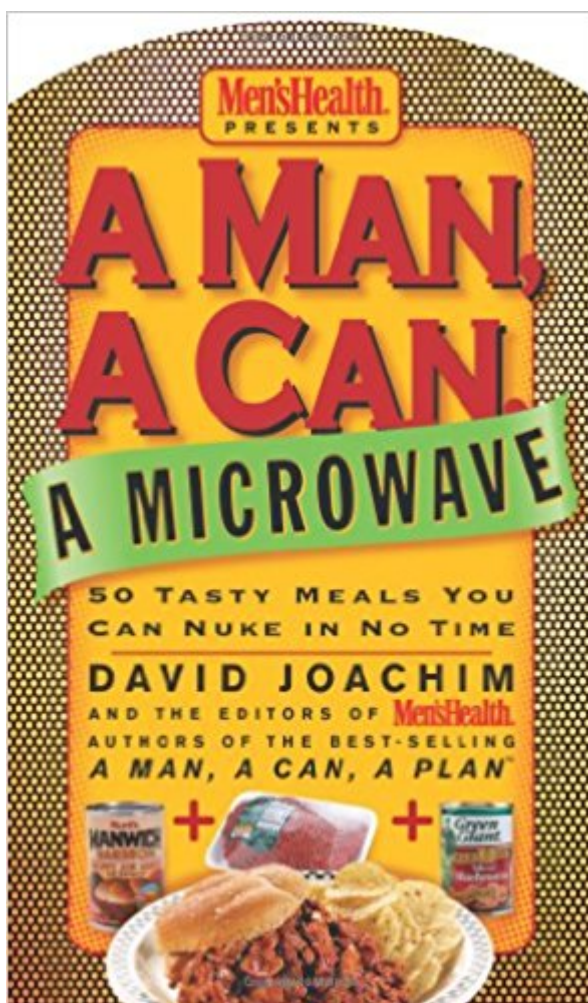


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A Man, A Can, A Microwave: 50 Tasty Meals You Can Nuke In No Time (Man, A Can... Series)



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

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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.

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