

ULTRA POWER BLENDER

5 SPEED

INSTRUCTIONS AND RECIPES

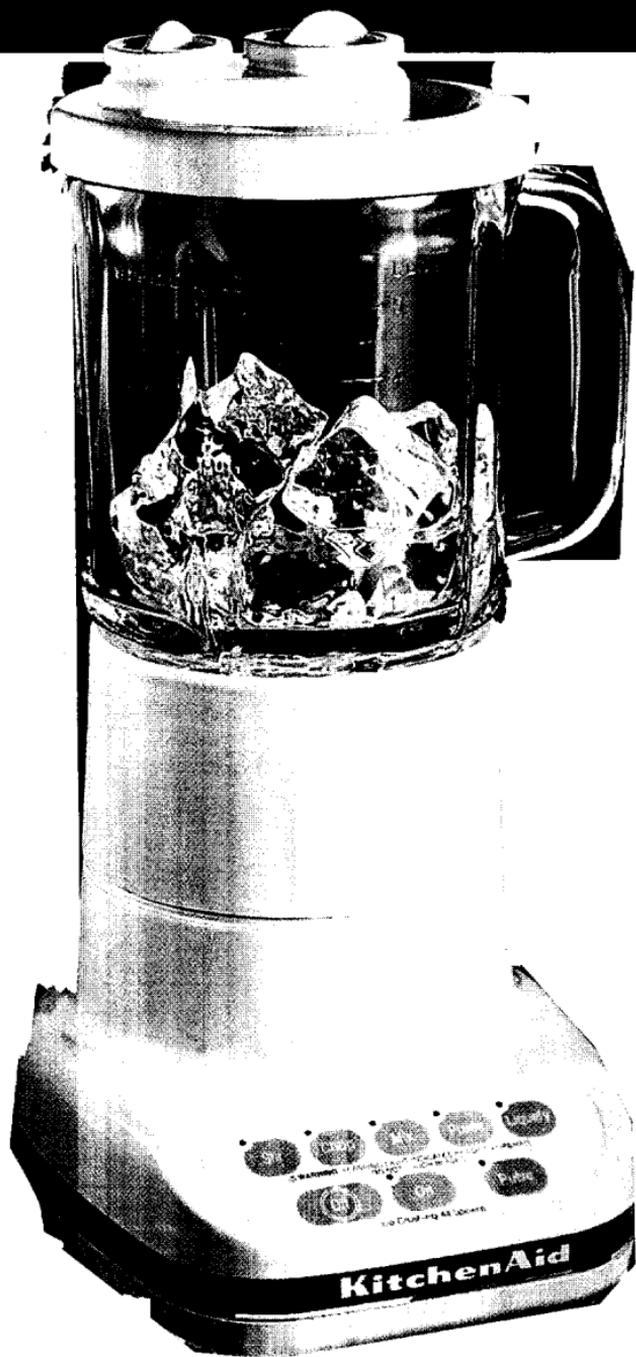




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NOTE: DUE TO THE UNIQUE CONTAINER AND BLADE DESIGN, READ THESE INSTRUCTIONS AND RECIPES BEFORE USING YOUR NEW KITCHENAID BLENDER TO ACHIEVE MAXIMUM PERFORMANCE RESULTS.



IMPORTANT SAFEGUARDS

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED INCLUDING THE FOLLOWING:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put blender in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate the blender with a damaged cord or plug or after appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment.
7. Do not use outdoors.
8. Do not let cord hang over edge of table or counter.
9. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A scraper may be used but must be used only when the blender is not running.
10. Blades are sharp. Handle carefully.
11. To reduce the risk of injury, never place the cutter-assembly blades on base without jar properly attached.
12. Always operate blender with cover in place.
13. The use of attachments, including canning jars, not recommended by KitchenAid may cause a risk of injury to persons.
14. When blending hot liquids, remove center piece of two-piece cover.

SAVE THESE INSTRUCTIONS



KitchenAid Blender Warranty - USA

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
<p>One Year Full Warranty from date of purchase.</p>	 <p>Total Replacement Policy. (See page 4 for details.) OR Replacement parts and repair labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center (Alaska, Hawaii or Puerto Rico).</p>	<p>A. Repairs when blender is used in other than normal home use. B. Damage resulting from accident, alteration, misuse or abuse. C. Any incidental shipping or handling costs to deliver your blender to an Authorized Service Center. D. Replacement parts or repair labor costs for blenders operated outside the United States.</p>

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

How To Arrange For Service - USA Only

If you live in the 48 contiguous states, you must use the Total Replacement Warranty program. (See page 4.) Residents of Alaska, Hawaii and Puerto Rico must use the Standard Warranty

program. *You may also use the information listed under Standard First Year Warranty to arrange for service after your warranty expires.*



Total Replacement Warranty

We're so confident that the quality of our products meet the exacting standards of KitchenAid, that if your blender should fail within the first year of ownership, KitchenAid will arrange to deliver a replacement to your door free of charge, then arrange to have your "failed" blender returned to us. Please follow these instructions to receive this quality service.



If you reside in the contiguous 48 states and your KitchenAid blender should fail within the first year of

ownership, simply call our toll-free Customer Satisfaction Center: 1-800-541-6390. Give the consultant your complete shipping address (no P.O. box numbers).

KitchenAid will deliver a replacement blender and arrange to have your "failed" blender returned to us.

Put your "failed" blender in the original shipping carton along with a sheet of paper with your name and address on it, and a copy of the proof of purchase (register receipt, credit card charge slip, etc.) KitchenAid will arrange for the blender to be returned.

Standard First Year Warranty

(Required Warranty Service for Alaska, Hawaii and Puerto Rico)

Take the blender or ship prepaid and insured to the nearest Authorized KitchenAid Service Center. Call toll-free: 1-800-541-6390 to learn the location of a Service Center near you. Your repaired blender will be returned to you prepaid and insured.

All local service should be handled by an Authorized KitchenAid Service Center. If you are unable to obtain satisfactory service in this manner, contact the Customer Satisfaction Center, KitchenAid Portable Appliances, P.O. Box 218, St. Joseph, Michigan 49085-0218 or call toll-free: 1-800-541-6390.

How To Arrange For Service - Outside The USA

To arrange for service, consult your local KitchenAid dealer or the store where you purchased the blender for information on how to obtain service locally.



If You Need Service or Assistance

KEEP A COPY OF THE SALES RECEIPT SHOWING THE DATE OF PURCHASE. PROOF OF PURCHASE WILL ASSURE YOU OF IN-WARRANTY SERVICE.

If your blender should malfunction or fail to operate, check the following:

- Is the blender plugged in?

- Is the fuse in the circuit to the blender in working order? If you have a circuit breaker box, be sure the circuit is closed.

- Try unplugging and waiting 15-20 minutes before re-plugging the blender.

- If the problem is not due to one of the above items, see "How To Arrange For Service," on page 3.

- DO NOT return the blender to the retailer as they do not provide service.

Product Registration Card

Before you use your blender, please fill out and mail your product registration card packed with the unit. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. **THIS CARD DOES NOT VERIFY YOUR WARRANTY.**

Keep a copy of the sales receipt showing the date of purchase of your blender. **PROOF OF PURCHASE WILL ASSURE YOU OF IN-WARRANTY SERVICE.**

Please complete the following for your personal records:

Model Number _____

Date Purchased _____

Dealer's Name _____

Address _____

Phone _____

Electrical Requirements

Volts: 120 A.C. only.

Hertz: 60

Grounding, 3-prong system.

15-amp branch circuit.



How To Obtain Service

HOW TO OBTAIN SERVICE IN ONE OF THE CONTIGUOUS 48 STATES

1. Call toll-free 1-800-541-6390 to locate the Service Center nearest you.
2. Look in your local phone directory Yellow Pages, under "Appliances, Small - Repair and Service."
3. Attachments and accessories for your blender can also be obtained by calling 1-800-541-6390.

HOW TO OBTAIN SERVICE IN ALASKA, HAWAII AND PUERTO RICO

STANDARD FIRST YEAR WARRANTY SERVICE FOR ALASKA, HAWAII AND PUERTO RICO, AND FOR SERVICE AFTER THE WARRANTY PERIOD.

If your KitchenAid blender requires service, please refer to your nearest Authorized KitchenAid Service Center as listed below or by calling our toll-free 800 number. If shop repairs are required, take the unit to this servicing outlet. If it is not convenient to take the unit, ship it prepaid and insured. The unit should be carefully packed in a heavy cardboard carton to prevent shipping damage.* Include instructions specifying whether you want an estimate of repair costs prior to repair and whether you will pick up the unit, or have it shipped to your return address by parcel post. (C.O.D. when "out-of-warranty.")

All service should be handled locally by an Authorized KitchenAid Service Center. If you are unable to obtain satisfactory service in this manner,

contact the Customer Satisfaction Center, KitchenAid Portable Appliances, P.O. Box 218, St. Joseph, Michigan 49085-0218 or call toll-free: 1-800-541-6390.

Alaska, Hawaii and Puerto Rico Service Centers

ALASKA

Anchorage 99503

Ace Appliance Sales & Service
100 E. Fireweed Ln. Suite 3
(907) 272-8947

Fairbanks 99701

Appliance Service Co.
615 23rd Avenue
(907) 452-1000

HAWAII

Honolulu 96819

Burhey's Commercial Parts
528 Mokauea Street
(808) 848-1466

Island of Hawaii 96719

Rod's Repair
Hawaii Road/PO Box DD
(808) 889-5613

PUERTO RICO

Puerto Nuevo 00920

Buckeye Service
1013 Avenida Pinero
(809) 782-6175

San Juan 00906

John Napoli & Associates
P.O. Box 5125 PTA
De Tierra
(809) 724-2929

HOW TO OBTAIN SERVICE OUTSIDE THE UNITED STATES

To arrange for service outside the USA, consult your local KitchenAid dealer or the store where the product was purchased.

*We recommend using the original carton.



Blender Features

KitchenAid quality means this blender was built and tested to KitchenAid quality standards for optimum performance and long, trouble-free life.

Ingredient Cap
for adding ingredients without removing the lid.

Comfortable Grip Area
for easy cover placement or removal with just a quarter turn.

Pouring Cap
for easy pouring while the lid is in place.

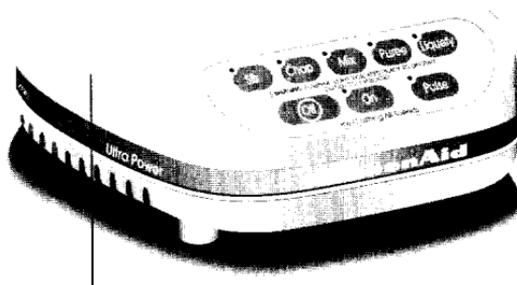
Sturdy, Heat-Resistant Glass Blender Jar with smooth, rounded sides for easy scraping and removal of foods.

Quick-Lock Lid with two removable caps.

Sure-Seal Stainless Steel Blade Assembly features blending blades made of superior grade stainless steel, and sealing ring jar gasket.

Clean-Design Threaded Collar for jar stability and a smooth, clean look.

Sealing Ring.

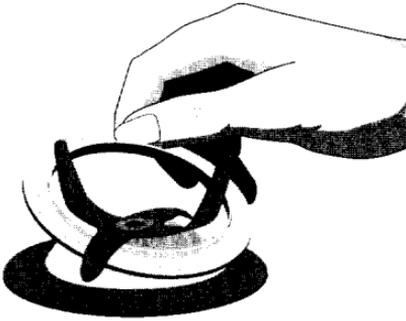


Ultra Power™ Base with five-speed blending capability and pulse feature. The smooth, rounded base is easy to clean and has built-in cord storage.

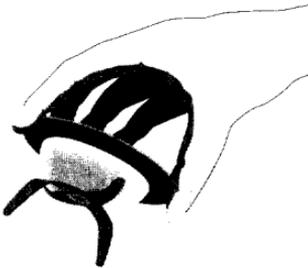


Assembling Your Blender

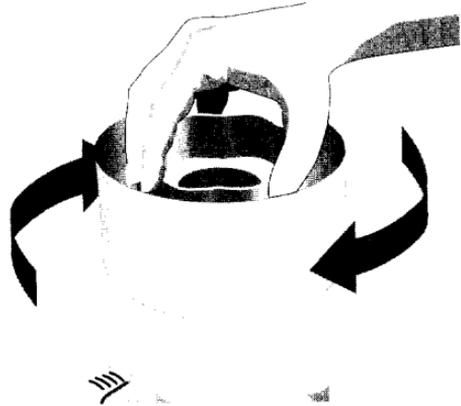
1. Before assembling your blender wipe blender base with a warm sudsy cloth, then wipe clean with a damp cloth. Dry with a soft cloth. Do not immerse base in water. Wash blender jar, lid, collar and blades in warm, sudsy water. Rinse and wipe parts dry.
2. Turn blender jar upside down. Place the small sealing ring on the blade assembly. Raised edge should be facing up.



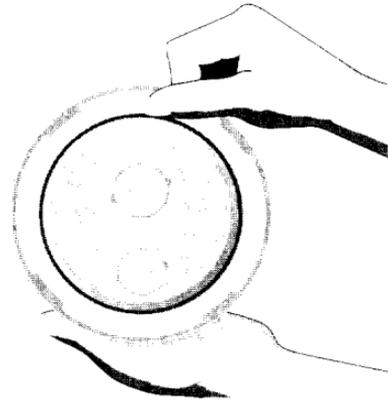
3. Place the blade assembly with the sealing ring in the bottom opening of the jar. Use caution.



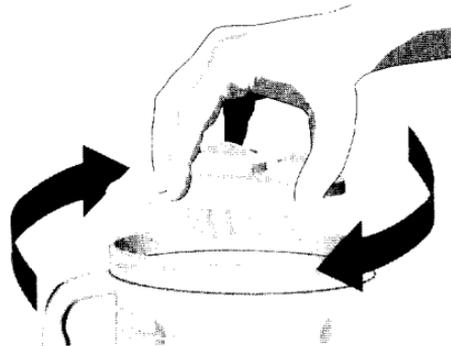
4. Twist collar onto jar. Be sure to engage threads properly and securely. Turn assembled jar right side up.



5. Place sealing ring in lid and press firmly in place, being sure to engage ring under tabs.



6. Twist lid ¼ turn onto blender jar.



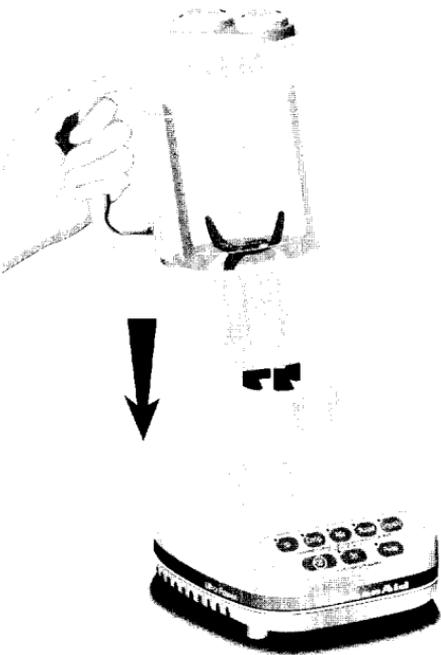


Assembling Your Blender

7. Uncoil needed length of power cord from storage area beneath power base.



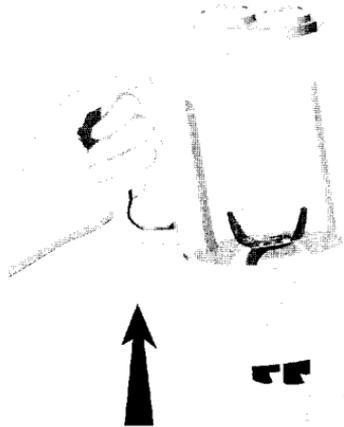
8. Place jar on power base.



! WARNING	
	Electrical Shock Hazard
	Plug into a grounded 3-prong outlet.
	Do not remove ground plug.
	Do not use an adapter.
Failure to follow these instructions can result in death or electrical shock.	

9. Plug power cord into a grounded 3-prong outlet. Blender is now ready to use.
10. Before removing the jar from the base after use, always push the "OFF" switch and make sure the blinking red light is off, then unplug. Lift the jar with the collar attached straight up, **do not twist**. Do not unscrew the glass jar from the collar until you are ready to remove the blade assembly. Loosening the collar with liquids inside the jar will cause them to leak out.

NOTE: Always operate blender on a clean, dry surface.





To Operate Your Blender

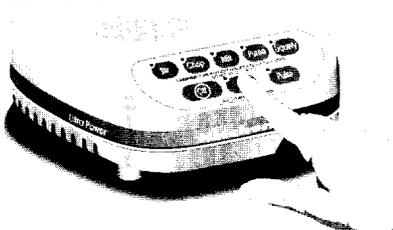
NOTE: While red indicator light is blinking or blender is on:

- Do not touch blades.
- Do not interfere with blade movement.
- Do not remove blender jar lid.
- With red light flashing, an accidental touching of a speed pad, or other circumstances may result in turning on the blender.
- If blender runs when “ON” light is flashing, do not use. Take unit to an authorized service center.
- This unit should operate only when a speed pad is pressed. Immediately press the “OFF” power button if the unit runs at any other time. If this occurs, do not use; take the unit to an Authorized Service Center.

The KitchenAid Ultra Power™ blender has five speeds.

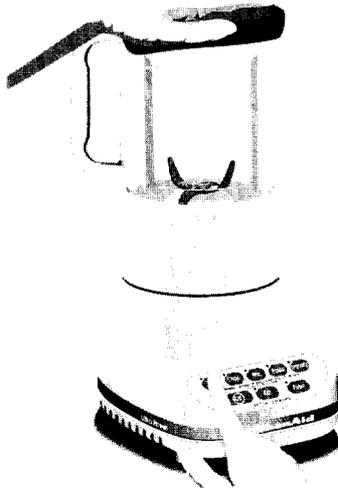


- Before operating the blender, make sure the blender jar is properly assembled (see page 8) and in place on the blender base. Put ingredients in jar and firmly attach lid.
- Press the “ON” switch. The red indicator light should blink on and off indicating the speed switches are activated.



NOTE: If the red indicator light is not blinking at this time, unplug blender and take unit to an authorized service center.

- Press the desired speed switch for continuous operation at that speed. The indicator light will glow and the red light will stay on. You may change speeds without stopping the unit by pushing the new speed switch.
- If blending warm foods or liquids, place a cloth over the blender lid and start on “STIR” speed. Do not place bare hand over blender lid.



- To turn the blender off, push the activated speed switch a second time. The blender will stop and the speed switch indicator light will go off. You will notice the red indicator light is again blinking, denoting the blender is still activated, and will operate when a new speed switch is selected.

NOTE: If the red indicator light is not blinking at this time, unplug blender and take unit to an authorized service center.



To Operate Your Blender

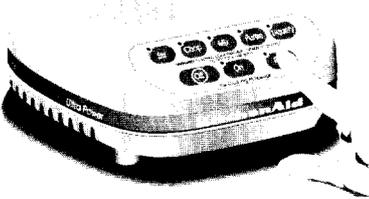
The “OFF” switch will stop any speed and deactivate the blender at the same time. Before removing the blender jar, deactivate the blender by pressing the “OFF” switch and unplugging the power cord.

NOTE: Do not overprocess foods. Stop and check the consistency of foods after a few seconds.

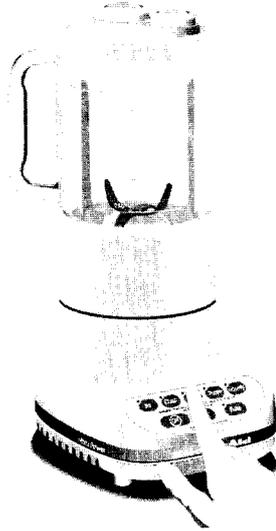
PULSE FEATURE

Your KitchenAid blender has a “Pulse At Any Speed” feature.

- Before operating the blender, make sure the jar is properly assembled (see page 8) and in place on the blender base. Put ingredients into blender jar and attach lid firmly.
- Press the “ON” switch. The red indicator light should be blinking, showing that the blender is activated.
- Press the “PULSE” switch. The indicator light above the switch will glow, indicating that all the speed switches are in the Pulse mode.



- Select a speed switch and press for the desired length of time.



- To turn the Pulse feature off, just press the “PULSE” switch again. The blender is now ready for continuous operation. Before removing the blender jar, deactivate the blender by pressing the “OFF” switch and unplugging the power cord.



NOTE: Use a rubber spatula to redistribute ingredients ONLY when the blender is OFF and unplugged. Never use any utensil, including spatulas, in the blender jar while the motor is running.



Speed Control Guide

Item	Speed	Item	Speed
Pancake batter.....	Mix	Sweet crumb topping.....	Stir
Waffle batter.....	Mix	Dip.....	Mix
Vegetable-based main dish sauce....	Stir	Cream cheese-based spread.....	Stir
Fruit-based sauce	Stir	Fruit-based drink	Liquefy
Salad dressing	Mix	Frozen yogurt-based drink.....	Liquefy
Cream soup	Stir	Sherbet-based drink	Liquefy
Pureed fruit/Baby food fruit	Puree	Ice milk-based drink	Liquefy
Pureed meat/Baby food meat.....	Puree	Grated hard cheese.....	Liquefy
Pureed vegetables/ Baby food vegetables.....	Puree	Gravy	Mix
Meat salad for sandwich filling.....	Chop	White sauce	Stir
Cheesecake.....	Liquefy	Smooth ricotta or cottage cheese	Mix
“Fluffy” gelatin for pie/desserts	Liquefy	Oatmeal	Puree
Mousse	Liquefy	Fruit juice from frozen concentrate.....	Mix
Pesto	Stir	Chopped vegetables	Stir
Streusel topping	Stir	Chopped fruit.....	Stir
Savory crumb topping	Chop	Chopped ice	Stir
Sweet crunch topping.....	Chop	Crushed ice.....	Stir

Tip - Ice can be crushed on any speed. Process up to one standard ice tray or 12 to 14 standard ice cubes at a time. No liquid needs to be added for processing. When using higher speeds, pulse may give better results.

Care and Cleaning

NOTE: Do not immerse base in water.

1. Disassemble blender container parts and wash in warm, sudsy water; remove lid seal from lid before washing, wash separately. Rinse all parts and wipe dry. Or, wash in automatic dishwasher.
2. For complete cleaning, remove both gaskets from lid and blade assembly, wash in warm, soapy water.
3. Wipe cord with warm, sudsy cloth; then wipe clean with a damp cloth. Dry with a soft cloth. Re-coil cord in cord storage area on bottom of blender base.

NOTE: Always correctly assemble clean blender parts before storing on blender base. Severe injury can result if blender is accidentally turned on when not properly assembled.



Blender Tips

QUICK TIPS

- Be sure to keep cover on blender jar while blending.
- If desired, remove center cap of blender jar cover to add liquids or ice cubes while the blender is operating.
- Stop the blender and unplug before using utensils in the blender jar.
- Use the pulse feature when making beverages that include ice cubes in order to produce a smoother texture.
- Blend at MIX if you're making a large amount of beverage using lots of ice. For smaller quantities, use LIQUEFY.
- Smaller ice cubes can be chopped or crushed faster than large ones.
- Cool hot foods before blending. Begin blending hot foods at STIR. Increase to higher speed, if necessary.
- Place a cloth over the lid when blending warm liquids and start on "STIR" speed. Do not place bare hand over blender lid when processing hot liquids.
- Add food to this blender jar in larger quantities than you would with other blenders – you can add 2 to 3 cups at a time versus 1-cup portions.
- For many ingredient mixtures, start the blending process at STIR to combine the ingredients thoroughly. Then increase to a higher speed, if necessary.

HOW TO ...

Reconstitute frozen juice: For a 6-oz. can of orange juice concentrate, combine the juice and correct amount of water in the blender jar. Cover and blend at MIX until thoroughly combined, about 20 to 30 seconds.

For a 12-oz. can, combine the juice and add 1 can of water in the blender jar. Cover and blend at MIX until thoroughly combined, about 30 to 40 seconds. Stir in remaining 2 cans of water.

Dissolve flavored gelatin: Pour boiling water into the blender jar. Add gelatin. Cover and blend at CHOP until dissolved, about 1 minute. Add other ingredients.

Make cookie and graham cracker crumbs: Break larger cookies into pieces about 1½ inches in diameter. Use smaller cookies as is. Place in blender jar. Cover and blend at STIR, pulsing a few times, about 3 seconds each time, until desired consistency is reached. Use the crumbs to make a quick topping for frozen yogurt, pudding, or a fruit compote.

To make a finer crumb for pie and dessert crusts, break graham crackers or cookies into pieces about 1½ inches in diameter. Place in the blender jar. Cover and blend at LIQUEFY, pulsing a few times until desired consistency is reached, about 20 to 30 seconds.

Make cracker crumbs: Follow procedure for cookies. Use to top or as an ingredient in main dish casseroles and vegetable dishes.

Make bread crumbs: Tear bread into pieces about 1½ inches in diameter. Follow procedure for crackers. Use in same ways you would use cracker crumbs.



Blender Tips

Chop fruits and vegetables: Put 2 cups of fruit or vegetable chunks in blender jar. Cover and blend at STIR, pulsing a few times, about 2 to 3 seconds each time, until desired consistency is reached.

Puree fruits: Place 2 cups canned or cooked fruit in blender jar. Add 2 to 4 tablespoons fruit juice or water per cup of fruit. Cover and blend at PUREE about 10 to 20 seconds.

Puree vegetables: Place 2 cups canned or cooked vegetables in blender jar. Add 2 to 4 tablespoons broth, water, or milk per cup of vegetables. Cover and blend at PUREE about 10 to 20 seconds.

Puree meats: Place cooked, cubed, tender meat in blender jar. Add 2 to 4 tablespoons broth, water, or milk per cup of meat. Cover and blend on STIR 10 seconds. Stop and scrape sides of blender jar. Cover and blend on PUREE 10 to 20 seconds longer.

Puree cottage cheese or ricotta cheese: Place cottage cheese or ricotta cheese in blender jar. Cover and blend at MIX until smooth, about 35 to 40 seconds. If necessary, add 1 tablespoon skim milk per cup of cottage cheese. Use as a base for low-fat dips and spreads.

Combine liquid ingredients for baked goods: Pour liquid ingredients in blender jar. Cover and blend at LIQUEFY until well mixed, about 1 minute. Pour liquid mixture over dry ingredients and stir well.

Take lumps out of gravy: If sauce or gravy becomes lumpy, place in blender jar. Cover and blend at MIX until smooth, about 5 to 10 seconds.

Combine flour and liquid for thickening: Place flour and liquid in blender jar. Cover and blend at STIR until smooth, about 10 seconds.

Prepare white sauce: Place milk, flour, and salt, if desired, in blender jar. Cover and blend at STIR until well mixed, about 5 to 10 seconds. Pour into saucepan and cook as usual.

Prepare pancake or waffle batter from mix: Place mix and other ingredients in blender jar. Cover and blend at MIX until well mixed.

Grate cheese: Cut very cold cheese into ½- to 1-inch cubes. Place up to ½ cup cheese in the blender jar. Cover and blend at LIQUEFY about 20 to 30 seconds. For hard cheeses, such as Parmesan, bring to room temperature, then blend at LIQUEFY for 45 to 60 seconds.

Make oatmeal for a baby: Place uncooked rolled oats in blender jar. Blend at MIX until desired consistency, about 5 to 10 seconds. Cook as usual.

Make baby food from adult food: Place prepared adult food in blender jar. Cover and blend at STIR about 10 seconds. Then blend at PUREE about 10 to 30 seconds.

Rinse your blender jar: Fill blender jar no more than half full with warm water. Add a few drops of liquid dish detergent. Cover and blend at STIR until sides are clean, about 10 to 20 seconds. Rinse and dry. For complete cleaning, wash all gaskets separately.

❧ COCKTAILS ❧

CRANBERRY FROSTY

2 cups cranberry juice
cocktail
1 cup orange juice
 $\frac{1}{4}$ cup vodka
2 tablespoons lime juice
12 ice cubes

Place ingredients in blender jar. Cover and blend at LIQUEFY, pulsing 4 to 5 times, about 10 seconds each time, until slushy.

Yield: $4\frac{3}{4}$ cups. (About 4 servings)

Per serving: About 198 cal, 0 g pro, 25 g car, 0 g fat, 0 mg chol, 7 mg sod.

MARGARITA

$\frac{1}{4}$ cup tequila
 $\frac{1}{2}$ cup triple sec liqueur
 $\frac{1}{2}$ cup fresh lime juice
 $\frac{1}{4}$ cup simple syrup or $1\frac{1}{2}$
tablespoons sugar
24 ice cubes

Place all ingredients in blender jar. Cover and blend at LIQUEFY, pulsing 6 to 8 times, about 15 seconds each time, until slushy. Scrape sides of blender jar, if necessary.

Yield: 5 cups. (4 servings)

Per serving: About 226 cal, 0 g pro, 21 g car, 0 g fat, 0 mg chol, 1 g sod.

FROZEN DAIQUIRI

$\frac{1}{4}$ cup rum
 $\frac{1}{4}$ cup fresh lime juice
 $\frac{1}{4}$ cup simple syrup or 2
tablespoons sugar
16 ice cubes

Place ingredients in blender jar. Cover and blend at LIQUEFY, pulsing 6 to 8 times, about 15 seconds each time, until slushy. Scrape sides of blender jar, if necessary.

Yield: $3\frac{1}{4}$ cups. (About 4 servings)

Variations: Add 2 bananas, 2 cups fresh or frozen strawberries, or 4 medium peaches to ingredients.

Per serving: About 124 cal, 0 g pro, 8 g car, 0 g fat, 0 mg chol, 0 mg sod.



FRUIT SPARKLER

*1 bottle (750 ml)
champagne or 3 cups
club soda*

*1½ cups frozen strawberries
3 tablespoons simple
syrup or 4½ teaspoons
sugar*

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 45 seconds.

Yield: 4 cups. (6 servings)

Variation: Substitute 1½ cups frozen peach slices, slightly thawed, for strawberries.

Per serving: About 107 cal, 0 g pro, 9 g car, 0 g fat, 0 mg chol, 1 mg sod.

SIMPLE SYRUP

*1 cup sugar
1 cup water*

Combine sugar and water. Boil until sugar dissolves, about 2 to 4 minutes. Cool, cover and refrigerate.

Yield: About 1½ cups.

❧ APPETIZERS, DIPS AND SPREADS ❧

SEAFOOD SPREAD

- 1 *teaspoon margarine or butter*
- 1 *teaspoon olive oil*
- 4 *oz. shelled, deveined, small raw shrimp*
- ½ *cup sliced fresh mushrooms*
- 1 *clove garlic, minced*
- ⅔ *cup (3 oz.) imitation crab meat (surimi) or crab meat*
- 3 *tablespoons sliced green onions*
- 4 *oz. light cream cheese, cubed*
- 2 *tablespoons nonfat plain yogurt*
- 1 *teaspoon Worcestershire sauce*
- ¼ *teaspoon salt, if desired*
- 3 *to 5 drops hot pepper sauce*

Heat margarine and olive oil in small non-stick skillet over medium-high heat. Add shrimp, mushrooms, and garlic. Cook and stir about 2 minutes. Add crab and green onions. Cook and stir until shrimp are opaque and mushrooms are tender, about 2 minutes. Remove from heat and set aside.

Place remaining ingredients in blender jar. Cover and blend at STIR until smooth, about 20 to 30 seconds; scrape sides of blender jar, if necessary. Add seafood mixture. Blend at STIR until mixed, about 10 to 15 seconds; scrape sides of blender jar, if necessary.

Chill. Serve as a spread for crackers.

Yield: 1½ cups. (Spread for 48 crackers; 12 servings)

Per serving: About 46 cal, 4 g pro, 2 g car, 3 g fat, 20 mg chol, 89 mg sod.

SHRIMP TOAST

- 1 *egg white*
 - 1 *teaspoon cornstarch*
 - 1 *clove garlic*
 - 4 *oz. shelled, deveined, small raw shrimp*
 - 1 *small green onion, cut in ½-inch pieces*
 - ¼ *teaspoon sesame oil*
 - 4 *to 6 drops hot pepper sauce*
 - 16 *slices cocktail bread (2½ inches square), lightly toasted*
- Green onion garnish, if desired*

Heat broiler. Place egg white, cornstarch, and garlic in blender jar. Cover and blend at MIX until mixed, about 5 seconds. Add shrimp, green onion, sesame oil, and hot pepper sauce. Cover and blend at STIR, pulsing 3 to 4 times, about 3 seconds each time, until mixed.

Spread about 2 teaspoons shrimp mixture on each slice of cocktail bread. Place bread on baking sheet. Broil 4 to 6 inches from heat until shrimp pieces are opaque and mixture is set, about 2 minutes. Garnish with additional green onion, if desired.

Yield: 16 appetizers.

Per serving: About 27 cal, 2 g pro, 4 g car, 0 g fat, 11 mg chol, 53 mg sod.



SOUTHWESTERN DIP

- 4 oz. light cream cheese, cubed
- 1 can (15 oz.) black beans, rinsed and well drained, ¼ cup liquid reserved
- 1 or 2 fresh jalapeño peppers, stems and seeds removed
- ½ teaspoon cumin
- ¼ teaspoon salt
- 2 medium green onions, cut in ½-inch pieces
- 1 chunk (1-inch) red bell pepper
- 1 tablespoon fresh cilantro leaves, if desired
- ½ cup frozen kernel corn

Place cream cheese, ¼ cup reserved liquid from beans, jalapeño peppers, cumin, and salt in blender jar. Cover and blend at CHOP until smooth, about 10 to 20 seconds; scrape sides of blender jar, if necessary.

Add green onions, red pepper, cilantro, corn, and beans to blender jar. Cover and blend at CHOP until green onions and pepper are chopped, about 10 to 15 seconds.

Chill. Serve with vegetable dippers, pita bread, or tortilla chips.

Yield: 2 cups. (32 servings)

Per serving: About 22 cal, 1 g pro, 3 g car, 1 g fat, 1 mg chol, 37 mg sod.

HUMMUS DIP

- ½ small fresh jalapeño pepper, stem and seeds removed
- 1 clove garlic
- ½ medium onion, cut into 1-inch chunks
- ¼ medium green pepper, cut into 1-inch chunks
- 2 teaspoons olive oil
- ½ teaspoon cumin
- 1 can (15 oz.) garbanzo beans, drained
- 3 to 5 tablespoons water
- 1 small tomato, seeded and chopped, if desired

Place jalapeño pepper and garlic in blender jar. Cover and blend at STIR until chopped, about 5 to 10 seconds. Add onion and green pepper. Cover and blend at MIX; pulse 2 or 3 times, about 5 seconds each time, until onion and green pepper are chopped.

Heat oil in small non-stick skillet over medium-high heat. Add onion mixture and cumin. Cook and stir until vegetables are crisp-tender. Cool.

Place onion mixture, beans, and water in blender jar. Cover and blend at MIX until smooth, about 30 seconds to 1 minute; scrape sides of blender jar, if necessary.

Place in serving bowl. Stir in tomato, if desired. Serve with vegetable dippers, pita wedges, or cracker bread.

Yield: 2 cups. (32 servings)

Per serving: About 17 cal, 1 g pro, 3 g car, 1 g fat, 0 mg chol, 1 mg sod.



FRUIT DIP

- 1 can (16 oz.) sliced peaches, packed in fruit juice and well drained
- 2 tablespoons light pasteurized process cream cheese product (from an 8-oz. tub)
- 2 tablespoons frozen orange juice concentrate
- 2 teaspoons powdered sugar
- ¼ teaspoon vanilla

Dash nutmeg

Place all ingredients in blender jar. Cover and blend at STIR until smooth, about 10 to 15 seconds. Serve with assorted fruits or angel food cake cubes.

Yield: 1½ cups. (24 servings)

Tip: To make juice with remaining concentrate, measure amount of concentrate. Add three times the amount of water as concentrate.

Per serving: About 10 cal, 0 g pro, 2 g car, 0 g fat, 0 mg chol, 7 mg sod.

SPINACH PITA WEDGES

- 2 tablespoons chopped onion
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 1 cup lowfat ricotta cheese
- ¼ cup egg substitute or 1 egg
- ¼ teaspoon salt
- 1 package (9 or 10 oz.) frozen chopped spinach, thawed and pressed dry
- 2 chunks (1-inch each) red bell pepper
- 2 tablespoons drained, sliced water chestnuts
- ¼ teaspoon crushed red pepper flakes
- 4 pita loaves (6 or 7 inches in diameter), halved to make 8 rounds and lightly toasted

Place onion, garlic, and olive oil in small non-stick skillet. Cool and stir over medium heat until onion is crisp-tender.

Place ricotta, egg substitute, and salt in blender jar. Cover and blend at CHOP until mixed, about 10 seconds. Add onion mixture, spinach, bell pepper, water chestnuts, and red pepper flakes. Blend at MIX until mixed, 20 to 30 seconds; scrape sides of blender jar, if necessary.

Spoon about ¼ cup mixture on each pita loaf. Place loaves on large baking sheet. Bake at 350°F for 9 to 11 minutes, or until set. Cut each loaf into 6 wedges.

Yield: 48 appetizers.

Per serving: About 25 cal, 1 g pro, 4 g car, 0 g fat, 1 mg chol, 21 mg sod.



CAPONATA

- 1 medium (about 1 lb.) eggplant*
- 1 cup sliced fresh mushrooms*
- ½ cup chopped onion*
- 2 cloves garlic, minced*
- 1 tablespoon olive oil*
- 1 medium tomato, seeded and chopped*
- 2 tablespoons lemon juice*
- 1 teaspoon oregano*
- ¼ teaspoon salt*
- 2 tablespoons reduced-sodium chicken broth or water*

Pierce whole eggplant several times with fork. Place in baking pan; bake at 400°F for 40 minutes, or until very tender. Cool 5 to 10 minutes. Peel and cube.

Place mushrooms, onion, garlic, and oil in medium non-stick skillet. Cook and stir over medium heat until mushrooms are tender. Add tomato, lemon juice, oregano, and salt. Cook 10 minutes, stirring frequently. Cool 5 minutes.

Place eggplant, tomato mixture, and chicken broth in blender jar. Cover and blend at PUREE until smooth, about 30 seconds to 1 minute; scrape sides of blender jar, if necessary.

Serve with vegetable dippers, crackers, or pita wedges.

Yield: 3 cups. (48 servings)

Per serving: About 6 cal, 0 g pro, 1 g car, 0 g fat, 0 mg chol, 34 mg sod.

❧ COLD SOUPS ❧

BLUEBERRY SOUP

- 4 cups fresh or frozen blueberries, thawed
- ¼ cup fresh lemon juice
- ½ cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon nutmeg
- 1 cup cranberry juice cocktail
- ¾ cup dry white wine or unsweetened apple juice
- ½ teaspoon vanilla
- ¼ cup nonfat vanilla yogurt

Place 3 cups blueberries and lemon juice in saucepan. Bring to boil. Lower heat and simmer until berries begin to pop, about 2 minutes. Cool 5 minutes.

Pour blueberry mixture into blender jar. Blend at PUREE until mixture is finely chopped, about 10 to 15 seconds.

Combine sugar, cornstarch, and nutmeg in saucepan. Stir in cranberry juice cocktail and wine. Pour blueberry puree through strainer into saucepan, rubbing with back of spoon. Discard seeds and skin. Bring to boil. Reduce heat to simmer and cook until mixture thickens and becomes clear, about 2 minutes. Stir in vanilla.

Refrigerate until cooled, about 1 hour. Stir in remaining blueberries. Refrigerate until well chilled, about 4 to 5 hours. Top each serving with yogurt.

Yield: 4 servings

Per serving: About 270 cal, 2 g pro, 61 g car, 1 g fat, 0 mg chol, 21 mg sod.

AVOCADO LIME SOUP

- 1 can (14½ oz.) reduced-sodium chicken broth, chilled
- ½ cup nonfat yogurt
- ¼ cup fresh lime juice
- 1 medium ripe avocado, peeled, seeded and quartered
- 1 teaspoon dried dill weed
- ¼ teaspoon black pepper

Place ingredients in blender jar. Cover and blend at MIX until smooth, about 1 to 1½ minutes; scrape sides of blender jar, if necessary. Refrigerate until well chilled, about 2 to 3 hours.

Yield: 4 servings.

Per serving: About 110 cal, 4 g pro, 7 g car, 8 g fat, 1 mg chol, 47 mg sod.



BORSCHT

- 1½ cups peeled, cubed beets*
- 1 medium potato, peeled and cubed*
- 1 small onion, quartered*
- 2½ cups reduced-sodium chicken broth*
- ¼ cup lemon juice*
- 4 teaspoons sugar*
- ¼ teaspoon salt*
- ¼ teaspoon pepper*
- ¼ cup nonfat sour cream*

Place beets, potato, onion, and 1½ cups broth in blender jar. Cover and blend at LIQUEFY until finely chopped, about 1 to 1½ minutes. Pour into saucepan.

Add remaining broth, lemon juice, sugar, salt, and pepper. Bring to a boil; reduce heat to simmer and cook about 10 minutes.

Refrigerate until well chilled, about 6 to 8 hours. Top each serving with sour cream.

Yield: 4 servings

Per serving: About 97 cal, 4 g pro, 19 g car, 0 g fat, 2 mg chol, 235 mg sod.

SCANDINAVIAN FRUIT SOUP

- 2 cups water*
- 1 cup pitted prunes*
- 1 medium apple, peeled, cored and quartered*
- ½ cup dried apricots*
- ¼ cup sugar*
- 1 cinnamon stick*
- 2½ cups apple juice*
- Port wine, if desired*

Combine water, prunes, apple, apricots, sugar, and cinnamon stick in saucepan. Bring to a boil over high heat; reduce heat to simmer and cook, covered, until fruit is tender, about 30 to 40 minutes. Remove from heat; uncover and cool at room temperature 10 minutes. Remove cinnamon stick. Pour ½ cup apple juice into blender jar. Add fruit mixture. Blend at PUREE until mixture is smooth, about 35 to 45 seconds.

Pour into bowl and stir in remaining apple juice. Refrigerate until well chilled, about 5 to 6 hours. Top each serving with about a teaspoon of port wine, if desired.

Yield: 6 servings

Per serving: About 192 cal, 1 g pro, 49 g car, 0 g fat, 0 mg chol, 12 mg sod.



GAZPACHO

- 2 cans (14½ oz. each)
no-salt-added peeled
tomatoes
- 2 ribs celery, cut into
2-inch chunks
- 1 medium cucumber,
peeled and cut into
chunks
- 1 medium onion, cut into
chunks
- 1 small green pepper, cut
into chunks
- 2 teaspoons snipped fresh
parsley
- 1 teaspoon snipped fresh
chives
- 1 clove garlic
- 3 tablespoons olive oil
- 3 tablespoons red wine
vinegar
- 2 cups vegetable juice
cocktail
- ¼ teaspoon black pepper

Hot pepper sauce

Place one can tomatoes, celery, and cucumber in blender jar. Cover and blend at CHOP until finely chopped, about 10 to 15 seconds. Pour into large bowl.

Place second can tomatoes, onion, green pepper, parsley, chives, garlic, olive oil, and red wine vinegar in blender jar. Cover and blend at CHOP until finely chopped, about 10 to 15 seconds; scrape sides of blender jar, if necessary.

Pour into bowl. Stir in vegetable juice cocktail, black pepper, and a few drops of hot pepper sauce. Refrigerate until well chilled, about 6 to 8 hours.

Yield: 8 servings.

Per serving: About 92 cal, 2 g pro, 11 g car, 5 g fat, 0 mg chol, 242 mg sod.

STRAWBERRY RHUBARB SOUP

- 2 cups fresh or frozen
strawberries
- 1½ cups fresh or frozen
sliced rhubarb
- 1 cup water
- ½ cup sugar
- 1 cinnamon stick
- 2 cups sparkling apple
cider
- 6 tablespoons nonfat
sour cream

Combine strawberries, rhubarb, water, sugar, and cinnamon stick in saucepan. Bring to a boil; reduce heat to simmer and cook until fruit is tender, about 8 to 10 minutes. Cool 15 minutes. Remove cinnamon stick.

Pour into blender jar. Blend at MIX until finely chopped, about 5 to 10 seconds.

Pour mixture through strainer into bowl, rubbing with back of spoon; discard seeds and skin. Stir in apple cider.

Refrigerate until well chilled, about 4 to 6 hours. Top each serving with sour cream.

Yield: 6 servings.

Per serving: About 138 cal, 1 g pro, 34 g car, 0 g fat, 2 mg chol, 25 mg sod.



VICHYSOISSE

1 tablespoon margarine
1½ cups sliced leeks or
onions
2 medium potatoes,
peeled and cubed
3 cups reduced-sodium
chicken broth
¼ teaspoon black pepper
1 cup lowfat (2%) milk
Snipped chives, if desired

Melt margarine in skillet over medium heat. Add leeks. Cook and stir until leeks are soft, about 3 minutes. Place in blender jar with potatoes and 1½ cups broth. Cover and blend at LIQUEFY until finely chopped, about 1 minute. Pour into saucepan.

Stir in remaining broth and pepper. Bring to a boil; reduce heat and simmer until vegetables are crisp-tender, about 10 to 12 minutes. Stir in milk.

Refrigerate until well chilled, about 6 to 8 hours. Top each serving with snipped chives, if desired.

Yield: 6 servings.

Per serving: About 94 cal, 4 g pro, 12 g car, 3 g fat, 3 mg chol, 79 mg sod.

❧ HOT SOUPS ❧

ITALIAN TOMATO SOUP

2 *tablespoons olive oil*
½ *cup chopped onion*
½ *cup chopped green pepper*
2 *cloves garlic, chopped*
1 *can (28 oz.) Italian-style tomatoes, undrained, cut up*
3 *teaspoons sugar*
½ *teaspoon basil*
½ *teaspoon salt*
¼ *teaspoon fennel seed*
¼ *teaspoon cayenne pepper*
1 *can (15 oz.) beef broth*
1 *package (9 oz.) fresh cheese-filled tortellini*
Shredded mozzarella cheese, if desired
Chopped fresh parsley, if desired

Heat olive oil in large saucepan over medium-high heat. Add onion, green pepper, and garlic; cook about 3 to 5 minutes. Add tomatoes, sugar, basil, salt, fennel seed, and cayenne pepper. Reduce heat to low and simmer, uncovered, about 15 to 20 minutes; stir occasionally. Cool 5 minutes.

Pour cooled tomato mixture into blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at LIQUEFY about 30 seconds; scrape sides of blender jar every 10 seconds.

Return mixture to saucepan. Add broth. Bring to a boil. Add tortellini. Reduce heat to low and simmer, uncovered, until tortellini are tender, about 8 to 10 minutes; stir occasionally.

Serve hot, sprinkled with mozzarella cheese and chopped parsley, if desired.

Yield: 6 cups.

Per serving: About 217 cal, 9 g pro, 31 g car, 7 g fat, 23 mg chol, 998 mg sod.



SPICY VEGETABLE GUMBO

- 3 *tablespoons all-purpose flour*
- $\frac{1}{4}$ *cup vegetable oil*
- $\frac{1}{2}$ *cup chopped onion*
- $\frac{1}{2}$ *cup chopped green pepper*
- 1 *clove garlic, chopped*
- $\frac{1}{2}$ *teaspoon sugar*
- $\frac{1}{2}$ *teaspoon salt*
- $\frac{1}{4}$ *teaspoon thyme*
- $\frac{1}{4}$ *teaspoon oregano*
- $\frac{1}{4}$ *teaspoon cayenne pepper*
- 1 *package (10 oz.) frozen okra, slightly thawed*
- $2\frac{1}{2}$ *cups vegetable juice cocktail*
- 1 *cup water*

Blend flour and oil in large saucepan; blend well. Cook and stir over medium-low heat until mixture is dark and golden brown, about 10 minutes. Cool 5 minutes.

Add remaining ingredients except water. Bring to a boil over medium-high heat. Reduce heat to low and simmer, uncovered, until okra is tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled vegetable mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at PUREE 30 seconds; scrape sides of blender jar every 10 seconds. Return mixture to saucepan. Add water. Cover and simmer about 5 minutes. Serve warm.

Yield: 4 cups.

Per serving: About 207 cal, 3 g pro, 20 g car, 14 g fat, 0 mg chol, 824 mg sod.

CHEESY POTATO SOUP

- 1 *tablespoon margarine or butter*
- $\frac{1}{2}$ *cup chopped onion*
- 1 *can (15 oz.) reduced-sodium chicken broth*
- $\frac{1}{2}$ *cup water*
- 2 *cups peeled, cubed potatoes*
- $\frac{1}{2}$ *cup chopped carrots*
- 1 *teaspoon Worcestershire sauce*
- $\frac{1}{4}$ *teaspoon pepper*
- 1 *cup shredded Cheddar cheese*
- Chopped fresh chives, if desired*
- Shredded Cheddar cheese, if desired*

Heat margarine in large saucepan over medium-high heat. Add onion and cook 2 to 3 minutes. Add broth, water, potatoes, and carrots. Bring to a boil. Reduce heat to low and simmer, uncovered, until vegetables are tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled potato mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at PUREE about 30 seconds. Return mixture to saucepan. Add Worcestershire sauce and pepper. Simmer until thoroughly heated, about 3 to 5 minutes. Stir in cheese and cook, uncovered, over low heat until melted. Sprinkle with fresh chives and additional shredded Cheddar cheese, if desired.

Yield: 4 cups.

Per serving: About 99 cal, 4 g pro, 8 g car, 5 g fat, 13 mg chol, 116 mg sod.



CREAM OF BROCCOLI AND CORN SOUP

- 2 *tablespoons margarine or butter*
- $\frac{1}{8}$ *cup chopped onion*
- 2 *tablespoons all-purpose flour*
- $\frac{1}{4}$ *teaspoon dry mustard*
- $\frac{1}{4}$ *teaspoon thyme*
- $\frac{1}{8}$ *teaspoon pepper*
- 1 *can (15 oz.) reduced-sodium chicken broth*
- $\frac{1}{2}$ *cup water*
- 1 *package (16 oz.) frozen broccoli cuts*
- $1\frac{1}{2}$ *cups frozen whole kernel corn*
- 1 *cup skim or lowfat milk*

Heat margarine in large saucepan over medium-high heat. Add onion and cook 2 to 3 minutes. Stir in flour, dry mustard, thyme, pepper, broth, and water. Bring to a boil, stirring constantly.

Add broccoli to saucepan, reserving 1 cup small broccoli florets. Reduce heat to low and simmer, uncovered, until broccoli is tender, about 10 minutes. Cool 5 minutes.

Place cooled broccoli mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 20 seconds after each addition. Cover and blend at PUREE about 30 seconds. Return mixture to saucepan. Add reserved broccoli florets, corn, and milk. Simmer until broccoli florets are tender, about 5 to 10 minutes.

Yield: $4\frac{1}{2}$ cups.

Per serving: About 148 cal, 7 g pro, 20 g car, 5 g fat, 1 mg chol, 124 mg sod.

MUSHROOM BISQUE

- 2 *tablespoons margarine or butter*
- $\frac{1}{2}$ *cup chopped onion*
- $\frac{1}{2}$ *cup chopped celery*
- 2 *tablespoons all-purpose flour*
- 1 *can (15 oz.) reduced-sodium chicken broth*
- $\frac{1}{2}$ *cup water*
- 4 *cups sliced fresh mushrooms*
- 1 *cup skim or lowfat milk*
- $\frac{1}{4}$ *teaspoon marjoram*
- $\frac{1}{8}$ *teaspoon pepper*
- 2 *to 4 tablespoons dry sherry*

Heat margarine in large saucepan over medium-high heat. Add onion and celery; cook, uncovered, 3 to 5 minutes. Add flour, broth, water, and 3 cups mushrooms. Bring to a boil. Reduce heat to low and simmer, uncovered, until mushrooms are tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled mushroom mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at PUREE about 30 seconds. Return mixture to saucepan. Add remaining 1 cup mushroom slices, milk, marjoram, pepper, and sherry. Simmer about 5 to 10 minutes.

Yield: 4 cups.

Per serving: About 135 cal, 5 g pro, 12 g car, 6 g fat, 1 mg chol, 142 mg sod.



CURRY CARROT BISQUE

1 tablespoon margarine
or butter
¼ cup chopped onion
2½ cups water
2 cups sliced carrots
1 teaspoon sugar
½ teaspoon curry powder
¼ teaspoon nutmeg
¼ teaspoon salt
1 teaspoon lemon juice
½ cup lowfat or nonfat
plain yogurt

Chopped cashews, if desired

Heat margarine in large saucepan over medium-high heat. Add onion and cook 2 to 3 minutes. Add water and carrots. Reduce heat to low and simmer, uncovered, until carrots are tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled carrot mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at PUREE about 30 seconds; scrape sides of blender jar every 10 seconds.

Return mixture to saucepan. Stir in sugar, curry powder, nutmeg, salt, and lemon juice. Simmer, uncovered, about 5 minutes.

Return mixture to blender jar. Add yogurt. Blend at STIR until very smooth, about 30 to 60 seconds; scrape sides of blender jar every 10 seconds. Sprinkle with chopped cashews, if desired.

Yield: 4 cups.

Per serving: About 36 cal, 1 g pro, 5 g car, 2 g fat, 1 mg chol, 96 mg sod.



VANILLA BUTTERCUP BISQUE

- 4 cups peeled, cubed
butternut squash
(1 medium squash)
- 2 cups water
- 1 cup apple juice
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ½ cup vanilla lowfat
yogurt

*Vanilla lowfat yogurt garnish,
if desired*

Place squash, water, and apple juice in large saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low. Cook, uncovered, until squash is tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled squash mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 20 seconds after each addition. Blend at PUREE about 30 seconds. Add salt, cinnamon, allspice, and ½ cup yogurt. Blend at MIX about 30 seconds; scrape sides of blender jar every 10 seconds.

Spoon into serving dishes. If desired, drop additional vanilla yogurt by ½ teaspoonfuls over warm soup; swirl gently with tip of spoon.

Yield: 5 cups.

Per serving: About 78 cal, 3 g pro, 17 g car, 1 g fat, 1 mg chol, 133 mg sod.

❧ PANCAKES AND WAFFLES ❧

SOUTHERN CORNMEAL WAFFLES

- 2 eggs
- 1½ cups lowfat buttermilk
- ½ cup margarine or butter, melted
- 1½ cups all-purpose flour
- ¾ cup yellow cornmeal
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon allspice

Maple syrup, if desired

Heat waffle iron. Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add buttermilk and margarine. Blend at MIX about 10 seconds. Add remaining ingredients. Blend at MIX about 60 seconds; scrape sides of blender jar every 20 seconds.

Bake in hot waffle iron until waffles are golden brown, about 3 to 5 minutes. Serve with maple syrup, if desired.

Yield: 9 to 10 waffles.

Per serving: About 184 cal, 5 g pro, 23 g car, 8 g fat, 44 mg chol, 351 mg sod.

PUMPKIN WALNUT WAFFLES

Topping

- 1 cup vanilla lowfat yogurt
- ¼ cup maple syrup

Waffles

- 2 eggs
- 1½ cups skim or lowfat milk
- ¾ cup canned pumpkin
- 2 tablespoons vegetable oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- ¼ teaspoon cloves
- ¼ cup chopped walnuts

Chopped walnuts for garnish, if desired

Combine topping ingredients in small bowl. Set aside.

Heat waffle iron. Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add milk, pumpkin, and oil. Blend at MIX about 60 seconds; scrape sides of blender jar every 20 seconds. Add ¼ cup chopped walnuts. Blend at STIR about 5 seconds.

Bake in hot waffle iron until waffles are golden brown, about 3 to 5 minutes. Serve with yogurt topping and sprinkle with walnuts, if desired.

Yield: 9 to 10 waffles.

Per serving: About 222 cal, 7 g pro, 35 g car, 6 g fat, 45 mg chol, 167 mg sod.



ORANGE YOGURT WAFFLES

2 eggs
1 cup orange lowfat yogurt
½ cup skim or lowfat milk
2 tablespoons vegetable oil
2 tablespoons honey
1½ cups all-purpose flour
¼ cup oat bran
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon grated orange peel
¼ teaspoon allspice
Maple syrup, if desired
Orange lowfat yogurt, if desired

Heat waffle iron. Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add yogurt, milk, oil, and honey. Blend at MIX about 10 seconds. Add flour, oat bran, baking powder, baking soda, orange peel, and allspice. Blend at MIX about 60 seconds; scrape sides of blender jar every 20 seconds.

Bake in hot waffle iron until waffles are golden brown, about 3 to 5 minutes. Serve with maple syrup and a dollop of orange yogurt, if desired.

Yield: 9 to 10 waffles.

Per serving: About 167 cal, 6 g pro, 28 g car, 5 g fat, 44 mg chol, 206 mg sod.

OATMEAL PANCAKES WITH RAISIN TOPPING

Topping

1 cup maple syrup
½ cup raisins (mix golden and regular, if desired)

Pancakes

2 eggs
2 cups skim or lowfat milk
2 tablespoons vegetable oil
1½ cups all-purpose flour
½ cup whole wheat flour
2 tablespoons sugar
2 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon salt
1 cup quick-cooking rolled oats

Place maple syrup and raisins in small saucepan. Bring to a boil. Remove from heat. Set aside.

Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add milk and oil. Blend at MIX about 10 seconds.

Add all remaining ingredients except oats. Blend at MIX about 60 seconds; scrape sides of blender jar every 20 seconds. Add oats and blend at STIR about 10 seconds.

Spray griddle with no-stick cooking spray and heat to medium-high. Pour ¼ cup batter for each pancake onto griddle. Cook until bubbles form on surface and edges become dry, about 1 to 2 minutes. Turn; cook until golden brown on underside, about 1 to 2 minutes. Serve with raisin topping.

Yield: 16 pancakes.

Per serving: About 172 cal, 4 g pro, 33 g car, 3 g fat, 27 mg chol, 98 mg sod.



BLUEBERRY PANCAKES

Sauce

- ¼ cup sugar*
- 2 teaspoons cornstarch*
- ¾ cup water*
- ½ teaspoon grated lemon peel*
- 2 cups fresh or frozen blueberries (do not thaw)*

Pancakes

- 2 eggs*
- 2 cups lowfat buttermilk*
- ½ teaspoon grated lemon peel*
- 2¼ cups all-purpose flour*
- 1 tablespoon sugar*
- 1 teaspoon baking soda*
- ¼ teaspoon nutmeg*
- 1 cup fresh or frozen blueberries (do not thaw)*

Place sauce ingredients in saucepan. Cook over medium heat until mixture thickens, stirring constantly. Cool 5 minutes. Pour mixture into blender jar. Cover and blend at STIR about 10 seconds; scrape sides of blender jar. Blend at MIX about 30 seconds. Pour into serving container.

Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add buttermilk and lemon peel. Blend at MIX about 10 seconds. Add flour, sugar, baking soda, and nutmeg. Blend at MIX until smooth, about 60 seconds; scrape sides of blender jar every 20 seconds. Gently stir in blueberries.

Spray griddle with no-stick cooking spray and heat to medium-high. Pour ¼ cup batter for each pancake onto griddle. Cook until bubbles form on surface and edges become dry, about 1 to 2 minutes. Turn; cook until golden brown on underside, about 1 to 2 minutes. Serve with warm blueberry sauce.

Yield: 16 pancakes.

Per serving: About 119 cal, 4 g pro, 23 g car, 1 g fat, 28 mg chol, 107 mg sod.



WILD RICE PANCAKES

2 eggs

1¼ cups lowfat buttermilk

2 tablespoons maple
syrup

1¼ cups all-purpose flour

¼ cup whole wheat flour

1 teaspoon baking soda

¼ teaspoon salt

¾ cup cooked wild rice

¼ cup dried currants

Maple syrup, if desired

Place eggs in blender jar. Cover and blend at STIR about 10 seconds. Add buttermilk and maple syrup. Blend at MIX about 10 seconds. Add all-purpose flour, whole wheat flour, baking soda, and salt. Blend at MIX about 60 seconds; scrape sides of blender jar every 20 seconds.

Add rice and blend at STIR about 5 seconds. Add currants and blend at STIR about 5 seconds.

Spray griddle with no-stick cooking spray and heat to medium-high. Pour ¼ cup batter for each pancake onto griddle. Cook until bubbles form on surface and edges become dry, about 1 to 2 minutes. Turn; cook until golden brown on underside, about 1 to 2 minutes. Serve with maple syrup, if desired.

Yield: 14 pancakes.

Per serving: About 112 cal, 4 g pro, 21 g car,
1 g fat, 32 mg chol, 156 mg sod.



SCANDINAVIAN FRUIT-TOPPED PANCAKES

Fruit Topping

- 1 tablespoon margarine or butter*
- ¼ cup packed brown sugar*
- ¼ teaspoon cinnamon*
- ¼ teaspoon cloves*
- 1½ teaspoon cornstarch*
- 1 cup orange juice*
- 1½ cups (1 medium) sliced, unpeeled apple*
- 1½ cups (1 medium) sliced, unpeeled pear*
- ½ cup dried apricots*
- ¼ cup raisins*

Pancakes

- 3 eggs*
- 1 cup skim or lowfat milk*
- 1¼ cups all-purpose flour*
- 2 teaspoons sugar*
- ½ teaspoon grated orange peel*
- ¼ teaspoon cinnamon*
- ¼ teaspoon salt*
- 1 tablespoon margarine or butter*

Heat margarine in large skillet over medium heat. Add brown sugar, cinnamon, and cloves. In small bowl, blend cornstarch and orange juice until smooth. Pour mixture into skillet. Bring to a boil, stirring constantly. Stir in apples, pears, apricots, and raisins. Reduce heat to low and simmer, uncovered, until fruit is tender, about 5 minutes. Set aside.

Place eggs in blender jar. Cover and blend at STIR about 5 seconds. Add milk and blend at STIR about 5 seconds. Add remaining pancake ingredients except margarine. Blend at MIX about 20 seconds. Scrape sides of blender jar. Blend at MIX 10 seconds.

Place margarine in 13x9-inch pan. Heat in oven to melt, about 2 to 3 minutes. Remove pan and tilt to coat with melted margarine. Immediately pour batter into hot pan. Bake at 425°F for 15 minutes. Reduce oven temperature to 375°F. Continue baking 14 to 18 minutes, or until puffed and golden brown. Cut into squares and serve with warm fruit topping.

Yield: 8 servings.

Per serving: About 245 cal, 6 g pro, 45 g car, 5 g fat, 81 mg chol, 144 mg sod.

❧ BABY FOOD ❧

APPLE-PINEAPPLE SAUCE

- 2 cups chopped, peeled apples
- $\frac{1}{4}$ cup water
- 1 can (8 oz.) pineapple tidbits in juice, drained

Place apples and water in saucepan. Bring to a boil. Reduce heat to medium. Cook uncovered, until apples are tender, about 8 to 10 minutes; stir occasionally. Cool 5 minutes.

Place pineapple tidbits and apple mixture in blender jar. Cover and blend at STIR about 10 seconds; scrape sides of blender jar, if necessary. Blend at PUREE about 30 seconds. Store in refrigerator.

Yield: $1\frac{1}{2}$ cups.

Per serving: About 36 cal, 0 g pro, 9 g car, 0 g fat, 0 mg chol, 1 mg sod.

PEACH OATMEAL

- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup quick-cooking rolled oats
- $\frac{1}{2}$ cup canned or frozen and thawed peach slices in juice, drained
- 1 tablespoon whole milk

Place water in saucepan. Bring to a boil. Stir in oats and return to a boil. Reduce heat to low and simmer, uncovered, about 1 minute. Cover and cool 5 minutes.

Place oatmeal, peaches, and milk in blender jar. Cover and blend at STIR about 10 seconds; scrape sides of blender jar, if necessary. Blend at PUREE about 30 seconds. Store in refrigerator.

Yield: 1 cup.

Per serving: About 32 cal, 1 g pro, 6 g car, 1 g fat, 1 mg chol, 4 mg sod.

CHICKEN AND RICE STEW

- 4 to 6 oz. boneless, skinless chicken breast, cut into 1-inch pieces*
- ½ cup sliced carrots*
- ¼ cup uncooked long-grain white rice*
- 1¼ cups reduced-sodium chicken broth*

Place chicken, carrots, rice, and 1 cup broth in saucepan. Bring to a boil. Reduce heat to low and simmer, covered, until most of the liquid is absorbed, about 10 to 15 minutes. Cover and cool 5 minutes.

Place chicken mixture and remaining chicken broth in blender jar. Cover and blend at STIR about 10 seconds; scrape sides of blender jar, if necessary. Blend at PUREE about 30 to 40 seconds; scrape sides of blender jar every 10 seconds. Store in refrigerator.

Yield: 1½ cups.

Per serving: About 59 cal, 5 g pro, 7 g car, 1 g fat, 11 mg chol, 26 mg sod.

CARROT AND POTATO MEDLEY

- ½ cup (1 small) sliced carrot*
- ½ cup (1 medium) peeled, cubed potato*
- ½ cup reduced-sodium chicken broth*
- 2 to 3 tablespoons whole milk*

Place carrot, potato, and broth in saucepan. Bring to a boil. Reduce heat to low and simmer, uncovered, until vegetables are very tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled vegetable mixture and 2 tablespoons milk in blender jar. Cover and blend at STIR about 10 seconds; scrape sides of blender jar, if necessary. Blend at PUREE about 30 seconds; scrape sides of blender jar every 10 seconds. Add 1 more tablespoon milk, if necessary. Store in refrigerator.

Yield: 1 cup.

Per serving: About 29 cal, 1 g pro, 5 g car, 0 g fat, 1 mg chol, 18 mg sod.

SAUCES AND DRESSINGS

BANANA FRUIT DRESSING

- ½ cup vanilla or strawberry lowfat yogurt*
- 1 medium banana, sliced*
- 1 tablespoon honey*
- 1 tablespoon orange juice*
- ¼ teaspoon cinnamon*

Place ingredients in blender jar. Cover and blend at PUREE about 40 seconds; scrape sides of blender jar every 20 seconds. Serve over sliced fresh fruit.

Yield: 1¼ cups.

Per serving: About 14 cal, 0 g pro, 3 g car, 0 g fat, 0 mg chol, 4 mg sod.

RASPBERRY VINAIGRETTE DRESSING

- 1 cup fresh or frozen raspberries, thawed*
- 2 tablespoons sugar*
- 3 tablespoons raspberry vinegar*
- 2 tablespoons oil*

Place ingredients in blender jar. Cover and blend at STIR about 30 seconds; scrape sides of blender jar every 10 seconds. Blend at LIQUEFY about 30 seconds. Serve over tossed green salads or fruit salads.

Yield: 1½ cups.

Per serving: About 17 cal, 0 g pro, 2 g car, 1 g fat, 0 mg chol, 0 mg sod.

DIJON COTTAGE CHEESE DRESSING

- ½ cup nonfat or lowfat cottage cheese*
- ½ cup skim or lowfat milk*
- ¼ cup reduced-calorie mayonnaise*
- 2 teaspoons Dijon mustard*
- ¼ teaspoon sugar*
- ¼ teaspoon dried dill weed*

Dash salt and pepper

Place ingredients in blender jar. Cover and blend at MIX about 40 seconds; scrape sides of blender jar every 20 seconds. Blend at LIQUEFY about 20 seconds. Serve over tossed green salads.

Yield: 1 cup.

Per serving: About 17 cal, 1 g pro, 1 g car, 1 g fat, 2 mg chol, 41 mg sod.



FRESH TOMATO MARINARA SAUCE

- 2 *tablespoons olive oil*
- $\frac{1}{2}$ *cup chopped onion*
- $\frac{1}{2}$ *cup chopped green pepper*
- 2 *cloves garlic, chopped*
- 3 *cups (about 3 large) peeled, chopped tomatoes*
- 1 *can (6 oz.) no-salt-added tomato paste*
- 2 *teaspoons sugar*
- 1 *teaspoon basil*
- $\frac{1}{2}$ *teaspoon oregano*
- $\frac{1}{2}$ *teaspoon salt*
- $\frac{1}{4}$ *teaspoon fennel seed*

Heat olive oil in large saucepan over medium-high heat. Add onion, green pepper, and garlic. Cook, uncovered, 2 to 3 minutes. Add remaining ingredients. Reduce heat to low and simmer, covered, until tomatoes are very tender, about 15 to 20 minutes; stir occasionally. Cool 5 minutes.

Place cooled tomato mixture in blender jar, 1 or more cups at a time. Cover and blend at STIR about 30 seconds after each addition. Blend at PUREE about 30 seconds. Return mixture to saucepan. Simmer over low heat about 5 to 10 minutes, stirring occasionally. Serve over pasta.

Yield: $3\frac{1}{2}$ cups.

Per serving: About 82 cal, 2 g pro, 11 g car, 4 g fat, 0 mg chol, 175 mg sod.

BURGUNDY MUSHROOM SAUCE

- 2 *tablespoons margarine or butter*
- $\frac{1}{2}$ *cup chopped onion*
- $\frac{1}{4}$ *cup chopped carrot*
- 1 *clove garlic, chopped*
- 1 *tablespoon all-purpose flour*
- 1 *cup beef broth*
- $\frac{1}{2}$ *cup water*
- 1 *package (8 oz.) fresh mushrooms, thinly sliced*
- $\frac{1}{4}$ *cup burgundy wine*
- $\frac{1}{4}$ *teaspoon marjoram*
- Dash salt and pepper*
- 2 *tablespoons chopped fresh parsley*

Heat margarine in large saucepan over medium-high heat. Add onion, carrot, and garlic. Cook, uncovered, 2 to 3 minutes. Stir in flour, broth, and water. Bring to a boil. Add mushrooms to saucepan, reserving $\frac{1}{2}$ cup. Reduce heat to low and simmer, uncovered, until vegetables are very tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled mushroom mixture in blender jar. Cover and blend at STIR about 30 seconds; scrape sides of blender jar every 10 seconds. Blend at LIQUEFY about 30 seconds. Return mixture to saucepan. Add reserved mushrooms, wine, marjoram, salt, and pepper. Simmer about 5 minutes. Stir in parsley. Serve with beef or pork roasts.

Yield: 2 cups.

Per serving: About 13 cal, 0 g pro, 1 g car, 1 g fat, 0 mg chol, 38 mg sod.



RED PEPPER SAUCE

- 1 large red bell pepper,
cut in 8 pieces
- $\frac{1}{2}$ cup nonfat or lowfat
plain yogurt
- 2 tablespoons reduced-
calorie mayonnaise
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon garlic powder
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon hot
pepper sauce

Place red bell pepper pieces in saucepan and cover with water. Bring to a boil over medium-high heat. Reduce heat to low and simmer, uncovered, until pepper is tender, about 10 to 15 minutes. Drain well. Cool 5 minutes.

Place cooled pepper pieces in blender jar. Add remaining ingredients. Cover and blend at MIX about 10 seconds; scrape sides of blender jar, if necessary. Blend at PUREE about 40 to 60 seconds; scrape sides of blender jar every 20 seconds. Serve over hot vegetables.

Yield: $1\frac{1}{2}$ cups.

Per serving: About 7 cal, 0 g pro, 1 g car, 0 g fat, 1 mg chol, 32 mg sod.

STRAWBERRY ROMANOFF SAUCE

- 3 cups sliced strawberries
- $\frac{1}{4}$ cup sugar
- 3 tablespoons orange
liqueur
- $\frac{1}{2}$ teaspoon grated orange
peel

Place $1\frac{1}{2}$ cups strawberries in blender jar. Add sugar, orange liqueur, and orange peel. Cover and blend at STIR about 30 seconds; scrape sides of blender jar. Blend at PUREE about 30 seconds. Gently stir in remaining strawberries. Serve over ice cream or cake.

Yield: $2\frac{1}{2}$ cups.

Per serving: About 15 cal, 0 g pro, 3 g car, 0 g fat, 0 mg chol, 0 mg sod.

❧ SANDWICH FILLINGS ❧

BARBECUE MEAT FILLING

- 1/4 cup reduced-sodium catsup
- 2 tablespoons chopped onion
- 2 tablespoons light molasses
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- 1 tablespoon prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 1 clove garlic

Dash liquid smoke flavor, if desired

- 1 cup cubed cooked turkey breast

Place all ingredients except turkey in blender jar. Cover and blend at STIR until onion and garlic are chopped, about 10 to 15 seconds.

Add turkey. Cover and blend at STIR until meat is chopped, about 10 to 20 seconds.

In medium saucepan, heat meat mixture over medium-high heat until hot, stirring occasionally. Reduce heat to simmer and cook, covered, to blend flavors, about 10 minutes; stir occasionally. Serve with pita bread or sourdough buns.

Yield: 4 servings.

Variations: Substitute cooked chicken or 97% fat-free beef or ham for the turkey breast.

Per serving: About 112 cal, 11 g pro, 15 g car, 0 g fat, 29 mg chol, 11 mg sod.

SOUTHWESTERN ROLL-UPS

- 1 or 2 jalapeño pepper, stem and seeds removed
- 1 clove garlic
- 2 tablespoons chopped onion
- 1 can (15.5 oz.) 50% less salt kidney beans, drained and 1/4 cup liquid reserved
- 2 tablespoons cumin
- 1 tablespoon chopped fresh cilantro leaves, if desired
- 1 cup cubed cooked chicken breast
- 1/4 cup shredded nonfat Cheddar cheese
- 12 flour tortillas (8 inches in diameter)

Salsa and light sour cream garnish, if desired

Place all ingredients except flour tortillas and garnish in blender jar in order listed. Cover and blend at CHOP until thoroughly mixed, about 30 seconds to 1 minute; scrape sides of blender jar, if necessary.

Spread 1/4 cup bean mixture in center of each tortilla. Roll tortilla to enclose filling. Place on microwave-safe plate. Microwave at HIGH 20 to 30 seconds, or until heated through.

Serve with salsa and light sour cream garnish, if desired.

Yield: 12 roll-ups.

Per serving: About 185 cal, 10 g pro, 31 g car, 3 g fat, 10 mg chol, 303 mg sod.



CHICKEN SALAD SPREAD

- ¼ cup light mayonnaise*
- ¼ cup light sour cream*
- 1 tablespoon chopped onion*
- 1 tablespoon fresh parsley, if desired*
- ½ teaspoon salt*
- ½ teaspoon pepper*
- 1 cup cubed cooked chicken breast*
- ½ cup seedless red grapes*

Place all ingredients in blender jar in order listed. Cover and blend at STIR, pulsing 3 to 4 times, about 5 seconds each time, until chicken is chopped and mixture is thoroughly combined.

Yield: 8 servings.

Per serving: About 70 cal, 6 g pro, 4 g car, 3 g fat, 19 mg chol, 96 mg sod.

OPEN-FACED HAM AND CHEESE MELTS

- 1 tablespoon water or reduced-sodium chicken broth*
- 1 cup cubed 97% fat-free, reduced-sodium ham*
- 1 tablespoon Dijon-style mustard*
- 2 chunks (1-inch each) green bell pepper*
- 1 green onion, cut in ½-inch pieces*
- 2 tablespoons sliced water chestnuts, drained*
- 6 slices Italian bread, lightly toasted*
- 6 slices tomato, if desired*
- ¾ cup shredded fat-free or reduced-fat Cheddar cheese*

Place water, ham, mustard, green pepper, green onion, and water chestnuts in blender jar in order listed. Cover and blend at CHOP, pulsing 4 to 5 times, about 3 seconds each time, until ham is well chopped and mixture is thoroughly combined; scrape sides of blender jar, if necessary.

Preheat broiler. Top each bread slide with tomato slice. Spread about 3 tablespoons ham filling on each sandwich. Top each with about 2 tablespoons cheese. Arrange sandwiches on cookie sheet. Broil 4 to 6 inches from heat, 2 to 3 minutes or until cheese melts.

Yield: 6 sandwiches.

Per serving: About 134 cal, 10 g pro, 19 g car, 1 g fat, 14 mg chol, 566 mg sod.

🌀 PESTO, TOPPINGS AND CRUNCHES 🌀

BASIL PESTO

- 2 *cloves garlic*
- ½ *cup fresh grated
Parmesan cheese*
- 1¼ *cup firmly packed fresh
basil leaves*
- ¼ *cup fresh parsley leaves*
- 3 *tablespoons slivered
almonds or pine nuts*
- ¼ *cup olive oil*
- ¼ *to ½ cup reduced-
sodium chicken broth*

Place garlic in blender jar. Cover and blend at STIR until minced, about 5 to 10 seconds.

Add basil, parsley, and almonds. Cover and blend at STIR. With blender running, add olive oil and chicken broth. Blend until thoroughly mixed, about 45 seconds to 1 minute; scrape sides of blender jar. Add remaining broth, if necessary. Serve on pasta, pizza, chicken, or seafood.

Yield: 1 cup. (8 servings)

Per serving: About 111 cal, 4 g pro, 2 g car, 10 g fat, 5 mg chol, 127 mg sod.

MIXED PEPPER PESTO

- 1 *clove garlic*
- 2 *tablespoons olive oil*
- 1 *medium red bell
pepper, seeded, cut into
1½-inch chunks*
- 1 *medium yellow bell
pepper, seeded, cut into
1½-inch chunks*
- ¼ *cup loosely packed
fresh basil leaves*
- ½ *cup grated fresh
Parmesan cheese*
- ¼ *teaspoon salt, if desired*
- ¼ *teaspoon pepper*

Place garlic in blender jar. Blend at STIR until minced, about 5 to 10 seconds. Add all remaining ingredients. Blend at CHOP until thoroughly mixed, about 15 to 25 seconds; scrape sides of blender jar, if necessary. Serve on pasta, pizza, chicken, or seafood.

Yield: 2 cups. (8 servings)

Tip: Bake 12-inch pizza crust at 425°F about 5 minutes. Remove from oven and spread with pesto. Add cheese, cooked meat, and other favorite toppings. Return pizza to oven and bake at 425°F about 5 minutes, or until cheese is melted and crust is golden brown.

Per serving: About 55 cal, 2 g pro, 2 g car, 5 g fat, 3 mg chol, 79 mg sod.



MIXED HERB PESTO

- 2 *tablespoons chopped onion*
- 1½ *cups fresh parsley leaves*
- ½ *cup fresh basil leaves*
- ½ *cup fresh marjoram leaves*
- ¼ *cup fresh thyme sprigs*
- 2 *teaspoons grated Romano cheese, optional*
- ¼ *teaspoon pepper*
- ¼ *cup olive oil*
- ¼ *to ½ cup reduced-sodium chicken broth*

Place onion in blender jar. Cover and blend at STIR until onion is finely chopped, about 5 to 10 seconds.

Add parsley, basil, marjoram, thyme, cheese, and pepper. Cover and blend at STIR. With blender running, add olive oil and ¼ cup chicken broth. Blend at STIR until thoroughly mixed, about 20 to 30 seconds, adding remaining broth, if necessary. Serve with pasta or chicken.

Yield: 1 cup. (8 servings)

Per serving: About 77 cal, 1 g pro, 2 g car, 7 g fat, 2 mg chol, 28 mg sod.

MEXICAN CASSEROLE TOPPING

- 2 *flour tortillas (5 or 6 inches in diameter)*
- No-stick cooking spray*
- ½ *cup shredded nonfat Cheddar cheese*
- 1 *teaspoon chili powder*
- ¼ *teaspoon cumin*
- 2 *tablespoons shredded 50%-less-fat Monterey jack cheese*

Heat large non-stick skillet over medium-high heat. Spray both sides of tortillas with no-stick cooking spray to coat lightly. Place tortillas in skillet. Cook until light golden, turning once, about 5 to 7 minutes. Cool completely. Break each tortilla into 8 pieces.

Place tortilla pieces, ¼ cup Cheddar cheese, chili powder, and cumin in blender jar. Cover and blend at CHOP, pulsing 4 to 6 times, about 5 seconds each time, until tortilla pieces are crushed. Add remaining ¼ cup Cheddar cheese and Monterey Jack cheese. Cover and blend at CHOP until mixed, about 5 to 10 seconds.

Use 1 cup to top favorite ground beef, pasta, or rice casserole cooked in 13x9-inch baking dish. Place remaining topping in tightly covered container and store in refrigerator or freezer.

Yield: About 1 cup. (12 servings)

Per serving: About 23 cal, 2 g pro, 3 g car, 0 g fat, 1 mg chol, 78 mg sod.



CINNAMON-OAT CRUNCH

- ½ cup whole wheat flour*
- ½ cup packed brown sugar*
- ¼ cup rolled oats*
- ½ teaspoon cinnamon*
- ¼ teaspoon salt*
- Dash nutmeg*
- ¼ cup light pasteurized process cream cheese product (from an 8-oz. tub)*

Place all ingredients in blender jar in order listed. Cover and blend at STIR, pulsing 3 or 4 times, about 5 seconds each time, until thoroughly mixed.

Spread in thin layer on ungreased baking sheet. Bake at 375°F until browned, about 10 minutes, stirring once. Cool completely.

With spatula, loosen mixture from baking sheet and crumble to desired size. Serve over yogurt, frozen yogurt, fruit, or pudding, if desired. Place any unused crunch in tightly covered container and store in refrigerator.

Yield: 2 cups. (16, 2-tablespoon servings)

Per serving: About 51 cal, 1 g pro, 11 g car, 1 g fat, 1 mg chol, 57 mg sod.

GRAHAM-NUT CRUNCH

- 1 cup chocolate or vanilla graham snacks*
- 2 tablespoons slivered almonds*
- 1 tablespoon semi-sweet chocolate chips*
- 1 tablespoon butterscotch chips*
- 2 teaspoons flour*
- 2 teaspoons melted margarine or butter*

Place all ingredients except margarine in small bowl; mix well. Place in blender jar. Blend at CHOP until coarsely chopped, about 5 seconds. Add margarine. Cover and blend at CHOP, pulsing 2 to 3 times, about 1 to 2 seconds each time, until thoroughly mixed.

Spread in thin layer on ungreased baking sheet. Bake at 375°F until chocolate and butterscotch particles are melted and graham crumbs are lightly toasted, about 10 minutes, stirring once. Cool completely.

Sprinkle over frozen yogurt or pudding, if desired. Place any unused crunch in tightly covered container and store in refrigerator.

Yield: 1 cup. (16 servings)

Per serving: About 77 cal, 1 g pro, 11 g car, 3 g fat, 0 mg chol, 96 mg sod.



STREUSEL TOPPING

- ½ cup all-purpose flour*
- ½ cup packed brown sugar*
- ½ teaspoon cinnamon, optional*
- ¼ teaspoon salt*
- 2 tablespoons light pasteurized process cream cheese product (from an 8-oz. tub)*
- 2 tablespoons pecan halves*

Place all ingredients in blender jar in order listed. Cover. Blend at STIR until thoroughly mixed, about 20 to 25 seconds; scrape sides of blender jar, if necessary. Use to top 13x9-inch pan of fruit crisp or to sprinkle over 13x9-inch cake before baking.

Yield: 1½ cups.

Per serving: About 33 cal, 0 g pro, 7 g car, 1 g fat, 0 mg chol, 31 mg sod.

❧ ENERGY DRINKS ❧

SPARKLING CRANBERRY DRINK

- ¾ cup frozen cranberry juice cocktail concentrate, slightly thawed*
- 1 can (8 oz.) crushed pineapple, packed in fruit juice and undrained.*
- ½ cup sparkling water*

Place cranberry concentrate and pineapple in blender jar. Cover and blend at LIQUEFY until smooth, about 10 to 20 seconds. Add sparkling water. Blend at STIR just until mixed, about 2 to 4 seconds.

Yield: 2¼ cups. (About 4 servings)

Tip: To make juice with remaining concentrate, measure amount of concentrate. Add three times the amount of water as concentrate.

Per serving: About 133 cal, 0 g pro, 34 g car, 0 g fat, 0 mg chol, 8 mg sod.

STRAWBERRY-ORANGE QUICK BREAKFAST BEVERAGE

- 2 cups orange juice*
- 1½ cups frozen unsweetened strawberries*
- 2 cups nonfat vanilla yogurt*

Place orange juice and strawberries in blender jar. Cover and blend at LIQUEFY until strawberries are chopped, about 8 to 10 seconds. Add yogurt. Blend at STIR until smooth, about 5 to 10 seconds.

Yield: 5 cups. (4 servings)

Per serving: About 183 cal, 4 g pro, 42 g car, 0 g fat, 0 mg chol, 57 mg sod.

RASPBERRY BREAKFAST REFRESHER

- 2¾ cups orange juice*
- 1½ cups unsweetened frozen raspberries*
- 4 medium bananas, each broken into 4 pieces*

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 15 to 20 seconds.

Yield: 5 cups. (4 servings)

Per serving: About 200 cal, 3 g pro, 49 g car, 1 g fat, 0 mg chol, 2 mg sod.



PEANUT BUTTER-BANANA BREAKFAST SHAKE

- 2 cups frozen nonfat vanilla yogurt
- 1/4 cups skim milk
- 4 medium bananas, each broken into 4 pieces
- 1/4 cup peanut butter

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 20 to 30 seconds.

Yield: 4½ cups. (About 8 servings)

Per serving: About 169 cal, 5 g pro, 29 g car, 4 g fat, 1 mg chol, 87 mg sod.

CREAMY APRICOT ZINGER

- 1½ cups lowfat buttermilk
- 1 can (16 oz.) apricot halves, packed in fruit juice and well drained.
- 1/4 cup frozen orange-pineapple or orange juice concentrate
- 1/8 teaspoon nutmeg, if desired
- 6 ice cubes

Place all ingredients except ice in blender jar. Cover and blend at STIR until thoroughly mixed, about 10 seconds. Add ice. Cover and blend at LIQUEFY, pulsing 8 to 10 times, about 3 seconds each time, until smooth.

Yield: 4 cups. (4 servings)

Tip: To make juice with remaining concentrate, measure amount of concentrate. Add three times the amount of water as concentrate.

Per serving: About 120 cal, 4 g pro, 25 g car, 1 g fat, 3 mg chol, 101 mg sod.



SPICED PEACH ENERGY DRINK

- 1 cup lowfat buttermilk*
- ½ cup skim milk*
- 1 can (16 oz.) sliced peaches, packed in fruit juice, chilled and well drained*
- 2 tablespoons wheat germ*
- 2 tablespoons honey*
- ¼ teaspoon cinnamon*
- ¼ teaspoon nutmeg*
- 6 ice cubes*

Place all ingredients except ice in blender jar. Cover and blend at LIQUEFY until smooth, about 1 to 1½ minutes. Add ice. Cover and blend at LIQUEFY until slushy, about 1 to 1½ minutes.

Yield: 4 cups. (4 servings)

Per serving: About 134 cal, 5 g pro, 28 g car, 1 g fat, 3 mg chol, 86 mg sod.

STRAWBERRY-BANANA SMOOTHIE

- 2 cups lowfat buttermilk*
- 1½ cups frozen unsweetened strawberries*
- 1 cup skim milk*
- 4 medium bananas, each broken into 4 pieces*
- 3 tablespoons orange marmalade*

Place all ingredients in blender jar. Cover and blend on LIQUEFY until smooth, about 20 to 30 seconds.

Yield: 6 cups. (4 servings)

Per serving: About 232 cal, 8 g pro, 51 g car, 2 g fat, 6 mg chol, 164 mg sod.

❧ DESSERT DRINKS ❧

RUM MOCHA

2 cups chocolate ice milk
½ cup double-strength
coffee, cold
½ cup dark rum
4 ice cubes

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 1 to 1½ minutes; scrape sides of blender jar, if necessary.

Yield: 3 cups. (4 servings)

Per serving: About 157 cal, 3 g pro, 15 g car, 3 g fat, 9 mg chol, 57 mg sod.

PEACH FLIP

1½ cups frozen peach
slices, partially thawed
1½ cups nonfat frozen
peach yogurt
½ cup peach liqueur or
peach brandy

Place all ingredients in blender jar. Cover and blend at LIQUEFY, pulsing 5 to 6 times, about 10 seconds each time, until smooth.

Yield: 2 cups. (about 4 servings)

Per serving: About 265 cal, 3 g pro, 49 g car, 0 g fat, 0 mg chol, 39 mg sod.

TROPICAL SLUSH

2 cups pineapple sherbet
1 cup orange juice
¾ cup dark rum
8 ice cubes

Place all ingredients in blender jar. Cover and blend at LIQUEFY until slushy, about 1 to 1½ minutes.

Yield: 4 cups. (4 servings)

Per serving: About 256 cal, 2 g pro, 36 g car, 2 g fat, 5 mg chol, 31 mg sod.

FROZEN CLOUD

2 cups vanilla ice milk
½ cup vodka
¼ cup creme de cacao
6 ice cubes

Place all ingredients in blender jar. Cover and blend at LIQUEFY, pulsing 4 to 5 times, about 10 seconds each time, until slushy.

Yield: 2½ cups. (About 4 servings)

Per serving: About 197 cal, 3 g pro, 22 g car, 3 g fat, 9 mg chol, 57 mg sod.



BANANABERRY FREEZE

- 1 package (10 oz.) frozen unsweetened strawberries, broken into chunks*
- 1 medium banana, peeled and sliced*
- 1½ cups skim milk*

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 25 to 30 seconds; scrape sides of blender jar, if necessary.

Yield: 3¼ cups. (About 4 servings)

Per serving: About 84 cal, 4 g pro, 18 g car, 0 g fat, 2 mg chol, 49 mg sod.

PINK LASSIES

- 2 cups vanilla ice milk*
- 2 cups cranberry juice cocktail*
- 1 cup orange juice*

Place all ingredients in blender jar. Cover and blend at MIX until smooth, about 25 to 30 seconds.

Yield: 5 cups. (4 servings)

Per serving: About 192 cal, 3 g pro, 40 g car, 3 g fat, 9 mg chol, 62 mg sod.

FRUIT SHAKE

- 2 cups skim milk*
- 1½ cups vanilla ice milk*
- 3 medium peaches, peeled and sliced*

Place all ingredients in blender jar. Cover and blend at LIQUEFY until smooth, about 25 to 30 seconds.

Yield: 5¼ cups. (About 4 servings)

Variations: Substitute 3 cups fresh sliced strawberries or 3 cups sliced banana for peaches.

Per serving: About 140 cal, 7 g pro, 24 g car, 2 g fat, 9 mg chol, 105 mg sod.

❧ DESSERTS ❧

RASPBERRY CHOCOLATE PIE

Crust

- 20 to 24 chocolate cookie wafers
- ¼ cup melted margarine

Filling

- ¼ cup boiling water
- 1 package (.3 oz.) sugar-free raspberry gelatin
- 1½ cups frozen raspberries
- 1 cup nonfat raspberry yogurt
- ½ cup lowfat cottage cheese

Break cookies into large pieces and place in blender jar. Cover and blend at LIQUEFY, pulsing 2 or 3 times, about 10 seconds each time, until finely chopped.

In bowl, combine cookie crumbs and margarine; reserve 2 teaspoonfuls. Press remaining mixture into bottom and up sides of a standard 9-inch pie plate (not deep-dish).

Pour boiling water into blender jar and sprinkle with gelatin. Cover and blend at CHOP about 1 minute; scrape sides of blender jar, if necessary. Add remaining ingredients. Blend at LIQUEFY about 1 minute.

Pour into pie crust. Sprinkle with reserved crumbs. Refrigerate until set, about 1 to 2 hours.

Yield: 8 servings.

Per serving: About 155 cal, 5 g pro, 16 g car, 8 g fat, 6 mg chol, 184 mg sod.

POTS DE CREME

- 1 cup semi-sweet chocolate chips
- ¼ cup egg substitute or 1 egg, beaten
- ½ teaspoon vanilla
- ¾ cup evaporated milk
- Sweetened whipped cream or whipped topping, if desired

Place chocolate chips, egg substitute, and vanilla in blender jar. Heat evaporated milk to boiling and pour over ingredients. Cover and blend at LIQUEFY until chocolate chips are melted and mixture is smooth, about 1 to 1½ minutes; scrape sides of blender jar, if necessary.

Pour into small cups. Refrigerate until set, about 4 to 6 hours. Serve with whipped cream, if desired.

Yield: 6 servings.

Per serving: About 202 cal, 4 g pro, 20 g car, 14 g fat, 9 mg chol, 54 mg sod.



ORANGE SORBET

- 1 *can (11 oz.) mandarin oranges, drained*
- 1 *cup water*
- 1 *can (6 oz.) frozen orange juice concentrate*
- $\frac{1}{4}$ *cup powdered sugar*
- 1 *tablespoon fresh lemon juice*

Place all ingredients in blender jar. Cover and blend at LIQUEFY, about 15 to 20 seconds. Pour into freezer container and freeze until almost set, about 3 to 4 hours. Scrape into blender jar. Blend at LIQUEFY until smooth, about 1 minute.

Pour into freezer container. Freeze until hard, about 5 to 6 hours.

Yield: 6 servings.

Per serving: About 89 cal, 1 g pro, 22 g car, 0 g fat, 0 mg chol, 3 mg sod.

MOCHA MOUSSE

- 2 *tablespoons cold water*
- 1 *envelope unflavored gelatin*
- 2 *tablespoons instant coffee granules*
- $\frac{1}{2}$ *cup boiling water*
- $\frac{3}{4}$ *cup semi-sweet chocolate chips*
- 1 *tablespoon sugar*
- $\frac{1}{4}$ *teaspoon vanilla*
- $\frac{3}{4}$ *cup crushed ice, drained*
- $\frac{1}{2}$ *cup heavy cream*

Pour cold water into blender jar, add gelatin and let set 15 to 20 seconds. Add coffee granules and boiling water. Cover and blend at STIR until gelatin is dissolved, about 1 minute. Add chocolate chips, sugar, and vanilla. Blend at LIQUEFY until mixture is smooth, about 1 minute. Pour in crushed ice and cream. Blend at LIQUEFY, pulsing 3 to 4 times, about 10 seconds each time, until mixture begins to thicken.

Pour into dessert dishes. Refrigerate until set, about 20 to 30 minutes.

Yield: 4 servings.

Per serving: About 270 cal, 4 g pro, 21 g car, 21 g fat, 41 mg chol, 15 mg sod.



DATE TORTE

1 cup all-purpose flour
1 teaspoon baking soda
1 cup pitted dates
1 cup warm water
½ cup egg substitute or
2 eggs
½ cup sugar
1 tablespoon margarine
½ cup walnuts

Coat an 8x8-inch pan with no-stick spray. Combine flour and baking soda in mixing bowl. Place remaining ingredients, except nuts, in blender jar. Cover and blend at LIQUEFY until smooth, about 1 minute. Add nuts and blend at STIR 3 to 4 seconds.

Pour date mixture over flour and mix well. Spread batter in pan. Bake at 300°F for 45 to 55 minutes, or until top springs back when touched lightly in center.

Yield: 9 servings.

Per serving: About 211 cal, 4 g pro, 36 g car, 6 g fat, 0 mg chol, 167 mg sod.

GRATED APPLE PIE

½ cup sugar
¼ cup egg substitute or
1 egg
3 tablespoons margarine
3 tablespoons evaporated
skim milk
2 tablespoons cornstarch
½ teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon lemon extract
3 cups coarsely chopped,
peeled apples
Cinnamon, if desired

Coat a 9-inch pie plate with no-stick spray. Place sugar, egg, margarine, evaporated milk, cornstarch, cinnamon, nutmeg, and lemon extract in blender jar. Cover and blend at LIQUEFY 30 seconds; scrape sides of blender jar, if necessary. Add apples. Cover and blend at CHOP until apples are finely chopped, about 20 to 30 seconds.

Pour into pie plate and sprinkle with additional cinnamon, if desired. Bake at 350°F for 35 to 40 minutes, or until knife inserted in center comes out clean.

Yield: 6 servings.

Per serving: About 185 cal, 2 g pro, 30 g car, 7 g fat, 0 mg chol, 96 mg sod.



RICOTTA CHEESECAKE PIE

Crust

- 16 to 18 graham cracker squares
- 3 tablespoons melted margarine

Filling

- 1 cup lowfat ricotta cheese
- 1 package (8 oz.) neufchatel cheese, softened
- ½ cup egg substitute or 2 eggs
- ½ cup sugar
- 3 tablespoons fresh lemon juice
- ½ teaspoon vanilla

Break graham cracker squares into large pieces and place in blender jar. Cover and blend at LIQUEFY, pulsing a few times, about 3 seconds each time, until finely chopped.

In bowl, combine graham cracker crumbs and margarine. Press crumb mixture firmly into bottom and up sides of a 9-inch pie plate. Chill.

Place filling ingredients in blender jar. Cover and blend at LIQUEFY about 2 minutes.

Pour into crust. Bake at 350°F for 25 to 30 minutes, or until knife inserted near center comes out clean. Cool 30 minutes at room temperature. Then refrigerate until well chilled, about 6 to 8 hours.

Yield: 8 servings.

Per serving: About 266 cal, 9 g pro, 26 g car, 15 g fat, 26 mg chol, 313 mg sod.

Stand Mixer

The standard of quality for generations. The multi-function mixers do it all... everything from egg whites to heavy bread dough.

- Rugged, all-metal construction and heavy-duty motor for years of dependable service.
- Unique KitchenAid planetary mixing action thoroughly mixes ingredients.
- Ten speeds provide gentle stirring to high-speed whipping.

Food Processor

Consumers asked for a more dependable, better performing food processor. KitchenAid answered the challenge with a design that is easy to use and easy to clean.

- *Clean Touch*™ control pad and smooth rounded styling for the ultimate in cleanup ease.
- Mini Bowl combines the power of a large processor with the convenience of a mini-chopper.

Hand Mixer

The power to handle chocolate chip cookie dough. KitchenAid combines outstanding quality and performance with the convenience of a hand mixer.

- Electronic Mixing Sensor automatically adjusts power for steady, consistent beater speed.
- *TurboBeaters*™ feature an open shape to cut cleanly through ingredients.

MOSTRADOR DE COCINA



Mezcladora de pie

El nivel de calidad por generaciones. Las mezcladoras multifuncionales lo hacen todo...desde las claras de los huevos a masas pesadas para panes.

- La construcción robusta de metal y el motor robusto rinden años de servicio confiable.
- La acción mezcladora planetaria única de KitchenAid mezcla los ingredientes a fondo.
- Las diez velocidades proporcionan desde una mezcla suave hasta un batido rápido.



Procesadora de alimentos

Los consumidores pidieron una procesadora de alimentos más confiable, de mejor rendimiento. KitchenAid respondió al desafío con un diseño fácil para el uso y fácil para la limpieza.

- Cojín de control *Clean Touch*™ con estilo refinado suave, ofrece la última palabra en facilidad de limpieza.
- Mini Taza que combina la potencia de una procesadora grande con la conveniencia de una mini picadora.



Batidora de mano

La energía que hace una excelente masa de galletas con chocolate. KitchenAid combina la exigencia de calidad y rendimiento con la conveniencia de una batidora de mano.

- Sensor electrónico que automáticamente ajusta la energía en una firme y consistente velocidad de batido.
- *TurboBeaters*™ que poseen la característica de forma abierta para un corte nítido a través de los ingredientes.