



T chefseries™
by Tupperware

culinary collection

recipe book



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CHEFSERIES™ CULLINARY COLLECTION

Beauty.

Durability.

Performance.

Throughout its history, the Tupperware® brand has enhanced the lifestyles of consumers everywhere with innovative, masterfully designed products for preparing, serving, and storing food.

Today, that spirit of innovation shines more brilliantly than ever with the introduction of the Chef Series™ Culinary Collection: premium, professional-grade cookware. Each piece is crafted from three layers, known as tri-ply or clad construction. Two layers of gorgeous 18/10 stainless steel, chosen for its durability, and resistance to rust, surround a middle layer of aluminum, which is a great conductor of heat.

Beneath the pan body is an encapsulated disk base, consisting of one layer of aluminum and one layer of magnetic stainless steel. Combined with the tri-ply body above, the disk base creates a five-ply construction that provides superb heat distribution across the entire pan bottom, eliminating troublesome hot spots, and can be used to cook on all cooktop surfaces.

Most pieces in the collection are lined with a professional nonstick Teflon® coating by DuPont® that's sprayed, then baked to permanently coat the pan interior. Please read the product insert included with each cookware piece for use & care instructions.

In addition to the convenience of cooking with a true nonstick surface, very little or no added fat is needed—and cleanup is remarkably easy, even with typically sticky foods. Always remember to use non-metal utensils on the nonstick surface, such as the Tupperware Silicone Spatulas or E-Series™ Utensils.

The majority of pieces from the Chef Series™ Culinary Collection feature tempered glass covers, allowing you to view contents without lifting the cover—thereby preserving valuable steam during cooking. Tempered glass covers are oven safe to 350°F. Other pieces in the collection suited for more frequent oven use feature stainless steel covers that are oven safe to 450°F.

Both the covers and the pans in the Chef Series™ Culinary Collection feature cast hollow handles that remain cool to the touch during stovetop cooking. Use a potholder or mitt when removing pans from oven.

Now that you've seen the careful construction and meticulous design behind this incredible cookware, let's get cooking and see what a joy the Chef Series™ Culinary Collection will be to use in your kitchen every day!

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MORNING DISH

The Perfect Fried Egg

MAKES 1 EGG



8"
Fry Pan

- 1/2 tsp. butter
- 1 egg
- Salt and pepper to taste
- 1 tsp. water

Place Chef Series™ 8" Fry Pan over Medium-High heat; add butter and heat until foam subsides. Break egg into snack cup and slip into the fry pan. Immediately turn heat to Low.

Sprinkle with salt and pepper. Cook slowly until edges turn white, about 1 minute. Add water after edges turn white. Cover with lid to hold in steam. Cook until white is completely set and yolk begins to thicken but is not hard.

For over easy or over hard, gently lift egg with E-Series™ Turner or Saucy Silicone Spatula and flip upside down into pan to cook second side until yolk is desired consistency.

Nutritional Facts: Serv. Size: 1 egg (58.5g/2.1 oz.), Servings per recipe: 1, Calories 95, Calories from Fat 65, Total Fat 7g, Saturated Fat 3g, Cholesterol 217mg, Sodium 466mg, Total Carb <1g, Dietary Fiber <1g, Sugars <1g Protein 6g

Sautéed Peppers & Onions

MAKES 2 SERVINGS



8"
Fry Pan

- 1 Tbsp. extra virgin olive oil
- 1 large red, yellow or green bell pepper (seeded, cut into thin strips)
- 1 medium onion (cut into slices)
- Salt and pepper to taste

Place the olive oil in Chef Series™ 8" Fry Pan. Turn heat to Medium-High. After 30 seconds, add peppers and onions.

Cook, stirring constantly with Saucy Silicone Spatula, until the peppers and onions are lightly browned and very tender, about 5-10 minutes.

Use as topping for Easy Hash Brown Potatoes (pg.6) or Vegetable Frittata (pg.7) or as part of Vegetable Omelet (pg.6).

Nutritional Facts: Serv. Size: 1/2 recipe (92 g/3.2 oz.), Servings per recipe: 2, Calories 91, Calories from Fat 62, Total Fat 7g, Saturated Fat <1g, Cholesterol 0mg, Sodium 535mg, Total Carb 7g, Dietary Fiber 1g, Sugars 4g, Protein 1g

Cinnamon French Toast

MAKES 5 SLICES



8 or 9 1/2"
Fry Pan

- 2 large eggs
- 1/3 cup 2% milk
- 1 Tbsp. sugar
- 1 tsp. Cinnamon-Vanilla Spice
- 1/2 tsp. Parmesan cheese (finely grated)
- 1/2 tsp. butter
- 5 slices Italian or Challah bread (sliced 1/2" thick)

Beat together eggs, milk, sugar, Spice and Parmesan cheese with Whisk in Thatsa™ Bowl.

Heat butter in Chef Series™ 8" or 9 1/2" Fry Pan over Medium heat until melted; lift pan to cover entire bottom. Test if pan is hot enough to sizzle a few drops of water. Reduce heat to Low.

Dip bread one slice at a time, into egg mixture, covering both sides. Place bread in pan. Cook on each side about 4 minutes or until browned and no liquid egg remains. Repeat with remaining slices.

Nutritional Facts: Serv. Size: 1 slice (69g/2.4 oz.), Servings per recipe: 5, Calories 131, Calories from Fat 36, Total Fat 4g, Saturated Fat 2g, Cholesterol 87mg, Sodium 216mg, Total Carb 18g, Dietary Fiber 1g, Sugars 3g, Protein 6g

Buttermilk Pancakes

MAKES 17 PANCAKES (ABOUT 3" DIAMETER)



9 1/2"
Fry Pan

- 2 cups all-purpose flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 large egg
- 3 Tbsp. butter (melted)
- 2 cups buttermilk
- 1-2 tsp. vegetable oil

Stir together flour, sugar, baking powder, baking soda, and salt in Thatsa™ Bowl to combine. In separate bowl, whisk egg, butter and buttermilk.

Make well in center of dry ingredients in Thatsa™ Bowl; pour in buttermilk mixture and whisk very gently, just until combined. Do not over mix.

Heat Chef Series™ 9 1/2" Fry Pan over Medium heat with oil for 3-5 minutes. Pour 1/4 cup batter over 3 spots in Fry Pan. Cook until large bubbles begin to appear 1 1/2-2 minutes. Flip and cook until golden brown on second side, 1 1/2 minutes longer. Cook all the batter; freeze leftover pancakes in Rock 'N Serve™ Containers.

PANCAKES WITHOUT BUTTERMILK: Whisk together 2 cups 2% milk plus 1 Tbsp. lemon juice; set aside to thicken. Use as substitute for buttermilk. Proceed as directed above.

BLUEBERRY PANCAKES: Prepare Buttermilk Pancake batter and pour batter into Fry Pan as directed. Sprinkle 1 Tbsp. blueberries onto batter as cooking. Proceed as directed.

Nutritional Facts: Serv. Size: 1 pancake (51g/1.8 oz.), Servings per recipe: 17, Calories 94, Calories from Fat 25, Total Fat 3g, Saturated Fat 3g, Cholesterol 19mg, Sodium 212mg, Total Carb 14g, Dietary Fiber <1g, Sugars 3g, Protein 3g

Easy Hash Brown Potatoes

MAKES 4 SERVINGS



9 1/2"
Fry Pan

- 3 cups refrigerated shredded hash brown potatoes**
- 2 Tbsp. finely chopped onion**
- 1 tsp. Ragin' Cajun Seasoning**
- Salt and pepper to taste**
- 2 Tbsp. vegetable oil**

Mix potatoes, onion, Seasoning and salt and pepper in Thatsa™ Bowl. Heat 1 Tbsp. of oil in Chef Series™ 9 1/2" Fry Pan over Medium heat. Pack potato mixture firmly in pan with Saucy Silicone Spatula, leaving 1/2" space around edge.

Turn down heat to Medium-Low. Cook about 10-15 minutes or until bottom is brown. Drizzle remaining oil evenly over potatoes. Cut potato mixture into fourths; turn over. Cook about 10-12 minutes longer or until bottom is golden brown.

Nutritional Facts: Serv. Size: about 1/2 cup (130g/4.6 oz.), Servings per recipe: 4, Calories 170, Calories from Fat 62, Total Fat 7g, Saturated Fat <1g, Cholesterol 0mg, Sodium 454mg, Total Carb 25g, Dietary Fiber 2g, Sugars <1g, Protein 3g

No-Fail Omelet

MAKES 1 OMELET



8"
Fry Pan

- 1/2 tsp. butter**
- 2 eggs**
- 1 Tbsp. water**
- Salt and pepper to taste**

Place butter in Chef Series™ 8" Fry Pan. Over Medium heat, beat together in Thatsa™ Bowl eggs, water, salt and pepper just until blended.

Swirl butter around in the pan as it melts and foam subsides. Pour in the egg mixture. Cook without disturbing for 30 seconds.

Run the edge of the Saucy Silicone Spatula around the outer edge of the egg mixture, pushing it towards the center. Tip the pan as you're doing this, allowing uncooked mixture to reach the outside. Repeat until the omelet is still moist, but not runny. Do not over cook.

Use edge of the Saucy Silicone Spatula to fold the omelet in half and lift onto a plate.

CHEESE OMELET: Place 3 Tbsp. shredded cheese across center of omelet before folding in last step.

SOUTHWEST OMELET: Use Southwest Chipotle Seasoning instead of salt and pepper.

VEGETABLE OMELET: Prepare Sautéed Peppers & Onions (pg. 4); set aside. Prepare No-Fail Omelet, but place half of mixture onto omelet before folding.

Nutritional Facts: Serv. Size: 1 Omelet (118g/4.2 oz.), Servings per recipe: 1, Calories 167, Calories from Fat 107, Total Fat 12g, Saturated Fat 4g, Cholesterol 428mg, Sodium 398mg, Total Carb 1g, Dietary Fiber <1 g, Sugars 1g, Protein 12g

Vegetable Frittata

MAKES 2 SERVINGS



8"
Fry Pan

- 1 Tbsp. olive oil (divided)**
- 1 cup refrigerated shredded hash brown potatoes**
- 1/2 cup sliced fresh mushrooms**
- 1 small onion (cut into thin slices)**
- 1/2 medium red bell pepper (seeded; cut into strips)**
- 4 eggs**
- 1 tsp. Southwest Chipotle Seasoning**
- 3/4 cup shredded Cheddar cheese (or shredded Swiss cheese)**

Heat Chef Series™ 8" Fry Pan on Medium-High heat with 1/2 tablespoon olive oil for 1 minute. Add potatoes, stirring often, until browned. Remove from pan; set aside.

Turn heat down to Medium; place 1/2 tablespoon olive oil in Fry Pan. Add mushrooms, onions and red peppers; cook, stirring constantly, with Saucy Silicone Spatula until vegetables are tender.

Stir in browned potatoes; turn heat down to Medium-Low. Beat eggs and Seasoning in small bowl; pour into pan over vegetable and potato mixture. Make small cuts with edge of spatula down through mixture to help egg mixture flow down onto bottom of pan. Cover; cook 5-10 minutes or until eggs are almost set.

Sprinkle with cheese. Cover and cook 1 or 2 minutes or until cheese melts. Serve warm, cut into wedges.

HAM FRITTATA: Add 1/2 cup diced cooked ham with onion mixture. Decrease to 3 eggs. Prepare as directed above.

VEGETABLE TOPPING: Use prepared Sautéed Peppers & Onions (pg. 4) as topping for Frittatas.

Nutritional Facts: Serv. Size: 1/2 recipe (289g/10.2 oz.), Servings per recipe: 2, Calories 481, Calories from Fat 284, Total Fat 32g, Saturated Fat 16g, Cholesterol 469mg, Sodium 547mg, Total Carb 23g, Dietary Fiber 2g, Sugars 5g, Protein 26g

SIDE DISH

Candied Sweet Potatoes

MAKES 6 SERVINGS



- 6 medium sweet potatoes**
(or yams, about 2 lb.)
- 1/3 cup packed light brown sugar**
- 3 Tbsp. butter**
- 3 Tbsp. water**
- 1/2 tsp. salt**
- 1/2 tsp. Cinnamon-Vanilla Spice**

Place sweet potatoes in Chef Series™ 2 1/2 Qt. Saucepan and add enough water just to cover potatoes. Bring to a boil; reduce heat. Cover and simmer 15-20 minutes or until tender; drain. When potatoes are cool enough to handle, slip off skins; cut potatoes into 1/2" slices.

Heat brown sugar, butter, 3 Tbsp. water, salt and Spice in Chef Series™ 9 1/2" Fry Pan over Medium heat, stirring constantly, until smooth and bubbly. Add potato pieces. Gently stir until glazed and hot.

LIGHTER CANDIED SWEET POTATOES: Decrease butter to 1 Tbsp.

MASHED SWEET POTATOES: Cook potatoes as directed in first paragraph, except do not cut into slices. Add 2 Tbsp. butter, 1 Tbsp. brown sugar, 1/2 tsp. Cinnamon-Vanilla Spice and 1/2 tsp. salt to cooked, skinned potatoes. Mash potatoes until no lumps remain.

ORANGE SWEET POTATOES: Substitute 3 Tbsp. orange juice for 3 Tbsp. water. Add 1 Tbsp. grated orange peel with the brown sugar.

Nutritional Facts: Serv. Size: about 1/2 cup (109g/3.9 oz.), Servings per recipe: 6, Calories 177, Calories from Fat 53 Total Fat 6g, Saturated Fat 4g, Cholesterol 16mg, Sodium 249mg, Total Carb 30g, Dietary Fiber 3g, Sugars 18g, Protein 2g

Harvard Beets

MAKES 4 SERVINGS



- 1 can sliced beets**
(14 1/2 oz., drained, juice reserved)
- 1/3 cup sugar**
- 2 Tbsp. all-purpose flour**
- 2 Tbsp. white vinegar**
- 1 Tbsp. butter**
- Salt to taste**

Drain beets, reserving 3 Tbsp. juice. Measure sugar and flour into Quick Shake® Container. Add vinegar and reserved beet liquid. Seal and shake until no flour lumps remain.

Pour mixture into Chef Series™ 1 Qt. Saucepan. Place over Medium heat. Cook until thickened, stirring constantly with Silicone Spatula. Add beets, butter and salt to taste.

Nutritional Facts: Serv. Size: about 1/2 cup (134g/4.7 oz.), Servings per recipe: 4, Calories 150, Calories from Fat 27, Total Fat 3g, Saturated Fat 2g, Cholesterol 8mg, Sodium 220mg, Total Carb 31g, Dietary Fiber 2g, Sugars 20g, Protein 1g

Oh So Smooth...Mac & Cheese

MAKES 8 SERVINGS



- 2 eggs**
- 1 can evaporated milk**
(12 fluid oz., divided)
- 1 tsp. Ragin' Cajun Seasoning**
(optional)
- 1 tsp. salt (optional)**
- 8 oz. elbow macaroni**
(2 cups, uncooked)
- 3 cups shredded Cheddar and Monterey Jack cheese**
- Toasted Bread Crumb Topping**
(recipe included, optional)

Mix eggs, 1 cup of the evaporated milk and Seasoning in Thatsa™ Bowl; set aside.

Heat 6 cups (1 1/2 Qt.) water to boiling in Chef Series™ 2 1/2 Qt. Saucepan. Add salt (optional) and macaroni; cook until almost tender, but slightly firm to the bite (about 7-9 minutes). Drain; return to pan.

Pour egg mixture over macaroni along with 2 1/3 cups of the cheese; stir over Low heat until thoroughly combined and cheese starts to melt. Gradually add remaining 1/2 cup milk and 2/3 cup cheese, stirring occasionally, until mixture is hot and creamy. Serve immediately with Toasted Bread Crumbs Topping, if desired.

TOASTED BREAD CRUMB TOPPING: Heat oven to 350°F. Stir together 1 Tbsp. melted butter and 1/2 cup bread crumbs. Bake on Silicone Wonder™ Mat lined baking pan until golden brown, stirring occasionally, about 10-15 minutes. Sprinkle over hot macaroni and cheese just before serving.

Nutritional Facts: Serv. Size: 3/4 cup (165g/5.8 oz.), Servings per recipe: 8, Calories 337, Calories from Fat 166, Total Fat 18g, Saturated Fat 12g, Cholesterol 107mg, Sodium 362mg, Total Carb 24g, Dietary Fiber 1g, Sugars 6g, Protein 18g

Mom's Special Baked Beans

MAKES 24 SERVINGS



- 1 lb. lean ground beef**
- 1 lb. bacon (cut into small pieces)**
- 1 cup chopped onion**
- 2 cloves garlic (minced)**
- 2 cans baked beans (28 oz. each)**
- 1 can great Northern beans**
(15 oz., drained)
- 1 can red kidney beans**
(15 oz., drained)
- 1 cup ketchup**
- 1 cup packed brown sugar**
- 1 Tbsp. Hickory Mesquite Seasoning**

Place ground beef, bacon pieces, onion and garlic in Chef Series™ 6 Qt. Dutch Oven. Cook over Medium heat, stirring occasionally with Saucy Silicone Spatula, until meat and bacon are browned. Remove from heat. Drain off fat.

Heat oven to 350°F. Stir baked beans, Northern beans, kidney beans, ketchup, brown sugar and Seasoning into meat mixture in Dutch Oven.

Bake bean mixture, uncovered for 1 hour or until hot and bubbly.

Nutritional Facts: Serv. Size: 1/2 cup (149g/5.3 oz.), Servings per recipe: 24, Calories 226, Calories from Fat 50, Total Fat 6g, Saturated Fat 2g, Cholesterol 19mg, Sodium 512mg, Total Carb 32g, Dietary Fiber 6g, Sugars 13g, Protein 12g

Glazed Carrots

MAKES 6 SERVINGS



2 1/2 Qt.
Saucepan

- 1 1/2 lb. carrots
(cut into thin long strips)
- 1/3 cup packed brown sugar
- 2 Tbsp. butter or margarine
- 1/2 tsp. salt
- 1/2 tsp. grated orange peel
- 1/2 tsp. Cinnamon-Vanilla Spice

Heat 1" water to boiling in Chef Series™ 2 1/2 Qt. Saucepan. Add carrots. Bring to a boil; reduce heat to Low. Simmer uncovered 6-9 minutes or until crisp-tender. Drain and reserve carrots for later.

Cook remaining ingredients in same Saucepan over Medium heat, stirring constantly, until bubbly.

Stir in carrots. Cook over Low heat about 5 minutes, stirring occasionally, until carrots are glazed and hot.

SLICED OR BABY GLAZED CARROTS: 1 1/2 pkg. (16-oz. size) frozen sliced carrots, cooked as directed on package, or 1 1/2 lb. fresh baby-cut carrots can be substituted for the carrot strips.

Nutritional Facts: Serv. Size: about 1/2 cup (118g/4.2 oz.), Servings per recipe: 6, Calories 112, Calories from Fat 36, Total Fat 4g, Saturated Fat <1g, Cholesterol 0mg, Sodium 282 mg, Total Carb 19g, Dietary Fiber 3g, Sugars 12g, Protein 1g

Sweet & Sour Cabbage

MAKES 6 SERVINGS



9 1/2"
Fry Pan

- 1 lb. red cabbage
(small, shredded, about 4 cups)
- 4 slices bacon (diced)
- 1/4 cup packed brown sugar
- 2 Tbsp. all-purpose flour
- 1/2 cup water
- 1/4 cup white vinegar
- Salt and pepper to taste
- 1 small onion (sliced)

Heat 2 cups water to boiling in Chef Series™ 9 1/2" Fry Pan. Add cabbage. Bring to a boil. Boil 4-6 minutes or until crisp-tender. Drain and reserve cabbage for later.

Cook bacon in same Fry Pan over Medium heat, stirring occasionally, until crisp. Remove bacon with slotted spoon; drain on paper towels. Drain fat, reserving 1 Tbsp. in Fry Pan.

Stir brown sugar and flour into bacon fat in Fry Pan. Stir in water, vinegar, salt, pepper, and onion. Cook over Medium heat about 5 minutes, stirring frequently, until mixture thickens. Stir in cabbage, cooking until hot. Serve topped with reserved bacon.

Nutritional Facts: Serv. Size: about 1 cup (200g/7 oz.), Servings per recipe: 6, Calories 145, Calories from Fat 42, Total Fat 5g, Saturated Fat 2g, Cholesterol 6mg, Sodium 192mg, Total Carb 24g, Dietary Fiber 4g, Sugars 11g, Protein 3g

Fresh Veggie Soup

MAKES 4 SERVINGS



2 1/2 Qt.
Saucepan

- 2 tsp. extra virgin olive oil
- 2/3 cup thinly sliced carrots
- 1/2 cup chopped onion
- 2 cloves garlic (minced)
- 3 cups chicken or vegetable broth
- 1 1/2 cups green cabbage (diced)
- 1/2 cup fresh green beans
(cut into 1" pieces)
- 1 Tbsp. tomato paste
- 1 tsp. Italian Herb Seasoning
- 1/2 cup zucchini (diced)

Chop carrots, onions, cabbage, and zucchini using The Chopper Machine; set aside. Heat oil in Chef Series™ 2 1/2 Qt. Saucepan over Low heat. Sauté carrot, onion and garlic over Low heat until softened, about 5 minutes.

Add broth, cabbage, green beans, tomato paste and Seasoning. Bring to boil over Medium heat. Reduce heat to Low; cover and simmer about 10 minutes or until beans are tender.

Stir in zucchini and cook for 3-5 minutes or until hot. Serve warm.

CHICKEN AND VEGGIE SOUP: Prepare as directed, adding 2 cups chopped cooked chicken with zucchini in last step.

BEEF AND VEGGIE SOUP: Prepare as directed, adding 2 cups chopped cooked beef with zucchini in last step.

SHRIMP AND VEGGIE SOUP: Prepare as directed, adding 2 cups thawed, frozen cooked salad shrimp with zucchini in last step.

Nutritional Facts: Serv. Size: about 1 cup (277g/9.8 oz.), Servings per recipe: 4, Calories 61, Calories from Fat 27, Total Fat 3g, Saturated Fat <1g, Cholesterol 3mg, Sodium 855mg, Total Carb 7g, Dietary Fiber 2g, Sugars 3g, Protein 2g

Rice Pilaf

MAKES 2 SERVINGS



1 Qt.
Saucepan

- 1 Tbsp. butter or margarine
- 1/2 cup long-grain rice
(uncooked, regular)
- 1 1/4 cups chicken or vegetable broth
- 1 tsp. Italian Herb Seasoning

Melt butter in Chef Series™ 1 Qt. Saucepan over Medium-High heat. Lightly brown rice in butter about 5 minutes, stirring occasionally with Saucy Silicone Spatula.

Stir in broth and Seasoning. Bring to a boil, stirring once or twice; reduce heat to Low. Cover and simmer 14 minutes or until liquid is absorbed and rice is tender; remove from heat. Stir with Spatula.

Cover and let stand 5 minutes. Serve hot.

GREEN ONION RICE PILAF: Cook 1/4 cup sliced green onion (2 or 3 medium) with rice in butter. Proceed as directed above.

SOUTHWEST RICE PILAF: Substitute 1 tsp. Southwest Chipotle for Italian Herb Seasoning.

Nutritional Facts: Serv. Size: 3/4 cup (298g/10.5 oz.), Servings per recipe: 2, Calories 248, Calories from Fat 56, Total Fat 6g, Saturated Fat 4g, Cholesterol 16mg, Sodium 555mg, Total Carb 41g, Dietary Fiber 1g, Sugars 1g, Protein 6g

Southwest Skillet Cornbread

MAKES 8 SERVINGS



8"
Fry Pan

Non-stick cooking spray

1 pkg. corn muffin mix
(golden, 6.5 oz.)

2% milk

Butter or margarine (melted)

Egg

**1 tsp. Southwest Chipotle
Seasoning**

Spray Chef Series™ 8" Fry Pan with non-stick cooking spray. Heat oven to 400°F; place Fry Pan in oven to preheat.

Mix together muffin mix as directed on package, with amounts of milk, melted butter and egg in Thatsa™ Bowl with Saucy Silicone Spatula. Stir in Seasoning. Carefully pour batter into preheated Fry Pan.

Bake 10-12 minutes or until golden brown and top springs back when lightly touched. Immediately invert cornbread onto plate. Serve warm.

RAGIN' CAJUN SKILLET CORNBREAD: Prepare the same as above, except substitute 1 tsp. Ragin' Cajun for Southwest Chipotle Seasoning.

Nutritional Facts: Serv. Size: 1 wedge (42g/1.5 oz.), Servings per recipe: 8, Calories 142, Calories from Fat 63, Total Fat 7g, Saturated Fat 3g, Cholesterol 51mg, Sodium 266mg, Total Carb 17g, Dietary Fiber <1g, Sugars 7g, Protein 3g

Pizza Pancakes

MAKES 16 PANCAKES



9 1/2"
Fry Pan

2 cups all-purpose biscuit baking mix

2 tsp. Italian Herb Seasoning

1 cup 2% milk

2 eggs

1/2 cup shredded

mozzarella cheese

1/2 cup pepperoni (chopped)

1/2 cup plum tomato (chopped)

1/4 cup green pepper (chopped)

**1/2 tsp. extra virgin olive oil or
vegetable oil**

1 jar pizza or pasta sauce
(7 oz., warmed)

Stir together baking mix and Seasoning in Thatsa™ Bowl.

Measure milk into Quick Shake® Container; add eggs. Seal and shake until blended. Stir into ingredients in Thatsa™ Bowl just until moistened. Stir in cheese, pepperoni, tomato and green pepper.

Heat Chef Series™ 9 1/2" Fry Pan on Medium heat, greased with olive oil or vegetable oil. When Fry Pan is hot pour batter in 3 spots by 1/4 cupfuls. Flip over when bubbles form on top; cook until second side is golden. Serve with warm pizza or pasta sauce.

Note: Add additional 1/2 tsp. Italian Herb Seasoning to pasta sauce before warming.

Nutritional Facts: Serv. Size: 1 pancake + 1 Tbsp. sauce (65g/2.3 oz.), Servings per recipe: 16, Calories 112, Calories from Fat 40, Total Fat 4g, Saturated Fat 2g, Cholesterol 32mg, Sodium 387mg, Total Carb 13g, Dietary Fiber <1g, Sugars 3g, Protein 4g

Ratatouille

MAKES 3 SERVINGS



9 1/2"
Fry Pan

2 Tbsp. extra virgin olive oil

1 small zucchini
(1/4 lb., cut into 1/2" slices)

**1/2 cup finely chopped
green pepper**

1/4 cup finely chopped onion

1 tsp. Italian Herb Seasoning

**1 small eggplant (unpeeled,
3/4 lb., cut into 1/2" cubes)**

1 medium tomato (cut into fourths)

Place oil in Chef Series™ 9 1/2" Fry Pan over Medium heat. When hot, stir in zucchini, pepper, onion, and Seasoning.

Cook 5 minutes, stirring occasionally. Stir in eggplant and tomatoes. Cook 5 more minutes, stirring occasionally until vegetables are tender.

Nutritional Facts: Serv. Size: about 1 cup (206g/7.3 oz.), Servings per recipe: 3, Calories 130, Calories from Fat 85, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Sodium 105mg, Total Carb 12g, Dietary Fiber 4g, Sugars 7g, Protein 2g

Jazzed Up Green Beans

MAKES 4 SERVINGS



2 1/2 Qt.
Saucepan &
9 1/2" Fry Pan

1 lb. green beans (cut into 1" pieces)

4 slices bacon (chopped)

1/2 cup chopped onion

3/4 cup chopped tomatoes

**1 tsp. Southwest Chipotle
Seasoning**

2 Tbsp. lemon or lime juice
Salt and pepper to taste

Place beans in 1" water in Chef Series™ 2 1/2 Qt. Saucepan. Bring to a boil; reduce heat to Low. Simmer uncovered 10-15 minutes or until crisp-tender; drain. Immediately rinse with cold water; drain and set aside.

Cook bacon in Chef Series™ 9 1/2" Fry Pan over Medium-High heat, stirring occasionally, until crisp. Remove bacon from Fry Pan, reserving 1 Tbsp. fat in Fry Pan. Drain bacon on paper towels.

Cook onion in bacon fat over Medium heat, stirring occasionally, until tender. Stir in tomatoes and Seasoning. Simmer uncovered 5 minutes. Stir in beans; heat through. Drizzle with lemon juice; add salt and pepper to taste. Garnish with crisp bacon.

Nutritional Facts: Serv. Size: about 2/3 cup (166g/5.6 oz.), Servings per recipe: 4, Calories 116, Calories from Fat 63, Total Fat 7g, Saturated Fat 3g, Cholesterol 9mg, Sodium 180mg, Total Carb 11g, Dietary Fiber 4g, Sugars 4g, Protein 4g

Just Like Mom's Mashed Potatoes

MAKES 4 SERVINGS



2 1/2 Qt.
Saucepan

- 6 medium red potatoes
(or white potatoes, 2 lb.)
- 1/3-1/2 cup 2% milk
- 1/4 cup butter or margarine
(softened)
- 1 tsp. Italian Herb Seasoning
- Salt and pepper to taste

Peel potatoes if desired. Place potatoes in Chef Series™ 2 1/2 Qt. Saucepan; add enough water just to cover potatoes. Bring to a boil; reduce heat to Low. Cover and simmer 20-30 minutes or until potatoes are fork tender; drain.

Transfer potatoes to Thatsa™ Bowl. Mash potatoes until no lumps remain. Add milk in small amounts, mashing after each addition until smooth and fluffy.

Add butter, Seasoning, and salt and pepper to taste. Mash vigorously until potatoes are light and fluffy.

ROASTED GARLIC MASHED POTATOES: Cut off top 1/4" of 1 whole garlic bulb. Place in small baking pan. Drizzle with 1 Tbsp. olive oil. Bake at 400°F. for 30-35 minutes. Cool; squeeze garlic out of skin into mashed potatoes as you are mashing.

BUTTERMILK MASHED POTATOES: Substitute 1/3-1/2 cup buttermilk for the milk.

RAGIN' CAJUN MASHED POTATOES: Substitute 1 tsp. Ragin' Cajun for Italian Herb Seasoning.

Nutritional Facts: Serv. Size: about 1 cup (240g/8.4 oz.), Servings per recipe: 4, Calories 289, Calories from Fat 110, Total Fat 12g, Saturated Fat 8g, Cholesterol 33mg, Sodium 622mg, Total Carb 42g, Dietary Fiber 3g, Sugars 3g, Protein 4g

Broccoli Roma

MAKES 4 SERVINGS



9 1/2"
Fry Pan

- 2 cups water
- 1 pkg. fresh broccoli flowerets
(12 oz.)
- 1 1/2 Tbsp. extra virgin olive oil
- 1/2 Tbsp. Italian Herb Seasoning
- 2 roma plum tomatoes
(seeded and chopped)

Heat water to boiling in Chef Series™ 9 1/2" Fry Pan over Medium heat. Add broccoli. Return to boiling. Boil 3-5 minutes or until crisp-tender; drain and set aside.

Heat oil in same skillet over Medium heat. Stir in remaining ingredients. Heat about 1 minute, stirring frequently, until hot. Add broccoli; toss gently.

Nutritional Facts: Serv. Size: about 1/2 cup (122g/4.3 oz.), Servings per recipe: 4, Calories 77, Calories from Fat 49, Total Fat 5g, Saturated Fat <1g, Cholesterol 0mg, Sodium 134mg, Total Carb 6g, Dietary Fiber 3g, Sugars 3g, Protein 3g

Zesty Deviled Eggs

MAKES 24 DEVILED EGGS



2 1/2 Qt.
Saucepan

- 12 Perfect Hard-Cooked Eggs
(recipe follows, peeled)
- 1/2 cup mayonnaise
- 1 Tbsp. prepared mustard
- 1 Tbsp. lemon juice
- 1 Tbsp. Southwest Chipotle
Seasoning
- Southwest Chipotle Seasoning
(optional, for garnish)

PERFECT HARD-COOKED EGGS: Place 12 eggs in Chef Series™ 2 1/2 Qt. Saucepan. Add cold tap water to 1" above eggs. Place Saucepan on stove-top. Bring to boil over Medium heat; remove from heat. Immediately cover Saucepan; let stand 20 minutes, without lifting lid. Run cold water over eggs in Saucepan until eggs are cool. Refrigerate until ready to peel. (To use immediately, place eggs in ice water until very cold. Peel shells from whites under cold running water.)

Cut hard-cooked eggs in half lengthwise. Using a teaspoon, gently remove yolks and place in Base of Quick Chef with Blade attached. Set whites aside in refrigerator.

Place mayonnaise, mustard, lemon juice and Seasoning in Quick Chef with yolks; turn handle until well mixed. (Or, mash yolks with fork in Thatsa™ Bowl Jr.; stir in other ingredients.)

Chill mixture 30 minutes. Place yolk mixture into Gourmet Decorator; squeeze with star tip into egg white centers. (or, lightly mound yolk mixture into egg white centers with a spoon.)

Arrange deviled eggs on Egg-ceptional™ Server set in Round Cake Taker bottom. Cover with top. Refrigerate until ready to serve. To serve, sprinkle with additional Southwest Chipotle, if desired.

Tipper Tip: Eggs that are closer to expiration date will peel the easiest after cooking. Also, placing hard cooked eggs in refrigerator until very cold will make them peel easier than soon after cooking.

Nutritional Facts: Serv. Size: 1/2 egg (31g/1.1 oz.), Servings per recipe: 24, Calories 74, Calories from Fat 58, Total Fat 6g, Saturated Fat 1g, Cholesterol 109mg, Sodium 102mg, Total Carb <1g, Dietary Fiber <1g, Sugars <1g, Protein 3g

Spicy Corn Stir-Fry

MAKES 3 CUPS



9 1/2"
Fry Pan

- 2 Tbsp. butter
- 1 medium red bell pepper (chopped)
- 1 Tbsp. minced jalapeño pepper
- 1 1/2 tsp. Southwest Chipotle Seasoning
- 1 bag frozen corn kernels (16 oz., thawed)
- 1/3 cup chopped fresh cilantro

Melt butter in Chef Series™ 9 1/2" Fry Pan over Medium heat. Add red pepper and jalapeño pepper; stir-fry with Saucy Silicone Spatula for 5 minutes. Add Seasoning and stir 30 seconds.

Add corn and cilantro and stir-fry until corn is heated through, about 2 minutes.

Nutritional Facts: Serv. Size: 1/2 cup (94g/3.3 oz.), Servings per recipe: 6, Calories 99, Calories from Fat 36, Total Fat 4g, Saturated Fat 2g, Cholesterol 10mg, Sodium 98mg, Total Carb 16g, Dietary Fiber 2g, Sugars 2g, Protein 2g

Harvest Cranberry Salad

MAKES 6 CUPS



2 1/2 Qt.
Saucepan

- 3 cups fresh cranberries (12 oz. pkg.)
- 3 cups water
- 1 1/2 cups sugar
- 1 tsp. baking soda
- 1 pkg. (6 oz.) cherry-flavored gelatin (or two 3 oz. pkg.)
- 1 1/2 cups miniature marshmallows
- 1 cup chopped Granny Smith apple (unpeeled, about 1 large)
- 3/4 cup chopped celery
- 1/2 cup chopped walnuts

Rinse cranberries in Double Colander; remove any stems and faulty berries.

Place cranberries, water, sugar and baking soda in Chef Series™ 2 1/2 Qt. Saucepan. Cook over Medium heat, stirring frequently with Saucy Silicone Spatula, about 5-7 minutes until mixture is hot and sugar is dissolved. Remove from heat.

While mixture is hot, stir in gelatin and miniature marshmallows until dissolved and melted. Cool slightly; stir in apple, celery and walnuts.

Pour into Jel-Ring® Mold. Seal. Refrigerate 6-8 hours or until firm. Unmold and serve. Refrigerate leftover salad.

Nutritional Facts: Serv. Size: 1/2 cup (152g/5.4 oz.), Servings per recipe: 12, Calories 217, Calories from Fat 29, Total Fat 3g, Saturated Fat <1g, Cholesterol 0mg, Sodium 162mg, Total Carb 47g, Dietary Fiber 1g, Sugars 45g, Protein 2g

MAIN DISH

BEEF

Beef Burgundy

MAKES ABOUT 10 CUPS



6 Qt.
Dutch Oven

- 1/4 cup all-purpose flour
- 1 1/2 Tbsp. Italian Herb Seasoning (divided)
- 2 lb. beef stew meat (cut into 1 1/2" pieces)
- 2 Tbsp. extra virgin olive oil
- 2 cups Burgundy wine or non-alcoholic red wine
- 2 cups beef broth (14 oz. can)
- 1 large onion (cut into 12 wedges)
- 8 oz. fresh mushrooms (sliced)
- 12 oz. egg noodles, cooked

Place flour and 1 Tbsp. Italian Herb Seasoning in Thatsa™ Bowl. Add beef pieces; seal and shake until evenly coated.

Heat oil in Chef Series™ 6 Qt. Dutch Oven over Medium heat; add beef pieces stirring constantly with Silicone Spatula, cooking until meat is browned.

Stir in wine, broth, remaining 1/2 Tbsp. Seasoning, onion and mushrooms. Reduce heat to Medium-Low. Cover; simmer until beef is almost tender, about 1 hour.

Remove cover; turn up heat to Medium. Simmer until sauce is thickened, about 10-15 minutes. Serve hot over cooked egg noodles.

Nutritional Facts: Serv. Size: 1 cup (218g/7.7 oz.), Servings per recipe: 10, Calories 189, Calories from Fat 83, Total Fat 9g, Saturated Fat 3g, Cholesterol 56mg, Sodium 592mg, Total Carb 6g, Dietary Fiber <1g, Sugars 2g, Protein 19g

Cajun Dirty Rice

MAKES 5 CUPS



2 1/2 Qt.
Saucepan

- 1 lb. lean ground beef
- 2 cups water
- 1 box New Orleans style dirty brown rice mix (6 oz.)
- 2 tsp. Ragin' Cajun Seasoning

Brown beef in Chef Series™ 2 1/2 Qt. Saucepan; drain off fat.

Add water and bring to boil. Stir in rice mix and Seasoning; return to boil.

Stir and reduce heat. Simmer over Low heat for 25 minutes or until rice is tender. Let stand 5 minutes before serving.

Nutritional Facts: Serv. Size: 1 1/4 cups (276g/9.75 oz.), Servings per recipe: 4, Calories 322, Calories from Fat 73, Total Fat 8g, Saturated Fat 3g, Cholesterol 65mg, Sodium 1059mg, Total Carb 34g, Dietary Fiber 2g, Sugars <1g, Protein 27g

Sunday Pot Roast

MAKES 10 CUPS



- 2 lb. beef stew pieces**
- 1 lb. carrots (cut into thirds)**
- 2 medium onions (quartered)**
- 12 small creamer potatoes (or 3 medium red potatoes, quartered)**
- 3 cloves garlic (minced)**
- 1 Tbsp. Italian Herb Seasoning**
- 3/4 cup water**
- Salt and pepper (to taste)**

Heat oven to 375°F. Place beef pieces in Chef Series™ 6 Qt. Dutch Oven. Bake, uncovered, for 20 minutes or until somewhat browned.

Reduce heat to 350°F. Stir in remaining ingredients. Cover and bake for 1 hour.

Reduce heat to 225°F. Stir, and bake for additional 1 hour until meat is cooked through and vegetables are tender.

Nutritional Facts: Serv. Size: 2 cups (195g/6.9 oz.), Servings per recipe: 5, Calories 392, Calories from Fat 116, Total Fat 12g, Saturated Fat 4g, Cholesterol 112mg, Sodium 1416mg, Total Carb 30g, Dietary Fiber 4g, Sugars 6g, Protein 38g

Meatballs & Sauce

MAKES 8 SERVINGS



- 1 small onion (chopped, 1/2 cup)**
- 2 lb. lean ground beef**
- 2 eggs (lightly beaten)**
- 3/4 cup bread crumbs**
- 1/4 cup Italian Herb Seasoning**
- 6 cups spaghetti sauce (2 jars, 1 lb. 10 oz.)**
- 1 lb. thin spaghetti, cooked**

Use the Chopper Machine to chop onion. Lightly beat eggs in Thatsa Bowl; add and mix together ground beef, onion, eggs, bread crumbs, and Seasoning with Silicone Spatula.

Using Tbsp. from Measuring Spoons Set, scoop heaping Tbsp. of meat for each meatball and round with hands. Place on baking pan lined with Silicone Wonder™ Mat. Bake at 375°F for 20 minutes.

Place baked meatballs in Chef Series™ 6 Qt. Dutch Oven with spaghetti sauce. Heat on Low until warm. Serve over hot cooked spaghetti.

MEATBALL SANDWICHES: Place meatball mixture inside each of 8 (sliced open) sub rolls. Sprinkle with mozzarella cheese. Bake at 350° F, on Silicone Wonder™ Mat lined baking sheet for 8-10 minutes until cheese melts.

Nutritional Facts: Serv. Size: 6 meatballs + 3/4 cup sauce (333g/11.8 oz.), Servings per recipe: 8, Calories 378, Calories from Fat 154, Total Fat 17g, Saturated Fat 5g, Cholesterol 118mg, Sodium 1583mg, Total Carb 29g, Dietary Fiber 5g, Sugars 11g, Protein 30g

Chili-getti

MAKES 6 SERVINGS



- 3/4 lb. lean ground beef**
- 1 can diced tomatoes (with onion and garlic, 15 oz.)**
- 3/4 cup tomato sauce (8 oz. can)**
- 1 can red kidney beans (15 oz., drained)**
- 1 1/2 Tbsp. Southwest Chipotle Seasoning**
- 1/2 lb. spaghetti, cooked**

Brown ground beef in Chef Series™ 9 1/2" Fry Pan. Stir in diced tomatoes, tomato sauce, kidney beans and Seasoning. Simmer for 15 minutes.

Spoon hot chili mixture over warm pasta to serve.

Nutritional Facts: Serv. Size: about 2 cups (346g/12.2 oz.), Servings per recipe: 6, Calories 355, Calories from Fat 47, Total Fat 5g, Saturated Fat 2g, Cholesterol 33mg, Sodium 784mg, Total Carb 53g, Dietary Fiber 9g, Sugars 7g, Protein 23g

Beefy Stew

MAKES 6 SERVINGS



- 1 1/2 lb. beef stew pieces**
- 2 Tbsp. all-purpose flour**
- 2 Tbsp. Hickory Mesquite Seasoning**
- 2 Tbsp. vegetable oil**
- 2 cups water**
- 1 pkg. onion soup mix (1 oz.)**
- 4 medium carrots (cut into 1" pieces)**
- 4 medium potatoes (quartered)**
- 4 stalks celery (cut into 2" pieces)**

Place beef pieces, flour and Seasoning in Thatsa™ Bowl; seal and shake until meat is evenly coated.

Heat oil in Chef Series™ 6 Qt. Dutch Oven over Medium heat; brown beef cubes. Add water and onion soup mix. Bring to boil; cover and simmer on Low heat for 20 minutes.

Add carrots, potatoes and celery; simmer, covered, about 45 minutes or until beef and vegetables are tender.

Nutritional Facts: Serv. Size: about 1 1/2 cups (299g/10.5 oz.), Servings per recipe: 6, Calories 313, Calories from Fat 98, Total Fat 11g, Saturated Fat 2g, Cholesterol 70mg, Sodium 486mg, Total Carb 27g, Dietary Fiber 3g, Sugars 4g, Protein 26g

MAIN DISH

POULTRY

Chicken Fried Chicken

MAKES 3 SERVINGS



9 1/2"
Fry Pan

- 20 saltine crackers
- 1 Tbsp. all-purpose flour
- 1 Tbsp. Ragin' Cajun Seasoning
- 1 Tbsp. dry potato flakes
- 1 large egg
- 2 Tbsp. extra virgin olive oil
- 3 medium skinless, boneless chicken breast halves (thin cut)

Crush crackers in Quick Chef until they are coarse crumbs. Transfer to Thatsa™ Bowl; add flour, Seasoning and potato flakes, mixing well.

Beat egg in a shallow dish or bowl; heat oil in Chef Series™ 9 1/2" Fry Pan over Medium heat.

One by one, dredge chicken pieces in beaten egg, then dredge in crumb mixture.

Reduce heat to Medium-Low. Cook coated chicken in Fry Pan for 10-15 minutes, turning frequently, until golden brown and juices run clear.

Nutritional Facts: Serv. Size: 1 chicken breast half (143g/5.1 oz.), Servings per recipe: 3, Calories 359, Calories from Fat 148, Total Fat 16g, Saturated Fat 3g, Cholesterol 144mg, Sodium 794mg, Total Carb 20mg, Dietary Fiber <1g, Sugars 2g, Protein 31g

Chicken Alfredo Pasta

MAKES 6 SERVINGS



6 Qt.
Dutch Oven

- 2 cups rotini pasta (uncooked, 5 1/2 oz.)
- 1 pkg. frozen mixed vegetables (10 oz. pkg., thawed)
- 2 cups diced cooked chicken (9 oz.)
- 1 jar creamy Alfredo sauce (16 oz.)
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Cook pasta in boiling water in a Chef Series™ 6 Qt. Dutch Oven for 10 minutes or until pasta is tender. Meanwhile, thaw vegetables in Colander by running water over them.

Drain pasta and vegetables; place in Dutch Oven. Add chicken, Alfredo sauce, Parmesan cheese, salt and pepper to pasta-vegetable mixture, stirring well. Cook over Low heat for 2 minutes or until thoroughly heated.

VEGGIE DELIGHT CHICKEN ALFREDO PASTA: Add 1/4 cup Veggie Delight Seasoning instead of salt and pepper.

CHICKEN ALFREDO WITH HOMEMADE SAUCE: Substitute 1 3/4 cups fresh or refrigerated Alfredo Sauce (pg. 30).

Nutritional Facts: Serv. Size: 1 cup (230g/8.1 oz.), Servings per recipe: 6, Calories 374, Calories from Fat 174 Total Fat 19g, Saturated Fat 10g, Cholesterol 72mg, Sodium 895mg, Total Carb 24g, Dietary Fiber 2g, Sugars 2g, Protein 23g

Chicken Stew

MAKES 8 SERVINGS



6 Qt.
Dutch Oven

- 1 whole fryer chicken (or roasting chicken, about 3 1/2 lb.)
- 2 cups chopped onion
- 1 1/2 cups coarsely chopped celery
- 1 1/2 cups coarsely chopped carrots
- 4 cloves garlic (minced)
- 1 Tbsp. salt
- 1 Tbsp. Italian Herb Seasoning
- 8 cups water (2 Qt.)
- 3/4 cup 2% milk
- 3 Tbsp. cornstarch

Remove parts from cavities; rinse off chicken. Pat dry.

Place chicken, onion, celery, carrots, garlic, salt, and Seasoning in Chef Series™ 6 Qt. Dutch Oven. Add water. Bring to a boil over Medium-High heat. Reduce heat to Low. Cover and simmer for about 1 1/2 hours or until chicken meat is tender. Turn off heat.

Remove chicken from the Dutch Oven to cutting board. When chicken has cooled slightly, remove skin and bones.

Return the chicken meat to the Dutch Oven. Turn heat to Medium-High. Meanwhile, add milk and cornstarch into Quick Shake® Container. Seal and shake. When mixture in Dutch Oven is boiling, pour in mixture from Quick Shake® Container. Reduce heat to Medium, stirring occasionally until mixture is thickened. Serve in soup bowls.

CHICKEN AND DUMPLINGS: Prepare Chicken Stew. When mixture is boiling in final step, prepare Dumplings. In Thatsa™ Bowl, stir together 2 cups all-purpose biscuit-type baking mix, 2/3 cup milk and 1 Tbsp. Italian Herb or Veggie Delight Seasoning until soft dough forms. Drop by heaping Tbsp. onto top of boiling stew. Cook over Medium heat for 10 minutes uncovered. Cover; cook 10 additional minutes without removing cover.

CHICKEN AND BISCUITS: Prepare chicken stew as directed. Meanwhile, prepare biscuits in oven. Cut each hot biscuit in half, and place 2 halves cut side up. Spoon hot stew over top. Serve immediately.

Nutritional Facts: Serv. Size: about 1 1/2 cup (203g/7.2 oz.), Servings per recipe: 8, Calories 269, Calories from Fat 117, Total Fat 13g, Saturated Fat 4g, Cholesterol 78mg, Sodium 1024mg, Total Carb 11g, Dietary Fiber 2g, Sugars 4g, Protein 26g

Chicken Scallopini

MAKES 2 SERVINGS



9 1/2"
Fry Pan

- 3 chicken breast cutlets (thin-cut, about 1/2 lb.)
- 1 tsp. fresh lemon juice
- 2 tsp. Italian Herb Seasoning (divided)
- 1/4 cup bread crumbs
- 1 Tbsp. butter (divided)
- 1/4 cup chicken broth
- 2 Tbsp. dry white wine

Brush chicken with lemon juice. Sprinkle with 1 tsp. Seasoning. Place bread crumbs and remaining 1 tsp. Seasoning in Thatsa™ Bowl. Add chicken; seal and shake until coated.

Heat 1/2 Tbsp. butter in Chef Series™ 9 1/2" Fry Pan over Medium-High heat. Add chicken; cook 3 minutes on each side or until chicken has reached 170°F. Remove chicken from pan; keep warm.

Add broth and wine to Fry Pan. Bring to boil; cook 30 seconds, stirring constantly with Silicone Spatula. Remove from heat; stir in remaining 1/2 Tbsp. butter.

Remove sauce from pan; serve over warm chicken.

Nutritional Facts: Serv. Size: 1/2 recipe (145g/5.1 oz.), Servings per recipe: 2, Calories 231, Calories from Fat 84, Total Fat 9g, Saturated Fat 4g Cholesterol 79mg, Sodium 632mg, Total Carb 11g, Dietary Fiber 1g, Sugars 1g, Protein 25g

Harvest Turkey Skillet

MAKES 3 SERVINGS



9 1/2"
Fry Pan

- 1 Tbsp. extra virgin olive oil
- 3/4 lb. turkey breast tenderloins (about 3)
- 1/3 cup dried cranberries (sweetened)
- 1/2 cup orange juice
- 1/3 cup maple syrup
- 1 Tbsp. butter
- 1/2 tsp. Cinnamon-Vanilla Spice
- 1 can sweet potatoes (29 oz., drained)

Place oil in Chef Series™ 9 1/2" Fry Pan over Medium heat. Brown turkey pieces on both sides; take out of Fry Pan and set aside. Heat cranberries, orange juice, syrup, butter and Spice in Fry Pan until boiling; remove from heat.

Add sweet potatoes and turkey tenderloins to the Fry Pan on top of cranberry mixture. Cover and heat over Low for 10 minutes; uncover and heat until sauce thickens, about 5 more minutes.

Nutritional Facts: Serv. Size: 1/3 recipe (379g/13.4 oz.), Servings per recipe: 3, Calories 606, Calories from Fat 141, Total Fat 16g, Saturated Fat 5g Cholesterol 70mg, Sodium 167mg, Total Carb 90g, Dietary Fiber 5g, Sugars 72g, Protein 27g

Easy Paella

MAKES 12 SERVINGS



6 Qt.
Dutch Oven

- 1 1/2 lb. shrimp (medium-sized, peeled and deveined)
- 1 lb. smoked sausage (sliced)
- 3/4 lb. chicken breast tenders (halved, about 6)
- 2 cans diced tomatoes (with lime juice and cilantro, 10 oz. each)
- 2 cans chicken broth (99% fat-free, 14 oz. each)
- 1 tsp. Ragin' Cajun Seasoning
- 1 pkg. saffron rice (10 oz.)
- 1 pkg. frozen baby green peas (9 oz., thawed)

Peel and devein shrimp; set aside in refrigerator.

With Silicone Spatula, stir sausage and chicken in Chef Series™ 6 Qt. Dutch Oven over Medium-High heat until lightly browned. Stir in tomatoes, chicken broth and Seasoning. Bring to a boil.

Stir in rice. Cook, covered, over Medium-Low heat about 40-45 minutes, or until liquid is almost absorbed, stirring occasionally. Stir in shrimp and peas; cook until shrimp is pink, stirring occasionally, and mixture is heated thoroughly.

CHORIZO PAELLA: Substitute 1 lb. chorizo sausage, sliced, for the smoked sausage.

FROZEN SHRIMP PAELLA: Use 1 1/2 lb. frozen peeled and deveined shrimp. Thaw in Colander by rinsing with cold water; prepare as directed.

Nutritional Facts: Serv. Size: 1 cup (256g/9 oz.), Servings per recipe: 12, Calories 302, Calories from Fat 115, Total Fat 13g, Saturated Fat 4g, Cholesterol 124mg, Sodium 1397mg, Total Carb 23g, Dietary Fiber 1g, Sugars 3g, Protein 22g

Louisiana Chicken & Beans

MAKES 4 SERVINGS



9 1/2"
Fry Pan

- 1 skinless, boneless chicken breast (cut into 1" pieces)
- 2 tsp. Ragin' Cajun Seasoning (adjust to taste)
- 1 small onion (halved and sliced)
- 1 Tbsp. vegetable oil
- 1 can red kidney bean (rinsed and drained, 16 oz.)
- 1 can stewed tomatoes (14 1/2 oz., undrained)
- 4 cups hot cooked rice
- Salt and pepper to taste

Sprinkle chicken pieces with Seasoning.

In a Chef Series™ 9 1/2" Fry Pan over Medium-High heat, cook chicken and onion in oil for 5 minutes, stirring frequently. Add beans and tomatoes. Bring to a boil.

Reduce heat to Low; cover and simmer 10 minutes or until flavors are blended and center of chicken reaches 170°F. Serve chicken and beans over rice. Sprinkle with salt and pepper, if desired.

Nutritional Facts: Serv. Size: 1/4 recipe (455g/16 oz.), Servings per recipe: 4, Calories 502, Calories from Fat 50, Total Fat 6g, Saturated Fat <1g, Cholesterol 18mg, Sodium 503mg, Total Carb 91g, Dietary Fiber 13g, Sugars 7g, Protein 22g

Island Rub Caribbean Chicken

MAKES 2 SERVINGS



8"
Fry Pan

2 boneless, skinless chicken breast halves

2 Tbsp. Island Rub Seasoning

1/2 Tbsp. extra virgin olive oil

1 lime (or 2 Tbsp. lime juice)

1 small onion (cut into 8 wedges)

1 can (14 1/2 oz.) diced tomatoes in juice

1 cup cooked rice

Rub each chicken breast half with 1 Tbsp. Seasoning.

Heat Chef Series™ 8" Fry Pan with oil at Medium heat for about 1 minute. Add seasoned chicken and cook about 5 minutes; turn over. Sprinkle 1 Tbsp. lime juice over chicken; cook about 5 minutes on second side.

Add onion wedges to areas around chicken; cover. Cook additional 5 minutes, stirring frequently. Add tomatoes; cover and cook 5 minutes or until chicken reaches 170°F. Add remaining lime juice. Serve hot, over rice.

Nutritional Facts: Serv. Size: 1 chicken breast + 1/2 cup sauce (351g/12.4 oz.), Servings per recipe: 2, Calories 259, Calories from Fat 62, Total Fat 7g, Saturated Fat 1g Cholesterol 73mg, Sodium 1564mg, Total Carb 19g, Dietary Fiber 3g, Sugars 11g, Protein 29g

Chicken Stir-Fry

MAKES 2 SERVINGS



8"
Fry Pan

1/2 Tbsp. extra virgin olive oil

1 boneless, skinless chicken breast half (cut into strips)

1 Tbsp. Southwest Chipotle Seasoning

2 Tbsp. water

Add oil to Chef Series™ 8" Fry Pan; turn heat to Medium-High. Add chicken strips; cook, stirring constantly with Saucy Silicone Spatula, until cooked through.

Sprinkle with Seasoning and add water; stir until boiling. Lower heat to Medium. Cover with lid and simmer until water evaporates, about 2 minutes.

CHICKEN FAJITAS: Combine Chicken Stir-Fry recipe with Sautéed Peppers & Onions recipe (pg. 4). Place about a fourth of each mixture into center of warm flour tortilla. Top with shredded cheese, sour cream and salsa; roll up.

CHICKEN FOR SALADS: Cut chicken breast half into bite-size pieces. Season with Wasabi Ranch, Ginger Teriyaki, Hickory Mesquite, or Island Rub Seasoning. Prepare as directed above.

Nutritional Facts: Serv. Size: 1/2 recipe (65g/2.3 oz.), Servings per recipe: 2, Calories 111, Calories from Fat 46, Total Fat 5g, Saturated Fat 1g Cholesterol 37mg, Sodium 359mg, Total Carb 2g, Dietary Fiber <1g, Sugars 1g, Protein 14g

MAIN DISH

PORK & SEAFOOD

Ragin' Cajun Jambalaya

MAKES 8 SERVINGS



6 Qt.
Dutch Oven

3 slices bacon (chopped)

1 cup (each) chopped green pepper, onion and celery

1 lb. smoked sausage (cut into 1/2" pieces)

1 lb. large fresh shrimp (deveined)

2 cups water

1 cup quick-cooking rice (uncooked)

2 Tbsp. Ragin' Cajun Seasoning

1 can diced tomatoes in juice (14 1/2 oz.)

Place bacon, pepper, onion and celery in Chef Series™ 6 Qt. Dutch Oven on Medium heat. Cook, stirring with Saucy Silicone Spatula until vegetables are tender and bacon is crisp.

Add sausage, shrimp, water, rice and Seasoning. Bring to a boil; cover. Reduce heat to Low; simmer 15 minutes, stirring occasionally.

Stir in tomatoes; cook until thoroughly heated. Serve hot.

Nutritional Facts: Serv. Size: about 1 1/4 cups (258g/9.1 oz.), Servings per recipe: 8, Calories 341, Calories from Fat 192, Total Fat 21g, Saturated Fat 7g, Cholesterol 114mg, Sodium 1163mg, Total Carb 17g, Dietary Fiber 1g, Sugars 4g, Protein 19g

Cajun Pork & Peppers

MAKES 2 SERVINGS



9 1/2"
Fry Pan

1/2 lb. boneless pork loin chop (1/2" thick)

1 1/2 tsp. Ragin' Cajun Seasoning (divided)

1/2 Tbsp. extra virgin olive oil

2 medium red potatoes (sliced 1/4" thick)

1 small onion (sliced)

1/2 cup chicken broth

1/4 cup roasted red pepper (diced)

Salt and pepper to taste

Sprinkle pork chops with 1 tsp. Seasoning.

Place oil in Chef Series™ 9 1/2" Fry Pan over Medium heat; cook pork chops on each side until browned, about 3-5 minutes per side. Remove chops; set aside.

Meanwhile, add potato slices and onion. Cook over Medium heat, stirring constantly until browned about 5 minutes. Add reserved chops, broth, red peppers, remaining 1/2 tsp. Seasoning and salt and pepper into Fry Pan. Bring to a boil. Cover; reduce heat to Low. Cook 5 minutes or until meat juices run clear.

Nutritional Facts: Serv. Size: 1/2 pork + 1/2 vegetables (303g/11.2 oz.), Servings per recipe: 2, Calories 368, Calories from Fat 142, Total Fat 16g, Saturated Fat 5g, Cholesterol 70mg, Sodium 694mg, Total Carb 30g, Dietary Fiber 2g, Sugars 5g, Protein 27g

Caribbean Pork

MAKES 3 1/2 CUPS



9 1/2"
Fry Pan

- 1 tsp. extra virgin olive oil
- 1/2 lb. pork tenderloin
(cut into thin strips)
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1 can pineapple chunks in its
own juice (8 oz., drained
and juice reserved)
- 1 tsp. Hickory Mesquite Seasoning
- 1 tsp. Ginger Teriyaki Seasoning
- 1/2 cup chopped green pepper
- 1 cup quick-cooking white rice
(uncooked)

Heat oil in Chef Series™ 9 1/2" Fry Pan on Medium heat. Add pork; sauté with onion and carrot, using Saucy Silicone Spatula, until meat is no longer pink inside.

Drain pineapple chunks; add water to juice to equal 1 cup. Stir in pineapple chunks, pineapple juice, Seasonings, green pepper and rice. Bring to boil. Cover; reduce heat to Low. Cook 5 minutes or until rice is tender.

CARIBBEAN CHICKEN: Cook as directed, using 1/2 lb. boneless, skinless chicken breasts cut into strips instead of pork.

ISLAND RUB CHICKEN OR PORK: Cook as directed, using 1 tsp. Island Rub instead of Ginger Teriyaki Seasoning.

Nutritional Facts: Serv. Size: 1 3/4 cups (335g/11.8 oz.), Servings per recipe: 2, Calories 430, Calories from Fat 60, Total Fat 7g, Saturated Fat 2g Cholesterol 67mg, Sodium 413mg, Total Carb 60g, Dietary Fiber 4g, Sugars 15g, Protein 30g

Cajun Fish

MAKES 4 SERVINGS



9 1/2"
Fry Pan

- 2 egg whites (lightly beaten)
- 2/3 cup corn flake crumbs
- 1 Tbsp. Ragin' Cajun Seasoning
- 2 Tbsp. extra virgin olive oil
- 1 lb. catfish fillet (or other whitefish)

Beat egg whites in shallow dish or bowl. Combine corn flake crumbs and Ragin' Cajun Seasoning in Thatsa™ Bowl.

Rinse fillets and pat dry. Dip into beaten egg white and then into crumb mixture.

Place oil in Chef Series™ 9 1/2" Fry Pan on Medium-Low heat. When hot, sauté coated fillets, about 5 minutes per side, until inside flakes with fork and is cooked through.

Nutritional Facts: Serv. Size: 1/4 recipe (137g/4.8 oz.), Servings per recipe: 4, Calories 300, Calories from Fat 124, Total Fat 14g, Saturated Fat 2g, Cholesterol 70mg, Sodium 640mg, Total Carb 18g, Dietary Fiber 1g, Sugars 2g, Protein 26g

MAIN DISH

VEGETARIAN

Skillet Ziti & Vegetables

MAKES 2 SERVINGS



9 1/2"
Fry Pan

- 1 cup sun-dried tomato and herb
pasta sauce (from 16 oz. jar)
- 1 cup water
- 1 1/3 cups ziti pasta
(about 4 oz., uncooked)
- 1 1/4 cups fresh stir-fry vegetables
(1/2 of a 10-oz. pkg.)
- 1/2 Tbsp. Italian Herb Seasoning
- 3/4 cup shredded provolone
cheese (3 oz.)

Combine pasta sauce and water in a Chef Series™ 9 1/2" Fry Pan over Medium heat; bring to a boil. Add pasta, vegetables, and Seasoning.

Cover, reduce heat to Low and simmer 10-15 minutes or until pasta is tender.

Remove from heat and sprinkle with cheese.

FRESH TOMATO ZITI: Add 1 small tomato, seeded and chopped, with pasta and vegetables.

Nutritional Facts: Serv. Size: 1/2 recipe (212g/7.5 oz.), Servings per recipe: 2, Calories 519, Calories from Fat 156, Total Fat 17g, Saturated Fat 8g, Cholesterol 34mg, Sodium 1033mg, Total Carb 66g Dietary Fiber 5g, Sugars 19g, Protein 23g

Tomato Soup with Tortellini

MAKES 4 SERVINGS



2 1/2 Qt.
Saucepan

- 1 can chunky diced tomatoes,
zesty style (14 1/2-oz.)
- 1 can chicken or vegetable broth
(14 1/2-oz.)
- 1/2 tsp. Italian Herb Seasoning
- 3 cups frozen or fresh
cheese tortellini
- 1 small zucchini (sliced)

Combine tomatoes, broth and Seasoning in Chef Series™ 2 1/2 Qt. Saucepan. Bring to boil over Medium-High heat.

Cover, reduce heat to Medium-Low and simmer for 5 minutes. Add tortellini and zucchini; bring to a boil.

Cover; reduce heat to Low. Simmer 7-8 minutes or until pasta and zucchini are tender.

NOTE: Recipe may be doubled and prepared in Chef Series™ 6 Qt. Dutch Oven.

Nutritional Facts: Serv. Size: about 1 1/2 cups (337g/11.9 oz.), Servings per recipe: 4, Calories 259, Calories from Fat 42, Total Fat 5g, Saturated Fat 3g, Cholesterol 24mg, Sodium 1089mg, Total Carb 41g, Dietary Fiber 3g Sugars 6g Protein 12g

Three Bean Soup

MAKES 8 CUPS



- 2 tsp. extra virgin olive oil
- 1 cup chopped onion
- 3/4 cup chopped green pepper
- 4 cloves garlic (minced)
- 1 can kidney beans
(16 oz., rinsed and drained)
- 1 can refried beans (16 oz.)
- 1 can black beans
(15 oz., rinsed and drained)
- 1 can chicken or vegetable broth
(14 1/2 oz.)
- 1 can diced tomato
(14 1/2 oz., in tomato juice)
- 3/4 cup jarred or fresh salsa
- 1 Tbsp. Southwest
Chipotle Seasoning

Place oil in Chef Series™ 6 Qt. Dutch Oven on Medium heat. Sauté the onion, green pepper and garlic, stirring constantly with Saucy Silicone Spatula until tender.

Stir in kidney beans, refried beans, black beans, broth, tomatoes, salsa and Seasoning. Bring to boil.

Reduce heat to Low. Cover and simmer for 10 minutes or until heated through-out.

Nutritional Facts: Serv. Size: 1 cup (292g/10.3 oz.), Servings per recipe: 8, Calories 211, Calories from Fat 21, Total Fat 2g, Saturated Fat <1g, Cholesterol 1mg, Sodium 790mg, Total Carb 36g, Dietary Fiber 12g, Sugars 6g, Protein 12g

Cheesy Bean Casserole

MAKES 2 SERVINGS



- 1/2 tsp. extra virgin olive oil
- 1/2 cup chopped onion
- 1 can chili-hot kidney beans
(15 oz., drained)
- 1 can whole tomatoes
(14 1/2 oz., no-salt-added,
drained and chopped)
- 1 tsp. Italian Herb Seasoning
- 1/2 cup shredded sharp Cheddar
cheese (4 oz., reduced-fat)

Coat bottom of Chef Series™ 9 1/2" Fry Pan with olive oil; place over Medium heat until hot. Add onion; sauté until tender.

Stir in beans, tomatoes and Seasoning. Cook 3 minutes or until thoroughly heated, stirring well. Sprinkle with cheese. Bake, uncovered, at 400°F for 5 minutes or until cheese melts. Let stand 5 minutes before serving.

Nutritional Facts: Serv. Size: 1/2 recipe (397g/14 oz.), Servings per recipe: 2, Calories 350, Calories from Fat 54, Total Fat 6g, Saturated Fat 4g, Cholesterol 17mg, Sodium 584mg, Total Carb 52g, Dietary Fiber 21g, Sugars 9g, Protein 24g

Easy Minestrone Soup

MAKES 9 1/2 CUPS



- 1 medium onion (chopped)
- 3 Tbsp. extra virgin olive oil
- 2 cups coarsely chopped cabbage
- 3 medium carrots (sliced)
- 2 stalks sliced celery
- 1 medium zucchini (halved, sliced)
- 5 cups water
- 2 jars marinara sauce (12 oz. each)
- 1 can great Northern beans
(15 1/2 oz., drained, rinsed)
- 1 pkg. frozen three cheese tortellini
(11 oz., thawed)
- 1 tsp. Italian Herb Seasoning

Cook onion in oil in Chef Series™ 6 Qt. Dutch Oven for 3-4 minutes over Medium heat or until tender, stirring occasionally with Silicone Spatula. Stir in cabbage, carrots, celery, and zucchini. Cover. Cook 5 minutes.

Add water, sauce, and beans; stir. Bring to a boil. Reduce heat to Low; simmer 15-20 minutes or until carrots are tender, stirring occasionally.

Add tortellini and Seasoning; cook until thoroughly heated, stirring occasionally.

Nutritional Facts: Serv. Size: 1 1/2 cups (556g/19.6 oz.), Servings per recipe: 6, Calories 374, Calories from Fat 117, Total Fat 13g, Saturated Fat 2g, Cholesterol 19mg, Sodium 664mg, Total Carb 51g, Dietary Fiber 9g, Sugars 11g, Protein 13g

Vegetarian Black Beans w/ Onion

MAKES 4 CUPS



- 2 Tbsp. extra virgin olive oil
- 1 large onion (chopped)
- 2 large garlic cloves (minced)
- 2 cans black beans (15- to 16-oz.
cans, rinsed and drained)
- 1 can diced tomatoes in juice
(14 1/2 oz.)
- 1 can diced green chili peppers
(4 oz., drained)
- 2 tsp. Southwest Chipotle
Seasoning
- Salt and pepper to taste

Place oil in Chef Series™ 2 1/2 Qt. Saucepan over Medium heat. Sauté onion and garlic using Silicone Spatula, until onion is translucent, about 5 minutes.

Add all remaining ingredients. Simmer until chili is thick, stirring frequently, about 12 minutes. Salt and pepper to taste.

BLACK BEANS WITH BACON: Chop 1/4 lb. bacon into pieces. Omit olive oil. Cook bacon with onion and garlic; proceed as directed.

Nutritional Facts: Serv. Size: 1 cup (315g/11.1 oz.), Servings per recipe: 4, Calories 214, Calories from Fat 72, Total Fat 8g, Saturated Fat 1g, Cholesterol <1mg, Sodium 607mg, Total Carb 28g, Dietary Fiber 10g, Sugars 5g, Protein 9g

SAUCY DISH

Alfredo Sauce

MAKES ABOUT 3 CUPS



2 1/2 Qt.
Saucepan

- 3 cups 2% milk
- 3 Tbsp. all-purpose flour
- 1/2 cup butter (1 stick, melted)
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

Place milk in Chef Series™ 2 1/2 Qt. Saucepan. Heat until warm over Low heat.

Whisk together flour and melted butter. Add to heated milk and stir constantly over Medium-Low heat until mixture comes to a boil. Reduce heat to Low; simmer 5 minutes or until slightly thickened, stirring constantly.

Remove from heat and stir in Parmesan cheese, salt, and pepper. Recommend serving immediately over favorite pasta, vegetable or poultry.

ITALIAN HERB ALFREDO SAUCE: Add 1 tsp. Italian Herb Seasoning with Parmesan cheese.

CHICKEN ALFREDO: Add 2 cups cooked chicken pieces to sauce after mixture comes to a boil. Proceed as directed.

Nutritional Facts: Serv. Size: 3/4 cup (246g/8.6 oz.), Servings per recipe: 4, Calories 416, Calories from Fat 311, Total Fat 35g, Saturated Fat 21g, Cholesterol 76mg, Sodium 739mg, Total Carb 13g, Dietary Fiber <1g, Sugars 9g, Protein 15g

Hollandaise Sauce

MAKES ABOUT 3/4 CUP



1 Qt.
Saucepan

- 3 egg yolks
- 1/4 cup water
- 2 Tbsp. lemon juice
- 1/4 tsp. Ragin' Cajun Seasoning
- 1/2 cup butter
(firm, cold, cut into eighths)

Whisk together egg yolks, water, lemon juice and Seasoning in Thatsa™ Bowl. Pour into Chef Series™ 1 Qt. Saucepan. Cook over Low heat, stirring constantly with Saucy Silicone Spatula, until yolk mixture bubbles at edges. Stir in butter, 1 piece at a time, until melted and sauce is thickened. Recommend serving immediately over poached eggs, grilled meat or vegetables.

Nutritional Facts: Serv. Size: 1/4 cup (85g/3 oz.), Servings per recipe: 3, Calories 334, Calories from Fat 322, Total Fat 36g, Saturated Fat 21g, Cholesterol 295mg, Sodium 384mg, Total Carb 1g, Dietary Fiber 0g, Sugars 1g, Protein 3g

Groovin' Gravy

MAKES ABOUT 1 CUP



1 Qt.
Saucepan

- 1 cup liquid (meat juices and/or broth)
- 2 Tbsp. all-purpose flour
- Salt and pepper to taste
- Bottled browning sauce (optional)

Measure liquid into Quick Shake® Container; add flour. Seal and shake until mixed. Pour mixture into Chef Series™ 1 Qt. Saucepan.

Cook over Low heat stirring constantly, until mixture is smooth and bubbly. Boil and stir 1 minute or until thickened. Remove from heat. Stir in salt and pepper and a few drops browning sauce, if desired.

CHICKEN GRAVY: Use chicken broth and/or juices for liquid.

BEEF GRAVY: Use beef broth and/or juices for liquid.

RAGIN' CAJUN GRAVY: Add 1/2 tsp. Ragin' Cajun Seasoning to any broth mixture.

VEGETABLE GRAVY: Use vegetable broth for liquid.

ITALIAN HERB GRAVY: Use vegetable, chicken, or beef broth for liquid. Add 1/2 tsp. Italian Herb Seasoning to mixture.

SOUTHWEST CHIPOTLE GRAVY: Use vegetable chicken, or beef broth for liquid. Add 1/2 tsp. Southwest Chipotle Seasoning to mixture.

Nutritional Facts: Serv. Size: 1/4 cup (64g/2.3 oz.), Servings per recipe: 4, Calories 17, Calories from Fat 1, Total Fat <1g, Saturated Fat 0g, Cholesterol 1mg, Sodium 248mg, Total Carb 3g, Dietary Fiber <1g, Sugars <1g, Protein <1g

Basic Red Sauce

MAKES ABOUT 7 CUPS



2 1/2 Qt.
Saucepan

- 2 cans diced tomatoes
(14 1/2-oz. each, undrained)
- 1 can condensed tomato soup
(10 3/4 oz.)
- 1 jar pizza sauce (14 oz.)
- 2 tsp. Italian Herb Seasoning
- 1 can mushroom stems and pieces
(8 oz., drained)

Place tomatoes, tomato soup, pizza sauce, Seasoning and mushrooms in Chef Series™ 2 1/2 Qt. Saucepan.

Bring to boil over Medium heat, stirring often with Silicone Spatula. Reduce heat to Low. Simmer, uncovered for 15 minutes. Recommend serving immediately over favorite pasta, vegetable, poultry or meat.

Nutritional Facts: Serv. Size: 3/4 cup (178g/6.3 oz.), Servings per recipe: 9, Calories 62, Calories from Fat 9, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 703mg, Total Carb 12g, Dietary Fiber 2g, Sugars 7g, Protein 2g

Herbed Butter Sauce

MAKES ABOUT 1/2 CUP



1 Qt.
Saucepan

- 1/2 cup butter (1 stick)
- 1 tsp. Italian Herb Seasoning
- 2 tsp. lemon juice
- Salt and pepper to taste

Melt butter in Chef Series™ 1 Qt. Saucepan.

Stir in Seasoning, lemon juice, salt and pepper. Recommend serving immediately over fish, seafood, poultry, or vegetables.

CAJUN BUTTER SAUCE: Substitute 1 tsp. Ragin' Cajun for Italian Herb Seasoning.

SOUTHWEST BUTTER SAUCE: Substitute 1 tsp. Southwest Chipotle for Italian Herb Seasoning.

GINGER TERIYAKI BUTTER SAUCE: Substitute 1 tsp. Ginger Teriyaki for Italian Herb Seasoning.

ISLAND RUB BUTTER SAUCE: Substitute 1 tsp. Island Rub for Italian Herb Seasoning.

Nutritional Facts: Serv. Size: 2 Tbsp. (31g/1.1 oz.), Servings per recipe: 4, Calories 207 Calories from Fat 207, Total Fat 23g, Saturated Fat 14g, Cholesterol 62mg, Sodium 307mg, Total Carb <1g, Dietary Fiber 0g, Sugars 0g, Protein <1g

Zippy Cheese Sauce

MAKES ABOUT 1 1/3 CUPS



1 Qt.
Saucepan

- 2 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 1/2 tsp. Ragin' Cajun Seasoning
- Salt and pepper to taste
- 1 cup 2% milk
- 1/2 cup shredded Cheddar cheese

Melt butter in Chef Series™ 1-Qt. Saucepan over Low heat. Stir in flour, Seasoning, and salt and pepper, with Saucy Silicone Spatula. Cook over Medium heat, stirring constantly, until mixture is smooth and bubbly; remove from heat.

Gradually stir in milk. Return to Medium heat. Bring to a boil, stirring constantly for 1 minute. Remove from heat and stir in cheese until melted. Serve over cooked vegetables.

Nutritional Facts: Serv. Size: 3 1/2 Tbsp. (58g/2 oz.), Servings per recipe: 6, Calories 102 Calories from Fat 70, Total Fat 8g, Saturated Fat 6g, Cholesterol 23mg, Sodium 155mg, Total Carb 4g, Dietary Fiber <1g, Sugars 2g, Protein 4g

SWEET DISH

Banana Cream Pudding

MAKES 10 CUPS



2 1/2 Qt.
Saucepan

- 4 cups half-and-half
- 4 large egg yolks (lightly beaten)
- 1 1/2 cups sugar
- 1/3 cup cornstarch
- 2 tsp. Cinnamon-Vanilla Spice
- 3 Tbsp. butter
- 50 vanilla wafers (divided)
- 4 large ripe bananas (sliced and divided)
- 1 tub non-dairy whipped topping (8 oz., thawed)

Whisk together half-and-half, egg yolks, sugar, cornstarch, and Spice in Thatsa™ Bowl. Pour into Chef Series™ 2 1/2 Qt. Saucepan. Cook, stirring constantly over Medium-Low heat, until mixture boils and thickens. Remove from heat; stir in butter until melted. Cool.

Place layer of vanilla wafers flat side down on bottom and up-on-end around sides of 8-cup Stuffables™ Storage Container bowl. Cover with 1/3 of bananas and 1/3 of pudding. Repeat wafers, bananas and pudding layers two more times.

Spread whipped topping on top. Cover with Flexible Seal. Refrigerate until chilled and firm, about 6 hours. Serve. Refrigerate leftover pudding.

Nutritional Facts: Serv. Size: About 1/2 cup (116g/4 oz.), Servings per recipe: 20, Calories 256, Calories from Fat 109, Total Fat 12g, Saturated Fat 7g, Cholesterol 65mg, Sodium 83mg, Total Carb 34g, Dietary Fiber <1g, Sugars 26g, Protein 3g

Crispy Rice Cereal Treats

MAKES 24 TREATS



6 Qt.
Dutch Oven

- 6 cups crisp rice cereal
- 1/2 cup coarsely chopped walnuts (optional)
- 3 Tbsp. butter
- 1 pkg. marshmallows (10 oz. pkg., about 40 or 4 cups miniature marshmallows)

Line 9" x 13" pan with Silicone Wonder™ Mat, pressing into corners. Measure crisp rice cereal into Thatsa™ Bowl with the walnuts.

Melt butter in Chef Series™ 6 Qt. Dutch Oven over Low heat. Add marshmallows; stir with Saucy Silicone Spatula until completely melted. Add crisp rice cereal and walnut mixture, stirring until well coated.

Immediately press mixture, with clean Saucy Silicone Spatula sprayed with non-stick cooking spray, evenly into prepared pan. Cool; remove from Silicone Wonder™ Mat. Cut into pieces.

CHOCOLATE DIPPED TREATS: Melt 2 cups (12 oz. pkg.) semi-sweet chocolate chips in Base of Oval Microwave Cooker for 1 1/2 minutes at High; stir until melted. Dip half of each treat into melted chocolate.

Nutritional Facts: Serv. Size: 1 treat (21g/0.8 oz.), Servings per recipe: 24, Calories 90, Calories from Fat 27, Total Fat 3g, Saturated Fat 1g, Cholesterol 4mg, Sodium 76mg, Total Carb 15g Dietary Fiber <1g, Sugars 6g, Protein 1g

Deluxe Dipped Apples

MAKES 6 APPLES



2 1/2 Qt.
Saucepan

- 6 wooden popsicle sticks
- 6 large apples (rinsed, well dried)
- 1 1/2 pkg. (14 oz.) caramels, unwrapped (about 75)
- 3 Tbsp. water
- 1 can select mix nuts (cashews, macadamias, almonds, 9 oz.)
- 1/2 cup milk chocolate chips
- 1 tsp. solid vegetable shortening (not butter, margarine, spread or oil)

Insert popsicle stick into stem end of each apple; set aside.

Place caramels and water in Chef Series™ 2 1/2 Qt. Saucepan; cook over Low heat until caramels are melted, stirring often with Super Silicone Spatula.

Place nuts in Open House™ Bowl. Dip apples into melted caramel, spooning caramel over apples to coat. Roll in nuts, pressing nuts gently into caramel. Place on Silicone Wonder™ Mat; let stand about 25 minutes or until caramel is set.

If desired, melt milk chocolate chips with 1 tsp. shortening in small microwave-safe bowl. Drizzle over coated apples.

Note: Butter, margarine and spreads contain water which may prevent chocolate from melting properly; oil may prevent chocolate from forming a coating.

Nutritional Facts: Serv. Size: 1 apple (347g/12.2 oz.), Servings per recipe: 6, Calories 730, Calories from Fat 314, Total Fat 35g, Saturated Fat 10g, Cholesterol 8mg, Sodium 482mg, Total Carb 103g, Dietary Fiber 10g, Sugars 85g, Protein 12g

Peanut Butter Fudge

MAKES ABOUT 2 POUNDS



2 1/2 Qt.
Saucepan

- Butter flavored non-stick cooking spray
- 1/2 cup chopped peanuts
- 1 pkg. peanut butter chips (1 2/3 cups, 10 oz. pkg.)
- 1 can sweetened condensed milk (14 oz., not evaporated milk)
- 1/2 cup peanut butter
- 1/2 tsp. Cinnamon-Vanilla Spice

Spray bottom of Magic Loaf Form with cooking spray. Place chopped peanuts evenly on bottom.

In Chef Series™ 2 1/2 Qt. Saucepan, over Low heat, melt chips with sweetened condensed milk, and peanut butter. Remove from heat; stir in Spice. Spread evenly into prepared Form. Chill 2 hours or until firm. Invert form and turn fudge onto cutting board; cut into pieces. Store loosely covered at room temperature.

Nutritional Facts: Serv. Size: 2 pieces (182g/1.25 oz.), Servings per recipe: 24, Calories 161, Calories from Fat 82, Total Fat 9g, Saturated Fat 3g, Cholesterol 6mg, Sodium 89mg, Total Carb 18g, Dietary Fiber <1g, Sugars 10g, Protein 6g

Dessert Crepes

MAKES 16 CREPES



9 1/2" Fry Pan

- 2 large eggs
- 1 cup whole milk
- 1/2 cup water
- 1 cup all-purpose flour
- 2 Tbsp. granulated sugar (rounded)
- 1/2 tsp. salt
- 3 Tbsp. butter (melted)
- Additional melted butter (for preparing pan)

Blend eggs, milk, water, flour, sugar, salt and butter in covered blender container until completely smooth. Refrigerate for at least 2 hours.

To make the crepes, heat a Chef Series™ 9 1/2" Fry Pan over Medium heat. When the pan is hot, use a pastry brush to apply a light coating of melted butter to the interior of the pan. Use a 1/3 measuring cup to pour batter into the pan, and immediately lift the pan and quickly tilt it to swirl the batter to coat the sides and bottom. Pour off any excess.

Cook until bottom side appears dry and has brown spots (it will not brown evenly). Use Silicone Spatula or Turner to gently flip the crepe over and cook the other side for about 30 seconds, until it appears dry. Place the cooked crepe on a flat plate; cover with plastic wrap. Repeat with the remaining batter. The crepes can be filled immediately, or refrigerated for several days in sealed Tupperware® container.

FRUIT 'N CREAM CREPES: Chill 21 oz. can of your favorite pie filling. Place crepe on plate. Spoon 1" wide strip of pie filling down center. Overlap each side over middle; top with whipped cream.

BLACK FOREST CREPES: Chill 21 oz. can of cherry pie filling. Place crepe on plate. Spoon 1" wide strip of pie filling down center. Overlap each side over middle. Drizzle with warm Supreme Chocolate Sauce (pg. 37).

Nutritional Facts: Serv. Size: 1 crepe (41g/1.5 oz.), Servings per recipe: 16, Calories 73, Calories from Fat 31, Total Fat 3g, Saturated Fat 2g, Cholesterol 34mg, Sodium 104mg, Total Carb 8g, Dietary Fiber <1g, Sugars 2g, Protein 2g

Mocha Cappuccino Fudge

MAKES ABOUT 2 POUNDS



2 1/2 Qt.
Saucepan

- 3 cups semi-sweet chocolate chips
- 1 can sweetened condensed milk (14 oz., not evaporated milk)
- 1/4 cup chocolate flavored syrup
- 1 Tbsp. instant coffee
- 1/2 tsp. Cinnamon-Vanilla Spice
- Non-stick cooking spray

Place ingredients in Chef Series™ 2 1/2 Qt. Saucepan over Low heat. Stir constantly until chips are melted and mixture is smooth. Remove from heat.

Spread in 9" Magic Round Form sprayed with non-stick cooking spray. Cover; chill 2 hours or until firm.

Invert fudge onto cutting board. Cut into pieces.

Nutritional Facts: Serv. Size: 1 piece (27g/1 oz.), Servings per recipe: 36, Calories 110, Calories from Fat 46, Total Fat 5g, Saturated Fat 3g, Cholesterol 3mg, Sodium 17mg, Total Carb 17g, Dietary Fiber 1g, Sugars 15g, Protein 2g

Molten Lava Cake

MAKES 9 SERVINGS



9 1/2"
Fry Pan

- 1 pkg. chocolate lover's brownie mix (17.6 oz., 8" x 8" pan size)
- 1/2 tsp. baking powder
- 1/2 tsp. Cinnamon-Vanilla Spice
- 1/4 cup butter (1/2 stick, melted)
- 1/2 cup milk

Chocolate Liquid

- 1 1/2 cups water
- 1/2 Tbsp. instant coffee granules
- 1 cup canned classic creamy chocolate frosting

Heat oven to 350°F. Stir together in That'sa™ Bowl with Saucy Silicone Spatula the brownie mix, baking powder and Spice. Add melted butter and milk, stirring until smooth and well combined. Scoop mixture into Chef Series™ 9 1/2" Fry Pan placed on baking sheet.

Heat water in Chef Series™ 1 Qt. Saucepan until boiling. Turn heat to Low; add instant coffee granules, stirring with Silicone Spatula until dissolved. Add frosting; cook and stir until melted and smooth. Slowly pour over batter mixture in pan. **Do not stir!**

Bake 40-45 minutes until bubbly on top. (Top may have wet spots). Using baking mitt on handle, remove from oven to wire rack. Cool 30 minutes. Serve warm or chilled with whipped cream or ice cream. Store leftover cake mixture in Rock 'N Serve™ Container in refrigerator.

Nutritional Facts: Serv. Size: 1 piece (147g/5.2 oz.), Servings per recipe: 9, Calories 410, Calories from Fat 137, Total Fat 15g, Saturated Fat 7g, Cholesterol 15mg, Sodium 359mg, Total Carb 65, Dietary Fiber 2g, Sugars 50g, Protein 4g

Warm Fruity Rice Pudding

MAKES 6 CUPS



2 1/2 Qt.
Saucepan

- 1 can fruit cocktail (14 oz., juice drained and reserved)
- 2 cups 2% milk
- 1 pkg. vanilla pudding and pie filling mix (6-serving-size)
- 1 tsp. Cinnamon-Vanilla Spice
- 1 cup quick cooking white rice

Set aside fruit cocktail. Place juice from fruit cocktail, milk, pudding mix, Spice, and rice in Chef Series™ 2 1/2-Qt. Saucepan.

Bring to a boil on Medium heat, stirring constantly, until mixture thickens.

Remove from heat and add reserved fruit. Let stand covered for 15 minutes. Serve warm. Refrigerate leftover pudding.

Nutritional Facts: Serv. Size: 1 cup (186g/6.6 oz.), Servings per recipe: 6, Calories 214, Calories from Fat 16, Total Fat 2g, Saturated Fat 1g, Cholesterol 6mg, Sodium 208mg, Total Carb 46, Dietary Fiber 2g, Sugars 11g, Protein 4g

Tropical Tapioca Dessert

MAKES 6 CUPS



2 1/2 Qt.
Saucepan

- 2 1/2 cups water
- 1 pkg. orange gelatin (3 oz.)
- 1 pkg. instant vanilla pudding (3.4 oz.)
- 1 pkg. tapioca pudding mix (3 oz.)
- 1 can mandarin orange (drained, 15 oz.)
- 1 can crushed pineapple (drained, 8 oz.)
- 1 tub frozen non-dairy whipped topping (thawed, 8 oz.)

Bring water to a boil in Chef Series™ 2 1/2 Qt. Saucepan over Medium heat. Whisk in gelatin and pudding mixes with non-metal whisk. Return to a boil, stirring constantly with Saucy Silicone Spatula; boil for 1 minute.

Remove from the heat and cool completely.

Fold in oranges, pineapple, and whipped topping. Spoon into serving bowl. Cover and refrigerate for 2 hours or until set.

Nutritional Facts: Serv. Size: 1/2 cup (130g/4.6 oz.), Servings per recipe: 12, Calories 160, Calories from Fat 32, Total Fat 3.6g, Saturated Fat 3.5g, Cholesterol 0mg, Sodium 114mg, Total Carb 30g, Dietary Fiber <1g, Sugars 11g, Protein 1g

Supreme Chocolate Sauce

MAKES ABOUT 1/2 CUP



1 Qt.
Saucepan

- 4 Tbsp. butter (1/2 stick)
- 4 oz. sweet chocolate bar (broken into pieces)
- 2 Tbsp. water
- 1/2 tsp. Cinnamon-Vanilla Spice

Place butter and chocolate in Chef Series™ 1 Qt. Saucepan. Cook over Low heat, stirring constantly with Silicone Spatula until chocolate is melted and mixture is smooth.

Remove from heat. Stir in water and Spice. Use immediately as dessert or sauce. Store in small Rock 'N Serve™ Container in refrigerator for up to 1 week or freeze.

ORANGE CHOCOLATE SAUCE: Substitute 2 Tbsp. orange juice for the water.

CHOCOLATE FONDUE: Double recipe. Serve warm with a selection of pound cake pieces, marshmallows, and fresh fruit pieces.

Nutritional Facts: Serv. Size: 2 Tbsp. (51g/1.8 oz.), Servings per recipe: 4, Calories 235, Calories from Fat 172, Total Fat 19g, Saturated Fat 12g, Cholesterol 31mg, Sodium 118mg, Total Carb 18g, Dietary Fiber 1g, Sugars 17g, Protein 2g

Tapioca Pudding

MAKES 4 CUPS



2 1/2 Qt.
Saucepan

- 2 1/2 cups milk
- 1/2 cup orange juice (fresh)
- 1/2 cup sugar
- 1/3 cup quick-cooking tapioca
- 2 large eggs (lightly beaten)
- 1 tsp. grated orange peel
- Pinch salt

Combine milk, orange juice, sugar, tapioca, eggs, orange peel and salt in a Chef Series™ 2 1/2 Qt. Saucepan, stirring until well blended. Let sit for 5 minutes.

Bring to a boil over Medium heat, stirring constantly with Silicone Spatula. Reduce heat to Low. Cook stirring constantly until thick, about 3-5 minutes. Remove from the heat; let cool slightly. Pour into Thatsa™ Bowl. Seal and refrigerate.

Nutritional Facts: Serv. Size: 1/2 cup (123g/4.4 oz.), Servings per recipe: 8, Calories 134, Calories from Fat 26, Total Fat 3g, Saturated Fat 1g, Cholesterol 59mg, Sodium 70mg, Total Carb 24g, Dietary Fiber <1g, Sugars 18g, Protein 4g

Best Gingerbread Cookies

MAKES 36 COOKIES



2 1/2 Qt.
Saucepan

- 5-5 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 Tbsp. Cinnamon-Vanilla Spice
- 2 tsp. ginger
- 1 tsp. nutmeg
- 1 cup shortening
- 1 cup sugar
- 1 1/4 cups molasses (unsulphered)
- 2 eggs (beaten)

Heat oven to 375°F. Stir together flour, baking soda, salt, Spice, ginger and nutmeg in Thatsa™ Bowl; set aside. Melt shortening in Chef Series™ 2 1/2 Qt. Saucepan. Cool slightly. Stir in sugar, molasses, and eggs with Saucy Silicone Spatula; mix well. Stir in 4 cups reserved flour mixture; mixing well.

Turn mixture onto floured Simply Perfect™ Pastry Sheet. Knead in remaining flour mixture by hand. Add a little more flour, if necessary, to make firm dough. Roll out on lightly floured Pastry Sheet to 1/4" thickness. Cut out with gingerbread-men or holiday-shaped cookie cutters. Bake on Silicone Wonder™ Mat lined cookie sheet; for medium-sized cookies 6-10 minutes.

MAKE-AHEAD GINGERBREAD COOKIES: After kneading in flour mixture, place gingerbread dough in sealed Tupperware® bowl and refrigerate. Refrigerated dough will keep for a week; remove from refrigerator 3 hours prior to rolling so it softens and is workable.

Nutritional Facts: Serv. Size: 1 cookie (46g/1.6 oz.), Servings per recipe: 36, Calories 175, Calories from Fat 56, Total Fat 6g, Saturated Fat 1.5g, Cholesterol 12mg, Sodium 104mg, Total Carb 28g, Dietary Fiber <1g, Sugars 14g, Protein 2g

BEEF	
Beef Burgundy	17
Beefy Stew	19
Cajun Dirty Rice	17
Chili-getti	19
Meatball Sandwiches	18
Meatballs & Sauce	18
Sunday Pot Roast	18

BREADS · BREAKFAST & OTHER	
Blueberry Pancakes	5
Buttermilk Pancakes	5
Cinnamon French Toast	5
Fruit 'N Cream Crepes	35
Easy Hash Brown Potatoes	6
Pancakes without Buttermilk	5
Pizza Pancakes	13
Ragin' Cajun Skillet Cornbread	12
Southwest Skillet Cornbread	12

DESSERT · FRUIT	
Deluxe Dipped Apples	34
Fruit 'N Cream Crepes	35
Tropical Tapioca Dessert	37

DESSERT · CHOCOLATE	
Chocolate Dipped Treats	33
Black Forest Crepes	35
Molten Lava Cake	36
Supreme Chocolate Sauce	37
Orange Chocolate Sauce	37
Chocolate Fondue	37

DESSERT · PUDDING	
Banana Cream Pudding	33
Warm Fruity Rice Pudding	32
Tapioca Pudding	38
Tropical Tapioca Dessert	37

DESSERT · SWEET TREATS	
Best Gingerbread Cookies	38
Crispy Rice Cereal Treats	33
Make-Ahead Gingerbread Cookies	38
Mocha Cappuccino Fudge	35
Peanut Butter Fudge	34
Dessert Crepes	35

EGGS	
Cheese Omelet	6
Ham Frittata	7
No-Fail Omelet	6
Perfect Hard-Cooked Eggs	15
Southwest Omelet	6
The Perfect Fried Egg	4
Vegetable Frittata	7
Vegetable Omelet	6
Zesty Deviled Eggs	15

GRAVY	
Beef Gravy	31
Chicken Gravy	31
Groovin' Gravy	31
Italian Herb Gravy	31
Ragin' Cajun Gravy	31
Southwest Chipotle Gravy	31
Vegetable Gravy	31

PASTA · POTATO · RICE · BEAN · SIDE DISHES	
Buttermilk Mashed Potatoes	14
Green Onion Rice Pilaf	11
Candied Sweet Potatoes	8
Just Like Mom's Mashed Potatoes	14
Lighter Candied Sweet Potatoes	8
Mashed Sweet Potatoes	8
Mom's Special Baked Beans	9
Oh So Smooth...Mac & Cheese	9
Toasted Bread Crumb Topping	9
Orange Sweet Potatoes	8
Rice Pilaf	11
Roasted Garlic Mashed Potatoes	14
Ragin' Cajun Mashed Potatoes	14
Southwest Rice Pilaf	11

PORK	
Black Beans with Bacon	29
Cajun Pork & Peppers	25
Caribbean Pork	26
Chorizo Paella	23
Easy Paella	23
Frozen Shrimp Paella	23
Island Rub Chicken or Pork	26
Ragin' Cajun Jambalaya	25

POULTRY	
Caribbean Chicken	26
Chicken Alfredo	30
Chicken Alfredo With Homemade Sauce	20
Chicken Alfredo Pasta	20
Chicken and Biscuits	21
Chicken and Dumplings	21
Chicken for Salads	24
Chicken Fajitas	24
Chicken Fried Chicken	20
Chicken Scaloppini	22
Chicken Stew	21
Chicken Stir-Fry	24
Chorizo Paella	23
Easy Paella	23
Frozen Shrimp Paella	23
Harvest Turkey Skillet	22
Island Rub Caribbean Chicken	24
Island Rub Chicken or Pork	26
Louisiana Chicken & Beans	23
Veggie Delight Chicken Alfredo Pasta	20

SAUCES	
Alfredo Sauce	30
Basic Red Sauce	31
Cajun Butter Sauce	32
Ginger Teriyaki Butter Sauce	32
Herbed Butter Sauce	32
Hollandaise Sauce	30
Island Rub Butter Sauce	32
Italian Herb Alfredo Sauce	30
Southwest Butter Sauce	32
Zippy Cheese Sauce	32

SOUPS	
Beef and Veggie Soup	10
Chicken and Veggie Soup	10
Easy Minestrone Soup	29
Fresh Veggie Soup	10
Shrimp & Veggie Soup	10
Tomato Soup with Tortellini	27
Three Bean Soup	28

SEAFOOD	
Cajun Fish	26
Easy Paella	23
Frozen Shrimp Paella	23
Ragin' Cajun Jambalaya	25
Shrimp & Veggie Soup	10

VEGETABLE · SALAD · SIDE DISHES	
Broccoli Roma	14
Glazed Carrots	10
Harvard Beets	8
Harvest Cranberry Salad	16
Jazzed Up Green Beans	13
Ratatouille	12
Sliced or Baby Glazed Carrots	10
Spicy Corn Stir-Fry	16
Sweet and Sour Cabbage	11

VEGETARIAN	
Cheesy Bean Casserole	28
Fresh Tomato Ziti	27
Sautéed Peppers & Onions	4
Skillet Ziti & Vegetables	27
Vegetable Frittata	7
Vegetable Omelet	6
Vegetarian Black Beans w/ Onion	29