



Cuisinart

ELITE COLLECTION™

Recipe Booklet

14-CUP FOOD PROCESSOR

RECIPES

To help your Cuisinart Elite Collection™ 14-Cup Food Processor feel right at home in your kitchen, we've assembled a variety of delicious recipes to get you started, from quick and easy to more complex gourmet dishes. Breakfast and brunch through dinner and dessert, these easy-to-follow recipes make sure every meal is covered.

Look for the chef's whisks above the ingredients for the degree of difficulty (1=easy, 2=medium, 3=challenging), and the convenient clock icons that point you to each recipe's time commitment so you can allocate your time accordingly.

In addition, the detailed nutritional information lets you know exactly what you're eating! Bon appétit!

BASICS

Basic Fresh Breadcrumbs	5
BUTTERS	
Gorgonzola Butter	6
Mediterranean Butter	6
Peanut Butter	6
MARINADES & DRESSINGS	
Asian Marinade	7
Sweet and Sour Marinade	7
Herbed Vinaigrette	8
Basic Mayonnaise	8
SAUCES	
Basil Pesto	9
Simple Tomato Sauce	10
Roasted Red Pepper Sauce	11
Hollandaise Sauce	12
Tartar Sauce	12
DOUGHS	
Pizza Dough	13
Pasta Dough	14
Spinach Pasta Dough	14
Basic Flaky Pastry Dough	15
Pâte Brisée	16
Pâte Sucrée	17

BREAKFAST & BRUNCH

Cherry Crumb Muffins	18
Chocolate Chip Crumb Cake	19
Traditional Scones	20
Leek, Sausage, and Fontina Quiche	21
Buckwheat Crêpes with Spinach and Goat Cheese	22

APPETIZERS

Artichoke and Herb Yogurt Dip	23
Chunky Guacamole	24
Hummus	25
Three Tomato Salsa	26
Classic Bruschetta	27
Spinach, Feta and Artichoke Stuffed Mushrooms	28
Caramelized Onion, Steak and Gruyère Quesadillas	29

SOUPS

Gazpacho	30
Lightened Broccoli and Potato Soup	31
Tomato Soup	32
Roasted Butternut Squash Soup	33
French Onion Soup	34

SALADS

Chopped Salad	35
Classic Coleslaw	36
Shredded Carrot Salad with Honey-Ginger Dressing	37
Classic Creamy Chicken Salad	38

ENTRÉES

Eggplant Parmesan	39
Roasted Pepper, Chèvre and Mozzarella Calzone	40
Spinach Ravioli	41
Classic Meatballs	42
Sweet Potato and Black Bean Empanadas	43
Chicken Pot Pie	44
Braised Veal Shanks	45
Crab Cakes	46

SIDES

Ginger Glazed Carrots	47
Vegetable Napoleon	48
Stuffed Roasted Peppers	49
Mashed Potatoes	50
Potato Gratin	51

BREADS

Classic Cuisinart® White Bread	52
Classic Cuisinart® Wheat Bread	53
Crusty French Bread	54
Challah Bread	55
Whole Wheat Kalamata Bread	56
Sesame Dinner Rolls	57
Buttermilk Biscuits	58
Popovers	59

DESSERTS

Chocolate Pecan Pinwheels	60
Classic Cheesecake & Graham Cracker Crust	61
Apple Crumb Pie & Crumb Pie Topping	62
Banana Cream Pie & Chocolate Cookie Crust	63
Pastry Cream	64
Deep Chocolate Layer Cake & Cream Cheese Frosting	65
Pound Cake with Pine Nuts and Olive Oil	66
Dessert Crêpes with Berries	67
Raspberry Sauce	68
Berry Mango Smoothie	69
Tropical Fruit Smoothie	69
Mango Sorbet	70
Blueberry Mint Sorbet	71
Banana "Ice Cream"	71

BASIC FRESH BREADCRUMBS


There is no need to buy breadcrumbs when you can make them in no time with your Cuisinart® Food Processor.



8

SLICES WHITE BREAD

Makes 1⅓ cups

 Approximate preparation time: Less than one minute, plus 35 minutes for baking

Preheat oven to 325°F. Bake slices of bread in a single layer for about 20 minutes or until bread is completely dried out.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Break toasted bread up into pieces and pulse about 10 times and then process until breadcrumbs are fine, about 25 seconds.

TIP: For seasoned breadcrumbs, add ¼ teaspoon each dried oregano, dried basil, garlic powder, and ground onion flakes to toasted bread and process as above.

Nutritional information per serving (2 tablespoons):

Calories 60 (11% from fat) | carb. 11g | pro. 2g | fat 1g | sat. fat 0g | chol. 0mg | sod. 90mg | calc. 10mg | fiber 1g

GORGONZOLA BUTTER

Melt a slice of this butter on your favorite steak right when it comes off the grill. It is also delicious on a baked potato or steamed vegetables.



- 8 TABLESPOONS (¼ POUND;
1 STICK) UNSALTED BUTTER,
ROOM TEMPERATURE
- ¼ CUP GORGONZOLA, CRUMBLLED
- PINCH FRESHLY GROUND
BLACK PEPPER

Makes 1 roll compound butter, 16 slices

⌚ Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the butter and Gorgonzola and process for 60 seconds until smooth, scraping the bowl as necessary.

Remove butter from bowl and place on a sheet of waxed paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 tablespoon):

Calories 52 (96% from fat) | carb. 0g | pro. 0g | fat 6g | sat. fat 4g | chol. 16 mg | sod. 5mg | calc. 2mg | fiber 0g

MEDITERRANEAN BUTTER



- 2 GARLIC CLOVES
- 1 TEASPOON ITALIAN SEASONING
- 1 TEASPOON DRIED BASIL
- 1 TEASPOON DRIED OREGANO
- 1 TEASPOON DRIED SAGE
- 1 TEASPOON CHILI POWDER
- 1 TEASPOON BALSAMIC VINEGAR
- 16 TABLESPOONS (½ POUND; 2
STICKS) UNSALTED BUTTER,
ROOM TEMPERATURE

Makes 1 cup or two 7-inch logs

⌚ Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. With the machine running, drop the garlic cloves through the feed tube to finely chop. Add remaining ingredients including the butter and process to combine, about 60 seconds. Scrape bowl as necessary.

Remove butter from bowl, divide into two, and place on two separate sheets of waxed paper. With the aid of the paper, form each portion of butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 tablespoon):

Calories 103 (98% from fat) | carb. 0g | pro. 0g | fat 11g | sat. fat 7g | chol. 30mg | sod. 2mg | calc. 2mg | fiber 0g

PEANUT BUTTER



- 5 CUPS DRY ROASTED PEANUTS

Makes 2½ cups

⌚ Approximate preparation time: 4 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Pulse peanuts about 10 times and then process until drops of oil are visible and the mixture is very smooth, about 4 minutes.

Nutritional information per serving (1 tablespoon):

Calories 100 (71% from fat) | carb. 4g | pro. 4g | fat 9g | sat. fat 1g | chol. 0mg | sod. 1mg | calc. 9mg | fiber 1g

ASIAN MARINADE

This marinade is equally good for pork, chicken or salmon. It is also a good sauce for serving with dim sum.



- 1 OUNCE PEELED FRESH GINGER, CUT INTO ½-INCH PIECES
- 2 GARLIC CLOVES
- ⅔ CUP SOY SAUCE (MAY USE LOW-SODIUM OR TAMARI)
- ½ CUP CANOLA OR OTHER VEGETABLE OIL
- ¼ CUP PLUS 2 TABLESPOONS HOISIN SAUCE
- ¼ CUP PLUS 2 TABLESPOONS ASIAN SESAME OIL (TOASTED SESAME OIL)
- 2 TABLESPOONS RICE WINE VINEGAR
- ¼ TEASPOON CAYENNE PEPPER

Makes about 2 cups

Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the ginger and garlic and pulse to chop, about 8 to 10 times. Scrape the sides and bottom of the work bowl. Add the remaining ingredients and process until smooth, about 15 seconds. Transfer to a container, cover and refrigerate if not using immediately. Marinate meat or seafood for approximately 2 hours before roasting or grilling.

Nutritional information per serving (1 tablespoon):

Calories 44 (78% from fat) | carb. 2g | pro. 0g | fat 4g | sat. fat 0g | chol. 0mg | sod. 156mg | calc. 0mg | fiber 0g

SWEET AND SOUR MARINADE

This marinade pairs well with poultry and pork.



- 4 GARLIC CLOVES
- ½ CUP DARK CORN SYRUP
- ½ CUP EXTRA VIRGIN OLIVE OIL
- ½ CUP BALSAMIC VINEGAR
- 1 TABLESPOON PLUS 1 TEASPOON PAPRIKA
- 2 TEASPOONS DRY MUSTARD POWDER
- 2 TEASPOONS DRIED THYME
- 1 TEASPOON CHILI POWDER
- 1 TEASPOON KOSHER SALT

Makes 1 cup

Approximate preparation time: 5 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the garlic and process to finely chop. Add the remaining ingredients. Process again until well mixed, about 45 seconds.

Nutritional information per serving (1 tablespoon):

Calories 97 (62% from fat) | carb. 10g | pro. 0g | fat 7g | sat. fat 1g | chol. 0mg | sod. 152mg | calc. 4mg | fiber 0g

HERBED VINAIGRETTE

A classic vinaigrette – toss with mixed greens or drizzle over grilled chicken.



- ¼ CUP RED WINE VINEGAR
- 1 TEASPOON DIJON-STYLE MUSTARD
- ¼ CUP FRESH PARSLEY
- ½ TEASPOON DRIED BASIL
- ½ TEASPOON DRIED THYME
- ½ TEASPOON DRIED MARJORAM
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON GROUND WHITE PEPPER
- ¾ CUP EXTRA VIRGIN OLIVE OIL

Makes 1 cup

⌚ Approximate preparation time: 5 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the vinegar, mustard, parsley and remaining herbs and spices and process to combine and roughly chop. With machine running, slowly pour the olive oil through the feed tube until all ingredients are homogenous, about 3 minutes.

TIP: Dressing can easily be increased – use either the medium or large work bowl depending on the amount of dressing desired.

Nutritional information per serving (1 tablespoon):

Calories 91 (99% from fat) | carb. 0g | pro. 0g | fat 11g | sat. fat 2g | chol. 0mg | sod. 76mg | calc. 2mg | fiber 0g

BASIC MAYONNAISE

Taste the difference in homemade mayonnaise.



- 4 LARGE EGG YOLKS*
- ½ TEASPOON KOSHER SALT
- 2 TABLESPOON DIJON-STYLE MUSTARD
- 2 TEASPOON FRESH LEMON JUICE OR WHITE WINE VINEGAR
- 2 TO 2½ CUPS VEGETABLE OR CANOLA OIL, DIVIDED

Makes about 3 cups

⌚ Approximate preparation time: 5 to 10 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Process the egg yolks, salt, mustard and lemon juice until smooth, about 30 seconds. With the machine running, add ¼ cup of the oil through the feed tube, drop by drop, being sure each drop is incorporated with the yolks before adding the next. This step should take about 5 minutes. Once the mixture is emulsified and homogenous, slowly add remaining oil until thick, about 1 minute. Taste and adjust seasoning accordingly.

For herb mayonnaise: process ⅓ cup firmly packed fresh herbs, stems removed (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For lower-cholesterol mayonnaise, and to avoid using raw eggs, Egg Beaters® may be substituted for the egg yolks.

*Raw egg warning:

Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Nutritional information per serving (1 tablespoon):

Calories 85 (98% from fat) | carb. 0g | pro. 0g | fat 10g | sat. fat 1g | chol. 17mg | sod. 38mg | calc. 2mg | fiber 0g

BASIL PESTO

If you have other herbs or nuts, use them in place of some of the basil and pine nuts.



- 4** OUNCES REGGIANO PARMIGIANO CHEESE, CUT INTO ½-INCH CUBES
- 4** GARLIC CLOVES
- ¾** CUP PINE NUTS OR WALNUTS, LIGHTLY TOASTED
- 6** CUPS TIGHTLY PACKED FRESH BASIL LEAVES, UNBLEMISHED (ABOUT 20 OUNCES)
- ½ TO ¾** TEASPOON KOSHER OR SEA SALT
- ¾ TO 1** CUP EXTRA VIRGIN OLIVE OIL

Makes about 2½ cups

 Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. With the machine running, drop the cheese and garlic through the small feed tube to process until finely chopped, about 30 seconds. Add the nuts and pulse to chop, about 5 to 6 pulses. Add the basil leaves and pulse to chop, using long pulses, 10 to 15 times; scrape the bowl. Add the salt. With the machine running, add the olive oil in a slow, steady stream through the small feed tube, processing until combined and emulsion is formed, about 1 minute. Scrape the work bowl.

To store the pesto, transfer to a glass jar or bowl, tap to remove all air bubbles, even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving (1 tablespoon):

Calories 51 (87% from fat) | carb. 1g | pro. 1g | fat 5g | sat. fat 1g | chol. 1mg | sod. 88mg | calc. 34mg | fiber 0g


SIMPLE TOMATO SAUCE

A simple marinara sauce for pasta, or when reduced, a tasty topping for homemade pizzas.



- 1 MEDIUM ONION (ABOUT 4 OUNCES), CUT INTO 1-INCH PIECES
- 1½ TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 6 GARLIC CLOVES
- 1 TEASPOON DRIED OREGANO
- 1 CAN (35 OUNCES) PLUM TOMATOES, WITH JUICES
- 2 SPRIGS FRESH BASIL (10 TO 12 LARGE LEAVES)
- ¼ CUP DRY WHITE WINE
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TO 1 TEASPOON RED PEPPER FLAKES (OPTIONAL, TO TASTE, FOR A SPICIER SAUCE)

Makes 4 cups tomato sauce for pasta; 2½ cups tomato sauce for pizza

 Approximate preparation time: 10 to 15 minutes, plus 1 hour cooking (cook an additional 40 minutes to make the reduced pizza sauce)

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the onion and pulse to chop, about 10 times. Put the olive oil into a 6-quart saucepan over medium heat. When the oil shimmers across the pan, add the onion. With the processor running, drop the garlic through the feed tube to chop. Add the garlic and oregano to the pan. Cook until onion is softened and the garlic is fragrant. While the onion mixture is cooking, add the tomatoes to the work bowl and pulse to chop. Add the tomatoes to the pan with the basil, wine and salt. Bring to a boil and then reduce the heat to low; cover the pan loosely and simmer for 50 to 60 minutes. Turn off the heat and let cool in the pan for 10 minutes. Stir in the black pepper and optional red pepper flakes. Taste and adjust seasoning accordingly.

If you would like a sauce for pizza, continue to simmer, uncovered, for 40 additional minutes to reduce, stirring now and then. Transfer the reduced sauce to a bowl to cool before using as a pizza topping.

This sauce freezes well.

Nutritional information per serving (½ cup):

Calories 46 (22% from fat) | pro. 2g | carb. 6g | fat 1g | sat. fat 0g | chol. 0mg | sod. 457mg | calc. 91mg | fiber 1g

*Nutritional information per serving (½ cup):
reduced for pizza sauce*

Calories 74 (22% from fat) | pro. 3g | carb. 10g | fat 2g | sat. fat 0g | chol. 0mg | sod. 732mg | calc. 91mg | fiber 2g


ROASTED RED PEPPER SAUCE

This sauce combines the sweet taste of the red pepper with its roasted counterpart to create a flavor-packed yet healthy sauce, perfect for chicken and fish.



- 3 POUNDS RED BELL PEPPERS (APPROXIMATELY 8 MEDIUM PEPPERS)**
- 8 GARLIC CLOVES, UNPEELED**
- 2 SHALLOTS (ABOUT 1 OUNCE), FINELY CHOPPED**
- ½ TABLESPOON UNSALTED BUTTER**
- 1½ TEASPOONS EXTRA VIRGIN OLIVE OIL**
- 3 TABLESPOONS WHITE WINE**
- 1½ CUPS CHICKEN STOCK OR BROTH**
- ½ TEASPOON FRESH LEMON JUICE**
- ¼ TO ½ TEASPOON KOSHER SALT**
FRESHLY GROUND
BLACK PEPPER

Makes about 3 cups

 Approximate preparation time: 90 to 100 minutes, including roasting and resting peppers

Preheat oven to 425°F. Line a baking sheet with parchment paper.

Place half of the peppers on the prepared baking sheet with the garlic.

Roast in oven for 20 minutes. Remove the garlic cloves and place in a small heatproof bowl. Return tray to oven and continue roasting peppers for an additional 30 minutes, flipping the peppers a few times so that they are evenly blackened. Once the peppers are charred all over, place them in the bowl with the garlic and cover tightly with plastic wrap. Allow the peppers to cool and steam so that their skins become loose, at least 30 minutes. Once cool, peel the skins off the garlic and each pepper and remove seeds. Reserve cleaned peppers with peeled garlic cloves. (It is possible to store the peppers and garlic together in a plastic food storage bag overnight.)

While the peppers are roasting, cut the remaining peppers into 1-inch pieces. Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor, add the shallots and pulse to chop; remove and reserve. Add the raw pepper pieces and pulse to roughly chop.

Put the butter and olive oil together into a large sauté pan over medium heat. Once the butter melts, add the chopped shallots; stir and sauté for about 2 minutes to soften, not picking up any color. Stir in the chopped raw peppers. Reduce heat to low and cover with lid. Allow peppers to sweat for about 30 minutes, stirring occasionally. Peppers are done when they are soft. Remove lid from pan and increase heat slightly. Add the white wine and stir until liquid is mostly evaporated, about 2 minutes. Add the chicken stock, bring to a steady simmer, and allow to reduce by half, about 5 minutes.

Put the cooked peppers and the reserved roasted peppers and garlic into the work bowl. Add the lemon juice, salt and a pinch of pepper; pulse 2 to 3 times and then process for about 40 seconds, until ingredients are well blended. Taste and adjust seasonings accordingly.

Nutritional information per serving (½ cup):

Calories 100 (24% from fat) | carb. 17g | pro. 3g | fat 3g | sat. fat 1g | chol. 3mg | sod. 233mg | calc. 27mg | fiber 5g

HOLLANDAISE SAUCE

This sauce can be used in many dishes, including eggs benedict and steamed vegetables.



- ¾ POUND (3 STICKS)
UNSALTED BUTTER**
- 3 LARGE EGG YOLKS**
- 1 TABLESPOON DIJON-STYLE
MUSTARD**
- ½ TEASPOON KOSHER SALT**
- ¼ TEASPOON FRESHLY GROUND
BLACK PEPPER**
- 2 TABLESPOONS FRESH LEMON
JUICE**

Makes 3 cups

Approximate preparation time: 15 minutes

Put the butter into a saucepan over low heat to melt.

Insert the large chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the yolks, mustard, salt and pepper and process for 90 seconds. Once the butter is melted, turn heat up to bring the butter *just* to a boil. With the machine running, very slowly drizzle ¼ of the hot butter through the feed tube drop by drop, being sure each drop is incorporated with the yolks before adding the next. This step should take about 5 minutes. Once the mixture is emulsified and homogenous, slowly add remaining butter until incorporated, about 1 minute. Sauce will thicken to a mayonnaise consistency. When all butter has been incorporated, add the lemon juice and pulse to incorporate. Taste and adjust seasoning accordingly. Serve while still warm.

Nutritional information per serving (1 tablespoon):

Calories 108 (98% from fat) | carb. 0g | pro. 0g | fat 12g | sat. fat 7g | chol. 57mg | sod. 45mg | calc. 3mg | fiber 0g

TARTAR SAUCE

This tartar sauce is good not only with fish and shellfish, but also with steamed fresh vegetables.



- 2 OUNCES SHALLOTS OR GREEN
ONIONS, TRIMMED AND CUT
INTO 1-INCH PIECES**
- 3 OUNCES DRAINED SWEET
GHERKIN PICKLES**
- ¼ CUP FRESH ITALIAN PARSLEY**
- 1 TABLESPOON DILL WEED**
- 1 TABLESPOON DIJON-STYLE
MUSTARD**
- ½ TEASPOON DRIED THYME**
- 3 TABLESPOONS DRAINED
CAPERS**
- 1½ CUPS MAYONNAISE**
- ½ CUP NONFAT PLAIN YOGURT,
DRAINED* OVERNIGHT**
- ⅛ TEASPOON FRESHLY GROUND
BLACK PEPPER**

Makes about 2 cups

Approximate preparation time: 5 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the shallots, gherkins and parsley and pulse to chop, about 15 pulses. Add the dill, mustard, thyme, and capers and pulse 5 times to chop. Add the mayonnaise, yogurt and black pepper; pulse to combine, 5 times – do not overprocess. Refrigerate until ready to use.

*To drain yogurt, place in a strainer lined with a coffee filter or a yogurt strainer. Cover and let drain until desired thickness is reached.

Nutritional information per serving (1 tablespoon):

Calories 72 (88% from fat) | carb. 2g | pro. 0g | fat 7g | sat. fat 1g | chol. 13mg | sod. 86mg | calc. 10mg | fiber 0g


PIZZA DOUGH

Once you see how simple pizzas are to make, you will never order one to be delivered again.



- 1 PACKAGE ACTIVE DRY YEAST
- 1 TEASPOON GRANULATED SUGAR
- 1¼ CUPS WARM WATER (105° TO 115°F)
- 3⅓ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TABLESPOON KOSHER SALT
- 2 TEASPOONS EXTRA VIRGIN OLIVE OIL

Makes 1¾ pounds dough (six 7-inch crusts or three 12-inch crusts) / 6 servings

 Approximate preparation time: 5 to 10 minutes, plus 55 minutes rising and resting, 5 minutes assembly and 10 minutes baking

In a 2-cup liquid measure, dissolve yeast and sugar in warm water. Let stand until foamy, about 3 to 5 minutes. Insert the dough blade into the large work bowl of the Cuisinart® Food Processor and add the flour and salt.

With machine running on dough speed, pour the liquid slowly through the small feed tube as fast as the flour will absorb it. Once a dough ball forms and cleans the sides of the work bowl, process for an additional 30 seconds to knead dough. Dough may be slightly sticky. Coat dough evenly with extra virgin olive oil and transfer to a plastic food storage bag and seal the top. Let dough rise in a warm place for about 45 minutes.

Place dough on a lightly floured surface; punch down and let rest 5 to 10 minutes. Roll into desired crust sizes and place on baking pans lightly sprayed with vegetable oil cooking spray. Follow pizza recipe.

Nutritional information per serving (1 ounce):

Calories 112 (2% from fat) | carb. 24g | pro. 3g | fat 0g | sat. fat 0g | chol. 0mg | sod. 134mg | calc. 0mg | fiber 1g

PASTA DOUGH

Fresh pasta is a special treat. While it is best served right away, you can freeze it after it has been rolled and cut.



- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 CUP SEMOLINA FLOUR
- 1 TABLESPOON KOSHER SALT
- 4 LARGE EGGS

Makes 1½ pounds, about 10 servings

⌚ Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the large work bowl of a Cuisinart® Food Processor. Add both flours and salt to work bowl and pulse 5 to 6 times to combine. With the machine running, add 1 egg at a time until a dough ball forms. Once dough ball forms, allow machine to run for 30 seconds to knead. Divide dough into 4 equal parts and pass through a pasta roller machine.

Nutritional information per serving (2 ounces):

Calories 165 (12% from fat) | carb. 30g | pro. 7g | fat 2g | sat. fat 1g | chol. 85mg | sod. 668mg | calc. 11mg | fiber 1g

SPINACH PASTA DOUGH

Add a healthy, colorful ingredient to your pasta bowl.



- 8 OUNCES FRESH SPINACH LEAVES
- 1¾ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ¾ CUP SEMOLINA FLOUR
- 2½ TEASPOONS KOSHER SALT

Makes 1½ pounds, about 6 servings

⌚ Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Fill the bowl with half of the spinach. Pulse 10 times and then process until finely chopped. Add remaining spinach and repeat, scraping the bowl in between. Add both flours and salt to work bowl and pulse 5 to 6 times to combine. Process ingredients until a dough ball forms. Once dough ball forms, allow machine to run for 30 seconds to knead. Divide dough into 4 equal parts and pass through a pasta roller machine.

Nutritional information per serving (2 ounces):

Calories 97 (3% from fat) | carb. 20g | pro. 3g | fat 0g | sat. fat 0g | chol. 0mg | sod. 718mg | calc. 89mg | fiber 1g

BASIC FLAKY PASTRY DOUGH

This recipe makes ample crust for a 9- to 11-inch regular or deep-dish pie or tart.




FOR A ONE-CRUST PIE:

- 1½** CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ¼** TEASPOON SALT
- ⅛** TEASPOON BAKING POWDER
- 8** TABLESPOONS UNSALTED BUTTER, CUT INTO ½-INCH PIECES, WELL CHILLED
- 2** TABLESPOONS VEGETABLE SHORTENING (PREFERABLY NONHYDROGENATED), CUT INTO ½-INCH PIECES, WELL CHILLED
- 2 TO 4** TABLESPOONS ICE WATER

FOR A TWO-CRUST PIE:

- 3** CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½** TEASPOON SALT
- ¼** TEASPOON BAKING POWDER
- 16** TABLESPOONS UNSALTED BUTTER, CUT INTO ½-INCH PIECES, WELL CHILLED
- 4** TABLESPOONS VEGETABLE SHORTENING (PREFERABLY NONHYDROGENATED), CUT INTO ½-INCH PIECES, WELL CHILLED
- 5 TO 8** TABLESPOONS ICE WATER

 Approximate preparation time: 10 minutes, plus 90 minutes resting time

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, salt and baking powder and process for 10 seconds to sift. Add the well-chilled butter and shortening. Use short, quick pulses until the mixture resembles coarse corn meal and no pieces of butter larger than a pea remain visible, 15 to 20 pulses. Sprinkle half the maximum ice water on the flour and butter mixture, then pulse 5 or 6 times on the dough speed setting. The dough will be crumbly, but should begin to hold together when a small amount is picked up and pressed together. Add more water, a teaspoon (two for the two-crust recipe) at a time, with 2 to 3 quick pulses on the dough speed setting after each addition, adding just enough water for the dough to hold together easily when pressed into a ball. Do not allow the dough to form a ball in the processor! Add the liquid sparingly so that the dough is not sticky. Do not overprocess or the pastry will be tough, not tender and flaky.

Turn the dough out onto a lightly floured surface. Press together into a ball, then flatten into a disk about 6 inches in diameter (two disks for the two-crust recipe). Wrap in plastic wrap and refrigerate for 1 hour before continuing. The dough will keep refrigerated for up to 3 days, or may be frozen (double-wrapped) for up to a month; thaw at room temperature for an hour before using. Use as directed in recipe.

To bake the pastry blind for a single-crust filled pie or tart, roll out pastry ⅛-inch thick to fit pan; crimp and seal edges. Prick bottom all over with a fork. Chill for 30 minutes. Preheat the oven to 400°F. Line the shell with a sheet of aluminum foil or parchment paper and fill with pie weights, dry rice or beans. Bake for 15 minutes.

Leftover pastry may be rolled out and cut into shapes to garnish the pie, or brushed with milk, sprinkled with sugar or cinnamon and sugar, and baked until lightly browned.

Nutritional information based on 12 servings per pie: 1-crust pie
Calories 138 (65% from fat) | pro. 1g | carb. 11g | fat 10g | sat. fat 1g | chol. 20mg | sod. 48mg | calc. 2mg | fiber 0g

Nutritional information based on 12 servings per pie: 2-crust pie
Calories 277 (65% from fat) | pro 3g | carb 22g | fat 20g | sat. fat 1g | chol. 40mg | sod. 104mg | calc. 2mg | fiber 0g


PÂTE BRISÉE

This versatile dough can be used for sweet or savory treats.



- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON TABLE SALT
- 16 TABLESPOONS (½ POUND; 2 STICKS) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH CUBES
- ¼ CUP ICE WATER

Makes two single crust 9-inch tarts/pies, or one double-crust pie, 24 servings

 Approximate preparation time: 5 minutes plus 30 minutes for resting

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour and salt and process for 10 seconds to sift. Evenly add the butter and pulse on the dough speed setting until the mixture resembles coarse crumbs. Pour in water, 1 tablespoon at a time, and pulse on the dough speed setting until mixture *just* forms a dough – you may not need all of the water. Divide dough equally into two pieces and form each into a flat disc; wrap in plastic and refrigerate until ready to use. This pastry also freezes well for up to 6 months as long as it is well wrapped.

Nutritional information per serving:

Calories 39 (6% from fat) | carb. 8g | pro. 1g | fat 0g | sat. fat 0g | chol. 0mg | sod. 98mg | calc. 2mg | fiber 0g

TIP: For a sweet Pâte Brisée, follow the same recipe as above except add 1½ tablespoons of granulated sugar to the dry ingredients in the work bowl.

Nutritional information per serving:

Calories 47 (5% from fat) | carb. 10g | pro. 1g | fat 0g | sat. fat 0g | chol. 0mg | sod. 98mg | calc. 2mg | fiber 0g


PÂTE SUCRÉE

Have leftover dough? Use this sweet dough for simple cookies. Just roll and cut into your favorite shapes.



- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 2 TABLESPOONS GRANULATED SUGAR
- ½ TEASPOON TABLE SALT
- 12 TABLESPOONS (¾ CUP) UNSALTED BUTTER, ROOM TEMPERATURE
- 2 LARGE EGG YOLKS
- 1 TABLESPOON ICE WATER
- ¼ TEASPOON LEMON ZEST (OPTIONAL)
- ½ TEASPOON PURE VANILLA EXTRACT

Makes two 9-inch single tarts/pies, or one double-crust pie

 Approximate preparation time: 5 minutes plus 30 minutes for resting

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, sugar and salt and process for 10 seconds to sift. Add the butter and process until combined, about 30 seconds. With the machine running on the dough speed setting, add the yolks, one at a time, and process until incorporated. Add the water, zest (if using) and vanilla; pulse 3 to 4 times, until combined.

Form dough into 2 flat discs. Wrap in plastic; chill in refrigerator until ready to use. Dough should be firm enough to roll.

To make this an almond sucrée, substitute ⅓ cup of the all-purpose flour for toasted almonds. Finely grind the almonds by processing 45 seconds, and then add the remaining dry ingredients. Process 10 seconds to sift and follow instructions as stated above.

Nutritional information per serving (based on 72 servings):

Calories 92 (58% from fat) | carb. 8g | pro. 1g | fat 6g | sat. fat 4g | chol. 32mg | sod. 23mg | calc. 2mg | fiber 0g

For the almond sucrée:

Nutritional information per serving:

Calories 94 (63% from fat) | carb. 7g | pro. 1g | fat 7g | sat. fat 4g | chol. 32mg | sod. 23mg | calc. 5mg | fiber 0g

CHERRY CRUMB MUFFINS

A hit at every brunch table.



NONSTICK COOKING SPRAY

CRUMB TOPPING:

- ½ CUP TOASTED PECANS OR WALNUTS
- ¼ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- ⅓ CUP LIGHT BROWN SUGAR
- ¼ CUP (½ STICK) UNSALTED BUTTER, COLD AND CUT INTO SMALL CUBES
- 1 TEASPOON GROUND CINNAMON
- ¼ TEASPOON SALT

MUFFINS:

- 1½ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TABLESPOON BAKING SODA
- ½ TEASPOON SALT
- ½ TEASPOON GROUND CINNAMON
- ⅓ CUP GRANULATED SUGAR
- ¼ CUP LIGHT BROWN SUGAR
- ¾ CUP BUTTERMILK
- ⅓ CUP VEGETABLE OIL
- 1 LARGE EGG
- 1 TEASPOON PURE VANILLA EXTRACT
- 1 CUP DRIED CHERRIES

Makes 12 muffins

⌚ Approximate preparation time: 15 minutes plus 20 minutes for baking

Preheat oven to 400°F. Coat a 12-cup muffin pan with nonstick cooking spray.

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor.

Put the pecans for the crumb topping recipe into the small work bowl and pulse to roughly chop. Add remaining crumb topping ingredients and pulse to achieve a crumb-like mixture, about 5 to 6 pulses. Remove work bowl and reserve.

Insert the large metal chopping blade into the medium work bowl. Process the dry ingredients for the muffins: the flour, baking soda, salt and cinnamon, for 10 seconds to sift. Remove work bowl and reserve.

Replace the large metal chopping blade into the large work bowl; add the sugars and buttermilk, and process for about 5 seconds to combine. Stir together the oil, eggs and vanilla in a liquid measuring cup. With the machine running, pour the liquid ingredients through the small feed tube and process until combined. Add the dry ingredients and process on the dough speed for about 4 to 5 seconds. Scrape the work bowl and add the dried cherries, pulse 2 to 3 times to combine.

Scoop muffin batter evenly into the prepared muffin pan. Sprinkle the crumb topping evenly on the tops of each muffin. Bake for 18 to 20 minutes, until a cake tester comes out clean.

Nutritional information per muffin:

Calories 151 (39% from fat) | carb. 21g | pro. 2g | fat 7g | sat. fat 1g | chol. 18mg | sod. 258mg | calc. 18mg | fiber 0g

CHOCOLATE CHIP CRUMB CAKE

Start your mornings with a cup of coffee and a piece of this delicious crumb cake. Always let it cool completely before cutting to ensure the perfect slice.



NONSTICK COOKING SPRAY

CRUMB TOPPING:

- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 CUP BROWN SUGAR
- ½ CUP UNSALTED BUTTER, CUT INTO SMALL CUBES
- 2 TEASPOONS CINNAMON
- 1 CUP TOASTED PECANS OR WALNUTS
- ½ TEASPOON SALT
- 1 TEASPOON PURE VANILLA EXTRACT

CAKE:

- 3½ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON BAKING SODA
- 4 TEASPOONS BAKING POWDER
- ½ TEASPOON SALT
- ½ CUP UNSALTED BUTTER, ROOM TEMPERATURE
- ½ CUP GRANULATED SUGAR
- 1 CUP BUTTERMILK
- 1 CUP SOUR CREAM
- 2 LARGE EGGS, LIGHTLY BEATEN
- ½ TEASPOON PURE VANILLA EXTRACT
- 1 CUP CHOCOLATE CHIPS

Makes one 8-inch square cake

⌚ Approximate preparation time: 15 to 20 minutes, plus 45 minutes for baking

Preheat oven to 375°F. Coat an 8-inch square pan with nonstick cooking spray.

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the ingredients for the crumb topping to the work bowl and pulse to incorporate, about 8 to 10 pulses. Remove and reserve.

Insert the large metal chopping blade into the medium work bowl. Add the flour, baking soda, baking powder and salt and process 5 seconds to combine. Remove work bowl and reserve. Insert the large metal chopping blade into the large work bowl. Add the butter and sugar and pulse to fully combine. Add the buttermilk, sour cream, eggs and vanilla extract and process ingredients for 15 seconds to combine. Add the dry cake ingredients and pulse to incorporate, about 5 pulses. Stir in the chocolate chips.

Pour ingredients into prepared pan and spread the crumb topping evenly on the top. Bake for about 40 to 45 minutes, until a cake tester comes out clean.

Nutritional information per serving:

Calories 200 (51% from fat) | carb. 20g | pro. 4g | fat 12g | sat. fat 6g | chol. 72mg | sod. 484mg | calc. 94mg | fiber 1g


TRADITIONAL SCONES

The key to a delicate scone is to not overmix the dough. Always use a light hand and you will have delicious results.



- 2½ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 4 TABLESPOONS GRANULATED SUGAR, DIVIDED
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON SALT
- 6 TABLESPOONS UNSALTED BUTTER, COLD AND CUT INTO SMALL CUBES
- ½ CUP PLUS 1 TABLESPOON BUTTERMILK
- ¼ TEASPOON PURE VANILLA EXTRACT
- 1 LARGE EGG
- ½ CUP CURRANTS
- 1 TABLESPOON HEAVY CREAM

Makes 8 scones

 Approximate preparation time: 10 minutes plus 30 minutes for baking

Preheat oven to 375°F. Line a baking sheet with parchment paper.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, 3 tablespoons granulated sugar, baking powder and salt and process for 15 seconds to combine. Add the butter and pulse to incorporate, about 8 pulses, until the butter pieces are about the size of peas. Stir the buttermilk, vanilla and egg together in a liquid measuring cup. With the machine running on the dough speed, slowly add the liquids through the feed tube until just combined; be very careful not to overmix. Add the currants and pulse until *just* combined, 2 to 3 pulses.

Pour dough onto a clean surface. Form into a long, flat rectangle and cut into 8 triangles. Place the scones, evenly spaced, on the baking sheet. Brush the tops with heavy cream and sprinkle with reserved sugar.

Bake for 30 to 35 minutes, until baked through and golden.

Nutritional information per scone:

Calories 180 (46% from fat) | carb. 23g | pro. 2g | fat 9g | sat. fat 6g | chol. 39mg | sod. 171mg | calc. 53mg | fiber 1g

LEEK, SAUSAGE AND FONTINA QUICHE

A perfect dish for Sunday brunch.




1 RECIPE PÂTE BRISÉE (PAGE 16)

FILLING:

- 1 GARLIC CLOVE
- 1 SMALL LEEK, WHITE AND LIGHT GREEN PARTS ONLY, CUT INTO ½-INCH PIECES
- 6 OUNCES PRECOOKED CHICKEN APPLE SAUSAGE, CUT INTO SMALL DICE
- 1 TABLESPOON UNSALTED BUTTER
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 2 OUNCES FONTINA CHEESE
- ¾ CUP WHOLE MILK
- ¾ CUP HEAVY CREAM
- 2 LARGE EGGS
- 2 LARGE EGG YOLKS
- ¼ TEASPOON KOSHER SALT

Makes 12 servings

 Approximate preparation time: 20 minutes plus 40 minutes for baking

Prepare Pâte Brisée according to recipe on page 16.

While dough is chilling, preheat oven to 350°F.

Roll out one dough disc* to ½-inch thick to fit a 9-inch tart pan. Fit the dough into the pan. Chill in refrigerator for about 30 minutes.

While dough is chilling, preheat oven to 350°F.

Using a fork, prick the dough evenly all over but make sure not to go entirely through the dough. Line the shell with parchment and weigh down with dried beans or rice. Bake in oven for 25 minutes, or until the dough underneath the parchment is no longer wet. Remove the beans/rice and parchment and continue baking until the shell is golden brown, about an additional 10 minutes. Remove and reserve.

While the quiche shell is baking, insert the small metal chopping blade into the small work bowl. Process the garlic until finely chopped. Add the leeks and pulse to chop, about 6 pulses.

Place a skillet over medium heat and add the sausage; cook for about 3 minutes. Add the butter, garlic, leeks and a pinch of pepper. Stir over medium-low heat until vegetables are soft, about 2 to 3 minutes.

Place the reversible shredding disc on the medium shredding side into the medium work bowl and shred the fontina. Remove and reserve. Replace the shredding disc with the large metal chopping blade and add the milk, cream, eggs, yolks, salt, remaining pepper and half of the shredded fontina. Process to combine all ingredients, about 10 seconds.

To assemble the quiche: spread the sausage and leeks evenly along the bottom of the baked tart shell. Pour the egg mixture over the vegetables and scatter the remaining fontina on the top.

Bake for 35 to 40 minutes until quiche is lightly browned and *just set*.

Remove from oven and let sit for about 5 to 10 minutes before serving.

*The second dough disc may either be used within 3 days if refrigerated or it may be wrapped well and stored in the freezer until needed.

Nutritional information per serving (including pastry):

Calories 181 (83% from fat) | carb. 3g | pro. 4g | fat 17g | sat. fat 10g | chol. 116mg | sod. 301mg | calc. 62mg | fiber 0g

BUCKWHEAT CRÊPES WITH SPINACH AND GOAT CHEESE

This brunch dish is absolutely delicious served with hollandaise sauce.




BUCKWHEAT CRÊPES:

- $\frac{3}{4}$ CUPS BUCKWHEAT FLOUR
- $\frac{1}{4}$ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- $\frac{1}{2}$ TEASPOON KOSHER SALT
- 3 LARGE EGGS
- $\frac{1}{4}$ CUPS WHOLE MILK
- 3 TABLESPOONS UNSALTED BUTTER, MELTED

FILLING:

- $\frac{1}{2}$ RED ONION, CUT INTO $\frac{1}{2}$ -INCH PIECES
- 2 TABLESPOONS OLIVE OIL
- 20 OUNCES BABY SPINACH
- 1 TEASPOON KOSHER SALT
- $\frac{1}{2}$ TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 TEASPOON UNSALTED BUTTER
- 6 LARGE EGGS
- 4 OUNCES SOFT GOAT CHEESE
- 1 RECIPE FOR HOLLANDAISE SAUCE (PAGE 12)

Makes 6 servings

 Approximate preparation time: 10 minutes plus 35 minutes for cooking

Sift the flours together in a small bowl.

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. With the machine running, add the eggs through the feed tube. Add the flours and salt and process until *just* combined. With the machine running, add the milk and melted butter together through the feed tube and process until homogenous. Transfer mixture to a container, cover and refrigerate for 2 hours or overnight.

Insert the small metal chopping blade into the small work bowl and pulse the onions to chop, about 5 times. Put the oil into a large skillet and place over medium heat. Once the oil shimmers across the pan, add the onion and sauté until softened, about 3 minutes. Add the spinach a handful at a time, along with the salt and pepper, and sauté until bright and wilted, about 9 minutes total. Reserve filling.

Poach the eggs: Pour water with 1 tablespoon of white vinegar per every 4 quarts into a large saucepan. Place over high heat and bring to a strong simmer. Carefully add eggs by cracking over the water – use a spatula to separate the eggs. Cook until desired doneness. Transfer with slotted spoon to ice water to stop cooking. Reserve.

Prepare the crêpes: Place an 8-inch skillet over medium heat and preheat for 5 minutes. Once the pan is heated, add the butter. Once melted, wipe the butter around the pan with a

paper towel. Add a scant $\frac{1}{4}$ cup of batter to the preheated pan. Working very quickly, move the batter around so it just coats the bottom. You want the pan to be coated thinly and evenly. After about 1 minute, when the crêpe is set and lightly browned, flip the crêpe using a heatproof spatula, and cook for an additional minute. Reserve on a plate. Continue with the remaining batter, stacking the crêpes as you go.

When all of the crêpes are prepared, cover plate with foil – to keep crêpes warm, place plate over a skillet containing some water over medium-low heat.

To serve crêpes:

Bring a small pot of water to a simmer to reheat poached eggs.

Each crêpe should be filled with $\frac{1}{4}$ cup of the spinach filling and $\frac{1}{2}$ tablespoon of goat cheese. Fold each crêpe in half and lay one partially on top of the other. Place the two crêpes on each plate and top with a reheated poached egg.

Serve with Hollandaise Sauce (page 12) on the side.

Nutritional information per serving:

Calories 398 (24% from fat) | carb. 62g | pro. 16g | fat 11g | sat. fat 4g | chol. 46mg | sod. 607mg | calc. 98mg | fiber 4g

ARTICHOKE AND HERB YOGURT DIP

A delicious lowfat dip for crudités or chips.



- 1 OUNCE PARMESAN, CUT INTO ½-INCH CUBES
- 2 TABLESPOONS FRESH MINT
- ¼ CUP FRESH BASIL
- ¼ CUP FRESH PARSLEY
- 2 JARS (12 OUNCES) ARTICHOKE HEARTS
- 16 OUNCES PLAIN LOW-FAT YOGURT
- ½ TEASPOON LEMON ZEST
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- ¼ TEASPOON KOSHER SALT
- ⅛ TEASPOON FRESHLY GROUND NUTMEG

Makes 4 cups

Approximate preparation time: 6 minutes, plus optional 2 hours for resting

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Process the Parmesan until finely chopped; remove work bowl and reserve. Add the fresh herbs to the work bowl; pulse to chop, about 5 pulses. Add remaining ingredients, including reserved Parmesan; pulse 5 times to combine, and then process until all ingredients are incorporated.

Allow dip to rest at least 2 hours in refrigerator for flavors to develop. Remove from refrigerator ½ hour before serving.

Nutritional information per serving (¼ cup):

Calories 41 (52% from fat) | carb. 3g | pro. 2g | fat 2g | sat. fat 1g | chol. 2mg | sod. 115mg | calc. 73mg | fiber 0g


CHUNKY GUACAMOLE

Make our fresh guacamole for the Sunday game or serve alongside quesadillas for a fun dinner night.



- 2 GARLIC CLOVES
- 1 JALAPEÑO PEPPER, SEEDED,
CUT INTO 1-INCH PIECES
- ½ MEDIUM ONION, CUT INTO
1-INCH PIECES
- 2 TABLESPOONS FRESH CILANTRO
- ½ CUP GRAPE TOMATOES
- 6 RIPE AVOCADOS, HALVED,
PITS REMOVED
- 2 TO 3 TABLESPOONS FRESH LIME
JUICE
- 1 TEASPOON KOSHER SALT

Makes 6 cups

 Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. With the machine running, drop the garlic through the small feed tube to finely chop. Add jalapeño to work bowl and pulse 5 times to chop. Add the onion and pulse 4 times to chop. Add the cilantro and pulse 3 times to chop. Add the tomatoes and pulse 3 times to chop. Scoop out the insides of the avocados directly into work bowl and add the lime juice and salt. Pulse until desired consistency is achieved, about 10 to 12 pulses.

Nutritional information per serving (¼ cup):

*Calories 76 (73% from fat) | carb. 5g | pro. 1g | fat 7g |
sat. fat 1g | chol. 0mg | sod. 104mg | calc. 8mg | fiber 3g*


HUMMUS

The food processor is a perfect tool for a creamy hummus.



- ½ CUP FRESH ITALIAN PARSLEY LEAVES
- 1 TEASPOON LEMON ZEST
- 1 TEASPOON KOSHER SALT
- 1 TO 2 GARLIC CLOVES
- 4 CANS (15½ OUNCES EACH) CHICKPEAS, DRAINED
- ¼ CUP TAHINI
- ¼ CUP FRESH LEMON JUICE
- ⅓ CUP WATER
- 1 TEASPOON GROUND CUMIN
- ¼ CUP EXTRA VIRGIN OLIVE OIL

Makes 4 cups

 Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Process the parsley, lemon zest, salt, and garlic together, about 6 seconds. Scrape bowl and repeat. Add remaining ingredients and process until smooth, about 1 minute. Scrape bowl and process again to fully incorporate all ingredients.

Nutritional information per serving (2 tablespoons):

Calories 55 (49% from fat) | carb. 5g | pro. 2g | fat 3g | sat. fat 0g | chol. 0mg | sod. 163mg | calc. 13mg | fiber 1g

THREE TOMATO SALSA

Serve warm tortilla chips alongside this fresh and tangy salsa.



- ½ BUNCH FRESH CILANTRO
- ½ LARGE VIDALIA ONION, CUT INTO 1-INCH PIECES
- 1 GARLIC CLOVE
- 1 SMALL JALAPEÑO PEPPER, SEEDED
- 2 TEASPOONS SEA SALT
- ½ POUND RIPE PLUM TOMATOES, CUT INTO 1-INCH PIECES
- ½ POUND GREEN, HOthouse TOMATOES, CUT INTO 1-INCH PIECES
- ½ POUND YELLOW TOMATOES, CUT INTO 1-INCH PIECES
- 1 TEASPOON FRESH LIME JUICE

Makes 3 cups

Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Put half of the cilantro, half of the onion, garlic cloves, jalapeños, 1 teaspoon of salt and half the tomatoes into the work bowl and pulse to chop to desired consistency, about 8 to 10 quick pulses; repeat with the remaining half.

Combine the two batches in a large bowl and stir in the lime juice. Taste and adjust seasoning accordingly.

For better consistency, drain each batch in a strainer to remove excess liquid.

Serve with your favorite tortilla chips.

TIP: Salsa can be processed in one batch. However, a better consistency is achieved by processing the tomatoes in two batches.

Nutritional information per serving (¼ cup):

Calories 13 (9% from fat) | carb. 3g | pro. 1g | fat 0g | sat. fat 0g | chol. 0mg | sod. 209mg | calc. 7mg | fiber 1g


CLASSIC BRUSCHETTA

Classic and delicious.



- 6 GARLIC CLOVES
- 2 CUPS FRESH BASIL
- 6 CUPS TOMATOES, CUT INTO 1-INCH PIECES
- ½ TO ¾ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- 3 TABLESPOONS OLIVE OIL
- 1 TABLESPOON FRESH LEMON JUICE
- 1 BAGUETTE, CUT INTO ½-INCH SLICES
- 2 SMASHED GARLIC CLOVES

Makes 50 bruschette

 Approximate preparation time: 15 to 20 minutes, including toasting and assembly time

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor and process the whole garlic cloves until finely chopped. Add the basil to the work bowl and pulse 5 to 6 times to roughly chop. Add the tomatoes and pulse to roughly chop. Strain mixture; put into a large mixing bowl and toss with the salt, pepper, oil and lemon juice. Taste and adjust seasoning accordingly.

Preheat oven to 400°F.

Rub the bread slices with the smashed garlic and place on a baking sheet. Bake in oven to toast, about 5 minutes.

Spoon ½ to 1 tablespoon of topping on each toasted slice and serve immediately.

Nutritional information per bruschetta:

Calories 80 (19% from fat) | carb. 14g | pro. 2g | fat 2g | sat. fat 0g | chol. 0mg | sod. 176mg | calc. 23mg | fiber 1g

SPINACH, FETA AND ARTICHOKE STUFFED MUSHROOMS

A variation of the quintessential hors d'oeuvre.



- 1½ OUNCES FRENCH BREAD, CUT INTO ½-INCH PIECES
- 1 OUNCE ASIAGO CHEESE
- ½ CUP LIGHTLY TOASTED PINE NUTS OR WALNUTS
- 1 CAN (15 OUNCES) ARTICHOKE HEARTS, WELL DRAINED, GENTLY SQUEEZED IN PAPER TOWELING TO REMOVE EXCESS MOISTURE
- 2 SMALL GARLIC CLOVES
- 1 SHALLOT, ABOUT 1 OUNCE, PEELED
- 16 OUNCES FRESH SPINACH, WELL WASHED AND DRIED, TOUGH STEMS REMOVED
- 1 TEASPOON HERBES DE PROVENCE
- 4 OUNCES FETA CHEESE, SLIGHTLY CRUMBLED
- 4 OUNCES CREAM CHEESE (REGULAR, NOT LOW- OR NON-FAT), CUT INTO 1-INCH PIECES
- 60 1½-INCH WHITE BUTTON OR CREMINI MUSHROOMS*

Makes about 60 stuffed mushrooms

⌚ Approximate preparation time: 30 to 40 minutes, plus 30 minutes baking and cooling

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor and process the bread and Asiago for about 45 seconds until finely chopped. Add the pine nuts and pulse about 5 times to coarsely chop. Remove and reserve. Add the artichokes to the small work bowl and pulse to chop, about 10 to 15 times. Add to the reserved breadcrumb mixture.

Insert the large metal chopping blade into the large work bowl. With the machine running, drop the garlic and shallot through the feed tube to process. Scrape the sides of the bowl and add the spinach, about 4 ounces at a time, and pulse 12 to 15 times after each addition to chop. Add the herbes de Provence, feta and cream cheese and process for 20 seconds to incorporate. Add the reserved breadcrumb mixture and pulse about 15 times to incorporate. Transfer to a bowl. The stuffing may be made up to 2 days ahead.

Rinse and dry the mushrooms thoroughly. Remove the stems and discard or reserve for another use.

Preheat oven to 425°F. Stuff each mushroom with a tablespoon of the spinach mixture. Arrange the stuffed mushrooms in a shallow baking dish that has been lightly coated with olive oil; do not crowd. The mushrooms may be stuffed up to 8 hours ahead. If making in advance, cover and refrigerate. Do not freeze.

Bake the mushrooms for 20 to 25 minutes. Allow to rest for 5 minutes before serving.

*Cremini mushrooms are a darker version of the white button mushroom and have a more intense flavor. When grown to large size (4 to 5-inches in diameter), they become the popular Portobello mushrooms. In some markets, cremini mushrooms may be labeled "Baby Bellas."

TIP: This recipe is simple to cut in half if a smaller amount of mushrooms is desired.

Nutritional information per piece:

Calories 93 (62% from fat) | carb. 6g | pro. 3g | fat 6.5g | sat. fat 2g | chol. 6mg | sod. 117mg | calc. 74mg | fiber 1g

CARAMELIZED ONION, STEAK AND GRUYÈRE QUESADILLAS

Enjoy these grown-up quesadillas at your next cocktail party. Serve with salsa, guacamole and sour cream for dipping.



- 3 POUNDS YELLOW ONIONS**
- ½ CUP (1 STICK) UNSALTED BUTTER**
- ¼ TEASPOON KOSHER SALT**
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER**
- 8 OUNCES GRUYÈRE CHEESE**
- 1½ POUNDS SIRLOIN STEAK**
- 16 8-INCH FLOUR TORTILLAS**

Makes 32 servings

 Approximate preparation time: 1 hour

Insert the slicing disc, adjusted to 2 mm, into the large work bowl of the Cuisinart® Food Processor, and slice the onions. Place a large skillet over medium-low heat and add the butter. Once the butter is melted, add the onions with salt and pepper to the skillet and cook over low heat for about 1 hour, until onions are completely soft and caramel in color.

While onions are caramelizing, replace the slicing disc with the reversible shredding disc on the medium shredding side and process the Gruyère.

Grill or pan-roast the steaks until rare to medium-rare (steaks will continue to cook in the quesadillas). Allow steaks to cool and then thinly slice.

To assemble: evenly place ¼ cup of onions on a tortilla and top with 4 to 5 slices of steak, ⅓ cup of shredded cheese and then top with another tortilla. Repeat with remaining ingredients.

Preheat the Cuisinart® Griddler®, fitted with the griddle plates in the closed position, to 375°F. Brush the top and bottom tortillas lightly with oil and grill until the cheese is melted and the tortillas are golden and crisp, about 3 minutes.

Quesadillas can also be prepared in a 375°F oven, baked on parchment lined baking trays.

To serve: Cut quesadillas into quarters and serve with guacamole and sour cream.

Note: The flavor of the caramelized onions is well-worth the time it takes to prepare them.

Nutritional information per ¼ quesadilla:

Calories 166 (44% from fat) | carb. 15g | pro. 8g | fat 8g | sat. fat 4g | chol. 28mg | sod. 208 mg | calc. 112mg | fiber 0g

GAZPACHO

This delicious soup is perfect all summer long.



- 2 POUNDS RIPE TOMATOES ON THE VINE, CUT INTO 1-INCH PIECES, DIVIDED
- 12 OUNCES ENGLISH CUCUMBER, CUT INTO 1-INCH PIECES, DIVIDED
- 2 YELLOW PEPPERS, CUT INTO 1-INCH PIECES, DIVIDED
- 1 LARGE RED ONION, CUT INTO 1-INCH PIECES, DIVIDED
- 4 CUPS GRAPE TOMATOES
- 3 GARLIC CLOVES
- 1 JALAPEÑO PEPPER, SEEDED AND CUT INTO 1-INCH PIECES
- ½ CUP FRESH CILANTRO
- ¾ TEASPOON PAPRIKA
- ⅓ CUP SHERRY VINEGAR
- 2 SLICES WHITE BREAD
- 1 TEASPOON GROUND CUMIN
- 2 TEASPOONS KOSHER SALT
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TABLESPOON GRANULATED SUGAR
- ⅔ CUP EXTRA VIRGIN OLIVE OIL

Makes 8 cups

 Approximate preparation time: 10 to 15 minutes

Reserve 1 cup of the tomatoes, ½ of the cucumbers, ½ of the yellow peppers, and ¼ of the red onion.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the remaining tomatoes, cucumber, yellow pepper, onion, grape tomatoes, garlic, jalapeño, and cilantro to the work bowl. Pulse to chop, about 25 pulses. Add the paprika, sherry vinegar, bread, cumin, salt, pepper and sugar. Process ingredients for 2 minutes; add the olive oil during the last 10 seconds through the small feed tube. Remove the soup base and place through a fine mesh strainer to strain; continue to press juice through the strainer, using a spatula or the bottom of a ladle, until the mixture is very dry.

Pulse reserved vegetables 6 to 8 times to roughly chop. Add chopped vegetables to the strained broth. Taste and adjust seasonings accordingly; serve.

Nutritional information per serving (1 cup):

Calories 172 (64% from fat) | carb. 14g | pro. 2g | fat 13g | sat. fat 2g | chol. 0mg | sod. 407mg | calc. 31mg | fiber 2g

LIGHTENED BROCCOLI AND POTATO SOUP

This soup is a delicious and healthy substitute for other cream soups.



- 4 OUNCES CHEDDAR
- 2 GARLIC CLOVES
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- ½ TABLESPOON SEA OR KOSHER SALT, DIVIDED
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 1 POUND POTATOES
- 2 POUNDS BROCCOLI, STEMS PEELED AND FLORETS SEPARATED
- 2½ CUPS SHERRY
- 1 QUART VEGETABLE STOCK
- ¾ TEASPOON LEMON ZEST

Makes about 10 cups

 Approximate preparation time: 25 to 30 minutes

Insert the reversible shredding disc assembly on the medium shredding side into the medium work bowl of the Cuisinart® Food Processor and shred the cheese. Remove work bowl and reserve. Insert the large metal chopping blade into the large work bowl. With the machine running, drop the garlic cloves through the small feed tube to finely chop. Add the onion to the work bowl and pulse to chop, about 10 pulses.

Heat the olive oil in a large saucepan over low heat. Add the garlic and onion, with a pinch each of salt and pepper. Sauté until softened, about 8 to 10 minutes.

While vegetables are cooking, insert the adjustable slicing disc assembly, adjusted to the 4mm setting, into the large work bowl. Slice the potatoes and the broccoli stems.

Raise the heat to medium and add the potatoes, broccoli stems and a pinch each of the salt and pepper; sauté 2 to 3 minutes, and then add the sherry. Let the sherry cook down until almost evaporated. Add the stock and bring to a boil.

Reduce heat to medium-low and stir in the florets, lemon zest, ½ cup of Cheddar, and remaining salt and pepper. Simmer until vegetables are tender.

Strain the soup, reserving the liquid. Place the solids into the large work bowl with the large metal chopping blade and purée until completely smooth, about 1 minute.

With the machine running, add reserved liquid through the feed tube until desired consistency is achieved. Add remaining Cheddar.

Taste and adjust seasoning accordingly.

TIP: This soup is very thick, so add more stock if a thinner consistency is desired.

Nutritional information per serving (1 cup):

Calories 140 (39% from fat) | carb. 17g | pro. 5g | fat 7g | sat. fat 2g | chol. 5mg | sod. 680mg | calc. 71mg | fiber 4g


TOMATO SOUP

The ultimate comfort soup, our recipe takes it to the next level with its smoky bacon flavor.



- 8 OUNCES THICK-CUT BACON, CUT INTO SMALL DICE
- 6 OUNCES GRAPE TOMATOES
- 1 MEDIUM ONION, CUT INTO 1-INCH PIECES
- 2 MEDIUM CARROTS, CUT INTO 1-INCH PIECES
- 1 CELERY STALK, CUT INTO 1-INCH PIECES
- 3 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 1½ TEASPOONS DRIED BASIL
- ¾ TEASPOON DRIED MARJORAM
- 5 CUPS WHOLE PLUM TOMATOES IN PURÉE (FROM ABOUT 1½ 28-OUNCE CANS)
- 3 WHOLE SUN-DRIED TOMATOES
- PINCH BAKING SODA
- 3½ CUPS VEGETABLE STOCK
- 1½ TEASPOONS KOSHER SALT
- ¾ TEASPOON FRESHLY GROUND BLACK PEPPER

Makes about 8 cups

 Approximate preparation time: 30 minutes plus 20 minutes to simmer

Put bacon into a 6-quart saucepan and place over medium heat. Sauté until bacon is cooked through, about 10 to 15 minutes, and add the grape tomatoes to the pan. Cook until tomatoes are bursting, about 10 minutes. Remove and reserve the tomatoes and the bacon separately.

While the bacon and tomatoes are cooking, insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the onion and pulse to chop, about 10 pulses. Add the carrots and celery to the work bowl and pulse to chop, about 10 pulses.

Add the onions to the saucepan with the bacon fat and sauté 5 to 7 minutes, or until the onions are softened. Stir in the carrots and celery; sauté for 6 to 8 minutes, until tender. Stir in flour; cook for an additional minute.

Add tomatoes, with their juices, sun-dried tomatoes, reserved grape tomatoes, baking soda, stock and spices. Cover; bring to a slight boil. Reduce heat and uncover; let simmer about 20 minutes.

Carefully process soup until completely puréed. Return to saucepan to heat through. Add reserved bacon.

Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

Calories 160 (55% from fat) | carb. 16g | pro. 3g | fat 10g | sat. fat 5g | chol. 15mg | sod. 870mg | calc. 94mg | fiber 3g


ROASTED BUTTERNUT SQUASH SOUP

A hearty, warming soup for a winter evening.



- 5 POUNDS BUTTERNUT SQUASH, HALVED AND SEEDS REMOVED (ABOUT TWO 2-POUND SQUASH)
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 2 MEDIUM-LARGE ONIONS, CUT INTO 1-INCH PIECES
- 4 TABLESPOONS (½ STICK) UNSALTED BUTTER
- 2½ TEASPOONS KOSHER SALT, DIVIDED
- 1 TABLESPOON LIGHT OR DARK BROWN SUGAR
- ¼ CUP FINELY CHOPPED FRESH GINGER
- 2 QUARTS VEGETABLE STOCK
- 1½ TEASPOONS GROUND NUTMEG
- ¾ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TEASPOON FRESH THYME

Makes about 12 cups

 Approximate preparation time: 20 minutes plus 45 minutes for roasting squash and 20 minutes to simmer soup

Preheat oven to 375°F.

Place squash in a shallow roasting pan. Drizzle olive oil over flesh and into the pan. Turn squash flesh down. Bake until squash is tender, about 45 minutes.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the onions and pulse to chop, about 8 to 10 pulses.

Melt the butter in a 6-quart saucepan over medium heat. Once the butter has melted, add the onions and ¼ teaspoon of salt. Sauté 5 to 7 minutes, or until the onions are softened. Stir in the brown sugar; sauté for an additional 10 minutes. Add the ginger; sauté until tender and aromatic, about 6 to 8 minutes.

Add stock, roasted squash, nutmeg, and remaining salt and pepper to the pot. Cover; bring to a slight boil. Once boiling, uncover and let simmer for 15 to 20 minutes. Strain the soup, reserving the liquid. Place the solids into the large work bowl with the large metal chopping blade and purée until completely smooth, about 1 minute.

With the machine running, add reserved liquid through the feed tube until desired consistency is achieved.

Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

Calories 200 (60% from fat) | carb. 19g | pro. 2g | fat 14g | sat. fat 4g | chol. 10mg | sod. 470mg | calc. 69mg | fiber 1g


FRENCH ONION SOUP

Homemade veal stock really adds to the flavor of the rich soup. But if you have a store-bought stock, make sure that it is a high-quality brand.



- 4 POUNDS YELLOW ONIONS, PEELED
- 1 CUP (½ POUND; 2 STICKS) UNSALTED BUTTER
- 2 TEASPOONS KOSHER SALT, DIVIDED
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 20 OUNCES GRUYÈRE CHEESE
- 2 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 3 QUARTS BEEF OR VEAL STOCK
- 2 SPRIGS FRESH THYME
- 2 BAY LEAVES
- 2 CUPS DRY SHERRY
- 1 BAGUETTE, CUT INTO ½-INCH SLICES

Makes 20 servings

 Approximate preparation time: About ¾ hours, including cooking time

Insert the slicing disc assembly adjusted to 4mm into the large work bowl of the Cuisinart® Food Processor and slice the onions.

Melt the butter in an eight-quart stockpot placed over medium-low heat. Once the butter has melted, add the onions and ¼ teaspoon of both the salt and pepper. Let the onions cook until deeply caramelized, about 1½ hours.

While the onions are cooking, replace the slicing disc with the reversible shredding disc on the medium shredding side to shred the Gruyère; reserve in the bowl.

Once onions have cooked, stir in the flour and cook for about 1 to 2 minutes. Add the stock, thyme and bay leaves. Increase the temperature to medium-high and bring the mixture to a simmer. Add the sherry and return to a simmer. Reduce the temperature to low and let cook for 50 minutes. Stir in remaining salt and pepper. Taste and adjust seasoning accordingly.

While soup is cooking, lightly toast the baguette slices under a broiler; reserve. Once soup is ready, remove bay leaves and thyme sprigs and ladle soup into individual, ovenproof crocks; place the bread slices over soup and top with the reserved Gruyère. Broil until the cheese is completely melted and browned. Serve immediately.

Nutritional information per serving (1 cup):

Calories 311 (53% from fat) | carb. 21g | pro. 13g | fat 19g | sat. fat 11g | chol. 54mg | sod. 806mg | calc. 318mg | fiber 2g


CHOPPED SALAD

This delicious, garden-fresh salad is always a big hit – even among non-salad eaters!



- 3 CELERY STALKS, CUT INTO 1-INCH PIECES
- 3 MEDIUM CARROTS (ABOUT 4 OUNCES), CUT INTO 1-INCH PIECES
- 1 RED ONION, CUT INTO 1-INCH PIECES
- 1 CUP FLAT-LEAF PARSLEY
- 8 SCALLIONS, TRIMMED AND CUT INTO 1-INCH PIECES
- 1 CUCUMBER (ABOUT 12 OUNCES), CUT INTO 1-INCH PIECES
- 1 POUND RIPE TOMATOES, CUT INTO 1-INCH PIECES
- 2 CUPS CORN, FRESH OR FROZEN (THAWED)
- 1 CAN (19 OUNCES) CHICKPEAS
- $\frac{3}{4}$ TEASPOON KOSHER SALT
- $\frac{1}{2}$ TEASPOON FRESHLY GROUND BLACK PEPPER
- $\frac{1}{4}$ CUP HERBED VINAIGRETTE (SEE PAGE 8)

Makes 12 cups

 Approximate preparation time: 20 to 25 minutes, including vinaigrette

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the celery, carrots, onion, parsley and scallions and pulse to chop, about 10 pulses. Remove and place vegetables into a large mixing bowl. Add the cucumber to the work bowl and pulse to roughly chop, 5 pulses, and add to mixing bowl. Roughly chop the tomatoes by pulsing them with 5 pulses and add to the mixing bowl with the corn and chickpeas. Toss all ingredients together with salt, pepper and vinaigrette. Taste and adjust seasoning accordingly. Serve immediately.

Nutritional information per serving (1 cup):

Calories 140 (28% from fat) | carb. 23g | pro. 5g | fat 5g | sat. fat 1g | chol. 0mg | sod. 342mg | calc. 53mg | fiber 5g

CLASSIC COLESLAW

The Cuisinart® Food Processor makes the preparation of this picnic favorite a breeze.



- 1 HEAD GREEN CABBAGE, CORED AND QUARTERED
- ½ HEAD RED CABBAGE, CORED AND HALVED
- 1 POUND CARROTS
- 1 FENNEL BULB
- 2½ TEASPOONS KOSHER SALT
- 1 CUP MAYONNAISE
- ¾ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TEASPOON GRANULATED SUGAR

Makes 12 cups

Approximate preparation time: 5 to 10 minutes, plus 1 hour for resting time

Insert the slicing disc adjusted to 4mm into the large work bowl of the Cuisinart® Food Processor and slice both cabbages. Remove and place in a large mixing bowl. Replace the slicing disc with the reversible shredding disc on the medium shredding side and shred the carrots and fennel. Toss well with the cabbage and the salt. Let vegetables sit for 1 hour and then squeeze out any moisture and drain. Toss with remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

Calories 177 (74% from fat) | carb. 10g | pro. 2g | fat 15g | sat. fat 2g | chol. 7mg | sod. 597mg | calc. 65mg | fiber 4g


SHREDDED CARROT SALAD WITH HONEY-GINGER DRESSING

Healthy, nutritious and delicious.



- 1 CUP WALNUT HALVES, SHELLS REMOVED
- 2 POUNDS CARROTS, PEELED, CUT INTO 2-INCH PIECES
- 1 OUNCE FRESH GINGER ROOT, PEELED, CUT INTO 1/2-INCH PIECES
- 1 1/2 CUPS PLAIN NONFAT YOGURT, DRAINED*
- 1/2 CUP FRESH MINT LEAVES
- 2 TABLESPOONS HONEY
- 1 CUP GOLDEN RAISINS

Makes sixteen 1/2-cup servings

 Approximate preparation time: 20 minutes, plus 8 hours (or overnight) to drain yogurt

Preheat oven to 350°F. Put the walnut halves in a baking pan and toast until golden brown and fragrant, about 8 to 10 minutes. Allow to cool slightly. Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor and pulse to coarsely chop nuts, about 5 to 6 times. Remove work bowl and reserve.

Insert the reversible shredding disc assembly on the medium side into the medium work bowl. Place the carrots in the large feed tube horizontally and shred using medium pressure. Remove work bowl and reserve. Insert the large metal chopping blade into the large work bowl. Process the ginger root until finely chopped, about 5 to 10 seconds. Scrape bowl. Add the yogurt, mint and honey. Process to combine, about 10 seconds. Scrape bowl and process an additional 5 seconds. Add to shredded carrots and combine. Add raisins and gently mix. Serve chilled on a bed of lettuce.

*To drain yogurt: Line a sieve with a double layer of cheesecloth or a paper coffee filter and place over a bowl. Put yogurt in sieve; cover and refrigerate at least 8 hours or overnight. You may need to drain water from bowl occasionally. Refrigerate thickened yogurt in an airtight container for up to one week.

Nutritional information per serving:

Calories 137 (33% from fat) | carb. 19g | pro. 4g | fat 5g | sat. fat 0g | chol. 0mg | sod. 39mg | calc. 65mg | fiber 3g

CLASSIC CREAMY CHICKEN SALAD

A delicious dish for a light lunch or dinner.



- 2 OUNCES RED ONION, CUT INTO 1-INCH PIECES
- 4 OUNCES CELERY, CUT INTO 1-INCH PIECES
- 2 POUNDS POACHED CHICKEN BREAST, CUT INTO 1-INCH PIECES
- 1/2 CUP LIGHT MAYONNAISE
- 3/4 TEASPOON SEA SALT
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1/8 TEASPOON PAPRIKA

Makes 4 cups, eight 1/2-cup servings

Approximate preparation time: 5 to 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the onions and celery and pulse to finely chop, about 8 to 10 pulses. Add the chicken and pulse about 5 to 6 times to chop. Scrape the bowl and add the mayonnaise and seasonings; pulse to achieve desired consistency.

Nutritional information per serving (1/2 cup):

Calories 259 (38% from fat) | carb. 3g | pro. 36g | fat 11g | sat. fat 2g | chol. 103mg | sod. 492mg | calc. 25mg | fiber 0g


EGGPLANT PARMESAN

Every step of this recipe can be done in the food processor!



- NONSTICK COOKING SPRAY**
- 2½ POUNDS EGGPLANT**
- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR**
- 6 TO 7 LARGE EGGS, LIGHTLY BEATEN**
- 3 CUPS HERBED BREADCRUMBS (PAGE 5)**
- ½ CUP OLIVE OIL**
- 1 OUNCE PARMESAN CHEESE**
- 8 OUNCES MOZZARELLA, WELL CHILLED**
- 4 CUPS SIMPLE TOMATO SAUCE (PAGE 10)**

Makes 2 pans, 13 x 9 inches, 16 servings

 Approximate preparation time: 10 to 15 minutes plus 20 minutes for roasting eggplant and 20 minutes for baking the assembled dish

Preheat oven to 400°F. Line two baking sheets with parchment paper and spray two 13 x 9-inch pans with nonstick cooking spray.

Insert the slicing disc, adjusted to 4 mm, into the large work bowl of the Cuisinart® Food Processor. Slice the eggplant into rounds.

Put the flour, eggs, and breadcrumbs in shallow individual containers. Dredge each slice of eggplant first in the flour, then in the eggs, and then in the breadcrumbs. After dredging in each ingredient, tap the eggplant to remove any excess. Drizzle the prepared baking sheets with olive oil and arrange eggplant in single layers on both sheets. Bake in oven for 20 minutes, flipping eggplant halfway through the baking time.

While eggplant is baking, replace the slicing disc with the fine shredding disc and shred the Parmesan. Reverse the shredding disc to the medium side and shred the mozzarella. Mix with a spatula to combine the cheeses.

Remove the eggplant from the oven and reduce oven temperature to 375°F. Place 1 cup of tomato sauce on the bottom of each of two 13 x 9-inch pans. Layer the eggplant equally in the pans. Spread each with an additional ¾ to 1 cup of sauce and then distribute the cheeses equally on top. Bake in the oven for 15 to 20 minutes until warmed through and cheese is melted and golden.

Nutritional information per serving:

Calories 258 (45% from fat) | carb. 29g | pro. 11g | fat 15g | sat. fat 4g | chol. 92mg | sod. 353mg | calc. 142mg | fiber 5g


ROASTED PEPPER, CHÈVRE AND MOZZARELLA CALZONES

This versatile recipe can have many substitutes.



- 1 RECIPE PIZZA DOUGH (PAGE 13)
- 2 TABLESPOONS FLAT PARSLEY LEAVES
- 6 LARGE FRESH BASIL LEAVES
- 2 RED BELL PEPPERS, CUT IN HALF, CORED AND SEEDED
- 2 YELLOW BELL PEPPERS, CUT IN HALF, CORED AND SEEDED
- 1 TEASPOON EXTRA VIRGIN OLIVE OIL
- 1 TABLESPOON BALSAMIC VINEGAR
- ½ OUNCE PARMESAN, CUT INTO ½-INCH CUBES
- 8 OUNCES FRESH MOZZARELLA, WELL CHILLED
- 11 OUNCES CHÈVRE OR GOAT CHEESE, CRUMBLED
- CORNMEAL FOR SPRINKLING

Makes 4 large or 8 small calzones, 8 servings

 Approximate preparation time: 1 hour for the pizza dough, 25 minutes plus 30 minutes baking and resting time

Preheat the oven to 400° F. Line a shallow baking sheet with foil.

Prepare the Pizza Dough and let rise.

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the parsley and basil and pulse to chop, about 10 quick pulses. Remove work bowl and reserve.

Insert the slicing disc, adjusted to 5mm, into the medium work bowl of the Cuisinart® Food Processor. Use medium pressure to slice the red and yellow peppers. Remove and toss with the olive oil. Spread in a single layer on the baking sheet. Roast in the middle of the oven for about 25 to 20 minutes, until tender and beginning to brown. Transfer to a small bowl, toss with the balsamic vinegar and let cool.

Raise the oven temperature to 450° F. If using a baking stone, place it on the rack. Sprinkle a nonstick baking sheet (not “air-bake” type) or pizza peel with cornmeal.

Insert the fine shredding disc into the large work bowl and shred the Parmesan. Reverse the shredding disc to the medium side and shred the mozzarella by using medium pressure.

Leave the cheeses in the work bowl. Replace the shredding disc with the large metal chopping blade. Sprinkle the chevre and reserved herbs over the mozzarella. Pulse to combine, 12 to 15 times. Remove and refrigerate until ready to assemble the calzones.

Divide the dough into 4 or 8 equal balls. Cover loosely with plastic wrap and let rest for 10 minutes. Lightly flour the work surface. Roll into rounds, 10-inches each in diameter for 4 balls and 6-inches in diameter for 8 balls. Spread the cheese mixture over half the dough, leaving a 1-inch border. Use ½ cup for the larger calzones, ¼ cup for the smaller calzones. Drain the peppers. Sprinkle the peppers over the cheese mixture, ¼ cup for the larger calzones, 2 tablespoons for the smaller calzones.

Brush the border of the dough lightly with water. Fold the dough over the filling and press firmly to seal the edges. Then make overlapping folds around the edges of the calzone. Use a serrated knife to make three 1-inch slashes on the top of each calzone for the steam to escape. Place on a cornmeal-dusted baker’s peel and transfer to the preheated baking stone or on a cornmeal-dusted baking sheet and place in the hot oven.

Bake for 20 to 25 minutes, until the dough is baked through and is a deep golden brown. Transfer to a rack to cool for 10 minutes before serving. Calzones may be served hot or at room temperature. Leftover calzones should be wrapped in foil or plastic wrap and refrigerated. Re-warm in a 375°F oven before serving; microwaving is not recommended.

Nutritional information per serving:

Calories 381 (36% from fat) | carb. 42g | pro. 19g | fat 15g | sat. fat 9g | chol. 40mg | sod. 539mg | calc. 224mg | fiber 2g


SPINACH RAVIOLI

Homemade ravioli definitely takes time to make, but it is certainly well worth the effort.



- 1 GARLIC CLOVE
- 1 TABLESPOON OLIVE OIL
- 1 BAG (10 OUNCES) FRESH SPINACH LEAVES
- ½ LEMON
- 5 OUNCES PARMESAN
- ½ POUND RICOTTA
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND NUTMEG
- 1 LARGE EGG
- 1 TEASPOON WATER
- 1 RECIPE PASTA DOUGH (PAGE 14)*
- 1 RECIPE SIMPLE TOMATO SAUCE (PAGE 10)*

Makes 30 ravioli

 Approximate preparation time: 60 minutes, including rolling

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor and process the garlic to finely chop. Put the olive oil into a large skillet over medium heat. When oil shimmers across the pan, add the chopped garlic and spinach in two batches to wilt the spinach and soften garlic. Remove and reserve.

Insert the reversible shredding disc on the fine shredding side into the large work bowl and process the Parmesan. Replace the shredding disc with the large metal chopping blade. Peel the zest off the lemon with a vegetable peeler, being careful not to include any of the bitter white pith. Add the zest to the cheese and pulse together, then process for about 20 seconds. Add the ricotta, salt and nutmeg to the work bowl and process for about 1 minute to combine well. Drain spinach/garlic mixture well and pulse into filling ingredients to fully incorporate.

Stir the egg together with one teaspoon of water and reserve for the egg wash.

Roll the pasta dough out thin, either with a pasta roller or by hand. After the dough is rolled into sheets, cut each sheet into an even amount of squares. Using a teaspoon, fill the centers of half the cut pasta squares with filling. Brush around the filling with the egg wash and top with the remaining squares. Press down around the filling to seal and push out any air bubbles.

Bring a large pot of salted water to a boil and cook the ravioli in batches. Remove with a strainer.

Serve ravioli with the Simple Tomato Sauce (page 10) and freshly grated Parmesan.

*Freeze any leftover pasta dough to use at another time. Wrap well in plastic to freeze.

Nutritional information per serving (based on 6 servings):

Calories 340 (42% from fat) | carb. 29g | pro. 21g | fat 16g | sat. fat 8g | chol. 141mg | sod. 1192mg | calc. 417mg | fiber 2g


CLASSIC MEATBALLS

A classic recipe to use for meatballs and meatloaf.



- 1 MEDIUM ONION (ABOUT 3 OUNCES) QUARTERED
- ½ CUP FRESH PARSLEY LEAVES
- 2 SLICES DAY-OLD FIRM BREAD, TORN INTO PIECES
- 1 POUND BONELESS CHUCK, CUT INTO 1-INCH PIECES
- 1 POUND BONELESS PORK, CUT INTO 1-INCH PIECES
- ¼ CUP NONFAT DRY MILK
- 1½ TEASPOONS KOSHER SALT
- ½ TEASPOON GROUND NUTMEG
- ¼ TEASPOON DRIED THYME
- 2 LARGE EGGS
- ⅓ CUP COLD WATER

Makes approximately 32 meatballs

 Approximate preparation time (meatballs): 10 minutes plus 25 minutes for cooking

Approximate preparation time (meatloaf): 10 minutes plus 90 minutes for cooking

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Put the onion, parsley, bread, meat, dry milk and spices into the work bowl; pulse 4 to 6 times and then process until finely chopped. Add the eggs and water and pulse until *just* combined; be careful not to overprocess.

Shape the mixture into balls, 2 tablespoons each. Arrange them in a single layer in a baking dish and bake at 375°F for 25 minutes or simmer in tomato sauce until cooked through.

To make meatloaf: Pack the mixture into a 9 x 5 x 3-inch loaf pan and bake at 375°F for about 90 minutes, until the top is well browned and the internal temperature registers 160°F.

Nutritional information per serving (1 meatball):

Calories 78 (55% from fat) | carb. 2g | pro. 7g | fat 5g | sat. fat 2g | chol. 31mg | sod. 125mg | calc. 20mg | fiber 0g

Nutritional information per serving (1 1-inch slice meatloaf):

Calories 376 (55% from fat) | carb. 10g | pro. 31g | fat 22g | sat. fat 8g | chol. 151mg | sod. 601mg | calc. 95mg | fiber 1g

SWEET POTATO AND BLACK BEAN EMPANADAS

These empanadas are delicious served with guacamole, salsa fresca, and sour cream.




DOUGH:

- 5 CUPS UNBLEACHED, ALL PURPOSE FLOUR
- 1½ TABLESPOONS BAKING POWDER
- 1¼ TEASPOONS GRANULATED SUGAR
- 1¼ TEASPOONS KOSHER SALT
- ½ CUP PLUS 2 TABLESPOONS UNSALTED BUTTER, CUT INTO SMALL CUBES
- 5 LARGE EGG YOLKS
- 1¼ CUPS WHOLE MILK

FILLING:

- 3 TO 4 GARLIC CLOVES
- 2 JALAPEÑO PEPPERS, SEEDED
- 1 MEDIUM ONION, CUT INTO 1-INCH PIECES
- 1 RED BELL PEPPER, CUT INTO 1-INCH PIECES
- 1 TABLESPOON OLIVE OIL
- 1 LARGE SWEET POTATO
- 1½ TEASPOONS KOSHER SALT, DIVIDED
- 2 CANS (EACH 20 OUNCES) BLACK BEANS
- 2 TEASPOONS CHILI POWDER
- 1 TEASPOON PAPRIKA
- ½ TEASPOON GROUND CUMIN
- ¼ TEASPOON GROUND CINNAMON
- 1 TEASPOON FRESH LIME JUICE
- ¾ CUP COOKED CORN
- ½ CUP VEGETABLE OIL FOR COOKING THE EMPANADA

Makes 35 empanadas

 Approximate preparation time: 50 minutes, plus 15 minutes for cooking

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Put the flour, baking powder, sugar, and salt into the work bowl and process for 15 seconds to sift. Add the butter evenly over the dry ingredients and pulse until mixture resembles a coarse meal. Add the egg yolks and milk, and pulse until mixture forms a soft dough ball.

Wrap dough ball in plastic and allow to rest while you prepare the filling. If not using right away, place wrapped dough in the refrigerator to use within 1 to 2 days.

Insert the large metal chopping blade into the medium work bowl. With the machine running, drop the garlic and jalapeño through the small feed tube to finely chop. Add the onion and pepper and pulse to chop. Remove work bowl and reserve.

Put the olive oil into a large sauté pan and place over medium heat. Once the oil shimmers across the pan, add the onions, peppers, garlic, and jalapeño. Sauté until vegetables are soft and fragrant, about 10 minutes.

While vegetables are cooking, replace the chopping blade with the slicing disc, adjusted to 6mm, and slice the sweet potato. Cut the slices into cubes and add them to the onion mixture with ¼ teaspoon of salt; cook until just tender, about 5 minutes. Stir in the black beans and spices, including the remaining salt, and simmer for about 10 to 12 minutes. Stir in the lime juice and corn. Allow to cool to room temperature before filling empanadas.

Assembling the empanadas:

If dough has been refrigerated, allow it to come to room temperature before rolling. Roll the dough on a floured surface to ⅝-inch thick. Using a small plate, about 4 to 5 inches in diameter as a guide, cut circles into the dough. Fill each circle with about 2 tablespoons of filling. Fold the circle in half, enclosing the filling, leaving an inch space from the filling to the edge of the dough. To close the empanada, start with one end and fold the corner in towards the center of the circle, as if you were folding a dog-ear corner. Continue making overlapping

fills, creating a crimped effect, in the same direction until you reach the opposite corner. Fold the last fold underneath the empanada to seal it.

Continue with the remaining empanadas.

Put the vegetable oil into the same sauté pan after cleaning. Heat oil over medium-high heat until ready to pan fry. Test oil by dropping a pea-sized piece of dough into the pan; if the oil sizzles immediately, the oil is ready. Cook 3 to 4 empanadas at a time, about 45 seconds to 1 minute per side, or until well browned and cooked through. Remove empanadas with tongs and drain on a paper towel-lined baking sheet. If desired, reserve empanadas in a 200°F oven until ready to serve.

Nutritional information per empanada:

Calories 170 (34% from fat) | carb. 23g | pro. 5g | fat 6g | sat. fat 3g | chol. 39mg | sod. 376mg | calc. 40mg | fiber 2g

CHICKEN POT PIE

The ultimate comfort food.



- 1 ROASTED CHICKEN, APPROXIMATELY 4 POUNDS, CHILLED AND CUT INTO 1-INCH CUBES
- 1 LARGE ONION, CUT INTO 1-INCH PIECES
- 2 MEDIUM CARROTS
- 2 TABLESPOONS UNSALTED BUTTER
- 1 LARGE WAXY POTATO
- 1 MEDIUM SWEET POTATO, PEELED
- 2 TABLESPOONS ALL-PURPOSE FLOUR
- 5 CUPS CHICKEN BROTH
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ CUP FROZEN PEAS
- ½ CUP FROZEN PEARL ONIONS
- ½ RECIPE BUTTERMILK BISCUITS (PAGE 58)
- NONSTICK COOKING SPRAY

Makes one 9 x 13-inch pan, about 12 servings

⌚ Approximate preparation time: 1 hour plus 50 minutes for baking

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the cubed chicken and pulse to roughly chop. Remove work bowl and reserve.

Insert the large metal chopping blade into the large work bowl and add the onion. Pulse to chop, about 10 pulses. Replace the chopping blade with the slicing disc adjusted to 4mm and slice the carrots.

Melt the butter in a 6-quart saucepan placed over medium heat. Once the butter melts, add the chopped onion and sliced carrots and cook until soft, about 8 to 10 minutes.

While onions and carrots are cooking, adjust the slicing disc to 6mm. Cut both potatoes into quarters horizontally. Arrange in feed tube horizontally and slice.

Stir the flour into the onion/carrot mixture and cook for about 3 minutes to eliminate any taste of flour. Slowly whisk in the chicken broth completely, bring the mixture to a boil, and then reduce heat to maintain a simmer. Stir in the white and sweet potatoes, salt and pepper and let simmer for about 20 to 25 minutes, until vegetables are tender and liquid has reduced some. Reduce heat to low and stir in the reserved chicken and frozen vegetables. Simmer for an additional 20 minutes, taste and adjust seasoning accordingly. Mixture should have a soupy consistency. Add more broth if necessary.

Preheat oven to 400°F and coat one 9 x 13-inch pan with nonstick cooking spray.

Pour filling into the prepared pan. Prepare the biscuit dough. Top pan with 12 biscuits.

Bake until biscuits are fully baked through and golden brown, about 35 to 40 minutes. Allow pot pies to rest for about 15 minutes before serving.

Nutritional information per serving:

Calories 449 (45% from fat) | carb. 34g | pro. 27g | fat 22g | sat. fat 10g | chol. 101mg | sod. 918mg | calc. 58mg | fiber 2g


BRAISED VEAL SHANKS

A perfect, comforting dish for a cold winter evening.



- 3 TEASPOONS OLIVE OIL
- 6 VEAL SHANKS (ABOUT 4 TO 4½ POUNDS TOTAL), ABOUT 1¼ INCHES THICK, 3 TO 3½ INCHES IN DIAMETER, TIED WITH BUTCHER'S TWINE
- ¾ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- ¼ CUP PARSLEY
- 4 GARLIC CLOVES
- ¾ POUND ONIONS, CUT INTO 1-INCH PIECES
- 2 LEEKS, WHITE PARTS ONLY, CLEANED WELL AND CUT INTO 1-INCH PIECES
- 2 MEDIUM CARROTS, CUT INTO 1-INCH PIECES
- 1 CELERY STALK, CUT INTO 1-INCH PIECES
- 1 TABLESPOON UNSALTED BUTTER
- 1 TEASPOON DRIED THYME
- 1 CAN PLUM TOMATOES, DRAINED AND ROUGHLY CHOPPED
- ¼ CUP DRY WHITE WINE
- ¼ CUP CHICKEN STOCK, NONFAT, LOW SODIUM
- 1 TABLESPOON TOMATO PASTE
- 1 BAY LEAF

Makes 6 servings

 Approximate preparation time: 35 to 40 minutes plus 3 hours for cooking

Place olive oil in an ovenproof 6-quart casserole over medium heat. While oil is heating, season veal with salt and pepper, and dust lightly with flour, shaking off excess. Once oil is heated, add the veal shanks and cook for about 8 to 10 minutes on each side, until nicely browned. Remove and reserve.

While shanks are cooking, insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the parsley and process to finely chop, remove work bowl and reserve.

Insert the large metal chopping blade into the large work bowl. With the machine running drop the garlic through the feed tube to chop. Add the onions and leeks and pulse to chop, about 10 to 12 pulses, remove and reserve separately. Chop the carrots and celery by pulsing and add to the onion mixture.

Preheat oven to 300°F.

Once the shanks are well browned, add the butter to the casserole. Once melted, stir in the chopped onions, leeks, carrots, celery, garlic, and thyme. Cook until onions are translucent and vegetables are slightly softened, about 5 to 8 minutes. While vegetables are cooking, add the plum tomatoes to the large work bowl and pulse to roughly chop. Stir the wine into the casserole and reduce completely. Add the chicken stock and let the liquid come to a strong simmer. Stir in chopped tomatoes, tomato paste and bay leaf and again bring mixture to a low simmer. Add the reserved veal shanks, nestling them in the tomato/vegetable mixture, being sure liquid comes halfway up the shanks. Place cover on casserole and place in oven. Cook until meat is completely tender and falling off the bone, about 3 hours.

Degrease the cooking liquid with a fat mop. (Or pour the liquid into a fat separator and allow the fat to rise to the top. Then pour the defatted liquid back into the cooked vegetables.) Stir in reserved chopped parsley. Taste, add remaining salt if necessary and adjust seasoning accordingly.

Serve with pasta, potatoes, or polenta.

Nutritional information per serving:

Calories 607 (20% from fat) | carb. 20g | pro. 100g | fat 13g | sat. fat 4g | chol. 381mg | sod. 686mg | calc. 179mg | fiber 4g


CRAB CAKES

A delicious treat that is easy to make for any occasion.



- NONSTICK COOKING SPRAY
- 16 OUNCES LUMP CRABMEAT
- 1 GARLIC CLOVE
- 1 RED BELL PEPPER, ABOUT 7 OUNCES, CUT INTO 2-INCH PIECES
- 3 GREEN ONIONS, CUT INTO 1-INCH PIECES
- ½ CUP PARSLEY
- 1 TEASPOON EXTRA VIRGIN OLIVE OIL
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND PEPPER
- 2 LARGE EGGS, LIGHTLY BEATEN
- 1 CUP BASIC FRESH BREADCRUMBS (PAGE 5)
- ½ CUP MAYONNAISE
- 1 TEASPOON WORCESTERSHIRE SAUCE
- 1½ TEASPOONS OLD BAY SEASONING
- 2 TEASPOONS DIJON-STYLE MUSTARD
- HOT SAUCE, OPTIONAL

Makes twelve 3-ounce cakes

 Approximate preparation time: 10 minutes plus 20 minutes cooking time

Look through crabmeat to make sure there are no shells; reserve in refrigerator. Preheat oven to 400°F. Coat a baking sheet with nonstick cooking spray.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. With the machine running, drop the garlic through the small feed tube to chop. Add the pepper, green onions and parsley and pulse to coarsely chop, about 10 to 12 pulses.

Put the oil into a large skillet placed over medium heat. Cook chopped vegetables with salt and pepper until soft, about 5 to 7 minutes. Remove and reserve in a large mixing bowl.

Once vegetables have cooled slightly, add the crab, eggs, breadcrumbs, mayonnaise, Worcestershire, Old Bay, Dijon and a dash or two of hot sauce if using to the mixing bowl. Mix thoroughly but carefully, so not to break up the crab too much. Form mixture into 2-inch round cakes.

Place on prepared baking sheet and bake until crabcakes are evenly golden, about 15 to 20 minutes.

TIP: Substitute cooked fish fillet for the crab to make tasty fish cakes.

Nutritional information per serving (2 crab cakes):

Calories 123 (33% from fat) | carb. 11g | pro. 11g | fat 5g | sat. fat 2g | chol. 77mg | sod. 912mg | calc. 54mg | fiber 1g


GINGER GLAZED CARROTS

A great recipe for getting kids of all ages to eat their vegetables!



- 2 OUNCES FRESH GINGER
- 3 POUNDS CARROTS
- 3 TABLESPOONS UNSALTED BUTTER
- ¾ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND PEPPER
- ½ CUP PURE MAPLE SYRUP
- 1 TABLESPOON ORANGE ZEST

Makes 6 cups, twelve ½-cup servings

 Approximate preparation time: 30 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor and process the ginger; remove work bowl and reserve. Insert the slicing disc, adjusted to 5mm, into the large work bowl and slice the carrots. Melt the butter in a large skillet placed over medium heat. Once butter is melted, add the ginger and sauté until soft, about 4 minutes. Add the carrots, salt, pepper, syrup and zest. Sauté for about 25 minutes, stirring carrots occasionally during cooking time. Once carrots are tender, remove with a slotted spoon. Continue to reduce liquid until it is a glaze-like consistency, about 3 to 5 minutes. Drizzle glaze over carrots and serve.

Nutritional information per serving (½ cup):

Calories 97 (30% from fat) | carb. 16g | pro. 1g | fat 3g | sat. fat 2g | chol. 8mg | sod. 169mg | calc. 37mg | fiber 3g


VEGETABLE NAPOLEON

This vegetable side dish makes a beautiful presentation and will be sure to impress any crowd.



- 1 MEDIUM EGGPLANT*
- 1 MEDIUM ZUCCHINI
- 1 MEDIUM ONION
- 8 MEDIUM BABY PORTOBELLO MUSHROOMS
- 2 MEDIUM TOMATOES, RIPE BUT FIRM
- 1/3 CUP EXTRA VIRGIN OLIVE OIL
- 1 TEASPOON KOSHER SALT
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 8 LARGE BASIL LEAVES
- 3 OUNCES SOFT GOAT CHEESE

Makes 8 servings

 Approximate preparation time: 20 minutes.

Preheat the Cuisinart® Griddler® in the open position to High.

Insert the slicing disc, adjusted to 6mm, into the large work bowl of the Cuisinart® Food Processor. Slice the eggplant, zucchini, onion, mushrooms and tomatoes into rounds.

Toss vegetables with the olive oil, salt and pepper.

Arrange the eggplant, zucchini and onions evenly spaced on both sides of the preheated Griddler®.

Grill 2 to 4 minutes per side. Add the mushrooms; grill about 1 minute per side. Reserve grilled vegetables on a platter and reduce the heat to Low. Grill the tomatoes, about 30 seconds per side.

On either a platter or eight individual plates, build the Napoleons in the following order: eggplant, onion, basil, goat cheese, tomato, mushroom, zucchini, finishing with another eggplant round.

*Try to select a medium-size eggplant that fits the feed tube.

Nutritional information per serving:

Calories 160 (72% from fat) | carb. 7g | pro. 4g | fat 13g | sat. fat 13g | chol. 5mg | sod. 350mg | calc. 35mg | fiber 3g


STUFFED ROASTED PEPPERS

These hearty peppers can also be served as a main course, and are delicious with our Simple Tomato Sauce (page 10).



- NONSTICK COOKING SPRAY
- 4 GARLIC CLOVES
- 1 LARGE RED ONION, CUT INTO 1-INCH PIECES
- 2 TABLESPOONS NONFAT DRY MILK
- 1 TEASPOON FRESH ITALIAN PARSLEY
- 1 TEASPOON DRIED BASIL
- 1 TEASPOON CELERY SEED
- 2 TEASPOONS KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- 2¼ POUNDS PORK SHOULDER, CUT INTO 1-INCH PIECES
- 3 TABLESPOONS OLIVE OIL
- 5 OUNCES (ABOUT 1¼ CUP) BREADCRUMBS, (SEE RECIPE PAGE 5)
- 2 LARGE EGGS
- 6 MEDIUM MULTI-COLORED PEPPERS, CORED WITH SEEDS REMOVED

Makes 6 peppers

 Approximate preparation time: 25 minutes plus 45 minutes for baking

Preheat oven to 325°F. Lightly coat a 13 x 9-inch pan with nonstick cooking spray.

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. With the machine running, drop the garlic through the feed tube to chop. Add the onion, dry milk, parsley, basil, celery seed, salt and pepper and pulse to chop, about 8 to 10 pulses. Remove work bowl and reserve.

Insert the large metal chopping blade into the large work bowl. Add the pork and pulse 10 times, then run machine to finely chop, about 35 seconds.

Place olive oil in large skillet over medium heat. Once oil is heated, add the onion mixture to the skillet, cook until softened, about 5 minutes. Stir in the pork and cook until cooked through, about 10 to 15 minutes; reserve. Stir the breadcrumbs into meat mixture with eggs; combine well. Fill the peppers equally and place in prepared pan. Bake peppers in oven until soft and lightly browned, about 40 to 45 minutes.

Nutritional information per serving:

Calories 324 (42% from fat) | carb. 20g | pro. 27g | fat 15g | sat. fat 4g | chol. 120mg | sod. 631mg | calc. 81mg | fiber 3g


MASHED POTATOES

Try this rich but not too sinful version of the traditional mashed potatoes.



- 3¾ POUNDS YUKON GOLD POTATOES, PEELED AND CUT INTO 1-INCH PIECES**
- ¼ BUNCH CHIVES, TRIMMED, DRIED WELL AND CUT INTO 1-INCH PIECES**
- 1½ OUNCES PARMESAN, CUT INTO ½-INCH PIECES**
- ¼ CUP UNSALTED BUTTER**
- ¾ TEASPOON KOSHER SALT**
- ¾ TEASPOON FRESHLY GROUND BLACK PEPPER**
- ¾ CUP WHOLE MILK**
- ¾ CUP MASCARPONE CHEESE, ROOM TEMPERATURE**

Makes 7½ cups, fifteen ½-cup servings

 Approximate preparation time: 35 minutes

Place the potatoes in a large saucepan and cover with water. Bring to a boil and simmer until potatoes are tender.

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Pulse the chives to finely chop; reserve.

Insert the reversible shredding disc on the fine shredding side into the large work bowl and shred the Parmesan. Reverse the disc to the medium shredding side. Once the potatoes are tender, shred the potatoes. Replace the shredding disc with the large metal chopping blade. Add the butter, salt, and pepper and pulse to combine. Add the milk through the feed tube while pulsing, until incorporated. Add the mascarpone and chives and pulse until just combined. Taste and adjust seasoning accordingly.

Nutritional information per serving:

Calories 160 (35% from fat) | carb. 21g | pro. 5g | fat 6g | sat. fat 4g | chol. 18mg | sod. 211mg | calc. 75mg | fiber 3g


POTATO GRATIN

This traditional potato dish works well alongside any meat entrée.



- 7 NONSTICK COOKING SPRAY
- 7 OUNCES PARMESAN, CUT INTO ½-INCH CUBES
- 3 LARGE GARLIC CLOVES
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 2 TABLESPOONS VEGETABLE OIL
- 3 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 4 CUPS REDUCED-FAT MILK
- 1 TABLESPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND PEPPER
- ½ TEASPOON FRESHLY GROUND NUTMEG
- ¾ POUNDS WHITE POTATOES, PEELED

Makes 12 servings

 Approximate preparation time: 15 minutes plus 50 minutes for baking and 15 minutes for resting

Preheat oven to 375°F. Lightly coat an 11-inch gratin dish with nonstick cooking spray.

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the Parmesan and chop until fine; remove work bowl and reserve.

Insert the large metal chopping blade into the large work bowl. With machine running, drop the garlic cloves through the small feed tube to chop. Add the onions and pulse to chop, about 8 to 10 pulses.

Put the oil into a 6-quart saucepan and place over medium heat. Once oil is heated add the flour and stir over heat for about 1 minute. Add the onion mixture. Cook until soft, about 3 minutes. Slowly whisk in the milk with salt, pepper and nutmeg and bring to a simmer until thickened. Remove pan from heat.

Replace chopping blade with slicing disc adjusted to 2mm and slice the potatoes. Add potatoes to saucepan and return to medium heat. Simmer milk with potatoes for about 10 minutes, until potatoes are cooked through but still firm. Remove from heat and stir in ⅔ of the reserved cheese. Layer into prepared gratin dish and top with remaining cheese. Bake in oven until tender and golden on top, about 50 minutes. Allow gratin to sit for about 15 minutes before serving.

Nutritional information per serving:

Calories 260 (39% from fat) | carb. 28g | pro. 12g | fat 11g | sat. fat 5g | chol. 22mg | sod. 865mg | calc. 335mg | fiber 4g

CLASSIC CUISINART® WHITE BREAD

Spoil your family with homemade bread.



- 2¼ TEASPOONS ACTIVE DRY YEAST
- 1 TABLESPOON GRANULATED SUGAR
- ⅓ CUP WARM WATER (105° TO 110°F)
- 6 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 6 TABLESPOONS UNSALTED BUTTER, CUT INTO 1-INCH PIECES
- 2½ TEASPOONS SALT
- 1⅓ CUPS COLD WATER
- NONSTICK COOKING SPRAY

Makes 24 servings (two 9 x 5-inch loaves, 1½ pounds each)

⌚ Approximate preparation time: 10 to 15 minutes, plus 2½ hours rising and resting, 35 minutes baking, and 1 hour or longer cooling

Dissolve the yeast and sugar in warm water in a large liquid measuring cup. Let sit until foamy, about 5 minutes.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, butter and salt and process on the dough speed until combined, about 10 to 15 seconds. Add the cold water to yeast mixture. With the machine running on dough speed, pour the liquid through the feed tube as fast as the flour absorbs it. Once the dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead the dough. Dough should be smooth and elastic.

Place the dough in a lightly floured plastic food storage bag and seal. Allow to rest in a warm place until doubled in size, about 1 to 1½ hours.

Lightly coat two 9 x 5-inch loaf pans with nonstick cooking spray. Place dough on a lightly floured surface and punch down; let rest 5 to 10 minutes. Divide dough into two equal pieces and shape each into a loaf. Place in prepared pans and cover lightly with plastic wrap. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour.

Preheat oven to 400°F.

Bake until the tops are browned and loaf sounds hollow when tapped, about 30 to 35 minutes. Remove from pans and cool on wire rack.

Nutritional information per slice:

Calories 139 (19% from fat) | carb. 25g | pro. 3g | fat 3g | sat. fat 2g | chol. 8mg | sod. 243mg | calc. 30mg | fiber 1g

CLASSIC CUISINART® WHEAT BREAD

The nutty flavor of whole wheat makes this bread a favorite.



- 2¼ TEASPOONS ACTIVE DRY YEAST
- 1 TABLESPOON PLUS
1 TEASPOON GRANULATED
SUGAR
- ⅓ CUP WARM WATER
(105° TO 110°F.)
- 2 CUPS UNBLEACHED,
ALL-PURPOSE FLOUR
- 2 CUPS WHOLE WHEAT FLOUR
- 4 TABLESPOONS UNSALTED
BUTTER, CUT INTO
1-INCH PIECES
- ½ TABLESPOON SALT
- 1 CUP COLD WATER
- NONSTICK COOKING SPRAY

Makes 12 servings (one 9 x 5-inch loaf)

⌚ Approximate preparation time: 10 to 15 minutes, plus 2½ hours rising and resting, 35 minutes baking, and 1 hour or longer cooling

Dissolve the yeast and sugar in warm water in a large liquid measuring cup. Let sit until foamy, about 5 minutes.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flours, butter and salt and process on the dough speed until combined, about 10 to 15 seconds. Add the cold water to the yeast mixture. With the machine running on dough speed, pour the liquid through the feed tube as fast as the flour absorbs it. Once the dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Dough should be smooth and elastic.

Place the dough in a lightly floured plastic food storage bag and seal. Allow to rest in a warm place until doubled in size, about 1 to 1½ hours.

Lightly coat two 9 x 5-inch loaf pans with nonstick cooking spray. Place dough on a lightly floured surface and punch down, let rest 5 to 10 minutes. Divide dough into two equal pieces and shape each into a loaf. Place in prepared pans and cover lightly with plastic wrap. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour.

Preheat oven to 400°F.

Bake until the tops are browned and loaf sounds hollow when tapped, about 30 to 35 minutes. Remove from pans and cool on wire rack.

Nutritional information per slice:

Calories 135 (20% from fat) | carb. 23g | pro. 4g | fat 3g |
sat. fat 2g | chol. 8mg | sod. 244mg | calc. 30mg | fiber 3g


CRUSTY FRENCH BREAD

This recipe makes three loaves, which may be too much for your needs. You can always freeze a loaf for future use.



2¼ TEASPOONS ACTIVE DRY YEAST
1¼ CUPS WARM WATER,
(105° TO 110° F)
5 CUPS UNBLEACHED,
ALL-PURPOSE OR BREAD FLOUR
⅔ CUP CAKE FLOUR
⅓ CUP WHEAT GERM
2¼ TEASPOONS KOSHER SALT
⅔ CUP COLD WATER
EXTRA FLOUR FOR
DUSTING BREAD

Makes three medium baguettes, about ¾ pound each

 Approximate preparation time: 10 to 15 minutes, plus 2 to 3½ hours rising and resting, 30 minutes baking, and 1 hour or longer cooling

Dissolve the yeast in warm water in a large liquid measuring cup. Let sit until foamy, about 5 minutes.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flours, wheat germ and salt and process on the dough speed until combined, about 10 to 15 seconds. Add the cold water to yeast mixture. With the machine running on dough speed, pour the liquid through the feed tube as fast as the flour absorbs it. Once the dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Dough should be smooth and elastic.

Place the dough in a lightly floured plastic food storage bag and seal. Allow to rest in a warm place until doubled in size, about 1 to 1½ hours.

Punch dough down and let rise again until doubled in size. (This rise can be omitted if pressed for time, but makes for a more flavorful loaf, with a more “artisanal” bread texture and crust.) Punch dough down and divide into three pieces. Shape each into a long narrow loaf, about 16 to 18 inches in length, and place on a baking sheet lined with parchment. Cover loosely with plastic wrap and let rise until doubled, about 45 to 60 minutes.

Preheat oven to 425°F.

Dust loaves with flour. Using a serrated knife, make 4 or 5 diagonal slashes in each loaf about ¼ inch deep. Bake for 25 to 30 minutes until browned and hollow sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

Nutritional information per serving (1 slice):

Calories 139 (19% from fat) | carb. 25g | pro. 3g | fat 3g | sat. fat 2g | chol. 8mg | sod. 243mg | calc. 30mg | fiber 1g

CHALLAH BREAD

Not only a great bread for a special dinner,
but also makes the best French toast.



- 2 TEASPOONS ACTIVE DRY YEAST
- ½ CUP GRANULATED SUGAR,
DIVIDED
- ¾ CUP WARM WATER,
(105 TO 110°F)
- 2 LARGE EGGS, LIGHTLY BEATEN
- 5 CUPS UNBLEACHED,
ALL-PURPOSE FLOUR
- 2 TEASPOONS KOSHER SALT
- ½ CUP UNSALTED BUTTER, CUT
INTO 1-INCH PIECES
- 1 LARGE EGG FOR EGG WASH
- 1 TEASPOON SESAME SEEDS

Makes two 1 pound loaves

⌚ Approximate preparation time: 10 to 15 minutes,
plus 3 hours rising and resting, 30 minutes baking, and
1 hour or longer cooling

Dissolve the yeast and 1 teaspoon of sugar in warm water in a large liquid measuring cup. Let sit until foamy, about 5 minutes. Add beaten eggs; stir gently to combine.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, remaining sugar, salt and butter and process on the dough speed until combined, about 10 to 15 seconds. With the machine running on dough speed, add liquid through the feed tube as fast as the flour absorbs it. Once the dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Dough should be smooth and elastic.

Place dough in a large greased glass bowl, turning dough to grease the entire surface, cover bowl with plastic wrap and let rise until the dough has doubled in size, about 2 hours. For a lighter loaf, punch dough down and repeat the rise. In warmer weather, allow dough to rise overnight in refrigerator.

Once risen, punch dough down and divide into two equal parts. Divide each half into three equal parts. Roll each piece into a long rope. Braid the strands loosely into two separate loaves. Place on two separate baking sheets lined with parchment paper. Cover with plastic until doubled in size, about 1 hour.

Preheat oven to 400°F.

Brush loaves with egg wash and sprinkle with sesame seeds. Bake until golden brown, about 25 to 30 minutes. Cool on a wire rack.

TIP: To make one 1-pound loaf, halve all ingredients and follow the same instructions.

Nutritional information per serving (1 ounce):

Calories 107 (26% from fat) | carb. 18g | pro. 3g | fat 3g |
sat. fat 2g | chol. 27mg | sod. 140mg | calc. 3mg | fiber 1g


WHOLE WHEAT KALAMATA BREAD

This is a great bread for sandwiches – it complements tuna or chicken salad especially well.



- 1 CUP PLUS 3 TABLESPOONS MILK
- 2 TABLESPOONS GRANULATED SUGAR
- 2 PACKAGES (4½ TEASPOONS) ACTIVE DRY YEAST
- 3½ CUPS WHOLE WHEAT FLOUR
- 3½ CUPS UNBLEACHED, ALL-PURPOSE OR BREAD FLOUR
- 2 TEASPOONS KOSHER SALT
- 2 TEASPOONS HERBES DE PROVENCE
- 1 CUP COLD WATER
- ¾ CUP KALAMATA OLIVES
- EXTRA WHOLE-WHEAT FLOUR FOR DUSTING BREAD

Makes three medium loaves, about 10 x 6 inches each (about 1-pound each) or two large loaves, about 1¾ pounds each

 Approximate preparation time: 10 to 15 minutes, plus 2 to 3½ hours rising and resting, 30 minutes baking, and 1 hour or longer cooling

In a small saucepan over medium heat, warm milk to 105° to 110°F. Remove from heat. Add sugar and yeast; stir to dissolve and let sit until foamy, about 5 minutes. Transfer mixture to a large liquid measuring cup.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flours, salt and herbs and process on the dough speed until combined, about 10 to 15 seconds. Add the cold water to yeast mixture. With the machine running on dough speed, add the liquid through the feed tube as fast as the flour absorbs it. Once the dough cleans the sides of the work bowl and forms a ball, add the olives. Process for 45 seconds to knead the dough and incorporate the olives. Dough should be smooth and elastic.

Place the dough in a lightly floured plastic food storage bag and seal. Allow to rest in a warm place until doubled in size, about 1 to 1½ hours.

Punch dough down and let rise again until doubled in size. (This rise can be omitted if pressed for time, but makes for a more flavorful loaf, with a more artisanal bread texture and crust.) Punch dough down and divide into three pieces. Shape each into an oblong loaf, about 10 inches in length and place on a baking sheet lined with parchment. Cover loosely with plastic wrap and let rise until doubled, about 45 to 60 minutes. Preheat oven to 350°F.

Dust loaves with whole-wheat flour. Using a serrated knife, make three diagonal slashes in each loaf about ¼-inch deep. Bake for 25 to 30 minutes until browned and hollow-sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

TIP: To make one 1¾-pound loaf, halve all ingredients and follow the same instructions.

Nutritional information per serving (1 ounce):

Calories 83 (28% from fat) | carb. 13g | pro. 2g | fat 3g | sat. fat 0g | chol. 0mg | sod. 232mg | calc. 15mg | fiber 1g

SESAME DINNER ROLLS

Fresh from the oven, warm rolls make any dinner extra special.



- 1¼ CUPS (12-OUNCE CAN)
EVAPORATED LOW-FAT MILK
- 4½ TEASPOONS ACTIVE DRY YEAST
- 3 TABLESPOONS GRANULATED
SUGAR
- 2 LARGE EGGS, BEATEN
- 5¾ CUPS UNBLEACHED,
ALL-PURPOSE FLOUR
- 1 STICK PLUS 6 TABLESPOONS
UNSALTED BUTTER, CUT INTO
1-INCH PIECES
- 2 TEASPOONS KOSHER SALT
- NONSTICK COOKING SPRAY
- 1 LARGE EGG
- 1 TEASPOON WATER
- 2 TEASPOONS SESAME SEEDS

Makes 32 rolls

⌚ Approximate preparation time: 20 to 25 minutes, plus 2½ hours rising, 40 minutes baking, and 10 to 15 minutes cooling

In a small saucepan over medium heat, warm milk to 105° to 110°F. Remove from heat. Add yeast and sugar; stir to dissolve and let sit until foamy, about 5 minutes. Add beaten eggs; stir gently to combine. Transfer to a 2-cup measuring cup and reserve.

Insert the dough blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, butter and salt and process on dough speed until combined, about 15 to 20 seconds. With the machine running on dough speed, pour the yeast mixture through the feed tube in a steady stream as fast as the flour absorbs it. After the dough forms a ball, process 45 seconds to knead. Dough should be smooth and elastic.

Place the dough in a lightly floured plastic food storage bag and seal. Let rise until doubled in size, about 1 to 1½ hours.

Lightly coat three 8-inch round baking pans with nonstick cooking spray. Place dough on a lightly floured surface and punch down; let rest 5 to 10 minutes. Divide dough into 32 equal pieces (each about 1 ounce) and shape each piece into a ball. Place 16 balls, just touching, into each pan. Cover loosely with plastic and let rise 1 hour.

Preheat oven to 350°F.

Combine egg and water. Brush over rolls and sprinkle with sesame seeds. Bake in preheated oven until golden, about 35 to 40 minutes. Cool on wire rack.

Nutritional information per serving roll:

Calories 150 (36% from fat) | carb. 20g | pro. 4g | fat 6g | sat. fat 3g | chol. 34mg | sod. 164mg | calc. 30mg | fiber 1g


BUTTERMILK BISCUITS

These biscuits are so light and delicious that you will want to make them every night.



- 2¼ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ¾ CUP CAKE FLOUR
- 1 TABLESPOON CREAM OF TARTAR
- 4½ TEASPOONS BAKING SODA
- ¼ TEASPOON GRANULATED SUGAR
- ½ TABLESPOON SEA SALT
- ¼ TEASPOON FRESHLY GROUND PEPPER
- 9 TABLESPOONS (1 STICK PLUS 1 TABLESPOON) UNSALTED BUTTER, COLD AND CUBED
- 1 CUP BUTTERMILK
- 2 TABLESPOONS UNSALTED BUTTER, MELTED

Makes 12 biscuits

 Approximate preparation time: 10 minutes plus 10 minutes for baking

Preheat oven to 500°F. Line one baking sheet with parchment paper.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add both flours, cream of tartar, and baking soda and process to combine for 10 seconds. Add the sugar, salt and pepper and process again for 5 seconds. Add the cold butter and pulse 15 times to incorporate into the dry ingredients, until the size of the butter resembles peas. With the machine running, pour the buttermilk through the feed tube and process until *just* incorporated. Remove dough from work bowl and place onto a well floured surface. Knead dough by hand about two times, form into a log and cut into 12 equal pieces. Form each piece into a ball and place evenly spaced onto the prepared baking sheet.

Bake about 10 minutes, until golden brown. Once biscuits are ready, remove from oven and brush with melted butter. Serve immediately.

Nutritional information per biscuit:

Calories 206 (44% from fat) | carb. 25g | pro. 4g | fat 10g | sat. fat 6g | chol. 28mg | sod. 543mg | calc. 30mg | fiber 1g


POPOVERS

Eat the popovers hot out of the oven to fully appreciate their delicious texture.



- 2¼** CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 2½** CUPS EVAPORATED MILK
- 6** LARGE EGGS
- 3** TABLESPOONS UNSALTED BUTTER, MELTED
- 1** TEASPOON SEA SALT
- BUTTER OR NONSTICK COOKING SPRAY FOR PAN

Makes 18 popovers

 Approximate preparation time: 5 minutes plus 45 minutes for resting and 50 minutes for baking

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, milk, eggs, butter and salt and process ingredients together until completely smooth, about 20 to 30 seconds. Transfer to a large mixing bowl and allow to rest at room temperature for about 30 to 45 minutes.

Preheat oven to 450°F (use convection bake if available). With butter or nonstick cooking spray, heavily butter or coat eighteen 5-ounce ramekins or muffin cups and place on two baking sheets. Fill each ramekin with about ½ cup of batter. Place in oven and bake for 30 minutes. Lower the heat to 350°F and bake for an additional 20 minutes. Remove from oven and carefully remove popovers from ramekins. Serve immediately.

Nutritional information per popover:

Calories 136 (39% from fat) | carb. 14g | pro. 6g | fat 6g | sat. fat 3g | chol. 87mg | sod. 188mg | calc. 98mg | fiber 0g

CHOCOLATE PECAN PINWHEELS

These cookies are a delicious treat!



DOUGH:

- 2¼ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TEASPOON SALT
- ½ TEASPOON GROUND CINNAMON
- 2 TABLESPOONS GRANULATED SUGAR
- ½ TEASPOON ORANGE ZEST
- 1 CUP (2 STICKS; ½ POUND) UNSALTED BUTTER, COLD AND CUT INTO SMALL CUBES
- 4 OUNCES CREAM CHEESE, COLD AND CUT INTO SMALL CUBES
- ½ CUP SOUR CREAM

FILLING:

- 1 CUP TOASTED PECANS
- ¾ CUP CHOCOLATE CHIPS
- ½ CUP GRANULATED SUGAR
- ¼ CUP LIGHT BROWN SUGAR
- ½ TABLESPOON GROUND CINNAMON
- ½ TEASPOON FRESHLY GROUND NUTMEG
- ¼ CUP HEAVY CREAM
- ¼ CUP CINNAMON SUGAR, FOR SPRINKLING

Makes 4 dozen cookies

⌚ Approximate preparation time: 30 minutes, plus 35 minutes for baking

Preheat oven to 375°F. Line two baking sheets with parchment paper.

Insert the small metal chopping blade into the small work bowl and add the pecans. Pulse to roughly chop. Add the chocolate and pulse again to roughly chop. Add the sugars, cinnamon and nutmeg and pulse to combine. Remove workbowl and reserve.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, salt, cinnamon, sugar and zest and process for 10 seconds to sift. Add the butter and cream cheese evenly and pulse to combine. Add the sour cream and pulse to combine. The dough should be slightly crumbly; be careful not to overmix. Divide dough into 4 equal pieces, wrap in plastic and chill in the refrigerator.

Once dough has chilled for about 30 minutes, roll each piece out on a lightly floured surface into a rectangle about ⅛-inch thick. Brush pastry with cream and then sprinkle with ¼ of the filling. Roll the rectangle up in a jellyroll fashion, brush with cream and sprinkle with cinnamon sugar. Slightly chill. Repeat with the remaining dough. Cut each roll into 12 pieces approximately ½-inch thick and space evenly on the prepared baking sheets.

Bake in oven for 30 to 35 minutes, until just golden brown.

Nutritional information per cookie:

Calories 113 (59% from fat) | carb. 11g | pro. 1g | fat 8g | sat. fat 4g | chol. 14mg | sod. 30mg | calc. 8mg | fiber 0g

CLASSIC CHEESECAKE

This simple recipe produces perfect cheesecake every time.



- 1 BUTTER TO PREPARE THE PAN
RECIPE GRAHAM CRACKER
CRUST (BELOW)
- 24 OUNCES CREAM CHEESE,
ROOM TEMPERATURE
- 1½ CUPS GRANULATED SUGAR
- ½ TEASPOON SALT
- 4 LARGE EGGS, ROOM
TEMPERATURE
- 1 TEASPOON PURE VANILLA
EXTRACT
- ¾ CUP RICOTTA, ROOM
TEMPERATURE
- ¾ CUP SOUR CREAM, ROOM
TEMPERATURE

Makes one 9-inch cake, 24 servings

⌚ Approximate preparation time: 15 minutes, plus 3 hours baking/resting and 6 hours cooling

Preheat oven to 325°F. Place a large roasting pan on bottom rack of oven and fill with 1 to 2 inches of water.

Butter one 9-inch springform pan.

Prepare the Graham Cracker Crust according to the recipe below. Press the graham cracker crust equally into the prepared springform pan.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Cut each block of cream cheese into 6 pieces and place into the work bowl; pulse 10 times and then process for 45 seconds. Scrape the bowl and add the sugar and salt; process for an additional 30 to 45 seconds until smooth. With the machine running, add the eggs one at a time with the vanilla, until *just* incorporated. Add the ricotta and sour cream and pulse until all ingredients are *just* incorporated and homogenous, scraping the bowl as necessary.

Pour filling evenly into the prepared pan and bake in the middle of the oven. Add more water to roasting pan if any has evaporated. Bake for 1 hour. Turn the oven off and let the cake rest in the oven. Do not open the oven door until 2 hours have elapsed.

Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

Serve with fresh berries and Raspberry Sauce (page 68).

Nutritional information per serving:

Calories 456 (60% from fat) | carb. 38g | pro. 8g | fat 31g |
sat. fat 18g | chol. 154mg | sod. 391mg | calc. 72mg | fiber 1g

GRAHAM CRACKER CRUST



- 9 OUNCES GRAHAM CRACKERS
(ABOUT 2 SLEEVES)
- 1 TEASPOON GROUND
CINNAMON
- ¼ CUP GRANULATED SUGAR
- 6 TABLESPOONS UNSALTED
BUTTER, MELTED

Makes two 9-inch pie crusts, 24 servings

⌚ Approximate preparation time: 2 minutes

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Break crackers in fours and place in the work bowl; pulse until finely chopped, about 10 to 12 long pulses. Add the cinnamon and sugar and process for 15 seconds. Add the butter and process until ingredients are well combined, about 45 seconds.

Press equal amounts of crust into two 9-inch pie plates.

Nutritional information per serving:

Calories 78 (44% from fat) | carb. 10g | pro. 1g | fat 4g |
sat. fat 2g | chol. 8mg | sod. 64mg | calc. 4mg | fiber 0g

APPLE CRUMB PIE

The adjustable slicing disc makes preparing this pie a breeze.



- ½ RECIPE SWEET PÂTE BRISÉE DOUGH (PAGE 16)
- 5 LARGE APPLES (GOLDEN DELICIOUS, GINGER GOLD, OR OTHER SIMILAR APPLES), PEELED, CORED AND HALVED
- JUICE OF 2 LEMONS
- 1 TEASPOON VANILLA PASTE*
- ½ CUP GRANULATED SUGAR
- 2 TABLESPOONS APRICOT JAM
- 1 RECIPE CRUMB PIE TOPPING (BELOW)

Makes one 10-inch deep-dish pie, 8 to 12 servings

⌚ Approximate preparation time: 55 to 65 minutes, including baking time

Preheat oven to 350°F.

Roll out dough into a 10-inch disc. Fit into an ungreased, 9-inch, 1½-quart ceramic pie baker.

Chill in refrigerator for about 20 minutes.

Insert the slicing disc, adjusted to 4mm, into the large work bowl of the Cuisinart® Food Processor and slice the apples.

In a large bowl, toss the apples, lemon juice, vanilla paste, and sugar together. Prepare the Crumb Pie Topping according to the recipe below. Carefully spread the jam on the bottom of the chilled pie shell. Fan the apples in the reserved tart shell in layers.

Top the pie evenly with the crumb topping and bake for 40 to 50 minutes, or until the top of the pie is a dark golden brown.

*Vanilla paste can be found in specialty gourmet stores. If not available substitute pure vanilla extract.

Nutritional information per serving (based on 12 servings):

Calories 166 (8% from fat) | carb. 36g | pro. 3g | fat 1g | sat. fat 0g | chol. 36mg | sod. 225mg | calc. 10mg | fiber 2g

CRUMB PIE TOPPING

Pair this topping with our Apple Crumb recipe, or any fruit-filled pie.



- ⅓ CUP TOASTED PECANS
- ¾ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- ⅓ CUP UNSALTED BUTTER, COLD AND CUT INTO CUBES
- 1¼ TEASPOONS GROUND CINNAMON
- ¼ TEASPOON SEA SALT

Makes enough crumb topping for one pie

⌚ Approximate preparation time: 3 minutes

Insert the small metal chopping blade into the small work bowl of the Cuisinart® Food Processor. Add the pecans and pulse to roughly chop. Add remaining ingredients and pulse until mixture is well combined – mixture should resemble crumbs.

Nutritional information per serving (based on 12 servings):

Calories 89 (69% from fat) | carb. 6g | pro. 1g | fat 7g | sat. fat 3g | chol. 13mg | sod. 44mg | calc. 5mg | fiber 1g

BANANA CREAM PIE

Everyone will love this Southern-inspired dessert.



- 1 RECIPE CHOCOLATE COOKIE CRUST (BELOW)
- 4 FIRM BANANAS
- ¼ TEASPOON GROUND CINNAMON
- 1 RECIPE LIGHTENED PASTRY CREAM (PAGE 64)

Makes one 9-inch pie, 16 servings

Approximate preparation time: 50 minutes including pastry cream; allow 2 hours for chilling

Preheat oven to 375°F.

Prepare Chocolate Cookie Crust according to recipe below.

Insert the slicing disc, adjusted to 4mm, into the large work bowl of the Cuisinart® Food Processor and slice the bananas.

Gently fold the bananas and cinnamon into the prepared lightened pastry cream. Pour the banana pastry cream equally into the baked, cooled cookie crust and chill for at least 2 hours before serving.

Nutritional information per serving:

Calories 315 (52% from fat) | carb. 35g | pro. 4g | fat 19g | sat. fat 11g | chol. 111mg | sod. 177mg | calc. 61mg | fiber 2g

CHOCOLATE COOKIE CRUST

We love this with our Banana Cream Pie, but it also makes a cheesecake even more decadent.



- 24 CHOCOLATE WAFER COOKIES, ABOUT ½ BOX
- 1 TABLESPOON GRANULATED SUGAR
- ¼ CUP (½ STICK) UNSALTED BUTTER, MELTED

Makes 1 cup, 12 servings

Approximate preparation time: 1 minute plus 15 minutes for baking time

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the cookies and pulse 10 times. Add the sugar and pulse an additional 5 times. With the machine running, drizzle in the melted butter until incorporated.

Press crust into a 9-inch pie or cake plate and bake in a 375°F oven for 15 minutes before filling.

Nutritional information per serving:

Calories 85 (55% from fat) | carb. 9g | pro. 1g | fat 5g | sat. fat 3g | chol. 10mg | sod. 65mg | calc. 3mg | fiber 0g

PASTRY CREAM

This all-purpose pastry cream is a great foundation for fresh fruit tarts – the food processor makes it easy.




- 1½ CUPS MILK
- ½ CUP HEAVY CREAM
- ½ CUP GRANULATED SUGAR, DIVIDED
- ½ TEASPOON SALT
- ½ TABLESPOON PURE VANILLA EXTRACT
- 4 LARGE EGG YOLKS
- 2 TABLESPOONS CORNSTARCH

FOR A LIGHTER PASTRY CREAM:

- ½ CUP HEAVY CREAM
- 1½ TABLESPOONS CONFECTIONERS' SUGAR

Makes about 2¼ cups

 Approximate preparation time: 25 minutes, including cooking time

Put the milk, cream, ¼ cup sugar, salt and vanilla into a saucepan over medium heat. Bring mixture to a heavy simmer.

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the yolks, cornstarch and remaining sugar; process for 1 minute until mixture is light and thick.

With the machine running, pour ¾ to 1½ cups of the milk mixture slowly through the feed tube and process mixture for about 1 minute.

Return mixture to the saucepan over medium heat. Bring to a boil and cook while whisking continuously, being sure to whisk the entire surface of the pan, for about 2½ minutes until thickened. Stirring constantly is very important to avoid overcooking the eggs. Strain mixture through a fine mesh strainer into the large work bowl fitted with the large metal chopping blade. Process for 5 minutes. Pour mixture into a clean mixing bowl; cover directly with plastic wrap and cool before using.

For a lighter pastry cream: whip the ½ cup of heavy cream to medium peaks with 1½ tablespoons of confectioners' sugar. Fold into pastry cream once completely cool.

Nutritional information per serving (2 tablespoons):

Calories 72 (50% from fat) | carb. 8g | pro. 1g | fat 4g | sat. fat 2g | chol. 58mg | sod. 72mg | calc. 32mg | fiber 0g

DEEP CHOCOLATE LAYER CAKE

Frost this deep and rich chocolate cake with Cream Cheese Frosting (below).



- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR**
- ¾ TEASPOON BAKING SODA**
- ½ TEASPOON BAKING POWDER**
- ½ TEASPOON TABLE SALT**
- ¾ CUP GRANULATED SUGAR**
- ¾ CUP LIGHT BROWN SUGAR**
- 5 OUNCES BITTERSWEET CHOCOLATE, CHOPPED**
- ¾ CUPS UNSWEETENED COCOA POWDER**
- ½ TABLESPOON ESPRESSO POWDER**
- 1 CUP BOILING WATER**
- 1 CUP (2 STICKS; ½ POUND) UNSALTED BUTTER, MELTED AND COOLED**
- ¾ CUP BUTTERMILK**
- 3 LARGE EGGS**
- ½ TABLESPOON PURE VANILLA EXTRACT**

Makes two 9-inch cakes (one 2- or 4-layer cake), 12 servings

Approximate preparation time: 15 minutes, plus 50 minutes to bake, plus cooling time

Preheat oven to 350°F. Coat two 9-inch round pans with butter and cut rounds of parchment paper to fit the bottoms of each pan.

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the flour, baking soda, baking powder, salt and sugars and pulse 10 times, then process for 20 seconds to sift.

Put the bittersweet chocolate, cocoa powder and espresso powder into a small bowl; pour the boiling water over ingredients and stir to combine. Reserve.

With the machine running, slowly pour the butter through the feed tube. Continue pouring the buttermilk, eggs and vanilla through the feed tube until ingredients are just combined. Pour the chocolate mixture evenly over the batter and pulse to completely incorporate.

Divide the batter evenly between the two prepared pans. Bake in oven for 45 to 50 minutes, until a cake tester comes out just clean.

Let pans rest on cooling racks for 15 minutes. Remove cake from pans but leave on the racks until completely cool. Once cool, cut each layer in half horizontally to frost with Cream Cheese Frosting and build a four-layer cake, or leave the layers as is and make a thick two-layer cake.

Nutritional information per serving:

Calories 258 (23% from fat) | carb. 49g | pro. 6g | fat 7g | sat. fat 3g | chol. 54mg | sod. 224mg | calc. 38mg | fiber 3g

CREAM CHEESE FROSTING



- 28 OUNCES CREAM CHEESE (ROOM TEMPERATURE), EACH PACKAGE OF CREAM CHEESE CUT INTO 6 PIECES**
- 1½ CUPS (¾ POUND; 3 STICKS) UNSALTED BUTTER, ROOM TEMPERATURE**
- 2 CUPS CONFECTIONERS' SUGAR, SIFTED**
- ¾ TEASPOON SALT**
- 1 TEASPOON PURE VANILLA EXTRACT**
- 2 TEASPOONS SOUR CREAM, ROOM TEMPERATURE**

Makes about 5½ cups

Approximate preparation time: 10 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add the cream cheese, butter, sugar and salt, pulse 2 to 3 times and then process until smooth. Add the vanilla and sour cream and pulse to combine.

Nutritional information per serving (1 tablespoon):

Calories 84 (81% from fat) | carb. 3g | pro. 1g | fat 8g | sat. fat 5g | chol. 23mg | sod. 57mg | calc. 8mg | fiber 0g


POUND CAKE WITH PINE NUTS AND OLIVE OIL

This super-rich and moist pound cake works well as a simple dessert or to serve anytime with a cup of tea or coffee.



- NONSTICK COOKING SPRAY
- ¼ CUP TOASTED PINE NUTS
- 1⅔ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ¼ CUP CORNMEAL
- ½ TABLESPOON BAKING POWDER
- ½ TEASPOON SEA SALT
- ¾ CUP (1½ STICKS) UNSALTED BUTTER, ROOM TEMPERATURE, CUT INTO TABLESPOONS
- 1 CUP GRANULATED SUGAR
- ½ TEASPOON ORANGE OR LEMON ZEST
- 4 LARGE EGGS, ROOM TEMPERATURE
- ¼ CUP OLIVE OIL
- ½ TABLESPOON PURE VANILLA EXTRACT

Make one 9 x 5-inch loaf cake

 Approximate preparation time: 20 minutes, plus 90 minutes for baking

Preheat oven to 325°F. Coat a 9 x 5-inch loaf pan with nonstick cooking spray.

Insert the large metal chopping blade into the medium work bowl of the Cuisinart® Food Processor. Add the pine nuts and pulse 2 to 3 times, then process until they are ground. Add the flour, cornmeal, baking powder and salt and process to sift, about 10 seconds. Remove work bowl and reserve.

Add the butter, sugar and zest to the large work bowl fitted with the large metal chopping blade; process until creamy, scraping the bowl as necessary. Combine the eggs, oil and extract together in a liquid measuring cup. With machine running, gradually add the egg mixture until incorporated. Add the dry ingredients evenly to the work bowl and pulse ingredients until *just* combined.

Pour batter into the prepared pan. Bake in the middle of the oven for 90 minutes or until a cake tester comes out clean.

Nutritional information per serving (12 servings):

Calories 308 (57% from fat) | carb. 29g | pro. 4g | fat 20g | sat. fat 8g | chol. 110mg | sod. 153mg | calc. 21mg | fiber 1g

DESSERT CRÊPES WITH BERRIES

Crêpe-making takes some practice, but once you get the technique down it is all worth it.



SWEET CRÊPE BATTER

- 3 LARGE EGGS
- $\frac{3}{4}$ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- $\frac{1}{2}$ TEASPOON TABLE SALT
- 2 TABLESPOONS GRANULATED SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT
- 1 CUP WHOLE MILK
- $\frac{1}{4}$ CUP ($\frac{1}{2}$ STICK) UNSALTED BUTTER, MELTED


BERRIES

- 2 CUPS MIXED FRESH BERRIES
- $\frac{1}{4}$ TEASPOON ORANGE ZEST
- 2 TEASPOONS GRANULATED SUGAR

MASCARPONE CREAM

- 8 OUNCES MASCARPONE
- $\frac{3}{4}$ CUP HEAVY CREAM
- $\frac{1}{3}$ CUP SUPERFINE SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT
- PINCH SALT
- $\frac{1}{4}$ TEASPOON ORANGE ZEST
- 1 TEASPOON UNSALTED BUTTER CONFECTIONERS' SUGAR, FOR DUSTING

Makes 6 servings

 Approximate preparation time: 30 minutes, plus resting the batter from 2 hours to overnight

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. With the machine running, add the eggs to the work bowl. Stir together the flour, salt and sugar; add to the work bowl and pulse until *just* combined. With the machine running, add the milk, vanilla and butter together and process until homogenous. Transfer mixture to a container, cover and let rest in the refrigerator for 2 hours or overnight.

Insert the small metal chopping blade into the small work bowl and add the berries, orange zest and 2 teaspoons of sugar. Process until completely puréed. Strain the purée through a fine mesh strainer and discard the seeds. Remove work bowl and reserve.

Insert the large metal chopping blade into the medium work bowl and add the mascarpone cream ingredients; process until all are well incorporated, about 15 seconds. Remove work bowl and reserve.

Prepare the crêpes. Place an 8-inch skillet over medium heat and preheat for 5 minutes. Once the pan is heated, add the butter. Once melted, wipe the butter around the pan with a paper towel. Add a scant 3 tablespoons of batter to the preheated pan. Working very quickly, move the batter around so it *just* coats the bottom. The pan should be coated thinly and evenly. After about 1 minute, when the crêpe is set and lightly browned, flip the crêpe, using a heatproof spatula, and cook for an additional minute on the second side. Reserve on a plate. Continue with the remaining batter, stacking the crêpes as you go. When all of the crêpes are prepared, cover plate with foil – to keep crêpes warm, place plate over the skillet containing some water over medium-low heat.

To serve crêpes: spread $1\frac{1}{2}$ tablespoons of mascarpone cream and about 1 tablespoon of the puréed berries on each crêpe and fold into thirds. Place three crêpes on each plate and dust with confectioners' sugar and reserved berry purée.

Nutritional information per serving:

Calories 393 (56% from fat) | carb. 35g | pro. 9g | fat 25g | sat. fat 15g | chol. 172mg | sod. 342mg | calc. 98mg | fiber 1g

RASPBERRY SAUCE

This raspberry sauce works well with many desserts – pair it with the dessert crêpes and the cheesecake.



- 3 CUPS FROZEN RASPBERRIES, THAWED**
- 1 CUP FRESH RASPBERRIES**
- 2 TABLESPOONS GRANULATED SUGAR**
- PINCH SEA SALT**
- ¼ TEASPOON ORANGE ZEST**

Makes 2 cups

Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the large work bowl of the Cuisinart® Food Processor. Add both thawed and fresh raspberries and process for 15 seconds. Add remaining ingredients and process for an additional 45 seconds.

Strain through a fine mesh strainer and discard the seeds. Taste and add more sugar if desired.

Nutritional information per 2 tablespoons:

Calories 21 (0% from fat) | carb. 6g | pro. 0g | fat 0g | sat. fat 0g | chol. 0mg | sod. 0mg | calc. 6mg | fiber 2g

BERRY MANGO SMOOTHIE

A delicious smoothie full of anti-oxidants.



- 3 MEDIUM-LARGE RIPE BANANAS, EACH BROKEN INTO 4 PIECES
- 2 CUPS STRAWBERRIES, HULLED AND QUARTERED
- 1 PINT BLUEBERRIES
- 1 POUND FROZEN MANGO
- 2 CUPS ORANGE PEACH MANGO JUICE OR ORANGE JUICE

Makes ten 1-cup servings

Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the large bowl of the Cuisinart® Food Processor. Put the bananas, strawberries, blueberries and frozen mango, in that order, into the work bowl.

Pulse the fruit to chop using 10 long pulses. Process until smooth, about 30 seconds.

With the unit running, pour the juice through the small feed tube until well blended, about an additional 45 seconds.

Serve immediately.

Nutritional information per cup:

Calories 118 (3% from fat) | carb. 29g | pro. 1g | fat 0g | sat. fat 0g | chol. 0mg | sod. 4mg | calc. 18mg | fiber 3g

TROPICAL FRUIT SMOOTHIE

A taste of the tropics anytime.



- 2 BANANAS
- 2 MEDIUM PEACHES, CUT INTO 1-INCH CUBES, ABOUT 2 TO 2½ CUPS
- 2 CUPS PINEAPPLE, CUT INTO 1-INCH CUBES
- 3 CUPS FROZEN CUBED MANGO
- 3 CUPS ORANGE PEACH MANGO JUICE

Makes ten 1-cup servings

Approximate preparation time: 5 minutes

Insert the large metal chopping blade into the large bowl of the Cuisinart® Food Processor. Put the bananas, peaches, pineapple and frozen mango, in that order, into the work bowl.

Pulse the fruit to chop using 10 long pulses. Process until smooth, about 30 seconds.

With the unit running, pour the juice through the small feed tube until well blended, about an additional 45 seconds.

Serve immediately.

Nutritional information per cup:

Calories 117 (2% from fat) | carb. 29g | pro. 1g | fat 0g | sat. fat 0g | chol. 0mg | sod. 5mg | calc. 18mg | fiber 2g

MANGO SORBET

This sorbet is so fast and easy in the Cuisinart® Food Processor.



- 1 POUND FROZEN MANGO
- 1 CUP SIMPLE SYRUP*
- ¼ CUP LEMON JUICE
- PINCH SALT

Makes 3 cups

 Approximate preparation time: 5 minutes

Insert the large chopping blade into the large bowl of the Cuisinart® Food Processor. Put the mango, simple syrup, lemon juice and salt into the work bowl.

Pulse 10 times using long pulses. Scrape the work bowl and then process for two minutes until smooth.

Serve immediately or place in a container to be stored in the freezer. Cover sorbet with plastic directly if freezing.

Nutritional information per ½ cup serving:

Calories 119 (1% from fat) | carb. 31g | pro. 0g | fat 0g | sat. fat 0g | chol. 0mg | sod. 2mg | calc. 9mg | fiber 1g

*Note: Simple syrup is equal amounts sugar and water brought to a boil in order to dissolve the sugar. One cup each water and sugar will yield 1½ cups simple syrup.

Simple syrup can last in a refrigerator for at least one month in clean, sealed container.

BLUEBERRY MINT SORBET

This refreshing sorbet is perfect in the height of summer.



- 24 OUNCES FROZEN BLUEBERRIES
- 1 CUP SIMPLE SYRUP*
- 4 LARGE MINT LEAVES
- 2 TABLESPOONS FRESH LEMON JUICE

Makes 4 cups

Approximate preparation time: 5 minutes

Insert the large chopping blade into the large bowl of the Cuisinart® Food Processor. Put the blueberries, simple syrup, mint and lemon juice into the work bowl. Pulse 10 times using long pulses. Scrape the work bowl and then process for about 1 minute until smooth.

Serve immediately or place in a container to be stored in the freezer. Cover sorbet with plastic directly if freezing.

Nutritional information per ½ cup serving:

Calories 94 (5% from fat) | carb. 24g | pro. 0g | fat 1g | sat. fat 0g | chol. 0mg | sod. 0mg | calc. 1mg | fiber 2g

*Note: Simple syrup is equal amounts sugar and water brought to a boil in order to dissolve the sugar. One cup each water and sugar will yield 1½ cups simple syrup.

Simple syrup can last in a refrigerator for at least one month in clean, sealed container.

BANANA "ICE CREAM"

Frozen bananas give this guilt free dessert a super creamy consistency.



- 2 BANANAS, FROZEN, CUT INTO 1 TO 2-INCH PIECES
- ½ TABLESPOON HONEY
- ¼ TEASPOON PURE VANILLA EXTRACT
- 1 TABLESPOON COCONUT MILK
- PINCH SALT

Makes about four 3-ounce servings

Approximate preparation time: 5 minutes

Insert the large chopping blade into the large bowl of the Cuisinart® Food Processor. Put the bananas, honey, vanilla and coconut milk into the work bowl. Pulse 10 times using long pulses. Scrape the work bowl and then process for about 1 to 2 minutes until smooth.

For best results, serve immediately or place in a container to be stored in the freezer. Cover ice cream with plastic directly if freezing.

Nutritional information per serving:

Calories 68 (1% from fat) | carb. 16g | pro. 1g | fat 1g | sat. fat 1g | chol. 0mg | sod. 1mg | calc. 4mg | fiber 2g

TIP: Peel and cut your overripe bananas before you freeze them. Wrap each banana separately in plastic.