



A great spread for sandwiches made with ...

## The Incredible 30-Minute Chicken

### **Roasted Red Pepper Aioli** (from *The Pampered Chef® Season's Best® Recipe Collection fall/winter 2006*)

This garlicky sauce has a pleasing roasted red pepper flavor. Serve it as a delicious spread for sandwiches made with *30-Minute Chicken*.

- ½ cup roasted red pepper, drained and patted dry
- 1 lemon
- 1 tablespoon chopped fresh parsley
- ½ cup mayonnaise
- 1 small garlic clove, pressed
- ½ teaspoon **Italian Seasoning Mix**
- ½ teaspoon coarsely ground black pepper

1. Finally chop red pepper using **Food Chopper**. Zest lemon using **Lemon Zester/Scorer** to measure 1 teaspoon zest. Juice lemon to measure 2 teaspoons juice. Chop parsley using **Pizza Cutter**.
2. In **Classic Batter Bowl**, combine red pepper, lemon zest, juice, parsley, mayonnaise, garlic pressed with **Garlic Press**, seasoning mix and black pepper; mix well using **Small Mix 'N Scraper**®.

Yield: 16 servings (about 1 cup)

Nutrients per serving (about 1 tablespoon): Calories 50, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrate 0 g, Protein 0 g, Sodium 55 mg, Fiber 0 g

#### **Cook's Tip:**

Aioli can be made up to 1 day in advance. It will thicken slightly when chilled. Thin with 1-2 teaspoons water if desired.



Great recipes with

## The Incredible 30-Minute Chicken

### **Garden Dip** (from *The Pampered Chef® All the Best* cookbook)

Serve this creamy dip with your favorite vegetable dippers alongside *30-Minute Chicken*.

1	package (8 ounces) cream cheese, softened	1	small carrot, finely grated
2	tablespoons mayonnaise		Salt and ground black pepper to taste
1	teaspoon <b>All-Purpose Dill Mix</b>	1-2	tablespoons milk
1	garlic clove, pressed	1	large red bell pepper
1	plum tomato, seeded and diced		Assorted fresh vegetable dippers
¼	cup diced green bell pepper		

1. In **Small Batter Bowl**, combine cream cheese, mayonnaise, dill mix and garlic pressed with **Garlic Press**; mix well. Dice tomato and green bell pepper using **Chef's Knife**. Grate carrot using **Ultimate Mandoline** fitted with grating blade. Add vegetables to cream cheese mixture; mix well. Season to taste with salt and black pepper. Add 1-2 tablespoons milk to dip to adjust consistency.
2. Using **V-Shaped Cutter**, cut off top of red bell pepper. Discard top, membranes and seeds. Place bell pepper in center of serving platter; fill with dip. Serve with assorted vegetables.

Yield: 1½ cups dip (12 servings)

Nutrients per serving (2 tablespoons dip): Calories 90, Total Fat 9 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrate 2 g, Protein 2 g, Sodium 100 mg, Fiber 0 g

*Guilt-Free Garden Dip:* Substitute fat-free cream cheese and fat-free mayonnaise for cream cheese and mayonnaise. Omit milk.

Nutrients per serving (2 tablespoons dip): Calories 25, Total Fat 0 g, Saturated Fat 0 g, Cholesterol less than 5 mg, Carbohydrate 2 g, Protein 3 g, Sodium 135 mg, Fiber 0 g

### **Cook's Tips:**

To seed a tomato easily, cut it in half crosswise. Hold the tomato halves cut side down and gently squeeze to release the seeds and watery pulp.

To make celery fans, cut celery into 3- to 4-inch pieces. Open the **Egg Slicer Plus®** and push one end of the celery halfway through the wires. Remove; turn the celery one-fourth of a turn and push halfway through wires. Repeat with opposite end of the celery. Place the celery fan in ice water until the ends curl.

For an interesting ridged effect, use the **Ultimate Mandoline** fitted with crinkle blade to cut vegetables such as carrots, jicama or zucchini into slices.



Great recipes with

## The Incredible 30-Minute Chicken

Our *30-Minute Chicken* recipe is easy to prepare, delicious and versatile! Here is a chicken recipe you can prepare using your *30-Minute Chicken*.

### **Bistro Chicken Twist** (from *The Pampered Chef*<sup>®</sup> *All the Best* cookbook)

Fresh basil accents this delightful stuffed bread. Serve it for lunch with a salad of mixed greens.

- 1 cup chopped cooked chicken (from *30-Minute Chicken*)
- ½ cup diced red bell pepper
- ¼ cup snipped fresh basil leaves
- ¼ cup plus 2 tablespoons (1½ ounces) grated fresh Parmesan cheese, divided
- ½ cup (2 ounces) shredded mozzarella cheese
- ¼ cup mayonnaise
- 1 garlic clove, pressed
- 2 packages (11 ounces each) refrigerated French bread dough
- 1 egg white, lightly beaten
- 1 teaspoon **Italian Seasoning Mix**

1. Preheat oven to 375°F. Chop chicken using **Food Chopper**. Dice bell pepper using **Chef's Knife**. Snip basil using **Kitchen Shears**. In **Classic Batter Bowl**, combine chicken, bell pepper, basil, ¼ cup of the Parmesan cheese, mozzarella cheese, mayonnaise and garlic pressed with **Garlic Press**; mix well.
2. Place bread dough, seam sides up, on smooth side of **Large Grooved Cutting Board**. Using **Bread Knife**, slice each loaf lengthwise, end to end, cutting halfway through to center of loaf; spread open flat. Lightly sprinkle flour evenly over dough. Using **Baker's Roller**<sup>®</sup>, roll dough crosswise to a 4-inch width, creating a well down center of each loaf.
3. Spoon half of the chicken mixture down center of each loaf. Gather up edges over filling, pinching firmly to seal. Place loaves, seam sides down, in an "X" pattern on **Rectangle Stone**. Crisscross ends of dough to form a large figure "8," keeping ends of dough 1 inch from edge of baking stone and leaving two 1½-inch openings in center of twist.
4. Combine egg white and seasoning mix; lightly brush over dough. Cut a 3-inch slit in each of the top sections of the twist to reveal filling. Sprinkle remaining 2 tablespoons Parmesan cheese over loaf. Bake 30-32 minutes or until deep golden brown. Remove from oven; cool 10 minutes.

Yield: 8 servings

Nutrients per serving: Calories 300, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 20 mg, Carbohydrate 38 g, Protein 15 g, Sodium 650 mg, Fiber 0 g



Great recipes with

## The Incredible 30-Minute Chicken

Our *30-Minute Chicken* recipe is easy to prepare, delicious and versatile! Here is a chicken recipe you can prepare using your *30-Minute Chicken*.

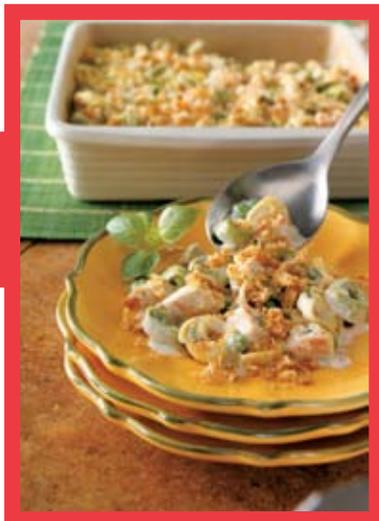
### **Chicken Caesar Salad Pizza** (from *The Pampered Chef® It's Good for You* cookbook)

Salad gets a delicious makeover! Diced chicken and vegetables are tossed with Caesar salad dressing and served atop a crispy pizza crust.

- 1 package (10 ounces) refrigerated pizza crust
  - 3 cups thinly sliced romaine lettuce
  - 2 cups diced cooked chicken (from *30-Minute Chicken*)
  - ½ cup diced red bell pepper
  - ⅓ cup pitted ripe olives, drained and sliced
  - ¼ cup (1 ounce) grated fresh Parmesan cheese, divided
  - ½ cup light creamy Caesar salad dressing
  - 1 garlic clove, pressed
1. Preheat oven to 425°F. Lightly sprinkle **Large Round Stone** with flour using **Flour Sugar/Shaker**. Roll pizza crust on baking stone, shaping into a circle. Using lightly floured **Baker's Roller®**, roll into a 12-inch circle. Bake 12-14 minutes or until crust is light golden brown.
  2. Meanwhile, using **Chef's Knife**, slice lettuce; dice chicken and bell pepper. Slice olives with **Egg Slicer Plus®**. Place lettuce, chicken, bell pepper and olives in **Stainless (2-qt.) Mixing Bowl**.
  3. Grate Parmesan cheese using **Microplane® Adjustable Grater**. In **Small Batter Bowl**, combine salad dressing, half of the Parmesan cheese and garlic pressed with **Garlic Press**; mix well.
  4. Spread half of the dressing mixture evenly over crust. Add remaining salad dressing mixture to lettuce mixture; toss to coat. Top crust with salad mixture. Sprinkle with remaining Parmesan cheese. Cut into wedges and serve immediately.

Yield: 8 servings

Nutrients per serving: Calories 300, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 60 mg, Carbohydrate 27 g, Protein 24 g, Sodium 730 mg, Fiber 2 g



Great recipes with

## The Incredible 30-Minute Chicken

Our *30-Minute Chicken* recipe is easy to prepare, delicious and versatile! Here is a chicken recipe you can prepare using your *30-Minute Chicken*.

**Cheesy Chicken Tortellini Bake** (from *The Pampered Chef® Stoneware Inspirations* cookbook)  
Cubed cooked chicken and refrigerated tortellini make a quick, comforting casserole.

### Pasta Mixture

- ½ cup chopped onion
- 1 teaspoon olive oil
- 1 garlic clove, pressed
- 1 jar (16 ounces) white Alfredo pasta sauce
- 2 packages (9 ounces each) refrigerated cheese-filled regular or spinach tortellini
- 1½ cups cubed cooked chicken (from *30-Minute Chicken*)
- 1 cup milk
- 1 cup water
- 1 cup frozen peas
- ¼ teaspoon ground black pepper
- 2 tablespoons snipped fresh basil leaves or 1 teaspoon dried basil leaves

### Crumb Topping

- ¼ cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons butter or margarine, melted
- 1 cup fresh bread crumbs

1. Preheat oven to 400°F. For pasta mixture, chop onion using **Food Chopper**. In **(4-qt.) Casserole**, heat oil over medium-high heat; add onion and garlic pressed with **Garlic Press**. Cook and stir 2-3 minutes or until onion is tender. Stir in pasta sauce, tortellini, chicken, milk, water, peas and black pepper. Heat until mixture just comes to a boil; remove from heat. Stir basil into pasta mixture.
2. Meanwhile, for crumb topping, grate Parmesan cheese using **Microplane® Adjustable Grater**. Place butter in **Small Micro-Cooker®**; microwave on HIGH 30-45 seconds or until melted. Stir in bread crumbs and cheese; mix well.
3. Spoon pasta mixture into **Square Baker**; sprinkle with crumb topping. Bake 15-20 minutes or until edges are bubbly and topping is golden brown.

Yield: 6 servings

Nutrients per servings: Calories 550, Total Fat 24 g, Saturated Fat 12 g, Cholesterol 110 mg, Carbohydrate 54 g, Protein 28 g, Sodium 1150 mg, Fiber 4 g

### Cook's Tips:

Alfredo sauce in a jar can be found in the pasta sauce section of the supermarket. Do not substitute refrigerated Alfredo sauce; it may separate and curdle during baking.

Use the **Deluxe Cheese Grater** fitted with coarse grating drum to quickly grate bread for fresh bread crumbs.

To quickly snip basil leaves, stack the leaves and roll them up into a tight cylinder. Using the **Chef's Knife**, slice the roll crosswise into thin strips. Separate strands and snip them using **Kitchen Shears**.



Great recipes with

## The Incredible 30-Minute Chicken

Our *30-Minute Chicken* recipe is easy to prepare, delicious and versatile! Here is a chicken recipe you can prepare using your *30-Minute Chicken*.

### **Portobello-Chicken Panini** (from *The Pampered Chef® Season's Best® Recipe Collection fall/winter 2006*)

The tender portobello mushrooms help keep the chicken juicy in this crispy grilled sandwich.

- 2 plum tomatoes, sliced
- 1 tablespoon **Basil Oil** or olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon **Italian Seasoning Mix**
- ½ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 1 garlic clove, pressed
- 2 large portobello mushroom caps (about 4 inches in diameter)
- 2 slices (½ inch thick) large white onion (about 4 inches in diameter)
- 1 cup (4 ounces) grated Provolone cheese
- 8 slices (¾ inch thick) Italian bread, such as Vienna
- 1 cup shredded roasted chicken (from *30-Minute Chicken*)

1. Slice tomatoes using **Ultimate Mandoline** fitted with V-shaped blade; set aside. In **Prep Bowl**; combine oil, vinegar, seasoning mix, salt, black pepper and garlic pressed with **Garlic Press**; whisk until well blended. Brush both sides of mushroom caps and onion slices with vinaigrette using **Chef's Silicone Basting Brush**.
2. Heat **Grill Pan** over medium-high heat 5 minutes. Place mushrooms and onion onto grid of pan; place **Grill Press** on top. Grill 4-6 minutes, turning once. Remove to **Large Grooved Cutting Board**. Thinly slice mushrooms on the bias using **Santoku Knife**. Cut onion slices in half; set mushrooms and onion aside.
3. Wipe Grill Pan with paper towel, if necessary. Heat pan over medium-low heat 5 minutes. Place sandwiches on grid of pan and place Press over sandwiches. Grill 4-6 minutes, turning once. Serve warm.

Yield: 4 sandwiches

Nutrients per serving: Calories 590, Total Fat 20 g, Saturated Fat 6 g, Cholesterol 45 mg, Carbohydrate 73 g, Protein 29 g, Sodium 1340 mg, Fiber 5 g