

Cuisinart®

INSTRUCTION & RECIPE BOOKLET



Mini-Prep® Plus Processor

DLC-2A Series

For your safety and download from www.seamans.com. All Manuals Search And Download. Carefully before using.

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® Mini-Prep® Plus Processor and the standard parts for it: SmartPower Blade® metal chopping / grinding blade, spatula, and instruction / recipe booklet.

CAUTION: THE CUTTING BLADE HAS VERY SHARP EDGES.

To avoid injury when unpacking, please follow these instructions:

1. Place the box on a table or kitchen counter. Be sure the box is right side up.
2. Lift up and remove the cardboard lid from the work bowl cover.
3. Grasping the work bowl cover, lift the unit up and out of the box and place on the tabletop.
4. Turn the work bowl cover clockwise to unlock it from the unit base. Lift up and remove.
5. Carefully lift the protective cardboard off the chopping / grinding blade shaft.
6. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADE, AS IT IS RAZOR SHARP.**
7. Read the instructions thoroughly before using the machine.

NOTE: Remember to return your product registration card with all information carefully and completely filled out.

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be adhered to, including the following:

1. Read all instructions.
2. To protect against risk of electric shock, do not put motor base in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Always unplug unit from outlet when not in use, before putting on or taking off parts, before cleaning, and before removing food from bowl. To unplug, grasp plug and pull from electrical outlet. Never pull cord.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions, or if appliance has been dropped or damaged in any manner. Return the appliance to the nearest authorized Cuisinart Service Facility for examination, repair, and electrical or mechanical adjustment.

7. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not use outdoors.
10. Keep hands and utensils away from moving blade while processing, to prevent the risk of severe injury to persons, or damage to the chopper/grinder. A scraper may be used, but must only be used when the chopper/grinder is not running.
11. Blade is extremely sharp. Handle carefully when removing, inserting or cleaning. Always allow blade to stop moving before removing cover.
12. To reduce the risk of injury, never place cutting blade on base without first putting work bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
14. Do not attempt to defeat the cover interlock mechanism, as serious injury may result.
15. Before using, check work bowl for presence of foreign objects.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit only one way in a polarized outlet. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

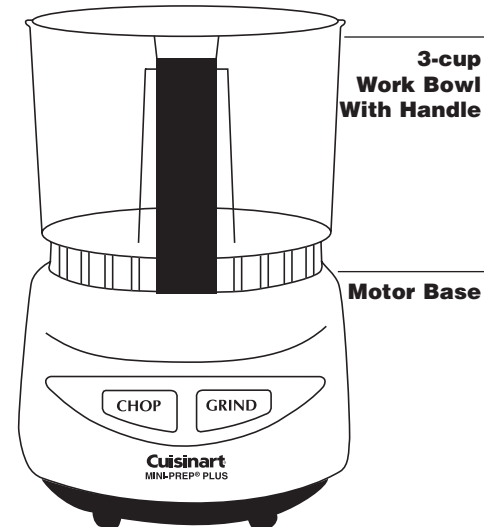
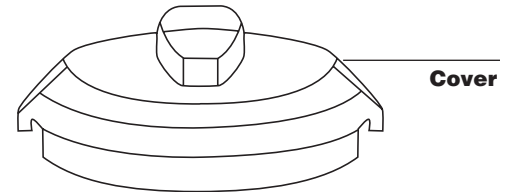
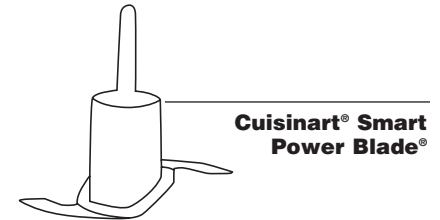
INTRODUCTION

The Cuisinart® Mini-Prep® Plus Processor handles a variety of food preparation tasks including chopping, grinding, puréeing, emulsifying and blending. The patented auto-reversing blade provides a super-sharp edge for the delicate chopping of herbs and for blending and puréeing other soft foods, while the blunt edge offers a powerful cutting surface to grind through spices and other hard foods. Pulse activation gives maximum control for precision processing, whether chopping or grinding.

The powerful high-speed motor works hard and fast to accomplish any small job with ease. Chop herbs, onions, garlic; grind spices, hard cheese; purée baby foods; blend mayonnaise and flavored butters, all with the same compact appliance. The Mini-Prep® Plus Processor takes up minimum counter space and stores neatly on the countertop or in a cabinet.

ASSEMBLY INSTRUCTIONS

1. With the base unit on the tabletop, place the work bowl over the center stem and turn slightly to the right, until bowl drops down to the bottom of the stem.
2. Turn the work bowl counterclockwise to lock onto base.
3. CAREFULLY pick up the blade by its hub and place on the center stem until it drops to the bottom of the stem. NEVER TOUCH THE BLADE ITSELF.
4. Add food ingredients.
5. Place the cover on the work bowl with the long tab to the right of the rear column.
6. Turn cover counterclockwise to securely lock into locking post.
7. Plug unit into wall socket.
8. You are ready to CHOP/GRIND.



Spatula (not shown)

TIPS FOR PROCESSING FOOD

Preparing the Food

Size

Always cut large pieces of food into smaller pieces of even size – about ½ inch (12mm) to a side or as specified under "Operating Techniques" on page 4. If you don't start with pieces that are small and uniform, you will not get an even chop.

Quantity

Do not overload the work bowl. Overloading causes inconsistent results and it strains the motor. Use the quantities given in the recipe section as a guide. As a rule of thumb, remember that after being processed, food should not reach more than ¾ of the way up the central hub of the blade assembly.

Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the Mini-Prep® Plus Processor during operation.

Selecting the Right Operating Control

Use the **chop** function for chopping, puréeing and mixing. It is the right choice, for example, for chopping soft, fragile food such as herbs, celery, onions, garlic and most cheeses. It is also the right choice for puréeing cooked vegetables, making mayonnaise and mixing salad dressing.

Pulse action is best when you are using the chop function. Two or three pulses are often enough. Be sure to check the food frequently to prevent overprocessing. If you overprocess, you are likely to get a watery paste instead of a fine chop.

Use the **grind** function for grinding spices, and for chopping hard food such as peppercorns, seeds, chocolate and nuts.

Continuous-hold action is best when you are using the grind function. You may have to operate the Mini-Prep® Plus Processor for several seconds with some food to achieve the desired results – as long as 20 seconds for some seeds.

When you operate the unit for more than 10 seconds, use a pulse action every 10 seconds or so to allow food to drop to the bottom of the work bowl. This provides more consistent results.

Never operate the Mini-Prep® Plus Processor continuously for longer than 1 minute at a time.

Note: The work bowl and cover may become scratched when you use them for grinding grain and spices. This does not affect the performance of the Mini-Prep® Plus Processor. However, you may want to reserve the original bowl for grinding, and purchase an additional bowl and cover set for other uses.

These are available from the Cuisinart Customer Service Department, which you can reach by dialing our toll-free number: 800-726-0190.

Adding Liquid

You can add liquids such as water, oil or flavoring while the machine is running. For example, you might want to add oil when making mayonnaise or salad dressing, or you could add vanilla or alcohol when making frozen yogurt.

Pour the liquid through one of the two openings in the cover.

IMPORTANT: Add liquid through only one opening at a time. The other opening must be left free to allow air to escape. If both openings are blocked, liquid cannot flow smoothly into the bowl.

Removing Food from the Sides of the Bowl

Occasionally food will stick to the sides of the bowl as you process. Stop the machine to clear food away. **AFTER THE BLADE HAS STOPPED MOVING**, remove the cover, and use the spatula

to scrape the food from the sides of the bowl back into the center. Do not put hands into bowl unless unit is unplugged.

PROCESSING FOOD

- 1. Place the work bowl firmly on the motor base and insert the blade assembly.**
Opening at back of bowl must face column at back of Mini-Prep® Plus Processor. Turn counterclockwise to lock in place.
 - 2. Place food in the work bowl.** Be sure the food is cut in small pieces, and the bowl is not overloaded.
 - 3. Lock the cover into position.**
Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the Mini-Prep® Plus Processor during operation.
 - 4. Press the appropriate Chop or Grind Control**, depending on the food you are processing.
 - When you have finished processing the food, **stop the machine by releasing the control button.**
 - WHEN THE BLADE STOPS MOVING, remove the cover.**
 - Unplug the unit.**
 - Carefully remove the blade assembly**, holding it by the handle on the top of the sheath. **NEVER TOUCH THE BLADE ITSELF.**
 - Remove food with the spatula.**
Note: Do not operate Mini-Prep® Plus Processor without food contents in work bowl.
- Tip:** Process foods in order from dry to wet to avoid having to clean bowl and blade between each task.

TO REMOVE PREP BOWL

1. Turn the work bowl cover clockwise and remove.
2. Turn the work bowl clockwise to unlock and lift off of the base.
3. Carefully remove the blade by lifting it up from the hub.

CLEANING AND STORAGE

To simplify cleaning, rinse the work bowl, cover, and blade immediately after each use, so that food won't dry on them. Wash blade assembly, work bowl, cover, and spatula in warm soapy water. Rinse and dry. Wash the blade carefully.

Avoid leaving blade in soapy water where it may disappear from sight. If you have a dishwasher, you can wash the work bowl, cover, blade assembly, and spatula on the top rack. Insert the work bowl upside down and the cover right side up. Put the blade and spatula in the cutlery basket. Unload the dishwasher carefully to avoid contact with the sharp blade.

Wipe the motor base clean with a damp sponge or cloth. Dry it immediately. Never submerge the motor base or the plug in water or other liquid.

The Mini-Prep® Plus Processor stores neatly on the countertop in a minimum of space. When it is not in use, be sure to leave it unplugged. The hidden cord storage underneath the motor base will help to keep excess cord off the countertop. Store the unit assembled to prevent loss of parts. Store the blades as you would sharp knives – out of the reach of children.

The Mini-Prep® Plus Processor is intended for HOUSEHOLD USE ONLY. Any service other than cleaning and normal user maintenance should be performed by an authorized Cuisinart Service Representative.

TROUBLESHOOTING

Motor doesn't start or blade doesn't rotate.

- Check that plug is securely inserted into outlet.
- Check that work bowl and cover are securely locked into place.
- Be sure to press only one operation control button at a time.

Food is unevenly chopped.

- Either you are chopping too much food at one time, or the pieces are not small enough. Try cutting food into smaller pieces of even size and processing a smaller amount per batch.

Food is chopped too fine or is watery.

- The food has been overprocessed. Use brief pulses, or process for a shorter time. Let blade stop completely between pulses.

Food collects on work bowl cover or sides of prep bowl.

- You may be processing too much food. Turn machine off. When blade stops rotating, remove cover, and clean bowl and lid with spatula.

Food catches on blade.

- You may be processing too much food. Carefully remove blade. Remove food from blade with spatula, and start over again.

OPERATING TECHNIQUES

With the Mini-Prep® Processor you can chop, grind or purée small amounts of foods. Use this listing of ingredients and techniques as a basic guide for processing (Pages 5-6).

* Surface scratches that may occur will not impair the function of the Mini-Prep® Plus Processor. You may want to consider purchasing a second work bowl specifically for these tasks.

Food	Operation/Technique	Comments/Notes
Anchovies	Chop. Pulse to desired consistency.	Drain first. Cut in half.
Bacon	Chop. Pulse to desired consistency.	Cook crispy; drain well. Break into 1-inch pieces.
Baking chocolate/ chocolate chunks/chips	Chop. Pulse on chop to break up, then process continuously until desired chop size is achieved.	Process no more than 1½ ounces at a time. For best results, chill chocolate for 3–5 minutes in freezer before chopping. Cut baking chocolate squares into ½-inch pieces to chop.
Bread for crumbs	Chop. Pulse to break up, then process continuously until desired crumb size is reached.	Use day-old, hard bread for dry crumbs; fresh bread for moist crumbs. Cut or break into pieces no larger than 1 inch. For buttered crumbs, add 1 teaspoon of butter per slice after crumbs have started to form, and process to combine and coat.
Butter	Chop continuously.	Cut in ½-inch pieces. Best at room temperature. Process up to ¾ cup at a time. Add to freshly chopped citrus zest, garlic, herbs or shallots to create compound butters.
Celery	Chop. Pulse to desired size.	Cut in ½-inch long pieces.
Cheese – hard (Parmesan, Asiago, Romano, etc.)	Chop. Pulse on chop 10 times, then process continuously on chop until desired consistency.	Remove and discard rind or reserve for another use. Cut into ½-inch pieces. If possible, remove from refrigerator 20–30 minutes before processing. Up to 3 ounces.
Cheese – soft	Chop. Pulse to break up, then process continuously to “cream.”	Chill cheese first.
Cinnamon sticks, nutmeg, other hard spices	Grind. Pulse to break up, about 5 times, then process continuously until finely chopped.	Hard spices may cause scratches on the work bowl and lid.*
Citrus zest	Chop. Pulse to break up, then process continuously until finely chopped.	Use vegetable peeler to remove zest (color only) from citrus; scrape off any white with sharp knife. Cut strips in half. Adding a small amount of sugar or salt will help achieve a finer texture.
Cookies, graham crackers for crumbs, hard Amaretti or macaroons	Chop. Pulse 5 times to break up, then process continuously until finely chopped.	Hard cookies only. Break up into 1-inch or smaller pieces. For buttered crumbs, add 1 teaspoon of butter per graham cracker sheet or for every 3 cookies.
Fruits, cooked; fresh or frozen thawed berries	Chop. Pulse to break up, then process continuously until desired consistency.	Cooked fruits may be processed to make baby foods or purées; liquid may be added for consistency. To process fresh or frozen thawed berries for sauce, pulse to chop, then process until puréed (sugar may be added to taste).
Garlic	Chop. Pulse to chop roughly, then process continuously for fine chop.	Peel garlic cloves first. Scrape work bowl sides and bottom as needed.

Food	Operation/Technique	Comments/Notes
Ginger root, fresh	Chop. Pulse to break up, then process continuously on chop to reach desired consistency.	Peel first; cut into ½-inch pieces or slices. Scrape work bowl sides and bottom as needed. Up to 4 ounces.
Green onions, scallions	Chop. Pulse to chop to desired consistency.	Trim and cut into ¾ inch pieces.
Herbs, fresh	Chop. Pulse to chop to desired consistency.	Rinse and dry completely. Remove leaves from stems to chop.
Horseradish	Chop.	Peel first. Cut into ½-inch pieces. Process up to 4 ounces at a time.
Leeks	Chop.	Trim off root end and tough outer skin. Wash thoroughly to remove sand and grit; dry completely. Cut in ½-inch pieces.
Meats	Chop. Pulse to chop, or process continuously to purée (add liquid as needed).	Uncooked meats should be cold, but not frozen; cut up to 8 ounces into ½-inch pieces, trimmed of gristle and soft fat; some hard fat may remain. Cooked meats can be cold or warm; cut up to 8 ounces in ½-inch pieces. Add liquid (water, broth or from cooking) as needed to process to purée consistency.
Mushrooms	Chop. Pulse to chop to desired consistency.	Choose firm, fresh mushrooms. Cut into quarters or even-size pieces, no larger than ¾ inch.
Nuts	Chop. Pulse to chop to desired consistency. before chopping.	Toast nuts first for maximum flavor. Allow to cool completely
Olives	Chop. Pulse to chop to desired consistency.	Use only pitted olives. Drain well for best results.
Onions	Chop. Pulse 5-10 times to chop to desired size.	Peel; cut into ¾-inch or smaller pieces of similar size.
Peppercorns	Grind. Pulse first, then process continuously until desired consistency.	Combine peppercorns with dried herbs or spices or coarse salt to create rubs and seasonings. Hard peppercorns may scratch work bowl and lid.*
Peppers, fresh	Chop. Pulse to chop to desired consistency.	Core, seed and cut into ½-inch pieces. Do not overprocess.
Seeds, dried berries	Grind. Pulse to break up, then process continuously to desired consistency.	Coriander, cumin, dill, fennel, sesame, poppy, and juniper berries.
Shallots	Chop. Pulse 5-10 times to chop to desired consistency.	Peel first; cut into quarters, or pieces no larger than ¾-inch.
Vegetables, cooked	Chop. Pulse 5-10 times to chop, then process continuously until desired consistency is reached.	Cook vegetables until tender. Process to a smooth purée for baby food or sauces; may need to add liquid for consistency.

RECIPE NOTES

Preparation times are estimates and are based on the time it takes to prepare, assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional analyses are based on number of servings indicated. If a recipe produces a range of servings, the nutritional analysis is based on the highest serving yield for that particular recipe.

Guacamole

This popular Mexican specialty is delicious with chips and vegetable crudités, or it can be used as a topping for grilled chicken or fish.

Makes 1½ cups

- 1 clove garlic, peeled
- 2 green onions, trimmed and cut in ½-inch pieces
- 1 jalapeño pepper, cored, seeded and cut in ½-inch pieces
- 2 ripe avocados, peeled and pitted, diced
- 2 tablespoons fresh lime juice (juice of 1 medium lime)
- ½ teaspoon cumin powder
- ¼ teaspoon powdered coriander
- ½ teaspoon kosher salt
- ½ cup finely chopped fresh tomatoes (optional) *

Place the garlic, green onions, and jalapeño pepper in the work bowl. Pulse on chop 10 times; scrape the bottom and sides of the work bowl. Add the avocados, lime juice, cumin, coriander and salt. Pulse on chop 10 times, then process on chop continuously for 15 seconds; scrape the work bowl. Process on chop for another 15 to 20 seconds until smooth and creamy. Transfer to a serving bowl; cover and

refrigerate for 30 minutes before serving to allow the flavors to blend. If desired, stir in or top with chopped fresh tomatoes.

*Core and seed tomato, cut into ½ inch pieces, then chop.

Nutritional information per serving (3 tablespoons):

*Calories 81 (72% from fat) • carb. 6g
• pro. 0g • fat 7g • sat. fat 1g • chol. 0mg
• sod. 97mg • calc. 4mg • fiber 4g*

Tapenade

A favorite from the Provençal region of France.

Makes about 1 cup

- 1 clove garlic, peeled
- 1 anchovy fillet
- 1 cup pitted Niçoise or other imported olives (10 ounces before pitting)
- 3 tablespoons capers
- 1½ tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon brandy (optional)
- 2 teaspoons herbs de Provence or thyme
- ½ teaspoon freshly ground black pepper
- 4 tablespoons extra virgin olive oil

Chop the garlic for 5 seconds; scrape the work bowl. Add the anchovy, olives, and capers; pulse on chop, 10 times; scrape the work bowl. Add the mustard, lemon juice, brandy (if using), herbs and pepper. Process for 15 seconds on chop; scrape the work bowl. Process for 15 seconds longer; scrape the work bowl again and add the olive oil. Process until a thick paste forms, about 20 to 30 seconds more. Transfer to a container and let the tapenade stand for 30 minutes or longer before serving, to allow the flavors to blend. Store in an airtight container in the refrigerator for up to a week.

*Nutritional information per tablespoon:
Calories 95 (87% from fat) • carb. 2g
• pro. 1g • fat 10g • sat. fat 1g • chol. 0mg
• sod. 680mg • calc. 21mg • fiber 1g*

Pesto

It is a favorite for dressing pasta but is also wonderful on boiled or steamed potatoes, steamed fresh vegetables, or as a spread on a fresh tomato and mozzarella sandwich. You may vary your pesto by using other herbs such as cilantro, mint or parsley and by using other nuts such as almonds, pecans or hazelnuts.

Makes about ½ cup

- 1 ounce Reggiano Parmigiano, cut in ½-inch cubes
- ¼ cup toasted pine nuts or walnuts
- 1 clove garlic, peeled
- ½ teaspoon kosher salt
- 1 cup (packed) fresh basil leaves, washed and dried completely
- ¼ cup extra virgin olive oil

Place the cheese in the work bowl and pulse on chop 5 times; process continuously on chop until finely ground, about 15 seconds. Remove and reserve. Add the nuts to the work bowl and pulse on chop 5 times; remove and reserve. Add the garlic and salt to the work bowl and process 5 seconds on chop; scrape the bottom and sides of the work bowl. Add the basil leaves and half the olive oil. Pulse on grind 10 times, then grind continuously for about 15 seconds. Scrape the work bowl. With the machine running on grind, add the remaining oil slowly, in a steady stream, through one of the holes in the recessed area of the lid. After all the oil has been added, process on grind for an additional 10 seconds. Add the reserved cheese and nuts to the mixture. Pulse 10 times on chop to blend. Let the pesto sit for 30 minutes or longer to allow the flavors to develop. Pesto sauce will keep refrigerated for up to a week, or may be frozen. Transfer the sauce to an airtight container.

Smooth the top to an even level and top with layer of olive oil; cover and refrigerate until ready to use.

Nutritional information per 1/2 tablespoon:

*Calories 21 (67% from fat) • carb. 1g
• pro. 1g • fat 2g • sat. fat 0g • chol. 1mg
• sod. 65mg • calc. 26mg • fiber 0g*

Serving idea:

Try it as a fast, fresh topping for salmon fillets. Place 6-ounce salmon fillets skin-side down on a lightly oiled baking sheet. Spread each fillet with a thin layer of pesto and sprinkle with fresh breadcrumbs. Bake in a preheated 400°F oven for 10 to 15 minutes, until cooked (about 10 minutes per inch of thickness) and opaque, and breadcrumbs are lightly browned. Let rest 5 minutes before serving.

Roasted Red Pepper Sauce

Use this sauce for vegetables or meats, or try our creamy variation to use as a dip for fresh vegetable crudités or pita chips.

Makes 1½ cups

- 1–2** cloves garlic (to taste), peeled *
- 1** strip lemon zest (2 x ½ inches), bitter white pith removed
- 1** teaspoon kosher salt
- 1** teaspoon herbs de Provence
- 1½** tablespoons fresh lemon juice
- 1½** tablespoons regular or white balsamic vinegar
- ¼** cup extra virgin olive oil
- 1** jar (12-ounce) roasted red peppers, drained but not rinsed
- 4** large fresh red peppers, roasted, cut in eighths

Add the garlic, zest, salt, and herbs to the work bowl and chop for 5 to 10 seconds; scrape the bottom and sides of the work bowl. Add the

lemon juice, vinegar, olive oil and peppers. Pulse on chop, 10 times, then process for 15 to 20 seconds until smooth. Transfer to a resealable container and refrigerate for at least 30 minutes to allow the flavors to blend. Will keep up to 1 week refrigerated.

Roasted Red Pepper Dip Variation: Make half the recipe (use a 6–7-ounce jar of roasted peppers). Add 2 ounces of regular or lowfat cream cheese and ¼ cup of sour cream or plain yogurt that has been drained, and chop for 10 to 15 seconds until combined and smooth. [To drain yogurt, place yogurt in a yogurt funnel or strainer lined with a paper coffee filter over a bowl, and allow the liquid (whey) to drain for several hours, until desired thickness is reached.]

*If you prefer a lighter garlic flavor, you may blanch the peeled garlic in boiling water for 4 to 5 minutes. Drain, cool and use in this or any other recipe.

Nutritional information per tablespoon:

*Calories 33 (81% from fat) • carb. 1g
• pro. 0g • fat 3g • sat. fat 0g • chol. 0mg
• sod. 132mg • calc. 4mg • fiber 0g*

Lemon Herb Butter

This compound butter is delicious on vegetables or grilled meats. You may vary the herbs used, such as basil, tarragon or thyme butter, to create your own flavors, omit the zest or change the citrus, add in chopped olives or sun-dried tomatoes, or use roasted garlic or shallots in place of the garlic.

Makes about ¾ cup (12 servings)

- 2** cloves garlic, peeled
- 2** strips lemon zest, 2 x ½ inches, bitter white pith removed
- ½** teaspoon kosher salt
- ½** cup packed Italian parsley leaves
- 2** teaspoons fresh rosemary leaves
- 3** tablespoons fresh lemon juice

- 1** teaspoon Dijon-style mustard
- ¼** teaspoon freshly ground pepper (white or black)
- ¾** cup (6 ounces) unsalted butter, cut in 12 pieces

Process garlic, lemon zest and salt on chop until finely chopped, about 20 seconds; scrape prep bowl. Add parsley and rosemary leaves; pulse on chop, 10 to 15 times. Add lemon juice, mustard and pepper; process on chop to blend well, about 30 seconds. Add butter and grind to cream the mixture, about 30 to 40 seconds. Transfer to a container and let stand for 30 minutes to allow flavors to blend.

Use as a spread for breads or as a topping for freshly steamed vegetables or baked potatoes. To serve as a compound butter with grilled meats or fish, shape the butter into a log, about 1 inch in diameter; wrap tightly in plastic wrap and refrigerate or freeze. Slice and serve ½-inch thick slices of butter on top of hot grilled steaks, boneless chicken breasts or seafood steaks.

Nutritional information per serving:

*Calories 105 (96% from fat) • carb. 1g
• pro. 0g • fat 12g • sat. fat 7g • chol. 31mg
• sod. 67mg • calc. 8mg • fiber 0g*

Basic Vinaigrette

This recipe may be easily modified by changing the flavor of the oils and vinegars used, or by adding herbs or sun-dried tomatoes. It can also be cut in half or thirds to make smaller amounts.

Makes 1½ cups

- 1** clove garlic or small shallot, peeled (cut shallot in ½-inch pieces)
- 3** tablespoons wine vinegar
- 3** tablespoons white vinegar or lemon juice (or flavored vinegar)
- 2** teaspoons Dijon-style mustard (regular or grainy)

- ½ **teaspoon kosher salt**
- ½ **teaspoon freshly ground pepper**
- ½ **cup extra virgin olive oil**
- ½ **cup vegetable oil or light flavored olive oil**

Pulse on chop 5 times to chop the garlic or shallot; scrape the bottom and sides of the work bowl. Add the vinegars, mustard, salt and pepper. Process on chop until smooth, about 5 seconds. Add the oils slowly through one hole in the lid, processing continuously until all the oil has been added, then process for an additional 10 seconds. Taste and adjust seasonings as needed. This dressing is best made at least ½ hour ahead, to allow the flavors to blend. Vinaigrette will keep well if covered and chilled for one week. Remove from refrigerator about 30 minutes before serving; may need to reprocess to emulsify if separation has occurred.

Nutritional information per tablespoon:

*Calories 81 (98% from fat) • carb. 0g
• pro. 0g • fat 9g • sat. fat 1g • chol. 0mg
• sod. 38mg • calc. 0mg • fiber 0g*

Creamy Roasted Garlic and Herb Dressing

Try this flavorful dressing on a crispy romaine salad with summer tomatoes.

Makes about ¾ cup

- 6** **cloves garlic, peeled**
- ½ **teaspoon extra virgin olive oil**
- ½ **cup basil leaves, washed and dried**
- ½ **cup Italian parsley leaves, washed and dried**
- ½ **cup drained fat-free plain yogurt ***
- ½ **cup light mayonnaise**
- 1** **tablespoon balsamic vinegar**

Preheat the oven to 375°F. Toss the garlic with the oil and wrap loosely in aluminum foil. Roast in the preheated oven for 45 minutes. Let cool 5 to 10 minutes.

Place the garlic in the work bowl with the basil and parsley leaves. Pulse on grind 10 times. Scrape the work bowl. Add the yogurt, mayonnaise and vinegar. Process on grind until smooth and blended, about 30 to 40 seconds. Scrape the work bowl and process 15 seconds more. Transfer to a container with a lid and refrigerate for 30 minutes to allow the flavors to blend. Keeps for one week refrigerated.

*To drain yogurt, place 1 cup yogurt in a yogurt strainer or strainer lined with a coffee filter over a bowl. Cover with plastic wrap and refrigerate. The liquid (whey) will drain out and the yogurt will thicken. After about 12 hours, the yogurt will lose about half its original volume.

*Nutritional information per serving
(based on 10 servings):*

*Calories 45 (58% from fat) • carb. 3g
• pro. 2g • fat 3g • sat. fat 1g • chol. 4mg
• sod. 78mg • calc. 47mg • fiber 0g*

Asian Marinade

This marinade is equally good for pork, chicken or salmon. It is also a good sauce for serving with dim sum.

Makes about 1¼ cups

- ½ **ounce peeled fresh gingerroot, cut in ½-inch pieces**
- 1** **clove garlic, peeled**
- ½ **cup soy sauce (may use low-sodium or tamari)**
- ¼ **cup canola or other vegetable oil**
- 3** **tablespoons hoisin sauce**
- 3** **tablespoons Asian sesame oil (toasted sesame oil)**
- 3** **tablespoons rice wine vinegar**
- ¼ **teaspoon cayenne pepper**

Place the pieces of gingerroot and garlic in the work bowl. Pulse on chop, 5 times. Scrape the sides and bottom of the work bowl. Add the remaining ingredients and chop until smooth, about 15 seconds. Transfer to a container,

cover and refrigerate if not using immediately. Marinate meat or seafood for approximately 2 hours before roasting or grilling.

Cooking Suggestion:

Pour ¾ of the marinade into a resealable plastic bag and add two 1-pound trimmed pork tenderloins. Coat the meat thoroughly with the marinade and refrigerate for 2 hours. Remove the tenderloins from the marinade and place on a rack; discard the marinade. Roast in a preheated 475°F oven for 20 to 22 minutes, turning after 10 minutes. Remove from oven. The temperature of the meat should be about 150°F; it will rise to 160–165°F while resting. Let rest for 10 minutes; slice and serve with remaining reserved marinade drizzled over the meat.

Nutritional information per tablespoon:

*Calories 51 (83% from fat) • carb. 2g
• pro. 0g • fat 5g • sat. fat 0g • chol. 0mg
• sod. 372g • calc. 4mg • fiber 0g*

Mini Cheesecakes

When you don't want lots of leftovers to tempt you, try this little recipe.

Makes two 4-inch cheesecakes

- cooking spray**
- 1½ **ounces crispy shortbread cookies or graham crackers, broken into ½-inch pieces**
- ½ **tablespoon unsalted butter, cut in 4 pieces**
- 8** **ounces regular or lowfat cream cheese cut in 16 pieces**
- ¼ **cup sugar**
- 1** **large egg**
- 1½ **teaspoons vanilla extract**

Preheat the oven to 350°F. Lightly coat two 4-inch (1¼ cup) springform pans with cooking spray.

Place the cookie pieces in the work bowl; pulse 5 times on chop to break up. Add the butter and process 15 to 20 seconds on chop until buttered crumbs are formed. Press into the bottoms of the two prepared pans. Bake in the preheated oven for 10 minutes. Place in the freezer for 5 to 10 minutes to cool completely. When cool, wrap each pan in a sheet of aluminum foil so that foil comes at least 1 inch up the sides.

Do not wash the work bowl. Place the cream cheese and sugar in the work bowl. Chop for 10 seconds to combine. Scrape the bottom and sides of the bowl. Add the egg and vanilla; chop until smooth, about 10 seconds. Scrape the bowl and process for another 5 seconds. Divide the batter evenly between the two prepared pans. Place two pans in a larger pan and add ½ inch of hot water. Bake in the preheated oven for 25 minutes. Remove from the oven, remove foil, and place on a rack to cool completely. Cover and refrigerate for at least 4 hours before serving. May be double-wrapped and frozen for up to one month.

Note: May also be made in four 4-ounce ramekins or custard cups. Omit the crust, and follow directions as given. Baking time will be 22 minutes.

Nutritional information per serving:

*Calories 169 (43% from fat) • carb. 21g
• pro. 4g • fat 8g • sat. fat 4g • chol. 72mg
• sod. 111mg • calc. 22mg • fiber 0g*

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