

# KITCHEN NUTRITION

**Oil Core Skillet • Sartén de Núcleo  
de Aceite • Poêlon à centre d'huile**



**Healthy Cooking Guide • La Guía del Arte de Cocción Sana • Guide de cuisson saine**

# Congratulations

Congratulations on your purchase of the Stainless Steel Oil Core Electric Skillet! Advanced engineering has enabled us to provide you with a sophisticated stainless steel cooking utensil that is perfect for baking, braising, pan-broiling, roasting, sautéing, simmering, stewing and stir-frying.

The innovative design of the Stainless Steel Oil Core Electric Skillet gives you even heat distribution across the bottom and sides to prevent sticking and burning. The Oil Core Skillet retains the heat, making it perfect for table and buffet service.

Please take a few moments to acquaint yourself with the many convenient features of your Oil Core Skillet. Read the instructions in this booklet carefully to be certain you are using your Skillet properly and to its fullest capabilities. Then discover the incredible ease of use and sample the recipes which have been developed specifically for your enjoyment. The recipes included here are representative of the variety of cooking tasks that can be performed in this Skillet.

This Stainless Steel Oil Core Electric Skillet is a finely crafted product and needs no special care other than cleaning. If service becomes necessary, please let our experts make any repairs. Attempting to fix it yourself may result in damage not covered by the warranty and could cause personal injury.

Within a few hours of use, you will discover the ease of carefree cooking with your Oil Core Skillet. Enjoy!

## IMPORTANT SAFEGUARDS

When using any electrical appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles and knobs. Do not operate this appliance without handles in place.
3. To protect against electrical hazards, do not immerse cord, plugs, or heat control in water or other liquid.
4. This appliance is not intended for use by or near young children or infirm persons without supervision.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged. Return appliance for examination and possible repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a gas or electric burner or in a heated oven.
11. Use extreme caution when moving an appliance containing hot oil or other hot liquid.
12. Always attach plug to appliance first, then plug cord into wall outlet. To disconnect, press the OFF button, then remove plug from wall outlet.
13. This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician for assistance. **DO NOT ATTEMPT TO** modify the plug in any way.
14. Do not use appliance for other than intended household use.
15. Do not tamper with pressure relief valve behind handle. If oil leaks from under handles or from any part of the Skillet, do not use. For repairs, see warranty.
16. After cleaning, the appliance inlet (where the electrical connector plugs in) must be thoroughly dried before appliance is used again.
17. This appliance is not intended for deep frying foods.

## SAVE THESE INSTRUCTIONS

## Your Safety is Our Concern

1. Check the handles on this Skillet and tighten any loose screws when necessary.
2. The pressure relief valve for the unique “Oil Core” of this Skillet is guarded by the handle. It is important to have handles in place at all times. Do not operate this Skillet without both handles securely in place.
3. If the Skillet is dropped or the handles are broken, check for damage to the pressure relief valve. If parts are dislodged or if you notice oil leaking from under the handle, contact your distributor (see address inside back cover) for service. Do not tamper with the pressure relief valve under any condition.
4. Always dry outside of Skillet completely before connecting heat control.
5. Never immerse hot Skillet in water. Always allow Skillet to cool before cleaning.
6. To reduce the hazard of potential electrical shock, this item has a polarized plug which is designed to fit only one way in a polarized outlet.
7. A short cord is provided to reduce the risks of becoming tangled in or tripping over a longer cord. Extension cords are not recommended.

## Features and Benefits

**Stainless Steel Construction** – Hard, polished stainless steel resists pitting, cracking, and chipping. Easy to clean, your Stainless Steel Oil Core Electric Skillet will retain its beautiful appearance for years.

**Amazing Oil Core** – Fast, even heat distribution over the entire cooking surface without hot spots is assured, thanks to a special heat conducting oil sandwiched between layers of high quality stainless steel. This is the finest heat conduction system available for cookware!

**Touch-Pad Heat Control** - Optimum heat selection is easy with the touch-pad heat control. Built-in timer allows you to select the cooking time, up to 12 hours, and the Skillet shuts off automatically. Temperature and cooking time can be changed at any point during cooking.


**Fully Immersible** – With the touch-pad heat control removed, the Skillet can be easily washed in your sink or placed in a dishwasher. Water cannot damage the heating element. It is sealed beneath the cooking surface, protected from moisture and corrosion.

**Stores Heat** – From kitchen to table, piping hot! The Oil Core holds heat long after the Skillet is unplugged. Food stays at serving temperature at the table without an inconvenient cord attached.

## Use and Care

1. Before the first use, remove heat control. Wash Skillet and Cover in hot, soapy water to which you have added one cup of vinegar per gallon of water. This removes all traces of manufacturing oils and polishing compounds. Rinse in clear, warm water and dry thoroughly with a clean, soft towel. **Caution: Always remove touch-pad heat control before immersing Skillet in water.**
2. Always dry outside of Skillet completely before connecting heat control.
3. Refer to Temperature Guide or use temperature specified in recipe to ensure best results.
4. When the appliance is turned off, disconnect the cord from the outlet. To transfer it to the table for serving, remove heat control, handling very carefully since the heat control will be very hot. It is important to lay the hot heat control on a heatproof surface to cool to avoid damage to the table or counter top. If food is not being served from the appliance, allow it to cool before removing heat control.
5. Allow Skillet to cool before immersing it in water for cleaning. Do not immerse heat control.
6. See complete Operating and Cleaning Instructions that follow.
7. Before first use, remove the thin protective film covering the touch-pad heat control.

# Operating Instructions

1. Insert automatic heat control into appliance. Plug into electric outlet. As soon as the appliance is plugged in, a red signal light will appear on the right side of the display.  **CAUTION:** Always operate appliance at least 4" (10 cm) from wall.
2. To set the desired temperature, press and release the temperature key (the default temperature will flash) then press the up or down arrow until the desired temperature appears on the display. To select the default temperature of 150°F (65°C), press the temperature key a second time. If no temperature is set, the display will flash for 2 minutes and automatically shut off. Pulsing the up or down arrow will adjust the temperature by 5-degree increments; pressing and holding the key will adjust it by 25-degree increments (10-degrees in Celsius). As the appliance preheats to desired temperature, the signal light (red light on left side of digital display) will blink on and off. Always preheat appliance (4 to 6 minutes), unless recipe states to start with it cold.
3. Add food when the signal light stops blinking, indicating that the cooking temperature has been reached. Heat may be increased or decreased by depressing the up or down arrow, depending upon the type or amount of food being prepared. The signal light will cycle on and off during cooking to indicate that the proper temperature is being maintained.
4. After the food is placed in the appliance, set the cooking time if desired. Press and release the time key. The display will flash "00:00." Press the up or down arrows until the desired length of time is set (maximum is 12 hours). If no time is set, the heat control will operate at the preset temperature until the off button is pressed. Pulsing the key will adjust the time by 1-minute increments; pressing and holding either key will adjust the time by 10-minute increments. The time will automatically count down and the remaining time will be displayed unless the temperature key is pressed. The temperature or time can be changed or displayed anytime during cooking by simply repeating the steps detailed above.
5. When cooking is complete, and the time setting has not been used, press the off button. The temperature and time settings will be cancelled.
6. Pressing and holding both temperature and time buttons at the same time will switch temperature reading between Fahrenheit and Celsius.

# Temperature Guide

Warm or Simmer 150 to 200°F (65 to 95°C)	Keep foods warm; simmer meats and poultry.
225 to 250°F (105 to 120°C)	Stew or braise meats; sauté vegetables; cook sauces, fruits, and casseroles.
275 to 300°F (135 to 150°C)	Prepare eggs, gravies, candies, and puddings.
325 to 350°F (165 to 175°C)	Brown meats, seafood and potatoes; bake cakes, pancakes, and French toast; grill sandwiches.
375°F (190°C)	Sear meats and poultry; stir-fry chicken.
400 to 425°F (205 to 220°C)	Pan-broil meats and fish; stir-fry meats; pop corn.

## Automatic Rice Settings

The digital heat control features an automatic rice setting. *It's as easy as 1-2-3!* (1) Insert desired ingredients. (2) Press the temperature key. (3) Press the down arrow key once to select RIC1. Display will flash. When flashing stops, heating has begun. The unit will automatically heat to boiling, cook the rice (a count down timer will appear in the display) and then switch to the keep warm temperature of 150°F (65°C) when cycle is complete.

**RIC1** – Used for most rice recipes. (1-3 cups dry measure)

**RIC2** – *Due to the capacity of this skillet (3 cups dry measure), the RIC2 setting should not be used.* **DO NOT EXCEED SKILLET CAPACITY.**

Rice Cooking Guide		
<u>Rice</u>	<u>Water</u>	<u>Setting</u>
<b>Standard Varieties</b>		
1 cup	2 cups	RIC1
2 cups	3 cups	RIC1
3 cups	4 cups	RIC1
<b>Jasmine</b> <i>(For best results, rinse rice twice.)</i>		
2 cups	3½ cups	RIC1
<b>Calrose</b>		
2 cups	2¾ cups	RIC1
<i>These are general guidelines. Results may vary depending on quantity, type and brand of rice selected.</i>		

# Cleaning

1. To maintain the beauty and cooking efficiency of the Oil Core Skillet, it is important that it be cleaned thoroughly with warm, soapy water after each use. Food films left on the cooking surface will cause discoloration when the Skillet is reheated.
2. Although durable, stainless steel is not indestructible. Pitting may result if undissolved salt remains in your Skillet. Salt should be added just before serving foods or to boiling liquids. Liquids should be stirred immediately to completely dissolve the salt. Do not allow seasoned foods or high-acid foods to remain in your Skillet for long periods.
3. With the heat control removed, your Skillet can be immersed in water or placed in an automatic dishwasher to clean. **IMPORTANT: Allow Skillet to cool before cleaning. Do not immerse hot Skillet in water. Always remove touch pad heat control before putting Skillet in water.** Clean Skillet in hot soapy water with a sponge, dishcloth, nylon net, or plastic pad. Do not use a metal scouring pad, knife, or harsh scouring powder on the polished stainless steel finish. Rinse the Skillet thoroughly with clear hot water. Dry promptly to prevent water spots. Wipe heat control with a damp cloth, then dry.
4. Persistent overheating may cause blue or brown heat tints inside your Skillet. Stains may also result from minerals in certain foods. To remove both heat tints and stains, make a paste with water and a non-abrasive stainless steel cleaner. Do not use a cleaner which contains chlorine bleach. Apply paste with a cloth or sponge, and rub lightly in a circular motion. Wash Skillet again, rinse, then dry promptly.
5. Remove minor scratches with a non-abrasive stainless steel cleaner, following the instructions in No. 4 above. To prevent scratches, do not cut, scrape, or chop food with sharp-edged kitchen tools in your Stainless Steel Skillet.
6. To remove stuck on foods, fill with warm water and let soak for 30 minutes. Then clean with warm, soapy water as usual. A non-abrasive stainless steel cleaner may also be used, following the instructions in No. 4 above.



# Standard Guide to Weights and Measures

1 U.S. cup .....	8 U.S. ounces
.....	16 U.S. tablespoons
.....	48 U.S. teaspoons
1 U.S. teaspoon.....	$\frac{1}{3}$ U.S. tablespoon
1 U.S. tablespoon .....	3 U.S. teaspoons
2 U.S. tablespoons .....	1 U.S. fluid ounce
4 U.S. tablespoons .....	$\frac{1}{4}$ U.S. cup

## Metric Conversions

### Liquid Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon.....	5 milliliters
1 tablespoon .....	15 milliliters
$\frac{1}{4}$ cup.....	60 milliliters
$\frac{1}{2}$ cup.....	120 milliliters
$\frac{3}{4}$ cup.....	180 milliliters
1 gill ( $\frac{1}{4}$ pint).....	118.291 milliliters
1 cup .....	0.236 liter
1 pint.....	0.473 liter
1 quart .....	0.946 liter
1 gallon .....	3.785 liters

### Dry Measure Volume Equivalents

U.S. Customary Units	Metric Equivalent
1 teaspoon.....	5 milliliters
1 tablespoon .....	15 milliliters
1 cup .....	0.275 liters
1 pint.....	0.550 liters
1 quart .....	1.101 liters
1 peck.....	8.809 liters
1 bushel .....	35.238 liters

# Fresh Apple Pancakes

*Yield: 14 to 18 pancakes*

**1 cup flour**

**1 cup whole wheat flour**

**1 tablespoon sugar**

$\frac{3}{4}$  **teaspoon baking powder**

$\frac{1}{2}$  **teaspoon salt substitute**

$\frac{1}{2}$  **teaspoon ground cinnamon**

**1½ cups low-fat buttermilk**

$\frac{1}{2}$  **teaspoon baking soda**

$\frac{1}{4}$  **cup egg substitute**

**4 teaspoons light or extra light olive oil, divided**

**1 cup grated tart apple (peeled if desired)**

$\frac{1}{2}$  **cup finely chopped walnuts**

In 3-quart bowl, combine flours, sugar, baking powder, salt substitute and cinnamon; whisk to blend thoroughly.

Preheat covered skillet to 350°F (175°C).

In 2-cup measure, combine buttermilk and baking soda; add egg substitute and 1 tablespoon oil; mix well. Add to dry ingredients; stir quickly to blend. Fold apple, including any accumulated juice, and nuts into batter (batter will be thick).

Drizzle remaining 1 teaspoon oil onto hot skillet, lightly coating surface. Spoon scant  $\frac{1}{4}$ -cup batter into skillet, smoothing surface and repeating to make three pancakes at a time. Cook pancakes until edges are browned and bubbles appear in batter, about 2 minutes; turn and cook other side until browned. Transfer to heated platter; keep warm. Repeat until all batter is cooked. Serve hot with warm maple syrup, if desired.

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1 serving (2 pancakes without syrup) contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
210	6.4 g	7.48 g	29.8 g	1.64 g	1.59 mg	176.8 mg

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# Rice Pilaf

*Yield: 6 to 8 servings*

- 4 teaspoons olive oil
- ½ cup chopped onion
- ½ cup finely chopped celery
- 3 tablespoons finely chopped green bell pepper
- 3 tablespoons finely chopped red bell pepper
- 1 clove garlic, minced
- 3 cups cooked brown rice (1 cup uncooked)
- 1 cup cooked wild rice (about ½ cup uncooked)
- ½ cup tiny frozen green peas, thawed
- ½ teaspoon salt substitute
- ¼ teaspoon freshly ground pepper
- ½ cup chopped fresh parsley

Preheat covered skillet to 300°F (150°C). Add oil; sauté onion and celery 2 minutes. Add bell peppers and garlic; sauté 2 minutes. Add brown and wild rice and peas; toss to combine, breaking up any clumps of rice. Cover; cook 3 minutes just until heated through. Season with salt substitute and pepper; add parsley and toss to combine. Serve hot as a side-dish with fish, chicken, chops or ham.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
131	3.03 g	3.42 g	22.5 g	2.5 g	0 mg	24.9 mg

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## Tip

Make Rice Pilaf a one-dish meal simply by adding 1 cup diced cooked beans (drained), chicken, shrimp, pork or lean ham. Add along with the bell peppers and continue with the recipe.





# Skillet Lasagna

*Yield: 8 to 10 servings*

- 1½ pounds extra-lean ground chuck, or ground turkey
- ¾ cup chopped onion
- ¼ cup chopped green bell pepper
- 2 large cloves garlic, minced
- 8 ounces sliced fresh mushrooms, optional
- 12 ounces fat-free ricotta cheese
- ½ cup grated Parmesan cheese, divided
- 3 tablespoons finely chopped fresh parsley
- 1 can (15 ounces) no-added-salt diced tomatoes, undrained
- 1 can (15 ounces) no-added-salt tomato sauce
- 1 can (6 ounces) no-added-salt tomato paste
- 1 teaspoon packed brown sugar, or to taste
- 1 tablespoon salt-free Italian herb seasoning
- 1 package (8 ounces) lasagna noodles, uncooked
- 12 ounces shredded reduced-fat mozzarella cheese

Preheat covered skillet to 325°F (165°C). Cook meat 3 minutes, breaking into small pieces with spoon. Add onion, bell pepper and garlic; cook, stirring frequently, until onion is tender, about 5 minutes. Drain, if necessary. Remove meat mixture to bowl. In same skillet, spread mushrooms; cover and steam 3 minutes. Turn off heat. Stir-fry mushrooms 1 minute; remove to plate with any liquid.

In medium bowl, blend ricotta cheese, ¼ cup Parmesan cheese and parsley; set aside.

In small bowl, combine tomatoes, tomato sauce, tomato paste, sugar and Italian herbs. Spread ⅓ tomato mixture in bottom of skillet; layer ½ noodles on top, breaking to fit in single layer. Spread ricotta cheese on noodles; layer with ½ each mushrooms, meat mixture and ⅓ tomato sauce. Then layer remaining noodles, tomato sauce, meat and mushrooms. Top with mozzarella and remaining Parmesan cheeses. Cover; set temperature at 225°F (105°C) and bake 40 to 45 minutes until noodles are tender (test with tip of sharp knife).

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
535	41.1 g	31.2 g	22.4 g	3.3 g	111 mg	427 mg

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# Pizza

*Yield: 6 servings*

- 1 teaspoon olive oil
- 1 package (6 ounces) pizza dough, prepared according to package directions
- ⅔ cup low-sodium pizza sauce
- 2 ounces sliced pepperoni, about ⅓ cup
- 1½ cups shredded low-fat mozzarella cheese
- ½ small onion, thinly sliced, separated into rings
- ¼ cup finely chopped red or green bell pepper
- ¼ cup well drained sliced black olives
- ¼ cup grated Parmesan cheese

Coat bottom and 1 inch up sides of cold skillet with olive oil.

On lightly floured surface, roll pizza dough to 11½-inch circle; center in skillet, patting dough about ¼-inch up sides. Spread sauce evenly over dough; arrange pepperoni on sauce. Evenly sprinkle cheese over pepperoni; top with onion, bell pepper, olives and Parmesan cheese. Cover; cook at 275°F (135°C) 15 minutes. Using two spatulas, carefully remove pizza to cutting board; cut into serving size pieces.

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1 serving contains						
Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
296	14.0 g	18.8 g	18.3 g	1.5 g	27.7 mg	685 mg
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## Pizza Sauce

In bowl, whisk together 1 can (15 ounces) no-salt-added tomato sauce, 1 can (6 ounces) no-salt-added tomato paste, 2 teaspoons salt-free Italian herb seasoning, ½ teaspoon each granulated onion, crushed fennel seeds and granulated garlic, and ⅓ teaspoon, or to taste, ground red pepper (cayenne).

# Chicken and Broccoli Stir Fry

*Yield: 4 servings*

- 1 pound boneless skinless chicken breasts, partially frozen
- 1¼ pounds fresh broccoli
- 6 green onions, cut into ½-inch pieces, greens thinly sliced
- 4 ounces (about 1½ cups) sliced fresh mushrooms
- 3 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 2 tablespoons reduced-sodium soy sauce
- ½ cup low-sodium fat-free chicken stock, or water
- 2 teaspoons cornstarch

Slice chicken into thin strips, about ½x2x¼-inch thick. Cut broccoli spears from head, cut large spears in half lengthwise. Peel stalk; cut into ¼x1½-inch pieces. Set aside.

Preheat covered skillet to 375°F (190°C). Add chicken; stir-fry until no longer pink. Add broccoli spears and stalks, white parts of onions, mushrooms, garlic and ginger; stir-fry until mushrooms are opaque and vegetables are under cooked, about 3 minutes. Drizzle soy sauce over all and toss to coat. Reduce heat to 250°F (120°C); cover and steam 2 minutes, until broccoli is crisp tender (do not overcook).

Meanwhile, in small bowl whisk cornstarch into chicken stock; stir into chicken and broccoli mixture. Cook, stirring constantly, until glossy and mixture is coated. Serve hot with brown rice, if desired.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
194	32.3 g	2.24 g	12.6 g	5.03 g	66 mg	374 mg

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# Honey Mustard Chicken

Yield: 6 servings

- 6 (5 to 6 ounces each) boneless skinless chicken breast halves
- $\frac{3}{8}$  cup Dijon mustard
- 2 cloves garlic, minced
- 1 large yellow onion, halved vertically, sliced, about  $1\frac{1}{2}$  cups
- $\frac{1}{2}$  cup honey
- $\frac{1}{4}$  cup cold water
- 1 tablespoon cornstarch
- 1 tablespoon finely chopped fresh parsley

Preheat covered skillet to 350°F (175°C). Arrange chicken, skin-side down, in hot skillet (chicken will stick), in single layer. In cup combine mustard and garlic; divide and spread a portion on each chicken breast half. Top with onion slices; drizzle honey over onions. Cover; immediately reduce heat to 250°F (120°C) and cook 18 to 20 minutes until chicken is done (185°F [85°C] on meat thermometer).

Meanwhile, blend cornstarch into water until dissolved. Remove chicken to platter; cover with skillet cover to keep warm. Increase heat to 350°F (175°C); cook until juices begin to bubble. Add cornstarch mixture, stirring constantly. Cook and stir until thickened. Return chicken to skillet, browned side up. Spoon some sauce over each piece. Sprinkle with parsley; serve from skillet, if desired.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
271	29.7 g	3.95 g	31.3 g	1.11 g	68.4 mg	746 mg

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## Tip

Slice cold leftover chicken breast across the grain,  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. In small skillet over low heat, cover and reheat chicken slices with leftover sauce. Serve on hard rolls or whole grain bread.



# Lemon Garlic Salmon

*Yield: 6 servings*

- 2½ pounds salmon fillets, cut into 6 serving-size pieces
- 6 large cloves garlic, minced
- ½ cup fresh lemon juice
- ¼ teaspoon dried dillweed
- 6 lemon wedges

Preheat covered skillet to 325°F (165°C). Arrange salmon, skin-side down, in single layer in hot skillet. Spread garlic on top fish; pour lemon juice into skillet over and around fillets. Sprinkle with dillweed. Cover; reduce heat to 225°F (105°C) and poach 8 to 12 minutes, depending upon thickness of salmon. Spoon some poaching liquid over each fillet; garnish with lemon wedges and serve hot.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
281	37.8 g	12.1 g	3.72 g	0.45 g	104 mg	84.3 g

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# Veal Parmesan

*Yield: 4 servings*

- ½ cup evaporated skim milk, divided**
- ¾ cup grated Parmesan cheese, divided**
- ¼ cup flour**
- ½ teaspoon salt-free Italian herb seasoning, or to taste**
- ¼ teaspoon freshly ground pepper**
- 2 tablespoons olive oil**
- 4 boneless veal steaks, about ½-inch thick, 6 to 8 ounces each**
- ½ cup chopped onion**
- 1 can (8 ounces) no-salt-added tomato sauce**

Preheat covered skillet to 350°F (175°C).

Pour ½ cup skim milk on shallow plate. In shallow bowl or round cake pan, whisk together ¼ cup Parmesan cheese, flour, herbs and pepper. Dip veal in milk, letting excess drip off; dredge in flour mixture to coat both sides. Let stand on waxed-paper-lined plate until all are coated.

Add oil to skillet, coating surface. Place veal in hot skillet in single layer; immediately sprinkle onion around and on meat. Cover; reduce heat to 225°F (105°C) and bake 15 minutes.

Meanwhile, in small bowl, whisk together remaining ¼ cup milk, tomato sauce and remaining ½ cup cheese. Spoon over meat; cover and bake 10 to 15 minutes until tender.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
639	70.9 g	30.3 g	17.4 g	1.42 g	272 mg	562 mg

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# Pork Piccata

*Yield: 4 servings*

- 1 ¼ pounds pork tenderloin, sliced ¼-inch thick, pounded thin**
- ¼ teaspoon salt substitute, or to taste**
- ¼ teaspoon pepper**
- 3 tablespoons lemon juice**
- 3 tablespoons minced fresh parsley**

Preheat covered skillet to 325°F (165°C).

Pat dry pork medallions. Brown pork about 1 to 2 minutes per side; remove to bowl and keep warm. Stir lemon juice and parsley into drippings in skillet, scraping up any browned bits with wooden spoon. Turn off heat. Return pork to skillet, spooning lemon-parsley mixture on top each piece. Cover; let stand 2 minutes until heated through. Serve at once.

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1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
293	40.6 g	13 g	0.97 g	0.18 g	112 mg	74.9 mg

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# Baked Apples

*Yield: 6 servings*

- ½ cup packed brown sugar**
- 5 tablespoons fresh lemon juice**
- 1 teaspoon minced fresh ginger, or ½ teaspoon ground cinnamon, optional**
- 6 to 7 tart medium apples, unpeeled, ends trimmed flat, halved horizontally, cored**

Preheat covered skillet to 250°F (120°C). Add brown sugar, lemon juice and ginger; blend well and spread over surface. Arrange apple halves in single layer in brown sugar mixture. Cover; cook 8 minutes. Reduce heat to 225°F (105°C). Carefully turn each apple half; cover and cook 5 to 8 minutes until apples are crisp tender. Serve warm with frozen fat-free yogurt or fat-free whipped topping for dessert; or, as a side-dish with pork, chicken or venison.

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1 serving (without topping) contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
144	0.36 g	0.6 g	37.5 g	3.23 g	0 mg	4.89 mg

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# Peach-Blueberry Crisp

*Yield: 8 to 10 servings*

- ¾ cup quick-cook oatmeal (not instant)**
- ¾ cup packed brown sugar**
- ½ cup whole wheat flour**
- 2 tablespoons butter, softened**
- 6 cups sliced fresh peaches, or 1 package (20 ounces) sliced frozen peaches, partially thawed**
- 2 cups fresh blueberries, or 1 package (12 ounces) frozen blueberries, partially thawed**
- 1 tablespoon lemon juice**
- ½ cup sugar**
- 1 tablespoon flour**
- ¼ teaspoon ground nutmeg**
- Cinnamon to taste**
- ½ cup toasted slivered almonds**

Preheat covered skillet to 400°F (205°C). Toast oatmeal in dry skillet, uncovered; cook, stirring occasionally, until lightly browned, about 6 minutes. Reduce heat to 325°F (165°C); remove oatmeal to small bowl and let cool. Add brown sugar and whole wheat flour to oatmeal; blend well. Cut in butter; blend well and set aside.

In skillet, combine peaches and blueberries; drizzle with lemon juice and toss to mix. In cup, whisk together sugar, flour and nutmeg until well blended. Sprinkle over fruit; toss to coat. Cover; cook at 325°F (165°C) 18 minutes until peaches are crisp tender. Sprinkle reserved oatmeal mixture over fruit; lightly dust with cinnamon. Top with almonds. Reduce heat to 225°F (105°C); cook, uncovered, 7 minutes. Turn off heat; let stand, uncovered, 10 minutes. Serve warm with frozen fat-free vanilla yogurt or fat-free whipped topping.



1 serving (without topping) contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
234	3.7 g	7.01 g	42.3 g	3.9 g	6.9 mg	34 mg







