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Recipe Notes

Preparation times are estimates and are based on the time it takes to prepare, assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional information is based on number of servings indicated. For recipes that produce a range of servings, they are based on the highest serving yield for that particular recipe.

Appetizers

Fresh Tomato and Corn Salsa

Try this salsa on grilled chicken or seafood.

Makes 2 cups

- 1 small onion, cut into 1-inch pieces (about ½ cup)**
- ¼ cup fresh cilantro**
- 1 medium jalapeño pepper, seeded, cut into 1-inch pieces**
- 3 medium vine-ripened tomatoes, cut into 1-inch pieces**
- 1 teaspoon fresh lime juice**
- ½ cup fresh or frozen corn kernels
(frozen kernels do not need to be thawed)**
- ½ teaspoon kosher salt**

Place onion, cilantro and jalapeño in work bowl fitted with the metal blade. Process until finely chopped, about 5 seconds. Scrape work bowl. Add tomatoes and lime juice. Pulse until tomatoes are coarsely chopped, about 5 to 7 times. Add corn and salt; pulse once to just combine. Let sit for 1 hour before serving to allow flavors to develop. Serve with chips.

Nutritional information per tablespoon:

*Calories 5 (8% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 37mg • calc. 2mg • fiber 0g*

Greek Spread

Use this spread to make a fresh vegetable sandwich on pita bread.

Makes about 2 cups

- 6 ounces lowfat cream cheese, cut into 1-inch pieces**
- 6 ounces feta cheese**
- ¼ cup red onion, cut into 1-inch pieces**
- ¼ cup green pepper, cored, cut into 1-inch pieces**
- ¼ teaspoon dried oregano**
- 2 tablespoons black olives, pitted**

In a food processor fitted with the metal blade, process cheeses until smooth, about 10 to 15 seconds. Scrape work bowl. Add remaining ingredients and process for 10 seconds. Scrape work bowl and process until well combined, about 10 to 15 seconds. Let sit, in refrigerator, for 1 hour to let flavor develop. Serve with crackers, mini pita rounds or vegetable sticks.

Nutritional information per tablespoon:

*Calories 28 (69% from fat) • carb. 1g • pro. 1g • fat 2g • sat. fat 1g
• chol. 8mg • sod. 81mg • calc. 33mg • fiber 0g*

Roasted Garlic and Red Pepper Spread

There is no such thing as too much garlic when it is roasted.

Makes 2 cups

- 1 large head of garlic (entire bulb), cloves peeled**
- ½ teaspoon extra virgin olive oil**
- 1 cup lowfat sour cream**
- 1 medium scallion, trimmed, cut into 1-inch pieces**
- 1 large roasted red pepper (from a jar)**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

Preheat oven to 375°F. Toss the garlic cloves in the olive oil and wrap in foil. Set on middle oven rack and roast for 1 hour. Remove from oven and cool.

Insert the metal blade. Purée the cooled garlic, 20 seconds. Scrape work bowl. Add remaining ingredients and process for 10 to 15 seconds. Scrape work bowl and process until smooth, about 10 seconds longer. Let sit in refrigerator to develop flavor, about 1 hour. Serve with crudité or breadsticks.

Nutritional information per tablespoon:

*Calories 12 (45% from fat) • carb. 1mg • pro. 0g • fat 1g • sat. fat 0g
• chol. 1mg • sod. 53mg • calc. 18mg • fiber 0g*

Creamy Guacamole

Fresh flavors make this a great dip, sauce, topping, or side dish.

Makes 2 cups

- 1 small garlic clove**
- 3 ripe avocados, about 3 cups pulp**
- 2 teaspoons fresh lemon juice**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

Insert metal blade in food processor. With machine on, drop garlic clove through feed tube and chop. Scrape work bowl and add the avocado, lemon juice, salt and pepper. Pulse 15 times to achieve a chunky guacamole, or if a creamy consistency is desired process until ingredients are well blended. Serve with chips.

Nutritional information per tablespoon:

*Calories 27 (76% from fat) • carb. 1g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 38mg • calc. 2mg • fiber 1g*

Spinach, Feta and Artichoke Stuffed Mushrooms

For a savory side dish, use this stuffing in portobellos.

Makes 20 to 24 1½-inch stuffed mushrooms

- 1** **¾-inch slice French bread, cut into 4 pieces**
- ½** **ounce Romano**
- 2** **tablespoons lightly toasted pine nuts or walnuts**
- 1** **can (15 ounces) artichokes, well drained, gently squeezed in paper toweling to remove excess moisture**
- 1** **small garlic clove**
- 1** **shallot, about ½ ounce**
- 5** **ounces fresh spinach, tough stems removed**
- ½** **teaspoon herbes de Provence**
- 2** **ounces feta cheese, slightly crumbled**
- 2** **ounces cream cheese (regular, not low or nonfat), cut into 1-inch pieces**
- 20** **to 24 1½-inch white button or cremini mushrooms***

Insert the metal blade. Place the bread in the work bowl and process for 45 seconds to make crumbs. With the machine running, drop the Romano down the feed tube, and process for 30 seconds until ground. Stop the machine, add the pine nuts, and pulse 5 times to chop coarsely. Transfer and reserve to a separate bowl. Add the artichokes to the work bowl; pulse 10 to 15 times to chop. Add to the breadcrumb mixture and set aside.

With the machine running, drop the garlic and shallot through the feed tube; process for 5 seconds to chop. Scrape down the sides of the bowl. Add the spinach, about 2 ounces at a time, and pulse 12 to 15 times to chop after each addition. Add the herbes de Provence, feta and cream cheese, processing for 20 seconds to incorporate. Add the reserved bread crumb mixture, pulsing 15 to 20 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 ahead, cover and refrigerate. Do not freeze. Bake the mushrooms in the preheated oven for 20 to 25 minutes. Allow to rest for 5 minutes before serving.

Nutritional information per serving (1 mushroom, based on 24 mushrooms):

*Calories 34 (53% from fat) • carb. 3g • pro. 2g • fat 2g • sat. fat 1g
• chol. 5mg • sod. 113mg • calc. 28mg • fiber 1g*

*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.

Turkey Sausage and Sun-Dried Tomato Puff Pastry Pinwheels

Do-ahead prep makes these perfect for entertaining.

Makes 28 pinwheels

- ¼ cup toasted walnuts**
- ¾ ounce Asiago, cut into ½-inch pieces**
- 4 sun-dried tomato halves, reconstituted in ½ cup boiling water until softened, squeezed dry**
- 1 shallot (1 ounce)**
- ¼ pound Italian turkey sausage, roasted and cooled, cut into ¾-inch slices***
- 8 ounces cream cheese, regular or lowfat, not nonfat, cut into cubes**
- 1 teaspoon basil**
- ¼ teaspoon freshly ground black pepper**
- 1 sheet frozen puff pastry, thawed for 1 hour in the refrigerator**
egg wash: 1 egg + 2 tablespoons water, beaten together

Insert the metal blade. Place the walnuts in the work bowl, pulse 5 times to chop. Remove and reserve. With the machine running, drop the cheese cubes down the feed tube. Process for 30 seconds until finely chopped, remove and reserve. Put the sun-dried tomatoes in the work bowl, pulse 5 times to chop, remove and reserve.

With the machine running, drop the shallot down the feed tube and process until finely chopped, about 5 seconds. Scrape down the sides of the work bowl. Add the sausage and pulse about 3 times to roughly chop. Add the cream cheese, basil and ground pepper to the work bowl. Use the pulse to incorporate. Scrape down the sides of the work bowl. Add the reserved chopped walnuts, Asiago cheese and sun-dried tomatoes. Use the pulse to incorporate. Transfer the mixture to a small bowl.

On a lightly floured surface, roll out the sheet of puff pastry to 10 x 14 inches. Arrange the pastry on the work surface so that the long side is in front of you. Brush the top 1-inch edge of the pastry with the egg wash. Using an offset or palette spatula, spread the cream cheese mixture evenly on the puff pastry. Roll the pastry evenly, jelly-roll style, so that you roll into the egg-washed edge. Wrap in plastic wrap and refrigerate for at least 1 hour and up to 24. (The entire roll may be frozen; thaw in the refrigerator for 2 to 3 hours before continuing.) Cover and refrigerate the egg wash.

Preheat the oven to 400° F. Slice the puff pastry into 28 slices, each ½-inch thick. (If the puff pastry has not already been frozen once, you may freeze it now for baking later. Freeze the slices on a plastic wrap-lined baking sheet in a single layer. When frozen solid, transfer to a freezer bag. Double-wrap the bag to keep out freezer odors. May be frozen up to 3 weeks.) Arrange the puff pastry slices on a baking sheet about 1 inch apart. Lightly brush with the egg wash. Bake for 23 to 28 minutes, until puffed and golden. Serve hot/warm. If desired, they may be baked ahead. Bake until light golden, cool, then refrigerate until ready to serve. Reheat in a 300°F oven for about 5 minutes.

*To roast the turkey sausage, prick the sausage several times with a fork, rub lightly with about ½ teaspoon of olive oil, then roast on a foil-lined pan at 350°F for 25 to 30 minutes, turning after 15 minutes.

Nutritional information per pinwheel:

*Calories 90 (64% from fat) • carb. 5g • pro. 3g • fat 6g • sat. fat 2g
• chol. 15mg • sod. 114mg • calc. 22mg • fiber 0g*

Hummus

This popular Middle Eastern sauce may be served with the traditional pita wedges or may be used as a dip for fresh vegetable crudité. For something a little different, make the original recipe, and then use half to make one of the variations.

Makes 2½ cups

- ¼ cup fresh flat parsley leaves
- 2 strips lemon zest, ½ x 2 inches, bitter white scraped off
- ½ teaspoon kosher salt
- 2 small garlic cloves
- 2 cans (15.5 ounces each) chickpeas, drained, rinsed and drained again
- 3 tablespoons tahini paste
- 2 tablespoons fresh lemon juice
- 5 tablespoons water
- 1½ teaspoons ground cumin
- 1½ tablespoons extra virgin olive oil

Insert the metal blade. Use the pulse to chop the parsley, 10 to 15 times. Remove and reserve. Chop the lemon zest with the kosher salt using the pulse, 10 times. With the machine running, drop the garlic down the feed tube, and process 10 seconds to chop. Add the drained chickpeas, tahini, lemon juice, water, and cumin to the work bowl, processing 60 seconds to combine. Scrape down the sides and bottom of the work bowl. With the machine running, add the olive oil in a slow steady stream, and process until the hummus is smooth and creamy, about 3 minutes. Add half the chopped parsley; pulse to incorporate, 5 to 10 times. Allow the hummus to rest for 30 minutes before serving to allow the flavors to blend. Serve in a shallow bowl, sprinkled with the remaining chopped parsley. If desired, drizzle with extra virgin olive oil.

Nutritional information per tablespoon:

*Calories 37 (29% from fat) • pro. 1g • carb. 5g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 36mg • calc. 17mg • fiber 1g*

Roasted Shallot and Herb Hummus: Toss 6 ounces of peeled and trimmed shallots in ½ teaspoon extra virgin olive oil and wrap in heavy-duty foil; roast in a 400°F oven for 60 minutes. Allow to cool. Make hummus according to the above recipe, adding the cooled roasted shallots along with 2 teaspoons herbes de Provence when processing the chickpeas. Makes about 2¼ cups.

Roasted Red Pepper Hummus: Make hummus according to the above recipe; add 3 roasted red peppers when adding the chickpeas. Makes about 2½ cups.

Roasted Garlic Hummus: Toss 12 to 15 cloves of garlic in ½ teaspoon of extra virgin olive oil and wrap in heavy-duty foil; roast in a 400°F oven for 60 minutes. Allow to cool. Make hummus according to the above recipe; add the cooled roasted garlic when adding the chickpeas. Makes about 2 cups.

Soups

Gazpacho

Always served well chilled, this summertime favorite has its origins in the Andalusian region of Spain.

Makes 4 servings, 8 ounces each

- 1 garlic clove**
- 1 small jalapeño pepper, seeded, cut into 1-inch pieces**
- 3 small scallions, trimmed, cut into 1-inch pieces**
- 1 small green bell pepper, about 6 ounces, cored, seeded, cut into 1-inch pieces**
- 1 small cucumber, about 6 ounces, peeled, cut in half lengthwise, seeds removed**
- ¼ cup fresh parsley**
- 2 medium tomatoes, about 10 ounces, cored, cut into 1-inch pieces**
- 2 teaspoons fresh lime juice**
- ¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ¼ teaspoon hot sauce**
- 1¼ cups low sodium tomato or vegetable juice**

Insert metal blade and turn machine on. Drop garlic and jalapeño down feed tube and process until finely chopped. Scrape bowl. Add scallions to the work bowl and pulse to chop roughly. Add peppers, cucumber and parsley and pulse again to chop roughly, about 6 pulses. Add tomatoes, lime juice, salt, pepper, and hot sauce and pulse 8 to 10 times so that vegetables are evenly chopped. Transfer vegetables to a large mixing bowl and mix in tomato juice. Taste and adjust seasoning accordingly.

Nutritional information per serving:

*Calories 39 (7% from fat) • carb. 8g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 503mg • calc. 31mg • fiber 2g*

Butternut Squash Soup with Leeks

Makes 5 servings, eight ounces each

- 2 garlic cloves**
- 1 medium or 2 small leeks, about 5 ounces, rinsed well and cut into 1-inch pieces**
- 1 teaspoon extra virgin olive oil**
- 2 pounds butternut squash**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**
- ½ cup dry white wine**
- 3 cups low sodium chicken broth**
- ¼ teaspoon ground nutmeg**
- ½ teaspoon fresh lemon juice**
- ½ cup heavy cream (optional)**

Insert the metal blade. With the machine running, drop the garlic through the feed tube and process to finely chop. Scrape the work bowl. Add the leeks and pulse to chop, about 10 pulses.

Place 6-quart stockpot over medium heat and add the olive oil. When the olive oil is hot, stir in the chopped leeks and garlic. Sweat the vegetables over medium low heat so that they become soft. Stir occasionally so that they do not pick up any color.

While the leeks are cooking, replace the chopping blade with the slicing disc assembly. Peel and seed the squash; cut to fit the feed tube. Slice the squash.

Add the sliced squash into the stockpot with the leeks and garlic; stir well. Add the salt and pepper. Cook for an additional 5 minutes.

Add the wine to the pot. Bring to a simmer and let the wine reduce by half. Add the chicken broth and nutmeg. Bring soup to a low boil. Reduce heat and let simmer until squash is very soft and is easily pierced with a knife, about 20 minutes.

Strain the solids from the cooking liquid, reserving the cooking liquid. Transfer half of the cooking liquid to a clean pot and reserve. Insert the metal blade. In two batches, add the solids to the food processor and process to purée, 2 to 3 minutes. Scrape the work bowl to insure the mixture is homogenous. Return the puréed solids to the cooking liquid and stir to incorporate. Add the lemon juice. Stir in reserved cooking liquid to obtain desired consistency. Taste and adjust seasoning. If using the heavy cream, stir in last and bring to a simmer.

Nutritional information per serving:

*Calories 157 (11% from fat) • carb. 29g • pro. 5g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 292mg • calc. 119mg • fiber 4g*

Caramelized Five Onion Soup

A twist on traditional French onion soup.

Makes 6 servings, eight ounces each

- 1 garlic clove**
- 2 shallots (2 ounces total)**
- 3 Spanish onions (1½ pounds total), cut in half vertically**
- 2 red onions (1 pound total), cut in half vertically**
- 2 leeks, about 1 inch in diameter, trimmed and well cleaned*, cut into 2-inch lengths**
- 2 tablespoons unsalted butter**
- 2 tablespoons extra virgin olive oil**
- 1½ teaspoons granulated sugar**
- 1 teaspoon kosher or sea salt**
- 3 tablespoons unbleached, all-purpose flour**
- 5 cups vegetable stock or broth (chicken or beef may also be used)**
- ½ teaspoon freshly ground black pepper**
- 2 ounces Asiago, cut into ½-inch cubes**
- 2 ounces imported Gruyère**
- 2 ounces Jarlsberg (reduced-fat may be used)**
- 6 green onions, washed, dried and trimmed, cut into 1-inch pieces**
- 6 slices French bread, about ½-inch thick, brushed with extra virgin olive oil and rubbed with a clove of garlic, toasted in a 400°F oven on a baking sheet until golden and crispy**

Insert the metal blade, and with the machine running, drop the garlic and shallot through the feed tube, and process for 5 seconds to chop. Insert the slicing disc. Using medium pressure, slice the onions. Remove and reserve. Place the leeks in the feed tube, snugly but not too tightly. Use medium pressure to slice. Transfer to the bowl with all the other onions.

Heat the butter and olive oil in a 5-quart stockpot over medium-high heat. Add the garlic and onions; stir to coat with the butter and olive oil. Lower the heat, cover loosely, and allow the onions to cook over low heat for 10 to 12 minutes to soften. Add the sugar and the salt, stir to combine, and cook the onion mixture over low heat for 25 to 35 minutes to caramelize, stirring every 4 or 5 minutes. The onions should become the color of toffee. Sprinkle with the flour. Cook for 4 minutes, stirring. While stirring, add the stock, and bring to a boil. Reduce the heat and simmer, loosely covered, for 30 minutes. Add the pepper. Taste and adjust seasonings.

While the soup is cooking, insert the metal blade in the clean, dry work bowl. With the machine running drop the Asiago through the feed tube to chop, about 20 seconds; leave in the work bowl. Insert the shredding disc. Use medium pressure to shred the Jarlsberg and Gruyère. Remove and reserve. Insert the metal blade, pulse to chop the green onions, about 10 times.

Serve the soup in warmed bowls topped with a slice of the toasted French bread, a sprinkling of the cheeses, and topped with the chopped green onion. If desired, the bowls may be placed under a broiler or in a hot oven to melt the cheeses; if you do this, be sure to use ovenproof bowls.

*Leeks are grown in very sandy soil, and must be well cleaned, or the grit will ruin your soup. Trim the roots from the leeks, and then trim and discard the leaves, about 1 inch above the white. Wash well and dry. The leeks used in this recipe yielded about a 4-inch piece of leek. Not all leeks have the same amount of usable white, so you will have to adjust the number of leeks accordingly. The leek tops are too tough to use in cooking, but can be washed well and used to flavor stocks.

Nutritional information per serving:

*Calories 400 (39% from fat) • carb. 46g • pro. 14g • fat 18g • sat. fat 8g
• chol. 35mg • sod. 1297mg • calc. 389mg • fiber 3g*

Vegetarian Potato and Split Pea Soup

This hearty soup has only three fat grams per serving.

Makes 6 servings, nine ounces each

- 1 carrot, peeled, cut to fit feed tube vertically**
- 1 celery rib, peeled, cut to fit feed tube vertically**
- 1 onion, cut in half**
- 1½ tablespoons unsalted butter**
- 1 garlic clove**
- 5 cups vegetable broth**
- 1 small potato (about 6 to 7 ounces)**
- ¾ pound split green peas, rinsed and sorted**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

Insert the 4mm slicing disc. Slice the carrot, celery and onion using medium pressure; reserve.

Melt butter in a 3¼-quart saucepan over medium heat. Add carrot, celery, onion and garlic. Cook until soft, about 10 to 15 minutes. Add broth; cover and bring to a boil over medium-high heat. Peel potato and cut into 1-inch pieces. Add potato and split peas to saucepan. Reduce heat to low and simmer, partially covered, until peas and potatoes are tender, about 30 minutes. Remove from heat and cool for 10 minutes. Drain liquid from vegetables, being sure to reserve liquid in a large saucepan.

Insert metal blade. Process half of vegetables until smooth, about 15 to 20 seconds. Return to saucepan with liquid and repeat with remaining vegetables. Warm over low heat. Season with salt and pepper. Taste and adjust accordingly.

Nutritional information per serving:

*Calories 116 (23% from fat) • carb. 19g • pro. 4g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 260mg • calc. 29mg • fiber 4g*

Sauces and Dressings



Basic Mayonnaise

(The American Egg Board recommends using the freshest eggs and then heating them to kill salmonella bacteria. This recipe uses a procedure suggested by cookbook author and food sleuth Shirley Corriher for heating the eggs to sanitize them. The results are definitely worth the effort. Proper refrigeration and storage is necessary.)

Makes 1 cup

- 1 large egg**
- 1 large egg yolk**
- 1½ teaspoons fresh lemon juice**
- 1½ teaspoons wine vinegar**
- 1 tablespoon water**
- ¼ teaspoon granulated sugar**
- ¼ teaspoon unbleached, all-purpose flour**
- 2 teaspoons dry mustard**
- ½ teaspoon kosher salt**
- pinch cayenne**
- 2 tablespoons extra virgin olive oil**
- ¾ cup vegetable oil (canola, soya, etc.)**

Insert the metal blade. Process the egg, egg yolk, lemon juice, vinegar, water, sugar and flour until smooth, about 20 seconds. Transfer the egg mixture to a small (7- or 8-inch) nonstick skillet, and heat over very low heat while gently stirring and scraping the bottom of the pan with a spatula. When the mixture begins to thicken and resemble a custard sauce, remove from the heat while still stirring and set in a pan of ice and water to stop the cooking. Stir until the egg mixture is cooled, let rest for 5 minutes. Wash the work bowl, metal blade and lid in hot soapy water and dry thoroughly.

Insert the metal blade. Process the cooled egg mixture with the dry mustard, salt, and cayenne until blended, about 1 minute. Scrape the work bowl. With the machine running, add the olive oil very, very slowly, taking about 1 minute to add the entire 2 tablespoons. Scrape the work bowl. With the machine running, add the vegetable oil to the small pusher, one-quarter cup at a time, and allow the oil to drip slowly into the emulsion. The mayonnaise will thicken as the oil is added. Taste and adjust seasonings as necessary. Remove to a container, cover and keep refrigerated. Keeps 3 to 4 days refrigerated.

Nutritional information per tablespoon:

*Calories 115 (97% from fat) • carb. 0g • pro. 1g • fat 13g • sat. fat 2g
• chol. 26mg • sod. 78mg • calc. 3mg • fiber 0g*

Tartar Sauce

A little lower in fat than most, this tartar sauce is good not only with fish and shellfish, but also with steamed fresh vegetables.

Makes 1½ cups / 24 tablespoons

- 1½ ounces shallots or green onions, trimmed and cut into 1-inch pieces**
- 2 ounces drained sweet gherkin pickles**
- 3 tablespoons fresh flat parsley leaves**
- 1½ tablespoons fresh dill weed**
- 2¼ teaspoons Dijon-style mustard**
- ¾ teaspoon fresh thyme leaves**
- 2½ tablespoons drained capers**
- ¾ cup Basic Mayonnaise (see previous recipe)**
- 1 cup nonfat plain yogurt, drained overnight to remove the whey (yield=½ cup)**
- ¼ teaspoon freshly ground black pepper**

Insert the metal blade. Use the pulse to chop the shallots, gherkins and parsley, 15 quick pulses. Add the dill, mustard, thyme, and capers; pulse 5 times to chop. Add the mayonnaise, drained yogurt and black pepper; pulse to combine, 5 times; do not overprocess.

Refrigerate until ready to use.

Nutritional information per tablespoon:

*Calories 68 (83% from fat) • carb. 2g • pro. 1g • fat 6g • sat. fat 1g
• chol. 13mg • sod. 101mg • calc. 16mg • fiber 0g*

Pesto

Our Pesto is lower in fat than traditional pestos, and just as flavorful.

Makes ¾ cup

- 1 small garlic clove**
- 1 ounce Reggiano Parmigiano, cut into ½-inch pieces**
- 4 cups packed fresh basil leaves, washed and dried**
- 3 tablespoons lightly toasted pine nuts or walnuts**
- ¼ teaspoon plus pinch salt**
- 5 tablespoons extra virgin olive oil**

Insert the metal blade. With the machine running, drop the cheese down the feed tube and process to finely chop. Chop the garlic clove in the same fashion. Scrape down the sides of the work bowl. Add the basil, pine nuts, and salt to the work bowl. Pulse to chop, 20 to 30 times. Scrape down the sides of the work bowl.

With the machine running, add the olive oil in a slow drizzle. Let rest for about 30 minutes before using to allow the flavors to blend. Refrigerate to store, with a layer of olive oil poured over the top to prevent discoloration. Keeps 5 days in the refrigerator, or may be frozen.

Nutritional information per tablespoon:

*Calories 78 (87% from fat) • carb. 1g • pro. 2g • fat 8g • sat. fat 1g
• chol. 2mg • sod. 98mg • calc. 49mg • fiber 1g*

Sun-Dried Tomato Tapenade

For a quick hors d'oeuvre, split a wheel of chilled Brie, spread the bottom half with a ¼-inch thick layer of Sun-Dried Tomato Tapenade, replace the top and allow to sit at room temperature for 45 minutes to soften, then serve with your favorite crackers or French bread.

Makes 1 cup / 16 tablespoons

- 2 ounces sun-dried tomato halves**
- ½ cup water**
- ¾ ounce Reggiano Parmigiano, cut into ½-inch pieces**
- 1 garlic clove**
- ½ ounce shallot**
- 1½ tablespoons fresh flat parsley leaves**
- 3 tablespoons toasted walnuts**
- 2 teaspoons white wine vinegar**
- ½ tablespoon dried basil**
- ½ teaspoon rosemary**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons extra virgin olive oil**

Combine the sun-dried tomatoes and water in a small saucepan. Bring to a boil, then turn off the heat. Let sit until cool, drain well, pressing gently on the plumped tomatoes to remove as much of the excess liquid as possible. Reserve.

Insert the metal blade. With the machine running, drop the cheese down the feed tube. Process to chop, 10 seconds. Remove and reserve. With the machine running, drop the garlic and shallot down the feed tube, process 5 seconds to chop. Add the reserved tomatoes, parsley, and walnuts, pulse to chop, 10 times. Add the vinegar, basil, rosemary, and black pepper, pulse to combine, 5 times. With the machine running, add the olive oil in a steady stream, about 30 seconds. Add the reserved cheese and pulse to combine, 5 times. Allow to rest for 30 minutes before using for the flavors to blend. Transfer to a glass jar with a plastic lid and refrigerate until ready to use. Keeps 2 weeks in the refrigerator.

Nutritional information per tablespoon:

*Calories 33 (60% from fat) • carb. 2g • pro. 1g • fat 2g • sat. fat 1g
• chol. 1mg • sod. 95mg • calc. 23mg • fiber 1g*

Simple Tomato Sauce

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

Makes 3 cups tomato sauce for pasta / 1¾ cups tomato sauce for pizza

- 1** small onion (4 ounces), cut into 1-inch pieces
- 4** garlic cloves
- ¾** teaspoon dried oregano
- 1** teaspoon extra virgin olive oil
- 1** can (28 ounces) plum tomatoes, with juices
- 2** sprigs fresh basil (10-12 large leaves)
- 3** tablespoons dry white wine or vermouth
- ½** teaspoon kosher salt
- ¼** teaspoon freshly ground black pepper
- ¼ to ¾** teaspoon crushed red pepper flakes (optional, to taste, for a spicier sauce)

Insert the metal blade. Pulse to chop the onion and garlic with the oregano, about 10 times. Heat the oil over medium heat in a 2¾-quart saucepan; add the onion, garlic, and oregano. Cook, stirring for 2 to 3 minutes, until the onions begin to soften and the oregano becomes fragrant. Add the canned tomatoes with their juices, basil sprigs, wine and salt. Bring to the boil, then reduce the heat to low, cover 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 red pepper flakes if using.

Using the metal blade, pulse the sauce 15 times for a rustic, chunky sauce, or process for 2 minutes for a smooth sauce. The sauce is now ready to use for pasta. If you want a sauce for pizza, return the sauce to the pan. Simmer, uncovered, for 40 to 50 minutes to reduce, stirring now and then. Transfer the reduced sauce to a bowl to cool before using as a pizza topping. The sauce freezes well.

Nutritional information per half-cup, tomato sauce:
Calories 50 (15% from fat) • carb. 8g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 482mg • calc. 31mg • fiber 1g

Nutritional information per quarter-cup, reduced for pizza sauce:
Calories 25 (15% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 241mg • calc. 16mg • fiber 1g

Roasted Red Pepper Sauce

A simple and flavorful sauce to complement chicken, seafood, and vegetables.

Makes 1¾ cup

- cooking spray**
- 4** large red peppers, about 2-2½ pounds
- 3** garlic cloves
- 1** medium onion, cut evenly into eight pieces

- 1 teaspoon extra virgin olive oil**
- ¼ cup dry white wine**
- ½ cup low-sodium chicken broth**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ¼ teaspoon fresh lemon juice**

Preheat oven to 400°F.

Coat a baking sheet lightly with cooking spray and place red peppers on sheet.

Roast peppers in the oven for about 1 hour, turning the peppers halfway through the roasting time. The skins of the peppers should be evenly browned.

Place peppers in a bowl and cover the bowl tightly with plastic wrap. Reserve to cool, at least one hour.

Once peppers are completely cool, remove and discard all skins and seeds. Roughly chop the peppers.

Once peppers are chopped, insert the metal blade to the food processor. With the machine running, drop the garlic through the feed tube to finely chop. Add the onions to the work bowl and pulse to evenly chop, about 10 pulses.

Place a sauté pan over medium heat and add the olive oil. When the olive oil is hot, add the chopped onions and garlic. Sweat vegetables until they are soft, about 5 minutes. Stir in the chopped peppers until heated through. Add the wine and bring to a simmer and reduce by half. Add the chicken broth, salt and pepper. Allow sauce to simmer for about 5 minutes. Transfer contents of pan to work bowl. Process until sauce is homogenous.

Remove sauce from work bowl and add the lemon juice. Taste and adjust seasoning if necessary.

Nutritional information per tablespoon:
Calories 12 (17% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 35mg • calc. 3mg • fiber 1g

Chocolate Sauce with Variations

This Cuisinart version replaces cream with skim milk, cutting the fat nearly in half.

Makes 1½ cups

- 6 ounces good quality bittersweet or semisweet chocolate, broken into 1-inch pieces**
- 4 ounces good quality milk chocolate, broken into 1-inch pieces**
- 2 tablespoons superfine or bar sugar (optional)**
- ½ cup skim milk, heated until it is just bubbling around the edges**
- 1 teaspoon pure vanilla extract**

Insert the metal blade. Add the chocolates to the work bowl. Using long pulses, pulse about 15 to 20 times. If using sugar, add and process for 10 seconds. With the machine running, pour the hot milk slowly and carefully down the feed tube, process until the chocolate is melted and smooth, 1 minute. Add the vanilla, process to combine, 10 seconds.

Nutritional information per tablespoon:

*Calories 62 (57% from fat) • carb. 7g • pro. 1g • fat 5g • sat. fat 2g
• chol. 1mg • sod. 6mg • calc. 15mg • fiber 1g*

Amaretto Almond Chocolate Sauce: Before making the chocolate sauce, use the pulse to chop $\frac{1}{4}$ cup of toasted slivered almonds, remove and reserve. Make the sauce as per instructions, but omit the vanilla, and add 1 tablespoon amaretto and the chopped toasted almonds.

Mocha Latte Sauce: Make the chocolate sauce as per instructions, adding $1\frac{1}{2}$ tablespoons instant espresso and increasing the superfine sugar by $\frac{1}{2}$ tablespoon. Along with the vanilla, add 1 tablespoon Kahlúa and 1 tablespoon heavy cream.

Chocolate Mint Sauce: Make the chocolate sauce as per instructions, omitting the vanilla and adding 1 tablespoons peppermint schnapps or 2 teaspoons peppermint extract.

Asian Slaw with Peanut Dressing

Add cooked pasta and turn this salad into a meal.

Makes 8 servings, one cup each

Dressing:

- $\frac{1}{2}$ cup toasted unsalted peanuts**
- 2 garlic cloves**
- 6 slices of fresh ginger, peeled, each about the size of a quarter**
- 4 tablespoons natural style peanut butter**
- $\frac{1}{3}$ cup plus 1 tablespoon rice vinegar**
- 1 tablespoon granulated sugar**
- 2 tablespoons + 1 teaspoon hoisin sauce**
- 2 teaspoons sesame oil**
- 2 teaspoons low-sodium tamari or soy sauce**
- $2\frac{1}{2}$ tablespoons vegetable oil**

Salad:

- 4 ounces red radishes, washed, ends cut flat**
- 4 ounces carrots, peeled and trimmed to fit the feed tube horizontally**
- 1 broccoli spear, washed, flowerets trimmed and reserved, stem peeled**
- 3 green onions, trimmed, cut into 4-inch lengths, including tasty green tops**
- 1 red bell pepper, stemmed, seeded and cut into $1\frac{1}{2}$ x 3-inch pieces**

- 1 yellow bell pepper, stemmed, seeded and cut into 1½ x 3-inch pieces**
- 8 ounces Napa cabbage, washed and cut into 3-inch lengths**
- 6 ounces bok choy, washed and cut into 3-inch lengths (include leaves if pretty and tender)**
- 4 ounces snow peas, trimmed**

Insert the metal blade. Pulse to chop the peanuts, about 10 times. Remove and reserve. With the machine running, drop the garlic and ginger down the feed tube to chop. Scrape the work bowl; process 5 seconds longer. Add the peanut butter, rice vinegar, sugar, hoisin sauce, sesame oil, and tamari. Process until smooth, about 10 seconds. Scrape the work bowl. With the machine running, add the oil in a steady stream through the small feed tube. Process until emulsified, about 10 to 15 seconds. Remove and reserve. The dressing may be made up to several days ahead. Cover well and refrigerate. Allow to sit for 30 minutes at room temperature before using.

Clean the work bowl. Insert the shredding disc. Arrange the radishes in the large feed tube, cut side down, and shred. Arrange the carrots horizontally in the large feed tube and shred. Insert the trimmed and broccoli stem in the small feed tube and shred. Transfer the shredded vegetables to a large bowl.

Insert the slicing disc. Arrange the green onions in the small feed tube and slice. Arrange the peppers in the large feed tube, cut side down and slice. Arrange the Napa cabbage in the feed tube, cut side down and slice. Arrange the bok choy in the feed tube and slice. Transfer the sliced vegetables to the bowl with the other vegetables. Add the snow peas and toss the vegetables to combine. Pour the dressing over the vegetables and toss to coat well. Transfer to a serving bowl and garnish with the reserved chopped peanuts.

Note: You may turn this into an Asian pasta salad by doubling the dressing ingredients and adding cooked pasta (8 ounces dry, cooked according to package directions).

Nutritional information per serving:

*Calories 201 (59% from fat) • carb. 16g • pro. 7g • fat 14g • sat. fat 2g
• chol. 0mg • sod. 172mg • calc. 76mg • fiber 4g*

Shredded Carrot Salad with Honey-Ginger Dressing

Healthy, nutritious and delicious.

Makes 12 one-half-cup servings, ½ cup each

- ⅔ cup walnut halves, shells removed**
- 1½ pounds carrots, peeled, cut into 2-inch pieces**
- ¾ ounce fresh gingerroot, peeled, cut into ½-inch pieces**
- 1 cup plain nonfat yogurt, drained***
- ⅓ cup fresh mint leaves**
- 1½ tablespoons honey**
- ⅔ cup golden raisins**

Preheat oven to 350°F. Place walnut halves in a baking pan and toast until golden brown and fragrant, about 8 to 10 minutes. Allow to cool slightly. Insert metal blade in food processor and pulse to chop nuts coarsely, about 5 to 6 times. Reserve.

Insert shredding disc. Place carrots in large feed tube horizontally and shred. Transfer to a large mixing bowl. Insert metal blade. Process gingerroot until finely chopped, about 5 to 10 seconds. Scrape bowl. Add yogurt, mint and honey. Process to combine, about 10 seconds. Scrape work 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 set over a bowl. Place 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 76 (13% from fat) • carb. 16g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 51mg • calc. 56mg • fiber 2g*

Capered Tuna Spread

Use for sandwiches, or as an hors d'oeuvre spread served with crusty bread, chopped imported olives and sun-dried tomatoes.

Makes 1 cup / 2 to 4 servings

- 2 tablespoons loosely packed fresh flat parsley leaves**
- 1 4-inch rib of celery, cut into ½-inch pieces**
- 1 ounce shallots**
- ½ tablespoon drained capers, rinsed and drained again**
- 2 teaspoons Dijon-style mustard (regular or grainy)**
- 1 can (6 ounces) water-packed white albacore tuna, well drained**
- 3 tablespoons mayonnaise**
- ¼ teaspoon freshly ground black pepper**

Insert the metal blade, put the parsley in the work bowl and pulse to chop, about 5 times. Add the celery to the work bowl, rough chop using the pulse, about 5 times. With the machine running, drop the shallots through the feed tube, process 5 seconds to chop. Add the capers and mustard, pulsing to chop finely, about 10 times. Add the tuna; pulse to chop, about 10 times. Add the mayonnaise and black pepper. Use the pulse to combine, about 5 times, do not over process. Transfer to a bowl, cover and chill for 30 minutes before serving to allow the flavors to develop. Taste and adjust seasonings as necessary. (Note: capers can be quite salty, so there is no additional salt in this recipe. If your palate dictates more salt, add kosher or sea salt to taste.)

Nutritional information per serving (based on 4 servings):

*Calories 130 (62% from fat) • carb. 2g • pro. 10g • fat 9g • sat. fat 2g
• chol. 26mg • sod. 349mg • calc. 11mg • fiber 0g*

Lemony Honey Dijon Vinaigrette

Try this dressing on a salad with sliced grilled chicken.

Makes 1½ cups

- 2 strips lemon peel, each 2 inches x ½ inch**
- ¾ teaspoon kosher or sea salt**
- 2 shallots, ½ ounce each**
- 3 tablespoons fresh lemon juice**
- 2 tablespoons white wine vinegar**
- 2 tablespoons honey**
- 2 teaspoons Dijon-style mustard**
- ½ teaspoon freshly ground black pepper**
- 3 tablespoons vegetable oil**
- ½ cup plus 2 tablespoons extra virgin olive oil**

Insert the metal blade. Chop the lemon zest with the salt using the pulse, 20 to 30 times. With the machine running, drop the shallots down the small feed tube; process for 5 seconds to chop. Add the lemon juice, wine vinegar, honey, mustard, and black pepper to the work bowl; process for 5 seconds to blend. Combine the oils. With the machine running, pour the oils into the small pusher and allow to drip through the hole in a small steady stream. Transfer to a jar and allow to sit for at least 30 minutes before using, to allow the flavors to blend. May be kept up to 2 weeks in the refrigerator. Allow the dressing to come to room temperature before using. Process again, using the metal blade, if the dressing has separated.

*Remove the peel from the lemon with a vegetable peeler, then take a sharp paring knife and carefully scrape away the bitter white pith from the underside of the peel.

Nutritional information per tablespoon:

*Calories 72 (89% from fat) • carb. 2g • pro. 0g • fat 7g • sat. fat 1g
• chol. 0mg • sod. 83mg • calc. 1mg • fiber 0g*

Creamy Chèvre and Peppercorn Dressing

Creamy and tangy, perfect for crispy romaine.

Makes 1¾ cups (28 tablespoons)

- 1½ ounces shallots**
- 1 tablespoon plus 1 teaspoon drained green peppercorns, rinsed and drained again**
- 6 ounces chèvre**
- ⅓ cup lowfat sour cream**
- 1½ tablespoons fresh lemon juice**
- 1½ tablespoons white wine vinegar**
- 1½ tablespoons water**
- ⅓ cup extra virgin olive oil**

Insert the metal blade. With the machine running, drop the shallots down the small feed tube; process 5 seconds to chop. Add the drained green peppercorns, chop 10 seconds. Remove and reserve. Process the chèvre, sour cream, lemon juice, white wine vinegar and water, until smooth, 30 seconds. Scrape the work bowl. Return the shallot and peppercorn mixture to the work bowl, add the salt. With the machine running, add the olive oil through the hole in the small pusher, processing until completely incorporated and emulsified. Let sit for 30 minutes before using, to allow the flavors to blend. The dressing will keep for a week in the refrigerator.

Nutritional information per tablespoon:

*Calories 48 (76% from fat) • carb. 2g • pro. 1g • fat 4g • sat. fat 1g
• chol. 4mg • sod. 37mg • calc. 15mg • fiber 0g*

Herbed Balsamic Vinaigrette

Drizzle over sliced summer tomatoes for a quick and easy salad.

Makes about 1 cup

- 1 large garlic clove**
- ¼ cup fresh flat parsley leaves**
- 1 tablespoons dried basil**
- 1 teaspoon dried oregano**
- ½ teaspoon kosher or sea salt**
- ½ teaspoon freshly ground black pepper**
- 2 teaspoons Dijon-style mustard**
- 6 tablespoons balsamic vinegar**
- ⅔ cup extra virgin olive oil**

Insert the metal blade. With the machine running, drop the garlic down the small feed tube, process 5 seconds to chop. Add the fresh parsley, dried basil and oregano, salt, pepper, mustard and vinegar, processing 10 seconds to blend. With the machine running, add the olive oil one third cup at a time through the hole in the small feed tube pusher. Process 1 minute longer until totally emulsified.

Adjust seasonings to taste. Allow the dressing to rest for 30 minutes before using to allow the flavors to blend. Refrigerate unused portions, bring to room temperature (30 minutes) before using and reprocess to emulsify using the metal blade if necessary.

Nutritional information per tablespoon:

*Calories 86 (94% from fat) • carb. 1g • pro. 0g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 89mg • calc. 8mg • fiber 0g*

Breads

Challah Braid

If you have leftovers, our Challah Braid slices make the best French toast.

Makes 18 servings (1½-pound loaf)

- 3 tablespoons granulated sugar, divided**
- 1 package (2¼ teaspoons) active dry yeast**
- ¼ cup warm water (105-115°F)**
- ¾ cups unbleached, all-purpose flour**
- 1½ teaspoons table salt**
- ½ cup cold water**
- ⅓ cup unsalted butter, melted**
- 1 large egg**
egg glaze (1 large egg and 1 tablespoon water)
vegetable oil cooking spray

In a 2-cup liquid measure, dissolve 2 teaspoons sugar and yeast in warm water. Let stand until foamy, about 5 minutes.

Insert the metal blade in the work bowl and add flour, remaining sugar and salt. Pulse to combine, about 2 to 3 times.

Add cold water, melted butter and egg to yeast mixture. With machine running, add liquid through small feed tube in a steady stream as fast as the flour absorbs it. Once dough forms a ball continue processing for 45 seconds to knead dough. Place dough in a floured plastic food storage bag and seal. Let rise in a warm place until doubled in size, about 1 to 1½ hours.

Place dough on a lightly floured surface and punch down. Divide dough into 3 equal pieces. Use your hands to roll each piece into a cylinder about 1½ x 14 inches. Place the cylinders side by side on a baking sheet coated with vegetable oil cooking spray. Braid loosely from one end. Gently pull and taper each end to a point, then pinch and tuck under loaf. Cover with plastic wrap coated with vegetable oil cooking spray and let rise until doubled in size, about 45 minutes. Preheat oven to 375°F for 15 minutes before baking.

Prepare egg glaze by combining egg with water; brush over braid. Bake in lower third of preheated oven for 20 minutes. Lower temperature to 350°F and bake until loaf is browned and sounds hollow when tapped, about 10 minutes. Cool on wire rack.

Nutritional information serving:

*Calories 119 (29% from fat) • carb. 18g • pro. 3g • fat 4g • sat. fat 2g
• chol. 32mg • sod. 202mg • calc. 4mg • fiber 0g*

Pecan Sticky Buns

Our Pecan Sticky Buns are so good it's hard to eat just one.

Makes 9 servings

Sweet Dough:

- 1 package (2¼ teaspoons) active dry yeast**
- ¼ cup granulated sugar, divided**
- ¼ cup warm water (105-115°F)**
- 2½ cups unbleached, all-purpose flour**
- ¼ cup unsalted butter, in 1-inch pieces**
- ½ teaspoon table salt**
- ⅓ cup nonfat milk**
- 1 large egg**

Topping:

- ½ cup pecans**
- ¼ cup granulated sugar**
- ½ teaspoon ground cinnamon**
- 1 tablespoon unsalted butter, softened**
- ⅓ cup raisins**
- ¼ cup unsalted butter, melted**
- ⅓ cup firmly packed light brown sugar**
- vegetable oil cooking spray**

To make dough:

In a 2-cup liquid measure dissolve yeast and 1 teaspoon sugar in warm water. Let sit until foamy, about 5 minutes. Place flour, butter, remaining sugar, and salt in the work bowl fitted with the metal blade. Process to combine, about 20 seconds. Stir milk and egg into yeast mixture. With motor running, pour liquid mixture through the small feed tube as fast as the flour absorbs it. Process until dough cleans the sides of the work bowl, then process for 45 seconds to knead dough. Transfer to a plastic food storage bag and seal top. Let rise in a warm place until doubled in size, about 1½ hours.

To make topping / assemble buns:

Re-insert metal blade in work bowl and pulse to coarsely chop pecans, about 5 to 6 times. Reserve. Combine sugar and cinnamon; reserve. Transfer dough to a lightly floured surface and punch dough down. Roll each half into a 9 x 9-inch square. Spread with softened butter, sprinkle with cinnamon/sugar mixture and top with raisins. Roll dough up tightly and pinch seam to seal. Using a sharp knife cut into 9 slices (about 1-inch thick).

Pour melted butter into a 9 x 9-inch baking pan. Sprinkle brown sugar and reserved pecans over butter. Place buns, cut side up, in pan. Cover with plastic wrap coated with vegetable oil cooking spray and let rise in a warm place for 40 minutes. Preheat oven to 375°F for 15 minutes before baking.

Bake in preheated oven until tops are well browned, about 30 minutes. Remove from oven and invert pan immediately onto serving plate, allowing sugar mixture to drip onto buns. Scrape any remaining sugar/nut mixture onto buns and serve warm.

Nutritional information per sticky bun:

*Calories 553 (39% from fat) • carb. 49g • pro. 5g • fat 16g • sat. fat 8g
• chol. 54mg • sod. 143mg • calc. 23mg • fiber 2g*

Sesame Dinner Rolls

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

Makes 16 rolls

- ½ cup plus 2 tablespoons evaporated nonfat milk**
- 1 package (2¼ teaspoons) active dry yeast**
- 1½ tablespoons sugar**
- 1 large egg, beaten**
- 2¾ cups unbleached, all-purpose flour**
- 6 tablespoons unsalted butter, in 1-inch pieces**
- 1 teaspoon table salt**
- vegetable oil cooking spray**
- 1 large egg**
- 1 teaspoon water**
- 1 teaspoon sesame seeds**

In a small saucepan over medium heat, warm milk to 110-115°F. Remove from heat. Add yeast and sugar; stir to dissolve and let sit until foamy, about 5 minutes. Add beaten egg; stir gently to combine. Transfer to a 2-cup liquid measure and reserve.

Use the metal blade to process flour, butter and salt until combined, about 15 to 20 seconds. With machine running, add yeast mixture through the small feed tube in a steady stream as fast as the flour absorbs it. After the dough forms a ball, process 45 to 50 seconds to knead. Place in a large plastic food storage bag and seal top. Let rise until doubled in size, about 1 to 1½ hours.

Lightly coat an 8-inch round baking pan with vegetable oil cooking spray. Place dough on a lightly floured surface and punch down. Divide dough into 16 equal pieces and shape each piece into a ball. Place balls in the pan so they are just touching each other. Cover with plastic wrap coated with vegetable oil cooking spray and let rise 1 hour. Preheat oven to 350°F for 15 minutes before baking.

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 roll:

*Calories 130 (33% from fat) • carb. 18g • pro. 4g • fat 5g • sat. fat 3g
• chol. 38mg • sod. 166mg • calc. 33mg • fiber 0g*

Cheese Bread

This bread is excellent to serve with a hearty soup or for making sandwiches.

Makes 12 servings (one 1½-pound loaf)

- 1 package (2¼ teaspoons) active dry yeast**
- 1 teaspoon granulated sugar**
- ¼ cup warm water (105-115°F)**
- 3 ounces extra-sharp Cheddar**
- 3 cups unbleached, all-purpose flour**
- 2 tablespoons unsalted butter, in 1-inch pieces**
- 1 teaspoon table salt**
- ¾ cup nonfat milk**
- vegetable oil cooking spray**

In a 2-cup liquid measure dissolve yeast and sugar in warm water. Let stand until foamy, about 5 minutes.

Insert medium shredding disc and shred cheese using light pressure. Leave in work bowl. Remove shredding disc and insert metal blade. Add flour, butter and salt; process to combine, about 20 seconds. Add milk to yeast mixture. With machine running, pour milk mixture through small feed tube as fast as the flour absorbs it and process until dough cleans the sides of the work bowl. Then process for 45 seconds to knead dough. Place dough in a lightly floured plastic food storage bag and seal top. Let rise in a warm place until doubled in size, about 1 to 1½ hours.

Spray one 8 x 4-inch loaf pan with vegetable oil cooking spray. Place dough on a lightly floured surface and punch down. Roll dough into an 8 x 4-inch rectangle. Beginning with a short end, roll up the dough jelly-roll fashion. Pinch the seam and ends tightly to seal. Place in greased loaf pans and cover with plastic wrap coated with vegetable oil cooking spray. Let rise for 45 minutes. Preheat oven to 375°F for 15 minutes before baking.

Bake until top is well browned and loaf sounds hollow when tapped, about 35 to 40 minutes. Remove from pan and cool on wire rack.

Nutritional information per serving:

*Calories 155 (26% from fat) • carb. 23g • pro. 5g • fat 4g • sat. fat 3g
• chol. 13mg • sod. 248mg • calc. 69mg • fiber 1g*

Stollen

Our version of this traditional German Christmas bread is full of raisins and almonds, but low in fat.

Makes 12 servings (one loaf, about 1¼ pounds)

Dough:

- 1 package (2¼ teaspoons) active dry yeast**
- 3 tablespoons granulated sugar, divided**
- 3 tablespoons warm water (105-115°F)**
- 1 strip lemon zest**

- 2 cups unbleached, all-purpose flour**
- 3 tablespoons unsalted butter, in 1-inch pieces**
- ½ teaspoon ground nutmeg**
- ½ teaspoon table salt**
- ⅓ cup raisins**
- ⅓ cup slivered almonds, divided (also used in filling)**
- ⅓ cup plus 1 tablespoon nonfat milk**
- 1 large egg**

Filling:

- 1⅓ tablespoons granulated sugar**
- ¼ teaspoon ground cinnamon**
- 1⅓ tablespoons unsalted butter, melted**
- vegetable oil cooking spray**

Glaze:

- ⅔ cup powdered sugar**
- 1 tablespoon water**

In a 2-cup liquid measure dissolve yeast and 1 teaspoon of sugar in warm water. Let sit until foamy, about 5 minutes.

Using metal blade, process zest and remaining sugar, about 45 seconds. Scrape work bowl and insert metal blade. Add flour, butter, nutmeg and salt to work bowl. Process for 20 seconds to combine. Add raisins and 3 tablespoons almonds; pulse to combine, about 3 to 4 times.

Add milk and egg to yeast mixture. With motor running, add liquid through small feed tube as fast as flour will absorb it, then process for 40 seconds to knead dough. Dough will be sticky and will not clean the sides of the work bowl or form a ball. Transfer dough to a large plastic food storage bag and seal the top. Let rise in a warm place until doubled in size, about 1 hour. Meanwhile, re-insert the metal blade to process remaining almonds, sugar and cinnamon until coarsely chopped, about 5 times. Reserve.

Place dough on a lightly floured surface and punch dough down. Roll dough into a 10 x 13-inch rectangle. Brush dough with half of melted butter and sprinkle with reserved almond/sugar mixture. Fold the two long sides of dough in towards the middle, overlapping slightly. Place on baking sheet coated with vegetable oil cooking spray and brush with remaining melted butter. Cover and let rise 45 minutes. Preheat oven to 375°F for 15 minutes before baking.

Bake until browned, about 20 to 25 minutes. Cool on wire rack. Meanwhile, use the metal blade to combine powdered sugar and water until smooth, about 15 to 20 seconds. Drizzle over stollen and serve warm.

Nutritional information per serving:

*Calories 142 (31% from fat) • carb. 29g • pro. 4g • fat 7g • sat. fat 3g
• chol. 29mg • sod. 109mg • calc. 26mg • fiber 1g*

Classic White Bread

Spoil your family with homemade bread.

Makes 16 servings (2 loaves, 1 pound each)

- 1 package (2¼ teaspoons) active dry yeast**
- 2 teaspoons granulated sugar**
- ⅓ cup warm water (105-115°F)**
- 4 cups unbleached, all-purpose flour**
- 3 tablespoons unsalted butter, in 1-inch pieces**
- 1½ teaspoons table salt**
- 1 cup cold water**
- vegetable oil cooking spray**

In a 2-cup liquid measure dissolve yeast and sugar in warm water. Let sit until foamy, about 5 minutes.

Insert metal blade. Process flour, butter and salt until combined, about 10 to 15 seconds. Add cold water to yeast mixture. With machine running, add liquid through small feed tube as fast as flour absorbs it. Once dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Place dough in a lightly floured plastic food storage bag and seal the top. Allow to sit in a warm place until doubled in size, about 1 to 1½ hours.

Spray two 8 x 4-inch loaf pans with vegetable oil cooking spray. Place dough on a lightly floured surface and punch down. Divide dough in half and roll each half into a 8 x 4-inch rectangle. Beginning with a short end, roll up the dough jelly-roll fashion. Pinch the seam and ends tightly to seal. Place in greased loaf pans and cover with plastic wrap coated with vegetable oil cooking spray. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour. Preheat oven to 400°F for 15 minutes before baking.

Bake until 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 serving:

*Calories 136 (16% from fat) • carb. 25g • pro. 3g • fat 2g • sat. fat 1g
• chol. 6mg • sod. 219mg • calc. 80mg • fiber 1g*

Classic Wheat Bread

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

Makes 16 servings (2 loaves, 1 pound each)

- 1 package (2¼ teaspoons) active dry yeast**
- 1 tablespoon granulated sugar**
- ⅓ cup warm water (105-115°F)**
- 2 cups unbleached, all-purpose flour**
- 2 cups whole-wheat flour**
- 3 tablespoons unsalted butter, in 1-inch pieces**
- 1½ teaspoons table salt**
- 1 cup cold water**

vegetable oil cooking spray

In a 2-cup liquid measure dissolve yeast and sugar in warm water. Let sit until foamy, about 5 minutes.

Insert metal blade. Process flours, butter and salt until combined, about 10 to 15 seconds. Add cold water to yeast mixture. With machine running, add liquid through small feed tube as fast as flour absorbs it. Once dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Place dough in a lightly floured plastic food storage bag and seal the top. Allow to sit in a warm place until doubled in size, about 1 to 1½ hours.

Spray two 8 x 4-inch loaf pans with vegetable oil cooking spray. Place dough on a lightly floured surface and punch down. Divide dough in half and roll each half into a 8 x 4-inch rectangle. Beginning with a short end, roll up the dough jelly-roll fashion. Pinch the seam and ends tightly to seal. Place in greased loaf pans and cover with plastic wrap coated with vegetable oil cooking spray. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour. Preheat oven to 400°F for 15 minutes before baking.

Bake until 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 serving:

*Calories 134 (17% from fat) • carb. 25g • pro. 4g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 220mg • calc. 45mg • fiber 2g*

Pizza Dough

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

Makes ¾ pound dough (enough for two 9-inch crusts or one 14-inch crust)

- 1 package (2¼ teaspoons) active dry yeast**
- 1 teaspoon granulated sugar**
- ⅔ cup warm water (105-115°F)**
- 1⅔ cups unbleached, all-purpose flour**
- ¾ teaspoon kosher salt**
- ¾ teaspoon extra virgin olive oil**

In a 2-cup liquid measure, dissolve yeast and sugar in warm water. Let stand until foamy, about 3 to 5 minutes. Insert metal blade in work bowl and add flour and salt. Add cold water to yeast mixture.

With machine running, pour liquid through small feed tube as fast as flour absorbs it. Process until dough cleans sides of work bowl and forms a ball. Then process for 30 seconds to knead dough. Dough may be slightly sticky. Coat dough evenly with olive oil; transfer to a plastic food storage bag and seal the top. Let rise in a warm place for about 45 minutes.

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

Nutritional information per serving (12 servings):

*Calories 69 (6% from fat) • carb. 14g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 202mg • calc. 44mg • fiber 1g*

Cranberry–Orange Bread

Apples make this bread very moist – for a breakfast treat, slice and toast.

Makes 1 loaf (14 servings)

- nonstick oil cooking spray**
- 1¼ cups unbleached, all-purpose flour**
- 1½ teaspoons baking powder**
- ¼ teaspoon table salt**
- ¾ cup pecan halves, shelled**
- 3 strips orange zest**
- ⅔ cup granulated sugar**
- 1 small apple (about 5 ounces total), peeled, cored, cut into 1-inch pieces**
- 1 large egg**
- ½ teaspoon pure vanilla extract**
- ¼ cup unsalted butter, melted**
- 3 tablespoons buttermilk**
- ⅓ cup plus 1 tablespoon dried cranberries**

Preheat oven to 350°F. Lightly spray an 8 x 4-inch loaf pan with vegetable oil cooking spray. In a small bowl combine flour, baking powder and salt. Reserve. Insert metal blade and pulse to chop pecans coarsely, about 6 times. Reserve.

Process orange zest and sugar until zest is finely chopped, about 45 seconds. Add apple, egg and vanilla; process until combined, about 15 to 20 seconds. With machine running add butter and buttermilk through the small feed tube. Process until combined, about 10 to 15 seconds. Add cranberries, pecans and dry ingredients. Pulse until flour is just mixed in, about 5 to 6 times. Do not overprocess.

Transfer batter to prepared pan. Bake until golden brown and a toothpick inserted in the center comes out clean, about 55 to 60 minutes. Cool in pan on a wire rack. Remove from pan and cool completely. For best results, wrap in plastic wrap and allow to rest for 24 hours before slicing.

Nutritional information per serving:

*Calories 169 (42% from fat) • carb. 23g • pro. 2g • fat 8g • sat. fat 3g
• chol. 24mg • sod. 81mg • calc. 13mg • fiber 1g*

Lowfat Banana Nut Bread

Wrap and freeze individual slices for a healthy lunchbox snack.

Makes 1 loaf (12 servings)

nonstick cooking spray

- 1 cup unbleached, all-purpose flour**
- 3 tablespoons walnut halves, shelled**
- ½ teaspoon baking powder**
- ½ teaspoon baking soda**
- ¼ teaspoon table salt**
- 1 ripe banana (about 5½ ounces), peeled, cut into 1-inch pieces**
- 1 large egg**
- 1 large egg white**
- ½ cup granulated sugar**
- ¼ cup plain nonfat yogurt**
- 2 tablespoons unsalted butter, in 1-inch pieces**
- 1 teaspoon pure vanilla extract**

Preheat oven to 350°F. Lightly coat an 8 x 4-inch loaf pan with nonstick cooking spray. Insert metal blade. Pulse to combine flour, nuts, baking powder, baking soda and salt, about 5 times. Reserve.

Process banana until puréed, about 30 seconds. Scrape work bowl and process an additional 10 seconds. Add egg, egg white, sugar, yogurt, butter and vanilla extract. Process until well combined, about 10 to 15 seconds. Add dry ingredients. Pulse until flour is just mixed in, about 5 to 6 times.

Pour into prepared pan. Bake until golden brown and a toothpick inserted in the center comes out clean, about 50 minutes. Cool in pan on a wire rack for 20 minutes. Remove from pan and cool completely on wire rack.

Nutritional information per serving:

*Calories 109 (22% from fat) • carb. 19g • pro. 2g • fat 3g • sat. fat 1g
• chol. 23mg • sod. 135mg • calc. 39mg • fiber 1g*

Variation: For muffins, lightly spray 12 standard (½-cup) muffin cups with nonstick cooking spray. Divide the batter evenly among the 12 cups. Bake at 350°F for 16 to 20 minutes. For variety, add ¼ cup chocolate chips when pulsing in the flour mixture.

Carrot-Raisin Muffins

Moist and tasty breakfast treats, these muffins freeze well.

Makes 12 muffins

- 1½ cups unbleached, all-purpose flour**
- 1 cup bran flakes cereal**
- 1 tablespoon baking powder**
- ½ teaspoon ground cinnamon**

- ¼ teaspoon table salt**
- 1 medium carrot (about 3 ounces), peeled, cut to fit feed tube vertically**
- ⅓ cup walnut halves, shells removed**
- 3 strips orange zest**
- ⅔ cup firmly packed dark brown sugar**
- ¾ cup fat-free milk**
- 1 large egg**
- ¼ cup vegetable oil**
- ½ cup raisins**

Line 12 standard muffin cups with paper liners. Preheat oven to 375°F. In a small bowl combine flour, bran flakes, baking powder, cinnamon and salt; reserve.

Insert the medium shredding disc. Stand carrots upright in the feed tube and shred using medium pressure; reserve. Insert metal blade and pulse to coarsely chop walnuts, about 7 to 8 times. Reserve. Add orange zest and brown sugar; process until combined, about 20 to 30 seconds. Scrape bowl. Add milk, egg and oil. Process until combined, about 5 to 10 seconds. Add raisins, walnuts, carrots and dry ingredients. Pulse until flour is just mixed in, about 5 times.

Fill muffin cups ¾ full with batter. Bake until light golden brown on top and a toothpick inserted in the center comes out clean, about 20 to 25 minutes. Remove from pan and cool on wire rack.

Nutritional information per muffin:

*Calories 205 (32% from fat) • carb. 32g • pro. 4g • fat 7g • sat. fat 1g
• chol. 18mg • sod. 213mg • calc. 92mg • fiber 2g*

Mocha-Pecan Coffee Cake

This do-ahead coffee cake will be a favorite for brunch.

Makes 16 servings

- nonstick cooking spray**
- ½ cup pecan halves**
- ⅓ cup semisweet chocolate chips**
- 3 tablespoons firmly packed light brown sugar**
- ¾ teaspoon instant coffee granules**
- 1½ cups unbleached, all-purpose flour**
- 1½ teaspoons baking powder**
- ¼ teaspoon table salt**
- 1⅓ cups granulated sugar**
- ¾ cup unsalted butter, in 1-inch pieces**
- 1 large egg**
- ¾ teaspoon pure vanilla extract**
- ¾ cup plus 2 tablespoons lowfat sour cream**

Preheat oven to 350°F. Lightly coat an 8-inch square baking pan with vegetable oil cooking spray. Insert metal blade in work bowl. Process pecans, chocolate chips, brown sugar and coffee granules until coarsely chopped, about 10 seconds. Reserve and wipe work bowl clean.

Combine flour, baking powder and salt in a small bowl; reserve. Process sugar and butter until creamy, about 20 seconds. Scrape work bowl and process an additional 15 to 20 seconds. Add egg and vanilla; process until smooth, about 30 seconds. Add sour cream; process until well combined, about 10 seconds. Scrape work bowl. Add reserved dry ingredients. Pulse until just incorporated, about 10 times.

Layer half of the batter, two-thirds of the topping, the remaining batter and remaining topping in prepared pan. Gently swirl with a knife to combine batter and topping. Bake until golden brown and a toothpick inserted in the center comes out clean, about 55 to 65 minutes. Cool in pan on a wire rack for 20 to 30 minutes. Remove from pan and cool completely. For best results, wrap in plastic wrap and allow to rest for 24 hours before slicing.

Nutritional information per serving:

*Calories 256 (45% from fat) • carb. 33g • pro. 2g • fat 13g • sat. fat 7g
• chol. 38mg • sod. 77mg • calc. 60mg • fiber 1g*

Jalapeño Cornbread

Serve warm from the oven with Cilantro Lime Butter (recipe follows)

Makes 9 servings

nonstick cooking spray

1 cup yellow cornmeal

¾ cup unbleached, all-purpose flour

2½ teaspoons baking powder

½ teaspoon granulated sugar

¼ teaspoon table salt

1 small jalapeño pepper, seeded, cut into ½-inch pieces

1 cup nonfat milk

1 large egg

1 tablespoon unsalted butter, melted

Preheat oven to 400°F. Lightly coat an 8 x 8-inch baking pan with nonstick cooking spray. In a small bowl combine cornmeal, flour, baking powder, sugar and salt. Reserve.

Insert metal blade. Process jalapeño until finely chopped, about 5 seconds. Scrape bowl. Add milk, egg and butter; process to combine, about 5 to 10 seconds. Add dry ingredients. Pulse until flour and cornmeal are just combined, about 6 to 7 times. Pour into prepared pan and bake until golden and top springs back when touched, about 20 minutes. Cut into squares and serve warm with Cilantro-Lime Butter (recipe follows).

Nutritional information per serving:

*Calories 112 (19% from fat) • carb. 19g • pro. 4g • fat 2g • sat. fat 1g
• chol. 27mg • sod. 220mg • calc. 85mg • fiber 2g*

Cilantro-Lime Butter

This compound butter is delicious on fresh corn on the cob.

Makes ½ cup

- ¼ cup fresh cilantro, washed and dried**
- 1 strip lime zest**
- 1 stick (½ cup) unsalted butter, softened**

Insert metal blade. Process cilantro and zest until finely chopped, about 20 seconds. Scrape bowl and process an additional 20 seconds. Add butter; process until smooth and well blended, about 15 seconds. Scrape bowl and process an additional 10 to 15 seconds.

Nutritional information per teaspoon:

*Calories 67 (100% from fat) • carb. 0g • pro. 0g • fat 7g • sat. fat 5g
• chol. 20mg • sod. 0mg • calc. 0mg • fiber 0g*

Almond-Pear Bread

Almonds and pears combine to make this rich, moist tea bread.

Makes 12 servings

Paste:

- ½ cup blanched almonds**
- ⅓ cup granulated sugar**
- 1 tablespoon plus 1 teaspoon water**
- ⅛ teaspoon almond extract**

Bread:

- nonstick cooking spray**
- ⅓ cup sliced almonds**
- ¾ cup plus 2 tablespoons unbleached, all-purpose flour**
- 1½ teaspoons baking powder**
- ¼ teaspoon table salt**
- ⅓ teaspoon baking soda**
- ½ pound ripe pears, peeled, cored, cut into 1-inch pieces**
- 1 large egg**
- ½ cup almond paste**
- ¼ cup unsalted butter, softened, cut into 1-inch pieces**

To make paste:

Use metal blade to process blanched almonds and sugar until finely ground, about 60 seconds. With machine running, add water and extract; process until combined, about 45 to 60 seconds longer. Paste can be made ahead and stored in the refrigerator in an airtight container for up to two weeks.

To make bread:

Preheat oven to 350°F. Lightly coat one 8 x 4-inch loaf pan with the nonstick cooking spray. Toast sliced almonds on a baking sheet until lightly browned, about 8 to 10 minutes. In a small bowl combine flour, baking powder, salt and baking soda; reserve.

Insert metal blade and process pears, egg, almond paste and butter until combined, about 30 seconds. Scrape bowl and process an additional 30 to 45 seconds. Add toasted almonds and reserved dry ingredients. Pulse to combine, about 6 to 7 times. Pour into prepared pan and bake until golden brown on top and a toothpick inserted in the center comes out clean, about 1 hour. Cool on wire rack for 30 to 40 minutes. Remove from pan and cool completely on wire rack. For best results wrap bread in plastic wrap and allow to rest for 24 hours before slicing.

Nutritional information per serving:

*Calories 165 (40% from fat) • carb. 22g • pro. 4g • fat 8g • sat. fat 1g
• chol. 18mg • sod. 62mg • calc. 62mg • fiber 2g*

Popovers with Variations

As this batter bakes, it “pops over” the sides of the baking cups.

Makes 6 popovers

- ¾ cup unbleached, all-purpose flour**
- ¾ cup lowfat milk**
- 2 large eggs**
- 1 tablespoon unsalted butter, melted**
- ½ teaspoon sea or table salt**
- ¼ teaspoon freshly ground black pepper**
- nonstick cooking spray**

Insert the metal blade. Process the flour, milk, eggs, butter, salt and pepper until smooth, 25 to 30 seconds. Remove to a large measuring cup and allow to rest at room temperature for 30 to 45 minutes.

Preheat the oven to 450° F. Spray 6 muffin cups (½-cup size) with nonstick cooking spray. Set aside.

Divide the batter among the prepared muffin tins, filling each one about three-quarters full. Bake in the preheated hot oven (450° F) for 20 minutes. Do not peek or disturb, or the popovers might fall. Lower the heat to 375° F, and bake for 20 minutes. Remove from the pans and serve immediately.

Nutritional information per popover:

*Calories 107 (36% from fat) • carb. 13g • pro. 5g • fat 4g • sat. fat 2g
• chol. 79mg • sod. 236mg • calc. 53mg • fiber 0g*

Variations:

Pesto: Add 3 tablespoons Pesto, page 32, to the batter with the other ingredients. The baking time and temperature will remain the same.

Roasted Shallot and Rosemary: Before making the batter, insert the metal blade and chop 2 tablespoons fresh rosemary leaves using a short, quick pulse, 20 times. Add 2½ ounces of shallots that have been roasted, and process until smooth, 25 to 30 seconds. Continue with the recipe; the baking time and temperature will remain the same.

Sides

French Cut Green Beans with Shallots

The time-consuming French cut takes just seconds with a Cuisinart food processor.

Makes 6 servings

- 1½ pounds fresh green beans, trimmed, cut to fit feed tube horizontally**
- 3 large shallots, cut into 1-inch pieces**
- 1½ tablespoons olive oil**
- 6 tablespoons water**
- 2¼ teaspoons balsamic vinegar**
- ¼ teaspoon white pepper**
- ¼ teaspoon kosher salt**

Insert the slicing disc. Place beans horizontally in large feed tube and process using light pressure. Remove and reserve.

Insert metal blade. Process shallot until finely chopped, about 5 seconds.

Warm oil in a 3½-quart sauté pan over medium heat. Add chopped shallots and sauté until soft but not browned, about 2 minutes. Add green beans and sauté for 3 to 4 minutes. Add water and reduce heat to low. Cover pan and cook until crisp tender, about 8 to 10 minutes. Remove from heat and add vinegar. Season with pepper and salt. Serve warm.

Nutritional information per serving:

*Calories 80 (45% from fat) • carb. 9g • pro. 2g • fat 4g • sat. fat 0g
• chol. 0mg • sod. 81mg • calc. 44mg • fiber 4g*

Glazed Carrots

A traditional favorite, updated with the zesty flavor of balsamic vinegar.

Makes 6 servings

- 1½ pounds carrots, peeled, cut to fit feed tube vertically**
- ⅓ cup firmly packed light brown sugar**
- 1 ounce fresh gingerroot, peeled, cut into ½-inch pieces**
- 4 strips orange zest, bitter white pith removed**
- 1½ tablespoons unsalted butter**
- 1 cup orange juice**
- 1½ tablespoons balsamic vinegar**

Insert the slicing disc. Place carrots in feed tube vertically and slice, using medium pressure. Remove and reserve.

Insert metal blade. Process brown sugar, gingerroot and zest until finely chopped, about 15 seconds.

Melt butter in a 3¼-quart saucepan over medium heat. Add zest mixture, juice and vinegar. Bring to a boil and add carrots. Reduce heat to medium-low. Cover and simmer until carrots are tender and glazed, about 13 to 16 minutes.

Nutritional information per serving:

*Calories 144 (17% from fat) • carb. 2g • pro. 1g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 46mg • calc. 49mg • fiber 3g*

Potato and Leek Gratin

Leeks grow in very sandy soil, so wash thoroughly to remove all grit before using.

Makes 12 servings

nonstick cooking spray

- 1 pound leeks, cleaned well, tough outer layer removed, trimmed to about an inch of green above the white bulb, cut into 1-inch lengths**
- 2 tablespoons unsalted butter**
- 3 ounces good quality white bread**
- 1½ ounces Reggiano Parmigiano, cut into ½-inch pieces**
- 6 ounces Gruyère (not processed)**
- 2¼ pounds russet or gold potatoes, peeled, cut flat at ends**
- 1 can (12 ounces) evaporated skimmed milk, not reconstituted**
- 1¼ cups lowfat milk**
- ½ cup heavy cream**
- ¾ teaspoon ground nutmeg**
- ¾ teaspoon freshly ground black pepper**
- 1 teaspoon kosher salt**

Preheat the oven to 375°F. Spray a shallow 2½-quart ovenproof casserole dish with cooking spray. Cut a sheet of aluminum foil large enough to cover the casserole, spray one side of the foil with cooking spray and set aside.

Insert the metal blade. Place leeks in work bowl and pulse to chop, about 10 pulses. In a medium skillet, melt 1 tablespoon of the butter. Add the leeks, and cook over low heat for 20 to 25 minutes until they are light caramel in color. Remove from the heat and allow to cool.

Wipe out work bowl to dry. Add the bread to the work bowl and pulse to achieve coarse crumbs, about 20 to 25 pulses. With the machine running, drop the remaining butter down the small feed tube and process until the crumbs are medium and the butter is evenly distributed, about 30 seconds. Remove and reserve. With the machine running, drop the Parmesan down the small feed tube and process to chop finely, 10 to 15 seconds; leave in work bowl.

Insert the shredding disc; shred the Gruyère using medium pressure. Add one half cup of the cheeses to the breadcrumb mixture, reserve. Remove and reserve the remaining cheeses.

Insert the slicing disc. Use medium pressure to slice the potatoes. Neatly layer ⅓ of the potato slices in the bottom of the casserole. Top with half of the grated cheeses and half of the cooled caramelized leeks. Repeat, ending with a layer of the potatoes.

In a large saucepan, combine the milk, cream, nutmeg, pepper and salt. Stirring, bring this mixture to a boil. Carefully pour over the layered potatoes, leeks and cheeses. Top evenly with the buttered crumb and cheese mixture. Loosely cover with the foil and place in the preheated oven for 1½ hours. Test the potatoes for doneness. Depending on the type of potato, it may take up to 2 hours until tender. When the potatoes are tender, remove the foil and bake for 15 to 20 minutes longer, until the topping is light golden and crispy. Allow the gratin to rest for 15 to 20 minutes before serving.

Nutritional information per serving:

*Calories 248 (44% from fat) • carb. 24g • pro. 11g • fat 12g • sat. fat 7g
• chol. 39mg • sod. 396mg • calc. 337mg • fiber 3g*

Roasted Garlic and Parmesan Twice Baked Potatoes

Do these potatoes ahead to serve with grilled filets or London Broil.

Makes 4 servings

- 6 garlic cloves**
- extra virgin olive oil**
- 4 large baking potatoes (about 8 ounces each),
washed, pierced with a knife**
- 2 ounces Parmesan, cut into 1-inch pieces**
- 2 scallions, trimmed, cut into 1-inch pieces**
- ½ cup evaporated skim milk**
- 2 tablespoons unsalted butter, cut into 1-inch pieces**
- ¼ teaspoon white pepper**
- ¼ teaspoon kosher salt**

Preheat oven to 400°F. Place garlic cloves in a small ovenproof ramekin and drizzle with olive oil. Cover with aluminum foil. Lightly brush potatoes with olive oil. Place garlic and potatoes in preheated oven; roast garlic for 30 to 40 minutes and bake potatoes until fork-tender, about 1 hour. When cool enough to handle, cut off part of top of potato and scoop out flesh, leaving a ¼-inch thick shell. Reserve flesh and skins.

Insert metal blade. With machine running drop cheese through small feed tube and process until finely grated, about 30 seconds; reserve. Place scallions in work bowl and process until finely chopped, about 5 to 10 seconds. Scrape work bowl. Add garlic, milk, butter, reserved cheese, pepper and salt. Process until combined, about 12 seconds. Add potato flesh; pulse in very short quick pulses until just combined, about 10 to 12 times. Scrape bowl and pulse in very short quick pulses about 10 more times. Generously fill skins with potato-garlic mixture. Potatoes may be made ahead to this point and refrigerated until ready to bake.

Preheat oven to 350°F. Place potatoes in a 9-inch square baking pan and bake, uncovered, until tops are golden brown and potatoes are hot, about 20 to 25 minutes.

Nutritional information per serving:

*Calories 322 (28% from fat) • carb. 46g • pro. 12g • fat 10g • sat. fat 6g
• chol. 23mg • sod. 425mg • calc. 309mg • fiber 5g*



Entrées

Chili Lime Chicken with Grilled Pineapple and Zucchini

A wonderful summertime supper for the grill.

Makes 4 entrée servings

- 2 medium zucchini, about 6 ounces each, cleaned and trimmed to 4-inch lengths**
- ¼ fresh pineapple peeled and cored, cut to fit the feed tube**
zest of 2 limes, bitter white pith removed
- 1 garlic clove**
- ¼ cup fresh cilantro, loosely packed**
- 2 teaspoons kosher salt**
- 1 jalapeño pepper, about 3 inches in length, stemmed, halved and seeded**
- ½ cup fresh lime juice**
- 2 tablespoons orange marmalade**
- 2 teaspoons chili powder**
- ¼ cup extra virgin olive oil**
- 4 boneless, skinless chicken breast halves, pounded to an even thickness, about ½ inch**

Insert the slicing disc. Place the zucchini in the feed tube horizontally; use medium pressure to slice. Remove and reserve. Place the pineapple wedges in the feed tube; use medium pressure to slice. Remove and reserve.

Insert the metal blade. Use the pulse to chop the lime zest, about 10 times. With the machine running, drop the garlic down the feed tube to chop, 5 seconds. Add the cilantro, salt and jalapeño, pulsing to chop, 5 times. Add the lime juice, marmalade, and chili powder, process to combine, and with the machine running, add the olive oil in a steady stream, processing until emulsified, about 30 seconds.

Place the chicken in a shallow dish or large sealable plastic bag. Add half the marinade, turning the chicken thoroughly to coat. Allow to marinate for at least 30 minutes, but no longer than an hour. Add half the remaining marinade to the zucchini, and the remaining marinade to the pineapple, toss each gently to coat.

Preheat an indoor or outdoor grill. When hot, grill the chicken, about 5 to 6 minutes per side. The chicken is done when the juices no longer run pink when tested; take care not to overcook. Remove to a warm platter, cover loosely and reserve.

Drain the zucchini and pineapple. Grill 2 to 3 minutes on each side until tender.

To serve, arrange a fan of zucchini and pineapple slices on each plate and top with a chicken breast. The remaining zucchini and pineapple may be combined and passed as a side dish.

Nutritional information per serving:

*Calories 448 (35% from fat) • carb. 17g • pro. 56g • fat 17g • sat. fat 3g
• chol. 137mg • sod. 1249mg • calc. 59mg • fiber 2g*

Greek Burgers with Feta and Olive Tapenade

Makes 4 burgers

- 1 small garlic clove**
- 1 tablespoon fresh parsley, well packed**
- 1½ tablespoons capers, drained, rinsed and drained again**
- 2 ounces pitted imported green olives**
- ½ teaspoon fresh lemon juice**
- 1 tablespoon extra virgin olive oil**
- 1¼ pounds well-trimmed sirloin (include 1½ ounces of the hard fat), be sure all the gristle has been removed, cut into 1-inch cubes, frozen for 20 minutes**
- 2 teaspoons dried basil**
- 1 teaspoon dried oregano**
- ½ teaspoon freshly ground black pepper**
- 2 ounces feta, well drained and crumbled**
- 4 good quality rolls**
mesclun or other lettuce
- 1 roasted red bell pepper, drained and cut into ½-inch strips**

Insert the metal blade. With the machine running, drop the garlic down the feed tube; process 5 seconds to chop finely. Add the parsley, pulse to chop. Add the capers and olives, pulse to chop, 10 times. With the machine running, add the lemon juice and olive oil through the feed tube, process until the mixture has formed a rough paste, about 20 seconds. Remove and reserve. The tapenade may be made up to 2 days ahead.

Process the hard fat for 15 seconds to chop finely. Pulse the beef to rough chop, 15 to 20 times. Add the seasonings, pulsing to chop the beef further and incorporate the seasonings, another 15 times; do not overprocess. Add the feta, pulse to incorporate.

Divide the meat into 16 equal portions, and flatten to 4 inches in diameter. Top 8 of the rounds with a scant tablespoon of the olive tapenade, keeping a half-inch border all around. Place another burger patty on top of each one and press to seal. The burgers may be made ahead to this point, covered and refrigerated.

Preheat a grill pan or outdoor grill to very hot (a drop of water will dance when splattered on the grill pan). Cook the burgers over high heat, turning once, 4 to 6 minutes per side, depending on the desired degree of doneness.

Serve on rolls lined with lettuce, top with roasted red pepper strips and traditional tzatziki sauce.

Nutritional information per burger:

*Calories 504 (37% from fat) • carb. 22g • pro. 56g • fat 21g • sat. fat 7g
• chol. 106mg • sod. 699mg • calc. 152mg • fiber 2g*

Roasted Pork Loin with Apple, Onion and Dried Plum Stuffing

The roast can be prepared ahead of time, making this a great dish for entertaining.

Makes 8 servings

- 24 dried pitted plums or prunes**
- ¾ cup Applejack or brandy, divided**
- 2 ounces shallots**
- 2 garlic cloves**
- 1½ tablespoons herbes de Provence**
- 2 teaspoons kosher salt**
- 1 teaspoon freshly ground black pepper**
- 1 three-pound boneless pork loin roast, whole, not cut and tied, well trimmed, with just a thin layer (1/8 inch or less) of fat remaining on top**
- 1½ pounds onions, halved vertically**
- 1½ pounds apples, peeled, cored and halved**
- 1 teaspoon extra virgin olive oil**
- 1 cup nonfat chicken stock**
- ½ cup heavy cream**
- nonstick cooking spray**

Place the dried plums in a heatproof bowl. Heat half of the applejack or brandy and pour it over the dried plums; cover and allow the plums to macerate for at least 30 minutes. Insert the metal blade. With the machine running, drop the shallots and garlic through the small feed tube to chop, 10 seconds. Scrape the work bowl. Add the herbes de Provence, salt and pepper; process until a paste is formed, 30 to 40 seconds. Remove and reserve. Do not wash work bowl.

Place the roast on a cutting surface, fat side down. With sharp boning knife, cut down the center of the roast to within ½ inch of the other side – the roast will open like a book. Carefully cut through the center of one side of the roast to within ½ inch of the edge; open this side flat like a book. Repeat on the other side. Cover the open roast with a sheet of plastic wrap and pound with a flat meat pounder to even out. Rub both sides of the roast with the shallot mixture. Cover and refrigerate.

Insert the slicing disc. Slice the onions; remove and reserve. Slice the apples; remove and reserve. Heat the olive oil in a 5½-quart sauté pan over medium high heat. When hot, add the onions and cook until wilted, about 3 minutes. Add the sliced apples. Cook, stirring now and then, until the apples and onions are just tender and beginning to turn light golden brown, about 12 to 15 minutes. Remove; spread out on a baking sheet and let cool completely before continuing.

When the onion/apple mixture is cool, spread a ½-inch layer on the cut side of the roast to within 1 inch of the edges. Drain the plums and arrange in a double row down the center of the roast. Roll the roast and tie with butcher's twine, with the twine looped at 1-inch intervals. Pass the string around the loin ends and secure it through the loops on the other side. The roast may be done ahead to this point and refrigerated. Refrigerate the remaining onion/apple mixture.

Preheat the oven to 400°F. Spray a roasting pan with nonstick vegetable oil spray. Spread the remaining onion/apple mixture in the bottom of the pan. Place the pork roast on top. Roast at 400°F for 15 minutes, then lower heat to 375°F. Continue to roast for another 45 to 60 minutes, until the internal temperature of the roast measures 150°F when tested with an instant-read thermometer. Remove from the oven, transfer to a warmed platter, and cover loosely with foil. Let the roast rest for 20 minutes.

Strain the pan juices into a fat separator. Discard fat and pour the pan juices into a 2-quart Windsor pan. Add the remaining applejack and the chicken stock to the saucepan and bring to a boil; reduce by half. Add the cream; simmer for 10 minutes. Strain the sauce and keep warm.

To serve, slice the pork roast into ½-inch slices after it has rested. Serve with the sauce. This roast is also very good when roasted a day ahead. Allow to cool, then wrap and refrigerate. Slice just before serving.

Nutritional information per serving:

*Calories 549 (37% from fat) • carb. 34g • pro. 46g • fat 21g • sat. fat 8g
• chol. 139mg • sod. 554mg • calc. 69mg • fiber 5g*

Salmon and Pesto Potatoes

Just add a simple green salad for a quick and easy dinner.

Makes 4 servings

- 1** **tablespoon extra virgin olive oil**
- 4** **Yukon Gold or other new potatoes, 4 ounces each, well scrubbed, opposite ends trimmed flat with a knife**
- 4** **teaspoons Pesto, p. 32**
- 1¼** **pounds boneless, skinless salmon fillet, cut into 5-ounce portions**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground pepper**
- 4** **fresh basil leaves**

Preheat the oven to 400°F. Cut 4 pieces of aluminum foil, each 16 inches long.

Brush a 4 x 6-inch area in the center of each rectangle with olive oil. Set aside.

Insert the slicing disc. Slice the potatoes, one at a time; remove each potato, restack and reserve separately. Blanch potatoes in boiling water for 3 to 4 minutes. Drain and let cool.

Season each salmon fillet with salt and pepper. Fan out the slices of one potato on the oiled portion of a sheet of foil. Spread one teaspoon of the Pesto on the fanned slices. Top with a salmon fillet. Bring the two cut sides of the foil together over the center of the salmon, fold over 1 inch, then fold over 2 more times. Fold the ends in twice, in ½-inch folds, to complete the seal. Repeat until all the salmon and potatoes have been prepared and wrapped. Bake in the preheated oven for 18 minutes. While the salmon is in the oven, stack the basil leaves and roll. Slice in ⅛-inch intervals to create a chiffonade. The packets will be puffed; prick with the tip of a sharp knife to vent the steam, then carefully open. Serve immediately on warmed plates sprinkled with the basil chiffonade.

Nutritional information per serving:

*Calories 367 (31% from fat) • carb. 27g • pro. 34g • fat 12g
sat. fat 2g • chol. 72mg • sod. 266mg • fiber 2g*



Pizza

Pesto, Cheese and Fresh Tomato Pizza

Homemade pesto and fresh, ripe tomatoes from the garden make this a great summertime pizza.

Makes 1 pizza (14-inch) or 2 pizzas (9-inch) to serve 4

pizza dough, page 47

- ½ pound firm but ripe plum tomatoes**
- ½ ounce Reggiano Parmesan, cut into ½-inch cubes**
- 2 ounces fresh mozzarella, well chilled**
- 1½ ounces Italian Fontina cheese**
- 3 tablespoons Pesto, page 32**
- 1 teaspoon extra virgin olive oil**
- cornmeal for dusting the peel or pan**

Prepare the pizza dough and let it rise. Position the top rack of the oven about 8 inches from the top. If using a baking stone, place it on the rack. Preheat the oven to 500°F while preparing the pizza.

Bring 6 cups of water to a boil in medium saucepan. Cut a shallow “x” in the bottom of each tomato. Blanch the tomatoes in the boiling water for 30 seconds, then immediately plunge them into a bowl of iced water. When cool enough to handle, slip the skins off. Slice the stem end off each tomato; set aside.

Insert the metal blade. With the machine running, drop the Parmesan cheese cubes down the small feed tube; process 15 seconds and leave in bowl. Insert the shredding disc and shred the mozzarella and Fontina. Remove the cheese to a bowl; toss to combine, and reserve. Insert the slicing disc. Place the tomatoes in the small feed tube one at a time, and slice, using light pressure. Place the sliced tomatoes on a triple thick layer of paper towels to drain.

When the dough has risen, punch down and divide into 2 or 4 equal balls. Let rest 10 minutes. Roll the dough out to size. Place on a baker’s peel that has been sprinkled with cornmeal. Brush the edges with the olive oil. Using an offset spatula, spread the pizza to ¾ inch of the edges with the pesto sauce, using 3 tablespoons on each 14-inch pizza or 1½ tablespoons on each 9-inch pizza. Divide the shredded cheeses evenly and sprinkle on the pizzas. Top with the drained sliced tomatoes.

Carefully slide the pizza onto the stone (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan in the hot oven. Bake the pizza for 5 minutes, then rotate it front to back for even baking. Bake for another 3 to 6 minutes, until the pizza is bubbly, and the edges of the dough are golden brown, puffed and crispy. Remove from the oven and let rest on a rack for 2 to 3 minutes before slicing.

Nutritional information per serving (four servings):

*Calories 363 (35% from fat) • carb. 45g • pro. 14g • fat 14g • sat. fat 6g
• chol. 27mg • sod. 721mg • calc. 336mg • fiber 3g*

Desserts

Hazelnut Butter Cookies

Melt-in-your-mouth delicious – keep this cookie dough on hand frozen and ready to bake when unexpected guests drop in.

Makes about 70 cookies

- 1¼ cups unbleached, all-purpose flour**
- ¾ cup (4 ounces) lightly toasted hazelnuts**
- ¼ teaspoon table salt**
- 12 ounces unsalted butter, at room temperature**
- ¾ cup powdered sugar**
- 1 tablespoon pure vanilla extract**

Insert the metal blade. Process the flour, hazelnuts, and salt, using the pulse, 15 to 20 times, to chop the hazelnuts and combine with the flour. Remove and reserve.

Process the butter, powdered sugar and vanilla until smooth and creamy. Add the reserved flour mixture and process until the dry ingredients are just incorporated. Turn out onto a lightly floured surface. Shape into 2 equal balls, wrap in plastic wrap. Refrigerate for about 30 minutes, until stiff enough to shape into logs. Shape into logs 10 inches long and 1¼ inches in diameter. Wrap well in plastic wrap, and refrigerate until firm, or double-wrap and freeze.

When ready to bake, preheat the oven to 350°F. Slice ¼-inch thick and place 2 inches apart on ungreased baking sheets. Bake in the preheated oven for 10 to 14 minutes, until the edges just begin to turn brown. Let cool on the baking sheets for 1 minute, then transfer to a rack to cool completely.

Nutritional information per cookie:

*Calories 56 (77% from fat) • carb. 3g • pro. 0g • fat 5g • sat. fat 0g
• chol. 10mg • sod. 8mg • calc. 4mg • fiber 0g*

Lemon Ginger Biscotti

Delicious with coffee or tea.

Makes about 50 biscotti

- 1½ ounces white chocolate, broken up, chilled**
- 1 ounce crystallized ginger**
- 1¼ cups unbleached, all-purpose flour**
- 1 teaspoon baking powder**
- ½ teaspoon table salt**
- zest of 1½ lemons, removed with a vegetable peeler,
bitter white pith removed**
- ¼ cup plus 2 tablespoons granulated sugar**

- ¼ cup unsalted butter, at room temperature**
- 1 large egg**
- ½ tablespoon brandy**
- ½ tablespoon pure vanilla extract**

Preheat the oven to 325°F.

Insert the metal blade. Use the pulse to chop the white chocolate, about 5 to 10 times; there should be no pieces larger than ½ inch. Remove and reserve. Use the pulse to chop the crystallized ginger, 10 to 15 times; there should be no pieces larger than ½ inch. Remove and reserve.

Pulse the flour, baking powder and salt to quick-sift. Remove and reserve. Process the zest with ¼ cup of the sugar until finely chopped, about 20 to 30 seconds. Add the remaining sugar and the butter, processing until smooth. The mixture may look curdled, but do not worry. With the machine running, add the egg with the brandy and vanilla. Scrape the work bowl. Add the flour mixture, chopped white chocolate and chopped ginger. Process to incorporate, about 10 seconds. Turn out onto a lightly floured surface and gather into a ball. Divide into 3 equal portions. Shape into flat logs, about 12 inches long and 1½ inches wide. Arrange on ungreased baking sheets and bake in a preheated 325°F oven for about 25 minutes.

Remove from the oven and let cool on the baking sheets for 10 minutes. Using a serrated knife, slice the logs at ½-inch intervals. Arrange on the baking sheet, so that the cut sides are exposed. Return to the oven and bake for another 20 to 25 minutes, until the biscotti are just beginning to turn golden and crispy. Allow to cool completely to finish the drying process. Store in an airtight container.

Nutritional information per biscotti:

*Calories 48 (46% from fat) • carb. 6g • pro. 1g • fat 2g • sat. fat 1g
• chol. 11mg • sod. 21g • calc. 5mg • fiber 1g*

Toffee Brownies

These sinfully delicious brownies just melt in your mouth.

Makes 16 brownies

- nonstick cooking spray**
- 2½ ounces unsweetened baking chocolate, broken into 1-inch pieces**
- 1⅓ cups granulated sugar**
- 10 tablespoons unsalted butter, melted and cooled until warm, not hot**
- 3 large eggs**
- 1½ teaspoons pure vanilla extract**
- ⅔ cup unbleached, all-purpose flour**
- 1 cup almond toffee bits**

Preheat oven to 350°F. Lightly coat a 9 x 9-inch baking pan with nonstick cooking spray. Cut and fold a sheet of aluminum foil so that it is 15 x 9 inches. Line pan with the foil, allowing two sides to overlap pan for easy removal from pan. Lightly coat foil lining with vegetable oil cooking spray.

Insert metal blade. Process chocolate until coarsely chopped, about 20 to 25 seconds. Add sugar and process until chocolate is as fine as the sugar, about 45 seconds.

With unit running, pour melted butter through the small feed tube and process until blended, about 20 to 25 seconds. Scrape work bowl. Add eggs and vanilla; process until fluffy and light, about 10 to 15 seconds. Add flour and toffee bits; pulse until just combined, about 5 to 6 times. Do not overprocess. Spread in prepared pan. Bake until top of brownies looks set and a toothpick inserted in the center comes out almost clean, about 30 to 35 minutes. (Due to the fudgy nature of the brownies, the toothpick will not be completely clean.) Cool in pan for 15 minutes. Use foil overhangs to remove from pan and allow to cool completely before slicing. Cut into 16 squares.

Nutritional information per brownie:

*Calories 236 (52% from fat) • carb. 26g • pro. 2g • fat 14g • sat. fat 1g
• chol. 59mg • sod. 62mg • calc. 21mg • fiber 0g*

Double Chocolate Chunk Cookies

Chocolate heaven!

Makes 36 cookies

- 5 ounces milk chocolate, chilled, broken into 1-inch pieces**
- 5 ounces white chocolate, chilled, broken into 1-inch pieces**
- 1½ cups less 1 tablespoon unbleached, all-purpose flour**
- ½ cup pecan halves**
- ½ teaspoon baking soda**
- ¼ teaspoon table salt**
- 1 large egg**
- ½ cup firmly packed light brown sugar**
- ½ cup granulated sugar**
- 2 tablespoons lowfat milk**
- 6 tablespoons unsalted butter, room temperature**
- 1 tablespoon pure vanilla extract**

Preheat oven to 375°F.

Insert metal blade and add chocolates. Use quick pulses to coarsely chop, about 10 to 12 times. Remove and reserve. Add flour, pecans, soda and salt; process to combine; about 5 seconds. Remove and reserve.

Process egg, sugars and milk for 1 minute. Scrape work bowl. Add butter and vanilla; process for 1 minute. Scrape work bowl. Add reserved dry ingredients and pulse until combined, about 5 pulses. Add chocolate and quickly pulse in, another 5 pulses.

Drop by rounded tablespoons, about 1 inch apart, onto ungreased baking sheets. Bake until golden brown, about 10 to 12 minutes. Allow to cool on baking sheet for 10 minutes; transfer to a wire rack to finish cooling.

Nutritional information per cookie:

*Calories 101 (53% from fat) • carb. 10g • pro. 1g • fat 6g • sat. fat 1g
• chol. 12mg • sod. 38mg • calc. 19mg • fiber 0g*

Peach Melba Crisp

When these two summertime fruits are out of season, try this crisp using apples or pears with dried cherries or cranberries.

Makes 6 servings

nonstick cooking spray

- 1½ pounds ripe but still firm peaches, peeled, halved and pitted***
- 4 to 6 tablespoons granulated sugar, depending on sweetness of the fruit**
- 2 tablespoons instant tapioca**
- 1½ tablespoons granulated sugar**
- 1 cup fresh (or frozen, not in syrup) raspberries**
- ⅓ cup oatmeal (regular, not instant or quick)**
- ⅓ cup sliced almonds**
- 3 tablespoons unbleached, all-purpose flour**
- ¼ cup firmly packed brown sugar**
- ½ teaspoon powdered ginger**
- ½ teaspoon ground cinnamon**
- ¼ teaspoon table salt**
- 3 tablespoons unsalted butter**

Preheat the oven to 375°F. Spray a shallow 8-cup baking dish with nonstick cooking spray. Set aside.

Insert the slicing disk. Use medium pressure to slice the peaches. Transfer to a large bowl. Add the 4-6 tablespoons of granulated sugar to taste, and the tapioca; toss gently to combine thoroughly. Transfer to the prepared baking dish and sprinkle with the raspberries.

Insert the metal blade. Use the pulse to combine the 1½ tablespoons of granulated sugar, oats, nuts, flour, brown sugar, ginger, cinnamon, salt and unsalted butter. Pulse to chop the nuts and incorporate the butter, about 10 to 15 times. Sprinkle the crumb mixture evenly over the fruit. Bake in the preheated oven for 35 to 40 minutes, until the peaches are bubbly and the topping is golden and crispy. Remove and let cool on a rack for 30 minutes before serving. Serve with whipped cream and vanilla ice cream.

*To peel peaches, cut a small “x” in the bottom of each peach. Blanch peaches in boiling water for 30 seconds, and then plunge immediately into ice cold water. The skins should slip off easily.

Nutritional information per serving:

*Calories 292 (30% from fat) • carb. 50g • pro. 4g • fat 10g • sat. fat 1g
• chol. 15mg • sod. 118mg • calc. 81mg • fiber 4g*

Apple Kuchen

This apple cake is also delightful when served for breakfast, brunch or coffee.

Makes 8 servings

- 6 ounces dried apricots**
- ½ cup plus 2 tablespoons water**
nonstick cooking spray
- 2 large Granny Smith or Golden Delicious Apples,**
peeled, cored and halved
juice of ½ lemon
- 1 cup unbleached, all-purpose flour**
- ⅓ cup slivered almonds, lightly toasted**
- 1 teaspoon baking powder**
- ⅙ teaspoon salt**
- 2 tablespoons unsalted butter, at room temperature**
- ½ cup plus 2 tablespoons granulated sugar**
- 1 large egg**
- 1½ teaspoons pure vanilla extract**
- ¼ teaspoon almond extract**
- ⅓ cup lowfat sour cream**
- 1½ teaspoons ground cinnamon**
- 1½ tablespoons melted butter**

Bring the water to the boil in a saucepan or in the microwave. Add the apricots, return to the boil, then let sit until cool, about 20 to 30 minutes. Insert the metal blade. Purée the apricots and their cooking liquid until smooth, 4 to 5 minutes, stop the machine and scrape the work bowl 2 or 3 times. Remove and reserve.*

Preheat the oven to 350° F. Spray a 7x10-inch baking pan with nonstick cooking spray.

Insert the slicing disc. Arrange the apples in the feed tube so that the bottom of the apple is sitting on the blade. Use medium pressure to slice. Toss the sliced apples gently with the lemon juice. Set aside.

Pulse the flour, almonds, baking powder and salt until the nuts are roughly chopped, 10 to 12 times. Remove and reserve. Cream the butter, sugar, 3 tablespoons of the apricot purée, the vanilla and almond extracts until smooth, 45 seconds. Add egg and sour cream, process 30 seconds. Scrape the work bowl, process 15 seconds longer. Add the reserved dry ingredients and pulse just to incorporate, 10 to 12 times. Do not overprocess. The batter will be thick. Spread the batter evenly in the two prepared baking pans. Arrange the apples over the batter, 3 rows of 12 overlapping apple slices in each pan (for a nice effect, arrange the middle row in the opposite direction). Combine the cinnamon and sugar, sprinkle evenly over the apples. Drizzle with the melted butter. Bake in the preheated 350° oven to 45 to 50 minutes, until a cake tester comes out clean when inserted in the middle of the pan, and the sides of the cake pull away from the pan. Cool on a rack for 30 minutes before serving. May be made a day ahead. Remove from the pans when completely cool and wrap well. May also be frozen.

*This will yield 1 cup of apricot purée, enough to make this recipe 5 times. Leftover purée can be covered and refrigerated for 2 weeks, or frozen. Fruit purée may be substituted for part of the fat in many cake, brownie and cookie recipes. Do not remove all the fat or the product will be dry and tough.

Nutritional information per serving:

*Calories 312 (34% from fat) • carb. 46g • pro. 6g • fat 12g • sat. fat 4g
• chol. 43mg • sod. 95mg • calc. 69mg • fiber 8g*

Basic Cheesecake

Creamy, smooth and simple to prepare.

Chocoholics will love the double chocolate variation.

Makes 6 servings

- 3 lowfat honey graham crackers, broken into pieces**
- 1 tablespoon granulated sugar**
- 1 tablespoon unsalted butter**
- 1 pound lowfat cream cheese, at room temperature**
- ½ cup granulated sugar**
- 1 tablespoon pure vanilla extract**
- 2 large eggs, at room temperature**

Preheat the oven to 325°F.

Wrap the bottom and sides of a 7x3-inch springform pan in a sheet of oversized aluminum foil. There should be no seams in the foil, and it should come up to the top of the pan. Cut off any excess. Insert the metal blade. Process the graham crackers until they are fine crumbs, add the sugar and the butter through the feed tube, and process until the butter can no longer be seen. Press into the bottom of the prepared pan. Put in the freezer until ready to fill.

Wipe out the work bowl with a paper towel. Insert the metal blade. Process the cream cheese until smooth, about 20 to 30 seconds. Add the sugar and vanilla through the feed tube and process until smooth, about 30 seconds. Scrape down the sides of the work bowl. With the machine running, add one egg, process to incorporate, about 5 to 10 seconds, scrape down the sides of the work bowl. Add the second egg, process to incorporate, 5 to 10 seconds, scrape the work bowl, process for 5 seconds longer. Do not overprocess.

Carefully pour the cream cheese mixture into the prepared pan. Place in a roasting pan, and set on the rack of the oven. Carefully add hot water to the roasting pan until it reaches halfway up the sides of the springform pan. This is called a *bain marie* or water bath. Bake the cheesecake in the preheated oven for 60 minutes. The cheesecake will still look jiggly in the center. Do not worry.

Remove the cheesecake from the *bain marie*, remove the foil and place on a rack. Cool completely on a rack, then cover and refrigerate for at least 8 hours.

The cheesecake is best made a day ahead. If desired, garnish with fresh fruit.

Nutritional information per serving:

*Calories 287 (52% from fat) • carb. 25g • pro. 10g • fat 17g • sat. fat 9g
• chol. 103mg • sod. 459mg • calc. 96 mg • fiber 0g*

Double Chocolate Variation:

Before making the cheesecake, chop 5 ounces of good quality bittersweet or semisweet chocolate that has been broken up using the metal blade and pulse 20 to 30 times until roughly chopped and the chunks are not bigger than ½ inch. Melt 3 ounces in a double boiler set over barely simmering water.

Prepare the cheesecake batter, and pour 1⅓ cups into a bowl. Add the melted chocolate to the batter and process just to incorporate. Pour into the prepared pan and freeze until just firm, 2 to 3 hours. Stir the remaining chocolate chunks into the reserved batter. Pour over the frozen chocolate layer. Bake as instructed, but increase the baking time to 75 minutes.

Basic Flaky Pastry Dough

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

For a one-crust pie:

- 1½ cups unbleached, all-purpose flour**
- ¼ teaspoon table salt**
- ⅓ teaspoon baking powder**
- 8 tablespoons unsalted butter, cut into ½-inch pieces, well chilled**
- 2 tablespoons shortening, 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 table salt**
- ¼ teaspoon baking powder**
- 16 tablespoons unsalted butter, cut into ½-inch pieces, well chilled**
- 2 tablespoons shortening, cut into ½-inch pieces, well chilled**
- 5 to 8 tablespoons ice water**

Insert the metal blade. Process the flour, salt and baking powder to sift, 10 seconds. Add the well-chilled butter and shortening. Use short rapid pulses until the mixture resembles coarse cornmeal 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. The dough will be crumbly, but should begin to hold together when a small amount is picked up and pressed together. Sprinkle on more water, a teaspoon (two for the two-crust recipe) at a time, with 2 to 3 quick pulses after each addition, adding just enough water for the dough to hold together easily when pressed into a ball. 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 to allow the glutes in the flour to rest. 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.

*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 with a sheet of aluminum foil or parchment paper and fill with pie weights, dry rice or beans. Bake for 15 minutes.

Nutritional information per serving (2-crust, 12 servings):

*Calories 252 (60% from fat) • carb. 22g • pro. 3g • fat 17g • sat. fat 10g
• chol. 40mg • sod. 107mg • calc. 2mg fiber 1g*

Deep Dish Pear and Apple Pie

Pears and apples combine to make a delightful taste combination. If you want, you may use all pears or all apples.

Makes a 10-inch deep dish pie /12 servings

pastry for a 2-crust pie, page 68

3 ripe but firm pears, about 8 ounces each, peeled, cored and quartered

juice from 1 lemon

¼ cup pure maple syrup (not pancake syrup)

1½ teaspoons pure vanilla extract

3 Granny Smith apples, about 8 ounces each, peeled, cored and quartered

4 tablespoons unbleached, all-purpose flour, divided

¾ cup dried cranberries

Preheat the oven to 400°F.

Roll out half the pastry to fit a 10-inch deep dish pie plate, leaving a ½-inch overhang. Refrigerate until ready to use.

Insert the slicing disk. Arrange the pear quarters in the feed tube. Use medium pressure to slice. Repeat until all the pears are sliced. Transfer to a bowl and toss gently with half of the lemon juice. Reserve. Arrange the apple quarters in the feed tube. Use medium pressure to slice. Transfer to a bowl and toss with the remaining lemon juice. Insert the metal blade. Process the maple syrup and vanilla to combine.

Layer half of the apples in the prepared piecrust, sprinkle with 1 tablespoon of the flour and 3 tablespoons of the dried cranberries. Top this with a layer of the pears sprinkled with 1 tablespoon of the flour and 3 tablespoons of the dried cranberries. Repeat both layers. Drizzle the maple syrup mixture evenly over the top of the fruit. Roll out the remaining pie crust about ⅛-inch thick to fit the pie plate. Brush the edges of the bottom crust with a little water. Carefully lay the top crust on the pie. Press gently to seal. Trim to the edge of the pie plate, crimp or flute decoratively. Make about 10 to 12 slits in the top crust decoratively with the tip of a very sharp knife. If desired, roll out some of the leftover crust and cut with small decorative cookie cutters. For this pie, you could use pears, apples and leaves. Brush the bottoms of the shapes with a little water and lay atop the crust in a decorative fashion.

Bake the pie in the bottom third of the preheated oven for 60 to 70 minutes, covering the edges with foil if they begin to get too browned after about 35 to 40 minutes. Let the pie rest on a cooling rack at least an hour before serving.

Nutritional information per serving:

*Calories 351 (43% from fat) • carb. 47g • pro. 4g • fat 17g • sat. fat 10g
• chol. 40mg • sod. 108mg • calc 13mg • fiber 3g*