

Microwave Beans Alfredo Fusion



TIPS:

- About this recipe:** This very quick & easy and uniquely flavorful recipe fuses (combines) Italian creamy Alfredo Parmesan cheese sauce with a fresh Latin American-inspired combination of kidney beans, avocado, tomato, and cilantro.
- Determining avocado ripeness and how to ripen an avocado:** Avocados usually come to market underripe and firm. Avocados are ripe when you can press on the avocado skin with your thumb

using a little more pressure than you'd use to grip a pencil firmly (left photo) and leave an indent where your thumb was as shown in circled area in the picture on the right.



To ripen firm avocados as quickly as possible at home, place them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out of direct sunlight at room temperature for 1-2 days - or longer for extremely firm, unripe avocados.



Preparation Time: 5-10 minutes

Cooking Time: About 1 minute - all in the microwave oven

Ingredients (for 1)

Handful of Cooked Kidney (or any) Beans

Evaporated Milk

Grated Parmesan Cheese

1-2 Garlic Cloves

1/2 Medium Sized Tomato

1/2 Avocado

1/2 Handful of Fresh Cilantro

Fresh Jalapeño Pepper

Balsamic (or any) Vinegar (optional)



Equipment

Cutting Board

Microwave Oven Safe Bowl

Large Sharp (Chef's) Knife

Fork

Tablespoon

Can Opener



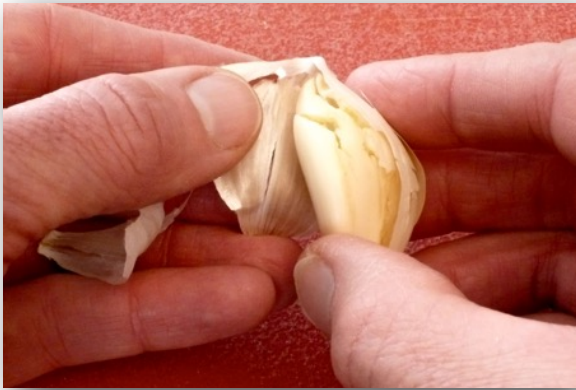
1. Pull 1-2 garlic cloves from a fresh garlic bulb.



Cover one **garlic clove** a time with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



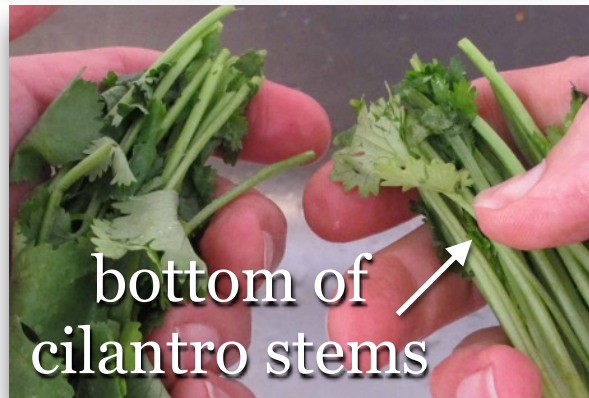
Peel off the **garlic skins**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown below.



2. Rinse and shake dry **1/2 handful of fresh cilantro** and then twist off the **bottom of the cilantro stems** as shown in the second and third picture below.



Cut and chop the **cilantro** into small flake pieces as shown below.



3. Give a **tomato** and **jalapeño pepper** a hand-scrubbing rinse with cold tap water.



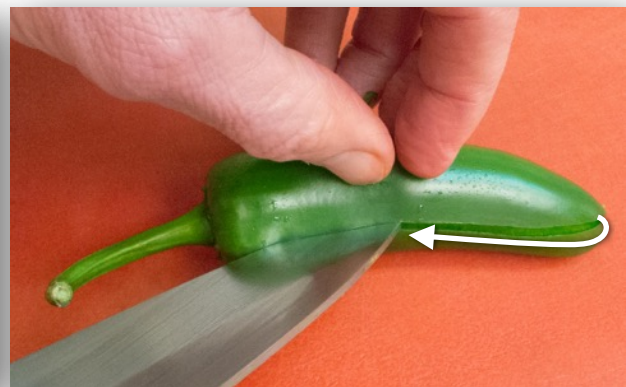
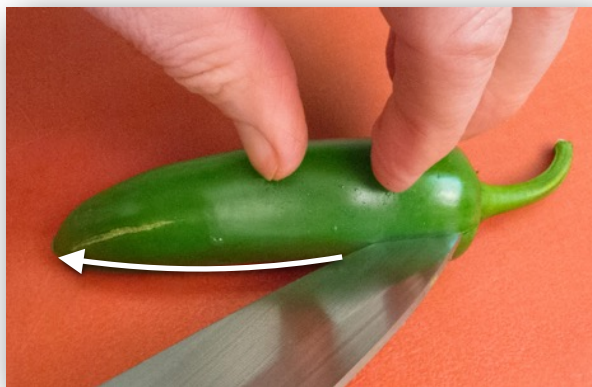
4. Carefully make a cone-shaped cut around and under the **stem patch** to remove the **tomato core** as shown in the picture to the right below.



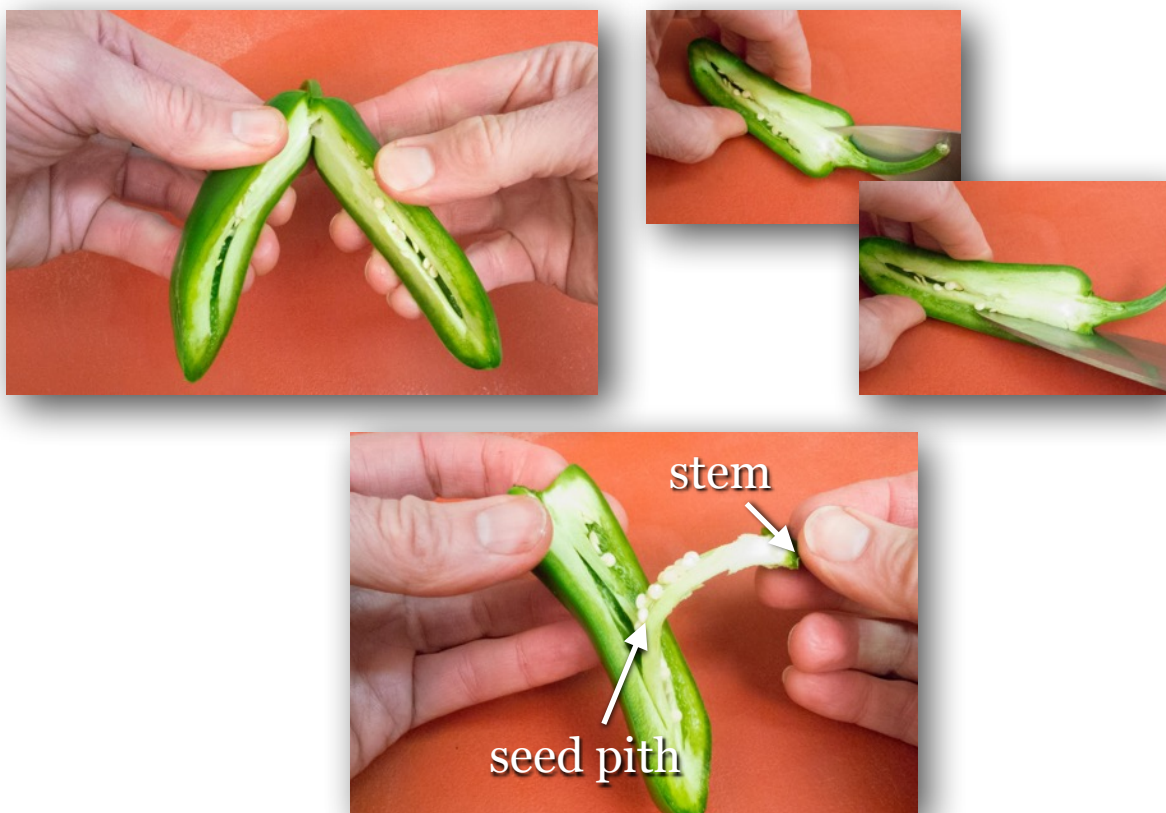
Cut the **tomato** in half lengthwise. Cut one of the **tomato halves** into lengthwise slices about 1/2 inch (12 mm) wide. Then cut those slices in cross section into pieces also about 1/2 inch (12 mm) wide.



5. Lay the **jalapeño pepper** flat on the cutting and cut the **pepper** in half lengthwise starting from one side of the **pepper stem patch** and continuing that cut the long way around the **pepper** to the other side of the **stem patch**.



Pull the **jalapeño pepper halves** apart and remove the **seed pith** and **stem**.



To minimize hot pepper spice contact with your fingers, use a fork as shown below while cutting **one of the pepper halves** (or less than that, depending on how spicy you want the beans Alfredo) into lengthwise strips $\frac{1}{8}$ - $\frac{1}{4}$ inch (3-6 mm) wide, and then cutting those **strips** in cross section also into pieces also $\frac{1}{8}$ - $\frac{1}{4}$ inch (3-6 mm) wide.



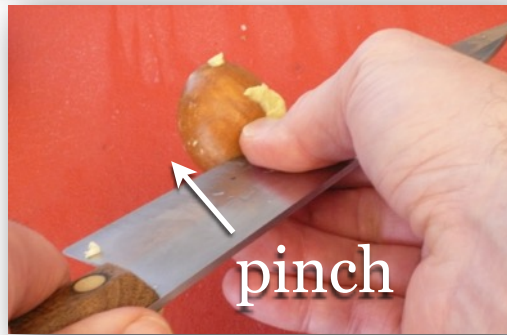
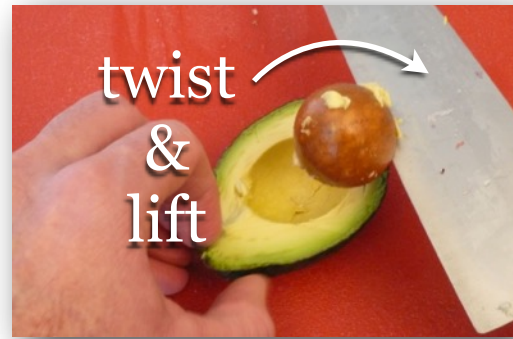
NOTE: After chopping the **jalapeño pepper**, even if you used a fork as shown above, make sure to give your hands a good scrubbing wash with soap and water to avoid later feeling a burning sensation in your fingers.



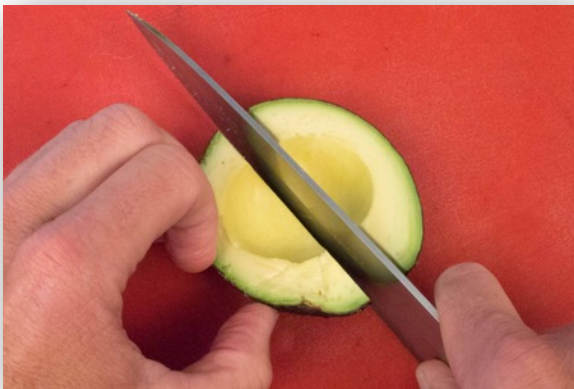
6. Cut a ripe **avocado** in half lengthwise around its **seed**, and twist the two **avocado halves** apart.



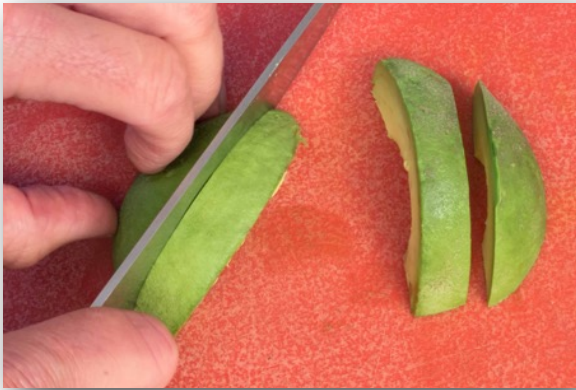
(**NOTE:** To make one serving, you'll only need the **avocado half** without the seed in it. If, however, you're making more than one serving, here's how to remove the **avocado seed**. Hold the **avocado half** with the **seed** still attached seed side up on the cutting board - making sure your fingers are not in the intended knife path - and driving the long, sharp edge of the knife blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **seed** from the knife by pinching down on the **seed** from the back, dull side of the knife blade as shown below.)



Cut **one of the avocado halves** lengthwise in half again and peel off the **skin**.



Finish by cutting each **avocado quarter** lengthwise in half and then cutting those lengthwise pieces in cross section into bite-sized pieces about 1/2 inch wide.



7. Put a handful of cooked kidney (or any) beans in a microwave oven safe bowl.



Add a good shot of evaporated milk, and about 1/2 handful grated Parmesan cheese, both as shown below.



Stir with a tablespoon until all the **ingredients** are well mixed together as shown in the smaller insert picture below.



8. Put the bowl in the middle of the microwave oven, and cook for about 1 minute using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200 watt microwave oven

when shooting this recipe. Cooking time will vary depending on your microwave oven wattage.



9. After warming the **pasta and cheese**, carefully remove the bowl from the microwave oven. The **cheese** should have melted as shown in the smaller insert picture below. If your **cheese** has not melted, keep cooking in the microwave oven at 30-second intervals until the **cheese** has melted.



10. Add the **chopped garlic** and stir it into the **beans and cheese sauce**.



11. Add the rest of the **chopped ingredients** (tomato, avocado, cilantro, and jalapeño pepper).



12. Finish by topping with a **light shake of grated Parmesan cheese** and an **optional shot of balsamic**

(or any) **vinegar.**



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