

# Cuisinart® *Recipe Booklet*

Instruction  
Booklet  
Reverse Side



**PowerBlend 500™ 7-Speed Electronic Blender**

**SPB-10 Series**

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## RECIPE TIPS

The simple recipes that follow include some Cuisinart favorites as well as some new, creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the PowerBlend 500™ Electronic Blender, you'll also be able to make delicious frozen drinks.

- **Chopping Nuts:** Pulse ½ cup of nuts (shells removed) on Chop 4 to 5 times. Turn blender off; scrape blender jar with spatula. Turn blender on and pulse on Chop 2 to 3 times. Turn blender off. Pulse fewer times for more coarsely chopped nuts. For best results, process no more than 1 cup at a time.
- **Bread, Cookie or Cracker Crumbs:** For best results, use day-old bread (drier bread works best). Break bread slices into ½-inch pieces, and process no more than 1 cup of pieces at a time on Mix for 5 to 10 seconds. Crackers and cookies should also be broken into ½-inch pieces; process 1 cup at a time on Mix for 10 to 15 seconds. Turn blender off.
- **Crushing Ice:** Add up to 10 large ice cubes to blender jar. Press the Ice Crush button, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.
- **Grating Citrus Zest:** For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips (using vegetable peeler). Use no more than 8 strips at a time (zest of one medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar (from recipe) to the blender jar. Blend on Liquefy for 15 to 20 seconds. Turn blender off.
- **Baby Food:** Combine ½ cup cooked vegetables, fruit or meat with 3 tablespoons liquid (water, milk or fruit juice) in the blender jar. Blend on purée for 15 to 20 seconds. Add more liquid if necessary and process again.
- **Grinding Hard Cheese:** Cut cheese into ½-inch pieces. Blend on Liquefy for 30 seconds. Turn blender off. For best results, grind no more than 3 ounces of cheese at a time.
- **Whipping Cream:** Whip 1 cup of cream (whipping or heavy cream) at a time. Blend on Mix, and process for 45 to 60 seconds or until creamy and smooth. If making sweetened cream, add sugar after 10 seconds. Turn blender off. Makes about 1 cup.
- **Puréeing Sun-Dried Tomatoes:** Rehydrate 1 ounce of tomatoes in 1 cup boiling water. Allow to sit for 10 minutes or until softened. Add tomatoes and water to blender jar. Cover and pulse on Liquefy 5 times; then run continuously on Liquefy for 15 to 20 seconds. Turn blender off. Drain in fine strainer if desired. Makes about ½ cup of puréed tomatoes.

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# SMOOTHIES, FRAPPÉS, SHAKES, ETC.

## Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes six 8-ounce servings

- ½ cup orange juice
- 1 cup cantaloupe, cut into 1-inch pieces
- 1 cup raspberries (fresh or frozen)
- 1 cup pineapple chunks (1-inch pieces) (fresh or canned, drained)
- 1 cup navel orange segments, cut into 1-inch pieces
- 1 cup strawberries, hulled and halved
- 1 cup mango chunks (1-inch pieces) or peach slices
- 1 medium banana, cut into ½-inch slices
- 1 cup ice cubes (about 6 standard size)

Layer the ingredients in the blender jar in the order listed. Cover and blend on Liquefy for 25 to 35 seconds, until smooth.

**Note:** The riper the fruit, the sweeter the smoothie.

*Nutritional information per serving:*

*Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g*

## To-Fruitti Smoothie

The much-maligned tofu is a good source of protein and a nice alternative to using dairy products in smoothies. Change the fruits to suit your own taste.

Makes 48 ounces

- 2 cups mango chunks (1-inch pieces), about 12 ounces
- 1 medium banana, cut into 1-inch pieces
- 1 cup orange, apple or other fruit juice
- 1 cup soy milk/beverage
- 1 tablespoon vanilla extract
- 1 cup silken tofu, cut into 1-inch pieces
- 2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

*Nutritional information per serving (based on 6 servings):*

*Calories 135 (18% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 10mg • calc. 63mg • fiber 4g*

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## Tropical Sunshine Fruit Smoothie

Refreshing and tangy, this smoothie is a great way to start the day.

Makes 4 cups

- 1 large banana, peeled, cut into ½-inch pieces**
- 1 cup orange juice (use calcium-enriched for greater nutritional value)**
- 2 cups mango chunks (¾-inch pieces)**
- 1½ cups frozen pineapple chunks (1-inch pieces)**

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for about 30 seconds until completely smooth and blended. Serve immediately.

Garnish with sliced strawberries, sliced kiwi, fresh berries on a skewer, orange wedge, and/or coconut.

*Nutritional information per serving (one cup):*

*Calories 164 (2% from fat) • carb. 40g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 13mg • calc. 11mg • fiber 4g*

### Notes

- Ingredients can be increased by 50% to make 6 cups of smoothie.
- For a “colada” flavor, add ½ cup light coconut milk with the orange juice before blending.

## Apricot Berry Smoothie

Makes about 6 cups

- 2 cups fresh strawberries or raspberries (or 1 cup each)**
- 1 cup apricot or peach juice\* (can substitute orange juice)**
- 1 cup orange sections**
- 1 cup fat free vanilla yogurt**
- 2 cups frozen apricot, peach or mango slices**

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for about 30 seconds until completely smooth and blended. Serve immediately.

\*Be sure to get pure juice, not juices made with corn syrup. These can usually be found in the natural foods sections of most well-stocked grocery stores or in specialty/gourmet grocery stores.

*Nutritional information per serving (one cup):*

*Calories 85 (4% from fat) • carb. 19g • pro. 3g • fat 0g • sat. fat 0g  
• chol. 1mg • sod. 22mg • calc. 84mg • fiber 4g*

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## Pineapple, Kiwi, Melon Smoothie

Makes about 5 cups

- 1 large banana, peeled, cut into ½-inch pieces
- 1 cup orange juice
- 2 cups honeydew melon chunks, about ¾-inch
- 10 ounces (2 large or 3 medium) kiwi, peeled and cut into ¾-inch pieces
- 2 cups frozen pineapple chunks

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for about 30 seconds until completely smooth and blended. Serve immediately.

Garnish with sliced strawberries or orange slices and a wedge of pineapple.

*Nutritional information per serving (one cup):*

*Calories 142 (5% from fat) • carb. 36g • pro. 2g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 8mg • calc. 37mg • fiber 4g*

## Banana Berry Smoothie

This smoothie provides potassium and is full of vitamin C and antioxidants.

Makes 5 cups

- 1 large banana, peeled and cut into ½-inch slices
- 2 cups fresh strawberry halves
- 1 cup fresh pomegranate juice\*
- 1 cup fat free vanilla yogurt
- 2 cups frozen raspberries or blueberries (or 1 cup each) sugar or honey to taste if needed (will depend on tartness of fruit and personal taste)

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for about 30 seconds until completely smooth and blended. Serve immediately.

*Nutritional information per serving (one cup):*

*Calories 141 (2% from fat) • carb. 33g • pro. 4g • fat 0g • sat. fat 0g  
• chol. 1mg • sod. 35mg • calc. 84mg • fiber 4g*

\*You may use either freshly made pomegranate juice or purchased pomegranate juice. To prepare fresh pomegranate juice in your Cuisinart® blender, remove the seeds from a fresh pomegranate. Place in blender jar. Select Purée and blend until puréed. Press purée through a fine mesh strainer to remove seed particles. One average pomegranate will yield about ½ cup fresh pomegranate juice.

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## Strawberry & Papaya Smoothie

Using a cup of frozen fruit chills and thickens the smoothie without diluting the fruit flavors.

Makes about 5 cups

- 2 cups fresh strawberry halves**
- 3 cups fresh papaya chunks, about ¾-inch**
- 1 cup orange, tangerine or guava juice**
- 1 cup frozen strawberries**

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for 30 seconds until completely smooth and blended. Serve immediately.

*Nutritional information per serving (one cup):*

*Calories 96 (5% from fat) • carb. 23g • pro. 2g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 5mg • calc. 45mg • fiber 5g*

## Mocha Frappé

Why go out for special coffee drinks when you can prepare them easily at home in your Cuisinart® PowerBlend 500™?

Makes 2 servings

- 8 ounces espresso or double strength coffee, chilled\***
- ¼ cup chocolate sauce**
- 2 tablespoons flavored syrup – vanilla, hazelnut, almond, raspberry, etc.**
- 15 ice cubes**

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until smooth and slushy, about 30 to 40 seconds. Serve immediately in tall glasses. Garnish with a dollop of whipped cream if desired.

*Nutritional information per serving:*

*Calories 138 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 37mg • calc. 6mg • fiber 0g*

**Note:** For a creamy frappé, add 2 tablespoons half-and-half before blending.

\*May be prepared from instant espresso powder.

## Orange Mango Peach Frappé

Make your orange juice ice cubes ahead and be ready to make this or other smoothies when you want a refreshing treat.

Makes 4 drinks

- ¾ cup orange juice**
- 2 mangoes, peeled, cut in cubes**
- ¾ cup peach slices (may use frozen)**
- ½ cup peach or apricot nectar or juice**
- ¼ cup lime juice**
- ½ cup white grape juice**
- orange slices and fresh mint for garnish**

Freeze orange juice in ice cube trays (¾ cup will make 7 to 8 standard size ice cubes).

Place all ingredients in the blender jar in the order listed. Cover and blend on Liquefy until smooth, 20 to 30 seconds. Serve immediately.

Serve in chilled glasses garnished with orange slices and fresh mint sprigs.

*Nutritional information per serving:*

*Calories 135 (3% from fat) • carb. 35g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 5mg • calc. 23mg • fiber 3g*

**Note:** For a frappé with a kick, substitute vodka or light rum for the white grape juice.

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## Chocolate Peppermint Shake

Add a candy cane stirrer for a festive garnish.

Makes 6 servings

- ½ cup chocolate syrup**
- 4 cups chilled lowfat milk**
- 3 cups chocolate ice cream**
- 1 teaspoon peppermint extract**

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until thick, smooth, and creamy, about 30 to 40 seconds. Serve immediately in tall glasses with straws.

*Nutritional information per serving:*

*Calories 301 (31% from fat) • carb. 44g • pro. 10g • fat 10g • sat. fat 7g  
• chol. 35mg • sod. 163mg • calc. 307mg • fiber 0g*

## Dulce de Leche Shake

Makes about 6 cups

- 3 cups vanilla bean or French vanilla ice cream**
- 1½ cups milk (whole or reduced fat)**
- ⅓ cup dulce de leche (a very thick, Spanish/South American “caramel sauce” which can be found in well-stocked grocery and specialty food markets)**

Place ice cream, milk, and dulce de leche in blender jar in that order. Cover and blend on Liquefy until smooth, creamy, and homogenous, about 30 to 40 seconds.

Serve in chilled martini glasses as a dessert drink. Garnish with chopped sugared pecans and a slice of fresh peach or strawberry.

**Note:** For an adult dessert drink, add bourbon, rum, brandy or liqueur such as Amaretto or Frangelico® – about ½ ounce per ¾ cup shake.

*Nutritional information per serving (one cup):*

*Calories 262 (48% from fat) • carb. 29g • pro. 5g • fat 14g • sat. fat 8g  
• chol. 48mg • sod. 114mg • calc. 186mg • fiber*

## Monkey Doodle Shake

Chocolate, bananas and peanut butter are combined to make this creamy shake.

Makes 4 servings

- 2 cups lowfat milk**
- 2 ripe bananas, cut into 1-inch pieces**
- 2 cups lowfat chocolate frozen yogurt**
- 3 tablespoons peanut butter**
- 3 tablespoons chocolate syrup**

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until smooth, creamy and thickened, about 1 minute. Serve immediately in tall glasses with straws.

*Nutritional information per serving:*

*Calories 356 (28% from fat) • carb. 54g • pro. 11g • sat. fat 5g  
• chol. 19mg • sod. 104mg • calc. 221mg • fiber 3g*

## Berry Berry Berry Daiquiris

Makes 4 servings

- 4 ounces amber rum**
- 1½ ounces Triple Sec**
- 2 tablespoons superfine sugar**
- ¼ cup fresh lime juice**
- 1½ cups frozen strawberries**
- ¾ cup frozen blueberries**
- ¾ cup frozen raspberries**

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until thick and smooth, about 30 to 40 seconds. Pour into stemmed glasses and serve. May be garnished with fresh berries on a skewer.

*Nutritional information per serving:*

*Calories 205 (1% from fat) • carb. 30g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0g • sod. 6mg • calc. 26mg • fiber 4g*



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## Frosty Fresh Strawberry Margaritas

These are best made with fresh summertime strawberries. You may vary your fruit to make other flavors such as mango, watermelon or fresh peach.

Makes 4 servings

- 1 pint fresh strawberries, hulled and halved (2 cups)**
- 3 ounces tequila (6 tablespoons)**
- 2 ounces Triple Sec or Cointreau® (4 tablespoons)**
- 2 ounces fresh lime juice (4 tablespoons)**
- 3 tablespoons superfine sugar**
- 2 cups ice cubes**

Place all ingredients in blender jar in order listed. Cover and blend on Liquefy until thick and smooth, about 30 to 40 seconds. Pour into stemmed glasses and serve. May be garnished with a whole strawberry and a lime slice.

*Nutritional information per serving:*

*Calories 193 (2% from fat) • carb. 25g • pro. 1g • fat 1g • sat. fat 0g*

*• chol. 0mg • sod. 5mg • calc. 21mg • fiber 2g*

**Note:** For a nonalcoholic margarita, substitute 5 ounces fruit juice such as cranberry juice or pomegranate juice for the tequila and Triple Sec.

## Campari & Grapefruit Frosty

Once you acquire a taste for this slightly bitter beverage chances are you will be hooked.

Makes about 6 cups

- 6 pink grapefruits, peeled, sectioned, juices reserved**
- ½ cup Campari®**
- ¼ cup Grand Marnier®**
- 6 ice cubes**

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for 30 to 40 seconds until smooth, thick and frosty. Serve immediately. Can be garnished with a slice of pink grapefruit.

*Nutritional information per serving (½ cup):*

*Calories 73 (1% from fat) • carb. 11g • pro. 0g • fat 0g • sat. fat 0g*  
*• chol. 0mg • sod. 1mg • calc. 9mg • fiber 1g*

## Frozen Rum Punch

Makes 5 cups

- 1 cup frozen pineapple**
- 1 cup canned pineapple in juice**
- 1 cup mango sorbet**
- ¾ cup rum**
- 1½ tablespoons grenadine**
- ¼ cup lime juice (approximately 4 limes)**
- 8 ice cubes**

Place ingredients in blender jar in order listed. Cover and blend on Liquefy for 30 to 40 seconds until smooth.

Serve immediately. May be garnished with a quarter slice of fresh pineapple and a maraschino cherry.

*Nutritional information per serving (½ cup):*

*Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g*  
*• chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g*

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## Grasshoppers

Serve grasshoppers as an after-dinner treat in a chilled martini glass. For a nonalcoholic version, use mint and clear chocolate syrups found in coffee bars.

Makes about 3 cups – 6 servings

- 2 cups vanilla ice cream**
- ¼ cup heavy cream**
- 4 ounces green crème de menthe**
- 4 ounces white crème de cacao**
- 6 ice cubes**

Place all ingredients in blender jar of in order listed. Cover and blend on Liquefy until smooth, creamy and completely homogenous – about 40 seconds.

Serve in chilled martini glasses. Garnish with chocolate cookies or mini morsels and a fresh mint leaf.

*Nutritional information per serving (½ cup):*  
*Calories 369 (38% from fat) • carb. 38g • pro. 2g • fat 16g • sat. fat 10g*  
*• chol. 58mg • sod. 63mg • calc. 84mg • fiber 0g*

## SOUPS, SAVORIES

### Cool, Creamy Avocado and Cucumber Soup

This chilled soup requires no cooking and is perfect for a hot summer day.

Makes 6 cups

- 1 medium-large cucumber, peeled, seeded, and cut into ½-inch pieces**
- 3 medium avocados (7-8 ounces each), peeled, seeded, and cut into ¾-inch pieces**
- 2 ounces chopped shallot (about 6 tablespoons)**
- 1 medium jalapeño pepper, stemmed, seeded, and cut into ½-inch pieces**
- 2½ cups buttermilk**
- ¾ cup chicken or vegetable stock (cool)**
- 3 tablespoons fresh lime juice**
- ½-1 teaspoon kosher salt (to taste)**
- ¼ teaspoon ground coriander**
- ¼ teaspoon ground cumin**
- ¼ teaspoon ground white pepper**

Place all ingredients in the blender jar in the order listed. Cover and blend on Purée for 35 to 45 seconds until smooth, creamy and homogenous. Chill with plastic wrap pressed directly on the top surface of the soup if not serving immediately.

Garnish with diced tomato, chopped jalapeño peppers and slices of avocado.

*Nutritional information per serving (½ cup):*  
*Calories 119 (65% from fat) • carb. 8g • pro. 3g • fat 9g • sat. fat 2g*  
*• chol. 2mg • sod. 182mg • calc. 72mg • fiber 3g*

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## Classic Chilled Gazpacho

A Cuisinart favorite, made with fresh, ripe summer tomatoes, Chilled Gazpacho is perfect on a hot, summer night.

Makes 8 servings, about 6 ounces each

- 1 – 2 cloves garlic, peeled**
- 3 cups tomato or vegetable juice cocktail, divided**
- 1 large rib celery, peeled, cut into 1-inch pieces**
- 1 large cucumber, peeled, halved lengthwise, seeded, cut into 1-inch pieces**
- ½ medium green bell pepper, cored, seeded, cut into 1-inch pieces**
- ½ medium red bell pepper, cored, seeded, cut into 1-inch pieces**
- 1 large jalapeño pepper, cored, seeded, cut into ½-inch pieces**
- 6 green onions, trimmed, cut into ½-inch pieces**
- 4 medium tomatoes, cored, seeded, cut into 1-inch pieces**
- 3 tablespoons sherry vinegar or lemon juice**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

Place garlic in blender jar; cover jar. Pulse on Chop, 10 times. Add 1 cup tomato juice/vegetable juice cocktail to blender jar along with celery, cucumber, green pepper, red pepper, jalapeño pepper, and green onions. Blend on Mix until vegetables are medium-finely chopped, about 5 to 10 seconds. Transfer to a large serving bowl. Add remaining tomato juice/vegetable cocktail to blender jar with fresh tomatoes. Pulse 10 times on Chop, or blend continuously if a smoother gazpacho is preferred. Add to the bowl of vegetables with the remaining juice. Season with sherry vinegar or lemon juice, salt and pepper. Chill before serving.

*Nutritional information per serving:*

*Calories 51 (5% from fat) • carb. 11g • pro. 2g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 429mg • calc. 28mg • fiber 2g*

## Creamy Roasted Pepper & Corn Soup

This soup can be served chilled in the summer, or hot the rest of the year. Garnish with a swirl of sour cream or crème fraîche, croutons made from cornbread or chopped fresh chives.

Makes 6 cups

- 3 ears corn, about 6 to 7 inches in length, husks removed**
- 1 tablespoon extra virgin olive oil**
- 1 cup diced (½-inch pieces) onion**
- 1 clove garlic, peeled and sliced**
- ½ teaspoon thyme**
- 2 jars (12-ounce) roasted red peppers, drained, juices reserved**
- 2½ cups low sodium chicken broth/stock**
- 4 ounces diced (½-inch pieces) russet potato**
- 1 teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Cut corn from cobs, reserving cobs. Heat oil in a large (4-quart) saucepan over medium heat. Add cut corn, onions, garlic, and thyme. Cook, stirring often, for 3 to 4 minutes, until onions are translucent and have begun to soften. Add reserved corn cobs, roasted peppers, chicken broth/stock, ¾ cup of the roasted red pepper juices, the potato, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 to 25 minutes. Remove and discard the corn cobs; let stand for 5 minutes.

Strain the solids from the liquid, reserving the liquid. Place the solids in the blender jar with 1¼ cups of the liquid. Cover and blend on Liquefy for 30 to 40 seconds, until the solids are completely puréed and smooth. Transfer to a clean saucepan and add remaining reserved cooking liquid. Reheat soup over low heat if serving hot, or cool and refrigerate if serving cold.

*Nutritional information per serving (one cup):*

*Calories 131 (23% from fat) • carb. 21g • pro. 5g • fat 4g • sat. fat 1g  
• chol. 0mg • sod. 853mg • calc. 24mg • fiber 3g*

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## Cream of Asparagus Soup

Makes eight 6-ounce servings

- ¾ cup Italian parsley leaves, washed and dried**
- 3 tablespoons unsalted butter**
- ⅔ cup chopped onion or leek**
- 1 pound asparagus, trimmed, cut into 1-inch pieces**
- 3 cups fat free, low-sodium chicken or vegetable stock or broth**
- 1 cup half-and-half**
- 1 tablespoon cornstarch**
- 1½ cups cold water**
- 1 teaspoon kosher salt**
- ½ teaspoon white pepper**

Place the parsley in the blender jar. Cover and pulse on Chop until coarsely chopped, about 4 to 5 times. Remove and reserve.

Melt the butter in medium saucepan over medium heat. Add onion and cook until soft but not brown, about 2 to 3 minutes. Add asparagus, stock, and all but 1 tablespoon of the reserved parsley. Cover and bring to a boil over medium-high heat. Reduce heat to low and simmer, partially covered, until asparagus is tender, about 10 to 12 minutes.

Pour the soup through a strainer, reserving the solids and liquids. Allow to cool 5 minutes. Place the solids in the blender jar with 1 cup of the cooking liquid; return the remaining liquid to the saucepan. Cover blender jar and blend on Purée until creamy and smooth, about 30 to 40 seconds. Turn blender off. Return puréed vegetable mixture to the saucepan and stir to combine. Stir in half-and-half. Stir cornstarch into water, and add to soup. Add salt and pepper. Cook, stirring often, over medium heat, until soup thickens, about 6 to 8 minutes. Do not let boil. Taste and adjust seasonings as needed. Serve in warmed bowls garnished with the remaining parsley.

*Nutritional information per serving:*

*Calories 98 (59% from fat) • carb. 7g • pro. 4g • fat 7g • sat. fat 4g  
• chol. 19mg • sod. 510g • calc. 56mg • fiber 2g*

## Chipotle Roasted Tomato Soup

This slightly spicy, slightly smoky tomato soup would be great with a grilled cheese sandwich.

Makes 6 cups

- 1 can (35-ounce) plum tomatoes in heavy sauce**
- 2 tablespoons extra virgin olive oil, divided**
- 1 tablespoon unsalted butter**
- 1 cup chopped (½-inch) onion**
- ½ cup sliced carrots (½-inch)**
- ¼ cup sliced celery (½-inch)**
- 1 teaspoon oregano**
- ½ teaspoon ground coriander**
- ½ teaspoon ground cumin**
- 2½ cups chicken stock**
- ¼ cup white rice**
- 1 teaspoon kosher salt**
- 1-2 teaspoons chipotle peppers with adobo sauce (from a can)**

Preheat oven to 300°F. Line a baking sheet and sides with parchment. Drain tomatoes and reserve sauce. Cut tomatoes in half lengthwise and place cut side up in a single layer on prepared baking sheet. Drizzle with 1 tablespoon olive oil and roast for 1½ hours.

Place remaining olive oil in a large saucepan with butter. Heat on medium high until butter is melted. Add onions, carrots, and celery. Reduce heat to low and cook until vegetables are softened and translucent, about 4 to 5 minutes. Add oregano, coriander and cumin. Cook for 2 to 3 minutes until herbs are aromatic. Add reserved tomato liquid, roasted tomato halves, chicken stock, rice, and salt. Bring to a boil, then reduce heat to low and simmer, loosely covered, for 20 minutes.

Strain the solids from the cooking liquid, reserving liquid. Place solids and 1 cup of the cooking liquid in the blender jar with the chipotle peppers. Cover and blend on Purée for 20 to 30 seconds until completely emulsified, smooth and homogenous. Return purée to clean saucepan and stir in reserved cooking liquid. Reheat if necessary.

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**Note:** Recipe may be doubled – purée in 2 batches.

*Nutritional information per serving (one cup):*

*Calories 212 (45% from fat) • carb. 26g • pro. 5g • fat 11g • sat. fat 3g  
• chol. 5mg • sod. 973mg • calc. 60mg • fiber 4g*

## Curried Butternut Squash & Apple Soup

A delicious autumn or winter soup –  
this one is a perfect first course for a holiday dinner.

Makes about 10 cups

- 2 tablespoons unsalted butter**
- 1½ cups chopped onions**
- ⅓ cup thinly sliced celery  
(approximately 1 medium stalk)**
- 2 teaspoons curry powder**
- ¼ teaspoon ginger**
- 2 pounds 1-inch butternut squash cubes  
(weigh after peeling, seeding and cubing)**
- 12 ounces apples, peeled, cored and cut into wedges**
- 3 tablespoons white rice**
- 5 cups chicken stock**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**

Melt the butter over medium heat in a 6-quart sauté pan. Add the onions and celery, cook for 2 to 3 minutes, until the vegetables are translucent. Add the curry powder and ginger, cook for 5 to 6 minutes longer over low heat until the vegetables are softened and the spices are fragrant. Add the butternut squash, apples, and rice to the pan. Stir to coat with the butter and spices and cook for about 1 minute. Add the chicken stock, salt, and pepper. Bring soup to a boil and then reduce to simmer. Simmer for about 40 to 45 minutes, until vegetables are very tender.

Strain the solids from the liquid, reserving all liquid. Have a clean large saucepan ready.

Place half the solids in blender jar with 1½ cups of the liquid. Cover and blend on Purée until smooth, creamy and homogenous, about 30 seconds. Transfer to the clean saucepan and repeat with remaining solids and liquid.

Garnish with chopped sugared nuts and minced apple.

*Nutritional information per serving (one cup):*

*Calories 104 (21% from fat) • carb. 21g • pro. 2g • fat 3g • sat. fat 1g  
• chol. 6mg • sod. 142mg • calc. 55mg • fiber 3g*

## Perfect Popovers

Impress your guests with these deceptively simple popovers that are mixed in a matter of seconds in your Cuisinart® blender. Our 56-ounce blender is large enough that you may increase this recipe by 50 percent to make a larger batch.

Makes 18 popovers

- cooking spray or melted butter for pan**
- 6 large eggs**
- 2 cups all-purpose flour**
- 2 cups evaporated fat free milk, not reconstituted**
- ½ teaspoon kosher salt**
- 5 tablespoons unsalted butter, melted**

Preheat oven to 375°F. Thoroughly coat eighteen ½-cup popover, custard, or muffin cups with cooking spray or melted butter.

Place the eggs, flour, milk and salt in the blender jar in the order listed; cover blender jar. Blend on Mix for 10 seconds. Scrape the sides of the jar if needed. With the blender running, add the melted butter in a steady stream and blend for 10 seconds. Let batter rest for 10 to 15 minutes.

Divide the batter evenly among the prepared pans. Bake in the preheated oven until puffy and nicely browned, about 40 minutes. Use a cake tester to pierce each popover several times and bake for an additional 5 minutes. Remove from oven, loosen from pans with a thin-blade knife and gently lift out. Serve hot.

*Nutritional information per popover:*

*Calories 126 (37% from fat) • carb. 14g • pro. 6g • fat 5g • sat. fat 3g  
• chol. 79mg • sod. 91mg • calc. 93mg • fiber 0g*

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## Welsh Rarebit

Also known as Welsh Rabbit, this cheese sauce is traditionally served over toast points or toasted English muffin. A slice of tomato can be placed on the toast first for high tea and it can also be put under the broiler for a few moments. We have also found that this recipe is delicious served over steamed broccoli or cauliflower, a baked potato, or it could be tossed with cooked pasta shapes to make a macaroni and cheese dish.

Makes 4 cups

- 2¼ cups whole milk or evaporated lowfat milk (not reconstituted)**
- 2 large eggs**
- 3 tablespoons unbleached all-purpose flour**
- 1 tablespoon Dijon-style mustard**
- 1 teaspoon Worcestershire sauce**
- ½ teaspoon kosher salt**
- 1 pound shredded sharp or extra-sharp Cheddar cheese**
- paprika (for dusting on top)**

Heat the milk in a saucepan until simmering (bubbles are just breaking at the surface) – this may also be done in a microwave.

Place the eggs, flour, mustard, Worcestershire sauce, and salt in the blender jar. Cover and blend on Mix for 15 to 20 seconds. Scrape the sides of the blender jar. Add the shredded cheese and blend on Purée. With the blender running, add the hot milk in a slow steady stream through the opening in the lid. Blend on Purée until smooth and homogenous, about 30 to 40 seconds.

Pour the mixture into a medium (2¾-quart) saucepan. Place over medium heat, and cook, stirring constantly with a whisk until creamy, smooth and thickened, about 15 to 20 minutes.

Serve over toast points or toasted English muffin halves. Dust with paprika before serving.

*Nutritional information per serving (¼ cup):*

*Calories 156 (67% from fat) • carb. 3g • pro. 10g • fat 12g • sat. fat 7g  
• chol. 74mg • sod. 272mg • calc. 250mg • fiber 0g*

## SALAD DRESSINGS, VINAIGRETTES, SAVORY SAUCES

### Basic Vinaigrette

This basic vinaigrette is perfect for a crisp green salad.

Makes about 1½ cups, can be doubled or tripled

- 1 clove garlic, peeled**
- 2 tablespoons Dijon-style mustard**
- ½ cup wine vinegar**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- ⅔ cup extra virgin olive oil**
- ⅔ cup vegetable oil**

Place the garlic, mustard, vinegar, salt, and pepper in the blender jar. Cover and blend on Liquefy for 10 to 15 seconds. With the machine on, add the oils in a slow, steady stream through pour lid. Continue to blend for an additional 20 to 30 seconds until completely emulsified.

**Note:** You may change the Basic Vinaigrette by using different flavors of vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

*Nutritional information per tablespoon:*

*Calories 109 (97% from fat) • carb. 1g • pro. 0g • fat 12g • sat. fat 2g  
• chol. 0mg • sod. 86mg • calc. 1mg • fiber 0g*

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## Raspberry Vinaigrette

Try this pink dressing on a salad of baby spinach. Sprinkle with some crumbled chèvre and dried cranberries to finish.

Makes about 3 cups

- zest of ½ lemon (color only – no bitter white pith)**
- 1 clove garlic, peeled**
- 1 small shallot, peeled, quartered**
- 1½ teaspoons kosher salt**
- 1 teaspoon thyme**
- ½ teaspoon freshly ground pepper**
- ⅔ cup raspberry vinegar**
- ¼ cup fresh lemon juice**
- ½ cup fresh or frozen thawed raspberries**
- 2 tablespoons honey**
- 1 teaspoon xanthan\* (optional – but helps keep vinaigrette from separating)**
- 1 cup walnut oil**
- ¾ cup canola oil**

Place the zest, garlic, shallot, salt, thyme, and pepper in the blender jar. Pulse using Chop, 5 to 10 times to begin chopping garlic, shallot and zest. Add remaining ingredients in order listed. Cover and blend on Liquefy until completely emulsified and homogenous, about 20 to 30 seconds. Transfer to a resealable storage container. Let stand 30 minutes before using to allow flavors to develop and blend. If not using immediately, refrigerate. Remove from refrigerator 30 minutes before using.

\*Can be found in most well-stocked natural foods or health food stores. Xanthan gum is a naturally derived stabilizer that is produced from the fermentation of corn syrup. Often used in baking breads, xanthan gum will help stabilize marinades, vinaigrettes and salad dressings and prevent them from separating. It is an optional ingredient.

*Nutritional information per serving (one tablespoon):*

*Calories 75 (93% from fat) • carb. 1g • pro. 0g • fat 8g • sat. fat 1g  
• chol. 0mg • sod. 42mg • calc. 2mg • fiber 0g*

## Creamy Bleu Cheese Dressing

Thick and creamy, this dressing is wonderful served over a wedge of chilled iceberg lettuce, and is thick enough that it can be used as a dip for crudités.

Makes 3½ cups

- ¼ ounce shallot (about ½ shallot), cut into ¼-inch pieces**
- ½ cup buttermilk**
- 1 cup sour cream**
- 1 cup mayonnaise**
- 1 tablespoon lemon juice**
- 6 ounces crumbled bleu cheese**
- ½ teaspoon kosher salt**
- freshly ground pepper**

Place shallot pieces in blender jar. Pulse on chop 4 to 5 times. Add remaining ingredients to the blender jar. Cover and blend on Purée until smooth and homogenous, about 15 to 20 seconds. Serve immediately or store in refrigerator for up to one week. If desired, reserve half the crumbled blue cheese and stir in for texture.

*Nutritional information per serving (2 tablespoons):*

*Calories 99 (90% from fat) • carb. 1g • pro. 2g • fat 10g • sat. fat 3g  
• chol. 12mg • sod. 160mg • calc. 47mg • fiber 0g*

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## Creamy Feta & Yogurt Dressing

Makes 1¼ cups (can be doubled)

- 1 clove garlic, peeled and crushed
- 1 teaspoon oregano
- ½ teaspoon basil
- ⅓ cup red wine vinegar
- ¼ cup extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- 4 ounces crumbled feta cheese
- ¼ cup lowfat or fat free plain yogurt

Place garlic, oregano, and basil in the blender jar and cover. Pulse 5 times on Chop to chop garlic. Add remaining ingredients in order listed. Blend for 15 seconds using Mix. Scrape blender jar. Blend 15 seconds longer on Mix. Let dressing stand for 20 to 30 minutes to allow flavors to blend. Transfer to a resealable container and refrigerate until ready to use.

*Nutritional information per serving (one tablespoon):*

*Calories 43 (81% from fat) • carb. 1g • pro. 1g • fat 1g • sat. fat 1g  
• chol. 5mg • sod. 65mg • calc. 36mg • fiber 0g*

## Rustic Tomato Sauce

This is a great basic tomato sauce that is ready in less than an hour.

Makes about 8 cups

- 1 tablespoon extra virgin olive oil
- 1 onion (8 ounces), peeled and cut into ½-inch pieces
- 2 carrots (4 ounces), peeled and cut into ½-inch pieces
- 2 ribs celery, trimmed and cut into ½-inch pieces
- 4 cloves garlic, peeled
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 4 roasted red bell peppers, cut into 1-inch pieces
- ½ cup dry white wine (such as vermouth)
- 2 tablespoons tomato paste
- 3 cans (15-ounce) recipe ready diced tomatoes with juices
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Heat the olive oil in large saucepan over medium heat. Add the onion, carrot, celery, garlic, oregano and basil. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Strain the solids from the liquids, and return the liquid to the saucepan. Place the solids in the blender jar with ½ cup of the cooking liquid. Cover the blender jar. Pulse on Liquefy 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend for 30 to 40 seconds, until smooth. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

*Nutritional information per serving (½ cup):*

*Calories 48 (17% from fat) • carb. 8g • pro. 1g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g*



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## Mole Sauce

This traditional Mexican dark reddish-brown sauce is most often served with chicken, but is also delicious with pork and turkey.

Makes 4 cups

- 2**    **tablespoons olive oil**
- 1**    **medium onion (about 5 ounces), diced**
- 3**    **cloves garlic, chopped**
- 2**    **tablespoons chili powder**
- ¼**    **teaspoon cinnamon**
- ¼**    **teaspoon cumin**
- ¼**    **teaspoon ground coriander**
- 1**    **teaspoon kosher salt**
- 1**    **corn tortilla, cut into small pieces**
- ¼**    **cup toasted almonds**
- 2**    **tablespoons natural peanut butter**
- 2**    **cans (4.5-ounce) of chopped green chiles**
- 1**    **can (28-ounce) of diced tomatoes, liquid drained**
- 1½**    **cups chicken stock**
- ¼**    **cup raisins**
- 1**    **teaspoon granulated sugar**
- 2**    **tablespoons unsweetened cocoa**

Heat the olive oil in a 3½-quart sauté pan over medium heat. Add the diced onions and sauté gently until the onions are soft and translucent, about 5 to 8 minutes. Turn heat to low and add chopped garlic, stirring until coated with oil, and fragrant. Add the chili powder, cinnamon, cumin, coriander, and salt. Stir until the spices are well distributed and the onions and garlic are coated, about 1 minute.

Stir in the chopped tortilla, almonds and peanut butter. Add the green chiles, diced tomatoes, chicken stock, raisins, sugar, and cocoa and stir. Simmer over low heat for about 45 minutes.

Place all ingredients in blender jar. Cover and blend on Purée for about 40 seconds until completely smooth and homogenous. Use immediately or keep in refrigerator in an airtight container for up to one week.

Stir leftover shredded turkey or chicken into Mole Sauce, heat through, and serve over rice garnished with diced avocado and shredded Monterey Jack cheese.

Mole Sauce can be also be served as a sauce for cooked (sautéed or grilled) chicken or pork.

*Nutritional information per serving (1/3 cup):*  
*Calories 113 (49% from fat) • carb. 12g • pro. 3g • fat 7g • sat. fat 1g*  
*• chol. 0mg • sod. 584mg • calc. 35mg • fiber 3g*

## Molasses Rosemary Marinade

This marinade is very good with chicken, duck or pork, as well as shrimp, scallops, salmon (roasted or grilled), tuna or swordfish for the grill. It also makes a nice “finishing sauce” for sautéed cipollini onions or other sautéed root vegetables.

Makes about 2 cups marinade

- 1**    **ounce peeled shallot, cut into ½-inch pieces**
- 1**    **clove garlic, peeled and halved**
- ¼**    **teaspoon freshly ground black pepper**
- 2**    **tablespoons dry rosemary, divided**
- 1**    **tablespoon chipotle chile peppers, with adobo sauce**
- ½**    **cup maple syrup**
- ½**    **cup molasses**
- ½**    **cup soy sauce**
- ⅓**    **cup canola or grapeseed oil**
- 1**    **teaspoon xanthan gum\***

Place the shallot, garlic and pepper in the blender jar. Pulse on Chop about 3 to 4 times. Add 1 tablespoon of the rosemary and the remaining ingredients in the order listed. Blend on Liquefy for 20 to 30 seconds until smooth, thick and homogenous. Transfer to a resealable jar or bowl and stir in the remaining tablespoon of rosemary. Let stand refrigerated for 30 minutes or longer for flavors to blend before using.

Keep marinade properly refrigerated until ready to use. Use to marinate meats and vegetables for grilling or roasting.

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\*Can be found in most well-stocked natural foods or health food stores. Xanthan gum is a naturally derived stabilizer that is produced from the fermentation of corn syrup. Often used in baking breads, xanthan gum will help stabilize marinades, vinaigrettes and salad dressings and prevent them from separating. It is an optional ingredient.

*Nutritional information per 2 tablespoons:*

*Calories 94 (42% per serving) • carb. 13g • pro. 1g • fat 5g • sat. fat 0g  
• chol. 0mg • sod. 338mg • calc. 89mg • fiber 0g*

## DESSERTS/DESSERT SAUCES

### Chocolate Pots de Crème

Makes 8 servings

- 3 cups heavy cream**
- 8 ounces semisweet chocolate morsels or chocolate chunks (½-inch)**
- 2 tablespoons granulated sugar**
- 1 teaspoon instant espresso powder**
- 7 large egg yolks, lightly beaten**
- 2 teaspoons pure vanilla extract**

Have ready eight 5-ounce ramekins or pots de crème dishes. Place in a 13x9x3-inch pan. Bring 4 cups of water to a boil; keep hot and reserve. Arrange rack in center of oven. Preheat oven to 325°F.

Place heavy cream in a saucepan and bring to a simmer over medium heat – do not boil.

Place the chocolate morsels/chunks, granulated sugar, and espresso powder in the blender jar. Pulse on Chop 10 to 15 times to chop the chocolate somewhat finely.

Add the egg yolks and blend for 20 seconds on Mix.

With the blender running on Purée, add the hot heavy cream through the pour lid in a slow steady stream and blend until chocolate is completely melted, about 45 seconds. Spoon off foam and discard (may also put in a fat separator and pour off liquid until just foam remains). Stir in vanilla.

Pour equal amounts of the chocolate mixture into each of the ramekins. Place pan in oven and add hot water to reach halfway up the sides of the ramekins. Bake in preheated 325°F oven for 55 to 60 minutes. Edges will be set, centers may still be slightly jiggly.

Transfer ramekins to a rack to cool completely, uncovered, about 1 hour. (They will set as they cool.) Serve warm, or chill, covered, until cold, at least 3 hours. Chocolate Pots de Crème may be garnished with freshly whipped cream and/or chocolate curls.

*Nutritional information per serving:*

*Calories 510 (80% from fat) • carb. 21g • pro. 4g • fat 46g • sat. fat 26g  
• chol. 308mg • sod. 40mg • calc. 79mg • fiber 4g*

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## Classic Cherry Clafoutis

This traditional country French dessert can be made with cherries, plums, peaches, pears or any berry. We have added finely ground almonds or hazelnuts for that certain “je ne sais quoi.”

Makes 8 servings

- 2**    **teaspoons unsalted butter, melted**
- ¼**    **cup + 4 teaspoons granulated sugar, divided**
- 1**    **ounce almonds or hazelnuts**  
**(toasted gives best flavor)**
- ¾**    **cup evaporated low fat milk (not reconstituted)**
- ¼**    **cup heavy cream**
- 3**    **large eggs**
- 1**    **tablespoon vanilla extract**
- 1**    **tablespoon brandy or amaretto**
- ⅛**    **teaspoon salt**
- ½**    **cup all-purpose flour**
- ¼**    **teaspoon ground cinnamon**
- 12**    **ounces pitted cherries (thawed if using frozen)**

Arrange the rack in the middle of the oven. Preheat oven to 325°F. Brush a six-cup oval baker or gratin dish with the melted butter. Dust with 2 teaspoons of the granulated sugar.

Place ¼ cup of the sugar and the nuts in the blender jar. Cover and pulse 15 times on Chop to chop the nuts. Add the evaporated milk, cream, eggs, vanilla, brandy, salt, flour, and cinnamon. Blend for 10 seconds on Liquefy; mixture will be smooth and creamy – do not overblend.

Arrange the cherries in the bottom of the prepared baking dish. Carefully pour the batter over the cherries. Place in the preheated oven and bake for 35 minutes. After 35 minutes, sprinkle evenly with the remaining 2 teaspoons of sugar. Continue to bake for an additional 15 to 20 minutes, until the clafoutis is puffed and golden brown. Remove from the oven and cool for 10 minutes before serving. Serve with sweetened whipped cream, vanilla ice cream or frozen yogurt.

*Nutritional information per serving:*

*Calories 211 (40% from fat) • carb. 23g • pro. 8g • fat 10g • sat. fat 3g  
• chol. 92mg • sod. 113mg • calc. 158mg • fiber 1g*

## Coconut Cream Pie

A cross between a custard pie and a cheesecake, this pie is delicious and simple to prepare. Serve with a dollop of freshly whipped cream for pure indulgence.

Makes 8 to 12 servings

- 4**    **ounces vanilla wafers or gingersnaps,**  
**broken into quarters**
- 4**    **tablespoons unsalted butter, melted**
- 2½**    **cups shredded sweetened coconut, divided**
- 3**    **large eggs**
- ¾**    **cup granulated sugar**
- 12**    **ounces lowfat cream cheese, cut into 1-inch**  
**(or smaller) pieces**
- 1**    **tablespoon fresh lemon juice**
- 1**    **teaspoon pure vanilla extract**
- ½**    **teaspoon coconut extract**

Arrange rack in lower third of oven. Preheat oven to 350°F.

Place cookies in blender jar. Cover and pulse 10 times on Chop. Scrape the jar. Using Mix, blend for 20 to 30 seconds until pulverized. Transfer to a small bowl. Add the melted butter and ¾ cup of the shredded coconut; stir to combine thoroughly. Press evenly into the bottom and sides of a 9-inch deep-dish pie plate. Place in oven and bake for 10 minutes. Let cool on a rack 5 minutes before continuing.

Place eggs, sugar, cream cheese, lemon juice, and extracts in the blender jar. Blend on Purée for 15 seconds; scrape blender jar. Blend again for 15 seconds. Add the remaining coconut and pulse on Mix until combine, 6 to 8 pulses. Pour into the prepared pie shell and place in the preheated 350°F oven. Bake for about 30 to 40 minutes, until slightly puffed and set at edges – may be slightly jiggly in the center. Cool on a rack completely. Refrigerate pie for at least 2 hours before serving.

*Nutritional information per serving (based on 12 servings):*

*Calories 269 (51% from fat) • carb. 28g • pro. 6g • fat 15g • sat. fat 10g  
• chol. 74mg • sod. 260mg • calc. 50mg • fiber 1g*

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## Pumpkin Pie with Graham Pecan Crust

The traditional holiday favorite is made is a cookie crumb crust for a crunchy change.

Makes 8 to 12 servings

### Crust

- ½ cup pecan halves**
- 6 graham cracker squares, broken into 1-inch pieces**
- 3 tablespoons granulated sugar**
- ¼ cup unsalted butter, melted**

### Pumpkin Filling

- 2 large eggs**
- ½ cup brown sugar**
- 1 can (12-ounce) evaporated fat free milk**
- 1 can (15–16 ounces, 1½ cups) solid pack pumpkin (not pie filling)**
- 1 tablespoon cornstarch**
- ¼ cup maple syrup**
- 1 tablespoon vanilla extract**
- 1 teaspoon cinnamon**
- ½ teaspoon ground ginger**
- ½ teaspoon ground allspice**
- ⅛ teaspoon freshly grated nutmeg**

Preheat the oven to 375°F.

Place the pecans in the blender jar and cover. Pulse on Chop 8 to 10 times to chop finely. Remove and reserve. Place graham cracker pieces in the blender jar; cover the blender jar. Pulse on Chop 5 times to break up the cookies, then blend on Chop for 10 seconds to pulverize.

Add the reserved chopped nuts and granulated sugar. Blend on Mix until nuts are evenly and finely ground. Transfer to a 9-inch deep-dish pie plate. Add the melted butter and stir to combine. Press the cookie/nut mixture evenly onto the sides and bottom of the pie plate.

Bake in the preheated 375°F oven for 5 minutes. Remove and let cool on a rack while continuing. Lower the oven temperature to 350°F.

Place the eggs and remaining ingredients in the blender jar in the order listed; cover the blender jar. Blend on Mix until smooth, about 10 to 15 seconds. Pour the pumpkin mixture into the prepared pecan graham crust. Bake in the preheated 350°F oven for 55 to 60 minutes. Center of the pie may appear slightly jiggly – it will continue to set as the pie cools. Place the pie on a rack and cool completely before serving. Refrigerate after completely cool.

*Nutritional information per serving (based on 12 servings):*  
Calories 252 (41% from fat) • carb. 33g • pro. 5g • fat 12g • sat. fat 4g  
• chol. 42mg • sod. 117mg • calc. 129mg • fiber 2g

## Quick Raspberry Sauce

Makes 2 cups

- 12 ounces fresh or frozen, thawed raspberries**
- 1 cup red berry preserves**
- 1 tablespoon sugar**
- 1 tablespoon fresh lemon or lime juice**

Place all ingredients in blender jar. Cover and blend on Purée until smooth and completely puréed, 20 to 30 seconds. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

*Nutritional information per serving (2 tablespoons):*  
Calories 128 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 5mg • calc. 14mg • fiber 2g

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