

Gluten-Free Microwave Cookbook



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College dorm rooms are notoriously lacking in kitchen cooking equipment. But then again, college students are notoriously short on time for cooking meals. When your only source of hot food outside of the dining hall is a microwave, you have to get creative to cook anything beyond popcorn. Here's a guide to microwaving your way to a culinary masterpiece.

Baked Potato

The hardest part of making a baked potato with a microwave is figuring out what toppings you want to add. Sour cream, cheese and bacon bits are the traditional favorites. To make, put the cleaned potato on a microwave safe dish and poke several times with a fork. Cook for 5 minutes, or until soft. Slice in half (be careful—it will be hot and a cloud of steam will burst when cut) and load up with fixings. You could even try a sweet potato with brown sugar, cinnamon and mini gluten-free marshmallows for something sweeter



Quesadilla



Grab a pack of gluten-free tortillas, cheese and any veggies you want to add. Lay down one tortillas, sprinkle with shredded cheese, then add chopped tomatoes, shredded lettuce, diced peppers or any other fixings your heart desires. Place another tortilla on top. Microwave for 1-2 minutes. Use salsa or sour cream to accompany the quesadillas. Try using Rudi's gluten-free Fiesta Tortillas or Spinach Tortillas to give your quesadilla an extra kick.

Bacon

In a BLT, next to gluten-free pancakes, on top of a salad—bacon can find a place at every meal. It's also so easy to cook in the microwave that you may never go back to using a frying pan. Place two layers of paper towels on a plate to absorb the fat from cooking, then add a few slices of bacon on the paper towel and finally top with another paper towel. You can make a few paper towel and bacon layers depending on how much you want to cook. Microwave for 4-6 minutes, until it is fully cooked.

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Mac and Cheese



When boxed macaroni and cheese that includes a “cheesy” powder isn’t cutting it anymore, try it’s slightly classier cousin: microwave-boiled macaroni with fresh cheese. Cooking gluten-free macaroni in your microwave will be a matter of trial and error depending on what brand you use. Try adding ½ cup of water for every ¼ cup of uncooked macaroni to a microwave safe bowl, making sure that the water covers the uncooked macaroni and there is enough room in your bowl for the macaroni to expand. Microwave for up to 10 minutes, checking every 2 minutes to see if it’s done. Drain any excess water. Then mix in your favorite shredded cheese and a splash of milk to the bowl. Microwave for another 30 seconds and stir thoroughly.

Breakfast Sandwich

Your mind may have started churning out all the bacon possibilities, so here’s one more. Cook 2-3 slices of bacon as directed above. Crack 1-2 eggs into a microwavable mug and stir, microwave the mug with eggs for about 30 seconds. Add cheese shreds to the eggs. Grab your favorite gluten-free bread or bagel and add the bacon and cheesy eggs.



Baked Apples



Baked apples are a warm and sweet treat without being quite as bad for you as cookies or cakes. Core and skin one or more apples, then cut into slices. Place slices into a microwave-safe bowl, sprinkle with sugar and cinnamon, then cook in the microwave for 3-5 minutes. You can add gluten-free granola and maple syrup just before the apples are finished cooking as well. Eat by themselves or with a scoop of vanilla ice cream on the side.

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French Toast

French toast is a breeze in the microwave. Mix 2 eggs, a splash of milk and cinnamon together in a bowl. Cut 2-4 slices of your favorite gluten-free bread (we suggest Rudi's Cinnamon Raisin Bread) into quarters and drop into the mixture, making sure that each piece absorbs the mixture. Cook the bowl with mixture and bread for 1-2 minutes, then drizzle with maple syrup before enjoying.



Tuna Melt

Get a can or package of tuna, stir in a dollop of mayonnaise, and add any fixings you like—diced celery, pickles and onions are some favorites. Put a big scoop of the tuna on a gluten-free English muffin, bagel, or slice of Rudi's Multigrain bread, cover with a slice of cheese, and microwave for 1 minute.

Mini Pizza



It's best to use a heartier base than regular sliced bread for a mini pizza, so sliced bagel or roll will work best. If using frozen bread, like Rudi's Ciabatta Rolls, as the pizza base, you should microwave first to defrost. Cover the base with tomato sauce, sprinkle with cheese, and add any other toppings you want, like pepperoni. Zap for 30 seconds - 1 minute, until cheese is melted.