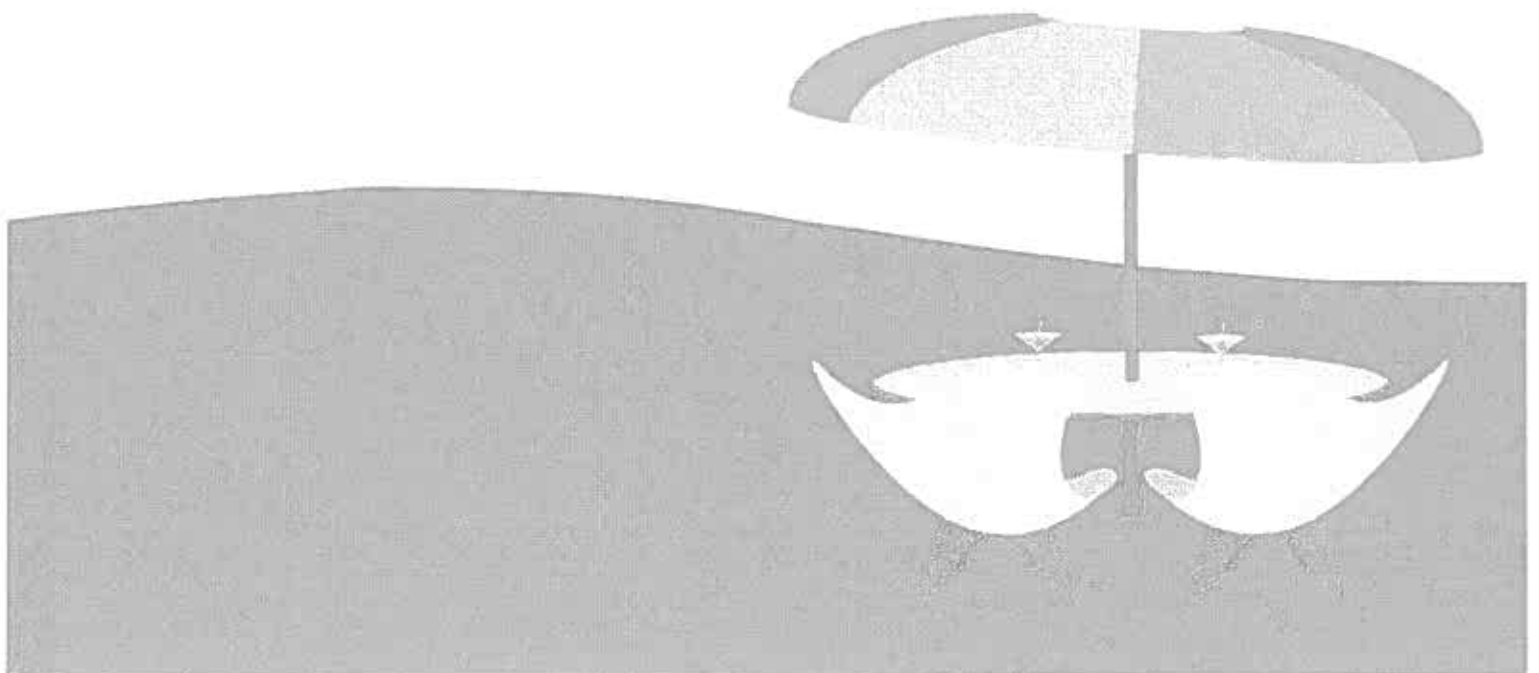


# STTACC Conference—Cooking Quickly

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*Delicious Recipes compiled from Pampered Chef Independent Consultants.*



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# STTACC Conference—Cooking Quickly

## Summertime Spaghetti

### Ingredients:

- 2 lemons
- 12 oz (350 g) uncooked thin spaghetti noodles
- 2 cans (14.5 oz each) reduced-sodium chicken broth (about 3 1/2 cups/875 mL)
- 1 cup (250 mL) grape tomatoes
- 3 garlic cloves, peeled
- 1 oz (30 g) fresh Parmesan cheese
- 1/2 cup (125 mL) fresh parsley
- 3 tbsp (45 mL) olive oil
- 1/2 tsp (2 mL) ground black pepper
- 2 cups (500 mL) diced cooked chicken breasts
- 1 cup (250 mL) small broccoli florets

### Directions:

1. Zest lemons using Microplane(R) Zester to measure 1 tbsp (15 mL); set aside. Juice lemons using Juicer to measure 1/4 cup (50 mL).
2. Break noodles in half. Combine noodles, broth and lemon juice in Deep Covered Baker.
3. Microwave, covered, on HIGH 11-13 minutes or until most of liquid is absorbed, stirring once halfway through cooking using Chef's Tongs.
4. Cut tomatoes in half lengthwise using Color Coated Tomato Knife. Grate Parmesan using Microplane(R) Adjustable Fine Grater.
5. Process garlic, Parmesan, parsley, zest, oil and pepper in Manual Food Processor until parsley is finely chopped.
6. Carefully remove baker from microwave using Microwave Grips. Add Parmesan mixture to baker; mix well using Chef's Tongs.
7. Stir in tomatoes, chicken and broccoli. Microwave, covered, on HIGH 2-3 minutes or until broccoli is crisp-tender.

**Cook's Tip:** To get diced cooked chicken breasts, you can either buy pre-packaged fully cooked chicken breast strips or you can microwave chicken breasts, covered with Parchment Paper, in the Small Ridged Baker, for 5-6 minutes or until 165°F (74°C). Cool before dicing.

**Yield:** 6 Servings

**Nutrients per serving:** Calories 390, Total Fat 11 g, Saturated Fat 2.5 g, Cholesterol 45 mg, Sodium 440 mg, Carbohydrate 46 g, Fiber 3 g, Protein 26 g

# Dipped Delights



Transform apples into adorable "appletizer" dipping cups. Slice off top quarter of a large apple. Then use the core and more to core out the apple, leaving 1/4 inch thick sides. The cups are perfect for holding Caramel Sauce or Fluffy Peanut Butter Dip. It's so delicious!!

## Fluffy Peanut Butter Dip

### Ingredients:

1/3 cup creamy peanut butter

1 container (6-8 ounces) vanilla yogurt

1/2 cup thawed, frozen whipped topping

Apple wedges, strawberries, celery sticks, pretzel or graham cracker sticks (your choice)

### Directions:

1. Put the peanut butter and yogurt in the Small Batter Bowl and whisk it until it is smooth.
2. Add the whipped topping to the peanut butter mixture and mix well. Serve with your choice of dippers. Enjoy!

Yield: about 12 servings

**Cook's Tips:** If you're not going to eat the dip right away, place the lid on the batter bowl and put it in the refrigerator. When you're ready to serve the dip, spoon the dip into a

# Dipped Delights



## BLT Dip

1 pkg reduced fat cream cheese,(softened)

1/2 cup light ranch salad dressing

1/2 cup finely chopped celery

2 tablespoon finely chopped onion

1/2 tsp sugar

6 slices precooked bacon

2 roma tomatoes, diced

Lettuce leaves

Assorted Vegetables for dipping(such as 3 full-sized carrots, 1 red or yellow pepper, 1 cucumber, 3 stalks celery, cherry tomatoes, sugar snap peas)

Wedge tomatoes using Veggie Wedger.

Slice onion using Ultimate Mandoline. You'll need 3-4 onion slices for recipe.

Using Food Chopper, chop bacon.

Cut a piece of celery into fourths and add to Manual Food Processor along with the tomato wedges and 3-4 onion slices. Pump the handles until the vegetables are sliced and diced.

Add softened cream cheese, ranch dressing and sugar to processor. Then add the bacon to processor. Mix until all is incorporated.

To serve, line 2 quart collapsible serving bowl with lettuce leaves washed and dried in Salad Spinner. Fill with dip. Serve with veggie tray in Cool & Serve.

## Mini Omelets



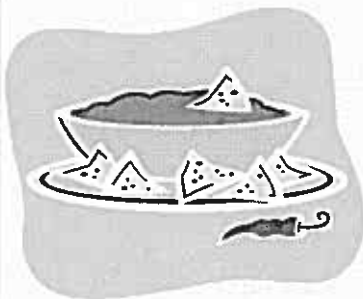
Dozen eggs and some milk whisked in Classic batter bowl...poured into the 12 wells of the Brownie pan. Then add toppings of your choice...chopped green pepper and onions, diced ham, mushrooms or tomatoes. Bake at 375 degrees for about 17-20 minutes.....flipped right out and

## Fruit Smoothies

Combine 1 cup frozen strawberries (slightly thawed), 1 banana, 3/4 cup milk and 1/3 cup yogurt in the Manual Food Processor. Cover and process until smooth!!



## Apple Berry Salsa



### Ingredients:

- 2 medium Granny Smith apples
- 1 pint strawberries, diced (about 1 1/2 cups)
- 2 kiwi, peeled and diced
- 1 small orange
- 2 tablespoons packed brown sugar
- 2 tablespoons apple jelly or apricot jam
- Baked Cinnamon Chips

### Directions:

1. Peel, core and slice apples using Apple Peeler/Corer/Slicer. Coarsely chop apple slices using Food Chopper. Dice strawberries and kiwi using Chef's Knife. Place fruit in Small Batter Bowl.
  2. Zest orange using Zester/Scorer to measure 1 teaspoon zest. Juice orange using Juicer to measure 2 tablespoons juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve.
  3. Spoon into serving bowl. Serve with Baked Cinnamon Chips.
- Yield: 3 cups (16 servings)

# Mandarin Chicken Pasta Salad

## Dressing:

- 1 tsp finely grated, peeled fresh gingerroot
- 1 garlic clove, pressed
- 1/3 c. rice vinegar
- 1 Tbsp. orange infused canola oil
- 3 Tbsp. olive oil + 1 Tbsp
- 1 tsp sesame oil
- 2 tsp. beef bouillon granules
- 1 Tbsp. Three Onion Rub
- 2 tsp sugar



## Salad:

- 8 oz. uncooked bow tie pasta
- 1/2 cucumber, scored, seeded, and sliced
- 1/2 c. red bell pepper
- 1/4 c. coarsely chopped red onion
- 1 pkg. baby spinach leaves
- 1 can (11oz) mandarin orange segments, drained
- 2 c. diced chicken-grilled with Ginger Citrus rub
- 1/2 c. sliced almonds, toasted
- Ginger Citrus Rub

## Dressing:

Grate the ginger with the Ginger Grater. Put in Measure, Mix and Pour. Add 1 clove pressed garlic along with all the other dressing ingredients.

Cook pasta until al dente and drain. Heat the Grill Pan and Press on medium high while preparing the chicken. Put chicken in a food storage bag with 1 Tbs. olive oil. Using the Meat Tenderizer, pound chicken out so that it is uniform in thickness. Put Ginger Citrus Rub on the chicken. Grill using the Grill Pan and Press until internal temperature reaches 165 degrees. Chop chicken using Salad Choppers. Score the cucumber using the Zester Scorer. Cut cucumber in half lengthwise and remove seeds with the Corer. Slice. Cut red pepper into small chunks with knife. Coarsely chop red onion using Manual Food Processor. Rinse and spin spinach leaves in Salad and Berry Spinner. Almonds can be toasted in the microwave on the Small Bar Pan, turning every minute until they are golden brown. Toss all ingredients together with dressing and reserve some almonds to garnish the top!! Enjoy!!

# Grilled Chicken, Ham & Swiss Wraps



## Ingredients:

- 3 boneless, skinless chicken breasts (5–6 oz/150–175 g each)
- 1 tbsp (15 mL) canola oil
- 2 1/2 tbsp (37 mL) Dijon Mustard Rub, divided
- 2 medium whole dill pickles
- 4 oz (125 g) Swiss cheese
- 1/2 cup (125 mL) light mayonnaise
- 1 garlic clove, pressed
- 12 thin slices (6 oz/175 g) low-sodium deli ham
- 3 (11-in./28-cm) flour tortillas (see Cook's Tip)

## Directions:

1. Brush chicken with oil using Chef's Silicone Basting Brush; sprinkle with 2 tbsp (30 mL) of the rub. Arrange chicken in Small Ridged Baker; cover with Parchment Paper. Microwave on HIGH 5–6 minutes or until internal temperature reaches 165°F (74°C). Remove chicken from baker to clean Cutting Board; cool 5 minutes. Dice chicken into 1/2-in. (1-cm) pieces with Chef's Knife.
2. Meanwhile, slice pickles lengthwise with Serrated Peeler. Grate cheese with Microplane(R) Adjustable Coarse Grater. Combine mayonnaise, garlic pressed with Garlic Press and remaining 1/2 tbsp (7 mL) rub in Classic Batter Bowl; mix well. Add chicken to batter bowl; stir to coat.
3. To assemble wraps, layer two slices of the ham widthwise over center of one tortilla, overlapping as necessary; top with one-third of the chicken mixture, one-third of the pickles, two additional slices of ham and one-third of the cheese. Fold in sides of tortilla and roll up tightly burrito style. Repeat two times for a total of three wraps.
4. Preheat Grill Pan and Grill Press over medium-low heat 5 minutes. Place wraps in pan; top with Grill Press and cook 3–4 minutes per side or until grill marks appear. Remove wraps from pan; cut in half on a bias and serve immediately.

## Grilled Berry Pizza



### Ingredients:

1 tsp honey  
1 tbsp. olive oil  
6 tbsp. Nutella  
1/2 cup white chocolate chips, grated  
Berries of your choice

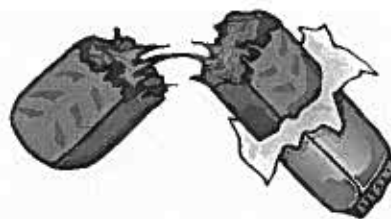
Save some time and use an already made pizza dough (Sam's Club sells them in the concession section in front of the check out lanes.)

Thaw one of the pizza dough balls(I put in refrigerator the night before, then lay out on the counter in the morning.)

When dough is thawed, divide the dough ball in two and roll out each as thinly as possible on sheets of parchment paper. Spread Nutella over each base as desired and top with berries and grated white chocolate.

Transfer one dough base to the BBQ Pizza Pan by picking up the corners of the parchment paper. Cover the grill with lid and bake the pizza for 8-10 minutes, or until the crust becomes crisp. Repeat with the second pizza.

## Nothing to Snicker About



Use the Small Mix 'N Scraper® to mix one 20-oz. can of pineapple tidbits and a 12-oz. container of whipped topping. Core four large Granny Smith apples with The Corer™ and cut in half lengthwise. Slice the halves with the Simple Slicer on setting #2; then cut into quarters. Toss apples with 3 tbsp. lemon juice. Chop 1 cup of peanuts and 4 candy bars in the Manual Food Processor. Spoon one-third of the whip mixture into the Trifle Bowl and spread evenly. Layer one-third of the apples, candy bar pieces and peanuts. Repeat twice.