

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Deluxe Convection Toaster Oven Broiler

TOB-135N

IMPORTANT SAFEGUARDS

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

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE, BEFORE PUTTING ON OR TAKING OFF PARTS AND BEFORE CLEANING.**
Allow to cool before cleaning or handling.
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electrical shock, do not immerse cord, plugs or place any part of the toaster oven broiler in water or other liquids. See instructions for cleaning on page 9.
5. Close supervision is necessary when any appliance is used by or near children.
6. **Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the toaster oven broiler to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.**
7. The use of accessory attachments not recommended by Cuisinart may cause injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
10. Do not place toaster oven broiler on or near a hot gas or electric burner or in a heated oven.
11. Do not use this toaster oven broiler for anything other than its intended purpose.
12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the toaster oven broiler.
13. To avoid burns, use extreme caution when removing tray or disposing of hot grease.
14. **When not in use, always unplug the unit.** Do not store any materials other than manufacturer's recommended accessories in this oven.
15. Do not place any of the following materials in the oven: paper, cardboard, plastic and similar products.
16. Do not cover crumb tray or any part of the oven except the baking pan with metal foil. This will cause overheating of the oven.
17. Oversize foods, metal foil packages and utensils must not be inserted in the toaster oven broiler, as they may involve a risk of fire or electric shock.
18. A fire may occur if the toaster oven broiler is covered or touching flammable materials such as curtains, draperies, walls and the like when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
20. Do not attempt to dislodge food when the toaster oven broiler is plugged into electrical outlet.
21. Warning: To avoid possibility of fire, NEVER leave toaster oven broiler unattended during use.
22. Do not rest cooking utensils or baking dishes on glass door.
23. Where applicable, always attach plug to appliance and check that the cooking cycle is stopped before plugging cord into wall outlet. To disconnect, press the START/STOP button to cancel the cooking cycle, then remove plug from wall outlet.
24. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SPECIAL CORDSET INSTRUCTIONS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY
NOT INTENDED FOR
COMMERCIAL USE
SAVE THESE INSTRUCTIONS

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FEATURES AND BENEFITS

1. Blue Backlit LCD Digital Display

Shows selected function, shade setting, temperature, and cooking time. Includes PREHEATING and READY readouts.

2. Selector Dial

Lets you choose cooking functions and set baking time, clock, temperature, and toast shade.

3. Shade Button

Starts shade selection process for Toast or Bagel modes. Choose one of 7 browning levels with the display indicating the shade selected.

NOTE: The oven remembers your last shade setting when it's turned off or unplugged.

4. Temperature (Temp) Button

Starts temperature selection process in Bake, Reheat or Keep Warm mode. You can adjust oven temperature in increments of 25 degrees from 150°F to 450°F.

5. Timer Button

Enter cooking time for Bake, Broil, Keep Warm, Reheat and Convection modes.

6. Start/Stop Button

Starts or stops a cooking function. It also activates the oven when it is in the dormant mode (plugged in but not lit).

Start/Stop Indicator Light

Illuminates when button is pushed and oven is heating up. Flashes to indicate oven needs to be set and has not yet started. Illuminates during operation. Turns off when oven is off.

7. Defrost Button

Use with either Toast or Bagel functions to first defrost and then toast bread.

8. Convection (Conv) Button

Starts convection fan for either Bake or Broil functions.

9. Clock Button

Use to set the displayed time of day.

10. Oven Rack

Has 3 positions: The Upper position has a 50% stop feature so the rack stops halfway out of the oven. It can be removed by lifting the front of rack and sliding out.

11. Easy-clean Interior

The sides of the oven are specially coated, making it easier to wipe and clean the interior of the oven.

12. Slide-out Crumb Tray (not shown)

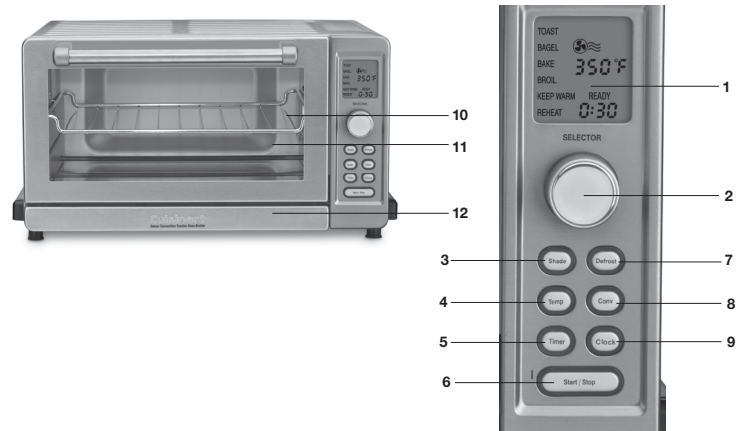
The crumb tray slides out from the front of the toaster oven broiler for easy cleaning. Open oven door to remove.

13. Broiling Rack

Fits into the baking drip pan to use when broiling.

14. Baking/Drip Pan

A baking/drip pan is included for your convenience. Use with the broiling rack when broiling. Use alone when baking or roasting.

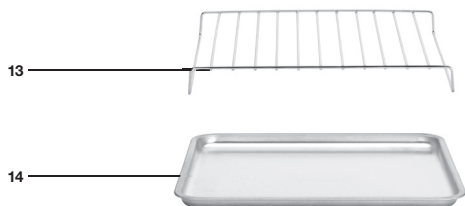


15. Cord Storage (not shown)

Takes up excess cord and keeps countertop neat.

16. BPA-free (not shown)

All materials that come in contact with food are BPA free.



OVEN RACK POSITION GUIDE

All of our recipes give you step-by-step directions and will tell you where the oven rack should be positioned for best results. Please refer to the diagram for oven rack positions. Each position is referred to in the recipe.

WARNING: Placing the rack in the Lower rack position while toasting may result in a fire. Toast only in the Upper rack position.

Lower



Middle



Upper



BEFORE THE FIRST USE

Place your oven on a flat surface. Remove any packaging and promotional labels in or on the oven. Unwind the power cord. Check that the crumb tray is in place and check that there is nothing inside or on top of the oven. Plug power cord into wall outlet.

Before using your oven, make sure it is two to four inches away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces. **DO NOT STORE OBJECTS ON THE TOP OF THE OVEN.**

IF YOU DO, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN. BEFORE FIRST USE, THOROUGHLY WASH THE BAKING PAN, BROILING RACK AND OVEN RACK WITH SOAP AND WATER, AND DRY THEM THOROUGHLY.

GENERAL GUIDELINES

Toast/Bagel: Always have the rack in Upper rack position, as indicated in the diagram at left, for even toasting. Always center your item/items in the middle of the rack.

Bake: Baking function can be used as you would normally use your large kitchen oven for roasting meats including chicken, or baking cakes, cookies and more.

Broil: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to brown the tops of casseroles and gratins.

Caution:

Aluminum foil is not recommended for covering the drip pan. Foil is extremely dangerous when broiling fatty foods. Grease will accumulate and may catch fire. If foil is used to cover drip pan, be sure foil is tucked neatly around the pan and does not touch the walls or heating rods.

Never cover the crumb tray.

Convection: You may turn on the convection fan by pressing the Conv button with Bake or Broil. A fan circulates the heat so food will cook faster and more evenly. This is best used for breads, cakes or other baked goods.

Reheat: Perfect setting for reheating food that has already been cooked.

Keep Warm: Maintains the oven at a low temperature using only the bottom heating elements to keep foods warm without drying out.

Turning off the toaster oven broiler: Any cooking cycle can be stopped by pressing the Start/Stop button at any time. This will stop the heating cycle.

Dormant Mode: The oven will go dormant when cooking cycle is completed. When dormant, the oven has power but is not lit up. Opening the door, pushing any button or turning the Selector dial will activate the dormant oven.

Deactivating Oven Sounds: You have the option of turning off the electronic beeping sounds. To deactivate all beeps, push the Shade and Defrost buttons simultaneously for 2 seconds. To reinstate all beeps, repeat by pushing both the Timer and Shade buttons simultaneously for 2 seconds. If you unplug the oven, all beeps will turn back on.

OPERATION

TOAST

To toast, make sure the oven rack is in Upper rack position, as indicated in the diagram on page 5. If toasting two items, center them in the middle of the rack. Four items should be evenly spaced with two in front, two in back. Close the door. Turn Selector dial to Toast. The Shade and Start/Stop buttons will begin to flash.

Shade Selection

Press Shade button and then turn dial to desired shade setting as indicated by the 7 dots in the LCD digital display from Light (1 dot) to Dark (7 dots).

Start Toasting

Press Start/Stop button to begin toasting. You should not press Start/Stop again, as that would cancel the Toast cycle.

Stop Toasting

When the toasting cycle is finished, the oven will beep and turn off. If you wish to stop the toasting cycle before it is finished, simply press the Start/Stop button, as that will cancel the Toast cycle.

BAGEL

For best bagel results, place your bagels on the oven rack with the cut side

facing up. Make sure the oven rack is in the Upper rack position, as indicated in the diagram on page 5. If toasting two bagel halves, center them in the middle of the rack. Four bagel halves should be evenly spaced with two in front, two in back. To begin toasting your bagel, close the door and turn Selector dial to Bagel. The Shade and Start/Stop buttons will begin to flash.

Shade Selection

Press Shade button and then turn dial to desired shade setting as indicated by the 7 dots in the LCD digital display from Light (1 dot) to Dark (7 dots).

Start Bagel Toasting

Press Start/Stop button to begin toasting your bagel. You should not press Start/Stop again, as that would cancel the Bagel cycle.

Stop Bagel Toasting

When the toasting cycle is finished, the oven will beep and turn off. If you wish to stop the Bagel cycle before it is finished, simply press the Start/Stop button to cancel the bagel cycle.

Important notes on Toast and Bagel functions

<u>Desired Color</u>	<u>Display Light Position</u>
Light	Setting 1 or 2
Medium	Setting 3, 4, or 5
Dark	Setting 6 or 7

Toasting is a combination of drying and cooking the bread. Therefore, differences in denseness and moisture level from one bread to another can result in varying toasting times.

For slightly dry bread or thinly sliced bread, use a lighter setting than you normally would, as it will toast more quickly.

For very fresh bread, thickly sliced bread or whole wheat bread, use a darker setting than normal. Dense, moist bread may also require a darker setting.

Breads with very uneven surfaces (such as English muffins) will require a darker toast setting.

Thickly cut pieces of bread will take longer, since more moisture must be evaporated from the bread before toasting occurs. Very thick pieces may require two cycles.

When toasting raisin or other fruit breads and muffins, remove any loose fruit, etc. from the surface of the bread before placing into the oven. This will help prevent pieces from falling and baking onto the crumb tray.

To prevent overtoasting of a single slice, set browning control to a lighter setting than you normally would.

The Bagel feature adds the appropriate amount of extra time to the toasting cycle to toast your bagels at the color level selected with the touchpad shade control. The Bagel function is designed for the standard bagel size (3 ounces). For deli-size bagels (3–6 ounces) you may need to increase the darkness setting. The Bagel function can also be used to toast English muffins, thick-sliced breads, and thick-sliced specialty Italian or Portuguese breads, which require longer toasting times than an average slice of white bread.

BAKE

Turn Selector dial to Bake. The Timer and Temperature buttons will begin flashing.

Setting Temperature

The preset BAKE temperature is 350°F. To change temperature, press the Temperature button; the temperature display will start flashing. Turn the Selector dial to select temperatures from 150°F to 450°F. To bake at the preset temperature, simply set the time and press Start/Stop.

Setting Timer

To set baking time, press the Timer button. The 30-minute (0:30) preset time will start flashing. Turn the Selector dial to set timer for times from 1 minute to 2 hours. To bake for the preset 30 minutes, simply press Start/Stop.

Start Baking

Press Start/Stop to start heating the oven. The display will read PREHEATING. When the oven reaches the set temperature, it will beep and display will read READY. Place food in oven. The timer will begin counting down. When it reaches zero, the oven will beep and heating elements will turn off. You may stop baking and turn the heating elements off at any time by pushing the Start/Stop button.

BROIL

Turn Selector dial to Broil. The Timer button will begin flashing.

Temperature

The preset broil temperature is fixed at 500°F, so the Temperature button cannot be activated during Broil. As with any broiler, only the top heating elements turn on.

Setting Timer

To set broiling time, press the Timer button. The 10-minute (00:10) preset time will start flashing. Turn the Selector dial to set timer for times different from the preset 10 minutes. To broil for the preset time, simply press Start/Stop.

Start Broiling

Put food on the broiling rack set in the drip pan. Place pan on the rack and press Start/Stop to start heating the broiler. When the timer reaches zero, the oven will beep and turn off. You may stop broiling and turn the heating elements off at any time by pushing the Start/Stop button.

KEEP WARM

The Keep Warm function is programmed to maintain the oven at a low temperature using only the bottom heating elements. To begin, turn Selector dial to Keep Warm. The Timer and Temperature buttons will begin flashing.

Setting Temperature

The preset Keep Warm temperature is 150°F. To change temperature, press the Temperature button; the temperature display will start flashing. Turn the Selector dial to select a temperature higher than the preset 150°F if preferred. To warm at the preset temperature, simply set the time and press Start/Stop.

Setting Time

To set Keep Warm time, press the Timer button. The 30-minute (0:30) preset time will start flashing. Turn the Selector dial to set timer for times from 1 minute to 2 hours. To use the preset time, simply press Start/Stop.

Start Keep Warm

Place food in oven. Press Start/Stop to start heating the oven. The timer will begin counting down. When it reaches zero, the oven will beep and heating elements will turn off. You may stop warming and turn the heating elements off at any time by pushing the Start/Stop button.

REHEAT

Reheat function is programmed to reheat food that has already been cooked. To begin, turn Selector dial to Reheat. The Timer and Temperature buttons will begin flashing.

Setting Temperature

The oven temperature is preset to 325°F for the Reheat mode. To change temperature, press the Temperature button; the temperature display will start flashing. Turn the Selector dial to select a temperature from 150°F to 450°F. To cook at the preset temperature, simply set the time and press Start/Stop.

Setting Time

To set time, press the Timer button. The 20-minute (0:20) preset time will start flashing. Turn the Selector dial to set timer for times from 1 minute to 2 hours. To cook for the preset time, simply press Start/Stop.

Start Reheat

Place food in oven. Press Start/Stop to start heating the oven. The timer will begin counting down. When it reaches zero, the oven will beep and turn off. You may stop cooking and turn heating elements off at any time by pushing the Start/Stop button.

CONVECTION BUTTON

Convection uses a fan to circulate heated air around food as it cooks. Convection cooking cooks food faster and more evenly. Most recipes recommend reducing temperatures by 25°F when using convection.

To Convection Bake, first select Bake and set the oven Temp and Timer. Then press the Conv button. Press Start/Stop to start the oven. You may turn off the convection fan at any time by pressing the Conv button again. As with regular Bake, the oven will begin counting down. When it reaches zero, the oven will beep and the heating elements will turn off. You may stop baking and turn off the heating elements at any time by pushing the Start/Stop button.

To Convection Broil, first select Broil and set the oven timer. Then press the Conv button. Press Start/Stop to start the oven. You may turn off the convection fan at any time by pressing the Conv button again. As with regular Broil, the oven will begin counting down. When it reaches zero, the oven will beep

and the heating elements will turn off. You may stop and turn off the heating elements at any time by pushing the Start/Stop button.

DEFROST BUTTON

The Defrost button can be used with either the Toast or Bagel functions. Defrost is designed to first defrost and then toast bread. Select either the Toast or Bagel setting and select your desired shade using the dial. You may press the Defrost button either before or after setting the shade. After pressing the Defrost button and setting the shade, press the Start/Stop button to begin toasting. The oven will beep at the end of the cycle and the oven will turn off. You may press Start/Stop at any time to stop toasting and turn off the heating elements.

CLOCK BUTTON

To set the displayed time of day, press the Clock button. The time will begin flashing in the display.

Set PM by turning the dial to either show PM or hide PM. Wait a few seconds until PM stops flashing, then turn the dial to begin setting the hour.

To set the hour, turn the dial and again, wait until the hour stops flashing then turn the dial to set the minutes.

The clock will automatically stop flashing after you set the minutes.

NOTES

Increasing or Reducing Cooking Time Mid-Cycle

In Bake, Broil, Reheat, and Keep Warm modes you can change selected cooking time during the heating cycle by simply pushing the Timer button. When the displayed time begins to flash, turn the Selector dial to choose new time. When numbers stop flashing, your new time is set. **DO NOT push Start/Stop again – that would turn off the oven heating elements.**

Increasing or Reducing Temperature Mid-Cycle

In Bake, Leftover and Keep Warm modes, you can change selected cooking temperature during the heating cycle by simply pushing the Temperature button. When the displayed temperature begins to flash, turn the Selector dial to choose a new temperature. When numbers stop flashing, your new

temperature is set. **DO NOT push Start/Stop again – that would turn off the heating elements.**

Increasing or Reducing Shade Mid-Cycle

In Toast or Bagel modes, you can also change selected shade setting during the heating cycle by pushing the Shade button. When the displayed shade begins to flash, turn the Selector dial to choose a new shade. When the shade setting stops flashing, your new shade is set. **DO NOT push Start/Stop again – that would turn off the heating elements.**

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

1. Always unplug the oven from the electrical outlet.
2. Do not use abrasive cleansers, as they will damage the finish. Simply wipe the exterior with a clean damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not to the toaster oven, before cleaning.
3. To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use Brillo pads, etc. on interior of oven.
4. To remove crumbs, slide out the crumb tray and discard crumbs. Wipe clean and replace. To remove baked-on grease, soak the tray in hot sudsy water with nonabrasive cleaners. Never operate the oven without the crumb tray in place.
5. Wire rack, baking pan and crumb tray should be hand-washed in hot sudsy water or use a nylon scouring pad or nylon brush.
6. Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.
7. Any other servicing should be performed by an authorized service representative.

IMPORTANT: After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like new and help to keep toasting consistent, cycle after cycle.

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® Deluxe Convection Toaster Oven Broiler that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Deluxe Convection Toaster Oven Broiler will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund of nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling of such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If your Cuisinart® Deluxe Convection Toaster Oven Broiler should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7475 North Glen Harbor Blvd, Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose \$10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Be sure to include your return address, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order. **NOTE:** For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Deluxe Convection Toaster Oven Broiler has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

NOTES

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

RECIPES

Banana Pecan Crumb Muffins

These muffins are a great way to use up overripe bananas. For a variation, try chocolate chips in the batter in place of the nuts.

Makes 6 muffins

nonstick cooking spray

Crumb topping:

- ¼ cup unbleached, all-purpose flour**
- 2 tablespoons packed light brown sugar**
- 2 tablespoons unsalted butter, cold and cubed**
- ½ teaspoon ground cinnamon**
- ¼ cup pecans, toasted and chopped**
- pinch kosher salt**

Muffin batter:

- 1 cup unbleached, all-purpose flour**
- 1½ teaspoons baking powder**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- 1 large ripe banana, mashed**
- ¼ cup packed light brown sugar**
- ¼ cup whole milk**
- ¼ cup vegetable oil**
- 1 large egg, lightly beaten**
- ¼ cup pecans, toasted and chopped**

1. Preheat oven on Convection Bake at 350°F with the rack in the lower position. Lightly coat a six-cup muffin pan with the cooking spray; reserve.
2. Combine the ingredients for the crumb topping in a small bowl and mash with a fork or clean hand, until the butter is evenly distributed. Set aside.

- For the muffin batter, put the flour, baking powder, salt and cinnamon in a small bowl and stir to combine.
- In a separate bowl, using a hand mixer on medium speed, mix the banana, brown sugar, milk, oil and egg until thoroughly combined. Add the dry ingredients and nuts and mix with a fork until just combined.
- Divide the batter evenly among the prepared muffin cups and sprinkle the crumb topping evenly over each.
- Bake for 18 to 20 minutes, or until a cake tester comes out clean. Let muffins cool in pan for 5 minutes, then turn onto a wire rack to cool completely.

Nutritional information per muffin:

Calories 338 (52% from fat) • carb. 38g • pro. 5g • fat 20g • sat. fat 4g
 • chol. 42mg • sod. 329mg • calc. 94mg • fiber 2g

Lemon-Thyme Scones

A savory version of this tender breakfast favorite. It is perfect when served with soft scrambled eggs, or as a substitute for rolls at your next dinner party.

Makes 8 scones

- 2½ cups unbleached, all-purpose flour**
- 2 tablespoons granulated sugar**
- 2 teaspoons baking powder**
- 1 teaspoon kosher salt**
- 1 tablespoon grated lemon zest**
- 1 tablespoon fresh thyme leaves**
- 6 tablespoons unsalted butter, cold and cubed**
- ¾ cup low-fat buttermilk**
- 1 large egg, lightly beaten**
- 2 tablespoons heavy cream, for brushing**

- Preheat oven on Convection Bake at 375°F with the rack in the middle position. Line the baking tray with parchment paper; reserve.

- Put the flour, sugar, baking powder, salt, zest and thyme into the work bowl of a Cuisinart® Food Processor fitted with the metal chopping blade. Process 10 seconds to combine. Add the butter to the work bowl and pulse until the mixture resembles coarse crumbs.
- In a liquid measuring cup, combine the buttermilk and egg. While pulsing, gradually add the liquid mixture through the feed tube and pulse until mixture just comes together.
- Remove the dough and place onto a clean counter/large cutting board. Form the dough into a 10-inch-long cylinder. Using a sharp knife, cut into 8 equal pieces. Arrange on prepared baking sheet. Brush each scone with heavy cream. Bake in preheated oven for about 20 minutes, or until golden brown.

Nutritional information per scone:

Calories 244 (39% from fat) • carb. 32g • pro. 5g • fat 10g • sat. fat 7g
 • chol. 52mg • sod. 139mg • calc. 51mg • fiber 1g

Zucchini Bread

Warm with spices, this bread stays wonderfully moist – try it toasted with a thin layer of cream cheese for an afternoon snack.

Makes one 2-pound loaf (16 servings)

- nonstick cooking spray**
- 2¼ cups unbleached, all-purpose flour**
- 1½ teaspoons ground cinnamon**
- ¾ teaspoon ground allspice**
- ¼ teaspoon ground nutmeg**
- 1 teaspoon kosher salt**
- 1 teaspoon baking powder**
- ½ cup grapeseed or vegetable oil**
- 1 cup packed light brown sugar**
- 2 large eggs**
- 1 cup shredded zucchini**
- ½ cup toasted walnuts, chopped**
- ½ cup dried cherries or cranberries**

1. Preheat oven on Bake at 325°F with the rack in the lower position. Coat a 9 x 5 x 3-inch loaf pan with cooking spray.
2. In a bowl stir together the flour, spices, salt and baking powder. In a large mixing bowl, whisk together the oil, sugar, eggs and zucchini until combined. Fold the dry ingredients into the wet, being sure to fully incorporate. Stir in the nuts and dried fruit.
3. Pour the batter into the prepared pan and bake for 1 hour, or until a cake tester comes out clean.
4. Cool on a wire rack for 5 minutes then turn the loaf out onto a wire rack to cool completely.

Nutritional information per serving:

*Calories 192 (37% from fat) • carb. 28g • pro. 3g • fat 8g • sat. fat 1g
• chol. 23mg • sod. 183mg • calc. 25mg • fiber 1g*

Spicy Baked Eggs in Tomato Sauce

This zesty Italian-inspired dish would make a great addition to any brunch menu.

Makes 6 servings

- 2** **tablespoons olive oil, divided**
- 4** **garlic cloves, finely chopped, plus 1 garlic clove, halved (for rubbing bread)**
- 1** **small onion, finely chopped**
- ¾** **teaspoon crushed red pepper flakes**
- 2** **sprigs fresh basil (10 to 12 large leaves), plus more for garnish**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- ¼** **cup dry white wine**
- 1** **can (28 ounces) whole peeled plum tomatoes with juices, roughly chopped**
- ¼** **cup heavy cream**

- 6** **1-inch thick slices ciabatta bread**
- 6** **tablespoons grated Pecorino Romano**
- 6** **large eggs, room temperature**

1. Put 1 tablespoon of the oil into a medium saucepan set over medium heat.
2. When the oil is hot add the chopped garlic, onion and red pepper flakes. Sauté until softened, about 5 minutes.
3. Stir in the basil, salt and pepper. Add the wine and deglaze the pan with a wooden spoon. Cook until wine is completely reduced. Stir in the tomatoes and bring to a boil. Reduce the heat to low and partially cover. Simmer sauce for 1 hour, to allow flavors to develop and reduce slightly.
4. Stir in heavy cream and remove sauce from heat. Transfer to a blender and blend until smooth, about 1 minute. Pour the sauce into a shallow baking (either a 9-inch square or oval baking pan, about 1 quart). Reserve.
5. Evenly arrange the ciabatta slices directly on the rack with the rack in the upper position. Set oven to Broil and toast for about 10 to 11 minutes, flipping the slices halfway through, until both sides are golden brown. Remove and immediately rub the toast with the halved garlic and drizzle with remaining oil.
6. Switch the oven rack to the middle position and switch to Bake at 375°F. Sprinkle the Pecorino all over the tomato sauce. Carefully crack the eggs into the sauce, keeping the yolks intact.
7. Place the baking dish into the oven and bake for 18 to 20 minutes, or until whites are just set.
8. To serve, spoon an egg with sauce directly onto a slice of toast and garnish with torn basil. Eat with a knife and fork.

Nutritional information per serving:

*Calories 241 (56% from fat) • carb. 13g • pro. 11g • fat 15g • sat. fat 6g
• chol. 204mg • sod. 682mg • calc. 67mg • fiber 2g*

Savory Caramelized Onion and Two-Tomato Tart

*This tart has a pleasant sweetness to it,
thanks to the caramelized onions and the fresh summer tomatoes.*

Makes one tart (9 servings)

- 1** **tablespoon unsalted butter**
- 1** **medium onion, halved and thinly sliced**
- 2** **garlic cloves, smashed**
- 2** **thyme sprigs, stems removed and discarded**
- ¾** **teaspoon kosher salt, divided**
- 1** **cup mixed red and yellow grape tomatoes, halved**
- 1** **sheet prepared puff pastry, defrosted**
- egg wash (1 large egg and 1 teaspoon water, whisked together)**
- ½** **cup plus 1 tablespoon shredded Comté cheese, divided**
- ¼** **cup fresh ricotta, strained of any excess water**
- 2** **large basil leaves, thinly sliced or torn into small pieces**

1. Put the butter, onion, garlic, thyme and ½ teaspoon of the salt into a medium skillet set over low heat. Cook until the onions are deeply golden, stirring occasionally – the onion must cook slowly, so if it seems as though it is browning too quickly or getting too dark, lower the heat. This process will take about 45 minutes to 1 hour.
2. While the onion is caramelizing, toss the tomatoes in a small bowl with the remaining salt; reserve.
3. Line the baking pan with parchment paper. Roll out the sheet of pastry on a well-floured surface; cut to fit pan and place on the prepared pan, folding over the edges to make a border. Using the tines of a fork, prick the surface of the tart shell all over, in the center and on the border. Brush the egg wash all over the tart shell.

4. Preheat oven on Convection Bake at 400°F with the rack in the lower position. Place the empty tart shell on the rack and bake for 20 minutes. Keep an eye on the shell to make sure the surface does not get too dark. Cover with aluminum foil, if it gets dark before time expires.
5. Once shell is baked and cools slightly, press down center of tart shell slightly to keep edges up. Scatter ¼ cup of the shredded cheese along the bottom of the tart shell. Put ½-tablespoon dollops of the ricotta on top of the cheese evenly across the tart; sprinkle with half of the remaining salt. Top evenly with the onion mixture and then the tomatoes, and finally the remaining cheese and salt. Place back into the oven in the upper rack position. Set oven to Broil for about 8 to 10 minutes, until cheese is melted and golden brown.
6. Scatter the basil on top of the tart before serving.

Nutritional information per serving:

*Calories 172 (38% from fat) • carb. 19g • pro. 8g • fat 7g • sat. fat 3g
• chol. 15mg • sod. 398mg • calc. 111mg • fiber 1g*

Kitchen Sink Nachos

The great thing about this recipe is that you can make it as extravagant or simple as you want – here we go a little overboard and throw in just about everything.

Makes 8 to 10 servings

- 60** tortilla chips (this is an estimate – you need enough to cover the bottom of the baking tray, but can have more or less depending on how many mouths you need to feed)
- $\frac{3}{4}$ cup refried beans (about $\frac{1}{2}$ of a 15.5-ounce can)
- 1** small to medium tomato, chopped
- 1** jalapeño, halved, seeded and thinly sliced
- 2 to 4** scallions, thinly sliced (white and green parts)
- 1** can (4.5 ounces) chopped green chilies
- 1** cup sliced black olives (These can be purchased pre-sliced in a 2.25-ounce can. Be sure to drain them first.)
- 1** cooked chicken leg, shredded (skin and bone removed and discarded)
- 6 to 8** ounces shredded Cheddar and/or Monterey Jack (about $1\frac{1}{2}$ to 2 cups)
- salsa, guacamole and sour cream, for serving
- lime wedges, for serving

1. Line the baking pan with aluminum foil. Evenly distribute the chips in the prepared pan. Distribute the remaining ingredients over the chips, as evenly as possible, in the order listed.
2. Put nachos into the oven with the rack in the upper position and set on Broil. Broil for about 8 to 10 minutes, or until the cheese is fully melted.
3. Serve immediately with salsa, sour cream, guacamole and lime wedges.

Nutritional information per serving (based on 10 servings):

Calories 249 (47% from fat) • carb. 23g • pro. 10g • fat 13g • sat. fat 4g
• chol. 28mg • sod. 448mg • calc. 154mg • fiber 2g

Broccoli Rabe and Sausage Bread

Sweet ricotta complements the slight bitterness and spice of the broccoli rabe and sausage.

Makes one 14-inch roll

- 4** teaspoons grapeseed or vegetable oil, divided
- 2** fresh sweet Italian sausage links, about 12 ounces, casings removed
- 1** tablespoon white wine or fresh lemon juice
- 1** bunch broccoli rabe (no more than 1 pound), trimmed and cut into 2-inch pieces
- 2** garlic cloves, chopped
- $\frac{1}{2}$ teaspoon kosher salt, divided
- $\frac{1}{8}$ teaspoon crushed red pepper flakes
- $\frac{1}{2}$ cup ricotta
- $\frac{1}{4}$ cup shredded mozzarella
- $\frac{1}{4}$ cup grated Pecorino or Parmesan
- pinch ground nutmeg
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1** pound pizza dough, store-bought or homemade* unbleached, all-purpose flour, for rolling dough
- egg wash (1 large egg and 1 teaspoon water, whisked together)

1. Put 1 teaspoon of oil in a medium to large sauté pan set over medium-high heat. Once hot, add the sausage, breaking up with a heatproof spatula. Cook until no longer pink, about 6 to 8 minutes. Add white wine or lemon juice and scrape up the brown bits from the bottom of the pan. Cook until liquid has evaporated. Remove and reserve sausage in a large mixing bowl.

2. Add the remaining oil and reduce heat to medium. Add broccoli rabe — it will look like a lot but will shrink as it cooks. Sauté for about 7 to 8 minutes, or until just tender, stirring in the garlic, pinch of salt and red pepper flakes halfway through cooking. Remove from the heat and set aside with the sausage to cool slightly.
3. Once the sausage and broccoli rabe are cool to the touch, add the cheeses, nutmeg, pepper and remaining salt; stir to combine completely.
4. Preheat oven on Convection Bake at 350°F with the rack in the lower position. Line the baking pan with parchment paper; reserve.
5. Punch down pizza dough on a lightly floured surface. With the tips of your fingers, gently press out dough into a 14 x 8-inch rectangle, turning and stretching as needed. If any tears appear, pinch the dough back together.
6. Evenly spread the broccoli/sausage/cheese mixture all over the dough in a single layer, leaving a 1-inch border around the outside.
7. Brush the border of the dough with the egg wash. Starting with the long end farthest from you, roll the dough into a log (like a jelly-roll) to the center of the rectangle. Take the long end closest to you and tightly pull it back over the dough in the center to cover and complete the roll. Pinch to seal all along the seam. Fold the ends of the dough in on each side and pinch to seal. Roll the dough over so it is seam side down and place on the prepared baking pan. Brush all over with egg wash and with a paring knife, cut 3 evenly spaced slits in the top.
8. Bake for 40 minutes or until golden brown and cooked through, rotating the pan halfway through cooking. Remove and allow bread to rest 5 minutes before slicing. Serve warm.

Nutritional information per serving (based on 12 servings):

Calories 172 (38% from fat) • carb. 19g • pro. 8g • fat 7g • sat. fat 3g
 • chol. 15mg • sod. 398mg • calc. 111mg • fiber 1g

**Visit www.cuisinart.com for a simple pizza dough recipe.*

Baked Pasta with Veggies

If you can't find gemelli, any short, shaped pasta works well here for holding onto cheese and veggies in each bite.

Makes 6 to 8 servings

- nonstick cooking spray**
- ½ pound dried gemelli pasta**
- 1½ cups broccoli florets**
- 1 teaspoon olive oil**
- 1 small red onion, chopped**
- 1 small yellow bell pepper, cut into ½-inch slices**
- ½ teaspoon kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- 2 garlic cloves, finely chopped**
- 3 ounces fresh goat cheese, room temperature**
- 4 ounces Emmenthal (Swiss), shredded**
- 2 tablespoons grated Parmesan**
- 4 to 6 basil leaves, thinly sliced**

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray; reserve.
2. Fill a large saucepan with water and bring to a boil. Cook the pasta according to package directions to al dente doneness. During the last 2 minutes of cooking, add the broccoli to the pot. When ready to drain, scoop the broccoli out of the pot and reserve separately. Drain pasta and reserve back in pot. Separate any remaining broccoli.
3. Heat the oil in a medium skillet over medium heat. Add the onion, bell pepper, ¼ teaspoon of the salt and all the black pepper. Cook the vegetables for 6 to 8 minutes, until softened. Add the broccoli florets during the last 2 to 3 minutes of cooking. Add the garlic during the last minute.

4. Remove the pan from the heat and add the vegetables directly to the pot with the cooked pasta. Add the remaining ingredients, including the remaining salt, and stir to thoroughly combine.
5. Preheat oven on Bake at 325°F with the rack in the lower position.
6. While the oven is preheating, transfer the pasta to the prepared baking pan. Cover with foil and place the pan in the oven. Bake for 25 minutes, remove the foil and bake for an additional 5 minutes, until cheese is melted and pasta is heated through.

Nutritional information per serving (based on 8 servings):

Calories 217 (34% from fat) • carb. 24g • pro. 11g • fat 8g • sat. fat 4g
 • chol. 19mg • sod. 251mg • calc. 202mg • fiber 1g

Old-Fashioned Macaroni and Cheese

Extra-creamy, this will become a family favorite.

Makes 8 servings

- nonstick cooking spray
- ½ pound elbow macaroni
- 1 teaspoon olive oil
- ¼ cup (4 tablespoons) unsalted butter
- 3 tablespoons unbleached, all-purpose flour
- 3 cups whole milk
- 2 cups (about 6 ounces) shredded cheese (we use a variety of Cheddar, Gruyère and Monterey Jack for ultimate creaminess and flavor)
- ¾ teaspoon kosher salt
- ¼ teaspoon ground mustard
- pinch ground nutmeg
- dash hot sauce
- 1½ cups prepared white-bread croutons, divided

1. Lightly coat a 9-inch square or round baking pan with cooking spray; reserve.
2. Cook macaroni according to the package instructions. Drain pasta and rinse under cold water. Toss with the olive oil to prevent sticking; reserve.
3. Put the butter into a medium saucepan set over medium heat. Once melted, stir in the flour until smooth. Continue to cook, constantly stirring, for about 2 minutes to cook the flour. While whisking, slowly add the milk to the butter/flour mixture. Raise the heat slightly to bring the milk to a boil, while stirring. Once it reaches a boil, reduce the heat to maintain a simmer, stirring so a film does not form on the bottom of the pot. Cook until the sauce becomes very thick, about 30 to 45 minutes. Once thickened, stir in the shredded cheeses until sauce is smooth. Add the salt, ground mustard, nutmeg, hot sauce and then the macaroni, stirring to combine. Finally, stir in 1 cup of the croutons, and remove from heat.
4. Preheat oven on Bake at 350°F with the rack in the lower position.
5. Pour the macaroni and cheese into the prepared pan. Scatter the remaining ½ cup of croutons on the top and loosely cover with aluminum foil. Bake for 30 minutes. Carefully remove the foil and switch the oven to Broil for an additional 5 minutes to brown the top.

Nutritional information per serving:

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

Stuffed Pork Chops with Green Chiles, Apples and Sage

*This sweet and savory stuffing blend is a perfect complement to
grilled pork chops.*

Makes 4 servings

- 4 green chile peppers (like Anaheim or poblano), about 10 ounces**
- 2 tablespoons unsalted butter**
- 1 small red onion, finely chopped**
- 1 small green apple, cut into small dice**
- 2 garlic cloves, crushed**
- ¾ teaspoon kosher salt, divided**
- ½ teaspoon freshly ground black pepper, divided**
- 3 tablespoons granulated sugar**
- ¼ cup dry white wine**
- 2 tablespoons thinly sliced sage**
- ¼ cup finely shredded Cheddar**
- 4 boneless pork chops, about 2 pounds, 1½ inches thick**
- 1 teaspoon olive oil**

1. Preheat oven on Convection Bake at 425°F with the rack in the upper position. Place the chile peppers on the baking tray and put into oven. Roast for about 30 minutes, turning peppers halfway through cooking time. When evenly browned, place the peppers into a bowl and cover tightly with plastic wrap. Once cool, remove and discard skins and seeds and then roughly chop the peppers.
2. Put butter into a medium sauté pan set over medium heat. Once melted, add the onion, apple, garlic, ½ teaspoon of the salt and ¼ teaspoon of the pepper and sauté until softened, at least 10 minutes. Add the chopped chile peppers and stir to combine and blend the ingredients. Cook for an

additional 5 minutes and stir in the sugar and white wine and cook until wine is evaporated.

3. Once all the wine is evaporated, remove from the stove and stir in the sage. Allow to cool slightly before stirring in the Cheddar.
4. Before cooking, cut a pocket into the long side of the pork chop that runs just about the full length and width of the chop without cutting through to the other side. Sprinkle the chops inside and out with remaining salt and pepper and then stuff each with about ¼ cup of the filling. Tie together with butcher's twine in two places along the pork chop.
5. Rub each chop with olive oil and place on the baking tray fitted with the broiling rack. Preheat oven on Convection Bake at 425°F with the rack in the upper position. Once oven is preheated, put tray in oven and bake for about 20 minutes. Internal temperature at pork chops should register 140°F. Let rest 5 minutes in oven before serving.

Nutritional information per serving:

*Calories 310 (38% from fat) • carb. 14g • pro. 32g • fat 13g • sat. fat 5g
• chol. 107mg • sod. 291mg • calc. 68mg • fiber 1g*

Turkey Meatloaf

Veggies are added for flavor in this healthier version of meatloaf.

Makes about 10 servings

- 1** **teaspoon olive oil**
- 1** **small onion, finely chopped**
- 1** **small carrot, finely chopped**
- 1** **small celery stalk, finely chopped**
- 2** **garlic cloves, finely chopped**
- ¾** **teaspoon kosher salt, divided**
- ½** **teaspoon freshly ground black pepper, divided**
- 8** **baby bella (crimini) mushrooms, chopped**
- 1½** **cups old-fashioned oats, divided**
- ½** **cup chicken broth, low sodium**
- 2** **large eggs, lightly beaten**
- ⅓** **cup ketchup**
- 1** **tablespoon tomato paste**
- 1½** **pounds ground turkey**
- 1** **tablespoon chopped fresh parsley**
- nonstick cooking spray**

1. Put the oil in a medium skillet over medium heat. Once the oil is hot and shimmering across the pan add the onion, carrot, celery, garlic, ½ teaspoon of the salt and ¼ teaspoon of the pepper. Sauté until fragrant and soft, about 8 to 10 minutes. Add the mushrooms and continue to sauté until soft, an additional 5 to 10 minutes. Allow to cool slightly.
2. Put 1 cup of oats with the chicken broth into a large mixing bowl and mix to coat the oats. Stir in the eggs, ketchup and tomato paste. Add the ground turkey, cooked vegetables, with remaining salt, pepper, remaining oats and parsley.
3. Using hands or a large spoon, gently blend ingredients together until completely combined. Be careful not to overmix.
4. Coat the inside of a loaf pan with nonstick cooking spray and place meatloaf mixture into pan. Preheat oven on Convection Bake at 350°F with the rack in the lower position. Once preheated put the meatloaf in the oven and bake for 50 minutes.
5. Meatloaf is done when internal temperature registers 165°F. Allow to rest slightly before removing from pan and slicing.

Nutritional information per serving:

*Calories 238 (48% from fat) • carb. 13g • pro. 18g • fat 13g • sat. fat 3g
• chol. 106mg • sod. 405mg • calc. 41mg • fiber 2g*

Classic Herb-Roasted Chicken

A combination of dried and fresh herbs dress up this classic bird.

Makes 4 to 6 servings

- 1 **tablespoon olive oil**
 - 1 **teaspoon dried basil**
 - 1 **teaspoon dried thyme**
 - 1 **tablespoon chopped fresh rosemary**
 - 1 **teaspoon kosher salt**
 - 1 **teaspoon freshly ground black pepper**
 - 1 **lemon, halved**
 - 1 **whole chicken (3½ to 4 pounds), rinsed and patted dry**
 - 2 **garlic cloves, smashed**
1. Preheat oven on Convection Bake at 375°F with the rack in the lower position. Line the baking pan with parchment paper; reserve.
 2. In a small bowl, combine the oil, herbs, salt and pepper to make a paste. Set aside.
 3. Squeeze the lemon halves all over the outside and inside of the chicken. Stuff the chicken with the lemon halves and garlic cloves. Rub the herb paste all over the skin of the chicken. Tie the chicken with butcher's twine and place on the prepared pan and into the oven.
 4. Cook the chicken for 1 hour 15 minutes to 1 hour 25 minutes, or until juices run clear when the thigh is pierced (internal temperature should be 165°F in the breast and 170°F in the thigh). Let the chicken rest for at least 5 to 10 minutes before carving.

Nutritional information per serving (based on 6 servings):

*Calories 598 (65% from fat) • carb. 2g • pro. 50g • fat 42g • sat. fat 12g
• chol. 198mg • sod. 566mg • calc. 42mg • fiber 2g*

Rosemary Garlic Lamb Chops

The simple marinade makes these chops tender and flavorful!

Makes 3 to 6 servings

- 1 **pound lamb loin chops (about 6), each ½- to ¾-inch thick**
 - ½ **teaspoon kosher salt, divided**
 - ¼ **teaspoon freshly ground black pepper**
 - ¼ **teaspoon chili powder**
 - 2 **fresh rosemary sprigs, each broken to release flavor**
 - 4 **garlic cloves, crushed**
1. Toss the lamb chops with ¼ teaspoon of the salt, the pepper, chili powder, rosemary and garlic. Refrigerate for at least one hour and up to overnight.
 2. When ready to cook remove chops from refrigerator and place on baking tray fitted with the broiling rack. Preheat oven on Convection Bake at 450°F with the rack in the upper position. Season chops with remaining salt.
 3. Once oven is preheated place lamb in oven and set timer to 5 to 7 minutes depending on thickness of chops. Once time expires, set oven to Broil for 3 minutes. Lamb is medium rare when internal temperature is 130°F.
 4. Allow lamb to rest about 5 minutes before serving.

Nutritional information per serving (based on 6 servings):

*Calories 181 (53% from fat) • carb. 1g • pro. 20g • fat 10g • sat. fat 5g
• chol. 6mg • sod. 247mg • calc. 16mg • fiber 0g*

Cod with Artichokes and Cherry Tomatoes

Tangy capers, earthy artichokes and sweet cherry tomatoes brighten the flavor of this mild whitefish.

Makes 4 servings

- 12 ounces cod fillet, cut into four 3-ounces fillets**
- 1 can (14 ounces) artichoke hearts, drained and quartered**
- ½ cup cherry tomatoes, halved**
- ¼ cup black oil cured black olives, pitted and halved**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 tablespoon extra virgin olive oil**
- 1 tablespoon fresh lemon juice**
- 2 tablespoons drained capers**

1. Preheat oven on Bake at 425°F with the rack in the middle position. Line the baking pan with parchment paper; reserve.
2. Rinse and pat the fish dry.
3. Spread the artichokes, tomatoes and olives in center of the baking pan, and evenly arrange the fish fillets on top. Season with the salt and pepper. Drizzle the oil and lemon juice all over, and evenly distribute the capers.
4. Bake until the fish is just cooked through, and flakes easily with a fork, about 12 to 17 minutes depending on the thickness of the fillets.

Nutritional information per serving:

*Calories 144 (34% from fat) • carb. 6g • pro. 17g • fat 5g • sat. fat 1g
• chol. 37mg • sod. 705mg • calc. 16mg • fiber 3g*

Middle Eastern Stuffed Acorn Squash

Not only are the flavors rich and delicious, but the varying textures in this dish stand out at any dinner table.

Makes 4 servings

- 2 acorn squashes (about 1¼ pounds each), halved lengthwise and seeded**
- 1 tablespoon olive oil, divided**
- ¾ teaspoon kosher salt, divided**
- ¾ teaspoon freshly ground black pepper, divided**
- 1 large shallot, finely chopped**
- 1 cup Israeli (pearl) couscous**
- 1 cup chickpeas, drained and rinsed**
- ½ teaspoon ground cumin**
- ½ teaspoon ground cinnamon**
- 2¼ cups chicken broth, low sodium**
- ½ cup chopped dried apricots**
- ¼ cup shelled pistachios, toasted**

1. Preheat oven on Bake at 350°F with the rack in the lower position.
2. Line the baking tray with foil and put the squash halves, cut side up, on top. Brush the inside of each squash with ½ teaspoon of the oil and sprinkle each with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Bake until the flesh of the squash is just fork-tender, about 30 minutes. Remove and set aside.
3. While squash is baking, put the remaining teaspoon of olive oil in a saucepan set over medium heat. Once hot, add the shallot and sauté until softened, about 5 minutes. Add the couscous, chickpeas, cumin, cinnamon and remaining salt and pepper. Sauté for 1 minute to toast the couscous.

4. Add the broth. Bring to a strong simmer and cook partially covered, stirring occasionally for about 18 to 20 minutes, until almost all the liquid is absorbed by the couscous and the filling has a creamy consistency. Remove the pan from the heat, stir in the apricots and pistachios, and cover. Let sit for 5 minutes.
5. Evenly divide the couscous mixture among the squash halves. Return squash to the oven and bake until just golden on top, about 10 to 12 minutes.

Nutritional information per serving:

Calories 476 (16% from fat) • carb. 88g • pro. 16g • fat 9g • sat. fat 1g
 • chol. 0mg • sod. 497mg • calc. 149mg • fiber 11g

Spanakopita

Paired with a big Greek salad and a glass of white wine, this is a perfect evening meal.

Makes one 9-inch tart (9 servings)

Filling:

- 1½ **teaspoons olive oil**
- 1 **small to medium onion, finely chopped**
- 1 **garlic clove, finely chopped**
- 2 **scallions, trimmed and finely chopped**
- ½ **teaspoon kosher salt, divided**
- pinch freshly ground black pepper**
- 12 to 16 ounces fresh or frozen spinach (if using frozen, defrost and drain very well over a colander lined with a clean towel)**
- 8 **ounces feta, crumbled**
- ¼ **cup loosely packed chopped fresh parsley**
- 1 **tablespoon chopped, fresh dill**
- pinch ground nutmeg**
- 1 **large egg, lightly beaten**

- 1 **large egg yolk, lightly beaten**
- 1 **teaspoon fresh lemon juice**

Filo layers:

- 1 **stick (½ cup) unsalted butter, melted and cooled to room temperature**
 - ½ **package prepared filo dough, defrosted, and cut into a 9 x 9-inch square (keep covered with a damp towel and plastic wrap until ready to use)**
 - 1 **cup finely ground plain breadcrumbs**
1. Put the oil in a large skillet set over medium heat. Add the onion, garlic and scallions, and a pinch each of the salt and pepper. Sauté until onion is translucent and softened. Add the spinach, a little at a time, and sauté until bright and wilted. Remove and cool to room temperature.
 2. Once the spinach mixture has cooled, transfer to a large mixing bowl with the remaining filling ingredients and mix until combined.
 3. Brush a 9-inch square baking pan generously with the melted butter. Fit one filo sheet into the pan, brush generously with melted butter, and then sprinkle with about 1 tablespoon of the breadcrumbs. Repeat to make eight layers.
 4. Top the eighth layer with all of the spinach filling and smooth using a spatula or spoon to make it level. Top with one piece of filo, brush generously with melted butter and top with 1 tablespoon of the breadcrumbs. Repeat with the remaining pieces of filo in the same manner. Brush the top layer with butter only. Using a sharp knife, score the top to make nine even squares.
 5. Preheat oven on Bake at 350°F with the rack in the lower position. Bake for 1 hour, until the top is well browned. Allow to cool slightly before serving.

Nutritional information per serving:

Calories 326 (54% from fat) • carb. 28g • pro. 10g • fat 20g • sat. fat 11g
 • chol. 90mg • sod. 679mg • calc. 200mg • fiber 2g

Twice-Baked Potatoes

Here we give you the groundwork for the classic twice-baked potato, but you can top them with just about anything from shredded cheese and chopped broccoli to salsa and sliced avocado.

Makes 6 servings

- 6** medium russet potatoes, scrubbed
- 1** tablespoon olive oil
- ¼** cup whole milk
- ½** stick (4 tablespoons) unsalted butter
- ¼** cup crème fraîche
- ¾** teaspoon kosher salt
- ½** teaspoon freshly ground black pepper
- 2** tablespoons chopped fresh chives

1. Preheat oven on Convection Bake at 400°F with the rack in the upper position.
2. With the tines of a fork, evenly prick each potato 6 to 8 times. Divide the oil evenly over the potatoes and rub into the skins. Place potatoes directly on the rack and bake for 40 to 45 minutes until cooked through. Remove and set aside until potatoes are cool enough to handle. Reduce oven temperature to 350°F and move the rack to the middle flipped position. Line the baking pan with foil and set aside.
3. Slice off the top quarter of each potato and scoop out the cooked flesh into a large bowl, leaving an ⅛-inch-thick border of shell.
4. To the potato flesh, add the milk and butter. Using a potato masher, mix together until smooth. Add the crème fraîche, salt, pepper and chives. Continue to mash until completely combined. Divide the potato mixture evenly to fill all the shells.
5. Arrange the potatoes on the prepared tray and bake for 30 to 35 minutes, until potatoes are warmed throughout and golden on top.

Note: Potatoes may be prepared a day ahead through step 4. Cover and refrigerate. Bring to room temperature before baking.

Nutritional information per potato:

Calories 278 (38% from fat) • carb. 38g • pro. 5g • fat 12g • sat. fat 7g
• chol. 28mg • sod. 306mg • calc. 46mg • fiber 5g

Garlic Bread

The garlic butter creates a very rich and decadent bread – ideal for pasta night.

Makes 12 servings

- 6** garlic cloves
- ½** cup (1 stick) unsalted butter, softened
- ¼** teaspoon kosher salt
- pinch** freshly ground black pepper
- 1** ciabatta loaf (12 inches in length), halved horizontally
- 1 to 2** tablespoons grated Parmesan

1. Line the baking pan with foil or parchment paper, reserve.
2. Put the garlic in the work bowl of a Cuisinart® Food Processor or mini chopper fitted with the metal chopping blade. Process until finely chopped. Scrape down and add the butter, salt and pepper. Process, scraping down the sides of the bowl as needed, until completely combined.
3. Spread the garlic butter on top of each halved piece of the ciabatta. Top with the Parmesan.
4. Place the bread, buttered side up, on the prepared tray. Put bread into oven with the rack in the upper position. Set to Broil for 6 to 8 minutes, or until nicely golden on top. Allow to cool for a few minutes before slicing and serving.

Nutritional information per serving:

Calories 170 (47% from fat) • carb. 18g • pro. 4g • fat 9g • sat. fat 5g
• chol. 21mg • sod. 221mg • calc. 10mg • fiber 1g

Buttery Dinner Rolls

After your first bite, you will never go back to store-bought rolls again.

Makes 12 rolls

- 1/3 cup whole milk, plus 1 tablespoon for brushing**
- 6 tablespoons unsalted butter, plus 1 tablespoon for brushing**
- 3 tablespoons granulated sugar**
- 1 3/4 teaspoons active dry yeast**
- 3 tablespoons warm water (105°F–110°F)**
- 3 cups bread flour**
- 3/4 teaspoon kosher salt**
- 1 egg, lightly beaten**

1. In a small saucepan combine the milk, butter and sugar. Warm over low heat until the butter is melted. Remove from heat and set aside until cooled to room temperature.
2. Dissolve the yeast in the warm water in a large measuring cup. Let stand 5 minutes, or until mixture is foamy. Put the flour and salt in the work bowl of a Cuisinart® Food Processor fitted with the dough or metal chopping blade and process for 10 seconds.
3. Add the melted butter mixture and egg to the yeast/water mixture. With the machine running, slowly add the liquids through the feed tube and process until a dough ball forms. Continue processing for 45 seconds to knead the dough. Shape the dough into a smooth ball, and put it in a clean mixing bowl and cover with plastic wrap. Let rise in a warm place until the dough has doubled in size, about 60 minutes.

4. Lightly butter a 9-inch round baking pan. Punch down the dough and divide into 12 equal pieces (about 1 1/2 to 1 3/4 ounces each). Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and let rise until doubled in size, about 30 to 40 minutes.
5. Preheat oven on Convection Bake at 375°F with the rack in the middle position. Melt the remaining tablespoon of butter and combine with the remaining tablespoon of milk in a small bowl. Gently brush the tops of the rolls with butter/milk mixture. Bake rolls for 15 minutes until golden brown and an internal temperature of 190°F is reached.
6. Remove rolls from the pan and cool slightly before serving.

Nutritional information per roll:

*Calories 183 (35% from fat) • carb. 26g • pro. 4g • fat 7g • sat. fat 5g
• chol. 34mg • sod. 153mg • calc. 13mg • fiber 1g*

Popovers

*Light and airy, these are best served hot out of the oven.
Perfect as an accompaniment to roast beef,
or when served simply with sweet butter.*

Makes 6 popovers

- 3 tablespoons unsalted butter**
- 1 cup whole milk**
- 3 large eggs, room temperature**
- 1 cup unbleached, all-purpose flour, sifted**
- 1/2 teaspoon kosher salt**
- softened butter or nonstick cooking spray for ramekins**

1. Put the butter and milk in a small saucepan set over medium-low heat. Warm until butter has melted; remove and cool to room temperature.

- Put the eggs in a medium to large mixing bowl. Add the cooled butter/milk mixture and whisk until homogenous. Add the flour and salt and whisk until completely smooth.
- Preheat oven on Convection Bake at 375°F with the rack in the lower position. Heavily butter, or coat with non-stick cooking spray, six 5-ounce ramekins. Evenly divide the batter among the ramekins. Put in the oven directly on the rack and bake for 40 minutes, or until very deeply browned and puffed. Remove from oven and carefully un-mold from ramekins. Serve immediately.

Nutritional information per popover:

Calories 177 (47% from fat) • carb. 17g • pro. 6g • fat 9g • sat. fat 5g
 • chol. 112mg • sod. 243mg • calc. 60mg • fiber 0g

Rosemary Focaccia

*For a variation on this Italian staple,
 top with some chopped kalamata olives.*

Makes 12 servings

- 2¼ teaspoons (1 standard packet) active dry yeast**
- ¼ teaspoon granulated sugar**
- ⅓ cup warm (105°–110°F) water**
- 4 cups unbleached, all-purpose flour**
- 2½ teaspoons kosher salt, divided**
- ½ cup cold water**
- 3 tablespoons olive oil, divided**
- nonstick cooking spray**
- 2 tablespoons chopped fresh rosemary**

- Dissolve the yeast and sugar in the warm water. Let stand 3 to 5 minutes, or until mixture is foamy.
- Put the flour and 1 teaspoon of salt in the work bowl of a Cuisinart® Food Processor fitted with the dough or metal chopping blade; process 10 seconds to combine. Add cold water and 2 tablespoons of the oil to the yeast mixture.
- With the machine running, slowly pour the liquid through the feed tube. Process until a dough ball forms. Continue to let the machine run another minute to knead.
- Place the dough in a lightly floured sealable plastic bag. Let rise in a warm place until doubled in size, about 45 minutes to 1 hour.
- Preheat oven on Convection Bake at 400°F with the rack in the lower position. Lightly coat the baking pan with nonstick cooking spray.
- Turn the dough out onto a floured surface. Roll out into a rectangle and then fit onto the prepared pan, stretching the ends of the dough to meet the edges of the baking tray. Using your fingers, make indentations in the dough over the entire surface. Brush the dough with the remaining olive oil, and sprinkle the remaining salt and the rosemary over the top. Cover with plastic wrap and let rise until puffy, about 20 minutes
- Remove the plastic and bake until golden and crisp, about 20 minutes. Let cool slightly on wire rack before serving.

Nutritional information per serving:

Calories 166 (19% from fat) • carb. 30g • pro. 4g • fat 1g • sat. fat 1g
 • chol. 0mg • sod. 476mg • calc. 1mg • fiber 1g

Buttermilk Biscuits

These biscuits are so light and tender that you will want to make them every night.

Makes 8 biscuits

- 1¼ cups unbleached, all-purpose flour**
- ¼ cup cake flour**
- 1½ teaspoons cream of tartar**
- 1 teaspoon baking soda**
- pinch granulated sugar**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 4½ tablespoons unsalted butter, cold and cut into ½-inch cubes**
- ½ cup low fat buttermilk**
- 1 tablespoon unsalted butter, melted, for brushing**

1. Preheat oven on Convection Bake at 400°F with the rack in the middle position. Line baking pan with parchment paper; reserve.
2. Put the flours, cream of tartar and baking soda into the work bowl of a Cuisinart® Food Processor fitted with the metal chopping blade. Process for 10 to 15 seconds to combine well. Add the sugar, salt and pepper and process for an additional 5 seconds. Add the cold butter and pulse until the mixture resembles coarse crumbs, about 6 to 8 pulses. While pulsing, slowly add the buttermilk until just incorporated, about 2 to 3 pulses.
3. Pour the dough out onto a lightly floured surface. Gently and carefully knead 2 to 3 times to ensure the dough is fully mixed. Form into a log and cut into 8 equal pieces. Place on the prepared pan, leaving a bit of space between them to ensure even baking.
4. Bake for about 10 minutes, or until golden brown. Remove and brush liberally with the melted butter. Serve immediately.

Nutritional information per biscuit:

*Calories 230 (50% from fat) • carb. 25g • pro. 4g • fat 13g • sat. fat 8g
• chol. 35mg • sod. 600mg • calc. 37mg • fiber 1g*

Strawberry Shortcakes

With a few tweaks, our flaky biscuit recipe does double duty as the base for this classic dessert.

Makes 6 shortcakes

- 1 recipe prepared buttermilk biscuit dough (increase sugar to 2 tablespoons and reduce salt to ¼ teaspoon)**
- ½ cup plus 1 tablespoon heavy cream, divided**
- 2 tablespoons granulated sugar, divided**
- ¼ teaspoon pure vanilla extract**
- 2 tablespoons confectioners' sugar**
- 2 cups strawberries, hulled and quartered**

1. Preheat oven on Convection Bake at 400°F with the rack in the middle position. Line the baking pan with parchment paper; reserve.
2. Shape the dough into six rounds and evenly space on the baking sheet. Brush tops with 1 tablespoon of the heavy cream and sprinkle evenly with 1 tablespoon of the sugar.
3. Bake the shortcakes for 12 minutes, rotating the pan halfway through until golden brown. Remove from oven and let cool to room temperature.
4. Combine the remaining ½ cup of heavy cream, vanilla and confectioners' sugar in a medium bowl. Using a hand mixer fitted with whisk attachment, whip the cream until medium peaks are formed. Cover and chill in the refrigerator until ready to use. In a small bowl, combine the strawberries and remaining tablespoon of sugar; reserve until serving.
5. Slice the cakes in half horizontally with a serrated knife. Evenly divide the whipped cream and berries on the bottom cake halves and then top with the other shortcake half.

Nutritional information per serving:

*Calories 322 (46% from fat) • carb. 39g • pro. 4g • fat 16g • sat. fat 11g
• chol. 53mg • sod. 318mg • calc. 32mg • fiber 1g*

Fresh Berry Tart

Use one or a mix of all three berries for this beautiful and festive tart.

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

- 1** recipe pâte sucrée (recipe follows)
- 4** ounces bittersweet or semisweet chocolate, chopped
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{8}$ cup plus 1 tablespoon granulated sugar
- pinch kosher salt
- 8** ounces mascarpone, room temperature
- 1** vanilla bean, seeds scraped (discard pod or save for another use)
- 3 to 4** cups berries (raspberries, blueberries, blackberries)

1. On a lightly floured surface roll the dough into a 10-inch disc. Fit into an ungreased 9-inch tart pan or pie plate and chill for 20 minutes. Prick the dough evenly all over with a fork, making sure not to go entirely through the dough.
2. Preheat oven on Bake at 350°F with the rack in the lower position. Line the pie shell with parchment and fill with dried beans, rice or pie weights. Bake the crust for 15 to 20 minutes, until the dough beneath the parchment is dry. Remove the parchment with weights and bake the shell for an additional 5 to 8 minutes, or until shell is lightly browned. Remove from oven and cool completely.
3. In a heatproof bowl set over a pot of simmering water, melt the chocolate. Pour the chocolate into the cooled tart shell and smooth with an offset spatula to cover the bottom evenly. Chill the tart in the freezer for 5 minutes or until chocolate has hardened.

4. In a medium bowl, whip the heavy cream to soft peaks and set aside. In another medium bowl, using a Cuisinart® hand mixer on medium speed, whip the mascarpone with the sugar, salt and vanilla seeds until lightened and ingredients are fully combined. Gently fold the whipped cream into the mascarpone mixture, $\frac{1}{3}$ at a time, until completely incorporated.
5. Spread the mascarpone cream into the prepared shell on top of the chocolate, smoothing the top with an offset spatula. Decoratively arrange the berries over the cream, covering as much of the cream as possible. Chill the tart in the refrigerator for 30 minutes before serving.

Nutritional information per serving (based on 12 servings):

*Calories 325 (58% from fat) • carb. 31g • pro. 4g • fat 22g • sat. fat 13g
• chol. 70mg • sod. 115mg • calc. 31mg • fiber 3g*

Pâte Sucrée

Use any leftover from this sweet dough for simple cookies – just roll and cut into your favorite shapes.

Makes one single-crust, 9-inch tart

- 1¼ cups unbleached, all-purpose flour**
- ⅙ teaspoon kosher salt**
- 1 stick (½ cup) unsalted butter, cubed, room temperature**
- ¼ cup granulated sugar**
- 1 large egg, room temperature**
- ¼ teaspoon pure vanilla extract**

1. Put the flour and salt into a small mixing bowl. Whisk to combine and set aside.
2. Using a Cuisinart® hand mixer on medium speed, beat the butter in a medium bowl until light and creamy. Gradually add the sugar and mix together until lightened and fully combined. Add the egg and vanilla and mix until incorporated.
3. Add the flour and mix on low speed until the dough just comes together. Form dough into a flat disc, wrap in plastic and chill in the refrigerator for at least 2 hours or preferably overnight until ready to use.

Nutritional information per serving (based on 12 servings):

*Calories 131 (53% from fat) • carb. 13g • pro. 2g • fat 8g • sat. fat 5g
• chol. 36mg • sod. 30mg • calc. 2mg • fiber 0g*

Chocolate Chip and Cherry Bread Pudding

A great make-ahead dessert – from the oven to the table in an hour.

Makes 6 to 8 servings

- 1 loaf (1 pound) challah bread, cut into 1-inch cubes (about 10 cups)**
- ½ cup semi- or bittersweet chocolate chips**
- ⅓ cup dried cherries**
- 4 large eggs, lightly beaten**
- ⅓ cup granulated sugar**
- ½ teaspoon kosher salt**
- 1½ cups whole milk**
- 1½ cups heavy cream**
- 2 teaspoons pure vanilla extract**
- nonstick cooking spray (or softened butter)**

1. Place the bread cubes, chocolate chips and cherries in a large bowl. Toss to combine; reserve.
2. Put the eggs, sugar and salt into a mixing bowl and whisk until light and frothy. Add the milk, heavy cream and vanilla and continue to whisk until well combined. Pour liquid mixture over the bread and chips. Gently stir to fully coat. Cover with plastic and allow to rest in the refrigerator for a minimum of 3 hours, and up to overnight.
3. Preheat oven to Bake at 350°F with the rack in the lower position.
4. Lightly coat a 9-inch round baking pan with the nonstick spray (or brush with butter). Transfer the soaked bread mixture into the pan. Lightly cover with aluminum foil and bake for 1 hour. Bread pudding is done when it is nicely puffed and the internal temperature registers 160°F. Serve immediately with freshly whipped cream.

Nutritional information per serving (based on 8 servings):

*Calories 484 (49% from fat) • carb. 50g • pro. 12g • fat 27g • sat. fat 15g
• chol. 188mg • sod. 450mg • calc. 154mg • fiber 2g*

Honey-Roasted Peaches with Cream

Minimal ingredients let the peaches shine in this fresh, summertime dessert.

Makes 8 servings

Peaches:

- 4** medium-firm peaches, halved and pitted
- 1/3** cup honey
- 1/4** teaspoon kosher salt
- 1 1/2** teaspoons fresh lemon juice

Honey Cream:

- 1/2** cup heavy cream
- 1** tablespoon honey
- 1/2** teaspoon pure vanilla extract
- pinch** kosher salt
- amaretti cookies, crushed, for garnish**

1. Preheat oven on Bake at 375°F with the rack in the lower position.
2. In a large mixing bowl, toss the peaches, honey, salt and lemon juice together until peaches are fully coated. Arrange the peaches cut side down in a 9-inch square baking pan. Spread excess honey mixture over the peaches. Put the pan in the oven and bake for 25 minutes, until peaches are softened and slightly caramelized. Let peaches sit about 5 minutes to cool slightly.
3. Either by hand or with a hand mixer fitted with the whisk attachment, whip the cream in a medium bowl to achieve soft peaks, gradually adding the honey, vanilla and salt as the cream thickens.
4. Transfer the cooked peaches to a platter and pour the honey cream over them. Garnish with cookies and serve.

Nutritional information per serving:

Calories 128 (35% from fat) • carb. 21g • pro. 1g • fat 5g • sat. fat 4g
• chol. 20mg • sod. 107mg • calc. 5mg • fiber 1g

Bittersweet Espresso Brownies

Fudgy and rich, these brownies are just the thing when you need a quick chocolate fix.

Makes 16 brownies

nonstick cooking spray

- 3/4** (1 1/2 sticks) cup unsalted butter, cubed
- 4** ounces unsweetened chocolate, chopped
- 4** ounces bittersweet chocolate, chopped
- 2** tablespoons cocoa powder
- 2** teaspoons espresso powder
- 3** large eggs
- 1 1/2** cups granulated sugar
- 2** teaspoons pure vanilla extract
- 1/2** cup unbleached, all-purpose flour
- 3/4** teaspoon kosher salt

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray and line with parchment paper. Preheat oven on bake at 350°F with the rack in the middle position.
2. Put the butter and both chocolates into a heatproof bowl and place over a pot of simmering water. Once the butter/chocolate mixture is almost completely melted, stir in cocoa powder and espresso powder. Once chocolate is completely melted, set aside to cool to room temperature.
3. Using a Cuisinart® hand mixer beat the eggs to break them slightly, then gradually add the sugar. Mix until light and thickened, about 1 to 2 minutes. Add vanilla and beat until well combined.
4. Stir the flour and salt into the chocolate mixture until just incorporated. Fold the chocolate mixture into the egg mixture until the batter is no longer streaky.
5. Pour the batter into prepared pan. Bake for 15 to 20 minutes, until edges are just dry. Cool completely and chill in the refrigerator overnight before cutting and serving.

Nutritional information per brownie:

Calories 249 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 10g
• chol. 57mg • sod. 120mg • calc. 12mg • fiber 2g

