



Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side

SmartPower® Deluxe™ 600-Watt Blender

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the SmartPower® Deluxe™ 600-Watt Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts

Put ½ cup shelled nuts into the blender jar and cover blender. Pulse on Low or High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

Bread, Cookie or Cracker Crumbs

Break or cut bread, cookies or crackers into pieces ½ inch or less in size. For best bread results, use day-old bread (drier bread works best). Put bread, cookie or cracker pieces in blender jar. Set on Low or High and pulse to chop, then run continuously until desired texture of crumbs is achieved. For best results, process 1 cup or less at a time.

Crushing Ice

Put up to 10 standard ice cubes into the blender jar. Cover. Pulse on Ice Crush, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Fresh Citrus Zest

For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Put strips and 1 teaspoon sugar or coarse salt (from recipe) into the blender jar. Cover blender jar. Run on Low for 15 to 20 seconds.

Baby Food

Combine ½-cup cooked vegetables, fruit or meat with 3 to 4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Run on Low for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese

Cut cheese into ½-inch pieces; remove all outer hard rind. Put cheese into blender jar. Pulse on Low to chop cheese, 10 to 12 times, then run until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices

For best results, blender jar and cutting assembly must be clean and dry. Put ¼ to ½ cup of spices/seeds/peppercorns into blender jar. Pulse on Low or High to break up, then run for 20 to 40 seconds.

Whipping Cream

If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Put 1 cup heavy or whipping cream into blender jar. Cover jar. Pulse on Low 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon sugar and 1 to 2 teaspoons of vanilla or other flavoring. Consistency will be that of a thickened but not fluffy whipped cream, and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then put ½ to 1 cup of the reserved cooking liquid into the blender jar along with the cooked solids. Pulse on Low to chop, then run on Low or High until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the lid to lift up from the blender jar.

Keep your blender out on the counter within easy reach, and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and run on Low or High for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired speed button
To change speeds	Press desired speed button
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed
To crush ice	In Standby mode, press Ice Crush button
To stop blending (and deactivate blender)	Press On/Off button
To stop blending (in High, Low or Ice Crush speeds)	Press any speed button
To stop blending (in Pulse)	Release speed button

SPEED SELECTION GUIDE

Refer to this guide to choose the best blender speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low or High	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	High – Pulse to chop	Coarse to fine
Heavy or whipping cream	Low – Pulse	Thick, creamy topping
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	High – Pulse first, then blend	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 teaspoons sugar or salt from recipe)	Low – Pulse first, then blend	Uniformly fine
Smoothies, shakes, health drinks	Low or High	Smooth, creamy and thick
Baby food/fruit and vegetable purée	High	Smooth and creamy
Frozen cocktails	High	Thick and slushy
Hard cheeses	High – Pulse first, then blend	Coarse to fine
Spices	Low or High – Pulse first, then blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes about 5 cups

- ½ cup orange juice
- 1 cup cantaloupe, cut into 1-inch pieces
- 1 medium banana, cut into 1-inch pieces
- 1 cup mango chunks, 1-inch pieces (about 1 small mango)
- 1 cup raspberries or mixed berries (fresh or frozen)
- ¾ cup pineapple chunks, 1-inch pieces (fresh or canned, drained)
- 1 cup navel orange segments, cut into 1-inch pieces
- 1 cup strawberries, hulled and halved
- 1 cup ice cubes (about 6 standard)

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 45 seconds.
- Serve immediately.

Note: Be sure the fruit is really ripe, for the sweetest smoothie.

Nutritional information per serving (1 cup):

Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

Immune Support Smoothie

When you are feeling rundown, this smoothie is a great pick-me-up!

Makes about 4 cups

- ¾ cup pomegranate juice
- 1 mango, cut into 1-inch pieces
- 1 cup seedless grapes (red or green)
- 1 ripe persimmon, cut into 1-inch pieces*
- 1 kiwi, cut into 4 pieces
- 1 cup frozen strawberries
- 1 cup frozen blackberries
- 1 tablespoon wheat germ
- 1 tablespoon flax seed oil

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 40 seconds.
- Serve immediately.

*If persimmon is not available, any other ripe fruit can be substituted (mango, papaya, pineapple, etc).

Nutritional information per serving (1 cup):

Calories 163 (20% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 0g • chol. 0mg • sod. 7mg • calc. 32mg • fiber 5g

Vitamin C Smoothie

This delicious smoothie is packed with vitamin C.

Makes about 5 cups

- 1 cup orange juice**
- 2 cups fresh strawberries, hulled and halved**
- 1 small to medium orange, in segments, about ¾ cup**
- 1 cup papaya, cut into 1-inch pieces (about ¼ large papaya)**
- 1 cup mango, cut into 1-inch pieces (about 1 small mango)**
- 2 cups frozen strawberries**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (1-cup):

Calories 287 (59% from fat) • carb. 26g • pro. 4g • fat 20g • sat. fat 12g • chol. 46mg • sod. 167mg • calc. 33mg • fiber 2g

Berry Cherry Smoothie

This kid-friendly smoothie is a vitamin-packed way to start the day.

Makes about 4 cups

- ½ cup orange juice**
- ½ cup plain yogurt**
- 2 bananas, quartered**
- 1 cup fresh strawberries, hulled and halved**
- 1 cup frozen blueberries**
- 1 cup frozen cherries**
- 1 to 2 tablespoons honey (optional)**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 2g • sat. fat 1g • chol. 4mg • sod. 20mg • calc. 70mg • fiber 4g

Super Protein Smoothie

Refresh with this smoothie after your workout.

Makes about 4½ cups

- 1½ cups soy, almond or hemp milk (cow's milk may also be used)**
- ½ cup plain or vanilla yogurt**
- 1 banana, quartered**
- 1 frozen banana, cut into ½-inch pieces**
- 1½ cups mixed frozen berries**

- 2 tablespoons protein powder**
- 2 tablespoons honey (optional)**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 72 (14% from fat) • carb. 13g • pro. 4g • fat 1g • sat. fat 0g • chol. 2mg • sod. 46mg • calc. 37mg • fiber 1g

Green Smoothie

A delicious way to get more healthy greens into your diet – you will be so surprised at how good they taste!

Makes about 5 cups

- 1½ cups filtered water**
- 1 banana, quartered**
- 1 frozen banana, cut into ½-inch pieces**
- 1 apple, cored, cut into 1-inch pieces**
- 1 tablespoon flax seed oil**
- 8 loosely packed cups of mixed fresh greens (chard, parsley, spinach and kale), roughly chopped**

1. Put water, banana, frozen banana, apple and flax seed oil into the blender jar. Blend on High for about 15 seconds.
2. With the blender running on High, remove the pour lid from the blender cover and add the greens a handful at a time, until well blended and smooth, about 1½ minutes.
3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 95 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 56mg • calc. 58mg • fiber 3g

Café au Lait “Shake”

It is easy to make delicious and thick coffee beverages at home. Plan ahead, as you need to make special ice cubes.

Makes about 4 cups

- 6 ounces heavy cream or half-and-half**
- 2½ cups strongly brewed coffee, divided**
- 2 tablespoons granulated sugar**

1. Mix the cream and ¾ cup of the coffee and pour into an ice cube tray. Put in the freezer overnight to freeze solid.
2. Once the cream and coffee are frozen, put the remaining coffee into the blender jar with the sugar. Add the frozen cubes and blend on High until fully blended, about 45 seconds to a minute. The drink is very thick, so it will take time to blend.
3. Serve immediately. It may be easier to scoop than pour.

Nutritional information per serving (½ cup):

Calories 40 (54% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 2g • chol. 8mg • sod. 10mg • calc. 24mg • fiber 0g

Banana “Shake”

A delicious, creamy and thick milk shake with no ice cream!

Makes about 4½ cups

- 1½ **cups milk**
- 3 **frozen bananas*, cut into ½-inch pieces, divided**
- 1 **tablespoon honey**

1. Put milk, one banana and honey into the blender jar. Run on High until blended, about 15 seconds. With blender running on Low, remove the pour lid from the blender cover and drop remaining frozen banana pieces through the opening, one at a time.
2. Continue running on High until smooth, about 45 seconds.
3. Serve immediately while cold or keep chilled in the refrigerator.

*Ripe bananas should be peeled, cut into pieces, wrapped in plastic and placed overnight in the freezer.

Nutritional information per serving (½ cup):

Calories 72 (17% from fat) • carb. 14g • pro. 2g • fat 1g • sat. fat 1g
• chol. 6mg • sod. 21mg • calc. 52mg • fiber 1g

Piña Colada

This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.

Makes about 5 cups

- 1 **cup good quality rum**
- ½ **cup unsweetened coconut milk**
- 3 **cups RIPE, fresh pineapple, cut into 2-inch pieces**
- 1 **cup coconut sorbet**
- 1 **cup frozen pineapple, cut into ½-inch pieces**
- 6 **ice cubes**

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.
2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.
3. Drink may be slightly thin, so it is also great over ice.

Nutritional information per serving (½ cup):

Calories 273 (15% from fat) • carb. 34g • pro. 1g • fat 5g • sat. fat 4g
• chol. 0mg • sod. 18mg • calc. 13mg • fiber 2g

Frozen Rum Punch

A sweet and fruity summer party favorite.

Makes about 6 cups

- ½ **cup orange juice**
- 1½ **ounces fresh lime juice (the juice of approximately 2 limes)**

- ¾ **cup rum**
- 1 **tablespoon grenadine**
- 3 **cups fresh pineapple, cut into 2-inch pieces**
- 1 **pint mango sorbet**
- 6 **ice cubes**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):

Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g

Frozen Mudslide

Makes about 6 cups

- 1 **cup milk**
- ¼ **cup Kahlúa**
- ¼ **cup vodka**
- 2 **tablespoons Irish cream liqueur**
- 3 **cups vanilla ice cream**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 to 45 seconds.

Nutritional information per serving (½ cup):

Calories 232 (49% from fat) • carb. 22g • pro. 3g • fat 13g • sat. fat 8g
• chol. 46mg • sod. 48mg • calc. 89mg • fiber 0g

Ricotta Pancakes

For an extra treat, mix a cup of berries gently into the batter before cooking.

Makes about 18 pancakes

- 1 **cup milk**
- 1 **cup reduced-fat ricotta**
- 2 **large eggs, beaten**
- ¼ **cup unsalted butter, melted and cooled to room temperature**
- ½ **teaspoon pure vanilla extract**
- ½ **teaspoon orange zest**
- ⅓ **cup granulated sugar**
- 1 **cup unbleached, all-purpose flour**
- ½ **teaspoon ground cinnamon**
- ½ **teaspoon table salt**
- 1½ **teaspoons baking powder**

1. Put the milk, ricotta, eggs, butter and vanilla into the blender jar. Run on High for about 15 seconds. Add zest and sugar and blend for an additional 10 seconds. Scrape the blender jar down with a flexible rubber spatula.
2. Add remaining dry ingredients and pulse on High for about 30 seconds until ingredients are well blended.

3. Prepare pancakes using a ¼-cup measuring cup to scoop pancakes onto prepared pan to cook.

Nutritional information per serving (2 pancakes):

*Calories 188 (42% from fat) • carb. 20g • pro. 7g • fat 9g • sat. fat 5g
• chol. 71mg • sod. 273mg • calc. 130mg • fiber 0g*

Apple Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Makes 10 Belgian-style waffles (6 cups of batter)

- 1¾ cups reduced-fat milk
- 1 large egg
- 1 large egg white
- ¼ cup vegetable oil
- ¾ teaspoon pure vanilla extract
- 3 tablespoons packed light brown sugar
- 1½ cups unbleached, all-purpose flour
- ¼ cup wheat germ
- 1 tablespoon plus 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ½ cup toasted walnuts, finely chopped
- ½ large apple, cored and shredded

1. Put the milk, egg, egg white, oil and vanilla into the blender jar. Run on Low for 20 seconds to fully combine. Add half of the dry ingredients (not nuts or apple). Pulse on Low to combine; scrape down sides of the jar. Add the remaining dry ingredients and pulse on Low to just combine (it is OK if there are still dry patches in the batter).
2. Transfer the batter to the large mixing bowl that was previously holding the dry ingredients. Add the apple and walnuts; fold to just combine.
3. Preheat a Belgian waffle maker to desired setting. Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated waffle maker. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until done. Serve immediately.

Nutritional information per waffle:

*Calories 220 (45% from fat) • carb. 24g • pro. 6g • fat 11g • sat. fat 1g
• chol. 25mg • sod. 352mg • calc. 230mg • fiber 1g*

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. The crêpes can be filled with sweet items (cinnamon-sugar and fruit; whipped cream and chocolate) or savory (eggs and ham; vegetables and hollandaise).

Makes about 20 eight-inch crêpes

- 3 large eggs, room temperature
- ¼ cup unsalted butter, melted and cooled to room temperature
- ¾ cup unbleached, all-purpose flour
- ½ teaspoon salt
- 1 tablespoon granulated sugar
- 1 cup reduced-fat milk, room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon unsalted butter, room temperature

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the pour lid from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
2. Melt the teaspoon of butter in an 8-inch skillet set over medium heat. Once pan is hot, add a scant ¼ cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 minutes or until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.
3. Serve with yogurt and nut filling (see next recipe).

Nutritional information per crêpe:

*Calories 56 (52% from fat) • carb. 5g • pro. 2g • fat 3g • sat. fat 2g
• chol. 39mg • sod. 77mg • calc. 22mg • fiber 0g*

Crêpes with Yogurt and Walnuts

Tangy and sweet blend well together in this delicious breakfast treat.

Makes about 1 cup (enough to fill 20 eight-inch crêpes)

- 1 recipe prepared crêpes (see previous recipe)
- 16 ounces Greek yogurt (reduced-fat works fine)
- pinch kosher salt
- ½ teaspoon pure vanilla extract
- 3 tablespoons honey
- 1¼ cups toasted walnuts, finely chopped
- 2 tablespoons packed light brown sugar
- 2 tablespoons unsalted butter, softened
- pinch kosher salt

1. In a small mixing bowl, whisk the first four ingredients together until fully combined. Reserve.

- Put the remaining ingredients in a separate small mixing bowl. Stir until well mixed. Reserve.
- To assemble, spread about 2 tablespoons of the yogurt mixture on each crêpe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then half again. Serve with fresh berries and a drizzle of honey on top.

Nutritional information per filled crêpe:

Calories 126 (58% from fat) • carb. 10g • pro. 2g • fat 8g • sat. fat 4g
• chol. 48mg • sod. 104mg • calc. 54mg • fiber 0g

Frittata Primavera

*Frittatas are a great alternative to traditional omelets.
Try this one – you will not be disappointed.*

Makes ten to twelve servings

- 1 **tablespoon extra virgin olive oil**
- 1 **small zucchini (about 4 ounces), shredded**
- 1 **medium to large carrot, shredded**
- 1 **medium red bell pepper, sliced**
- 6 **medium mushrooms (firm white mushrooms work well), sliced**
- 1 **small onion, sliced**
- ½ **teaspoon kosher salt, divided**
- 10 **large eggs**
- ¼ **cup whole or reduced-fat milk**
- ¼ **teaspoon freshly ground black pepper**
- nonstick cooking spray**
- 3 **ounces Parmesan, finely grated**
- 6 **large basil leaves, torn into pieces**

- Preheat oven to 375°F.
- Put oil in a 12-inch, oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe). Set over medium heat. Once oil is hot, add the vegetables with 1 to 2 pinches of the salt. Sauté until softened.
- While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender. Run on High until well combined and frothy.
- After the vegetables are cooked, remove and reserve in a small mixing bowl. Lightly coat the same pan with the nonstick cooking spray. Return the sautéed vegetables to the pan, pour the egg mixture over the vegetables, and then top with the cheese and basil. Let cook over medium-low heat until bottom is just set. Transfer to the preheated oven and cook until frittata is puffed and browned on top, about 20 to 25 minutes.
- After baking, let frittata sit for 5 minutes before slicing and serving.

Nutritional information per serving (based on 12 servings):

Calories 117 (58% from fat) • carb. 3g • pro. 9g • fat 8g • sat. fat 3g
• chol. 183mg • sod. 264mg • calc. 114mg • fiber 1g

Curried Coconut and Butternut Squash Soup

A smooth and mellow soup with inspiration from the East.

Makes about 5½ cups

- 2 **tablespoons butter or ghee***
- 1 **small onion, chopped**
- 1 **jalapeño, seeded and finely chopped**
- 1 **1-inch piece of ginger, peeled and finely chopped**
- 2 **garlic cloves, finely chopped**
- 1 **tablespoon curry powder**
- 1 **butternut squash, about 2½ pounds, peeled, seeded and cut into 2-inch cubes**
- 1 **can (13.5 ounces) coconut milk**
- 1½ **cups chicken broth, low sodium**
- ½ **teaspoon kosher salt**

- Heat the butter or ghee in a 6-quart saucepan set over medium-low heat. Once melted add the onion, jalapeño, ginger and garlic; stir. Add the curry powder and let sauté very gently for about 5 minutes; be careful to keep the heat low enough so that it will gently heat but the mixture will not burn.
- Stir in the squash well, to ensure that the ingredients are well coated. Add the coconut milk, broth and salt and bring mixture to a boil. Reduce to a simmer and continue cooking uncovered, stirring occasionally, until squash is tender, about 30 minutes.
- Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients, gradually adding the remaining broth to reach desired consistency. Taste and adjust seasoning accordingly.

*Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

Nutritional information per serving (1 cup):

Calories 246 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 14g
• chol. 10mg • sod. 362mg • calc. 112mg • fiber 4g

Carrot and Ginger Soup

A great soup for any time of the year.

Makes about 4 cups

- 2 **tablespoons unsalted butter or olive oil**
- 1 **small onion (about 3 ounces) peeled and chopped**
- ½ **ounce ginger, peeled and finely chopped**
- 1 **garlic clove, finely chopped**
- 1 **pound carrots, peeled and cut into 1-inch slices**
- ¼ **teaspoon ground cinnamon**
- ⅛ **teaspoon ground allspice**
- pinch freshly ground nutmeg**
- 1 **thyme sprig**

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- ½ teaspoon kosher salt**
4 cups chicken broth, low-sodium

1. Put the butter or oil into a 6-quart saucepan set over medium heat. Once heated, stir in the onion, ginger and garlic and allow to sauté gently.
2. Add the carrots, cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.
3. Add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes.
4. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 79 (44% from fat) • carb. 10g • pro. 2g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 611mg • calc. 57mg • fiber 2g*

Parsnip and Apple Soup

*A bowl of soup, a salad and crusty bread
make a perfect weeknight meal.*

Makes 8 cups

- 2 tablespoons unsalted butter**
1 medium onion (about 6 ounces) chopped
2 pounds parsnips, peeled and cut into 1-inch slices
1 medium apple (about 6 ounces) peeled, cored and sliced
1 medium potato (about 7 ounces) peeled and sliced
1 to 2 thyme sprigs
¾ teaspoon kosher salt
6 cups chicken broth, low-sodium, plus extra for thinning finished soup

1. Put the butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the chopped onion. Turn the heat to medium-low to sweat the onions so that they do not pick up any color. After about 5 minutes add the parsnips, apple and potato to the pot. Add the thyme and salt and stir ingredients together well.
2. Add broth to the pot and bring to a boil. Once boiling, reduce heat and simmer uncovered until tender, about 20 to 30 minutes, stirring occasionally.
3. Once vegetables are tender, separate the solids from liquids. Put about 1½ cups of broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients.

4. This soup has a very thick consistency; if a thinner soup is preferred, stir in additional warm stock to thin. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 150 (18% from fat) • carb. 29g • pro. 3g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 641mg • calc. 77mg • fiber 7g*

Creamy Greens Soup

This earthy, nourishing soup is so delicious! Garnish with a dollop of crème fraîche and a sprig of parsley.

Makes about 4 cups

- 1 tablespoon extra virgin olive oil**
2 tablespoons unsalted butter
2 small shallots (about 3 ounces) finely chopped
3 garlic cloves, crushed
1 small leek (about 2 ounces) white part only, sliced
1 bunch kale, hard stems discarded and roughly chopped
1 bunch Italian parsley, stems reserved for other use and roughly chopped
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
4 cups vegetable broth
½ cup heavy cream

1. Put the oil and butter into a 6-quart saucepan set over medium heat. Once butter is melted add the shallots, garlic and leek. Sweat ingredients together so that they gently sauté but do not pick up any color.
2. Add the kale, parsley, salt and pepper and stir to coat. Add the vegetable broth and bring to a boil. Cover and reduce heat so that the soup is just simmering. Simmer for about 30 minutes. Add the cream and continue simmering uncovered for an additional 20 to 30 minutes.
3. Put ingredients into the blender jar. Turn on Low and run for about 10 seconds. Increase to High to thoroughly blend, about 45 seconds. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 245 (64% from fat) • carb. 17g • pro. 6g • fat 18g • sat. fat 9g
• chol. 49mg • sod. 868mg • calc. 161mg • fiber 2g*

Roasted Red Pepper Soup

This soup is delicious either hot or chilled – your choice!

Makes about 5 cups

- 6 red bell peppers, seeded**
½ tablespoon unsalted butter
6 garlic cloves, roughly chopped
1 small shallot (about 1 ounce) roughly chopped
¼ small onion, roughly chopped
2 tablespoons sherry

- 2½ cups chicken broth, low-sodium**
- 1½ teaspoons granulated sugar**
- ½ teaspoon sea or kosher salt**
- 1 to 2 pinches freshly ground black pepper**
- ½ teaspoon orange zest**
- ½ tablespoon white balsamic vinegar**

1. Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.
2. While the peppers are roasting, put the butter into a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the broth and raise the heat to medium-high. Bring the broth just to a boil. Add the sugar, salt, pepper and zest. Reduce the heat to allow the mixture to simmer for about 5 minutes. Put into the jar of the blender.
3. Carefully take the skins off of the roasted peppers; cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.
4. Pulse on High 3 to 4 times to break up, and then run on High until smooth, about 1 minute.
5. Adjust seasonings to taste and serve either hot or chilled.

Nutritional information per serving (1 cup):

*Calories 92 (15% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g
• chol. 3mg • sod. 524mg • calc. 24mg • fiber 4g*

Creamy Dill Dressing

A perfect match for a wedge of iceberg lettuce or as a sauce on top of roasted potatoes.

Makes about 3 cups

- 1 cup buttermilk**
- 8 ounces sour cream**
- ½ cup light mayonnaise**
- ⅔ cup packed fresh dill**
- 1½ tablespoons fresh lemon juice**
- ½ ounce shallot (about ½ medium shallot)**
- ½ teaspoon kosher salt**
- freshly ground black pepper**

1. Put ingredients into the blender jar in order listed.
2. Run on High for about 45 seconds until smooth. Can be used immediately. For the best flavor, allow to rest for at least 30 minutes so that flavors have the chance to blend and develop.

Note: Dressing will last up to 1 week stored in the refrigerator.

Nutritional information per serving (1 tablespoon):

*Calories 20 (76% from fat) • carb. 1g • pro. 0g • fat 2g • sat. fat 1g
• chol. 4mg • sod. 55mg • calc. 11mg • fiber 0g*

Hollandaise Sauce

A staple to Eggs Benedict, this rich, buttery sauce is also great over steamed vegetables.

Makes 1 cup

- ½ cup (¼ pound, 1 stick) unsalted butter**
- 4 large egg yolks**
- ¼ teaspoon kosher salt**
- pinch ground mustard**
- pinch freshly ground black pepper**
- 1½ tablespoons fresh lemon juice**

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a bubbling boil.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, run the unit on Low for about 30 seconds to combine.
3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle about 1 tablespoon of the hot butter through the opening and blend about 15 seconds to fully combine, then very slowly drizzle the remaining butter. Once all butter has been added, return the pour lid and continue blending for 45 to 60 seconds, or until thickened.
4. Taste and adjust seasoning as desired. Serve while still warm.

Note: To minimize splatter, use a dishtowel to shield the opening when pouring in butter.

Nutritional information per serving (1 tablespoon):

*Calories 64 (94% from fat) • carb. 0g • pro. 1g • fat 7g • sat. fat 4g
• chol. 67mg • sod. 35mg • calc. 6mg • fiber 0g*

Basic Vinaigrette

This simple vinaigrette is perfect over a salad of mixed greens and fresh vegetables. Substituting 1½ teaspoons of herbes de Provence for the combined basil/thyme/marjoram is an easy way to change it up a bit, and saves on the amount of dried herbs you need to have on hand.

Makes about 1 cup

- ¼ cup red wine vinegar**
- 1 teaspoon Dijon-style mustard**
- ¼ cup fresh parsley**
- ½ teaspoon dried basil**
- ½ teaspoon dried thyme**
- ½ teaspoon dried marjoram**
- ¼ teaspoon ground white pepper**
- ½ teaspoon kosher salt**
- ¾ cup extra virgin olive oil**

- Put the vinegar, mustard, parsley, spices and salt into the jar of the blender. Run on Low until combined, and parsley is finely chopped.
- Once the mixture is combined, carefully remove the pour lid from the cover of the blender. Run the blender on Low and slowly add the oil through the opening. The process should take about 2½ minutes.
- Taste and adjust seasonings as desired.

Nutritional information per serving (1 tablespoon):

Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

Ancho Chile Sauce

A traditional smoky-spicy sauce, this is delicious over most Mexican dishes, especially enchiladas.

Makes about 5 cups

- 9** dried ancho chiles
- 1** tablespoon extra virgin olive oil
- 2** large shallots, chopped
- 2** garlic cloves, chopped
- 1** jalapeño, seeded and chopped
- 1** medium-large carrot, chopped
- ½** cup white wine
- 3½** cups chicken broth, low-sodium, hot
- 2** teaspoons kosher salt, divided
- 4½** tablespoons honey
- 2** tablespoons fresh lemon juice

- Reconstitute chiles: put them in a bowl and pour boiling water over them so they are completely submerged. Cover bowl with foil or an inverted plate. Allow the chiles to sit until they soften, about 30 to 45 minutes. Once soft, carefully remove all seeds and stems; reserve.
- Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped vegetables and a pinch or two of salt. Stir and sauté until softened and lightly golden, about 6 to 8 minutes.
- Stir in reserved chiles; heat through for about 1 minute. Stir in white wine. Scrape any bits that are clinging to the bottom of the pan. Allow wine to reduce until almost completely evaporated. Add the broth and bring to a boil. Reduce heat to allow mixture to simmer for about 10 to 15 minutes. Stir in the remaining ingredients.
- Carefully transfer mixture from the sauté pan to the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until completely smooth.

Nutritional information per serving (2 tablespoons):

Calories 26 (13% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 162mg • calc. 6mg • fiber 0g

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce. It freezes well, too!

Makes about 3 to 3½ cups

- 1** tablespoon extra virgin olive oil
- 5** garlic cloves, chopped
- ½** small onion, chopped
- ¼** bulb fennel, sliced
- ¼** teaspoon kosher salt, divided
- 1** 28-ounce can whole plum tomatoes in purée
- ½** teaspoon freshly ground black pepper
- ½** teaspoon dried oregano
- 2½** tablespoons granulated sugar, divided
- 6** large leaves fresh basil, torn into small pieces

- Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, but not browned, about 5 minutes.
- Add the fennel and a pinch of the salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.
- Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add spices, 2 tablespoons of the sugar and basil; let simmer 20 to 30 minutes, until thickened.
- Transfer sauce to the jar of the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times. Adjust seasoning to taste.

Nutritional information per serving (¼ cup):

Calories 33 (27% from fat) • carb. 6g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 163mg • calc. 15mg • fiber 1g

Pumpkin Bread Pudding

Bread pudding can be mixed and assembled ahead of time and baked while dinner is being served for a warm dessert. Top with sweetened whipped cream.

Makes about 10 to 12 servings

- 1** tablespoon unsalted butter
- 1** pound challah loaf, cut into 2-inch cubes
- 6** large eggs
- 1** can (15 ounces) pumpkin purée (about 1½ to 1¾ cups)
- 1** can (12 ounces) evaporated low-fat milk
- ½** cup plus 2 tablespoons granulated sugar
- ½** teaspoon pure vanilla extract
- 1¼** cups heavy cream
- 1½** teaspoons ground cinnamon
- ⅛** teaspoon ground allspice
- ⅛** teaspoon ground ginger
- pinch freshly ground nutmeg

1. Butter a 2-quart soufflé dish or another baking dish equivalent to 2 quarts. Put bread cubes into a large mixing bowl.
2. Put the remaining ingredients into the blender jar. Run on Low until homogenous, about 30 to 45 seconds. Pour egg mixture over the bread cubes and toss together so that all of the bread cubes are coated with egg mixture. Let stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding). Pour mixture into prepared pan before baking or refrigerating.
3. Ten minutes before baking, preheat oven to 325°F. Place the soufflé dish with the bread pudding into a larger baking pan with a rim that is at least 2 inches. Place in the oven and carefully pour warm water into the larger outer pan until the water comes up the sides of the soufflé dish by 1-inch. Cover loosely with foil. Bake for about 75 minutes, uncovering for the last 15 minutes. Bread pudding is done when internal temperature reaches 140°F. Remove from oven and allow the bread pudding to rest for about 20 minutes on a rack before serving. Serve with sweetened whipped cream.

Nutritional information per serving (based on 12 servings):

Calories 242 (46% from fat) • carb. 25g • pro. 7g • fat 12g • sat. fat 6g
• chol. 148mg • sod. 189mg • calc. 123mg • fiber 1g

Coconut Custards

A delicious treat, with the essence of the islands.

Makes 4 servings

- 1 can (13.5 ounces) unsweetened coconut milk**
- 2/3 cup heavy cream**
- 1/2 teaspoon pure vanilla extract**
- 1/4 teaspoon coconut extract**
- 1/2 cup unsweetened shredded coconut**
- 2 large eggs**
- 4 large egg yolks**
- 1/2 cup granulated sugar**
- 1/4 teaspoon table salt**

1. Preheat oven to 300°F. Pour 1 inch of warm water into a 9-inch square pan.
2. Put the coconut milk, cream, extracts and coconut into a saucepan and bring just to a boil. Simmer for about 10 minutes. Remove from heat and let steep for an additional 10 minutes.
3. Put the eggs, egg yolks, sugar and salt into the blender jar. Run on Low for about 45 seconds until eggs are light in color. Scrape the sides of the blender jar halfway through processing to ensure the mixture is homogenous.
4. Pour the coconut mixture through a fine strainer and squeeze out any excess liquid from the shredded coconut. Discard shredded coconut. Remove the pour lid from the blender cover. With the blender running on Low, very slowly pour the warm coconut mixture through the

opening and run until fully blended. Allow the custard batter to sit for about 15 minutes. Spoon off the entire foam layer, until you can see the yellow custard. Pour the batter into individual ovenproof custard cups. Carefully remove any remaining foam from the custards' surface with a spoon.

5. Place individual custards into the prepared pan with water, wrap the pan tightly with aluminum foil and place in oven. Bake for about 35 to 40 minutes until just set (the centers will still move slightly when shaken).
6. Once cool to the touch, wrap each custard individually with plastic and refrigerate at least 2 hours before serving.

Nutritional information per serving:

Calories 543 (71% from fat) • carb. 32g • pro. 8g • fat 44g • sat. fat 32g
• chol. 370mg • sod. 232mg • calc. 63mg • fiber 1g

Dairy-free Chocolate Mousse

This rich chocolate mousse is so good, you won't miss a thing!

Makes ten 1/2-cup servings

- 12 ounces semi-sweet chocolate (roughly chopped) or chocolate chips**
- 1/3 cup granulated sugar**
- 1/2 tablespoon pure vanilla extract**
- 1 cup soy milk**
- 1 package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes**

1. Put the chocolate, sugar and vanilla extract into the blender jar.
2. Put soy milk into a saucepan and place over medium heat. Bring milk just to a boil. Once milk is hot, pour over the chocolate in the blender and run on Low. Remove the pour lid from the blender cover and add the tofu cubes while the blender is still running on Low.
3. Blend until homogenous, scraping down sides as needed, about 45 seconds.
4. Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional Information per serving:

Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat fat 6g
• chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g

