

# Cuisinart®

INSTRUCTION BOOKLET  
AND RECIPE BOOKLET



**Cuisinart® Elemental 8 Food Processor**

**FP-8C Series**

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

## RECOMMENDED MAXIMUM WORK BOWL CAPACITY

FOOD	CAPACITY
Sliced or shredded fruit, vegetables or cheese	8 cups (2 L)
Chopped fruit, vegetables or cheese	2 cups (500 ml)
Puréed fruit, vegetables or cheese	3 cups (750 ml) cooked; 1½ cups (375 ml) puréed
Chopped or puréed meat, fish or seafood	¾ pound (375 g)
Thin liquid (e.g., dressings, soups, etc.)	4 cups (1 L)
Cake batter	8-inch (20 cm) cheesecake batter; 1 box [15.25 ounce (450 g)] cake mix
Cookie dough	2½ dozen (based on average chocolate chip cookie recipe)
White bread/pizza dough	2.5 cups [625 ml (all-purpose or bread flour)]
Nuts for nut butter	2 cups (500 ml)

## IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart Elemental 8 Food Processor and the accessories for it:

8-cup (1.9 L) work bowl, work bowl cover with pusher, metal chopping/mixing/dough blade, thin reversible metal slicing & shredding disc, medium reversible metal slicing & shredding disc, base with stem adapter and instruction/recipe book.

### CAUTION:

**THE CUTTING TOOLS HAVE VERY SHARP EDGES.** To avoid injury when unpacking the parts, please follow these instructions.

1. Place the box on a low table or on the floor next to the kitchen counter where you intend to keep the food processor. Be sure the box is right side up.
2. Open top flaps—there will be a rectangular block of packing material that holds the processor parts, each fitted into a cavity.
3. Remove the instruction/recipe book and the metal slicing & shredding disc accessories from one side.
4. Lift out the packing material.
5. Remove the base and bowl together and place it on the counter or table. Read the instructions thoroughly before using the machine.

6. Save the shipping cartons and packing material. You will find them very useful if you need to repack the processor for moving or other shipment.

We recommend that you visit our website, [www.cuisinart.ca](http://www.cuisinart.ca) for a fast, efficient way to complete your product registration.

## IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance.

### Getting Ready

1. Read all instructions.
2. **Blades and discs are sharp.** Handle them carefully.
3. **Always unplug from outlet when not in use, before putting on or taking off parts, before removing food and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
4. Do not use outdoors.
5. Do not let cord hang over edge of table or counter, or touch hot surfaces.
6. Do not operate any appliance with a damaged cord or plug, or after appliance has been dropped or damaged in any way. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.

### Operation

1. Keep hands as well as spatulas and other utensils away from moving blades or discs while processing food, to prevent the possibility of severe personal injury or damage to food processor. A plastic scraper may be used, but only when the food processor motor is stopped.
2. Avoid coming into contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher.
3. Make sure motor has completely stopped before removing cover. (If machine does not stop within 4 seconds after you remove the bowl cover assembly, call 1-800-472-7606 for assistance. Do not use the machine.)
4. Never store any blade or disc on motor shaft. To reduce the risk of injury, no blade or disc should be placed on the shaft except when the bowl is properly locked in place and the processor is in use. Store blades and discs, as you would sharp knives, out of reach of children.
5. Be sure cover and feed tube are securely locked in place before operating food processor.
6. Never try to override or tamper with cover interlock mechanism.

### Cleaning

To protect against risk of electrical shock, do not put base in water or other liquids.

### General

1. This appliance should not be used by or near children or individuals with certain disabilities.
2. Do not operate this, or any other motor-driven appliance, while under the influence of alcohol or other substances that affect your reaction time or perception.
3. This food processor is cUL listed for household use. Use it only for food preparation as described in the accompanying recipe and instruction book. Do not use this appliance for anything but its intended use.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your food processor.
5. To avoid possible malfunction of work bowl switch, never store processor with cover assembly in locked position.
6. Maximum rating of 350 watts is based on attachment that draws greatest current. Other recommended attachments may draw significantly less current.
7. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

**NOTICE:** If your food processor has a plastic case, it has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## WARNING: RISK OF FIRE OR ELECTRIC SHOCK



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated, dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of fire or electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying appliance.

## SPECIAL CORD SET INSTRUCTIONS NOTICE

If you have a die-cast metal unit, for your protection it is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.

If a grounding-type outlet is not available, an adapter, shown in Figure B, may be obtained so that a 2-slot wall outlet can be used with a 3-prong plug. As shown in Figure C, the adapter must be grounded by attaching its grounding plug under the screw of the outlet cover plate.

**NOTE: Do not remove the grounding prong.**

**CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.**

**NOTE: Use of an adapter is not permitted in Canada.**

	<b>WARNING</b> RISK OF FIRE OR ELECTRIC SHOCK DO NOT OPEN	
<p>WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY</p>		

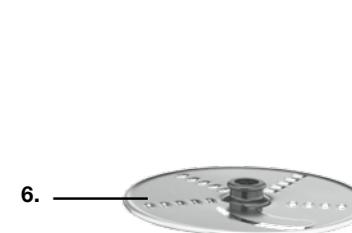
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## PARTS

The machine includes:

1. Housing base with a fixed accessory adapter and convenient button controls
2. 8-cup (1.9 L) work bowl
3. Cover with feed tube
4. Pusher that slides inside the feed tube
5. Metal chopping/mixing/dough blade
6. Fine reversible slicing/shredding disc
7. Medium reversible slicing/shredding disc
8. BPA free (not shown)  
All materials that come in contact with food or liquid are BPA free



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# ASSEMBLY INSTRUCTIONS

## Before First Use

Before using your Cuisinart Elemental 8 Food Processor for the first time, wash the work bowl, work bowl cover, pusher, blade, and discs (see Cleaning Instructions on page 10).

1. Place the food processor base on a dry, level countertop with the controls facing you. Do not plug the unit in until it is fully assembled.
2. With the bowl on the base, use the handle to turn the work bowl clockwise to lock it onto the housing base.

## CHOPPING/MIXING/DOUGH BLADE

1. Place the work bowl on top, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Carefully lift and place the blade over the work bowl accessory adapter. Blade should fit snugly and rest on the bottom of the work bowl.
3. Plug in the housing base.
4. Add desired ingredients to work bowl.
5. Place work bowl cover on work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
7. You are now ready to operate the machine.

## REVERSIBLE

### SLICING/SHREDDING DISCS

1. Place the work bowl on top of the base, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Choose desired disc.
3. Carefully place disc over accessory adapter, with the side being used facing up.
4. Place work bowl cover onto work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
5. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
6. Plug in the housing base.
7. You are now ready to operate the machine.

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# MACHINE CONTROLS

## High and Low Control Buttons

The High and Low controls are buttons that allow the machine to run until Off is selected.

1. Properly assemble and engage the machine.
2. Add ingredients to the work bowl, either through the feed tube or directly into the bowl.
3. Press the High or Low button. The blue LED light will illuminate and the motor will start.
4. Press the Off button when finished.

## Pulse Button

The Pulse control is a button that allows the machine to run only while it is being pressed. This capability provides more accurate control of the duration and frequency of processing. Unless otherwise specified, a pulse should be about one second.

1. With the machine properly assembled and engaged, and ingredients in the work bowl, press the Pulse button repeatedly as needed. The blue LED High light will illuminate upon activation.

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# MACHINE FUNCTIONS

## Using the Chopping/Mixing/Dough Blade

### Chopping

- For raw ingredients: peel, core and/or remove seeds and pits. Food should be cut into even, ½ to 1-inch (1.25 to 2.5 cm) pieces. Foods cut into same size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, either hold the pulse down or press High or Low to run the machine continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary. Low speed is recommended for making doughs and batters. High speed is recommended for most other chopping, processing and slicing/shredding tasks.

### Puréeing

- To purée fresh fruits or cooked fruits/vegetables: Ingredients should be cut into 1-inch (2.5 cm) pieces; a smooth purée is best achieved when all the pieces are equal in size. Pulse to initially chop and then process High or Low until food is puréed; scrape the work bowl as necessary. Do not use this method to purée cooked white potatoes.

- To purée solids for a soup or sauce: Strain the solids from the liquid and process the solids alone. Add cooking liquid and process as needed.

## Using the Reversible Slicing/Shredding Discs

- The slicing disc makes whole slices. It slices fruits and vegetables, cooked meat and semi-frozen raw meat. The shredding disc shreds most firm and hard cheeses. It also shreds vegetables like potatoes, carrots and zucchini.
- Always pack food in the feed tube evenly for slicing and shredding. The food will dictate the amount of pressure: Use light pressure for soft foods, medium pressure for medium foods, and firm pressure for harder foods. Always process with even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, cut in half or quarters to fit. Process with even pressure.
- For small ingredients like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing or shredding cheese, be sure that the cheese is well chilled.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand them up in feed tube. Process with even pressure.

**NOTE: Always use pusher when slicing or shredding. Never put your hands in the feed tube when unit is running.**

## USER GUIDE

You can slice, shred and chop a multitude of vegetables and fruits in the Cuisinart Food Processor. What you may not know is that the food processor is the perfect tool for a number of other tasks, such as softening butter, making bread crumbs, making baby food, etc. Here is a guide that will help you in preparing just about anything!

FOOD	TOOL	DIRECTIONS
Soft Cheeses (ricotta, cream cheese, cottage cheese, etc.)	Chopping/Mixing/Dough Blade	Have cheese at room temperature. When applicable, cut into 1-inch (2.5 cm) pieces. Process until smooth, stopping to scrape down the sides of the bowl as needed. Perfect for making cheesecakes, dips, pasta fillings, etc.
Firm Cheeses (Cheddar, Swiss, Edam, Gouda, etc.)	Slicing/Shredding Disc	Cheese should be well chilled before slicing/shredding. Cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Hard Cheeses (Parmesan, Romano, etc.)	Chopping/Mixing/Dough Blade Slicing/Shredding Disc	Chill cheese(s). If using the metal blade, cut into ½-inch (1.25 cm) pieces. Pulse to break up and then process until finely grated. This will produce a nice grated cheese. If slicing or shredding, cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Baby Food	Chopping/Mixing/Dough Blade	As for all fruit and vegetable purées, cut ingredients into ½ to 1-inch (1.25 to 2.5 cm) pieces. Steam ingredients until completely soft. Pulse to chop, then process until completely smooth (add steaming liquid through the feed tube when processing if necessary). To ensure there are no lumps, press mixture through a fine mesh strainer. Keeps frozen in ice cube trays for individual 1-ounce (30 g) portions.
Butter	Chopping/Mixing/Dough Blade Slicing/Shredding Disc	<i>For creaming:</i> Have butter at room temperature. Cut into 1-inch (2.5 cm) pieces. Process, scraping bowl as necessary. For compound (flavoured) butters, process flavouring ingredients, such as herbs, zest, vegetables, etc., before adding butter. <i>For shredding/slicing:</i> Freeze briefly. Use light to medium pressure to shred or slice. Shredded butter is great for preparing certain pastry doughs. Sliced butter is great for serving alongside corn on the cob or freshly made rolls.
Bread/Cookie/Cracker/Chip Crumbs	Chopping/Mixing/Dough Blade	Break into pieces. Pulse to break up, and then process until desired consistency. This will make perfect bread/cracker/chip crumbs for coating meats and fish. Processed cookies make delicious pie and cake crusts!
Milk Shakes/Smoothies	Chopping/Mixing/Dough Blade	For milk shakes, first add ice cream. While unit is running, add milk through the feed tube until desired consistency is achieved. For smoothies, add fruit first, then add the liquid through the feed tube while unit is running.
Fresh Herbs	Chopping/Mixing/Dough Blade	Wash and dry herbs VERY well. Pulse to roughly chop. Continue pulsing until desired consistency is achieved.
Nuts	Chopping/Mixing/Dough Blade	Pulse to chop to desired consistency. To make a nut butter, pulse to break up, and then process until smooth, stopping to scrape down as needed.
"Ice Cream"	Chopping/Mixing/Dough Blade	Put frozen fruit cut into 1-inch (2.5 c) pieces into the work bowl, with liquid (juice or milk), any desired sweeteners, such as sugar, honey, simple syrup, and other flavors. Process until smooth.
Whipped Cream	Chopping/Mixing/Dough Blade	Process well-chilled cream until cream begins to thicken. Add sugar as desired; process continuously until cream reaches desired consistency. This cream is dense and perfect as a whipped topping for cake or ice cream.
Superfine Sugar	Chopping/Mixing/Dough Blade	Process granulated sugar for about 1 minute until finely ground. Excellent for using in meringues and other baked goods.
Ground Meat	Chopping/Mixing/Dough Blade	Cut meat into ½-inch (1.25 cm) pieces. Pulse to chop, about 14 long pulses, or until desired consistency is achieved. If a purée is desired, continue to process. Never chop/purée more than ¾ pound (375 g) at one time.

## CLEANING, STORAGE AND MAINTENANCE

- Keep your Cuisinart Elemental 8 Food Processor ready to use on the kitchen counter. When not in use, leave it unplugged.
- Keep the blade and discs out of the reach of children.
- All parts except the housing base are dishwasher safe, and we recommend washing them in the dishwasher on the **top rack only**. Due to intense water heat, washing the work bowl, cover and accessories on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning. Insert the work bowl and pusher upside down for drainage. Remember to unload the dishwasher carefully wherever you have placed sharp blades and discs.
- To simplify cleaning, rinse the work bowl, cover, pusher and blade or disc immediately after use so food won't dry on them. Be sure to position the pusher upside down for drainage. If food lodges in the pusher, remove it by running water through it, or use a bottle brush.
- If you wash the blade and discs by hand, do it carefully. When handling, use the plastic hubs. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move it rapidly up and down on the center shaft of the bowl. Use of a spray attachment is also effective. If necessary, use a brush.
- The work bowl is made of SAN plastic. It should not be placed in a microwave oven.
- The housing base may be wiped clean with a soapy, non-abrasive material. Be sure to dry it thoroughly.
- If the feet leave spots on the counter, spray them with a spot remover and wipe with a damp sponge.
- If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and nonabrasive cleaning powder.

**IMPORTANT:** Never store any blade or disc on the motor shaft. No blade or disc should be placed on the shaft except when the processor is about to be used.

**MAINTENANCE:** Any other servicing should be performed by an authorized service representative.

## FOR YOUR SAFETY

- Like all powerful electrical appliances, a food processor should be handled with care. Follow these guidelines to protect yourself and your family from misuse that could cause injury.
- Handle and store metal blade and discs carefully. Their cutting edges are very sharp.
- Never put blade or discs on the motor shaft until the work bowl is locked in place.
- Always be sure that the blade or disc is down on motor shaft as far as it will go.
- Always insert the metal blade in the work bowl before putting ingredients in bowl.
- When slicing or shredding food, always use the pusher. Never put your fingers or spatula into feed tube.
- Always wait for the blade or disc to stop spinning before you remove the pusher assembly or cover from the work bowl.
- Always unplug the unit before removing food, cleaning, or putting on or taking off parts.
- Always remove work bowl from base of machine before you remove the chopping/mixing/dough blade.
- Be careful to prevent the chopping blade from falling out of the work bowl when emptying the bowl. Remove it before tilting the work bowl.

## TECHNICAL DATA

The motor in your food processor operates on a standard line operating current. The appropriate voltage and frequency for your machine are shown on a label on the bottom of the base.

An automatic, temperature-controlled circuit breaker in the motor ensures complete protection against motor burnout. If the processor runs for an exceptionally long time when chopping, mixing or kneading a thick or heavy mixture in successive batches, the motor may overheat. If this happens, the processor will stop. Turn it off and wait for the motor to cool before proceeding. It will usually cool within 10 minutes. In extreme cases, it could take an hour.

Safety switches prevent the machine from operating when the work bowl or the cover is not locked into position. The motor stops within seconds when the motor is turned off; and when the pusher assembly is removed, a fast-stop circuit also enables the motor to stop within seconds.

Cuisinart offers a Limited Two-Year Warranty on the entire machine.

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## TROUBLESHOOTING

### Food Processing

1. **Problem:** The food is unevenly processed.

**Solution:**

- The ingredients should be cut evenly into ½ to 1-inch (1.25 to 2.5 cm) pieces before processing.
- Process in batches to avoid overloading.

2. **Problem:** Slices are uneven or slanted.

**Solution:**

- Place evenly cut food, cut side down, into the feed tube.
- Apply even pressure on the pusher.

3. **Problem:** Food falls over in feed tube.

**Solution:**

- Feed tube should be packed full for best results.

4. **Problem:** Some food remains on top of the disc.

**Solution:**

- It is normal for small pieces to remain; cut remaining bits by hand and add to processed ingredients.

### Dough Kneading

1. **Problem:** Motor slows down.

**Solution:**

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.
- Dough may be too wet (see number 8). If motor speeds up, continue processing. If not, add more flour, 1 tablespoon (15 ml) at a time, until the motor speeds up. Process until dough cleans the sides of the work bowl.

2. **Problem:** Blade doesn't incorporate ingredients.

**Solution:**

- Always start the food processor before adding liquid. Add liquid in a slow, steady stream, or through the drizzle hole in the pusher, allowing the dry ingredients to absorb it. If too much liquid is added, wait until ingredients in the work bowl have mixed, then add remaining liquid slowly (do not turn off the machine). Pour liquid onto dough as it passes under feed tube opening; do not pour liquid directly onto bottom of the work bowl.

3. **Problem:** Blade rises in work bowl.

**Solution:**

- Excessively sticky dough can cause blade to rise. Carefully reinsert blade and immediately add 2 tablespoons (30 ml) of flour through the feed tube while the machine is running.

4. **Problem:** Dough doesn't clean inside of the work bowl.

**Solution:**

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.
- Dough may be too dry (see number 7).
- Dough may be too wet (see number 8).

5. **Problem:** Nub of dough forms on top of blade and does not become uniformly kneaded.

**Solution:**

- Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in the work bowl.

6. **Problem:** Dough feels tough after kneading.

**Solution:**

- Divide dough into 2 or 3 pieces and redistribute evenly in bowl. Process 10 seconds or until uniformly soft and pliable.

7. **Problem:** Dough is too dry.

**Solution:**

- While machine is running, add water, 1 tablespoon (15 ml) at a time, until dough cleans the inside of the bowl.

8. **Problem:** Dough is too wet.

**Solution:**

- While machine is running, add flour, 1 tablespoon (15 ml) at a time, until dough cleans the inside of the bowl.

### Technical

1. **Problem:** The motor does not start.

**Solution:**

- There is a safety interlock to prevent the motor from starting if it is not properly assembled. Make sure the work bowl and work bowl cover are securely locked into position.
- If the motor still will not start, check the power cord and outlet.

2. **Problem:** The food processor shuts off during operation.

**Solution:**

- The cover may have become unlocked; check to make sure it is securely in position.
- A safety protector in the motor prevents the motor from overheating, which is caused by excessive strain. Press the Off control button and wait 20 to 30 minutes to allow the food processor to cool off before resuming.

3. **Problem:** The motor slowed down during operation.

**Solution:**

- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder. Simply reposition the food in the feed tube and try again.
- The maximum load capacity may have been exceeded. Remove some of the ingredients and continue processing.

4. **Problem:** The food processor vibrated/moved around the countertop during processing.

**Solution:**

- Make sure the rubber feet at the bottom of the unit are clean and dry. Also make sure that the maximum load capacity is not being exceeded.
- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder.

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## BASIC FRESH BREADCRUMBS

There is no need to buy breadcrumbs when you can make them with your Cuisinart® Food Processor in no time at all.



Makes  $\frac{2}{3}$  cup (150 ml)

4 SLICES WHITE BREAD

1. Preheat oven to 325°F (160°C). Bake slices of bread in a single layer for about 20 minutes or until bread is completely dried out. (Since you are only baking four slices of bread, this is the perfect task for your toaster oven, saving energy and money.)
2. Insert the chopping blade into the work bowl of the food processor. Directly into the work bowl, break the bread into pieces and pulse 6 to 8 times, then process on High until desired texture is achieved, about 30 to 60 seconds.

**Note:** Breadcrumbs can also be processed from day-old bread. Simply break into uniform pieces and follow above instruction until finely chopped.

**Tip:** For seasoned breadcrumbs, add  $\frac{1}{4}$  teaspoon (1 ml) each dried oregano, dried basil, garlic powder and ground onion flakes to toasted bread and process as above.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 96 (11% from fat) • carb. 18g • pro. 3g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 144mg • calc. 16mg • fiber 2g*

## DILL BUTTER

Using a high-quality European-style butter makes a difference, so splurge on a good brand for this recipe. We feature it in our Radish - Dill Tea Sandwiches, but a pat on top of grilled or roasted salmon is another great use for it.



Makes  $\frac{1}{2}$  cup (125 ml)

$\frac{1}{4}$  CUP (60 ML) FRESH DILL  
 $\frac{1}{2}$  CUP [125 ML (1 STICK)]  
GOOD QUALITY BUTTER,  
ROOM TEMPERATURE AND  
CUT INTO  
4 PIECES  
2 PINCHES KOSHER SALT  
PINCH FRESHLY GROUND  
BLACK PEPPER

1. Insert the chopping blade into the work bowl of the food processor.
2. Put the dill into the work bowl and process on High to chop, about 10 seconds.
3. Add the butter, salt and pepper. Process on High, scraping down as needed, for about 10 seconds until thoroughly combined.
4. Taste and adjust seasoning accordingly.

*Nutritional information per serving [2 teaspoons (10 ml)]:*

*Calories 67 (100% from fat) • carb. 0g • pro. 0g • fat 7g  
• sat. fat 5g • chol. 20mg • sod. 24mg • calc. 0mg • fiber 0g*

## VEGETABLE CREAM CHEESE

Vibrant with colour and texture, this spread isn't just for schmearing on your morning bagel – serve with crackers, in sandwiches, or even as a topping to a baked potato.



- ½ MEDIUM CARROT, PEELED AND CUT INTO ½-INCH (1.25 CM) PIECES [HEAPING ¼ CUP (60 ML)]
- ½ SMALL RED BELL PEPPER, CUT INTO ½-INCH (1.25 CM) PIECES [HEAPING ¼ CUP (60 ML)]
- 1 SCALLION, CHOPPED INTO ½-INCH (1.25 CM) PIECES [ABOUT ¼ CUP (60 ML)]
- 1 TABLESPOON (15 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 8 OUNCES (230 G) PLAIN CREAM CHEESE (1 STANDARD PACKAGE), ROOM TEMPERATURE AND CUT INTO 8 PIECES
- ½ TO 1 TEASPOON (2 TO 5 ML) FRESH LEMON JUICE
- ½ TEASPOON (2 ML) KOSHER SALT

Makes 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the carrot, red pepper, scallion and parsley and pulse about 5 times to chop. Add the cream cheese, lemon juice and salt to the bowl and pulse about 10 to 12 times, until the all the ingredients have been fully incorporated and cream cheese is smooth. Scrape down the sides of the bowl between every few pulses if needed.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 35 (85% from fat) • carb. 1g • pro. 1g • fat 3g • sat. fat 2g • chol. 10mg • sod. 79mg • calc. 1mg • fiber 0g*

## SALMON CREAM CHEESE

Whether on a toasted poppy seed bagel or in an elegant tea sandwich, salmon cream cheese is a treat for all!



- 8 OUNCES (230 G) PLAIN CREAM CHEESE (1 STANDARD PACKAGE), ROOM TEMPERATURE AND CUT INTO 8 PIECES
- PINCH KOSHER SALT
- PINCH FRESHLY GROUND BLACK PEPPER
- 3 OUNCES (85 G) SMOKED SALMON, CUT INTO 1-INCH (2.5 CM) PIECES
- 2 TEASPOONS (10 ML) FRESH LEMON JUICE
- 2 TEASPOONS (10 ML) DRAINED CAPERS
- 2 SPRIGS FRESH DILL

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the cream cheese, salt and pepper. Pulse a few times to break up, and then process until smooth. Add the smoked salmon, lemon juice, capers and dill and pulse to combine. Then run on High to fully combine all of the ingredients.

2. Taste and add another pinch of salt if desired.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 56 (83% from fat) • carb. 1g • pro. 2g • fat 5g • sat. fat 3g • chol. 16mg • sod. 160mg • calc. 1mg • fiber 0g*

## PEANUT BUTTER

You'll be pleasantly surprised how easy it is to make your own nut butter; be sure to use unsalted nuts so you can control the amount of seasoning in the final product.



- 2 CUPS (500 ML) UNSALTED, DRY ROASTED PEANUTS
- KOSHER SALT TO TASTE

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Pulse peanuts about 10 times and then process on Low until drops of oil are visible and the mixture is very smooth, about 4 to 5 minutes, depending on desired consistency. (You may need to stop to scrape down the sides of the bowl periodically.)
2. Add salt and pulse 2 to 3 times to incorporate. Adjust seasoning as desired.

**TIP:** This method can be done with any of your favourite nuts; try adding sweet or savory spices to the spread for more complex flavour.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 116 (71% from fat) • carb. 4g • pro. 5g • fat 10g • sat. fat 1g • chol. 0mg • sod. 105mg • calc. 11mg • fiber 2g*

## BASIC VINAIGRETTE

This classic vinaigrette can be tossed with mixed greens or drizzled over grilled chicken – and it works great as a marinade, too.



- 1½ TEASPOONS (7 ML) CHAMPAGNE VINEGAR
- ½ SMALL SHALLOT [ABOUT ¾ OUNCE (20 G)], PEELED AND HALVED
- 1 TEASPOON (5 ML) DIJON MUSTARD
- ½ TEASPOON (2 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) GROUND WHITE PEPPER
- ¾ CUP (175 ML) EXTRA VIRGIN OLIVE OIL

Makes 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the vinegar, shallot, mustard, salt and pepper to the bowl and process on Low to combine and finely chop.
2. With machine running on Low, pour the olive oil through the drizzle hole in the pusher until all ingredients are homogenous, about 1½ to 2 minutes.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 106 (82% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 91mg • calc. 1mg • fiber 0g*

## TAHINI DRESSING

Tahini (a paste of ground sesame seeds) can now be found in most grocery stores. Be sure to stir well before measuring out, as it naturally separates in its jar. This dressing is a perfect match for our Falafel on page 47, but is also just as delicious over mixed greens.



- 1 GARLIC CLOVE
- 1/3 CUP (75 ML) TAHINI
- 1/4 CUP (60 ML) WATER,  
PLUS MORE AS NEEDED
- 2 TABLESPOONS (30 ML) FRESH  
LEMON JUICE
- 1 TEASPOON (5 ML) HONEY
- 3/4 TEASPOON (3.75 ML)  
KOSHER SALT
- 1/4 TEASPOON (1 ML) FRESHLY  
GROUND BLACK PEPPER
- 1/2 CUP (125 ML) EXTRA VIRGIN  
OLIVE OIL

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic through the feed tube. Allow to process until finely chopped. Stop machine to scrape down sides. Add the tahini, 1/4 cup (60 ml) of water, lemon juice, honey, salt and pepper.
2. Turn machine on Low to process while adding the oil through the drizzle hole in the pusher. Continue to process until desired consistency. If dressing seems too thick, process in up to an additional 1/4 cup (60 ml) of water. Adjust seasoning to taste.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 91 (88% from fat) • carb. 2g • pro. 1g • fat 9g  
• sat. fat 1g • chol. 0mg • sod. 111mg • calc. 22mg • fiber 0g*

## CAESAR DRESSING

There are many versions of this recipe, but our take is pretty close to the classic. If you'd prefer not to use raw egg yolks, egg substitute can be used.



- 1 TO 2 GARLIC CLOVES
- 5 ANCHOVY FILLETS
- 2 LARGE EGG YOLKS\*
- 2 TEASPOONS (10 ML) DIJON  
MUSTARD
- 4 TEASPOONS (20 ML) FRESH  
LEMON JUICE
- 4 TEASPOONS (20 ML) RED  
WINE VINEGAR
- 2 TEASPOONS (10 ML)  
WORCESTERSHIRE SAUCE
- 1/2 TEASPOON (2 ML) FRESHLY  
GROUND BLACK PEPPER
- 3/8 CUP (150 ML) EXTRA VIRGIN  
OLIVE OIL

Makes 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic through the feed tube and process until finely chopped. Add the anchovies, egg yolks, mustard, lemon juice, vinegar, Worcestershire sauce and pepper to the work bowl. Process on High until well blended.
2. With the machine running on Low, pour the olive oil through the drizzle hole in the pusher in a steady stream until the dressing is emulsified, about 30 seconds.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 91 (95% from fat) • carb. 1g • pro. 1g • fat 10g  
• sat. fat 2g • chol. 24mg • sod. 60mg • calc. 4mg • fiber 0g*

\* Raw egg warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

## MAYONNAISE

Taste the difference in homemade mayonnaise.

Makes 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Process the egg yolks, salt, mustard, lemon juice and water on Low until smooth, about 30 seconds. With the machine running, add the oil through the drizzle hole in the pusher until all oil is incorporated and the mayonnaise is emulsified and homogenous.
2. Scrape down sides; taste and adjust seasoning accordingly.

**Note:** For fresh herb mayonnaise: process  $\frac{1}{3}$  cup (75 ml) firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For a bolder-flavoured mayonnaise, increase the salt by  $\frac{1}{4}$  teaspoon (1 ml), the Dijon by  $\frac{1}{2}$  teaspoon (2 ml) and lemon juice to 1 tablespoon (15 ml).

*Nutritional information per serving [1 tablespoon (15 ml), using egg yolks]:*

*Calories 93 (96% from fat) • carb. 0g • pro. 1g • fat 10g  
• sat. fat 1g • chol. 41mg • sod. 104mg • calc. 5mg • fiber 0g*

\* Raw egg warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

For lower-cholesterol mayonnaise, and to avoid using raw eggs, cholesterol free egg substitute may be substituted for the egg yolks.



- 4 LARGE EGG YOLKS\*
- $\frac{3}{4}$  TEASPOON (175 ML) KOSHER SALT
- $\frac{1}{2}$  TEASPOON (2 ML) DIJON MUSTARD
- 1 TEASPOON (5 ML) FRESH LEMON JUICE
- 1 TABLESPOON (15 ML) WATER
- $\frac{3}{4}$  CUP (175 ML) VEGETABLE OIL

## BASIL PESTO

This is a slightly cheesier version of the standard pesto, but you can adjust the amount of cheese as desired. Try any combination of herbs or nuts in this recipe.

Makes  $1\frac{1}{4}$  cups (300 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the cheese, garlic and nuts to the work bowl and pulse to roughly chop, about 10 pulses. Add the basil leaves and salt and pulse about 10 to 15 times; scrape the bowl. With the machine running on Low, add the olive oil in a slow, steady stream through the feed tube, processing until combined and an emulsion is formed, about 1 minute. Scrape down the sides of the work bowl.
2. To store the pesto, transfer to a glass jar or airtight container. Tap to remove all air bubbles and even out the surface. Cover the surface directly with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 72 (80% from fat) • carb. 0g • pro. 1g • fat 8g  
• sat. fat 1g • chol. 2mg • sod. 74mg • calc. 40mg • fiber 0g*



- 2 OUNCES (60 G) PARMESAN OR PECORINO CHEESE CUT INTO  $\frac{1}{2}$ -INCH (1.25 CM) CUBES
- 1 GARLIC CLOVE
- $\frac{1}{4}$  CUP (60 ML) PINE NUTS, LIGHTLY TOASTED
- 3 CUPS (750 ML) TIGHTLY PACKED FRESH BASIL LEAVES [ABOUT 3 OUNCES (85 G)]
- $\frac{1}{2}$  TEASPOON (2 ML) KOSHER SALT
- $\frac{1}{2}$  TO  $\frac{2}{3}$  CUP (125 TO 150 ML) EXTRA VIRGIN OLIVE OIL

## SIMPLE TOMATO SAUCE

This sauce comes together quickly, but tastes as if it has been simmering all day. When cooked down, it makes a tasty topping for homemade pizzas.



- 1½ TEASPOONS (7 ML) OLIVE OIL
- 4 GARLIC CLOVES
- 1 SMALL ONION, CUT INTO 1-INCH (2.5 CM) PIECES
- ¾ TEASPOON (3.75 ML) DRIED OREGANO
- ¼ CUP (60 ML) DRY WHITE WINE
- 1 CAN [28 OUNCES (828 G)] WHOLE PEELED PLUM TOMATOES, WITH JUICE
- ½ TEASPOON (2 ML) KOSHER SALT
- 1 LARGE SPRIG FRESH BASIL (10 TO 12 LEAVES)
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- ¼ TEASPOON (1 ML) RED PEPPER FLAKES (OPTIONAL)

Makes about 3 cups (750 ml)

1. Put the olive oil into a medium size saucepan over medium heat.
2. While the oil is heating, insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic through the feed tube to chop. Turn unit off, scrape down the sides of the bowl and add the onion. Pulse to finely chop, about 5 times.
3. When the oil is hot add the garlic, onion and oregano to the pan. Sauté until the onion is softened and the garlic is fragrant. Add the wine to the pan and cook until completely reduced.
4. While the wine is cooking, add the tomatoes to the work bowl and pulse to finely chop, about 8 times. Add the tomatoes, salt and basil to the pan.
5. Bring the sauce to a boil, then reduce to low. Partly cover the pan and simmer for 30 minutes. Turn off the heat and stir in the black pepper and red pepper flakes, if using. Taste and adjust seasoning accordingly.

If you would like to use this sauce for pizza, continue to simmer uncovered for an additional 30 to 40 minutes until thick and reduced, stirring often. Let the sauce cool completely before using on pizza dough.

*Nutritional information per serving [¼ cup (60 ml)]:*

*Calories 27 (20% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 239mg • calc. 16mg • fiber 1g*

## RÉMOULADE

This sauce not only complements seafood, but also pairs well with freshly steamed vegetables. For a richer, thicker consistency, use Greek yogurt in place of regular.



- ½ MEDIUM TO LARGE SHALLOT, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 TABLESPOON (15 ML) FRESH DILL
- 1 TABLESPOON (15 ML) DIJON MUSTARD
- 3 TABLESPOONS (45 ML) DRAINED CAPERS
- 1¼ CUPS (300 ML) MAYONNAISE
- ½ CUP (125 ML) NONFAT PLAIN YOGURT
- ¼ CUP (60 ML) SWEET RELISH
- ⅛ TEASPOON (0.5 ML) FRESHLY GROUND BLACK PEPPER

Makes 2⅓ cups (575 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the shallot, parsley and dill; pulse to chop, about 10 pulses. Scrape down the sides of the bowl and add the mustard and capers and pulse 5 to 10 times to chop.
2. Add the mayonnaise, yogurt, relish and black pepper; use 5 long pulses to combine. Do not over-process. Refrigerate until ready to use.

*Nutritional information per serving [1 tablespoon (15 ml)]:*

*Calories 64 (89% from fat) • carb. 1g • pro. 1g • fat 6g • sat. fat 1g • chol. 26mg • sod. 105mg • calc. 8mg • fiber 0g*

## TOMATO SALSA

Serve warm tortilla chips alongside this fresh and tangy salsa.



- ¼ CUP (60 ML) FRESH CILANTRO, STEMS DISCARDED
- 2 SMALL SCALLIONS, CUT INTO 1-INCH (2.5 CM) PIECES
- 1 SMALL GARLIC CLOVE
- 1 JALAPEÑO, SEEDED AND CUT INTO ½-INCH (1.25 CM) PIECES
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- 2 CUPS (500 ML) GRAPE TOMATOES
- 1 TEASPOON (5 ML) FRESH LIME JUICE

Makes about 2 cups (500 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the cilantro, scallions, garlic and jalapeño and pulse to chop, about 10 pulses. Add the salt, tomatoes and lime juice and pulse to chop until desired consistency is reached, about 8 to 10 pulses.
2. Taste and adjust seasoning accordingly. Depending on desired consistency, strain salsa to remove excess liquid.

*Nutritional information per serving [¼ cup (60 ml)]:*

*Calories 11 (7% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 287mg • calc. 7mg • fiber 1g*

## CHUNKY GUACAMOLE

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner. It is also a component in our Ten-Layer Nachos (page 32)!



- 1 SMALL GARLIC CLOVE
- ½ JALAPEÑO, SEEDED, CUT INTO 1-INCH (2.5 CM) PIECES
- 1 SCALLION, CUT INTO 1-INCH (2.5 CM) PIECES
- 1 TABLESPOON (15 ML) FRESH CILANTRO, STEMS DISCARDED
- 2 RIPE AVOCADOS, HALVED, PITS REMOVED
- 2 TABLESPOONS (30 ML) FRESH LIME JUICE
- ¾ TEASPOON (3.75 ML) KOSHER SALT

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the garlic, jalapeño, scallion and cilantro and pulse to roughly, but evenly chop.
2. Scrape down the sides of the bowl. Scoop out the insides of the avocados in pieces directly into the work bowl and add the salt and lime juice. Alternate between pulsing and running on High until desired consistency is achieved, about 10 to 15 pulses.

*Nutritional information per serving [¼ cup (60 ml)]:*

*Calories 71 (73% from fat) • carb. 4g • pro. 1g • fat 6g  
• sat. fat 1g • chol. 0mg • sod. 118mg • calc. 7mg • fiber 3g*

## MORNING GLORY MUFFINS

Start your day with this muffin, packed with energy and fiber.



- ¼ CUP (60 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- ⅓ CUP (75 ML) WHOLE WHEAT FLOUR
- ½ TEASPOON (2 ML) KOSHER SALT
- ½ TEASPOON (2 ML) BAKING SODA
- ½ TEASPOON (2 ML) GROUND CINNAMON
- ¼ CUP (60 ML) ROLLED OATS (NOT INSTANT)
- ½ TEASPOON (2 ML) GRATED ORANGE ZEST
- ⅓ CUP (75 ML) WALNUTS, LIGHTLY TOASTED
- 2 LARGE PEELED CARROTS
- ⅓ CUP (75 ML) PACKED, LIGHT BROWN SUGAR
- 2 LARGE EGGS, ROOM TEMPERATURE
- ⅓ CUP (75 ML) VEGETABLE OIL
- ½ TEASPOON (2 ML) PURE VANILLA EXTRACT
- ⅓ CUP (75 ML) SHREDDED, UNSWEETENED COCONUT
- 2 TABLESPOONS (30 ML) SUNFLOWER SEEDS

Makes 6 muffins

1. Preheat oven to 350°F (180°C). Lightly coat a six-cup muffin pan with nonstick cooking spray and set aside.
2. Insert the chopping blade into the work bowl of the food processor. Add the flours, salt, baking soda, cinnamon, oats and zest to the work bowl; process on Low for 10 seconds to sift. Transfer ingredients to a medium mixing bowl; reserve. Add the walnuts and pulse to chop, about 5 times. Leaving the nuts in the bowl, remove the chopping blade and insert the medium shredding disc. Cut the carrots to fit the feed tube snugly and shred on High. Add to the bowl with the dry ingredients and stir to combine; reserve.
3. Reinsert the chopping blade and add the brown sugar, eggs, oil and vanilla to the work bowl and process on Low for 5 seconds, until combined. Add the flour/carrot mixture, and pulse three times to combine. Scrape down the sides of the bowl and add the coconut and sunflower seeds. Pulse 3 to 4 more times to incorporate.
4. Divide the batter among the prepared muffin cups and bake for 18 to 20 minutes, until a toothpick or cake tester comes out clean.

*Nutritional information per muffin:*

*Calories 316 (60% from fat) • carb. 27g • pro. 6g • fat 22g  
• sat. fat 4g • chol. 62mg • sod. 232mg • calc. 30mg • fiber 3g*

## ZUCCHINI SPICE BREAD

This moist, quick bread is perfect for breakfast or for an afternoon snack.



- 2¼ **NONSTICK COOKING SPRAY**
- CUPS (550 ML) UNBLEACHED, ALL-PURPOSE FLOUR**
- 1½ **TEASPOONS (7 ML) GROUND CINNAMON**
- ¾ **TEASPOON (3.75 ML) GROUND ALLSPICE**
- ¼ **TEASPOON (1 ML) GROUND NUTMEG**
- 1 **TEASPOON (5 ML) KOSHER SALT**
- 1 **TEASPOON (5 ML) BAKING POWDER**
- ½ **CUP (125 ML) WALNUTS, LIGHTLY TOASTED**
- 1 **LARGE ZUCCHINI, APPROXIMATELY 8 TO 10 OUNCES (230 TO 290 G)**
- ½ **CUP (125 ML) VEGETABLE OIL**
- 1 **CUP (250 ML) GRANULATED SUGAR**
- 2 **LARGE EGGS**
- ½ **CUP (125 ML) DRIED CHERRIES OR CRANBERRIES**

Makes one 2-pound (1 kg) loaf (16 servings)

1. Preheat oven to 325°F (160°C). Coat a 9 x 5 x 3-inch (23 x 13 x 6 cm) loaf pan with cooking spray.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, spices, salt and baking powder and process on Low for 10 seconds to sift. Transfer ingredients to a large bowl; reserve. Add the walnuts to the work bowl and chop, 2 to 3 pulses.
3. Leaving the nuts in the work bowl, remove the chopping blade and insert the medium shredding disc. Trim the zucchini to fit the feed tube and shred. Transfer the walnuts and zucchini to the bowl with the dry ingredients. Stir to mix.
4. Reinsert the chopping blade and add the vegetable oil, sugar and eggs. Process on Low for 5 to 10 seconds until combined. Add to the mixing bowl with the dry ingredients, along with the dried fruit, and stir until just combined.
5. Pour the batter into the prepared pan and bake in the middle of the oven for 1 hour and 15 minutes, or until a toothpick or cake tester comes out clean.
6. Cool on a wire rack for 5 minutes, and then turn the loaf out onto a wire rack to cool completely.

*Nutritional information per serving:*

*Calories 194 (37% from fat) • carb. 28g • pro. 3g • fat 8g • sat. fat 1g • chol. 23mg • sod. 183mg • calc. 14mg • fiber 1g*

## ONION, PEPPER AND POTATO FRITTATA

Frittatas are simple and delicious. This is also tasty with some crumbled cooked Italian sausage mixed into it.



- 2 **GARLIC CLOVES**
- 1 **SMALL ONION, HALVED**
- 1 **MEDIUM RED BELL PEPPER, QUARTERED, CORED AND SEEDED**
- 1 **SMALL TO MEDIUM RUSSET POTATO [4 TO 6 OUNCES (115 TO 170 G), PEELED AND HALVED, RESERVED IN COLD WATER**
- 1 **OUNCE (30 G) PARMESAN CHEESE**
- 3 **TABLESPOON (45 ML) OLIVE OIL, DIVIDED**
- ½ **TEASPOON (2 ML) KOSHER SALT, DIVIDED**
- ¼ **TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER, DIVIDED**
- 12 **LARGE EGGS, BEATEN**

Makes 10 servings

1. Preheat oven to 350°F (180°C).
2. Insert the chopping blade into the work bowl of the food processor. With the unit running on High, drop the garlic through the feed tube and process to finely chop.
3. Keeping the garlic in the bowl, remove the chopping blade and insert the medium slicing disc. Slice the onion and pepper on High. Remove vegetables and reserve. Slice the potato on High; remove and reserve in cold water.
4. Remove the slicing disc, and insert the fine shredding disc. Shred the Parmesan on High; reserve.
5. Place a 10-inch (25 cm) oven-safe nonstick skillet\* over medium heat. Add 2 teaspoons (10 ml) of the olive oil and swirl the pan to coat the surface evenly. Once oil is hot, add the garlic, onion and pepper, with a pinch each of the salt and pepper; sauté until softened, about 6 to 8 minutes. Remove and reserve.
6. Add the remaining teaspoon of oil to the pan. Remove the potatoes from the water and dry well on a towel. Add to the pan with 2 pinches each of the salt and pepper. Sauté until tender and edges are browned, about 6 minutes.
7. Once potatoes have browned, add the onion/pepper mixture back to the pan, stir to combine, then top with the eggs, remaining salt and pepper and shredded Parmesan. Leave skillet on the heat so that the bottom and sides of the frittata begin to set, about 6 minutes. Place skillet into oven and bake until the top of the frittata is golden and puffed, about 20 to 25 minutes.
8. Carefully remove skillet from oven and invert onto a cutting board. Cut the frittata and serve immediately.

\* If not using a nonstick pan, coat the pan with a nonstick cooking spray before adding the eggs. Once the vegetables are sautéed, stir them into beaten eggs and add to the coated pan.

*Nutritional information per serving: (based on 10 servings)*

*Calories 127 (56% from fat) • carb. 5g • pro. 9g • fat 8g • sat. fat 3g • chol. 225mg • sod. 248mg • calc. 73mg • fiber 1g*

## TEN-LAYER NACHOS

These nachos are loaded with all the best ingredients. You can tweak this recipe however you wish, using different cheeses or substituting your favourite ingredients.



- 1 STANDARD BAG TORTILLA CHIPS (THIS IS AN ESTIMATE – YOU NEED ENOUGH TO COVER THE BOTTOM OF A RIMMED BAKING SHEET)
- ¾ CUP (175 ML) REFRIED BEANS, HOMEMADE (RECIPE FOLLOWS) OR CANNED
- 2 TO 4SCALLIONS, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES (2 SCALLIONS IF THEY ARE LARGE; USE 4 IF THEY ARE SMALL)
- 1 JALAPEÑO, HALVED, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ½ CUP (125 ML) GRAPE TOMATOES
- ¾ CUP (175 ML) WHOLE, PITTED BLACK OLIVES
- 6 TO 8OUNCES (170 TO 230 G) MONTEREY JACK OR CHEDDAR CHEESE, OR A MIX OF THE TWO, CHILLED
- ⅔ CUP (150 ML) SALSA (PAGE 27)
- ⅔ CUP (150 ML) GUACAMOLE (PAGE 28)
- ½ CUP (125 ML) SOUR CREAM OR PLAIN YOGURT

Makes 10 to 12 servings

1. Preheat oven to 375°F (190°C). Line a rimmed baking sheet with foil. Evenly distribute the chips on the prepared baking pan.
2. Evenly distribute dollops of the refried beans on top of the chips. Set aside.
3. Insert the chopping blade into the work bowl of the food processor. Put the scallions, jalapeño and tomatoes in the bowl and pulse to roughly chop, about 5 times. Remove and evenly distribute on the chips and beans.
4. Remove the chopping blade and insert the medium slicing disc. Slice the olives on High. Remove and distribute on top of the nachos. Remove the slicing disc and flip to insert the shredding disc side. Shred the cheese(s) on High. Remove and evenly distribute over the assembled nacho ingredients.
5. Bake for about 15 minutes, or until the cheese is fully melted and lightly browned. Serve immediately with salsa, guacamole and sour cream.

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

*Calories 249 (48% from fat) • carb. 25g • pro. 7g • fat 13g • sat. fat 3g • chol. 13mg • sod. 421mg • calc. 174mg • fiber 4g*

## REFRIED BEANS

Easy enough to buy canned, but making your own is simple and much more delicious!



- 2 GARLIC CLOVES
- ½ MEDIUM ONION, CUT INTO 1-INCH (2.5 CM) PIECES
- ½ JALAPEÑO, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 2 TABLESPOONS (30 ML) VEGETABLE OIL, DIVIDED
- 1 TABLESPOON (15 ML) TOMATO PASTE
- ½ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- 1 TO 2 PINCHES GROUND CUMIN PINCH CAYENNE
- 1 CAN [15 OUNCES (435 G)] PINTO BEANS, DRAINED
- 1 TO 1½ CUPS (250 TO 375 ML) WATER

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Put the garlic, onion and jalapeño in the bowl and process on High to finely chop.
2. Put 1 tablespoon (15 ml) of oil in a medium-size nonstick skillet set over medium heat. Once oil is hot, add the chopped vegetables, tomato paste, pinch of salt, cumin and cayenne. Sauté until softened, about 4 minutes. Add the drained beans and cook until hot and softened a bit more, about 6 to 8 minutes.
3. Transfer all ingredients to the food processor, still fitted with the metal chopping blade. Pulse until desired consistency, adding water through the feed tube as you go to achieve a nice creamy texture. Add additional salt to taste.
4. Add the remaining tablespoon of oil to the same skillet set over medium-high heat. Once hot, add the puréed bean mixture to the pan and cook, stirring frequently, until slightly darkened in colour, no more than 4 minutes. Serve warm.

*Nutritional information per serving [¼ cup (60 ml)]:*

*Calories 83 (41% from fat) • carb. 10g • pro. 3g • fat 4g • sat. fat 0g • chol. 0mg • sod. 311mg • calc. 28mg • fiber 3g*

## HUMMUS

Serve this brightly flavoured dip with warm pita for a satisfying snack.



- 1 GARLIC CLOVE
- 1 TEASPOON (5 ML) KOSHER SALT
- 2 CANS [15.5 OUNCES (450 G) EACH] CHICKPEAS, RINSED AND DRAINED
- ¼ CUP (60 ML) TAHINI
- 2 TABLESPOONS (30 ML) FRESH LEMON JUICE
- ¼ CUP (60 ML) PLUS 2 TABLESPOONS (30 ML) WATER
- ½ TEASPOON (2 ML) GROUND CUMIN
- ¼ CUP (60 ML) EXTRA VIRGIN OLIVE OIL, PLUS 1 TABLESPOON (15 ML) FOR SERVING
- ⅛ TEASPOON (0.5 ML) PAPRIKA (OPTIONAL)
- PINCH ZA'ATAR (OPTIONAL)

Makes about 3 cups (750 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the unit running on High, drop the garlic through the feed tube and process to finely chop, about 10 seconds. Add remaining ingredients and process on Low until smooth, about 3 minutes, stopping to scrape down the sides of the bowl as needed.
2. For serving, transfer hummus to a shallow bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika and za'atar, if using, over the oil.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 79 (44% from fat) • carb. 2g • pro. 2g • fat 4g  
• sat. fat 1g • chol. 0mg • sod. 207mg • calc. 23mg • fiber 2g*

## RADISH-DILL TEA SANDWICHES

An elegant sandwich to serve for a ladies' tea or lunch.



- 6 TO 8 SMALL RADISHES (ABOUT 1 SMALL BUNCH), TRIMMED
- 1 LOAF RYE COCKTAIL BREAD\*
- ½ CUP (125 ML) DILL BUTTER (PAGE 19), SOFTENED
- KOSHER SALT

Makes about 22 sandwiches

1. Fit the medium slicing disc into the work bowl of the food processor. Fill the feed tube with the radishes and slice on High.
2. Lay the slices of bread on a clean work surface. Spread 1 teaspoon (5 ml) of butter on one side of each piece of bread. Top half of the buttered pieces with 3 radish slices and a pinch of salt. Top with another piece of bread, buttered side down. Continue with all of the bread.
3. Halve the sandwiches on the diagonal and serve immediately.

*Nutritional information per sandwich:*

*Calories 72 (56% from fat) • carb. 7g • pro. 1g • fat 4g  
• sat. fat 3g • chol. 11mg • sod. 198mg • calc. 10mg • fiber 1g*

\* If you cannot find cocktail bread, extra-thin sliced bread is a good substitute. Just cut each slice in quarters to make cocktail-size.

## CUCUMBER-SALMON TEA SANDWICHES

Be sure to include these tasty sandwiches for your next luncheon – they will add colour and flavour to the table.



- 1 **SMALL TO MEDIUM CUCUMBER, HALVED LENGTHWISE AND WIDTHWISE**
- 1 **LOAF PUMPERNICKEL COCKTAIL BREAD\***
- ½ **CUP (125 ML) SALMON CREAM CHEESE (PAGE 20), SOFTENED**
- ¾ **OUNCES (100 G) SMOKED SALMON, TORN OR CUT INTO 22 PIECES**

Makes about 22 sandwiches

1. Insert the medium slicing disc into the work bowl of the food processor. Slice the cucumber on High (you will have half-moon shapes).
2. Lay the slice of bread on a clean work surface. Spread 1 teaspoon (5 ml) of salmon cream cheese on one side of each piece of bread. Top half of the bread with 3 cucumber slices and a piece of smoked salmon. Top with another piece of bread, cream cheese side down. Continue with all of the bread.
3. Halve the sandwiches on the diagonal and serve immediately.

*Nutritional information per sandwich:*

*Calories 85 (48% from fat) • carb. 7g • pro. 4g • fat 5g  
• sat. fat 2g • chol. 13mg • sod. 360mg • calc. 12mg • fiber 1g*

\* If you cannot find cocktail bread, extra-thin sliced bread, such as Pepperidge Farm brand, is a good substitute. Cut each slice in quarters to make cocktail-size.

## SAUSAGE BREAD (STROMBOLI STYLE)

This recipe is great for a hungry crowd and can easily be doubled. We use a combination of sweet and hot sausage in this bread, but feel free to use whatever suits your taste.



- 2 **TABLESPOONS (30 ML) VEGETABLE OIL, DIVIDED**
- 1 **SMALL FENNEL BULB, FRONDS REMOVED (RESERVED FOR ANOTHER USE), QUARTERED AND CORED**
- 2 **GARLIC CLOVES, SMASHED**
- ¼ TO ½ **TEASPOON (1 TO 2 ML) KOSHER SALT**
- 4 **OUNCES (115 G) REGULAR MOZZARELLA, DIVIDED**
- ½ **POUND (250 G) SWEET ITALIAN SAUSAGE, CASINGS REMOVED**
- ¼ **POUND (125 G) HOT ITALIAN SAUSAGE, CASINGS REMOVED**
- 2 **TABLESPOONS (30 ML) WHITE WINE**
- 1 **UNBLEACHED, ALL-PURPOSE FLOUR, FOR ROLLING DOUGH**
- 1 **RECIPE PIZZA DOUGH (PAGE 54)**
- 1 **EGG WASH [1 LARGE EGG LIGHTLY BEATEN WITH 1 TEASPOON (5 ML) WATER]**

Makes one 14-inch (35.5 cm) roll

1. Preheat oven to 400°F (200°C) with rack in the middle of the oven. Lightly coat a baking sheet with 1 tablespoon (15 ml) of the oil and set aside.
2. Heat remaining oil in a 12-inch (30 cm) skillet over medium heat.
3. While the oil is heating, insert the medium slicing disc into the work bowl of the food processor and slice the fennel on High. Remove and add to the hot skillet with the garlic and ¼ teaspoon (1 ml) of the salt. Sauté for about 8 to 10 minutes until the fennel is softened and lightly browned. While fennel and garlic are cooking, remove the slicing disc and flip over to insert the shredding disc side. Fit the mozzarella into the feed tube and shred on High; reserve in bowl.
4. Once the fennel has cooked, remove and reserve in a separate bowl. Return pan to the heat and break sausage up into medium-size chunks directly into the pan. Cook until sausage is browned with no pink, about 5 to 7 minutes. Return fennel to the pan and stir to combine. Add the wine and scrape any bits on the bottom of the pan with a wooden spoon. Cook until wine has evaporated, about 1 minute, and remove pan from heat. Remove and discard garlic and stir in ½ cup (125 ml) of the mozzarella. Set aside to cool slightly.
5. Punch down pizza dough on a lightly floured surface. With the tips of your fingers, gently press out into a 14 x 8-inch (35 x 20 cm) rectangle, turning and stretching as needed. Gently lift dough onto prepared baking sheet and reshape if necessary. If any tears appear, pinch the dough back together.
6. Evenly spread sausage mixture all over the dough in a single layer, leaving a 1-inch (2.5 cm) border around the outside. Sprinkle remaining cheese evenly over the sausage mixture.
7. Brush the border of the dough with the egg wash. Starting with the long end closest to you, roll the dough like a jelly roll to the center of the rectangle. Take the long end farthest from you and tightly pull it back over the dough in the center to cover and complete the roll. Pinch to seal all along the seam. Fold the ends of the dough in on each side and pinch to seal. Roll the dough over so it is seam-side down and arrange in the center of the baking sheet. Brush all over with egg wash, and with a paring knife cut 3 evenly spaced slits in the top.
8. Bake for 30 minutes, rotating the pan halfway through cooking, or until golden brown and cooked through. Remove and allow bread to rest 5 minutes before slicing. Serve warm.

**TIP:** For an ultimate version, combine the flavours of both stuffed breads (see next recipe) into one.

*Nutritional information per serving (based on 14 servings):*

*Calories 204 (54% from fat) • carb. 16g • pro. 8g • fat 13g • sat. fat 4g  
• chol. 36mg • sod. 406mg • calc. 73mg • fiber 2g*

# BROCCOLI RABE BREAD

Sweet ricotta complements the slight bitterness of broccoli rabe in this version.



- 2 TABLESPOONS (30 ML) VEGETABLE OIL, DIVIDED
- 2 GARLIC CLOVES
- 1 BUNCH BROCCOLI RABE [NO MORE THAN 1 POUND (454 G), TRIMMED AND CUT INTO 2-INCH (5 CM) PIECES]
- ¾ TEASPOON (3.75 ML) KOSHER SALT, DIVIDED
- ⅛ TEASPOON (0.5 ML) CRUSHED RED PEPPER FLAKES
- ¼ OUNCE (7 G) PECORINO ROMANO
- ½ CUP (125 ML) WHOLE MILK RICOTTA
- ¼ PINCH GROUND NUTMEG
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 1 UNBLEACHED, ALL-PURPOSE FLOUR, FOR ROLLING DOUGH
- 1 RECIPE PIZZA DOUGH (PAGE 54)
- EGG WASH [1 EGG BEATEN LIGHTLY WITH 1 TEASPOON (5 ML) WATER]

Makes one 14-inch (35.5 cm) roll

1. Preheat oven to 400°F (200°C) with rack in the middle of the oven. Lightly coat a baking sheet with 1 tablespoon (15 ml) of the oil and set aside.
2. Heat the remaining oil in a 12-inch (30 cm) sauté pan over medium heat until shimmering.
3. While the oil is heating, insert the chopping blade into the work bowl of the food processor. With the unit running on High, drop the garlic through feed tube to chop.
4. Add broccoli rabe to the skillet – it will look like a lot, but will shrink as it cooks. Season with ¼ teaspoon (1 ml) of the salt and sauté for about 7 to 8 minutes, or until just tender. Halfway through cooking, stir in the garlic and red pepper flakes. Remove from the heat and set aside to cool slightly.
5. While the broccoli rabe is cooking, put the pecorino cheese into the work bowl, still fitted with the chopping blade, and process on High to finely grate. Put into a medium-size mixing bowl with the ricotta, nutmeg, remaining salt and pepper. Once the broccoli rabe has cooked, add it to the other ingredients and stir to completely combine.
6. Punch down pizza dough on a lightly floured surface. With the tips of your fingers, gently press out dough into a 14 x 8-inch (35.5 x 20 cm) rectangle, turning and stretching as needed. Gently lift dough onto prepared baking sheet and reshape if necessary. If any tears appear, pinch the dough back together.
7. Evenly spread the broccoli-cheese mixture all over the dough in a single layer, leaving a 1-inch (2.5 cm) border around the outside.

8. Brush the border of the dough with the egg wash. Starting with the long end closest to you, roll the dough like a jelly roll to the center of the rectangle. Take the long end farthest from you and tightly pull it back over the dough in the center to cover and complete the roll. Pinch to seal all along the seam. Fold the ends of the dough in on each side and pinch to seal. Roll the dough over so it is seam-side down and arrange in the center of the baking sheet. Brush all over with egg wash, and with a paring knife cut 3 evenly spaced slits in the top.
9. Bake for 30 to 35 minutes, rotating the pan halfway through cooking, or until golden brown and cooked through. Remove and allow bread to rest 5 minutes before slicing. Serve warm.

**TIP:** For an ultimate version, combine the flavours of both stuffed breads (see previous recipe) into one.

*Nutritional information per serving: (based on 14 servings)*

*Calories 204 (54% from fat) • carb. 16g • pro. 8g • fat 13g  
• sat. fat 4g • chol. 36mg • sod. 406mg • calc. 73mg • fiber 2g*

## GAZPACHO

This bright and vibrant soup is perfect all summer long.



- 1 GARLIC CLOVE
- 1 JALAPEÑO, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 2 SCALLIONS, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ½ MEDIUM TO LARGE CUCUMBER [ABOUT 3 OUNCES ((85 G)), CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ YELLOW BELL PEPPER, CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ RED BELL PEPPER, CUT INTO 1-INCH (2.5 CM) PIECES
- 2 MEDIUM VINE-RIPE TOMATOES, CORED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 TEASPOON (5 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 1 TEASPOON (5 ML) RED WINE VINEGAR
- 1 TEASPOON (5 ML) FRESH LIME JUICE
- 3 DASHES HOT SAUCE
- 1½ CUPS (375 ML) VEGETABLE JUICE, LOW SODIUM

Makes 3½ cups (875 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic and jalapeño down the feed tube to chop. Stop to scrape down the sides and add the parsley, scallions, cucumber, bell peppers and tomatoes. Pulse 5 to 6 times to roughly chop.
2. Add the remaining ingredients and pulse another 6 to 7 times to incorporate. Taste and adjust seasoning as desired. Serve.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 24 (5% from fat) • carb. 5g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 362mg • calc. 18mg • fiber 1g*

## CREAMY SWEET POTATO SOUP

This velvety soup is perfect for a brisk fall day.



- 2 TABLESPOONS (30 ML) UNSALTED BUTTER
- 1 GARLIC CLOVE
- 1 ½-INCH (1.25 CM) PIECE GINGERROOT, PEELED
- 1 LEEK, TRIMMED AND CUT INTO 2-INCH (5 CM) PIECES
- ½ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- PINCH FRESHLY GROUND BLACK PEPPER
- 2 MEDIUM SWEET POTATOES [ABOUT 1 POUND (454 G)], PEELED AND CUT TO FIT THE FEED TUBE (RESERVE IN COLD WATER IF NOT USING IMMEDIATELY)
- ¼ TEASPOON (1 ML) GROUND CINNAMON
- PINCH CAYENNE
- 2 CUPS (500 ML) CHICKEN OR VEGETABLE BROTH, LOW SODIUM
- ½ TO ¾ CUP (125 TO 175 ML) HEAVY CREAM (OPTIONAL)

Makes about 3 cups (750 ml)

1. Put the butter in a medium to large pot over low heat.
2. While butter is heating, prepare the vegetables. Insert the chopping blade into the work bowl of the food processor. Add the garlic, ginger and leek, and pulse until finely chopped, about 8 to 10 times. Put into the pot with a pinch each of the salt and pepper. Sauté until softened, about 8 minutes (you want the heat to be low so the vegetables do not pick up any colour).
3. While vegetables are cooking, remove the chopping blade and insert the medium slicing disc. Slice the potatoes on High. Add to the softened vegetables and stir to fully combine. Add the cinnamon, cayenne and broth, and increase heat to bring mixture to a boil. Once boiling, reduce heat to maintain a simmer. Allow to simmer until potatoes are tender, about 15 minutes.
4. Using a slotted spoon, transfer the soup solids to the food processor and transfer liquid to a measuring cup (this will make it easier to add to the food processor while puréeing). Process on High to purée and while processing, slowly add the hot cooking liquid to the food processor. Process on High for about 2 minutes for a smooth consistency.
5. Return the soup to the saucepan to re-warm. Stir in the cream if using. Taste and adjust seasoning accordingly.
6. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:*

*Calories 221 (66% from fat) • carb. 17g • pro. 1g • fat 16g • sat. fat 11g • chol. 55mg • sod. 598mg • calc. 29mg • fiber 2g*

## SPRING VEGETABLE MINESTRONE

Pesto stars in this brightly flavoured springtime soup.



- 1½ TEASPOONS (7 ML) OLIVE OIL
- 1 GARLIC CLOVE
- 1 SMALL LEEK, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¾ TEASPOON (3.75 ML) KOSHER SALT, DIVIDED
- ½ TEASPOON (2 ML) FRESHLY GROUND BLACK PEPPER, DIVIDED
- 3 MEDIUM CARROTS, PEELED, TRIMMED AND HALVED
- 1 CELERY STALK, TRIMMED AND HALVED
- ½ SMALL FENNEL BULB, TRIMMED AND HALVED
- 1 SMALL ZUCCHINI, TRIMMED AND HALVED LENGTHWISE AND WIDTHWISE
- 1 SMALL YELLOW SQUASH, TRIMMED AND HALVED LENGTHWISE AND WIDTHWISE
- 6 OUNCES (170 G) RED POTATOES, CUT INTO ½-INCH (1.25 CM) PIECES
- 6 CUPS (1.5 L) CHICKEN OR VEGETABLE STOCK, LOW SODIUM
- 1 CAN [15 OUNCES (435 G)] CHICKPEAS, DRAINED FIRST THEN RINSE
- 1 CAN [15 OUNCES (435 G)] RED KIDNEY BEANS, DRAINED FIRST THEN RINSE
- 2 CUPS (500 ML) COOKED DITALINI PASTA OR OTHER SMALL VARIETY (OPTIONAL)
- 2 TO 4 TABLESPOONS (30 TO 60 ML) BASIL PESTO (PAGE 25), FOR SERVING

Makes about 12 cups (3 L)

1. Put the olive oil in a large pot over medium heat.
2. While oil is heating, prepare the vegetables. Insert the chopping blade into the work bowl of the food processor. Add the garlic and leek; pulse until finely chopped, about 6 to 8 pulses. Transfer to the pot with ¼ teaspoon (1 ml) of the salt and pinch of pepper and begin to sauté.
3. While the garlic and leek are cooking, remove the chopping blade and insert the medium slicing disc. Fit the carrots and celery into the feed tube so they are snug and slice on High. Slice the fennel on High. Add to the pot, with the remaining salt and pepper, and sauté until slightly soft, about 10 minutes.
4. Slice the zucchini and squash on High; reserve in bowl. Once the vegetables have cooked, stir in the potatoes and broth. Increase temperature to bring mixture to a boil. Reduce to maintain a simmer and add the zucchini, squash, chickpeas and beans. Continue to simmer until all vegetables are tender, about 20 to 30 minutes. Stir in the cooked ditalini, if using, and simmer for an additional 5 to 10 minutes or until heated through. Taste and adjust seasoning accordingly.
5. Serve in individual bowls topped with a dollop of pesto. The pesto is best stirred into soup before eating.

*Nutritional information per serving [1 cup (250 ml)]:*

*Calories 127 (19% from fat) • carb. 20g • pro. 7g • fat 3g • sat. fat 0g • chol. 0mg • sod. 659mg • calc. 57mg • fiber 5g*

## COLESLAW

A mayonnaise-free version of this classic barbecue dish, this is nice and light with the same tang.



- 3 SMALL SCALLIONS, CUT INTO 1-INCH (2.5 CM) PIECES
- 1 CUP (250 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 2 TABLESPOONS (30 ML) KETCHUP
- 2 TABLESPOONS (30 ML) CIDER VINEGAR
- 2 TABLESPOONS (30 ML) VEGETABLE OIL
- ½ TEASPOON (10 ML) KOSHER SALT
- ⅙ TEASPOON (0.5 ML) CELERY SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 1 LARGE CARROT, PEELED
- ¼ MEDIUM HEAD RED CABBAGE, CORED, ABOUT 8 OUNCES (230 G)
- ¼ MEDIUM HEAD SAVOY CABBAGE, CORED, ABOUT 8 OUNCES (230 G)

Makes about 5 cups (1.25 L)

1. Insert the chopping blade into the work bowl of the food processor. Add the scallions and parsley and pulse to finely chop, about 6 to 8 pulses. Add the ketchup, cider vinegar, oil, salt, celery salt and black pepper and pulse to combine. Reserve.
2. Remove the chopping blade and insert the medium shredding disc. Shred the carrot on High. Remove the shredding disc and flip to insert the slicing disc. Slice the cabbages on High. Transfer to a large mixing or serving bowl and toss all ingredients together.
3. Taste and adjust seasoning as desired.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 55 (68% from fat) • carb. 4g • pro. 1g • fat 4g • sat. fat 1g • chol. 0mg • sod. 89mg • calc. 25mg • fiber 1g*

## CHOPPED SALAD

This delicious, garden-fresh salad is always a big hit – even among non-salad eaters!

Makes about 4 cups (1 L)

1. Insert the chopping blade into the work bowl of the food processor. Add the shallot, scallions and parsley; pulse to chop, about 10 pulses.
2. Remove the chopping blade and insert the medium slicing disc. Slice the celery, carrot, cucumber and tomatoes on High.
3. Transfer ingredients from work bowl to a large mixing bowl and toss with the corn, chickpeas, salt, pepper and vinaigrette.
4. Taste and adjust seasoning accordingly.  
Serve immediately.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 87 (38% from fat) • carb. 12g • pro. 2g • fat 4g  
• sat. fat 1g • chol. 0mg • sod. 271mg • calc. 25mg • fiber 2g*



- 1 SMALL SHALLOT, CUT INTO 1-INCH (2.5 CM) PIECES
- 2 SCALLIONS, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 CELERY STALK, TRIMMED AND HALVED LENGTHWISE
- 1 MEDIUM CARROT, TRIMMED, PEELED AND HALVED LENGTHWISE
- ½ MEDIUM CUCUMBER, SEEDED AND QUARTERED LENGTHWISE
- 2 PLUM TOMATOES, QUARTERED LENGTHWISE
- ½ CUP (125 ML) CORN, FRESH OR FROZEN, THAWED
- 1 CUP (250 ML) CANNED CHICKPEAS, DRAINED AND RINSED
- ½ TEASPOON (2 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 2½ TABLESPOONS (40 ML) BASIC VINAIGRETTE (PAGE 21)

## SHREDDED BRUSSELS SPROUTS

The sweetness of the Brussels sprouts is highlighted in this simple side dish. For an upscale twist, drizzle a small amount of white truffle oil over the sprouts just before serving.

Makes about 3 cups (750 ml)

1. Put the oil in a large skillet over medium/medium-low heat.
2. Insert the medium slicing disc into the work bowl of the food processor. Slice the Brussels sprouts on High. Add to the pan, with the salt and pepper, and sauté until very tender, about 20 to 25 minutes.
3. Add the remaining ingredients and toss to combine. Serve immediately.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 93 (63% from fat) • carb. 7g • pro. 3g • fat 7g  
• sat. fat 1g • chol. 0mg • sod. 209mg • calc. 32mg • fiber 3g*



- 3 TABLESPOONS (45 ML) OLIVE OIL
- 1 POUND (454 G) BRUSSELS SPROUTS, TRIMMED
- ½ TEASPOON (2 ML) KOSHER SALT
- 2 PINCHES FRESHLY GROUND BLACK PEPPER
- 1 TEASPOON (5 ML) FRESH LEMON JUICE
- 2 PINCHES CRUSHED RED PEPPER (OPTIONAL)

## POTATO-ZUCCHINI-CARROT CAKES

A twist on the traditional potato latke.



- 1 TABLESPOON (15 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 MEDIUM RUSSET POTATO, PEELED AND CUT TO FIT THE FEED TUBE
- 1 SMALL ZUCCHINI, TRIMMED
- 1 SMALL TO MEDIUM CARROT, TRIMMED AND PEELED
- 1 SMALL ONION
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS (30 ML) UNBLEACHED, ALL-PURPOSE FLOUR OR MATZO MEAL
- 1 LARGE EGG, LIGHTLY BEATEN
- 2 TABLESPOONS (30 ML) VEGETABLE OIL, PLUS MORE AS NEEDED
- APPLESAUCE AND SOUR CREAM FOR SERVING

Makes ten to twelve 2½-inch (6.25 cm) cakes

1. Insert the chopping blade into the work bowl of the food processor. Add the parsley and finely chop, using 5 to 6 long pulses. Leaving the parsley in the bowl, remove the chopping blade and replace with the medium shredding disc. Laying the vegetables horizontally in the feed tube (trim to fit as needed), shred the potato, zucchini, carrot and onion on High. Wrap the vegetables in a clean kitchen towel and wring it over a bowl or the sink to squeeze out all the excess liquid.
2. Transfer the vegetables to a medium-size bowl. Add the salt, pepper and flour and gently mix to fully combine. Gradually add the beaten egg (you may not need all of it) until the mixture just holds together. You do not want the mixture to be too wet or the final cakes will be dense.
3. Put the oil in large non-stick skillet over medium-high heat. Using a heaping tablespoon per pancake, drop the batter into the pan. Use the back of the spoon to flatten out the pancakes into 2½-inch (6.25 cm) rounds. Cook the pancakes in batches, no more than 4 at a time, about 1½ to 2 minutes per side or until crisp and browned. Repeat, adding oil as needed until all pancakes are cooked. Keep finished pancakes warm on rack set over a baking sheet in a 200°F (95°C) oven.
4. Serve pancakes warm with applesauce and sour cream.

Nutritional information per pancake (based on 12):

Calories 48 (48% from fat) • carb. 5g • pro. 1g • fat 3g  
• sat. fat 0g • chol. 12mg • sod. 105mg • calc. 9mg • fiber 1g

## FALAFEL

The food processor makes it possible to whip up this Middle Eastern street food staple in your own home! Remember to soak the chickpeas the night before.



- 1 GARLIC CLOVE
- 1 SMALL SHALLOT, CUT INTO 1-INCH (2.5 CM) PIECES
- ½ CUP (125 ML) DRIED CHICKPEAS, SOAKED OVERNIGHT, RINSED AND DRAINED
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- ⅛ TEASPOON (0.5 ML) FRESHLY GROUND BLACK PEPPER
- ¾ TEASPOON (3.75 ML) GROUND CUMIN
- ¼ TEASPOON (1 ML) GROUND CORIANDER
- ⅛ TEASPOON (0.5 ML) CHILI POWDER
- ⅓ CUP (75 ML) PACKED FRESH ITALIAN PARSLEY, STEMS AND LEAVES
- ½ CUP (125 ML) PLUS 1 TABLESPOON (15 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- ¼ TEASPOON (1 ML) BAKING SODA
- 1 TABLESPOON (15 ML) WATER
- VEGETABLE OIL, FOR COOKING
- PITA FOR SERVING
- CHOPPED TOMATOES, CUCUMBERS AND LETTUCE FOR SERVING
- TAHINI DRESSING (PAGE 22) FOR SERVING

Makes 15 falafel

1. Insert the chopping blade into the work bowl of the food processor. Add the garlic and shallot and pulse to chop, about 5 times. Scrape down the sides of the bowl and pulse another 2 to 3 times. Add the chickpeas, salt, pepper, spices, parsley and 1 tablespoon (15 ml) of flour. Pulse 10 to 12 times to coarsely grind the chickpeas. Scrape down the sides of the bowl and then process on Low for 10 to 15 seconds until finely ground.
2. Dissolve the baking soda in the tablespoon (15 ml) of water and with the unit running on Low, pour through the feed tube. Process for 15 to 20 seconds to blend well.
3. Using a tablespoon measure, scoop chickpea mixture and shape into 15 balls. Place the balls on a tray or plate lined with wax paper and chill in the refrigerator for 30 minutes. Put the remaining ½ cup (125 ml) of flour in a shallow bowl and set aside.
4. Fill a 3-quart (2.83 L) saucepan with enough oil to reach ¼-inch (0.6 cm) depth and place over medium-high heat until an inserted thermometer registers 375°F (190°C)\*. Roll the falafel in the flour, shaking off any excess and drop into the oil. Cook the falafel in batches, no more than 5 at a time, for about 2½ to 3 minutes, turning halfway through until browned and crisp.
5. Remove to a paper towel-lined sheet tray and repeat with remaining falafel.
6. Serve falafel with sliced pita, veggies and a drizzle of tahini.

\* If choosing to bake instead: Preheat oven to 400°F (200°C). Line a baking sheet with parchment and drizzle with olive oil. Skip the step of coating the falafel in flour and arrange on the parchment. Drizzle with more oil, turning to coat the balls all over. Bake for 20 to 25 minutes, turning halfway through until browned and crisp.

Nutritional information per falafel:

Calories 62 (44% from fat) • carb. 7g  
• pro. 2g • fat 3g • sat. fat 0g  
• chol. 0mg • sod. 138mg • calc. 9mg  
• fiber 1g

## PIZZA MARGHERITA

This Neapolitan pizza is perfect in summer, when fresh tomatoes and basil are abundant.



- 1 RECIPE PIZZA DOUGH (PAGE 54)
- 1 OUNCE (30 G) PARMIGIANO REGGIANO, CUT INTO ½-INCH (1.25 CM) CUBES
- 4 TO 6 OUNCES (115 TO 170 G) FRESH MOZZARELLA, WELL CHILLED
- 2 TO 3 PLUM TOMATOES (RIPE, BUT STILL FIRM)
- 8 TO 10 MEDIUM TO LARGE FRESH BASIL LEAVES, THINLY SLICED UNBLEACHED, ALL-PURPOSE FLOUR, FOR STRETCHING DOUGH
- CORNMEAL, FOR SPRINKLING
- 2 TABLESPOONS (30 ML) EXTRA VIRGIN OLIVE OIL
- PINCH KOSHER SALT

Makes one 12-inch (30 cm) pizza (8 servings)

1. Prepare the pizza dough and allow to rise. Preheat oven to 500°F (260°C) with rack in the middle of the oven. If using a baking stone, place it on the rack and allow to heat for an additional 30 minutes after the oven has preheated.
2. While the oven is heating, insert the chopping blade into the work bowl of the food processor. With the unit running on High, drop the Parmesan cubes through the feed tube and process until finely grated. Remove and reserve.
3. Remove the chopping blade and insert the medium shredding disc. Shred the mozzarella on High. Remove and reserve. Flip the shredding disc to the slicing disc side. Slice the tomatoes on High.
4. On a lightly floured work surface, stretch the dough into a 12 to 14-inch (30 to 35 cm) round. Place on a baker's peel or the underside of a baking sheet that has been sprinkled with cornmeal (or you can stretch the dough onto a greased pizza mesh/screen, or alternately bake on a parchment-lined baking sheet). Brush the dough with the olive oil and then sprinkle with both of the cheeses. Arrange the sliced tomatoes over the cheese.
5. Carefully slide the pizza into the oven (whether onto the stone, or onto a baking sheet or directly onto the rack if using a pizza screen). Bake the pizza for 10 to 15 minutes, or until the cheese is bubbly and the dough is nicely browned at the edges.
6. Remove pizza and sprinkle with the fresh basil and pinch of salt.

*Nutritional information per serving:*

Calories 184 (40% from fat) • carb. 20g • pro. 7g • fat 8g  
• sat. fat 3g • chol. 14mg • sod. 390mg • calc. 96mg • fiber 1g

## MUSHROOM, LEEK AND GRUYÈRE QUICHE

From an elegant weekend brunch to a light lunch or dinner when paired with salad, quiche works for any meal.



- ½ RECIPE PÂTE BRISÉE DOUGH (PAGE 55)
- 1 GARLIC CLOVE
- 1 SMALL TO MEDIUM LEEK, TRIMMED AND CUT INTO ½-INCH PIECES
- 4 OUNCES (115 G) MUSHROOMS
- 1 TEASPOON (5 ML) OLIVE OIL
- ¼ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- 1 TEASPOON (5 ML) FRESH THYME [OR ¼ TO ½ TEASPOON (1 TO 2 ML) DRIED]
- 2 OUNCES (60 G) GRUYÈRE
- ¾ CUP (175 ML) WHOLE MILK
- ½ CUP (125 ML) HEAVY CREAM
- 3 LARGE EGGS
- 1 LARGE EGG YOLK
- ¼ TEASPOON (5 ML) FRESHLY GROUND BLACK PEPPER

Makes 12 servings

1. Preheat oven to 350°F (180°C).
2. Roll out dough to ⅛-inch (0.3 cm) thick circle and fit into a 9-inch (23 cm) tart pan. Chill in refrigerator for 30 to 40 minutes. Using a fork, prick the chilled dough evenly all over, but make sure not to go entirely through the dough. Line the shell with parchment and weigh it down with dried beans or rice. Bake for 15 to 20 minutes, or until the dough under the parchment is no longer wet. Remove the beans/rice and parchment and continue baking until the shell is golden brown, an additional 10 to 15 minutes. Remove and set aside. Reduce the oven temperature to 325°F (160°C).
3. While shell is baking, prepare the filling. Insert the chopping blade into the work bowl of the food processor. With the unit running on High, add the garlic and leek through the feed tube and process to finely chop. Remove and reserve. Remove the chopping blade and insert the medium slicing disc and slice the mushrooms on Low.
4. Put oil in a medium skillet over medium-low heat. Once oil is hot, add the chopped garlic and leek with a pinch of the salt. Sauté until softened, about 4 minutes. Add the mushrooms and thyme. Sauté until mushrooms are softened and have picked up some colour, about 6 to 10 minutes.
5. While the mushrooms are cooking, remove the slicing disc and insert the fine shredding disc. Shred the Gruyère on High. Remove and reserve.
6. Replace the shredding disc with the chopping blade. Put the milk, cream, eggs, yolk, remaining salt and the pepper in the work bowl. Process on Low to fully combine.
7. To assemble the quiche, scatter the garlic, leek and mushrooms evenly along the bottom of the baked tart shell. Pour the egg mixture over the vegetables and scatter the Gruyère on top.
8. Place the quiche on a baking sheet and bake for 25 to 30 minutes or until just set.
9. Remove from oven and let sit for 5 to 10 minutes before serving.

*Nutritional information per serving:*

Calories 193 (70% from fat) • carb. 9g • pro. 5g • fat 15g • sat. fat 9g  
• chol. 102mg • sod. 185mg • calc. 79mg • fiber 0g

## CHICKEN POT PIE

The ultimate comfort food.



- 6 TABLESPOONS (90 ML) UNSALTED BUTTER
- 1 MEDIUM CARROT, PEELED
- 1 CELERY STALK
- 1 SMALL ONION [4 OUNCES (115 G)], CUT INTO 1-INCH (2.5 CM) PIECES
- 1 ROASTED CHICKEN, APPROXIMATELY 2 TO 3 POUNDS (1 TO 1.5 KG), ROOM TEMPERATURE AND CUT INTO 1-INCH (2.5 CM) PIECES (SKIN AND CARCASS DISCARDED)
- $\frac{2}{3}$  CUP (150 ML) UNBLEACHED, ALL-PURPOSE FLOUR, DIVIDED
- 4 TO 5 CUPS (1 TO 1.25 L) CHICKEN BROTH, LOW SODIUM
- 1 MEDIUM WAXY POTATO, PEELED AND CUT INTO  $\frac{1}{2}$ -INCH (1.25 CM) CUBES, RESERVED IN COLD WATER UNTIL READY TO USE
- 1 MEDIUM SWEET POTATO, PEELED AND CUT INTO  $\frac{1}{2}$ -INCH (1.25 CM) CUBES, RESERVED IN COLD WATER UNTIL READY TO USE
- $\frac{3}{4}$  TEASPOON (3.75 ML) KOSHER SALT
- $\frac{1}{4}$  TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- $\frac{1}{3}$  CUP (75 ML) FROZEN PEARL ONIONS
- $\frac{1}{3}$  CUP (75 ML) FROZEN PEAS
- 1 RECIPE BUTTERMILK BISCUIT DOUGH (PAGE 57)

Nutritional information per serving  
(based on 10 servings):

Calories 494 (52% from fat) • carb. 32g  
• pro. 27g • fat 28g • sat. fat 13g  
• chol. 112mg • sod. 777mg  
• calc. 43mg • fiber 3g

Makes 8 to 10 servings

1. Preheat oven to 400°F (200°C) with the rack in the lower third of the oven.
2. Put the butter in a medium-size stockpot over medium-low heat.
3. While pan is heating, prepare the vegetables. Insert the medium slicing disc into the work bowl of the food processor, slice the carrot and celery together and reserve.
4. Remove the slicing disc and insert the chopping blade. Add the onion and pulse about 5 to 6 times to chop. Add the onion, carrot and celery to the pot to sauté, until vegetables are softened, about 8 to 10 minutes.
5. In two batches, roughly chop the chicken by pulsing 2 to 3 times. Remove and reserve in a separate bowl.
6. Stir the flour into the vegetable mixture and cook for about 3 minutes to eliminate any raw flour taste. Slowly whisk in 4 cups (1 L) of the chicken broth, increase heat to medium high to bring to a boil, then reduce heat slightly to maintain a healthy simmer. Stir in the potatoes, salt and pepper and let simmer for about 15 minutes, until vegetables are tender. Add more broth if necessary so vegetables stay submerged. Stir in the reserved chicken and frozen onions. Simmer for an additional 30 to 35 minutes to thicken. Once stew-like, stir in the peas.
7. While filling is cooking prepare the biscuit dough. Cut biscuit dough into 9 pieces. Reserve, covered loosely with plastic.
8. Pour filling into a 9-inch (23 cm) square pan. Evenly distribute the biscuits over the top of the filling so there is about  $\frac{1}{4}$  inch (0.6 cm) of space between biscuits.
9. Bake until biscuits are fully cooked and golden brown, about 15 minutes. Allow pot pie to rest at least 15 minutes before serving.

## VEGETABLE STIR-FRY

This dish is a quick way to incorporate any veggies you have on hand; add chicken, beef or cubed tofu for a heartier meal.



- 2 GARLIC CLOVES
- 1 1-INCH (2.5 CM) PIECE GINGER, PEELED AND QUARTERED
- 1 MEDIUM RED BELL PEPPER, HALVED, CORED
- 1 STALK BROCCOLI, FLORETS AND STEM SEPARATED, STEM TRIMMED AND PEELED
- 4 BABY BOK CHOY, LEAVES TRIMMED AND RESERVED
- 6 WHITE BUTTON MUSHROOMS, CLEANED
- 1 MEDIUM RED ONION, TRIMMED TO FIT FEED TUBE
- $1\frac{1}{2}$  TABLESPOONS (25 ML) VEGETABLE OIL
- 1 CUP (250 ML) VEGETABLE OR CHICKEN BROTH, LOW SODIUM
- 3 TABLESPOONS (45 ML) SOY SAUCE, REDUCED SODIUM
- $\frac{1}{4}$  TEASPOON (1 ML) FISH SAUCE
- 2 TEASPOONS (2 ML) CORNSTARCH
- $\frac{1}{2}$  CUP (125 ML) SNAP OR SNOW PEAS, TRIMMED
- 1 TEASPOON (5 ML) HOT SESAME OIL
- 1 TABLESPOON (5 ML) SESAME SEEDS
- COOKED RICE, FOR SERVING

Makes 6 cups (1.5 L)

1. Insert the chopping blade into the work bowl of the food processor. With the unit running on High, add the garlic and ginger through the feed tube and process to finely chop, about 10 to 15 seconds. Remove and reserve.
2. Remove the chopping blade and replace with the medium slicing disc. On High, slice the red pepper, broccoli stalk, bok choy, mushrooms and onion. Remove and reserve.
3. Put the vegetable oil into a large skillet over medium-high heat. Once the oil is hot, add the garlic and ginger. Sauté until fragrant, about 30 seconds. Add the sliced vegetables and sauté for about 7 to 8 minutes, until they begin to soften.
4. While the vegetables are cooking, stir together the broth, soy sauce, fish sauce and cornstarch. Add the broth mixture to the pan and bring to a boil. Stir in the bok choy leaves, broccoli florets and snap peas. Cook until broccoli and peas are just tender and sauce coats the vegetables, about 3 to 5 minutes.
5. Stir in the sesame oil and the seeds. Adjust seasoning as desired and serve immediately over rice.

Nutritional information per serving [1 cup (250 ml)]:

Calories 79 (51% from fat) • carb. 8g • pro. 2g • fat 5g  
• sat. fat 1g • chol. 0mg • sod. 288mg • calc. 33mg • fiber 2g

## TACOS AMERICANOS

A bit spicy and full of flavour, this is a great recipe to have in your arsenal – kids especially will love assembling their own tacos.



### GARNISH:

- 4 OUNCES (115 G) MONTEREY JACK
- ¼ HEAD ROMAINE OR ICEBERG LETTUCE
- 2 PLUM TOMATOES, QUARTERED

### TACO FILLING:

- 1 GARLIC CLOVE
- 1 JALAPEÑO, SEEDED, HALVED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ½ MEDIUM ONION, CUT INTO 1-INCH (2.5 CM) PIECES
- ¾ POUND (375 G) BEEF STEW MEAT, CUT INTO ½-INCH (1.25 CM) PIECES
- 1 TEASPOON (5 ML) VEGETABLE OIL
- 1½ TEASPOONS (7 ML) CHILI POWDER
- ½ TEASPOON (2 ML) GROUND CUMIN
- ¼ TEASPOON (1 ML) DRIED OREGANO
- PINCH CAYENNE PEPPER
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- 2 TEASPOONS (10 ML) TOMATO PASTE
- ½ CUP (125 ML) CHICKEN BROTH, LOW SODIUM
- 16 SMALL [3- TO 5-INCH (7.5 TO 12.5 CM)] SOFT CORN TORTILLAS, KEPT WARM
- SOUR CREAM OR PLAIN YOGURT, FOR SERVING
- TOMATO SALSA, FOR SERVING (PAGE 27)
- CHUNKY GUACAMOLE, FOR SERVING (PAGE 28)

Makes about 12 tacos

1. Insert the medium shredding disc into the work bowl of the food processor. On High, shred the Monterey Jack. Remove and reserve, keeping it loosely covered with plastic wrap. Flip the disc to the slicing disc side. On High, slice the lettuce; remove and reserve. Slice the tomatoes and reserve.
2. Remove the slicing disc and insert the chopping blade. With the machine running on High, drop the garlic and jalapeño through the feed tube until finely chopped. Stop the machine, scrape down the sides of the bowl and add the onion. Pulse to finely chop, about 3 times. Scrape down the sides of the bowl and add the stew meat. Using 10 to 12 long pulses, finely chop the meat, pausing between pulses to allow it to drop back into the bowl. Scrape down the sides of the bowl halfway through chopping.
3. Put the oil into a large skillet over medium-high heat. Add the chopped meat-vegetable mixture, spices and salt. Cook until the meat is no longer pink. Add the tomato paste and cook for about 1 minute. Add the broth and cook until it has evaporated. Remove the pan from the heat.
4. To assemble the tacos, put about 2 to 3 tablespoons (30 to 45 ml) of taco meat in the center of each tortilla. Top with some of the lettuce, tomato and cheese. Garnish with sour cream, salsa and guacamole.

Nutritional information per taco:

Calories 128 (56% from fat) • carb. 6g • pro. 8g • fat 8g  
• sat. fat 3g • chol. 27mg • sod. 290mg • calc. 88mg • fiber 1g

## FISH STICKS

Crushed tortilla chips make crisp fish sticks that are perfect in fish tacos, but for a more traditional coating, use the breadcrumbs recipe on page 18.



- 3 CUPS (750 ML) TORTILLA CHIPS
- ½ POUND (250 G) WHITE FISH, LIKE LEMON SOLE OR COD (BECAUSE COD TENDS TO BE THICKER, YOU MAY ONLY GET 10 "STICKS" OUT OF A ½-POUND (250 G) PIECE, BUT WITH THINNER FISH, LIKE LEMON SOLE, YOU WILL BE ABLE TO GET CLOSER TO 20)
- JUICE OF 1 LEMON OR LIME
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- ½ CUP (125 ML) UNBLEACHED, ALL-PURPOSE FLOUR, MIXED WITH A PINCH EACH OF KOSHER SALT AND BLACK PEPPER
- 1 LARGE EGG, LIGHTLY BEATEN
- ¼ CUP (60 ML) VEGETABLE OIL RÉMOULADE, FOR SERVING (PAGE 27)

Makes about 10 to 20 fish sticks (depending on type of fish used; see ingredients)

1. Insert the chopping blade into the work bowl of the food processor. Add the tortilla chips and pulse about 5 times to break up, then process on High to finely chop, about 20 to 30 seconds. Remove and reserve in a shallow baking dish.
2. Cut the fish into 1-inch (2.5 cm) wide "sticks." Liberally season on all sides with the citrus juice, salt and pepper.
3. Put the flour and egg into separate shallow bowls or baking dishes.
4. First lightly coat the fish in the flour, then in the egg and then in the ground chips. Set on a clean platter. Repeat with remaining fish.
5. Put the oil in a large skillet over medium heat. Once hot, cook fish, putting no more than 5 pieces into the skillet at one time, until golden brown and crisp. Remove and reserve on a cooling rack set over a paper towel-lined tray.
6. Serve immediately with the rémoulade.

**Note:** To enjoy as fish tacos, prepare as directed, and serve in warmed soft tortillas, topped with cabbage slaw and a squeeze of lime juice. To prepare slaw: mix together 2 tablespoons (30 ml) of chopped cilantro with 1 cup (250 ml) of shredded green cabbage, ½ teaspoon (0.5 ml) each of kosher salt and black pepper and 1 teaspoon (5 ml) of olive oil.

Nutritional information per fish stick:

Calories 67 (53% from fat) • carb. 5g • pro. 3g • fat 4g  
• sat. fat 0g • chol. 14mg • sod. 39mg • calc. 10mg • fiber 0g

## PIZZA DOUGH

This dough can be used for more than just the obvious – check out our recipes for Sausage Bread or Broccoli Rabe Bread on pages 37 and 38.



- 2¼ TEASPOONS [11 ML (1 STANDARD PACKET), ¼ OUNCE (7 G)] ACTIVE DRY YEAST
- 1 TEASPOON (5 ML) GRANULATED SUGAR
- ⅔ CUP (150 ML) WARM WATER [105°–115°F (40.5°–46°C)]
- 1⅔ CUPS (400 ML) BREAD FLOUR (YOU MAY SUBSTITUTE UNBLEACHED, ALL-PURPOSE FLOUR)
- 1 TEASPOON (5 ML) OLIVE OIL, PLUS MORE FOR COATING DOUGH
- ¾ TEASPOON (3.75 ML) KOSHER SALT

Makes ¾ pound (375 g) dough [two 9-inch (23 cm) crusts, or one 14-inch (35.5 cm) crust]

1. In a liquid measuring cup dissolve yeast and sugar in warm water. Let stand until foamy, about 5 minutes.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, olive oil and salt. With the machine running on Low, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough may be slightly sticky.
3. Lightly coat the inside of a large bowl with olive oil. Add dough and turn to coat in oil and cover bowl tightly with plastic wrap. Let rise in a warm place until doubled in size, about 1 hour.
4. Place dough on a lightly floured surface and punch down. Form into desired crust size(s) as directed by appropriate recipe.

*Nutritional information per serving (based on 12 servings):*  
Calories 62 (6% from fat) • carb. 13g • pro. 2g • fat 0g  
• sat. fat 0g • chol. 0g • sod. 143mg • calc. 0mg • fiber 0g

## PÂTE BRISÉE

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



- 2 CUPS (500 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON (5 ML) KOSHER SALT
- 16 TABLESPOONS (240 ML) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH (1.25 CM) CUBES
- ¼ CUP (60 ML) ICE WATER

Makes two, single-crust 9-inch (23 cm) pies or one, 9-inch (23 cm) double-crust pie

1. Insert the chopping blade into the work bowl of the food processor. Add the flour and salt and process on Low for 10 seconds to sift. Add the butter and pulse until the mixture resembles coarse crumbs.
2. Pour in water 1 tablespoon (15 ml) at a time and pulse until mixture just forms a dough – you may not need all of the water. Divide dough equally into two pieces and form each into a flat disc; wrap in plastic and refrigerate until ready to use.

**NOTE:** As long as it is well wrapped, this pastry freezes well for up to 6 months.

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

Calories 200 (66% from fat) • carb. 15g • pro. 2g • fat 15g  
• sat. fat 9g • chol. 40mg • sod. 190mg • calc. 0mg • fiber 0g

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

Calories 100 (66% from fat) • carb. 7g • pro. 1g • fat 7g  
• sat. fat 5g • chol. 20mg • sod. 95mg • calc. 0mg • fiber 0g

## BUTTERY DINNER ROLLS

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



- ½ CUP (125 ML) WHOLE MILK, PLUS 1 TABLESPOON (15 ML) FOR BRUSHING
- 4 TABLESPOONS (60 ML) UNSALTED BUTTER, PLUS 1 TABLESPOON (15 ML) FOR BRUSHING AND FOR PAN
- 2 TABLESPOONS (30 ML) GRANULATED SUGAR
- 1¾ TEASPOONS (9 ML) ACTIVE DRY YEAST
- 3 TABLESPOONS (45 ML) WARM WATER [105°–110°F (46°–43°C)]
- 2½ CUPS (625 ML) BREAD FLOUR
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- 1 LARGE EGG, LIGHTLY BEATEN

Makes 10 rolls

1. In a small saucepan combine the ½ cup (125 ml) of milk, 6 tablespoons (90 ml) of butter and the sugar. Warm over low heat until the butter is melted. Remove from heat and set aside.
2. Dissolve the yeast in the warm water. Let stand 5 minutes, or until mixture is foamy. Insert the chopping blade into the work bowl of the food processor. Add the flour and salt; process for 10 seconds on Low. Combine the beaten egg with the milk mixture and with the machine running on Low, slowly add the liquids through the feed tube and process until a dough ball forms. Continue processing 45 seconds to knead the dough. Shape the dough into a smooth ball and place in a 1-gallon sealable plastic bag. Squeeze the air out and seal the bag. Let rise in a warm place until the dough has doubled in size, about 45 to 60 minutes.
3. Preheat oven to 450°F (230°C). Lightly butter a 9-inch (23 cm) round baking pan. Divide the dough into 12 equal pieces, about 2 ounces (60 g) each. Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and let rise until the rolls have doubled in size, about 30 to 40 minutes. Combine remaining tablespoon of milk and butter and heat until the butter has melted. Just before baking, gently brush the rolls with the melted butter/milk mixture. Bake until golden brown or an internal temperature of 180°F (82°C) is reached, about 12 to 15 minutes. Remove from pan and let cool on a rack for about 10 minutes for serving.
4. For a softer roll, brush each with melted butter just after removing from oven.

*Nutritional information per roll:*

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

## BUTTERMILK BISCUITS

These biscuits are so light and tender, you will want to make them every night.



- 1¼ CUPS (300 ML) UNBLEACHED, ALL-PURPOSE FLOUR, PLUS MORE FOR SHAPING
- ¼ CUP (60 ML) CAKE FLOUR
- 2 TEASPOONS (10 ML) CREAM OF TARTAR
- 1½ TEASPOONS (7 ML) BAKING SODA
- ¼ TEASPOON (1 ML) GRANULATED SUGAR
- ½ TEASPOON (2 ML) KOSHER SALT
- PINCH FRESHLY GROUND BLACK PEPPER
- 6 TABLESPOONS (90 ML) UNSALTED BUTTER, COLD AND CUBED
- ⅔ CUP (150 ML) BUTTERMILK
- 2 TABLESPOONS (30 ML) UNSALTED BUTTER, MELTED

Makes 8 biscuits

1. Preheat oven to 500°F (260°C). Line a baking sheet with parchment paper.
2. Insert the chopping blade into the work bowl of the food processor. Add both flours, cream of tartar and baking soda and process on Low for 10 seconds. Add the sugar, salt and pepper and process on Low again for 5 seconds. Add the cold butter and pulse to incorporate until the size of the butter resembles peas.
3. While pulsing, pour the buttermilk (you may not need all of it) through the feed tube until just incorporated – the dough will be sticky but not overly wet. Remove dough from work bowl and place on a well-floured surface. Knead dough by hand about two to three times, form into a log and cut into 8 equal pieces. Form each piece into a round and place evenly spaced on the prepared baking sheet.
4. Bake 10 minutes, or until golden brown. Remove from oven and brush with melted butter. Serve immediately.

**TIP:** For more rustic-style biscuits, bake the pieces of dough without shaping once you've portioned them out.

*Nutritional information per biscuit:*

Calories 191 (54% from fat) • carb. 19g • pro. 3g • fat 11g  
• sat. fat 7g • chol. 31mg • sod. 389mg • calc. 26mg • fiber 0g

## CLASSIC APPLE PIE

Everyone needs a fail-proof apple pie recipe – here is our favourite to share with you and your family.



- 1 RECIPE PÂTE BRISÉE DOUGH (PAGE 55)
- 1½ POUNDS (750 G) APPLES (GOLDEN DELICIOUS, GINGER GOLD, OR PINK LADY TEND TO BE THE TASTIEST), ABOUT 4 MEDIUM, PEELED, CORED, AND HALVED
- JUICE OF ½ MEDIUM LEMON
- ½ TEASPOON (2 ML) GROUND CINNAMON
- PINCH GROUND NUTMEG
- ¼ TEASPOON (1 ML) KOSHER SALT
- 1 TEASPOON (5 ML) PURE VANILLA EXTRACT
- ½ CUP (125 ML) GRANULATED SUGAR PLUS MORE FOR SPRINKLING
- EGG WASH [1 LARGE EGG, LIGHTLY BEATEN WITH 1 TEASPOON (5 ML) OF WATER]

Makes one 10-inch (25 cm) pie, 8 to 12 servings

1. Preheat oven to 450°F (230°C) with the rack in the lower third of the oven.
2. Roll out one of the discs of dough to ⅛-inch-thick (0.3 cm) circle and fit into a 10-inch (25 cm) pie plate. Chill in refrigerator for a minimum of 20 minutes. Using a fork, prick the chilled dough evenly all over, but make sure not to go entirely through the dough.
3. While dough is chilling, prepare the filling. Insert the slicing disc into the work bowl of the food processor. Stand the apple halves upright in the feed tube and slice on High. Transfer to a large bowl and gently toss with the lemon juice, spices, salt, vanilla and sugar.
4. Transfer the apple mixture to the pie shell.
5. Roll out the remaining dough into a 10-inch (25 cm) disc. Brush the outer rim of the pie shell with the egg wash. Press the dough disc on top of the filled pie plate, pressing down the sides to seal. Using a paring knife, trim any excess dough and discard (or save for another use). Cut four ½-inch (1.25 cm) vents in the center of the top of the pie crust in a circular pattern, similar to a clock's 12, 3, 6 and 9 o'clock positions. Brush the top with more of the egg wash and sprinkle with granulated sugar.
6. Bake the pie for 15 minutes, then reduce the temperature to 350°F (180°C) and continue to bake until golden brown, approximately another 40 minutes. Let the pie rest on a cooling rack at least 40 minutes before serving.

Nutritional information per serving (based on 12 servings):

Calories 263 (51% from fat) • carb. 30g • pro. 2g • fat 15g  
• sat. fat 9g • chol. 48mg • sod. 241mg • calc. 5mg • fiber 1g

## CARROT CAKE WITH CREAM CHEESE FROSTING

A cake that is moist, sweet and a bit tangy. Garnish the top with sliced toasted almonds or finely chopped walnuts for a perfect presentation.



- NONSTICK COOKING SPRAY
- ¾ CUP (175 ML) PLUS 2 TABLESPOONS (30 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON (5 ML) GROUND CINNAMON
- 1 TEASPOON (5 ML) BAKING POWDER
- ½ TEASPOON (2 ML) BAKING SODA
- ½ TEASPOON (2 ML) KOSHER SALT
- 1 CUP (250 ML) WALNUTS, TOASTED
- ½ POUND (250 G) CARROTS (3 TO 4 MEDIUM) PEELED
- ½ CUP (125 ML) GRANULATED SUGAR
- ½ CUP (125 ML) PACKED LIGHT OR DARK BROWN SUGAR
- ½ CUP (125 ML) PLUS 2 TABLESPOONS (30 ML) VEGETABLE OIL
- 2 LARGE EGGS
- 1 TEASPOON (5 ML) PURE VANILLA EXTRACT

### FROSTING:

- 8 OUNCES (230 G) CREAM CHEESE, ROOM TEMPERATURE AND CUT INTO 8 PIECES
- 1 STICK UNSALTED BUTTER, ROOM TEMPERATURE AND CUT INTO 4 PIECES
- 2 OUNCES (60 G) GOAT CHEESE, ROOM TEMPERATURE (SOUR CREAM OR PLAIN YOGURT CAN BE SUBSTITUTED)
- ⅔ CUP (150 ML) CONFECTIONERS' SUGAR
- ¼ TEASPOON (1 ML) KOSHER SALT
- ½ TEASPOON (2 ML) PURE VANILLA EXTRACT

Makes one 9-inch (23 cm) round cake, about 10 servings

1. Preheat oven to 350°F (180°C). Coat a 9-inch (23 cm) round baking pan with cooking spray; set aside.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, cinnamon, baking powder, baking soda and salt. Process on Low 10 seconds. Transfer to a large mixing bowl.
3. Put the walnuts into the work bowl and pulse 2 to 3 times to coarsely chop. Leaving the nuts in the bowl, remove the chopping blade and replace with the medium shredding disc. Shred the carrots on High. Add the nuts and carrots to the bowl with the dry ingredients.
4. Remove the shredding disc and replace with the chopping blade. Add the sugars to the work bowl. In a large measuring cup combine the oil, eggs and vanilla. While the unit is running on Low, gradually add the wet ingredients through the feed tube. Process until well mixed, about 30 to 45 seconds, stopping to scrape down the sides of the bowl as needed. Add the wet ingredients to the dry and stir until just combined.
5. Pour the batter into the prepared pan and bake for 35 minutes or until a cake tester inserted in the center comes out clean. Cool completely in the pan.
6. Prepare the frosting. Clean the chopping blade and insert into the work bowl. Add the cream cheese and butter and process on High until smooth, about 60 seconds, stopping to scrape down the sides of the bowl. Add the goat cheese; process another 10 to 15 seconds. Add the sugar, salt and vanilla and process until completely smooth, another 15 to 20 seconds.
7. Once the cake has cooled, remove from the pan and turn out onto a serving plate or cake stand. Frost the entire cake, spreading evenly on the top and sides with an offset spatula. Chill cake slightly before serving.

Nutritional information per serving:

Calories 495 (62% from fat) • carb. 41g  
• pro. 7g • fat 35g • sat. fat 11g  
• chol. 74mg • sod. 405mg • calc. 58mg  
• fiber 2g

# PUMPKIN CHEESECAKE

Change up the Thanksgiving table with this pumpkin pie-inspired dessert.



## NONSTICK COOKING SPRAY CRUST:

- 24 GINGERSNAP COOKIES
- 3 TABLESPOONS (45 ML) UNSALTED BUTTER, SOFTENED AND CUBED
- FILLING:**
- 16 OUNCES [480 G (2 STANDARD PACKAGES)] CREAM CHEESE, SOFTENED AND ROOM TEMPERATURE
- ½ CUP (125 ML) PACKED LIGHT BROWN SUGAR
- ¼ CUP (60 ML) GRANULATED SUGAR
- 1 TEASPOON (5 ML) PURE VANILLA EXTRACT
- 4 LARGE EGGS, ROOM TEMPERATURE
- 1 CUP (250 ML) PUMPKIN PURÉE
- PINCH KOSHER SALT
- ½ TEASPOON (2 ML) GROUND CINNAMON
- ⅛ TEASPOON (0.5 ML) GROUND ALLSPICE
- ⅛ TEASPOON (0.5 ML) GROUND NUTMEG
- 8 OUNCES (230 G) CRÈME FRAÎCHE OR PLAIN GREEK YOGURT, ROOM TEMPERATURE

Makes one 8-inch (20.5 cm) cake, about 12 servings

1. Preheat oven to 325°F (160°C). Place a baking pan with a depth of at least ¼ inch (0.6 cm) on the bottom rack of the oven and fill with water. Position the other rack in the middle of the oven, directly over the water-filled pan. Lightly coat the inside of an 8-inch (20 cm) springform pan with nonstick spray.
2. Prepare the crust. Insert the chopping blade into the work bowl of the food processor. Add the cookies and pulse about 6 to 8 times to chop, then process on High to finely grind, about 20 seconds. Add the butter and pulse about 6 times to combine. Remove and press into the bottom of the prepared pan. Set aside.
3. Prepare the filling. Remove the chopping blade to wipe out work bowl, then replace the chopping blade. Add the cream cheese. Pulse about 5 times, scrape down sides of bowl and process on High for 30 to 35 seconds until creamy. Add the sugars and pulse a few times, then process on High until homogenous, stopping to scrape down the sides of the bowl as needed. With the unit running on Low, add the vanilla and eggs, one at a time, until combined.
4. Stop the unit to add the pumpkin, salt and spices. Pulse until combined, scraping down as needed. Pulse in the crème fraîche until combined.
5. Pour the cream cheese mixture into the prepared pan. If any of the water has evaporated from the baking pan in the oven, add some more. Place the cheesecake on the middle rack. Bake for 1 hour, then turn off the oven. Let cake rest inside the oven for an additional hour. Cool cheesecake completely on a cooling rack, then cover and refrigerate for at least 8 hours before serving.

*Nutritional information per serving:*

Calories 334 (60% from fat) • carb. 27g • pro. 6g • fat 22g  
• sat. fat 12g • chol. 122mg • sod. 258mg • calc. 36mg • fiber 1g

## WARRANTY LIMITED TWO-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 2 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

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**1-800-472-7606**

Address:  
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100 Conair Parkway  
Woodbridge, Ont. L4H 0L2**

Email:  
**consumer\_Canada@conair.com**

Model:  
**FP-8SVC**

To facilitate the speed and accuracy of your return, please enclose:

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  - Return address and phone number
  - Description of the product defect
  - Product date code\*/copy of original proof of purchase
  - Any other information pertinent to the product's return
- \* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

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Printed in China

14CC146816

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IB-12704-CAN