

Cuisinart®

RECIPE BOOKLET

Instruction
Booklet
Reverse Side



Compact Digital Toaster Oven Broiler

TOB-100

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All of our recipes have been tested in our kitchen and specially developed to work in the Cuisinart® Digital Compact™ Toaster Oven Broiler. These mouth-watering recipes are just a sampling of what the Cuisinart® Digital Compact™ Toaster Oven Broiler can do.

RECIPES

Buttermilk Crumb Cake

Buttery, sweet and tender – pair with a cup of coffee for a delicious start to the day.

Makes one 9-inch cake (10 to 12 servings)

nonstick cooking spray

Crumb Topping:

- ½ cup unbleached, all-purpose flour**
- ¼ cup packed light brown sugar**
- ¼ cup granulated sugar**
- 1 teaspoon ground cinnamon**
- pinch kosher salt**
- ½ teaspoon pure vanilla extract**
- 4 tablespoons (½ stick) unsalted butter, cold and cubed**

Cake:

- 1⅓ cups unbleached, all-purpose flour**
- ¾ teaspoon baking soda**
- ¼ teaspoon kosher salt**
- ⅓ cup unsalted butter, cut into 5 pieces**
- ½ cup + 3 tablespoons granulated sugar**
- 1 large egg, room temperature**
- ½ teaspoon vanilla extract**
- ⅓ cup buttermilk***

1. Preheat the Toaster Oven on Bake to 350°F with the rack in position A. Lightly coat a 9-inch square or round baking pan with non-stick cooking spray. Reserve.

2. Combine the Crumb Topping ingredients in the work bowl of a food processor fitted with the metal chopping blade. Pulse 3 to 4 times, until the mixture is just combined. Reserve. (Alternatively, this topping can be made by hand. Whisk the dry ingredients together, and then add the vanilla and cubed butter. Mix together with hands, or a pastry blender, until large crumbs form.)
3. In a small bowl, mix together the flour, baking soda, and salt. Reserve.
4. Place the butter and sugar in a medium bowl and mix with a hand mixer until light and fluffy, about 1 minute. Add the egg and vanilla and beat until fully combined. Add the reserved dry ingredients, $\frac{1}{3}$ at a time, and the buttermilk, $\frac{1}{2}$ at time, alternating between the two starting with the buttermilk and ending with the dry ingredients. Pour the batter into the prepared pan. Cover evenly with the reserved crumb topping.
5. Bake in preheated oven for 20 minutes, or until a cake tester inserted into the cake comes out clean.

Nutritional information per serving (based on 12 servings):

*Calories 212 (38% from fat) • carb. 30g • pro. 3g • fat 9g • sat. fat 6g
• chol. 39mg • sod. 129mg • calc. 13mg • fiber 0g*

French Toast Strata

*Give your family a new twist on French toast this weekend.
To save time, prepare the night before and bake in the morning.*

Makes 8 servings

- nonstick cooking spray**
- 4 large eggs**
- 2 cups whole milk**
- 1 cup heavy cream**
- 1 tablespoon pure vanilla extract**
- $\frac{1}{3}$ cup maple syrup**

- 2 teaspoons ground cinnamon**
- 1 teaspoon ground nutmeg**
- $\frac{1}{4}$ teaspoon sea or kosher salt**
- 1 loaf (1 pound) challah bread, cut into $\frac{1}{2}$ -inch x 9-inch strips**
- 2 tablespoons packed light brown sugar, divided**
- 2 tablespoons unsalted butter, cut into $\frac{1}{2}$ -inch pieces**

1. Lightly coat a 9-inch square pan with nonstick cooking spray.
2. Put the eggs, milk, cream, vanilla, syrup, spices and salt into a medium mixing bowl. Whisk until completely combined.
3. Tightly fit half of the challah bread strips into the bottom of the prepared pan. Pour half of the egg mixture on top and evenly dot with half of the brown sugar. Repeat with the remaining bread, laying the strips in the opposite direction of the first layer. Pour the remaining egg mixture on top, dot with the remaining brown sugar. Cover and chill in the refrigerator for at least 2 hours, or overnight.
4. Remove the strata from the refrigerator and bring to room temperature. Preheat the Toaster Oven set to Bake at 350°F with the rack in position A. Dot the top of the strata with the butter and loosely cover with aluminum foil. Bake for about 15 minutes; remove foil and bake for an additional 10 minutes, or until the internal temperature of the strata reaches 160°F.
5. Remove and serve immediately.

Nutritional information per serving:

*Calories 420 (47% from fat) • carb. 44g • pro. 11g • fat 22g • sat. fat 12g
• chol. 190mg • sod. 430mg • calc. 177mg • fiber 2g*

Potato Skins

Don't let the potato flesh go to waste. It can be made into a delicious breakfast side dish the next morning. Just cook with some oil, salt and pepper in a hot skillet, and then top with chopped bacon or sautéed vegetables. Perfect with any type of eggs.

Makes 4 servings

- 4 russet potatoes, cleaned well**
- 2 tablespoons melted unsalted butter, kept warm**
- sea or kosher salt, to taste**
- freshly ground black pepper, to taste**
- 1 cup shredded Cheddar**
- 4 slices bacon, cooked and crumbled**
- sour cream, to taste**
- 2 tablespoons chopped chives**

1. Preheat the Toaster Oven set to Bake at 350°F with the rack in position A.
2. Prick the potatoes with the tines of a fork on all sides. Place the potatoes directly on the rack and bake until potatoes are fork-tender, about 60 minutes.
3. Remove potatoes and let rest until cool enough to handle. Increase oven temperature to 425°F.
4. Halve potatoes lengthwise and scoop out flesh, leaving a ¼-inch shell.
5. Brush both sides of the potato halves with the melted butter and season with salt and pepper. Arrange the halves on the foil-lined baking pan.
6. Evenly distribute the cheese on top of each half, and then top with the bacon.
7. Bake skins for 5 minutes or until cheese is melted.

8. Remove and with a sharp knife halve each skin to make a total of 16 wedges. Top with the sour cream and chopped chives. Serve immediately.

Nutritional information per serving:

*Calories 491 (34% from fat) • carb. 65g • pro. 17g • fat 18g • sat. fat 11g
• chol. 55mg • sod. 300mg • calc. 284mg • fiber 8g*

Quick Cheese Nachos

The great thing about this recipe is that you can make it as extravagant or simple as you want – add some guacamole or salsa, gourmet cheeses, or keep it as is for a casual appetizer. Either way it is sure to keep the family satisfied.

Makes 4 servings

- 40 tortilla chips (this is an estimate – you need enough to cover the bottom of the baking tray, but can have more or less depending on how many mouths you need to feed)**
- ⅔ cup refried beans (about ½ of a 15.5-ounce can)**
- 1 small to medium tomato, chopped**
- 1 jalapeño, halved, seeded and thinly sliced**
- 1 to 2 scallions, thinly sliced (white and green parts)**
- ½ cup sliced black olives (these can be purchased pre-sliced in a 2.25-ounce can. Be sure to drain them first.)**
- 1 to 1¼ cups shredded Cheddar (about 4 to 5 ounces)**

1. Preheat the Toaster Oven set to Broil at 500°F with the rack in position B.
2. Line the baking pan with aluminum foil. Evenly distribute the chips on top of the prepared baking pan. Distribute the remaining ingredients over the chips, as evenly as possible, in the order listed.
3. Bake for about 5 to 6 minutes, or until the cheese is fully melted. Serve immediately with salsa, sour cream, guacamole and lime wedges.

Nutritional information per serving:

*Calories 262 (52% from fat) • carb. 23g • pro. 9g • fat 16g • sat. fat 5g
• chol. 22mg • sod. 523mg • calc. 207mg • fiber 3g*

Roasted Vegetable Quesadilla

For a less traditional twist swap out the Monterey Jack for goat cheese.

Makes 4 servings

- 1/2 small zucchini, cut into 1/2-inch pieces
- 1/2 bell pepper (red, yellow or orange is preferable), cut into 1/2-inch pieces
- 1/2 jalapeño pepper, seeded and finely chopped
- 1/2 small onion, sliced
- 1 garlic clove, smashed
- 1 teaspoon olive oil, plus 1/2 tablespoon for brushing
- 1/4 teaspoon sea or kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon chopped cilantro
- 1/2 teaspoon fresh lime juice
- 2 10-inch flour tortillas
- 2 ounces Monterey Jack, shredded

1. Preheat the Toaster Oven set to Bake at 450°F with rack in position A. Line baking pan with aluminum foil.
2. Toss the zucchini, bell and jalapeño peppers, onion and garlic with 1 teaspoon of the olive oil, salt and pepper in a medium mixing bowl. Put vegetables on the prepared baking pan. Bake until vegetables are softened and browned, about 10 to 15 minutes. Return vegetables to mixing bowl and toss with the cilantro and lime juice. Reduce oven temperature to 350°F.
3. Assemble quesadilla: Put one tortilla on the foil-lined baking pan. Evenly distribute the vegetables on top and then add the cheese. Top with the other tortilla and brush it with the remaining oil.
4. Bake quesadilla at 350°F for about 8 minutes, until top is golden and cheese inside is melted.
5. Cut quesadilla in half and serve with salsa, guacamole, and/or sour cream.

Nutritional information per serving:

Calories 194 (45% from fat) • carb. 20g • pro. 6g • fat 10g • sat. fat 3g
• chol. 13mg • sod. 457mg • calc. 153mg • fiber 2g

Buffalo-Style Chicken Wings

This bar-menu staple still gets crisp despite being baked instead of the traditional deep-fry. They have a kick, but if you like them really spicy feel free to increase the amount of cayenne.

Makes about 12 wings, 2 to 4 servings

- 1 pound chicken wings, tips removed, drumettes and flats separated
- 1 teaspoon sea or kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 tablespoon vegetable oil
- 2 tablespoons unsalted butter
- 1/4 teaspoon cayenne pepper
- 1/4 cup hot sauce (such as Frank's Red Hot)

1. Preheat the Toaster Oven set to Bake at 425°F with rack in position A. Line the baking tray with aluminum foil.
2. In a bowl, toss the wings, 3/4 teaspoon of the salt, 1/4 teaspoon of the pepper, and the vegetable oil. Arrange the wings in a single layer on the prepared pan and bake for 25 minutes.
3. When finished baking, remove the pan and carefully adjust the rack to position C. Switch to Broil and return wings for another 2 to 3 minutes to crisp the skin.
4. While the wings are cooking, melt the butter in a small saucepan over low heat. Whisk in the remaining salt and pepper, cayenne and hot sauce. Keep warm over low heat.
5. Put wings in a medium-size bowl, cover with sauce and toss well to coat. Serve immediately.

Nutritional information per wing:

*Calories 65 (57% from fat) • carb. 0g • pro. 6g • fat 4g • sat. fat 2g
• chol. 22mg • sod. 295mg • calc. 4mg • fiber 0g*

Five-Spice Chicken Wings

Seasoned with the classic Chinese spice blend, these wings are wonderfully aromatic and flavorful too.

Makes about 12 wings, 2 to 4 servings

- 1 pound chicken wings, tips removed, drumettes and flats separated**
- 1½ tablespoons vegetable oil**
- 1 teaspoon sea or kosher salt**
- 2½ tablespoons five-spice powder, store-bought or homemade**
- 2 tablespoons sliced scallions, for serving**

1. Preheat the Toaster Oven set to Bake at 425°F with rack in position A. Line the baking tray with aluminum foil.
2. In a bowl, toss the wings with the vegetable oil. Evenly sprinkle wings with the salt and spice powder, rubbing the spices into the chicken wings by hand to thoroughly and evenly coat. Cover and marinate in refrigerator for up to 3 hours.
3. Arrange the wings in a single layer on the prepared pan and bake for 25 minutes.
4. Garnish with scallions and serve immediately.

Nutritional information per wing:

*Calories 53 (40% from fat) • carb. 1g • pro. 7g • fat 2g • sat. fat 1g
• chol. 17mg • sod. 25mg • calc. 4mg • fiber 0g*

Twice Baked Potatoes

Here we give you the groundwork for the classic twice baked potato, but don't stop here. They can be topped with just about anything from shredded Cheddar and chopped broccoli to salsa and sliced avocado.

Makes 2 servings

- 2 russet potatoes (10 to 12 ounces each)**
- 1 teaspoon extra virgin olive oil, divided**
- ⅓ cup low-fat milk**
- 2 tablespoons unsalted butter, plus 1 teaspoon for finishing**
- ¼ cup sour cream**
- ¼ teaspoon sea or kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons chopped fresh chives**

1. Preheat the Toaster Oven set to Bake at 400°F with the rack in position A.
2. Rub each potato with ½ teaspoon of olive oil, and then evenly prick about 6 to 8 times with a fork. Place potatoes directly on the rack and bake for about 40 to 45 minutes. Remove and let cool slightly. Reduce oven temperature to 350°F.
3. When potatoes are cool enough to handle, slice off the top ¼ of each potato and scoop out the cooked flesh, leaving a ¼-inch thick potato shell. Reserve cooked potato and skin shells.*
4. Put cooked potato into a medium bowl. Add milk and 1 tablespoon of the butter. Using a potato masher or hand mixer, mash/beat until smooth. Add sour cream, salt, pepper and chives. Mash/beat to combine completely. Generously fill the potato shells with potato mixture. (Potatoes may be prepared a day ahead to this point – cover and refrigerate. Bring to room temperature before baking.)
5. Line the baking tray with foil and arrange potatoes on it. Bake for 30 to 35 minutes, until potatoes are hot and golden on the tops.

*The top ¼ of the potatoes can either be discarded, or made in to potato skins such as those on page 5.

Nutritional information per serving (1 potato):

*Calories 422 (42% from fat) • carb. 53g • pro. 9g • fat 19g • sat. fat 11g
• chol. 54mg • sod. 347mg • calc. 116mg • fiber 6g*

Buttery Dinner Rolls

The perfect complement to any dinner. After your first bite, you will never go back to store-bought rolls again.

Makes 12 rolls

- ½ cup whole milk**
- 3 tablespoons water**
- 3 tablespoons granulated sugar**
- 1¾ teaspoons active dry yeast**
- 1 large egg, lightly beaten**
- 3 cups bread flour, plus more as needed**
- 6 tablespoons unsalted butter, cut into 6 pieces**
- ¾ teaspoon sea or kosher salt**

1. Put the milk and water in a small saucepan set over medium heat.* Bring to 105°–110°F. Remove from heat and add the sugar and yeast. Stir to dissolve and let sit until foamy, about 5 minutes. Add beaten egg; stir to combine. Transfer to a large measuring cup to make it easier to add to the food processor.
2. Insert the dough blade into the food processor. Add the flour, butter and salt and process on the dough speed until combined, about 15 to 20 seconds. With the machine running on the dough speed, slowly pour the yeast mixture through the feed tube, adding only as fast as the flour absorbs it (you may not need all of the liquid mixture). After the dough forms a ball, process for 45 seconds to knead. Dough should be smooth and elastic. If dough is too wet, sprinkle a tablespoon of additional bread flour over the dough and pulse to combine, adding more flour, 1 teaspoon at a time, until a tender dough is achieved.

3. Put the dough in a lightly floured plastic food storage bag with the air squeezed out, or in a bowl covered with plastic wrap. Let rise in a draft-free warm place until it has doubled in size, about 45 to 60 minutes.
4. Lightly butter an 8 or 9-inch round baking pan. Divide the dough into 12 equal pieces, about 2¼ ounces each. Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and let rise until about doubled in size, about 30 to 40 minutes.
5. Preheat the Toaster Oven set to Bake at 350°F with rack in position A.
6. Bake the rolls until golden brown, about 25 to 30 minutes. Remove from pan and let cool on a rack for about 10 minutes before serving.

*For a polished finish, melt 1 tablespoon of butter with 1 tablespoon of milk and brush the rolls just before baking.

Nutritional information per roll:

*Calories 144 (28% from fat) • carb. 7g • pro. 4g • fat 2g • sat. fat 1g
• chol. 22mg • sod. 157mg • calc. 17mg • fiber 1g*

Middle-Eastern Stuffed Acorn Squash

Not only are the flavors rich and delicious, but the different textures of the couscous filling make this a standout at any dinner table. They make for a beautiful presentation as well.

Makes 2 servings

- 1 small acorn squash (about 1¼ pounds), halved widthwise and seeded (cutting along the ridges of the squash ensures perfectly even halves)**
- 1½ tablespoons olive oil, divided**
- ¼ teaspoon sea or kosher salt, divided**
- 2 pinches freshly ground black pepper, divided**
- 1 small shallot, finely chopped**
- ½ cup Israeli (or pearl) couscous**
- ¼ teaspoon ground cumin**
- ¼ teaspoon ground cinnamon**
- 1 cup chicken broth plus 2 tablespoons, low sodium**
- ¼ cup chopped dried apricots (about 4 to 5 apricots)**
- 2 tablespoons toasted pistachios**

1. Preheat the Toaster Oven set to Bake at 350°F with the rack in position A.
2. Line the baking tray with foil and put the squash, cut side up, on top. Brush the inside of each squash with ½ tablespoon of the olive oil and sprinkle with a pinch each of the salt and pepper. Bake until the flesh of the squash is just fork-tender, about 25 to 30 minutes. Remove and reserve.

3. While squash is baking, make the couscous filling: Put remaining olive oil in a sauté pan set over medium/medium-low heat. Once hot, add the shallot with a pinch each of the salt and pepper. Sauté until softened. Add the couscous, cumin, cinnamon and remaining salt and pepper. Sauté for about 1 minute to toast couscous. After 1 minute, add the broth. Bring to a strong simmer and cook partially covered for a few minutes, stirring occasionally. Cook until liquid is almost completely absorbed by the couscous. Remove pan from heat, add apricots and pistachios and mix to combine. Cover and set aside until squash is baked.
4. When squash is tender, evenly divide the couscous mixture between the two halves. Return to the oven and bake until just golden on top, about 10 to 12 minutes.
5. Serve immediately.

Nutritional information per serving:

*Calories 423 (24% from fat) • carb. 74g • pro. 10g • fat 12g • sat. fat 2g
• chol. 0mg • sod. 721mg • calc.109mg • fiber 8g*

Old-Fashioned Macaroni and Cheese

Extra-creamy, this will become a family favorite.

Makes 8 servings

non-stick cooking spray

½ pound elbow macaroni

1 teaspoon olive oil

¼ cup unsalted butter (4 tablespoons)

3 tablespoons unbleached, all-purpose flour

3 cups whole milk

**2 cups (about 6 ounces) shredded cheese
(we use a variety of Cheddar, Gruyère and Monterey
Jack for ultimate creaminess and flavor)**

¾ teaspoon sea or kosher salt

dash hot sauce

1½ cups prepared white-bread croutons

1. Lightly coat a 9-inch square or round baking pan with cooking spray; reserve.
2. Cook macaroni according to the package instructions. Drain pasta and rinse under cold water. Toss with a small amount of oil to prevent sticking; reserve.
3. Place a medium saucepan over medium heat and add the butter. Once melted, stir in the flour until smooth. Continue to cook, constantly stirring, for about 2 minutes to cook the flour. While whisking, slowly add the milk to the butter/flour mixture. Raise the heat slightly to bring the mixture to a boil, while stirring. Once the mixture reaches a boil, reduce the heat to maintain a simmer, stirring so a film does not form on the bottom of the pot. Cook until the mixture becomes very thick, about 30 to 45 minutes. Once thickened, stir in the shredded cheeses until sauce is smooth. Add the salt, hot sauce and then the macaroni, stirring to combine. Finally, stir in 1 cup of the croutons, and remove from heat.

4. Preheat the Toaster Oven set to Bake at 350°F with the rack in position A.
5. Pour the macaroni and cheese into the prepared pan. Scatter the remaining ½ cup of croutons on the top and loosely cover with aluminum foil. Bake for 30 minutes. Carefully remove the foil and switch the oven to Broil and cook for an additional 5 minutes to brown the top.

Nutritional information per serving:

*Calories 319 (44% from fat) • carb. 32g • pro. 12g • fat 15g • sat. fat 10g
• chol. 43mg • sod. 429mg • calc. 260mg • fiber 1g*

Sole with Lemon and Capers

A quick and impressive light meal – all made in your toaster oven.

Makes 2 servings

- ½ pound fillet of lemon sole (or other similar white fish)**
- 1 tablespoon extra virgin olive oil**
- juice of ½ of a medium lemon (about 1 to 1½ tablespoons)**
- ½ teaspoon grated lemon zest**
- ¼ teaspoon sea or kosher salt**
- pinch freshly ground black pepper**
- 2 garlic cloves, smashed**
- ½ cup halved grape tomatoes**
- 2 tablespoons drained capers**
- chopped parsley, for garnish**

1. Preheat the Toaster Oven set to Bake at 400°F with the rack in position C. Line baking tray with aluminum foil.
2. Rinse and pat the fish dry. Drizzle with the olive oil, lemon juice, zest, salt and pepper.
3. Place the seasoned fish on the baking pan, and then scatter the garlic, tomatoes and capers around it.
4. Bake until the fish is just cooked through, about 8 to 10 minutes, depending on the thickness of the fish. (Fish will be opaque and flake easily with fork.)
5. Remove, garnish with parsley and serve immediately.

Nutritional information per serving:

*Calories 156 (53% from fat) • carb. 4g • pro. 15g • fat 9g • sat. fat 2g
• chol. 31mg • sod. 735mg • calc. 38mg • fiber 1g*

Baked Pork Chops with Hot Cherry Peppers

If spicy is not your thing, buy sweet cherry peppers instead of the hot variety. You will still have that great vinegar tang, without the heat.

Makes 2 servings

- 2 pork chops (each 1½-inches thick)**
- 1 tablespoon vegetable oil**
- 1 teaspoon sea or kosher salt**
- 1 teaspoon freshly ground black pepper**
- 3 ounces hot cherry peppers (about 2 to 4 peppers), halved**
- 2 to 3 garlic cloves, smashed**
- 1 small onion, cut into ½-inch pieces**

1. Preheat the Toaster Oven set to Bake at 375°F with the rack in position B. Line the baking tray with foil.
2. Pat chops dry with paper towels. Rub chops evenly with the oil, salt and pepper. Lay the chops on the lined tray; surround with the cherry peppers, garlic and onion.
3. Bake for 20 to 25 minutes or until internal temperature is 145°F.

Nutritional information per serving:

*Calories 292 (42% from fat) • carb. 8g • pro. 35g • fat 14g • sat. fat 3g
• chol. 76mg • sod. 1146mg • calc. 35mg • fiber 3g*

Chicken Parmesan

Panko-style breadcrumbs add texture and make for a crisp crust but feel free to use regular seasoned breadcrumbs if that's what you have on hand.

Makes 2 to 4 servings

- 2** 8-ounce chicken breasts, pounded to ½-inch thickness
- ¼ to ½ teaspoon sea or kosher salt
- ¼ teaspoon freshly ground black pepper
- 1** large egg
- 1** cup Italian-seasoned panko-style breadcrumbs
- 2** tablespoons grated Parmesan
- ¼ cup prepared tomato or marinara sauce
- 3** ounces fresh mozzarella, sliced
- 1** tablespoon thinly sliced (chiffonade) basil (optional)

1. Preheat the Toaster Oven set to Bake at 425°F with the rack in position A. Line the baking tray with aluminum foil.
2. Season the chicken breasts with the salt and pepper.
3. In shallow dish, lightly beat the egg. In another shallow dish, combine the breadcrumbs and Parmesan.
4. Dredge the chicken breasts in the egg, then in the breadcrumbs. Press the chicken into the breadcrumbs to fully coat on both sides and shake off any excess.
5. Place the chicken on the prepared pan and bake for 25 minutes. Carefully remove from the oven, flip chicken and top each with even amounts of the sauce, then mozzarella. Bake for 5 minutes, until the cheese is melted.
6. Garnish with basil, if desired, and serve.

Nutritional information per serving (based on 4 servings):

*Calories 400 (44% from fat) • carb. 21g • pro. 35g • fat 19g • sat. fat 7g
• chol. 140mg • sod. 1148mg • calc. 235mg • fiber 1g*

Open-Faced Reuben

A homemade version of the deli favorite. We also provide you with a very simple recipe for a quick Russian dressing.

Makes 2 sandwiches

- 2** slices rye bread
- 2** tablespoons Russian dressing*
- ½ cup sauerkraut, drained
- 4** ounces very thinly sliced corned beef (or you may substitute pastrami if you prefer)
- 3** ounces sliced Swiss cheese (about 4 slices)

1. Preheat the Toaster Oven set to Sandwich at 400°F and set for 10 minutes with the rack in position C. Line the baking tray with foil, if desired, and fit oven with the broiling rack.
2. While oven is heating, lay both pieces of bread on the assembled tray.
3. Spread the Russian dressing evenly on the tops of both slices, and then evenly distribute the remaining ingredients, in the order listed.
4. Once the oven has preheated, put the sandwiches into the oven and cook until the cheese is fully melted, about 8 to 10 minutes.
5. Serve immediately.

*For a simple Russian dressing, put the following in a small bowl and stir until fully combined:

- ⅓ cup mayonnaise
- 2½** tablespoons ketchup
- 2** tablespoons relish
- salt and pepper to taste**

Nutritional information per sandwich:

*Calories 456 (56% from fat) • carb. 24g • pro. 25g • fat 28g • sat. fat 12g
• chol. 94mg • sod. 1562mg • calc. 410mg • fiber 4g*

California Sandwich

Using the freshest and highest quality ingredients that you can find makes this sandwich shine.

Makes 2 sandwiches

- 2 slices whole-grain bread**
- 2 teaspoons Dijon mustard**
- 4 ounces sliced turkey or chicken breast**
- ½ avocado, pitted and sliced**
- 4 to 6 slices plum tomato**
- 4 slices cooked bacon**
- 2 ounces Monterey Jack**

1. Preheat the Toaster Oven set to Sandwich at 400°F and set for 10 minutes with the rack in position C. Line the baking tray with foil, if desired, and fit with the broiling rack.
2. While oven is heating, lay both pieces of bread on the prepared tray.
3. Spread the Dijon evenly on the tops of the slices, and then evenly distribute the remaining ingredients, in the order listed.
4. Once the oven has preheated, put the sandwiches into the oven and cook until the cheese is fully melted, about 10 minutes.
5. Serve immediately.

Nutritional information per sandwich:

*Calories 356 (47% from fat) • carb. 20g • pro. 27g • fat 19g • sat. fat 7g
• chol. 65mg • sod. 1091mg • calc. 308mg • fiber 7g*

Hummus and Vegetable Sandwich

This sandwich has it all and is packed with flavor – from the smooth and nutty hummus to the tangy radishes – and healthy to boot!

Makes 2 sandwiches

- 2 slices whole-grain bread**
- 3 to 4 tablespoons hummus, homemade or purchased**
- 2 small radishes, thinly sliced**
- 4 slices plum tomato**
- ¼ cup sprouts (alfalfa, broccoli, whatever are your favorite and available)**
- 2 tablespoons shredded carrots**
- 1 to 1½ ounces sliced feta**

1. Preheat the Toaster Oven set to Sandwich at 400°F and set for 5 minutes with the rack in position C. Line the baking tray with foil, if desired, and fit with the broiling rack.
2. While oven is heating, lay both pieces of bread on the assembled tray.
3. Spread the hummus evenly on the tops of both slices, and then evenly distribute the remaining ingredients, in the order listed.
4. Once the oven has preheated, put the sandwiches into the oven and cook until the cheese is lightly browned, about 5 minutes.
5. Serve immediately.

Nutritional information per sandwich:

*Calories 187 (31% from fat) • carb. 26g • pro. 9g • fat 7g • sat. fat 3g
• chol. 13mg • sod. 465mg • calc. 192mg • fiber 5g*

Pizza Bagels

Whether it is an after school snack or weekend lunch, there are few kids who will not be excited about having pizza on a bagel.

Makes 2 servings

- 1 bagel, halved**
- ¼ cup pizza or marinara sauce**
- 2 teaspoons grated Parmesan**
- 2 ounces mozzarella, sliced**
- pinch sea or kosher salt**

1. Preheat the Toaster Oven set to Sandwich at 400°F and set for 15 minutes with the rack in position C. Line the baking tray with foil, if desired, and fit with the broiling rack.
2. While oven is heating, lay both bagel halves, cut side up, on the assembled tray.
3. Evenly distribute the sauce and spread on top of each half, then top with the Parmesan and the mozzarella.
4. Once the oven has preheated, put the assembled bagels into the oven and cook until the cheese is fully melted, about 10 to 15 minutes.
5. Serve immediately.

Nutritional information per serving:

*Calories 260 (30% from fat) • carb. 32g • pro. 13g • fat 9g • sat. fat 5g
• chol. 23mg • sod. 563mg • calc. 230mg • fiber 2g*

Bittersweet Espresso Brownies

A sugary outside and a fudge-like interior make these the richest brownies.

Makes 16 brownies

- nonstick cooking spray**
- ¾ cup unsalted butter, cubed**
- 4 ounces unsweetened chocolate, chopped**
- 4 ounces bittersweet chocolate, chopped**
- 2 tablespoons cocoa powder**
- 2 teaspoons espresso powder**
- 3 large eggs**
- 1½ cups granulated sugar**
- 2 teaspoons pure vanilla extract**
- ½ cup unbleached, all-purpose flour**
- ¾ teaspoon table salt**

1. Preheat the Toaster Oven set to Bake at 350°F with the rack in position A. Lightly coat a 9-inch square baking pan with nonstick cooking spray; line with parchment paper. Reserve.
2. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once they are almost completely melted, stir in cocoa powder and espresso powder. Set aside to cool to room temperature.
3. Using a hand or stand mixer, beat eggs to break up and then gradually add the sugar. Mix until light and thickened, about 1 to 2 minutes. Add vanilla; beat until well combined.
4. Stir the flour and salt into the cooled chocolate mixture; mix until just incorporated. Fold the chocolate mixture into the egg mixture and stir until the mixture is no longer streaky.
5. Pour into prepared pan. Bake for about 20 to 25 minutes, or until edges are just dry. These are the best after chilling overnight.

Nutritional information per brownie:
Calories 249 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 9g
• chol. 57mg • sod. 87mg • calc. 12mg • fiber 2g

*** If you don't have buttermilk, you can add 2 teaspoons lemon juice or white vinegar to enough milk to make $\frac{2}{3}$ cup. Let stand 5 minutes; proceed with recipe.**

Fall Fruit Cobbler

Add a dollop of freshly whipped cream to top off this delicious autumn treat.

Makes 8 to 10 servings

Filling:

nonstick cooking spray

- $\frac{3}{4}$ **pound pears, peeled, cored and cut into 1-inch pieces**
- $\frac{3}{4}$ **pound apples, peeled, cored and cut into 1-inch pieces**
- $\frac{1}{2}$ to $\frac{3}{4}$ **pound Italian plums, pitted and cut into eighths**
- $\frac{1}{2}$ **cup granulated sugar**
- $\frac{1}{4}$ **cup unbleached, all-purpose flour**
- $\frac{3}{4}$ **teaspoon ground cinnamon**
- $\frac{1}{4}$ **teaspoon grated orange zest**
- pinch sea or kosher salt**

Topping:

- 1 cup plus 1 tablespoon unbleached, all-purpose flour**
- $\frac{1}{4}$ **cup granulated sugar**
- $\frac{3}{4}$ **teaspoon baking powder**
- $\frac{1}{4}$ **teaspoon baking soda**
- $\frac{1}{4}$ **teaspoon sea or kosher salt**
- $\frac{1}{4}$ **teaspoon ground cinnamon**
- $\frac{1}{4}$ **teaspoon grated orange zest**
- 4 tablespoons unsalted butter, cold, cut into small cubes**
- $\frac{2}{3}$ **cup buttermilk***
- $\frac{1}{2}$ **teaspoon pure vanilla extract**

1. Preheat the Toaster Oven set to Bake at 325°F with the rack in position A. Lightly and evenly coat a 9-inch round or square pan with cooking spray.
2. Prepare the filling: Put the cut fruit in a large mixing bowl with the sugar, flour, cinnamon, zest and salt. Mix ingredients very well. Pour into prepared pan. Bake for 20 minutes (you want the fruit to be able to be pierced easily with the tip of a paring knife, but not mushy).
3. While the filling is baking, prepare the topping: Put the flour, sugar, baking powder, baking soda, salt, cinnamon and orange zest in the bowl of a food processor fitted with the metal chopping blade. Process dry ingredients for 10 seconds. Add the cubed butter to the dry ingredients and pulse until mixture resembles coarse crumbs. Combine the buttermilk and vanilla in a liquid measuring cup. While pulsing, slowly add the buttermilk mixture to the dry ingredients through the feed tube. Pulse until just combined. (This process can also be done by hand. Put all dry ingredients into a large mixing bowl, or on a parchment-lined work surface. Add the butter and either using your fingers or a pastry blender, combine until the mixture resembles coarse crumbs. Make a well in the dry/butter mixture and add the buttermilk/vanilla. Mix with hands or the pastry blender until just combined.)
4. Remove fruit from oven. Scoop the cobbler batter evenly spaced over the fruit – do leave some space in between each scoop. The batter will expand when baked so it is not necessary to cover absolutely everything.
5. Bake for about 25 to 30 minutes, until top is a deep golden and baked through.

Nutritional information per serving (based on 10 servings):
Calories 211 (20% from fat) • carb. 40g • pro. 3g • fat 5g • sat. fat 3g
• chol. 13mg • sod. 95mg • calc. 37mg • fiber 3g

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