

# RECIPES

## Fresh Tomato and Corn Salsa

Delicious with the traditional corn tortilla chips, this salsa is also great on grilled chicken or seafood.

Preparation: 5 to 10 minutes, plus 1 hour for flavors to develop

Makes 1½ cups

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

1. Insert the metal blade. Put onion, cilantro and jalapeño in work bowl. Process on HI 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.

2. Let stand for 1 hour before serving to allow flavors to develop. Serve with chips.

Nutritional information per tablespoon:

Calories 18 (10% from fat) • carb. 4g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 50mg • fiber 0g

## Hummus

Serve this popular Middle Eastern dip with the traditional pita wedges or with fresh vegetable crudités.

Preparation: 15 to 20 minutes, plus 30 minutes resting time

Makes 2 cups

- ¼ cup Italian parsley leaves, washed and dried
- 2 strips lemon zest, 2 x ½ inches, bitter white pith scraped off
- ½ teaspoon kosher salt
- 2 small cloves garlic
- 1 large can (28 ounces) chickpeas, drained and rinsed
- 3 tablespoons tahini
- 2 tablespoons fresh lemon juice

- 5 tablespoons water
- 1½ teaspoons ground cumin
- 1½ tablespoons extra virgin olive oil

1. Insert the metal blade. Pulse to chop the parsley, 10 to 15 times. Remove and reserve. Chop the lemon zest with the kosher salt using the pulse, 10 times. With the machine running, drop the garlic down the feed tube; process on HI for 10 seconds to chop.

2. Add the chickpeas, tahini, lemon juice, water and cumin to the work bowl; process on HI 60 seconds to combine. Scrape the work bowl. With the machine running, add the olive oil in a slow steady stream; process on HI until the hummus is smooth and creamy, about 3 minutes.

3. Add half the chopped parsley; pulse to incorporate, 5 to 10 times. Allow the hummus to rest for 30 minutes before serving, to allow the flavors to blend. Serve in a shallow bowl, sprinkled with the remaining chopped parsley. If desired, drizzle with extra virgin olive oil.

Variation: Add 3 drained roasted red peppers with the chickpeas to make Roasted Red Pepper Hummus. Makes about 2½ cups.

Nutritional information per tablespoon:

Calories 45 (33% from fat) • carb. 6g • pro. 2g • fat 2g  
• sat. fat 0g • chol. 0mg • sod. 112mg • fiber 1g

## Basic Vinaigrette

This basic vinaigrette is perfect for a crisp green salad.

Preparation: 5 minutes

Makes about ¾ cup

- 1 garlic clove
- 2 tablespoons Dijon mustard
- ¼ cup red wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup extra virgin olive oil
- ½ cup vegetable oil

1. Insert the metal blade. With the machine running on HI, drop the garlic through the feed tube and process to chop, 10 seconds. Scrape the work bowl. Add the mustard, vinegar, salt and pepper. Process on HI, to combine, 10 seconds; scrape the work bowl. With the machine still on HI, add the oils in a slow, steady stream, about 45 seconds. Process until emulsified.

2. Refrigerate if not using immediately; bring to room temperature before using. Process for 10 seconds to emulsify if separation has occurred.

Note: Basic Vinaigrette may be modified by changing the flavor of the vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

Nutritional information per tablespoon:

Calories 110 (96% from fat) • carb. 1g • pro. 0g • fat 12g  
• sat. fat 2g • chol. 0mg • sod. 116mg • fiber 0g

## Pesto

Our pesto is lower in fat than traditional recipes, but just as flavorful.

Preparation: 5 to 10 minutes

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

- 1 ounce Parmesan, cut into  $\frac{1}{2}$ -inch pieces**
- 1 garlic clove**
- 2 tablespoons lightly toasted pine nuts or walnuts**
- $\frac{1}{4}$  teaspoon kosher salt**
- 2 cups packed fresh basil leaves, washed and dried**
- 2–4 tablespoons extra virgin olive oil**

1. Insert the metal blade. With the machine running on HI, drop the cheese through the feed tube and process to chop, about 10 seconds.

2. With the machine running on HI, drop the garlic clove through the feed tube; process to chop, about 5 seconds. Scrape down the sides of the work bowl, and add the nuts and salt. Process to chop, about 10 seconds. Add the basil. Pulse to chop, 20 to 30 times. Scrape down the sides of the work bowl. While on HI, add the olive oil to taste in a slow drizzle.

3. Transfer to a jar to store. Let rest for about 30 minutes before using, to allow the flavors to blend.

4. 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  $\frac{1}{2}$  tablespoon:

Calories 25 (84% from fat) • carb. 0g • pro. 1g • fat 2g  
• sat. fat 0g • chol. 1mg • sod. 29mg • fiber 0g

## Simple Tomato Sauce

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

Preparation: 10 to 15 minutes, plus 1 hour to cook (add an additional 30–40 minutes to make the reduced Pizza Sauce)

Makes 2 cups tomato sauce for pasta /  $\frac{1}{4}$  cups tomato sauce for pizza

- 1 small onion, cut into 1-inch pieces**
- $\frac{3}{4}$  teaspoon extra virgin olive oil**
- 3 garlic cloves**
- $\frac{1}{2}$  teaspoon dried oregano**
- 1 can (19 ounces) plum tomatoes, with juices**
- 6–8 large basil leaves**
- 2 tablespoons dry white wine or vermouth**
- $\frac{1}{8}$  teaspoon kosher salt**
- $\frac{1}{8}$  teaspoon freshly ground black pepper**
- $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon red pepper flakes (optional, to taste, for a spicier sauce)**

1. Insert the metal blade. Pulse to chop the onion, 10 times.

2. Heat the olive oil over medium heat in a 2-quart saucepan. Add the onion, garlic, and oregano. Cook, stirring for 2 to 3 minutes, until the onions begin to soften and the oregano becomes fragrant. Add the canned tomatoes with their juices, basil, wine and salt. Bring to a boil, then reduce the heat to low, cover loosely and simmer for 50 to 60 minutes. Turn off the heat and let cool in the pan for 10 minutes. Stir in the black pepper and optional red pepper flakes.

3. Using the metal blade, pulse the sauce 15 times for a rustic, chunky sauce, or process on HI for 2 minutes for a smooth sauce. The sauce is now ready to use for pasta.

4. If you want a sauce for pizza, return the sauce to the pan. Simmer, uncovered, over low heat, for 30 to 40 minutes to reduce, stirring.

5. Transfer the reduced sauce to a bowl to cool before using as a pizza topping.

Nutritional information per  $\frac{1}{2}$ -cup serving:

Calories 55 (19% from fat) • carb. 89g • pro. 2g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 339mg • fiber 2g

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# Pesto, Cheese & Fresh Tomato Pizza

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

Preparation: 1 hour for the pizza dough; then 20 minutes plus 12 minutes to bake

**Makes one 14-inch pizza or two 9-inch pizzas, to serve 4**

- 1** recipe Pizza Dough (page 12)
- ½** ounce Parmesan, cut into ½-inch cubes
- 2** ounces fresh mozzarella, very well chilled
- 1½** ounces Fontina cheese, very well chilled
- ½** pound firm but ripe plum tomatoes
- 3** tablespoons pesto (page 9)
- 1** teaspoon extra virgin olive oil
- cornmeal for dusting the peel or pan

1. Prepare the pizza dough and let 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.

2. Insert the metal blade. With the machine running, drop the Parmesan through the feed tube. Process 15 seconds; leave in bowl. Insert the thick shredding disc. Use medium pressure to shred the mozzarella and Fontina. Transfer the cheeses to a bowl; toss to combine and reserve.

3. Insert the thick slicing disc. One at a time, place the tomatoes in the feed tube. Use light to medium pressure to slice. Reserve.

4. When the dough has risen, punch down; use as is or divide into 2 equal balls. Let rest 10 minutes. Roll the dough out to size. Place 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, then using an offset spatula, spread the pizza to within ¾-inch of the edges with the pesto, using 3 tablespoons on the 14-inch pizza or 1½ tablespoons on each 9-inch pizza. Sprinkle the pizza(s) with the shredded cheeses. Top with the sliced tomatoes.

5. Carefully slide the pizza onto the stone (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan in the hot oven. Bake the pizza for 5 minutes, then rotate it front to back for even baking. Bake for another 3 to 6 minutes,

until the pizza is bubbly and the edges of the dough are golden brown, puffed and crispy. Remove from the oven and let rest on a rack for 2 to 3 minutes before slicing.

Nutritional information per serving:  
Calories 177 (from fat 39%) • carb. 20g • pro. 7g • fat 8g  
• sat. fat 3g • chol. 12mg • sod. 331mg • fiber 1g

# Asian Slaw with Peanut Dressing

Add cooked pasta and turn this salad into a meal.

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

**Makes 6 cups**

**Peanut Dressing (makes ¾ cup):**

- ¼** cup toasted unsalted peanuts
- 1** garlic clove
- 4** slices of fresh ginger, peeled, each about the size of a quarter
- 3** tablespoons peanut butter (smooth or chunky)
- 2½** teaspoons granulated sugar
- ⅓** cup rice vinegar
- 1½** tablespoons hoisin sauce
- 1¼** teaspoons low-sodium tamari or soy sauce
- 2** teaspoons Asian (toasted) sesame oil

**Slaw:**

- 4–6** red radishes, washed and trimmed
- 1** medium carrot, peeled, cut to fit the feed tube horizontally
- 1** small broccoli spear, washed, florets trimmed and reserved, stem peeled
- 2** green onions, trimmed, cut to fit feed tube
- 1** small red bell pepper, seeded and quartered
- 1** small yellow bell pepper, seeded and quartered
- 6** ounces Napa cabbage, cut to fit feed tube
- 6** ounces bok choy, cut to fit feed tube (include leafy greens if tender)
- 3** ounces snow peas or sugar snap peas, trimmed and strings removed

1. Insert the metal blade. Pulse to chop the peanuts, about 10 times. Remove and reserve.

2. Prepare the dressing: with the machine running on HI, drop the garlic and ginger through the feed tube to chop, about 5 seconds. Scrape the work bowl; process 5 seconds longer. Add the peanut butter, sugar, rice vinegar, sugar, hoisin sauce and tamari/soy sauce. Process on HI, until smooth about 10 seconds. Scrape down the sides of the work bowl. With the machine running, add the sesame oil in a steady stream through the feed tube; process on HI until emulsified, about 10 to 15 seconds. Remove and reserve.

3. The dressing may be made several days ahead. Cover well and refrigerate. Let sit for 30 minutes at room temperature before using.

4. Prepare the slaw. Clean the work bowl. Insert the thick shredding disc. Arrange the radishes in the feed tube, cut side down. Use medium pressure to shred. Arrange the carrot horizontally in the feed tube. Use medium pressure to shred. Insert the trimmed and peeled broccoli stem in the small feed tube; use medium pressure to shred. Transfer the shredded vegetables and reserved broccoli florets to a large bowl.

5. Insert the thick slicing disc. Arrange the green onions in the small feed tube. Use light pressure to slice. Arrange the peppers in the large feed tube, cut side down; use medium pressure to slice. Arrange the Napa cabbage in the feed tube, cut side down. Use medium pressure to slice. Arrange the bok choy in the feed tube; use medium pressure to slice. Transfer the sliced vegetables to the bowl with the other vegetables. Add the snow peas and toss the vegetables to combine.

6. Pour the dressing over the vegetables and toss to coat well. Garnish with reserved chopped peanuts.

Note: You may turn this into an Asian pasta salad by doubling the dressing ingredients and adding cooked pasta (6 ounces dry, cooked according to package directions).

Nutritional information of serving:

Calories 125 (45% from fat) • carb. 18g • pro. 6g • fat 9g  
• sat. fat 1g • chol. 0mg • sod. 534mg • fiber 3g

## Sesame Dinner Rolls

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

**Makes 16 rolls**

- 1/2 cup plus 2 tablespoons fat-free evaporated milk**
- 1 package (2¼ teaspoons) active dry yeast**
- 1½ tablespoons granulated sugar**
- 1 large egg, beaten**
- 2¾ cups unbleached, all-purpose flour**
- 6 tablespoons unsalted butter, room temperature and in 1-inch pieces**
- 1 teaspoon sea or kosher salt**
- 1 nonstick cooking spray**
- 1 large egg**
- 1 teaspoon water**
- 1 teaspoon sesame seeds**

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

2. Insert metal blade. Process flour on LO with butter and salt until combined, about 15 to 20 seconds. With the machine running on LO, gradually pour in the yeast mixture through the small feed tube. Add it in a steady stream only as fast as the flour can absorb it. After the dough forms a ball, process 45–50 seconds to knead. Place in a large plastic food storage bag and seal top. Let rise until doubled in size, about 1 to 1½ hours.

3. Lightly coat an 8-or-9 inch round baking pan with nonstick cooking spray. Place dough on a lightly floured surface and punch down. Divide dough into 16 equal pieces and shape each piece into a ball. Place balls into the pan so they are just touching each other. Cover with plastic wrap coated with cooking spray and let rise 1 hour. Preheat oven to 350°F 15 minutes before baking.

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

Nutritional information per roll:

Calories 129 (33% from fat) carb. 18g • pro. 4g • fat 5g  
• sat. fat 3g • chol. 35mg • sod. 154mg  
• calc. 27mg • fiber 1g

# Pizza Dough

Pizzas are so simple to make with a Cuisinart® Food Processor that you can throw away the delivery menu!

Makes  $\frac{3}{4}$  pound dough to make two 9-inch crusts, or one 14-inch crust

- 1 packet (2¼ teaspoons) active dry yeast**
- 1 teaspoon granulated sugar**
- $\frac{3}{4}$  cup warm water (105°–115°F)**
- $\frac{1}{4}$  cups unbleached, all-purpose flour or bread flour**
- 1 teaspoon extra virgin olive oil, plus more for coating ball of dough**
- $\frac{3}{4}$  teaspoon kosher salt**

1. In a medium liquid measuring cup 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, olive oil and salt. Add cold water to yeast mixture. With machine running, on LO pour liquid through feed tube as fast as flour absorbs it. Process until dough cleans sides of work bowl and forms a ball. Then process for 30 seconds to knead dough. Dough may be slightly sticky. Coat the dough lightly with olive oil, place in a plastic food storage bag and seal the top. Let rise in a warm place for about 45 minutes.

2. Place dough on a lightly floured surface and punch down. Roll into desired crust size(s) and follow pizza recipe.

Nutritional information per serving (based on 8 servings):  
Calories 103 (6% from fat) • carb. 21g • pro. 6g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 219mg • fiber 1g

## Basic Cheesecake

Creamy, smooth and simple to prepare.  
Top with fresh fruit for a special dessert.

Preparation: 10 to 15 minutes active time, plus  $1\frac{1}{2}$  hours baking and cooling time (minimum 8 hours)

Makes 6 servings

**Crust:**

- 3 honey graham crackers, broken into pieces**
- 1 tablespoon granulated sugar**
- 1 tablespoon unsalted butter**

**Filling:**

- 1 pound (two 8-ounce packages) low fat cream cheese, room temperature**

- $\frac{1}{2}$  cup granulated sugar**
- 1 tablespoon pure vanilla extract**
- 2 large eggs, room temperature**

1. Preheat the oven to 325°F. Wrap the bottom and sides of a 7 x 3-inch springform pan in aluminum foil. It should come up to the top of the pan.

2. Prepare the crust. Insert the metal blade. Process the graham crackers on HI until they are fine crumbs; add the tablespoon of sugar and the butter through the feed tube and process until the butter can no longer be seen. Press into the bottom of the prepared pan. Reserve.

3. Wipe out the work bowl with a paper towel. Insert the metal blade. Process the cream cheese on HI until smooth, about 20 to 30 seconds. Add the sugar and vanilla through the feed tube and process until smooth, about 30 seconds. Scrape down the sides of the work bowl. With the machine running on HI, add the eggs, one at a time. Process 10 seconds after each addition. Do not over-process.

4. 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 water bath or bain marie.) Bake the cheesecake in the preheated oven for 60 minutes. The cheesecake will still look jiggly in the center. (Do not worry – it will firm up as it cools.) Remove the cheesecake from the bain marie, remove the foil, and place on a rack. Cool completely on a rack, then cover and refrigerate for at least 8 hours.

5. The cheesecake is best made a day ahead. Garnish with fresh fruit if desired.

Nutritional information per serving:

Calories 317 (49% from fat) • carb. 30g • pro. 11g  
• fat 17g • sat. fat 10g • chol. 103mg • sod. 500mg  
• fiber 0g

## Carrot Cake with White Chocolate-Cream Cheese Frosting

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

Preparation: 20 to 25 minutes, plus 2 hours to bake and cool; 30 minutes to prepare frosting and assemble the cake

### Makes 8 servings

#### Cake:

**3/4** nonstick cooking spray  
**1 1/2** pound carrots, peeled  
**1 1/2** cups unbleached, all-purpose flour  
**1** teaspoon baking powder  
**1/4** teaspoon baking soda  
**1/2** teaspoon kosher salt  
**1** teaspoon ground cinnamon  
**3/4** teaspoon ground ginger  
**1/4** teaspoon ground nutmeg  
**1** cup packed light brown sugar  
**1/4** cup vegetable oil  
**2** large eggs, room temperature  
**1 1/2** teaspoons pure vanilla extract  
**3/4** cup pecans or walnuts, lightly toasted  
**1/2** cup golden raisins  
**3/4** cup well-drained pineapple chunks

#### Frosting:

**12** ounces (1 1/2 8-ounce packages) low fat cream cheese  
**4** ounces white chocolate, roughly chopped  
**16** toasted pecan or walnut halves, for garnish

1. Preheat oven to 350°F. Spray two 8 x 2-inch round cake pans with cooking spray; line the bottom with a round of parchment paper and spray again. Reserve.

2. Insert the thick shredding disc; use medium pressure to shred the carrots. Divide carrots in half. Steam half the carrots until tender, about 6 to 8 minutes. Reserve the remaining raw carrots.

3. Insert the metal blade. Pulse the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg to sift. Remove and reserve.

4. Process the steamed carrots on HI until smooth, 10 to 15 seconds. Add the brown sugar and oil; process until smooth, 10 seconds. Add the eggs one at a time, processing on HI, 10 seconds after each addition. Add the vanilla; process on HI to combine, 5 seconds; scrape the bottom and sides of the work bowl. Add the flour mixture; pulse to incorporate, about 10 times. Add the 3/4 cup of pecans, raisins and pineapple. Pulse until just combined.

5. Divide the batter evenly between the two prepared pans. Bake in the preheated oven for 30 to 35 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 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.

6. While cakes are baking, prepare the frosting. Clean out the work bowl and metal blade. Put the metal blade back into the clean work bowl. Process the cream cheese on HI until smooth. In a double boiler over hot water, carefully melt the white chocolate. Cool slightly. With the machine running on HI, 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. Use an offset spatula to frost the cake. Garnish with pecan/walnut halves.

Nutritional information per serving:

Calories 610 (45% from fat) • carb. 75g • pro. 11g • fat 31g  
• sat. fat 10g • chol. 73mg • sod. 444mg • fiber 4g

## Basic Flaky Pastry Dough

This recipe makes ample crust for a 9 to 11-inch regular or deep-dish pie or tart. Leftover pastry may be rolled out and cut into shapes to garnish the pie, or brushed with milk, sprinkled with sugar or cinnamon and sugar, and baked until lightly browned.

Preparation: 5 to 10 minutes, plus 30 minutes to rest

#### For a single crust pie or tart:

**1 1/2** cups unbleached, all-purpose flour  
**1/4** teaspoon kosher salt  
**1/3** teaspoon baking powder  
**8** tablespoons unsalted butter, cut into 1/2-inch pieces, well chilled  
**2** tablespoons vegetable shortening (preferably non-hydrogenated), cut into 1/2-inch pieces, well chilled  
**2-4** tablespoons ice water

#### For a single crust pie with a lattice top:

**2 1/2** cups unbleached, all-purpose flour  
**1/2** teaspoon kosher salt  
**1/4** teaspoon baking powder  
**12** tablespoons unsalted butter, cut into 1/2-inch pieces, well chilled  
**2** tablespoons vegetable shortening, cut into 1/2-inch pieces, well chilled  
**4-6** tablespoons ice water

1. Insert the metal blade. Process the flour, salt and baking powder on LO to sift, 10 seconds.



Add the well-chilled butter and shortening. Use short rapid pulses until the mixture resembles coarse cornmeal and no pieces of butter larger than a pea remain visible, 15 to 20 pulses. Sprinkle half the maximum ice water on the flour and butter mixture, then pulse 5 or 6 times. The dough will be crumbly, but should begin to hold together when a small amount is picked up and pressed together. Sprinkle on more water, a teaspoon (two for the two-crust recipe) at a time, with 2 to 3 quick pulses after each addition, adding just enough water for the dough to hold together easily when pressed into a ball. Add the liquid sparingly so that the dough is not sticky. Do not over-process or the pastry will be tough, not tender and flaky.

2. 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 gluten 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.

Note: To bake the pastry blind for a single crust filled pie or tart, roll out pastry  $\frac{1}{8}$ -inch thick to fit pan; crimp and seal edges. Prick bottom all over with a fork. Chill for 30 minutes. Preheat the oven to 400°F. Line with a sheet of aluminum foil or parchment paper and fill with pie weights, dry rice or beans. Bake for 15 minutes.

Nutritional information size of serving  
(single crust, based on 12 servings):

Calories 143 (62% from fat) • carb. 12g • pro. 2g • fat 10g  
• sat. fat 5g • chol. 21mg • sod. 55mg • fiber 0g

## Deep Dish Pear and Apple Pie

Pears and apples combine to make a delightful taste combination. You may also choose to use all pears or all apples.

Preparation: 15 to 20 minutes (plus time to prepare pastry crust), 2 to 3 hours to bake and cool

**Makes a 10-inch deep dish pie (12 servings)**

- 1 recipe for Basic Flaky Pastry Dough, single crust with lattice top (page 13)
- 3 ripe but firm pears (about  $1\frac{1}{2}$  pounds), peeled, cored and quartered
- 3 juice of 1 large lemon, divided
- 3 Granny Smith apples (about  $1\frac{1}{2}$  pounds), peeled, cored and quartered
- $\frac{1}{4}$  cup real maple syrup

- $1\frac{1}{2}$  teaspoons pure vanilla extract
- 4 tablespoons unbleached, all-purpose flour
- $\frac{3}{4}$  cup dried cranberries (or dried tart cherries, dried blueberries, or raisins)
- egg wash (1 egg, 1 tablespoon water, pinch salt)

1. Preheat oven to 400°F.
2. Roll out half the pastry to fit a 10-inch deep-dish pie plate, leaving a  $\frac{1}{2}$ -inch overhang. Refrigerate until ready to use.
3. Insert the thick slicing disc. Arrange the pear quarters in the feed tube. Use medium pressure to slice. Repeat until all the pears are sliced. Transfer to a bowl and toss gently with 1 tablespoon of the lemon juice. Reserve.
4. Arrange the apple quarters in the feed tube. Use medium pressure to slice. Transfer to a bowl and toss with 1 tablespoon of the lemon juice. Reserve.
5. Insert the metal blade. Process the remaining lemon juice, maple syrup and vanilla on HI to combine. Layer half 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 half 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.
6. Roll out the remaining dough into a 10-inch disc on a piece of parchment paper. Cut into  $\frac{1}{4}$ - $\frac{1}{2}$ -inch strips. Brush the outer rim of the tart shell with the egg wash. Weave the strips into a lattice-work design over the apples. Brush lattice with additional egg wash. Press gently along the edges to seal. Trim the edges if necessary.

7. If desired, roll out some of the leftover dough and cut with small decorative cookie cutters. For this pie, you could use pears, apples and leaves. Brush the bottoms of the shapes with a little water and lay atop the crust in a decorative fashion.

8. Bake the pie in the bottom third of the preheated oven for 45 to 60 minutes, covering the edges with foil if they begin to get too browned after about 35 to 40 minutes. Let the pie rest on a cooling rack at least an hour before serving.

Nutritional information per serving:

Calories 366 (48% from fat) • carb. 44g • pro. 4g • fat 20g  
• sat. fat 11g • chol. 41mg • sod. 112mg • fiber 4g