

CONVECTION EXPRESS

HIGH-SPEED COMBINATION OVEN

Cooking  
Guide



**Amana**  
HIGH PERFORMANCE HAS A NAME

# COOKING TIPS

1. Metal containers can be used in the Convection Express. It is recommended that the pan be comparable in size to the food they hold, more food than metal should be exposed. Different types of metal conduct heat at different speeds. Aluminum heats faster than stainless steel.
2. Stage cooking aids in retaining the quality of frozen and delicate foods. Finishing baked goods at 0% is a great way to get the added browning and crisping without over cooking. For example six turnovers cook best at 3:00 @ 100% & 5:00 @ 0%.
3. When using microwave power only use one rack, the microwaves are dispersed from the top, so food on a second rack would not be cooked as well. Multiple racks may be used without microwave power (0%) cooking performance would be similar to a regular convection oven.
4. Take advantage of the accessories:
  - a. Pizza stone: aids in crisping and browning. Breads and pizzas
  - b. Fry basket: breaded products like, chicken fingers, fries, mozzarella sticks, jalapeno poppers,
  - c. Griddle/Drip pan: Great browning and crisping for toasted sandwiches & pizzas, as well as catching drippings when using the fry basket accessory.
5. The most frequently used oven temperatures are 475F and 450F. Reduce the oven temperature if the product is cooked for an extended period of time.
6. To enhance the golden brown appearance of pastry dough, brush with an egg white prior to baking.
7. Line the sheet pan with parchment paper for easy removal of food after heating and reduced cleaning.
8. Muffin tins work great for individual cakes & brownies. Spray with cooking spray prior to cooking for easy removal of food after heating.
9. Frequent cleaning prevents unnecessary buildup that may affect the microwave performance. Use the recommended Amana cleaner as needed.

# APPETIZERS



## Bacon-Wrapped Scallops - 6 each *(Archer Farms)*

**Total Cook Time - 8:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:00	70%
	2	7:30	0%

## Bagel Bites - Cheese & Pepperoni - 8 each *(Ore-Ida)*

**Total Cook Time - 2:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:00	100%
	2	1:30	0%

## Bread Sticks - 6 each

**Total Cook Time - 1:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:30	70%

## Brochette - Chicken Satay - 6 each *(Archer Farms)*

**Total Cook Time - 5:00**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	3:00	60%
	2	2:00	30%

## Bruschetta - 4 each *(Cedarlane)*

**Total Cook Time - 3:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	2:00	70%
	2	1:30	0%

## Cheese Sticks - 8 each *(Farm Rich)*

**Total Cook Time - 3:00**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:00	100%
	2	2:00	0%

## Chicken Egg Rolls - 4 each

**Total Cook Time - 2:00**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:00	100%

## Chicken Wings - 4 each *(Reinharts bone-in wingetts)*

**Total Cook Time - 2:45**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:45	80%
	2	1:00	0%



## Chicken Wings - 4 each *(Reinharts bone-in drumettes)*

### Total Cook Time - 3:15

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	2:00	80%
	2	1:15	0%

## Calmari, Fried - 5 oz.

### Total Cook Time - 6:00

Start Temp: Frozen  
Accessory: Fry Basket  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	6:00	0%

## Cranberry Crab Rangoon - 6 each *(Ming Tsai)*

### Total Cook Time - 4:30

Start Temp: Frozen  
Accessory: Fry Basket  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
400° F (205° C)	1	2:00	100%
	2	2:30	0%

## Italian Sausage Meatballs - 4 each *(Mamma Raines)*

### Total Cook Time - 2:30

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
425° F (220° C)	1	1:00	100%
	2	1:30	0%

## Jalapeno Poppers - 8 each

### Total Cook Time - 2:20

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	2:20	60%

## Nachos - 8 oz.

### Total Cook Time - 1:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	1:00	30%

## Onion Rings - 5.5 oz.

### Total Cook Time - 2:00

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	2:00	100%

## Parmesan Crisps - 4 each

Spread 1 tablespoon shredded parmesan cheese into 2-inch diameter circles on parchment lined baking sheet. After baking, and as soon as crisps hold their shape, remove from pan and place on paper towels to cool.

### Total Cook Time - 3:15

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	2:15	20%
	2	1:00	0%



## Pierogies - Potato and Cheese - 4 each *(Archer Farms)*

### Total Cook Time - 4:00

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:30	80%
	2	2:30	0%

## Pita Chips - 8 wedges(1 pita)

Cut into 8 wedges, split apart, brush with olive oil. Season with koshser salt and coarse ground pepper or other seasonings.

### Total Cook Time - 4:30

Start Temp: Refrigerated

Accessory: Mesh Round

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	4:30	0%

## Popcorn Shrimp - 12 oz.

### Total Cook Time - 2:30

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:30	100%

## Pot Stickers - 9 each *(Market Pantry)*

### Total Cook Time - 3:30

Start Temp: Frozen

Accessory: Fry Basket

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:00	100%
	2	2:30	0%

## Pretzels, Cheese Filled - 4 oz.

### Total Cook Time - 1:00

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	80%

## Pretzels, Parbaked - 6 each

### Total Cook Time - 2:00

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:00	30%

## Pretzels, Jalapeno and Cheddar - 5 each *(Marrket Pantry.)*

### Total Cook Time - 3:00

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:00	100%
	2	2:00	0%

# APPETIZERS



## Pretzels, Cheddar - 5 each *(Kraft SuperPretzel.)*

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	400° F (205° C)	1	:30	90%
Accessory: Metal Pan		2	2:00	0%
Rack Level: Lowest				

## Prosciutto Wrapped Figs - 4 each

Fresh fig halves topped with 1 teaspoon cream cheese and wrapped with strip of prosciutto.

<b>Total Cook Time - 1:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	475° F (250° C)	1	1:00	30%
Accessory: Metal Pan				
Rack Level: Lowest				

## Quesadillas - Chicken - 3 each *(Desert Pepper Trading Co.)*

<b>Total Cook Time - 4:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	475° F (250° C)	1	3:30	80%
Accessory: Metal Pan		2	1:00	0%
Rack Level: Lowest				

## Shredded Beef Tamales - 3 each *(Nation's)*

<b>Total Cook Time - 4:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	425° F (220° C)	1	2:00	100%
Accessory: Metal Pan		2	2:00	50%
Rack Level: Lowest				

## Spanikopita - 6 each *(Reinhart's)*

<b>Total Cook Time - 9:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	375° F (190° C)	1	:30	30%
Accessory: Metal Pan		2	9:00	0%
Rack Level: Lowest				

## Spinich Dip - 8 oz. *(Orval Kent)*

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	475° F (250° C)	1	2:00	70%
Accessory: Ceramic Dish				
Rack Level: Lowest				

## Toasted Fried Ravioli - 5 each *(Louisa's)*

<b>Total Cook Time - 3:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	425° F (220° C)	1	1:00	60%
Accessory: Mesh Round		2	2:00	0%
Rack Level: Lowest				

## Texas Toast - 4 each *(Louisa's)*

<b>Total Cook Time - 4:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	475° F (250° C)	1	2:00	10%
Accessory: Griddle		2	2:00	0%
Rack Level: Lowest				

# BREAKFAST & BREADS



## Bacon - Thick Cut - 4 strips *(Farmland.)*

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	1:00	50%
Accessory: Metal Pan		2	2:00	70%
Rack Level: Lowest		3	:30	50%

## Banana Bread - 1 loaf *(Krusteaz box mix)*

<b>Total Cook Time - 20:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	350° F (° C)	1	20:00	30%
Accessory: Loaf Pan				
Rack Level: Lowest				

## Biscuits - Dough - 6 each

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	450° F (235° C)	1	2:30	100%
Accessory: Metal Pan				
Rack Level: Lowest				

## Biscuit - bacon, egg & cheese - 1 each *(Block & Barrel)*

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	375° F (190° C)	1	2:00	80%
Accessory: Metal Pan				
Rack Level: Lowest				

## Blueberry Yogurt Muffins- 12 each

In medium bowl, stir together 2 cups biscuit and baking mix and 1 cup packed light brown sugar; set aside. In 2-cup glass measure, combine 1 cup blueberry yogurt, 2 eggs, 2 tablespoons butter and 1 teaspoon anilla. Gently fold into dry ingredients until dry ingredients are moistened. Scoop about 1/4 cup of mixture into greased muffin tins. Place fresh blueberries over top each muffin..Mix 1/3 cup biscuit and baking mix with 1/4 cup of brown sugar and 3 tablespoons melted butter until crumbly. Sprinkle over top blueberries and bake.

<b>Total Cook Time -10:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	375° F (190° C)	1	10:00	30%
Accessory: Muffin Tin				
Rack Level: Lowest				

## Bread - White Frozen Bread Dough - 1 loaf *(Rhodes)*

<b>Total Cook Time - 10:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Thaw & Rise	350° F (175° C)	1	10:00	30%
Accessory: Loaf Pan				
Rack Level: Lowest				

## Bread - Frozen Dinner Rolls - 8 rolls *(Rhodes)*

<b>Total Cook Time - 8:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Thaw & Rise	375° F (190° C)	1	5:00	30%
Accessory: Metal Pan		2	3:00	0%
Rack Level: Lowest				

## Breakfast Burrito - 1 each

<b>Total Cook Time - :45</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	475° F (250° C)	1	:45	100%
Accessory: Metal Pan				
Rack Level: Lowest				

# BREAKFAST & BREADS



## Breakfast Croissant - 1 each *(Aunt Jemima's.)*

**Total Cook Time - 2:30**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:30	80%
	2	1:00	20%

## Breakfast Croissant - 1 each *(Aunt Jemima's.)*

**Total Cook Time - 1:30**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	:45	80%
	2	:45	0%

## Breakfast English Muffin- 1 each *(Jimmy Dean)*

**Total Cook Time - 2:00**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	1:00	80%
	2	1:00	0%

## Breakfast Potatoes - 8 oz. *(Ore-Ida potatoes with peppers and onions)*

**Total Cook Time - 5:00**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:30	60%
	2	2:30	0%

## Braided Breakfast Bread - 1 each *(Country Style)*

**Total Cook Time - 10:00**

Start Temp: Thaw & Rise  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	10:00	30%

## Bruschetta Toasts - 1 loaf *(Made with Pepperidge Farms French Bread)*

Slice bread in 1/4-inch slices, brush with olive oil and season if desired.

**Total Cook Time - 8:00**

Start Temp: Room Temp.  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	5:00	20%
		3:00	0%

## Cheese Ham and Egg Pizzas - 1 each *(Red Baron)*

**Total Cook Time - 3:30**

Start Temp: Frozen  
Accessory: Pizza Stone  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	1:30	90%
	2	2:00	0%

## Cherry Turnover - 6 each *(Pillsbury)*

**Total Cook Time - 3:30**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	:30	30%
	2	5:00	0%



# BREAKFAST & BREADS



## Cinnamon Rolls - 6 each *(Rhodes)*

**Total Cook Time - 7:00**

Start Temp: Thaw & Rise

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	7:00	30%

## Corn Bread - 6 muffins *(Archer Farms mix)*

**Total Cook Time - 10:00**

Start Temp: Room Temp.

Accessory: Muffin Tin

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	8:00	30%
	2	2:00	0%

## Egg Patties - 4 each

**Total Cook Time - 2:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	2:30	100%

## Eggs, Scrambled - 2 large eggs

**Total Cook Time - :50**

Start Temp: Refrigerated

Accessory: Oval ceramic

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	:50	100%

## Eggs, Fried Over Easy - 2 large eggs

**Total Cook Time - 1:15**

Start Temp: Refrigerated

Accessory: Griddle

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	1:15	50%

Turn after 1 minute.

## Focaccia - Tomato Herb - 1 loaf *(Archer Farm's Mix)*

Slice bread in 1/4-inch slices, brush with olive oil and season if desired.

**Total Cook Time - 9:30**

Start Temp: Room Temp.

Accessory: Loaf Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	2:00	50%
		7:30	0%

## French Toast Sticks - 5 sticks *(Murray's Double Cinnamon)*

**Total Cook Time - 2:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:00	30%
	2	1:30	0%

## Frozen Waffles - 2 each *(Eggo Homestyle and Buttermilk)*

**Total Cook Time - :50**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	:50	100%

# BREAKFAST & BREADS



## Garlic Toast - 4 each

**Total Cook Time - 4:00**

Start Temp: Refrigerated  
Accessory: Griddle  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:00	10%
	2	2:00	0%

## Hash Browns - Southern Style - 5 oz. *(Ore-Ida)*

**Total Cook Time - 6:30**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	3:30	60%
	2	3:00	0%

## Muffins, Chocolate/Chocolate Chip - 12 each *(Pillsbury)*

**Total Cook Time -10:00**

Start Temp: Refrigerated  
Accessory: Muffin Tin  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	10:00	30%

## Muffins, Cranberry Orange Muffins - 12 each *(Pillsbury)*

**Total Cook Time -10:00**

Start Temp: Refrigerated  
Accessory: Muffin Tin  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	8:00	30%
	2	2:00	0%

## Pancakes - 3 each

**Total Cook Time -1:15**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:15	80%

## Puff Pastries - 6 each *(Pepperidge Farms)*

**Total Cook Time -10:00**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	2:00	20%
	2	8:00	0%

## Puff Pastry Shells - 6 each *(Pepperidge Farm)*

**Total Cook Time -10:00**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	2:00	20%
	2	8:00	0%

## Quiche - 1- 9-inch *(9-inch Pillsbury Pet-Rritz pie crust)*

Bake thawed 9-inch pie crust at 350 F for three minutes at 30% power. Place 1/2 cup sliced fresh mushrooms, 1/4 cup sliced green onion, 1/3 cup torn fresh spinach leaves, 1/3 cup cooked and crumbled bacon and 1 cup finely shredded Mexican-style 4-cheese blend in pie crust. Beat 4 eggs, 3/4 cup milk, 1/4 teaspoon Kosher salt and 1/8 teaspoon black pepper. Pour into pie shell over filling ingredients.

**Total Cook Time - 17:30**

Start Temp: Room Temp.    Crust Only  
Accessory: Disp. Pie Tin    With Filling  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	3:00	30%
		14:30	30%

# BREAKFAST & BREADS



## Sausage Croissant - 1 each

**Total Cook Time - :50**

Start Temp: Refrigerated  
Accessory: Teflon Basket  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	:50	100%

## Sausage Egg Muffin - 1 each

**Total Cook Time - 1:00**

Start Temp: Refrigerated  
Accessory: Teflon Basket  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	100%

## Sausage Links - precooked - 6 each *(Jimmy Dean)*

**Total Cook Time -1:00**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	80%

## Sausage Links - raw - 6 each *(Johnsville)*

**Total Cook Time -3:00**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	100%
	2	2:00	0%

## Sausage Patties - precooked - 6 each *(Jimmy Dean)*

**Total Cook Time -1:00**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	100%

## Sausage Patties - raw - 6 each *(Old Folks)*

**Total Cook Time -4:00**

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	100%
	2	3:00	0%

## Scones - 6 each

In medium bowl, combine 2 cups self-rising flour, 3 tablespoons granulated sugar and 1 1/2 cups heavy whipping cream. Stir to combine and form into ball. Knead 5 times. Add more flour as needed to keep from sticking. Cut dough in half. Shape into two rounds (6-inch diameter). Cut each round into 6 wedges. Brush with additional cream, sprinkle with crystalized sugar.

**Total Cook Time - 6:30**

Start Temp: Room Temp.    Crust Only  
Accessory: Disp. Pie Tin    With Filling  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	3:00	80%
		3:30	0%

# BREAKFAST & BREADS



## Texas Toast - 6 slices

**Total Cook Time - 3:20**

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	3:20	40%

## Toasted Bagel

**Total Cook Time - 1:15**

Start Temp: Room Temp.  
Accessory: Rack  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:15	10%

## Toasted Bread Crumbs

Place bread in food processor and pulse until crumbs. Place on metal pan and bake 4 minutes stirring once half-way through.

**Total Cook Time - 4:00**

Start Temp: Room Temp.  
Accessory: Rack  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:15	10%



## Burritos - Beef & Bean - 3 each *(Reinhart's)*

### Total Cook Time - 3:30

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	375° F (190° C)	1	2:30	100%
Accessory: Metal Pan		2	1:00	0%

Rack Level: Lowest

## Beef Tenderloin - 1 (20 oz.)

Brush with oil; season as desired

### Total Cook Time - 16:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	8:00	50%
Accessory: Griddle		2	8:00	30%

Rack Level: Lowest

## Beef Wellington - 1 (20 oz.)

Brown beef on griddle for 2 minutes per side. Remove and chill. Meanwhile cook 1/4 cup chopped shallots in 1/4 cup butter in skillet until shallots are translucent. Add mushrooms and cook until no liquid remains (about 5 minutes). Cool. Use 1 sheet of puff pastry that has been thawed. Roll out on floured board. Place half of the mushroom mixture on center of pastry. Top with browned beef. Add remaining mushrooms. Brush egg wash on edges of pastry. Wrap pastry around beef and mushrooms. Place on 1/4 sheet pan to bake.

### Total Cook Time - 24:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	2:00	50%
Accessory: Griddle		2	2:00	0%
Metal pan	400° F (205° C)	1	14:00	50%
Rack Level: Lowest		2	6:00	30%

## Filet Mignon Wrapped in Bacon - 4 to 5 each *(Original Rangoon)*

### Total Cook Time - 1:30

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	475° F (250° C)	1	:30	100%
Accessory: Rack		2	1:00	0%

Rack Level: Lowest

## Hamburger Patty- 1 patty

### Total Cook Time - 1:30

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (250° C)	1	1:20	100%

Accessory: Metal Pan

Rack Level: Lowest

## Hamburger Patty- 1 patty (6 oz.)

### Total Cook Time - 3:30

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	1:15	100%
Accessory: Griddle		2	2:15	0%

Rack Level: Lowest

## Hamburger Patty- 2 patties *(IQF - Great Value)*

### Total Cook Time - 3:15

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	1:45	100%
Accessory: Griddle		2	1:30	0%

Rack Level: Lowest



## Meat Loaf - 1 lb.

In large bowl, combine 1 lb. 85% ground beef, 1 large egg, 1/4 cup dry bread crumbs, 1/4 cup milk, 1/4 cup finely chopped onion, 1/2 teaspoon salt, 1/2 teaspoon garlic powder and 1/4 teaspoon coarse ground pepper. Shape in a free-form loaf and place on 1/4 sheet pan.

### Total Cook Time - 10:00

Start Temp: Refrigerated

Accessory: Metal pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	10:00	70%

## Prime Rib - 2.32 lbs. *(Sutton & Dodge)*

### Total Cook Time - 45:00

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
325° F (150° C)	1	20:00	50%
	2	20:00	50%
	3	5:00	50%

## Rib-Eye Steak - 1 (9 oz.)

Season with salt an pepper. Turn 1/2 through cooking cycle.

### Total Cook Time - 6:00

Start Temp: Refrigerated

Accessory: Griddle

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (220° C)	1	2:00	100%
	2	4:00	0%

## Strip Steak - 1 (9 oz.)

Season with salt an pepper. Turn 1/2 through cooking cycle.

### Total Cook Time - 2:00

Start Temp: Refrigerated

Accessory: Griddle

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (220° C)	1	1:30	100%
	2	:30	0%

## Taco Beef Filling - 3 lbs.

### Total Cook Time - 10:00

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	10:00	50%



## Baked Chicken Breast (Raw) - 2 ea. (6 oz)

<b>Total Cook Time - 3:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Room Temp.	475° F (250° C)	1	3:00	100%
Accessory: Metal Pan				
Rack Level: Lowest				

## Chicken Breast Cordon Bleu (Barber Foods)

<b>Total Cook Time - 2:45</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	450° F (235° C)	1	2:15	100%
Accessory: Metal Pan		2	:30	20%
Rack Level: Lowest				

## Chicken Breast Tenders - 7 each (Tyson)

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	475° F (250° C)	1	1:30	40%
Accessory: Fry Basket		2	1:00	0%
Rack Level: Lowest				

## Chicken Fajitas - 4 oz. (Tyson)

<b>Total Cook Time - 3:15</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	450° F (235° C)	1	1:30	100%
Accessory: Metal Pan		2	1:45	0%
Rack Level: Lowest				

## Chicken Nuggets - 6 each (Tyson)

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	:30	80%
Accessory: Wire Mesh		2	2:00	0%
Rack Level: Lowest				

## Chicken Pot Pie - 1 each (Marrie Callendar's)

<b>Total Cook Time - 5:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	5:00	100%
Accessory: Metal Pan				
Rack Level: Lowest				

## Chicken - Split Breasts - bone-in - 1 ea (9.9 oz)

<b>Total Cook Time - 7:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	400° F (205° C)	1	3:30	100%
Accessory: Metal Pan		2	3:30	0%
Rack Level: Lowest				

## Chicken - Split Breasts - bone-in - 2 ea (9.9 oz. ea.)

<b>Total Cook Time - 8:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	400° F (205° C)	1	4:30	100%
Accessory: Metal Pan		2	3:30	0%
Rack Level: Lowest				



## Chicken Strips - Buffalo Style - 7.5 oz. *(Tyson)*

### Total Cook Time - 5:45

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	3:00	60%
Accessory: Wire Mesh		2	2:45	0%
Rack Level: Lowest				

## Chicken Breasts - Grill Marked - 1 ea (4.4 oz)

### Total Cook Time - 2:15

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	475° F (250° C)	1	2:15	60%
Accessory: Metal Pan				
Rack Level: Lowest				

## Chicken Breasts - Grill Marked - 4 ea (4.4 oz ea)

### Total Cook Time - 4:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	475° F (250° C)	1	4:00	60%
Accessory: Metal Pan				
Rack Level: Lowest				

## Cornish Hens - 1 lb. 9 oz. *(Tyson)*

### Total Cook Time - 10:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	425° F (220° C)	1	10:00	50%
Accessory: Metal Pan				
Rack Level: Lowest				

## Chicken Kabobs - 8 oz. *(Archer Farms)*

### Total Cook Time - 6:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	400° F (220° C)	1	3:00	100%
Accessory: Griddle		2	3:00	0%
Rack Level: Lowest				

## Duck Breast - 2 - 6 oz. ea *(Reinhart)*

### Total Cook Time -7:30

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	475° F (250° C)	1	7:30	50%
Accessory: Griddle			Turn 1/2 way through	
Rack Level: Lowest				

## Turkey Tenderloin - 1 - 16 oz. *(The Turkey Store - Lemon-Garlic)*

### Total Cook Time -12:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	475° F (250° C)	1	12:00	80%
Accessory: Metal Pan				
Rack Level: Lowest				





# PORK & LAMB

## BBQ Pork Ribs - 1/2 rack *(Archer Farms)*

**Total Cook Time - 6:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	3:00	50%
	2	3:00	50%

## Brats - raw- 6 each

**Total Cook Time - 3:30**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:00	100%
	2	1:30	100%

## Corn Dogs - 6 each

**Total Cook Time - 3:30**

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	3:30	100%

## Pre-fried Pork Tenderloin - 2 each

**Total Cook Time - 3:00**

Start Temp: Refrigerated

Accessory: Fry Basket

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:00	40%
	2	1:00	0%

## Spiral Ham - 1/2 ham (7.25 lb) *(Hormel)*

**Total Cook Time - 35:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	20:00	100%
	2	15:00	50%

## Hot Dogs - 8 each

**Total Cook Time - 4:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	4:00	60%

## Kielbasa - 1 lb. *(Hormel)*

**Total Cook Time - 6:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	5:00	50%
	2	1:00	20%

## Lamb, Rack of - 8 bone rack (2 lbs) *(Reinhart)*

**Total Cook Time - 10:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	10:00	50%

Turn 1/2 way through cooking cycle



# PORK & LAMB

## Pork Chops - 2 each

**Total Cook Time - 3:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:00	100%
	2	2:00	30%

## Pork Tenderloin - 1 lb. (Hormel)

**Total Cook Time - 11:15**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (220° C)	1	5:15	100%
	2	6:00	0%

## Pre-cooked Brats, 1 each (3.2 oz) (Klements)

**Total Cook Time - 2:30**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	1:30	100%
	2	1:00	0%

## Pre-cooked Brats, 2 each (6.5 oz) (Klements)

**Total Cook Time - 3:30**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	2:00	100%
	2	1:30	0%

## Pre-cooked Brats, 4 each (13.1 oz) (Klements)

**Total Cook Time - 4:15**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	2:45	100%
	2	1:30	0%

## Roast Pork Loin - 1/2 package (11 oz) (Market Pantry)

**Total Cook Time - 7:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	4:00	100%
	2	3:00	50%

## Stuffed Pork Chops with cornbread stuffing 1-1/4" boneless (Hormel)

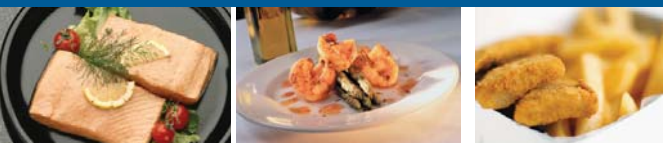
**Total Cook Time - 3:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	3:00	80%



### Cod, Potato-Crusted - 2 (10.5 oz) *(Sea Cuisine)*

#### Total Cook Time - 4:30

Start Temp: Refrigerated  
Accessory: Teflon Basket  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:30	100%
	2	2:00	0%

### Clam Strips - 11 oz. *(La Monica)*

#### Total Cook Time - 8:00

Start Temp: Frozen  
Accessory: Teflon Basket  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	3:00	50%
	2	5:00	0%

### Crab Cakes - 2 each *(Phillips Seafood Restaurant)*

#### Total Cook Time - 4:30

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	:30	100%
	2	4:00	0%

### Fish Sticks - 6 each *(Gorton's)*

#### Total Cook Time - 2:45

Start Temp: Frozen  
Accessory: Fry Basket  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	:30	80%
	2	2:15	0%

### Lobster Tails

#### Total Cook Time - 6:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	5:00	50%
	2	1:00	20%

### Salmon Fillet (fresh) - 1 ea (10 oz)

#### Total Cook Time - 4:45

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:45	100%
	2	3:00	0%

### Salmon Fillet on Cedar Plank (fresh) - 1 ea (10 oz)

#### Total Cook Time - 4:45

Start Temp: Refrigerated  
Accessory: Cedar Plank  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
425° F (220° C)	1	1:45	100%
	2	3:00	0%

### Scallops - 6 each *(Archer Farms)*

#### Total Cook Time - 2:15

Start Temp: Frozen  
Accessory: Griddle  
Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (220° C)	1	1:15	100%
	2	2:00	0%

**Scallops - 6 each** *(Archer Farms)***Total Cook Time - 2:00**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Fresh	475° F (220° C)	1	:30	100%
Accessory: Griddle		2	1:30	0%
Rack Level: Lowest				

**Shrimp on Cedar Plank - 1/4 lb.** *(Archer Farms)***Total Cook Time - 1:30**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	:30	100%
Accessory: Griddle		2	1:00	0%
Rack Level: Lowest				

**Shrimp (Skewer on Griddle) - 1/4 lb.** *(Archer Farms)***Total Cook Time - 1:30**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	:30	100%
Accessory: Griddle		2	1:00	0%
Rack Level: Lowest				

**Shrimp Scampi - 7 pieces** *(World Catch)***Total Cook Time - 2:00**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	350° F (175° C)	1	1:00	100%
Accessory: Black Ceramic		2	1:00	0%
Rack Level: Lowest				

**Swordfish - 1 (8 oz.)** *(Archer Farms)***Total Cook Time - 5:00**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	3:00	100%
Accessory: Black Ceramic		2	2:00	0%
Rack Level: Lowest				

**Tilapia - 1 (5 oz.)****Total Cook Time - 1:45**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	425° F (220° C)	1	:45	100%
Accessory: Griddle		2	1:00	0%
Rack Level: Lowest				

**Tilapia, Stuffed - 1 (5 oz.)** *(Oven Poppers)***Total Cook Time - 4:00**

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	4:00	50%
Accessory: Metal Pan		2	1:00	0%
Rack Level: Lowest				



## Cibatta Chicken Sandwich - 1 each *(Ciabatta Bread - Target)*

Slice ciabatta bread in half and place on metal pan. Spray with cooking spray. Toast for 2 minutes. Set aside. On separate pan, heat chicken with 1 slice provolone cheese for 1 minute. Place chicken and cheese between toasted ciabatta bread. Add caramelized onions if desired.

<b>Total Cook Time - 3:00</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp/Ref	Bread	475° F (250° C)	1	2:00	30%
Accessory: Metal Pan	Chicken		1	1:00	80%
Rack Level: Lowest					

## Grilled Cheese - 1 each

One sliced Kraft American cheese sandwiched between 2 buttered slices of white bread.

<b>Total Cook Time - 1:30</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.		475° F (250° C)	1	1:30	20%
Accessory: Griddle		Turn over half way through cooking cycle.			
Rack Level: Lowest					

## Southwestern Chicken Sandwich - 1 each *(Tyson Fajita Strips)*

Cut onion, red and yellow bell peppers into strips. Drizzle with olive oil; place on griddle to cook. Place fajita chicken strips on griddle after 2 minutes, along with Sun-dried Tomato Bread slices. When ready to serve, add colby-jack cheese.

<b>Total Cook Time - 5:00</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.		450° F (235° C)	1	2:00	100%
Accessory: Griddle			2	3:00	0%
Rack Level: Lowest					

## Hot Ham and Cheese - 1 each

1 slice of Muenster cheese and 3 slices of Oscar Mayer smoked deli ham sandwiched between 2 buttered slices of bread.

<b>Total Cook Time - 1:30</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.		475° F (250° C)	1	1:30	60%
Accessory: Griddle		Turn over half way through cooking cycle.			
Rack Level: Lowest					

## Meatball Sub - 1 each *(Pepperidge Farm French Bread Loaf (half))*

Cut French bread loaf in half. Open bun and place 3 hot meatballs with marinara sauce on bun. Cut a thin slice of provolone cheese in half and place both halves on bun opposite meatballs. Toast open faced.

<b>Total Cook Time - 2:00</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.		475° F (250° C)	1	2:00	60%
Accessory: Teflon Basket					
Rack Level: Lowest					

## Tuna Melt - 1 each *(Pepperidge Farm Rye and Pumpernickel Deli Swirl bread)*

1/3 cup homemade tuna salad placed on a slice of deli swirl rye and pumpernickel bread and topped with a thin slice of provolone cheese. The second slice of bread is toasted alone. Toast open faced.

<b>Total Cook Time - 2:00</b>		<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated		475° F (250° C)	1	2:00	60%
Accessory: Teflon Basket					
Rack Level: Lowest					



# SANDWICHES

## Italian Turkey and Cheese - 1 each

Place 4 slices of roasted turkey on parchment paper. Place 2 thin slices of pepperoni over top. Add 2 slices of fresh mozzarella and fresh basil leaves, if desired. Heat and serve on Kalamata Olive bread slices.

**Total Cook Time - 2:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	2:00	50%

## Hot Pockets - Ham & Cheese - 1 each

**Total Cook Time - 2:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:00	80%
	2	1:00	0%

## Hot Pockets - Ham & Cheese - 2 each

**Total Cook Time - 3:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:30	80%
	2	1:30	0%

## Lean Pockets - Pepperoni & Cheese - 1 each

**Total Cook Time - 2:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:00	80%
	2	1:00	0%

## Lean Pockets - Pepperoni & Cheese - 2 each

**Total Cook Time - 3:00**

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	1:30	80%
	2	1:30	0%



## **Cream of Broccoli - 3 lb. package** *(Hy-Vee)*

**Total Cook Time - 12:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	12:00	100%

Stir 3 times during cooking cycle

## **Chicken Tortilla - 3 lb. package** *(Hy-Vee)*

**Total Cook Time - 8:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	8:00	100%

Stir 3 times during cooking cycle

## **French Onion - 1 gallon** *(Reinhart)*

**Total Cook Time - 20:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	20:00	100%

Stir 3 times during cooking cycle

## **Tomato Florentine - 1 gallon** *(Reinhart)*

**Total Cook Time - 18:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	18:00	100%

Stir 3 times during cooking cycle

## **Wisconsin Cheese - 3 lb. package** *(Hy-Vee)*

**Total Cook Time - 13:00**

Start Temp: Refrigerated

Accessory: Cambro

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	13:00	80%

Stir 3 times during cooking cycle



## Baked Mac N' Cheese - 6 oz.

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	1:30	100%
Accessory: Black Ceramic Dish		2	1:00	0%
Rack Level: Lowest				

## Baked Mac N' Cheese - 12 oz.

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish		2	1:30	0%
Rack Level: Lowest				

## Baked Spaghetti - 6 oz.

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish				
Rack Level: Lowest				

## Fettucini with Alfredo Sauce - 6 oz.

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish				
Rack Level: Lowest				

## Fettucini with Marinara Sauce - 6 oz.

1/2 cup sauce and 2 tablespoons grated parmesian cheese.

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish				
Rack Level: Lowest				

## Lasagna - 12 oz.

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish		2	1:30	0%
Rack Level: Lowest				

## Lasagna - 2 - 12 oz. each

<b>Total Cook Time - 4:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:30	100%
Accessory: Black Ceramic Dish		2	2:00	0%
Rack Level: Lowest				

## Ravioli - 4 Cheese *(Buitoni)*

Place cooked and chilled ravioli in baking dish. Pour 1/2 cup marinara sauce over top. Sprinkle with 2 table-  
spoons Parmesan cheese over sauce.

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Refrigerated	350° F (175° C)	1	2:00	100%
Accessory: Black Ceramic Dish				
Rack Level: Lowest				





## Stuffed Shells - 3 shells - 6.4 oz.

Place 3 stuffed shells in baking dish. Pour 1/2 cup marinara sauce over top. Sprinkle with 1 tablespoon Parmesan cheese.

### Total Cook Time - 4:30

Start Temp: Refrigerated

Accessory: Black Ceramic Dish

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	3:00	100%
	2	1:30	0%

## Tortellini- 3 Cheese - 5 oz. *(Buitoni)*

Place cooked and chilled tortellini in baking dish. Pour 1/2 cup marinara sauce over top. Sprinkle with 2 tablespoons Parmesan cheese over sauce

### Total Cook Time - 1:30

Start Temp: Refrigerated

Accessory: Black Ceramic Dish

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
350° F (175° C)	1	1:30	100%



## Calazones - Pepperoni - 1 each - 6 oz. *(Archer Farms)*

### Total Cook Time - 2:45

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:00	100%
Accessory: Pizza Stone		2	1:45	0%
Rack Level: Lowest				

## French Bread Cheese Pizza - 1 each *(Red Barron)*

### Total Cook Time - 1:45

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	:45	70%
Accessory: Pizza Stone		2	1:00	0%
Rack Level: Lowest				

## French Bread 3-Meat Pizza - 1 each *(Red Barron)*

### Total Cook Time - 2:15

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:15	100%
Accessory: Pizza Stone		2	1:00	0%
Rack Level: Lowest				

## French Bread 3-Meat Pizza - 2 each *(Red Barron)*

### Total Cook Time - 3:00

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:45	100%
Accessory: Pizza Stone		2	1:15	0%
Rack Level: Lowest				

## French Bread Pepperoni - 1 each *(Red Barron)*

### Total Cook Time - 2:15

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:15	100%
Accessory: Pizza Stone		2	1:00	0%
Rack Level: Lowest				

## Hot Pockets - 1 each *(Nestle)*

### Total Cook Time - 2:15

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	1:15	100%
Accessory: Pizza Stone		2	1:00	0%
Rack Level: Lowest				

## 5" Deep Dish Cheese Pizza *(Red Baron)*

### Total Cook Time - 3:45

	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:45	80%
Accessory: Pizza Stone		2	2:00	0%
Rack Level: Lowest				



## 5" Deep Dish Meat Trio Pizza *(Red Baron)*

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:30	100%
Accessory: Pizza Stone		2	2:00	0%
Rack Level: Lowest				

## 5" Deep Dish Pepperoni Pizza *(Red Baron)*

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	1:30	100%
Accessory: Pizza Stone		2	2:00	0%
Rack Level: Lowest				

## 6" Cheese Pizza *(Nation's)*

<b>Total Cook Time - 4:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	2:00	100%
Accessory: Pizza Stone		2	2:00	0%
Rack Level: Lowest				

## 8" Original Pepperoni *(Tombstone)*

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	1:45	100%
Accessory: Pizza Stone		2	1:45	0%
Rack Level: Lowest				

## 8" Original Sausage *(Tombstone)*

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	1:45	100%
Accessory: Pizza Stone		2	1:45	0%
Rack Level: Lowest				

## 8" Original Deluxe *(Tombstone)*

<b>Total Cook Time - 4:15</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	400° F (205° C)	1	2:15	100%
Accessory: Pizza Stone		2	2:00	0%
Rack Level: Lowest				

## 12" Original Pepperoni *(Tombstone)*

<b>Total Cook Time - 5:15</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	2:45	80%
Accessory: Pizza Stone		2	2:30	20%
Rack Level: Lowest				

## Pizza Rolls - 6 each

<b>Total Cook Time - 1:45</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp:Frozen	375° F (190° C)	1	:30	100%
Accessory: Pizza Stone		2	1:15	0%
Rack Level: Lowest				



## 12" Rising Crust 4-Cheese *(Freschetta)*

### Total Cook Time - 5:00

Start Temp:Frozen

Accessory: Pizza Stone

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	2:30	100%
	2	2:30	30%

## 12" Thin Crust Pepperoni *(Red Barron)*

### Total Cook Time - 3:15

Start Temp:Refrigerated

Accessory: Pizza Stone

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	1:15	80%
	2	2:00	0%

## 12" Thin Crust 5-Cheese *(Red Barron)*

### Total Cook Time - 4:00

Start Temp:Frozen

Accessory: Pizza Stone

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
375° F (190° C)	1	2:00	30%
	2	2:00	50%

## 12" Thin Crust Pepperoni *(Red Barron)*

### Total Cook Time - 4:00

Start Temp:Frozen

Accessory: Pizza Stone

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
400° F (205° C)	1	2:00	30%
	2	2:00	50%



## Baked Potato - 1 each (6.5 oz)

<b>Total Cook Time - 7:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	475° F (250° C)	1	5:00	100%
Accessory: Metal Pan		2	2:30	0%
Rack Level: Lowest				

## Baked Potato - 2 each (6.5 oz each)

<b>Total Cook Time - 9:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	475° F (250° C)	1	6:30	100%
Accessory: Metal Pan		2	3:00	0%
Rack Level: Lowest				

## Butternut Squash

Place 4 tablespoons water in bottom of metal pan. Cut squash in half lengthwise, remove seeds and place cut side down on pan.

<b>Total Cook Time - 12:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	350° F (175° C)	1	8:00	100%
Accessory: Metal Pan		2	4:00	80%
Rack Level: Lowest				

## Carrots, baby - 4 oz.

<b>Total Cook Time - 3:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	350° F (175° C)	1	3:00	100%
Accessory: Cambro Pan				
Rack Level: Lowest				

## Corn on the Cob - 2 half ears

<b>Total Cook Time - 3:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	375° F (190° C)	1	3:00	100%
Accessory: Cambro Pan				
Rack Level: Lowest				

## Fries, Crinkle Cut - 8 oz. (Ore Ida)

<b>Total Cook Time - 9:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (250° C)	1	2:30	60%
Accessory: Metal Pan		2	2:00	0%
Rack Level: Lowest				

## Fries, Curly - 6 oz. (Ore Ida)

<b>Total Cook Time - 9:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	450° F (235° C)	1	1:30	100%
Accessory: Fry Basket		2	1:30	0%
Rack Level: Lowest				

## Fries, French - 6 oz. (Ore Ida)

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (250° C)	1	2:00	30%
Accessory: Metal Pan				
Rack Level: Lowest				



## Fries, Extra Crispy- 6 oz. *(Ore Ida)*

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	450° F (235° C)	1	1:30	100%
Accessory: Fry Basket		2	1:00	0%
Rack Level: Lowest				

## Green Beans - 5 oz. *(Green Giant)*

toss with 1 teaspoon olive oil and 1 Tablespoon water, season with salt and pepper.

<b>Total Cook Time - 2:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	2:30	80%
Accessory: Metal Pan				
Rack Level: Lowest				

## Mixed Vegetables (peas/corn/carrots) - 5.4 oz. *(Green Giant)*

<b>Total Cook Time - 1:15</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (250° C)	1	1:15	100%
Accessory: Ceramic Bowl				
Rack Level: Lowest				

## Onions, Carmelized - 1 onion

Peel onion. Cut in 1/4-inch slices, place flat on baking sheet. in 1-cup glass measure, combine 1-1/2 cups water, 1 tablespoon olive oil and 1 tablespoon brown sugar; pour over onions.

<b>Total Cook Time - 20:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	375° F (190° C)	1	20:00	100%
Accessory: Metal Pan				
Rack Level: Lowest				

## Potato Wedges - 1 lb.

Combine 1 pound of russet potato wedges with 3 Tablespoons olive oil, 1/2 teaspoon Italian seasoning, 1 clove minced garlic, 1/4 teaspoon Kosher salt and 1/3 cup shredded Parmesan cheese.

<b>Total Cook Time - 7:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	475° F (250° C)	1	6:00	80%
Accessory: Metal Pan		2	1:30	0%
Rack Level: Lowest				

## Roasted Asparagus

Snap off tough ends of asparagus, rinse and place on metal pan. Drizzle with olive oil. Season with Kosher salt and coarse-ground pepper.

<b>Total Cook Time - 3:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	425° F (220° C)	1	1:00	100%
Accessory: Metal Pan		2	2:30	0%
Rack Level: Lowest				

## Roasted Brocoli Florets - 8 oz.

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Refrigerated	400° F (205° C)	1	2:00	80%
Accessory: Metal Pan				
Rack Level: Lowest				



## Roasted Corn - 8 oz.

### Total Cook Time - 1:15

Start Temp: Refrigerated  
Accessory: Ceramic Bowl  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	1:15	100%

## Roasted Garlic - 2 lbs. (8 oz)

Cut bulbs in half, leaving ends intact. Place cut side up on parchment lined baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.

### Total Cook Time - 10:00

Start Temp: Room Temp.  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
400° F (205° C)	1	10:00	40%

## Roasted Red Potato Wedges - 1 lb.

toss red potato wedges with olive oil, salt and pepper

### Total Cook Time - 8:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	8:00	80%

## Roasted Red Potato Wedges - 15 oz. (Alexia)

### Total Cook Time - 8:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
425° F (250° C)	1	5:00	100%
	2	3:00	0%

## Roasted Red Peppers - 1 pepper

Cut bell pepper in half lengthwise, remove stem and seeds. Place cut side down on pan. After cooking, cover with foil for 5 minutes, then peel off outer skin.

### Total Cook Time - 8:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	1:00	100%
	2	5:00	0%

## Scalloped Potatoes - 6 oz.

### Total Cook Time - 3:00

Start Temp: Refrigerated  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
350° F (175° C)	1	2:00	100%
	2	1:00	0%

## Seasoned Fries - 6 oz.

### Total Cook Time - 3:00

Start Temp: Frozen  
Accessory: Metal Pan  
Rack Level: Lowest

Oven Temp.	Stage	Time	MW Power %
475° F (250° C)	1	2:30	50%



## Sweet Potatoes - 12 oz.

### Total Cook Time - 6:00

Start Temp: Room Temp.

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	6:00	100%

## Sweet Potatoes - 2 - 12 oz.

### Total Cook Time - 7:00

Start Temp: Room Temp.

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	7:00	100%

## Tater Tots - 6 oz.

### Total Cook Time - 7:00

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	2:30	40%

## Tater Tots - 6 oz. *(Ore Ida)*

### Total Cook Time - 7:00

Start Temp: Frozen

Accessory: Fry Basket

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
450° F (235° C)	1	3:00	100%
	2	1:00	0%

## Twice Baked Potato - 2 each (5 oz. each)

### Total Cook Time - 3:30

Start Temp: Frozen

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	3:30	100%

## Twice Baked Potato - 2 each (5 oz. each)

### Total Cook Time - 1:30

Start Temp: Refrigerated

Accessory: Metal Pan

Rack Level: Lowest

<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
475° F (250° C)	1	1:30	100%





## Angel Food Cake - 1 cake *(Betty Crocker)*

Follow package directions, add 1 cup water

<b>Total Cook Time - 18:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	350° F (175° C)	1	18:00	30%
Accessory: Angel Food Cake Pan				
Rack Level: Lowest				

## Baked Alaska - 2 each

Individual round sponge cakes (dessert cups) topped with 1 scoop of strawberry ice cream and frozen. Before baking cover with sweetened whipped egg whites: 4 egg whites, 1/4 cream of tartar, 1/2 teaspoon vanilla and 1/2 cup sugar. (Enough egg whites for 6 cakes)

<b>Total Cook Time - 1:45</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (175° C)	1	1:45	0%
Accessory: Metal Pan				
Rack Level: Lowest				

## Bananas Foster- 4 servings

Combine 1/3 cup melted butter with 1/2 cup brown sugar and 1/4 teaspoon cinnamon. Heat until bubbly. Stir in 3 sliced bananas. Cook until bananas are softened. Remove from oven. Pour 1/3 cup rum over top and ignite.

<b>Total Cook Time - 3:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (175° C)	1	1:00	80%
Accessory: Metal Pan				
Rack Level: Lowest				
		2	2:00	80%
Add banana - stir half way through cycle.				

## Brownies - 1 10-inch pan *(Market Pantry)*

<b>Total Cook Time - 12:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	325° F (150° C)	1	8:00	30%
Accessory: Metal Pan				
Rack Level: Lowest				
		2	4:00	0%

## NY Style Cheesecake

Place 4 (8 oz.) packages in mixer bowl. Beat until smooth. Add 3/4 cup granulated sugar. Beat until smooth. Add 4 large eggs, 1 at a time. Add 1 tablespoon cornstarch, 1/2 teaspoon salt and 1 tablespoon vanilla. Beat on low to combine. Pour into a prepared springform pan that has been lined with a graham cracker crust.

<b>Total Cook Time - 40:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	325° F (150° C)	1	20:00	50%
Accessory: Springform pan				
Rack Level: Lowest				
		2	20:00	50%

## Cherry Pie - 1 - 37 oz. *(Mrs. Smith's)*

<b>Total Cook Time - 20:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp.	350° F (175° C)	1	10:00	100%
Accessory: Metal Pan				
Rack Level: Lowest				
		2	10:00	50%

## Chocolate Fondue - 1 package *(Archer Farms)*

<b>Total Cook Time - 2:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	350° F (175° C)	1	2:00	50%
Accessory: Black Casserole				
Rack Level: Lowest				
Stir halfway through				



## Chocolate Fondue - 1 recipe

combine 1 cup semi-sweet chocolate chips and 1/2 cup whipping cream.

<b>Total Cook Time - 1:45</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	300° F (125° C)	1	1:00	80%
Accessory: Cambro		2	:45	50%
Rack Level: Lowest				

## Chocolate Chip Cookies - 6 each

<b>Total Cook Time - 4:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	350° F (175° C)	1	4:30	30%
Accessory: Metal Pan				
Rack Level: Lowest				

## Creme Brulee - 1 serving *(Archer Farms)*

<b>Total Cook Time - 4:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	475° F (250° C)	1	4:00	0%
Accessory: Ceramic Ramekin				
Rack Level: Lowest				

## Creme Brulee - 4 servings

In large mixing bowl, beat 2 large eggs and 4 large egg yolks with 1 cup granulated sugar. Add 2 3/4 cups heavy whipping cream and 1 1/4 cups milk, plus 1 teaspoon vanilla and a pinch of salt. Pour 1/2 cup mixture into creme brulee dishes. Place in baking pan that is filled with hot (boiling) water - at least up to the middle of the dish. Chill. Place about 1/2 teaspoon light brown sugar over top. Bake until sugar caramelizes. (A culinary torch works much better for caramelizing the sugar).

<b>Total Cook Time - 16:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen.	300° F (125° C)	1	8:00	50%
Accessory: Cambro		2	4:00	30%
Rack Level: Lowest	Chill - then to finish			
	475° F (250° C)	1	4:00	0%

## Dutch Apple Crumb Pie - 1 each - 2 lbs.

<b>Total Cook Time - 18:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	400° F (205° C)	1	18:00	30%
Accessory: Pie Pan				
Rack Level: Lowest				

## Molten Chocolate Cakes - Individual Serving

<b>Total Cook Time - 4:00</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Room Temp	400° F (205° C)	1	4:00	30%
Accessory: Custard cups				
Rack Level: Lowest				

## Pie Crust Shells - 1 each *(Mrs. Smiths and Pillsbury)*

<b>Total Cook Time - 5:30</b>	<u>Oven Temp.</u>	<u>Stage</u>	<u>Time</u>	<u>MW Power %</u>
Start Temp: Frozen	350° F (175° C)	1	2:30	80%
Accessory: Pie tin		2	3:00	10%
Rack Level: Lowest				