

DECADENT DESSERTS

Best Banana
Pudding
pg. 41



GO-GO GOURMET

Island Chicken
Skewers
pg. 27



TASTE SENSATIONS

Kicked-Up
Bean Salad
pg. 12



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. Stock listed on New York Stock Exchange. Web site addresses: www.tupperware.com and www.beauticontrol.com.

Tupperware®

recipes

VOLUME III



Ceviche
Shrimp Cups
pg. 28

A Taste of
Tupperware



A Taste of Tupperware

The new party experience

easy · simple · delicious · easy · simple · delicious · easy · simple · delicious · easy · simple · delicious · easy · simple · delicious · easy · simple · delicious · easy · simple · delicious

Our best memories and favorite occasions involve food. The annual 4th of July cookout, Thanksgiving with all the family; Friday night's dinner. What is so special about food that it makes such a lasting impression on us? If you sat down, alone, to a dinner of the same foods served at those occasions, nothing on your plate would taste as good as it did then. Why? It is the experience surrounding the food which creates the memories. The experience touches all of the senses—sight, sound, touch, smell and taste. In that moment when those favorite memories are locked away, all of your senses are involved. Your memory captures the colors of the table setting; the influence of the music; the feel of the linen napkin or the rough-hewn table; the aroma of the food and the candles; and the pleasurable taste of good food.

We understand how precious those memories are. It is our business to help you create them. That is what A Taste of Tupperware party is all about. Hosting A Taste of Tupperware party is so easy. There's no hassle, Simply bring some friends together and engage in one of our fabulous experiences. The recipes all of you will prepare are fun and simple with only a few ingredients. In minutes, you'll be enjoying the delicious foods you have whipped up.

The Serve it Up Tips give you ideas to enhance your experience. They add a "wow" to everyday living. It may be as simple as a tip on lighting candles at your family dinner table or how to transform a brownie into a gourmet dessert. It's all in the presentation!

You hold in your hands a guide to creating experiences that will result in lasting memories. A Taste of Tupperware party is your best opportunity to gain hands-on knowledge while rewarding yourself through our exceptional Host program. Imagine the free products, half-price selections and exclusive Host Gift specials you may receive. Your Tupperware Consultant will guide you towards earning the maximum Host Dollars from your party. Hosting A Taste of Tupperware party, or a celebration with family and friends, should be easy, simple and delicious.

*Select A Taste of Tupperware experience
that best suits your needs:*

Go-Go Gourmet

Finish the lunches; don't forget the dentist appointment; soccer practice is at 5:00! The neighborhood party is tomorrow night. "Mom, I told Coach that you'd make something for the team picnic." Is this your average day? Relax! A Taste of Tupperware to the rescue with fun food—fast! Transform your lifestyle from "on-the-run" to "food TV" with Go-Go Gourmet. From finger foods to mouth-watering salads, experience the easy, simple and delicious difference.

Taste Sensations

Imagine holding a passport to delicious flavors and exotic cuisine in the palm of your hand. Envision the bold colors of the fresh produce in a farmers' market. Draw in the tempting aromas and spices to awaken your senses. Bring this experience to your table with Taste Sensations—the newest and most fashionable way to entertain using simple-step solutions from A Taste of Tupperware.

Decadent Desserts

Every day of every season, there are reasons for celebration. Maybe it is the bliss at day's end after the chaos of work or driving the kids around town; the giddy joy of girl's night out, the delight of family and friends getting together. Tupperware invites you to mark those moments with the any one of our delectable Decadent Desserts recipes. Immerse your taste buds with the rich seductive sweetness of chocolate; the lingering tease of caramel, the smooth sumptuousness of fruit and cream. Enjoy each day, indulge and reward yourself. Celebrate with one of Tupperware's Decadent Desserts—you deserve it.

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your monthly planner

	Week 1	Week 2	Week 3	Week 4
Sunday	Chicken Mozzarella, Risotto & Bistro Salad, pg. 11 & 22	Mediterranean Beef, Couscous & Salad, pg. 10	Southwest Turkey Salad & Beer Bread, pg. 15 & 16	Stuffed Mini-Meatloaves, Pasta and Salad, pg. 12
Monday	Mojo Roasted Chicken, Ragin' Potatoes & Corn pg. 14 & 17	Chicken Lettuce Wraps, White Rice & Snap Peas pg. 7	Oriental Meatballs, Teriyaki Mustard Sauce & Vegetarian Wontons, pg. 9, 17 & 18	Wasabi Chicken, Oriental Rice & Stir-Fry Vegetables, pg. 7
Tuesday	Cheesy Beef Sandwiches & Salad, pg. 26	Bean & Cheese Quesadillas, Spanish Rice & Salsa pg. 15	Meatball Rollups, Bruschetta & Pasta Salad, pg. 10 & 24	BBQ Meatballs, Ragin' Potatoes & Cheesy Cauliflower Dish, pg. 17 & 18
Wednesday	Minute Meatballs & Spinach Casserole pg. 16 & 25	Island Chicken Skewers & Kicked-Up Bean Salad pg. 12 & 27	Honey BBQ Chicken Skewers, Potato Bake & Green Beans, pg. 18 & 27	BBQ Meatball Rollups & Spinach Casserole, pg. 10 & 16
Thursday	Wasabi Salmon, Wasabi Ranch Sauce & White Rice pg. 7 & 8	Mini-Calzones & Tomato Mozzarella Salad, pg. 24 & 28	Asian Chicken Strips, White Rice & Zucchini, pg. 8	Mojo Roasted Chicken, Spanish Rice & Refried Beans, pg. 14
Friday	BBQ Stuffed Mini-Meatloaves, Smashed Potato Bar & Café Salad, pg. 12, 22 & 26	Latin Stew & Leftover Kicked-Up Bean Salad pg. 12 & 13	Tacos, Spanish Rice & Kicked-Up Bean Salad pg. 11 & 12	Chicken Lettuce Wraps & Vegetarian Wontons pg. 7 & 9
Saturday	Atomic Chicken Strips, Blue Cheese Sauce & Macaroni & Cheese, pg. 13 & 14	Buttermilk Fried Chicken, Tater Tots & Sweet 'N Sour Slaw, pg. 9 & 13	Bacon Tomato Pizza & Bistro Salad, pg. 22 & 32	Chicken Mozzarella, Pasta & Bistro Salad, pg. 11 & 22

your shopping list

week ①

Fish, Meat, Poultry

- 3 lbs. lean ground beef
- 1 lb. Salmon Fillet (4-4 oz.)
- 3.5-4 lb. Roasting Chicken
- 1 lb. roast beef, thinly sliced (deli)
- 1 lb. boneless, skinless chicken breasts
- 1 lb. boneless, skinless chicken breast cutlets

Produce

- 5 lb. bag red potatoes
- 2 heads garlic
- 1 lime
- 1 large lemon
- 1-3 lb. bag yellow onions
- 1 granny smith apple
- 2 bags romaine lettuce
- 1 bag mixed greens
- Red, seedless grapes

Frozen Foods

- 16 oz. pkg. corn
- 16 oz. pkg. phyllo dough
- 10 oz. pkg. chopped spinach

Dry Goods

- 13 oz. jar pasta sauce
- 10 oz. pkg. risotto
- 2 lb. bag white rice
- 10 oz. pkg. macaroni & cheese
- 2-10 oz. cans beef consommé
- Jar mayonnaise
- Pkg. mixed raisins

Staples

- 6 Italian hard rolls
- 2-4 oz. fresh mozzarella balls
- 8 oz. brick cheese (favorite type)
- 12 slices provolone cheese
- 8 oz. pkg. shredded Italian cheese
- 1 qt. low-fat buttermilk
- 4 oz. block Swiss or gruyere cheese
- 16 oz. sour cream
- 4 oz. pkg. blue cheese crumbles
- 4 oz. pkg. crumbled gorgonzola cheese
- Dozen eggs
- 8 oz. neufchatel, low-fat cream cheese
- 16 oz. Extra virgin olive oil
- Balsamic Vinegar
- Dijon mustard
- Bottle hot sauce
- Granulated sugar
- All-purpose flour
- Non-stick cooking spray butter flavored
- Dry seasoned breadcrumbs
- 8 oz. pkg. pine nuts or walnuts

week ②

Fish, Meat, Poultry

- 1 lb. boneless, skinless chicken breasts
- 1 head iceberg lettuce
- 2 lb. boneless, skinless chicken breast cutlets
- 1 lb. boneless pork loin chops
- 2.5 lb. top sirloin beef roast

Produce

- 1 bag field green lettuce
- 1 head iceberg lettuce
- Garlic from Week 1
- Onions from Week 1
- 1 lime
- 1 red onion
- 3 vine ripened tomatoes
- 1 granny smith apple
- 12 oz. pkg. broccoli slaw

Frozen Foods

- 10 oz. pkg. snap peas
- 16 oz. pkg. tater tots

Dry Goods

- Jar sundried tomato in oil
- Jar roasted red peppers
- Jar pesto
- 6 oz. box couscous, any flavor
- 10 oz. can sliced water chestnuts
- 10 oz. box spanish rice
- 16 oz. can fat-free refried beans
- 15 oz. can blackeye peas
- 15 oz. can black beans
- 2-15 oz. cans diced tomatoes
- 15 oz. can whole kernel corn

Staples

- 10 count 6" flour tortillas
- 8 oz. pkg. shredded cheddar cheese
- 8 oz. pkg. shredded Mozzarella or Italian cheese
- 2-4 oz. fresh mozzarella balls
- Jar Hoisin sauce (ethnic aisle)
- Jar honey
- 12 oz. pkg. refrigerated biscuits
- 13 oz. pasta sauce, any flavor
- Sugar from Week 1
- Small pkg. pepperoni slices
- Rice vinegar
- Olive oil from Week 1
- White rice from Week 1
- Low-fat buttermilk from Week 1
- All-purpose flour from Week 1
- Pkg. bamboo skewers

week ③

Fish, Meat, Poultry

- 3 lbs. lean ground beef
- 1 lb. boneless, skinless chicken breast cutlets
- 1 lb. boneless, skinless chicken breasts
- 1 lb. bacon
- .75 lb. smoked turkey breast (deli)

Produce

- 2-1 lb., 4 oz. pkgs. sliced red potatoes
- 1 bunch green onions
- Onions from Week 1
- 1 lb. plum tomatoes
- Garlic from Week 1
- Fresh basil
- Fresh zucchini
- 1 pint grape or cherry tomatoes
- 1 bag romaine lettuce
- 1 granny smith apple
- 1 red onion

Frozen Foods

- 10 oz. pkg. green beans

Dry Goods

- 15 oz. can stir fry mixed Chinese vegetables
- 8 oz. pkg. pasta
- 10 oz. box Spanish rice
- 16 oz. can refried beans
- 15 oz. can blackeye peas
- 15 oz. can whole kernel corn
- 12 oz. can of beer
- Mixed raisins from Week 1
- 8 ct. pkg. taco shells
- 8 oz. pasta sauce
- White rice from Week 1

Staples

- Mayonnaise from Week 1
- Self-rising flour
- Sugar from Week 1
- Balsamic vinegar from Week 1
- Dry breadcrumbs from Week 1
- Dijon mustard from Week 1
- 8 oz. fat-free or low-fat sour cream
- 8 oz. pkg. shredded Italian cheese
- 8 oz. pkg. shredded cheddar cheese
- 8 oz. neufchatel, low-fat cream cheese
- Pkg. wonton wrappers
- 3-8 oz. pkgs. reduced-fat crescent rolls
- Toasted sesame oil
- Gorgonzola cheese from Week 1
- Pine nuts or walnuts from Week 1
- Olive oil from Week 1
- Bamboo skewers from Week 2
- Ketchup
- Lite Soy sauce
- Worcestershire Sauce
- Jar honey from Week 2
- Eggs from Week 1

week ④

Fish, Meat, Poultry

- 1 lb. boneless, skinless chicken breasts
- 2 lb. boneless, skinless chicken breast cutlets
- 3.5-4 lb. Roasting Chicken
- 4 lbs. extra lean ground beef

Produce

- Onions from Week 1
- 2 bags romaine lettuce
- 1 head cauliflower
- Potatoes from Week 1
- 1 lime or lemon
- 1 head iceberg lettuce
- Garlic from Week 1
- 1 granny smith apple

Frozen Foods

- 16 oz. pkg. Oriental stir fry vegetables
- 10 oz. pkg. chopped spinach
- Phyllo dough from Week 1
- 8 oz. frozen corn

Dry Goods

- 16 oz. favorite pasta
- 26 oz. jar favorite pasta sauce
- 13 oz. jar favorite pasta sauce
- 10 oz. box Oriental rice
- 10 oz. box Spanish rice
- 16 oz. can refried beans
- 15 oz. can stir fry mixed Chinese vegetables
- 10 oz. can sliced water chestnuts
- White rice from Week 1
- Mixed raisins from Week 1

Staples

- 2-4 oz. fresh mozzarella balls
- 8 oz. brick cheese (favorite type)
- 8 oz. pkg. reduced-fat crescent rolls
- 8 oz. pkg. shredded cheddar cheese
- 8 oz. pkg. shredded Italian cheese
- Low-fat buttermilk
- Pkg. wonton wrappers from Week 3
- Eggs from Week 1
- Mayonnaise from Week 1
- Dry breadcrumbs from Week 1
- 8 oz. pasteurized low-fat cheese
- Dijon mustard from Week 1
- Balsamic vinegar from Week 1
- Olive oil from Week 1
- Toasted sesame oil from Week 3
- Jar Hoisin sauce from Week 2
- Ketchup from Week 3
- Non-stick cooking spray from Week 1
- Worcestershire Sauce from Week 3
- Gorgonzola cheese from Week 1
- Pine nuts or walnuts from Week 1
- Sugar from Week 1

ChefSeries™ Seasoning Blends Needed

Cinnamon-Vanilla
Hickory Mesquite
Italian Herb
Island Rub

Southwest Chipotle
Ginger Teriyaki
Wasabi Ranch
Veggie Delight

Ragin' Cajun
Latin Sensations
Potato Leek Soup Mix
Black Bean Soup Mix

tastesensations

chicken lettuce wraps

Makes 8 wraps

Rinse lettuce, peel leaves and set aside to dry. Preheat a **Chef Series™ 9.5" Fry Pan** on Medium-High heat 1½-2 minutes. Chop chicken into ½" pieces and add to pan; stirring frequently. Using **The Chopper Machine**, coarsely chop water chestnuts; add to chicken and stir together. When chicken is just about cooked through; stir in hoisin sauce and Seasoning to mixture. Spoon mixture evenly into center of lettuce leaves, roll up and serve immediately.

Recipe Variation:

Vegetarian Substitute eggplant or Portobello mushrooms

NUTRITION FACTS: Serving Size: 2 wraps (195g), Servings per recipe: 4, Calories 230, Calories from Fat 36, Total fat 4g, Saturated fat 1g, Cholesterol 68mg, Sodium 670mg, Total Carbohydrate 21g, Dietary Fiber 4g, Sugar 1g, Protein 27g

wasabi salmon

Makes 4 servings

In **Quick Shake® Container**, mix together buttermilk and Seasoning. Place Salmon fillets in **Season Serve™ Container**, pour buttermilk mixture over top; cover and refrigerate for at least 15 minutes. Preheat **Chef Series™ 9.5" Fry Pan** for 2 minutes on Medium-High heat, pour olive oil in pan, add salmon fillets, skin side down. Pour 2 Tbsp. of buttermilk mixture over salmon; cover and reduce heat to Medium-Low for 5 minutes. Turn salmon over, replace cover; continue cooking for 5 minutes or until salmon turns opaque pink.

Serving Suggestion:

Top with Wasabi Ranch Sauce (pg. 8)

Recipe Variation:

Wasabi Chicken Substitute Chicken Breasts

NUTRITION FACTS: Serving Size: 1 fillet (136g), Servings per recipe: 4, Calories 222, Calories from Fat 99, Total fat 11g, Saturated fat 2g, Cholesterol 73mg, Sodium 255mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 2g, Protein 27g

- 1 lb. boneless, skinless chicken breast cutlets
- 1 (10 oz.) can sliced water chestnuts
- ½ cup hoisin sauce or dipping sauce (found in ethnic aisle)
- 1-1½ tsp. **Ginger Teriyaki Seasoning**
- 1 head Iceberg lettuce (8 lettuce leaves)

serve-it-up tip

Place Salmon on a platter. Place Wasabi Ranch Sauce in **Decorating Bag** with Line Thread Tip. Drizzle Sauce back & forth over Salmon and garnish with chopped chives.

wasabi ranch sauce

Makes 1/2 cup (approx. 4 servings)

Place buttermilk and mayonnaise in **Quick Shake® Container**, add Seasoning; cover and shake until well blended. Refrigerate until needed.

Recipe may be doubled or tripled for use as a vegetable dip.

NUTRITION FACTS: Serving Size: 2 Tbsp. (28g), Servings per recipe: 4, Calories 88, Calories from Fat 80, Total fat 9g, Saturated fat 1g, Cholesterol 8mg, Sodium 182mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugar 1g, Protein 1g

1/4 cup low-fat buttermilk
3 Tbsp. mayonnaise
2 tsp. **Wasabi Ranch Seasoning**

serve-it-up tip

Slice and discard about 1/4 off the top of a fresh lemon. Trim a small portion off the base so the fruit will sit level. Remove fruit and pulp from lemon and refill with Wasabi Ranch Sauce. Place several on platter with Wasabi Salmon.

asian beef strips

Makes 4 servings

Mix together Seasoning and soy sauce in **Quick Shake® Container**. Place beef in **Season Serve® Container**. Pour soy mixture over beef and let sit for 5 minutes. In **Oval Microwave Cooker**—place beef in Shallow Colander over Base (filled with 1 cup water). Microwave on High for 4-6 minutes or until desired doneness.

For Stovetop: Sauté beef in a preheated **Chef Series 9.5" Fry Pan** on Medium-High for 8-10 minutes or until desired doneness. Stir frequently using **Saucy Silicone Spatula**.

Serving Suggestion:

Serve with white rice and sliced zucchini

Recipe Variations:

Cajun Beef Substitute **Ragin' Cajun Seasoning** and ketchup

Asian Chicken Strips Substitute chicken strips

NUTRITION FACTS: Serving Size: 1/4 recipe (108g), Servings per recipe: 4, Calories 200, Calories from Fat 70, Total fat 8g, Saturated fat 3g, Cholesterol 70mg, Sodium 1327mg, Total Carbohydrate 6g, Dietary Fiber 0g, Sugar 5g, Protein 25g

1 lb. beef stew meat,
1-1 1/2" size pieces
1 Tbsp. **Ginger Teriyaki Seasoning**
1/2 cup lite soy sauce

serve-it-up tip

Serve Fortune Cookies dipped in chocolate for dessert. See *Essence of Decadence*, pg. 37.

fried wontons

Makes 36 wontons

In **Quick Chef** with blade attachment, empty can of vegetables, and add Seasoning; turn handle a few times until vegetables are blended. Place a teaspoon each chicken and vegetables in center of wonton. Fold wonton over pinching together edges, creating a triangle. If dough does not want to stick together, simply dip fingers in a little water. On Medium-High heat, preheat a **Chef Series™ 9.5" Fry Pan**, add sesame oil; heat for 30 seconds. Start adding wontons to pan; don't overcrowd pan need to turn wontons over easily with **Saucy Silicone Spatula**. Saute each side about 30 seconds until golden brown. Remove and place on a plate lined with paper towels.

Dip Suggestions:

Hoisin Sauce, Peanut Dipping Sauce, or favorite dipping sauce

Recipe Variations:

Spicy Wontons Use hot toasted sesame oil

Vegetarian Omit chicken from recipe

NUTRITION FACTS: Serving Size: 1 wonton (29g), Servings per recipe: 36, Calories 45, Calories from Fat 10, Total fat 1g, Saturated fat 0g, Cholesterol 5mg, Sodium 80mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugar 0g, Protein 3g

sweet 'n sour slaw

Makes about 10 servings (1/2 cup each)

Mix together olive oil, vinegar, and sugar in **Quick Shake® Container** until well blended; set aside. In **10 cup Impressions Bowl**, place broccoli slaw and sliced apple; pour vinegar mixture over the top and gently toss together with **Saucy Silicone Spatula**. Add optional ingredients, if desired. Seal and refrigerate until time to serve.

Optional Ingredients:

1/2 cup toasted pecans, chopped, 1/3 cup dried cranberries or raisins

NUTRITION FACTS: Serving Size: 1/2 cup (69g), Servings per recipe: 10, Calories 73, Calories from Fat 25, Total fat 3g, Saturated fat 0, Cholesterol 0mg, Sodium 11mg, Total Carbohydrate 12g, Dietary Fiber 2g, Sugar 9g, Protein 1g

1 (15 oz.) can stir fry mixed Chinese vegetables, drained
2 cups cooked, shredded chicken
2 tsp. **Ginger Teriyaki Seasoning**
36 wonton wrappers
2-3 Tbsp. toasted sesame oil for frying

serve-it-up tip

These Wontons make a great appetizer or pick up some fresh sushi to accompany them for an at-home Asian experience.

2 Tbsp. extra virgin olive oil
1/2 cup rice vinegar
1/3 cup sugar
1 granny smith apple, sliced thin
1 (12 oz.) pkg. broccoli slaw (broccoli, carrots, red cabbage)

serve-it-up tip

Toast nuts either on stovetop in a fry pan on Medium-High heat or bake at 350°F on a baking sheet lined with a **Silicone Wonder™ Mat** until lightly toasted.

mediterranean beef

Makes 6-8 servings

Using a **Chef Series™ Fillet Knife**, make a lengthwise cut creating a pocket; take care not to cut all the way through the roast. Season top and bottom sides with Seasoning; set aside. Place red pepper, sundried tomatoes, and pesto in **Quick Chef**; blend together until ingredients are well blended. Preheat **Chef Series™ 9.5" Fry Pan** on Medium-High heat for two minutes. Using **Saucy Silicone Spatula**, fill pocket with pepper mixture. Place in Pan and sauté each side one minute. Reduce heat to Medium-Low and cover; turning over every 8-10 minutes with fork and basting with red pepper mixture (becomes a rich sauce during cooking). Cook 20-25 minutes for Medium-rare; meat will continue to cook when removed from heat. Let stand 5-10 minutes before slicing. Remember slice against the grain.

Side Dish Suggestion: Smashed Potato Bar (pg. 26), risotto or couscous

NUTRITION FACTS: Serving Size: About 6 oz. meat + 1/6 sauce (153g), Servings per recipe: 6, Calories 382, Calories from Fat 200, Total fat 22g, Saturated fat 8g, Cholesterol 125mg, Sodium 695mg, Total Carbohydrate 3g, Dietary Fiber 0g, Sugar 0g, Protein 40g

meatball rollups

Makes 8 rollups

Roll out crescent rolls on a **Silicone Wonder™ Mat** and place two meatball halves in center of each roll. Add a heaping teaspoon shredded cheese and 1 1/2-2 Tbsp. pasta sauce over meatballs. Roll up starting from short side of triangle to end up in crescent shape. Bake at 350°F for about 11-13 minutes until lightly golden in color.

Lighten It Up: Substitute fat-free or reduced-fat cheese

Recipe Variation:

BBQ Meatball Rollup Substitute Smokin' BBQ Sauce (pg. 25)

NUTRITION FACTS: Serving Size: 1 rollup (92g), Servings per recipe: 8, Calories 192, Calories from Fat 75, Total fat 8g, Saturated fat 3g, Cholesterol 31mg, Sodium 506mg, Total Carbohydrate 18g, Dietary Fiber 1g, Sugar 6g, Protein 9g

2 1/2 lb top sirloin beef roast
(about 1 1/2" thick)

1 roasted red pepper (jar)
4 Tbsp. sundried tomatoes
in oil (jar)
2 Tbsp. pesto (jar)
1 Tbsp. **Latin Sensations
Seasoning**

serve-it-up tip

Place side dish in center of large plate; arrange meat elegantly around side. Gently spoon sauce over meat slices.

chicken mozzarella

Makes 4 servings (2 pieces each)

Using a **Chef Series™ Paring Knife** slice mozzarella into eight pieces; set aside. In a **5 1/2 cup Impressions Bowl** mix together breadcrumbs and 1 tsp. Seasoning. Lightly coat each outlet, pressing down to flatten out chicken. Place in preheated **Chef Series™ 9.5" Fry Pan** with olive oil. Saute each side for 4 minutes on Medium-High heat. Pour pasta sauce over chicken, and place cheese slices over sauce, sprinkle remaining Seasoning on top; cover and reduce heat to Low. Simmer for 10-12 minutes.

Side Dish Suggestion: risotto and Bistro Salad (pg. 22)

Lighten It Up: Use part-skim mozzarella

NUTRITION FACTS: Serving Size: 1/4 recipe, about 2 pieces (239g), Servings per recipe: 4, Calories 400, Calories from Fat 150, Total fat 16g, Saturated fat 9g, Cholesterol 107mg, Sodium 1030mg, Total Carbohydrate 24g, Dietary Fiber 3g, Sugar 8g, Protein 37g

basic beef recipe

Makes 4 servings

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

Recipe Variation:

Mexican Style Beef Use 1 tsp. **Southwest Chipotle** and 1 tsp. **Latin Sensations Seasoning**

NUTRITION FACTS: Serving Size: 1/4 recipe (116g), Servings per recipe: 4, Calories 227, Calories from Fat 106, Total fat 12g, Saturated fat 5g, Cholesterol 85mg, Sodium 227mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 1g, Protein 26g

1 lb. boneless, skinless chicken breast cutlets
1/2 cup seasoned breadcrumbs
2 tsp. **Italian Herb Seasoning**, divided
1 (13 oz.) jar favorite pasta sauce
2 (4 oz.) fresh mozzarella balls
1 Tbsp. extra virgin olive oil for frying

1 lb. lean ground beef
1 small onion (1/2 cup)
1 Tbsp. favorite **Chef Series™ Seasoning**

serve-it-up tip

Great for use as taco meat, meat sauce, pizza topping. Plan ahead and freeze in a **Rock 'N Serve™ Container** for quick meal solutions.

stuffed mini-meatloaves

Makes 8 servings

Using a **Chef Series™ Paring Knife** peel and quarter onion. Use **The Chopper Machine** to chop onion. Mix together all ingredients (except cheese) in **Thatsa™ Bowl**; using **Saucy Silicone Spatula**, make 8 wedges out of mixture. Take each wedge, pat into circle and place 1 ounce cubed cheese in center; fold over creating a mini-loaf. Place on Cooking Rack in Base of **Oval Microwave Cooker**, repeat until finished. Cover and microwave on High for 8-10 minutes. Let sit for 5-10 minutes as the loaves will continue to cook. Cheese may ooze out of loaves slightly.

For Oven: Place loaves on a baking pan lined with a **Silicone Wonder™ Mat** and bake for 20-25 minutes at 375°F.

Recipe Variations:

BBQ Substitute 1/4 cup **Hickory Mesquite Rub**

Asian Style Substitute 1/4 cup **Ginger Teriyaki Rub**

Cajun Substitute 1/4 cup **Ragin' Cajun Seasoning**

NUTRITION FACTS: Serving Size: 1 mini-meatloaf (155g), Servings per recipe: 8, Calories 370, Calories from Fat 194, Total fat 22g, Saturated fat 10g, Cholesterol 160mg, Sodium 1100mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugar 1g, Protein 34g

kicked-up bean salad

Makes 8 servings

Place all ingredients in **10 cup Impressions Bowl**; gently stir together using **Saucy Silicone Spatula**. Seal bowl and refrigerate until time to serve.

Recipe Variation:

Ragin' Kicked-Up Bean Salad Substitute 1 tsp. **Ragin' Cajun Seasoning** for Southwest Chipotle

NUTRITION FACTS: Serving Size: About 3/4 cup (156g), Servings per recipe: 8, Calories 105, Calories from Fat 5, Total fat 1g, Saturated fat 0g, Cholesterol 0mg, Sodium 580mg, Total Carbohydrate 21g, Dietary Fiber 5g, Sugar 3g, Protein 6g

2 lb. lean ground beef
1 small onion (1/2 cup)
1/4 cup **Italian Herb Seasoning**
1/2 cup seasoned breadcrumbs
2 eggs, blended
8 oz. brick favorite cheese, cubed

serve-it-up tip

Using a **Micro Pitcher**, warm 1/2 cup cheese at 50% power until melted. Plate each meatloaf and drizzle a small amount of melted cheese over each. Top with a dash of **Italian Herb Seasoning Blend**.

1 (15 oz.) can blackeye peas, slightly drained
1 (15 oz.) can black beans, slightly drained
1 (15 oz.) can whole kernel sweet corn, drained
1/2 cup red onion, chopped
1 tsp. **Latin Sensations Seasoning**
1 tsp. **Southwest Chipotle Seasoning**

latin stew

Makes 4 servings

Chop onion in **The Chopper Machine**. In a preheated **Chef Series™ 9.5" Fry Pan**, sprinkle Seasoning over onion and sauté until golden, add pork strips and continue sautéing for about 8 minutes. In **Quick Shake® Container**, place 2 cups cold water with 5 Tbsp. Soup Mix; seal and shake to blend together. Pour Soup Mix over pork; cover and bring to a boil for 5-8 minutes. Add additional water as necessary. Turn down heat to Medium-Low and continue cooking for 5 minutes until beans are tender.

Serving Suggestion: Serve over yellow rice

Optional Ingredients: For a heartier stew, add a 15 oz. can of black beans

Suggested Toppings: chopped raw onion, salsa, shredded cheese, sour cream, or chopped avocado

NUTRITION FACTS: Serving Size: 1/4 recipe (305g), about 2 cup (305g), Servings per recipe: 4, Calories 255, Calories from Fat 103, Total fat 11g, Saturated fat 4g, Cholesterol 70mg, Sodium 515mg, Total Carbohydrate 10g, Dietary Fiber 2g, Sugar 2g, Protein 27g

buttermilk fried chicken

Makes 4 servings

Place chicken and buttermilk in a **Season Serve® Container**; seal and shake to coat. Let chicken sit for at least 10 minutes. In a **10 cup Impressions Bowl**, mix flour and Seasoning together. Gently coat chicken strips with flour mixture. Place chicken in preheated **Chef Series™ 9.5" Fry Pan**. Cover and fry each side on Medium-High heat for 5 minutes until done.

Dipping Sauce Suggestion: Blue Cheese Sauce (pg. 14)

Side Dish Suggestion: tater tots and green beans

Recipe Variation:

Atomic Chicken Strips Place fried chicken strips on a baking sheet lined with a **Silicone Wonder™ Mat**. Pour favorite hot sauce over chicken and bake at 400°F for 12 minutes.

NUTRITION FACTS: Serving Size: 1/4 recipe, about 4 strips (129g), Servings per recipe: 4, Calories 258, Calories from Fat 91, Total fat 10g, Saturated fat 2g, Cholesterol 64mg, Sodium 250, Total Carbohydrate 14g, Dietary Fiber 1g, Sugar 2g, Protein 26g

1 lb. (4-4 oz.) boneless pork loin chops, cut into thin strips
1 large onion, roughly chopped
1/2 tsp. **Latin Sensations Seasoning**
5 Tbsp. **Taste of Tupperware Black Bean Soup Mix**
2 cups + 1 cup cold water

serve-it-up tip

Prepare stew ahead of time and store in a **Rock 'N Serve™ Container**. When ready to serve, reheat in microwave on Medium (50%) power. Place toppings in **Serving Center® Set**, make a large salad and sit down together to catch up on the day's activities.

1 lb. (4-4 oz.) skinless, boneless chicken breast, sliced into strips
1/2 cup buttermilk
1/2 cup all-purpose flour
2 tsp. **Ragin' Cajun Seasoning**
2 Tbsp. extra virgin olive oil for frying

mojo roasted chicken

Makes 6 servings

Place chicken on Cooking Rack in Base of **Oval Microwave Cooker** with Deep Colander Ring placed on top. Squeeze lemon juice and generously season outside of chicken and inside cavity. Place minced garlic under skin and inside cavity; add onions to cavity. Cover and microwave on High for 7½ minutes per pound until internal temperature reaches a minimum of 170°. Chicken will continue cooking in Oval Microwave Cooker; allow resting time of 5-10 minutes before slicing.

Side Dish Suggestion: Roast potatoes or Smashed Potato Bar (pg. 26)

NUTRITION FACTS: Serving Size: About 6 oz. (177g), Servings per recipe: 6, Calories 370, Calories from Fat 195, Total fat 22g, Saturated fat 6g, Cholesterol 122mg, Sodium 1138mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 0g, Protein 39g

1 (3½-4 lb.) roasting chicken, rinsed & cleaned
2-3 Tbsp. **Latin Sensations Seasoning**
2 medium onions, peeled and halved
3 cloves garlic, minced
Juice of 1 lemon or lime

serve-it-up tip

This chicken is so moist it practically falls off the bone. When cooking for one person or two, divide leftover portions into **Rock 'N Serve™ Medium Shallow Containers** and refrigerate or freeze for later meals.

blue cheese sauce

Makes about 1 cup

In a 5½ cup **Impressions Bowl** mix ingredients together with **Saucy Silicone Spatula**. Seal and refrigerate until time to serve.

Serving Suggestion: Dipping sauce for fried chicken, wings, meatballs, or vegetables

NUTRITION FACTS: Serving Size: 2 Tbsp. (27g), Servings per recipe: 8, Calories 47, Calories from Fat 32, Total fat 4g, Saturated fat 2g, Cholesterol 13mg, Sodium 119mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugar 1g, Protein 2g

4 Tbsp. blue cheese crumbles
½ cup sour cream
¼ cup buttermilk
1 Tbsp. **Veggie Delight Seasoning**

serve-it-up tip

Place this and other sauces, on the table, in the **Open House™ Creamer** for easy one-handed pouring.

bean & cheese quesadillas

Makes 5 quesadillas

Place one cup water in Base of **Oval Microwave Cooker**; set aside. Mix Seasoning and beans together; spread 2 Tbsp. bean mixture on 5 of the tortillas using **Saucy Silicone Spatula**; sprinkle ⅓ cup cheese over the beans and cover with a plain tortilla. Place one quesadilla in the Shallow Colander and one in the Deep Colander. Cover and microwave on High for 2 minutes until beans and cheese are hot; repeat until finished. Serve immediately or cover to keep warm.

For Stovetop: Preheat a **Chef Series™ 9.5" Fry Pan** on Medium-High heat, place prepared quesadilla in pan until lightly golden on each side. Remove from pan; repeat until finished.

Recipe Variation:

Bean & Cheese Burritos Spread 2 Tbsp. beans on tortilla using **Saucing Silicone Spatula**; sprinkle 3 Tbsp. cheese over beans. Gently fold sides in and then roll tortilla forward until burrito is created. Repeat until finished. Place seam side down in Base of **Oval Microwave Cooker**; Microwave on High for 2 minutes until beans and cheese are hot.

Topping Suggestions: sour cream, guacamole, salsa, and chopped raw onion

NUTRITION FACTS: Serving Size: 1 quesadilla (194g), Servings per recipe: 5, Calories 437, Calories from Fat 150, Total fat 17g, Saturated fat 9g, Cholesterol 40mg, Sodium 1020mg, Total Carbohydrate 50g, Dietary Fiber 7g, Sugar 2g, Protein 19g

beer bread

Makes 1 loaf (about 8 servings)

In a **Thatsa™ Bowl**, measure out flour, sugar, and Seasoning. Slowly add beer down the side of the bowl to prevent foaming. Mix together using the **Saucy Silicone Spatula** until dough forms. Place into **Silicone Loaf Form** and bake at 325°F for 30 minutes.

Recipe Variation:

Cheesy Beer Bread Add ½ cup cheddar cheese

NUTRITION FACTS: Serving Size: 1 slice (105g), Servings per recipe: 8, Calories 238, Calories from Fat 5, Total fat 1g, Saturated fat 0g, Cholesterol 0mg, Sodium 710mg, Total Carbohydrate 50g, Dietary Fiber 2g, Sugar 13g, Protein 5g

1 (10 ct.) pkg. 6" flour tortillas
1 (16 oz.) can fat-free refried beans
½ cup shredded cheddar cheese
1 Tbsp. **Southwest Chipotle Seasoning** (optional)

serve-it-up tip

Plan ahead meal solution. Make burritos, flash freeze in freezer, and place in **Rock 'N Serve™ Medium Deep Container** for a quick meal any time.

3 cups self-rising flour
½ cup sugar
1 (12 oz.) can of beer
1 Tbsp. **Southwest Chipotle, Italian Herb or Ragin' Cajun Seasoning**

serve-it-up tip

Serve bread, pre-sliced, in a small basket lined with a cloth napkin.

southwest turkey salad

Makes 8 servings

Slice potatoes in half and place in Shallow Colander of **Oval Microwave Cooker**, microwave on High for 5 minutes until potatoes are fork tender; set aside to cool. Cube turkey breast and place in **10 cup Impressions Bowl**; add chopped onion, mayonnaise, potatoes, and Seasoning. Gently fold ingredients together using **Saucy Silicone Spatula**. Cover and refrigerate until serving time.

Lighten It Up: Substitute reduced-fat or fat-free mayonnaise

NUTRITION FACTS: Serving Size: $\frac{2}{3}$ cup (132g), Servings per recipe: 8, Calories 210, Calories from Fat 110, Total fat 12g, Saturated fat 2g, Cholesterol 30mg, Sodium 668mg, Total Carbohydrate 14g, Dietary Fiber 1g, Sugar 0g, Protein 10g

spinach casserole

Makes 8 servings

Mix together spinach and corn in Base of **Oval Microwave Cooker**; microwave on High for 2-3 minutes. Add $\frac{1}{4}$ cup cheese and Seasoning; set aside. On a cutting board, take out four sheets of phyllo dough at a time (cover unused phyllo dough to prevent from drying out). Lightly spray each sheet in the stack with non-stick cooking spray. Starting on the long side of rectangle, use a **Chef Series™ Paring Knife** to cut strips about 2 $\frac{1}{2}$ -3" wide; will yield about 4-5 strips per rectangle. Stack each strip on top of each other; make 3 additional cuts to yield 4 square stacks. Separate and layer phyllo dough squares on bottom of **9" Round Silicone Form** covering entire bottom and extending up on sides of Silicone Form. Spread $\frac{1}{4}$ of spinach mixture on top of dough using a **Saucy Silicone Spatula**. Repeat procedure 3 more times until spinach mixture is gone. Final layer will be phyllo dough squares fanned out over spinach with remaining $\frac{1}{2}$ cup cheese sprinkled on top.

Bake at 375°F for about 18-20 minutes until golden in color. Remove from oven and allow casserole to stand a minute before serving. Use Saucy Silicone Spatula to slice in Form or remove casserole from Form and use Knife to slice.

NUTRITION FACTS: Serving Size: 1 slice (118g), Servings per recipe: 8, Calories 202, Calories from Fat 65, Total fat 7g, Saturated fat 4g, Cholesterol 18mg, Sodium 500mg, Total Carbohydrate 27g, Dietary Fiber 2g, Sugar 2g, Protein 10g

- 1 ($\frac{3}{4}$ lb.) pkg. smoked turkey breast
- 1 (1 lb. 4 oz.) pkg. red potatoes (wedges)
- $\frac{1}{4}$ cup chopped green onion
- $\frac{1}{2}$ cup mayonnaise
- 1 tsp. **Southwest Chipotle Seasoning**

- 1 (8 oz.) pkg. phyllo dough, thawed
- 1 (10 oz.) pkg. frozen chopped spinach
- 1 (8 oz.) pkg. frozen corn
- $1\frac{3}{4}$ cup finely shredded Italian cheese
- 2 tsp. **Italian Herb Seasoning**
- Non-stick cooking spray (butter flavored)

serve-it-up tip

Phyllo, also spelled "filo", may be found in the freezer section of the grocery store. The dough has a light texture and flaky layers and is used in pastries such as baklava and spanakopita. Follow manufacturer's directions for thawing.

cheesy cauliflower dish

Makes 6 servings

On the Cooking Rack in Base of **Oval Microwave Cooker** with Large Colander Ring add $\frac{1}{4}$ cup water and cauliflower; cover and microwave on High for 6-8 minutes until fork tender. In a **Rock 'N Serve™ Medium Shallow Container**, place cheese, chilies, and Seasoning. Microwave on Medium-High (70% power) for 2-3 minutes until cheese is melted and bubbly. Place cauliflower in serving bowl and pour cheese sauce on top. Serve immediately.

Leftover Idea: Add leftovers to **Taste of Tupperware Potato Leek Soup Mix** for an easy Cheesy Potato Chowder

Lighten It Up: Seasoned Cauliflower—Substitute 2 tsp. of **Italian Herb Seasoning** for cheese and Southwest Chipotle

NUTRITION FACTS: Serving Size: About $\frac{2}{3}$ cup (197g), Servings per recipe: 6, Calories 120, Calories from Fat 38, Total fat 4g, Saturated fat 3g, Cholesterol 16mg, Sodium 700mg, Total Carbohydrate 12g, Dietary Fiber 4g, Sugar 7g, Protein 10g

teriyaki mustard sauce

Makes about $\frac{3}{4}$ cup

In a small **Fresh 'n Cool™ Container**, mix together all ingredients using **Saucy Silicone Spatula**. Seal and chill until serving time. Recipe may be doubled or tripled.

NUTRITION FACTS: Serving Size: 1 Tbsp. (17g), Servings per recipe: 12, Calories 12, Calories from Fat 0, Total fat 0g, Saturated fat 0g, Cholesterol 1mg, Sodium 160mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 1g, Protein 1g

ragin' 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 at 400°F for 20-25 minutes.

NUTRITION FACTS: Serving Size: About $\frac{1}{2}$ cup (116g), Servings per recipe: 4, Calories 165, Calories from Fat 65, Total fat 7g, Saturated fat 1g, Cholesterol 0mg, Sodium 250mg, Total Carbohydrate 22g, Dietary Fiber 2g, Sugar 2g, Protein 3g

- 1 head cauliflower, rinsed
- 8 oz. pasteurized low-fat cheese food, cubed
- 1 (4 oz.) can green chilies (optional)
- 1-2 tsp. **Southwest Chipotle or Ragin' Cajun Seasoning**

serve-it-up tip

Create a colorful centerpiece for the table by placing a variety of fresh vegetables in a long, low basket. Centerpieces should always be lower than eye level when guests are seated at the table.

- 4 Tbsp. ($\frac{1}{4}$ cup) Dijon mustard
- $\frac{1}{2}$ cup fat-free sour cream
- 1-2 Tbsp. **Ginger Teriyaki Rub Seasoning**

- 1 (1lb.) pkg. red potatoes, $\frac{1}{4}$ " slices
- 2 Tbsp. extra virgin olive oil
- 1-2 Tbsp. **Ragin' Cajun Seasoning**

island meatballs

Makes 48 meatballs

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

Using **Tablespoon** from **Measuring Spoon Set**, scoop meat into 1-inch balls and bake at 375°F for 20 minutes on a baking pan lined with **Silicone Wonder™ Mat**.

For For Microwave: In Base of **Oval Microwave Cooker**, place a layer of meatballs on **Cooking Rack**. Microwave on High for 6-8 minutes; repeat until finished.

Sauce Suggestion: Teriyaki Mustard Sauce (pg. 17) or Smokin' BBQ Sauce (pg. 25)

Plan Ahead Suggestion: Freeze meatballs in **Medium Deep Rock 'N Serve™ Container**.

Recipe Variations:

Tex-Mex Version Substitute 1/4 cup **Southwest Chipotle**

BBQ Version Substitute 1/4 cup **Hickory Mesquite Rub** with 1/4 cup ketchup

Oriental Version Substitute 1/4 cup **Ginger Teriyaki Rub**

NUTRITION FACTS: Serving Size: 6 meatballs (138g), Servings per recipe: 8, Calories 294, Calories from Fat 120, Total fat 13g, Saturated fat 5g, Cholesterol 137mg, Sodium 955mg, Total Carbohydrate 12g, Dietary Fiber 1g, Sugar 2g, Protein 29g

potato bake

Makes 6 servings

In a **5 1/2 cup Impressions Bowl**, combine sour cream and Seasoning; set aside. Place sliced potatoes in the **9" Round Silicone Form**; coat with the sour cream mixture then gently fold in cheese with **Saucy Silicone Spatula**. Bake at 400°F for 30-45 minutes until potatoes are fork tender.

NUTRITION FACTS: Serving Size: about 1/2 cup (165g), Servings per recipe: 6, Calories 260, Calories from Fat 130, Total fat 14g, Saturated fat 8g, Cholesterol 45mg, Sodium 372mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugar 4g, Protein 13g

2 lb. lean ground beef
1 small onion (1/2 cup)
2 eggs, lightly beaten
3/4 cup breadcrumbs
1/4 cup **Island Rub Seasoning**

serve-it-up tip

Keep color in mind when setting your table. For an "island" feel, use soft yellows, clear ocean blues and touches of vibrant lime and orange. Tex-Mex and BBQ definitely call for denim and large red and white checks. An oriental table might have black or bamboo placemats and chopsticks.

1 (1 lb.-4 oz.) bag red potatoes, 1/4" slices
1 cup low-fat sour cream
2 cups shredded Italian cheese
1 Tbsp. **Veggie Delight Seasoning**
Salt & Pepper to taste

serve-it-up tip

Wow your guests! Serve these potatoes in **Sheerly Elegant™ Stewware** topped with Rosemary.

gogogourmet

cinnamon wheels

Makes about 8 servings (16-20 wheels)

Mix together sugar and Spice; set aside. On a cutting board, roll out crescent dough and separate into 2 rectangles; pinching seams together. Generously sprinkle sugar mixture over both rectangles. Starting at the long side, roll up each rectangle as tightly as possible. You will have two long rolls. Using a **Chef Series™ Paring Knife**, cut 1/2" slices and place onto a baking sheet lined with a **Silicone Wonder™ Mat**, gently press down on each slice. Sprinkle remaining sugar over wheels. Bake at 350°F for 10-12 minutes. Serve warm.

Recipe Variations:

Iced Cinnamon Wheels Place 1/4 cup cream cheese frosting in **Decorating Bag** and decorate each wheel with the **Line Thread Tip**

Cinnamon Raisin Wheels Add 1/2 cup raisins to sugar mixture and bake as directed

NUTRITION FACTS: Serving Size: 1 wheel (18g), Servings per recipe: 16, Calories 64, Calories from Fat 20, Total fat 3g, Saturated fat 1g, Cholesterol 0mg, Sodium 116mg, Total Carbohydrate 9g, Dietary Fiber 0g, Sugar 5g, Protein 1g

cinnamon pull apart bread

Makes 20 servings

Melt butter in microwave using **Micro Pitcher Set** or **Rock 'N Serve™ Medium Shallow Container**. Mix together sugar and Spice in a **Fresh 'n Cool™ Container**; set aside. Separate dough and cut each biscuit into quarters using a **Chef Series™ Paring Knife**. Dip each biscuit in butter, roll in sugar mixture, and press into place in **Silicone Loaf Form**. Repeat until finished. Bake at 400°F for 20-25 minutes until golden brown. Cool 3-5 minutes and then invert onto a serving plate.

NUTRITION FACTS: Serving Size: 4 pcs. (51g), Servings per recipe: 20, Calories 194, Calories from Fat 96, Total fat 11g, Saturated fat 4g, Cholesterol 12mg, Sodium 397mg, Total Carbohydrate 25g, Dietary Fiber <1g, Sugar 13g, Protein 2g

1/4 cup sugar
2 tsp. **Cinnamon-Vanilla Spice**
1 (8 oz.) pkg. reduced-fat crescent rolls

serve-it-up tip

Welcome the new neighbors by hosting a meet and greet Brunch. Serve Cinnamon Wheels, fresh orange juice and coffee. Top Iced Cinnamon Wheels with chopped walnuts or pecans.

2 (12 oz.) pkgs. butter flavor refrigerated biscuit dough
1 cup sugar
1 stick butter, melted
2 Tbsp. **Cinnamon-Vanilla Spice**

cinnamon pecan coffee cake

Makes 8 servings

Using **The Chopper Machine**, coarsely chop pecans; set aside. Melt butter in microwave using **Micro Pitcher Set** or **Rock 'N Serve™ Medium Shallow Container**. Mix together sugar and Spice in **Fresh 'n Cool™ Container**; set aside. Dip each biscuit in butter, roll in sugar mixture, and place in **9" Round Silicone Form**. Repeat until finished. Toss pecans in leftover butter to coat then sprinkle over biscuits. Bake at 375°F for 12-14 minutes until golden brown. Cool 5 minutes and then spread frosting (optional) over cake using a **Saucy Silicone Spatula**.

Recipe Variation:

Cinnamon Raisin Coffee Cake Add 1/2 cup raisins in addition or instead of pecans

NUTRITION FACTS: Serving Size: 1/8 recipe (80g), Servings per recipe: 8, Calories 330, Calories from Fat 174, Total fat 19g, Saturated fat 7g, Cholesterol 15mg, Sodium 450mg, Total Carbohydrate 37g, Dietary Fiber 2g, Sugar 21g, Protein 3g

danish ring

Makes 8 servings

In **Quick Chef**, blend together pistachios, honey, butter and spice until a coarse paste has formed; set aside. On a cutting board, roll out crescent dough and separate into 2 rectangles; pinching together dough. Spread pistachio mixture evenly over both rectangles. Starting at the long side, roll up each rectangle as tightly as possible. You will have two long rolls. Place rolls onto **Silicone Wonder™ Mat**, and create a ring by pinching rolls together and gently pressing down on rolls. Bake at 350° for 12-13 minutes. Let sit for a minute, then pipe icing over ring using **Decorating Bag**. Remember to remove from mat before slicing. Serve warm.

Recipe Variation:

Pecan Danish Ring Substitute pecans for pistachios

NUTRITION FACTS: Serving Size: 1/8 recipe (61g), Servings per recipe: 8, Calories 250, Calories from Fat 114, Total fat 13g, Saturated fat 3g, Cholesterol 4mg, Sodium 300mg, Total Carbohydrate 31g, Dietary Fiber 1g, Sugar 19g, Protein 4g

1 (12 oz.) pkg. butter flavor refrigerated biscuit dough
1/2 cup sugar
1/2 stick butter, melted
1 Tbsp. **Cinnamon-Vanilla Spice**
1/2 cup pecans, chopped
1/4 cup cream cheese frosting (optional)

serve-it-up tip

Tie napkins with a ribbon and tuck in a fresh flower.

1/2 cup shelled pistachios
2 Tbsp. honey
1 Tbsp. butter
1 tsp. **Cinnamon-Vanilla Spice**
1 (8 oz.) pkg. reduced fat crescent rolls
1/2 cup cream cheese icing

southwest scramble

Makes 6 servings

Placed crumbled sausage on Cooking Rack in Base of **Oval Microwave Cooker**. Microwave on High for 2 minutes; remove sausage and rack from base, drain any grease. Place eggs, milk, and Seasoning in **Quick Shake® Container**, seal and shake until blended. Return cooked sausage to Base, add egg mixture and cheese. Microwave on High for 2 minutes, stir and microwave an additional minute; let stand 2 minutes before serving. For firmer eggs, an additional minute in microwave may be necessary.

Serving Suggestion: Top with sour cream, salsa, jalapenos, onions or olives

NUTRITION FACTS: Serving Size: 2/3 cup (137g), Servings per recipe: 6, Calories 260, Calories from Fat 169, Total fat 19g, Saturated fat 8g, Cholesterol 389mg, Sodium 450mg, Total Carbohydrate 3g, Dietary Fiber 0g, Sugar 2g, Protein 19g

6 oz. reduced-fat pork sausage
10 large eggs
1/4 cup fat-free milk
3/4 cup shredded cheddar cheese
2 tsp. **Southwest Chipotle Seasoning**

serve-it-up tip

Serve breakfast outdoors! Gather a collection of enamel pie plates at yard sales (the bright red or blue ones are the most fun). Plate the Southwest Scramble, toast halves and fresh fruit slices on dinner plates and set each one in an enamel pie plate. The pie plate acts as a small, easy to carry tray. Use large, cotton bandanas as napkins.

egg & toast bake

Makes 8 servings

Place eggs and Seasoning in **Quick Shake® Container**, seal and shake until blended. Evenly place bread in bottom of **9" Round Silicone Form**; pour half of egg mixture over bread, sprinkle 1/2 cup cheese and vegetables on top. Allow bread to absorb eggs; pour remaining egg mixture on top; finish off with remaining shredded cheese. Bake at 350°F for 20-25 minutes until eggs are set. Use **Saucy Silicone Spatula** to remove eggs from Form.

NUTRITION FACTS: Serving Size: 1 square (103g), Servings per recipe: 8, Calories 206, Calories from Fat 118, Total fat 13g, Saturated fat 6g, Cholesterol 333mg, Sodium 312mg, Total Carbohydrate 7g, Dietary Fiber 0g, Sugar 2g, Protein 14g

12 large eggs
4 slices wheat or white bread, cubed
1 cup shredded cheese, divided in half
1/4 cup vegetables (fresh spinach or mushrooms)
1/2 tsp. **Latin Sensations Seasoning**

bistro salad

Makes 4 servings

Place lettuce, raisins, apple, and cheese in a **Thatsa™ Bowl** or **Large Sheerly Elegant™ Bowl**; set aside. Preheat a **Chef Series™ 8" Fry Pan** on Medium-High heat for 1-2 minutes; add pine nuts (or walnuts) and stir with **Saucy Silicone Spatula** until lightly toasted. Add to salad and toss with Simply Vinaigrette Dressing (pg. 23); serve immediately.

For a continental feel, rest a breadstick across the rim of each salad bowl when pre-setting the table. Serve with a selection of olives from the deli.

NUTRITION FACTS SALAD ONLY: Serving Size: about 1 cup (75g), Servings per recipe: 4, Calories 118, Calories from Fat 34, Total fat 4g, Saturated fat 2g, Cholesterol 5mg, Sodium 78mg, Total Carbohydrate 20g, Dietary Fiber 2g, Sugar 16g, Protein 3g

cafe salad

Makes 4 servings

Place lettuce, grapes, apple, cheese, and avocado in **Thatsa™ Bowl** or **Large Sheerly Elegant™ Bowl**; set aside. Toss salad with Citrus Vinaigrette Dressing (pg. 23); serve immediately.

NUTRITION FACTS SALAD ONLY: Serving Size: about 1 cup (152g), Servings per recipe: 4, Calories 183, Calories from Fat 110, Total fat 13g, Saturated fat 4g, Cholesterol 15mg, Sodium 50mg, Total Carbohydrate 14g, Dietary Fiber 4g, Sugar 10g, Protein 6g

spicy parmesan crisps

Makes 6-8 servings

Mix together Seasoning and cheese; sprinkle onto a baking pan lined with a **Silicone Wonder™ Mat**. Bake at 350°F for 10-12 minutes or until golden brown. Cool completely and break into individual crisps.

Recipe Variation:

Italian Crisps Substitute **Italian Herb Seasoning**

NUTRITION FACTS: Serving Size: 1/8 recipe (28g), Servings per recipe: 8, Calories 114, Calories from Fat 67, Total fat 7g, Saturated fat 5g, Cholesterol 20mg, Sodium 646mg, Total Carbohydrate <1g, Dietary Fiber 0g, Sugar <1g, Protein 10g

2 cups romaine lettuce, cleaned and chopped
1/2 cup mixed raisins
1/2 green apple, chopped
3 Tbsp. gorgonzola cheese crumbles
2 Tbsp. pine nuts or walnuts
Simply Vinaigrette (pg. 23)

serve-it-up tip

Serve in **Sheerly Elegant™ Large Bowl**. Place tall, thin bread sticks in **Sheerly Elegant™ Tumblers** and set on table.

2 cups romaine lettuce, cleaned and chopped
1 cup red seedless grapes
1/2 green apple, chopped
1/2 cup Swiss or gruyere cheese, coarsely chopped
1 ripe Hass avocado, chopped (optional)
Citrus Vinaigrette (pg. 23)

1 (5 oz.) pkg. shredded Parmesan cheese
1-2 Tbsp. **Ragin' Cajun Seasoning**

serve-it-up tip

Gift Idea! Break Crisps into sticks and place in **Modular Mates® Spaghetti Dispenser**.

simply vinaigrette

Makes 3/4 cup

Place all ingredients in **Quick Shake® Container**, seal and shake until well blended. Serve immediately.

NUTRITION FACTS: Serving Size: 1/4 recipe (41g), Servings per recipe: 4, Calories 167, Calories from Fat 127, Total fat 14g, Saturated fat 2g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 10g, Dietary Fiber 0g, Sugar 9g, Protein 0g

1/3 cup balsamic vinegar
1/4 cup extra virgin olive oil
1 Tbsp. sugar
1 Tbsp. Dijon mustard
1 tsp. **Italian Herb Seasoning**

citrus vinaigrette

Makes 1/2 cup

Place all ingredients in **Quick Shake® Container**, seal and shake until well blended. Serve immediately over salad.

NUTRITION FACTS: Serving Size: 3 Tbsp. (41g), Servings per recipe: 4, Calories 141, Calories from Fat 126, Total fat 14g, Saturated fat 2g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 4g, Dietary Fiber 0g, Sugar 3g, Protein 0g

1/4 cup extra virgin olive oil
Juice from 1 large lemon
1 Tbsp. sugar

creamy fruit salad

Makes 8 servings

Using **The Chopper Machine**, coarsely chop apple; set aside. In a **6-cup Stuffables™ Container**, use a **Saucy Silicone Spatula** to gently fold together all ingredients. Seal and chill until serving time.

NUTRITION FACTS: Serving Size: About 1/2 cup (90g), Servings per recipe: 8, Calories 76, Calories from Fat 18, Total fat 2g, Saturated fat 1g, Cholesterol 7mg, Sodium 10mg, Total Carbohydrate 15g, Dietary Fiber 1g, Sugar 14g, Protein 1g

1 lb. seedless grapes (red, green or mixed), rinsed
1 granny smith apple, chopped
1 (4 oz.) container reduced-fat sour cream
1 Tbsp. light brown sugar
1/2-1 tsp. **Cinnamon-Vanilla Spice**

crostini

Makes 12 rounds

Using a **Chef Series™ Bread Knife**, slice baguette on a cutting board. Mix together oil and Seasoning, lightly dip each bread slice into mixture. Bake at 400°F on a baking sheet lined with a **Silicone Wonder™ Mat** for 5-8 minutes until golden brown.

Recipe Variation:

Cajun Crostini Substitute **Ragin' Cajun Seasoning**

NUTRITION FACTS: Serving Size: 1 round (20g), Servings per recipe: 12, Calories 90, Calories from Fat 45, Total fat 5g, Saturated fat 1g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugar 0g, Protein 1g

1 baguette, 12-1/4" slices
2 Tbsp. **Italian Herb Seasoning**
1/4 cup extra virgin olive oil

serve-it-up tip

Try topping with chopped garden tomatoes and fresh basil.

tomato mozzarella salad

Makes 12 slices

Using a **Chef Series™ Serrated Utility Knife**, slice tomatoes approximately 1/4" thick and place onto a large plate. Slice mozzarella and place on each tomato slice. In **Quick Shake® Container**, blend together olive oil and Seasoning; gently pour over cheese and tomatoes. Top off with fresh basil leaves. Serve alone or with Crostini (pg. 23).

NUTRITION FACTS: Serving Size: 1 slice (72g), Servings per recipe: 12, Calories 120, Calories from Fat 27, Total fat 3g, Saturated fat 3g, Cholesterol 10mg, Sodium 240mg, Total Carbohydrate 3g, Dietary Fiber 1g, Sugar 1g, Protein 5g

- 3 vine ripened tomatoes
- 2 (4 oz.) fresh mozzarella balls
- 1/3 cup extra virgin olive oil
- 1–1 1/2 Tbsp. **Italian Herb Seasoning**
- 2–3 Tbsp. fresh basil (optional)

serve-it-up tip

Use grape tomatoes and smaller mozzarella balls & serve in **Sheerly Elegant™ Cocktail Stemware**.

bruschetta

Makes 12 servings

In a **Quick Chef** with blade, blend together basil, smashed garlic, olive oil, and Seasoning; place in **6-cup Stuffables™ Container**. Using **The Chopper Machine**, chop tomatoes and add to basil mixture. Fold ingredients together using **Saucy Silicone Spatula**. Great topping for Crostini (pg. 23) or Toasted Pita Crisps (pg. 29).

Recipe Variation:

Bruschetta Pasta Salad Chop tomatoes with other ingredients in Quick Chef. Mixture will become a light sauce. Toss with three cups cooked pasta; serve chilled or at room temperature.

NUTRITION FACTS: Serving Size: About 2 Tbsp. (43g), Servings per recipe: 12, Calories 40, Calories from Fat 35, Total fat 4g, Saturated fat 1g, Cholesterol 0mg, Sodium 55mg, Total Carbohydrate 2g, Dietary Fiber 1g, Sugar 1g, Protein 0g

- 1 lb. plum tomatoes, halved and seeds removed
- 3 cloves garlic, peeled & smashed
- 3 Tbsp. fresh basil
- 3 Tbsp. extra virgin olive oil
- 1 1/2 tsp. **Italian Herb Seasoning**

serve-it-up tip

Gift Idea! When your garden is overflowing with tomatoes, gather some in a **Stuffables™ Container**. Attach a copy of the Bruschetta recipe and give to your neighbor.

minute meatballs

Makes 24 1" meatballs

In a **Thatsa™ Bowl**, mix together all ingredients using **Saucy Silicone Spatula**. Make 1" meatballs using **Tablespoon** from **Measuring Spoon Set**. Place meatballs on **Cooking Rack** in **Base of Oval Microwave Cooker**. Microwave on High for 4 minutes; let stand for 1-2 minutes.

Serving Suggestion: Serve with Smokin' BBQ Sauce (below) or favorite dipping sauce

Recipe Variation:

Turkey Meatballs Substitute ground turkey; may need to increase amount of Seasoning

NUTRITION FACTS: Serving Size 6 meatballs (117g), Servings per recipe: 4, Calories 220, Calories from Fat 67, Total fat 7g, Saturated fat 3g, Cholesterol 80mg, Sodium 425mg, Total Carbohydrate 7g, Dietary Fiber 0g, Sugar 1g, Protein 29g

- 1 lb. extra lean ground beef
- 4 tsp. **Potato Leek Soup Mix**
- 1 tsp. **Ragin' Cajun Seasoning**
- 1/4 cup seasoned breadcrumbs

serve-it-up tip

When serving at a buffet, arrange the Meatballs on a platter and insert a colorful party pick in each one making it easy for guests to serve themselves.

smokin' bbq sauce

Makes 1 1/4 cups

Place first 3 ingredients in **Quick Shake® Container**, seal and shake until well blended. Add water if needed to thin out sauce. Place in **Open House™ Dip Bowl** and chill until serving time.

NUTRITION FACTS: Serving Size: 2 Tbsp (28g), Servings per recipe: 10, Calories 30, Calories from Fat 2, Total fat >1g, Saturated fat 0g, Cholesterol 0mg, Sodium 481mg, Total Carbohydrate 8g, Dietary Fiber 0g, Sugar 3g, Protein 1g

- 1 cup ketchup
- 2 Tbsp. **Hickory Mesquite Rub**
- 2 tsp. Worcestershire sauce
- 1 Tbsp. water (if necessary)

sweet fruit pizza

Makes 40 squares (approx. 2 1/4" x 2")

For Crust, press crescent dough onto a cookie sheet lined with **Silicone Wonder™ Mat**. Pinch together seams. Bake at 350°F for 12 minutes; cool slightly. In a **5 1/2 cup Impressions Bowl**, mix together cream cheese, sugar and Spice. Using a **Saucy Silicone Spatula**, spread cream cheese mixture over crust; finish by sprinkling raisins and sliced strawberries on top. Chill until time to serve. Remove from mat before cutting into squares.

NUTRITION FACTS: Serving Size: 1 square (27g), Servings per recipe: 40, Calories 70, Calories from Fat 30, Total fat 3g, Saturated fat 1g, Cholesterol 5mg, Sodium 115mg, Total Carbohydrate 8g, Dietary Fiber 0g, Sugar 4g, Protein 2g

- 2 (8 oz.) pkgs. reduced-fat crescent rolls
- 1 (8 oz.) pkg. Neufchatel low-fat cream cheese, softened
- 3 Tbsp. powdered sugar
- 1 pint strawberries, rinsed, hulled & sliced
- 1/2 cup raisins
- 1 1/2 tsp. **Cinnamon-Vanilla Spice** (optional)

smashed potato bar

Makes 8 servings

In **Oval Microwave Cooker**, place potatoes in Shallow & Deep Colander over Base (with 1 cup water). Microwave on High for 8-10 minutes until fork tender. Place toppings in **Serving Center® Set**. Drain water and place potatoes in Base, add cream cheese and smash slightly. Using **Ice Cream Scoop**, place a full scoop (4 oz.) of potatoes in a **Sheerly Elegant™ Cocktail Stemware** and top with favorite toppings. Serve immediately.

Store leftovers in a **Rock 'N Serve™ Medium Deep Container** and freeze for later use.

NUTRITION FACTS: Serving Size: About 1/2 cup (113g), Servings per recipe: 8, Calories 105, Calories from Fat 14, Total fat 2g, Saturated fat 1g, Cholesterol 5mg, Sodium 36mg, Total Carbohydrate 19g, Dietary Fiber 1g, Sugar 0g, Protein 3g

cheesy beef sandwiches

Makes 6 servings

For Microwave: Pour consommé in Base of **Oval Microwave Cooker**, stir in Seasoning; cover and microwave on High for 4-5 minutes. Remove cover and add beef; replace cover and microwave for 1 1/2-2 minutes. Place 2 slices cheese on each roll then add beef. Either spoon consommé (au jus) over sandwich or pour into separate small bowls for dipping. Serve immediately.

For Stovetop: Heat consommé and Seasoning mixture over a Medium-High heat in a **Chef Series™ 9.5" Fry Pan**. Once mixture is almost to a boil, place beef in pan, gently stirring with **Saucy Silicone Spatula** until desired doneness is achieved. Remove from heat and make sandwiches.

Refrigerate or freeze leftovers in a **Rock 'N Serve™ Container**.

NUTRITION FACTS: Serving Size: 1 sandwich (292g), Servings per recipe: 6, Calories 480, Calories from Fat 185, Total fat 21g, Saturated fat 11g, Cholesterol 75mg, Sodium 2360mg, Total Carbohydrate 36g, Dietary Fiber 2g, Sugar 5g, Protein 39g

2 lb. sliced red potatoes with skins
4 Tbsp. Neufchatel, low-fat cream cheese, softened

Suggested Toppings:

1 cup cheddar cheese sauce
1 cup Simply Salsa (pg. 33)
1 cup chopped broccoli
1 cup Bacon Wasabi Dip (pg. 30)
1 cup sautéed mushrooms & onions
1 cup sour cream with chives
1 cup shredded cheese

1 lb. roast beef sliced thin (rare is best)
2 (10.5 oz.) cans beef consommé
2 Tbsp. **Italian Herb Seasoning**
12 thin slices provolone cheese
6 Italian hard rolls, sliced

serve-it-up tip

Create that relaxed on-vacation feel by serving meals outdoors as often as possible.

island chicken skewers

Makes 12 servings

Place chicken in **Season Serve® Container**; set aside. Blend remaining ingredients in **Quick Shake® Container**; pour over chicken to generously coat; let sit for 10 minutes. Carefully slide skewer through each tender and place on jelly roll pan lined with a **Silicone Wonder™ Mat**; bake at 375°F for 20 minutes. Serve with Peanut Dipping Sauce (recipe follows) or favorite dipping sauce.

Recipe Variation:

Honey BBQ Chicken Skewers Substitute **Hickory Mesquite Seasoning** with Smokin' BBQ Sauce (pg. 25).

Serving Suggestion: Keep the Island Chicken Skewers intact and serve over a bed of Festival Rice. Steam white rice and add dried tropical fruit mix while rice is still hot. The fruit and nut pieces will plump from the steam. The rice dish has a festival of color.

NUTRITION FACTS: Serving Size: 1 skewer (38g), Servings per recipe: 12, Calories 67, Calories from Fat 8, Total fat 1g, Saturated fat 0g, Cholesterol 22mg, Sodium 83mg, Total Carbohydrate 6g, Dietary Fiber 0g, Sugar 6g, Protein 9g

peanut dipping sauce

Makes about 1/3 cup

In a **5 1/2 cup Impressions Bowl**, mix together all ingredients with a **Saucy Silicone Spatula**. Add water to sauce if too thick. Chill until serving time.

NUTRITION FACTS: Serving Size: 1 Tbsp. (20g), Servings per recipe: 5, Calories 72, Calories from Fat 43, Total fat 5g, Saturated fat 1g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrate 6g, Dietary Fiber 1g, Sugar 5g, Protein 3g

1 lb. pkg boneless, skinless chicken breast cutlets
1/4 cup honey
2 tsp. **Island Rub Seasoning**
1 Tbsp. warm water

serve-it-up tip

Bamboo skewers are available at your grocery store. Soak them in water just before using so they won't burn, or skewers can be inserted into chicken after cooking.

3 Tbsp. creamy peanut butter
1 Tbsp. honey
2 tsp. lite soy sauce
Juice of 1/2 lime
1 tsp. warm water
(optional to thin out sauce)

serve-it-up tip

Spray measuring spoon with non-stick spray before measuring sticky foods like honey or peanut butter.

ceviche shrimp cups

Makes 24 pieces

Remove tails off shrimp. Using the **Chef Series™ Paring Knife**, slice into 1/2" pieces. In a **10 cup Impressions Bowl**, place shrimp, juice, garlic, cilantro, and 1 tsp. Seasoning; mix together, seal and set aside. Using a **Tupperware® Peeler**, peel cucumbers leaving thin areas unpeeled for striped effect. Cut the ends off each cucumber, and slice into six thick slices (at least 1" thick). Using the Teaspoon from the **Measuring Spoon Set**, scoop out seeds in center of cucumber, creating a small cup; sprinkle each cup with remaining Seasoning; set aside. Fill each cucumber with shrimp mixture. Chill until time to serve. The longer the shrimp marinates, the stronger the citrus and garlic flavor will become.

NUTRITION FACTS: Serving Size: 1 piece (72g), Servings per recipe: 24, Calories 27, Calories from Fat 3, Total fat tr., Saturated fat 0g, Cholesterol 37mg, Sodium 128mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 1g, Protein 4g

mini-calzones

Makes 10 servings

In a **Stuffables™ Container**, combine pasta sauce, and Seasoning; set aside. On a cookie sheet lined with the **Silicone Wonder™ Mat**, press out each biscuit to a 3–3 1/2" diameter disk. Place 2 Tbsp. sauce in center of disk, sprinkle with 1 1/2 Tbsp. cheese and finally 2 slices pepperoni. Fold disk in half, pinching together the dough with the tines of a fork. Repeat procedure until finished. Bake at 375°F for 10-12 minutes or until golden brown. Cool slightly before serving.

Recipe Variations:

Vegetarian Substitute finely chopped green pepper, onion, or mushrooms

Sausage Substitute Italian sausage or turkey sausage

NUTRITION FACTS: Serving Size: 1 calzone (101g), Servings per recipe: 10, Calories 246, Calories from Fat 135, Total fat 15g, Saturated fat 5g, Cholesterol 18mg, Sodium 977mg, Total Carbohydrate 20g, Dietary Fiber 1g, Sugar 7g, Protein 9g

4 cucumbers
1 lb. cooked and peeled shrimp
Juice of 2 lemons or limes
3 Tbsp. fresh cilantro
2 cloves garlic, minced
2 tsp. **Latin Sensations Seasoning** (divided)

Optional Ingredients:

jalapeno pepper, or diced plum tomato

1 (12 oz.) pkg. refrigerated biscuit dough
1 1/2 cup pasta sauce
20 slices pepperoni
1 1/2 cup shredded mozzarella or Italian cheese
1-1 1/2 Tbsp. **Italian Herb Seasoning**

serve-it-up tip

Serve your favorite sorbet and fresh fruit for a light dessert.

spicy wings

Makes about 42 wings

Preheat oven to 400°F. Sprinkle hot sauce and Seasoning over chicken in **Season Serve® Container**. Seal, shake and let sit for 5-10 minutes. Place onto a baking pan lined with a **Silicone Wonder™ Mat**. Bake for 20-25 minutes.

Dipping Sauce Suggestions:

Blue Cheese Sauce (pg. 14)
Bacon Wasabi Dip (pg. 30)
Smokin' BBQ Sauce (pg. 25)

NUTRITION FACTS: Serving Size: 2 wings (45g), Servings per recipe: 21, Calories 88, Calories from Fat 31, Total fat 3g, Saturated fat 1g, Cholesterol 36mg, Sodium 140mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugar 0g, Protein 13g

mediterranean bean dip

Makes about 1 1/2 cups

In a colander drain and rinse beans in hot water, gently removing outer skin of beans. Place beans in **Quick Chef** with blade; add lemon juice, olive oil, crushed garlic, and Seasoning. Cover and turn handle for about 30 seconds until well blended. Serve in **Open House™ Dip Bowl** with sliced veggies, favorite chips or Toasted Pita Crisps (recipe follows).

NUTRITION FACTS: Serving Size: 2 Tbsp. (22g), Servings per recipe: 12, Calories 76, Calories from Fat 56, Total fat 6g, Saturated fat 1g, Cholesterol 0mg, Sodium 86mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugar 0g, Protein 1g

toasted pita crisps

Makes 24 crisps

Using a **Chef Series™ Paring Knife**, slice pitas into 8 wedges; lightly coat with non-stick spray and sprinkle Seasoning on each wedge. Bake at 350°F on a cookie sheet lined with a **Silicone Wonder™ Mat** for 7-10 minutes or until golden brown. Store any leftovers in a **Stuffables™ Container**.

NUTRITION FACTS: Serving Size: 1 crisp (8g), Servings per recipe: 24, Calories 22, Calories from Fat 2, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 83mg, Total Carbohydrate 4g, Dietary Fiber 0g, Sugar 0g, Protein 1g

2 lb. chicken wings or 2 lb. skinless, boneless chicken breast, sliced into strips
3-4 Tbsp. favorite hot sauce
2 Tbsp. your choice: **Hickory Mesquite, Italian Herb, Ragin' Cajun, Island Rub, or Ginger Teriyaki Seasoning**

serve-it-up tip

Use fresh red, green, and yellow peppers to hold dipping sauces. Slice the top off the pepper. Remove seeds and pulp. Slightly trim the base of the pepper to allow it to sit evenly. Fill with dip.

1 (15 oz.) can Garbanzo beans
5 Tbsp. extra virgin olive oil
Juice from 1/2 a lemon
1 clove garlic, peeled and crushed
1 tsp. **Latin Sensations Seasoning**

3 large Pitats
1-2 tsp. **Latin Sensations or Southwest Chipotle Seasoning**
Non-stick spray

cracker creations

Makes 12 crackers

Mix Seasoning and pasta sauce together; set aside. Place crackers on a cookie sheet lined with a **Silicone Wonder™ Mat**; spread 2 tsp. pasta sauce on each cracker with **Saucy Silicone Spatula**. Sprinkle a heaping Tbsp. chicken over sauce; follow with 1 Tbsp. cheese. Bake at 350°F for 7-10 minutes or until golden brown. Serve immediately.

Recipe Variation:

Beefy Cracker Creations Substitute 1 cup cooked ground beef
Veggie Cracker Creations Omit chicken and add favorite vegetable

NUTRITION FACTS: Serving Size: 1 cracker (39g), Servings per recipe: 12, Calories 70, Calories from Fat 30, Total fat 3g, Saturated fat 2g, Cholesterol 15mg, Sodium 135mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugar 1g, Protein 6g

bacon wasabi dip

Makes about 1 1/4 cup

Place 5 strips of bacon on Rack in Base of **Oval Microwave Cooker**; cover and microwave on High for 4 1/2 minutes. Remove bacon; set aside to cool before crumbling. In a **5 1/2 cup Impressions Bowl** mix together sour cream and Seasoning using the **Saucy Silicone Spatula**; stir in crumbled bacon. Cover and chill until time to serve.

NUTRITION FACTS: Serving Size: 2 Tbsp. (29g), Servings per recipe: 10, Calories 60, Calories from Fat 40, Total fat 5g, Saturated fat 3g, Cholesterol 15mg, Sodium 130mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 2g, Protein 2g

breadstick wraps

Makes 12 servings

On a cookie sheet lined with a **Silicone Wonder™ Mat**, roll out breadstick dough twisting each breadstick; press down on the ends to keep the twist shape. Bake at 375°F for 13-15 minutes until golden brown. Remove from oven and cool. In a **5 1/2 cup Impressions Bowl**, mix together cream cheese, mayonnaise and Seasoning using **Saucy Silicone Spatula**. Spread about 1 Tbsp. of cheese mixture over top half of breadstick; follow by wrapping a slice ham over the cheese. Refrigerate until serving time.

NUTRITION FACTS: Serving Size: 1 wrap (65g), Servings per recipe: 12, Calories 140, Calories from Fat 45, Total fat 5g, Saturated fat 2g, Cholesterol 15mg, Sodium 610mg, Total Carbohydrate 14g, Dietary Fiber 0g, Sugar 2g, Protein 8g

- 1/2 cup pasta sauce
- 1 cup cooked, shredded chicken
- 12 Tbsp. shredded cheese (cheddar, pepper jack)
- 1 tsp. **Italian Herb Seasoning**
- 12 king size water crackers

serve-it-up tip

Use **Rock 'N Serve™ Containers** for freezing leftover chicken.

- 1 cup reduced-fat sour cream
- 5 strips crisp bacon (approx. 1/4 cup), crumbled
- 1 Tbsp. **Wasabi Ranch Seasoning**

- 1 (11 oz.) pkg. refrigerated breadstick dough
- 4 oz. reduced-fat Neufchatel Cheese, softened
- 1 Tbsp. mayonnaise
- 1-1 1/2 Tbsp. **Veggie Delight Seasoning**
- 12 slices of thinly sliced ham

mini-tea sandwiches

Makes about 24 mini sandwiches

In a **5 1/2 cup Impressions Bowl**, mix together cheese, mayonnaise, and Seasoning with **Saucy Silicone Spatula**; set aside. Using a **Classic Sheer Midget® Container** cut out four circles in each slice of bread (24 total rounds); set aside on a plate or base of **Round Cake Taker**. Using a **Chef Series™ Utility** or **Paring Knife**, thinly slice cucumber and place on each bread round. Fill **Decorating Bag** with cream cheese mixture and pipe filling onto each cucumber slice with Open or Closed Star Tip. Chill until serving time.

NUTRITION FACTS: Serving Size: 1 Sandwich (25g), Servings per recipe: 24 Sandwiches, Calories 45, Calories from Fat 25, Total fat 3g, Saturated fat 2g, Cholesterol 5mg, Sodium 100mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugar 1g, Protein 2g

ham & swiss appetizer wheels

Makes 16-20 wheels

Roll out dough in two rectangles on **Silicone Wonder™ Mat**. Sprinkle each rectangle with 3 Tbsp. Swiss cheese and 1 tsp. Seasoning. Lay slices of ham on top of each rectangle. Starting on longer side; roll up each rectangle tightly creating two logs; pinching together seams. Place on cutting board and use a **Chef Series™ Utility** or **Paring Knife** to cut eight slices from each log. Bake at 350°F for 11-13 minutes until golden brown.

NUTRITION FACTS: Serving Size: 1 wheel (27g), Servings per recipe: 16, Calories 70, Calories from Fat 30, Total fat 4g, Saturated fat 1g, Cholesterol 5mg, Sodium 320mg, Total Carbohydrate 6g, Dietary Fiber 0g, Sugar 2g, Protein 4g

spicy southwest dip

Makes about 8-10 servings

In **Thatsa™ Bowl Jr.**, stir together ingredients using a **Saucy Silicone Spatula**. Cover and chill until serving time. Serve in an **Open House™ Dip Bowl** with chips or use as a topping for tacos.

NUTRITION FACTS: Serving Size: About 1/3 cup (113g), Servings per recipe: 8, Calories 100, Calories from Fat 63, Total fat 7g, Saturated fat 4g, Cholesterol 30mg, Sodium 486mg, Total Carbohydrate 7g, Dietary Fiber >1g, Sugar 5g, Protein 3g

- 1 (8 oz.) reduced fat, Neufchatel cheese, softened
- 1 Tbsp. Mayonnaise
- 1-2 Tbsp. **Veggie Delight Seasoning**
- 6 slices whole wheat bread
- 1 large cucumber, rinsed

serve-it-up tip

Perfect idea for a brunch or shower. Stack sandwiches on top of Base of **Round Cake Taker** lined with a paper doily.

- 6 slices ham, thinly sliced
- 1 (8 oz.) can reduced-fat crescent rolls
- 1/3 cup + 1 Tbsp. shredded Swiss cheese
- 2 tsp. **Italian Herb or Ragin' Cajun Seasoning**

- 1 (16 oz.) container low-fat sour cream
- 1 (10.5 oz.) can diced tomatoes with chilies
- 3 Tbsp. **Southwest Chipotle Seasoning**

zesty stuffed mushrooms

Makes about 24 mushrooms, depending on size

Gently remove stems from mushroom caps; set aside. In a **Stuffables™ Container**, mix together cream cheese, green onion, and Seasoning using a **Saucy Silicone Spatula**. Fill the **Decorating Bag** with cheese filling. Use the Open Star Tip to fill each mushroom with approximately 1 tsp. filling. Place stuffed mushrooms on a jelly roll pan lined with **Silicone Wonder™ Mat**. Bake at 350°F for 15-20 minutes until mushrooms and filling are golden brown.

Lighten It Up: Omit mayonnaise from recipe or use reduced-fat or fat-free

NUTRITION FACTS: Serving Size: 1 mushroom (26g), Servings per recipe: 24, Calories 35, Calories from Fat 27, Total fat 3g, Saturated fat 2g, Cholesterol 7mg, Sodium 65mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugar 1g, Protein 1g

bacon & tomato pizza

Makes about 40 squares (approx. 2 1/4" x 2")

To create crust, press crescent roll dough out on a cookie sheet lined with a **Silicone Wonder™ Mat**. Pinch together any seams. Bake at 350°F for 12 minutes; remove from oven and cool slightly. Use a **Chef Series™ Paring Knife** to slice tomatoes in half; set aside. In a **5 1/2 cup Impressions Bowl**, mix together cream cheese, mayonnaise and Seasoning. With a **Saucy Silicone Spatula**, spread cheese mixture evenly over crust; sprinkle with crumbled bacon and follow with tomatoes. Remove pizza from mat before cutting into squares.

Recipe Variation:

BLT Pizza Add 1 cup shredded lettuce on top of tomatoes

NUTRITION FACTS: Serving Size: 1 square (28g), Servings per recipe: 40 Squares, Calories 80, Calories from Fat 45, Total fat 5g, Saturated fat 2g, Cholesterol 5mg, Sodium 180mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugar 2g, Protein 2g

- 1 (16 oz.) pkg. white mushrooms rinsed & pat dry
- 1 (8 oz.) pkg. reduced-fat Neufchatel Cheese, softened
- 2 Tbsp. mayonnaise
- 3-4 Tbsp. green onion, chopped
- 1-2 tsp. **Italian Herb Seasoning**

serve-it-up tip

Quickly rinse mushrooms and thoroughly pat them dry. Soaking mushrooms in water will cause them to become soggy.

- 20 strips bacon, cooked and crumbled (about 1 cup)
- 2 (8 oz.) pkg. reduced-fat crescent rolls
- 1 (8 oz.) pkg. reduced-fat Neufchatel cheese, softened
- 2 Tbsp. mayonnaise
- 1 Tbsp. **Veggie Delight Seasoning**
- 1 pint cherry or grape tomatoes

serve-it-up tip

Set the table with a white tablecloth, white napkins and **Open House™ Dinner Plates**. Scatter white candles on the table and enjoy the ambiance!

peachy salsa

Makes about 2 1/2 cups

Place apple pieces in **Quick Chef** with blade; turn handle 5 or 6 times. Add peeled peaches and juice; cover and turn handle 5 or 6 more times or until fruit is coarsely chopped.

Serve with Cinnamon Tortilla Chips (below) or graham crackers.

NUTRITION FACTS: Serving Size: 1/4 cup (62g), Servings per recipe: 10, Calories 25, Calories from Fat 0, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 7g, Dietary Fiber 1g, Sugar 6g, Protein 0g

cinnamon tortilla chips

Makes about 4 dozen chips

Mix together sugar and Spice in **Thatsa™ Bowl**. Spray tortillas on both sides and place 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**. Bake at 350°F for 8-10 minutes until lightly golden.

NUTRITION FACTS: Serving Size: 8 chips (21g), Servings per recipe: 6, Calories 80, Calories from Fat 17, Total fat 2g, Saturated fat <1g, Cholesterol 0mg, Sodium 91mg, Total Carbohydrate 14g, Dietary Fiber <1g, Sugars 2g, Protein 2g

simply salsa

Makes about 2 cups

Using a **Chef Series™ Paring Knife** peel and slice onion into 4 pieces; place in **Quick Chef** with blade, cover and turn handle until onion is roughly chopped. Add remaining ingredients; cover and turn handle until desired consistency. Before placing salsa in an **Open House™ Dip Bowl** with a **Saucy Silicone Spatula**, remove blade and place on the underside of cover.

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

Recipe Variation:

Pico de Gallo Substitute 3-4 medium sized plum tomatoes

NUTRITION FACTS: Serving Size: About 1/3 cup (95g), Servings per recipe: 6, Calories 27, Calories from Fat 0, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 282mg, Total Carbohydrate 6g, Dietary Fiber 2g, Sugar 4g, Protein 1g

- 1 large Granny Smith apple (cored and cut into wedges)
- 3 peaches (peeled & pit removed)
- 1 Tbsp. juice (orange or apple)

serve-it-up tip

Try serving this salsa over vanilla ice cream and sliced fresh peaches.

- 2 10" flour tortillas cut into strips (about 24 each)
- Non-fat cooking spray (butter flavor)
- 1 Tbsp. sugar
- 2 tsp. **Cinnamon-Vanilla Spice**

serve-it-up tip

Perfect with the ice cream and peach salsa.

- 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**
- Latin Sensations Seasoning** to taste

Optional Ingredients:

- 2-3 Tbsp. fresh cilantro

simple taco nachos

Makes about 3 dozen

Using **Saucy Silicone Spatula** gently spread approximately 1-1½ tsp. beans on each chip. Place chips on a baking sheet lined with a **Silicone Wonder™ Mat**. Sprinkle beef and cheese over beans. Bake at 400°F for 8-10 minutes until cheese is melted and bubbly.

Recipe Variations:

Simple Vegetarian Nachos Omit ground beef

Simple Chicken Nachos Substitute 1 cup shredded cooked chicken

Serving Suggestion: Top off each with Simply Salsa (pg. 33) or Spicy Southwest Dip (pg. 31)

NUTRITION FACTS: Serving Size: 1 nacho (23g), Servings per recipe: 36, Calories 40, Calories from Fat 17, Total fat 2g, Saturated fat 1g, Cholesterol 7mg, Sodium 90mg, Total Carbohydrate 3g, Dietary Fiber 1g, Sugar 0g, Protein 3g

go-go guacamole

Makes about 2 cups

Using a **Chef Series™ Paring Knife**, peel and slice onion into 4 pieces; place in **Quick Chef** with blade, cover and turn handle until onion is roughly chopped. Add remaining ingredients; cover and turn handle a few times until desired consistency. Use **Saucy Silicone Spatula** to place into an **Open House™ Dip Bowl**.

Serving Suggestion: Serve with favorite tortilla chips or use as a topping for tacos

NUTRITION FACTS: Serving Size: About 2 Tbsp. (31g), Servings per recipe: 16, Calories 43, Calories from Fat 35, Total fat 4g, Saturated fat 0.5g, Cholesterol 0mg, Sodium 35mg, Total Carbohydrate 2g, Dietary Fiber 1g, Sugar 0g, Protein 1g

spicy mexicali dip

Makes about 2¼ cups

Chop artichokes in **Quick Chef** with blade. Place all ingredients in Base of **Oval Microwave Cooker**; blend together with **Saucy Silicone Spatula**. Microwave on High for 3-5 minutes. Serve with Crostini (pg. 23), tortilla chips, or Toasted Pita Crisps (pg. 29).

NUTRITION FACTS: Serving Size: ¼ cup (78g), Servings per recipe: 9, Calories 78, Calories from Fat 45, Total fat 5g, Saturated fat 3g, Cholesterol 17mg, Sodium 212mg, Total Carbohydrate 5g, Dietary Fiber 2g, Sugar 1g, Protein 4g

½ cup Basic Beef recipe (1 cup), Mexican-style (pg. 11)
1 (16 oz.) can fat-free, refried beans
1 cup shredded Mexican-style cheese
Scoop-style or hearty-style tortilla chips

2 ripe Hass Avocados, scooped out of skin
1 small onion (½ cup)
Juice of ½ a lime
Latin Sensations Seasoning to taste

serve-it-up tip

Try Guacamole on burgers and as an alternative to sandwich spreads.

decadentdesserts

chocolate bread pudding

Makes 8 servings

Remove crusts from bread, and slice bread diagonally; place in **9" Round Silicone Form**. Blend eggs and cream in **Quick Shake® Container**. Pour egg mixture in a **Chef Series™ 2½ Qt. Saucepan**, add sugar, Spice and chocolate; heat on low, stirring until chocolate is melted using a **Saucy Silicone Spatula**. Pour chocolate mixture slowly over bread slices allowing it to absorb. Bake at 350°F for 20-25 minutes; Serve warm.

Topping Options: whipped cream, ice cream, or fudge sauce

Recipe Variation:

Minty Bread Pudding Substitute mint chocolate chips

NUTRITION FACTS: Serving Size: About ½ cup (128g), Servings per recipe: 8, Calories 450, Calories from Fat 290, Total fat 32g, Saturated fat 19g, Cholesterol 135mg, Sodium 140mg, Total Carbohydrate 37g, Dietary Fiber 2g, Sugar 27g, Protein 7g

8 slices bread (stale bread works best)
2 cups whipping cream
2 large eggs
1 cup semi-sweet chocolate chips
⅓ cup sugar
½ tsp. **Cinnamon-Vanilla Spice** (optional)

serve-it-up tip

Lightly moisten rims of **Sheerly Elegant™ Cocktail Stemware** and dip into confectioners' sugar or cocoa powder. Carefully spoon Bread Pudding into Stems, top with a dollop of whipped cream and sprinkle with mini-chocolate chips.

easy chocolate cake

Makes 12 servings

Mix first 3 ingredients together in a **Thatsa™ Bowl** with a **Saucy Silicone Spatula** until moistened. Consistency will be very thick. Spread batter in Base of **Oval Microwave Cooker**; cover and microwave on High for 8-10 minutes. Cake will be very moist. Ice cake with frosting and serve immediately.

Lighten It Up: Fill **Decorating Bag** with non-dairy whipped topping and dollop on each slice of cake instead of frosting

NUTRITION FACTS: Serving Size: 1 piece (108g), Servings per recipe: 12, Calories 324, Calories from Fat 110, Total fat 12g, Saturated fat 3g, Cholesterol 0mg, Sodium 420mg, Total Carbohydrate 54g, Dietary Fiber 2g, Sugar 41g, Protein 3g

1 (18¼ oz.) pkg. chocolate cake mix
1 (15 oz.) can pumpkin
1 tsp. **Cinnamon-Vanilla Spice** (optional)
1 (12 oz.) tub vanilla frosting (or favorite flavor) optional

brownie truffles

Makes about 24-28 truffles

In a **Quick Shake® Container** blend eggs; set aside. In a **Thatsa™ Bowl** place all ingredients; mix together until moistened using a **Saucy Silicone Spatula**. Bake at 350°F on a 15" x 10" baking pan lined with a **Silicone Wonder™ Mat** for 17-20 minutes. Let cool a minute before making truffles. With **Tablespoon** from **Measuring Spoon Set**, scoop out brownies and roll into balls; quickly coat in cocoa or nuts. Place truffles in a **Fresh 'n Cool™ Container** or small muffin papers. Repeat until finished. Note: Need to make truffle balls while brownies are still warm and pliable.

NUTRITION FACTS: Serving Size: 1 truffle (37g), Servings per recipe: 24, Calories 150, Calories from Fat 70, Total fat 8g, Saturated fat 1g, Cholesterol 20mg, Sodium 100mg, Total Carbohydrate 20 g, Dietary Fiber 1g, Sugar 12g, Protein 2g

1 (21 oz.) pkg. fudgy-style brownie mix
2 eggs
1/2 cup canola oil
1/4 cup water

Coating Options: 3 Tbsp. of unsweetened cocoa, powdered sugar or finely chopped nuts

serve-it-up tip

Place Brownie Truffles in holiday themed mini-baking cups. Arrange in a **Snack Stor® Container** and tie with a bow

decadent mint bars

Makes 12 servings

Mix together brownie mix, sour cream, water, and egg in a **Thatsa™ Bowl** just until blended. Using the **Saucy Silicone Spatula**, spread 1/2 the mixture over a 15" x 10" jelly roll pan lined with a **Silicone Wonder™ Mat**; sprinkle the peppermint patties over the brownie batter, follow with the other half of mixture completely covering the peppermint patties. On a center rack, bake at 350°F for 16-19 minutes; brownies will be very fudgy.

Optional Toppings: Frosting with green food coloring and chopped chocolate crème de menthe candies.

NUTRITION FACTS: Serving Size: 1 square (83g), Servings per recipe: 12, Calories 272, Calories from Fat 58, Total fat 6g, Saturated fat 3g, Cholesterol 21mg, Sodium 212mg, Total Carbohydrate 52g, Dietary Fiber 2g, Sugar 37g, Protein 3g

Fudge style brownie mix (13" x 9" pan size)
1/2 cup low-fat sour cream
1/4 cup water
1 egg
12 peppermint patties (approx. 6 oz.), coarsely chopped

serve-it-up tip

Pour brownie mix in a **Modular Mates® Oval 2 Container** and seal. Roll **Silicone Wonder™ Mat** up and set on top of seal. Tie up with a ribbon. Attach peppermint patties, in a clear party bag, and recipe to top of Container.

pick me up cake

Makes 10 servings

In **Thatsa™ Bowl Jr.** whisk together mascarpone cheese and powdered sugar until light and fluffy. Fill **Decorating Bag** with cheese mixture and refrigerate. Slice pound cake using a **Chef Series™ Paring Knife** into 10 slices; set aside. Make 4 cuts in each strawberry about 90% through keeping the leaves on; set aside. Using the **Open Star Tip**, pipe about a Tbsp. mascarpone mixture on top of pound cake; follow by fanning each strawberry on top. Chill until serving time.

*Regular mascarpone cheese with 2 Tbsp. strong cold coffee or espresso added will also work.

Recipe Variations:

Raspberry Pick Me Up Cake Substitute fresh raspberries for strawberries

Pick Me Up Angel Cake Substitute angel food cake for pound cake

NUTRITION FACTS: Serving Size: 1 slice (73g), Servings per recipe: 10, Calories 232, Calories from Fat 136, Total fat 15g, Saturated fat 8g, Cholesterol 55mg, Sodium 153mg, Total Carbohydrate 20g, Dietary Fiber 1g, Sugar 13g, Protein 3g

essence of decadence

Makes 2 cups

Melt chocolate in Base of **Oval Microwave Cooker** for 1 1/2-2 minutes. Stir and microwave 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. Note: milk chocolate takes longer to set than semi-sweet or dark chocolate.

NUTRITION FACTS: Serving Size: about 1 1/2 tsp (9g), Servings per recipe: 50, Calories 45, Calories from Fat 25, Total fat 3g, Saturated fat 2g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 6g, Dietary Fiber 0g, Sugar 5g, Protein 1g

1 (8 oz.) pkg. Tiramisu mascarpone cheese*
1 (10 3/4 oz.) pkg. reduced-fat pound cake
2 Tbsp. powdered sugar
10 strawberries, rinsed and pat dry

serve-it-up tip

Strawberry Fans

With a **Chef Series™ Paring Knife**, make four slices in a strawberry from just below the leaves, to the base. On the cutting board, place one finger below the leaves and press down to fan the slices out. Place on cake.

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

Topping Options: Chopped nuts, shredded coconut, jimmies, and sprinkles

serve-it-up tip

Drizzle with melted white chocolate once the chocolate has set.

bananas foster danishes

Makes 9 danishes

Using a **Chef Series™ Paring Knife**, cut puff pastry sheet into nine even squares; set aside. In a **10 cup Impressions Bowl**, mix together bananas, maple syrup and Spice with a **Saucy Silicone Spatula** slightly mashing bananas. Place pastry squares onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Place a heaping tablespoon of banana mixture onto center of pastry square. Take each corner and pinch together on top creating a pocket. Seams on the sides will show. Repeat until finished. Bake at 375°F on center rack for 13-15 minutes until lightly golden brown. Pockets may open up during baking. Remove from oven; gently press down on corners that opened during baking. Allow pockets to sit for a few minutes before serving.

Recipe Variation:

Apricot Danishes Substitute 1/2 cup apricot filling and 1/2 tsp. Cinnamon-Vanilla Spice. Follow same directions.

NUTRITION FACTS: Serving Size: 1 danish (40g), Servings per recipe: 9, Calories 70, Calories from Fat 12, Total fat 2g, Saturated fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 15g, Dietary Fiber 1g, Sugar 11g, Protein 1g

chocolate cookie ball

Makes 8 servings

Neufchatel cheese needs to be very soft (microwave for 30 seconds at 50% power in a **Rock 'N Serve™ Medium Shallow Container**, if necessary). In a **Thatsa™ Bowl**, combine cheese, powdered sugar and Spice; set aside. Using **The Chopper Machine**, crush cookies and add to other ingredients; blend together with a **Saucy Silicone Spatula** creating a ball. Coarsely chop chocolate chips with The Chopper Machine; roll cookie ball in chips; cover and keep refrigerated until time to serve.

Serving Suggestion: Graham crackers, sugar cookies or wafer cookies

NUTRITION FACTS: Serving Size: 1 cookie ball, Servings per recipe: 8, Calories 260, Calories from Fat 130, Total fat 15g, Saturated fat 8g, Cholesterol 25mg, Sodium 270mg, Total Carbohydrate 29g, Dietary Fiber 1g, Sugar 21g, Protein 4g

- 1 puff pastry sheet, thawed
- 2 ripe bananas (peeled and sliced)
- 1/4 cup maple-flavored (or pure) syrup
- 1 tsp. **Cinnamon-Vanilla Spice**

serve-it-up tip

Lightly dust danishes with powdered sugar before serving.

delightful trifle

Makes 12 servings

Cube cake using a **Chef Series™ Utility Knife** on a cutting board. Place one pudding mix in **Quick Shake® Container**, place blender insert inside and seal. Shake for about 1-1 1/2 minutes or until thickened; set aside. Place 1/2 of cubed cake in a **Large Sheerly Elegant™ Bowl**; spread first batch of pudding over cake using **Saucy Silicone Spatula**, follow with 1/2 can of cherry filling, then 1/2 container of whipped topping; repeat.

Recipe Variation:

Black Forest Substitute chocolate fudge for French vanilla

NUTRITION FACTS: Serving Size: 1/2 cup (189g), Servings per recipe: 12, Calories 290, Calories from Fat 25, Total fat 3g, Saturated fat 3g, Cholesterol 4mg, Sodium 430mg, Total Carbohydrate 60g, Dietary Fiber 0g, Sugar 30g, Protein 5g

- 1 (15 oz.) pkg. angel food cake (store bought)
- 2 (3.4 oz.) pkg. French vanilla instant pudding
- 28 oz. cold reduced-fat milk
- 1 (20 oz.) can cherry pie filling
- 8 oz. container non-dairy, light whipped topping

serve-it-up tip

For an elegant look, finish with whipped topping piped from **Decorating Bag**.

berry easy cobbler

Makes 12 servings

In a **9" Round Silicone Form**, place berries, pie filling and Spice; gently fold together with **Saucy Silicone Spatula**. Crumble or slice cookie dough over entire berry mixture. Bake at 375°F for 25-30 minutes until crust is golden. Use Spatula to remove cobbler from Form.

NUTRITION FACTS: Serving Size: About 1/2 cup (149g), Servings per recipe: 12, Calories 313, Calories from Fat 81, Total fat 9g, Saturated fat 2g, Cholesterol 11mg, Sodium 200mg, Total Carbohydrate 56g, Dietary Fiber 2g, Sugar 40g, Protein 3g

- 2 (12 oz.) pkg. frozen mixed berries
- 1 (21 oz.) can pie filling (peach, cherry or blueberry)
- 1/2 tsp. **Cinnamon-Vanilla Spice**
- 1 (18 oz.) pkg. refrigerated sugar cookie dough

squirrel nut cake

Makes 10 servings

Using **The Chopper Machine**, coarsely chop pecans. Place cake on base of **Round Cake Taker**. Using **Chef Series™ Bread Knife** slice cake in half horizontally; set aside top half. Pour caramel topping over bottom half; follow with 1/2 cup pecans. Place top half back on and frost cake using **Saucy Silicone Spatula**. Sprinkle remaining pecans over cake. Cover until serving time.

NUTRITION FACTS: Serving Size: 1 slice (117g), Servings per recipe: 10, Calories 440, Calories from Fat 151, Total fat 17g, Saturated fat 3g, Cholesterol 0mg, Sodium 270mg, Total Carbohydrate 71g, Dietary Fiber 1g, Sugar 41g, Protein 4g

- 1 (15 oz.) pkg. angel food cake (store bought)
- 1 cup chopped pecans
- 6 oz. butterscotch caramel topping
- 1 (16 oz.) tub of cream cheese frosting

creamy coconut pie

Makes 8 servings

To serve in Impressions Dessert Server:

Brush crust with an egg white and bake for 5 minutes at 350°F. Invert baked pie shell over its original cover and remove pan. Place **Impressions Dessert Server** base over crust and flip back; remove cover and set aside.

Take 1/2 cup coconut and sprinkle onto a baking sheet lined with a **Silicone Wonder™ Mat**. Bake at 350°F for 6-10 minutes until lightly toasted; set aside. Pour milk mixture and pudding mix in **Quick Shake® Container**, place blender insert inside and seal top. Shake for about 1-1 1/2 minutes or until thickened. Let stand for a minute, filling will thicken as it sits. In a **10 cup Impressions Bowl**, place filling, 1 cup coconut and Spice; gently fold together with a **Saucy Silicone Spatula**; spread filling evenly in crust and top off with toasted coconut. Chill pie until time to serve.

NUTRITION FACTS: Serving Size: 1 slice (103g), Servings per recipe: 8, Calories 330, Calories from Fat 173, Total fat 19g, Saturated fat 11g, Cholesterol 30mg, Sodium 350mg, Total Carbohydrate 36g, Dietary Fiber 1g, Sugar 23g, Protein 3g

giant ice cream sandwich

Makes 12 servings

On a baking sheet lined with a **Silicone Wonder™ Mat** press 8 pieces cookie dough forming a circle just inside the 8" line. Bake at 350°F for about 10-12 minutes until cookie is golden brown. Remove from oven and cool slightly. Using a **Tupperware Turner**, gently loosen cookie from mat; place **9" Round Silicone Form** over the top of cookie and flip baking sheet over placing cookie in bottom of Form. Press out remaining 10 pieces of dough to the 8" line; bake at 350°F for 12-14 minutes until golden brown; cool completely. Meanwhile spread ice cream over baked cookie and freeze. After second cookie is cooled, gently place on top of ice cream with Turner. Freeze until serving time. Remove from Silicone Form before cutting with **Chef Series™ Bread Knife** or **Chef Knife**.

NUTRITION FACTS: Serving Size: 1 slice (100g), Servings per recipe: 8, Calories 365, Calories from Fat 170, Total fat 19g, Saturated fat 8g, Cholesterol 40mg, Sodium 265mg, Total Carbohydrate 49g, Dietary Fiber 1g, Sugar 35g, Protein 3g

- 1 (6 oz.) pkg. shortbread pie crust (or graham cracker)
- Milk mixture - 8 oz. skim milk & 6 oz. whipping cream
- 1 1/2 cup sweetened, shredded coconut (packed)
- 1 (3.4 oz.) pkg. instant vanilla pudding
- 1/4 tsp. **Cinnamon-Vanilla Spice**

serve-it-up tip

A simple vase filled with fresh flowers is an easy way to add color to the table.

- 1 (18 oz.) pkg. refrigerated chocolate chip cookie dough
- Pint of favorite ice cream

serve-it-up tip

Dress up your Ice Cream Sandwich by gently rolling edge in mini-chocolate chips, toasted coconut, chopped candy or nuts just before serving.

best banana pudding

Makes 8 servings

Pour 8 oz. milk, 6 oz. whipping cream, and one pudding mix in **Quick Shake® Container**, place blender insert inside and seal top. Shake for about 1-1 1/2 minutes or until thickened. Let stand for a minute, filling will thicken. Meanwhile, layer 12 cookies in bottom of **6-cup Stuffables™ Container**. Place another 12 cookies around the side of the container. Pour first batch of pudding in a **Thatsa™ Bowl**; set aside. Make second batch of pudding and let stand. Slice bananas using a **Chef Series™ Paring Knife** and add to pudding. Add the second batch of pudding and gently fold together using **Saucy Silicone Spatula**. Add pudding mixture to **Stuffables™ Container**. Tuck remaining vanilla wafers into pudding along the side of the container. Top with whipped topping using the **Decorating Bag**. Let refrigerate until time to serve.

NUTRITION FACTS: Serving Size: About 1 cup (237g), Servings per recipe: 8, Calories 481, Calories from Fat 216, Total fat 24g, Saturated fat 15g, Cholesterol 60mg, Sodium 470mg, Total Carbohydrate 63g, Dietary Fiber 2g, Sugar 44g, Protein 4g

lace cookies

Makes about 30 cookies

In Base of **Oval Microwave Cooker**, place butter chunks, corn syrup and brown sugar; stir together. Cover and microwave for 1 minute on 60% power; stir, replace cover and microwave for an additional 1 1/2 minutes at 60% power. Slowly stir in flour and Spice, mixing until well blended. Using the Teaspoon from **Measuring Spoon Set**, drop batter onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Place only 6 cookies per sheet to allow batter to spread while baking. Bake at 350°F for 6-8 minutes until golden and bubbly. Remove from oven and cool 1 1/2-2 minutes. Gently pull cookies off mat creating a shape (if desired) while pliable. If cookies do not pull away easily, place back in oven for 30 seconds to become pliable again.

Filling Suggestions: Using **Decorating Bag** pipe with whipped topping, frosting or mousse.

NUTRITION FACTS: Serving Size: 1 cookie (10g), Servings per recipe: 30, Calories 45, Calories from Fat 15, Total fat 2g, Saturated fat 1g, Cholesterol 5mg, Sodium 0mg, Total Carbohydrate 7g, Dietary Fiber 0g, Sugar 5g, Protein 0g

- 4 ripe bananas (peeled and sliced)
- 2 (3.4 oz.) pkg. instant French vanilla pudding
- 1 pt. cold milk (fat-free)
- 12 oz. whipping cream
- 40 vanilla wafer cookies
- 1 (8 oz.) container non-dairy whipped topping, very cold

serve-it-up tip

Sprinkle **Chef Series™ Cinnamon-Vanilla Spice** and chocolate shavings on whipped topping. For chocolate shavings, use a thick chocolate bar (room temperature) and use the Horizontal Peeler to shave thin slices.

- 1/2 stick unsalted butter, in chunks
- 1/4 cup corn syrup
- 1/2 cup light brown sugar (packed)
- 1/2 tsp. **Cinnamon-Vanilla Spice**
- 1/2 cup all-purpose flour

serve-it-up tip

Build a Strawberry or Raspberry Shortcake by layering whipped topping and sweetened berries between Cookies. Serve with a sprig of mint.

turtle brownie cups

Makes 14 servings

Using **The Chopper Machine**, finely chop pecans; set aside. In a **Thatsa™ Bowl**, mix together brownie mix, eggs, oil, and water with a **Saucy Silicone Spatula**. Place a heaping Tablespoon (from **Measuring Spoon Set**) of batter in each cup of a **Silicone Muffin Form**. Gently press a caramel candy in each cup; follow with a heaping Tbsp. batter over each caramel. Top each cup with 1½ tsp. chopped pecans. Bake at 350°F for 20-22 minutes; tops should spring back when gently pressed. Cool 10 minutes before scooping out of Form; serve immediately.

Recipe Variation:

Caramel Brownie Cups Omit pecans from recipe

NUTRITION FACTS: Serving Size: 1 brownie cup (67g), Servings per recipe: 14, Calories 290, Calories from Fat 140, Total fat 15g, Saturated fat 3g, Cholesterol 30mg, Sodium 190mg, Total Carbohydrate 35g, Dietary Fiber 1g, Sugar 23g, Protein 4g

brownie cup surprise

Makes 14 servings

Mix together brownie mix, eggs, oil, and water. Using the Tablespoon from **Measuring Spoon Set**, place 2 heaping Tbsp. brownie batter in each cup of two **Silicone Muffin Forms**. Bake at 350°F for 20-23 minutes. Tops should spring back when gently pressed. Allow to cool completely. Fill **Decorating Bag** with non-dairy whipped topping and fill each one using the Filler Tube Tip.

NUTRITION FACTS: Serving Size: 1 brownie cup (70g), Servings per recipe: 14, Calories 280, Calories from Fat 130, Total fat 15g, Saturated fat 3g, Cholesterol 35mg, Sodium 170mg, Total Carbohydrate 35g, Dietary Fiber 1g, Sugar 22g, Protein 3g

snappy turtles

Makes about 60 turtles

Unwrap candies and place on a cookie sheet lined with a **Silicone Wonder™ Mat**. Bake at 350°F for 3-4 minutes until candies just start to soften. Remove and place a pecan halve on top of each candy, gently pressing down. Allow to cool before eating. Store in a **Stuffables™ Container**.

NUTRITION FACTS: Serving Size: 1 turtle (4.5g), Servings per recipe: 60, Calories 25, Calories from Fat 15, Total fat 2g, Saturated fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugar 2g, Protein 0g

- 1 (21 oz.) pkg. fudgy-style brownie mix
- 2 eggs
- ½ cup canola oil
- ¼ cup water
- 14 chocolate covered caramels, unwrapped
- 3½ Tbsp. pecans

- 1 (21 oz.) pkg. fudgy style brownie mix
- 2 eggs
- ½ cup canola oil
- ¼ cup water
- 1½ cup non-dairy whipped topping

- 1 (13 oz.) pkg. chocolate covered caramels
- 60 pecan halves

serve-it-up tip

The recipe makes a perfect Mommy-n-me activity!

dark chocolate cake

Makes 12 servings

In **Quick Shake® Container** blend eggs together. Place all ingredients in **Thatsa™ Bowl** and mix together with **Saucy Silicone Spatula**. Pour batter in a buttered **Fluted Silicone Form**. Bake at 350°F for 35-40 minutes or until toothpick comes out practically clean (cake should be very moist). Cool 10-15 minutes in form before inverting onto cake plate or **Round Cake Taker**. Ice cake with frosting.

Recipe Variation:

Black Forest Cake Use chocolate icing and top with can of cherry pie filling

NUTRITION FACTS: Serving Size: 1 slice (130g), Servings per recipe: 12, Calories 400, Calories from Fat 128, Total fat 14g, Saturated fat 6g, Cholesterol 77mg, Sodium 445mg, Total Carbohydrate 63g, Dietary Fiber 2g, Sugar 45g, Protein 6g

rocky road clusters

Makes about 24 pieces

Chop pecans using **The Chopper Machine**. Melt chocolate in Base of **Oval Microwave Cooker** for 1½-2 minutes. Stir and microwave for additional 30 seconds, if necessary. Stir in remaining ingredients, gently folding together using the **Saucy Silicone Spatula**. Spread onto a jelly roll pan lined with a **Silicone Wonder™ Mat**. Chill or freeze until firm. Break into clusters before serving. Store in a **Stuffables™ Container**.

NUTRITION FACTS: Serving Size: 1 piece (23g) Servings per recipe: 24, Calories 120, Calories from Fat 70, Total fat 8 g, Saturated fat 3g, Cholesterol 0mg, Sodium mg, Total Carbohydrate 13, Dietary Fiber 1g, Sugar 11g, Protein 2g

turtle cookies

Makes about 32 cookie

Roll cookie dough into ¾" balls and place onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Sort through pecan pieces for a head, two arms, and two feet for each turtle. Slightly flatten dough ball and insert the pieces. (Head = 12 o'clock, arms = 3 and 9 o'clock, and feet = 5 and 7 o'clock respectively). When all cookies have been assembled; bake at 350°F for 12 minutes. Let cool before icing with the **Decorating Bag**.

NUTRITION FACTS: Serving Size: 1 cookie (28g), Servings per recipe: 32, Calories 130, Calories from Fat 70, Total fat 7g, Saturated fat 2g, Cholesterol 5mg, Sodium 2mg, Total Carbohydrate 16g, Dietary Fiber 1g, Sugar 10g, Protein 1g

- 1 (19½ oz.) pkg. dark chocolate cake mix
- 1 (8 oz.) reduced-fat sour cream
- ½ cup applesauce
- 4 eggs
- 1 (16 oz.) tub chocolate frosting (optional)

- 1 (12 oz.) pkg. semi-sweet chocolate chips
- 2 cups mini-marshmallows
- 1 cup chopped pecans
- ½ tsp. **Cinnamon-Vanilla Spice**

- 1 (18 oz.) pkg. refrigerated sugar cookie dough
- 1 cup pecan pieces
- 1 cup milk chocolate frosting (store bought)

Gift

Wine Connoisseur 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, Saucy Silicone Spatula and the Decorating Bag. 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 to match the season.

Gift Ideas

Quick Gift Idea This is the perfect gift for birthdays, anniversaries and wedding showers! 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 and give a gift they will appreciate for years to come.

Memory Tags Gifts of homemade food mean the most because they come from the heart. Why not create a Memory Tag as a remembrance of the occasion! Either by hand or on your computer, write the recipe on one side of a standard 3" x 5" card. Use the other side as the gift tag including the usual to and from lines plus the date and the occasion.

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 from your favorite recipe, in a Modular Mates® Oval 3 Container and attaching a memory tag!

Sweet Ideas Chocolate-dipped cookies, crackers, pretzels, strawberries and cherries are so quick and easy to make. Follow the Essence of Decadence recipe on page 37! Once complete, place an assortment in Tupperware Containers for the special people on your list.

Party Favors You'll need an Impressions Snack Cup Set and 1½ yards of ¾" wide decorative ribbon. Place Rocky Road Clusters (pg. 43) in Snack Cups. Cut a 14" length of ribbon and tie a small knot at each end. Tuck the knotted ends of the ribbon into opposite sides of the Snack Cup and secure them by sealing the container. You now have four take-home party favors for your guests.

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. Set the Seal under the Tumbler and enclose each completed gift in cellophane. Tie with curling ribbon.

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. Fill the sink with hot soapy water and wash prep dishes as you use them.

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 seasonal flowers give a fresh, colorful look.
 - Preset snacks and finger foods (sense of taste) wherever you would like your guests to gather.
 - Try using textured table accessories (sense of touch)—bamboo placemats and linen 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 small seashell or slide it into a slit cut in a whole fresh apple.

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.

Tupperware®

Equivalent Measurements

- 3 teaspoon = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 16 tablespoons = 1 cup
- 2 tablespoons (liquid) = 1 ounce
- 1 cup = 8 fluid ounces
- 2 cups = 1 pint (16 fluid ounces)
- 4 cups = 1 quart
- 4 quarts = 1 gallon

Handy Substitutions

1 cup self-rising flour = 1 cup all-purpose flour plus 1 teaspoon baking powder and 1/2 teaspoon salt

1 teaspoon baking powder = 1/2 teaspoon cream of tartar plus 1/4 teaspoon soda

1 tablespoon cornstarch or arrowroot = 2 tablespoons all-purpose flour

1 cup sour milk or buttermilk = 1 tablespoon vinegar or lemon juice plus sweet milk to equal 1 cup

1 (1-ounce) square unsweetened chocolate = 3 tablespoons cocoa plus 1 tablespoon butter or margarine

1 tablespoon fresh herbs = 1 teaspoon dried herbs or 1/4 teaspoon powdered herbs

1/4 cup chopped fresh parsley = 1 tablespoon dried parsley flakes

1 teaspoon dry mustard = 1 tablespoon prepared mustard

1/2 pound fresh mushrooms = 4 ounces canned mushrooms

1 cup tomato sauce = 8 ounce can stewed tomatoes blended in Quick Chef until desired consistency

1 cup sourcream = 1 cup yogurt or 3/4 cup sour milk or buttermilk plus 1/3 cup of butter

1 cup heavy cream = 3/4 cup milk plus 1/3 cup butter

1 clove garlic = 1/8 teaspoon garlic powder

1 cup brown sugar = 3/4 cup granulated sugar plus 1/4 cup molasses

1 cup sugar = 12 packets Sweet 'N Low or 24 packets Equal

1 whole egg = 2 egg yolks

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