

FlavorWave
OVER™
EXPRESS™

Mr. T's Healthy Recipes



IMPORTANT

- **All cooking times and temperatures are approximate**
- **Variable results are possible due to differences in food weight, thickness, starting temperature, fat and water content, food quantity and other factors**
- **Depending on recipe and food type, food should be flipped during the cooking cycle**
- **Use the low rack for all recipes unless otherwise noted**



Chicken



Thai Chicken Balls _____	3
Thai-style Chicken Pizza _____	4
Soy Chicken Wings _____	5
Tandoori Chicken Breast _____	6
Orange and Rosemary Glazed Chicken _____	7

Sweet Chili Chicken Sticks _____	8
Breaded Chicken Legs _____	9
Lemon Chicken Breast _____	10
Apple-glazed Trukey _____	11

Chicken



Serves 3-4

Ready in 15-20 minutes

Thai Chicken Balls

INGREDIENTS:

- 1 lb (450 g) lean ground chicken
- 1/2 cup fresh breadcrumbs
- 2 scallions, sliced (or green onion)
- 1 1/2 teaspoons ground coriander
- 1 1/2 tablespoons sweet chilli sauce
- Large handful of chopped cilantro, extra for garnish
- 1 tablespoon lemon juice

PREPARATION:

1. Mix the minced chicken and breadcrumbs in a large bowl.
2. Add the scallions, ground coriander, chili sauce, chopped cilantro, and lemon juice, to a bowl and mix well.
3. Using damp hands, form the mixture into small balls or patties (for homemade sliders).
4. Place on upper rack of your FlavorWave Oven® Express™, and cook at 390F/200C for approx 15-20 min.



Serves 2-4

Ready in 10-12 minutes

Thai-style Chicken Pizza

INGREDIENTS:

- 4 whole wheat pita breads
- 1 cup fresh shiitake or button mushrooms, sliced
- 2/3 cup carrot, shredded
- 1 boneless, skinless chicken breast, chopped (cooked in the FlavorWave Oven® Express™)
- 1/4 cup green onion, sliced
- 1/4 cup peanut sauce
- 2 tablespoons unsalted peanuts, chopped

PREPARATION:

1. Spread peanut sauce on pita bread and add your vegetable mixture and chicken.
2. Sprinkle with chopped peanuts and place on top rack of the FlavorWave Oven® Express™.
3. Place pizza on upper rack of your FlavorWave Oven® Express™ and cook at 430F/220C for approx 10-12 min.



Serves 2

Ready in 15-18 minutes

Soy Chicken Wings

INGREDIENTS:

- 1/4 cup reduced-sodium soy sauce
- 1 1/2 tablespoons honey
- 1 garlic clove, crushed
- 1 1/2 tablespoons sweet chili sauce
- 1 1/2 tablespoons lemon juice
- Sprinkle of thyme
- 6-8 chicken wings, trimmed of excess fat and skin

PREPARATION:

1. Mix together the soy sauce, honey, garlic, chili sauce, lemon juice, and thyme.
2. Place wings and mixture into a sealable bag and place in the fridge for 20 min.
3. Place on upper rack of the FlavorWave Oven® Express™, and cook at 430F/220C for approx 15 – 18 min.



Serves 2

Ready in 15-18 minutes

Tandoori Chicken Breast

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 1/2 cup Greek-style low fat natural yogurt
- 1 tablespoon tandoori paste
- 1 garlic clove, crushed
- 1/2 a fresh lime, squeezed
- 1 teaspoon garam masala
- 1 tablespoon finely chopped cilantro

PREPARATION:

1. Mix together the yogurt, tandoori paste, garlic, lime juice, garam masala, and coriander in a bowl.
2. Add chicken, coating well, cover and refrigerate for 50 min.
3. Remove chicken from mixture and place on upper rack of the FlavorWave Oven® Express™. Pour some of the mixture onto the chicken and cook at 430F/220C for approx 15 – 18 min, turning half way.



Orange and Rosemary Glazed Chicken

Serves 2-3

Ready in 15-18 minutes

INGREDIENTS:

- 6-8 skinless chicken legs (drumsticks)
- 2 seedless oranges
- 1/3 cup honey
- 1 tablespoon Dijon mustard
- 2 teaspoons of rosemary
- 1 1/2 garlic cloves crushed

PREPARATION:

1. Mix together the juice from one orange, honey, Dijon mustard, rosemary, and garlic in a large bowl.
2. Cut the other orange into slices and add with the chicken into the bowl, cover, and refrigerate for 1 hr.
3. Remove chicken from mixture and place on upper rack of the FlavorWave Oven® Express™. Pour some of the mixture onto the chicken and cook at 430F/220C for approx 15 – 18 min.



Serves 2

Ready in 15-18 minutes

Sweet Chili Chicken Sticks

INGREDIENTS:

- 2 small boneless, skinless chicken breasts, cubed
- 1 fresh lime, squeezed
- 1/2 cup chili sauce
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons brown sugar
- 4 wooden skewers
- 1/2 red onion, cubed
- 8-10 mushrooms
- 1/2 red pepper, cubed

PREPARATION:

1. Soak wooden skewers in water for 10 min (prevents burning).
2. Mix together soy sauce and brown sugar in a cup.
3. In a bowl combine the lime juice, chili sauce, and soy sauce mixture and whisk together.
4. Place chicken in a sealable bag; add mixture from bowl and place in refrigerator for 1 hour.
5. Remove chicken from mixture and alternate chicken and vegetables onto skewers.
6. Place on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 15 – 18 min.



Serves 2-3

Ready in 20-25 minutes

Breaded Chicken Legs

INGREDIENTS:

- 6-8 skinless chicken legs (drumsticks)
- 1/2 cup fresh breadcrumbs
- 1/3 cup egg substitute
- 1/4 cup parmesan cheese

PREPARATION:

1. Mix together breadcrumbs and parmesan cheese into one bowl. Pour egg substitute into another.
2. Roll chicken into the egg and then in the breadcrumb mixture, make sure it's coated well.
3. Place on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 20 – 25 min, turning half way.



Serves 2

Ready in 20-25 minutes

Lemon Chicken Breast

INGREDIENTS:

- 2 boneless, skinless, chicken breasts
- 1/2 cup fat-free sour cream
- 1 fresh lemon, juice
- 1/2 teaspoon sugar

PREPARATION:

1. In a medium bowl, combine sour cream, lemon juice, lemon zest, and sugar; mix until well blended. Set some sauce aside to dress cooked chicken.
2. Place chicken into a sealable bag and add some of the mixture, place in refrigerator for 30 min.
3. Place chicken on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 20 – 25 min.
4. Plate and dress with remaining lemon sauce that you set aside, and serve.



Serves 2

Ready in 12-18 minutes

Apple-Glazed Turkey

INGREDIENTS:

- 1 Turkey Breast tenderloin (about 8 ounces / 225 g)
- 1 1/2 teaspoon lemon juice
- 1 1/2 teaspoon olive oil
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon dried sage leaves, crushed
- 2 garlic cloves, minced
- 1 tablespoon apple jelly, melted
- 4 very thin slices of fresh lemon

PREPARATION:

1. Split turkey tenderloin in half horizontally to make two portions.
2. In a bowl, combine lemon juice, oil, seasoning salt, dried sage, and garlic. Brush mixture on both sides of your turkey portions.
3. Place turkey on upper rack of the FlavorWave Oven® Express™ and cook at 430F/220C for approx 12 – 18 min (no longer pink), and turning half way. Once you turn the turkey, brush with the apple jelly and place lemon slices on top for the remainder of time.



Fish



Cod with Papaya and Black Bean Salsa __ 13
Thai-style Snapper _____ 14
Breaded Fish with Wasabi Cream _____ 15
Smoked Salmon Pizza _____ 16

Swordfish Skewers with Pineapple Salsa __ 17
Tuna with Lime & Chili Sauce _____ 18
Salmon with Dill _____ 19

Fish



Cod with Papaya and Black Bean Salsa

Serves 2

Ready in 12-15 minutes

INGREDIENTS:

- 2 Cod cutlets (about 4-6 ounces / 110-170 g each)
- 1/2 papaya, peeled, seeded, and cubed
- 1 Chili (pepper), seeded and finely chopped
- 1/2 tablespoon salted black beans, drained and rinsed
- 1/2 red onion, finely chopped
- 1/2 of a fresh lime, squeezed
- 1 teaspoon peanut oil
- 1/2 teaspoon sesame oil
- 1 teaspoon fish sauce
- 2 teaspoons shredded fresh mint

PREPARATION:

1. Toss together the onion, papaya, chili and black beans in a bowl.
2. Place cutlets on upper rack of the FlavorWave Oven® Express™ and cook at 320F/150C for approx 12-15 min.
3. Whisk together the peanut oil, sesame oil, fish sauce, and lime juice. Pour over the papaya and black bean salsa and toss. Add mint and serve at room temperature over fish.



Serves 2-4

Ready in 15-20 minutes

Thai Style Snapper

INGREDIENTS:

- 1 lb (450 g) whole snapper, cleaned and scaled
or 2 snapper cutlets (split measurements in 1/2)
(about 4-6 ounces each / 110-170 g)
- 2 garlic cloves, crushed
- 1 tablespoon fish sauce
- 1/2 of a fresh lemon, squeezed
- 1 tablespoon ginger
- 2 tablespoons sweet chili sauce
- 2 tablespoons chopped coriander
- 1 tablespoon rice wine vinegar
- 2 tablespoons dry white wine
- 2 green onions cut into strips

PREPARATION:

1. Place garlic, fish sauce, lemon juice, ginger, chili sauce, coriander, vinegar, and wine in a bowl and mix together well.
2. Place the snapper on one side of a large piece of foil, raising the edges of foil. Pour the marinade over the fish and then layer the onion on top.
3. Fold the other half over the fish and roll the side and top tightly (creating a pouch).
4. Place foil pouch (snapper) on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 15-20 min.



Serves 2

Breaded Fish with Wasabi Cream

Ready in 18-20 minutes

INGREDIENTS:

- 2-4 pieces of firm white fish
- 1/4 cup fresh breadcrumbs
- 1/4 cup cornflakes, crushed
- A dash of paprika
- Plain (all-purpose) flour, for dusting
- 1 egg white
- 1 tablespoon skim milk
- 1/2 cup low-fat natural yogurt
- 1 teaspoon wasabi
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon lime juice

PREPARATION:

1. Combine the breadcrumbs, cornflakes, and paprika in a bowl, mixing well. Combine egg white and milk in a separate bowl.
2. Lightly dust the fish with the flour, dip in the egg/milk mixture, and then cover in the breadcrumb mixture. Press the crumb mixture onto the fish firmly, then refrigerate for 15 min.
3. Place breaded fish on upper rack of the FlavorWave Oven® Express™ and cook at 320F/150C for approx 18-20 min.
4. Mix the yogurt, wasabi, mayonnaise, and lime juice thoroughly in a bowl (wasabi cream), and serve with fish.



Serves 1-2

Ready in 8-10 minutes

Smoked Salmon Pizza

INGREDIENTS:

- Sliced smoked salmon
- Small pita bread
- Low-fat ricotta cheese
- 1 small red onion, sliced or chopped
- 1 small tomato, sliced
- Small dill sprigs or bay leaves

PREPARATION:

1. Spread the ricotta cheese over the pita bread.
2. Layer tomato, smoked salmon, and some onion on top.
3. Place pizza on upper rack of the FlavorWave Oven® Express™ and cook at 430F/220C for approx 8-10 min.
4. Garnish with a couple of dill or basil sprigs and serve.



Swordfish Skewers with Pineapple Salsa

Serves 2

Ready in 15-18 minutes

INGREDIENTS:

- 2 swordfish steaks (about 4-6 ounces each / 110-170 g)
- 1 1/2 cups pineapple, diced
- 1 small red onion, chopped
- 1/2 jalapeño chili, seeded and chopped
- 1 tablespoon grated ginger
- 1 fresh lime, juiced and zest from 1 half
- 4-6 wooden skewers (or rosemary sprigs)

PREPARATION:

1. Put the diced pineapple, chopped onion, jalapeño, and ginger into a food processor and pulse. Stir in lime zest and juice, season with salt and pepper. Cover and leave for 1 hr.
2. Soak wooden skewers (or rosemary springs) for 20min.
3. Cut swordfish into cubes and thread onto skewers, seasoning with salt and pepper.
4. Place skewers or springs on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 15-18 min, turning half way.
5. Drain excess liquid from the salsa and serve with the swordfish.



Serves 2

Ready in 18-20 minutes

Tuna with Lime & Chili Sauce

INGREDIENTS:

- 2 tuna steaks (about 4-6 ounces / 110-170 g each)
- 1 large handful mint leaves, chopped
- 1 large handful coriander leaves, chopped
(set some aside for garnish)
- 1 teaspoon Grated lime zest
- 1/2 a fresh lime, juiced
- 1/2 jalapeño chili, seeded and finely chopped
- 1/2 cup of low-fat natural yogurt

PREPARATION:

1. Mix together the mint, coriander, lime zest, lime juice, ginger, and chili. Fold in the yogurt and season with salt and pepper.
2. Place Tuna steaks on upper rack of the FlavorWave Oven® Express™ and cook at 390F/200C for approx 18-20 min, turning half way.
3. Serve with sauce and garnish with remaining coriander leaves.



Serves 2

Ready in 20 minutes

Salmon with Dill

INGREDIENTS:

- 2 salmon steaks (or fillets) (about 4-6 ounces each / 110-170 g)
- 1 1/2 tablespoons of olive oil
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

PREPARATION:

1. Mix together oil, dill, onion powder, and pepper.
2. Brush all of the mixture on the salmon and place on top rack of the FlavorWave Oven® Express™ Cook for 360F/185C for approx 20 min, turning half way.
3. Serve fish with your favorite rice or vegetables.



Beef & Pork



Italian Pork Roast _____	21
Breaded Pork Chop _____	22
Roasted Pork with Apples _____	23
Pineapple-stuffed Pork Chop _____	24

Big Juicy Burgers _____	25
Beef Roast _____	26
Flank Steak with Citrus & Pepper Marinade _____	27
Roast Tenderloin (Beef) _____	28

Beef & Pork



Serves 4-6

Ready in 40 minutes

Italian Pork Roast

INGREDIENTS:

- 1-2 lb (450-900 g) Pork loin roast
- 1/2 teaspoon ground allspice
- 1 teaspoon fennel seed, crushed
- 1 teaspoon dried rosemary
- 1 teaspoon black pepper

PREPARATION:

1. Combine allspice, fennel, rosemary, and pepper and mix well.
2. Rub mixture thoroughly into all sides of the roast. Cover and place in refrigerator for 1 hr.
3. Place on bottom rack of the FlavorWave Oven® Express™, cooking at 450F/230C for approx 40 min, turning half way.



Serves 2

Ready in 15-18 minutes

Breaded Pork Chop

INGREDIENTS:

- 2 pork loin chops (about 4-6 ounces each / 110-170 g)
- 1/3 cup breadcrumbs
- 1/2 tablespoon dried parsley
- 1/2 tablespoon Italian seasoning
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder

PREPARATION:

1. Moisten chops with water. Combine breadcrumbs and remaining ingredients in a plastic bag.
2. Add chops and shake until evenly covered.
3. Place on top rack of the FlavorWave Oven® Express™, cooking at 430F/220C for approx 15-18 min, turning half way.



Serves 3-4

Ready in 20-25 minutes

Roasted Pork with Apples

INGREDIENTS:

- 1 lb (450g) pork tenderloin
- 1/2 teaspoon dried sage, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1 tablespoon canola oil
- 1 medium red onion, cut into wedges
- 3 medium cooking apples, cored and cut into wedges

PREPARATION:

1. In a small bowl, combine the sage, salt, and pepper, and rub on all sides of the pork.
2. Place the pork loin, onion, and apples on the bottom rack of the FlavorWave Oven® Express™ and cook at 450F/230C for approx 20-25 min, turning pork half way.



Serves 2

Ready in 20-25 minutes

Pineapple-stuffed Pork Chop

INGREDIENTS:

- 2 pork loin chops, 1 inch thick (about 4-6 ounces / 110-170 g each)
- 4 ounces (110 g) pineapple slices canned in juice, undrained
- 1/4 cup low sodium ketchup
- 1/2 tablespoon spring onion (scallions), chopped
- 1/2 teaspoon dry mustard

PREPARATION:

1. Cut a pocket in each chop to make room for pineapple.
2. Drain pineapple, reserving the liquid. Cut two pineapple slices in half.
3. Dice the remaining pineapple and set aside.
4. Stuff the chops with 2½ slices of pineapple and place on top rack of the FlavorWave Oven® Express™, cooking at 430F/220C for approx 20-25 min, turning half way.
5. Meanwhile, in a small saucepan combine ketchup, scallions, mustard, pineapple juice and remaining pineapple pieces. Heat to a boil, reduce heat and simmer 10 min.
6. Pour over finished chops and serve.



Serves 4

Ready in 18-20 minutes

Big Juicy Burgers

INGREDIENTS:

- 1 lb (450 g) extra lean ground beef
- 2 slices of white bread, torn into pieces
- 3/4 cup of low sodium beef broth
- 2 tablespoons egg substitute
- 1/2 teaspoon black pepper

PREPARATION:

1. Microwave broth in glass bowl for 30 sec, add bread pieces and mix well.
2. Combine broth/bread mixture and remaining ingredients and shape into patties.
3. Place on top rack of the FlavorWave Oven® Express™, cooking at 430F/220C for approx 18-20 min, turning half way.
4. If you wish to add cheese, do so in the last 2 min.



Serves 3-4

Ready in 40-60 minutes

Beef Roast

INGREDIENTS:

- 2 lbs (900 g) beef round tip roast
- 1/2 cup dry red wine
- 1 tablespoon Italian seasoning
- 2 garlic cloves, chopped
- 2 tablespoons Worcestershire sauce
- 1 teaspoon of rosemary

PREPARATION:

1. Combine wine, Italian seasoning, chopped garlic, Worcestershire sauce, and rosemary in a sealable bag.
2. Season roast with salt and pepper, then add to marinade. Place in refrigerator for up to 24 hours.
3. Remove roast from bag and place on bottom rack of the FlavorWave Oven® Express™, pour some of the marinade over the roast and cook at 450F/230C for approx 40-60 min, turning half way.



Flank Steak with Citrus and Pepper Marinade

Serves 3-4

Ready in 8-10 minutes

INGREDIENTS:

- 1 lb (450 g) flank steak
- 1/4 cup orange juice
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- Grated rind of 1 lemon or orange
- 1 teaspoon vegetable oil
- 1/4 teaspoon black pepper

PREPARATION:

1. In a measuring cup, combine orange juice, garlic, lemon juice and rind, oil and pepper; mix well.
2. Place steak in a plastic bag or shallow dish; pour marinade over steak. Cover and refrigerate for 1 hour up to 1 day, turning steak once or twice.
3. Remove steak from marinade, place on top rack of the FlavorWave Oven® Express™ at 145F/63C for approx 8-10 min, turning half way.
4. Cut diagonally across the grain into thin slices. Serve hot or cold.



Serves 3-4

Ready in 30-40 minutes

Roast Tenderloin (Beef)

INGREDIENTS:

- 1 lb (450 g) trimmed beef tenderloin
- 2 teaspoons olive oil
- 1/2 teaspoon rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 1 garlic clove, minced
- Salt and Pepper to taste

PREPARATION:

1. Combine oil, herbs, and garlic in a small bowl. Rub the tenderloin with the herb mixture and sprinkle with salt and pepper.
2. Place on bottom rack of the FlavorWave Oven® Express™, and cook at 430F/230C for approx 30-40 min, turning half way.
3. Remove from the FlavorWave Oven® Express™ and let stand 5 min before slicing.



Vegetables



Red Beans and Rice Burger _____	30
Vegetable-stuffed Peppers _____	31
Zucchini Cakes _____	32

Vegetables with a Touch of Lemon _____	33
Baby Rosemary Potatoes _____	34
Asparagus with Parmesan Crust _____	35

Vegetables



Serves 4

Red Beans and Rice Burger

Ready in 18-20 minutes

INGREDIENTS:

- 1 15-ounce (425 g) can no-salt-added red kidney beans, rinsed and drained
- 1/2 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup soft whole wheat bread crumbs
- 2 tablespoons snipped fresh cilantro
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup cooked brown rice
- 4 hamburger buns

PREPARATION:

1. In a medium bowl coarsely mash beans with a potato masher or fork. Stir in onion, celery, cilantro, garlic, oregano, cumin, salt and pepper, mixing together well.
2. Stir in rice and the bean/rice mixture into four 1/2" thick patties.
3. Place on top rack of the FlavorWave Oven® Express™, cooking at 430F/220C for approx 18-20 min, turning half way.
4. Serve burgers on toasted buns with light mayo, spinach, tomato, and red onion, if desired.



Serves 2-4

Ready in 15-18 minutes

Vegetable-Stuffed Peppers

INGREDIENTS:

- 2 green bell peppers
- 1/2 cup crumbled goat cheese
- 1 tablespoon olive oil
- 1/4 cup onion, chopped
- 6 ounces (170 g) frozen corn, thawed
- 2 cups canned no-salt-added tomatoes, drained
- 6 ounces (170 g) frozen lima beans, thawed
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/2 cup breadcrumbs

PREPARATION:

1. Cut the green peppers in half length-wise, removing the tops as well as the seeds.
2. In a large skillet, heat olive oil, and cook onion until soft, then add corn, tomatoes, lima beans, garlic powder, and basil for 5 min.
3. Drain liquid and add to bowl with goat cheese, mixing well.
4. Fill pepper with the vegetable and cheese mixture, sprinkle breadcrumbs on top.
5. Place on bottom rack of the FlavorWave Oven® Express™, and cook at 430F/220C for approx 15-18 min.



Serves 2

Ready in 15-18 minutes

Zucchini Cakes

INGREDIENTS:

- 4 cups zucchini, grated
- 1/2 cup egg substitute
- 1/4 teaspoon garlic, minced
- 1 tablespoon dried parsley
- 1 tablespoon lemon zest
- 1 cup breadcrumbs
- 1/4 cup olive oil

PREPARATION:

1. Stir together zucchini, egg substitute, garlic, parsley, lemon zest, and breadcrumbs.
2. Divide into 4 - 6 balls, then flatten into patties.
3. Place 2-3 patties on top rack of the FlavorWave Oven® Express™, and cook at 390F/200C for approx 15-18 min.



Vegetables with a Touch of Lemon

Serves 2-4

Ready in 10-15 minutes

INGREDIENTS:

- 1 cup of cauliflower, cut into florets
- 1 cup of broccoli, cut into florets
- 2 tablespoons of lemon juice
- 1/2 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon fresh parsley, chopped

PREPARATION:

1. Place cauliflower and broccoli on bottom rack of the FlavorWave Oven® Express™, and cook at 360F/185C for approx 10-15min.
2. Meanwhile, in a small saucepan combine the oil, garlic, and lemon juice over low heat for 2-3 min.
3. Put vegetables in a serving dish and pour the lemon sauce over them. Garnish with parsley and serve.



Serves 2-4

Ready in 35-45 minutes

Baby Rosemary Potatoes

INGREDIENTS:

- 1 lb (450 g) baby potatoes, washed
- 1 tablespoon butter or margarine
- 1 tablespoon olive oil
- 1 teaspoon grated orange peel
- 1 garlic clove, peeled and minced
- 1 teaspoon fresh rosemary, chopped
or 1/2 teaspoon of dry rosemary

PREPARATION:

1. Heat butter and oil in saucepan with orange peel, garlic, salt, pepper, and rosemary. Add potatoes and toss.
2. Place potatoes covered in mixture on bottom rack of the FlavorWave Oven® Express™, and cook at 360F/185C for approx 35-45min.



Serves 2-4

Asparagus with Parmesan Crust

Ready in 10-12 minutes

INGREDIENTS:

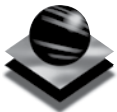
- 1 lb (450 g) thin asparagus
- 1 tablespoon extra virgin olive oil
- 1 ounce (28 g) shaved Parmesan cheese
- 1/4 cup balsamic vinegar, or to taste
- Freshly ground black pepper to taste

PREPARATION:

1. Place asparagus in a shallow dish. Drizzle with olive oil, and toss to coat.
2. Arrange asparagus spears on bottom rack of the FlavorWave Oven® Express™, spread parmesan cheese over asparagus, and season with pepper
3. Cook at 390F/200C for approx 10 – 12 min or until cheese is melted.
4. Serve immediately on warm plate and if you wish, sprinkle with balsamic vinegar to taste.



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