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Quick Poached Salmon with Cucumber Sauce. There's no reason to shy away from cooking fish at home with a recipe as effortless as this one. Besides basil, try using dill, fennel or coriander in the herby sauce. —Crystal Jo Bruns, Iliff, Colorado

## **25 Microwave Recipes That are Made in Minutes | Taste of Home**

This is a quick and easy chocolate cake you can cook in the microwave in 2 minutes. And it tastes great. Really! The consistency is dense and cakey. It would go well with chocolate (or your favorite) chips, nuts, or served warm with hot fudge.

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This cake, 'born' out of a pregnancy craving, worked out amazingly!

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## **Is microwave cooking of food good for one's health over**

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The difference between the results of previous studies and the present study may be due to differences in the number of washing times before cooking, volume of water used for washing and cooking the rice, selection of cooked samples (from the upper or lower part of the cooked rice in the container), mixing the cooked sample for analysis, etc ...

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