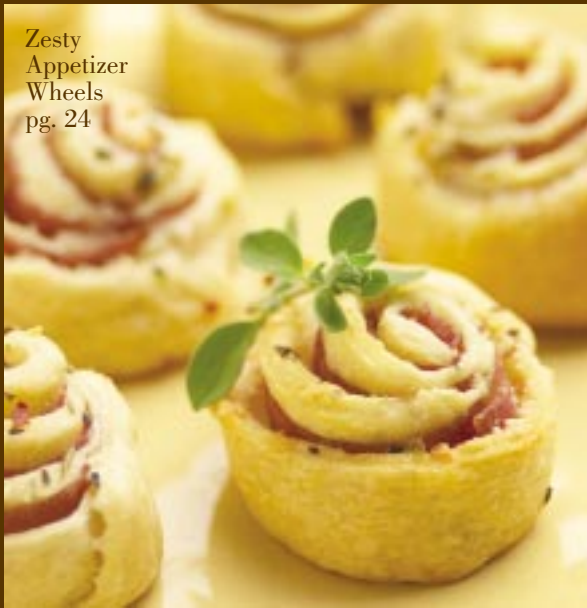


Zesty
Appetizer
Wheels
pg. 24



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 and www.beauticontrol.com, and its stock is listed on the New York Stock Exchange.

Tupperware®

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recipes

A Taste of Tupperware
VOLUME II



Mud Parfait
pg. 33

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

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your monthly planner

	Week 1	Week 2	Week 3	Week 4
Sunday	Tangy Beef Roast, Smashed Potatoes & Corn, pg. 8 & 18	Shepard's Pie Stuffed Peppers & Toe Tapping Salad pg. 10 & 26	Layered Pasta with Toe Tapping Salad & Savory Breadsticks, pg. 9, 26 & 32	Stuffed Italian Chicken with Risotto & Mixed Vegetables pg. 16
Monday	Chic & Cheese & Green Beans, pg. 10	Tex-Mex Meatballs with Top Hat Potatoes & Corn pg. 7 & 23	Chicken Rollups with Cheesy Potato Pancakes, pg. 12 & 17	Snappy Chicken with White Sauce, Roasted Potatoes & Broccoli, pg. 22
Tuesday	Mojo Pork Over Rice pg. 16	Meatball Subs & Toe Tapping Salad, pg. 7 & 26	Savory Stroganoff & Toe Tapping Salad, pg. 13 & 26	Teriyaki Pork Stir-Fry over Sticky White Rice, pg. 15
Wednesday	Southwest Chicken Casserole & Spanish Rice, pg. 17	Chicken Empanadas with Spanish Rice, pg. 14	Pretzel Rolled Chicken & Creamy Macaroni & Cheese pg. 10 & 19	Beef Empanadas with Spanish Rice, pg. 14
Thursday	Savory Beef Strips over Garlic Rice & Green Beans, pg. 14	Island Pork with White Rice & Snap Peas, pg. 20	Tex-mex Chicken Stir-Fry over Spanish Rice, pg. 15	Meatloaf with Top Hat Potatoes & Cornbread Squares, pg. 7, 13 & 23
Friday	Sensational Chicken with Smashed Potatoes & Corn pg. 18 & 19	Stuffed Burgers with Spicy Baked Onion Rings pg. 8 & 25	Mesquite Pork Sandwiches, Baked Beans & Cole Slaw pg. 21	Crispy Chicken Tenders with Tater Tots & Green Beans pg. 20
Saturday	Seafood Pasta Alfredo with Breadsticks & Toe Tapping Salad, pg. 21, 26 & 32	Ragin' Cajun Roasted Chicken with Cornbread Squares & Mixed Vegetables, pg. 13 & 18	Southwest Tuna Casserole & Toe Tapping Salad pg. 12 & 26	Layered Pasta with Chicken, Breadsticks & Toe Tapping Salad, pg. 9, 26 & 32

your shopping list

week ①

Fish, Meat, Poultry

- 1 lb. London broil roast
- 4 (4 oz.) boneless pork loin chops
- 1 lb. bag frozen, cooked shrimp
- 8 (4 oz.) boneless, skinless chicken breasts (2 lb. total)
- 4 (4 oz.) boneless chicken breasts, with skin on (1 lb. total)
- 1 lb. top sirloin

Produce

- 10 lb. bag of red potatoes
- 8 oz. sliced mushrooms
- 2 limes
- 1 (3 lb.) bag yellow onions
- 1 head of garlic
- 1 bag field green lettuce

Frozen Foods

- 16 oz. pkg. pepper stir-fry mixture
- 16 oz. pkg. green beans
- 16 oz. pkg. corn
- 10 oz. pkg. broccoli

Dry Goods

- 8 oz. box elbow macaroni
- 10 oz. box garlic-butter flavored rice
- 16 oz. bag white rice
- 10 oz. box Spanish rice
- 8 oz. box favorite pasta
- 10¹/₂ oz. can cream of mushroom soup
- 10 oz. can mushroom gravy
- 15 oz. can black beans
- 10 oz. can tomatoes with onion and chili peppers

Staples

- 10 count pkg. corn tortillas
- 1 lb. butter
- 2 (5-6 oz.) pkgs. shredded Parmesan cheese
- 8 oz. shredded Mexican cheese
- Worcestershire sauce
- 4 oz. goat cheese or other spreadable cheese
- 16 oz. processed low-fat cheese
- 1 tube refrigerated breadsticks
- olive oil
- Balsamic vinegar
- Dijon mustard
- Yellow mustard
- 8 oz. fat-free half & half
- 2 (8 oz.) pkg. Neufchatel cream cheese
- 1 container grape tomatoes (optional)
- French bread baguette (optional)

week ②

Fish, Meat, Poultry

- 4¹/₂ lbs. extra lean ground beef
- 4 (4 oz.) boneless pork loin chops
- 4 (4 oz.) boneless, skinless chicken breasts
- 1 (3¹/₂-4 lb.) roasting chicken

Produce

- Potatoes from Week 1
- 4 peppers (any color)
- 1 (1 lb.) bag ready-made mashed potatoes
- 1 bag field green lettuce
- Onions from Week 1
- 1 extra large white onion
- Garlic from Week 1
- 3 peppers (any color)

Frozen Foods

- 10 count pkg. empanada circles
- 16 oz. pkg. corn
- 10 oz. pkg. snap peas
- 16 oz. pkg. mixed vegetables

Dry Goods

- 8 oz. can crushed or chunk pineapple
- 10 oz. box Spanish rice
- White rice from Week 1
- 7 oz. can early June peas
- 8¹/₂ oz. pkg. corn muffin mix
- 15 oz. can whole kernel corn
- 15 oz. can cream style corn

Staples

- 8 hamburger buns
- Dry breadcrumbs
- Carton of eggs
- 4 hoagie or sub rolls
- 16 oz. sour cream
- 12 oz. bag shredded low-fat Cheddar cheese
- 8 oz. crumbled blue cheese
- Balsamic vinegar from Week 1
- Dijon mustard from Week 1
- Olive Oil from Week 1
- Non-stick cooking spray
- Butter from Week 1

week ③

Fish, Meat, Poultry

- 10 (4 oz.) boneless, skinless chicken breasts (2¹/₂ lb. total)
- 4 (4 oz.) pork tenderloin
- 1 lb. extra lean ground beef
- 1 lb. top sirloin

Produce

- 1 lb., 4 oz. pkg. shredded hash brown potatoes
- 2 bags field green lettuce
- Onions from Week 1
- 1 pepper (any color)
- 1 bag shredded cole slaw

Frozen Foods

- 16 oz. pkg. mixed vegetables
- 10 oz. pkg. broccoli
- 16 oz. pkg. tater tots
- 10 count pkg. empanada circles

Dry Goods

- 10 oz. box Spanish rice
- 8 oz. box elbow macaroni
- 8 oz. pkg. of bowtie pasta
- 26 oz. jar sundried tomato pasta sauce with olives
- 10¹/₂ oz. can cream of mushroom soup
- 10 oz. pkg. pretzels
- 1 bag wide egg noodles
- 15 oz. can black beans
- 20 oz. can baked beans
- Mayonnaise
- 10 oz. can diced tomato with onion and chili peppers

Staples

- All-purpose flour
- Eggs from Week 2
- 1 tube refrigerated breadsticks
- Olive Oil from Week 1
- Balsamic vinegar from Week 1
- Dijon mustard from Week 1
- 16 oz. shredded Cheddar or Mexican cheese
- 1 tube refrigerated low-fat crescent rolls
- 8 oz. shredded Italian cheese
- 16 oz. processed low-fat cheese
- 5-6 oz. shredded Parmesan cheese
- Butter from Week 1
- 16 oz. sour cream
- 4 hamburger buns
- White vinegar
- 3 (6 oz.) cans Albacore tuna in water
- Ketchup

week ④

Fish, Meat, Poultry

- 8 (4 oz.) boneless, skinless chicken breasts (2 lb. total)
- 1 lb. boneless, skinless chicken tenders of cutlets
- 4 (4 oz.) boneless pork loin chops
- 4 lb. extra lean ground beef

Produce

- Onions from Week 1
- 1 pepper (any color)
- Potatoes from Week 1
- 1 bag field green lettuce

Frozen Foods

- 16 oz. pkg. mixed vegetables
- 10 oz. pkg. broccoli
- 16 oz. pkg. tater tots
- 10 count pkg. empanada circles

Dry Goods

- 6 oz. jar sundried tomato sauce or spread
- 10 oz. pkg. risotto
- 10 oz. box Spanish rice
- 8¹/₂ oz. box corn muffin mix
- 15 oz. can cream style corn
- 15 oz. can whole kernel corn
- 8 oz. pkg. bowtie pasta
- 26 oz. jar sundried tomato paste with olives
- White rice from Week 1

Staples

- 2 (4 oz.) fresh mozzarella balls
- Olive oil from Week 1
- Breadcrumbs from Week 2
- 4 oz. Neufchatel cream cheese
- Milk
- Low-sodium soy sauce
- Eggs from Week 2
- Butter from Week 1
- 9 oz. bag potato chips
- Non-stick cooking spray from Week 2
- Dijon mustard from Week 1
- Balsamic vinegar from Week 1
- 1 tube refrigerated breadsticks
- 8 oz. shredded Italian cheese
- 8 oz. shredded low-fat Cheddar cheese
- 8 oz. shredded Parmesan cheese

COZY comforts

meatballs

Makes 48 meatballs

Use The Chopper Machine to chop onion. Mix together ground beef, onion, eggs, bread crumbs, and Seasoning in That'sa™ Bowl with Silicone Spatula. Roll into 1-inch balls.

For Oven: Bake at 375°F for 20 minutes on Silicone Wonder™ Mat lined baking sheet.

For Microwave: In Base of Oval Microwave Cooker, place a layer of meatballs on Cooking Rack. Microwave on High for about 6-8 minutes. May take two batches to complete.

Recipe Variations:

Meatloaf 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 in Base of Oval Microwave Cooker, cover and microwave on High for 8-10 minutes.

Tex-Mex Version Substitute 1/4 cup Southwest Chipotle Seasoning for Italian Herb Seasoning.

BBQ Version Substitute 1/4 cup Hickory Mesquite Seasoning with 1/4 cup ketchup for Italian Herb Seasoning.

Oriental Version Substitute 1/4 cup Ginger Teriyaki for Italian Herb Seasoning. For sauce, add 1/2 cup low-sodium soy sauce and 1 cup tomato sauce.

Leftover Suggestion: Heat meatballs in Rock 'N Serve™ container with pasta sauce, add sliced cheese like mozzarella, and fresh sub rolls for a quick lunch or dinner treat.

Side Dish Suggestion: Savory Smashed Potatoes (pg. 18) and corn

Nutritional Facts: Serv. Size: 8 meatballs (194g/6.9 oz.), Servings per recipe: 6. Calories 316, Calories from Fat 120, Total Fat 13g, Saturated Fat 5g, Cholesterol 157mg, Sodium 798mg, Total Carb 13g, Dietary Fiber 1g, Sugars 1g, Protein 35g

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

serve-it-up tip

Plan Ahead Suggestion

Freeze meatballs in Rock 'N Serve™ Containers. Serve when unexpected company arrives. Add to favorite spaghetti or BBQ sauce and you'll have appetizers in minutes.

Burger Patties

Form meatball mixture into burger patties, place on the Silicone Wonder™ Mat and bake in the oven at 450° for approx. 14 minutes, turning once.

ChefSeries™ Seasoning Blends Needed

Cinnamon-Vanilla
Ginger Teriyaki
Hickory Mesquite

Island Rub
Italian Herb
Ragin' Cajun

Southwest Chipotle
Veggie Delight
Wasabi Ranch

tangy beef roast

Makes 4 servings

Mix together mustard and Worcestershire sauce and spread on both sides of roast. Sprinkle Italian Herb Seasoning on top of mixture. Place in 9-inch Silicone form and let sit in refrigerator for at least 30 minutes. Bake in an oven for about 40 minutes at 375°F or until desired doneness. Turn roast every 10 minutes.

Side Dish Suggestion: Savory Smashed Potatoes (pg. 18), corn and mushroom gravy

Nutritional Facts: Serv. Size: 1/4 recipe (125g/4 oz.), Servings per recipe: 4, Calories 205, Calories from Fat 86, Total Fat 10g, Saturated Fat 4g, Cholesterol 56mg, Sodium 674mg, Total Carb 5g, Dietary Fiber 1g, Sugars <1g, Protein 24g

- 1 lb. london broil roast
- 6 Tbsp. yellow mustard
- 4 Tbsp. Worcestershire sauce
- 2 tsp. Italian Herb Seasoning

serve-it-up tip

When mixing gravy, white sauces and soups, pour them into the Quick Shake® Container and shake. The result—no lumps!

For a homemade touch, add fresh, sliced mushrooms to canned gravy and heat in saucepan.

stuffed burgers

Makes 8 (1/4 lb.) burgers

Mix ground beef, and Seasoning in Thatsa™ Bowl with Silicone Spatula. Using hands pat burger out and then fill center with 2 Tbsp. of blue cheese, then wrap around with more burger.

Cook on stovetop or grill until desired doneness.

Store extra burgers in Hamburger Freezer Set for later use.

Recipe Variations:

Tex-Mex Version Use 2 Tbsp. Southwest Chipotle Seasoning instead of Italian Herb Seasoning and Mexican cheese instead of blue cheese.

BBQ Version Use 2 Tbsp. Hickory Mesquite Seasoning instead of Italian Herb Seasoning and cheddar cheese instead of blue cheese.

Side Dish Suggestion: Spicy Baked Onion Rings (pg. 25)

Nutritional Facts: Serv. Size: 1 burger (120g/4 oz.), Servings per recipe: 8, Calories 198, Calories from Fat 91, Total Fat 10g, Saturated Fat 4g, Cholesterol 70mg, Sodium 385mg, Total Carb <1g, Dietary Fiber <1g, Sugars <1g, Protein 25g

- 2 lb. extra lean ground beef (7% fat)
- 2 Tbsp. Italian Herb Seasoning
- 8 oz. crumbled blue cheese

serve-it-up tip

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

basic beef

Makes 4 servings

Using The Chopper Machine, chop onion. Add ground beef, chopped onion, and seasoning to Base of Oval Microwave Cooker with Cooking Rack. Cook for 3-5 minutes until no longer pink.

Great for use as taco meat, meat sauce, or pizza topping!

Nutritional Facts: Serv. Size: 1/4 recipe (124g/4 oz.), Servings per recipe: 4, Calories 178, Calories from Fat 73, Total Fat 8g, Saturated Fat 3g, Cholesterol 65mg, Sodium 287mg, Total Carb 2g, Dietary Fiber <1g, Sugars <1g, Protein 23g

- 1 lb. lean ground beef
- 1 small onion, 1/2 cup chopped
- 1 Tbsp. Italian Herb or Southwest Chipotle Seasoning

serve-it-up tip

Plan ahead!

When preparing this recipe, cook up an extra batch or two. Freeze in Rock 'N Serve™ Containers and store in the freezer for up to one month.

layered pasta

Makes 6 servings

In Base of Oval Microwave Cooker, create two layers of pasta, beef, pasta sauce, and cheese. Cover and microwave for approximately 6 minutes until heated through and cheese on top is melted and bubbling. Serve immediately.

Side Dish Suggestion: Savory Breadsticks (pg. 32)

Recipe Variations:

Vegetarian Simply omit ground beef

Chicken Substitute 1 lb. of shredded cooked chicken for ground beef

- 1 lb. Basic Beef (pg. 9)
- 3 cups (6 oz. uncooked) bowtie pasta, cooked al dente
- 1 (26 oz.) jar sundried tomato pasta sauce with olives (or favorite sauce)
- 1 (8 oz.) bag shredded Italian cheese

Nutritional Facts: Serv. Size: 1 cup (274g/9.7 oz.), Servings per recipe: 6, Calories 488, Calories from Fat 164, Total Fat 18g, Saturated Fat 8g, Cholesterol 59mg, Sodium 1280mg, Total Carb 39g, Dietary Fiber 3g, Sugars 14g, Protein 40g

shepherd's pie stuffed peppers

Makes 3 (2 pepper) servings

A different twist to the ordinary stuffed pepper! Steam peppers in Deep Colander or Oval Microwave Cooker for 3 minutes. Add 1-2 Tbsp. beef per pepper, 1 Tbsp. of peas, and 2-2½ Tbsp. of mashed potatoes (depending on size of pepper). Microwave peppers for an additional 3 minutes. Add 2 Tbsp. cheese to each pepper and microwave for another minute. Let sit for a minute and then serve.

Side Dish Suggestion: Toe Tapping Salad (pg. 26)

Nutritional Facts: Serv. Size: 2 pepper halves (270g/9.5 oz.), Servings per recipe: 3, Calories 277, Calories from Fat 98, Total Fat 11g, Saturated Fat 6g, Cholesterol 60mg, Sodium 631mg, Total Carb 19g, Dietary Fiber 3g, Sugars 4g, Protein 26g

- 3 medium peppers (red, green, orange or yellow), halved and seedless
- 8 oz. ready-made mashed potatoes
- ½ lb. Basic Beef (pg. 9)
- 6 oz. low-fat cheddar cheese, shredded
- 6 Tbsp. early June peas (optional)

serve-it-up tip

Pepper Dip Containers

Make v-shaped cuts around the stem end of a fresh bell pepper. Lift top and cut away from inner ribs. Remove seeds and pulp. Fill pepper with dip and serve.

creamy macaroni & cheese

Makes 8 (½ cup) servings

In Base of Oval Microwave Cooker, melt processed cheese for 2½ minutes. Stir in butter and elbow macaroni with Silicone Spatula, then sprinkle parmesan cheese on top. Cover and microwave for an additional 3 minutes. Serve immediately.

Side Dish Suggestion: green beans

Recipe Variations:

Spicy Mac & Cheese Stir in 1 Tbsp. of Southwest Chipotle Seasoning to cheese mixture.

Chic & Cheese Add 1 lb. of chopped, cooked chicken breast to recipe and follow directions.

Nutritional Facts: Serv. Size: ½ cup (140g/5 oz.), Servings per recipe: 8, Calories 280, Calories from Fat 109, Total Fat 12g, Saturated Fat 7g, Cholesterol 42mg, Sodium 918mg, Total Carb 21g, Dietary Fiber 1g, Sugars 3g, Protein 21g

- 16 oz. processed low-fat cheese
- 4 Tbsp. unsalted butter
- 4 cups cooked elbow macaroni (2 cups, uncooked)
- ⅔ cup shredded Parmesan cheese

creamy banana pie

Makes 8 servings

Preheat oven to 375°F. Remove clear insert from top of crust; set aside. Brush crust with beaten egg white. Place crust in pan on cookie sheet; bake for 5 minutes. Cool completely.

To Serve in Tupperware® Impressions Dessert Server:

Place clear insert over crust; gently invert and remove aluminum pie plate. Place Tupperware® Impressions Dessert Server over crust and flip over.

Pour milk and pudding mix in Quick Shake® Container, place blender insert inside and seal. Shake for about 1½-2 minutes or until thickened. Let stand for 2 minutes, filling will thicken as it sits. Meanwhile, spread fudge sauce over crust with Silicone Spatula. Place sliced bananas over fudge sauce, spread pie filling over bananas. Cover pie with Dessert Server Cover and chill until firm.

Recipe Variation:

Banana Split Pie Add whipped cream, chopped nuts and maraschino cherries on top.

Nutritional Facts: Serv. Size: 1 slice (126g/4.5 oz.), Servings per recipe: 8, Calories 235, Calories from Fat 52, Total Fat 6g, Saturated Fat 1g, Cholesterol 3mg, Sodium 353mg, Total Carb 43g, Dietary Fiber <1g, Sugars 19g, Protein 4g

spicy tuna salad

Makes 4 (¾ cup) servings

With the Quick Chef, chop onion and celery together. Using a Silicone Spatula, combine tuna, cooked macaroni, mayonnaise, celery & onion mixture, and Seasoning. Stir all ingredients until well mixed. Chill until time to serve.

Recipe Variation: Substitute Wasabi Ranch for Southwest Chipotle Seasoning.

Nutritional Facts: Serv. Size: ¾ cup (220g/7.8 oz.), Servings per recipe: 4, Calories 425, Calories from Fat 223, Total Fat 25g, Saturated Fat 4g, Cholesterol 53mg, Sodium 676mg, Total Carb 23g, Dietary Fiber 2g, Sugars 3g, Protein 27g

- 1 (6 oz.) reduced fat graham cracker crust
- 1 egg white, beaten
- 3 Tbsp. fudge sauce, fat-free and sliced
- 2 ripe bananas, peeled and sliced
- 1 (3⅓ oz.) pkg. instant vanilla pudding
- 1½ cup cold milk (low-fat)

serve-it-up tip

When a recipe calls for only egg whites or yolks, freeze the unused portion in a FreezeSmart™ Mini 1 Container. To unthaw, place the container in the refrigerator overnight.

- 2 (6 oz.) cans albacore tuna packed in water, drained
- 2 cups cooked elbow macaroni (1 cup uncooked)
- 8 Tbsp. mayonnaise
- 1 small onion, quartered
- 2 celery stalks, chopped
- 1 Tbsp. Southwest Chipotle Seasoning

serve-it-up tip

Quarter a large tomato. Do not cut through the base. On a dinner plate, place the tomato on a leaf of lettuce and scoop tuna salad into open tomato.

potato pancakes

Makes 24 (2") pancakes

Using the Quick Chef, finely chop the onion. Mix together all ingredients in a Thatsa™ Bowl.

For Oven: Using a 1/8 cup, scoop mixture onto Silicone Wonder™ Mat creating a circle, press down slightly. Leave some space between pancakes— about 12 per sheet. Bake at 375°F for 15 minutes; flip pancakes and bake another 10 minutes; until golden brown.

For Stovetop: Add 1-2 Tbsp. olive oil to fry pan and fry until golden brown; turning occasionally.

Serve immediately. Salt and pepper to taste.

Topping Suggestion: Applesauce makes a great addition to potato pancakes.

Recipe Variation:

Cheesy Potato Pancakes Add 1 cup shredded cheese to mixture and follow above directions.

Nutritional Facts: Serv. Size: 1 pancake (31g/1.1 oz.), Servings per recipe: 24, Calories 38, Calories from Fat 12, Total Fat 1g, Saturated Fat <1g, Cholesterol 9mg, Sodium 42mg, Total Carb 6g, Dietary Fiber <1g, Sugars <1g, Protein 1g

southwest tuna casserole

Makes 6 (3/4 cup) servings

Mix above ingredients together (save 1/2 cup of cheese for top) in the Base of the Oval Microwave Cooker. Top with remaining 1/2 cup of shredded cheese. Microwave on High for 3-5 minutes until hot and cheese is melted. Serve immediately. Add salt & pepper to taste.

Recipe Variation: Substitute Ragin' Cajun or Wasabi Ranch for Southwest Chipotle Seasoning.

Nutritional Facts: Serv. Size: 3/4 cup (180g/6.4 oz.), Servings per recipe: 6, Calories 288, Calories from Fat 108, Total Fat 12g, Saturated Fat 8g, Cholesterol 77mg, Sodium 800mg, Total Carb 10g, Dietary Fiber <1g, Sugars 3g, Protein 34g

- 1 (1lb., 4 oz.) pkg. shredded hash brown potatoes
- 1 small onion, finely chopped (1/2 cup)
- 1 large egg, lightly beaten
- 2 Tbsp. flour
- 1-2 tsp. Italian Herb, Southwest Chipotle or Ragin' Cajun Seasoning (optional)

serve-it-up tip

Solid-colored napkins wrapped with colorful ribbons give a festive look to the table.

savory stroganoff

Makes 4 (1 cup) servings

Chop onion using The Chopper Machine. Place beef, chopped onion and Italian Herb Seasoning in Shallow Colander (Base filled with 1 cup water) of Oval Microwave Cooker. Microwave for 3 1/2 minutes. Remove Shallow Colander from Base. Empty water from Base, then place the beef mixture, can of soup, and egg noodles inside and mix together. Cover and microwave for 3 minutes or until heated through.

Add salt and pepper to taste.

Side Dish Suggestion: Toe Tapping Salad (pg. 26)

Nutritional Facts: Serv. Size: 1 cup (212g/7.5 oz.), Servings per recipe: 4, Calories 298, Calories from Fat 112, Total Fat 12g, Saturated Fat 4g, Cholesterol 87mg, Sodium 893mg, Total Carb 17g, Dietary Fiber 1g, Sugars 2g, Protein 29g

raspberry squares

Makes 24 squares

In a Thatsa™ Bowl, combine cake mix, egg, butter, pecans, and Cinnamon-Vanilla Spice. Mix together with Silicone Spatula or your hands. Dough will be thick and sticky. Press mixture evenly in a 13" x 9" jelly roll pan lined with a Silicone Wonder™ Mat. Stirring preserves will make it easier to spread over dough; bake for 20 minutes at 350°F. Cool slightly before cutting with Silicone Spatula.

Nutritional Facts: Serv. Size: 1 square (43g/1.5 oz.), Servings per recipe: 24, Calories 174, Calories from Fat 70, Total Fat 8g, Saturated Fat 3g, Cholesterol 19mg, Sodium 184mg, Total Carb 26g, Dietary Fiber <1g, Sugars 14g, Protein 1g

corn bread squares

Makes 30 squares

Mix all ingredients in a Thatsa™ Bowl with a Silicone Spatula until well blended. Pour into 13" x 9" pan lined with Silicone Wonder™ Mat and bake for 30-35 minutes. Casserole will be golden brown and the edges will have started to pull away from sides. Cool slightly and cut squares using Silicone Spatula. Consistency should be very moist. Best served warm.

Nutritional Facts: Serv. Size: 1 square (40g/1.4 oz.), Servings per recipe: 30, Calories 79, Calories from Fat 36, Total Fat 4g, Saturated Fat 2g, Cholesterol 10mg, Sodium 181mg, Total Carb 10g, Dietary Fiber <1g, Sugars 3g, Protein 1g

- 1 lb. top sirloin, cut into thin strips
- 1 small onion, chopped (1/2 cup)
- 1 (10 1/2 oz.) can cream of mushroom soup
- 3 cups, cooked wide egg noodles (1 1/2 cups, uncooked)
- 1 Tbsp. Italian Herb Seasoning

- 1 (18 1/4 oz.) yellow cake mix
- 1 egg
- 1/2 cup (1 stick) butter, softened
- 1/2 cup pecans, coarsely chopped (optional)
- 1 (10 oz.) jar seedless, raspberry preserves
- 1 tsp. Cinnamon-Vanilla Spice

- 1 (8 1/2 oz) box corn muffin mix
- 1 (15 oz.) can cream style corn
- 1 (15 oz.) can whole kernel corn, not drained
- 1/2 cup (1 stick) butter, melted

serve-it-up tip

Partner with chili or soup.

empanadas

Makes 10 empanadas

Using Tablespoon from measuring spoon set, spoon 2 Tbsp. of ground beef plus 1 Tbsp. of shredded cheese onto half of empanada. Wet edge of empanada dough with a little water, fold over and seal using tines of fork.

Place empanadas on baking sheet lined with Silicone Wonder™ Mat and bake for 20 minutes at 350°F.

Topping Suggestion: Mix 4 oz. of low-fat sour cream with 1 1/2 Tbsp. of Southwest Chipotle Seasoning.

Side Dish Suggestion: Spanish rice

Recipe Variation: Substitute 1 lb. of cooked, chopped chicken.

Nutritional Facts: Serv. Size: 1 empanada (86g/3 oz.), Servings per recipe: 10, Calories 191, Calories from Fat 83, Total Fat 9g, Saturated Fat 4g, Cholesterol 31mg, Sodium 444mg, Total Carb 15g, Dietary Fiber <1g, Sugars 2g, Protein 12g

savory beef strips

Makes 4 servings

For Microwave: In Oval Microwave Cooker, place beef and chopped onion in Shallow Colander over Base (filled with 1 cup water). Sprinkle beef with Seasoning. Microwave on High for 3-5 minutes or until desired doneness.

For Stovetop: Cook in fry pan on Medium-High for 8-10 minutes or until desired doneness. Stir frequently.

Side Dish Suggestion: garlic-butter flavored rice and green beans

Recipe Variation:

Asian Beef Substitute 1 Tbsp. of Ginger Teriyaki for Italian Herb Seasoning. Serve with Oriental rice, and vegetables.

Nutritional Facts: Serv. Size: 1/4 recipe (109g/3.9 oz.), Servings per recipe: 4, Calories 177, Calories from Fat 55, Total Fat 6g, Saturated Fat 2g, Cholesterol 75mg, Sodium 273mg, Total Carb 3g, Dietary Fiber <1g, Sugars 1g, Protein 26g

Basic Beef Recipe with Southwest Chipotle Seasoning (pg. 9)
1 (10-count) pkg. Empanada circles, thawed
1/2 cup + 2 Tbsp. cheddar cheese

serve-it-up tip

If you can't find empanada dough, use larger biscuit dough and flatten out to thin circles or refrigerated pie dough cut into 6" circles.

1 lb. top sirloin, cut into thin strips
1 Tbsp. Italian Herb Seasoning
1/2 cup chopped onion (1 medium)

tex-mex chicken stir-fry

Makes 4 servings

For Microwave: Place 1 cup of water in Base of Oval Microwave Cooker; place chicken coated with Seasoning and sliced peppers in Shallow Colander. Cover. Microwave on High for 4 minutes. Stir; may need additional 1 minute until chicken is thoroughly cooked. Let sit for a few minutes before removing Colander from Base, drain water and add all ingredients to the Base; gently mixing together. Microwave on High for 3 minutes.

For Stovetop: Spray pan with nonstick cooking spray or use 1 Tbsp. of olive oil. Place chicken coated with Seasoning and sliced peppers in heated pan and cook until chicken is cooked through and peppers are cooked to desired doneness. Add beans and can of tomatoes and continue cooking until heated through.

Side Dish Suggestion: Serve over Spanish Rice. Top with shredded cheddar or Mexican style cheese, and sour cream.

Recipe Variation: Substitute 1 lb. large shrimp (peeled and deveined) for chicken.

Nutritional Facts: Serv. Size: 1/4 recipe (285g/10 oz.), Servings per recipe: 4, Calories 256, Calories from Fat 37, Total Fat 4g, Saturated Fat 1g, Cholesterol 73mg, Sodium 998mg, Total Carb 20g, Dietary Fiber 7g, Sugars 3g, Protein 33g

teriyaki stir-fry

Makes 4 servings

Over Medium-High heat, sauté pork, onions, pepper, soy sauce. Add Seasoning and cover until pork is cooked through.

Side Dish Suggestion: sticky white rice

Recipe Variation: Substitute 1 lb. chicken breast strips or beef top loin strips.

Nutritional Facts: Serv. Size: about 1 cup (169g/6 oz.), Servings per recipe: 4, Calories 228, Calories from Fat 72, Total Fat 8g, Saturated Fat 3g, Cholesterol 67mg, Sodium 1608mg, Total Carb 11g, Dietary Fiber 1g, Sugars 8g, Protein 27g

4 (4 oz.) boneless, skinless chicken breast halves, sliced thin
2 Tbsp. Southwest Chipotle Seasoning
1 pepper (red, green or yellow), sliced into strips
1 (10 oz.) can diced tomatoes with onions and chili peppers
1 (15 oz.) can black beans

serve-it-up tip

Travel around the world at meal time. Have your children select a spot on the globe to "explore." Make preparing a meal, featuring the local foods, a family affair. The country's flag, drawn and colored on 11" x 17" sheets of paper, make perfect place mats. How many different countries will your family visit this year?

1 lb. boneless pork loin chops, cut in strips
2 Tbsp. Ginger Teriyaki Seasoning
1/2 cup low-sodium soy sauce (adjust to taste)
1 medium onion, quartered
1 pepper, sliced into strips

mojo pork over rice

Makes 4 servings

Chop onion in The Chopper Machine. In Tupperware® Impressions Bowl, place pork strips, minced garlic, lime juice, and onion inside bowl—mix together and seal. Let stand for 15 minutes.

For Microwave: Place 1 cup of water in Base of Oval Microwave Cooker. In Shallow Colander, spoon in the pork mixture; place Shallow Colander inside Base and cover. Microwave 4-6 minutes until done. Serve over white rice.

For Stovetop: Saute pork mixture until desired doneness. Serve immediately over white rice.

Recipe Variation:

Mojo Chicken Substitute 1 lb. of boneless, skinless chicken breast strips for pork loin.

Nutritional Facts: Serv. Size: 1/4 recipe (245g/8.7 oz.), Servings per recipe: 4, Calories 330, Calories from Fat 68, Total Fat 6g, Saturated Fat 3g, Cholesterol 73mg, Sodium 56mg, Total Carb 35g, Dietary Fiber 1g, Sugars 4g, Protein 29g

stuffed italian chicken

Makes 4 servings (2 pieces each)

Cut chicken breasts in half (8 pieces of chicken). With a sharp knife, cut a horizontal pocket into each piece of chicken. Slice mozzarella cheese into even slices (1 oz. each). Place one slice of cheese into each piece of chicken followed by a teaspoon of the sundried tomato sauce. If needed, use toothpick to secure chicken. Sprinkle Seasoning over each piece of chicken.

For Stovetop: Add a little olive oil to a heated sauté pan; sauté chicken pieces for about 3-4 minutes each side on a Medium-High heat. Turning only once.

For Microwave: Place chicken in Shallow Colander over Base of Oval Microwave Cooker (1 cup of water in Base). Microwave chicken for about 5-6 minutes. Let stand for a few minutes.

Side Dish Suggestion: mixed vegetables and risotto

Nutritional Facts: Serv. Size: 2 pieces (140g/5 oz.), Servings per recipe: 4, Calories 269, Calories from Fat 128, Total Fat 14g, Saturated Fat 6g, Cholesterol 83mg, Sodium 778mg, Total Carb 4g, Dietary Fiber 1g, Sugars 1g, Protein 30g

- 1 lb. boneless pork loin chops, cut into thin strips
- 1 large onion, roughly chopped
- 2 cloves garlic, minced
- juice from 2 limes
- 2 cups cooked rice

- 4 (4 oz.) boneless, skinless chicken breasts
- 2 (4 oz.) fresh mozzarella balls
- 3 Tbsp. sundried tomato sauce/spread
- 2 Tbsp. olive oil (stovetop)
- 2-2 1/2 Tbsp. Italian Herb Seasoning
- toothpicks

serve-it-up tip

When making garlic bread, use Italian Herb Seasoning Blend instead of garlic salt.

southwest chicken casserole

Makes 6 servings

For Microwave: Add 1 cup water to Base of Oval Microwave Cooker. Place chicken sprinkled with 1 Tbsp. of the Southwest Chipotle Seasoning in Shallow Colander. Cook for about 4-5 minutes or until done. Let stand for a few minutes. Remove chicken from Shallow Colander and empty water in Base. Shred the chicken and place in Base of Oval Microwave Cooker, add tortillas, 1 cup of shredded cheese, soup, canned tomatoes, and remaining Seasoning. Mix together with Silicone Spatula. Sprinkle remaining 1 cup of cheese on top. Microwave for about 3-4 minutes or until heated through—cheese should be melted.

For Oven: In a 2 qt dish, add shredded chicken, tortillas, 1 cup of shredded cheese, canned soup, canned tomatoes, and remaining Seasoning. Mix together with Silicone Spatula. Sprinkle remaining 1 cup of cheese on top. Bake at 350°F for 25-30 minutes or until cheese is melted and bubbly.

Side Dish Suggestion: Spanish rice; stir in can of black beans

Nutritional Facts: Serv. Size: about 1 1/2 cup (238g/8.4 oz.), Servings per recipe: 6, Calories 415, Calories from Fat 176, Total Fat 19g, Saturated Fat 12g, Cholesterol 82mg, Sodium 1168mg, Total Carb 31g, Dietary Fiber 3g, Sugars 3g, Protein 29g

chicken rollups

Makes 8 rollups

Roll out crescent rolls on a Silicone Wonder™ Mat and place 1 Tbsp. of chicken inside each roll. Add about a heaping teaspoon of shredded cheese on top of chicken. Roll up starting from short side of triangle. Dough will end up being in crescent shape. Bake on baking sheet lined with a Silicone Wonder™ Mat for about 11-13 minutes at 350°F or until lightly golden in color.

Nutritional Facts: Serv. Size: each rollup (47g/1.7 oz.), Servings per recipe: 8, Calories 143, Calories from Fat 59, Total Fat 7g, Saturated Fat 2g, Cholesterol 17mg, Sodium 272mg, Total Carb 12g, Dietary Fiber 0g, Sugars 2g, Protein 8g

- 1 lb. boneless, skinless chicken breast, cut into strips
- 2 Tbsp. Southwest Chipotle Seasoning
- 1 (10 1/2 oz.) can cream mushroom soup (cream of chicken soup may be substituted)
- 1 (10 oz.) can tomatoes with onions and chili peppers
- 1 (10-count) pkg. corn tortillas, torn into strips
- 8 oz. shredded Mexican cheese

serve-it-up tip

Spoon the casserole onto a 1/2 cup of rice on each dinner plate. A dollop of sour cream from the Gourmet Decorator adds a finishing touch.

- 1 (8 oz.) pkg. reduced fat crescent rolls
- 1/2 cup cooked chicken, chopped or shredded
- 1/3 cup shredded cheese (parmesan, cheddar or Swiss)

ragin' garlic roasted chicken

Makes 6 servings

Gently cut skin away from poultry and place minced garlic inside with Silicone Spatula. Place chicken into Base of Oval Microwave Cooker with Deep Colander Ring placed on top. Generously season outside of chicken and inside cavity. Cover and cook on High for 7½ minutes per lb. Let sit for 5 minutes before serving.

Side Dish Suggestion: Corn Bread Squares (pg. 13) and mixed vegetables

Recipe Variation: Substitute Italian Herb for Southwest Chipotle for Ragin' Cajun Seasoning.

Leftover Suggestion: Shred leftover chicken and save for Chicken Rollups recipe (pg. 17).

Nutritional Facts: Serv. Size: 1/6 recipe (149g/5.2 oz.), Servings per recipe: 6, Calories 326, Calories from Fat 162, Total Fat 18g, Saturated Fat 5g, Cholesterol 109mg, Sodium 655mg, Total Carb 4g, Dietary Fiber <1g, Sugars 1g, Protein 35g

savory smashed potatoes

Makes 4 (¾ cup) servings

Place potatoes in Shallow Colander over Base of Oval Microwave Cooker with 1 cup of water. Cook on High for 5-7 minutes until fork tender. Drain water and place potatoes in Base, add cream cheese, Seasoning and salt & pepper to taste. Smash with masher slightly.

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

Recipe Variation:

Spicy Smashed Potatoes Substitute Southwest Chipotle or Ragin' Cajun for Italian Herb Seasoning.

Nutritional Facts: Serv. Size: ¾ cup (122g/4.3 oz.), Servings per recipe: 4, Calories 169, Calories from Fat 17, Total Fat 2g, Saturated Fat 1g, Cholesterol 12mg, Sodium 252mg, Total Carb 26g, Dietary Fiber 3g, Sugars <1g, Protein 4g

- 1 (3½-4 lb.) roasting chicken
- 2-3 Tbsp. Ragin' Cajun Seasoning
- 3-4 cloves garlic, minced

serve-it-up tip

The Chef Series™ 8" Chef's Knife is perfect for chopping and slicing and the flat side may be used to mince garlic.

sensational chicken

Makes 4 servings

Preheat oven to 350°F. With Utility knife, separate skin from chicken. For each piece of chicken, place 1 oz. cheese under skin. Sprinkle Seasoning on each piece of chicken and place onto baking sheet lined with Silicone Wonder™ Mat. Bake for 30 minutes.

Side Dish Suggestions: Savory Smashed Potatoes (pg. 18) and broccoli

Nutritional Facts: Serv. Size: 1 breast half (116g/4 oz.), Servings per recipe: 4, Calories 251, Calories from Fat 113, Total Fat 13g, Saturated Fat 6g, Cholesterol 82mg, Sodium 667mg, Total Carb 4g, Dietary Fiber <1g, Sugars 2g, Protein 30g

pretzel rolled chicken

Makes 4 servings

For Oven: Mix Seasoning into crushed pretzels. Roll chicken into pretzel mixture. Place onto baking sheet lined with Silicone Wonder™ Mat. Bake at 375°F for 30 min.

For Stovetop: Mix Seasoning into crushed pretzels. Roll chicken into pretzel mixture. In skillet over Medium-High heat, add 1 Tbsp. olive oil and sauté chicken for about 5 minutes on each side until cooked through.

Side Dish Suggestions: Creamy Macaroni & Cheese (pg. 10)

Nutritional Facts: Serv. Size: 1 chicken breast (104g/3.7 oz.), Servings per recipe: 4, Calories 226, Calories from Fat 34, Total Fat 7g, Saturated Fat 1g, Cholesterol 63mg, Sodium 1112mg, Total Carb 22g, Dietary Fiber 1g, Sugars 2g, Protein 25g

roasted potatoes

Makes 4 servings

In a Thatsa™ Bowl, coat sliced potatoes with olive oil and Seasoning. Place potatoes on a baking sheet lined with the Silicone Wonder™ Mat and bake for 25-30 minutes at 400°F or until golden.

Nutritional Facts: Serv. Size: ¾ cup (123g/4.4 oz.), Servings per recipe: 4, Calories 190, Calories from Fat 63, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 443mg, Total Carb 30g, Dietary Fiber 3g, Sugars 2g, Protein 3g

- 4 (4 oz.) boneless chicken breast halves with skin
- 4 oz. goat cheese or any other spreadable type cheese
- 1½ Tbsp. Italian Herb or Ragin' Cajun Seasoning

- 4 (4 oz.) skinless, boneless chicken breast halves
- 1 cup crushed pretzels
- 2 Tbsp. Ragin' Cajun Seasoning

serve-it-up tip

Make a quick centerpiece by piling fresh apples in a low serving bowl and tucking crisp fall leaves into a few of the open spaces.

- 1 (1lb.) bag red potatoes, ¼" slices
- 2 Tbsp. olive oil
- 1-2 Tbsp. Italian Herb Seasoning
- Salt & pepper to taste

crispy chicken tenders

Makes 4 servings

Mix potato chips, cheese and Seasoning together in Thatsa™ Bowl. Spray chicken strips with non-fat cooking spray, add to potato chip mixture and shake until coated. Place on a baking sheet lined with the Silicone Wonder™ Mat. Bake at 350°F for 20-25 minutes.

Side Dish Suggestion: tater tots and green beans

Nutritional Facts: Serv. Size: 1 chicken breast (119g/4.2 oz.), Servings per recipe: 4, Calories 303, Calories from Fat 122, Total Fat 13g, Saturated Fat 6g, Cholesterol 83mg, Sodium 892mg, Total Carb 9g, Dietary Fiber 1g, Sugars <1g, Protein 36g

island pork

Makes 4 servings

For Stovetop: In a sauté pan at a Medium-High heat, add 1 Tbsp. of olive oil and sauté pork, Seasoning and peppers for 3-5 minutes. Add entire can of pineapple and continue sautéing for 3 more minutes.

For Grill: Cook on grill on aluminum foil until desired doneness—minimum 160°F.

Side Dish Suggestion: white rice and snap peas

Nutritional Facts: Serv. Size: 1 pork chop 1/3 cup pineapple and peppers (167g/5.9 oz.), Servings per recipe: 4, Calories 288, Calories from Fat 142, Total Fat 16g, Saturated Fat 5g, Cholesterol 74mg, Sodium 343mg, Total Carb 11g, Dietary Fiber <1g, Sugars 8g, Protein 24g

4 (4 oz.) skinless, boneless chicken breast, sliced into strips
1 cup crushed potato chips
1 cup finely shredded parmesan or cheddar cheese
2 Tbsp. Italian Herb or Hickory Mesquite Seasoning
Non-fat cooking spray

4 (4 oz.) pork loin chops, sliced into strips
1 Tbsp. Island Rub or Ginger Teriyaki Seasoning
1 (8 oz.) can pineapple, chunk or crushed, drained
1 red pepper, sliced into strips

serve-it-up tip

Make mini fruit kabobs using 4" bamboo skewers, seedless green grapes, pineapple chunks, apple pieces and strawberries. Let the kids make their own fruit & cheese kabobs using plastic drinking straws as skewers.

mesquite pork sandwiches

Makes 4 sandwiches

For Microwave: Mix together vinegar, ketchup, and Seasoning in Thatsa™ Bowl; set aside. Add pork to vinegar mixture and let sit for 5 minutes. In Base of Oval Microwave Cooker, place pork on cooking rack; Microwave for 4 minutes on High until cooked through. Do not overcook, let sit for 5 minutes. Shred pork and place back into Base; add favorite barbeque sauce and serve on rolls.

For Grill: Do not slice pork. Turn pork frequently, cooking until desired doneness—minimum 160°F.

Side Dish Suggestion: baked beans and cole slaw

Nutritional Facts: Serv. Size: 1 roll and 3/4 cup pork (175g/6.2 oz.), Servings per recipe: 4, Calories 409, Calories from Fat 95, Total Fat 10g, Saturated Fat 3g, Cholesterol 68mg, Sodium 1004mg, Total Carb 46g, Dietary Fiber 2g, Sugars 6g, Protein 31g

pasta with alfredo sauce

Makes 4 servings

In Base of Oval Microwave Cooker, melt cream cheese for 30 seconds on High. Stir and add half & half until smooth; add pepper mixture, Seasoning and cheese. Microwave 2 minutes on High until heated through. Add pasta and stir to coat evenly. Add just a little more half & half if mixture is too thick. Microwaving an additional 30 seconds may be necessary.

Salt & Pepper to taste.

Side Dish Suggestion: Savory Breadsticks (pg. 32) and Toe Tapping Salad (pg. 26)

Recipe Variations:

Seafood Pasta Add 12 oz. cooked shrimp (tails off)

Chicken Add 1 lb. cooked, chopped chicken

Nutritional Facts: Serv. Size: about 1 cup (126g/4.5 oz.), Servings per recipe: 4, Calories 280, Calories from Fat 148, Total Fat 17g, Saturated Fat 11g, Cholesterol 54mg, Sodium 690mg, Total Carb 15g, Dietary Fiber 1g, Sugars 3g, Protein 17g

1 lb. pork tenderloin, 1/2" thick slices
2 Tbsp. Hickory Mesquite Seasoning
3 Tbsp. white vinegar
1/4 cup ketchup
4 hamburger or kaiser rolls

serve-it-up tip

Quick Cole Slaw

Combine 1 large cored and chopped Granny Smith apple, 1 cup mayonnaise, and 1lb. bag prepackaged cole slaw mix in a Thatsa™ Bowl and chill before serving.

1 (8 oz.) pkg. Neufchatel low-fat, cream cheese
1/4 cup fat free half & half
3/4 cup frozen pepper stir-fry mixture
2/3 cup shredded Parmesan or Italian cheese
3 cups pasta, cooked and drained, but not rinsed (1 cup uncooked)
1 Tbsp. Italian Herb Seasoning

snappy chicken with an upbeat sauce

Makes 4 servings

Add Seasoning to breadcrumbs in Tupperware® Impressions Bowl. Dredge chicken pieces through breadcrumb mixture, coating lightly. On Medium-High heat, add olive oil to the pan and place coated chicken inside. Saute each side for about 3 minutes until golden brown. Center of chicken should be 170°F. Keep warm in pan in oven at 250°F until sauce is complete.

Recipe Variations:

White Sauce Mix together 4 oz. Neufchatel low-fat cream cheese, softened, 1/4 cup milk, and 1/4 Tbsp. Seasoning in a Medium Shallow Rock 'N Serve™ Container. Microwave for 30 seconds at 70% power, stirring together until creamy. May need an additional 30 seconds.

Stuffed Chicken Follow above recipe without adding milk. Spread warm cream cheese mixture on half of the chicken pieces; top with remaining pieces of chicken. Serve warm.

Gravy Place 1 (14 oz.) can of chicken broth, 1/2 Tbsp. of Ragin' Cajun Seasoning, and last 1/4 cup flour, in a Quick Shake® Container. Seal and shake until blended. Pour in a 1 Qt. saucepan over Medium heat, and bring to a boil, stirring constantly. Gravy will thicken.

Side Dish Suggestion: Roasted Potatoes (pg. 19) and broccoli

Nutritional Facts: Serv. Size: 1 chicken breast and 3 Tbsp. white sauce (154g/5.4 oz.), Servings per recipe: 4, Calories 422, Calories from Fat 207, Total Fat 23g, Saturated Fat 7g, Cholesterol 84mg, Sodium 917mg, Total Carb 14g, Dietary Fiber <1g, Sugars 2g, Protein 29g

sweet granola

Makes 14 servings

In Thatsa™ Bowl, mix together above ingredients with Silicone Spatula. Place onto a baking sheet lined with a Silicone Wonder™ Mat and bake at 400°F for about 15-20 minutes, stirring occasionally until golden brown. Cool before serving.

Nutritional Facts: Serv. Size: 1/4 cup (35g/1.2 oz.), Servings per recipe: 14, Calories 144, Calories from Fat 49, Total Fat 5g, Saturated Fat 2g, Cholesterol 9mg, Sodium 62mg, Total Carb 22g, Dietary Fiber 2g, Sugars 13g, Protein 3g

1 lb boneless, skinless chicken tenders or cutlets (1/2" thick or less)
1/3 cup olive oil
1/2 cup seasoned breadcrumbs
1/2 Tbsp. Ragin' Cajun Seasoning (adjust to taste)
Sauce options below

serve-it-up tip

Using a clear, footed Hurricane vase; fill halfway with fresh, whole cranberries. Center a white taper candle into cranberries making sure that the candle does not extend higher than the top of vase. Use more than one for larger tables.

top hat potatoes

Makes 12 potatoes

Cut just the end off each potato so it can stand upright. Using the 1/2 teaspoon, core out a hole in the top of the potato about 1/3 of the way down. Place 1 cup of water in the Base of the Oval Microwave Cooker; add potatoes to the Shallow Colander from the Oval Microwave Cooker; cover and microwave for 5-6 minutes until fork tender. Pack each potato with 2 teaspoons of shredded cheese and return to microwave for additional 2 minutes until cheese is melted.

Topping Suggestions: Mix together 4 oz. sour cream and 1 Tbsp. Southwest Chipotle Seasoning (Ragin' Cajun, or Italian Herb Seasoning may be substituted).

Nutritional Facts: Serv. Size: 1 potato with 2 tsp. topping (85g/3 oz.), Servings per recipe: 12, Calories 109, Calories from Fat 26, Total Fat 3g, Saturated Fat 2g, Cholesterol 7mg, Sodium 103mg, Total Carb 18g, Dietary Fiber 2g, Sugars 2g, Protein 3g

12 red creamer potatoes (about 2" in diameter)
1/2 cup shredded low-fat cheese (any variety)
salt and pepper to taste

serve-it-up tip

Place an assortment of potato toppings in the Serving Center, it eliminates the need for extra serving dishes and stores easily in the refrigerator.

noodle dessert

Makes 6 (1/2 cup) servings

Mix together all ingredients in Base of Oval Microwave Cooker. Cover and microwave on High for 3 minutes. Serve immediately.

Leftover Suggestion: Prior to reheating, add a little milk or water to keep dessert moist.

Nutritional Facts: Serv. Size: 1/2 cup (146g/5.2 oz.), Servings per recipe: 6, Calories 267, Calories from Fat 84, Total Fat 9g, Saturated Fat 6g, Cholesterol 53mg, Sodium 179mg, Total Carb 37g, Dietary Fiber 2g, Sugars 16g, Protein 9g

3 cups wide egg noodles, cooked (1 1/2 cups uncooked)
1 (8 oz.) pkg. Neufchatel low-fat, cream cheese, softened
1/4 cup powdered sugar
1/2 tsp. Cinnamon-Vanilla Spice (adjust to taste)
1/2 cup raisins
1/4 cup fat free half & half (may need to add 1 Tbsp. more)

southwest chipotle dip

Makes 10 servings

In Thatsa™ Bowl Jr., mix together ingredients. Serve with favorite chips.

Nutritional Facts: Serv. Size: 1/4 cup (0g/0 oz.), Servings per recipe: 10, Calories 70, Calories from Fat 50, Total Fat 5g, Saturated Fat 3g, Cholesterol 18mg, Sodium 266mg, Total Carb 4g, Dietary Fiber 1g, Sugars 3g, Protein 2g

zesty appetizer wheels

Makes 16 wheels

Roll out dough in two rectangles on Silicone Wonder™ Mat. Sprinkle each rectangle with 3 Tbsp. of parmesan cheese and 1 tsp. of Italian Herb Seasoning. Lay 6 slices of hard salami on top of each rectangle. Roll up each rectangle tightly creating two logs; pinching together seam. Place on cutting board and cut eight slices each log. Bake at 350°F for about 13 minutes.

Recipe Variations:

Vegetarian Substitute 2 Tbsp. sundried tomato sauce (1 for each rectangle) for salami. Follow above recipe directions.

Pizza Wheels Substitute pepperoni for salami (approximately 24 slices). Follow above recipe directions.

Nutritional Facts: Serv. Size: 1 wheel (23g/0.8 oz.), Servings per recipe: 16, Calories 88, Calories from Fat 47, Total Fat 5g, Saturated Fat 2g, Cholesterol 8mg, Sodium 324mg, Total Carb 6g, Dietary Fiber 0g, Sugars 1g, Protein 4g

kicked-up kettlecorn

Makes 10 servings

Make popcorn according to package directions. Pour contents into Thatsa™ Bowl and sprinkle with Seasoning. Cover with Seal and shake, shake, shake!

Nutritional Facts: Serv. Size: 1/10 recipe (11g/0.4 oz.), Servings per recipe: 10, Calories 54, Calories from Fat 31, Total Fat 3g, Saturated Fat 1g, Cholesterol 1mg, Sodium <1mg, Total Carb 5g, Dietary Fiber 1g, Sugars <1g, Protein <1g

- 1 (16 oz.) container low-fat sour cream
- 1 (5 oz.) can chilies
- 3 Tbsp. Southwest Chipotle Seasoning

- 12 slices hard salami
- 1 (8 oz.) can reduced fat crescent rolls
- 1/3 cup + 1 Tbsp. grated parmesan cheese
- 2 tsp. Italian Herb Seasoning

serve-it-up tip

Look for multi-purpose containers for use when entertaining. The Open House™ Chip 'N Dip with Serving Tray/Cover and Dip Bowls is an essential—it will hold chips, two dips plus a variety of finger foods.

- 1 (3.5 oz.) bag microwave kettle corn style popcorn
- 2 tsp. Cinnamon-Vanilla Spice (adjust to taste)

spicy baked onion rings

Makes approximately 36 onion rings

Peel onion and slice into 1/4" slices. Separate slices, rinse and pat dry on paper towels. Mix together bread crumbs, and Seasonings; set aside. In a bowl, mix together egg and water. Dip each ring in the egg mixture and quickly dip into the breadcrumb mixture. Place in a single layer, on a baking sheet lined with the Silicone Wonder™ Mat. Lightly spray with non-stick cooking spray. Bake at 400°F for about 10 minutes, turn over and bake 5 more minutes until golden brown. Serve while hot.

Dipping Sauce Suggestion: Mix 8 oz. sour cream with 1 Tbsp. of Ragin' Cajun or Southwest Chipotle Seasoning.

Recipe Variation:

Zesty Italian Rings Substitute 1 1/2 Tbsp. Italian Herb for the Ragin' Cajun and Southwest Chipotle Seasoning.

Nutritional Facts: Serv. Size: each ring (12g/0.4 oz.), Servings per recipe: 36, Calories 21, Calories from Fat 4, Total Fat <1g, Saturated Fat 0g, Cholesterol 6mg, Sodium 137mg, Total Carb 4g, Dietary Fiber <1g, Sugars <1g, Protein 1g

noni's best baked french toast

Makes 6 slices

In Tupperware® Impressions Bowl, mix first 4 ingredients together with whisk. Gently dip each side of bread in egg mixture; make sure it's not too saturated. Place each slice on baking sheet lined with Silicone Wonder™ Mat and bake at 350°F for 10 minutes.

Serve immediately with favorite syrup.

Recipe can be doubled or tripled for large families.

Nutritional Facts: Serv. Size: 1 slice (61g/2.2 oz.), Servings per recipe: 6, Calories 119, Calories from Fat 39, Total Fat 4g, Saturated Fat 1g, Cholesterol 119mg, Sodium 156mg, Total Carb 14g, Dietary Fiber 1g, Sugars <1g, Protein 6g

- 1 extra large white onion
- 1 cup seasoned bread crumbs
- 1 egg, beaten
- 2 Tbsp. water
- 1 Tbsp. Southwest Chipotle Seasoning
- 1/2 Tbsp. Ragin' Cajun Seasoning
- Non-stick cooking spray (olive oil or butter flavored)

- 3 eggs, beaten
- 1/4 cup milk
- 1 Tbsp. Cinnamon-Vanilla Spice
- 1 tsp. finely shredded parmesan cheese
- 6 slices egg bread (Challah)

serve-it-up tip

French Toast Skewers

Cut French Toast into cubes and thread on bamboo skewers with fresh strawberries for a breakfast treat.

mini-omelets

Makes 7 omelets

Place Cooking Rack in bottom of Base of Oval Microwave Cooker; add bacon slices, cover and microwave for about 3 minutes on High until bacon is crispy. Remove bacon from Cooking Rack and set aside.

In 7-count Silicone Muffin form, fill each cup about 1/2 way with eggs. Add 2 tsp. of cheese to each cup; follow with 1 tsp. of chopped green onion. Finally, top off each cup with crumbled bacon slice.

Bake at 350°F for 15-20 minutes, until eggs are set. Remove from oven and let stand for a minute. Using Silicone Spatula, gently scoop mini-omelet out of each cup.

Recipe can be doubled or tripled.

Recipe Variations:

Skinny Version Use egg whites, low-fat cheese and turkey bacon.

Very Veggie Add chopped mushrooms and peppers—only need about 2 Tbsp. of each!

Nutritional Facts: Serv. Size: 1 omelet (50g/1.8 oz.), Servings per recipe: 7, Calories 114, Calories from Fat 78, Total Fat 9g, Saturated Fat 4g, Cholesterol 162mg, Sodium 179mg, Total Carb <1g, Dietary Fiber 0g, Sugars <1g, Protein 8g

toe tapping salad with a really cool dressing

Makes 6 servings

In Quick Shake® Container, blend together first 4 ingredients. Use Spin 'N Save™ Salad Spinner to clean field greens. Pour dressing blend over field greens. Salt & Pepper to taste.

Recipe may be doubled or tripled.

Serving Suggestions: grape tomatoes add color to salad

Side Dish Suggestion: Cheesy Crostini (pg. 27)

Nutritional Facts: Serv. Size: 1/6 recipe (54g/1.9 oz.), Servings per recipe: 6, Calories 93, Calories from Fat 82, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Sodium 70mg, Total Carb 3g, Dietary Fiber <1g, Sugars 2g, Protein <1g

5 eggs, beaten
1/3 cup shredded cheddar cheese
2 1/2 Tbsp. green onion, chopped
7 strips crispy bacon (center cut), crumbled

serve-it-up tip

Roll individual, uncooked strips of bacon and freeze in FreezeSmart™ Medium 1 Container. You will be able to remove the exact number of strips you need.

cheesy crostini

Makes 12 rounds

Preheat oven to 400°F. Mix together cheese with Seasoning and spread onto each slice of bread. Bake on Silicone Wonder™ Mat for 5-8 minutes until cheese has melted.

Recipe Variation:

Italian Crostini Substitute 1/4 cup extra virgin olive oil for cheese. Follow above directions.

Cajun Crostini Substitute Ragin' Cajun for Italian Herb Seasoning. Can make with either the cheese or olive oil.

Nutritional Facts: Serv. Size: 1 piece (48g/1.7 oz.), Servings per recipe: 12, Calories 130, Calories from Fat 32, Total Fat 4g, Saturated Fat 2g, Cholesterol 5mg, Sodium 401mg, Total Carb 19g, Dietary Fiber 1g, Sugars <1g, Protein 5g

sugar doodles

Makes 18 cookies

Mix together sugar and Cinnamon-Vanilla Spice in a small Tupperware® Impressions Bowl. Slice cookies and roll in sugar blend. Place onto baking sheet lined with Silicone Wonder™ Mat and bake at 350°F for 13-15 minutes until lightly golden.

Nutritional Facts: Serv. Size: 1 cookie (16.5g/0.6 oz.), Servings per recipe: 18, Calories 75, Calories from Fat 25, Total Fat 3g, Saturated Fat <1g, Cholesterol 4mg, Sodium 56mg, Total Carb 12g, Dietary Fiber <1g, Sugars 7g, Protein <1g

aloha dip

Makes 8 servings

In Tupperware® Impressions Bowl, mix together cream cheese and powdered sugar until smooth. Add in pineapple and chill until serving time. Will become firm once chilled; serve in bowl or make into a ball.

Serving Suggestion: Serve with crackers, fruit, or veggies.

Recipe Variation: Add 1/2 tsp. Cinnamon-Vanilla Spice.

Nutritional Facts: Serv. Size: 3 Tbsp. (44g/1.6 oz.), Servings per recipe: 8, Calories 83, Calories from Fat 55, Total Fat 6g, Saturated Fat 4g, Cholesterol 20mg, Sodium 122mg, Total Carb 4g, Dietary Fiber <1g, Sugars 1g, Protein 3g

1 baguette, 12 (1/4") slices
5 oz. soft goat cheese or other spreadable cheese, softened
2 Tbsp. Italian Herb Seasoning (optional)

serve-it-up tip

Toppings: sun dried tomatoes, pureed Greek olives and olive oil, grilled sliced onion and peppers, or baked cloves of garlic.

1 (18 oz.) pkg. refrigerated cookie dough
1/3 cup sugar
1 Tbsp. Cinnamon-Vanilla Spice (adjust to taste)

serve-it-up tip

Add a scoop of vanilla ice cream over warm cookies.

1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese, softened
3 Tbsp. powdered sugar
1/2 cup canned pineapple, drained

wingin' it chicken wings

Makes about 42 wings

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 1½ 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: 1 wing (22g/0.8 oz.), Servings per recipe: 42, Calories 45, Calories from Fat 16, Total Fat 2g, Saturated Fat <1g, Cholesterol 18mg, Sodium 122mg, Total Carb <1g, Dietary Fiber 0g, Sugars <1g, Protein 6g

cinnamon tortilla chips

Makes 4 dozen chips

Mix together sugar and Spice in Thatsa™ Bowl. Spray tortillas with non-stick cooking spray on both sides before cutting into strips; place strips in Thatsa™ Bowl, seal and shake to lightly coat. To ensure crispy chips, lay tortillas strips without overlapping on baking sheet lined with Silicone Wonder™ Mat for 8-10 minutes at 350°F or until lightly golden.

Recipe Variation:

Southwest Tortilla Chips Substitute 2 tsp. Southwest Chipotle Seasoning for the sugar and Cinnamon-Vanilla Spice.

Sugar-Free Tortilla Chips Substitute sweetener for sugar. Adjust amount of sweetener to taste.

Nutritional Facts: Serv. Size: 8 chips (21g/0.6 oz.), Servings per recipe: 6, Calories 80, Calories from Fat 17, Total Fat 2g, Saturated Fat <1g, Cholesterol 0mg, Sodium 91mg, Total Carb 14g, Dietary Fiber <1g, Sugars 2g, Protein 2g

2 lb. chicken wings or boneless, skinless chicken breast, sliced into strips
¼ cup of your choice: Hickory Mesquite, Island Rub, or Ginger Teriyaki Seasoning

serve-it-up tip

Consider serving the food buffet-style the next time you entertain. The guests are then able to serve themselves; leaving you free to enjoy the party.

serve-it-up tip

When serving pudding for dessert, add a dollop of whipped topping and tuck a Cinnamon Tortilla Chip next to it in the pudding.

fruit salsa

Makes 2½ cups

Place apple pieces, kiwi pieces and strawberries in Quick Chef. Add apple jelly, if desired. Turn handle until fruit is coarsely chopped. **Do not over chop.**

Serving Suggestion: Cinnamon Tortilla Chips (pg. 28)

Nutritional Facts: Serv. Size: ¼ recipe (98g/3.5 oz.), Servings per recipe: 6, Calories 58, Calories from Fat 2, Total Fat <1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carb 14g, Dietary Fiber 2g, Sugars 10g, Protein <1g

simply salsa

Makes 5 servings

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

Serving Suggestion: Serve with chips or as a topping for tacos!

Recipe Variation:

Pico de Gallo Use 3-4 medium sized plum tomatoes instead of canned tomatoes.

Nutritional Facts: Serv. Size: ¼ cup (114g/4 oz.), Servings per recipe: 5, Calories 33, Calories from Fat 1, Total Fat <1g, Saturated Fat 0g, Cholesterol <1mg, Sodium 383mg, Total Carb 7g, Dietary Fiber 1g, Sugars 4g, Protein 1g

spinach puffs

Makes 3 dozen

Mix together spinach, cheese, and Seasoning; set aside. On a cutting board, take out two sheets of phyllo dough at a time (to prevent unused phyllo dough from drying out, keep covered with damp towel). Lightly spray each sheet with non-stick cooking spray and layer the two sheets of dough. Cut strips about 2½-3" wide—will yield about 4 or 5 strips per rectangle.

Preheat oven to 350°F. Place a teaspoon of spinach mixture in the bottom right corner. Fold over making a triangle. Continue folding as you would a flag. Tuck in or lightly spray any uneven part. Repeat until finished. Place prepared phyllo dough on baking sheet lined with Silicone Wonder™ Mat and bake for about 8-10 minutes until lightly golden in color.

Nutritional Facts: Serv. Size: 1 puff (15g/0.5 oz.), Servings per recipe: 36, Calories 33, Calories from Fat 12, Total Fat 1g, Saturated Fat <1g, Cholesterol 3mg, Sodium 96mg, Total Carb 4g, Dietary Fiber <1g, Sugars <1g, Protein 2g

1 large Granny Smith apple, cored and cut into wedges
2 kiwi fruit, peeled and cut into pieces
8 strawberries, remove stems
2 Tbsp. apple jelly (optional)

1 medium onion, peeled and cut in half
2 cloves garlic, peeled and smashed
Juice of ½ lime
1 (15 oz.) can diced tomatoes
1 Tbsp. Southwest Chipotle Seasoning
Garlic salt to taste
2-3 Tbsp. cilantro (optional)

1 (8 oz.) pkg. phyllo dough, thawed
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
1 cup finely shredded Italian cheese
1 Tbsp. Italian Herb Seasoning
Non-stick cooking spray (butter flavored)

party arti dip

Makes 8 servings (about 2 cups)

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

Nutritional Facts: Serv. Size: 1/4 cup (75g/2.6 oz.), Servings per recipe: 8, Calories 84, Calories from Fat 44, Total Fat 5g, Saturated Fat 2g, Cholesterol 9mg, Sodium 269mg, Total Carb 7g, Dietary Fiber 3g, Sugars 3g, Protein 4g

- 1 (14 oz.) can artichoke hearts, drained
- 2 green onions, chopped
- 1/2 cup low-fat mayonnaise
- 1/2 cup grated parmesan cheese
- 1 (7 oz.) can chilies, drained (optional)

stuffed mushrooms

Makes 24 mushrooms, depending on size

Preheat oven to 350°F. Gently remove stems from caps and fill with 1 teaspoon of the Party Arti Dip. Place stuffed mushrooms on a jelly roll pan lined with a Silicone Wonder™ Mat. Bake for 15-20 minutes until filling is hot and mushrooms are hot.

Nutritional Facts: Serv. Size: 1 stuffed mushroom (30g/1.1 oz.), Servings per recipe: 24, Calories 24, Calories from Fat 8, Total Fat <1g, Saturated Fat <1g, Cholesterol 1mg, Sodium 46mg, Total Carb 2g, Dietary Fiber <1g, Sugars <1g, Protein 1g

- 1 (16 oz.) pkg. white mushrooms, rinse and pat dry
- 1 cup of Party Arti Dip, cold, (pg. 30)

hot chili dip

Makes 8 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 chips.

Nutritional Facts: Serv. Size: 1/8 recipe (124g/4.4 oz.), Servings per recipe: 8, Calories 156, Calories from Fat 86, Total Fat 10g, Saturated Fat 6g, Cholesterol 30mg, Sodium 548mg, Total Carb 11g, Dietary Fiber 3g, Sugars 2g, Protein 9g

- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese
- 1 (15 oz.) can spicy chili beans
- 1 cup Simply Salsa (pg. 29)
- 1 cup shredded Cheddar cheese (low-fat or non-fat)

spicy herb snack mix

Makes 5 servings

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

Recipe Variation:

BBQ Flavor Substitute Hickory Mesquite for Italian Herb Seasoning.

Nutritional Facts Using Olive Oil: Serv. Size: about 1 cup (68g/2.4 oz.), Servings per recipe: 5, Calories 345, Calories from Fat 191, Total Fat 21g, Saturated Fat 2g, Cholesterol 0mg, Sodium 744mg, Total Carb 34g, Dietary Fiber 4g, Sugars 4g, Protein 8g

- 2 cups mini pretzels
- 2 cups multi-bran cereal squares
- 1 cup chopped nuts (peanuts, walnuts, or pecans)
- 2 Tbsp. Italian Herb Seasoning
- 2 Tbsp. olive oil or non-stick cooking spray

blue cheese ball

Makes 12 servings

Chop walnuts using The Chopper Machine. Mix together cream cheese and blue cheese; chill for 15 minutes to firm cheese. Remove and shape into a ball, then roll in chopped nuts. Serve chilled with veggies, and crackers.

Recipe Variation:

Hot Blue Cheese Dip Omit nuts; microwave on High for 1 minute to heat through and serve with crostini, vegetables, spinach puffs, or crackers.

Nutritional Facts: Serv. Size: 2 Tbsp. (31g/1.1 oz.), Servings per recipe: 12, Calories 104, Calories from Fat 82, Total Fat 9g, Saturated Fat 4g, Cholesterol 19mg, Sodium 179mg, Total Carb 1g, Dietary Fiber <1g, Sugars <1g, Protein 4g

- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese, softened
- 3/4 cup blue cheese crumbles
- 1/2 cup chopped walnuts

serve-it-up tip

Place finger foods and appetizers wherever you would like your guests to gather.

easy pumpkin cake

Makes 12 servings

Mix above ingredients together in a Thatsa™ Bowl with a Silicone Spatula until moistened. Consistency will be very thick. Spread batter in a lightly greased 9" Round Silicone Form and bake at 350°F for about 30 minutes until toothpick comes out clean.

Nutritional Facts: Serv. Size: 1 slice (79g/2.8 oz.), Servings per recipe: 12, Calories 197, Calories from Fat 48, Total Fat 5g, Saturated Fat 2g, Cholesterol 11mg, Sodium 331mg, Total Carb 35g, Dietary Fiber 1g, Sugars 20g, Protein 3g

- 1 (18.25 oz.) pkg. spice cake mix
- 1 (15 oz.) can pumpkin pie filling
- 1 tsp. Cinnamon-Vanilla Spice

serve-it-up tip

Fill Gourmet Decorator with non-dairy whipped topping and swirl some on each slice of cake.

spinach balls

Makes 3 dozen

Chop onion using The Chopper Machine. In Thatsa™ Bowl, combine ingredients and mix together with a Silicone Spatula.

Preheat oven to 350°F. Using the tablespoon from the Measuring Spoon Set, scoop out the spinach mixture creating a ball, and drop onto a baking sheet lined with the Silicone Wonder™ Mat and bake for 20-25 minutes. Serve immediately!

Nutritional Facts: Serv. Size: 1 spinach ball (23g/0.8 oz.), Servings per recipe: 36, Calories 43, Calories from Fat 22, Total Fat 2g, Saturated Fat 1g, Cholesterol 17mg, Sodium 189mg, Total Carb 3g, Dietary Fiber <1g, Sugars <1g, Protein 2g

- 1 (10 oz.) pkg. chopped spinach, thawed and well drained
- 1 lb. ground pork sausage or turkey sausage
- 1 medium onion, chopped
- 3/4 cup seasoned breadcrumbs
- 1/3 cup egg substitute (or 2 large eggs)
- 1/2 Tbsp. Italian Herb Seasoning

queso bean dip

Makes 12 servings

Mix together ingredients in Base of Oval Microwave Cooker. Cover; microwave on High for 2 minutes or until cheese is melted when stirred. Serve with corn chips or tortilla chips.

Nutritional Facts: Serv. Size: about 1/3 cup (93g/3.3 oz.), Servings per recipe: 12, Calories 115, Calories from Fat 39, Total Fat 4g, Saturated Fat 3g, Cholesterol 14mg, Sodium 794mg, Total Carb 10g, Dietary Fiber 2g, Sugars 5g, Protein 10g

- 1 cup Simply Salsa (pg. 29)
- 1 can (15 oz.) black beans, drained
- 1 Tbsp. Southwest Chipotle Seasoning
- 1 (16 oz.) pkg. low-fat processed cheese food, cut into pieces

savory breadsticks

Makes 8 breadsticks

Preheat oven to 350°F. Mix together olive oil and Seasoning; set aside. Lightly coat breadstick dough with olive oil mixture and place onto a baking sheet lined with the Silicone Wonder™ Mat. Bake for 10 minutes or until golden brown. Serve immediately.

Nutritional Facts: Serv. Size: 1 breadstick (41g/1.4 oz.), Servings per recipe: 8, Calories 133, Calories from Fat 52, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 324mg, Total Carb 17g, Dietary Fiber <1g, Sugars 1g, Protein 3g

- 1 tube refrigerated breadsticks
- 2-3 Tbsp. olive oil
- 1-2 tsp. Italian Herb Seasoning

stuffed veggies

Makes 10-12 servings

Mix together first three ingredients. If consistency is too thin, simply chill for a few minutes. Using the star tip, fill Gourmet Decorator will cheese filling. Pipe filling into veggies.

Recipe Variations:

Italian Substitute 1 1/2 Tbsp. Italian Herb for Veggie Delight Seasoning.

Cajun Substitute 2 Tbsp. Ragin' Cajun for Veggie Delight Seasoning (adjust to taste).

Southwest Substitute 1 1/2 Tbsp. Southwest Chipotle for Veggie Delight Seasoning.

Nutritional Facts For Filling: Serv. Size: 1 1/2 Tbsp. to fill 3-4 veggies (23.5g/0.8 oz.), Servings per recipe: 12, Calories 54, Calories from Fat 41, Total Fat 4g, Saturated Fat 3g, Cholesterol 15mg, Sodium 157mg, Total Carb 1g, Dietary Fiber 0g, Sugars <1g, Protein 2g

- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese, softened
- 3 Tbsp. reduced fat sour cream
- 2 Tbsp. Veggie Delight Seasoning
- Veggies: celery, cucumbers, cherry tomatoes; rinse & dry

serve-it-up tip

Tomatoes: Slice just the tops off cherry tomatoes. Use 1/4 tsp. to hollow out.

Cucumbers: Using a Peeler, make stripes by peeling thin strips from end to end. Cut into 1/2" thick slices.

decadentdesserts

cookie surprise

Makes 21 cookies

Preheat oven to 350°F. In a Silicone Muffin Form, place about 1 1/2 Tbsp. of cookie dough in the bottom of each cup. Bake for about 10-11 minutes. Remove from oven and place peanut butter cup in the center of the puffed up cookie. Let cookies sit for a few minutes before removing from form.

Recipe Variation: Substitute caramel, nougat candy bars or toffee mini candy bars for peanut butter cups.

Nutritional Facts: Serv. Size: 1 cookie (28g/1 oz.), Servings per recipe: 21, Calories 137, Calories from Fat 62, Total Fat 7g, Saturated Fat 4g, Cholesterol 7mg, Sodium 69mg, Total Carb 18g, Dietary Fiber 1g, Sugars 11g, Protein 2g

- 1 (18 oz.) pkg. refrigerated chocolate chip chunk cookie dough
- 21 miniature peanut butter cups, unwrapped

serve-it-up tip

These cookies will be popular at the annual holiday Cookie Swap!

mud parfaits

Makes 12 servings

Crush cookies using the Chopper Machine and set aside. Make first batch of pudding by placing 14 oz. milk in Quick Shake® Container and 1 package of pudding on top. Shake until pudding thickens; set aside. Place crushed cookies in bottom of Sheerly Elegant Cocktail Stem or other stemware; spread a layer of pudding over cookies; repeat by making second batch of pudding. Top it off with a dollop of whipped topping and a final sprinkle of crushed cookies.

Recipe Variation:

Black & White Substitute French vanilla pudding for chocolate fudge pudding.

Nutritional Facts: Serv. Size: 1/12 recipe (132g/4.7 oz.), Servings per recipe: 12, Calories 319, Calories from Fat 102, Total Fat 11g, Saturated Fat 4g, Cholesterol 5mg, Sodium 597mg, Total Carb 50g, Dietary Fiber 2g, Sugars 5g, Protein 5g

- 2 (3.9 oz.) pkgs. chocolate fudge instant pudding
- 28 oz. cold reduced fat milk
- 1 (18 oz.) pkg. chocolate sandwich cookies
- 1 cup non-dairy, light whipped topping

serve-it-up tip

Can't get enough PB&J?

Use crispy peanut butter and chocolate cookie bars instead of sandwich cookies. Follow recipe adding a layer of your favorite jam after first pudding layer. For the kids, insert sugar-coated gummy worms in the top pudding layer. Sprinkle with crushed cookie bars.

on your honor pie

Makes 8 servings

In Base of Oval Microwave Cooker, melt chocolate chips. In 9" round silicone form or Micro Pitcher Set, melt butter in microwave. Crush cookies to a medium fine texture—need 2 cups. Add crushed cookies to silicone form with melted butter; press onto bottom and sides. Add cream cheese to melted chocolate chips stirring together until smooth. Fold in 1½ cup whipped topping to the chocolate cream cheese mixture and pour into pie crust.

Crust Options: For a more traditional crust, bake for 8 minutes at 350°F and allow it to cool before adding the filling. For a no-bake crust, simply use the Tupperware® Impressions Dessert Server for the crust and just add the filling. The crust will have a crumbly texture.

Garnish with remaining whipped topping (in Gourmet Decorator), and remaining cookies (coarsely crushed) crumbled on top of filling. Chill until time to serve.

Nutritional Facts: Serv. Size: 1 slice (105g/3.7 oz.), Servings per recipe: 8, Calories 403, Calories from Fat 230, Total Fat 26g, Saturated Fat 17g, Cholesterol 37mg, Sodium 288mg, Total Carb 34g, Dietary Fiber 1g, Sugars 21g, Protein 6g

deep dish cobbler

Makes 8 servings

Pour fruit into 9" Round Silicone Form. Add cake mix and lightly sprinkle on Cinnamon-Vanilla Spice. With Silicone Spatula cut into fruit mixture about 8 times allowing cake mix to slightly moisten. Bake for about 15 minutes at 350°F until cobbler is lightly golden.

Recipe Variation:

Blueberry Substitute blueberry filling for peaches.

Cherry Substitute cherry filling for peaches.

Apple Substitute canned apples for peaches.

Raspberry Substitute raspberry filling for peaches.

Nutritional Facts: Serv. Size: about ¾ cup (139g/4.9 oz.), Servings per recipe: 8, Calories 188, Calories from Fat 20, Total Fat 2g, Saturated Fat <1g, Cholesterol 0mg, Sodium 204mg, Total Carb 42g, Dietary Fiber 2g, Sugars 30g, Protein 2g

- 1 (10 oz.) pkg. chocolate mint cookies, crushed
- ¼ cup (½ stick) butter, melted
- ¼ cup milk chocolate chips, melted
- 1 (8 oz.) pkg. Neufchatel (low-fat) cream cheese, softened
- 1 (8 oz.) container non-dairy light whipped topping

serve-it-up tip

Pie crusts that call for crushed cookies will be very loose when placed in the pie plate. Once the cookies are pressed into the pan and baked, the crust will come together.

serve-it-up tip

Ice cream and plenty of it!

brownie trifle

Makes 24 servings

Place 1¾ cup milk and then add 1 pudding mix on top in a Quick Shake® Container. Seal and then shake until pudding thickens; set aside. In 2½ Qt. Sheerly Elegant Bowl, crumble 1/2 of brownies, then layer pudding, sprinkle 1/2 of crushed toffee candy; finish with 1/2 of the whipped topping. Repeat entire process starting with making second batch of pudding. Save handfull of crushed toffee for decoration. Chill until time to serve.

Recipe Variation:

Black & White Substitute white chocolate instant pudding for chocolate fudge instant pudding.

Nutritional Facts: Serv. Size: 1/24 recipe (106g/3.75 oz.), Servings per recipe: 24, Calories 320, Calories from Fat 148, Total Fat 16g, Saturated Fat 6g, Cholesterol 29mg, Sodium 268mg, Total Carb 39g, Dietary Fiber 1g, Sugars 26g, Protein 4g

- 1 13" x 9" pan brownies
- 2 (3.9 oz.) pkgs. instant pudding, chocolate fudge
- 28 oz. (3½ cups) 2% milk, divided
- 1 (12 oz.) container non-dairy whipped topping
- 1 (12 oz.) pkg. bite-size toffee candy, crushed

serve-it-up tip

For individual servings, serve in Sheerly Elegant Stemware.

buttery chocolate toffee squares

Makes 24 pieces

In the Base of the Oval Microwave Cooker, melt butter and brown sugar for 1½ minutes; stir with Silicone Spatula until sugar is dissolved and microwave an additional 2-2½ minutes until a caramel sauce has been made. Meanwhile, lay crackers side by side, salt side up on a 10½" x 15½" jelly roll pan lined with a Silicone Wonder™ Mat. When caramel sauce is ready, carefully pour over crackers, spreading out to an even layer with a Silicone Spatula. Bake for 10 minutes at 350°F. Remove from oven and immediately sprinkle chocolate over mixture; smoothing out with a Silicone Spatula. Add chopped nuts. Chill and break into pieces. *Please Note: Texture will be a softer toffee.*

Nutritional Facts: Serv. Size: 1 piece (39g/1.4 oz.), Servings per recipe: 24, Calories 209, Calories from Fat 134, Total Fat 15g, Saturated Fat 7g, Cholesterol 24mg, Sodium 87mg, Total Carb 19g, Dietary Fiber <1g, Sugars 14g, Protein 2g

- 44 club style saltine crackers
- 1 cup light brown sugar, packed
- 1 cup (2 sticks) unsalted butter
- 1 (12 oz.) pkg. milk chocolate chips
- ⅔ cup chopped pecans
- ¼ tsp. Cinnamon-Vanilla Spice (optional)

chocolate peanut butter decadence

Makes 48 balls

In a Thatsa™ Bowl, combine melted butter, peanut butter, graham cracker crumbs, and powdered sugar. Mix together using a Silicone Spatula. Roll into 3/4" balls, and chill for 15 minutes. Meanwhile, in the Base of the Oval Microwave Cooker, microwave chocolate for a minute, stirring with Silicone Spatula. If necessary, microwave for 30 seconds more. Chocolate consistency should be smooth.

Take chilled peanut butter balls and dip one by one in the melted chocolate (use your fingers, toothpick, or a fork to dip). Place onto a cookie sheet lined with a Silicone Wonder™ Mat. Chill for about 10 minutes until chocolate has hardened. Keep refrigerated.

Nutritional Facts: Serv. Size: 1 ball (27g/1 oz.), Servings per recipe: 48, Calories 143, Calories from Fat 83, Total Fat 9g, Saturated Fat 4g, Cholesterol 7mg, Sodium 92mg, Total Carb 14g, Dietary Fiber 1g, Sugars 11g, Protein 3g

- 1 1/2 cup peanut butter
- 1 3/4 cup graham cracker crumbs
- 1/2 cup (1 stick) butter, melted
- 1 1/2 cup powdered sugar
- 1 (12 oz.) pkg. + 4 oz. milk chocolate chips (or semi-sweet)

serve-it-up tip

Place a couple of these yummy morsels on small dessert plates. Dust the rim of each plate with Chef Series™ Cinnamon-Vanilla Spice Blend and serve.

chocolate, chocolate cups

Makes 14 cups

Preheat oven to 350°F. Press about 2 Tbsp. dough in bottom and sides of Silicone Muffin Form. Bake for 11-13 minutes; cookies will puff up. While still hot, press down in center of muffin to create a well. Cool slightly before removing from form.

Place frosting in Gourmet Decorator, and pipe into center of cup. Repeat until finished.

Recipe Variation:

Chocolate, Peanut Butter Cups Substitute Peanut Butter cookie dough for Chocolate Chunk.

Chocolate, Macadamia Nut Cups Substitute White Chocolate Macadamia Nut Cookie dough for Chocolate Chunk.

Nutritional Facts: Serv. Size: 1 piece (30g/1 oz.), Servings per recipe: 14, Calories 132, Calories from Fat 48, Total Fat 5g, Saturated Fat 2g, Cholesterol 3mg, Sodium 77mg, Total Carb 29g, Dietary Fiber <1g, Sugars 15g, Protein <1g

- 1 (18 oz.) pkg. refrigerated chocolate chip chunk cookie dough
- 9 oz. chocolate icing (1/2 of 18 oz. tub)

essence of decadence

Makes 8-10 servings

Melt chocolate chips in Base of Oval Microwave Cooker for 2 minutes. Stir and melt for additional 30 seconds, if necessary. Dip food in chocolate and place onto baking sheet lined with Silicone Wonder™ Mat. Will set after a few minutes; may want to chill.

Topping Options: 1 cup of finely chopped nuts to sprinkle on dipped food

Nutritional Facts: Serv. Size: 1 Tbsp. (14 g/0.5 oz.), Servings per recipe: 24, Calories 68, Calories from Fat 38, Total Fat 4g, Saturated Fat 2g, Cholesterol 0mg, Sodium 1.5mg, Total Carb 9g, Dietary Fiber <1g, Sugars 8g, Protein <1g

- 2 cups (12 oz. bag) semi-sweet or milk chocolate chips
- 1 cup assorted sliced fruit such as banana, strawberries, pineapple.
- 1 cup potato chips, cookies, or cubed pound cake

serve-it-up tip

Drizzle with melted white chocolate once the milk chocolate has set.

chocolate caramel cookies

Makes about 28 cookies

Melt chocolate in Base of Oval Microwave Cooker for 1 1/2 minutes. Stir and melt for additional 30 seconds, if necessary. Meanwhile, on a 15 1/2" x 10 1/2" jelly roll pan, lined with a Silicone Wonder™ Mat, lay out the graham crackers. Pour caramel sauce over graham crackers, smoothing out with Silicone Spatula. Cover with melted chocolate, smoothing out with Silicone Spatula. Chill for about 10 minutes. To break into bars, pull up mat and start to fold over. Cookies should break apart to the shape of the original graham cracker.

Recipe Variation:

Nutty Caramel Cookies Add 1 cup of chopped pecans or walnuts.

Nutritional Facts: Serv. Size: 1 cookie (31g/1.1 oz.), Servings per recipe: 28, Calories 128, Calories from Fat 40, Total Fat 4g, Saturated Fat 2g, Cholesterol 3mg, Sodium 92mg, Total Carb 21g, Dietary Fiber <1g, Sugars 14g, Protein 2g

- 14 whole graham crackers
- 1 (12 oz.) jar caramel sauce
- 1 (12 oz.) pkg. milk chocolate chips

temptation bars

Makes 28 cookies

Melt 1 package of chocolate chips in Base of Oval Microwave Cooker for 1½ minutes. Stir and melt for additional 30 seconds, if necessary.

On a 15½" x 10½" jelly roll pan, lined with a Silicone Wonder™ Mat, evenly spread the melted chocolate. Lay, side-by-side, the graham crackers over the melted chocolate. Melt the marshmallow crème for 30 seconds; spread over graham crackers. Add the chopped nuts. Pour caramel sauce over graham crackers, smoothing out with Silicone Spatula. Melt second package of chocolate chips; gently spread over caramel with Silicone Spatula.

Chill for about 15 minutes. To break into bars, pull up mat and start to fold over. Cookies should break apart to the shape of the original graham cracker. For best results, keep refrigerated.

Nutritional Facts: Serv. Size: 1 cookie (55g/1.9 oz.), Servings per recipe: 28, Calories 241, Calories from Fat 97, Total Fat 11g, Saturated Fat 4g, Cholesterol 5mg, Sodium 108mg, Total Carb 35g, Dietary Fiber 1g, Sugars 25g, Protein 3g

chocolate truffles

Makes 24 truffles

Heat cream in microwave for 30 seconds; set aside. In the Base of the Oval Microwave Cooker, microwave chocolate chips, butter, and Spice for 1 minute; stir and heat for 30 more seconds, if necessary. Stir chocolate until silky smooth; slowly add cream; stirring until cream is absorbed; repeat until cream is gone. Pour chocolate mixture in a Medium Deep Rock 'N Serve™ Container; seal and freeze for 15 minutes. Remove from freezer and scoop out with ½ Tbsp. (about ¾" diameter). Roll into ball and quickly coat in cocoa or nuts. Place either in container or small muffin paper. Repeat until finished. *Please Note: If chocolate becomes too soft, place container back in freezer for a few minutes.*

Nutritional Facts: Serv. Size: 1 truffle with nuts (16g/0.6 oz.), Servings per recipe: 24, Calories 77, Calories from Fat 53, Total Fat 6g, Saturated Fat 3g, Cholesterol 7mg, Sodium 2mg, Total Carb 7g, Dietary Fiber <1g, Sugars 6g, Protein <1g

- 14 whole graham crackers
- 1 (12 oz.) jar caramel sauce
- 1 (7 oz.) jar marshmallow crème
- 2 (12 oz.) pkgs. milk chocolate chips (or semi-sweet)
- 1 cup chopped nuts

- 1½ cup semi-sweet or bittersweet chocolate chips
- ⅓ cup heavy whipping cream
- 2 Tbsp. butter, unsalted
- ⅛ tsp. Cinnamon-Vanilla Spice
- Coating options: 3 Tbsp. unsweetened cocoa, or finely chopped nuts

serve-it-up tip

Truffles make a wonderful gift. Use foil muffin papers to hold truffles and place them in a holiday canister. For the gift card, either type or handwrite the recipe.

cherry cream pie

Makes 6 servings

In Base of Oval Microwave Cooker, microwave cream cheese for 30 seconds. Stir with Silicone Spatula till smooth; add powdered sugar and stir until well blended. Gently fold in whipped topping and spoon into crust. Chill for 10 minutes, then top with cherry filling and chill again until serving time.

To Serve in Tupperware® Impressions Dessert Server:

Brush crust with an egg white and bake for 5 minutes at 350°F. Place clear insert over crust; gently invert and remove aluminum pie plate. Place Tupperware® Impressions Dessert Server over crust and flip over. Fill with cream mixture, chill 10 minutes, and then top with fruit filling.

Recipe Variation:

Blueberry Cream Pie Substitute blueberry pie filling for cherry.

Raspberry Cream Pie Substitute raspberry pie filling for cherry.

Nutritional Facts: Serv. Size: 1 slice (192g/6.8 oz.), Servings per recipe: 6, Calories 441, Calories from Fat 181, Total Fat 20g, Saturated Fat 11g, Cholesterol 27mg, Sodium 338mg, Total Carb 61g, Dietary Fiber 1g, Sugars 50g, Protein 6g

key lime pie

Makes 6 servings

Break eggs into That'sa™ Bowl, saving the white from 1 egg. Brush this egg over the cookie crust and bake for 5 minutes at 350°F.

Add condensed milk to eggs; stir together and then add lime juice and Cinnamon-Vanilla Spice. Pour into crust and bake at 350°F for 12-15 minutes until set. Chill until time to serve.

Nutritional Facts: Serv. Size: 1 slice (149g/5.25 oz.), Servings per recipe: 6, Calories 399, Calories from Fat 91, Total Fat 10g, Saturated Fat 2g, Cholesterol 110mg, Sodium 267mg, Total Carb 69g, Dietary Fiber 4g, Sugars 55g, Protein 10g

- 1 (6 oz.) vanilla wafer cookie crust (or graham cracker crust)
- 1 (8 oz.) pkg. Neufchatel, low-fat cream cheese, softened
- ½ cup powdered sugar
- 1½ cup non-dairy whipped topping
- 1 (15 oz.) can cherry pie filling

- 1 (14 oz.) can fat-free, sweetened condensed milk
- 3 large eggs
- 4 oz. key lime juice (bottled or fresh)
- 1 (6 oz.) vanilla wafer cookie crust (or graham cracker crust)
- ⅛ tsp. Cinnamon-Vanilla Spice

serve-it-up tip

Top it off with fresh whipped cream using the Gourmet Decorator. Insert thin slices of lime, dipped in sugar, or a sprig of mint.

chocolate chip pie

Makes 6 servings

In Base of Oval Microwave Cooker, microwave cream cheese for 30 seconds. Stir with Silicone Spatula till smooth; add powdered sugar and stir until well blended. Mix in 1/2 cup chocolate chips, and gently fold in whipped topping—spoon into crust. Sprinkle remaining chocolate chips over pie and chill until serving time.

To Serve in Tupperware® Impressions Dessert Server:

Brush crust with an egg white and bake for 5 minutes at 350°F. Place clear insert over crust; gently invert and remove aluminum pie plate. Place Tupperware® Impressions Dessert Server over crust and flip over. Fill with cream mixture, add chips and chill until serving time.

Recipe Variation: Substitute crumble chocolate sandwich cookies instead of chocolate chips.

Nutritional Facts: Serv. Size: 1 slice (114g/4 oz.), Servings per recipe: 6, Calories 428, Calories from Fat 244, Total Fat 27g, Saturated Fat 15g, Cholesterol 31mg, Sodium 255mg, Total Carb 45g, Dietary Fiber 1g, Sugars 35g, Protein 6g

over the top brownies

Makes 32 brownies

Mix together brownie mix, eggs, oil, water. Pour brownie batter in a 11" x 17" jelly roll pan lined with a Silicone Wonder™ Mat. Crumble mini candy bars over brownie batter and bake at 350°F for 15-17 minutes. Will be very fudgy.

Note: Quantity of eggs, oil and water may vary according to brownie mix recipe. Follow fudgy recipe directions.

Nutritional Facts: Serv. Size: 1 brownie (33g/1.2 oz.), Servings per recipe: 32, Calories 144, Calories from Fat 66, Total Fat 7g, Saturated Fat 2g, Cholesterol 14mg, Sodium 85mg, Total Carb 18g, Dietary Fiber <1g, Sugars 12g, Protein 2g

- 1 (6 oz.) vanilla wafer cookie crust (or graham cracker crust)
- 1 (8 oz.) pkg. of Neufchatel, low-fat cream cheese, softened
- 1/2 cup powdered sugar
- 1 1/2 cup non-dairy whipped topping
- 3/4 cup mini-chocolate chips

- 1 (21 oz.) pkg. fudgy style brownie mix
- 2 eggs
- 1/2 cup canola oil
- 1/4 cup water
- 7 oz. (28 pieces) miniature peanut butter cups (other mini candy bars may be substituted)

serve-it-up tip

Add a scoop of vanilla ice cream on top of brownie and fudge sauce. Now that's really over the top.

say cheese— it's a cake walk

Makes 12 servings

Quick & Easy Crumb Crust Preheat oven to 350°F. Place 1/3 cup butter in 9" Magic Round Form. Microwave on High for 30-45 seconds until butter is melted. Stir in 1 1/4 cups graham cracker crumbs and 3 Tbsp. sugar. Press mixture firmly on bottom of Form placed on baking sheet. Bake for 8 minutes. Let stand on baking sheet.

Filling Preheat oven to 350°F. Beat cream cheese and sugar in Thatsa™ Bowl with hand-held electric mixer at low speed until smooth. Add eggs and Spice, blending well. Pour over prepared crust in Silicone Form on baking sheet. Bake 45 to 50 minutes or until almost set. Remove from oven to wire rack. Cool completely. Refrigerate until cold.

Remove from Magic Round Form by loosening side of pan. Invert onto plate; immediately invert again onto serving plate.

Topping Suggestion: Chocolate drizzle—dip end of table fork tongs into 1/2 cup melted chocolate and splatter over cheesecake.

Recipe Variation:

Toffee Bits Cheesecake Stir in 1 3/4 cups (10 oz. pkg.) English toffee bits into batter.

Nutritional Facts: Serv. Size: 1 slice (112g/3.9 oz.), Servings per recipe: 12, Calories 355, Calories from Fat 197, Total Fat 22g, Saturated Fat 13g, Cholesterol 107mg, Sodium 387mg, Total Carb 32g, Dietary Fiber 1g, Sugars 27g, Protein 9g

Crust:

- 1/3 cup butter
- 1 1/4 cup graham crackers, crushed
- 3 Tbsp. sugar

Filling:

- 3 (8 oz.) pkg. Neufchatel cheese
- 3/4 cup sugar
- 3 large eggs
- 2 tsp. Cinnamon-Vanilla Spice

Gift

Wine Conesuer When giving a gift of wine, make your gift more memorable by including the UpLifter™ Corkscrew. Wrap the bottle in several layers of colored tissue paper. At the base of the bottle, trim and tape the paper flat against the bottom. Wind the paper tightly around the neck of the bottle; allowing a paper plume to extend slightly up past the cork. Attach an UpLifter™ Corkscrew at the neck of the wine bottle with a coordinating bow.

Cookie Lover Is there a cookie lover on your list? Give them the tools to make their favorites. Begin with a Thatsa™ Bowl, Measuring Cup Set, Measuring Spoons, Super Silicone Spatula and the Gourmet Decorator. Fill the Thatsa™ Bowl with paper shred; place the other Tupperware products inside the Thatsa™ Bowl and tuck in cookie making supplies - a bag of cookie mix, frosting, mini candies and chopped nuts. It's also fun to include a set of Classic Sheer® Midget® Containers filled with a selection of colored sugars.

Gift Ideas

Quick Gift Idea Purchase a decorated layer cake from the bakery; remove it from the store container and place in the Round Cake Taker. Tie a bow on the handle, add a gift tag and present a gift they will appreciate for years to come.

All-In-One Gift You may have seen those expensive soup or cookie mixes in jars. Why not make your own by layering all the dry ingredients in a virtually airtight Modular Mates® Oval 3 container and attaching the recipe as a gift tag!

Sweet Ideas Chocolate-dipped cookies, crackers, pretzels, strawberries and cherries are so quick and easy to make. Once complete, place an assortment in a Tupperware® Holiday Snack Canister for the mail person, babysitter, hairdresser...everyone on your list. You will find the recipe on page 37.

Teacher Gifts Here is a simple, yet thoughtful, gift for all the teachers. Take a set of Impressions 16 oz. Tumblers with Drip-Less™ Straw Seals and fill each with individually wrapped candies, colored pencils, travel-size bath and body items. Enclose each completed Tumbler and Seal in cellophane and tie with curling ribbon.

Warm Thoughts A CrystalWave™ Soup Mug is just the right size for a gift of instant soup packages, wrapped crackers and a candy bar. Fill the base of the Soup Mug with tissue paper or colored shred. Add the food items. Prop the Seal behind the CrystalWave™ Soup Mug and wrap in cellophane.

Raspberry Special Place sliced Raspberry Squares (pg. 13) in a Modular Mates® Rectangular 1 Container. Tie a colorful ribbon around the container and attach the recipe as a gift tag!

Poppin' Fun Add candy-coated chocolate pieces and peanuts to Kicked-up Kettlecorn (pg. 24). Seal in a Tupperware® Holiday Canister and add a gift tag.

party tips

Entertaining, whether it's a large **formal** affair or a **casual** 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.

partytips

cont.

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 flowers give a fresh, colorful look and may be enjoyed throughout the holidays.
 - Preset snacks and finger foods (sense of taste) wherever you would like your guests to gather.
 - Try using textured table accessories (sense of touch)—velvety placemats 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 your favorite container piled with seasonal vegetables or fruits. The centerpiece is a wonderful area for mixing textures and colors. Let your imagination go wild!
- Votive candles, in glass holders, placed throughout the room give off a warm glow. Place a small mirror under a collection of three candles to enhance the reflection.
- It is sometimes fun to use place cards when having a sit-down dinner and it shows guests how much you care about them. Using card stock, print the guest's name and then use a formal place card holder, or simply lay it on their plate, tuck it in a tiny pinecone or slide it into a slit cut into a miniature pumpkin.

during the party

- Save steps when entertaining by using serving trays to carry multiple items to the table.
- 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.

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