



Your Tupperware Consultant

Power Chef System Recipe Booklet

Home-Made Mayonnaise Recipe

2 egg yolks
2 tsp Dijon mustard
1 lemon, press with Zest 'N Press Gadget
salt, pepper - a dash of each
1 cup oil (vegetable, canola)
1 tsp water

Optional:

For spicy mayo:

1 Tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend

Place egg yolks, mustard, lemon juice, and salt and pepper in base of **PowerChef™ System** with beater attachment. Cover & pull cord several times to combine, about 5 slow spins should be enough. Place funnel in receptacle and slowly add oil while pulling cord until oil is fully incorporated and mayonnaise is thick.

Yield: 1 1/2 - 2 cups

Cinnamon & Honey Butter

½ pint heavy whipping cream (room temperature)
½ to 1 teaspoon Cinnamon Vanilla
1 teaspoon Splenda
1 to 2 teaspoon Honey

Place whipping cream & Splenda in **PowerChef™ System**, using paddle, & turn for 4 to 5 minutes. Drain milk and work with spoon until smooth. Add Tupperware **Cinnamon & Vanilla Spice Blend** & honey, mix well place in a Tupperware Snack Cup and refrigerate.

Peter Butter Bites

1 1/2 cups pretzels
1 1/2 cup creamy peanut butter
1 cup powdered sugar
¾ cup chocolate chips
Extra pretzels for topping (optional)

Place pretzels in base of breast, mayonnaise, sour cream and seasoning blend in base of **PowerChef™ System**, fitted with blade attachment. Cover and pull cord until pretzels are finely crumbled, should be about 1 cup crumbled. Place peanut butter in **TupperWave® Stack Cooker** 1¾ -Qt. Casserole and microwave on high power 1 minute. Stir powdered sugar and 1 cup crushed pretzels into peanut butter. Add mixture to **UltraPro** 2-Qt. Square Pan and press down until even.

Microwave chocolate chips in 30 second intervals, stirring in between, until melted. Drizzle chocolate over peanut butter mixture and add additional pretzels for topping, if desired. Refrigerate until chocolate is set, about 10 minutes. Cut into squares using spatula. Store in a sealed Tupperware container.

Pumpkin Dip

1- 8 oz pkg of cream cheese (at room temperature)
1/2 cup brown sugar
1/2 cup canned pumpkin
2 tbsp maple syrup
1/2 tsp Cinnamon-Vanilla Seasoning

Using **PowerChef™ System with Whip Accessory** blend together cream cheese and canned pumpkin until smooth. Add brown sugar, maple syrup, and cinnamon - vanilla. Mix until fluffy and smooth. Keep refrigerated until ready to use. Serve with fresh fruit like apples and pears. Also tastes great with ginger snap cookies or graham crackers

Banana Cream Pie

1 - 3 oz. pkg. Instant Banana or Vanilla Pudding
2 cups cold milk
1/2 pint heavy whipping cream
2-3 bananas
1 ready made pie shell or graham cracker shell

Slice the bananas in the bottom of the pie crust. Using the **Quick Shake**, measure the 2 cups of milk and add the instant pudding. Shake until blended. Pour over bananas in the pie shell. In the **Power Chef**, whip the heavy whipping cream using the paddle whisk. Spread over the pudding and bananas. Sprinkle crushed graham crackers over the whipped cream. Refrigerate before serving.

Chicken Salad with Grapes

2 - 8oz. boneless, skinless chicken breasts
2 tsp. Simple Indulgence Steak & Chop Seasoning Blend
 $\frac{1}{2}$ cup mayonnaise $\frac{1}{4}$ cup sour cream
 $\frac{1}{4}$ cup chopped pecans 1 cup halved grapes

Fill water tray to minimum fill line. Place chicken breasts in base of **Tupperware® SmartSteamer** . Cover and microwave on high for 18-22 minutes. Allow to rest, covered for 5 minutes. Remove chicken and cut into cubes. Place chicken breast, mayonnaise, sour cream and seasoning blend in base of **PowerChef™ System**. Replace cover and turn handle until desired consistency is achieved. Do not over process. Place in medium bowl and fold in pecans and grapes.

Party Arti Dip

14 oz can Artichoke Hearts—Drained
2 green onions chopped
 $\frac{1}{2}$ cup low fat mayonnaise
 $\frac{1}{2}$ cup grated parmesan cheese
7 oz can chilies drained
breast, mayonnaise, sour cream and seasoning blend in base of **PowerChef™ System**, until Chopped. Place in **Large Shallow Vent 'N Serve** and microwave on High for 3-5 minutes until hot. Serve with Crostini, Tortilla chips or pita chips.

Spicy Mexicali Dip

1- 14oz can artichoke hearts, drained
 $\frac{1}{2}$ cup low fat sour cream
1 cup shredded Mexican style cheese
1 -10oz can diced tomatoes with chilies
1 tbsp. Southwest Chipotle Seasoning
Chop artichokes in in base of **PowerChef™ System**. Add remaining ingredients and blend. . Place all ingredients in **Lg Shallow Vent 'n Serve**. Blend together with **Saucy Silicone Spatula**. Microwave on Hi for 3-5 min. Serve with Crostini or chips

Spice Seafood Dip

1 6oz can albacore tuna in water, drained
1 8oz pkg. low fat cream cheese softened
2 tbsp. Southwest Chipotle Seasoning

Stir together ingredients in base of **PowerChef™ System**. Serve with crackers or pita. May substitute 6oz can of crabmeat for tuna.

Southwest Chipotle Dip

1 16oz containers non-fat sour cream
3 tbsp. Southwest Chipotle Seasoning
Stir together ingredients. Serve with your favorite chips

Tuscan White Bean Dip

15 oz cooked white beans
1 Tbsp. balsamic vinegar
2 cloves garlic
2 tbsp. extra virgin olive oil
1 tbsp. plus 1 tsp. fresh oregano (or rosemary)
1/8 tsp paprika

Drain and rinse beans. Place all ingredients in base of Quick Chef™ Pro System fit- ted with blade attachment and turn handle to process until smooth. Garnish with additional fresh oregano. Drizzle with additional olive oil before serving.

Guacamole

Cilantro	½ onion
Pickeled jalapenos	1 Small tomato
3 Avocadoes	Juice of ½ lime
Dash of salt	

Chop cilantro, onion and jalapenos. Slice avocadoes in half lengthways around seed & twist. Using a Chef Knife, remove seed by putting knife into seed & twisting to remove. Scoop out the avocado meat and put it into the Power Chef with tomato. Add lime juice and salt to taste. Blend to preferred consistency.

Warm Potato Salad

11/2 lb./680 g fingerling potatoes or small red potatoes

Place whole potatoes in base of Tupperware® SmartSteamer. Cover and place in microwave and cook on High power for 16–18 minutes or until potatoes are tender when pierced with a fork. While potatoes cook, prepare Herb Vinaigrette (recipe below. Remove potatoes from Tupperware® SmartSteamer and when cool enough to handle cut into large chunks or slices and place in serving bowl. Immediately pour dressing over potatoes and toss gently until combined; season with salt and pepper to taste.

Herb Vinaigrette

2 tbsp. flat-leaf parsley
1 shallot
11/2 tbsp. balsamic or apple cider vinegar
salt and pepper, to taste
1 tbsp. fresh rosemary
1/4 cup extra-virgin olive oil
1/2 tbsp. Dijon mustard

Place first six ingredients in base of Chop 'N Prep™ Chef. Replace cover, pull cord 4–5 times or until herbs are finely chopped and oil and vinegar are blended; season with salt and pepper. Set aside.

Applesauce recipe:

2 apples peeled and cored.
Steam in the SmartSteamer for 10 minutes. Place cooked apples in the PowerChef; add 1 or 2 tsp sugar and cinnamon vanilla seasoning to taste. Blend til smooth.

Potato Corn CHOWDER

1 medium onion, peeled and quartered
1 celery stalk, quartered
1 garlic clove, peeled
1 medium potato, peeled and quartered
1 tsp. extra virgin olive oil
1 tsp. Simple Indulgence Steak & Chop Seasoning Blend
2 cups vegetable stock
2 cups frozen corn kernels
14-oz./415 g can cream-style corn
1 cup half and half

Place onion, celery and garlic into base of Power Chef™ System fitted with blade attachment. Cover and pull cord several times to chop. Transfer Stack Cooker 3 qt Casserole. Place potato in base of Power Chef™ System fitted with blade attachment. Cover and pull cord several times to chop.

Add potato to onion mixture in TupperWave Cook-It™ Bowl along with oil and seasoning blend. Stir to combine thoroughly. Cover and microwave on high power 2 minutes.

Uncover container and stir in vegetable stock and corn. Cover and microwave on high power 12 minutes. Uncover, stir in half and half, replace cover and microwave 2 minutes more or until just heated through.

TIP: To reduce fat, replace half and half with fat-free half and half.

Mashed Potatoes

2 or 3 potatoes
1 tsp butter
½ cup sour cream

Place potatoes in the SmartSteamer. (peeled and halved) and cook until fork tender (about 7 min)

Place all ingredients in the Power chef and blend.

Can add 1 clove of garlic, chopped, if desired.

Simply Salsa

1 can diced tomato (15 oz.)
1 Tbsp. Chef Series Southwest Chipotle Seasoning Blend
1 small onion (peeled and cut in quarters)
Juice of ½ lime
2 cloves garlic (peeled and smashed)
2 Tbsp. fresh cilantro (optional)

Using a Chef Series™ Paring Knife peel & slice onion into 4 pieces; place in Quick Chef with blade, cover & turn handle until onion is roughly chopped. Add remaining ingredients; cover & turn handle until desired consistency. Remove blade & place salsa in an Open House™ Dip Bowl with a Saucy Silicone Spatula. Serving Suggestion: Serve with chips or as a topping for tacos/nachos!
Optional ingredients: Jalapeno peppers

White Salsa

2 bunches of green onion
3 cloves of garlic
4 oz. black olives
1 tsp. tabasco
Juice of one lime
1 cup real mayonnaise
1 cup light sour cream
Black pepper

Using Quick chef, chop onion, garlic and black olives. Using funnel, add lime juice and Tabasco. and use the quick paddle to mix. Add all other ingredients

Serve with yellow corn chips.

Italian Bruschetta

3 cloves of garlic
1 Tablespoon Olive Oil
1 Teaspoon Balsamic Vinegar
6 leaves of fresh basil
Pinch of Tupperware® Simple Indulgence Italian Herb Seasoning Blend
1 cup Grape Tomatoes

In the Quick Chef, chop garlic, until minced. Add Olive Oil, Balsamic Vinegar and Basil, and chop. Add Seasoning Blend and Grape Tomatoes and chop lightly. Serve with toasted baguettes.

Mixed Olive Tapenade

1/2 tbsp. fresh basil leaves
1/2 tbsp. fresh thyme leaves
1/2 tbsp. flat leaf parsley
1/2 tbsp. fresh oregano leaves
3/4 cups mixed olives, pitted and rinsed 1 tbsp. capers
1 clove garlic
2-3 tbsp. extra virgin olive oil

Combine all ingredients in base of Chop 'n Prep™. Re- place cover, twist to seal and pull cord 15-20 times or until well blended. Remove blade and transfer to a serving bowl. Serve with French bread or crackers.

Cauliflower Ceviche

1lb cauliflower
1 large tomato
1 lime squeezed
1/2 bunch of cilantro
1 tbsp chipotle
1 hot peppers (optional)
Add salt to taste.

Preparation: Cut cauliflower in medium size pieces and place in the 1-3/4 Stack Cooker. Heat in microwave for 6 minutes. Remove from microwave and place the cauliflower in the Quick Chef using the blade and turn until cauliflower is chopped. Next, place the tomato, onion, cilantro and peppers in quick chef and stir until chopped. Add this mixture to the cooled cauliflower. Squeeze lime juice over the mixture and stir with the Silicone Spatula. Serve with tortilla chips.

Southwest Chipotle Hummus

1 can of chickpeas drained and rinsed
2 cloves of garlic
Salt to taste
4 TBSP of extra virgin olive oil
1 lemon juiced
2 TBSP SW Chipotle spice

Place the all ingredients in the Power Chef with the chopping blade attachment. Add salt to taste. If it does not seem smooth enough add more extra virgin olive oil. Serve with vegetables or pita chips.