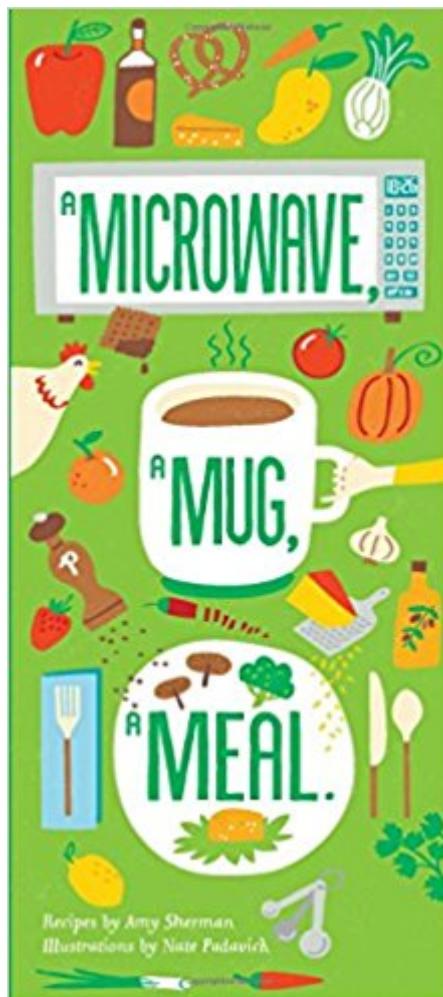


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# A Microwave, A Mug, A Meal



## Synopsis

Cook tasty nutritious meals, appetizers and desserts—â¢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—â¢a palate-pleasing meal for one—â¢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—â¢ll also learn handy tips for roasting garlic, toasting nuts, making vegetable chips, and more—â¢all in your microwave! Amy Sherman is the publisher of the award-winning food blog Cooking with Amy, author of Williams Sonoma—â¢s New Flavors for Appetizers. She has written for both online and print publications, including Epicurious, Fodor—â¢s, Recipe.com, Gastronomica and 7x7. She lives in San Francisco.

## Book Information

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## Customer Reviews

"Sherman, a San Francisco-based food writer and recipe developer, has put together 100 recipes ranging from the simple, such as Cheddar Bacon Oatmeal, to the sophisticated, such as Mediterranean Seafood Stew, all prepared in a soup mug and microwave. Sherman provides basic instructions on microwave cooking and provides a list of global pantry staples that are inexpensive and easy to find. " - Deseret News

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 Food Network, Refinery 29, Epicurious, Fodor's, Recipe.com, Gastronomica and 7x7. She lives in San Francisco.

A Microwave, A Mug, A Meal. What a pain - it is so difficult to read a recipe - these are attached in the bottom left corner & you pull out these thick flash cards - printed on both sides. This is NOT a book. When you try to open to read a recipe it takes up too much space. I feel like I'm back in Kindergarten.

Love this book! Great gift for kids getting off on their own!

This book is very hard to handle. The thick board pages are joined with a plastic screw in the lower right hand corner. It is really hard to "turn the page" to read the back. The thick pages are coated, and so slippery, which makes handling even harder. There is a table of contents but the numbers on the pages are poorly printed and too hard to read. The sections of the book are color coded (breakfast, meat, etc.); along with the coated board pages it reminded me of kindergarten. I thought some of the recipes were worthless.

Speedy delivery.

This novel cookbook is filled with wonderful recipes and useful information. However, due to the location of the hole for page turning I found it not so user friendly so my husband drilled a hole in the upper left hand corner and ran a rawhide tie through it to simplify it. Thanks !

I won this book in a giveaway -- this little cookbook is adorable! I think this book would be a great, and welcome, gift idea for a college student or new grad, or a person that lives alone. The concept is great, and I haven't tried the recipes yet but they sound great. Bonus: it's small and sturdy enough to keep in a kitchen drawer. When I first got the book, I was charmed by the unique, flip-out page format. But I quickly discovered that it's a pain in the rump to actually deal with, and it's the only reason I gave this book 4 stars rather than 5.

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