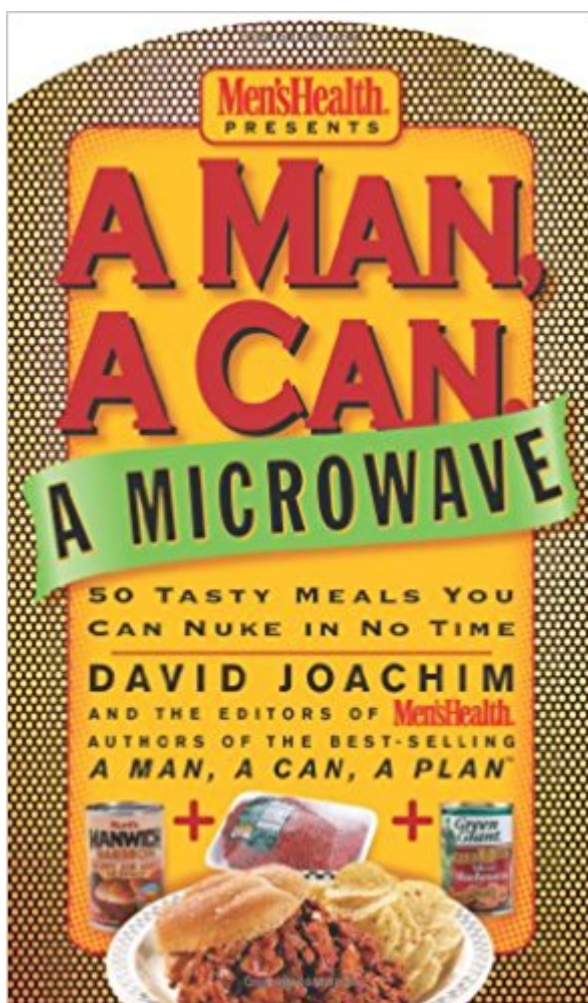


The book was found

A Man, A Can, A Microwave: 50 Tasty Meals You Can Nuke In No Time (Man, A Can... Series)



Synopsis

First came A Man, a Can, a Plan: 50 Great Guy Meals Even You Can Make. The Sunday Star-Ledger cheered it as a "foolproof, not to mention spill-proof guide to manly success in the kitchen." And the Detroit News exclaimed, "Dude, this cookbook is for you." Next came A Man, a Can, a Grill: 50 No-Sweat Meals You Can Fire Up Fast. Cookbook author Andrew Schloss, who wrote Cooking with Three Ingredients and Dinner's Ready, called the recipes "easy, flavorful...streamlined and smart. Real food-so good that no one will ever guess your secret is in the can." Now there's A Man, a Can, a Microwave-and all those "dudes" who helped put the "Grill" book on the New York Times how-to bestseller list will be pleased to know that David Joachim and the editors of Men's Health haven't lost a beat. The 50 guy-friendly, nuke-able meals using packaged ingredients are fun to make and great to eat-and include such tasty dishes as "Italian One-Dish Fish," "Teriyaki Beef with Broccoli," and "Painless Paella." With step-by-step recipes and full-color photos, A Man, a Can, a Microwave, like the previous books in the series, is a perfect gift for anyone learning to cope in the kitchen. Make sure he has a can opener-and a hearty appetite!

Book Information

Series: Man, a Can... Series

Board book: 46 pages

Publisher: Rodale Books (April 28, 2004)

Language: English

ISBN-10: 157954892X

ISBN-13: 978-1579548926

Product Dimensions: 5 x 28.4 x 7.7 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 65 customer reviews

Best Sellers Rank: #201,299 in Books (See Top 100 in Books) #18 in [Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking](#)

Customer Reviews

Bound in the kind of thick, stain-proof pages usually employed for preschool boardbooks, this cookbook dumbs down basic recipes to inventive new lows. The Men's Health magazine team responsible for the similarly silly A Man, A Can, A Plan again explain how to microwave canned food into something approximating dinner. Rather than saute or simmer, readers are instructed to "dump" and "nuke" ingredients, as in a recipe for Sweet and Sour Meatballs, which

requires a can of crushed pineapples, a can of sloppy joe sauce and a pound of frozen precooked meatballs. Other recipes not for the faint of heart include Slab O' Ham with Redeye Gravy (essentially microwaved slices of canned ham in a coffee/pork sauce gravy) and Hot Slam Dunk, a dip that calls for mayonnaise, sour cream, canned artichoke hearts, spinach and a few other ingredients to be microwaved together for several minutes. (The authors award "Extra credit" to those who pour the mixture into a hollowed-out loaf of pumpernickel.) Nevertheless, despite its frightening culinary intentions, there's a nice sense of fun in this cookbook, and a few decent ideas to boot. Why not microwave chocolate syrup, whole milk and vanilla extract together for Liquid Bliss? It's a reliable, no-brainer way to make hot chocolate. And there's nothing nauseating about the canned yam-based Sam-I-Am Casserole; butter and brown sugar mask a variety of sins. While this might make a great (gag?) gift for the newly independent frat guy or confirmed bachelor, it's hard to imagine any but the hardiest kitchen-phobes making frequent use of this book, especially when it's so easy to just order in. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

David Joachim is the author of the bestselling A Man, a Can, a Grill and A Man, a Can, a Plan. He lives in Center Valley, Pennsylvania. The Editors of Men's Health publish the world's largest men's magazine.

I'm a single guy. I love to eat. I hate to cook. These recipes are (for the most part) easy, tasty and only require a few ingredients. For the most part all of the ingredients are readily available. Not sure what "Caponata" (canned "eggplant appetizer") is or where I'd get it, but the rest of the ingredients should be in any reasonably well stocked grocery store. For lazy, hungry, single folks this one is a keeper!

If you are really in a hurry and a man a can a plan is just too time consuming for the moment then do like the series did and take to the microwave. Get things done even faster and in a pinch. Great last minute minimalist meal saver.

Great format. The books can be wiped off if food gets on them. This is the second title in this series that I have purchased for my grandson. He loves them. They are easy to follow, uncomplicated and require very little time.

I bought this as a graduation present for a friend's son headed to college soon. I had heard about it from an Army buddy who really liked it. I also liked the variety of recipes. And its good that the book is unlike a "normal" cookbook in that the pages are super thick and coated to protect from splatter.

This is a great little book for a graduation present - particularly for a boy. I give it with the ingredients for one of the recipes. So far, has been well-received.

19 yr old who is out on his own loved this - easy recipes and super easy ingredients he can buy ANYWHERE. Also loved he can wipe pages off easily if he makes a mess.

I'm 62 years old. Kids are raised and gone. Bought this for my son who hates to cook ("too much trouble")...but I LOVE IT!! The recipes are actually very good, and beyond simple! LOL, repurchased the series of 3 for myself!

Was exactly what I was looking for when I ordered it. I just need a Vegetarian, A Can, and A , too. Of course I had my son add a WO in front of the Man, just for laughs. Like the simplicity of the recipes, the wipe able pages, and the quirky comments.

[Download to continue reading...](#)

A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series)
Microwave Meals Like a Chef: 50 Quick and Tasty Recipes That you Didn't Know You Could Make In Your Microwave Easy Livin' Microwave Cooking: A microwave instructor shares tips, secrets, & 200 easiest recipes for fast and delicious microwave meals Mug Meals Cookbook: 95 Delicious Quick And Easy Microwave Meals In A Mug, Microwave Recipes Mug Cakes Cookbook: My Top Mug Cake Recipes for Microwave Cakes (microwave mug recipes, microwave cake, mug cakes, simple cake recipes) Microwave Mug Recipes: 65 Top Microwave Recipes That Are Tasty And Easy To Make Mug Recipes: Quick & Easy, Microwave Meals to Cook for One (Mug Cookbook, Cooking For One, Microwave) Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals Learn How to Cook Some Delightful Dishes in Your Microwave: Microwave Recipes You Can Enjoy As a Bachelor, As a Couple or As a Family Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal

Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) 250 Best Meals in a Mug: Delicious Homemade Microwave Meals in Minutes Quick & Easy Microwave Meals: Over 50 recipes for breakfast, snacks, meals and desserts Mug Meals Cookbook: 50 Of The Best Mug Recipes Made In the Microwave & Oven - Quick and Easy Mug Meals for Everyday Life Microwave Dessert Cookbook: 34 Easy Microwave Recipes for Desserts 30 Delicious Microwave Desserts: Get Quick & Easy Recipes to Satisfy Your Sweet Tooth from Simple Microwave Desserts Cookbook Microwave Cooking: Rice Paper Rolls with Chikuwa, Cucumber and Carrot (Microwave Cooking - Fishes & Shellfishes Book 6) Integrated Microwave Front-Ends with Avionics Applications (Artech House Microwave Library (Hardcover)) Don't Panic: More Dinner's in the Freezer - A Second Helping of Tasty Meals You Can Make Ahead Hello! My Name Is Tasty: Global Diner Favorites from Portland's Tasty Restaurants

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)