

A Microwave, A Mug, A Meal

Amy Sherman

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Cook tasty nutritious meals, appetizers and desserts?one serving at a time.

Forget all those fancy cooking accessories. You can make a tasty, nutritious meal with just a mug and a microwave oven! Cook a Chicken Enchilada Pie in 5 minutes and Double Chocolate Cake for dessert in just over 2 minutes! Comforting main dishes, appetizers, side dishes, and desserts can all be made quickly and easily?a palate-pleasing meal for one?inside a mug in the microwave oven.

Delectable vegetarian, vegan, and gluten-free options are plentiful in this cookbook; try a Zucchini Frittata, Shrimp & Mango Salad, or Eggplant-Tahini Dip. You'll also learn handy tips for roasting garlic, toasting nuts, making vegetable chips, and more?all in your microwave!

Amy Sherman is the publisher of the award-winning food blog Cooking with Amy, author of Williams Sonoma's New Flavors for Appetizers. She has written for both online and print publications, including Epicurious, Fodor's, Recipe.com, Gastronomica and 7x7. She lives in San Francisco.



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