

Cuisinart®

Countertop
Cooking

INSTRUCTION AND RECIPE BOOKLET



Programmable Slow Cooker

PSC-350C

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

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.**
3. Do not touch hot surfaces; use handles or knobs.
4. To protect against risk of electrical shock, do not immerse the slow cooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. DO NOT reach into the liquid.
5. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
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 Customer Service (see Warranty for details) 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 or anywhere that the cord or unit housing might come into contact with water while in use.
9. Do not use the slow cooker for anything other than its intended use.
10. To avoid the possibility of the slow cooker being accidentally pulled off work area, which could result in damage to the slow cooker or personal injury, do not let cord hang over edge of table or counter.

11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.

12. Extreme caution must be used when moving a slow cooker containing hot oil or other hot liquids.

13. Do not place on or near a hot gas or electric burner, or in a heated oven.

14. Do not operate slow cooker in water or under running water.

15. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.

16. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE CERAMIC POT PROVIDED OR IN CERAMIC CONTAINERS PLACED ON THE COOKING RACK IN THE PROVIDED CERAMIC POT. DO NOT USE METAL CONTAINERS.**

17. **CAUTION:** A heated ceramic pot may damage countertops or tables. When removing the hot ceramic pot from the slow cooker, DO NOT place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack.

18. To disconnect, press the On/Off button, and then remove the plug from the wall outlet.

19. 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 on by children or tripped over unintentionally.

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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INTRODUCTION

Now you can prepare your favourite meals hours before mealtime. Just set it and forget it and it will prepare your dish exactly how you want it – then keep it warm until you're ready to eat. The 24-hour LCD countdown timer ensures precise cooking and tells everyone when dinner will be ready. The 3.5-quart (3.3 L) capacity is the ideal size for any countertop, with enough room to cook all of your favourite meals. Discover the joy of cooking slow!

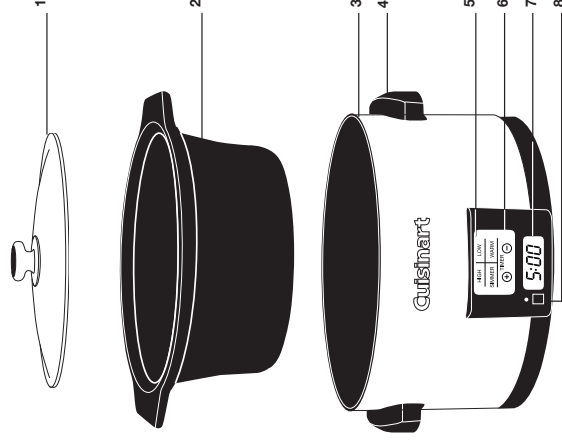
FEATURES AND BENEFITS

- 1. Glass Lid**
See-through glass lid keeps ingredients moist.
- 2. Ceramic Pot**
3½-quart (3.3 L) oval ceramic pot. Stick resistant and dishwasher safe for easy cleaning.
- 3. Stainless Steel Housing**
- 4. Side Handles**
- 5. Low, High, Simmer and Warm Buttons**
Press to set your desired cooking mode.
- 6. Timer Control Buttons**
Press to set your cook time, up to 24 hours.
- 7. LCD Display with Setting Indicators**
Blue LCD display shows the remaining cook time, as well as the current cooking setting.
- 8. On/Off Button**
Press to turn the unit on and off.
- 9. BPA Free (not shown)**
All parts that come into contact with food are BPA free.

ASSEMBLY INSTRUCTIONS

TO USE YOUR CUISINART® SLOW COOKER:

1. Carefully unpack the Slow Cooker.
2. Wash the ceramic pot and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the Slow Cooker base with a soft, damp cloth.
4. Place ceramic pot in the base of the unit.
5. Place the lid on top of the ceramic pot.
6. Plug in power cord. Your slow cooker is now ready for use.



OPERATION

Your Cuisinart® Slow Cooker cooks food automatically once you set the time and the desired cooking mode. When time expires, the unit automatically switches to Warm setting.

Cooking WITH the Timer:

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill ceramic pot with ingredients.
4. Replace lid.
5. Plug in unit. There will be no power to the slow cooker until it is turned on.
6. To turn unit on, press On/Off button. The On/Off red indicator light and colon (:) on the LCD display will flash.
7. Set the desired cooking time by pushing the + or - button. The timer ranges from 00:00 to 24:00 hours.
 - Press the + button to increase time in 30-minute increments or press the - button to decrease time in 30-minute increments.
 - Press and hold + or - to scroll automatically in 30-minute steps.
 - Press + and - simultaneously to reset to 00:00.
 - After setting time, timer display and On/Off indicator will still flash.
8. Set the desired cooking mode by pressing the High, Low or Simmer button. Refer to the chart of cooking table guidelines on page 6 for more information.
 - Once you select your cooking mode the LCD will stop flashing and unit will begin cooking.
 - To switch cooking modes simply press another mode button.

9. Once cooking time has expired, the unit will automatically switch to Warm setting. The indicator next to Warm will light and remain on Warm for 8 hours. When the Warm time expires, the unit will beep for 5 seconds and turn off automatically.
10. To turn the unit off manually, press the On/Off button.
11. When cooking is complete lift ceramic pot carefully, using potholders.

COOKING GUIDELINES

Three cooking modes, Simmer, Low and High, give you the opportunity to prepare a wider variety of dishes. You will usually want to use the Simmer or Low setting for recipes that cook longer. If you're starting a dish later in the day, select the High setting to ensure that your food is cooked, warm, and ready when you'd like to eat.

Setting	Guidelines	Recipes	Temp.	Timer
High	This is the setting to use when you don't have time for a long, slow cook. It's also the setting to select when "baking" in your slow cooker.	Potatoes, casseroles, puddings, rolls	212F (100C)	Programmable up to 24 hours, then 8 hours (Warm)
Low	Low is the standard slow cooker temperature, and is ideal for foods that you start in the morning before work, and enjoy at the end of your day.	Braises, roasts, stews, ribs, casseroles, shanks, chops, less tender cuts of meat, soups	200F (93C)	Programmable up to 24 hours, then 8 hours (Warm)
Simmer	The longer the cooking time, the more flavours blend together and intensify.	Soups, stews, stocks	185F (85C)	Programmable up to 24 hours, then 8 hours (Warm)
Warm	Do not use this setting to cook food or as a cooking function. This setting is intended only for use with preheated foods.	---	165F (74C)	Programmable up to 24 hours, or defaults to 8 hours

Cooking WITHOUT the Timer

If no timer is set in conjunction with any cooking setting, the selected cooking setting of High, Low or Simmer will default to 24-hour cooking time.

- Place the unit on a clean, dry counter.
- Remove glass lid.
- Fill ceramic pot with ingredients.
- Replace lid.
- Plug in unit. There will be no power to the slow cooker until it is turned on.
- To turn unit on, press On/Off button. The On/Off indicator red light and colon (:) on the LCD display will flash.
- Set the desired cooking mode by pressing the High, Low or Simmer button. Refer to the chart of cooking table guidelines on page 6 for more information.
- When the desired cooking mode is selected, indicator next to Low, High or Simmer will light to denote the unit is the selected cooking mode, and the LCD will read On.

NOTE: The cooking mode can be overridden by pressing any other mode buttons.
- Once the 24-hour default cooking time has expired, the unit will beep for 5 seconds then turn off automatically.
- To turn the unit off manually, press the On/Off button.
- When cooking is complete lift ceramic pot carefully, using potholders.

CLEANING AND MAINTENANCE

Unplug your Cuisinart® Slow Cooker and allow it to cool before cleaning. Never immerse the unit in water or other liquid. To clean the housing and control panel, simply wipe with a clean damp cloth and dry before storing.

Wash ceramic pot and lid with warm, soapy water and rinse thoroughly, or clean in the upper rack of the dishwasher. Dry all parts after use. If food sticks to the surface, fill pot with warm soapy water and allow to soak before cleaning.

NOTE: If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

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

Slow Cooker Cookbook

traditional to gourmet recipes



Introduction



Get ready to slow down and enjoy meals!

Your Cuisinart® Slow Cooker is designed to have your favourite one-pot recipes ready and waiting for you.

Slow cooking is a traditional method that tenderizes meats and melds flavours for delicious, effortless dishes.

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



Cuisinart®

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Tips & Hints



- > Before food is added, the ceramic pot may be lightly coated with cooking spray so cooked foods release more easily.
- > Root vegetables such as carrots and potatoes will take longer to cook. Either cut the pieces smaller or place on bottom of Slow Cooker. Baby carrots, for example, may take longer than other vegetables.
- > Ground meats and uncooked sausages should always be browned and drained before adding to Slow Cooker. Smoked sausage such as kielbasa does not need to be browned (though it may add flavour and visual appeal). If browning the night before, make certain the meat is cooked completely through and properly refrigerated. Combine with other ingredients just before slow cooking.
- > Browning meats (roasts, chops, cubes for stews) and poultry adds flavour and colour to the finished dishes. It also helps cook out some of the fat.
- > In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
- > If you are not ready to serve food immediately, switch to the Warm mode to hold foods until ready to serve.
- > Tender vegetables, or those that you wish to be crisp-tender, should be added during the last 30 minutes of cooking time to prevent overcooking.
- > Each time you remove the lid, you will lose heat and will need to add 15 to 20 minutes to your cooking time. If you do need to stir (or peek), lift the lid just slightly so that you can get the spoon or spatula in.
- > If using frozen foods, thaw completely before adding to Slow Cooker.
- > Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw before adding to your favourite recipes.

Important Guidelines

- Cooking ground meats in the Slow Cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. Ground meats used in the Slow Cooker should be browned first. We strongly advise against cooking a meatloaf in the Slow Cooker. (The Country Paté in our recipe book is an exception. The meat is ground fresh in the Cuisinart® Food Processor and is cooked in a simmering water bath on the High Setting. When we tested with a probe thermometer, the Paté had reached safe food cooking temperature.)
- Most of the recipes in this book are cooked on Low using the timer function, to allow you maximum freedom to go on to do other tasks. Most meats are better when cooked on Low (slower) than on High, and the recipes are written as such. If you prefer to slow cook on High, cut the cooking time in half.

To adapt your own recipes to the Slow Cooker:

- For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often will end up with more liquid than when you began.
- In most cases, all ingredients can go in the Slow Cooker at once and can cook all day on Low setting. While it is not necessary to brown or sauté vegetables (onions, carrots, celery, peppers, etc.), it may add to the flavour. Browning meats adds to their taste and visual appeal, and helps to remove fat.
- Certain cuts of meat are more appropriate for Slow Cooker cooking: brisket, tip roast, chuck or rump roast, beef bottom round, pork shoulder or Boston butt, lamb shoulder, venison, chicken legs and thighs. Particularly lean cuts such as boneless, skinless chicken breast or “new generation” pork loin or tenderloin may seem dry when prepared in a Slow Cooker. See list of meats that are best in Slow Cooker (page 14).
- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk or nonfat dry milk, or add dairy products during the last 30 minutes of cooking.
- When making soups, add solid ingredients to Slow Cooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste.
- If your recipe calls for precooked pasta – UNDERCOOK it.
- Add cooked rice to recipes during last hour of cooking.

- The Slow Cooker should always be at least half full for best cooking results; however, the Slow Cooker should never be more than three-quarters full (about 1 inches [3.8 cm] from the top rim).
- Because the Slow Cooker heats and cooks at low temperatures, food should be at room temperature before it goes into the cooker. If the food is refrigerator temperature, add 30 minutes to your projected cooking time.
- Any left over food should be removed from the ceramic pot and stored in plastic containers up to 2 days, or frozen for future use.
- **NEVER** use the Slow Cooker to reheat food, as potentially harmful bacteria could develop during the slow cooking process. Remove food from the ceramic pot and reheat in a heat-safe container on a stovetop, or in an oven or microwave.
- Do not place the hot ceramic pot directly on a table or countertop.
- Do not add frozen food such as meat or vegetables to Slow Cooker dishes. Heat to room temperature before adding.
- For food safety reasons, whole chickens should not be cooked in a Slow Cooker. They may not reach safe temperature in the proper amount of time.
- Do not touch sides of Slow Cooker ceramic pot or Slow Cooker base while food is cooking.
- Always use potholders or oven mitts when removing the lid or ceramic pot from the base after cooking.

Suggested Foods

Meats

Beef/Veal: Choose cuts that are full of flavour and benefit from braising.

- › Arm pot roast
- › Beef brisket or corned beef brisket
- › Beef short ribs
- › Bottom round roast
- › Chuck or rump roast
- › Chuck shoulder steak
- › Veal shanks

Pork: Less tender cuts work best – the lean “new generation pork” may become dry when cooked in Slow Cooker.

- › Boston butt roast
- › Pork shoulder pieces
- › Sausages
- › Country-style pork ribs (bone-in)
- › Pork shoulder or blade roast

Lamb: Choose flavourful cuts that benefit from braising to tenderize.

- › Lamb shoulder
- › Lamb stew meat
- › Lamb shanks

Poultry: Best choice: dark meat – bone-in and skinless. Breast meat can become dry in texture if cooked too long.

- › Chicken or turkey legs and thighs (remove skin to reduce fat)

Game: Game generally tends to be less tender so it is perfect for the Slow Cooker.

- › Venison roasts or stew meat
 - › Pheasant, duck thighs and legs
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Beef Stock

Makes 6 cups (1.5 L)

2	pounds (1 kg) beef and/or veal bones	1	large onion, peeled and quartered
1	pound (500 g) beef chuck or other stew beef, cut into 1-inch (2.5 cm) cubes	2	tablespoons (30 ml) olive or vegetable oil
1	large carrot, peeled, cut into 3-inch (7.5 cm) lengths	6	fresh chives
1	celery rib, cut into 3-inch (7.5 cm) lengths	6	parsley sprigs
		6	thyme sprigs
		3	garlic cloves
		12	peppercorns

Preheat oven to 425°F (220°C). Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie the chives, parsley and thyme into a bundle using butcher's twine.

Transfer browned bones, meat, and vegetables to the ceramic pot of the Cuisinart® Slow Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 6 cups (1.5 L) cold water. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Strain, reserving stock; discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

Hint: Freeze in 1-cup (250 ml) amounts to thaw and use.

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

Calories 17 (1% from fat) • carb. 18g • pro. 38g • fat 2g • sat. fat 0g
 • chol. 0mg • sod. 20mg • calc. 14mg • fiber 0g

Chicken Stock

Makes 6 cups (1.5 L)

- 3 pounds (1.5 kg) chicken wings and/or backs
- 1 medium onion, peeled and quartered
- 1 celery rib, cut into 2-inch lengths
- 1 carrot, peeled, cut into 2-inch (5 cm) lengths
- 1 leek, trimmed, halved lengthwise, cleaned
- 1 parsnip, peeled, cut into 2-inch (5 cm) lengths
- 1 bay leaf
- 6 black peppercorns
- 3 parsley sprigs
- 3 thyme sprigs
- 6 cups (1.5 L) water

Rinse chicken and drain. Place in ceramic pot of Cuisinart® Slow Cooker along with the onion, celery, carrot, leek, parsnip, bay leaf, peppercorns, parsley, and thyme. Add water. Press on/off button to turn unit on. Set timer to 3 hours and press High; once slow cooker switches to Warm set time for 4 hours and press Simmer. Slow cooker will automatically switch to Warm, when cooking time has elapsed. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use.

Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Hint: Freeze chicken stock in 1-cup (250 ml) containers to use as needed.

For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavour to the stock. Use this method (using turkey wings) to make Brown Turkey Stock ahead for holiday meals.

Preheat oven to 400°F (200°C). Place wings in a Cuisinart® Roasting Pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

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

Calories 15 (0% from fat) • carb. 1g • pro.1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 80mg • calc. 0mg • fiber 0mg

SOUPS/STOCKS

Roasted Vegetable Stock

Makes 6 cups (1.5 L)

- 2 large carrots, peeled, cut into 3-inch (7.5 cm) lengths
- 2 leeks, roots removed, trimmed to include 2 inches (5 cm) of green, cut in half lengthwise and cleaned
- 1 celery rib, cleaned, cut into 3-inch (7.5 cm) lengths
- 1 large onion (6 ounces [170 g]), peeled, quartered
- 1 parsnip, peeled, cut into 3-inch (7.5 cm) lengths
- 1 large red or yellow bell pepper, cored, seeded and quartered
- 6 ounces (170 g) portobello mushrooms, cleaned, sliced
- 4 garlic cloves
- 2 tablespoons (30 ml) extra virgin olive oil
- 6 thyme sprigs
- 6 fresh chives
- 12 peppercorns

Preheat oven to 450°F (230°C). Arrange vegetables and garlic on large baking sheet with sides or in shallow roasting pan. Drizzle with olive oil and toss to coat completely.

Place pan in oven and roast for 25 minutes. Turn vegetables and roast an additional fifteen minutes. Tie thyme and chives together into a bundle using butcher's twine.

Transfer the roasted vegetables and accumulated juices, scraping up and including the flavourful browned bits from the pan, to the ceramic pot of the Cuisinart® Slow Cooker. Add the bundle of herbs, peppercorns, and 6 cups (1.5 L) water. Cover and press the on/off button to turn the unit on. Set the time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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

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

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

SOUPS/STOCKS

Spanish Bean Soup with Chorizo

Makes 8 cups (2 L)

- ¼ pound (125 g) dried chickpeas (garbanzo beans)
- ¼ teaspoon (1 ml) saffron threads
- 1 small ham hock (8-10 ounces [230 - 280 g]) or leftover ham bone
- 6 ounces (170 g) onions, chopped
- 6 ounces (170 g) chicken or turkey chorizo, chopped (or hot sausage, crumbled, or kielbasa, chopped)
- 6 ounces new potatoes (1- to 1½-inch size [2.5 to 3.75 cm]), halved or quartered
- 3 teaspoons (15 ml) olive oil, divided

Soak chickpeas overnight in water to cover by 3 inches (7.5 cm). Drain and rinse. Place in ceramic pot of Cuisinart® Slow Cooker with ham hock or ham bone and potatoes. Heat 2 teaspoons (10 ml) oil in 12-inch (30 cm) Cuisinart® skillet over medium heat. Add onions; cook 2 to 3 minutes to soften. Stir in saffron and garlic. Cook 2 to 3 minutes longer.

Add onion mixture to slow cooker with 6 cups (1.5 L) water. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set time for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed.

Heat remaining 1 teaspoon (5 ml) oil in skillet over medium-high heat. Brown chorizo, then drain; stir into soup. Slow cook on Low for 45 minutes. If the soup seems too thick, add some more water.

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

Calories 103 (18% from fat) • carb. 17g • pro. 4g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 12mg • calc. 40mg • fiber 6g

Cuban Black Bean Soup

Makes 8 cups (2 L)

- 1 pound (500 g) dried black beans
- ¼ teaspoon (1 ml) cayenne pepper
- 1 ham hock
- 1 bay leaf
- 5 cups (1.25 L) chicken stock
- ½ teaspoon (2 ml) kosher salt
- 1½ cups (375 ml) chopped onion
- ½ tablespoon (7 ml) red wine vinegar
- ¾ cup (175 ml) chopped red pepper
- 3 tablespoons (45 ml) dry sherry
- 3 garlic cloves, peeled and chopped
- 1½ tablespoons (25 ml) oregano

Sort beans and pick out any stones or bits of dirt. Soak beans overnight (8 hours or more) in water to cover by 3 inches (7.5 cm). Drain and rinse. Place beans in ceramic pot of the Cuisinart® Slow Cooker with ham hock, chicken stock, chopped onion, red pepper, garlic, oregano, cayenne and bay leaf. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. Remove and discard bay leaf. Remove ham hock; let cool. When cool enough to handle, remove meat, chop and reserve. Stir in salt. Use a potato masher or Cuisinart® Hand Blender on Low speed with a gentle up-and-down motion to mash/purée beans.

* You may partially or totally purée the soup. Stir in reserved ham, vinegar and sherry.

* You may also transfer the beans to a blender to purée.

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

Calories 243 (5% from fat) • carb. 38g • pro. 17g • fat 1g • sat. fat 0g
• chol. 5mg • sod. 685mg • calc. 56mg • fiber 13g

Caramelized Onion Soup

Makes about 6 cups (1.5 L)

- 2½ pounds (1.1 kg) onions, peeled and sliced
- 1½ tablespoons (25 ml) unsalted butter, melted
- 1½ tablespoons (25 ml) extra virgin olive oil
- ¾ teaspoon (3.75 ml) kosher salt
- 1½ tablespoons (25 ml) unbleached all-purpose flour
- ¾ tablespoon (12 ml) brown sugar
- 4 cups (1 L) meat stock (half chicken and half beef is fine), hot
- 1½ tablespoons (25 ml) Port

Combine onions, butter, olive oil and salt in the ceramic pot of the Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time for one hour and press high. Once time switches to Warm, set time for 5 hours and press Low to cook until nicely browned. Stir every hour so the onions colour evenly.

When onions are done, sprinkle in flour and sugar. Cook on Low for 30 minutes, stirring occasionally. Add hot stock and cook on High for one hour. Reduce to Low for 2 hours longer. Stir in Port.

Serve soup with slices of toasted French bread, topped with melted Parmesan.

Nutritional information per serving (¾ cup [175 ml] without cheese):

Calories 190 (31% from fat) • carb. 27g • pro. 6g • fat 7g • sat. fat 2g
• chol. 8mg • sod. 636mg. • calc. 53mg • fiber 3g

Sausage & Lentil Soup with Tortellini

Makes 8 cups (2 L)

- ¾ tablespoon (12 ml) extra virgin olive oil
- 1 pound (500 g) turkey or chicken Italian sausage links
- 8 ounces (230 g) mushrooms, cleaned and quartered
- ¾ cup (175 ml) dried brown lentils, rinsed and drained
- 8 ounces (230 g) yellow onions, peeled and chopped
- 8 ounces (230 g) carrots, peeled, thickly sliced
- 2 garlic cloves, peeled and chopped
- ¾ tablespoon (12 ml) basil
- 1½ teaspoons (7 ml) thyme
- ¾ ounce (20 g) sun-dried tomatoes (not in oil), slivered
- 4½ cups (1.12 L) low-sodium chicken stock or broth
- 6 ounces (170 g) cheese-filled tortellini (refrigerated)

Heat the olive oil in a Cuisinart® 12-inch (30 cm) nonstick skillet over medium-high heat. When hot, add the sausage in a single layer and brown evenly on all sides, about 10 minutes. Remove and let cool. Add the mushrooms to the same pan and cook until brown, about 3 to 4 minutes. When the sausage is cool enough to handle, cut into ½-inch (1.25 cm) slices.

Place the lentils in the ceramic pot of the Cuisinart® Slow Cooker. Add the chopped onions, carrots, garlic, browned mushrooms, basil, and thyme; stir to combine. Sprinkle the mixture with the slivered sun-dried tomatoes and top with the sliced sausages and any accumulated juices. Add the chicken stock.

Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 5 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed.

Forty-five minutes before serving, reset the temperature to High – if soup is very thick, add up to 2 cups (500 ml) water. After 15 minutes, add the tortellini. Cover and cook for an additional 30 minutes, until the tortellini are tender and cooked. Serve with freshly grated Parmesan.

Nutritional information per serving (1 cup [250 ml], without cheese):

Calories 312 (31% from fat) • carb. 30g • pro. 24g • fat 11g • sat. fat 3g
• chol. 51mg • sod. 1015mg • calc. 96mg • fiber 6g

Curried Yellow Pea Soup

Makes 6 cups (1.5 L)

- 1 tablespoon (15 ml) unsalted butter
- 4 ounces (115 g) mushrooms, halved
- 4 ounces (115 g) onion, peeled and chopped
- 4 ounces (115 g) baby carrots
- 1 garlic clove, peeled and chopped
- 1 piece ginger (1-inch [2.5 cm]) peeled, cut into quarter-size pieces
- 4 ounces (115 g) cauliflower, separated into 1½-inch (3.75 cm) florets
- 1 tablespoon (15 ml) jalapeño pepper, cored, seeded and chopped
- 3 tablespoons (45 ml) brown rice
- ½ tablespoon (7 ml) curry powder
- 2 cups (500 ml) vegetable stock or Roasted Vegetable Stock (page 19)
- ¼ teaspoon (1 ml) cumin seed
- ½ pound (250 g) yellow split peas, rinsed
- 1½ cups (375 ml) water
- 4 ounces (115 g) red potatoes, skin on, quartered

Melt butter over medium-high heat in a 10-inch (25 cm) Cuisinart® nonstick skillet.

Cook onion until soft, about 3 to 5 minutes. Add garlic; stir for 1 minute. Add ginger, jalapeño, curry and cumin. Cook until fragrant, 1 to 2 minutes. Transfer to ceramic pot of Cuisinart® Slow Cooker.

Add split peas, potatoes, mushrooms, carrots, parsnips, cauliflower and rice to slow cooker; stir. Add stock and water. Cover and press on/off button to turn the unit on. Set time to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

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

Calories 170 (15% from fat) • carb. 32g • pro. 6g • fat 3g • sat. fat 1g
• chol. 3mg • sod. 73mg • calc. 51mg • fiber 8g

Soups & Stocks

Classic Split Pea Soup

Makes 8 servings

- 2 garlic cloves, peeled
- 1 pound (500 g) green split peas, rinsed
- 6 ounces (170 g) onion, peeled and cut into 1-inch (2.5 cm) pieces
- 6 cups (1.5 L) chicken stock (page 18)
- 1 celery rib, top off, cut into 1-inch (2.5 cm) pieces
- 1 12-ounce (340 g) ham hock (or roasted turkey leg)
- 8 ounces (230 g) all-purpose potatoes, peeled and cut into 3-inch (7.5 cm) lengths
- 1 teaspoon (5 ml) freshly ground pepper
- 8 ounces (230 g) carrots, peeled and cut into 3-inch (7.5 cm) pieces
- ¼ cup (50 ml) dry sherry

Fit the metal chopping blade in the Cuisinart® Food Processor. With motor running, drop garlic through feed tube and finely chop. Add onion and celery; pulse 7 to 8 times to chop. Transfer to ceramic pot of the Cuisinart® Slow Cooker.

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

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

Note: If you do not have a food processor, you may chop and slice the vegetables by hand.

Nutritional information per serving:

Calories 135 (4% from fat) • carb. 23g • pro. 8g • fat 1g • sat. fat 0g
• chol. 3mg • sod. 378mg • calc. 34mg • fiber 6g

Soups & Stocks

Tomato Soup

Makes 6 servings

- 3 cans (14 ounces [400 g] each) diced tomatoes, juices drained
- 3 cups (750 ml) chicken or vegetable stock
- 2 garlic cloves peeled, chopped
- 1 bay leaf
- 1 small onion, peeled, chopped
- ½ teaspoon (6 ml) dried basil
- 1 medium carrot, chopped
- ¼ teaspoon (1 ml) thyme
- 1 medium stalk celery, tops removed, chopped

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

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

Nutritional information per serving:

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

White Chili with Chicken

Makes 8 cups (2 L)

- ½ pound (250 g) white beans
- 1½ teaspoons (7 ml) ground cumin
- 1 cooking spray
- 1 teaspoon (5 ml) oregano
- 1 tablespoon (15 ml) good quality olive oil
- ¾ teaspoon (3.75 ml) coriander
- ½-¾ teaspoon (2 ml to 3.75 ml) kosher salt
- 1½ cups (375 ml) chopped onions
- ¼ teaspoon (1 ml) freshly ground white pepper
- 1 tablespoon (15 ml) chopped garlic
- 1½ jalapeño peppers, cored, seeded and minced (optional)
- 4 cups (1 L) chicken stock, nonfat, low-sodium
- 1½ jalapeño peppers, cored, seeded and minced (optional)
- 1 pound (500 g) chicken breast meat, cut into 1-inch (2.5 cm) cubes
- 1 cup (250 ml) cut white or yellow corn, (thawed if frozen)
- ½ cup (125 ml) prepared salsa verde (from a jar)
- 8 lime wedges

Pick over beans and discard any stones or bits of dirt. Soak beans overnight (8 hours) in water to cover by 3 inches (7.5 cm). Drain and rinse. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Heat oil in a Cuisinart® 10-inch (25 cm) skillet over medium heat. Add onions and garlic. Cook until onions are soft, about 5 minutes; transfer to pot. Place stock, beans and chicken in slow cooker. Add salsa, cumin, oregano, coriander, salt, pepper and jalapeños. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; once slow cooker switches to Warm, set timer for 4 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. One half hour before serving, turn heat to High; stir in corn. Serve with wedge of lime.

Hint: Sliced or diced avocado makes a good garnish for White Chicken Chili.

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

Calories 390 (13% from fat) • carb. 45g • pro. 40g • fat 5g • sat. fat 1g
• chol. 65mg • sod. 570 mg • calc. 145mg • fiber 15g

Beef Chili for a Crowd

Makes 8 servings

- 1½ cooking spray
- 1½ teaspoons (7 ml) good quality olive oil
- ¾ pound (375 ml) onions, peeled and finely chopped
- 3 cloves garlic, peeled and minced
- 1 teaspoon (5 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground pepper
- 1½ pounds (750 g) lean ground beef
- ¼ cup (50 ml) chili powder
- 2 teaspoons (10 ml) oregano
- 2 teaspoons (10 ml) cumin
- ½ tablespoon (7 ml) paprika
- ½ red pepper, cored, seeded, chopped
- ½ green pepper, cored, seeded, chopped
- ½ yellow pepper, cored, seeded, chopped
- 1 can (14 ounces [400g]) diced tomatoes, juices drained, separated
- 1 can (3 ounces [85 g]) tomato paste, salt-free
- 1½ tablespoons (25 ml) red wine vinegar
- 2 cans (15–16 ounces [425 to 455 g] each) beans, drained, rinsed and drained again (i.e. black beans, pinto beans and/or red kidney beans)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Heat a Cuisinart® 12-inch (30 cm) nonstick skillet over medium-high heat and add ½ teaspoon (2 ml) olive oil; sauté onions and garlic until soft. Season with ¼ teaspoon (1 ml) salt and ¼ teaspoon (1 ml) pepper. Place in ceramic pot.

In the same skillet, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to slow cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar. Cover and press the on/off button to turn the unit on. Set time to 8 to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

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

Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g
• chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g

STEW & CHILIS

Heart Smart Turkey Chili

Makes about 8 cups (2 L)

- 2 tablespoons (30 ml) extra virgin olive oil, divided
- 2 pounds (1 kg) lean ground turkey (7% fat)
- 3 garlic cloves, peeled and finely chopped
- ¾ pound (375 g) Spanish onions, peeled and chopped
- 3 tablespoons (45 ml) chili powder
- ½ tablespoon (7 ml) ground cumin
- ¾ teaspoon (3.75 ml) ground allspice
- ¾ teaspoon (3.75 ml) ground cinnamon
- ¾ teaspoon (3.75 ml) ground coriander
- ¾ teaspoon (3.75 ml) oregano
- 1 can (14 ounces [400 g] each) diced tomatoes
- ½ red bell pepper, cut into 1½ x ¼-inch (3.75 x 0.6 cm) strips
- ½ yellow bell pepper, cut into 1½ x ¼-inch (3.75 x 0.6 cm) strips
- ½ cup (125 ml) unsalted, nonfat, low-sodium chicken stock
- 1 tablespoon (15 ml) wine vinegar
- 1 bay leaf
- ½ teaspoon (2 ml) kosher salt

Heat one teaspoon olive oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat. Add ⅓ of the turkey to the pan and cook until brown, breaking up clumps with the back of a spoon, about 7 minutes. Transfer to the ceramic pot of the Cuisinart® Slow Cooker. Brown the remaining meat with one teaspoon oil, in two more batches. Heat the remaining one tablespoon of oil over medium heat in the same pan; add the garlic and onion and cook until translucent and softened, about 5 minutes. Add chili powder, cumin, allspice, cinnamon, coriander, and oregano; cook over low heat until fragrant, about 5 minutes. Transfer onion mixture to the slow cooker. Stir in diced tomatoes, peppers, chicken stock, wine vinegar, bay leaf, and salt. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Serve with chili condiments—shredded lowfat Cheddar or Monterey Jack cheese, diced avocado, chopped tomato, chopped onions, chopped peppers and warm cornbread.

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

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

STEW & CHILIS

Corn and Green Chile Chowder

Makes eight 1-cup (250 ml) servings

- 4 slices bacon, cut into small dice
- 2 tablespoons (30 ml) unbleached, all-purpose flour
- 1 medium onion, cut into small dice (approximately 1½ to 2 cups [375 to 500 ml] dice)
- ½ cup (15 g) beer
- 2 cans (4½ ounces [130 g]) chopped green chiles
- 1 medium red pepper, cut into small dice (approximately 1½ to 2 cups [375 to 500 ml] dice)
- 12 ounces (340 g) red potatoes, washed and cut into 1-inch (2.5 cm) dice
- 1 celery rib, finely chopped
- 4 cups (1 L) corn kernels (cut from about 4 ears of corn)
- 3 garlic cloves, finely chopped
- 1 cup (250 ml) chicken broth, reduced sodium
- 1½ teaspoons (7 ml) kosher salt, divided
- ½ cup (125 ml) heavy cream
- ¾ teaspoon (3.75 ml) freshly ground pepper, divided

Place bacon in a 12-inch (30 cm) skillet over medium heat. Once bacon is cooked through to taste, remove and reserve. Stir the chopped onion, red pepper, celery, and jalapeño into the skillet. Sauté vegetables until tender, about 5 minutes. Add the garlic and ½ teaspoon (2 ml) of both salt and pepper to the skillet and continue to cook for an additional 3 to 5 minutes.

Stir the flour into the skillet and cook for 2 to 3 minutes. Add the beer, scraping up any brown bits that have accumulated on the bottom of the skillet. Add vegetable mixture to the slow cooker vessel of the Cuisinart® Slow Cooker. To the vegetables, add the green chiles, potatoes, corn, remaining salt and pepper, and chicken broth. Cover and press the on/off button to turn the unit on. Set the time to 3 hours and press High; once slow cooker switches to Warm, set the time again for 6 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. Stir in heavy cream and remaining salt; cook on Low for 1 hour. To serve, stir in reserved bacon. Taste and adjust seasoning accordingly.

Optional: purée 1 cup (250 ml) of the soup separately and stir back into the remaining chowder for an extra-creamy texture.

Nutritional information per serving:

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

STEWES & CHILLS

Veal Stew with Mushrooms & Artichokes

Makes about 8 cups (2 L)

- ½ cup (125 ml) unbleached all-purpose flour
- ½ can (14-ounce [400 g]) diced tomatoes, drained
- ¾ teaspoon (3.75 ml) kosher salt
- ½ cup (125 ml) chicken stock
- ¾ teaspoon (3.75 ml) freshly ground pepper
- 1 shallot, peeled and minced
- 1 garlic clove, peeled and minced
- 2 pounds (1 kg) veal stew meat, cut into 1-inch (2.5 cm) cubes
- ¾ teaspoon (3.75 ml) ground coriander
- 6 teaspoons (30 ml) good quality olive oil, divided
- 5 whole sprigs of parsley with stems
- ½ cup (125 ml) dry sherry
- 1 bay leaf
- ¾ pound (375 ml) button mushrooms, sliced
- 1 package frozen artichokes, thawed
- 1 cup (250 ml) onion, peeled and chopped (about 1 large)
- ¼ cup (50 ml) chopped fresh parsley
- ¾ cup (175 ml) sliced celery

Mix the flour, salt and pepper in a pie plate or other flat bowl. Lightly dust veal cubes with seasoned flour, shaking off excess. Heat 2 teaspoons (10 ml) of oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat. In 2 batches, brown veal on all sides. Transfer browned veal to the ceramic pot of the Cuisinart® Slow Cooker. After each batch, deglaze pan by adding ¼ cup (50 ml) sherry to the hot skillet, scraping up any brown bits; add to the ceramic pot.

When all meat is browned, add 1 teaspoon (5 ml) oil; brown mushrooms in 2 batches and add to pot. Place onion, celery, tomatoes, chicken stock, shallot, garlic, and coriander in the slow cooker with veal and mushrooms; stir. Place the parsley sprigs on top of the veal mixture. Tuck the bay leaf into the centre. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; the slow cooker will automatically switch to Warm when cooking time has elapsed. At this point, the stew can wait on Warm until you are ready to finish cooking.

One hour before serving, remove parsley sprigs and bay leaf; discard. Stir in artichokes, cover and slow cook on Low for 1 hour. Garnish with chopped fresh parsley to serve.

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

Calories 285 (31% from fat) • carb. 18g • pro. 28g • fat 10g • sat. fat 2g
• chol. 85mg • sod. 421mg • calc. 71mg • fiber 6g

STEWES & CHILLS

Mediterranean Seafood Stew

Makes 4 servings

- 1/4 pound (125 g) small new potatoes, skin on, whole
- 1/4 teaspoon (1 ml) fennel seeds
- 2 garlic cloves, peeled and minced
- 3 whole sprigs of fresh parsley (stems and leaves)
- 1 large onion, peeled, cut into quarters, with root ends intact (to hold it together)
- 1/2 small fennel bulb (4 ounces [115 g]), top off, cut into 1/2-inch (1.25 cm) slices
- 1 tablespoon (15 ml) extra virgin olive oil
- 10 mussels, scrubbed and debearded if necessary
- 1 can (14 ounces [400 g]) diced tomatoes, juices drained
- 8 jumbo shrimp, peeled, deveined, left whole with tail on
- 1/2 can (6 ounces [170 g]) salt-free tomato paste
- 6 sea scallops, cut in half horizontally
- 1/2 cup (125 ml) clam juice or fish stock
- 1/2 pound (250 g) white fish, such as scrod, cut into 2-inch (5 cm) pieces
- 1/2 cup (50 ml) chopped parsley leaves
- 1 bay leaf
- 1/4 teaspoon (2 ml) saffron
- 1/4 teaspoon (2 ml) dried basil
- 1 bay leaf

Place potatoes, garlic, onion and olive oil in ceramic pot of the Cuisinart® Slow Cooker; stir gently to combine. Add tomatoes, tomato paste, clam juice, wine, saffron and dried basil. Place bay leaf, fennel seeds, peppercorns and parsley sprigs in a 5 x 5-inch (12.5 x 12.5 cm) square of cheesecloth (or coffee filter) and tie securely with kitchen twine. Add to pot. Cover and press the on/off button to turn the unit on. Set time for 2 hours and press High; once slow cooker switches to Warm, set time for 4 hours and press Simmer. Slow cooker will automatically switch to Warm when cooking time has elapsed. At this point the sauce can rest on Warm until one hour before serving.

Raise heat to High, then add fennel slices; cook another 30 to 40 minutes. Add mussels, shrimp, scallops and fish. Continue to cook about 10 to 15 minutes, or until mussels are open, shrimp are pink, scallops and fish are opaque. Garnish with chopped parsley and orange zest. Ladle stew directly from the pot into warm soup bowls. Serve with crusty bread on the side.

Nutritional information per serving:

Calories 407 (16% from fat) • carb. 32g • pro. 48g • fat 7g • sat. fat 1g
• chol. 187mg • sod. 582mg • calc. 155mg • fiber 5g

Seafood Chili

Makes 4 servings

- 1 1/2 cups (375 ml) chopped onion
- 1 can (6 ounces [170 g]) chopped clams, drained, 1/2 cup (125 ml) juice reserved
- 3 garlic cloves, peeled and chopped
- 1 jalapeño pepper, seeded and chopped
- 1/2 red pepper, seeded and chopped
- 1/2 green pepper, seeded and chopped
- 1 tablespoon (15 ml) chili powder
- 1/2 tablespoon (7 ml) oregano
- 1 teaspoon (5 ml) ground cumin
- 1/2 teaspoon (2 ml) ground coriander
- 1/2 tablespoon (7 ml) extra virgin olive oil
- 1 can (14 ounces [400 g]) diced tomatoes with juice
- 1 can (6 ounces [170 g]) cornmeal
- 1/4 pound (375 g) large shrimp, peeled and deveined
- 3/4 pound (375 g) large sea scallops, tough muscle removed
- 1/2 pound (250 g) halibut (or other firm whitefish), cut into 1-inch (2.5 cm) pieces
- 3/4 pound (375 g) mussels, rinsed and debearded
- 1/4 cup (50 ml) chopped fresh cilantro

Combine onions, garlic, jalapeño, red and green peppers, chili powder, oregano, cumin, and coriander with the olive oil in ceramic pot of the Cuisinart® Slow Cooker. Stir in diced tomatoes and 1/2 cup (125 ml) clam juice. Cover and press the on/off button to turn the unit on. Set timer to 6 hours and press Low; the slow cooker will automatically switch to Warm until you are ready to finish cooking.

Turn heat to High and stir in cornmeal; cover and cook 15 minutes. Add chopped clams, shrimp, scallops, and halibut; stir gently. Place mussels on top. Cook on High for

1 minute or until shrimp are pink and mussels have opened. Garnish with fresh chopped cilantro.

Nutritional information per serving:

Calories 358 (16% from fat) • carb. 16g • pro. 58g • fat 6g • sat. fat 1g
• chol. 213mg • sod. 440mg • calc. 161mg • fiber 3g

Chicken Cacciatore

Makes 4 to 6 servings

- 6 ounces (170 g) yellow onion, peeled and cut vertically into ½-inch (1.25 cm) thick slices
- ½ red bell pepper, cored, seeded, cut lengthwise into ½-inch (1.25 cm) thick slices
- ½ yellow bell pepper, cored, seeded, cut in ½-inch (1.25 cm) thick slices lengthwise
- 2 garlic cloves, peeled
- 1 can (15 ounces [425 g]) diced tomatoes, drained, juices discarded
- 2 tablespoons (30 ml) tomato paste
- 2 tablespoons (30 ml) white vermouth or other dry white wine

Place the onions, peppers, garlic, drained tomatoes, tomato paste, vermouth, oregano, basil, salt, and pepper in a large bowl. Toss gently to combine. Trim chicken thighs of visible fat. Toss in flour to coat lightly – discard excess flour. Heat one tablespoon (15 ml) olive oil in a 12-inch (30 cm) Cuisinart® nonstick skillet over medium-high heat. Add half the chicken and cook over medium-high heat for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken. Add the remaining tablespoon olive oil and cook the portobello mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the browned portobello mushrooms to the vegetable mixture.

Arrange half the chicken thighs in the ceramic pot of the Cuisinart® Slow Cooker. Top with half the vegetable mixture. Repeat layers. Tuck bay leaf into the centre of the mixture. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove and discard bay leaf before serving.

Nutritional information per serving (based on 6 servings):

Calories 599 • (37% from fat) • carb. 25g • pro. 61g • fat 23g
• sat. fat 6g • chol. 204mg • sod. 571mg • calc. 93mg • fiber 5g

ENTRÉES & SAUCES

Lemon Chicken with Rosemary

Makes 6 servings

- 2 pounds (1 kg) bone-in, skinless chicken thighs, trimmed of excess visible fat
- ¾ teaspoon (3.75 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground pepper
- 1 teaspoon (5 ml) olive oil
- ½ cup (125 ml) unbleached, all-purpose flour
- 1 large onion, peeled, halved and sliced

Heat a 12-inch (30 cm) Cuisinart® skillet over medium heat.

Season the chicken thighs on both sides with ½ teaspoon (2 ml) of salt and teaspoon (5 ml) of black pepper. Once skillet is hot add the olive oil so that it shimmers across the pan but does not smoke. Dredge half of the chicken thighs in flour to coat lightly. Place chicken in hot skillet skin side down. Brown on both sides about 5 to 7 minutes. It is important not to move the chicken when it is first placed in pan; chicken will come loose once it is browned. Dredge remaining chicken and repeat. Reserve.

Pour all but 1 tablespoon (15 ml) of oil out of the skillet. Sauté onion and garlic for 2 to 3 minutes until softened. Stir in the rosemary sprigs and remaining ¼ teaspoon (1 ml) of salt. Add the lemon juice to the skillet, scraping up any brown bits that remain on the bottom with a wooden spoon. Let juice come to a boil and reduce by half. Add the chicken broth and let come to a boil.

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

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

Serve in shallow bowls with rice or mashed potatoes.

Nutritional information per serving:

Calories 437 (49% from fat) • carb. 10g • pro. 44g • fat 24g • sat. fat 6g
• chol. 145mg • sod. 656mg • calc. 42mg • fiber 1g

ENTRÉES & SAUCES

Chicken with 40 Cloves of Garlic

Makes 4 to 6 servings

- 2 pounds (1 kg) chicken thighs (about 8 to 10), skinless, bone-in
- 1 teaspoon (5 ml) herbes de Provence
- ¼ teaspoon (1 ml) red pepper flakes
- ¾ teaspoon (3.75 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper
- ½ tablespoon (7 ml) fresh lemon juice
- 3 teaspoons (15 ml) extra virgin olive oil

In a large bowl, combine the chicken thighs, herbes de Provence, red pepper flakes, salt, pepper, lemon juice and olive oil. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Layer seasoned chicken, garlic, celery and onions in pot. Pour in wine and chicken stock. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Serve with chopped parsley for garnish.

Nutritional information per serving (based on 6 servings):

Calories 399 (43% from fat) • carb. 9g • pro. 44g • fat 19g • sat. fat 5g
• chol. 153mg • sod. 311 • calc. 66mg • fiber 1g

ENTRÉES & SAUCES

Barbecue Beef Brisket

This is a multi-step process, but well worth the effort. Because brisket is chilled after cooking, it allows you to remove excess fat, and makes slicing easier.

Makes 6 to 8 servings

- 1 beef brisket, approximately 2½ pounds (1.1 kg)
- 2 tablespoons (30 ml) light or dark brown sugar, packed
- 2 teaspoons (10 ml) Worcester-shire sauce
- 2 teaspoons (10 ml) freshly ground black pepper
- 1 teaspoon (5 ml) garlic powder
- 1 teaspoon (5 ml) kosher salt

Trim fat cap on top of brisket to ¼-inch (0.3 cm) thickness. Do not remove it all – it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate. Make a single layer of the sliced onions in the bottom of the ceramic pot of the Cuisinart® Slow Cooker. Add the lager. Place the coated brisket on top. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm setting. Remove the brisket, onions and cooking juices from the Slow Cooker and place in a shallow pan. Cover and refrigerate. One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F (190°C). Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about

2 cups (500ml). This may be frozen – it is very good to use in soups); discard onions. Slice meat thin (⅛-inch [0.3 cm] thick slices) while cold.* Reassemble and place in roasting pan/baking dish. Spread 2 cups (500 ml) Barbecue Sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.

Alternatively, the meat can be sliced thick, then shredded using two forks or fingers. Stir in sauce and reheat until it just bubbles. After reheating, the Beef Barbecue may be placed in the Slow Cooker on Low for 1 hour; then turned to Warm when cooking time has elapsed.

*Thin slices will be easy to achieve using a Cuisinart® Electric Knife.

Nutritional information per serving (based on 8 servings):

Calories 229 (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g
• chol. 72mg • sod. 49⁺mg • calc. 38mg • fiber 1g

ENTRÉES & SAUCES

Barbecue Sauce

Makes 4 cups (1 L)

- 2 teaspoons (10 ml) unsalted butter
- 1 cup (250 ml) finely chopped onion
- 1 garlic clove, peeled, finely chopped
- 2 cups (500 ml) tomato ketchup
- 1 cup (250 ml) water
- ¼ cup (50 ml) tomato paste (salt-free)
- ¼ cup (50 ml) cider vinegar
- ⅓ cup (75 ml) molasses
- ⅓ cup (75 ml) honey
- 2 tablespoons (30 ml) Worcestershire sauce

Melt the butter in a Cuisinart® 3¾-quart (3.5 L) saucepan over medium heat. Add onion and garlic; cook over medium heat until softened and opaque, about 3 to 4 minutes – do not brown. Add ketchup, water, tomato paste, vinegar, molasses, honey, Worcestershire sauce, soy sauce, horseradish, chili powder, instant espresso, and dry mustard. Stir to blend. Bring the mixture to a boil. Reduce heat and simmer, uncovered over low heat, about 50 to 60 minutes. Stir in liquid smoke and hot sauce to taste.

Cool and refrigerate in a covered container until ready to use. May also be frozen.

Nutritional information per serving (¼ cup [50 ml]):

Calories 127 (7% from fat) • carb. 29g • pro. 2g • fat 1g • sat. fat 0g
• chol. 1g • sod. 988mg • calc. 79mg • fiber 1g

Dilled Pot Roast

Makes 4 to 6 servings

- ⅓ cup (75 ml) all-purpose flour
 - ½ teaspoon (2 ml) kosher salt
 - ¼ teaspoon (1 ml) freshly ground pepper
 - 2 teaspoons (10 ml) vegetable oil
 - 2½ pounds (1.1 kg) beef roast, rump, chuck or arm cut
 - 2 tablespoons (30 ml) Dijon-style mustard
 - 2 onions, peeled and cut into eighths
 - 2 carrots, peeled and sliced into 1-inch (2.5 cm) pieces
 - 1 celery rib, with top, cut into 1-inch (2.5 cm) pieces
 - 2 garlic cloves, peeled
 - 1 teaspoon (5 ml) dill seed
 - ½ teaspoon (2 ml) peppercorns
 - ¼ cup (50 ml) nonfat, low-sodium beef stock
 - 1 tablespoon (15 ml) red wine vinegar
- Sauce**
- 3 tablespoons (45 ml) instant flour
 - 1 teaspoon (5 ml) Dijon-style mustard
 - 1 teaspoon (5 ml) dill weed
 - ½ cup (125 ml) lowfat sour cream

Combine flour with salt and pepper. Coat beef with flour mixture, shaking off excess. Heat oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat; brown beef on all sides. Transfer to platter or cutting board; cool for a few moments. Rub mustard evenly over all sides of the beef.

Place onions, carrots, celery, garlic, dill seed and peppercorns in the ceramic pot of the Cuisinart® Slow Cooker. Top with the mustard-coated beef. Pour in stock and vinegar. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Remove beef, transfer to storage container, strain and discard vegetables. Pour cooking juices over beef; cover and refrigerate overnight. One hour before serving, remove beef (reserve juices), and cut off visible fat. Place in a small roasting pan and reheat at 325°F (160°C) for 30 to 45 minutes. Strain cooking juices into a Cuisinart® 2¾-quart (2.6 L) saucepan; discard fat. Add flour, mustard and dill weed; stir over medium heat until sauce comes to a boil and thickens. Remove from heat, cool briefly and stir in sour cream. Taste for seasoning and add ¼ teaspoon (1 ml) salt if desired. Cut meat into thin slices; pour some sauce over the top and pass the rest in a sauceboat.

Nutritional information per serving (based on 6 servings):

Calories 226 (23% from fat) • carb. 16g • pro. 9g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 420mg • calc. 53mg • fiber 2g

— Corned Beef with Vegetables —

Serves 4 to 6

First Cooking

- cooking spray
- 2 pounds (1 kg) corned beef, first cut (flat)
- 1 onion, peeled and cut into 2-inch (5 cm) pieces
- 1 carrot, peeled and cut into 2-inch (5 cm) pieces
- 1 stalk celery, with tops, cut into 2-inch (5 cm) pieces
- 3 whole parsley stalks
- 1 bay leaf
- 3 teaspoon (2 ml) peppercorns
- 3 cups (750 ml) water
- To finish**
- Sauce**
- ¼ cup (50 ml) orange marmalade
- ¼ cup (50 ml) Dijon-style mustard
- 1½ tablespoons (25 ml) real maple syrup (not pancake syrup) or honey

Vegetables

- ½ pound (250 g) onions, peeled, cut in half through root end
- 4 carrots, peeled, cut into large serving pieces
- 2 stalks celery, cut into serving pieces
- 1 pound (500 g) new potatoes, skins on, cut into serving pieces
- 1 pound (500 g) cabbage cut lengthwise through the root end into 8 pieces

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onion, carrot, celery, parsley, bay leaf and peppercorns. Pour in water to cover. Cover pot and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. When meat is done, transfer to a resealable container with the vegetables and cooking liquid. Cover and refrigerate overnight. The meat can stay like this for up to two days.

When you are ready to finish the corned beef, preheat oven to 375°F (190°C). Remove meat from cooking liquid; cut off and discard any visible fat. Strain liquid to degrease juices. Discard vegetables; reserve liquid. Combine marmalade, mustard and maple syrup in a small bowl; spread or brush over the top and sides of meat.

ENTRÉES & SAUCES

(continued)

Set meat in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice. Pour cooking liquid into a Cuisinart® 6-quart (5.7 L) saucepan. Add onions, carrots, celery and new potatoes. Top with the cabbage. (You will not have enough liquid to cover – the cabbage steams on top.) Cover and simmer until vegetables are tender, 30 to 45 minutes. To serve, cut meat into thin slices and surround with vegetables. Serve the flavourful broth on the side.

Nutritional information per serving (based on 6 servings):

Calories 669 (42% from fat) • carb. 62g • pro. 37g • fat 32g • sat. fat 10g
• chol. 157mg • sod. 2545mg • calc. 188mg • fiber 14g

New England Short Ribs

Makes 4 servings

- ½ cup (125 ml) unbleached all-purpose flour
- ½ pound (250 g) carrots, peeled and halved lengthwise
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper
- 2-2½ pounds (1 - 1.1kg) short ribs
- 1 tablespoon (15 ml) vegetable oil
- ½ pound (250 g) onions, peeled and cut into ½-inch (1.25 cm) dice
- ¼ cup (50 ml) prepared horseradish
- ½ cup (125 ml) beef stock

Combine flour, salt and pepper. Coat short ribs with this mixture. Heat oil in a Cuisinart® 12-inch (30 cm) skillet over medium high heat. Brown ribs and transfer them to a plate to cool a bit. Pour off fat, add onions and cook 1 minute; stir and scrape up all brown bits. Combine with carrots, potatoes and turnips. Coat short ribs with horseradish. Place in the ceramic pot of the Cuisinart® SlowCooker. Cover with onions, carrots, potatoes and turnips. Pour in stock. Cover and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Strain pan juices or use a fat mop to remove fat.

Nutritional information per serving:

Calories 771 (58% from fat) • carb. 26 • pro. 56 • fat 50g • sat. fat 20g
• chol. 106mg • sod. 588mg • calc. 87mg • fiber 6g

Pulled Pork Barbecue

Makes 5 cups (1.25 L)

- 2½ pounds (1.1 kg) bone-in country-style spare ribs
- ¾ teaspoon (3.75 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground black pepper
- ½ teaspoon (2 ml) paprika
- ½ pound (250 g) onions, peeled and thickly sliced
- 1 cup (250 ml) water
- 1-1½ cups (250 - 375 ml) Barbecue Sauce, page 38 (or purchased)

Trim ribs of excess fat. Season with salt, pepper and paprika. Layer seasoned pork and onions in ceramic pot of Cuisinart® Slow Cooker, ending with a layer of onions. Add water. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Transfer pork to a shallow food storage container. Strain liquid and discard onions. Pour liquid over pork. Cover and refrigerate. When chilled, the fat will solidify and rise to the top. Lift off and discard. Remove pork from liquid (which will have gelled); reserve liquid for another use (it is particularly good to use in the Cuban Black Bean (page 21), Classic Split Pea (page 25), or Spanish Bean (page 20) Soups – it may be strained and frozen, or discarded. Pull pork from bones; discard bones. Trim off and discard fat. Shred pork and place in ceramic pot of Cuisinart® Slow Cooker. Add 2 to 3 cups (500 to 750 ml) Barbecue Sauce (page 38); stir. Cook on Low for 3 hours using the Timer function, or on High for 2 hours. Set on Warm to serve.

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

Calories 326 (49% from fat) • carb. 11g • pro. 31g • fat 18g • sat. fat 7g
• chol. 107mg • sod. 411mg • calc. 28mg • fiber 1g

Braised Veal Shanks

Makes 4 servings

4	sprigs parsley	6	ounces (170 g) carrots, peeled and chopped
4	veal shanks (about 3-3½ pounds [1.5 - 1.6 kg] total), about 1¼ inches (3.1 cm) thick, 3-3½ inches (7.5 - 8.75 cm) in diameter, tied	6	ounces (170 g) shallots, peeled and chopped
¾	teaspoon (3.75 ml) kosher salt	2	ounces (60 g) celery, peeled and chopped
¼	teaspoon (1 ml) freshly ground black pepper	3	garlic cloves, peeled and chopped
½	cup (125 ml) unbleached all-purpose flour	3	teaspoons (15 ml) herbes de Provence, divided
3	teaspoons (15 ml) extra virgin olive oil	1	can (15 ounces [425 g]) diced tomatoes, drained
¾	tablespoon (375 kg) unsalted butter	¼	cup (50 ml) dry white vermouth
¾	pound (375 g) onions, peeled and chopped	¼	cup (50 ml) nonfat, low-sodium chicken stock
		1	bay leaf
		1	strip lemon zest

Remove leaves from the parsley, reserving stems. Chop leaves; reserve. Season veal with salt and pepper; dust lightly with flour, shaking off excess. Heat olive oil and butter in a 12-inch (30 cm) Cuisinart® skillet over medium-high heat. When hot, add the veal shanks and cook for 4 to 5 minutes on each side, until nicely browned. Remove and reserve. Add the chopped onions, carrots, shallots, celery, garlic, and herbes de Provence to the skillet. Cook over medium-low heat until onions and shallots are translucent and vegetables are slightly softened, about 5 minutes.

Place cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker along with the drained diced tomatoes, vermouth, chicken stock, bay leaf, lemon zest, and reserved parsley leaves and stems. Stir to combine. Top vegetable mixture with the browned veal shanks in a single layer. Cover and press the on/off button to turn the unit on. Set time to 8 to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Degrease the cooking liquid with a fat mop, or pour the liquid into a fat separator and allow the fat to rise to the top. Then pour the defatted liquid back into the cooked vegetables. Serve with pasta, rice, or polenta.

Tip: Make your chopping task easy by using a Cuisinart® Food Processor fitted with the metal blade to chop the vegetables. First chop the parsley leaves and remove. Then with the machine running, drop garlic through the feed tube and process 5 seconds to chop. Add onion (cut into 1-inch [2.5 cm] pieces) and pulse to chop; remove. Pulse to chop shallots (cut into 1-inch pieces); remove. Pulse to chop carrots (cut into 1-inch [2.5 cm] pieces) and remove. Pulse to chop celery (cut into 1-inch [2.5 cm] pieces). The chopping is done in just a few moments.

Nutritional information per serving:

Calories 607 (20% from fat) • carb. 20g • pro. 100g • fat 13g • sat. fat 4g
• chol. 381mg • sod. 686mg • calc. 179mg • fiber 4g

Slow Cooked Lamb Shanks with White Beans

Makes 3 to 6 servings

- | | | | |
|---|--|---------------|---|
| 2 | cups (500 ml) dried white beans (cannellini or navy) | 1 | celery stalk, chopped |
| | | 4 | garlic cloves, chopped |
| 3 | lamb shanks (about $\frac{3}{4}$ to 1 pound [375 to 500 g] each) | 1 | teaspoon (5 ml) herbes de Provence |
| 1 | teaspoon (5 ml) kosher salt | $\frac{1}{3}$ | cup (75 ml) dry red wine |
| 1 | teaspoon (5 ml) freshly ground black pepper | 1 | can (28 ounces [800 g]) plum tomatoes, drained well and roughly chopped |
| 1 | tablespoon (15 ml) olive oil | 2 | tablespoon (30 ml) tomato paste |
| 1 | tablespoon (15 ml) unsalted butter | 1 | bay leaf |
| 1 | medium onion, peeled and chopped | | |
| 1 | medium carrot, peeled and chopped | | |

Soak beans overnight or at least 8 hours in water to cover by 3 inches (7.5 cm). Drain and pick over beans and rinse. Place the beans in the ceramic pot of the Cuisinart® Slow Cooker.

Trim the lamb shanks of as much visible fat and silver skin as possible. Season them with $\frac{1}{2}$ teaspoon (2 ml) of the salt and $\frac{1}{2}$ teaspoon (2 ml) of the pepper. Heat olive oil in a 12-inch (30 cm) Cuisinart® sauté pan over medium-high heat. When hot add the seasoned lamb shanks and brown well on all sides. Remove and reserve. Reduce heat to low and add the butter. Once melted, add the chopped onions, carrots, and celery, cooking over low heat until vegetables are softened, about 3 to 4 minutes. Add the chopped garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wine, scraping any brown bits that may have accumulated on the bottom of the pan with a wooden spoon. Finally, stir in the chopped tomatoes and the tomato paste – stir the vegetable tomato mixture together with the beans in the slow cooker. Tuck the bay leaf and the browned lamb shanks into the vegetable/bean mixture.

(continued)

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

Nutritional information per serving (based on 6 servings):

Calories 781 (22% from fat) • carb. 56g • pro. 89g • fat 19g • sat. fat 6g
• chol. 240mg • sod. 585mg • calc. 209mg • fiber 12g

Penne Lasagna

Makes 6 cups (1.5 L)

½	cup (125 ml) freshly grated Parmesan	½	large onion, peeled and finely chopped
8	ounces (230 g) part-skim ricotta	2	garlic cloves, peeled and minced
½	pound (250 g) part-skim mozzarella shredded, ½ cup (125 ml) reserved for topping	¼	pound (125 g) ground turkey
3	teaspoons (15 ml) extra virgin olive oil, divided	2	cans (8 ounces [230 g] each) diced tomatoes, juices drained, divided
4	ounces (115 g) white mushrooms, sliced	8	ounces (230 g) tomato sauce
1	teaspoon (5 ml) kosher salt, divided	1	teaspoon (5 ml) dried basil
½	teaspoon (2 ml) freshly ground pepper, divided	½	teaspoon (2 ml) oregano
½	pound (250 g) frozen chopped spinach, thawed and drained until very dry*	6	ounces (170 g) mini penne (or other small tubular pasta) par-cooked 5 minutes (until barely cooked), drained and cooled
			cooking spray

Combine Parmesan, ricotta and all but ½ cup (125 ml) of the mozzarella. Reserve. Heat a Cuisinart® 12-inch (30 cm) nonstick skillet over medium high-heat; add 1 teaspoon (5 ml) oil and sauté mushrooms until golden brown. Season with ½ teaspoon (2 ml) salt and ¼ teaspoon (1 ml) pepper. Mix with drained spinach. Reserve.

Heat 1 teaspoon (1 ml) oil; sauté onions and garlic until soft, about five minutes. Set aside. In the same skillet, heat 1 teaspoon (1 ml) oil and brown the ground turkey; transfer to bowl with onions. Stir in 1 cup (250 ml) of the diced tomatoes and the remaining salt and pepper. Reserve. Combine tomato sauce, remaining diced tomatoes, basil and oregano; stir into pasta.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the ceramic pot. Spread meat mixture evenly over pasta. Cover with ½ the cheese mixture.

(continued)

Make a second layer of pasta; top with spinach and mushroom mixture. Cover with remaining ricotta cheese mixture. Make a final layer of pasta and top with reserved mozzarella. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

*To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay the spinach on a clean towel, roll up, and wring out the rest. You will end up with about ½ cup (125 ml) dry spinach that can then be mixed with the mushrooms.

Nutritional information per serving (½ cup [250 ml]):

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

Macaroni with Four Cheeses

Makes 6 cups (1.5 L)

- ½ pound (250 g) elbow macaroni
- 2 tablespoons (30 ml) unsalted butter
- 2 tablespoons (30 ml) unbleached all-purpose flour
- 2 cups (500 ml) fat free evaporated milk, not reconstituted
- ½ tablespoon (7 ml) Worcestershire sauce
- ½ teaspoon (2 ml) dry mustard
- ½ teaspoon (2 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground pepper
- 6 ounces (170 g) reduced-fat sharp

- Cheddar, shredded
- 4 ounces (115 g) Gruyère (not processed), shredded cooking spray
- 8 ounces (230 g) diced tomatoes, drained (about 1½ cups [375 ml])
- 4 ounces (115 g) part-skim mozzarella, shredded
- ½ cup (125 ml) fresh breadcrumbs
- ½ ounce (15 g) freshly grated Parmesan, about 2 tablespoons (30 ml)

Parboil elbow macaroni about 5 minutes, until very al dente but cooked through. Rinse under cool water in a colander, drain thoroughly and set aside in a large bowl. Melt butter in a Cuisinart® 3¾-quart (3.5 L) saucepan; stir in flour. Cook, stirring constantly for 3 minutes. Add milk; stir until it boils. Stir in Worcestershire sauce, dry mustard, salt and pepper. Turn off heat; stir in Cheddar and Gruyère until blended. Add to pasta and stir to combine.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Add half the macaroni mixture. Spread the drained tomatoes in a layer, top with the mozzarella, then the remaining macaroni. Combine breadcrumbs and Parmesan; sprinkle over top. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving (¾ cup [75 ml]):

Calories 371 (36% from fat) • carb. 34g • pro. 25g • fat 15g • sat. fat 9g
• chol. 46mg • sod. 507mg • calc. 649mg • fiber 1g

ENTRÉES & SAUCES

Tomato Sauce

Makes about 8 cups (2 L)

- 1 tablespoon (15 ml) extra virgin olive oil
- ½ pound (250 g) onions, peeled, finely chopped
- 6 ounces (170 g) carrots, peeled, chopped
- 2 ribs celery, peeled, finely chopped
- 2 garlic cloves, peeled, finely chopped
- ½ tablespoon (7 ml) dried basil
- 1½ teaspoons (7 ml) dried marjoram
- 1½ teaspoons (7 ml) dried oregano
- 1 can plum (Italian) tomatoes (35 ounces [985 g])
- 2 cups (500 ml) tomato purée, salt-free if available
- 1½ tablespoons (25 ml) salt-free tomato paste
- ¼ cup (50 ml) dry white wine or vermouth
- ½ teaspoon (2 ml) kosher salt

Heat the olive oil in the Cuisinart® 12-inch (30 cm) skillet over medium heat. Add the chopped onions, carrots, celery, and garlic; cook until the vegetables are softened, but not browned, about 5 minutes. Add the basil, marjoram, and oregano; cook until the herbs are aromatic, 2 to 3 minutes longer.

Place the cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker. Add the tomatoes, tomato purée, tomato paste, wine and salt to the slow cooker and stir to blend. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Simmer; slow cooker will automatically switch to Warm when cooking time has elapsed. For a smoother sauce, use a Cuisinart® Hand Blender or regular blender to purée the sauce to desired consistency.

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

Calories 133 (11% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 639mg • calc. 98mg • fiber 6g

ENTRÉES & SAUCES

— New Potatoes with Rosemary —

Makes 6 servings

- 2 pounds (1 kg) new potatoes, washed but left whole
- 1 tablespoon (15 ml) extra virgin olive oil
- 1½ tablespoons (25 ml) finely chopped fresh rosemary
- 2 garlic cloves, peeled and minced
- ½-¾ teaspoon (2 - 3.75 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper

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

Nutritional information per serving:

Calories 154 (14% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g
• chol. 0 • sod. 118mg • calc. 15mg • fiber 3g

— “Almost” Baked Potatoes —

Makes 3 servings

- 3 russet baking potatoes (about 10 ounces [280 g] each), scrubbed and dried
- 1 teaspoon (5 ml) good quality olive oil

Prick each potato several times with the tines of a fork; rub each with 1/3 of the olive oil. Place rack in the ceramic pot of the Cuisinart® Slow Cooker. Arrange potatoes on rack, evenly spaced.

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

Nutritional information per serving:

Calories 319 (4% from fat) • carb. 72g • pro. 7g • fat 1g • sat. fat 0
• chol. 0 • sod. 2.3mg • calc. 28mg • fiber 7g

— Warm Baked Potato Salad —

This salad may be assembled and served while potatoes are warm, or chilled to serve later.

Makes 6 cups (1.5 L)

- ½ cup (125 ml) fat-free plain yogurt, strained to yield (50 ml)*
- ½ cup (125 ml) lowfat mayonnaise
- 1½ tablespoons (25 ml) fresh lemon juice or white balsamic vinegar
- 2 teaspoons (10 ml) Dijon-style mustard
- 2 teaspoons (10 ml) dill weed (dry, double if using fresh)
- 1 teaspoon (5 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground black pepper
- 3 “Almost” Baked Potatoes, still warm (page 52)
- 1 celery rib, thinly sliced
- ⅓ cup finely chopped red onion

Place the strained yogurt, mayonnaise, lemon juice, mustard, dill, salt, and pepper in the work bowl of the Cuisinart® Food Processor fitted with metal blade. Process until blended and smooth, 20 seconds. Cut the potatoes into bite-sized pieces, including the skins. Place in a large bowl with celery and onions. Toss to combine. Add yogurt/mayonnaise mixture. Stir to coat potatoes. Serve warm, or cover and refrigerate until ready to serve.

*To strain yogurt, place in yogurt strainer or fine sieve lined with a paper coffee filter. Place over bowl and allow the whey to drain out; the yogurt will thicken and may be used as a spread or in dressings without being watery.

Nutritional information per serving (½ cup [1250 ml]):

Calories 178 (22% from fat) • carb. 32g • pro. 4g • fat 4g • sat. fat 1g
• chol. 5mg • sod. 266mg • calc. 42mg • fiber 3g

Butternut Squash & Mushroom Scallop

Makes 8 servings (8 cups [2 L])

- 1 ounce (30 g) Parmesan, cut in half
- 1 tablespoon (15 ml) olive oil
- 8 ounces (230 g) white mushrooms, sliced
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper
- 3 pounds (1.5 kg) butternut squash, trimmed, cut into ½-inch (0.3 cm) slices
- 1 shallot, peeled and cut in half

To grate the cheese, drop pieces through the small feed tube of a Cuisinart® Food Processor while the machine is running. Process until almost grated and drop the bread pieces through the tube; pulse until they become fine crumbs. Add the thyme and 1 tablespoon (15 ml) butter. Pulse until combined. Reserved seasoned crumbs.

In the same work bowl, with the motor running, drop garlic and shallot through the small feed tube and process until they are finely chopped. In a Cuisinart® 13-inch (33 cm) skillet, warm olive oil over medium-high heat. Sauté the garlic, shallots and mushrooms together until they are lightly browned (if mushrooms crowd the pan, brown in two batches). Season with salt and pepper. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ½ of the squash, make a layer on the bottom. Continue layering with ½ the mushroom mixture and then ½ the crumbs. Repeat. Cut remaining tablespoon of butter into small pieces and dot the top. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:

Calories 196 (27% from fat) • carb. 33g • pro. 6g • fat 7g • sat. fat 3g
• chol. 11mg • sod. 831mg • calc. 156mg • fiber 8g

SIDE DISHES

Ratatouille

Makes 6 cups (1.5 L)

- 12 ounces (340 g) eggplant, cut into ½-inch (1.25 cm) dice
- ½ cup (125 ml) tomato purée, salt-free if available
- 1 teaspoon (5 ml) kosher salt, divided
- 1 cup (250 ml) chopped onion
- ¾ pound (375 g) zucchini, cut into ½-inch (1.25 cm) half moons
- 1 tablespoon (15 ml) chopped garlic
- ¾ pound (375 g) yellow summer squash, cut into ½-inch (1.25 cm) dice
- ¼ cup (50 ml) sun-dried tomatoes, not oil-packed, cut into slivers
- 2 tablespoons (30 ml) chopped fresh parsley
- 1 small red bell pepper, cored, seeded and cut into ½-inch (1.25 cm) dice
- 1 teaspoon (5 ml) dried basil
- 1 teaspoon (5 ml) herbes de Provence
- 1 small yellow pepper, cored, seeded and cut into ½-inch (1.25 cm) dice
- ½ teaspoon (2 ml) freshly ground pepper
- 1½-2 cups (375 - 500 ml) diced tomatoes, fresh or canned, juices drained
- 2 tablespoons (30 ml) extra virgin olive oil

Place eggplant in a colander over a plate or in the sink. Sprinkle with ½ teaspoon (2 ml) salt; toss to combine. Let rest at least 45 minutes. Rinse well to remove salt; dry thoroughly with a towel. Combine eggplant, zucchini, yellow squash, peppers, tomatoes, tomato purée, onion, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of the Cuisinart® Slow Cooker. Drizzle with olive oil. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup [75 ml]):

Calories 92 (24% from fat) • carb. 17g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 287mg • calc. 50mg • fiber 5g

SIDE DISHES

Roasted Beet Salad

Makes 8 servings

- 2 pounds (1 kg) fresh beets
- 2 tablespoons (30 ml) white balsamic vinegar or fruit flavoured vinegar
- ½ teaspoon (2 ml) Dijon-style mustard
- ¼ teaspoon (1 ml) kosher salt
- ⅛ teaspoon (0.5 ml) freshly ground pepper
- 3 tablespoons (45 ml) vegetable oil
- 1½ tablespoons (25 ml) walnut oil
- 1 bunch watercress, washed, dried, tough stems removed
- 1 head of endive, cut into ¼-inch (0.6 cm) pieces on the diagonal
- ½ cup (125 ml) shelled white pistachios, lightly salted

Remove stems and leaves from beets, leaving about 2 inches (5 cm) of stem. Scrub beets well to remove dirt. Place beets on cooking rack in ceramic pot of Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time to 2½ hours and press High. Once beets are cooked through, remove to cool. Turn off slow cooker.

Once beets are cool enough to handle, rub each with a paper towel to remove the skins. (Beets may be sliced or diced and served warm at this point.) Cool/chill whole beets while preparing salad. Place vinegar, mustard, salt, and pepper in a small bowl. Whisk to emulsify. Add the oils in a slow, steady stream while whisking, and continue whisking to emulsify; reserve. (The dressing may also be prepared in a food processor or blender.) Cut cooled beets into ½-inch (1.25 cm) cubes; reserve. Place a wide layer of watercress on a large serving platter. Next, make a narrower layer of endive slices. Top with a mound of beets. Sprinkle with pistachios. Drizzle with vinaigrette.

Note: Salad may also be composed on 8 individual plates.

Nutritional information per serving:

Calories 236 (52% from fat) • carb. 24g • pro. 6g • fat 15g • sat. fat 2g
• chol. 0mg • sod. 575mg • calc. 122mg • fiber 8g

Stewed Green Beans and Tomatoes

Makes 4 servings

- 1 pound (500 g) green beans
- 4 ounces (115 g) onion, peeled and chopped
- 1 garlic clove, peeled and chopped
- 1 tablespoon (15 ml) fresh parsley, finely chopped
- ½ teaspoon (2 ml) dried basil
- ¼ teaspoon (1 ml) kosher salt
- 1 can (14 ounces [400 g]) diced tomatoes, drained, ¼ cup (50 ml) juice reserved
- ½ tablespoon (7 ml) extra virgin olive oil
- ¼-½ cup (50 - 125 ml) crumbled feta or chèvre, optional

Trim stem ends from beans; cut into 1¼-inch (3 cm) lengths. Combine onion, garlic, parsley, basil, salt, diced tomatoes and reserved juice.

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

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Garnish with crumbled cheese if desired.

Nutritional information per serving (without cheese):

Calories 89 (19% from fat) • carb. 17g • pro. 3g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 131mg • calc. 81mg • fiber 6g

Succotash

Makes about 6 servings

- 1 pound (500 g) fresh or frozen (thawed) cut sweet corn
- 10 ounces (280 g) lima beans, thawed
- ½ pound (250 g) zucchini, cut into 1-inch (2.5 cm) pieces
- ½ red pepper (8 ounces [230 g]), cored, seeded and diced into ½-inch (1.25 cm) pieces
- ½ cup (125 ml) chopped onion

Combine ingredients with reserved tomato juice in ceramic pot of Cuisinart® Slow Cooker.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:

Calories 179 (5% from fat) • carb. 39g • pro. 8g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 272mg • calc. 43mg • fiber 7g

Sweet Potatoes & Apples

Makes 10 servings

- 1½ pounds (750 g) sweet potatoes, peeled and cut into ¼-inch (0.6 cm) slices
- 2 tablespoons (30 ml) unsalted butter, melted
- ½ teaspoon (2 ml) herbs de Provence, divided
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper
- 1 red-skinned apple, skin on, cored and cut into ¼-inch (0.6 cm) slices
- 1 small onion, peeled, quartered and cut into ¼-inch (0.6 cm) slices
- ½ cup (125 ml) vegetable or chicken stock

In a large bowl, toss potatoes with melted butter; season with herbes de Provence, salt and pepper. Combine apple and onion in another bowl.

Lightly coat the interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the potatoes, make a single layer around the bottom of the slow cooker. Top with ½ of the apple and onion mixture. Make a second layer with ⅓ of the potatoes; top with remaining apples and onions. Finish with remaining potatoes. Pour stock over casserole.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup [75 ml]):

Calories 305 (19% from fat) • carb. 60g • pro. 3g • fat 6g • sat. fat 4g
• chol. 16mg • sod. 245mg • calc. 40mg • fiber 9g

Vegetable Tian

Makes 8 servings

- 8 ounces (230 g) fresh bread-crums
- ½ cup (125 ml) parsley leaves, chopped
- 2 garlic cloves, peeled and chopped
- ½ ounce (15 g) Parmesan cheese, grated
- 2 tablespoons (30 ml) extra virgin olive oil
- 1 tablespoon (15 ml) unsalted butter, melted
- 1 teaspoon (5 ml) dried thyme
- 1 teaspoon (5 ml) dried oregano

To make seasoned breadcrumbs, combine crumbs, parsley, garlic, Parmesan, olive oil and butter in a medium bowl. Stir to blend and coat crumbs with oil and butter; reserve. Combine thyme, oregano, salt and pepper in a small bowl; reserve. Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Distribute half the crumb mixture on bottom. Arrange potatoes in a circular layer. Season with half the herb mixture. Repeat layering with zucchini, herbs, tomatoes and top with remaining breadcrumb mixture.

Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:

Calories 200 (29% from fat) • carb. 31g • pro. 6g • fat 7g • sat. fat 2g
• chol. 6mg • sod. 347mg • calc. 76mg • fiber 3g

Wild Mushroom Ragout

Makes 8 cups (2 L [8 servings])

- cooking spray
- 2 ounces (60 g) dried mushrooms (shitake, porcini)
- 8 ounces (230 g) mixed wild mushrooms (shitake, cremini, oyster, chanterelle)
- 3 tablespoons (45 ml) unsalted butter, divided
- 3 tablespoons (45 ml) extra virgin olive oil, divided
- 1½ cups (375 ml) minced shallots
- ½ cup (125 ml) dry sherry
- ¾ pound (375 g) white button mushrooms, quartered
- ¾ pound (375 g) (approximately) portobello mushrooms, cut into ½-inch (1.25 cm) slices

Lightly coat interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Place dried mushrooms in small bowl; cover with 2 cups (500 ml) boiling water. Let stand for 10 minutes; drain, reserving soaking liquid. Remove and discard tough stems; chop. Place in ceramic pot of Cuisinart™ Slow Cooker with mixed wild mushrooms.

Heat 1 tablespoon (15 ml) each butter and olive oil in a 13-inch (33 cm) Cuisinart® nonstick skillet over medium heat. Add shallots; cook until soft, about 5 minutes. Add sherry; bring to boil. Cook until reduced by half. Add to mushrooms in slow cooker.

Heat ½ tablespoon (7 ml) each butter and oil in same skillet; cook white mushrooms until golden in two batches. Transfer to slow cooker. Brown portobellos in remaining butter/oil in 2 batches. Transfer to slow cooker. Add red pepper, green onions, parsley, thyme, salt and pepper to slow cooker. Combine tomato paste, reserved mushroom liquid and chicken stock; stir in. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve. Serve as a side dish or as a topping for bruschetta.

Nutritional information per serving:

Calories 204 (42% from fat) • carb. 24 • pro. 5g • fat 10g • sat. fat 3g
• chol. 12mg • sod. 246mg • calc. 31mg • fiber 4g

Ginger Poached Pears

No time to fuss with dessert – here is one to fix and forget. Served chilled. It is an easy, do-ahead dessert that is healthy too.

Makes 4 servings

- 1 juice of 1 lemon
- 1 can ginger ale
- 2 strips lemon peel, 2 x ½-inch (5 cm x 1.25 cm), bitter white pith removed
- 6 slices (size of a quarter) fresh ginger
- 4 medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems
- 2 tablespoons (30 ml) chopped crystallized ginger
- Honey Yogurt Cream (recipe follows)

Combine lemon juice and 4 cups (1 L) water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the ceramic pot of the Cuisinart® Slow Cooker; stir. Peel the pears, leaving the stem intact; cut a thin slice from the bottom of each pear so that it stands upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand it in the ginger liquid in the slow cooker.

Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Simmer. When pears are tender, turn slow cooker off. Allow pears to cool in poaching liquid. Chill in liquid. (If desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)

To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Garnish with a dollop of Honey Yogurt Cream and sprinkle with chopped crystallized ginger.

Nutritional information per serving:

Calories 174 (5% from fat) • carb. 44g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 14mg • calc. 43mg • fiber 5g

DESSERTS & MORE

Honey Yogurt Cream

Makes about 1 cup (250 ml)

- 4 ounces (115 g) fat-free vanilla yogurt
- 1 teaspoon (5 ml) vanilla extract
- 4 ounces (115 g) light sour cream
- ¼ teaspoon (1 ml) almond extract
- 2 tablespoons (30 ml) honey

Place vanilla yogurt in a yogurt strainer or strainer lined with a coffee filter. Let drain for 2 hours to remove whey; discard whey. Place strained yogurt, sour cream, honey, and extracts in a medium bowl. Whisk until smooth and blended. Keep refrigerated until ready to use.

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

Calories 73 (21% from fat) • carb. 12g • pro. 3g • fat 2g • sat. fat 1g • chol. 10mg • sod. 47mg • calc. 81mg • fiber 0g

Chocolate Glaze

Makes about 1 cup (250 ml)

- 6 ounces (170 g) semisweet chocolate
- 2 tablespoons (30 ml) light corn syrup
- ¼ cup (50 ml) unsalted butter

Combine the ingredients in a 1½-quart (1.5 L) Cuisinart® saucepan. Stir over low heat until melted and smooth. Let cool 10 minutes before using.

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

Calories 87 (64% from fat) • carb. 89g • pro. 0g • fat 7g • sat. fat 4g • chol. 8mg • sod. 4mg • calc. 4mg • fiber 0g

DESSERTS & MORE

Stewed Rhubarb

Makes 4 cups (1 L)

- 2 pounds (1 kg) fresh rhubarb stalks, washed and dried
- 1 cup (250 ml) granulated sugar
- Slice rhubarb $\frac{1}{4}$ to $\frac{1}{2}$ -inch (0.6 - 1.25 cm) thick. Place rhubarb in the ceramic pot of the Cuisinart® Slow Cooker and stir in the sugar. Let stand at room temperature for 1 to 2 hours, until the rhubarb gives up liquid. Cover and set the slow cooker to Low. Cook for 4 to 5 hours.

Transfer to resealable containers and refrigerate until ready to use. Use to top oatmeal or as a topping for vanilla ice cream.

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

Calories 120 (2% from fat) • carb. 30g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0g • sod. 5mg • calc. 98mg • fiber 2g

Baked Apples

Makes 4 servings

- $\frac{3}{4}$ cup (175 ml) packed brown sugar
- $\frac{3}{4}$ teaspoon (3.75 ml) cinnamon
- $\frac{1}{4}$ teaspoon (1 ml) freshly grated nutmeg
- $\frac{1}{4}$ cup (50 ml) dried cherries or cranberries
- $\frac{1}{4}$ cup (50 ml) raisins
- $\frac{1}{4}$ cup (50 ml) slivered almonds, lightly toasted
- 4 medium-large baking apples (Rome, Granny Smith, Braeburn, or Gala)
- 1 tablespoon (15 ml) unsalted butter, cut into $\frac{1}{4}$ -inch (0.6 cm) pieces
- $\frac{1}{3}$ cup (75 ml) apple juice or cider

Mix brown sugar with cinnamon and nutmeg in a medium bowl. Set aside $\frac{1}{4}$ cup (50 ml) sugar mix for topping. Add cherries, raisins and almonds and combine to make filling.

Core apples $\frac{3}{4}$ of the way down. With a melon baller, scrape out a small cavity (about $\frac{1}{4}$ cup [50 ml]). Peel top $\frac{1}{3}$ of the apples. Stuff some filling in each cavity. Reserve any excess filling.

Place prepared apples in ceramic pot of the Cuisinart® Slow Cooker. Sprinkle remaining sugar and spice mix over tops. Dot each with $\frac{1}{2}$ teaspoon (2 ml) butter. Pour apple juice around edges. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

To serve, place apples on dessert plates. Top with any loose nuts and fruit. Drizzle with pan juices.*

*Note: You can thicken the cooking juices to make a sauce. Carefully strain liquid into a Cuisinart® 1 $\frac{3}{4}$ -quart (1.05 L) saucepan; set over medium high heat and boil until reduced and thickened. Pour over apples or serve on the side.

Nutritional information per serving:

Calories 351 (17% from fat) • carb. 75g • pro. 2g • fat 7g • sat. fat 2g
• chol. 7mg • sod. 16mg • calc. 71mg • fiber 6g

Winter Fruit Crisp

Makes 8 to 12 servings (6 cups [1.5 L])

- Fruit**
- 6 cooking spray
 - 6 ounces (170 g) mixed dried fruits (apples, pears, apricots, dried plums)
 - 2 large Golden Delicious apples, peeled, cored and cut into $\frac{1}{8}$ -inch (0.3 cm) dice
 - 2 Bosc pears, peeled, cored and cut into $\frac{1}{8}$ -inch (0.3 cm) dice
 - $\frac{3}{4}$ cup (175 ml) dried cranberries
 - 1 whole cinnamon stick
 - grated zest of one orange
 - $\frac{1}{2}$ cup (125 ml) sugar
 - 1 tablespoon chopped crystallized ginger or 1 teaspoon (5 ml) ground ginger
 - $\frac{1}{2}$ teaspoon (2 ml) freshly grated nutmeg
 - 1 cup (250 ml) unbleached, all-purpose flour
 - 1 cup (250 ml) uncooked oats, quick or regular
 - $\frac{3}{4}$ cup (175 ml) packed brown sugar
 - $\frac{1}{2}$ teaspoon (2 ml) freshly grated nutmeg
 - 12 tablespoons (180 ml) unsalted butter, softened ($1\frac{1}{2}$ sticks)

Crumb Topping

- 1 cup (250 ml) unbleached, all-purpose flour
- 1 cup (250 ml) uncooked oats, quick or regular
- $\frac{3}{4}$ cup (175 ml) packed brown sugar
- $\frac{1}{2}$ teaspoon (2 ml) freshly grated nutmeg
- 12 tablespoons (180 ml) unsalted butter, softened ($1\frac{1}{2}$ sticks)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Cut any large pieces of dried fruit into 1- to 2-inch (2.5 to 5 cm) pieces; place in prepared slow cooker. Add dried fruits, apples, pears and cranberries; stir gently. Add cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla; stir gently to combine.


Place the flour, oats, brown sugar, and nutmeg in a medium bowl; stir. Add the butter and knead, using fingers, until the mixture resembles large crumbs. Sprinkle this crumb topping over fruit, patting it down lightly. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve. When done, fruits will be tender and bubbling and topping will be lightly browned.

Serve warm with ice cream or frozen yogurt.

Nutritional information per serving (based on 12 servings):

Calories 371 (29% from fat) • carb. 64g • pro. 3g • fat 13g • sat. fat 7g
• chol. 31mg • sod. 14mg • calc. 38mg • fiber 5g

DESSERTS & MORE



Mulled Cider

Makes 2 quarts (1.9 L)

- 2 quarts (1.9 L) fresh, unpasteurized apple cider
- $\frac{1}{2}$ whole orange, unpeeled, sliced cup (50 ml) brown sugar
- 3 slices peeled fresh ginger, each about the size of a quarter
- $\frac{1}{2}$ teaspoon (5 ml) whole cloves
- 2 whole cinnamon sticks
- $\frac{1}{2}$ teaspoon (2 ml) whole allspice berries


Place all ingredients in the ceramic pot of the Cuisinart® Slow Cooker. Stir to mix.

Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low. Slow cooker will automatically switch to Warm after cooking time has elapsed. Strain out orange slices and spices if desired. Ladle into mugs to serve.

Nutritional information per serving (4 ounces [115 g]):

Calories 67 (0% from fat) • carb. 17g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 14mg • fiber 0g

DESSERTS & MORE



Irish Oatmeal

Makes 4 servings

- 1 cup (250 ml) steel-cut Irish oatmeal
- 1 quart (0.9 L) water
- ½ teaspoon (2 ml) kosher salt

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

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

*Calories 152 (16% from fat) • carb. 27g • pro. 5g • fat 2g • sat. fat 1g
• chol. 0mg • sod. 172mg • calc. 5mg • fiber 4g*

Notes: For a fruity oatmeal add chopped dried fruits such as apples, pears, plums, apricots, peaches, cherries or cranberries before cooking, about 1 to 2 tablespoons (15 to 30 ml) per serving. For Cinnamon Irish Oatmeal add 1 to 2 teaspoons (5 ml to 10 ml) cinnamon before cooking.

WARRANTY LIMITED 3 YEAR WARRANTY

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Address:

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Woodbridge, Ont. L4H 0L2

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