



SUPERSTEAM+[™] OVEN 28 BUILT-IN RECIPES

SSC3088AS

| HOME PAGE | MENU OPTIONS | MENUS | SERVING SIZE | PRE-SET TIME COOK |
|-----------|-----------------|--------------------------------------|--------------|----------------------|
| | | 1. Basil Chicken Kabobs | 6 | 7 mins |
| | LOW CADD MENU | 2. Salmon with Dilled Tomatoes | 4 | 15 mins |
| | LOW CARB MENU | 3. Italian Stuffed Peppers | 6 | 20 mins |
| | | 4. Pesto Broiled Fish | 4 | 14 mins |
| | | 1. Marvelous Meat Loaf | 8 | 50 mins |
| | | 2. Baked Curried Salmon | 4 | 15 mins |
| | LOW SODIUM MENU | 3. Apricot Glazed Pork Chops | 4 | 17 mins |
| HEALTHY | | 4. Herbed Fish Steaks | 4 | 18 mins |
| MEALS | | 1. Herbed Roasted Chicken | 6 | 55 mins |
| | FAMILY MEALS | 2. Crustless Chicken Quiche | 6 | 40 mins |
| | FAMILI MEALS | 3. Cajun Burgers | 4 | 12 mins |
| | | 4. Zesty Pork Loin | 9 | 50 mins |
| | | 1. Salmon | 2 | 15 mins |
| | MEALS FOR 2 | 2. Fajitas | 2 | 15 mins |
| | MEALS FOR 2 | 3. Pork | 2 | 15 mins |
| | | 4. Chicken | 2 | 15 mins |
| | | 1. Apple Berry Pie | 8 | 25 mins |
| HEALTHY | | 2. Chocolate Chip Zucchini Cake | 9 | 35 mins |
| DESSERTS | | 3. Pineapple-Orange Upside Down Cake | 8 | 20 mins |
| | | 4. Banana Apricot Bran Bread | 12 | 50 mins |
| | | 1. Korean BBQ Tofu Tacos | 5 | 8 mins |
| | VECAN | 2. Sweet Potato Black Bean Burger | 4 | 27 mins |
| | VEGAN | 3. Stuffed Peppers | 4 | 35 mins |
| MEATLESS | | 4. Spaghetti Squash | 6 | 50 mins |
| MEALS | | 1. Sweet Potato with Ricotta Kale | 4 | 38 mins |
| | VECETADIAN | 2. Asparagus Mushroom Quiche | 8 | 42 mins |
| | VEGETARIAN | 3. Cuban Bowl | 2 | 25 mins |
| | | 4. Spring Roll | 6 | 27 mins |

HEALTHY MEALS

Low Carb Menu





tomatoes







Family Meals



















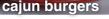


chicken





herbed fish steaks







BASIL CHICKEN KABOBS

MAKES 6 KABOBS

INGREDIENTS

- 1/2 Ib boneless chicken breast, cut into 12 cubes
- 12 large fresh basil leaves
- 1 yellow pepper, cut into 12 squares
- 6 medium white or brown mushrooms, stemmed
- 6 cherry tomatoes
- 1/4 cup orange juice
 - 1 tbsp walnut oil
 - 1 tbsp balsamic vinegar
 - 1 tbsp honey
- 1/2 tsp prepared mustard freshly ground pepper

INSTRUCTIONS

- 1. Wrap each chicken cube with a basil leaf, thread onto skewer with one each of a pepper square, a mushroom and another chicken cube on each skewer.
- 2. Place on greased cooking tray on upper level to begin cooking.
- 3. While kabobs are cooking, combine all remaining ingredients in bowl for sauce.
- 4. When kabobs are complete, remove from oven and place cherry tomato on end of each skewer.

Nutrition Facts Per Serving: Calories: 90 | Fat: 3 g | Cholesterol: 20 mg | Sodium: 35 mg | Carbohydrate: 7 g | Protein: 9 g

To Access Recipe: HEALTHY LOW CARB MENU BASIL CHICKEN COOK KABOBS COOK



SALMON WITH DILLED TOMATOES

MAKES 4 SERVINGS

INGREDIENTS

- 1 (14 oz) can Italian-style diced tomatoes
- $1\!/4$ $\,$ cup finely chopped fresh dill weed $\,$
- 1 tsp minced garlic
- 4 (6 oz) salmon fillets, 1 inch thick

INSTRUCTIONS

- 1. Spray high rack with nonstick cooking spray.
- 2. Once oven is preheated, place salmon skin down on rack in baking tray and place in oven on upper level to begin cooking.
- 3. Remove fish once complete.
- 4. Combine drained tomatoes, dill and garlic in a bowl.
- 5. Heat bowl contents in oven and place on top of fish when complete.

 Nutrition Facts Per Serving:

 Calories: 290 | Fat: 12 g | Cholesterol: 105 mg | Sodium: 360 mg | Carbohydrate: 4 g | Protein: 39 g

 To Access Recipe:

 HEALTHY

 Nutrition Facts Per Serving:

 LOW CARB MENU

 SALMON WITH

 DILLED TOMATOES



ITALIAN STUFFED PEPPERS

MAKES 6 SERVINGS

INGREDIENTS

- 3 medium red, orange, or yellow bell peppers
- 1 Ib 93% lean ground beef
- 1 (8 oz) can tomato sauce
- 1/2 cup uncooked instant rice
- 1 egg, slightly beaten
- 1/2 tsp dried oregano leaves, crushed
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp garlic powder

INSTRUCTIONS

- 1. Cut peppers in half lengthwise, remove seeds and membranes, set aside.
- 2. In large bowl, mix ground beef, all but 1/4 cup tomato sauce, rice, egg, oregano, salt, pepper and garlic powder. Spoon into pepper halves.
- 3. Spray baking tray with nonstick cooking spray.
- 4. Place on rack in baking tray. Place on upper level in oven to begin cooking.
- 5. With 2 minutes remaining, carefully open door and top peppers with 1/4 cup tomato sauce. Close door and press START.
- 6. Remove from oven once complete.

Nutrition Facts Per Serving: Calories: 170 | Fat: 6 g | Cholesterol: 75 mg | Sodium: 450 mg | Carbohydrate: 13 g | Protein: 16 g To Access Recipe:





PESTO BROILED FISH

MAKES 4 SERVINGS

INGREDIENTS

- 4 (3/4 inch thick) fish steaks, 1 lb
- 1/4 cup pesto

INSTRUCTIONS

- 1. Spray the rack with no stick cooking spray
- 2. Arrange fish in baking tray.
- 3. Spread pesto evenly over top of fish. Place all on the upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 210 | Fat: 11 g | Cholesterol: 45 mg | Sodium: 210 mg | Carbohydrate: 1 g | Protein: 24 g





MARVELOUS MEAT LOAF

MAKES 8 SERVINGS

INGREDIENTS

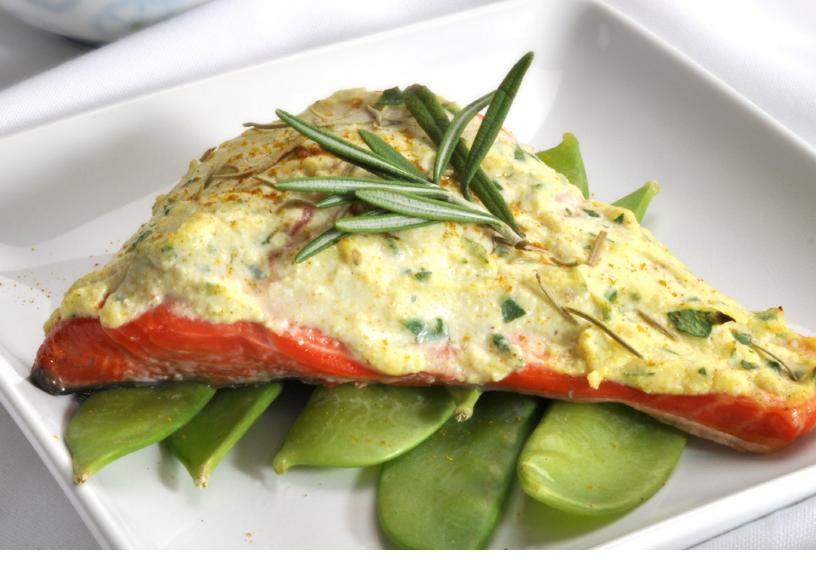
- 1-1/2 Ibs 93% lean ground beef
 - 1/2 cup soft bread crumbs
 - 1/2 cup red wine
 - 1 egg, beaten
 - 2 tbsp chopped onion
 - 2 tbsp chopped green pepper
 - 1 tsp instant beef bouillon granules
 - 1/2 tsp salt
 - 1/2 tsp dry mustard
 - 1/4 tsp pepper

INSTRUCTIONS

- 1. In large mixing bowl, blend all ingredients.
- 2. Spray baking tray with nonstick cooking spray.
- 3. Shape the meat mixture into a 9 x 5-inch loaf on baking tray.
- 4. Once oven is preheated, place the baking tray on the lower level in oven to begin cooking.
- 5. At end, remove the baking tray, cover meat loaf with foil and allow to sit for 5 minutes before slicing and serving.

Nutrition Facts Per Serving: Calories: 170 | Fat: 6 g | Cholesterol: 70 mg | Sodium: 310 mg | Carbohydrate: 11 g | Protein: 18 g





BAKED CURRIED SALMON

MAKES 4 SERVINGS

INGREDIENTS

- 1/4 cup low fat mayonnaise
- 2 tsp chopped fresh parsley
- 1/2 to 1 tsp curry powder
 - 1/8 tsp freshly ground pepper

To Access Recipe:

1 (1-pound) salmon fillet, 1/2 to 3/4-inch thick

INSTRUCTIONS

- 1. In small bowl, combine mayonnaise, parsley, curry powder, and pepper.
- 2. Spray baking tray with nonstick cooking spray.
- 3. Arrange salmon on tray and spread sauce evenly over the top.
- 4. Once oven is preheated, place in oven on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 210 | Fat: 10 g | Cholesterol: 70 mg | Sodium: 190 mg | Carbohydrate: 2 g | Protein: 26 g

HEALTHY MEALS > LOW SODIUM MENU > BAKED CURRIED COOK



APRICOT GLAZED PORK CHOPS

MAKES 4 SERVINGS

INGREDIENTS

- 4 (4 oz) boneless pork loin chops
- 1/2 cup coarsely chopped dried apricots
- 1/3 cup orange juice
- 1/4 cup apricot nectar
- 2 tsp honey
- 1 (2-inch) piece lemon peel
- 1/8 tsp ground cinnamon

INSTRUCTIONS

- 1. Spray rack with nonstick cooking spray.
- 2. Place chops, seasoned with salt and pepper, on rack in baking tray.
- 3. Pour 1/2 cup hot water into baking tray.
- 4. Once the oven is preheated, place all on the upper level to begin cooking.
- 5. While chops are cooking, mix remaining ingredients in saucepan.
- 6. Heat to boil, reduce heat and simmer until apricots soften and mixture thickens slightly.
- 7. Remove lemon peel. Spoon glaze on chops and serve.

Nutrition Facts Per Serving: Calories: 230 | Fat: 7 g | Cholesterol: 65 mg | Sodium: 50 mg | Carbohydrate: 17 g | Protein: 24 g

To Access Recipe: HEALTHY DEALS LOW SODIUM MENU APRICOT GLAZED COOK



HERBED FISH STEAKS

MAKES 4 SERVINGS

INGREDIENTS

- 2 tbsp butter, melted
- 1 tsp finely shredded lemon peel
- 1 tsp lemon juice
- 1 tsp dried marjoram leaves, crushed
- 4 (6 lb) halibut, salmon or swordfish steaks, 1 inch thick

INSTRUCTIONS

- 1. In small bowl mix together butter, lemon peel, lemon juice, and marjoram.
- 2. After oven is preheated, place fish on rack in baking tray and brush with half the herb butter.

Place on upper level to begin cooking.

3. At end, remove from oven and spread with remaining herb butter.

Nutrition Facts Per Serving: Calories: 240 | Fat: 10 g | Cholesterol: 70 mg | Sodium: 130 mg | Carbohydrate: 1 g | Protein: 35 g







HERBED ROASTED CHICKEN

MAKES 6 SERVINGS

INGREDIENTS

- 3 tbsp butter or margarine, softened
- 1 clove garlic, minced
- 3 tbsp grated Parmesan Cheese
- 1/2 tsp ground sage
- 3/4 tsp dried thyme leaves, crushed
- 3/4 tsp dried basil leaves, crushed
 - 1 (5-pound) roasting chicken (weigh after cleaning)

INSTRUCTIONS

- 1. Cream together butter, garlic, parmesan cheese, sage, thyme and basil.
- 2. Using fingers, spread herb mixture under the skin of chicken.
- 3. Once oven is preheated, place chicken breast side up on the rack in the baking tray. Place on lower level to begin cooking.

COOK

4. Remove from oven, cover and allow to stand 10 minutes before serving.

Nutrition Facts Per Serving: Calories: 500 | Fat: 33 g | Cholesterol: 165 mg | Sodium: 220 mg | Carbohydrate: 0 g | Protein: 48 g To Access Recipe:





CRUSTLESS CHICKEN QUICHE

MAKES 6 SERVINGS

INGREDIENTS

- 1 cup chopped cooked chicken
- 1 (10 oz) package frozen chopped spinach
- 1/2 cup chopped onion
- 1 cup fat free shredded cheddar cheese
- 4 eggs
- 1 (12 oz) can evaporated low fat milk
- 1/2 tsp seasoned salt

To Access Recipe:

INSTRUCTIONS

- 1. Spray 9-inch pie plate with non stick cooking spray.
- 2. Arrange chicken, spinach, onion and cheese in prepared pie plate.
- 3. In medium bowl, beat together eggs, milk and salt. Pour over chicken mixture.
- 4. Once the oven is preheated, place pie plate in baking tray. Place all on the upper level in the oven to begin cooking
- 5. At end, remove from oven and allow to stand 5 minutes before serving.

Nutrition Facts Per Serving: Calories: 180 | Fat: 5 g | Cholesterol: 175 mg | Sodium: 320 mg | Carbohydrate: 10 g | Protein: 22 g





CAJUN BURGERS

MAKES 4 SERVINGS

- 1 lb 93% lean ground beef
- 1 tsp Cajun seasoning

INSTRUCTIONS

- 1. In large bowl, thoroughly mix ground beef and seasoning.
- 2. Shape into 4 burgers 1/2-inch thick.
- 3. Place burgers on rack, sprinkle with additional Cajun seasoning, if desired.
- 4. Once oven is preheated, place rack in the baking tray on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 150 | Fat: 7 g | Cholesterol: 55 mg | Sodium: 200 mg | Carbohydrate: 0 g | Protein: 20 g

To Access Recipe: HEALTHY MEALS > CAJUN BURGERS COOK



ZESTY PORK LOIN

MAKES 9 SERVINGS

INGREDIENTS

- 3 lb boneless single pork loin
- 1/4 cup catsup
 - 1 tbsp sugar
 - 1 tbsp white wine or water
 - 1 tbsp hoisin sauce
- 1/2 tsp salt
 - 1 clove garlic, minced

INSTRUCTIONS

- 1. In resealable plastic bag, mix all ingredients except pork.
- 2. Add pork and seal bag. Refrigerate for at least one hour or overnight.
- 3. Drain and discard marinade.
- 4. Pour 1/2 cup hot water into baking tray, place roast on rack to begin cooking.
- 5. Once complete, remove from oven, cover loosely with foil and allow to stand for 10 minutes.

Nutrition Facts Per Serving: Calories: 210 | Fat: 6 g | Cholesterol: 95 mg | Sodium: 310 mg | Carbohydrate: 4 g | Protein: 34 g







MAKES 2 SERVINGS

INGREDIENTS

- 1/2 cup 10-minute brown rice
 - 1 cup hot tap water
 - 1 cup frozen peas, thawed
 - 2 4-oz salmon fillets
 - 1 tbsp Asian housin glaze

INSTRUCTIONS

- 1. Place brown rice in shallow 2-quart casserole.
- 2. Pour hot tap water over rice, scatter thawed peas over rice.
- 3. Season salmon fillets with Asian hoisin glaze and place on top of rice mixture.
- 4. Place casserole in baking tray. When preheat is over, place on upper level to begin cooking.
- 5. After cooking, remove from oven, cover with foil and let stand for 5 minutes.

Nutrition Facts Per Serving: Calories: 460 | Fat: 15 g | Cholesterol: 75 mg | Sodium: 200 mg | Carbohydrate: 48 g | Protein: 33 g To Access Recipe:





FAJITAS

MAKES 2 SERVINGS

INGREDIENTS

- 1 tbsp fajita seasoning mix
- 1 tbsp salad oil
- 1 tbsp water
- 1/2 Ib mixture of raw, peeled and deveined shrimp, chicken breast strips and beef strips.
 - 1 cup red pepper strips
- 1 cup green pepper strips
- 1/2 cup fat free refried beans
- 2 8-inch whole wheat tortillas

INSTRUCTIONS

- 1. Mix fajita seasoning mix, oil and water together.
- 2. Add to mixture of shrimp, chicken strips, beef strips, red and green pepper strips. Mix well.
- 3. Spray racks with nonstick cooking spray and put fajita ingredients on racks.
- 4. Put refried beans in oven proof dish on baking tray.
- Place fajita mixture on upper level and place refried beans on lower level to begin cooking. At pause signal, put tortillas wrapped in foil on bottom baking tray.
- 6. Once complete, remove from oven. Stir fajita mix and put half in each warm tortilla. Stir refried beans and serve with fajitas.

 Nutrition Facts Per Serving:

 Calories: 450
 Fat: 13 g
 Cholesterol: 100 mg
 Sodium: 1370 mg
 Carbohydrate: 45 g
 Protein: 34 g

 To Access Recipe:

 HEALTHY MEALS FOR TWO
 FAJITAS
 C00K



PORK

MAKES 2 SERVINGS

INGREDIENTS

- 2 boneless pork chops, approximately 12 oz
- 1/2 lb zucchini strips, approximately 1/2 x 1/2 x 2-1/2 inches
- 1-1/3 cups new potatoes, cut into 1/2-inch wedges
 - 1 tsp olive oil

INSTRUCTIONS

- 1. Put rack in baking tray. Put chops on one side, zucchini and potatoes on other.
- 2. Brush all with olive oil, season to taste.
- 3. When preheats is over, place baking tray on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 330 | Fat: 12 g | Cholesterol: 100 mg | Sodium: 85 mg | Carbohydrate: 17 g | Protein: 38 g





CHICKEN

MAKES 2 SERVINGS

INGREDIENTS

Chicken breast tenders, approximately 16 oz

- 1 tbsp mango curry sauce
- 1/2 Ib sweet potato wedges, approximately $1/2 \times 1/2 \times 2-1/2$ inches
- 12 fresh asparagus spears

INSTRUCTIONS

- 1. Put racks in baking tray.
- 2. Put chicken breast tenders on one side on rack, brush with mango sauce. Place sweet potato wedges on other side of racks. Place asparagus on lower tray.
- 3. Place baking tray on upper level to begin cooking.

 Nutrition Facts Per Serving:

 Calories: 310
 Fat: 5 g

 Cholesterol: 105 mg
 Sodium: 330 mg

 Carbohydrate: 17 g
 Protein: 45 g



HEALTHY DESSERTS











APPLE BERRY PIE

MAKES 8 SERVINGS

INGREDIENTS

- 1 large orange
- 1/3 cup sugar
- 1 lb apples, cored & chopped
- 1 cup dried cranberries
- 1/4 cup walnuts

Topping

- 1/4 cup sugar
- 1 egg
- 1/2 cup all-purpose flour
- 1/2 cup butter, melted
- 1/2 tsp vanilla
- 1/8 tsp salt several drops almond extract

INSTRUCTIONS

- 1. Spray 9-inch glass pie plate with non stick cooking spray.
- 2. Cut 10 strips of the orange peel.
- 3. Place 6 strips in food processor with 1/3 cup sugar until finely chopped.
- 4. Add apples, cranberries, and walnuts; pulse on and off until coarsely chopped.
- 5. Turn into prepared pie plate.
- 6. Topping: Process the 4 orange peel strips and 1/4 cup sugar. Add egg, flour, melted butter, vanilla, salt and almond extract and process just to smooth.
- 7. Spread batter evenly over fruit.
- 8. Once oven is preheated, place pie plate in baking tray on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 300 | Fat: 15 g | Cholesterol: 55 mg | Sodium: 125 mg | Carbohydrate: 42 g | Protein: 2 g





CHOCOLATE CHIP ZUCCHINI CAKE

MAKES 9 SERVINGS

INGREDIENTS

- 1/2 cup butter or margarine, softened
 - 1 cup sugar
 - 1 cup white whole wheat flour
- 2 tbsp unsweetened cocoa
- 1/2 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp ground cinnamon
- 1/4 cup buttermilk
 - 1 egg
 - 1 tsp vanilla
- 1/2 cup semisweet chocolate chips
 - 1 cup shredded zucchini

INSTRUCTIONS

- 1. Spray 8-inch square baking dish with nonstick cooking spray
- 2. In large mixing bowl, cream together butter and sugar about 2 minutes.
- 3. Add all remaining ingredients except chocolate chips and zucchini. Beat at low speed until moistened.
- 4. Beat at medium speed 1 minute.
- 5. Stir in chips and zucchini. Spread batter in prepared dish.
- 6. Once oven is preheated, place baking dish on baking tray on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 300 | Fat: 15 g | Cholesterol: 50 mg | Sodium: 170 mg | Carbohydrate: 42 g | Protein: 4 g

To Access Recipe:

HEALTHY





C00K



PINEAPPLE-ORANGE UPSIDE DOWN CAKE

MAKES 8 SERVINGS

INGREDIENTS

- can (8-1/4 oz) crushed pineapple in juice, drained (reserve juice)
- 1/4 cup shredded orange peel
- 2 eggs
- 1 egg white
- 3/4 cup sugar
- 1 tsp vanilla
- 3/4 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt

INSTRUCTIONS

- 1. Line 9 x 1-1/2 inch round cake pan with wax paper, spray with nonstick cooking spray.
- 2. In small bowl, stir drained pineapple and orange peel until blended. Spread evenly in pan.
- 3. In small bowl, beat eggs and egg white on high speed until thick and lemon colored, about 5 minutes.
- 4. Pour into large bowl; gradually beat in sugar and pineapple juice. Add enough water to reserve pineapple juice to measure 1/3 cup. Beat in vanilla, flour, baking powder, salt until smooth.
- 5. Pour into prepared pan.
- 6. Once oven is preheated, place pan on the baking tray on upper level to begin cooking.

Nutrition Facts Per Serving: Calories: 160 | Fat: 1.5 g | Cholesterol: 55 mg | Sodium: 170 mg | Carbohydrate: 34 g | Protein: 3 g







BANANA APRICOT BRAN BREAD

MAKES 12 SERVINGS

INGREDIENTS

- 2 cups regular biscuit mix
- 1 cup bran cereal
- 3/4 cup sugar
 - 1 egg
- 1/2 cup milk
- 1 tsp vanilla
- 1/4 tsp salt
- 1 cup mashed ripe bananas (2-3 medium bananas)
- 3/4 cup broken nuts
- 3/4 cup chopped dried apricots

INSTRUCTIONS

- 1. Spray 9x5x3-inch glass loaf pan with nonstick cooking spray.
- 2. In large mixing bowl, combine biscuit mix, cereal, sugar, egg, milk, vanilla and banana. Beat vigorously for 30 seconds.
- 3. Stir in nuts and apricots, turn into prepared pan.
- 4. Once oven is preheated, place dish on baking tray on the upper to begin cooking.
- 5. At end, wooden pick should come out clean. If necessary, extend baking time another 3-5 minutes.

C00K

Nutrition Facts Per Serving: Calories: 240 | Fat: 7 g | Cholesterol: 20 mg | Sodium: 310 mg | Carbohydrate: 45 g | Protein: 5 g



MEATLESS MEALS

Vegan











Vegetarian

sweet potato with ricotta kale





cuban bowl





KOREAN BBQ TOFU TACOS

MAKES 5 SERVINGS

INGREDIENTS

Marinade:

- 3 tbsp low-sodium soy sauce
- 1/2 tsp chili garlic paste
- 1 tsp ginger, minced
- 2 tsp lime juice
- 1 clove garlic, thinly sliced

Chili-soy vinaigrette:

- 1/2 tsp chili garlic paste
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 3 tbsp canola oil

Tacos:

- 8 ounces firm tofu, cut into 1/2 inch cubes
- 1 tbsp canola oil
- 1 cup green cabbage, chopped
- 1/4 cup your favorite green tomatillo salsa
- 10 green onions, sliced
- 1 ounce cilantro, chopped
- 1 lime, cut into wedges

To Access Recipe:

10 corn tortillas

INSTRUCTIONS

 Combine soy sauce, chili garlic paste, fish sauce, ginger, lime juice and sliced garlic. Toss marinade with tofu and allow tofu to marinate for ½ hour, stirring occasionally to ensure that the marinade is evenly distributed.

To make vinaigrette:

2. In a small bowl, combine chili garlic paste, soy sauce, rice wine vinegar and canola oil

To complete tacos:

- 3. Dress the cabbage with the vinaigrette to taste. You may not need all of the vinaigrette.
- 4. Toss onion with the cilantro
- 5. Place marinated tofu and 1 tablespoon oil in 9-inch pie pan on baking tray on upper level. Check tofu and flip halfway through cooking.
- 6. Warm corn tortillas by placing them on the baking tray on upper level. Flip tortillas halfway through warming.
- 7. Place a few spoonfuls of sautéed tofu in each warmed tortillas. Top with dressed cabbage, green salsa, green onions, cilantro and a squeeze of lime.

Nutrition Facts Per Serving: Calories: 216 | Fat: 8 g | Cholesterol: 0 mg | Sodium: 662 mg | Carbohydrate: 29 g | Protein: 11 g

MEATLESS VEGAN > KOREAN BBQ COOK



SWEET POTATO BLACK BEAN BURGER

MAKES 5 SERVINGS

INGREDIENTS

- 1 sweet potato, peeled and cut into small 1-inch chunks
- 2 tbsp canola oil, plus more for sautéing, plus canola spray pinch of salt
- 1/2 cup finely diced onion
- 16 oz can black beans, rinsed and drained
- 1 cup cooked brown rice
- 2 clove garlic, minced
- 1 tbsp ground cumin
- 1 tsp chili powder (optional)
- 1/2 tsp salt
 - 3 tbsp tamari sauce
 - 2 tsp vegan Worcestershire sauce (optional)
- 1/8 cup cornmeal
- 4 whole-wheat bun, toasted
- 1 tomato, sliced (optional)
- 1 onion, sliced (optional) lettuce (optional)

INSTRUCTIONS

- 1. Place the potato, onions, a tablespoon canola oil, and salt in a 9-inch pie pan on baking tray on upper level. Check and flip halfway through.
- In food processor, pulse the next 9 ingredients together with the roasted sweet potato and onion. Taste for seasoning, and then cool in the fridge. Remove after chilled and form six 6-ounce patties.
- 3. Place patties in oiled 9-inch pie pan on baking tray on upper level. Use manual setting Steam Roast, cooking patties for 12 minutes, flipping patties halfway through cooking.
- 4. Serve on toasted buns and top with your favorite veggies.

| Calories: 560 | Fat: 11 g | Cholesterol: 0 mg | Sodium: 1304 mg | | Carbohydrate: 98 g | Protein: 25 g |
|---------------|-----------|-------------------|-----------------|---|--------------------|---------------|
| | | e | | 1 | | |





STUFFED PEPPERS

MAKES 4 SERVINGS

INGREDIENTS

- 1/4 cup dried currants
- 2 tbsp olive oil
- 3 medium sized onions, chopped
- 1/4 cup pine nuts
 - 1 14 oz can tomato, petite diced
 - 1 tbsp all spice
 - 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp cinnamon
- 1 cup coarse bulgur, rinsed
- 1-1/4 cup hot water
- 3 to 4 bell peppers, washed, cut in half and seeded
 - 1/4 cup fresh dill, chopped
 - 1/4 cup fresh mint, chopped
 - 2 tbsp basil, chopped

INSTRUCTIONS

- 1. Place dried currants in small bowl and pour 1/2 cup boiling water over it. Set aside.
- 2. In 2 qt. ceramic dish, add bulgur and water. Place in oven on baking tray on lower level.
- 3. Let bulgur stand for 10-15 minutes.
- 4. Place oil, onions and pine nuts in 9-inch pie pan on baking tray on upper level. Cook onions until translucent.
- 5. Stir in tomatoes, all spice, salt, pepper, and cinnamon.
- 6. Remove 9-inch pie pan from oven and set aside
- 7. Drain the currants.
- 8. Fluff the bulgur with a fork; gently stir in currants, dill, mint, and basil.
- 9. Fill each half of the peppers with the filling and place on tray.

Nutrition Facts Per Serving: Calories: 376 | Fat: 13 g | Cholesterol: 0 mg | Sodium: 514 mg | Carbohydrate: 59 g | Protein: 10 g

To Access Recipe: MEATLESS MEALS VEGAN STUFFED PEPPERS COOK



SPAGHETTI SQUASH

MAKES 6 SERVINGS

INGREDIENTS

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tbsp vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1-1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
 - 3 tbsp sliced black olives

MEALS

2 tbsp chopped fresh basil

INSTRUCTIONS

- 1. Place spaghetti squash with cut sides down on oiled baking tray. Place on lower level.
- 2. Remove squash from oven and set aside to cool enough to be easily handled.
- 3. Add oil, in a glass pie pan, and heat onion until browned.
- 4. Add tomatoes and garlic into glass pie pan.
- 5. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.



SPAGHETTI SQUASH

VEGAN



SWEET POTATO WITH RICOTTA KALE

MAKES 4 SERVINGS

INGREDIENTS

- 4 medium sweet potatoes
- 2 tbsp olive oil
- 2 garlic cloves
- 1 bunch of chopped kale Coarse salt and ground pepper
- 1 to 2 tbsp balsamic vinegar

MEALS

- 1/2 tsp red-pepper flakes
 - 1 cup part-skim ricotta cheese

INSTRUCTIONS

- 1. Place potatoes on tray, and rub with 1 tablespoon oil. Potatoes are done when knife slides easily into center.
- 2. Brown the garlic and olive oil in 9-inch pie pan.
- 3. Add kale and remaining ingredients to garlic and olive oil.
- 4. Place in oven. Continue to add kale as leaves cook down.
- 5. Open each potato; add salt and pepper. Top with ricotta, kale, and garlic.

 Nutrition Facts Per Serving:

 Calories: 232
 Fat: 13 g
 Cholesterol: 20 mg
 Sodium: 124 mg
 Carbohydrate: 23 g
 Protein: 11 g

 To Access Recipe:
 MEATLESS
 VEGETARIAN
 SWEET POTATO
 C00K

WITH RICOTTA KALE



ASPARAGUS MUSHROOM QUICHE

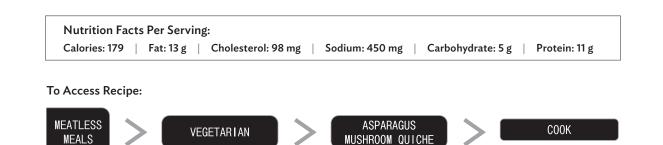
MAKES 8 SERVINGS

INGREDIENTS

- 1 can crescent rolls
- 2 teaspoons prepared mustard
- 1-1/2 pounds fresh asparagus, trimmed and cut into 1/2-inch pieces
 - 1 medium onion, chopped
 - 1/2 cup sliced fresh mushrooms
 - 1/4 cup butter, cubed
 - 2 eggs, lightly beaten
 - 2 cups (8 ounces) shredded part-skim mozzarella cheese
 - 1/4 cup minced fresh parsley
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon *each* dried basil, oregano and rubbed sage

INSTRUCTIONS

- Separate crescent dough into eight triangles; place in an ungreased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides to form a crust; seal perforations. Spread with mustard; set aside.
- 2. In a glass pie pan, sauté the asparagus, onion and mushrooms in butter until asparagus is crisptender
- 3. In a large bowl, combine the remaining ingredients; stir in asparagus mixture. Pour into crust.
- 4. Check if the quiche is done, by inserting a knife in the center. If the knife comes out clean, the quiche is done. Let stand for 10 minutes before cutting.





CUBAN BOWL

MAKES 2 SERVINGS

INGREDIENTS

- 1 sweet potato, peeled and cut into 1-inch cubes
- 1 tbsp olive oil
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 cup diced tomato
- 1/4 cup chopped cilantro leaves
- 1/4 cup diced white onion
 - 1 tsp freshly squeezed lime juice
 - 1 large ripe (black) plantain
 - 2 tbsp. vegetable oil
 - 1 (12 oz.) can black beans, rinsed and drained
 - 2 cups cooked brown rice

INSTRUCTIONS

- 1. Toss the sweet potatoes with olive oil, cumin, and salt in a 9-inch pie pan.
- 2. Place pie pan on baking tray on upper level. Check and flip sweet potatoes halfway through cooking.
- 3. Meanwhile, combine the tomatoes, cilantro, black beans, and onion with the lime juice in a medium bowl and set in the fridge.
- 4. Peel ripened plantain. Cut into 1/2 inch slices.
- 5. Place oil and plantain slices into a new 9-inch pie pan on baking tray on upper level. Flip plantain slices halfway through.
- 6. Once the sweet potatoes have finished cooking, assemble the bowls. Divide all of the ingredients equally between the two bowls starting with the rice, then beans, sweet potatoes and plantains, then topping with the fresh pico de gallo mix.

 Nutrition Facts Per Serving:

 Calories: 632 | Fat: 25 g | Cholesterol: 0 mg | Sodium: 1609 mg | Carbohydrate: 110 g | Protein: 23 g

 To Access Recipe:

 MEATLESS
 VEGETARIAN

 CUBAN BOWL
 COOK



FRESH SPRING ROLLS

MAKES 6 SERVINGS

INGREDIENTS

- 1 box of rice paper (rice wraps)
- 2 medium carrots
- 1 large red onion
- 4 to 5 Pleurotus mushrooms
 - 1/2 small cabbage
 - 1 medium zucchini
 - 1 red pepper
 - 1 green pepper
 - 1/2 Chili
 - 2 tbsp soy sauce
 - 1 tbsp olive oil salt and pepper (to taste)
 - 1 tsp cumin seeds
 - 1 tbsp sesame seeds
 - 1 tsp saffron
 - 1 tsp sweet paprika

INSTRUCTIONS

- 1. Wash and clean the vegetables, then cut them lengthwise.
- 2. Add olive oil, onion, saffron, paprika, and cumin seeds in 9-inch pie pan.
- 3. Place pie pan in oven on baking tray on upper level.
- 4. After onions have caramelized, add the other vegetables to 9-inch pie pan and place them back in oven on upper level.
- 5. Add the soy sauce, salt and pepper, then the sesame seeds and place back in oven.
- 6. Prepare a hot water pot for the rice wraps. Dip one by one in the water for about 1 second each. Water should not boil.
- 7. Pack each roll using the prepared vegetables and place them on plate.









© 2016 Sharp Electronics Corporation. All rights reserved.

SHARP ELECTRONICS CORPORATION Sharp Plaza, Mahwah, NJ 07495-1163 1.800.BE.SHARP • www.sharpusa.com