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# Eat Well

## Recipes





# Baked Orzo

## SERVES 8

**Prep Time: 5 mins Total Time: 30 mins**

- 2 tbsp (30 mL) olive oil
- 1 onion
- 2 bell peppers, any color
- 2 cups (500 mL) vegetable broth
- 2 cups (500 mL) orzo pasta
- 1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained
- 1 can (15.5 oz./440 g) chickpeas, drained and rinsed
- 2 tbsp (30 mL) **Greek Rub**
- ¼ tsp (1 mL) red pepper flakes
- ¼ tsp (1 mL) salt
- 5 oz. (150 g) baby spinach leaves
- Optional: Crumbled feta cheese, sliced kalamata olives

1. Preheat the oven to 400°F (200°C).
2. Heat the oil in the **6-qt. (5.7-L) Enameled Cast Iron Dutch Oven** over medium heat for 3-4 minutes.
3. Working in batches, chop the onion and bell peppers in the **Manual Food Processor**. Add to the Dutch oven and cook until softened, about 3–4 minutes.
4. Add the broth, orzo, tomatoes, chickpeas, rub, red pepper flakes, and salt; bring to a simmer.
5. Remove from the heat. Stir in the spinach. Cover and bake until the liquid has been absorbed and the orzo is soft, about 12–14 minutes.
6. If you like, top with feta and olives.

### Cook's Tip

Stir in **Enrichable™ Pea Protein** before serving.

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# Braised Chicken

## SERVES 4

**Prep Time: 5 mins Total Time: 40 mins**

- 1 large or 2 small leeks, trimmed
- 4 slices bacon
- 4 bone-in, skin-on chicken thighs (6 oz./175 g each)
- 4 bone-in, skin-on chicken legs (4 oz./125 g each)
- 2 tsp (10 mL) **Lemon Pepper Rub**
- 4 garlic cloves, pressed
- ½ cup (125 mL) pinot grigio or white cooking wine
- 3 tbsp (45 mL) butter
- 1 tbsp (15 mL) Dijon mustard
- 2 tbsp (30 mL) all-purpose flour
- 1 cup (250 mL) chicken stock
- 5 sprigs fresh thyme
- 2 cups (500 mL) baby spinach leaves
- Optional: Mashed potatoes, rice, or pasta

1. Slice the leeks and cut the bacon into ½" (1-cm) pieces. Heat the **6-qt. (5.7-L) Enameled Cast Iron Dutch Oven** over medium-high heat for 1 minute. Add the bacon and cook until crisp and brown, about 5–7 minutes, stirring occasionally.
2. Pat the chicken thighs and legs dry with paper towels and season each side with the rub. Remove the bacon with a slotted spoon and set aside.
3. Reduce the heat to medium. Working in two batches, brown the chicken, skin-side down, about 5 minutes (see cook's tip). Flip and cook an additional minute. If there's more than 2 tbsp (30 mL) of oil in the pan, drain the extra.
4. Add the leeks to the pan and cook for 1 minute. Add the garlic and cook until fragrant, about 20–30 seconds. Add the wine, cook until reduced, about 3–4 minutes.
5. Add the butter and mustard. Once the butter has melted, stir in the flour until combined. Add the stock, bacon, and thyme; stir.
6. Add the chicken thighs and legs back into the pan and place the spinach on top. Cover and cook on medium-low until the chicken reaches 165°F (74°C), about 13–15 minutes.
7. If you like, serve with mashed potatoes, rice, or pasta.

### Cook's Tip

The bottom of the pan will get dark when browning the chicken. Don't worry, once you add the wine, those brown bits will release into the sauce and add a deeper, richer flavor. Yum!



# Cauliflower Curry

## ➤ SERVES 6

**Prep Time: 5 mins Total Time: 35 mins**

Curry

- 1 ½" (1-cm) piece fresh gingerroot
- ½ medium head cauliflower, cut into florets (about 2 cups/500 mL florets)
- 1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained
- ½ cup (125 mL) water
- ¼ cup (60 mL) raw unsalted cashews
- 3 garlic cloves
- ½ small onion, quartered
- 1½ tsp (7 mL) granulated sugar
- 1½ tsp (7 mL) ground coriander
- ½ tsp (2 mL) ground cumin
- 1¼ tsp (6 mL) salt
- Optional: ¼ tsp (1 mL) ground cayenne pepper

Basmati Rice

- 1 cup (250 mL) basmati rice
- 2 cups (500 mL) water, plus additional for soaking
- 2 tsp (10 mL) olive oil
- ¼ tsp (1 mL) salt

Add-Ins

- 1 can (15.5 oz./411 g) chickpeas, drained and rinsed
- 1 cup (250 mL) frozen peas
- Optional: **Enrichables™ Kale & Fiber** or **Pea Protein**

Optional Toppings

- Chopped cilantro
- Chopped cashews

1. Grate the ginger with the **Microplane® Zester** to measure ½ tsp (2 mL). Add the ginger and remaining curry ingredients (excluding the add-ins) to the **Deluxe Cooking Blender**. Replace and lock the lid. Turn the wheel to select the HEATED PUREE setting; press the wheel to start.
2. Add the rice to a medium bowl and add water to cover. Let the rice soak for 10 minutes. Drain and rinse the rice with the **Fine Mesh Strainer**.
3. Add the rice, water, oil, and salt to the **3-qt. (3-L) Micro-Cooker® Plus**. Cover and microwave on HIGH for 15 minutes.
4. Let the rice stand, covered, for 5 minutes, then fluff with a fork.
5. When the timer on the blender is up, press CANCEL. Remove the vented lid cap and carefully add the add-ins. Replace the cap and press the PULSE button once or twice to combine.
6. Serve the curry over the rice and garnish with cilantro and cashews.

### Cook's Tip

Add a packet of **Enrichable™ Kale & Fiber** or **Pea Protein** packet in step 5 with the add-ins.

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Kale & Fiber
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made from
2 CUPS (500 mL)
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# Farfalle with Green Sauce

## SERVES 6

**Prep Time: 5 mins Total Time: 25 mins**

- 12 oz. (350 g) farfalle pasta
- 4 cups (1 L) water
- 4 oz. (125 g) white cheddar cheese
- 2 oz. (60 g) fresh Parmesan cheese
- ¾ cup (175 mL) fresh parsley leaves
- 4 oz. (125 g) cream cheese, softened
- ⅓ cup (75 mL) milk
- ¼ cup (60 mL) Greek yogurt
- 1 garlic clove
- ¼ tsp (1 mL) salt
- 1–2 pkts. **Enrichables™ Kale & Fiber**

1. Combine pasta and water in the **Rockcrok® Dutch Oven**. Micowave, covered, on HIGH, for 14–16 minutes, stirring halfwary through cooking. Drain the excess liquid.
2. Grate the cheddar with the **Microplane® Adjustable Coarse Grater**. Grate the Parmesan with the **Microplane® Adjustable Fine Grater**.
3. Place the parsley in the **Manual Food Processor**. Process until finely chopped. Add the cream cheese, milk, yogurt, garlic pressed with the **Garlic Press**, and salt to the processor. Process until smooth.
4. Add the cream cheese mixture, cheeses, and **Enrichables™ Kale & Fiber** to the pasta and stir well.
5. Top with additional parsley and Parmesan cheese, if desired.

### Cook's Tip

To add chicken to this recipe, preheat the **Nonstick Grill Pan** over medium heat for 3–5 minutes. Grill 1 lb. (450 g) of chicken tenders for 6–8 minutes, or until the internal temperature reaches 165°F (75°C), turning halfway through cooking.

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# Quick Cooker Salsa Chicken Lettuce Wraps

## SERVES 8

**Prep Time: 10 mins Total Time: 33 mins**

- 2 lbs. (1 kg) boneless, skinless chicken breasts
- 2 tbsp (30 mL) **Southwestern Seasoning Mix**
- 1 small onion
- 1 jalapeño (optional)
- 2 garlic cloves
- 1 cup (250 mL) chunky salsa
- 2 heads butter lettuce or 16 tortilla shells

Optional: Cheddar cheese, radishes, Greek yogurt or sour cream, cilantro, avocado

1. Season the chicken breasts with the **Southwestern Seasoning Mix** and place them in the **Quick Cooker.**
2. Cut the onion into chunks. Cut the top off a jalapeño (if using) and remove the seeds by scraping them out with the **Coated Utility Knife**. Place the onion and jalapeño into the **Manual Food Processor** and process until coarsely chopped.
3. Place the onion, jalapeño, garlic cloves pressed with the **Garlic Press**, and salsa into the Quick Cooker. Lock the lid and select the CHICKEN/POULTRY setting. Press START.
4. Meanwhile, separate the leaves of the butter lettuce for wraps. Prep optional toppings like cheese, radishes, or cilantro.
5. When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.
6. Transfer the chicken and vegetables to a bowl.* Chop the chicken with the **Salad Chopper**. Serve the chicken with the lettuce wraps and optional toppings.

**Cook's Tip**

For a simpler version, you can omit the onion, jalapeño, and garlic.

**Safety Tip:** *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

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# Superfood Salad

## ➤ SERVES 1

**Prep Time: 5 mins Total Time: 10 mins**

Salad

- 1 orange
- 1 oz. (30 g) baby spinach leaves (about 1 cup/250 mL packed)
- 4 oz. (125 g) purple cabbage
- 4 oz. (125 g) cauliflower (about 1 cup/250 mL florets)
- ½ red bell pepper

Dressing

- 2 tbsp (30 mL) **Basic Vinaigrette**
- 1 tsp (5 mL) honey
- ⅛ tsp (0.5 mL) ground cinnamon

Toppings

- ¼ cup (50 mL) chickpeas, rinsed and drained
- 2 tbsp (30 mL) shelled unsalted pistachios

1. Add the spinach, cabbage, cauliflower, and bell pepper to the colander of the **Salad Cutting Bowl** and rinse. Cut the orange into quarters lengthwise. Save one quarter for the dressing. Peel the remaining orange and add it to the bowl. Place the cutting platform on top of the colander and twist until the notches are aligned.
2. Flip the bowl over and use the **Coated Chef's Knife** to cut along the slots. Gently lift the colander and turn it one quarter turn; slice again. Continue turning and slicing until produce reaches the desired size. Place the colander into the bowl.
3. Pour the basic vinaigrette and remaining dressing ingredients into the condiment container and shake until combined. Add dressing and toppings to the condiment container side of the cutting platform and place it on top of the bowl. Cover with the lid.
4. When you're ready to eat, slide out the colander to pour the salad into the bowl. Add dressing and toppings.

### Cook's Tip

If you're preparing this recipe for a larger party, consider making it two or even three times to have enough servings for your guests.

### Basic Vinagrette

- 6 tbsp (90 mL) olive oil
- 4 tbsp (50 mL) white wine vinegar
- 2 tbsp (30 mL) water
- ¼ tsp (1 mL) salt
- 1/8 tsp (0.5 mL) ground black pepper

Add the oil, vinegar, water, salt, and pepper to the **Measure, Mix & Pour®**, mix until blended. Store remaining vinaigrette in your fridge up to one week.

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