

# Cuisinart®

**GreenGourmet®**  
Eco-Friendly Nonstick Cookware

*Recipe Booklet*

**Instruction  
Booklet**  
Reverse Side



**Cuisinart® GreenGourmet® Electric 14-inch Skillet**

**CSK-250**

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# BREAKFAST

## Asparagus and Prosciutto Scramble

*A delicious combination of flavors in a quick and easy breakfast.*

Makes 10 servings

- 1 **tablespoon extra virgin olive oil**
- 2 **medium garlic cloves, finely chopped**
- 3 **green onions, chopped (include some of the flavorful green part)**
- 8 **ounces asparagus, chopped into ¼-inch pieces**
- 4 **ounces thinly sliced prosciutto, cut into ¼-inch slivers**
- 16 **large eggs**
- ½ **teaspoon kosher salt**
- 1 **teaspoon freshly ground black pepper**
- 8 **ounces Fontina cheese, shredded**
- 2 **tablespoons fresh basil, cut into ⅛-inch slivers**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 325°F; add the olive oil.
2. Once oil is hot and shimmering, add the garlic and green onions; cook about two minutes, or until garlic is golden and onions are soft. Add the asparagus and toss with garlic and onions; sauté 2 to 3 minutes, until just tender. Add the prosciutto and sauté 1 to 2 minutes, until browned. Reduce heat to 300°F.
3. Whisk the eggs, salt, and black pepper together until frothy; add to Skillet. Let cook 30 seconds, stirring gently. Add the Fontina and basil; continue to cook, stirring occasionally, until eggs are scrambled, about 8 to 9 minutes.
4. Serve immediately.

*Nutritional information per serving:*

*Calories 250 (64% from fat) • carb. 3g • pro. 20g • fat 18g • sat. fat 7g  
• chol. 371mg • sod. 709mg • calc. 178mg • fiber 1g*

## Sausage and Cheddar Breakfast Strata

*Assembled the night before then baked in the morning, this dish is perfect for a brunch for a crowd.*

Makes twelve 1-cup servings

- 1 **loaf (1 pound) French or Italian bread, cut into ¾-inch cubes**
- 1½ **pounds low-fat breakfast sausage, casings removed, cooked and crumbled**
- 8 **ounces sharp Cheddar, shredded**
- 1 **cup packed chopped green onion (include some of the flavorful green part)**
- 12 **large eggs**
- 3 **cups heavy cream**
- 1 **cup whole milk**
- 1 **teaspoon kosher salt**
- 1 **teaspoon dry mustard**
- ½ **teaspoon paprika**
- ¼ **teaspoon freshly ground black pepper**
- ¼ **teaspoon ground nutmeg**
- cooking spray**

1. In a large mixing bowl, toss together the bread cubes, sausage, cheese, and green onion; reserve.
2. In another large mixing bowl, whisk the eggs until well blended. Add the cream, milk, salt and spices. Whisk until completely combined. Slowly pour the egg mixture over the bread mixture. Press down on the bread to make certain all of it is submerged. Cover directly with plastic wrap and refrigerate for at least 6 hours or overnight. Take out 1 hour before baking and let stand at room temperature.
3. Lightly and evenly coat the Cuisinart® GreenGourmet® Electric 14-inch Skillet with cooking spray. Preheat the Skillet to 250°F.
4. Add the strata mixture to the preheated pan. Cover and cook for 30 minutes, stirring occasionally. After 30 minutes, move the Skillet lid so it is only partially covering the pan; cook for another 30 minutes, again stirring occasionally. Reduce heat to warm; uncover completely and cook for an additional 30 to 40 minutes, until strata is cooked through.
5. Serve immediately.

*Nutritional information per serving (1 cup):*

*Calories 547 (63% from fat) • carb. 26g • pro. 25g • fat 38g • sat. fat 21g  
• chol. 341mg • sod. 1137mg • calc. 279mg • fiber 0g*

## Challah French Toast

*Challah bread takes ordinary French toast to the next level.*

Makes 10 servings

- 10 large eggs**
- 1¼ cups whole milk**
- 1¼ cups heavy cream**
- 2 teaspoons pure vanilla extract**
- ¼ teaspoon sea salt**
- ¼ teaspoon ground cinnamon**
- pinch ground nutmeg**
- 1 pound challah loaf, cut into 8 to 10 slices (each slice about 1½ inches thick)**
- 2 tablespoons unsalted butter, divided**
- 2 teaspoons cinnamon sugar**

1. In a large mixing bowl, whisk together the eggs, milk, cream, vanilla, salt, cinnamon and nutmeg. Put half of the mixture into a 13 x 9-inch baking pan. Add half of the sliced challah bread to the pan and let soak, flipping after a few minutes.
2. While bread is soaking, preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F. Add 1 tablespoon of butter to melt. Once butter has melted, add the soaked challah bread to the Skillet. Sprinkle with ½ teaspoon of the cinnamon sugar. After about 6 to 8 minutes, flip, sprinkle with another ½ teaspoon of the cinnamon sugar and finish cooking for an additional 6 to 8 minutes.
3. While the first batch of French toast is cooking, add the remaining batter to the baking pan and repeat soaking the remaining challah slices.
4. Remove the first batch from the Skillet and keep warm in a 200°F oven. Add the remaining tablespoon of butter and repeat cooking the second batch in the same manner.
5. Serve with warm maple syrup, fresh fruit, or our Easy Bananas Foster (page 17).

*Nutritional information per serving (based on 10 servings):*  
Calories 328 (53% from fat) • carb. 26g • pro. 12g • fat 19g • sat. fat 10g  
• chol. 278mg • sod. 381mg • calc. 133mg • fiber 1g

## Pannekoeken (Dutch-Style Pancakes)

*Top these pancakes, a cross between a crêpe and a traditional pancake, with anything from fried eggs to fresh fruit with fresh cream.*

Makes 4 servings

- nonstick cooking spray**
- 2 cups unbleached, all-purpose flour**
- ½ teaspoon table salt**
- 6 large egg whites**
- 2 cups reduced-fat milk**

1. Lightly coat Skillet cooking surface with nonstick cooking spray. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 375°F.
2. Whisk all ingredients together until the batter is very smooth, with no lumps.
3. Pour ½ cup batter into the Skillet. Using the side helper handles, quickly spread the batter to make a thin layer that covers the cooking surface of the Skillet. Cook about 1½ to 2 minutes, or until browned on the bottom and dry on the top.
4. With the help of a spatula, flip to cook the other side, 1 to 2 minutes or until browned on the bottom. Repeat with remaining batter.
5. Serve immediately on a large plate with desired toppings.

**Topping Suggestions:** powdered sugar, whipped cream and fresh fruit. Or for a dessert, serve topped with ice cream, caramelized apples or chocolate sauce.

*Nutritional information per serving:*  
Calories 314 (9% from fat) • carb. 54g • pro. 16g • fat 3g • sat. fat 2g  
• chol. 10mg • sod. 424mg • calc. 156mg • fiber 2g

## Traditional Pancakes

*Try our variations below for a quick change to an easy breakfast.*

Makes twelve 3-inch pancakes

- 1¼ cup unbleached, all-purpose flour**
- 1 tablespoon baking powder**

- 1 **tablespoon granulated sugar**
- ½ **teaspoon salt**
- 2 **large eggs**
- ½ **cup reduced-fat milk**
- 1 **teaspoon pure vanilla extract**
- 3 **tablespoons unsalted butter, melted and brought to room temperature**
- ½ **cup lowfat plain yogurt**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 350°F.
2. Combine flour, baking powder, sugar and salt in a medium mixing bowl.
3. Beat eggs into milk with a whisk or spoon, pour in butter and yogurt, and stir to combine. Make a hole in the center of the flour mixture; pour the liquid in, stirring gently until the batter has just come together (it will have some lumps). Do not over-beat or the pancakes will be tough.
4. For each pancake, pour a scant ¼-cup batter into Skillet (you will get 6 pancakes per batch). Cook 3 minutes or until bubbles have formed on tops, and bottoms are lightly browned. Turn pancakes and cook other sides until done, about 1½ or 2 minutes more. Repeat with remaining batter.

#### Variations

Blueberry pancakes: toss 1 cup berries with 1 tablespoon flour from recipe. Stir in gently after blending batter.

Pecan pancakes: add ½ to ¾-cup chopped, toasted pecans to batter.

*Nutritional information per pancake:*  
 Calories 102 (36% from fat) • carb. 13g • pro. 3g • fat 4g • sat. fat 2g  
 • chol. 44mg • sod. 243mg • calc. 107mg • fiber 0g

## White & Sweet Hash Brown Potatoes

*A nice twist on a classic breakfast dish, you can also add leftover cooked vegetables or meat into the mix.*

Makes about 3 cups

- 2 **tablespoons unsalted butter (extra virgin olive oil may be used as a substitute)**
- 1 **pound russet potatoes, peeled, cut in ½-inch dice**

- ⅓ **pound sweet potatoes, peeled, cut in ½-inch dice**
- ½ **cup chopped onion**
- 3 **green onions, trimmed and sliced (include some of the flavorful green part)**
- ¾ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- ½ **teaspoon dried thyme**
- 2 **teaspoons chopped parsley, for garnish**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F; add butter to melt.
2. Toss the potatoes, onions, salt, pepper and thyme together in a large mixing bowl. Adding a little at a time, sauté the potato/onion mixture until browned, about 6 to 8 minutes.
3. Cover Skillet and turn heat to 350°F; cook 8 to 10 minutes, stirring half-way through. Remove cover; stir.
4. Garnish with parsley and serve.

*Nutritional information per serving (½ cup):*  
 Calories 124 (28% from fat) • carb. 21g • pro. 2g • fat 4g • sat. fat 2g  
 • chol. 10mg • sod. 311mg • calc. 29mg • fiber 2g

## APPETIZERS

### Crab Cakes

*Fresh crab is ideal, but a high-quality canned or frozen version works well too.*

Makes sixteen crab cakes

- 16 **ounces lump crabmeat**
- 1½ **teaspoons extra virgin olive oil**
- 1 **large red bell pepper, cut into small dice**
- 1 **jalapeño, seeded and finely chopped**
- 4 **green onions (include some of the flavorful green part), chopped (about ⅓ cup)**
- 1 **garlic clove, finely chopped**

- ¼ **teaspoon kosher salt**
- 1 large egg, lightly beaten**
- 1½ **cups panko (Japanese style breadcrumbs), plus ¾ cup for dredging**
- ½ **cup mayonnaise**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon Dijon-style mustard**
- 1½ **teaspoons Old Bay® seasoning hot sauce, to taste (optional)**
- 3 tablespoons vegetable oil**
- lemon wedges, for serving**

1. Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.
2. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 325°F. Add the olive oil.
3. Once the oil is hot and shimmering, add the peppers and onions. Let them sweat for about 2½ minutes, or until the vegetables soften slightly. Stir in the garlic and salt; cook for about 5 minutes. Remove vegetables from the Skillet and let them cool to room temperature.
4. Once the vegetables are cool, add them to the reserved crabmeat. To the mixture add the egg, panko, mayonnaise, Worcestershire, Dijon, Old Bay and hot sauce (if using). Very gently mix all of the ingredients together (it is best to do this with clean hands to avoid over-mixing, but you can do it with a spoon if you are careful to keep the crabmeat intact).
5. From the mixture, form ¼-cup round cakes with your hands and place them on a clean plate, separating the layers with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.
6. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 375°F. Add 1½ tablespoons of the vegetable oil.
7. While the Skillet is preheating, lightly dredge the crab cakes in the remaining panko.
8. When the oil is hot, sauté crab cakes in batches, approximately 4 to 6 minutes per side. Crab cakes should be a deep golden brown on each side.
9. Serve immediately with lemon wedges.

*Nutritional information per crab cake:*  
*Calories 152 (42% from fat) • carb. 13g • pro. 9g • fat. 7g • sat. fat 1g*  
*• chol. 37mg • sod. 319mg • calc. 51mg • fiber 1g*

## Potato Pancakes (Latkes)

*This no-fail recipe is great for the holidays, or any time of the year.*

Makes twelve 3-inch pancakes

- 1 pound russet potatoes, peeled, shredded**
- ½ **cup grated onion (about ½ onion)**
- 2 tablespoons unbleached all-purpose flour (you may use matzo meal)**
- 1 tablespoon chopped parsley (lightly packed)**
- 1 teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**
- 1 large egg, lightly beaten**
- 4 tablespoons extra virgin olive oil, divided**

1. Squeeze all excess liquid out of the potatoes and onion by wrapping them in a clean towel and gently wringing. Place in a bowl; add the flour, parsley, salt and pepper; toss to mix thoroughly. Stir in the egg.
2. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 375°F. Add 2 tablespoons oil and swirl to coat cooking surface. Drop pancake mixture by scant ¼-cup amounts to form 6 cakes – evenly spaced in Skillet. Press down on tops to flatten to about ¼-inch thickness. Cook about 10 to 12 minutes, carefully flipping halfway through, or until crispy and light brown.
3. Repeat, using remaining oil.
4. Keep warm on a rack in a 200°F oven.

*Nutritional information per pancake:*  
*Calories 80 (56% from fat) • carb. 8g • pro. 1g • fat. 5g • sat. fat 1g*  
*• chol. 18mg • sod. 202mg • calc. 11mg • fiber 1g*

## Sausage Bites in Mustard Wine Sauce

*These will be a hit every time. The leftover sauce is delicious as a dipping sauce for a nice crusty bread.*

Makes 24 appetizer servings

- 3 tablespoons extra virgin olive oil**
- 2 medium onions, halved and cut into ½-inch pieces**

- 24 ounces smoked chicken or turkey sausage, cut on the diagonal into ½-inch slices**
- 2 cups dry white wine**
- ¼ cup Dijon-style mustard**
- 2 tablespoons chopped fresh parsley**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F.
2. Pour the oil into the Skillet and stir to coat the cooking surface. Add the onions and cook 1 minute. Add the sausage and cook until lightly browned, about 6 minutes.
3. Pour in the wine. Boil rapidly, stirring until reduced by about two thirds, about 15 minutes.
4. Reduce heat to warm; stir in the mustard. Cook until completely coated and slightly thickened, 2 to 3 minutes.
5. Garnish with parsley and serve.

*Nutritional information per serving:*  
*Calories 81 (47% from fat) • carb. 3g • pro. 4g • fat 4g • sat. fat 0g*  
*• chol. 15mg • sod. 290mg • calc. 12mg • fiber 0g*

## Vegetable Wontons with Ginger Dipping Sauce

*There is a lot of chopping involved in this recipe, but a Cuisinart® Food Processor does it in no time.*

Makes about 30 wontons

### Filling:

- 1 tablespoon vegetable oil, divided**
- ⅓ cup finely chopped shallots (about 2 small to medium)**
- ⅓ cup finely chopped carrot (about 1 small to medium)**
- 3 tablespoons finely chopped celery (2 stalks)**
- 1 green onion, finely chopped**
- ⅓ cup water chestnuts, finely chopped**
- 1½ teaspoons chopped garlic (about 2 cloves)**
- 3 tablespoons finely chopped mushrooms (about 2 large button mushrooms)**

- 3 tablespoons finely chopped red pepper (about ¼ large)**
- 2 tablespoons finely chopped fresh ginger (about ½ ounce)**
- 1 tablespoon soy sauce**
- 1 tablespoon sesame oil**
- 1½ tablespoons rice vinegar**

### **30 wonton wrappers (approximate amount, may need a few more or less)**

### **1¼ cups water**

1. Pour 2 teaspoons of vegetable oil into the Cuisinart® GreenGourmet® Electric 14-inch Skillet set to 350°F. Once the oil is hot and shimmering, add the shallots, carrot, celery, and green onion and sauté for about 3 minutes, until vegetables soften slightly. Add the water chestnuts, garlic, mushrooms, and bell pepper and continue to cook for an additional 3 to 4 minutes. Stir in the ginger, soy sauce, sesame oil, and rice vinegar and cook for about 1 minute. Remove from heat and allow to cool before assembling wontons.
2. Set up your work station in a large space equipped with a small bowl of water and a pastry brush, large plate or cutting board, package of wonton wrappers, and wonton filling. On a clean surface, line up 3 to 6 wonton wrappers at a time. Place ½ tablespoon of filling in the middle of each wrapper. Brush the edges of the wrappers with a small amount of water and fold bottom point up, making a triangle. Either crimp all edges like a pleat or fold up the 2 end points, and pinch to seal, using more water to help if needed. Continue to fill the remaining wontons. Keep the prepared wontons on a clean tray or cutting board and cover with plastic.
3. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F and add 1 teaspoon oil; swirl to coat cooking surface of Skillet. Place half the batch of wontons (about 15) in a single layer in the Skillet. Cook for 2 to 4 minutes or until sides are browned. Flip and brown other sides, 2 to 3 minutes. Remove and reserve. Repeat with the remaining wontons.
4. Add reserved wontons to the skillet. Pour water into Skillet; cover. Bring to a boil; reduce heat to 200°F. Cook 12 to 16 minutes, until most of the water has evaporated, and wonton dough is tender.
5. Serve with Ginger Dipping Sauce.

*Nutritional information per wonton:*  
*Calories 35 (27% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g*  
*• chol. 1mg • sod. 65mg • calc. 6mg • fiber 0g*

# Ginger Dipping Sauce

Makes about ½ cup

- ½ **cup reduced-sodium soy sauce**
- 1 tablespoon rice vinegar**
- 2 teaspoons finely chopped ginger**
- ½ **teaspoon sesame oil**
- pinch crushed red pepper**

1. Place all ingredients in a bowl and stir to mix.
2. Serve with vegetable wontons.

*Nutritional information per serving (1 teaspoon):*  
Calories 3 (23% from fat) • carb. 0g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 141mg • calc. 1mg • fiber 0g

## SIDES

### Basic Fried Rice

*A healthier version of the take-out favorite.*

Makes 6 servings

- 2 tablespoons unsalted butter**
- 3 cups jasmine rice, cooked and chilled**
- 1 large egg, lightly beaten**
- 1 tablespoon finely minced garlic**
- 1 tablespoon sesame oil**
- 1 teaspoon fish sauce**
- ½ **cup sliced scallions**
- ¼ **teaspoon sea salt**
- 2 teaspoons chopped fresh cilantro**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 350°F.
2. Once pan is hot, add butter, swirling pan to cover the cooking surface of the

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- Skillet evenly. Add rice; stir-fry, allowing rice to sit about 45 seconds between stirs, until rice has browned, about 3 to 5 minutes.
3. Push rice to one side of the Skillet. Add egg and let cover half of the Skillet, being sure not to let it touch the rice. Cook egg, breaking up with a spatula while cooking. Once egg has cooked, mix with rice. Add garlic and stir-fry with the rice and eggs for 30 seconds.
  4. Turn off heat; stir in sesame oil, fish sauce, scallions and salt. Taste and adjust seasoning accordingly.
  5. Serve, garnishing with cilantro.

*Nutritional information per serving:*  
Calories 173 (38% from fat) • carb. 23g • pro. 3g • fat 7g • sat. fat 3g  
• chol. 45mg • sod. 188mg • calc. 21mg • fiber 0g

### Ginger Glazed Carrots

Makes 8 servings

- 2 pounds baby carrots**
- 1 cup chicken broth, reduced-sodium**
- ½ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- 2 tablespoons brown sugar, lightly packed**
- 1½ **tablespoons unsalted butter**
- 1½ **tablespoons chopped ginger**
- 2 teaspoons chopped fresh parsley**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 325°F. Add carrots, chicken stock, salt and pepper; cover and bring to a boil. Reduce heat to a simmer; cook 8 to 10 minutes or until almost tender.
2. Stir in brown sugar, butter and ginger; cook until all the liquid has evaporated and the carrots are glazed with sauce, about 10 minutes.
3. Garnish with parsley and serve.

*Nutritional information per serving:*  
Calories 73 (27% from fat) • carb. 13g • pro. 1g • fat 2g • sat. fat 1g  
• chol. 6mg • sod. 299mg • calc. 38mg • fiber 2g

## Mixed Vegetable Risotto

*You can easily substitute whatever vegetables you have on hand for ours suggested below.*

Makes 12 servings as a side dish

- 2**      **tablespoons extra virgin olive oil, divided**
- 3**      **ounces asparagus, cut into ½-inch pieces (about ½ cup)**
- 1**      **medium carrot, cut into ½-inch pieces (about ⅓ cup)**
- 1**      **teaspoon salt, divided**
- ¾**      **teaspoon freshly ground black pepper, divided**
- 1**      **small shallot, finely chopped (about ⅓ cup)**
- 3**      **cloves garlic, finely chopped**
- ¼**      **large red pepper, chopped (about ¼ cup)**
- 1½**     **cups Arborio rice**
- ½**      **cup white wine**
- 6**      **cups chicken broth, hot**
- ⅓**      **cup ¼-inch diced zucchini**
- ¾**      **cup chopped mushrooms (any variety, cremini work very well)**
- ½**      **cup frozen peas, not defrosted**
- ½**      **cup frozen corn, not defrosted**
- ⅓**      **cup grated Parmesan**
- 1**      **tablespoon unsalted butter**  
**zest from ½ lemon**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 325°F; add 1 tablespoon of oil. Sauté asparagus and carrot with ½ teaspoon each of salt and pepper. Cook until asparagus is slightly charred. Reserve.
2. Add remaining oil. Sauté shallot, garlic and pepper until softened, about 2 minutes. Add rice; stir to coat in oil and sauté until just transparent, 5 to 6 minutes. Add wine and let cook until absorbed by rice.
3. Add stock, ½ cup at a time, not adding more until all is absorbed by rice, about 8 to 10 minutes per batch.
4. Before the last ½ cup of stock is added to the Skillet, add the reserved asparagus and carrots, and the remaining vegetables. Stir to fully combine.
5. Once the final ½ cup of stock has been absorbed, turn off the Skillet and add the Parmesan, butter, zest and remaining salt and pepper.

6. Taste and adjust seasonings accordingly.

*Nutritional information per serving:*

*Calories 173 (22% from fat) • carb. 27g • pro. 4g • fat 4g • sat. fat 1g  
• chol. 5mg • sod. 539mg • calc. 51mg • fiber 2g*

## Pan Roasted Potatoes

*When your oven is in use, turn to the Cuisinart® Electric Skillet to “roast” your potatoes.*

Makes 12 servings

- 3½**     **pounds small red new potatoes, cut into 1-inch pieces**
- 1**      **cup chicken broth, reduced-sodium**
- 3**      **sprigs fresh rosemary, finely chopped**
- 3**      **tablespoons extra virgin olive oil**
- 2**      **tablespoons chopped fresh parsley, divided**
- 2**      **garlic cloves, finely chopped**
- ½**      **small shallot, finely chopped**
- 1**      **tablespoon lemon zest**
- 1**      **teaspoon kosher salt**
- ¼**      **teaspoon freshly ground black pepper**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F. Add potatoes, stock and rosemary. Cover and cook until almost tender, about 12 minutes.
2. Remove lid and cook until almost all of the liquid has evaporated. Raise heat to 425°F and add oil to coat. Brown potatoes for about 3 to 5 minutes.
3. Add 1 tablespoon of the parsley, garlic, shallot, zest, salt and pepper. Sauté for 4 to 5 minutes.
4. Cover and turn Skillet off. Let sit for 1 to 2 minutes.
5. To serve, garnish with remaining parsley.

*Nutritional information per serving:*

*Calories 136 (25% from fat) • carb. 23g • pro. 3g • fat 4g • sat. fat 1g  
• chol. 1mg • sod. 231mg • calc. 18mg • fiber 2g*

# Roasted Asparagus

Makes 6 servings

- 1**      **pound asparagus, trimmed and peeled**
- 1½**    **teaspoons extra virgin olive oil**
- ½**      **teaspoon kosher salt**
- ¼**      **teaspoon freshly ground black pepper**
- 2**      **tablespoons Parmesan cheese, freshly grated**

1. Place asparagus on a flat plate and toss with oil; season with salt and pepper.
2. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 350°F; add asparagus stalks in one layer. Cover and cook, stirring 4 to 5 times, until crisp tender, about 6 to 8 minutes.
3. Sprinkle with Parmesan; serve hot.

*Nutritional information per serving:*

*Calories 49 (36% from fat) • carb. 5g • pro. 4g • fat 2g • sat. fat 1g  
• chol. 2mg • sod. 214mg • calc. 56mg • fiber 2g*

# Sausage and Broccoli Rabe

Makes 4 to 6 servings

- 1**      **tablespoon kosher salt**
- 1**      **bunch broccoli rabe, approximately 1 pound**
- 1**      **pound Italian sausages, sweet, hot or mix of both**
- 3**      **garlic cloves, finely chopped**
- ¼**      **cup dry white wine**
- ½**      **cup chicken broth, reduced-sodium**
- ½**      **teaspoon extra virgin olive oil**
- ¼**      **teaspoon crushed red pepper**
- pinch freshly ground black pepper**
- shaved Parmesan, for serving**
- fresh lemon juice, for serving**

1. Fill the Cuisinart® GreenGourmet® Electric 14-inch Skillet with 1 inch of water and add 1 tablespoon of kosher salt. Turn temperature to 450°F, cover, and bring to a boil.
2. Set up a large bowl filled with ice water. Trim ends of broccoli rabe and cut into 2-inch pieces. Once water comes to a boil, add broccoli rabe to Skillet and cover. Cook for about 2 to 4 minutes. Plunge blanched broccoli rabe into prepared ice water. Once cool, discard ice water and reserve broccoli rabe.
3. Turn off Skillet, remove water and wipe Skillet dry. Turn temperature to 350°F and add the olive oil. Brown sausages on all sides, about 3 minutes per side. Once browned, carefully slice sausages in half lengthwise and brown the insides for 1 to 2 minutes. Remove sausages and add garlic. Sauté until fragrant. Add white wine and scrape up any browned bits that have accumulated on the cooking surface of the pan. Add chicken broth, reserved broccoli rabe, red and black pepper. Cover and boil for 2 minutes.
4. Add reserved sausages and simmer, covered, for 5 minutes.
5. Serve immediately, topping with shaved Parmesan and fresh lemon juice.

*Nutritional information per serving (based on 6 servings):*

*Calories 157 (46% from fat) • carb. 5g • pro. 15g • fat 8g • sat. fat 3g  
• chol. 23mg • sod. 501mg • calc. 114mg • fiber 2g*

# ENTRÉES

## Five-Spice Tofu and Vegetable Stir-Fry

*A vegetarian-friendly dinner that even the meat eaters will love.*

Makes about 10 servings

- 3**      **tablespoons vegetable oil, divided**
- 1**      **pound extra-firm tofu, drained well, dried and cut into ½-inch dice**
- 1**      **small head broccoli, cut into small florets**
- 1**      **small red bell pepper, cut into ¼-inch slices**
- 1**      **cup sliced mushrooms (about 2 ounces)**
- 1**      **small onion, sliced**
- 3**      **garlic cloves, finely chopped**
- 1**      **3-inch piece ginger, peeled and finely chopped**
- 1**      **teaspoon five-spice powder**

**6 ounces fresh spinach leaves, stems removed and roughly chopped**

**Sauce:**

**1 cup chicken broth, reduced-sodium**

**1½ tablespoons oyster sauce**

**1 tablespoon tamari or soy sauce**

**1 teaspoon cornstarch**

**2 teaspoons sesame oil**

**2 pinches red pepper flakes**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F. Add 2 tablespoons of the oil.
2. Once oil is hot and shimmering, pan-fry tofu until browned on all sides, about 6 to 8 minutes. Remove and reserve.
3. Add the remaining tablespoon of oil to the Skillet. Add the broccoli and pepper. Sauté for about 4 minutes or until broccoli is slightly browned and pepper is softened. Add the mushrooms and onion. Sauté for about 4 minutes or until onion is golden and softened.
4. Add the garlic, ginger and five-spice powder. Stir to fully coat and cook for about 2 minutes. Once the mixture is fragrant, add the spinach and stir to combine. Reduce heat to 300°F, cover and let cook until bright and just wilted, about 30 seconds to 1 minute.
5. Stir sauce ingredients together in a liquid measuring cup. Pour sauce into pan and let simmer for about 1 minute.
6. Turn unit off. Add the sesame oil and red pepper flakes and stir to combine.
7. Serve in shallow bowls with jasmine rice.

*Nutritional information per serving (½ cup):*

*Calories 109 (49% from fat) • carb. 9g • pro. 6g • fat 6g • sat. fat 1g  
• chol. 0mg • sod. 331mg • calc. 66mg • fiber 2g*

## Garlicky Mussels

*If you are entertaining, the Skillet can easily handle a double batch of this recipe.*

Makes 4 to 6 servings

**2 tablespoons good quality unsalted butter**

**3 tablespoons good quality extra virgin olive oil, plus extra for serving**

**3 small shallots, thinly sliced**

**6 garlic cloves, thinly sliced**

**2 celery stalks, thinly sliced**

**4 sprigs fresh thyme**

**½ teaspoon crushed red pepper**

**1 cup dry white wine**

**1 cup chicken broth, reduced-sodium**

**2 pounds mussels, scrubbed, with beards removed**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F.
2. Add butter and olive oil to Skillet. When butter melts add shallots, garlic, celery, thyme, and pepper. Gently sauté vegetables until soft and fragrant.
3. Add wine and broth to the Skillet and turn heat to 350°F. When liquid comes to a boil, add the mussels and place lid on the Skillet. Steam until all mussels have opened, about 5 minutes. Discard any mussels that have not opened.
4. Transfer to shallow soup bowls, top with extra virgin olive oil and serve with crusty bread to sop up the broth.

*Nutritional information per serving:*

*Calories 271 (47% from fat) • carb. 10g • pro. 19g • fat 14g • sat. fat 4g  
• chol. 52mg • sod. 542mg • calc. 65mg • fiber 0g*

## Paella

*This version of the traditional Spanish dish is sure to please any crowd.*

Makes 8 to 10 servings

**1 whole chicken, approximately 4 pounds, cut into 10 pieces**

**1¾ teaspoons kosher salt, divided**

**¾ teaspoon freshly ground black pepper, divided**

**1 teaspoon olive oil**

**3 chorizo, about 9 ounces, cut into ½-inch slices**

**5 garlic cloves**

**1 medium onion, cut into 1-inch pieces**

**¼ teaspoon smoked paprika**

**1 can (28-ounce) plum tomatoes, well drained**

**2½ cups Arborio rice**

- 5 cups hot chicken broth, reduced-sodium**
- large pinch saffron**
- 1 pound shrimp, rinsed, peeled and deveined**
- 12 littleneck clams**
- ½ cup chopped parsley**
- ½ cup fresh or frozen peas**
- 1 half lemon**
- lemon wedges for serving**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F.
2. Season the chicken parts on both sides with 1 teaspoon of salt and ½ teaspoon of pepper. Add the olive oil to the Skillet and brown chicken, skin side down first, about 4 minutes for each side. Remove and reserve. Add the chorizo and brown on both sides.
3. While chicken and chorizo are browning, insert the large metal chopping blade into a Cuisinart® Food Processor. With the unit running, drop the garlic cloves down the small feed tube to chop. Add the onion to the work bowl and pulse to chop, about 8 to 10 one-second pulses.
4. Once chorizo has browned, reduce the temperature of the Skillet to 350°F and add the garlic and onion with the paprika, oregano and ¼ teaspoon salt. Sauté until vegetables are softened and lightly browned.
5. While onion and garlic are cooking, add the drained tomatoes to the food processor and pulse to roughly chop. Add to Skillet and increase the heat to 400°F. Cook the tomatoes until reduced and slightly caramelized, about 10 minutes. Be sure to stir the tomatoes occasionally to prevent burning.
6. Add the rice to the Skillet and stir to coat with tomato mixture. Add the hot broth and saffron and stir together well. Cover Skillet and turn the temperature down to 350°F. Simmer rice for 10 minutes.
7. Once the 10 minutes have elapsed, add the chicken pieces to the Skillet by nestling them in the rice; simmer, covered, for an additional 15 minutes.
8. While chicken is simmering, season shrimp with remaining salt and pepper. Add to Skillet with the clams and simmer, covered, for an additional 12 minutes, until clamshells have opened.
9. Stir in the parsley, peas, and juice of ½ lemon.
10. Serve immediately with lemon wedges on the side.

*Nutritional information per serving:*

*Calories 505 (36% from fat) • carb. 41g • pro. 38g • fat 20g • sat. fat 6g  
• chol. 150mg • sod. 980mg • calc. 77mg • fiber 2g*

## Lemon Chicken with Rosemary

*This dish is definitely for the lemon lovers out there.*

Makes 8 servings

- 4 pounds bone-in, skinless chicken thighs, trimmed of excess visible fat**
- 1¼ teaspoons kosher salt, divided**
- ¾ teaspoon freshly ground black pepper**
- ½ cup unbleached, all-purpose flour**
- 1 teaspoon extra virgin olive oil**
- 3 large onions, halved and sliced**
- 6 garlic cloves, roughly chopped**
- 3 fresh rosemary sprigs**
- ½ cup fresh lemon juice**
- ¾ cup chicken broth, reduced-sodium**
- 1 tablespoon lemon zest**
- 1 lemon, thinly sliced**
- chopped rosemary for garnish**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F.
2. Season the chicken thighs on both sides with 1 teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to coat lightly. Once Skillet is heated, add the olive oil. Place chicken in hot Skillet. Brown on both sides, about 5 to 7 minutes, per side. It is important not to move the chicken when it is first placed in pan; chicken will release from Skillet once it is browned. Reserve.
3. Reduce heat to 350°F. Sauté onions and garlic for 2 to 3 minutes until softened. Stir in the rosemary sprigs and remaining ¼ teaspoon of salt. Add the lemon juice to the Skillet, scraping up any brown bits that remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half. Add the chicken broth and lemon zest and let come to a boil.
4. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken. Reduce heat again to 300°F. Cover and cook until thighs are cooked through, about 45 to 50 minutes.
5. Garnish with rosemary; serve in shallow bowls with rice or mashed potatoes.

*Nutritional information per serving:*

*Calories 342 (26% from fat) • carb. 16g • pro. 47g • fat 10g • sat. fat 2g  
• chol. 188mg • sod. 568mg • calc. 72mg • fiber 2g*

## Pork Chops with Onions and Sage

Makes 6 servings

<b>6</b>	<b>boneless pork chops, thick-cut</b>
<b>½</b>	<b>teaspoon kosher salt</b>
<b>½</b>	<b>teaspoon freshly ground black pepper</b>
<b>2</b>	<b>teaspoons olive oil, divided</b>
<b>2</b>	<b>small onions, halved and sliced</b>
<b>5</b>	<b>garlic cloves, crushed</b>
<b>2½ to 3</b>	<b>tablespoons fresh sage, chopped</b>
<b>1½</b>	<b>teaspoons fresh rosemary, chopped</b>
<b>⅓</b>	<b>cup dry white wine</b>
<b>¾</b>	<b>cup chicken broth, reduced-sodium</b>
<b>1</b>	<b>tablespoon Dijon-style mustard</b>

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 350°F.
2. Season pork chops well on both sides with salt and pepper. Place one teaspoon of oil into Skillet and sear pork chops 8 to 10 minutes per side until golden. Remove and reserve.
3. Add remaining teaspoon of olive oil and sauté onions until golden and soft, about 6 minutes. Add garlic cloves and chopped herbs and sauté until fragrant, another 2 to 3 minutes. Add white wine and simmer to reduce by half, about 1 minute.
4. Add the broth and bring to a simmer and reduce also by half, about 6 to 7 minutes. Add the pork chops and simmer for 15 minutes, or until internal temperature reaches 145°F.
5. Turn Skillet to 325°F and whisk in Dijon once simmering subsides.
6. Serve immediately.

*Nutritional information per serving:*

*Calories 255 (55% from fat) • carb. 4g • pro. 23g • fat 16g • sat. fat 5g  
• chol. 75mg • sod. 378mg • calc. 48mg • fiber 1g*

## Turkey Meatballs with Rustic Tomato Sauce

Makes 44 meatballs and 5 cups of sauce

### Meatballs:

<b>½</b>	<b>pound uncooked turkey sausages, casings removed</b>
<b>1</b>	<b>pound ground turkey</b>
<b>1</b>	<b>cup fresh breadcrumbs</b>
<b>⅔</b>	<b>cup chopped onion</b>
<b>⅔</b>	<b>cup chopped fresh parsley</b>
<b>½</b>	<b>cup grated Parmesan</b>
<b>2</b>	<b>large eggs, lightly beaten</b>
<b>2</b>	<b>cloves garlic, finely chopped</b>
<b>1</b>	<b>teaspoon kosher salt</b>
<b>1</b>	<b>teaspoon freshly ground black pepper</b>
<b>2</b>	<b>tablespoons extra virgin olive oil</b>

### Sauce:

<b>1</b>	<b>tablespoon extra virgin olive oil</b>
<b>1</b>	<b>cup chopped onion</b>
<b>⅓</b>	<b>cup chopped carrot</b>
<b>⅓</b>	<b>cup chopped celery</b>
<b>3</b>	<b>garlic cloves, chopped</b>
<b>1</b>	<b>tablespoon dried oregano</b>
<b>1</b>	<b>tablespoon dried basil</b>
<b>1</b>	<b>bay leaf</b>
<b>½</b>	<b>cup white vermouth or dry white wine</b>
<b>3</b>	<b>cans (14 ounces each) diced tomatoes, with juices</b>
<b>2</b>	<b>tablespoons tomato paste</b>
<b>¾</b>	<b>teaspoon kosher salt</b>
<b>¼</b>	<b>teaspoon freshly ground black pepper</b>

1. In a large bowl, add the sausage and stir to break up the meat. Add the the ground turkey, breadcrumbs, onion, parsley, Parmesan, eggs, garlic, salt and pepper and stir to combine. Shape into 1½-inch round meatballs.

- Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 300°F. Add the olive oil and spread with the back of a spoon to evenly coat the cooking surface; add meatballs. Cook for 10 to 12 minutes, turning every few minutes or so until all sides are nicely browned. Remove from pan and set aside while making tomato sauce.
- Prepare tomato sauce. Reduce temperature of Skillet to 275°F. Add the olive oil and stir to coat the cooking surface.
- Add the onion, carrot, celery and garlic; sauté until tender, about 3 minutes. Add oregano, basil and bay leaf; stir for 30 seconds. Add vermouth or wine and stir until reduced by about half. Add the tomatoes, tomato paste, salt and pepper.
- Cook, uncovered, for about 30 minutes, stirring occasionally, until thickened slightly.
- When ready to serve, add the meatballs to the simmering tomato sauce; cook until completely heated through.
- Taste and adjust seasonings as desired. Remove bay leaf before serving.

*Nutritional information per serving (based on 1 meatball with about 1 tablespoon of sauce):*  
 Calories 53 (47% from fat) • carb. 3g • pro. 4g • fat 3g • sat. fat 1g  
 • chol. 22mg • sod. 163mg • calc. 25mg • fiber 0g

## Slow Cooked Lamb Shanks with White Beans

Makes 6 to 8 servings

- 1½ **tablespoons extra virgin olive oil**
- 6 **lamb shanks (about ¾ to 1 pound each)**
- 2½ **teaspoons kosher salt, divided**
- 1½ **teaspoons freshly ground black pepper, divided**
- ½ **cup unbleached, all-purpose flour**
- 1½ **tablespoons unsalted butter**
- 2 **small to medium onions, chopped**
- 2 **small to medium carrots, chopped**
- 2 **celery stalks, chopped**
- 6 **garlic cloves, chopped**
- 1½ **teaspoons herbes de Provence**
- 14

- ½ **cup dry red wine**
- 1 **can (35-ounce) plum tomatoes, roughly chopped**
- 3 **tablespoons tomato paste**
- 1 **can (15-ounce) cannellini beans**
- 2 **bay leaves**

- Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F. Add the olive oil.
- Trim the lamb shanks of as much visible fat and silver skin as possible. Season them with 1 teaspoon each of the salt and pepper. Dust lightly with flour, shaking off excess. Once Skillet is heated and the oil is hot and shimmering, add the lamb shanks and cook for about 5 to 6 minutes on each side, until nicely browned. Remove and reserve.
- Reduce heat to 325°F. Add the butter. Once the butter has melted, add the onions, carrots, and celery; cook over low heat until vegetables are softened, about 3 to 4 minutes. Add the garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wine, scraping any brown bits that may have accumulated on the cooking surface of the pan with a wooden spoon. Finally, stir the tomatoes, tomato paste, and white beans into Skillet.
- Reduce heat to 250°F and nestle the bay leaf and browned lamb shanks into the vegetable/bean mixture. Simmer for 4 to 5 hours so that meat is completely tender and falling off the bone.
- Remove lamb shanks and degrease as necessary. Taste and adjust seasoning accordingly. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

*Nutritional information per serving (based on 8 servings):*  
 Calories 697 (62% from fat) • carb. 26g • pro. 54g • fat 39g • sat. fat 17g  
 • chol. 189mg • sod. 1342mg • calc. 133mg • fiber 5g

## Philly Cheese Steak Sandwiches

*Perfect for game day, or a weeknight dinner.*

Makes 6 sandwiches

- 2½ **tablespoons vegetable oil, divided**
- 6 **oval sandwich rolls, halved width-wise**
- 8 **ounces provolone, sliced**

- 1½ pounds thinly sliced beefsteak (eye of the round or sirloin)**
- ¾ teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 3 cups thinly sliced red or green bell peppers**
- 3 cups thinly sliced onions (about 2 medium)**

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 400°F. Add 1 tablespoon oil and stir to coat cooking surface.
2. Once oil is hot and shimmering, toast half of the rolls, cut side down, for about 1 minute or until lightly toasted. Remove and reserve; repeat with another tablespoon of oil and remaining rolls. Place cheese on the bottom half of the toasted rolls. Reserve.
3. Reduce heat slightly to 375°F. Season steaks with ½ teaspoon salt and ¼ teaspoon pepper. Sear, on both sides, about 1 to 2 minutes per side. Remove and divide evenly among the six sandwiches, placing on top of the melted cheese.
4. Add remaining oil. Once oil is hot, add the peppers, onions and remaining salt and pepper. Lower heat slightly and continue to cook until softened, about 8 minutes. Divide evenly among the six sandwiches.
5. Reduce temperature to 300°F; place sandwiches in Skillet. Cover and cook until sandwiches are warm and cheese is melted, about 10 minutes.

*Nutritional information per sandwich:*  
*Calories 790 (60% from fat) • carb. 42g • pro. 37g • fat 53g • sat. fat 22g*  
*• chol. 110mg • sod. 1059mg • calc. 407mg • fiber 2g*

## Penne alla Vodka

*Creamy with a little spice, this will soon be a family favorite.*

Makes about 8 servings

- 1 pound penne pasta**
- 4 teaspoons extra virgin olive oil**
- ½ cup chopped onion**
- 3 cloves garlic, finely chopped**
- 1 can (35 ounce) plum tomatoes, with juices**
- ½ cup vodka**
- ⅔ cup heavy cream**

- ¼ teaspoon kosher salt**
- ¼ teaspoon crushed red pepper**
- 2 tablespoons chopped fresh parsley**

1. Cook pasta according to package directions. Strain and reserve.
2. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 200°F. Add oil and stir to coat cooking surface.
3. Add onion and cook until softened, about 3 to 5 minutes. Add garlic and sauté for 1 minute.
4. Raise heat to 350°F. Add tomatoes, breaking them up with a wooden spoon. Bring mixture to a boil; reduce heat to 300°F and let mixture simmer until slightly thickened, about 10 minutes.
5. Add vodka; simmer 2 to 3 minutes. Add cream; simmer 2 minutes. Season with salt and crushed red pepper flakes.
6. Toss pasta with ½ of the sauce in a large bowl or pot. Ladle the remaining sauce on top. Garnish with the chopped parsley.

*Nutritional information per serving:*  
*Calories 374 (26% from fat) • carb. 51g • pro. 9g • fat 11g • sat. fat 5g*  
*• chol. 27mg • sod. 349mg • calc. 39 mg • fiber 2g*

## Vegetarian Chili

*This dish is best after sitting a day or two and then reheated to allow the flavors to really blend together.*

Makes 12 servings

- 2 tablespoons vegetable oil**
- 1 medium to large onion, chopped (about 1½ cups)**
- 3 garlic cloves, finely chopped (about 1½ tablespoons)**
- 2 jalapeños, seeded and finely chopped**
- 2 tablespoons chili powder**
- ½ tablespoon ground cumin**
- 1 teaspoon dried oregano**
- 1 teaspoon kosher salt**
- 4 bell peppers, cored, seeded and cut into ½-inch pieces**
- 1 large zucchini, cut into ¼-inch pieces**

- 2 cups corn kernels (one 15-ounce bag), defrosted
- 2 cans (14 ounces each) diced tomatoes, juices drained
- 2 cans (15 ounces each) black beans, drained and rinsed
- 2 cans (15 ounces each) white beans, drained and rinsed
- 1 cup dried bulgur wheat
- 3 cups vegetable stock or broth
- 1 tablespoon red wine vinegar
- 2 tablespoons tomato paste

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 250°F.
2. Add the vegetable oil and stir to coat surface. Add the onion; sauté until softened, about 3 to 4 minutes. Add the garlic and jalapenos; stir to combine and then cover and let cook for 1 to 2 minutes.
3. Add the spices and salt; stir to coat onion mixture thoroughly. Add the remaining vegetables, beans and bulgur. Stir to combine.
4. Add the stock, vinegar and tomato paste. Cover Skillet and raise temperature to 300°F.
5. Cook for an additional 2 hours, until bulgur is tender and flavors have developed.

*Nutritional information per serving:*

*Calories 277 (11% from fat) • carb. 52g • pro. 12g • fat 12g • sat. fat 3g  
• chol. 0mg • sod. 391mg • calc. 126mg • fiber 11g*

## DESSERTS

### Caramelized Apple Soufflé Pancake

*This delicious dessert is an impressive end to a meal.*

Makes ten to twelve servings

- 3 tablespoons unsalted butter
- 1½ pounds (about 3 medium) Granny Smith apples, peeled, halved, cored and cut into ¼-inch thick slices
- ½ cup granulated sugar
- ½ teaspoon ground cinnamon
- 1½ cups unbleached, all-purpose flour
- 16

- ½ teaspoon ground cinnamon
- ½ teaspoon table salt
- ¼ teaspoon ground nutmeg
- 2 cups whole milk
- 8 large eggs, lightly beaten
- 2 teaspoons pure vanilla extract
- nonstick cooking spray

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 250°F. Add butter to melt.
2. Once butter has melted, add the apples, sugar and cinnamon. Increase the heat to 250°F. Stir mixture to evenly coat apples. Let apples cook until caramel in color and softened, about 20 minutes, stirring occasionally. Reserve.
3. While apples are cooking, make pancake batter. Combine flour, cinnamon, salt and nutmeg in a medium mixing bowl. Whisk in the milk, eggs and vanilla until just smooth. Reserve.
4. Once the apples have caramelized, carefully remove using heat-proof tongs or spatula (not metal, so not to scratch the coating of the pan). Be sure to remove as much of the sugar on the cooking surface of the pan as possible. Reserve caramelized apples.
5. Lightly and evenly coat the pan with nonstick cooking spray. Raise the temperature to 325°F. Pour in the prepared batter; cover. Cook 4 to 5 minutes, or until bottom is just starting to cook. Add the reserved apples evenly over the batter; cover. Continue to cook pancake an additional 25 to 30 minutes, or until top is fully set and cooked.

*Nutritional information per serving (based on 12 servings):*

*Calories 212 (32% from fat) • carb. 29g • pro. 7g • fat 8g • sat. fat 4g  
• chol. 154mg • sod. 157mg • calc. 74mg • fiber 1g*

### Chocolate Bread Pudding with Walnuts

*Rich and chocolatey, this dessert is even more decadent with freshly whipped cream.*

Makes ten to twelve 1-cup servings

- 1 loaf (1 pound) challah bread, cubed
- 3 cups heavy cream

- 4 large eggs, beaten
- 2 large egg yolks, beaten
- 1 tablespoon pure vanilla extract
- ½ teaspoon table salt
- ⅓ cup granulated sugar
- cooking spray
- 1 cup whole milk
- 1¼ cups semisweet chocolate chips
- 1 cup chopped walnuts

1. Place the bread cubes in a large bowl. Reserve.
2. In a medium bowl, combine the cream, eggs, yolks, vanilla, salt and sugar. Whisk until frothy. Slowly pour the egg mixture over the bread mixture. Press down on the bread to make certain all of it is submerged. Cover directly with plastic wrap and refrigerate for at least 6 hours or overnight. Take out 1 hour before baking and let stand at room temperature.
3. Lightly and evenly coat the Cuisinart® GreenGourmet® Electric 14-inch Skillet with cooking spray. Preheat the Skillet to 250°F.
4. Add the milk, chocolate and walnuts to the bread mixture. Stir to fully combine.
5. Add the bread mixture to the preheated pan. Cover and cook for 30 minutes, stirring occasionally. After 30 minutes, move the Skillet lid so it is only partially covering the pan; cook for 15 minutes, again stirring occasionally.
6. Reduce to warm and uncover completely. Cook for a final 10 minutes.
7. Serve immediately.

*Nutritional information per serving (1 cup):*  
 Calories 561 (63% from fat) • carb. 43g • pro. 10g • fat 40g • sat. fat 20g  
 • chol. 209mg • sod. 341mg • calc. 121mg • fiber 2g

## Easy Bananas Foster

*Delicious on its own, but twice as good when paired with ice cream or even on top of pancakes or French toast.*

Makes 8 servings

- 8 tablespoons unsalted butter
- 1⅓ cups packed light brown sugar
- ½ cup dark rum

## 8 large bananas, each halved width-wise and then quartered lengthwise to make 8 equal pieces

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 350°F. Add butter to melt.
2. Once butter has melted, add sugar; cook, stirring occasionally, until mostly dissolved, about 8 minutes. Add the rum by **very slowly** pouring down the side of the pan. Let sauce cook 3 to 4 minutes to thicken.
3. Add bananas and sauté in sauce for about 7 minutes, or until sauce thickens more and coats bananas, but bananas do not fall apart.
4. Serve over our Challah French Toast (page 4) or with vanilla ice cream.

*Nutritional information per serving:*  
 Calories 393 (26% from fat) • carb. 67g • pro. 2g • fat 12g • sat. fat 7g  
 • chol. 31mg • sod. 17mg • calc. 41mg • fiber 4g

## Roasted Honey Peach Compote with Amaretto

*This quick and easy compote makes a fantastic topping for vanilla ice cream.*

Makes about ten ¼-cup servings

- 3 to 4 tablespoons honey (depending on the ripeness of your fruit; more if fruit is less ripe)
- 1½ pounds firm but ripe peaches and/or nectarines, cut into slices, approximately 4 to 5 cups
- pinch sea salt
- ⅓ to ½ cup Amaretto

1. Preheat the Cuisinart® GreenGourmet® Electric 14-inch Skillet to 325°F. Add the honey to the hot Skillet. Once the honey fully simmers, add the peaches and salt. Cook, tossing occasionally with a wooden spoon, for about 6 minutes until lightly browned and softened.
2. Add the Amaretto and cook until liquid has reduced and is thick, about 3 minutes.
3. Serve warm over ice cream or pound cake.

*Nutritional information per serving:*  
 Calories 48 (3% from fat) • carb. 12g • pro. 1g • fat 0g • sat. fat 0g  
 • chol. 0mg • sod. 0mg • calc. 4mg • fiber 1g



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150 Milford Road  
East Windsor, NJ 08520

Printed in China

10CE114829