

RECIPES

GUACAMOLE

This popular Mexican specialty is delicious with chips and vegetable crudité's, or as a topping for grilled chicken or fish.

Makes about 2 cups

- 2 garlic cloves, peeled
- 3 green onions, trimmed and cut into ½-inch pieces
- 1½ jalapeño peppers, cored, seeded and cut into ½-inch pieces
- 3 ripe avocados, peeled, pitted, and diced
- 3 tablespoons fresh lime juice (juice of 1½ medium limes)
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¾ teaspoon kosher salt
- ¾ cup finely chopped tomatoes

Place the garlic, green onions and jalapeño peppers in the work bowl. Pulse on Chop 10 times; scrape the bottom and sides of the work bowl. Add the avocados, lime juice, cumin, coriander and salt. Pulse on Chop 10 times, then process on Chop continuously for 15 seconds; scrape the work bowl. Process on Chop for another 15 to 20 seconds until smooth and creamy.

Transfer to a serving bowl. Stir in chopped tomatoes before serving.

Nutritional information per serving (3 tablespoons):
Calories 90 (71% from fat) • carb. 6g • pro. 1g • fat 8g
• sat. fat 1g • chol. 0mg • sod. 180mg
• calc. 14mg • fiber 4g

TAPENADE

A favorite from the Provençal region of France.

Makes about 1½ cups

- 2 garlic cloves, peeled
- 1½ anchovy fillets
- 1½ cups pitted niçoise or other imported black olives
- ¼ cup drained and rinsed capers
- 2 tablespoons Dijon mustard
- 1½ tablespoons fresh lemon juice (from ½ medium lemon)
- 1 tablespoon herbes de Provence or thyme
- ¾ teaspoon freshly ground black pepper
- ¼ cup + 2 tablespoons extra virgin olive oil

Chop the garlic for 5 seconds; scrape the work bowl. Add the anchovies, olives and capers; pulse 10 times on Chop. Scrape the work bowl. Add the mustard, lemon juice, herbes and pepper. Process for 15 seconds on Chop; scrape the work bowl. Process for an additional 15 seconds; scrape the work bowl again then add the olive oil. Process until a thick paste forms, about 20 to 30 seconds.

Store in an airtight container in the refrigerator for up to a week.

Nutritional information per serving (2 tablespoons):
Calories 80 (88% from fat) • carb. 2g • pro. 1g • fat 9g
• sat. fat 1g • chol. 0mg • sod. 280mg
• calc. 27mg • fiber 1g

HUMMUS

Add a roasted red pepper and 1 teaspoon of herbes de Provence for a variation.

Makes about 2 cups

- ⅓ cup loosely packed Italian parsley leaves
- 1 garlic clove, peeled
- 1 can (19 ounces) chickpeas, rinsed and drained
- 2 tablespoons tahini*
- 2 tablespoons fresh lemon juice
- ¼ cup water
- ½ teaspoon ground cumin
- ¼ cup extra virgin olive oil
- kosher salt and freshly ground black pepper to taste

Chop the parsley for 5 seconds; remove and reserve. With machine running, drop garlic through feed tube. Process until finely chopped, about 5 seconds. Add chickpeas, tahini, lemon juice, water, cumin and reserved parsley to work bowl; process until smooth, 1½ to 2 minutes, stopping to scrape work bowl as needed one or two times. With the machine running, add the olive oil in a steady stream and process until the mixture is smooth and creamy.

Taste and season with kosher salt and freshly ground pepper.

*Tahini is a sesame seed paste available in most grocery stores.

Nutritional information per serving (2 tablespoons):
Calories 80 (56% from fat) • carb. 6g • pro. 2g • fat 5g
• sat. fat 1g • chol. 0mg • sod. 60mg
• calc. 21mg • fiber 2g

PESTO

A favorite for dressing pasta, and also wonderful on steamed potatoes and vegetables. You can vary your pesto by using other herbs such as cilantro, mint or parsley and by using other nuts such as almonds, pecans or walnuts.

Makes about $\frac{3}{4}$ cup

- 1½ ounces Reggiano Parmigiano, cut into $\frac{1}{2}$ -inch cubes
- $\frac{1}{3}$ cup toasted pine nuts
- 2 garlic cloves, peeled
- $\frac{3}{4}$ teaspoon kosher salt
- 1½ cup packed fresh basil leaves
- $\frac{1}{2}$ cup extra virgin olive oil

Place the cheese in the work bowl; pulse on Chop 5 times; process continuously on Chop until finely ground, about 10 seconds. Remove and reserve.

Add nuts to the work bowl; pulse on Chop 5 times. Remove and reserve with the cheese.

Add the garlic and salt to the work bowl; process 5 seconds on Chop. Scrape the work bowl. Add the basil leaves and half of the olive oil. Pulse on Grind 10 times then grind continuously for about 15 seconds; scrape the bowl. With the machine running on Grind, add the remaining oil slowly, in a steady stream, through one of the holes in the recessed area of the cover. After all the oil has been added, process on Grind for an additional 10 seconds. Add the reserved cheese and nuts to the mixture; pulse 10 times on Chop to blend.

Transfer pesto to an airtight container. Pesto will keep in refrigerator for up to a week. It may also be frozen.

Nutritional information per serving (1 tablespoon):
Calories 120 (91% from fat) • carb. 1g • pro. 2g • fat 13g
• sat. fat 2g • chol. 5mg • sod. 200mg
• calc. 52mg • fiber 0g

ROASTED RED PEPPER SAUCE

Use this sauce for vegetables or meats, or try our creamy variation to use as a dip for fresh vegetable crudité's or pita chips.

Makes about 2 cups

- 3 garlic cloves, peeled
- 2 strips lemon zest (1 x $\frac{1}{2}$ inches), white pith removed
- 1½ teaspoons kosher salt
- 1½ teaspoons herbes de Provence
- 2 tablespoons fresh lemon juice
- 2 tablespoons regular or white balsamic vinegar
- $\frac{1}{3}$ cup extra virgin olive oil
- 3 jars (12 ounces each) roasted red peppers, drained but not rinsed

Add the garlic, zest, salt, and herbes to the work bowl; chop for 5 to 10 seconds. Scrape the bottom and sides of the work bowl. Add the lemon juice, vinegar, olive oil and peppers. Pulse on Chop, 10 times, then process for 15 to 20 seconds until smooth.

Transfer to a resealable container and refrigerate for at least 30 minutes to allow the flavors to blend. The sauce will keep up to 1 week refrigerated.

Roasted Red Pepper Dip Variation: Make half the recipe. Add 2 ounces of regular or lowfat cream cheese and $\frac{1}{4}$ cup of sour cream or plain yogurt that has been drained; chop for 10 to 15 seconds until homogenous.

Nutritional information per serving (2 tablespoons):
Calories 21 (40% from fat) • carb. 3g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 1092mg
• calc. 28mg • fiber 1g

MANGO SALSA

Mango salsa is excellent served over grilled fish such as salmon, tuna, swordfish or scallops, and grilled chicken, duck or pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips.

Makes 4 cups

- $\frac{1}{2}$ red bell pepper (about 1 ounce), cut into $\frac{1}{2}$ -inch pieces ($\frac{1}{4}$ cup)
- 2 small garlic cloves, peeled
- 1 jalapeño pepper, stemmed and seeded, cut into $\frac{1}{2}$ -inch pieces
- 1 small red onion (about 1½ ounces), peeled, cut into $\frac{1}{2}$ -inch pieces
- 2 mango, peeled and pitted, cut into $\frac{1}{2}$ -inch pieces, divided
- 3 tablespoons fresh cilantro leaves
- 1 tablespoon fresh lime juice
- 3 tablespoons rice vinegar (may use raspberry or white balsamic vinegar)
- 1 teaspoon honey

Place the red pepper in the bowl of your Cuisinart® Chopper/Grinder fitted with the chopping blade. Pulse 4 to 6 times, or until roughly chopped. Transfer to a medium mixing bowl; reserve.

Add the garlic, jalapeño pepper and onion to the work bowl. Pulse 6 to 7 times to chop. Remove and add to the bowl with the reserved red pepper.

Add $\frac{1}{2}$ of the mango and cilantro to work bowl and pulse until mango is roughly chopped, about 10 pulses. Transfer to the bowl with the reserved vegetables; reserve. Repeat with the remaining mango. Combine the lime juice, vinegar and honey; stir well into the reserved mixture. Cover and let sit for 30 minutes to allow the flavors to blend.

If not using immediately, cover and refrigerate.

Nutritional information per 2 tablespoons serving:
Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 2mg • fiber 0g

BASIC VINAIGRETTE

This recipe may be easily modified by changing the oils and vinegars used.

Makes 1½ cups

- 1 garlic clove or small shallot, peeled (cut shallot into ½-inch pieces)
- 3 tablespoons wine vinegar
- 3 tablespoons white vinegar or lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup extra virgin olive oil
- ½ cup vegetable oil or light flavored olive oil

Place garlic or shallot in work bowl; pulse on Chop 5 times. Scrape the work bowl. Add the vinegars, mustard, salt and pepper. Process on Chop until smooth, about 5 seconds. With the machine running on Chop, add the oils slowly, in a steady stream, through one of the holes in the recessed area of the cover. After all the oil has been added, process on Grind for an additional 10 seconds. Taste and adjust seasonings as needed.

This dressing is best made at least ½ hour ahead of serving. Vinaigrette will keep well for one week if in refrigerator, covered. Remove from refrigerator about 30 minutes before serving; it may need to be reprocessed if separation has occurred.

Nutritional information per serving (1 tablespoon):
Calories 80 (99% from fat) • carb. 0g • pro. 0g • fat 9g
• sat. fat 1g • chol. 0mg • sod. 55mg
• calc. 1mg • fiber 0g

CREAMY ROASTED GARLIC AND HERB DRESSING

Try this flavorful dressing on a crisp romaine salad.

Makes about 1 cup

- 9 garlic cloves, peeled
- ¾ teaspoon extra virgin olive oil
- ¾ cup loosely packed basil leaves
- ¾ cup loosely packed Italian parsley leaves
- ¾ cup fat-free plain yogurt
- ½ cup light mayonnaise
- 1½ tablespoons balsamic vinegar

Preheat the oven to 375°F. Toss the garlic with the oil and wrap loosely in aluminum foil. Roast in the preheated oven for about 45 minutes, or until cloves have softened. Let cool 5 to 10 minutes.

Place the cooled garlic in the work bowl with the basil and parsley. Pulse on Grind 10 times; scrape the work bowl. Add the yogurt, mayonnaise and vinegar. Process on Grind until smooth and blended, about 30 seconds. Scrape the work bowl; process 15 additional seconds.

Transfer to an airtight container. Dressing keeps for one week in refrigerator.

Nutritional information per serving (1 tablespoon):
Calories 35 (65% from fat) • carb. 2g • pro. 1g • fat 3g
• sat. fat 0g • chol. 5mg • sod. 60mg
• calc. 34mg • fiber 0g

ASIAN MARINADE

This marinade is equally good for pork, chicken or salmon.

Makes about 2 cups

- ¾ ounce peeled fresh gingerroot, cut into ½-inch pieces
- 2 garlic cloves, peeled
- ½ cup low-sodium soy sauce
- ⅓ cup canola or other vegetable oil
- ¼ cup + ½ tablespoon hoisin sauce
- ¼ cup + ½ tablespoon Asian sesame oil
- ¼ cup + ½ tablespoon rice wine vinegar
- ½ teaspoon cayenne pepper

Place the gingerroot and garlic in the work bowl. Pulse on Chop 5 times. Scrape the sides and bottom of the work bowl. Add the remaining ingredients; chop 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.

Cooking Suggestion: Pour ⅓ of the marinade into a resealable plastic bag and add two 1-pound trimmed pork tenderloins. Coat the meat thoroughly with the marinade and refrigerate for 2 hours. Remove the tenderloins from the marinade and place on a rack; discard the marinade. Roast in a preheated 475°F oven for 20 to 22 minutes, turning after 10 minutes. Remove from oven. The temperature of the meat should be about 150°F; it will rise to 160-165°F while resting. Let rest for 10 minutes; slice and serve with remaining reserved marinade drizzled over the meat.

Nutritional information per serving (1 tablespoon):
Calories 45 (84% from fat) • carb. 2g • pro. 0g • fat 5g
• sat. fat 0g • chol. 0mg • sod. 170mg
• calc. 2mg • fiber 0g