

Cuisinart®

RECIPE BOOKLET



Custom Classic™ Toaster Oven Broiler

TOB-40

CONTENTS

BREAKFAST

French Toast Strata	3
Blueberry Corn Muffins	4
Whole Wheat Banana Chocolate Chip Bread	4

APPETIZERS

Gorgonzola & Ricotta Bruschetta	5
Roasted Vegetable Quesadillas	5
Quick Cheese Nachos	6

SIDE DISHES

Twice Baked Potatoes	7
Broccoli & Cauliflower Gratin	7
Roasted Asparagus	8

ENTRÉES

Pizza Dough	8
White Pizza with Prosciutto, Arugula & Tomatoes	9
Roasted Garlic & Onion Pizza	9
Baked Rigatoni with Chicken Sausage, Broccoli & Peppers	10
Herb-Crusted Beef Tenderloin	10
Moroccan Spiced Baked Chicken	11
Roasted Flounder with Artichokes and Capers	11
Pizza Bagels	12
Prosciutto, Arugula & Fontina Open-Faced Sandwich	12

DESSERTS

Cranberry, Ginger & Apple Crisp	12
Bittersweet Espresso Brownies	13
Old Fashioned Yellow Layer Cake	13

RECIPES

French Toast Strata

Give your family a new twist on French toast this weekend. To save time, prepare the night before and then bake in the morning.

Makes 8 servings

- nonstick cooking spray
- 4 large eggs
- 2 cups whole milk
- 1 cup heavy cream
- 1 tablespoon pure vanilla extract
- 1/3 cup pure maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 loaf (1 pound) challah bread, cut into 1/2-inch x 9-inch strips
- 2 tablespoons packed light brown sugar, divided
- 2 tablespoons unsalted butter, cut into 1/2-inch pieces

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray; reserve.
2. Put the eggs, milk, cream, vanilla, syrup, spices and salt into a medium mixing bowl. Whisk until completely combined, reserve.
3. Tightly fit half of the challah bread strips into the bottom of the prepared pan. Pour half of the egg mixture on top and evenly dot with half of the brown sugar. Repeat with the remaining bread, placing it in the opposite direction of the first layer of bread. Pour the remaining egg mixture on top, dot with the remaining brown sugar. Cover and chill in the refrigerator for at least 2 hours, or overnight.
4. Remove the strata from the refrigerator and bring to room temperature. Preheat the toaster oven to 350°F on the Bake setting with the rack in position A. Dot the top of the strata with the butter and loosely cover with

aluminum foil. Bake in preheated oven for about 15 minutes; remove foil and bake for an additional 10 minutes, or until the internal temperature of the strata reaches 160°F.

5. Remove and serve immediately.

Nutritional information per serving:

*Calories 420 (47% from fat) • carb. 44g • pro. 11g • fat 22g
sat. fat 12g • chol. 190mg • sod. 430mg • calc. 177mg • fiber 2g*

Blueberry Corn Muffins

A perfect combination of two old-time favorite muffins.

Makes six muffins

- nonstick cooking spray**
- 1/3 cup cornmeal**
- 2/3 cup unbleached, all-purpose flour**
- 1/4 teaspoon salt**
- 1/4 teaspoon baking soda**
- 3/4 teaspoon baking powder**
- 1/4 cup granulated sugar**
- 1/4 teaspoon lemon zest**
- 1 large egg, lightly beaten**
- 1/4 cup whole milk**
- 3 tablespoons unsalted butter, melted and cooled to room temperature**
- 1/4 cup plain yogurt or sour cream, room temperature**
- 1/2 cup fresh or frozen (thawed) blueberries**

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.
2. Lightly coat a six-cup muffin pan with nonstick cooking spray; reserve.
3. Put the cornmeal, flour, salt, baking soda and powder, sugar and zest into a large mixing bowl. Whisk to combine.

4. Mix the egg, milk, butter and yogurt/sour cream together. Add to the dry ingredients and mix until just combined. Gently fold in the blueberries – you want to be sure not to over-mix the batter.
5. Divide the batter among the prepared muffin cups.
6. Bake in the preheated oven for about 16 to 18 minutes, or until a cake tester comes out clean and the tops of the muffins spring back to the touch.

Nutritional information per muffin:

*Calories 182 (35% from fat) • carb. 42g • pro. 4g • fat 7g
sat. fat 4g • chol. 53mg • sod. 225mg • calc. 45mg • fiber 1g*

Whole Wheat Banana Chocolate Chip Bread

A great excuse to have chocolate for breakfast. Of course, if one thinks that it is too sweet, the chips can be omitted.

Makes one 9 x 5 x 3-inch loaf

- 1 cup chopped walnuts**
- nonstick cooking spray**
- 1 cup unbleached, all-purpose flour**
- 1 cup whole-wheat flour**
- 3/4 teaspoon baking soda**
- 3/4 teaspoon salt**
- 1/2 cup granulated sugar**
- 1/2 teaspoon ground cinnamon**
- 1/2 cup semisweet chocolate chips**
- 6 tablespoons unsalted butter, room temperature**
- 2 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 3 medium very ripe bananas, mashed**
- 1/4 cup plain yogurt or sour cream, room temperature**

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1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A. Line the baking sheet with aluminum foil. Lay the walnuts evenly on the prepared baking sheet; toast for about 3 minutes, or until fragrant and lightly browned. Reserve. Reduce the oven temperature to 350°F.
 2. Lightly coat a loaf pan with nonstick cooking spray. Reserve.
 3. Put the flours, baking soda, salt, sugar, cinnamon, chocolate chips and cooled, toasted walnuts into a small bowl. Stir to combine; reserve.
 4. Put the butter, eggs, vanilla, bananas and yogurt/sour cream into a large mixing bowl. Whisk together, or use a hand or stand mixer with the beater/paddle attachments, until completely combined so that there are no lumps. Add the dry ingredients and mix until just combined. Pour batter into the prepared pan.
 5. Bake in the preheated oven for about 45 to 50 minutes, or until a cake tester comes out clean.

*Nutritional information per serving (based on 12 servings):
Calories 303 (45% from fat) • carb. 37g • pro. 6g • fat 16g
sat. fat 6g • chol. 51mg • sod. 227mg • calc. 27mg • fiber 3g*

Gorgonzola & Ricotta Bruschetta

A quick and impressive appetizer. These will go quickly, so be prepared to make a second batch!

Makes 12 bruschetta

- 12** slices (½-inch thick) French bread
- 1** garlic clove, smashed
- ½ to 1** tablespoon olive oil
- 1** cup ricotta, strained
- 2** tablespoons grated Parmesan
- ½** teaspoon kosher or sea salt
- ½** teaspoon freshly ground black pepper
- pinch ground nutmeg

- ½** cup crumbled gorgonzola
- ½ to 1** tablespoon honey

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position C.
2. Rub one side of each slice of bread with garlic and then brush with olive oil. Insert the broiling rack into the baking pan; place prepared bread on top and bake in preheated oven for about 3 to 4 minutes, or until lightly toasted and reserve. Switch setting to Broil.
3. While bread is toasting, prepare topping. Put the ricotta, Parmesan, salt, pepper and nutmeg into a small bowl. Stir to combine. Distribute evenly among the toasted bread, and then top with the gorgonzola. Return to oven and then broil for 3 to 4 minutes, or until cheese is fully warmed.
4. Drizzle honey over bruschetta and serve immediately.

*Nutritional information per serving:
Calories 120 (46% from fat) • carb. 11g • pro. 5g • fat 6g
sat. fat 3g • chol. 10mg • sod. 300mg • calc. 108mg • fiber 1g*

Roasted Vegetable Quesadillas

While we are suggesting to serve these as an appetizer, they can be a nice lunch or dinner for two when paired with a salad or soup.

Makes two quesadillas (four servings)

- ½** small zucchini, cut into ½-inch pieces
- ½** bell pepper (red, yellow or orange is preferable), cut into ½-inch pieces
- ½** jalapeño pepper, seeded and finely chopped
- ½** small onion (approximately 2 ounces), sliced
- 1** garlic clove, smashed
- 1** teaspoon olive oil, plus ½ tablespoon for brushing
- ¼** teaspoon kosher or sea salt
- ¼** teaspoon freshly ground black pepper

- ¼ cup corn kernels, fresh or frozen**
- ¼ cup black beans, drained**
- 1 tablespoon cilantro, roughly chopped**
- 1 ounce Monterey Jack, shredded**
- 1 ounce goat cheese**
- 2 10-inch flour tortillas**

1. Preheat the toaster oven to 450°F on the Bake setting with the rack in position B. Line baking pan with aluminum foil.
2. Toss the zucchini, peppers, onion and garlic with 1 teaspoon of the olive oil, salt and pepper in a medium mixing bowl. Put vegetables on the prepared baking pan. Bake in preheated oven until vegetables are softened and browned, about 15 to 20 minutes. Return vegetables to mixing bowl and toss with the corn, beans and cilantro. Reduce temperature to 400°F.
3. Assemble quesadillas. Line up the tortillas on a work surface. Place even amounts of the vegetable mixture on half of each tortilla, then place even amounts of cheese on each. Fold each in half, making a half-moon shape.
4. Place the quesadillas on baking pan and brush the tops lightly with remaining oil. Bake quesadillas at 400°F for about 8 to 10 minutes, until tops are golden and cheese is melted.
5. Cut quesadillas in half and serve with salsa, guacamole and/or sour cream.

Nutritional information per serving:
Calories 205 (36% from fat) • carb. 26g • pro. 8g • fat 8g
sat. fat 3g • chol. 12mg • sod. 480mg • calc. 129mg • fiber 3g

Quick Cheese Nachos

The great thing about this recipe is that you can make it as extravagant or simple as you want – add some guacamole or salsa, gourmet cheeses or keep it as is for a casual appetizer. Either way it is sure to keep the family satisfied.

Makes six servings

- 50 tortilla chips (this is an estimate, you need enough to cover the bottom of the baking tray, but can have more or less depending on how many mouths you need to feed)**
- ⅔ cup refried beans (about ½ can)**
- 1 jalapeño pepper, thinly sliced**
- 2 scallions, thinly sliced (white and green parts)**
- ½ cup sliced black olives (these can be purchased pre-sliced in a can. Be sure to drain them first)**
- 1 cup shredded Cheddar (about 3 to 4 ounces)**

1. Preheat the toaster oven to Broil on the Broil setting with the rack in position B.
2. Line the baking pan with aluminum foil. Evenly distribute the chips on top of the prepared baking pan. Distribute the remaining ingredients over the chips, as evenly as possible in the order listed.
3. Bake in the preheated oven for about 4 to 5 minutes, or until the cheese is fully melted. Serve immediately.

Nutritional information per serving:
Calories 344 (48% from fat) • carb. 37g • pro. 9g • fat 19g
sat. fat 5g • chol. 17mg • sod. 421mg • calc. 132mg • fiber 3g

Twice Baked Potatoes

During the holidays and other dinner parties, oven space and time can be scarce. This delicious side dish frees up your main oven for larger items like a turkey or roast.

Makes eight servings

- 4 Idaho or russet potatoes (10 to 12 ounces each)**
- 1 teaspoon olive oil, divided**
- $\frac{2}{3}$ cup lowfat milk**
- 2 tablespoons unsalted butter, plus 1 teaspoon for finishing**
- $\frac{1}{2}$ cup sour cream**
- $\frac{1}{2}$ teaspoon kosher or sea salt**
- $\frac{1}{2}$ teaspoon freshly ground black pepper**
- $\frac{1}{4}$ cup chopped fresh chives**

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position B.
2. Rub each potato with $\frac{1}{4}$ teaspoon of olive oil, and then evenly prick about 6 to 8 times with a fork. Place potatoes directly on the rack and bake for about 55 to 60 minutes. Remove and let cool slightly. Reduce oven temperature to 375°F.
3. When potatoes are cool enough to handle, halve each one and scoop out cooked potato, leaving a $\frac{1}{4}$ -inch thick potato shell. Reserve cooked potato and skin shells.
4. Place cooked potato in a medium bowl. Add milk and 2 tablespoons of the butter. Using a potato masher or hand mixer, mash/beat until smooth. Add sour cream, salt, pepper and chives. Mash/beat to combine completely. Generously fill the potato shells with potato mixture. (Potatoes may be prepared a day ahead to this point – cover and refrigerate. Bring to room temperature before baking.)
5. Line the baking pan with aluminum foil. Arrange potatoes on prepared pan. Melt remaining teaspoon of butter and drizzle on potatoes. Bake for 35 to 45 minutes, until potatoes are hot and golden on the tops.

Nutritional information per serving:

*Calories 180 (31% from fat) • carb. 27g • pro. 4g • fat 6g
sat. fat 4g • chol. 20mg • sod. 160mg • calc. 58mg • fiber 3g*

Broccoli & Cauliflower Gratin

To make this recipe your own, substitute your favorite cheeses for the Cheddar.

Makes eight servings

- nonstick cooking spray**
- $2\frac{1}{2}$ pounds broccoli and cauliflower florets (a mix of the two, amounts needn't be equal)**
- 1 garlic clove, finely chopped**
- $\frac{1}{2}$ medium onion, finely chopped**
- 1 teaspoon extra virgin olive oil**
- $\frac{1}{2}$ teaspoon sea or kosher salt, divided**
- $\frac{3}{4}$ teaspoon freshly ground black pepper, divided**
- 2 cups shredded Cheddar, divided**
- $\frac{3}{4}$ cup panko breadcrumbs, divided**
- $\frac{1}{4}$ cup grated Parmesan**

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray.
2. In a large stockpot, bring salted water to a boil. Add broccoli and cauliflower and cook 2 to 3 minutes, until bright and just tender. Immediately put vegetables into a large bowl of ice water. Drain and reserve in a large mixing bowl.
3. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.
4. Line the baking pan with aluminum foil. Toss the garlic and onion with the olive oil and a pinch each of the salt and pepper. Put on the prepared pan in the preheated oven and roast for 8 to 10 minutes.
5. Add the roasted garlic and onion to the bowl with the blanched vegetables. Add the remaining salt and pepper, half of the Cheddar and half of the breadcrumbs. Toss to fully combine.

6. Transfer mixture to the prepared pan and then top with the remaining cheeses and breadcrumbs.
7. Bake for 20 minutes, or vegetables are tender and cheeses are browned. Serve immediately.

Nutritional information per serving:
Calories 190 (49% from fat) • carb. 13g • pro. 12g • fat 11g
sat. fat 6g • chol. 30mg • sod. 280mg • calc. 284mg • fiber 2g

Roasted Asparagus

Asparagus is delicious roasted, plus it is so simple to prepare.

Makes four servings

- 1 pound asparagus**
- 1 teaspoon extra virgin olive oil**
- ¼ teaspoon kosher or sea salt**
- ¼ teaspoon freshly ground black pepper**

1. Preheat the toaster oven to 425°F on the Bake setting with the rack in position C.
2. Wash and thoroughly dry asparagus and trim the rough ends.
3. Line the baking pan with aluminum foil. Put asparagus on the prepared pan and toss with the olive oil, salt and pepper.
4. Bake in preheated oven for 12 to 15 minutes, until the asparagus is tender.
5. Serve immediately.

Nutritional information per serving:
Calories 36 (29% from fat) • carb. 4g • pro. 3g • fat 2g
sat. fat 0g • chol. 0mg • sod. 135mg • calc. 28mg • fiber 2g

Pizza Dough

This dough freezes very well.

Makes three 10 x 9-inch square pizzas (eighteen servings)

- 2¼ teaspoons active dry yeast**
- 1 teaspoon granulated sugar**
- ½ cup warm (105° to 110°F) water**
- 4 cups unbleached, all-purpose flour, plus more for dusting**
- 1½ teaspoons kosher or sea salt, divided**
- 1 tablespoon extra virgin olive oil**
- ¾ to 1 cup cold water**

1. Dissolve the yeast and sugar in the warm water. Let stand 3 to 5 minutes, or until the mixture gets foamy.
2. Put the flour, salt and olive oil into the work bowl of a food processor fitted with the dough blade. Pulse about 5 times to mix; scrape down the sides of the bowl.
3. Add the cold water to the yeast mixture. With the motor running, slowly pour the liquid yeast mixture through the feed tube. Process until a dough ball forms. Continue to let the machine run for 45 to 60 seconds to knead. Dough will be slightly sticky.
4. Lightly dust a sealable plastic bag with flour. Dust dough with flour. Place the dough into the floured bag; squeeze out all of the air and seal. Let rise in a warm place for 45 minutes to 1 hour.

Nutritional information per serving:
Calories 98 (14% from fat) • carb. 20g • pro. 3g • fat 2g
sat. fat 0g • chol. 0mg • sod. 178mg • calc. 1mg • fiber 3g

White Pizza with Prosciutto, Arugula & Tomatoes

Give white pizza a chance. You will not be disappointed.

Makes one 10 x 9-inch square pizza (six servings)

- nonstick cooking spray**
- 1/3 recipe pizza dough (page 10)**
- 1/2 tablespoon olive oil**
- 1 cup ricotta, strained**
- 1/3 cup grated Parmesan**
- pinch kosher or sea salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 ounce (about 4 slices) prosciutto, quartered**
- 1 cup packed arugula**
- 1 cup halved grape tomatoes**

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.
2. Lightly coat the provided baking pan with nonstick cooking spray.
3. Roll out dough into a 10 x 9-inch rectangle. Fit into the prepared pan. Brush the outer edge of the dough with olive oil. Bake in preheated oven for about 8 minutes, or until dough is lightly golden.
4. While dough is par-baking, put the ricotta, Parmesan, salt and pepper into a medium mixing bowl. Mix until well combined. Reserve.
5. Spread the ricotta mixture evenly over the par-baked pizza dough. Top the ricotta with the prosciutto, then arugula and tomatoes.
6. Bake pizza in preheated oven for about 15 minutes, or until the dough is nicely browned and the cheese is bubbling on top.
7. Let pizza rest for a few minutes, then slice and serve.

Nutritional information per serving:

*Calories 219 (41% from fat) • carb. 23g • pro. 11g • fat 10g
sat. fat 5g • chol. 28mg • sod. 451mg • calc. 156mg • fiber 3g*

Roasted Garlic and Onion Pizza

This pizza has both salty and sweet flavors.

You can also add some sliced chorizo or sausage to spice it up.

Makes one 10 x 9-inch square pizza (six servings)

- 1/3 recipe pizza dough (page 10)**
- 6 garlic cloves**
- 1 medium onion, sliced**
- 1 tablespoon olive oil, divided**
- pinch kosher or sea salt**
- pinch freshly ground black pepper**
- nonstick cooking spray**
- 3/4 cup hearty pizza sauce, strained**
- 6 ounces fresh mozzarella, cubed**

1. Preheat the toaster oven to 450°F on the Bake setting with the rack in position A.
2. Line the baking pan with aluminum foil. Put the garlic and onion onto the pan and toss with half of the olive oil and the salt and pepper. Roast in the preheated oven for about 20 minutes, or until the garlic and onion are softened and golden. Remove and reserve; discard the foil. Reduce the temperature to 400°F.
3. Lightly coat the baking pan with the nonstick cooking spray. Roll out dough into a 10 x 9-inch rectangle. Fit into the prepared pan. Brush the outer edge of the dough with olive oil.* Spread the sauce on the dough, and then top with the cheese and then the roasted vegetables. Bake in the preheated oven for about 8 to 10 minutes, or until the cheese is bubbling and the edges of the crust are golden.
4. Let pizza cool slightly, then slice and serve.

*If a crispier crust is desired, par-bake the dough for about 8 to 10 minutes before topping with the other ingredients.

Nutritional information per serving:
Calories 230 (43% from fat) • carb. 26g • pro. 8g • fat 11g
sat. fat 5g • chol. 23mg • sod. 333mg • calc. 10mg • fiber 4g

Baked Rigatoni with Chicken Sausage, Broccoli, and Peppers

A quick comforting dinner with tons of rich flavors. Any type of cut pasta will work, but we like the rigatoni for its larger, hollow shape.

Makes six to eight servings

- 5 ounces broccoli florets**
- 6 ounces cooked Italian chicken sausage, cut into ½-inch rounds**
- ½ red bell pepper, sliced**
- ½ medium onion, sliced**
- 2 garlic cloves, finely chopped**
- 1 teaspoon olive oil**
- ¼ teaspoon kosher or sea salt, divided**
- ¼ teaspoon freshly ground black pepper, divided**
- ½ pound dried rigatoni pasta, cooked according to manufacturer's instructions**
- ¾ cup ricotta**
- 8 ounces mozzarella cheese, shredded**
- ¼ cup grated Parmesan**
- 4 to 6 basil leaves, roughly torn**
- nonstick cooking spray**

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A. Line the baking tray with aluminum foil.
2. Put the broccoli, sausage, pepper, onion and garlic on the prepared baking pan. Toss with the oil and a pinch each of the salt and pepper. Roast in preheated oven for about 15 minutes, or until sausage and vegetables have

browned. Reduce temperature to 350°F.

3. In a large mixing bowl, toss the roasted sausage and vegetables, and the remaining ingredients, until well combined.
4. Lightly coat a two-quart baking dish with nonstick cooking spray. Add the pasta mixture. Cover with aluminum foil and bake in the preheated oven for about 30 to 40 minutes, or until cheeses are hot and bubbling.
If a browned top is desired, uncover for the last 5 to 10 minutes.

Nutritional information per serving (based on 8 servings):
Calories 260 (53% from fat) • carb. 14g • pro. 17g • fat 16g
sat. fat 7g • chol. 40mg • sod. 383mg • calc. 341mg • fiber 1g

Herb-Crusted Beef Tenderloin

The Dijon-herb rub is a great recipe to keep on hand. It is perfect for this tenderloin, but also excellent for lamb.

Makes six servings

- 1½ pounds trimmed beef tenderloin roast (preferably top cut)**
- ½ teaspoon kosher or sea salt, divided**
- ½ teaspoon freshly ground black pepper, divided**
- 3 garlic cloves**
- 2 stalks fresh thyme, stems discarded**
- 1 stalk fresh rosemary, stem discarded**
- 1 stalk fresh oregano, stem discarded**
- ½ teaspoon dried tarragon**
- 3 tablespoons extra virgin olive oil**
- 2 tablespoons Dijon-style mustard**

1. Preheat the toaster oven to 375°F on the Bake setting with the rack in position A. Line the baking pan with aluminum foil.
2. Pat beef dry with paper towels. Rub with ¼ teaspoon each of the salt and pepper; reserve.

- Put the garlic, herbs and the remaining salt and pepper in the bowl of a mini chopper or food processor. Process until well combined. With the chopper/processor running, add the oil in a slow and steady stream through the feed tube or drizzle hole. Process until combined.
- Rub the mustard on the tenderloin. Evenly spread the herb mixture on top (a pastry brush makes this task quick and simple). Place beef on the prepared baking tray and roast for about 35 to 40 minutes, or until the internal temperature reads 125°F. Let meat rest 10 to 15 minutes before slicing.

Nutritional information per serving:
Calories 390 (77% from fat) • carb. 2g • pro. 20g • fat 33g
sat. fat 12g • chol. 80mg • sod. 350mg • calc. 18mg • fiber 0g

Moroccan Spiced Baked Chicken

Pair this dish with roasted potatoes and asparagus for an impressive meal.

Makes four to five servings

- 1½ pounds mixed chicken parts, bone-in (close or equal in size for even cooking)**
- 1 tablespoon olive oil**
- 1½ tablespoons fresh lemon juice (about ½ lemon)**
- ¾ teaspoon ground cumin**
- ½ teaspoon ground cinnamon**
- pinch cayenne**
- ¼ teaspoon ground coriander**
- ½ teaspoon freshly ground black pepper**
- 1 teaspoon kosher or sea salt**
- 2 large shallots, quartered**

- Preheat the toaster oven to 375°F on the Bake setting with the rack in position A. Line baking pan with aluminum foil.
- Put the chicken in a large mixing bowl and toss with the oil, lemon juice, spices and salt. Put the shallots onto the prepared baking pan and put the

seasoned chicken on top of the shallots.

- Bake in the preheated oven for 40 to 50 minutes, depending on the size of the chicken pieces (internal temperature should read 160°F for light meat and 170°F for dark meat).
- Serve immediately.

Nutritional information per serving (based on five servings):
Calories 300 (53% from fat) • carb. 4g • pro. 25g • fat 19g
sat. fat 5g • chol. 115mg • sod. 540mg • calc. 30mg • fiber 0g

Roasted Flounder with Artichokes & Capers

A quick and impressive light meal all made in a toaster oven.

Makes four servings

- 1 pound fillet of flounder, or other similar white fish**
- 1½ tablespoons extra virgin olive oil**
- 1½ tablespoons fresh lemon juice**
- ½ teaspoon kosher or sea salt**
- ¼ teaspoon freshly ground black pepper**
- 1½ to 2 cups artichoke hearts, drained**
- 2 tablespoons drained capers**

- Preheat the toaster oven to 425°F on Bake setting with the rack in position C. Line baking pan with aluminum foil.
- Rinse the fish and pat dry. Rub with the olive oil, lemon juice, salt and pepper.
- Put the artichoke hearts into the prepared baking pan and place the seasoned fish on top. Finally, finish with the capers.
- Roast in preheated oven until fish is just cooked through, about 12 to 15 minutes, depending on the thickness.
- Remove and serve immediately.

Nutritional information per serving:
Calories 276 (48% from fat) • carb. 5g • pro. 23g • fat 12g
sat. fat 2g • chol. 68mg • sod. 767mg • calc. 32mg • fiber 3g

Pizza Bagels

Whether for an after school snack or weekend lunch,
kids will love having a pizza bagel.

Makes four servings

- 2 bagels, halved**
- ½ cup pizza or marinara sauce, divided**
- 2 teaspoons grated Parmesan, divided**
- 4 ounces mozzarella, sliced**

1. Insert the broiling rack into the baking pan with the rack in position A.
2. Put the bagels on the rack, cut side up. Evenly divide the sauce and spread on top of each half, top with the Parmesan and the mozzarella.
3. Put the bagels into the oven. Set to Medium on the Bagel setting.
4. Once the Bagel function has stopped, switch to Broil for 3 to 4 minutes until cheese is fully melted.

Nutritional information per serving:

*Calories 255 (28% from fat) • carb. 31g • pro. 12g • fat 7g
sat. fat 3g • chol. 15mg • sod. 443mg • calc. 118mg • fiber 3g*

Prosciutto, Arugula & Fontina Open-Faced Sandwich

A gourmet quick treat, this method can be used for any type of
open-faced sandwich.

Makes two servings

- 2 slices sourdough or other similar rustic bread**
- 1 teaspoon extra virgin olive oil**
- 6 thin slices prosciutto**
- 2 ounces fontina, sliced**
- ⅓ cup loosely packed arugula**

1. Preheat the toaster oven to Broil on the Broil setting with rack in position A.
2. Insert the broiling rack into the baking pan.
3. Brush the bread with the olive oil. Top with the prosciutto, then the cheese.*
4. Put the prepared sandwiches on the pan and broil for 2 to 2½ minutes.
5. Remove pan from oven. Top with the arugula and serve.

*This sandwich is also equally delicious, but not as visually impressive, with the arugula placed underneath the cheese.

Nutritional information per serving:

*Calories 281 (46% from fat) • carb. 23g • pro. 15g • fat 14g
sat. fat 7g • chol. 40mg • sod. 833mg • calc. 181mg • fiber 1g*

Cranberry, Ginger & Apple Crisp

An old favorite with a twist.

Makes eight servings

- nonstick cooking spray**
- 1 cup rolled oats**
- ½ cup packed light brown sugar**
- ⅓ cup unbleached, all-purpose flour**
- 1 teaspoon ground cinnamon**
- ¼ teaspoon salt**
- 6 tablespoons unsalted butter, melted**
- 1½ pounds tart apples, peeled, cored and cut into ¼-inch slices**
- 1 tablespoon fresh lemon juice**
- ½ cup unsweetened dried cranberries**
- 2 tablespoons finely chopped crystallized ginger**
- ⅓ cup granulated sugar**
- 2 tablespoons honey**
- 1 teaspoon pure vanilla extract**

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1. Lightly coat an 8- or 9-inch square baking pan with nonstick cooking spray; reserve.
 2. Preheat the toaster oven to 350°F on the Bake setting with the rack in position A.
 3. Put the oats, brown sugar, flour, cinnamon, salt and melted butter in a small mixing bowl. Mix to combine until crumbs form; reserve.
 4. In a large mixing bowl, toss the apples with the remaining ingredients. Transfer to the prepared pan and top with the crumb mixture.
 5. Bake in preheated oven for 40 to 45 minutes, or until apples are tender.
 6. Let rest 5 to 10 minutes before serving.

Nutritional information per serving:
Calories 322 (26% from fat) • carb. 59g • pro. 2g • fat 10g
sat. fat 6g • chol. 23mg • sod. 80mg • calc. 38mg • fiber 4g

Bittersweet Espresso Brownies

Rich, dense and delicious. The perfect base to a brownie sundae.

Makes 16 brownies

- 1/2 cup chopped walnuts**
- nonstick cooking spray**
- 3/4 cup unsalted butter, cubed**
- 4 ounces unsweetened chocolate, chopped**
- 2 ounces bittersweet chocolate, chopped**
- 3 large eggs**
- 1 cup granulated sugar**
- 1/2 cup packed light brown sugar**
- 2 teaspoons espresso powder**
- 2 teaspoons pure vanilla extract**
- 3/4 cup unbleached, all-purpose flour, plus more for dusting pan**
- 3/4 teaspoon salt**

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A. Line the baking pan with aluminum foil. Spread the walnuts on the prepared pan and toast for 2 to 3 minutes, or until fragrant and lightly browned. Cool to room temperature. Reduce oven temperature to 375°F.
2. Lightly coat a 9-inch baking pan with nonstick cooking spray; dust with a small amount of flour. Reserve.
3. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once both are almost completely melted, set aside to cool to room temperature. Reserve.
4. Using a hand or stand mixer, beat eggs until lightened. Add the sugars and mix until light and thickened, about 1 to 2 minutes. Add espresso powder and vanilla; beat until well combined. Add flour and salt; mix until just incorporated. Gently fold in toasted walnuts.
5. Pour into prepared pan. Bake for about 35 minutes, or until edges are dry.

Nutritional information per serving:
Calories 260 (54% from fat) • carb. 28g • pro. 3g • fat 17g
sat. fat 9g • chol. 60mg • sod. 120mg • calc. 30mg • fiber 2g

Old Fashioned Yellow Layer Cake

This is the ultimate birthday cake. Just top with a rich chocolate frosting and some candles and you'll look for reasons to celebrate just so you can make it.

Makes one 9-inch double layer cake (about 12 servings)

- 2 cups cake flour**
- 2 teaspoons baking powder**
- 1/2 teaspoon salt**
- 1 cup granulated sugar**
- 3/4 cup unsalted butter, room temperature, cut into small cubes, plus more for the pan**
- 2 large eggs**
- 2 large egg yolks**

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- 1 teaspoon pure vanilla extract
- $\frac{2}{3}$ cup plain yogurt (you may use vanilla yogurt, but halve the amount
of vanilla extract in the recipe if you choose to use it in place of
the plain yogurt)

1. Preheat the toaster oven to 350°F on the Bake setting with the rack in position A.
2. Butter a 9-inch round cake pan, and then cut a circle out of parchment paper to fit in the bottom of the pan; reserve.
3. Sift the flour, baking powder, salt and sugar into a large mixing bowl. Add the butter. Using a hand mixer fitted with the beater attachments, mix until the butter is well incorporated into the dry ingredients, giving the mixture the look of wet sand. This will take 1 to 2 minutes.
4. In a small bowl or large liquid measuring cup, mix the remaining wet ingredients together. Gradually add the wet mixture to the dry/butter mixture and beat until combined – be sure to not over-mix.
5. Transfer the thick batter to the prepared cake pan. Bake for 25 to 30 minutes, or until a cake tester comes out just clean.
6. Let pan rest on a cooling rack for 15 minutes. Remove cake from pan, but let it cool completely before frosting.

Note: The cake can be used as one thick layer, but it is most impressive when halved. To do so, use a serrated knife and evenly and carefully slice in half, horizontally, through the center.

Nutritional information per serving:

*Calories 235 (49% from fat) • carb. 27g • pro. 3g • fat 13g
sat. fat 8g • chol. 101mg • sod. 152mg • calc. 48mg • fiber 0g*

[illegible]

NOTES