



# A Microwave, A Mug, A Meal

*Amy Sherman*

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**A Microwave, A Mug, A Meal** Amy Sherman

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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