



# Make budget-friendly meals every day!

Our Deep Covered Baker has you covered, all for around \$2 per serving.\*



## Grilled Chicken Penne al Fresco

Preparing a tomato-garlic sauce from scratch in the microwave will fill your kitchen with the aromas of an elegant Italian restaurant.



- 4 garlic cloves, peeled
- 2 cups grape or cherry tomatoes
- 3 cups uncooked mezze penne pasta
- 3 cups chicken broth
- 3/4 cup dry white wine such as Chardonnay
- 1/2 tsp each salt and coarsely ground black pepper
- 1 1/4 cups lightly packed fresh basil leaves, divided
- 1 oz Parmesan cheese, grated (about 1/4 cup packed)
- 2 cups diced grilled chicken breasts
- Additional grated fresh Parmesan cheese and coarsely ground black pepper (optional)

1. Spray **Deep Covered Baker** with olive oil using **Kitchen Spritzer**. Slice garlic into baker using **Garlic Slicer**. Add tomatoes. Cover; microwave on HIGH 4-5 minutes or until tomatoes begin to burst, stirring after 2 minutes. Crush tomatoes using **Mix 'N Chop**. Add pasta, broth, wine, salt and black pepper.
2. Return baker to microwave; cover and microwave on HIGH 16-18 minutes or until pasta is tender, stirring after 10 minutes. Meanwhile, coarsely chop basil with **Chef's Knife**. Reserve 2 tbsp for garnish. Grate cheese using **Rotary Grater**.
3. Carefully remove baker from microwave and remove lid, lifting away from you. Add remaining basil, cheese and chicken to baker; mix well. Garnish with reserved 2 tbsp basil, additional Parmesan cheese and black pepper, if desired.

Yield: 8 servings

Nutrients per serving (about 1 cup): Calories 240, Total Fat 2.5 g, Saturated Fat .5 g, Cholesterol 25 mg, Carbohydrate 35 g, Protein 17 g, Sodium 450 mg, Fiber 2 g

**Cook's Tips:** An additional 3/4 cup chicken broth can be substituted for the wine, if desired.

Any tube-shaped pasta requiring 9-11 minutes cook time, such as penne or rigatoni, can be substituted for the mezze penne pasta.

To grill chicken in the **Grill Pan**, season 2 chicken breasts, about 6 oz each, with salt and black pepper. Heat Grill Pan over medium-high heat 5 minutes. Spray pan with oil. Cook chicken 4-6 minutes or until grill marks appear. Turn chicken over; cook 4-6 minutes or until center of chicken is no longer pink and **Pocket Thermometer** registers 170°F.

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## Miniature Barbecue Pork Sandwiches

Preparing a pork tenderloin in the microwave gives you a head start on these speedy sandwiches.



- 1 medium onion
- 1 pork tenderloin (about 1 lb)
- 1 tbsp vegetable oil
- 2 tbsp **Smoky Barbecue Rub**
- 8 small rolls
- Smoky Barbecue Sauce*

1. Cut onion into 1/4-inch-thick slices using **Santoku Knife**. Arrange onion slices over bottom of **Deep Covered Baker**. Trim fat and silver skin from pork tenderloin using **Boning Knife**. Brush with oil using **Chef's Silicone Basting Brush**. Place pork into baker, tucking narrower end under to create a uniform thickness. Evenly rub pork with barbecue rub.
2. Cover baker; microwave on HIGH 6-10 minutes or until **Pocket Thermometer** registers 150°F, checking temperature at 6 minutes and then at every 2-minute interval. Remove baker from microwave; let stand, covered, 10 minutes (temperature will rise to 160°F for medium doneness).
3. Cut pork into 1/4-inch-thick slices. Arrange sliced pork evenly over rolls; top with onions. Spread about 1 tsp *Smoky Barbecue Sauce* over top half of each roll; top sandwiches and serve.

Yield: 8 mini sandwiches

Nutrients per serving (1 mini sandwich): Calories 200, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrate 20 g, Protein 15 g, Sodium 380 mg, Fiber 1 g

*Smoky Barbecue Sauce:* Combine 1 cup ketchup, 1/4 cup brown sugar, 2 tbsp Smoky Barbecue Rub and 2 tsp vinegar in (1.5-qt.) **Saucepan**. Bring to a boil, stirring occasionally; remove from heat. Serve sauce on sandwiches; reserve remaining sauce for another use.

Yield: 1 1/2 cups sauce

Nutrients per serving (about 2 tbsp): Calories 45, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 12 g, Protein 0 g, Sodium 360 mg, Fiber 0 g

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\*Prices are estimated and vary regionally.

## Mexican Chicken "Lasagna"

A fun twist on lasagna starts with enchilada sauce and corn tortillas to create a quick microwave casserole.



- ¼ cup lightly packed fresh cilantro leaves
- 1 pkg (8 oz) cream cheese
- 2 cups (8 oz) shredded Monterey Jack cheese, divided
- 1 medium onion (about ⅔ cup chopped)
- 1 can (28 oz) enchilada sauce
- 12 (6-in.) corn tortillas
- 3 cups diced or shredded cooked chicken
- Additional chopped fresh cilantro leaves (optional)

1. Chop cilantro with **Chef's Knife**. Place cream cheese in **Classic Batter Bowl**. Microwave on HIGH 30-45 seconds or until very soft. Add cilantro and 1½ cups of the Monterey Jack cheese; mix well using **Small Mix 'N Scraper**®. Chop onion using **Food Chopper**; set aside. Spread ⅔ cup of the enchilada sauce over bottom of **Deep Covered Baker**. Pour remaining enchilada sauce into **Stainless (4-qt.) Mixing Bowl**; set aside.
2. To assemble lasagna, using **Sauté Tongs**, dip four tortillas into enchilada sauce in mixing bowl and arrange over sauce in baker overlapping as necessary. Scoop half of the cream cheese mixture over tortillas using **Small Scoop**; spread using **Small Spreader**. Top with 1 cup of the chicken and one-third of the onion. Repeat layers one time. Dip remaining four tortillas into sauce and arrange over second layer. Top with remaining chicken and onion. Pour remaining enchilada sauce over lasagna and sprinkle with remaining ½ cup Monterey Jack cheese.
3. Microwave, covered, on HIGH 12-15 minutes or until center is hot. Let stand 10 minutes. Sprinkle with additional chopped cilantro. Cut into squares using **Utility Knife**; serve using **Mini-Serving Spatula**.

Yield: 8 servings

Nutrients per serving: Calories 390, Total Fat 22 g, Saturated Fat 10 g, Cholesterol 105 mg, Carbohydrate 25 g, Protein 26 g, Sodium 710 mg, Fiber 2 g

**Cook's Tips:** This recipe can be assembled up to one night in advance. Prepare through Step 2; cover and refrigerate. When ready to serve, let baker stand at room temperature 15 minutes. Microwave, covered, on HIGH 21-23 minutes or until hot. Proceed as recipe directs.

Spicy enchilada sauce can be used for more kick.

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## Microwave White Chicken Chili

Three whole heads of garlic may seem like a lot, but "roasting" them in the microwave lends a mild, mellow taste to this chili.



- 3 whole heads of garlic (about 48 cloves), unpeeled
- ¼ tsp salt, divided
- 3 tbsp olive oil, divided
- 2 poblano peppers
- 1 medium onion
- 1½ lb boneless, skinless chicken thighs
- 2 tbsp **Southwestern Seasoning Mix**
- 2 cans (15.5 oz each) Great Northern beans, drained
- 1 jar (16 oz) salsa verde

1. Using (5-in.) **Santoku Knife**, slice about ¼ in. off the pointed top of garlic heads to expose cloves. Place garlic cut side up in **Classic Batter Bowl**. Sprinkle garlic with ¼ tsp of the salt and drizzle with 2 tbsp of the oil. Cover batter bowl with lid; microwave on HIGH 3 minutes or until garlic is soft. Set aside to cool.
2. Meanwhile, finely dice peppers using Santoku Knife. Chop onion using **Food Chopper**. Combine peppers and onion in **Deep Covered Baker**. Trim and finely dice chicken using **Boning Knife**. Add chicken, seasoning mix, remaining 1 tbsp oil and remaining ½ tsp salt to baker; mix well using **Master Scraper**. Microwave, covered, on HIGH 4 minutes; stir to separate chicken. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.
3. Meanwhile, gently squeeze cooled garlic from heads into batter bowl (discard skins); mash using **Mix 'N Masher**. Add beans and salsa to batter bowl. Transfer bean mixture to baker; mix well. Microwave, covered, on HIGH 5-7 minutes or until chili is heated through.

Yield: 8 servings (8 cups)

Nutrients per serving (1 cup): Calories 230, Total Fat 7 g, Saturated Fat 1.5 g, Cholesterol 70 mg, Carbohydrate 21 g, Protein 21 g, Sodium 750 mg, Fiber 4 g

**Cook's Tips:** Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.

Serve this chili with optional toppings such as shredded cheese, sour cream, lime wedges, diced avocado or chopped cilantro.

Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired.

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## 30-Minute Chicken

Our Deep Covered Baker and a flavorful seasoning mixture make this chicken easy and irresistible.



### Chicken

- 1 whole chicken (3½-4 lb)
- 1 tbsp olive oil

### Seasoning Mixture

- 1 tbsp all-purpose flour
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp coarsely ground black pepper
- ¼ tsp dried thyme leaves

1. For chicken, lightly spray **Deep Covered Baker** with oil using **Kitchen Spritzer**. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry with paper towels. Trim excess fat using **Kitchen Shears**, if necessary. Tie ends of legs together with cotton string. Lift wing tips up toward neck, then tuck under back of chicken. Place chicken on **Cutting Board**; brush with oil using **Chef's Silicone Basting Brush**.
2. For seasoning mixture, combine ingredients in **Prep Bowl**; mix well. Completely coat outside of chicken with seasoning mixture. Place chicken, breast side up, in baker.
3. Microwave, uncovered, on HIGH 25-30 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).

Yield: 4-6 servings

Nutrients per serving: Calories 490, Total Fat 29 g, Saturated Fat 8 g, Cholesterol 165 mg, Carbohydrate 2 g, Protein 52 g, Sodium 450 mg, Fiber 0 g