

Cuisinart®

SAVOR THE GOOD LIFE®

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Slow Cooker Cookbook

traditional to gourmet recipes



model psc-350

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 for delicious, effortless dishes.

And it's the perfect size for making any meal for any occasion... you can even prepare desserts! Easy to operate, easy to serve from, and easy to clean... Enjoy!



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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 color 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.
- › If using frozen foods, thaw completely before adding to Slow Cooker.
- › 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.

- › 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 5).
- › 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, add 30 minutes to your projected cooking time.
- › Any left over 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.
- › Do not place the hot ceramic pot directly on a table or countertop.
- › 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.
- › 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

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Beef Stock

Makes 6 cups

2	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	fresh chives
1	large carrot, peeled, cut into 3-inch lengths	6	parsley sprigs
1	celery rib, cut into 3-inch lengths	6	thyme sprigs
1	large onion, peeled and quartered	3	garlic cloves
		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 twine.

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 6 cups cold water. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. 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 serving (1 cup):

*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	celery rib, cut into 2-inch lengths	6	black peppercorns
1	carrot, peeled, cut into 2-inch lengths	3	parsley sprigs
1	leek, trimmed, halved lengthwise, cleaned	3	thyme sprigs
		6	cups water

Rinse chicken and drain. Place in ceramic pot of Cuisinart® Slow Cooker along with the onion, celery, carrot, leek, parsnip, bay leaf, peppercorns, parsley, and thyme. Add water. Press on/off button to turn unit on. Set timer to 3 hours and press High; once slow cooker switches to Warm set time for 4 hours and press Simmer. Slow cooker will automatically switch to Warm, when cooking time has elapsed. 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 serving (1 cup):

*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 6 cups

2	large carrots, peeled, cut into 3-inch lengths	1	large red or yellow bell pepper, cored, seeded and quartered
2	leeks, roots removed, trimmed to include 2 inches of green, cut in half lengthwise and cleaned	6	ounces portobello mushrooms, cleaned, sliced
1	celery rib, cleaned, cut into 3-inch lengths	4	garlic cloves
1	large onion (6 ounces), peeled, quartered	2	tablespoons extra virgin olive oil
1	parsnip, peeled, cut into 3-inch lengths	6	thyme sprigs
		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 twine.

Transfer the roasted vegetables and accumulated juices, scraping up and including the flavorful browned bits from the pan, to the ceramic pot of the Cuisinart® Slow Cooker. Add the bundle of herbs, peppercorns, and 6 cups water. Cover and press the on/off button to turn the unit on. Set the time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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

Nutritional information per serving (1 cup):

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

— Spanish Bean Soup with Chorizo —

Makes 8 cups

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

Soak chickpeas 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 press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow Cooker switches to Warm, set time for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed.

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 serving (1 cup):
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	garlic cloves, 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. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. 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 serving (1 cup):

*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 unbleached 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 the Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time for one hour and press high. Once time switches to Warm, set time for 5 hours and press Low to cook 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 serving (¾ cup 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 | garlic cloves, 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 press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 5 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed.

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 serving (1 cup, 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 Yellow Pea Soup

Makes 6 cups

- | | | | |
|---|--|----|---|
| 1 | tablespoon unsalted butter | 4 | ounces mushrooms, halved |
| 4 | ounces onion, peeled and chopped | 4 | 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 | 3 | tablespoons brown rice |
| ½ | tablespoon curry powder | 2 | cups vegetable stock or Roasted Vegetable Stock (page 10) |
| ¼ | teaspoon cumin seed | 1½ | cups water |
| ½ | pound yellow split peas, rinsed | | |
| 4 | 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 press on/off button to turn the unit on. Set time to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving (1 cup):

*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 | garlic cloves, peeled | 1 | pound green split peas, rinsed |
| 6 | ounces onion, peeled and cut into 1-inch pieces | 6 | cups chicken stock (page 9) |
| 1 | celery rib, top off, cut into 1-inch pieces | 1 | 12-ounce ham hock (or roasted turkey leg) |
| 8 | ounces all-purpose potatoes, peeled and cut into 3-inch lengths | 1 | teaspoon freshly ground pepper |
| 8 | ounces carrots, peeled and cut into 3-inch pieces | 1 | tablespoon thyme |
| | | ¼ | cup dry sherry |

Fit the metal chopping blade in the 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 the Cuisinart® Slow Cooker.

Fit food processor with 4-mm slicing disc. Insert potatoes into large feed tube and slice. Repeat with carrots. Add to slow cooker. Add peas, stock, ham hock, pepper and thyme. Cover and press the on/off button to turn the unit on. Set time for 2 hours and press High; when slow cooker switches to Warm, set time for 6 to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

To serve, remove ham hock and discard bone; chop meat, and return it to soup. Stir in sherry.

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 | garlic cloves 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, carrot and celery in the ceramic pot of the Cuisinart® Slow Cooker. Add the stock, bay leaf, basil, and thyme. Cover and press the on/off button to turn the unit on. Set time 6 hours and press Simmer, until vegetables are tender. Slow cooker will automatically switch to Warm when cooking time has elapsed.

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

Nutritional information per serving:

*Calories 58 (2% from fat) • carb. 12g • pro. 3g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 437mg • calc. 51mg • fiber 4g*

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 press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 4 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. 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 serving (1 cup):

*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	1/2	green pepper, cored, seeded, chopped
1 1/2 teaspoons good quality olive oil	1/2	yellow pepper, cored, seeded, chopped
3/4 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	1 1/2	tablespoons red wine vinegar
1/2 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)
1 1/2 pounds lean ground beef		
1/4 cup chili powder		
2 teaspoons oregano		
2 teaspoons cumin		
1/2 tablespoon paprika		
1/2 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 1/2 teaspoon olive oil; sauté onions and garlic until soft. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Place in ceramic pot.

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 press the on/off button to turn the unit on. Set time to 8 to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

Nutritional information per serving (1 cup):

*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 8 cups

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

Heat one teaspoon olive oil in a Cuisinart® 12-inch skillet over medium-high heat. Add $\frac{1}{3}$ 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, peppers, chicken stock, wine vinegar, bay leaf, and salt. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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 serving (1 cup):

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

— Corn and Green Chile Chowder —

Makes eight 1-cup servings

4	slices bacon, cut into small dice	2	tablespoons unbleached, all-purpose flour
1	medium onion, cut into small dice (approximately 1½ to 2 cups dice)	½	cup beer
1	medium red pepper, cut into small dice (approximately 1½ to 2 cups dice)	2	cans (4½ ounces) chopped green chiles
1	celery rib, finely chopped	12	ounces red potatoes, washed and cut into 1-inch dice
1	jalapeño pepper, seeds removed, finely chopped	4	cups corn kernels (cut from about 4 ears of corn)
3	garlic cloves, finely chopped	1	cup chicken broth, reduced sodium
1½	teaspoons kosher salt, divided	½	cup heavy cream
¾	teaspoon freshly ground pepper, divided		

Place bacon in a 12-inch skillet over medium heat. Once bacon is cooked through to taste, remove and reserve. Stir the chopped onion, red pepper, celery, and jalapeño into the skillet. Sauté vegetables until tender, about 5 minutes. Add the garlic and ½ teaspoon of both salt and pepper to the skillet and continue to cook for an additional 3 to 5 minutes.

Stir the flour into the skillet and cook for 2 to 3 minutes. Add the beer, scraping up any brown bits that have accumulated on the bottom of the skillet. Add vegetable mixture to the slow cooker vessel of the Cuisinart® Slow Cooker. To the vegetables, add the green chiles, potatoes, corn, remaining salt and pepper, and chicken broth.

Cover and press the on/off button to turn the unit on. Set the time to 3 hours and press High; once slow cooker switches to Warm, set the time again for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. Stir in heavy cream and remaining salt; cook on Low for 1 hour. To serve, stir in reserved bacon. Taste and adjust seasoning accordingly.

Optional: purée 1 cup of the soup separately and stir back into the remaining chowder for an extra-creamy texture.

Nutritional information per serving:

*Calories 194 (30% from fat) • carb. 30g • pro. 6g • fat 7g • sat. fat 4g
• chol. 22mg • sod. 520mg • calc. 40mg • fiber 4g*

Veal Stew with Mushrooms & Artichokes

Makes about 8 cups

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

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 press the on/off button to turn the unit on. Set time to 8 hours and press Low; the slow cooker will automatically switch to Warm when cooking time has elapsed. 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 serving (1 cup):

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

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 press the on/off button to turn the unit on. Set time for 2 hours and press High; once slow cooker switches to Warm, set time for 4 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. 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. Ladle stew directly from the pot 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 whitefish), 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, red and green peppers, 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. Cover and press the on/off button to turn the unit on. Set timer to 6 hours and press Low; the 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 1 minute 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

- | | | | |
|---|--|----|---|
| 6 | ounces yellow onion, peeled and cut vertically into ½-inch thick slices | 1½ | teaspoons oregano |
| | | ¾ | teaspoon basil |
| ½ | red bell pepper, cored, seeded, cut lengthwise into ½-inch-thick slices | ½ | teaspoon kosher salt |
| | | ¼ | teaspoon freshly ground black pepper |
| ½ | yellow bell pepper, cored, seeded, cut in ½-inch-thick slices lengthwise | 2 | pounds bone-in, skinless chicken thighs |
| | | ½ | cup unbleached all-purpose flour |
| 2 | garlic cloves, peeled | 2 | tablespoons extra virgin olive oil |
| 1 | can (15 ounces) diced tomatoes, drained, juices discarded | 4 | ounces portobello mushrooms, cut into ½-inch-thick slices |
| 2 | tablespoons tomato paste | 1 | bay leaf |
| 2 | tablespoons white vermouth or other dry white wine | | |

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 press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. 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

Lemon Chicken with Rosemary

Makes 6 servings

- | | | | |
|---|--|---|--|
| 2 | pounds bone-in, skinless chicken thighs, trimmed of excess visible fat | 3 | garlic cloves, peeled, roughly chopped |
| ¾ | teaspoon kosher salt | 2 | rosemary sprigs |
| ½ | teaspoon freshly ground pepper | ¼ | cup fresh lemon juice |
| 1 | teaspoon olive oil | ½ | cup chicken broth |
| ½ | cup unbleached, all-purpose flour | 2 | teaspoons lemon zest |
| 1 | large onions, peeled, halved and sliced | 1 | lemon, thinly sliced |
| | | | chopped rosemary for garnish |

Heat a 12-inch Cuisinart® skillet over medium heat.

Season the chicken thighs on both sides with ½ teaspoon of salt and teaspoon of black pepper. Once skillet is hot add the olive oil so that it shimmers across the pan but does not smoke. Dredge half of the chicken thighs in flour to coat lightly. Place chicken in hot skillet skin side down. Brown on both sides about 5 to 7 minutes. It is important not to move the chicken when it is first placed in pan; chicken will come loose once it is browned. Dredge remaining chicken and repeat. Reserve.

Pour all but 1 tablespoon of oil out of the skillet. Sauté onion and garlic for 2 to 3 minutes until softened. Stir in the rosemary sprigs and remaining ¼ teaspoon of salt. Add the lemon juice to the skillet, scraping up any brown bits that remain on the bottom with a wooden spoon. Let juice come to a boil and reduce by half. Add the chicken broth and let come to a boil.

Add onion mixture to the crock insert of the Cuisinart® Slow Cooker, and stir in the lemon zest. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.

Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Taste and adjust seasoning accordingly.

Serve in shallow bowls with rice or mashed potatoes.

Nutritional information per serving:

*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

2	pounds chicken thighs (about 8 to 10), skinless, bone-in		cooking spray
		40	cloves garlic, peeled
1	teaspoon herbes de Provence	½	celery rib, sliced
¼	teaspoon red pepper flakes	½	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
½	tablespoon fresh lemon juice		freshly chopped parsley
3	teaspoons extra virgin olive oil		

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. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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
2½ pounds | 1 | teaspoon kosher salt |
| 2 | tablespoons light or dark
brown sugar, packed | 1 | teaspoon dry mustard |
| 2 | teaspoons Worcestershire sauce | 1 | teaspoon liquid smoke |
| 2 | teaspoons freshly ground
black pepper | 1 | medium onion, peeled,
cut into ½-inch slices |
| 1 | teaspoon garlic powder | ½ | cup lager or ale |
| | | 2 | cups (more to taste) Barbecue
Sauce, page 32, or purchased
BBQ sauce |

Trim fat cap on top of brisket to 1/8-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 press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm setting. 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 thin (1/8-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 thick, 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 Warm when cooking time has elapsed.

*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	garlic clove, 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	garlic cloves, 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	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 rib, with top, 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. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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 weed; 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 sauceboat.

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*

— 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 the Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onion, carrot, celery, parsley, bay leaf and peppercorns. Pour in water to cover. Cover pot and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. 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 meat in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice.

(continued)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onion, carrot, celery, parsley, bay leaf and peppercorns. Pour in water to cover. Cover pot and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. 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 meat in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice.

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 into 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*

New England Short Ribs

Makes 4 servings

½ cup unbleached all-purpose flour	½ pound carrots, peeled and halved lengthwise
½ teaspoon kosher salt	½ pound new red potatoes, skin on, cut into 1 to 1½-inch cubes
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	

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 and turnips. Coat short ribs with horseradish. Place in the ceramic pot of the Cuisinart® SlowCooker. Cover with onions, carrots, potatoes and turnips. Pour in stock. Cover and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Strain pan juices 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*

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 29 (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 and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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 12), Classic Split Pea (page 16), or Spanish Bean (page 11) 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 2 to 3 cups Barbecue Sauce (page 29); 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 serving (½ cup):

*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	garlic cloves, peeled and chopped
¼	teaspoon freshly ground black pepper	3	teaspoons herbes de Provence, divided
½	cup unbleached 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 press the on/off button to turn the unit on. Set time to 8 to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

(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*

Slow Cooked Lamb Shanks with White Beans

Makes 3 to 6 servings

2	cups dried white beans (cannellini or navy)	1	medium carrot, peeled and chopped
3	lamb shanks (about $\frac{3}{4}$ to 1 pound each)	1	celery stalk, chopped
		4	garlic cloves, chopped
1	teaspoon kosher salt	1	teaspoon herbes de Provence
1	teaspoon freshly ground black pepper	$\frac{1}{3}$	cup dry red wine
1	tablespoon olive oil	1	can (28 ounces) plum tomatoes, drained well and roughly chopped
1	tablespoon unsalted butter	2	tablespoon tomato paste
1	medium onion, peeled and chopped	1	bay leaf

Soak beans overnight or at least 8 hours 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 them with $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{2}$ teaspoon of the pepper. Heat olive oil in a 12-inch Cuisinart® sauté pan over medium-high heat. When hot add the seasoned lamb shanks and brown well on all sides. Remove and reserve. Reduce heat to low and add the butter. Once melted, add the chopped onions, carrots, and celery, cooking over low heat until vegetables are softened, about 3 to 4 minutes. Add the chopped garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wine, scraping any brown bits that may have accumulated on the bottom of the pan with a wooden spoon. Finally, stir in the chopped tomatoes and the tomato paste – stir the vegetable tomato mixture together with the beans in the slow cooker. Tuck the bay leaf and the browned lamb shanks into the vegetable/bean mixture.

(continued)

Cover and press the on/off button to turn the unit on. Set time to 8 to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove lamb shanks and degrease as necessary. Taste and adjust seasonings accordingly. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

Nutritional information per serving (based on 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 shredded, ½ cup reserved for topping | 2 garlic cloves, peeled and minced |
| 3 teaspoons extra virgin olive oil, divided | ¼ pound ground turkey |
| 4 ounces white mushrooms, sliced | 2 cans (8 ounces each) diced tomatoes, juices drained, divided |
| 1 teaspoon kosher salt, divided | 8 ounces tomato sauce |
| ½ teaspoon freshly ground pepper, divided | 1 teaspoon dried basil |
| ½ pound frozen chopped spinach, thawed and drained until very dry* | ½ teaspoon oregano |
| | 6 ounces mini penne (or other small tubular pasta) par-cooked 5 minutes (until barely cooked), 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 of the 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 the Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the ceramic pot. 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 press the on/off button to turn the unit on.

Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

*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 ½ cup dry spinach that can then be mixed with the mushrooms.

Nutritional information per serving (½ cup):

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

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 unbleached 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 the 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 press the on/off button to turn the unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving (¾ cup):

*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,
finely chopped | 1 | can plum (Italian) tomatoes
(35 ounces) |
| 6 | ounces carrots, peeled, chopped | 2 | cups tomato purée,
salt-free if available |
| 2 | ribs celery, peeled, finely chopped | 1½ | tablespoons salt-free tomato paste |
| 2 | garlic cloves, peeled,
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 the 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 press the on/off button to turn the unit on. Set time to 8 hours and press Simmer; slow cooker will automatically switch to Warm when cooking time has elapsed. For a smoother sauce, use a Cuisinart® Hand Blender or regular blender to purée the sauce to desired consistency.

Nutritional information per serving (1 cup):

*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 |
| | | 1/2-3/4 | teaspoon kosher salt |
| 1 | tablespoon extra virgin olive oil | 1/4 | teaspoon freshly ground pepper |
| 1 1/2 | tablespoons finely chopped fresh rosemary | | |

Combine all ingredients in ceramic pot of Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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 1/3 of the olive oil. Place rack in the ceramic pot of the Cuisinart® Slow Cooker. Arrange potatoes on rack, evenly spaced.

Cover and press the on/off button to turn the unit on. Set time to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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 43)
2 teaspoons Dijon-style mustard	1	celery rib, 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 serving (½ cup):

*Calories 178 (22% from fat) • carb. 32g • pro. 4g • fat 4g • sat. fat 1g
• chol. 5mg • sod. 266mg • calc. 42mg • 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-inch 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 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 the 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 press the on/off button to turn the unit on. Set time to 5 hours and press Low. 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*

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 herbes 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 eggplant, zucchini, yellow squash, peppers, tomatoes, tomato purée, onion, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of the Cuisinart® Slow Cooker. Drizzle with olive oil. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup):
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	1½	tablespoons walnut oil
2	tablespoons white balsamic vinegar or fruit flavored vinegar	1	bunch watercress, washed, dried, tough stems removed
½	teaspoon Dijon-style mustard	1	head of endive, cut into ¼-inch pieces on the diagonal
¼	teaspoon kosher salt	½	cup shelled white pistachios, lightly salted
⅛	teaspoon freshly ground pepper		
3	tablespoons vegetable 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 press the on/off button to turn the unit on. Set time to 2½ hours and press High. Once beets are cooked through, remove to cool. Turn off slow cooker.

Once beets are cool enough to handle, rub each with a paper towel to remove the skins. (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*

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, 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 of the green beans in the Cuisinart® Slow Cooker; top with ½ of the tomato mixture. Repeat. Drizzle olive oil over top.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. 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)
cut sweet corn | ½ | cup chopped onion |
| 10 | ounces lima beans, thawed | 1 | can (14 ounces) diced tomatoes,
drained, ¼ cup juice reserved |
| ½ | pound zucchini, cut into
1-inch pieces | ½ | tablespoon instant tapioca |
| ½ | red pepper (8 ounces), cored,
seeded and diced into ½-inch
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 press the on/off button to turn the unit on. Set time to 5 hours and press Low. 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

1½ pounds sweet potatoes, peeled and cut into ¼-inch slices	cooking spray
2 tablespoons unsalted butter, melted	1 red-skinned apple, skin on, cored and cut into ¼-inch slices
½ teaspoon herbs de Provence, divided	1 small onion, peeled, quartered and cut into ¼-inch slices
½ teaspoon kosher salt	½ 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 the 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 of 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 press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup):

*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		
1 tablespoon unsalted butter, melted	¾	pound Italian plum tomatoes, cut into ⅛-inch slices
1 teaspoon dried thyme		
1 teaspoon dried oregano		cooking spray
1 teaspoon kosher salt		

To make seasoned breadcrumbs, combine crumbs, 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. Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of the 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 top with remaining breadcrumb mixture.

Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low. 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 the 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 press the on/off button to turn the unit on. Set time to 4 hours and press Low. 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*

SIDE DISHES

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-inch, bitter white pith removed	2	tablespoons chopped crystallized ginger
6 slices (size of a quarter) fresh ginger		Honey Yogurt Cream (recipe follows)

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 and press the on/off button to turn the unit on. Set time to 4 hours and press Simmer. When pears are tender, turn slow cooker 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 serving (2 tablespoons):
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 serving (1 tablespoon):
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 serving (1 cup):

*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 the Cuisinart® Slow Cooker. Sprinkle remaining sugar and spice mix over tops. Dot each with ½ teaspoon butter. Pour apple juice around edges. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. 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*

Winter Fruit Crisp

Makes 8 to 12 servings (6 cups)

Fruit

- cooking spray
- 6 ounces mixed dried fruits (apples, pears, apricots, dried plums)
- 2 large Golden Delicious apples, peeled, cored and cut into 1/8-inch dice
- 2 Bosc pears, peeled, cored and cut into 1/8-inch dice
- 3/4 cup dried cranberries
- 1 whole cinnamon stick
- grated zest of one orange
- 1/2 cup sugar
- 1 tablespoon chopped crystallized ginger or 1 teaspoon ground ginger

- 1/2 teaspoon freshly grated nutmeg
- 3/4 tablespoon dark rum or brandy
- 1 teaspoon pure vanilla extract

Crumb Topping

- 1 cup unbleached, all-purpose flour
- 1 cup uncooked oats, quick or regular
- 3/4 cup packed brown sugar
- 1/2 teaspoon freshly grated nutmeg
- 12 tablespoons unsalted butter, softened (1 1/2 sticks)

Lightly coat the interior of the ceramic pot of the 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 and press the on/off button to turn the unit on. Set time to 4 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve. 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

Mulled Cider

Makes 2 quarts

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

Place all ingredients in the ceramic pot of the Cuisinart® Slow Cooker. Stir to mix. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low. Slow cooker will automatically switch to Warm after cooking time has elapsed. Strain out orange slices and spices if desired. Ladle into mugs to serve.

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

Irish Oatmeal

Makes 4 servings

	cooking spray	1	quart water
1	cup steel-cut Irish oatmeal	½	teaspoon kosher salt

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Place oatmeal, water and salt in the pot; stir. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low – slow cooker will automatically switch to Warm after cooking time has elapsed.

Nutritional information per serving (about 1 cup):
Calories 152 (16% from fat) • carb. 27g • pro. 5g • fat 2g • sat. fat 1g
• chol. 0mg • sod. 172mg • calc. 5mg • fiber 4g

Notes: For a fruity oatmeal add chopped dried fruits such as apples, pears, plums, apricots, peaches, cherries or cranberries before cooking, about 1 to 2 tablespoons per serving. For Cinnamon Irish Oatmeal add 1 to 2 teaspoons cinnamon before cooking.