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# Appetizers



## Fresh Tomato and Corn Salsa

Try this salsa on grilled chicken or seafood.

Makes 2 cups

Preparation: 5–10 minutes, plus 1 hour resting time

- |     |   |     |  |
|-----|---|-----|--|
| 1   | small onion, cut into 1-inch pieces<br>(about 1 cup)    | 1½  | teaspoons fresh lime juice   |
| 1/3 | cup fresh cilantro                                      | 2/3 | cup fresh or frozen corn kernels<br>(frozen kernels do not need to<br>be thawed) |
| 1   | medium jalapeño, seeded,<br>cut into 1-inch pieces      | 3/4 | teaspoon kosher salt   |
| 3   | medium vine-ripened tomatoes,<br>cut into 1-inch pieces |     |  |

Insert the metal blade. Put onion, cilantro and jalapeño in work bowl. 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.

Nutritional information per tablespoon:

Calories 8 (0% from fat) • carb. 2g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 56mg • fiber 0g

## Roasted Garlic and Red Pepper Spread

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

Makes 1¾ cups

Preparation: 5–10 minutes, plus 1 hour to roast the garlic and 1 hour resting time

- |    |   |     |   |
|----|---|-----|---|
| 1½ | large heads of garlic (entire bulb),<br>cloves peeled | 1   | medium scallion, trimmed,<br>cut into 1-inch pieces |
| 1  | teaspoon olive oil                                    | 1/3 | cup roasted red peppers<br>(from a jar), drained    |
| 1½ | cups lowfat sour cream                                | 1/8 | teaspoon freshly ground black pepper                |

Preheat oven to 375°F. Toss the peeled 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 crudités or breadsticks.

Nutritional information per tablespoon:

Calories 30 (60% from fat) • carb. 2mg • pro. 1g • fat 2g  
• sat. fat 1g • chol. 5mg • sod. 12mg • fiber 0g

# Hummus

This popular Middle Eastern dip may be served with the traditional pita wedges or with fresh vegetable crudités.

Preparation: 10–15 minutes (plus 1 hour roasting time for shallots or garlic if using), plus 30 minutes resting time

Makes 2¾ cups / 44 tablespoons

⅓	cup fresh Italian parsley	¼	cup water
2	strips lemon zest, ½ x 2 inches, bitter white pith removed	3	tablespoons fresh lemon juice
¾	teaspoon kosher salt	2¼	teaspoons ground cumin
2	garlic cloves	2	tablespoons extra virgin olive oil
2	cans (15 oz. each) chickpeas, drained, rinsed and drained again		
¼	cup tahini		

Insert the metal blade. Pulse to chop the parsley, 10 to 15 times. Remove and reserve. Pulse to chop the lemon zest with the kosher salt, 10 to 15 times. With the machine running, drop the garlic down the feed tube; process 10 seconds to chop. Add the drained chickpeas, tahini, water, lemon juice, and cumin to the work bowl. Pulse to chop, 10 times, then process 60 seconds; scrape the work bowl. With the machine running, add the oil in a slow, steady stream; 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 sit 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 30 (49% from fat) • carb. 3g • pro. 2g • fat 2g • sat. fat 1g  
• chol. 0mg • sod. 33mg • fiber 1g

Variation:

## Roasted Shallot & Herb Hummus

Wrap 8 ounces of peeled and trimmed shallots that have been tossed in ¼ teaspoon olive oil in heavy-duty foil and roast in a 400°F oven for 60 minutes. Let cool. Make the hummus according to the recipe, and add the cooled roasted shallots along with 1 tablespoon Herbes de Provence when processing the chickpeas. Makes about 3 cups.

# Jalapeño Jack Wafers

These savory wafers just melt in your mouth.

Preparation: 15–20 minutes,  
plus 30 minutes resting time and 30 minutes baking and cooling

Makes 48 wafers

8	ounces Monterey Jack	¼	small onion, cut into 1-inch pieces
1	small jalapeño, seeded	1	cup unbleached, all-purpose flour
4	tablespoons unsalted butter		
1	teaspoon fresh cilantro		

Insert the shredding disc. Put cheese in large feed tube and shred, using light pressure; reserve. Remove shredding disc and insert metal blade. Add jalapeño and onion; process until coarsely chopped, about 5 to 10 seconds. Scrape work bowl. Add shredded cheese, butter and cilantro. Process until well blended and the mixture forms a ball, about 20 seconds. Scrape work bowl. Add flour and process until dough forms a ball, about 10 to 15 seconds.

Turn dough out onto plastic wrap and shape into a log approximately 12 inches long. Wrap in plastic wrap and chill for 30 minutes before using. May be made ahead to this point and refrigerated up to 3 days before using.

Preheat oven to 350°F. Slice logs into ¼-inch pieces. Arrange on ungreased baking sheet. Bake until lightly browned on the bottom and edges, about 20 minutes. Cool on wire rack before serving.

Nutritional information per wafer:

Calories 47 (57% from fat) • carb. 3mg • pro. 2g  
• fat 3g • sat. fat 2g • chol. 8mg • sod. 31mg • fiber 0g

# Turkey Sausage & Sun-Dried Tomato Puff Pastry Pinwheels

Do-ahead prep makes these perfect for entertaining.

Makes 28

Preparation: 15–20 minutes, plus 1 hour to thaw puff pastry and roast the sausage, and 30 minutes baking time

¼	cup toasted walnuts	8	ounces cream cheese, regular or low fat, not nonfat, cut into cubes
¾	ounce Asiago, cut into ½-inch pieces	1	teaspoon basil
4	sun-dried tomato halves, reconstituted in ½ cup boiling water until softened, squeezed dry	¼	teaspoon freshly ground black pepper
1	shallot (1 ounce)	1	sheet frozen puff pastry, thawed for 1 hour in the refrigerator
¼	pound Italian turkey sausage, roasted and cooled, cut into ¾-inch slices*		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 81 (62% from fat) • carb. 5g • pro. 3g • fat 6g  
• sat. fat 1g • chol. 11mg • sod. 154 mg • fiber 0g

# Spinach, Feta & Artichoke Stuffed Mushrooms

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

Makes twenty-eight 1½-inch stuffed mushrooms

Preparation: 15–20 minutes, plus 30 minutes baking and cooling

28	1½-inch white button or cremini mushrooms	1	small shallot, halved
1½	ounces French bread, cut into 1-inch pieces	12	ounces fresh spinach, well washed and dried, tough stems removed
1½	ounces Asiago, cut into ½-inch pieces	¾	teaspoon Herbes de Provence
⅓	cup lightly toasted pine nuts or walnuts	3	ounces feta cheese, slightly crumbled
3	canned artichokes, well drained, then gently squeezed in paper towels to remove excess moisture	3	ounces cream cheese (regular, not low- or nonfat), cut into 1-inch pieces
1	garlic clove		

Insert the metal blade. Put the bread in the work bowl and process for 45 seconds to make crumbs. Measure out ⅓ cup of the breadcrumbs and reserve in a small bowl – save the remainder for another use. With the machine running, drop the Asiago cheese down the small feed tube and process for 30 seconds until ground. Add the pine nuts; pulse 5 times to coarsely chop. Transfer this mixture to the bowl with the breadcrumbs. Pulse to chop the artichokes, about 10 times. Add to the breadcrumb mixture and set aside.

With the machine running, drop the garlic and shallot through the small feed tube; process 5 seconds to chop. Scrape the work bowl. Add the spinach, about 2 ounces at a time; pulse 10 to 12 times to chop after each addition. Add the herbes de Provence, feta and cream cheese; process for 20 seconds to incorporate. Add the reserved breadcrumb mixture; pulse about 10 to 12 times to incorporate. The stuffing may be made up to 2 days ahead.

Rinse, but do not soak the mushrooms; dry thoroughly. Remove the stems. (The stems may be chopped finely using the metal blade and pulse, then sautéed in a tablespoon of unsalted butter. This mixture may be frozen, then used in soups, stews, savory dressings or pilafs.)

Preheat oven to 425°F. Stuff each mushroom with a scant tablespoon of the spinach mixture. Arrange 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.

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

Nutritional information per mushroom:  
Calories 47 (57% from fat) • carb. 3g • pro. 2g • fat 3g  
• sat. fat 1g • chol. 6mg • sod. 97mg • fiber 2 g



# Soups

## Butternut Squash Bisque with Roasted Cremini Mushrooms

Most cream soups are laden with heavy cream and fat.  
This soup uses half & half and rice to make it rich and creamy.

Makes eight 7-ounce servings Preparation: 40 to 45 minutes

12	ounces cremini mushrooms, stems removed and reserved	2	tablespoons white rice (dry, not cooked)
1½	tablespoons extra virgin olive oil	3	cups chicken or vegetable stock, low sodium
1	garlic clove	1½	teaspoons fresh lemon juice
1	medium onion, cut into 1-inch pieces	1	tablespoon honey
2	pounds butternut squash, peeled, seeded and cut to fit large feed tube	½	teaspoon kosher salt
1	medium sweet potato, peeled and cut to fit large feed tube	¼	teaspoon freshly ground black pepper
1	tablespoon unsalted butter	½	cup half & half
2	teaspoons curry powder		

Preheat the oven to 400°F. Line a baking sheet with foil. Insert the slicing disc. Arrange the mushrooms vertically in the large feed tube, packing them snugly in 2 layers. Use medium pressure to slice. Toss the sliced mushrooms with the olive oil; arrange in a single layer on the baking sheet. Roast in the preheated oven for 20 to 25 minutes, until well browned and no longer sitting in liquid. The mushrooms may be roasted ahead.

Insert the metal blade. With the machine running, drop the garlic through the feed tube and process to chop finely, 5 seconds. Scrape the work bowl. Add the onion and reserved mushroom stems to the bowl. Pulse to chop coarsely, 10 to 15 times. Remove and reserve.

Insert the shredding disc. Use medium pressure to shred the squash; remove and reserve. Use medium pressure to shred the sweet potato; remove and reserve.

Melt the butter in a 6-quart stock pot over medium heat. Add the onion, mushroom and garlic mixture; cook for 2 to 3 minutes. Stir in the curry powder and rice; cook until the curry becomes aromatic and the rice is opaque, about 5 minutes. Stir in the shredded squash, sweet potato and chicken stock. Cover loosely and bring to a boil, then reduce the heat and simmer for 20 minutes.

Strain the solids, reserving the cooking liquid. Transfer the cooking liquid to a saucepan over very low heat and reserve. Insert the metal blade. Add the solids to the food processor, pulse 10 times, then process to purée, 2 to 3 minutes. Scrape the work bowl every 60 seconds. Return the puréed solids to the cooking liquid and stir to incorporate. Add the lemon juice, honey, salt and pepper. Stir in the roasted mushrooms and any accumulated juices. Taste and adjust seasonings if necessary. (The bisque may be done up to a day ahead to this point. If doing ahead, allow the soup to cool, then cover and refrigerate. Just before serving, reheat the soup.) Stir in the half & half, heat for 1 minute, then serve.

Nutritional information per serving:

Calories 108 (34% from fat) • carb. 15g • pro. 3g • fat 4g  
• sat. fat 2g • chol. 6mg • sod. 138mg • fiber 2g

# Chilled Roasted Red Bell Pepper & Corn Soup

Low in fat and calories, this soup is very refreshing on a hot summer day.

Makes eight 7-ounce servings

Preparation: 30–35 minutes, plus chilling time

2	garlic cloves	4½	cups chicken or vegetable stock, low sodium
2	medium onions, cut into 1-inch pieces		
3	medium red bell peppers, cored, seeded, and cut into 1-inch pieces	1	jar (12 ounces) roasted red peppers, drained
3	ears fresh corn	1	teaspoon kosher salt
1	tablespoon olive oil	½	teaspoon freshly ground black pepper
1½	teaspoons dried thyme	3–5	drops hot sauce, to taste
4	tablespoons dry white rice (dry, not cooked)		

Insert the metal blade. With the machine running, drop the garlic down the small feed tube and process until finely chopped, about 5 seconds. Scrape the work bowl. Add the onions; pulse to chop, 15 times. Remove and reserve. Use the pulse to chop the red peppers, 10 to 15 times. Remove and reserve.

Use a thin-bladed knife (a boning knife works well) to remove the corn from the cobs. Reserve the cobs.

Heat the oil in a 6-quart stockpot over medium heat. Add the chopped onions, garlic, and red peppers. Allow the vegetables to cook for 2 to 3 minutes – do not brown. Stir in the corn, cobs, thyme, and rice; cook for 2 to 3 minutes longer. Add the chicken stock and roasted peppers; raise the heat and bring to a boil. Reduce heat, cover loosely and simmer for 20 minutes.

Remove the corncoobs and discard. Strain the solids from the cooking liquid. Reserve the cooking liquid. Insert the metal blade. Process the solids for 4 minutes to purée, stopping the machine two or three times to scrape the work bowl. Add the purée into the reserved cooking liquid and stir to combine. Add salt and pepper; stir well to combine. Season with hot sauce and chill before serving.

Note: This soup may also be served hot.

Nutritional information per serving:

Calories 98 (18% from fat) • carb. 17g • pro. 3g • fat 2g  
• sat. fat 0g • chol. 0mg • sod. 186mg • fiber 2g



# Gazpacho

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

Makes six 7-ounce servings

Preparation: 15–20 minutes, plus chilling time

1	garlic clove	3	cups tomato juice
1	medium jalapeño, seeded, cut into 1-inch pieces	1	medium cucumber, peeled, halved lengthwise, seeds removed
1/3	cup fresh cilantro	3	tablespoons fresh lime juice
6	small scallions, trimmed and cut into 1-inch pieces	1/2	teaspoon freshly ground black pepper
1	small green bell pepper, cored, seeded and cut into 1-inch pieces	1/8	teaspoon kosher salt
3	medium tomatoes, cut into 1-inch pieces	2	tablespoons reduced fat sour cream
			fresh cilantro for garnish, if desired

Insert metal blade and process garlic and jalapeño until finely chopped, about 5 seconds. Scrape the work bowl. Add cilantro, scallions and green pepper; pulse to coarsely chop, about 10 to 12 times. Transfer to a large mixing bowl. Put tomatoes in work bowl and pulse to coarsely chop, about 8 times. Do not overprocess. Transfer to mixing bowl. Add tomato juice to tomato mixture and stir to combine.

Insert the slicing disc. Put cucumber in feed tube vertically and slice. Add to mixing bowl. Add lime juice, pepper and salt to mixing bowl and stir to combine. Cover and chill before serving.

Serve garnished with 1 teaspoon sour cream and a fresh cilantro sprig.

Nutritional information per serving:

Calories 63 (9% from fat) • carb. 13g • pro. 2g • fat 1g  
• sat. fat 0g • chol. 1mg • sod. 378mg • fiber 2g

# Quick Breads



## Cranberry-Orange Bread

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

Makes 1 loaf (16 servings)

Preparation: 10–15 minutes, plus 2 hours baking and cooling

nonstick cooking spray	1	medium apple, peeled, cored and cut into 1-inch pieces
1½ cups unbleached, all-purpose flour	2	large eggs
2 teaspoons baking powder	¾	teaspoon pure vanilla extract
¼ teaspoon kosher salt	⅓	cup unsalted butter, melted
1 cup pecan halves	¼	cup buttermilk
4 strips orange zest, bitter white pith removed	½	cup dried cranberries
¾ cup granulated sugar		

Preheat oven to 350°F. Lightly spray a 9 x 5-inch loaf pan with cooking spray. In a small bowl combine flour, baking powder and salt. Reserve. Insert metal blade and pulse to coarsely chop pecans, about 6 times. Reserve.

Process orange zest and sugar until zest is finely chopped, about 45 seconds. Add apples, eggs 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 60 to 65 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 176 (41% from fat) • carb. 24g • pro. 2g • fat 8g  
• sat. fat 3g • chol. 24mg • sod. 103mg • fiber 1g

# Banana Nut Bread

Wrap and freeze individual slices for a healthy lunchbox snack.

Makes 1 loaf (14 servings)

Preparation: 10–15 minutes, plus 2 hours baking and cooling

	nonstick cooking spray	1	large egg white
1⅓	cups unbleached, all-purpose flour	⅔	cup granulated sugar
¼	cup walnut halves	⅓	cup plain nonfat yogurt
¾	teaspoon baking powder	2½	tablespoons unsalted butter, cut into 1-inch pieces
¾	teaspoon baking soda	1¼	teaspoons pure vanilla extract
¼	teaspoon kosher salt		
1½	ripe bananas peeled, cut into 1-inch pieces		
1	large egg		

Preheat oven to 350°F. Lightly spray a 9 x 5-inch loaf pan with 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.

Muffin variation:

Lightly spray 12 standard (½-cup) muffin cups with vegetable oil cooking spray. Divide the batter evenly among the 12 cups. Bake at 350°F for 16 to 20 minutes. For variety, add ⅓ cup chocolate chips when pulsing in the flour mixture.

Nutritional information per serving:

Calories 131 (28% from fat) • carb. 22g • pro. 3g • fat 4g  
• sat. fat 0g • chol. 21mg • sod. 125mg • fiber 1g

# Almond-Pear Bread

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

Makes 1 loaf (12 servings)

Preparation: 20–25 minutes, plus 2½ hours baking and cooling

## Paste:\*

¾	cup blanched almonds	2	tablespoons, plus 1 teaspoon water
½	cup granulated sugar	¼	teaspoon pure almond extract

## Bread:

	nonstick cooking spray	¾	pound ripe pears, peeled, cored, cut into 1-inch pieces
½	cup sliced almonds	2	large eggs
1¼	cups unbleached, all-purpose flour	¾	cup prepared almond paste
2	teaspoons baking powder	⅓	cup unsalted butter, softened, cut into 1-inch pieces
½	teaspoon kosher salt		
¼	teaspoon baking soda		

## To make paste:

Insert the metal blade. 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 9 x 5-inch loaf pan with 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, eggs, 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. Freezes well.

\*Almond paste can also be purchased in the baking section of many grocery or gourmet stores.

## Nutritional information per serving:

Calories 237 (49% from fat) • carb. 25g • pro. 5g • fat 13g  
• sat. fat 4g • chol. 49mg • sod. 217mg • fiber 1g



# Yeast Breads

## Challah Braid

If you have leftovers, our challah braid slices make the best French toast.

Makes 18 servings (one 2-pound loaf)

Preparation: 15–20 minutes, plus 2½ hours rising and resting,  
30 minutes baking and 1 hour or longer cooling

4	tablespoons granulated sugar, divided	$\frac{2}{3}$	cup cold water
1	package active dry yeast (2¼ teaspoons)	$\frac{1}{2}$	cup unsalted butter, melted
$\frac{1}{4}$	cup warm water (105°F–115°F)	1	large egg
4½	cups unbleached, all-purpose flour	1	tablespoon water
2	teaspoons kosher salt		nonstick 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 on dough speed to combine, about 2 to 3 times.

Add cold water, melted butter and 1 egg to yeast mixture. With machine running on dough speed, add liquid through small feed tube in a steady stream as fast as the flour will absorb it. Once dough forms a ball, continue processing for 45 seconds to knead dough. Put 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.

Put dough on a lightly floured surface and punch down; let rest 5 to 10 minutes. Divide dough into 3 equal pieces. Use your hands to roll each piece into a cylinder about 1½ x 18 inches. Put the cylinders side by side on a baking sheet coated with 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 15 minutes before baking.

Beat egg with water and 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 per serving:

Calories 174 (31% from fat) • carb. 26g • pro. 4g • fat 6g  
• sat. fat 3g • chol. 37mg • sod. 267mg • fiber 1g

# Cheese Bread

This bread is excellent for sandwiches and makes a delicious accompaniment to hearty soups.

Makes one 2-pound loaf (15 servings)

Preparation: 10–15 minutes, plus 2¼ hours rising,  
40 minutes baking and 1 hour or longer cooling

1	package active dry yeast (2¼ teaspoons)	3	tablespoons unsalted butter, cut into 1-inch pieces
1	teaspoon granulated sugar	1½	teaspoons kosher salt
½	cup warm water (105°F–110°F)	1	cup fat-free milk
4	ounces extra-sharp Cheddar		nonstick cooking spray
4½	cups unbleached, all-purpose flour		

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. 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 on dough speed, pour milk mixture through small feed tube as fast as the flour will absorb it and process until dough cleans the sides of the work bowl. Then process for 45 seconds to knead dough. Put 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 9 x 5-inch loaf pan with cooking spray. Put dough on a lightly floured surface and punch down. Roll dough into a 9 x 5-inch rectangle. Beginning with short end, roll up the dough jelly-roll fashion. Pinch the seam and ends tightly to seal. Put in greased loaf pan and cover with plastic wrap coated with vegetable oil cooking spray. Let rise for 45 minutes. Preheat oven to 375°F 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 193 (23% from fat) • carb. 30g • pro. 7g • fat 5g  
• sat. fat 3g • chol. 14mg • sod. 289mg • fiber 1g

# Classic White Bread

Spoil your family with homemade bread.

Makes 2 loaves, 1¼ pounds each (18 servings)

Preparation: 10–15 minutes, plus 2½ hours rising and resting,  
35 minutes baking, and 1 hour or longer cooling

1	package active dry yeast (2¼ teaspoons)	4	tablespoons unsalted butter, cut into 1-inch pieces
1	tablespoon granulated sugar	2	teaspoons kosher salt
⅓	cup warm water (105°F–110°F)	1⅓	cups cold water
5	cups unbleached, all-purpose flour		nonstick 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 on dough speed until combined, about 10 to 15 seconds. Combine yeast mixture and cold water. With machine running on dough speed, add liquid through small feed tube as fast as flour will absorb it. Once dough cleans the sides of the work bowl and forms a ball, process for 45 seconds to knead dough. Put 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 9 x 5-inch loaf pans with cooking spray. Put dough on a lightly floured surface and punch down. Divide dough in half and roll each half into a 9 x 5-inch rectangle. Beginning with short end, roll up the dough jelly-roll fashion. Pinch the seam and ends tightly to seal. Put 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 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.

**Variation:** To make Classic Wheat Bread, substitute 2½ cups whole wheat flour for 2½ cups of the unbleached, all-purpose flour.

Nutritional information per serving:

Calories 151 (18% from fat) • carb. 27g • pro. 4g • fat 3g  
• sat. fat 2g • chol. 7mg • sod. 260mg • fiber 3g

## Pizza Dough

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

Makes 1¾ pounds of dough, three 12-inch or six 6–7-inch crusts / 6 servings

Preparation: 5–10 minutes, plus 55 minutes rising and resting,  
5 minutes assembly and 10 minutes, baking

2	teaspoons active dry yeast	3⅓	cups unbleached, all-purpose flour
1	teaspoon granulated sugar	1½	teaspoons kosher salt
1¼	cups warm water (105°F–110°F)	3	teaspoons extra virgin olive oil, divided

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, salt and 2 teaspoons olive oil.

With machine running on dough speed, pour liquid through small feed tube as fast as flour will absorb 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 1 teaspoon olive oil; transfer to a plastic food storage bag and seal the top. Let rise in a warm place for about 45 minutes. While dough is rising, prepare any pizza toppings.

Put dough on a lightly floured surface and punch down. Roll into desired crust sizes. Follow pizza recipe.

Nutritional information per serving:

Calories 259 (10% from fat) • carb. 49g • pro. 8g • fat 3g  
• sat. fat 0g • chol. 0mg • sod. 337mg • fiber 2g





# Artisan Breads

## Basic Artisan Bread (Boules)

Adapted from: Charles van Over, *The Best Bread Ever: Great Homemade Bread Using Your Food Processor*, Broadway Books, ©1997

Makes two 10-inch round loaves (boules)

Preparation: 30 minutes, plus 2½–3 hours rising time,  
40 minutes baking time and 1 hour or longer for cooling

- |   |  |    |  |
|---|--|----|--|
| 1 | pound unbleached bread flour<br>(3½ to 4 cups) | 1¼ | cups water (10 ounces)                                     |
| 2 | teaspoons kosher salt                          |    | cornmeal for the peel or baking sheet<br>flour for dusting |
| 1 | teaspoon active dry yeast                      |    |  |

Insert the metal blade. Combine the flour, salt, and yeast in the work bowl. Test the temperature of the flour mixture using an instant read thermometer. Adjust the water temperature so that the temperature of the flour and water when combined equal 145°F (i.e., if the flour is 70°F, then the water must be 75°F.) This is the base temperature. With the machine running on dough speed, add the water through the small feed tube and process for 45 seconds. Transfer the dough to a large ungreased bowl. Cover with plastic wrap and let rise for about 1½ to 2 hours at room temperature.

Move the uppermost rack of the oven so that it is about 8 inches from the top of the oven and place a baking stone on the rack. Put a small cast-iron skillet to preheat on the floor or lower rack of the oven. Preheat the oven to 475°F.

When risen, scrape the dough onto a lightly floured work surface. Divide into two equal pieces and shape into rough balls. Let rest, covered, for 15 to 20 minutes. Roll into two balls, 9 inches in diameter. Put on a cornmeal-dusted baking sheet. Cover with plastic wrap and let rise for 30 to 45 minutes, until the dough increases in size by 50 percent. The dough will feel soft, but spring back when poked with your finger.

Gently transfer the loaves onto a baker's peel or the back of a baking sheet that has been dusted with cornmeal, taking care not to deflate the loaves. Sprinkle top of each loaf with flour. Using a serrated knife, score each loaf with four slashes to make a tic-tac-toe pattern on the top of each loaf.

Carefully slide the loaves onto the baking stone, then carefully pour about 1 cup of warm water into the cast-iron pan. Reduce the heat to 450°F. Bake the loaves for 30 to 40 minutes, until the crust is a deep mahogany color and the loaves sound hollow when tapped on the bottom. The internal temperature of the bread will be 205°F–210°F when tested with an instant read thermometer. Remove from the oven and place on a rack to cool completely before slicing or storing.

Nutritional information per 2-ounce serving:  
Calories 139 (3% from fat) • pro. 5g • carb. 29g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 377mg • fiber 0g

## Basic Artisan Bread (Baguettes)

Makes three baguettes, about 14 inches long each

Follow instructions in first 2 paragraphs, preceding recipe. When risen, scrape the dough onto a lightly floured work surface. Divide the dough into three equal pieces; shape into rough balls. Let rest, covered with plastic wrap, 15 to 20 minutes. Sprinkle a sheet of canvas or a heavy linen cloth lightly with flour.

Flatten into 4 x 5-inch rectangles. From the far side, fold a little over  $\frac{2}{3}$  of the way toward you; use the heel of your hand and press the folded edge to seal. Turn the dough 180°; fold over the other long edge  $\frac{2}{3}$  of the way, then seal with the palm of your hand. Fold the log in half lengthwise, using your thumbs to create tension on the surface of the log. Use fingertips to seal the dough into a taut cylinder. Place both hands on the center of the log; with fingers spread, use light, uniform pressure to roll the dough back and forth to create a long snake, about 14 inches. Transfer the baguettes, seam-side up, to the floured cloth. Fold the cloth up to form channels in which each loaf will rise. Cover with plastic wrap and let rise for 30 to 45 minutes, until the dough increases in size by 50 percent.

Gently transfer the loaves seam-side down onto a baker's peel or the back of a baking sheet dusted with cornmeal. Sprinkle the tops with flour. Use a serrated knife to score several diagonal slices on each loaf. Bake as for the round loaves, 20 to 25 minutes, until the crust is a deep mahogany color and the loaves sound hollow when tapped on the bottom. The internal temperature of the bread will be 205°F–210°F when tested with an instant read thermometer. Remove from the oven and place on a rack to cool completely before slicing or storing.

Nutritional information per 2-ounce serving:

Calories 139 (3% from fat) • pro. 5g • carb. 29g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 377mg • fiber 0g

# Olive and Rosemary Country Loaf

Adapted from: Charles van Over, *The Best Bread Ever: Great Homemade Bread Using Your Food Processor*, Broadway Books, ©1997

Salty olives such as kalamata should be rinsed to remove some of their brine; oil-cured olives will produce a more mellow flavor. Olive lovers may add an additional quarter cup of olives.

Makes one loaf

Preparation: 30 minutes, plus 3 to 3½ hours rising time, 30 minutes baking time, and 1 hour or longer for cooling

10	ounces unbleached bread flour (2¼ to 2¾ cups)	½	cup pitted and coarsely chopped kalamata olives
5	ounces whole wheat flour (1 cup)	1	tablespoon chopped fresh rosemary
1	ounce rye flour (¼ cup)		whole rosemary sprigs for garnish, cut into 1-inch lengths
2	teaspoons kosher salt		cornmeal for the peel or baking sheet
1	teaspoon active dry yeast		flour for dusting
1	teaspoon extra virgin olive oil		
1¼	cups water (10 ounces)		

Insert the metal blade. Combine the flours, salt, yeast and olive oil in the work bowl. Test the temperature of the flour mixture using an instant read thermometer. Adjust the water temperature so that the temperature of the flour and water when combined equal 145°F (i.e., if the flour is 70°F, then the water must be 75°F). This is the base temperature. With the machine running on dough speed, add the water through the small feed tube and process for 45 seconds. Transfer the dough to a large ungreased bowl. Cover with plastic wrap and let rise for about 1½ to 2 hours at room temperature.

Move the uppermost rack of the oven so that it is about 8 inches from the top of the oven and place a baking stone on the rack. Place a small cast-iron skillet to preheat on the floor or lower rack of the oven. Preheat the oven to 475°F.

Scrape the dough onto a lightly floured work surface. Flatten into a 12-inch square using the palms of your hands. Sprinkle with the chopped olives and chopped rosemary. Fold the dough over onto itself and knead for 3 to 4 minutes to thoroughly incorporate the olives and rosemary. If the dough is difficult to knead, cover with a towel and let rest for 10 minutes, then continue kneading.

Form into a round loaf. Sprinkle a cloth-lined basket with flour. Put the dough in the basket, with the seam showing on top of the loaf. Dust with flour and loosely cover with plastic wrap. Allow the dough to rise at least 1 hour at room temperature. It will be visibly risen and spring back when gently pressed with a finger.

Just before baking, gently invert the bread-rising basket onto a baker's peel or the back of a baking sheet that has been dusted with cornmeal. Sprinkle the top of the loaf with additional flour. Using a serrated knife, score the dough in a star pattern – starting from the center, make a short 3-inch slash. Rotate the bread and continue slashing until a star pattern is formed on the top of the dough. Insert a few sprigs of rosemary into the surface of the dough.

Slide the loaf onto the baking stone, and then carefully pour 1 cup of warm water into the cast-iron pan in the oven. Reduce the heat to 450°F. Bake the bread for 30 minutes, and then reduce the temperature to 425°F and bake for an additional 15 minutes. The crust will be well browned and the loaves will sound hollow when tapped on the bottom. The internal temperature of the bread will be 205°F to 210°F when tested with an instant read thermometer. Remove the bread from the oven and place on a rack to cool completely before slicing or storing.

Nutritional information per 3-ounce serving:  
Calories 249 (20% from fat) • pro. 7g • carb. 42g • fat 5g  
• sat. fat 1g • chol. 0mg • sod. 724mg • fiber 4g

# Simple Wheat Starter

Adapted from: Charles van Over, *The Best Bread Ever: Great Homemade Bread Using Your Food Processor*, Broadway Books, ©1997

Makes about 5 cups

Preparation: 20 minutes, plus 3 to 4 days for fermentation

A starter is a type of natural yeast that makes bread rise and gives it a full, rich flavor. For best results, make this starter in a large, clear glass or plastic container (2-quart) with graduated markings. Mark the level of your beginning starter with a piece of tape and watch the gas bubbles develop as the yeast activates. Once the starter has developed, store it in the refrigerator until you are ready to use it. The starter must be fed once a week to keep it alive. Always feed a starter 2 to 4 hours prior to using it. To feed the starter, remove it from the refrigerator; stir in 1 cup of flour and ½ cup of water. The consistency should be like light pancake batter. After feeding, leave the starter out at room temperature before using or refrigerating it. SAF yeast is highly recommended for this and the other artisan bread recipes. The starter process takes 42 to 56 hours before starter is ready to use.

12	ounces unbleached, all-purpose flour, divided	2	cups water (16 ounces), divided
2	ounces whole wheat flour, divided	¼	teaspoon active dry yeast

In a small bowl, combine ½ cup of each flour with 1 cup of the water and the yeast. Stir well to blend; the mixture will be sticky and have the texture of wallpaper paste. Transfer to a 2-quart container and cover with plastic wrap. Mark the level of the starter and the time mixed on the side of the container with masking tape. Let sit at room temperature (70°F–72°F) for 18 to 24 hours.

Uncover the starter; it will have almost doubled in bulk. Add ¾ cup of the all-purpose flour and ½ cup of the water. Mark again with the level and time. Let sit at room temperature for 18 to 24 hours.

Uncover the starter; it will be doubled in bulk and full of bubbles. Discard half or give to a friend with directions. Add the remaining flours and water. Mix well. The mixture will have the consistency of thick pancake batter. If it is too thick, add more water – too thin, add more flour. Cover with plastic wrap. Mark the level and time, and let sit at room temperature for another 6 to 8 hours. The basic starter is now ready to use.

Nutritional information per half cup:

Calories 165 (3% from fat) • pro. 5g • carb. 34g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 2mg • fiber 1g

# Multi-Grain Sandwich Loaf

Adapted from: Charles van Over, *The Best Bread Ever: Great Homemade Bread Using Your Food Processor*, Broadway Books, ©1997

A mountainous loaf full of the nutty taste of whole grains, the Multi-Grain Sandwich Loaf may also be shaped into a plump round loaf.

Makes one 1½ pound loaf

Preparation: 30 to 35 minutes, plus 2 hours to activate the simple wheat starter, 3 to 3½ hours rising time, 40 minutes baking time, and 1 hour or longer for cooling

½	cup active simple wheat starter (previous recipe) measured after feeding and resting	1	ounce graham flour (¼ cup)
		2	ounces 7-grain cereal (½ cup)
8	ounces unbleached bread flour (1¾ to 2¼ cups)	1½	teaspoons kosher salt
		½	teaspoon active dry yeast
2	ounces whole wheat flour (½ cup)	1	cup water, divided
1	ounce rye flour (¼ cup)		vegetable oil for the pan

Two to four hours before mixing this dough, feed your simple wheat starter. Allow the starter to sit at room temperature until it is frothy, bubbly and visibly active.

Insert the metal blade. Add the flours, 7-grain cereal, salt, yeast and starter to the work bowl. Test the temperature of this mixture with an instant read thermometer. Adjust the water temperature so that the individual temperatures of the flour mixture and water when combined equal 145°F (i.e., if the flour mixture is 70°F, then the water temperature must be 75°F). This is the base temperature. With the machine running, pour all but 3 tablespoons of water through the small feed tube; process for 15 seconds. The dough should come together and form a visible ball. Add the reserved water if the dough seems dry and crumbly. If the dough is wet and sticking to the shaft and sides of the bowl, sprinkle in a few spoonfuls of bread flour. Process for 30 seconds, so that the dough mixes a total of 45 seconds. This dough will be soft, moist and somewhat sticky.

Scrape the dough onto a lightly floured work surface. Lightly flour the dough, shape into a rough ball and place in a large ungreased bowl. Cover the bowl with plastic wrap. Allow the dough to ferment for about 2 to 3 hours at room temperature. The dough will double in volume.

Brush an 8 x 4-inch loaf pan with vegetable oil. Turn the dough onto a generously floured work surface. Use your fingertips to lightly pat the dough into a rectangle about 10 inches long and 2 inches thick. Roll the dough into a log. Tuck in the ends and place the dough in the pan, seam-side down. Lightly dust the dough with flour and loosely cover with plastic wrap or a kitchen towel. Let the dough rise for about 1 to 1½ hours at room temperature. Arrange the oven rack on the second shelf from the bottom of the oven; place a baking stone on the rack. Preheat the oven to 475°F.

Dust the proofed loaf with flour. Make a ¼-inch slash down the center of the loaf with a serrated knife. Slide the loaf pan into the oven onto the baking stone. Turn the heat down to 425°F. Bake the bread for 20 minutes, then rotate the pan in the oven for even baking and bake another 15 to 20 minutes, until the crust is deep brown. Take the loaf out of the pan and place directly on the baking stone; bake for another 5 to 10 minutes. The loaf is ready when it sounds hollow when tapped on the bottom and the internal temperature is 205°F to 210°F when tested with an instant read thermometer. Remove from the oven and place on a wire rack to cool before slicing or storing. Store under a towel or in a paper bag at room temperature. The Multi-Grain Sandwich Loaf will stay fresh for three days.

Nutritional information per 2-ounce serving:  
Calories 137 (5% from fat) • pro. 5g • carb. 28g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 302mg • fiber 2g

# Farmhouse Bread

“Long Cool Rise” Adapted from: Charles van Over, *The Best Bread Ever: Great Home Made Bread Using Your Food Processor*, Broadway Books, ©1997

The two long rising periods – one at room temperature and a second in the refrigerator – give this bread a rich and subtle sour flavor in the tradition of the great breads made in European farmhouse kitchens in the past. This dough is very forgiving; you can mix it in the morning and bake at night or mix late in the day to bake early the next morning.

Makes 2 long loaves

Preparation: 30 minutes, plus 2 hours to activate the simple wheat starter, 10 to 18 hours rising time, 25 minutes baking time, and 1 hour or longer for cooling

½	cup active Simple Wheat Starter (page 41) measured after feeding and resting	1½	teaspoons kosher salt
		scant ½	teaspoon active dry yeast
12	ounces unbleached bread flour (¾ to 4 cups)	1	cup water (8 ounces)
			cornmeal for the peel or baking sheet
1	ounce stone-ground whole wheat flour		flour for dusting

Two to four hours before mixing this dough, feed your simple wheat starter. Allow the starter to sit at room temperature until it is frothy, bubbly and visibly active.

Insert the metal blade. Combine the flours, salt, yeast, and starter in the work bowl. Test the temperature of the flour mixture using an instant read thermometer. Adjust the water temperature so that the individual temperatures of the flour mixture and water when combined equal 145°F (i.e., if the flour is 75°F, then the water must be 70°F). This is the base temperature. With the machine running, add the water through the small feed tube and process for 45 seconds. Transfer the dough to a large ungreased bowl. Cover with plastic wrap and let rise for about 3 to 5 hours at room temperature.

Put the bowl of risen bread dough in the refrigerator for 6 to 12 hours to extend the fermentation and develop the flavor in the dough.

Remove the dough from the refrigerator. Scrape it onto a lightly floured work surface. Divide into two equal pieces and shape into rough balls. Let rest, covered for about an hour, until the dough comes up to room temperature. Roll each piece of dough into a thin log shape about 12 inches long. Arrange a floured canvas or towel to form two channels. Tuck the loaves into the channels with the seam up; cover with plastic wrap and let rise for 30 to 45 minutes, until the dough increases in size by 50 percent. The dough will feel soft, but will spring back when poked with your finger.

Move the uppermost rack of the oven so that it is about 8 inches from the top of the oven and place a baking stone on the rack. Place a small cast-iron skillet to preheat on the floor or lower rack of the oven. Preheat the oven to 475°F.

Gently transfer the loaves with the seam down onto a baker's peel or the back of a baking sheet that has been dusted with cornmeal. Sprinkle the top of each loaf with flour. Use a serrated knife to cut 4 long parallel slashes along the length of each loaf at a 45° angle. Slide the loaves directly onto the preheated baking stone. Carefully pour 1 cup of warm water into the cast-iron pan on the oven floor. Reduce the heat to 450°F. Bake the loaves for 20 to 25 minutes, until the crust is golden and the loaves sound hollow when tapped on the bottom. Remove the loaves from the oven and place on a rack to cool completely before slicing or storing.

Nutritional information per serving:

Calories 123 (1% from fat) • pro. 5g • carb. 27g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 323mg • fiber 2g



# Entrées

## East-West Chicken and Vegetable Stir-Fry with Pasta

Asian flavors blend with Parmigiano-Reggiano and pasta  
in this colorful and delicious stir-fry.

Makes 6 servings    Preparation: 40–45 minutes

4	boneless, skinless chicken breast halves (about 1¼ pounds in total)	2	large carrots, peeled and cut into 1½-inch lengths
12	ounces dry pasta shapes such as fusilli, radiatore, penne, or double elbows	2	broccoli stalks, florets cut to serving-size pieces, stems reserved
1½	ounces Parmigiano-Reggiano cheese, cut into ½-inch cubes	3½	tablespoons sesame oil, divided
1	garlic clove	2½	teaspoons cornstarch
5	slices peeled ginger, each about the size of a quarter	½	cup chicken stock
1	red bell pepper, cored, cut to fit the feed tube	3	tablespoons tamari or soy sauce (may use low sodium)
½	yellow bell pepper, cored, cut to fit the feed tube	½	cup sherry
		½	cup slivered almonds, lightly toasted

Trim the chicken of all visible fat. Cut in half crosswise; place on a baking sheet lined with plastic wrap and freeze for 25 minutes. Clean the work surface and wash hands thoroughly. Using a pasta cooking pot with insert, cook the pasta al dente in lightly salted water according to package instructions. Drain the pasta and set aside; keep the water simmering.

Insert the metal blade. With the machine running, drop the cheese cubes through the small feed tube and process until finely chopped, about 30 seconds. Remove and reserve. Add the garlic and ginger; process until finely chopped, about 5 seconds. Remove and reserve.

Insert the slicing disc. Use medium pressure to slice the red and yellow peppers. Place the carrots horizontally in the large feed tube. Use medium pressure to slice. Remove and reserve. Using a vegetable peeler, peel the broccoli stems, then trim to fit the small feed tube. Use medium pressure to slice. Remove and reserve.

Remove the chicken from the freezer; place in the large feed tube cut side down. Use medium pressure to slice. Toss with 1½ tablespoons of the sesame oil and set aside on a plate separate from the vegetables. Clean the work surface thoroughly, and wash hands with hot, soapy water. Combine the cornstarch and chicken stock in a small bowl; set aside.

Heat a large nonstick stir-fry pan over high heat. When hot enough to make water droplets dance, add the chicken and stir-fry until opaque, about 2 minutes. Remove to a clean plate and reserve.

Add the remaining sesame oil to the pan. When hot, add the garlic and ginger; stir-fry 10 seconds.

Add the sliced broccoli stems and carrots. Stir-fry for 45 seconds. Add the broccoli florets and sliced red bell pepper; stir-fry for another 30 seconds. Return the cooked chicken to the pan along with the tamari sauce and sherry, and cook for 30 seconds. Stir in the cornstarch mixture, and bring to a boil. Return the pasta to the simmering pasta water to reheat. Drain and add to the stir-fry pan; toss to combine. Remove from the heat, add half the cheese and toss to coat with the sauce.

Transfer the stir-fry to a warmed serving bowl. Top with the remaining cheese and the toasted almonds. Serve immediately.

Nutritional information per serving:

Calories 570 (30% from fat) • pro. 41g • carb. 59 • fat 19g  
• sat. fat 2g • chol. 64mg • sod. 677mg • fiber 4g

# Salmon and Pesto Potatoes en Papillote

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

Makes 6 servings

Preparation: 10–15 minutes, plus 18 minutes baking time

1	tablespoon olive oil	2	pounds skinless salmon fillet, cut into 6 equal portions
6	small Yukon Gold or similar potatoes, well scrubbed, opposite ends trimmed flat with a knife	$\frac{3}{4}$	teaspoon kosher salt
6	teaspoons prepared Pesto (recipe follows)	$\frac{1}{2}$	teaspoon freshly ground black pepper
		6	fresh basil leaves

Preheat the oven to 400°F. Cut 6 pieces of aluminum foil, each 16 inches long.

Brush a 6 x 4-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.

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  $\frac{1}{2}$ -inch folds, to complete the seal. Repeat until all the salmon and potatoes have been prepared and wrapped. Bake in the preheated oven for 22 minutes.

While the salmon is in the oven, stack the basil leaves and roll. Slice in  $\frac{1}{8}$ -inch intervals to create a chiffonade. When done, 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 390 (46% from fat) • pro. 32g • carb. 21g • fat 20g  
• sat. fat 4g • chol. 85mg • sod. 379mg • fiber 2g

## Pesto

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

Makes 1 $\frac{1}{3}$  cups

Preparation: 5–10 minutes

2	ounces Parmigiano-Reggiano, cut into $\frac{1}{2}$ -inch pieces	4 to 6	tablespoons extra virgin olive oil
2	garlic cloves	5	tablespoons lightly toasted pine nuts or walnuts
3	cups packed fresh basil leaves	$\frac{1}{4}$	teaspoon kosher salt

Insert the metal blade. With the machine running, drop the cheese down the small feed tube and process to chop, about 10 seconds. With the machine running, drop the garlic down the small feed tube; process to chop, about 5 seconds. Scrape the work bowl. Add the basil to the work bowl. Pulse to chop, 20 to 30 times. Scrape the work bowl. With the machine running, add 4 tablespoons of the olive oil in a slow drizzle through the hole in the pusher; add the remaining olive oil to taste. Scrape the work bowl; add the pine nuts and salt, and pulse to incorporate and chop the nuts. Transfer to a jar to store. 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 teaspoon:

Calories 43 (82% from fat) • carb. 1g • pro. 1g • fat 4g  
• sat. fat 1g • chol. 2mg • sod. 71mg • fib. 0g



# Shrimp & Ginger Stuffed Sole

Pleasing to the palate and to the eye, this dish is mostly do-ahead, making it perfect for entertaining.

Makes 6 servings

Preparation: 30 minutes, plus 20 minutes baking and 10 minutes for the sauce

1¼	pounds large shrimp (16–20 count), peeled and deveined	2	tablespoons unsalted butter
2	bunches fresh chives	1½	tablespoons tamari or soy sauce, low sodium
⅓	cup fresh Italian parsley	¾	teaspoon freshly ground black pepper
1	2-inch piece of fresh ginger, peeled, cut into ½-inch pieces	6	4-ounce fillets of sole, skinless (1½ pounds total)
6	scallions, trimmed to 5 inches, then cut into 1-inch lengths	¾	cup white wine or dry vermouth
6	ounces French bread, cut into 1-inch cubes	¾	cup heavy cream

Cut along the vein line to within ½ inch of the tail to butterfly 6 of the shrimp; reserve and refrigerate. Lay the remaining shrimp in a single layer on a sheet of plastic wrap on a baking sheet and freeze for 20 minutes.

Reserve 20 of the longest, most flexible chives. Cut 16 of the remaining chives into 1-inch lengths; refrigerate any remaining chives for another use. Insert the metal blade. Pulse to chop the 16 chives. Remove and reserve. Pulse to chop the parsley, 10 times; leave in work bowl. With the machine running, drop the ginger down the small feed tube and process 10 seconds to chop. Add the green onions; pulse to chop, 10 times. Remove and reserve the parsley, ginger and green onion mixture. Process the bread until it becomes medium coarse crumbs, 1 minute. Remove and reserve. Pulse to chop the partially frozen shrimp, 20 to 30 times. There should be no piece of shrimp larger than half an inch. Remove and refrigerate.

In a ¾ quart sauté pan, melt the butter over medium heat. Add the parsley, ginger and green onion mixture; cook until tender, about 2 to 3 minutes. Stir in the breadcrumbs, tamari and pepper; toss to combine and cook for 2 minutes longer. Transfer to a bowl and let cool completely. Stir in the reserved chopped shrimp and just enough water to help the mixture hold together. Lightly butter a 13 x 9 x 2-inch baking dish. Cut a sheet of waxed paper or parchment 15 inches long; lightly butter the paper.

Lay the sole fillets on the work surface, skin side up. Divide the stuffing mixture into 6 equal portions. Loosely pack each portion and place one portion in the center of each fillet. Fold the two long ends of the fillet up over the filling and overlap; turn over. Tie the cut ends of 2 chives together, using a double knot. Slip the knotted portion under the stuffed and rolled sole; bring the 2 ends together over the top and tie. Put in prepared baking dish. Repeat with the remaining sole and stuffing. The dish may be done ahead to this point, 8 hours ahead, covered with plastic wrap and refrigerated. If refrigerated, let sit at room temperature for 15 minutes before continuing. Preheat the oven to 400°F.

Add the wine to the baking dish; cover with the buttered paper, butter side down, and bake for 20 minutes. After 16 minutes, lay one of the reserved butterflied shrimp, cut side down, on each sole bundle. Re-cover and continue to bake for an additional 5 minutes. Transfer the sole to a warmed serving platter and cover loosely. Strain the cooking liquid into a 2-quart sauce pan, and reduce by half over high heat. Add the heavy cream, and reduce by half again. To serve, nap the sauce over and around the sole, then sprinkle with the reserved chopped chives.

Nutritional information per serving:

Calories 444 (39% from fat) • pro. 44g • carb. 20g • fat 18g  
• sat. fat 8g • chol. 232mg • sod. 598mg • fiber 1g



# Pizzas

## Pesto, Cheese & Fresh Tomato Pizza

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

Makes two 12–14 inch pizzas or four 8–9 inch pizzas, to serve 6

Preparation: 1 hour for the pizza dough;  
20 minutes plus 12 minutes baking and resting time

- |    |  |   |   |
|----|--|---|---|
| 1  | recipe Pizza Dough<br>(page 36)          | 2 | ounces fontina                          |
| 12 | ounces firm, but ripe plum<br>tomatoes   | 4 | tablespoons prepared Pesto<br>(page 44) |
| ½  | ounce Parmesan, cut into<br>½-inch cubes | 2 | teaspoons extra virgin olive oil        |
| 3  | ounces fresh mozzarella, well chilled    |   | cornmeal for dusting the peel or pan    |

Prepare the pizza dough and allow to 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.

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, slip the skins off. Slice the stem end off each tomato; set aside.

Insert the metal blade. With the machine running, drop the Parmesan 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. Put the tomatoes in the small feed tube one at a time, and slice, using light pressure. Put 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. Put 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 with the pesto sauce to ¾-inch of the edges, 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 put 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:

Calories 367 (35% from fat) • pro. 14g • carb. 45g • fat 15g  
• sat. fat 6g • chol. 25mg • sod. 723mg • fiber 3g

# Five Cheese Pizza Bianco

A blend of 5 cheeses, shallots, garlic and herbs makes our Pizza Bianco.

Preparation: 1 hour for the pizza dough; 20 minutes, plus 12 minutes' baking and resting time

Makes three 11- to 12-inch pizzas or six 6-inch pizzas, to serve 6

1	recipe Pizza Dough (page 36)	¾	ounce Parmesan, cut into ½-inch pieces
2	tablespoons fresh Italian parsley	6	ounces fresh mozzarella, well chilled
5	large basil leaves	3	ounces fontina, well chilled
2½	teaspoons fresh thyme leaves	2	ounces Gruyère, well chilled
10	chives, cut into 1-inch lengths	1	ounce Gorgonzola or blue cheese, well chilled
1	small shallot		
1	garlic clove		cornmeal for dusting the pan

Prepare the pizza dough and allow to 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.

Insert the metal blade. Process to chop the herbs, 10 seconds. Remove and reserve. With the machine running, drop the shallot and garlic down the small feed tube and process to chop, 5 seconds. Scrape the work bowl. Do not empty. With the machine running, drop the Parmesan cubes down the small feed tube and process to chop finely, 10 seconds. Do not empty the work bowl. Insert the shredding disc. Use medium pressure to shred the mozzarella, fontina, Gruyère, and Gorgonzola. Transfer the cheese mixture to a large bowl and toss well to combine evenly. Keep chilled until ready to use.

When the dough has risen, punch down and divide into 3 or 6 equal balls. Let rest 10 minutes. Roll the dough out to size. Put on a baker's peel that has been sprinkled with cornmeal, or on a perforated pizza pan, a pizza screen or baking sheet without sides that has been sprinkled with cornmeal. Brush the edges with the olive oil. Divide the cheese mixture into 3 or 6 equal amounts. Sprinkle the cheese mixture evenly over the pizzas.

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 put 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 cheese is bubbly, and the edges of the dough are golden brown, puffed and crispy. Remove from the oven, sprinkle with the reserved chopped fresh herbs, and let rest on a rack for 3 to 4 minutes before slicing.

Nutritional information per serving:

Calories 362 (35% from fat) • pro. 16g • carb. 43g • fat 14g  
• sat. fat 7g • chol. 38mg • sod. 658mg • fiber 2g

# Pizza Margherita

Some of the best things in life are the simplest.

Makes three 12–14 inch pizzas

Preparation: 1 hour for the pizza dough; 20 minutes plus  
12 minutes baking and resting time

1	recipe Pizza Dough (page 36)	1	cup Simple Tomato Sauce (page 50), reduced version for pizza
9	ounces fresh mozzarella, well chilled	1½	tablespoons extra virgin olive oil
½	cup fresh basil leaves		

Prepare the pizza dough and allow to 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.

Insert the shredding disc. Use medium pressure to shred the mozzarella. Remove and reserve. Stack 12 basil leaves; roll, use a knife to thinly slice. Repeat with the remaining leaves. (This is called a chiffonade.) Reserve.

When the dough has risen, punch down and divide into 3 equal balls. Allow to rest 10 minutes. Roll each dough ball to size. Put on a baker's peel that has been sprinkled with cornmeal, or on a perforated pizza pan, a pizza screen or baking sheet without sides that has been sprinkled with cornmeal. Brush edges with the olive oil. Using an offset spatula, spread ⅓ cup of the reduced Simple Tomato Sauce evenly over each 12-inch pizza, or spread 2½ tablespoons of the sauce on each 6-inch pizza. Sprinkle each pizza with one-quarter of the basil chiffonade, then sprinkle each pizza evenly with the shredded mozzarella.

Carefully slide one 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 put the pan into 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, sprinkle with the remaining fresh basil chiffonade, and let rest on a rack for 2 to 3 minutes before slicing. Repeat with remaining two pizzas.

Nutritional information per serving:

Calories 313 (28% from fat) • pro. 12g • carb. 44g • fat 9g  
• sat. fat 4g • chol. 22mg • sod. 727mg • fiber 2g

# Roasted Pepper, Chèvre & Mozzarella Calzone

Make ahead for a picnic or tailgating party.

Makes 4 large or 8 small calzones, 8 servings

Preparation: 1 hour for the pizza dough; 25 minutes, plus about 30 minutes baking and resting time

2½	red bell peppers, halved and cored	6	large fresh basil leaves
1½	yellow bell peppers, halved and cored	1	ounce Parmesan, cut into ½-inch cubes
1	teaspoon olive oil	8	ounces fresh mozzarella, well chilled
2½	teaspoons balsamic vinegar	8	ounces chèvre or goat cheese
1	recipe Pizza Dough (page 36)	2	ounces ricotta salata, crumbled
	cornmeal for sprinkling		
3	tablespoons fresh Italian parsley		

Preheat the oven to 400°F. Line a shallow baking sheet with foil. Insert the slicing disc. Use medium pressure to slice the red and yellow peppers. Remove and toss with the olive oil. Spread in a single layer on the baking sheet. Roast for 20 to 25 minutes, until tender and beginning to brown. Transfer to a small bowl; toss with the balsamic vinegar and let cool.

Prepare the pizza dough and let rise. Position the rack in the middle of the oven. If using a baking stone, place it on the rack. Raise the oven temperature to 450°F. Sprinkle a nonstick baking sheet (not “air-bake” type) or baker’s peel with cornmeal.

Insert the metal blade. Pulse to chop the parsley and basil, 10 times. Remove and reserve. With the machine running, drop the Parmesan cubes down the small feed tube and process to chop, 10 seconds. Insert the shredding disc and shred the mozzarella. Leave in the work bowl. Insert the metal blade. Sprinkle the crumbled chèvre, ricotta salata and reserved herbs over the mozzarella. Pulse to combine, 12 to 15 times. Remove and refrigerate until ready to assemble the calzones.

Divide the dough into 4 or 8 equal balls, depending on size of calzones desired.

Cover loosely with plastic wrap and let rest for 10 minutes. Lightly flour the work surface. Roll into rounds, 9 to 10 inches each in diameter for 4 balls, and 5 to 6 inches in diameter for 8 balls. Spread the cheese mixture over half the dough, leaving a 1-inch border. Use ½ cup for the larger calzones and ¼ cup for the smaller calzones. Drain the peppers. Sprinkle the peppers over the cheese mixture – ¼ cup for the larger calzones, 2 tablespoons for the smaller calzones.

Brush the border of the dough lightly with water. Fold the dough over the filling and press firmly to seal the edges. Then make overlapping folds around the edges of the calzones. Use a serrated knife to make three 1-inch slashes on the top of each calzone for the steam to escape. Put on a cornmeal-dusted baker’s peel and slide onto the preheated baking stone, or onto a cornmeal-dusted baking sheet. Bake for 20 to 25 minutes, until the dough is baked through and is a deep golden brown. Transfer to a rack to cool for 10 minutes before serving. Calzones may be served hot or at room temperature. Leftover calzones should be wrapped in foil or plastic wrap and refrigerated. Reheat in a 375°F oven before serving. Microwaving is not recommended.

Nutritional information per serving:

Calories 244 (57% from fat) • pro. 15g • carb. 12g • fat 16g  
• sat. fat 10g • chol. 41mg • sod. 318mg • fiber 2g



# Sauces & Dressings

## 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

Preparation: 5–10 minutes, plus 1 hour cooking and cooling time  
(add an additional 40–50 minutes to make the reduced pizza sauce)

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

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 tomatoes with their juices, basil, wine and salt. Bring to a boil, then reduce the heat to low, cover loosely and simmer for 45 to 50 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 47 (20% from fat) • carb. 6g • pro. 2g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 519mg • fiber 1g

Nutritional information per quarter-cup reduced for pizza sauce:  
Calories 40 (20% from fat) • carb. 6g • pro. 2g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 445mg • fiber 2g

## Cranberry Relish with Toasted Walnuts

Fast and fresh, delicious with roast turkey, chicken, pork or ham.

Makes 3 cups

Preparation: 5–10 minutes, plus 10 minutes to toast the walnuts

¾	cup walnut halves	3	cups fresh or frozen cranberries (do not thaw if using frozen berries)
¾	cup granulated sugar		
8	strips orange zest, bitter white pith removed	¾	navel orange, peeled and quartered

Preheat oven to 350°F. Put walnuts in a baking pan and toast until golden brown and fragrant, about 8 to 10 minutes. Cool slightly.

Insert metal blade. Process sugar and zest until finely chopped, about 45 seconds. Add cranberries, orange and reserved nuts; pulse until coarsely chopped, about 10 to 12 times. Pulse several more times if a finer consistency is desired.

This relish may be made in advance and stored in the refrigerator until ready to use.

Nutritional information per 2 tablespoons:

Calories 58 (31% from fat) • carb. 9g • pro. 1g • fat 2g  
• sat. fat 0g • chol. 0mg • sod. 0mg

## Creamy Chèvre & Peppercorn Dressing

Creamy and tangy, perfect for crisp romaine.

Makes 1¾ cups

Preparation: 10 minutes, plus 30 minutes resting time

1	small shallot, halved	1½	tablespoons white wine vinegar
1	tablespoon drained green peppercorns, rinsed and drained again	1½	tablespoons water kosher salt, to taste
6	ounces chèvre	⅓	cup extra virgin olive oil
⅓	cup lowfat sour cream		
1½	tablespoons fresh lemon juice		

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 47 (81% from fat) • carb. 1g • pro. 1g • fat 4g  
• sat. fat 1g • chol. 3mg • sod. 22mg • fiber 0g

## Herbed Balsamic Vinaigrette

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

Preparation: 10 minutes, plus 30 minutes resting time

Makes about 1 cup

1	garlic clove	6	tablespoons balsamic vinegar
¼	cup fresh Italian parsley	2	teaspoons Dijon mustard
1	tablespoon dried basil	¾	cup extra virgin olive oil
1	teaspoon dried oregano		
½	teaspoon kosher salt		
½	teaspoon freshly ground black pepper		

Insert the metal blade. With the machine running, drop the garlic down the small feed tube; process 5 seconds to chop. Add the parsley, basil, oregano, salt, pepper, vinegar and mustard; process 10 seconds to blend. With the machine running, add the olive oil ½ 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.

Variation: For an Herbed Vinaigrette, use red or white wine vinegar in place of balsamic vinegar.

Nutritional information per tablespoon:  
Calories 81 (95% from fat) • carb. 1g • pro.1g • fat 8g  
• sat. fat 1g • chol. 0mg • sod. 67mg • fiber 0g



## 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 scientist Shirley Corriher for heating the eggs to sanitize them.

The results are definitely worth the effort.

Proper refrigeration and storage are necessary.

Makes 1¾ cups

Preparation: 15–20 minutes

1	large egg	2½	teaspoons dry mustard
1	large egg yolk	1	teaspoon kosher salt
1	tablespoon fresh lemon juice		pinch cayenne
1	tablespoon white wine vinegar	2	tablespoons extra virgin olive oil
1½	tablespoons water	1⅓	cups vegetable oil
½	teaspoon granulated sugar		
½	teaspoon unbleached, all-purpose flour		

Insert the metal blade. Process the egg, egg yolk, lemon juice, wine 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 has 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, 1 minute. Scrape the work bowl. With the machine running, add the olive oil through the hole in the small feed tube very slowly. Scrape the work bowl. With the machine running, add the vegetable oil through the hole in the small pusher, one-quarter cup at a time, and allow the oil to drip through the hole 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 108 (98% from fat) • carb. 0g • pro. 0g • fat 12g  
• sat. fat 1g • chol. 15mg • sod. 70mg • fiber 0g

## Tzatziki Sauce

Low in fat yet full of flavor, this sauce is great as a sandwich spread, or as a dipping sauce for crudités.

Makes 3 cups

Preparation: 10 minutes (plus 8 hours or overnight to drain yogurt),  
30 minutes resting time

- |    |   |   |   |
|----|---|---|---|
| 4  | garlic cloves                                     | 2 | cucumbers, 7 inches in length, peeled, halved, seeded and cut into 1-inch pieces, set over a strainer to drain for 30 minutes |
| 1¼ | teaspoons kosher salt                             |   |   |
| ⅓  | cup fresh Italian parsley                         |   |   |
| ⅓  | cup mint leaves                                   | 3 | cups nonfat plain yogurt, drained overnight to yield 1½ cups* (or 1½ cups plain Greek yogurt, not drained)                    |
| 1½ | tablespoons oregano leaves (or 2 teaspoons dried) |   |   |
| 2  | teaspoons marjoram leaves (or 1 teaspoon dried)   |   |   |

Insert the metal blade. With the machine running, drop the garlic down the small feed tube; process 5 seconds to chop. Add the kosher salt, parsley, mint, oregano, and marjoram; pulse to chop, 15 to 20 times. Add the drained cucumber pieces; pulse to chop, 15 to 20 times. Add the drained yogurt; pulse to combine. Do not overprocess, or the sauce will become runny. Allow the sauce to sit for 30 minutes for the flavors to blend. Refrigerate until ready to use. Keeps 3 to 4 days in the refrigerator; do not freeze.

\* To drain yogurt: Line a sieve with a double layer of cheesecloth or a paper coffee filter and set over a bowl. Spoon yogurt into lined sieve, cover with plastic wrap and refrigerate overnight (8 hours minimum). You may need to drain water from the bowl occasionally. Refrigerate thickened yogurt in an airtight container for up to one week.

Nutritional information per tablespoon:  
Calories 9 (3% from fat) • carb. 1g • pro.1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 60mg • fiber 0g



## French Cut Green Beans with Shallots

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

Makes 6 servings

Preparation: 15–20 minutes

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

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

Insert metal blade. Process shallots 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.

\* Substitute a fruit-flavored vinegar for a change of flavor.

Nutritional information per serving:

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

# Asian Slaw with Peanut Dressing

Add cooked pasta and turn this salad into a meal.

Makes 1 cup dressing

Makes eight 1-cup servings

Preparation: 10 minutes, plus 30 minutes resting time for the dressing;  
10–15 minutes for the vegetables

½	cup toasted unsalted peanuts	1	broccoli stalk, florets trimmed and reserved, stem peeled
2	garlic cloves	3	scallions, trimmed, cut to 4-inch lengths, including green tops
6	slices fresh ginger, peeled, each about the size of a quarter	1	red bell pepper, cored, and cut into 1½ x 3-inch pieces
4	tablespoons natural-style peanut butter	1	yellow bell pepper, cored, and cut into 1½ x 3-inch pieces
⅓	cup + 1 tablespoon rice vinegar	8	ounces Napa cabbage, cut into 3-inch lengths to fit feed tube
3	teaspoons granulated sugar	6	ounces bok choy, cut to fit feed tube
2	tablespoons + 1 teaspoon hoisin sauce	4	ounces snow peas, trimmed
2	teaspoons sesame oil		
2	teaspoons tamari or soy sauce, low sodium		
2½	tablespoons vegetable oil		
2	large carrots, trimmed to fit the feed tube horizontally		
2	small red radishes, ends cut flat		

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 small feed tube to chop, about 5 seconds. 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 vegetable 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 peeled broccoli stem in the small feed tube and shred. Transfer the shredded vegetables to a large bowl.

Insert the slicing disc. Arrange the scallions 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 broccoli florets and snow peas; 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 212 (60% from fat) • carb. 15g • pro. 7g • fat 15g  
• sat. fat 2g • chol. 1mg • sod. 171g • fiber 4g

# Roasted Garlic and Parmesan Twice Baked Potatoes

Do these potatoes ahead to serve with grilled fillets or London broil.

Makes 6 servings

Preparation: 15–20 minutes, plus 1 hour to prebake the potatoes,  
and 25 minutes to twice bake

8	garlic cloves	3	scallions, trimmed, cut into 1-inch pieces
	olive oil		
6	large baking potatoes (about 8 ounces each), pricked with the tines of a fork	$\frac{3}{4}$	cup evaporated skim milk
		3	tablespoons unsalted butter, cut into 1-inch pieces
3	ounces Parmesan, cut into $\frac{1}{2}$ -inch pieces	$\frac{1}{4}$	teaspoon ground white pepper
		$\frac{1}{4}$	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 potatoes are cool enough to handle, cut off part of top and scoop out flesh, leaving a  $\frac{1}{4}$ -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; remove and reserve. Put scallions in work bowl and process until finely chopped, about 5 to 10 seconds. Scrape work bowl. Add milk, butter, reserved cheese, reserved garlic, 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 a few more times if needed. Do not overprocess or the potatoes will be gluey. 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. Put potatoes in a 10-inch round 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 • fiber 4g

# Savory Sweet Potatoes with Onions & Currants

A lowfat alternative to traditional, rich sweet potato casseroles.

Makes 8 servings

Preparation: 15–20 minutes, plus 85 minutes baking and resting

	nonstick cooking spray	1/3	cup fresh orange juice
2	ounces fresh white or wheat bread	1/3	cup pure maple syrup
1	tablespoon unsalted butter, at room temperature	1 1/2	teaspoons Herbes de Provence
6	medium sweet potatoes (about 3 pounds), peeled, ends cut flat	1/2	teaspoon kosher salt
3	medium yellow onions (about 1 pound), peeled and halved lengthwise	2 1/2	tablespoons unsalted butter, at room temperature
	zest of 1/2 orange, removed with a vegetable peeler, bitter white pith removed	1/2	cup dried currants

Preheat the oven to 350°F. Spray a 3-quart baking dish with cooking spray. Set aside.

Insert the metal blade. Process the bread until it becomes coarse crumbs, 15 to 20 seconds. With the machine running, drop the butter down the small feed tube and process 10 seconds to blend with the crumbs. Remove and reserve.

Insert the slicing disc. Arrange the sweet potatoes in the feed tube cut side down and slice. Remove and reserve. Slice onions; remove and reserve. Wipe the work bowl dry with a paper towel. Insert the metal blade. Use the pulse to chop the orange zest, about 15 to 20 times. Scrape the work bowl. Add the orange juice, maple syrup, Herbes de Provence, salt, pepper, and unsalted butter. Process to combine, 5 seconds.

Arrange one-third of the sliced sweet potatoes in a layer in the prepared pan. Top with half the onions and half the currants. Make another layer of the sweet potatoes, then top with onions and currants, and end with a layer of the remaining sweet potatoes. Drizzle the orange juice mixture evenly over the entire casserole. Cover loosely with a sheet of foil that has been sprayed with vegetable oil cooking spray. Bake in the preheated oven for 65 to 75 minutes, until the potatoes are tender. Remove the foil, top with the reserved breadcrumb mixture and bake 10 minutes longer. Let rest 10 minutes before serving.

Nutritional information per serving:

Calories 356 (15% from fat) • carb. 74g • pro. 4g • fat 6g  
• sat. fat 1g • chol. 13mg • sod. 170mg • fiber 10g



# Desserts

## Hazelnut Butter Cookies

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

Makes about 80 cookies

Preparation: 15–20 minutes, plus 40 minutes chilling time and 25 minutes baking and cooling time

1¾ cups + 2 tablespoons unbleached, all-purpose flour	3 sticks (¾ pound) unsalted butter, room temperature
1¼ cups lightly toasted hazelnuts	1 cup + 2 tablespoons confectioners' sugar
¾ teaspoon kosher salt	1½ tablespoons pure vanilla extract

Insert the metal blade. Pulse to combine the flour, hazelnuts, and salt, about 20 pulses. 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 and shape into 2 equal balls. 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. (For ease in slicing, let frozen logs sit at room temperature for 10 minutes.) Bake in the preheated oven for 8 to 12 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 33 (44% from fat) • carb. 4g • pro.1g  
• fat 2g • sat. fat 1g • chol. 1g • sod. 4mg • fiber 1g

# Double Chocolate Chunk Cookies

Chocolate heaven!

Makes 36 cookies

Preparation: 15–20 minutes, plus 20–25 minutes baking and cooling

5	ounces milk chocolate, chilled, broken into 1-inch pieces	¼	teaspoon kosher salt
		1	large egg
5	ounces white chocolate, chilled, broken into 1-inch pieces	½	cup packed light brown sugar
		½	cup granulated sugar
1⅓	cups less 1 tablespoon, unbleached, all-purpose flour	2	tablespoons reduced-fat milk
½	cup pecan halves	6	tablespoons unsalted butter, softened
½	teaspoon baking soda	1	teaspoon 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, baking 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 chocolate and dry ingredients. Pulse until combined, about 5 times.

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, then 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 • fiber 0g



# Lemon Ginger Biscotti

Delicious with coffee or tea.

Makes about 60 biscotti

Preparation: 15–20 minutes, plus 40 minutes chilling time and  
25 minutes baking and cooling time

3	ounces white chocolate, chilled, broken into 1-inch pieces	$\frac{3}{4}$	cup granulated sugar, divided
2	ounces crystallized ginger	1	stick (8 tablespoons) unsalted butter, room temperature
$2\frac{1}{2}$	cups unbleached, all-purpose flour	2	large eggs, room temperature
2	teaspoons baking powder	1	tablespoon brandy
$\frac{1}{4}$	teaspoon kosher salt	1	tablespoon pure vanilla extract
	zest of 3 lemons, bitter white pith removed		

Preheat the oven to 325°F. Insert the metal blade. Pulse to chop the white chocolate, about 5 to 10 times. There should be no piece larger than  $\frac{1}{2}$  inch. Remove and reserve. Pulse to chop the crystallized ginger, 10 to 15 times. There should be no piece larger than  $\frac{1}{2}$  inch. Remove and reserve.

Pulse the flour, baking powder and salt to quick sift, 5 short pulses. Remove and reserve. Process the zest with  $\frac{1}{4}$  cup of the sugar until finely chopped, about 20 to 30 seconds. Add the remaining sugar and the butter; process until smooth. The mixture may look curdled; do not worry. With the machine running, add the eggs one at a time. Add 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  $1\frac{1}{2}$  inches wide. Arrange on ungreased baking sheets and bake in a preheated 325°F oven for about 22 minutes.

Remove from the oven and let cool on the baking sheets for 10 minutes. Using a serrated knife, slice the logs at  $\frac{1}{2}$ -inch intervals. Arrange slices 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. If desired, baked and cooled Lemon Ginger Biscotti may be drizzled with melted white or bittersweet chocolate.

Nutritional information per biscotto:  
Calories 48 (46% from fat) • carb. 6g • pro.1g • fat 2g  
• sat. fat 1g • chol. 11mg • sod. 21g • fiber 1g

# Basic Cheesecake

Creamy, smooth and simple to prepare.

“Chocoholics” will love the Double Chocolate variation.

Makes 12 servings

Preparation: 10–15 minutes, plus 1½ hours baking and cooling time

4	lowfat honey graham cracker sheets, broken into 1-inch pieces	4	standard packages (8 ounces each) lowfat cream cheese, room temperature
1½	tablespoons granulated sugar	1	cup granulated sugar
1½	tablespoons unsalted butter, room temperature	1½	tablespoons pure vanilla extract
		4	large eggs, room temperature

Preheat the oven to 325°F.

Wrap the bottom and sides of an 8 x 3-inch springform or cheesecake pan in a sheet of oversized heavy-duty 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 small 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 on dough speed, about 45 seconds. Scrape the work bowl. Add the sugar and vanilla; process until smooth, about 30 seconds. Scrape the work bowl. With the machine running, add the eggs, one at a time, processing for 10 seconds after each addition. Scrape the bottom and sides of the work bowl after adding the second egg, and then after adding the last egg. 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 70 minutes. The cheesecake will still be jiggly in the center. Do not worry.

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

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

## Double Chocolate Variation:

Before making the cheesecake, chop 7 ounces of good quality bittersweet or semisweet chocolate (that has been broken up) and, using the metal blade and the pulse, pulse 20 to 30 times until roughly chopped and the chunks are not bigger than ½ inch. Melt 4 ounces of the chopped chocolate in a double boiler set over barely simmering water; reserve the rest. Prepare the cheesecake batter, and pour 2½ cups into a bowl. Cover and refrigerate. Add the melted chocolate to the batter in the work bowl 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 85 minutes.

Nutritional information per serving:

### Basic:

Calories 278 (50% from fat) • carb. 36g • pro. 10g • fat 21g  
• sat. fat 9g • chol. 66mg • sod. 467 • fiber 1g

### Chocolate variation:

Calories 360 (50% from fat) • carb. 36g • pro. 10g • fat 21g  
• sat. fat 8g • chol. 66mg • sod. 467 • fiber 1g

# Carrot Cake

Wonderful as a 2-layer cake, but try it as a single layer cake, freezing the second layer for another time.

Makes 12 servings

Preparation: 20–25 minutes, plus 2 hours baking and cooling, and 45 to 50 minutes for preparing the frosting and assembling and chilling the cake

	nonstick cooking spray	2½	tablespoons pure vanilla extract
1¼	pounds carrots (about 5 large), peeled	1¼	cups pecans or walnuts, lightly toasted
2½	cups unbleached, all-purpose flour	¾	cup golden raisins
1¼	teaspoons baking powder	1¼	cups well-drained pineapple chunks
¾	teaspoon baking soda	⅓	cup shredded coconut
¼	teaspoon kosher salt	1¼	pounds (2½ standard packages) lowfat cream cheese, room temperature
1¼	teaspoons ground cinnamon	6	ounces white chocolate, broken into 1-inch pieces
1	teaspoon ground ginger	16	toasted pecan or walnut halves, for garnish
½	teaspoon ground nutmeg		
1¼	cups packed light brown sugar		
⅓	cup vegetable oil		
3	large eggs, room temperature		

Preheat the oven to 350°F. Spray two 9 x 2-inch round cake pans (8 cups each) with vegetable oil cooking spray; line the bottoms with rounds of waxed paper or parchment paper and spray again. Set aside.

Insert the slicing disc; slice half the carrots. Steam until tender, about 6 to 8 minutes. Set aside to cool. Insert the shredding disc. Shred the remaining carrots; remove and reserve.

Insert the metal blade. Pulse the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg to quick sift. Remove and reserve. Process the steamed carrots until puréed, 10 to 15 seconds. Add the brown sugar and oil; process until smooth, 10 seconds. Add the eggs one at a time, processing 10 seconds after each addition. Add the vanilla. Add the flour mixture; pulse to incorporate, about 10 times. Add the pecans; pulse to incorporate, 5 times. Add the raisins, pineapple, and coconut; pulse to incorporate, 10 times.

Divide the batter evenly between the two prepared pans. Bake in the preheated oven for 55 to 60 minutes, until a cake tester comes out clean when inserted in the center. Cool in the pans for 10 minutes, then invert onto a wire cooling rack and remove the waxed or parchment paper. Cool completely before frosting. This cake is actually better when made a day ahead. The layers may also be well wrapped and frozen. Frost with the White Chocolate Cream Cheese Frosting and garnish with toasted nuts.

## White Chocolate Cream Cheese Frosting:

Insert the metal blade. Process the cream cheese until smooth. In a double boiler over hot water, carefully melt the white chocolate – do not stir, or the chocolate will seize. With the machine running, pour the melted chocolate down the feed tube and process until smooth. This will make enough frosting to frost the layers and sides of the carrot cake. For ease, use an offset spatula to frost the cake. Refrigerate before serving.

Nutritional information per serving:

Calories 610 (48% from fat) • carb. 71g • pro. 12g • fat 34g  
sat. fat 7g • chol. 70mg • sod. 448mg • fiber 3g

# Basic Flaky Pastry Dough

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.

Makes ample crust for a 9- to 11-inch regular or deep-dish pie or tart

Preparation: 10 minutes, plus 30 minutes resting time

For a one-crust pie:

1½ cups unbleached, all-purpose flour  
¼ teaspoon kosher salt  
⅛ 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 kosher salt  
¼ teaspoon baking powder  
16 tablespoons unsalted butter, cut into ½-inch pieces, well chilled  
4 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. (Do not allow the dough to form a ball in the processor!) Add the liquid sparingly so that the dough is not sticky. Do not overprocess or the pastry will be tough, not tender and flaky.

Turn the dough out onto a lightly floured surface. Press together into a ball, then flatten into a disc about 6 inches in diameter (two discs 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 prebake the pastry (bake 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 pie pan with a sheet of aluminum foil or parchment paper and fill with pie weights, dry rice or beans. Bake for 15 minutes.

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

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

# Old World Apple Crumb Pie

A creamy apple pie with crunchy, crumb topping.

Makes one 10-inch pie, 12 servings

Preparation: 15–20 minutes, plus 40 minutes to prepare the pastry and 2 hours baking and cooling

- |   |  |    |  |
|---|--|----|--|
| 1 | recipe single-crust Basic Flaky Pastry Dough (page 64) | 3  | large apples, peeled, cored and cut into eighths (1 Granny Smith + 2 Golden Delicious, or 3 Winesaps or Pippins) |
| ½ | cup packed light brown sugar                           | 3  | large eggs   |
| ½ | cup walnuts, pecans or almonds                         | ¾  | cup lowfat sour cream  |
| ¼ | cup rolled oats (not quick cooking)                    | ½  | cup granulated sugar   |
| ¼ | cup unbleached, all-purpose flour                      | ¼  | cup unbleached, all-purpose flour  |
| ¼ | cup (½ stick) unsalted butter, room temperature        | 1½ | tablespoons pure vanilla extract   |
|   |  | ¼  | teaspoon kosher salt   |

Preheat the oven to 375°F.

On a lightly floured surface, roll out the pastry ⅛-inch thick, about 3 inches larger than the diameter of a 10-inch deep-dish-pie plate. Lift carefully, using a dough scraper to help lift the pastry. Loosely fold in half, then into quarters to form a wedge shape. Position the point of the wedge in the center of the pie plate and carefully unfold the dough into the pan. Make sure there are no air pockets between the dough and the pan. (If any tears in the crust occur, mend them by brushing lightly with water and pinching together, or patching with a scrap of rolled dough.) Trim evenly, leaving a 1-inch overhang. Lightly brush the edge of the pastry with water and fold over. Seal and crimp or flute decoratively. Refrigerate until ready to use. Roll the trimmings into a flat disc, wrap, refrigerate and reserve for another use or discard.

Insert the metal blade. Use the pulse to combine the brown sugar, nuts, oats, flour and butter. Pulse until the nuts are roughly chopped. Transfer to a bowl; knead with your fingers until the mixture resembles coarse crumbs. Refrigerate while continuing.

Insert the slicing disc. Arrange the apples in the large feed tube and slice. Transfer the apples to the piecrust; spread evenly in the crust. Insert the metal blade. Process the eggs, sour cream, sugar, flour, vanilla, and salt until smooth, about 10 seconds. Scrape the work bowl and process 5 seconds longer. Pour this mixture over the apples. Top with the reserved crumb mixture and bake in the bottom third of the preheated oven for 50 to 60 minutes, until golden, a little bubbly and slightly puffed. Check the pie after 30 minutes – if the crust begins to brown too much, cover with foil strips or commercially available piecrust shield strips for the duration of the baking time. Cool on a rack at least 1 hour before serving.

Nutritional information per serving:

Calories 356 (48% from fat) • pro. 6g • carb. 41g • fat 19g  
• sat. fat 2g • chol. 86mg • sod. 150mg • fiber 1g

# Deep-Dish Pear & 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

Preparation: 15–20 minutes, plus 40 minutes for preparing the pastry  
and 2¼ hours baking and cooling

	Basic Flaky Pastry Dough for a 2-crust pie (page 64)	¼	cup pure maple syrup
		1½	teaspoons pure vanilla extract
3	ripe, but firm pears, about 8 ounces, peeled, cored and quartered	4	tablespoons unbleached, all-purpose flour
3	Granny Smith apples, peeled, cored and quartered	¾	cup dried cranberries
	juice of 1 lemon, divided	1	tablespoon fresh lemon juice

Preheat the oven to 400°F.

On a lightly floured surface, roll out half the pastry to fit a 10-inch deep-dish pie plate, leaving a ½-inch overhang. Lift carefully, using a dough scraper to help lift the pastry. Loosely fold the dough in half, then into quarters to form a wedge shape. Position the point of the wedge in the center of the pie plate and carefully unfold the dough into the pan. Make sure there are no air pockets between the dough and the pan. (If any tears in the crust occur, mend them by brushing lightly with water and pinching together, or patching with a scrap of rolled dough.) Trim evenly, leaving a ½-inch overhang. Refrigerate until ready to use.

Insert the slicing disc. Arrange the pear quarters in the large feed tube and slice. Repeat until all the pears are sliced. Transfer to a bowl and toss gently with the juice of ½ lemon. Reserve. Arrange the apple quarters in the feed tube. Use medium pressure to slice. Transfer to a bowl and toss with the juice of ½ lemon. Insert the metal blade. Process the remaining lemon juice, 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 dough about ⅛-inch thick and about 2 inches larger than the diameter of the top of 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 make pears, apples and leaves. Brush the bottoms of the shapes with a little water and arrange decoratively on the top crust.

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 for at least an hour before serving.

Nutritional information per serving:

Calories 399 (45% from fat) • pro. 4g • carb. 53g • fat 21g  
• sat. fat 1g • chol. 40mg • sod. 106mg • fiber 3g