

Convection Microwave Oven
recipes
with Grill



RECIPES
delicious

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EGGS

Benedict

A brunch staple, this dish is sure to please all your guests.

Makes 2 servings

- 2** SLICES CANADIAN BACON
- ¼** TEASPOON WHITE VINEGAR
- ⅔** CUP WATER
- 2** LARGE EGGS
- 1** ENGLISH MUFFIN,
SPLIT AND TOASTED
- ½** CUP HOLLANDAISE SAUCE

Place bacon slices on a microwave-safe plate lined with paper towel. Cover bacon with paper towels and place in the Cuisinart® Convection Microwave Oven with Grill and microwave on high (PL-10) for 2-minute intervals until bacon is slightly crisped; reserve.

Place half of the vinegar and water into each of two 6-ounce custard cups. Break an egg into each cup and gently prick the yolks with a toothpick. Place cups in oven and microwave for 1 minute on high or until desired doneness; reserve.

Place split English muffin on grill rack in the upper rack position and select the first Grill Combination (G-1) and grill for 5 minutes. Place reserved bacon on each muffin and grill for an additional minute. Remove muffin and top each with a poached egg and hollandaise sauce. Serve immediately.



Nutritional information per serving:

Calories 181 (39% from fat) • carb. 13g • pro. 14g • fat 8g • sat. fat 2g • chol. 228mg • sod. 527mg • calc. 68mg • fiber 1g

SIMPLE *Hollandaise*

Hollandaise sauce can be daunting – making this in your microwave makes it quick and easy. Serve with fish, vegetables or to make Eggs Benedict.

Makes about 1 cup

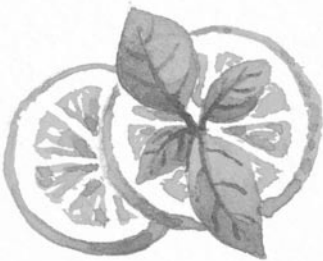
- ½ CUP UNSALTED BUTTER,
CUT INTO ½-INCH SLICES**
- 3 LARGE EGG YOLKS**
- 2 TABLESPOONS FRESH LEMON JUICE**
- 1 TABLESPOON WATER**
- ½ TEASPOON KOSHER SALT**
- ¼ TEASPOON DRY MUSTARD**

Place butter in a microwaveable 1-cup measure. Cover with waxed paper and place in the Cuisinart® Convection Microwave Oven with Grill; microwave on medium power (PL-5) to melt, about 1 minute. Let cool slightly, about 4 to 5 minutes.

Place egg yolks, lemon juice, water, salt and dry mustard in a microwaveable 4-cup measure or bowl with handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified.

Cook sauce uncovered for 2 minutes on medium-high (PL-7), stopping to whisk briskly every 20 seconds. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat a metal spoon. Serve warm with seafood, vegetables, or eggs.

If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a skin from forming. To reheat, remove waxed paper. Microwave on medium-low (PL-3) for 2 minutes, stirring with a whisk after 1 minute of cooking, and again when cooking is completed.



Nutritional information per serving (2 tablespoons):

Calories 125 (95% from fat) • carb. 0g • pro. 1g • fat 13g • sat. fat 8g • chol. 111mg • sod. 88mg • calc. 12mg • fiber 0g

ARUGULA, PANCETTA, AND TOMATO

Frittata

A twist on the classic BLT ingredients compose this frittata.

Makes 12 servings

- 5** SLICES PANCETTA
- 2** CUPS ARUGULA
- 1** GARLIC CLOVE, CHOPPED
- 1** TEASPOON OLIVE OIL
- ¼** TEASPOON PLUS PINCH KOSHER SALT
- ¼** TEASPOON FRESHLY GROUND PEPPER
- 1** TABLESPOON WATER
- ½** CUP GRAPE TOMATOES, HALVED
- 8** LARGE EGGS
- 3** OUNCES PARMESAN, SHREDDED OR GRATED
- NONSTICK COOKING SPRAY

Place slices of pancetta in a single layer on a microwave-safe plate lined with paper towels; cover with an additional layer of paper towels. Place in the Cuisinart® Convection Microwave Oven with Grill and select Express Cook for 3 minutes. Continue to microwave on high (PL-10) in 1-minute increments until pancetta is cooked through and lightly crisp, about an additional 2 to 3 minutes. Remove and reserve. Toss arugula, garlic, olive oil, pinch of salt and pinch of pepper together and place in a microwave-safe measuring cup with the tablespoon of water. Microwave on high for 45 seconds, stir ingredients together and if necessary microwave for an additional 10 seconds to fully wilt all of the arugula. Once wilted, stir in the grape tomatoes.

Whisk together the eggs, Parmesan, and remaining salt and pepper. Crumble the pancetta and stir into egg mixture. Pour off and discard any extra liquid that may have accumulated with the arugula and then stir the arugula and tomatoes in with the egg mixture.

Coat a 9-inch microwave-safe pie plate with nonstick cooking spray and add the egg mixture.

Place on grill rack in the lower rack position and place in oven. Select Combination Fast Bake at 375°F for 30 minutes. If center seems wet, select Combination Fast Bake again for an additional 5 minutes. Select the first Grill Combination (G-1) for 3 to 5 minutes to lightly brown the top.

Serve immediately.



Nutritional information per serving:

Calories 117 (62% from fat) • carb. 1g • pro. 10g • fat 8g • sat. fat 4g • chol. 152mg • sod. 356mg • calc. 192mg • fiber 0g

BROCCOLI AND CHEDDAR

Quiche

A classic combination – try this delicious quiche for brunch.

Makes 12 servings

PÂTE BRISÉE:

- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR**
- 1 TEASPOON TABLE SALT**
- ½ POUND UNSALTED BUTTER, CUBED**
- 4 TABLESPOONS ICE WATER**

QUICHE FILLING:

- ½ BROCCOLI HEAD, ABOUT ½ POUND**
- 1 TABLESPOON WATER**
- 1 CUP HEAVY CREAM**
- ½ CUP MILK**
- 2 LARGE EGGS**
- 1 LARGE EGG YOLK**
- ¼ CUP GREEN ONION, CHOPPED**
- ½ TEASPOON SALT**
- ¼ TEASPOON FRESHLY GROUND PEPPER**
- PINCH FRESHLY GROUND NUTMEG**
- 3 OUNCES CHEDDAR, SHREDDED**

Place flour and salt in a Cuisinart® Food Processor fitted with the metal chopping blade. Process for 10 seconds. Add butter to work bowl and pulse until the mixture resembles coarse crumbs. Pour in water, 1 tablespoon at a time, and pulse until a dough just forms. Form dough into 2 flat discs; wrap in plastic and refrigerate until ready to use.

Roll out one dough disc** to ⅛-inch thick to fit a 9-inch glass pie plate. Fit into pie plate. Chill in refrigerator for about 20 minutes.

While dough is chilling, preheat Cuisinart® Convection Microwave Oven with Grill to 350°F on the convection setting.

Using a fork, prick the dough evenly all over but make sure not to go entirely through the dough. Line the shell with parchment and weigh down with dried beans or rice. Place on grill rack in lower rack position and bake in preheated oven for 15 to 20 minutes, or until the dough under the parchment is no longer wet. Remove the beans/rice and parchment and continue baking until the shell is golden brown, about an additional 20 minutes. Remove and reserve.

While quiche shell is baking, cut the broccoli into florets and place on a microwave-safe plate with the water.

Once shell is par-baked, place broccoli in oven and press 3-minute Express Cook. Toss broccoli and microwave in 1-minute increments until broccoli is just cooked through – about 1 to 2 minutes. Roughly chop broccoli by placing in a Cuisinart Food Processor fitted with the metal chopping blade; quickly pulse 4 to 5 times.

Preheat oven again to 375°F on convection setting.

Stir together the heavy cream, milk, eggs, yolk, green onion, salt, pepper and nutmeg; reserve.

Spread ½ of the Cheddar evenly along the bottom of the partially baked quiche shell and then spread with the chopped broccoli. Pour the cream mixture over the broccoli and Cheddar and then top with remaining Cheddar.

Place quiche on the grill rack in the lower rack position. Bake for 30 minutes. Allow quiche to rest in the oven for an additional 15 minutes before removing.

**The second dough disc may either be used within 3 days if refrigerated or it may be wrapped well and stored in the freezer until needed.



Nutritional information per serving:

Calories 99 (76% from fat) • carb. 2g • pro. 4g • fat 8g • sat. fat 5g • chol. 61mg • sod. 458mg • calc. 90mg • fiber 0g

BANANA PEÇAN CRUMB

Muffins

Makes 6 muffins

CRUMB TOPPING:

- 2 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 3 TABLESPOONS PACKED LIGHT BROWN SUGAR
- 2 TABLESPOONS UNSALTED BUTTER, COLD AND CUBED
- ½ TEASPOON GROUND CINNAMON
- ¼ CUP PECANS, TOASTED AND CHOPPED
- PINCH TABLE SALT

MUFFIN BATTER:

- 1¼ CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON BAKING POWDER
- ¼ TEASPOON SALT
- ¼ TEASPOON GROUND CINNAMON
- 2 TABLESPOONS UNSALTED BUTTER, MELTED
- ¼ CUP PACKED LIGHT BROWN SUGAR
- 1 LARGE EGG
- ¼ CUP SOUR CREAM
- 2 TABLESPOONS MILK
- ¼ TEASPOON PURE VANILLA EXTRACT
- 1 SMALL RIPE BANANA, MASHED
- ¼ CUP CHOPPED PECANS

Preheat Cuisinart® Convection Microwave Oven with Grill to 375°F on the convection setting. Lightly coat a 6-regular muffin pan with nonstick cooking spray.

Prepare the crumb topping. In a small bowl, mix the first 6 ingredients together with a fork, reserve.

In a small bowl, mix the flour, baking powder, salt, and cinnamon; reserve.

Cream the butter with the brown sugar using a Cuisinart® Stand Mixer on low to medium speed. With machine running on low add the egg and mix until incorporated. Stir together the sour cream, milk, and vanilla and add to the mixer until incorporated; add the mashed banana. Gently fold in the flour mixture and nuts using the fold function until all ingredients are incorporated. Be careful not to over mix. Spoon evenly into prepared muffin cups and top with the reserved crumb topping.

Carefully place muffins in the preheated oven on the grill rack in the lower position. Bake in the preheated oven for about 15 to 20 minutes, or until a cake tester inserted comes out clean.



Nutritional information per muffin:

Calories 259 (71% from fat) • carb. 15g • pro. 5g • fat 21g • sat. fat 5g • chol. 17mg • sod. 470mg • calc. 80mg • fiber 3g

DATE AND WALNUT

Bread

So simple to prepare, this bread is delicious for breakfast or as an afternoon snack.

Makes about 8 to 10 servings

- NONSTICK COOKING SPRAY**
- 1 3/4 CUPS UNBLEACHED, ALL-PURPOSE FLOUR**
- 3/4 CUP GRANULATED SUGAR**
- 1 TEASPOON BAKING SODA**
- 1 TEASPOON BAKING POWDER**
- 1/2 TEASPOON TABLE SALT**
- 1 CUP CHOPPED DATES**
- 1/4 CUP UNSALTED BUTTER, CUT INTO 4 PIECES**
- 1 TEASPOON PURE VANILLA EXTRACT**
- 1 CUP WATER**
- 1/2 CUP CHOPPED WALNUTS**

Spray a (8 x 4 1/2 x 2 1/2-inch) loaf pan with nonstick cooking spray.

Sift the flour, sugar, baking soda, baking powder and salt together in small mixing bowl; reserve. Place the chopped dates, butter, and vanilla in a larger mixing bowl; reserve.

Place the water in a microwave-safe measuring cup and microwave on high (PL-10) for 2 1/2 minutes in the Cuisinart® Convection Microwave Oven with Grill. Pour water over the dates and butter and stir together until the butter is completely melted. Stir in dry ingredients until fully incorporated and then stir in the chopped walnuts.

Pour batter into prepared loaf pan. Preheat oven to 325°F on the convection setting. Place loaf pan on the grill rack in the lower rack position and bake for 45 minutes. Use a cake tester to test for doneness. If bread needs more time, bake for an additional 5 minutes.

When done, remove bread from oven and allow to cool for 10 minutes before removing from pan. Cool completely before slicing and serving.



Nutritional information per serving (based on 10 servings):

Calories 229 (45% from fat) • carb. 31g • pro. 2g • fat 12g • sat. fat 4g • chol. 12mg • sod. 274mg • calc. 20mg • fiber 2g

EGGPLANT

Baba Ghanoush

This version of the Middle Eastern dish works well as a spread for crackers or as a dip for crudité.

Makes about 3¼ cups

- 1 LARGE EGGPLANT
- ¼ CUP EXTRA VIRGIN OLIVE OIL, DIVIDED
- 1 SMALL GARLIC CLOVE
- 1 CAN (15 OUNCES) CHICKPEAS
- 1 TABLESPOON PLUS 2 TEASPOONS FRESH LEMON JUICE
- ¼ CUP TAHINI
- 1 TEASPOON SEA SALT
- ⅛ TEASPOON GROUND CUMIN
- PINCH CAYENNE PEPPER
- ¼ CUP FRESH PARSLEY

Slice eggplant in half, toss with 1 tablespoon of the olive oil and place skin side down on a microwave-safe pie plate; cover. Place in the Cuisinart® Convection Microwave Oven with Grill and microwave on high power (PL-10) for 10 minutes. Remove cover and select Combination Fast Bake on 375°F and cook for an additional 15 minutes. Eggplant should be soft. If necessary, bake longer on Combination Fast Bake for an additional 5 to 10 minutes.

When eggplant is cool enough to handle, remove skin and discard.

Insert the metal chopping blade into a Cuisinart Food Processor. With the motor running, drop the garlic clove through the small feed tube to finely chop. Add the eggplant and pulse to chop, about 10 pulses. Add the chick peas, lemon juice, tahini, salt, cumin and cayenne and pulse again until ingredients are incorporated, about 10 pulses. With motor running add the remaining olive oil through the small feed tube and process until smooth. Add the parsley and pulse to incorporate, about 10 to 12 pulses.

Flavors are best when dip can sit for a few hours. Keep tightly wrapped in the refrigerator; remove ½ hour before serving.



Nutritional information per serving (2 tablespoons):

Calories 40 (62% from fat) • carb. 3g • pro. 1g • fat 3g • sat. fat 0g • chol. 0mg • sod. 120mg • calc. 8mg • fiber 1g

SPANAKOPITA

These delicious spinach pastries do take some time to prepare – however, they freeze beautifully and are the perfect party hors d'oeuvre.

Makes 18 to 20 pastries

- 1 POUND FROZEN SPINACH**
- 1 LARGE EGG**
- ¼ CUP CHOPPED GREEN ONION**
- ⅙ TEASPOON FRESHLY GRATED NUTMEG**
- ½ TEASPOON KOSHER SALT**
- ¼ TEASPOON FRESHLY GROUND PEPPER**
- 7 OUNCES FETA CHEESE**
- ¼ TEASPOON CHOPPED FRESH ROSEMARY**
- ½ CUP UNSALTED BUTTER**
- 1 PACKAGE PHYLLO PASTRY SHEETS**
- ⅔ CUP BREADCRUMBS**

Place the spinach in a glass bowl or measuring cup to defrost in the Cuisinart® Convection Microwave Oven with Grill. Defrost by time (dEF 2) in 5-minute increments until spinach is completely thawed. Place defrosted spinach in a tea towel and wring out all possible moisture over the sink. Place spinach in a mixing bowl and mix together with egg, green onion, spices, feta and rosemary.

Place butter in a 2-cup glass measuring cup and lightly cover. Melt in the microwave by using medium power (PL-5) and 30-second time increments, stirring butter as it melts.

Unroll phyllo dough and keep covered with a damp, not wet towel. Place one sheet on a clean flat surface. Brush lightly with butter and then lightly sprinkle with breadcrumbs, repeat with 2 more sheets of phyllo, layering on top of each other. With a sharp knife or pizza cutter, cut layered phyllo into 3 strips – each about 2½ inches wide. Place a heaping tablespoon of filling in the bottom corner of each layered phyllo strip. Fold the end of the strip on an angle to cover the filling and to form a triangle. Continue to fold the triangle along the strip until the end – similar to folding a flag. Butter the outside well. Repeat process until the remaining filling is used. Place prepared pastries into two 9-inch square pans.

Preheat oven to 375°F on the convection setting. Once preheated, carefully place one pan on the turntable and the other pan on the grill rack in the upper position. Bake for 20 minutes until the pastries are golden.

Note: If freezing, thaw before baking.



Nutritional information per pastry:

Calories 172 (29% from fat) • carb. 24g • pro. 7g • fat 6g • sat. fat 3g • chol. 21mg • sod. 404mg • calc. 146mg • fiber 3g

MARINATED SHRIMP

Skewers

These shrimp are so versatile – serve them as an hors d’oeuvre, first course, or light meal.

Makes 4 to 5 servings

- 1 POUND LARGE SHRIMP, DEVEINED AND RINSED WELL**
- 2 GARLIC CLOVES, CRUSHED**
- 1 SCALLION, CHOPPED**
- ¼ CUP CHOPPED PARSLEY**
- ¼ CUP CHOPPED FRESH MINT**
- ¼ CUP CHOPPED FRESH CILANTRO**
- 1 TABLESPOON OLIVE OIL**
- ½ TEASPOON KOSHER SALT**
- ¼ TEASPOON FRESHLY GROUND PEPPER**
- 1 TEASPOON LEMON ZEST**
- BAMBOO SKEWERS FOR GRILLING**
- LEMONS FOR SERVING**

Toss the shrimp with all ingredients together in a stainless mixing bowl. Cover with plastic wrap and refrigerate for about an hour.

When ready to grill, Preheat Cuisinart® Convection Microwave Oven with Grill on the second Grill Combination (G-2) for 10 minutes. Evenly divide shrimp among 5 to 6 skewers. Place skewers on a 9-inch microwaveable pie plate and place on the grill rack in the upper rack position. Place in oven on the second Grill Combination and set the time for 4 minutes. Flip the skewers and grill again for an additional 4 minutes. Allow shrimp to rest in microwave for 1 to 2 minutes before removing from oven.

Serve with lemon wedges on the side.



Nutritional information per serving (based on 5 servings):

Calories 35 (71% from fat) • carb. 1g • pro. 1g • fat 3g • sat. fat 0g • chol. 9mg • sod. 225mg • calc. 16mg • fiber 0g

ROASTED RED PEPPER AND EGGPLANT

Tapenade

A delicious combination of flavors – serve as a first course or as a bruschetta topping.

Makes 1½ cups

- ½ MEDIUM EGGPLANT, ABOUT 5 OUNCES, CUT INTO 1-INCH THICK STRIPS**
- 2 LARGE RED PEPPERS, SEEDED AND QUARTERED**
- ½ LARGE RED ONION, CUT INTO QUARTERS**
- 8 GARLIC CLOVES**
- 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL, DIVIDED**
- ¼ TEASPOON PLUS PINCH KOSHER SALT, DIVIDED**
- ¼ TEASPOON PLUS PINCH FRESHLY GROUND PEPPER, DIVIDED**
- 1 TABLESPOON FRESH BASIL, THINLY SLICED**
- 1½ TEASPOONS CAPERS**
- 1 TABLESPOON BALSAMIC VINEGAR**

Place eggplant on a microwave-safe pie plate and cover with wax paper. Place in Cuisinart® Convection Microwave Oven with Grill and microwave on medium-high power (PL-7) for 6 minutes. Remove wax paper and select Convection Roast at 425°F for 5 minutes. Remove and reserve.

Preheat oven to 425°F on convection setting. Once preheated, place peppers directly on grill rack in the lower rack position and place in oven. Roast for 40 minutes. Remove and place in bowl and cover tightly with plastic or foil; reserve.

Toss onions, garlic, ½ tablespoons oil, ¼ teaspoon salt and pinch of pepper together and place in a 1½ quart, microwave- and oven-safe casserole. Roast in oven for 40 minutes.

While onions and garlic are roasting, remove and discard skins from the peppers. Chop the peppers and eggplant into ¼-inch pieces and place in mixing bowl.

Once onions and garlic are done, toss with eggplants, peppers, remaining oil, remaining salt and pepper, basil, capers and balsamic vinegar. Taste and adjust seasoning accordingly.



Nutritional information per serving (2 tablespoons):

Calories 87 (68% from fat) • carb. 6g • pro. 1g • fat 7g • sat. fat 1g • chol. 0mg • sod. 380mg • calc. 15mg • fiber 2g

SPICED ROASTED

Nuts

Makes 2½ cups

Coat a 9-inch-square pan with nonstick cooking spray.

Toss nuts together in a mixing bowl; reserve.

Place butter in a large microwave-safe measuring cup, cover and place in the Cuisinart® Convection Microwave Oven with Grill. Microwave on medium power (PL-5) for 30 seconds; continue to microwave if necessary using 10-second increments until melted. Once melted, stir the maple syrup, salt, pepper and spices in with the butter. Pour over nuts and toss ingredients together so that all of the nuts are well coated. Pour nuts into the prepared pan.

Preheat oven to 350°F on the convection setting. Place pan on the grill rack in the lower rack position. Bake in preheated oven for 15 minutes; toss nuts and then bake for an additional 10 minutes. Toss nuts again and bake for an additional 5 minutes if necessary.

Allow nuts to cool completely before serving.

NONSTICK COOKING SPRAY

- ½ CUP RAW PECANS
- ½ CUP RAW ALMONDS
- ½ CUP UNSALTED, SHELLED PISTACHIOS
- ½ CUP RAW CASHEWS
- ½ CUP RAW WALNUTS
- 2 TABLESPOONS UNSALTED BUTTER, CUT INTO 4 PIECES
- 3 TABLESPOONS PURE MAPLE SYRUP
- 1½ TEASPOONS KOSHER SALT
- ¼ TEASPOON WHITE PEPPER
- ¼ TEASPOON GROUND CLOVES
- ¼ TEASPOON FRESHLY GROUND NUTMEG
- ¼ TEASPOON GROUND CINNAMON
- ⅛ TEASPOON CAYENNE PEPPER



Nutritional information per serving (¼ cup):

Calories 215 (73% from fat) • carb. 9g • pro. 6g • fat 19g • sat. fat 3g • chol. 6mg • sod. 238mg • calc. 39mg • fiber 3g

RICH CHICKEN *Stock*

Makes 4 cups

- 2 POUNDS CHICKEN PARTS**
- 1 ONION, CUT INTO QUARTERS**
- 1 CELERY STALK, CUT INTO 2-INCH PIECES**
- 1 CARROT, PEELED AND CUT INTO 2-INCH PIECES**
- 1 LEEK, CUT IN HALF LENGTHWISE**
- 1 BAY LEAF**
- 6 BLACK PEPPERCORNS**
- 3 PARSLEY SPRIGS**
- 1 FRESH THYME SPRIG**
- 5 CUPS WATER**
- ½ TEASPOON KOSHER SALT**

Place all ingredients into a 3-quart casserole. Place into the Cuisinart® Convection Microwave Oven with Grill and microwave on high (PL-10) for 45 minutes. Microwave on partial power (PL-3) for 15 minutes.

Strain stock; use immediately or store tightly covered in refrigerator.

Stock also freezes very well.



Nutritional information per serving (¼ cup):

Calories 12 (7% from fat) • carb. 2g • pro. 1g • fat 0g • sat. fat 0g • chol. 1mg • sod. 156mg • calc. 10mg • fiber 0g

CHICKEN BARLEY

Soup

Makes 5 cups

- ½** TABLESPOON UNSALTED BUTTER
- ½** CUP CHOPPED ONIONS,
ABOUT 1 SMALL ONION
- 1** MEDIUM CARROT, CUT INTO
1-INCH PIECES
- 1** GARLIC CLOVE, SMASHED
- ¼** TEASPOON KOSHER SALT
- 2½** TABLESPOONS SHERRY
- ⅓** CUP PEARL BARLEY
- 3½** CUPS CHICKEN BROTH
- ¼** TEASPOON FRESH THYME,
CHOPPED
- ¼** TEASPOON FRESHLY GROUND
BLACK PEPPER
- 3** SPRIGS FRESH PARSLEY
- 8** OUNCES COOKED CHICKEN,
SHREDDED

Place butter and onion into a 3-quart, microwave-safe casserole and place in the Cuisinart® Convection Microwave Oven with Grill. Microwave on medium power (PL-5) for 5 minutes. Add the carrots, garlic and pinch of salt; place back in microwave on high (PL-10) for 5 minutes. Add sherry and microwave again on high for 1½ minutes. Add barley, stock, thyme and remaining salt and cover the casserole. Microwave on high for 10 minutes and then for an additional 10 minutes on medium power (PL-5) for 10 minutes. Stir in the pepper, parsley and microwave again on half power for 10 minutes.



Nutritional information per serving (1 cup):

Calories 157 (22% from fat) • carb. 17g • pro. 11g • fat 4g • sat. fat 2g • chol. 30mg • sod. 892mg • calc. 24mg • fiber 3g

FRENCH ONION *Soup*

Makes ten 1-cup servings

- 5** TABLESPOONS UNSALTED BUTTER,
CUT INTO **5** PIECES
- 2** POUNDS ONIONS, SLICED
- ¾** TEASPOON KOSHER SALT, DIVIDED
- ½** TEASPOON FRESHLY GROUND
BLACK PEPPER, DIVIDED
- 1** TABLESPOON UNBLEACHED,
ALL-PURPOSE FLOUR
- 4** CUPS BEEF STOCK
- ⅓** CUP DRY SHERRY
- 1** TEASPOON CHOPPED FRESH THYME
- 1** BAY LEAF
- ½** BAGUETTE, CUT INTO ½-INCH SLICES
- 8** OUNCES GRUYÈRE, SHREDDED

Place butter in a 3-quart, microwave-safe casserole dish and place in Cuisinart® Convection Microwave Oven with Grill. Melt butter by selecting microwave at medium (PL-5) for 45 seconds; continue to microwave using 10-second increments until just melted. Add the onions with a pinch of salt and pepper and microwave on high (PL-10) for 10 minutes until soft. Once onions are soft, select Combination Fast Bake at 375°F and cook onions in 15-minute increments until they have softened further and are golden in color, about 2 to 3 times. Stir in flour and microwave on high for 10 minutes; Stir and repeat on high for an additional 10 minutes. Stir and add the stock, sherry, remaining salt, ¼ teaspoon pepper, thyme, and bay leaf; microwave for 10 minutes. Stir once more and microwave for 20 minutes; halfway through cooking time cover the casserole.

Top the soup with a layer of the sliced bread and then top with the shredded cheese. Select the first Grill Combination (G-1) for 5 to 8 minutes until cheese is melted and golden.



Nutritional information per serving (1 cup):

Calories 214 (57% from fat) • carb. 12g • pro. 9g • fat 13g • sat. fat 8g • chol. 40mg • sod. 390mg • calc. 249mg • fiber 1g

BROCCOLI AND POTATO

Soup

A lighter version of cream of broccoli – this soup is just as delicious and so satisfying.

Makes 5 cups

- 1½** TABLESPOONS OLIVE OIL
- 1** GARLIC CLOVE, FINELY CHOPPED
- ½** SMALL ONION, CHOPPED
- 1** TEASPOON KOSHER SALT
- ½** TEASPOON FRESHLY GROUND BLACK PEPPER
- 1** POUND BROCCOLI, CUT INTO FLORETS AND STEMS CUT INTO ½-INCH SLICES
- ½** POUND WHITE POTATOES, PEELED AND CUT INTO ½-INCH PIECES
- 1½** TABLESPOONS DRY SHERRY
- 3** CUPS VEGETABLE STOCK
- ½** TEASPOON LEMON ZEST
- 1½** TABLESPOONS GRATED PARMESAN

Place olive oil, garlic and onion with a pinch of salt and pepper into a 3-quart, microwave-safe casserole. Place casserole into the Cuisinart® Convection Microwave Oven and Grill and microwave on high (PL-10) for 5 minutes.

Add the broccoli stems, potatoes, an additional pinch of salt and pepper and microwave again on full power for 5 minutes. Stir in the sherry and microwave for 1 minute. Stir in the broth, cover casserole and microwave for 10 minutes, so that liquid comes to a boil. Add the broccoli florets, zest, and remaining salt and pepper and microwave uncovered for 7 minutes, until all ingredients are tender.

Stir in the Parmesan. Taste and adjust seasoning accordingly.



Nutritional information per serving (1 cup):

Calories 136 (21% from fat) • carb. 19g • pro. 6g • fat 3g • sat. fat 1g • chol. 5mg • sod. 939mg • calc. 127mg • fiber 4g

MARINARA *Sauce*

A simple, all-purpose red sauce that is so easy to prepare.

Makes 6 cups

- 2** TABLESPOONS OLIVE OIL
- 1** YELLOW ONION, ABOUT **10 TO 11**
OUNCES, CHOPPED
- 5** GARLIC CLOVES, CHOPPED
- 2** TABLESPOONS CHOPPED FRESH THYME
- 1/2** CUP DRY WHITE WINE
- 2** CANS (**28** OUNCES EACH)
PLUM TOMATOES, ROUGHLY CHOPPED
- 1** TEASPOON KOSHER SALT
- 1/2** TEASPOON FRESHLY GROUND PEPPER
- 10** BASIL LEAVES

Place oil and onion in a 3-quart microwave-safe casserole dish and place in Cuisinart® Convection Microwave Oven with Grill. Microwave on high (PL-10) for 3 minutes. Add the garlic and microwave again for an additional minute. Add remaining ingredients and microwave on high for 25 minutes. Stir and taste. Adjust seasoning accordingly.



Nutritional information per serving (1/2 cup):

Calories 35 (57% from fat) • carb. 2g • pro. 0g • fat 2g • sat. fat 0g • chol. 0mg • sod. 219mg • calc. 8mg • fiber 0g

BÉCHAMEL

A simple yet delicious sauce that pairs well with fish, vegetable and egg dishes.

Makes 3 cups

- ¼ CUP UNSALTED BUTTER**
- 4 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR**
- 3 CUP WHOLE MILK**
- ¼ TEASPOON KOSHER SALT**
- PINCH WHITE PEPPER**
- PINCH FRESHLY GROUND NUTMEG**

Place butter in a 1½-quart microwave-safe casserole. Place in Cuisinart® Convection Microwave Oven with Grill and microwave on medium (PL-5) for 45 seconds, then microwaving in 10-second intervals on medium until butter is melted. Stir in the flour with a whisk and microwave again on medium (PL-6) for 1 minute. Whisk in milk and microwave on high (PL-10) for 5 minutes; whisk mixture well, being sure to get into the corners. Repeat 2 more times, whisking well each time until mixture has thickened considerably. Once sauce is thick, stir in the salt, white pepper and nutmeg.



Nutritional information per serving (¼ cup):

Calories 78 (66% from fat) • carb. 5g • pro. 2g • fat 6g • sat. fat 4g • chol. 16mg • sod. 74mg • calc. 70mg • fiber 0g

CHEDDAR CHEESE

Sauce

Delicious served over steamed broccoli and cauliflower.

Makes 1 cup

- 1 CUP REDUCED FAT MILK**
- 2 TABLESPOONS UNSALTED BUTTER**
- 2 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR**
- ¼ TEASPOON KOSHER SALT**
- ¼ TEASPOON DRY MUSTARD**
- ⅙ TEASPOON TABASCO® OR OTHER HOT SAUCE TO TASTE**
- ¾ CUP (3 OUNCES) SHREDDED SHARP CHEDDAR***

Heat milk in a 1-cup glass measuring cup or other microwave-safe cup for 1½ minutes on High (PL-10); reserve.

Place butter in a 4-cup glass measuring cup or other deep 4-cup microwaveable bowl with a handle. Cover with a sheet of waxed paper and place in the Cuisinart® Convection Microwave Oven with Grill; microwave for 30 seconds on high (PL-10) or until melted. Add flour and stir with a whisk until smooth. Microwave on high for 2 minutes until foamy, stirring with a whisk after 45 seconds and 1½ minutes of cooking. Add warm milk, salt, mustard, and hot sauce; whisk until smooth. Microwave on medium-high, (PL-7) uncovered for 3 minutes, stirring after 1 minute, and then every 45 seconds, until the sauce boils and thickens.

Add cheese and stir until smooth. Microwave, uncovered, on medium-high (PL-7) for 3 minutes, whisking after 1 minute, after 2 minutes, and again when done. Serve hot.

If not using immediately, cover with a round of waxed paper directly on the sauce to prevent a skin from forming. To reheat after standing for a short time (10 to 15 minutes), microwave on medium (PL-5) for 1½ minutes, stirring after 45 seconds.

*May use grated Reggiano Parmigiano or Asiago in place of Cheddar.



Nutritional information per serving (2 tablespoons):

Calories 90 (69% from fat) • carb. 3g • pro. 4g • fat 7g • sat. fat 4g • chol. 21mg • sod. 126mg • calc. 114mg • fiber 0g

CHIPOTLE GLAZED *Roasted Chicken*

A roasted chicken with added kick – use any leftovers in the Chicken and Veggie Burritos with Green Chile.

Makes 4 to 6 servings

- 8** GARLIC CLOVES, PEELED
- 1** TEASPOON OLIVE OIL
- 4** CHIPOTLE PEPPERS WITH THEIR JUICE
- ¼** CUP HONEY
- 1** TABLESPOON FRESH CILANTRO LEAVES
- 1** TEASPOON FRESH LIME JUICE
- ¼** TEASPOON FRESHLY GROUND BLACK PEPPER
- 1** **3½** POUND CHICKEN
- ½** TEASPOON KOSHER SALT

Preheat the Cuisinart® Convection Microwave Oven with Grill to 400°F on the convection setting. Toss the garlic cloves with olive oil and wrap well in aluminum foil. Place on the grill rack in the upper rack position. Place in preheated oven and bake for 30 minutes. Remove and let cool.

Once cool, place roasted garlic, chipotle peppers, honey, cilantro, lime juice and black pepper in the bowl of a mini-prep food processor; process until smooth.

Slather the chicken well with the marinade and place in a plastic resealable bag; refrigerate for up to 4 hours.

When ready to roast, preheat oven to 400°F on the convection setting. While oven is preheating, sprinkle salt all over the chicken and place directly on the grill rack in the lower rack position with a 9-inch microwave-safe pie plate under the rack to catch any drippings. Place both in oven and select Convection Roast on 400°F and set time for 55 minutes. The temperature of the chicken should reach 170°F when tested in the thickest part, in the thigh. Should the chicken need more time, roast for an additional 5 to 10 minutes. Allow chicken to rest in oven for about 10 minutes before serving.



Nutritional information per serving (based on 6 servings):

Calories 194 (32% from fat) • carb. 13g • pro. 20g • fat 7g • sat. fat 2g • chol. 60mg • sod. 454mg • calc. 16mg • fiber 1g

BAKED ZITI

Bolognese

Makes one 9-inch square pan, about 9 servings

BOLOGNESE SAUCE:

- 1/2 TABLESPOON UNSALTED BUTTER
- 1 TABLESPOON OLIVE OIL
- 1 MEDIUM ONION, CHOPPED
- 1 MEDIUM CARROT, CHOPPED
- 1 MEDIUM CELERY STALK, CHOPPED
- 2 GARLIC CLOVES, CHOPPED
- 3/4 POUND MEATLOAF MIX
(COMBINATION OF GROUND BEEF,
PORK AND VEAL)
- 1 TEASPOON KOSHER SALT
- 1/4 CUP WHOLE MILK
- 1/4 CUP DRY WHITE WINE
- 1/4 TEASPOON FRESHLY GROUND PEPPER
- 1 CAN (28 OUNCES) PLUM TOMATOES,
TOMATOES ROUGHLY CHOPPED

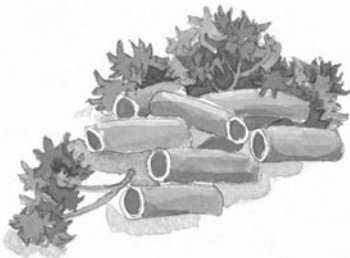
BÉCHAMEL SAUCE:

- 6 TABLESPOONS UNSALTED BUTTER,
CUT INTO 6 PIECES
- 4 1/2 TABLESPOONS UNBLEACHED,
ALL-PURPOSE FLOUR
- 3 CUPS WHOLE MILK
- PINCH FRESHLY GROUND NUTMEG
- 1/2 POUND ZITI COOKED TO
MANUFACTURER'S INSTRUCTIONS
- NONSTICK COOKING SPRAY

Place butter, olive oil, onion, carrot, and celery in a 3-quart, microwave-safe casserole. Place in the Cuisinart® Convection Microwave Oven with Grill and microwave on high (PL-10) for 3 minutes. Add the chopped garlic to the casserole and microwave on high for an additional minute. Add ground meat, 1/2 teaspoon of salt, and the pepper, and microwave again on high for 10 minutes. Break up meat well with a wooden spoon. Add milk to casserole and microwave on high for 5 minutes. Stir ingredients together and add the wine and microwave again for 4 minutes. Add remaining salt and tomatoes and microwave for 25 minutes. Remove and reserve.

Place the 6 tablespoons of butter in a separate microwave-safe casserole or measuring cup (at least 4-cup capacity) and place in microwave on medium (PL- 5) for 45 seconds, add another 10 seconds to completely melt. Add the flour and microwave on medium (PL-6) for 1 minute. Stir well and add the milk. Microwave on high (PL-10) for 5 minutes and then remove and whisk well. Continue to microwave using 5-minute increments, whisking each time. Be sure to whisk well in the corners. Repeat process until béchamel is thick, about 3 times. Stir béchamel into the Bolognese and then stir the pasta into the sauce and stir well to fully coat all of the pasta.

Preheat the oven to 350°F on the convection setting. Coat a 9-inch-square pan with nonstick cooking spray. Pour the pasta into the pan. Once oven is preheated, place pan on the grill rack in the lower rack position. Select Combination Fast Bake on 350°F and bake for 20 minutes. Select the first Grill Combination (G-1) and grill for 5 to 8 minutes, until the top is golden and bubbling.



Nutritional information per serving:

Calories 348 (46% from fat) • carb. 30g • pro. 15g • fat 18g • sat. fat 9g • chol. 58mg • sod. 503mg • calc. 128mg • fiber 2g

MOUSSAKA

Makes 20 servings

- 1 TEASPOON OLIVE OIL
- 1 MEDIUM ONION, CHOPPED, APPROXIMATELY 1 CUP
- 1 GARLIC CLOVE, FINELY CHOPPED
- 1 POUND GROUND LAMB OR GROUND BEEF
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON OREGANO
- ¼ TEASPOON THYME
- ¼ TEASPOON CINNAMON
- ¼ TEASPOON GROUND BLACK PEPPER
- PINCH FRESHLY GROUND NUTMEG
- PINCH GROUND ALLSPICE
- 1 CAN (14.5 OUNCES) DICED TOMATOES
- 1 TABLESPOON TOMATO PASTE
- 2 TABLESPOONS DRY WHITE WINE
- 2½ TABLESPOONS UNSALTED BUTTER, CUT INTO 3 PIECES
- 3 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 1¾ CUPS WHOLE MILK
- ¼ TEASPOON KOSHER SALT
- PINCH FRESHLY GROUND NUTMEG
- 1 LARGE EGG
- 1 LARGE EGG YOLK
- 1 LARGE EGGPLANT, ABOUT 1 POUND, PEELED AND SLICED LENGTHWISE INTO ¼-INCH SLICES
- 2 TABLESPOONS OLIVE OIL
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESH GROUND PEPPER
- NONSTICK COOKING SPRAY
- 2-3 OUNCES FETA CHEESE, CRUMBLED

Place the oil and onions in a 1½-quart casserole. Place in the Cuisinart® Convection Microwave Oven with Grill and microwave on high (PL-10) for 2 minutes. Add the chopped garlic and microwave again for an additional 2 minutes. Add the ground meat, spices, tomatoes, tomato paste and white wine. Stir ingredients together and microwave again on high for 25 minutes. Discard any visible fat and reserve.

Place the butter in a separate casserole or measuring cup (at least 4-cup capacity). Microwave on medium (PL-5) for 30 seconds, continue to microwave in 10 second increments until butter is melted. Add the flour and microwave on medium (PL-6) for 1 minute. Stir and add the milk, salt and nutmeg. Microwave on high for 5 minutes and whisk well, being sure to whisk in the corners. Repeat; mixture should be very thick. Whisk well, once mixture has cooled slightly, stir in the egg and yolk while constantly stirring; reserve.

Preheat oven to 400°F on the convection setting.

Brush the eggplant slices with oil on both sides and sprinkle with salt and pepper. Arrange the slices evenly between two 9-inch-square pans. Once the oven is preheated, carefully place one pan on the turntable and the other pan on the grill rack in the upper rack position. Bake for 15 minutes, flip eggplant and bake 10 more minutes until lightly golden. Remove and reserve.

Reduce convection temperature to 375°F.

To assemble:

Coat the bottom of an 8-inch or 9-inch pan with nonstick cooking spray. Line the bottom of the pan with eggplant slices, overlapping if necessary. Cover with half of the meat mixture. Repeat with one more layer of eggplant and then meat. Scatter the feta evenly over the top. Pour the custard over the top and spread evenly with a rubber spatula.

Bake for about 40 to 45 minutes until the custard is completely set on top.

Allow to rest for five minutes before cutting into individual servings.



Nutritional information per serving:

Calories 258 (60% from fat) • carb. 13g • pro. 12g • fat 17g • sat. fat 7g • chol. 79mg • sod. 380mg • calc. 84mg • fiber 3g

OLD-FASHIONED *Macaroni and Cheese*

Makes one 9-inch pan, about 9 servings

CROUTONS:

- 3** SLICES WHOLE-WHEAT BREAD,
CUT INTO CUBES (ABOUT 3 CUPS CUBES)
- 1** TABLESPOON UNSALTED BUTTER
- PINCH KOSHER SALT

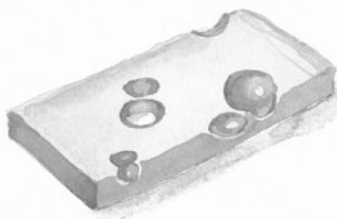
MAC AND CHEESE:

- 1/4** CUP UNSALTED BUTTER,
CUT INTO 4 TABLESPOONS
- 3** TABLESPOONS UNBLEACHED,
ALL-PURPOSE FLOUR
- 3** CUPS WHOLE MILK
- 3** OUNCES GRUYÈRE, SHREDDED
- 2** OUNCES SWISS EMMENTHALER,
SHREDDED
- 3/4** TEASPOON KOSHER SALT
- DASH HOT PEPPER SAUCE
- 8** OUNCES PENNE, COOKED TO
MANUFACTURER'S INSTRUCTIONS

Place bread cubes with butter in an oven-safe 9-inch-square pan. Place pan on the grill rack of the Cuisinart® Convection Microwave Oven with Grill in the upper rack position. Place rack in the oven and select the first Grill Combination (G-1). Set time for 5 minutes, toss croutons with the butter and then repeat two times until croutons are crisp. Remove and reserve.

Place butter in 1½ quart, microwave- and oven-safe casserole dish. Microwave on medium (PL-5) for 45 seconds, microwave in 10-second intervals on medium until butter is melted. Stir in the flour with a whisk and microwave again on medium (PL-6) for 1 minute. Whisk in milk and microwave on high (PL-10) for 5 minutes; whisk mixture well, being sure to get into the corners. Repeat 2 more times until mixture has thickened considerably. Stir in shredded cheeses, salt and hot sauce; stir mixture together until all the cheese has melted. Stir cooked pasta into the mixture along with 2/3 of the croutons. Place remaining croutons on the top.

Preheat oven to 350°F on the convection setting. Once preheated, place casserole, covered, on the grill rack in the lower rack position. Place in oven and bake for 30 minutes. Remove cover and select the first Grill Combination (G-1). Grill for 8 minutes so the top is golden.



Nutritional information per serving:

Calories 400 (32% from fat) • carb. 53g • pro. 15g • fat 14g • sat. fat 8g • chol. 41mg • sod. 349mg • calc. 249mg • fiber 2g

GRILLED *Sausage and Peppers*

Makes 3 cups or about 4 servings

- 1 POUND FRESH ITALIAN SAUSAGE (ABOUT 3 SAUSAGES)**
- 1 LARGE RED PEPPER, ABOUT 9 OUNCES, SLICED**
- 1 SMALL ONION, ABOUT 6 OUNCES, SLICED**
- 4 GARLIC CLOVES**
- ¼ TEASPOON KOSHER SALT**
- ¼ TEASPOON FRESHLY GROUND PEPPER**
- PINCH CRUSHED RED PEPPER**
- 1½ TEASPOONS OLIVE OIL**
- 1 TABLESPOON THINLY SLICED FRESH BASIL**
- 2 TABLESPOONS GRATED PARMESAN**

Place sausages in a 9-inch-square pan. Place the pan on the grill rack in the upper rack position. Select the first Grill Combination (G-1) and grill the sausages for 20 minutes. Flip sausages and grill for an additional 10 minutes so that they are well browned all over. Reserve the sausages on a cutting board.

While sausages are grilling, toss the sliced pepper, onions, garlic, salt, pepper, red pepper and olive oil together and place in pan. Place back on grill rack and select the third Grill Combination (G-3) and set time for 20 minutes.

While vegetables are grilling, cut the cooled sausage into rounds.

Once vegetables are grilled, toss the cut sausage with the vegetables and grill once more on the third Grill Combination (G-3) for 4 minutes.

Toss the basil and Parmesan with the sausage and peppers and serve.



Nutritional information per serving:

Calories 175 (49% from fat) • carb. 7g • pro. 15g • fat 10g • sat. fat 3g • chol. 28mg • sod. 672mg • calc. 62mg • fiber 1g

CHICKEN AND VEGGIE BURRITOS

with Green Chile

Makes 4 burritos

- 1 SMALL ONION
(APPROXIMATELY 3 OUNCES),
SLICED
- 2 GREEN ONIONS, THINLY SLICED
- 1 SMALL RED PEPPER
(APPROXIMATELY 6 OUNCES),
SLICED
- ¼ CUP FROZEN CORN
- 1 CAN (4.5 OUNCES) GREEN CHILES
- 1 TABLESPOON OLIVE OIL
- ¼ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND PEPPER
- ¼ TEASPOON CHILI POWDER
- 1 CUP CHOPPED ROASTED CHICKEN
- ¼ CUP CHOPPED CILANTRO
- 4 BURRITO SHELLS (10-INCH SIZE)
- 3 OUNCES CHEDDAR, SHREDDED

Toss together the sliced onions, peppers, corn, chiles, oil, salt, pepper and chili powder together in a mixing bowl. Pour the vegetables and spices onto a 9-inch microwave-safe pie plate.

Place plate on the grill rack in the upper rack position and place in the Cuisinart® Convection Microwave Oven with Grill. Select Convection Roast on 400°F and set for 10 minutes. Stir vegetables and then select Convection Roast for an additional 5 minutes so that vegetables are soft and lightly browned. Remove vegetables and reserve in original mixing bowl.

Preheat oven to 375°F on the convection setting.

While oven is preheating, add chicken and cilantro to mixing bowl with vegetables and toss ingredients together. Prepare burritos by placing ¼ of the chicken and veggie filling and then ¼ cup of shredded cheese in the bottom center of each tortilla shell. Fold the bottom flap of the tortilla over the filling and then fold the sides inward to cover the filling. Finally fold the closed portion up to completely enclose the bundle. Place each burrito with the folded side down into a 9-inch square pan. Spread the remaining cheese evenly over the tops of the burritos. Place on the grill rack in the upper rack position.

Once oven is preheated, place rack with burritos in the oven and bake for 15 minutes. Select the first Grill Combination (G-1) and grill for about 5 to 8 minutes, until cheese is brown and bubbly.

These burritos are great served with beans, sour cream and salsa.



Nutritional information per burrito:

Calories 433 (36% from fat) • carb. 46g • pro. 23g • fat 17g • sat. fat 7g • chol. 52mg • sod. 1360mg • calc. 261mg • fiber 4g

DEEP DISH PIZZA

with Italian Sausage

Makes 4 servings

- 4** OUNCES ITALIAN SAUSAGE,
HALVED LENGTHWISE
- OLIVE OIL FOR BRUSHING PAN
- CORNMEAL FOR DUSTING PAN
- 1** POUND PREPARED PIZZA DOUGH,
ROOM TEMPERATURE (RECIPE FOLLOWS)
- $\frac{3}{4}$ CUP PREPARED PIZZA SAUCE, STRAINED
- 6** OUNCES MOZZARELLA, SHREDDED
- 1½** TABLESPOONS SLICED FRESH BASIL

Preheat the Cuisinart® Convection Microwave Oven with Grill by selecting the second Grill combination (G-2) for 8 to 10 minutes. Place grill rack in oven and place the sausages directly on the rack in the upper rack position. Place a microwave-safe pie plate directly on the turntable to collect any drippings. Select the second Grill Combination (G-2) for 8 minutes to grill the sausages. Remove and reserve. Slice sausages once cool to touch.

While sausages are grilling, brush a 10-inch round cake pan with olive oil and lightly sprinkle with cornmeal. Roll the dough and stretch to fit the pan, pressing down center of dough slightly to create a thick band of crust. Brush the dough with olive oil.

Preheat oven to 400°F on the convection setting. Place pan on the grill rack in the lower rack position and place in oven. Bake for 15 minutes.

Add sauce to par-baked dough, top with mozzarella, sausage and basil. Return to oven and bake for an additional 15 minutes until cheese is melted and golden.

Serve immediately.



Nutritional information per serving:

Calories 203 (24% from fat) • carb. 32g • pro. 7g • fat 5g • sat. fat 1g • chol. 6mg • sod. 443mg • calc. 29mg • fiber 1g

PIZZA *Dough*

This dough freezes very well.

Makes three 12-inch pizzas (24 servings)

- 2¼** TEASPOONS ACTIVE DRY YEAST
- ½** CUP WARM (105°-110°F) WATER
- 1** TEASPOON GRANULATED SUGAR
- 4** CUPS UNBLEACHED, ALL-PURPOSE FLOUR, PLUS MORE FOR DUSTING
- 1½** TEASPOONS KOSHER OR SEA SALT
- 1** TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1** CUP COLD WATER



Dissolve the yeast and sugar in the warm water. Let stand 3 to 5 minutes, or until the mixture gets foamy.

Place the flour, salt and olive oil in the work bowl of a Cuisinart® Food Processor fitted with the dough blade. Pulse about 5 times to mix; scrape down the sides of the bowl.

Add the cold water to the yeast mixture. With the motor running, slowly pour the liquid yeast mixture through the feed tube. Process until a dough ball forms. Continue to let the machine run for an additional minute to knead. Dough will be slightly sticky.

Lightly dust a sealable plastic bag with flour. Dust dough with flour. Place the dough into the floured bag; squeeze out all of the air and seal. Let rise in a warm place for 45 minutes to 1 hour.

Nutritional information per serving:

Calories 76 (9% from fat) • carb. 15g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 84mg • calc. 4mg • fiber 1g

OPEN FACED *Reubens*

Makes 4 servings

- 4** SLICES RYE BREAD
- 2** TABLESPOONS RUSSIAN DRESSING
- 1** CUP SAUERKRAUT
- 8** OUNCES SLICED CORNED BEEF
- 3** OUNCES SLICED GRUYÈRE



Prepare sandwiches: place slices of bread on a work surface. Spread each with ½ tablespoon of dressing. Top each evenly with sauerkraut, beef, and Gruyère. Place sandwiches on the grill rack in the upper rack position. Place rack in the Cuisinart® Convection Microwave Oven with Grill and select the first Grill Combination (G-1) for 10 minutes, until the cheese is melted and golden.

Nutritional information per serving:

Calories 153 (58% from fat) • carb. 6g • pro. 10g • fat 10g • sat. fat 5g • chol. 33mg • sod. 347mg • calc. 219mg • fiber 1g

ISRAELI COUSCOUS

with Moroccan Vegetables

The Moroccan flavors of this side dish pair nicely with roasted chicken.

About 8 cups

- 1 MEDIUM ONION, SLICED
- 2 CUPS BUTTERNUT SQUASH, PEELED AND CUT INTO ½-INCH CUBES
- 1 LARGE WHITE POTATO, PEELED AND CUT INTO ½-INCH CUBES
- 2 CUPS EGGPLANT, PEELED AND CUT INTO ½-INCH CUBES
- 1 TEASPOON OLIVE OIL
- 1½ TABLESPOONS HONEY
- ½ TEASPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- 2½ CUPS CHICKEN BROTH
- ½ TEASPOON GROUND CUMIN
- 1 CINNAMON STICK
- ½ TEASPOON LEMON ZEST
- 2 CUPS ISRAELI COUSCOUS
- ½ CUP DRIED APRICOTS, ROUGHLY CHOPPED

Preheat Cuisinart® Convection Microwave Oven with Grill to 400°F on the convection setting. Toss together the onions, squash, potatoes, and eggplant with oil, honey and a pinch of salt and pepper. Place vegetables in a 3-quart microwave- and oven-safe casserole and place in preheated oven and roast for 45 minutes. Toss vegetables every 15 minutes while roasting.

Add chicken broth, cumin, cinnamon stick, remaining salt, pepper, and zest and microwave on high (PL-10) for 5 minutes. Stir in couscous and apricots, cover casserole and microwave again on high for 8 minutes. Remove from oven and let stand for 10 minutes.

Stir and serve.



Nutritional information per serving (½ cup):

Calories 91 (2% from fat) • carb. 20g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 164mg • calc. 20mg • fiber 2g

STUFFED *Red Peppers*

Makes 4 peppers

- ¾ CUP COUSCOUS**
- 1½ CUPS WATER**
- 2 TABLESPOONS PLUS 2 TEASPOONS OLIVE OIL**
- 5 LARGE RED BELL PEPPERS, DIVIDED**
- 1 SMALL EGGPLANT, PEELED AND CUT INTO ½-INCH DICE**
- 4 GARLIC CLOVES, SMASHED**
- 1 CUP GRAPE TOMATOES**
- 1 TEASPOON SEA SALT**
- ½ TEASPOON FRESHLY GROUND PEPPER**
- 1 TABLESPOON FRESH BASIL, THINLY SLICED**
- 2 TABLESPOONS FRESH PARSLEY, CHOPPED**
- 1½ CUPS CRUMBLED FETA**

Place couscous, water and 2 teaspoons of olive oil into a microwave-safe 1½ quart casserole and place in the Cuisinart® Convection Microwave Oven with Grill. Microwave on high power (PL-10). Fluff couscous with a fork and reserve.

Cut one pepper into ½ x 2-inch pieces and place into a microwave-safe casserole and toss with the eggplant, garlic, grape tomatoes, salt, pepper and remaining olive oil. Place in oven and select Convection Roast on 375°F for 35 minutes. Toss vegetables once or twice during cooking time. Remove from oven and cover, allowing vegetables to rest until ready to stuff.

Cut a very thin slice off the bottom of each pepper so that the pepper stands up straight – be careful not to cut too much to expose a hole. Place peppers directly on the grill rack in the lower rack position in the oven. Select Convection Roast on 375°F for 15 minutes.

While peppers are roasting, toss together the vegetables, couscous, 1 cup of feta, and herbs. Fill peppers equally with the vegetable couscous mixture. Top each pepper with 2 tablespoons of feta and then place back on the grill rack in the lower rack position. Select the first Grill Combination (G-1) and set for 12 minutes. Peppers are ready when the tops are golden.



Nutritional information per pepper:

Calories 397 (47% from fat) • carb. 39g • pro. 14g • fat 21g • sat. fat 10g • chol. 50mg • sod. 1231mg • calc. 310mg • fiber 7g

STEAMED *Artichokes*

*These artichokes pair well with either hollandaise sauce (page 5)
or our tangy lemon herb sauce (recipe follows).*

Makes 4 servings

- 4 CUPS WATER**
- 2 LEMONS, CUT IN HALF**
- 4 ARTICHOKEs**
- 8 GARLIC CLOVES, SLICED**
- ¼ TEASPOON FRESHLY GROUND PEPPER**
- ½ TEASPOON KOSHER SALT**



Place water in a 3-quart microwave safe casserole. Cut one lemon half in slices and add to water and juice another half right into the water. Trim the artichokes. Working with 1 artichoke at a time, pull off the tough outer leaves and trim the stem flush with the bottom. Cut off the top 1/3 of the artichoke and then trim any remaining sharp leave tips. Rub each trimmed artichoke with the remaining lemon and place in water with lemons. Add garlic, salt and pepper to water. Cover artichokes directly with wax paper and then place a lid on casserole. Place casserole in the Cuisinart® Convection Microwave Oven with Grill. Microwave on high (PL-10) for 25 minutes.

Nutritional information per serving:

Calories 92 (3% from fat) • carb. 24g • pro. 6g • fat 0g • sat. fat 0g • chol. 0mg • sod. 450mg • calc. 111mg • fiber 11g

TANGY LEMON *Herb Sauce*

A versatile, tangy sauce – try it with steamed artichokes or fish.

Makes about 1/2 cup

- ½ CUP PLAIN LOWFAT YOGURT**
- 2 TABLESPOONS CHOPPED PARSLEY**
- ½ GARLIC CLOVE, FINELY CHOPPED**
- ½ TABLESPOON EXTRA VIRGIN OLIVE OIL**
- ½ TEASPOON FINELY CHOPPED LEMON ZEST**
- ½ TABLESPOON LEMON JUICE**
- 1 TEASPOON DILL WEED**
- ¼ TEASPOON KOSHER SALT**



Place all ingredients in small bowl and stir with whisk until smooth. Let stand for 30 minutes before serving to allow flavors to blend. If not serving following resting, cover and refrigerate until ready to serve.

Nutritional information per serving (1/4 cup):

Calories 70 (53% from fat) • carb. 5g • pro. 3g • fat 4g • sat. fat 1g • chol. 3mg • sod. 210mg • calc. 121mg • fiber 0g

QUINOA

Salad

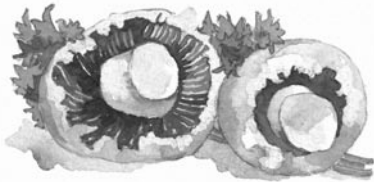
Quinoa is a very delicious grain that is also very high in protein.

Makes about 3 cups

- 2** TABLESPOONS UNSALTED BUTTER
- ½** CUP CHOPPED ONION,
ABOUT 1 SMALL ONION
- 1** GARLIC CLOVE, CHOPPED
- 4** OUNCES MIXED WILD MUSHROOMS
- ¼** TEASPOON PLUS PINCH KOSHER SALT
- ¼** TEASPOON FRESHLY GROUND
BLACK PEPPER
- ⅓** CUP WHITE WINE
- 1** TEASPOON DRIED THYME
- 1** CUP CHICKEN BROTH
- 1** CUP QUINOA
- ½** CUP TOASTED PINE NUTS
- ¼** CUP CHOPPED PARSLEY
- ½** TEASPOON LEMON ZEST

Place butter, onion, and garlic in a 1½ quart microwave-safe casserole and place in the Cuisinart® Convection Microwave Oven with Grill. Select Combination Fast Bake on 350°F for 8 minutes. Stir in the mushrooms with a pinch of salt and pepper and fast bake again on 350°F for 5 minutes. Add wine and thyme and microwave on high (PL-10) for 2 minutes. Add the broth, quinoa and remaining salt and pepper. Cover the casserole and microwave on medium (PL-6) for 8 minutes and then microwave on high for an additional 4 minutes.

Stir pine nuts, parsley and lemon zest into quinoa; taste and adjust seasoning accordingly.



Nutritional information per serving (½ cup):

Calories 269 (56% from fat) • carb. 21g • pro. 7g • fat 18g • sat. fat 2g • chol. 3mg • sod. 199mg • calc. 26mg • fiber 3g

STEAMED ASIAN *Vegetables*

This simple, healthy dish is delicious served with steamed jasmine rice.

Makes 4 cups (1 cup serving)

- 2 CUPS BABY BOK CHOY,
CUT INTO QUARTERS**
- 1 CUP RED BELL PEPPER, CUT INTO STRIPS
(ABOUT 1 MEDIUM RED BELL PEPPER)**
- ¼ CUP CHOPPED SCALLION**
- 1 CUP EGGPLANT, CUT INTO 1-INCH CUBES
(ABOUT ½ SMALL EGGPLANT)**
- 1 CUP CARROTS, CUT INTO ¼-INCH COINS**
- 1 CUP SHIITAKE MUSHROOMS, SLICED**
- 1 CUP BROCCOLI FLORETS**
- 2 GARLIC CLOVES, SLICED**
- 2 TABLESPOONS SOY SAUCE**
- 2 TABLESPOONS CHICKEN STOCK**
- ½ TEASPOON CRUSHED RED PEPPER**
- ½ TEASPOON FRESHLY GROUND
BLACK PEPPER**

Place all vegetables in a microwave-safe casserole dish. Add the remaining ingredients and toss all together.

Cover and microwave in the Cuisinart® Convection Microwave Oven with Grill on high power (PL-10) for 12 minutes.



Nutritional information per serving (1 cup):

Calories 26 (7% from fat) • carb. 5g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 289mg • calc. 22mg • fiber 2g

TWICE BAKED *Potatoes*

Makes 8 servings

- 4** MEDIUM BAKING POTATOES
(ABOUT 2 POUNDS)
- 1** TEASPOON OLIVE OIL
- 1** CUP WHOLE MILK, WARM
- ¼** CUP PLUS 1 TABLESPOON
UNSALTED BUTTER
- ½** CUP PLUS 2 TABLESPOONS
GRATED PARMESAN
- ½** TEASPOON FRESHLY GROUND
BLACK PEPPER
- ½** TEASPOON KOSHER SALT
- 1** TABLESPOON FRESH ROSEMARY,
CHOPPED

Rub potatoes with olive oil and prick each one all over with a fork.

Preheat Cuisinart® Convection Microwave Oven with Grill to 400°F on the convection setting. Place potatoes on grill rack in the lower rack position. Place in preheated oven and bake for 45 minutes. Remove and allow potatoes to cool slightly to handle. Reduce oven temperature to 375°F.

Once potatoes have cooled slightly, cut each potato in half lengthwise and scoop out the cooked potato, leaving a ¼-inch thick potato shell. Place the cooked potato in a mixing bowl and mash. Add the warm milk, butter, ½ cup Parmesan, salt, pepper and rosemary and mix ingredients together until smooth. Fill reserved potato shells evenly. Top with remaining Parmesan.

Place potato halves on grill rack in lower rack position. Place in preheated oven and bake for 25 minutes.

Serve immediately.



Nutritional information per serving:

Calories 217 (67% from fat) • carb. 12g • pro. 6g • fat 16g • sat. fat 10g • chol. 45mg • sod. 445mg • calc. 167mg • fiber 1g

OLD-FASHIONED *Yellow Layer Cake*

The ultimate yellow cake.

Makes two 9-inch layers, 12 servings

- 2 CUPS CAKE FLOUR**
- 2 TEASPOONS BAKING POWDER**
- ½ TEASPOON SALT**
- 1 CUP GRANULATED SUGAR**
- ¾ CUP UNSALTED BUTTER, ROOM TEMPERATURE, CUT INTO SMALL CUBES**
- 2 LARGE EGGS**
- 2 LARGE EGG YOLKS**
- 1 TEASPOON PURE VANILLA EXTRACT**
- ⅔ CUP PLAIN OR VANILLA YOGURT**

Preheat Cuisinart® Convection Microwave Oven with Grill to 350°F on convection setting. Butter two 9-inch round cake pans and then cut a circle out of parchment paper to fit the bottom of each pan.

Sift the flour, baking powder, salt, and sugar into the mixing bowl of the Cuisinart Stand Mixer fitted with the flat mixing paddle. Turn mixer on speed 1 to mix the dry ingredients together. Add the butter to the bowl and start mixing on speed 1. Increase to speed 3 and continue mixing until the butter is well incorporated into the dry ingredients giving the mixture the look of wet sand, approximately 2 minutes.

While the dry ingredients and butter are mixing, stir together the remaining wet ingredients in a large measuring cup.

With mixer on speed 1 add the wet ingredients, incorporating the ingredients fully before each addition.

Pour the thick batter evenly between the two prepared pans.

Bake one layer on the microwave turntable and one on the grill rack in the upper rack position. Bake for 25 to 30 minutes or until a cake tester just comes out clean.

Leave pans to rest on cooling racks for 15 minutes. Remove from pans but leave on the racks until completely cool before frosting.



Nutritional information per serving:

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

RICH CHOCOLATE *Frosting*

Delicious rich frosting perfect for a yellow or chocolate cake.

Makes 3 cups – enough to frost a two layer 9-inch cake

- 5 OUNCES SEMISWEET CHOCOLATE,
COARSELY CHOPPED**
- 5 OUNCES MILK CHOCOLATE,
COARSELY CHOPPED**
- 2 OUNCES BITTERSWEET CHOCOLATE,
CHOPPED**
- 6 TABLESPOONS UNSALTED BUTTER,
ROOM TEMPERATURE**
- 1½ TEASPOONS PURE VANILLA EXTRACT**
- ¼ TEASPOON KOSHER SALT**
- 2¼ CUPS CONFECTIONERS' SUGAR, SIFTED**
- 9 TABLESPOONS SOUR CREAM**

Place chopped chocolates in a microwave-safe bowl and place in the Cuisinart® Convection Microwave Oven with Grill and microwave on medium (PL-5) for 2 minutes; stir. Continue microwaving on half power in 20-second increments, stirring frequently until melted.

Once the chocolate has melted add the butter and the vanilla and mix together with a Cuisinart hand mixer. Once ingredients are incorporated, mix in the salt and the sifted sugar, about ½ cup at a time. Once all the sugar has been incorporated, beat the mixture on speed 3. Add the sour cream one tablespoon at a time until mixture comes together as a silky frosting.

For best results, use the frosting the same day, before refrigerating.



Nutritional information per serving (2 tablespoons):

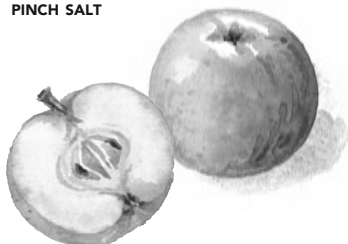
Calories 71 (56% from fat) • carb. 8g • pro. 0g • fat 5g • sat. fat 5g • chol. 8mg • sod. 25mg • calc. 3mg • fiber 0g

CLASSIC

Apple Pie

Makes one 9-inch pie, about 8 to 12 servings

- 1 RECIPE SWEET PÂTE BRISÉE
- 2 TABLESPOONS APRICOT JAM
- 5 LARGE GOLDEN DELICIOUS APPLES,
PEELED, CORED, HALVED AND VERY
THINLY SLICED
- 2 LEMONS, JUICED
- 1 TEASPOON PURE VANILLA EXTRACT
- ½ CUP GRANULATED SUGAR
- 1 LARGE EGG
- 1 LARGE EGG YOLK
- PINCH SALT



Preheat Cuisinart® Convection Microwave Oven with Grill to 350°F on the convection setting. Roll out ½ of the dough into a 10-inch disc. Fit into a 9-inch, 1½-quart pie plate. Chill in the refrigerator for about 20 minutes. Roll out remaining dough into a 10-inch disc on a piece of parchment. Cut into ¼- to ½-inch strips. Chill in refrigerator until needed. In a large bowl, toss the apples, lemon juice, vanilla, and sugar together. Brush the jam on the pie shell and then arrange reserved apples in layers.

Make an egg wash by mixing the egg, yolk and salt together with a fork. Brush on the outer rim of the crust. Using the reserved pastry strips, weave the strips into a lattice-work design over the apples. Brush lattice with egg wash. Bake on the grill rack in the lower rack position for 40 to 50 minutes, or until the top of the pie is a dark golden brown.

Nutritional information per serving (based on 12 servings):

Calories 166 (8% from fat) • carb. 36g • pro. 3g • fat 1g • sat. fat 0g • chol. 36mg • sod. 225mg • calc. 10mg • fiber 2g

PÂTE

Brisée

This versatile dough can be used for sweet or savory treats.

Makes two single crust 9-inch tarts/pies,
or one double-crust pie

- 2 CUPS UNBLEACHED,
ALL-PURPOSE FLOUR
- 1 TEASPOON TABLE SALT
- ½ POUND UNSALTED BUTTER,
COLD AND CUBED
- 4 TABLESPOONS ICE WATER

Place flour and salt in a Cuisinart® Food Processor fitted with the chopping blade. Process for 10 seconds. Add butter to work bowl and pulse until the mixture resembles coarse crumbs. Pour in water, 1 tablespoon at a time, and pulse until a dough is just forms. Note: you may not need to use all of the water. Form dough into 2 flat discs; wrap in plastic and refrigerate until ready to use.



Nutritional information per serving (based on 24 servings):

Calories 39 (6% from fat) • carb. 8g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 98mg • calc. 2mg • fiber 0g

DARK CHOCOLATE *pudding*

Makes 3 cups or 6 half-cup servings

- 3** LARGE EGGS
- 4** OUNCES BITTERSWEET CHOCOLATE,
CHOPPED
- 3** TABLESPOONS UNSALTED BUTTER,
CUT INTO SMALL DICE
- 3** CUPS HALF AND HALF
- ¼** CUP PACKED BROWN SUGAR
- ¼** CUP GRANULATED SUGAR
- ¼** TEASPOON SALT
- 3** TABLESPOONS COCOA POWDER
- 2½** TABLESPOONS CORNSTARCH
- 2** TEASPOONS PURE VANILLA EXTRACT

In a mixing bowl whisk the eggs together well; reserve.

Place the chocolate and butter in a 1½ quart casserole and place in the Cuisinart® Convection Microwave Oven and Grill. Microwave on medium (PL-5) for 6 minutes stirring halfway through cook time. Stir half-and-half and both sugars into melted chocolate and microwave again on medium-high (PL-8) for 8 minutes. Whisk mixture and then whisk in the cocoa powder, cornstarch and vanilla until incorporated. Microwave again on medium (PL-6) for 5 minutes until just simmering; whisk well.

Whisk ⅓ of the chocolate mixture into the reserved eggs and then whisk the eggs back into the casserole and whisk all together well. Microwave one last time on medium (PL-5) for 1 minute.

Prepare an ice bath: a large mixing bowl filled with water and ice.

Whisk and then strain pudding through a fine mesh strainer into a mixing bowl. Place in ice bath until completely chilled. If desired, pour pudding into individual serving containers. Cover directly with plastic and refrigerate until serving.



Nutritional information per serving:

Calories 369 (56% from fat) • carb. 37g • pro. 6g • fat 25g • sat. fat 14g • chol. 73mg • sod. 159mg • calc. 138mg • fiber 2g

POACHED PEAR AND PLUM *Tart*

A simple, light dessert that is perfect in early fall when pears and plums are at their peak.

Makes one 7-inch tart, about 4 to 8 servings

POACHED FRUIT:

- 1 CUP PORT
- ½ CUP ORANGE JUICE
- ½ CUP WATER
- ¾ CUP GRANULATED SUGAR
- 6 LONG STRIPS ORANGE PEEL,
WHITE PITH REMOVED
- 2 WHOLE CINNAMON STICKS
- 1 TABLESPOON PURE VANILLA EXTRACT
- 2 FIRM PEARS
- 2 FIRM PLUMS

TART:

- 1 SHEET PREPARED PUFF PASTRY
- 1 LARGE EGG
- 1 TABLESPOON WATER
- ¾ CUP SEMISWEET CHOCOLATE CHIPS

Place the port, orange juice, water, sugar, orange peel, cinnamon and vanilla in a microwave dish that can accommodate the pears if placed upright – no smaller than a 1½-quart container. Peel the pears and place in the liquid. Place in the Cuisinart® Convection Microwave Oven and Grill and select the 6 minute Express Cook. When time elapses, flip pears and microwave on high again for 4 minutes. Continue turning pears and microwaving in 2-minute increments until pears can easily be pierced with the tip of a paring knife. Remove pears once cooked through and reserve. Place plums in poaching liquid and microwave on high for 3 minutes. Flip the plums and microwave again for an additional 2 minutes. Flip one more time if necessary. Plum skins will begin to separate from the fruit. When plums are tender remove and reserve them with the pears. Place poaching liquid back into oven and microwave on high for 20 to 30 minutes so that liquid is reduced and thick enough to coat the back of a spoon.

While the liquid is reducing, prepare the fruit. Cut the pears in half and carefully remove the stem and core. Cut the plums in half, remove the pits and carefully peel away the skin. Place both the pears and plums into a shallow bowl. Once the liquid has reduced, pour over the halved fruit and allow to steep at room temperature.

While fruit is steeping, roll the puff pastry out thin. Cut a circle out of the pastry to fit a 9-inch round pan. Cut a 1-inch round band out of the pastry to create a border on top of the circle. Whisk together the egg and the water and brush the entire circle and border with the egg wash. Place both together in the 9-inch pan. Prick the base of the circle with a fork all over its surface.

Preheat the oven on the convection setting to 400°F. Place pan on the grill rack in the lower rack position and bake until golden, about 15 to 18 minutes.

While pastry is cooling, melt the chocolate by placing in a microwave-safe dish and microwave on high for 30-second increments, stirring in between, until melted. When pastry is cool to the touch pour the chocolate into the tart. Allow to cool so that the chocolate hardens.

Once the chocolate is cool, arrange the fruit on the tart. Place liquid back in oven to microwave on high for an additional 3 to 5 minutes to reduce, creating a thick syrup. Spoon over fruit and serve tart with whipped cream on the side.



Nutritional information per serving (based on 8 servings):

Calories 295 (8% from fat) • carb. 32g • pro. 1g • fat 3g • sat. fat 1g • chol. 13mg • sod. 39mg • calc. 13mg • fiber 2g