Microwave Recipes

* Vegan (from <https://www.beautifulingredient.com/plant-based/41-dorm-friendly-recipes#)->
  + Mac and Cheese (<https://strengthandsunshine.com/microwave-gluten-free-vegan-mac-cheese-one-allergy-free-easy-mac/>)
  + Veggie Wrap with Apples and Spicy Hummus (<https://www.veggieinspired.com/broccoli-slaw-veggie-wrap-spicy-hummus/>)
  + Quick Chocolate Cherry Oatmeal (<https://veggieprimer.com/quick-chocolate-cherry-oatmeal/>)
* Allergies
  + Nut
    - 15-Minute Meatloaf (<https://www.tasteofhome.com/recipes/15-minute-meat-loaf/>)
  + Fish
    - Microwave Egg Sandwich (<https://www.tasteofhome.com/recipes/microwave-egg-sandwich/>)
  + Dairy
    - Microwave Fried Rice (https://fitmencook.com/dorm-room-masterchef-7-healthy-microwave-recipes/)
* Ordinary
  + Southwest Chicken Casserole (<https://www.allrecipes.com/recipe/8746/southwest-chicken-casserole/?internalSource=staff%20pick&referringId=1662&referringContentType=Recipe%20Hub>)
  + Microwaved Parmesan Cheese (<https://www.tasteofhome.com/recipes/microwaved-parmesan-chicken/>)
  + Granola Cereal Bars (<https://www.tasteofhome.com/recipes/granola-cereal-bars/>)
  + 2-Minute French Toast (https://www.prettyprudent.com/2012/01/entertaining-food/2-minute-french-toast-in-a-cup/)