.
 3. Layer ingredients: Sprinkle onion soup mix on meat then pour on drained green beans. Spread cream of onion soup, add cheese and cover with tater tots.
 4. Press entire mixture down a bit. Place cover in Casserole position and microwave 14 minutes.
 5. Let stand 4 minutes before serving.



Tupperware® *Sarah Rose & Rich Brynteson*

Cheese Potato Pancakes

1. Put grated potatoes into a clean towel and squeeze out liquid.
 - 2 lb potatoes, peeled and grated
2. Place in large bowl and stir in
 - 1/2 cup cheddar cheese
 - 1/2 cup parmesan cheese
 - 3 green onions, chopped
 - 1/2 tsp garlic powder
 - 1/4 cup all-purpose flour
 - 2 eggs, beaten
 - 1 tsp salt
 - Freshly ground black pepper



3. Use an ice cream scoop, drop 4 balls of mixture into MicroPro Grill.
4. Press cover down gently to mash into pancakes. Microwave 5 min, flip, grill 3-4 min more. Next batches (around 15 pancakes) will be 3 min, flip, 3-4 min.
5. Optional dipping sauce: mix together
 - 1/2 cup sour cream
 - 1 Tbsp chili garlic sauce

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Grilled Potatoes and Asparagus

1. Mix together in Thatsa Medium Bowl
 - 🥄 1 bag 28-oz petit red potatoes
 - 🥄 1 Tbsp extra virgin olive oil
 - 🥄 1/2 tsp Italian Seasoning Blend

2. Place potatoes in MicroPro Grill . With cover in Grill position, microwave 12 min.
 3. Add to same bowl, toss to season with remaining oil and seasoning.

- 🥄 1 bunch asparagus
4. Add asparagus on top of potatoes in the grill.
 5. Microwave 3 min more with cover in Casserole position.



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Hash Brown Casserole Copycat



1. Mix well in a medium-large bowl
 - 1/2 cup chopped onions
 - 2 cup sour cream
 - 1 can cream of chicken soup*
 - 1/2 cup butter, room temp
 - Salt and pepper



2. Fold into mixture
 - 1 pkg (32oz) frozen hashbrowns (thaw)
3. Spread HALF in MicroPro Grill
4. Microwave in Casserole position 15 min. (Check progress at 10 min; adjust time as necessary)
5. Top with
 - 1 cup sharp cheddar cheese
6. Microwave in Casserole position 2 min more.
7. Repeat steps 3 to 6 for other half of mixture.

* For super cheesy with a kick, use Nacho Cheese Soup!



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Loaded Baked Potato Rounds

- 8 strips bacon
- 5-6 baby red potatoes
- 2 cup shredded cheddar cheese
- 3 Tbsp chopped chives
- Kosher salt



1. Microwave bacon in MicroPro Grill with cover in Grill position for 4 min. Flip and cook 2-3 min until crispy. Crumble and set aside. Reserve drippings.
2. Slice potatoes into 1/4" thick rounds, dip in bacon drippings and place in grill in a single layer.
3. Microwave potato slices in Grill position for 5 min. Flip, cook 4 min.
4. Top with cheese, bacon and chives. Cook 2 min in Casserole position until cheese is melted. Serve warm, finger-food style.



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Jalapeño Tater Popper Casserole

1. Layer in MicroPro Grill, only over susceptor plate (not in drain area)
 - Frozen tater tots
2. Microwave 10 min in Grill position, flip halfway
3. Mix together
 - 1 lb cream cheese
 - 1 cup sour cream
 - 1 lb bacon, cooked, chopped (less 1/2 cup)
 - 4-6 jalapenos, chopped
 - 2 cup Mexican blend cheese
 - 6 green onions, sliced
4. Spread 1/2 of mixture loosely over tater tots. Microwave 3-4 min.
5. Top with
 - 1/2 cup cheese
 - 1/4 cup bacon
6. Microwave 2-3 min in Casserole position to melt cheese.
7. Repeat for a second batch.



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Loaded Potato Planks

- 2 slices bacon
- 1 large russet potato, scrubbed
- 1/4 tsp kosher salt
- 1/4 cup sour cream
- 1/2 cup shredded Cheddar
- 2 Tbsp thinly sliced green onion



1. Cut potato in half lengthwise.
2. Set Mandoline round knob to #2, triangular knob to "lock" and select the straight v-shaped blade insert. Slice 4 1/4" potato planks. Set aside.
3. Microwave bacon 3 min in MicroPro™ Grill with cover in grill position. Set bacon aside, crumble when cool.
4. Sprinkle potatoes with salt. Microwave 3 min in MicroPro™ Grill with cover in casserole position. Flip then microwave 3 min or to desired doneness in Grill position.
5. Garnish potatoes as desired. Serve warm or at room temperature.



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Parmesan Roasted Potatoes

- Place in MicroPro Grill, spread with paper towel
 - 1 Tbsp olive oil
- Whisk together in a small bowl
 - 1/2 cup parmesan cheese, grate
 - 3/4 tsp salt
 - 3/4 tsp freshly ground pepper
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp dried oregano
 - 1/4 tsp paprika
 - 1/8 tsp chili powder
 - Sprinkle evenly over oil in Grill
- Press down gently in single layer into cheese mixture
 - 1 1/2 lb baby potatoes, halved
- Microwave 8-10 min until potatoes are fork tender and cheese is golden and crispy. Let cool 5-10 min
- DIP: whisk together in Power Chef®. Refrigerate until ready to use.
 - 1/2 cup sour cream
 - 1-2 Tbsp lemon juice
 - Fresh chives, finely chopped
- Serve hot, drizzled with dip and more chives.



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Roasted Ham & Cheese Potato Bites

- 6 small to med golden potatoes
 - 1 cup shredded parmesan
 - 1 cup sliced ham, chopped
 - 1 cup onion, chopped
 - 1/4 cup cream cheese, softened
 - salt & pepper to taste
- Place potatoes in stack cooker with cone. Cook 8-10 min until fork slides into center.
 - Cut potatoes in half lengthwise then scoop out center, leaving about 1/4" around the edges so they keep their shape. Mix with other ingredients.
 - Fill potato halves with mixture and place in raised area of MicroPro Grill. Sprinkle with additional cheese and oregano.
 - Microwave 5-6 min with cover in Casserole position*.
- * Be sure that cover sits firmly on sides of grill and is NOT raised above the food.



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Scalloped Potatoes

- 5-6 med potatoes, peeled or not
 - 1 med onion
 - Onion Powder
 - Salt & pepper
 - 2 cups marbled cheese, shredded
 - 1 1/2 cup milk
 - 3 Tbsp flour
 - 2 Tbsp butter, melted
- Set mandoline to #3 and slice potatoes and onion.
 - Make 3-4 layers in MicroPro Grill: potatoes, onions, spices, cheese.
 - In Quick Shake Container measure and shake up milk, flour, butter. Pour over layers in grill.
 - Microwave 7 min with cover in Casserole position. Stir. Microwave another 8-10 min. Check for doneness, microwave more if needed.



Tupperware®

Gabriela Mehrer



Sloppy Joe Fries with DIY Nacho Sauce

- Break up and grill 4 min
 - 1 1/2 lb lean **ground beef**
 - Add
 - 1 white **onion**, dice
 - 2 **green peppers**, dice
 - 2 **garlic** cloves, mince
 - 1 tsp **salt**
 - 1/2 tsp **pepper**
 - 1 Tbsp **Worcestershire sauce**
 - OPT: 1-2 **jalapeños**, chop
 - Nacho Sauce:** Mix in med bowl
 - 2 cups **cheddar cheese**
 - 2 cups **mozzarella**
 - 2 cups **heavy cream**, hot
 - Spicy sauce** to taste
 - Spoon meat mixture over
 - 4 cups crisp French fries
 - Pour sauce over all
- Cook in casserole position 4-5 min to soften veggies. Stir halfway.



Tupperware®



Tater-Tot Hotdish

1. Brown for 6 min with cover in CASSEROLE position. Drain liquid.

- 1 lb hamburger, broken up
- 1 Tbsp dehydrated onion
- 1 Tbsp Mrs Dash
- 1 Tbsp garlic salt
- 1 tsp curry powder

2. Layer over meat

- 1/2 can green beans, drained
- 1/2 can corn, drained
- 1 can cream of mushroom soup
- 1/2 bag tater tots

3. Cook with cover in CASSEROLE position for an additional 15 min.

*** This is the perfect quick meal on a busy night! ***



Tupperware®

Jody Piele's



Twice Baked Potato Rings

- 4 whole russet potatoes, scrubbed clean
- 2 Tbsp milk
- 1/2 stick butter, softened
- 1/3 cup sour cream
- 3 slices bacon, fried crisp and chopped
- salt and pepper, to taste
- seasoned salt, to taste
- 2 whole green onions, sliced
- 1/2 cup grated cheddar-jack cheese



1. Place potatoes in 3-Qt Casserole of Stack Cooker with cone in the center. Cover and microwave 10-12 min until potatoes are fully cooked.

2. Cut off ends of potatoes then cut into 3-4 equal slices, 3/4 to 1" each. Lay slices flat. Spoon out insides, leaving a rim inside the skins.

3. Mix until smooth - potato insides, butter, sour cream and milk. Mix in bacon, seasonings, onions and cheese. Taste and reseason as needed.

4. Spoon and slightly mound filling into potato slices. Place in MicroPro Grill and add extra cheese on top.

5. Microwave 5-6 min with cover in Casserole position. Remove carefully since they will be soft. Repeat for remaining ingredients.

6. These can be made in advance and kept in the fridge or freezer, unbaked!

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Twice Baked Potatoes

- 1 Yukon gold potato sliced in long quarters*
- 1 Tbsp onion dip
- 1 Tbsp butter
- Grated pepper jack
- Grated white American cheese
- Black pepper
- OPT: crumbled bacon

1. Cut potato into 4 long slices.

2. Microwave 4 min in MicroPro Grill with cover in Grill position. Flip, grill 4 min more.

3. Mix remaining ingredients. Scoop out centers of potato slices; mash and mix with cheese mixture. Spoon back into skins.

4. Microwave 3 min in Casserole position or to desired doneness.

5. OPT: sprinkle with additional cheese and bacon.

* shave a little off bottom if needed so it sits flat



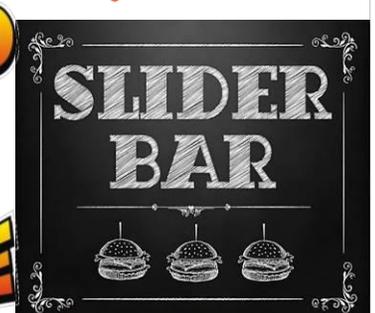
GRILL CASSEROLE
Tupperware®



Joyce Seitz



SANDWICHES



Cajun Chicken Pita Pockets

- 1/2 chicken breast, cut into thin slices
- 1/2 avocado
- 2 Tbsp Greek yogurt
- 1 whole wheat pita bread
- 1/4 cup shredded cheese
- Mixed green leaves



1. Microwave pita 2 min in MicroPro Grill with cover in Grill position.
2. Season chicken breast with Cajun seasoning
3. Microwave 2-4 min in MicroPro Grill with cover in Grill position.
4. In a small bowl mix avocado and yogurt
5. Cut pita in half, open like a pouch, spread avocado mix inside. Add a little cheese, cooked chicken and a little mixed greens.
6. Microwave filled pita 1-2 min in Grill position.



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Philly Cheese Steak Sandwiches

- 1 lb shaved deli roast beef*
- 1 green bell pepper
- 1/2 white onion
- provolone cheese slices
- 4 sub rolls



1. Slice peppers and onions
 2. Preheat grill with a slice of bread for 2 min
 3. Microwave half of meat & veggies in grill position for 6 min, drained liquid, grill 2 min more
 4. Put cheese in buns then meat & veggies on top
 5. For more cheese, place slices on top, put back in for 1 min (will melt and slightly brown the cheese)
- * or use ribeye steak, sliced very thin (against the grain). Cook longer as needed.



Tupperware®

Karen Vining Vines

Grilled Cheese Rollups

- Slices of sandwich bread
- Slices of cheese
- 1/2-1 stick butter, melted



1. Trim crusts off bread
2. Roll each FLAT (1/8")
3. Add a slice of cheese
4. Roll up!
5. Roll in melted butter. Place in MicroPro Grill
6. Microwave in Grill setting 2 min, turn each min until done, 4-5 min
7. Dip in tomato soup, ranch, marinara or whatever you like!



Tupperware®

Bacon Jalapeño Grilled Cheese

- 2 jalapeños, slice lengthwise, deseed
- 4 oz cream cheese
- 2 slices bacon cooked crispy
- 2 slices sharp cheddar
- 2 slices Italian or other rustic bread
- OPT: Butter for grilled side of bread



1. Microwave bacon 10-12 min in MicroPro Grill with cover in Grill position. Drain grill and set bacon aside.
2. Stuff each jalapeño with cream cheese. Microwave 3-4 min in Grill with cover in Casserole position. Remove and chop into bite-sized pcs.
3. Top each slice of bread with cheddar. Place jalapeno slices on one side and bacon on the other. Flip together and butter outsides if desired.
4. Microwave 3 min in Grill position. Flip, Grill 1-2 min more.

Alternate Method: Mix cream cheese, crumbled bacon, chopped jalapeños, and shredded cheese. Spread on bread and follow instructions to grill



Alissa Pankaskie



Buffalo Chicken Grilled Cheese

- 1/2 cup cooked, shredded chicken
- 1 Tbsp sour cream
- 1 1/2 Tbsp buffalo wings sauce
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 2 slices bread
- 1 Tbsp unsalted butter
- 2 slices pepper jack cheese, or your preferred cheese



1. In a bowl, stir together chicken, sour cream, wing sauce, garlic powder, and basil until all ingredients are combined.
2. Butter one side of each slice of bread.
3. Place one slice of bread, butter side down in MicroPro Grill. Layer one slice of cheese, the buffalo chicken mixture, the other slice of cheese, and other slice of bread with butter up.
4. Place cover in Casserole position and microwave 3 min. Flip sandwich, microwave in GRILL position 1-2 min, to desired doneness.

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Buffalo Chicken Grilled Cheese II

- 2 cup chicken, cooked & shredded
- 1/4-1/2 cup buffalo sauce
- 2 tsp garlic powder
- 6 slices sourdough bread
- 6 slices havarti cheese
- butter or mayo



1. Mix chicken, sauce and garlic powder.
2. Spread INSIDES of bread slices with butter or mayo.
3. For each sandwich: bread, cheese, chicken, cheese, bread.
4. Place 1 or more sandwiches in MicroPro Grill on the raised area.
5. Microwave 4 min with cover in Casserole position. Flip, grill 2-3 min more in Grill position. Repeat for remaining sandwiches, reducing 1st cook time to 2 1/2 min.

Tupperware®



Cheesy Apple Panini

- 2 slices hearty sandwich bread
- 1 Tbsp unsalted butter
- 3 slices provolone cheese
- 1/2 granny smith apple, sliced

1. Butter one side of each piece bread
2. Place 1 slice, butter down, in MicroPro Grill.
3. Lay cheese slices on bread.
4. Lay apple slices over cheese.
5. Top with other slice bread, butter up.
6. Microwave 3 min with cover in Grill position. Flip, microwave 1 min more with cover in Grill position.



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Grilled Almond Chicken Salad Sammich

1. Combine. Chill 30 min.
 - 2 cups chicken breast, cooked shredded
 - 1/3 cup mayonnaise
 - 2 Tbsp almonds, sliced oven roasted
 - 3 Tbsp onion, minced
 - 1 celery rib, diced
 - 1/4 tsp white pepper
 - kosher salt to taste
 - OPT: 2-3 Tbsp sweet pickle relish



2. Butter outside of bread (lightly)
 - 4 slices sourdough bread
 - 1-2 Tbsp butter
3. Divide chicken salad in half, make 2 sammiches with cheese
 - 2-4 slices provolone cheese
4. Microwave in MicroPro Grill 4 min with cover in Grill position. Flip then grill 1 min more.
5. Repeat with remaining ingredients but grill 3 min, flip, then 1 min (because grill will be warmed up).



Tupperware® *Photo by Chef Mike McCurdy*





Grilled Cheese Coconut Flour "Bread"

- 2 eggs
- 2 Tbsp water
- 1 Tbsp butter
- 2 tbsp coconut flour
- 1/2 tsp baking powder
- 1/2 tsp garlic powder
- 1 tsp oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 slice hard cheese (not processed)



1. Whisk egg and water well. Blend in butter. Add coconut flour, baking powder, herbs and seasoning and mix until smooth.
2. Place in a square or rectangle microwave dish and spread out evenly. Microwave 2 min until cooked and firm. Remove from container and slice in half for 2 pieces "bread".
3. Lay in MicroPro Grill, microwave 3 min with cover in Grill position.
4. Flip one slice, add cheese then place other slice on top. Microwave 2 min in casserole position, flip entire sandwich, then microwave 1-2 min more to desired doneness.

Tupperware®



Leftover Pot Roast Patty Melt

1. In MicroPro Grill, microwave 3 min with cover in Grill position, stir.

- 1 1/2 Tbsp butter
 - 1 medium onion, slice thinly
 - 4 oz button mushrooms, slice
2. Add in, cook 2 more min, set aside.
- 1 garlic clove, mince
 - Salt and pepper



3. Butter 1 side of each slice
 - 4 slices of sturdy bread
4. Place 2 slices, butter side down, in the Grill.
5. Layer onto each: 1 slice cheese, 1/2 cup pot roast, 1/2 of veggie mixture, 1 slice cheese, then another slice of bread with butter side up.
 - 4 slices Colby Cheese
 - 1 cup leftover pot roast
6. Microwave 3 min in Grill position, flip sandwiches, grill 1 min more.
7. Mix together for sauce for patty melts
 - 1/2 cup mayonnaise
 - 3 Tbsp steak sauce
 - 1 dash Worcestershire sauce

Tupperware®



Grilled Cheese French Toast With Bacon aka Monte Cristo

- 2 large eggs
- 1/3 cup buttermilk or low-fat milk
- 6 slices white bread
- 3 slices American cheese
- OPT: 3 slices crispy bacon, slice in half
- OPT: syrup or raspberry jam, garnish



1. Mix eggs with buttermilk.
2. Dip 2 slices bread in egg mixture. Microwave 3 min* in MicroPro Grill with cover in Casserole position.
3. Flip bread, place bacon if desired and 1 slice cheese over one then stack other on top.
4. Microwave in grill position 1-2 min to desired doneness. Repeat for remaining bread.
5. Garnish with Syrup or raspberry jam if desired.

* only 1 to 1 1/2 min after first time

Tupperware®



Nutella Marshmallow Grill

- 2 slices bread
- 2 Tbsp butter
- 3-4 Tbsp Nutella
- 1/2 cup mini marshmallows or 2-3 Tbsp marshmallow fluff



1. Butter one side of each slice of bread.
2. Spread Nutella on plain side of one slice, put butter side down into MicroPro Grill
3. Place marshmallows in rows on top of Nutella (or spread with fluff).
4. Spread Nutella on other slice of bread and place over marshmallows or fluff.
5. Microwave with cover in Grill position for 3 min. Flip, 1 min more.

NOTE: if grill is already warm, it may take just 1 min per side. Always adjust times according to your own microwave.

Tupperware®

Sarah Joyner Burrell



Pizza Grilled Cheese

Sourdough bread, sliced
Butter, softened to spread easily
Marinara sauce



- Mix together for cheese spread
 - 12 oz ricotta cheese
 - 1 cup shredded mozzarella
 - 1/2 cup grated parmesan
 - 2 Tbsp chopped fresh basil
 - 1/2 cup diced pepperoni
- Butter 1 side of bread slices. Spread marinara on opposite sides.
- Spread cheese mixture over marinara. Assemble sandwich. Sprinkle additional parmesan on each buttered side, pressing it into butter.
- Microwave 4 min in MicroPro Grill with cover in Grill position. Flip, grill 2-3 min more. Repeat with remaining ingredients but reduce cooking time to 2 min, flip and 2-3 min more.



Tupperware® *Photo by Alissa Pankaskie*



Raspberry & Chocolate Grilled Cheese

- 2 slices sourdough bread
- 1 Tbsp butter, softened
- 3 slices Brie cheese
- 2 chocolate squares
- 4-5 raspberries, sliced



- Butter one side of each slice of bread.
- Place bread buttered side down in MicroPro™ Grill. Microwave 3 min with cover in grill position.
- Place cheese and chocolate on one slice bread in. Top with raspberries and place remaining slice on top, butter side up.
- Microwave in grill position 1 additional minute

Tupperware®



Rice "Bread" Grilled Cheese

- 1 1/2 cups cooked rice
- 2 Tbsp cornstarch
- 2 slices cheese
- mayonnaise
- butter
- salt and pepper
- soy sauce



- Mix cornstarch and seasonings into hot cooked rice.
- Flatten half the rice on plastic wrap in a square. Repeat for remaining rice.
- Spread mayo on one half, place in MicroPro Grill with mayo down. Spread butter on top. Place cheese slice over buttered "bread".
- Spread butter on other half of rice, place that down on the cheese, spread mayo on top.
- Microwave 5 min with cover in Casserole position. Sprinkle some soy sauce over top, flip, add more soy sauce, then cook 3-4 min with cover in Grill position. Check, flip and grill longer if desired.

Tupperware®



Sloppy Joe Grilled Cheese

- Break up meat in MicroPro Grill, add onion and garlic.
 - 1 lb ground beef
 - 1 small white onion, chopped
 - 2 cloves garlic, minced
- Microwave 5-6 min with cover in Grill position. Stir, break up, drain.
- Stir in, cook 5 min in Casserole position. Set aside, wipe out Grill.
 - 1/2 cup ketchup
 - 1/3 cup brown sugar
 - 2 Tbsp mustard
 - 1 Tbsp chili powder
 - salt and pepper
- Layer in Grill: bread, cheese, meat mixture, bread
 - 8 slices sandwich bread (such as sourdough)
 - 2 cup cheddar shredded
- Microwave 3 min in Casserole position. Flip, cook 1-2 min in Grill position.
- Repeat with remaining ingredients.



Tupperware®



BBQ Chicken Sliders

1. Slice in half without breaking apart
 - 9 dinner rolls
 2. Layer in MicroPro Grill:
 - Bottom half of rolls
 - 2 1/4 cup cooked chicken, shredded
 - 1/4 cup BBQ sauce
 - 1/3 red onion loosely chopped
 - 4 slices pepper jack cheese
 - 3 Tbsp parsley, sprinkle over all
 - Top half of rolls
 3. Brush tops with
 - 2 Tbsp butter, melted
 4. Microwave in Casserole position 3-4 min*. Cut apart.
- * unheated grill



Tupperware®

Breakfast Sliders

1. Break in a medium bowl and whisk
 - 9 eggs
 - 1/4 cup milk
 - salt and pepper to taste
2. Pour into MicroPro Grill, microwave 4 min in Casserole position, stir, then 3 min more. Remove from grill and set aside.
3. Slice in half without breaking apart
 - 9 dinner rolls
4. Layer in MicroPro Grill:
 - Bottom half of rolls
 - Scrambled eggs
 - Slices of ham to cover
 - 4 slices white cheddar cheese
 - 3 oz spinach
 - Top half of rolls
5. Brush tops with
 - 2 Tbsp butter, melted
 - Sprinkle on black pepper
6. Microwave in Casserole position 2 min. Cut apart.



Tupperware®

Cheeseburger Sliders

1. Mix together, flatten in bottom of Grill
 - 2 lb lean ground beef
 - 1 tsp salt
 - 1/4 tsp pepper
 - 2 tsp garlic powder
2. Microwave in Grill position 5 min. Drain drippings, flip carefully, grill 2-3 min longer to desired doneness.
3. Remove, wipe out Grill with paper towels.
4. Slice in half without breaking apart
 - 9 dinner rolls
5. Layer in Grill:
 - Bottom half of rolls
 - Cooked burger meat
 - 1/2 onion, chopped
 - 4 slices cheddar cheese
 - Top half of rolls
6. Brush tops with butter and sprinkle on sesame seeds
 - 2 Tbsp butter, melted
 - 1/2 tsp sesame seeds
7. Microwave in Casserole position 2 min. Cut apart.



Tupperware®

Chicken Parmesan Sliders

1. Slice in half without breaking apart
 - 9 dinner rolls
 2. Layer in MicroPro Grill:
 - Bottom half of rolls
 - 2 1/4 cup cooked chicken, broken up
 - 1/3 cup marinara
 - 4 mozzarella slices
 - 1/4 cup fresh basil, roughly chopped
 - Top half of rolls
 3. Combine and brush tops with
 - 1/2 cup butter, melted
 - 3 garlic cloves, minced
 - 2 Tbsp basil, finely chopped
 - 2 Tbsp grated parmesan cheese
 4. Microwave in Casserole position 3-4 min*. Cut apart.
- * unheated grill



Tupperware®

Dr. Pepper Chicken Sliders

- Slice in half without breaking apart
 - 9 dinner rolls
- Spread both cut sides with
 - 3-4 Tbsp mayonnaise
- Layer in MicroPro Grill:
 - Bottom half of rolls
 - 2 1/4 cup cooked chicken, shredded
 - 4 slices provolone cheese
 - Top half of rolls
- Mix in bowl then brush over tops
 - 2 Tbsp melted butter
 - 1 tsp Worcestershire sauce
 - 1 tsp soy sauce
 - 1 tsp garlic powder
 - 1 tsp Dijon mustard
 - 1/4 cup grilled onions, chopped
 - 1 Tbsp poppy seeds
 - 1 cup Dr. Pepper



- Microwave in Casserole position 4-5 min*. Cut apart.
*unheated grill

Tupperware®



DEMO

Easy BBQ Chicken Sliders

- Microwave 6 min in MicroPro Grill with cover in Grill position.
 - 2 chicken breasts or 4-6 tenders
 - Seasonings as desired but not salt
- After cooling 5 min, chop and blend well in Power Chef®
 - Cooked chicken, cut up
 - 1 small can crushed pineapple
 - 1/2 bottle BBQ sauce
- Serve hot over
 - 1 pkg Kings Hawaiian rolls



Tupperware®

Beth Scott



French Onion Beef Sliders

- Microwave 6 min in MicroPro Grill with cover in Grill position then set aside
 - 1 large onion sliced in rings
 - Dash of olive oil
- Microwave 4 min in Grill position. Drain, stir, add grilled onions, grill 3 min more.
 - 1 lb ground beef or turkey, broken up
 - 1 Tbsp Worcestershire sauce
 - 1 Tbsp beef stock



- Place bottoms of rolls in Grill. Top with burger mixture, cheese then tops of rolls
 - 9 Hawaiian rolls, cut in half horizontally, don't break apart
 - 12 oz gruyere slices
- Mix together, brush on top of rolls
 - 1 Tbsp Worcestershire sauce
 - 1 Tbsp beef stock
 - 1 tsp ea garlic and onion powder
 - 1 Tbsp thyme

- Sprinkle sesame seeds over buns. Microwave 3 min in Casserole position.

Tupperware®



Meatball Sliders

- 1 lb ground beef or turkey
- 1 pkg onion soup mix or seasoning of your choice
- 1/4 cup ketchup or BBQ sauce
- 1/2 cup cracker crumbs

- Mix all ingredients, form into 10 balls.
- Place 4 at a time in the MicroPro Grill. Place cover in Grill position and press down to flatten the balls into patties.
- Microwave 4 min with the cover in Grill position or to desired doneness. Repeat for remaining sliders.



Tupperware®

Tamara Ila Barry



Seafood



Mango Salsa



- 1 cup pineapple
- 1/2 cup mango
- 1-2 Serrano peppers
- 2 Tbsp red onion
- 2 Tbsp cilantro
- Juice from 1 lime
- Salt and pepper to taste



1. Dice or chop ingredients to desired textures.
2. Mix and chill for 1/2 hr or longer for flavors to blend.

Tupperware



Caribbean Coconut Shrimp Tacos

1. Season the shrimp with
 - 1 lb shrimp, peeled and deveined
 - 1 tsp paprika
 - 1 tsp garlic powder
 - Salt and pepper to taste
2. Set 3 bowls together
 - 1) Mix together
 - 1/2 cup flour
 - 1 tsp paprika
 - 2) Beat thoroughly
 - 2 eggs
 - 3) Mix well
 - 1 cup breadcrumbs (for low carb: use crushed pork rinds)
 - 1/4 cup coconut flakes
3. Dredge shrimp in flour then eggs then coconut. Lay in MicroPro Grill.
4. Microwave 3 min with cover in Grill position. Flip, grill 2-3 min until crispy and browned. Repeat for remaining shrimp, 2 min, flip, 2-3 min.
5. Mix the salsa ingredients together in a bowl. Serve with
 - Pineapple-Mango Salsa (see separate recipe)
 - Lightly toasted corn tortillas
 - Your favorite hot sauce



Tupperware®



Chile Honey-Glazed Salmon

1. Combine in Quick Shake for glaze
 - 4 tsp Dijon mustard
 - 1 Tbsp ancho chile powder
 - 2 tsp Southwest Chipotle Seasoning
 - 6 Tbsp duck sauce
 - 1/4 cup honey
2. Season salmon
 - 1/2 tsp coarse kosher salt
 - 1/4 tsp pepper
 - 2 8-oz center-cut salmon filets, with skin (optional)
3. Place salmon, skin down, in MicroPro Grill. Shake glaze, pour over salmon (reserve 1 Tbsp) covering all with glaze.
4. Microwave 5 min with cover in Grill position.
5. Serve garnished with remaining glaze.



Tupperware®



Crunchy Coconut Shrimp

- 1/2 cup flour
- 1/4 cup cornstarch
- 1 tsp jerk seasoning
- 1/2 tsp paprika
- 1 cup unsweetened coconut milk
- 1 3/4 cups unsweetened shredded wheat, crushed
- 1/2 cup shredded coconut
- 24 large tail shrimp, shell attached (about 1 1/2 lb)



1. Combine flour, cornstarch, seasoning and paprika in a shallow bowl.
2. Pour coconut milk into a second bowl.
3. Mix shredded wheat and coconut in a third bowl or shallow plate.
4. Hold each shrimp by the tail, coat with flour, dip in milk then coat with wheat/coconut mixture. Place in single layer in MicroPro Grill
5. Microwave 4 min with cover in Grill position. Flip, Grill 2-3 min more. Repeat for remaining shrimp: grill 3 min, flip then 1-2 min more.
6. Serve hot with Orange Marmalade or other sauce.

Tupperware®



Mediterranean Salmon

1. Toss together in a large bowl until well-coated
 - 1 tsp extra virgin olive oil
 - 1 pint cherry tomatoes, halve each
 - 1 cup zucchini, chop
 - 1/2 cup eggplant, chop
 - 2 garlic cloves, mince
 - OPT: 1/4 cup golden raisins
2. Microwave 5 min in MicroPro Grill with cover in Grill position. Place back in bowl, fold in then set aside
 - 2 tsp fresh rosemary, chop
3. Brush on all sides with oil
 - 4 4-oz salmon fillets with skin on
 - 1 Tbsp extra virgin olive oil
4. Grill 2 fillets (skin side down) 4 min with cover in Grill position.
5. Remove from grill, sprinkle with salt. Repeat for remaining fillets.
 - coarse kosher salt to taste



Tupperware®



Simple Salmon Patties

- 1/2 medium onion
- 1 stalk celery
- 1/4 green bell pepper
- 1 can pink salmon, skin and bones removed
- 1 egg or equivalent egg substitute
- 1/2 cup breadcrumbs
- 1/2 tsp chili powder
- 1/2 tsp old bay seasoning-optional



1. Finely chop the celery, onion, and pepper in Power Chef.
2. Combine veggies with remaining ingredients.
3. Use ice-cream scoop to measure and make patties.
4. Microwave 4 min in MicroPro Grill with cover in Grill position. Check for doneness, flip and grill 1-2 min if needed.

Tupperware®



The Pirate's Copycat Batter

- 1 1/2 cups flour
- 1/4 cup cornstarch
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cups heated ginger ale

1. Microwave ginger ale 1 min. Mix other ingredients in a bowl. Pour in ginger ale and mix until well combined.
2. Preheat MicroPro Grill 2 min with a piece of bread or tortilla.
3. Coat **fish, chicken or shrimp** with batter. Lay in hot grill.
4. Microwave per chart below, (fish and shrimp cook faster than chicken)
 - Chicken: 3 min in Casserole position. Flip, cook 3 min in Grill position
 - Fish, shrimp: 2 min, Casserole position. Flip, 2 min in Grill position



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EAT, DRINK & BE VEGAN - Dreena Burton



GF VEGE Easy Ranch Baby Carrots

- 1 (16-oz) pkg baby carrots, patted dry
 - 1 Tbsp olive or coconut oil
 - OPT: 2 Tbsp chopped parsley leaves
- Ranch Seasoning**
- 1 tsp dried parsley
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp salt
 - 1/4 tsp dried dill
 - 1/4 tsp ground black pepper



1. Combine ranch spices in small bowl.
2. Place carrots in larger, sealable bowl. Sprinkle oil over carrots, seal bowl and shake to coat.
3. Add seasoning to carrots, seal bowl and shake to distribute.
4. Place carrots in single layer in MicroPro Grill. Microwave 5 min with cover in Grill position. Flip, grill 2-3 min more to desired doneness.
5. Serve immediately, garnished with parsley, if desired.

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GF VEGE Cauliflower Buffalo Wings

1. Whisk together in a medium bowl
 - 1/4 cup all-purpose flour*
 - 1/3 cup water
 - 1 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - Salt and pepper, to taste
2. Coat each floret in batter then place in single layer in MicroPro Grill
 - 6-7 cups cauliflower florets
3. Microwave 5-6 min (4 min for next batch) with cover in Grill position.
4. Combine in small bowl
 - 1/3 cup hot sauce (Frank's Red, etc)
 - 1 Tbsp unsalted butter, melted**
5. Brush cooked florets with sauce, flip, brush again, grill 2-3 min more or to desired doneness



* For gluten-free use rice, almond or coconut flour
 **or vegan alternative

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GF VEGE Fried Tofu

- 1 lb carton tofu, firm or extra firm
1. Rinse tofu. Slice into 6 "steaks". Lay on paper towels and let sit for 10-15 min to absorb excess moisture.
 2. Microwave 6 min in MicroPro Grill with cover in Grill position. Flip, grill 6 min more.



NOTE: Tofu readily takes on flavors so try marinating it: 30 min to several days before grilling!

Smoky

- 1/2 medium onion
- 5 cloves garlic
- 2 Tbsp olive oil
- 1 Tbsp soy sauce
- 1 Tbsp cider vinegar
- several drops liquid smoke

Asian

- 1 Tbsp Asian sesame oil
- 1/4 cup soy sauce
- 3 Tbsp rice wine vinegar
- 1 Tbsp grated fresh ginger
- 1 1/2 tsp sugar

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Diane Okubo



GF V V E Vegan Mushroom "Neatballs"

1. Process in food processor until pureed
 - 1/2 cup pecans
 - 1/2 cup walnuts
 - 1/2 carrot, chopped
 - 1 celery stalk, chopped
2. Add, process until well combined
 - 2/3 cup mushrooms, chopped
 - 2 fresh sage leaves
 - 1/2 Tbsp fresh thyme
 - 1 Tbsp nutritional yeast
3. Mix in by hand
 - 1/4 cup gluten-free oats, ground
4. Season with
 - Salt and pepper, as desired
5. Roll mixture into balls, about 2 Tbsp each. Place in MicroPro Grill.
6. Microwave 4 min with cover in Grill position. Flip, grill 4 min more.



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Black Bean Burgers

- 1 15-oz can black beans
- 1 red bell pepper
- OPT: 1/2 red onion
- 2 Tbsp cilantro
- 3/4 cup breadcrumbs*
- 1/2 tsp garlic powder
- 1 tsp cumin
- 4 tsp Lime juice
- Salt and pepper to taste



1. Coarsely process beans in Power Chef® fitted with blades. Add 2- 3 tsp water if necessary for pulling. Set aside in small bowl.
2. In Power Chef, finely chop veggies. Add to bean mixture.
3. Stir in remaining ingredients. Divide into four equal patties.
4. In MicroPro Grill, place cover on top of patties in grill position
5. Microwave on high power 8 min, flip, microwave an additional 2 min
6. Now that Grill is hot, microwave remaining patties 6 min, flip, 2 min
Serve with *Smoky Chipotle Mayo*.

* for Gluten-Free, use any gluten-free flour: such as oat, brown rice, almond, coconut, etc.

Tupperware®



VEGETARIAN



GF V V E

Cauliflower Fried Rice

1. Process until like rice in Power Chef
 - 3-4 cups cauliflower florets
2. Roast "rice" in MicroPro Grill: microwave 5 min with cover in Grill position. Stir well, grill 3 min. Set aside in bowl.
3. Microwave 3 min in Grill position.
 - 1 Tbsp coconut oil
 - 1 cup shitake mushrooms
 - 1/2 cup scallions or onions
 - 1 cup shredded carrots
 - 1 tsp garlic, chopped
 - 1 Tbsp ginger, chopped
4. Stir, make a clear space in the middle, add eggs, grill 3 min more.
 - 2 eggs, scrambled
5. Stir eggs into veggies. Mix in, microwave 3 min in Casserole position
 - 1/4 cup soy sauce (gluten-free for GF)
 - 1-2 Tbsp sesame oil
 - 1/2 tsp salt
 - roasted "rice"
 - 1 cup peas



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GF LC V Cauliflower Grilled Cheese

- 1 head cauliflower (4 cups “riced”)
- 2 eggs, lightly beaten
- 1/2 cup finely grated Parmesan
- 1/2 tsp oregano*
- 1 1/2 cup shredded white Cheddar



1. Cut cauliflower into florets. Process in Power Chef until texture resembles rice.
2. In a medium bowl, combine processed cauliflower, eggs, Parmesan and seasoning. Mix until combined then season with salt and pepper.
3. Make 2 long patties and microwave 5 min** in MicroPro Grill with cover in Grill position. Flip, grill 3 min more or to desired doneness.
4. Put a layer of cheese over one patty, place other on top. Microwave 1-2 min in Casserole position to melt cheese.

* OR 1/2 tsp each onion and garlic powder

** 3-4 min after grill is warmed up

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GF V Cheesy Cauliflower “Breadsticks”

- 1 large head cauliflower
- 1-2 tsp garlic powder
- 2 large eggs
- 1 tsp Italian Herb Seasoning
- 1/2 cup Parmesan cheese
- 1 cup Mozzarella



1. Grate cauliflower with Grate Master. Place in a clean kitchen towel and SQUEEZE out moisture.
2. Mix all ingredients in your favorite bowl.
3. Spread in MicroPro Grill and microwave 15 min with cover in Casserole position.
4. Sprinkle over top and microwave 3-4 min more to desired doneness.



- 2 cup Mozzarella
- 1/2 tsp dried parsley
- pinch of red pepper flakes

5. Let sit 5-10 min then lift out with Large Spatula. Cut into 10 sticks and serve with marinara sauce for dipping.



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Heather Gunning

GF LC V Cauliflower Pizza Crust

- 1 head cauliflower, cut into florets
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp kosher salt
- 2 eggs, lightly beaten



1. Chop cauliflower in Power Chef until it resembles rice.
2. Steam in Smart Multi-Cooker 3-5 min. Carefully place cauliflower in clean dish towel and wring out as much liquid as possible.
3. Mix with remaining ingredients, mash into 2 balls, form into 2 crusts. Cook one at a time.
4. Grill 6 min in MicroPro Grill with cover in Grill position. Flip carefully. Grill 2-3 min more if more crispness is desired.
5. Add desired toppings, microwave 3-5 min in Casserole position to desired doneness. Let rest a few minutes before cutting.



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Crispy Glazed Tofu

1. Press between paper towels 15 min
 - 7 oz extra-firm **tofu**
2. Cut tofu into 3/4” cubes
3. Whisk together
 - 2 Tbsp **plum sauce**
 - 1 1/2 Tbsp **ketchup**
 - 1 Tbsp **soy sauce**
 - 1 1/2 tsp **rice wine**
4. Microwave in grill position 3 min. Transfer to plate. Wipe pan dry.
 - 1/2 tsp **canola oil**
 - 2 **green onions**, cut into 1” pcs
 - 1 tsp **garlic** minced
 - 1 tsp fresh **ginger** minced
5. Grill 2 to 3 min. Stir, repeat until brown on all sides.
 - Pressed tofu in single layer
 - 1 tsp **coconut oil**
6. Add sauce, stir gently to coat all. Grill 1 to 2 min.
7. Sprinkle with
 - 1/2 tsp **toasted sesame seeds**



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Eggplant Bolognese

- 1 med eggplant
- 1 egg, whipped
- 1/2 cup Italian bread crumbs
- 1/2 cup grated Parmesan cheese
- Salt and pepper
- OPT: garlic powder
- olive oil
- 1 cup marinara sauce
- 1 cup mixed mozzarella and parmesan



1. Peel eggplant, cut in half and soak in salt water 15 min to remove bitterness.
2. Turn in egg then mixed bread crumbs, parmesan and seasonings. Place in preheated* MicroPro Grill and drizzle lightly with olive oil.
3. Microwave 6 min with cover in Grill position.
4. Spread sauce then cheese over eggplant. Microwave 1-2 min with cover in Casserole position.
5. Serve plain, or on top of or with a side of pasta.

* Microwave a slice of bread or tortilla for 2 min to heat the grill



Pamela Matheny-Clift



Sweet Potato Tots

- 2 large sweet potatoes, cooked and grated
- 1 egg
- 1/4 cup flour*
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp paprika



1. Mix sweet potatoes with egg. Add remaining ingredients.
2. Use the ice cream scoop to make into balls and place in the MicroPro Grill. (NO oil necessary!)
3. Microwave 6-7 min** with cover in Casserole position until golden brown. Next ones will be 4-5 min.

* For Gluten-Free: substitute almond or coconut flour

** Check at about 4 min to see how they're doing. Flip if you like.

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Eggplant Fries

- 1 large eggplant
- 1 cup flour*
- 2 eggs, beaten
- 3/4 cup breadcrumbs*
- 1/4 cup Parmesan cheese, grated
- 1 tsp Italian seasoning
- Salt and pepper, to taste



1. Using Mandolin, but eggplant into 1/4" fries.
2. Mix in a bowl breadcrumbs, parmesan and seasonings.
3. Coat fries in this order: flour, egg then crumbs. Coat them well.
4. Place in single layer in MicroPro Grill. Microwave 3 min with cover in Grill position. Flip and grill 2-3 min more or to desired doneness.

* For Gluten-Free and Low Carb, eliminate flour and use all Parmesan

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Veggie Balls

- 2 cups lentils
- 1 Tbsp olive oil
- 1 large onion, chopped
- 2 carrots, chopped or shredded
- 2 celery stalks, chopped
- 1 garlic clove, minced
- 1 Tbsp chopped fresh thyme
- 2 tsp salt
- 1 Tbsp tomato paste
- 8 oz button mushrooms, chopped
- 3 large eggs
- 1/2 cup grated Parmesan cheese
- 1/2 cup bread crumbs
- 1/2 cup chopped fresh parsley
- 1/4 cup finely chopped walnuts



Makes about 2 dozen 1 1/2" balls.

1. Bring lentils and 2 qt water to a boil then simmer about 25 min. Drain and cool.
2. Brush oil in bottom of MicroPro Grill. Add veggies and seasonings. Microwave 4-6 min with cover in Grill position.
3. Stir in tomato paste and mushrooms, grill 4 min. Let cool in a bowl.
4. Mix lentils with veggies then add remaining ingredients. Chill 25 min.
5. Use ice cream scoop to make golf ball sized "meatballs".
6. Microwave 7-8 min with cover in Grill position. Flip, grill 3-5 min more or to desired doneness.

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Veggies



Broccoli Bites

- 2 cup broccoli, cut into small pieces
- 1 cup Panko bread crumbs
- 1 egg, beaten
- 1 cup cheese of choice, grated
- 1/4 cup onion, minced

1. Steam or grill broccoli to desired tenderness, not quite "al dente".
2. Mix all ingredients, form into 2-3" balls.
3. Microwave 6 min in MicroPro Grill with cover in Casserole position.
4. Flip, cook 2 min in Grill position; flip again and grill another 2 min.



Tupperware® Elizabeth Harrison Gregory



Bacon-Wrapped Asparagus

- 5 strips bacon*
- 10 stalks asparagus

1. Cut bacon strips lengthwise.
2. Rinse asparagus and trim ends to fit into MicroPro Grill.
3. Wrap split bacon strip around asparagus stem. Alternate ends and tips when placing in grill for even cooking.
4. Microwave 12-15 min with cover in Grill position, depending on microwave and personal preference.

* Hickory Smoked or Brown Sugar are especially flavorful



Tupperware® Teresa Landrum Raybourn



Cauliflower Hash Browns

1. Grill 3 min. Remove and let cool a few min.
 - 1 head cauliflower, rice in blender
2. Place in clean towel, wring tightly over sink to drain liquid out.

3. Mix well in bowl with
 - 2 egg whites
 - a pinch of black pepper
 - 1 Tbsp sea salt
 - 1 Tbsp onion powder
 - 1 tsp garlic powder
 - OPT: bacon bits

4. Shape into patties. Microwave 6-7 min in MicroPro Grill with cover in Grill position. Next batch will only need 5 min.



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Delilah Ryan



Cheesy Grilled Lime Cauliflower with Avocado

1. Mix then let sit 5-10 min*
 - 1 head cauliflower, in bite size pcs
 - 1 lime, juice of
 - 4 garlic cloves, crushed
 - 1/2 cup cilantro, finely chopped
 - 1 tsp cumin
 - 1/4 tsp salt
 - 1/4 tsp freshly ground black pepper
 2. Microwave 5 min in MicroPro Grill with cover in Grill position, stir, grill 3 min more.
 3. Top with cheese, microwave 2 min in Casserole position.
 - 1 cup Colby Jack cheese, shredded
 4. Top with
 - additional cilantro
 - 1/2 avocado, diced
- * or marinate overnight



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Chef Mike's Curried Pumpkin with Blue Cheese and Pecans

1. Blend well in a small bowl. Set aside*
 - 1 tsp Garam Masala
 - 1 tsp curry powder (hot or mild)
 - 3/4 tsp salt
 - 1/4 tsp black pepper
 - OPT: 1/4 tsp hot chili powder
 2. Rub some oil in palms, rub pumpkin pcs to coat with oil.
 - 2-3 Tbsp coconut or salad oil (NOT olive oil)
 - 1 small sugar pumpkin or butternut squash (~1 1/2 lb)
 - peel, halve, deseed, slice into 1" half rings
 3. Sprinkle spices evenly over both sides of pumpkin.
 4. Place slices in single layer in MicroPro Grill, sprinkle evenly with
 - 2-3 garlic cloves, peel and slice thinly
 5. Microwave in Casserole position 8 min. Turn slices over, stir garlic; cook in GRILL position an additional 5-6 min.
 6. Transfer to serving dish, sprinkle evenly over top
 - 1/3 cup crumbled blue cheese (Gorgonzola for me!)
 - 1/4-1/3 cup toasted pecan halves
- * Put in any Tupper Shaker for easy sprinkling



Tupperware®

Chef Mike McCurdy



Fall Veggie Seasoning Mix

1. Chop veggies to same size for even cooking. Suggested:
 - butternut squash
 - onions
 - Brussels sprouts
 - apple
2. Spread out evenly in MicroPro Grill*.
3. Whisk together in a small bowl then drizzle over veggies
 - 2 Tbsp extra virgin olive oil
 - 1 Tbsp balsamic vinegar
 - 1 Tbsp brown sugar
 - 1/2 tsp cinnamon
 - 1/2 tsp curry powder
4. Microwave with cover in Casserole position 6 min. Stir/flip, cook in Grill position 6 min or to desired doneness.



* *Do not overfill. Be sure the cover can still sit firmly on the sides of the grill.*

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Grilled Balsamic Vegetable Wraps

- 1/4 cup zucchini, chop
 - 1/4 cup bell pepper, chop
 - 1/4 cup yellow onion, chop
 - 1/4 cup eggplant, chop
 - 3 Tbsp balsamic vinegar
 - 1/4 tsp coarse kosher salt
 - 2 Tbsp fresh flat leaf parsley, chop
 - 1/2 cup crumbled goat cheese or feta
 - 4 large lettuce leaves, ribs removed
1. In MicroPro™ Grill, add zucchini, bell pepper, onion and eggplant. Microwave 6 min with cover in grill position.
 2. Turn lid to casserole position and drain any liquid. Stir in vinegar until vegetables are well coated.
 1. Microwave 6 min more in grill position..
 2. In a medium bowl mix together vegetables, salt, parsley and cheese. Divide into 4 portions, spoon onto lettuce and wrap tightly. Serve warm or at room temperature.



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Mexican Corn Salad

- 2 cans corn kernels, drain and pat dry
- 1 Tbsp extra-virgin olive oil
- 2 avocados, diced
- 2 cloves garlic, minced
- 2 limes, zested and juiced
- 1 green bell pepper, finely chopped
- 1/2 red onion, finely diced
- 1/3 cup fresh cilantro, chopped
- 2 Tbsp mayonnaise
- 3/4 tsp chili powder, or to taste
- kosher salt, to taste
- 1/2 cup cotija cheese, crumbled



1. Microwave corn with oil 5 min in MicroPro Grill with cover in Grill position. Stir, grill 3-4 min more until semi-charred on all sides.
2. Toss everything in a bowl EXCEPT cheese until evenly coated, then taste and adjust seasoning, if necessary.
3. Add cotija cheese and toss together, then refrigerate or serve immediately.

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No Oil Fried Eggplant

- 1 baby eggplant, 1.5 to 2.5" diameter
 - 2 eggs, scrambled
 - 1 cup bread or cracker crumbs*
1. Slice eggplant into 1/4" rounds^ . Pat dry.
 2. Dip/coat in egg.
 3. Dip in crumbs. Lay in MicroPro Grill.
 4. Microwave with cover in Grill position 3 1/2 min. Flip and grill 3 min.
 5. Serve with Southwest Chipotle Dip



- * Chop with Power Chef.
- ^ Slice with Mandoline.

Gluten-free crumbs work very well.



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Ellen Annis

Parmesan Ranch Zucchini Chips

1. Press between paper towels
 - 2 zucchinis, sliced to 1/4" rounds
2. Combine in a large bowl
 - 1/2 cup all-purpose flour
 - 1/4 cup grated parmesan cheese*
 - 1 pkg ranch salad dressing mix
 - OPT: 1/4 tsp cayenne pepper
 - Freshly ground black pepper, to taste



3. Preheat MicroPro Grill 2 min with a tortilla or piece of bread
4. Dip zucchini rounds into eggs then press into flour mixture
 - 2 large eggs, beaten
5. Lay dipped rounds into hot grill. Microwave in Casserole position 3 min. Flip then 2 min in Grill position.
6. Repeat as needed. Season with salt if desired.

* OPT, low-carb: remove flour, increase parmesan cheese to 2/3 cup

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Spaghetti Squash Au Gratin With Bacon

- 1 8" spaghetti squash, cut in half
- 1-2 Tbsp butter
- 2 cloves garlic, minced
- 1 small onion, thinly sliced
- Salt and pepper, to taste
- 8 slices cooked bacon, crumbled
- 1 1/2 cup sour cream
- 2 cups sharp cheddar, shredded
- 1/4 cup Parmesan cheese, grated



1. Add 1 3/4 cup water to Smart Multi-Cooker base. Stack on shielded colander with squash halves stacked inside (seeds removed). Cover, microwave 20 min. Check for doneness. Add water in base and cook longer if needed.
2. Rub bottom of MicroPro Grill with butter. Sprinkle in garlic and onions. Microwave 4-5 min with cover in Grill position.
3. Scrape flesh from squash with fork into Grill.
4. Mix with onions and bacon, add sour cream and cheeses.
5. Microwave in Casserole position 8 min at 70% power.

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Stuffed Green Pepper Rings

- 🍆 4 green peppers
- 🍖 2 lb lean ground beef
- 🧅 1 sweet onion, chop finely
- 🧄 1 Tbsp wet minced garlic
- 🍚 3/4 cup white rice, cooked
- 🍅 1/3 cup tomato or pasta sauce
- 🌿 1 tsp Italian Herb Seasoning
- 🌶️ 1/2 tsp black pepper



1. Slice tops/bottoms off peppers, remove seeds. Slice into 3/4-1" rings.
2. Mix remaining ingredients and set aside.
3. Run hot tap water over the top and bottom of the MicroPro Grill to warm it; dry thoroughly. Lightly brush with olive oil. Set 4 rings in the MicroPro Grill and stuff with meat mixture.
4. Microwave 5 min with cover in Casserole position. Drain drippings. Cook 5 min in grill position. Peppers are cooked but slightly firm.
5. Spoon sauce on each. Remove and repeat.

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Sue Brimmer



Sweet & Spicy Roasted Cauliflower

1. Whisk together in a large bowl
 - 1/4 cup coconut oil
 - 3 Tbsp maple syrup
 - 2 Tbsp sriracha
 - 1 Tbsp soy sauce
 - 1 tsp garlic powder
 - 1 tsp onion powder



2. Add and carefully toss until coated
 - 1 small head cauliflower, cut into florets
3. Microwave 5-6 min in MicroPro Grill with cover in Grill position.

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Sweet Potato Toasts

Cut sweet potato into 1/4" thick slices. Grill 5-6 min. Add Toppings.

Peanut Butter	Pear Honey	Strawberries	Chicken Salad	Brie, Walnuts
Peanut butter Banana Cinnamon	Pear Ricotta Honey	Cream cheese Strawberries Almonds	Chicken salad Green onion	Brie Walnuts Honey

Bacon & Egg	Almond Butter	Fried Egg, Beans	Southwestern
Bacon 2 eggs Salt & pepper Green onion	Almond butter Blueberries Pomegranate seeds	Refried beans Salsa 1 egg Cilantro	Avocado Salt & pepper Corn salsa Hot sauce

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Vidalia Onion Steaks

- 1 vidalia onion
- 2 thin slices butter
- Worcestershire sauce
- garlic powder



1. Slice onions about 3/4" thick.
2. Place butter in bottom of MicroPro Grill and an onion slice over each pat of butter.
3. Sprinkle a little Worcestershire sauce and garlic powder on each slice.
4. Microwave 4 min with cover in Grill position. Flip, add more sauce and seasoning to taste, grill 4 min more. Continue to desired doneness.
5. Serve hot as a snack, side dish or make into a sandwich!

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Theresa Blair Robinson



Zucchini Noodles Carbonara

- 4 med zucchinis spiralized into noodles (zoodles)
- 1/2 tsp Kosher salt
- 2 slices pancetta or bacon diced
- 3 tsp olive oil divided
- 1 shallot minced
- 1 clove garlic minced
- 1 cup frozen peas
- 1/2 tsp thyme
- 2 eggs beaten
- 1 egg yolk beaten
- 1/3 cup Parmesan cheese
- Cracked Black Pepper to taste
- Salt to taste



1. Sprinkle zoodles with salt, wrap in paper towels, place something heavy on top for 10 min. Rinse, repeat with towels and weight, 10 min, to dry.
2. Microwave bacon 6 min in MicroPro Grill in Grill position. Remove to a dish.
3. Microwave shallot and garlic 2-3 min in Grill position.
4. Add peas and thyme, microwave 2 min in Casserole position.
5. Stir in zoodles with tongs. Microwave 2-3 min in Casserole position.
6. Beat together eggs, yolk and cheese. Stir into zoodles. Top with bacon bits. Microwave 2 min in Casserole position.

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Zucchini Torte

- 5 cups zucchini, thin slices
- 2 eggs
- Salt and pepper
- 1/2 cup + 1 Tbsp flour
- 2 tsp baking powder
- 1/2 cup + 2 Tbsp milk
- 1 1/2 Tbsp butter, softened
- Saffron or Curry
- 2 Tbsp parmesan cheese



1. Slice zucchini very thin in Mandoline.
2. Shake eggs, salt and pepper together in Quick Shake. Add milk and butter, shake well. Add flour, baking powder and seasonings, shake well.
3. Place half of sliced zucchini in Micro Pro Grill. Pour half of mixture in Quick Shake over zucchini. Stir together to thoroughly coat zucchini.
4. Sprinkle with half of cheese.
5. Microwave 20 min with cover in Casserole position. Repeat with remaining ingredients.



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Auré Verie



MicroPro Grill



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Using the MicroPro Grill

PREHEATING is NOT necessary

DO NOT use metal utensils

DO NOT wash in Dishwasher

DO NOT use Cooking Spray

DO NOT use harsh scrubbers

DO NOT use in regular oven

DO NOT use UP TO 20 min per use

DO NOT allow food to raise cover above sides

DO NOT use EMPTY or WITHOUT COVER

1500 Watts Maximum
1000 Watt MAX Outside US & CA

Two Grilling Positions

Grill Down on Food

Casserole Up on Side of Grill



MicroPro Grill Cooking Guide



Food	Qty, Instructions	Timing	Position
Asparagus	1 pkg or bundle	5-6 min	grill
Bacon	Single layer 4-5 strips	5-6 min, flip halfway	grill
Bacon, Center Cut	Single layer	8 min, flip halfway	grill
Bacon, Turkey	Single layer	6 min, flip halfway	casserole
Bacon-Wrapped Cheeseburger	1 burger	5 min, flip, 4 min	grill
Beef, ground with onions	1 lb	8-9 min, stir halfway	grill
Bell Peppers	2, sliced	4-6 min	grill
Biscuits from frozen	4-6	5-7 1/2 min	casserole
Biscuits from mix	7-8	6 min	casserole
Biscuits, refrigerated	5-8	6 min, flip at 4 min	casserole
Brats	Single layer	6 min, flip halfway	grill
Brats from Frozen	Single layer	11 min, flip every 3-4 min	grill
Bread, Frozen Garlic Cheese	Single layer	3 min	grill
Broccoli, fresh	Florets in single layer	10 min flip halfway	grill
Brussel Sprouts, raw	Cut in half, single layer	5 min	grill
Brussel Sprouts, whole raw	Single layer, oil, seasonings	12 min, flip every 3-4 min	grill
Cake, box mix	1/2 mix, made per directions	7-8 min	casserole
Cauliflower, raw	Single layer	5 min	grill
Cherry Tomatoes	1 pint	3-5 min	grill
Chicken Breast	Full size	10 min, flip halfway	grill
Chicken Breast, breaded	Cut in half, egg & crumbs	8-9 min, flip halfway	grill
Chicken Breast, butterfly	Hand-breaded, single layer	8 min, flip halfway	grill
Chicken Nuggets, frozen	Single layer	5 min, flip, 4-5 min	grill

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NOTE: Grill is NOT preheated unless otherwise noted



MicroPro Grill Cooking Guide



Food	Qty, Instructions	Timing	Position
Chicken Tenders, frozen	10 pcs single layer	15 min, flip halfway	grill
Chicken Tenderloins, raw	Single layer	5 min, flip, 2-3 min	grill
Chicken Thighs, raw bone-in	Single layer	17 min, flip halfway	grill
Cinnamon Rolls, refrigerated*	Single layer	5-6 min	casserole
* some people did 5-6 min casserole position then 1 min grill position			
Cookies, fresh or refrigerated	4	4-5 min	casserole
Crescent Rolls	Single layer	6-7 min, flip halfway	casserole
Crispy Crowns, frozen	Single layer	6 min, flip halfway	grill
Eggplant	4 slices	4 min, flip, 1 min	grill
Egg Rolls, frozen	2	5 min, flip halfway	grill
Fajitas	With peppers and onions	8 min, stir halfway	grill
Fish Sticks, frozen	Single layer, preheated	6 min, flip halfway	grill
French Bread	1 1/2-2" thick slices	4 min, flip, 1 min	grill
French Fries, frozen	Single layer	14 min, flip occasionally	grill
French Fries, loaded, frozen	Add cheese, bacon bits, onion	6 min	casserole
French Toast Sticks, frozen	Single layer	8 min, flip halfway	grill
Garlic Toast, Texas, frozen	Single layer	5 min, flip after 3 min	grill
Hamburger Patties, fresh	Single layer	4 min, flip, drain, 4 min	grill
Hamburger Patties, frozen	Single layer, preheated	6-7 min, flip after 4 min	grill
Hashbrowns, frozen	Drain when flipped halfway	8 min, flip halfway	grill
Hot Dogs	4, pierced	3 min	grill
Hot Dogs, Pigs in a Blanket	Flattened biscuit dough	6 min, flip after 4min	casserole
Jalapeño Poppers, homemade	Bacon-wrapped, single layer	15 min, flip occasionally	grill

Tupperware®

NOTE: Grill is NOT preheated unless otherwise noted



MicroPro Grill Cooking Guide



Food	Qty, Instructions	Timing	Position
Kale Chips	Single layer	8 min, flip halfway	casserole
Mahi, fresh	2 6-oz filets	3-5 min	grill
Meatballs, freshly made	Single layer, drain at halfway	8-10 min, flip halfway	grill
Meatloaf, freshly made	1 1/2 - 2 lbs	10-12 min	casserole
Mozzarella Sticks, frozen	Single layer	4 1/2 min	casserole
Muffin Mix, Apple Cinnamon	Box mix	8 min	casserole
Mushrooms, grilled sliced	Small amount coconut oil	6-7 min, stir halfway	grill
Mushroom, Portobello Burger	Baste lightly with BBQ sauce	7 min, flip/baste at 4 min	grill
Mushrooms, Stuffed	Single layer	9 min	casserole
Onions, grilled	1 medium, sliced	5-8 min	grill
Panini	1 sandwich	3-4 min, flip halfway	grill
Pizza, calzone, homemade	Crescent dough crust	7 min	casserole
Pizza, English muffin crust	2	6 min	casserole
Pizza, frozen	Single layer	6 min	casserole
Pizza, leftover	Single layer	4-6 min	casserole
Pizza, Naan (flatbread) crust	Single layer	4-6 min	casserole
Pizza, premade crust	Single layer	6-8 min	casserole
Pizza, tortilla crust	Single layer	6-8 min	casserole
Pizza, with Fresh Dough	Single layer	6-8 min	casserole
Pizza Rolls/Bites, frozen	Single layer	6-7 min	grill
Pork Chops, thin or butterfly	Single layer (thawed)	7 min, flip midway	grill
Pork Chops, thick bone-in	Single layer(thawed)	10-12 min, flip once or twice	grill
Pork Tenderloin	1 pound	15 min, flip halfway	grill

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NOTE: Grill is NOT preheated unless otherwise noted



MicroPro Grill Cooking Guide



Food	Qty, Instructions	Timing	Position
Potatoes, red	3-4, halved	12-16 min	grill
Potatoes, sliced	With other veggies	8-10 min, flip occasionally	grill
Pot Stickers, frozen	Single layer	4 min, flip halfway	grill
Pumpkin Seeds, fresh	Single layer, oil, seasonings	20 min, stir every 5 min	cass/grill
Casserole 10-15 min, grill last			
Ravioli, frozen	Single layer	7 min	grill
Salmon	2 8-oz filets	5 min	grill
SausageBreakfastLinks, frozen	Single layer	10 min, flip halfway	grill
SausageBreakfastPatties, frozen	Single layer	8 min, flip halfway	grill
Sausage Links	4, pierced	15 min, flip halfway	grill
Sausage, Smoked like kielbasa	Split, lay out halved	8 min, flip halfway	grill
Shrimp, thawed	Remove moisture, single layer	3-5 min	grill
S'Mores	Single layer	3-4 min	casserole
Squash, Butternut	Cubes, single layer	12 min, stir halfway	grill
Steak, thin, no bone	Single layer	2-4 min each side	grill
Sweet Potatoes, bite-size cubes	Single layer	12 min, stir halfway	grill
Tater Tots, frozen	Single layer	15-20 min, flip halfway	grill
Tuna, fresh	Single layer	4 min	grill
Vegetables, various, grilled	Cut same size, single layer	Strips, 6 min. Bites, 13 min	grill
Wings, frozen	Single layer	10 min	grill
Zucchini	4-5 strips, 1/2-3/4" thick	4 min, flip, 1 min	grill

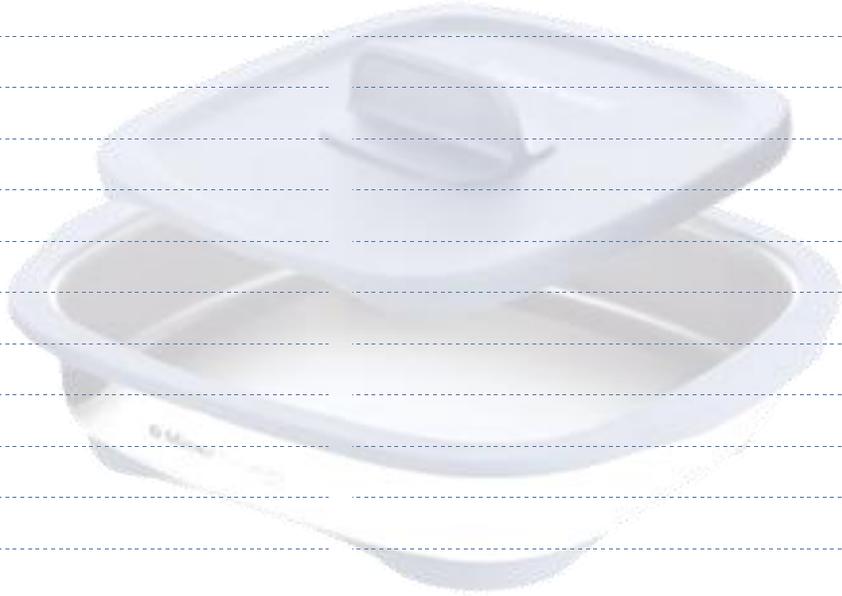
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NOTE: Grill is NOT preheated unless otherwise noted

Recipe:

Ingredients

Instructions

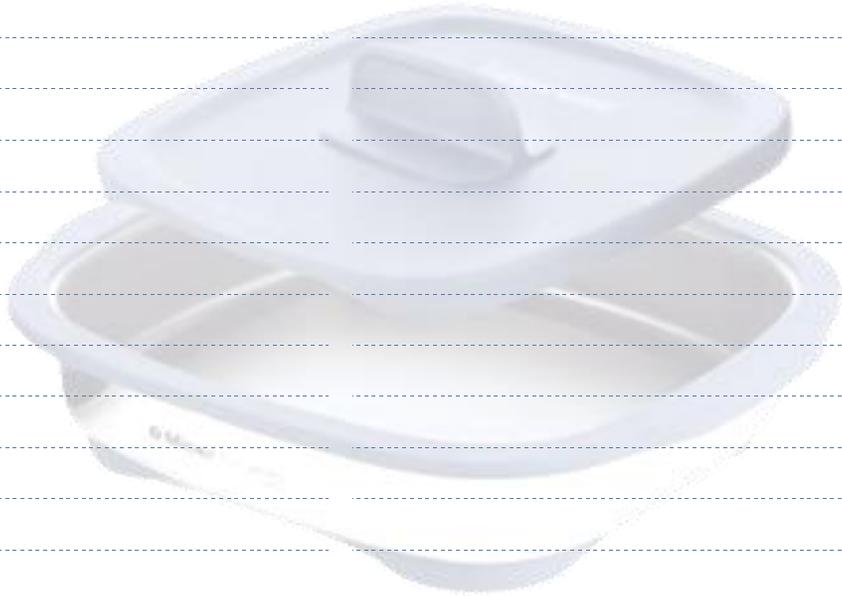


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Recipe:

Ingredients

Instructions



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