

# Slow Cooker Cookbook

---

traditional to gourmet recipes

---

model csc-400



**Cuisinart®**



# Introduction



Get ready to slow down and enjoy meals!

Your Cuisinart® Slow Cooker is designed to have your favorite one-pot recipes ready and waiting for you. Slow cooking is a traditional method that tenderizes meats and melds flavors to produce delicious family dinners and easy, relaxing suppers with friends.

You can even prepare desserts in your Slow Cooker.

Easy to operate, easy to serve from,  
and easy to clean...

enjoy!





---

# Contents

---



## Tips & Hints

2 - 4

## Important Guidelines

5

## Suggested Foods

6

## Starters/Beverages/Miscellaneous

7 - 14

## Soups & Stocks

15 - 25

## Stews & Chilis

26 - 32

## Entrées & Sauces

33 - 51

## Side Dishes

52 - 67

## Desserts

68 - 80



# Tips & Hints

---



- › Before food is added, the ceramic pot may be lightly coated with cooking spray so cooked foods release more easily.
- › Root vegetables such as carrots and potatoes will take longer to cook. Either cut the pieces smaller or place on bottom of Slow Cooker. Baby carrots, for example, may take longer than other vegetables.
- › Ground meats and uncooked sausages should always be browned and drained before adding to Slow Cooker. Smoked sausage such as kielbasa does not need to be browned (though it may add flavor and visual appeal). If browning the night before, make certain the meat is cooked completely through and properly refrigerated. Combine with other ingredients just before slow cooking.
- › Browning meats (roasts, chops, cubes for stews) and poultry adds flavor and eye appeal to the finished dishes. It also helps cook out some of the fat.
- › In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
- › If you are not ready to serve food immediately, switch to the Warm mode to hold foods until ready to serve.
- › Tender vegetables, or those that you wish to be crisp-tender, should be added during the last 30 minutes of cooking time to prevent overcooking.
- › Each time you remove the lid, you will lose heat and will need to add 15 to 20 minutes to your cooking time. If you do need to stir (or peek), lift the lid just slightly so that you can get the spoon or spatula in.
- › A fat mop can be used to remove separated fat from slow cooked food by brushing it over the top. Alternatively, the food may be refrigerated, and the congealed fat can then be lifted off and discarded before reheating and serving.
- › Many slow-cooked foods such as stews benefit from cooling and refrigerating, then reheating - as the saying goes, stew or chili is always better the second day.

- › If using frozen foods, thaw completely before adding to Slow Cooker.
- › For some recipes, you can assemble the ingredients, combine them in the ceramic pot, cover and refrigerate the filled pot overnight. Place it in the cold Slow Cooker, and add 30 minutes to your projected cooking time. If your recipe calls for browning or sautéing ingredients, do your browning and sautéing ahead, but refrigerate the ingredients separately. Combine before slow cooking.
- › To cut the fat from recipes, remove as much of the visible fat as possible from meats and poultry. Cook and drain all ground meats. Remove skin from poultry.
- › Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw before adding to your favorite recipes.
- › The Slow Cooker is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans.
- › The Slow Cooker is the perfect way to cook items that require a “bain marie,” or water bath. We recommend starting out with hot water and cooking on High for most of these recipes.
- › Cooking ground meats in the Slow Cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. Ground meats used in the Slow Cooker should be browned first. We strongly advise against cooking a meatloaf in the Slow Cooker. (The Country Paté in our recipe book is an exception. The meat is ground fresh in the Cuisinart® Food Processor and is cooked in a simmering water bath on the High Setting. When we tested with a probe thermometer, the Paté had reached safe food cooking temperature well within suggested U.S.D.A. recommendations.)
- › Most of the recipes in this book are cooked on Low using the timer function, to allow you maximum freedom to go on to do other tasks. Most meats are better when cooked on Low (slower) than on High, and the recipes are written as such. If you prefer to slow cook on High, cut the cooking time in half.

## To adapt your own recipes to the Slow Cooker:

- › For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often will end up with more liquid than when you began.
- › In most cases, all ingredients can go in the Slow Cooker at once and can cook all day on Low setting. While it is not necessary to brown or sauté vegetables (onions, carrots, celery, peppers, etc.), it may add to the flavor. Browning meats adds to their taste and visual appeal, and helps to remove fat.
- › Certain cuts of meat are more appropriate for Slow Cooker cooking: brisket, tip roast, chuck or rump roast, beef bottom round, pork shoulder or Boston butt, lamb shoulder, venison, chicken legs and thighs. Particularly lean cuts such as boneless, skinless chicken breast or “new generation” pork loin or tenderloin may seem dry when prepared in a Slow Cooker. See list of meats that are best in Slow Cooker (page 6).
- › Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk or nonfat dry milk, or add dairy products during the last 30 minutes of cooking.
- › When making soups, add solid ingredients to Slow Cooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste.
- › If your recipe calls for precooked pasta - **UNDERCOOK** it.
- › Add cooked rice to recipes during last hour of cooking.

# Important Guidelines

---



- › The Slow Cooker should always be at least half full for best cooking results; however, the Slow Cooker should never be more than three-quarters full (about 1½ inches from the top rim).
- › Because the Slow Cooker heats and cooks at low temperatures, food should be at room temperature before it goes into the cooker. If the food is refrigerator temperature, then heat it on the high setting for about 2 hours to heat the contents to 140°F before changing to the low setting.
- › If foods are to be cooked the next day in the ceramic pot, do not store in the refrigerator overnight.
- › Any leftover food should be removed from the ceramic pot and stored in plastic containers up to 2 days, or frozen for future use.
- › NEVER use the Slow Cooker to reheat food, as potentially harmful bacteria could develop during the slow cooking process. Remove food from the ceramic pot and reheat in a heat-safe container on a stovetop, or in an oven or microwave. Return food to the ceramic pot and keep warm in an oven, covering with foil, if desired. DO NOT use the glass lid in an oven. DO NOT place the ceramic pot on a stovetop or in a microwave.
- › Do not add frozen food such as meat or vegetables to Slow Cooker dishes. Heat to room temperature before adding.
- › For food safety reasons, whole chickens should not be cooked in a Slow Cooker. They may not reach safe temperature in the proper amount of time.
- › When cooking meat, the USDA recommends setting the unit to High for one hour and then reducing the heat to Low.
- › Avoid sudden temperature changes. Really cold food or water can crack a hot ceramic pot.
- › Do not place the ceramic pot directly on a table or countertop.
- › Never heat the ceramic pot when it is empty.
- › Do not touch sides of Slow Cooker ceramic pot or Slow Cooker base while food is cooking.
- › Always use potholders or oven mitts when removing the lid or ceramic pot from the base after cooking.

# Suggested Foods

---



## Meats

**Beef/Veal:** Choose cuts that are full of flavor and benefit from braising.

- › Arm pot roast
- › Beef brisket or corned beef brisket
- › Beef short ribs
- › Bottom round roast
- › Chuck or rump roast
- › Chuck shoulder steak
- › Veal shanks

**Pork:** Less tender cuts work best – the lean “new generation pork” may become dry when cooked in Slow Cooker.

- › Boston butt roast
- › Pork shoulder pieces
- › Sausages
- › Country-style pork ribs (bone-in)
- › Pork shoulder or blade roast

**Lamb:** Choose flavorful cuts that benefit from braising to tenderize.

- › Lamb shoulder
- › Lamb stew meat
- › Lamb shanks

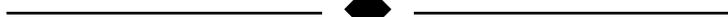
**Poultry:** Best choice: dark meat – bone-in and skinless. Breast meat can become dry in texture if cooked too long.

- › Chicken or turkey legs and thighs (remove skin to reduce fat)

**Game:** Game generally tends to be less tender so it is perfect for the Slow Cooker.

- › Venison roasts or stew meat
- › Pheasant, duck thighs and legs

# *Recipes*



---

# Savory Salmon & Chèvre Cheesecake

---

*Makes one 6-inch cheesecake, approximately 16 servings*

½	ounce Parmesan, grated	3	large eggs
1	ounce white bread (about 1 slice), quartered	1	tablespoon cornstarch
6	ounces shallots, peeled	½	teaspoon kosher salt
1	tablespoon + 1 teaspoon unsalted butter, divided	¼	teaspoon freshly ground black pepper
1	pound reduced-fat cream cheese, cut into 1-inch pieces, at room temperature	2	teaspoons dill weed
10	ounces chèvre, cut into 1-inch pieces	2	ounces smoked salmon, diced

In the Cuisinart® Food Processor fitted with the metal blade, start the machine and add the cheese and bread through the small feed tube. Process until mixture becomes fine crumbs, about 30 seconds; remove and reserve. Place shallots in the work bowl; pulse until finely chopped. Heat 1 tablespoon of butter in a Cuisinart® 10-inch skillet over medium heat. Cook chopped shallots until softened, 3 to 4 minutes; reduce heat to low and cook until golden and caramelized, about 20 to 25 minutes. Let cool.

Coat a 6-inch springform pan with the remaining 1 teaspoon butter; dust with breadcrumbs/cheese mixture to coat.

Place cream cheese and chèvre in a medium bowl. Using a hand mixer, mix on low speed until smooth. Add eggs, cornstarch, salt, pepper and dill weed. Top cream cheese mixture with diced smoked salmon and cooled caramelized shallots. Transfer the cream cheese mixture to the prepared springform pan. Wrap the outside of the pan with a sheet of extra-strength aluminum foil so that the foil comes up the sides of the pan but does not go above the rim.

Place the cooking rack in the ceramic pot of the Cuisinart® Slow Cooker. Add 3 cups hot water to the ceramic pot. Place the cheesecake on the rack. Set on High and cook for 2 hours. Allow cheesecake to rest in slow cooker for 30 minutes on Warm. Remove cheesecake from slow cooker and discard foil. Place cheesecake on a rack to cool.

*(continued)*

Cover and refrigerate for a minimum of 8 hours before serving.

Before serving, run a sharp knife around the edges to loosen and carefully remove the sides of the springform pan. Serve as a cheese spread with crackers, pita or bagel chips, or arrange thin slices on a green salad dressed with lemon vinaigrette.

*Nutritional information per serving:*

*Calories 158 (64% from fat) • carb. 5g • pro. 9g • fat 11g • sat. fat 7g  
• chol. 62mg • sod. 334mg • calc. 90mg • fiber 0g*

---

# Roquefort Cheesecake with Pecans

---

*Makes one 6-inch cheesecake, approximately 16 servings*

1	tablespoon unsalted butter, softened	½	cup lowfat sour cream
¼	cup fresh breadcrumbs	5-10	dashes Tabasco® sauce
3	tablespoons freshly grated Parmesan	2	eggs
1	pound lowfat cream cheese, cut into 1-inch pieces, at room temperature	½	cup chopped, lightly toasted pecans
		8	ounces crumbled Roquefort cheese, cold

Generously butter the bottom and sides of a 6-inch springform pan. Combine crumbs and grated cheese. Sprinkle mixture on sides and bottom of prepared pan, shaking out any excess.

Place cream cheese, sour cream and Tabasco® sauce in work bowl of a Cuisinart® Food Processor fitted with the metal blade. Blend mixture, stopping once to scrape down sides of bowl. With motor running, add eggs through small feed tube.

Remove cover; sprinkle pecans over cheesecake mixture. Pulse once or twice.

Add crumbled Roquefort and pulse once or twice; do not overmix. Pour batter into prepared cake pan. Place on cooking rack in Cuisinart® Slow Cooker; cook on High for 2 hours. Allow cheesecake to rest in the Slow Cooker for 30 minutes on Warm.

Remove cheesecake from slow cooker and discard foil. Place cheesecake on a rack to cool. Cover and refrigerate at least 4 hours, and up to 2 days. Before serving, run a sharp knife around the edges to loosen, and carefully remove the sides of the springform pan. Serve with crackers as a cheese spread, or arrange thin slices on a green salad dressed with a fruit-flavored vinaigrette.

*Nutritional information per serving:*

*Calories 173 (71% from fat) • carb. 4g • pro. 8g • fat 14g  
• sat. fat 7g • chol. 55mg • sod. 460mg • calc. 164mg • fiber 0g*

**Note:** As an alternative to preparing the cheesecake in a food processor, it can be mixed using a hand-held electric mixer on low speed.

*Tabasco® is a registered trademark owned by the McIlhenny Company.*

---

# Spinach, Gruyère & Artichoke Dip

---

*Makes about 1 quart*

olive oil or cooking spray	2	tablespoons evaporated fat free milk, not reconstituted
8 ounces frozen spinach (one bag), thawed	1	clove garlic, peeled and finely chopped
1 can (15 ounces) quartered artichoke hearts, drained	1	ounce shallot, peeled and finely chopped
2 ounces Gruyère, shredded	½	teaspoon Tabasco® sauce or other hot sauce (use more or less to taste)
1 ounce Parmesan, grated		
12 ounces reduced-fat cream cheese, cut into 1-inch pieces		

Brush a 1-quart soufflé dish lightly with olive oil or coat with cooking spray. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

Place the spinach in a clean, dark kitchen towel and squeeze until all liquid is removed; reserve. Place the artichoke quarters in a towel and squeeze gently to remove excess liquid (do not squeeze too hard); reserve. Combine Gruyère and Parmesan cheeses; reserve.

Place the cream cheese and evaporated milk in a large bowl. Using a hand-held mixer on medium speed, beat until creamy and smooth. Crumble the dried spinach over the cream cheese. Add the reserved Gruyère, chopped garlic and onion, and two-thirds of the Parmesan; stir on low speed. Add the reserved artichoke hearts and hot sauce; stir on low speed to blend.

Transfer the mixture to the prepared dish; sprinkle with remaining Parmesan. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the cooking rack in the Cuisinart® Slow Cooker. Place the filled soufflé dish on the rack using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover. Cook on High for 2 to 3 hours, until puffed and bubbly. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Serve hot with crackers or sliced French bread.

*Nutritional information per 2-tablespoon serving:*

*Calories 61 (59% from fat) • carb. 3g • pro. 4g • fat 4g • sat. fat 2g  
• chol. 9mg • sod. 192mg • calc. 95mg • fiber 1g*

---

# Mulled Cider

---

*Makes 2 quarts*

- |   |   |   |                                 |
|---|---|---|---------------------------------|
| 2 | quarts fresh, unpasteurized apple cider                       | ½ | whole orange, unpeeled, sliced  |
|   |   | ¼ | cup brown sugar                 |
| 3 | slices peeled, fresh ginger, each about the size of a quarter | 1 | teaspoon whole cloves           |
| 2 | whole cinnamon sticks   | ½ | teaspoon whole allspice berries |

Place all ingredients in the ceramic pot of a Cuisinart® Slow Cooker. Stir to mix. Cover and cook on Low using the Timer function for 3 hours – Slow Cooker will automatically switch to Warm. Strain out orange slices and spices if desired. Ladle into mugs to serve.

*Nutritional information per 4-ounce serving:*  
*Calories 67 (0% from fat) • carb. 17g • pro. 0g • fat 0g • sat. fat 0g*  
*• chol. 0mg • sod. 5mg • calc. 14mg • fiber 0g*



---

# Steamed Boston Brown Bread

---

*Makes 12 servings*

1	tablespoon unsalted butter, melted	$\frac{3}{4}$	teaspoon baking soda
$\frac{1}{3}$	cup + 1 tablespoon cornmeal	$\frac{1}{4}$	teaspoon salt
$\frac{1}{3}$	cup + 1 tablespoon rye flour	$\frac{1}{4}$	cup molasses
$\frac{1}{3}$	cup + 1 tablespoon whole wheat flour	$\frac{3}{4}$	cup buttermilk
		$\frac{1}{3}$	cup raisins

Cut a sheet of aluminum foil 20 inches long. Fold to double (or use a single sheet of heavy duty foil, 10 inches in length). Cut another piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve. Brush the bottom and sides of a 1-quart soufflé dish with butter. Brush an area in the center of the doubled foil the size of the top of the soufflé pan with butter. Reserve.

Place the cornmeal, rye flour, whole wheat flour, baking soda, and salt in a medium bowl; stir with a whisk. Add the molasses and buttermilk. Stir until blended and smooth. Fold in the raisins. Turn into the prepared soufflé dish. Cover with the foil, buttered side down. Press the foil to the sides of the dish. Use a string to tie the foil tightly around the sides of the dish and set the dish in the center of the long strip of folded foil, and bringing up the sides to meet – twist together to form a handle.

Place the cooking rack in the ceramic pot of the Slow Cooker. Place the covered soufflé dish on the rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Add hot water to come halfway up the pan. Cook on High for 3 hours. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

Place on rack. Loosen string; lift off foil covering from back to front. Turn bread onto cutting board and slice. Boston Brown Bread is traditionally served with softened cream cheese, or as an accompaniment to baked beans.

*Nutritional information per serving:*

*Calories 163 (12% from fat) • carb. 34g • pro. 4g • fat 2g • sat. fat 1g  
• chol. 5mg • sod. 327mg • calc. 162mg • fiber 3g*

---

# Spanish Bean Soup with Chorizo

---

*Makes 8 cups*

- |   |  |   |  |
|---|--|---|--|
| ¼ | pound dried chickpeas<br>(garbanzo beans)                          | 6 | ounces onions, chopped   |
| 1 | small ham hock (8-10 ounces)<br>or leftover ham bone               | ¼ | teaspoon saffron threads   |
| 8 | ounces new potatoes<br>(1 to 1½-inch size), halved<br>or quartered | 1 | clove garlic, peeled and chopped   |
| 3 | teaspoons olive oil, divided                                       | 6 | cups water   |
|   |  | 8 | ounces chicken or turkey chorizo,<br>chopped (hot sausage, crumbled<br>or kielbasa, chopped) |

Soak beans overnight in water to cover by 3 inches. Drain and rinse. Place in ceramic pot of Cuisinart® Slow Cooker with ham hock or ham bone and potatoes.

Heat 2 teaspoons oil in 12-inch Cuisinart® skillet over medium heat. Add onions; cook 2 to 3 minutes to soften. Stir in saffron and garlic. Cook 2 to 3 minutes longer.

Add onion mixture to Slow Cooker with 6 cups water. Cover and cook on Low, using Timer function, for 7 hours – Slow Cooker will automatically switch to Warm.

Heat remaining 1 teaspoon oil in skillet over medium-high heat. Brown chorizo, then drain; stir into soup. Slow cook on Low for 45 minutes. If the soup seems too thick, add some more water.

*Nutritional information per 1-cup serving:*

*Calories 103 (18% from fat) • carb. 17g • pro. 4g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 12mg • calc. 40mg • fiber 6g*

---

# Cuban Black Bean Soup

---

*Makes 8 cups*

1	pound dried black beans	1½	tablespoons oregano
1	ham hock	¼	teaspoon cayenne pepper
5	cups chicken stock	1	bay leaf
1½	cups chopped onion	½	teaspoon kosher salt
¾	cup chopped red pepper	½	tablespoon red wine vinegar
3	cloves garlic, peeled and chopped	3	tablespoons dry sherry

Sort beans and pick out any stones or bits of dirt. Soak beans overnight (8 hours or more) in water to cover by 3 inches. Drain and rinse. Place beans in ceramic pot of the Cuisinart® Slow Cooker with ham hock, chicken stock, chopped onion, red pepper, garlic, oregano, cayenne and bay leaf.

Using Timer function, cook on Low for 8 hours. Slow Cooker will switch to Warm automatically. Remove and discard bay leaf. Remove ham hock; let cool. When cool enough to handle, remove meat, chop and reserve. Stir in salt.

Use a potato masher or Cuisinart® Hand Blender on Low speed with a gentle up-and-down motion to mash/purée beans\*. You may partially or totally purée the soup. Stir in reserved ham, vinegar and sherry.

*Nutritional information per 1-cup serving:*

*Calories 243 (5% from fat) • carb. 38g • pro. 17g • fat 1g • sat. fat 0g  
• chol. 5mg • sod. 685mg • calc. 56mg • fiber 13g*

\* You may also transfer the beans to a blender to purée.

---

# Caramelized Onion Soup

---

*Makes about 6 cups*

2½ pounds onions, peeled and sliced	1½ tablespoons all-purpose flour
1½ tablespoons unsalted butter, melted	¾ tablespoon brown sugar
1½ tablespoons extra virgin olive oil	4 cups meat stock (half chicken and half beef is fine), hot
¾ teaspoon kosher salt	1½ tablespoons Port

Combine onions, butter, olive oil and salt in the ceramic pot of a Cuisinart® Slow Cooker. Cover and cook on High for one hour. Reduce heat to Low and cook for 5 to 6 hours, until nicely browned. Stir every hour so the onions color evenly.

When onions are done, sprinkle in flour and sugar. Cook on Low for 30 minutes, stirring occasionally. Add hot stock and cook on High for one hour. Reduce to Low for 2 hours longer. Stir in Port.

Serve soup with slices of toasted French bread, topped with melted Parmesan.

*Nutritional information per ¾-cup serving (without cheese):*  
*Calories 190 (31% from fat) • carb. 27g • pro. 6g • fat 7g • sat. fat 2g*  
*• chol. 8mg • sod. 636mg • calc. 53mg • fiber 3g*

---

# Sausage & Lentil Soup with Tortellini

---

*Makes 8 cups*

- |   |   |    |   |
|---|---|----|---|
| ¾ | tablespoon extra virgin olive oil             | 2  | cloves garlic, peeled and chopped               |
| 1 | pound turkey or chicken Italian sausage links | ¾  | tablespoon basil                                |
| 8 | ounces mushrooms, cleaned and quartered       | 1½ | teaspoons thyme                                 |
| ¾ | cup dried brown lentils, rinsed and drained   | ¾  | ounce sun-dried tomatoes (not in oil), slivered |
| 8 | ounces yellow onions, peeled and chopped      | 4½ | cups low-sodium chicken stock or broth          |
| 8 | ounces carrots, peeled, thickly sliced        | 6  | ounces cheese-filled tortellini (refrigerated)  |

Heat the olive oil in a Cuisinart® 12-inch nonstick skillet over medium-high heat. When hot, add the sausage in a single layer and brown evenly on all sides, about 10 minutes. Remove and let cool. Add the mushrooms to the same pan and cook until brown, about 3 to 4 minutes. When the sausage is cool enough to handle, cut into ½-inch slices.

Place the lentils in the ceramic pot of the Cuisinart® Slow Cooker. Add the chopped onions, carrots, garlic, browned mushrooms, basil, and thyme; stir to combine. Sprinkle the mixture with the slivered sun-dried tomatoes and top with the sliced sausages and any accumulated juices. Add the chicken stock.

Cover and cook on Low for 6 hours using the Timer Function; Slow Cooker will automatically switch to Warm.

Forty-five minutes before serving, reset the temperature to High – if soup is very thick, add up to 2 cups water. After 15 minutes, add the tortellini. Cover and cook for an additional 30 minutes, until the tortellini are tender and cooked.

Serve with freshly grated Parmesan.

*Nutritional information per 1-cup serving (without cheese):*  
Calories 312 (31% from fat) • carb. 30g • pro. 24g • fat 11g • sat. fat 3g  
• chol. 51mg • sod. 1015mg • calc. 96mg • fiber 6g

# Curried Butternut Squash & Apple Soup

*Makes 8 cups*

2	tablespoons unsalted butter	½	pound apples, peeled, cored and cut into wedges
2	cups chopped onions		
1	tablespoon curry powder	3	tablespoons white rice
½	teaspoon ginger	5	cups chicken stock (page 24)
2	pounds 1-inch butternut squash cubes, about 8 cups cubes (weigh after peeling, seeding and cubing)	½-¾	teaspoon kosher salt
		¼	teaspoon freshly ground pepper

Melt the butter over medium heat in a Cuisinart® 10-inch skillet. Add the onions and cook for 2 to 3 minutes, until the vegetables are translucent. Add the curry powder and ginger; cook for 5 to 6 minutes longer over low heat until the vegetables are softened and the spices are fragrant.

Place the butternut squash, apples, cooked onion mixture and rice in the ceramic pot of the Cuisinart® Slow Cooker, in that order. Add the chicken stock, salt, and pepper. Cook on High for 1 hour, and then reduce the temperature to Low for 5 hours. After 5 hours on Low, turn to Warm.

Purée the soup solids using a Cuisinart® Hand Blender or blender. With a hand blender, use a gentle up-and-down motion, never lifting the blade above the surface of the soup, until the vegetable solids are puréed to a completely smooth and homogenous texture.

Garnish with chopped sugared nuts and minced apple as a garnish.

*Nutritional information per 1-cup serving:*

*Calories 102 (16% from fat) • carb. 20g • pro. 3g • fat 2g • sat. fat 1g  
• chol. 4mg • sod. 321mg • calc. 59mg • fiber 3g*

---

# Curried Yellow Pea Soup

---

Makes 8 cups

- |   |  |   |   |
|---|--|---|---|
| 1 | tablespoon unsalted butter                                 | 4 | ounces mushrooms, halved                                  |
| 6 | ounces onion, peeled and chopped                           | 6 | ounces baby carrots                                       |
| 1 | garlic clove, peeled and chopped                           | 4 | ounces parsnips, peeled and cut into 1-inch slices        |
| 1 | piece ginger (1-inch) peeled, cut into quarter-size pieces | 4 | ounces cauliflower, separated into 1½-inch florets        |
| 1 | tablespoon jalapeño pepper, cored, seeded and chopped      | ¼ | cup brown rice  |
| ¾ | tablespoon curry powder                                    | 3 | cups vegetable stock or Roasted Vegetable Stock (page 25) |
| ¼ | teaspoon cumin seed  | 2 | cups water  |
| ¾ | pound yellow split peas, rinsed                            |   |   |
| 6 | ounces red potatoes, skin on, quartered                    |   |   |

Melt butter over medium-high heat in a 10-inch Cuisinart® nonstick skillet. Cook onion until soft, about 3 to 5 minutes. Add garlic; stir for 1 minute. Add ginger, jalapeño, curry and cumin. Cook until fragrant, 1 to 2 minutes. Transfer to ceramic pot of Cuisinart® Slow Cooker.

Add split peas, potatoes, mushrooms, carrots, parsnips, cauliflower and rice to Slow Cooker; stir. Add stock and water. Cover and cook on Low for 7 hours using the Timer function; Slow Cooker will automatically switch to Warm.

*Nutritional information per 1-cup serving:*

*Calories 170 (15% from fat) • carb. 32g • pro. 6g • fat 3g • sat. fat 1g  
• chol. 3mg • sod. 73mg • calc. 51mg • fiber 8g*

---

# Classic Split Pea Soup

---

*Makes 8 servings*

- |    |   |   |   |
|----|---|---|---|
| 2  | cloves garlic, peeled   | 1 | pound green split peas, rinsed            |
| 8  | ounces onion, peeled and cut into 1-inch pieces                 | 6 | cups chicken stock (page 24)              |
| 1  | celery rib, top off, cut into 1-inch pieces                     | 1 | 12-ounce ham hock (or roasted turkey leg) |
| 12 | ounces all-purpose potatoes, peeled and cut into 3-inch lengths | 1 | teaspoon freshly ground pepper            |
| 12 | ounces carrots, peeled and cut into 3-inch pieces               | 1 | tablespoon thyme                          |
|    |   | ¼ | cup dry sherry                            |

In Cuisinart® Food Processor, with motor running, drop garlic through feed tube and finely chop. Add onion and celery; pulse 7 to 8 times to chop. Transfer to ceramic pot of a Cuisinart® Slow Cooker.

Replace processor blade with 4-mm slicing disc. Fit potatoes into large feed tube and slice. Repeat with carrots. Add to Slow Cooker. Add peas, stock, ham hock, pepper and thyme. Cover and cook on High for 1 hour. Reduce heat to Low and cook 7 to 8 hours. Cooker can be set to Warm until ready to serve.

Remove ham hock and discard bone; chop meat, and return it to soup.

Stir in sherry before serving.

**Note:** If you do not have a food processor, you may chop and slice the vegetables by hand.

*Nutritional information per serving:*

*Calories 135 (4% from fat) • carb. 23g • pro. 8g • fat 1g • sat. fat 0g  
• chol. 3mg • sod. 378mg • calc. 34mg • fiber 6g*

---

# Tomato Soup

---

*Makes 6 servings*

- |   |  |   |                                 |
|---|--|---|---------------------------------|
| 3 | cans (14 ounces each) diced tomatoes, juices drained | 3 | cups chicken or vegetable stock |
| 2 | cloves garlic, peeled, chopped                       | 1 | bay leaf                        |
| 1 | small onion, peeled, chopped                         | ½ | teaspoon dried basil            |
| 1 | medium carrot, chopped                               | ¼ | teaspoon thyme                  |
| 1 | medium stalk celery, tops removed, chopped           |   |                                 |

Place tomatoes, garlic, onion, carrots and celery in the ceramic pot of the Cuisinart® Slow Cooker.

Add the stock, bay leaf, basil, and thyme. Cover and cook on Low Setting, using the Timer function, for 5 hours, until vegetables are tender. Slow Cooker will automatically switch to Warm until ready to serve.

Serve as is for a rustic soup, or purée with a Cuisinart® Hand Blender or blender for a more refined one.

*Nutritional information per 1-cup serving:*  
*Calories 58 (2% from fat) • carb. 12g • pro. 3g • fat 0g • sat. fat 0g*  
*• chol. 0mg • sod. 437mg • calc. 51mg • fiber 4g*

---

# Brown Beef Stock

---

*Makes 8 cups*

2½ pounds beef and/or veal bones	2 tablespoons olive or vegetable oil
1 pound beef chuck or other stew beef, cut into 1-inch cubes	6 chives
2 large carrots, peeled, cut into 3-inch lengths	6 sprigs parsley
2 ribs celery, cut into 3-inch lengths	6 sprigs thyme
2 large onions, peeled and quartered	3 cloves garlic
	12 peppercorns

Preheat oven to 425°F. Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie chives, parsley and thyme into a bundle using butcher's string.

Transfer browned bones, meat, and vegetables to the ceramic pot of the Cuisinart® Slow Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Turn Slow Cooker on High and cook for 5 to 6 hours. Strain, reserving stock; discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

**Hint:** Freeze in 1-cup amounts to have ready to thaw and use.

*Nutritional information per 1-cup serving:*  
Calories 17 (1% from fat) • carb. 18g • pro. 38g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 20mg • calc. 14mg • fiber 0g

---

# Chicken Stock

---

*Makes 6 cups*

- |   |   |   |  |
|---|---|---|--|
| 3 | pounds chicken wings and/or backs         | 1 | parsnip, peeled, cut into 2-inch lengths |
| 1 | medium onion, peeled and quartered        | 1 | bay leaf                                 |
| 1 | ribs celery, cut into 2-inch lengths      | 6 | black peppercorns                        |
| 1 | carrot, peeled, cut into 2-inch lengths   | 3 | sprigs parsley                           |
| 1 | leek, trimmed, halved lengthwise, cleaned | 3 | sprigs thyme                             |
|   |   | 8 | cups water                               |

Rinse chicken and drain. Place in ceramic pot along with the onion, celery, carrot, leek, parsnip, bay leaf, peppercorns, parsley, and thyme. Add water. Cook on Low, using the Timer function, for 8 hours – Slow Cooker will automatically switch to Warm. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use. Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

**Hint:** Freeze chicken stock in 1-cup containers to use as needed.

**For Brown Chicken Stock:** Brown stock requires the step of roasting, but adds depth of flavor to the stock. Use this method (using turkey wings) to make Brown Turkey Stock ahead for holiday meals.

Preheat oven to 400°F. Place wings in a Cuisinart® Roasting Pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

*Nutritional information per 1-cup serving:*  
Calories 15 (0% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 80mg • calc. 0mg • fiber 0mg

---

# Roasted Vegetable Stock

---

*Makes 7 cups*

- |   |  |    |   |
|---|--|----|---|
| 3 | large carrots, peeled, cut into 3-inch lengths   | 2  | large red or yellow bell peppers, cored, seeded and quartered |
| 2 | stalks celery, cleaned, cut into 3-inch lengths  | 8  | ounces portobello mushrooms, cleaned, sliced                  |
| 2 | leeks, roots removed, trimmed to include 2 inches of green, cut in half lengthwise and cleaned | 4  | cloves garlic   |
| 2 | large onions (6 ounces each), peeled, quartered  | 2  | tablespoons extra virgin olive oil                            |
| 2 | parsnips, peeled, cut into 3-inch lengths  | 6  | sprigs fresh thyme  |
|   |  | 6  | fresh chives  |
|   |  | 12 | peppercorns   |

Preheat oven to 450°F. Arrange vegetables and garlic on large baking sheet with sides or in shallow roasting pan. Drizzle with olive oil and toss to coat completely. Place pan in oven and roast for 25 minutes. Turn vegetables and roast an additional fifteen minutes. Tie thyme and chives together into a bundle using butcher's string.

Transfer the roasted vegetables and accumulated juices, scraping up and including the flavorful browned bits from the pan, to the Cuisinart® Slow Cooker. Add the bundle of herbs, peppercorns, and 8 cups water to the crock. Turn unit on High. Cook on High for 5 to 6 hours.

Strain vegetables from stock and discard. Cover and refrigerate stock until ready to use.

*Nutritional information per 1-cup serving:*

*Calories 15 (0 from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0g • sod. 530mg • calc. 2mg • fiber 1g*

---

# White Chili with Chicken

---

*Makes 8 cups*

½	pound white beans	1½	teaspoons ground cumin
	cooking spray	1	teaspoon oregano
1	tablespoon good quality olive oil	¾	teaspoon coriander
1½	cups chopped onions	½–¾	teaspoon kosher salt
1	tablespoon chopped garlic	¼	teaspoon freshly ground white pepper
4	cups chicken stock, nonfat, low-sodium	1½	jalapeño peppers, cored, seeded and minced (optional)
1	pound chicken breast meat, cut into 1-inch cubes	1	cup cut white or yellow corn, (thawed if frozen)
½	cup prepared salsa verde (from a jar)	8	lime wedges

Pick over beans and discard any stones or bits of dirt. Soak beans overnight (8 hours) in water to cover by 3 inches. Drain and rinse.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Heat oil in a Cuisinart® 10-inch skillet over medium heat. Add onions and garlic. Cook until onions are soft, about 5 minutes; transfer to pot. Place stock, beans and chicken in Slow Cooker. Add salsa, cumin, oregano, coriander, salt, pepper and jalapeños. Cover and cook on Low for 5 hours using Timer function; Slow Cooker will automatically switch to Warm setting. One half hour before serving, turn heat to High; stir in corn.

Serve with wedge of lime.

**Hint:** Sliced or diced avocado makes a good garnish for White Chicken Chili.

*Nutritional information per 1-cup serving:*

*Calories 390 (13% from fat) • carb. 45g • pro. 40g • fat 5g • sat. fat 1g  
• chol. 65mg • sod. 570 mg • calc. 145mg • fiber 15g*

---

# Beef Chili for a Crowd

---

Makes 8 servings

cooking spray	½	green pepper, cored, seeded, chopped
1½ teaspoons good quality olive oil	½	yellow pepper, cored, seeded, chopped
¾ pound onions, peeled and finely chopped	1	can (14 ounces) diced tomatoes, juices drained, separated
3 cloves garlic, peeled and minced	1	can (3 ounces) tomato paste, salt-free
1 teaspoon kosher salt	1½	tablespoons red wine vinegar
½ teaspoon freshly ground pepper	2	cans (15–16 ounces each) beans, drained, rinsed and drained again (i.e. black beans, pinto beans and/or red kidney beans)
1½ pounds lean ground beef		
¼ cup chili powder		
2 teaspoons oregano		
2 teaspoons cumin		
½ tablespoon paprika		
½ red pepper, cored, seeded, chopped		

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Heat a Cuisinart® 12-inch nonstick skillet over medium-high heat and add ½ teaspoon olive oil; sauté onions and garlic until soft. Season with ¼ teaspoon salt and ¼ teaspoon pepper. Place in ceramic insert.

In the same skillet, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to Slow Cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar.

Cover and cook on Low setting for 6 hours using Timer function; Slow Cooker will automatically switch to Warm.

One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

*Nutritional information per 1 cup serving:*

*Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g  
• chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g*

---

# Heart Smart Turkey Chili

---

*Makes about 9 cups*

- |   |   |   |   |
|---|---|---|---|
| 1 | teaspoon + 1 tablespoon extra virgin olive oil, divided | 1 | teaspoon oregano                                |
| 3 | pounds lean ground turkey (7% fat)                      | 2 | cans (14 ounces each) diced tomatoes            |
| 4 | cloves garlic, peeled and finely chopped                | ½ | red bell pepper, cut into 1½ x ¼-inch strips    |
| 1 | pound Spanish onions, peeled and chopped                | ½ | yellow bell pepper, cut into 1½ x ¼-inch strips |
| 5 | tablespoons chili powder                                | 1 | cup unsalted, nonfat, low-sodium chicken stock  |
| ½ | tablespoon ground cumin                                 | 1 | tablespoon wine vinegar                         |
| ½ | teaspoon ground allspice                                | 1 | bay leaf  |
| ½ | teaspoon ground cinnamon                                | ¾ | teaspoon kosher salt                            |
| ½ | teaspoon ground coriander                               |   |   |

Heat one teaspoon olive oil in a Cuisinart® 12-inch skillet over medium-high heat. Add ⅓ of the turkey to the pan and cook until brown, breaking up clumps with the back of a spoon, about 7 minutes. Transfer to the ceramic pot of the Cuisinart® Slow Cooker. Brown the remaining meat with one teaspoon oil, in two more batches.

Heat the remaining one tablespoon of oil over medium heat in the same pan; add the garlic and onion and cook until translucent and softened, about 5 minutes. Add chili powder, cumin, allspice, cinnamon, coriander, and oregano; cook over low heat until fragrant, about 5 minutes. Transfer onion mixture to the Slow Cooker.

Stir in diced tomatoes, diced peppers, chicken stock, wine vinegar, and bay leaf. Cover and cook for 6 hours on Low using Timer function. Slow Cooker will automatically switch to Warm.

Serve with “chili condiments” – shredded lowfat Cheddar or Monterey Jack cheese, diced avocado, chopped tomato, chopped onions, chopped peppers and warm cornbread.

*Nutritional information per 1-cup serving:*

*Calories 323 (51% from fat) • carb. 10g • pro. 30g • fat 18g • sat. fat 5g  
• chol. 78mg • sod. 301mg • calc. 68 mg • fiber 3g*

---

# Pueblo Posole

---

*Makes about 6 cups*

2½ pounds bone-in country-style pork ribs	¾ cup boiling water
6 cloves garlic, peeled	2 ounces yellow onion, peeled, cut into 1-inch pieces
1½ cups nonfat, low-sodium chicken stock	1 teaspoon kosher salt
1 cup water	2 cans (15 ounces each) white, hominy,* drained, rinsed and drained again
1 teaspoon oregano	
1 ounce dried New Mexico red chiles	

Place the ribs in the ceramic pot of the Cuisinart® Slow Cooker with 4 cloves of the garlic, the chicken stock, water and oregano. Cook on Low, using the Timer function, for 6 hours, until the pork is tender. Remove pork and strain liquid. Remove fat from liquid by using a fat separator or fat mop or by chilling and allowing the fat to harden. Discard fat. Shred pork, discarding the bones and any fatty or gristly bits. Reserve cooking liquid (if preparing to this stage a day ahead, chill pork in strained cooking liquid).

While the pork is cooking, remove the stems and seeds from the New Mexico chiles (you may want to wear protective gloves to do this). Place in a bowl and cover with the boiling water for 30 minutes to soften. Transfer the softened chiles to a Cuisinart® Blender with the onion, remaining 2 cloves of garlic, and salt. Blend until smooth.

Return the strained liquid to the crock of the Slow Cooker with the shredded pork, the blended chile pepper mixture, and the drained hominy. Stir. Cook for 3 hours on Low using Timer function; Slow Cooker will automatically switch to Warm until ready to serve. Serve Pueblo Posole as you would a soup or stew. Garnish with chopped avocado, onion, fried tortilla strips, and wedges of lime.

**Note:** If you prepare the Posole over 2 days and refrigerate the meat and cooking juices, increase the second cooking time by 1 hour.

\*White hominy is a cured corn. It can be found in the canned vegetable or ethnic sections of most well-stocked grocery stores.

*Nutritional information per 1-cup serving:*

*Calories 504 (44% from fat) • carb. 25g • pro. 45g • fat 25g • sat. fat 9g  
• chol. 142mg • sod. 711mg • calc. 32mg • fiber 4g*

---

# Veal Stew with Mushrooms & Artichokes

---

*Makes about 8 cups*

½ cup all-purpose flour	½ cup chicken stock
¾ teaspoon kosher salt	1 shallot, peeled and minced
¾ teaspoon freshly ground pepper	1 clove garlic, peeled and minced
2 pounds veal stew meat, cut into 1-inch cubes	¾ teaspoon ground coriander
6 teaspoons good quality olive oil, divided	1 celery stalk, trimmed, cut into ½-inch pieces
½ cup dry sherry	5 whole sprigs of parsley with stems
¾ pound button mushrooms, sliced	1 bay leaf
1 cup onion, peeled and chopped (about 1 large)	1 package frozen artichokes, thawed
¾ cup sliced celery	¼ cup chopped fresh parsley
½ can (14 ounces) diced tomatoes, drained	

Mix the flour, salt and pepper in a pie plate or other flat bowl. Lightly dust veal cubes with seasoned flour, shaking off excess.

Heat 2 teaspoons of oil in a Cuisinart® 12-inch skillet over medium-high heat. In 2 batches, brown veal on all sides. Transfer browned veal to the ceramic pot of the Cuisinart® Slow Cooker. After each batch, deglaze pan by adding ¼ cup sherry to the hot skillet, scraping up any brown bits; add to the ceramic pot. When all meat is browned, add 1 teaspoon oil; brown mushrooms in 2 batches and add to pot.

Place onion, celery, tomatoes, chicken stock, shallot, garlic, and coriander in the Slow Cooker with veal and mushrooms; stir. Place the parsley sprigs on top of the veal mixture. Tuck the bay leaf into the center. Cover and cook on Low Setting for 5 hours using the Timer function; the Slow Cooker will automatically switch to Warm. At this point, the stew can wait on Warm until you are ready to finish cooking.

One hour before serving, remove parsley sprigs and bay leaf; discard. Stir in artichokes; cover and slow cook on Low for 1 hour. Garnish with chopped fresh parsley to serve.

*Nutritional information per 1-cup serving:*

*Calories 285 (31% from fat) • carb. 18g • pro. 28g • fat 10g • sat. fat 2g  
• chol. 85mg • sod. 421mg • calc. 71mg • fiber 6g*

# — Mediterranean Seafood Stew —

*Makes 4 servings*

- |   |   |
|---|---|
| ¼ pound small new potatoes, skin on, whole  | ¼ cup chopped parsley leaves                                |
| 2 cloves garlic, peeled and minced  | grated zest of one orange                                   |
| 1 large onion, peeled, cut into quarters, with root ends intact (to hold it together) | 1 bay leaf  |
| 1 tablespoon extra virgin olive oil   | ¼ teaspoon fennel seeds                                     |
| 1 can (14 ounces) diced tomatoes, juices drained                                      | ¼ teaspoon peppercorns                                      |
| ½ can (6 ounces) salt-free tomato paste   | 3 whole sprigs of fresh parsley (stems and leaves)          |
| ½ cup clam juice or fish stock  | ½ small fennel bulb (4 ounces), top off, cut into ½" slices |
| ½ cup dry white wine or vermouth  | 10 mussels, scrubbed and debearded if necessary             |
| ½ teaspoon saffron  | 8 jumbo shrimp, peeled, deveined, left whole with tail on   |
| ½ teaspoon dried basil  | 6 sea scallops, cut in half horizontally                    |
|   | ½ pound white fish, such as scrod, cut into 2-inch pieces   |

Place potatoes, garlic, onion and olive oil in ceramic pot of the Cuisinart® Slow Cooker; stir gently to combine. Add tomatoes, tomato paste, clam juice, wine, saffron and dried basil. Place bay leaf, fennel seeds, peppercorns and parsley sprigs in a 5 x 5-inch square of cheesecloth (or coffee filter) and tie securely with kitchen twine. Add to pot.

Cover and cook for 7 hours using the Timer function. Slow Cooker will automatically switch to Warm. At this point the sauce can rest on Warm until one hour before serving. Raise heat to High, then add fennel slices; cook another 30 to 40 minutes. Add mussels, shrimp, scallops and fish. Continue to cook about 10 to 15 minutes, or until mussels are open, shrimp are pink, scallops and fish are opaque. Garnish with chopped parsley and orange zest. Serve directly from the pot. Ladle stew into warm soup bowls. Serve with crusty bread on the side.

*Nutritional information per serving:*

*Calories 407 (16% from fat) • carb. 32g • pro. 48g • fat 7g • sat. fat 1g  
• chol. 187mg • sod. 582mg • calc. 155mg • fiber 5g*

---

# Seafood Chili

---

*Makes 4 servings*

1½ cups chopped onion	1 can (6 ounces) chopped clams, drained, ½ cup juice reserved
3 garlic cloves, peeled and chopped	1 tablespoon cornmeal
1 jalapeño pepper, seeded and chopped	¾ pound large shrimp, peeled and deveined
½ red pepper, seeded and chopped	¾ pound large sea scallops, tough muscle removed
½ green pepper, seeded and chopped	½ pound halibut (or other firm white fish), cut into 1-inch pieces
1 tablespoon chili powder	¾ pound mussels, rinsed and debearded
½ tablespoon oregano	¼ cup chopped fresh cilantro
1 teaspoon ground cumin	
½ teaspoon ground coriander	
½ tablespoon extra virgin olive oil	
1 can (14 ounces) diced tomatoes with juice	

Combine onions, garlic, jalapeño pepper, red pepper, green pepper, chili powder, oregano, cumin, and coriander with the olive oil in ceramic pot of the Cuisinart® Slow Cooker. Stir in diced tomatoes and ½ cup clam juice. Using Timer function, cook on Low for 4 hours; Slow Cooker will automatically switch to Warm until you are ready to finish cooking.

Turn heat to High and stir in cornmeal; cover and cook 15 minutes. Add chopped clams, shrimp, scallops, and halibut; stir gently. Place mussels on top. Cook on High for 15 minutes or until shrimp are pink and mussels have opened.

Garnish with fresh chopped cilantro.

*Nutritional information per serving:*

*Calories 358 (16% from fat) • carb. 16g • pro. 58g • fat 6g • sat. fat 1g  
• chol. 213mg • sod. 440mg • calc. 161mg • fiber 3g*

---

# Chicken Cacciatore

---

*Makes 4 to 6 servings*

- |  |   |
|--|---|
| 8 ounces yellow onion, peeled and cut vertically into ½-inch slices        | 1 teaspoon oregano  |
| 1 red bell pepper, cored, seeded, cut lengthwise into ½-inch thick slices  | ¾ teaspoon basil  |
| 1 yellow bell pepper, cored, seeded, cut in ½-inch thick slices lengthwise | 1 teaspoon kosher salt                                      |
| 3 cloves garlic, peeled  | ¼ teaspoon freshly ground black pepper                      |
| 1 can (15 ounces) diced tomatoes, drained, juices discarded                | 2 pounds bone-in, skinless chicken thighs                   |
| 2 tablespoons tomato paste   | ½ cup all-purpose flour                                     |
| 2 tablespoons white vermouth or other dry white wine                       | 2 tablespoons extra virgin olive oil                        |
|  | 4 ounces portobello mushrooms, cut into ½-inch thick slices |
|  | 1 bay leaf  |

Place the onions, peppers, garlic, drained tomatoes, tomato paste, vermouth, oregano, basil, salt, and pepper in a large bowl. Toss gently to combine. Trim chicken thighs of visible fat. Toss in flour to coat lightly – discard excess flour. Heat one tablespoon olive oil in a 12-inch Cuisinart® nonstick skillet over medium-high heat. Add half the chicken and cook over medium-high heat for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken. Add the remaining tablespoon olive oil and cook the portobello mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the browned portobello mushrooms to the vegetable mixture.

Arrange half the chicken thighs in the ceramic pot of the Cuisinart® Slow Cooker. Top with half the vegetable mixture. Repeat layers. Tuck bay leaf into the center of the mixture. Cover and cook on Low for 8 hours using Timer function; Slow Cooker will automatically switch to Warm setting.

Remove and discard bay leaf before serving.

*Nutritional information per serving (based on 6 servings):*  
Calories 599 • (37% from fat) • carb. 25g • pro. 61g • fat 23g  
• sat. fat 6g • chol. 204mg • sod. 571mg • calc. 93mg • fiber 5g

---

# Rosemary Chicken, Sausage & Mushrooms

---

*Makes 4 to 6 servings*

3	tablespoons extra virgin olive oil	½	teaspoon freshly ground black pepper
6	ounces yellow onion, peeled and chopped	12	ounces chicken or turkey Italian sausage, in links
1	clove garlic, peeled and chopped	2	pounds bone-in, skinless chicken thighs, trimmed of excess visible fat
8	ounces portobello mushrooms, cut into ½-inch thick slices	½	cup all-purpose flour
8	ounces cremini or button mushrooms, cleaned and quartered	¼	cup nonfat, low-sodium chicken stock
1	teaspoon rosemary	¼	cup white vermouth or dry white wine
1	teaspoon kosher salt	1	bay leaf

Heat ½ tablespoon of the olive oil in a 12-inch Cuisinart® nonstick skillet over medium-high heat. Cook the onions and garlic until softened and translucent, 2 to 3 minutes; transfer to a large bowl. Add ⅓ of the remaining olive oil to the pan, and cook the portobello mushrooms for 2 to 3 minutes on each side until golden; add to the onion mixture. Cook the quartered cremini mushrooms until golden, 4 to 5 minutes total, stirring now and then; add to the bowl. Stir in the rosemary, salt and pepper.

Cook the sausage until browned on all sides, but not completely cooked. Cut into 1½-inch lengths on the diagonal; add to the mushroom/onion mixture.

Toss the chicken in the flour to coat lightly; discard the excess flour. Heat the remaining olive oil over medium-high heat in the same skillet. Add half the chicken to the skillet and brown for 2 to 3 minutes on each side; remove and reserve. Repeat with the remaining chicken.

Arrange half the browned chicken in the ceramic pot of the Cuisinart® Slow Cooker. Top with half the mushroom/sausage/onion mixture. Repeat layers.

*(continued)*

Pour the chicken stock and vermouth over the top. Tuck the bay leaf into the center.

Cover and cook on Low for 8 hours using Timer function; Slow Cooker will automatically switch to Warm setting. Remove and discard bay leaf before serving.

*Nutritional information per serving (based on 6 servings):*  
Calories 437 (49% from fat) • carb. 10g • pro. 44g • fat 24g • sat. fat 6g  
• chol. 145mg • sod. 656mg • calc. 42mg • fiber 1g

---

# Chicken with 40 Cloves of Garlic

---

*Makes 4 to 6 servings*

2½ pounds chicken thighs (about 8 to 10), skinless, bone-in	40 cloves garlic, peeled
1 teaspoon herbes de Provence	1 stalk celery, sliced
¼ teaspoon red pepper flakes	1 cup sliced onion and/or shallots
¾ teaspoon kosher salt	¼ cup white vermouth or dry white wine
¼ teaspoon freshly ground black pepper	3 tablespoons nonfat, low-sodium chicken stock
3 teaspoons fresh lemon juice	freshly chopped parsley
3 teaspoons extra virgin olive oil	
cooking spray	

In a large bowl, combine the chicken thighs, herbes de Provence, red pepper flakes, salt, pepper, lemon juice and olive oil.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Layer seasoned chicken, garlic, celery and onions in pot. Pour in wine and chicken stock. Cook on Low for 8 hours using Timer function; the Slow Cooker will automatically switch to Warm.

Serve with chopped parsley for garnish.

*Nutritional information per serving (based on 6 servings):*  
*Calories 399 (43% from fat) • carb. 9g • pro. 44g • fat 19g • sat. fat 5g*  
*• chol. 153mg • sod. 311 • calc. 66mg • fiber 1g*

---

# Barbecue Beef Brisket

---

*This is a multi-step process, but well worth the effort. Because brisket is chilled after cooking, it allows you to remove excess fat, and makes slicing easier.*

*Makes 6 to 8 servings*

- |   |  |   |  |
|---|--|---|--|
| 1 | beef brisket, approximately<br>2½ pounds         | 1 | teaspoon kosher salt   |
| 2 | tablespoons light or dark<br>brown sugar, packed | 1 | teaspoon dry mustard   |
| 2 | teaspoons Worcestershire sauce                   | 1 | teaspoon liquid smoke  |
| 2 | teaspoons freshly ground<br>black pepper         | 1 | medium onion, peeled,<br>cut into ½-inch slices                            |
| 1 | teaspoon garlic powder                           | ½ | cup lager or ale   |
|   |  | 2 | cups (more to taste) Barbecue<br>Sauce, page 38, or purchased<br>BBQ sauce |

Trim fat cap on top of brisket to ⅛-inch thickness. Do not remove it all – it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate. Make a single layer of the sliced onions in the bottom of the ceramic pot of the Cuisinart® Slow Cooker. Add the lager. Place the coated brisket on top. Cover and cook on Low using the Timer function for 8 hours – Slow Cooker will automatically switch to Warm. Turn off Slow Cooker. Remove the brisket, onions and cooking juices from the Slow Cooker and place in a shallow pan. Cover and refrigerate.

One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F. Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about 2 cups. This may be frozen – it is very good to use in soups); discard onions. Slice meat thinly (⅛ -inch thick slices) while cold.\* Reassemble and place in roasting pan/baking dish. Spread 2 cups Barbecue Sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.

Alternatively the meat can be sliced thickly, then shredded using two forks or fingers. Stir in sauce and reheat until it just bubbles. After reheating, the Beef Barbecue may be placed in the Slow Cooker on Low for 1 hour, then turned to Keep Warm.

\*Thin slices will be easy to achieve using a Cuisinart® Electric Knife.

*Nutritional information per serving (based on 8 servings):*

*Calories 229 (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g  
• chol. 72mg • sod. 496mg • calc. 38mg • fiber 1g*

---

# Barbecue Sauce

---

*Makes 4 cups*

2	teaspoons unsalted butter	2	tablespoons Worcestershire sauce
1	cup finely chopped onion	2	tablespoons soy sauce (low-sodium)
1	clove garlic, peeled, finely chopped	1	tablespoon prepared horseradish
2	cups tomato ketchup	1	tablespoon chili powder (heat level to taste)
1	cup water	2	teaspoons instant espresso powder
¼	cup tomato paste (salt-free)	1½	teaspoons dry mustard
¼	cup cider vinegar	1–2	teaspoons liquid smoke (to taste)
⅓	cup molasses	½–1	teaspoon hot sauce such as Tabasco®
⅓	cup honey		

Melt the butter in a Cuisinart® 3¾-quart saucepan over medium heat. Add onion and garlic; cook over medium heat until softened and opaque, about 3 to 4 minutes – do not brown. Add ketchup, water, tomato paste, vinegar, molasses, honey, Worcestershire sauce, soy sauce, horseradish, chili powder, instant espresso, and dry mustard. Stir to blend. Bring the mixture to a boil. Reduce heat and simmer, uncovered over low heat, about 50 to 60 minutes. Stir in liquid smoke and hot sauce to taste.

Cool and refrigerate in a covered container until ready to use. May also be frozen.

*Nutritional information (per serving ¼-cup):*  
*Calories 127 (7% from fat) • carb. 29g • pro. 2g • fat 1g • sat. fat 0g*  
*• chol. 1g • sod. 988mg • calc. 79mg • fiber 1g*

---

# Dilled Pot Roast

---

*Makes 4 to 6 servings*

1/3	cup all-purpose flour	2	cloves garlic, peeled
1/2	teaspoon kosher salt	1	teaspoon dill seed
1/4	teaspoon freshly ground pepper	1/2	teaspoon peppercorns
2	teaspoons vegetable oil	1/4	cup nonfat, low-sodium beef stock
2 1/2–3	pounds beef roast, rump, chuck or arm cut	1	tablespoon red wine vinegar
2	tablespoons Dijon-style mustard		
2	onions, peeled and cut into eighths		
2	carrots, peeled and sliced into 1-inch pieces		
1	celery stalk, with tops, cut into 1-inch pieces		

## Sauce

	cooking juices from beef
3	tablespoons instant flour
1	teaspoon Dijon-style mustard
1	teaspoon dill weed
1/2	cup lowfat sour cream

Combine flour with salt and pepper. Coat beef with flour mixture, shaking off excess. Heat oil in a Cuisinart® 12-inch skillet over medium-high heat; brown beef on all sides. Transfer to platter or cutting board; cool for a few moments. Rub mustard evenly over all sides of the beef. Place onions, carrots, celery, garlic, dill seed and peppercorns in the ceramic pot of the Cuisinart® Slow Cooker. Top with the mustard-coated beef. Pour in stock and vinegar. Cook on Low for 8 hours using Timer function; cooker will automatically switch to Warm.

Remove beef, transfer to storage container, strain and discard vegetables. Pour cooking juices over beef; cover and refrigerate overnight. One hour before serving, remove beef, (reserve juices) and cut off visible fat. Place in a small roasting pan and reheat at 325°F for 30 to 45 minutes.

Strain cooking juices into a Cuisinart® 2 3/4-quart saucepan; discard fat. Add flour, mustard and dill; stir over medium heat until sauce comes to a boil and thickens. Remove from heat, cool briefly and stir in sour cream. Taste for seasoning and add 1/4 teaspoon salt if desired. Cut meat into thin slices; pour some sauce over the top and pass the rest in a sauce boat.

*Nutritional information per serving (based on 6 servings):*  
Calories 226 (23% from fat) • carb. 16g • pro. 9g • fat 3g • sat. fat 1g  
• chol. 6mg • sod. 420mg • calc. 53mg • fiber 2g

---

# New England Short Ribs

---

*Makes 4 servings*

½	cup all-purpose flour	½	pound new red potatoes, skin on, cut into 1 to 1½-inch cubes
½	teaspoon kosher salt		
¼	teaspoon freshly ground pepper	¼	pound turnips, peeled and cut into ½-inch dice
2–2½	pounds short ribs	¼	cup prepared horseradish
1	tablespoon vegetable oil	½	cup beef stock
½	pound onions, peeled and cut into ½-inch dice		
½	pound carrots, peeled and halved lengthwise		

Combine flour, salt and pepper. Coat short ribs with this mixture.

Heat oil in a Cuisinart® 12-inch skillet over medium high heat. Brown ribs and transfer them to a plate to cool a bit. Pour off fat, add onions and cook 1 minute; stir and scrape up all brown bits. Combine with carrots, potatoes, turnips.

Coat short ribs with horseradish. Place in the ceramic pot of the Cuisinart® Slow Cooker. Cover with onions, carrots, potatoes and turnips. Pour in stock. Cover and cook on Low using Timer function, for 6 hours – Slow Cooker will automatically switch to Warm until ready to serve. Strain pan juices to remove fat, or use a fat mop to remove fat.

*Nutritional information per serving:*

*Calories 771 (58% from fat) • carb. 26 • pro. 56 • fat 50g • sat. fat 20g  
• chol. 106mg • sod. 588mg • calc. 87mg • fiber 6g*

# — Corned Beef with Vegetables —

Serves 4 to 6

## First Cooking

- cooking spray
- 2 pounds corned beef, first cut (flat)
- 1 onion, peeled and cut into 2-inch pieces
- 1 carrot, peeled and cut into 2-inch pieces
- 1 stalk celery, with tops, cut into 2-inch pieces
- 3 whole parsley stalks
- 1 bay leaf
- ½ teaspoon peppercorns
- 3 cups water

## To finish

### Sauce

- ¼ cup orange marmalade
- ¼ cup Dijon-style mustard
- 1½ tablespoons real maple syrup (not pancake syrup) or honey

### Vegetables

- ½ pound onions, peeled, cut in half through root end
- 4 carrots, peeled, cut into large serving pieces
- 2 stalks celery, cut into serving pieces
- 1 pound new potatoes, skins on, cut into serving pieces
- 1 pound cabbage cut lengthwise through the root end into 8 pieces

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onion, carrot, parsley, celery, bay leaf and peppercorns. Pour in water to cover. Cover and cook on Low for 8 hours, using Timer function – Slow Cooker will automatically switch to Warm.

When meat is done, transfer to a resealable container with the vegetables and cooking liquid. Cover and refrigerate overnight. The meat can stay like this for up to two days.

When you are ready to finish the corned beef, preheat oven to 375°F. Remove meat from cooking liquid; cut off and discard any visible fat. Strain liquid to degrease juices. Discard vegetables; reserve liquid.

Combine marmalade, mustard and maple syrup in a small bowl; spread or brush over the top and sides of meat. Set in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice.

*(continued)*

Pour cooking liquid into a Cuisinart® 6-quart saucepan. Add onions, carrots, celery and new potatoes. Top with the cabbage. (You will not have enough liquid to cover – the cabbage steams on top.) Cover and simmer until vegetables are tender, 30 to 45 minutes.

To serve, cut meat in thin slices and surround with vegetables. Serve the flavorful broth on the side.

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

*Calories 669 (42% from fat) • carb. 62g • pro. 37g • fat 32g • sat. fat 10g  
• chol. 157mg • sod. 2545mg • calc. 188mg • fiber 14g*

---

# Pulled Pork Barbecue

---

*Makes 5 cups*

2½	pounds bone-in country-style spare ribs	½	pound onions, peeled and thickly sliced
¾	teaspoon kosher salt	1	cup water
½	teaspoon freshly ground black pepper	1–1½	cups Barbecue Sauce, page 38 (or purchased)
½	teaspoon paprika		

Trim ribs of excess fat. Season with salt, pepper and paprika. Layer seasoned pork and onions in ceramic pot of Cuisinart® Slow Cooker, ending with a layer of onions. Add water. Cover. Cook on Low for 6 hours, using Timer function, until the pork is tender and pulling off the bones – Slow Cooker will automatically switch to Warm.

Transfer pork to a shallow food storage container. Strain liquid and discard onions. Pour liquid over pork. Cover and refrigerate. When chilled, the fat will solidify and rise to the top. Lift off and discard. Remove pork from liquid (which will have gelled); reserve liquid for another use (it is particularly good to use in the Cuban Black Bean (page 16), Classic Split Pea (page 21), or Spanish Bean (page 15) Soups – it may be strained and frozen, or discarded. Pull pork from bones; discard bones. Trim off and discard fat.

Shred pork and place in ceramic pot of Cuisinart® Slow Cooker. Add 1 to 1½ cups Barbecue Sauce; stir. Cook on Low for 3 hours using the Timer function, or on High for 2 hours. Set on Warm to serve.

*Nutritional information per ½-cup serving:*

*Calories 326 (49% from fat) • carb. 11g • pro. 31g • fat 18g • sat. fat 7g  
• chol. 107mg • sod. 411mg • calc. 28mg • fiber 1g*

---

# Braised Veal Shanks

---

*Makes 4 servings*

- |   |   |   |   |
|---|---|---|---|
| 4 | sprigs parsley  | 6 | ounces shallots, peeled and chopped     |
| 4 | veal shanks (about 3-3½ pounds total), about 1¼ inches thick, 3-3½ inches in diameter, tied | 2 | ounces celery, peeled and chopped       |
| ¾ | teaspoon kosher salt  | 3 | cloves garlic, peeled and chopped       |
| ¼ | teaspoon freshly ground black pepper  | 3 | teaspoons herbes de Provence, divided   |
| ½ | cup all-purpose flour   | 1 | can (15 ounces) diced tomatoes, drained |
| 3 | teaspoons extra virgin olive oil  | ¼ | cup dry white vermouth                  |
| ¾ | tablespoon unsalted butter  | ¼ | cup nonfat, low-sodium chicken stock    |
| ¾ | pound onions, peeled and chopped  | 1 | bay leaf                                |
| 6 | ounces carrots, peeled and chopped  | 1 | strip lemon zest                        |

Remove leaves from the parsley, reserving stems. Chop leaves; reserve.

Season veal with salt and pepper; dust lightly with flour, shaking off excess. Heat olive oil and butter in a 12-inch Cuisinart® skillet over medium-high heat. When hot, add the veal shanks and cook for 4 to 5 minutes on each side, until nicely browned. Remove and reserve.

Add the chopped onions, carrots, shallots, celery, garlic, and herbes de Provence to the skillet. Cook over medium-low heat until onions and shallots are translucent and vegetables are slightly softened, about 5 minutes.

Place cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker along with the drained diced tomatoes, vermouth, chicken stock, bay leaf, lemon zest, and reserved parsley leaves and stems. Stir to combine. Top vegetable mixture with the browned veal shanks in a single layer. Cover and cook on Low, using the Timer function, for 6 hours – Slow Cooker will automatically switch to Warm.

*(continued)*

Degrease the cooking liquid with a fat mop, or pour the liquid into a fat separator and allow the fat to rise to the top. Then pour the defatted liquid back into the cooked vegetables. Serve with pasta, rice, or polenta.

**Tip:** Make your chopping task easy by using a Cuisinart® Food Processor fitted with the metal blade to chop the vegetables. First chop the parsley leaves and remove. Then with the machine running, drop garlic through the feed tube and process 5 seconds to chop. Add onion (cut into 1-inch pieces) and pulse to chop; remove. Pulse to chop shallots (cut into 1-inch pieces; remove. Pulse to chop carrots (cut into 1-inch pieces and remove. Pulse to chop celery (cut into 1-inch pieces). The chopping is done in just a few moments.

*Nutritional information per serving:*

*Calories 607 (20% from fat) • carb. 20g • pro. 100g • fat 13g • sat. fat 4g  
• chol. 381mg • sod. 686mg • calc. 179mg • fiber 4g*

# — Lamb Shanks with White Beans — & Sun-Dried Tomatoes

*Makes 4 to 6 servings*

- |  |   |
|--|---|
| ½ pound dried white beans (navy or cannellini) | 1 cup oil-packed sun-dried tomatoes, drained and slivered |
| 4 lamb shanks (about ¾ pound each)             | 1 tablespoon oil from sun-dried tomatoes                  |
| 1 teaspoon kosher salt                         | 2 teaspoons rosemary                                      |
| ¼ teaspoon freshly ground black pepper         | 1½ cups nonfat, low-sodium chicken stock                  |
| 1 tablespoon extra virgin olive oil            | ¼ cup white vermouth or dry white wine (not Chardonnay)   |
| 6 ounces yellow onion, peeled and chopped      |   |
| 2 cloves garlic, peeled and chopped            |   |

Soak beans overnight (8 hours or more) in water to cover by 3 inches. Drain and pick over beans and rinse. Place the beans in the ceramic pot of the Cuisinart® Slow Cooker.

Trim the lamb shanks of as much visible fat and silver skin as possible. Season with salt and pepper. Heat olive oil in a 12-inch Cuisinart® skillet over medium-high heat. When hot, add the seasoned lamb shanks and brown well on all sides.

Remove and reserve. Pour off excess fat from the pan. Reduce heat to low and add chopped onions and garlic. Cook over low heat until onions are softened and translucent, about 3 to 4 minutes. Stir onion mixture into Slow Cooker with the beans. Add sun-dried tomatoes, sun-dried tomato oil, and rosemary. Tuck the browned lamb shanks into bean mixture. Add the stock and wine.

Set to cook on Low setting, using the Timer function, for 8 hours – Slow Cooker will automatically switch to Warm. Remove lamb shanks; degrease using a fat mop. Mash some of the beans if desired. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

*Nutritional information per serving (based on 6 servings):*  
Calories 781 (22% from fat) • carb. 56g • pro. 89g • fat 19g • sat. fat 6g  
• chol. 240mg • sod. 585mg • calc. 209mg • fiber 12g

---

# Penne Lasagna

---

*Makes 6 cups*

- |  |  |
|--|--|
| ½ cup freshly grated Parmesan  | ½ large onion, peeled and finely chopped   |
| 8 ounces part-skim ricotta   |  |
| ½ pound part-skim mozzarella<br>grated, shredded ½ cup reserved<br>for topping | 2 cloves garlic, peeled and minced   |
| 2 teaspoons extra virgin olive oil,<br>divided                                 | ¼ pound ground turkey  |
| 4 ounces white mushrooms, sliced   | 2 cans (8 ounces each) diced<br>tomatoes, juices drained, divided  |
| 1 teaspoon kosher salt, divided  | 8 ounces tomato sauce  |
| ½ teaspoon freshly ground pepper,<br>divided                                   | 1 teaspoon dried basil   |
| ½ pound frozen chopped spinach,<br>thawed and drained until very<br>dry*       | ½ teaspoon oregano   |
|  | 6 ounces mini penne (or other<br>small tubular pasta) par-cooked<br>5 minutes (until barely cooked),<br>drained and cooled |
|  | cooking spray  |

Combine Parmesan, ricotta and all but ½ cup of the mozzarella. Reserve.

Heat a Cuisinart® 12-inch nonstick skillet over medium high-heat; add 1 teaspoon oil and sauté mushrooms until golden brown. Season with ½ teaspoon salt and ¼ teaspoon pepper. Mix with drained spinach. Reserve.

Heat 1 teaspoon oil; sauté onions and garlic until soft, about five minutes. Set aside. In the same skillet, heat 1 teaspoon oil and brown; the ground turkey; transfer to bowl with onions. Stir in 1 cup diced tomatoes and the remaining salt and pepper. Reserve.

Combine tomato sauce, remaining diced tomatoes, basil and oregano; stir into pasta.

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the insert. Spread meat mixture evenly over pasta. Cover with ½ the cheese mixture.

*(continued)*

Make a second layer of pasta; top with spinach and mushroom mixture. Cover with remaining ricotta cheese mixture. Make a final layer of pasta and top with reserved mozzarella.

Cover and cook on Low, using the Timer function, for 6 hours – Slow Cooker will automatically switch to Warm until ready to serve.

\*To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay the spinach on a clean towel, roll up, and wring out the rest. You will end up with about a ½ cup dry spinach that can then be mixed with the mushrooms.

*Nutritional information per ½-cup serving:*

*Calories 394 (35% from fat) • carb. 39g • pro. 24g • fat 15g • sat. fat 8g  
• chol. 45mg • sod. 930mg • calc. 574mg • fiber 6g*

---

# Red Beans & Sausage

---

*Makes 4 servings*

½ pound dried red beans	½ tablespoon thyme
cooking spray	½ tablespoon dry coriander
1 ham hock (12 ounces)	½ tablespoon dried basil
1 cup chopped onion	½ tablespoon extra virgin olive oil
1 cup chopped green pepper	1 pound turkey kielbasa, cut into 8 portions
1 bay leaf	½ teaspoon Tabasco®, or to taste
½ tablespoon chili powder	½ teaspoon kosher salt
2 cloves garlic, peeled and chopped	
½ tablespoon oregano	

Soak beans in water to cover by 3 inches overnight (at least 8 hours). Drain, pick over beans and rinse.

Lightly coat the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Combine the drained beans, ham hock, onion, green pepper, bay leaf, chili powder, garlic, oregano, thyme, coriander and basil in the pot. Cook on Low, using the Timer Function, for 6 hours – Slow Cooker will automatically switch to Warm.

Heat oil in a 12-inch Cuisinart® skillet over medium heat. Brown the turkey kielbasa on all sides, about 5 minutes, and add to Slow Cooker. Cook for another 2 hours.

Remove ham hock and cut meat from the bone. Return the meat to Slow Cooker and discard the bone. Add Tabasco® to taste. Add salt if desired.

Serve with cooked white rice.

*Nutritional information per serving:*

*Calories 420 (28% from fat) • carb. 45g • pro. 33g • fat 14g • sat. fat 6g  
• chol. 65mg • sod. 1777mg • calc. 95mg • fiber 10g*

# Macaroni with Four Cheeses

Makes 6 cups

½ pound elbow macaroni	4 ounces Gruyère (not processed), shredded
2 tablespoons unsalted butter	cooking spray
2 tablespoons all-purpose flour	8 ounces diced tomatoes, drained (about 1½ cups)
2 cups fat free evaporated milk, not reconstituted	4 ounces part-skim mozzarella, shredded
½ tablespoon Worcestershire sauce	½ cup fresh breadcrumbs
½ teaspoon dry mustard	½ ounce freshly grated Parmesan, about 2 tablespoons
½ teaspoon kosher salt	
½ teaspoon freshly ground pepper	
6 ounces reduced-fat sharp Cheddar, shredded	

Parboil elbow macaroni about 5 minutes, until very al dente but cooked through. Rinse under cool water in a colander, drain thoroughly and set aside in a large bowl.

Melt butter in a Cuisinart® 3¾-quart saucepan; stir in flour. Cook, stirring constantly for 3 minutes. Add milk; stir until it boils. Stir in Worcestershire sauce, dry mustard, salt and pepper. Turn off heat; stir in Cheddar and Gruyère until blended. Add to pasta and stir to combine.

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Add half the macaroni mixture. Spread the drained tomatoes in a layer; top with the mozzarella, then the remaining macaroni.

Combine breadcrumbs and Parmesan; sprinkle over top. Cover and cook on Low setting, using the Timer function, for 5 hours – Slow Cooker will automatically switch to Warm.

*Nutritional information per ¾-cup serving:*

*Calories 371 (36% from fat) • carb. 34g • pro. 25g • fat 15g • sat. fat 9g  
• chol. 46mg • sod. 507mg • calc. 649mg • fiber 1g*

---

# Tomato Sauce

---

*Makes about 8 cups*

- |    |  |    |  |
|----|--|----|--|
| 1  | tablespoon extra virgin olive oil        | 1½ | teaspoons dried oregano                      |
| ½  | pound onions, peeled,<br>finely chopped  | 1  | can plum (Italian) tomatoes<br>(35 ounces)   |
| 6  | ounces carrots, peeled, chopped          | 2  | cups tomato purée,<br>salt-free if available |
| 2  | ribs celery, peeled, finely chopped      | 1½ | tablespoons salt-free tomato paste           |
| 2  | cloves garlic, peeled,<br>finely chopped | ¼  | cup dry white wine or vermouth               |
| ½  | tablespoon dried basil                   | ½  | teaspoon kosher salt                         |
| 1½ | teaspoons dried marjoram                 |    |  |

Heat the olive oil in a Cuisinart® 12-inch skillet over medium heat. Add the chopped onions, carrots, celery, and garlic; cook until the vegetables are softened, but not browned, about 5 minutes. Add the basil, marjoram, and oregano; cook until the herbs are aromatic, 2 to 3 minutes longer. Place the cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker. Add the tomatoes, tomato purée, tomato paste, wine and salt to the Slow Cooker and stir to blend.

Cover and cook on Low for 8 hours, using the Timer function – Slow Cooker will automatically switch to Warm until ready to serve. For a smoother sauce, use a Cuisinart® Hand Blender or blender to purée the sauce to desired consistency.

*Nutritional information per 1-cup serving:*

*Calories 133 (11% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 639mg • calc. 98mg • fiber 6g*

# — New Potatoes with Rosemary —

*Makes 6 servings*

- |    |  |     |                                  |
|----|--|-----|----------------------------------|
| 2  | pounds new potatoes, washed but left whole | 2   | garlic cloves, peeled and minced |
| 1  | tablespoon extra virgin olive oil          | ½-¾ | teaspoon kosher salt             |
| 1½ | tablespoons finely chopped fresh rosemary  | ¼   | teaspoon freshly ground pepper   |

Combine all ingredients in ceramic pot of Cuisinart® Slow Cooker. Cover and cook on Low for 4 hours using Timer Function. Slow Cooker will automatically switch to Warm until ready to serve.

*Nutritional information per serving:*

*Calories 154 (14% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g  
• chol. 0 • sod. 118mg • calc. 15mg • fiber 3g*

# — “Almost” Baked Potatoes —

*Makes 3 servings*

- |   |   |   |                                 |
|---|---|---|---------------------------------|
| 3 | russet baking potatoes (about 10 ounces each), scrubbed and dried | 1 | teaspoon good quality olive oil |
|---|---|---|---------------------------------|

Prick each potato several times with the tines of a fork; rub each with ¼ teaspoon olive oil. Place rack in the ceramic pot of the Cuisinart® Slow Cooker. Arrange potatoes on rack, evenly spaced.

Cover and cook on Low, using timer function for 7 hours, until potatoes are tender. Slow Cooker will switch to Warm until ready to serve potatoes.

*Nutritional information per serving:*

*Calories 319 (4% from fat) • carb. 72g • pro. 7g • fat 1g • sat. fat 0  
• chol. 0 • sod. 23mg • calc. 28mg • fiber 7g*

---

# Warm Baked Potato Salad

---

*This salad may be assembled and served while potatoes are warm, or chilled to serve later.*

*Makes 6 cups*

½ cup fat-free plain yogurt, strained to yield ¼ cup*	1	teaspoon kosher salt
½ cup lowfat mayonnaise	½	teaspoon freshly ground black pepper
1½ tablespoons fresh lemon juice or white balsamic vinegar	3	“Almost” Baked Potatoes, still warm (page 52)
2 teaspoons Dijon-style mustard	1	rib celery, thinly sliced
2 teaspoons dill weed (dry, double if using fresh)	⅓	cup finely chopped red onion

Place the strained yogurt, mayonnaise, lemon juice, mustard, dill, salt, and pepper in the work bowl of the Cuisinart® Food Processor fitted with metal blade. Process until blended and smooth, 20 seconds.

Cut the potatoes into bite-sized pieces, including the skins. Place in a large bowl with celery and onions. Toss to combine. Add yogurt/mayonnaise mixture. Stir to coat potatoes. Serve warm, or cover and refrigerate until ready to serve.

\*To strain yogurt, place in yogurt strainer or fine sieve lined with a paper coffee filter. Place over bowl and allow the whey to drain out; the yogurt will thicken and may be used as a spread or in dressings without being watery.

*Nutritional information per ½-cup serving:*  
*Calories 178 (22% from fat) • carb. 32g • pro. 4g • fat 4g • sat. fat 1g*  
*• chol. 5mg • sod. 266mg • calc. 42mg • fiber 3g*

---

# Mashed Potato Pie

---

*Makes 6 to 8 servings*

- |   |   |    |                                     |
|---|---|----|-------------------------------------|
| 1 | tablespoon unsalted butter,<br>softened                 | 1½ | cups lowfat sour cream              |
| ¼ | cup fresh breadcrumbs                                   | ¾  | cup lowfat ricotta                  |
| ¾ | cup freshly grated Parmesan,<br>divided                 | 2  | large eggs, lightly beaten          |
| 3 | cups cooked potato pulp,<br>or leftover mashed potatoes | 1  | green onion, cut into ½-inch slices |
|   |   | 3  | cups very hot water                 |

Generously butter the bottom and sides of a 2-quart soufflé dish. Combine breadcrumbs and 2 tablespoons Parmesan. Sprinkle mixture on bottom and sides of prepared dish. Reserve excess crumbs. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

In a large bowl, using a Cuisinart® SmartPower™ Hand Mixer on low speed, combine potatoes, sour cream, ricotta, eggs, remaining Parmesan and green onion. Transfer to prepared soufflé dish. Top with reserved crumb mixture. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place rack in ceramic pot of a Cuisinart® Slow Cooker. Place soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Carefully pour water into the bottom of ceramic pot. Cover and cook on Low using the Timer function, for 5 hours. Potatoes will be puffed and slightly brown on the top. Slow Cooker will automatically switch to Warm until ready to serve. Remove the soufflé dish from the slow cooker, using the foil strips to lift up.

*Nutritional information per serving (based on 8 servings):*  
*Calories 264 (38% from fat) • carb. 28g • pro. 13g • fat 11g • sat. fat 7g*  
*• chol. 42mg • sod. 344mg • calc. 334mg • fiber 2g*

---

# Party Potatoes

---

*Makes 8 servings*

- |   |  |
|---|--|
| 2 pounds russet potatoes, peeled and cut into 2-inch pieces | $\frac{2}{3}$ cup lowfat sour cream                  |
| 1½ teaspoons kosher salt, divided                           | 6 ounces lowfat cream cheese, cut into 1-inch pieces |
| 2 tablespoons unsalted butter                               | 1 clove garlic, peeled and minced                    |
| 1 medium onion, peeled and chopped                          | cooking spray  |
| $\frac{1}{4}$ teaspoon freshly ground pepper                |  |

In a Cuisinart® 3¾-quart saucepan, cover the potatoes with cold water; add 1 teaspoon salt. Cook over medium-high heat until tender, drain well and place in large mixing bowl.

While the potatoes are boiling, prepare the onions for topping. Melt butter in a 12-inch Cuisinart® skillet. Cook onion, stirring occasionally, until reduced and very lightly browned. Season with remaining salt and pepper. Transfer to large mixing bowl.

Beat potatoes with a Cuisinart® SmartPower® Hand Mixer, starting on low speed. Add sour cream, cream cheese and minced garlic. Turn mixer to medium high; beat until smooth and slightly fluffy. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

Spray the bottom and sides of a 1-quart soufflé dish with cooking spray. Fill with potato mixture. Top with onions. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the rack into ceramic pot of a Cuisinart® Slow Cooker. Place soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and cook on Low for 5 hours using the Timer function – Slow Cooker will automatically switch to Warm until ready to serve. Potatoes will be puffed and onions browned. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

*Nutritional information per serving:*

*Calories 263 (26% from fat) • carb. 42g • pro. 7g • fat 8g • sat. fat 5g  
• chol. 20mg • sod. 527mg • calc. 91mg • fiber 3g*

---

# Butternut Squash & Mushroom Scallop

---

*Makes 8 servings (8 cups)*

- |  |  |
|--|--|
| 1 ounce Parmesan, cut in half                                  | 1 tablespoon olive oil                                 |
| 2½ ounces bread, about 3 slices, crusts on, torn into quarters | 8 ounces white mushrooms, sliced                       |
| 1 teaspoon thyme   | ½ teaspoon kosher salt                                 |
| 2 tablespoons butter, divided                                  | ¼ teaspoon freshly ground pepper                       |
| 1 garlic clove, peeled and cut in half                         | cooking spray  |
| 1 shallot, peeled and cut in half                              | 3 pounds butternut squash, trimmed, cut into ⅛" slices |

To grate the cheese, drop pieces through the small feed tube of a Cuisinart® Food Processor while the machine is running. Process until almost grated and drop the bread pieces through the tube; pulse until they become fine crumbs. Add the thyme and 1 tablespoon butter. Pulse until combined. Reserved seasoned crumbs.

In the same work bowl, with the motor running, drop garlic and shallot through the small feed tube and process until they are finely chopped. In a Cuisinart® 13-inch skillet, warm 1 tablespoon olive oil over medium high heat. Sauté the garlic, shallots and mushrooms together until they are lightly browned (if mushrooms crowd the pan, brown in two batches). Season with salt and pepper.

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Using ½ of the squash, make a layer on the bottom. Continue layering with ½ the mushroom mixture and then ½ the crumbs. Repeat.

Cut remaining tablespoon of butter into small pieces and dot the top.

Cover and cook on Low for 5 hours using Timer function. Slow Cooker will automatically switch to Warm until ready to serve.

*Nutritional information per serving:*

*Calories 196 (27% from fat ) • carb. 33g • pro. 6g • fat 7g • sat. fat 3g  
• chol. 11mg • sod. 831mg • calc. 156mg • fiber 8g*

---

# Corn Pudding

---

*Makes 6 to 8 servings*

cooking spray	1½ cups evaporated fat free milk, not reconstituted
2 teaspoons unsalted butter	3 tablespoons yellow cornmeal
½ cup chopped onion (about one small onion)	¾ teaspoon salt
3 cups cut corn, fresh or frozen, thawed and patted dry, divided	¾ teaspoon freshly ground pepper to taste
3 large eggs	2-4 drops hot sauce
	1 quart very hot water

Lightly coat a 1-quart soufflé dish with cooking spray; set aside. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle” and reserve.

Melt butter in a Cuisinart® 10-inch skillet over medium high heat. Add onion. Cook, stirring about 5 minutes (until translucent). Reserve.

Place 1½ cups of corn into work bowl of a Cuisinart® Food Processor. Pulse four or five times, to chop corn roughly. Add eggs, evaporated milk and onion; pulse until mixed. Place the remaining 1½ cups corn in a 1½-quart mixing bowl; sprinkle with cornmeal. Add chopped corn mixture. Stir until just mixed. Season with salt, pepper and hot sauce to taste. Transfer to prepared soufflé dish. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place small rack in ceramic pot of a Cuisinart® Slow Cooker. Add hot water to pot. Place filled soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover and cook on Low for 3½ hours. Slow Cooker will automatically switch to Warm. Casserole will be puffed and golden. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

*Nutritional information per serving (based on 8 servings):*

*Calories 174 (23% from fat) • carb. 24g • pro. 10g • fat 5g • sat. fat 2g  
• chol. 109mg • sod. 410mg • calc. 200mg • fiber 2g*

**Note:** You may prepare the Corn Pudding using a blender rather than a food processor.

---

# Glazed Onions & Carrots with Fruit & Nuts

---

*Makes 8 servings*

cooking spray	4	tablespoons butter, melted
2 pounds frozen whole pearl onions, defrosted and drained	½	cup honey
1 pound baby carrots	⅔	cup chopped parsley, divided
1 cup raisins	½	teaspoon kosher salt
1 cup dried apricots, quartered	½	teaspoon freshly ground pepper
½ cup dry sherry	1	cup pecans (or other nuts) lightly toasted

Lightly coat the ceramic pot of a Cuisinart® Slow Cooker with cooking spray.

Place onions, carrots, raisins, and apricots in pot. Combine sherry, butter and honey; pour over the vegetable mixture. Season with ⅓ cup parsley, salt and pepper; mix thoroughly.

Cover and cook on Low for 6 hours using the Timer function. Slow Cooker will automatically switch to Warm.

One hour before serving, add toasted nuts and stir; replace cover. Slow cook to heat nuts, about 15 to 20 minutes.

Garnish with remaining ⅓ cup parsley.

*Nutritional information per serving:*

*Calories 369 (35% from fat) • carb. 58g • pro. 4g • fat 16g • sat. fat 4g  
• chol. 16mg • sod. 390mg • calc. 77mg • fiber 7g*

---

# Ratatouille

---

*Makes 6 cups*

12 ounces eggplant, cut into ½-inch dice	½ cup tomato purée (salt-free if available)
1 teaspoon kosher salt, divided	1 cup chopped onion
¾ pound zucchini, cut into ½-inch half moons	1 tablespoon chopped garlic
¾ pound yellow summer squash, cut into ½-inch dice	¼ cup sun-dried tomatoes, not oil-packed, cut into slivers
1 small red bell pepper, cored, seeded and cut into ½-inch dice	2 tablespoons chopped fresh parsley
1 small yellow pepper, cored, seeded and cut into ½-inch dice	1 teaspoon dried basil
1½-2 cups diced tomatoes, fresh or canned, juices drained	1 teaspoon herbs de Provence
	½ teaspoon freshly ground pepper
	2 tablespoons extra virgin olive oil

Place eggplant in a colander over a plate or in the sink. Sprinkle with ½ teaspoon salt; toss to combine. Let rest at least 45 minutes. Rinse well to remove salt; dry thoroughly with a towel.

Combine zucchini, yellow squash, peppers, tomatoes, tomato purée, onions, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of a Cuisinart® Slow Cooker. Drizzle with olive oil. Cover and cook on Low for 5 hours using Timer function; cooker will automatically switch to Warm until ready to serve.

*Nutritional information per ¾-cup serving:*

*Calories 92 (24% from fat) • carb. 17g • pro. 3g • fat 3g • sat. fat 0g  
• chol. 0mg • sod. 287mg • calc. 50mg • fiber 5g*

---

# Roasted Beet Salad

---

*Makes 8 servings*

- |    |   |   |   |
|----|---|---|---|
| 2  | pounds fresh beets  | 1 | bunch watercress, washed,<br>dried, tough stems removed   |
| 2  | tablespoons white balsamic<br>vinegar or fruit flavored vinegar | 1 | head of endive, cut into ¼-inch<br>pieces on the diagonal |
| ½  | teaspoon Dijon-style mustard                                    | ½ | cup shelled white pistachios,<br>lightly salted           |
| ¼  | teaspoon kosher salt  |   |   |
| ⅛  | teaspoon freshly ground pepper                                  |   |   |
| 3  | tablespoons vegetable oil                                       |   |   |
| 1½ | tablespoons walnut oil  |   |   |

Remove stems and leaves from beets, leaving about 2 inches of stem. Scrub beets well to remove dirt. Place beets on cooking rack in ceramic pot of Cuisinart® Slow Cooker. Cover and cook on Low for 5 hours (High for 2½ hours). Turn off.

Cool beets. Holding each beet with a paper towel, rub off and discard the skin. (Beets may be sliced or diced and served warm at this point.) Cool/chill whole beets while preparing salad.

Place vinegar, mustard, salt, and pepper in a small bowl. Whisk to emulsify. Add the oils in a slow, steady stream while whisking, and continue whisking to emulsify; reserve. (The dressing may also be prepared in a food processor or blender.) Cut cooled beets into ½-inch cubes; reserve.

Place a wide layer of watercress on a large serving platter. Next, make a narrower layer of endive slices. Top with a mound of beets. Sprinkle with pistachios. Drizzle with vinaigrette.

**Note:** Salad may also be composed on 8 individual plates.

*Nutritional information per serving:*

*Calories 236 (52% from fat) • carb. 24g • pro. 6g • fat 15g • sat. fat 2g  
• chol. 0mg • sod. 575mg • calc. 122mg • fiber 8g*

---

# Spinach Timbale

---

*Makes 4 to 6 servings*

- |  |  |
|--|--|
| ½ pound frozen chopped spinach, defrosted          | 2 ounces shredded Gruyère, (about ½ cup)       |
| 2 tablespoons unsalted butter, divided             | ½ teaspoon kosher salt                         |
| ½ ounce Parmesan, grated                           | ¼ teaspoon freshly ground pepper (or to taste) |
| ¼ cup fresh breadcrumbs                            | ¼ teaspoon grated fresh nutmeg                 |
| ¼ cup minced shallots                              | 2 eggs, separated                              |
| 1½ tablespoons all-purpose flour                   | 3 cups very hot water                          |
| ¾ cups evaporated fat free milk, not reconstituted |  |

To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay spinach on a clean kitchen towel, roll up and wring out the rest. One half cup very dry spinach will remain. Set aside.

Coat the inside of a 1-quart soufflé dish with 2 teaspoons butter. Combine cheese and breadcrumbs. Dust prepared dish with crumb mixture; reserve remaining crumb mixture. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

Melt remaining butter in a 1¾-quart Cuisinart® saucepan over medium heat, add shallots and cook, stirring until softened. Add flour and stir for a minute. Pour in milk; stir occasionally until sauce is thickened. Remove from heat and add Gruyère. Season with salt, pepper and nutmeg.

Place egg whites in a large mixing bowl; beat with a hand-held electric mixer or whisk until stiff peaks form. Set aside.

Place egg yolks in another large mixing bowl. Beat with mixer on Low, or whisk, 1 minute. Gradually incorporate the hot cream sauce; beat 1 minute. Stir in spinach.

Scoop ¼ of whites into spinach mixture and stir to lighten mixture.

Gently fold in remaining beaten egg whites, taking care not to deflate. Pour the mixture into prepared soufflé dish and sprinkle top with remaining crumbs.

Set the dish in the center of the long strip of folded foil and bring up the sides to

*(continued)*

meet – twist together to form a handle.

Place the rack in the ceramic pot of a Cuisinart® Slow Cooker. Carefully pour hot water into bottom of pot. Place filled soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover and cook on High for 3 hours or until done. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

Serve timbale warm.

*Nutritional information per serving (based on 8 servings):*

*Calories 247 (52% from fat) • carb. 15g • pro. 15g • fat 14g • sat. fat 8g  
• chol. 140mg • sod. 440mg • calc. 422mg • fiber 2g*

---

# Stewed Green Beans and Tomatoes

---

*Makes 4 servings*

1	pound green beans	¼	teaspoon kosher salt
4	ounces onion, peeled and chopped	1	can (14 ounces) diced tomatoes, drained, ¼ cup juice reserved
1	garlic clove, peeled and chopped	½	tablespoon extra virgin olive oil
1	tablespoon fresh parsley, finely chopped	¼ -½	cup crumbled feta or chèvre cheese, optional
½	teaspoon dried basil		

Trim stem ends from beans; cut into 1¼-inch lengths. Combine onion, garlic, parsley, basil, salt, diced tomatoes and reserved juice.

Layer ½ green beans in a Cuisinart® Slow Cooker; top with ½ tomato mixture. Repeat. Drizzle olive oil over top.

Cover and cook on Low for 5 hours. Slow Cooker will automatically switch to Warm until ready to serve.

Garnish with crumbled cheese if desired.

*Nutritional information per serving (without cheese):*

*Calories 89 (19% from fat) • carb. 17g • pro. 3g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 131mg • calc. 81mg • fiber 6g*

---

# Succotash

---

*Makes about 6 servings*

- |    |  |   |  |
|----|--|---|--|
| 1  | pound fresh or frozen (thawed)<br>cut sweet corn                       | ½ | cup chopped onion  |
| 10 | ounces lima beans, thawed  | 1 | can (14 ounces) diced tomatoes,<br>drained, ¼ cup juice reserved |
| ½  | pound zucchini, cut into<br>1-inch pieces                              | ½ | tablespoon instant tapioca                                       |
| ½  | red pepper, (8 ounce) cored,<br>seeded and diced into ½-inch<br>pieces | ½ | teaspoon kosher salt   |
|    |  | ¼ | teaspoon freshly ground pepper                                   |
|    |  | ¼ | teaspoon thyme   |

Combine ingredients with reserved tomato juice in ceramic pot of Cuisinart® Slow Cooker.

Cover and cook on Low for 5 hours using Timer Function. Slow Cooker will automatically switch to Warm until ready to serve.

*Nutritional information per serving:*

*Calories 179 (5% from fat) • carb. 39g • pro. 8g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 272mg • calc. 43mg • fiber 7g*

---

# Sweet Potatoes & Apples

---

*Makes 10 servings*

- |   |  |  |
|---|--|--|
| 2 | pounds sweet potatoes, peeled and cut into ¼-inch slices | cooking spray  |
| 3 | tablespoons unsalted butter, melted                      | 1 red-skinned apple, skin on, cored and cut into ¼-inch slices |
| ¾ | teaspoon herbs de Provence, divided                      | 1 small onion, peeled, quartered and cut into ¼-inch slices    |
| ¾ | teaspoon kosher salt                                     | ¾ cup vegetable or chicken stock                               |
| ¼ | teaspoon freshly ground pepper                           |  |

In a large bowl, toss potatoes with melted butter; season with herbes de Provence, salt and pepper. Combine apple and onion in another bowl.

Lightly coat the interior of ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the potatoes, make a single layer around the bottom of the Slow Cooker. Top with ½ the apple and onion mixture. Make a second layer with ⅓ of the potatoes; top with remaining apples and onions. Finish with remaining potatoes. Pour stock over casserole.

Cover and cook on Low for 4 hours using Timer function. Slow Cooker will automatically switch to Warm until ready to serve.

*Nutritional information per ¾-cup serving:*

*Calories 305 (19% from fat) • carb. 60g • pro. 3g • fat 6g • sat. fat 4g  
• chol. 16mg • sod. 245mg • calc. 40mg • fiber 9g*

---

# Vegetable Tian

---

*Makes 8 servings*

8	ounces fresh breadcrumbs	½	teaspoon freshly ground pepper
½	cup parsley leaves, chopped	¾	pound all-purpose potatoes in their skins, washed, cut into ⅛-inch slices
2	garlic cloves, peeled and chopped		
½	ounce Parmesan cheese, grated	1	large zucchini (1 pound total), cut into ⅛ -inch slices
2	tablespoons extra virgin olive oil	¾	pound Italian plum tomatoes, cut into ⅛-inch slices
1	tablespoon unsalted butter, melted		
1	teaspoon dried thyme		
1	teaspoon dried oregano		
1	teaspoon kosher salt		cooking spray

To make seasoned breadcrumbs, combine parsley, garlic, Parmesan, olive oil, and butter in a medium bowl. Stir to blend and coat crumbs with oil and butter; reserve.

Combine thyme, oregano, salt and pepper in a small bowl; reserve.

Using 4-mm blade, fit potatoes in large feed tube and slice. Set aside. Repeat with the zucchini and tomatoes; set aside separately. Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Distribute half the crumb mixture on bottom. Arrange potatoes in a circular layer. Season with half the herb mixture. Repeat layering with zucchini, herbs, tomatoes and finally, top with remaining breadcrumb mixture.

Cover and cook on Low for 6 hours using the Timer function. Slow Cooker will automatically switch to Warm until ready to serve.

*Nutritional information per serving:*

*Calories 200 (29% from fat) • carb. 31g • pro. 6g • fat 7g • sat. fat 2g  
• chol. 6mg • sod. 347mg • calc. 76mg • fiber 3g*

---

# Wild Mushroom Ragout

---

Makes 8 cups (8 servings)

cooking spray	¾	pound (approximately) portobello mushrooms, cut into ½-inch slices
2 ounces dried mushrooms (shiitake, porcini)	1	red bell pepper, cored, seeded, thinly sliced
8 ounces mixed wild mushrooms (shiitake, cremini, oyster, chanterelle)	3	green onions, cut into ⅛-inches slices
3 tablespoons unsalted butter, divided	½	cup lightly packed chopped parsley, divided
3 tablespoons extra virgin olive oil, divided	1	teaspoon thyme
1½ cups minced shallots	1	teaspoon kosher salt
½ cup dry sherry	½	teaspoon freshly ground pepper
¾ pound white button mushrooms, quartered	3	tablespoons salt-free tomato paste
	1	cup chicken or vegetable stock

Lightly coat interior of ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Place dried mushrooms in small bowl; cover with 2 cups boiling water.

Let stand for 10 minutes; drain, reserving soaking liquid. Remove and discard tough stems; chop. Place in ceramic pot of Cuisinart™ Slow Cooker with mixed wild mushrooms.

Heat 1 tablespoon each butter and olive oil in a 13-inch Cuisinart® nonstick skillet over medium heat. Add shallots; cook until soft, about 5 minutes. Add sherry; bring to boil. Cook until reduced by half. Add to mushrooms in Slow Cooker. Heat ½ tablespoon each butter and oil in same skillet; cook white mushrooms until golden in two batches. Transfer to Slow Cooker. Brown portobellos in remaining butter/oil in 2 batches. Transfer to Slow Cooker. Add red pepper, green onions, parsley, thyme, salt and pepper to Slow Cooker. Combine tomato paste, reserved mushroom liquid and chicken stock; stir in.

Cover and cook on Low, using the Timer function, for another 4 hours – Slow Cooker will automatically switch to Warm until ready to serve.

Serve as a side dish or as a topping for bruschetta.

*Nutritional information per serving:*

Calories 204 (42% from fat) • carb. 24 • pro. 5g • fat 10g • sat. fat 3g  
• chol. 12mg • sod. 246mg • calc. 31mg • fiber 4g

---

# Ginger Poached Pears

---

*No time to fuss with dessert – here is one to fix and forget.  
Served chilled it is an easy, do-ahead dessert that is healthy too.*

*Makes 4 servings*

- |  |   |  |
|--|---|--|
| juice of 1 lemon                                       | 4 | medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems |
| 1 can ginger ale                                       |   |  |
| 2 strips lemon peel, 2 x ½", bitter white pith removed | 2 | tablespoons chopped crystallized ginger  |
| 6 slices (size of a quarter) fresh ginger              |   | Honey Yogurt Cream (page 69)   |

Combine lemon juice and 4 cups water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the ceramic pot of the Cuisinart® Slow Cooker; stir. Peel the pears, leaving the stem intact; cut a thin slice from the bottom of each pear so that it stands upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand it in the ginger liquid in the Slow Cooker.

Cover. Cook on Low for 4 hours (do not cook on High – the pears will boil, not poach). Turn off. Allow pears to cool in poaching liquid. Chill in liquid. (If desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)

To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Garnish with a dollop of Honey Yogurt Cream and sprinkle with chopped crystallized ginger.

*Nutritional information per serving:*

*Calories 174 (5% from fat) • carb. 44g • pro. 1g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 14mg • calc. 43mg • fiber 5g*

---

# Honey Yogurt Cream

---

*Makes about 1 cup*

- |   |                                |   |                          |
|---|--------------------------------|---|--------------------------|
| 4 | ounces fat free vanilla yogurt | 1 | teaspoon vanilla extract |
| 4 | ounces light sour cream        | ¼ | teaspoon almond extract  |
| 2 | tablespoons honey              |   |                          |

Place vanilla yogurt in a yogurt strainer or strainer lined with a coffee filter. Let drain for 2 hours to remove whey; discard whey. Place strained yogurt, sour cream, honey, and extracts in a medium bowl. Whisk until smooth and blended. Keep refrigerated until ready to use.

*Nutritional information (per 2-tablespoon serving):*

*Calories 73 (21% from fat) • carb. 12g • pro. 3g • fat 2g • sat. fat 1g  
• chol. 10mg • sod. 47mg • calc. 81mg • fiber 0g*

---

# Chocolate Glaze

---

*Makes about 1 cup*

- |   |                            |   |                              |
|---|----------------------------|---|------------------------------|
| 6 | ounces semisweet chocolate | 2 | tablespoons light corn syrup |
| ¼ | cup unsalted butter        |   |                              |

Combine the ingredients in a 1½-quart Cuisinart® saucepan. Stir over low heat until melted and smooth. Let cool 10 minutes before using.

*Nutritional information per 1-tablespoon serving:*

*Calories 87 (64% from fat) • carb. 89g • pro 0g • fat 7g • sat. fat 4g  
• chol. 8mg • sod. 4mg • calc. 4mg • fiber 0g*

---

# Stewed Rhubarb

---

*Makes 4 cups*

2 pounds fresh rhubarb stalks,  
washed and dried

1 cup granulated sugar

Slice rhubarb  $\frac{1}{4}$  to  $\frac{1}{2}$ -inch thick. Place rhubarb in the ceramic pot of the Cuisinart® Slow Cooker and stir in the sugar. Let stand at room temperature for 1 to 2 hours, until the rhubarb gives up liquid. Cover and set the Slow Cooker to Low. Cook for 4 to 5 hours.

Transfer to resealable containers and refrigerate until ready to use. Use to top oatmeal or as a topping for vanilla ice cream.

*Nutritional information per 1-cup serving:*  
*Calories 120 (2% from fat) • carb. 30g • pro. 1g • fat 1g • sat. fat 0g*  
*• chol. 0g • sod. 5mg • calc. 98mg • fiber 2g*

---

# Baked Apples

---

*Makes 4 servings*

¾ cup packed brown sugar	4 medium-large baking apples (Rome, Granny Smith, Braeburn, or Gala)
¾ teaspoon cinnamon	
¼ teaspoon freshly grated nutmeg	
¼ cup dried cherries or cranberries	1 tablespoon unsalted butter, cut into ¼-inch pieces
¼ cup raisins	⅓ cup apple juice or cider
¼ cup slivered almonds, lightly toasted	

Mix brown sugar with cinnamon and nutmeg in a medium bowl. Set aside ¼ cup sugar mix for topping. Add cherries, raisins and almonds and combine to make filling.

Core apples ¾ of the way down. With a melon baller, scrape out a small cavity (about ¼ cup). Peel top ⅓ of the apples. Stuff some filling in each cavity. Reserve any excess filling.

Place prepared apples in ceramic pot of a Cuisinart® Slow Cooker. Sprinkle remaining sugar and spice mix over tops. Dot each with ½ teaspoon butter. Pour apple juice around edges. Cover and cook on Low, using Timer function, for 4 hours. Slow Cooker will automatically switch to Warm until ready to serve.

To serve, place apples on dessert plates. Top with any loose nuts and fruit. Drizzle with pan juices.\*

**\*Note:** You can thicken the cooking juices to make a sauce. Carefully strain liquid into a Cuisinart® 1¾-quart saucepan; set over medium high heat and boil until reduced and thickened. Pour over apples or serve on the side.

*Nutritional information per serving:*

*Calories 351 (17% from fat) • carb. 75g • pro. 2g • fat 7g • sat. fat 2g  
• chol. 7mg • sod. 16mg • calc. 71mg • fiber 6g*

---

# Apple Streusel Cheesecake

---

*Makes one 6-inch cheesecake*

½	teaspoon + 2 tablespoons butter, divided	1	cup crumbs of vanilla wafers or gingersnaps (about 24 cookies)
1	apple, peeled and cored, cut into quarters	16	ounces lowfat cream cheese, cut into 1-inch pieces, at room temperature
1	tablespoon lemon juice	2	large eggs
1½	teaspoons ground cinnamon	3	tablespoons half-and-half
½	cup + 1 tablespoon brown sugar, divided	1	tablespoon cornstarch
		1	teaspoon vanilla

Lightly coat the bottom and sides of a 6-inch springform pan with ½ teaspoon butter. Insert 4-mm slicing disc in Cuisinart® Food Processor; cut apple to fit large feed tube. Place apple halves in feed tube; use medium pressure to slice. Remove apples and toss with lemon juice, cinnamon and 1 tablespoon brown sugar; reserve. Wipe work bowl dry with a paper towel. Melt and combine remaining 2 tablespoons butter with cookie crumbs. Press into bottom of springform pan.

Place cream cheese and remaining ½ cup sugar in work bowl. Process until smooth, 30 seconds; scrape sides and bottom of work bowl. Process 30 seconds longer; scrape work bowl. Add eggs and process 20 seconds. Scrape work bowl. Add half-and-half, cornstarch, and vanilla; process until smooth, 20 seconds. Pour ½ the cream cheese mixture in the prepared springform pan. Top with ½ apple mixture. Repeat.

Place the rack in the ceramic insert of the Cuisinart® Slow Cooker. Place the springform pan on the rack and cover. Turn the temperature setting to High and cook the cheesecake for 2 hours. Turn off. Let cheesecake rest in slow cooker for 30 minutes. Lift the cheesecake from the Slow Cooker using hot pads, and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

*Nutritional information per serving (based on 8 slices):*  
*Calories 313 (49% from fat) • carb. 32g • pro. 9g • fat 17g • sat. fat 9g*  
*• chol. 89mg • sod. 378mg • calc. 118mg • fiber 1g*

# — Chocolate Ricotta Cheesecake —

*Makes one 6-inch cheesecake*

½	teaspoon + 2 tablespoons butter, divided	¼	cup unsweetened cocoa powder
¼	cup hazelnuts, lightly toasted, finely chopped	2	large eggs
⅔	cup chocolate cookie crumbs	3	tablespoons half-and-half
1	cup lowfat ricotta	¼	cup Frangelico
12	ounces lowfat cream	2	tablespoons cornstarch
½	cup granulated sugar	1	teaspoon vanilla
		½	cup mini chocolate morsels

Lightly coat the bottom and sides of a 6-inch springform pan with ½ teaspoon butter.

Combine remaining butter, chopped nuts and cookie crumbs. Press crust mixture into bottom of springform pan.

Place ricotta, cream cheese, sugar and cocoa in work bowl and process 30 seconds; scrape sides and bottom of work bowl. Process another 30 seconds; scrape work bowl. Add eggs and process 20 seconds; scrape work bowl. Add Frangelico, cornstarch and vanilla; process 20 seconds (or mix using a hand-held electric mixer). Pour into pan, sprinkle with chocolate morsels and swirl into batter.

Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack and cover. Turn the temperature setting to High and cook the cheesecake for 2 hours. Turn off. Let cheesecake rest in slow cooker for 30 minutes.

Lift the cheesecake from the Slow Cooker using hot pads and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

*Nutritional information per serving (based on 8 slices):*  
*Calories 366 (57% from fat) • carb. 27g • pro. 12g • fat 24g • sat. fat 11g*  
*• chol. 89mg • sod. 411mg • calc. 210mg • fiber 4g*

---

# Lemon Cheesecake

---

*Makes one 6-inch cheesecake*

- |    |  |   |                                 |
|----|--|---|---------------------------------|
| 1  | teaspoon unsalted butter   | ½ | cup granulated sugar            |
| ½  | cup graham cracker crumbs*   | 2 | large eggs, at room temperature |
| 2  | tablespoons granulated sugar   | 2 | tablespoons fresh lemon juice   |
| 1  | tablespoon unsalted butter,<br>cut into 4 pieces                                   | 1 | tablespoon grated lemon zest**  |
| ½  |  | ½ | teaspoon vanilla extract        |
| 16 | ounces reduced-fat cream cheese,<br>cut into 1-inch pieces, at room<br>temperature | ½ | teaspoon lemon extract          |

Lightly coat the bottom and sides of a 6-inch springform pan with 1 teaspoon unsalted butter; reserve.

Place the graham cracker crumbs in the work bowl of a Cuisinart® Food Processor fitted with the metal blade, with the 2 tablespoons of sugar and the butter. Process for 30 seconds. Press the graham cracker mixture into the bottom of the prepared 7-inch springform pan.

Place cream cheese and ½ cup of sugar in a medium bowl. Using a hand-held electric mixer on medium speed, beat until very smooth. Add eggs, one at a time, then beat in lemon juice, zest, and extracts.

Pour the mixture into the springform pan. Set the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack and cover. Turn the temperature setting to High and cook the cheesecake for 2½ hours. Turn off. Lift the cheesecake from the Slow Cooker using hot pads, and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 6 hours before serving.

\*If you want to make your own graham cracker crumbs, crumble 4 graham cracker sheets into 1-inch pieces. Place in work bowl of Cuisinart® Food Processor fitted with the metal blade. Pulse to chop, then process continuously to pulverize into crumbs, about 30 to 40 seconds.

\*\*Remove the outer zest from a clean, dry lemon, using a vegetable peeler. Use a thin-bladed knife to remove the bitter white pith from the strips of lemon peel.

*Nutritional information per serving (based on 8 slices):*  
Calories 286 (44% from fat) • carb. 32g • pro. 9g • fat 14g • sat. fat. 7g  
• chol. 77mg • sod. 420mg • calc. 89mg • fiber 0g

---

# Applesauce

---

*Makes about 5 cups*

- |   |                            |                    |
|---|----------------------------|--------------------|
| 3 | pounds red apples*, washed | sugar, optional    |
| 1 | lemon, juiced              | cinnamon, optional |

Core apples, but do not peel. Cut into 2-inch chunks. Mix lemon juice with enough water to make 1 cup.

Add the apples and water mixture to Cuisinart® Slow Cooker; cover and cook on Low for 4 hours until apples are soft. Slow Cooker will automatically switch to Warm until ready to serve.

Use a potato masher to smash apples for a chunky applesauce, or purée the apple mixture in ceramic pot using a hand blender. Use a gentle up and down motion, moving the hand blender throughout the ceramic pot – do not lift completely out of the applesauce while blending. Season with sugar and/or cinnamon if desired.

\*Some apples are more appropriate for applesauce. You may use all of one variety or mix to create your own blends. They may be peeled or not. For applesauce, try the following red varieties: McIntosh (blended with others), Elstar, Cortland, Fuji, Gala, Braeburn, Cameo, Criterion, Rome, Sierra Beauty, Spartan, Winesap, and York Imperial. Green varieties good for applesauce include Pippin and Gravenstein – they should be peeled first.

*Nutritional information per ½-cup serving:*

*Calories 98 (5% from fat) • carb. 25g • pro. 1g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 2g • calc. 10mg • fiber 4g*

Note: To make Apple Butter from Apple Sauce, stir 1½ cups packed brown sugar into puréed Apple Sauce in Slow Cooker, along with 1 tablespoon ground cinnamon, 1 teaspoon ground allspice, 1 teaspoon freshly grated nutmeg, and ½ teaspoon ground cloves. Cook on Low without covering for 1 to 3 hours (time will depend on moisture of apples), until mixture is thick. Cool and place in jars to store in refrigerator.

---

# Apricot Almond Bread Pudding

---

Makes 6 to 8 servings (1 quart)

1½ ounces dried apricots, diced	¼ cup sliced almonds, toasted
2 tablespoons Kirschwasser, brandy or amaretto	2 large eggs
1 teaspoon unsalted butter	⅓ cup granulated sugar
1½ tablespoons unsalted butter, melted, divided	6 ounces fat free evaporated milk
3 cups bread, cut into ½-inch cubes	¾ teaspoon vanilla
	3 cups very hot water

Soak apricots in Kirsch for ½ hour; drain and reserve liquor. Cut a piece of aluminum foil 20 inches long, and fold in half to a piece 10" long. Lightly butter one side with ¼ teaspoon unsalted butter; reserve. Cut another piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve.

Coat the inside of a 1-quart soufflé dish with remaining ¾ teaspoon unsalted butter. Layer ½ of the bread cubes on the bottom. Sprinkle with half the apricots and half the almonds. Drizzle with half the melted butter. Repeat. Pour remaining melted butter over top. Beat eggs and sugar until thick, using a Cuisinart® SmartPower® Hand Mixer on low speed. Add milk, vanilla and reserved Kirsch; mix thoroughly.

Pour egg mixture over bread layers. Cover with the buttered foil. Secure tightly with kitchen twine. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the rack in the ceramic pot of a Cuisinart® Slow Cooker. Set soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Carefully pour hot water in bottom of ceramic insert. Cover and cook on Low for 3 hours using the timer setting. Turn off the Slow Cooker. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Cool completely on a wire rack.

**Note:** You may substitute dried cherries for the dried apricots for a Cherry Vanilla Bread Pudding.

*Nutritional information per serving (based on 8 servings):*  
Calories 415 (29% from fat) • carb. 58g • pro. 13g • fat 14g • sat. fat 5g  
• chol. 95mg • sod. 356mg • calc. 212mg • fiber 2g

---

# Chocolate Pudding Cake

---

Makes 8 to 10 servings

- |    |  |   |   |
|----|--|---|---|
| 1  | teaspoon unsalted butter,<br>room temperature    | 1 | teaspoon vanilla extract  |
| ¾  | cup granulated sugar, divided                    | ⅓ | cup packed light brown sugar  |
| ¾  | cup all-purpose flour                            | ⅓ | cup chopped pecans,<br>lightly toasted                              |
| 5  | tablespoons unsweetened<br>cocoa powder, divided | ¾ | teaspoon espresso powder  |
| 1½ | teaspoons baking powder                          | 1 | cup hot water   |
| ¼  | teaspoon salt                                    | 2 | tablespoons Kirschwasser<br>(cherry-flavored liqueur) or<br>Kahlúa® |
| ⅓  | cup + 1 tablespoon reduced<br>fat milk, hot      |   | vanilla ice cream or frozen yogurt                                  |
| ¼  | cup unsalted butter, melted                      |   |   |

Lightly coat a 1-quart soufflé dish with teaspoon butter. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

Combine ½ cup granulated sugar in large bowl with the flour, 2 tablespoons cocoa, baking powder and salt. Add hot milk, melted butter, and vanilla. Using a Cuisinart® SmartPower® Hand Mixer on low speed, beat until smooth. Spread into prepared soufflé dish.

Stir together remaining ¼ cup granulated sugar, brown sugar, remaining 3 tablespoons cocoa and toasted pecans in small bowl; sprinkle mixture evenly over batter. Combine hot water and Kirschwasser; pour over batter. Do not stir. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Insert rack in the ceramic pot of a Cuisinart® Slow Cooker. Place soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover and heat on High for 3 hours. Let stand for 30 minutes before serving. Remove the soufflé dish from the slow cooker using the foil strips to lift it up. Serve warm or chilled in dessert dishes, spooning both cake and pudding-like mixture on bottom into the dish. Add a scoop of vanilla ice cream or frozen yogurt, if desired.

*Nutritional information per serving (based on 8 servings):*

*Calories 394 (30%) from fat • carb. 65g • pro. 4g • fat 14g • sat. fat 6g  
• chol. 23mg • sod. 147 mg • calc. 46mg • fiber 3g*

*Kahlúa® is a registered trademark of the Kahlúa Company.*

---

# Peach Cobbler

---

*Makes 8 servings*

- |   |  |   |  |
|---|--|---|--|
| 1 | pound fresh peaches, skinned,<br>(or frozen and defrosted) cut in<br>½-inch slices | 1 | cup prepared granola,<br>without fruit |
| 2 | tablespoons packed brown sugar   | 1 | tablespoon melted<br>unsalted butter   |
| ½ | tablespoon instant tapioca   |   | cooking spray                          |
| ½ | teaspoon ground ginger   |   |  |

Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve. Place peaches in a large bowl. Combine brown sugar with tapioca and ginger. Toss with peaches.

Mix granola with melted butter and stir 1½ cups into peaches. Reserve ½ cup for topping.

Lightly coat a 1-quart soufflé dish with cooking spray. Transfer peach mixture to soufflé dish; top with remaining ½ cup of granola. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place the cooking rack in the ceramic pot of a Cuisinart® Slow Cooker. Set soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and cook on Low, using Timer function, for 5 hours. Slow Cooker will automatically switch to Warm until ready to serve. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Serve with freshly whipped cream, ice cream or vanilla yogurt.

*Nutritional information per serving:*

*Calories 257 (27% from fat) carb. 46g • pro. 4g • fat 8g • sat. fat 5g  
• chol. 7mg • sod. 63mg • calc. 36mg • fiber 4g*

---

# Steamed Chocolate Cherry Pudding

---

*Makes 8 to 10 servings (1 quart)*

1½	tablespoons Kirsch	1	cup flour
¼	cup dried cherries	½	tablespoon baking powder
2½	tablespoons butter, room temperature, divided	½	teaspoon salt
1	tablespoon unsweetened cocoa	1	large egg
2	ounces unsweetened chocolate, chopped	½	cup granulated sugar
2	ounces semisweet chocolate, chopped	½	cup reduced-fat milk
		2	tablespoons hazelnuts, lightly toasted and chopped
		3	cups hot water

Cut a piece of aluminum foil 20 inches in length; double over. Lightly coat foil with ½ teaspoon butter, reserve. Cut another piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve. Cut a piece of kitchen twine 36 inches in length.

Heat Kirsch until very warm, but not boiling. Add cherries and macerate for ½ hour. Lightly coat the bottom and sides of a 1-quart soufflé dish with ½ tablespoon butter and dust with cocoa. Set aside. Place unsweetened chocolate and semisweet chocolate with remaining butter in a Cuisinart® 1¾-quart saucepan. Melt over low heat.

Mix flour, baking powder and salt in a separate bowl. Beat egg and sugar until thick, using a Cuisinart® Smart Power® Hand Mixer on medium high speed, about 5 minutes. Reduce speed to low and mix in ⅓ of the flour mixture and ½ the milk, alternately, ending with the flour. Gently incorporate cherries, Kirsch and hazelnuts.

Pour pudding into prepared soufflé dish. Cover with buttered foil. Secure with twine. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the cooking rack in the ceramic pot of a Cuisinart® Slow Cooker. Pour hot water into the bottom of the pot. Set covered dish on rack, using the foil cradle to help lift the dish and carefully lower the dish into the pot and place on the rack. Cover and cook on High for 2½ hours. Carefully remove the soufflé dish from the slow cooker using the foil strips to lift it.

*Nutritional information per serving:*

*Calories 342 (39% from fat) • carb. 48g • pro. 6g • fat 16g • sat. fat 8g  
• chol. 49mg • sod. 278mg • calc. 51mg • fiber 3g*

---

# Winter Fruit Crisp

---

*Makes 8 to 12 servings (6 cups)*

<b>Fruit</b>	1/2	teaspoon freshly grated nutmeg
cooking spray	3/4	tablespoon dark rum or brandy
6 ounces mixed dried fruits (apples, pears, apricots, dried plums)	1	teaspoon pure vanilla extract
2 large Golden Delicious apples, peeled, cored and cut into 1/8-squares	<b>Crumb Topping</b>	
2 Bosc pears, peeled, cored and cut into 1/8-inch squares	1	cup all-purpose flour
3/4 cup dried cranberries	1	cup uncooked oats, quick or regular
1 whole cinnamon stick	3/4	cup packed brown sugar
grated zest of one orange	1/2	teaspoon freshly grated nutmeg
1/2 cup sugar	12	tablespoons unsalted butter, softened (1 1/2 sticks)
1 tablespoon chopped crystallized ginger or 1 teaspoon ground ginger		

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Cut any large pieces of dried fruit into 1- to 2-inch pieces; place in prepared Slow Cooker. Add dried fruits, apples, pears and cranberries; stir gently. Add cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla; stir gently to combine.

Place the flour, oats, brown sugar, and nutmeg in a medium bowl; stir. Add the butter and knead, using fingers, until the mixture resembles large crumbs. Sprinkle this crumb topping over fruit, patting it down lightly.

Cover. Set to cook on Low, using the Timer function, for 4 hours; Slow Cooker will automatically switch to Warm. When done, fruits will be tender and bubbling and topping will be lightly browned.

Serve warm with ice cream or frozen yogurt.

*Nutritional information per serving (based on 12 servings):  
Calories 371 (29% from fat) • carb. 64g • pro. 3g • fat 13g • sat. fat 7g  
• chol. 31mg • sod. 14mg • calc. 38mg • fiber 5g*



# Cuisinart®

SAVOR THE GOOD LIFE™

©2006 Cuisinart  
Cuisinart® is a registered  
trademark of Cuisinart

150 Milford Road  
East Windsor, NJ 08520  
Printed in China

06CU26152

U PG-18602

Version no.: CSC400 PG-18602

Size: 229mm(W) x 152mm (H)  
Total Pages: 86 pages

Material: Cover : 157gsm Matt Artpaper  
Inside : 120gsm Gloss Artpaper

Coating: Varnishing in cover page

Color: Cover:4C + 0C, 2nd Page: 4C+0C  
Inside:1C + 1C (Black)

Date: 08-10-2006

P. O. No. 0608000 (08-00-2006\_OP)

Coordinator: Astor You

Printer: Chung Tai



新成分色製版公司  
Classic Graphic Arts Company

Tel: 2357 0071

Fax: 2357 0318