

# RECIPES

To help your Cuisinart Elemental 13 Food Processor feel right at home in your kitchen, we've assembled a variety of delicious recipes to get you started, from quick and easy to more complex gourmet dishes. Breakfast and brunch through dinner and dessert, these easy-to-follow recipes make sure every meal is covered.

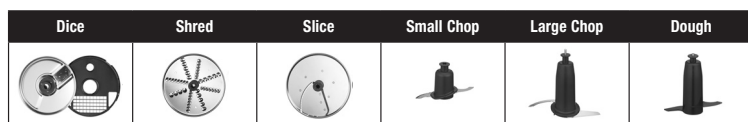
Look for the chef's whisks above the ingredients for the degree of difficulty (1=easy, 2=medium, 3=challenging).

In addition, the detailed nutritional information lets you know exactly what you're eating!

Bon appétit!

## ACCESSORY KEY

Use the Accessory Key below to identify which accessories you'll need for each recipe. The corresponding symbols are listed before each list of ingredients so you can prepare the blades you need, in addition to the ingredients, before cooking.



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## BREADCRUMBS (PLAIN AND SEASONED)

There is no need to buy breadcrumbs when you can make them fresh in your Cuisinart® Food Processor.



### 8 SLICES WHITE BREAD

Makes about 2 cups

1. Preheat oven to 325°F. Arrange the bread on a sheet tray in a single layer. Bake until golden in color and completely dried out, about 20 minutes.
2. When the bread is dried out, break into large pieces and put into the large work bowl fitted with the large chopping blade. Pulse to break up, about 10 times. Process on High until fine and even in consistency, about 1 minute. Store in an airtight container until ready to use.

**TIP:** Making breadcrumbs is a great use for stale bread. Just break up and process as instructed above without baking first.

**Note:** For seasoned breadcrumbs, add ¼ teaspoon each dried oregano, dried basil, garlic powder and ground onion flakes to the work bowl with the dried-out bread.

*Nutritional information per serving (2 tablespoons):  
Calories 60 (11% from fat) • carb. 11g • pro. 2g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 90mg • calc. 10mg • fiber 1g*

## HERB BUTTER

Spruce up ordinary dishes with a dab of herb butter. It can be used in plain pastas, on vegetables, or to finish simply cooked steaks, fish and chicken.



- 1 SMALL GARLIC CLOVE, PEELED
- ½ SMALL BUNCH CHIVES (ABOUT ¼ OUNCE), CUT INTO 1-INCH PIECES
- 2 SPRIGS FRESH THYME, LEAVES ONLY
- 16 TABLESPOONS (2 STICKS) UNSALTED BUTTER, CUT INTO 1-INCH PIECES AND SOFTENED
- ½ TEASPOON KOSHER SALT

Makes 1 cup

1. Insert the small work bowl and small chopping blade. With the food processor running on High, drop the garlic through the small feed tube to finely chop. Scrape down the sides and add the chives and thyme leaves. Pulse to chop, about 5 to 6 times.
2. Add the butter and salt. Pulse to break up butter, about 5 to 6 times. Process on High until all the ingredients are fully combined, about 40 seconds.
3. Use herb butter immediately or transfer to a sheet of wax paper, shape into a log about 4 to 5 inches long, wrap and twist the ends in opposite directions to seal. Store in the refrigerator until ready to use.

**TIP:** Use this recipe as a guide for making any type of compound butter. Add a different assortment of herbs, chopped vegetables, crumbled bacon, or sweet ingredients like honey or cinnamon sugar.

*Nutritional information per serving (1 tablespoon):*  
Calories 100 (99% from fat) • carb. 0g • pro. 0g • fat 11g  
sat. fat 8g • chol. 30mg • sod. 67mg • calc. 1mg • fiber 0g

# BASIL PESTO

For a spin on the traditional recipe, substitute the pine nuts in this recipe with toasted hazelnuts and the basil with 2½ ounces arugula and 1½ ounces baby spinach leaves.



- 2 OUNCES PARMESAN CHEESE, CUT INTO ½-INCH CUBES
- 1 GARLIC CLOVE, PEELED
- ¼ CUP PINE NUTS, LIGHTLY TOASTED
- 4 OUNCES FRESH BASIL LEAVES (ABOUT 3 CUPS)
- ¼ TEASPOON KOSHER SALT
- ½–⅔ CUP EXTRA VIRGIN OLIVE OIL

Makes about 1½ cups

1. Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the Parmesan cubes and garlic through the small feed tube to finely chop. Add the pine nuts and pulse to chop, about 5 to 6 times. Add the basil and salt. Pulse to chop, about 10 to 15 times. Scrape the sides of the bowl.
2. With the machine running on High, add the olive oil in a steady stream through the small feed tube. Process until combined, about 1 minute.
3. Use immediately or store in an airtight container in the refrigerator until ready to use.

*Nutritional information per serving (2 tablespoons):*  
Calories 120 (90% from fat) • carb. 1g • pro. 2g • fat 13g  
sat. fat 2g • chol. 3mg • sod. 121mg • calc. 74mg • fiber 0g

# SIMPLE PIZZA AND TOMATO SAUCE

The difference between pizza sauce and tomato sauce is that pizza sauce does not need to be cooked—it cooks on the pizza in the oven, while tomato sauce simmers on the stove.



- 2 CANS (28 OUNCES EACH)  
WHOLE, PEELED TOMATOES
- 2 TABLESPOONS EXTRA VIRGIN  
OLIVE OIL
- 2 LARGE GARLIC CLOVES, PEELED
- 10–15 FRESH BASIL LEAVES
- 1 TEASPOON KOSHER SALT

Makes 7 cups pizza sauce; about 5 cups tomato sauce

## Pizza Sauce:

1. Put all of the ingredients, in the order listed, into the large work bowl fitted with the large chopping blade. Process on High until smooth, 1 minute.
2. Use as is for pizza or other recipes that will cook in the oven. Store remaining sauce in an airtight container in the refrigerator.

## Tomato Sauce:

1. Put tomatoes into the large work bowl fitted with the large chopping blade. Process on High until smooth, about 1 minute. Reserve.
2. Put olive oil in a medium saucepan over medium heat. When oil is hot, add garlic and cook until lightly golden and fragrant, 2 to 3 minutes. Add puréed tomatoes, cover and reduce heat to simmer, stirring frequently, until sauce is reduced slightly until thickened, about 15 minutes.
3. Tear up basil and add to sauce; cook for 2 minutes. Add salt, taste and adjust seasoning as desired. Remove garlic cloves before serving.

*Nutritional information per serving (½ cup pizza sauce):*  
Calories 41 (61% from fat) • carb. 5g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 398mg • calc. 36mg • fiber 1g

*Nutritional information per serving (½ cup tomato sauce):*  
Calories 58 (43% from fat) • carb. 7g • pro. 1g • fat 3g  
sat. fat 0g • chol. 0mg • sod. 557mg • calc. 28mg • fiber 1g

# PEANUT BUTTER

Once you discover how easy it is to make peanut butter in the Cuisinart® food processor, you'll wonder how you ever bought it jarred.



1 POUND (ABOUT 4 CUPS) UNSALTED,  
DRY-ROASTED PEANUTS

1 TEASPOON KOSHER SALT, OPTIONAL

Makes 2 cups

1. Put peanuts and salt, if using, into the large work bowl fitted with the large chopping blade. Pulse to break up, about 5 to 6 times. Process on High until desired consistency is achieved.

2. Taste and adjust seasoning as desired. Store in an airtight container in the refrigerator.

**TIP:** For a spiced variation, add 2 teaspoons honey, ½ teaspoon ground cinnamon, 1 teaspoon kosher salt (do not use if already added above), 1 teaspoon ground allspice and 1 teaspoon ground nutmeg.

*Nutritional information per serving (1 tablespoon, unsalted):  
Calories 80 (61% from fat) • carb. 2g • pro. 4g • fat 7g  
sat. fat 1g • chol. 0mg • sod. 3mg • calc. 36mg • fiber 1g*

# ALMOND BUTTER

Try a combination of your favorite nuts to make the ultimate nut butter.



- 9 OUNCES (ABOUT 2 CUPS)  
RAW, UNSALTED ALMONDS
- 3½ TABLESPOONS GRAPESEED OIL
- 1 TEASPOON KOSHER SALT,  
OPTIONAL

Makes about 1¼ cups

1. Put almonds, oil and salt, if using, into the large work bowl fitted with the large chopping blade. Pulse to break up, about 10 times, and then process on High until desired consistency is achieved.
2. Taste and adjust seasoning as desired. Store in an airtight container in the refrigerator.

*Nutritional information per serving (1 tablespoon, unsalted)*  
Calories 94 (78% from fat) • carb. 3g • pro. 3g • fat 9g  
sat. fat 1g • chol. 0mg • sod. 0mg • calc. 34mg • fiber 2g



# MAYONNAISE

Taste the difference in homemade mayonnaise.



- 4 LARGE EGG YOLKS
- 3/4 TEASPOON KOSHER SALT
- 1/2 TEASPOON DIJON MUSTARD
- 1 TEASPOON FRESH LEMON JUICE
- 1 TABLESPOON WATER
- 3/4 CUP VEGETABLE OIL

Makes 1 cup

1. Put the egg yolks, salt, mustard, lemon juice and water into the large work bowl fitted with the large chopping blade. Process on Low until smooth, about 30 seconds.
2. With the food processor still running on Low, add the oil through the hole in the small pusher until all the oil is incorporated and the mayonnaise is emulsified and homogenous. Scrape down sides. Taste and adjust seasoning as desired. Store remaining mayonnaise in an airtight container in the refrigerator.

**TIP:** For fresh herb mayonnaise, process 1/3 cup firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For a bolder-flavored mayonnaise, increase the salt by 1/4 teaspoon, the Dijon by 1/2 teaspoon and lemon juice to 1 tablespoon.

*Nutritional information per serving (1 tablespoon):*

*Calories 104 (97% from fat) • carb. 1g • pro. 1g • fat 12g  
sat. fat 1g • chol. 46mg • sod. 113mg • calc. 6mg • fiber 0g*

## BASIC VINAIGRETTE

Use this basic vinaigrette as a guide and change your vinegar/oil flavors to create exciting salads. You can add other flavors such as crushed or roasted garlic, chopped shallots, fresh or dried herbs, sun-dried tomatoes, honey, lemon juice, or flavored vinegars.



- 1/4 CUP WINE VINEGAR  
(RED OR WHITE)
- 1 TABLESPOON DIJON MUSTARD
- 3/4 CUP EXTRA VIRGIN OLIVE OIL
- KOSHER SALT AND FRESHLY  
GROUND PEPPER TO TASTE

Makes about 1 cup

1. Put all of the ingredients into the small work bowl fitted with the small chopping blade. Process on Low until combined, about 1 minute.
2. Taste and adjust seasoning as desired. Serve immediately or store in an airtight container in the refrigerator.

*Nutritional information per serving (1 tablespoon):*  
Calories 91 (98% from fat) • carb. 0g • pro. 0g • fat 10g  
sat. fat 1g • chol. 0mg • sod. 23mg • calc. 0mg • fiber 0g

# CAESAR DRESSING

There are many versions of this recipe, but our take is pretty close to the classic. If you prefer not to use raw egg yolks, try an egg substitute.



- 2 SMALL GARLIC CLOVES, PEELED
- 6 ANCHOVY FILLETS
- 2 LARGE EGG YOLKS\*
- 2 TEASPOONS DIJON MUSTARD
- 4 TEASPOONS FRESH LEMON JUICE
- 4 TEASPOONS RED WINE VINEGAR
- 2 TEASPOONS WORCESTERSHIRE SAUCE
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- ⅔ CUP EXTRA VIRGIN OLIVE OIL

Makes about 1 cup

1. Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the garlic through the small feed tube to finely chop. Add the anchovies, egg yolks, mustard, lemon juice, vinegar, Worcestershire sauce and pepper to the work bowl. Process on High until well blended.
  2. With the machine running on Low, slowly pour the olive oil through the small feed tube in a steady stream until the dressing is emulsified, about 30 seconds to 1 minute.
  3. Taste and adjust seasoning as desired. Serve immediately or store in an airtight container in the refrigerator.
- \* Raw Egg Warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illnesses. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean grade A or AA eggs with intact shells. Avoid contact between the yolks or whites and the shell.

*Nutritional information per serving (1 tablespoon):*  
Calories 91 (95% from fat) • carb. 1g • pro. 1g • fat 10g  
sat. fat 2g • chol. 24mg • sod. 68mg • calc. 4mg • fiber 0g

# BABY FOOD

Any fruit or vegetable can be substituted. Add more or less liquid based on the consistency desired.



- 1 POUND BUTTERNUT SQUASH,  
PEELED AND CUT TO FIT FEED TUBE
- 2 TABLESPOONS STEAMING LIQUID  
OR WATER

Makes 2 cups

1. Insert dicing grid and blade. Dice butternut squash. Steam until very tender. Reserve steaming water.
2. Add the steamed butternut squash to the large work bowl fitted with the large chopping blade. Add 2 tablespoons of the reserved steaming water or plain water. Process on High until desired consistency is achieved, about 2 minutes for very smooth and creamy purée.

**TIP:** Store remaining baby food in covered ice cube trays in the freezer until ready to use. Each "cube" equals 1 ounce of food.

*Nutritional information per serving (2 ounces)*

*Calories 44 (33% from fat) • carb. 7g • pro. 1g • fat 2g  
sat. fat 1g • chol. 6mg • sod. 165mg • calc. 0mg • fiber 2g*

# BLUEBERRY CREAM CHEESE

Flavored cream cheese options are endless.  
This one's versatile and not too sweet.



- 6 OUNCES (ABOUT 4¼ CUPS)  
FRESH BLUEBERRIES
- 1 TEASPOON GRANULATED SUGAR
- 1 TEASPOON FRESH LEMON JUICE
- 1 PACKAGE (8 OUNCES) CREAM  
CHEESE, CUT INTO 4 PIECES  
AND SOFTENED

Makes 1½ cups

1. Put blueberries, sugar and lemon juice into a small saucepan and cook over low heat until blueberries are mostly broken down and mixture has thickened, about 5 to 6 minutes. Remove from heat and allow to cool to room temperature.
2. Put softened cream cheese pieces and cooled blueberry mixture into the small work bowl fitted with the small chopping blade. Pulse to break up cream cheese and mix in blueberry mixture, about 8 to 10 times.
3. Serve immediately or store in an airtight container in the refrigerator.

*Nutritional information per serving (2 tablespoons):*

*Calories 111 (77% from fat) • carb. 5g • pro. 2g • fat 10g  
sat. fat 5g • chol. 31mg • sod. 92mg • calc. 29mg • fiber 1g*

# MORNING GLORY MUFFINS

Your kids will never guess that the secret ingredient in these muffins is carrots—they add the perfect sweetness.



## NONSTICK COOKING SPRAY

¼	CUP UNBLEACHED, ALL-PURPOSE FLOUR
⅓	CUP WHOLE-WHEAT FLOUR
½	TEASPOON KOSHER SALT
¾	TEASPOON BAKING SODA
½	TEASPOON GROUND CINNAMON
¼	CUP ROLLED OATS (NOT INSTANT)
½	TEASPOON GRATED ORANGE ZEST
⅓	CUP WALNUTS, LIGHTLY TOASTED
2	LARGE CARROTS, PEELED AND CUT TO FIT FEED TUBE
⅓	CUP PACKED LIGHT BROWN SUGAR
2	LARGE EGGS, ROOM TEMPERATURE
⅓	CUP VEGETABLE OIL
½	TEASPOON PURE VANILLA EXTRACT
⅓	CUP SHREDDED, UNSWEETENED COCONUT
2	TABLESPOONS SUNFLOWER SEEDS

Makes 6 muffins

1. Preheat the oven to 350°F. Lightly coat a six-cup muffin pan with nonstick cooking spray. Reserve.
2. Put the flours, salt, baking soda, cinnamon, oats and zest into the large work bowl fitted with the large chopping blade. Process on High to sift, 10 seconds. Transfer ingredients to a medium mixing bowl; reserve.
3. Add the walnuts and pulse to chop, about 5 times. Leaving the nuts in the bowl, remove the chopping blade and insert the shredding disc with the medium setting facing up. Shred carrots. Add to the bowl with the dry ingredients. Stir to combine. Reserve.
4. Reinsert the large chopping blade and add the brown sugar, eggs, oil and vanilla extract to the work bowl and process until combined. Add the flour and carrot mixture and pulse to combine, about 3 times. Scrape down the sides of the bowl and add the coconut and sunflower seeds. Pulse to incorporate, about 3 to 4 times.
5. Divide the batter evenly among the prepared muffin cups and bake until a cake tester inserted into the center comes out clean, about 18 to 20 minutes.

*Nutritional information per muffin*

*Calories 306 (60% from fat) • carb. 26g • pro. 6g • fat 21g  
sat. fat 4g • chol. 62mg • sod. 372mg • calc. 27mg • fiber 3g*

# BANANA NUT BREAD

Slice up this bread for a tasty breakfast on the go or for a sweet, afternoon snack.



	NONSTICK COOKING SPRAY
2	CUPS UNBLEACHED, ALL-PURPOSE FLOUR
2/3	CUP WALNUT HALVES, SHELLS REMOVED
1	TEASPOON BAKING POWDER
1	TEASPOON BAKING SODA
1/2	TEASPOON KOSHER SALT
2	RIPE BANANAS, CUT INTO 1-INCH PIECES
2	LARGE EGGS
2	LARGE EGG WHITES
1	CUP GRANULATED SUGAR
1/2	CUP PLAIN NONFAT YOGURT
4	TABLESPOONS UNSALTED BUTTER, CUT INTO 1-INCH PIECES AND ROOM TEMPERATURE
2	TEASPOONS PURE VANILLA EXTRACT

Makes one, 9-inch loaf

1. Preheat oven to 350°F. Lightly coat a 9-inch loaf pan with nonstick cooking spray. Reserve.
2. Put flour, nuts, baking powder, baking soda and salt into the large work bowl fitted with the large chopping blade. Pulse to combine, about 5 times. Transfer to a medium-size bowl and reserve.
3. Process banana on High until puréed, about 30 seconds. Scrape down the sides. Add eggs, egg whites, sugar, yogurt, butter and vanilla extract. Process on High until well combined, about 10 to 15 seconds. Add reserved dry ingredients. Pulse until flour is just mixed in, about 5 to 6 times.
4. Pour batter into prepared pan. Bake until golden brown and a toothpick inserted into the center comes out clean, about 50 minutes.
5. Cool in pan on a wire rack for 20 minutes. Remove from pan and cool completely.

*Nutritional information per serving (1 slice based on 12 servings):*  
Calories 227 (27% from fat) • carb. 37g • pro. 5g • fat 7g  
sat. fat 3g • chol. 46mg • sod. 265mg • calc. 30mg • fiber 1g

# ZUCCHINI FRITTATA WITH MANCHEGO AND HAM

This frittata is hearty enough to feed a crowd.



- 8 LARGE EGGS, LIGHTLY BEATEN AND RESERVED IN A MEDIUM BOWL
- 1 SMALL LEEK, WASHED WELL, HALVED LENGTHWISE, WHITE AND LIGHT GREEN PARTS ONLY
- 1 SMALL ZUCCHINI, TRIMMED AND CUT TO FIT FEED TUBE
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- ½ TEASPOON KOSHER SALT, DIVIDED
- 4 OUNCES HAM SLAB
- 3 OUNCES MANCHEGO CHEESE
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER

Makes 8 servings

1. Preheat oven to 350°F. Insert dicing grid and blade. Dice leek and zucchini. Reserve in bowl.
2. Heat olive oil in a 10-inch nonstick skillet over medium-high heat. Once hot, add the diced leek, zucchini and ¼ teaspoon of the salt. Cook, stirring frequently, until zucchini is just tender, about 5 minutes.
3. While leek and zucchini are cooking, dice ham and add to bowl with the reserved eggs.
4. Remove dicing blade and grid. Insert the shredding disc with the fine setting facing up. Shred cheese. Put ½ of the cheese into the bowl with the eggs and ham. Add the remaining ¼ teaspoon salt and pepper. Stir. Reserve.
5. Reduce heat to medium and add egg mixture to the pan with the leek and zucchini. Stir constantly until eggs start to set, about 2 minutes. Let cook on stovetop until edges start to firm, about 5 minutes. Add remaining cheese to top of egg mixture.
6. Transfer to oven and cook until fully set, about 10 to 15 minutes.
7. Let cool slightly and serve warm.

*Nutritional information per serving:*

Calories 140 (67% from fat) • carb. 4g • pro. 8g • fat 10g  
sat. fat 4g • chol. 200mg • sod. 477mg • calc. 83mg • fiber 1g



# HOME FRIES

The dicing attachment makes it easier than ever to dice a lot of potatoes evenly — in this case, just in time for breakfast.



- 1 ONION, HALVED
- 1 LARGE GREEN BELL PEPPER, CUT TO FIT MEDIUM FEED TUBE AND SEEDED
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 4 RUSSET POTATOES (ABOUT 1 TO 1½ POUNDS), SCRUBBED
- 1 TEASPOON KOSHER SALT
- ½ TEASPOON SMOKED PAPRIKA
- ¼ TEASPOON CHILI POWDER
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER

Makes about 4 cups

1. Insert the dicing grid and blade. Dice onion. Use cleaning tool to clean grid. Reserve in large work bowl. Dice pepper. Use cleaning tool to clean grid. Reserve with diced onion.
2. Heat olive oil in a large skillet over medium heat. When oil is hot, add the diced onion and pepper. Cook, stirring frequently, until soft and onion is translucent, about 5 minutes.
3. While onions and peppers are cooking, dice potatoes. Add to skillet with the salt, paprika, chili powder and black pepper; stir. Cover and cook until potatoes are fully cooked through, about 20 minutes.
4. Taste and adjust seasoning as desired. Serve immediately.

*Nutritional information per serving (½ cup):*

*Calories 72 (23% from fat) • carb. 12g • pro. 2g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 272mg • calc. 6mg • fiber 1g*

# RUSTIC POTATO AND FENNEL TART

This recipe will quickly become a favorite when it comes to entertaining. It is easy to prepare and, since it's a free-form tart, the presentation cannot be beat.



- ½ RECIPE FLAKY PASTRY DOUGH,  
PAGE 59
- 1 MEDIUM YUKON GOLD POTATO  
(ABOUT 8 OUNCES)
- ¼ FENNEL BULB
- ¼ CUP DICED SPECK (PANCETTA OR  
BACON CAN BE USED)
- 1 TABLESPOON EXTRA VIRGIN  
OLIVE OIL
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON GRATED LEMON ZEST
- 2 OUNCES GOAT CHEESE
- EGG WASH (1 LARGE EGG  
WHISKED WITH 1 TABLESPOON  
OF WATER)

Makes one 9 to 10-inch tart

1. Have Flaky Pastry Dough prepared and ready to roll out. Preheat oven to 350°F. Line a baking sheet with parchment paper. Reserve.
2. Adjust the slicing disc to setting 2. Insert the slicing disc. Slice potatoes. Reserve in bowl.
3. Remove slicing disc and adjust to setting 4. Slice the fennel. Remove the slicing disc and stem.
4. Add the speck, olive oil, salt and lemon zest to the work bowl with the potatoes and fennel. Toss gently.
5. On a lightly dusted surface, roll Flaky Pastry Dough into a 12-inch circle, about ⅛-inch in thickness. Pile potato, fennel and speck mixture into the center of the dough. Top with dollops of goat cheese. Fold dough over mixture, leaving the center exposed. Brush dough with egg wash.
6. Bake until vegetables are tender and tart is golden brown, about 45 minutes to 1 hour. Cool on tray at least 10 to 15 minutes before cutting and serving.

*Nutritional information per serving (based on 8 servings):  
Calories 229 (62% from fat) • carb. 17g • pro. 5g • fat 16g  
sat. fat 10g • chol. 64mg • sod. 402mg • calc. 20mg • fiber 1g*

# HUMMUS

Serve with warm pita for a satisfying snack. See tip on page 58 to learn how to make your own homemade pita using our pizza dough recipe.



- ¼ CUP FRESH ITALIAN PARSLEY LEAVES
- 1¼ TEASPOONS KOSHER SALT
- ½ TEASPOON GRATED LEMON ZEST
- 1 GARLIC CLOVE, PEELED
- 2 CANS (15.5 OUNCES EACH) CHICKPEAS, DRAINED AND RINSED
- ¼ CUP FRESH LEMON JUICE
- ¼ CUP WATER
- ¼ CUP EXTRA VIRGIN OLIVE OIL, PLUS 1 TABLESPOON FOR SERVING
- 2 TABLESPOONS TAHINI
- ½ TEASPOON GROUND CUMIN
- ⅛ TEASPOON PAPRIKA, OPTIONAL
- PINCH ZA'ATAR, OPTIONAL

Makes about 2½ cups

1. Put the parsley, salt, lemon zest and garlic into the large work bowl fitted with the large chopping blade. Pulse to roughly chop, about 5 to 6 times. Scrape down the sides of the bowl. Add remaining ingredients and process on High until smooth, about 5 minutes.
2. Taste and adjust seasoning as desired. Serve, drizzled with the extra tablespoon of olive oil and sprinkled with paprika and za'atar, if using.

*Nutritional information per serving (1 tablespoon):  
Calories 43 (41% from fat) • carb. 5g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 138mg • calc. 11mg • fiber 1g*

# GUACAMOLE

A party favorite that can easily be tweaked to your preference.



- 1 GARLIC CLOVE, PEELED
- ½ TO 1 JALAPEÑO, SEEDED AND CUT INTO  
1 1-INCH PIECES
- ½ SMALL ONION (RED OR WHITE)
- ¼ CUP PACKED CILANTRO LEAVES
- 5 RIPE AVOCADOS, PITTED AND  
FLESH SCOOPED OUT
- 2 TABLESPOONS FRESH LIME JUICE
- 1½ TEASPOONS KOSHER SALT,  
PLUS MORE IF DESIRED

Makes about 3 cups

1. Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the garlic and jalapeño pieces through the small feed tube to finely chop. Add the onion and cilantro to the work bowl. Pulse to roughly chop, about 5 times.
2. Add the avocado, lime juice and salt. Pulse until desired consistency is achieved. Process on High if very smooth consistency is desired.
3. Taste and adjust seasoning as desired. Serve immediately or store in an airtight container in the refrigerator.

**TIP:** Press a piece of plastic wrap directly onto the surface of the finished guacamole to help prevent browning before serving or while storing.

*Nutritional information per serving (¼ cup):*

*Calories 137 (75% from fat) • carb. 8g • pro. 12g • fat 25g  
sat. fat 2g • chol. 0mg • sod. 273mg • calc. 12mg • fiber 6g*

## FIRE-ROASTED SALSA

The deep flavors of this restaurant-style salsa are addictive.



- 1 POUND RIPE TOMATOES,  
QUARTERED
- 1 SMALL TO MEDIUM ONION,  
QUARTERED
- ½ TO 1 JALAPEÑO, HALVED AND SEEDED
- 2 LARGE GARLIC CLOVES, PEELED
- 3 TABLESPOONS EXTRA VIRGIN OLIVE  
OIL
- 2 TEASPOONS KOSHER SALT

Makes about 1½ cups

1. Line a baking sheet with aluminum foil. Put all of the ingredients onto the prepared baking sheet and toss. Broil on High until completely charred, about 40 to 50 minutes. Remove from oven and cool.
2. When vegetables are cool to touch, add all ingredients to the large bowl of the food processor fitted with the large chopping blade. Pulse until desired consistency is achieved, about 8 to 10 times for chunky.
3. Taste and adjust seasoning as desired. Serve with tortilla chips or alongside grilled meats.

*Nutritional information per serving (¼ cup):*

*Calories 80 (75% from fat) • carb. 4g • pro. 1g • fat 7g  
sat. fat 1g • chol. 0mg • sod. 4mg • calc. 12mg • fiber 1g*

# CRAB CAKES

Chopping all the mix-ins for crab cakes takes no time in the food processor.



- NONSTICK COOKING SPRAY
- 16 OUNCES LUMP CRABMEAT
- 1 GARLIC CLOVE
- 1 RED BELL PEPPER, SEEDED AND CUT INTO 2-INCH PIECES
- 3 GREEN ONIONS, CUT INTO 1-INCH PIECES
- ½ CUP FRESH PARSLEY LEAVES, LOOSELY PACKED
- 1 TEASPOON EXTRA VIRGIN OLIVE OIL
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- 2 LARGE EGGS, LIGHTLY BEATEN
- 1 CUP BREADCRUMBS, SEE PAGE 20 FOR RECIPE
- ½ CUP MAYONNAISE
- 1 TEASPOON WORCESTERSHIRE SAUCE
- 1½ TEASPOONS SEAFOOD SEASONING
- 2 TEASPOONS DIJON MUSTARD HOT SAUCE, OPTIONAL
- TARTAR SAUCE, FOR SERVING
- LEMON WEDGES, FOR SERVING

Makes 12 crab cakes

1. Pick through crabmeat to make sure there are no shells; reserve in refrigerator. Preheat oven to 400°F. Line a baking sheet with aluminum foil. Spray with nonstick cooking spray. Set aside.
2. Insert the small chopping blade into small work bowl. With the food processor running on High, drop the garlic through the small feed tube to finely chop. Add the pepper, green onions and parsley and pulse to coarsely chop, about 10 to 12 times.
3. Put the oil into a large skillet set placed over medium heat. Cook chopped vegetables with salt and pepper until soft, about 5 to 7 minutes. Remove and reserve in a large mixing bowl.
4. Once vegetables have cooled slightly, add the crab, eggs, breadcrumbs, mayonnaise, Worcestershire, seafood seasoning, mustard and a dash or two of the hot sauce, if using, to the mixing bowl. Mix thoroughly but carefully by hand, so not to break up the crabmeat too much.
5. Form crabmeat mixture into 8 round cakes. Place on prepared baking sheet and bake until crab cakes are evenly golden on each side, about 8 to 10 minutes per side.
6. Serve immediately with prepared tartar sauce if desired, and with a lemon wedge.

*Nutritional information per crab cake:*

*Calories 186 (57% from fat) • carb. 12g • pro. 8g • fat 12g sat. fat 2g • chol. 87mg • sod. 652mg • calc. 128mg • fiber 0g*

# POTATO NACHOS

Thinly sliced potatoes make a heartier, delicious base for nachos.



- 2 POUNDS RUSSET POTATOES
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1 TEASPOON KOSHER SALT
- 1 BUNCH GREEN ONIONS, TRIMMED
- ½ TO 1 WHOLE JALAPEÑO, HALVED LENGTHWISE AND SEEDED
- 1 CAN (15 OUNCES) WHOLE BLACK PITTED OLIVES
- 8 OUNCES CHEESE, SUCH AS SHARP CHEDDAR
- SALSA, GUACAMOLE AND SOUR CREAM, FOR SERVING

Makes 8 servings

1. Preheat oven to 425°F. Line two baking sheets with aluminum foil. Reserve.
2. Adjust the slicing disc to setting 3. Insert the slicing disc. Slice potatoes. Remove slicing disc and stem. Toss potatoes with olive oil and salt.
3. Spread potatoes onto the baking sheets in a single layer. Bake until golden brown and crispy, about 45 minutes.
4. While potatoes are baking, reinsert stem and slicing disc (still at setting 3). Slice the green onions, jalapeño and olives. Remove from bowl and reserve.
5. Insert shredding disc with the medium setting facing up. Shred cheese. Reserve in bowl.
6. When potatoes are done baking, remove from oven and let cool slightly. Pile half of the potatoes into the center of one baking sheet. Sprinkle with half of the green onions, jalapeño, olives and cheese. Pile the remaining potatoes on top of the first layer and sprinkle with remaining ingredients. Bake until cheese is melted and slightly browned, about 5 minutes.
7. Serve immediately with chunky salsa, guacamole and sour cream if desired.

*Nutritional information per serving:*

Calories 225 (83% from fat) • carb. 4g • pro. 6g • fat 21g  
sat. fat 7g • chol. 30mg • sod. 883mg • calc. 202mg • fiber 21g

# WHITE SANGRIA

The Cuisinart® dicing attachment cuts fruit into perfect bite-sized pieces for sangria; best part is, the prep takes no time!



- 1 BOTTLE (750 mL) DRY WHITE WINE SUCH AS CHARDONNAY
- 1/3 CUP ORANGE-FLAVORED LIQUEUR
- 1 CUP WHOLE STRAWBERRIES, HULLED
- 1 SMALL PEACH, PITTED
- 1/2 MANGO, PEELED AND PITTED
- 1 SMALL APPLE, HALVED AND CORED

Makes about 5 servings

1. In a large pitcher or glass serving bowl, combine the wine and Grand Marnier®. Reserve.
2. Insert the dicing grid and blade. Dice the fruit. Add to the wine mixture. If time allows, let sit overnight so the flavors can develop.
3. Serve cold.

*Nutritional information per serving (about 5 ounces):  
Calories 174 (11% from fat) • carb. 17g • pro. 1g • fat 0g  
sat. fat 0g • chol. 0mg • sod. 27mg • calc. 11mg • fiber 2g*



# CREAMY WHITE BEAN SOUP

This soup tastes even better the next day, when the flavors are given more time to develop.



- 3 OUNCES DICED PANCETTA
- 3 SMALL CARROTS, PEELED AND CUT INTO 1-INCH PIECES
- 2 SMALL STALKS CELERY, CUT INTO 1-INCH PIECES
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 1 FRESH THYME SPRIG
- 1 GARLIC CLOVE, PEELED
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER, PLUS MORE TO TASTE
- 3 CANS (15.5 OUNCES EACH) CANNELLINI BEANS, WITH CANNING LIQUID
- 2 TO 3 CUPS WATER, OR LOW-SODIUM CHICKEN BROTH FOR DEEPER TASTE
- KOSHER SALT TO TASTE

Makes about 8 cups

1. Put a large stockpot over medium heat. Once hot, add pancetta and cook slowly, stirring frequently, to render fat, about 5 minutes.
2. While pancetta is rendering, put carrots, celery and onion into the large work bowl fitted with the large chopping blade. Pulse to roughly chop, about 10 times. Add chopped carrots, celery and onion to the stockpot with the pancetta, stir. Add thyme, garlic and black pepper. Allow to cook to soften, about 3 minutes.
3. Add beans with the liquid to the pot, plus enough liquid (water or low-sodium chicken broth) to just cover beans, about 2½ cups. Bring soup to a boil, cover with lid, reduce to a simmer and cook until the beans and vegetables are very tender, about 25 to 30 minutes. Remove from heat and let cool 5 minutes. Remove thyme sprig.
4. Add soup to work bowl and process on High until desired consistency is achieved, 30 seconds to 1 minute 30 seconds.
5. Taste and season with salt to taste, one pinch at a time.

**TIP:** Do not over season. Flavors will deepen as soup cools; best enjoyed warm.

*Nutritional information per serving (1 cup):*

Calories 177 (24% from fat) • carb. 24g • pro. 10g • fat 5g  
sat. fat 1g • chol. 11mg • sod. 264mg • calc. 62mg • fiber 7g

# SPRING VEGETABLE MINESTRONE WITH PESTO

This recipe contains many ingredients and requires a lot of preparation, but the dicing attachment makes it much easier than dicing by hand — and we promise the final result is worth it!



- 1 SMALL LEEK, WASHED WELL AND TRIMMED, WHITE AND LIGHT GREEN PARTS ONLY
- 1 SMALL CELERY STALK, TRIMMED AND CUT TO FIT FEED TUBE
- 6 OUNCES GREEN BEANS, TRIMMED
- 1 SMALL ZUCCHINI, TRIMMED AND CUT TO FIT FEED TUBE
- 1 SMALL YELLOW SQUASH, TRIMMED AND CUT TO FIT FEED TUBE
- ½ SMALL FENNEL BULB, TRIMMED, CORED AND CUT TO FIT FEED TUBE
- 4 MEDIUM CARROTS, PEELED AND TRIMMED TO FIT FEED TUBE
- 6 OUNCES RED POTATOES
- 1½ TEASPOONS EXTRA VIRGIN OLIVE OIL
- 1 GARLIC CLOVE, SMASHED AND PEELED
- ¾ TEASPOON KOSHER SALT, DIVIDED
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 6 CUPS CHICKEN OR VEGETABLE BROTH
- 1 3- TO 4-INCH PARMESAN RIND
- 1 CAN (15 OUNCES) CHICKPEAS, DRAINED AND RINSED
- 1 CAN (15 OUNCES) RED KIDNEY BEANS, DRAINED AND RINSED
- 2 CUPS COOKED DITALINI PASTA, OPTIONAL

## PESTO:

MAKES ABOUT ¾ CUP

- 1 SMALL GARLIC CLOVE
- 3 CUPS PACKED FRESH BASIL LEAVES
- 1¼ TEASPOONS KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TO ⅔ CUP EXTRA VIRGIN OLIVE OIL

## MAKES ABOUT 14 CUPS

1. Prepare all ingredients before beginning recipe. Using the slicing disc first, slice the leek and celery on setting 5. Reserve together. Adjust slicing disc to setting 7. Slice green beans. Reserve.
2. Replace the disc with the dicing grid and blade. Dice zucchini and yellow squash. Reserve together. Dice fennel and carrots. Reserve together. Have potatoes ready to dice.
3. Put olive oil in a large stockpot over medium heat. Once the oil is hot, add the reserved leek, celery, carrots, fennel with the garlic and ¼ teaspoon of salt and a pinch of the pepper. Sweat until vegetables are slightly soft, about 10 minutes.
4. While the vegetables are sweating, dice the potatoes. Stir into the pot along with the green beans and the remaining salt and pepper. Stir well.
5. Add the broth and Parmesan rind. Increase the heat and bring the liquid to a boil. Add the zucchini, squash, chickpeas and beans. Reduce heat to maintain a simmer until all the vegetables are tender, about 20 to 30 minutes. If using the ditalini, stir in during the last 5 to 10 minutes to heat through.
6. While soup is simmering, prepare the pesto in the small bowl fitted with the small chopping blade: With the food processor running on High, drop the garlic through the small feed tube to finely chop. Scrape down the bowl and add basil, salt and pepper. Pulse to roughly chop, about 5 to 6 times. Run food processor on High and drizzle in oil through the small feed tube. Process until combined, about 1 minute.
7. Once the soup has simmered and all vegetables are tender, taste and adjust seasoning as desired.
8. Serve in individual bowls topped with a dollop of pesto. Pesto is best stirred into soup before eating.

*Nutritional information per serving (1 cup):*

Calories 115 (18% from fat) • carb. 18g • pro. 6g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 568mg • calc. 62mg • fiber 4g

# PEAR AND KALE SALAD

This salad pairs well with our Basic Vinaigrette on page 27.



- 1 BUNCH LACINATO KALE
- 1/4 SMALL RED CABBAGE HEAD,  
CORED AND CUT TO FIT FEED TUBE
- 2 CARROTS, PEELED AND CUT TO FIT  
FEED TUBE
- 1 PEAR, CORED AND QUARTERED
- 1/2 ENGLISH CUCUMBER, QUARTERED  
AND CUT TO FIT FEED TUBE
- 1/2 CUP WALNUTS, TOASTED

Makes 9 to 10 cups

1. Set slicing disc to setting 7. Insert slicing disc. Slice kale. Reserve in bowl.
2. Adjust slicing disc to setting 2. Slice cabbage, carrots, pear and cucumber. Transfer to a large bowl. Add walnuts. Toss with desired dressing.

**TIP:** The dressing for this salad (and most others) can be made in the large bowl with all the veggies sliced right on top for the ultimate one-bowl cleanup.

*Nutritional information per serving (1 cup):*

*Calories 38 (24% from fat) • carb. 7g • pro. 1g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 77mg • calc. 38mg • fiber 2g*

# CELERY ROOT SALAD WITH TARRAGON DRESSING

This salad gets better the longer you let it sit; the flavors become bolder and the celery root gets softer. Make up to a couple of days ahead to serve at a party or make to eat all week.



## DRESSING:

MAKES 1 CUP

- 1 SMALL SHALLOT, CUT INTO 1/2-INCH PIECES
- 1/4 CUP PACKED FRESH TARRAGON LEAVES
- 1/4 CUP APPLE CIDER VINEGAR
- 1 TEASPOON FRESH LEMON JUICE
- 1 TEASPOON DIJON MUSTARD
- 3/4 TEASPOON KOSHER SALT
- 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER
- 3/4 CUP EXTRA VIRGIN OLIVE OIL

## SALAD:

MAKES ABOUT 8 CUPS

- 1 CUP RAW, UNSALTED PISTACHIOS, SHELLED
- 2 SMALL HEADS OR 1 LARGE HEAD (ABOUT 12 OUNCES) CELERY ROOT
- 1/2 LEMON (FOR RUBBING CELERY ROOT AND APPLE)
- 2 TEASPOONS FRESH LEMON JUICE, DIVIDED
- 1 GALA (OR SIMILAR) APPLE, CORED
- 1/2 CUP GOLDEN RAISINS
- 1/2 CUP TARRAGON DRESSING
- CHOPPED TARRAGON, FOR GARNISH

1. To make dressing: Put the shallot and tarragon into the small work bowl fitted with the small chopping blade. Pulse to roughly chop, about 2 to 3 times.
2. Add the vinegar, lemon juice, mustard, salt and pepper to work bowl. Process on Low to fully blend, about 20 seconds.
3. While food processor is running on Low, slowly pour the olive oil through the drizzle hole in the pusher. Continue to process on Low until emulsified, about 40 seconds. Reserve or store in an airtight container in the refrigerator.
4. To make salad: Put the pistachios into the large bowl fitted with the large chopping blade. Pulse, to roughly chop, about 5 to 6 times. Reserve in bowl.
5. Remove the large chopping blade and insert the shredding disc with the medium side facing up. Prep celery root by washing and peeling. Rub peeled celery root with lemon half. Cut celery root into pieces so that they will fit into the feed tube. Rub each piece with more lemon. Shred celery root on High. Transfer to a large mixing bowl. Toss with 1 teaspoon lemon juice.
6. Prep apple by halving, coring and rubbing with lemon half. Remove medium shredding disc and flip so the fine side is facing up; shred apple on High. Add to bowl with celery root. Toss mixture with additional teaspoon of lemon juice.
7. Add raisins and Tarragon Dressing; toss to coat. Sprinkle with chopped pistachios and more fresh tarragon if desired.

*Nutritional information for dressing per serving (2 tablespoons):*

*Calories 186 (97% from fat) • carb. 1g • pro. 0g • fat 21g  
sat. fat 3g • chol. 0mg • sod. 222mg • calc. 6mg • fiber 0g*

*Nutritional information for salad per serving (1 cup):*

*Calories 147 (40% from fat) • carb. 20g • pro. 4g • fat 7g  
sat. fat 1g • chol. 0mg • sod. 45mg • calc. 44mg • fiber 4g*

# POTATO SALAD

The dicing attachment creates the perfect sized pieces for potato salad.



- 2 POUNDS RED POTATOES, SCRUBBED
- ¼ CUP FRESH ITALIAN PARSLEY LEAVES, LOOSELY PACKED
- ½ SMALL RED ONION, CUT INTO 1-INCH PIECES
- 3 CELERY STALKS, CUT INTO 1-INCH PIECES
- 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOONS WHOLE GRAIN DIJON MUSTARD
- 1 TABLESPOON WHITE WINE VINEGAR
- 1½ TO 2 TEASPOONS KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER

Makes about 5 cups

1. Insert the dicing grid and blade. Dice potatoes. Put into a large cooking pot. Add water to 1 inch above the potatoes. Boil until tender. Drain, rinse with cold water and drain again and let cool.
2. While potatoes are cooking, put parsley, onion and celery into the small work bowl fitted with the small chopping blade. Pulse to roughly chop, about 3 to 4 times.
3. When potatoes are cooked and slightly cool, transfer to a large bowl. Add chopped parsley, onion and celery mixture to the bowl with the potatoes. Add the remaining ingredients. Stir gently.
4. Taste and adjust seasoning as desired.

*Nutritional information for salad per serving (½ cup):  
Calories 92 (34% from fat) • carb. 13g • pro. 2g • fat 3g  
sat. fat 0g • chol. 0mg • sod. 364mg • calc. 13mg • fiber 2g*

# LATKES ( POTATOE PANCAKES )

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



- 2 TABLESPOONS FRESH ITALIAN PARSLEY LEAVES
  - 1 POUND RUSSET POTATOES\*, PEELED AND CUT TO FIT FEED TUBE
  - ½ SMALL ONION, TRIMMED
  - 2 TABLESPOONS UNBLEACHED ALL-PURPOSE FLOUR (YOU MAY USE MATZO MEAL)
  - 1 TEASPOON KOSHER SALT
  - ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
  - 1 LARGE EGG, LIGHTLY BEATEN
  - 4 TABLESPOONS EXTRA VIRGIN OLIVE OIL, DIVIDED
- \* ½ POUND RUSSET, ½ POUND SWEET POTATO MAY BE USED

Makes twelve, 3-inch pancakes

1. Insert the small bowl with the small chopping blade. Put parsley in the bowl and process on High to chop evenly. Reserve.
2. Insert the shredding disc with the fine side facing up. Shred the potato and the onion. Transfer to a clean towel and gently wring to squeeze out all of the excess liquid. Transfer to a large bowl. Add reserved parsley, flour, salt and pepper; toss to mix thoroughly. Add egg and stir.
3. Divide the potato mixture evenly to make 12 pancakes. Form into balls and then flatten into pancakes.
4. Put 2 tablespoons of the oil into a large skillet and heat over medium high heat. Once hot, add 6 of the pancakes and cook until golden brown, about 3 to 4 minutes. Flip and cook on the other sides until also golden brown and cooked thoroughly, about 5 to 6 minutes, lowering the heat if necessary to cook through and not burn.
5. Transfer to a plate lined with a paper towel to absorb excess grease. Add the remaining 2 tablespoons of oil to the pan and heat to cook second batch of pancakes.
6. Serve immediately with applesauce or sour cream if desired.

*Nutritional information per serving (1 latke):*

*Calories 83 (53% from fat) • carb. 8g • pro. 2g • fat 5g sat. fat 1g • chol. 18mg • sod. 8mg • calc. 9mg • fiber 1g*

# FALAFEL

Serve with pita bread, hummus, chopped tomatoes, cucumbers and onions.



- 1 CUP DRIED GARBANZO BEANS,  
SOAKED IN COLD WATER OVERNIGHT
- 1 GARLIC CLOVE, PEELED
- 1/2 SMALL ONION, CUT INTO  
1-INCH PIECES
- 1 TEASPOON KOSHER SALT
- 1/4 TEASPOON FRESHLY GROUND  
BLACK PEPPER
- 1 TEASPOON GROUND CUMIN
- 3/4 TEASPOON GROUND CORIANDER
- 1/4 CUP FRESH ITALIAN PARSLEY  
LEAVES, LOOSELY PACKED
- 1/4 TEASPOON BAKING SODA
- 1 TABLESPOON WATER
- 1/4 CUP VEGETABLE OIL

Makes 8 falafel

1. Drain the soaked garbanzo beans. Put the drained beans into the large work bowl fitted with the large chopping blade. Pulse to break up and then process on High until smooth, about 30 seconds. Add the garlic, onion, salt, pepper, cumin and coriander to the beans and process until the vegetables are finely chopped. Pulse in the parsley.
2. Dissolve the baking soda in the water and reserve. With the machine running on High, add the baking soda and water and continue to process until the falafel batter is smooth.
3. Form patties using a 1/4-cup measuring cup.
4. Fry until deeply and evenly golden. Serve immediately.

*Nutritional information per falafel:*

*Calories 96 (15% from fat) • carb. 16g • pro. 5g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 314mg • calc. 34mg • fiber 5g*

# CHICKEN BURGERS WITH MANGO-AVOCADO SALSA

Remaining salsa can be served with tortilla chips—you're not going to want one bite to go to waste.



## CHICKEN BURGERS:

- 2 POUNDS BONELESS SKINLESS CHICKEN THIGHS, CUT INTO 1-INCH PIECES
- 1 ½ TEASPOONS KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- 3 GREEN ONIONS, TRIMMED AND CUT INTO 1-INCH PIECES
- ½-1 JALAPENO, SEEDED AND CUT INTO 1-INCH PIECES

## SALSA:

- ¼ CUP FRESH CILANTRO LEAVES, LOOSELY PACKED
- 2 AVOCADOS, HALVED, PITTED AND SCOOPED OUT
- 1 MANGO, PEELED, HALVED AND PITTED
- 1 TEASPOON KOSHER SALT
- 1-2 TEASPOONS FRESH LIME JUICE
- 1 TABLESPOON VEGETABLE OIL

Makes 6 burgers; 3 cups of salsa

1. Put cut chicken thigh pieces into the freezer for 30 minutes to slightly harden.
2. While thighs in are in freezer, prepare salsa: Insert the large chopping blade into the large work bowl. With the food processor running on high, drop the jalapeño pieces through the small feed tube to finely chop. Add the cilantro and pulse to roughly chop, about 6 times. Remove the large blade and insert the dicing grid and blade. Dice the avocados, followed by the mango. Remove the dicing grid and add the salt and lime juice to the mixture. Gently fold and transfer to a medium bowl. Taste and adjust seasoning as desired. Cover with plastic wrap and store in the refrigerator until ready to use.
3. Wipe down the large work bowl. Re-insert the large blade and put green onions into the bowl. Pulse to roughly chop, about 6 times. Once 30 minutes have elapsed and the chicken pieces are slightly firm but not hard, add the chicken thighs to the bowl. Add the salt and pepper. Pulse until medium fine, about 16 times. Form into 6 even patties.
4. To cook chicken patties, preheat oven to 350°F. Heat oil in a large nonstick pan. Once oil is hot, add 3 of the chicken patties, being careful not to crowd the pan. Brown each side until a nice, golden brown crust forms, then transfer to a baking sheet. Repeat with remaining patties and finish cooking in the oven until the internal temperature reaches 165°F. Remove from oven and let stand for 5 minutes.
5. Serve, topped with mango-avocado salsa and a lime wedge. May also be served on a soft bun like brioche or potato.

*Nutritional information per serving (1 burger with ½ cup salsa):*  
Calories 316 (45% from fat) • carb. 12g • pro. 32g • fat 16g  
sat. fat 3g • chol. 125mg • sod. 1026mg • calc. 36mg • fiber



# MEATBALLS

This recipe allows you to chop and mix all of the ingredients directly in the Cuisinart® food processor.



- 1½ POUNDS BEEF CHUCK, CUT INTO 1-INCH PIECES
- ½ POUND PORK SHOULDER, TRIMMED OF ANY EXCESS FAT, CUT INTO 1-INCH PIECES
- 2 GARLIC CLOVES, PEELED
- ½ CUP FRESH ITALIAN PARSLEY LEAVES, LOOSELY PACKED
- ½ ONION, CUT INTO 1-INCH PIECES
- ½ CUP ITALIAN SEASONED BREADCRUMBS
- 1½ TEASPOONS KOSHER SALT
- 2 LARGE EGGS, LIGHTLY BEATEN

Makes 18 meatballs

1. Put beef and pork pieces into the freezer for 30 minutes to slightly harden. Preheat oven to 425° F. Line two baking sheets with aluminum foil. Reserve.
2. While meat is in freezer, insert the large chopping blade into the large work bowl. With the food processor running on High, drop the garlic through the small feed tube to finely chop. Add the parsley and onion to the bowl and pulse to roughly chop, about 5 to 6 times. Once the 30 minutes have elapsed and the meat is firm but not hard, add the meat to the work bowl. Add the breadcrumbs, salt and eggs. Pulse to chop meat and combine ingredients until meat is medium fine, about 35 times.
3. Using a ¼ cup measuring cup, form meat mixture into balls. Bake until golden brown on all sides, about 25 to 30 minutes.
4. Serve, plain or with tomato sauce.

*Nutritional information per meatball:*

*Calories 119 (46% from fat) • carb. 3g • pro. 13g • fat 6g  
sat. fat 2g • chol. 60mg • sod. 324mg • calc. 17mg • fiber 0g*

# PINEAPPLE FRIED RICE

Try making this recipe with cauliflower—yes, cauliflower!—instead of rice. See our tip below on how to prepare.



- 1 GARLIC CLOVE, PEELED
- 1 1-INCH PIECE FRESH GINGER, PEELED AND HALVED
- 1 SMALL ONION, TRIMMED AND HALVED
- 2 MEDIUM CARROTS, PEELED AND CUT TO FIT FEED TUBE
- ½ PINEAPPLE, CORED
- ¼ CUP GRAPESEED OIL, DIVIDED
- 4 CUPS COOKED AND COOLED JASMINE RICE OR 4 CUPS PULSED CAULIFLOWER\* (FROM ABOUT 1 POUND CAULIFLOWER)
- 1 CUP CASHEWS (TOASTED)
- 1 TEASPOON KOSHER SALT, PLUS MORE TO TASTE
- ¼ TEASPOON GROUND TURMERIC
- 2 LARGE EGGS, LIGHTLY BEATEN
- 2 TABLESPOONS SOY SAUCE, REDUCED SODIUM
- 1 TEASPOON FISH SAUCE
- 2 GREEN ONIONS, TRIMMED AND THINLY SLICED (WHITE AND GREEN PARTS)
- 1 TABLESPOON SAKE (OR OTHER WHITE WINE)

Makes 5 ½ cups

1. Insert the large chopping blade into the large workbowl. With the food processor running on High, drop the garlic and ginger through the small feed tube to finely chop. Remove the chopping blade and insert the dicing grid and blade. Dice the onion and carrots. Remove and reserve. Dice the pineapple. Remove and reserve separately.
2. Put 2 tablespoons of the oil into a large nonstick skillet set over medium heat. Once hot, add the garlic, ginger, onion and carrots. Sauté until vegetables are softened, about 5 minutes. Add the remaining oil and allow to heat for about 1 minute.
3. Add the rice (or cauliflower “rice” if using) and cashews. Cook, allowing it to sit for 1 to 2 minutes between stirs, until crisped and slightly browned, 6 to 8 minutes. Add the pineapple, salt and turmeric; stir, scraping up brown bits from bottom of pan.
4. Push mixture to one side of the pan. Add eggs and let cover half of the pan, and cook, breaking up with a spatula while cooking. Once eggs have cooked, mix with rice.
5. Reduce heat to low. Stir in soy sauce, fish sauce and green onions. Taste, adding additional salt if desired. Add the sake to deglaze the pan, scraping up brown bits from bottom of the pan. Serve immediately.

\*

**TIP:** The rice can be substituted with cauliflower. Simply cut into florets and put into the large work bowl fitted with the large chopping blade. Pulse to break up, then run on High to finely and evenly chop. Cauliflower will cook when added to the pan in place of the rice.

*Nutritional information per serving (based on 1 cup with rice):*  
Calories 618 (61% from fat) • carb. 101g • pro. 12g • fat 19g  
sat. fat 3g • chol. 53mg • sod. 490mg • calc. 35mg • fiber 2g

*Nutritional information per serving (based on 1 cup with cauliflower “rice”):* Calories 787 (68% from fat) • carb. 128g • pro. 16g • fat 25g sat. fat 4g • chol. 68mg • sod. 623mg • calc. 45mg • fiber 3g

# RATATOUILLE

Make this summer stew when vegetables are abundant in the garden.



- 2 ZUCCHINI, ABOUT 1 POUND
- 1 EGGPLANT, ABOUT 1 POUND
- 1 ONION, TRIMMED AND HALVED
- 2 TABLESPOONS OLIVE OIL
- 1 GARLIC CLOVE, SMASHED AND PEELED
- 2 TABLESPOONS TOMATO PASTE
- 1½ POUNDS PLUM TOMATOES
- 1¼ TEASPOONS KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ TEASPOON DRIED OREGANO
- 1 SPRIG FRESH THYME
- 10 FRESH BASIL LEAVES, THINLY SLICED

Makes about 6 cups

1. Insert the dicing grid and blade. Dice zucchini, eggplant and onion. Use cleaning tool to clean grid. Reserve in bowl.
2. Put the olive oil and garlic clove in a large saucepan set over medium-high heat. Once the oil is hot, add the reserved diced vegetables. Stir to coat and allow to cook until slightly browned and tender about 5 to 6 minutes.
3. While the zucchini, eggplant and onion are cooking, dice plum tomatoes. Reserve in bowl.
4. Add tomato paste to the pan with the cooking vegetables; stir and cook 1 to 2 minutes.
5. Add plum tomatoes, salt, pepper, oregano and thyme sprig; stir. Cover and reduce heat to medium and cook until tender, about 10 minutes. Remove lid and cook until liquid is reduced and slightly thickened, about 5 minutes. Remove from heat and stir in fresh basil. Taste and adjust seasoning as desired. Serve hot.

*Nutritional information per serving (1 cup)*

*Calories 176 (41% from fat) • carb. 14g • pro. 3g • fat 5g  
sat. fat 1g • chol. 0mg • sod. 473mg • calc. 36mg • fiber 6g*

# BRUSSELS SPROUTS WITH LARDONS

Slicing the Brussels sprouts (and any other ingredient) in the food processor ensures they will all cook evenly.



- 1** POUND BRUSSELS SPROUTS,  
CLEANED AND ROOT END TRIMMED
- ½** POUND SLAB BACON, CUT INTO  
LARDONS (¼-INCH CUBES)
- 2** TABLESPOONS APPLE CIDER  
VINEGAR
- KOSHER SALT AND BLACK PEPPER  
FOR SEASONING, IF DESIRED

Makes 3 cups

1. Adjust the slicing disc to setting 5. Insert slicing disc. Slice Brussels sprouts. Reserve in work bowl.
2. Put bacon lardons into a large nonstick skillet set over medium heat. Cook until crispy, stirring often to prevent sticking, about 6 minutes.
3. Use a slotted spoon to remove bacon and transfer to a plate. Leaving the bacon fat in the pan, increase the heat to medium-high. When hot, add reserved Brussels sprouts and cook until brown on one side, 3 to 4 minutes. Stir and cook until tender, an additional 1 to 2 minutes. Add in lardons and vinegar; stir. Remove from heat.
4. Taste and season with salt and pepper if desired.

*Nutritional information per serving (½ cup):*

*Calories 222 (65% from fat) • carb. 7g • pro. 13g • fat 16g  
sat. fat 5g • chol. 41mg • sod. 802mg • calc. 32mg • fiber 3g*

# CAULIFLOWER-CRUST PIZZA

Try this cauliflower crust as a gluten-free alternative.



## CRUST\*:

- 1 HEAD (ABOUT 1 POUND)  
CAULIFLOWER, FLORETS ONLY
- 2 LARGE EGGS
- $\frac{3}{4}$  CUP GRATED PARMESAN CHEESE
- $\frac{1}{2}$  TEASPOON KOSHER SALT
- $\frac{1}{4}$  TEASPOON FRESHLY GROUND  
BLACK PEPPER
- $\frac{1}{4}$  TEASPOON ONION POWDER
- $\frac{1}{4}$  TEASPOON GARLIC POWDER

## TOPPING:

- $\frac{1}{2}$  BELL PEPPER, SEEDED AND CUT  
TO FIT FEED TUBE
- $\frac{1}{2}$  ONION, TRIMMED
- 3 WHITE MUSHROOMS
- $\frac{1}{2}$  POUND MOZZARELLA,  
REFRIGERATED
- $\frac{3}{4}$  CUP PIZZA SAUCE, SEE RECIPE  
PAGE 23
- 2 TABLESPOONS EXTRA VIRGIN  
OLIVE OIL

Makes 8 servings

1. Preheat oven to 450°F. Line a baking sheet with parchment paper. Set aside.
2. Put cauliflower florets into the large work bowl fitted with the large chopping blade. Pulse to break up, 5 to 6 times, and then process on High to finely chop, about 30 seconds. Add remaining crust ingredients to work bowl and process on High again to combine, about 30 seconds. Transfer ingredients to the prepared baking sheet. Form into a rectangle about  $\frac{1}{2}$  inch thick. Bake until golden brown and slightly firm, about 40 minutes. Cool slightly.
3. While cauliflower is cooling, adjust slicing disc to setting 5. Insert slicing disc. Slice pepper, onion and mushrooms. Transfer to a large bowl. Reserve.
4. Insert shredding disc with the medium setting facing up. Shred the mozzarella. Reserve in bowl.
5. Put the pizza sauce in the center of the cooled cauliflower crust and spread evenly, leaving a 1-inch border. Spread vegetables evenly over sauce. Spread cheese evenly over vegetables. Brush edges of crust with olive oil.
6. Bake until toppings are soft and cheese is melted and bubbly, about 15 to 20 minutes.

Our Pizza Dough recipe on page 58 can also be used.

\*Unlike the cauliflower crust, it does not need to be prebaked first. To make: On a lightly dusted surface, roll out pizza dough into a 12-inch circle. Transfer pizza dough to a pizza screen sprayed with nonstick cooking spray or a baking sheet dusted very well with cornmeal. Top with sauce and toppings, brush edges of crust with olive oil and bake until crust is golden brown, toppings are soft and cheese is melted and bubbly.

*Nutritional information per serving:*

Calories 210 (60% from fat) • carb. 8g • pro. 15g • fat 15g  
sat. fat 7g • chol. 80mg • sod. 715mg • calc. 366mg • fiber 2g

# SAUSAGE ROLLS

The taste of homemade sausage surpasses the taste of prepackaged and is very easy to make in the Cuisinart® food processor. Cook it “loose” on the stovetop to add to any pasta or sauce dish, or make New York City-style sausage rolls using pizza dough and sauce like we do here.



- 1 POUND PORK SHOULDER, TRIMMED OF ANY EXCESS FAT AND CUT INTO 1-INCH PIECES
- 1 TEASPOON FENNEL SEEDS
- 1 GARLIC CLOVE, PEELED
- 1½ TEASPOONS KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- ¼ TEASPOON GRANULATED SUGAR
- 1 RECIPE PIZZA DOUGH, PAGE 58
- 2 CUPS SHREDDED MOZZARELLA CHEESE
- 1 CUP PREPARED PIZZA SAUCE (OR USE RECIPE ON PAGE 23)

Makes four, 7-inch rolls

1. Put pork pieces into the freezer for 30 minutes to slightly harden. While pork is in the freezer, toast fennel seeds in a pan over medium heat. Reserve.
2. Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the garlic through the small feed tube to finely chop. When the pork shoulder cubes are sufficiently cold, put them into the large bowl with the chopped garlic. Add the toasted fennel seeds, salt, pepper and sugar. Pulse to coarsely chop, about 15 to 20 times.
3. In a large skillet set over medium-high heat, cook chopped pork until completely browned. With a slotted spoon, transfer to a plate lined with a paper towel to drain and cool. Preheat oven to 425°F.
4. While sausage is cooling and oven is heating, lightly dust a flat surface with flour. Roll the prepared pizza dough into an 18-inch circle. Divide into four equal pieces.
5. Take one piece of dough and place it in front of you with the point facing away from you. Put ½ cup of the shredded mozzarella into the center of each piece of dough and arrange into a horizontal straight line. Distribute the meat evenly on top of each cheese pile. Top each with ¼ cup of pizza sauce.
6. Close roll by folding the long bottom part of the dough loosely over the mixture, then fold the tip over the folded dough and tuck under roll. The sides of the sausage roll will be exposed. Repeat with each of the pieces of dough.
7. Put the rolls on a baking sheet lined with foil and bake in the lower part of the oven until dough is golden brown, about 20 to 25 minutes.

*Nutritional information per serving (½ sausage roll):*

*Calories 472 (35% from fat) • carb. 49g • pro. 29g • fat 18g  
sat. fat 7g • chol. 70mg • sod. 1275mg • calc. 228mg • fiber 2g*

# CLASSIC WHITE BREAD

Fresh homemade bread is very simple to make with your Cuisinart® Food Processor.



- 2¼ TEASPOONS (1 PACKET)  
ACTIVE DRY YEAST
- 2 TEASPOONS GRANULATED SUGAR
- ⅓ CUP WARM WATER  
(105° TO 110°F)
- 4 CUPS UNBLEACHED,  
ALL-PURPOSE FLOUR
- 3 TABLESPOONS UNSALTED BUTTER,  
CUT INTO 1-INCH PIECES
- 1½ TEASPOONS KOSHER SALT
- 1 CUP COLD WATER
- NONSTICK COOKING SPRAY

Makes two, 1-pound loaves

1. In a 2-cup liquid measuring cup, dissolve yeast and sugar in warm water. Let stand until foamy, about 5 minutes.
2. Put the flour, butter and salt into the large work bowl fitted with the dough blade. Process on Low to sift, about 10 to 15 seconds.
3. Add cold water to yeast mixture. With the food processor running on Low, add the liquid through the small feed tube only as fast as flour absorbs it. Once dough cleans the sides of the work bowl and forms a ball, continue processing to knead for 45 seconds.
4. Transfer dough to a large bowl lightly dusted with flour. Cover with plastic wrap and allow to rise in a warm place until doubled, about 1 to 1½ hours.
5. After the dough has doubled in size, lightly coat two, 9-inch loaf pans with nonstick cooking spray. Reserve. Punch down dough and divide into two equal pieces. Form into 2 loaves and transfer to the prepared loaf pans. Cover with plastic wrap coated with the nonstick cooking spray. Allow to rise until dough is just above the tops of the pans, about 45 minutes to 1 hour.
6. Preheat oven to 400°F. Bake until tops are browned and loaf sounds hollow when tapped, about 30 to 35 minutes. Remove from pans and cool on wire rack. Cool completely before slicing.

*Nutritional information per serving (based on 16 servings):  
Calories 137 (17% from fat) • carb. 25g • pro. 3g • fat 3g  
sat. fat 1g • chol. 6mg • sod. 221mg • calc. 80mg • fiber 1g*

# BUTTERY DINNER ROLLS

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



- 1/3 CUP WHOLE MILK
- 6 TABLESPOONS UNSALTED BUTTER, PLUS MORE FOR PAN
- 3 TABLESPOONS GRANULATED SUGAR
- 1 3/4 TEASPOONS ACTIVE DRY YEAST
- 3 TABLESPOONS WARM WATER (105° TO 110°F)
- 3 CUPS BREAD FLOUR
- 3/4 TEASPOON KOSHER SALT
- 1 LARGE EGG, LIGHTLY BEATEN
- EGG WASH (1 LARGE EGG WHISKED WITH 1 TABLESPOON WATER)

Makes 12 rolls

1. In a small saucepan, combine the milk, butter and sugar. Warm over low heat until the butter is melted. Remove from heat and reserve.
2. In a 2-cup measuring cup, dissolve the yeast in the warm water. Let stand until foamy, about 5 minutes.
3. Put the flour and salt into the large work bowl fitted with the dough blade. Process on Low to sift, 10 seconds. Add the milk mixture and egg to the yeast mixture. Gently stir to combine.
4. With the machine running on Low, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing to knead the dough, 45 seconds. Shape the dough into a smooth ball and transfer to a large mixing bowl; cover with plastic wrap. Allow to rise in a warm place until doubled in size, about 45 to 60 minutes.
5. Preheat oven to 450°F. Lightly butter a 9-inch round baking pan. Divide the dough into 12 equal pieces, about 2 ounces each. Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and allow to rise until the rolls have doubled in size, about 30 to 40 minutes.
6. Just before baking, gently brush the rolls with the egg wash. Bake until golden brown or an internal temperature of 200°F is reached, about 12 to 15 minutes.
7. Remove rolls from pan and cool on a rack for about 10 minutes before serving. For a softer roll, brush each with melted butter just after removing from the oven.

*Nutritional information per roll:*

Calories 144 (28% from fat) • carb. 7g • pro. 4g • fat 2g  
sat. fat 1g • chol. 22mg • sod. 157mg • calc. 17mg • fiber 1g



# PIZZA DOUGH

For more pizza recipes, go to [Cuisinart.com](http://Cuisinart.com).



2¼	TEASPOONS (1 PACKET) ACTIVE DRY YEAST
½	CUP WARM WATER (105°F TO 110°F)
1	TEASPOON GRANULATED SUGAR
4	CUPS UNBLEACHED, ALL-PURPOSE FLOUR, PLUS MORE FOR DUSTING
1½	TEASPOONS KOSHER SALT
1	TABLESPOON EXTRA VIRGIN OLIVE OIL
1	CUP COLD WATER

Makes three, 12-inch pizzas

1. Put the yeast, warm water and sugar into a 2-cup measuring cup. Let stand until foamy, about 5 minutes.
2. Put the flour, salt and olive oil into the large work bowl fitted with the dough blade. Pulse about 5 times to mix.
3. Add the cold water to the yeast mixture. With the food processor running on Low, slowly pour the liquid yeast mixture through the feed tube. Process until a dough ball forms. Continue processing to knead, about 1 minute. Dough will be slightly sticky.
4. Transfer dough to a large bowl that is lightly dusted with flour. Cover with plastic wrap and let rise in a warm place until doubled, about 45 minutes to 1 hour.
5. Punch down dough and divide into three portions. Use immediately, or store remaining portions in sealed, airtight plastic bags in the refrigerator for up to 2 days or in the freezer up to 3 months.
6. Bake using the pizza sauce recipe on page 23 or use to make focaccia. To make focaccia: Brush a baking sheet with 3 tablespoons of extra virgin olive oil. Stretch the dough onto the pan and cover to let rise again, an additional 45 minutes to 1 hour. Drizzle with an additional 1 to 2 tablespoons of extra virgin olive oil and sprinkle with kosher salt and fresh herbs if desired. Bake in an oven set to 425°F until golden brown and crispy, about 40 minutes.

**TIP:** Pizza dough can also be used to make pita bread: Roll 2-ounce pieces into disks, about ¼ inch thick and bake in a 450° F oven until puffed, about 3 minutes.

*Nutritional information per serving (based on 8 servings):  
Calories 73 (7% from fat) • carb. 15g • pro. 2g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 134mg • calc. 0mg • fiber 0g*

# FLAKY PASTRY DOUGH (PÂTE BRISÉE)

This versatile dough can be used for sweet or savory treats.



- 2 CUPS UNBLEACHED,  
ALL-PURPOSE FLOUR
- 1 TEASPOON KOSHER SALT
- 16 TABLESPOONS (2 STICKS)  
UNSALTED BUTTER, COLD AND  
CUT INTO 1/2-INCH CUBES
- 1/4 CUP ICE WATER

Makes two, single-crust 9-inch tarts or one, double-crust pie

1. Put the flour and salt into the large work bowl fitted with the large chopping blade. Process on High to sift, 10 seconds.
2. Evenly disperse the butter on top of the flour mixture. Pulse until the mixture resembles coarse crumbs, about 14 pulses. Pour in water, 1 tablespoon at a time, and pulse until the mixture just forms a dough—you may not need all of the water.
3. Divide the dough equally into 2 pieces and form each into a flat disk. Wrap each with plastic wrap and refrigerate for at least 30 minutes or until ready to use, up to 1 week. This dough also freezes well, up to 3 months.

**TIP:** For a sweet pastry dough, add 1½ tablespoons of granulated sugar to the dry ingredients in the work bowl.

*Nutritional information per serving (based on 16 servings):*  
Calories 150 (66% from fat) • carb. 11g • pro. 2g • fat 11g  
sat. fat 8g • chol. 30mg • sod. 133mg • calc. 0mg • fiber 0g

# TROPICAL FRUIT SALAD

Eat this fruit salad on its own or over waffles or ice cream. It's also a great base for adult beverages mixed with club soda and rum.



- 3 KIWIS, PEELED
- 2 BANANAS, HALVED
- 1 SMALL PAPAYA, PEELED AND SEEDED
- 1 PINEAPPLE, PEELED, QUARTERED AND CORED
- TOASTED COCONUT FLAKES, OPTIONAL

Makes 5 cups

1. Insert the dicing grid and blade. On Low, dice the kiwi. Then, on High, dice the banana, papaya and pineapple. Stir together and serve, sprinkled with the toasted coconut flakes, if desired.

*Nutritional information per serving (½ cup):*

*Calories 78 (4% from fat) • carb. 20g • pro. 1g • fat 0g  
sat. fat 0g • chol. 0mg • sod. 3mg • calc. 19mg • fiber 2g*

# APPLE TART

This stet classic French dessert is a sure way to impress guests.



- ½ RECIPE FLAKY PASTRY DOUGH  
(PAGE 59)
- 5 APPLES (ABOUT 2 POUNDS) OF  
YOUR CHOICE, PEELED, HALVED  
AND CORED, DIVIDED
- 2 TABLESPOONS UNSALTED BUTTER,  
PLUS 1 TABLESPOON MELTED
- ¼ CUP GRANULATED SUGAR
- 1 TABLESPOON FRESH LEMON JUICE
- 1 TEASPOON PURE VANILLA EXTRACT
- UNBLEACHED, ALL-PURPOSE  
FLOUR, FOR ROLLING
- ¼ CUP APRICOT JAM, WARMED

Makes one, 9-inch tart

1. Insert dicing grid and blade. Dice 3 apples. Put apples into a medium saucepan with the butter, sugar and lemon juice. Gently simmer over low heat until very tender and liquid, about 30 to 40 minutes. When apples are done cooking, remove from heat, stir in vanilla extract and cool.
2. While apples are cooking, blind bake the pastry dough: Preheat oven to 350° F. On a lightly dusted surface, roll out the pastry dough into a circle about ⅛ inch thick. Transfer to a 9-inch tart pan (with removable bottom) and gently press dough into the sides and bottom of pan. Use the rolling pin to roll over the tart pan and trim the edges of the dough. Gently prick the bottom of the pan with a fork, being sure not to go all the way through. Coat a piece of aluminum foil with nonstick cooking spray. Place, sprayed side down, onto the top of the dough in the tart pan. Fill with pie weights (dried beans or rice can be used). Bake until bottom of crust is no longer wet, about 20 minutes. Gently remove foil with pie weights and continue baking until golden brown, an additional 10 to 12 minutes. Remove pan from oven and cool slightly.
3. While apple mixture and tart shell are cooling, adjust the slicing disc to setting 3. Insert the slicing disc and slice remaining 2 apples. Toss with 1 teaspoon cinnamon. Reserve in bowl.
4. Pour cooked and cooled apple mixture into the tart pan and spread evenly. Arrange apple slices over the apple mixture in concentric circles. Brush with 1 tablespoon melted butter. Bake until apple slices are soft and lightly golden, about 25 to 30 minutes.
5. Remove from oven and brush with the warm apricot jam. Let cool slightly in pan and then carefully remove from pan. Serve warm.

*Nutritional information per serving (based on 8 servings):*  
Calories 287 (47% from fat) • carb. 37g • pro. 2g • fat 15g  
sat. fat 11g • chol. 41mg • sod. 138mg • calc. 11mg • fiber 3g

# DOUBLE CHOCOLATE ZUCCHINI BREAD

The zucchini keeps this quick bread very moist, without much added fat.



- NONSTICK COOKING SPRAY
- 1¾ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ CUP COCOA POWDER
- 2 TEASPOONS INSTANT ESPRESSO POWDER
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON BAKING POWDER
- ¼ TEASPOON BAKING SODA
- PINCH NUTMEG
- 1 LARGE ZUCCHINI (ABOUT 12 OUNCES), TRIMMED AND CUT TO FIT FEED TUBE
- 1 CUP PACKED LIGHT BROWN SUGAR
- 2 LARGE EGGS
- ½ CUP VEGETABLE OIL
- ½ CUP CHOCOLATE CHIPS (SEMISWEET OR MILK CHOCOLATE)

Makes one, 9-inch loaf

1. Preheat oven to 325° F. Lightly coat a 9-inch loaf pan with cooking spray. Reserve.
2. Combine the flour, cocoa powder, espresso powder, cinnamon, salt, baking powder, baking soda and nutmeg in a medium bowl. Reserve.
3. Insert the shredding disc with the medium side facing up. Shred zucchini. Add to the bowl with the reserved dry ingredients.
4. Put the sugar, eggs and oil into the large work bowl fitted with the large chopping blade. Process on High for 30 seconds. Add dry ingredients and pulse, to just combine, about 8 to 10 times. Remove blade. Fold in chocolate chips. Pour batter into prepared loaf pan.
5. Bake until a cake tester inserted into the center comes out clean, about 1 hour.
6. Let cool in pan and serve warm if desired.

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

*Calories 272( 42% from fat) • carb. 38g • pro. 4g • fat 14g  
sat. fat 4g • chol. 36mg • sod. 240mg • calc. 8mg • fiber 2g*

# PECAN SHORTBREAD LINZER COOKIES

These cookies can be cut into any shape, making them perfect for any holiday.



- 1/2 CUP TOASTED PECAN HALVES
- 1/4 CUP GRANULATED SUGAR
- 3 CUPS UNBLEACHED, ALL-PURPOSE FLOUR, PLUS MORE FOR ROLLING
- 1 CUP CONFECTIONERS' SUGAR, PLUS EXTRA FOR DUSTING
- 1/2 TEASPOON KOSHER SALT
- 20 TABLESPOONS (2 1/2 STICKS) UNSALTED BUTTER, ROOM TEMPERATURE, CUT INTO 1-INCH PIECES
- 1 TEASPOON PURE VANILLA EXTRACT
- 3/4 CUP RASPBERRY JAM, WARM

Makes 45 cookie sandwiches

1. Put the pecans and sugar into the large work bowl fitted with the large chopping blade. Pulse until the mixture resembles a coarse meal, remove and reserve. Put the flour, confectioners' sugar and salt into the work bowl. Pulse to mix dry ingredients together, about 2 to 3 times. Add the pecan/sugar mixture to dry ingredients.
2. Distribute the butter evenly over dry ingredients in work bowl. Pulse to cut in the butter, 10 to 12 pulses. Add the vanilla extract. Continue to pulse until the mixture forms a dense dough. Remove dough and divide into two equal disks, wrap in plastic wrap and place in refrigerator for at least one hour.
3. Preheat oven to 350°F. Line two baking sheets with parchment paper. Set aside.
4. Remove 1 dough disk from refrigerator. On a floured surface, roll the dough into an even 1/8-inch thickness. Using a 2-inch fluted round cookie cutter, cut rounds and place on parchment-lined baking sheet. Bake for 16 to 20 minutes, turning baking sheet halfway through bake time, until the edges are golden. Remove from oven and transfer cookies to a cooling rack.
5. Repeat rolling and baking with remaining dough, this time using a 3/4-inch round cutter to cut out centers of the 2-inch fluted rounds.
6. Once cookies are cooled, spread 1/2 tablespoon of the warm jam over the entire surface of the uncut rounds. Top with the cutout rounds and press gently together to adhere. Dust the tops of the cookies with confectioners' sugar.

*Nutritional information per cookie sandwich:*

*Calories 66 (11% from fat) • carb. 14g • pro. 1g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 25mg • calc. 2mg • fiber 0g*

# STRAWBERRY FROZEN YOGURT

Substitute your favorite frozen fruit if desired; plus, top with fresh fruit diced in your Cuisinart® food processor.



2 CUPS FROZEN STRAWBERRIES  
½ CUP YOGURT, PLAIN OR LOWFAT  
1 TABLESPOON AGAVE NECTAR

Makes 2 cups

1. Put the strawberries into the large work bowl fitted with the large chopping blade. Pulse to break up, about 15 to 20 times. Add yogurt and agave, and process on High until smooth, about 1 minute.

*Nutritional information per serving (½ cup):*

*Calories 54 (7% from fat) • carb. 13g • pro. 2g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 23mg • calc. 48mg • fiber 1g*

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