

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Handy Prep™ 3-Cup Food Processor

DFP-3

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.
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DFP-3 Capacities:

The following can be prepared in a single batch using the 3-cup work bowl. Using the chute attachment for slicing and shredding will allow you to do unlimited amounts.

Food	Amount
Sliced or Shredded Cheeses, Fruits or Vegetables	3 cups using work bowl, unlimited using chute attachment
Chopped Fruits and Vegetables	For best chopping results, chop 1 cup at a time
Puréed Fruits and Vegetables, Cooked Legumes	3 cups thick purée
Chopped Raw or Cooked Meats, Poultry or Seafood	up to 1/2 pound at a time
Thin Liquid	1-1/2 cups
Thick Liquid	2 cups
Bread/Pizza Dough (may use up to 3/4 cup whole grain flour in recipe)	1-1/2 cups flour in recipe to yield a scant 1 pound of dough
Cake Batter	3/4 pound to yield one 8-inch layer or 6 cupcakes
Cookie Dough	about 1 pound (12 – 24 cookies)
Cream for Whipping	1 cup to yield 1-1/4 cups whipped cream
Nuts for Nut Butters	1-1/2 cups to yield approximately 3/4 cup

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® 3-Cup Food Processor and the following standard parts: a clear work bowl, chute attachment, cover with feed tube, white pusher, metal chopping blade, slicing disc and shredding disc, ejector disc, adapter stem for discs, and spatula.

CAUTION: CUTTING TOOLS HAVE VERY SHARP EDGES. READ THESE INSTRUCTIONS COMPLETELY BEFORE BEGINNING TO UNPACK.

To avoid injury to yourself or damage to the 3-Cup Food Processor when unpacking:

1. Place box right side up on floor or low table.
2. Remove instruction booklet and other printed material.
3. Open unit carton and remove the instruction booklet and other printed material. You will see an inserted corrugated box containing the following parts:
 - * Adapter stem for discs, a slim white cylinder placed on the inside of the work bowl cover. Remove this stem and place on workspace.
 - * Packed upside down you will find the clear work bowl cover and white pusher. Hold cover by its rim and lift it straight up. Unwrap from polybag and remove white pusher. Remove cardboard insert.
4. Remove corrugated box from giftbox and place on table or other workspace. Carefully open: **HANDLE DISCS WITH GREAT CAUTION. THEIR CUTTING BLADES ARE RAZOR SHARP.**
5. The white chute bowl with the slicing and shredding discs remains inside the inserted box. Lift the cardboard insert off of the white chute bowl. Grasp the slicing disc by the center hub and carefully place on work surface. Lift off the next cardboard insert and place white chute bowl onto work surface to remove the shredding disc. Remove the last cardboard insert and polybag from white chute bowl. Remove the spatula from the inserted box.
6. The white motor base, clear work bowl, blade assembly and ejector disc remain in the box. Remove white ejector disc from top of work bowl.
7. The motor base and work bowl assembly are packed in a foam block. Remove the base assembly complete with this foam block. Place on table or workspace.
8. Gently pull base/work bowl assembly out of foam block.
9. Carefully remove cardboard insert from inside work bowl.
10. Unwrap base/ work bowl/blade assembly from polybag. **BE SURE TO REMOVE METAL CHOPPING BLADE FIRST BEFORE REMOVING**

WORK BOWL FROM MOTOR BASE.

11. Carefully grasp top of white center section of blade and lift it straight up. **DO NOT TOUCH METAL BLADES WHICH ARE RAZOR SHARP.** Immediately place metal chopping blade in safe place on counter or table, well away from edge. Now remove cardboard rim from around center stem of work bowl.
12. **READ INSTRUCTION BOOK CAREFULLY BEFORE ASSEMBLING OR USING 3-CUP FOOD PROCESSOR.**
13. Save shipping carton and foam blocks. You may want to use them later to ship processor.

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

WHEN REMOVING BLADE: CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADES, AS THEY ARE RAZOR SHARP.

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.

Carefully read all instructions before using this appliance.

IMPORTANT SAFEGUARDS

To reduce risk of injury, always follow these safety precautions when using this appliance.

Getting Ready

1. Read all instructions.
2. **Blades are sharp.** Handle them carefully.
3. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.
4. Do not use outdoors.
5. Do not let cord hang over edge of table or counter, or touch hot surfaces.
6. Do not operate any appliance with damaged cord or plug, or after appliance has been dropped or damaged in any way. Return appliance to nearest authorized facility for examination repair for electrical or mechanical adjustment.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

Operation

1. Keep hands as well as spatulas and other utensils away from moving blades or discs while processing food, to prevent possibility of severe personal injury or damage to food processor. A plastic spatula may be used, but only when motor is stopped.
2. Avoid contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher, or injury may occur.
3. **Make sure motor has completely stopped before removing cover. (If machine does not stop within 2 seconds, when you turn cover, call 1-800-726-0190 for assistance). Do not use machine.**
4. Never store any blade or disc on motor shaft. To reduce the risk of injury, no blade or disc should be placed on motor shaft except when the bowl is properly locked in place and the food processor is in use. Store blades and discs as you would sharp knives, out of reach of children.
5. Be sure cover is securely locked in place before operating food processor.
6. Do not try to override or tamper with cover interlock mechanism. Injury may result.

Cleaning

To protect against electrical shock, do not put base in water or other liquid. If base falls in water, unplug immediately. **DO NOT REACH INTO WATER.**

General

1. Close supervision is necessary when any appliance is used by or near children. Do not allow children to use this appliance.
2. Do not operate this, or any other, motor-driven appliance while under the influence of alcohol or other substances that affect your reaction time or perception.
3. This food processor is UL listed for household use. Use it only for food preparation as described in this book.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your food processor.
5. Maximum rating of 5 Amperes is based on attachment that draws greatest current. Other recommended attachments may draw significantly less current.

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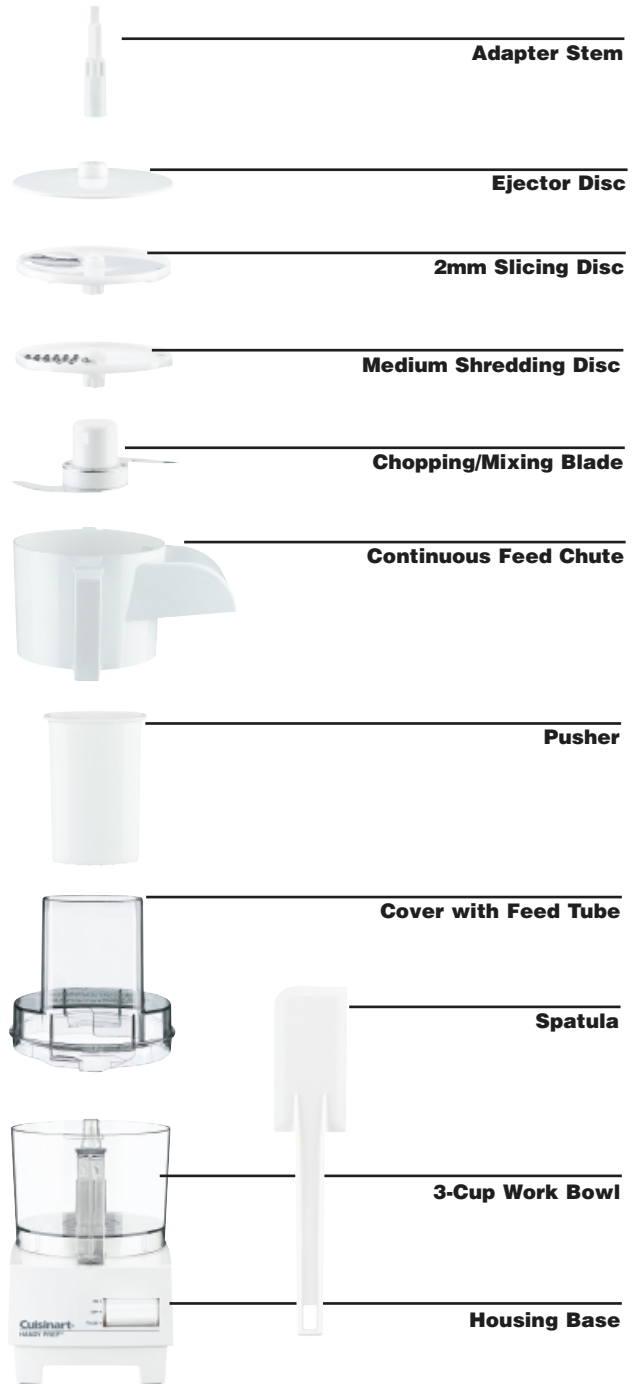
INTRODUCTION

Congratulations on your purchase of the Cuisinart® Handy Prep™ Food Processor. This product is the ultimate food preparation tool, and it comes from the originator of the American food processor, Cuisinart.

The Handy Prep™ handles a variety of food prep tasks. Chop, mix, slice and shred ingredients with the chopping/mixing blade and slicing and shredding discs, or knead batches of your favorite bread and pizza dough. Cuisinart has also included a bonus Feed Chute Attachment so you can slice or shred unlimited amounts of ingredients. The Handy Prep™ is easy to use, easy to clean and easy to store.

THE MACHINE INCLUDES

1. **Motor Base** with motor shaft and 3-position control switch
2. **3-cup Work Bowl** made of durable shatter-resistant Lexan® plastic.
3. **Work Bowl Cover** with feed tube.
4. **Pusher** that slides inside the feed tube.
5. **Continuous Feed Chute** for slicing and shredding unlimited amounts of ingredients.
6. **Stainless Steel Chopping/Mixing Blade**
7. **Medium Shredding Disc**
8. **2mm Slicing Disc**
9. **Ejector Disc** directs sliced or shredded ingredients through feed chute attachment.
10. **Adapter Stem**
11. **Spatula**



ASSEMBLY INSTRUCTIONS

Read all instructions on these two pages before you start. Check that your household voltage matches that shown on label on bottom of food processor base.

Note: Before using the Handy Prep™ for the first time, wash all parts except base in hot, soapy water. Rinse and dry thoroughly. Handle metal blade and slicing disc or shredding disc with great care. Their blades are razor-sharp. Do not leave them in soapy water, where they may disappear from sight. Never immerse base in water or any liquid.

1. Put base on counter or table near electrical outlet. Do not plug in until food processor is totally assembled.
2. Pick up empty clear work bowl, holding it in both hands, with handle toward you.

Put bowl on base, fitting center tube over shaft on base and placing handle slightly to left of front center (7 o'clock.)

Hold bowl by handle and turn bowl counterclockwise as far as it will go. It will click into locked position.

3. Pick up metal blade by center plastic part. **Never touch metal cutting blades, which are razor sharp.**

Place blade over motor shaft, twisting it gently clockwise until it drops

into place over shaft. Push top of center plastic part to push blade down as far as it will go. Lower blade should almost touch bottom of bowl.

4. Put cover on bowl, with feed tube at back, slightly to right of center.
5. With hand on feed tube, turn cover counterclockwise to lock it into place. It will click into position easily. Do not force it.

Motor will not start unless work bowl is securely locked in position and cover is securely locked on work bowl.

6. Hold pusher with more rounded side toward you and insert it in feed tube. **Always use pusher to guide food through feed tube. Never use your fingers or spatula.**

Plug your Cuisinart® Handy Prep™ into a household electrical outlet.

To remove cover, unlock it by turning it clockwise, then lift it straight up.

THE MACHINE FUNCTIONS

Control switch on base of machine has 3 positions, giving you fingertip control of operation.

ON (Continuous)

For continuous operation, move control switch up to

ON position. Motor will start, if you have followed assembly instructions.

OFF

To turn motor off, move control switch down to OFF position in center.

PULSE

For on-off operation, called pulse-chopping or pulsing, press control switch down to PULSE position, then release it.

Motor runs as long as you hold control switch down. Motor stops when you release control switch. Try it a few times.

You control duration and frequency of pulses by length of time you hold control switch down and rate at which you press it. Allow enough time between pulses to let food in work bowl fall to bottom.

Always use switch for pulse/chopping. Never turn cover back and forth to start and stop processor.

OPERATING INSTRUCTIONS

You may want to practice before actually using the Handy Prep™ to prepare food for a meal. Try soft fruit or vegetables like an apple or zucchini.

Chopping, Puréeing, Mixing

1. Remove cover and put some food into work bowl. First, cut food into 3/4-inch (2cm) pieces. You will get a more even chop if you start with pieces that are all the same size.

Put pieces into work bowl with metal blade in place. You can put in up to 1 cup of food at a time. If you want to process more, do it in batches.

- Put on cover and lock it. Insert pusher. Press control switch down to PULSE position, then release it. Repeat two or three times. Each time blade stops, let food pieces drop to bottom of bowl before pulsing again. This ensures that the blade will chop them at every pulse.

Watch what happens to food. With pulse/chopping technique, you can get an even chop without danger of overprocessing. Check texture by looking through work bowl. Be careful not to overprocess.

For a coarse chop, pulse only a few times.

- If you want a finer chop or purée, move control switch up to ON and let machine run continuously until food is chopped as fine as you want it. Check frequently through clear cover or bowl to avoid chopping too fine. Use spatula to scrape down any pieces that stick to inside of bowl.

Onions and other food with a high water content turn into a smooth purée very quickly. Do not over-chop — look at food frequently through work bowl.

To purée, follow same procedure as for chopping, but let machine run

until food is a smooth purée.

New users are often surprised at how fast the processor works. You will quickly get used to its great speed.

These are some conditions that affect your results:

- **size of pieces** you put in bowl — all should be about the same
- **amount of food** you process — don't add too much at a time
- **type of processing** you choose — continuous or pulse/chopping

Adding Food While Processing

When you want to add liquid while machine is running, pour it through open feed tube. This is especially useful when making mayonnaise, bread dough, cakes and many other recipes. A small hole in the pusher allows you to add liquids in a very slow, steady stream—useful when making sauces like mayonnaise.

When you want to add small pieces of food like cheese, meat or garlic cloves while machine is running, drop them through open feed tube.

To prevent spills when adding flour, sugar and other dry ingredients, use a funnel.

Removing Processed Food

Before removing processed food, move control switch

to OFF and wait for blade to stop spinning. Then remove cover by turning it clockwise. Never try to remove cover and work bowl together; this can damage work bowl.

If blade continues to turn when control switch is OFF, unplug machine before removing cover. Do not use machine any further. Call 1-800-726-0190 immediately for assistance.

After processing liquids, remove work bowl from base of processor before removing metal blade. Turn handle of bowl clockwise to unlock bowl from base and lift bowl straight up.

A locking device on metal blade prevents it from moving up on motor shaft while machine is in use. If blade holds bowl in a locked position, jiggle white center section of blade lightly. It should release.

It is important not to let metal blade fall out of work bowl as you empty it. Here are three ways to prevent it from falling out:

- Before tilting bowl, use spatula to remove food from around blade. Carefully remove blade by finger grip on top of center plastic part.
- Hold top of blade in place with finger or spatula while pouring out processed food.
- Make sure your hands are dry. Insert finger through hole in underside of bowl and place thumb on rim of bowl. Grip inside of blade shaft firmly to hold blade in place.

Slicing And Shredding Less Than 3 Cups Of Food

1. Assemble clear work bowl on base in usual way.
2. Pick up adapter stem. Note that round base is notched at one end. Center section is hexagonal (six-sided) and top section is flat on both sides.

Hold stem firmly by flat top and push it down as far as it will go on motor shaft.

3. Hold slicing or shredding disc with its longer collar down (the side that reads "THIS SIDE DOWN"). **Always handle slicing or shredding discs by rims. Never touch sharp cutting blades.**

Slide disc over stem and push it down until its center collar is flush with hexagonal section of stem.

4. Put cover on work bowl, lock it into place and insert food in feed tube. (If you are slicing, first cut one end of food flat. Place in feed tube flat side down.) See page 11 for guidelines on how to get consistent slices and shreds.
5. Insert pusher. Use moderate pressure to push down on pusher with one hand while holding control switch in PULSE position with other hand until food is sliced or

shredded. This will only take a few seconds.

Wait until disc stops spinning before removing cover. When it stops, remove cover before removing work bowl. Never try to remove cover and work bowl together; this could damage work bowl.

6. Remove slicing or shredding disc before removing work bowl. To remove it, grasp flat top section of adapter stem and lift it straight up.

Then turn bowl clockwise to remove it from base and lift it straight up.

Slicing And Shredding More Than 3 Cups Of Food

1. Substitute chute attachment for clear work bowl.

Pick up empty work bowl, holding it in both hands with handle toward you and chute toward right. Put bowl on base, fitting center tube over motor shaft and placing handle slightly to left of front center (7 o'clock).

Hold bowl by handle and turn bowl counterclockwise as far as it will go. It will click into locked position.

2. Pick up adapter stem. Note that round base is notched at one end; center section is hexagonal (six-sided) and top section is flat on both sides.

Hold stem firmly by flat top and push it down as far as it will go on motor shaft.

3. Hold ejector disc with side that reads "THIS SIDE DOWN" down. Slide ejector disc over adapter stem, pushing it down so it fits over notched top of round section of stem.
4. Hold slicing or shredding disc with its longer collar down (the side that reads "THIS SIDE DOWN.") **Always handle slicing or shredding discs by rims. Never touch sharp cutting blades.**

Slide disc over stem and push it down until its center collar is flush with hexagonal section of stem.

5. Put cover on work bowl and turn it counterclockwise to lock it into place.

Place receptacle for processed food on counter under chute. You can use bowls or saucepans. Those with high (up to 6 inches, 21cm) straight sides work best.

6. Put food in feed tube. Remember to cut one end of food flat if you are slicing, and to insert in feed tube flat side down.

Insert pusher and push down on it with one hand while holding control switch in PULSE position with other hand. Ejector disc will direct food through chute into receptacle. Total amount of food you can slice or

shred with Handy Prep™ is limited only by size of receptacle under chute. You can replace full receptacle with empty one and continue slicing or shredding.

Wait until slicing or shredding disc stops spinning before you remove cover. When it stops, remove cover before trying to remove work bowl. Never try to remove cover and work bowl together; this could damage work bowl.

To remove slicing or shredding disc, grasp flat top of adapter stem and pull straight up. You must remove discs before removing work bowl.

Food Prep Guide

Your Cuisinart® Handy Prep™ makes many everyday food preparation tasks much easier and faster. Use these guidelines to get the best food results. For larger amounts (more than 3 cups processed) when slicing and shredding, use the chute attachment.

Food	Blade	Preparation/Method	Results/Notes
Bread	Metal blade	Break or cut into 1-inch or smaller pieces. Pulse to chop, then process until crumbs are desired texture	Crumbs for fillings/ toppings/crusts. For buttered bread crumbs, butter bread first or add melted or softened butter through feed tube while processing. For herbed bread crumbs, chop herbs first.
Butter or Cream Cheese, Flavored Cheese Dips & Spreads	Metal blade	Chop garlic, herbs or zest first. Cut butter/cheese into tablespoon size pieces. Process until smooth; add liquids last if using.	Smooth creamy flavored butter or cheese spreads.
Cheeses, Hard – Asiago, Locatelli, Parmesan, Romano	Metal Blade Slicing Disc	Remove hard rind, cut into 3/4-inch or smaller cubes. With machine running, drop through feed tube and process “grated” to desired texture. Have cheese at room temperature. Remove hard rind. Stand pieces in feed tube – use light pressure to slice.	“Grated” hard cheese, texture from coarse to fine. Process longer for finer texture. Hard cheese should not be shredded – use chopping technique for results similar to grated/shredded cheeses.
Cheeses, Medium-Hard Such as Cheddar, Swiss, etc.	Shredding Disc Slicing Disc	Chill cheeses. Cut to fit feed tube. Stand cheese in feed tube; use light pressure to slice or shred.	Shredded or sliced cheeses suitable for salads, pizzas, tacos, casseroles, etc.
Cheeses, Soft Such as Mozzarella	Shredding Disc	Chill (best results, freeze 20 – 30 minutes) cheese; cut to fit feed tube. Stand cheese in feed tube; use light pressure to shred.	Do not slice soft cheeses. Shredded cheeses are suitable for salads, pizzas, tacos, casseroles, etc.
Citrus Peel	Metal Blade	Remove zest from fresh, washed & dried citrus using vegetable peeler, leaving bitter white pith on fruit. Cut in 1-inch pieces. Pulse to chop, then process until zest is desired texture.	Chopped citrus zest. For best chop, add sugar or salt from recipe when processing.

Food	Blade	Preparation/Method	Results/Notes
Cooked Fruits & Vegetables for Purées or Baby Foods	Metal Blade	Steam, poach or boil fruits or vegetables cut in 1-inch or smaller pieces until tender. Process up to 1-1/2 cups at a time, adding cooking liquid (water, stock, broth or milk) as needed for desired texture. Season as needed.	Smooth purées suitable for side dishes or baby food. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet. Prepare in single serving amounts or in amounts up to 1-1/2 cups, which may be refrigerated or frozen for later use. Cooked potatoes should not be processed using metal blade – the result will be a “gluey” texture. Cooked potatoes may be shredded using the shredding disc (see Potatoes).
Cookies (Hard/Crisp) or Crackers	Metal Blade	Cut or break into 1-inch or smaller pieces. Pulse to chop then process until crumbs reach desired texture.	May be used as crumb toppings or for crumb crusts. Add softened or melted butter, sugar, spices as needed.
Cream – Heavy, Whipping	Metal Blade	Process up to 1 cup chilled cream until it reached desired thickness.	Excellent, quick topping for desserts or hot beverages. For sweetened cream, add sugar after about 30 seconds. Volume will not be as great as with a mixer/whisk.
Fruits, Raw	Metal Blade	Peel, core, remove pits and seeds. Cut into 3/4-inch pieces. Pulse to chop, then process to desired texture. For fruit or berry purées, process until smooth, adding sugar as needed.	Use fresh fruit purées as an addition to savory sauces or as dessert sauces. Strain seeds from sauce if needed.
	Shredding Disc Slicing Disc	Cut washed and dried fruits to fit feed tube. Arrange in feed tube cut side down, solidly to prevent tilting/slipping. Use moderate pressure to shred or slice.	For larger amounts, use chute attachment.
Herbs	Metal Blade	Pulse to chop, then process continuously to reach desired texture. Work bowl and blade must be clean and dry.	Use clean, dry herbs. Remove leaves from stems before chopping.
Mayonnaise	Metal Blade	Follow favorite 1-egg recipe, adding oil through drip hole in pusher.	Raw egg mayonnaise not recommended. Use pasteurized liquid egg products or substitutes. Follow proper food safety procedures.
Meat, Poultry – Uncooked	Metal Blade	Cut into 3/4-inch cubes, chill. Process up to 8 ounces at one time. Use pulse to chop to desired texture.	Do not overprocess unless purée is desired. Can be used for burgers, chilies, meatloaf, patés, terrines, etc.
	Slicing Disc	Trim visible fat from meat. Remove and discard skin from poultry. Cut meat to fit feed tube. Wrap in plastic wrap and freeze on a baking sheet until firm but not frozen solid. Use firm pressure to slice.	Processor sliced meats are perfect for stir-fry dishes.

Food	Blade	Preparation/Method	Results/Notes
Meats, Poultry – Cooked	Metal Blade	Cut meat into 3/4-inch or smaller cubes/pieces. Pulse to chop to desired texture. Process up to 8 ounces at a time.	Chopped meats can be used for salads or spreads. For Baby/Junior Foods, add broth or other liquid as needed. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.
Muffins, Quick Breads	Metal Blade	Use metal blade to “sift” dry ingredients; remove. Process wet ingredients, return dry ingredients to work bowl and pulse to blend. See Cuisinart recipes.	Batters for small recipes of muffins and quick breads can be prepared quickly and with little fuss.
Pastry/ Pie Crust	Metal Blade	Use recipe, pg 30 or other favorite recipe using recipe method.	Can prepare pastry for single crust pie. Repeat for a 2-crust pie, do not double.
Peanut Butter or Nut Butters	Metal Blade	Process up to 1-1/2 cups peanuts or other nuts. Pulse to chop first, then process continuously until ground nuts form a ball.	Fresh nut butters contain no additional oils, sugar or salt unless you choose to add them. Nut butters can be kept for several months tightly covered and refrigerated. For chunky-style, add a handful of nuts before processing is completed.
Potatoes, Cooked	Shredding Disc Slicing Disc	Trim to fit feed tube as needed. Shred or slice using light pressure.	Use chute attachment for larger amounts.
Potatoes, Raw	Shredding Disc Slicing Disc	Trim as needed to fit feed tube. Shred or slice using medium pressure.	Use chute attachment for larger amounts.
Vegetables, Raw	Metal Blade Shredding Disc Slicing Disc	Peel vegetable & cut into pieces 3/4-inch or smaller. Keep pieces similar size for most even chop. Pulse to chop, or process to “grind” or “purée. For small items such as garlic or shallots, drop through feed tube while machine is running to chop. Peel and cut to fit feed tube. Cut one end flat, place in feed tube flat end down. For cabbage remove and discard core.	 For soft vegetables, use light to moderate pressure. For firmer vegetables, use moderate to medium pressure. Do not use shredding disc for cabbage.
Yeast Doughs	Metal Blade	Process dry ingredients to blend, then add yeast mixture/liquid through feed tube in a steady stream as fast as the flour will absorb it. After mixture forms ball, process for 46 – 60 seconds to knead.	Makes a scant 1 pound of dough, enough for a single small (8 x 4 x 2-1/2 – inch loaf pan) or free form bread. See recipes for more ideas.

Guidelines for Perfect Slices and Consistently Uniform Shreds

- Choose food with care.** Fruits and vegetables should be fresh, firm and not overripe.
- Prepare food first.** Always remove large hard pits and seeds. When slicing, cut one end flat and place in feed tube cut side down. prevents pusher from moving. (Bottom of feed tube is slightly larger than top. If food is too big for top, try inserting from bottom.)
- Pack feed tube carefully.** Food should fit snugly but not so tight that it
- Pack feed tube for desired results.** For small, round slices

or short shreds from carrots, zucchini and other long vegetables, cut them in 4-inch (10cm) lengths; pack them tightly upright. For long slices or shreds, cut them in 2-inch (5cm) lengths.

5. **Adjust pusher pressure to food texture.**

Never push down hard on pusher.

Use light pressure for soft fruits and vegetables like bananas, mushrooms, strawberries and tomatoes and for all cheeses and pack them horizontally.

Use medium pressure for most food — apples, celery, citrus fruit, potatoes, zucchini. Use firm pressure for really hard vegetables like carrots and yams.

TROUBLESHOOTING

These are some problems that beginners with a food processor sometimes experience, along with their solutions.

Food is unevenly chopped

Try to process less food at one time. Pulse/chop until pieces of food are no larger than 1/2 inch (1.25cm). Then run machine continuously, checking consistency often.

Liquid leaks from bottom of work bowl onto motor base

Remove work bowl from base as soon as you finish processing. Do not remove metal blade first. When work bowl and

blade are removed together, blade drops down and forms almost perfect seal against bowl.

Liquid leaks out between work bowl and cover when machine is running

Never use more than 1-1/2 cups (360ml) of a very thin liquid. The thicker the liquid, the more you can use. With thick mixtures like pancake or cake batter, for example, you can process as much as 2 cups (480ml).

Slices are uneven or slanted

Pack feed tube carefully. Maintain even pressure on pusher.

Carrots or similar food falls over in feed tube

Cut food into equally sized pieces, not over 4 inches (10cm) long. Use enough pieces to fit feed tube snugly.

Cut carrots in half and insert one piece point-side down and the other stem-side down.

A few pieces of food remain on top of slicing or shredding disc

You can improve this by raising and lowering (bouncing) pusher when food is almost all sliced or shredded.

Cheese spreads out and collects on top of shredding disc

Cheese was not cold enough, or pressure on pusher was too great. Always use light pressure when processing cheese.

CLEANING AND STORING

Keep your food processor ready for use on a kitchen counter. When it's not being used, leave it unplugged. Don't leave it with cover in locked position; this could damage the off-on mechanism.

Store blades and discs in safe, convenient place, as you would sharp knives — out of the reach of children.

All parts except motor base are dishwasher safe and we recommend washing them in the dishwasher ON THE TOP RACK. Due to intense water heat, washing the work bowl, work bowl cover and accessories on the bottom rack may cause damage over time.

Insert work bowl upside down. Remember where you place sharp blades and discs, and unload them carefully.

To simplify cleaning, rinse work bowl, cover, pusher and blade or disc immediately after use so food won't dry on them.

If you wash blades and discs by hand, do it carefully. Avoid leaving them in soapy water, where they may disappear from sight. To clean metal blade, fill work bowl with soapy water, hold blade by its center plastic part and move it up and down on center shaft. Use of a spray attachment is also effective. If necessary, use a brush.

Work bowl is made of Lexan® polycarbonate plastic, which is shatter resistant and heat resistant.

Chopping certain foods may scratch or cloud work bowl. Among them are rice, whole spices and oils like wintergreen. If you like to prepare your own spice blends, you may want to keep a second bowl just for that purpose.

Base housing is made of tough plastic with high impact resistance. Its smooth surface will look new for years. Keep a sponge handy as you work and wipe spills from base. Wipe in direction away from motor shaft. Do not use abrasive spray cleaners on base or pusher.

Four rubber feet on underside of base keep it from moving on most work surfaces when machine is processing heavy loads. Clean feet from time to time; if rubber surface is not clean, machine may move on counter. If feet leave spots on counter, spray with spot remover and wipe with damp sponge. If any trace of spot remains, repeat procedure and wipe area with damp sponge and non-abrasive cleaner.

IMPORTANT: Never store any blade or disc on motor shaft. No blade or disc should be placed on shaft except when work bowl is in place and processor is about to be used.

FOR YOUR SAFETY

Like all powerful electrical appliances, your food processor should be handled with care.

Follow these guidelines to protect yourself and your family from misuse that could cause injury.

Handle and store metal blade and discs carefully. Their cutting edges are very sharp.

Never put adapter stem on motor shaft until work bowl is securely locked in place.

Always make certain that adapter stem is down on motor shaft as far as it will go.

Always insert metal blade in work bowl before putting ingredients in work bowl.

When slicing or shredding food, always use pusher. Never put your fingers or a spatula into feed tube.

Always wait for blade or disc to stop spinning before you remove cover from work bowl.

Be careful not to let metal blade fall out of work bowl when you empty bowl. Remove it before tilting bowl or hold it in place.

TECHNICAL DATA

The line voltage and frequency approximate for your machine are shown on label on underside of base.

An automatic temperature-controlled circuit breaker in motor ensures protection against motor burnout. If processor runs for exceptionally long time when chopping, mixing or kneading thick or heavy mixtures in successive batches, motor may overheat. If this happens, processor will stop. Turn it off and wait for motor to cool off before proceeding.

It will usually cool off within 10 minutes. In extreme cases, it could take an hour.

Safety switches prevent machine from operating when work bowl or cover is not locked into position. Motor stops within seconds when control switch is turned off or cover is unlocked. If motor should ever continue to run, do not attempt to remove cover. Remove plug from outlet and immediately notify the Cuisinart Consumer Service Center.

WARRANTY

CUISINART® HANDY PREP™ FOOD PROCESSOR LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on Cuisinart® Handy Prep™ Food Processors.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Handy Prep™ Food Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Handy Prep™ Food Processor will be free of defects in material and workmanship under normal home use for three years from the date of original purchase.

However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase.

If your food processor should prove to be defective within the warranty period, we will repair it (or, if we think necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 800-726-0190 or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$7.00 for shipping and handling of the product; under California law, only proof of purchase is required. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend that you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Handy Prep™ Food Processor has been manufactured to strict specifications and has been designed for use with the Cuisinart® Food Processor authorized accessories and replacement parts for your model. This warranty expressly excludes any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing may not apply to you.

This warranty gives you specific legal rights, and you may

have other rights that vary from state to state.

WARNING

Our food processors and accessories are carefully designed and manufactured with high-quality materials to assure your satisfaction and safety when you use them. Although accessories sold by companies other than Cuisinart may be compatible with your Cuisinart® Food Processor, they may also be extremely dangerous and expose the user to serious injury.

We specifically caution you not to use other brand accessories, such as juicers, which permit your processor to operate with exposed cutting or shredding discs.

If you have any questions about the safety features of your Cuisinart® Food Processor, please call us at the toll-free number that appears on the above warranty.

Recipe Notes:

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

Guacamole

Serve guacamole with crispy tortilla chips, or use as a sauce or side dish.

Makes about 2 cups

1	ripe plum tomato (3-4 ounces), cored, seeded, cut into eighths	2	tablespoons packed cilantro leaves, washed & dried
1	garlic clove, peeled	2	tablespoons fresh lime or lemon juice
1	jalapeño pepper, seeded and halved, cut in 3/4-inch pieces	1/2	teaspoon chili powder
1/2	ounce red onion (about 1-inch piece), trimmed, cut into 1/2-inch pieces	1/4	teaspoon ground cumin
2	ripe avocados (20-24 ounces total), peeled, pitted, cut into 3/4-inch chunks	1/4	teaspoon kosher salt

Insert metal blade. Place tomato pieces in work bowl; pulse to chop, 10 to 15 times; remove and reserve. With machine running, drop garlic through feed tube and process until minced, about 10 seconds. Scrape work bowl. Add jalapeño and onion to work bowl, pulse to chop, 5 times. Add half the avocado pieces, cilantro leaves, lime juice, chili powder, cumin and salt. Pulse 5 times to chop avocado, then process until smooth, about 45 seconds. Add remaining avocado. Pulse until mixture is blended, and reaches desired texture for a chunky guacamole, or process until smooth and creamy, about 1-1/2 minutes. Cover and refrigerate for at least 30 minutes before serving to allow flavors to blend. Serve with tortilla corn chips.

Nutritional information per serving (2 tablespoons):

Calories 56 (73% from fat) • carb. 4g • pro. 0g • fat 5g • sat. fat 1g • chol. 0mg
• sod. 23mg • calc. 2mg • fiber 3g

Fresh Tomato & Roasted Pepper Salsa Cruda

Roasted Red Peppers add a little something extra to a traditional favorite.

Makes 1-1/2 cups

1	garlic clove, peeled	1	green onion, trimmed, cut 1-inch pieces
4	plum tomatoes (12 ounces), cored, seeded, quartered	1-2	jalapeño peppers, stemmed, halved, seeded, cut in 1/2-inch pieces
1/2	roasted red pepper, cut in 1-inch pieces	2	tablespoons fresh lime juice
1/3	cup lightly packed fresh cilantro leaves, washed and dried	1/2	teaspoon ground cumin
		1/4	teaspoon kosher salt

Insert metal blade. With machine running, drop garlic through feed tube; process 5 seconds to chop. Add half the tomatoes to work bowl. Pulse 5 times to chop, then process to chop finely, about 15 to 20 seconds. Add remaining tomatoes to work bowl along with roasted red pepper, cilantro, green onions, jalapeño pepper, lime juice, cumin and salt. Pulse 10 to 15 times (one second pulses), or process until desired texture is reached. Let stand 30 minutes before serving to allow flavors to blend.

Nutritional information per serving (1/4 cup):
Calories 8 (7% from fat) • carb 2g • pro. 0g • fat 0g • sat. fat • chol. 0mg
• sod. 58mg • calc. 7mg • fiber 0g

Hummus

Add a roasted red pepper and 1 teaspoon herbs de Provence for a variation.

Makes about 2 cups

1/4	cup loosely packed flat parsley leaves	1/4	cup water
1	clove garlic, peeled	1/2	teaspoon ground cumin
1	can (19 ounces, 540g) chickpeas, rinsed and drained	1/4	cup extra virgin olive oil
2	tablespoons tahini (see Note)		kosher salt and freshly ground black pepper to taste
2	tablespoons fresh lemon juice		

Insert metal blade. Add parsley to work bowl. Process to chop, 5 seconds; remove and reserve. With machine running, drop garlic through feed tube. Process until finely chopped, about 5 seconds. Add chick peas, tahini, lemon juice, water and cumin to work bowl; process until smooth, 1-1/2 to 2 minutes, stopping to scrape work bowl as needed one or two times. With the machine running, add the olive oil in a steady stream and process until the mixture is smooth and creamy. Taste and season with kosher salt and freshly ground pepper. Transfer to a bowl, cover and let stand for 30 minutes or longer to allow flavors to blend. Refrigerate if not serving in 30 minutes.

Note: Tahini is a sesame seed paste available most grocery stores.

Nutritional information per serving (2 tablespoons):
Calories 30 (38% from fat) • carb. 4g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg
• sod. 29mg • calc. 16mg • fiber 1g

Herbed Chevre & Sun-dried Tomato Torta

Makes about 1-1/2 cups

4	sun-dried tomatoes, oil packed, with 1 tablespoon oil	6	ounces cream cheese (may use reduced fat), cut in 1-inch pieces
1/2	teaspoon herbs de Provence (or basil or thyme)	6	ounces Chevre or other goat cheese, chilled, cut in 1-inch pieces
1	tablespoon toasted pine nuts	1/8	teaspoon kosher salt
3-4	imported black olives, pitted	1/8	teaspoon freshly ground pepper
1	clove garlic, peeled	2 - 3	drops hot sauce such as Tabasco® to taste
1/4	cup mixed fresh herbs, loosely packed (such as parsley, thyme, basil, oregano, marjoram, sage, etc.)		

Insert metal blade. Place sun-dried tomatoes, herbs de Provence, pine nuts and olives in work bowl. Pulse to chop, 5 times. Line a 2-cup bowl or mold with plastic wrap. Spoon the sun-dried tomato mixture into the bottom of the prepared mold; reserve. Wipe the work bowl and metal blade clean with a paper towel.

Insert the metal blade. With the machine running, drop the garlic through the feed tube and process 10 seconds to chop. Scrape the work bowl. Add the herbs, process to chop finely, 15 seconds. Add cheese, salt, pepper and 2 - 3 drops hot sauce, process 20 to 30 seconds to combine.

Gently spoon some of the cheese mixture over the bottom of the bowl, pressing down gently. Spoon in the remaining cheese mixture and smooth over the top. Cover with plastic wrap and refrigerate until ready to use.

To unmold: remove plastic wrap. Arrange fresh herbs or other greens over the exposed "top" of the molded cheese, so that some will come out from the edges. Place a flat plate or server over the bowl and invert so that the "top" becomes the "bottom". Carefully lift up the bowl and gently remove the plastic wrap. Serve with crackers, pita wedges, bagel chips or baguette slices.

Nutritional information per serving (2 tablespoons):

Calories 104 (73% from fat) • carb. 2g • pro. 5g • fat 9g • sat. fat 5g • chol. 16mg
• sod. 165mg • calc. 87mg • fiber 0g

Vinaigrette

Makes 1-1/2 cups

This basic vinaigrette can be easily changed by using a flavored vinegar or oil, or by adding fresh or dried herbs. Add a touch of sugar for a little sweetness.

1	small garlic clove, peeled	1/2	teaspoon kosher salt
1/3	cup wine vinegar	1/8	teaspoon freshly ground black pepper
1	tablespoon fresh lemon juice	1	cup vegetable oil
1	tablespoon Dijon mustard		(may use half olive oil)

Insert metal blade and turn on machine. Drop garlic through feed tube and process until minced about 5 seconds. Add vinegar, mustard, salt and pepper to work bowl. While machine is running, pour oil through feed tube in thin stream and process until completely mixed and emulsified, about 5 to 10 seconds.

Nutritional information per serving (1 tablespoon):

Calories 81 (98% from fat) • carb. 0g • pro. 0g • fat 9g • sat. fat 1g • chol. 0mg
• sod. 43mg • calc. 1mg • fiber 0g

Creamy Ricotta Herb Dressing/Dip

This is a good light dressing for potato salad or other fresh vegetable salads. It also makes a nice dip for fresh crudité's.

Makes about 1-1/2 cups

2	shallots, peeled and halved	3/4	cup part skim ricotta cheese
1	clove garlic, peeled (optional)	3/4	cup buttermilk or fat free plain yogurt
1/4	cup fresh flat-leaf parsley	1/2	teaspoon dry mustard
1	tablespoon fresh tarragon leaves	1/2	teaspoon each kosher salt and freshly ground pepper
1	teaspoon fresh thyme leaves		
2-3	fresh basil leaves		

Insert metal blade. With machine running, drop shallots and garlic (if using) through feed tube and process to chop, 5 seconds. Scrape work bowl. Add fresh herbs; pulse to chop, 5 times. Add ricotta, yogurt, dry mustard, salt, pepper. Process until creamy and smooth, about 20 seconds.

Transfer to a resealable container, cover and let stand for at least 30 minutes before using, to allow flavors to blend and develop. Refrigerate unused portions. Will keep about 5 days, refrigerated.

Nutritional information per serving (2 tablespoons):

Calories 33 (33% from fat) • carb. 3g • pro. 3g • fat 1g • sat. fat 1g • chol. 86mg
• sod. 86mg • calc. 71mg • fiber 0g

Coleslaw

Shred cabbage in just seconds using your Handy Prep™.

Makes about 6 cups

- | | | | |
|---|---|-----|--|
| 1 | small head green cabbage (1-1/2 pounds), cut to fit feed tube | 1/2 | cup reduced fat mayonnaise |
| | | 2 | tablespoons vinegar |
| 1 | medium carrot (3 ounces), trimmed, peeled, and cut to fit feed tube | | kosher salt and freshly ground black pepper to taste |

Assemble processor with chute attachment, ejector disc and slicing disc. Slice cabbage through chute into large bowl. Insert shredding disc, and shred carrots through chute into bowl. Toss cabbage and carrots with remaining ingredients.

Nutritional information per serving (3/4 cup):

Calories 73 (55% from fat) • carb. 7g • pro. 1g • fat 4g • sat. fat 1g • chol. 1mg
• sod. 109mg • calc. 45mg • fiber 2g

Asian Carrot Salad

This salad goes nicely with grilled seafood or chicken.

Makes 4 – 6 servings

- | | | | |
|-----|---|-----|--|
| 1 | pound carrots, trimmed & peeled, cut to fit feed tube horizontally | 2 | slices fresh ginger root, each about the size of a quarter |
| 1 | small red onion (2-3 ounces), peeled, halved vertically | 1 | tablespoon fresh cilantro leaves |
| | | 1/4 | teaspoon pepper flakes |
| 1 | small red bell pepper, stemmed, cored, seeded, cut to fit feed tube | 2 | tablespoons rice vinegar |
| 1/4 | cup roasted unsalted peanuts | 1 | teaspoon low-sodium soy sauce |
| 1 | small clove garlic, peeled | 2 | tablespoons vegetable oil |
| | | 1 | tablespoon Asian (toasted) sesame oil |

Assemble processor with chute attachment, ejector disc and slicing shredding disc. Shred carrots. Insert slicing disc, slice onion and red pepper. Toss vegetables to combine; reserve.

Switch to clear work bowl. Insert metal blade. Place peanuts in work bowl. Pulse to chop, 5 times; remove and reserve. With machine running, drop garlic and ginger through feed tube, process 5 seconds to chop. Add cilantro and pepper flakes to work bowl, pulse to chop, 5 times; scrape work bowl. Add vinegar and soy sauce to work bowl. Process to blend, 5 seconds. With machine running, add oils in a steady stream; process until dressing is emulsified, 5 to 10 seconds. Add dressing to carrot mixture and toss to combine. Let salad stand 15 to 20 minutes before serving to allow flavors to blend.

Nutritional information per serving:

Calories 126 (57% from fat) • carb. 12g • pro. 3g • fat 9g • sat. fat 1g • chol. 0mg
• sod. 342mg • calc. 30mg • fiber 3g

Marinated Cucumber Salad

Makes about 3 cups

- | | | | |
|-----|---|---|--------------------------------------|
| 3 | medium cucumbers (1-1/2 pounds total), peeled, halved lengthwise, seeded, ends cut flat, cut to fit feed tube | 1 | tablespoon kosher salt |
| | | 1 | tablespoon granulated sugar |
| | | 1 | teaspoon dried dill* |
| 1/2 | medium red onion, peeled | | freshly ground black pepper to taste |
| 1/4 | cup white wine vinegar * | | |

Assemble processor with chute attachment, ejector disc and slicing disc. Slice cucumbers into bowl. Slice onion into bowl. Toss cucumbers and onion with remaining ingredients and let sit for 30 minutes to allow flavors to combine.

Drain before serving.

*You may vary the salad by using flavored vinegar such as raspberry, or changing the herb.

Nutritional information per serving (1/2 cup):

Calories 38 (0% from fat) • carb. 9g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg
• sod. 667mg • calc. 35mg • fiber 2g

Potatoes au Gratin

To make Potatoes au Gratin for a larger group, double or triple the recipe using the chute attachment and ejector disc.

Makes 6 servings.

- | | | | |
|-----|---|-------|---|
| 4 | ounces Swiss, Gruyère or cheddar cheese | 1-1/2 | pounds russet potatoes (medium sized), peeled, halved lengthwise, ends cut flat |
| 1 | small garlic clove, peeled | | |
| 1 | cup evaporated fat free milk | | kosher salt and freshly ground black pepper to taste |
| 1/2 | cup heavy cream | | |

Preheat oven to 375°F. Generously butter 9-inch square or other 10-cup baking dish.

Insert shredding disc and shred cheese using medium pressure; remove and reserve. Insert metal blade and turn on machine. Drop garlic through feed tube, and process until minced about 5 seconds.

Bring evaporated milk, cream and garlic to simmer in small pot.

Assemble processor with chute attachment, ejector disc and slicing disc. Slice potatoes. Make an even layer of half the potato slices in bottom of baking dish. Sprinkle with salt, pepper and half the cheese. Add remaining potatoes in layer over cheese season and pour hot cream mixture over top. Bake until potatoes are tender, liquid is absorbed, and top is browned – about 1 hour. Sprinkle remaining cheese on top, 5 minutes before end of cooking.

Nutritional information per serving:

Calories 279 (44% from fat) • carb. 28mg • pro. 11g • fat 14g • sat. fat 8g • chol. 48mg
• sod. 126mg • calc. 337mg • fiber 2g

Savory Sweet Potato & Carrot Bake

Full of beta carotenes, this pleasant alternative to traditional sweet potato dishes is particularly good with turkey, pork or game dishes.

Preheat oven to 325° F. Brush a 6-cup shallow oval or other similar sized baking dish with 1 table-spoon melted butter.

1	tablespoon unsalted butter, melted	3	tablespoons unsalted butter, cut into 1/2-inch pieces, divided
3/4	pound sweet potatoes or yams, peeled, cut to fit feed tube	1	large egg
3/4	pound carrots, peeled, cut to fit feed tube	1	large egg white
2	ounces sharp white cheddar cheese, cut to fit feed tube	1/3	cup all-purpose flour
2	slices good quality white bread (2 ounces), torn into pieces	1/2	cup evaporated fat free milk
2	tablespoons walnuts	1/2	teaspoon thyme
		1/2	teaspoon rubbed sage
		1/2	teaspoon kosher salt
		1/4	hot sauce such as Tabasco®

Assemble processor with chute attachment, ejector disc and shredding disc. Place medium bowl under chute opening. Use firm pressure to shred sweet potatoes, carrots and cheese. Reserve.

Place clear work bowl on food processor base. Insert metal blade. Place bread, walnuts and butter in work bowl. Process until mixture is coarse crumbs, about 30 seconds; reserve. Place egg, egg white, flour, milk, sugar, thyme, sage, salt, hot sauce, and remaining butter in work bowl. Process until smooth and blended, 20 seconds. Pour over sweet potato/carrot mixture in bowl and stir to combine. Arrange in prepared baking dish and pat to even thickness. Top evenly with buttered crumb mixture. Bake in preheated 325° F oven for 1-1/2 hours, until vegetables are tender and crumb topping is golden brown and crispy. Serve hot.

Nutritional information per serving:

Calories 214 (42% from fat) • carb 25g • pro. 7g • fat 10g • sat. fat 5g • chol. 49mg
• sod. 228mg • calc. 131mg • fiber 3g

Meatloaf with Mushrooms & Herbs

For a change, use a combination of turkey breast and lean pork loin.

Makes 4 servings

	cooking spray	1/2	teaspoon freshly ground pepper
1/4	cup flat parsley leaves, loosely packed	1	large egg
2	slices good quality bread, broken into pieces	1/4	cup reduced fat milk
1	small onion (3 ounces), peeled and quartered	2	tablespoons sodium free tomato paste
3 - 4	mushrooms (2 ounces), cleaned and quartered	1/2	pound cold boneless beef chuck or round, cut into 3/4-inch cubes
1	teaspoon Italian herb blend or herbs de Provence	1/4	pound cold boneless pork, cut into 3/4-inch cubes
1	teaspoon kosher salt	1/4	pound cold boneless veal, cut into 3/4-inch cubes

Preheat oven to 400° F. Lightly coat a 7-1/2 x 3-3/4 x 2-1/4 -inch loaf pan with cooking spray. Insert metal blade. Place parsley and bread in work bowl; pulse 5 times, then process until bread is medium coarse crumbs, about 20 seconds. Add onion, mushrooms, herbs, salt, and pepper to work bowl. Pulse to chop finely, 10 to 15 times. Remove and transfer to a medium bowl. Place egg, milk and tomato paste in work bowl. Process to blend, 5 seconds; add to onion mixture and stir. Place beef cubes in work bowl. Pulse to chop finely, 15 to 20 long pulses. Add to mixture in bowl. Place pork and veal cubes in work bowl. Pulse to chop finely, 15 to 20 long pulses. Add to bowl. Stir meats into vegetable/crumb mixture until completely combined. Spoon into prepared loaf pan and press to compact. Bake in preheated 400° F oven for 40 to 45 minutes, until top is browned and internal temperature measures 160° - 170° F when tested with an instant read thermometer. Let meatloaf stand in pan for 10 minutes. Drain if necessary, remove, slice and serve. Alternatively, meat can be shaped into meatballs of desired size and baked until browned and internal temperature measures 160°-170° F. Use with your favorite tomato sauce or brown gravy.

Nutritional information per serving:

Calories 196 (26% from fat) • carb. 12g • pro. 24g • fat 6g • sat. fat 2g • chol. 57mg
 • sod. 465mg • calc. 59mg • fiber 1g

Ginger Chicken & Vegetable Stir-Fry

The hard part of stir-fries is the preparation – with the DFP-3 it is simple and quick.

Makes 2 - 3 servings

1/2	pound trimmed boneless, skinless chicken breast, cut to fit feed tube*	1	medium red pepper (about 5 ounces), cored, seeded, cut to fit feed tube
1	medium garlic clove, peeled	3	teaspoons cornstarch, divided
1	1/2-inch piece fresh ginger, peeled	1-1/2	teaspoons water
2	carrots (about 4 ounces) peeled, cut to fit feed tube horizontally	1/3	cup chicken broth
4	ounces mushrooms, stems trimmed	1-1/2	tablespoons less sodium soy sauce
4	medium scallions, trimmed and cut into 2-inch lengths	1	teaspoon sesame oil
1	small zucchini (about 4 ounces, cut to fit feed tube vertically)	4	tablespoons vegetable oil

Freeze chicken until hard to the touch but still easily pierced with tip of sharp knife, about 20 to 30 minutes. Meanwhile, prepare vegetables. Insert metal blade and turn on machine. Drop garlic and ginger through feed tube and process until minced, about 10 seconds. Remove and reserve. Insert shredding disc. Pack carrots in feed tube and shred. Remove and reserve. Insert slicing disc and slice remaining vegetables separately. Remove and reserve. Slice semi-frozen chicken. Toss chicken with 1-1/2 teaspoons cornstarch. Stir together remaining cornstarch and water; reserve. Combine broth, soy sauce, and sesame oil; reserve.

Heat work or large stick free skillet over high heat. Add 1-2 tablespoons of vegetable oil. Stir-fry chicken, in batches if necessary, until firm. Remove and reserve as done. Add more oil between batches as necessary. Add remaining vegetable oil to wok or skillet, reduce heat to medium-high and cook ginger and garlic, stirring, until fragrant, about 15 seconds. Add carrots and stir-fry for 15 seconds. Add remaining vegetables and stir-fry until just tender, about 1 minute. Return chicken to skillet along with broth mixture. Raise heat and cook until bubbling. Lower heat and stir in cornstarch mixture, cook just until thickened. Season to taste and serve immediately.

* Substitute 1/2 pound of well-trimmed pork loin or beef flank steak for the chicken. Trim, freeze and slice as described for chicken.

Nutritional information per serving (3 servings):

Calories 342 (58% from fat) • carb. 12g • pro. 24g • fat 22g • sat. fat 2g • chol. 58mg
• sod. 455mg • calc. 33mg • fiber 3g

Pizza

You can prepare a pizza easily from start to finish without cleaning with work bowl between steps. First, grate and shred cheeses and reserve. Second, prepare the dough, residual cheese in the work bowl will just add flavor. Then slice or shred any toppings such as vegetables and cooked meats. (If you use raw meats, you will have to wash and dry the work bowl and blades used.) Finally prepare your sauce. Remember – go from dry to wet. Pizza toppings can be as creative as your individual taste. But remember, too much of any topping will make your pizza wet and soggy, no matter how long it is baked.

Pizza Dough

Makes 14 ounces dough to make:

One 15-inch pizza -or-

3/4	teaspoon active dry yeast	1/2	teaspoon salt
1/4	teaspoon granulated sugar	1	tablespoon olive oil
1/4	cup warm water (105°-110°F, test using instant read thermometer)	1/4	cup cold water
1-1/2	cups all-purpose flour		

Two 8 -10-inch pizzas -or-

Four 5 - 6-inch pizzas

Combine yeast, sugar and warm water in a 1-cup liquid measure with pour spout. Stir to combine and let stand until the mixture is foamy, about 5 minutes. (Note: If the mixture does not become foamy, the yeast is not active, discard and begin again with fresh yeast.)

Insert metal blade. Place flour, salt and oil in work bowl. Process 5 seconds to combine. Scrape work bowl. Add cold water to yeast mixture; stir. With the machine running, add the yeast mixture in a steady stream, as fast as the flour will absorb it. When the mixture forms a ball, process for one minute to knead. Remove dough, dust lightly with flour and place in a 1-quart resealable food storage bag. Press out air and seal. Let dough rise in a warm, draft-free place until doubled in size, about 1 hour.

Nutritional information per serving:

Calories 203 (17% from fat) • carb. 36g • pro. 5g • fat 4g • sat. fat 1g • chol. 0mg
• sod. 295mg • calc. 8mg • fiber 1g

1	clove garlic, peeled	1/2	teaspoon basil
1	can (14 – 15 ounces) tomatoes in thick juice/sauce	1/2	teaspoon oregano
		1/4	teaspoon thyme
3	tablespoons sodium-free tomato paste	1/4	teaspoon red pepper flakes (optional, for a spicier sauce)

Quick & Simple Pizza Sauce

Makes 2 cups sauce (use 1/2 cup for each 15-inch pizza), sauce may be frozen

Insert metal blade. With machine running, drop garlic through feed tube and process 5 seconds. Scrape work bowl. Add tomatoes with juice, tomato paste, basil, oregano, thyme, and red pepper flakes if using. Pulse 10 to 15 times to chop and blend sauce. If sauce is too chunky for your taste, process until desired consistency is reached.

Cook's Tip: Freeze remaining sauce in 1/2-cup portions to have ready to make pizzas.

Nutritional information per serving:

Calories 8 (3% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg
• sod. 35mg • calc. 8mg • fiber 1g

White Wheat Baguette

This bread has a crunchy, crispy crust with a dense chewy interior.

Makes one baguette, about 12 ounces.

2-1/4	teaspoons active dry yeast (1 packet)	1/2	cup whole wheat flour
1/4	teaspoon granulated sugar	3/4	teaspoon salt
3	tablespoons warm (110° F) water	1/2	cup cold lowfat milk
1	cup bread or all-purpose flour	3	teaspoons flour for dusting, divided

Stir yeast and sugar into warm water in a 1-cup liquid measuring cup with pour spout. Let stand until foamy, 3 to 5 minutes.

Place both flours and salt in work bowl fitted with metal blade, process 10 seconds to combine. Add cold milk to foamy yeast mixture and stir to blend with a fork. With the machine running, add the liquid in a steady stream, as fast as the flour absorbs it. Process until dough forms a ball, then process 45 seconds longer to knead dough. (If too dry, add cold water, one teaspoon at a time, processing 10 seconds after each addition. If too wet/sticky, add bread/all-purpose flour one tablespoon at a time, processing 10 seconds after each addition.) Remove dough, shape into a ball, and dust lightly with 1 teaspoon of flour. Place in a resealable 1-quart food storage bag, press out air, and seal tightly. Let dough rise in a warm, draft-free spot, until doubled in volume, about 1 hour.

Punch dough down to deflate; let rest 10 minutes. Roll dough into a rectangle, then roll up from the long side jelly-roll style. Pinch seam and ends to seal. Roll to length of about 12 to 14 inches. Place on a parchment lined baking sheet and dust loaf lightly with remaining flour. Cover loosely with a sheet of plastic wrap that has been coated lightly with cooking spray. Let rise in a warm, draft-free spot, until doubled in volume, about 1 hour.

About 15 minutes before baking, preheat oven to 425° F. Use a serrated knife to make 4 diagonal slits about 1/4-inch deep across the loaf. Place in oven and bake until browned and crusty, about 20 to 25 minutes. Bread will sound hollow when tapped. Transfer to a rack to cool. For best results, allow to cool for 20 to 30 minutes before slicing.

Nutritional information per 2-ounce serving:

Calories 122 (8% from fat) • carb. 23g • pro. 5g • fat 1g • sat. fat 0g • chol. 2mg
• sod. 308mg • calc. 37mg • fiber 2g

Cherry Walnut Cinnamon Buns

You may substitute chopped dried apricots for the cherries and almonds for the walnuts.
Makes 9 buns, about 2-1/2 inches each.

3/4	teaspoon active dry yeast	1/8	teaspoon salt
2	tablespoons warm (110° F) water	1/2	cup + 1 tablespoon lowfat milk
4	teaspoons granulated sugar, divided	1/4	cup dried tart cherries (may substitute raisins)
3	tablespoons packed brown sugar	1/2	cup boiling water
1	teaspoon ground cinnamon	1-1/2	tablespoons unsalted butter, melted
1/4	cup walnut halves		cooking spray
1-1/2	cups all-purpose flour		Powdered sugar glaze (recipe follows)
1	tablespoon lowfat cream cheese		

Stir yeast and 1 teaspoon of the granulated sugar into warm water in a 1-cup liquid measure with pour spout. Let stand until foamy, 5 to 10 minutes. Insert metal blade. Place the brown sugar and cinnamon in work bowl and process 10 seconds. Add walnuts and pulse to chop, 5 times; remove and reserve. Add 1/2 cup cold milk to yeast mixture and stir to blend.

Place flour, remaining granulated sugar, cream cheese and salt in work bowl; process 10 seconds. With machine running, add yeast mixture in a steady stream, as fast as the flour will absorb it. Process until dough forms a ball, then process 45 seconds to knead dough. Remove dough and gather into a ball – dough will be slightly sticky. Dust lightly with flour and place in a 1-quart resealable food storage bag; press out air and seal tightly. Let dough rise in a warm, draft-free place, until doubled in volume, about 1 hour. Place cherries in a small, heatproof bowl and cover with 1/2 cup boiling water. Let stand 15 minutes. Drain and pat dry. Lightly coat an 8-inch square baking pan with cooking spray.

Punch dough down to deflate; let rest 10 minutes. On a lightly floured surface, roll the dough into a rectangle 14 x 7-inches. Brush dough with melted butter all the way to the short sides, but leaving a 1/2-inch border on each of the long sides. Sprinkle the buttered area evenly with the brown sugar/walnut mixture; distribute the drained and dried cherries evenly over the sugared area. Brush unbuttered edges with water. Roll from one long side jelly-roll style. Pinch seam to seal. Use a serrated knife to cut the roll into 9 pieces, each about 1-1/2 inches in length. Place the rolls in the prepared pan, cut side up. Cover with plastic wrap and place in a warm, draft-free place, until nearly doubled in volume, about 1 hour. Fifteen minutes before baking, preheat oven to 350°F.

When ready, brush tops with remaining tablespoon milk. Bake in preheated 350°F oven for 25 to 30 minutes until golden brown and puffed. Let cool on a rack for 15 minutes. Drizzle with Powdered Sugar Glaze. Serve warm. (May be made ahead – do not glaze. Reheat, covered with foil in a 225°F oven for 20 to 30 minutes, then glaze and serve.)

Powdered Sugar Glaze

1/3	cup powdered sugar	2-3	teaspoons lowfat milk
1/2	teaspoon vanilla extract		

Insert metal blade in work bowl. Place powdered sugar, vanilla and 2 teaspoons of the milk in work bowl. Process until smooth, about 15 to 20 seconds. If too thick to drizzle, add remaining teaspoon milk.

Nutritional information per bun:

Calories 172 (22% from fat) • carb. 30g • pro. 4g • fat 4g • sat. fat 2g • chol. 7mg

• sed. 47mg • cal. 39mg • fiber 1g
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Lemon Macadamia Nut Bread

Makes 10 slices (about 3/4-inch thick)

Our quick and easy version of a classic favorite. For a change, try the Orange Ginger version.

Glaze:

- 3 tablespoons fresh lemon juice
- 1/4 cup granulated sugar

Bread:

- | | | |
|-----|-----|---|
| | 1/2 | cup granulated sugar |
| | | cooking spray |
| | 3 | tablespoons unsalted butter, cut in 1/2-inch pieces |
| 3/4 | | cup all-purpose flour |
| 1/2 | | teaspoon baking powder |
| | 1 | large egg |
| 1/4 | | teaspoon salt |
| | 2 | tablespoons fat free plain yogurt |
| 2 | 1/3 | cup unsalted, lightly toasted macadamia nuts |
| | | strips lemon zest/peel, 2 x 1/2-inch, bitter white pith removed |

Preheat oven to 350° F. Lightly coat a 7-1/2 x 3-3/4 x 2-1/4 -inch loaf pan with cooking spray.

Insert the metal blade. Place the flour, baking powder and salt in the work bowl and process 5 seconds; remove and reserve. Cut the lemon peel into 1-inch pieces and place in work bowl with 1/4 cup of the sugar. Process until zest is finely chopped about 1 minute. Add remaining 1/4 cup sugar and butter; process until creamy, 20 to 30 seconds. Add egg, process 10 seconds; scrape work bowl. Add yogurt; process 10 seconds – mixture will look slightly curdled. Spoon flour mixture then macadamia nuts over creamed mixture. Pulse until flour just disappears, 5 to 6 pulses. Do not over process. Spoon into prepared pan and level top. Bake in preheated 350° F oven for 35 to 40 minutes, until bread is light golden brown and a tester comes out clean when inserted in the center. While bread is baking, stir lemon juice and sugar for glaze together until sugar is dissolved. Spoon the glaze over the hot bread a little at a time, allowing the glaze to absorb before adding more. Let stand until glaze is completely absorbed, then remove from pan and let cool completely on a wire rack. This bread is actually better the second day. Wrap tightly in plastic wrap to store.

Orange Ginger Variation:

Use orange zest and orange juice in place of lemon. Substitute crystallized ginger that has been cut in 1/2-inch pieces for the nuts. For more orange flavor, add 1/3 teaspoon orange flower water (available in specialty food shops) to batter when adding yogurt.

Nutritional information per serving:

Calories 164 (39% from fat) • carb. 23g • pro. 2g • fat 7g • sat. fat 3g • chol. 31mg
• sod. 79mg • calc. 13mg • fiber 1g

Cranberry Pistachio Scones

Cranberry Pistachio Scones are very good served with clotted cream or butter and marmalade. You may substitute walnuts, pecans, almonds, or hazelnuts for the pistachios.

Makes 8 scones

1/3	cup dried cranberries	4	tablespoons cold unsalted butter, cut into 1/2-inch pieces
1/2	cup boiling water		
2	tablespoons packed brown sugar	2/3	cup fat free vanilla yogurt
1-1/3	cups all-purpose flour	1/4	cup shelled pistachios
2	teaspoons baking powder		milk for brushing
1/8	teaspoon salt		granulated sugar for sprinkling

Pour the boiling water over the cranberries in a small heatproof bowl. Let stand 10 minutes to plump. Preheat oven to 375° F. Line a baking sheet with parchment paper. Drain cranberries and pat dry, reserve.

Insert the metal blade. Place the brown sugar in the work bowl. Pulse to break up, 10 times. Add flour, baking powder and salt. Process to blend, 10 seconds. Add cold butter pieces, process until mixture resembles a coarse meal, 30 seconds. Add yogurt, cranberries and pistachios to work bowl. Pulse until just incorporated, about 5 to 10 pulses. Turn dough out onto a lightly floured work surface. With lightly floured hands, turn dough to knead, 4 times. (Press dough flat, fold, press flat again, repeat for a total of 4 times.) Roll dough into a circle, 7 inches in diameter, 3/4-inch high. Use a serrated knife or pizza cutter to cut dough into 8 wedges. Place the wedges on the prepared baking sheet in a circle with the wedges about 1/2-inch apart. Brush lightly with milk and sprinkle lightly with granulated sugar. Bake in preheated oven for 25 to 30 minutes, until golden and firm, but not dry. Let cool on a rack for 10 minutes before serving.

Nutritional information per serving:

Calories 192 (38% from fat) • carb. 26g • pro. 4g • fat 8g • sat. fat 4g • chol. 16mg
• sod. 108mg • calc. 43mg • fiber 1g

Fluffy Buttermilk Biscuits

Hot fluffy biscuits for breakfast or dinner are easy with the Little Pro.

Makes eight 2-inch biscuits

1-1/8	cups all-purpose flour	4	tablespoons cold unsalted butter, cut in 1/2-inch pieces
1-1/4	teaspoons baking powder		
1/4	teaspoon baking soda	5	tablespoons buttermilk
1/4	teaspoon salt	2	teaspoons milk

Preheat oven to 425°F. Line a baking sheet with parchment paper.

Insert metal blade. Place flour, baking powder, baking soda, and salt in work bowl. Process 5 seconds. Add butter and shortening to work bowl. Pulse 10 times, the process until the mixture resemble coarse corn meal, about 30 seconds. Scrape work bowl. Drizzle buttermilk over flour mixture. Process until the mixture just forms clumps, about 5 seconds, do not let form a ball. Turn out onto a lightly floured surface. With floured hands gather and press into a ball. Flatten, fold and turn 4 times to knead. Roll out into an 8 x 4-inch rectangle. Use a floured 2-inch round biscuit/cookie cutter to cut into 8 biscuits. Place on parchment lined baking sheet and brush with milk. Bake until puffed and lightly browned, 10 to 12 minutes. Fluffy biscuits are best served hot or warm.

Nutritional information per serving (1 biscuit):
 Calories 120 (46% from fat) • carb. 14g • pro. 2g • fat 6g • sat. fat 4g • chol. 16mg
 • sod. 155mg • calc. 17mg • fiber 0g

Double Chocolate Brownies with Walnuts

Rich, fudgy and very satisfying, these yummy brownies take just minutes to prepare in your Cuisinart® Food Processor.

Makes 25 brownies, each about 1-1/2 inches square.

8	tablespoons unsalted butter, melted and hot	2	large eggs
3	ounces unsweetened chocolate, cut into 1/2 -inch pieces	1	teaspoon pure vanilla extract
1	teaspoon instant espresso powder	1/3	cup all-purpose flour
1/2	cup granulated sugar	1/3	cup walnut halves and pieces
1/2	cup packed dark or light brown sugar	1/3	cup milk chocolate morsels

Preheat oven to 350° F. Brush an 8-inch square baking pan with some of the melted butter. Fold a sheet of aluminum foil so that it is 8 inches wide by 15 inches long. Place it in the baking pan so that the long ends extend over two opposite sides of the pan and fold the excess down the outside edge. Brush the foil bottom and sides.

Place the unsweetened chocolate and espresso powder in the work bowl of the processor. Using long pulses, pulse to chop the chocolate, 10 times. With the machine running, add the hot butter through the feed tube in a steady stream and process until chocolate is melted. Scrape work bowl and lid. Add sugars to work bowl. Process until smooth, about 10 seconds. Place eggs and vanilla in a liquid measuring cup with pour spout, stir with a fork to blend. With the machine running, add the egg mixture in a steady stream, process 10 seconds. Scrape the work bowl. Place the flour, nuts and chocolate morsels on top of the chocolate mixture. Pulse until just combined, 4 to 6 times. Do not over process. Transfer the mixture to the prepared baking pan. Use a spatula to smooth the top. Bake in the preheated 350° F oven for about 35 to 40 minutes, until top is somewhat shiny and just beginning to crack. Cool on a rack for 10 minutes, then loosen the foil sides and use them to lift the brownies out of the pan. Cool completely on a rack before cutting.

Cut into 25 squares.

Nutritional information per serving (1 brownie):
 Calories 120 (55% from fat) • carb. 13g • pro. 1g • fat 8g • sat. fat 4g • chol. 28mg
 • sod. 7mg • calc. 11mg • fiber 1g

Chocolate Cupcakes

Quick comfort food.

Makes 6 cupcakes.

	cooking spray	3	tablespoons water
1/2	cup all-purpose flour	2	tablespoons unsalted butter
1/4	teaspoon salt	3	tablespoons buttermilk
1/8	teaspoon baking powder	1/2	teaspoon pure vanilla extract
1	ounce unsweetened chocolate, cut in 1/2-inch pieces	1	large egg
1/2	cup sugar		

Preheat oven to 350° F. Lightly coat six 1/2-cup muffin/cupcake tins with cooking spray. Insert metal blade. Place flour, salt and baking powder in work bowl; process 5 seconds. Remove and reserve.

Pulse/chop chocolate and 1/4 cup sugar 8 times, then process until chopped finely, about 45 seconds. Bring water and butter to boil in small saucepan or in the microwave. With machine running, pour liquid through feed tube and process 15 seconds, until smooth. Stir together buttermilk, egg and vanilla extract. With machine running, add to chocolate mixture, 5 seconds. Scrape work bowl. Add reserved dry ingredients; process until just blended, about 10 seconds. Do not over process.

Divide batter among tins and bake until toothpick inserted in center comes out clean, 20 to 25 minutes. Cool in tins for 10 minutes. Gently loosen cupcakes and remove from tin. Transfer to wire racks to cool completely before frosting. Frost with chocolate frosting if desired.

Nutritional information per cupcake (unfrosted):

Calories 177 (37% from fat) • carb. 26g • pro. 3g • fat 8g • sat. fat 4g • chol. 46mg
• sod. 123mg • calc. 19mg • fiber 1g

Chocolate Frosting

Makes about 3/4 cup

1-1/2 cups powdered sugar	2-3 tablespoons milk
1/4 cup unsweetened cocoa powder	1/2 teaspoon pure vanilla extract
3 tablespoons unsalted butter, cut in 1/2-inch pieces, at room temperature	pinch salt

Insert metal blade. Place powdered sugar and cocoa in work bowl. Pulse to sift, 10 times. Add butter. Process 10 seconds. Combine 2-1/2 tablespoons of the milk with vanilla. With machine running, add milk mixture in a steady stream. Process until smooth and creamy, adding additional milk 1 teaspoon at a time until frosting is of spreading consistency.

Nutritional information per serving:

Calories 160 (34% from fat) • carb. 27g • pro. 1g • fat 7g • sat. fat 4g • chol. 17mg
• sod. 6mg • calc. 15mg • fiber 1g

Apple Streusel Pie

For the pastry:

1-1/4 cups all-purpose flour	2 tablespoons cold vegetable shortening, cut in 1/2-inch pieces
1 tablespoon granulated sugar	
1/4 teaspoon salt	3-4 tablespoons ice cold water
1/2 cup (1 stick / 4 ounces) cold unsalted butter, cut in 1/2-inch pieces	

For the streusel topping:

1/2	cup packed brown sugar	5	tablespoons cold unsalted butter, cut in 1/2-inch pieces
1/2	cup all-purpose flour		
1/2	cup rolled oats (old-fashioned, not quick cooking)	1/2	cup walnut halves/pieces

For the apple filling:

1-1/2	tablespoons fresh lemon juice	1	teaspoon cinnamon
2	pounds apples (see note), peeled, cored and quartered	1/2	teaspoon ginger
		1/4	teaspoon freshly ground nutmeg
2/3	cup granulated sugar	1/2	cup raisins or dried cranberries (optional)
1/4	cup all-purpose flour		

For the pastry:

Insert the metal blade. Place the flour, sugar and salt in the work bowl. Pulse to combine, 3 times. Add cold butter and shortening. Pulse until the mixture resembles coarse crumbs, but still has small pieces of butter visible, 15 one-second pulses. Sprinkle the mixture with 3 tablespoons of the ice water and process just until it begins to clump together. If the mixture seems too dry, add just enough of the remaining water to form the clumps. Turn the dough out onto work surface and form a ball. Flatten into a disc, 6 inches in diameter. Cover and refrigerate at least 30 minutes before rolling out.

For the Streusel Topping:

Insert the metal blade. Pulse to break up the brown sugar, 4 to 5 times. Add flour, oatmeal and sugar to work; pulse 5 times. Add cold butter pieces and nuts, pulse 15 one-second pulses. Transfer to a small bowl and work the mixture with fingers until it is large crumbs. Reserve.

For the Apple Filling:

Assemble the white chute bowl fitted with the slicing disc. Arrange a bowl under the chute. Add the lemon juice to the bowl. Place the apple quarters in the feed tube. Use medium pressure to slice. Toss the apples in the juice to coat. Add sugar, flour, spices, and raisins or cranberries if using. Toss apples gently but thoroughly to combine.

To assemble and bake the pie:

Arrange rack in lower third of oven. Preheat oven to 400°F. Dust the chilled dough lightly with flour and place on a lightly floured surface. Roll the dough into a 15-inch round, rolling from one edge to the opposite edge, rotating the dough as you go, and adding just enough flour to keep it from sticking to the counter or pin. Do not roll back and forth. When it has been rolled to size, gently fold it in half, then in half again. Lift carefully and center in a 9-inch pie plate. Unfold, and let the pastry settle into the pan. Trim edges to an even 1/2-inch overhang. Brush rim of pastry with water and fold in; press and seal. Use fingers or fork to crimp decoratively. Fill evenly with apple mixture, pressing apple mixture lightly to remove air pockets. Top evenly with streusel topping. Place pie on rack in preheated oven (may place foil or baking sheet on rack underneath to catch drips). Bake in preheated 400° F oven until browned and bubbly, about 55 to 60 minutes. If crust or topping appears to brown to quickly, cover loosely with a sheet of foil. Let cool for at least 1 hour on a rack before serving.

Nutritional information per serving (one slice):
Calories 387 (41% from fat) • carb. 42g • pro. 4g • fat 18g • sat. fat 9g • chol. 34mg
• sod. 55mg • calc. 26mg • fiber 3g

Creamy Cheesecake with Walnut Crumb Crust

Makes one 8-inch cheesecake, 6 to 8 servings

15	2-1/2 -inch low fat graham cracker squares, broken in quarters	2/3	cup sugar
		2	large eggs
1/8	cup walnuts	1-1/2	teaspoons pure vanilla extract
1/2	teaspoon ground cinnamon	1/2	teaspoon almond extract
1-1/2	tablespoons unsalted butter, cut into 6 pieces	2/3	cup fat free sour cream
12	ounces lowfat cream cheese, cut in 1-inch pieces		

Preheat oven to 375° F.

Insert the metal blade. Place the broken graham crackers in the work bowl and pulse to break up, 10 times. Add walnuts and cinnamon to work bowl, pulse 12 to 15 times. With machine running, drop butter through the feed tube and process until the mixture is coarse buttered crumbs. Reserve 1/4 cup of the crumb mixture and press the remaining crumbs into the bottom of an 8-inch springform or cheesecake pan. Bake for 7 minutes. Remove and let cool completely (may place in freezer to speed cooling process). When cool, wrap pan with heavy duty aluminum foil so that it comes up the sides of the pan.

Wipe work bowl and blade clean with a paper towel. Place cream cheese and sugar in work bowl. Process until smooth, 15 to 20 seconds. Scrape work bowl. Add eggs, vanilla and almond extracts to work bowl. Process until smooth, 20 seconds. Scrape work bowl. Add sour cream to work bowl. Process until blended, 20 seconds. Pour the cheesecake batter into the cooled, wrapped pan. Sprinkle the reserved crumb mixture evenly over the top. Place in an aluminum baking pan that is at least 10 inches in diameter. Add hot water to the pan to a depth of 1/2 inch. Bake in the pre-heated oven for 1 hour and 30 minutes. Cheesecake will be lightly colored, sides will be firm, but center will be jiggly. Remove from the pan of hot water and remove foil. Place on a wire rack to cool completely, then wrap in plastic wrap and refrigerate at least 8 hours or overnight before unmolding. Serve in wedges.

Nutritional information per serving (based on 8 servings):
Calories 283 (40% from fat) • carb. 34g • pro. 8g • fat 13g • sat. fat 6g • chol. 76mg
• sod. 372mg • calc. 157mg • fiber 1g

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