



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

By David Joachim, The Editors of Men's Health

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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!

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### Editorial Review

From Publishers Weekly

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.

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### About the Author

**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.

### Users Review

#### From reader reviews:

##### **Kim Armstrong:**

Now a day people who Living in the era just where everything reachable by talk with the internet and the resources inside can be true or not require people to be aware of each data they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading a book can help persons out of this uncertainty Information particularly this *A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series)* book because book offers you rich data and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you may already know.

**Jasmine Myers:**

A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into satisfaction arrangement in writing A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) but doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information could drawn you into fresh stage of crucial thinking.

**Sara Love:**

This A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) is great guide for you because the content which is full of information for you who all always deal with world and get to make decision every minute. This specific book reveal it data accurately using great plan word or we can point out no rambling sentences inside. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but challenging core information with attractive delivering sentences. Having A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series) in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no e-book that offer you world with ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt that will?

**Dominic Maddock:**

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