UltraPro Ovenware

No, you're not dreaming. Yes, it's **oven-safe Tupperware**. These hot dishes are made of a revolutionary material safe for the oven, microwave, fridge, freezer and dishwasher. Elegant, **lightweight** and stackable, this is the ultimate all-in-one cooking and serving solution.

- **Save time** by starting dinner in the microwave and finishing to a **golden brown crisp** in the oven.
- As if there wasn't enough to love about this versatile collection, its **nonstick** quality also makes it a breeze to clean.

UltraPro Ovenware

This state-of-the-art collection can do almost everything (and look good doing it). From the freezer to fridge to microwave to oven to table, your meals can be faster, easier and tastier with UltraPro.

- Safe for use up to 482° F/250° C and as low as -13° F/-25° C. Not suitable for broiling or for use with your oven's grill feature.
- Avoid contact with heat sources by placing UltraPro Ovenware at least 2"/5 cm away from the oven/microwave oven walls and heat sources.
- Do not use metal utensils for stirring or serving. Our collection of Kitchen Tools is ideal for use with UltraPro Ovenware.
- Avoid abrasive cleaning materials.

Flip Bases
Accommodate taller dishes

Tandem Cook
Microwave to oven

Stack Cook
Invert covers to create layers

Same length & width for compatible stacking:
3.5-Qt./3.3 L Lasagna Pan =
6-Qt./5.7 L Roasting Pan

2.1-Qt./2 L Casserole Pan =
3.7-Qt./3.5 L Casserole Pan
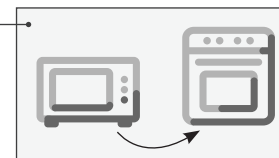
Cover
Can also be inverted to create a shallow dish

Base
3.5-Qt./3.3 L Lasagna Pan shown here

Nonstick quality reduces the need for excess oil or butter and makes the material easy to clean.

Save Space
Nests for compact storage

This product, like everything we sell in the U.S. & Canada, is BPA-free.

Serves 4 • Serving size: 1 cup

30 minutes

PREP: 10 minutes
COOK: 20 minutes

Weeknight Chicken
POT PIE

1 package frozen puff pastry crust,
   thawed according to package instructions
2 large carrots, peeled and cut into 1"/2.5 cm pieces
2 celery stalks, trimmed and cut into 1"/2.5 cm pieces
1 small onion, peeled and quartered
8-oz./225 g chicken breast, cut into large chunks
¼ cup unsalted butter
¼ cup all-purpose flour
2 cups reduced-fat (2%) milk
1 tsp. coarse kosher salt
½ tsp. black pepper

1. Preheat oven to 425° F/218° C.
2. Form dough to fit inverted cover of UltraPro 1.6-Qt./1.5 L Round Pan.
   Bake 15 minutes.
3. Add carrots to base of Quick Chef® Pro System fitted with the blade
   attachment. Cover and turn handle until roughly chopped and remove to
   base of UltraPro Round Pan. Repeat with celery and onion.
4. Microwave vegetable mixture, uncovered, on high power 1 minute. Add
   chicken to veggies and microwave, uncovered, on high power 5 minutes
   or until chicken is white and cooked through.
5. In Chef Series 11"/28 cm Fry Pan over medium heat, melt butter. Whisk
   flour into melted butter.
6. Add milk to fry pan and whisk continuously until mixture thickens. (When
   the mixture reaches a boil it will thicken). Season milk mixture with salt
   and pepper.
7. Pour milk mixture over chicken mixture in Round Pan and stir to
   combine.
8. Remove pie crust from inverted cover and use to top pot pie mixture.

Nutritional Information (per serving):
Calories: 340 Total Fat: 19g Saturated Fat: 10g Cholesterol: 75mg Carbohydrate:
24g Sugar: 12g Fiber: 3g Protein: 19g Sodium: 710mg Vitamin A: 150% Vitamin
C: 15% Calcium: 20% Iron: 6%

TO DEMO

UltraPro 1.6-Qt./1.5 L
Round Pan

OPTIONAL

Quick Chef® Pro
System

Chef Series 11"/28 cm
Fry Pan

Measuring
Cups

Measuring
Spoons

Silicone
Spatula

Whisk

Serving
Spoon

Serves 8 • Serving size: 1 slice

30 minutes

PREP: 10 minutes
COOK: 20 minutes

Simple
VEGGIE BAKE

2 Idaho potatoes, peeled and halved
½ tsp. coarse kosher salt
1 zucchini, halved
2 Roma tomatoes
1 tsp. Italian Herb Seasoning
2 tsp. extra virgin olive oil
½ cup Parmesan cheese, shredded

1. Preheat oven to 425° F/218° C.
2. Set Mandoline round knob to #4, triangular knob to "lock" and select the straight v-shaped blade insert.
3. Press down on potato half to attach to food guider and place on top of Mandoline. Push food guider down Mandoline to slice potato into discs. Repeat with remaining potato halves.
4. Toss potatoes slices in salt and spread evenly over inverted cover of UltraPro 3.5-Qt./3.3 L Lasagna Pan. Microwave on high power 5 minutes.
5. With Mandoline round knob still set to #4, attach tomato to food guider and push down to slice.
6. Set Mandoline round knob to #2. Attach a zucchini half to the food guider and slice. Repeat with remaining zucchini halves.
7. Toss zucchini slices in seasoning blend and olive oil and layer in even rows over warm potatoes. Layer sliced tomato in two rows over zucchini.
8. Sprinkle Parmesan cheese over vegetables and bake, uncovered, 20 minutes, or until cheese is browned and vegetables are tender.

Nutritional Information (per serving):
Calories: 110 Total Fat: 3.5g Saturated Fat: 1.5g Cholesterol: 5mg Carbohydrate: 16g Sugar: 2g Fiber: 2g Protein: 5g Sodium: 230mg Vitamin A: 4% Vitamin C: 20% Calcium: 8% Iron: 2%

date me

Tupperware®

TO DEMO

UltraPro 3.5-Qt/3.3 L Lasagna Pan

Italian Herb

OPTIONAL

Mandoline

Measuring Cups

Measuring Spoons

Universal Peeler

Large Spatula

Serves 6 • Serving size: ½ cup polenta with asparagus & tomatoes

30 minutes

PREP: 5 minutes
COOK: 25 minutes

Creamy
POLENTA with Veggies

3 cups water
1 cup polenta (yellow corn grits)
1 tsp. coarse kosher salt, divided
½ lb./225 g asparagus, trimmed*
1 cup cherry tomatoes, halved
1 tbsp. extra virgin olive oil
⅛ tsp. black pepper
½ cup Parmesan cheese

1. Preheat oven to 375° F/190° C.
2. Combine water, polenta and ½ tsp. salt in UltraPro 3.5-Qt./3.3 L Lasagna Pan.
3. Invert Lasagna Pan cover and place asparagus and cherry tomato halves on top.
4. Drizzle vegetables with olive oil and sprinkle with black pepper and remaining salt. Place inverted cover over base and bake together 25 minutes.
5. Remove from oven, stir Parmesan into polenta, and serve with vegetables.

This recipe was written using thick asparagus. If you have thin asparagus, add to the tomatoes on top of the polenta after 10–12 minutes of cooking.

Nutritional Information (per serving):
Calories: 160 Total Fat: 6g Saturated Fat: 2.5g Cholesterol: 10mg Carbohydrate: 20g Sugar: 1g Fiber: 2g Protein: 7g Sodium: 440mg Vitamin A: 10% Vitamin C: 10% Calcium: 10% Iron: 10%

TO DEMO

UltraPro 3.5-Qt/3.3 L
Lasagna Pan

OPTIONAL

Measuring
Cups

Measuring
Spoons

Serving
Spoon

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