
SWEET & SAVORY RECIPES

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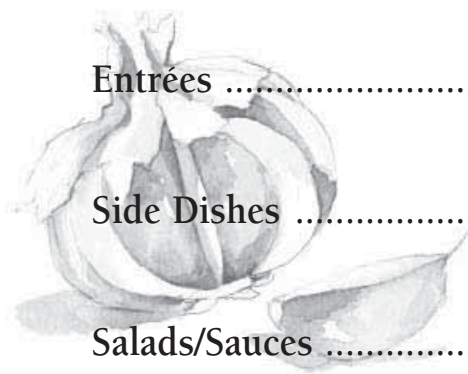
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APPETIZERS

GUACAMOLE

Serve this creamy Mexican specialty with tortilla chips or crisp vegetables.

Makes 4½ cups

- ½ cup packed cilantro leaves
- 3 plum tomatoes, cored, halved and seeded
- 2 garlic cloves
- 2 medium jalapeños, stemmed, quartered and seeded
- 2 green onions (include 2 inches of green), cut into 1-inch lengths
- 6 ripe avocados, peeled, pitted and cut into 1-inch pieces, reserve several pits
- ¼ cup fresh lime juice
- ½ teaspoon chili powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground cumin

Insert metal blade. Put the cilantro into the work bowl. Pulse to chop, roughly 5–6 times; remove and reserve. Add the tomatoes, reserve. With the machine running, drop the garlic cloves and jalapeños through the feed tube; process until finely chopped, 10 seconds. Add the onion to the work bowl, process to chop, 10 seconds. Add the avocados, lime juice, chili powder, salt and cumin to the work bowl; process 30 seconds. Scrape the work bowl. Process for 30 seconds longer. Add the reserved chopped cilantro and tomatoes to the work bowl; pulse until just combined. Transfer to a bowl. If not serving immediately, place reserved pits into guacamole, then cover with a sheet of plastic wrap placed directly on the guacamole, pressing out any air bubbles on the surface. This will help prevent browning. Refrigerate until ready to serve.

Nutritional information per serving:

Calories 216 (77% from fat) • carb. 11g • pro. 3g
• fat 20g • sat. fat 3g • chol. 0mg • sod. 158mg
• calc. 26mg • fiber 7g

FRESH TOMATO SALSA

Great with the traditional tortilla chips, or use as a sauce for grilled meats and seafood.

Makes about 5 cups

- 1 garlic clove
- 1–2 jalapeños, cored, seeded and quartered

- 1 small onion (red or white, about 2 ounces), peeled, cut into ½-inch pieces
- ½ cup packed fresh cilantro leaves
- 2 pounds ripe red tomatoes, cored, seeded and cut into 1-inch pieces
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 tablespoons fresh lime juice

Insert metal blade. With the machine running, drop the garlic and jalapeños through the small feed tube and process to finely chop. Scrape the work bowl. Add onion and cilantro leaves to the work bowl, pulse to chop, 8–10 times. Scrape the work bowl. Add the tomatoes, pulse to chop, 10–15 times. Scrape the work bowl.

Add the salt, cumin, coriander and lime juice, pulse to combine, 5 times. Transfer to a medium bowl and refrigerate for at least 30 minutes to allow the flavors to blend. Salsa is best when made the day it is to be served, but will keep for a day or two refrigerated. Stir if it separates.

Note: For variety, you may substitute ripe yellow tomatoes for half or all of the red tomatoes.

Nutritional information per serving:

Calories 13 (10% from fat) • carb. 3g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 73mg
• calc. 7mg • fiber 1g

BLUE CHEESE AND PECAN SPREAD

You can substitute cottage cheese for all or part of the cream cheese and you can substitute walnuts for pecans.

Makes 2 cups

- ½ cup shelled pecans
- 12 ounces cream cheese
- 4 tablespoons blue cheese

Insert metal blade. Put nuts into the work bowl. Process until they are finely chopped, about 10 seconds. Add cream cheese, in pieces, and blue cheese. Process until well mixed and smooth, about 10 seconds. (If substituting cottage cheese, process until smooth, about 90 seconds.)

Nutritional information per serving:

Calories 293 (86% from fat) • carb. 4g • pro. 7g
• fat 29g • sat. fat 12g • chol. 67mg • sod. 7mg
• calc. 93mg • fiber 1g

CHICKEN LIVER PÂTÉ

An extraordinarily good party dish that is easy to make and keeps well.

Serve it on toasted French bread or apple slices.

Makes 4½ cups

- 2 large garlic cloves, unpeeled
- 6 tablespoons butter, for sautéing
- 2 pounds chicken livers, trimmed
- 1 pound unsalted butter
- 2 teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon ground allspice
- 2 tablespoons cognac

Put garlic in a small saucepan, cover with water and simmer 10 minutes. Reserve. Heat butter in skillet until it bubbles. Sauté chicken livers over medium-high heat until brown on the outside, but still pink within.

Insert metal blade. Squeeze softened interior of garlic into work bowl. Add livers and remaining ingredients. Process until creamy and smooth, about 1 minute. Scrape down bowl as necessary.

Transfer pâté to a crock or serving dish, cover and refrigerate at least 4 hours. Let stand at room temperature for 30 minutes before serving. Well covered, pâté can be refrigerated for up to 5 days.

Nutritional information per serving:

Calories 280 (84% from fat) • carb. 2g • pro. 9g
• fat 26g • sat. fat 16g • chol. 287mg
• sod. 192mg • calc. 14mg • fiber 0g

CHEESE COINS

These tender and flavorful appetizers are easy to make, convenient to serve and they can be refrigerated or frozen.

Makes 150 cheese coins

- 1 pound Cheddar, cut into 1-inch pieces
- ½ pound unsalted butter, room temperature, cut into 1-inch pieces
- ½ teaspoon kosher salt
- ½ teaspoon hot sauce or pinch of cayenne pepper
- 2 cups unbleached, all-purpose flour

Insert medium shredding disc. Shred cheese using medium pressure. Reserve cheese; remove disc. Insert metal blade. Add shredded cheese, butter, salt and hot sauce or cayenne. Process for 30 seconds, scrape work bowl. Process about 30 seconds more, until smooth.

Scrape work bowl. Add flour and process until incorporated.

Divide dough into equal parts and roll each into a cylinder about 1½ inches in diameter. Chill until firm, about 2 hours.

Preheat oven to 400°F. Cut dough into ⅛-inch slices and place slices 1½ inches apart on lightly greased baking sheet. Bake until lightly colored, about 10 minutes, being careful not to brown them. Transfer to wire rack to cool slightly.

Unbaked, plastic-wrapped cylinders keep for about a week in the refrigerator. Baked appetizers can be frozen and reheated for 6 to 8 minutes in a 300°F oven.

Nutritional information per serving:

Calories 29 (69% from fat) • carb. 1g • pro. 1g
• fat 2g • sat. fat 1g • chol. 7mg • sod. 27mg
• calc. 22mg • fiber 0g

SOUPS

CHUNKY GAZPACHO

This refreshing, cold soup can be ready in less than 10 minutes. You may serve it at once, but it improves with chilling.

Makes 9 cups

- 2 small garlic cloves
- 1 small jalapeño, cored, seeded and halved
- 8 scallions, trimmed and cut into 1-inch pieces
- 2 celery stalks, cut into 1-inch pieces
- 1 medium bell pepper, quartered, seeded
- 4 tomatoes, halved and seeded
- 4 cups tomato or vegetable juice
- 2 medium cucumbers, halved lengthwise
- 4 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

Insert metal blade. Put garlic and jalapeño into the work bowl. Process until finely chopped. Add scallion, celery and bell pepper. Pulse to medium chop, about 5–6 times. Put in large mixing bowl. Pulse one half of the tomatoes until coarsely chopped, about 3–4 times. Add to mixing bowl. Purée remaining tomatoes until smooth, about 1 minute. With machine running, pour in ½ cup of tomato juice until

mixed. Add to mixing bowl with remaining tomato juice and stir.

Insert slicing disc. Stand cucumber pieces upright in feed tube and slice, using light pressure. Add to mixing bowl with remaining ingredients and stir to combine. Cover and chill before serving.

Nutritional information per serving:

Calories 25 (6% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 302mg
• calc. 20mg • fiber 1g

LEEK AND POTATO SOUP/ VICHYSOISE

Louis Diat, longtime chef at the New York Ritz Hotel, transformed the everyday Leek and Potato Soup into a cold soup suitable for parties.

Makes 6 cups Leek* and Potato Soup
or 8 cups Vichyssoise

- 4 medium leeks*, white part only, cleaned and cut to fit feed tube
- 1 medium onion, halved
- 2 tablespoons unsalted butter
- 4 medium, all-purpose potatoes, peeled, cut in half crosswise then quartered lengthwise
- 3 cups chicken stock
- 2 cups water
- Kosher salt
- Freshly ground black pepper
- Chopped chives, for garnish

For Vichyssoise:

- 2 cups whole milk
- ½ cup heavy cream

Insert slicing disc. Slice leeks and onion using light pressure. Melt butter in large saucepan. Add leeks and onion and sauté, stirring often, until soft, but not brown, about 10 minutes.

Slice potatoes, using medium pressure. Add potatoes, stock and water to saucepan. Bring to boil, reduce heat, cover and simmer gently, stirring occasionally, until vegetables are very tender, about 25 minutes. Adjust seasoning and serve hot as Leek and Potato Soup or proceed as follows for cold Vichyssoise.

Strain liquid into large saucepan and set aside. Use metal blade to purée vegetables, stopping once to scrape bowl. Whisk purée into reserved liquid, add milk and bring to a boil over moderate heat, stirring constantly. Remove from the heat and stir in cream. Season to taste with salt and pepper. Refrigerate until thoroughly chilled. Taste again for seasoning and sprinkle with chopped chives.

Nutritional information per serving:

Calories 105 (45% from fat) • carb. 12g • pro. 3g
• fat 5g • sat. fat 3g • chol. 18mg • sod. 267mg
• calc. 64mg • fiber 1g

CREAMY ROASTED RED PEPPER SOUP

Makes 8 servings

- 1 medium leek, trimmed, cleaned and cut to fit feed tube
- 1 medium carrot, peeled and cut to fit feed tube
- 1 celery stalk, leaves included, cut to fit feed tube
- 1 pound Yukon gold potatoes, peeled
- 1 tablespoon unsalted butter
- 1 tablespoon extra virgin olive oil
- 3 cups chicken or vegetable stock
- 2 cups water
- 4 roasted red bell peppers
- 1 garlic clove
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup fat-free half-and-half
- ¼ teaspoon hot sauce or more to taste

Insert slicing disc. Slice leek, carrot and celery using medium pressure; remove from work bowl and reserve. Slice potatoes, using medium pressure.

Heat butter and olive oil in a 3¾-quart saucepan over medium heat. Add leek, carrot and celery and cook until softened, but not browned, about 8–10 minutes. Add stock, water and potato slices; bring to a boil. Reduce heat to medium low and add roasted peppers, garlic, salt and pepper. Cover loosely and simmer for 20 to 25 minutes, until potatoes are tender. Turn off heat. Strain soup. Return the cooking liquid to the saucepan.

Insert metal blade. Put the cooked vegetables in the work bowl with 1 cup of the cooking liquid. Pulse to chop, about 10 times. Process continuously to purée the vegetables until they are smooth, about 2 minutes, stopping once or twice to scrape the work bowl. Stir the purée vegetables into the reserved cooking liquid in the saucepan. Place over medium heat and bring to a simmer. Reduce heat to low and stir in half-and-half and hot sauce to taste.

Nutritional information per serving:

Calories 104 (30% from fat) • carb. 15g • pro. 3g
• fat 3g • sat. fat 1g • chol. 5mg • sod. 315mg
• calc. 21mg • fiber 2g

*To clean leeks, slice lengthwise and rinse well under cold water to remove all sand and gritty dirt. If white part only is specified in recipe, trim off all green.

SPLIT PEA SOUP

A perfect family lunch or supper.

Makes 8 cups

- | | |
|----|---|
| 1 | large onion, quartered |
| 1 | large garlic clove |
| 1 | pound split green peas, rinsed and drained |
| 1½ | pounds smoked ham hocks |
| 7 | cups water |
| 2 | medium carrots, peeled, cut lengthwise to fit feed tube |
| 1 | large celery stalk, cut to fit feed tube |
| 1 | medium potato, peeled, quartered and cut to fit feed tube |
| | Kosher salt |
| | Freshly ground black pepper |

Insert metal blade. With machine running, drop garlic through the small feed tube to finely chop. Add onion and pulse until coarsely chopped, about 6 to 8 times. Add peas, ham hocks and water to large pot. Bring to a boil and reduce heat. Cover and simmer until hocks are tender, about 30 to 40 minutes. Stir occasionally and add more water if necessary. Remove hocks and let them cool. Reserve vegetable mixture.

Once cool, remove meat from hocks and pulse until coarsely chopped, about 4–6 times. Remove metal blade and insert slicing disc. Stand carrots, celery and potatoes upright in feed tube and slice, using medium to firm pressure. Put chopped ham and sliced vegetables into pot. Remove slicing disc and insert metal disc. Purée cooked vegetable mixture until smooth. Add purée to pot with ham and vegetables; stir. Cover and simmer until tender, stirring occasionally to prevent sticking. This will take about 20 minutes. Season to taste.

Nutritional information per serving:

Calories 210 (4% from fat) • carb. 38g • pro. 15g
• fat 1g • sat. fat 0g • chol. 4mg • sod. 89mg
• calc. 30mg • fiber 8g

ENTRÉES

Ragù Bolognese

Makes 8 cups sauce, enough for 1 pound of pasta,
6 to 8 servings

- | | |
|----|---|
| 1 | can (28-ounce) whole, peeled plum tomatoes, drained, juices reserved |
| 3 | garlic cloves |
| 1 | medium onion (6 ounces), cut into 1-inch pieces |
| 2 | celery stalks, cut into 1-inch pieces |
| 1 | carrot, cut into 1-inch pieces |
| 1 | pound beef chuck, cut into 1-inch pieces (well trimmed of fat and gristle), chilled |
| ¾ | pound veal, cut into 1-inch pieces (well trimmed of fat and gristle), chilled |
| ¾ | pound pork, cut into 1-inch pieces (well trimmed of fat and gristle), chilled |
| 1 | tablespoon extra virgin olive oil |
| 1 | tablespoon unsalted butter |
| ½ | cup whole milk |
| ½ | cup dry white wine |
| 1½ | cups beef broth or stock (preferably no salt, no fat) |
| 1 | teaspoon kosher salt |
| ½ | teaspoon freshly ground black pepper |
| ¼ | teaspoon freshly ground nutmeg |

Insert metal blade. Put tomatoes into the work bowl. Pulse to roughly chop, about 3–4 times. Remove and reserve. With the machine running, drop the garlic through the small feed tube and process to chop, 5 seconds. Scrape the work bowl. Add the onion and celery, pulse to chop, 15–20 times. Remove and reserve. Pulse to chop the carrot, 15 times; remove and reserve. Pulse to chop the beef cubes, 8–10 times; remove and reserve. Pulse to chop the veal cubes, 8–10 times; remove and reserve. Pulse to chop the pork cubes, 8–10 times; remove and reserve.

Heat the oil and butter together over medium heat in a 3½-quart sauté pan. Add the garlic, onion, celery and carrot; cook, stirring for 2 minutes. Remove and reserve. Raise the heat to medium high and add half the ground meats. Cook until nicely browned, stirring to keep meat from sticking together, about 10 minutes; remove and repeat with remaining meat. Return the cooked vegetables and browned meat to the pan. Add the milk and simmer until reduced, about 10 minutes. Add

the tomatoes and reserved juices, simmer for 15 minutes. Stir in the wine and broth. Bring the mixture to a boil, then lower the heat, cover loosely and simmer for 2 hours. Season with salt, pepper and freshly ground nutmeg.

This sauce may be made ahead and kept in the refrigerator for 2 days, or frozen for up to a month. Serve tossed with freshly cooked fettuccine or tagliatelle or a large-shaped pasta that will trap the sauce. Add ½–1 cup of the pasta cooking water to the pasta and ragù when tossing.

Nutritional information per serving:
Calories 353 (54% from fat) • carb. 9g • pro. 30g.
• fat 21g • sat. fat 8g • chol. 106mg • sod. 504mg
• calc. 71mg • fiber 2g

CHILI

Kids love chili and it's a versatile dish. You can serve it on hot dogs, fill tacos with it or eat it plain.

This one freezes well for about 6 months, so make it in batches.

Makes 8½ cups

- 4 garlic cloves
 - 2 medium onions, quartered
 - 2 pounds boneless beef chuck, chilled
 - 3 teaspoons cumin seeds
 - 4 tablespoons vegetable oil
 - 4 tablespoons chili powder
 - 4 tablespoons paprika
 - 1½ teaspoons kosher salt
 - ¼ teaspoon crushed red pepper
 - 2 cans (8 ounces each) whole tomatoes
 - 2 cups water
 - 4 cups red kidney beans
- Suggested garnishes – see end of recipe

Insert metal blade. Put garlic and onion into the work bowl. Process until finely chopped, about 15 seconds. Remove and reserve. Trim beef of all fat and cut it into 1-inch cubes. Process until coarsely chopped, about 10 to 12 pulses.

Brown cumin seeds in saucepot over medium heat. Shake pan constantly and cook until cumin begins to smoke, about 1 minute. Remove and reserve.

Heat vegetable oil in same saucepot over medium heat. Add garlic and onions and cook for 2 minutes. Add beef and cook, stirring often, until no pink color remains, about 5 minutes.

Reduce heat to low, stir in cumin, chili powder, paprika, salt and red pepper, and cook uncovered for 5 minutes, stirring occasionally.

Use metal blade to coarsely chop tomatoes, pulsing 4 to 5 times. Add to saucepot with water and bring to boil. Reduce heat and simmer, partially covered over medium-low heat for 45 minutes, stirring occasionally. Stir in the beans and cook until heated through. Taste and add salt, if needed.

Try some of these garnishes with the chili: shredded Cheddar or Monterey Jack cheese, shredded lettuce, sliced jalapeño peppers, sliced scallions, sliced black olives, chopped tomato or chopped avocado.

Nutritional information per serving:
Calories 273 (34% from fat) • carb. 29g • pro. 33g
• fat 14g • sat. fat 4g • chol. 68mg • sod. 1119mg
• calc. 81mg • fiber 11g

CHICKEN AND VEGETABLE STIR-FRY

Stir-frying and the food processor are one of the most effective combinations to put a meal on the table in no time.

Makes 12 servings

- 4 pounds boneless chicken breasts
- 3 red bell peppers, cored, seeded and cut vertically into 3 pieces
- 12 scallions, trimmed and cut to fit feed tube horizontally
- 4 zucchini, cut to fit feed tube horizontally
- 2 yellow squash, cut to fit feed tube horizontally
- 2 garlic cloves
- 2 1-inch pieces fresh ginger
- ⅔ cup water
- 4 tablespoons dry sherry
- 6 tablespoons soy sauce
- 4 teaspoons sesame oil
- ½ teaspoon freshly ground black pepper
- 4 teaspoons cornstarch
- 6 tablespoons vegetable oil

Split chicken breasts lengthwise. Tuck ends under to form compact shapes of uniform thickness. Wrap individually and freeze on baking sheet until firm to the touch, but easily pierced with the tip of a sharp knife.

Stand peppers on long ends and use slicing disc to slice them, using light pressure. Lay

scallion pieces in feed tube horizontally and slice into slivers, using light pressure.

Insert shredding disc and insert zucchini and yellow squash, using light pressure. Remove and reserve vegetables.

Insert metal blade. With the machine running, drop garlic and ginger through small feed tube to finely chop. Insert slicing disk. Stand chicken pieces tightly in feed tube and slice, using firm pressure. Remove and reserve on a plate, loosely covered with plastic wrap.

Insert metal blade. Put water, sherry, soy sauce, sesame oil, ground pepper and cornstarch into the workbowl and process until smooth, about 14 seconds. Remove metal blade, leaving contents in work bowl.

Heat vegetable oil in skillet over high heat until very hot. Add chicken pieces and cook, stirring vigorously until chicken is opaque, about 3 minutes.

Add vegetable mixture and stir-fry over medium-high heat until crisp-tender, about 2 minutes. Add sauce mixture. Cook, stirring, until sauce thickens, about 1 minute. Serve over brown or white rice.

Nutritional information per serving:
Calories 250 (35% from fat) • carb. 7g • pro. 34g
• fat 10g • sat. fat 2g • chol. 85mg • sod. 922mg
• calc. 42mg • fiber 2g

CARAMELIZED ONION & GRUYÈRE QUICHE

Make the Basic Pastry Dough first, then continue with this recipe – to prepare without washing the work bowl.

Makes 8 servings (one 9-inch tart or pie)

- ½ recipe Basic Pastry Dough, page 29
- 5 ounces Gruyère, cut to fit the feed tube
- 1 large onion (6 to 8 ounces), quartered
- 1 tablespoon extra virgin olive oil
- 4 large eggs
- 1 cup fat-free evaporated milk
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon freshly grated nutmeg

Prepare Basic Pastry Dough and chill.

Insert the shredding disc. Shred the Gruyère, using medium pressure. Remove and reserve. Insert the slicing disc; slice the onion, using

medium pressure. Do not wash work bowl.

While the dough is chilling, heat the olive oil in an 8-inch skillet over medium heat. Add the onion and cook for 2–3 minutes until it begins to soften. Lower the heat, and cook for 10 to 15 minutes, stirring every 2 or 3 minutes until the onions are lightly caramelized. Remove, cool and reserve. Preheat the oven to 425°F.

On a lightly floured surface, roll out the pastry dough until it is round, approximately ½-inch thick, and 3 inches larger in diameter than the pie pan. Carefully lifting the dough, gently fold in quarters. Position the point in the center of the pan and unfold, allowing the dough to drape into the pan. Gently ease the dough in, pressing lightly so that there are no air bubbles. Trim so that there is a ½-inch overhang, then lightly brush the edges with a small amount of water, fold the dough over onto itself, crimp and seal. Prick evenly with a fork. Freeze for 15 minutes.

Line the pastry dough with a sheet of foil and fill with pie weights, dry beans or rice (use 2½ to 3 cups). Bake in the lower third of the preheated oven for 12 minutes, then remove the foil and pie weights and bake for another 5 minutes. Remove from the oven. (This may be done ahead.)

Insert metal blade. Place the eggs, milk, pepper and nutmeg in the work bowl and process for 30 seconds. Sprinkle half the cheese evenly in the partially baked crust. Top with all the onions and the remaining cheese. Carefully pour in the egg mixture. Place in the lower third of the oven and bake for 10 minutes, then lower the heat to 375°F and continue baking for 25 to 30 minutes, until the custard is set, puffed and golden.

Remove to a rack and let rest for 10 to 15 minutes before slicing.

Nutritional information per serving:
Calories 282 (51% from fat) • carb. 21g • pro. 13g
• fat 16g • sat. fat 8g • chol. 142mg • sod. 276mg
• calc. 292mg • fiber 1g

SPINACH-STUFFED PORTOBELLOS

Spinach-Stuffed Portobellos can be served as a side dish or as a vegetarian entrée.

Makes 6

- 6 large portobello mushrooms, about 5 inches in diameter
- Extra virgin olive oil
- 2 ounces Parmesan, cut in 1-inch pieces

- 1 garlic clove
- 1 shallot (2 ounces)
- 10 ounces fresh spinach, stems removed, washed and dried
- 2 tablespoons sour cream (may use lowfat)
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup pine nuts, lightly toasted

Preheat oven to 375°F. Clean portobellos with a damp cloth. Remove and reserve stems; scrape out (use the bowl of a spoon) and discard black gills. Lightly brush outside of mushrooms with extra virgin olive oil. Line a large jelly roll pan with parchment.

Insert metal blade. Put Parmesan into the workbowl. Pulse to finely chop, about 6 to 8 times. Add garlic and shallot; process until finely chopped, about 30 seconds. Add mushroom stems and spinach; process to finely chop, about 20–30 seconds. Add sour cream, mustard, salt and pepper; process until blended. Add pine nuts and pulse to combine, 10–15 times.

Divide spinach mixture evenly among portobellos; spread filling evenly. Arrange on baking sheet, filling side facing up, and bake until mushrooms are tender and filling is hot, about 25 minutes. Serve hot.

Nutritional information per serving:
 Calories 117 (44% from fat) • carb. 10g • pro. 9g
 • fat 7g • sat. fat 1g • chol. 8mg • sod. 327mg
 • calc. 169mg • fiber 3g

SIDE DISHES

BROCCOLI PURÉE

Broccoli is high in fiber, high in potassium and low in calories. This recipe uses the stems, which are often discarded.

Makes 5 cups

- 3 pounds broccoli
- 2 small onions
- 4 tablespoons butter
- 2 teaspoons fresh lemon juice
- Kosher salt and freshly ground black pepper to taste

Remove stems from broccoli and reserve florets. Insert slicing disc. Slice stems and onions. Cook sliced vegetables in boiling water to cover with one-half reserved florets until

tender, about 6 to 8 minutes. Drain, reserving liquid.

Insert metal blade. Process cooked solids with remaining ingredients until smooth, about 1 minute.

Cut remaining reserved florets into smaller florets and cook in reserved liquid until tender, about 3 minutes. Remove with slotted spoon, add to workbowl. Pulse in enough liquid to achieve desired consistency. Season to taste. Or serve the florets on a bed of puréed broccoli.

Nutritional information per serving:
 Calories 64 (62% from fat) • carb. 5g • pro. 2g
 • fat 5g • sat. fat 3g • chol. 12mg • sod. 254mg
 • calc. 36mg • fiber 2g

CAULIFLOWER PURÉE

Serve in place of high-carb potatoes.

Makes 6 servings

- 1 head large cauliflower
- 6 garlic cloves
- 1 medium onion, quartered
- ¼ cup reduced-fat sour cream
- 3 tablespoons unsalted butter

Cut cauliflower into florets. Place in a 3¼–quart saucepan with the garlic and onion. Cover with water and bring to a boil over high heat. Reduce heat to low, cover loosely and cook until cauliflower is tender, 15 to 20 minutes. Drain.

Insert metal blade. Place the drained vegetables in the work bowl. Pulse 5 times to chop. Add the sour cream and butter. Process until smooth and creamy, about 2 minutes. Serve hot.

May be prepared ahead and reheated in a gratin dish that has been lightly coated with butter or olive oil. Bake in a 350°F oven until hot, about 20–25 minutes.

Nutritional information per serving:
 Calories 121 (56% from fat) • carb. 11g • pro. 4g
 • fat 8g • sat. fat 5g • chol. 20mg • sod. 52mg
 • calc. 55mg • fiber 4g

POTATOES AU GRATIN

You can use baking or boiling potatoes for this hearty, yet elegant dish.

Makes 6 servings

- 6 ounces Gruyère cheese, cut into 1-inch pieces
- 4 medium garlic cloves
- 2 medium onions, quartered
- 5 cups whole milk or half-and-half
- 1½ teaspoons kosher salt
- Freshly ground white pepper
- 6 large potatoes (about 10 ounces each), peeled and cut flat at ends
- Butter for baking dish

Preheat oven to 400°F and butter a 4-quart baking dish. Insert metal blade. Put cheese in food processor and pulse until finely chopped, about 6 to 8 times. Remove and reserve. With the machine running, drop garlic through feed tube to finely chop. Add onions and pulse to finely chop, about 3 to 4 times. Put onion/garlic mixture in saucepan with milk, salt and pepper.

Shred potatoes with shredding disc, one at a time, using firm pressure on pusher. Add shredded potatoes to saucepan and bring mixture to a boil, stirring continuously to prevent scorching.

Remove saucepan from heat and spread potato mixture into prepared baking dish. Sprinkle with reserved cheese and bake for 25 minutes or until potatoes are tender and cheese is golden. Let stand for 10 minutes before serving.

Nutritional information per serving:

- Calories 347 (41% from fat) • carb. 34g
- pro. 18g • fat 16g • sat. fat 10g • chol. 59mg
- sod. 789mg • calc. 549mg • fiber 3g

ZUCCHINI, TOMATO & BASIL GRATIN

While this side dish is best in the summer with garden fresh vegetables, our markets make it easy to get these ingredients all year 'round.

Makes 8 servings

- Cooking spray
- 2 ounces Asiago cheese, cut into ½-inch cubes
- 1 garlic clove
- 12 large fresh basil leaves
- 3 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 medium zucchini, each 1½ inches in diameter
- 12 ripe plum tomatoes

Preheat the oven to 350°F. Lightly coat a 3-quart gratin or baking dish with cooking spray.

Insert metal blade. While the machine is running, drop the Asiago cheese cubes down the feed tube and process to chop finely, about 10 seconds; remove and reserve. With the machine running, drop the garlic through the feed tube to chop. Add the basil leaves, olive oil, salt and pepper. Process until somewhat smooth, about 10 to 15 seconds; remove and reserve.

Insert the medium slicing disc. Cut the zucchini to fit the large feed tube. Arrange the zucchini in the large feed tube. Use medium pressure to slice; remove and reserve. Cut the stem end off the tomatoes. Arrange tomatoes in large feed tube, cut side down. Use light pressure to slice; remove and reserve.

Arrange the zucchini and tomato slices in a single layer, overlapping them tightly. Drizzle with the remaining basil/olive oil mixture, then sprinkle evenly with the grated cheese.

Bake in the preheated oven for 25–30 minutes, until the zucchini is tender. Serve hot or warm.

Nutritional information per serving:

- Calories 102 (48% from fat) • carb. 9g • pro. 5g
- fat 6g • sat. fat 2g • chol. 5 mg • sod. 364 mg
- calc. 84mg • fiber 3g

STIR-FRIED GREEN BEANS WITH RED PEPPERS

The time-consuming “french cut” can be done in seconds with a Cuisinart® Food Processor.

Makes 6 servings

- 1 garlic clove
- 1 red bell pepper, cored and seeded, quartered
- 1½ pounds fresh green beans, trimmed, cut to fit feed tube horizontally
- 1 tablespoon olive oil
- ¼ cup water or chicken stock
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Insert the metal blade. With the machine running, drop garlic through the feed tube to finely chop. Remove and reserve. Insert the slicing disc, slice red bell pepper using light pressure; remove and reserve. Arrange green beans in feed tube horizontally, slice to “French cut” using medium light pressure; reserve.

Place oil in a 3½-quart nonstick sauté pan and

heat over medium-high heat. Add garlic and cook until lightly golden; about 15–20 seconds. Add sliced red peppers, cook until tender, 2–3 minutes; remove and reserve. Add green beans and water or stock to pan, cover and steam until crisp tender, about 4–6 minutes. Stir in reserved red peppers, salt and pepper. Serve hot.

Nutritional information per serving:
Calories 86 (47% from fat) • carb. 10g • pro. 2g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 164mg
• calc. 55mg • fiber 4g

SALADS/SAUCES

CREAMY COLE SLAW

Cole slaw only takes minutes to prepare when you don't have to slice the cabbage by hand.

Makes 10 cups

$\frac{1}{3}$ cup loosely packed parsley leaves
1 2-ounce onion, cut into pieces
 $\frac{2}{3}$ cup mayonnaise
1 tablespoon red wine vinegar
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 large carrot, peeled and halved lengthwise
1 medium head green cabbage, about 2 pounds, quartered and cored

Process parsley with metal blade until minced. Add onion and process until minced. Add the mayonnaise, vinegar, salt and pepper and process 5 seconds to combine. Remove metal blade.

Cut carrot in half crosswise. Insert shredding disc and shred carrot, using firm pressure. Insert slicing disc and slice cabbage, using firm pressure. Add contents of work bowl to mixing bowl and toss to combine. Adjust seasoning. Serve immediately or refrigerate for up to 24 hours. Before serving, drain excess liquid and adjust seasoning. Serve chilled.

Nutritional information per serving:
Calories 69 (76% from fat) • carb. 3g • pro. 1g
• fat 6g • sat. fat 1g • chol. 3mg • sod. 111mg
• calc. 25mg • fiber 1g

SHREDDED CARROT SALAD

The brilliant colors of carrots and peas make this fresh and simple salad a welcome addition to a party buffet table.

Makes 12 servings

3 pounds young carrots, peeled and halved lengthwise
5 scallions, trimmed and cut into 1" pieces
 $\frac{1}{3}$ cup fresh lemon juice
 $\frac{1}{3}$ cup vegetable oil
 $1\frac{1}{4}$ teaspoons kosher salt
 $1\frac{1}{4}$ teaspoons granulated sugar
 $\frac{3}{4}$ cup cooked peas, fresh or frozen (thawed)
Pinch ground cinnamon
Pinch ground allspice
Freshly ground black pepper

Bring a large pot of salted water to a boil. Add carrots and cook until you can just pierce them with the tip of a sharp knife, about 3 to 5 minutes. Drain carrots and rinse under cold water. When they are cool, blot dry with paper towels.

Insert metal blade. Put scallions into the work bowl and pulse until finely chopped, about 5 to 6 times. Add lemon juice, oil, salt, sugar, cinnamon, allspice and pepper and process for about 3 seconds. Leave this dressing in work bowl.

Insert shredding disc, pack carrots lengthwise in feed tube and shred, using medium pressure. Transfer contents of work bowl to serving bowl, add peas and toss gently to coat all ingredients with dressing. Serve cold or at room temperature. Adjust seasoning just before serving.

Nutritional information per serving:
Calories 111 (48% from fat) • carb. 14g • pro. 2g
• fat 6g • sat. fat 2g • chol. 0mg • sod. 285mg
• calc. 40mg • fiber 4g

PESTO

A classic pasta sauce from Italy. One cup is enough for 1 pound of pasta. It's also good on boiled potatoes or in soups.

Makes 2 cups

6 ounces Parmesan cheese, at room temperature, cut into 1-inch pieces
6 small garlic cloves
4 cups tightly packed fresh basil leaves
 $\frac{1}{2}$ cup pine nuts
1 teaspoon kosher salt
 $\frac{1}{2}$ cup olive oil

Insert metal blade. Add cheese and garlic to the work bowl and process until finely chopped, about 30 seconds. Add remaining ingredients except oil and pulse 8 times to combine. With machine running on low, pour oil through feed tube. Process until combined, about 10 seconds. Scrape down bowl and continue processing until smooth, about 20 seconds.

Pesto keeps for up to 5 days in the refrigerator and it also freezes well. Some people prefer to omit the cheese when freezing, adding it just before serving.

Nutritional information per serving:
Calories 262 (79% from fat) • carb. 4g • pro. 11g
• fat 24g • sat. fat 6g • chol. 15mg • sod. 558mg
• calc. 291mg • fiber 1g

NO-COOK CRANBERRY-ORANGE RELISH

Only 1 cup of sugar sweetens 1 pound of cranberries. Most cooked relishes call for 2 cups.

Makes 3½ cups

4 cups fresh cranberries
1 navel orange, unpeeled and quartered
1 cup granulated sugar

Insert metal blade. Put the fruits in work bowl and pulse to chop coarsely, about 8 to 10 times. Add sugar and process about 20 seconds. Taste and add more sugar if desired.

Nutritional information per serving:
Calories 73 (1% from fat) • carb. 19g • pro. 0g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 6mg • fiber 1g

BASIC MAYONNAISE

For classical mayonnaise, as thick as butter, substitute 2 egg yolks for each whole egg.

Makes 3 cups

2 eggs
2 tablespoons fresh lemon juice or wine vinegar
2 tablespoons Dijon mustard
2½ cups vegetable oil, divided

Insert metal blade to process eggs, lemon juice or vinegar, mustard and 1 tablespoon oil in work bowl for 60 seconds. While machine is running, pour ¼ cup of oil into small pusher. (Do not put in more than this or it will dribble through too quickly.) When it has dribbled through hole in the bottom of small pusher, remove small pusher from feed tube and

gradually add remaining oil, while machine continues to run. Mayonnaise will thicken as oil is added. Taste and adjust seasoning if necessary.

Low-Cholesterol Variation: Substitute 2 tablespoons of egg substitute for each egg, omit vinegar, increase salt and add pepper. Proceed as above.

Herb Mayonnaise: Add ¼ cup tightly packed fresh green herbs for each egg, when you put in the egg. Recommended herbs are parsley, dill and tarragon, with stems removed.

Tartar Sauce: Triple the amount of lemon juice. When mayonnaise is finished, add these ingredients for each egg: 3 small gherkins, ¼ small onion, 1 tablespoon capers, 1 tablespoon bottled horseradish and 3 drops hot sauce. Process until gherkins and onion are chopped fine, about 10 seconds.

Nutritional information per serving:
Calories 103 (98% from fat) • carb. 0g • pro. 0g
• fat 11g • sat. fat 3g • chol. 1mg • sod. 18mg
• calc. 1mg • fiber 0g

BREADS

CORNBREAD

This is a particularly moist and flavorful cornbread, which is best served warm.

Makes 1, 9 x 13-inch pan or
12 muffins of cornbread

6 tablespoons unsalted butter
1½ cups yellow cornmeal
1½ cups unbleached, all-purpose flour
3 tablespoons granulated sugar
4 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon kosher salt
1¾ cups buttermilk
2 large eggs
⅔ cup fresh, frozen or canned corn kernels

Preheat oven to 425°F. Melt butter in a 9 x 13-inch baking pan. Spread to coat bottom of pan.

Use metal blade to process all dry ingredients until combined, about 10 seconds. Add remaining melted butter and remaining ingredients except corn kernels process until mixed, about 5 seconds. Scrape down work bowl and gently stir in corn.

Pour into buttered pan and bake until a cake

tester inserted in center comes out clean, about 25 minutes.

Muffin Variation: For corn muffins, pour batter into greased, standard-size muffin tins, filling them three-quarters full. Bake in preheated 425°F oven for about 25 minutes. Makes 12 muffins.

Nutritional information per serving:

Calories 210 (33% from fat) • carb. 30g • pro. 5g
• fat 8g • sat. fat 4g • chol. 52mg • sod. 276mg
• calc. 51mg • fiber 2g

WHITE BREAD

It's best to make this bread with bread flour, or unbleached flour, or a combination of both. Bread made with bread flour will rise higher in the oven.

Makes 2 loaves, 1½ lbs. each

- 1 package (2¼ teaspoons) dry yeast
- 1/3 cup warm water
- 1 tablespoon granulated sugar
- 5 cups unbleached, all-purpose flour or bread flour
- 4 tablespoons unsalted butter, in tablespoon-size pieces
- 2 teaspoons kosher salt
- 1 1/3 cups ice water

Stir yeast and sugar into warm water in a 2-cup measure. Let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast. Insert metal blade. Put flour, butter and salt into the work bowl and process for 20 seconds. Add ice water to yeast mixture.

With machine running, pour liquid through feed tube in steady stream, only as fast as flour absorbs it. Continue processing until dough cleans inside of work bowl and forms a ball. Then let machine run for 45 seconds to knead dough.

Shape dough into a ball and place it in lightly floured bowl. Cover bowl with plastic wrap or a dry dishtowel. Let rise in warm place until dough has doubled in bulk, about 1 to 1½ hours.

Punch dough down. Shape dough into 2 loaves and place each in a greased 6-cup loaf pan. Cover with oiled plastic wrap and let rise in a warm place until dough just rises above top of pans, about 45 minutes. After 30 minutes preheat oven to 375°F. Bake in middle rack of preheated oven until top is browned, about 35 to 40 minutes. Remove from pans and cool on wire racks.

Whole Wheat Variation

Replace one half of white flour with an equal amount of whole wheat flour.

Nutritional information per serving:

Calories 142 (21% from fat) • carb. 25g • pro. 3g
• fat 3g • sat. fat 2g • chol. 8mg • sod. 196mg
• calc. 6mg • fiber 1g

BASIC PIZZA DOUGH

With this dough, you can make large pizza crusts to serve several, or small ones to serve a few.

Makes two 14-inch pizza crusts OR
four 9-inch pizza crusts

- 1 package (2¼ teaspoons) active dry yeast
- 1 teaspoon granulated sugar
- 1 1/3 cups warm water
- 3 1/3 cups unbleached, all-purpose flour
- 1 1/4 teaspoons kosher salt
- 3 teaspoons olive oil
- 3 tablespoons cornmeal for pan
- Vegetable oil for pan

Stir yeast and sugar into warm water. Let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast. Insert metal blade. Put flour and salt in work bowl and turn on machine. Pour yeast mixture through feed tube and process about 45 seconds, until dough pulls away from sides of bowl. Add oil through feed tube and process 60 seconds longer.

If dough sticks to sides of bowl, add more flour, 1 tablespoon at a time, processing for 10 seconds after each addition, until dough leaves sides of bowl, but remains soft.

Roll dough on floured surface into circle, rotating and turning dough often and using enough flour so it doesn't stick. If dough resists rolling, let it rest for a few minutes and try again. Roll dough into 15-inch circle for flat 14-inch pizza pan, or into 10-inch circles for flat 9-inch pizza pans.

Oil pan(s) lightly and sprinkle with cornmeal. Fold rolled dough in half loosely and then in half again. Position point at center of pan and gently unfold. Press into place from center outward, turn under the 1-inch overhang and shape it into a rim. Crust(s) are now ready to bake and fill.

Nutritional information per serving:

Calories 73 (16% from fat) • carb. 14g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 123mg
• calc. 3mg • fiber 1g

PIZZA IN A HURRY

In the time it takes to order takeout, you can make this fresh pizza to feed your whole family.

Makes two 14-inch pizzas

- 2 14-inch pizza crusts
(see previous recipe)
- 6 ounces Parmesan cheese,
at room temperature
- 3 ounces pepperoni, peeled, in 3 pieces
- 16 ounces mozzarella cheese, very cold
- 2 small onions, ends cut flat
- 2 medium green bell peppers, cored and
seeded, cut flat at stem
- 2 medium tomatoes, cored and cut flat at
ends
- 2 cups Tomato Pizza Sauce
(see following recipe)
- 1 teaspoon dried basil or
2 teaspoons fresh
- 1 teaspoon dried oregano or
2 teaspoons fresh
Pinch of granulated sugar
Freshly ground black pepper

Preheat oven to 425°F and place rack in lower third. Bake pizza crust(s) for 6 minutes. In the meantime, prepare filling.

Insert metal blade. Put Parmesan cheese and pepperoni into the work bowl and process until coarsely chopped. Reserve.

Insert shredding disc and process mozzarella cheese. Reserve.

Insert slicing disc and slice onions. Reserve. Slice green peppers and reserve. Slice tomatoes, using light pressure. Reserve on paper towels to drain.

Use rubber spatula to spread Tomato Pizza Sauce evenly over crust, leaving 1-inch rim exposed. Separate each onion slice into rings and distribute them over sauce. Distribute shredded mozzarella over onions. Arrange tomato slices over cheese and sprinkle with pinch of sugar and pepper.

Distribute Parmesan cheese and pepperoni mixture, then green pepper slices, over tomatoes. Sprinkle evenly with basil and oregano. Return pizza to oven and bake for 18 minutes, or until rim of crust is golden and bottom is deep brown.

Nutritional information per serving:

Calories 185 (75% from fat) • carb. 18g • pro. 9g
• fat 8g • sat. fat 4g • chol. 23mg • sod. 420mg
• calc. 194mg • fiber 1g

TOMATO PIZZA SAUCE

When this sauce stands, liquid may accumulate on surface. Pour off all but 2 tablespoons, then stir well before using.

Makes 2 cups

- 2 large tomatoes, peeled,
seeded and quartered
- 1 cup canned tomato sauce
- ¼ cup canned tomato paste
- ¾ teaspoon dried oregano or
1½ teaspoons fresh
- ¾ teaspoon dried basil or
1½ teaspoons fresh
- 1 teaspoon granulated sugar
Kosher salt
Freshly ground black pepper

Insert the metal blade. Put tomatoes into the work bowl and pulse until coarsely chopped, about 6 times. Add remaining ingredients and pulse 4 times to mix.

Nutritional information per serving:

Calories 25 (7% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 194mg
• calc. 13mg • fiber 1g

EASY FOCACCIA

Makes 8 servings

15 x 10-inch rectangle or 14-inch round

- ⅓ cup warm water (105°F – 115°F)
- 1 package active dry yeast
(2¼ teaspoons)
- 4 cups unbleached, all-purpose flour
- 7 tablespoons extra virgin olive oil, divided
- 2 teaspoons kosher salt
- 1 cup cold water
- 1 teaspoon kosher salt
Chopped fresh or dried herbs, sun-dried
tomatoes, olives, etc. (optional)

Combine the ⅓ cup warm water with the yeast and a pinch of the flour in a 2-cup measure with pouring spout. Stir to dissolve yeast; let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast.

Insert the metal blade. Place the flour with 3 tablespoons of the olive oil and 2 teaspoons of salt in the work bowl. Process to blend, 10 seconds. Add the cold water to the yeast mixture, stir to blend. With the machine running, add the liquid through the small feed tube in a slow, steady stream, as fast as the flour will absorb it. When liquid is absorbed and mixture has formed a ball of dough that has cleaned the sides of the work bowl, process for an

additional 45 seconds to knead. Coat dough with $\frac{1}{2}$ tablespoon of the olive oil. Place in a bowl. Cover bowl with plastic wrap or a dry dishtowel. Allow the dough to rise in a warm, draft-free spot until doubled, about 1 hour.

Spread 1 tablespoon of the remaining olive oil in a 15x10-inch jelly roll pan. Punch the dough down and let rest for 5 minutes. Press the dough into the prepared pan until it fills it completely. Cover with a sheet of oiled plastic wrap and let rise again in a warm, draft-free place until doubled in bulk, about 1 hour. After 45 minutes, arrange the oven rack in the lower third of the oven, and preheat the oven to 450°F.

Make dimples in the surface of the dough with your fingers. Drizzle with the remaining olive oil, spreading gently with hands. Sprinkle with coarse salt and herbs if using.

Bake in the preheated 450°F oven for about 25 minutes, until a deep golden color. Transfer to a cutting board, slice and serve warm, or transfer to a wire rack and cool if serving at another time. For longer storage, wrap and freeze.

Nutritional information per serving:
Calories 334 (34% from fat) • carb. 48g • pro. 7g
• fat 12g • sat. fat 2g • chol. 0mg • sod. 754mg
• calc. 11mg • fiber 2g

DESSERTS

FUDGY BROWNIES

These easy-to-make brownies are always a favorite in lunchboxes or for after-school snacks.

Makes 32 brownies

- 6 ounces unsweetened chocolate
- 2 cups packed light brown sugar, divided
- $\frac{2}{3}$ cup unsalted butter, melted and hot
- 6 large eggs
- 2 teaspoons pure vanilla extract
- $1\frac{1}{3}$ cups unbleached, all-purpose flour
- $\frac{1}{2}$ teaspoon kosher salt
- 2 teaspoons baking powder
- 1 cup pecan halves

Preheat oven to 350°F. Butter two 8-inch square baking pans.

Break chocolate into 1-inch pieces. Insert the metal blade. Put chocolate into the work bowl with half the sugar. Pulse until coarsely chopped, 6 to 8 times. Then process continuously until finely chopped, about 20 seconds.

With machine running, pour hot butter through feed tube. Process until smooth, about 30 seconds. Add remaining sugar, eggs and vanilla. Pulse twice, then process 10 seconds more. Add dry ingredients and nuts. Pulse until mixed, 6 to 8 times. Spread into prepared pans.

Bake until slightly crusty and moist inside, about 20 minutes. Cool and cut into squares.

Nutritional information per serving:
Calories 168 (90% from fat) • carb. 20g • pro. 3g
• fat 10g • sat. fat 5g • chol. 50mg • sod. 68mg
• calc. 23mg • fiber 1g

CHOCOLATE CHIP OATMEAL COOKIES

Toasted nuts and oatmeal make these cookies good for you as well as delicious.

Makes 70 cookies

- 1 cup quick-cooking oats
- $1\frac{1}{2}$ cups pecan halves
- $1\frac{1}{2}$ cups unsalted butter, room temperature, cut into $\frac{1}{2}$ -inch pieces
- $\frac{2}{3}$ cup granulated sugar
- 1 cup packed light brown sugar
- 2 large eggs
- $1\frac{1}{2}$ teaspoons pure vanilla extract
- 2 cups unbleached, all-purpose flour
- 1 teaspoon kosher salt
- $1\frac{1}{2}$ teaspoons baking soda
- 12 ounces semisweet chocolate chips

Preheat oven to 350°F and place rack in center. Toast quick-cooking oats and pecans on baking sheet until lightly browned, about 10 minutes. Remove and reserve. Turn oven up to 375°F. Insert the metal blade. Place butter and sugars in work bowl. Process with both sugars until smooth, about 2 minutes. Scrape work bowl as necessary. Add eggs and vanilla and pulse until just mixed, about 6 times.

Add pecans, flour, salt, baking soda and half of the oats. Pulse until mixed, about 8 times. Remove to large bowl, add remaining oatmeal and chocolate chips and stir to mix. Drop by rounded teaspoonfuls onto buttered baking sheets, 1 inch apart, and bake until golden brown, about 11 minutes.

Nutritional information per serving:
Calories 114 (55% from fat) • carb. 12g • pro. 1g
• fat 7g • sat. fat 3g • chol. 17mg • sod. 60mg
• calc. 7mg • fiber 1g

CHOCOLATE SAUCE

You can make a delicious chocolate sauce in your work bowl in 1 minute! No more worries about melting chocolate on top of the stove.

Makes about 2 cups

- 10 ounces semisweet chocolate, broken into ½-inch pieces
- ½ cup superfine sugar
- ⅔ cup water, heated to boiling

Insert metal blade. Put chocolate and sugar in work bowl. Pulse until coarsely chopped, about 6 times. Then process continuously until chopped to a fine powder, about 60 seconds. With machine running, slowly pour hot water through feed tube. Process until chocolate melts, about 45 seconds, stopping once to scrape down bowl.

Mint Variation: Add 1 tablespoon of peppermint extract, crème de menthe or peppermint schnapps to water after it is heated.

Nutritional information per serving:

- Calories 125 (39% from fat) • carb. 19g • pro. 0g
• fat 5g • sat. fat 3g • chol. 0mg • sod. 0mg
• calc. 0mg • fiber 3g

RASPBERRY SAUCE

A fine finish for any fruit or chocolate dessert – ice cream, sherbet or cake. You can substitute strawberries for the raspberries.

Makes 2 cups

- 2 10-ounce packages frozen raspberries in syrup, thawed
- 2 tablespoons honey

Insert metal blade. Put raspberries and honey in work bowl. Process until smooth, about 30 seconds. Transfer to fine sieve over bowl. Press solids through with back of spoon and discard seeds in sieve. Serve at room temperature or warm slightly to serve over ice cream.

Nutritional information per serving:

- Calories 45 (1% from fat) • carb. 11g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 5mg • fiber 2g

BASIC PASTRY DOUGH

This is the basic dough for pies and quiches.

Makes three 9-inch pie shells

- 2⅔ cups unbleached, all-purpose flour
- 1 cup very cold unsalted butter, cut into 1-inch pieces
- 1 teaspoon kosher salt
- ½ cup ice water

Insert metal blade. Put flour, butter and salt into the workbowl. Pulse mixture until it resembles coarse meal, about 8 seconds. Add ice water and pulse until dough begins to clump together. Do not let it form a ball. Divide dough and any little scraps into three equal parts and put each in a plastic bag. Work through bag to press dough together into a ball, then a flat disk.

Refrigerate dough for at least 1 hour.

Roll each disk of dough on lightly floured surface to a circle about ⅛-inch thick. Press into place in prepared pie pan. Use kitchen shears to trim dough, leaving 1-inch overlap beyond pan. Fold overlap under. Pinch crust to form decorative edge. Prick bottom and sides with fork and refrigerate crust for 30 minutes, or until firm.

Preheat oven to 400°F, 15 minutes before baking.

Line pastry shell with foil and fill it with uncooked beans or rice. Bake it for 12 minutes. Remove foil, beans or rice, prick shell again and bake it 6 minutes longer, or until it is lightly browned. Remove shell from pan and let cool on wire rack.

Nutritional information per serving:

- Calories 56 (43% from fat) • carb. 7g • pro. 1g
• fat 3g • sat. fat 2g • chol. 7mg • sod. 66mg
• calc. 2mg • fiber 0g

APPLE CRUMB PIE

An all-American dessert favorite. To prepare without washing the work bowl, make Basic Pastry Dough first, then continue with the crumb topping and then the apple filling.

For the crust:

- ½ recipe Basic Pastry Dough (previous recipe, up to refrigerating dough)

For the crumb topping:

- ½ cup packed light brown sugar
- ½ cup unbleached, all-purpose flour

- 1/2 cup rolled oats (old-fashioned, not quick-cooking)
- 1/2 cup sugar
- 5 tablespoons cold unsalted butter, cut into 1/2-inch pieces
- 1/2 cup pecan halves
- 1 teaspoon pure vanilla extract

For the apple filling:

- 2/3 cup granulated sugar
- 1/4 cup unbleached, all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon freshly ground nutmeg
- 2 pounds apples*, peeled, cored and quartered
- 1 1/2 tablespoons fresh lemon juice

For the crumb topping:

Insert the metal blade. Put brown sugar into the workbowl. Pulse to break it up, 4–5 times. Add flour, oats and sugar to work bowl; pulse 5 times. Add cold butter pieces, nuts and vanilla, pulse for 15 one-second pulses. Transfer to a small bowl and work the mixture with fingers until it forms large crumbs. Reserve.

For the apple filling:

Sprinkle sugar, flour and spices into the work bowl. Insert the medium slicing disc. Place the apple quarters in the feed tube. Use medium pressure to slice. Repeat to slice all apples. Toss with lemon juice.

To assemble and bake the pie:

Arrange rack in lower third of oven. Preheat oven to 400°F. Dust the chilled dough with flour and place on a lightly floured surface. Roll the dough into a 15-inch round, rolling from one edge to the opposite edge, rotating the dough as you go, adding just enough flour to keep it from sticking to the counter or pin. Do not roll back and forth. When it has been rolled to size, gently fold it in half, then in half again. Lift carefully and center it in a 9-inch deep-dish pie plate. Unfold, and let the pastry settle into the pan. Trim edges to an even 1/2-inch overhang. Brush rim of pastry with water and fold in; press and seal. Use fingers or fork to crimp decoratively.

Turn the apples and flour mixture out of the work bowl directly into the prepared pie crust. Spread apples evenly and sprinkle with reserved crumb topping. Place pie on rack in preheated oven (may place foil or baking sheet on rack underneath to catch drips). Bake until browned and bubbly, about 55 to 60 minutes. If crust or topping appears to brown too quick-

ly, cover loosely with a sheet of foil. Let cool for at least 1 hour on a rack before serving.

Nutritional information per serving:

Calories 346 (41% from fat) • carb. 49g • pro. 3g
 • fat 16g • sat. fat 8g • chol. 34mg • sod. 165mg
 • calc. 21mg • fiber 3g

* Use apples that hold their shape when baking such as Jonathan, Stayman-Winesap, Cox's Orange Pippin, Jonagold (these are all sweet-tart); Braeburn, Fuji, Golden Delicious, Mutsu (Crispin), Pink Lady, Sun crisp, Rome Beauty, Empire (all sweet apples); IdaRed, Macoun, Newton Pippin, Northern Spy, Granny Smith (all tart apples).

You may mix types of apples for a more complex flavor.

COFFEECAKE

This makes an excellent breakfast, or adds a sweet flavor to lunch or supper.

Makes 2 9 x 9-inch coffeecakes

- 1 package (2 1/4 teaspoons) dry yeast
- 3 tablespoons granulated sugar, divided
- 1/3 cup warm water
- 1/2 cup sour cream
- 1/2 cup whole milk, chilled
- 1 large egg
- 1 1/2 teaspoons pure vanilla extract
- 4 1/2 cups unbleached, all-purpose flour
- 1/3 cup unsalted butter
- 3/4 teaspoon kosher salt
- 2 2/3 tablespoons melted butter

Filling:

- 3/4 cup packed light brown sugar
- 3/4 cup raisins or dates (cut into 1-inch pieces)
- 3/4 cup pecans
- 1 1/4 teaspoons ground cinnamon

To make dough, dissolve yeast and half the sugar in warm water in a 2-cup liquid measure. Let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast. Whisk together sour cream, milk, egg, and vanilla extract and add to yeast mixture.

Insert metal blade. Process flour, butter, salt and remaining sugar for 10 seconds. With machine running, add liquid ingredients through feed tube in steady stream as fast as flour absorbs them.

After dough cleans inside of work bowl, continue processing 40 seconds more to knead it. Shape dough into a ball and place it in a lightly floured bowl. Cover with plastic wrap or a dry dishtowel. Let rise in warm place until double, about 1 hour.

Divide dough in 2 pieces. Roll each on lightly floured surface into 15 x 12-inch rectangle. Brush dough with melted butter. With remaining butter, brush inside of pan.

Use metal blade to chop brown sugar, raisins or dates, pecans and cinnamon until coarsely chopped, about 45 seconds. Spread filling over dough. Roll dough, jelly-roll fashion, from long side. Use sharp knife to cut each roll into 9 equal slices. Place slices in 2, 9 x 9-inch pan, cut sides up, and let rise until doubled.

Preheat oven to 375°F. Once preheated, bake coffeecake until golden and bubbly, about 20 to 25 minutes.

Nutritional information per serving:
Calories 275 (33% from fat) • carb. 42g • pro. 5g • fat 10g • sat. fat 5g • chol. 29mg • sod. 113mg • calc. 38mg • fiber 2g

CARROT CAKE

To make this delicious, moist cake look really professional, put a marzipan carrot in the center.

You can buy them at many pastry or candy shops.

Three 9-inch round cake pans
Makes 20 servings

- 1 Fine, dry bread crumbs, for dusting pans
1 pound carrots, peeled and cut lengthwise to fit into feed tube horizontally
1 cup granulated sugar
1 cup packed dark brown sugar
4 large eggs
1½ cups corn oil
2 teaspoons pure vanilla extract
1½ cups walnut pieces
1½ cups unbleached, all-purpose flour
1 tablespoon unsweetened cocoa
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon kosher salt
1 cup raisins
Cream Cheese Frosting (recipe follows)

Preheat oven to 350°F. Butter cake pans, line bottoms with parchment paper and butter the paper. Dust pans with bread crumbs.

Insert shredding disc to shred carrots and reserve.

Insert metal blade. Process sugars, eggs, oil and vanilla until smooth, about 15 seconds. Add walnuts and dry ingredients and pulse until combined, about 6 times, stopping once to scrape down work bowl. Use spatula to stir in raisins and carrots.

Divide batter among prepared pans and bake in preheated oven until cake tester inserted in center comes out clean, about 35 to 40 minutes. Cool in pans for 2 to 3 minutes and turn out onto wire racks to cool completely. Remove paper.

Spread frosting between layers and on top and sides of cakes.

Nutritional information per serving (unfrosted):
Calories 346 (51% from fat) • carb. 40g • pro. 4g • fat 21g • sat. fat 3g • chol. 43mg • sod. 221mg • calc. 38mg • fiber 2g

CREAM CHEESE FROSTING

This quick and easy frosting is delicious on carrot cake, but it's also good on many other cakes.

Frosts three 9-inch layers

- 1 pound cream cheese, room temperature, cut into pieces
½ cup butter (1 stick) cut into pieces
2 cups confectioners' sugar, sifted
1 teaspoon pure vanilla extract

Insert metal blade. Put cream cheese and butter into the work bowl. Process until combined, about 10 seconds. Add sugar and process until smooth, about 5 seconds. Add vanilla and process until incorporated, about 15 seconds.

Nutritional information per serving:
Calories 166 (65% from fat) • carb. 13g • pro. 1g • fat 12g • sat. fat 8g • chol. 37mg • sod. 73mg • calc. 22mg • fiber 0g