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Chocolate  
Puff Pastry  
pg. 41



Veggie  
Pancakes  
pg. 7



Simply Salsa  
pg. 26



# recipes

VOLUME IV

Chicken  
Tortilla Soup  
pg. 10



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**A Taste of  
Tupperware**



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## YOUR MONTHLY PLANNER

	Week 1	Week 2	Week 3	Week 4
<b>Sunday</b>	Rotisserie Chicken & Potato Scones, pg. 11 & 25	Vegetarian Stuffed Peppers & Mixed Vegetables, pg. 8	Mesquite Pork Chops, Kick-Up Bean Salad & Cole Slaw, pg. 9 & 10	Layered Pasta & Tossed Salad, pg. 15
<b>Monday</b>	Easy Tacos, Spanish Rice, Refried Beans & Simply Salsa, pg. 13 & 26	Mojo Roasted Chicken & Roasted Potatoes pg. 17 & 10	Bean & Cheese Quesadilla pg. 16	Rotisserie Chicken & Smashed Potatoes pg. 11 & 14
<b>Tuesday</b>	Bacon & Tomato Pizza & Bistro Salad, pg. 28 & 23	Chicken Tortilla Soup & Bean & Cheese Burritos pg. 10 & 16	Primo Pasta Primavera & Tossed Salad, pg. 12	South of the Border Eggs, Simply Salsa & Speedy Tortilla Chips, pg. 28, 26 & 20
<b>Wednesday</b>	Atomic Chicken Strips, Blue Cheese Sauce & Tater Tots, pg. 15 & 16	South of the Border Salmon & Spanish Rice, pg. 11	BBQ Meatballs & Smashed Potatoes, pg. 18 & 14	Pretzel Rolled Chicken, Wild Rice & Garlicky Breadsticks, pg. 8 & 19
<b>Thursday</b>	Garlic Infused Shrimp, Brown Rice & Broccoli pg. 17	Hearty Pasta, Garlicky Breadsticks & Bistro Salad, pg. 9, 19 & 23	Buttermilk Fried Chicken, Blue Cheese Sauce & Macaroni & Cheese, pg. 15 & 16	Sausage & Baked Bean Medley & Cornbread Squares pg. 9 & 12
<b>Friday</b>	Italian Meatballs & Smashed Potatoes, pg. 18 & 14	Spicy Wings, Blue Cheese Sauce & French Fries pg. 29 & 16	South of the Border Salmon & Veggie Pancakes pg. 11 & 7	Spicy Tuna Salad with Sliced Tomatoes & Cheese Bites, pg. 13 & 20
<b>Saturday</b>	Chicken Layered Pasta & Bistro Salad, pg. 15 & 23	Zesty Minute Meatballs, Bruschetta & Crostini pg. 32 & 33	BLT Pizza & Bistro Salad pg. 28 & 23	Porcupine Balls with Pasta Sauce & Mixed Vegetables, pg. 25

Microwave recipes tested in 900 - 1100W microwave ovens.

## WEEK 1

## Fish, Meat, Poultry

- 3 lbs. lean ground beef
- 1 lb. bacon
- 3.5-4 lb. roasting chicken
- 1 lb. frozen shrimp
- 2 lbs. boneless, skinless chicken breasts

## Produce

- 1 pint grape/cherry tomatoes
- 1 bag romaine lettuce
- 2 heads garlic
- 20 oz. pkg. mashed potatoes
- 1-3 lb. bag yellow onions
- 1 lime
- Fresh cilantro (optional)
- 1 granny smith apple
- 1 lb. red creamer potatoes

## Frozen Foods

- 16 oz. pkg. tater tots
- 16 oz. pkg. green beans
- 16 oz. pkg. broccoli

## Dry Goods

- 15 oz. can diced tomatoes
- Pkg. mixed raisins
- Jar mayonnaise
- 10 oz. box brown rice
- 8 oz. pkg. bow-tie pasta
- 26 oz. jar pasta sauce
- 10 oz. box Spanish rice
- 16 oz. can fat-free refried beans

## Staples

- All-purpose flour
- 12 ct. pkg. taco shells
- 8 oz. pkg. shredded cheddar cheese
- 8 oz. pkg. shredded Italian cheese
- 16 oz. sour cream
- 2-8 oz. pkg. reduced-fat crescent rolls
- 2-8 oz. neufchatel, low-fat cream cheese
- 4 oz. pkg. blue cheese crumbles
- 1 pint low-fat buttermilk
- 16 oz. extra virgin olive oil
- Balsamic vinegar
- Dijon mustard
- Hot sauce
- Granulated sugar
- 8 oz. pkg. walnuts or pine nuts
- Dry seasoned breadcrumbs
- Dozen eggs

## WEEK 2

## Fish, Meat, Poultry

- 8 oz. boneless, skinless chicken breasts
- 3.5-4 lb. roasting chicken
- 4-4 oz. salmon fillets
- 2 lbs. chicken wings or chicken outlets
- 3 lbs. lean ground beef

## Produce

- 3 large peppers (any color)
- 1 lb. red potatoes
- Garlic from Week 1
- Onions from Week 1
- 2 limes
- Cilantro from Week 1 (optional)
- 1 lb. plum tomatoes
- Fresh basil
- Avocado (optional)
- 1 bag romaine lettuce
- 1 granny smith apple

## Frozen Foods

- 16 oz. pkg. mixed vegetables
- 16 oz. pkg. french fries

## Dry Goods

- 2-10 oz. boxes Spanish rice
- 16 oz. can fat-free refried beans
- 15 oz. can black beans
- 2-15 oz. cans diced tomatoes
- 2-15 oz. cans chicken broth
- 15 oz. can tomato sauce
- 26 oz. jar pasta sauce
- 1 lb. pasta
- Mixed raisins from Week 1

## Staples

- 10 count 6" flour tortillas
- 8 oz. pkg. shredded cheddar cheese
- Tortilla chips
- 8 oz. sour cream
- Grated parmesan cheese
- 12 oz. pkg. refrigerated breadsticks
- Sugar from Week 1
- Olive oil from Week 1
- Balsamic vinegar from Week 1
- Dijon mustard from Week 1
- Low-fat buttermilk from Week 1
- 4 oz. pkg. blue cheese crumbles
- 4 oz. pkg. crumbled gorgonzola cheese
- Hot sauce from Week 1
- Dry breadcrumbs from Week 1
- French baguette
- Pine nuts or walnuts from Week 1

## ChefSeries™ Seasoning Blends Needed

Cinnamon-Vanilla  
Hickory Mesquite  
Italian Herb  
Southwest Chipotle

Wasabi Ranch  
Veggie Delight  
Ragin' Cajun  
Latin Sensations

## WEEK 3

## Fish, Meat, Poultry

- 2 lbs. lean ground beef
- 1 lb. boneless pork loin chops
- 1 lb. boneless, skinless chicken breasts
- 1 lb. bacon
- 4-4 oz. salmon fillets

## Produce

- 1 lb. red potatoes
- Onions from Week 1
- 1 bag romaine lettuce
- 1 granny smith apple
- Garlic from Week 1
- 1 red onion
- Pkg. cole slaw
- 12 oz. pkg. mixed vegetables
- 10 oz. jar light alfredo sauce
- 1 lime
- Cilantro from Week 1
- 2 6" zucchini squash
- 1 carrot
- 1 pint grape/cherry tomatoes

## Frozen Foods

- 16 oz. pkg. mixed vegetables
- 16 oz. pkg. french fries

## Dry Goods

- 8 oz. pkg. farfalle or bow-tie pasta
- 15 oz. can black beans
- 16 oz. can refried beans
- 15 oz. can blackeyed peas
- 15 oz. can whole kernel corn
- Mixed raisins from Week 1
- 15 oz. can diced tomatoes
- 10 oz. box macaroni & cheese

## Staples

- 10 count 6" flour tortillas
- 8 oz. pkg. shredded cheddar cheese
- Sugar from Week 1
- Balsamic vinegar from Week 1
- Dry breadcrumbs from Week 1
- Dijon mustard from Week 1
- 2-8 oz. neufchatel, low-fat cream cheese
- All-purpose flour from Week 1
- 8 oz. sour cream
- 4 oz. pkg. crumbled gorgonzola cheese
- 2-8 oz. pkg. reduced-fat crescent rolls
- Pine nuts or walnuts from Week 1
- Eggs from Week 1
- 4 oz. pkg. blue cheese crumbles
- 1 pint low-fat buttermilk
- Mayonnaise from Week 1

## WEEK 4

## Fish, Meat, Poultry

- 1 lb. boneless, skinless chicken breasts
- 14 oz. pkg. reduced-fat smoked turkey sausage
- 3.5-4 lb. roasting chicken
- 2.5 lbs. lean ground beef
- 8 oz. chorizo sausage

## Produce

- Onions from Week 1
- 1 bag romaine lettuce
- 4 medium sized tomatoes
- 1 lb. red potatoes
- 1 lime
- Garlic from Week 1
- Fresh cilantro (optional)
- 1 granny smith apple
- Celery
- Avocado (optional)

## Frozen Foods

- 16 oz. pkg. mixed vegetables

## Dry Goods

- 8 oz. favorite/bow-tie pasta
- 4 oz. elbow macaroni
- 2-26 oz. jars pasta sauce
- 28 oz. can homestyle baked beans
- 15 oz. can diced tomatoes
- 2-6 oz. cans albacore tuna in water
- 10 oz. box wild rice
- White rice
- Mixed raisins from Week 1
- 8.5 oz. box corn muffin mix
- 15 oz. can whole style corn
- 15 oz. can whole kernel corn

## Staples

- 8 oz. pkg. shredded cheddar cheese
- 8 oz. pkg. shredded Italian cheese
- 12 oz. pkg. butter-flavored refrigerator biscuits
- 8 oz. neufchatel, low-fat cream cheese
- Ketchup
- Worcestershire sauce
- 1 dozen large eggs
- Eggs from Week 1
- Mayonnaise from Week 1
- Non-stick cooking spray
- 10 count 6" flour tortillas
- 9 oz. bag mini-pretzels
- Olive oil from Week 1
- 12 oz. pkg. refrigerated breadsticks
- 2 sticks butter
- Favorite salad dressing

## tastesensations

## VEGGIE PANCAKES

MAKES 6-8 3" PANCAKES

Use the **Julienne Peeler** to julienne zucchini and carrot into a **10-cup Impressions Bowl**. Add egg, onion, flour and **Seasoning**; mix together with **Saucy Silicone Spatula**. In a preheated **Chef Series™ 9 1/2" Fry Pan** add 1 Tbsp. olive oil. Scoop mixture into 1/3 cup and drop into pan. Cook 3 pancakes at a time for 2-3 minutes each side on Medium-High heat until golden brown. Repeat until finished. Serve immediately.

NUTRITION FACTS: Serving Size: 1 pancake, Servings per recipe: 6, Calories 60, Calories from Fat 30, Total fat 3.5g, Saturated fat 0.5g, Cholesterol 35mg, Sodium 50mg, Total Carbohydrate 6g, Dietary Fiber 1g, Sugar 1g, Protein 2g

- 2 zucchini squash (approx. 6" in length)
- 1 large carrot
- 1 small onion, finely chopped (optional)
- 1 egg, lightly beaten
- 3-4 Tbsp. all-purpose flour
- 1 tsp. **Simply Garlic Seasoning**
- 2 Tbsp. olive oil for frying

*Optional toppings:*

- Salt & pepper to taste
- Sour cream
- Apple sauce

## WARM RICE PUDDING

MAKES 6 SERVINGS

In **Base of Oval Microwave Cooker** place rice and 2 cups water; cover and microwave at 100% for 5 minutes; stir with **Saucy Silicone Spatula**, replace cover; microwave for 10 minutes at 70% or until water is absorbed and rice is tender. Gently fold in sweetened condensed milk, raisins and **Spice**; cover and microwave at 70% for 6 minutes until milk is slightly absorbed. Allow mixture to cool slightly. Remove from **Base** and place into favorite **Tupperware Bowl**. Best served warm.

## RECIPE VARIATIONS

CHOCOLATE · Omit raisins and add 1/2 cup semi-sweet chocolate chips to slightly cooled pudding.

NUTRITION FACTS: Serving Size: 1/2 cup, Servings per recipe: 6, Calories 310, Calories from Fat 5, Total fat 0g, Saturated fat 0g, Cholesterol 5mg, Sodium 70mg, Total Carbohydrate 70g, Dietary Fiber 1g, Sugar 8g, Protein 8g





## PRETZEL ROLLED CHICKEN

MAKES 4 SERVINGS

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

### FOR STOVETOP

Mix **Seasoning** into crushed pretzels. Roll chicken into pretzel mixture. In **Chef Series™ 9 1/2" Fry Pan** over Medium-High heat, add 1 Tbsp. olive oil and sauté chicken for about 5 minutes on each side until cooked through.

### SIDE DISH SUGGESTION

Macaroni & Cheese

**NUTRITIONAL FACTS:** Serving Size: 1 piece (104g/3.7 oz.), Servings per recipe: 4, Calories 226, Calories from Fat 34, Total Fat 7g, Saturated Fat 1g, Cholesterol 63mg, Sodium 1112mg, Total Carb 22g, Dietary Fiber 1g, Sugars 2g, Protein 25g



## VEGETARIAN STUFFED PEPPERS



MAKES 6 SERVINGS



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

### OPTIONAL TOPPING

Top with 1 cup shredded low-fat or non-fat cheese (Mexican variety) and microwave on High for 30 seconds.

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

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

### Serve-It-Up TIP

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

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

## MESQUITE PORK CHOPS



MAKES 4 SERVINGS

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

### FOR GRILL

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

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

## HEARTY PASTA



MAKES 8 SERVINGS

2 lbs. extra lean ground beef  
1-1/2 Tbsp. **Simply Garlic Seasoning**  
1-1/2 Tbsp. **Italian Herb Seasoning**  
1 (26 oz.) jar tomato & basil pasta sauce  
1 tsp. salt  
1 lb. box high protein or favorite pasta  
Grated parmesan cheese (optional)

Saute ground beef using a **Saucy Silicone Spatula** in a preheated **Chef Series™ 6 Qt. Dutch Oven** on Medium-High heat until cooked through. Stir in **Seasonings** and pasta sauce; simmer until time to serve. Bring 2 1/2 quarts water (plus a tsp. of salt) to boil in **Chef Series™ 8 Qt. Stockpot**; add dried pasta to **Pasta Insert** and place into Stockpot. Boil pasta, stirring occasionally until desired tenderness. Pull Insert from Stockpot shaking off excess water. Stir pasta in sauce, sprinkle with cheese (optional); serve immediately.

### SIDE DISH SUGGESTION

Bistro Salad (pg. 23) with Simply Garlic Vinaigrette (pg. 32)

**NUTRITION FACTS:** Serving Size: About 2 cups (332g), Servings per recipe: 8, Calories 508, Calories from Fat 136, Total fat 15g, Saturated fat 5g, Cholesterol 88mg, Sodium 790mg, Total Carbohydrate 53g, Dietary Fiber 4g, Sugar 11g, Protein 36g

## SAUSAGE & BAKED BEAN MEDLEY



MAKES 6 SERVINGS

1 (14 oz.) pkg. reduced-fat turkey smoked sausage  
1 (28 oz.) can homestyle baked beans  
1/2 cup Smokin' BBQ Sauce (pg. 32)

Slice sausage into 24 pieces; set aside. Place all ingredients into **Base** of **Oval Microwave Cooker**. Stir ingredients with **Saucy Silicone Spatula**; cover and microwave on High for 8 minutes until sauce is bubbly and sausage heated through. Serve immediately in **Small Insulated Server**.

**NUTRITION FACTS:** Serving Size: About 1/2 cup beans with 4 slices sausage, Servings per recipe: 6, Calories 270, Calories from Fat 60, Total fat 7g, Saturated fat 1.5g, Cholesterol 50mg, Sodium 1420mg, Total Carbohydrate 35g, Dietary Fiber 6g, Sugar 13g, Protein 17g



## CHICKEN TORTILLA SOUP



MAKES 6 SERVINGS

In **Shallow Colander** place chicken and 1/2 Tbsp. **Southwest Chipotle Seasoning**; place into **Base of Oval Microwave Cooker** (with 1 cup water); microwave on High for 2 minutes. Place broth, Seasonings, and tomato sauce in a **Chef Series™ 6 Qt. Dutch Oven**; bring to boil on a Medium-High heat. Add cooked chicken and allow to simmer for 10 minutes. Garnish with tortilla chips (and optional toppings); serve immediately.

NUTRITION FACTS: Serving Size: 1 cup (262g), Servings per recipe: 6, Calories 156, Calories from Fat 47, Total fat 5g, Saturated fat 1g, Cholesterol 32mg, Sodium 1262mg, Total Carbohydrate 13g, Dietary Fiber 1g, Sugar 3g, Protein 15g

- 1 (8 oz.) boneless, skinless chicken breast, cubed
- 2 (15 oz.) cans chicken broth
- 1 1/2 Tbsp. **Southwest Chipotle Seasoning**
- 1 (15 oz.) can tomato sauce
- 1-2 tsp. **Latin Sensations Seasoning**
- 1 cup corn tortilla chips

### Optional toppings:

- Sour cream
- Chopped onion
- Cheddar cheese
- Cilantro



## 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** for **Southwest Chipotle Seasoning**

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

- 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**



## ROASTED POTATOES

MAKES 4 SERVINGS

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

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

- 1 (1lb.) bag red potatoes, 1/4" slices
- 2 Tbsp. olive oil
- 1-2 Tbsp. **Italian Herb Seasoning**
- Salt & pepper to taste

## ROTISSERIE CHICKEN



MAKES 6 SERVINGS

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

### SIDE DISH SUGGESTIONS

Smashed Potatoes (pg. 14) and corn.

### LEFTOVER RECIPE SUGGESTION

SATURDAY NIGHT PITAS · Double above recipe—slice up chicken and store in **Rock 'N Serve® container** for later use. Serve hot or cold—stuff pitas with chicken, lettuce, shredded cheese, and dressing made with **Wasabi Ranch Seasoning** or your favorite condiment.

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

## SOUTH OF THE BORDER SALMON



MAKES 4 SERVINGS

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

### FOR OVEN

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

### SIDE DISH SUGGESTION

Cajun-style rice.

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

- 1 (3 1/2–4 lb.) roasting chicken
- 2–3 Tbsp. **Southwest Chipotle Seasoning**  
*(double above ingredients if making Saturday Night Pitas!)*

### Serve-It-Up TIP

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



## BASIC BEEF RECIPE

MAKES 4 SERVINGS



Using **Quick Chef**, 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**

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

### Serve-It-Up TIP

Great for use with tacos and pasta sauces or as a pizza topping. Plan ahead and freeze in a **Rock 'N Serve® Container** for quick meal solutions.



## PRIMO PASTA PRIMAVERA

MAKES 6 SERVINGS

Place 1 cup water in **Base of Microsteamer**, add vegetables to **Colander**; cover and microwave on High for 4-6 minutes until fork tender. Set aside. Stir together pasta, sauce and **Seasoning** in **6 1/4 cup Heat 'N Serve™ Container**. Seal and microwave for 2-3 minutes on High or until heated through. Gently fold vegetables into pasta mixture using **Saucy Silicone Spatula**. Serve immediately.

NUTRITIONAL FACTS: Serving Size: About 1 cup, Servings per recipe: 6, Calories 270, Calories from Fat 60, Total fat 7g, Saturated fat 4.5g, Cholesterol 20mg, Sodium 550mg, Total Carbohydrate 42g, Dietary Fiber 4g, Sugar 5g, Protein 10g

4 cups (8 oz.) cooked farfalle pasta  
1 (12 oz.) pkg. mixed vegetables (fresh)  
1 (10 oz.) pkg. light Alfredo sauce  
1 1/2 tsp. **Italian Herb Seasoning**

### Optional ingredient:

1/2 pint grape tomatoes, sliced in half



## CORN BREAD SQUARES

MAKES 30 SERVINGS

Mix all ingredients in a **Thatsa™ Bowl** with a **Saucy Silicone Spatula** until well blended. Pour into 13" x 9" pan lined with **Silicone Wonder™ Mat** and bake for 30-35 minutes at 350°F. Casserole will be golden brown and the edges will have started to pull away from sides. Cool slightly and cut into squares using **Spatula**. Consistency should be very moist. Best served warm.

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

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

## EASY TACOS

MAKES 12 TACOS



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

### SERVING SUGGESTION

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

### TOPPING IDEAS

Low-fat shredded cheese, sour cream, shredded lettuce, chopped tomatoes or **Simply Salsa** (pg. 26), olives or jalapenos.

### RECIPE VARIATION

TACO SALAD · Serve over 1 cup shredded lettuce per serving.

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

### Serve-It-Up TIP

#### Mini Tacos Appetizers

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

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

### Serve-It-Up TIP

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

## SPICY TUNA SALAD

MAKES 4 SERVINGS



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

### RECIPE VARIATION

SOUTHWEST TUNA SALAD · Substitute **Wasabi Ranch** for **Southwest Chipotle Seasoning**.

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



## SMASHED POTATOES

MAKES 4 SERVINGS



Place potatoes in **Shallow Colander** over **Base** of **Oval Microwave Cooker** with 1 cup of water. Cook on High for 5-7 minutes until fork tender. Drain water and place potatoes in Base, add cream cheese, **Seasoning** and salt & pepper to taste. Smash with masher slightly. Serve immediately. Store leftovers in **Rock 'N Serve®** and freeze for later use.



### RECIPE VARIATION

**SPICY SMASHED POTATOES** · Substitute **Southwest Chipotle** or **Ragin' Cajun** for **Italian Herb Seasoning**.

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



## WASABI RANCH SAUCE

MAKES 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 (1 lb.) bag red potatoes, unpeeled
- 2 Tbsp. Neufchatel (low-fat) cream cheese, softened
- 1 Tbsp. **Italian Herb Seasoning**
- Salt & pepper to taste

- 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.

- 1 lb. Basic Beef (pg. 12)
- 3 cups (6 oz. uncooked) bowtie pasta, cooked al dente
- 1 (26 oz.) jar sundried tomato pasta sauce with olives (or favorite sauce)
- 1 (8 oz.) bag shredded Italian cheese

- 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

### Serve-It-Up TIP

Red cotton bandanas would make great napkins for this meal. Easy to clean and fun, too!

## LAYERED PASTA

MAKES 6 SERVINGS



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

### SIDE DISH SUGGESTION

Garlicky Breadsticks (pg. 19)

### RECIPE VARIATIONS

**VEGETARIAN** · Simply omit ground beef  
**CHICKEN** · Substitute 1 lb. of shredded cooked chicken for ground beef

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

## 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. 16)

### 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





## BLUE CHEESE SAUCE

MAKES ABOUT 1 CUP



In a **5 1/2 cup Impressions Bowl** mix ingredients together with **Saucy Silicone Spatula**. Seal and refrigerate until time

### SERVING SUGGESTION

to serve.

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  
1/2 cup sour cream  
1/4 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 1/3 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. Garnish with optional toppings if desired. 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.

**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

1 (10 ct.) pkg. 6" flour tortillas  
1 (16 oz.) can fat-free refried beans  
1 2/3 cup shredded cheddar cheese  
1 Tbsp. **Southwest Chipotle Seasoning** (optional)

### Optional toppings:

Sour cream  
Go-Go Guacamole (pg. 31)  
Simply Salsa (pg. 26)  
Chopped raw onion

### 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.



## MOJO ROASTED CHICKEN

MAKES 6 SERVINGS

1 (3 1/2-4 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.

Place chicken on **Cooking Rack** in **Base of Oval Microwave Cooker** with **Deep Colander** placed on top. Squeeze lemon juice and generously season outside of chicken and inside cavity with **Seasoning**. Place minced garlic under skin and inside cavity; add onions to cavity. Cover and microwave on High for 7 1/2 minutes per pound until internal temperature reaches a minimum of 170°F. Chicken will continue cooking in **Oval Microwave Cooker**; allow resting time of 5-10 minutes before slicing.

### SIDE DISH SUGGESTION

Roasted Potatoes (pg. 10)

**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

## GARLIC INFUSED SHRIMP



MAKES 4 SERVINGS

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

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

### SERVING SUGGESTION

Add 1 Tbsp. olive oil, fresh ground pepper and Parmesan cheese to taste.

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



## 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 350°F for 30 minutes.

### RECIPE VARIATION

CHEESY BEER BREAD · Add 1/2 cup cheddar cheese to dough

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

3 cups self-rising flour  
1/2 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.



## ITALIAN 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 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

Smokin' BBQ Sauce (pg. 32)

### PLAN AHEAD SUGGESTION

Freeze meatballs in **Medium Deep Rock 'N Serve® Container**.

### RECIPE VARIATIONS

TEX MEX · Substitute 1/4 cup **Southwest Chipotle BBQ** · Substitute 1/4 cup **Hickory Mesquite** with 1/4 cup ketchup

NUTRITION FACTS: Serving Size: 6 meatballs (138g), Servings per recipe: 8, Calories 290, Calories from Fat 121, Total fat 13g, Saturated fat 5g, Cholesterol 137mg, Sodium 1020mg, Total Carbohydrate 11g, Dietary Fiber 2g, Sugar 1g, Protein 30g

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

### Serve-It-Up TIP

When serving buffet-style for a party, consider using small cards to describe the food.

These help guests spot foods that may be favorites, those that may cause allergies or new dishes that sound too good to pass by. Your guests will appreciate your thoughtfulness.

# go-gogourmet

## PIZZA DIP



MAKES 3 CUPS

In a **6 1/4 cup Heat 'N Serve™ Container** layer cheese, and sauce; sprinkle **Seasoning** on top. Seal and microwave on 70% for 3-5 minutes until mixture is bubbly. Allow to cool slightly before serving.

### OPTIONAL TOPPINGS

Sliced pepperoni and canned mushrooms

NUTRITION FACTS: Serving Size: About 1/2 cup, Servings per recipe: 6, Calories 140, Calories from Fat 80, Total fat 9g, Saturated fat 4.5g, Cholesterol 20mg, Sodium 620mg, Total Carbohydrate 6g, Dietary Fiber 1g, Sugar 3g, Protein 11g

1 (8 oz.) pkg. shredded mozzarella cheese (part-skim)  
1 (15 oz.) jar pizza sauce  
1-2 tsp. **Italian Herb Seasoning**  
Sliced baguette, breadsticks or Cheese Bites (pg. 20) for dipping

## ALOHA DIP



MAKES 8 SERVINGS

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

### SIDE DISH SUGGESTION

Serve with crackers, fruit, or veggies.

### RECIPE VARIATION

CINNAMON · Add 1/2 tsp. **Cinnamon-Vanilla Spice**

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

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

## GARLICKY BREADSTICKS



MAKES 8 BREADSTICKS

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

1 tube refrigerated breadsticks  
2-3 Tbsp. olive oil  
1-2 tsp. **Simply Garlic Seasoning**

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



## BANANA BEER BREAD

MAKES 1 LOAF (8 SERVINGS)

Mix all ingredients in a **10-cup Impressions Bowl** using a **Saucy Silicone Spatula**. Place batter in a **Silicone Loaf Form**. Bake on center rack at 350°F for 30 minutes or until toothpick tests clean. Allow to cool slightly before inverting onto serving plate.

**NUTRITION FACTS:** Serving Size: 1 slice, Servings per recipe: 8, Calories 200, Calories from Fat 0, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 420mg, Total Carbohydrate 44g, Dietary Fiber 2g, Sugar 16g, Protein 4g

2 cups self-rising flour  
1 tsp. **Cinnamon-Vanilla Spice**  
1/2 cup sugar  
1 cup mashed ripe bananas  
1 cup warm beer

*Optional toppings:*  
Favorite preserves  
Butter or honey



## SPEEDY TORTILLA CHIPS



MAKES 50 CHIPS

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

### RECIPE VARIATION

CINNAMON CHIPS · Substitute Cinnamon-Vanilla Spice

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

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



## CHEESE BITES



MAKES 10 SERVINGS

Place butter and cheese in **2-cup Micro Pitcher**, cover and microwave on High for 30 seconds. Stir mixture with **Saucy Silicone Spatula**; cover and microwave for additional 30 seconds; mixture should be thick. Place biscuits on a 15" x 10" jelly roll pan lined with a **Silicone Wonder™ Mat**. Using Spatula, cut each biscuit into 4 pieces; dip into cheese mixture and place onto Mat; repeat until finished. Bake at 400°F for 10–12 minutes until golden brown.

### RECIPE VARIATION

BLUE CHEESE BITES · Substitute blue cheese  
SWISS CHEESE BITES · Substitute swiss cheese

**NUTRITION FACTS:** Serving Size: 4 bites, Servings per recipe: 10, Calories 120, Calories from Fat 40, Total fat 4.5g, Saturated fat 2.5g, Cholesterol 10mg, Sodium 310mg, Total Carbohydrate 16g, Dietary Fiber 0g, Sugar 0g, Protein 3g

1 (12 oz.) pkg. butter-flavored refrigerated biscuits  
3 Tbsp. butter, softened  
3 Tbsp. shredded cheddar cheese (packed)

## STUFFED VEGGIES



MAKES 10-12 SERVINGS

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

### RECIPE VARIATIONS

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

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

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

**NUTRITIONAL FACTS FOR FILLING:** Serving Size: 1 1/2 Tbsp. to fill 3-4 veggies (23.5g/0.8 oz.), Servings per recipe: 12, Calories 54, Calories from Fat 41, Total Fat 4g, Saturated Fat 3g, Cholesterol 15mg, Sodium 157mg, Total Carb 1g, Dietary Fiber 0g, Sugars <1g, Protein 2g

### Serve-It-Up TIP

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

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

## 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.

### RECIPE VARIATIONS

PB&J · Use peanut butter and your favorite jam on wheat bread cut with a fun cookie cutter

**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

### 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.



## CREAMY FRUIT SALAD

MAKES 8 SERVINGS



Using **Quick Chef**, 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



## EASY SPINACH DIP

MAKES 12 SERVINGS



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

### RECIPE VARIATION

**VEGGIE SPREAD** · Blend 8 oz. pkg. softened cream cheese with 1 Tbsp. **Veggie Delight Seasoning**. Great to use as tortilla roll-up or bagel spread or as spread on vegetables such as celery sticks.

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

1 lb. seedless grapes, 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**

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

### Serve-It-Up TIP

Substitute flat breads, focaccia or Parmesan Crisps (pg. 27) for regular bread.



## SPICY SEAFOOD DIP

MAKES 6 SERVINGS



In **Tupperware® 10-cup Impressions Bowl**, stir together ingredients. Refrigerate until chilled. Serve with crackers, Toasted Pita Crisps (pg. 27) or veggies.

### RECIPE VARIATION

**CRAB DIP** · Substitute 6 oz. can of crabmeat for tuna.

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

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

3 oz. Neufchatel, low-fat cream cheese, softened  
1/4 cup preserves (cherry, peach, or apricot)  
1/2 tsp. **Cinnamon-Vanilla Spice**  
1 (8 oz.) pkg. reduced-fat crescent rolls

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/walnuts  
Simply Garlic Vinaigrette (pg. 32)

### Serve-It-Up TIP

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

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

## DANISH TWISTS

MAKES 10 SERVINGS

On a baking sheet lined with a **Silicone Wonder™ Mat**, roll out crescent dough and separate into 2 rectangles; pinch seams together. Use **Saucy Silicone Spatula** to evenly spread cream cheese over rectangles. Sprinkle **Spice** over cream cheese; follow with preserves. Slice 1" wide strips using Spatula. Fold each strip in half; gently twist one half clockwise and the other counter-clockwise. Wipe up excess preserves and bake at 350°F for 10-12 minutes. Let sit a minute or two before serving.

**NUTRITION FACTS:** Serving Size: 1 piece (40g), Servings per recipe: 10, Calories 122, Calories from Fat 49, Total fat 5g, Saturated fat 2g, Cholesterol 6mg, Sodium 222mg, Total Carbohydrate 15g, Dietary Fiber 0g, Sugar 7g, Protein 3g

## 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 Garlic Vinaigrette Dressing; serve immediately.

For a continental feel, rest a thin 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

## PARTY ARTI DIP

MAKES 8 SERVINGS



Combine ingredients in **Quick Chef**; turn handle until chopped. Place into **Base** of **Oval Microwave Cooker**. Microwave on High for 3-5 minutes until hot. Serve with Speedy Tortilla Chips (pg. 20) or Toasted Pita Crisps (pg. 27).

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



## CEVICHE SHRIMP CUPS

MAKES 24 CUPS



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



## SPICY SNACK MIX

MAKES 5 SERVINGS



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

### RECIPE VARIATION

BBQ · Substitute **Hickory Mesquite Seasoning**

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



## 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

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

*Optional ingredients:*  
Jalapeno pepper  
Diced plum tomato

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

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

## POTATO SCONES



MAKES 12 3" SCONES

1 (1 lb. 4oz.) pkg. prepared mashed potatoes  
3/4 cup all purpose flour  
1 tsp. **Italian Herb Seasoning** or favorite seasoning

*Optional toppings:*  
Apple sauce  
Sour cream  
Butter

Place potatoes in a **6 1/4 cup Stuffables™ Container**; microwave on High for 1 minute. Stir in flour and **Seasoning** using **Saucy Silicone Spatula** until well blended. In a preheated **Chef Series™ 8" Fry Pan**, drop mixture into pan using 1/4 cup from **Measuring Cup Set**. Gently press down on mixture with Spatula creating a thin 3" circle. Fry each side approx. 3 minutes until golden brown; repeat until finished. Serve warm.

NUTRITION FACTS: Serving Size: 1 scone, Servings per recipe: 12, Calories 70, Calories from Fat 5, Total fat 1g, Saturated fat 0.5g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrate 13g, Dietary Fiber 1g, Sugar 0g, Protein 2g

## PORCUPINE BALLS



MAKES 48 1" BALLS



3 cups cooked rice  
1 1/2 lbs. extra lean (93%) ground beef  
1 1/2 tsp. **Simply Garlic Seasoning**  
1 1/2 tsp. **Italian Herb Seasoning**  
1/2 cup egg substitute or 2 eggs, lightly beaten  
1 (26 oz.) jar favorite pasta sauce (optional)

In a **Thatsa™ Bowl**, mix together first 5 ingredients using a **Saucy Silicone Spatula**. Using **Tablespoon** from **Measuring Spoon Set**, scoop mixture into 1" balls; place on **Cooking Rack** in **Base of Oval Microwave Cooker**. Cover and microwave on High for 5 minutes or until cooked through. Repeat until finished. Serve alone or remove Rack from Base; place Porcupine Balls back into Base and pour sauce over meat. Cover and heat on High for approximately 3 minutes until heated through.

NUTRITION FACTS MEATBALLS ONLY: Serving Size: 1 meatball, Servings per recipe: 48, Calories 35, Calories from Fat 10, Total fat 1g, Saturated fat 0g, Cholesterol 10mg, Sodium 30mg, Total Carbohydrate 3g, Dietary Fiber 0g, Sugar 0g, Protein 4g

## ZESTY BLACK BEAN DIP



MAKES 2 CUPS



1 (15 oz.) can black beans, slightly drained  
1 Tbsp. **Southwest Chipotle Seasoning**  
Juice of 1/2 a lime  
Favorite chips

In the Base of **Quick Chef**, place beans and **Seasoning**; cover and turn the handle several times until beans start breaking down. Remove cover and squeeze lime juice into mixture; replace cover and turn handle several more times. Bean mixture will be well blended but still chunky. Serve warm or at room temperature with favorite chips in **Open House Chip 'n Dip**.

NUTRITION FACTS: Serving Size: About 1/4 cup, Servings per recipe: 8, Calories 45, Calories from Fat 0, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 270mg, Total Carbohydrate 9g, Dietary Fiber 3g, Sugar 1g, Protein 3g

## CHEESY ITALIAN SAUSAGE BALLS

MAKES ABOUT 24

In a **Thatsa™ Bowl** mix together all ingredients using a **Saucy Silicone Spatula** or clean hands. Scoop mixture using **Tablespoon** from **Measuring Spoons Set** and place onto a 15" x 10" jelly roll pan lined with a **Silicone Wonder™ Mat**. Bake at 375°F for approx. 15-17 minutes until cooked through and lightly golden. Serve immediately.

NUTRITION FACTS: Serving Size: 1 meatball, Servings per recipe: 24, Calories 70, Calories from Fat 30, Total fat 3g, Saturated fat 1g, Cholesterol 10mg, Sodium 280mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugar 1g, Protein 5 g

1 lb. pkg. bulk Italian sausage (hot or mild)  
1 cup buttermilk pancake mix  
2 cups shredded Italian cheese  
1 Tbsp. **Italian Herb Seasoning**



## 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 for canned diced 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 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**

*Optional ingredients:*  
2-3 Tbsp. fresh cilantro  
1 tsp. **Latin Sensations Seasoning**



## 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.

\*Use ready made bacon if microwave not available.

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

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

## GARLIC 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

1 (5 oz.) pkg. shredded Parmesan cheese  
1-2 Tbsp. **Simply Garlic Seasoning**

### Serve-It-Up TIP

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

## 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

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**

## 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

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





## BACON & TOMATO PIZZA



MAKES ABOUT 40 SQUARES (APPROX. 2<sup>1</sup>/<sub>4</sub>" 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<sup>1</sup>/<sub>2</sub> 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



## SOUTH OF THE BORDER EGGS

MAKES 6 SERVINGS

In a preheated **Chef Series™ 9.5" Fry Pan** sauté sausage on Medium-High heat breaking into smaller pieces using **Saucy Silicone Spatula**. When sausage is almost cooked through, add **Seasoning** to eggs and pour into pan constantly stirring mixture until eggs are scrambled. Stir in Salsa and serve immediately.

NUTRITION FACTS: Serving Size: <sup>1</sup>/<sub>6</sub> recipe, Servings per recipe: 6, Calories 330, Calories from Fat 220, Total fat 24g, Saturated fat 9g, Cholesterol 455mg, Sodium 1070mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugar 2g, Protein 22g

- 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!

- 2 lb. chicken wings or 2 lb. skinless, boneless chicken breast, sliced into strips
- 3-4 Tbsp. favorite hot sauce
- 2 Tbsp. **Hickory Mesquite** or favorite 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.

## 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 SUGGESTIONS

- Blue Cheese Sauce (pg. 16)
- Smokin' BBQ Sauce (pg. 32)
- Wasabi Ranch Sauce (pg. 14)

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

## BREADSTICK WRAPS



MAKES 12 SERVINGS

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

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<sup>1</sup>/<sub>2</sub> 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



### Optional toppings:

- Chopped avocado
- Zesty Black Bean Dip (pg. 25)
- Sliced jalapeno peppers



## 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

**VEGETARIAN 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



## MEDITERRANEAN BEAN DIP



MAKES ABOUT 1½ 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 (pg. 27).

**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

½ 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.

### Serve-It-Up TIP

When you need a bottle cooler for the patio or deck, use a large, clean terra-cotta plant pot filled with ice. Place a plant coaster under the pot to catch the water as the ice melts.

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 Go-Go Guacamole on burgers and as an alternative to sandwich spreads.

## 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

### RECIPE VARIATION

**JAZZED UP GUACAMOLE** · Add sliced jalapenos or a small, diced tomato

**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



1 (14 oz.) can artichoke hearts, drained  
½ cup low-fat sour cream  
1 cup shredded Mexican-style cheese  
1 (10 oz.) can diced tomatoes with chilies, drained  
1 Tbsp. **Southwest Chipotle Seasoning**

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. 33), Speedy Tortilla Chips (pg. 20), or Toasted Pita Crisps (pg. 27).

**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

## SPICY SOUTHWEST DIP



MAKES ABOUT 8-10 SERVINGS



1 (16 oz.) container low-fat sour cream  
1 (10 oz.) can diced tomatoes with chilies  
3 Tbsp. **Southwest Chipotle Seasoning**

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 ⅓ 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





## SIMPLY GARLIC VINAIGRETTE



MAKES ABOUT 2/3 CUP

Place all ingredients in **Quick Shake® Container**, seal and shake until well blended. Garlic flavor will intensify with time.

**NUTRITION FACTS:** Serving Size: about 2<sup>2</sup>/<sub>3</sub> Tbsp. (35g), Servings per recipe: 4, Calories 155, Calories from Fat 126, Total fat 14g, Saturated fat 2g, Cholesterol 0mg, Sodium 81mg, Total Carbohydrate 7g, Dietary Fiber 0g, Sugar 5g, Protein 0g



## SMOKIN' BBQ SAUCE



MAKES 1<sup>1</sup>/<sub>4</sub> 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



## ZESTY MINUTE MEATBALLS



MAKES 24 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 4-5 minutes; let stand for 1-2 minutes.

### SERVING SUGGESTION

Serve with Smokin' BBQ Sauce (pg. 32) 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 221, Calories from Fat 67, Total fat 7g, Saturated fat 3g, Cholesterol 81mg, Sodium 396mg, Total Carbohydrate 8g, Dietary Fiber 1g, Sugar 1g, Protein 29g

1/4 cup balsamic vinegar  
1/4 cup extra virgin olive oil or flax oil  
4 tsp. sweetener or sugar  
1 Tbsp. water  
1 Tbsp. **Simply Garlic Seasoning**

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

1 lb. extra lean ground beef  
2 tsp. **Simply Garlic Seasoning**  
1/2 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.

## CROSTINI



MAKES 12 ROUNDS



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

### Serve-It-Up TIP

Top with **Bruschetta** (recipe below).

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

## BRUSCHETTA



MAKES 12 SERVINGS



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

Blend all ingredients in a **Quick Chef** with blade; place in **6-cup Stuffables™ Container**.

### 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

### Serve-It-Up TIP

**Gift idea!** Fill a **Stuffables™ Container** with **Bruschetta**, tuck it in a basket along with a loaf of French bread and cloth napkins and attach a recipe card.

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

*Optional ingredient:*  
1/2 cup milk  
chocolate chips

## MINUTE PEANUT BUTTER COOKIES



MAKES 16 SERVINGS



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

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



## GOOEY CHOCOLATE BROWNIES

MAKES 6-8 SERVINGS

In a **6 1/4 cup Heat 'N Serve Container** mix together first 4 ingredients using a **Saucy Silicone Spatula**. Microwave uncovered on High for 5-6 minutes (rotate every 2 minutes if you don't have a turntable) until toothpick tests clean. Cool slightly before scooping out of container; serve warm with 2 Tbsp. of caramel sauce (optional) drizzled over each brownie.

**NUTRITION FACTS:** Serving Size: 1 piece, Servings per recipe: 6, Calories 420, Calories from Fat 190, Total fat 21g, Saturated fat 3g, Cholesterol 35mg, Sodium 300mg, Total Carbohydrate 55g, Dietary Fiber 2g, Sugar 36g, Protein 5g



## 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

- 1 (15.1 oz.) pkg. fudge brownie mix (8" x 8" pan size)
- 1 large egg
- 3 Tbsp. water
- 1/3 cup vegetable oil
- 1 (12 oz.) jar caramel sauce (optional)

### 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.

## OVER THE TOP BROWNIES



MAKES 32 BROWNIES

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

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

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

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

### Serve-It-Up TIP

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

## TROPICAL FRUIT SHORTCAKE



MAKES 6-8 SERVINGS

- 1 (9 oz.) pkg. single layer yellow cake mix, prepared
- 1 (15 oz.) can tropical fruit cocktail, drain & reserve juice
- 1 tsp. cornstarch
- 1 (8 oz.) pkg. non-dairy whipped topping
- Non-stick cooking spray

Spray **6 1/4 cup Heat 'N Serve™ Container** with cooking spray. Pour batter into container and place in microwave. Microwave on High for 5-7 minutes (depending on microwave power); cake should pull away from sides slightly and be slightly sticky on top. Rotate cake every 2 minutes if you do not have a turntable. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check; repeat until done. Cool 4-5 minutes and invert onto serving plate.

*Optional topping:*  
1/4 cup toasted coconut

Place reserved juice in **2-cup Micro Pitcher**. Mix corn starch into reserved juice with **Saucy Silicone Spatula**. Microwave on High for 2 minutes or until slightly thickened; add to reserved fruit. Split cake into 2 layers; spread 1/2 of fruit mixture over bottom layer with **Spatula**, top with (optional) 1/2 toasted coconut and pipe whipped topping around edge of cake with **Decorating Bag** and **Star Tip**. Place top layer on bottom layer; pour remaining fruit on top of cake. Garnish with additional whipped topping and remaining toasted coconut, if desired.

**NUTRITION FACTS:** Serving Size: 1 Piece, Servings per recipe: 6, Calories 420, Calories from Fat 180, Total fat 21g, Saturated fat 13g, Cholesterol 100mg, Sodium 380mg, Total Carbohydrate 52g, Dietary Fiber 1g, Sugar 34g, Protein 5g



## 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



## CHOCOLATE CHIP CARAMEL BARS

MAKES ABOUT 24 BARS

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

### OPTIONAL TOPPINGS

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

### SERVING SUGGESTION

Slice and serve warm with ice cream.

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

- 1 (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**

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

### Serve-It-Up TIP

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



## SKINNY CHOCOLATE CAKE

MAKES 6-8 SERVINGS

- 1 pkg. (18.25 oz.) chocolate cake mix
- 1 cup water
- 1/3 cup fat-free salad dressing or mayonnaise
- 3 egg whites or 6 Tbsp. liquid egg whites
- Non-stick cooking spray

Mix together all ingredients in a **Mix-N-Stor® Plus Pitcher** with a **Saucy Silicone Spatula**. Spray **6 1/4 cup Heat 'N Serve™ Container** with cooking spray. Pour batter into prepared container, do not scrape bowl clean and place in microwave. Microwave uncovered on High for 5-7 minutes depending on microwave power, cake should pull away from sides slightly and be a little sticky on top. Rotate cake every 2 minutes if you don't have a turntable. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check; repeat until done. Cool 4-5 minutes and invert onto serving plate. Serve plain or with a dusting of powdered sugar or a simple glaze.

### RECIPE VARIATIONS

**BLACK FOREST CAKE** · Top off with sugar-free, cherry pie filling and pipe stars around edge with the **Decorating Bag** and reduced-fat whipped topping.

**NUTRITION FACTS:** Serving Size: 1 piece, Servings per recipe: 6, Calories 390, Calories from Fat 100, Total fat 11g, Saturated fat 3.5g, Cholesterol 65mg, Sodium 890mg, Total Carbohydrate 63g, Dietary Fiber 2g, Sugar 35g, Protein 9g

## ESSENCE OF DECADENCE

MAKES 2 CUPS

- 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

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.*

### OPTIONAL TOPPINGS

Chopped nuts, shredded coconut, jimmies, and sprinkles

### RECIPE VARIATION

**Tuxedo Decadence** Place 2 oz. vanilla bark or white chocolate in **Rock 'N Serve® Medium Shallow Container** and microwave on High for 30 seconds. Stir and repeat, if necessary. Drizzle over set 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



## ON YOUR HONOR COOKIES

MAKES ABOUT 48 COOKIES

Place morsels in a **Rock 'n Serve® Medium Deep Container**; microwave on High for 1 minute. Stir with **Saucy Silicone Spatula** and return to microwave for 30 seconds, if necessary. Stir extract into melted chocolate. Dip crackers into mixture and place onto a cookie sheet lined with a **Silicone Wonder™ Mat**. Chocolate will set after time; may refrigerate to shorten time required. Store in your favorite Tupperware® container.

NUTRITION FACTS: Serving Size: 1 cookie, Servings per recipe: 48, Calories 50, Calories from Fat 25, Total fat 2.5g, Saturated fat 1.5g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 6g, Dietary Fiber 1g, Sugar 4g, Protein 1g



## CHOCOLATE & PB DIP

MAKES ABOUT 2 CUPS (SERVES 8)

Place milk and pudding mix into **Quick Shake® Container**; add blender insert, seal and shake until thickened. Set aside. In a **Rock 'n Serve® Medium Shallow Container** place peanut butter and microwave on High for 30 seconds until slightly melted. Stir in pudding mixture using **Saucy Silicone Spatula**. Serve immediately or chilled with crackers or cookies.

NUTRITION FACTS: Serving Size: About 1/4 cup, Servings per recipe: 8, Calories 180, Calories from Fat 70, Total fat 8g, Saturated fat 1.5g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrate 20g, Dietary Fiber 1g, Sugar 15g, Protein 7g



## TURTLE COOKIES

MAKES ABOUT 32 COOKIE

Roll cookie dough into 3/4" 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 (12 oz.) pkg. semi-sweet or double chocolate morsels
- 1 Tbsp. peppermint extract
- 48 round butter crackers

- 1 (3.9 oz.) pkg. chocolate instant pudding
- 1 (12 oz.) can fat-free evaporated milk
- 1/2 cup creamy peanut butter

graham crackers, cookies or butter crackers for dipping

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

## CARAMEL CORN

MAKES 10 SERVINGS

- 1 (3 oz.) bag microwave popcorn, (low-fat) popped
- 1 cup packed light brown sugar
- 1 stick butter
- 1/4 cup light corn syrup
- 1 tsp. **Cinnamon-Vanilla Spice**
- 1 cup peanuts (optional)

Pour popcorn onto a 15" x 10" jelly roll pan lined with a **Silicone Wonder™ Mat**; set aside. In a **2 1/2 Qt. Chef Series™ Sauce Pan**, add brown sugar, butter, corn syrup and **Spice**. Using **Saucy Silicone Spatula** stir ingredients over Medium heat until mixture starts to boil. Continue stirring for five minutes; remove from heat. Pour caramel mixture over popcorn gently coat using Spatula. Bake for 20-25 minutes at 300°F stirring mixture after 10-12 minutes; add optional peanuts. Allow to cool slightly before serving. Store in favorite Tupperware Container.

NUTRITION FACTS: Serving Size: About 1 cup, Servings per recipe: 10, Calories 220, Calories from Fat 80, Total fat 10g, Saturated fat 6g, Cholesterol 25mg, Sodium 20mg, Total Carbohydrate 34g, Dietary Fiber 1g, Sugar 28g, Protein 1g



## FUDGY CHOCOLATE CAKE

MAKES 10 SERVINGS

- 1 (1.3 oz.) pkg. sugar-free chocolate pudding mix, non-instant
- 1 (18.25 oz.) pkg. chocolate cake mix
- 2 cups + 2 Tbsp. fat-free milk
- 1/2 cup chopped walnuts or pecans
- 1/2 cup mini-chocolate chips
- Non-stick cooking spray

Place 2 cups milk and pudding mix in a **Quick Shake® Container**; add blender insert, seal and shake until well blended. Pour pudding into a **Rock 'n Serve® Medium Deep Container**. Microwave on High for 5-6 minutes until mixture comes to a complete boil. Stir several times during heating.

In a **Thatsa™ Bowl**, mix together chocolate cake, 2 Tbsp. milk and pudding with **Saucy Silicone Spatula**. Spray **8 1/2 cup Heat 'N Serve™ Container** with cooking spray. Sprinkle bottom of container with nuts and mini chocolate chips. Pour batter into container. Microwave uncovered on High for 5-7 minutes (depending on microwave power). Rotate cake every 2 minutes if you do not have a turntable. Cake should pull away from sides slightly and be a little sticky on top. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check; repeat until done. Cool 4-5 minutes and invert onto serving plate. Serve warm with ice cream or whipped topping (optional).

NUTRITION FACTS: Serving Size: 1 slice, Servings per recipe: 10, Calories 340, Calories from Fat 120, Total fat 14g, Saturated fat 4.5g, Cholesterol 10mg, Sodium 470mg, Total Carbohydrate 51g, Dietary Fiber 3g, Sugar 29g, Protein 7g



## APPLE SPICE CAKE

MAKES 6-8 SERVINGS

In a **Mix-N-Stor® Plus Pitcher** combine first 5 ingredients; mix with **Saucy Silicone Spatula**. Spray **6¼ cup Heat 'N Serve™ Container** with cooking spray. Pour batter into prepared container, do not scrape bowl clean and place in microwave. Microwave cake on **High** for 5-7 minutes (depending on microwave power) rotating container during baking. Cake should pull away from sides slightly and be slightly sticky on top. Toothpick should test clean when inserted into center of cake. If necessary, microwave an additional minute and check; repeat until done. Cool 4-5 minutes and invert onto serving plate. Garnish cake by topping with apple pie filling. Sprinkle with chopped nuts and a sprinkle of **Chef Series™ Cinnamon-Vanilla Spice**.

**NUTRITION FACTS:** Serving Size: 1 slice, Servings per recipe: 6, Calories 420, Calories from Fat 100, Total fat 11g, Saturated fat 3g, Cholesterol 20mg, Sodium 640mg, Total Carbohydrate 77g, Dietary Fiber 2g, Sugar 50g, Protein 6g

*Cake was tested with a 900 watt microwave.*



## 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

1 pkg. (18.25 oz.) yellow cake mix  
1 cup water  
⅓ cup fat-free salad dressing or mayonnaise  
3 egg whites or 6 Tbsp. liquid egg white  
1 tsp. **Cinnamon-Vanilla Spice**  
1 can (21 oz.) apple pie filling  
½ cup chopped nuts  
Non-stick cooking spray

### Serve-It-Up TIP

**Gift Idea!** You'll need an **Impressions Snack Cup Set** and 1½ yards of ¾" wide decorative ribbon. Place Rocky Road Clusters 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.

## OVER THE TOP CAKE



MAKES 8 SERVINGS

1 (18¼ oz.) pkg. German chocolate cake mix, prepared  
½ cup fat-free sweetened condensed milk  
1 (12 oz.) jar fat-free caramel sauce  
Non-stick cooking spray

*Optional toppings:*  
1 (8 oz.) container reduced-fat, non-dairy whipped topping  
Toffee bits

Pour batter in a **6¼ cup Heat 'N Serve™ Container**; do not scrape bowl clean. Microwave uncovered on **High** for 6-8 minutes or until toothpick tests clean. Rotate cake every 2 minutes if you don't have a turntable. Using a large diameter straw such as **Whistle Straw** poke several holes into the cake. Pour condensed milk over these holes; allow time for cake to absorb milk. Allow cake to cool 5 minutes before inverting on serving plate. Pour caramel sauce over entire cake using **Saucy Silicone Spatula** to help cake absorb sauce. Serve by itself or with whipped topping and toffee bits (optional).

### RECIPE VARIATIONS

**CHOCOLATE OVER THE TOP CAKE** · Substitute 12 oz. fat-free chocolate sauce, warmed for caramel sauce

**NUTRITION FACTS:** Serving Size: 1 piece, Servings per recipe: 8, Calories 560, Calories from Fat 170, Total fat 19g, Saturated fat 4g, Cholesterol 95mg, Sodium 670mg, Total Carbohydrate 90g, Dietary Fiber 1g, Sugar 47g, Protein 9g

## CHOCOLATE PUFF PASTRY



MAKES 8 SERVINGS

1 (8.6 oz) puff pastry sheet, thawed  
1 cup milk or semi-sweet chocolate morsels  
1 egg white, lightly beaten  
Powdered sugar for dusting

Unroll puff pastry sheet on the **Silicone Wonder™ Mat**. Sprinkle chocolate chips over center section of puff pastry. Gently roll up dough pinching together seams. Lightly brush egg white over entire pastry. Using a butter knife make 6-2" diagonal cuts on top of pastry. Place Mat on a 11" x 17" cookie sheet and into a 400°F preheated oven; bake for 12-15 minutes until golden brown. Allow to cool slightly before dusting with powdered sugar. Best served warm.

**NUTRITION FACTS:** Serving Size: 1 piece (⅓ recipe), Servings per recipe: 8, Calories 310, Calories from Fat 180, Total fat 20g, Saturated fat 7g, Cholesterol 5mg, Sodium 85mg, Total Carbohydrate 32g, Dietary Fiber 0g, Sugar 16g, Protein 5g

## SNAPPY TURTLES



MAKES ABOUT 60 TURTLES

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

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 half 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



## 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



## 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 10" x 15" 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  
Finely chopped nuts

**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 off you go.

**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!

# gift ideas

**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 1 1/2 yards of 3/8" wide decorative ribbon. Place Rocky Road Clusters (pg. 40) 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.

**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.

# serve-it-up

# TIPS

For chocolate shavings, use a thick chocolate bar (room temperature) and use the Vertical or Julienne Peeler to shave thin slices.

Perfect idea for a brunch or shower. Stack Mini-Tea Sandwiches (pg. 21) on top of Base of Round Cake Taker lined with a paper doily.

**Gift idea!** Fill a Stuffables™ Container with freshly made Bruschetta (pg. 33), tuck it in a basket along with a loaf of French bread and some colorful cloth napkins. Remember to attach a recipe card.

When serving buffet-style for a party, consider using small cards to describe the food. These help guests spot foods that may be favorites, those that may cause allergies or new dishes that sound too good to pass by. Your guests will appreciate your thoughtfulness.

When serving at a buffet, arrange the Italian Meatballs (pg. 18) on a platter and insert a colorful party pick in each one making it easy for guests to serve themselves.

Try Go-Go Guacamole (pg. 31) on burgers and as an alternative to sandwich spreads.

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

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

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

Fill with the Stuffed Veggies recipe on pg. 21

Serve individual portions of Kicked-Up Bean Salad (pg. 10) on a bed of Romaine lettuce. Garnish each plate with several slices of orange, lemon or lime for added color.

The Basic Beef Recipe (pg. 12) is great for use with tacos and pasta sauces or as a pizza topping. Plan ahead and freeze in a Rock 'N Serve® Container for quick meal solutions.

**Gift Idea!** Break Garlic Parmesan Crisps (pg. 27) into sticks and place in Modular Mates® Spaghetti Dispenser.

For Mini Tacos (pg. 13) use round tortilla chips. Place teaspoon of cooked beef mixture on each chip. Cover with shredded cheese and place on baking sheet lined with Silicone Wonder™ Mat. Bake for 5–7 minutes at 350°F, just until cheese melts. Serve with sour cream and salsa.

Plan ahead meal solution. Make Bean & Cheese Burritos (pg. 16), flash freeze in freezer, and place in Rock 'N Serve® Medium Deep Container for a quick meal any time.

Red cotton bandanas would make great napkins for a country feel. Easy to clean and fun, too!

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 (pg. 14).

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.

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

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

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

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

Quarter a large tomato. Do not cut through the base. On a dinner plate, place the tomato on a leaf of lettuce and scoop Spicy Tuna Salad (pg. 13) into open tomato.

# 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.
- Clean as you prepare. Fill the sink with hot soapy water and wash prep dishes as you use them.
- 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.
- Play your favorite party music throughout the day to put you in the mood.

## BEFORE GUESTS ARRIVE

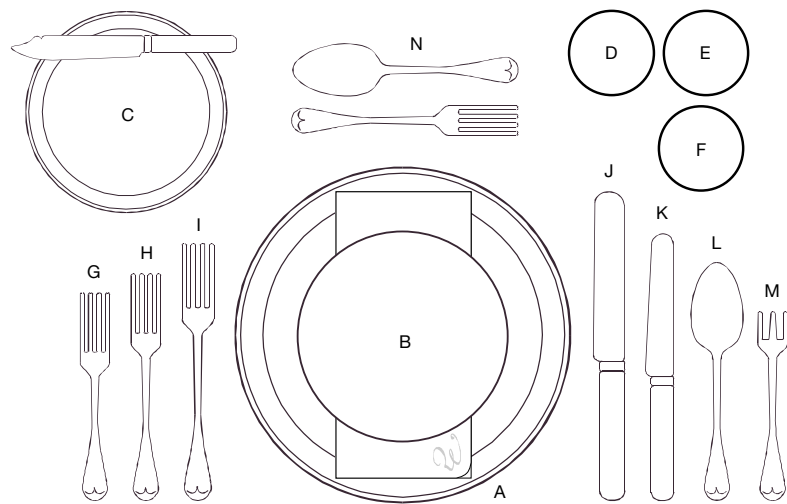
- Successful entertaining involves engaging guests' five senses:
  - Burn lightly scented candles (sense of smell) and play soft background music (sense of hearing) as guests arrive.
  - Use color (sense of sight) throughout the room—small clusters of seasonal flowers give a fresh, colorful look.
  - 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.
- 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.
- 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!
- 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

- 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.
- 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.



## DINNER TABLE SETTING



**A** Dinner Plate  
**B** Soup/Salad Bowl  
**C** Bread & Butter Plate  
**D** Water Goblet  
**E** Champagne Flute

**F** Wine Glass  
**G** Salad Fork  
**H** Fish Fork  
**I** Dinner Fork  
**J** Dinner Knife  
**K** Fish Knife

**L** Soup Spoon  
**M** Cocktail Fork  
**N** Dessert Spoon or Fork

## EVERYTHING IN ITS PLACE

## FORKS

- Dinner fork (**I**) is the largest fork on the left side of the dinner plate.
- Salad fork (**G**) is the smallest fork on the left side of the dinner plate and usually placed to the left of the dinner fork.
- Fish fork (**H**) is used if fish is on the menu. It is slightly smaller than the dinner fork, slightly larger than the salad fork and is placed to the right of the dinner fork or between the salad fork and the dinner fork.
- Dessert fork (**N**) is placed above the dinner plate.
- Cocktail fork (**M**) is used if an individual cocktail appetizer is served.

## SPOONS

- Soup spoon (**L**) is usually placed to the right of the dinner plate and knives.
- Dessert spoon (**N**) is placed above the dinner plate.

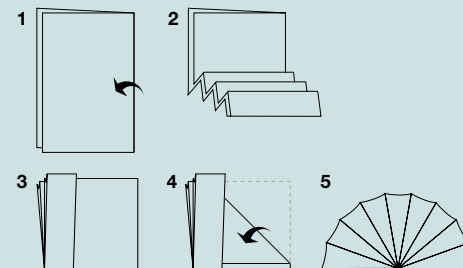
## KNIVES

- Dinner knife (**J**) is placed to the immediate right of the service plate; it's usually the largest knife.
- Fish knife (**K**) is much smaller and only used when there is fish on the menu. It goes to the right of the dinner plate.
- Butter knife or spreader (**C**) is placed horizontally across the bread and butter plate with the handle pointing to the right.

SIMPLE TECHNIQUES FOR  
folded napkins

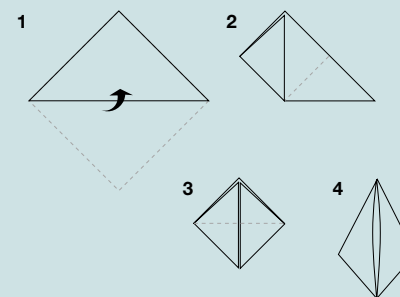
FOR BEST RESULTS, ALWAYS USE A FIRM MATERIAL NAPKIN.

## FAN DESIGN



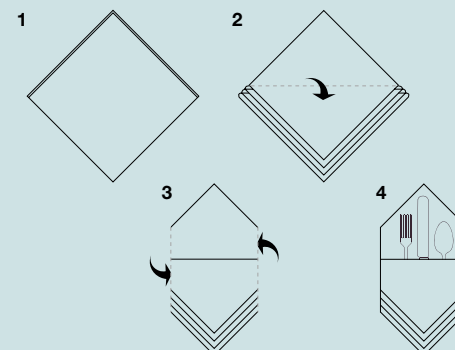
- 1 Fold napkin in half.
- 2 Starting with bottom, accordion pleat two-thirds the way up.
- 3 Fold in half with pleating on the outside
- 4 Place on table and release pleats to form fan.

## PYRAMID DESIGN



- 1 Fold napkin in half diagonally.
- 2 Fold corners to meet top point.
- 3 Turn napkin over and fold in half.
- 4 Pick up at center and stand on base of triangle.

## POCKET DESIGN



- 1 Fold napkin in fourths.
- 2 Fold down three points in succession, each a little higher than the last.
- 3 Carefully fold both right and left sides under.
- 4 Place silverware, flower or place card in pocket.

# 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 margerine
- 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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