

Instructions & Recipes



Silicone Steamer With Insert

Asian Stir Fry

6 oz skinless chicken breast,
sliced thin

2 Tbsp teriyaki seasoning

Soy sauce (to taste)

4 oz frozen oriental vegetables

Suggestions/Variations:

Serve over white rice.

*Substitute beef, pork or shrimp
for chicken.*

Coat chicken with seasoning.

Microwave: Fill steamer base with 1 cup water. Place coated chicken and vegetables on insert and cover. Microwave on high for 5 minutes. Stir and microwave another 3 to 5 minutes.

Oven: Bake coated chicken and vegetables in steamer at 350°F for 10 minutes. Stir mixture and bake for an additional 10 minutes.

Easy One Meal Solutions

Leftovers

Great for reheating leftovers.

Fillet of Fish

Just add lemon and your favorite herbs to a fillet of fish & asparagus. Microwave for 4 minutes. Serve over rice for a quick, easy and healthy meal.

Baked Potato

For the best baked potato: 1 Tbsp water. Microwave for 5 minutes.

Steamed Mushrooms

Steam mushrooms for a few minutes and sprinkle with garlic salt.

Care and Handling:

Wash and grease lightly before use. Do not use with sharp metal utensils such as knives or forks. Do not clean with scouring pads, powders, bleach or creams. Do not use for roasting. Avoid contact with flame or heating element.

Vegetables

Item	Amount APPROXIMATE	Cooking Time		Microwave Instructions
		FRESH	FROZEN	
Broccoli Florets	2 to 2-1/2 cups	2 mins	2 mins	salt, pepper, lemon-pepper to taste
Butternut Squash	1 1/4 cups	2 mins	2 mins	1/2 tsp cumin, 1 Tbsp olive oil, salt and pepper to taste
Carrots	2 1/2 cups	3 mins	4 mins	1 Tbsp butter, 1/2 tsp coriander and cumin 1 Tbsp orange juice & rosemary, salt and pepper to taste
Cauliflower Florets	2 cups	3 mins	2 mins	1 tsp chopped sage, 1 Tbsp olive oil, salt and pepper to taste
Corn	2 cups	-	5 mins	salt and pepper to taste. If frozen: 1/3 cup water, 1 Tbsp butter
Edamame	1 1/2 cups (Out of shell)	-	4 mins	1 tsp salt If frozen: 2 Tbsp water
Green Beans	2 1/2 cups	3 mins	4 mins	lemon-pepper to taste
Peas	2 cups	-	5 mins	salt and pepper to taste If frozen: add 1 Tbsp water, 1 Tbsp butter
Russet Potatoes	1 3/4 cups (1" cubes)	4 mins	-	garnish with chopped chives, yogurt or sour cream, salt and pepper to taste

Meats

Chicken Breast	6 oz/ 1 breast	5 mins	7 mins	1 slice lemon, 1 Tbsp chopped garlic, salt and pepper to taste When fresh: 2 Tbsp water*, 1 Tbsp olive oil If frozen: 1 Tbsp olive oil
Cod	6 oz/ 1 fillet	3 mins	6 mins	1 slice lemon, salt and pepper to taste When fresh: 1 Tbsp water*, 1 Tbsp olive oil If frozen: 2 Tbsp water, 1 Tbsp olive oil
Halibut	6 oz/ 1 fillet	2 mins	6 mins	1 tsp marjoram, 3 cherry tomatoes, salt and pepper to taste When fresh: 1 Tbsp water*, 1 Tbsp butter If frozen: 1 Tbsp butter
Salmon	6 oz/ 1 fillet	3 mins	5 mins	1 tsp tarragon, 1 Tbsp white wine, 1/4 cup fresh red/yellow pepper
Shrimp	6 oz	2 mins	4 mins	1 Tbsp olive oil, harissa, chopped parsley, garlic, salt and pepper to taste

*Required.