

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Microwave Oven

CMW-70

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy when using your appliance, basic safety precautions should be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE.**
2. Read and follow the specific warning section: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS, page 4.
4. Install or locate this appliance only in accordance with the SET UP instructions, page 5.
5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – can explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when it is used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service technicians. Contact 1-800-726-0190.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors.
12. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
17. To reduce the risk of fire in the oven interior:
 - a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the interior for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
18. **Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.**
19. To reduce the risk of injury to persons:
 - a. Do not use straight-sided containers with narrow necks. Use wide-mouth containers.
 - b. Stir liquid both before and halfway through heating it.
 - c. Do not overheat liquid.
 - d. Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
 - e. After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open, as this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and sealing surface.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel. If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

SPECIAL CORD SET INSTRUCTIONS

DANGER – Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING – Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.



NOTICE: PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. Patients with pacemakers may wish to consult their physicians if they have concerns.

**WARNING**
RISK OF FIRE OR ELECTRIC SHOCK
DO NOT OPEN

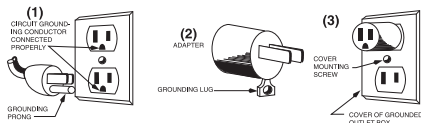
WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK,

DO NOT REMOVE COVER (OR BACK)

NO USER-SERVICEABLE PARTS INSIDE

REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY

GROUNDING INSTRUCTIONS



This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding wire and grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
 2. Longer cord sets or an extension cord should not be used unless the following precautions are followed (see 3, below).
 3. If a long cord or extension cord is used:
- The marked electrical rating of the cord set or extension cord should match the rating of the appliance.
 - The extension cord must be a grounding-type 3-wire cord.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

SPECIFICATIONS

Model: CMW-70
Rated Voltage: 120V~60Hz
Rated Input Power: 1050W
Rated Output Power: 700W
Oven Capacity: 20 L
Turntable Diameter: Ø10 inches
External Dimensions: 14.5" x 17.3" x 10.2"
Approximate Net Weight: 21.8 lb.

IMPORTANT SAFEGUARDS

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, take basic precautions, including the following:

1. The oven must be placed on a level surface.
2. The glass turntable and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
3. Incorrect use of browning dish may cause the turntable to break. See information about cookware you can use, page 6.
4. Use only the correctly specified bag size when using the preset popcorn program.
5. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
6. Do not operate the microwave oven when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and cause injury.
9. Do not heat narrow-necked containers, such as syrup bottles.
10. Do not attempt to deep-fry in your microwave oven.
11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
12. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
13. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.

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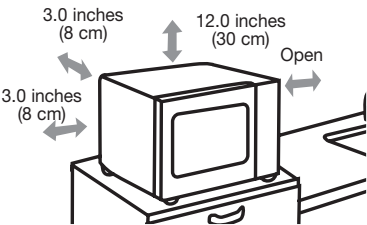
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SET UP

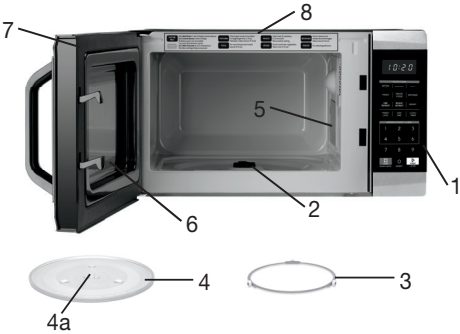
- 1. Select a level surface with a minimum clearance of 12 inches (30 cm) above the oven and at least 3 inches (8 cm) between the oven and any adjacent walls. **NOTE:** One side must be open.
- 2. Do not remove bottom oven legs.
- 3. Remove any protective film from oven.
- 4. Do not remove the mica cover MicroGuide attached to interior. It shields and protects wave action.



- 5. Plug oven into a standard household outlet. Be sure voltage and frequency are the same as the voltage and frequency on the rating label.
- Blocking the intake and/or outlet openings can damage the oven.
 - Operation of the oven may cause interference to nearby electronic equipment.

WARNING: Do not install this oven over a range cooktop or other heat-producing appliances. If improperly installed near or over a heat source, the oven could be damaged and the warranty would be void. Surfaces may be hot during operation.

PARTS AND FEATURES



Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

- 1. Control panel
- 2. Turntable shaft
- 3. Turntable ring assembly
- 4. Glass tray
- 4a. Tray hub
- 5. MicroGuide (DO NOT REMOVE)
- 6. Observation window
- 7. Door assembly
- 8. Cooking Guide Chart

TO INSTALL TURNTABLE

- 1. Set ring assembly (3) onto oven floor, centered over the turntable shaft (2).
 - 2. Place the glass tray (4) into the oven, carefully fitting the tray hub (4a) onto the turntable shaft.
- Be sure glass tray is never used upside down. Tray must be properly connected to the turntable ring before operating the oven.
 - Food, in or out of containers, must be placed on glass tray for cooking.
 - If glass tray or turntable ring assembly cracks or breaks, contact the retail store where purchased or call Cuisinart consumer service: 800-726-0190. See page 13 for details.

MATERIALS YOU CAN USE IN MICROWAVE

Arcing is sparks or electric flashes that crackle or pop. Arcing can produce heat that is quite intense and can damage the interior of the microwave or containers being used in the microwave. It can also cause fire.

Arcing occurs when certain metals are used in the microwave. To prevent arcing, use the charts below to determine which materials are microwave safe, or follow instructions from container/wrap manufacturer.

Plastic cookware should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking.

In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer’s recommendations.

Do not microwave empty containers.

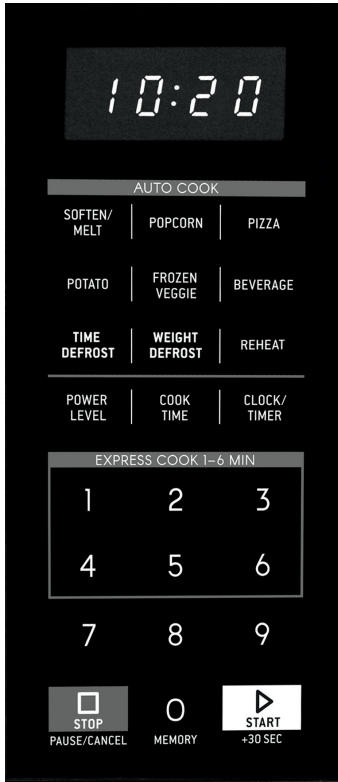
Do not permit children to use plastic cookware without complete supervision.

Browning Dish	Use a browning dish in this microwave only if supplied with a microwave trivet that will lift the browning dish 3/16-inch above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer’s instructions. Do not use cracked or chipped dishes.
Glass Jars	Always remove lid. Use only to warm food. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware with no metallic trim only. Do not use if cracked or chipped.
Oven Cooking Bags	Follow manufacturer’s instructions. Do not close with metal tie.
Paper Plates and Cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. Should be labeled for use in microwave — with no color/dye.
Paper Towels	Cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
Parchment Paper	Use as a cover to prevent splattering or as a wrap for steaming.
Plastic	Microwave-safe only. Follow manufacturer’s instructions.
Plastic Wrap	Microwave-safe only. Do not allow plastic wrap to touch food. Vent or pierce before cooking.
Thermometers	Microwave-safe only.
Wax Paper	Use as a cover to prevent splattering and retain moisture inside.

MATERIALS TO BE AVOIDED IN MICROWAVE

Aluminum tray	May cause arcing. Transfer food to microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer to microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist-ties	May cause arcing and cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperatures.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

OPERATING INSTRUCTIONS



Setting the Clock

1. Press **CLOCK/TIMER** once, the display will show "00:00" or the previously set time. The first digit will flash.
2. Press the number buttons to set time.
Example: To set 12:30, press 1–2–3–0.

NOTE: This is a 12-hour clock. Time will display from 01:00–12:59.

3. Once time is selected, press **CLOCK/TIMER** to set, [:] will flash in display.

NOTE: While setting the clock, if the **STOP PAUSE/CANCEL** button is pressed or if nothing is selected for more than 1 minute, the clock will go back to the previous setting.

Setting the Timer

1. Press **CLOCK/TIMER** twice, the display will show "00:00."

Press the number buttons to set the timer.
Example: To set 12 minutes and 15 seconds, press 1–2–1–5.

NOTE: Timer can be set for up to 99 minutes and 99 seconds, 99:99.

2. Press the **START +30 SEC** button to confirm the setting. Time will begin to count down on the display.
3. When time has elapsed, the tone will beep 5 times.

NOTE: When the kitchen timer is engaged, the oven will not start with any program and the oven light will not light.

Stop Pause/Cancel

Touch the **STOP PAUSE/CANCEL** button to:

- Start over if you make a mistake while programming.
- Cancel the timer.
- Stop the oven during operation.
(Press **START +30SEC** to resume.)
- Cancel a program during operation
(press twice).

COOKING OPTIONS

Manual Cook

You can manually program your desired cooking time and power level.

1. Press **COOK TIME** once, the screen will display "00:00."
2. Use the number buttons to input desired cooking time, up to 99 minutes and 99 seconds.
3. Select power level from the chart on page 8. Press **POWER LEVEL**, the screen will display PL10 (default power level: 100%). To select a different power level, press a number button, 1 through 9.
4. Once cook time and power level are programmed, press **START +30SEC** to start cooking. Time will begin to count down in the display.

Power Level Chart

PL10	100%	High
PL9	90%	
PL8	80%	
PL7	70%	Medium High
PL6	60%	
PL5	50%	Medium
PL4	40%	
PL3	30%	Medium Low/Defrost
PL2	20%	
PL1	10%	Low
PL0	0%	

Express Cook

This feature provides a shortcut to programming your oven. Power level is always at 100% when using Express Cook. You can select 1 to 6 minutes or 30-second increments.

1. Select a cooking time from 1 to 6 minutes by pressing Express Cook number buttons 1 to 6.
2. Once the number button is pressed, oven will instantly start cooking.
3. To increase the cooking time by 30-second increments, press the START +30SEC button.
4. To select cooking time in 30-second increments, skip steps 1 to 3. Press START +30SEC button (microwave will begin operating), and then press and release button until desired cooking time appears in the display.

NOTE: During manual cooking and timed defrost, time can be added by pressing the START +30SEC button.

Auto Cook

Auto Cook functions are preprogrammed to cook many popular foods using professionally recommended power levels and cooking times.

1. **FUNCTIONS:** Press the button for the desired Auto Cook function. The display window will show the first option for that function, as listed in the DISPLAY column of the Auto Cook Guide on page 9. See the TIPS column to help you decide which option to use.
2. **OPTIONS:** Press the function button repeatedly until the desired option appears on the display. Options include food weight (oz.), or food portions (tablespoons or units).

3. Once you have made your selection, press the START +30SEC button to start cooking. The tone will sound once.
4. Once cook time elapses, the tone will sound 5 times.

NOTE: Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the Auto Cook Guide for the best results.

Time Defrost

This feature allows you to defrost by time.

1. Press TIME DEFROST once, the screen will display "00:00."
2. Press number buttons to input time from 0:01–99:99 minutes/seconds.
3. The default power level for defrost is power level 3. To change the power level, press POWER LEVEL once, the screen will display PL3. Use the number button to select another power level.
4. Press the START +30SEC button to begin defrosting; the display will begin counting down the time.

Weight Defrost


This feature allows you to defrost by weight.

1. Press WEIGHT DEFROST once, the screen will display "0."
2. Press number buttons to input weight to be defrosted. Input the weight in a range 4–100 oz.
3. Press the START +30SEC button to start defrosting; the display will automatically begin counting down the correct defrost time based on the unit's weight.

Defrost Tips

- Frozen food in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER the food has partially defrosted. Plastic storage containers should be partially uncovered.
- If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, use Weight Defrost. Be sure large meats are completely defrosted before cooking
- When defrosted, food should be cool but softened in all areas. If food is still icy, return to the microwave for brief additional cooking time, or let it stand for a few minutes.

Auto Cook Guide

FUNCTION	SUB-OPTIONS	DISPLAY	WEIGHT/ AMOUNT	TIPS
Soften/Melt	Butter Melt	A1-1	½ stick (4 tbsp.)	<ul style="list-style-type: none"> Butter should be taken from refrigerator Cut into tablespoons and place in small bowl, uncovered
	Butter Soften	A1-2	½ stick (4 tbsp.)	<ul style="list-style-type: none"> Butter should be taken from refrigerator Leave stick as is (wrapped), add an extra cycle if necessary and turn butter over between cycles
	Chocolate Melt	A1-3	4 oz.	<ul style="list-style-type: none"> Cut into small pieces or use chips, stir chocolate once program ends to fully incorporate
Popcorn	Personal Size	1.75	1.75–3 oz.	<ul style="list-style-type: none"> Use only popcorn packaged for microwave-oven use Microwave according to package directions For bags larger than 1.75 oz., fold the sides (as shown below) to avoid bag getting stuck and scorching  <ul style="list-style-type: none"> Pop only one bag at a time Do not try to pop unpopped kernels If frequent pops are still heard once the cycle ends, press START+30SEC for additional time Once you hear less than 1 pop every 2 seconds, press STOP PAUSE/CANCEL or open the door to end the cycle
	Regular Size	3.0		
Pizza	Personal Size	A-3	4–9 oz.	<ul style="list-style-type: none"> Use this function for microwaveable pizzas Make sure to use a crisping/browning plate if package instructions recommend it Very thick pizzas, or ones with many toppings, may require additional timing Add 30 seconds (at preset power level PL10) until desired doneness
Potato	1 pc.	1	6–30 oz.	<ul style="list-style-type: none"> Each potato should weigh approximately 6–10 oz. Pierce potatoes, place on turntable or on plate lined with a paper towel
	2 pcs.	2		
	3 pcs.	3		
Frozen Veggie	4 oz.	4.0	4–16 oz.	<ul style="list-style-type: none"> No extra liquid is required
	8 oz.	8.0		
	16 oz.	16.0		
Beverage	4 oz.	4.0	4–12 oz.	<ul style="list-style-type: none"> Use to reheat room temperature beverage. After heating, stir contents and test for desired heat Add time if beverage has not reached desired temperature at the end of the cycle
	8 oz.	8.0		
	12 oz.	12.0		
Reheat	Dinner Plate/ Leftovers	A-7	1 plate	<ul style="list-style-type: none"> Use this setting to reheat precooked foods or leftovers from refrigerator Cover with vented lid or microwave-safe wrap After cooking, check food for desired temperature If desired temperature is not reached, continue heating for extra time

Two-Stage Cooking

This function lets you program your oven to automatically switch from one function to a second function. Be sure to follow steps in the order listed below; cooking time must always be selected before choosing the power level.

Example: To begin cooking at an 80% power level for 5 minutes, and then switch to cook at a 60% power level for 10 minutes:

1. Press COOK TIME once, then press 5-0-0 to set the cooking time.
2. Press POWER LEVEL once, then press 8 to select 80% microwave power.
3. Press COOK TIME once, then press 1-0-0-0 to set the cooking time.
4. Press POWER LEVEL once, then press 6 to select 60% microwave power.
5. Press START +30SEC to start two-stage cooking.

NOTE: Auto cooking cannot be set as part of two-stage cooking

Memory

You can save up to three cooking procedures (one or two stages) that you frequently use. They will be stored in the oven's memory as numbers 1, 2 and 3 and can be used at any time. Auto Cook cannot be saved as memory.

To Program Memory Procedure

1. Press 0/MEMORY button. The screen will display 1, 2 or 3, depending on the number of times you press the 0/MEMORY button.
2. Press COOK TIME, then use the number buttons to set the desired cooking time.
3. Press POWER LEVEL button. Default power level PL10 appears in the display, but can be changed by pressing the number button (see Power Level Chart on page 8).
4. Press START +30SEC to save the setting. The tone will sound once and the screen will display the number (1, 2 or 3) for the memory procedure you programmed and saved.
5. Press STOP PAUSE/CANCEL.

NOTE: To program a two-stage memory procedure, press 0/MEMORY button to save it as 1, 2 or 3. Follow instructions under Two-Stage Cooking. After pressing START +30SEC to save it, press STOP PAUSE/CANCEL.

To Run a Saved Procedure


Press 0/MEMORY one, two or three times until the number of the desired saved procedure is displayed, then press START +30SEC.

NOTE: If oven is unplugged or power is cut off, memory will need to be reset.


Child Lock

The child lock prevents unwanted oven operation. The oven can be set so that the control panel is deactivated or locked.

TO LOCK

- Press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the child lock has been activated.
- The screen will display .
- The keypad will not be able to be used.

TO UNLOCK

- To unlock, press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the microwave oven is unlocked.
- The symbol  will disappear.

CLEANING & CARE

Unplug the cord before cleaning any part of this oven. Clean your oven regularly to avoid grease build-up.

To clean the inside of the unit:

- An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Remove greasy spatters with a sudsy cloth, then wipe with a damp cloth. Never use abrasive cleaners or sharp utensils on any part of the microwave.
- Clean surfaces where the door meets the oven when closed with mild, nonabrasive soap or detergent on a soft cloth. Wipe with damp cloth.
- To remove greasy stains, put 1 cup water mixed with 2 tablespoons lemon juice or baking soda in a cup and bring this mixture to a boil in the microwave. Allow it to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp clean towel or a dampened microfiber cloth to remove softened cooking residue.

To clean the outside of the unit:

- It is important to keep the area clean where the door seals against the microwave.
- Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects, as they can damage the unit. **NOTE:** Some paper towels can also scratch the control panel. Use caution.

To remove unwanted odors:

- Select Power Level 0 (PL0) and the oven will operate with the fan but, no power.

Maintenance

- Any other servicing should be performed by an authorized service representative.

COOKING GUIDES

The following guides will help you to cook a variety of foods in the microwave.

How to Cook Meat & Poultry

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Bacon	6 slices	2½-minute intervals until desired doneness	High (PL10)	Place bacon between 2 layers of paper towels on a microwave-safe plate.
Ground Beef	1 pound	10 to 12 minutes	High (PL10)	Place ground beef in a microwave-safe dish or casserole. Cover vessel with vented lid or vented, microwave-safe plastic wrap, making sure cover does not touch food. Ground beef should be broken up before and during cooking. Discard any accumulated liquid after cooking.
Chicken Pieces	1 pound	6 to 9 minutes/pound	High (PL10)	Arrange pieces in a shallow, microwave-safe dish with the thicker pieces along the outside of the dish. Chicken should be in a single layer. Cover with vented lid or vented, microwave-safe wrap, making sure cover does not touch food. Cook until juices run clear and meat is no longer pink (165°F for white meat, 170°F for dark meat). NOTE: Skin will not brown. Let stand 5 to 10 minutes before serving.

How to Cook Fish & Seafood

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
White Fish – thick fillets (cod, haddock, halibut)	1 pound	8 to 10 minutes	High (PL10)	Arrange evenly in a shallow, microwave-safe dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.
White Fish – thin fillets (sole, flounder, tilapia)	1 pound	6 to 8 minutes	High (PL10)	
Salmon – Filet	1 pound	6 to 8 minutes	High (PL10)	
Scallops	1 pound	4 to 6 minutes, turn halfway through cooking time	High (PL10)	
Shrimp	1 pound	5 to 7 minutes	High (PL10)	Arrange in shallow, microwave-safe dish. Thicker part should be facing the outside of the dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.

How to Cook Vegetables

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Artichokes	2 globes (about 10 oz. each)	12 to 15 minutes, turn halfway through cooking time	High (PL10)	Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food. Leaves should pull out easily when done.
Asparagus	1 pound	5 to 7 minutes. Cooking time will vary based on size; make sure all are consistent size	High (PL10)	Leave whole or cut into 1- to 2-inch pieces. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Beans (green, yellow)	1 pound	8 to 12 minutes 5 to 9 minutes (thin beans like haricots verts)	High (PL10)	Trim. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Beets	1 pound (3 to 4 medium)	10 to 20 minutes	High (PL10)	Scrub and trim. If keeping whole, prick with a fork, otherwise peel and cut. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Broccoli	1 pound	4 to 9 minutes	High (PL10)	Cut into florets. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Brussels Sprouts	1 pound	7 to 9 minutes	High (PL10)	Trim and discard loose outer leaves. Trim stem ends and cut a cross in end with sharp knife. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Carrots	1 pound	10 to 12 minutes	High (PL10)	Wash and peel. Cut into ¼-inch slices. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Baby Carrots	1 pound	10 to 15 minutes	High (PL10)	Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.

TROUBLESHOOTING

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	a. Electrical cord is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided in microwave were used. b. The oven was operated when empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Cooking time, power level is not suitable. d. Food is not turned or stirred. e. Food is positioned incorrectly on turntable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Adjust cooking time, power level accordingly. d. Turn or stir food. e. When possible position food off-center.
Overcooked foods	Cooking time, power level is not correct	Adjust cooking time, power level accordingly.
Undercooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check oven ventilation ports are not restricted. d. Adjust cooking time, power level accordingly.
Improper defrosting	a. Materials to be avoided in microwave were used. b. Cooking time, power level is not correct. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Adjust cooking time, power level accordingly. c. Turn or stir food.

WARRANTY LIMITED THREE-YEAR WARRANTY (U.S. AND CANADA ONLY)

This warranty is (U.S. and Canada only) available to consumers only. You are a consumer if you own a Cuisinart® Microwave Oven that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Microwave Oven will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Microwave Oven should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$15.00 for shipping and handling of the product. Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart® Microwave Oven has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement

parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

CALIFORNIA RESIDENTS ONLY:

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type. The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.

Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

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RECIPES

Scrambled Eggs

This can be prepared to make one or two servings. If you are preparing for just one person, use only 2 eggs and see note within the recipe for reducing the cooking time.

Makes 2 servings

- ½ tablespoon unsalted butter**
- 4 large eggs**
- 1 tablespoon water**
- Kosher salt, to taste**
- Freshly ground black pepper, to taste**

1. Put butter into a 2-cup glass measuring cup or bowl. Put into the Cuisinart® Microwave Oven and microwave on Medium-High (PL7) for 25 seconds to melt. Allow to cool for one minute.
2. Break eggs into the cup, add water, and whisk to blend. Microwave, uncovered, on High (PL10) for 1½ minutes (if cooking only 2 eggs, cook for 45 seconds). Stir to break up solids into curds. Microwave, uncovered on High (PL10) again for an additional 30 seconds, until creamy and firm, but still moist. Stir to reach preferred consistency – eggs will continue to cook even after the microwave has stopped – resist the urge to cook longer; they will be at a safe temperature at 165°F. If drier eggs are preferred, add an additional 10 to 15 seconds on High (PL10) after the second stirring.
3. Season to taste with salt and pepper and serve warm.

Omelet Variations

Scrambled eggs can easily be transformed into an herb and cheese omelet. After whisking eggs, add 1 tablespoon shredded cheese of your choice, and 1 tablespoon chopped, fresh herbs (such as dill, parsley and/or thyme). Continue with cooking instructions for eggs as above.

Nutritional information per serving (plain, scrambled eggs):

Calories 168 (67% from fat) • carb. 1g • pro. 13g • fat 12g
sat. fat 5g • chol. 380mg • sod. 213mg • calc. 56mg • fiber 0g

Nutritional information per serving (with cheese and herbs):

Calories 214 (72% from fat) • carb. 1g • pro. 14g • fat 17g
sat. fat 8g • chol. 392mg • sod. 319mg • calc. 95mg
• fiber 0g

Fried Egg with Bacon

No extra pans to clean or grease covering your stovetop when you cook this breakfast staple in the microwave.

Makes 1 serving

- 2 slices bacon**
- 1 teaspoon unsalted butter**
- 1 large egg**
- Kosher salt, to taste**
- Freshly ground black pepper, to taste**

1. Line a microwave-safe plate with two paper towels. Lay the bacon on top of the paper towels and place another paper towel on top. Put into the Cuisinart® Microwave Oven and microwave on High (PL10) for 2½ minutes. Reserve.
2. Put the butter on a microwave-safe plate and microwave on High (PL10) for 2 minutes. Crack egg onto the warmed plate. Using a toothpick, pierce a hole fully into the yolk. Put plate into the microwave and cook on High (PL10) for 1 minute.
3. Season with salt and pepper and serve warm.

Nutritional information per serving:

Calories 152 (72% from fat) • carb. 0g • pro. 10g • fat 12g
sat. fat 5g • chol. 206mg • sod. 360mg • calc. 28mg • fiber 0g

Eggs Benedict

A brunch staple, this dish is sure to please all.

Makes 2 servings

- 2 slices Canadian bacon**
- 1 teaspoon white vinegar, divided**
- 2³/₃ cup water, divided**
- 2 large eggs**
- 1 English muffin, split and toasted**
- ½ cup Hollandaise Sauce**
(see following recipe)

1. Put the Canadian bacon slices on a microwave-safe plate lined with paper towel. Cover bacon with paper towels and put in the Cuisinart® Microwave Oven and microwave on High (PL10) for 2½-minute intervals until bacon is slightly crisped; reserve.
2. Prepare the eggs for poaching. Put half of the vinegar and water into separate custard cups. Break an egg into each cup and gently prick the yolks with a toothpick. Cover the cups with plastic wrap, put the cups in the microwave and

microwave for 1 minute on High (PL10).

- Put split, toasted English muffin halves on two separate plates. Top with bacon, egg and drizzle with Hollandaise Sauce.

Nutritional information per serving:

Calories 509 (74% from fat) • carb. 16g • pro. 17g
fat 41g • sat. fat 23g • chol. 2464mg • sod. 1088mg
calc. 83mg • fiber 1g

Hollandaise Sauce

Makes about ¾ cup

- ½ **cup unsalted butter, cut in ½-inch pieces**
 - 3 large egg yolks**
 - 2 tablespoons fresh lemon juice**
 - 1 tablespoon water**
 - ½ **teaspoon kosher salt**
 - ¼ **teaspoon dry mustard**
- Put the butter in a small, microwaveable measuring cup or bowl. Cover with waxed paper. Place in the Cuisinart® Microwave Oven and select A1-1 to melt the butter. Let cool slightly, about 4 to 5 minutes.
 - Put egg yolks, lemon juice, water, salt and dry mustard in a microwaveable bowl with a handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified. Cook sauce uncovered on Medium-High (PL7) for 1½ minutes, stopping to whisk briskly every 20 seconds. Cook for additional 15-second increments on Medium-High (PL7) as necessary. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat a metal spoon.
 - Serve warm with seafood, vegetables, or eggs. If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a “skin” from forming. To reheat, remove waxed paper. Microwave on Medium-Low (PL3) for 2 minutes, stirring with a whisk after 1 minute of cooking, and again when cooking is completed.

Nutritional information per serving (2 tablespoons):

Calories 162 (95% from fat) • carb. 1g • pro. 1g • fat 17g
sat. fat 10g • chol. 132mg • sod. 194mg • calc. 11mg
• fiber 0g

Queso Fundido

This can be made with or without chorizo – both versions are indulgent and delicious! Serve with tortilla chips or crisp veggies.

Makes 2¼ cups

- 8 ounces raw chorizo, remove and discard casings, if necessary (optional)**
 - 8 ounces (1 standard package) cream cheese, cold**
 - 4 ounces Monterey Jack cheese, shredded**
 - ⅓ **cup salsa (any flavor or heat variety)**
- Put the chorizo, if using, in a microwave-safe dish. Spread the chorizo so it is in one layer. Cover and put into the Cuisinart® Microwave Oven and cook on High (PL10) for 4 minutes. Remove and reserve to cool slightly. Once cool, crumble the cooked chorizo.
 - Put the remaining ingredients in a microwave-safe bowl. Put into the microwave and cook on PL10 for 3½ minutes. Stir in the chorizo, if using. Serve warm.

Nutritional information per serving (¼ cup):

Calories 250 (79% from fat) • carb. 2g • pro. 10g • fat 22g •
sat. fat 10g • chol. 61mg • sod. 589mg • calc. 116mg •
fiber 0g

Party Mix

Regardless of the age, this will be a hit at any party!

Makes about 6 cups

- ¾ **cup mixed nuts**
 - 4 tablespoons (½ stick) unsalted butter, cut into 4 pieces**
 - 1 tablespoon Worcestershire sauce**
 - 1 tablespoon light brown sugar**
 - ½ **teaspoon kosher salt**
 - ½ **teaspoon onion powder**
 - ¼ **teaspoon garlic powder**
 - Pinch cayenne**
 - 1 cup pretzels (small twists or sticks)**
 - ½ **cup pepitas**
 - 4 cups multigrain square cereal**
- Put the nuts in a single layer on a microwave-safe plate. Cook in the Cuisinart® Microwave Oven on High (PL10) for 6 minutes; reserve.
 - Put the butter, Worcestershire, brown sugar, salt and spices into a microwave-safe bowl. Cover and melt on the A1-1 setting.

3. Put the remaining ingredients into a large microwave-safe bowl or casserole dish. Add the toasted nuts and butter/spice mixture and stir to combine. Microwave on High (PL10) for 6 minutes.
4. Serve warm or at room temperature. Once cool, store in an airtight container for up to 2 weeks.

Nutritional information per serving (1/2 cup):

Calories 208 (46% from fat) • carb. 24g • pro. 5g • fat 11g
sat. fat 3g • chol. 10mg • sod. 328mg • calc. 57mg • fiber 3g

Veggie Chips

*You will be amazed how delicious,
crispy and easy microwave chips are!*

Makes about 5 cups

- 1 russet potato, thinly sliced (about 6 ounces)
- 1 sweet potato, thinly sliced (about 8 ounces)
- 1 beet, thinly sliced (about 6 ounces)
- Extra virgin olive oil
- Kosher salt

1. Cook the vegetables individually. Place potato slices in a single layer on a microwave-safe plate, spray or brush with olive oil and sprinkle lightly with salt. Microwave for 6 minutes on High (PL10). Flip potato slices and microwave again for 5 minutes on High (PL10).
2. Repeat with remaining potatoes.
3. The sweet potato and beet are prepared in the same way as the potatoes. They both cook for 5 minutes on High (PL10) and then an additional 5 minutes once flipped.

Nutritional information per serving (1 cup):

Calories 95 (10% from fat) • carb. 20g • pro. 1g • fat 1g
sat. fat 0g • chol. 0mg • sod. 85mg • calc. 25mg • fiber 3g

Macaroni and Cheese

Ditch the boxed stuff for a night and give the Cuisinart version a try. The cream cheese in the recipe keeps it nice and creamy and prevents the cheese from separating.

Makes about 4 cups

- 1½ cups dried macaroni
- 1 cup water
- ½ teaspoon kosher salt
- 1 cup milk (whole or reduced fat)
- 1 cup shredded Cheddar

- 1 cup shredded Monterey Jack
- 4 ounces cream cheese, cut into 4 pieces
- Pinch freshly ground black pepper

1. Put the pasta, water and salt into a large, microwave-safe casserole dish. Cover and put into the Cuisinart® Microwave Oven and cook on High (PL10) for 6 minutes. Check doneness of the pasta and add an additional 2 minutes on High (PL10) if necessary.
2. Stir in the remaining ingredients. Cover and cook on High (PL10) for 4 minutes. Stop to stir and then cook on High (PL10) for an additional 2 minutes.

3. Stir and serve warm.

Nutritional information per serving (1 cup):

Calories 431 (32% from fat) • carb. 35g • pro. 20g • fat 24g
sat. fat 14g • chol. 76mg • sod. 768mg • calc. 35mg • fiber 0g

Teriyaki Salmon with Garlicky Spinach

*An easy weeknight meal ready in less than
10 minutes!*

Makes 2 to 3 servings

- 1 pound salmon, cut into 2 to 3 fillets
- ½ cup teriyaki sauce
- 1 garlic clove, sliced
- 2 tablespoons water
- 5 ounces baby spinach
- ¼ teaspoon kosher salt

1. Place salmon on a plate and cover with the teriyaki sauce and reserve.
2. Put the garlic and water into a microwave-safe container and place, uncovered, into the Cuisinart® Microwave Oven and cook on High (PL10) for 1 minute. Add the spinach, salt, cover and cook on High for an additional minute. Should the spinach need more cooking time, cook in additional 30-second increments.
3. Cook the salmon on High for 7 minutes. Once cooking is complete, serve the salmon on top of the spinach.

Nutritional information per serving (based on 3 servings):

Calories 389 (49% from fat) • carb. 16g • pro. 32g • fat 20g
sat. fat 5g • chol. 83mg • sod. 1288mg • calc. 127mg • fiber 2g

Asian Chicken Salad

Vietnamese flavors are the inspiration for this fresh and flavorful chicken salad.

Makes 5 cups

- 2 boneless chicken breasts (about 1½ pounds)**
- 2 cups chicken broth or water**
- 1 medium carrot, cut into matchsticks (about ½ cup)**
- 1 small wedge red cabbage (about ⅓ small cabbage), sliced into 1-inch pieces**
- ½ cup fresh mint leaves, chopped**
- ½ cup fresh cilantro leaves, chopped**
- 2 tablespoons fresh lime juice**
- 1 tablespoon sriracha sauce**
- ½ teaspoon fish sauce**
- 4 tablespoons grapeseed or vegetable oil**

1. Put the chicken with the broth into a 2-quart, microwave-safe baking dish. Place in the Cuisinart® Microwave Oven and cook on High at (PL10) for 12 minutes. Chicken is cooked when the internal temperature reaches 165°F.
2. While chicken is cooking, put the carrots, cabbage, mint and cilantro into a large mixing bowl.
3. In a smaller bowl, stir together the lime juice, sriracha, fish sauce and oil and reserve.
4. Once cooked, allow the chicken to cool slightly and then cut into small cubes. Toss in the large mixing bowl with the vegetables and herbs. Fold in the dressing so that all ingredients are evenly coated and mixed.
5. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 190 (61% from fat) • carb. 3g • pro. 16g • fat 13g
sat. fat 1g • chol. 45mg • sod. 157mg • calc. 25mg • fiber 1g*

Broccoli with Cheddar Sauce

This Cheddar sauce is a quick way to dress up your vegetables; here broccoli and Cheddar are the classic combination.

Makes 4 servings

- 4 cups broccoli florets**
- ¼ cup water**
- ⅓ cup milk (whole or reduced fat)**
- 3 ounces shredded Cheddar**

- 3 ounces shredded Monterey Jack**
- 4 ounces cream cheese, cut into 4 pieces**
- Pinch freshly ground black pepper**

1. Place broccoli into a microwave-safe bowl and water, cover, place in the Cuisinart® Microwave Oven and cook on High (PL10) for 4 minutes. Remove, drain and reserve.
2. Place milk, cheeses and pepper into a large glass measuring cup or other microwave-safe 4-cup bowl. Cover and cook on High (PL10) for 4 minutes. Stop to stir and then cook on High (PL10) for an additional 2 minutes.
3. Stir sauce, pour over reserved broccoli and serve.

Nutritional information per serving:

*Calories 204 (70% from fat) • carb. 8g • pro. 14g • fat 23g
sat. fat 15g • chol. 60mg • sod. 405mg • calc. 382mg • fiber 0g*

Artichokes

Enjoy artichokes any time with this fast and easy method.

Makes 2 servings

- 2 globe artichokes, about 8 to 10 ounces each**
- 1 lemon, cut in half**
- 1 cup water**
- Creamy Herb Mayo (recipe follows)**

1. Wash and trim the artichokes. Pull off lower, outer leaves/petals and discard. Trim stem ends slightly. Cut off top inch of artichokes and use kitchen snips/shears to trim sharp tips of leaves. Rub all cut surfaces immediately with lemon to prevent discoloration.
2. Put the water into a microwave-safe casserole large enough to accommodate the artichokes and squeeze the lemon into the water. Add the squeezed lemon halves to the water. Put the artichokes into the casserole and cover with a sheet of waxed paper, then the lid. Cook in the microwave on High (PL10) for 8 minutes. Turn artichokes over, re-cover with waxed paper, and microwave on High for an additional 8 minutes.
3. Stand artichokes upright in liquid and cover. Let stand for 5 minutes before serving. Serve with Creamy Herb Mayo or other favorite dipping sauce.

Nutritional information per serving (one artichoke without mayo):

*Calories 79 (3% from fat) • carb. 18g • pro. 5g • fat 0g
sat. fat 0g • chol. 0mg • sod. 152mg • calc. 72mg • fiber 9g*

Creamy Herb Mayo

This mayonnaise can be whipped up in minutes for an easy yet flavorful dip.

Makes 1 cup

- 1 cup prepared mayonnaise**
- 1 small green onion, finely chopped**
- ¼ cup packed fresh mint leaves, chopped**
- ¼ cup packed fresh parsley leaves, chopped**
- 1 teaspoon fresh lemon juice**
- ¼ teaspoon fresh lemon zest**

1. Stir ingredients together in a small bowl.
2. Taste and add seasoning as desired.
Flavors will continue to develop as the dip sits.

Nutritional information per serving (1 tablespoon):
Calories 101 (99% from fat) • carb. 0g • pro. 0g • fat 11g
sat. fat 2g • chol. 10mg • sod. 66mg • calc. 3mg • fiber 0g

Loaded Baked Potatoes

Stuffed baked potatoes – a meal in itself!

Makes 2 potatoes

- ½ cup broccoli florets**
- 1 tablespoon water**
- 2 slices bacon**
- 2 russet potatoes, about 6 to 8 ounces each**
- 5 tablespoons shredded Cheddar**

1. Place broccoli and water into a microwave-safe bowl, cover and cook on High (PL10) for 4 minutes. Remove and reserve.
2. Place bacon slices on a piece of paper towel on a plate, cover with another paper towel, and microwave on High for about 2½ minutes. Should bacon need a bit more time, cook in 30-second increments until desired doneness is achieved. Remove. Once cool, break slices into small pieces, reserve.
3. Prick the potatoes all over with the tines of a fork. Place the potatoes on a paper towel directly on the turntable. Select 2 Potatoes and then press Start.
4. Once potatoes are finished cooking and are cool enough to handle, slice down the middle to make a pocket and then gently squeeze the ends together to accentuate the pocket.
5. Layer on each potato: 1 pinch of the cheese, ½ of the broccoli, 1 pinch of cheese, half of the

bacon and then the remaining cheese on top.

6. Put potatoes on a plate and then cook on High (PL10) for 1½ minutes to melt cheese before serving.

Nutritional information per potato:

Calories 375 (16% from fat) • carb. 66g • pro. 13g • fat 7g
sat. fat 4g • chol. 19mg • sod. 209mg • calc. 156mg • fiber 7g

Loaded Sweet Potatoes

A Southwestern twist for the sweet potato lends a good flavor balance between savory and sweet.

Make 2 potatoes

- 2 sweet potatoes or yams, about 8 ounces each**
- 4 tablespoons green chiles**
- 4 tablespoons black beans**
- 2 tablespoons sliced green onions**
- 2 tablespoons diced avocado**
- ½ cup shredded Monterey Jack cheese**
- Cilantro and sour cream for garnish and serving**

1. Prick the potatoes all over with the tines of a fork. Place the potatoes on a paper towel directly on the turntable. Select 2 Potatoes and then press Start.
2. Once potatoes are finished cooking and are cool enough to handle, slice down the middle to make a pocket and then gently squeeze the ends together to accentuate the pocket.
3. Layer each potato by dividing evenly the green chiles, black beans, green onions, avocado and finish with the cheese.
4. Put potatoes on a plate and then cook on High (PL10) for 1 minute to melt cheese before serving. Garnish with cilantro and serve with sour cream.

Nutritional information per potato:

Calories 263 (32% from fat) • carb. 35g • pro. 10g • fat 10g
sat. fat 5g • chol. 25mg • sod. 478mg • calc. 253mg • fiber 7g

Chocolate-Hazelnut Mug Cake

This is the perfect recipe to satisfy the sweet tooth in a hurry.

Makes 1 serving

- Nonstick cooking spray**
- 3 tablespoons unbleached,**

- all-purpose flour**
- 2 tablespoons granulated sugar**
- 2 tablespoons cocoa powder**
- ¼ teaspoon baking powder**
- Pinch kosher salt**
- 3 tablespoons whole milk**
- 2 tablespoons vegetable oil**
- ¼ teaspoon pure vanilla extract**
- 2 tablespoons chocolate-hazelnut spread**

1. Spray the interior of a microwave-safe mug with nonstick cooking spray. Add the dry ingredients and stir with a fork to combine. Add the milk, oil and vanilla extract and stir until combined. Dollop in the chocolate-hazelnut spread and stir gently to fold into the batter.
2. Put the mug into the Cuisinart® Microwave Oven and cook on High (PL10) for 1 minute 15 seconds. Allow to sit for 1 minute prior to serving.
3. Serving tip – After resting the cake for 1 minute, it can be inverted onto a plate instead of eaten out of the mug.

Nutritional information per cake:

*Calories 683 (54% from fat) • carb. 72g • pro. 9g • fat 41g
sat. fat 6g • chol. 5mg • sod. 298mg • calc. 112mg • fiber 3g*

3. Serving tip – After resting the muffin for 1 minute, it can be inverted onto a plate instead of eaten out of the mug.

Nutritional information per muffin:

*Calories 283 (47% from fat) • carb. 34g • pro. 4g • fat 15g
sat. fat 2g • chol. 5mg • sod. 477mg • calc. 57mg • fiber 1g*

Blueberry Muffin for One

When you do not have the time to whip up a full batch of muffins, this is a tasty go-to treat.

Makes 1 serving

- Nonstick cooking spray**
- ¼ cup unbleached, all-purpose flour**
- 1 tablespoon light brown sugar**
- ¼ teaspoon baking soda**
- ¼ teaspoon ground cinnamon**
- Pinch kosher salt**
- 3 tablespoons whole milk**
- 1 tablespoon vegetable oil**
- ¼ teaspoon pure vanilla extract**
- 2 tablespoons blueberries, fresh or frozen**

1. Spray the interior of a microwave-safe mug with nonstick cooking spray. Add the dry ingredients and stir with a fork to combine. Add the milk, oil and vanilla extract and stir until combined. Add the blueberries and gently fold into the batter.
2. Put the mug into the Cuisinart® Microwave Oven and cook on High (PL10) for 1 minute 20 seconds. Allow to sit for 1 minute prior to serving.