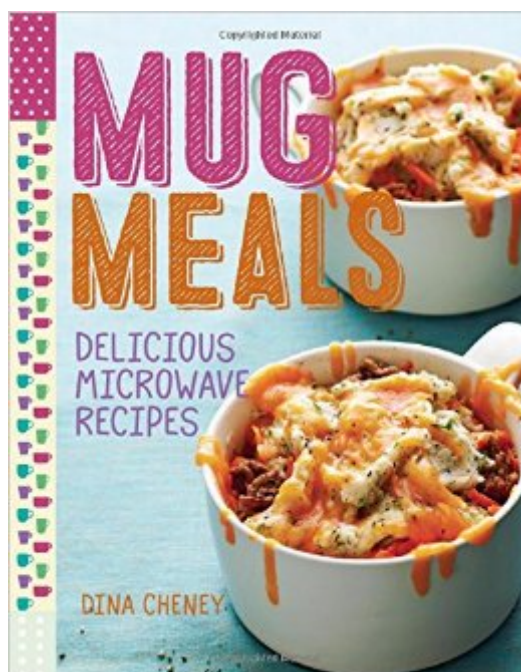


The book was found

# Mug Meals: Delicious Microwave Recipes



## Synopsis

Cooking for one can be fun and easy. Mug Meals offers 125 incredibly flavorful, no-hassle, single-serving recipes, made with just a few fresh ingredients. It's the easy answer to "What can I make, fast?" And a welcome solution for busy families, teens on the go, college students, singles, and seniors. Look at all the helpful features it offers: Simple and satisfying recipes-for-one make the perfect size meal. Never eat watery frozen meals or expensive take-out again. The pantry supply list will keep you stocked with the essentials. 40 colorful photographs of tasty mug meals will inspire you. Secret weapon: your microwave. It really can be used for more than popping popcorn. The straightforward microwave basics section will teach you the ins and outs of microwave cooking. To get started, all you need is: One mug. A microwave. Some fresh ingredients. 125 hearty meals in minutes. Quickly create that home-cooked dish you've been craving with mouthwatering meals-in-a-mug for any time of day. Here are just a few to whet your appetite: Breakfast--Savory Summer Corn Oatmeal with Bacon; Double Berry French Toast; Lox and Bagel Strata. Lunch--Moroccan Pumpkin and Chickpea Stew; White Bean Gratin with Olives and Lemon; Double Carrot Soup. Dinner--Chinese Chicken with Noodles and Black Bean Sauce; Classic Shepherd's Pie; Lasagna. Dessert--Mango Coconut Crumble; Molten Chocolate Cake with Truffle Filling; Peach and Cornbread Shortcake, to name only a few. Instant one-cup clean-up! No more loads of leftovers that inevitably get tossed in the trash. Put an end to over-buying ingredients only to have them spoil in the crisper. Enjoy instant success with recipes that call for only a few ingredients and cook in one cup, so clean-up is a snap. And your meal in a mug is oh-so delicious!

## Book Information

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## Customer Reviews

“Mug Meals: Delicious Microwave Recipes” by Dina Cheney is a beautifully illustrated cookbook based on recipes which can be cooked in a 12 ounce mug (though the author points out that using a 16 ounce mug works as well “ and maybe helps with keeping the microwave clean.) I became interested in this book because it involves more work than throwing four ingredients into a mug and heating it up. While there are a few simpler items included, this is not a book of simple flavor recipes “ it is a book of interesting and somewhat complex ingredient meals/desserts that are simple to make. You will need a decently stocked pantry to make all of the recipes. Good news for beginners is that you can buy the items as you go along and you will end up with a well-stocked pantry by the time you have worked your way through the book. The Introduction explains the premise of the book, gives some background, pantry tips, and even cooking suggestions for some items. After the introduction, the book is divided into three categories: Breakfast, Lunch/Dinner, and Desserts. The recipes in the book are fairly evenly divided, which is very good news for those (like myself) who like to make scrumptious breakfasts. So many cookbooks give only a few pages to making omelets, scrambles, and casseroles (albeit with a number of variations listed in fine print.) It was a real pleasure to see recipe after recipe that varied so much in content and flavor. I’m also an individual who likes breakfast for lunch and dinner, so having unusual breakfast meals adds to my use of the cookbook throughout the day. The Lunch/Dinner section does rely fairly heavily on having certain pre-cooked items ready (e.g., ground meats, quinoa, and rice.) This is true to a lesser extent for breakfasts.

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