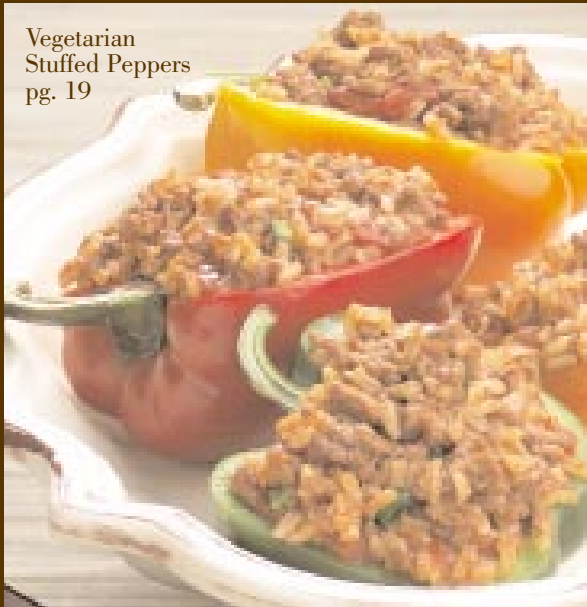


Vegetarian  
Stuffed Peppers  
pg. 19



# recipes

A Taste of Tupperware



Asian Beef  
Stir-Fry  
pg. 27

## A Taste of Tupperware

Tupperware Corporation, a \$1.1 billion multinational company, is one of the world's leading direct sellers, supplying premium food storage, preparation and serving items to consumers in more than 100 countries through its Tupperware brand, and premium beauty, skincare, and nutritional supplement products through its BeautiControl brand. Its Web site addresses are [www.tupperware.com](http://www.tupperware.com) and [www.beauticontrol.com](http://www.beauticontrol.com), and its stock is listed on the New York Stock Exchange.

# Tupperware®

# Tupperware®

! *Finally...a cookbook that's*

simple

simple

A Taste of Tupperware is your kitchen companion, providing you a meal planner, grocery list and recipes—all in one. Start with fresh ingredients, add a simple Tupperware solution and let your imagination and appetite run wild!

It's just a taste of what transpires at A Taste of Tupperware party—an interactive experience that puts you in the heart of the gourmet action. You'll taste, smell and live the excitement while learning more about your friends, family or the chef that lies within. Date yours today and discover why it's hard to find leftovers at this party!

smart

smart

& COOL

cool

# table of contents

## ALL AMERICAN FAVORITES

Meatloaf . . . . .	7	Spicy Seafood Dip . . . . .	20
Beef Strips Over Noodles . . . . .	8	Baked Apples & Cinnamon . . . . .	20
Rotisserie Chicken . . . . .	8	Butterscotch Heaven . . . . .	21
Easy Tacos . . . . .	9	Pineapple Delight . . . . .	21
Smashed Potatoes . . . . .	9		
Stuffed Jazzy Chicken . . . . .	10		

Mesquite Pork Chops . . . . .	10
Make Your Own Pizza Night! . . . . .	11
Spicy Potato Wedges . . . . .	11
Spicy Snack Mix . . . . .	12
Party Arti Dip . . . . .	12
Easy Spinach Dip . . . . .	12
Zippy Onion Dip . . . . .	13
Nutty Chocolate Covered Pretzels . . . . .	13
Minute Peanut Butter Cookies . . . . .	13
Macaroons . . . . .	14
Fruit Pizza . . . . .	14
Shortbread Cookies . . . . .	15

Chocolate Peanut Butter Sandwich Cookies . . . . .	15
--	----

## FIT & FLAVORFUL

Marinated Pork Stuffed Pitas . . . . .	16
Shrimp & Veggie Toss Over Pasta . . . . .	17
Garlic Infused Shrimp . . . . .	17
South Pacific Fish . . . . .	18
South of the Border Salmon . . . . .	18
Vegetarian Stuffed Peppers . . . . .	19
Simply Salsa . . . . .	19
Southwest Chipotle Dip . . . . .	19
Spiced-Up Popcorn . . . . .	20

## BACKYARD BBQ

Beefed-Up Burgers . . . . .	22
Layered Dip . . . . .	22
Wingin' It Chicken Wings . . . . .	23
Barbeque Chicken Fingers . . . . .	23
EZ S'mores . . . . .	24
Individual Ice Cream Cobbler . . . . .	24
Sweet 'n Fruity Dip . . . . .	25
Caramelized Bananas . . . . .	25
Chocolate Chip Caramel Bars . . . . .	25

## TASTE SENSATIONS

Southwest Chicken Stir-Fry . . . . .	26
Parmesan Crisps . . . . .	26
Asian Stir-Fry . . . . .	27
Asian Salad . . . . .	27
Southwest Chicken Enchiladas . . . . .	28
Chicken Olé . . . . .	28
Pacific Rim Pork Chops . . . . .	29
Queso Dip . . . . .	29
Speedy Tortilla Chips . . . . .	29
Chinese Noodle Candy . . . . .	30
Wasabi Ranch Salad Dressing . . . . .	30
Chocolate Fortune Cookies . . . . .	31
Wonton Triangle Delights . . . . .	31

# your monthly planner

	Week 1	Week 2	Week 3	Week 4
<b>Sunday</b>	Meatloaf, Smashed Potatoes & Corn, pg. 7 & 9	Stuffed Jazzy Chicken & Green Beans, pg. 10	Asian Pork Stir-Fry & Rice pg. 27	Southwest Chicken Enchiladas & Spanish Rice Mixture, pg. 28
<b>Monday</b>	Southwest Chicken Stir-Fry pg. 26	Beefed-Up Burgers, Spicy Potato Wedges & Corn pg. 11 & 22	South of the Border Salmon w/ Cajun Rice, pg. 18	Garlic Infused Shrimp Over Pasta & Green Beans, pg. 17
<b>Tuesday</b>	Pizza Meatloaf (leftovers) & French Fries, pg. 7	Marinated Pork Stuffed Pitas pg. 16	Chicken Olé, Spicy Potato Wedges & Corn, pg. 11 & 28	Tex-Mex Meatloaf & Smashed Potatoes, pg. 7 & 9
<b>Wednesday</b>	BBQ Chicken Fingers & Macaroni & Cheese, pg. 23	Vegetarian Stuffed Peppers pg. 19	Beef Strips Over Noodles pg. 8	Asian Beef Stir-Fry pg. 27
<b>Thursday</b>	Pacific Rim Pork Chops w/ Stir-Fry Rice & Snap Peas, pg. 29	Asian Salad pg. 27	South Pacific Fish & Thai Rice, pg. 18	Mesquite Pork Chops, Baked Beans & Cole Slaw pg. 10
<b>Friday</b>	Easy Tacos pg. 9	Make Your Own Pizzal & Tossed Salad, pg. 11	Rotisserie Chicken, Smashed Potatoes & Corn, pg. 8 & 9	It's a Wrap – Beef Strips & Veggies, Chips 'n Salsa pg. 8
<b>Saturday</b>	Shrimp & Veggie Toss Over Pasta, pg. 17	BBQ Meatball Sandwiches & Tater Tots, pg. 7	Saturday Night Pitas (leftovers), pg. 8	Wingin' It Chicken Wings, Carrot & Celery Sticks, pg. 23

# your shopping list

## week ①

### Fish, Meat, Poultry

- 3 lb. lean ground beef (7% fat)
- 2 lb. boneless, skinless chicken breast
- 1 lb. boneless pork loin chops
- 1 lb. shrimp, peeled & deveined

### Produce

- 10 lb. bag of red potatoes
- 3 lb. bag of yellow onions
- 1 (12 oz.) bag lettuce
- 1 red pepper
- 1 green pepper
- 1 head of garlic
- 1 lime (optional)
- 1 bag fresh cilantro (optional)
- 1 tomato (optional)

### Frozen Foods

- 16 oz. bag of frozen corn
- 16 oz. bag of French fries
- 16 oz. bag of snap peas

### Dry Goods

- 7 oz. box Spanish rice
- 10 oz. box macaroni & cheese
- 7 oz. box Oriental flavored rice
- Pkg. of 12 taco shells or soft tacos
- 8 oz. box of thin spaghetti
- 15 oz. can black beans
- 15 oz. can diced tomatoes in sauce
- Small can of black olives (optional)
- Small can of sliced jalapenos (optional)
- 15 oz. pizza or pasta sauce

### Staples

- Half dozen large eggs
- 8 oz. pkg. low-fat cream cheese
- 8 oz. pkg. sliced low-fat mozzarella cheese
- 8 oz. pkg. shredded taco cheese
- 5-6 oz. pkg. of Parmesan cheese
- 16 oz. low-fat sour cream
- 1 tube of refrigerated French bread (optional)
- 1 bottle ketchup
- 1 bottle lite soy sauce
- Garlic salt
- Dry breadcrumbs
- Non-stick vegetable spray
- White vinegar
- Jar of honey
- 8 oz. low-fat sour cream

## week ②

### Fish, Meat, Poultry

- 2 lb. boneless, skinless chicken breast
- 4 lb. lean ground beef (7% fat)
- 1 lb. boneless pork loin chops

### Produce

- Potatoes from Week 1
- Onions from Week 1
- Garlic from Week 1
- 2 tomatoes (optional)
- 1 cucumber (optional)
- 1 (12 oz.) bag shredded lettuce (any variety)
- 1 (12 oz.) bag oriental lettuce or 1 lb. of romaine
- 3 peppers (any color)
- 1 (8 oz.) pkg. mushrooms (optional)

### Frozen Foods

- 16 oz. pkg. of green beans
- 16 oz. pkg. of corn
- 16 oz. pkg. of tater tots
- 10 oz. pkg. of snap peas (optional)

### Dry Goods

- Small box instant potato flakes
- 6 oz. box stuffing
- 7 oz. box Spanish rice
- 15 oz. can diced tomatoes plain or with chilis
- 15 oz. can black beans
- 3 oz. can chow mein noodles (optional)
- Small can of mandarin oranges
- Small can of sliced water chestnuts (optional)
- Small can sliced olives (optional)
- Small pkg. cashews (optional)
- 15 oz. jar pizza or pasta sauce, any flavor

### Staples

- Eggs from Week 1
- Pepperoni (optional)
- 8 oz. container, low-fat plain yogurt
- 8 oz. shredded non-fat cheese (optional)
- 8 oz. shredded low-fat mozzarella cheese
- 8 hamburger buns
- 4 hoagie or sub rolls
- Pkg. pitas
- 10" flour tortillas
- 1 (32 oz.) jar low-fat mayonnaise
- 1 small bottle low-fat buttermilk
- 1 bottle low-fat Italian dressing
- Dry breadcrumbs from Week 1

## week ③

### Fish, Meat, Poultry

- 1 lb. pork tenderloin
- 1 lb. fresh pink salmon
- 1 lb. fish fillets
- 1 lb. boneless, skinless chicken breast
- 1 lb. lean beef sirloin (trimmed)
- 2 (4 lb. each) whole roasting chickens

### Produce

- Onions from Week 1
- Garlic from Week 1
- Potatoes from Week 1
- 1 red pepper
- 1 lime
- Fresh cilantro (optional)
- Lettuce (optional)

### Frozen Foods

- 16 oz. pkg. Oriental vegetable blend
- 2 (16 oz.) pkg. corn

### Dry Goods

- 7 oz. box Cajun-style rice
- 1 bag white rice
- 1 bag egg noodles
- 7 oz. box Thai or Asian-style rice
- 1 box square-shaped cheese crackers
- 15 oz. can diced tomatoes

### Staples

- 16 oz. container low-fat sour cream
- Pkg. pitas
- Shredded cheese from Week 2
- Buttermilk from Week 2
- Mayonnaise from Week 2
- Garlic salt from Week 1
- Lite soy sauce from Week 1
- Low-fat cream cheese from Week 1

### ChefSeries™ Seasoning Blends Needed

Ginger Teriyaki  
Hickory Mesquite  
Island Rub  
Savory Chop  
Southwest Chipotle

## week ④

### Fish, Meat, Poultry

- 1 lb. boneless, skinless chicken breast
- 1 lb. shrimp, peeled and deveined
- 2 lb. lean ground beef (7% fat)
- 2 lb. lean beef sirloin, trimmed
- 1 lb. boneless pork loin chops
- 2 lb. chicken wings, drumettes (or 2 lb. boneless, skinless chicken breast)

### Produce

- Onions from Week 1
- Garlic from Week 1
- Potatoes from Week 1
- 1 red pepper
- 1 green pepper
- 1 lime (optional)
- Fresh cilantro (optional)
- 8 oz. pkg. of carrots
- 1 bunch of celery

### Frozen Foods

- 16 oz. pkg. of Oriental vegetables blend
- 16 oz. pkg. green beans

### Dry Goods

- 15 oz. can black beans
- 2 (15 oz.) cans diced tomatoes
- 7 oz. box Spanish rice
- 8 oz. box thin spaghetti
- Bag of tortilla chips
- 15 oz. can enchilada sauce
- White rice from Week 3
- 20 oz. can baked beans

### Staples

- Half dozen large eggs
- 2 (16 oz.) low-fat sour cream
- Blue cheese crumbles (optional)
- Pkg. corn tortillas
- Pkg. 10" flour tortillas
- Dry white wine, any brand
- Dry breadcrumbs from Week 1
- Lite soy sauce from Week 1
- 1 lb. container cole slaw
- Low-fat cream cheese from Week 1
- 8-oz. pkg. fat-free shredded cheddar cheese

Veggie Delight  
Wasabi Ranch  
Western Onion  
Zesty Pork & Poultry

# all-american favorites

## meatloaf

Makes 8 servings

Use The Chopper Machine to chop onion. Mix together ground beef, onion, eggs, bread crumbs, and Seasoning in That'sa™ Bowl with Silicone Spatula.

**For Oven:** For mini-loaves, pat mixture into 4 small loaves and on baking sheet lined with Silicone Wonder™ Mat. Bake at 350°F for 25–30 minutes or until center of meat is 160°F.

For single loaf, use 9" x 5" x 3" loaf pan and bake for 1 hour at 350°F.

**For Microwave:** Make 8 mini-loaves or pat mixture into Base of Oval Microwave Cooker, cover and microwave on High for 8–10 minutes.

### Recipe variations:

**Tex-Mex Version** Use 1/4 cup Southwest Chipotle Seasoning

**BBQ Version** Use 1/4 cup Hickory Mesquite Seasoning with 1/4 cup ketchup

**For Meatballs:** Use tablespoon from Measuring Spoons Set for perfect appetizer-sized meatballs. Bake at 375°F for 20 minutes on baking pan lined with Silicone Wonder™ Mat. Makes about 4 dozen.

### Leftover Suggestion:

Cover sliced meatloaf with pizza or pasta sauce and sliced cheese (mozzarella or provolone). Bake at 350°F on Silicone Wonder™ Mat lined baking sheet for 10–12 minutes or until cheese is melted.

Store leftovers for later use in Rock 'N Serve™ container.

**Side Dish Suggestion:** Smashed Potatoes (recipe on pg. 9) and corn

Nutritional Facts: Serv. Size: 1 slice (142.28g/5 oz.), Servings per recipe: 8, Calories 245, Calories from Fat 90, Total Fat 10g, Saturated Fat 3g, Cholesterol 115mg, Sodium 672mg, Total Carb 13g, Dietary Fiber <1g, Sugars 2g, Protein 25g

- 1 small onion, chopped (1/2 cup)
- 2 lb. ground beef
- 2 eggs, lightly beaten
- 3/4 cup breadcrumbs
- 1/4 cup Western Onion Seasoning

### serve-it-up tip

#### BBQ Meatball Sandwich

Try BBQ Meatball subs or sandwiches for dinner. Use BBQ Dipping Sauce on pg. 23 to pour over meatballs. Serve it up with tater tots.

# beef strips over noodles

Makes 4 servings

In Oval Microwave Cooker, place first four ingredients in Shallow Colander over Base (filled with 1 cup water). Microwave on High for 3–5 minutes or until desired doneness.

On stovetop, cook in fry pan on Medium High (70% power) for 8–10 minutes or until desired doneness. Stir frequently. Toss over egg noodles.

## Recipe Variations:

**Asian Beef** Substitute 1 Tbsp. of Ginger Teriyaki Seasoning for Savory Chop Seasoning.

**It's a Wrap!** Substitute 10" flour tortillas for noodles. For spicier twist, substitute the Southwest Chipotle Seasoning for the Savory Chop Seasoning. Side Dish Suggestion: Chips 'n salsa (Simply Salsa recipe on pg. 19).

Nutritional Facts: Serv. Size: 1/4 recipe (about 3/4 cup), Servings per recipe: 4, Calories 242, Calories from Fat 62, Total Fat 7g, Saturated Fat 3g, Cholesterol 90mg, Sodium 341mg, Total Carb 15g, Dietary Fiber 1g, Sugars 2g, Protein 28g

- 1 lb. top sirloin, cut into thin strips
- 1 Tbsp. Savory Chop Seasoning
- 1/2 cup chopped onion
- 1/2 cup chopped red pepper
- 2 cups egg noodles, cooked

# rotisserie chicken

Makes 6 servings

Place chicken into Base of Oval Microwave Cooker with Deep Colander Ring placed on top. Generously season outside of chicken and inside of cavity. Cover. Microwave on High for 7 1/2 minutes per lb. Let sit for 5 minutes before serving.

**Side Dish Suggestion:** Smashed Potatoes (recipe on pg. 9) and corn.

**Leftover Recipe Suggestion:** Saturday Night Pitas! Double above recipe—slice up chicken and store in Rock 'N Serve™ container for later use. Serve hot or cold—stuff pitas with chicken, lettuce, shredded cheese, and dressing made with Wasabi Ranch Seasoning or your favorite condiment.

Nutritional Facts: Serv. Size: 1/6 chicken (798g/28 oz.), Servings per recipe: 6, Calories 227, Calories from Fat 77, Total Fat 8g, Saturated Fat 2g, Cholesterol 96mg, Sodium 679mg, Total Carb 3g, Dietary Fiber <1g, Sugars <1g, Protein 32g

- 1 (3 1/2–4 lb.) roasting chicken
- 2–3 Tbsp. of Southwest Chipotle or Zesty Pork & Poultry Seasoning

(double above ingredients if making Saturday Night Pitas!)

## serve-it-up tip

Bright patterned dish towels make great napkins. Larger, extra absorbent and easy to clean!

# easy tacos

Makes 12 tacos

Mix 1st four ingredients together in Thatsa™ Bowl with Silicone Spatula; place in Base of Oval Microwave Cooker with Cooking Rack on bottom. Microwave on High for 3 minutes; stir. Cook additional 2 minutes or until no longer pink in color.

**For Taco Salad:** Serve over 1 cup shredded lettuce per serving.

**Serving Suggestion:** Heat ready-made hard taco shells on baking sheet lined with Silicone Wonder™ Mat at 350°F for 8–10 minutes. For soft tacos use packaged tortillas heated on baking mat at 350°F for about 5 minutes.

**Topping Ideas:** Low-fat shredded cheese, sour cream, shredded lettuce, chopped tomatoes or Simply Salsa (recipe on pg. 19), olives or jalapenos.

Nutritional Facts: Serv. Size: 1 taco (1 taco shell, 2 Tbsp. beef mix, 1/4 cup lettuce, 2 Tbsp. cheese, 1 Tbsp. sour cream, 2 Tbsp. Simply Salsa), Servings per recipe: 12, Calories 186, Calories from Fat 70, Total Fat 8g, Saturated Fat 3g, Cholesterol 31mg, Sodium 398mg, Total Carb 15g, Dietary Fiber 1g, Sugars 3g, Protein 14g

# smashed potatoes

Makes 4 servings

Place potatoes in Shallow Colander over Base of Oval Microwave Cooker with 1 cup of water. Cover and microwave on High for 5–7 minutes until fork tender. Drain water and place potatoes in Base, add cream cheese, Seasoning and salt and pepper to taste. Gently smash with masher. Serve immediately.

Nutritional Facts: Serv. Size: about 2 potatoes, Servings per recipe: 4, Calories 135, Calories from Fat 14, Total Fat 1g, Saturated Fat <1, Cholesterol 4mg, Sodium 194mg, Total Carb 27g, Dietary Fiber 3g, Sugars 3g, Protein 4g

- 1 lb. extra lean ground beef (7% fat)
- 1 small onion, chopped (1/2 cup)
- 2 Tbsp. Southwest Chipotle Seasoning
- 1 garlic clove, minced
- 1 pkg. of 12 taco shells or flour tortillas

## serve-it-up tip

### Mini Tacos Appetizers

For mini tacos use round tortilla chips. Place teaspoon of cooked beef mixture on each chip. Cover with shredded cheese and place on baking sheet lined with Silicone Wonder™ Mat. Bake for 5–7 minutes at 350°F, just until cheese melts. Serve with sour cream and salsa.

- 1 lb. of sliced red potatoes with skins left on
- 2 Tbsp. low-fat cream cheese, softened
- 1 Tbsp. Southwest Chipotle Seasoning (optional)
- Salt & pepper to taste

## serve-it-up tip

Store leftovers in Rock 'N Serve™ container and freeze for later use.

# stuffed jazzy chicken

Makes 4 servings

Prepare boxed stuffing according to directions, omitting butter, in Base of Oval Microwave Cooker. While cooking, mix Seasoning into potato flakes. Pound chicken flat. Dip chicken in egg, then roll into potato flake mixture. Spoon stuffing into each piece of chicken. Roll up and place (seam side down) onto 11" x 17" baking sheet lined with Silicone Wonder™ Mat. Bake at 400°F for 25–30 minutes.

**Side Dish Suggestion:** Green beans, corn or sautéed vegetables.

**Recipe Variation:** For Jazzy Chicken without stuffing, mix Seasoning into potato flakes. Dip chicken in egg, then roll into potato flake mixture. Place onto baking sheet lined with Silicone Wonder™ Mat. Bake at 375°F for 25–30 min. Side Dish Suggestion: Smashed Potatoes (recipe on pg. 9) and green beans.

Nutritional Facts: Serv. Size: 1 stuffed chicken breast (196g/7 oz.), Servings per recipe: 4, Calories 373, Calories from Fat 34, Total Fat 6g, Saturated Fat 1g, Cholesterol 126mg, Sodium 1444mg, Total Carb 42g, Dietary Fiber 2g, Sugars 5g, Protein 34g

# mesquite pork chops

Makes 4 servings

Coat pork chops with Seasoning in Thatsa™ Bowl. Place onto baking pan lined with Silicone Wonder™ Mat. Bake at 375°F for 25–30 minutes.

Cook on grill until desired doneness—minimum 160°F.

**Side Dish Suggestion:** Baked beans and cole slaw.

Nutritional Facts: Serv. Size: 1 chop (91g/3.2 oz.), Servings per recipe: 4, Calories 188, Calories from Fat 66, Total Fat 7g, Saturated Fat 3g, Cholesterol 73mg, Sodium 512mg, Total Carb 3g, Dietary Fiber <1g, Sugars 1g, Protein 26g

- 1 (6 oz.) box stuffing, any flavor
- 1 cup instant potato flakes
- 2 Tbsp. Zesty Pork & Poultry Seasoning
- 1 egg, well beaten
- 1 lb. (4–4 oz.) skinless, boneless chicken breast halves

## serve-it-up tip

Want to add a formal touch to family meals for special celebrations? Place fresh flowers on the table. Light a grouping of unscented votive candles. Finally, serve each family member their food already plated, restaurant style!

- 1 lb. (4–4 oz.) boneless pork loin chops
- 2 Tbsp. Hickory Mesquite Seasoning

# make your own pizza night!

Makes 4 servings

Spread small amount of sauce on crust. Sprinkle with cheese and add favorite topping. Bake at 400°F on baking pan lined with Silicone Wonder™ Mat for about 8 minutes or until cheese is melted.

**Serving Suggestion:** For mini-pizzas use toasted English muffins.

**Side Dish Suggestion:** Tossed salad with favorite dressing.

**Leftover Suggestion:** Use leftover veggies stored in Rock 'N Serve™ container as a topping.

Nutritional Facts: Serv. Size: 1 tortilla pizza (2 tbsp. sauce & 1/4 cup cheese), (146g/5 oz.), Servings per recipe: 4, Calories 288, Calories from Fat 83, Total Fat 9g, Saturated fat 4g, Cholesterol 15mg, Sodium 710mg, Total Carb 36g, Dietary Fiber 2g, Sugars 4g, Protein 14g

# spicy potato wedges

Makes 4 servings

Toss together ingredients in Thatsa™ Bowl and shake it up!

Spread on baking sheet lined with Silicone Wonder™ Mat. Bake at 400°F for 20–25 minutes, stirring occasionally.

**Recipe Variations:**

**Asian Flair** Use Wasabi Ranch Seasoning.

**Potato Skins** Use 1/4" sliced potatoes. Follow above cooking directions. Add shredded cheese and crumble bacon and heat until cheese is melted right before ready to serve. Serve with sour cream.

Nutritional Facts: Serv. Size: approx. 3 potatoes, Servings per recipe: 4, Calories 232, Calories from Fat 10, Total Fat 1g, Saturated Fat <1g, Cholesterol 0mg, Sodium 524mg, Total Carb 232g, Dietary Fiber 5g, Sugars 4g, Protein 5g

Crust options: 4 of any of the following: 10" flour tortillas, toasted English muffins, or pitas  
1 jar (15 oz.) pizza or pasta sauce  
4 oz. shredded low-fat mozzarella cheese  
Topping options: sliced mushrooms, sliced peppers, chopped onion, sliced pepperoni, sliced olives, chopped tomatoes, leftover chicken or beef

2 lb. red potatoes, sliced into 1/4-in. wedges  
Non-fat cooking spray to lightly coat potatoes  
2 Tbsp. Southwest Chipotle or Western Onion Seasoning



## spicy snack mix

Makes 5 servings

Place ingredients in a Thatsa™ Bowl; seal and shake it up!

**Recipe Variation:** For BBQ Flavor, use Hickory Mesquite Seasoning.

Nutritional Facts: Serv. Size: 1 cup (59g/2.1 oz.), Servings per recipe: 5, Calories 285, Calories from Fat 143, Total Fat 16g, Saturated Fat 1g, Cholesterol 0mg, Sodium 544mg, Total Carb 21g, Dietary Fiber 3g, Sugars 4g, Protein 7g

## party arti dip

Makes 8 servings

Combine ingredients in Quick Chef; turn handle until chopped. Place into Base of Oval Microwave Cooker. Microwave on High for 3–5 minutes until hot. Serve with tortilla chips, pita or bread.

Nutritional Facts: Serv. Size: 1/4 cup (70.6g/2.5 oz.), Servings per recipe: 8, Calories 53, Calories from Fat 45, Total Fat 5g, Saturated Fat 2g, Cholesterol 9mg, Sodium 223mg, Total Carb 7g, Dietary Fiber 2g, Sugars 3g, Protein 4g

## easy spinach dip

Makes 12 servings

Mix together ingredients (except bread) until well blended. Seal bowl and refrigerate for at least 30 minutes before serving.

**Recipe variation:** For Veggie Spread, blend 8 oz. pkg. softened cream cheese with 1 Tbsp. Veggie Delight Seasoning. Great to use as tortilla roll-up or bagel spread or as spread on vegetables such as celery sticks.

Nutritional Facts: Serv. Size: 1/4 cup (65g/2.3 oz.), Servings per recipe: 12, Calories 60, Calories from Fat 9, Total Fat 1g, Saturated fat <1, Cholesterol <1mg, Sodium 250mg, Total Carb 9g, Dietary Fiber <1g, Sugars 2g, Protein 3g

2 cups (12 oz. bag) mini pretzels  
2 cups (12 oz. box) multi-bran cereal squares  
1 cup chopped nuts (peanuts, walnuts, or pecans)  
1–2 Tbsp. Wasabi Ranch or Southwest Chipotle Seasoning

1 (14 oz.) can artichoke hearts, drained  
2 green onions chopped  
1/2 cup low-fat mayonnaise  
1/2 cup grated Parmesan cheese

1 (10 oz.) pkg. frozen spinach, thawed, drained & squeezed dry  
1 (16 oz.) container non-fat sour cream  
1 Tbsp. mayonnaise  
1/3 cup Veggie Delight Seasoning  
Bread or fresh cut veggies

### serve-it-up tip

Substitute flat breads, focaccia or Parmesan Crisps (recipe on pg. 26) for regular bread.

## zippy onion dip

Makes 8 servings

Mix above ingredients in a Thatsa™ Bowl with Saucy Spatula. Serve with favorite chips or sliced veggies.

Nutritional Facts: Serv. Size: 1/4 cup (62.3g/2.2 oz.), Servings per recipe: 8, Calories 89, Calories from Fat 62, Total Fat 7g, Saturated Fat 4g, Cholesterol 22mg, Sodium 278mg, Total Carb 5g, Dietary Fiber <1g, Sugars 3g, Protein 2g

## nutty chocolate covered pretzels

Makes 14 servings

Melt chocolate in Base of Oval Microwave Cooker on High for 2 minutes. Stir and melt for additional 30 seconds, if necessary. Dip pretzels in chocolate and place on baking sheet lined with Silicone Wonder™ Mat. Sprinkle finely chopped nuts over dipped pretzels then chill until firm.

**Recipe Variation:** For Chocolate Covered Nutty Marshmallows, substitute 1 cup of mini-marshmallows. Fold in marshmallows and nuts into melted chocolate. Spread onto baking sheet lined with Silicone Wonder™ Mat. Chill until firm.

Nutritional Facts: Serv. Size: 5 pcs. (40g/ 1.4 oz.), Servings per recipe: 14, Calories 209, Calories from Fat 121, Total Fat 13g, Saturated Fat 4g, Cholesterol 5mg, Sodium 106mg, Total Carb 21g, Dietary Fiber 1g, Sugars 13g, Protein 3g

## minute peanut butter cookies

Makes 16 servings

Combine ingredients, except additional sugar, in Thatsa™ Bowl with Silicone Spatula. Shape into 1-inch balls; roll in additional sugar. Place onto cookie sheet lined with Silicone Wonder™ Mat. Flatten slightly and bake for 8–10 minutes at 375°F until set.

**Recipe Variation:** For a chocolate surprise, when shaping into balls, place a few milk chocolate chips into center of dough balls. Follow same baking directions.

Nutritional Facts: Serv. Size: 1 cookie (33.2g/1.2 oz.), Servings per recipe: 16, Calories 153, Calories from Fat 75, Total Fat 8g, Saturated Fat 2g, Cholesterol 13mg, Sodium 82mg, Total Carb 17g, Dietary Fiber 1g, Sugars 15g, Protein 4g

1 container (16 oz.) low-fat sour cream  
2 Tbsp. Western Onion Seasoning  
2 Tbsp. green onion, chopped

2 cups (12 oz. bag) milk chocolate chips (or semi-sweet chocolate chips)  
3 cups mini-pretzels  
1 cup finely chopped pecans, peanuts or walnuts

1 cup peanut butter (chunky or creamy)  
1 egg  
1 cup sugar  
Additional sugar (2 Tbsp.)

## macaroons

Makes 58 macaroons

Mix ingredients together in Thatsa™ Bowl with Silicone Spatula. Drop by teaspoonfuls onto baking sheet lined with Silicone Wonder™ Mat. Bake for 10-12 minutes at 350°F.

**Recipe Variation:** Add 1 cup chocolate chips to above mixture.

Nutritional Facts: Serv. Size: 1 macaroon (13.8g/0.5 oz.), Servings per recipe: 58, Calories 53, Calories from Fat 22, Total Fat 2g, Saturated Fat 2g, Cholesterol <1mg, Sodium 25mg, Total Carb 7g, Dietary Fiber <1g, Sugars 7g, Protein <1g

## fruit pizza

Makes 16 servings

In Rock 'N Serve™ Medium Shallow or Base of Oval Microwave Cooker, melt cream cheese and brown sugar together for 1 minute at Medium High (70% power). Stir until smooth and set aside. On a baking sheet lined with Silicone Wonder™ Mat, press out cookie dough to 9" circle. Bake for 12-15 minutes at 350°F. Let cool for a few minutes and then spread cream cheese mixture onto cookie. Sprinkle with fruit and chill until time to serve. Remove from Silicone Wonder™ Mat before slicing pizza.

To prevent bananas from turning black, cover sliced bananas with 1/8 cup apricot or peach jam diluted with 2 tsp. of water.

Nutritional Facts: Serv. Size: 1/16 pizza (70g/2.5 oz.), Servings per recipe: 16, Calories 208, Calories from Fat 90, Total Fat 10g, Saturated Fat 3g, Cholesterol 18mg, Sodium 193mg, Total Carb 27g, Dietary Fiber 1g, Sugars 15g, Protein 3g

- 1 (14 oz.) can fat-free sweetened condensed milk
- 1 (14 oz.) bag sweetened coconut flakes
- 1 tsp. vanilla

- 1 (18 oz.) pkg. refrigerated sugar cookie dough
- 1 (8 oz.) pkg. low-fat cream cheese
- 1/4 cup packed light brown sugar
- 2 cups mixed fruit (whatever handy—sliced strawberries, blueberries, raspberries or sliced bananas)

## shortbread cookies

Makes 60 cookies

Mix together flour and sugar in Thatsa™ Bowl. Cut in butter with two butter knives until coarse mixture. Drop by teaspoonfuls onto baking sheet lined with Silicone Wonder™ Mat. Flatten slightly and bake for 18-22 minutes at 325°F or until lightly golden-brown.

**Recipe Variation:** Stir in 1 cup chocolate chips, 1 cup walnuts or 1 cup raisins.

Nutritional Facts: Serv. Size: 1 cookie (18.3g/0.65 oz.), Servings per recipe: 60, Calories 94, Calories from Fat 56, Total Fat 6g, Saturated Fat 4g, Cholesterol 17mg, Sodium 64mg, Total Carb 9g, Dietary Fiber <1g, Sugars 3g, Protein 1g

## chocolate peanut butter sandwich cookies

Makes 24 sandwich cookies

Spread 1 teaspoon of peanut butter between two crackers. Melt chocolate in Base of Oval Microwave Cooker on High for approximately 2 minutes. Stir and microwave for additional 30 seconds, if necessary.

Using Silicone Spatula, dip peanut butter sandwich cookies into melted chocolate covering completely. Place dipped cookie on 11" x 17" cookie sheet lined with a Silicone Wonder™ Mat. Chill for approximately 10 minutes or until firm.

Nutritional Facts: Serv. Size: 1 sandwich cookie (26g/0.9 oz.), Servings per recipe: 24, Calories 127, Calories from Fat 69, Total Fat 8g, Saturated Fat 3g, Cholesterol 0mg, Sodium 83mg, Total Carb 14g, Dietary Fiber 1g, Sugars 9g, Protein 2g

- 1 lb. butter, sliced pieces
- 4 cups all-purpose flour
- 1 cup packed light brown sugar

- 48 low-fat, round buttery crackers
- 1/2 cup creamy peanut butter (approximately)
- 1 (12 oz./2 cups) pkg. semi-sweet chocolate chips (or milk chocolate chips)

### serve-it-up tip

#### Great Gift Idea

Place these Chocolate Peanut Butter Sandwich Cookies in Special Occasion Canisters. Add a little flair, wrap a few in aluminum foil and place throughout.



## marinated pork stuffed pitas

Makes 8 pocket halves

In Quick Shake® container, mix together marinade ingredients. Place strips of pork into Season-Serve® container, pour marinade over top. Seal and let stand for 15 minutes; flipping Season-Serve® container every 5 minutes. Place on baking pan lined with Silicone Wonder™ Mat and bake for 20 minutes at 350°F. Fill pitas with pork and desired toppings.

**Serving Suggestion:** For Yogurt Sauce, mix 1 cup plain low-fat yogurt, and 1 garlic clove (minced) in Quick Shake® container.

**Optional Toppings:** Sliced tomatoes, shredded lettuce, shredded cheese and cucumbers

Nutritional Facts: Serv. Size: 2 pocket halves (414.6g/14.6 oz.), Servings per recipe: 4, Calories 415, Calories from Fat 63, Total Fat 7g, Saturated Fat 2g, Cholesterol 87mg, Sodium 1253mg, Total Carb 45g, Dietary Fiber 4g, Sugars 10g, Protein 47g

Marinade:

2 Tbsp. Zesty Pork & Poultry Seasoning  
1/4 cup water  
2 Tbsp. white vinegar

1 lb. (4–4 oz.) pork tenderloin, sliced into strips  
1 pkg. pitas

### serve-it-up tip

Baked tomatoes will make a nice addition! Take 4 ripe tomatoes, cut an “X” into the top half and wedge a small slice of mozzarella cheese into it. Bake at 325°F on an 11" x 17" baking sheet lined with the Silicone Wonder™ Mat until cheese is melted.

## shrimp & veggie toss over pasta

Makes 4 servings

**For Stovetop:** Using non-stick cooking spray, sauté peppers, garlic and onion in pan. Add shrimp until heated through.

**For Microwave:** Place 1 cup water in Base of Oval Microwave Cooker. In Shallow Colander place vegetable mix and minced garlic. Microwave 2–3 minutes on High until vegetables are tender crisp. Add shrimp; microwave additional 2 minutes, just until warm.

In Thatsa™ Bowl, toss together hot pasta and shrimp mixture. Serve immediately.

**Serving Suggestion:** Add 2 Tbsp. olive oil, fresh ground pepper and grated Parmesan cheese to taste. Buy refrigerated loaf of French bread—bake on baking sheet lined with Silicone Wonder™ Mat or serve with Parmesan Crisps (recipe on pg. 26).

Nutritional Facts: Serv. Size: approx. 1 cup (300g/10.6 oz.), Servings per recipe: 4, Calories 346, Calories from Fat 21, Total Fat 2g, Saturated Fat <1g, Cholesterol 221mg, Sodium 256mg, Total Carb 47g, Dietary Fiber 3g, Sugars 3g, Protein 32g

## garlic infused shrimp

Makes 4 servings

In Base of Oval Microwave Cooker, place wine, and garlic. In Shallow Colander, place shrimp seasoned with Ginger Teriyaki Seasoning. Microwave on High for about 4 minutes until shrimp turns pink. Toss shrimp and hot pasta in white wine mixture. Serve immediately.

**Serving Suggestion:** Add 1 Tbsp. olive oil, fresh ground pepper and Parmesan cheese to taste.

Nutritional Facts: Serv. Size: approx. 1 cup (277g/9.8 oz.), Servings per recipe: 4, Calories 340, Calories from Fat 20, Total Fat 2g, Saturated Fat <1g, Cholesterol 161mg, Sodium 728mg, Total Carb 48g, Dietary Fiber 3g, Sugars 3g, Protein 25g

1/2 cup chopped peppers (red & green)  
1/2 cup chopped onion  
2 cloves garlic, minced  
1 lb. cooked shrimp (peeled and deveined)  
8 oz. thin spaghetti, cooked

### serve-it-up tip

Make sure you're eating colorful vegetables and fruits. The more colorful your food, the prettier your plate will look, and you'll be eating healthier!

1/2 cup white wine  
2 cloves garlic, minced  
2 Tbsp. Ginger Teriyaki Seasoning  
1 lb. shrimp (peeled, and deveined)  
8 oz. thin spaghetti, cooked

# south pacific fish

Makes 4 servings

**For Microwave:** Coat fish fillets with Seasoning. Place 1 cup of water in Base of Oval Microwave Cooker. In Shallow Colander, place seasoned fish fillets and microwave on High for 4 minutes. Check to see if fish is opaque and flaky. May need to cook an additional 2 minutes.

**For Oven:** Coat fish fillets with Seasoning. Place on a baking pan lined with Silicone Wonder™ Mat; bake at 350°F for 15–20 minutes or until fish flakes easily with a fork.

**Side Dish Suggestion:** Asian or Thai-flavored rice.

Nutritional Facts: Serv. Size: 1 fillet (96g/3.4 oz.), Servings per recipe: 4, Calories 170, Calories from Fat 63, Total Fat 7g, Saturated Fat 1g, Cholesterol 70mg, Sodium 633mg, Total Carb 3g, Dietary Fiber <1g, Sugars 1g, Protein 22g

- 1 lb. (4–4 oz.) fish fillets  
(salmon or any white fish)
- 2 Tbsp. Island Rub  
Seasoning

## serve-it-up tip

A table centerpiece of fresh, washed whole fruit will do double duty with a selection of cheese for the dessert course.

# south of the border salmon

Makes 4 servings

**For Microwave:** In Shallow Colander of Oval Microwave Cooker, cover salmon with salsa and for cook for 4 minutes on High. Check to see if salmon has turned light pink throughout. Cook additional 2 minutes if necessary.

**For Oven:** Place salmon on baking pan lined with Silicone Wonder™ Mat. Cover with salsa. Bake at 350°F for 15–20 minutes or until fish flakes easily with a fork.

**Side Dish Suggestion:** Cajun-style rice.

Nutritional Facts: Serv. Size: 1 fillet (177g/6.3 oz.), Servings per recipe: 4, Calories 150, Calories from Fat 23, Total Fat 4g, Saturated Fat <1g, Cholesterol 59mg, Sodium 289mg, Total Carb 4g, Dietary Fiber <1g, Sugars 2g, Protein 23g

- 1 lb. (4–4 oz.) fresh pink salmon fillets
- 1 cup Simply Salsa  
(recipe on pg. 19)

# vegetarian stuffed peppers

Makes 6 servings

Stir together uncooked rice and seasoning packet, 2 cups water, black beans, and 14 oz. can diced tomatoes and Seasoning in Base of Oval Microwave Cooker. Cover and microwave at High for 10–15 minutes until tender. Remove rice and add 1 cup of water to Base. Place peppers in Deep Colander of Oval Microwave Cooker and steam on High for 3 minutes. Stuff rice mixture evenly into each pepper and microwave an additional 2 minutes on High.

**Optional Topping:** 1 cup shredded low-fat or non-fat cheese (Mexican variety) heat on High for 30 seconds.

Nutritional Facts: Serv. Size: 1 stuffed pepper (288g/10.2 oz.), Servings per recipe: 6, Calories 206, Calories from Fat 6, Total Fat <1g, Saturated Fat <1g, Cholesterol <1mg, Sodium 776mg, Total Carb 44g, Dietary Fiber 5g, Sugars 4g, Protein 8g

- 1 (7 oz.) box Spanish rice
- 2 cups water
- 1 (15 oz.) can black beans
- 1 (14 oz.) can of diced tomatoes plain or with chilis
- 1 Tbsp. Southwest Chipotle Seasoning
- 3 peppers (red, green, orange or yellow) halved and seeded

# simply salsa

Makes 10 servings

Place ingredients in Quick Chef with blade. Turn handle until desired consistency.

**Optional Ingredients:** 2–3 Tbsp. fresh cilantro.

**Recipe Variation:** Add 1 (15 oz.) can black beans to salsa mixture. For spicier salsa, add sliced jalapenos or hot sauce.

Nutritional Facts: Serv. Size: 1/4 cup (57g/2 oz.), Servings per recipe: 10, Calories 16, Calories from Fat <1, Total Fat <1g, Saturated Fat <1g, Cholesterol 0mg, Sodium 192mg, Total Carb 3g, Dietary Fiber <1g, Sugars 2g, Protein <1g

- 1 medium onion  
(peeled and cut in half)
- 2 cloves garlic  
(peeled and smashed)
- Juice of 1/2 lime
- 1 (15 oz.) can diced tomatoes
- 1 Tbsp. Southwest Chipotle Seasoning
- Garlic salt to taste

# southwest chipotle dip

Makes 8 servings

In Tupperware® 10-cup Impressions Bowl, stir together ingredients. Serve with your favorite chips.

Nutritional Facts: Serv. Size: 1/4 cup (60g/2.1 oz.), Servings per recipe: 8, Calories 70, Calories from Fat 1, Total Fat <1g, Saturated Fat <1g, Cholesterol <1mg, Sodium 289mg, Total Carb 12g, Dietary Fiber <1g, Sugars 4g, Protein 4g

- 1 (16 oz.) container non-fat sour cream
- 3 Tbsp. Southwest Chipotle Seasoning

# spiced-up popcorn

Makes 10 servings

Make popcorn according to package directions. Pour contents into Thatsa™ Bowl and sprinkle with preferred Seasoning Blend. Cover with Seal and shake, shake, shake. Spiced-Up Popcorn in seconds!

Nutritional Facts: Serv. Size: 1 cup (8.5g/0.3 oz.), Servings per recipe: 10, Calories 17, Calories from Fat 7, Total Fat <1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 63mg, Total Carb 2g, Dietary Fiber <1g, Sugars <1g, Protein <1g

- 1 bag microwave popcorn (low-fat)
- 2 tsp. Wasabi Ranch or Southwest Chipotle Seasoning

# spicy seafood dip

Makes 6 servings

In Tupperware® 10-cup Impressions Bowl, stir together ingredients. Refrigerate until chilled. Serve with crackers, pita or veggies.

## Recipe Variations:

**Seafood Onion Dip** Substitute 2 Tbsp. Western Onion Seasoning.

**Crab Dip** Substitute 6 oz. can of crabmeat for tuna.

Nutritional Facts: Serv. Size: 1/4 cup (59.3g/2.1 oz.), Servings per recipe: 6, Calories 120, Calories from Fat 66, Total Fat 7g, Saturated Fat 4g, Cholesterol 29mg, Sodium 423mg, Total Carb 4g, Dietary Fiber <1g, Sugars 3g, Protein 9g

- 1 (6 oz.) can albacore tuna in water, drained
- 1 (8 oz.) pkg. low-fat cream cheese, softened
- 2 Tbsp. Wasabi Ranch or Southwest Chipotle Seasoning

# baked apples & cinnamon

Makes 4 servings

Place ingredients in Base of Oval Microwave Cooker; cover and microwave on High for 4 minutes. Stir and microwave on High for 4 more minutes. Stir again; apples should be fork tender. If necessary microwave on High for an additional 2 minutes.

**Serving Suggestion:** Perfect as a topping over low-fat ice cream or frozen yogurt.

Nutritional Facts: Serv. Size: 1/2 cup (115.3g/4.1 oz.), Servings per recipe: 4, Calories 127, Calories from Fat 3, Total Fat <1g, Saturated Fat <1g, Cholesterol 0mg, Sodium 7mg, Total Carb 32g, Dietary Fiber 2g, Sugars 30g, Protein <1g

- 3 apples, cored, peeled and sliced
- 1/2 cup packed light brown sugar
- 1 tsp. vanilla
- 1 tsp. ground cinnamon

# butterscotch heaven

Makes 12 servings

Using Chopper Machine to crush about 20 cookies to yield 1 cup of crushed cookies. Spread evenly in Base of Oval Microwave Cooker. In Quick Shake® container, pour in 2 cups cold, skim milk and 1 package of pudding. Seal and shake for about 2 minutes, pudding will thicken. Pour over crushed cookies using Silicone Spatula to spread evenly. Then spread 1/2 of whipped topping over pudding. Repeat pudding recipe in Quick Shake® container. Layer pudding over whipped topping; spread the rest of the whipped topping over pudding. Finish dessert by sprinkling 2 crumbled cookies over whipped topping. Chill until ready to serve.

Nutritional Facts: Serv. Size: approx. 3/4 cup (126.5g/4.5 oz.), Servings per recipe: 12, Calories 141, Calories from Fat 13, Total Fat <1g, Saturated Fat <1g, Cholesterol 1mg, Sodium 161mg, Total Carb 26g, Dietary Fiber <1g, Sugars 11g, Protein 4g

- 1 (14 oz.) bag reduced fat ginger snaps
- 2 (1 oz.) pkgs. fat-free, sugar-free instant butterscotch pudding
- 1 qt. skim milk
- 1 (12 oz.) container non-fat whipped topping

# pineapple delight

Makes 12 servings

Drain pineapple, setting aside juice for later. Place pineapple in Base of Oval Microwave Cooker. Sprinkle brown sugar over pineapple. In Thatsa™ Bowl, combine cake mix with pineapple juice until moist. Pour cake batter over pineapple/sugar mix. Microwave on High for 7 minutes. Let cake sit for 2 minutes before serving.

**Recipe Variation:** Substitute peaches in juice for pineapple.

Nutritional Facts: Serv. Size: 1/12 recipe (86.6g/3 oz.), Servings per recipe: 12, Calories 177, Calories from Fat 1, Total Fat <1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 279mg, Total Carb 41g, Dietary Fiber <1g, Sugars 34g, Protein 4g

- 2 Tbsp. light brown sugar
- 1 (16 oz.) box angel food cake
- 1 (20 oz.) can crushed pineapple in natural juice

## serve-it-up tip

### Upside-Down Pineapple Delight

Simply flip cooled cake onto a serving plate. Serve with a dollop of non-fat whipped topping.

## backwardBBQ

## beefed-up burgers

Makes eight 1/4 lb. burgers

Use The Chopper Machine to chop onion. Mix ground beef, onion, and Seasoning Blend in Thatsa™ Bowl with Silicone Spatula. Use Large Hamburger Press to make burgers.

Cook on stovetop or grill until desired doneness.

### Recipe Variations:

**Tex-Mex Version** Use 2 Tbsp. Southwest Chipotle Seasoning.

**BBQ Version** Use 2 Tbsp. Hickory Mesquite Seasoning with 1/4 cup ketchup.

**Asian Version** Use 2 Tbsp. Ginger Teriyaki Seasoning.

**Side Dish Suggestion:** Spicy Potato Wedges (recipe on pg. 11) and corn.

Nutritional Facts: Serv. Size: 1 burger (120.5g/4.25 oz.), Servings per recipe: 8, Calories 178, Calories from Fat 72, Total Fat 8g, Saturated Fat 3g, Cholesterol 65mg, Sodium 352mg, Total Carb 2g, Dietary Fiber <1g, Sugars <1g, Protein 23g

## layered dip

Makes 12 servings

In Base of Oval Microwave Cooker, layer ingredients in order with shredded cheese ending up on top. Cover and microwave on High until cheese is melted and bubbly, about 2 minutes. Serve immediately with Speedy Tortilla Chips (recipe on pg.29).

**Optional Ingredients:** Sliced jalapenos or olives.

Nutritional Facts: Serv. Size: 1/3 cup (85g/3 oz.), Servings per recipe: 12, Calories 96, Calories from Fat 30, Total Fat 3g, Saturated Fat 2g, Cholesterol 12mg, Sodium 357mg, Total Carb 9g, Dietary Fiber 2g, Sugars 2g, Protein 7g

- 1 small onion, chopped (1/2 cup)
- 2 lb. extra lean ground beef (7% fat)
- 2 Tbsp. Savory Chop Seasoning

### serve-it-up tip

#### Kids' Party Idea

Make mini-burgers using a heaping tablespoonful. Cook and serve on small dinner rolls.

## wingin' it chicken wings

Makes 21 servings

Sprinkle chicken with Seasoning in Thatsa™ Bowl. Seal and shake it up! Spread on a baking sheet lined with Silicone Wonder™ Mat. Bake at 375°F for 20 minutes; turn and bake an additional 10–15 minutes.

### Dipping Sauce Suggestions:

**Traditional** Mix together in Thatsa™ Bowl 8 oz. low-fat or non-fat sour cream, 2 Tbsp. blue cheese crumbles, and 2 Tbsp. Veggie Delight Seasoning.

**Asian Twist** Mix together in Thatsa™ Bowl 8 oz. low-fat sour cream and 1 1/2 Tbsp. Wasabi Ranch Seasoning.

**BBQ** Mix together in Thatsa™ Bowl 1 cup ketchup, 2 Tbsp. white vinegar, and 2 Tbsp. Hickory Mesquite Seasoning.

**Side Dish Suggestion:** Carrot and celery sticks.

Nutritional Facts: Serv. Size: 2 wings (44.2g/1.6 oz.), Servings per recipe: 21, Calories 90, Calories from Fat 32, Total Fat 3g, Saturated Fat 1g, Cholesterol 36mg, Sodium 244mg, Total Carb 1g, Dietary Fiber <1g, Sugars <1g, Protein 13g

## barbeque chicken fingers

Makes 4 servings

Coat chicken with Seasoning. Place on a baking sheet lined with Silicone Wonder™ Mat. Bake at 375°F for 25–30 minutes.

### Dipping Sauce Suggestions:

**Traditional BBQ Sauce** Mix together 1/2 cup ketchup, 2 Tbsp. white vinegar, and 2 Tbsp. Hickory Mesquite Seasoning.

**Honey BBQ Sauce** Add 2 Tbsp. of honey to Traditional BBQ Sauce mixture above.

Nutritional Facts: Serv. Size: 4 strips (118g/4 oz.), Servings per recipe: 4, Calories 201, Calories from Fat 38, Total Fat 4g, Saturated Fat 1g, Cholesterol 96mg, Sodium 545mg, Total Carb 3g, Dietary Fiber <1g, Sugars 1g, Protein 35g

- 2 lb. chicken wings or boneless, skinless chicken breast, sliced into strips
- 1/4 cup of your choice: Hickory Mesquite, Island Rub, or Ginger Teriyaki Seasoning

### serve-it-up tip

Finger foods tend to get messy. Tuck a couple of individually wrapped hand wipes into napkins. Now your guests can clean their hands easily.

### serve-it-up tip

#### Easy Butter Corn

Place warm, husked corn in Season-Serve® container. Add four tablespoon pats of butter along with favorite Seasoning, seal container and flip several times.

## ez s'mores

Makes 16 s'mores

Melt chocolate in Base of Oval Microwave Cooker on High for 2 minutes. Stir and melt for additional 30 seconds, if necessary. While chocolate is melting, make small marshmallow sandwiches with the graham crackers. Dip sandwiches in chocolate and place on a baking sheet lined with Silicone Wonder™ Mat.

**Recipe Variation:** Chocolate covered graham crackers, omit marshmallow creme. Makes 32 cookies.

Nutritional Facts: Serv. Size: 1 s'more (33.6g/1.2 oz.), Servings per recipe: 16, Calories 154, Calories from Fat 68, Total Fat 6g, Saturated Fat 4g, Cholesterol 4mg, Sodium 59mg, Total Carb 24g, Dietary Fiber 0g, Sugars 18g, Protein <1g

## individual ice cream cobbler

Makes 8 servings

Slice and place cookie dough on a baking sheet lined with Silicone Wonder™ Mat. Bake at 350°F for 10–12 minutes. Microwave chocolate fudge or caramel sauce in Rock 'N Serve™ Medium Shallow at Medium High (70% power) for 15–30 seconds. Scoop 1/2 cup of ice cream in favorite ice cream dish, drizzle 2 Tbsp. of sauce over ice cream. Top with 1 warm sugar cookie. Best if served with while cookies are warm.

Nutritional Facts: Serv. Size: 1 cobbler (1 cookie, 1/2 cup low-fat ice cream, 2 Tbsp. fat-free caramel sauce) (123g/4.3 oz.), Servings per recipe: 8, Calories 272, Calories from Fat 59, Total Fat 6g, Saturated Fat 3g, Cholesterol 15mg, Sodium 274mg, Total Carb 52g, Dietary Fiber <1g, Sugars 46g, Protein 4g

- 1 (12 oz.) pkg. milk chocolate chips (or semi-sweet chocolate chips)
- 8 Graham Crackers broken into 1/4 pieces
- 3 oz. marshmallow creme

### serve-it-up tip

#### Rain, rain, go away

Don't let the rain get you down! Throw a colorful quilt on the floor; add some oversized pillows and have your guests enjoy an indoor picnic!

- 1 (18 oz.) pkg. refrigerated sugar cookie dough
- 1 qt. low-fat vanilla ice cream
- 1 (12 oz.) jar fat-free chocolate fudge or caramel sauce

### serve-it-up tip

Freeze leftover cookies in a Rock 'N Serve™ container for later use.

## sweet 'n fruity dip

Makes 8 servings

In Base of Oval Microwave Cooker, mix together ingredients, except for fruit. Microwave on Medium High (70% power) for 1–2 minutes; stir until smooth. Place into Tupperware® Impressions 5 1/2-cup Bowl. Chill and serve with mixed, sliced fruit.

Nutritional Facts: Serv. Size: 1/4 cup (53.8g/1.9 oz.), Servings per recipe: 8, Calories 149, Calories from Fat 45, Total Fat 5g, Saturated Fat 3g, Cholesterol 16mg, Sodium 105mg, Total Carb 23g, Dietary Fiber 0g, Sugars 19g, Protein 3g

- 1 (8 oz.) pkg. low-fat cream cheese
- 1 (7 oz.) jar marshmallow crème
- 1 tsp. vanilla extract
- 3 cups of mixed, sliced fruit (any variety available)

## carmelized bananas

Makes 8 servings

Place ingredients into Base of Oval Microwave Cooker. Cover and microwave on Medium High (70% power) for 9–12 minutes. Serve by itself or over vanilla ice cream.

Nutritional Facts: Serv. Size: 1/4 cup (69.2g/2.4 oz.), Servings per recipe: 8, Calories 121, Calories from Fat 54, Total Fat 6g, Saturated Fat 4g, Cholesterol 15mg, Sodium 61mg, Total Carb 18g, Dietary Fiber 1g, Sugars 15g, Protein <1g

- 4 ripe bananas, sliced in half
- 1/4 cup packed light brown sugar
- 1 tsp. vanilla
- 1/2 stick butter, melted

## chocolate chip caramel bars

Makes about 24 bars

Line 11" x 17" baking pan with Silicone Wonder™ Mat, press cookie dough evenly onto Mat. Pour caramel sauce over dough. Bake at 375°F for 25 minutes; reduce temperature to 350°F and bake for additional 5 minutes. Cool slightly. Use Silicone Spatula to slice bars and remove from pan. Bars will be slightly crunchy on top and gooey on bottom.

**Optional Toppings:** 1 cup chopped nuts or 1 cup shredded coconut, press into mixture and then pour caramel over.

**Serving Suggestion:** Slice and serve warm with ice cream.

Nutritional Facts: Serv. Size: 1 bar (65g/2.3 oz.), Servings per recipe: 24, Calories 291, Calories from Fat 103, Total Fat 11g, Saturated Fat 5g, Cholesterol 14mg, Sodium 149mg, Total Carb 44g, Dietary Fiber 2g, Sugars 29g, Protein 3g

- 1 (18 oz.) pkg. refrigerated chocolate chip dough
- 1 (32 oz.) pkg. refrigerated chocolate chip dough
- 1 (12 oz.) jar caramel sauce

### serve-it-up tip

Use large cookie cutters to create fun shaped bar cookies and sandwiches. Carefully press cutters into warm bar cookie. Place on clean cookie sheet or plate and chill.



## southwest chicken stir-fry

Makes 4 servings

Coat chicken strips with Seasoning, add peppers and onion; follow one of these cooking directions:

**For Microwave:** Place 1 cup of water in Base of Oval Microwave Cooker; place coated chicken and veggies in Shallow Colander. Cover. Microwave on High for 5 minutes. Stir and microwave additional 3–5 minutes until chicken is thoroughly cooked.

**For Stovetop:** Spray pan with non-stick cooking spray. Place above mixture in heated pan and cook until chicken is thoroughly cooked and veggies are cooked to desired doneness.

**For Oven:** Place above mixture on Silicone Wonder™ Mat on baking sheet and bake at 350°F for 10 minutes, turn and bake for additional 10 minutes.

**Side Dish Suggestion:** Serve over Spanish rice with black beans. Toppings: shredded cheese, salsa and sour cream.

Nutritional Facts: Serv. Size: 1/2 cup (120g/4.2 oz.), Servings per recipe: 4, Calories 146, Calories from Fat 26, Total Fat 3g, Saturated Fat <1g, Cholesterol 63mg, Sodium 382mg, Total Carb 5g, Dietary Fiber <1g, Sugars 3g, Protein 24g

## parmesan crisps

Makes 6-8 servings

Sprinkle cheese onto baking pan lined with Silicone Wonder™ Mat. Bake at 350°F for 10–12 minutes or until golden brown. Cool completely and break into individual crisps.

Nutritional Facts: Serv. Size: 1/8 recipe (27.5g/1 oz.), Servings per recipe: 8, Calories 114, Calories from Fat 67, Total Fat 7g, Saturated Fat 5g, Cholesterol 20mg, Sodium 466mg, Total Carb <1g, Dietary Fiber 0g, Sugars <1g, Protein 10g

- 1 lb. boneless, skinless chicken breast halves, sliced thin strips
- 2 Tbsp. Southwest Chipotle Seasoning
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion

### serve-it-up tip

#### Simple Center Piece Idea

Fill a set of Tupperware® Impressions 16 oz. Tumblers with Drip-Less™ Straw seals with tap water, seal and place a fresh flower such as a Gerbera daisy or tulip in opening. Vary each stem height for added visual interest.

- 2 cups (6 oz.) shredded Parmesan cheese

### serve-it-up tip

Perfect to accompany salads and pastas.

## asian stir-fry

Makes 4 servings

Coat chicken strips with Seasoning, add Oriental vegetable blend; follow same cooking directions for Southwest Chicken Stir-Fry (recipe on pg. 26).

**Side Dish Suggestion:** Serve chicken mixture over white rice.

**For Lean Beef, Pork or Shrimp Stir-Fry:** Substitute 1 lb. meat or 1lb. of shrimp (peeled and deveined) for chicken. Follow same cooking directions and menu suggestions.

Nutritional Facts: Serv. Size: 3/4 cup (197g/7 oz.), Servings per recipe: 4, Calories 226, Calories from Fat 40, Total Fat 4g, Saturated Fat 1g, Cholesterol 63mg, Sodium 1311mg, Total Carb 17g, Dietary Fiber <1g, Sugars 6g, Protein 27g

## asian salad

Makes 4 servings

Coat chicken pieces with Seasoning, follow one of these cooking directions:

**For Microwave:** Place 1 cup of water in Base of Oval Microwave Cooker. Place coated chicken in Shallow Colander. Cover and microwave on High for 5 minutes. Stir and microwave an additional 3 minutes until chicken is thoroughly cooked.

**For Stovetop:** Spray pan with non-stick cooking spray. Place chicken in heated pan and cook thoroughly.

**For Oven:** Place chicken on Silicone Wonder™ Mat lined baking sheet and bake at 350°F for 15 minutes.

Serve chicken hot or cold over lettuce with mandarin oranges, chow mein noodles and snow peas.

**Optional Toppings:** 1/4 cup chopped cashews, and 1 can drained chopped water chestnuts.

**Dressing Suggestion:** Wasabi Ranch Salad Dressing (recipe on pg. 30)

**Recipe Variation:**

**For Asian Beef Salad** Substitute 1 lb. cooked lean beef strips.

**For Asian Shrimp Salad** Substitute 1 lb. cooked shrimp peeled and deveined.

Nutritional Facts (not including dressing): Serv. Size: approx. 2 cups (356g/12.5 oz.), Servings per recipe: 4, Calories 347, Calories from Fat 96, Total Fat 11g, Saturated Fat 2g, Cholesterol 73mg, Sodium 718mg, Total Carb 31g, Dietary Fiber 4g, Sugars 11g, Protein 33g

- 1 lb. boneless, skinless chicken breast halves, sliced thin strips
- 2 Tbsp. Ginger Teriyaki Seasoning
- Lite soy sauce (to taste)
- 1 (16 oz.) pkg. frozen Oriental vegetable blend

- 1 lb. (4–4 oz.) boneless, skinless chicken breast halves, sliced bite-size pieces
- 2 Tbsp. Ginger Teriyaki or Wasabi Ranch Seasoning
- 1 (12 oz.) Asian salad greens (use 1 lb. romaine lettuce and 2 cups chow mein noodles if pre-made lettuce not available)
- 1 (11 oz.) can mandarin oranges
- 1 (8 oz.) pkg. frozen snow peas

### serve-it-up tip

Instead of using forks and knives, use disposable chopsticks for a change of pace.



# southwest chicken enchiladas

Makes 6 servings

Mix chicken, Seasoning, peppers and onions together. Follow one of these cooking directions:

**For Microwave:** Place 1 cup of water in Base of Oval Microwave Cooker. Place chicken and veggies in Shallow Colander. Cover and microwave on High for 5 minutes. Stir and microwave an additional 3–5 minutes until chicken is thoroughly cooked.

**For Stovetop:** Spray pan with non-stick cooking spray. Place above mixture in heated pan and cook until chicken is thoroughly cooked and veggies are cooked to desired doneness.

**For Oven:** Place above mixture on Silicone Wonder™ Mat on baking sheet and bake at 350°F for 10 minutes, turn and bake for additional 10 minutes.

In the Base of the Oval Microwave Cooker, layer 6 tortillas, sauce, chicken mixture, cheese. Repeat until finished, shredded cheese should be on top. Cover and microwave on Medium High (70% power) for 7–10 minutes. Can also be baked in conventional oven using a 2-qt. covered casserole dish at 350°F for 25–30 minutes.

**Side Dish Suggestions:** Serve with Spanish rice prepared with can of black beans, sour cream and Simply Salsa (recipe on pg. 19)

Nutritional Facts: Serv. Size: 1/6 recipe or approx. 1 cup (248g/8.7 oz.), Servings per recipe: 6, Calories 297, Calories from Fat 44, Total Fat 5g, Saturated Fat <1g, Cholesterol 45mg, Sodium 777mg, Total Carb 39g, Dietary Fiber 4g, Sugars 3g, Protein 25g

## chicken olé

Makes 4 servings

Mix Seasoning in crushed crackers. Roll chicken in sour cream and then cracker mixture. Place onto baking sheet lined with Silicone Wonder™ Mat. Bake at 375°F for 25–30 minutes.

**Side Dish Suggestions:** Spicy Potato Wedges (recipe on pg. 11) and corn

Nutritional Facts: Serv. Size: 1 breast portion (181.5g/6.4 oz.), Servings per recipe: 4, Calories 323, Calories from Fat 94, Total Fat 10g, Saturated Fat 5g, Cholesterol 93mg, Sodium 640mg, Total Carb 20g, Dietary Fiber <1g, Sugars 5g, Protein 34g

- 1 lb. (4–4 oz.) boneless, skinless chicken breasts cut into strips
- 2 Tbsp. Southwest Chipotle Seasoning
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- Additional ingredients: 12 corn tortillas, 1 (15 oz.) can enchilada sauce, and 1 cup fat-free shredded cheddar cheese

### serve-it-up tip

#### Fruit Candle Holders

Select three large lemons, or other whole fresh fruits, of equal size and height and three tea light candles. Using the Chef Series™ Paring Knife, cut a circle the size of the candle in the top of each lemon and discard. Remove enough pulp to set candle in the lemon so that candle top is level with top of fruit. Trim the base of each lemon to allow fruit to sit flat on a safe surface.

- 1 cup crushed cheese crackers (use Chopper Machine)
- 2 Tbsp. Southwest Chipotle Seasoning
- 1 lb. (4–4 oz.) boneless, skinless chicken breast halves
- 8 oz. low-fat sour cream

# pacific rim pork chops

Makes 4 servings

Coat pork chops with Seasoning in Thatsa™ Bowl. Place onto baking pan lined with Silicone Wonder™ Mat. Bake at 375°F for 25–30 minutes.

**For Grill:** Grill until desired doneness—minimum 160°F.

**Side Dish Suggestions:** Stir-fry rice and snap peas.

Nutritional Facts: Serv. Size: 1 chop (89g/3.14 oz.), Servings per recipe: 4, Calories 181, Calories from Fat 65, Total Fat 7g, Saturated Fat 3g, Cholesterol 73mg, Sodium 340mg, Total Carb 2g, Dietary Fiber <1g, Sugars <1g, Protein 26g

## queso dip

Makes 12 servings

In Base of Oval Microwave Cooker, stir together ingredients. Cover and microwave on High for 2 minutes or until cheese is melted when stirred. Serve with chips.

Nutritional Facts: Serv. Size: 1/4 cup (73g/2.6 oz.), Servings per recipe: 12, Calories 78, Calories from Fat 24, Total Fat 3g, Saturated Fat 2g, Cholesterol 12mg, Sodium 730mg, Total Carb 3g, Dietary Fiber <1g, Sugars 2g, Protein 10g

## speedy tortilla chips

Makes 50 chips

Place tortilla pieces on baking sheet lined with Silicone Wonder™ Mat. Spray lightly with non-stick cooking spray. Sprinkle lightly with Seasoning. Bake at 400°F for 3 minutes, turn chips over and bake a few more minutes until lightly golden and crisp.

Nutritional Facts: Serv. Size: 10 chips, Servings per recipe: 5, Calories 241, Calories from Fat 44, Total Fat 5g, Saturated Fat 1g, Cholesterol <1mg, Sodium 66mg, Total Carb 41g, Dietary Fiber 2g, Sugars 2g, Protein 6g

- 1 lb. (4–4 oz.) boneless pork loin chops
- 1 Tbsp. Island Rub or Ginger Teriyaki Seasoning

- 1 (14 1/2 oz.) can diced tomatoes with chili peppers
- 1 Tbsp. Southwest Chipotle Seasoning
- 1 (16 oz.) pkg. low-fat processed cheese food, cut into pieces

- 5 soft flour tortillas, ripped into 1 1/2 inch pieces
- 1–2 Tbsp. Southwest Chipotle Seasoning

# chinese noodle candy

Makes 18 pieces

Melt chocolate in Base of Oval Microwave Cooker on High for 1½–2 minutes. Stir with Silicone Spatula and melt for additional 30 seconds if necessary. Gently fold in pecans and chow mein noodles. Drop small bundles onto Silicone Wonder™ Mat lined baking sheet and chill until hardened.

## Recipe Variations:

**P'nutty Version** Reduce chocolate chips to 1 cup and add 1 cup peanut butter chips

**Rocky Road Version** Add 1 cup mini-marshmallows

Nutritional Facts: Serv. Size: 1 piece (27g/1 oz.), Servings per recipe: 18, Calories 137, Calories from Fat 84, Total Fat 9g, Saturated Fat 4g, Cholesterol 0mg, Sodium 23mg, Total Carb 15g, Dietary Fiber 1g, Sugars 11g, Protein 1g

2 cups (12 oz. bag) semi-sweet chocolate chips  
½ cup of pecans or walnuts, chopped  
1 (3 oz.) can chow mein noodles

# wasabi ranch salad dressing

Makes 8 servings

Place ingredients in Quick Shake® container; seal and shake it up! Refrigerate until ready to serve.

**Recipe Variation:** For South of the Border Dressing, substitute Southwest Chipotle Seasoning for Wasabi Ranch Seasoning.

Nutritional Facts: Serv. Size: 2 Tbsp. (36g/1.3 oz.), Servings per recipe: 8, Calories 60, Calories from Fat 41, Total Fat 5g, Saturated Fat <1g, Cholesterol 16mg, Sodium 206mg, Total Carb 5g, Dietary Fiber <1g, Sugars 3g, Protein <1g

¾ cup low-fat mayonnaise  
¼ cup buttermilk  
2 Tbsp. water  
1½ Tbsp. Wasabi Ranch Seasoning

## serve-it-up tip

Serve salad greens at room temperature for better flavor!

# chocolate fortune cookies

Makes 24 cookies

Melt chocolate chips in Base of Oval Microwave Cooker on High for 1 minute. Stir and microwave for additional 30 seconds, if necessary. Dip ½ of fortune cookie in chocolate and place onto baking sheet lined with Silicone Wonder™ Mat. Chill until firm.

## Recipe Variations:

**Black & White Fortune Cookies** 1 cup of white chocolate morsels, melted. After semi-sweet chocolate is firm, dip other ½ of fortune cookie into melted white chocolate. Chill until firm.

**Nutty Fortune Cookies** Roll in crushed nuts. Chill until firm.

Nutritional Facts: Serv. Size: 1 cookie (13g/0.5 oz.), Servings per recipe: 24, Calories 56, Calories from Fat 16, Total Fat 2g, Saturated Fat 1g, Cholesterol <1mg, Sodium 22mg, Total Carb 10g, Dietary Fiber <1g, Sugars 6g, Protein <1g

2 (3½ oz.) boxes fortune cookies  
1 (6 oz./1 cup) pkg. semi-sweet chocolate chips (or milk chocolate chips)

# wonton triangle delights

Makes 60 wontons

Place wonton wrappers on a baking sheet lined with Silicone Wonder™ Mat. Place approximately 1 teaspoon of chips and 1 slice of banana in center of wrapper. Using finger, dip into warm water and run finger along edge of wonton. Fold wonton in half, sealing edges together forming a triangle. Bake for 8–10 minutes at 350°F. Best enjoyed warm.

## Recipe Variations:

**Peanut Butter, Chocolate, Banana Wontons** Add ½ tsp. of peanut butter to each wonton above and bake for 8–10 minutes at 350°F.

**Peanut Butter & Chocolate Wontons** Substitute peanut butter for ripe bananas

Nutritional Facts: Serv. Size: 1 wonton, Servings per recipe: 60, Calories 50, Calories from Fat 15, Total Fat 2g, Saturated Fat 1g, Cholesterol <1mg, Sodium 46mg, Total Carb 9g, Dietary Fiber <1g, Sugars 3g, Protein 1g

1 pkg. of wonton wrappers  
2 cups (12 oz.) mini semi-sweet chocolate morsels  
2 ripe bananas, peeled and sliced very thin  
½ cup warm water needed for sealing wontons

## serve-it-up tip

A sensational accent when serving vanilla ice cream.

# party tips

Entertaining, whether it's a large formal affair or a casual, backyard celebration, is as much about you, the host, as it is about your guests. Your guests are coming to enjoy you, each other, and the time spent together. Plan ahead so you will be able to enjoy the event with your guests. Follow these easy steps: .....

## the day of the party

- Set the table and finalize small decorative touches early in the day to give you a feeling of accomplishment.
- Play your favorite party music throughout the day to put you in the mood.
- Small fresh berries or sprigs of mint placed in the Freezer Mates® Fresh & Pure Ice Trays and then frozen are very festive when floating in a punch bowl or individual tumblers.
- Clean as you prepare. Wash prep dishes as you use them. Allow time to run and empty dishwasher before guests arrive.

## before guests arrive

- Successful entertaining involves engaging guests' five senses:
  - Burn lightly scented candles (sense of smell) and play soft background music (sense of hearing) as guests arrive.
  - Use color (sense of sight) throughout the room—small clusters of potted seasonal perennials give a fresh, colorful look and can be transferred to the garden or deck later.
  - Preset snacks and finger foods (sense of taste) wherever you would like your guests to gather.
  - Try using textured table accessories (sense of touch)—straw placements and fabric napkins might be an option.
- People are first drawn to food by the way it is presented. Create a simple, theme appropriate centerpiece. It may be something as simple as a grouping of candles or a miniature wagon piled with fresh fruits. The centerpiece is a wonderful area for mixing textures and colors. Let your imagination go wild!
- Planning on entertaining outside during the evening? Create your own fire flies! Purchase small glow sticks (approx. 5 inches in length). Activate them and place them (one each) in the Tupperware® Impressions 16 oz. Tumblers with Drip-Less™ Straw Seals.
- Tuck a dishtowel into your apron—you always know where it is!

## during the party

- Save steps when entertaining by using serving trays to carry multiple items to the table or out to the deck.
- Participate in your party. Once the food is on the table, sit down and join your guests.
- Whether you are entertaining family or friends, it isn't necessary to make everything from scratch. A crumbled brownie, topped with ice cream takes on a gourmet feel when served in an attractive dish.
- Place dirty dishes immediately into the dishwasher as you clear a course from the table. It keeps the kitchen area clean and you are ready to run the dishwasher as soon as the last guest leaves.
- Have a family member or guest take plenty of digital photos throughout the event so you may e-mail them to everyone later.

# index

### APPETIZERS

Easy Spinach Dip	·12
Layered Dip	·22
Party Arti Dip	·12
Queso Dip	·29
Simply Salsa	·19
Southwest Chipotle Dip	·19
Seafood Onion Dip	·20
Speedy Tortilla Chips	·29
Spiced-Up Popcorn	·20
Spicy Crab Dip	·20
Spicy Seafood Dip	·20
Spicy Snack Mix	·12
Zippy Onion Dip	·13

### BEEF

Asian Beef Salad	·27
Asian Beef Stir-Fry	·27
Beef Strips Over Noodles, Asian	·8
Beefed-Up Burgers	
Asian, BBQ, Mini, Tex-mex	·22
Easy Tacos	·9
Easy Taco Salads	·9
It's a Wrap	·8
Meatballs, BBQ, Tex-Mex	·7
Meatloaf, BBQ, Tex-Mex	·7
Pizza Meatloaf	·7

### CHICKEN

Asian Chicken Salad	·27
Asian Stir-Fry	·27
Barbecue Chicken Fingers	·23
Chicken Olé	·28
Jazzy Chicken	·10
Rotisserie Chicken	·8
Saturday Night Pitats	·8
Southwest Chicken Enchiladas	·28
Southwest Chicken Stir-Fry	·26
Stuffed Jazzy Chicken	·10
Wingin' it Chicken Wings	·23

### DESSERTS

Baked apples & Cinnamon	·20
Butterscotch Heaven	·21
Caramelized Bananas	·25
Chinese Noodle Candy, P'nutty,	
Rock Road	·30
Chocolate Chip Caramel Bars	·25
Chocolate Covered Graham Crackers	·24

Chocolate Covered Nutty	
Marshmallows	·13
Chocolate Fortune Cookies	·31
Chocolate Peanut Butter	
Sandwich Cookies	·15
EZ S'mores	·24
Fruit Pizza	·14
Individual Ice Cream Cobbler	·24
Macaroons, Chocolate	·14
Minute Peanut Butter Cookies	·13
Nutty Chocolate Covered Pretzels	·13
Pineapple Delight	·21
Shortbread Cookies	·15
Sweet 'n Fruity Dip	·25
Wonton Triangle Delights, Peanut	
Butter, Chocolate & Banana,	
Peanut Butter & Chocolate	·31

### ETC.

Dipping Sauces, Asian, BBQ,	
Honey, Traditional	·23
Parmesan Crisps	·26
South of the Border Dressing	·30
Wasabi Ranch Salad Dressing	·30

### PORK

Asian Pork Stir-Fry	·27
Marinated Pork Stuffed Pitats	·16
Mesquite Pork Chops	·10
Pacific Rim Pork Chops	·29

### PIZZA

Make You Own Pizza! Night	·11
---------------------------	-----

### POTATOES

Potato Skins	·11
Smashed Potatoes	·9
Spicy Potato Wedges	·11

### SEAFOOD

Asian Shrimp Salad	·27
Asian Shrimp Stir-Fry	·27
Garlic Infused Shrimp	·17
Shrimp & Veggie Toss Over Pasta	17
South of the Border Salmon	·18
South Pacific Fish	·18

### VEGETARIAN

Vegetarian Stuffed Peppers	·19
----------------------------	-----