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For microwave only. Congratulations on your MicroHeart purchase. This revolutionary pan... Congratulations on your MicroHeart purchase. This revolutionary pan, cooling results may surprise you. The results are quick and flavorful dishes that utilize the microwave evenly convection, flameless enduring natural flavor...

FEATURES & BENEFITS The durable, high-heat resistant MicroHeart has been designed for microwave use only. While there are many other microwaves available, this one is designed to be used in standard units, from built-in to smaller counter-top units.

EASY CLEAN-UP! Simply place the non-stick coated metal Pan under a slow stream of running water, thoroughly wash out, and then rinse and dry with a soft dish towel... Avoid use of abrasive scouring pads which will harm the coating.

A FEW THINGS TO KNOW BEFORE STARTING Knowing the wattage of your unit will help determine the amount of time needed for cooking. Microwave wattage is not intended for use in the MicroHeart, as the most common units are 700-1100 watts and the MicroHeart is designed to ensure steam can released during the heating process.

A FEW THINGS TO KNOW BEFORE STARTING Once you prepare another recipe, you will know how your microwave cooks and can adjust cooking times accordingly. To convert favorable recipes or packaged food, reduce cooking times by about one-third the time. And remember, even though a microwave has the same output, there may be a 10-15% temperature difference.

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IMPORTANT SAFEGUARDS Over-cooking will result in food burning and may damage Pan's coating. Using the product for applications other than those recommended may result in damage to product and coating.

PRODUCT LINE Everyday Pan for Microwave Oven. The product line includes: Pan, Lid, Inset Pan, and more. Each product is designed for microwave use only.

Chicken Nuggets. A favorite for kids, adults and those on-the-go. Ingredients: 1 tablespoon vegetable oil, 6-12 frozen chicken nuggets, 1/4 cup sauce, or your favorite dipping sauce.

Deviled Eggs. An easy and delicious way to enjoy boiling the eggs in this versatile Pan. Ingredients: 1/2 cup water, 1/4 cup oil, 1/2 cup vinegar, 1 egg white, 1 egg yolk.

Hot Spinach & Artichoke Dip. Preparing and serving this dip in the Pan is so convenient. Ingredients: 1 package (10 oz.) frozen chopped spinach, 1/2 cup mayonnaise, 1 jar (7 oz.) of marinated artichoke hearts.

Perfect Pan Pizza. Nothing beats this fresh, homemade pizza in this versatile Pan. Ingredients: 1 teaspoon olive oil, 1/2 cup pizza sauce, 1/4 cup shredded mozzarella cheese.

Steamed Shrimp Wontons. No need for a steamer pot when you use the MicroHeart Pan to prepare fresh wontons. Ingredients: 1 package (10 oz.) frozen wontons, 1/2 cup water, 1/4 cup oil.

Quesadillas. A simple and easy way to enjoy this favorite Mexican dish. Ingredients: 2 flour tortillas (8-inch wide), 1/4 cup shredded Monterey Jack cheese.

Quick Nachos. Anytime of the day this popular appetizer is a winner. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup cheddar cheese, 1/2 cup ground beef, 1/2 cup salsa.

Bacon & Eggs. Conveniently prepare Bacon & Eggs in one pan. Ingredients: 2 eggs, 2 strips of bacon, 1/2 cup water.

Cinnamon & Fruit Muffins. A healthy breakfast is only minutes away! Ingredients: 1/2 cup oil, 1/2 cup cinnamon, 1/2 cup sugar, 1/2 cup flour.

Breakfast AM Sandwich. The perfect breakfast with all the fixings. Ingredients: 1/2 cup butter, 1/4 cup oil, 1/2 cup flour, 1/2 cup milk.

EZ Poached Eggs. An elegant microwave recipe for preparing poached eggs. Ingredients: 1 cup water, 1/4 cup oil, 1/2 cup vinegar.

Pecan Rolls. These pecan rolls will easily make any morning a special day. Ingredients: 2 cups pecan nuts, 1/2 cup oil, 1/2 cup sugar.

Apple Burritos. Just as good as apple burritos all the trouble! Ingredients: 1/2 cup oil, 1/2 cup apple sauce, 1/2 cup flour.

Bananas Foster. A delicious sweet treat that cooks quickly with little mess. Ingredients: 1/2 cup butter, 1/4 cup oil, 1/2 cup flour.

Black Forest Muffins. Nothing is better than chocolate and cream in this delicious muffin. Ingredients: 1 package (7 oz.) chocolate muffin mix, 1/4 cup oil, 1/2 cup milk.

Decadent Chocolate Caramel Cakes. Your favorite dessert that cooks in one pan. Ingredients: 1/2 cup oil, 1/2 cup sugar, 1/2 cup flour.

Pineapple Upside-Down Cake. It's easy to make these individual cakes with Grated Pineapple Butter. Ingredients: 1 package (10 oz.) yellow cake mix, 1/2 cup oil, 1/2 cup pineapple.

Quick Fruit Crisp. This recipe requires little fuss and can be cooked while enjoying dinner for a warm, comforting dessert. Ingredients: 1/2 cup oil, 1/2 cup sugar, 1/2 cup flour.

Asian Infused Fajitas. No need to ever know your 'ver' cooked fish since this recipe is so easy and delicious. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup bell pepper.

Chicken Parmesan. An Italian favorite that comes together in minutes. Ingredients: 1/2 cup oil, 1/2 cup flour, 1/2 cup milk.

Enchilada Casserole. Casseroles don't get faster to prepare with this recipe. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup bell pepper.

Glazed Pork Chops with Apples. Think your pork chops are just what you need for dinner. Ingredients: 1/2 cup oil, 1/2 cup sugar, 1/2 cup flour.

Monterey Burgers. This 'Triple-D' burger (better the grill) is sure to please. Ingredients: 1 pound lean ground beef, 1/2 cup oil, 1/2 cup onion.

Poached Tilapia with Steamed Asparagus. Save precious time by steaming tilapia and asparagus in just one pan. Ingredients: 1/2 cup oil, 1/2 cup water.

Ravioli Carbonara. With refrigerated ravioli and creamy white Alfredo sauce, your pasta night can't be any simpler! Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup bell pepper.

Ribeye Steaks with Grilled Onions & Mushrooms. A few steaks with grilled vegetables and mushrooms in just one pan. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup mushrooms.

Sausage & Peppers. Sausage and two cups of peppers make this a terrific dish. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup bell pepper.

Shrimp with Vegetables. A simple yet nutritious meal prepared in less than 10 minutes! Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup vegetables.

Spaghetti & Meatballs. A family favorite made without heating up the oven! Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup ground beef.

Teriyaki Steak Salad. Teriyaki steak salad with all the fixings. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup steak.

Broccoli-Cheddar Gratin. This quick and easy gratin is perfect with fish, pork, or beef. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup cheese.

Creamy Mac 'n Cheese. You'll never eat another Pan simply meat it. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup cheese.

Fiesta Corn Muffins. A delicious use of any meat, or enjoy as a snack. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup cheese.

Herb Buttered Potatoes. No need to fry, another Pan simply meat it. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup herbs.

Vegetable Medley. Enjoy your favorite steamed vegetables with the MicroHeart. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup vegetables.

Wild Rice Pilaf. How convenient is this, cook and serve in just one pan. Ingredients: 1/2 cup oil, 1/2 cup onion, 1/2 cup rice.

TROUBLESHOOTING. This guide is for informational purposes only. It is not a warranty. If you are having trouble with your MicroHeart, please contact our customer support.

Warranty. This warranty is for informational purposes only. It is not a warranty. If you are having trouble with your MicroHeart, please contact our customer support.

Sparks in Microwave oven. If aluminum foil or metal objects are in the oven, remove them. If you are having trouble with your MicroHeart, please contact our customer support.

Microwave oven is not cooking. Microwave oven makes loud noise and/or produces heat that is not supposed to. Contact technical support.

Microwave oven is out of order. Microwave oven has electrical components connected to the microwave oven. Contact technical support.