

The Guide to Healthy and Nutritious Cooking



SALADMASTER®
WE CHANGE LIFE

Saladmaster – *We Change Life*

Saladmaster supports and encourages people to set high goals, maximize their potential and achieve their own financial success. We know we can make positive, meaningful changes in many lives while maintaining the highest level of customer satisfaction. Our quality products provide a means for people to achieve life-changing financial security while helping customers improve their family's health and well-being.

A Lifetime of Quality...*Guaranteed.*

Every product sold by Saladmaster must meet our stringent standards for quality and performance. Each is backed by our Service Creed and unconditional commitment to provide the best customer service.

Our products are designed and engineered by our own Product Development and Quality Assurance team of experts. We establish specifications and standards that are followed precisely by our qualified manufacturers, subject to rigorous inspection by our staff. All materials used in our products are tested, evaluated and approved in the Saladmaster Quality Assurance Lab. Construction features are specifically engineered for the best performance and durability...ultimately to meet *your* satisfaction.

Become a part of a dynamic, growing organization that offers outstanding income potential, personal growth opportunities, recognition and incentive rewards. Full or part-time positions are available to qualified individuals. The Saladmaster opportunity offers a career that fits your lifestyle. It's more than a business, it's a way of life. Happy, healthy, financially secure...finally a career you can live with!

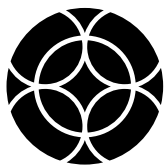
For more information, contact Saladmaster

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Fourth Edition

Written by Adeline Halfmann

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All nutritional information numbers are approximate and are based on figures from food composition tables with additional data for manufactured products, where appropriate, not on direct analysis of prepared dishes. Nutritional analysis may vary by software programs and input data used. Use the figures as a guide only.

Saladmaster

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Customer Service

Welcome to the Saladmaster Healthy and Nutritious Cooking System. Your investment in this quality cookware expresses your sincere interest in providing your family with the best in food preparation equipment.

Everyone in the Saladmaster family wants you to receive the most value from your investment. Proper use of your cookware will pay long-term dividends in health, nutrition, time, and savings.

Your Saladmaster "Guide to Healthy and Nutritious Cooking" provides comprehensive instructions for the use and care of your quality cookware. *Prior to use, please be certain to read this carefully, especially the information on cleaning your utensils.*

Don't be surprised if you enjoy your Saladmaster Cookware so much that you want to share its superior benefits with others. Many of our customers have found a great business opportunity with Saladmaster. While they follow their mission of helping people, they can increase their income. If you want to make a difference in the lives of others and increase your income, please contact us at smc@saladmaster.com.

Thank you for choosing to join the Saladmaster "family." If we can assist you in any way, at any time, please feel free to contact us at the address listed below. Any of our customer service specialists would be pleased to serve you.

Saladmaster Customer Service
4300 Amon Carter Blvd. Suite 100
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Preface

Congratulations on your choice of the Saladmaster Stainless Steel Cookware. You have made an investment in good health and nutrition. Your Saladmaster Cookware will enable you to cook without added fat or water – for a lifetime.

The Saladmaster cooking system means maximum nutrition and flavor without unnecessary calories. It also means optimum retention of vitamins and minerals. Cooking the Saladmaster way enhances the basic flavors of healthful food without adding excessive salt, sugar, fats or oils. You will discover the true, natural tastes of foods.

Low-moisture cooking reduces cooking time too. Certainly, that makes your work in the kitchen easier and less time-consuming. Stovetop roasting and baking, rather than conventional oven use, can reduce your labor by as much as one-half for many foods. Saladmaster's unique vapor-seal lids create a semi-vacuum which shortens cooking time and helps keep food warm long after the heat is turned off.

The original Saladmaster Food Processor, which is simple to use and easy to store, was our company's first product. Through the years, this handy shredder and slicer has repeatedly proven itself. Its success created a demand for cookware as functional as the Saladmaster Food Processor. With nutrition, convenience and economy always primary considerations, we developed cookware to uphold those same quality standards.

Before you begin cooking with your new Saladmaster Cookware, please read and follow the instructions for proper use and care. Consider this cookbook your user's manual.

The introduction includes everything you need to know about Saladmaster Cookware, complete with step-by-step instructions, uses for each piece of equipment, healthful food replacements and much more. The cooking sections that follow will help you get started on your way to a deliciously healthy lifestyle.

Each chapter begins with a brief overview of the recipes to follow, and includes some basic techniques for everyday cooking. Next you will find a collection on contemporary recipes selected for convenience, ease of preparation, nutritional value and good taste, with minimal added fat. Throughout the cookbook special cooking tips will help make you a Saladmaster chef in no time. We have also included the nutritional analysis for each recipe to assist you in making dietary choices.

By following our simple, clear instructions and proven recipes, you will quickly learn the techniques for the ultimate in healthful cooking the Saladmaster way.

Introduction

What You Need to Know About the Saladmaster Health and Nutrition Cooking System

By following the techniques recommended for your new Saladmaster System, you will be able to eat healthier and, in many cases, cook faster than with traditional methods.

The special design of your system preserves vital nutrients through efficient heat distribution. The Vapo-Valve™ in the cover eliminates guesswork by signaling when to turn down the heat, thus creating a vapor seal that allows cooking without added water or fat.

The unique detachable handles make this cookware suitable for use in the oven and even under the broiler. Simply remove the detachable handles and move the cookware using the permanent stainless steel bracket handles. Use potholders when removing the pan from the oven. For rangetop cooking and serving, attach the detachable handles.

Saladmaster Features and Benefits:

- ✓ Vapo-Valve™ takes the guesswork out of low-moisture cooking which preserves nutrition and enhances flavors.
- ✓ The highest quality stainless steel construction ensures that the mirror finish will last for years with minimal care.
- ✓ Multi-radiant core provides even heat distribution on the bottom and sides to promote even cooking and allow stovetop baking.
- ✓ Unique detachable handles provide a comfortable grip for stovetop cooking and tabletop serving, and are removable, allowing this cookware to be used in the oven or under the broiler.
- ✓ Wide, dripless pouring edge is an added convenience.
- ✓ Rounded corners prevent food and grease buildup and are easy to clean.
- ✓ Self-nesting lids facilitate easy storage.
- ✓ Removable detachable handles facilitate easy cabinet or refrigerator storage.
- ✓ Removable detachable handles make your utensils easier to clean, as well as dishwasher safe.
- ✓ Saladmaster detachable handles remain cool to the touch.

Introduction

Important Use and Care

Before first use:

Wash each piece of your new Saladmaster System, including detachable handles, in warm, soapy water to which you have added one cup of vinegar per gallon of water. This removes all traces of manufacturing oils and polishing compounds. Rinse in clear, warm water and dry thoroughly with a clean, soft towel.

Daily-use cleaning:

After every use, remove detachable handles, wash cookware and handles in warm, soapy water, rinse and dry, or remove detachable handles and clean cookware in automatic dishwasher. Never use abrasive cleanser on the handles or clean them in the dishwasher.

For stubborn stains or stuck-on food:

Rinse pan with hot water and sprinkle with mild stainless steel cleanser such as the Saladmaster Stainless Steel Powdered Cleaner that was packed with your cookware and create a paste. Using a damp paper towel, rub in a circular motion. Rinse well in hot, soapy water to remove all cleanser and dry with a clean towel. Never use steel wool or hard abrasives on the outside of your cookware as they might dull the finish.

Warm cookware slowly when moving directly from the refrigerator to the stove. Sudden changes in temperature may cause warping. Never put hot pans on glass refrigerator shelf.

Never put cold water in a hot pan, or immerse a hot pan in dishwater, as this could warp any pan, even one as thick and heavy as Saladmaster cookware. Let the pan cool a few minutes and then add warm water, or place in dishwater. Warping is not covered under the warranty.

Using Your New Saladmaster Cookware Easy as 1-2-3

1. Use the correct-size pan which is at least two-thirds filled with food.
2. For rangetop cooking of meats and poultry, preheat the pan over medium heat. Start with a cold, dry pan for fruits and vegetables.
3. Listen. When the Vapo-Valve™ clicks, reduce the heat to low so that the clicking stops, and cook according to the recipe instructions or to desired doneness.

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Proper Use

- **To Attach Detachable Handle:** Always attach the detachable handle before using the cookware to cook on the rangetop. Use the long handles only on skillets and saucepans; short side handles can be used on any utensil. Align the slot in the handle with the fixed stainless steel bracket on the pan. Do not press the button when attaching the handle. Push the detachable handle onto the stainless steel bracket until it snaps in place.
- **To Remove Detachable Handle:** Always remove the detachable handle before using the utensil in the oven, under the broiler, or washing the pan in the dishwasher. Holding onto the opposite side of the pan, using the other hand, press downward on the button of the detachable handle and pull outward to remove. Never force the handle.
- Never transport the cookware with less than the required number of handles securely and properly attached in an upright position.
- **Never use high heat.** All you need to know is **Medium – Click – Low!** Preheat pans over medium heat, according to your electric range setting. If necessary, use lower settings to control temperature. On a gas range, medium is when the flame reaches halfway to the bottom of the pan. When the Vapo-Valve™ clicks, turn the heat to low. On an electric range that might be the lowest setting. On a gas range it is the lowest flame without going out. If your lowest flame is still too high, use a heat-reducing ring or pad between the burner and the pan. The use of excessive heat for long periods of time can cause a pan to warp.
- Always remove the detachable handles from your cookware before placing cookware in the oven, under a broiler or washing them in a dishwasher or sink. Always use potholders to handle a pan that has been in the oven or under the broiler.
- Do not put salt directly on pan surfaces. When using salt, make sure it dissolves completely to avoid leaving white spots. Beware: *Salt can pit and damage the surfaces. This damage is not covered by the Saladmaster Warranty.*

Introduction

- Preheating may take from two to five minutes. To tell when a pan is properly preheated, sprinkle a few drops of water on the surface. When the water drops bead and dance, the pan is preheated and ready for use.
- **Warping:** Never put cold water or frozen food into a hot pan, or plunge a hot pan into cold water. Sudden changes of temperature may cause any metal to warp, resulting in an uneven bottom. Important: Warping is not covered by the Saladmaster warranty.
- Always make sure that the rim of the lid and the shoulder of the pan remain free of food. This is very important in obtaining the proper seal between the lid and the shoulder of the pan. The Vapo-Valve™ is designed to click when the food or liquid inside the pan reaches the ideal cooking temperature, approximately 187°F (86°C). This is the signal to turn the heat to low.
- It is possible that a piece of cookware will turn blue on the bottom, or even on the inside. This blue tinting simply means that high heat has been used for an excessive amount of time. You can scorch anything, even Saladmaster cookware, by using high heat. If this occurs, rest assured that it will eventually fade away. Remember, you have not harmed the cookware, you have simply burned the metal. It is still sanitary steel and will cook efficiently and safely. Keep in mind, it is never necessary to use high heat, even when boiling water.
- Sometimes a white film will appear on the inside bottom of your cookware. This is primarily sodium cooked out of foods and calcium deposits that the dishwasher will not remove. Use the Saladmaster Stainless Steel Powdered Cleaner. Likewise, any burned-on grease or carbon deposits on the bottom of your cookware can be removed with the use of Saladmaster Stainless Steel Powdered Cleaner.

To avoid scratching the finish, use a damp paper towel with the cleanser. It is abrasive enough to clean the inside and bottom of the cookware without scratching the sides or inside top of the lids.

- To keep the cookware exteriors looking like new, never use an abrasive on the outside finish. If you want to use a soap-filled scouring pad on the inside, feel free to do so, but not on the outside. If anything sticks, add hot water and let stand for 10 minutes before cleaning with Saladmaster Stainless Steel Powdered Cleaner.
- To purchase additional Saladmaster Stainless Steel Powdered Cleaner, contact your Saladmaster representative or email smc@saladmaster.com.

Saladmaster Cooking Basics

Stove Top Roasting Meats - Preheat roaster or skillet over medium heat 2 to 3 minutes until a few drops of water splashed on the surface bead and dance. Place meat firmly into preheated utensil and press down to ensure even searing. Brown the meat on all sides. The meat may stick, but will loosen as it is browned. Do not add liquid (unless recipe calls for it). Cover utensil and cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook according to times listed in the recipe, or remove detachable handles and finish cooking in the oven as directed in recipe, or use this chart as a guide.

Meat	Minutes per Pound	Meat	Minutes per Pound
Beef		Lamb, leg	
rare	10	rare	20
medium rare.....	12	medium.....	25
medium.....	15	well-done	30
well-done	20	Pork.....	25-30
		Veal	20

Fried Foods Without Fats

Any meat, including chicken with or without skin, can be “fried” in your Saladmaster cookware without added fat or oil. The secret is in preheating. Preheat the large or small skillet over medium heat 2 to 3 minutes until a few drops of water splashed on the surface bead and dance. Place meat firmly into preheated skillet and press down to ensure even searing. Brown the meat or chicken on all sides. If additional cooking is required, place the cover slightly ajar on top of the skillet and cook to desired doneness. Always choose the skillet large enough to hold the meat without crowding or cook the meat in small batches if necessary.

Versatile Detachable Handles

The detachable handles allow you to use your cookware in the oven to bake or roast. You can also finish casseroles, skillet meals, top crusts, brown the skin on poultry, toast a crumb topping, or melting cheese by placing them under the broiler for a few minutes. Simply remove the detachable handles and the pans are safe for broiler and oven use.

Frequently Asked Questions

1. Can I put Saladmaster cookware in the dishwasher?

Yes, but only without the detachable handles. After time, however, repeated washing in the dishwasher may dull the cover knob. We recommend that you avoid the heat-dry cycle of the dishwasher by using the energy-efficient air-dry cycle.

2. After I've lowered the heat and the seal has formed, can I lift the lid?

Peek if you must. After replacing the lid, spin it so that the Vapo-Valve™ clicks, indicating that it has resealed itself. If it does not, increase the heat until the valve clicks, then reduce the heat to low.

3. What if my range cooks at a higher temperature than normal?

If your lowest temperature is still too high, you may need to purchase a heat-reducing pad for your burner, such as the type used under glass coffeepots on electric ranges.

4. Can I ever cook over high heat?

High heat may cause warping. Also, foods are more likely to stick or scorch over high heat, and cooking at a too high heat can cause food to shrink and become dry. It is okay, however, to bring large amounts of liquid to a boil, such as water for pasta, over medium-high heat. Reduce the heat after the boiling point has been reached.

5. Can I carve a roast in the pan?

Never use sharp utensils to cut foods in the pan to avoid damaging the finish. Remove foods to a cutting board.

6. Why does the Vapo-Valve™ click as soon as I turn the heat on under a covered pan? Should I lower the heat at that time?

The Vapo-Valve™ is designed to click when the food or liquid inside the pan reaches approximately 187°F (86°C). Occasionally, slow clicking begins before the pan has been exposed to heat long enough to reach that level. When that happens, proceed as you would without the premature click. The click should stop as the heat rises. Once the temperature hits approximately 187°F (86°C), the Vapo-Valve™ will click again. This time, the click will be more rapid and insistent, and it is time to reduce the heat to low.

Stack Cooking

Have You Ever Needed Just One More Burner? Next Time Try Stack Cooking.

Stack cooking can provide that extra burner you need, thus allowing you to prepare two or more dishes while utilizing just one burner. The Saladmaster System is specifically designed to provide even heat distribution and the vacuum seal required for stack cooking.

First, start cooking over medium heat. When the Vapo-Valve™ clicks, simply turn off the burner and immediately stack the pan on top of a pan that is already cooking over another burner. Thanks to the built-in core layer that evenly conducts heat across the bottom, up the sides, and through the cover, each piece of cookware becomes a little oven of its own, with the top piece of cookware becoming nearly as hot as the bottom piece.



Selecting the Right Utensil



Saladmaster cookware performs best when you select the right utensil. You're using the right utensil if it's at least two-thirds full.

A) 1 Qt. (0.9L) Sauce Pan with Cover

The ideal size for preparing vegetables, sauces, gravies, and smaller quantities of food. Pan holds up to two 10-ounce (284g) packages of frozen vegetables.

B) 3 Qt. (2.8L) Sauce Pan with Cover

Good for bulky vegetables, such as corn-on-the-cob or broccoli, and for larger quantities of vegetables. You can cook more than one type of food at a time by inserting the Culinary Basket: an example would be to place sauerkraut in the saucepan and hot dogs in the culinary basket, or rice with water in the sauce pan and fresh or frozen fish in the culinary basket and cook together.

C) 2.5 Qt. (2.4L) Culinary Basket

Fits into the 3 Qt. (2.8L) Sauce Pan, and the mesh material is the perfect size for making tiny orzo pasta. It doubles as a colander for straining foods. Ideal for defatting meats for casseroles, tacos, mincemeat pies, and vapor cooking fresh or frozen fish, shellfish and for the Asian dishes, Siomai and Siopao; and for the Filipino dish, Nilagang Mani. It's the perfect size for small batch frying when in the mood for a great tasting tempura. Works great for vapor blanching for freezing and canning of foods.

D) 9" (22.9cm) Skillet with Cover

Ideal for making breakfasts; a couple of steaks, chops or chicken breasts; a small meat loaf or stovetop baking. Invert the 2 Qt. (1.8L) Sauce Pan over skillet for a Dome Cover.

E) 7 Qt. (6.6L) Roaster with Cover

Saladmaster roasters offer a variety of uses. The 7 Qt. Roaster offers capacity for cooking larger volume foods such as large roasts, hams and hens. Ideal for preparing large volumes of soups, stews, beans and grains. Excellent size for braising baby back ribs then covering and lowering the heat for slow tender cooking. 6 Qt. (5.6L) Culinary Basket available for use with 7 Qt. Roaster.

F) 11" Large Skillet

Just right for multiple steaks, chops, large meat loaf, greaseless fried chicken and skillet suppers. Use with 11-inch flat cover or use inverted 5-quart roaster as a high dome cover for small roasts, or as a base for stack cooking.

G) 10 Qt. (9.5L) Roaster with Cover

This roaster offers superior heat distribution throughout the pan ensuring the very best cooking results every time. Secure fitting cover forms a vapor seal for healthy, low-heat cooking. Foods retain their natural juices, flavors and nutrients. Perfect size for extra-large volume pasta, crab legs, and fish boil. 6 Qt. (5.6L) Culinary Basket available for use with 10 Qt. Roaster.

H) 12" (30.5cm) Electric Oil Core Skillet with Cover and Versa Touch™ Technology

The oil core construction assures that heat disperses evenly over the bottom and sides of the skillet so foods cook to perfection every time. The precise temperature desired can be easily controlled by the exclusive Versa Touch™ electronic probe which also features a countdown timer for added convenience. And the removable temperature probe makes the unit completely immersible in water for cleaning! Imagine fajitas in 7 minutes, pizza in 12, and greaseless fried chicken in about 15 minutes and the best steaks ever in 8 minutes. (Depending on thickness of meat temperatures may vary.)

Using the Saladmaster Food Processor

This handy, simple-to-use Food Processor allows precision slicing and grating of vegetables, fruits, nuts, crackers, cheese, hard sausage, cooked, pickled or smoked fish, or shrimp.

Easy to turn, this manually operated food cutter allows you to have complete control over the speed of the device and the size of the processed pieces of food.

To Use:

1. Remove the food guide cover by sliding it away from the opening. Do not attempt to lift it off.
2. Select the correct cone for the cutting job (descriptions follow).
3. Insert cone into locking mechanism opposite the handle.
4. Check to make sure handle turns and cone is secure.
5. Cut pieces of food so they will slide through the opening.
6. Position Food Processor so that suction cups secure it properly to counter-top.
7. Place a bowl directly under the slicing cone to catch food.
8. Hold palm of hand flat against the top of the food. Push food through cone using constant pressure while turning the handle to activate the cutting mechanism.

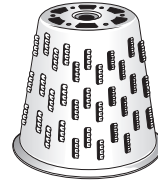
Caution: *The blades are very sharp. Do not place fingers in the opening while cone is in place.*

9. Thoroughly wash base and cutting cones in warm, soapy water. Rinse in hot water, drain or towel dry (not recommended for dishwasher cleaning). Replace the food guide cover and store.

The number stamped on the base of each cone indicates the type and function of each blade:

No. 1—Shredder

For finely shredded foods and for grating hard foods such as cheese, dry or toasted bread, crackers or nuts.



- Beets/carrots/turnips/potatoes—Do not peel. The shredder cutting cone will prepare food so that peeling or scraping is unnecessary.
- Crackers/dry bread—Fill hopper and grate for refrigerated desserts, fish, poultry or seafood.
- Celery—Shredded celery is excellent for soups or salad dressings. Place string side toward hopper to eliminate strings.
- Frozen foods—Shred frozen fruits while still frozen for sundaes, desserts, etc.

No. 2—Stringer

For cutting foods into medium-size “strings.” Cuts considerably larger than shredder, but smaller than French fry cut.



- Onions— Remove skin and cut onions in half for best results, placing outside of onion next to the hopper.
- Carrots—Do not peel. Cut into shoestrings for salads and low-moisture cooking.
- Soft cheese—Cuts into “macaroni-size” pieces for salads or cooking and flavoring other dishes.
- Apples—To peel apples or other fruits, place peeling side to hopper. Serve apple with peel left on for more healthful, appetizing and eye-appealing dishes.

No. 3—French Fryer

Designed for potatoes and other firm vegetables which become the perfect size for fast cooking.



- Carrots/beets/turnips—Perfect cut for low-moisture cooking and when preparing beets for canning.
- Fruits—Fresh pears, apples, or peaches can now be attractively prepared. Apples are excellent for Waldorf

salads and pies, with each slice having a colorful peeling tip.

- Melons—Cut melons, papayas and avocados into fourths or eighths and feed them into the hopper with the skin away from the cutter.

No. 4—Thin Slicer

For potato chips, carrot curls, coleslaw, or any other food to be thinly sliced.

- Radishes/carrots—Fill hopper with radishes and press firmly with palm of hand. For carrot curls, lay carrot flat across cutting cone and press firmly.
- Onions/pickles—For hamburgers or sandwiches where very thin slices are desired. Best results are obtained if onion is peeled, cut in half, and outside is placed next to cutting cone.
- Sauerkraut/slaw—For coleslaw and sauerkraut (delicate, lacy shreds). Cut cabbage in halves or quarters and remove the core. Always cut the cabbage with the leafy side toward the cone.



No. 5—Waffler

For fancy waffled cuts of fruits and vegetables. This cone does not cut as thinly as the thin slicer.

- Potatoes—Do not peel. Simply cut and fry to a golden brown. Sweet potatoes, which must first be peeled, also are excellent when waffled.
- Apples—Cut apple in half and remove core. Slice, cook and serve.
- For pickled beets, cook, slice, and then pickle. Excellent for canning.
- Bananas—Fast and attractive slices for fruit salads.
- Carrots—Do not peel. Slice and cook, or use in salads.



Saladmaster Accessories

Oil Core Electric Skillet - Discover the magic of carefree cooking as extraordinary “oil core” construction evenly disperses heat throughout the pan so foods cook to perfection. Versa Touch™ electronic probe can precisely set desired temperature and features a countdown timer for added convenience. Removable heat control makes unit completely immersible in water.

MP5 (5-Quart Oil Core) - This unit is the ultimate stockpot in versatility, performance, ease of use and technology. Its self-contained “oil core” heating system requires no stovetop and provides gentle, even heating. Ideal as a rice cooker, slow cooker and stockpot. Versa Touch™ electronic probe and MPI (stainless steel insert) included with unit.

6 Qt. (5.6L) Culinary Basket - Need to feed a platoon of family members? Prepare big helpings of pasta using the Saladmaster 6-quart pasta cooker. This item fits perfectly into the 7 and 10-quart roaster.

10-Quart Roaster - Offers superior heat distribution throughout the pan ensuring the very best cooking results every time. Secure-fitting cover forms a vapor seal for healthy, low-heat cooking. Foods retain their natural juices, flavors and nutrients. Perfect for cooking seafood and cajun recipes.

16-Quart Roaster - Features an oversized lid for preparing lobster, stew, chili, soup, and many other extra-large recipes. You can even cook a 22-lb. turkey in this roaster!

Chef's Gourmet Trio - These skillets are a true delight for the culinary artist. The sloped sides on the 8-inch, 10-inch, and 12-inch skillets make them ideal for sautéing mushrooms, flipping omelets, creating crêpes, frying fish, and even stir-frying.

11-Inch Square Griddle - Features the special Saladmaster multi-layered core for perfectly even heat distribution. You won't need to add oil, not even for pancakes. The griddle has no hot spots, and will hold up to 4 grilled cheese sandwiches.

Two Burner Griddle - Perfect for grilling steaks and pork chops, sautéing onions and potatoes, or cooking fajitas for the whole family. Its professional weight and 5-ply construction feature a heat conducting core for quick, even heating and perfect browning. Also great as a baking sheet, roasting pan, or serving tray.

4-Quart Roaster - Perfect for stovetop cooking of small roasts, hams, or chickens. A must for every kitchen, it is ideal for soups, chili, beans, and stews.

12-Inch Deep Dish Griddle - This multi-purpose utensil is great for preparing pizza, pork chops, and hamburgers. It is also fabulous for serving your pineapple upside down cake with a little extra flair.

Turkey Roaster - Extra-large capacity (18½"L x 13"W x 7½"H) will accommodate up to a 22-lb. turkey. It's also ideal for cooking hams, a leg of lamb, buffet meals and more. The bottom has a slightly indented outer channel to capture delicious juices for the most succulent meats. Stainless steel roasting rack included.

Wok - Treat yourself to fresh, wholesome, stir-fry vegetables, chicken, snow peas, or crispy water chestnuts. Stir-frying is fast, healthy, and locks in the natural flavors of meats and the freshness of vegetables. Features sloped sides with a flat bottom for easy use on gas and electric stoves.

Gourmet Wok - This petite wok offers all of the same great features as it's larger counterpart plus, with the addition of a long gourmet handle, provides increased control while stir-frying or sautéing. It is perfect for quick, healthy stir-fry meals for today's smaller families.

Pudding Pan - Great for preparing desserts like custard and flan. Also serves as a high dome cover for the 3-quart saucepan.

3-Piece Bowl Set - ¾-quart, 1½-quart, and 3½-quart bowls are perfect for dozens of cooking uses. Designed for use with electric mixers and wonderful for hand-stirring. Graduated sizes nest for convenient storage.

Bake and Roast Pan - Features generous 9" x 13" size for hearty servings of your favorite desserts, casseroles, or tender roasts.

Oval Baking/Serving Dish - This item is beautiful as well as durable for at-home entertaining. It serves well as a tray for snacks, carving meats, and to prepare such specialties as lasagna.

6-Piece Bakeware Set - Baking anything from Christmas cookies to Grandma's famous secret apple pie recipe is a real treat in the stainless steel bakeware set. Set includes: two 9-inch cake pans, 1½-inch deep; two 9-inch pie pans with juice-saver rims; two 12½ x 15½-inch cookie sheets. Turned edges provide extra strength.

Utility Tray and Utility Cups - Rack conveniently fits into the large skillet and 7-quart roaster for multiple stacking combinations, broiling meats, and steaming vegetables. Versatile utility cups are great for creating individual puddings, cupcakes, cornbreads, muffins, warming baby food, and poaching eggs. Sold separately.

Substitutions

Healthful Replacements for Commonly Used Foods

Commonly Used Food

Bread crumbs, white

Butter

Cornflakes

Cream, sour or whipped

Cream cheese for spreading

Flour, white, as a thickener

Gelatin, artificially flavored
and sweetened

Lard

Milk, whole

Pancake syrup, commercial

Pasta, white

Rice, white

Salt

Solid shortening (hydrogenated)

Soups, canned cream

Sugar, brown or white

Healthful Replacement

Wheat germ; whole-grain bread
crumbs

Low-fat margarine; cholesterol-
free vegetable oil

Wheat germ; crushed whole-grain
bread crumbs

Yogurt

Make your own from yogurt

Whole wheat flour; cornstarch;
soft-cooked rice

Unflavored, unsweetened gelatin

Low-salt butter or margarine;
vegetable oil

Low-fat or skim milk; low-fat yogurt

Honey; molasses; pure maple
syrup

Whole wheat pasta

Brown rice; bulgur

Herbs; spices; lemon juice; wine
(alcohol evaporates in cooking)

Low-salt butter or margarine;
vegetable oil

Chicken broth, powdered milk,
and puréed vegetables

Fruit juice; honey; maple syrup;
molasses

Turkey Asparagus Bundles



Appetizers and Salads

Selecting nutritious, good-tasting appetizers and snacks can be a real challenge, but there are many choices beyond greasy, salt-laden chips with high-fat dips. Vegetables, salsas, marinated seafood, vegetable-based dips—all can make delicious appetizers or snacks without breaking your diet resolve.

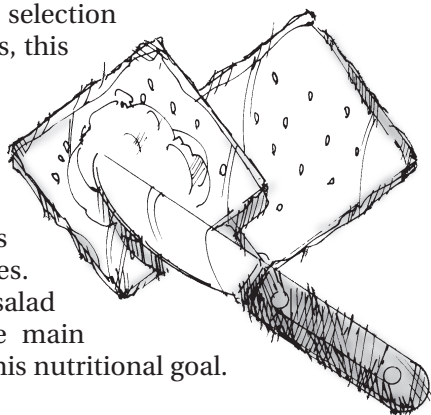
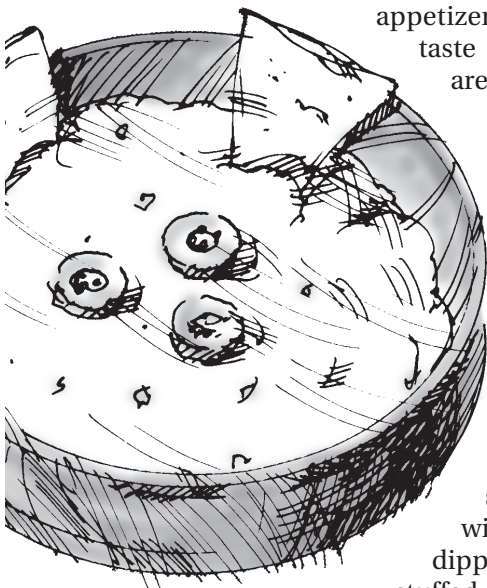
Of course, preparing your own appetizers and snacks can be a money-saving measure as well. These tasty appetizers and salads reflect current taste and nutrition trends and most are quite easy to prepare.

The recipes make excellent use of new low-fat and nonfat products, including cheeses, sour cream and yogurt.

When selecting appetizers for a party, variety is important—some should be full-flavored or spicy, like hot Spicy Chicken Wings or Dill Marinated Shrimp, and some should be mild. Provide lots of vegetable snacks, such as Eggplant Dip with carrot, celery and squash dippers, stuffed new potatoes or stuffed cherry tomatoes.

A platter filled with a variety of fresh fruits will help create a nutritiously balanced and aesthetically pleasing buffet. Some health professionals encourage smaller more frequent meals. With a thoughtful selection of healthful salads and finger foods, this is easily accomplished.

Salads can be one-dish meals as well as nutritious accompaniments to a meal. Remember that nutrition experts recommend at least five servings per day of fruits and vegetables. Serving vegetable snacks and a salad along with hot vegetables at the main meal will make it easy to achieve this nutritional goal.



Fiesta Taco Salad

Utensils: Saladmaster Food Processor; small skillet

Yield: 6 to 8 servings

- 4 ounces fat-free or reduced-fat Cheddar cheese
1 medium onion
1 pound extra-lean ground beef, or ground turkey
1 package (1¼ ounces) low-salt taco seasoning mix
¾ cup water
1 head lettuce, torn into bite-size pieces
3 medium tomatoes, chopped
1 package (7 ounces) nacho cheese tortilla chips,
or baked tortilla chips

Process cheese using No. 1 cone; onion using No. 2 cone.

Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Brown meat, breaking into small pieces with spoon, and drain. Add onion, taco sauce mix and water to meat in skillet; reduce heat to low and simmer 5 minutes. Refrigerate until cool.

In large salad bowl, place lettuce, meat mixture, tomatoes and cheese; toss to combine. Slightly crush chips; add to salad, tossing gently (or top individual salads with chips). Serve with your favorite dressing, or salsa and nonfat sour cream.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
318	21.4 g	17.5 g	19.9 g	2.3 g	51.9 mg	334 mg

[illegible]

Taco Seasoning Mix

In small glass jar with cover, combine 1 tablespoon dried minced onion, 1 tablespoon ground ancho chilies or mild chili powder, 1½ teaspoons salt, 1½ teaspoons cornstarch, 1 teaspoon garlic powder, 1 teaspoon ground cumin, ½ teaspoon ground coriander, ½ teaspoon dried oregano leaves and ½ teaspoon crushed dried red pepper. Mix well; cover securely and store in a cool, dark place. Keeps for up to 6 weeks. Makes enough for 2 pounds meat (use one-half in above recipe).

Utensils: 3-quart saucepan and cover; Saladmaster Food Processor
Yield: 6 servings

I serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
234	13.3 g	5.3 g	35 g	15.4 g	0 mg	51 mg

Hints: To save time, drain 4 cans (15 ounces each) black-eyed peas and proceed as with cooked peas. Or, for fresher flavor, use frozen black-eyed peas. In season, buy fresh peas at a farmer's market and enjoy this delicious salad using fresh-cooked black-eyed peas.

Toss with reduced-fat raspberry vinaigrette and 1/2 teaspoon poppy seeds, if desired; or, with Orange Juice Dressing (page 1-9)

Marinated Cucumber Salad

Utensil: Saladmaster Food Processor

Yield: 4 servings

2 to 3 medium cucumbers, scrubbed

$\frac{1}{4}$ teaspoon salt substitute

1/3 cup vinegar

3 tablespoons sugar

1 tablespoon water

Slice cucumbers using No. 5 cone.

Place cucumber slices in medium bowl; sprinkle with salt substitute; toss to combine.

In small bowl, combine vinegar, sugar and water, stirring to dissolve sugar. Pour over cucumbers. Cover and refrigerate until chilled.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
68	1.2 g	0.3 g	17.1 g	2.4 g	0 mg	4.5 mg

Health Salad

Utensil: Saladmaster Food Processor

Yield: 6 to 8 servings

2 ounces fat-free or reduced-fat Cheddar cheese

1 medium carrot, scraped

1/3 head green cabbage

1/4 head red cabbage

3 radishes

1/2 medium cucumber

Process cheese and carrot using No. 1 cone; cabbage using No. 2 cone; radishes and cucumber using No. 4 cone.

In bowl, combine cheese, carrot, cabbages, radishes and cucumber; toss to combine. Serve with your choice of salad dressing.

1 serving (without dressing) contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
22.4	2.8 g	0.1 g	3.1 g	1.1 g	1.3 mg	59 mg

A favorite for generations, this colorful salad is great to serve at both casual and elegant functions.

4 ribs celery
1 medium Golden Delicious apple, cored
1 medium red apple, cored
1/2 cup raisins
1/2 cup warm water
1/2 cup plain fat-free or reduced-fat yogurt
1/4 cup fat-free or reduced-fat mayonnaise
1/4 cup buttermilk
1 cup seedless green grapes, halved

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
84.4	1.7 g	0.6 g	20.6 g	2 g	1.2 mg	99.8 mg

Using a melon baller, scoop a honeydew melon, a cantaloupe and 1/2 watermelon into balls and combine in a large salad bowl. Or, scallop the edge of the scooped-out half of watermelon and use as the salad bowl.

Thaw a 6-ounce can of limeade concentrate in the refrigerator. Pour undiluted limeade over melon balls; toss to coat evenly. Refrigerate until ready to serve.

Coleslaw with Fruit

This recipe's popularity has made it a standard at Saladmaster® dinner parties for decades.

Utensils: Saladmaster Food Processor
Yield: 4 servings

- 1 medium carrot
- 3 medium apples, cored
- 1/3 head cabbage
- 1 can (16 ounces) pineapple tidbits, drained

Process carrot using No. 1 cone; apples and cabbage using No. 2 cone.
In medium bowl, combine carrot, apples, cabbage and pineapple; chill. Before serving, toss with coleslaw dressing (below).

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
165	1.4 g	1.1 g	41.8 g	7 g	0 mg	15 mg

- Coleslaw Dressing**
- 1/4 cup cider vinegar
 - 1/2 cup sugar
 - 1 cup fat-free or reduced-fat mayonnaise or salad dressing

In small bowl, blend vinegar, sugar and mayonnaise; pour over salad, cover and refrigerate.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
130	0 g	0 g	37.8 g	0 g	0 mg	501 mg

Orange Juice Dressing

This easy dressing goes well with vegetable Health Salad (page 1-6), or with a combination of mandarin oranges, halved cherry tomatoes, green onions and torn lettuce leaves.
In small bowl, combine 1/4 cup orange juice, 1 tablespoon vegetable oil, 2 teaspoons red wine vinegar and 2 teaspoons honey.

Utensils: Saladmaster Food Processor; large skillet; 1-quart saucepan
Yield: 8 servings

Process onion using No. 2 cone.

Clean mushrooms with vegetable brush, remove stems and chop; reserve caps.

In same skillet over medium heat, preheat olive oil. Add mushroom stems and onion; cook until tender. Stir in bread, sherry, marjoram, pepper, oregano and chicken; toss to combine.

In saucpan over medium-low heat, melt butter. Place mushroom caps, round-side up, on cookie sheet; lightly brush with melted butter. Broil 2 minutes; remove from oven. Invert mushroom caps; stuff with chicken mixture. Brush with remaining melted butter; broil 3 minutes. Serve hot or warm.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
98.7	13.6 g	2.2 g	5.1 g	1.3 g	32.5 mg	54.1 mg

Variation: Substitute 1 pound ground lean turkey for the chicken breasts and substitute 1/8 teaspoon rubbed sage for the oregano.

Thick & Chewy Electric Skillet Pizza

This easy snack demonstrates the versatility of the electric skillet.

Utensils: Saladmaster Food Processor; electric skillet

Yield: 4 servings

- 10 ounces fat-free or reduced-fat mozzarella cheese
- 1/4 pound Italian sausage, or reduced-fat turkey sausage
- prepared pizza dough
- 5 tablespoons pizza sauce
- 10 slices pepperoni

Process cheese using No. 2 cone.

Preheat electric skillet to 325°F. Add sausage; cook until no longer pink; remove and drain and discard fat from skillet; set aside. Let skillet cool.

Place dough in bottom of skillet, shaping to fit pan. Spread pizza sauce over dough, top with cheese. Evenly distribute sausage and pepperoni slices over cheese. Cover; cook 10 minutes at 325°F. Turn off skillet; let stand, covered, 10 to 15 minutes. **Do not lift cover during cooking or standing time.**

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
453	37.6 g	16.3 g	37.8 g	1 g	39.4 mg	1544 mg

The Saladmaster Fruit Salad

Using No. 1 cone on Saladmaster Food Processor, grate zest of 1 medium lemon and 1 medium orange; chop 1/2 cup pecans also using No. 1 cone. Process 3 large cored apples using No. 3 cone and 4 medium bananas using No. 5 cone. Remove membrane from lemon and orange; separate into sections. In large bowl, gently toss fruit with grated orange and lemon zests; blend in one can (8 ounces) crushed pineapple with juice. Serve chilled. Makes 4 to 6 servings.

Utensils: Saladmaster Food Processor; electric skillet

6 ounces fat-free or reduced-fat mozzarella cheese

4 ounces fat-free or reduced-fat Cheddar cheese

1 small onion

vegetable oil spray

1/4 pound extra lean ground beef

2 cans (16 ounces) fat-free refried beans

1 can (4 ounces) chopped green chilies, drained

1 jar (8 ounces) taco sauce

1/2 cup fat-free or reduced-fat sour cream, optional

baked tortilla chips (below)

Process cheeses using No. 1 cone; onion using No. 2 cone.

Preheat electric skillet to 325°F. Add ground beef, breaking into small pieces with spoon. When just barely pink, add onion; cook until beef loses its pink color and onions are tender. Drain. Reduce heat to 250° F; stir refried beans into meat mixture. Evenly spread mixture in bottom of skillet. Layer green chilies on top of beef; sprinkle with half the cheeses. Drizzle taco sauce over cheeses. Sprinkle remaining cheeses on top; cover and bake in skillet at 250°F 15 to 20 minutes.

Turn skillet off and remove cover; let stand 5 to 10 minutes. Serve with sour cream and tortilla chips.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
229	18.3 g	4.8 g	35 g	4.7 g	13.1 mg	686 mg

To make no-fat tortilla chips, begin with fresh corn tortillas. Cut them into quarters and place in a single layer on a baking sheet. Place in a 350-degree oven on bottom rack for about 15 minutes or until chips are crisp. For low-fat, more traditional chips, lightly brush tortilla pieces with a small amount of oil, or lightly coat with vegetable spray, and bake as above. If desired, while still warm, sprinkle with salt.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover; steamer inset

Yield: 6 servings

- 2 stalks broccoli
2 medium carrots, scraped
8 medium potatoes
1 small zucchini
1/2 medium red onion
4 cups water
1/2 cup vinaigrette dressing of choice

Separate broccoli florets and stalks; set aside. Process carrots using No. 2 cone; potatoes using No. 3 cone; zucchini, onion, and broccoli stalks using No. 4 cone.

In saucepan over medium-high heat, bring water to boil. Place potatoes and cut broccoli stalks in steamer; position inset on saucepan over boiling water. Cover; reduce heat to medium and steam 8 minutes or until tender. Cool slightly.

Meanwhile, in serving bowl, combine broccoli florets, zucchini and onion. Add warm potatoes and broccoli and top with dressing; toss to coat evenly. Let stand 10 minutes, toss again and serve at room temperature.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
441	11.3 g	12.6 g	81.2 g	12.3 g	0 mg	225 mg

Variation-Green Bean Potato Salad: Omit carrots, broccoli, and zucchini; substitute 4 cups cut green beans. Steam potatoes 5 minutes. Add beans and steam an additional 10 minutes. Toss with thinly sliced red onion and dressing. Serve at room temperature. If salad will not be served promptly, run vegetables under cold water to stop cooking, drain well; add dressing, toss and refrigerate. Before serving, toss again.

Dijon Vinaigrette: Combine ½ cup mild olive oil or sunflower oil, ¼ cup rice wine vinegar, 1 tablespoon minced fresh dill, 1 teaspoon Dijon mustard, dash of salt and ¼ teaspoon freshly ground black pepper. Toss with warm vegetables (above); let stand 10 minutes and toss again before serving.

Utensils: large skillet and cover

Yield: 8 to 10 servings

2 pounds chicken wings

1/2 teaspoon ground ginger, or 1 teaspoon minced fresh ginger

1/2 teaspoon minced garlic

$\frac{1}{3}$ cup pineapple juice

1/4 cup water

$\frac{1}{4}$ cup reduced-sodium soy sauce

1/8 teaspoon cayenne pepper

Thoroughly wash wings under cold running water and pat dry; disjoint to make two pieces, discarding tips (or freeze for soup stock). Arrange winglets in skillet. In bowl, combine ginger, garlic, pineapple juice, water, soy sauce and cayenne; pour over chicken. Cover; refrigerate 24 hours, or more.

Drain, reserving 1/4 cup marinade. Return winglets and reserved marinade to skillet. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes, until tender. Serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
249	21.3 g	15.3 g	4.9 g	0.1 g	63.5 mg	253 mg

Stuffed Tiny Red Potato Appetizers

Select 24 small potatoes, about “two-bite” size; scrub, do not peel. Cook potatoes until tender; cool to room temperature. Place potatoes on work surface so they lay flat. Using a knife, partially hollow out the top of each potato.

Just before serving, combine $\frac{1}{3}$ cup plain reduced-fat yogurt, $\frac{1}{4}$ cup fat-free sour cream, 2 tablespoons chopped chives and dash of freshly ground pepper. Place a small spoonful of mixture in hollow of each potato. Top with a 2-inch chive that has been tied into a knot. Arrange sprigs of fresh parsley on serving platter and place potatoes on bed of parsley. Makes 24 appetizers.

Utensils: 3-quart saucepan and cover
Yield: 8 to 12 servings

**1½ cups cooked pinto or kidney beans, drained;
reserve cooking liquid**
½ cup bean liquid, or vegetable broth
1 medium tomato, quartered
1 small fresh chile pepper
1 teaspoon cumin
¼ teaspoon salt
1 clove garlic, minced
¼ cup shredded sharp fat-free or reduced-fat Cheddar cheese
2 scallions, thinly sliced on diagonal
baked (page 1-12), or regular tortilla chips

Place beans and bean liquid in saucepan; mash. In electric food processor or blender, process tomato, chile pepper, cumin, and salt until smooth. Stir tomato mixture and garlic into beans.

Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 5 minutes. Remove from heat; cool to room temperature. Stir; spoon into shallow serving bowl or large platter. Arrange cheese in center and sliced scallions around edge of bowl. Serve with tortilla chips.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
51.6	3.8 g	0.3 g	8.9 g	2.9 g	0.8 mg	93.7 mg

Shortcut: Drain and rinse 3 cans (15 ounces each) pinto or kidney beans. Place beans in saucepan with enough chicken or vegetable broth to moisten. Mash beans, adding more broth as needed to obtain desired consistency. Continue with recipe.

Variations: Omit bean liquid, tomato and chile pepper. Stir 1/2 cup Tomato Salsa (page 1-19) into mashed beans with cumin, salt and garlic. Top with cheese and scallions as directed above.

- Substitute 3 cans (15 ounces each) black beans for the pinto beans. Omit bean liquid, tomato and chile pepper. Stir $\frac{1}{2}$ cup Tomato Salsa (page 1-19) into mashed beans with cumin, salt and garlic. Cook as directed above. Garnish with shredded lettuce, chopped tomatoes and scallions before serving.

Eggplant Dip

Utensils: large skillet and cover
Yield: 15 to 20 servings

- 1 large eggplant
- 2 cloves garlic, unpeeled
- 1 teaspoon water
- 1/4 cup olive oil
- 1 cup fresh parsley
- 1/4 cup walnuts
- 2 tablespoons lemon juice

Cut eggplant in half lengthwise. Place unpeeled eggplant in skillet, skin side down. Make a 1-inch deep slit in cut side of each half; place 1 clove garlic in each. Do not let garlic touch pan. Sprinkle water in bottom of pan. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes. Remove pan from heat and cool slightly.

In electric food processor or blender, combine oil, parsley, walnuts, and lemon juice; process until smooth. Remove garlic cloves, scoop eggplant pulp from the skin; transfer pulp to food processor. Squeeze garlic from skins; discard skin, add garlic to eggplant mixture and process until smooth.

Serve with pita bread cut into triangles.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
41.1	0.7 g	3.6 g	2 g	1 g	0 mg	2.2 mg

Quick and Easy Tomato Salsa

In electric food processor or blender, combine 1 halved clove garlic, 1 halved, seeded, hot red chile pepper, 1 quartered medium onion and 1/2 cup quartered tomatoes; process until coarsely chopped. Add 5 1/2 cups quartered tomatoes; process just to combine. Transfer to 1-quart saucepan. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes. Remove from heat; stir in 1/2 cup chopped cilantro. Cool. Serve with tortilla chips. This is also a low-calorie, fat-free topping (heated if desired) for scrambled eggs, meat loaf, burgers, fish and roast beef.

Utensils: Saladmaster Food Processor; small skillet and cover
Yield: 12 to 15 servings

Process onion using No. 1 cone. Spread onion in bottom of skillet; arrange chicken livers on top in single layer. Add garlic, thyme, pepper and salt. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 8 to 10 minutes, or until chicken livers are cooked through. Remove from heat, uncover, and cool slightly.

Set aside 3 to 4 livers; transfer remaining livers to food processor or blender and process until smooth. Add onion and liquid from pan, lightly mix. Remove pâté from blender and place in bowl. Coarsely chop remaining livers, add to processed livers along with finely chopped egg.

Stir in minced scallion, nutmeg and extract. Cover and refrigerate several hours or overnight to blend flavors. Mound onto serving plate. Garnish with minced fresh parsley. Serve with party rye bread or whole-grain crackers.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
43.9	6 g	1.6 g	1 g	0.1 g	157 mg	15.9 mg

Note: Although chicken livers, and other organ meats, are usually low in fat when properly prepared, they are high in cholesterol. For this reason, they should be eaten in moderation, and avoided by persons with cholesterol concerns.

Utensils: Saladmaster Food Processor; 7-quart roaster; 3-quart saucepan and cover; steamer inset

Yield: 8 servings

- 2 small carrots, scraped
2 ribs celery
1 small onion
4 quarts water, divided
4 cups pasta (radiatore, fusilli or combination)
1 cup broccoli florets
1 tablespoon minced fresh parsley or basil
³/₄ cup vinaigrette dressing (page 1-14)

Process carrots, celery and onion using No. 4 cone.

Pour 3 quarts water into roaster; cover and bring to boil over medium-high heat. Lightly salt water; stir in pasta. Return water to boil; cook, uncovered, 6 to 8 minutes, just until firm-tender. Drain in colander; rinse under cold running water and drain again. Set aside.

In saucepan over medium-high heat, bring remaining 1 quart water to boil. Place carrots, celery, onion and broccoli in steamer inset; position inset over boiling water, reduce heat to medium and steam 2 to 3 minutes, or until vegetables are crisp-tender. Place steamer inset under cold running water to cool vegetables; drain well.

In large serving bowl, combine pasta and vegetables. Add basil and dressing; toss to coat. Serve at room temperature or refrigerate to chill.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
314	7.6 g	14.2 g	45.1 g	3.5 g	0 mg	196 mg

Variation-Hot Linguini Salad: Use 1/2 pound regular linguini and 1/2 pound spinach linguini; cook as in Party Pasta Salad, but do not rinse. Omit celery, onion and broccoli. Cut carrots in julienne strips; steam 2 minutes. Add 1 zucchini, cut in julienne strips, and 1 cup peas; steam an additional 2 minutes. When pasta is done, toss with steamed vegetables, basil or parsley and vinaigrette. Serve warm.

Dressing variation: Combine $\frac{1}{3}$ cup nonfat sour cream, $\frac{1}{3}$ cup reduced-fat mayonnaise, 2 tablespoons lemon juice or white wine vinegar, 1 teaspoon sugar and 1 teaspoon prepared mustard. Blend well and toss with pasta and vegetables to coat.

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 8 servings

- 3 medium carrots, scraped**
- 1 medium yellow squash**
- 2 cups fresh green beans, about 1 pound**
- 2 cups cauliflower florets**
- 1 small red or green bell pepper, seeded, cut into strips**
- 1/4 cup olive oil**
- 1/4 cup rice wine vinegar**
- 1 tablespoon lemon juice**
- 1 teaspoon Dijon-style mustard**
- 1/4 teaspoon dried oregano**
- 1/4 teaspoon dried marjoram**
- 1/2 clove garlic, minced**

Trim ends of green beans, rinse and place in skillet. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes.

Quickly add carrots to pan. Cover; cook 2 additional minutes. Add cauliflower, pepper, and squash; cook 4 to 5 additional minutes or until all vegetables are crisp-tender.

Meanwhile, in small bowl, whisk together oil, vinegar, lemon juice, mustard, oregano, marjoram and garlic. Pour dressing over cooked vegetables. Serve warm.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
104	2 g	7.2 g	10 g	3.3 g	0 mg	32.5 mg

Sweet or bell peppers often grow to 4 or 5 inches. Both green and red, which are green peppers in a more ripened state, are used for stuffing and are diced for flavoring. The red peppers have a milder taste and, to some people, are perceived as less offensive than the green. Peppers contain generous amounts of vitamins A and C. Supermarkets may also carry yellow, orange and sometimes black, bell peppers.

Oven “Fried” Potato Skins

Utensils: large skillet

Yield: 16 appetizers

- 2 large baking potatoes, scrubbed, about 1 pound each**
- 2 tablespoons olive oil**
- 1½ teaspoons chili powder**
- 1 teaspoon ground coriander**
- ½ teaspoon salt substitute**
- ½ teaspoon freshly ground black pepper**
- ¼ teaspoon granulated garlic**
- ¼ teaspoon onion powder**
- 1 cup salsa**
- ½ cup fat-free sour cream**

Preheat oven to 400°F (200°C).

Puncture each well-scrubbed potato with fork. Bake on rack in preheated oven 1 hour, or until tender. Do not turn off oven.

When potatoes are cool enough to handle, cut in half lengthwise. Using tablespoon or soup spoon, scoop out flesh, leaving about ¼-inch flesh against potato skin (reserve flesh for another use - bread or mashed potatoes). Cut each potato skin crosswise into four pieces. Pour oil into small cup; brush flesh sides of skins with oil.

In small bowl, combine chili powder, coriander, salt substitute, pepper, garlic and onion powders; blend well. Sprinkle over potato skins. Remove skillet handles; arrange potato skins in single layer in skillet. Bake 15 minutes in preheated oven, or until crisp and browned. Top each with 1 tablespoon salsa and ½ tablespoon sour cream, if desired.

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1 appetizer contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
139	3.05 G	1.83 g	28.4 g	2.55 g	0 mg	78.5 mg

Utensils: Saladmaster Food Processor; small skillet
Yield: 10 to 16 servings

Utensils: Saladmaster Food Processor; small skillet
Yield: 10 to 16 servings

- Process cheese using No. 2 cone; set aside. Preheat oven to 325°F (170°C). Drain spinach, reserving liquid (squeeze dry if necessary); add water to reserved liquid to make ½ cup. Set aside.

Attach skillet handles. In skillet over medium heat, melt butter; sauté onion and garlic in butter until onion is tender, about 3 minutes. Reduce heat to low. Sprinkle flour over onion-garlic mixture; cook and stir 1 minute. Gradually whisk in reserved spinach liquid and milk; cook, stirring constantly, until slightly thickened. Remove from heat; stir in lemon juice, salt substitute, celery powder, pepper and Worcestershire sauce. Add cheese and spinach; mix thoroughly. Sprinkle with paprika. Remove handles; bake, uncovered, in preheated oven 25 to 35 minutes until bubbly and lightly browned on top. Serve hot with bagel chips and/or toasted pita triangles.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
127	6.74 g	8.73 g	6.6 g	1.3 g	26 mg	202 mg

Chunky Turkey Vegetable Soup

Soups & Stews



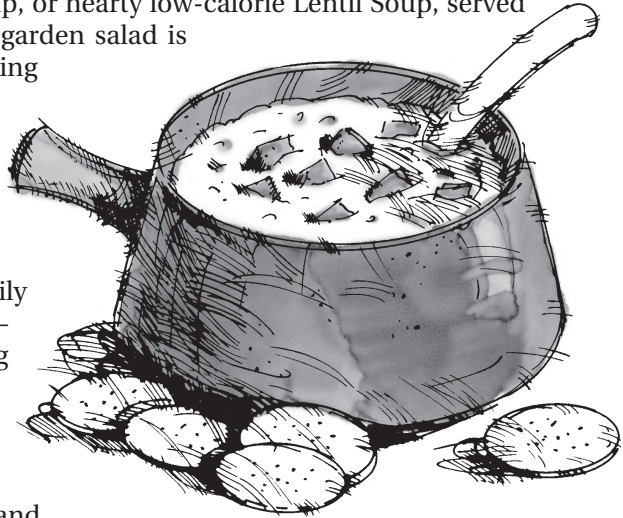
Soups and Stews

Few dishes are more rewarding nutritionally or flavor-wise than soup. The original one-dish meal, soup is an aid to those watching their caloric intake. Provided that the soup is not cream-based or filled with too many rich ingredients, it can be a low-calorie beginning to a meal. As such it can satisfy an appetite before the rest of the meal, easing the temptation to eat larger portions.

Soup is a hot dish that invites slow sipping. A bowl of brothy soup before a meal takes time to eat, allowing your brain time to register that “satisfied” feeling.

A large bowl of a healthful, nutritious soup like our Low Cholesterol Chicken and Lime Soup, or hearty low-calorie Lentil Soup, served with a lightly dressed garden salad is equally suited for a filling lunch or light supper.

Soup is the perfect solution to a busy lifestyle. Soup often can be kept warm to the last serving and is easily stored and reheated—sometimes improving in flavor. Vegetable soup is the perfect way to use bits of leftovers or vegetables and meat trimmings and an ideal way to stretch your food dollars.



This chapter is full of techniques that will show you how to make soups taste as if they were rich with cream without the addition of high-fat ingredients. Using low-fat or skim milk in place of cream, and vegetable purées to thicken soups and sauces, is the contemporary way to enjoy flavor and texture without fat.

Because they can be as varied as the ingredients you have on hand and are easily prepared, soups and stews are adaptable to the dietary and taste preferences of any palate.

Soups and stews are indeed simmering secrets of vitamins and minerals meant to sustain and comfort us.

The brisk, tart flavor of lime complements the subtle flavor of the chicken in this soup.

Yield: 5 servings

- 1 fresh lime**
1 medium onion
4 skinless, boneless chicken breast halves
2 6-inch flour tortillas
6 cups low-fat, low-sodium chicken stock
1 can (4 ounces) chopped mild green chilies
1/2 teaspoon dried oregano
1/8 teaspoon black pepper
1 clove garlic, minced
1 cup chopped tomato
2 tablespoons chopped fresh cilantro, or parsley

Cut chicken breasts into bite-size pieces; set aside. Cut each tortilla into 5 wedges. Preheat skillet over medium heat 2 minutes. Arrange tortilla wedges in skillet; toast 8 to 10 minutes or until lightly browned on both sides. Remove from skillet; cool.

In saucepan over medium-high heat, combine chicken stock, onion, chilies, oregano, ¹/₄ teaspoon grated lime zest, 2 tablespoons lime juice (reserve remaining zest and juice for another use), black pepper and garlic; bring to boil. Reduce heat to low; simmer 5 minutes. Increase heat to medium; stir in chicken. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 7 to 9 minutes or until chicken is tender. Stir in tomato; heat through.

Sprinkle each serving with cilantro. Serve with tortilla wedges.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
323	48.1 g	6.3 g	16.2 g	1.8 g	118 mg	226 mg

[illegible]

Creamy Spinach Soup

Utensils: Saladmaster Food Processor; small skillet and cover
Yield: 6 servings

- 1 large carrot, scraped
- 1/2 medium onion
- 2 tablespoons olive oil
- 2 tablespoons flour
- 1 teaspoon seasoning substitute, or salt
- 1/2 teaspoon dry mustard
- 1 can (14 1/2 ounces) low-fat, low-sodium chicken stock
- 1 package (10 ounces) frozen chopped spinach
- 2 1/2 cups 2% milk
- 1 tablespoon fresh lemon juice

Process carrot using No. 1 cone; onion using No. 2 cone.
In skillet over low heat, add olive oil; blend in flour, seasoning substitute and mustard. Cook 2 minutes, stirring constantly. Remove from heat; stir in chicken stock. Bring to boil over medium heat, stirring constantly. Add spinach, carrot and onion. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 5 to 6 minutes or until spinach is thawed and vegetables are tender. Increase heat to medium-low; stir in milk and cook 2 to 3 minutes. Add lemon juice and serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
122	6.2 g	6 g	11.6 g	1.8 g	9.4 mg	163 mg

Thicken Without Fat

Instant dissolving flour is a real plus for thickening without added fat. Dissolve 2 tablespoons instant dissolving flour in 1/4 cup liquid (water, broth, milk or cooking liquid). Stir into soup to thicken. If additional thickening is desired, remove soup from heat, shake additional instant dissolving flour into soup and stir to dissolve. Return soup to heat and cook 1 minute.

Crab Gumbo

Utensil: 3-quart saucepan and cover
Yield: 4 servings

- 1 teaspoon canola oil
- 1/2 cup chopped green bell pepper
- 1/2 cup sliced green onions
- 1 clove garlic, minced
- 3 cups low-fat, low-sodium chicken stock
- 2 medium tomatoes, peeled and chopped
- 1/8 teaspoon celery powder (ground celery seed)
- 1/8 teaspoon dried thyme, crumbled
- 1/8 teaspoon hot pepper sauce
- 1 cup frozen sliced okra
- 1 can (6 ounces) crabmeat
- 1/2 cup diced turkey ham
- 2 cups cooked rice

In saucepan over medium heat, preheat oil 2 minutes. Add green pepper, onions and garlic; sauté approximately 3 minutes, stirring frequently. Stir in chicken stock, tomatoes, celery powder, thyme and pepper sauce; bring to boil over medium heat. Stir in okra. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 10 minutes or until okra is tender.

Drain, flake and remove cartilage from crabmeat. Increase heat to medium; stir in crabmeat and turkey ham. Heat through. Serve over hot rice in soup bowl.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
283	20.8 g	3.9 g	40.6 g	2.9 g	54.3 mg	470 mg

Presto Orzo

Gumbo may also be served over rice-shaped pasta called orzo. It cooks in about half the time of rice. Simply bring a pot of water (or chicken stock) to a boil, cook according to package directions, drain and use in place of rice with gumbo.

Chicken-Vegetable Chili

Utensil: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 6 servings

- 1/2 medium green bell pepper
- 1/4 small onion
- 2 small zucchini, trimmed
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 3 cups cooked chicken or turkey, diced
- 1/2 cup water
- 1 tablespoon dried oregano
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup fresh whole tomatoes, cooked for 8 minutes and crushed
- 1 package (10 ounces) frozen mixed vegetables

Process pepper and onion using No. 2 cone; zucchini using No. 4 cone. Cover and refrigerate zucchini.

In saucepan over medium heat, preheat oil 2 minutes. Add green pepper, onion and garlic; sauté approximately 3 minutes, stirring frequently. Add chicken, water, oregano, chili powder, cumin and tomatoes. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 hour, stirring occasionally. Increase heat to medium; stir in frozen mixed vegetables and zucchini and bring to boil. Reduce heat to low, simmer, uncovered, 5 minutes until vegetables are tender.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
187	23.7 g	5.1 g	12.8 g	4.4 g	53 mg	91 mg

Vegetarian Chili

For meatless chili, substitute beans for the chicken or turkey. Simply rinse and drain three cans (15 ounces each) navy or cannelloni beans. Add to soup as directed in place of chicken or turkey.

There's nothing like a basic chili for a cold winter day or brisk summer evening. Bonus: Chili ages well; refrigerate leftovers and reheat to serve.

- 1 large onion**
- 2 pounds ground beef, or ground turkey, or chili meat**
- 1 clove garlic, minced**
- 1 teaspoon seasoning substitute, or salt**
- 1/2 teaspoon freshly ground black pepper, or to taste**
- 1/4 teaspoon cayenne pepper, or to taste**
- 1 tablespoon chili powder, or to taste**
- 1/2 teaspoon dried basil, crumbled**
- 1/2 teaspoon dried savory, crumbled**
- 3 bay leaves, halved**
- 1 can (14 ounces) low-sodium tomato sauce**
- 1 can (14 ounces) low-sodium peeled whole tomatoes,
cut into pieces**
- 1 cup water**

Preheat roaster over medium heat 2 minutes; add meat and brown thoroughly. Drain fat. Add onion and garlic; cook until onion is tender. Stir in seasoning substitute, pepper, cayenne, chili powder, basil, savory, bay leaves, tomato sauce, tomatoes with liquid and water. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 hour. Remove and discard bay leaves before serving.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
456	39.3 g	29 g	10.6 g	2.3 g	132 mg	633 mg

To extract maximum flavor from dried herbs, crumble them between your fingers or in the palm of your hand before adding to soups, stews and sauces. Break bay leaves in half to release more flavor, and always remove them before serving.

Sweet Potato Bisque

Utensil: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 6 servings

- 2 ribs celery
- 1 large tart apple, cored and peeled
- 2 to 3 sweet potatoes, peeled, about 1 1/2 pounds
- 1/4 cup chopped scallions, white part only, or shallots
- 2 cups skim milk, or 2% milk
- 1 cup low-fat, low-sodium chicken stock
- 2 tablespoons sherry, or Madeira wine, optional
- 1/8 teaspoon ground allspice
- 6 tablespoons plain reduced-fat or fat-free yogurt
- 1 tablespoon minced fresh parsley

Process celery and apple using No. 2 cone; potatoes using No. 3 cone.
In saucepan over medium heat, combine potatoes, celery, apple and shallots. Add milk, stock, sherry and allspice. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 20 to 25 minutes, or until potatoes are quite soft.
With slotted spoon, transfer vegetables to electric food processor or blender; process until smooth. Return to saucepan with liquids; if necessary, thin with additional stock or milk. (For special occasions, when a richer soup is desired, add 1/2 cup light cream.) Serve hot, topped with 1 tablespoon yogurt and a sprinkling of parsley.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
179	6.2 g	0.6 g	37.8 g	4.3 g	2.3 mg	85.6 mg

From the Morning Glory

Sweet potatoes are the starchy tuber of a morning glory plant native to South America. They are high in vitamins A and C. Do not refrigerate uncooked sweet potatoes; store in a cool, dry place and use within a week. Cooked puréed sweet potatoes may be used in muffins, breads and pies.

Fish Chowder

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover

Yield: 4 servings

3 to 4 medium red potatoes

$\frac{1}{4}$ medium onion

3¹/₂ cups low-fat, low-sodium chicken stock, or fish stock

1 cup chopped, seeded tomatoes

1 teaspoon minced garlic

1 tablespoon fresh lemon juice

1/4 teaspoon dried thyme, crumbled

1 bay leaf, halved

$\frac{3}{4}$ pound haddock fillets, or any firm white fish, cut into bite-size pieces

1/4 cup thinly sliced scallions

2 tablespoons minced fresh parsley

thinly sliced lemon, for garnish

Process potatoes using No. 3 cone; onion using No. 2 cone.

In saucepan over medium heat, combine potatoes, onion, stock, tomatoes, garlic, lemon juice, thyme and bay leaf. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes.

Stir in fish and scallions; cover and cook over low heat an additional 5 minutes, until fish is cooked through. Remove bay leaf and discard; stir in parsley. Garnish with lemon slices and serve hot.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
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209	27.9 g	1 g	63.7 g	1.1 g	63.7 mg	359 mg
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Fish Cooks Quickly

Haddock is a firm fish which is usually thicker, but flakes easily. When substituting cod or flounder for haddock in soup and chowder, adjust the cooking times to avoid over-cooking. Add thicker pieces first and cook for 2 to 3 minutes before adding the thinner pieces of fish. Once the fish is added, avoid vigorous stirring.

Chunky Turkey Vegetable Soup

(Pictured on section divider)

Utensils: 7-quart roaster and cover

Yield: 6 servings

In roaster over medium heat, combine turkey stock, tomatoes, zucchini, carrot, celery, leek, green beans, lima beans, barley, parsley, garlic, pepper and oregano. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes.

Add turkey, broccoli, peas and corn. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 10 minutes. Season with salt.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
171	22.4 g	2.3 g	10.1 g	2.4 g	49.7 mg	329 mg

Note: You can easily substitute your favorite in-season vegetables in this soup. Or, add cooked, leftover vegetables during the last 5 minutes of cooking and simply heat through.

Utensil: small skillet and cover

3¹/₂ cups low-fat, low-sodium chicken stock

2 1/4-inch slices peeled, fresh ginger

1/2 teaspoon sugar

dash of freshly ground black pepper

1/4 cup water

1 egg white, slightly beaten

Crab in the can: In using canned crabmeat, be sure to pick it over for small bits of shell and bone. If sodium is a concern, rinse canned crabmeat in cold water before adding to the soup.

Beef Stew

Utensils: Saladmaster Food Processor; 7-quart roaster and cover
Yield: 10 to 12 servings

- 1 medium onion
- 6 medium potatoes
- 2 large leeks, white part only
- 8 medium carrots, scraped
- 1 pound lean beef, cubed
- 8 cups water
- 2 cups tomato sauce
- 2 bay leaves, halved
- 3 ribs celery, cut into 1-inch pieces
- 2 cups fresh pearl onions, about 1/2 pound, peeled
- 1 cup quartered mushrooms
- 2/3 cup tomato paste
- 6 cloves garlic, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 cup minced fresh chives or parsley

Process onion using No. 2 cone; potatoes using No. 3 cone; leeks using No. 4 cone; carrots using No. 5 cone.

Preheat roaster over medium heat 2 to 3 minutes. Using paper towels, pat dry beef cubes; brown on all sides in preheated roaster. Stir in onion; cook 2 to 3 minutes. Add water, scraping browned meat particles from pan and stirring into liquid. Stir in tomato sauce and bay leaves. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 to 1 1/2 hours.

Remove bay leaves; add celery, pearl onions, mushrooms, potatoes, leeks, carrots, tomato paste, garlic, basil, marjoram, oregano and thyme; stir. Increase heat to medium and cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 45 minutes to 1 hour. Stir in minced fresh chives just before serving.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
232	12.6 g	12 g	20.1 g	3.8 g	38.7 mg	413 mg

Utensils: Saladmaster Food Processor; 7-quart roaster and cover
Yield: 4 servings

2 large sweet Spanish onions
2 teaspoons olive oil
1 tablespoon whole wheat flour
1 clove garlic, minced
4 cups low-fat, low-sodium chicken stock, or beef stock
2 tablespoons reduced-sodium soy sauce
1/2 teaspoon dark molasses
croutons and minced fresh parsley for garnish

Cut onions in half vertically; process using No. 4 cone.

In roaster over medium heat, preheat oil 2 minutes; add onions, stirring frequently until tender and lightly browned, about 7 to 10 minutes. Sprinkle flour over onions; cook about 2 minutes, stirring constantly. Add garlic, stock, soy sauce and molasses. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 to 20 minutes. Garnish each serving with croutons and parsley.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
120	5.6 g	2.6 g	18.7 g	3 g	0.8 mg	300 mg

Onions all rebel under high heat, or with too long a cooking period, by discoloring and giving off an unpleasant odor caused by the breakdown of their sulfur component. When sautéing them, be sure they are evenly sliced so they all cook golden at the same time and none remains harsh in taste.

Several kinds of onions are generally available: small whites which are ideal for creaming and stews; big full-flavored globes, yellows, Bermudas and the Vidalias, sweet Spanish and Italian reds. The latter three are sweeter and much milder and often used raw in salads and sandwiches.

Lentil Soup

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 6 servings

- 1/3 medium onion
- 2 ribs celery, divided
- 1 large carrot, scraped
- 1 1/2 cups lentils
- 6 cups water
- 2 cloves garlic, peeled, divided
- 3 whole cloves
- 1/8 teaspoon dried thyme
- 6 thin lemon slices

Process onion using No. 2 cone; celery and carrot using No. 4 cone.
In saucepan over medium heat, combine lentils and water. Stud 1 clove garlic with whole cloves; add to lentils with one-half of celery. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 45 minutes.
Discard garlic studded with cloves. Mince remaining garlic and add to lentils along with carrot, remaining celery, onion and thyme. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes. Add lemon slices, cover and remove from heat. Let stand 5 minutes; stir and serve.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
84	5.3 g	0.4 g	16.1 g	4.2 g	0 mg	42.8 mg

Lentils Are Legumes

Lentils are tiny, lens-shaped dried seeds. The most widely available variety are grayish-brown, but there are also yellow and red varieties. Before using, pick through them, discarding any shriveled lentils or bits of gravel. Place lentils in a colander and rinse thoroughly. Unlike dried beans and whole peas, lentils do not need soaking before cooking. Like beans, increase the cooking time when lentils are prepared with acidic ingredients, like tomatoes or wine. Or add tomatoes, wine and salt when lentils are nearly done.

Utensil: 7-quart roaster and cover; Saladmaster Food Processor
Yield: 8 servings

Variation-Deluxe Split Pea Soup: To puréed soup, add 2 cups fresh or frozen peas, $\frac{1}{4}$ cup light cream and 2 or 3 minced fresh basil leaves (or $\frac{1}{4}$ teaspoon dried basil). Increase heat to medium. Cover; when Vapo-Valve™ clicks, reduce heat to low and cook 1 to 2 minutes until peas are tender.

Variation: Omit carrots; substitute 1 small butternut squash, peeled, seeded, cut into 1½-inch chunks; add all the squash after the first 10 minutes of cooking. Omit rosemary; stir in 2 tablespoons chopped fresh parsley before serving.

Vegetables in Creamy Garlic Sauce

Vegetables



Vegetables

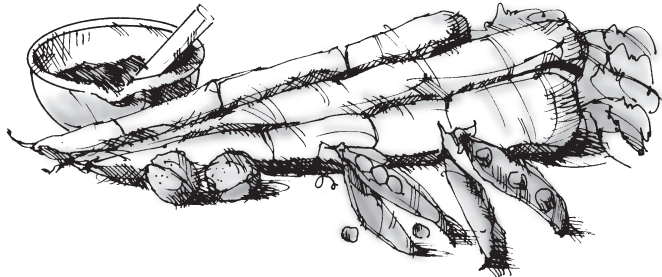
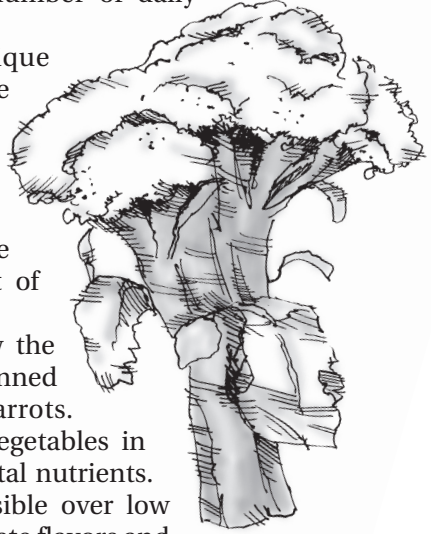
Five a day, that's all it takes for good vegetable and fruit nutrition. The good news is that with imaginative cooking and a variety of fresh vegetables for side dishes and salads, it is surprisingly easy to get the recommended number of daily servings.

The real bonus with the unique Saladmaster® cooking system is that these cooking techniques preserve as many of the nutrients as possible. You don't pour vitamins down the drain with the cooking water. And this low-moisture cooking system maximizes the natural flavors of the produce so you don't have to add a lot of butter, salt, sugar or other seasonings.

A wealth of nutrients lies just below the skin of vegetables. Do not peel thin-skinned vegetables such as potatoes and carrots. Scrubbing is sufficient. Do not drown vegetables in water or salt before cooking—both rob vital nutrients. By cooking vegetables as briefly as possible over low heat, your vegetables will retain their delicate flavors and healthful benefits.

Concentrate on produce that is high in the cancer-fighting antioxidant vitamins—C, A and E. Red, yellow and green leafy vegetables are at the top of this list. Of course, vegetables offer other advantages as well. They are high in fiber which can promote heart health as well as fitness of the digestive tract. Among the best for those benefits are beans and the cruciferous vegetables—the cabbage family, including broccoli.

Whenever possible choose fresh vegetables and select those in season for the best nutritional and economic value. Frozen vegetables are next best when it comes to nutrition. Although convenient, canned vegetables lack the crisp-tender texture and wholesome flavors of fresh or frozen vegetables cooked the Saladmaster® low-moisture way. To simplify vegetable preparation, refer to the suggested cooking times on the following page.



Cooking Vegetables the Saladmaster Way

Remember that pans should be at least two-thirds full. Avoid peeling vegetables whenever possible, since much of the vitamins and nutrients are in the skins. Follow this simple two-step process:

1. Place fresh vegetables in correct size pan. Add enough water to cover the vegetables; shake the pan to rinse, and drain. This restores the water lost during shipping and storage. When using frozen vegetables, simply place them in the pan; do not rinse.

2. Cover pan and place over medium heat. When the Vapo-Valve™ clicks, reduce heat to low. Begin timing vegetables after the heat is turned to low, according to the suggested times below.

Vegetable	Minutes
Asparagus, whole spears.....	5-7
Beans, green or wax	8-10
Beets, red, whole medium.....	50-60
Broccoli spears	5-7
Brussels sprouts	9-10
Cabbage, sliced	4-6
Carrots, sliced	9-10
Cauliflower, separated.....	6-8
Celery, sliced	5-7
Corn, kernels, frozen	1-2
Corn-on-the-cob.....	10-12
Okra, small, whole	6-8
Onions, sliced	8-10
Peas, fresh or frozen	2-3
Peppers, green or red.....	3-4
Potatoes, sweet, cubed	15-20
Potatoes, white, whole, medium	20-25
Snow peas.....	2-3
Spinach, fresh.....	2-3
Squash, summer, sliced	4-6
Squash, winter, diced	10-13
Zucchini squash, sliced	4-6

Note: For crisp-tender vegetables, use the briefest times listed. If you prefer more tender vegetables, use the longer cooking times. Frozen vegetables usually require the shorter times. For use in casseroles, vegetables should be undercooked to avoid getting too soft when combined with other ingredients for the final cooking.

Utensils: Saladmaster Food Processor; small skillet and cover
Yield: 4 servings

Process carrot using No. 1 cone; mushrooms using No. 2 cone.

In skillet over medium heat, combine bouillon and water; bring to boil. Stir in mushrooms, rice, carrot, marjoram and pepper. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and simmer 15 to 20 minutes or until liquid is absorbed and rice is tender. Remove from heat; let stand, covered, 5 minutes. Add scallions and parsley; lightly toss with fork. Serve immediately.

Variation-Wild Rice Pilaf: Process 1 medium onion and 1 rib celery using No. 2 cone. In small skillet over medium heat, melt 1 tablespoon butter; sauté onion, celery, carrot and mushrooms until celery is crisp-tender. Cook 1 cup quick-cooking brown rice with marjoram and pepper as directed above. Stir in 1/2 cup cooked wild rice and sautéed vegetables; toss to combine. Cover; cook over low heat until heated through.

If cooked rice will be used in a casserole that requires additional cooking or baking, it is better to slightly undercook the rice. When combining rice with other ingredients such as fruit or vegetables, use cooked rice that has been chilled. Chilled rice will separate and mix with other ingredients more easily. Reheat if necessary.

Orange Spiced Rice

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover

Yield: 8 servings

- 1 small onion**
2 ribs celery
2 medium oranges
2 teaspoons olive oil
2 cups brown rice
3 cups water
2 cups chicken broth
 $\frac{2}{3}$ cup golden raisins

Process onion and celery using No. 1 cone. Grate zest of 1 orange by holding fruit against No. 1 cone while turning; peel both oranges and cut into small segments.

In saucepan over medium-low heat, preheat oil; sauté onion and celery 3 minutes. Add rice; sauté 2 minutes, stirring frequently. Add water, broth, raisins and 1 teaspoon grated orange zest. (Reserve remaining zest for another use.) Cover; bring to boil. When Vapo-Valve™ clicks, reduce heat to low and simmer 40 to 45 minutes, or until liquid is absorbed and rice is tender. Add orange segments and serve immediately.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
260	6.1 g	3 g	53.6 g	3.8 g	0.3 mg	208 mg

Spell Peel Z-e-s-t

When a recipe calls for orange or lemon zest, it means the thin, brightly colored outermost layer of the citrus fruit's peel. The zest contains most of its aromatic essential oils and is a lively flavor source.

When grating citrus peel, use just the outer, colored portion. The white part, called the pith, is bitter and should be discarded.

Using grated zest gives a true orange, lemon or lime flavor without the acid of the juice. Grated zest is particularly desirable in vegetable, meat or fish dishes, and in baked goods.

Vegetables in Creamy Garlic Sauce

(Pictured on section divider)

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover; small skillet

Yield: 4 to 6 servings

- 2 medium carrots, scraped**
1 medium red or green bell pepper, seeded,
cut into $\frac{3}{4}$ -inch pieces
1 cup asparagus pieces
1 cup broccoli florets
1 cup cauliflower florets
1 teaspoon olive oil
4 garlic cloves, minced
 $\frac{1}{3}$ cup fat-free or reduced-fat mayonnaise
 $\frac{1}{3}$ cup skim or low-fat milk
2 tablespoons chopped fresh parsley

Process carrots using No. 2 cone.

In saucepan, combine carrots, pepper, asparagus, broccoli and cauliflower; cover with water. Rinse and drain; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 9 to 12 minutes, until vegetables are crisp-tender.

In skillet over medium heat, preheat oil 2 minutes. Add garlic; cook and stir until golden brown. Remove from heat; stir in mayonnaise and milk. If necessary, drain vegetables; pour sauce over vegetables and toss to coat evenly. Transfer to heated serving dish, sprinkle with parsley and serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
47	2.2 g	1 g	8.3 g	2 g	0.2 mg	107.5 mg

Fresh Steamed Asparagus with Almonds

Wash 2 pounds fresh asparagus; snap off tough stem ends. Pour 2 cups water into 3-quart saucepan; bring to boil over medium heat. Place asparagus in steamer inset; position inset over boiling water. Cover and steam 4 to 5 minutes or until crisp-tender. In small skillet, melt 1 teaspoon butter; sauté $\frac{1}{3}$ cup slivered almonds until lightly browned. Immediately sprinkle almonds over asparagus and serve hot. Makes 4 servings.

Corn-on-the-Cob

Utensils: large skillet; utility rack; 5-quart roaster
Yield: 4 servings

- 4 ears fresh sweet corn
- 4 cups water

Remove husks; cut cobs in half and rinse under cold running water. Pour water into skillet; insert utility rack. Bring water to boil over medium heat. Place corn on rack; cover with inverted roaster and steam 10 to 12 minutes.

To use corn husks, rinse enough husks to cover bottom of skillet, (leave plenty of moisture on husks), place corn on husks. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 15 to 20 minutes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
83	2.6 g	1 g	19.4 g	3.2 g	0 mg	13 mg

Butternut Squash

Utensils: Saladmaster Food Processor; small skillet and cover
Yield: 4 servings

- 1 large butternut squash (about 2 pounds)
- 1/2 tablespoon butter
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Quarter squash lengthwise and remove seeds.

Process squash using No. 1 cone (placing rind away from cone to peel); transfer to skillet. Cover; cook over medium-low heat until Vapo-Valve™ clicks, reduce heat to low and cook about 15 minutes. Add butter, nutmeg and cinnamon; stir.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
106	2.1 g	1.7 g	24 g	6.4 g	0 mg	27 mg

German Red Cabbage with Apples

This tart, colorful dish is a favorite at German restaurants and festivals. It's a quick dish to prepare and goes well with a variety of meats, especially pork chops.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 6 servings

- 1 medium head (2 to 2 1/2-pounds) red cabbage**
2 medium tart green apples, cored
1 1/2 small onions
2 whole cloves
1/3 cup red wine vinegar
1 1/2 tablespoons brown sugar
1/4 teaspoon salt
1 bay leaf, halved
3 tablespoons dry red wine, or apple cider
3 tablespoons red currant or plum jelly

Quarter cabbage vertically and process using No. 5 cone. Process apples using No. 4 cone; $\frac{1}{2}$ onion using No. 2 cone. Stick cloves into remaining whole onion.

Place cabbage in saucepan; sprinkle with vinegar, brown sugar and salt. Toss to coat; let stand 5 minutes. Add apples, chopped onions, whole onion stuck with cloves, bay leaf and wine; toss to combine. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes or until tender.

Remove and discard onion with cloves and bay leaf. Add jelly; cook and stir 2 to 3 minutes until thoroughly mixed. Serve hot.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
105	2.9 g	0.7 g	24.6 g	5.9 g	0 mg	114 mg

Cabbage Talk

Choose red or green cabbage with fresh, crisp leaves that are firmly packed; the head should be heavy for its size. Store cabbage in the refrigerator, tightly wrapped in a plastic bag, for up to 2 weeks. Before using, remove core, rinse and blot dry. Lemon juice or vinegar added during cooking will preserve the color of red cabbage and keep it from turning purple.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover; steamer inset

1 ounce fresh Parmesan cheese
1/2 small onion
1/2 small zucchini
1/2 small carrot
1 small apple, cored
1/2 teaspoon dried tarragon
1/8 teaspoon freshly ground black pepper
1 acorn or butternut squash, halved and seeded
4 cups water

In medium bowl, mix cheese, onion, zucchini, carrot, apple, tarragon and pepper. Stuff squash halves with vegetable mixture; place in steamer inset.

Pour water into saucepan; cover and bring to boil over medium heat. Place steamer over boiling water. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and steam 20 minutes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
174	5.8 g	2.6 g	36.2 g	8.6 g	5.5 mg	144 mg

Apples are probably the single most popular fruit eaten out of hand, because they are so convenient to tote for lunches and snacks. But, apples are equally good in salads, baked goods, and meat and vegetables dishes. Cooked apples go nicely with chicken, pork or veal and with vegetables such as cabbage, onions or potatoes.

Stovetop Baked Apples: Wash, quarter and core enough apples to fill saucepan at least $\frac{3}{4}$ full. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook about 15 minutes, until apples are tender. Although Rome apples are the best choice, virtually any apple may be used.

Autumn Acorn Squash Rings

Utensil: large skillet and cover
Yield: 4 servings

- 1 medium acorn squash
- 2 teaspoons butter
- 1 tablespoon dark brown sugar, or real maple syrup
- 1 tablespoon apple juice, or apple cider
- dash of freshly grated nutmeg

Trim stem end and tip of squash. Cut crosswise into 4 slices; remove seeds. In skillet over medium heat, melt butter; stir in brown sugar and apple juice. Arrange squash rings in single layer in bottom of pan. Sprinkle lightly with nutmeg. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 13 to 15 minutes or until squash is tender. Remove cover and turn squash to glaze remaining sides. If necessary, simmer over medium heat, uncovered, to remove excess moisture.

Note: Native to the Americas, squashes are divided into two main types: Thin-skinned summer squashes such as zucchini, yellow and pattypan, and tough-skinned winter squashes such as acorn, butternut and pumpkin. Summer squashes have a tender flesh that cooks quickly and require no peeling. They can be eaten raw, with or without sauces for dipping, and in salads. Winter squashes have a firm and usually sweet flesh with a coarser skin that is removed before or after cooking.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
95.6	1.3	2.1 g	20.4 g	3.2 g	0 mg	32.1 mg

The Real Thing

A little maple syrup (it has to be the real thing, not maple-flavored syrup), gives squash and almost any other vegetable a fresher, just-picked taste. Use in place of sugar for a more natural flavor boost. A few drops of maple syrup will also smooth the flavor of salsa or any dish with peppers that may be too hot.

Utensils: small skillet; 3-quart saucepan and cover

1 pound green beans
1/4 cup sliced almonds
1 teaspoon butter
2 tablespoons fresh parsley, minced

Cut green beans into 2-inch pieces on very sharp diagonal. In skillet over low heat, cook and stir almonds until lightly browned; set aside and let pan cool completely.

In saucepan, combine beans and water to cover; rinse and drain. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook about 8 to 10 minutes, until beans are crisp-tender. Toss with butter, almonds and parsley. Serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
98.7	3.9 g	5.7 g	10.8 g	4 g	0 mg	18.1 mg

Utensil: small skillet and cover

2 cups cherry tomatoes
2 tablespoons minced fresh parsley, or fresh basil

Place tomatoes in skillet. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes, until tomatoes are heated through. Sprinkle with parsley; serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
19.6	0.8 g	0.3 g	4.3 g	1.4 g	0 mg	8.8 mg

Variation: Honey-Minted Cherry Tomatoes: Cook tomatoes as in above recipe; increase heat to medium. Omit parsley and add 1 teaspoon honey and 1 tablespoon minced fresh mint or 1/2 tablespoon crumbled dried mint leaves, stirring until evenly coated.

Chunky Carrots and Parsnips

Utensil: 1-quart saucepan and cover

Yield: 4 servings

- 3 small carrots, halved, cut into 1-inch chunks**
- 2 small parsnips, halved, cut into 1-inch chunks**
- 1 scallion, white only, thinly sliced**
- 1 tablespoon butter, optional**
- 2 tablespoons fresh parsley, minced**
- 1 tablespoon fresh basil, minced, optional**
- 1 teaspoon lemon juice**

In saucepan, combine carrots and parsnips with water to cover; rinse and drain. Add scallion. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 10 to 15 minutes, or until vegetables are barely tender. Add butter, parsley, basil and lemon juice; toss gently.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
29.6	0.7 g	0.1 g	7 g	2.1 g	0 mg	20.2 mg

Carrot Nests with Peas

Utensil: small skillet and cover

Yield: 4 servings

- 4 medium carrots**
1/4 cup frozen peas
dash of ground cinnamon
dash of freshly grated nutmeg

Using vegetable peeler, cut carrots into long, thin shreds, $\frac{1}{4}$ to $\frac{1}{2}$ inch wide. Place in skillet with water to cover; rinse, and drain. Push carrots to one side. Add peas next to carrots. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low, and cook 2 minutes, until vegetables are crisp-tender. Toss carrots with cinnamon and nutmeg; arrange into 4 “nests” and place 1 tablespoon peas in each.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
74.1	2.1 g	0.3 g	16.9 g	5.6 g	0 mg	106 mg

Utensils: Saladmaster Food Processor; small skillet and cover
Yield: 4 servings

Remove stems of broccoli; separate florets.

Grate zest of lemon by holding against No. 1 cone; squeeze juice from lemon into small bowl. Process broccoli stalks using No. 2 cone; discard tough peels.

In skillet, combine florets and processed stalks with water to cover; rinse and drain. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low, and cook 5 to 7 minutes, until broccoli is crisp-tender. Remove to serving dish and keep warm.

In same skillet combine stock, 2 tablespoons lemon juice, and cornstarch; bring to boil over medium heat, stirring frequently. Reduce heat to low, stirring until sauce is thickened. Remove from heat and stir in 1/4 teaspoon lemon zest and dillweed. Serve sauce over broccoli.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
56.4	5.6 g	0.7 g	10.8 g	5.9 g	0.1 mg	110 mg

Variation: Parsleyed Carrots and Broccoli: Use 1 to 2 stalks broccoli, depending on size, and 2 carrots, cut into julienne strips using No. 2 cone. Prepare as in recipe above, substituting minced parsley for dill in sauce.

Cornstarch is a dense, powdery “flour” made from a corn kernel’s endosperm. Sauces thickened with cornstarch are clear, whereas those thickened with flour are opaque. You need half as much cornstarch as you do flour. So, for each tablespoon flour called for in a recipe, substitute 1/2 tablespoon (1 1/2 teaspoons) cornstarch.

Mixtures thickened with cornstarch will begin to thin if cooked too long or at too high a temperature, or if stirred too vigorously.

Linguine
with Spinach Pesto



Vegetarian Main Dishes

More and more health-conscious cooks prepare meatless meals at least once or twice each week. Vegetarian dishes are tasteful, economical and an easy way to increase vitamin and fiber consumption.

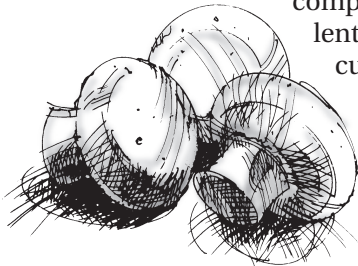
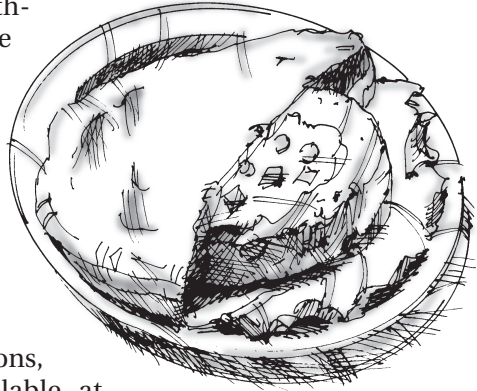
Of course, summer is a great time to prepare vegetarian meals. That's when vine-ripened tomatoes, squash, onions, peas and beans are readily available at farmers' markets and roadside stands. Make liberal substitutions in the following recipes, using what is in season and choosing your favorite vegetables.

Vegetarian dishes can be part of a complete and balanced diet because of the complementary proteins often found in traditional meatless dishes. For centuries, cultures have flourished with little or no meat in their diets. But vegetable dishes can provide complete protein when combined with foods that contain some of the necessary amino acids, almost the nutritional equal to the protein found in meat and eggs. Persons on a totally vegetarian diet usually do some vitamin supplementation, but an occasional meatless meal provides more than adequate nutrients and protein.

What's required is the combination of complementary proteins found in vegetables such as beans, and in grains, such as rice or corn. Not surprisingly, those combinations are natural and tasty.

Vegetarian Main Dishes are a good way to try to reach those goals. One of the other principles of meatless eating involves what is called "protein combining." The building blocks of protein (called amino acids) in bean dishes, for example, combine with those in complementary starches. Some other examples are lentils with rice, Chinese stir-fry with tofu (bean curd) or a peanut butter sandwich.

Since beans can be such an important part of meatless meals, knowing how to cook dried beans and legumes can be very helpful. When time doesn't allow for soaking and cooking, consider using canned beans. Their texture is very similar to cooked beans and the time saved is significant.



How to Cook Dried Beans & Legumes

Thoroughly rinse beans and place in roaster or saucepan with enough water to generously cover. Remember that beans will double in bulk after several hours of soaking.

- Remove and discard shriveled or damaged beans, and any that float on top the water.
- Soak beans in cold water for 6 to 8 hours or overnight.
- Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve™ clicks, reduce heat to low and cook according to the suggested times in the chart below.
- For quick-soak method, combine rinsed beans in pan with water to cover. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes. Turn off heat and let beans stand for 1 hour to expand. Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve™ clicks, reduce heat to low and cook according to the suggested times in the chart below.

Dried Beans and Legumes

Type	Soaking Time	Cooking Time
Black beans	Overnight or quick-soak.....	1½ hours
Chickpeas	Overnight or quick-soak.....	3 hours
Kidney beans	Overnight or quick-soak	1½ hours
Lentils	None	45 minutes
Lima beans	Overnight or quick-soak.....	1½ hours
Navy beans	None	1½ hours
Soybeans	Overnight or quick-soak.....	3 hours, or more
Split peas	None	1 hour



Bean Equivalents and Yields

One cup dried beans equals 8 ounces
 One cup dried beans yields 2 to 3 cups cooked beans
 One pound dried beans yields 4 to 6 cups cooked beans
 One 10-ounce can cooked beans yields 1 cup drained beans
 One 15-ounce can cooked beans yields 1½ cups drained beans
 One 16-ounce can cooked beans yields 1¾ cups drained beans
 One 19-ounce can cooked beans yields 2 cups drained beans

Utensils: Saladmaster Food Processor; large skillet and cover, or wok
Yield: 4 servings

- Process squash, carrots, green pepper and onion using No. 4 cone. Heat oil in skillet over medium-high heat. Add garlic; sear and remove. Do not brown. Add squash, carrots, green pepper, onion, zucchini and broccoli; cook and stir 5 minutes. Add ginger, water chestnuts, soy sauce, pineapple and oranges. Cover; cook 2 minutes. Remove from heat; let stand 5 minutes. Serve over brown rice.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
164	4.8 g	1.7 g	36.3 g	6.4 g	0 mg	508 mg

Process 1 ounce fat-free mozzarella cheese using No. 1 cone of Saladmaster Food Processor. Spread a pita pocket bread with 1 tablespoon tomato paste; crumble $\frac{1}{8}$ teaspoon each dried basil and dried oregano over tomato paste. Sprinkle with onion and garlic powder to taste; top with cheese. Place the pita bread in 9-inch small skillet over medium-low heat; cover, cook 4 to 5 minutes until cheese is melted and pizza is heated through.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover; steamer inset; large skillet and cover

- 1 ounce Parmesan cheese**
- 1 medium onion**
- 2 small zucchini**
- 1 cup loosely-packed fresh spinach**
- 4 cups water**
- 1 medium spaghetti squash, about 2 pounds**
- 2 tablespoons olive oil**
- 1 green bell pepper, cut into 2-inch strips**
- 1 red bell pepper, cut into 2-inch strips**
- 1/4 cup chopped fresh basil leaves**
- 2 tablespoons minced fresh parsley**
- 1 cup cooked chickpeas (garbanzo beans)**
- 1 cup tomato sauce**
- dash of freshly ground black pepper**

Pour water in saucepan; bring to boil over medium heat. Place whole squash in steamer inset and position on saucepan. Cover; steam 30 minutes or until tender.

While squash is cooking, in skillet over medium heat preheat oil 2 minutes; add onion, green and red peppers. Cook and stir until crisp-tender, about 3 to 4 minutes. Add zucchini, spinach, basil and parsley; cook and stir until spinach is wilted. Add chickpeas, tomato sauce and pepper; stir. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 5 minutes. Remove from heat.

When squash is tender, using serrated knife and holding squash with potholder, cut in half lengthwise. Scoop out seeds. Using fork, scrape spaghetti-like strands from squash. Arrange squash in heated large shallow serving dish. Spoon hot sauce over squash; sprinkle with Parmesan cheese.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
232	9 g	7.5 g	36 g	10.9 g	3.7 mg	391 mg

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 4 servings

1 cup Tomato Salsa (page 1-19)

.....

Variation: Reduce tomato paste to 1 tablespoon; add 3 tablespoons bottled taco sauce and continue as directed. In addition to the cheese, lettuce, scallions and salsa, top each taco with 1 tablespoon fat-free sour cream, if desired.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover; small skillet

2 ounces fat-free, or reduced fat, sharp Cheddar cheese

1/2 small green bell pepper

1 cup loosely packed fresh spinach

1/2 cup coarsely-chopped broccoli florets

1/4 cup sliced scallions

1/2 cup chopped tomatoes

4 flour tortillas

Process cheese using No. 1 cone; zucchini and green pepper using No. 2 cone; mushrooms and spinach using No. 5 cone.

Place zucchini, green pepper, mushrooms, spinach, broccoli and onions in saucepan; rinse and drain. Add tomatoes. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 to 3 minutes until vegetables are crisp-tender.

Preheat skillet over medium heat until drops of water dance when sprinkled in pan. Place tortillas in pan, one at a time, just long enough to heat both sides. Tortillas should not become crisp. Wrap in clean dish towel to keep warm.

To assemble tortillas, sprinkle each with 1 tablespoon cheese. Arrange one-fourth hot vegetable mixture down center of each tortilla. Fold two sides of tortilla over filling and place seam-side down on platter. Spoon salsa over tortillas and sprinkle with remaining cheese before serving.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
194	10.7 g	3.5 g	34.5 g	5.3 g	2.5 mg	268 mg

Variation: Omit spinach and broccoli; add $\frac{2}{3}$ cup whole kernel corn and $\frac{1}{2}$ cup cooked black beans.

Utensils: Saladmaster Food Processor; 3-quart saucepan
Yield: 4 servings

Process cheese using No. 1 cone; walnuts using No. 3 cone.

In saucepan, prepare pasta according to package directions, omitting oil and salt; drain. Set aside.

In hot saucepan, combine oil and garlic; using wooden spoon, stir over low heat until slightly tender. Do not brown. Add walnuts, tomatoes, olives, pimienta, parsley, basil, salt and pepper; cook and stir just until heated through. Arrange pasta in large heated pasta bowl and spoon sauce over top; sprinkle with cheese.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
469	18.2 g	22.3 g	51.3 g	6.1 g	11 mg	658 mg

Place 1 cup rice and 2 cups water (or other liquid) in saucepan. Cover and place over medium-high heat. When Vapo-Valve™ clicks rapidly, reduce heat to low and cook 15 minutes or until liquid is absorbed and rice is tender. (Brown and wild rice take longer than white rice. Some quick-cooking brands don't require cooking, just reconstituting with hot water.) If using salt, add after water has come to a boil and stir until it dissolves. This prevents damaging the surface of the pan.

Spanish-Style Vegetable Casserole

Utensil: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 4 servings

- 1 medium onion
- 1 red or green bell pepper
- 1 small potato
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 medium tomato, chopped
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1 cup long-grain rice
- 2 cups low-sodium vegetable stock
- 1 medium zucchini quartered lengthwise, cut into 3-inch pieces
- 2 medium carrots, halved lengthwise, cut into 3-inch pieces
- 2 cups fresh or frozen green peas

Process onion, red pepper and potato using No. 2 cone.
In saucepan over medium heat, preheat oil 1 minute. Add onion and garlic; cook until tender. Add red pepper and tomato; cook 3 minutes. Add potato, paprika and cayenne pepper; cook 2 minutes. Stir in rice and vegetable stock. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes or until most of liquid is absorbed. Stir in zucchini, carrots and peas; cover, cook 10 minutes, until vegetables are crisp-tender. Serve immediately.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
332	10.9 g	4.4 g	62.5 g	7.2 g	0.4 mg	51.9 mg

Pick the Best

During the summer months, when tomatoes are in season, use the best sun-ripened tomatoes you can find; fresh from the garden is best. At other times of the year, plum tomatoes, also called Roma or egg tomatoes, usually have the best flavor and texture.

Southwestern Rice Casserole

Utensils: 3-quart saucepan and cover

Yield: 6 to 8 servings

2 cups water

1¼ cups mild thick and chunky salsa, divided

1 ¼ cups long grain rice

$\frac{3}{4}$ cup fat-free sour cream

1 can (4 ounces) green chilies, undrained

¼ cup sliced black olives, well drained

$\frac{2}{3}$ cup reduced fat cheddar cheese, shredded

2 green onions, sliced, white and green part

Attach handles to saucepan. In saucepan over medium-high heat, bring water and 1 cup salsa to boil. Stir in rice; bring to boil again. Cover; reduce heat to low and simmer 15 minutes. Remove from heat; let stand, covered, 5 minutes. Fluff rice with fork.

Preheat oven to 350°F (180°C).

Add remaining $\frac{1}{4}$ cup salsa, sour cream, green chilies, black olives and $\frac{1}{8}$ cup cheese to rice; toss to combine, then smooth top slightly. Sprinkle with remaining $\frac{1}{8}$ cup cheese. Remove handles. Bake, uncovered, in preheated oven 30 minutes until heated through and cheese is melted. Sprinkle green onions on top and serve. To serve from saucepan, attach both handles. Serve with a mixed fruit or carrot-raisin salad and broccoli or green beans, if desired.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
192	5.02 g	.957 g	39.6 g	1.91 g	0 mg	342 mg

Utensils: 3-quart saucepan; small skillet
Yield: 4 main-dish servings

- 6 ounces wide whole wheat noodles**
- 2 teaspoons olive oil**
- ¼ cup finely diced green bell pepper**
- ¼ cup finely diced red bell pepper**
- 1 cup sliced fresh mushrooms**
- 3 green onions, sliced**
- ¼ teaspoon ground white pepper**
- ¾ cup fat-free sour cream**
- ¾ cup low-fat small curd cottage cheese**
- ¼ cup skim milk**
- ⅓ cup reduced-fat shredded Cheddar cheese**
- 2 tablespoons chopped fresh parsley**

Attach handles to 3-quart saucepan; over medium-high heat, bring to boil $\frac{1}{2}$ quarts water. Stir in noodles; bring to boil again. Reduce heat to medium; cook 8 minutes until barely tender.

Meanwhile, attach handle to skillet; over medium heat, preheat oil. Add green and red bell peppers and mushrooms; cook and stir 3 minutes until mushrooms are opaque. Add onions; sprinkle with white pepper and toss to combine. Cook and stir 1 minute. Remove from heat.

Drain noodles; return to saucepan. Add mushroom mixture; toss to combine. Add sour cream, cottage cheese and skim milk; mix thoroughly. Stir in cheese. Wipe any sauce from edge of saucepan; remove handles. Bake, uncovered, in preheated oven 25 to 30 minutes, until heated through, stirring after 15 minutes. Sprinkle with parsley; attach handles and serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
210	14 g	6.63 g	23.7 g	2.25 g	13 mg	219 mg

French Toast with Plum Sauce



Breakfasts and Breads

Breakfast has been called the most important meal of the day. All too often, it is the most neglected. Too many of us skip it altogether; others rely on overprocessed convenience foods. Besides being short on nutrients, convenience foods are expensive.

For good nutrition and best value, a homemade breakfast is often the best choice. And it doesn't have to be time-consuming.

Of course, breakfast can be a special time as well, even an occasion for entertaining. Don't overlook the potential of a well-planned brunch to celebrate with family or friends.

The recipes in this chapter will serve you well every day. You'll also find delicious ideas for special occasion meals.

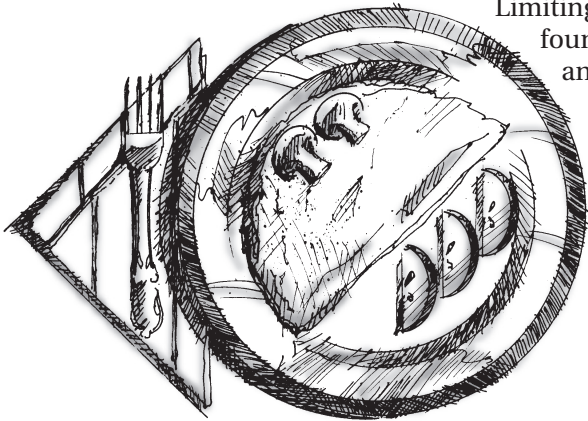
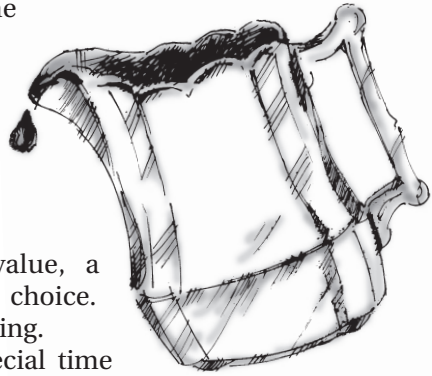
Nutrition and good taste should be the main criteria for selection. We've eliminated unnecessary calories and fat without sacrificing flavor.

Remember when selecting breakfast foods that eggs can be part of a prudent diet. However, health experts recommend limiting eggs to three or four per week, including eggs used in baking and other dishes.

You may choose to use cholesterol-free egg substitutes or use the egg whites only for most recipes. We have included instructions for doing that.

Regardless of whether a breakfast includes an egg dish, it is important to include whole grain breads or cereals and plenty of fruit in the menu.

Limiting saturated fat, such as that found in bacon and sausage, is another important tool for good nutrition. You may choose to use small amounts for flavoring. Canadian bacon and homemade turkey sausage are good choices for a lean breakfast meat.



Utensil: 1-quart saucepan and cover

1/2 cup bulgur

1 cup water

2 tablespoons raisins

1 teaspoon brown sugar, or unsulfured molasses

1/2 cup skim milk, or to taste

1/2 cup sliced fresh strawberries, optional

In saucepan over medium heat, combine bulgur, water and raisins. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes. Remove cover; stir. Spoon into serving dishes; top with brown sugar and milk. Add 1/4 cup strawberries to each serving.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
98.9	3.8 g	0.3 g	21.8 g	0.6 g	1 mg	35.9 mg

Utensil: 1-quart saucepan and cover

Yield: 4 servings

1 cup apple juice

2 cups cooked white or brown rice (may use leftover rice)

2 tablespoons chopped dried apricots

1 teaspoon honey, or maple syrup

1 cup skim milk, or to taste

In saucepan over medium heat, combine juice, rice and apricots. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes. Stir. Add honey and milk. Serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
192	5 g	0.5 g	41.4 g	0.5 g	1 mg	35.5 mg

Corn Cakes

Utensils: large skillet

Yield: About 12 cakes

1 package (9 ounces) corn muffin mix
vegetable oil spray

Prepare mix according to package instructions. Thin with additional liquid to desired consistency.

Coat skillet with vegetable oil spray; preheat 2 to 3 minutes over medium heat. Spoon 1 to 2 tablespoons batter into skillet for each corn cake, cooking about 4 at a time. Cook until top begins to bubble and bottom is brown. Turn and cook to brown other side. Repeat with remaining batter. Serve cakes with honey or your choice of topping.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
130	2.8 g	4.2 g	20 g	0 g	0 mg	192 mg

Orange or Lemon Hotcakes

By popular request, this beloved recipe has been featured in our cookbooks for years! We would not dare print a cookbook without it.

Utensils: large skillet

Yield: About 12 hotcakes

1 package (9 ounces) lemon or orange cake mix
vegetable oil spray

Prepare mix according to package instructions, reducing liquid by $\frac{1}{4}$ cup if thicker hotcakes are desired. Add additional liquid for thinner hotcakes.

Coat skillet with vegetable spray; preheat 2 to 3 minutes over medium heat. For each hotcake, spoon 1 to 2 tablespoons batter into skillet, cooking about 4 hotcakes at a time. Cook until top begins to bubble and underside is brown; turn and cook to brown other side. Repeat with remaining batter. Serve cakes with honey or your choice of topping.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
260	3 g	11 g	36 g	0 g	55 mg	280 mg

Foolproof Omelet

Utensil: small skillet and cover
Yield: 2 servings

- 3/4 cup egg substitute, or 3 large eggs**
- 1 tablespoon skim milk**
- dash of salt**
- dash of paprika**
- vegetable oil spray, or 1 teaspoon butter**

In small bowl, beat egg substitute with electric mixer or whisk 1 minute or until frothy; add milk, salt and paprika, blend well.
Coat skillet with vegetable spray; preheat 2 minutes over medium heat. Add egg mixture; cover, reduce heat to low and cook, without stirring, 8 to 9 minutes. Remove cover, (add filling, if desired), fold omelet in half; cut into two portions and serve.

1 serving without filling contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
147	10.4 g	10 g	3.3 g	0.03	1.6 mg	317 mg

Suggested Omelet Fillings

- Before folding, spread choice of filling over cooked omelet and serve.
- 1/4 cup shredded reduced-fat or fat-free Cheddar or Swiss cheese
 - 1 tablespoon minced fresh parsley and 1/2 teaspoon minced fresh basil, or 1 teaspoon fresh dill
 - 1/3 cup sautéed sliced fresh mushrooms
 - 1/3 cup heated tomato salsa
 - 1/3 cup sautéed fresh, chopped spinach leaves and 1 tablespoon crumbled feta cheese
 - 1/3 cup steamed chopped broccoli
 - 1/3 cup sautéed sliced scallions and red bell pepper strips
 - 1/4 cup low-fat cottage cheese and 1 tablespoon chopped chives
 - 2 tablespoons minced cooked Canadian bacon
 - 1/3 cup heated black beans and whole kernel corn
 - Combination of sautéed fresh mushrooms, spinach leaves and sliced green onions (about 1/3 cup total).

Oatmeal

Utensil: 1-quart saucepan and cover
Yield: 2 servings

- 1½ cups water
- ⅔ cup old-fashioned rolled oats
- ½ cup skim milk
- 2 teaspoons brown sugar, or other sweetener, or to taste

In saucepan over medium heat, combine water and oats. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 3 to 4 minutes. Let stand 2 to 3 minutes. Serve with milk and brown sugar, if desired. Serve hot.

1 serving without topping contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
124	6.4 g	1.8 g	20.9 g	2.9 g	1 mg	32.6 mg

Whole Wheat Cereal

Utensils: large skillet; utility rack; pudding pan; 5-quart roaster
Yield: 6 servings

- 2 cups wheat berries (whole grain wheat)
- 6 cups water, divided
- sugar or honey
- skim or 2% milk

The night before serving, place 3 cups water in skillet; place rack in skillet. In pudding pan, combine wheat and remaining 3 cups water; place pan on rack. Cover with inverted roaster; cook over low heat. Steam 8 hours or overnight. Add sugar or honey and milk to taste; serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
221	8.8 g	1 g	47.7 g	8 g	0.3 mg	11.8 mg

Variation: Add 1 cup chopped dried fruit, such as apricots, peaches or dates, during last 30 minutes of cooking.

Utensils: Saladmaster Food Processor; large skillet and cover

3 medium potatoes, peeled
1 small onion, peeled
1/2 cup egg substitute, or 2 large eggs
1/8 teaspoon pepper
3 tablespoons skim milk
1/3 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
vegetable oil spray

In large mixing bowl, beat egg substitute and pepper; add potatoes, onions and milk; mix well. In small bowl, combine flour, baking powder and salt; add to potato mixture and mix well. (Add extra flour, 1 tablespoon at a time, if necessary to bind ingredients together.)

Coat cold skillet with vegetable spray; preheat 2 to 3 minutes over medium heat. For each pancake, spoon 1 to 2 tablespoons batter into skillet; cook until browned. Turn and cook to brown other side. Cover; reduce heat to low and cook about 2 to 3 minutes.

If desired, serve with warm Applesauce (page 10-4) or Apple-Cranberry Sauce (recipe follows), or real maple syrup.

1 serving without topping contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
101	4.4 g	2.4 g	15.7 g	0.6 g	0.5 mg	251 mg

In skillet over medium heat, combine 2 large cooking apples, peeled, cored and thinly sliced, $\frac{3}{4}$ cup unsweetened apple juice, $\frac{1}{3}$ cup dried cranberries, 1 tablespoon sugar and $\frac{1}{4}$ teaspoon cinnamon. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 5 minutes. Blend together 1 tablespoon cornstarch and 2 tablespoons cold water; add to apple mixture. Cook and stir 2 minutes until thickened. Serve warm. Makes 2 cups.

French Toast with Plum Sauce

(Pictured on section divider)

Utensils: 1-quart saucepan and cover; large skillet

Yield: 3 to 6 servings

1½ cups egg substitute, or 6 large eggs, beaten

1/4 cup skim milk

1/2 teaspoon vanilla extract

¹/₂ teaspoon almond extract

6 slices (1 inch thick) French bread

2 cups coarsely chopped pitted ripe fresh plums

2 tablespoons water

1/3 cup firmly packed brown sugar

1/2 teaspoon grated lemon zest

2teaspoons canola oil

mint leaves, optional

In medium bowl, beat together egg substitute, milk, vanilla and almond extracts; blend well. Pour one-half mixture into 9-inch stainless steel pan. Arrange bread slices in single layer in mixture; pour remaining egg mixture over bread. Let stand until liquid is absorbed, turning occasionally, about 10 minutes. Or, cover and refrigerate overnight.

In saucepan over medium heat, combine plums and water. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 10 to 12 minutes, until plums are tender. Increase heat to medium. Stir in sugar and lemon zest; cook, uncovered, until slightly thickened, about 3 minutes, stirring occasionally.

In skillet over medium heat, preheat oil 2 minutes. Arrange soaked bread in hot skillet in single layer; cook 2 to 3 minutes, until well browned. Turn and cook 1 to 2 minutes until other side is well browned. Top with warm plum sauce; garnish with mint leaves.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
284.3	13.2	3.8	49	2.4	0.8	465

Variation: Serve French Toast with warm Applesauce (page 10-4) and a spoonful of nonfat sour cream or nonfat vanilla yogurt, then lightly drizzled with real maple syrup. Or, top with warm Easy Fruit Sauce (page 5-11).

Enjoy the incomparable fresh taste of homemade skillet-baked Garlic Bread with your favorite salad, or pasta dish.

1 clove garlic, minced
2 tablespoons olive oil
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 tablespoons finely minced fresh parsley
1/4 teaspoon dried marjoram
8 thick slices Italian bread

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
228	5.5 g	7.3 g	34.2 g	1.14 g	0 mg	420 mg

Toss 1 1/2 cups coarsely diced, unpeeled zucchini (2 to 3 medium), with 2 teaspoons flour to coat lightly. In large skillet over medium heat, preheat 1 tablespoon olive oil. Cook and stir zucchini, 1/2 cup finely chopped onion and 1/2 teaspoon minced garlic until zucchini is lightly browned. Season with salt and pepper, if desired. Combine 2 cups egg substitute (or 8 large eggs, beaten) and 1/3 cup skim milk; add to vegetables. Cook, stirring occasionally, until eggs are nearly set and soft curds are formed. Sprinkle with 2 tablespoons freshly grated Parmesan cheese; cover and let stand 1 minute. Serve at once. Makes 4 servings.

Utensil: large skillet

2 cups unbleached flour

1 easpoon baking powder

1/2 teaspoon baking soda

dash of salt

1/4 cup egg substitute, or 1 large egg, beaten

1½ to 2 cups buttermilk

1 tablespoon vegetable oil

vegetable oil spray

In medium bowl, combine flour, baking powder, baking soda and salt. In small bowl, beat egg substitute, buttermilk and oil; add to flour mixture and stir just until mixed. For thick pancakes, begin with 1½ cups buttermilk; add more buttermilk as needed to thin batter as desired.

Coat cold skillet with vegetable spray; preheat over medium heat 2 to 3 minutes. For each pancake, pour $\frac{1}{4}$ cup batter into pan, about 3 at a time. Cook until top of pancake begins to bubble and underside is browned. Turn and cook until other side is browned. Repeat with remaining batter. Serve pancakes with choice of toppings.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
314	11.7 g	6.7 g	50.5 g	1.6 g	4.8 mg	411 mg

Apple Pancakes: Immediately after pouring batter onto skillet, arrange 3 to 4 thin slices of unpeeled apple on top of each pancake.

Blueberry Pancakes: Fold 1 cup fresh blueberries and 1 tablespoon brown sugar into batter.

Corn Pancakes: Fold 1 cup well-drained whole-kernel corn into batter.

Cornmeal Pancakes: Substitute 1 cup cornmeal for 1 cup of the unbleached flour.

Oatmeal Pancakes: Substitute $\frac{1}{2}$ cup rolled oats for $\frac{1}{2}$ cup of the unbleached flour.

Whole Wheat Pancakes: Substitute 1 cup whole wheat flour for 1 cup of the unbleached flour.

Raisin Pancakes: Stir 1/2 cup raisins into batter.

Cranberry Pancakes: Stir $\frac{1}{2}$ cup dried cranberries into batter.

Basic Crêpes

The most unusual and best way you've ever made crêpes!

Utensil: small skillet

Yield: 18 crêpes

1 cup flour

dash of salt

$\frac{3}{4}$ cup egg substitute, or 3 large eggs

1/4 cup water

1 cup skim milk

1 tablespoon butter, melted

vegetable oil spray

In medium bowl, combine flour and salt; add egg substitute (or eggs, one at a time, beating well after each addition). Gradually stir in water, milk and butter; mix well. Cover bowl; let stand at room temperature at least 1 hour but not more than 2 hours (flour will expand and thicken batter).

Coat outside bottom (underside) of skillet with vegetable spray. Preheat skillet, bottom (underside) up, over medium-high heat 3 to 5 minutes or until a few drops of water splashed on surface bead and dance.

Pour batter into large dinner plate to a depth of $\frac{3}{4}$ -inch. Holding preheated skillet in level position, dip into batter to cover bottom only (underside); lift skillet and turn batter-side-up, swirling to allow excess batter to fill in any holes or spaces.

Place skillet, **batter-side-up**, over burner. Cook over medium heat until golden brown around edges. Using spatula or tongs, remove crêpe from pan bottom; place browned-side-down on plate. To keep crêpes moist, cover immediately. Repeat with remaining batter. If necessary, re-coat bottom of skillet with vegetable spray and preheat skillet again.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
49.7	2.3 g	1.8 g	5.9 g	0.2 g	0.4 mg	50.4 mg

Variation- Herb-Flavored Crêpes: Blend 1/2 teaspoon dried dillweed, or 1 teaspoon dried chives, into batter before cooking. Use herb-flavored crêpes with chicken or seafood fillings.

Utensils: Saladmaster Food Processor

1 rib celery

2 scallions, including some green part

2 packages (6 ounces each) frozen crabmeat, thawed, flaked

1 can (8 ounces) water chestnuts, drained, diced

1 package (6 ounces) frozen cocktail shrimp, thawed, divided

1/2 cup fat-free mayonnaise

2 tablespoons skim milk

3 tablespoons bottled chili sauce

1/2 teaspoon Worcestershire sauce

1 teaspoon onion powder

12 herb-flavored crêpes (page 5-13)

In medium bowl, combine crabmeat, celery, scallions, water chestnuts and one-half shrimp. Cover; chill 1 hour.

In bowl combine mayonnaise, milk, chili sauce, Worcestershire sauce and onion powder; mix thoroughly. Gently stir in remaining shrimp. Cover; chill 1 hour.

Place crêpes, browned-side-down, on waxed paper. Spoon 2 tablespoons crabmeat filling down center one-third of each crêpe; fold both sides over filling. Arrange on serving dish; spoon sauce over crêpes.

.....

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
115.3	11.6 g	2.4 g	12.3 g	0.9 g	53.3 mg	331.4 mg

Variations—Zesty Vegetable Crêpes: Cut leftover baked or boiled potatoes into cubes and mash thoroughly. Spoon onto center one-third of crêpes; top with generous spoonful of zesty Tomato Salsa (page 1-19). Fold both sides over filling. If desired, top with a sprinkling of reduced-fat mozzarella cheese. Garnish with nonfat sour cream and chopped fresh cilantro or parsley.

Apple Crêpes: Coat small skillet with vegetable oil spray; preheat 2 minutes over medium heat. Add 2 to 3 thinly sliced, cored apples. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 5 minutes or until apples are tender. Season to taste with cinnamon and brown sugar; fill crêpes. Shortcut idea: Heat prepared apple pie filling in 1-quart saucepan, and use to fill basic crêpes.

Great biscuits without heating the oven!

Utensil: large skillet

Yield: 12 biscuits

- 1 cup whole wheat flour
1 cup flour
1 tablespoon baking powder
1/2 teaspoon salt
3/4 cup skim milk
1/4 cup canola oil
vegetable oil spray

In medium bowl, combine flours, baking powder and salt; stir well. Add milk and oil; stir to form soft dough.

On lightly floured surface, lightly knead dough 2 to 3 times. Roll dough to 1/2-inch thickness; cut with biscuit cutter.

Coat cold skillet with vegetable spray; preheat over medium-high heat 2 minutes. Arrange biscuits in skillet. Reduce heat to medium; bake, uncovered, 5 to 8 minutes or until golden brown. Turn and cook 5 to 8 minutes longer, or until other side is browned.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
116	2.9 g	4.9 g	15.6 g	1.5 g	0.3 mg	126 mg

Shortcut: To use refrigerated biscuits, allow biscuits to come to room temperature and follow cooking instructions for Whole Wheat Biscuits, above.

Flour Exchange

For lighter biscuits, use unbleached all-purpose flour instead of whole wheat. Unbleached flour has not been treated with chemicals to make it white. Light golden in color, it can be used to replace all-purpose white flour in any recipe.

Oatmeal Raisin Scones

A traditional tea bread of England.

Utensil: large skillet and cover

Yield: 4 servings

- 1 cup rolled oats, divided
- 1 cup unbleached flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- 3 tablespoons butter, cut into ½-inch pieces
- ⅓ cup raisins
- ½ to ¾ cup buttermilk
- vegetable oil spray

In electric blender, grind ½ cup oats. In medium bowl, combine ground oats, remaining ½ cup oats, flour, sugar, baking powder, baking soda and salt. Add butter and cut into dry ingredients with pastry blender until the mixture resembles coarse meal. Add raisins; mix thoroughly. Make well in center of dry ingredients. Gradually stir in enough buttermilk to make a firm, moist dough. On lightly floured surface, gently knead dough until smooth. Divide dough into 4 pieces; form each into thick round about 4 inches in diameter.

Lightly coat cold skillet with vegetable spray; preheat over medium heat 2 to 3 minutes. Place scones in skillet; reduce heat to low. Cover; cook 15 minutes. Turn scones, pressing down with spatula to flatten. Cover; cook 10 to 15 minutes, or until golden brown on other side. Cool on wire rack. Cut each scone in half; serve warm.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
344	8.3 g	10.6 g	55.1 g	3.8 g	1.7 mg	407 mg

Variation—Cranberry Scones: Substitute ⅓ cup dried cranberries for the raisins; add 3 tablespoons chopped pecans or chopped blanched almonds, if desired.

Utensils: Saladmaster Food Processor; small skillet

Yield: 8 servings

- 1 ounce fat-free or reduced-fat Cheddar cheese**
1/2 small onion
1 cup all-purpose flour
1/2 cup white cornmeal
1 tablespoon sugar
1 tablespoon baking powder
3/4 cup skim milk
1 egg white, beaten
2 teaspoons butter
3 tablespoons green bell pepper, chopped

Process cheese using No. 1 cone; onion using No. 2 cone.

In medium bowl combine flour, cornmeal, sugar and baking powder. Gradually add milk and egg white, mix well.

In skillet over medium heat, melt butter; add to batter, reserving enough butter to coat skillet. Gently stir cheese, onion and green pepper into batter.

Pour batter into skillet; reduce heat to low. Cover; cook 25 minutes. To serve from skillet, cut into squares or wedges with plastic knife.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
117	4.6 g	1.3 g	21.1 g	1.1 g	1 mg	181 mg

Prepare above corn bread recipe, substituting 3 tablespoons each chopped sun-dried tomatoes and sliced black olives for onion and green pepper. If desired, substitute 1/4 cup crumbled Greek feta cheese or blue cheese for Cheddar cheese.

Blueberry Pecan French Toast Casserole

Utensils: small skillet; 1-quart saucepan

Yield: 6 servings

5 cups cubed French bread

$\frac{3}{4}$ cup egg substitute, or 3 eggs

½ cup sugar

¼ teaspoon nutmeg

1½ cups skim milk

1 cup fresh or frozen blueberries, divided

1/3 cup chopped pecans

2 tablespoons butter, or margarine

1/3 cup brown sugar

Lightly coat skillet with vegetable oil spray. Place bread cubes in skillet.

In medium bowl, whisk together egg substitute, sugar and nutmeg; stir in milk. Slowly pour over bread cubes to saturate; cover and refrigerate 2 hours or up to overnight.

Preheat oven to 325°F (170°C).

Sprinkle ½ cup blueberries over bread mixture; lightly toss to mix. Sprinkle remaining ½ cup blueberries on top; then sprinkle pecans on top.

Attach handles to saucepan; over medium-low heat, combine butter and brown sugar. Cook and stir until bubbly. Drizzle over pecans and blueberries. Bake in preheated oven 45 to 55 minutes, until puffed and browned. Serve hot with blueberry or maple syrup, if desired.

1 serving (without syrup) contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
337	9.9 g	10.7 g	51.9 g	2.04 g	11.8 mg	361 mg

Utensils: small skillet or large skillet
Yield: 6 servings

Preheat oven to 325°F (160°C). Lightly coat bottom and sides of skillet (handles removed) with vegetable oil spray; set aside.

In large bowl, crumble sausage. Add bread crumbs, apple and onion; mix thoroughly. Add egg substitute, parsley, salt substitute, marjoram and pepper; blend well, using hands if necessary.

Dip hands in cold water. Using both hands, press and shape mixture into ring to fit skillet, allowing about ½-inch around outside edge and large space in center. Bake, uncovered, in preheated oven 60 to 75 minutes until meat is no longer pink in center and meat thermometer registers 170°F (75°C). Loosen ring from skillet; transfer to cutting board and cut into 6 pieces. Or, transfer ring to large platter; fill center with scrambled eggs for breakfast or brunch, or mashed potatoes with chives for supper.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
324	29.5 g	18.2 g	10.2 g	1.18 g	128 mg	765 mg

To season ground turkey or pork: Blend 1 teaspoon crushed fennel seeds, ½ teaspoon each onion powder, ground coriander and ground marjoram; ¼ teaspoon each ground thyme, paprika and pepper. Blend into lean ground turkey or pork and continue with recipe.



Stuffed Peppers

Meats

Cooking meats the Saladmaster stovetop way can enhance flavors, especially of economical cuts, and eliminate the need for added fat. The Saladmaster stovetop way can also save energy and reduce cooking time.

Concerns about saturated fats and cholesterol have encouraged many people to cut back on their red meat consumption. The satisfying richness and abundant protein of meat allows a little to go a long way. And, for many people, smaller portions could be the key to incorporating meat into a healthy diet.

At a time when some health-conscious eaters are eliminating all red meat from their diets, the techniques found in this chapter may ease your conscience and allow you to indulge your fondness for meat two or three times per week, without feeling guilty.

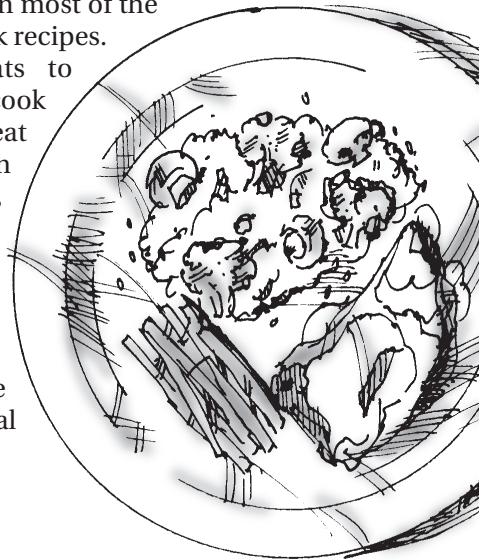
To reduce the fat in beef, lamb, pork or other red meats, trim all visible fat, use no or very little additional fat in cooking, and sear the meat in a preheated pan to get a “roasted” flavor.

Since meat is often the most expensive item in the food budget, you will want to create the best-tasting dishes with every ounce of meat that you cook. Cooking meat the low-fat, low-moisture Saladmaster® way will assist you immeasurably in that effort.

You may also consider using wild game such as venison if available. Venison is low in fat and can be used in most of the recipes for beef and in some of the pork recipes.

Whenever possible, allow meats to reach room temperature, and then cook promptly. Always dry the surface of meat before browning. Simply pat dry with white paper towels. If it is too moist, the meat will cook too much before it browns, making it less likely to seal in the valuable nutrients.

Most meats will not require salt. If you choose to add salt, always do so after the meat is cooked, or just before serving. Salt tends to extract the natural juices and may even toughen meats.



How to Cook Meat

There are three basic methods for cooking meat on top of the stove: stovetop roasting, pan-broiling, and braising. The electric skillet is also convenient for pan-broiling.

- 1. Stovetop roasting:** Use this technique for more tender cuts that you might otherwise roast in the oven.

How-to: Preheat roaster 2 to 3 minutes over medium heat. (To tell when a pan is properly preheated, splash a few drops of water on the surface. If the drops bead and dance, the pan is ready to use.) Place the meat in an uncovered pan, pressing down to assure even “searing.” Sear meat on all sides until brown. Meat may stick, but will loosen as it is browned. Do not add liquid (unless recipe specifies). Cover; when Vapo-Valve™ clicks, reduce heat to low and cook according to the times listed in the following chart.

Meat	Minutes per pound
Beef	
rare	10
medium rare	12
medium	15
well-done	20
Lamb, leg	
rare	20
medium	25
well-done	30
Pork	25 to 30
Veal	20



- 2. Pan-broiling:** This technique works well for cutlets, fillets, chops and steaks.

How-to: Preheat skillet 2 to 3 minutes over medium heat. The skillet is properly preheated when a few drops of water splashed in it bead and dance. Or preheat electric skillet (375°F to 400 °F). Add meat and cook on one side until browned. Meat may stick,

How to Cook Meat, continued

but will loosen as it browns. Turn and cook until other side is browned. If desired, cover and cook until Vapo-Valve™ clicks. Reduce heat to low (electric skillet at 275°F to 300°F), and cook 5 to 10 minutes longer, or to desired doneness. For steaks, cook over medium heat, with lid ajar for second side, according to the following chart.

Steak, boneless, 1-inch thick	Cooking time
Rare (red)	4 minutes on 1 side, 3 minutes other side
Medium rare (pink)	5 minutes on 1 side, 4 minutes other side
Medium (slightly pink) .	6 minutes on 1 side, 5 minutes other side
Well-done (no pink)	7 minutes on 1 side, 6 minutes other side



3. **Braising:** This method, whereby meat is first browned and then cooked in liquid, is particularly good for tougher, more economical cuts. Always trim all visible fat before browning.

How-to: Preheat pan (usually skillet or roaster) over medium heat 2 to 3 minutes. (To tell when the pan is properly preheated, splash a few drops of water on the surface. If the drops bead and dance, the pan is ready to use.) Add meat and brown all sides. Add 1/4 cup liquid (water, wine, broth, for example), or as listed in recipe. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook according to the times listed in the following chart.

Meat	Minutes per pound
Beef.....	20 to 25
Lamb.....	20 to 25
Pork.....	25 to 30
Veal	20 to 25
Venison.....	20 to 25



Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 8 servings

2 ounces fat-free or reduced fat Cheddar cheese
1 medium potato, scrubbed
1 small onion, peeled
1 can (8 ounces) low-sodium tomato sauce, divided
2 pounds lean ground beef, or ground turkey
1/2 cup egg substitute, or 2 large eggs, slightly beaten
1/2 teaspoon salt
1/4 teaspoon pepper

Measure $\frac{1}{3}$ cup tomato sauce; set aside. In large bowl, combine onion, potato, beef, remaining $\frac{2}{3}$ cup tomato sauce, egg substitute, salt and pepper; mix well. Shape into loaf.

Preheat skillet over medium heat 2 minutes, or until a few drops of water splashed in pan bead and dance. Place meat loaf in skillet; top with reserved $\frac{1}{3}$ cup tomato sauce. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 30 to 35 minutes. Sprinkle cheese over meat loaf. Cover; cook 3 to 4 minutes until cheese melts. Remove from pan; cut into 8 slices and serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
345	30.6 g	21.6 g	5.4 g	0.8 g	89.2 mg	284.8 mg

Preheat electric skillet to 375° F. Arrange six 1/2-inch-thick pork chops in single layer in hot skillet; cook until browned, about 5 minutes. Turn and brown other side, 4 to 5 minutes. Top each chop with 1/4 cup unsweetened applesauce and a dash of cinnamon. Cover; cook until Vapo-Valve™ clicks, reduce heat to 225° F and cook 20 minutes or until tender. Remove chops and scrape applesauce into skillet; keep warm. Slowly stir in 1 to 2 teaspoons cornstarch dissolved in 1 tablespoon cold water; cook and stir until thickened. Spoon hot sauce over chops. 6 servings.

Roast with Vegetables

Utensil: 7-quart roaster and cover
Yield: 6 to 8 servings.

- 1 beef rump roast, about 3 pounds, or beef chuck, or chuck tender
- 1/2 teaspoon garlic powder or granulated garlic, or 1 to 2 fresh garlic cloves, finely chopped
- 1/4 teaspoon pepper
- 6 carrots, scraped, cut into 3-inch lengths
- 6 large potatoes, quartered
- 1 large yellow onion, peeled, quartered

Preheat roaster over medium heat 3 minutes. Place meat in roaster; cook 10 minutes or until browned and meat loosens from pan. Turn meat; season with garlic powder and pepper. Cook 10 minutes, until other side is browned. Add vegetables (including fresh garlic if using). Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 1 1/2 hours or until tender. If desired, season to taste with salt substitute.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
620	63.3 g	32.2 g	16.7 g	2 g	165 mg	151 mg

Defatting Pan Juices

Pan drippings and juices left in the pan after stove-top roasting are ideal for sauces or gravies when fat is removed. After removing meat, and vegetables if any, pour drippings into pudding pan; refrigerate or stand on shelf in freezer until fat congeals. With slotted spoon, remove and discard fat. Return remainder to pan used for cooking. Or, add several ice cubes to drippings to cool quickly and help fat congeal. A white paper towel may also be used to skim fat by lightly brushing over the top of juices and rotating towel to a clean spot as necessary.

Utensil: large skillet
Yield: 5 servings

- 1 pound pork tenderloin, cut crosswise into 10 pieces**
2 teaspoons lemon pepper
1 tablespoon butter
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon Dijon-style mustard
1 tablespoon finely chopped chives or parsley

Press each tenderloin piece into 1-inch-thick medallion; sprinkle surfaces with lemon pepper. In skillet over medium heat, melt butter. Add pork medallions; cook 7 to 8 minutes. Turn and cook other side about 6 minutes, until browned. Remove meat to serving platter; keep warm. To pan juices in skillet, add lemon juice, Worcestershire sauce and mustard; blend well. Cook and stir over low heat until heated through. Pour sauce over medallions; sprinkle with chopped chives.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
373	26.8 g	6.8 g	1.8 g	.09 g	71.8 mg	292 mg

Remove meat from pan and keep warm. Skim fat from juices (see page 6-5). Add 3 to 4 tablespoons chicken or beef stock, wine or water and place over medium heat. Using spoon, scrape browned meat particles from pan and stir into liquid. Cook and stir, uncovered, to reduce and thicken slightly. Season to taste and serve hot.

Larger amounts of pan juices may be thickened with one of the following:

Flour	3 tablespoons per 2 cups liquid
Arrowroot	2½ teaspoons per 1 cup liquid
Cornstarch	1 tablespoon per 1½ to 2 cups liquid

Dissolve thickener in cold water equal to two times the amount of thickener; whisk into simmering liquid. Cook and stir just until thickened. When using flour, cook and stir 3 additional minutes to eliminate flour taste. Over-beating sauces with cornstarch will thin them. Sauces thickened with arrowroot have no holding power and should be served as soon as thickened.

Stuffed Peppers

(Pictured on section divider)

Utensils: Saladmaster Food Processor; large skillet and cover

Yield: 4 servings

- 4 large green, red or yellow bell peppers**
1 small carrot
1 medium onion, peeled
1 rib celery
1 tablespoon water
1 clove garlic, minced
 $\frac{3}{4}$ pound lean ground beef, or ground turkey
 $\frac{3}{4}$ cup cooked rice
 $\frac{1}{4}$ cup minced fresh parsley
1 teaspoon low-sodium soy sauce
 $\frac{1}{2}$ teaspoon dried marjoram, finely crumbled
1 cup low-sodium chunky tomato sauce, divided,
or 1 can (8 ounces) low-sodium tomato sauce

Choose peppers with flat bottoms that will allow them to stand upright. Cut off pepper tops and remove seeds and membranes; set aside.

Process carrot using No. 1 cone; onion, celery and pepper tops using No. 2 cone.

Place peppers upside down in skillet. Add 1 tablespoon water, cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 3 to 4 minutes. Remove peppers, drain upside down on paper towel and set aside.

In same skillet with remaining liquid, combine carrot, onion, celery, chopped pepper tops, garlic and beef; mix well. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 10 minutes. Add rice, parsley, soy sauce, marjoram and 1/4 cup tomato sauce; mix well. Cover; cook over low heat 5 minutes. Carefully spoon hot stuffing into peppers.

Spread one-half (6 tablespoons) remaining tomato sauce into bottom of skillet. Place peppers upright in skillet, spooning remaining 6 tablespoons tomato sauce on top stuffed peppers.

Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes. Serve peppers with hot tomato sauce on the side.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
339	24.2 g	16.5 g	24.5 g	3.5 g	74 mg	541 mg

Utensils: Saladmaster Food Processor; large skillet and cover
Yields: 6 to 8 servings

- 1 ounce Parmesan cheese**
- 2 ounces fat-free Cheddar cheese**
- 2 small onions**
- 1 medium green bell pepper, seeded**
- 4 small zucchini**
- 1 pound lean ground beef, or ground turkey**
- 1 can (15 ounces) diced low-sodium tomatoes, drained**
- 1 can (8 ounces) low-sodium tomato sauce**
- 1 can (6 ounces) tomato paste**
- 1/2 teaspoon dried oregano**
- 1/4 teaspoon garlic powder**
- 1/4 teaspoon black pepper**

Process cheeses using No. 1 cone, keeping separate; onions using No. 2 cone; green pepper and zucchini using No. 3 cone.

Preheat skillet over medium heat 2 minutes. Cook meat and onions, stirring occasionally, until meat is browned and onion is tender, 8 to 10 minutes.

Add tomatoes, tomato sauce, tomato paste and green pepper. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes.

Stir in Cheddar cheese, oregano, garlic powder and black pepper. Add zucchini. Cover; simmer 10 minutes. Sprinkle with Parmesan cheese. Cover; simmer 10 minutes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
238	20.6 g	4.8 g	13.8 g	3.3 g	53 mg	585 mg

Variation: Do not drain diced tomatoes. Add 1½ cups elbow macaroni with tomatoes and liquid, etc. If necessary, extend second cooking time (after adding zucchini) by 5 minutes, cooking until macaroni is nearly tender before adding Parmesan cheese. Note: If mixture becomes too dry before macaroni is tender, add 2 to 3 tablespoons hot beef broth or tomato juice with the zucchini.

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 6 servings

Process onion using No. 2 cone; potatoes using No. 4 cone.

Preheat skillet over medium heat 2 minutes; cook and stir beef until no longer pink, breaking into small pieces with spoon. Drain beef. Layer onion and potatoes on beef. Sprinkle rice around outer edge of skillet; spoon beans over rice. Sprinkle with Italian seasoning; pour tomato sauce over all. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 35 to 40 minutes.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
593	44.2 g	29 g	38.8 g	6.6 g	132 mg	589 mg

Process 1 medium onion, 2 large potatoes, 1/4 medium head cabbage and 2 carrots using No. 2 cone on Saladmaster Food Processor. Preheat large skillet over medium heat for 2 minutes; cook and stir 1 pound extra-lean ground beef, or ground turkey, until browned, breaking into small pieces with spoon. Drain. Remove 1/4 meat; set aside. Layer onion, potatoes, cabbage and carrots on top of remaining cooked meat; drizzle with 1 teaspoon Worcestershire sauce and sprinkle with 1/8 teaspoon pepper. Crumble reserved beef over vegetables. Spread 1 can low-fat, low-sodium cream of chicken soup over top. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes or until vegetables are tender. Remove from heat; arrange 4 to 6 fat-free American cheese slices on top. Cover and let stand 5 minutes. 6 servings.

Utensil: Saladmaster Food Processor; large skillet and cover
Yield: 6 servings

1/4 cup minced fresh parsley, for garnish

In small bowl combine sour cream, mustard, salt and pepper. Add meat to vegetables in pan and stir in sour cream mixture. Cook until heated through; do not boil.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
703	65.4 g	43 g	6.3 g	1.2 g	179 mg	330 mg

In general, cut beef into thin slices; pork, lamb and poultry into thicker slices.

Oriental Pork Chops

Utensil: large skillet and cover
Yields: 6 servings

- 1 cup orange juice
- 1 tablespoon minced fresh ginger, or 1 teaspoon ground ginger
- 3 cloves garlic, minced
- 1/2 teaspoon whole black peppercorns, crushed
(see sidebar below)
- 1/4 teaspoon cayenne pepper
- 2 tablespoons reduced-sodium soy sauce
- 6 lean pork chops, 1 inch thick
- 6 cups cooked brown or white rice

In shallow glass container, combine orange juice, ginger, garlic, crushed peppercorns, cayenne and soy sauce. Place pork chops in marinade; turn to coat both sides. Cover; refrigerate several hours or overnight.

Arrange chops in single layer in skillet; spoon marinade over chops. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes. Remove chops to heated serving platter and keep warm. To thicken sauce slightly, cook marinade, uncovered, over medium heat until reduced to about 3/4 cup. Serve pork chops and sauce over hot rice.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
430	34.2 g	29.2 g	5.5 g	0.2 g	0 mg	228 mg

Crushed Peppercorns vs. Ground Pepper

Do not substitute ground pepper for crushed peppercorns. You will be adding too much pepper and the resulting dish will be too hot.

To crush peppercorns: Measure peppercorns onto a 12x12-inch sheet of waxed paper or plastic wrap; cover with a second sheet of waxed paper. Crush by pressing them with a rolling pin, moving back and forth several times, or by pounding with a rubber mallet. If only ground pepper is available, use half the amount specified in the recipe.

Yields: 6 to 8 servings

- 1 medium carrot, scraped**
1 medium onion, peeled
1/2 medium green or red bell pepper
1/2 pound lean ground beef, or ground turkey
2 cloves garlic, minced
2 medium tomatoes, seeded, finely chopped
1/2 cup sliced mushrooms
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon dried marjoram
dash of freshly ground pepper
6 cups low-sodium tomato sauce

Increase heat to medium; add chopped tomatoes, mushrooms, basil, oregano, thyme, marjoram and pepper. Cook and stir until mushrooms are opaque, about 2 to 3 minutes. Add tomato sauce; mix well. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 10 to 15 minutes. Serve over cooked spaghetti, preferably whole wheat or artichoke varieties.

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Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
145.4	9.8 g	5.7 g	18.5 g	3.3 g	22.1 mg	62.8 mg

[illegible]

Variation: Omit mushrooms in sauce. Cook 1 pound bowtie pasta; drain and arrange on heated shallow bowl or platter. While pasta is cooking, sauté 6 to 8 ounces quartered small fresh mushrooms and 2 medium unpeeled zucchini, diced, in a little olive oil until zucchini is crisp-tender. Layer zucchini and mushrooms on hot pasta; top with meat sauce and a sprinkling of freshly grated Parmesan cheese.

Pronounced *Woos-tuhr-shuhr*, this thin, dark brown sauce adds zip to a variety of dishes, sauces and beverages. It was developed in India for British Colonials and first bottled in Worcester, England. Worcestershire sauce usually consists of soy sauce, tamarind, garlic, onions, molasses, lime juice, anchovies, vinegar and other seasonings.

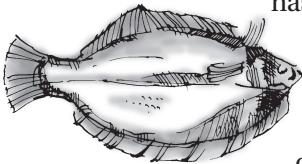
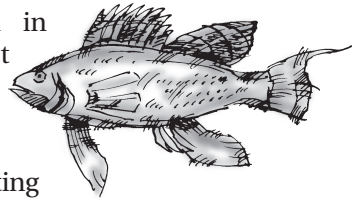
Pacific Ocean Salmon
with Fresh Vegetables

Seafood



Seafood

Fish and other seafoods have gained in popularity among Americans in the past decade, perhaps because of the public's increasing health consciousness. Because fish is naturally low in fat and high in protein, it is a smart choice for those interested in a healthful eating plan. While many cooks have known that fish is a smart addition to any menu, they have been reluctant to prepare it often. Fish

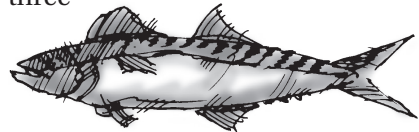


has a reputation of being difficult to cook. Frying is the most familiar method of preparation, but it is not a good choice for those concerned about fat in the diet.

Even though it is low in fat, fish can become an indulgent dish if it is breaded and fried or smothered in a rich cream or cheese sauce. Poaching, steaming or stir-frying in a minimal amount of oil are the best choices for cooking healthful fish dishes.

Poach fish in a wide, shallow pan, such as the large skillet, and always arrange fish in a single layer. The poaching liquid should just reach the top of the fish. As soon as the poaching liquid comes to a boil, reduce the heat to low or simmer to avoid broken fish.

A few celery leaves added to the poaching or steaming liquid will diminish the fish odor. Adding two or three tablespoons lemon juice or white wine to the poaching liquid will whiten and firm the fish flesh. Reserve the liquid from poaching or steaming fish and seafood for use in soups and sauces. Simply strain and cool the liquid to room temperature, then store in the freezer in small, tightly sealed containers.



Our cooking methods make it easy to prepare fish in tasteful, imaginative ways without deep-frying or the addition of rich sauces. The most important thing to remember when cooking fish is not to overcook it.

Fish is done when the flesh turns from translucent to white. For those who like fish a little more cooked, test it with a fork. It is well done when it flakes easily, and will suffer from further cooking.

Meaty fish like tuna can be served rare to medium-rare for those who like the taste of impeccably fresh fish lightly cooked.

Shellfish like shrimp and scallops cook very quickly. As soon as they lose their translucence and are firm, remove from heat immediately. Shrimp will turn pink when cooked through; scallops become a milky-white color. Overcooking will cause shrimp to become mushy and scallops to become tough.

The Omega-3 Bonus

One of the most significant nutritional benefits of fish is the discovery in recent years of special oils in some fish that are thought to help prevent heart disease. Called omega-3 fatty acids, these fish oils are thought to help lower blood cholesterol and reduce the risk of dangerous blood clots.

In general, the fish with the most omega-3s are those that swim in deep, cold waters, including: tuna, salmon, trout, sardines, swordfish, herring and mackerel. Salmon, tuna and swordfish have grown in popularity in recent years because they are firm-fleshed enough to stand up to outdoor cooking on the grill. Our techniques make it possible to enjoy those fish prepared indoors on the stovetop as well.

How to Cook Fish

Poaching and pan-cooking are two simple techniques for fish cookery. Poaching: Cooking in liquid retains the moisture of fish, especially skinless fillets.

In saucepan or skillet, add enough liquid (water or broth plus wine, if desired) to cover fish. Place over medium heat and bring to boil. Gently, add fish. Cover; when Vapo-Valve™ clicks, remove pan from heat. Do not lift lid. Poach 10 minutes per inch of thickness at the thickest part.

Pan-cooking: This technique works well for fillets or small whole fish and fish steaks.

(A) Place fish and small amount of liquid (wine, broth, sauce or whatever recipe calls for) in skillet. Cover and cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook until fish tests done. Allow 10 minutes per inch of thickness measured at the thickest part, total cooking time.

(B) Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Spray pan with nonstick vegetable spray or add a small amount of oil or butter. Add fish, cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook until fish tests done, allowing 10 minutes per inch of thickness at the thickest part, total cooking time.

Utensil: small skillet and cover

4 sole fillets

1/4 cup lime juice

2 tablespoons dry vermouth, or lemon juice

1 teaspoon olive oil

2 cloves garlic, minced

1 tomato, chopped

1 tablespoon minced fresh cilantro leaves

dash of freshly ground pepper

In skillet over medium heat, preheat oil; add garlic. Cook and stir about 1 minute; add tomato, cilantro and pepper. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 10 minutes. Remove cover and, using back of spoon, mash tomatoes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
465	86.4 g	8 g	8.4 g	1.2 g	218 mg	376 mg

Leftover fish and shellfish will last two or three days if it is well chilled and securely covered. Too often, little bits are thrown away that could be used to good advantage in a salad, a crêpe or an omelet. Larger pieces can be stretched by garnishing with hard-cooked eggs, tomato wedges and black olives and served with an herbed yogurt or low-fat mayonnaise dressing.

Bluefish & Scallions

Bluefish is a dark-fleshed fish with a distinctive flavor. Young bluefish is delicate and makes superb eating when simply prepared.

Utensil: small skillet and cover

Yield: 2 servings

$\frac{3}{4}$ to 1 pound bluefish fillet

1 tablespoon reduced-sodium soy sauce

2 tablespoons dry white wine, or lemon juice

1 tablespoon water

1/4 cup finely chopped scallions

1 tablespoon finely chopped fresh ginger

1 tablespoon minced fresh parsley

Place fish in skillet, skin side up, add soy sauce, wine and water. Cover and marinate in the refrigerator 20 to 30 minutes, turning after 10 minutes. Combine scallions and ginger; press onto fish.

Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 12 to 15 minutes or until fish is opaque at its thickest part (probe with fork). Sprinkle with parsley.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
294	45.6 g	8.6 g	5.3 g	0.5 g	107 mg	373 mg

Salmon Burgers

Utensils: 1-quart saucepan and cover; large skillet and cover

Yield: 4 servings

1/2 cup cooked white or brown rice

4 tablespoons lemon juice

1 can (16 ounces) salmon, drained

1 small carrot, cut into chunks

1 small onion, quartered

$\frac{1}{2}$ teaspoon grated lemon zest

2 teaspoons olive oil

lemon wedges, garnish

dill sprigs, garnish

In saucepan over medium heat, combine rice and lemon juice. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 3 to 4 minutes, until rice is quite soft.

Meanwhile, place fish in mixing bowl. Remove skin; crush bones and combine with fish. In electric food processor or blender, combine rice, carrot and onion; process until smooth. Add blended rice mixture and lemon zest to salmon; stir until well blended. Shape into 4 patties.

In skillet over medium heat, preheat oil 2 minutes. Cook salmon patties until well-browned, about 4 to 5 minutes; using spatula, carefully turn patties and cook 4 to 5 minutes to brown other side. Garnish with lemon wedges and fresh dill sprigs.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
211	21.3 g	9.1 g	10.5 g	1.4 g	68 mg	53 mg

Canned or Fresh?

Most of North American salmon are found off the Pacific coast and about 90 percent come from Alaskan waters. Chinook or king salmon is considered the finest, ranging in color from off-white to bright red. The coho or silver salmon has a firm textured pink to red-orange flesh. Sockeye or red salmon has a deep red flesh that is prized for canning.

Whenever you poach or roast salmon, cook twice the amount you need for dinner. Chill the other half and use the next day over greens for a salad, or tossed with hot pasta, fresh dill and a little olive oil for a delicious entrée.

Poached Bay Scallops

Utensil: large skillet and cover
Yield: 4 servings

- 1/4 cup dry white wine, fish broth, or lemon juice
- 1 tablespoon minced shallots, or scallions (white part only)
- 1 pound bay scallops

In large skillet over medium heat, combine wine and shallots. Cover; cook until Vapo-Valve™ clicks. Add scallops; when Vapo-Valve™ clicks, briefly stir, reduce heat to low and cook 4 to 5 minutes, or until scallops are tender and look opaque. Drain.

Serve hot over rice, or with parsleyed red potatoes.

To serve chilled, cool scallops, toss with your favorite cucumber-dill sauce and refrigerate to chill. Serve on a bed of lettuce or in scallop shells (serves 6 as an appetizer).

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
134	26 g	1.2 g	5.1 g	0.1 g	49.9 mg	224 mg

The Scoop on Scallops

Scallops, like oysters and clams, are bivalve mollusks. The part of the scallop that we eat is the muscle that opens and closes the shell. Buy tiny bay scallops or larger sea scallops. They should have a shiny moist look and a faint fresh scent of the sea. Scallops, more than other seafood, tend to toughen and lose their fine character when they are overcooked. Clean by rinsing under cold water; pat dry with paper towels and cook them briefly, just until they lose their translucency and become creamy white.

Bay scallops are small, with a sweet, nutlike flavor. Calico “scallops,” pressed from firm-fleshed fish, are not true scallops, but are less expensive and may be substituted for the bay scallops in the above recipe. If using the larger sea scallops, quarter them.

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 4 servings

2 small carrots
1 medium onion
1/2 medium green, red or yellow bell pepper, seeded
2 stalks broccoli
1 1/2 pounds large shrimp, peeled, deveined
1 tablespoon canola oil
3 scallions, sliced diagonally

3 tablespoons rice wine vinegar
1/4 cup tomato sauce
1/4 cup water
2 tablespoons packed dark brown sugar
2 teaspoons cornstarch
1 teaspoon reduced-sodium soy sauce
2 cloves garlic, minced
1/2 teaspoon grated fresh ginger,
or 1/8 teaspoon ground ginger

Stir sauce again and pour over shrimp mixture. Cover; cook until Vapo-Valve™ clicks, reduce heat to low, and cook 6 to 8 minutes, until shrimp are pink and opaque throughout and vegetables are crisp-tender. Serve over rice.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
290	39 g	5.7 g	21.3 g	4.5 g	332 mg	551 mg

Tip: Reserve shells from fresh shrimp to make seafood stock. Place in heavy container, close tightly and store in freezer until you have enough seafood scraps to cook stock.

Marinated Tuna Steaks

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 4 servings

- 3 to 4 scallions
- 4 tuna steaks (about 5 ounces each), 1-inch thick,
or swordfish steaks
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon honey

Process scallions, white parts only, using No. 4 cone. Reserve tender green portions; using sharp knife, diagonally slice green part to make 2 tablespoons.

Arrange fish in skillet. In electric food processor or blender, combine chopped scallions, oil, lemon juice, soy sauce and honey; process until smooth. Pour over fish, marinate 20 to 30 minutes in refrigerator, turning after 10 minutes. Let stand at room temperature 10 minutes.

Cover skillet; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 12 to 15 minutes or until fish flakes easily. Time will vary according to thickness of fish. Sprinkle with sliced scallion greens.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
178	11.8 g	9.4 g	11.5 g	0.2 g	26.6 mg	208 mg

Mako Shark in White Wine

In small skillet over medium heat, combine 2 mako shark steaks, or swordfish (about 6 ounces each) with 2 tablespoons wine, or lemon juice. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 8 to 10 minutes or until fish tests done. Remove fish from pan and keep warm. Cook liquid over medium heat, uncovered, until slightly thickened; pour over fish steaks. Garnish with lemon slices and herb sprigs, such as dill, tarragon or parsley. Makes 2 servings.

Utensil: large skillet and cover

1/2 lemon

4 red snapper fillets, about 6 ounces each

1/2 cup flour

1 tablespoon butter, melted

1 tablespoon canola oil

¹/₈ teaspoon paprika

1 tablespoon sliced almonds

Squeeze juice from lemon; brush juice over both sides of fish. Lightly dredge fish in flour, shaking off excess.

In skillet over medium heat, melt butter and oil. Arrange fillets in single layer in hot skillet; sprinkle with paprika. Cook until browned, about 3 minutes. Using large spatula, carefully turn fish. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 3 to 5 minutes or until fish tests done. Gently transfer fish to serving dish; sprinkle with almonds.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
224	20.4 g	5 g	23.1 g	1.2 g	40 mg	96.2 mg

The most common mistake in cooking fish is overcooking. A good rule of thumb, which works with all cooking methods, is to cook the fish 10 minutes for every inch of thickness, measured at the thickest point (see page 7-5).

If you will be cooking a fish in a sauce, in a crust, or in parchment, measure it when it is completely sauced, breaded, or wrapped for cooking. Fish is done when it is opaque throughout. If fish flakes, it is probably overcooked.

Utensil: electric skillet and cover
Yield: 4 servings

Yield: 4 servings

- 1 pound ocean perch fillets
2 tablespoons dry bread crumbs
1 tablespoon grated Parmesan cheese
1 teaspoon dried basil
1/2 teaspoon paprika
1/8 teaspoon freshly ground pepper
1 tablespoon olive oil
2 tablespoons fresh parsley, chopped

In small bowl, combine bread crumbs, cheese, basil, paprika and pepper. Brush one side of fish with oil, dip into crumb mixture. Place fish, uncoated side down, in skillet. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 8 to 10 minutes, or until fish tests done. Gently transfer fish to serving dish; sprinkle with parsley and serve at once.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
158.5	22.4 g	2.9 g	2.29 g	0.5 g	49 mg	142 mg

In small bowl, combine 2 tablespoons fat-free French dressing, 4 teaspoons reduced-sodium soy sauce and $\frac{3}{4}$ teaspoon ground ginger; blend well.

Arrange 1 pound flounder or orange roughy fillets in a cold large skillet, pour dressing mixture over fish and marinate 10 minutes. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 8 to 10 minutes until fish tests done. Transfer fish to serving plate; top with sauce. Makes 4 servings.

Breaded Orange Roughy Fillets

Utensil: large skillet and cover

Yield: 4 servings

1¹/₄ to 1¹/₂ pounds orange roughy fillets, or other white fish

3/4 cup flour

1/4 teaspoon freshly ground pepper

1 egg white, beaten

1 tablespoon water

1 tablespoon canola oil, divided

1½ cups fresh bread crumbs

lemon wedges

Score fish and cut into serving size pieces; rinse and pat dry. Combine flour and pepper; dredge fish, shaking off excess flour.

In shallow bowl, combine egg white, water and 1 teaspoon of the oil. Dip fish in egg mixture, letting excess drain back into bowl. Roll fish in crumbs until coated. Place fish on plate, cover, and refrigerate 1/2 hour to allow crumbs to adhere to fish.

Preheat skillet over medium 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add remaining 2 teaspoons oil. Cook fish in oil 2 minutes; carefully turn fish and cook other side until browned., about 2 minutes. Serve with lemon wedges.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
623	47.3 g	23.4 g	52.1 g	2.1 g	157 mg	406 mg

What About Omega-3 Fatty Acids?

Omega-3 fatty acids reduce blood clotting in humans and may have other benefits that protect against heart disease, though the research is not conclusive. The bottom line is that including fish in your diet, in Food Guide Pyramid portions, is a healthy choice. Fish has other nutrients as well, so don't be tempted to substitute fish oil supplements for the real thing.

Some fish that are higher in fat—salmon, bluefish, mackerel, herring, sardines, anchovies—are also rich in omega-3 fatty acids.

Utensils: small skillet and cover; 3-quart saucepan
Yield: 4 servings

2 cans (7 ounces each) minced clams
1 tablespoon olive oil
5 cloves garlic, thinly sliced
1/2 cup white wine
1 cup fish broth, or clam juice
1/4 cup minced fresh parsley
2 tablespoons fresh lemon juice
dash of freshly ground pepper
8 ounces fettuccine

Preheat skillet over medium heat 2 to 3 minutes; add oil and garlic, sauté 2 minutes. Add wine; reduce heat to low and simmer about 10 minutes.

Drain clams, reserving 1/2 cup liquid. Stir clam liquid, broth and clams into garlic; cook, uncovered, about 10 minutes until heated through. Add parsley, lemon juice, and pepper; cover and remove from heat. Keep warm.

While clam sauce is cooking, in saucepan, cook fettuccine according to package directions; drain well. Place in preheated serving bowl; add clam sauce and toss to coat. Serve immediately.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
247	16.3 g	3.9 g	32.5 g	1.8 g	27 mg	256 mg

Buy live shellfish in the shell on the day you will be cooking them. Clams, oysters and mussels in the shell should be well iced or refrigerated and have closed, unbroken shells when you buy them. Store them, loosely wrapped in paper or in a bowl so they can breathe, in the refrigerator. Clean the shells by scrubbing well with a stiff brush. Pull the beards off of mussel shells. Discard any that do not open after cooking.

Out-of-the-shell: Choose fresh smelling, plump oysters or mussels. Clams are often available chopped, either fresh, frozen or canned. All types are acceptable if of good quality.

Broiled Halibut with Dill Sauce

Utensils: utility rack; large skillet
Yield: 2 servings

- 2 tablespoons light mayonnaise
- 2 teaspoons plain nonfat yogurt, or sour cream
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried dillweed
- 2 halibut steaks, about 8 ounces each
- 2 teaspoons olive oil

Preheat broiler.

In small dish, combine mayonnaise, yogurt, mustard and dillweed; whisk until well blended. Set aside.

Position utility rack on skillet. Lightly brush both sides of halibut with oil; arrange on rack. Broil 4 inches from heat source about 4 minutes, until lightly browned. Using spatula, carefully turn fish; broil other side 3 minutes until lightly browned. Serve with dill sauce.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
305	47.6 g	9.96 g	2.82 g	0.09 g	72.7 mg	295 mg

Fish Sense

Haddock belongs to the cod family. Its meat is white, large flaked and lean; preferred cooking methods are baking, steaming, broiling and poaching. Substitute Atlantic pollock, Atlantic cod, grouper or snapper.

Halibut (Atlantic or Pacific) belongs to the flounder family. Flesh is white to pale green but cooks up white, tender, large-flaked and lean. Preferred cooking methods are baking, steaming, broiling, sautéing or poaching. Substitute snapper, large-flaked cod, grouper (all will take longer to cook than halibut).

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
209	33.6 g	3.76 g	7.12 g	1.6 g	96.9 mg	217 mg



Poultry

Chicken and Couscous

Poultry

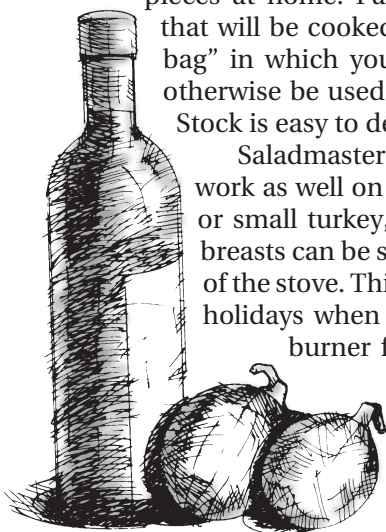
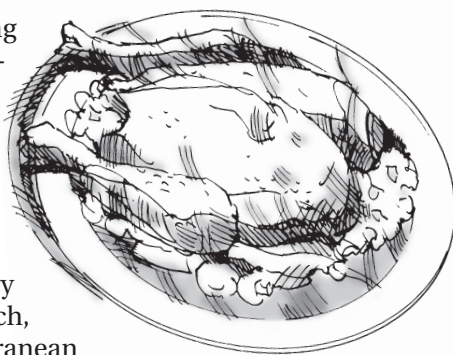
Chicken and turkey have long been considered the health-conscious eater's best friends. With skin removed, poultry is an economical and relatively low-fat source of protein, especially the white meat.

Moreover, chicken provides a great flavor base for just about every cuisine. Whether you like Italian, French, Asian, barbecue, home-style, Mediterranean or more exotic dishes, chicken can often be the calorie-wise anchor of an adventurous meal.

Fat-free low-moisture cooking does wonders for chicken. Cooking chicken and turkey at low to moderate temperatures will produce a moister, tastier dish, since this method retains poultry's natural flavors and juices. Some traditional methods, such as sautéing over high heat, can actually toughen delicate chicken or turkey breasts. Our recipes and techniques are time-, money- and nutrition-conscious, and no food is more adaptable than poultry.

Most of our recipes call for cut-up chicken pieces, often skinless and boneless, and boneless bite-sized chunks or ground chicken. Turkey gets its turn, as well, but is often ground or used in cutlet form. For greatest economy, buy whole chickens and cut them into serving size pieces at home. Package and freeze chicken pieces together that will be cooked together. Don't overlook the "soup stock bag" in which you can accumulate trimmings that will not otherwise be used, such as wing tips, necks, skin and bones. Stock is easy to de-fat after it has cooled (see page 6-5).

Saladmaster stovetop braising and roasting methods work as well on poultry as on meats. A whole fryer, roaster or small turkey, Cornish game hens, or turkey or chicken breasts can be successfully and deliciously prepared on top of the stove. This can be particularly convenient around the holidays when stack-cooking makes efficient use of each burner for preparing festive family dinners. Using stovetop roasting also frees up the oven for rolls, pastries or desserts.



There are three basic methods for cooking poultry on top of the stove: braising, range-top roasting and pan-frying with little or no added fats.

How-to: Preheat pan (usually skillet or roaster) over medium heat for 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Cook poultry on all sides until browned. Add 1/4 cup liquid (water, wine, or broth, for example), or as required by recipe. Cover; when Vapo-Valve™ clicks, reduce heat to low and cook according to the chart.

Braising poultry	Minutes per pound
Chicken	
whole, halves, quarters	20
serving-size pieces	20
boneless breasts	15
Turkey	
whole breast, bone-in	20
boneless “steaks” or “fillets”	15
Cornish game hens	
whole, halves	25
Duck	
whole, halves, pieces	30

Cooking poultry requires an emphasis on food safety. Never undercook poultry. Juices should run clear when the meat is pierced with a fork. After handling raw poultry, carefully wash hands, knives, cutting boards, plates and any other utensils. This cuts the risk of contaminating another food with salmonella bacteria, sometimes found on raw poultry.

Always refrigerate poultry in a leakproof container so the juices do not contaminate other foods. As with other meats, frozen poultry should be thawed in the refrigerator, when time allows. To hasten thawing, place frozen poultry in a large saucepan or roaster; cover with cold water and let stand at room temperature, changing water about every 30 to 40 minutes.

To test for doneness, especially when roasting whole poultry, stuffed or unstuffed, or turkey breasts, use an instant-read meat thermometer. When inserted in thickest part of thigh without touching bone, thermometer should register 180 to 185 degrees. Center of stuffing should be at least 165 degrees.

Minutes per pound

whole, halves, quarters.....	25
serving pieces.....	20
boneless breasts.....	15

whole breast, bone-in.....	25
stuffed breast.....	30
boneless “steaks” or “fillets”	15

whole, halves.....	30
whole, stuffed.....	30

whole, halves, pieces 30

How to: Heat large or small skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Add chicken pieces, pressing them against bottom and sides of pan. For a healthier option, remove skin and fat before cooking. Meat may stick, but will loosen as browning continues. Place lid on pan slightly ajar. When meat loosens, turn and fry until golden brown and cooked through, about 10 minutes.

Utensil: large skillet and cover

1 can (6 ounces) crabmeat

1/4 cup finely chopped water chestnuts

2 tablespoons fine dry bread crumbs

2 tablespoons fat-free mayonnaise

1 tablespoon minced fresh parsley

1/4 teaspoon Dijon mustard

6 skinless boneless chicken breast halves

1/4 teaspoon lemon pepper

2 tablespoons Worcestershire sauce, or white wine, divided

3 scallions, thinly sliced

1/8 teaspoon paprika

Drain crabmeat, removing any bits of cartilage or shell. In medium bowl combine crabmeat, water chestnuts, bread crumbs, mayonnaise, parsley and mustard; set aside.

Place chicken, one piece at a time, between two pieces of waxed paper. Using meat mallet and working from center to edges, lightly pound to 1/8-inch thickness. Remove waxed paper and repeat with remaining chicken.

Sprinkle chicken with lemon pepper. Spoon crabmeat filling onto one end of each chicken breast. Fold in sides and roll up jelly roll style. If desired, fasten with wooden toothpick or skewer.

Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Arrange chicken in skillet, seam side up. Cook 2 to 3 minutes until browned. Carefully turn; brush with 1 tablespoon Worcestershire sauce. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 to 25 minutes until chicken is tender. Brush with remaining Worcestershire sauce; sprinkle with scallions and paprika. Serve hot.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
373	64 g	8.7 g	6.1 g	.4 g	181 mg	360 mg

[illegible]

Variation: Choose a can of medium shrimp, rinsed, drained and chopped, in place of the crabmeat in the filling.

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 4 servings

- 1 medium green or red bell pepper, seeded**
- 4 skinless boneless chicken breast halves**
- 1 can (8 ounces) low-sodium tomato sauce**
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried**
- 3 tablespoons cornstarch**
- 1/3 cup cold water**
- 4 cups cooked rice**

Preheat skillet on medium heat, arrange chicken in skillet; press flat. Cook quickly until brown on both sides.

In a small bowl combine pepper, tomato sauce and oregano, pour over chicken. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 40-60 minutes. Uncover; remove chicken.

In a small bowl combine cornstarch and water; stir until smooth. Add to sauce. Cook over low heat, stirring constantly, until thick and bubbly. Serve chicken over rice (or polenta); top with sauce.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
589	60 g	9.02 g	67.7 g	2.1 g	156 mg	144 mg

Polenta is the Italian version of cornmeal mush. It can be made from special coarse-ground cornmeal (called polenta meal) sold in specialty food stores, from “instant” (precooked) polenta, or from regular yellow cornmeal. Yellow cornmeal is readily available in supermarkets, cooks faster than coarse polenta meal, and has a better texture and flavor than fine-grained instant polenta.

To cook polenta, use one part cornmeal to three parts liquid. To prevent lumping, stir the raw cornmeal into about half of the liquid before adding it slowly to the remaining boiling liquid in a saucepan. Cook the polenta until the cornmeal loses its raw taste, about 12 to 15 minutes. To make creamy, soft polenta, use a bit more liquid; for firm polenta that can be shaped, use a little less liquid. Store leftover polenta in the refrigerator.

Chicken Marsala

Marsala is a fortified Sicilian wine that varies from dry to sweet and is used to subtly enhance the natural flavors of the dish.

Utensils: Saladmaster Food Processor; large skillet
Yield: 4 servings

- 8 ounces fresh mushrooms, trimmed
- 3 scallions
- 4 skinless boneless chicken breast halves
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/4 cup Marsala wine, or dry sherry

Process mushrooms using No. 5 cone; scallions using No. 4 cone.

Place chicken, one piece at a time, between two pieces of waxed paper. Using meat mallet and working from center to edges, lightly pound to 1/4-inch thickness. Repeat with remaining chicken.

Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add chicken, in batches if necessary, and cook 3 to 5 minutes until chicken is browned and loosens from pan; turn and brown other side 3 to 5 minutes. Transfer to platter; keep warm.

Add mushrooms, scallions, water and salt to skillet; cook and stir over medium heat 3 minutes until mushrooms are tender and most of liquid has evaporated. Stir in wine; heat through. To serve, spoon vegetables and wine sauce over chicken.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
350	58.2 g	8.3 g	3 g	0.5 g	156 mg	272 mg

Z-z-z-zucchini

Make this a one-dish meal: Slice 3 small zucchini and add to pan with the mushrooms and onions; cook and stir 2 minutes. Cover; cook 2 minutes. Dissolve 2 teaspoons cornstarch in the water and stir into vegetables. Cook and stir until sauce bubbles and thickens; stir in wine. Return chicken to pan, baste with sauce. Serve topped with vegetables and sauce.

Utensils: Saladmaster Food Processor; 3-quart saucepan;
7-quart roaster and cover
Yield: 8 to 10 servings

2 large ribs celery
1 medium onion, halved vertically
1 medium apple, quartered, cored
1 boneless turkey breast, about 5 pounds
1 tablespoon canola oil, or butter
1/2 teaspoon rubbed sage, or ground marjoram,
or poultry seasoning
2 cups toasted bread cubes
1/3 cup chicken stock, or water

Process celery using No. 1 cone; onion and apple using No. 2 cone. Rinse turkey breast and pat dry; lay flat, skin side down, on work surface. In saucepan over medium heat, preheat oil 2 minutes. Add celery and onion; cook until celery begins to soften, stirring occasionally. Remove from heat and add sage, apple, bread cubes and chicken stock; toss to combine. Spoon onto center of turkey breast. Roll meat and skin around stuffing; secure with toothpicks. Tie with butcher's twine, if desired.

Preheat roaster over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Place turkey in roaster; sear all sides, carefully turning with wooden spoons or spatula as it browns. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 25 to 30 minutes per pound.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
506	86 g	11.4 g	9.7 g	1 mg	196	245 mg

Please Pass the Carrots

Carrots are a nutritious food, supplying fiber, beta carotene (which the body converts to vitamin A), potassium and other nutrients. Carrots are an extremely versatile vegetable. They are delicious eaten raw or shredded in salads and slaws. Cooked carrots add color, texture, and a sweet flavor to stews. They also make wonderful side dishes seasoned in various ways or mashed to make a smooth purée.

Savory Barbecue Chicken & Rice

Utensil: large skillet and cover
Yield: 6 servings

- 6 boneless skinless chicken breast halves
- 1/2 teaspoon seasoned salt, or to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon herb seasoning, or lemon pepper
- 1 1/2 cups uncooked instant rice
- 1 1/2 cups prepared barbecue sauce
- 1 cup water

Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Arrange chicken in single layer in skillet; cook 5 minutes until browned and meat loosens from pan; turn and cook 5 minutes longer. Sprinkle with seasoned salt, garlic powder and lemon herb seasoning. Cover; cook 5 minutes. Pour uncooked rice between chicken pieces. In bowl, combine barbecue sauce and water; pour over chicken and rice. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 to 20 minutes until chicken and rice are tender.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
268.6	30.3g	2.7g	28.2g	1.1g	68.3mg	735.7mg

Mushrooms

Many varieties of mushrooms, both cultivated and wild, now appear in supermarkets nationwide. Although mushrooms are relatively nutrient poor, their intense, earthy taste enhances the flavor of many dishes. Raw mushrooms have only about 12 calories per half cup. Mushrooms absorb liquids and fats. Instead of rinsing them in cold water, wipe them with a damp paper towel. Rather than drowning them in oil or butter, sauté mushrooms in a few teaspoons of broth or juice.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 4 servings

3 medium carrots
3 ribs celery
1 medium onion, halved vertically
1 3-pound chicken, cut into serving pieces
1 tablespoon minced fresh tarragon leaves,
or 1 teaspoon dried tarragon
1 teaspoon dried thyme
1 cup dry white wine, or chicken stock
1½ cups low-fat, low-sodium chicken stock, or as needed
1 bay leaf, halved

Process carrots, celery and onion using No. 2 cone.

Gently mix vegetables; place one-third vegetable mixture in saucepan. Layer drumsticks and thighs (separated at joint), on top of vegetables. Sprinkle with one-half tarragon. Layer one-third vegetables, chicken breast (split) and wings; sprinkle with remaining tarragon. Top with remaining vegetables.

Sprinkle with thyme; pour wine over chicken and add enough chicken stock to just reach breasts and wings. Push bay leaf down into cooking liquid.

Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes until chicken is tender. Remove bay leaf and discard. Serve over rice.

1 serving without rice contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
717	102 g	25.9 g	12.9 g	3.3 g	304 mg	553 mg

Chicken doesn't always require a white wine. For a hearty winter dish, use dry red wine and chicken stock as the cooking liquid. Substitute parsley for tarragon. Serve with Beaujolais, a young, fruity French wine.

Utensil: large skillet and cover

Yield: 4 servings

4 skinless boneless chicken breast halves

1 tablespoon olive oil

¹/₄ teaspoon salt

dash of freshly ground pepper

5 cloves garlic, thinly sliced

1 tablespoon fresh parsley, minced

2 lemons, thickly sliced, seeds removed

parsley sprigs, garnish

lemon slices, garnish

In skillet over medium heat, preheat oil 2 minutes; carefully add chicken breasts, skin side down, Cook 5 minutes until browned; turn and cook 3 minutes.

Sprinkle chicken with salt, pepper, garlic and parsley; arrange lemon slices on top. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes, or until chicken is tender. Garnish with parsley sprigs and additional lemon slices.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
366	58.2 g	11.7 g	4.8 g	0.7 g	156 mg	271 mg

Mild Enchilada Sauce

In electric food processor or blender, combine 1 can (15 ounces) whole tomatoes with juice, 1 small onion, quartered, 1 red chile pepper, seeded, halved, 1 tablespoon chopped cilantro leaves and $\frac{1}{8}$ teaspoon ground cumin; process until smooth. Transfer to small skillet. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes. Use while hot to make Enchiladas (see page 8-15), or refrigerate and reheat. Makes about $2\frac{1}{4}$ cups.

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 4 servings

- 2 small onions**
- 10 medium mushrooms**
- 1 tablespoon olive oil**
- 2 cloves garlic, minced**
- 1 medium green or red bell pepper, seeded,
cut into thin 2-inch strips**
- 2 medium tomatoes, seeded, chopped**
- 1 bay leaf, halved**
- 1½ teaspoon dried basil**
- ¼ teaspoon dried marjoram**
- ⅛ teaspoon dried thyme**
- ⅛ teaspoon dried oregano**
- 4 skinless boneless chicken breast halves**
- 1 cup tomato sauce**
- ⅓ cup dry red wine, or chicken stock**

Process onions using No. 2 cone; mushrooms using No. 4 cone.

In skillet over medium heat, preheat oil 2 minutes; add onions and garlic, stirring frequently to avoid browning. When onions are limp, add pepper, tomatoes, mushrooms, bay leaf and herbs; mix well.

Arrange chicken over vegetables. Pour tomato sauce and wine over all. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 hour until chicken is tender. Remove and discard bay leaf. Serve chicken and sauce over spaghetti, linguine, noodles or rice.

1 serving without pasta contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
404	60.3 g	12 g	11.7 g	2.2 g	156 mg	576 mg

Cut the tomato in half crosswise and gently squeeze out the seeds. Remove core and chop or slice as directed.

Creamy gravy goes well with "fried" chicken. In a container with tight-fitting lid, combine 1½ cups skim milk with 3 tablespoons instant dissolving flour; cover and shake to blend. Remove chicken from pan and keep warm. Reduce heat to low; add milk mixture, stirring until thickened. Season to taste with salt and pepper.

Utensils: large skillet
Yield: 4 servings

Preheat oven to 350°F (180°C). Rinse chicken under cold running water; remove wing tips, tail ends and all visible fat.

In small bowl or cup, combine parsley, rosemary, lemon zest, marjoram, sage, garlic and pepper. Rub mixture on skin of each piece. Arrange chicken quarters, skin side up, in skillet (handles removed). Bake, uncovered, in preheated oven 45 to 65 minutes, until chicken is done (juices run clear; test each piece - white meat takes less time than dark meat). If desired, turn chicken over and/or baste with pan juices after 30 minutes of roasting. If chicken is done, but not as brown as you prefer, slide skillet of chicken, with skin side up, under broiler to finish browning, about 5 minutes. Attach handles and serve from skillet to keep warm.

Serve with stovetop-baked potatoes, cucumber salad and baby beets, if desired.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
408	72.9 g	10.6 g	0.53 g	0.21 g	238 mg	262 mg

Portuguese Shellfish Stew



Ethnic Dishes

For flavor, economy and nutrition, ethnic dishes offer some of the most enticing recipes. Traditionally, ethnic cuisines have emphasized vegetables and starches, such as pasta or rice. Meat is used as a flavoring agent instead of the main ingredient. This combination can often result in dishes that are lower in fat and meet contemporary nutritional guidelines.

The Food Guide Pyramid is a visual symbol for healthful eating. At the top are fats and oils, representing foods which should be eaten in very limited amounts. Experts recommend a diet with no more than 30 percent calories from fat, 10 percent being saturated fat.

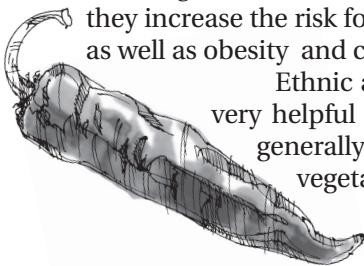
The Food Guide Pyramid recommends six to 11 servings daily from the bread, cereal, rice and pasta group, which includes whole grains. Many of the recipes in this section, as well as in the Vegetarian section, include foods from this group. Saturated fat is found primarily in animal fats and is solid at room temperature. When vegetable fats undergo a process called hydrogenation they can also become saturated fats. Although these fats do not contain cholesterol, they should be used in limited quantities because of the potential health risk.

Dietary cholesterol is considered by some to be a factor in increasing the amount of cholesterol in the bloodstream. People with high blood cholesterol may be at greater risk for heart disease. And fats in general are considered to be a problem in the diet because they increase the risk for higher blood cholesterol and heart disease, as well as obesity and cancer.

Ethnic and vegetarian dishes (see chapter 4) can be very helpful in reducing health risks. Meat portions are generally smaller in ethnic dishes and nonexistent in vegetarian.

We have selected a variety of ethnic meals that use common ingredients that are readily available in American supermarkets. The ingredients and instructions have been adjusted, when necessary, to conform to the Saladmaster® way of healthy cooking.

This collection of ethnic specialties represents dishes from a host of cuisines. We urge you to expand your culinary prowess by trying one new recipe a week. We are confident that you will be pleasantly surprised by the flavor and satisfying goodness of these dishes.



How to Stir-Fry

To stir-fry is to cook uniformly sized pieces of meat or vegetables in a minimum amount of oil over relatively high heat for a short period of time while stirring briskly and constantly.

Although the wok is the most traditional utensil for stir-frying, this technique can also be accomplished using the Saladmaster® large skillet. The key to successful stir-frying is to have all ingredients chopped or sliced and sauce ingredients measured or mixed before proceeding.

Meats and vegetables should be cut in bite-sized pieces of uniform proportions, so they can cook in three to five minutes. Use a broad, flat wooden spoon or spatula to facilitate stirring and tossing.

And, most importantly, limit the oil. Stir-frying has a justifiably healthful reputation as long as the cook doesn't overdo the oil in the pan. Recent criticisms of some dishes in Chinese restaurants has centered on the amount of oil used in stir-frying. Go easy on the oil and enjoy the taste of fresh vegetables cooked just until tender, but still crisp.

First, preheat the skillet over medium-high heat 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Then add 2 teaspoons (or desired amount) oil. If using meat or chicken, cook quickly and remove from pan.

If desired, wipe pan clean with a paper towel, heat and add a bit more oil. Begin with the vegetables that require the longest cooking times, like carrots, celery, bok choy or stems from broccoli. Partially cook these vegetables before adding the more tender, quick-cooking ones, like bean sprouts, asparagus, pea pods or spinach.

Return meat to the skillet; stir-fry just until heated through. Stir in the sauce, if recipe calls for one, and cook and stir just until thickened. For more tender vegetables, cover skillet, reduce heat to low and cook 2 to 3 minutes longer.

Most stir-frys will require no additional seasoning; however, if you choose to do so, add them at the end of cooking. Be sure to taste before you add salt or pepper. Fresh herbs such as parsley, chives and cilantro may be added just before thickening the sauce.

Greek Lamb with Green Beans

Utensils: Saladmaster Food Processor; large skillet and cover
Yield: 8 servings

- 2 medium onions
- 2 pounds boneless lean lamb shoulder, or lamb shank,
cut into 1-inch chunks
- 1 can (8 ounces) tomato sauce
- 1 large bay leaf, halved
- 1/4 cup chopped fresh dill
- 1 cup fat-free lamb or beef stock, or water
- 3 pounds fresh green beans, diagonally cut into 1-inch pieces

Process onions using No. 2 cone.
Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add lamb and onions; brown lamb on all sides, stirring frequently. Add tomato sauce, bay leaf, dill and stock. Cover, cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 hour. Add green beans and cook 20 minutes longer, or until meat and beans are tender. Remove and discard bay leaf. Serve with rice or mashed potatoes.

1 serving without rice contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
300	32.5 g	12.5 g	15.5 g	6.5 g	98.8 mg	225 mg

A Little Lamb

Lamb has always been an excellent source of protein and contains several B vitamins, iron and zinc as well. These days, it is leaner than ever, so certain cuts are part of any reduced-fat diet. A 3-ounce portion of roasted lamb from the shank half of the leg, for example, has just 153 calories, 6 grams of fat and 74 milligrams of cholesterol.

Utensils: Saladmaster Foof Processor; large skillet and cover
Yield: 8 servings

1 medium onion
1 large clove garlic, minced
1 cup vinegar
1 cup water
3 bay leaves, halved
3 whole cloves
3 pounds lean top round steak, or eye of round roast
1 tablespoon cornstarch
2¹/₂ tablespoons canola oil
1¹/₃ cup red wine

Process onion using No. 4 cone.

In small bowl, combine onion, garlic, vinegar, water, bay leaves and cloves. Place beef in a sealable container; pour marinade over beef. Cover; refrigerate 2 to 4 days, turning twice each day.

Using slotted spoon, remove meat from marinade; reserve marinade. Add cornstarch to marinade, blend well.

In skillet over medium heat, preheat oil 2 minutes. Carefully add meat; cook quickly until browned on all sides. Remove meat from skillet; set aside. Add reserved marinade; cook until slightly thickened, stirring constantly. Return meat to skillet. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 1 to 1½ hours, until tender. Add wine; cook 30 minutes. Thinly slice meat across grain. Strain gravy and serve hot with meat.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
363.4	54.2 g	12.6 g	4 g	0.3 g	142.9 mg	105 mg

Leftover pasta has interesting possibilities. Use it in frittatas, salads, puddings and savory pie crusts. To reheat, simply place the pasta in the steamer set over the 3-quart saucepan with about an inch of simmering water.

Portuguese Shellfish Stew

(Pictured on section divider)

Utensils: 7-quart roaster and cover; large skillet

Yield: 6 servings

4^{1/2} ups fish stock, or clam juice

4^{1/2} cups water

2 large carrots, coarsely chopped

2 cups chopped onions

1/4 teaspoon coarsely ground pepper

2 tablespoons olive oil

1½ pounds scallops, about 18

1¹/₄ pounds spot prawns, about 18

3 tablespoons minced garlic

**2 pounds dungeness crab, about 3 clusters, or
18 mussels**

3 cups chopped fresh tomatoes

1 1/4 cups dry white wine, or fish stock

1/4 cup chopped fresh parsley

salt and additional pepper to taste

In roaster over medium heat, combine fish stock, water, carrots, onions and pepper. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes. Keep warm, but do not simmer.

Meanwhile, in skillet over medium heat, preheat oil 3 minutes. Add scallops, prawns and garlic; sauté until scallops and prawns turn opaque. With slotted spoon transfer cooked seafood to broth. Separate legs on crab clusters and add to broth.

In same skillet over medium heat, cook tomatoes, uncovered, 5 minutes. Stir in wine and parsley; cook, uncovered, until reduced by half, about 5 minutes. Transfer to seafood broth and heat through. Season with salt and additional pepper, if desired. For each serving, ladle about 2 cups seafood and broth into shallow bowl.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
381.7	47.7 g	7.9 g	20.7 g	2.6 g	66.2 mg	347.5 mg

Enchilada Skillet

Utensils: Saladmaster Foof Processor; small skillet and cover; large skillet and cover

Yield: 6 servings

- 1 ounce fat-free mozzarella cheese**
- 1 medium onion**
- 1 medium green pepper, seeded**
- 6 mushrooms**
- 1 clove garlic, minced**
- 1 tablespoon butter**
- 1 can (16 ounces) no-fat pinto beans, undrained**
- 1 can (14½ ounces) stewed tomatoes, with liquid**
- 1 tablespoon chili powder**
- 1 teaspoon ground cumin**
- ½ cup dry white wine, or fat-free chicken stock**
- ½ cup fat-free cottage cheese**
- ¼ cup fat-free sour cream**
- 8 corn tortillas**
- 6 pitted black olives, sliced**

Process cheese using No. 1 cone; process onion, green pepper and mushrooms using No. 4 cone.

In small skillet over medium heat, melt butter; add onion, garlic, mushrooms and green pepper; sauté until tender, about 4 minutes. Add beans, tomatoes, chili powder, cumin and wine. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes.

In medium bowl, combine cottage cheese and sour cream.

In large skillet, layer tortilla, $\frac{1}{8}$ vegetable sauce, $1\frac{1}{2}$ tablespoons mozzarella cheese and 4 tablespoons sour cream mixture. Repeat until all tortillas are used, ending with layer of vegetable sauce and remaining sour cream mixture. Top with black olives. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 15 to 20 minutes. Serve with a garnish of salsa and chopped cilantro, if desired.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
286	15.4 g	4.6 g	46.5 g	14 g	1.7 mg	367 mg

[illegible]

Pronto Paella

Utensils: Saladmaster Foof Processor; 7-quart roaster and cover; steamer inset

Yield: 6 servings

- 1 medium onion
- 1 small green or red bell pepper, seeded
- ³/₄ pound Italian sausage, or turkey Italian sausage, sweet or hot, cut into 1-inch pieces
- 2 cloves garlic, minced
- 6 chicken drumsticks
- 2 cups long-grain rice
- 3 cups fat-free, low-sodium chicken stock
- pinch of ground saffron, or turmeric
- dash of freshly ground pepper
- 2 medium tomatoes, peeled, quartered, seeded
- 12 medium shrimp, shelled, deveined

Process onion and bell pepper using No. 2 cone.

In roaster over medium heat, brown sausages on all sides, turning frequently until cooked through. Using steamer inset, drain fat. Return sausage to roaster; add onion, bell pepper and garlic. Sauté until onion is soft, about 5 minutes. Add chicken and sauté until lightly browned, 6 to 8 minutes.

Add rice; cook and stir until translucent, about 2 minutes. Stir in chicken stock, saffron and ground pepper. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 20 minutes, until liquid is absorbed.

Fluff paella with a fork; add tomatoes and 9 shrimp. Arrange remaining 3 shrimp on top of paella. Cover and continue cooking until shrimp are pink, 8 to 10 minutes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
578	37.5 g	21.7 g	55.5 g	2 g	103 mg	991 mg

To Store Rice

Uncooked white rice can be stored almost indefinitely in a cool, dry place with no loss of nutrients. The oil in the hull of brown rice slowly turns rancid at warm temperatures. Brown rice also loses its vitamin E over time. Store it in the refrigerator or freezer for up to six months. Store cooked white and brown rice, covered, in the refrigerator for up to five days or in the freezer for up to two months.

Utensils: Saladmaster Foof Processor; large skillet and cover
Yield: 4 servings

- 1 large onion**
- 2 tablespoons canola oil**
- 3 cloves garlic, minced**
- 1 tablespoon minced fresh ginger, or 1/4 teaspoon ground**
- 1/2 teaspoon ground coriander**
- 1/2 teaspoon ground cardamom**
- 1/2 teaspoon ground cumin**
- 1/4 teaspoon ground cinnamon**
- 1/4 teaspoon chili powder**
- 1/4 teaspoon turmeric**
- 1/2 teaspoon salt, or to taste**
- 1/4 teaspoon freshly ground black pepper**
- 1 pound lean boneless lamb, cubed**
- 1 tart green apple, cored**
- 1 1/2 cups fat-free, low-sodium chicken stock**
- 1/2 cup seedless raisins**

Process onion using No. 2 cone.

In skillet over medium heat, preheat oil 2 minutes; sauté onion and garlic 3 minutes. Add ginger, coriander, cardamom, cumin, cinnamon, chili powder, turmeric, salt and pepper; stir well. Add lamb; mix thoroughly. Remove from heat; cover. Let marinate 30 minutes.

Process apple using No. 4 cone. Add apple and chicken stock to lamb; mix well. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 1 hour. Stir in raisins, cook 30 minutes.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
396.3	31.5 g	19.4 g	24.9 g	2.3 g	98.8 mg	388 mg

Curry is a combination of several ground spices usually associated with Indian cuisines. The heat and flavor vary depending upon the blend. Typical ingredients include black and red pepper, cinnamon, cloves, coriander, cumin, ginger, mace and turmeric, with cardamom, tamarind, fennel seeds, fenugreek and chili powder often added.

Utensil: 3-quart saucepan and cover

Yield: 6 servings

- 1 tablespoon olive oil**
- 2 tablespoons minced fresh ginger**
- 3 cloves garlic, minced**
- 2 hot green chile peppers, seeded, minced**
- 1 cup thinly sliced scallions**
- 2 cups water**
- 1 medium green or red bell pepper, seeded, thinly sliced,
cut into 2-inch lengths**
- 2/3 cup chunky natural peanut butter**
- 1 tablespoon lemon juice**
- 1 tablespoon reduced-sodium soy sauce**
- 1 tablespoon packed brown sugar**
- 1/4 teaspoon hot red pepper flakes, or to taste**
- 1 pound firm tofu, cubed**

Preheat saucepan over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add oil; stir in ginger, garlic, and chile peppers. Cook and stir until lightly browned, about 2 minutes. Add scallions; stir 1 to 2 minutes.

Add water; stir in bell peppers, peanut butter, lemon juice, soy sauce, brown sugar and red pepper flakes. Cook and stir over medium heat until sauce thickens and begins to bubble. Gently stir in tofu. Cover; reduce heat to low and cook 10 minutes, or just until peppers are crisp-tender. Stir and check for flavor; if a spicier dish is desired, add more red pepper flakes.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
287	14.3 g	20.2 g	17.5 g	3.7 g	0 mg	226 mg

Whole-grain foods, such as whole wheat breads and pasta, and brown rice, supply a variety of important nutrients, including B vitamins, vitamin E, fiber and zinc, that are not in foods containing milled grains. Most of these nutrients reside in the grain's outer hull, bran and germ—all of which are lost when whole grains are milled.

Utensils: Saladmaster Foof Processor; 3-quart saucepan and cover
Yield: 4 servings

- Process onion using No. 2 cone, carrots using No. 4 cone.

In saucepan over medium heat, melt butter; sauté onion until soft. Add garlic, curry powder and cinnamon; cook 2 minutes, stirring frequently.

Add chicken stock, rice, tomato and carrots; bring to a simmer. Add chickpeas and raisins. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes. Add cauliflower and peas, cover and cook 10 minutes.

In small bowl, combine yogurt, cucumber and pepper; set aside.

Stir lemon juice into curry; spoon onto serving platter. Garnish with parsley. Serve sauce in separate bowl.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
369	14.5 g	5.7 g	68.3 g	10 g	3.9 mg	137 mg

Korean Chicken

Utensil: large skillet and cover
Yield: 4 servings

- 1/4 cup minced scallions
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon honey
- 7 cloves garlic, minced
- 1 tablespoon minced fresh ginger, or 1/2 teaspoon ground ginger
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons dark sesame oil, or 2 teaspoons canola oil
- plus 1 teaspoon sesame seeds
- 1 small carrot, cut into julienne strips
- 4 skinless boneless chicken breast halves

In small bowl, combine scallions, soy sauce, honey, garlic, ginger and pepper.

In skillet over medium heat, preheat oil 2 minutes. (If using oil and sesame seeds, heat until seeds are lightly browned.) Add carrot; cook and stir 1 to 2 minutes. Add scallion mixture. Arrange chicken breasts in single layer in pan, turning to thoroughly coat with marinade before cooking.

Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook about 20 minutes or until chicken is tender. Serve chicken and sauce over rice.

1 serving without rice contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
349	54.7 g	8.6 g	10.4 g	0.9 g	146 mg	374 mg

To Julienne

Cut into thin, matchstick strips. The food is first cut into 1/8-inch-thick slices. The slices are stacked, then cut into 1/8-inch thick strips, which are cut into whatever length desired. If the food is round, first cut a thin slice from the bottom to allow the food to lie flat on the work surface. Or, cut the food in half vertically and lay the flat side down.

Utensils: Saladmaster Foof Processor; large skillet and cover
Yield: 6 servings

1/2 large onion
1 large rib celery
2 medium carrots
1/4 green or red bell pepper, seeded
1/4 medium head green cabbage
vegetable oil spray
7 cloves garlic, minced
1 tablespoon thinly sliced fresh ginger
1/4 cup broccoli florets
1/4 cup cauliflower florets
1/4 cup fresh peas
1/4 cup reduced-sodium soy sauce
2 tablespoons oyster sauce
freshly ground black pepper
1 cup fat-free, low-sodium chicken stock, divided
2 skinless, boneless chicken breast halves, cooked, cooled, sliced
lengthwise 1/4-inch thick
1/4 pound shrimp, peeled, deveined
1 package (8 ounces) flour stick noodles, or fine egg noodles
1/4 cup freshly squeezed lemon juice

Coat cold skillet with vegetable oil spray; place over medium-high heat. Add garlic, onion and ginger; sauté until tender but not brown. Add celery, carrots, bell pepper, cabbage, broccoli, cauliflower and peas; season with soy sauce, oyster sauce, pepper and ¹/₂ cup chicken stock. Cover; cook about 5 minutes, stirring occasionally.

Add chicken and shrimp to vegetables. Cover; cook about 2 minutes. Add noodles and remaining $\frac{1}{2}$ cup chicken stock; mix well. Cook, uncovered, until noodles are tender, about 6 minutes. Stir in lemon juice before serving.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
253	27.8 g	3.0 g	28.8 g	3.4 g	87.8 mg	779 mg

Utensils: Saladmaster Foof Processor; large skillet and cover
Yield: 8 servings

- 2 small hot chile peppers, seeded**
- 1 red bell pepper, seeded**
- 1 small onion**
- 1 pound lean ground beef**
- 1/2 cup yellow cornmeal**
- 1 egg, slightly beaten, or 1/4 cup egg substitute**
- 2 tablespoons minced fresh parsley**
- 1 tablespoon tomato paste**
- 1/4 teaspoon ground cumin**
- 1/8 teaspoon freshly ground black pepper**
- 4 tomatoes, chopped**
- 3 cloves garlic, minced**
- 2 cups low-sodium tomato sauce**
- 1 1/2 cups whole kernel corn**
- 2 tablespoons minced fresh cilantro, optional**
- 1/4 teaspoon hot red pepper flakes**

Form beef mixture into 16 meatballs; arrange meatballs in tomato-vegetable sauce. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 25 minutes. Add corn, cook 5 minutes. Stir in cilantro and red pepper flakes. Serve over rice or polenta.

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Variation: Substitute ground skinless turkey for the ground beef; substitute tomato sauce for tomato paste in the meatballs. Add 1 to 2 tablespoons dry red wine to the sauce when adding the meatballs.

Moussaka

Utensils: small skillet; utility rack; large skillet; 1-quart saucepan

Yield: 8 servings

- 1 pound lean ground lamb, or turkey**
- ½ cup chopped onion**
- 1 clove garlic, minced**
- ½ cup dry white wine, or fat-free chicken stock**
- 1 can (8 ounces) tomato sauce**
- 1 cup diced tomatoes with liquid**
- ½ teaspoon salt substitute**
- ½ teaspoon pepper**
- ⅛ teaspoon ground nutmeg**
- 5 tablespoons dried bread crumbs, divided**
- 2 tablespoons chopped parsley**
- 1 medium eggplant, cut crosswise ½-inch thick**
- 2 medium zucchini, sliced lengthwise ¼-inch thick**
- 2 to 3 tablespoons olive oil**
- ½ cup low-sodium fat free chicken broth**
- ¼ cup flour**
- 1 can (12 ounces) evaporated skim milk**
- ⅛ teaspoon white pepper**
- 5 tablespoons freshly grated Parmesan cheese, divided**

Attach handle to small skillet; preheat over medium heat. Cook meat and onions until no longer pink. Drain and discard grease. Wipe skillet with paper towel; return meat to skillet. Add garlic, wine, tomato sauce and tomatoes, salt substitute, pepper and nutmeg; cook, stirring occasionally, over low heat until slightly thickened, about 10 minutes. Stir in 3 tablespoons bread crumbs and parsley.

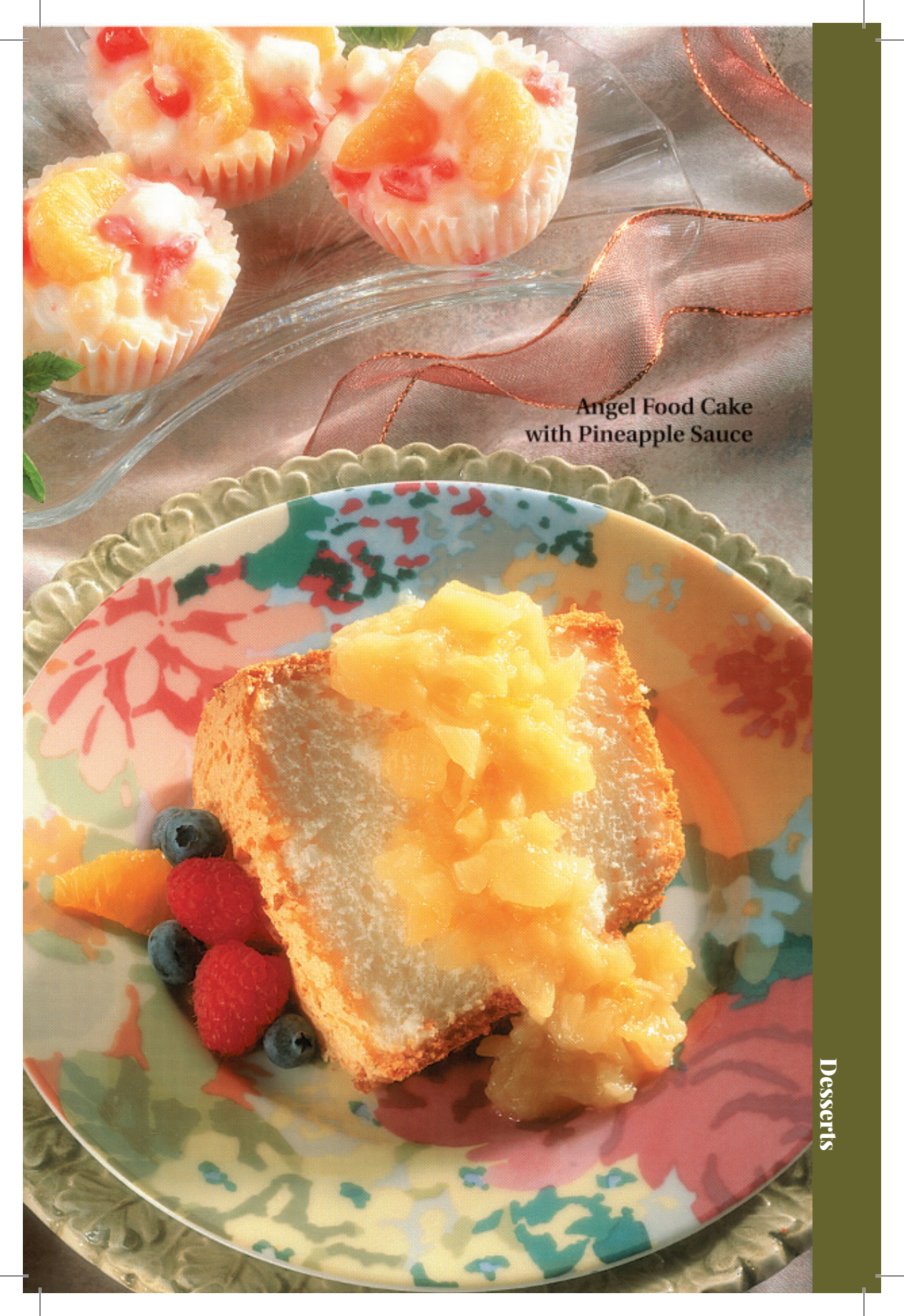
Preheat broiler. Lightly brush both sides of eggplant and zucchini slices with olive oil. Position utility rack on skillet (handles removed). Arrange eggplant on rack, crowding closely together. Broil with tops 4 inches from heat source, until lightly browned, about 3 minutes. Using prongs or large spatula, turn over and brown other side. Remove to tray. Repeat with remaining eggplant, and zucchini slices, broiling until just lightly browned. Set tray on wire rack to cool. If necessary, wash large skillet (cool slightly before placing in dishwasher).

Meanwhile, in 1-quart saucepan, whisk flour into chicken broth; whisk in milk and white pepper. Cook over medium heat, stirring frequently, until thickened, about 10 minutes. Stir in 2 tablespoons cheese.

Preheat oven to 350°F (180°C). Lightly coat large skillet with

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
271	17.6 g	12.1 g	22.3 g	3.55 g	49.5 mg	422 mg

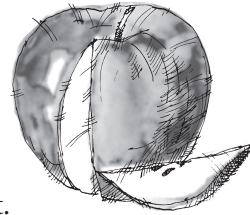
Eggplant can range in size from two to twelve inches and in color from rich purple to white. Choose a firm smooth-skinned eggplant that is heavy for its size. Avoid those with soft or brown spots. Eggplants become bitter with age and are very perishable. They should be stored in a cool, dry place and used within a day or two of purchase. If longer storage is necessary, place them in the refrigerator vegetable drawer. When young, the skin of most eggplants are deliciously edible; older eggplants should be peeled. Since the flesh discolors rapidly, an eggplant should be cut just before using. Eggplant is a good source of folic acid and potassium. Eggplant is very bland and readily takes on the flavor other foods, herbs and spices.



Angel Food Cake
with Pineapple Sauce

Desserts

Life is short. Eat dessert first. That is the rallying cry of many dessert lovers. Satisfying a sweet tooth without consuming too much sugar or fat is a challenge. For that reason, relying on the natural sweetness of fruits makes a lot of sense.



Of course, not all fruit desserts are simply fruit. Consider such flavorful recipes as Blushing Poached Peaches, Blueberry Compote with Dumplings and Raspberry Yogurt Parfait. These delicious, fruity desserts can also count toward the recommended five-a-day servings of fruits and vegetables, something authorities consider desirable for every healthy diet. Plus, you get the nutritional bonus of fiber in many of them.

For creamy taste with lowfat nutrition, consider our recipes for Chocolate Mint Fluff, Tapioca Custard and Rice Pudding. You may be surprised to learn that low-fat milk can taste so rich and satisfying.

Cake lovers will be interested in the inviting, low-fat Pineapple Upside-Down Cake that is deceptively easy and full-flavored.

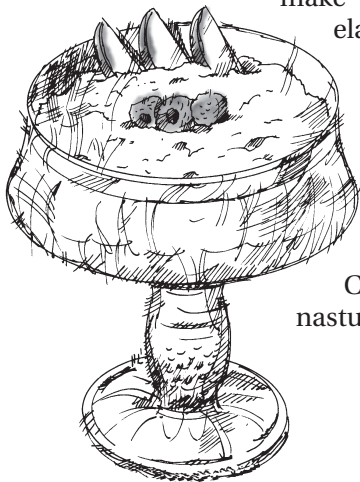
Dessert lovers: you will find it hard to stick to a low-fat eating plan when you deprive yourself entirely of sweet treats. These delicious recipes will allow you to indulge without guilt.

When deciding on what to serve for dessert, always consider the other dishes of the meal. If you are serving a light meal of soup and salad, you might want to serve a heartier dessert. A simple sorbet or fresh fruit would be an appropriate ending to a heavier, and possibly richer, meal.

The eye-pleasing finishing touches you give desserts can really make a difference. A garnish doesn't have to be

elaborate, but it should reflect or complement the flavor of the dessert it adorns. A simple strawberry, a small cluster of grapes, two or three fresh raspberries, or a sliver of melon are wonderful garnishes that add few calories and may even increase the nutritional value of the dessert. Edible flowers make a stunning garnish for desserts.

Consider pesticide-free pansies, roses, daisies, nasturtiums and violets.



Utensils: pudding pan; utility rack; large skillet; 5-quart roaster
Yield: 6 to 8 servings

In pudding pan blend sugar and 2 tablespoons water. Place pan over medium-low heat; cook, stirring constantly, until sugar turns brown and melts into caramel.

Pour 4 cups water into skillet; insert utility rack. Cover with inverted roaster and bring to boil. Place pudding pan on utility rack; cover and steam 15 minutes until table knife inserted in center comes out clean. Do not overcook. Invert flan onto serving plate, scraping any caramel from pan onto flan.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
343	9.2 g	9.4 g	56.6 g	0 g	109 mg	199 mg

In 1-quart saucepan, sprinkle 1 envelope unflavored gelatin over $\frac{1}{4}$ cup cold water; let stand 5 minutes. Cook over low heat until gelatin is dissolved. In electric blender or food processor, combine $1\frac{1}{4}$ cups skim milk, artificial sweetener to equal $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ cup unsweetened cocoa and 1 teaspoon vanilla extract; blend well and slowly add gelatin mixture. Fold into $1\frac{1}{2}$ cups fat-free whipped topping. Spoon into serving dishes; cover and chill at least 1 hour. Garnish with a spoonful of whipped topping. Makes 6 servings.

Angel Food Cake with Pineapple Sauce

(Pictured on section divider)
Utensil: 1-quart saucepan and cover
Yield: 12 servings

- 1 can (20 ounces) crushed pineapple in its own juice
- 1 tablespoon peach fruit spread, or orange marmalade
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 9-inch angel food cake, baked, cut into 12 slices
- fresh blueberries and raspberries, optional

In saucepan over medium heat, combine pineapple with juice, peach fruit spread and sugar; mix well. Cover; cook until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes.

In small bowl or cup, blend cornstarch and water until smooth; stir into pineapple mixture. Cook, stirring constantly, until thickened and glossy. Remove from heat; cool slightly. Serve warm or chilled over cake slices. Garnish with fresh blueberries and raspberries. Or serve pineapple sauce over pancakes, waffles, or frozen yogurt.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
116	2 g	0 g	28 g	1.1 g	0 mg	213 mg

Quick and Easy Frozen Dessert

In large bowl, combine 1 can (11 ounces) mandarin oranges, drained, 1 can (8 ounces) crushed pineapple, drained, 1 cup lowfat vanilla yogurt, 1 cup miniature marshmallows and 1/2 cup drained, coarsely chopped maraschino cherries. Spoon into paper- or foil-lined muffin cups; freeze 6 hours, or until solid. Remove from freezer, peel off baking cups and let stand 10 minutes before serving.

Utensils: Saladmaster Food Processor; 3-quart saucepan and cover
Yield: 6 servings

Using No. 1 cone, process 1 orange to make 1 tablespoon grated zest; be careful not to cut into white part of peel. Squeeze oranges to get 1 cup orange juice. Process apples using No. 4 cone.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
235	1.8 g	0.6 g	61.4 g	7.1 g	0 mg	3.9 mg

Utensils: Saladmaster Foof Processor; 1-quart saucepan and cover
Yield: 4 servings

Process apples using No. 2 cone, skin side toward cone.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
80.4	0.3 g	0.5 g	21.1 g	3.5 g	0 mg	1 mg

Utensil: 1-quart saucepan
Yield: 4 servings

3 tablespoons quick-cooking tapioca
1/3 cup sugar
2 large eggs, beaten, or 1/2 cup egg substitute
2 cups 2% or skim milk
1/2 teaspoon vanilla extract

In saucepan over medium heat, combine tapioca, sugar, eggs and milk; cook 7 minutes, stirring once or twice. Cook 5 minutes longer, stirring frequently.

Remove from heat and stir in vanilla extract. Tapioca thickens as it cools, but it can be served warm. Serve plain or with topping of choice.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
170	7.3 g	2.7 g	29 g	0.08 g	108 mg	94 mg

Utensil: small skillet and cover
Yield: 8 servings

3/4 cup water
3/4 cup instant rice, or 1 1/2 cups cooked long-grain rice
16 ounces reduced-fat or fat-free raspberry yogurt
2 cups fresh raspberries

Place water in skillet; bring to boil and stir in rice. Cover; remove from heat and set aside 5 minutes or until all liquid is absorbed. Cool to room temperature.

Stir yogurt into rice; refrigerate at least 30 minutes. Just before serving, layer rice mixture and berries in parfait glasses.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
136	4 g	0.9 g	28.2 g	2.2 g	2.5 mg	32.1 mg

Utensils: Saladmaster Foof Processor; pudding pan;

Yield: 6 to 8 servings

- 1 large potato**
1 large carrot
1 large apple, cored
vegetable oil spray
1 cup chopped dates
1 cup raisins
1/3 cup butter, or margarine, melted
1 1/4 cups sugar
2 1/2 cups flour
1/4 teaspoon salt
2 teaspoons baking soda
5 teaspoons pumpkin pie spice
4 cups water
1/4 cup chopped nuts or dried cranberries, optional

Process potato, carrot and apple using No. 1 cone.

Coat pudding pan with vegetable oil spray; set aside.

In medium bowl, combine potato, carrot, apple, dates and raisins; mix well. Stir in margarine and sugar.

In small bowl, combine flour, salt, baking soda and spice. Add to vegetable/fruit mixture; mix well. Pour batter into prepared pudding pan.

Pour water into saucepan; bring to boil over medium heat. Insert pudding pan over boiling water, cover; steam 1 hour 20 minutes. Top with nuts or cranberries.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
525	6.9 g	7.9 g	112 g	7.9 g	18.6 mg	438 mg

Low-fat Topping

Plain reduced-fat or fat-free yogurt is a delicious topping for puddings and fruit compotes. Stir 2 to 3 tablespoons brown sugar and 1 teaspoon vanilla extract into an 8-ounce carton of plain or vanilla yogurt. For a firmer topping, drain flavored yogurt as for Yogurt Cream (page 10-5).

Pineapple Upside-Down Cake

Utensil: large skillet and cover

Yield: 10 to 12 servings

4 tablespoons butter

1 cup brown sugar

1 can (20 ounces) sliced pineapple, drained, reserve juice

9 maraschino cherries, drained, stemmed

2 egg whites

1 package (17 to 18 ounces) white or yellow cake mix

In skillet over medium-low heat, melt butter; add brown sugar and mix well. Spread evenly over bottom of skillet. Arrange pineapple slices in brown sugar mixture;. place cherry in center of each pineapple slice. Remove from heat and set aside.

In medium bowl, combine egg whites and cake mix. Prepare according to package directions, using egg whites only and substituting reserved pineapple juice for liquid specified.

Carefully spoon batter over pineapple. Cover; cook over low heat 12 to 15 minutes, until wooden pick inserted in center comes out clean. Using spatula, gently loosen cake from sides of pan. Using pot holders, invert large plate on top of cake; turn skillet upside down to remove cake. Spoon any remaining syrup over cake. Serve warm or at room temperature.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
267	2.3 g	9.8 g	44.2 g	0.5 g	0 mg	247 mg

Utensils: 1-quart saucepan, 3-quart saucepan
Yield: 6 servings

3 cups skim or 2% milk
1 4-inch cinnamon stick
1 cup long-grain rice, uncooked
2 cups water
1/8 teaspoon salt
peel of medium orange or small lemon
3/4 cup sugar
1/4 cup raisins
2 tablespoons dark rum, or 2 teaspoons vanilla extract

In 1-quart saucepan over low heat, combine milk and cinnamon sticks; simmer until milk is infused with flavor of cinnamon, about 15 minutes (do not boil). Strain, set aside.

Meanwhile, in 3-quart saucepan over medium heat, combine rice, water, and salt; bring to boil, stirring occasionally. Place orange peel, orange colored side down, on top of rice. Cover; reduce heat to low and simmer 15 minutes or until rice is tender and liquid is absorbed. Remove and discard orange peel. Add milk and sugar; mix well. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and simmer 20 minutes or until thickened, stirring frequently. Stir in raisins and rum; cover and simmer 10 minutes more.

Serve warm. Garnish as desired. To reheat, add 2 to 3 tablespoons milk to restore creamy texture.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
284	6.6 g	0.5 g	61.4 g	0.9 g	2 mg	111 mg

- Serve as a light spread with toast or hot fresh muffins.
- Stir into a bowl of vanilla or plain low-fat yogurt for a nutritious snack.
- Serve warm with roast pork or pork chops.
- Fold into low-fat or fat-free whipped topping or Yogurt Cream (page 10-5) for a fool-style dessert.

Poached Dried Fruit Compote

Utensil: 3-quart saucepan and cover
Yield: 6 servings

- 8 ounces mixed dried fruit, such as apricots, pears, apples and prunes
- 1½ cups water
- ½ cup Rhine or Riesling wine, or white grape juice
- 2 2-inch cinnamon sticks
- 4 whole cloves

In saucepan over medium heat, combine fruit, water, wine, cinnamon sticks and cloves. Cover; cook until Vapo-Valve™ clicks, reduce heat to low, uncover and cook 12 to 15 minutes or until fruit is tender. Cool. Remove and discard cinnamon sticks and cloves.

Serve warm, at room temperature or chilled in individual dessert bowls. Garnish with additional cinnamon sticks, if desired.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
113	1.2 g	0.2 g	26.4 g	1.4 g	0 mg	8.7 mg

Creamy Fruit Dip

In electric blender, combine 1 small can (8 ounces) crushed pineapple in juice, undrained, ¾ cup skim milk, ½ cup nonfat sour cream and 1 package (3.4 ounces) instant coconut cream pudding mix; cover and process 1 minute or until smooth. Chill and serve with fresh fruits, such as fresh pineapple spears, banana chunks, whole strawberries, cantaloupe slices and green grapes. Makes 2 cups.

Utensils: 3-quart saucepan

1 tablespoon butter, or margarine

4 cups cubed (½-inch) whole wheat or French bread

1/3 cup raisins

1 can (12 ounces) evaporated skim milk

½ cup fat-free egg substitute

$\frac{1}{3}$ cup packed brown sugar

½ teaspoon vanilla extract

¼ teaspoon salt substitute

In medium bowl, combine milk, egg substitute, brown sugar, vanilla and salt substitute; blend well. Slowly pour over bread mixture; let stand 20 minutes, to allow bread to absorb milk mixture.

Preheat oven to 325°F.

Remove handles; bake in preheated oven 1 hour, 30 minutes, until knife inserted in center comes out clean. Serve warm with 1 tablespoon Rum Sauce, if desired.

1 serving (without sauce) contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
207	8.97 g	3.4 g	35.7 g	1.46 g	8.03 mg	227 mg

Rum Sauce

In 1-quart saucepan over medium heat, melt $\frac{1}{4}$ cup butter. Stir in 1 cup sugar and $\frac{1}{2}$ cup half-and-half. Bring to boil, stirring frequently. Cook 1 minute. Stir in 3 tablespoons light rum or 1 teaspoon rum extract and $\frac{1}{2}$ teaspoon vanilla extract. Serve warm over bread pudding, rice pudding or pound cake. (The fat content of this sauce makes it unsuitable for persons with health concerns.)

Chicken and Peppers



Diabetic Dishes

Following appropriate nutritional guidelines is very important for people with diabetes. Here is a summary of the American Diabetes Association's current nutritional goals:

- Maintaining blood glucose (sugar) as close to normal (80 to 120 mg/dl), as possible
- Taking in adequate nutrients (calories, protein, vitamins, and minerals) for growth and repair of body tissues
- Timing meals and snacks consistently to prevent blood glucose (sugar) swings from high to low
- Managing weight
- Using high-fiber foods as a primary source of carbohydrates - whole grains, fruits, and vegetables
- Stressing low-fat ingredients, particularly avoiding saturated fat
- Keeping sodium levels moderate
- Using sugar minimally in recipes - not to exceed 1 tsp. per serving

Research has shown that exercise improves digestion, nutrient utilization, and physical stamina. Although the Saladmaster cooking method has nothing to do with exercise, we feel it is relevant because, in diabetes management, exercise is just as important as meal planning. Testing blood glucose levels before and after exercise can provide a good guide to how much food you need to compensate for calories burned during exercise.

Exercise one to two hours after a meal for the best control of blood glucose. If you want to exercise before breakfast, you will need to eat one starch/bread food (12 to 15 grams of carbohydrate) before exercising.

Saladmaster has developed the sample recipes in this section with the ADA's recommendations in mind to help you plan menus that are right for you. The Saladmaster cooking method is designed to give you maximum nutritional benefits from the foods you cook. Feel free to adjust any of the recipes to meet your nutritional needs, as well as your personal taste. Additionally, you will want to review the recipes in the basic section of the Saladmaster cookbook and choose those recipes that are right for your diabetes management plan.



Utensils: large skillet and cover
Yield: 12 appetizers, 6 servings.

- 3 cups flaked cooked salmon, about 1 pound, poached or broiled**
- 2 large egg whites**
- 3 tablespoons reduced-fat mayonnaise**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons dried bread crumbs**
- 1 tablespoon minced onion**
- ¼ teaspoon salt, or to taste**
- ¼ teaspoon freshly ground pepper**
- Lemon wedges, optional**

In large bowl, combine salmon, egg whites, mayonnaise, lemon juice, crumbs, onion, salt and pepper; blend well. Shape into 12 small cakes; arrange on wax-paper-lined plate until all are shaped.

Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add 6 salmon cakes, spacing at least ½-inch apart; cook 3 to 4 minutes until well-browned. Using spatula, turn cakes; cook 3 to 4 minutes until other side is browned and cakes are cooked through. Repeat with remaining 6 cakes. Serve warm or at room temperature with lemon wedges or warm Bearnaise Sauce, if desired. *See recipe for Poached Salmon with Bearnaise Sauce, page 12-11.*

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
134	21 g	3.48 g	3.28 g	0.16 g	50.7 mg	244 mg

Utensils: small skillet and cover
Yield: 8 appetizer servings

- Attach handles to skillet.

Place cauliflower in skillet; cover with water. Drain well. PLace skillet over medium heat; add red pepper, garlic and vinegar. Toss to mix. Cover; cook until Vapo-Valve™ clicks vigorously. Reduce heat to low; cook until cauliflower is crisp tender, about 4 minutes.

Transfer cauliflower mixture to large bowl; add chickpeas, olives, onion, basil, thyme and pepper. Toss to mix well. Cover; refrigerate at least 2 hours to allow flavors to blend. Taste; season with additional balsamic vinegar if desired. Serve at room temperature.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
66	2.3 g	2.04 g	10.6 g	2.05 g	0 mg	135.5 mg

Utensils: 3-quart saucepan and cover
Yield: 4 servings.

Attach handles to saucepan.

In saucepan over medium heat, preheat oil. Add leeks; sauté, stirring occasionally until softened, about 3 minutes. Add spinach; drizzle with lemon juice. Cover; reduce heat to medium-low and cook 5 minutes. Toss to mix well. Sprinkle with salt, pepper, lemon zest and vinegar; toss again. Cook, stirring frequently, 2 minutes. Serve hot.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
63.5	2.44 g	3.68 g	6.9 g	2.88 g	0 mg	204 mg

Some nutrients associated with nuts include magnesium, manganese, protein, fiber, zinc and phosphorus.

One ounce of almonds (about 20 to 24 shelled whole almonds) provides 35 percent of your daily value for vitamin E. Vitamin E may help promote healthy aging. A study reported in the *Journal of the American Medical Association* (June 26, 2002) suggests a diet rich in foods containing vitamin E may help protect some people against Alzheimer's disease.

One ounce of walnuts (about 14 halves), is all that is needed to meet the 2002 dietary recommendation for omega-3 fatty acids.

Chicken Cacciatore

Utensils: Saladmaster Food Processor; large skillet and cover

Yield: 6 servings

- 2 medium carrots**
1½ pounds skinless, boneless chicken thighs,
cut into bite-sized pieces
1 medium yellow onion, sliced ¼-inch thick, quartered
10 ounces fresh mushrooms, sliced
1 small zucchini, sliced ¼-inch thick, quartered
1 rib celery, sliced ½-inch thick
3 cups chopped fresh tomatoes
2 tablespoons tomato paste
2 tablespoons lemon juice
1 clove garlic, minced
⅓ cup dry red wine
½ teaspoon coarsely ground pepper
½ teaspoon cracked dried rosemary
¼ teaspoon dried basil

Process carrot using No. 3 cone; set aside. Attach handles to skillet.

Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add chicken; cook and stir until well browned on all sides. With slotted spoon, remove to serving dish; keep warm.

In same skillet, combine onion, mushrooms, zucchini, celery and carrots. Cook over medium heat, stirring occasionally, until mushrooms begin to brown, about 6 minutes. Stir in tomatoes, tomato paste, lemon juice, garlic, wine pepper, rosemary and basil; blend well. Return chicken with any accumulated juices to skillet; mix well. Cover; cook until Vapo-Valve™ clicks. Reduce heat to low; simmer until chicken and vegetables are tender, about 30 minutes.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
182	21.3 g	2.25 g	13.6 g	3.38 g	78.5 mg	177 mg

Utensils: large skillet and cover
Yield: 4 servings

Utensils: large skillet and cover
Yield: 4 servings

- Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance.
- Arrange chicken in hot skillet skin-side-down, spacing at least ½-inch apart. Cook until nicely browned, about 6 minutes. Turn chicken; sprinkle with pepper and rosemary. Cook until browned on other side about 4 minutes. Sprinkle onion wedges in between chicken pieces; scatter bell pepper strips over onions and chicken. Cover; cook until Vapo-Valve™ clicks. Reduce heat to low; simmer 20 to 25 minutes until chicken is cooked through (juices run clear when pierced with a fork).
- Remove chicken to serving plate; sprinkle with parsley. Increase heat to medium. Cook and stir vegetables in drippings about 1 minute. Serve with chicken.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
149	28 g	1.62 g	4.45 g	1.15 g	68.5 mg	79.25 mg

Utensils: 3-quart saucepan and cover; small skillet
Yield: 6 servings

5 teaspoons olive oil, divided
½ cup chopped yellow onion
1 large clove garlic, minced
1 cup Arborio rice
3 cups boiling chicken stock, or fat-free low-sodium chicken broth
3 jalapeño peppers, partially seeded, finely chopped
1 large red bell pepper, seeded, coarsely chopped
¾ pound shrimp, cooked, peeled, deveined
½ teaspoon Old Bay or Chesapeake Bay salt-free seafood seasoning

In saucepan over medium heat, preheat 2 teaspoons oil. Add onion; cook until tender, stirring frequently, about 3 minutes. Add garlic; cook and stir 1 minute. Add rice; cook and stir 2 minutes. Add 1 cup hot stock; mix well and bring to boil. Cover; reduce heat to low, cook until liquid is absorbed, about 8 minutes. Stir in 1 cup hot stock. Cover; cook 8 minutes. Stir in remaining 1 cup hot stock. Cook, uncovered, stirring occasionally, until all liquid has been absorbed and rice is creamy. Keep warm.

Meanwhile, in skillet over medium heat, preheat remaining 3 teaspoons oil. Add jalapeños and red bell peppers; cook, stirring occasionally, until tender, about 3 minutes. Add shrimp; sprinkle with seasoning. Stir-fry about 3 minutes until shrimp are heated through. Add to Risotto; mix well and serve hot.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
234	17.2 g	6.05 g	26.7 g	1.73 g	111 mg	617 mg

Utensils: large skillet and cover

Yield: 4 servings

2 pounds beef sirloin steak, about ¾-inch thick

2 to 3 cloves garlic, divided

Coarsely ground pepper

1 large onion, coarsely chopped

8 ounces fresh mushrooms, sliced

Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Carefully place steak, pepper side up, in hot skillet without crowding. Sear steak until browned and loosened from pan, about 4 minutes. Carefully turn steak; brown other side, about 3 minutes. Cover; reduce heat to medium-low and cook about 5 minutes to medium rare. Remove from skillet to heated platter; keep warm (in warm oven if desired).

In same skillet over medium heat, cook onion about 3 minutes, stirring occasionally. Mince remaining garlic; add to onion and cook 1 minute. Stir in mushrooms. Cover; reduce heat to low and cook 5 to 7 minutes until mushrooms and onions are tender. Spoon onion mixture over each steak; serve at once.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
486	70.5 g	18.5 g	5.8 g	1.3 g	202 mg	153 mg

[illegible]

Utensils: 3-quart saucepan and cover

½ cup white rice

$\frac{3}{4}$ cup water

2 cups 1% milk

½ cup dried cranberries

2 tablespoons sugar, or sugar substitute/sweetener

1 teaspoon vanilla extract

Ground cinnamon to taste

Attach handle to saucepan.

In saucepan over medium heat, combine rice and water; cover and cook until Vapo-Valve™ clicks vigorously. Reduce heat to medium-low; cook 15 minutes until rice is tender and water has been absorbed. Stir in milk, cranberries and sugar substitute; cook, stirring occasionally, until thickened. Remove from heat; stir in vanilla. Spoon into six serving dishes; sprinkle with cinnamon. Cool slightly; serve warm or cover and refrigerate until chilled.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
117	3.85 g	1.01 g	22.7 g	0.84 g	3.25 mg	43 mg

There is good reason to add cinnamon to your foods. Besides its wonderful taste and smell, cinnamon has been shown to enhance insulin sensitivity. U.S. Department of Agriculture (USDA) researcher Richard Anderson measured the ability of thirty-one foods and twenty-two spices to potentiate insulin's action in live cells. Cinnamon, cloves, turmeric, bay leaves and apple pie spice were the most effective spices, each of which tripled insulin's effect. After the study was released, the USDA research center received calls from people reporting improvements in blood sugar from adding ¼ teaspoon ground cinnamon, or less, to foods. Of course, using these spices is not as important as exercise and weight control; but even if the effect is small, it is a painless way to give insulin a little boost.



**Beef Tenderloin
with Red Wine Sauce**

Low-Carb Lifestyle

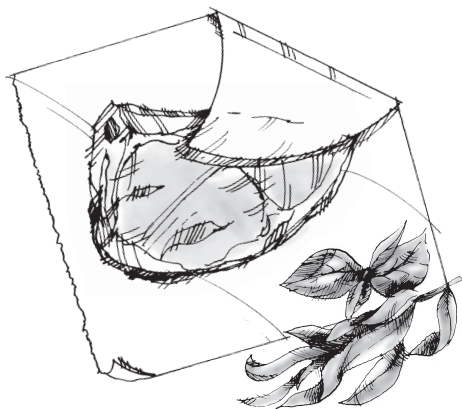
The Saladmaster cooking method is designed to help you maintain a healthy lifestyle. Many of you have requested recipes that are low in carbohydrates, and we are pleased to be able to share these recipes with you.

Reducing your consumption of high-carbohydrate foods is a way to increase your energy level and possibly lose weight as well. Controlled carb eating is healthy eating when paired with a balanced diet. Although low-carb cooking does not necessarily parallel healthy cooking overall, we have chosen to include a handful of recipes that are very low in non-essential carbohydrates.

These recipes do not include sugar, white flour or partially hydrogenated vegetable oil (trans fats). Although they are low in carbohydrates, only you can judge how they fit into your lifestyle and health needs program. You may choose to modify the recipes to fit your plan. We suggest that you supplement them with recipes from the basic section of the Saladmaster cookbook, with a goal of reducing your total carbohydrate intake, but including essential healthful foods in your daily diet.

If you or a family member are also concerned about fat intake, we recommend that you carefully review each recipe in this section for its total nutritional value before embarking on a daily menu of these low-carb recipes.

These recipes should be used as a guide to reducing consumption of non-essential carbohydrates. You will want to use the main ingredients in them as a basis for creating your own low-carb dishes on a regular basis. Feel free to add or substitute high-fiber foods, such as whole grains, in any of the recipes. High fiber foods are more filling and may reduce your desire for satisfying high-fat foods. They will also allow you to reduce the portion-size of high-fat foods and still be fully satisfied.



Utensils: small skillet and cover
Yield: 16 meatballs, about 4 servings

Yield: 16 meatballs, about 4 servings

Dill sprigs, optional

Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Arrange meatballs in single layer; cook until browned on all sides, turning frequently. In cup or small bowl, combine sour cream, dill and nutmeg; stir into drippings in skillet until smooth (do not boil), and meatballs are coated. Cover; reduce heat to low and simmer about 10 minutes until meatballs are cooked through. Stir to coat; transfer to serving platter (may be served with wooden picks or appetizer forks).

.....

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
282	18.4 g	17.2 g	13.1 g	1.48 g	125 mg	693 mg

[illegible]

When making meatballs, wet hands with cold water before shaping the meat. This will keep the meat mixture from sticking to your hands. Repeat as necessary.

Utensils: large skillet and cover
Yield: 4 servings

Attach handles to skillet.

In skillet over medium heat, preheat oil. Add onion; cook and stir until glossy, about 3 minutes. Add garlic; cook and stir 1 minute. Add carrots, bell pepper and zucchini; cook, stirring frequently, until crisp tender, about 3 minutes. Add the cabbage, pepper flakes and chicken stock; toss to combine. Cover; cook until Vapo-Valve™ clicks. Reduce heat to low; cook 3 minutes. Add curry, salt and pepper; cover and cook 1 to 2 minutes longer.

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
113	2.13 g	7.2 g	11.48 g	3.73 g	0 mg	283 mg

Utensils: 3-quart saucepan; large skillet and cover; 5-quart roaster
Yield: 4 servings

- ½ cup chopped onion**
- 1 medium carrot, chopped**
- 1 rib celery, chopped**
- 3 cloves garlic, minced**
- 1 large bay leaf, halved**
- 3 dried porcini mushrooms, broken, rinsed**
- 2 cups Syrah red wine**
- 1 small beef tenderloin, trimmed, about 2 pounds**
- 1 teaspoon olive oil**
- ½ to 1 teaspoon freshly ground coarse pepper**
- ½ to ¾ cup beef stock, or low-sodium broth**
- 2 tablespoons whole wheat flour**

Attach handles to saucepan. In saucepan over medium heat, combine onion, carrot, celery and garlic; cook and stir 1 minute. Add bay leaf, mushrooms and wine; bring to boil. Reduce heat to medium-low; cook, uncovered, until wine is reduced to about 1 cup, 30 to 40 minutes. Let stand until needed.

Meanwhile, rub entire tenderloin with oil, including ends; sprinkle generously with pepper. Let stand at room temperature about 20 minutes. Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes. Carefully place tenderloin in center of hot skillet; cook until well browned, about 5 minutes. Carefully turn meat; brown other side, about 3 minutes. Cover with inverted roaster; cook over medium-low heat 12 to 15 minutes, until medium-rare. Preheat oven to 400°F. Transfer meat to high dome cover without attached handles; place in oven. Strain reduced wine mixture; discard solids. Add stock to make 1½ cups. Whisk in flour until smooth; stir into skillet, scraping up browned bits. Bring to boil, stirring frequently; cook until slightly thickened, about 5 minutes. Remove beef to cutting board; let stand 10 minutes. Slice beef ½-inch-thick and serve with sauce.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
541	68.25 g	14.18 g	12.55 g	2.48 g	156 mg	376 mg

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
261	35 g	9.38 g	5.23 g	0.29 g	92.75 mg	661 mg

Utensils: large skillet and cover
Yield: 4 servings

Attach handles to skillet. Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Arrange chops in single layer in skillet. Cook 4 to 5 minutes until well-browned. Turn chops. Sprinkle onion slices in between and on top of chops. Cook 3 minutes to brown other side. Sprinkle orange zest and ginger evenly over chops. Drizzle orange juice and honey over chops. Cover; cook until Vapo-Valve™ clicks. Reduce heat to medium-low; cook 20 to 22 minutes until chops are cooked through. Do not overcook as meat will be dry and tough. Spoon pan drippings and onions over chops and serve at once.

1 serving contains:						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
217	21.75 g	8.18 g	13.58 g	0.58 g	56.3 mg	333 mg

Because of its gnarly shape, fresh ginger (sometimes called ginger root), can be hard to peel, especially with a knife. Use the bowl of a teaspoon to scrape off the knotty skin from a knob of ginger. The spoon moves easily around curves in the ginger to remove only the skin.

Americans eat about 134 pounds of sweeteners a year. That 134 pounds of sweeteners equals 233,964 calories – enough to add over 65 pounds to a person's weight over one year!



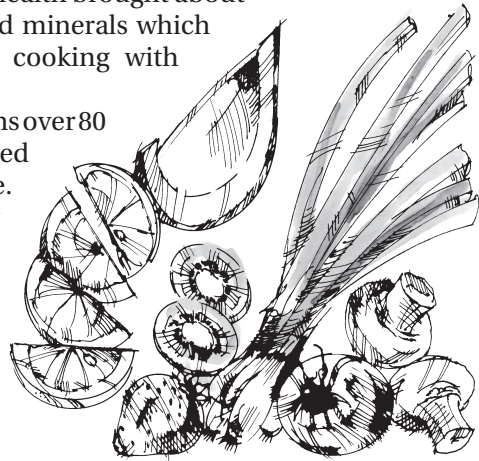
Filipino Recipe Collection

The Saladmaster Health System of Food Preparation, through its waterless-greaseless method, can be very well adapted to the Filipino way of cooking. Popular dishes such as Sinigang Na Bangus, Lechon Kawali, and Pinakbet are a few examples of the wide variety of culinary fare that can be prepared easily in less time and with less effort by means of Saladmaster.

Everyone is feeling the crunch brought about by the increased prices of prime commodities such as gas, cooking oil, etc. The answer to this problem can be found in Saladmaster. These exceptionally designed, scientifically engineered utensils enable one to reap benefits in the form of saving fuel, oil, detergents, food values and time. Plus, there is the added benefit of better health brought about by the preservation of vitamins and minerals which are ordinarily destroyed through cooking with water and high heat.

This extensive collection contains over 80 traditional Filipino recipes designed for your Saladmaster cookware. We firmly believe that by strictly following the Saladmaster Health System of Food Preparation and by using the following recipes, you can assure your family of a variety of meals that they truly savor and enjoy.

Get cookin' with Saladmaster!



Acknowledgement

This outstanding collection of traditional and native Filipino recipes was generously provided by Willie Salvatierra, a Saladmaster Dealer in the Philippines, and the staff of Philippine Pacific Trade, Inc. All recipes have been kitchen tested to ensure your satisfaction.

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Adobong Manok Sa Gata

Utensil: roaster

**1 large chicken,
cut into serving pieces**
1 cup vinegar

5 cloves garlic, crushed
1 cup pure coconut milk
soy sauce to taste
salt & pepper to taste

Preheat roaster. Brown garlic. Add chicken, together with coconut milk, vinegar, salt, pepper and soy sauce. Cover; cook for 30 minutes.

Adobong Sitaw

Utensil: small skillet

3 cups pre-cut red sitaw
1 cup pork, cut into strips
½ cup vinegar
3 cloves garlic, minced

½ cup soy sauce
½ tsp. ground pepper
1 medium onion
⅔ cups coconut milk

Cut sitaw into 2 inch length, then rinse well and drain. Brown pork strips in skillet. Remove half of fat from cooked pork. Sauté sitaw and vinegar; cover. Lower heat when Vapo-Valve™ starts clicking. After 10 minutes, uncover and add coconut milk and ground pepper. Do not put cover back on. Adjust heat to medium and boil for 10 minutes; stirring occasionally to avoid curdling of coconut milk. Serve while hot.

Baked Fish with White Sauce

Utensil: large skillet

1 fresh lapu-lapu or bakoko
2 tbsp. butter
1 stalk onion leak or onion
2 tbsp. grated cheese
2 stalks celery leaves
salt to taste

2 tbsp. calamansi juice
1 medium tomato, wedged
1 tbsp. buttered bread crumbs
1 tsp. paprika
½ tsp. ground black pepper

Clean fish and drain, rub with calamansi juice, salt and ground pepper. Let stand for 10 minutes. Place cut up celery stalks inside stomach of fish then place tomato wedges at bottom of skillet. Next put fish on top of tomatoes. Pour melted butter on fish, sprinkle bread crumbs, grated

cheese and paprika. Cover; cook fish on medium heat, then low for 20 minutes. When fish is tender place on platter, garnish with parsley and chill inside refrigerator. When chilled pour white sauce & serve.

Banana Cake

Utensil: small skillet

2½ cups cake mix, lemon
1 egg
3 tbsp. margarine

3 medium bananas,
green variety, mashed
2 tsp. baking powder

Sift together flour and baking powder. Add remaining ingredients and mix until batter is smooth. Grease skillet with butter; add mixture. Cover; cook for 30 minutes.

Beef Scallops

Utensil: roaster

1 lb. tenderloin, thinly
sliced and rubbed with
2 tbsp. butter
1 large onion, cut into rings

½ cup cheese, shredded
4 diced mushrooms, soaked
soy sauce to taste
salt & pepper to taste

Preheat roaster. Arrange meat, with mushrooms and onions on top. Sprinkle with seasoning, cover and cook for 30 minutes.

Beef Steak

Utensil: roaster

1 lb. beef
3 calamansi, juice extracted
salt & pepper to taste

1 medium onion
½ cup soy sauce
2 cloves garlic, browned

Wash and slice beef thinly, then pound with a mallet. Marinate in soy sauce with calamansi for 3-4 hours. Preheat roaster, drain beef, then sear on both sides. Pour marinade with browned garlic into roaster, cover and cook for 30 minutes.

Bread Pudding

Utensils: utility rack; utility cups; 7-quart roaster or large skillet

5 slices bread

½ tsp. salt

½ cup raisins

3 eggs, well-beaten

½ cup sugar

1½ cups evaporated milk, warm

Cut bread into cubes. Soak raisins in warm milk, add sugar, then leave to cool. Pour beaten eggs over milk mixture and add bread, mixing well. Set aside for 30 minutes. Fill utility cups $\frac{3}{4}$ full; pour water into roaster or large skillet; insert utility rack; cover and cook by steaming.

Buttered Beans and Carrots

Utensil: small skillet

1 lb. baguio beans

1 tbsp. butter or margarine

3 medium carrots

Wash beans and string. Slice carrots with cone #5 or with waffler. Arrange vegetables in skillet and add butter. Cover and cook.

Calderreta

Utensil: roaster

1 lb. pork, steak cut

1 lb. beef, steak cut

½ cup cheddar cheese, shredded

2 onions, sliced

4 cloves garlic, minced

1 small can tomato sauce

1 red pepper, cut in strips

1 cup liver or 1 small

can liver spread

10 peppercorns

1 bay leaf

1 tbsp. vinegar

Mix all ingredients and add to preheated roaster. Cover and cook for 30 approximately minutes.

Camote Pudding

Utensils: utility rack; utility cups; 7-quart roaster

- | | |
|--|-----------------------------|
| 1 lb. boiled camote | 1 can condensed milk |
| 2 tbsp. butter or margarine | 2 eggs |
| ½ tsp. lemon or vanilla flavoring | ½ cup casoy nuts |
| ½ cup corn starch | |

Peel and mash camote. Add butter and mix well. Add condensed milk (and sugar if desired); mix well. Add beaten eggs and vanilla. Sprinkle chopped nuts into greased utility cups. Fill utility cups $\frac{3}{4}$ full; pour water into roaster; insert utility rack; cover and cook by steaming.

Cassava Cake

Utensil: small skillet

- | | |
|------------------------------|--|
| 4 cups grated cassava | $\frac{2}{3}$ cup coconut milk |
| 2 cups brown sugar | $\frac{1}{3}$ cup cheese, grated |
| 2 tbsp. butter | banana leaves |

Precook cassava with coconut milk, sugar and butter on separate burner. Stir occasionally, cooking for about 10 minutes. Place banana leaves in a skillet and then pour in the mixture. Sprinkle grated cheese on top and cover. Cook for 10 minutes on medium heat then reduce temperature to low until done.

Chicken Breast Supreme

Utensils: large skillet; 1-quart saucepan

- | | |
|------------------------------|------------------------------------|
| 2 lbs. chicken breast | 1 pack mushroom sauce, |
| 3 tbsp. margarine | powdered |
| 1 large onion | ½ small can evaporated milk |
| salt to taste | |

Wash and drain chicken breast, then cut each breast into two, set aside. Preheat skillet on medium heat; add margarine. Fry chicken breast (skin down first) golden brown. Don't cover skillet while frying. Prepare sauce by putting 3 tbsp. powdered mushroom sauce into 1-quart saucepan

and add two cups water, stir. Cook on low heat for 5 minutes. Meanwhile remove chicken from skillet and reduce frying oil to about 2 tbsp. Fry quartered onion until transparent, then add chicken breast mushroom sauce, evaporated milk mixed with one cup water and salt to taste. Cover skillet and cook chicken for 30 minutes at low heat. Serve hot.

Chicken Curry

Utensil: roaster

- | | |
|--|-----------------------------------|
| 1 chicken, cut into desired sizes | 3 cloves garlic |
| ½ cup diluted coconut milk | 2 tbsp. curry powder |
| 1 red sweet pepper | 1 onion, sliced into rings |
| 1 tbsp. salt | ½ cup tomato sauce |

Preheat roaster for 3 minutes. Sauté garlic. Add chicken and remaining ingredients. Cover and cook for 30 minutes. Add coconut milk last and let simmer for 5 minutes.

Chicken Fricassee

Utensil: roaster

- | | |
|--|-----------------------------------|
| 1 medium chicken,
cut into serving pieces | 1 small can tomato sauce |
| 1 red pepper, cut in strips | ½ tsp. ground black pepper |
| 1 medium onion,
slice into rings or quarter | garlic to taste |
| | soy sauce to taste |
| | salt to taste |

Preheat roaster for 30 minutes. Sauté garlic. Add chicken and remaining ingredients. Cover and cook for 30 minutes

Chicken Hamonado

Utensil: roaster

- | | |
|----------------------------------|--------------------------|
| 1 whole chicken | 1 cup soy sauce |
| 1½ cups crushed pineapple | ½ cup brown sugar |
| 1 cup pineapple syrup | 2 tsp. salt |

2 bay leaves, crushed
1 medium onion

½ tsp. pepper

Rub chicken inside and outside with ground pepper. Marinate chicken in the remaining ingredients for 3 hours or over night. Preheat roaster and sear chicken. Pour marinade over chicken add onion rings. Cover and cook for 30 minutes.

Chicken Marengo

Utensil: roaster

1 medium chicken
2 large red & green peppers,
cut in strips
1 large onion, sliced into rings
1 clove garlic, minced
¼ cup bread crumbs

1 cup button mushrooms,
optional
1 large carrot, sliced
3 tbsp. soy sauce
1 small can tomato sauce
salt & pepper to taste

Preheat roaster for 3 minutes over medium heat. Brown garlic. Then put all ingredients into roaster, with red and green peppers last. Cover and cook for 30 minutes on low heat.

Chicken Parmesan

Utensil: roaster

1 medium chicken
½ cup grated cheese
1 cup baguio beans
salt and pepper to taste

1 cup mirinda orange
1 large onion
1 large carrot

Clean chicken and cut into desired sizes. Marinate chicken in mirinda orange for 2-3 hours. Cut carrots into decorative cuts or use Cone #5 (waffler). Cut baguio beans into 3-inch lengths. Preheat roaster and sear chicken. Add salt and pepper, carrots, beans and onion rings. Cover and cook for 25 minutes. Add grated cheese before serving.

Chicken Pastel without Pie Shell

Utensil: roaster

1 medium chicken,
cut into serving portions
and season with salt,
pepper and soy sauce
1 can sliced Vienna Sausage
½ cup potatoes, cubed
½ cup tomatoes, chopped
½ cup button mushrooms,
optional

2 cloves garlic
½ cup water chestnuts
or turnips
½ cup red peppers,
cut into strips
½ cup green peppers,
cut into strips
1 small can tomato sauce

Preheat roaster for 3 minutes. Brown garlic and add seasoned chicken. Add onions, tomatoes, potatoes, mushrooms, turnips (or water chestnuts), red and green peppers, tomato sauce and Vienna Sausage. Cook for 30 minutes.

Chicken Pork Adobo

Utensil: roaster

1 lb. pork, cut into serving pieces
1 medium chicken,
cut into serving pieces
1 small head garlic, minced
1 medium onion
½ cup vinegar
½ cup soy sauce
salt & pepper to taste

Preheat roaster. Sauté garlic and onion (½ portion). Add chicken, pork, remainder of garlic, vinegar, soy sauce, pepper and salt. Cook for 30 minutes.

Chicken Tepanyaki

Utensil: 10-inch gourmet skillet

2 lbs. chicken breast
2 big onions
3 tbsp. margarine
3 cups mongo sprouts
2 tbsp. soy sauce
2 green sweet peppers
3 cloves garlic
salt and pepper to taste

Wash chicken breast; pat dry. Remove the breast bones and cut meat

into thin 2-inch squares. Cut onions into quarters and green pepper into 2-inch squares. Mince garlic. Wash mungo sprouts and drain. Preheat gourmet skillet and fry onion quarters. When half done, remove from skillet. Sauté garlic until golden brown; add chicken. Sear until flesh color disappears, then add soy sauce, green pepper, black pepper, fried onions and salt. Stir constantly for 10 minutes. When chicken meat is tender remove from skillet leaving the drippings in the skillet. Add mungo sprouts to the drippings. Stir occasionally until half cooked. Serve chicken and mungo sprouts together on plates but do not mix. Serve hot.

Chicken with Pickles

Utensil: roaster

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|-------------------------------------|------------------------------------|
| 1 medium chicken | ½ cup sweet pickles |
| 1 medium onion | ½ cup tomato sauce |
| 3 cloves garlic | 2 large potatoes, quartered |
| 1 can Vienna sausage tidbits | 1 red pepper |
| | soy sauce to taste |

Cut chicken into desired sizes. Preheat roaster. Sauté garlic. Add chicken and all other ingredients. Cover and cook for 30 minutes.

Chicken with Sweet Corn

Utensil: roaster

- | | |
|--|-----------------------------------|
| 1 medium chicken,
cut into serving portions | 1 large onion, quartered |
| 4 cloves garlic, crushed | 1 can sweet corn |
| | salt & pepper to taste |

Brown garlic. Add chicken seasoned with salt and pepper. Add onion and sweet corn. Cook for 30 minutes.

Chop Suey

Utensil: 3-quart saucepan

- | | |
|------------------------------------|--------------------------------|
| ½ lb. pork loin, cut thinly | 3 cloves garlic, minced |
|------------------------------------|--------------------------------|

1 large onion, quartered	1 cup fresh shrimp
1 cup sliced sayote	1 cup sliced carrots
1 cup sliced pork liver	1 cup sliced patola
5 stalks Chinese pechay	1 cup chicharo
2 red peppers, sliced in big strips	extra Chinese pechay leaves
soy sauce to taste	salt & pepper to taste

Brown garlic in preheated saucepan. Brown pork with onions and shelled shrimp. Mix well and season with salt, pepper and soy sauce, cover for 5 minutes. Add all remaining ingredients. Cover and cook for another 5 minutes after Vapo-Valve™ clicks. Before serving, thicken sauce by adding 1 tbsp. flour.

Coconut-Squash Wonder

Utensils: utility rack; utility cups; 7-quart roaster

1½ cups shredded squash	5 tbsp. sugar
½ cup shredded young coconut	2 eggs
1 cup brown sugar	3 tbsp. margarine

Combine all ingredients in a separate pan and cook over low heat, stirring constantly until thick smooth paste is formed. Caramelize sugar and pour into utility cups; let stand to cool. Fill utility cups $\frac{3}{4}$ full; pour water into roaster; insert utility rack; cover and cook by steaming.

Coconut Milk Leche Flan

Utensils: utility rack; utility cups; 7-quart roaster

6 tbsp. sugar, for caramelizing	½ cup pure coconut milk
¼ cup sugar	1 small can condensed milk
2 egg yolks	1 whole egg

Mix coconut milk and condensed milk well. Add sugar, stirring very well before adding 2 egg yolks and 1 whole egg. Pour into utility cups lined with caramel. Pour water into roaster; insert utility rack; cover and cook by steaming.

Corn Pudding

Utensil: small skillet

3 cup sweet corn, mashed
1 tsp. onion, grated
¼ green pepper, chopped
3 tbsp. butter

1 cup milk
1 egg, slightly beaten
½ pimientos, diced
salt & pepper to taste

Combine corn, milk, onion, egg, salt and pepper. Grease small skillet and sprinkle diced green pepper, pimiento. Pour mixture into skillet stirring to distribute pepper and pimiento evenly. Cover and cook.

Custard with Mocca Flavoring

Utensils: 1-quart saucepan; utility rack; utility cups; 7-quart roaster

4 egg yolks
1 cup evaporated milk
1 tsp. instant coffee

6 tbsp. sugar, for caramelizing
6 tbsp. refined sugar

Dissolve sugar and coffee in milk; add egg yolks, stirring constantly. Caramelize sugar in a separate 1-quart saucepan and pour into utility cups. Next, pour egg mixture into utility cups lined with caramel. Pour water into roaster; insert utility rack; cover and cook by steaming.

Devil's Food Cake

Utensil: small skillet

1 box devil's food cake mix
2 eggs, beaten

¾ cup water
½ cup butter or margarine

Mix all ingredients until batter is smooth. Grease skillet with butter and add mixture. Cover and cook on low heat for 40 minutes.

Dusky Pudding

Utensils: utility rack; utility cups; 7-quart roaster

1½ cups sliced bread, cubed
2 eggs, well-beaten
½ cup condensed milk
2 cups refined sugar

¼ cup melted margarine
1 tbsp. instant coffee,
dissolved in ¼ cup
hot water

Grease utility cups with margarine. Mix ingredients and fill utility cups $\frac{3}{4}$ full. Pour water into roaster; insert utility rack; cover and cook by steaming.

Egg with Tomato

Utensil: small skillet

6 hard-boiled eggs, shelled
5 tbsp. margarine

6 large ripe tomatoes
salt & pepper to taste

Cut tomato top, remove seeds and make a hollow to accommodate one egg. Sprinkle salt inside. Brush with margarine. Put shelled egg inside each tomato. Cover and steam cook.

Egg-White Leche Flan

Utensils: utility rack; utility cups; 7-quart roaster

5 egg whites
½ small can evaporated milk

$\frac{3}{4}$ cup refined sugar
½ tsp. vanilla

Cream sugar in egg whites and milk. Add vanilla. Pour into utility cups lined with caramel. Pour water into roaster; insert utility rack; cover and cook by steaming.

Empanada

Utensils: 3-quart saucepan; steamer inset

2 cups all purpose flour
1 egg
sliced pickles

2 tbsp. margarine
4-6 tbsp. water
hard-boiled eggs

Cut margarine into flour. Add egg, blend lightly with the dough. Add one tbsp. water little by little. Knead until smooth. Cover dough in a bowl. Roll out dough and cut in 2-inch squares by $\frac{1}{4}$ -inch thickness. Grease rolling pin lightly. Flatten each square to form an oval piece. It should not be over $\frac{1}{4}$ -inch thick. Put one tbsp. meat filling at the center and top with sliced pickles and one hard-boiled egg slice. Fold half way or flip over so the wedges meet. Press out air gently and seal dough at sides. Trim edges keeping shape a semicircle. Flute edges or press with fork tines. Using the saucepan and steamer insert, deep fry until flaky and crisp. Drain well and serve immediately, if possible. For future use, wrap individually in wax paper (or cellophane) and refrigerate.

Pork Filling

Utensil: small skillet

2 tbsp. cooking oil
2 tbsp. minced garlic
 $\frac{1}{2}$ cup chopped onion
1 lb. ground pork
1 cup diced potatoes

$\frac{1}{2}$ cup diced carrots
1 $\frac{1}{2}$ cups green peas
1 cup raisins
salt and pepper to taste

Preheat skillet with oil and sauté garlic and onions. Add ground pork and cook until half done. Add carrots and diced potatoes. When vegetables are almost cooked add green peas and raisins. Season with salt and pepper. Set aside to cool.

Fillet of Pork

Utensil: wok

2 lbs. pork loin
 $\frac{1}{4}$ lb. pork fat
3 tsp. ground black pepper
 $\frac{1}{4}$ cup cooking oil
1 strip pork fat
1 cup sliced onion
 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{2}$ cup sliced celery stalks

$\frac{1}{4}$ cup sour cream
 $\frac{1}{2}$ cup flour
1 cup sliced mushrooms
 $\frac{1}{2}$ cup mushroom liquid
 $\frac{1}{2}$ cloves garlic,
minced & toasted
3 $\frac{1}{2}$ cups pork broth or soup stock
 $\frac{1}{2}$ cup evaporated milk

Marinate pork and pork fat in a mixture of soy sauce and sour cream and pepper for 1 hour at room temperature or 4 hours inside refrigerator. Drain pork and insert pork fat and brown pork on all sides. Cover and cook for 10 minutes then add onion and grated cheese. Remove pork and let it cool for slicing. Continue cooking the sauce then add sliced mushrooms when tender, add evaporated milk and pour it over sliced pork. Serve with mashed potatoes sprinkled with paprika.

Fish Adobo

Utensil: small skillet

- | | |
|--------------------------------|---|
| 1 medium apahap | 4 tbsp. vinegar |
| 2 onions, sliced | 1 bay leaf/laurel |
| 3 cloves garlic, minced | 2 red sweet peppers, cut in strips |
| ¼ tbsp. ground pepper | 2 tbsp. margarine |
| ⅓ cup soy sauce | |

Arrange fish in the skillet, adding all ingredients. Cover and cook for about 15 minutes on medium or until Vapo-Valve™ clicks. Then reduce temperature to low and continue cooking until done.

Fish Loaf

Utensil: small skillet

- | | |
|-----------------------------------|--------------------------|
| 3 medium bangus | 2 eggs |
| ½ cup peas | 1 box raisins |
| 4 tbsp. bread crumbs | 1 onion, chopped |
| 1 red pepper, diced | 2 tbsp. margarine |
| salt & pepper to taste | |

Clean fish well. With back of knife, pound fish lightly to loosen skin. Pull meat out and remove all the bones. Chop fish meat and season with salt and pepper. Mix in eggs and other ingredients. Put all ingredients into greased skillet. Cover and cook for 30 minutes.

Fish Menudo

Utensil: small skillet

1 medium lapu-lapu
1 onion, cut into rings
½ cup tomato sauce
2 tbsp. margarine
1 small can sweet peas

1 medium potato, cubed
1 red pepper, cubed
1 green pepper, cubed
2 calamansi
salt & pepper to taste

Arrange lapu-lapu in skillet and place all ingredients on top, including calamansi juice. Cover and cook for 8 minutes on medium or until Vapo-Valve™ clicks. Then reduce temperature to low and continue cooking until done.

Gabi Pudding

Utensils: utility rack; utility cups; 7-quart roaster

**2 cup gabi, boiled &
shredded using #1 cone**
2 eggs

1 cup condensed milk
4 tbsp. margarine

Cream margarine. Add egg yolk, gabi and milk, mixing well. Add sugar and mix. Whip egg white until stiff; fold in gabi mixture. Pour into greased utility cups. Pour water into roaster; insert utility rack; cover and cook by steaming.

Ginataang Pusit

Utensil: small skillet

2 lbs. fresh pusit
1 cup pure coconut milk
salt & pepper to taste

1 large onion, sliced
5 cloves garlic, minced
1 tbsp. sugar

Wash pusit and clean by separating the head from the body. Remove cellophane-like part and the hard part from head. When thoroughly clean, cut body diagonally and the heads into two. Set aside to drain. Extract the coconut milk with ½ cup of warm water to make one whole cup of milk. Start cooking pusit in skillet with medium heat, cover and cook for an additional 20 minutes. When pusit is tender, add garlic,

onions and coconut milk. Wait until liquid thickens into oil; stirring occasionally. Add sugar at the end of cooking time. Serve hot.

Hito with Amargoso

Utensil: small skillet

4 catfish/hito

6 ripe tomatoes

2 medium amargosos

3 cloves garlic

2 onions

2 tbsp. patis

Clean fish very well. Cut each one into 2 pieces. Place all ingredients into skillet; cover and cook.

Inihaw na Bangus

Utensil: large skillet

2 medium bangus

1 onion

4 tomatoes

salt to taste

Clean fish. Put chopped tomatoes and onions as stuffing. Wrap in banana leaves and place in skillet. Cover for 10 minutes. Uncover and brown each side. Cover and cook on medium heat until done.

Kutsinta

Utensils: utility rack; utility cups; 7-quart roaster

1 cup corn starch

1 cup sugar

1 tsp. anise

2 cups milk

1 tsp. butter

Mix all ingredients and pour in utility cups greased with butter. Pour water into roaster; insert utility rack; cover and cook by steaming.

Lamot-Lamot

Utensil: 3-quart saucepan

- | | |
|---|------------------------------|
| 1 cup squash, diced | 1 cup patola, sliced |
| 1 cup kangkong;
cut into one-inch pieces | 1 cup okra, halved |
| 1 red sweet pepper, sliced | 1 cup kangkong leaves |
| 1 cup alogbati leaves | ¼ cup tomato leaves |
| 2 cups pure coconut milk | 1 cup dried dilis |
| 1 tbsp. bagoong | 1½ tbsp. salt |

Mix all ingredients and put into saucepan. Cover and cook on separate burner until Vapo-Valve™ clicks. Reduce heat to low and cook an additional 8 minutes.

Leche Flan

Utensils: 1-quart saucepan; utility rack; utility cups; 7-quart roaster

- | | |
|------------------------------|--|
| 4 egg yolks | 6 tbsp. sugar, for caramelizing |
| 1 cup evaporated milk | 6 tbsp. refined sugar |

Dissolve sugar in milk, add egg yolks, stirring constantly. Caramelize sugar in a separate 1-quart saucepan and pour into utility cups for lining. Then pour egg mixture into utility cups lined with caramel. Pour water into roaster; insert utility rack; cover and cook by steaming.

Mechado

Utensils: 3-quart saucepan; pudding pan

- | | |
|---------------------------------|------------------------------------|
| 2 lbs. beef, round chuck | ½ cup soy sauce |
| 1 strip pork fat | 2 tbsp. cooking oil |
| ½ small can tomato sauce | 3 large potatoes, quartered |
| 5 cloves garlic | 3 tbsp. vinegar |
| 1 large onion | |

Wash beef and piece of pork fat, then make a hole through the beef and insert strip of fat into hole. Preheat saucepan, brown beef all over by pressing meat on bottom of saucepan with fork or spatula, then set aside. Sauté garlic and onion, add beef then pour tomato sauce, soy

sauce and vinegar. Cover with pudding pan. Cook for 40 minutes, test for tenderness by pricking meat with fork. If meat is not yet tender, put cover back on and continue cooking for 30 minutes more until tender. Add potatoes before meat becomes tender. Use drippings as gravy mashing a few pieces of cooked potatoes.

Meatloaf Oriental

Utensil: small skillet

½ lb. ground pork
3 fresh eggs
1 medium onion
2 red & green sweet peppers
¼ cup catsup
salt & pepper to taste

½ lb. ground beef
2 tbsp. pickle relish
1 small can sliced pineapple
2 tbsp. soy sauce
2 tbsp. margarine
½ cup bread crumbs

Mix all ingredients well and place in skillet. Use pineapple slices for garnishing, if desired.

Papaya Pickles

Utensil: Saladmaster Food Processor

1 small green papaya
1 medium onion
1 piece ginger

1 medium carrot
2 cups vinegar
salt and sugar

Cut papaya into quarters, remove seeds, then wash and set aside. Cut all the above vegetables and spices with No. 1 cone (shredder). Mix vinegar with sugar and salt, then mix the papaya and onions. Mix together. Chill and then serve.

Paradise Chicken Guiso

Utensil: roaster

1 medium chicken
1 egg yolk

2 tbsp. margarine
½ cup evaporated milk

1 onion, chopped
1 carrot, sliced
½ tsp. cloves
salt to taste

2 cloves garlic
½ tsp. anise
sprig of parsley

Sauté garlic. Add chicken, cut to desired size and sear for a few minutes. Add sliced carrot, salt and onion. Add evaporated milk, cloves and anise. Cook for 30 minutes. Meanwhile, beat egg yolk and mix with chicken drippings. Place chicken on platter and pour sauce over chicken. Garnish with sprig of parsley.

Pinakbet

Utensil: small skillet

1 cup sliced pork
1 onion, quartered
3 egg plants
5 young okras
½ cup bagoong sauce

1 clove garlic, crushed
3 large ripe tomatoes, sliced
2 ampalaya
5 string beans, sitaw
2 green hot peppers

Sauté garlic, onion, pork and bagoong on a separate burner. Place vegetables into skillet in the following order: tomatoes, ampalaya, sitaw, eggplant, okra and hot peppers. Cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook for an additional 8 minutes.

Pinangat na Isda

Utensil: small skillet

1 medium bangus
2 red ripe tomatoes
3 native sili
salt or patis to taste

3 calamansi
1 large onion
1 small piece ginger

Clean fish cut into desired pieces. Cut onion into rings and place half of it at the bottom of skillet, arrange fish on top of onion, add ginger pieces. Add cut up tomatoes, green pepper and juice of calamansi. Add salt or patis to taste. Cover and cook for 10 minutes in low heat after Vapo-Valve™ starts clicking.

Pollo en Agrio y Dulce

Utensil: roaster

1 medium chicken,
cut into serving portions
2 calamansi, juice extracted
1 clove garlic
1 tbsp. salt

2 chorizos, sliced
1 cup lemon flavored jelly
3 pepper corns
¼ cup vinegar

Brown chicken and garlic. Add all remaining ingredients; cover and cook for 30 minutes.

Pork Adobado

Utensil: roaster

1 lb. pork
¼ cup vinegar
6 cloves garlic
2 medium potatoes
1 medium onion

⅓ cup soy sauce
2 tbsp. sugar
½ tbsp. black pepper
¼ lb. liver
1 bay leaf, crushed

Slice pork into ½-inch thickness. Mix soy sauce, vinegar, sugar, black pepper, minced garlic (3 cloves), and bay leaf. Marinate pork mixture for 3-4 hours or overnight. Brown remaining garlic; set aside. Remove pork from marinade. Preheat roaster, sear meat (excluding liver). Add quartered potatoes, liver, browned garlic and onion rings. Add marinade and cook for 30 minutes. For gravy, crush liver and mix into drippings.

Pork Bola-Bola with Pineapple

Utensil: small skillet

1 onion
1 red pepper
2 medium carrots
1 lb. ground pork

1 cup bread crumbs
1 whole egg
salt and pepper to taste
1 small can pineapple chunks

Chop onions and red pepper. Shred carrots using No. 1 cone (shredder). Mix vegetables with ground pork, bread crumbs and egg. Season with salt and pepper. Form into meat balls. Cover and cook in skillet for 30 minutes. Serve warm; garnish with pineapple chunks.

Pork Estofado

Utensil: roaster

- | | |
|-----------------------------|----------------------------|
| 1 lb. pork | ½ cup vinegar |
| 4 ripe bananas, saba | 2 tbsp. brown sugar |
| 1 bay leaf, laurel | 1 onion |
| 5 cloves garlic | 1 tsp. salt |
| ½ tsp. peppercorn | |

Wash pork and cut into desired sizes. Set aside to drain. Cut bananas diagonally into two and fry until golden brown. Slice garlic thinly and fry until golden brown. Put the meat and the remaining ingredients in the roaster and cook for 30 minutes.

Pork Humba

Utensil: roaster

- | | |
|-------------------------------|--------------------------|
| 2 lb. pork kasim, | ½ cup soy sauce |
| cut into desired sizes | ½ cup vinegar |
| 3 onion, quartered | ½ cup brown sugar |
| pepper-corns | garlic |
| laurel | salt to taste |

Marinate pork with all the ingredients. Preheat roaster before placing all ingredients in at the same time. Cover and cook for 30 minutes.

Pork Meatloaf

Utensil: small skillet

- | | |
|-------------------------------------|-------------------------------------|
| 1 lb. ground pork | ½ cup cooked rice |
| ½ cup onions, finely chopped | ½ cup Vienna Sausage, sliced |
| ½ cup cornstarch | 2 eggs, well-beaten |
| salt & pepper to taste | ½ cup tomato sauce |

Mix all ingredients and put in skillet, garnish with sliced sausages or pineapple rings. Cover and cook.

Pots de Crème

Utensils: utility rack; utility cups; 7-quart roaster

- | | |
|--|-----------------------|
| 4 egg yolks | 1 tsp. vanilla |
| 1 small can evaporated milk | 5 tsp. cocoa |
| 6 tbsp. sugar | pinch of salt |
| 5 tbsp. sugar, for caramelizing | |

Mix all ingredients and pour into utility cups lined with caramel. Pour water into roaster; insert utility rack; cover and steam for 10 minutes.

Pusit Adobo

Utensil: 3-quart saucepan

- | | |
|--|--|
| 1 lb. fresh pusit | 2 green pepper, cut into pieces |
| 1 lb. pork | 5 large cloves garlic |
| 1 big onion | 4 ripe tomatoes, |
| ½ cup vinegar | cut into pieces |
| ½ tsp. ground black pepper | 6 tbsp. soy sauce |
| 2 red sweet pepper, cut into pieces | |

Clean pusit and cut diagonally into bite sizes, then drain. Wash pork and cut into 1-inch strips and boil in vinegar, soy sauce and 3 pieces minced garlic for 10 minutes. Add pusit to pork and continue cooking until pork and pusit are tender. Remove mixture from saucepan and set aside. Sauté 3 pieces remaining garlic & onion in saucepan until tender. Add tomatoes; simmer for 5 minutes. Add pusit/pork mixture and peppers; cover and cook for an additional 5 minutes.

Putong Puti

Utensils: utility rack; utility cups; 7-quart roaster

- | | |
|---------------------------------|------------------------------|
| 1 cup pancake mix | 2 tbsp. baking powder |
| 1 cup milk | 2 tbsp. sugar |
| 1 tbsp. vanilla or anise | 1 tbsp. butter |

Sift together all dry ingredients. Add milk slowly, continually mixing, until batter is smooth. Add anise or vanilla. Pour into greased utility cups. Pour water into roaster; insert utility rack; cover and steam for 10 minutes.

Rice

Utensil: 1-quart or 3-quart saucepan

Rice is a dry cereal so we cook this with water in a saucepan until very little water is left. Cook as you normally would cook rice. The size of the saucepan to be used depends upon the amount of rice to be cooked. For best results, follow rice packaging instructions.

Sautéed Sayote

Utensil: small skillet

3 medium sayote
3 cloves garlic
2 medium carrots

½ lb. small shrimp
½ tsp. ground pepper
patis to taste

Wash sayote and carrots and slice with No. 3 cone (french fryer). Fry garlic before hand and brown together with shrimp. Add all remaining ingredients. Cover and cook for 30 minutes.

Sautéed Turnips

Utensil: small skillet

½ lb. pork, sliced in strips
½ onion, sliced
1 cup shrimps, shelled
patis

1 tsp. clove garlic, minced
1 tomato, sliced
2 medium turnips, cut in strips
salt & pepper to taste

Brown garlic in preheated skillet. Sauté onions, pork, shrimp and tomatoes. Add patis, turnips and pepper. Cover and cook until Vapo-Valve™ clicks; lower temperature and continue cooking for 8 minutes.

Seared Beef with Chicharo

Utensil: small skillet

**1 lb. tenderloin,
sliced thinly in serving pieces**
1 lb. chicharo
clove garlic, crushed

1 large onion, sliced
2 tbsp. coconut soy sauce
salt & pepper to taste

Season meat with salt and pepper. Brown garlic and sear meat until almost brown. Add soy sauce and chicharo and cover for about 5 minutes. Reduce heat and continue cooking on low until done.

Seared Pork Chop with Pineapple

Utensil: roaster

2 lb. pork chops
1 cup tomato sauce
2 large onions, cut into rings
garlic to taste

$\frac{1}{2}$ cup soy sauce
1 cup pineapple juice
6 slices pineapple
pepper to taste

Season pork chops with salt & pepper; sear on both sides. Then put one slice of pineapple on each slice of pork. Top with onion rings and add garlic. Pour pineapple juice, tomato sauce and soy sauce over pork chops. Cover and cook for 30 minutes.

Siomai

Utensils: small skillet

1 lb. ground pork
3 eggs, well-beaten
 $\frac{1}{2}$ cup cornstarch
salt & pepper to taste
 $\frac{1}{2}$ cup chopped carrot

**$\frac{1}{2}$ cup turnips or water
chestnuts, chopped**
1 cup shrimp, peeled
1 red pepper, diced
Siomai wrappers

Mix all ingredients. Wrap in Siomai wrappers in a cup cake form. Put one shrimp or small square red pepper on top as garnishing. Arrange inside skillet; cover and cook on low heat until done.

Spaghetti

Utensil: 3-quart saucepan

1 clove garlic
 $\frac{3}{4}$ lb. ground beef
1 small can tomato sauce
1 small onion, chopped
soy sauce, to taste
salt & pepper, to taste
2 cups water
 $\frac{1}{2}$ bottle catsup

1 small box spaghetti
4 sausages, cut diagonally
1 tbsp. sugar
1 large red pepper,
cut in strips
1 large green pepper,
cut in strips
 $\frac{1}{2}$ cup grated cheese

Brown garlic. Add ground beef; brown. Add tomato sauce and onions; season with soy sauce, salt and pepper. Mix in water and catsup; bring to a boil. Add spaghetti and sausage. Reduce heat to low; cover and cook until noodles are tender. Add 1 tbsp. sugar and peppers. Garnish with cheese.

Spanish Pork Chops

Utensil: large skillet

2 lbs. pork chops, short rib
 $\frac{1}{2}$ cup soy sauce
1 large onion
1 can liver spread

$\frac{1}{2}$ cup vinegar
10 cloves garlic
 $\frac{1}{2}$ tsp. ground black pepper
salt to taste

Cut pork chops $\frac{1}{2}$ -inch thick. Combine vinegar, soy sauce, 5 cloves minced garlic, salt and pepper. Marinate pork chops in this mixture for 3 hours or overnight. Preheat skillet; brown pork chops on both sides. Cover and cook chops in half of marinade for 20 minutes. Brown remaining 5 cloves garlic and fry onion rings; set aside. Add remaining marinade; bring to a boil. Add 1 can liver spread and browned garlic. Pour this gravy over pork chops. Arrange onion rings on top and serve.

Spicy Chicken

Utensil: roaster

1 medium chicken broiler
1 tsp. anise
 $\frac{1}{2}$ cup soy sauce

$\frac{1}{2}$ cup brown sugar
3 cloves garlic
1 tsp. pepper corn

1 slice ginger
sesame oil

3 calamansi, juice extracted
salt & pepper to taste

Marinate chicken in soy sauce, crushed ginger, sesame oil, brown sugar and anise. Preheat roaster, then brown garlic. Add marinated chicken with peppercorns and place in pan. Do not include marinade. Cover and cook for 30 minutes.

Steamed Chocolate Pudding

Utensil: small skillet

1½ cups flour
1½ tsp. baking powder
½ cup shortening
2 eggs
2 squares baking chocolate,
melted

½ tsp. salt
½ tsp. baking soda
⅔ cup sugar
½ cup peanuts, chopped
¾ cup condensed milk
1 tbsp. margarine

Sift flour with salt, baking powder and baking soda. Cream shortening and sugar until light. Add eggs, one at a time, and beat after each addition. Add chocolate and melted margarine. Add flour alternately with milk; mix thoroughly. Pour into a well-greased skillet. Cover and cook until done. Serve with whipped cream or soft custard sauce. Garnish with peanuts.

Steamed Fish with Bamboo Shoots

Utensil: small skillet

1 black sea bream,
or any fish good
for steaming
1 slice ginger
3 stalks green onions
1 tbsp. sugar
1 tbsp. soy sauce

½ cup sliced bamboo shoots
1 tbsp. cooking wine
3 dried mushrooms,
soaked and sliced
dash of cornstarch
3 tbsp. vinegar
pepper to taste

Combine ginger, wine, sugar, vinegar, soy sauce, pepper and cornstarch to make sauce. Insert cut green onions and ginger inside the cleaned, seasoned fish. Arrange mushrooms and bamboo shoots around fish inside skillet. Add sauce; cover and cook until done.

Steamed Flounder

Utensil: small skillet

1 medium flounder
2 stalks onion leaves
½ tbsp. sesame oil
salt & pepper to taste

½ cup pork, cut in strips
3 dried mushrooms
2 tbsp. cornstarch

Dredge pork strips in salt, pepper, sugar, sesame oil & cornstarch. Rub fish with seasoning and insert onions and ginger in stomach. Place fish in skillet and top it with pork slices and mushrooms. Cover and cook.

Steamed Shrimp Bola-Bola

Utensil: small skillet

1 lb. fresh shrimp
2 tsp. baking soda
1 tbsp. cooking oil
1 egg

1½ cups flour
1 small onion, chopped
green onion leaves

Blanche shrimp; remove head, peel and chop. Mix the rest of the ingredients. Pour shrimp extract over mixture; mix until batter is smooth. Add cooking oil, pepper and salt to taste. Form into small balls and place into skillet. Cover and cook.

Steamed Shrimp with Coconut Milk

Utensil: small skillet

½ lb. fresh shrimp
3 onions, sliced
1 tbsp. soy sauce

1 ampalaya, sliced
1 cup pure coconut milk

Blanche shrimp; remove head, peel and chop. Mix the rest of the ingredients and add to skillet. Cover and cook.

Steamed Tulya

Utensil: small skillet

4 cups tulya
1 medium onion
1 slice ginger

1 medium sayote
salt to taste

Mix all ingredients and cook in skillet.

Stuffed Green Peppers

Utensil: small skillet

5 medium green peppers
1 medium onion
1 medium red pepper
1 whole egg
salt to taste

1 cup ground beef
 $\frac{1}{2}$ cup tomato sauce
 $\frac{1}{2}$ tbsp. sugar
 $\frac{1}{2}$ cup green peas

Mix ground beef with chopped onion and pepper. Add tomato sauce, egg, sugar and season with salt. Cut and clean green pepper and stuff with the remaining mixture. Put stuffed peppers into skillet; cover and cook.

Sukiyaki

Utensil: 3-quart saucepan

1 lb. beef tenderloin,
sliced paper-thin
3 dried mushrooms, soaked
1 cup boiled, seasoned sotanghon
1 cup turnips
1 onion

2 soybean cakes (tokwa)
1 cup bamboo shoots,
sliced thinly
1 cup Chinese pechay,
cut into strips
strips of chicken fat

In saucepan, brown beef in chicken fat seasoned with soy sauce, sugar, salt and pepper. When almost tender, add onions and other vegetables, including (tokwa). Cover for 5 minutes. Mix well and season to taste. Continue cooking on low heat. When cooked, pour broth over sotanghon and mix well. Arrange sotanghon around the sukiyaki.

Sweet & Sour Pork Loaf

Utensil: small skillet

2 cups soft bread cubes	¼ cup white wine
¼ cup soy sauce	1 lb. ground pork
⅓ cup finely chopped green onion	1 egg
⅓ cup chopped green pepper	2 tbsp. minced garlic
⅓ cup chopped carrots	½ tsp. minced ginger
⅓ cup chopped turnips	¼ tsp. salt
½ tsp. pepper	

Soften bread cubes in wine and soy sauce. Mix together with remaining ingredients. Pat into skillet; cover and cook.

Sweet & Sour Sauce

Utensil: 1-quart saucepan

1 8 oz. can crushed pineapple	2 tbsp. orange marmalade,
⅓ cup catsup	optional
2 tbsp. vinegar	⅓ cup brown sugar, may be
2 tbsp. prepared mustard	substituted for marmalade

In saucepan, combine ingredients. Heat and stir until marmalade melts and ingredients are mixed.

Tomato Sauce

Utensil: 1-quart saucepan

1 small can tomato sauce	2 tbsp. soy sauce
1 tbsp. Worcestershire sauce	½ cup water
2 tbsp. brown sugar	celery leaves

Simmer tomato sauce, Worcestershire sauce, brown sugar, soy sauce, and water for 5 minutes in saucepan. Then add celery leaves. Makes a great sauce for meatballs. Pour hot sauce over meatballs and, using a toothpick, garnish each meatball with a chunk of pineapple.

Tutti-Frutti Pudding

Utensils: utility rack; utility cups or pudding pan; 7-quart roaster

- | | |
|------------------------------|--------------------------------------|
| 3 eggs | 2 cups tutti-frutti cake mix, |
| 1 cup sugar | White King |
| 3 cups leftover cake | ½ tsp. vanilla |
| 3 tbsp. nuts, chopped | 3 tbsp. candied apples |
| ½ cup raisins | & cherries |

Mix all ingredients well. Pour mixture into utility cups lined with caramel, or into greased pudding pan. Pour water into roaster; insert utility rack; cover and steam for 30 minutes.

Ube Halaya

Utensils: utility rack; utility cups; 7-quart roaster

- | | |
|------------------------------------|------------------------|
| ¾ cups powdered ube | 1½ cups milk |
| 1 cup sugar | 3 drops vanilla |
| 2 tbsp. butter or margarine | |

Mix all ingredients and pour into utility cups greased with butter. Pour water into roaster; insert utility rack; cover and cook by steaming.

Ube Puto

Utensils: utility rack; utility cups; 7-quart roaster

- | | |
|----------------------------------|------------------------------|
| 1½ cups mashed ube | 2 eggs |
| 1½ cups Maya Bibingka mix | 3 tbsp. baking powder |
| 3-4 cups milk | 6 tbsp. sugar |
| 2 tbsp. margarine | |

Cream butter with sugar. Add eggs, milk and Bibingka mix. Blend well and add mashed ube and beat well before pouring into greased utility cups. Pour water into roaster; insert utility rack; cover and cook by steaming.

Vegetable Soup

Utensil: small skillet

3 medium carrots, diced
1 turnip, diced
1 cup peas
½ head garlic
salt & pepper to taste

1 cup onion, cut using #4 cone
1 cup potato, cut using #2 cone
1 lb. beef, diced
2½ cups canned tomatoes,
cut into strips

Preheat skillet. Brown garlic then add beef. Cover and simmer for 10 minutes. Add 2 cups water; boil for another 10 minutes then add vegetables and reduce heat to low.

Waterless Sinigang na Bangus

Utensil: 1-quart or 3-quart saucepan

1 large bangus
1 medium onion
4 medium tomatoes
1 patola
5 okra
1 small slice ginger

3 calamansi
2 hot green peppers
1 radish
2 tbsp. salt
5 string beans, sitaw

Arrange the following in layers in saucepan: tomatoes, onion, fish, ginger, string beans, patola, okra and radish. Heat pan on medium heat until Vapo-Valve™ clicks. Reduce heat to low and cook for 8 minutes. For more soup, add 1 cup warm water, calamansi and salt to taste before serving.

White Sauce

Utensil: 1-quart saucepan

2 tbsp. butter
2 tbsp. flour
2 tbsp. mustard
½ cup fish broth

¾ cup evaporated milk
¼ tbsp. ground pepper
1 tbsp. white wine, optional
salt to taste

In saucepan, melt butter over low heat. Blend flour and mustard. Add fish broth, milk, salt and pepper gradually; stir until thickened. Makes a great sauce to serve over fish.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

The Saladmaster Guide to Healthy and Nutritious Cooking

Standard Guide To Weights & Measures

1 U.S. cup	<i>equals</i>	8 U.S. ounces 16 U.S. tablespoons 48 U.S. teaspoons
1 U.S. teaspoon	<i>equals</i>	$\frac{1}{3}$ U.S. tablespoon
1 U.S. tablespoon	<i>equals</i>	3 U.S. teaspoons
2 U.S. tablespoons	<i>equals</i>	1 U.S. fluid ounce
4 U.S. tablespoons	<i>equals</i>	$\frac{1}{2}$ U.S. cup

Metric Conversions

Liquid Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon	5 milliliters
1 tablespoon	15 milliliters
$\frac{1}{4}$ cup	60 milliliters
$\frac{1}{2}$ cup	120 milliliters
$\frac{3}{4}$ cup	180 milliliters
1 cup	240 milliliters $\frac{1}{4}$ liter, approx.
1 gill ($\frac{1}{4}$ pint)	.118 liters
1 pint	.4732 liters
1 quart	.95 liter
1 gallon	3840 milliliters

Dry Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon	5 milliliters
1 tablespoon	15 milliliters
1 cup	240 grams
1 pint	551 liters
1 quart	1.101 liters
1 peck	8.81 liters
1 bushel	35.24 liters
1 U.S. pound	480 grams



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