

Feeding your family does not have to break the bank! Enjoy these great-tasting, easy-to-prepare recipes that are economical mealtime solutions in today's economy. Each one costs about \$2 per serving! Share the love with your friends by hosting a show where I can demonstrate one of these delicious dishes and talk more about saving money without sacrificing time or flavor!*

* Prices are estimated and can vary regionally



Asian Pork and Noodle Skillet

Tight on time? This quick skillet dish is a great "go-to" recipe that your family will request again and again!



2 medium carrots, peeled
1 medium red bell pepper
5-6 green onions with tops (about 1¼ cups sliced), divided
2 pork tenderloins (about 1 pound each)
2 tablespoons toasted sesame oil
2 tablespoons Asian Seasoning Mix
4 packages (3 ounces each) oriental-flavor ramen noodles
1 tablespoon vegetable oil
4 cups water

1. Cut carrots into julienne strips using Julienne Peeler. Cut bell pepper lengthwise into ¼-inch strips using Chef's Knife. Slice green onions; set aside tops for garnish.
2. Using Boning Knife, trim fat and silver skin from pork tenderloins. Slice pork lengthwise into four strips. Thinly slice strips crosswise. Combine pork, sesame oil, seasoning mix and two of the ramen seasoning packets in Classic Batter Bowl; mix well with Classic Scraper.
3. Add vegetable oil to (12-in.) Skillet; heat over medium-high heat 1-3 minutes or until shimmering. Add half of the pork. Cook and stir 2-3 minutes or until browned; remove pork from Skillet and keep warm. Repeat with remaining pork.
4. Add carrots and bell pepper to Skillet. Cook 1-2 minutes or until crisp-tender. Add water and remaining ramen seasoning packets; stir to loosen browned bits from bottom of Skillet using Bamboo Spatula. Add ramen noodles and white parts of green onions to Skillet. Cover; bring to a boil and cook 4-5 minutes or until noodles are softened. Add pork; stir to break apart noodles. Remove Skillet from heat; let stand, covered, 3-4 minutes or until pork is heated through. Garnish with reserved green onion tops.

Yield: 6 servings

Nutrients per serving: Calories 530, Total Fat 24 g, Saturated Fat 8 g, Cholesterol 100

Creamy One-Pot Pasta

This one-pot wonder combines slivered garlic and fresh vegetables for a light pasta dish your family will be sure to request again.



4 large garlic cloves, peeled
1 jar (7 oz) sun-dried tomatoes in oil, undrained
3 cans (14.5 oz each) chicken broth (5¼ cups)
1 lb uncooked penne pasta
1 head broccoli (2 cups small florets)
2 medium carrots, peeled
4 oz reduced-fat cream cheese (Neufchâtel)
¼ tsp salt
½ tsp coarsely ground black pepper
Grated fresh Parmesan cheese and snipped fresh basil (optional)

1. Thinly slice garlic using Color Coated Paring Knife. Place garlic and 1 tbsp oil from sun-dried tomatoes into (8-qt.) Stockpot. Cook garlic over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Remove from heat; add broth. Return to burner; increase heat to high. Cover and bring to a boil. Stir in pasta; cover and simmer vigorously 8-10 minutes or until pasta is almost cooked but still firm, stirring occasionally using Mega Scraper.
2. Meanwhile, cut broccoli into small florets; place into Classic Batter Bowl. Cut carrots in half lengthwise; thinly slice crosswise on a bias using Santoku Knife. Drain sun-dried tomatoes; pat dry with a paper towel. Slice tomatoes into thin strips. Add carrots and tomatoes to batter bowl.
3. Cut cream cheese into cubes. Add vegetables, cream cheese, salt and black pepper to Stockpot. Stir until cream cheese is melted and fully incorporated. Reduce heat to medium; cover and cook an additional 2-4 minutes or until vegetables are tender. Serve immediately in Simple Additions® Dots Large Round Bowl. If desired, top with grated fresh Parmesan cheese and snipped fresh basil.

Cook's Tips: For an interesting flavor twist, omit salt, black pepper, Parmesan cheese and basil. Add 1 tbsp Moroccan Rub or Greek Rub.

For a heartier version of this recipe, add grilled turkey Italian sausage or sliced grilled chicken breasts to pasta.

If desired, 2 cups halved cherry tomatoes can be substituted for the sun-dried tomatoes.

Yield: 6 servings

Light Nutrients per serving: Calories 410, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrate 65 g, Protein 15 g, Sodium 1000 mg, Fiber 5 g

Deluxe Cheeseburger Salad

This unexpected spin on the classic burger will delight even the pickiest eaters at the table.



4 sesame seed hamburger bun tops
1 small red onion, divided
2 plum tomatoes
¾ lb 95% lean ground beef
½ cup finely diced dill pickles
¾ cup ketchup
1 tbsp yellow mustard
8 cups thinly sliced romaine lettuce
1 cup (4 oz) shredded cheddar cheese

1. Preheat oven to 425°F. Slice bun tops into ¼-in. strips (if bun tops are very thick, slice bottoms off horizontally before slicing into strips). Arrange in a single layer on Large Bar Pan; bake 8-10 minutes or until lightly toasted. Remove to Stackable Cooling Rack; cool completely.
2. Slice half of the onion crosswise into thin rings using Ultimate Mandoline fitted with thin slicing blade. Remove and discard stems from tomatoes; cut tomatoes into quarters lengthwise and slice crosswise using Utility Knife. Set onion and tomatoes aside.
3. Cook ground beef in (8-in.) Sauté Pan over medium-high heat 5-7 minutes or until no longer pink, breaking beef into crumbles using Slotted Turner. Chop remaining onion half using Food Chopper. Finely dice pickles using Utility Knife. In Classic Batter Bowl, combine chopped onion, pickles, ketchup and mustard. Add cooked ground beef; mix well using Small Mix 'N Scraper®.
4. To serve, arrange lettuce on large serving platter. Spoon beef mixture over lettuce. Top with cheese, tomatoes and sliced onion. Arrange hamburger bun croutons around edge of platter. Serve immediately.

Yield: 6 servings

Nutrients per serving: Calories 250, Total Fat 10 g, Saturated Fat 5 g, Cholesterol 55 mg, Carbohydrate 20 g, Protein 20 g, Sodium 730 mg, Fiber 3 g

Barbecue Pork Tenderloin

Our Deep Covered Baker allows you to cook a pork tenderloin in the microwave, giving you a head start on speedy sandwiches and salads.



- 1 pork tenderloin (about 1 pound)
- 1 tablespoon vegetable oil
- 2 tablespoons Smoky Barbecue Rub

1. On Large Grooved Cutting Board, trim fat and silver skin from pork tenderloin using Utility Knife. Brush pork with oil using Chef's Silicone Basting Brush. Place pork into Deep Covered Baker, tucking smaller end under to create a uniform thickness. Evenly rub pork with barbecue rub.
2. Cover baker; microwave on HIGH 6-10 minutes, checking temperature at 6 minutes and then at every 2-minute interval or until Pocket Thermometer registers 150°F. Remove baker from microwave; let stand, covered, 10 minutes (temperature will rise to 160°F for medium doneness).
3. See the additional recipes for Miniature Barbecue Pork Sandwiches and Barbecue Pork Salad for ideas on using the Barbecue Pork Tenderloin.

Cook's Tip: This recipe can be doubled easily. Place two tenderloins in Deep Covered Baker; microwave on HIGH 8-12 minutes as directed above.

Yield: 4 servings

Nutrients per serving: Calories 190, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 75 mg, Carbohydrate 0 g, Protein 23 g, Sodium 300 mg, Fiber 0 g

Miniature Barbecue Pork Sandwiches

Cut 1 medium onion into ¼-inch-thick slices. Arrange onion slices over bottom of baker. Prepare pork as directed above; place over onion slices and microwave as directed. Cut pork into ¼-inch-thick slices. Arrange sliced pork evenly on 8 small rolls; top pork with onions. Spread about 1 teaspoon Smoky Barbecue Sauce over top half of each roll; top sandwiches and serve. An excellent topping for these sandwiches is Onion-Cranberry Marmalade from The Pampered Chef® Cooking for Two & More. For other unique flavors, substitute Citrus & Basil Rub or Crushed Peppercorn & Garlic Rub for barbecue rub.

Yield: 8 mini sandwiches



Barbecue Pork Salad

Prepare pork as directed. For dressing, combine ¼ cup ranch salad dressing and 1 teaspoon Smoky Barbecue Rub. Cut pork into strips. Thinly slice half of a medium red onion. In Simple Additions® Dots Large Round Bowl, combine 1 package (7 ounces) iceberg lettuce salad mix and 2 cups cole slaw mix; top with onion, 1 cup thawed frozen corn and pork. Drizzle with dressing.

Yield: 4 servings

Nutrients per serving: Calories 320, Total Fat 18 g, Saturated Fat 3.5 g, Cholesterol 80 mg, Carbohydrate 15 g, Protein 26 g, Sodium 500 mg, Fiber 3 g



Here are other flavor variations which use the pork tenderloin cooked in the Deep Covered Baker.

1. Jerk Pork Tenderloin with Rice: Slice 1 medium red bell pepper into thin strips, arrange evenly over bottom of baker. Prepare pork as directed, substituting Jamaican Jerk Rub for the barbecue rub. Slice pork; serve over rice. Sprinkle with sliced green onions.
2. Southwest Pork Fajitas: Slice 1 medium onion and 1 medium green bell pepper; arrange evenly over bottom of baker. Add 1 pressed garlic clove to baker. Prepare pork as directed, substituting Southwestern Seasoning Mix for barbecue rub. Slice pork into strips, return to baker and toss with onion and pepper. Serve with warm tortillas. Garnish with shredded cheese, salsa, sour cream and guacamole, if desired.

Casbah Chicken & Couscous

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

- 1 lb boneless, skinless chicken breasts
- 2 tbsp Moroccan Rub, divided
- 1 tsp salt, divided
- 1/3 cup blanched slivered almonds (optional)
- 1 tbsp vegetable oil
- 1 can (14 oz) chicken broth
- ½ cup water
- 1 medium red onion
- 1 large mango (about 1 lb)
- 1 pkg (10 oz) uncooked plain couscous (1½ cups)
- ½ cup lightly packed fresh cilantro leaves

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 and serve immediately.

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.

Yield: 6 servings

Nutrients per serving (excluding optional ingredient): 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

Microwave White Chicken Chili



- 3 whole heads garlic (about 48 cloves), unpeeled
- $\frac{3}{4}$ tsp salt, divided
- 3 tbsp olive oil, divided
- 2 poblano peppers
- 1 medium onion
- $1\frac{1}{2}$ 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 $\frac{1}{4}$ in. off the pointed top of garlic heads to expose cloves. Place garlic cut side up in Classic Batter Bowl. Sprinkle garlic with $\frac{1}{4}$ 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 $\frac{1}{2}$ 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.

Cook's Tip: 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.

Yield: 8 servings (8 cups)

Nutrients per serving: Light (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

Ham and Cheese Brunch Squares

Drop-in guests on their way for brunch? No problem! This colorful dish comes together in no time and serves a crowd.



- 1 teaspoon vegetable oil
- 2 cups (8 ounces) grated Colby & Monterey Jack cheese blend, divided
- 1 package (22.5 ounces) frozen toaster hash brown patties, thawed (10 patties)
- 8 ounces cream cheese, softened
- 12 eggs
- ½ teaspoon coarsely ground black pepper
- 8 ounces thickly sliced deli ham
- 4-5 green onions with tops, divided (1 cup sliced)
- 3 plum tomatoes
- Additional coarsely ground black pepper (optional)

1. Preheat oven to 450 °F. Lightly brush Large Bar Pan with oil using Chef's Silicone Basting Brush. Grate cheese using Ultimate Mandoline. Crumble hash browns over bar pan; press gently into an even layer. Sprinkle half of the cheese evenly over hash browns. Bake 13-15 minutes or until crust starts to brown and cheese is melted.
2. Meanwhile, in Classic Batter Bowl, whisk cream cheese until smooth using Stainless Whisk. Gradually add eggs and black pepper; whisk until smooth. On Cutting Board, coarsely chop ham using Food Chopper. Slice green onions, reserving ¼ cup of the tops for garnish. Place ham and remaining green onions into (8-in.) Sauté Pan; cook and stir over medium heat 2-3 minutes or until hot. Stir ham mixture into egg mixture using Small Mix 'N Scraper®.
3. Remove bar pan from oven to Stackable Cooling Rack. Pour egg mixture over crust. Return bar pan to oven; bake 6-8 minutes or until center is set. Meanwhile, slice tomatoes in half lengthwise using Utility Knife; scrape out seeds and dice. Remove bar pan from oven; top with remaining cheese, tomatoes and reserved green onions. Sprinkle with additional black pepper, if desired. Cut into squares and serve using Mini-Serving Spatula.

Cook's Tips: To soften cream cheese, microwave on HIGH 15-20 seconds or until softened. Whisk until smooth. If desired, 2 cups cooked and crumbled bulk pork sausage (¾ pound) or 1 pound bacon, cooked, drained and crumbled, can be substituted for the deli ham.

Yield: 12 servings

Nutrients per serving: Calories 250, Total Fat 19 g, Saturated Fat 10 g, Cholesterol 260 mg, Carbohydrate 4 g, Protein 16 g, Sodium 530 mg, Fiber 0 g

Chicken Tortilla Casserole

This quick microwave casserole is based on Mexican chilaquiles, which uses broken tortilla chips for added texture.

1 poblano pepper
1½ lb boneless, skinless chicken thighs
2 tbsp Southwestern Seasoning Mix
¼ tsp salt
1 can (15 oz) black beans, drained and rinsed
1½ cups thick and chunky salsa
4 cups broken tortilla chips
1 cup (4 oz) shredded cheddar and Monterey Jack cheese blend
Snipped fresh cilantro (optional)

1. Remove stem and seeds from poblano pepper using Utility Knife; slice into thin strips. Arrange poblano strips evenly over bottom of Deep Dish Baker. Thinly slice chicken using Utility Knife. Combine chicken, seasoning mix and salt in Classic Batter Bowl. Arrange chicken over poblano strips. Cover baker with 15-in. square of Parchment Paper, tucking corners of paper under baker. Microwave on HIGH 4 minutes; stir using Mix 'N Scraper® to separate chicken strips. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.
2. Drain and rinse black beans using small Colander. Stir beans and salsa into chicken mixture. Gently stir in tortilla chips with Small Mix 'N Scraper®. Grate cheese over baker using Deluxe Cheese Grater. Microwave, uncovered, on HIGH 2-3 minutes or until cheese is melted. If desired, snip cilantro using Kitchen Shears; sprinkle over casserole.

Cook's Tip: Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired. Poblano peppers are dark green chiles with a rich flavor that varies from mild to slightly spicy. Poblanos are about 2 1/2 in. wide and 4-5 in. long, forming a triangular shape.

If desired, 1 small onion, cut into thin wedges, can be substituted for the poblano pepper. Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.

Yield: 6 servings

Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 115 mg, Carbohydrate 26 g, Protein 31 g, Sodium 1120 mg, Fiber 6 g

Lemony Moroccan Chicken Pitas

Quick-preserved lemon is prepared in the microwave for authentic flavor in a flash.

1 lemon, divided
¼ tsp salt
3 tbsp olive oil, divided
6 (6-in.) flat pita bread rounds (without pockets)
1 large red bell pepper (about 1 cup finely diced)
2 cups finely diced cooked chicken
¼ cup finely chopped fresh cilantro
2 tbsp Moroccan Rub
¼ cup water
1 cup (4 oz) shredded mozzarella cheese
Crumbled feta cheese (optional)

1. Preheat oven to 450°F. Cut lemon in half crosswise using (5-in.) Santoku Knife; set half aside for later use. Slice remaining lemon half using Ultimate Mandoline fitted with v-shaped blade. Sprinkle lemon slices with salt and place in Prep Bowl; drizzle with 1 tbsp of the oil. Microwave on HIGH 1-2 minutes or until slices are softened. Set aside to cool.

- Trim pitas to form 6-in. squares using Bread Knife; discard trimmings. Cut pitas in half diagonally to create triangles. Arrange pitas close together on Large Bar Pan. Bake 8-10 minutes or until pitas begin to brown.
- Meanwhile, finely dice bell pepper and chicken. Pat lemon slices dry with paper towels. Finely chop lemon slices and cilantro using Chef's Knife.
- Heat rub and remaining 2 tbsp oil in (10-in.) Skillet over medium-high heat 1-2 minutes or until fragrant. Add bell pepper; sauté 1-2 minutes or until crisp-tender. Add chicken, chopped lemon, cilantro and water. Juice reserved lemon half into Skillet using Citrus Press; cook and stir 2-3 minutes or until heated through. Add mozzarella cheese to Skillet; stir until cheese is melted and fully incorporated.
- Remove bar pan from oven to Stackable Cooling Rack. Spread chicken mixture over pitas. Sprinkle with feta cheese, if desired. Serve immediately.

Cook's Tip: For a delicious Indian-inspired flavor, 2 tsp curry powder and $\frac{3}{4}$ tsp salt can be substituted for the Moroccan Rub.

Yield: 6 servings

Nutrients per serving: Calories 380, Total Fat 14 g, Saturated Fat 4.5 g, Cholesterol 50 mg, Carbohydrate 37 g, Protein 26 g, Sodium 790 mg, Fiber 4 g

The Incredible 30-Minute Chicken

Our Deep Covered Baker and a flavorful seasoning mixture make this chicken easy and irresistible. This quick microwave method is a real time-saver, perfect for a weeknight meal or when a recipe calls for cooked chicken.



Chicken

- 1 whole chicken (3½-4 pounds)
- 1 tablespoon olive oil

Seasoning Mixture

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

- 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.
- 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.
- Microwave, uncovered, on HIGH 25-30 minutes or until Pocket Thermometer registers 165oF in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170oF).

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

Variations:

1. Use our Pampered Pantry rubs and seasoning mixes to give alternate flavors to your chicken.
2. All-in-One Chicken Dinner - Prepare chicken as directed above and place in baker. Combine 1 cup each celery and carrots, cut into 1-inch pieces, and 3 cups red or russet potatoes, cut into 2-inch pieces, in Classic Batter Bowl. Toss with additional seasoning, if desired. Arrange vegetables around chicken. Microwave, uncovered, on HIGH 35-40 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).
3. Lightened-up 30-Minute Chicken - Carefully remove skin from chicken; season as recipe directs. Microwave, uncovered, on HIGH 20-25 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 330, Total Fat 15 g, Saturated Fat 3.5 g, Cholesterol 135 mg, Carbohydrate 2 g, Protein 44 g, Sodium 420 mg, Fiber 0 g

Spinach Carbonara Pizza

Carbonara, a creamy white sauce flavored with bacon, gives this pizza a deliciously unconventional look and flavor.

- 1 pkg (13.8 oz) refrigerated pizza crust
- 6 slices bacon, divided
- 1 pkg (6 oz) fresh baby spinach leaves (about 8 cups)
- 2 garlic cloves, pressed
- 1 oz grated fresh Parmesan cheese (about ¼ cup packed)
- 1 cup jarred Alfredo pasta sauce
- ¼ tsp coarsely ground black pepper
- 2 cups (8 oz) shredded mozzarella cheese, divided
- Additional coarsely ground black pepper (optional)

4. Preheat oven to 450°F. Unroll dough over bottom of lightly greased Large Bar Pan. Gently stretch and press dough to cover bottom of bar pan. Bake 10-12 minutes or until crust begins to brown; remove pan from oven to Stackable Cooling Rack.
5. Meanwhile, slice bacon into ¼-in. pieces; cook in (8-in.) Sauté Pan over medium heat 5-6 minutes or until crisp. Remove bacon from pan; drain on paper towels. Place spinach and garlic pressed with Garlic Press into Classic Batter Bowl. Cover batter bowl; microwave on HIGH 2-3 minutes or until spinach is wilted. Carefully remove lid; press spinach to side of batter bowl using Small Mix 'N Scraper®. Dab excess moisture with paper towels and set aside.
6. Grate Parmesan cheese using Microplane® Adjustable Grater; set aside. Finely chop half of the bacon using Food Chopper. Measure Alfredo sauce in (2-cup) Easy Read Measuring Cup. Add chopped bacon and black pepper to Alfredo sauce; mix well.
7. To assemble pizza, spread sauce to edges of crust. Top sauce completely with 1 cup of the mozzarella cheese, spinach mixture and remaining bacon. Sprinkle with remaining mozzarella cheese, Parmesan cheese and additional black pepper, if desired.

8. Bake 7-10 minutes or until cheese is melted and golden brown. Remove from oven to cooling rack. Cut pizza into squares using Pizza Cutter. Serve using Mini-Serving Spatula.

Yield: 6 servings

Nutrients per serving: Calories 400, Total Fat 21 g, Saturated Fat 11 g, Cholesterol 65 mg, Carbohydrate 37 g, Protein 20 g, Sodium 1310 mg, Fiber 2 g

Power Cooking – Make-Ahead Ground Beef



3 medium onions
3 lb 90% lean ground beef or 93% lean ground turkey
3 garlic cloves, pressed

1. Chop onions using Food Chopper.
 2. Place onions, beef and garlic pressed with Garlic Press into (12-in.) Skillet. Cook over medium-high heat 15-18 minutes or until beef is no longer pink, breaking into crumbles using Mix 'N Chop.
 3. Divide beef mixture into three portions.
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Easy Beef Stroganoff

1. Prepare and freeze:

To one portion of Make-Ahead Ground Beef, add:

8 oz sliced mushrooms

1 can (10¾ oz) condensed cream of mushroom soup

¼ cup water

1 tsp ground paprika

½ tsp salt

¼ tsp coarsely ground black pepper

Combine in large resealable plastic bag. Freeze for up to three months.



2. Defrost:

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into (10-in.) Skillet and bring to a simmer over medium heat. (If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Stir 8 oz sour cream into beef mixture.
- Cook 1 lb egg noodles; drain. Toss with ¼ cup snipped fresh parsley and 2 tbsp melted butter.
- Spoon stroganoff over noodles and sprinkle with additional paprika and parsley, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 400, Total Fat 22 g, Saturated Fat 11 g, Cholesterol 110 mg, Carbohydrate 27 g, Protein 22 g, Sodium 660 mg, Fiber 2 g

Saucy Beef Chili

1. Prepare and freeze

To one portion of Make-Ahead Ground Beef, add:

- 1 can (16 oz) chili beans in sauce, undrained
- 1 can (14.5 oz) petite diced tomatoes, undrained
- 1½ cups water
- 1 can (6 oz) tomato paste
- 1 pkt (1.48 oz) chili seasoning mix

Combine in large resealable plastic bag. Freeze for up to three months.



2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into (10-in.) Skillet and bring to a simmer over medium heat. (If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Spoon chili into bowls.
- Top with shredded cheddar cheese, sliced green onions or sour cream, if desired.

Serving Suggestions: This chili can be served on top of baked potatoes or with purchased cornbread, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 260, Total Fat 8 g, Saturated Fat 3 g, Cholesterol 50 mg, Carbohydrate 27 g, Protein 21 g, Sodium 980 mg, Fiber 6 g

Zesty Beef Tacos

1. Prepare and freeze

To one portion of Make-Ahead Ground Beef, add:

- 1 cup chunky salsa
- 1 can (6 oz) tomato paste
- ¾ cup water
- 1 pkt (1 oz) taco seasoning mix

Combine in large resealable plastic bag. Freeze for up to three months.



2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into (10-in.) Skillet and bring to a simmer over medium heat. (If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Arrange 12 taco shells on serving platter.
- Fill with beef mixture, ½ cup shredded cheddar cheese, 1 cup shredded lettuce and 2 seeded and diced plum tomatoes.
- Garnish with snipped fresh cilantro and serve with lime wedges, if desired.

Variation: Zesty Beef Taco Salad: Omit taco shells and increase lettuce to 12 cups. Prepare beef mixture as directed in Steps 1-2. Arrange lettuce on serving platter. Top with beef mixture, cheese, tomatoes and cilantro, if desired.

Yield: 6 servings

Tacos - Nutrients per serving (excluding optional ingredients): Calories 360, Total Fat 17 g, Saturated Fat 6 g, Cholesterol 55 mg, Carbohydrate 31 g, Protein 22 g, Sodium 1070 mg, Fiber 6 g
Salad - Nutrients per serving (excluding optional ingredient): Calories 250, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 55 mg, Carbohydrate 17 g, Protein 21 g, Sodium 980 mg, Fiber 5 g

Italian Beef Hoagies

1. Prepare and freeze

To one portion of Make-Ahead Ground Beef, add:

- 1 each green and red bell pepper, sliced
- $\frac{1}{4}$ cup water
- 2 tbsp red wine vinegar
- 1 pkt (1 oz) onion soup mix
- 1 tbsp Italian Seasoning Mix

Combine in large resealable plastic bag. Freeze for up to three months.



2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into (10-in.) Skillet and bring to a simmer over medium heat. (If cooking immediately, combine ingredients in (10-in. Skillet) and bring to a simmer over medium heat.)

3. Finish and serve!

- Sprinkle 1 cup (4 oz) shredded Provolone cheese over beef mixture.
- Cover with lid and simmer 1-2 minutes or until cheese is melted.
- Spoon into 6 warm hoagie rolls.

Yield: 6 servings

Nutrients per serving: Calories 610, Total Fat 20 g, Saturated Fat 8 g, Cholesterol 60 mg, Carbohydrate 75 g, Protein 32 g, Sodium 1380 mg, Fiber 5 g

Easy Beef Stroganoff

1. Prepare and freeze

To one portion of Make-Ahead Ground Beef, add:

- 1 cup ketchup
- 2 tbsp Smoky Barbecue Rub
- 2 tsp cider vinegar

Combine in large resealable plastic bag. Freeze for up to three months.



2. Defrost:

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into (10-in.) Skillet and bring to a simmer over medium heat. (If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Divide beef mixture among 6 hamburger buns.
- Top with coleslaw, shredded cheese, shredded lettuce or sliced green onions, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 300, Total Fat 10 g, Saturated Fat 3.5 g, Cholesterol 50 mg, Carbohydrate 33 g, Protein 20 g, Sodium 860 mg, Fiber 2 g

Power Cooking – Make-Ahead Chicken



3 lb boneless, skinless chicken breasts or thighs
1 tbsp vegetable oil

1. Cut chicken into ½-in. cubes using Chef's Knife.
2. Heat oil in (12-in.) Skillet over medium-high heat 1-3 minutes or until shimmering. Add chicken and cook 7-10 minutes or until chicken is no longer pink, stirring occasionally. Drain chicken, if necessary.
3. Divide chicken into three portions.

Chicken Stir-Fry

A medley of colorful vegetables makes this dish a winner!

To prepare and freeze

- 1 portion Make-Ahead Chicken
- 1 cup frozen shelled edamame (soybeans)
- 2/3 cup prepared stir-fry sauce
- 2 medium carrots, peeled and cut into julienne strips
- 3 cups small broccoli florets
- 2 tbsp Asian Seasoning Mix

To finish and serve

- 1 tsp vegetable oil
- ½ cup water
- 6 cups hot cooked rice

Sliced green onions and coarsely chopped peanuts (optional)

1. Prepare and freeze

- In Bag 1, combine chicken, edamame and stir-fry sauce.
- In Bag 2, combine carrots, broccoli and seasoning mix.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Heat oil in (12-in.) Skillet over medium-high heat 1-3 minutes or until shimmering. Add contents of Bag 2. Cook 3-5 minutes or until broccoli is slightly tender.
- Add contents of Bag 1. Cook 3-5 minutes or until broccoli is crisp-tender and chicken is hot.
- Serve stir-fry with rice. If desired, garnish with sliced green onions and coarsely chopped peanuts.

To cook and serve from freezer

- Omit oil. Add contents of Bag 2 and water to (12-in.) Skillet; cover. Bring to a simmer over medium-high heat.
- Add contents of Bag 1 to Skillet; cover. Cook 4-6 minutes or until mixture is heated



through and vegetables are crisp-tender, breaking chicken apart as necessary using Bamboo Spatula.

- Serve as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 380, Total Fat 4 g, Saturated Fat .5 g, Cholesterol 45 mg, Carbohydrate 58 g, Protein 27 g, Sodium 1050 mg, Fiber 4 0067

Greek Chicken and Orzo Skillet

This one-dish meal lends an international flair to any weeknight.

To prepare and freeze

- 1 portion Make-Ahead Chicken
- 2 medium zucchini, cut into ¼-in. pieces
- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1 can (14 oz) garlic and onion-flavored diced tomatoes
- 3 tbsp Greek Rub



To finish and serve

- 2 cans (14 oz each) chicken broth
- ½ cup water
- 1 lb uncooked orzo
- 2 oz crumbled feta cheese
- ½ cup coarsely chopped pitted kalamata olives (optional)

1. Prepare and freeze

- In Bag 1, combine chicken and zucchini.
- In Bag 2, combine beans, tomatoes and rub.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Add contents of Bag 2, broth and water to (12-in.) Skillet; cover and bring to a simmer over medium-high heat.
- Reduce heat to medium; add orzo. Cover and cook 5 minutes (or halfway through cooking time, according to package directions), stirring occasionally.
- Add contents of Bag 1. Cover and cook 5-7 minutes or until orzo is tender and zucchini begins to soften. Remove from heat; top with feta cheese. Sprinkle with olives, if desired.

To cook and serve from freezer

- Add contents of Bag 2, broth and water to (12-in.) Skillet; cover and bring to a simmer over medium-high heat. Cook 8-10 minutes or until mixture comes to a simmer, breaking contents apart as necessary using Bamboo Spatula.
- Proceed as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredient): Calories 450, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 50 mg, Carbohydrate 68 g, Protein 32 g, Sodium 1220 mg, Fiber 6 g

Smoky Black Bean Chicken Wraps

Rustle up the family for a filling meal the kids will love.

To prepare and freeze

- 1 portion Make-Ahead Chicken
- 1 can (15 oz) black beans, drained and rinsed
- 2-3 tbsp Smoky Barbecue Rub, divided (see Cook's Tip)
- 2 cups cooked rice



To finish and serve

- ½ cup water
- 4 oz shredded cheddar cheese
- 6 11-in. flour tortillas
- Shredded lettuce, diced tomatoes and barbecue sauce or Louisiana hot sauce (optional)

1. Prepare and freeze

- In Bag 1, combine chicken, beans and 1-2 tbsp of the rub.
- In Bag 2, combine rice and remaining 1 tbsp rub.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Omit water. Place contents of Bags 1 and 2 into (12-in.) Skillet. Cook over medium-high heat 3-5 minutes or until chicken is heated through.
- To assemble wraps, divide cheese evenly among tortillas; top with chicken mixture and optional ingredients, if desired. Roll up tortillas tightly. Cut wraps in half on a bias and serve.

To cook and serve from freezer

- Add contents of Bag 1 and water to (12-in.) Skillet; cover. Cook over medium-high heat 6-8 minutes or until hot, breaking chicken apart as necessary using Bamboo Spatula.
- Add contents of Bag 2 to Skillet; cook 4-6 minutes or until mixture is heated through.
- Assemble wraps as directed above.

Cook's Tips: If cooking immediately, decrease rub in Bag 1 to 1 tbsp.

To save even more time, packaged, prepared rice can be substituted for the cooked rice in Bag 2

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 460, Total Fat 8 g, Saturated Fat 5 g, Cholesterol 65 mg, Carbohydrate 51 g, Protein 32 g, Sodium 1120 mg, Fiber 4 g

Dijon Chicken Noodle Toss

Creamy and comforting, this pasta dish is guaranteed to satisfy.

To prepare and freeze

- 1 portion Make-Ahead Chicken
- 2 cups frozen peas
- ¼ lb deli ham, diced into ¼-in. pieces
- 1 can (10¾ oz) condensed cream of chicken soup
- 2 tbsp Dijon mustard



To finish and serve

- 12 oz uncooked rotini pasta
- ½ cup water
- 8 oz sour cream
- 1 oz grated fresh Parmesan cheese (optional)
- ¼ cup snipped fresh parsley

1. Prepare and freeze

- In Bag 1, combine chicken and peas.
- In Bag 2, combine ham, soup and mustard.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Cook pasta according to package directions; drain.
- Meanwhile, place water and contents of Bag 2 in (12-in.) Skillet; cover. Bring to a simmer over medium-high heat, stirring occasionally.
- Add sour cream to Skillet. Reduce heat to medium; add contents of Bag 1. Cover and cook 4-6 minutes or until chicken is hot, stirring occasionally.
- Toss cooked pasta with parsley. Spoon chicken mixture over pasta and sprinkle with Parmesan cheese, if desired.

To cook and serve from freezer

- Cook and drain pasta as directed above.
- Meanwhile, place water and contents of Bag 2 in (12-in.) Skillet; cover. Bring to a simmer over medium-high heat; cook 8-10 minutes, stirring occasionally and breaking contents apart as necessary using Bamboo Spatula.
- Proceed as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredient): Calories 480, Total Fat 12 g, Saturated Fat 6 g, Cholesterol 80 mg, Carbohydrate 56 g, Protein 34 g, Sodium 850 mg, Fiber 5 g

Cheesy Chicken Tortilla Soup

This thick, family-pleasing soup is bursting with flavor!

To prepare and freeze

- 1 portion Make-Ahead Chicken
- 3 cups tortilla chips, finely crushed
- 2 cups frozen corn kernels
- 8 oz pasteurized process cheese spread, cut into 1-in. cubes
- 1 can (14.5 oz) diced tomatoes with green chilies
- 2 tbsp Chipotle Rub



To finish and serve

- 2 cans (14 oz each) reduced-sodium chicken broth
- Optional toppings, such as shredded cheddar cheese, snipped fresh cilantro, diced tomatoes and additional crushed tortilla chips

1. Prepare and freeze

- In Bag 1, combine chicken, chips and corn.
- In Bag 2, combine cheese spread, tomatoes and rub.

- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.
2. Finish and serve!
- To cook and serve immediately
- Add contents of Bag 2 and broth to (4-qt.) Casserole. Bring to a simmer over medium heat; cook 12-14 minutes or until cheese is melted and mixture is smooth, stirring occasionally.
 - Add contents of Bag 1 to Casserole; simmer 4-6 minutes or until soup is thickened.
 - Serve soup with optional toppings, if desired.
- To cook and serve from freezer
- Cook contents of Bag 2 and broth as directed above, whisking occasionally using Silicone Sauce Whisk.
 - Add contents of Bag 1 and cook as directed above, breaking chicken apart as necessary using Bamboo Spatula.
 - Serve soup with optional toppings, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 370, Total Fat 16 g, Saturated Fat 7 g, Cholesterol 75 mg, Carbohydrate 29 g, Protein 30 g, Sodium 1770 mg, Fiber 2 g
