

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® Electric Skillet

CSK-150

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

IMPORTANT SAFEGUARDS

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

1. READ ALL INSTRUCTIONS.
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse cord, plugs, or temperature control in water or any other liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors.
9. Do not use the Skillet for anything other than its intended use.
10. To avoid the possibility of the Skillet being accidentally pulled off work area, which could result in damage to the Skillet or in personal injury, do not let cord hang over edge of table or counter.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature probe to appliance first, then plug cord in the wall outlet. To disconnect, turn temperature control to "OFF", then remove plug from wall outlet.
13. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
14. When oil is heated to high temperature in any vessel, flammable gases are given off. Do not expose a flame to these gases as this could be dangerous. Never cover Skillet when heating oil.
15. Do not place on or near a hot gas or electric burner, or in a heated oven. This appliance is not intended for deep frying foods.

16. 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.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS:

A short power-supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over.

NOTICE:

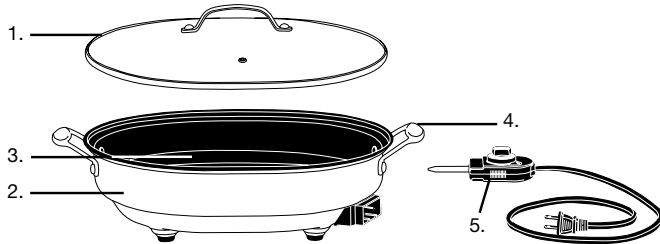
This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this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

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FEATURES AND BENEFITS

1. Glass Cover w/ Stainless Steel Rim, Steam Vent and Handle:
See-through glass cover allows you to view your entrée while it's cooking and the steam vent helps to prevent splattering.
2. Brushed Stainless Steel Housing:
Durable stainless steel construction complements any décor.
3. Nonstick Cooking Surface:
Large nonstick cooking surface makes cleanup easy. For even heat distribution and cooking, the heating element is mounted in a 5mm thick encapsulated aluminum base.
4. Stainless Steel Handles:
Heavy Cast Stainless Steel helper handles with embossed Cuisinart™ logo.
5. Adjustable Temperature Probe:
Removable temperature probe with adjustable heat settings that range from Warm to 450°F. Indicator light turns off when Skillet has reached the desired temperature.
6. BPA-Free (not shown):
All materials that come in contact with food are BPA-Free.



IMPORTANT GUIDELINES

- Do not use metal utensils. Metal utensils will damage the nonstick finish. Use wooden or heat-proof plastic utensils.
- Do not use a metal knife or utensil to cut on the nonstick surface.
- Add only enough oil to coat the bottom of the Skillet. Do not use larger amounts of oil.
- The steam vent in the cover should always be placed to the back of the Skillet. Lift the lid from the back to the front to prevent steam burns.
- Use pot holders to lift lid or move Skillet.
- Do not lift or move Skillet while cooking.
- Never immerse the temperature probe in water or any other liquid.
- Temperature probe must always be in the “OFF” position before the unit is unplugged.
- Do not knock or drop the temperature probe as this can damage the probe.

ASSEMBLY INSTRUCTIONS

To use your Cuisinart® Skillet:

1. Carefully unpack the Skillet.
2. Rinse the Skillet base, and glass cover in warm, soapy water. Rinse well and dry thoroughly. Note: The Skillet base and glass cover are immersible and top shelf dishwasher safe. Make sure temperature probe is removed before cleaning.
3. Place Skillet base on a clean, dry surface.
4. Place the cover on top of the base.
5. Make sure the control knob is facing upward and in the “OFF” position. Insert temperature probe into the receptacle located on the side of the unit.
6. Plug in unit.
7. Your Skillet is now ready for use.

OPERATION

1. Place your Cuisinart® Skillet on a clean, dry surface.
2. Make sure the control knob is facing upward and in the “OFF” position. Insert temperature probe into the receptacle located on the side of the unit.
3. Plug cord into an electrical outlet.
4. Turn temperature control knob to desired setting – “WARM” to 450°F. The indicator light will go on.
5. Your Cuisinart® Skillet will preheat for approximately 3-8 minutes, depending on the desired temperature setting. For faster heat-up, place glass cover on top of the base.
6. Once the indicator light goes off, you are ready to cook.
7. Place food in the Skillet. Note: After preheating, do not leave Skillet on without any food inside; over time, this can damage the pan.
8. Cook food as directed or until desired results are achieved.
9. After use, turn the temperature control knob to the “OFF” position and unplug your Skillet.

CLEANING AND MAINTENANCE

CAUTION: To prevent personal injury or electric shock, always remove the temperature control probe before immersing your Skillet in water. Do not immerse temperature probe, cord or plug in water or other liquid.

1. Turn the temperature probe to the “OFF” position and unplug unit from outlet.
2. Allow unit to cool before cleaning.
3. Once unit has cooled, remove the temperature probe.
4. The temperature probe is not immersible. Simply wipe it down with a damp cloth.
5. To clean Skillet, first remove excess food and oil with a damp cloth. Place base and glass cover on the top shelf of a dishwasher or wash with warm soapy water, using a non abrasive cloth.
6. Dry thoroughly when clean.
7. If desired, recondition the nonstick surface with cooking oil to enhance the release property of the nonstick coating.
8. Any other servicing should be performed by an authorized service representative.

WARRANTY

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® Electric Skillet. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Electric Skillet that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Electric Skillet will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Electric Skillet should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to:

Cuisinart
7475 North Glen Harbor Blvd.
Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product’s return.

Please pay by check or money order. (California residents need only supply proof of purchase and should call 1-800-720-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart brand products of the same type. The retail store shall then, according to its preferences, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in appropriate relief to the consumer, consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.* Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Electric Skillet has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

RECIPES

TRADITIONAL PANCAKES

Makes 12 servings

- 1¼ cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- ½ teaspoon salt
- 2 large eggs
- ½ cup reduced-fat milk
- 3 tablespoons unsalted butter, melted
- ½ cup lowfat plain yogurt

Preheat Cuisinart® Electric Skillet to 325°F.

Combine flour, baking powder, sugar and salt in a medium mixing bowl. Beat eggs into milk with a whisk or spoon; pour in butter and stir to combine. Make a hole in the center of the flour mixture; pour the liquid in, stirring gently until the batter has just come together. It will have some lumps. Do not over-beat or the pancakes will be tough.

For each pancake, pour ¼ cup batter onto Skillet (you will get 6 pancakes per batch). Cook 2 minutes, or until bubbles have formed on top and bottom is lightly browned. Turn pancakes and cook other side until done, about 1-½ or 2 minutes more. Repeat with remaining batter.

Variations:

Blueberry pancakes: toss 1 cup berries with 1 tablespoon flour from recipe. Stir in gently after blending batter.

Pecan pancakes: add ½ - ¾ cup chopped, toasted pecans to batter.

Nutritional information per pancake:

Calories 99 (37% from fat) • carb. 12g • pro. 3g • fat 4g • sat. fat 2g
• chol. 44mg • sod. 178mg • calc. 34mg • fiber 0g

CORNMEAL PANCAKES

Makes 12 servings

- ½ cup all-purpose flour
- 6 tablespoons yellow cornmeal
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 2 large eggs, lightly beaten
- ½ cup lowfat plain yogurt
- 2 tablespoons vegetable oil
- 2 tablespoons honey

Preheat Cuisinart® Electric Skillet to 275°F.

Combine flour, cornmeal, baking powder and salt in a medium mixing bowl. Beat eggs into milk with a whisk or spoon; pour in butter and stir to combine. Make a hole in the center of the flour mixture; pour in the liquid mixture, stirring gently until the batter has just come together.

Pour ¼-cup batter onto Skillet (you will get 6 pancakes about 3 to 3-½-inch per batch). Cook 2 minutes, or until bottom is lightly browned. Turn pancakes and cook other side until done, about 1 to 1-½ minutes more. Repeat with remaining batter.

Nutritional information per pancake:

Calories 81 (36% from fat) • carb. 11g • pro. 2g • fat 3g • sat. fat 1g
• chol. 36mg • sod. 125mg • calc. 20mg • fiber 0g

STUFFED FRENCH TOAST

Makes 8 servings

- 1 pound loaf challah or brioche bread, unsliced
- 8 ounces reduced fat cream cheese, room temperature
- ¼ cup strawberry preserves (not jelly)
- 6 large eggs, lightly beaten
- 1½ cups half-&-half
- 1 teaspoon vanilla
- 4 teaspoons unsalted butter, divided

Cut the bread into eight 1-inch thick slices. Carefully cut a pocket in the long side of each piece, about 3/4 of the way through. (Use a serrated knife.)

Combine cream cheese and preserves thoroughly. Stuff each pocket with about 2 tablespoons filling, then pat pocket flat with your fingers.

Preheat Cuisinart® Electric Skillet to 300°F.

Mix eggs and half-&-half well and add vanilla; stir. Pour batter into a 9x13-inch baking pan. Soak 4 filled slices of bread for at least 10 minutes, turning several times. (Let the remaining 4 slices soak in the batter while the first batch cooks.)

Melt 2 teaspoons butter in the Skillet and cook 4 slices at a time, for about 6 to 8 minutes a side, or until nicely browned. Remove and keep warm on a rack in a 200°F oven. Melt the remaining 2 teaspoons butter and cook second batch.

Serve with maple syrup, raspberry syrup or powdered sugar.

Nutritional information per serving:

Calories 360 (44% from fat) • carb. 38g • pro. 12g • fat 17g • sat. fat 9g
• chol. 141mg • sod. 485mg • calc. 153mg • fiber 0g

MONTE CRISTO SANDWICH

Makes 4 servings

3 tablespoons Dijon-style mustard
3 tablespoons reduced fat mayonnaise
8 slices best quality sandwich bread
8 ounces Jarlsberg or Gruyère cheese, sliced thin
6 ounces Black Forest ham
3 large eggs

Combine mustard and mayonnaise; spread on each slice of bread. Make the sandwiches by covering each of 4 slices with a layer of cheese, a layer of ham and 1 more layer of cheese. Top with the remaining slices of bread.

Preheat Cuisinart® Electric Skillet to 300°F. Beat eggs until frothy and dip each of the sandwiches to coat evenly. Cook sandwiches until the cheese has melted and the bread is nicely browned on each side, about 10-12 minutes.

Nutritional information per serving:

Calories 492 (51% from fat) • carb. 29g • pro. 29g • fat 26g • sat. fat 12g
• chol. 228mg • sod. 1527mg • calc. 464mg • fiber 1g

PHILLY CHEESE STEAK SANDWICHES

Makes 4 servings

1 teaspoon vegetable oil
2 cups thinly sliced onions (about 2 medium)
2 red or green bell peppers, cored, seeded and thinly sliced
6 ounces provolone cheese (or American, cheddar or mozzarella)
4 oval sandwich rolls, sliced in half
1 pound of thinly sliced beefsteak (eye of round, or sirloin)
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Preheat Cuisinart® Electric Skillet to 300°F; add oil and stir to coat surface. Cook onions and peppers together for 2 minutes; add ½ cup water and stir until onion/pepper mixture is soft and water has evaporated, about 3-4 more minutes. Remove mixture and keep warm. Warm buns until lightly toasted. Place 1-½ ounces of cheese on each warm bun.

Raise heat to 350°F; season meat with salt and pepper. Sear each piece for 1 or 2 minutes per side, until nicely browned; do not overcook or meat will be tough. Place meat on cheese, and top with onions and peppers.

Nutritional information per serving:

Calories 609 (37% from fat) • carb. 40g • pro. 53g • fat 25g • sat. fat 11g
• chol. 126mg • sod. 918mg • calc. 394mg • fiber 8g

CREOLE EGGS

Makes 6 servings

1 tablespoon vegetable oil
1 yellow pepper, cored, seeded and chopped
1 green pepper, cored, seeded and chopped
1 cup chopped onion
½ cup chopped celery

- 2 cans (14 ounce each) diced tomatoes, juices drained
- 1 cup tomato sauce
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon oregano
- ½ teaspoon thyme
- ½ teaspoon kosher salt
- 6 large eggs
- Paprika for garnish

Preheat Cuisinart® Electric Skillet to 200°F; add oil. Stir to coat bottom of Skillet; add yellow and green peppers, onion and celery. Cook, stirring for 1 minute; cover skillet and steam for 4-5 minutes, until softened. Add tomatoes, tomato sauce, Worcestershire, oregano, thyme and salt. Cook uncovered for about 20 minutes or until slightly thickened.

Use the bowl of a serving spoon to create 6 indentations in the sauce; break an egg into each. Cover and cook until opaque and cooked through, about 10 minutes.

To serve, dust egg tops with paprika. Serve over toasted English Muffins.

Nutritional information per serving:

Calories 139 (36% from fat) carb. 17g • pro. 7g • fat 6g • sat. fat 1g
 • chol. 142mg • sod. 611mg • calc. 68mg • fiber 4g

SOUTHWESTERN SCRAMBLE

Makes 12 servings

- 18 large eggs
- ¼ teaspoon kosher salt
- ⅙ teaspoon freshly ground black pepper
- 1½ teaspoons extra virgin olive oil
- 1½ teaspoons unsalted butter
- 1 medium onion, peeled and chopped
- 1 green pepper, cored, seeded and cut in ¼-inch dice
- 1 red pepper, cored, seeded and cut in ¼-inch dice
- 1 jalapeño pepper, cored, seeded and finely minced
- 1 can (14 ounce) diced tomatoes, juices drained (or 1 cup peeled, seeded and diced fresh tomato)
- 3 ounces reduced fat cream cheese, chilled, cut into small pieces

- 8 ounces lowfat sharp cheddar cheese
- 2 tablespoons chopped fresh chives

Break 18 eggs into a medium bowl; add salt and pepper and whisk until well combined.

Preheat Cuisinart® Electric Skillet to 300°F; add olive oil and butter. Add onion, green and red peppers, jalapeño and tomato; cook 1 minute. Reduce heat to 200°F, cover, and cook vegetables (stirring occasionally) until almost softened, about 5 minutes.

Add eggs; let cook 30 seconds. Stir, then add cream cheese. Cook, stirring gently until cream cheese is well incorporated. Add cheddar; cook until eggs are scrambled, about 5 minutes. Garnish with fresh chives.

Nutritional information per serving:

Calories 208 (57% from fat) carb. 5g • pro. 17g • fat 13g • sat. fat 5g
 • chol. 335mg • sod. 326mg • calc. 214mg • fiber 1g

BREAKFAST FRITTATA

Makes 12 servings

- 1½ tablespoons unsalted butter
- 1½ tablespoons extra virgin olive oil
- 1½ cups chopped bell peppers (a mix of red, yellow & green is nice)
- 1 cup chopped onion
- 18 large eggs
- 1 cup reduced fat cheddar cheese, shredded
- ½ cup grated Parmesan cheese
- 4 ounces ham, cut in ¼-inch dice
- 1 teaspoon thyme
- ½ teaspoon kosher salt
- ¼ teaspoon *Tabasco®
- 2 tablespoons chopped parsley, for garnish

Preheat Cuisinart® Electric Skillet to 200°F; add butter and olive oil. When foam subsides, add peppers and onions. Cook, stirring for 1 minute. Cover Skillet and steam for 4-5 minutes, until softened.

Beat eggs until well mixed; stir in cheddar, Parmesan, ham, thyme, salt and Tabasco®. Pour into hot Skillet and stir. Cook 15 seconds; stir again.

Cover and cook until top looks dry, and the eggs don't wiggle, about 30-35 minutes total.

Serve hot or room temperature, garnish with chopped parsley, cut in 12 wedges.

Nutritional information per serving:

Calories 176 (62%from fat) • carb. 4g • pro. 13g • fat 12g • sat. fat 4g
• chol. 331mg • sod. 313mg • calc. 94mg • fiber 1g

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

ASPARAGUS AND PROSCIUTTO PASTA FRITTATA

Makes 12 servings

¼ teaspoon kosher salt, divided
8 ounces fresh asparagus, trimmed and cut in ½-inch pieces, tips reserved
2 green onions, trimmed, cut in ¼-inch pieces
4 ounces prosciutto, thinly sliced, cut in ¼-inch slivers
8 ounces capellini, or other very thin pasta, cooked according to package instructions, drained and cooled
18 large eggs, beaten
8 ounces lowfat mozzarella, cut in ¼-inch dice
½ teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon *Tabasco®
1 can (14 ounce) diced tomatoes, drained
¼ cup finely chopped sun-dried tomatoes
½ cup grated Parmesan cheese

Preheat Cuisinart® Electric Skillet to 400°F; add ½ cup water with ¼ teaspoon salt and bring to a boil. Add asparagus tips, cover and steam until crisp tender, about 1½ minutes. Remove with a slotted spoon and reserve for garnish. Add remaining asparagus, cover and steam for 1 minute. Add green onions, steam 1 minute and transfer to a medium size bowl. Add prosciutto to the Skillet; stir until frizzled and slightly browned, and all water has evaporated. Remove and reserve. Turn off heat.

Combine cooked pasta with eggs; stir in mozzarella and cooled prosciutto. Add basil, thyme, remaining ½ teaspoon kosher salt, and Tabasco®.

Combine diced tomatoes and sun-dried tomatoes with the cooked asparagus pieces and green onions; reserve.

Pour half of the egg/pasta mixture into Skillet; smooth with the back of a spoon. Make a layer of the tomatoes and asparagus, and cover with the remaining egg and pasta mixture. Sprinkle top with grated Parmesan cheese and garnish with the asparagus tips. Set temperature to 200°F, cover, and cook until top looks solid and edges are slightly browned, about 60-70 minutes.

Cut into 12 wedges and serve warm or at room temperature.

Nutritional information per serving:

Calories 278 (48% from fat) • carb. 15g • pro. 20g • fat 14g • sat. fat 6g
• chol. 354mg • sod. 548mg • calc. 246mg • fiber 1g

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

WHITE & SWEET HASH BROWN POTATOES

Makes 12 servings

1½ tablespoons unsalted butter
1½ tablespoons extra virgin olive oil or vegetable oil
1½ pounds russet potatoes, skins on, cut in ½ inch dice
½ pound sweet potato, peeled, cut in ½ inch dice
1 cup chopped red pepper
1 cup chopped onion
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ teaspoon thyme
1 tablespoon chopped parsley

Melt butter and oil in Cuisinart® Electric Skillet set on "WARM". Add the white potatoes, sweet potatoes, red pepper, onion, salt, pepper, and thyme; gently, but thoroughly stir to coat with butter.

Cover Skillet and turn heat to 350°; cook/steam for 10 minutes. Stir; cover again for 3 minutes. Remove cover, stir, and brown the potatoes for 5 more minutes.

Garnish with parsley and serve.

Nutritional information per serving:

Calories 101 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 1g
• chol. 4mg • sod. 127 • calc. 35mg • fiber 3g

FRESH SALMON & POTATO HASH

Makes 6 servings

- 1½ pounds fresh salmon fillets, boneless, skinless, cut in 1-inch cubes
- ¾ teaspoon kosher salt, divided
- 1 tablespoon extra virgin olive oil
- 1 pound Huston's Yukon Gold™ Potatoes, unpeeled, cut in ½ to ¾-inch dice
- 1 cup sliced celery (cut on the bias in ½ inch slices)
- ¾ cup diced yellow pepper (cut in ¾-inch pieces)
- 8 ounces asparagus, tough ends trimmed, cut in thirds
- 1 large shallot, peeled and minced
- 1 large clove garlic, peeled and minced
- ½ cup half-&-half
- 1 teaspoon dill weed
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped chives (optional)

Preheat Cuisinart® Electric Skillet to 375°F. Season salmon with ½ teaspoon salt and place in a single layer in skillet. Cook uncovered, turning pieces over 2-3 times, until nicely browned, about 4 minutes. Remove from Skillet and keep warm.

Add the oil and brown potatoes, uncovered, about 10 minutes. Reduce heat to 300°F. Add celery, peppers, asparagus, shallot, garlic, and remaining ¼ teaspoon salt; cover and cook until vegetables are just tender, about 5 minutes. Add half-&-half and dill; cook uncovered until liquid is reduced and thickened, about 4 minutes. Return salmon to the Skillet, 1-2 minutes. Garnish with parsley and chives.

Nutritional information per serving:

Calories 342 (44% from fat) • carb. 22g • pro. 26g • fat 17g • sat. fat 5g
• chol. 82mg • sod. 260mg • calc. 77mg • fiber 3g

POTSTICKERS

Makes 50 servings

- 12 tablespoons wood ear mushrooms
- ¼ pound ground lean pork
- ¼ pound ground turkey
- 2 green onions, chopped
- ½ cup water chestnuts, finely chopped
- ¼ cup chopped shiitake mushrooms, finely chopped
- ½ tablespoon minced fresh ginger
- 1½ tablespoons light soy sauce
- ½ tablespoon toasted sesame oil
- ½ tablespoon dry sherry
- ¼ teaspoon kosher salt
- ⅙ teaspoon freshly ground black pepper
- 50 wonton wrappers
- 2 teaspoons vegetable or peanut oil

Soak wood ear mushrooms in 1 cup boiling water for 30 minutes; drain and chop finely.

Combine pork, turkey, green onions, water chestnuts, shiitakes and ginger in a medium bowl. Season with soy, sesame oil, sherry, salt and pepper; mix filling ingredients well.

Place wonton skins on flat surface with one point facing north (away from you). Dampen the edges with a bit of water. Place 1 teaspoon filling in center; fold bottom point up, making a triangle. Either crimp all edges like a pleat or fold up the 2 end points, and pinch to seal.

Preheat Cuisinart® Electric Skillet to 300°F and add 1 teaspoon oil; swirl to coat bottom of Skillet. Place half the batch (about 25) pot stickers in a single layer. Cook for 3-4 minutes or until one side is browned. Add 1 cup water; cover Skillet. Bring to a boil, then reduce heat to 200°F. Cook 8-10 minutes or until water has evaporated, and pot sticker dough is tender.

Serve with dipping sauce.

Nutritional information per serving:

Calories 36 (27% from fat) • carb. 5g • pro. 2g • fat 1g • sat. fat 0g
• chol. 3mg • sod. 63mg • calc. 5mg • fiber 0g

GINGER DIPPING SAUCE

Makes about 3/4 cup

- 2 green onions, trimmed and cut in 1/8-inch slices
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon finely chopped fresh ginger
- 1 teaspoon minced garlic
- 1/4 teaspoon freshly ground pepper
- 1/2 cup light soy or tamari sauce (seasoned if available)
- 1/2 cup rice wine vinegar (seasoned if available)
- 1 tablespoon fresh lime juice
- 1 teaspoon toasted sesame oil

Combine green onions, cilantro, ginger, garlic and pepper. Stir together soy, vinegar, lime juice and sesame oil; add to vegetable mixture and whisk to combine, or transfer to a jar and shake.

Serve with pot stickers or use as a marinade for chicken, fish, shrimp, pork or beef.

Nutritional information per serving:

Calories 2 (27% from fat) • carb. 0g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0 mg • sod. 72mg • calc. 1mg • fiber 0g

SAUSAGE BITES IN MUSTARD WINE SAUCE

Makes 12 appetizer servings

- 1 pound smoked chicken or turkey sausage
- 2 tablespoons extra virgin olive oil
- 1 onion, peeled and cut in 1/2-inch quarter moons
- 1 cup dry white wine
- 2 tablespoons Dijon-style mustard
- 2 tablespoons chopped parsley

Cut sausages on the diagonal in 1/2 inch slices. Preheat Cuisinart® Electric Skillet to 400°F; add oil and stir to coat surface. Add onions and cook 1 minute; add sausages and cook until lightly browned, about 4 minutes.

Pour in wine; boil rapidly, stirring until reduced by about 3/4, 4-5 minutes.

Reduce heat to Warm; stir in mustard. Cook until completely coated and slightly thickened, 2-3 minutes. Garnish with parsley.

Serve as an appetizer.

Nutritional information per serving:

Calories 97 (47% from fat) • carb. 4g • pro. 6g • fat 5g • sat. fat 2g
• chol. 20mg • sod. 595mg • calc. 6mg • fiber 0g

HONEY TOASTED NUTS

Makes 20 servings

- 1 tablespoon unsalted butter
- 1/2 cup honey
- 1 cup shelled almonds
- 1 cup shelled walnuts
- 1 cup shelled pecans
- 1 cup shelled, blanched hazelnuts
- 1 teaspoon cinnamon
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cloves
- 1/8 teaspoon freshly ground black pepper
- 1 cup raisins

Preheat Cuisinart® Electric Skillet to 275°F; melt butter and honey. Stir in nuts to coat thoroughly. Add cinnamon, salt, cloves, and pepper. Cook, stirring often to prevent burning, for about 10 minutes or until nuts are light brown. Add raisins and mix.

Cool mixture on a baking sheet covered with aluminum foil. Break up clusters if desired and serve as snack or topping for ice cream.

Nutritional information per serving:

Calories 211 (61% from fat) carb. 18g • pro. 4g • fat 15g • sat. fat 2g
• chol. 2mg • sod. 36mg • calc. 41mg • fiber 2g

SKILLET TZIMMES

Makes 12 servings

- 1½ pounds sweet potatoes, peeled, cut in ½-inch quarter moons
- 1 pound baby carrots
- 1 cup dried cranberries
- 1 cup dried plums
- 1 cup dried apricots
- 1 cup golden raisins
- 2 tablespoons brown sugar, lightly packed
- 1 teaspoon kosher salt
- ½ teaspoon cinnamon
- 2 tablespoons unsalted butter,
(or margarine for a more traditional dish)
- ½ cup orange juice, room temperature
- ½ cup apple juice, room temperature

Combine sweet potatoes, carrots, cranberries, plums, apricots, and raisins in a large mixing bowl. Sprinkle with brown sugar, salt and cinnamon; mix thoroughly, but gently.

Preheat Cuisinart® Electric Skillet to 250°F, melt butter and stir in Tzimmes mixture to coat. Pour in orange and apple juices. Bring to a boil. Reduce heat to simmer and cook until vegetables are tender, stirring every 15-20 minutes. Serve hot.

Nutritional information per serving:

Calories 234 (8% from fat) • carb. 55g • pro. 3g • fat 2g • sat. fat 1g
• chol. 5mg • sod. 148mg • calc. 40mg • fiber 6g

POTATO PANCAKES (LATKES)

Makes 12 servings

- 1 pound russet potatoes, peeled, shredded
- ½ cup grated onion (about ½ onion)
- 2 tablespoons matzo meal
- 1 tablespoon chopped parsley (lightly packed)
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

- 1 large egg, lightly beaten
- 2 tablespoons extra virgin olive oil, divided

Squeeze all excess liquid out of potatoes and onions by wrapping up in a clean towel and gently wringing. Place in a bowl; add matzo meal, parsley, salt and pepper and toss to mix thoroughly. Stir in egg.

Preheat Cuisinart® Electric Skillet to 350°F. Add 1 tablespoon oil and swirl to coat bottom of pan. Drop pancake mixture by scant ¼ cup to form 6 cakes – evenly spaced in pan. Press down on top to flatten to about ¼ inch thickness. Cook about 8-10 minutes or until crispy and light brown. Repeat, using remaining 1 tablespoon oil. Keep warm on a rack in a 200°F oven.

Serve with warm applesauce.

Nutritional information per pancake:

Calories 67 (66% from fat) • carb. 5g • pro. 1g • fat. 5g • sat. fat 1g
• chol. 18mg • sod. 117mg • calc. 4mg • fiber 0g

SKILLET ROASTED POTATOES

Makes 12 servings

- 3½ pounds small red new potatoes
- 1 cup chicken stock, nonfat, low-sodium
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly chopped parsley
- 1 tablespoon minced garlic
- 1 tablespoon lemon zest
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper.

Preheat Cuisinart® Electric Skillet to 300°F. Add potatoes and stock; cover and cook until almost tender, and most of the water has evaporated, 15-18 minutes depending on size.

Lower heat to 200°F; add olive oil, one tablespoon parsley, garlic, lemon zest, salt and pepper. Toss to combine and cook 1-2 minutes. Do not let garlic burn.

To serve, garnish with remaining parsley.

Nutritional information per serving:

Calories 127 (16% from fat) • carb. 24g • pro. 4g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 172mg • calc. 64mg. • fiber 5g

ORZO & RICE PILAF

Makes 12 servings

1 tablespoon extra virgin olive oil
1 tablespoon unsalted butter
1½ cups orzo
1 cup chopped onion
1 cup chopped celery
1 tablespoon minced garlic
1 teaspoon kosher salt
¼ teaspoon freshly ground white pepper
1 cup long grain white rice
4 cups chicken stock, nonfat, low sodium
1 cup water
1 tablespoon freshly chopped parsley

Preheat Cuisinart® Electric Skillet to 300°F. Add olive oil and butter; stir to coat skillet. When foam subsides, sauté orzo until lightly toasted, about 3 minutes; add onion, celery, garlic, salt and pepper. Stir 1 minute; add rice and stir to combine. Add stock and water; bring to a boil. Reduce heat to a simmer; cook until rice is tender and all the liquid has evaporated, about 15 minutes. Stir, turn off heat, cover and let rest for 5 minutes.

To serve, garnish with parsley

Nutritional information per serving:

Calories 159 (15% from fat) • carb. 29g • pro. 5g • fat 3g • sat. fat 1g
• chol. 3mg • sod. 293mg • calc. 15mg • fiber 1g

GINGERED GLAZED CARROTS

Makes 8 servings

2 pounds baby carrots
1 cup chicken stock, nonfat, low-sodium
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
3 tablespoons brown sugar, lightly packed
2 tablespoons unsalted butter
2 tablespoons chopped or candied ginger
1 tablespoon freshly chopped parsley

Preheat Cuisinart® Electric Skillet to 300°F. Add carrots, chicken stock, salt and pepper; cover and bring to a boil. Reduce heat to a simmer and cook 5 minutes or until almost tender.

Stir in brown sugar, butter and ginger; cook until all the liquid has evaporated and the carrots are glazed with sauce, about 5 minutes. Garnish with parsley.

Nutritional information per serving:

Calories 90 (33% from fat) • carb. 14g • pro. 1g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 189 mg. • calc. 38mg • fiber 3g

GREEN BEANS WITH TOASTED ALMONDS

Makes 4 servings

1 teaspoon extra virgin olive oil
1 tablespoon finely chopped shallots
1 pound green beans, trimmed
¼ teaspoon kosher salt
⅙ teaspoon freshly ground black pepper
1½ tablespoons unsalted butter
2 tablespoons slivered almonds, lightly toasted

Preheat Cuisinart® Electric Skillet to 250°F; add olive oil, but do not stir. Add shallots to oil and cook 1 minute. Add beans and season with salt and pepper; stir to combine. Cook 2 minutes; add 1 cup water, cover and steam 5 minutes. Remove cover and cook until water has evaporated and beans are tender, 6-7 minutes. Add butter and almonds; toss to coat.

Nutritional information per serving:

Calories 67 (37% from fat) • carb. 10g • pro. 2g • fat 3g • sat. fat 1g
• chol. 4mg • sod. 89mg • calc. 56mg • fiber 4g

PAN SEARED ASPARAGUS

Makes 4 servings

- 1 pound fresh asparagus, ends trimmed, peeled
- 1 teaspoon vegetable oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons freshly grated Parmesan cheese

Place asparagus on a flat plate and toss with oil; season with salt and pepper.

Preheat Cuisinart® Electric Skillet to 350°F; add asparagus stalks in one layer. Cover and cook, stirring 4-5 times, until crisp tender, about 8-10 minutes.

Sprinkle with Parmesan; serve hot.

Nutritional information per serving:

Calories 49 (36% from fat) • carb. 5g • pro. 4g • fat 2g • sat. fat 1g
• chol. 2mg • sod. 214mg • calc. 56mg • fiber 2g

PAN ROASTED VEGETABLES

Makes 8 servings

- 1 tablespoon extra virgin olive oil
- ¾ pound white new potatoes, unpeeled, cut in 1-½-inch dice
- ¾ pound red new potatoes, unpeeled, cut in 1-½-inch dice
- 2 large shallots, peeled, cut in half
- 10 ounces baby carrots, whole
- 10 ounces green beans cut in half width-wise
- 2 large cloves garlic, peeled, left whole, slightly crushed
- 1 teaspoon thyme
- ¾ teaspoon kosher salt

- ¼ teaspoon freshly ground black pepper
- ½ cup sun-dried tomatoes, slivered
- 2 tablespoons chopped fresh parsley

Preheat Cuisinart® Electric Skillet to 375°F; add olive oil and stir to coat Skillet. Cook potatoes and shallot halves until lightly browned, about 10 minutes. Reduce heat to 300°F; add carrots, green beans, garlic, thyme, salt, pepper and ½ cup water. Cover and cook until almost tender and water has evaporated, about 15-20 minutes; add sun dried tomatoes and cook 3-4 minutes.

To serve, remove garlic pieces; sprinkle with parsley.

Nutritional information per serving:

Calories 112 (16% from fat) • carb. 22g • pro. 4g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 151mg • calc. 70mg • fiber 6g

SHERRY VINEGAR CHICKEN & PEPPERS

Makes 6 servings

- 6 chicken breast halves (5-6 ounces each), boneless, skinless
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour
- 4 tablespoons extra virgin olive oil
- 4 cups thinly sliced mixed red, yellow, green and/or orange bell peppers
- 1 medium onion, peeled and thinly sliced
- 4 large cloves garlic, peeled and finely chopped
- 2 teaspoons herbes de Provence
- ¼ cup chicken stock or broth, nonfat, low sodium
- ¼ cup sherry
- 1½ tablespoons sherry vinegar
- 2 tablespoons freshly chopped parsley

Season the chicken with salt and pepper; dust lightly with flour. Preheat the Cuisinart® Electric Skillet to 350°F; add 2 tablespoons of the oil. Sauté the chicken, turning once until golden on both sides, about 6-7 minutes. Transfer to a plate and cover loosely with foil.

Add the remaining 2 tablespoons of oil to the Skillet; reduce the heat to

250°F. Cook the bell peppers and onions, stirring often, for 2 minutes; cover and cook another 2 minutes. Add garlic; cook 1 minute. Stir in Herbes de Provence, stock and sherry; cook until reduced by half. Add the vinegar. Return the chicken and its accumulated juices to the Skillet. Reduce heat to 200°F, cover, and simmer until chicken is completely cooked through, about 3 minutes. Garnish with parsley.

Nutritional information per serving:

Calories 274 (15% from fat) • carb. 12g • pro. 43g • fat 5g • sat. fat 1g
• chol. 109mg • sod. 226mg • calc. 49mg • fiber 1g

CHICKEN COUNTRY CAPTAIN

Makes 6 servings

1/3 cup all-purpose flour
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
6 chicken breasts (6 ounces), boneless, skinless
2 tablespoons extra virgin olive oil
1 tablespoon unsalted butter
2 cloves garlic, peeled and minced
1 large onion, cut in 1/2-inch pieces
1 yellow pepper, cored, seeded & cut in 1/2 x 2-inch pieces
1 orange or red pepper, cored, seeded & cut in 1/2 x 2-inch pieces
1 green pepper, cored, seeded & cut in 1/2 x 2-inch pieces
1 tablespoon curry powder
1 teaspoon thyme
1 bay leaf
2 cans (14 ounce) diced tomatoes with juices
1 cup chicken stock, nonfat, low sodium
3/4 cup raisins or currants
4 green onions, trimmed and cut in 1/8-inch slices
2 tablespoons freshly chopped parsley
2 tablespoons slivered almonds, lightly toasted

Preheat Cuisinart® Electric Skillet to 400°F. Combine flour with salt, pepper and cayenne in a flat bowl; lightly coat chicken breasts, shaking off excess.

Pour olive oil into Skillet and swirl to coat bottom. Brown chicken breasts

about 4 minutes per side or until golden. Remove and keep warm. Reduce heat to 200°F; add the butter. Cook the garlic, onions and peppers for 2-3 minutes or until slightly softened. Add curry powder, thyme, and bay leaf; stir. Add tomatoes and chicken stock; bring to a boil. Add chicken breasts, loosely cover Skillet, and simmer for 12 to 15 minutes.

Remove cover; add raisins and green onions. Simmer for 5 minutes or until chicken is completely cooked. Remove and discard bay leaf. Garnish with chopped parsley and toasted almonds. Serve with rice.

Nutritional information per serving:

Calories 463 (26% from fat) • carb. 33g • pro. 54mg • fat 13g • sat. fat 3g
• chol. 136mg • sod. 700mg • calc. 85mg • fiber 5g

CHICKEN AND MUSHROOMS WITH TARRAGON CREAM SAUCE

Makes 6 servings

6 chicken breast halves (5-6 ounces each), boneless, skinless
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground white pepper
1 tablespoon extra virgin olive oil, divided
1 tablespoon unsalted butter, divided
8 ounces white mushrooms, sliced
1/3 cup minced shallots
1/2 cup vermouth or dry white wine
1 cup chicken stock, nonfat, low sodium
1 tablespoon freshly chopped tarragon*, divided
1/4 cup sun-dried tomatoes (not packed in oil), slivered, divided
1 cup light cream

Season chicken with salt and pepper.

Preheat Cuisinart® Electric Skillet to 300°F; melt oil and butter. Add chicken breasts and cook until browned, about 2-3 minutes; turn and cook 2-3 minutes longer. (Do not cook through – they will finish in the cream sauce.) Remove chicken, cover loosely while making sauce.

Heat remaining oil and butter and brown mushrooms, stirring occasionally, about 3 minutes. Add shallots; stir constantly for 30 seconds or until soft-

ened; do not let burn. Add wine, chicken stock, ½ tablespoon tarragon, 3 teaspoons sun-dried tomatoes. Cook until liquid has reduced to about ½ cup; add accumulated juices from the chicken breasts and cook 1 minute. Add cream and cook until thickened, about 3 minutes. Push the mushrooms to one side; return chicken breasts in a single layer. Cover and reduce heat to 200°F; simmer until chicken is cooked through, 5-6 minutes longer.

To serve, place chicken breasts on a warm plate; cover with sauce and mushrooms. Garnish with remaining fresh tarragon and sun-dried tomatoes. * If you do not have fresh tarragon, substitute fresh parsley and add ¼-teaspoon dried tarragon with the sun-dried tomatoes.

Nutritional information per serving:

Calories 411 (39% from fat) • carb. 7g • pro. 52g • fat 17g • sat. fat 8g
• chol. 163mg • sod. 368mg • calc. 72mg • fiber 1g

PORK CHOPS WITH APPLES & ONIONS

Makes 6 servings

6 pork chops (6 ounce), center cut, boneless
1 teaspoon kosher salt, divided
¼ teaspoon freshly ground black pepper
2 cups chicken stock, nonfat, low sodium
1½ pounds onions, peeled and sliced (8 cups)
4 ounces shallots (about 3 large), peeled and sliced
1 pound Granny Smith apples, peeled, cored and sliced
1 tablespoon cider vinegar
1 teaspoon caraway seeds
½ teaspoon sage

Cut excess fat from chops and season both sides with salt and pepper. Preheat Cuisinart® Electric Skillet to 350°F; sear chops until light brown on both sides, about 5-6 minutes total. Cover loosely with foil to keep warm.

Add ½-cup chicken stock to hot Skillet and stir up the nice brown bits from the chops, about 1 minute. Add onions, shallots, apples, the remaining stock, vinegar, caraway and sage. Bring to a boil; lower heat to maintain a simmer. Cover skillet; cook, stirring occasionally for about 20-25 minutes until most of the liquid has evaporated and the onions are tender.

Add chops and their juices to onion mixture; cover and cook until meat registers 160°F when tested with an instant-read thermometer, about 10 minutes longer. Serve hot.

Nutritional information per serving:

Calories 453 (29% from fat) • carb. 26g • pro. 55g • fat 15g • sat. fat 6g
• chol. 140mg • sod. 496mg • calc. 41mg • fiber 3g

CAJUN BBQ SHRIMP

Makes 6 servings

1½ cups unsalted butter
3 tablespoons chopped garlic
2 tablespoons chopped shallots
2 tablespoons Worcestershire sauce
1 teaspoon *Tabasco® sauce
4 bay leaves
1 teaspoon paprika
1 teaspoon rosemary
1 teaspoon oregano
1 teaspoon thyme
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 pound shrimp (16 – 20)
1 lemon, cut in 6 pieces

Preheat a Cuisinart® Electric Skillet to 200°F; melt butter. Add garlic, shallots, Worcestershire, Tabasco®, bay leaves, paprika, rosemary, oregano, thyme, salt and pepper. Cook uncovered for 5 minutes.

Add shrimp; adjust heat to a simmer and cook for 5 minutes; turn shrimp and cook until opaque, about 3 to 5 minutes longer.

Garnish with lemon wedges. Serve with crusty bread to soak up the sauce.

Nutritional information per serving:

Calories 613 (71% from fat) • carb. 4g • pro. 41g • fat 48g • sat. fat 29g
• chol. 493mg • sod. 718mg • calc. 119mg • fiber 0g

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

SPICY SAUSAGE AND SHRIMP

Makes 6 servings

- ½ pound spicy cooked sausage (andouille or chorizo) cut in ¼-inch rounds (chicken or turkey andouille or chorizo will be lower in fat)
- 1 cup sliced celery, (about 2 stalks) cut on the bias in ¼-inch pieces
- 1 green bell pepper, peeled, cored, thinly sliced
- 1 yellow bell pepper, peeled, cored, thinly sliced
- 1 orange or red bell pepper, peeled, cored, thinly sliced
- 3 cloves garlic, peeled, crushed, but left whole
- 3 tablespoons finely chopped shallots
- 1 cup vermouth or dry white wine
- 2 cans (14 ounce) diced tomatoes
- 2 tablespoons tomato paste
- 2 cups chicken stock, fat free, low sodium
- 2 bay leaves
- 1 teaspoon marjoram (or oregano)
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2-3 drops *Tabasco® sauce or more, to taste
- 1½ pounds large shrimp, peeled and deveined
- 1 tablespoon freshly chopped parsley
- 2 green onions, thinly sliced

Place sliced sausages in a cold Cuisinart® Electric Skillet; set the temperature to 300°F. When the sausage pieces are nicely browned, add the celery, green pepper, yellow pepper, orange pepper and garlic. Cook, stirring, for about 3-4 minutes, or until vegetables have softened. Add shallots; stir for 30 seconds (do not let burn), then immediately pour in wine. Add tomatoes, tomato paste, chicken stock, bay leaves, and marjoram. Reduce heat to a simmer and cook for about 10 minutes, stirring occasionally. Remove garlic pieces; taste for seasoning. Add salt, pepper and Tabasco® if desired.

Add shrimp; stir to combine, cover, and cook until shrimp are firm and pink, about 3 to 4 minutes. Garnish with parsley and green onions. Serve with rice or crusty bread.

Nutritional information per serving:

Calories 315 (27% from fat) • carb. 15g • pro. 36g • fat 9g • sat. fat 3g
• chol. 254mg • sod. 830mg • calc. 107mg • fiber 3g

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

SLIGHTLY SPICY SLOPPY JOES

Makes 16 servings

- 3 pounds very lean ground beef (90-95%)
- 1 pound onion, chopped
- 3 cloves garlic, peeled and minced
- 1 yellow bell pepper, cored, seeded and chopped
- 1 can (28 ounces) thick tomato purée
- 1 can (6 ounces) unsalted tomato paste
- 1 cup beef broth or stock, fat free, low sodium
- 2 tablespoons brown sugar, lightly packed
- 2 tablespoons Worcestershire sauce
- 2-3 tablespoons chipotle chile* with sauce (or to taste), finely chopped
- 1 teaspoon kosher salt

Preheat the Cuisinart® Electric Skillet to 350°F; brown meat, breaking up chunks with the back of a spoon. Add the onion, garlic and chopped pepper; stir for 1 minute. Add tomato purée, tomato paste, beef broth, brown sugar, Worcestershire sauce, chipotle and salt. Bring to a boil, then reduce heat to a simmer.

Cook for 45 minutes, until slightly thickened. Serve on sandwich rolls.

Nutritional information per serving:

Calories 186 (43% from fat) • carb. 10g • pro. 17g • fat 9g • sat. fat 3g
• chol. 51mg • sod. 168mg • calc. 23mg • fiber 2g

*Chipotle peppers in adobo sauce can be found in the specialty food section of most well-stocked grocery stores. Unused Chipotle pepper in sauce will keep in the refrigerator for up to a week, or may be frozen.

VEGETARIAN CHILI

Makes 12 serving

- 2 tablespoons vegetable oil
- 1½ cups chopped onion
- 1½ tablespoons chopped garlic
- 2 jalapeño peppers, seeded and finely chopped
- 2 tablespoons chili powder
- 1½ teaspoons cumin
- 1 teaspoon coriander
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 2 red bell peppers, cored, seeded and cut in ½ inch pieces
- 2 green bell peppers, cored, seeded and cut in ½ inch pieces
- 2 cups diced zucchini (2 small)
- 2 cups cut corn (15 ounce bag frozen, thawed)
- 2 cans (14 ounce) diced tomatoes, juices drained
- 1 can (15 ounce) black beans, drained
- 1 can (15 ounce) white beans, drained
- 1 cup bulgur (cracked wheat)
- 3 cups vegetable stock
- 1 tablespoon red wine vinegar

Preheat the Cuisinart® Electric Skillet to 200°F; add vegetable oil and stir to coat surface. Sauté onion, uncovered, 2 minutes. Cover and cook for 2 minutes. Add garlic and jalapeños, cover and cook 1 minute.

Add chili powder, cumin, coriander, oregano and salt; stir seasonings to coat onion mixture thoroughly. Add red and green bell peppers, zucchini, corn, tomatoes, black and white beans and bulgur. Stir to combine. Add vegetable stock and vinegar; stir. Cover Skillet. Cook until bulgur is tender, stirring occasionally, about 20 more minutes.

Nutritional information per serving:

Calories 225 (16% from fat) • carb. 42g • pro. 8g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 118mg • calc. 73mg • fiber 10 g

VEAL MARSALA

Makes 4 servings

- ¼ cup all-purpose flour
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 pound veal cutlets (scallopine), pounded very thin
- 1½ tablespoons extra virgin olive oil, divided
- ½ pound cremini or button mushrooms, sliced
- ¾ cup Marsala
- 1 cup chicken stock, fat free, low sodium (or veal demi-glace, if available)
- 1 tablespoon tomato paste (unsalted if available)
- 2 tablespoons freshly chopped parsley
- ½ teaspoon sage
- ½ teaspoon thyme
- 1 tablespoon unsalted butter

Combine flour with ¼ teaspoon salt and the pepper. Dredge each piece of veal in mixture and shake off excess.

Preheat Cuisinart® Electric Skillet to 350°F; add ½ tablespoon oil and stir to coat Skillet. Add mushrooms in a single layer; cook for 2-3 minutes, or until nicely browned. Transfer to a warm bowl.

Add ½ tablespoon oil; place half the veal in the Skillet and sear until each side is nicely browned, about 1-2 minutes each. Transfer to a warm platter. Repeat with the remaining meat. Pour the Marsala into Skillet and deglaze pan by stirring up the brown bits. Cook until Marsala is reduced by half. Add stock, tomato paste, 1 tablespoon parsley, sage and thyme; cook for 4 to 5 minutes, until the sauce has thickened slightly. Taste for seasoning and add remaining salt if desired. Swirl in the tablespoon of butter.

Add the meat back to the Skillet to warm, about 2 minutes. Garnish with remaining parsley.

Nutritional information per serving:

Calories 215 (36% from fat) • carb. 7g • pro. 18g • fat 9g • sat. fat 2g
• chol. 57mg • sod. 343mg • calc. 25mg • fiber 2g

SOLE (FLOUNDER) MEUNIÈRE

Makes 6 servings

- 6 sole or (flounder) fillets, (about 2 pounds)
- ¼ cup all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground white pepper
- 4 tablespoons unsalted butter, divided
- 2 tablespoons vegetable oil
- ½ cup white wine
- 1 tablespoon fresh lemon juice
- Zest of one lemon, finely chopped
- 1 tablespoon chopped parsley

Cut each fillet in half on the diagonal (this will make the fillets easier to turn). Combine flour with salt and pepper in a flat bowl; lightly coat fillets, shaking off excess. Preheat Cuisinart® Electric Skillet to 325°F.

Melt 2 tablespoons butter and combine with oil. Cut the remaining 2 tablespoons butter into 8 pieces and set aside to chill in refrigerator. Pour ½ the olive oil and melted butter mixture into Skillet and stir to coat surface. Add each fillet and cook for about 3 minutes or until the bottom is lightly browned. Turn over carefully with a spatula and cook the other side for 1 to 2 minutes, depending on the thickness.

Remove fillets and keep warm. Add wine to Skillet and stir to reduce for 1 minute. Add lemon juice and the pieces of cold butter; stir gently as sauce thickens slightly. Add lemon zest and parsley. Serve over fillets.

Nutritional information per serving:

Calories 270 (47% from fat) • carb. 3g • pro. 29g • fat 14g • sat fat 6g
• chol. 93g • sod. 347mg • calc. 35mg • fiber 0g

PENNE ALLA VODKA

Makes 8 servings

- 1 pound penne pasta
- 4 teaspoons extra virgin olive oil
- ½ cup chopped onion
- 3 cloves garlic, peeled and minced
- 1 can (35 ounce) Italian plum tomatoes with juices (unsalted if possible)
- ½ cup vodka
- ⅔ cup heavy cream
- ¼ teaspoon kosher salt
- ¼ teaspoon hot pepper flakes (to taste)
- 2 tablespoons freshly chopped parsley

Cook pasta according to package directions, drain, and reserve.

Preheat Cuisinart® Electric Skillet to 200°F; add oil and stir to coat surface. Add onion and cook until softened, about 3-5 minutes. Add garlic and stir 1 minute; do not let burn. Add tomatoes, chopping them up with a spoon. Bring to a boil; lower heat to simmer and cook uncovered until slightly thickened, about 10 minutes.

Add vodka; simmer 2 to 3 minutes. Add cream; simmer 2 minutes. Season with salt and hot pepper flakes.

Toss pasta with ½ the sauce in a warm bowl. Ladle the remaining sauce on top. Garnish with chopped parsley.

Nutritional information per serving (sauce only):

Calories 589 (424% from fat) • carb. 42g • pro. 9g • fat 29g • sat. fat 12g
• chol. 58mg • sod. 910mg • calc. 234mg • fiber 12g

BOLOGNESE SAUCE

Makes 8 servings (enough for 1 pound pasta)

- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 1½ pounds lean ground beef (90% lean)
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 cup whole milk
- ⅛ teaspoon freshly grated nutmeg
- 1 cup dry white wine
- 2 cans (14 ounce) diced tomatoes, with the juices
- ¼ cup tomato paste
- 1 cup beef stock, nonfat, low sodium
- 1 pound pasta

Preheat Cuisinart® Electric Skillet to 300°F; melt olive oil and butter. Add onion, carrots and celery; cook, stirring, for 3 minutes or until vegetables are softened. Increase temperature to 350°F. Add ground beef and cook, breaking up large chunks, until browned, about 5 minutes. Season with salt and pepper.

Pour in milk and nutmeg; cook until almost evaporated, about 5 minutes. Add white wine and cook until almost evaporated, about 10 minutes. Add tomatoes, tomato paste, and beef stock. Lower heat to simmer, 200°F, and cook uncovered until sauce has thickened and meat is tender, about 1 hour longer.

To serve, cook pasta according to package instructions, reserving one cup of cooking water. If sauce seems too thick, add reserved water. Gently combine hot pasta with meat sauce right in the Skillet.

Nutritional information per serving:

Calories 253 (47% from fat) • carb. 11g • pro. 18g • fat 13g • sat. fat 5g
• chol. 59mg • sod. 289mg • calc. 73mg • fiber 3g

TURKEY MEATBALLS

Makes 6 servings

- ½ pound ground turkey
- ¼ pound turkey sausage
- ½ cup fresh breadcrumbs
- ⅓ cup chopped onion
- ⅓ cup chopped parsley
- ¼ cup grated Parmesan cheese
- 1 large egg, beaten
- 1 clove garlic, peeled and minced
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1½ teaspoons extra virgin olive oil
- 12 ounces pasta

In a large bowl, stir together the ground turkey, turkey sausage, breadcrumbs, onion, parsley, Parmesan, egg, garlic, salt and pepper. Shape into 1½-inch meatballs.

Preheat Cuisinart® Electric Skillet to 300°F; add olive oil and spread with the back of a spoon to evenly coat Skillet; add meatballs. Cook for 8-10 minutes, turning every minute or so until all sides are nicely browned. Remove from pan and set aside while making tomato sauce.

When ready to serve, add meatballs to simmering tomato sauce; cook for 3 minutes or until completely heated through.

Cook pasta al dente according to package directions; drain, saving ½ cup cooking water. Toss pasta with ½ of the sauce and ½ cup pasta water. Top with remaining sauce and meatballs.

Nutritional information per serving:

Calories 241 (38% from fat) carb. 18g • pro. 20g • fat 10g • sat. fat 3g
• chol. 84mg • sod. 559mg • calc. 78mg • fiber 0g

RUSTIC TOMATO SAUCE

Makes 7 cups (enough for 1 pound of pasta)

- 1 tablespoon extra virgin olive oil
- 1 cup chopped onion
- 1/3 cup chopped carrot
- 1/3 cup chopped celery
- 3 cloves garlic, peeled and chopped
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 bay leaf
- 1/2 cup white vermouth or dry white wine
- 3 cans (14 ounce) diced tomatoes, with juices
- 2 tablespoons tomato paste
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

Preheat Cuisinart® Electric Skillet to 250°F; add oil and stir to coat surface.

Sauté the onion, carrot, celery, and garlic until tender, about 3 minutes. Add oregano, basil and bay leaf; stir for 30 seconds. Add vermouth and stir until reduced by half. Add the tomatoes and tomato paste.

Reduce heat to keep sauce at a simmer. Cook uncovered, for about 30 minutes, stirring occasionally, until thickened slightly. (If serving with Turkey Meatballs, add them to sauce about 10 minutes before serving.) Taste for seasoning and add salt and pepper if desired. Remove bay leaf before serving. May be made ahead; cool, cover and chill.

Nutritional information per serving:

Calories 90 (19% from fat) • carb. 14g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 305mg • calc. 67mg • fiber 4g

VANILLA BEAN POACHED PEARS

Makes 10 servings

- 2 bottles (750 ml) chardonnay (about 6-2/3 cups)
- 1 cup granulated sugar
- 1/2 teaspoon whole white peppercorns
- 2 vanilla beans
- 5 large Bosc or Bartlett pears (about 8 ounces each)
- 1/2 lemon

Pour chardonnay into Cuisinart® Electric Skillet; add sugar, peppercorns and 3 cups water and bring to a boil. Cut the vanilla beans down the middle and scrape tiny seeds into the wine mixture; add the pods. Cover and simmer for 10 minutes while preparing the pears.

Squeeze lemon juice into a medium bowl and fill half way with tap water. Peel, halve and core the pears, leaving stems attached; place in lemon water. When all the pears are cut, remove from water and add to simmering liquid. Cover and poach for 20 to 30 minutes or until the pears are just tender.

Turn off heat and cool in wine. To serve, remove pears; bring liquid back to a boil and reduce by half. Pour over pears and serve with freshly whipped cream or crème anglaise.

Nutritional information per serving (1/2 pear):

Calories 252 (3% from fat) • carb. 39g • pro. 1g • fat 1g • sat. fat 0g
• chol. 2mg • sod. 8mg • calc. 29mg • fiber 3g

CHOCOLATE CHERRY UPSIDE DOWN CAKE

Makes 24 servings

- ¼ cup unsalted butter
- 1 cup packed light brown sugar
- 24 ounces sweet pitted cherries
(frozen, thawed, patted dry – about 4 cups)
- 1 cup unsweetened cocoa powder
- 1 cup boiling water
- 6 large eggs
- 1½ cups light sour cream, divided
- 1 tablespoon pure vanilla extract
- 1 teaspoon pure almond extract
- 4⅔ cups all-purpose flour
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup + 2 tablespoons unsalted butter, cut in 1-inch pieces,
at room temperature
- 1¼ cups packed light brown sugar
- ½ cup reduced fat milk

Preheat Cuisinart® Electric Skillet to 200°F and melt ¼ cup butter. Sprinkle evenly with 1 cup brown sugar and cherries. Turn off heat; reserve.

Place cocoa and boiling water in a medium bowl and stir to blend and remove all lumps; reserve. Place eggs in a medium bowl; beat lightly. Add ½ cup of the sour cream, vanilla and almond extracts; stir until smooth; reserve. Place flour, cinnamon, baking powder, baking soda, and salt in a medium bowl; stir to blend; reserve.

Place 1 cup + 2 tablespoons butter in a large bowl with 1-¼ cups brown sugar. Using a Cuisinart® Hand Mixer on low speed, mix for 30 seconds; increase speed to medium and mix until smooth and creamy, about 2 minutes. Add reserved cocoa and egg mixtures; mix until smooth and creamy, about 1 minute.

Add half the flour and the remaining sour cream; mix on low speed 40 seconds. Scrape the bowl. Add remaining flour and milk; mix on low speed until well blended, about 1 minute. Scrape the bowl.

Spoon the batter evenly over the brown sugar and cherries. Cover loosely (prop lid with a wooden spoon handle set to one side near the handles), and turn Skillet to 350°F for 5 minutes or until it begins to bubble. Turn heat down to 250°F and “bake” cake until it has risen and appears completely “dry” (no longer looks like wet batter) on top. Turn off Skillet. Loosen edges with a heat-proof nonstick spatula and cover Skillet with a large platter. Invert immediately – do not wait – brown sugar/cherry topping may start to burn with residual heat. Using potholders, lift Skillet straight up. Remove any cherries that may have stuck to the pan and replace on top of the cake. Let cool and sprinkle with powdered sugar to serve.

Nutritional information per serving:

Calories 326 (36% from fat) • carb. 48g • pro. 6g • fat 14g • sat. fat 8g
• chol. 87mg • sod. 195mg • calc. 66mg • fiber 2g

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