

Smart Multi-Cooker

Recipes & Cooking Guide



The 4-in-1 Tupperware Smart Multi-Cooker is an all-in-one solution to steaming stacked meals, plus preparing up to 8 cups of cooked rice and up to 6 cups pasta, depending on shape.



Parts

Grain Seal

Used for cooking rice and grains. Prevents water from overflowing while cooking.

Grain Insert

Used for cooking rice and grains. Cuts the foam created during the cooking process.

Shielded Cover

Used for steaming. Blocks microwaves from food and keeps steam inside for optimal cooking.

Shallow Colander

Used to stack steam soft and delicate foods.

Shielded Colander

Used for steaming, blocks microwaves from food and allows to cook food. Can also be used to drain pasta and to keep it warm.

Base Water Reservoir

Used as a water reservoir for steaming. Used for cooking pasta, rice and grains.



Warnings

- NEVER add oil, butter or any other fat to the water used for cooking pasta, cooking rice, steaming or multi-cooking. It could damage the Base.
- Microwave no more than **25 minutes** at a time. Let the product and the microwave cool down before reusing.
- Contents will be hot after cooking. Use oven gloves when removing the product from the microwave.
- Always remove the Shielded Cover, the grains seal and the grains insert away from you so the steam is directed away from you.
- Do not use abrasive, sharp or metal utensils.
- All components are dishwasher safe.
- Cooking times may vary, depending on the size and wattage of your microwave. Please consult your owner's manual for more information.
- For more detailed use and care tips, see the white product insert included with the product.



25 MINUTES



Smart Multi-Cooker Recipes

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- Creamy Chicken Pesto Salad
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- Ginger Sesame Garlic Shrimp
- Green Chili Chicken Slider
- Green Curry Mussels
- Harvest Green Bean Salad
- Healthy Red Potato Salad
- Herb Butter Shrimp & Orzo
- Herbed Chicken & Vegetables
- Hoisin Salmon & Noodles
- Honey Herbed Butter Carrots
- Honey Lime Chicken with Pineapple Salsa
- Island Shrimp Tacos with Chili Lime Coleslaw & Mango Papaya Salsa
- Italian Chicken & Vegetables
- Japanese Shrimp & Vegetables
- Lemongrass and Ginger Chicken Rice Bowl
- Lemon Ginger Sushi Rice
- Lemon Pepper Chicken with Asparagus
- Lobster Tails with Curry Butter
- Lobster Tails with Hazelnut Brown Butter Sauce
- Low Country Boil
- Maple Mustard Glazed Salmon
- Mini Almond Cakes Gluten Free
- Mini Meatloaves
- Minted Feta Orzo
- New England Clam Chowder
- Paella
- Pears with Hot Caramel Cinnamon Sauce
- Pesto Chicken Pasta
- Pork Dim Sum Meatballs
- Potato & Cauliflower Mash
- Potato Soup
- Prawn and Fennel Risotto
- Pumpkin Custard
- Quick Pepper Poppers
- Quinoa Breakfast Bowls
- Quinoa & Pork Tenderloin Salad
- Ratatouille & Halibut
- Roasted Red Pepper Chicken Farfalle
- Rocky Point Clam Chowder
- Salmon & Asian Slaw Salad
- Salmon with Pink Peppercorns & Snow Peas
- Scallops with Lemon Vinaigrette
- Shepherd's Pie Peppers
- Shrimp & Broccoli in Garlic Sauce
- Shrimp, Green Beans, Tomatoes & Potatoes
- Shrimp Campi
- Shrimp & Spicy Cocktail Sauce
- Shrimp with Cilantro Lime Sauce
- Smoked Salmon & Quinoa Salad
- Southwest Salmon Salad
- Spaghetti and Meatballs
- Spinach Arugula Pesto Zoodles
- Steamed Salmon & Broccoli
- Steamed Salmon & Rainbow Noodles
- Steamed Sliders
- Steamed Shrimp, Red Peppers & Green Beans
- Steamed Stuffed Artichoke
- Steamy Chicken Fajitas
- Stuffed Cabbage Rolls
- Stuffed Tomatoes
- Tangy Citrus Chicken with Vegetables
- Teriyaki Chicken with Vegetables
- Thai Chicken & Coconut Rice
- Thai Chicken Salad
- Thai Green Curry
- Tilapia with Cayenne Sauce and Coconut Rice
- Tuna Casserole
- Turkey Tenderloin with Spicy Sweet Potatoes
- Warm Rosemary Potato Salad

Pasta

Pasta - Prepare perfect pasta in the microwave! No need to wait for boiling water and no messy overflow on your stovetop. Strain and toss all with one versatile product

The pasta Base features a 3-Qt. capacity, for cooking up to 1 lb. of dry pasta (see cooking chart in the product insert). This results in up to approximately 6 or 6 to 8 cups of cooked pasta, depending on the size.

Rice Grains

Rice/Grains - Now you can enjoy the home-steamed flavor of perfect rice every time. This unique product lets you both cook and serve rice, all from one container.

The grains Base features a 3-Qt. capacity, for cooking up to 2½ cups of dry rice (see cooking chart in the product insert). This results in up to approximately 8 cups of cooked rice, depending on the size.

Steam

Steam - for perfectly steamed foods. Our unique, two-tiered system lets you steam one or two foods at once. Steaming is one of the healthiest ways to prepare food because it retains nutrients, fatty acids and vitamins while preserving color, texture and flavor. And it's also one of the most delicious, too!

Multi-Cooking

Multi-Cooker - That means cooking pasta, potatoes or other veggies in water inside the Base (using microwaves), while foods in the Shielded and Shallow Colanders stacked above are cooked with only the rising steam. It's using multiple cooking techniques for a stacked meal with quick and delicious results.

Note: grains such as rice, quinoa or farro are not recommended when multi-cooking.

Smart Multi-Cooker



Ale Sausage & Peppers

- ¼ cup beer
- 1 lb. Italian Sausage Links, cut into bite-sized pieces
- 2 green bell peppers, seeded and chopped
- 1 yellow onion, peeled and chopped
- ½ cup chicken stock
- 2 tbsp. grainy mustard
- 2 tbsp. corn starch
- ½ tsp. kosher salt
- Hoagie Rolls



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam.
2. Place Shielded Colander inside Base.
3. Pour beer into a snack cup and place centered inside Large Shielded Colander.
4. Place sausage links around snack cup.
5. Place peppers and onion in the Shallow Colander, stacking Shallow Colander on top of Large Shielded Colander.
6. Cover with Shielded Cover and microwave 8-10 minutes. Remove from microwave.
7. In a medium saucepan combine chicken stock, mustard, cornstarch and salt, simmer on low heat, add vegetables.
8. Place sausage on hoagie roll, top with sauce and peppers.



Asian Chicken, Vegetables & Rice

- 1 cup low-sodium soy sauce
- ½ tbsp. sesame oil, divided
- 1 tbsp. peanut oil
- ½ lime, juiced
- 1-in. piece ginger, thickly sliced
- 1 clove garlic, sliced
- ½ cup cilantro, chopped
- 4 boneless, skinless chicken breasts
- ½ head Savoy or Napa cabbage
- ½ cup baby carrots
- ½ cup white mushrooms, sliced
- ½ cup broccoli florets



1. Add soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic and cilantro in the Season-Serve Container, add chicken. Marinate chicken in refrigerator for at least ½ hour or up to overnight.
2. In the Base of the Smart Multi-Cooker, stir together rice, water and salt. Place grains insert on top of Base; place grains seal on top of insert. Microwave on high power 5 minutes, then on 50% power 7 minutes more. Remove from microwave, remove seal and insert; let stand 5 minutes. Fluff with fork. Transfer rice to a bowl and cover. Clean Base.
3. Fill the Base of the Smart Multi-Cooker with water to max fill line for Steam Icon. Place Shielded Colander inside Base.
4. Line the bottom of Large Shielded Colander with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Be sure to leave some holes clear for steam to flow through.
5. If desired, in Chef Series 11" Fry Pan, brown chicken slightly on both sides in ½ Tbsp. sesame oil.
6. Place the chicken in the Shallow Colander and stack Shallow Colander over the over the Large Shielded Colander.
7. Cover and steam in the microwave on high power 10–15 minutes, or until the chicken is cooked through and juices run clear.



Asian Spiced Meatballs

- 1 cup cooked rice
- ½ cup minced green onions
- ½ lb. ground chicken or turkey
- 1 tbsp. soy sauce
- ½ cup mushrooms, finely chopped
- 2 tsp. cornstarch
- 1 tsp. minced peeled ginger
- ½ tsp. sesame oil



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam Icon. Place Shielded Colander inside Base.
2. Place cooked rice in a small bowl.
3. In a medium Thatsa Bowl, mix the remaining ingredients and shape into 12 meatballs.
4. Roll meatball in the rice, Place 6 balls in Large Shielded Colander and 6 balls in Shallow Colander.
5. Stack Shallow Colander on top of the Large Shielded Colander and place Shielded Cover on top.
6. Microwave on high power 10–15 minutes, or until the meatball is cooked through.



Asian Summer Rolls

- 24 small fresh shrimp, peeled and tails removed
- ½ tsp. coarse kosher salt, divided
- ¼ cup shredded carrot
- ¼ cup shredded kale
- ¼ cup shredded red cabbage
- ¼ cup red onion, minced
- 1 tbsp. sesame oil
- 2 tsp. rice wine or apple cider vinegar
- ¼ tsp. freshly grated ginger
- 8 rice paper wrappers
- 1 bunch cilantro leaves



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base. Place shrimp in Large Shielded Colander and sprinkle with ¼ tsp. salt.
2. Cover with Shielded Cover and microwave on high power 3-5 minutes. Remove from microwave; set aside.
3. Meanwhile, toss together carrot, kale, cabbage, onion, sesame oil, vinegar, ginger and remaining salt in a medium bowl. Set aside.
4. Add warm water to a second medium bowl. Dip 1 rice paper wrapper in water to moisten and transfer to clean cutting board.
5. When pliable, place three shrimp in a single row in the center of the rice paper. Place about 1–2 tbsp. cabbage mixture on top of shrimp. Top with 3–4 cilantro leaves.
6. Fold the right and left sides of the wrapper inward. Starting from the end closest to you, roll into a tight cigar shape; set aside. Repeat with remaining wrappers.
7. Serve cold or at room temperature.

Asian White Fish in Chili Sauce

- 8 oz. whitefish filets (sea bass, cod, halibut, red snapper, or tilapia)
- ½ cup water
- 3 Tbsp. soy sauce
- 2 Tbsp. sesame oil
- 2 Tbsp. thinly sliced ginger
- 4 oz. bok choy, chopped
- 1 tsp. chopped cilantro leaves
- 3 minced garlic cloves
- ½ tsp. chili powder
- 1 tsp. red pepper flakes
- 1 Tbsp. granulated sugar
- Salt and black pepper



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base. Place fish in the Large Shielded Colander, arrange bok choy around fish, season with salt and pepper to taste.
2. Cover and microwave on high power for 8-12 minutes. Until fish is flaky or opaque.
3. Transfer the fish to a nice serving plate.
4. In a saucepan bring the water, chili powder, cilantro, soy sauce, sesame oil, ginger, garlic, red pepper flakes, and sugar to a boil, for two minutes.
5. Check the seasoning and adjust if necessary.
6. Arrange the fish and bok choy on serving plates and pour the chili sauce over the top.

Baba Ghanoush

- 1 medium eggplant, cut into quarters
- ¼ cup tahini (sesame paste)
- 1 tsp. kosher salt
- 1 lemon, zested and juiced
- 2 garlic cloves, peeled and minced
- 4 tbsp. extra virgin olive oil, divided
- 1 tbsp. minced fresh flat leaf (Italian) parsley
- 1 tbsp. minced fresh mint
- 1 tbsp. sesame seeds, toasted



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base and add eggplant. Cover with Shielded Cover and microwave 15 minutes or until tender. Remove from microwave. Transfer eggplant to a plate until cool enough to handle.
2. Scoop center flesh from eggplant, transfer to the Base of the Power Chef System fitted with the blade attachment. Add tahini, salt, lemon zest and juice, garlic and 2 tbsp. of the olive oil. Pull cord until well blended and smooth. Add salt and pepper to taste.
3. Transfer mixture to a serving bowl. Drizzle with remaining olive oil and garnish with parsley, mint and sesame seeds. Serve with pita wedges.

Baked Apples

- 5-6 apples
- 1 cup oatmeal 4 Tbsp. brown sugar
- 2 Tbsp. flour 1 tsp. ground cinnamon
- 6 Tbsp. cold butter

You can add dried raisins or cranberries or other dried mixed fruits if desired or nuts.



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Core each apple making a large well in the center and arrange in the Large Shielded Colander.
3. In a small Thatsa Bowl, mix oats, brown sugar, flour and cinnamon together in a bowl; cut in butter until evenly combined. Spoon approximately ¼ cup of the oat mixture into each apple.
4. Cover with Shielded Cover and steam in the microwave on high power 10–15 minutes.

BBO Chicken Sliders with Smokey Coleslaw

- 1 whole chicken, about 3 lbs.
- 1 cup low-sodium barbeque sauce
- 1 tsp. Southwest Chipotle Seasoning
- 1 package slider buns

- Coleslaw*
- ½ cup fat-free mayonnaise
- 1 tbsp. granulated sugar
- ¼ tsp. onion powder
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ tsp. liquid smoke
- 8 oz. bagged coleslaw mix



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Rinse chicken under cold running water, remove giblets from cavity and discard. Pat dry with a paper towel.
3. Place chicken in the Large Shielded Colander breast side down to achieve even cooking. Place inside Base, cover and microwave on high power for 28-30 minutes or until the internal temperature of the breast reaches 165° F/75° C. Allow chicken to cool, covered in the Smart Multi-Cooker Base.
5. Mix mayonnaise, vinegar, sugar, celery seed, onion powder, salt, pepper and liquid smoke in a large bowl. Add coleslaw mix and stir to combine.
6. Once chicken is cool enough to handle, remove chicken from Steamer Base, remove and discard skin and remove meat from the bone, discarding bones. Shred meat using fingers or two forks and place in saucepan over medium heat. Add barbecue sauce and seasoning blend. Bring to a simmer and stir to combine.
7. Spoon chicken onto slider buns. Top with coleslaw if desired.



Beef Stroganoff

- 2 small New York strip steaks, sliced thin, 2" lengths
- ¼ tsp. kosher salt, divided
- 1 tbsp. extra virgin olive oil
- 1½ cups sliced mushrooms
- 1 medium yellow onion, peeled and sliced thin
- 2 garlic cloves, peeled and minced
- ½ cup heavy cream
- ¼ tsp. freshly cracked black pepper
- ½ lb. egg noodles
- 6 cups water
- 2 tbsp. chopped parsley

TUPPERWARE



1. In a small bowl, toss together steak, ¼ tsp. of the salt and olive oil. In the Base of the MicroPro Grill, add steak. Place cover on steak in the grilling position. Microwave on high power 3-4 minutes. Remove from microwave. Transfer steak to a large bowl; set aside.
2. In the Base of the MicroPro Grill, combine mushrooms, onion and garlic. Place cover on top of vegetables in the GRILL position. Microwave on high power 5 minutes or until lightly charred. Remove from microwave, add cream, ¼ tsp. of the salt and pepper. Place cover on MicroPro Grill in the CASSEROLE position; microwave on high power 1 minute. Remove from microwave, transfer onion mixture to bowl with steak.
3. In the Base of the Smart Multi-Cooker combine noodles, remaining salt and water. Microwave on high power 7 minutes or until desired doneness. Drain pasta, toss with steak and sauce. Add salt and pepper to taste, top with parsley. Serve warm.



Beef Tacos

- 1 lb. lean (at least 80%) ground beef
 - 1 pkg. (1 oz.) taco seasoning mix
 - 1 box (4.6 oz.) taco shells (12 shells)
- Toppings optional*
- Shredded lettuce
 - Shredded Cheddar cheese
 - Sour Cream
 - Taco sauce
 - Shredded Monterey Jack Cheese
 - Salsa verde
 - Chopped tomatoes
 - Chopped cilantro
 - Lime wedges
 - crumbled cotija
 - Sliced avocado
 - Pickled jalapeños

TUPPERWARE



1. In a medium That'sa Bowl, mix the ground beef and taco seasoning.
2. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
3. Add meat mixture, slightly crumbled when adding.
4. Microwave on high power 10 minutes or until meat is cooked through. Let stand for 5 minutes, stir and serve.
5. Heat taco shells according to package.
6. Prepare tacos to your preference.

If using soft shell, uncover meat after cooking and add tortillas and re-cover to soften them.



Bombay Mango Chicken Salad

- 3 chicken breasts, cut into chunks
- ¼ cup non-fat plain Greek yogurt
- ¼ cup low-fat mayonnaise
- 1 tbsp. curry powder
- 3 tbsp. lime juice
- 1 tbsp. honey
- 1 ripe mango, peeled, pitted and chopped
- 1 cup red seedless grapes, halved
- 8 oz. can water chestnuts, drained
- ½ cup salted, roasted cashews
- salt and pepper, to taste

TUPPERWARE



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Sprinkle ¼ tsp. salt over chicken breast
3. Place chicken in the Large Shielded Colander.
4. Microwave on high power 8-10 minutes or until juices run clear and internal temperature reaches 165° F/75°C. Drain water and place chicken in the Base of the Smart Multi-Cooker.
5. Place the yogurt, mayonnaise, curry powder, lime juice and honey in the Base of Power Chef fitted with the Whip Accessory and turn handle until well mixed pour over chicken.
6. Add the remaining ingredients to chicken mixture and gently combine with the dressing.
7. Serve immediately or refrigerate for up to three days.



Broccoli & Chicken Farfalle Alfredo

- 1 lb. chicken tenders
 - Salt and pepper, to taste
 - ½ lb. farfalle pasta
 - ½ tsp. salt
 - 2 cups fresh broccoli florets
- Sauce*
- 2 tbsp. butter
 - 1-2 cloves garlic, minced
 - 2 cups heavy cream
 - 1 cup Parmesan cheese, shredded
 - 1 oz. cream cheese

Suggestion: Add some red chili pepper flakes. Lemon zest and fresh parsley.

TUPPERWARE



1. Add farfalle pasta and ½ tsp. of the salt to the Base of the Smart Multi-Cooker.
2. Add 3-4 cups water to reach the indent in the Base of the Smart Multi-Cooker Base.
3. Place chicken in the Shielded Colander and season with salt and pepper and place inside Base, (without removing pasta).
4. Place broccoli in the Shallow Colander, place on top of Large Shielded Colander, place Shielded Cover on and microwave on high power for 15 minutes, or until pasta is al dente or cooked to desired doneness.
5. Meanwhile, in a medium saucepan, melt butter and add garlic, slowly add heavy cream while stirring continuously, whisk in cream cheese, until melted, then add parmesan cheese.
6. Drain pasta, add the sauce to the pasta, add the chicken and broccoli, stir. Serve warm.

Broccoli Salad

- 1 teaspoon salt
- 5-6 cups fresh broccoli florets (about 1 pound of florets)
- ½ cup toasted slivered almonds
- ½ cup cooked, crumbled bacon
- ¼ cup of red onion, chopped
- 1 cup of frozen peas, thawed (or fresh peas if you can get them)
- 1 cup mayonnaise
- 2 Tbsp. apple cider vinegar
- ¼ cup honey



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place broccoli in Large Shielded Colander.
3. Cover with the Shielded Cover and microwave on high power 10–12 minutes.
4. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. After the broccoli cools, drain it well before dressing it in the next step.
5. Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl.
6. In a separate bowl, whisk together mayonnaise, cider vinegar and honey. Add dressing to the salad and toss to mix well.
7. Chill thoroughly before serving.

Brown Butter Parmesan Asparagus with Walnuts

- 1 bunch asparagus (about ¾ pound), ends trimmed
- 3 Tbsp. unsalted butter
- ¼ cup chopped walnuts
- 1 garlic clove, minced
- ½ teaspoon chopped fresh thyme leaves
- ¼ cup Parmesan cheese, finely grated
- Kosher salt, as needed
- ¼ teaspoon fresh ground black pepper
- Lemon juice, optional



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place asparagus in Large Shielded Colander.
3. Cover with the Shielded Cover and microwave on high power 12–14 minutes.
4. Meanwhile, melt the butter in a Chef Series II skillet over medium heat. Cook until the foam has subsided and the butter turns a deep golden brown, about 4 minutes. (Take care that it doesn't burn.)
5. Stir in the nuts and cook until fragrant, about 2 minutes.
6. Stir in the garlic and thyme and cook until fragrant, about 30 seconds. Remove from heat and whisk in the cheese. Season with salt and pepper.
7. Spoon nut mixture over warm asparagus and serve at once.

Sprinkle with fresh squeezed lemon juice if desired.

Bruschetta Chicken

- 4 chicken cutlets
- ½ tsp. coarse kosher salt
- ½ tsp. Italian Herb Seasoning
- 1 garlic clove, peeled
- 2–3 basil leaves
- ½ cup grape tomatoes
- ¼ cup shredded mozzarella cheese



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Flatten chicken cutlets using a mallet or pan and season one side with salt and Italian herb seasoning.
3. Place garlic, basil and tomatoes in Base of Chop 'N Prep Chef, cover and pull cord until finely chopped.
4. Spread tomato mixture over unseasoned side of chicken cutlets, roll each cutlet and secure with toothpicks.
5. Place chicken in the Large Shielded Colander, place Shielded Cover on and Microwave on high power for 10-12 minutes, or until chicken is cooked through and reaches an internal temperature of 165° F/75° C.
6. Top cutlets with mozzarella and replace Shielded Cover of Smart Multi-Cooker 1–2 minutes to melt the cheese. Serve warm.

Buffalo Chicken Flatbread

- 8-oz. boneless, skinless chicken breast
- 1 celery stalk, quartered
- ¼ cup buffalo sauce
- 2 naan flatbreads, or any flatbread
- 3 tbsps. bleu cheese salad dressing



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Place chicken in the Large Shielded Colander, place Shielded Cover on and Microwave on high power for 12-14 minutes, or until chicken is cooked through and reaches an internal temperature of 165° F/75° C.
3. As chicken finishes steaming, preheat oven to 425° F/218° C.
4. Place celery in Base of Quick Chef Pro System fitted with blade attachment, cover and turn handle several times to chop. Remove to a small bowl and set aside.
5. When chicken finishes cooking, allow to rest, covered, 5 minutes. Remove and cut into cubes.
6. Place chicken and buffalo sauce in Base of Quick Chef Pro System fitted with blade attachment. Cover and turn handle several times until finely chopped.
7. Spread chicken over flatbreads, place in Cover of the UltraPro Lasagna Pan and bake 6–10 minutes, depending on thickness of chosen flatbread, monitoring to avoid burning.
8. Before serving, sprinkle celery over chicken and drizzle with bleu cheese dressing.



Butternut Squash Mac & Cheese

- 1 butternut squash, peeled and seeded
- 16 oz. elbow pasta
- 1 tsp. coarse kosher salt
- 8 oz. shredded cheddar cheese
- ½ cup 2% milk
- 4 tbsp. unsalted butter
- ½ cup breadcrumbs



1. Preheat oven to 350° F/175° C.
2. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
3. Cut butternut squash into large 2" pieces and place inside Large Shielded Colander. Cover with Shielded Cover and Microwave on high power for 20 minutes. Transfer squash to a medium bowl. Rinse Base.
4. Place pasta into Base of Smart Multi-Cooker and fill to Pasta Fill Line with water and salt, if desired. Microwave on high for 10–12 minutes or until pasta is al dente, drain pasta.
5. In two batches, add steamed butternut squash to Power Chef fitted with blade attachment. Cover and pull cord until processed. Return to medium bowl.
6. Stir cheese, milk and butter into warm squash. Stir in pasta once it is cooked. Spread in to UltraPro Casserole Pan and top with breadcrumbs.
7. Bake at 350° F/175° C for 15 minutes to brown breadcrumbs.



Cantonese Steamed Flounder

- 1 medium flounder, cut into 3 or 4 pieces
- 3 scallions, julienned
- 3 tbsp. fresh ginger, julienned
- 1 small bunch of cilantro, chopped
- 4 tbsp. soy sauce
- ½ tsp. salt
- ½ tsp. sugar
- 4 tbsp. water
- 2 tbsp. oil



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Season both sides of the flounder with salt and pepper. Place flounder in the Large Shielded Colander of the Smart Multi-Cooker. Place Shielded Cover on and Microwave on high power for 20 minutes. Until fish is flaky or opaque.
3. Transfer the fish to a nice serving plate. Spread the cilantro and about one third of the scallion (use the green portions), directly onto the steamed fish.
4. Combine the soy sauce, salt, sugar and water into a small bowl and mix well.
5. Heat a small chef series saucepan to medium to high heat and add 2 tbsp. of canola oil. Add the ginger and let it brown lightly, about a minute. Then add the rest of the scallions.
6. Next, add your soy mixture to the saucepan and keep the heat on high to keep everything sizzling. Cook until the scallions are wilted – about 30 seconds. Take it off the heat and spoon the entire mixture over the fish.



Cantonese Steamed Snapper

- 2 green onions, sliced thin
- 1 tbsp. minced fresh ginger
- ½ tsp. kosher salt
- ¼ tsp freshly ground black pepper
- 2 fresh snapper fillets, skin removed*

- Sauce*
- 2 tbsp. minced shallot
 - 1 tsp. minced fresh ginger
 - ½ tsp. minced fresh garlic
 - ¼ cup orange juice
 - 3 tbsp. maple syrup
 - ¼ tsp. kosher salt
 - ¼ tsp. white vinegar
 - 1 tbsp. cornstarch



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. In a small bowl, stir together green onion, ginger, salt and pepper.
3. Season both sides of the Snapper with salt and pepper and place in the Large Shielded Colander of the Smart Multi-Cooker. Divide green onion mixture evenly between the two fillets, spread across top of each fillet.
4. Cover with Shielded Cover and microwave on high power 9-12 minutes. Remove from microwave, remove cover and transfer fish to a serving dish.
5. Make the sauce. In the 2-cup Micro Pitcher, stir together shallot, ginger, garlic, orange juice, maple syrup, salt, vinegar, and cornstarch. Microwave on high power 1 minute 30 seconds. Remove from microwave, stir sauce and pour over fish. Serve warm.



Capellini with Easy Tomato Sauce

- ½ lb. capellini pasta, broken in half
- 1 tsp. kosher salt, divided
- 2 garlic cloves, peeled
- ¼ cup loosely packed flat leaf (Italian) parsley
- 1 tbsp. fresh oregano leaves
- ¼ cup extra virgin olive oil
- ½ tsp. freshly cracked black pepper
- 1 lb. cherry tomatoes
- 8 fresh basil leaves, torn



1. Fill Smart Multi-Cooker Base to the max fill line for pasta. Add capellini and ½ tsp. of the salt. Microwave, uncovered, on high power 7 minutes, 30 seconds, or until pasta is al dente or cooked to desired doneness.
2. In the Power Chef System fitted with the blade attachment, combine garlic, parsley, oregano, olive oil, remaining salt and pepper. Cover and pull cord until well minced. Add tomatoes, cover and pull cord until tomatoes are chopped into about ¼" pieces, about 6 pulls.
3. Drain pasta and return to Base.
4. Add tomato mixture, toss to coat; garnish with fresh basil leaves. Serve warm or at room temperature.

Cashew Chicken Wrap

- 3 chicken breasts
- 1 tsp. sesame oil
- ½ yellow onion, chopped
- 1-inch piece fresh ginger
- 6 garlic cloves
- ¾ cup hoisin sauce
- 5 tbsp. soy or tamari sauce
- 1 tsp. sweet chili sauce
- 1 head iceberg or Bibb lettuce
- 1 cup cashews, chopped



1. Fill the Base of the Smart Multi-Cooker with 1¾ cups water to max fill line for Steam. Place Shielded Colander inside Base.
2. Place chicken in Large Shielded Colander. Cover with Shielded Cover and microwave on high power 10 minutes or until no longer pink.
3. Chop the chicken breasts into small chunks. Set aside.
4. In frying pan, heat the sesame oil over medium heat.
5. Chop the onion, ginger and garlic in a Quick Chef Pro. Add the mixture to the pan and cook 5 minutes, until vegetables are tender.
6. Add the chicken, cashews, hoisin sauce, soy sauce and chili sauce.
7. Stir and cook until heated through.
8. Serve immediately with lettuce, allowing everyone to assemble the lettuce wraps themselves.

Cauliflower Lime Rice

- 1 head cauliflower
- ¼ tsp. coarse kosher salt
- Zest of 1 lime
- 1 tbsp. lime juice
- ½ cup cilantro, chopped
- 1 ripe
- 1 avocado, cut into bite size pieces



1. Grate cauliflower.
2. Fill Smart Multi-Cooker Base to the max fill line for Steam with 1¾ cup water. Place Large Shielded Colander in Base.
3. Place 4 cup bowl or Vent N Serve inside Large Shielded Colander and add grated cauliflower into bowl, cover with Shielded Cover, and microwave on high for 8 minutes.
4. Toss steamed cauliflower with remaining ingredients. Serve warm.

Cauliflower Salad

- 1-lb. bag frozen cauliflower florets
- ¼ cup mayonnaise
- 1 tbsp. yellow mustard
- 2 green onions, trimmed and chopped
- ¼ tsp. table salt
- ¼ tsp. black pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place half bag of cauliflower in Large Shielded Colander Tray and remaining half bag in Shallow Colander. Place Large Shielded Colander in the Base and top with the Shallow Colander.
3. Cover with the Shielded Cover and microwave on high power 10–12 minutes, or until cauliflower is al dente.
4. Meanwhile, combine remaining ingredients in medium bowl and stir until combined. Set aside.
5. Combine all cauliflower in the Large Shielded Colander, and run under cold water until it has cooled, about 30–60 seconds.
6. Pour cauliflower into Quick Chef Pro Base, fitted with the blade attachment, cover and turn handle just a few times to very roughly chop.
7. Transfer cauliflower to empty bowl and replace blade with basket attachment. Place half cauliflower into basket, cover and turn handle to remove excess water from cauliflower, about 15 seconds. Repeat with remaining cauliflower.
8. Add cauliflower to ingredients in medium bowl and mix well.

Cerviche Veracruz

- 1 lb. shrimp, peeled and deveined (tails removed)
- juice of 2 lemons
- juice of 2 limes
- juice of 2 oranges
- 1 cucumber, seeded and peeled
- ½ cup red onion
- 2 jalapeño peppers, seeded
- 1 tomato, seeded
- 1 avocado, pitted
- ¼ cup cilantro
- salt and pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander in Base.
2. Toss shrimp with half citrus juices and place in in Shallow Colander. Place on top of Large Shielded Colander and cover with Shielded Cover and microwave on high power 7 minutes.
4. Remove from microwave, place shrimp in the Quick Chef, fitted with blade attachment, and chop coarsely. Transfer to a large bowl. Add remaining citrus juices to the bowl. Set aside.
5. Place cucumber, onion and pepper in Base of the Quick Chef and chop coarsely. Transfer to the bowl with shrimp.
6. Place the tomato, avocado and cilantro in Base of the Quick Chef and turn handle to chop coarsely. Add to the bowl. Stir to combine ingredients, season to taste. Serve with tortilla chips if desired.



Chicken Cacciatore

- 8-10 oz. Fettuccini pasta
- 1 tsp. salt
- 4 boneless, skinless chicken thighs, chopped into cubes
- 1 large green bell pepper, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, peeled, minced
- ¼ cup tomato paste
- ¼ cup crushed tomato
- ¼ cup chicken stock
- 1 tsp. corn starch
- 1 tsp. dried oregano
- ½ tsp. coarse kosher salt



1. In the Base of the Smart Multi-Cooker, stir together 1 tsp. salt and pasta; add water to the ring indentation in the Base. Place Large Shielded Colander inside Base (*without removing pasta*) add chicken into Large Shielded Colander. Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
2. Place Shallow Colander with vegetables on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
3. To make the sauce, in the 2-cup Micro Pitcher, stir together tomato paste, crushed tomato, chicken stock, corn starch, oregano, and salt. Cover with the 1 cup micro pitcher and microwave on high 2 minutes.
4. Place pasta on a serving dish and top with chicken and vegetables, pour sauce over chicken.



Chicken Cobb Salad with Red Wine Vinaigrette

- 2 chicken breast, skinless boneless
- 6 cups romaine lettuce, roughly chopped
- 2 cups watercress, tough stems removed
- 2 hard-boiled eggs, roughly chopped
- 2 tomatoes, diced
- 1 avocado, pitted, peeled and diced
- 6 slices bacon, cooked crumbled
- ½ cup crumbled Roquefort cheese
- Red Wine Vinaigrette*
- ¼ cup red wine vinegar
- 1 clove garlic, minced
- ½ tsp. Dijon mustard
- ¼ tsp. kosher salt
- ½ tsp. ground black pepper
- ¼ cup extra virgin olive oil



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 12-15 minutes or until they are no longer pink.
4. Remove from microwave, chop chicken into chunks.
5. In the Quick Shake container, mix all ingredients for the Red wine vinaigrette, shake to mix.
6. Combine the romaine and watercress and place onto a large serving platter.
7. Arrange the eggs, tomatoes, chicken, avocados, bacon and blue cheese in strips on top of the greens.
8. Drizzle with some of the vinaigrette dressing. Serve immediately. Place remaining dressing at the table.



Chicken Lettuce Wrap with Peanut Vinaigrette

- ¼ pound chicken breast
- ¼ cup baby carrots
- 1 yellow bell pepper, cored & quartered
- 1 green onion, trimmed & halved
- ¼ cup cilantro (optional)
- 1 cup frozen shelled edamame, defrosted
- 8 whole romaine leaves
- Peanut Vinaigrette*
- 3 tbsp. sesame oil
- 2 tbsp. seasoned rice vinegar
- 1 tbsp. soy sauce
- 2 tbsp. water
- ½ tsp. Dijon mustard
- ¼ tsp. peanut butter



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 8-10 minutes or until they are no longer pink. Remove from microwave and shred chicken with two forks.
4. Place carrots, pepper, onion and cilantro in Base of Power Chef System fitted with blade attachment. Cover and pull cord until roughly chopped.
5. Mix edamame into vegetables.
6. Place a ¼ cup shredded chicken into each lettuce leaf. Add ¼ cup vegetable mixture on top of the chicken.
7. To make vinaigrette, combine ingredients in Base of Quick Shake Container. Seal and shake until ingredients are combined.
8. Drizzle Peanut Vinaigrette over the top and serve



Chicken Parmesan Meatball Subs

- 1 lb. ground chicken
- 2 garlic cloves, minced
- ½ medium onion, finely diced
- ¼ cup breadcrumbs
- 1 tbsp. Italian Herb Seasoning
- 1 egg, beaten
- 3 cups marinara sauce
- 1 cup Parmesan cheese
- 4 sub rolls



1. Fill Base of Smart Multi-Cooker with 1¾-cup water, to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base.
3. In a medium Thatsa Bowl, mix chicken, garlic, onion, bread crumbs, herb seasoning and egg, shape into 12 meatballs
4. Place 6 meatballs in the Large Shielded Colander, place 6 meatballs in the Shallow Colander, place Shallow Colander over the Large Shielded Colander, place Shielded Cover on top and microwave 10-15 minutes or until they are no longer pink.
5. In a Chef Series Saucepan, simmer marinara sauce. Add meatballs.
6. Serve warm, on sub rolls, topped with Parmesan cheese.

Chicken Pho

- 6-8 oz. Flat rice noodles
 - 1¾ cup chicken stock
 - 2 cloves garlic, minced
 - ½" piece ginger, roughly chopped
 - 1 green chili, roughly chopped
 - 8 oz. boneless, skinless chicken breast or thighs
 - 2 Tbsp. fish sauce
 - 1 Tbsp. soy sauce
 - Extra chicken stock if needed
- Red chili, finely sliced
 - 1 cup bean sprouts
 - Fresh coriander
 - Fresh Thai basil
 - Chili oil or Sriracha sauce



TUPPERWARE



1. Place rice noodles into the Base and Fill Smart Multi-Cooker Base to the max fill line for pasta. Microwave, uncovered, on high power 8 minutes, or until pasta is al dente or cooked to desired doneness.
2. Remove from microwave, drain using the Large Shielded Colander. Transfer noodles into a bowl, cover and set aside.
3. Rinse Smart Multi-Cooker Base, then add chicken stock. Add garlic shallots, ginger and green chili to stock. Place the Large Shielded Colander in the Base, and place chicken inside. Drizzle chicken with fish and soy sauces. Cover with Shielded Cover and microwave on high for 18-20 minutes or until chicken is no longer pink and cooked through.
4. Remove from microwave and shred chicken using two forks.
5. Divide noodles into bowls, add chicken and broth. If more liquid is desired top with more stock or hot water.
6. Serve with red chili, bean sprouts, fresh herbs and Chili oil or Sriracha sauce.

Chicken Piccata Pasta

- 8 oz. spaghetti
- 1 cup fresh flat-leaf parsley, divided
- 1 lemon, zest and juiced
- 1 lb. boneless, skinless chicken breasts, cut into strips
- kosher salt
- Pepper
- 2 tbsp. olive oil
- 4 clove garlic
- 1 tbsp. capers
- ½ tsp. crushed red pepper flakes



TUPPERWARE



1. Place spaghetti into Smart Multi-Cooker Base. Add 3 cups water to reach the indent in the Base. Place into microwave and microwave on high for 5 minutes.
2. Place Large Shielded Colander in the Base, *(without removing pasta)*. Add Chicken to Large Shielded Colander
3. Cover with Shielded Cover and microwave on high power 12-14 minutes. Remove from microwave. Set chicken aside.
4. Drain the pasta and return it to the Multi-Cooker Base; then toss with ½ cup parsley and the lemon zest and juice. Place chicken on top of pasta.
5. In a small sauce pan add remaining ingredients and cook for 1-2 minutes, pour over chicken and pasta.
6. Top with remaining parsley.

Chicken Salad with Grapes

- 2 - 8oz. boneless, skinless chicken breasts
- ½ cup mayonnaise
- ¼ cup sour cream
- 2 tsp. Steak & Chop Seasoning
- ¼ cup chopped pecans
- 1 cup halved red or green grapes



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base.
3. Season chicken breasts with salt and pepper and place in the Large Shielded Colander, place Shielded Cover on top and microwave 15-18 minutes or until they are no longer pink.
4. Remove chicken and cut into cubes.
5. Place chicken breast, mayonnaise, sour cream and seasoning blend in Base of Quick Chef Pro System. Replace cover and turn handle until finely chopped or until desired consistency is achieved.
6. Do not over process. Remove blade, place in medium bowl and fold in pecans and grapes.

Chinese Prawns with Sugar Snap Peas

- 1 lb. large prawns, tails intact
 - 2 cups sugar snap peas
 - 2 spring onions, sliced thinly
 - ¼ cup coriander leaves, chopped
 - 1 Tbsp. peanut or sunflower oil
 - 2 tsp. sesame oil
 - Sesame seeds, to serve
 - 1 cup basmati rice, cooked according to packet instructions
- Marinade*
- 2 Tbsp. light soy sauce
 - 1 lime, juiced and zested
 - 1 small red chili, seeds removed, sliced thinly
 - 2 garlic cloves, sliced thinly
 - 1 (1") piece ginger, cut into matchsticks



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Combine prawns, soy, lime zest and juice, chili, garlic, ginger and 2 tablespoons water in a bowl. Allow to marinate for 10 minutes.
3. Place Large Shielded Colander inside the Smart Multi-Cooker Base, add sugar snap peas to Large Shielded Colander.
4. Place Shallow Colander on top of Large Shielded Colander and add prawns.
5. Place Shielded Cover on and microwave on high for 6-8 minutes. Allow to rest, covered for 5 minutes. Toss prawns in a bowl with sugar snaps, spring onion and coriander. Divide among plates.
6. Heat the oils in a small pan over medium heat for 1-2 minutes until smoking. Drizzle over prawns, scatter with sesame seeds and serve with rice.

Chipotle Lime Corn on the Cob

3 ears of corn
4 tbsp. unsalted butter at room temperature
½ lime, zested and juiced
½ tsp. minced chipotle pepper in adobo plus ¼ tsp. sauce
¼ tsp. kosher salt
¼ tsp. chipotle pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base, add corn on the cob to Large Shielded Colander.
3. Place Shielded Cover on and microwave on high for 6-8 minutes. Allow to rest, covered for 5 minutes.
4. Place butter, lime juice, chipotle with sauce, salt and seasoning blend in Base of Power Chef System with whip attachment. Mix until smooth.
5. Serve corn on the cob with chipotle lime butter.

Chipotle Mashed Sweet Potatoes

2 large sweet potatoes, peeled and cubed
2 tbsp. unsalted butter
¼- 1 whole canned chipotle pepper in adobo sauce, chopped
1 tsp. adobo sauce from can of peppers
½ teaspoon salt



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place Large Shielded Colander inside the Smart Multi-Cooker Base, add cubed sweet potatoes to Large Shielded Colander.
3. Place Shielded Cover on and microwave on high for 14 minutes. Allow to rest, covered for 5 minutes.
4. Put potatoes in a medium Thatsa bowl, add butter, chipotle peppers and sauce, and mash.

Chipotle Shrimp Tacos with Cilantro Vinaigrette

1 lb. large white shrimp, shelled and deveined	<i>Cilantro Vinaigrette</i>
¼ tsp. adobo seasoning	1 tbsp. extra virgin olive oil
4 oz. jicama, peeled	2 tbsp. fresh lime juice
6 oz. bagged broccoli slaw	¼ cup green onions, sliced
4 tbsp. reduced fat sour cream	1 tsp. sugar
2 tsp. canned chipotle peppers in in adobo, chopped	¼ tsp. kosher salt
8 corn tortillas	2 tsp. Southwest Chipotle Seasoning



1. Cut shrimp into bite-sized pieces and sprinkle with adobo seasoning. Set aside.
2. In a medium bowl, combine olive oil, lime juice, garlic, cilantro, green onions, sugar, salt, and seasoning blend and stir. Set Cilantro Vinaigrette aside.
3. Slice jicama thinly and place in the Base of the Quick Chef Pro System. Cover and turn handle to process.
4. Add broccoli slaw, replace cover and process again.
5. Combine slaw and Cilantro Vinaigrette and stir.
6. In a small bowl, mix sour cream and chipotle pepper until well combined.
7. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
8. Place Large Shielded Colander inside the Smart Multi-Cooker Base, add shrimp to Large Shielded Colander.
9. Place Shielded Cover on and microwave on high for 4 minutes. Allow to rest, covered for 5 minutes.
10. Serve shrimp, slaw and chipotle sour cream on warmed corn tortillas.

Chocolate Caramel Cake

One (15.25 oz.) box of chocolate cake mix, make as directed on box
Caramel syrup or sauce
Vanilla ice cream, optional



1. Mix cake mix according to directions on package.
2. Pour cake mix into the Base of the Smart Multi-Cooker. Cover with Grains/Rice Seal and cover.
3. Microwave on high for 10 minutes.
4. Remove the Smart Multi-Cooker, from microwave and let cool for 10 minutes.
5. Slide spatula gently around inside Base, pushing inward in to loosen cake to remove.
6. Drizzle with caramel sauce and top with ice cream if desired.



Cilantro Mojo Mahi Mahi with Orange Salsa

Orange Salsa

1 cup diced orange segments from large navel orange
 ¼ cup red pepper, diced
 1 scallion, diced
 ¼ cup red onion, diced
 ½ jalapeno pepper, diced
 ¼ cup cilantro, chopped
 2 tbsp. lemon juice

citrus-seasoned salt and freshly ground pepper, to taste
 1 lime, juiced
 2 six oz. mahi-mahi fillets
 3 cups broccoli florets



1. In a Thatsa Bowl, combine orange segments, red pepper, scallion, red onion, jalapeno, and cilantro Add 1 tablespoon of lemon juice salt and pepper to taste, mix well and set aside.
2. Season fish with lime juice, seasoned salt and freshly ground pepper.
3. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
4. Place Large Shielded Colander inside the Smart Multi-Cooker Base, add Fish to Large Shielded Colander.
5. Place Shallow Colander on top of Large Shielded Colander, add broccoli.
6. Place Shielded Cover on and microwave on high for 10 to 12 minutes or until fish flakes easily and is opaque.
7. Place fish and broccoli on a serving plate and top with Orange Salsa.



Cinnamon Apple Breakfast Crumble

1 cinnamon stick
 4 granny smith apples
 4 tsp. dried cranberries
 1 tsp. ground cinnamon
 5 tbsp. honey
 1 orange, zested & juiced
 4 cups granola (muesli) reserve 4 tbsp. for topping at the end)
 4 cups Greek yogurt



1. Fill the Base of the Smart Multi-Cooker with water to max fill line for steam, add one cinnamon stick.
2. Place Large Shielded Colander inside Base and add apples.
3. Sprinkle cranberries, ground cinnamon, 2 tbsp. honey and orange zest on apple slices.
4. Cover with Shielded Cover and microwave 15 minutes or until tender. Remove from microwave.
5. While the apples are steaming, evenly layer granola, and yogurt in a glass cup.
6. Divide the steamed apples between the glasses, sprinkle reserved granola on top and drizzle with remaining honey and orange juice.



Cinnamon Applesauce

4 cups tart apples, peeled and chopped
 ¼ cup brown sugar
 1 tsp. ground cinnamon
 1 tsp. vanilla extract



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base, add apples.
3. Cover with Shielded Cover and microwave on high power for 20 minutes.
4. Remove apples from Smart Multi-Cooker and place into the Power Chef System Base with blade attachment, and add brown sugar, cinnamon and vanilla, pull cord until desired consistency is reached.



Cinnamon Maple Butternut Squash

1 butternut squash, cut into 1" pieces

Cinnamon Maple Sauce

¼ cup pure maple syrup
 2 Tbsp. coconut oil, melted
 1 teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 ¾ teaspoon salt
 Freshly ground black pepper, to taste



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base, add squash.
3. Cover with Shielded Cover and microwave on high power for 20 minutes.
4. Meanwhile, mix remaining ingredients in a small bowl, set aside.
5. Remove squash from Smart Multi-Cooker and place squash on a serving plate and pour sauce over squash.



Cinnamon Rice Pudding

- ¼ cup long grain rice
- 1¼ cups water
- ¼ tsp. kosher salt
- ¼ cup heavy cream
- 2 eggs, beaten
- ¼ cup + 2 tbsp. granulated sugar
- 1 tsp. ground cinnamon
- 1 tbsp. melted salted butter



1. In the Base of the Smart Multi-Cooker, stir together rice, water and salt. Place grains insert on top of Base; place grains seal on top of insert.
2. Microwave on high power 5 minutes, then on 50% power 10 minutes more. Remove from microwave, let stand 10 minutes.
3. In a medium bowl, whisk together cream, eggs, sugar, cinnamon and melted butter. Stir in rice until well mixed. Divide mixture evenly between 5 Snack Cups.
4. Fill the Base with water to the max fill line for steaming. Place Shielded Colander inside Base. Place Snack Cups inside Shielded Colander. Cover and microwave on high power 12 minutes.
5. Remove from microwave, uncover and let stand 3 minutes. Transfer Snack Cups to cooling rack. Let stand 15 minutes. Serve warm or refrigerate, covered, up to 5 days.



Citrus Chicken

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|-------------------------|--|
| Marinade | 4 boneless, skinless chicken breasts, cut in half |
| 2 lemon, juiced | a pinch of freshly ground white pepper |
| 2 tbsp. rice wine | 2 spring onions (scallions), cut into julienne |
| 3 tbsp. light soy sauce | 1 tsp. salt |
| 3 tbsp. oyster sauce | ½ tsp. pepper |
| 1 tbsp. sesame oil | 1 lemon, half zested, half cut into slices or quarters |
| 2 tbsp. peanut nut oil | |
| 3 tsp. sea salt | |
| 2 tbsp. sugar | |



1. Place chicken breast in Season-Serve Container.
2. In a small bowl, mix all marinade ingredients, pour ½ over the chicken, reserve the other half for later.
3. Fill Base of Smart Multi-Cooker with 1¼-cup water to the Steam Fill Line.
4. Place the Large Shielded Colander inside Base, add chicken; sprinkle with white pepper, salt and top with lemons and green onions.
5. Cover with Shielded Cover and microwave on high power for 15 minutes or until chicken is no longer pink.
6. Place chicken on serving dish, pour remaining marinade over chicken.



Coconut Angel Food Cake

- | | |
|---------------------------------|------------------------------|
| ¼ cup cake flour, sifted | <i>coconut icing</i> |
| ¼ tsp. baking powder | 1 tbsp. no-pulp orange juice |
| ¼ tsp. salt | ½ tbsp. cornstarch |
| 3 egg whites | ¼ cup light coconut milk |
| ¼ cup granulated sugar | ¼ cup granulated sugar |
| ¼ tsp. almond extract | |
| ¼ cup light coconut milk | |
| ¼ cup coconut flakes, toasted | |
| ¼ cup sliced almonds | |
| 8 strawberries or fresh berries | |



1. Whisk flour, baking powder and salt together in a medium bowl and set aside.
2. Place egg whites in Base of Power Chef System with whip attachment. Turn handle to whip until egg whites are stiff; add sugar and almond extract and turn handle to whip until glossy. Add coconut milk and flour mixture. Turn handle to mix until blended.
3. Fill Base of Smart Multi-Cooker with 1¼-cup water to the Steam Fill Line.
4. Place the Large Shielded Colander inside Base.
5. Divide batter between 8 Ramekins or 4 snack cups and place in Smart Multi-Cooker Large Shielded Colander. Cover with Shielded Cover and microwave on high power for 8 minutes or until a toothpick inserted into center of cake comes out clean.
6. Prepare icing. In a small bowl, combine orange juice and cornstarch and set aside.
7. In a small saucepan, slowly bring coconut milk and sugar to a boil, stirring constantly. Once coconut milk boils, add orange juice mixture and reduce heat to medium low, stirring constantly until thickened.
8. Once cool, remove cakes from ramekins onto a serving plate.
9. Spoon ½ Tbsp. icing over cakes and top with toasted coconut and almonds. Garnish with fresh berries.



Creamy Cajun Pasta

- 6 oz. linguine
- 2 boneless skinless chicken breast halves, cut into thin strips
- 2 tsp. Cajun seasoning
- 1 thinly sliced green onion
- ¼ cup heavy whipping cream
- 2 tablespoons chopped sun-dried tomatoes
- ¼ tsp. salt
- ¼ tsp. dried basil
- ¼ tsp. ground black pepper
- ¼ tsp. garlic powder



1. In the Base of the Smart Multi-Cooker, stir together 1 tsp. salt and pasta; add water to the ring indentation in the Base. Place Large Shielded Colander inside Base (*without removing pasta*);
2. Add chicken into Large Shielded Colander, season with the Cajun seasoning, stirring to make sure all chicken is coated. Cover with Shielded Cover and microwave on high power 11 minutes. Remove from microwave.
3. To make the sauce, in the 2-cup Micro Pitcher, stir together green onion, cream, tomatoes, salt, basil, pepper and garlic. Cover with the 1 cup micro pitcher and microwave on high 2 minutes.
4. Drain Pasta and place a on a serving dish and top with chicken, pour sauce over chicken.



Creamy Cheesecake Custard

- 1 (14 oz.) can fat free sweetened condensed milk
- 1 (8 oz.) whipped cream cheese, at room temperature
- 1 (12 oz.) can evaporated milk
- 3 eggs
- 1 tsp. vanilla extract
- ¼ tsp. salt

Optional, fresh berries



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base.
3. Place all ingredients in Base of the Power Chef System with the whip attachment. Replace cover, turn handle and mix until well combined.
4. Pour evenly into Snack Cups and place in the Large Shielded Colander of the Smart Multi-Cooker.
5. Microwave at 50% power for 20 minutes or until the custard is set and a knife inserted into the center comes out clean.
6. Chill in the refrigerator at least an hour or until thoroughly chilled.
7. Run a knife around edge and unmold to a serving plate.
8. Serve with fresh berries.



Creamy Chicken Alfredo with Bell Peppers

- 1 lb. boneless, skinless chicken breast, cut into strips, marinated in Italian dressing or other desired marinade
- ¼ tsp. salt
- 2-3 cups Penne pasta
- ¼ tsp. ground black or white pepper
- 1 (15 oz.) jar Bertolli Alfredo Sauce
- ¼ onion, strips
- ¼ bell pepper, strips, mixed colors if desired
- ¼ cup parmesan cheese, grated fresh



1. Place chicken in the Shielded Colander of the Smart Multi-Cooker, season with ¼ tsp. of the salt and pepper and set aside. In the Shallow Colander, combine vegetables, season with ¼ tsp. of the salt and set aside.
2. In the Base of the Smart Multi-Cooker, stir together 1 tsp. salt and pasta; add water to max fill line for Steam. Place Shielded Colander with chicken inside Base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
3. Place Shallow Colander with onions and peppers on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
4. Drain pasta and return to Base; stir in alfredo sauce immediately. Add chicken and vegetables, stir; garnish with grated parmesan cheese.



Creamy Chicken Pesto Salad

- 1 lb. boneless, skinless chicken breast, cut into strips
- ¼ cup pesto
- ¼ cup mayonnaise
- 3 tbsp. finely chopped red onion
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. red-wine vinegar
- ¼ tsp. salt
- ¼ tsp. ground pepper
- 6 cups mixed salad greens
- 1 pint grape or cherry tomatoes, halved



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base.
3. Sprinkle ¼ tsp. salt over chicken breast and place inside Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 8–10 minutes or until juices run clear and internal temperature reaches 165°F/75°C. Lightly shred with fork.
5. Combine pesto, mayonnaise and onion in a medium bowl. Add the chicken and toss to coat.
6. In the Quick Shake container add oil, vinegar, salt and pepper, shake to mix.
7. Add greens and tomatoes to a medium bowl, add vinaigrette and toss to coat.
8. Divide the green salad among 4 plates and top with the chicken salad.



Creamy Dijon Chicken and Pasta

- 4 chicken thighs, boneless, skinless, chopped into 1" pieces
- ¼ cup chicken stock
- ½ cup heavy cream
- 1¼ tsp. kosher salt, divided
- 3 tbsp. Dijon mustard
- ½ tsp. black pepper
- 1 tsp. dried tarragon
- 1½ cups cavatappi or fusilli pasta
- ¼ tsp. kosher salt
- 2 cups fresh mixed vegetables
- 1 tbsp. minced parsley



1. Place chicken in the Shielded Colander of the Smart Multi-Cooker, season with ¼ tsp. of the salt and pepper and set aside. In the Shallow Colander, combine vegetables, season with ¼ tsp. of the salt and set aside.
2. In the Base of the Smart Multi-Cooker, stir together remaining salt and pasta; add water to max fill line for steaming. Place Shielded Colander with chicken inside Base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes. Remove from microwave.
3. Place Shallow Colander with vegetables on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave, let stand, covered, 4 minutes.
4. To make the sauce, in the 2-cup Micro Pitcher, stir together chicken stock, cream, mustard, tarragon and salt. Microwave on high power 45 seconds. Remove from microwave and stir; microwave on high power an additional 45 seconds.
5. Drain pasta and return to Base; stir in ¼ cup of the sauce. Serve chicken and vegetables over pasta with additional sauce; garnish with parsley.

Cupcakes

One 15.25 oz. box of any cake mix, make as directed on box
Frosting or Powdered Sugar



TUPPERWARE



1. Fill the Base of the Smart Multi-Cooker with 1¾ cup water to max fill line for Steam. Place Large Shielded Colander inside Base.
2. Mix cake mix according to directions on package.
3. Fill snack cups halfway. Place inside Large Shielded Colander, cover with Shielded Cover. (4 snack cups at a time).
4. Microwave on high for 10 minutes.
5. Remove from Smart Multi-Cooker, let cool for 5 minutes.
6. Slide knife gently around inside of snack cup, pushing knife tip in to loosen cupcake to remove.
7. Frost or dust with powdered sugar, as desired.

Easy Ramen



TUPPERWARE



2 packets of instant ramen noodles
1¾ Cup chicken stock
2 tbsp. miso paste
1 tsp. ginger paste
1 tbsp. mirin
1-2 tbsp. tamari or soy sauce
1 tsp. dried garlic granules
1 chicken breast
2 oz. shiitake mushrooms, thinly sliced (optional)
1 bunch bok choy, cut in quarters
1 tbsp. butter

2 soft-boiled eggs, cut in halves
2 tsp. chili paste or 1 red chili, finely sliced
2 spring onions, finely sliced
Chili oil
1 nori sheet, sliced

1. Place noodles into Smart Multi-Cooker Base. Add 3-4 cups water to the indentation on the Base. Place into microwave uncovered and cook 5 minutes.
2. Remove from microwave and drain using the Large Shielded Colander. Transfer into a bowl, cover and set aside.
3. Rinse and quickly clean Smart Multi-Cooker Base, before filling with 1¾ cup chicken stock. Place in the miso, ginger, mirin, tamari and garlic. Place the Large Shielded Colander on the Smart Multi-Cooker Base and place in the chicken breast. Sprinkle with shiitake mushrooms, cover with Shielded Cover and cook for 8 minutes.
4. Remove from microwave add the Shallow Colander, add the bok choy to Shallow Colander, cover and cook for a further 5 minutes.
5. Remove chicken and shred with two forks.
6. Divide noodles into two bowls and top with shredded chicken and broth. Place butter into bowls and top with extra hot stock or water, as needed. Serve with mushrooms, bok choy, boiled eggs, chili, spring onions, chili oil and nori.

Edamame Succotash

1½ cups frozen, shelled edamame
1 cup frozen sweet corn
1 small zucchini, diced
1 red bell pepper, diced
1 garlic clove, peeled and minced
1 lime, juiced
2 tsp. Southwest Chipotle Seasoning
1 tsp. Dijon mustard
1 tbsp. extra virgin olive oil
½ tsp. coarse kosher salt
¼ tsp. black pepper



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base.
3. Place edamame and corn in Large Shielded Colander.
4. Place zucchini in Shallow Colander. Place Shallow Colander on top of the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 8 minutes.
6. Meanwhile, fill a large bowl with ice and water. When cook time is complete, remove Shallow Colander and lower it into the ice water, submerging the zucchini for 1 minute. Repeat with Shielded Colander containing corn and edamame.
7. Drain well, and combine the vegetables in a medium bowl.
8. Add garlic, lime juice, seasoning blend, mustard, olive oil, salt and pepper to Base of Chop 'N Prep Chef, replace cover and pull cord to process until combined. Add dressing to the vegetables in the bowl and mix well.

Eggplant Dip

2 eggplants, peeled and diced in 2" cubes
2 tbsp. olive oil
3 garlic cloves, minced
1 pinch of salt & white pepper
3 tbsp. lemon juice
2 tbsp. finely chopped fresh flat leaf parsley



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. Place the Large Shielded Colander inside Base.
3. Place half the eggplant in Large Shielded Colander.
4. Place remainder of eggplant in Shallow Colander. Place Shallow Colander on top of the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 20-25 minutes. Allow to cool.
6. Place eggplant in the Base of the Power Chef, pull cord until smooth.
7. Add the remaining ingredients, pull cord a few more times to mix well.

Firecracker Shrimp & Grits

- 1 Tbsp. brown sugar
- 1 lime, juiced
- 2 Tbsp. Sriracha hot sauce
- 1 Tbsp. extra virgin olive oil
- ¼ cup onion, diced
- 2 garlic cloves, peeled and minced
- 3 Tbsp. quick grits
- ¾ cup hot water
- ⅙ tsp. kosher salt
- ⅓ cup shredded sharp cheddar cheese
- ½ lb. peeled, deveined jumbo shrimp



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a small bowl, combine brown sugar, lime juice, Sriracha sauce and olive oil. Mix until sugar dissolves. Add shrimp and stir to coat. Cover and marinate in the refrigerator at least 30 minutes.
3. Place onions and garlic in Base of Chop N Prep. Cover and pull cord 4-5 times to process until finely chopped.
4. Place onion garlic mixture in a small bowl set inside the Large Shielded Colander (or use SmartSteamer Sauce Insert), cover with Shielded Cover and microwave on high power for 5 minutes.
5. Add the water, grits and salt to Bowl/Sauce Insert and stir to combine. Microwave an additional 10 minutes, stopping the microwave to stir halfway through the cook time. Remove steamer from microwave and stir cheese into grits.
6. Remove shrimp from marinade. Place shrimp in Shallow Colander. Place Shallow Colander on top of Large Shielded Colander and replace Shielded Cover. Microwave an additional 2½ minutes or until shrimp are pink and opaque.

Flan

- 4 eggs
- 1½ cups 2% milk
- ¾ cup granulated sugar
- 1 tsp. vanilla extract
- ¼ tsp. salt
- bottled caramel sauce



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place first five ingredients in Base of Power Chef fitted with the Whip Accessory and pull cord 4-5 times to blend to a smooth.
3. Pour mixture evenly into four snack cups and place snack cups and place inside the Large Shielded Colander and cover with Shielded Cover.
4. Microwave at 50% power for 16 minutes or until custard is set and a knife inserted into the center comes out clean.
5. Chill in refrigerator for several hours. To serve, run a knife around the edges to loosen and invert onto plates.
6. Top with a prepared caramel sauce if desired.

Fresh Nutty Green Beans Salad

- 1 pound fresh green beans, trimmed and washed
- ¼ cup walnuts, toasted and chopped
- 2 Tbsp. finely chopped parsley
- ¼ cup finely chopped red onion
- ¼ cup olive oil
- 2 tsp. balsamic vinegar
- 1 tsp. Dijon mustard
- 1½ - 2 tsp. honey
- salt and pepper to taste



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place green beans inside the Large Shielded Colander and cover with Shielded Cover.
3. Microwave on high power 10 minutes.
4. Add remaining ingredients in Quick Shake Container, shake to mix.
5. Put green beans in a medium Thatsa bowl, pour sauce over green beans, sprinkle with walnuts and stir to mix.

Ginger Sesame Garlic Shrimp

Marinade/Sauce

- ½ cup soy sauce
- 3 Tbsp. seasoned rice vinegar
- 3 tsp. brown sugar
- 3 Tbsp. olive oil
- 2 teaspoon dark sesame oil
- 4 cloves garlic, minced (about 1½ Tbsp.)
- 1½ Tbsp. grated ginger

Shrimp

- 1 lb. 16-20 count shrimp, peeled and deveined
- 3 green onions, including onion greens, sliced on the diagonal
- 1 Tbsp. sesame seeds, toasted



1. Place marinade sauce ingredients in Base of Quick Shake container, place lid on and shake contents, pour ¾ over shrimp and marinate for 20 minutes, reserving the rest for a dipping sauce.
2. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
3. Remove shrimp from marinade, place shrimp in the Large Shielded Colander and top with half the green onions.
4. Cover with Shielded Cover and microwave on high power for 4 minutes or until shrimp are pink and opaque.
5. Let rest, covered, 2 minutes.
6. Sprinkle remaining green onions over shrimp and pour a dash of sauce over if desired, and sprinkle with toasted sesame seeds.

Green Chili Chicken Sliders

- 1 lb. ground chicken
- 1 (4.5 oz.) can green chilies, drained well
- ¼ cup loosely packed cilantro, chopped
- 1 small garlic clove, crushed
- ¼ tsp. salt
- ¼ cup sour cream
- 3 tbsp. minced chive or green onion
- ½ tsp. fresh lime juice



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line.
2. In a large bowl, mix together chicken, chilies, cilantro, garlic, and salt until well combined. Divide mixture evenly into 6 mini patties.
3. Arrange 3 patties in a single layer in the Large Shielded Colander. Place inside the Smart Multi-Cooker Base. Arrange 3 remaining patties in a single layer in the Shallow Colander; place on top of Large Shielded Colander, cover with Shielded Cover.
4. Microwave 10 minutes or until the patties register 165° F/75° C on an instant read thermometer inserted into the center of a patty. Remove from microwave.
5. Meanwhile, in a small bowl, stir together sour cream, chive, and lime juice. Season with salt and pepper to taste.
6. Serve with sour cream mixture and slider buns.

Green Curry Mussels

- 2 garlic cloves
- 1 tbsp. ginger, fresh
- 1 green onion
- 1 jalapeño pepper
- 1 tbsp. Green curry paste
- 1 lime, zest and juiced
- 1 (13½ oz.) can Coconut milk, light
- 1 lb. mussels, fresh



1. Place garlic, ginger and jalapeño in Base of Chop 'N Prep Chef. Cover and pull cord 4–5 times to process until finely chopped.
2. Add mixture to the Smart Multi-Cooker Base, along with the curry paste, lime zest and juice and coconut milk. Place the mussels in the Large Shielded Colander, place inside the Base, cover with Shielded Cover and microwave on high power for 6 minutes.
3. Divide the mussels, placing into individual bowls, stir the sauce in the Base and pour ¼ cup over the mussels in each bowl. Garnish with sliced green onions.

Harvest Green Bean Salad

- 1 lb. green beans, trimmed
- ½ fennel bulb, sliced thinly
- 1 lemon, juiced
- 1 cup pecans
- ½ cup dried cranberries

Dressing

- 1 tbsp. Dijon mustard
- ½ cup + 1 tbsp. extra virgin olive oil
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place green beans in Large Shielded Colander. Place Shallow Colander on top fill with Fennel and cover with Shielded Cover. Microwave on high power 10 minutes.
3. Mix lemon juice, mustard, ½ cup olive oil, salt and pepper in Quick Shake Container.
4. Add green beans, fennel, pecan and cranberries into large bowl with top with dressing and stir to combine.
5. Serve immediately.

Healthy Red Potato Salad

- 10–12 petite red baby potatoes
- 3 eggs
- 2 green onions, chopped
- 2 tbsp. fresh dill, chopped
- ¾ cup low-fat Greek yogurt
- 1 tbsp. Dijon mustard
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water. To the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place potatoes in Large Shielded Colander. Cover with Shielded Cover. Microwave on high power 17-18 minutes.
3. While potatoes cook, in Chef Series 3-Qt. Saucepan over high heat, bring water to a boil, add eggs and cook about 7–9 minutes.
4. Once eggs are cooked, remove from water and allow to cool. Peel eggs. Cut eggs using Slice 'N Wedge with wedge insert. Place in a medium bowl.
5. After Smart Multi-Cooker base has cooled, lift from water try and run cold water over potatoes to cool. Cut potatoes into wedges and add to bowl.
6. Add green onions, dill, Greek yogurt, Dijon mustard, salt and pepper to bowl and stir well to combine.



Herbed Butter Shrimp and Orzo

20 jumbo fresh or frozen (thawed) shrimp, peeled and deveined, with tails on
3 cups fresh baby spinach
¾ tsp. kosher salt, divided
¼ cup orzo

tbsp. salted butter
4 garlic cloves, peeled and minced
¼ tsp. kosher salt
¼ tsp. cracked black pepper
1 tbsp. minced fresh parsley



1. Place shrimp in the Shielded Colander of the Smart Multi-Cooker, season with ¼ tsp. of the salt and set aside. Place spinach in the Shallow Colander and set aside.
2. In the Base of the Smart Multi-Cooker, stir together remaining salt and orzo; add water to max fill line for Steam. Microwave, uncovered, on high power 8 minutes.
3. Remove from microwave. Place Large Shielded Colander with shrimp inside Base (*without removing orzo*). Cover with Shielded Cover and microwave on high power 2 minutes. Remove from microwave, add Shallow Colander with spinach. Cover with Shielded Cover and let stand 5 minutes.
4. To make the sauce, in the 2-cup Micro Pitcher, combine butter, garlic, salt and pepper. Microwave on high power 45 seconds or until butter is melted. Remove from microwave, stir in parsley, set aside.
5. Transfer shrimp to Shallow Colander with spinach. Drain orzo using Shielded Colander; return orzo to Base, stir in shrimp and spinach. Add sauce and stir to coat. Serve warm.



Herbed Chicken & Vegetables

Mustard Sauce

¼ cup fresh basil leaves
1 green onion
2 tbsp. Italian parsley
2 tbsp. capers, drained
1 tbsp. fresh lemon juice
1 clove garlic, peeled
3 tbsp. extra virgin olive oil
1 tsp. Dijon mustard

1½ cups fat-free chicken broth
2 boneless chicken breasts
¼ lb. green beans, trimmed
1 red pepper, cored and cut into thick strips



1. Place mustard sauce ingredients in Base of Chop 'N Prep Chef. Replace cover, twist to seal and pull cord 4–5 times to chop and combine ingredients. Remove blade and transfer sauce to a small bowl.
2. Place chicken broth in the Base of the Smart Multi-Cooker. Place Large Shielded Colander inside the Base, add chicken; season with salt and pepper and brush with ½ of the mustard sauce.
3. Place green beans and red pepper strips in the Shallow Colander. Place on top of the Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 14 minutes or until chicken reaches an internal temperature of 165°F/75°C.
5. Transfer chicken to a serving platter and brush with sauce.
6. Toss vegetables with remaining mustard sauce and serve.



Hoisin Salmon & Clear Noodles

½ head Napa cabbage
2 coils of cellophane rice noodles
½ cup matchstick carrots
1 lb. salmon, cut into 4 oz. pieces
Salt and fresh cracked black pepper, to taste
¼ c. hoisin sauce or teriyaki sauce
2 tbsp. toasted sesame or black sesame seeds



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Using Chef Series Chef's Knife cut cabbage into shreds.
3. Layer shredded cabbage and carrots in Large Shielded Colander leaving some holes open for steam to go through.
4. Add salmon to Shallow Colander, season with salt and pepper and place on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power for 20 minutes, or until salmon is cooked through.
5. Remove from microwave and carefully remove both Colanders and add rice noodles to hot water in The Base and allow noodles to hydrate and soften. Let stand for 5 minutes. Drain noodles in Double Colander.
6. Place noodles, vegetables and salmon on a plate and drizzle with hoisin or teriyaki sauce.
7. Sprinkle with sesame seeds.



Honey Herbed Butter Carrots

16 oz. baby carrots
1½ cups broth, chicken or vegetable
salt and black pepper to taste
2 Tbsp. butter
1 Tbsp. fresh thyme
1 Tbsp. fresh dill
¼ cup honey



1. Fill Base of Smart Multi-Cooker with 1¾-cup broth to the max fill line for steam. Place Large Shielded Colander in Base.
2. Place a snack cup in the center of the Large Shielded Colander, surround snack cup with carrots and season with salt and pepper.
3. In the snack cup add butter, thyme, dill and honey.
4. Cover with the Shielded Cover and microwave on high power 17–19 minutes.
5. Remove carrots to a serving dish and drizzle herbed butter over them.



Honey Lime Chicken with Pineapple Salsa

Juice of 4 limes, divided
 ¼ cup extra-virgin olive oil
 ¼ cup plus 1 tbsp. chopped fresh cilantro
 2 tsp. honey
 kosher salt
 1 lb. boneless skinless chicken breasts, cut into 1" strips
 2 cup pineapple chunks
 ¼ red onion
 Freshly ground black pepper
 1 avocado, diced



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a large bowl, whisk together juice of 3 limes, olive oil, ¼ cup cilantro and honey and season with salt. Add chicken the Season Serve Container, pour the marinade over the chicken. Let marinate in the refrigerator at least 3 hours, or up to overnight.
3. In the Base of the Power Chef Pro with the blade attachment add pineapple, red onion, remaining lime juice, remaining tablespoon cilantro and pepper, place cover on and pull the cord a few times to chop, add avocado and stir to mix.
4. Place the marinated chicken in the Large Shielded Colander.
5. Cover with Shielded Cover and steam in the microwave on high power 10–15 minutes, or until the chicken is cooked through and juices run clear.
6. Place chicken on a plate and top with salsa.



Island Shrimp Tacos with Chili Lime Coleslaw & Mango Papaya Salsa

Spice rub for shrimp
 ½ tsp. garlic powder
 ½ tsp. sweet paprika
 ½ tsp. smoked paprika
 ½ tsp. dried basil
 ½ tsp. dried oregano
 ½ tsp. ground cumin
 ½ tsp. onion powder salt
 freshly ground black pepper
 dash cayenne pepper

Salsa
 1 cup papaya chunks
 2 cups mango chunks
 ½ medium red onion, quartered
 1 bunch cilantro, stems removed
 juice of 1 lime
 ½ teaspoon salt, or more to taste

Coleslaw
 ½ head of green cabbage, shredded
 ½ cup mayonnaise or greek yogurt
 juice from 1 lime, about 2 tablespoons
 1 teaspoon chili powder
 pinch of salt, or more to taste
 pinch of pepper, or more to taste

1 lb. raw shrimp, peeled & deveined
 white flour taco size tortilla's



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. *Slaw*, In a medium size mixing bowl, combine the mayonnaise, lime juice, chili powder and salt. Stir to combine. Add in the shredded coleslaw and stir to combine. Refrigerate in an airtight container until needed.
3. *Salsa*, In the Base of the Power Chef Pro add salsa ingredients, place cover on and pull the cord a few times to chop.
4. *Shrimp*, In a small bowl mix rub ingredients together.
5. Pat the shrimp dry. Rub spice mixture over both sides of shrimp. Let sit in the refrigerator for about 15 minutes.
6. Place the shrimp in the Large Shielded Colander.
7. Cover and steam in the microwave on high power 6 minutes, or until the shrimp is cooked through.
8. Assemble the tacos by layering the chili lime coleslaw, shrimp, and topping with mango papaya salsa. Best served warm.



Italian Chicken & Vegetables

2 Boneless Chicken Breast, cut in ½" slices
 Italian Dressing, bottled
 ½ -1 lb. Red Potatoes, cubed
 1 cup grape tomatoes, cut in half
 1 cup green beans, cut into 2-inch pieces
 1 cup sliced yellow squash
 ½ cup bell pepper strips
 ½ cup sliced onion
 1 teaspoons dry Italian Seasoning



1. Place chicken and Italian dressing in the Season Serve Container and refrigerate for 1 hour.
2. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
3. Place the vegetables in Large Shielded Colander and marinated chicken in the Shallow Colander, and place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 15 minutes, stir the vegetables and cook an additional 10 minutes.
5. Put chicken and vegetables into a serving dish, sprinkle with the dry Italian seasoning, stir to mix.



Japanese Shrimp & Vegetables

Marinade
 ½ cup soy sauce
 ¼ cup red wine vinegar
 ¼ cup white wine
 2 tbsp. honey
 1 tbsp. fresh ginger, finely chopped
 4 cloves garlic, minced
 ½ tsp. crushed red pepper flakes

1 lb. shrimp, peeled and deveined
 1 red pepper, cut into strips
 ½ lb. green beans, trimmed



1. In a Quick Shake container, add all marinade ingredients, shake to mix well.
2. Place ¾ of marinade into a bowl and add shrimp, marinate for one hour. Reserve remaining marinade for later.
3. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
4. Place the shrimp in Large Shielded Colander and green beans and red peppers in the Shallow Colander, and place on top of Large Shielded Colander.
5. Cover with Shielded Cover and high power for 12-14 minutes.
6. Place greens beans and red peppers on a platter, top with shrimp and pour remaining marinade sauce over the shrimp.



Lemongrass and Ginger Chicken Rice Bowl

2 small chicken breasts, cut into 1" thick pieces
 1 cup white rice
 ¼ cup mayonnaise
 1 tsp – 1 tbsp. Sriracha sauce
 2 carrots, julienned
 1 cucumber, julienned
 1 jalapeño, finely sliced
 ¼ bunch coriander

Marinade
 ¼" piece ginger, grated
 1 stalk lemongrass, finely chopped
 2 tbsp. tamari or soy sauce
 2 tbsp. sesame oil
 1 clove garlic, crushed



1. Rub all marinade ingredients over chicken pieces and place into the Season Serve container. Place in fridge to marinate for 30 mins - 1 hour.
2. Rinse rice until water runs clear.
3. Place rice into Smart Multi-Cooker Base. Pour in 2 cups of water and cover with Rice Separator Insert and Rice Cover. Place into microwave for 15 minutes.
5. Remove from microwave and transfer into bowl. Cover and set aside.
6. Rinse and quickly clean Smart Multi-Cooker Base before filling with 1¾ cup water. Place the Large Shielded Colander on the Smart Multi-Cooker Base and add chicken pieces. Cover with Shielded Cover and cook for 18 minutes.
8. Mix together the mayonnaise and Sriracha.
9. Place chicken on top of rice, and serve with carrot, cucumber, jalapeño and fresh coriander. Drizzle with extra soy and sesame oil as desired, Sriracha mayo and top with sesame seeds.



Lemon Ginger Sushi Rice

½ cup sushi rice
 1¼ cups water
 ¼ tsp. kosher salt
 ½ tsp. grated fresh gingerroot
 Zest of 1 lemon
 2 tbsp. rice wine vinegar
 1 tbsp. sesame seeds



1. In the Base of the Smart Multi-Cooker, stir together rice, water and salt. Place grains insert on top of Base; place grains seal on top of insert.
2. Microwave on high power 5 minutes, then on 50% power 7 minutes more. Remove from microwave, remove seal and insert.
3. Stir in ginger, zest, vinegar and sesame seeds; let stand 5 minutes. Fluff with fork. Refrigerate, covered, up to 7 days.



Lemon Pepper Chicken with Asparagus

1½ lbs. boneless chicken breasts
 ½ teaspoon lemon pepper seasoning
 ¼ teaspoon salt
 ¼ teaspoon thyme
 1 lemons, sliced
 Fresh cracked pepper, to taste
 ½ tsp minced garlic
 1 lemon, zested and juiced
 1 pound asparagus, trimmed



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base
2. Season chicken with lemon pepper seasoning, salt and thyme. Place chicken in the Large Shielded Colander, top with sliced lemons.
3. Add asparagus to Shallow Colander, sprinkle with fresh cracked black pepper, garlic, lemon zest and juice. (Some juice will go through to the chicken) place Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 20 minutes or until chicken is cooked through and no longer pink.



Lobster Tails with Curry Butter

Curry Butter
 2 tablespoons olive oil
 1 shallot, finely chopped
 3 cloves garlic, finely chopped
 3 Tbsp. curry powder
 1 cup white wine
 3 sticks unsalted butter, slightly softened
 Salt



1. Heat oil in a small Chef Series II saucepan, add onions and garlic, curry powder and wine and cook until reduced, about 30 minutes. Strain. Place the butter in a bowl, add the curry mixture and mix until well combined, season with salt.
2. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base
3. Season lobster with salt and pepper. Place lobster tails in the Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 7-8 minutes or until lobster is cooked.
5. Use butter as a dipping sauce or pour over lobster tails



Lobster Tails with Hazelnut Brown Butter Sauce

2 lobster tails 6-8 ounces each, fresh or frozen

¼ cup unsalted raw hazelnuts
8 Tbsp. unsalted butter
2 Tbsp. minced shallots
1 tsp. chopped fresh parsley
¼ tsp. grated lemon zest
Pinch of salt



1. Toast hazelnuts in a Chef Series II skillet on medium to medium high heat. When lightly browned, remove hazelnuts from pan and place in the center a dry, clean dish towel. Rub the hazelnuts together to remove as much of the papery dark skins as you can. Coarsely chop them and set aside.
2. In a small Chef Series II saucepan, melt the butter on medium heat, it will foam up, and recede. The milk solids will fall to the bottom of the pan and will start to brown giving the melted butter a wonderful nutty aroma. Let most of the milk solids brown and then remove from heat and strain through a fine mesh strainer into a bowl.
3. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base
4. Season lobster with salt and pepper. Place lobster tails in the Large Shielded Colander.
5. Place Shielded Cover on Microwave on high power for 7-8 minutes or until lobster is cooked.
6. Use butter as a dipping sauce or pour over lobster tails



Low Country Boil

2 red potatoes cut into 1" chunks
1 corn cob, cut into 4 pieces
½ small onion, sliced
2 tsp. Old Bay Seasoning, divided
6 oz. smoked sausage (about ½ link), sliced
¼ lb. (8 medium) peeled shrimp



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line, add 1 tsp Old Bay seasoning. Place Large Shielded Colander inside Base.
2. Toss potatoes, corn and onion in ¼ tsp. seasoning and place in Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power 10 minutes.
4. Place sausage and shrimp in Shallow Colander and season with remaining Old Bay seasoning. Stack Shallow Colander over Large Shielded Colander.
5. Place Shielded Cover on and Microwave on high power 5 minutes or until shrimp are cooked through and potatoes are tender.



Maple Mustard Glazed Salmon

¼ tsp. kosher salt, divided
¼ tsp. black pepper
4 salmon filets, skinned, 4 oz. each
1½ cups carrots, sliced
¾ cup snow peas, trimmed
1 tbsp. maple syrup
1 tbsp. whole-grain or Dijon mustard
¼ tsp. dried thyme
1 tsp. extra virgin olive oil



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Sprinkle half the salt and pepper over the salmon filets and place them in the Large Shielded Colander.
3. Place carrots in the Shallow Colander and place the snow peas on top of the carrots. Place on top of Large Shielded Colander and cover with Shielded Cover.
4. Microwave on high power for 8 minutes or until salmon is opaque in the center and reaches a temperature of 145°F/63°C.
5. Meanwhile, in a small bowl, combine the maple syrup, mustard and thyme. Set aside. When cooking is complete, drizzle olive oil over vegetables, sprinkle remaining salt and pepper over them and stir to combine. Drizzle salmon with maple-mustard glaze and serve with vegetables.



Mini Almond Cakes Gluten Free

4 tbsps. salted butter
½ cup granulated sugar
2 eggs
¼ cup heavy cream
2 tbsps. plain (full fat) yogurt
2 tsp. vanilla extract
1 tsp. cornstarch
¼ tsp. baking soda
½ cup coconut flour
½ cup almond flour



1. In the Smart Multi-Cooker Base fill with water to the max fill line for steam and place Large Shielded Colander inside Base; set aside.
2. Place butter in the 2-cup Micro Pitcher and microwave on high power 45 seconds or until melted.
3. In the Base of the Power Chef System fitted with blade attachment, combine melted butter and sugar. Cover and pull cord until pale and fluffy. Add eggs, cream and yogurt. Cover and pull cord until well mixed. Add vanilla, cornstarch, baking soda, coconut flour and almond flour. Cover and pull cord until well mixed, scraping down sides with a spatula as needed.
4. Divide mixture evenly between 4 Snack Cups. Place Snack Cups inside Large Shielded Colander. Cover with Shielded Cover and microwave on high power 12 minutes, or until a knife inserted into the center of the cake comes out dry, or with a moist crumb.
5. Remove Snack Cups; let stand 5 minutes before serving.



Mini Meatloaves

- 2 lb. ground beef
- 1 medium onion chopped
- 2 cloves garlic, minced
- 2 eggs, beaten
- ¼ cup tomato catsup
- 5 saltine crackers, crushed
- ½ tsp. black pepper
- ½ tsp. salt
- 1½ tsp. Worcestershire sauce
- ¼ cup tomato catsup
- ½ tsp. chili powder



1. In the Smart Multi-Cooker Base fill with water to the max fill line for steam and place Large Shielded Colander inside Base; set aside.
2. In a medium Thatsa Bowl, mix the ground beef, onion, garlic, eggs, catsup, crackers, salt, pepper and Worcestershire sauce and shape into mini loaves.
3. Place ½ the loaves in Large Shielded Colander and ½ in Shallow Colander, place Shallow Colander over Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 10–15 minutes, or until the meatloaf is cooked through.
5. In a small bowl, mix catsup and chili powder and spoon over meatloaves.



Minted Feta Orzo

- 1 cup dry orzo pasta
- 2 cups water
- ½ tsp. + 1/8 tsp. kosher salt, divided
- ¼ cup red onion, roughly chopped
- 1 celery stalk, roughly chopped
- 1 cup feta cheese
- 1 tbsp. finely chopped fresh mint leaves
- 1 tbsp. finely chopped fresh basil
- 2 tbsp. fresh lemon juice
- 2 tbsp. honey
- ½ tsp. black pepper
- 2 tbsp. extra virgin olive oil



1. In the Base of the Smart Multi-Cooker, stir together orzo, water and ½ tsp. of the salt. Microwave, uncovered, on high power 12 minutes. Using the Shielded Colander, drain orzo. Run orzo under cool tap water and return to Base of the Smart Multi-Cooker.
2. In the Base of the Power Chef System fitted with the blade attachment, combine red onion and celery; cover and pull cord to mince. Add feta, mint, basil, lemon, honey, pepper and olive oil; cover and pull cord until well combined.
3. Pour feta mixture over orzo in the Base, stir to combine. Refrigerate 20 minutes before serving



New England Clam Chowder

- 24 clams, cherrystone
- ¾ cup onion
- 1 leek, thinly sliced, white and light green part only
- 2 medium potatoes, peeled and diced
- 4 strips bacon
- 4 sprigs thyme
- 2 cups heavy cream
- 1 tsp. kosher salt
- ½ tsp. white pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Rinse clams thoroughly in cold water. Place clams in the Large Shielded Colander, place potatoes in the Shallow Colander, place in top of Large Shielded Colander; cover with Shielded Cover and microwave on high power for 10 minutes or until clams open and potatoes are fork tender.
3. Remove clams from microwave and discard any that do not open; shuck clams over Water Tray to catch clam juice.
4. Chop onion in Chop 'N Prep Chef. Set aside and combine with sliced leek.
5. Place clams in Base of Chop 'N Prep Chef and coarsely chop.
6. Dice bacon and place in Chef Series 3-Qt. Saucepan along with onions, leeks and thyme. Over medium low heat, sauté bacon, onion, leek and thyme 5 minutes or until onions are translucent. Strain steaming liquid, add liquid to saucepan, increase heat to medium high and scrape pan to loosen browned bits. Remove thyme, add potatoes, cream and bring to a boil. Reduce heat and simmer 10 minutes. Season with salt and pepper.



Paella

- 1 lemon, juiced
- 8 oz. mussels or white fish
- ½ red pepper, diced
- ¼ cup frozen peas
- 1 cup paella or Arborio rice
- 1 tsp. paprika
- ½ tsp. cayenne pepper
- ¼ tsp. turmeric



Fresh parsley, roughly chopped
Lemon wedges

1. In the Base of the Smart Multi-Cooker, add 1¾ cup water and lemon juice. Place the Large Shielded Colander in the Base and fill with mussels or white fish and red peppers.
2. Cover with Shielded Cover and microwave on high for 6-12 minutes*. (**Mussels for 6 minutes, White fish for 12 minutes*).
3. Remove cover add frozen peas, transfer to a bowl and cover and set aside.
4. Add rice to remaining water in Base, place grain insert on the Base and cover with Grain Cover, snap closed. Microwave on high for 15 minutes or until done.
5. Remove from microwave, add spices and fluff rice.
6. To serve arrange mussels or white fish on top of rice, along with a sprinkle of parsley and the lemon wedges.



Pears with Hot Caramel Cinnamon Sauce

- 4 almost ripe pears, stems on
- 1 tsp. cinnamon
- 1 cup light brown sugar
- 1 Tbsp. flour
- 1 cup boiling water
- 2 Tbsp. butter
- 1 tsp. cinnamon
- 2 tsp. vanilla extract



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Peel and core the pears, leaving the stems in tact, sprinkle pears with 1 tsp. cinnamon.
3. Place pears in Base of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 15-20 minutes. Place on serving dish.
5. Meanwhile, mix sugar and flour in a small pot. Stir in the boiling water.
6. Cook gently, stirring constantly until slightly thickened.
7. Add butter and simmer for another 8 minutes.
8. Remove from heat and whisk in the cinnamon and vanilla.
9. Pour hot caramel sauce over pears.



Pesto Chicken Pasta

- 2-4 oz. Angel Hair Pasta
- 2 boneless, skinless chicken breasts, cut into strips
- small bunch of asparagus, trimmed
- 1 small jar of artichoke hearts (drained, oil set aside)
- 3 cloves garlic, peeled
- 2 tbsp. grated Parmesan Cheese
- 8 fresh basil leaves
- 1 tbsp. olive oil
- ½ tbsp. lemon juice



1. Fill Base of Smart Multi-Cooker with 3 cups water, to the Indention Line, add angel hair pasta. Place Large Shielded Colander on top.
2. In Chop 'N Prep place artichoke hearts, garlic, Parmesan cheese, basil, olive oil and lemon juice. Pull string until well chopped.
3. Toss Chicken in a bowl with half of the pesto, place chicken in the Large Shielded Colander.
4. In the Shallow Colander, add asparagus, with little olive oil and salt & pepper, place on top of Large Shielded Colander.
5. Cover with Shielded Cover and microwave for 12 minutes.
6. Remove chicken and asparagus, set aside.
7. Strain pasta and place on serving dish, top with chicken and asparagus.
8. Drizzle remaining pesto on top.



Pork Dim Sum Meatballs

- | | |
|--|--|
| <ul style="list-style-type: none"> 1 lb. ground pork 2 green onions, finely sliced 2 sliced whole wheat bread, crumbled 2 Tbsp. soy sauce 2 Tbsp. sweet chili sauce 2 Tbsp. sesame oil ½ tsp. lemon pepper ½ lemon, juiced and zested 1 Tbsp. chopped coriander | <p><i>Dipping Sauce</i></p> <ul style="list-style-type: none"> 1 tablespoon sambal oelek (Indonesian hot sauce, adjust to taste) ¼ cup rice vinegar ¼ cup soy sauce ½ tsp. sesame oil |
|--|--|



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a medium Thatsa Bowl, mix all the ingredients and shape into 12 meatballs.
3. Place 6 balls in Large Shielded Colander and 6 balls in Shallow Colander, place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and steam in the microwave on high power 10-15 minutes, or until the meatball is cooked through.
5. In a small bowl, combine dipping sauce ingredients.



Potato & Cauliflower Mash

- 2 large russet potatoes, peeled
- ½ head cauliflower
- ¼ cup 2% milk
- 2 tbsp. unsalted butter
- 1 tsp. coarse kosher salt



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Cut potatoes into large chunks, approximately 2" pieces, place in Large Shielded Colander.
3. Cut ½ head of cauliflower into florets and place in Shallow Colander, place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 25 minutes.
5. After microwaving carefully, place half of potato cauliflower mixture into Power Chef fitted with blade attachment. Cover and pull cord until mashed. Remove to medium bowl and repeat with remaining potato cauliflower mixture.
6. Add milk, butter and salt to potato mixture and stir to incorporate.



Potato Soup

2 chicken bullion cubes
 4 potatoes, cut into chunks
 1 stalk celery, sliced thinly
 1 small carrot, diced (optional)
 1 medium onion, diced
 ¾ -1 cup evaporated milk
 1 tsp. parsley
 Salt and pepper to taste

Toppings
 Shredded Cheddar Cheese
 Bacon, cooked and crumbled



1. In the Smart Multi-Cooker Base add 1¾ cup water and bullion cubes. Place the Large Shielded Colander in the Base and fill with potatoes.
2. Place celery, onion and carrot in Shallow Colander place on top of Large Shielded Colander, Cover with Shielded Cover and microwave on high for 20 minutes.
3. Remove from microwave, add potatoes, celery, carrots and onion to water/bullion in the Base.
4. Add evaporated milk, parsley, salt and pepper and mash with hand masher to desired consistency.
5. Ladle into a soup bowl and top with shredded cheddar cheese and bacon.



Prawn & Fennel Risotto

1¾ cup fish stock
 ¼ cup white wine
 1 lemon, juice and zest
 1 small fennel, finely sliced
 1 cup prawns, peeled
 1 cup Arborio rice
 1 clove garlic, crushed
 ½ tsp chili flakes
 1 tbsp. butter or olive oil
 Salt and pepper



1. Fill Smart Multi-Cooker Base with the stock, wine and lemon juice.
2. Place the Large Shielded Colander in the Base and fill with the finely sliced fennel and prawns. Cover with Shielded Cover. Place into microwave and cook at for 6-8 minutes.
3. Remove Colander from Base; keep Cover on to keep contents warm. Set aside.
4. Add rice to remaining liquid in Base, along with the garlic, chili flakes and lemon zest. Place Rice Separator Insert onto Base and cover with the Rice Cover. Place into microwave and cook for 12-15 minutes.
5. Remove Rice Cover and add prawns, fennel and butter or olive oil. Season with salt and pepper.
6. Serve with fresh parsley and grated parmesan.



Pumpkin Custard

3 eggs
 1 tsp. vanilla extract
 ¼ tsp. salt
 ⅓ tsp. cloves
 14 oz. can fat free sweetened condensed milk
 8 oz. whipped cream cheese, at room temperature
 1 cup pumpkin
 1 tsp. ground cinnamon
 ¼ tsp. nutmeg
 1 can evaporated milk
 Whipped cream and Ginger Snap cookies, optional



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place all ingredients in Base of the Power Chef with whip accessory. Replace cover, turn handle and mix until well combined.
3. Pour into snack cups and place inside Large Shielded Colander. (You may have to cook in two batches)
4. Cover with Shielded Cover and microwave at 100% power for 20-25 minutes or until the custard is set and a knife inserted into the center comes out clean.
5. Chill in the refrigerator at least an hour or until thoroughly chilled.
6. Run a knife around edge and unmold to a serving plate.
7. Top with whipped cream and Gingersnap cookie.



Quick Pepper Poppers

9 mini sweet peppers
 3 pieces string cheese



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Slice ¼ of the pepper lengthwise and remove, making a boat-like opening and leaving the stem intact. Remove seeds if desired.
3. Cut string cheese into thirds and place ⅓ into a pepper.
4. Place stuffed peppers into Large Shielded Colander, opened side facing up.
5. Cover with Shielded Cover and microwave on high power 5 minutes or until cheese begins to melt. Serve warm

Quinoa Breakfast Bowls

- ½ cup multi-colored quinoa
- 1¼ cups water
- ¼ tsp. kosher salt
- ½ cup heavy cream
- 1 cup chopped toasted pecans, divided
- ½ cup chia seeds, divided
- 2 bananas, peeled, chopped and divided
- ½ cup dark maple syrup, divided



TUPPERWARE



1. In the Base of the Smart Multi-Cooker, stir together quinoa, water and salt. Place grains insert on top of Base; place grains seal on top of grains insert. Microwave on high power 8 minutes. Remove from microwave, let stand 10 minutes or until tender.
2. Divide quinoa evenly between 4 bowls. Top each with cream, pecans, chia, bananas and maple syrup.

Quinoa and Pork Tenderloin Salad

- 5.6-oz. package plain, uncooked quinoa (1 cup)
- 3 cups water
- ¼ tsp. kosher salt
- ½ cup sliced, marinated artichoke hearts
- ½ cup sliced olives
- ½ bunch fresh baby spinach
- 1 cup cherry tomatoes, cut in half
- 2 tbsp. flat-leaf parsley, finely chopped
- 2 lb. pork tenderloin
- ¼ cup balsamic vinegar
- 1½ Tbsp. extra virgin olive oil
- 4 garlic cloves, minced
- salt and pepper



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place pork tenderloin in Large Shielded Colander. Cover with Shielded Cover and microwave on high power 17 minutes, or until the pork tenderloin reaches an internal temperature of 165°F/74°C. Let rest 5 minutes, then slice thinly. Place on serving plate and cover.
3. In the Base of the Smart Multi-Cooker, stir together quinoa, water and salt. Place grains insert on top of Base; place grains seal on top of grains insert. Microwave on high power 8 minutes. Remove from microwave, let stand 10 minutes or until tender. Pour quinoa in a bowl, Allow to cool and fluff with a serving spoon. Add artichoke hearts, olives, spinach, cherry tomatoes and parsley, Stir.
4. In a small bowl, whisk together balsamic vinegar, olive oil and garlic until well blended; season with salt and pepper to taste and pour over salad. Stir to combine.

Ratatouille & Halibut

- 1 zucchini, chopped into 1" pieces
- 1 small eggplant, chopped into 1" pieces
- 1 medium red bell pepper, cored, cut into strips
- 2 tomatoes, cored, chopped into 1" pieces
- 1 Tbsp. minced garlic
- 1 large onion, chopped
- 1 Tbsp. fresh thyme leaves, chopped
- ½ cup Niçoise or kalamata olives, pitted, optional
- Salt and freshly ground black pepper
- 4 fish fillets or steaks (about 1 lb.)
- ¼ cup fresh basil leaves, roughly chopped
- 1 tbsp. olive oil



TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place all vegetable into the Large Shielded Colander, top with garlic, onion, thyme and olives.
3. Season fish with salt and pepper and place in Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 20 minutes or until the fish is opaque throughout.
5. Transfer the fish to a platter, then stir the basil into the vegetables. Spoon the vegetables around the fish, drizzle everything with the olive oil.

Roasted Red Pepper Chicken Farfalle

- 4 boneless, skinless chicken thighs,
- chopped into 1" pieces
- 1¼ tsp. kosher salt, divided
- ½ tsp. black pepper
- 1 cup diced yellow squash
- ½ cup onion, diced
- 2 cups farfalle pasta
- ½ tsp. minced parsley (garnish)
- 2 roasted red bell peppers,
- roughly chopped
- 3 tbsp. feta cheese crumbles
- 1 tbsp. tomato paste
- 3 garlic cloves, peeled
- ¼ tsp. dried oregano
- ½ cup heavy cream
- 1 tsp. white vinegar
- ¼ tsp. kosher salt
- ¼ tsp. cracked black pepper



TUPPERWARE



1. Place chicken in the Large Shielded Colander and season with ½ tsp. of the salt and pepper and set aside. In the Shallow Colander, combine squash and onions, season with ¼ tsp. of the salt and set aside.
2. In the Base of the Smart Multi-Cooker, stir together remaining salt, pasta and water (filled to the ring indentation in the Base). Microwave, uncovered, on high power 3 minutes. Remove from microwave.
3. Place Large Shielded Colander with chicken inside Base (*without removing pasta*). Cover with Shielded Cover and microwave on high power 8 minutes.
4. While chicken begins to cook, make the sauce. In the Base of the Power Chef System fitted with the blade attachment, combine bell pepper, feta, tomato paste, garlic, oregano, cream, vinegar, salt and pepper. Cover and pull cord until pureed.
5. Transfer mixture to the 2-cup Micro Pitcher. Microwave on high power 45 seconds. Stir and microwave 45 seconds more.
6. Remove Smart Multi-Cooker from microwave. Place Shallow Colander with vegetables on top of Shielded Colander. Cover with Shielded Cover and microwave on high power 3 minutes more. Remove from microwave.
7. Transfer chicken and vegetables to a large bowl. Drain pasta using the Shielded Colander and transfer to bowl with chicken and vegetables; set aside.



Rocky Point Clam Chowder

- 24 littleneck clams, scrubbed and rinsed
- 4 medium red potatoes, diced
- 1 small yellow onion, quartered
- 2 slices reduced-sodium bacon, finely chopped
- 2 cups water
- 1 (10 oz.) can condensed low-sodium tomato soup
- ½ cup chopped fresh or canned tomatoes
- ¼ tsp. black pepper

TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place clams in Large Shielded Colander and potatoes in Shallow Colander; place on top of Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power for 12-14 minutes or until clams open and potatoes are tender when pierced with a fork.
4. Place onion in Base of Chop 'N Prep Chef. Cover and pull cord 4-5 times to process until finely chopped.
5. Place bacon in Chef Series 3-Qt. Saucepan over medium heat. Once bacon begins to sizzle, add onions and sauté 5 minutes or until onions are translucent.
6. Remove clams from Shielded Colander, remove clams from shells over Smart Multi-Cooker Base to catch any clam juice and coarsely chop clam meat. Discard any unopened clams.
7. Strain steaming liquid from Water Tray through a strainer lined with a coffee filter or cheesecloth and into a medium bowl.
8. Add liquid from Base plus 2 cups water to saucepan and increase heat to medium high. Add tomato soup, potatoes, chopped tomatoes and black pepper. Slowly bring to a boil, reduce heat and simmer 10 minutes.



Salmon & Asian Slaw Salad

- 1 lb. salmon filet
 - 2 lb. head Napa cabbage
 - 1 bunch green onions
 - 1 pkg. ramen noodles
 - 1 pkg. slivered or sliced almonds
 - 3 tbsp. butter
 - salt and pepper
- Sweet & Sour Dressing*
- ½ cup canola oil
 - ½ cup sugar
 - ¼ cup apple cider vinegar
 - salt and pepper

TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Add salmon to the Large Shielded Colander, cover with Shielded Cover and microwave for 10 minutes or until opaque.
3. Place all sweet and sour dressing ingredients in Quick Shake Container. Replace seal and shake until well combined. Set aside.
4. Thinly chop cabbage and slice green onions and place in a large bowl.
5. Heat butter in a fry pan over medium heat.
6. Crush noodles and add with almonds to melted butter. Cook until golden brown.
7. Drain well and set aside.
8. Just before serving, add noodles and almonds to cabbage and toss with dressing.
9. Top with steamed salmon.



Salmon with Pink Peppercorns & Snow Peas

- 1 lb. salmon filet
- ½ tsp. grated fresh ginger
- ½ tsp. minced garlic
- 1 tsp. extra virgin olive oil
- salt and freshly ground pepper
- 1 tsp. pink peppercorns, divided
- 8 oz. snow peas

- Sauce*
- 1 ½ tsp. fresh lime juice
 - 1 tsp. soy sauce
 - 1 scallion, thinly sliced (white plus about 2 inches of green)
 - ½ tsp. toasted sesame oil

TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Add salmon to the Large Shielded Colander, Brush salmon with olive oil and season with salt and pepper, top with ginger, garlic and pink peppercorns.
3. Place snow peas in Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave for 10 minutes or until opaque or until salmon flakes easily with a fork, is opaque and reaches an internal temperature of 145°F/65° C..
5. Combine sauce ingredients in a small bowl and whisk in sesame oil with a tiny whisk or a fork. Set aside.
6. Remove from microwave and let stand 5 minutes before serving.
7. Lay out a bed of snow peas on dinner plates, top with fish and drizzle sauce over the top.



Scallops with Lemon Vinaigrette

- 1 lb. medium sea scallops
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 1 lb. fresh asparagus
- 1 lemon, zested and juiced
- 2 tbsp. extra virgin olive oil
- 2 tsp. fresh dill, chopped
- 1 tbsp. fresh chives, chopped

TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place scallops in the Large Shielded Colander and sprinkle with half of the salt and pepper.
3. Place asparagus in the Shallow Colander and place on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 8 minutes.
5. Meanwhile, in a small bowl, whisk the remaining ingredients together. Serve scallops and asparagus drizzled with dressing.
6. Serve with white or brown rice.



Shepherd's Pie Peppers

3 potatoes, diced
 1 carrot, diced
 1 lb. ground beef
 ¼ cup frozen peas
 ¼ cup frozen corn
 2 tbsp. celery diced
 1 small onion, diced
 2 garlic gloves, minced
 1 tbsp. tomato paste
 1 tbsp. Worcestershire sauce
 ½ tsp. cornstarch
 ¼ cup beef broth

3 bell peppers, cut in half
 ¼ cup milk
 2 tbsp. butter
 ½ cup sharp cheddar cheese, shredded



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place ground beef, corn, peas, celery, onion, garlic tomato paste Worcestershire sauce and cornstarch in the Large Shielded Colander. Stir to mix.
3. Place diced potatoes and carrots in the Shallow Colander, potatoes on one side, carrots on the other. Place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 18 minutes.
5. In a bowl, spoon carrot into meat mixture, add beef broth, stir well.
6. Pour potatoes into a bowl add milk and butter and mash.
7. Spoon meat mixture into the pepper shells, top with mashed potatoes and place in the Base of the Smart Multi-Cooker. Sprinkle with cheddar cheese. Replace cover and microwave for 5 minutes.



Shrimp & Broccoli in Garlic Sauce

1 pound uncooked medium shrimp, peeled and deveined
 2 cups fresh broccoli florets
 1 Tbsp. water
 2 Tbsp. peanut oil
 4 large cloves garlic, minced
 1 cup low-sodium chicken broth
 1 Tbsp. soy sauce
 1 Tbsp. oyster sauce
 2 tsp. grated fresh ginger root
 ¼ cup canned water chestnuts, drained
 2 Tbsp. cornstarch



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place the shrimp in Large Shielded Colander and the broccoli in Shallow Colander; place Shallow Colander on top of Large Shielded Colander.
3. Cover and microwave on high power 12 minutes or until shrimp are pink and opaque.
4. Heat peanut oil in a Chef Series skillet on medium-high heat. Cook garlic in hot oil until fragrant, about 1 minute. Reduce heat to low; add chicken broth, soy sauce, oyster sauce, and ginger root to the garlic. Bring the mixture to a boil.
5. Toss steamed broccoli and water chestnuts with the sauce mixture, stir to coat with the sauce. Stir cornstarch into the mixture 1 tablespoon at a time until the sauce thickens, about 3 minutes, add shrimp.



Shrimp, Green Beans, Tomatoes & Potatoes

3 cups water
 1½ cups chopped red potatoes
 1¼ tsp. kosher salt, divided
 1½ cups fresh green beans, trimmed
 24 fresh medium shrimp, peeled and deveined, with tails on
 1 large heirloom tomato, chopped (about 1 cup)

vinaigrette
 1 garlic clove, peeled
 ½ cup extra virgin olive oil
 2 tbsp. red wine vinegar
 ½ tsp. mustard
 1 tsp. dried oregano



1. In the Base of the Smart Multi-Cooker, combine water, potatoes and ½ tsp. of the salt. Place green beans in Large Shielded Colander and stack on top of Base. Cover with Shielded Cover and microwave on high power 4 minutes. Remove from microwave.
2. Add tomatoes to Shielded Colander. Place shrimp in Shallow Colander, season with ¼ tsp. of the salt, and stack on top of Large Shielded Colander. Cover with Shielded Cover and microwave on high power an additional 3 minutes. Remove from microwave, let stand, covered, 5 minutes.
3. In the Base of the Chop 'N Prep Chef, combine garlic, olive oil, vinegar, mustard, oregano and remaining salt. Cover and pull cord until well blended.
4. Drain potatoes and return to Base of Smart Multi-Cooker. Add green beans, tomatoes, shrimp and vinaigrette. Gently stir to coat with vinaigrette. Serve warm, or cover and refrigerate 20 minutes to serve chilled.



Shrimp Scampi

Scampi Sauce
 2 Tbsp. unsalted butter
 2 tsp. minced garlic
 ¼ cup dry white vermouth
 ½ tsp. cornstarch
 ¼ tsp. grated lemon zest plus 1 tablespoon freshly squeezed lemon juice
 2 tsp. finely chopped flat-leaf parsley leaves

1 pound jumbo shrimp, shelled and deveined
 Kosher salt and freshly ground black pepper



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a snack cup combine butter, garlic, vermouth, cornstarch, lemon zest and juice, and parsley, place snack cup in Large Shielded Colander.
3. Season shrimp with salt and pepper, place in the Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power for 7 minutes.
5. Place shrimp on serving dish and pour scampi sauce over shrimp.

Shrimp & Spicy Cocktail Sauce

- ½ tsp. kosher salt
- 2 garlic cloves, peeled and minced
- ½ cup tomato or vegetable juice
- 6 ripe tomatoes, roughly chopped
- 4 tbsp. prepared horseradish
- 4 tbsp. fresh lime juice
- 2 tbsp. Worcestershire sauce
- 1 tsp. celery salt
- 3 dashes hot sauce



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a large bowl, toss together shrimp and salt.
3. Place Shrimp in Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 3 minutes. Remove from microwave, stir to redistribute shrimp. Microwave on high power an additional 3 minutes. Remove from microwave; set aside.
5. In the Base of the Power Chef System fitted with the blade attachment, combine garlic, tomato juice, tomatoes, horseradish, lime juice, Worcestershire, celery salt and hot sauce. Cover and pull cord until mixture is the consistency of thick tomato sauce.
6. Serve shrimp warm or cold with cocktail sauce.

Shrimp with Cilantro Lime Sauce

- 1 lb. large tail-on shrimp, peeled and deveined, uncooked
- ¼ cup cilantro
- 1 garlic clove, peeled
- 3 tbsp. extra virgin olive oil
- 1 tbsp. honey
- ¼ tsp. coarse kosher salt
- 1 lime, juiced



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place half the shrimp in Large Shielded Colander Tray and remaining half in Shallow Colander; place on top of Large Shielded Colander.
3. Cover with Shielded Cover and microwave on high power 12 minutes or until shrimp are pink and opaque.
4. Place cilantro and garlic in Base of Chop 'N Prep Chef, cover and pull cord several times to finely chop.
5. Mix together all ingredients in 1-Qt. Micro Pitcher.
6. Cover and microwave on high power 1 minute. Sauce will thicken slightly as it cools. Use as a dipping sauce.

Smoked Salmon and Quinoa Salad

- ½ cup quinoa
- 4 oz. smoked salmon
- 1 small sweet potato, peeled and diced
- ¼ cup mint, finely chopped
- 2 tbsp. fresh dill, finely chopped
- 2 spring onions, finely sliced
- Salt and pepper
- 2 tbsp. olive oil
- 1 tsp. apple cider vinegar
- 1 lemon, zest only
- 1 cup rocket, arugula or baby spinach, washed
- 1 small cucumber, diced
- 2 tbsp. pepitas or pumpkin seeds
- Goats cheese or feta, crumbled
- Lemon wedges, optional



1. Rinse quinoa until water runs clear.
2. Place quinoa into Smart Multi-Cooker Base. Place in 1¼ cup of water and cover with Rice Separator Insert and Rice Cover. Place into microwave for 10-13 minutes.
3. Remove from microwave and transfer into bowl, cover and set aside.
4. Rinse and quickly clean Smart Multi-Cooker Base before fill with 1¾ cup water. Place the Large Shielded Colander in the Smart Multi-Cooker Base and add sweet potato. Stack on the Shallow Colander and arrange salmon. Cover with Shielded Cover and cook for 10-12 minutes.
5. Break salmon pieces up onto quinoa. Add in remaining ingredients and toss to combine.
6. Serve with a sprinkle of goats cheese or feta and lemon wedges.

Southwest Salmon Salad

- 1 (4 oz.) skinless salmon fillet
- ¼ tsp. coarse kosher salt
- ½ tsp. smoked paprika, divided
- ½ cup frozen yellow corn kernels
- ½ cup canned black beans, drained and rinsed well
- 2 cups chopped Romaine
- 4 cherry tomatoes, cut in quarters
- ¼ cup sour cream
- 2 tbsp. extra virgin olive oil
- 1 tsp. red wine vinegar
- ½ small garlic clove, crushed
- ¼ cup broken corn chips



1. Add 1¾ cup of water to Smart Multi-Cooker Base to the Steam Fill Line.
2. Season both sides of the salmon with salt and ¼ tsp. of the smoked paprika. Place salmon in the Large Shielded Colander. Place Shielded Colander inside Base.
3. In the Shallow Colander, place corn and beans in a single, even layer; sprinkle with salt to taste. Place on top of Large Shielded Colander. Cover with Shielded Cover.
4. Microwave on high power 8 minutes or until salmon is cooked through. Remove from microwave; set aside.
5. Meanwhile, in a medium bowl, toss together romaine and tomatoes; set aside
6. In a small bowl, stir together sour cream, olive oil, vinegar, garlic, and remaining smoked paprika. Add salt and pepper to taste.
7. Transfer corn and beans to salad bowl and toss with romaine and tomatoes. Flake salmon and place on top of salad greens. Top with broken corn chips and drizzle with dressing.



Spaghetti and Meatballs

5-6 oz. dry spaghetti
1 jar spaghetti sauce

Meatballs

1 lb. lean ground beef
1 tsp. Italian herb seasoning
1 egg
½ cup dry breadcrumbs
¼ cup fresh parsley, chopped
1 garlic clove, minced
½ teaspoon salt
¼ cup parmesan cheese



1. Place spaghetti into Smart Multi-Cooker Base. Add 3-4 cups water to reach the indent in the Base. Place into microwave and microwave on high for 5 minutes.
2. In a mixing bowl, mix together the meatball ingredients and make in golf ball size meatballs.
3. Place Shielded Colander with inside Base (*without removing pasta*) and add meatballs. Cover with Shielded Cover and microwave on high power 8-10 minutes. Remove from microwave. Set meatballs aside. Drain spaghetti.
4. Place spaghetti sauce in the Vent N serve 4 cup container, microwave on high for 2-3 minutes to warm.
5. Place spaghetti on a plate, top with spaghetti sauce and meatballs.



Spinach Arugula Pesto Zoodles

2 large zucchini, ends trimmed
1 garlic clove, peeled
¼ cup shelled, toasted sunflower seeds or slivered almonds
3 cups loosely packed fresh baby spinach
2 cups loosely packed arugula
Zest and juice of half a lemon
¼ cup grated Parmesan cheese
¼ cup extra virgin olive oil
¼ tsp. coarse kosher salt



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line add salt. Place Large Shielded Colander inside Base.
2. Using the julienne attachment for the Mandoline, run the zucchini across the blade to create long noodlelike strands.
3. Mince garlic and sunflower seeds using the Quick Chef Pro System. Add spinach, arugula, lemon zest, lemon juice and Parmesan. Chop until finely minced while streaming in olive oil. Add coarse kosher salt and pepper to taste.
4. Place zucchini strands in Large Shielded Colander;
5. Cover with Shielded Cover and microwave on high for 2-3 minutes. Remove from microwave.
6. In a large bowl, toss together pesto and vegetable noodles until well coated.
7. Serve warm or cold.



Steamed Salmon & Broccoli

2 (6-oz.) Salmon fillets
8 oz. Broccoli, fresh or frozen
¼ tsp course Kosher salt
¼ tsp ground black pepper
2 Lemon wedges



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place salmon in the Large Shielded Colander, taking care not to block all the holes, season with salt and pepper.
3. Place broccoli in the Shallow Colander; place on top of Large Shielded Colander
4. Cover with Shielded Cover and microwave on high power for 8-12 minutes. Until salmon is flaky or opaque.
5. Serve with Lemon wedges.



Steamed Salmon & Rainbow Noodles

Sauce

3 tsp. sesame oil
5 tbsp. light soy sauce
1 lime juiced
4 tbsp. rice vinegar
2 tsp. sugar

¼ purple cabbage, julienned
2 carrots, julienned
1 red chili, finely chopped (optional)
½ tsp. ginger, finely grated
4 (4 oz.) salmon fillets
1 tbsp. sweet chili sauce
1 lime, zested and juiced
6 oz. soba noodles
4 green onions, julienned



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place vegetables in the Large Shielded Colander.
3. Place Salmon in the Shallow Colander; place Shallow Colander on top of Large Shielded Colander.
4. Cover with Shielded Cover and Microwave on high power 20 minutes.
5. In a quick Shake container, add sauce ingredients, shake well and set aside.
6. Place vegetables on a serving plate, place salmon over vegetables, pour sauce over both. Sprinkle with sesame seeds if desired.

Steamed Sliders

- 1 pkg. sweet Hawaiian rolls
- ¼ cup mayonnaise
- ½ lb. hamburger meat
- ¼ tsp. Southwest Chipotle Seasoning , divided
- Salt and Pepper, to taste
- ½ cup onions, chopped



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In a small bowl, mix together mayonnaise and ¼ tsp. Southwest Chipotle seasoning.
3. Mix hamburger with ¼ tsp. Southwest Chipotle seasoning, salt and pepper and form into one patty.
4. Place patty into the Large Shielded Colander.
5. Sprinkle onions onto patty.
6. Cover with Shielded Cover and Microwave for 7 - 8 minutes.
7. Slice rolls in half horizontally, place rolls into top tray. Remove burgers from microwave, place rolls into in Smart Multi-Cooker. Let stand for 3 minutes, to steam.
8. Cut burger into 9 squares tic tac toe style, spread Chipotle seasoning and mayo on rolls. Place burger onto rolls and eat. Add cheese and condiments if desired.

Steamed Shrimp, Red Peppers & Green Beans

- 1 lb. Shrimp
- ¼ tsp. ground ginger
- ¼ tsp. cayenne pepper
- 1 clove garlic, minced
- 1 Tbsp. sesame seeds
- ¼ tsp. ground black pepper
- ½ lb. green beans
- 1 red bell pepper cut into strips
- 3 Tbsp. teriyaki sauce
- ¼ cup cornstarch
- 1 cup chicken broth
- ¼ tsp. salt
- 3 green onions, sliced



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Combine shrimp, ginger, cayenne pepper, garlic, sesame seeds, and pepper in a bowl. Cover and refrigerate 30 minutes.
3. In a small bowl, combine cornstarch, chicken broth, teriyaki sauce, and salt.
4. Place Shrimp in Large Shielded Colander. Place green beans and red pepper strips in Shallow Colander, place Shallow Colander on Large Shielded Colander.
5. Cover with Shielded Cover and Microwave on High for 8 minutes or until shrimp are no longer pink. Let stand 15 minutes.
6. In a small saucepan add teriyaki sauce, chicken broth and salt, stir until thickened, add green onions.
7. Place shrimp in a serving dish, top with vegetables, then pour sauce over the vegetables.

Steamed Stuffed Artichoke

- ¼ + ¼ tsp. coarse kosher salt
- 2 globe artichokes, trimmed, cut in half
- ½ fresh lemon
- 2 cups Italian or sour dough bread cubes, crust removed
- 3 tbsps. extra virgin olive oil
- ¼ cup diced black olives
- 1 garlic clove, crushed



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Remove the two bottom rows of leaves from each artichoke half. Scoop choke from the center of artichokes, rub cut edges with lemon. Place artichokes in Large Shielded Colander, cut side up.
3. Cover with Shielded Cover and Microwave on high power 5 minutes. Remove from microwave, set aside.
4. In a medium bowl, mix together bread cubes, olive oil, olives, garlic, and ¼ tsp. coarse kosher salt. Press bread cubes together until moist; divide into 4 equal portions.
5. Stuff bread into cut side of each artichoke half, gently pressing bread into the cavity and allowing excess to sit on top of artichoke.
6. Place Shielded Cover on and microwave 15 minutes or until artichokes are soft, and bottom leaves are easily removed.

Steamy Chicken Fajitas

- 1 lb. chicken breasts, boneless and skinless
- 1 red bell pepper, cored
- 1 green bell pepper, cored
- 1 yellow bell pepper, cored
- 1 yellow onion, peeled
- 3 tbsps. Taco or Fajita Seasoning
- 8 tortillas
- Optional condiments*
sour cream
cheese
lettuce
lime wedges
guacamole
salsa



1. Fill Smart Multi-Cooker Base with 1¾ cups water to max Steam fill line.
2. Slice chicken breasts into strips and place in Large Shielded Colander.
3. Slice peppers and onions into strips and place in Shallow Colander.
4. Season onion-pepper mixture and chicken with taco or fajita seasoning.
5. Place Large Shielded Colander in Base, place Shallow Colander on top and cover with Shielded Cover.
6. Microwave on high power 12 minutes or until chicken is cooked through. Remove from microwave.
7. Serve on tortillas with desired condiments.

Stuffed Cabbage Rolls

4 cabbage leaves
 3½ cup sliced zucchini
 ½ cup bread crumbs
 ½ cup cashew nuts, chop
 1 red pepper, chop
 1 tbsp. curry
 1 tsp. salt
 1 pinch pepper
 1 egg, beaten
 3 tbsp. oil



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Cut out "V" shape at the bottom of 4 cabbage leaf stalks. Pour hot water over them until limp. Drain and pat dry.
3. Mix bread crumbs, cashews, red pepper, curry, salt, pepper, egg and oil for stuffing. Divide into 4 portions and wrap each with a cabbage leaf, place in the Colander tray.
4. Place sliced zucchini in the Large Shielded Colander.
5. Cover with Shielded Cover and microwave on high power for 25 minutes.

Stuffed Tomatoes

6 medium beefsteak tomatoes
 1 (6.25 oz.) box pre-packaged stuffing mix
 ¼ cup butter or margarine, sliced into 1-inch cubes
 1 cup hot water



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Cut off tops of tomatoes; scoop out seeds and pulp with a spoon, making a hollowed-out cup. Discard tomato tops and seeds. Chop pulp in the Quick Chef. Drain and set aside for later use.
3. Invert tomatoes on paper towels to drain.
4. Combine water and butter or margarine in a Thatsa Bowl. Add stuffing mix, reserved tomato pulp and stir. Let stand 5 minutes for liquid to absorb.
5. Fill tomatoes evenly with stuffing mix and place in Large Shielded Colander.
6. Cover with Shielded Cover and Microwave on high power 10 minutes, or until tomatoes are tender and stuffing is heated through.

Tangy Citrus Chicken with Vegetables

Citrus sauce
 ½ cup fresh basil leaves
 1 green onion
 2 tbsp. flat-leaf parsley
 2 tbsp. capers, drained
 1 tbsp. fresh lemon juice
 1 clove garlic, peeled
 3 tbsp. extra-virgin olive oil
 salt and pepper, to taste

2 boneless, skinless chicken breasts
 ½ lb. green beans, trimmed
 1 red bell pepper, cut into thin strips
 salt and pepper, to taste
 3 tbsp. Citrus Sauce



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Place first seven ingredients in the Base of your Chop 'N Prep Chef. Replace cover twist to seal and pull cord 4–5 times to blend to a coarse puree. Remove blade and transfer sauce to a small bowl and season with salt and pepper to taste.
3. Place chicken in Large Shielded Colander; season with salt and pepper and brush with Citrus sauce.
4. Place green beans and red pepper strips in Shallow Colander; place on top of Large Shielded Colander.
5. Cover with Shielded Cover and Microwave on High power 14 minutes or until chicken reaches an internal temperature of 165°F/74° C.
6. Remove chicken to a serving platter and brush with sauce. Toss the vegetables with 1 Tbsp. Citrus Sauce and serve with chicken.

Teriyaki Chicken with Vegetables

Teriyaki marinade and sauce
 2 Tbsp. ginger, minced
 ¾ cup soy sauce
 2 Tbsp. corn starch
 ¼ cup honey
 2 cloves garlic, minced
 2 tbsp. mirin (Japanese sweet rice wine)
 2 tsp. rice vinegar
 ½ teaspoon sesame oil
 1 dash red pepper flakes
 black pepper, to taste

1 lb. chicken breast, cut into strips or chunks
 8 oz. broccoli florets
 1 red pepper, cut into strips
 1 onion, sliced
 1 small carrot, sliced
 1 small green onion, sliced



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. In the Base of the Quick shake, add all ingredients for teriyaki sauce, shake to mix.
3. Place chicken breast in season serve container and pour ¾ sauce over chicken, marinate for at least 30 minutes, refrigerate.
4. Place chicken in Large Shielded Colander; season with salt and pepper.
5. Place all vegetables except green onions in Shallow Colander; place on top of Large Shielded Colander.
6. Cover with Shielded Cover and Microwave on High power 15 minutes or until chicken reaches an internal temperature of 165°F/74° C.
7. Microwave remaining sauce in MicroPitcher for 1 minute, to warm.
8. Remove chicken to a serving platter, top with vegetables and pour remaining sauce over to coat.
9. Sprinkle green onions over chicken and vegetables.



Thai Chicken & Coconut Rice

Marinade

- 4 spring onions
- ½" piece ginger, grated
- 3 Tbsp. fresh coriander
- 2 limes, juiced
- 2 Tbsp. fish sauce
- 3 tsp. soy sauce
- 2 tsp. brown sugar
- 1 tsp. garlic, minced
- Salt and Pepper

- 1¾ cup chicken broth
- 2 Chicken breast, cut into strips

Rice

- 1 cup white or Jasmine rice
- 1½ cup chicken stock
- 1 lime, juiced and zested
- 3 spring onions, finely sliced
- 4 Tbsp. coconut cream
- 2 Tbsp. fresh coriander, finely chopped



- Place marinade ingredients, in the Base of the Power chef system, place cover on and pull cord, until smooth. Put chicken in the medium bowl and pour marinade over chicken and refrigerate for 30 minutes.
- In the Base of the Smart Multi-Cooker add 1¾ cup chicken broth. Place Shielded Colander inside Base, add chicken. Cover with Shielded Cover and microwave on high power 10-12 minutes or no longer pink. Remove from microwave, transfer chicken to a bowl, cover, set aside. Wipe clean.
- Place rice into Smart Multi-Cooker Base. Fill with 1½ cup chicken stock to max fill line for grains. Place grains insert on top of Base; place grains seal on top of insert. Place into microwave and microwave on high for 15 minutes. Remove from microwave let stand 10 minutes.
- Remove from microwave, add lime juice and zest, spring onions, coconut cream, add chicken and stir through, top with chopped coriander.



Thai Chicken Salad

- ½ tsp. coarse kosher salt, divided
- 2 boneless, skinless chicken breasts
- 2 tbsp. extra virgin olive oil
- 1 tsp. granulated sugar
- 4 tsp. sweet Thai chili sauce
- 1 tsp. fresh ginger, grated, with juice
- ½ tsp. sesame oil
- 1 lime, juiced
- 1 cucumber, sliced
- 6 large radishes, sliced
- 6-oz. bag mixed salad greens
- ¾ cup fresh basil leaves, loosely packed, torn
- 4 large mint leaves, sliced
- ¼ cup red onion, thinly sliced
- ¼ cup bagged matchstick carrots
- 4 tsp. unsalted peanuts, crushed



- Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
- Sprinkle ½ tsp. salt over chicken breast. Place chicken in Large Shielded Colander.
- Cover with Shielded Cover and microwave on high power 8-10 minutes or until juices run clear and internal temperature reaches 165°F/75°C.
- Remove chicken from steamer Base and set aside. Combine ¼ tsp. salt, olive oil, sugar, chili sauce, grated ginger, sesame oil and lime juice in a small bowl and stir to combine. Set aside.
- Place the cucumber, radishes, salad greens, basil, mint, red onion and carrots in a large bowl. Toss with half the dressing and divide evenly between 4 plates.
- Slice chicken breast thinly and divide among the salads. Drizzle remaining dressing over the salad and sprinkle each salad with 1 tsp. crushed peanuts.



Thai Green Curry

- 1¾ cup chicken broth
- 1 small sweet potato, peeled and cut into cubes
- 1 green pepper, julienned
- 1 zucchini, finely sliced
- 12 oz. Chicken or White fish, cut into chunks
- 2 garlic cloves, minced
- 2 spring onions
- 2 tsp. lemongrass paste
- 1 tsp. ginger paste
- 2 Tbsp. fish sauce

- 2 green chilis, deseeded
- ½ bunch fresh coriander
- 13 oz. coconut milk
- 1 chicken bullion cube
- 2 kaffir lime leaves
- 1½ cups baby spinach
- Fresh coriander
- Spring onions
- Lime juice
- Cooked rice



- In the Base of the Smart Multi-Cooker add 1¾ cup chicken broth. Place Shielded Colander into Base, add sweet potato, green pepper, zucchini.
- Place Shallow Colander on top or Large Shielded Colander and add chicken or white fish. Cover with Shielded Cover and microwave on high power 12-15 minutes or chicken is no longer pink.
- Meanwhile, in the Base of the Power Chef add garlic, spring onions, lemongrass paste, ginger paste, fish sauce chilis and coriander. Place cover on and pull cord until smooth.
- In a small saucepan add coconut milk, paste, bullion cube and kaffir leaves. Simmer over medium low heat, stirring every few minutes, add spinach and stir until wilted.
- Once vegetables and meat are cooked, remove from microwave and place into serving bowl, pour over sauce and mix together.
- Garnish with fresh coriander, spring onions, and lime juice. Serve with cooked rice.



Tilapia with Coconut Rice and Cayenne Sauce

- 2 tilapia fillets
- Salt and pepper to taste
- ½ (14 oz.) bag frozen broccoli florets
- 1 cup instant white rice
- 1 cup water
- 1 tsp. chicken stock
- 2 tsp. water
- ½ cup low fat plain yogurt
- ¼ tsp. prepared mustard
- ½ tsp. cayenne pepper
- ¼ cup slivered almonds
- ¼ cup toasted coconut



- Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
- Place water in the 3-Qt. Casserole Stack Cooker or a 4 cup Vent N Serve, microwave on high for 3-4 minutes, add instant rice and cover, set aside.
- Place broccoli florets in the Large Shielded Colander.
- Season fillets with salt and pepper and place fillets in the Shallow Colander; place on top of Large Shielded Colander.
- Cover with Shielded Cover and Microwave on high for 8-10 minutes.
- Place chicken stock, water, yogurt, prepared mustard and cayenne pepper in the Micro Pitcher, cover and microwave on high for 1 minute. Remove and stir mixture.
- Add coconut and almonds to the rice and fluff with a fork. Place rice, broccoli and tilapia on serving dish and spoon sauce on top.
- Garnish with a sprinkle of cayenne pepper.



Tuna Casserole

- 8 oz. egg noodles
- ¼-½ tsp salt for pasta water
- 1 (5 oz.) can Tuna
- ¼ onion, chopped
- 1 cup shredded cheddar cheese
- ½ cup frozen peas
- 1 (10.75 oz.) can cream of mushroom soup
- Salt and pepper, to taste
- ½ cup Panko bread crumbs
- 1-2 Tbsp. butter

TUPPERWARE



1. In the Base of the Smart Multi-Cooker combine noodles, salt and 3-4 cups water to the indent line in the Base. Microwave on high power 5 minutes.
2. Place Shielded Colander inside Base.
3. In a 4 cup Vent N Serve container combine tuna, onion, cheese, peas, cream of mushroom soup and salt and pepper. Place inside Shielded Colander, place Shielded Cover on and microwave for 5-7 minutes.
4. Meanwhile, toast panko bread crumbs in a small skillet with butter until golden brown.
5. Remove Vent N Serve container. Set aside.
6. Drain the egg noodles and place into Base of Smart Multi-Cooker. Add contents of Vent N Serve container to egg noodles, stir to combine.
7. Serve Tuna casserole and top with toasted bread crumbs.



Turkey Tenderloin with Spicy Sweet Potatoes

- ¼ tsp. kosher salt
- ¼ tsp. onion powder
- ¼ tsp. black pepper
- ¼ tsp. garlic powder
- 12 oz. turkey tenderloin
- 2 large sweet potatoes, peeled and cubed
- 2 green onions, chopped
- 2 tbsp. cilantro
- 1 tbsp. extra virgin olive oil
- 1 tbsp. maple syrup
- 1½ tsp. Southwest Chipotle Seasoning Blend

TUPPERWARE



1. Fill Base of Smart Multi-Cooker with 1¾-cup water to the Steam Fill Line. Place Large Shielded Colander inside Base.
2. Combine salt, onion powder, pepper and garlic powder. Sprinkle mixture over turkey tenderloin on all sides and place in Large Shielded Colander.
3. Place cubed sweet potatoes in the Shallow Colander; place on top of Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power for 14 minutes or until turkey juices run clear and turkey reaches an internal temperature of 165°F/75°C and sweet potatoes are tender.
5. While turkey cooks, place the green onions and cilantro in Base of Chop 'N Prep Chef. Pull cord 4-5 times to process until finely chopped. Remove cover and add olive oil, maple syrup and seasoning blend. Replace cover and pull cord 4-5 times to fully combine.
6. In a medium bowl, combine sweet potatoes and contents of Chop 'N Prep Chef until coated. Slice turkey and serve alongside sweet potatoes.



Warm Rosemary Potato Salad

- 10 red bliss potatoes, scrubbed and diced
- 1¼ tsp. kosher salt, divided
- ½ cup extra virgin olive oil
- 2 lemons, zested
- 2 garlic cloves, minced
- 2 tbsp. minced fresh rosemary leaves
- 2 tsp. fresh thyme leaves

TUPPERWARE



1. In the Smart Multi-Cooker Base combine 1 tsp. of the salt and fill with water to the max fill line for steam. Place Shielded Colander inside Base and add potatoes. Cover with Shielded Cover and microwave on high power 16 minutes or until tender.
2. Remove from microwave; remove Shielded Colander with potatoes from Base; set aside. Drain water from Base, dry any remaining water using a clean Tupperware Microfiber Towel.
3. In the Base, whisk together olive oil, lemon zest, garlic, rosemary, thyme and remaining salt. Add warm potatoes, gently toss. Serve warm.