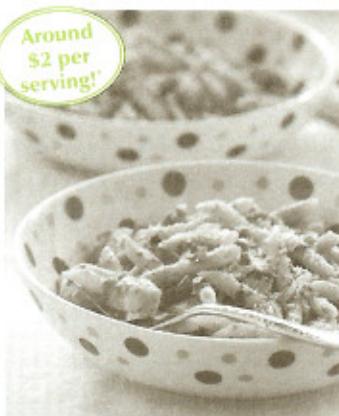


GRILLED CHICKEN PENNE AL FRESCO

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

Around
\$2 per
serving!



- 4 garlic cloves, peeled
- 2 cups grape or cherry tomatoes
- 3 cups uncooked mezze penne pasta
- 3 cups chicken broth
- ¾ cup dry white wine such as Chardonnay
- ½ tsp each salt and coarsely ground black pepper
- 1¼ cups lightly packed fresh basil leaves, divided
- 1 oz Parmesan cheese, grated (about ¼ 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

Light 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 ¾ 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.

MEXICAN CHICKEN "LASAGNA"

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

Around
\$2 per
serving!

- 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 ⅓ 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 ⅓ 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.



Combine Monterey Jack cheese with cream cheese and cilantro.



For first layer, dip four tortillas into enchilada sauce using Sauté Tongs. Arrange in baker, overlapping as necessary.



Spread half of the cheese mixture over tortillas using Small Spreader.

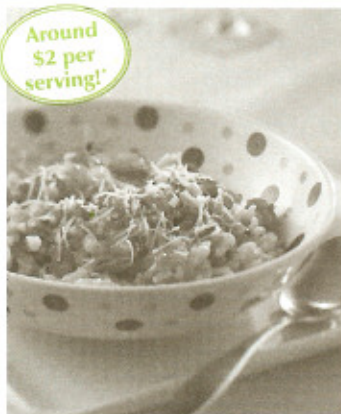


Top cheese mixture with 1 cup of the chicken and one-third of the chopped onion to complete first layer.

SUN-DRIED TOMATO & SAUSAGE RISOTTO

Flavorful Italian sausage and Arborio rice are simmered in the Deep Dish Baker for a no-fuss risotto the whole family will enjoy.

Around
\$2 per
serving!



- ½ cup oil-packed sun-dried tomatoes
- 1 medium onion (1 cup finely chopped)
- 3 garlic cloves, pressed
- 1 cup Arborio rice (see Cook's Tip)
- 1 tbsp olive oil
- 2 cans (14 oz each) 33% reduced-sodium chicken broth (about 3½ cups)
- 2 oz Parmesan cheese, grated (about ½ cup packed)
- 2 links hot Italian sausage (about 8 oz)
- ¼ cup finely chopped fresh parsley (optional)
- Additional grated fresh Parmesan cheese and finely chopped fresh parsley (optional)

- 1 Drain tomatoes using small **Colander**. Slice tomatoes using **Santoku Knife**; set aside. Finely chop onion using **Food Chopper**. Combine onion, garlic pressed with **Garlic Press**, rice and oil in **Deep Dish Baker**; spread mixture evenly over bottom of baker. Cover with **Parchment Paper** and microwave on HIGH 2-4 minutes or until onion is translucent, stirring every 2 minutes. Stir in broth; microwave 9-10 minutes or until broth begins to simmer. Stir in tomatoes; microwave 7-9 minutes or just until rice is tender and mixture is creamy.
- 2 Meanwhile, grate cheese using **Rotary Grater**; set aside. Remove casings from sausage using **Boning Knife**. Cut sausage in half lengthwise, then crosswise into ½-in. nuggets. Place into (10-in.) **Skillet**; cook over medium heat 8-10 minutes or until browned and cooked through. Remove from heat and drain.
- 3 Carefully remove baker from microwave. Stir in cooked sausage, cheese and parsley, if desired. Serve risotto with additional grated fresh Parmesan cheese and parsley, if desired.

Yield: 4 servings

Nutrients per serving: Calories 490, Total Fat 27 g, Saturated Fat 9 g, Cholesterol 55 mg, Carbohydrate 46 g, Protein 20 g, Sodium 1180 mg, Fiber 2 g

cook's tips

Arborio rice is an Italian short grain rice. It is most commonly used in risottos because its high starch content lends a creamy texture.

Unseasoned converted rice and 1 oz cream cheese can be substituted for Arborio rice. Prepare as recipe directs through Step 2, substituting converted rice. Stir in cream cheese and ingredients as directed in Step 3.

CASBAH CHICKEN & COUSCOUS

This aromatic skillet entrée highlights flavors of Morocco with fresh mango and toasted almonds.

Around
\$2 per
serving!



- 1 Cut chicken into 1-in. pieces with **Utility Knife**. Combine chicken, 1 tbsp of the rub and $\frac{1}{2}$ tsp of the salt in **Classic Batter Bowl**; toss to coat using **Master Scraper**.
- 2 If using, place almonds into (**12-in.**) **Skillet**; cook over medium heat 4-6 minutes or until golden brown, stirring frequently. Remove nuts from Skillet using **Square Slotted Spoon**; set aside. Add oil to Skillet; heat 1-3 minutes or until shimmering. Add chicken to Skillet in a single layer. Cook and stir 5-6 minutes or until chicken is no longer pink in center; remove chicken from Skillet and keep warm.
- 3 In **Small Batter Bowl**, combine broth, water, remaining 1 tbsp rub and remaining $\frac{1}{2}$ tsp salt. Slice onion lengthwise into thin wedges using **Santoku Knife**; add to Skillet. Cook 4-5 minutes or until onion is tender and beginning to caramelize, stirring occasionally. Add broth mixture; bring to a simmer. Stir to loosen browned bits from bottom of Skillet.
- 4 Slice mango into thin wedges (see Cook's Tip). Stir mango, couscous and chicken into broth mixture. Remove from heat; cover and let stand 5 minutes or until liquid is absorbed. Snip cilantro using **Kitchen Shears**. Toss cilantro into couscous with almonds, if desired, and serve immediately.

Yield: 6 servings

light Nutrients per serving: Calories 320, Total Fat 4 g, Saturated Fat .5 g, Cholesterol 45 mg, Carbohydrate 44 g, Protein 24 g, Sodium 890 mg, Fiber 3 g

cook's tips

To slice mango into wedges, cut off top and bottom of fruit. Peel using **Serrated Peeler**. Slice along both sides of the flat pit to remove the flesh. Trim remaining flesh from the edges of the pit. Cut the flesh into thin wedges.

Curry powder can be substituted for the Moroccan Rub, if desired.

- 1 lb boneless, skinless chicken breasts
- 2 tbsp Moroccan Rub, divided
- 1 tsp salt, divided
- $\frac{1}{3}$ cup blanched slivered almonds (optional)
- 1 tbsp vegetable oil
- 1 can (14 oz) chicken broth
- $\frac{1}{2}$ cup water
- 1 medium red onion
- 1 large mango (about 1 lb)
- 1 pkg (10 oz) uncooked plain couscous (1 $\frac{1}{2}$ cups)
- $\frac{1}{2}$ cup lightly packed fresh cilantro leaves

SWEET & SOUR PORK & PINEAPPLE STIR-FRY

Forget heavy, batter-fried sweet and sour entrees. Fresh pineapple and a tangy homemade sauce make our rendition the clear winner.

Around
\$2 per
serving!



- 1 lb pork tenderloin
- $\frac{1}{2}$ tsp salt
- 2 tbsp plus 1 tsp cornstarch, divided
- 2 cups (about 7 oz) fresh sugar snap peas
- 1 medium pineapple
- 3 tbsp soy sauce
- 2 tbsp rice vinegar
- $\frac{1}{3}$ cup apricot preserves
- 1 tbsp vegetable oil
- 1 medium red onion, cut into $\frac{1}{2}$ -inch-thick wedges (optional)
- 3 cups hot cooked rice (optional)

- 1 On **Cutting Board**, trim fat and silver skin from pork tenderloin using **Boning Knife**. Slice pork lengthwise into four strips. Thinly slice strips crosswise. Combine pork, salt and 2 tbsp of the cornstarch in **Classic Batter Bowl**; set aside.
- 2 On **Large Grooved Cutting Board**, cut sugar snap peas in half crosswise on a bias using **Utility Knife**. Slice top and bottom off of pineapple using **Santoku Knife**, creating a flat base. Stand pineapple upright; use **Pineapple Wedger** to core and peel. Set aside half of the pineapple for another use. Slice remaining pineapple flesh lengthwise into four strips, then crosswise into $\frac{1}{4}$ -in. pieces. For sauce, combine soy sauce, vinegar and remaining cornstarch in **Small Batter Bowl**; whisk well. Add preserves and whisk well; set aside.
- 3 Add oil to (12-in.) **Skillet**; heat over medium-high heat 1-3 minutes or until shimmering. Place pork into Skillet in a single layer and cook undisturbed 4-6 minutes or until browned on one side. Turn pork over using **Sauté Tongs** and cook an additional 1-2 minutes. Add onion, if desired. Cook 30-60 seconds or until onion begins to brown. Reduce heat to medium; add peas, pineapple and sauce. Cook 1-2 minutes or until sauce is thickened, stirring constantly. Serve stir-fry with rice, if desired.

Yield: 4 servings

light Nutrients per serving: Calories 320, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 75 mg, Carbohydrate 40 g, Protein 27 g, Sodium 1040 mg, Fiber 3 g

cook's tip

If desired, 1 lb chicken breasts, cut into thin strips, can be substituted for the pork. Increase cook time of chicken to 8-12 minutes. Proceed as recipe directs.

CALIFORNIA CLUB PIZZA

This unconventional pizza features cool toppings and a fresh burst of lemon over a hot crust, chicken and cheese.

Around
\$2 per
serving!

- 1 tsp vegetable oil
- 1 pkg (13.8 oz) refrigerated pizza crust
- 2 cups diced or shredded cooked chicken
- 2 cups (8 oz) shredded cheddar and Monterey Jack cheese blend
- 2 plum tomatoes
- ¼ medium red onion
- 1 medium avocado
- 1 lemon
- 6 slices bacon, thinly sliced, cooked and drained (optional, see Cook's Tip)

- 1 Preheat oven to 425°F. Lightly brush **Large Bar Pan** with oil using **Chef's Silicone Basting Brush**. Unroll dough onto bottom of pan, gently stretching and pressing dough to cover bottom. Top crust with chicken and sprinkle with cheese. Bake 16-18 minutes or until crust is golden brown; remove from oven to **Stackable Cooling Rack**.
- 2 Meanwhile, slice tomatoes in half lengthwise using **Utility Knife**; scrape out seeds and dice. Slice onion using **Ultimate Mandoline** fitted with thin slicing blade. Cut avocado in half using **Utility Knife**, avoiding pit; twist halves apart and remove pit. Dice avocado and place into **Classic Batter Bowl**. Add tomatoes and onion. Juice lemon to measure 2 tbsp juice; add to batter bowl and stir gently using **Small Mix 'N Scraper®**.
- 3 Distribute tomato mixture evenly over pizza. Sprinkle with bacon, if desired. Cut pizza into squares with **Pizza Cutter**. Serve using **Mini-Serving Spatula**.

Yield: 8 servings

Nutrients per serving: Calories 340, Total Fat 16 g, Saturated Fat 8 g, Cholesterol 55 mg, Carbohydrate 28 g, Protein 22 g, Sodium 570 mg, Fiber 3 g

cook's tip

To cook bacon, cut into ¼-in. pieces; cook in **(8-in.) Sauté Pan** over medium-high heat 10-12 minutes or until crisp. Remove bacon from pan; drain on paper towels.



Unroll dough onto Large Bar Pan. Gently stretch and press into pan.



Top crust with chicken and cheese. Bake until cheese is melted and crust is golden brown.



Dice avocado by cutting it in half with Utility Knife, removing pit and placing halves flesh side down on **Cutting Board**. Cut halves into quarters and peel. Dice quarters.



Use **Stainless Whisk** as a lemon reamer by choking up on the head of the whisk and juicing the lemon over a **Prep Bowl**.