

Chicken, Burgers, Steak, Pork - Your Way!



- 1 Heat the Grill Pan and Grill Press over medium heat, about 5 minutes.
- 2 Brush meat with oil and sprinkle with any rub.
- 3 Grill using Grill Press to desired doneness:

Chicken	Boneless, skinless breasts, 4 oz (125 g) each	About 5 minutes per side or until internal temperature is 160°F (71°C).
Burgers	4 oz (125 g) each	About 4 minutes per side or until internal temperature is 155°F (68°C).
Steak	4 oz (125 g) boneless beef sirloin, 1 in. (2.5 cm) thick	About 4 minutes per side or until internal temperature is 155°F (68°C), medium doneness.
Pork chops	Bone-in, 6-8 oz (175-250 g) each	About 3 minutes per side or until internal temperature is 155°F (68°C).
Pork tenderloin	Whole, 1 lb (450 g)	About 18 minutes or until internal temperature is 155°F (68°C), turning occasionally.

Note: Temperatures will rise about 5°F after cooking.



Choose any of these simple side dishes to complement your main dish.

Heat up some veggies or make a simple side salad and... dinner is on — *your way!*

Buttery Dill Carrots

- 1 lb (450 g) baby carrots (about 3 cups/750 mL)
- ¼ cup (50 mL) water
- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) **All-Purpose Dill Mix**
- ⅛ tsp (0.5 mL) salt



Place carrots and water in **Large Micro-Cooker®**. Cover and microwave on HIGH 6 minutes or until carrots are crisp-tender; drain. Add butter, dill mix and salt; toss gently.

Yield: 6 servings

U.S. Nutrients per serving: Calories 45, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrate 6 g, Protein 1 g, Sodium 120 mg, Fiber 2 g

Cook's Tip: Dried dill weed can be substituted for the All-Purpose Dill Mix, if desired.

Perfect Pasta

- 8 oz (250 g) uncooked angel hair pasta
- 1½ cups (375 mL) chicken broth
- ½ cup (125 mL) water
- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tbsp (15 mL) **Lemon Pepper Rub** (optional)



Break pasta in half. Combine pasta, broth and water in **Rice Cooker Plus**. Microwave, covered, on HIGH 6–8 minutes or until pasta is tender. Carefully remove lid. Add butter, parsley and rub, if desired. Toss pasta using **Chef's Tongs** until butter is incorporated. Serve immediately.

Yield: 4 servings

U.S. Nutrients per serving: Calories 230, Total Fat 4.5 g, Saturated Fat 2 g, Cholesterol 10 mg, Carbohydrate 41 g, Protein 8 g, Sodium 350 mg, Fiber 2 g

Quick Polenta

- 2½ cups (625 mL) water
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) coarsely ground black pepper
- 2 garlic cloves, pressed
- ⅔ cup (150 mL) yellow cornmeal
- 2 tbsp (30 mL) heavy whipping cream
- 2 tbsp (30 mL) butter



Place water, salt, black pepper and pressed garlic in **Large Micro-Cooker®**; cover and microwave on HIGH 3–5 minutes or until water is steaming. Slowly whisk in cornmeal. Microwave, covered, 2–4 minutes or until polenta is tender. Whisk in cream and butter.

Yield: 4 servings

U.S. Nutrients per serving: Calories 160, Total Fat 9 g, Saturated Fat 5 g, Cholesterol 25 mg, Carbohydrate 20 g, Protein 2 g, Sodium 200 mg, Fiber 1 g

Quick Mashed Potatoes

- 1½ lbs (700 g) unpeeled red potatoes, cubed
- ¼ cup (50 mL) milk
- Salt and coarsely ground black pepper



Optional mix-ins such as butter, pressed garlic cloves, cream cheese, sour cream, cheddar cheese or chopped fresh parsley.

Place potatoes and enough water to cover into **Rice Cooker Plus**. Cover; microwave on HIGH 10–12 minutes or until potatoes are tender. Carefully remove inner lid and drain water. Add milk to potatoes; mash potatoes. Add salt, black pepper and one or more mix-ins, if desired; mix well.

Yield: 4 servings

U.S. Nutrients per serving (excluding optional ingredients): Calories 130, Total Fat .5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 28 g, Protein 4 g, Sodium 90 mg, Fiber 3 g

Smoked Gouda Grits

- 3 cups (750 mL) chicken broth
- ½ cup (125 mL) heavy whipping cream
- 1 cup (250 mL) uncooked quick grits
- 4 oz (125 g) smoked Gouda cheese, grated



Place broth and cream in **Large Micro-Cooker®**. Microwave, covered, on HIGH 3–5 minutes or until hot. Add grits; cover and microwave on HIGH 4–5 minutes or until thickened. Add cheese; stir until cheese is melted.

Yield: 6 servings

U.S. Nutrients per serving: Calories 240, Total Fat 13 g, Saturated Fat 8 g, Cholesterol 50 mg, Carbohydrate 22 g, Protein 9 g, Sodium 450 mg, Fiber 1 g

Cook's Tips: Other smoked cheeses such as smoked cheddar or smoked Provolone will work well in this recipe.

Grits are coarsely ground corn traditionally served for breakfast. Quick grits are best for this recipe.

If grits thicken too much, stir in additional chicken broth and reheat them.

Mashed Sweet Potatoes

- 2 medium sweet potatoes (about 12 oz/350 g each)
- ½ cup (125 mL) milk
- 2 tbsp (30 mL) butter
- ½ tsp (2 mL) salt



Pierce potatoes in several places with a fork; place on paper towels and microwave on HIGH 14–16 minutes or until potatoes are very tender. Transfer potatoes to **Cutting Board**; cool slightly. In **Classic Batter Bowl**, combine milk, butter and salt. Microwave on HIGH 1–2 minutes or until hot. Cut potatoes in half lengthwise; carefully scoop flesh into batter bowl. Mash until smooth.

Yield: 4 servings

U.S. Nutrients per serving: Calories 160, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrate 23 g, Protein 3 g, Sodium 380 mg, Fiber 3 g

Cook's Tip: Before mashing, carefully squeeze the sweet potatoes with a kitchen towel to make sure they are very soft. The **Core & More** is a great tool to scoop out the flesh.

Speedy Pearl Couscous

- 1¾ cups (425 mL) chicken broth
- 1½ cups (325 mL) uncooked pearl couscous
- ¼ cup (50 mL) toasted slivered almonds
- ⅓ cup (75 mL) chopped fresh parsley



Pour broth into **Large Micro-Cooker®**; microwave, covered, on HIGH 2–3 minutes or until boiling. Add couscous; microwave, covered, on MEDIUM (50% power) 5–7 minutes or until most of the liquid is absorbed. Stir in almonds and parsley.

Yield: 4 servings

U.S. Nutrients per serving: Calories 230, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 38 g, Protein 7 g, Sodium 380 mg, Fiber 3 g

Cook's Tips: Pearl couscous (also labeled Israeli couscous) is much larger and rounder than regular couscous and has a chewier texture. It can be found in the grain and pasta aisle in major grocery stores.

To toast almonds, place almonds on **Small Bar Pan**. Microwave on HIGH 2–3 minutes or until golden brown, stirring every minute.