



Nouvelle Nuke

YOUR MICROWAVE CAN DO MORE THAN JUST POP POPCORN. TRY THESE IDEAS FROM CHEFS BRYAN AND MICHAEL VOLTAGGIO, AUTHORS OF VOLT INK

5-Minute Curry Applesauce

WHY It's a fast side dish for pork.
HOW Peel, core, and thinly slice four Granny Smith apples. Put the slices in a microwave-safe bowl and loosely cover it with microwave-safe plastic wrap. (Don't let the plastic touch the apples.) Nuke on high until the apples mash easily, about 5 minutes. Puree in a blender and serve, or refrigerate for up to 3 days. Add a pinch of curry powder and pair with pork, or eat it alongside Greek yogurt at breakfast.

Quick Parmesan Crisps

WHY They're a low-carb alternative to croutons.
HOW Grate enough Parmesan to completely cover a small, circular, microwave-safe plate. Microwave on high until the cheese is crisp, about 80 seconds. Remove the plate and let it sit for about 10 seconds; then peel the cheese from the plate and serve it with Caesar salad or as a garnish for soups.

Salmon with Shiitakes

WHY It's a fish dinner that's ready in 15 minutes flat.
WHAT YOU'LL NEED
1 Tbsp butter
2 shallots, minced
1 salmon fillet (4 to 6 oz)
Salt and freshly ground pepper
1 cup mixed mushrooms (such as cremini, shiitake, or trumpet)
1 tsp fresh rosemary
Parchment paper

HOW In a medium microwave-safe bowl, nuke the butter until melted; add the shallots and nuke 2 minutes. Brush the salmon with some of the butter; season with salt and pepper. Toss the mushrooms in the remaining butter and season with salt and rosemary. Fold a 14-by-18-inch sheet of parchment paper in half; then open it and spoon the mushrooms onto one side. Place the fish on top and fold the other half of the paper over, crimping it closed. Microwave on medium until the parchment steams, 5 minutes.

EAT THIS NOT THAT!

At Auntie Anne's



Cheese Pretzel Dog **Sesame Pretzel with melted cheese dip**

370 calories	550 calories
12 grams (g) protein	15 g protein
33 g carbohydrates	73 g carbohydrates
(1 g fiber, 5 g sugar)	(3 g fiber, 14 g sugar)
20 g fat	22 g fat
640 milligrams (mg) sodium	1,840 mg sodium

Go with the dog: You give up a bit of protein, but you also cut about two-thirds of the sugar and piles of sodium. The tradeoff is a no-brainer.

