



REAL
FOOD
REAL
FAST

Creamy One-Pot Pasta

This one-pot wonder combines slivered garlic and fresh vegetables for a light pasta dish your family will be sure to request again.



- 4 large garlic cloves, peeled
- 1 jar (7 oz) sun-dried tomatoes in oil, undrained
- 3 cans (14.5 oz each) chicken broth (5 1/4 cups)
- 1 lb uncooked penne pasta
- 1 head broccoli (2 cups small florets)
- 2 medium carrots, peeled
- 4 oz reduced-fat cream cheese (Neufchâtel)
- 1/4 tsp salt
- 1/2 tsp coarsely ground black pepper
- Grated fresh Parmesan cheese and snipped fresh basil (optional)

- Thinly slice garlic using **Color Coated Paring Knife**. Place garlic and 1 tbsp oil from sun-dried tomatoes into **(8-qt.) Stockpot**. Cook garlic over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Remove from heat; add broth. Return to burner; increase heat to high. Cover and bring to a boil. Stir in pasta; cover and simmer vigorously 8-10 minutes or until pasta is almost cooked but still firm, stirring occasionally using **Mega Scraper**.
- Meanwhile, cut broccoli into small florets; place into **Classic Batter Bowl**. Cut carrots in half lengthwise; thinly slice crosswise on a bias using **Santoku Knife**. Drain sun-dried tomatoes; pat dry with a paper towel. Slice tomatoes into thin strips. Add carrots and tomatoes to batter bowl.
- Cut cream cheese into cubes. Add vegetables, cream cheese, salt and black pepper to Stockpot. Stir until cream cheese is melted and fully incorporated. Reduce heat to medium; cover and cook an additional 2-4 minutes or until vegetables are tender. Serve immediately in **Simple Additions® Dots Large Round Bowl**. If desired, top with grated fresh Parmesan cheese and snipped fresh basil.

Yield: 6 servings

Light Nutrients per serving: Calories 410, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrate 65 g, Protein 15 g, Sodium 1000 mg, Fiber 5 g

Cook's Tips: For an interesting flavor twist, omit salt, black pepper, Parmesan cheese and basil. Add 1 tbsp **Moroccan Rub** or **Greek Rub**.

For a heartier version of this recipe, add grilled turkey Italian sausage or sliced grilled chicken breasts to pasta.

If desired, 2 cups halved cherry tomatoes can be substituted for the sun-dried tomatoes.

©The Pampered Chef, Ltd., 2008



6
o'clock
SALADS

Deluxe Cheeseburger Salad

This unexpected spin on the classic burger will delight even the pickiest eaters at the table.



- 4 sesame seed hamburger bun tops
- 1 small red onion, divided
- 2 plum tomatoes
- 1/2 lb 95% lean ground beef
- 1/2 cup finely diced dill pickles
- 1/4 cup ketchup
- 1 tbsp yellow mustard
- 8 cups thinly sliced romaine lettuce
- 1 cup (4 oz) shredded cheddar cheese

- Preheat oven to 425°F. Slice bun tops into 1/4-in. strips (if bun tops are very thick, slice bottoms off horizontally before slicing into strips). Arrange in a single layer on **Large Bar Pan**; bake 8-10 minutes or until lightly toasted. Remove to **Stackable Cooling Rack**; cool completely.
- Slice half of the onion crosswise into thin rings using **Ultimate Mandoline** fitted with thin slicing blade. Remove and discard stems from tomatoes; cut tomatoes into quarters lengthwise and slice crosswise using **Utility Knife**. Set onion and tomatoes aside.
- Cook ground beef in **(8-in.) Sauté Pan** over medium-high heat 5-7 minutes or until no longer pink, breaking beef into crumbles using **Slotted Turner**. Chop remaining onion half using **Food Chopper**. Finely dice pickles using Utility Knife. In **Classic Batter Bowl**, combine chopped onion, pickles, ketchup and mustard. Add cooked ground beef; mix well using **Small Mix 'N Scraper**®.
- To serve, arrange lettuce on large serving platter. Spoon beef mixture over lettuce. Top with cheese, tomatoes and sliced onion. Arrange hamburger bun croutons around edge of platter. Serve immediately.

Yield: 6 servings

Nutrients per serving: Calories 250, Total Fat 10 g, Saturated Fat 5 g, Cholesterol 55 mg, Carbohydrate 20 g, Protein 20 g, Sodium 730 mg, Fiber 3 g

©The Pampered Chef, Ltd., 2008

Barbecue Pork Tenderloin

in under 10 Minutes!

Easy Pork Recipes

Barbecue Pork Tenderloin

Our **Deep Covered Baker** allows you to cook a pork tenderloin in the microwave, giving you a head start on speedy sandwiches and salads.

- 1 pork tenderloin (about 1 pound)
- 1 tablespoon vegetable oil
- 2 tablespoons **Smoky Barbecue Rub**

- On **Large Grooved Cutting Board**, trim fat and silver skin from pork tenderloin using **Utility Knife**. Brush pork with oil using **Chef's Silicone Basting Brush**. Place pork into **Deep Covered Baker**, tucking smaller end under to create a uniform thickness. Evenly rub pork with barbecue rub.
- Cover baker; microwave on HIGH 6-10 minutes, checking temperature at 6 minutes and then at every 2-minute interval or until **Pocket Thermometer** registers 150°F. Remove baker from microwave; let stand, covered, 10 minutes (temperature will rise to 160°F for medium doneness).
- See the additional recipes for **Miniature Barbecue Pork Sandwiches** and **Barbecue Pork Salad** for ideas on using the **Barbecue Pork Tenderloin**.

Yield: 4 servings

Nutrients per serving: Calories 190, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 75 mg, Carbohydrate 0 g, Protein 23 g, Sodium 300 mg, Fiber 0 g

Cook's Tip: This recipe can be doubled easily. Place two tenderloins in **Deep Covered Baker**; microwave on HIGH 8-12 minutes as directed above.

Here are two easy meals to make with the **Barbecue Pork Tenderloin** recipe.

Miniature Barbecue Pork Sandwiches

Cut 1 medium onion into 1/4-inch-thick slices. Arrange onion slices over bottom of baker. Prepare pork as directed above; place over onion slices and microwave as directed. Cut pork into 1/4-inch-thick slices. Arrange sliced pork evenly on 8 small rolls; top pork with onions. Spread about 1 teaspoon **Smoky Barbecue Sauce** over top half of each roll; top sandwiches and serve. An excellent topping for these sandwiches is **Onion-Cranberry Marmalade** from **The Pampered Chef® Cooking for Two & More**. For other unique flavors, substitute **Citrus & Basil Rub** or **Crushed Peppercorn & Garlic Rub** for barbecue rub.

Yield: 8 mini sandwiches

Nutrients per serving (1 mini sandwich): Calories 200, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrate 20 g, Protein 15 g, Sodium 380 mg, Fiber 1 g

Barbecue Pork Salad

Prepare pork as directed. For dressing, combine 1/4 cup ranch salad dressing and 1 teaspoon **Smoky Barbecue Rub**. Cut pork into strips. Thinly slice half of a medium red onion. In **Simple Additions® Dots Large Round Bowl**, combine 1 package (7 ounces) iceberg lettuce salad mix and 2 cups cole slaw mix; top with onion, 1 cup thawed frozen corn and pork. Drizzle with dressing.

Yield: 4 servings

Nutrients per serving: Calories 320, Total Fat 18 g, Saturated Fat 3.5 g, Cholesterol 80 mg, Carbohydrate 15 g, Protein 26 g, Sodium 500 mg, Fiber 3 g

Here are other flavor variations which use the pork tenderloin cooked in the **Deep Covered Baker**.

- Jerk Pork Tenderloin with Rice:** Slice 1 medium red bell pepper into thin strips, arrange evenly over bottom of baker. Prepare pork as directed, substituting **Jamaican Jerk Rub** for the barbecue rub. Slice pork; serve over rice. Sprinkle with sliced green onions.
- Southwest Pork Fajitas:** Slice 1 medium onion and 1 medium green bell pepper; arrange evenly over bottom of baker. Add 1 pressed garlic clove to baker. Prepare pork as directed, substituting **Southwestern Seasoning Mix** for barbecue rub. Slice pork into strips, return to baker and toss with onion and pepper. Serve with warm tortillas. Garnish with shredded cheese, salsa, sour cream and guacamole, if desired.

The Pampered Chef®
discover the chef in you™



The Incredible 30-Minute Chicken

30-Minute Chicken Recipe

Our **Deep Covered Baker** and a flavorful seasoning mixture make this chicken easy and irresistible. This quick microwave method is a real time-saver, perfect for a weeknight meal or when a recipe calls for cooked chicken.

Chicken

- 1 whole chicken (3½-4 pounds)
- 1 tablespoon olive oil

Seasoning Mixture

- 1 tablespoon all-purpose flour
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- ¼ teaspoon dried thyme leaves

- Lightly spray **Deep Covered Baker** with oil using **Kitchen Spritzer**. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry with paper towels. Trim excess fat using **Kitchen Shears**, if necessary. Tie ends of legs together with cotton string. Lift wing tips up toward neck; then tuck under back of chicken. Place chicken on **Cutting Board**; brush with oil using **Chef's Silicone Basting Brush**.
- For seasoning mixture, combine ingredients in **Prep Bowl**; mix well. Completely coat outside of chicken with seasoning mixture. Place chicken, breast side up, in baker.
- Microwave, uncovered, on HIGH 25-30 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).

Yield: 4-6 servings

Nutrients per serving: Calories 490, Total Fat 29 g, Saturated Fat 8 g, Cholesterol 165 mg, Carbohydrate 2 g, Protein 52 g, Sodium 450 mg, Fiber 0 g

Variations:

- Use our **Pampered Pantry**™ rubs and seasoning mixes to give alternate flavors to your chicken.
- All-in-One Chicken Dinner** - Prepare chicken as directed above and place in baker. Combine 1 cup each celery and carrots, cut into 1-inch pieces, and 3 cups red or russet potatoes, cut into 2-inch pieces, in **Classic Batter Bowl**. Toss with additional seasoning, if desired. Arrange vegetables around chicken. Microwave, uncovered, on HIGH 35-40 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).
- Lightened-up 30-Minute Chicken** - Carefully remove skin from chicken; season as recipe directs. Microwave, uncovered, on HIGH 20-25 minutes or until **Pocket Thermometer** registers 165°F in thickest part of breast and juices run clear. Remove from microwave. Cover with lid and let rest 10 minutes (temperature will rise to 170°F).

Nutrients per serving: Calories 330, Total Fat 15 g, Saturated Fat 3.5 g, Cholesterol 135 mg, Carbohydrate 2 g, Protein 44 g, Sodium 420 mg, Fiber 0 g

Chicken Tortilla Casserole

This quick microwave casserole is based on Mexican chilaquiles, which uses broken tortilla chips for added texture.

- 1 poblano pepper
- 1½ lb boneless, skinless chicken thighs
- 2 tbsp **Southwestern Seasoning Mix**
- ¼ tsp salt
- 1 can (15 oz) black beans, drained and rinsed
- 1½ cups thick and chunky salsa
- 4 cups broken tortilla chips
- 1 cup (4 oz) shredded cheddar and Monterey Jack cheese blend
- Snipped fresh cilantro (optional)

- Remove stem and seeds from poblano pepper using **Utility Knife**; slice into thin strips. Arrange poblano strips evenly over bottom of **Deep Dish Baker**. Thinly slice chicken using **Utility Knife**. Combine chicken, seasoning mix and salt in **Classic Batter Bowl**. Arrange chicken over poblano strips. Cover baker with 15-in. square of **Parchment Paper**, tucking corners of paper under baker. Microwave on HIGH 4 minutes; stir using **Mix 'N Scraper**® to separate chicken strips. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.

- Drain and rinse black beans using small **Colander**. Stir beans and salsa into chicken mixture. Gently stir in tortilla chips with **Small Mix 'N Scraper**®. Grate cheese over baker using **Deluxe Cheese Grater**. Microwave, uncovered, on HIGH 2-3 minutes or until cheese is melted. If desired, snip cilantro using **Kitchen Shears**; sprinkle over casserole.

Yield: 6 servings

Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 115 mg, Carbohydrate 26 g, Protein 31 g, Sodium 1120 mg, Fiber 6 g

Cook's Tip: Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired.

Poblano peppers are dark green chiles with a rich flavor that varies from mild to slightly spicy. Poblanos are about 2 1/2 in. wide and 4-5 in. long, forming a triangular shape.

If desired, 1 small onion, cut into thin wedges, can be substituted for the poblano pepper.

Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.

© The Pampered Chef, Ltd., 2008

REAL FOOD
REAL FAST



Asian Pork and Noodle Skillet

Tight on time? This quick skillet dish is a great "go-to" recipe that your family will request again and again!



- 2 medium carrots, peeled
- 1 medium red bell pepper
- 5-6 green onions with tops (about 1¼ cups sliced), divided
- 2 pork tenderloins (about 1 pound each)
- 2 tablespoons toasted sesame oil
- 2 tablespoons **Asian Seasoning Mix**
- 4 packages (3 ounces each) oriental-flavor ramen noodles
- 1 tablespoon vegetable oil
- 4 cups water

- Cut carrots into julienne strips using **Julienne Peeler**. Cut bell pepper lengthwise into ¼-inch strips using **Chef's Knife**. Slice green onions; set aside tops for garnish.
- Using **Boning Knife**, trim fat and silver skin from pork tenderloins. Slice pork lengthwise into four strips. Thinly slice strips crosswise. Combine pork, sesame oil, seasoning mix and two of the ramen seasoning packets in **Classic Batter Bowl**; mix well with **Classic Scraper**.
- Add vegetable oil to (12-in.) **Skillet**; heat over medium-high heat 1-3 minutes or until shimmering. Add half of the pork. Cook and stir 2-3 minutes or until browned; remove pork from Skillet and keep warm. Repeat with remaining pork.
- Add carrots and bell pepper to Skillet. Cook 1-2 minutes or until crisp-tender. Add water and remaining ramen seasoning packets; stir to loosen browned bits from bottom of Skillet using **Bamboo Spatula**. Add ramen noodles and white parts of green onions to Skillet. Cover; bring to a boil and cook 4-5 minutes or until noodles are softened. Add pork; stir to break apart noodles. Remove Skillet from heat; let stand, covered, 3-4 minutes or until pork is heated through. Garnish with reserved green onion tops.

Yield: 6 servings

Nutrients per serving: Calories 530, Total Fat 24 g, Saturated Fat 8 g, Cholesterol 100 mg, Carbohydrate 38 g, Protein 38 g, Sodium 1280 mg, Fiber 2 g

Cook's Tip: If desired, 2 pounds boneless, skinless chicken breasts, cut into thin strips, can be substituted for the pork tenderloin.

©The Pampered Chef, Ltd., 2007

REAL FOOD
REAL FAST



Ham and Cheese Brunch Squares

Drop-in guests on their way for brunch? No problem! This colorful dish comes together in no time and serves a crowd.



- 1 teaspoon vegetable oil
- 2 cups (8 ounces) grated Colby & Monterey Jack cheese blend, divided
- 1 package (22.5 ounces) frozen toaster hash brown patties, thawed (10 patties)
- 8 ounces cream cheese, softened
- 12 eggs
- ½ teaspoon coarsely ground black pepper
- 8 ounces thickly sliced deli ham
- 4-5 green onions with tops, divided (1 cup sliced)
- 3 plum tomatoes
- Additional coarsely ground black pepper (optional)

- Preheat oven to 450°F. Lightly brush **Large Bar Pan** with oil using **Chef's Silicone Basting Brush**. Grate cheese using **Ultimate Mandoline**. Crumble hash browns over bar pan; press gently into an even layer. Sprinkle half of the cheese evenly over hash browns. Bake 13-15 minutes or until crust starts to brown and cheese is melted.
- Meanwhile, in **Classic Batter Bowl**, whisk cream cheese until smooth using **Stainless Whisk**. Gradually add eggs and black pepper; whisk until smooth. On **Cutting Board**, coarsely chop ham using **Food Chopper**. Slice green onions, reserving ¼ cup of the tops for garnish. Place ham and remaining green onions into (8-in.) **Sauté Pan**; cook and stir over medium heat 2-3 minutes or until hot. Stir ham mixture into egg mixture using **Small Mix 'N Scraper**®.
- Remove bar pan from oven to **Stackable Cooling Rack**. Pour egg mixture over crust. Return bar pan to oven; bake 6-8 minutes or until center is set. Meanwhile, slice tomatoes in half lengthwise using **Utility Knife**; scrape out seeds and dice. Remove bar pan from oven; top with remaining cheese, tomatoes and reserved green onions. Sprinkle with additional black pepper, if desired. Cut into squares and serve using **Mini-Serving Spatula**.

Yield: 12 servings

Nutrients per serving: Calories 250, Total Fat 19 g, Saturated Fat 10 g, Cholesterol 260 mg, Carbohydrate 4 g, Protein 16 g, Sodium 530 mg, Fiber 0 g

Cook's Tips: To soften cream cheese, microwave on HIGH 15-20 seconds or until softened. Whisk until smooth. If desired, 2 cups cooked and crumbled bulk pork sausage (¼ pound) or 1 pound bacon, cooked, drained and crumbled, can be substituted for the deli ham.

©The Pampered Chef, Ltd., 2007