

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

SMARTPOWER
CountUp®
HAND MIXER



SMARTPOWER COUNTUP® 9-Speed Electronic Hand Mixer

HTM-9LB Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

TABLE OF CONTENTS

Important Safeguards.....	Page 2
Introduction	Page 3
Features and Benefits.....	Page 3
Use and Care	Page 5
SmartPower CountUp®Timer	Page 5
Quick Reference Chart	Page 6
Recipes	Page 6
Warranty.....	Page 19

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. To protect against risk of electrical shock, do not put the hand mixer or cord in water or other liquid. If hand mixer or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.

4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove beaters from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, mechanical or electrical adjustment.
8. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. Do not let cord hang over the edge of the table or countertop or touch hot surfaces.
11. To avoid damage to cord and

possible fire or electrocution hazard, do not let cord contact hot surfaces, including hot gas or electric burner on a stove.

12. Do not use this hand mixer for other than intended use.
13. The chef's whisk should be used without other attachments.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

INTRODUCTION

Following a recipe has never been easier.

The SmartPower CountUp® Hand Mixer is intended to make cooking more convenient and more precise. Built with the same powerful motor as our other hand mixers, the CountUp® includes a timer which keeps track of your mixing time, so you're not straining to read the oven clock or your wristwatch covered in flour.

Whether you're making a quick cake mix for an after-school party or treating friends to decadent chocolate mousse brownies, the Cuisinart® SmartPower CountUp® Hand Mixer will serve you well. Its superior mixing performance and state-of-the-art features spoil you for any other mixer. Super-sized beaters power through heavy cookie dough and vegetable purees. They also produce smooth, fine-textured egg whites for light desserts. The SmartPower CountUp® Hand Mixer is built with the same commitment to the home cook as all other fine Cuisinart® kitchen products.

FEATURES AND BENEFITS

- 1. SmartPower CountUp® Timer**
Keeps track of the time so you don't have to. When you turn on the hand mixer, CountUp® starts the clock. The time is displayed in the viewing window on the top of the handle. Great for following recipes that list mixing times.
- 2. ON/OFF Switch**
One-step power switch allows you to turn hand mixer on or off in a single operation. Rubber button for better feel, wet or dry.
- 3. 220 Watts of Power**
Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.
- 4. Automatic Feedback**
No need for a power boost. An electronic feedback mechanism automatically feeds in extra power when needed. It assures that the hand mixer will not bog down, even when mixing heavy loads.
- 5. Touchpad Speed Control**
Select from 9 speed settings. Press the touchpad button marked "+", located to the right, to increase speed. Press the button marked "-", located to the left, to decrease speed. Allows you to change speeds quickly while you are mixing. If you want to skip speeds, just hold the button down and speeds will quickly change.
- 6. LCD Speed & Running Time Display**
Digital speed settings are easy to read. Speed setting shows up in the same window as the running time displayed by the SmartPower CountUp® Timer.
- 7. Smooth Start®**
When the mixer is turned on, the beaters start spinning very slowly to prevent ingredients from splattering.
- 8. 3 Low Mix Speeds**
No other hand mixer has lower mix speeds, for greater control when folding or mixing dry ingredients.
- 9. Maximum Comfort**
Balanced to do more work for you. The shape of this hand mixer allows maximum power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.
- 10. Exclusive Rotating Swivel Cord**
Unique swivel cord can be positioned for comfort with right or left-handed use.
- 11. Spatula Included**

12. Beater Release Trigger

Conveniently located trigger for easy ejection of beaters or whisk.

13. Super-Sized Beaters

Extra-long, extra-wide stainless steel beaters for superior, faster aerating, mixing, and whipping. Designed without a center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.

14. Heel Rest

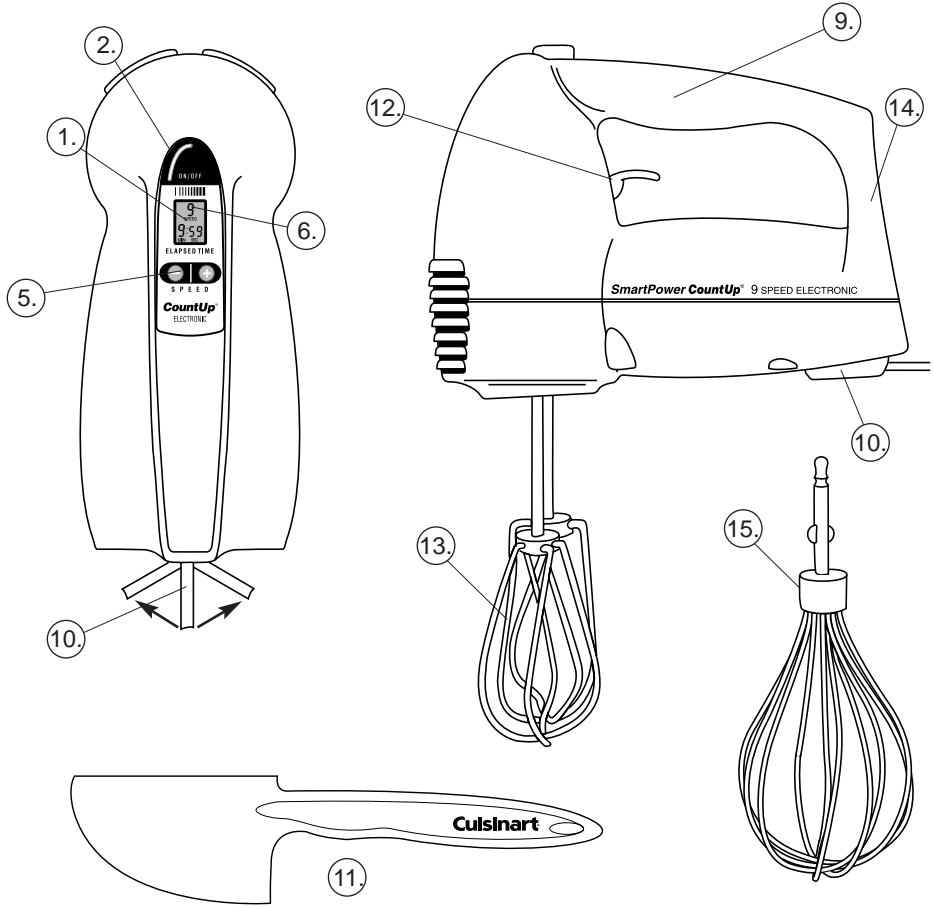
Allows mixer to rest squarely on countertop.

15. Professional Chef's Whisk

Professional stainless steel 3" diameter whisk adds volume to whipped cream and creates stiff, fine-textured egg whites. Provides superior whipping and aerating.

16. Easy to Clean

The SmartPower CountUp® Hand Mixer has a smooth, sealed base. It wipes clean instantly.



USE AND CARE

Always unplug the hand mixer from the electrical outlet when not in use.

Instructions for First Time Use:

Remove the clear rectangular label that covers the speed and time display Window on the handle. Until the small label is removed, you will not be able to see the speed and time display.

Turning Hand Mixer On/Off:

Plug hand mixer into outlet. Press ON/OFF switch to turn hand mixer ON. Hand mixer will immediately begin to mix on Speed 1. To turn hand mixer off, press ON/OFF switch again. ON/OFF switch will pop up.



Operating the CountUp® Timer:

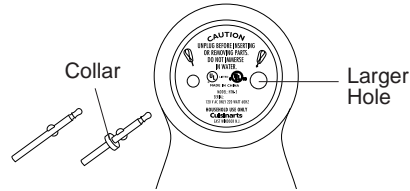
Just press the ON/OFF switch to turn the hand mixer ON. The CountUp® timer starts automatically when you start the hand mixer. And it stops automatically when you press the ON/OFF switch to turn the hand mixer OFF. All you have to do is watch the timer

and read the time. The time will remain in the time display window for 1-2 seconds after you turn off the hand mixer.

Wait for the time display window to go blank before turning the hand mixer on again.

Changing Speeds:

Select from 9 speed settings. Press the button marked "+", located to the right, to increase speed. Press the button marked "-", located to the left, to decrease speed. Allows you to change speeds quickly while you are mixing. If you want to skip speeds, just hold the button down and speeds will change more quickly.



Inserting Super-Sized Beaters:

1. Unplug hand mixer and set the power switch to the OFF position.
2. Insert beater with collar into larger hole. Push beater in until it clicks into place. Insert the beater with no collar into smaller hole. Push beater in until it clicks into place.

Inserting Professional Chef's Whisk:

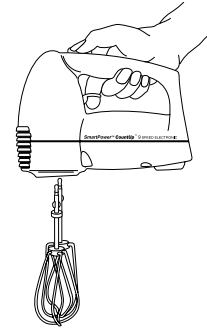
1. Unplug hand mixer and set the power switch to the OFF position. (Up position, not depressed.)

2. Hold professional chef's whisk at stem end, and insert into either hole. Push whisk in until it clicks.

DO NOT PUSH WHISK IN FROM WIRE END, AS YOU MAY DAMAGE WIRES.

Cleaning and Removing Super-Sized Beaters and Professional Chef's Whisk:

1. Before cleaning the SmartPower CountUp® Hand Mixer, set the power switch to OFF and unplug it from the wall outlet. Pull up on the beater release trigger and remove



the beaters or chef's whisk from the hand mixer. Wash the beaters or whisk after each use in hot soapy water or in a dishwasher.

2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN.** Wipe it with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.

QUICK REFERENCE CHART

Mixing Techniques

The SmartPower CountUp® Hand Mixer should always be set on the lowest speed when you start mixing.

NOTE: The professional chef's whisk attachment is used only for light whipping. See speeds 5 and 7-9 below. For all other mixing tasks, use the super-sized beaters. **The chef's whisk should be used without other attachments.**

Speed 1

- Ultra-slow mixing to combine dry ingredients without spatter.
- Fold delicate creams and egg whites into batters.
- Start mixing frostings.
- Stir sauces and gravies.
- Mix muffins/pancakes.

Speed 2

- Add nuts, chips, dried fruit to cookie doughs/batters.
- Add dry ingredients to batters/doughs.
- mash potatoes/squash.
- Cream cold (but not frozen) butter and sugar.

Speed 3

- Cream softened butter and sugar.
- Start mixing cake mixes.
- Add dry ingredients alternately with liquid ingredients.

Speed 4

- Add eggs to batters/doughs.

Speed 5

- Whip potatoes/squash.
- Whip cream (with professional chef's whisk).
- Complete beating butter cream frostings.
- Mix thin batters.

Speed 6

- Complete beating cake mixes.
- Beat whole eggs.

With Professional Chef's Whisk Attachment:

Speed 7

- Add sugar to whipped egg whites.

Speed 8

- Beat egg yolks until thick and light.

Speed 9

- Whip egg whites.

RECIPES

Mixing Tips:

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula. For flour stored in a container, stir before measuring.
- Cream cheese, butter or eggs combine more thoroughly at room temperature.
- Remove butter for recipe first and cut into 1/2-inch pieces, then measure out remaining ingredients for recipe. This will hasten the warming process. Do not warm butter for baking in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese are at a similar room temperature. While the Cuisinart hand mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.
- For best results, use heavy cream, cold from the refrigerator, for whipped cream.

- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl.
- Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break them one at a time into a small bowl, gently remove yolk, then transfer egg whites to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that one for another use. Just a drop of egg yolk in the white will prevent the whites from whipping properly.
- To achieve the best volume with egg whites, the mixing bowl and chef's whisk attachment or beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.

Recipe Notes:

Preparation times are estimates and are based on the time it takes to prepare,

assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional analysis are based on number of servings indicated. If a recipe produces a range of servings, they are based on the highest serving yield for that particular recipe.

SWEETS

Nutmeg Muffins

These tasty muffins are just right for a holiday bread basket.

Preparation: 10 – 15 minutes, plus baking time.
Makes 12 regular or 24 mini muffins

- Cooking spray**
- 2 cups unbleached all-purpose flour**
- 3 tablespoons brown sugar, packed**
- 1 tablespoon baking powder**
- 1/2 teaspoon freshly grated nutmeg**
- 1/4 teaspoon salt**
- 2 large eggs**
- 1 cup evaporated skimmed milk (not reconstituted), or whole milk**
- 1/4 cup unsalted butter, melted and cooled**

Preheat the oven to 375° F. Spray 12 regular or 24 mini muffin cups.

Place the flour, brown sugar, baking powder, nutmeg, and salt in a medium

bowl. Mix on speed 2 for 30 seconds to combine and break up brown sugar; reserve.

Place the eggs into a second bowl. Beat on speed 3 until slightly foamy, 30 seconds. While mixing on speed 3, add the milk and melted butter; mix for 15 seconds. Pour over the dry ingredients, and use speed 1 to fold in until the ingredients are just moistened. Scoop into the prepared muffin cups. Bake in the preheated oven 18 to 20 minutes for regular muffins, 14 to 16 minutes for mini muffins, until lightly browned and springy to touch in the center. Serve warm with Maple Orange Butter. (Muffins may be made ahead and frozen; thaw and warm before serving.)

Nutritional information per serving (1 regular or 2 mini muffins):

Calories 155 (29% from fat) • carb. 22g • pro. 5g • fat 5g • sat. fat • chol. 46mg • sod. 208mg • calc. 141mg • fiber 1g

Maple Orange Butter

Maple Orange Butter also makes a great spread for pancakes, waffles, biscuits or scones.

Preparation: 5 minutes or less.
Makes 3/4 cup

- 1/2 cup unsalted butter, room temperature**
- 2 tablespoons maple syrup (not pancake or sugar syrup)**
- zest of 1 orange, finely chopped**

Use speed 4 to beat butter in a mixing bowl until light and fluffy, about 1 minute. Add maple syrup and orange zest; beat on speed 4 for 1 minute longer until fluffy and completely combined.

Nutritional information per serving (1 tablespoon):
Calories 76 (88% from fat) • carb. 2g • pro. 0g
• fat 8g • sat. fat 5g • chol. 21mg • sod. 1mg
• calc. 6mg • fiber 0g

Variation:

For Lemon Honey Butter, substitute honey for the maple syrup and lemon zest for the orange zest.

Double Chocolate Walnut Brownie Drops

Great bite-sized brownies.

Preparation: 10 – 15 minutes, plus baking time.
Makes 26 (may be doubled)

- 2 ounces unsweetened chocolate, chopped
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 8 tablespoons unsalted butter, cut in 8 pieces
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, firmly packed
- 1 large egg
- 1-1/2 teaspoons vanilla extract
- 2/3 cup mini chocolate morsels
- 2/3 cup chopped walnuts
- Powdered sugar for garnish

Melt the chocolate in a double boiler over hot water or in a microwave according to manufacturer's directions. Let cool. Preheat oven to 350° F. Line baking sheets with parchment or non-stick baking liner sheets.

Place the flour, baking powder and salt in a medium bowl; mix on speed 1 for 20 seconds to combine. Reserve.

Place the butter and sugars in a medium bowl. Mix on speed 2 for 30 seconds, then mix on speed 4 until light and fluffy, 2 minutes. Add the egg and vanilla, mixing on speed 3 until combined, 20 seconds. Add melted, cooled chocolate; mix 20 seconds on speed 1. Add flour mixture; mix on speed 1 until combined, 30 seconds. Add chocolate morsels and walnuts; mix on speed 1 to blend, 10 seconds.

Scoop out dough in 1-1/2 tablespoon amounts onto prepared baking sheets. (For ease, speed and uniformity, you may use an ice cream scoop.) Bake in the preheated 350° F oven for 10 to 12 minutes. Let cool on pans 2 minutes, then transfer to a wire rack to cool completely. Just before serving, dust lightly with powdered sugar if desired.

Nutritional information per serving:
Calories 151 (48% from fat) • carb. 18g • pro. 2g
• fat 8g • sat. fat 4g • chol. 18mg • sod. 59mg •
calc. 15mg • fiber 1g

Oatmeal Monster Cookies

A traditional Cuisinart favorite, these yummy oatmeal cookies are loaded with mix-ins.

Preparation: 10 – 15 minutes, plus baking time.
Makes 60 cookies

- 2 cups all-purpose flour
- 1-1/2 teaspoons baking soda
- 1 teaspoon salt
- 1-1/3 cups unsalted butter, cut in tablespoon sized pieces
- 1-1/3 cups granulated sugar
- 1-1/3 cups light brown sugar, firmly packed
- 2 large eggs
- 3 tablespoons milk
- 2 teaspoons vanilla extract
- 3 cups quick cooking oats
- 2/3 cup coarsely chopped pecans, almonds or walnuts
- 2/3 cup semi-sweet chocolate morsels
- 2/3 cup "white" chocolate morsels
- 2/3 cup almond brickle bits (may substitute coconut)
- 2/3 cup M&M® Chocolate Mini Baking Bits
- 2/3 cup raisins or dried tart cherries

Preheat oven to 350° F. Line baking sheets with parchment paper or non-stick baking liners. Combine flour, baking soda and salt in a small bowl. Mix on speed 1 to combine, 10 seconds.

In a large mixing bowl, cream butter and sugars on speed 3 until light and fluffy, about 1 minute. Add eggs, milk

and vanilla; increase to speed 4 and beat until well blended, about 1 minute.

Add flour mixture to creamed mixture; beat on speed 2 until well mixed. Add oats in two additions; beat on speed 2 after each addition until well blended. Add nuts and beat on speed 2 until just blended. Add chocolate morsels, brickle bits, M&M's®, and raisins; continue to beat on speed 2 until blended, about 30 to 40 seconds.

Drop by rounded tablespoons (1-1/2 tablespoons – may use an ice cream scoop) onto the prepared baking sheets, two inches apart. Bake in preheated 350° F oven until golden, about 10 to 12 minutes. Cool on pan for 2 to 3 minutes, then transfer to a wire rack to cool completely.

Nutritional information per cookie:

Calories 165 (40% from fat) • carb. 23g • pro. 2g • fat 7g • sat. fat 4g • chol. 18mg • sod. 91mg • calc. 25mg • fiber 1g

Lemon Lime Sugar Cookies

These old fashioned, crackly sugar cookies are flavored with lemon and lime for a refreshing change.

Preparation 10 -15 minutes, plus baking time.
Makes 50 cookies (3-1/2 pounds cookie dough)

- 4 cups all-purpose flour**
- 2 teaspoons baking soda**
- 1/2 teaspoon salt**
- 1/2 cup (1 stick) unsalted butter, cut in 8 pieces**

- 1/2 cup vegetable shortening**
- 2-1/2 cups granulated sugar, divided**
- 1/2 cup Lyle's Golden Syrup (may use light corn syrup)**
- 2 large eggs**
- zest of 1 lemon (bitter white pith removed), finely chopped**
- zest of 1 lime (bitter white pith removed), finely chopped**
- 1 teaspoon lemon extract**
- 1 teaspoon lime extract**

Preheat oven to 350° F. Line baking sheets with parchment.

Place the flour, baking soda, and salt in a medium bowl. Use speed 1 to blend and aerate, 20 seconds. Reserve.

Place the butter and 2 cups of the sugar in a large bowl. Use speed 1 to blend, 30 seconds. Cream until light and fluffy using speed 4, 1-1/2 minutes. Add syrup, eggs, and zests. Mix on speed 3 for 30 to 40 seconds until smooth. Add extracts; mix on speed 2 for 30 seconds.

Using 1-1/2 tablespoons of dough, shape into round balls and dip in remaining sugar to coat. (For ease and speed, use an ice cream scoop.) Arrange balls on parchment lined baking sheet, 2-1/2 inches apart. Press each ball gently with the bottom of a flat glass. Bake in preheated 350° F oven for 10 to 12 minutes, until crackled and just beginning to turn golden. Remove from oven; let cool on baking sheet for 2 to 3 minutes, then transfer to a wire rack to cool completely. Store between

sheets of waxed paper in an airtight container.

Nutritional information per cookie:

Calories 116 (31% from fat) • carb. 19g • pro. 1g • fat 15g • sat. fat 2g • chol. 13mg • sod. 72mg • calc. 5mg • fiber 0g

Meringue Kisses

Light as a cloud, these little kisses are just the thing when the sweet tooth bites.

Preparation: 15 – 20 minutes, plus baking and resting times.

Makes 36

- 2 tablespoons butter, melted**
- 4 tablespoons powdered sugar**
- 4 large egg whites**
- 1/8 teaspoon cream of tartar**
- 3/4 cup granulated sugar (superfine is best)**
- 1 teaspoon vanilla or almond extract**
- 2 ounces chopped semi-sweet or bittersweet chocolate (1/8-inch chop)**

Preheat oven to 225° F. Line 2 baking sheets with parchment paper. Brush the parchment lightly with the melted butter, then dust with powdered sugar, shaking off excess sugar.

Place the egg whites and cream of tartar in a medium mixing bowl. Use the chef's whisk, and start mixing the egg whites and cream of tartar on speed 1, increasing gently to speed 7. Whip until soft peaks form, 1-1/2 to 2 minutes (depending on temperature of egg

whites). Sprinkle sugar 1 tablespoon at a time over egg whites and beat on speed 6 after each addition, until stiff peaks form and mixture is shiny but not dry, about 4 minutes total. Add the vanilla and beat on speed 1 to blend in, 10 seconds.

Using a clean rubber spatula, fold in chopped chocolate. Drop by rounded tablespoons onto prepared baking sheets, or gently place meringue mixture in a large pastry bag fitted with a 3/8-inch plain tip and pipe out "kisses". Bake in preheated oven for 1-1/2 hours; do not open. Turn off oven and let sit in warm oven for an additional 1-1/2 hours to dry out. Transfer to a wire rack to cool completely. Store in an airtight container.

Nutritional information per "kiss":

*Calories 26 (19 from fat) • carb. 5g • pro. 0g
• fat 1g • sat. fat. 0g • chol. 0mg • sod. 8mg
• calc. 1mg • fiber 0g*

Tip: Meringues are best when made on a dry day.

To make "nests" for mousse:

Draw 3-inch circles on the underside of parchment sheet. Butter and dust with powdered sugar. Pipe concentric circles of meringue into the 3-inch rounds. Pipe another 2 circles on the outermost edge of the meringues. Bake as directed, but increase the baking and resting time to 2 hours. Makes 4.

Raspberry Mascarpone Mousse

For an elegant dessert, serve this raspberry mousse in stemmed goblets or martini glasses, or spoon into meringue nests.

Preparation: 15 – 20 minutes active time;
30 minutes inactive.

Makes 8 - 12 servings

- 12 ounces fresh or frozen raspberries (not in juice)**
- 2/3 cup granulated sugar envelope (1/4-ounce/1 tablespoon) gelatin**
- 1/4 cup cold water**
- 8 ounces mascarpone cheese***
- 1/4 cup powdered sugar**
- 1-1/4 cups heavy cream**
- fresh raspberries and mint leaves for garnish**
- chocolate cookie crumbs for garnish**

Combine the raspberries and granulated sugar in a 2-quart saucepan. Bring to a boil over medium high heat, about 6 minutes. Stir to dissolve sugar. Using a fine mesh strainer (chinois) set over medium bowl, strain, pressing as much of the liquid as possible, until just the seeds remain. Discard the seeds. Sprinkle the gelatin over the cold water. Let stand 5 minutes or longer to soften. Stir the softened gelatin into the raspberry sauce. Cool until slightly thickened, about 30 minutes.

Place the mascarpone and powdered sugar in a medium bowl. Beat on speed 3 for 2 minutes, until smooth and creamy. Stir in the cooled raspberry

mixture using speed 1 until thoroughly combined, about 30 seconds. Place the heavy cream in a chilled medium bowl. Whip using the chef's whisk on speed 4 until the cream holds stiff peaks. Use a spatula to fold the whipped cream into the raspberry mascarpone mixture. Cover and keep chilled until ready to serve.

Spoon or pipe into stemmed glasses or meringue nests. Garnish with fresh raspberries and a mint leaf, or crush several chocolate sandwich cookies and use the crumbs to "dust" the mousse.

Nutritional information per serving:

*Calories 239 (67% from fat) • carb. 17g • pro. 2g
fat 18g • sat. fat 10g • chol. 57mg • sod. 20mg
• calc. 43mg • fiber 0g*

*May substitute cream cheese if mascarpone is unavailable. The mousse will have more of a cheesecake flavor.

Apple Cranberry Coffee Cake

This versatile cake can be served as a breakfast or brunch cake, or warmed for dessert and topped by a scoop of vanilla ice cream or softly whipped cream.

Preparation: 15 minutes, plus baking time.
Makes 18 – 24 servings

- 3 cups sliced apples* (peel, core, quarter apples, cut into 1/8-inch slices)**
- Juice of 1 lemon**
- 3/4 cup brown sugar, firmly packed**
- tablespoon ground cinnamon**

- 1/2 teaspoon freshly grated nutmeg
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 2 cups granulated sugar
- 1 cup unsalted butter, cut into 1/2 - inch pieces
- 4 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup dried cranberries (may substitute dried cherries, blueberries or raisins)

Preheat oven to 350° F. Lightly coat a 13 x 9 x 2-inch rectangular baking pan (15 cup) with cooking spray.

Place the apples, lemon juice, brown sugar, cinnamon, nutmeg, and dried cranberries in a medium bowl. Toss gently to combine; reserve.

Place the flour, baking powder, and salt in a medium bowl. Mix on speed 1 to blend and aerate, 15 seconds; reserve.

Place the sugar and butter in a large bowl. Mix on speed 3 to cream until well blended, 1 minute. Add eggs and vanilla; mix on speed 3 until smooth and creamy, about 50 seconds. Add the flour mixture; mix on speed 1 until combined and smooth, 1 minute. Batter will be very thick. Spread 2/3 of the batter in the prepared pan. Evenly with the apple and cranberry mixture. Spoon the remaining batter randomly over the top of the apples. Bake in the preheated oven for 55 to 60 minutes, until a tester inserted in the center comes out clean. Cool in pan on a wire rack for at least

30 minutes before cutting.
* About 1-1/2 pounds apples before trimming.

Nutritional information per serving (24 pieces):
Calories 253 (31% from fat) • carb. 56g • pro. 3g • fat 9g • sat. fat 5g • chol. 75mg • sod. 151mg • calc. 31mg • fiber 2g

Key Lime Cream Pie

Tart and refreshing, the perfect summer dessert.

Preparation: 15 – 20 minutes, plus chilling time.
Makes 12 servings

- Cooking spray**
- 2 cups fat-free vanilla yogurt (without cornstarch or gelatin)
- 1-1/4 cups sugar
- 1/2 cup key lime juice
- 2 teaspoons unflavored gelatin
- 1/3 cup cold water
- 1 large egg white
- 1-1/2 cups graham cracker crumbs (about 14 whole graham crackers)
- 2 tablespoons unsalted butter, melted and cooled
- 2 teaspoons finely chopped lime zest
- 2/3 cup heavy cream

Lightly coat a 9-inch pie plate with cooking spray. Preheat oven to 350° F.

Place yogurt in a yogurt strainer or a sieve lined with a coffee filter; set over a bowl to drain until it measures 1-1/2 cups, about 1 hour.

In a 3-quart saucepan, combine the sugar and lime juice over medium high heat and let come to a boil. Continue to cook until the mixture registers 239° F on a candy thermometer (soft ball stage), about 3 to 5 minutes. Transfer to a stainless steel bowl. Sprinkle the gelatin over the cold water and let soften for 5 minutes. Stir into the hot sugar mixture until dissolved. Allow to cool, about 1 hour. While the sugar syrup cools, make the crust.

Use the chef's whisk to beat the egg white on speed 7 until frothy, about 25 seconds. Using speed 1, stir in the graham cracker crumbs and butter until crumbly in appearance, about 10 seconds. Press the graham cracker mixture firmly into the bottom and sides of the prepared pie plate. Bake in the preheated 350° F oven for 10 minutes; cool completely on a rack.

Use the chef's whisk to blend the reduced yogurt and zest into the cooled sugar syrup on speed 1 until smooth, about 30 seconds. Chill for 30 minutes. Use the chef's whisk to beat the heavy cream on speed 5 until moderately stiff, about 50 to 60 seconds. Using a large rubber spatula, fold the whipped cream into the chilled yogurt mixture. Spoon into the prepared crust. Chill at least 4 hours before serving.

Nutritional information per serving:
Calories 243 (30% from fat) • carb. 39g • pro. 4g • fat 8g • sat. fat 4g • chol. 24mg • sod. 120mg • calc. 69mg • fiber 0g

Classic Yellow Cake

This is the basic yellow cake everyone remembers and loves, and is nearly as simple as making one from a package. Pair with Chocolate Fudge Frosting to make a great cake for any occasion.

Preparation: 10 – 15 minutes, plus baking and cooling times.

Makes two eight or nine-inch layers or one 13 x 9-inch rectangular cake

- 1-3/4 cups all-purpose flour**
- 2 teaspoons baking powder**
- 1/4 teaspoon salt**
- 1/2 cup unsalted butter, cut in 16 pieces**
- 1-1/3 cups granulated sugar**
- 3 large eggs**
- 2/3 cup evaporated fat free milk (not reconstituted) or whole milk**
- 1 tablespoon vanilla extract**

Preheat oven to 350° F. Prepare baking pan(s). Lightly butter or spray two 8 or 9-inch round cake pans with cooking spray; cut rounds of parchment to fit the bottoms of the pans and place in pans; butter or spray again. Or line 24 standard muffin cups with cupcake liners, or lightly coat a 13 x 9 x 2-inch pan with cooking spray.

Place flour, baking powder, and salt in a medium bowl. Mix, using speed 1 for 15 seconds to combine and aerate. Reserve.

Place butter and sugar in a large mixing bowl. Mix on speed 1 for 40 seconds,

then cream on speed 3 for 2-1/2 minutes, until light and fluffy. Add eggs one at a time, mixing on speed 2 for 20 seconds after adding each egg. Add flour mixture, milk, and vanilla on speed 1; mix until blended and smooth, 1 minute.

Divide batter evenly among prepared pans. Bake in preheated oven until a cake tester comes out clean when inserted in the center of the pan: 30 to 32 minutes for 8-inch layers; 25 to 28 minutes for 9-inch layers; 30 to 35 minutes for a 13 x 9-inch cake.

Cool in pan for 10 minutes; loosen sides of cake from pans with a thin knife, then remove from pans and place on a wire rack; remove parchment. Cool completely before frosting.

*Nutritional information per serving
(cake with frosting):*

Calories 594 (37% from fat) • carb. 93g • pro. 6g • fat 26g • sat. fat 15g • chol. 97mg • sod. 207mg • calc. 87mg • fiber 3g

To assemble layer cakes:

Place 1 cake layer on plate. Spread 1/3 of frosting over cake. Top with second layer; spread remaining frosting over top and sides of cake. Allow cake to stand 2 hours before serving. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.)

Variation:

24 Cupcakes: Place paper liners in 24 regular muffin cups. Divide the batter among the prepared cups. Bake in the preheated 350° F

oven for 18 to 20 minutes. Remove from the pans and cool on a wire rack completely before frosting.

Chocolate Fudge Frosting

This recipe makes 3-3/4 cups frosting, enough to generously frost a two-layer cake or a rectangular cake; cut recipe in half if making cupcakes.

Preparation: 10 minutes.

- 5 cups powdered sugar**
- 5 ounces unsweetened chocolate, melted and cooled**
- 2 ounces semi-sweet chocolate, melted and cooled**
- 1/2 cup unsalted butter, cut into 8 pieces**
- 2 teaspoons vanilla extract**
- 1/4 teaspoon salt**
- 10 - 12 tablespoons milk or cream**

Place all ingredients except the milk in a large bowl. Beat on speed 1 for 2 minutes. Add 8 tablespoons of the milk and beat on speed 4 for 4 minutes until smooth and fluffy, adding the remaining milk as needed for spreadability.

Sunshine Chiffon Cake

Made with oil rather than butter or shortening, chiffon cakes are moist and light in texture. With flecks of fresh citrus, this one is good on its own, or served with sliced fresh fruit.

Preparation: 15 minutes or less baking time 60 – 70 minutes.

Makes 16 servings

- 2-1/4 cups cake flour
- 1-1/2 cups granulated sugar, divided
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon finely chopped lemon zest
- 1 tablespoon finely chopped orange zest
- 1/2 cup orange juice
- 1/4 cup fresh lemon juice
- 1/4 cup frozen orange juice concentrate, thawed, not reconstituted
- 1/2 cup flavorless vegetable oil
- 1-1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 large eggs yolks
- 7 large egg whites
- 1/4 teaspoon cream of tartar
- powdered sugar for dusting

Preheat oven to 325° F. Cut a ring of parchment to fit the top of a 10-inch angel food pan and place it in the pan.

Place the flour, 1-1/4 cups of the sugar, baking powder, and salt in a large mixing bowl. Mix on speed 1 to blend and aerate, 10 seconds. Make a well in the center of the flour mixture. Place the zests, juices, oil, orange juice concentrate and extracts and mix on speed 3 for 30 seconds; scrape the bowl. Add the yolks and mix on speed 3 for 30 seconds longer; scrape the bowl

and reserve.

Place the egg yolks and cream of tartar in a second bowl (stainless, glass or copper, not plastic). Use the chef's whisk to beat on speed 7 until soft peaks form, about 1-1/2 minutes. After soft peaks form, add the remaining 1/4 cup of sugar 1/2 tablespoon at a time, until the egg whites are stiff and shiny, but not dry, 3 to 4 minutes. Stir 1 cup of the egg whites into the reserved batter, then gently fold the remaining egg whites into the batter, 1/3 at a time. Gently spoon into the prepared pan and bake in the preheated oven for 60 to 70 minutes, until a cake tester comes out clean when tested. Invert the pan immediately onto a wire rack and let the cake cool completely in the pan upside down on the rack. Run a long thin knife around the outer and tube edges of the pan and turn the cake out of the pan onto the rack; remove parchment. Dust with powdered sugar before serving.

Nutritional information per serving:

Calories 214 (31% from fat) • carb. 34g • pro. 3g • fat 8g • sat. fat 1g • chol. 27mg • sod. 160mg • calc. 60mg • fiber 0g

Cappuccino Cheesecake

It will be difficult for coffee lovers to resist this luscious, creamy cappuccino cheesecake in a cinnamon scented chocolate cookie crust.

Preparation: 20 minutes, plus baking times.
Makes 12 – 16 servings

Cooking spray

- 2 tablespoons instant espresso powder
- 1/2 cup half-and-half
- 3 tablespoons unsalted butter, cut in 1/2-inch pieces
- 2-1/2 cups granulated sugar, divided
- 3/4 cup all-purpose flour
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1 large egg yolk
- 16 ounces cream cheese (regular), at room temperature
- 16 ounces low-fat cream cheese, at room temperature
- 4 large eggs *
- 2 tablespoons cornstarch
- 2 teaspoons vanilla extract
- Chocolate curls for garnish, optional

In a small bowl dissolve the espresso powder in the half-and-half; reserve. Preheat oven to 350° F. Lightly coat a 9 x 3 inch springform or cheesecake pan with cooking spray.

Place the butter and 1/4 cup of the sugar in a medium bowl. Mix on speed 3 to cream, 1-1/2 minutes. Add flour, cocoa, cinnamon, baking powder, and salt; mix on speed 1 until combined, 30 seconds. Add egg yolk and mix on speed 1 until crumbly, 15 seconds.

Press into bottom of prepared pan. Bake in preheated 350° F oven for 10 minutes, until slightly puffed (crust may have cracked appearance, which is normal). Place on a rack to cool. When the pan is cool to touch, wrap a sheet of aluminum foil around the bottom and sides of the pan so that it comes up at least 2 inches.

Place cream cheeses and sugar in a large mixing bowl. Beat on speed 2 until combined and smooth, 2 minutes. Using speed 1, add eggs, one at a time, mixing for 15 seconds after each addition. Scrape the bowl. Add cornstarch; mix on speed 1 for 20 seconds. Scrape the bowl. Add half-and-half mixture and vanilla extract, mix on speed 2 until smooth and completely combined. Pour the mixture over the cooled crust. Place the pan in a larger aluminum pan and place in the oven; add enough hot water to the outer pan so that it is 1/2 inch deep. Bake in the preheated 350° F oven for 60 to 70 minutes, until the cheesecake is pulling away from the sides of the pan; the center will be jiggly. Remove from the oven, remove the foil and let cool completely on a rack. Refrigerate at least 4 hours before serving. Garnish with chocolate curls if desired.

Nutritional information per serving (16 servings):
Calories 368 (48% from fat) • carb. 41g • pro. 8g • fat 20g • sat. fat 12g • chol. 116mg • sod. 290mg • calc. 89mg • fiber 1g

Variation:
After the cheesecake is mixed, add 3 ounces each chopped white and bittersweet chocolate using speed 1; mix for 15 seconds to combine.

*Warm cold eggs safely before using by placing in a bowl of hot (not boiling) water for 10 minutes. They will incorporate more easily into your mixture.

Sweetened Freshly Whipped Cream

Sweetened whipped cream is the perfect finish for just about any dessert, or spoon a dollop over coffee or hot chocolate.

Preparation: less than 5 minutes.
Makes 2 cups

1-1/4 cups heavy cream, chilled
2 tablespoons granulated sugar
1-1/2 teaspoons vanilla extract

Place the cream, sugar, and vanilla in a medium stainless or glass mixing bowl. Using the chef's whisk, beat on speed 4 until whipped to desired thickness – about 45 seconds for softly whipped cream, about 1 minute for stiffly whipped cream.

Nutritional information per serving (2 tablespoons):
Calories 70 (86% from fat) • carb. 2g • pro. 0g • fat 7g • sat. fat 4g • chol. 25mg • sod. 7mg • calc. 12mg • fiber 0g

Variation:
Cocoa Whipped Cream: Place 1-1/4 cups heavy cream, 3 tablespoons granulated

sugar, 1 tablespoon unsweetened cocoa, and 1 teaspoon vanilla in mixing bowl. Whip as directed.

SAVORIES

Herbed Cheese

Instead of purchasing expensive herb flavored cheeses, you can easily prepare your own.

Preparation: 10 minutes or less.
Makes about 2 cups

8 ounces cream cheese (low-fat or regular), cut into 8 pieces
5 ounces chevre or other goat cheese (soft type, not aged)
1 clove garlic, peeled and minced
1 tablespoon finely minced shallot or green onion
1 tablespoon finely chopped fresh parsley
1 teaspoon herbs de Provence
1/2 teaspoon kosher salt
1/4 teaspoon white pepper
dash hot sauce, to taste

Place all ingredients in a medium bowl. Mix on speed 3 for 1 minute, then increase speed to speed 5 to whip for an additional 2 minutes until light and fluffy. Allow to stand at least 30 minutes before serving to allow flavors to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator

15 minutes before serving to soften. Serve with crackers, pita or bagel chips. It also makes a good topping for a baked potato.

Nutritional information per serving (2 tablespoons, made with low-fat cream cheese):
Calories 58 (69% from fat) • carb. 1g • pro. 3g • fat 4g • sat. fat 3g • chol. 9mg • sod. 156mg • calc. 35mg • fiber 0g

Roasted Red Pepper and Sun-dried Tomato Dip

Serve this dip with crackers, bagel chips or pita chips. For a change, try it as a spread on sandwiches, or as a topping for baked potatoes.

Preparation: 10 minutes or less.
Makes 2 cups

- 8 ounces cream cheese (low-fat or regular), cut into 8 pieces
- 1/2 cup sour cream (low-fat or regular)
- 1 roasted red pepper, cut into 1-inch pieces
- 1/3 cup chopped sun-dried tomatoes (not oil packed)
- 1 tablespoon chopped fresh parsley
- 1 clove garlic, chopped
- 1/2 teaspoon basil
- 1/8 teaspoon freshly ground black pepper

Combine all ingredients in a medium bowl. Mix on speed 3 until well blended and smooth, 2 minutes. Mix on speed 4 to lighten, 1 minute. Transfer to a resealable container and refrigerate for

30 minutes or longer to allow flavors to blend before serving.

Nutritional analysis per serving (2 tablespoons), made with low-fat products:
Calories 54 (52% from fat) • carb. 4g • pro. 2g • fat 3g • sat. fat 2g • chol. 7mg • sod. 111mg • calc. 43mg • fiber 0g

Chevre & Kalamata Tartlets

Simple to prepare, these little tartlets will be a hit hors d'oeuvre at your next gathering.

Preparation: 20 minutes, plus baking time.
Makes 24 tartlets

- 3 ounces cream cheese, cut in 1/2 - inch pieces
- 4 ounces (1 stick) unsalted butter cut in 1/2 - inch pieces
- 1 cup all-purpose flour
- 1/2 teaspoon herbs de Provence
- 1/4 teaspoon freshly ground black pepper
- 1 large egg
- 5-1/2 ounces chevre
- 3 tablespoons whole milk or half-and-half
- 1 teaspoon all-purpose flour
- 1/4 teaspoon kosher salt
- 9 pitted kalamata olives (30g), drained and chopped

Preheat oven to 350° F. Have ready 24 mini muffin cups.

Place the cream cheese, butter, 1 cup flour, herbs de Provence, and pepper in a medium bowl. Combine on speed 1 until the mixture forms a ball, about 1 minute. Divide the dough into 24 pieces, each about 1-1/2 teaspoons. Roll into balls, then use the palms of your hand to flatten into discs, about 2-1/2 inches in diameter. Press into the bottom and sides of the muffin cups. Spoon about 1/4 teaspoon of the chopped olives into each pastry cup. Reserve.

Using the same bowl, place the egg, chevre, milk, flour, and salt in the bowl. Blend on speed 2 until smooth and creamy, about 2 minutes. Spoon the filling into the pastry cups, using about 1-1/2 teaspoons per cup.

Bake in the preheated oven for 22 to 24 minutes, until the crust is golden and crispy and the tops are puffed and lightly golden. Let cool in pan 2 minutes, then gently lift out and cool 5 minutes on a wire rack before serving. May be made ahead and served at room temperature or slightly rewarmed. (Rewarming in a microwave is not recommended.)

Nutritional information per tartlet:
Calories 98 (71% from fat) • carb. 5g • pro. 3g • fat 8g • sat. fat. 5g • chol. 28mg • sod. 97mg • calc. 38mg • fiber 0g

Basic Vinaigrette

The perfect topping for a crisp green salad,

you can easily vary it by changing the flavor of the oil or vinegar, or by adding herbs.

Preparation: 10 minutes or less.
Makes about 2 cups

- 1 clove garlic, peeled and finely minced
- 2 tablespoons Dijon-style mustard
- 1/2 cup wine vinegar or lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 cup vegetable oil
- 1/2 cup extra virgin olive oil

Place the garlic, mustard, vinegar, salt, and pepper in a medium bowl. With the chef's whisk attachment, beat on speed 3 until well blended, 30 seconds. With the mixer running, add the oils in a slow steady stream, about 1-1/2 minutes; continue to mix until totally blended. (If vinaigrette is made ahead and separation occurs, mix on speed 3 using chef's whisk until blended.)

Nutritional information per serving (1 tablespoon):
Calories 92 (98% from fat) • carb. 1g • pro. 0g • fat 10g • sat. fat 1g • chol. 0mg • sod. 54mg • calc. 1mg • fiber 0g

Creamy Blue Cheese Dressing

This version is much lower in fat than traditional blue cheese dressings. Try it as a dip for celery the next time you serve buffalo-style wings.

Preparation: 10 minutes or less.
Makes about 2 cups dressing

- 1 clove garlic, peeled and chopped
- 1/2 ounce shallot, peeled and chopped
- 1 cup nonfat yogurt
- 1/2 cup lowfat buttermilk
- 1/3 cup low-fat mayonnaise
- 3/4 teaspoon dry mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon white pepper
- 3 ounces crumbled blue cheese
- Dash hot sauce – to taste

Place the garlic, shallot, buttermilk, yogurt, mayonnaise, dry mustard, Worcestershire, and pepper in a medium bowl. Mix using speed 3 until smooth and creamy, 30 to 40 seconds. Add the crumbled blue cheese and hot sauce. Mix using speed 3, for 20 to 30 seconds longer. Let stand for 30 minutes before using to allow flavors to develop. Cover and refrigerate all unused portions. Keeps for 1 week.

Nutritional information per serving (4 teaspoons):
Calories 27 (54% from fat) • carb. 1g • pro. 1g • fat 1g • sat. fat 0g • chol. 2mg • sod. 47mg • calc. 29mg • fiber 0g

Garlic & Chive Mashed Potatoes

*Old fashioned comfort food at its best.
For basic mashed potatoes, omit the garlic and chives.*

Preparation: 20 minutes or less, plus cooking time for potatoes.
Makes 7 cups (12 servings)

- 3 pounds russet or Yukon gold potatoes
- 4-6 cloves garlic, peeled and halved
- 2 teaspoons kosher salt, divided
- 1 teaspoon white wine vinegar
- 3/4 cup whole milk
- 1/2 cup half-and-half
- 3 tablespoons unsalted butter
- 1/2 cup (1/4 ounce) chopped fresh chives
- 1/4 teaspoon freshly ground white or black pepper

Peel the potatoes and cut in 1/2-inch slices. Place the potatoes, garlic, 1 teaspoon kosher salt, and wine vinegar in a 3-3/4 quart saucepan* and cover with cold water by 1 inch. Cover loosely and bring to a boil over high heat, then reduce heat to medium high and boil gently until potatoes are tender but not falling apart, about 15 to 18 minutes. While potatoes are cooking, combine milk, half-and-half, butter, and chives in a 1-1/2 quart saucepan. Simmer over low heat until butter is completely melted. Keep warm.

Drain the cooked potatoes and garlic, return to the saucepan, and place over low heat for 1 minute. Remove from the heat, and use speed 2 to whip the potatoes and garlic until somewhat smooth, about 30 seconds. While still mixing, add the hot milk and butter mixture, and mix until well blended, about 30 seconds. Mix on speed 4 until fluffy, about 1 minute. Add the remaining salt and pepper; mix to blend, 15 seconds. Scrape down sides of pan with rubber

spatula as necessary. Transfer the potatoes to a warm serving bowl and sprinkle with the remaining chopped chives. Serve immediately.

Nutritional information per serving:

Calories 149 (28% from fat) • carb. 24g • pro. 3g • fat 5g • sat. fat 3g • chol. 14mg • sod. 185mg • calc. 42mg • fiber 2g

*Do not use nonstick cookware with the hand mixer.

Tip: For a “lighter” everyday version, use evaporated fat-free milk (not reconstituted) in place of the milk and half-and-half.

Souffléed Sweet Potatoes with Praline Topping

For easy entertaining, you may prepare the potatoes ahead of time. Make the topping just before putting them into the oven.

Preparation: 20 – 25 minutes, plus cooking and baking times.

Makes 8 - 12 servings

Cooking spray

- 3-1/2 pounds sweet potatoes or yams, peeled, cut in 1/2-inch slices
- zest of 1 lemon, finely chopped
- 2 tablespoons fresh lemon juice
- 1/2 cup brown sugar (light or dark), firmly packed, divided
- 5 tablespoons butter, room temperature, divided

- 1/2 cup evaporated fat-free milk
- 3 large eggs
- 1-1/2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground pepper
- 1/3 cup half-and-half
- 1/2 teaspoon cinnamon
- 1/4 teaspoon freshly grated nutmeg
- pinch cayenne
- 2/3 cup coarsely chopped pecans

Preheat the oven to 350°F. Coat an 8-cup shallow casserole/baking dish with cooking spray.

Place the sweet potatoes in a 3-3/4 quart saucepan and cover with cold water by 1 inch. Bring to a boil over high heat, reduce heat to medium and cook until potatoes are fork tender, about 15 to 18 minutes. Drain and transfer to a large bowl. Add lemon zest and juice. Mash potatoes on speed 2 until smooth, about 40 seconds. Add half the brown sugar and 2 tablespoons of the butter; mix until well blended, about 40 seconds. Add the evaporated fat-free milk; mix on speed 4 until blended, 30 seconds. Mix in the eggs one at a time on speed 4 until smooth and blended, 30 seconds. Add 1 teaspoon of the salt and the pepper; mix on speed 1 for 30 seconds.

Transfer the sweet potato mixture to the prepared baking dish and spread evenly. Place the remaining butter in a 1-1/2 quart sauce pan and melt over medium heat. Stir in the remaining brown sugar, half-and-half, remaining salt, cinnamon, nutmeg, and cayenne. Stir over medium

heat until sugar is dissolved. Stir in the pecans and simmer until slightly thickened. Spread this mixture over the sweet potatoes in the casserole.

Bake the preheated 350°F oven for 25 to 30 minutes, until heated through and lightly browned on top. Serve hot.

Nutritional information per serving (12 servings):

Calories 308 (32% from fat) • carb. 49g • pro. 5g • fat 11g • sat. fat 4g • chol. 69mg • sod. 212mg • calc. 76mg • fiber 6g

Spinach & Feta Stuffed Shells

Flecks of spinach blend with feta and ricotta cheeses to make this stuffing for jumbo pasta shells. Use your own favorite tomato sauce, homemade or jarred, as the topping.

Preparation: 15 – 20 minutes, plus 30 – 35 minutes baking.

Makes 6 servings (5 stuffed shells per serving)

- 36 jumbo pasta shells
- 1/2 tablespoon extra virgin olive oil
- 1/4 cup finely chopped onion or shallot
- 1 clove garlic, minced
- 1-1/2 teaspoons basil
- 1-1/2 teaspoons oregano
- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 pound regular or part-skim ricotta cheese
- 8 ounces feta cheese, crumbled
- 1/4 teaspoon freshly ground black pepper
- 3 cups tomato sauce

(homemade or purchased)
2 - 3 **tablespoons freshly grated Reggiano Parmesan cheese**
Cooking spray

In a 5-quart stockpot, cook the pasta shells in boiling salted water according to package instructions. (Cook extra shells in case of breakage.) Drain, rinse and set aside on a sheet pan lined with plastic wrap.

In an 8-inch skillet, heat the oil over medium heat. Add the onion, garlic and herbs; cook until softened and fragrant, 2 to 3 minutes. Transfer to a medium (3-quart) bowl and allow to cool for 5 minutes. Place the thawed spinach in a clean kitchen towel and squeeze the liquid from the spinach; discard the liquid (you will have about 3/4 cup chopped spinach).

Add the spinach, ricotta, feta and pepper to the onion mixture in the bowl. Mix on speed 2 for 30 seconds, then increase to speed 4 and mix for 1-1/2 minutes.

Stuff each cooked shell with about 1-1/2 tablespoons of the spinach mixture. Preheat oven to 375° F. Lightly coat a 13 x 9 x 2-inch (or equivalent) baking dish with cooking spray. Spoon 1 cup of the tomato sauce into the dish and spread evenly in the bottom. Arrange the shells, open side up. Spoon an additional 2 cups of the sauce evenly over the shells. Cover loosely with foil and bake in the preheated 375° F oven for 30 to 35 minutes, until hot and bub-

bly. Remove from oven and sprinkle with Parmesan. Let rest 5 minutes before serving.

Nutritional information per serving:
Calories 452 (37% from fat) • carb. 51g • pro. 16g • fat 18g • sat. fat 8g • chol. 49mg • sod 821mg • calc. 458mg • fiber 3g

Tip: Measure out filling using an ice cream scoop—it is 1-3/5 tablespoons, just the perfect amount to fill each jumbo shell.

Three Cheese Soufflé

Full of rich, cheese flavor, this soufflé makes a wonderful supper or brunch.

Preparation: 25 – 30 minutes, plus baking time.
Makes 8 servings

1/2 cup unsalted butter for dish
1/2 cup grated Reggiano Parmesan cheese, divided
1/4 cup unsalted butter
5 tablespoons all-purpose flour
1-1/4 cups evaporated fat-free milk (not reconstituted)
1/4 cup dry white vermouth
pinch cayenne
pinch freshly ground nutmeg
6 large egg yolks
3/4 cup grated imported Gruyère cheese
1/2 cup grated sharp white cheddar cheese
1 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
8 large egg whites
1/4 teaspoon cream of tartar

Arrange rack in lower third of oven; preheat oven to 400° F. Generously butter a 10-cup soufflé dish (you may also use eight 1-1/4 cup individual soufflé dishes), and sprinkle with half the Parmesan.

Melt butter in a 2-3/4 quart saucepan over medium heat. Stir in flour and cook stirring constantly without browning, until the mixture bubbles, about 1 minute. Slowly whisk in milk, then wine. Cook until thickened, whisking constantly, about 2 to 3 minutes; stir in cayenne and nutmeg. Remove from heat and transfer to a large bowl.

Combine yolks, salt and pepper in a small bowl, insert standard beaters, and mix on Speed 1 until smooth, 30 seconds. While mixing on speed 1, add yolk mixture to sauce all at once and mix until well blended, 20 seconds. Stir in cheeses on speed 1, 20 seconds.

Place egg whites and cream of tartar in a large stainless or glass mixing bowl. Using the chef's whisk, beat on speed 7 until stiff peaks form, about 2-1/2 minutes. Use a rubber spatula to stir 1 cup of the beaten egg whites into the cheese sauce, then gently fold the remaining egg whites into the mixture, 1/3 at a time. Gently spoon the soufflé mixture into the prepared dish(es). Smooth over the top. Place in the hot 400° F oven and immediately reduce the heat to 375° F. Bake the soufflé until puffed and golden, about 45 to 50 minutes for the large soufflé and 25 to 30 minutes for individual soufflés. The

centers will be just barely set and creamy. Sprinkle with chopped fresh chives and serve immediately.

Nutritional information per serving:

Calories 280 (61% from fat) • carb. 9g • pro. 16g • fat 19g • sat. fat 10g • chol. 203mg • sod. 445mg • calc. 370mg • fiber 0g

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