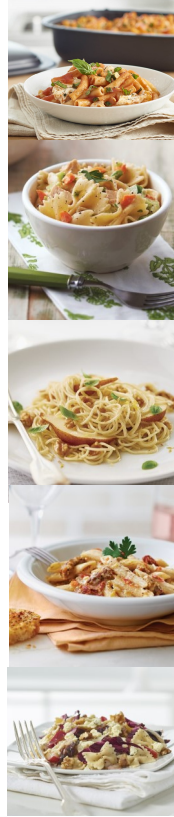


Tupperware
MICROWAVE PASTA MAKER
 RECIPES AND COOKING GUIDE



Prepare perfect pasta in the microwave in just a few minutes! No need to wait for boiling water and no messy overflow on your stovetop. Cover doubles as a strainer, simply turn over to drain and have a hearty family meal on the table in no time.

- Cook, strain and toss all with one versatile product
- 8 cup
- In Rhubarb/Royal Amethyst
- 11½ x 6 x 4½"



MICROWAVE PASTA MAKER INSTRUCTIONS

1. Place pasta in the Pasta Maker and fill to desired portion size level.
2. Add cold tap water to the indicated water level for the portion level. Add salt if desired. Stir.
3. Place Pasta Maker **UNCOVERED** in the microwave.
4. Microwave pasta according to cooking chart.
5. Remove the Pasta Maker carefully from your microwave.
6. Place the cover on the Pasta Maker, drain above the sink.



- PASTA MAKER COOKING INSTRUCTIONS**
- Place pasta in the Pasta Maker and fill to desired portion size level (portions 1-6). Each portion level is indicated by a line inside the base of the container. Portion numbers represents average portion size. Select a minimum level equal or above the lowest pasta level, with a maximum of 6 levels/portions; about 1 pound/ 500g spaghetti or to the maximum level for other pasta.
 - Add cold tap water until the indicated water level for the portion level. Water levels are indicated with wavy lines on the container. Make sure all the pasta is completely covered by water.
 - Never cook pasta without water as this will damage the product and the microwave oven.
 - If desired, add salt to the water without the need to increase cooking time.
 - Stir before cooking, to ensure water circulates around the uncooked pasta.
 - Place Pasta Maker uncovered in the microwave and cook according to the instructions outlined in the chart below.
 - Remove the Pasta Maker carefully from your microwave oven by grasping the handles with both hands. Avoid burns by paying extra attention to the hot steam rising from the cooked pasta.
 - Place the cover on the Pasta Maker ensuring the drain holes on the base are aligned with the cut-out on the cover.
 - Drain above the sink, away from your face.
 - Stir the pasta using the Saucy Silicone Spatula.



PASTA MAKER COOKING CHART

TYPE OF PASTA 8 OUNCES	PACKAGE INSTRU- CTIONS MINUTES	900 WATT MICROWAVE	1200 WATT MICROWAVE	RESULTS
ANGEL HAIR	6	10	10	Good
CORKSCREW	9	14	14	Good
EGG NOODLES	9-11	9	9	Good
EGG NOODLES, THIN	3-5	6	6	Good
FARFALLE	11	16	16	Good
FETTUCCHINI	14	14	14	Good
FETTUCCHINI, REFRIGERATED	2	6	6	Good
LINGUINE	8-9	14	14	Good
ORZO	9-11	8	8	Good
PENNE	11	15	14	Good
PENNE (1 LB.)	11	17	17	Good
QUICK COOK MACARONI	3	5	5	Not Recommended
QUICK COOK PENNE	3	5	5	Not Recommended
QUINOA	6-9	13	13	Good
RAVIOLI FROZEN	3	7	7	Good
RAVIOLI REFRIGERATED	5	8	8	Good
RIGATONI	14-15	16	16	Good
ROTINI	10-12	16	16	Good
ROTINI, TRI-COLORED	9-11	14	14	Good
SEA SHELLS	11-12	12	14	Good
SPAGHETTI	10-11	12	12	Good
SPAGHETTI, THIN	8-9	12	12	Good
TORTELLINI	3	10	10	Good
QUINOA	6-9	13	13	Good
TORTELLINI	3	10	10	Good
VERMICELLE	6-7	11	11	Good
WHOLE WHEAT SHELLS	6-9	14	13	Good
ZITI	8-10	13	13	Good

MICROWAVE PASTA MAKER RECIPES

6. Angel Hair Pomodoro
7. Autumn Ravioli
8. Avocado Pasta
9. Bean and Basil Soup
10. Brown Butter Pasta with Walnuts and Pears
11. Butternut Squash Mac and Cheese
12. Butternut Squash Pasta
13. Caprese Capellini
14. Creamy Sundried Tomato and Sausage Penne
15. Easy Peasy Linguini
16. Easy Weeknight Baked Ziti
17. Fettuccini Alfredo
18. Homestyle Mac and Cheese
19. Italian Orecchiette with Summer Greens
20. Lemon Mayo Pasta
21. Macaroni and Cheese
22. Minestrone Soup
23. Parmesan Butternut Squash Noodles
24. Pasta Fagoili
25. Shrimp Fra Diavolo
26. Spaghetti Carbonara
27. Spinach Pesto Pasta
28. Spiralized Squash Salad
29. Summer Squash Pasta
30. That's Amore Spaghetti and Meatballs
31. Warm Winter Pasta Salad
32. Zesty Artichoke Pesto Fettuccini with Shrimp



AUTUMN RAVIOLI

- 8-oz. package refrigerated butternut squash ravioli
- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. butter
- ¼ cup fresh sage leaves
- ¼ cup chopped walnuts
- 2 tbsp. Parmesan cheese, grated



1. Cook pasta in Microwave Pasta Maker 8 minutes, or until al dente. Drain and set aside, reserving ½ cup pasta water.
2. Combine honey and balsamic vinegar in a small bowl. Set aside.
3. In fry pan, melt butter over medium heat.
4. Add sage and walnuts to melted butter and cook 3 minutes.
5. Add the reserved pasta water and boil until reduced by half.
6. Add ravioli to the pan, toss to coat and sprinkle with Parmesan cheese.
7. Before serving, drizzle with balsamic and honey mixture.



ANGEL HAIR POMODORO

- 8 oz. angel hair pasta
- 2 tbsp. extra virgin olive oil
- 2 green onions
- 2 garlic cloves, peeled
- 8 oz. cherry tomatoes, halved
- 2 tbsp. Parmesan cheese, grated
- ½ cup fresh basil leaves, roughly chopped
- 1 tsp. coarse kosher salt
- ¼ tsp. black pepper



1. Cook angel hair in Microwave Pasta Maker 8-10 minutes, or until al dente. Drain and set aside, reserving ½ cup of the pasta water.
2. Mince garlic and green onions in Chop 'N Prep Chef.
3. While pasta cooks, heat olive oil in fry pan over medium-high heat.
4. Add green onions and garlic and cook 2 minutes or until fragrant. Add tomatoes and cook 2-4 minutes, or until the tomatoes are tender and begin to break down slightly.
5. Add the pasta to the pan and toss with Parmesan cheese, basil, salt and pepper until well coated.
6. Add reserved pasta water if the sauce seems too dry.
7. Top with additional Parmesan cheese and basil, if desired.



AVOCADO PASTA

- 12 ounces spaghetti
- 2 ripe avocados, halved, seeded and peeled
- ¼ cup fresh basil leaves
- 2 cloves garlic
- 2 tablespoons freshly squeezed lemon juice
- 1 cup parmesan cheese
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup olive oil
- ¼ cup frozen Peas, thawed
- 1 cup cherry tomatoes, halved



1. Cook pasta in Microwave Pasta Maker 8-10 minutes, or until al dente. Drain and set aside.
2. Combine avocado, basil, garlic, lemon juice, parmesan cheese, salt and pepper in base of Power Chef System fitted with blade attachment. Cover and pull cord until ingredients are pureed, add olive oil in a slow stream until emulsified; set aside.
3. In a large Tupperware bowl, combine pasta, avocado sauce, peas and cherry tomatoes.
4. Serve immediately.

BEAN AND BASIL SOUP

4 oz. elbow macaroni
 ½ tsp. extra virgin olive oil
 5 garlic cloves, peeled and minced
 1 cup chopped celery
 ¼ tsp. red pepper flakes
 2 (15 oz.) cans cannellini beans, drained and rinsed
 4 cups chicken broth
 ¼ tsp. coarse kosher salt
 2 tbsp. grated Parmesan cheese

Pesto
 ¼ cup packed basil leaves
 3 tbsp. pine nuts, lightly toasted
 1 garlic clove, peeled
 ¼ cup grated Parmesan cheese
 ¼ cup extra virgin olive oil
 ½ tsp. coarse kosher salt
 ¼ tsp. black pepper



BROWN BUTTER PASTA WITH WALNUTS AND PEARS

16-oz. box angel hair pasta
 6 cups water
 1 tbsp. coarse kosher salt
 1½ stick butter
 1 lemon, zested and juiced
 1 cup walnuts, chopped
 8–10 fresh basil leaves
 2 ripe pears, peeled and sliced thin

1. Place all pesto ingredients into base of the Chop 'N Prep Chef. Cover and pull cord 4–5 times to process to a coarse paste.
2. Adjust seasoning with salt and pepper.
3. Cook pasta in Microwave Pasta Maker 8 minutes, or until al dente.
4. Heat olive oil in 6-Qt. pot over medium heat.
5. Sauté garlic, celery and red pepper flakes until fragrant.
6. Add beans, pesto, chicken broth, salt and simmer 15 minutes.
7. Add pasta.
8. Ladle into warm bowls and sprinkle with grated Parmesan cheese.

1. Place pasta, water and salt in base of Microwave Pasta Maker. Microwave on high, uncovered, for 10–12 minutes or until al dente.
2. Place Chef Series II 11" Fry Pan over medium high heat and add butter. Melt butter and then wait for it to start to brown. Once it begins to take on a brown color and smells nutty, about 2 minutes after melting, remove from heat.
3. Whisk lemon zest and juice into warm butter.
4. Strain cooked pasta and place in large bowl. Toss with browned butter sauce and chopped walnuts. Adjust seasoning to taste and serve topped with fresh basil and sliced pears.

BUTTERNUT SQUASH MAC & CHEESE

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

BUTTERNUT SQUASH PASTA

1 butternut squash with the neck 3" in diameter or less
 3 slices of bacon, cooked and diced
 ½ cup ricotta cheese
 ½ tsp. salt
 ¼ tsp. pepper

1. Preheat oven to 350° F/175° C.
2. Cut butternut squash into large 2" pieces. Place into base of Tupperware SmartSteamer, pour 1½-cup water into water tray, stack and cover. Microwave on high for 20 minutes.
3. Place pasta into Microwave Pasta Maker and add 6 cups water and salt. Microwave on high for 10–12 minutes or until pasta is al dente.
4. In two batches, add steamed butternut squash to Power Chef fitted with blade attachment. Cover and pull cord until processed. Remove to medium bowl.
5. Stir cheese, milk and butter into warm squash. Stir in pasta once it is cooked. Spread into UltraPro Casserole Pan and top with breadcrumbs.
6. Bake at 350° F/175° C for 15 minutes to brown breadcrumbs.

1. Separate the neck of the butternut squash from the bulb. Set aside bulb and peel the neck. Assemble the Spiralizer fitted with Thick Cut Blade Cone and attach the butternut squash neck to pin and vegetable holder. Lock in place and turn handle to spiralize. If desired, use kitchen shears to cut length of butternut squash noodles.
2. Place butternut squash noodles in base of Microwave Pasta Maker, add water to the maximum fill line, and microwave on high power 7–10 minutes or until tender.
3. Add remaining ingredients and toss to coat. Serve warm.



CAPRESE CAPELLINI

- ½ lb. capellini pasta, broken in half
- 1 tsp. kosher salt, divided
- 2 garlic cloves, peeled
- ¼ cup loosely packed flat leaf (Italian) parsley
- ¼ cup extra virgin olive oil
- ⅛ tsp. freshly cracked black pepper
- 1 lb. cherry tomatoes
- 10 fresh basil leaves, torn
- 1 lb. fresh mozzarella, torn into bite-sized pieces



TUPPERWARE



1. Add water to the Round Pasta Maker maximum fill line for pasta. Stir in capellini pasta and ½ tsp. of the salt. Microwave on high power 7 minutes or until pasta is cooked to desired doneness.
2. Meanwhile, in the Power Chef fitted with blade attachment, add garlic, parsley, olive oil, remaining salt and pepper. Cover and pull cord until well minced. Add tomatoes, cover and pull cord until tomatoes are chopped into about ¼" pieces (about 6 pulls).
3. Drain pasta and return to pasta maker base. Toss with tomato mixture, fresh basil and mozzarella. Serve warm or at room temperature.

CREAMY SUNDRIED TOMATO & SAUSAGE PENNE

- ½ lb. penne pasta
- 8.5-oz. jar sun-dried tomatoes, with oil reserved
- ½ lb. Italian Sausage, casings removed
- 2 garlic cloves, peeled and minced
- 1 medium yellow onion, chopped
- 1 large yellow pepper, chopped
- 1 large red pepper, chopped
- 1 tbsp. Italian Herb Seasoning Blend
- 1 tsp. coarse kosher salt
- 12-oz. can evaporated milk
- ¼ cup heavy cream
- 1 tbsp. cornstarch
- ½ cup water
- 1 cup mozzarella cheese, shredded
- Crostini
- 8 baguette slices, ¼" thick
- 2 tbsp. tomato oil (reserved from jar)
- ¼ tsp. Italian Herb Seasoning Blend
- 2 tbsp. Parmesan cheese, grated



TUPPERWARE



1. Preheat oven to 350° F/175° C.
2. Prepare pasta for 11 minutes using the Microwave Pasta Maker; set aside.
3. Place 1 tbsp. tomato oil in fry pan over medium heat; cook Italian sausage until browned and cooked through. Remove from fry pan and set aside.
4. In same fry pan, heat additional 1 tbsp. reserved tomato oil over medium heat and sauté tomatoes, garlic, onions, peppers, seasoning blend and salt 2–3 minutes.
5. Add milk and cream to fry pan.
6. In small bowl, whisk cornstarch into water until dissolved, add to fry pan and bring sauce to a low simmer.
7. Stir Italian sausage into sauce in fry pan.
8. Combine pasta and sauce in UltraPro 3.7-Qt. Casserole Pan and stir.
9. Top with mozzarella cheese and bake 15–20 minutes until cheese is melted and casserole is warmed through.
10. Place baguette slices into inverted UltraPro Casserole Pan cover.
11. Using a pastry brush, brush tomato oil onto top side of baguette slices.
12. Combine seasoning blend and Parmesan cheese and sprinkle on slices.
13. Bake 12–15 minutes or until crispy.

EASY PEASY LINGUINI

- 8 oz. linguine
- 1 small onion, quartered
- 2 garlic cloves, peeled
- 2 cups reduced fat (2%) milk
- 2 tbsp. all-purpose flour
- 1 tbsp. extra virgin olive oil
- 8 oz. bacon, diced
- ½ cup white wine
- 1 cup frozen peas, defrosted
- 2 tbsp. parsley, chopped
- ½ cup Parmesan cheese, grated
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper



TUPPERWARE



1. Cook linguine in Microwave Pasta Maker 12 minutes, or until al dente. Drain and set aside.
2. Add onion and garlic to base of Chop N Prep Chef. Cover and pull cord 4-5 times to finely chop.
3. Combine milk and flour in a small bowl. Mix well so that no lumps remain and set aside.
4. Heat a sauté pan over medium heat.
5. Add oil and cook bacon, onion and garlic 10 minutes or until bacon crisps and onion is translucent.
6. Add wine and reduce 5 minutes or until wine has almost completely evaporated.
7. Add milk and flour mixture and stir constantly, bring to a boil to thicken sauce.
8. Reduce heat to low and simmer 10 minutes, stirring occasionally.
9. Stir in peas, parsley, Parmesan cheese, salt and pepper.
10. Add cooked linguine and toss to coat completely before serving.

EASY WEEKNIGHT BAKED ZITI

- 1 cup diced fresh zucchini
- 1 small onion, diced
- 5 garlic cloves, peeled, minced
- 2 tbsp. extra virgin olive oil
- 1 tsp. coarse kosher salt
- 1 lb. ziti macaroni
- 2 cups favorite tomato sauce
- 1 lb. fresh mozzarella, cut into 1-inch pieces
- 1 bunch fresh basil, torn



TUPPERWARE



1. Preheat oven to 425° F/218° C
2. On the UltraPro Lasagna Pan Cover, toss together zucchini, onion, garlic, olive oil and salt. Place pan in oven, bake 8 minutes.
3. Meanwhile using the Microwave Pasta Maker, cook ziti according to package directions.
4. Remove pan from oven, transfer vegetables and juices to the UltraPro Lasagna Pan. Stir in ziti, tomato sauce and mozzarella. Place pan in oven, bake 8 minutes or until cheese is melted and top is lightly browned.
5. Remove pan from oven, top with basil before serving.

FETTUCCINI ALFREDO

- 16 oz. fettuccine
- 2 cups reduced fat (2%) milk
- 2 tbsp. all-purpose flour
- ¼ onion, quartered
- 2 garlic cloves, peeled
- 1 tbsp. extra virgin olive oil
- ¼ cup white wine
- 2 tbsp. lemon juice
- 2 tbsp. Italian flat-leaf parsley, chopped
- ½ cup Parmesan cheese, grated
- 1 tsp. coarse kosher salt
- ¼ tsp. black pepper



TUPPERWARE



1. Cook fettuccine in Microwave Pasta Maker 14 minutes, or until al dente. Drain and set aside.
2. Combine milk and flour in a small bowl and stir briskly using a whisk until no lumps remain. Set aside.
3. Place onion and garlic in base of Chop 'N Prep Chef. Cover and pull cord 4-5 times to chop.
4. Heat oil in sauté pan over medium heat.
5. Add onion and cook 5 minutes or until translucent.
6. Add the garlic and cook an additional minute.
7. Add wine and simmer 2 minutes or until the wine has almost completely evaporated.
8. Add milk mixture and stir constantly, bring to a boil to thicken sauce.
9. Reduce heat to low and cook 10 minutes, stirring occasionally until sauce has thickened and coats the back of a spoon.
10. Remove pan from heat and add lemon juice, parsley, Parmesan cheese, salt and pepper.
11. Add pasta to pan with sauce and toss to coat.

HOMESTYLE MAC & CHEESE

- 8 oz. macaroni noodles
- ¼ stick unsalted butter
- ½ cup all-purpose flour
- 2 cups reduced-fat (2%) milk
- ½ tsp. coarse kosher salt
- 10 oz. cheddar cheese, shredded



TUPPERWARE



1. Preheat oven to 400° F/190° C .
2. Pour noodles into Microwave Pasta Maker and add 4 cups water. Microwave on high power 10 minutes.
3. Drain and add to medium bowl.
4. Meanwhile, melt butter in pan over medium heat. Whisk in flour.
5. Pour milk and salt into butter flour mixture and bring to a boil, stirring constantly. Mixture will thicken once it boils.
6. Add cheese and whisk until melted.
7. Pour cheese sauce over noodles and stir to combine. Pour into UltraPro 2-Qt. Square Pan and place uncovered in oven for 30 minutes or until mixture is hot and bubbly.

ITALIAN ORECCHIETTE WITH SUMMER GREENS

- 10 oz. dried orecchiette pasta*
- 1 tsp. coarse kosher salt, divided
- ½ cup extra virgin olive oil
- 4 garlic cloves, smashed
- ½ tsp. crushed red pepper flakes
- ¼ tsp. freshly cracked black pepper
- 3 cups loosely packed spinach or arugula
- Zest of two lemons
- ¼ cup chopped Italian flat-leaf parsley
- ¼ cup ricotta



TUPPERWARE



1. Add orecchiette, water and ½ tsp. salt in base of the Microwave Pasta Maker. Microwave on high power 8 minutes.
2. Meanwhile, in a small saucepan, heat olive oil, garlic, pepper flakes, remaining salt and pepper over medium-low heat 4 minutes. Remove from heat and transfer to large bowl.
3. Remove pasta from microwave, drain. Transfer to bowl with oil. Stir in greens and lemon zest. Top with parsley and fresh ricotta before serving.

*May substitute fusilli (corkscrew) pasta for orecchiette.

LEMON MAYO PASTA SALAD

- 1 egg yolk
- 1 tsp. Dijon mustard
- ½ lemon, juiced
- ¼ tsp. coarse kosher salt
- ¾ cup canola oil
- 12 oz. farfalle pasta
- 2 green onions, quartered
- 2 celery stalks, quartered
- ¾ cup baby carrots
- ½ green bell pepper, seeded and quartered
- ½ cup Lemon Mayo
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper, freshly ground
- 1 cup cooked chicken, cubed (optional)



TUPPERWARE



1. Place egg yolk, mustard, lemon juice and salt into base of Power Chef System fitted with paddle whisk attachment. Cover and pull cord several times to blend. Place funnel in recess and slowly add oil while pulling cord until all oil is fully incorporated and mayo is thick. Set aside.
2. Place pasta in Microwave Pasta Maker and fill with water to max fill line. Microwave on high power 14 minutes or until al dente.
3. While pasta is cooking, place green onions, celery, carrots and bell pepper into base of Power Chef System fitted with blade attachment. Cover and pull cord 6-7 times to roughly chop. Transfer to medium bowl.
4. When pasta has finished cooking, remove from microwave, drain and rinse with cold water until cool.
5. Add pasta to vegetables along with Lemon Mayo, salt, pepper and chicken (if desired). Mix thoroughly, Chill before serving.

MACARONI AND CHEESE

16 oz. box macaroni noodles
2 tsp. coarse kosher salt
6 cups water
8 oz. cheddar cheese, shredded
8 oz. parmesan cheese, shredded
½ cup heavy cream
6 tbsp. unsalted butter
1 tsp. dry mustard (optional)



1. Place macaroni noodles into Microwave Pasta Maker. Add salt and 6 cups water. Microwave 10 minutes uncovered, or until pasta is al dente.
2. Drain pasta and place in a large bowl. Add grated cheese, heavy cream, butter and dry mustard, if using. Stir until butter and cheese are melted. Serve warm.

MINESTRONE SOUP

6 garlic cloves, peeled
1 medium onion, quartered
3 carrots, roughly chopped
2 ribs celery, roughly chopped
1 medium zucchini, roughly chopped
2 tsp. extra virgin olive oil
1 cup cooked chicken, chopped
5 cups fat-free low-sodium chicken stock
2 (14.5 oz.) cans fire-roasted tomatoes with juice
15 oz. can cannellini beans
2 tsp. Italian Herb Seasoning Blend
½ tsp. coarse kosher salt
¼ tsp. black pepper
1 cup small pasta, like fusilli
6 oz. baby spinach
2 tbsp. Parmesan cheese, grated



1. Chop garlic and onions in base of Quick Chef Pro System. Transfer to a small bowl and set aside.
2. In base, coarsely chop carrots, celery and zucchini and transfer to a medium bowl. Set aside.
3. Preheat 6-Qt. pot over medium heat, add olive oil and sauté garlic and onions until translucent.
4. Add carrots, celery, zucchini, chicken, chicken stock, tomatoes, beans, seasoning blend and salt and pepper.
5. Bring to a boil, reduce heat and simmer 15 minutes.
6. Meanwhile, cook pasta in Microwave Pasta Maker 8 minutes.
7. Drain and add to soup along with spinach, and simmer until spinach is tender.
8. Ladle into warm bowls and sprinkle with grated Parmesan cheese.

PARMESAN BUTTERNUT SQUASH NOODLES

Recipe by ChefMike McCurdy

1 small Butternut Squash (as evenly thick as possible)
2 garlic cloves, minced
2 Tbsp butter + 2 Tbsp olive oil
¼ tsp. Italian Herb Seasoning
Freshly grated Parmesan cheese



1. Place minced garlic, butter, olive oil and Italian herbs in Micro Pitcher. Microwave on high power for 30 seconds. Remove from microwave and set aside.
2. Peel and trim ends from squash. Cut in half crosswise.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place one of the pieces of squash into Spiralizer and secure in place.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of squash and repeat.
6. Transfer squash to Pasta Maker and fill to Max water line. Microwave uncovered on high power for 20 minutes. Place cover on Pasta Maker in draining position and drain thoroughly.
7. Pour over garlic butter mixture and stir gently with Silicone Spatula to coat evenly. Serve topped with grated Parmesan cheese.

PASTA FAGIOLI

5 garlic cloves, peeled
1 small onion, quartered
1 tbsp. extra virgin olive oil
28 oz. can whole tomatoes
¾ cups fat-free low-sodium chicken stock
2 (15 oz.) cans cannellini beans, drained and rinsed
1 tsp. Italian Herb Seasoning Blend
4 oz. ditalini or other small pasta
4 cups kale or Swiss chard, roughly chopped
¼ cup Parmesan cheese, grated
¼ cup chopped parsley



1. In base of Quick Chef Pro System, process onion and garlic until finely chopped. Transfer to a small bowl and set aside.
2. Preheat a 6-Qt. pot over medium-high heat.
3. Add olive oil and sauté onion and garlic until translucent and fragrant.
4. Chop tomatoes in base of Quick Chef Pro System.
5. Add tomatoes, chicken stock, beans and seasoning blend to onions and garlic.
6. Bring to a boil, reduce heat and simmer 20-30 minutes.
7. Cook ditalini in Microwave Pasta Maker 8 minutes. Drain.
8. Add kale and cooked pasta to pot.
9. Reduce heat and simmer 5-10 minutes until kale is wilted.
10. Sprinkle with grated Parmesan cheese and parsley before serving.

SHRIMP FRA DIAVOLO

- 1 tbsp. extra virgin olive oil, divided
- 3 garlic cloves, peeled and minced
- 2 anchovy filets or ½ tsp. anchovy paste
- ¼ tsp. red pepper flakes
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1 lb. large shrimp, peeled and deveined
- 2 cups marinara sauce
- ¼ cup white wine
- ½ tsp. Italian Herb Seasoning Blend
- ½ cup parsley
- 8 oz. linguine pasta



1. Heat 1 tbsp. olive oil in a Chef Series™ 11" Fry Pan over medium-high heat. Add garlic, anchovies and red pepper flakes. Sauté until garlic is fragrant.
2. Season shrimp with salt and pepper and add to pan. Cook shrimp 1 minute per side and remove to a plate.
3. Add marinara sauce, wine and Italian seasoning to the Fry Pan; reduce heat and simmer, stirring occasionally, about 10 minutes.
4. Cook pasta in Microwave Pasta Maker for 12 minutes. Drain, reserve ½ cup pasta water.
5. Add parsley, pasta and shrimp to the sauce, along with any collected juices from the shrimp, toss to combine and add some of the reserved pasta water to thin the sauce.

SPAGHETTI CARBONARA

- 3 egg yolks
- 1 Tbsp. fresh parsley, chopped
- ½ cup grated parmesan cheese or pecorino romano cheese
- 8 oz. spaghetti pasta
- ½ cup bacon, cooked and crumbled
- Salt and black pepper to taste



1. In a small bowl whisk together egg yolks, parsley and parmesan cheese, set aside.
2. Cook pasta in Microwave Pasta Maker for 10-12 minutes.
3. Remove the spaghetti from the microwave, drain and place it immediately back in the pasta maker base.
4. Immediately pour egg mixture over pasta, stir to mix well.
5. Divide pasta between plates and sprinkle with crumbled bacon.

SPINACH PESTO PASTA

- 1 lb. fusilli or similar shaped pasta
- ¾ tsp. kosher salt, divided
- ¼ piece of a red onion, peeled
- 5 garlic cloves, peeled
- 3 cups loosely-packed spinach, arugula, or kale leaves
- ½ cup walnuts
- 1 cup extra virgin olive oil



1. Using the Microwave Pasta Maker, add pasta and ½ tsp. of the salt. Add water to the max fill line, then microwave 8 minutes or until desired doneness.
2. In the base of the Power Chef® fitted with blade accessory add remaining salt, onion, garlic, spinach, walnuts and oil. Cover and pull cord until well minced and saucy. Add additional olive oil as needed to reach desired sauce consistency.
3. Drain pasta, transfer to large bowl. Toss with pesto. Serve warm or cold.

SPIRALIZED SQUASH SALAD

- 2 yellow squash
- 2 cup brussels sprouts, chopped
- 1 cup cooked quinoa
- ½ cup bacon bits
- ½ cup parmesan cheese, shaved
- Vinaigrette*
- 1½ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. garlic powder
- 3 Tbsp. dry cilantro



1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place Squash into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining squash and repeat.
3. Place spiralized yellow squash in base of Microwave Pasta Maker, add water to maximum fill line and microwave on full power for 3-5 minutes.
4. While squash is cooking make vinaigrette by adding all ingredients to Quick Shake, cover, shake to combine.
5. At the end of cooking time, strain water and mix in chopped Brussels sprouts and cooked quinoa.
6. Add 2 tbsp. vinaigrette to spiralized salad and top with bacon bits and parmesan cheese.

SUMMER SQUASH PASTA

- 8 oz. spaghetti
- 2 medium zucchini, ends trimmed
- 2 medium yellow squash, ends trimmed
- ¼ cup extra virgin olive oil
- 2 garlic cloves, peeled
- 1 small onion, peeled and quartered
- 1 tsp. coarse kosher salt
- 2 cups grape tomatoes, halved (optional)



1. Place spaghetti in Microwave Pasta Maker. Fill with water to the recommended line for 3 servings. Microwave 10 minutes or until al dente.
2. Set Time Savers Mandoline round knob to #2, triangular knob to #6 and select the straight v-shaped blade insert.
3. Place zucchini at the top of the Mandoline and place food guider on top of it. Push food guider to guide zucchini down, lengthwise, to slice into thin strips. Pick up and move zucchini back to top of Mandoline, replace food guider and push down again to slice more strips. Repeat until entire zucchini is sliced. Set aside in a medium bowl. Repeat process with yellow squash.
4. In Chef Series 11" Fry Pan, heat oil over medium heat.
5. Add garlic and onion to base of Chop 'N Prep Chef. Cover and pull cord 4–5 times to finely chop and add to fry pan, along with salt. Sauté until onion and garlic have begun to soften, about 30–60 seconds.
6. Add zucchini and squash to fry pan and continue to sauté, stirring gently, until zucchini and squash have begun to soften, about 4–6 minutes.
7. After pasta has finished cooking, drain and transfer to medium bowl. Add warm squash mixture and toss to combine.
8. In fry pan, still over medium heat, gently sauté grape tomatoes 1 minute, add to pasta and squash mixture in medium bowl and toss to combine.
9. Serve warm. If desired, top with black pepper and Parmesan cheese.

WARM WINTER PASTA SALAD

- ¾ tsp. coarse kosher salt, divided
- 1 lb. bowtie pasta
- 1 small head radicchio, shredded
- 1 small fennel bulb, sliced thin
- 2 pears, peeled, cored, and chopped, ¼" pieces
- 2 parsnips, peeled and chopped, ¼" pieces
- ¼ cup, plus 1 tbsp. extra virgin olive oil, divided
- 3 tbsp. balsamic vinegar
- 1 clove garlic, minced
- 1 cup toasted walnuts
- ½ cup bleu cheese crumbles



1. Preheat oven to 400° F/205° C.
2. Add water to the pasta maker maximum fill line. Stir in ¾ tsp. of the salt and pasta. Microwave on high power 8 minutes. Remove from microwave; drain, set aside.
3. Meanwhile, on the UltraPro Oven Plate, arrange radicchio, fennel, pears, and parsnips in a single layer. Drizzle with 1 tbsp. of the olive oil; sprinkle with salt. Microwave on high power 3 minutes. Remove from microwave. Place UltraPro pan in oven. Bake 7 minutes or until vegetables are tender. Remove from oven; set aside.
4. In a large bowl whisk together oil, vinegar, garlic, and remaining salt. Stir in pasta, vegetables, and walnuts; top with bleu cheese. Serve warm.



THAT'S AMORE SPAGHETTI & MEATBALLS

Sauce

- 1 large onion, quartered
- 2 garlic cloves, peeled
- 1 tbsp. extra virgin olive oil
- 28 oz. can crushed tomatoes
- 12 oz. can tomato paste
- 3½ cups water
- 1 tbsp. Italian Herb Seasoning
- 1 tbsp. sugar (optional)
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper

Meatballs

- 1 small onion, quartered
- 3 garlic cloves, peeled
- 1 lb. ground chuck
- 1 lb. ground pork
- 2 large eggs, lightly beaten
- ½ cup reduced fat (2%) milk
- ½ cup seasoned bread crumbs
- ½ cup Parmesan cheese, grated
- 1½ tsp. coarse kosher salt
- ¼ tsp. black pepper

16 oz. spaghetti

1. Add onion and garlic to base of Quick Chef Pro System. Turn handle to process. Heat oil in 6-Qt. pot over medium-high heat.
2. Sauté onion and garlic about 5 minutes. Add remaining sauce ingredients, cover and cook over low heat for between 2 and 6 hours to develop flavors.
3. Add onion and garlic to base of Quick Chef Pro System. Turn handle to process until finely chopped.
4. Combine all meatball ingredients in a large bowl until incorporated.
5. Divide mixture into 24 portions and form meatballs.
6. Carefully drop meatballs into simmering sauce and allow to cook at least 20 minutes.
7. Cook spaghetti in Microwave Pasta Maker 10 minutes, or until al dente. Drain.
8. Combine with meatballs and 5 cups of the sauce.

ZESTY ARTICHOKE PESTO FETTUCCINI WITH SHRIMP

- 1 lb. fettuccini
- 1 lb. medium uncooked shrimp, peeled and deveined
- Pesto
- 4 cups arugula, packed
- ½ cup basil leaves, loosely packed
- 3 garlic cloves, peeled
- ½ cup pecans
- 14.5-oz. can artichoke hearts, drained with liquid reserved
- 2 tbsp. Parmesan cheese, grated
- ¼ cup extra virgin olive oil
- 1 lemon, zested and juiced
- 1 tbsp. Italian Herb Seasoning



1. Place pasta in Microwave Pasta Maker and fill with water to maximum fill line.
2. Microwave on high power 16 minutes or until al dente.
3. When pasta has finished cooking, remove from microwave and add shrimp, pushing down to submerge in pasta water. Cover and allow to rest 5–6 minutes.
4. Place arugula, basil, garlic and pecans into base of Power Chef System fitted with blade attachment. Cover and pull cord several times to finely chop.
5. Add remaining pesto ingredients to Power Chef System, replace cover and pull cord to process until all ingredients are finely chopped and thoroughly combined. If pesto is too thick, add reserved artichoke liquid 1 tbsp. at a time until desired consistency is achieved.
6. Drain pasta and shrimp, reserving pasta water, and place in large bowl. Add 1½ cups pesto to pasta and toss to combine, adding a little reserved pasta water to create a saucy consistency.