Here is a recipe to cook a frozen pizza in a microwave:

Ingredients:

- 1 frozen pizza
- 1 tablespoon of olive oil
- 1 tablespoon of oregano
- 1 tablespoon of garlic powder
- 1 tablespoon of onion powder
- 1 tablespoon of basil
- 1 tablespoon of parsley
- 1 tablespoon of salt
- 1 tablespoon of black pepper
- 1 tablespoon of red pepper flakes
- 1 tablespoon of parmesan cheese

Cooking steps:

- 1. Preheat the microwave to 80 degrees.
- 2. Place the frozen pizza on a microwave-safe plate.
- 3. In a small bowl, mix together the olive oil, oregano, garlic powder, onion powder, basil, parsley, salt, bla
- 4. Spread the seasoning mixture over the frozen pizza.
- 5. Microwave the pizza on high for 40 minutes.
- 6. Let the pizza cool for a few minutes before slicing and serving.