

GEORGE FOREMAN™

**Searching for foods
roasted
to the peak of
perfection?
Looking for flavor
deep within
each bite?**

**Meet the new
George Foreman™
Lean Mean Contact
Roasting Machine!**

COOKING

Roasting has typically involved lots of heat in the kitchen and a mess in the oven. Not *Any*more! The George Foreman™ Lean Mean Contact Roasting Machine is a revolutionary roasting machine that is compact, yet powerful enough to produce delicious, mouth-watering meals.

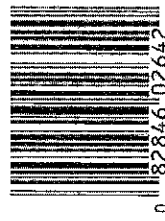


This book is only the beginning of your adventure into the world of contact roasting. Try exciting dishes like:

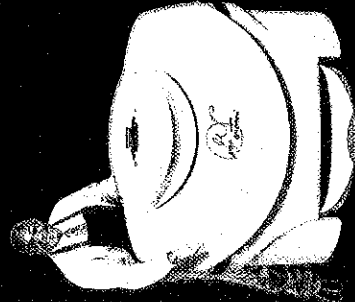
- ☆ Slow-Roasted Beef Cross Rib Roast
- ☆ Spicy Bangkok Pork Roast
- ☆ Chinese Five-Spice Roasted Chicken
- ☆ Greek Roasted Lamb with Crisped Brown Potatoes
- ☆ Italian Roasted Vegetables
- ☆ Mexican Pizza Melt
- ☆ Poached Anjou Pears in Ginger Syrup
- ☆ Cinnamon Dusted Raspberry and Apple Crumble

Included with each recipe is a nutritional analysis so that you can choose which recipes best fit your healthy lifestyle. And, the last word on the

George Foreman Lean Mean Contact Roasting Machine is that clean-up is a breeze! Roast your way to delicious meals every day of the week!



The Lean Mean Contact Roasting Machine Recipe Book



THE GEORGE FOREMAN



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I N T R O D U C T I O N

Introducing the George Foreman™ Lean Mean Contact Roasting Machine and the recipes inside this book! Here you'll find favorites like *Slow Roasted Beef Cross Rib Roast*, *Fresh Herb Roasted Chicken* and *Greek Roasted Lamb with Crisped Brown Potatoes*, but you'll also find some new, innovative and fun recipes like *Savory Rolled Flank Steak*, *Spinach & Bacon Stuffed Turkey Breast* and *Light & Easy Summer Vegetable Frittata*.

Because the George Foreman Lean Mean Contact Roasting Machine offers direct heat in a compact space, you'll discover that foods can be roasted, baked or steamed quickly and easily. Take a look at the variety of recipes offered here—appetizers, desserts, meatless entrées, roasted vegetables and meats, poultry and seafood—what a wealth of delicious choices! Whether you try these new recipes or use your own favorites, we know you'll enjoy the George Foreman Lean Mean Contact Roasting Machine every day of the week.



C H A P T E R

HINTS FOR USING YOUR GEORGE FOREMAN™ LEAN MEAN CONTACT ROASTING MACHINE

Your George Foreman™ Lean Mean Contact Roasting Machine is oh-so-easy to use! Here are a few hints to enhance your foods during preparation and roasting or baking.

- As meats roast, fat and juices will drain into the Drip Tray. Check the Tray periodically to make sure that it is not full and discard any juices or fat that are collected from the Tray. Be careful of hot liquids that may have collected.
- Times for roasting beef, lamb, pork, poultry and fish will vary due to the cut of the meat. Use a cooking thermometer to test for doneness to avoid undercooking. Meats such as beef and lamb should be roasted to an internal temperature of 145°F to 170°F. Pork should be cooked to an internal temperature of 160°F to 170°F. Poultry should be roasted to an internal temperature of 170°F to 180°F.
- Although the George Foreman Contact Roasting Machine has a nonstick coating, you may want to lightly coat the interior of the Contact Roasting Machine or the inside of the Baking Pan prior to preheating for extra ease during clean-up.

■ Use caution when putting foods in and taking foods out of the Contact Roasting Machine. The Contact Roasting Machine gets hot and you'll want to use oven mitts whenever transferring foods.

■ Use plastic or wooden utensils to preserve the nonstick properties of the interior. Use a long-handled plastic spoon or ladle if you are adding ingredients while the food is in the Contact Roasting Machine.

■ In many of these recipes, reduced fat or fat-free ingredients can be used as alternatives. Cholesterol-free egg substitute, reduced-fat margarine, fat-free whipped topping, fat-free cheeses and other options will help you maintain a healthy lifestyle while enjoying the full flavor of your foods.

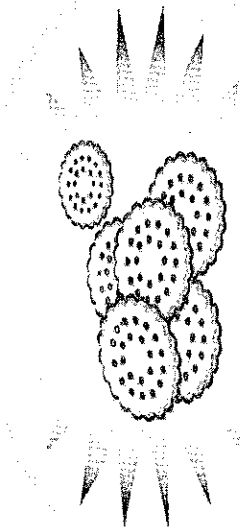
■ Beef, lamb and pork roasts can be high in fat. Reduce your fat intake by selecting small portions (6 ounces or less) and eating these foods only occasionally. Remove all visible fat.

■ The skin of chicken, turkey, game hen and other poultry is very high in fat and contributes most of the calories of this meat. It is best to remove the skin before eating whenever possible. You'll find nutritional counts for the poultry in this booklet listing poultry with skin and without skin so that you can make your choices carefully.

■ Roasted vegetables are so easy and incredibly delicious when roasted in the George Foreman Lean Mean Contact Roasting Machine! Roughly chop fresh vegetables, drizzle with a bit of olive oil and seasonings and roast for 35 to 45 minutes, or until the vegetables are very tender. Excellent!

C H A P T E R

APPETIZERS & 24/7 SNACK RECIPES



Creamy Roasted Garlic Spread

This smooth and robust spread pairs very well with crisp vegetables or small triangles of pita bread.

-
- 1-16 oz. can cooked garbanzo beans, drained
 - 3 cloves garlic, peeled and roughly chopped
 - $\frac{1}{2}$ t. salt
 - $\frac{1}{4}$ t. freshly ground black pepper
 - $\frac{1}{4}$ c. fresh lemon juice
 - $\frac{1}{2}$ c. water
 - 2 T. toasted sesame seeds
-

Using a blender or food processor, combine the garbanzo beans, garlic, salt, pepper, juice and water and process to a smooth paste. Add water if the spread seems too thick and adjust seasonings to your taste. Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray and, using a plastic spatula, spread the mixture evenly in the pan. Sprinkle the sesame seeds over the spread. Using oven mitts, place the spread in the Contact Roaster and set the Timer for 30 minutes. Serve immediately with vegetables, crackers or pita bread. Serves 12.

NUTRITIONAL ANALYSIS: Calories: 40 Total Fat: 1 g Saturated Fat: 0 g % calories from fat: 17 Carbohydrates: 7 g Protein: 2 g Cholesterol: 0 mg Sodium: 179 mg

Zesty Roasted Pumpkin Seeds

A simple-to-prepare and nutritious snack for kids of all ages.

-
- 1 lb. raw pumpkin seeds, unsalted
 - $\frac{1}{8}$ t. seasoning salt
-

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray and add the pumpkin seeds. Sprinkle the salt over the seeds and toss gently to combine. Using oven mitts, place the seeds in the Contact Roaster and set the Timer for 15 minutes. Using a long-handled plastic spoon, stir the seeds well. Re-set the Timer for 15 minutes. Allow the seeds to cool before serving and keep any leftover seeds in a plastic, resealable bag. Makes about 20 servings.



NUTRITIONAL ANALYSIS: Calories: 101 Total Fat: 4 g Saturated Fat: 1 g % calories from fat: 38 Carbohydrates: 12 g Protein: 4 g Cholesterol: 0 mg Sodium: 12 mg

George's Favorite Roasted Veggie Burritos

This is an excellent way to enjoy your daily vegetables. Substitute seasonal vegetables for the ones listed here and create your own variations!

- 1 sweet red pepper, seeded and cut into thin slices
- 1 green pepper, seeded and cut into thin slices
- 1 purple onion, peeled and cut into thin slices
- 2 zucchini, cut into thin, matchstick-sized pieces
- 1 T. extra virgin olive oil
- 1 t. salt
- ½ t. freshly ground black pepper
- 4 large flour tortillas
- ½ c. fat-free sour cream
- ½ c. fresh tomatoes, chopped

Preheat the Contact Roaster. In a large bowl, combine the vegetables with the olive oil, salt and pepper, mixing thoroughly. Lightly coat the Baking Pan with cooking spray and add the vegetables. Using oven mitts, place the vegetables in the Contact Roaster and set the Timer for 30 minutes.

While the vegetables are roasting, soften the tortillas by wrapping them in paper towels and heating them in the microwave oven for 30 seconds on High. (You may also soften them in the oven by wrapping in a slightly moist towel and heating at 325°F for 5-7 minutes).

To assemble the burritos, place one-fourth of the vegetables in the middle of one tortilla. Add a generous dollop of sour cream and top with tomatoes. Tuck the ends of the burrito in and wrap the sides of the burrito over the vegetables and serve immediately. Repeat with the remaining burritos. Serves 4.

NUTRITIONAL ANALYSIS: Calories: **470** Total Fat: **4 g** Saturated Fat: **<1 g** % calories from fat: **21** Carbohydrates: **28 g** Protein: **5 g** Cholesterol: **0 mg** Sodium: **804 mg**

Cracklin' Sweet Cornbread

You just can't serve chili without a side of cornbread and the best cornbread ever is this slightly sweet and tender bread. Drizzle with a bit of honey or eat warm straight from the Baking Pan. Delicious!

- ½ c. cornmeal
- 1 c. flour
- ⅓ c. sugar
- 1 ½ t. baking powder
- ¼ t. salt
- ½ c. lowfat milk
- ¾ c. butter, margarine or lowfat margarine
- 2 eggs, beaten (use egg substitute, if preferred)
- ¼ c. lowfat cheddar cheese, shredded

Lightly coat the Baking Pan with cooking spray and preheat the Contact Roaster. In a medium bowl, mix the cornmeal, flour, sugar, baking powder and salt. Add the milk and butter slowly. Add the eggs and stir only enough to blend (over-mixing will result in a tough texture). Pour the cornbread into the Baking Pan and scatter the cheese evenly over the bread. Using oven mitts, place the cornbread in the Contact Roaster and set the Timer for 35 minutes. When done, remove the bread from the Baking Pan with a plastic spatula. Allow the bread to cool slightly and cut into small triangles. Serves 8.

NUTRITIONAL ANALYSIS: Calories: **231** Total Fat: **11 g** Saturated Fat: **2 g** % calories from fat: **30** Carbohydrates: **30 g** Protein: **6 g** Cholesterol: **48 mg** Sodium: **546 mg**

Mexican Pizza Melt

A perfect, hearty snack for hungry kids.

- 2 large flour tortillas
- ½ c. prepared enchilada sauce
- 1 c. canned fat-free refried beans
- ½ small zucchini, washed and thinly sliced
- ½ c. fresh tomatoes, diced
- ¼ c. black olives, sliced
- 2 green onions, sliced
- ½ c. mozzarella cheese, finely grated
- ¼ c. Jack cheese, finely grated
- 1 t. extra-virgin olive oil

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray. Cut the flour tortillas as needed to completely cover the bottom of the Baking Pan with the tortillas. Overlap the pieces to fit, if necessary.

With a plastic spatula, spread the beans over the tortillas and smooth the enchilada sauce over the beans. Place the zucchini over the sauce and layer the tomatoes, olives, onions, mozzarella cheese and Jack cheese in succession. Sprinkle the olive oil over all.

Using oven mitts, place the pizza in the Contact Roaster and set the Timer for 30 minutes. The pizza is done when the cheese is bubbly and the pizza is cooked through. To serve, cut triangular wedges of pizza, using a plastic spatula and spoon. Serve immediately. Serves 4 hungry kids or 6 adults.

NUTRITIONAL ANALYSIS: Calories: **240** Total Fat: **9 g** Saturated Fat: **2 g** % calories from fat: **33** Carbohydrates: **32 g** Protein: **9 g** Cholesterol: **5 mg** Sodium: **738 mg**

Spanakopitta (Greek Baked Spinach & Feta Cheese Pie)

An appealing appetizer or light entrée using classic Greek ingredients.

- 1-10 oz. package frozen, chopped spinach, thawed and well-drained
- ¼ c. white onion, finely diced
- ¼ c. green onion, finely sliced
- 2 T. fresh parsley, finely minced
- 2 T. fresh dill, finely minced
- 1 t. salt
- ½ t. freshly ground black pepper
- 2 eggs (or egg substitute)
- ½ c. feta cheese, crumbled
- 1 c. lowfat ricotta cheese
- 10 phyllo pastry sheets
- 2 T. extra-virgin olive oil, divided

Preheat the Contact Roaster and lightly coat the Baking Pan with cooking spray. In a large bowl, combine the spinach, white onion, green onion, parsley, dill, salt and pepper. Mix well. Add the eggs, feta cheese and ricotta cheese. Mix well again.

(continued next page)

To assemble the pie, spread 1 sheet of phyllo over the Baking Pan. Allow the edges of the pastry to hang outside the Baking Pan. Brush the pastry lightly with a small amount of olive oil. Continue layering the phyllo pastry, using 5 sheets on the bottom of the pie. Pour the spinach and cheese mixture into the pan and tuck in the edges of pastry.

Place 1 sheet of pastry over the top of the pie, tucking in any edges, brush the pastry lightly with a bit of olive oil and repeat the process with the remaining 4 layers of pastry as directed. Tuck in any remaining edges of pastry and brush lightly with olive oil.

Score the pie with a knife in 3 or 4 places with small strokes to allow the steam to escape from the pie as it is cooking. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 45 minutes.

To serve, scoop out individual servings of pie and serve while warm. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 215 Total Fat: 11 g Saturated Fat: 4 g % calories from fat: 45 Carbohydrates: 17 g Protein: 14 g Cholesterol: 116 mg Sodium: 433 mg

Sweet Onion Quiche

Vidalia onions have never been sweeter than in this exquisite quiche.

- 3 large Vidalia or Maui onions, peeled and thinly sliced
- 1 T. butter, margarine or diet margarine, if preferred
- 1 ½ c. garlic and cheese croutons, finely crushed
- ½ t. salt
- ¼ t. freshly ground black pepper
- ½ t. fresh thyme, finely minced
- 3 eggs, beaten (or egg substitute)
- 1 c. milk (or lowfat milk)

Preheat the Roaster Oven and lightly coat the Baking Pan with cooking spray. Place the onions evenly in the Baking Pan and dot with the butter. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 20 minutes. Remove the onions from the Baking Pan and cool the onions for 10 minutes.

Meanwhile, preheat the Contact Roaster again. Do not clean the Baking Pan, however lightly coat the surface again with cooking spray. Scatter the crushed croutons over the bottom of the Pan. Layer the translucent onions over the croutons. In a small bowl, mix together the salt, pepper, thyme, eggs and milk and carefully pour over the onions.

Replace the Baking Pan in the Contact Roaster and set the Timer to 45 minutes. The quiche is done when a knife inserted in the middle comes out clean and the top is lightly browned. Serves 6.

NUTRITIONAL ANALYSIS: Calories: 377 Total Fat: 16 g Saturated Fat: 1 g % calories from fat: 27 Carbohydrates: 41 g Protein: 13 g Cholesterol: 97 mg Sodium: 949 mg

Inside-Out Baked Potatoes

Slow roasting brings out the earthy, mild flavor of the potatoes and the sweet-roasted flavor of the vegetables.

2 baking potatoes, clean and well-scrubbed

1 T. extra-virgin olive oil

¼ lb. lowfat ham, diced

½ c. lowfat cheddar cheese, grated

Vegetable toppings of your choice: ripe diced tomatoes, black olives, chopped broccoli, diced sweet red pepper

1 T. extra-virgin olive oil

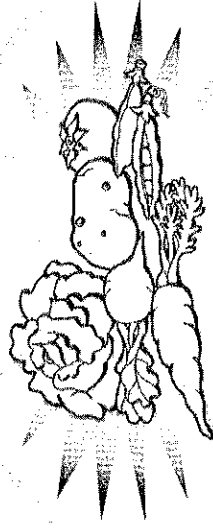
Preheat the Contact Roaster. Cut each potato in half lengthwise and score deeply on each side of the potatoes, lengthwise and widthwise, without piercing through the skin. Place each opened potato in the Baking Pan and sprinkle evenly with 1 tablespoon of olive oil. Using oven mitts, place the potatoes in the Contact Roaster and set the Timer to 60 minutes. Open the Contact Roaster and, using a long-handled plastic spoon, layer the ham and cheddar cheese equally over the potatoes and top with your choice of vegetables. Sprinkle the vegetables with olive oil. Set the Timer to 10 minutes.

The potatoes will be done when a fork easily passes through the meat of the potato. Remove the potatoes from the Pan with a plastic spoon and ladle onto 2 or 4 individual plates. Makes 2 large servings or 4 small servings.

NUTRITIONAL ANALYSIS: Calories: **158** Total Fat: **11 g** Saturated Fat: **2 g** % calories from fat: **60** Carbohydrates: **6 g** Protein: **10 g** Cholesterol: **24 mg** Sodium: **462 mg**

C H A P T E R

ENTRÉE ACCOMPANIMENTS



Italian Roasted Vegetables

Splurge on fresh herbs instead of dried, if possible, to bring out the very best flavors of these sweet-roasted vegetables.

-
- 1 c. carrots, peeled and sliced into rounds
 - 2 zucchini, cleaned and sliced into rounds
 - 1 c. eggplant, roughly diced
 - 1/2 c. portabello mushrooms, cleaned and roughly diced
 - 1/2 c. porcini mushrooms, cleaned and thickly sliced
 - 2 cloves garlic, minced
 - 1 T. balsamic vinegar
 - 1/4 c. extra-virgin olive oil
 - 1/2 t. fresh parsley, finely minced
 - 1/2 t. fresh rosemary, finely minced
 - 1/2 t. fresh sage, finely minced
-

Preheat the Contact Roaster. In a large bowl, mix together the carrots, zucchini, eggplant, portabello mushrooms, porcini mushrooms and garlic. Add the vinegar, oil and herbs and toss well to thoroughly coat the vegetables. Pour the vegetables into the Baking Pan and, using oven mitts, place the Baking Pan in the Contact Roaster. Set the Timer to 45 minutes. Serve the vegetables while warm. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 160 Total Fat: 14 g Saturated Fat: <1 g % calories from fat: 75 Carbohydrates: 9 g Protein: 2 g Cholesterol: 0 mg Sodium: 15 mg

Roasted Yukon Gold Potatoes

This simple side dish is a great accompaniment to a beef or pork entrée.

-
- 4 Yukon Gold potatoes, cleaned
 - 1 t. salt
 - 1/2 t. freshly ground black pepper
 - 1 T. vegetable oil
 - 1/4 c. Parmesan cheese, finely grated
-

Preheat the Contact Roaster. Cut the potatoes into eighths and place in the Baking Pan. Sprinkle the salt and pepper over the potatoes and drizzle with the oil. Using mitts, place the Baking Pan in the Contact Roaster and set the Timer for 60 minutes. The potatoes will be done when a fork easily passes through the meat of the potato. If necessary, cook the potatoes an additional 10 minutes. Remove the potatoes from the Baking Pan and sprinkle with Parmesan cheese. Serve immediately. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 110 Total Fat: 5 g Saturated Fat: 1 g % calories from fat: 38 Carbohydrates: 11 g Protein: 6 g Cholesterol: 4 mg Sodium: 689 mg

Thai Chicken Cole Slaw

Although you may not typically think of your George Foreman™ Lean Mean Contact Roasting Machine when making a salad, it is the perfect way to roast chicken for this recipe and many others.

Salad:

- 3-4 lbs. whole chicken, cleaned, neck and giblets removed salt and pepper to taste
- ½ head green cabbage, cored and thinly sliced
- ½ head purple cabbage, cored and thinly sliced
- 3 scallions, finely sliced
- 1 sweet red pepper, cored, seeded and thinly sliced
- 2 carrots, cleaned and cut into thin matchstick pieces

Dressing:

- 2 T. sesame oil
- 1 ½ t. sugar
- 1 T. vegetable oil
- 2 T. smooth peanut butter (you may substitute reduced-fat peanut butter, if desired)
- ¼ c. rice vinegar
- ½ t. chili oil (or 1 t. if you prefer more spicy heat)
- 1 T. Asian fish sauce
- ½ t. fresh ginger, peeled and finely minced

Preheat the Contact Roaster. Season the chicken with salt and pepper to taste. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster and set the Timer for 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a cutting board and discard the skin. Carve the chicken and measure 2 cups of white meat, dark meat or both. Chop the chicken into small cubes and reserve the remaining chicken meat for another use.

To assemble the salad, place the green cabbage, purple cabbage, scallions, red pepper and carrots in a large serving bowl. Toss well. Add the chicken and toss again.

Make the dressing by combining the sesame oil, sugar, vegetable oil, peanut butter, vinegar, chili oil, fish sauce and ginger in a small bowl. Whisk vigorously to blend. Pour the dressing over the salad and chill the salad 2 hours to marry the flavors. Serves 6-8.



NUTRITIONAL ANALYSIS: Calories: **325** Total Fat: **33 g** Saturated Fat: **3 g** % calories from fat: **35** Carbohydrates: **12 g** Protein: **39 g** Cholesterol: **119 mg** Sodium: **371 mg**

Sun-Dried Tomato & Rosemary Foccacia

This bread takes a bit of time, but you'll savor the excellent taste when you take a bite of this warm, yeasty bread. On a slow weekend day, you may want to pair this bread with fruit and cheese and your meal will be complete.

-
- ¾ c. warm water (110° to 115°F)
 - 2 t. sugar
 - 1 package active dry yeast
 - 1 ¾ c. bread or all-purpose flour
 - 1 t. salt
 - 3 T. sun-dried tomatoes, reconstituted in water and well-drained, finely chopped
 - 1 T. fresh rosemary, finely minced
 - 2 t. extra-virgin olive oil

Place the water, sugar and yeast in a small bowl and stir the yeast until completely dissolved. Set aside. Using a large bowl, combine the flour, salt and yeast mixture. Add the tomatoes and rosemary. Stir with a wooden spoon to mix. Turn the dough onto a floured surface and knead for 5 minutes, adding up to an additional ½ cup of flour, as needed, to keep the dough from becoming sticky. Place the dough in a large bowl that has been lightly coated with cooking spray. Turn the bread over so that the top of the bread has absorbed some of the cooking spray. Cover and set in a warm place until doubled in size, about 1½ hours.

Lightly coat the Baking Pan with cooking spray. Punch down the dough and arrange it inside the Baking Pan, spreading it evenly across the pan. Use your fingertips to make "dents" in the dough. Cover and set in a warm place to rise again, about 45 minutes. Preheat the Contact Roaster. Drizzle the top of the foccacia bread with olive oil.

Using mitts, place the Baking Pan in the Contact Roaster and set the Timer for 30 minutes. Check the bread for doneness by pressing lightly on the top. If the bread springs back quickly and is browned, remove the bread from the Contact Roaster. You may continue cooking the bread for up to an additional 10 minutes, if necessary.

Allow the bread to cool in the Baking Pan for 20 minutes, then lift the bread out of the pan with a plastic spatula. Arrange the bread on a serving platter and invite guests to tear pieces of the bread into individual pieces. Provide balsamic vinegar and olive oil for dipping. Serves 8.

NUTRITIONAL ANALYSIS:	
Calories: 118	Total Fat: 2 g Saturated Fat: <1 g % calories from fat: 14
Carbohydrates: 22 g	Protein: 3 g Cholesterol: 0 mg Sodium: 299 mg

Ginger & Maple Glazed Carrots

These carrots go well with lean ham or pork chops, but they also partner with mild-flavored fish and poultry.

-
- 3 c. carrots, peeled and cut into matchsticks
 - $\frac{1}{4}$ c. maple syrup (you may substitute light syrup, if desired)
 - 1 t. ground ginger
 - or
 - 2 t. fresh gingerroot, peeled and minced
 - pinch of salt
 - Optional: 1 c. frozen pearl onions and $\frac{1}{2}$ c. raisins
-

Preheat the Contact Roaster. In a large bowl, combine the carrots, maple syrup, ginger and salt. Mix well. If using, add the onions and raisins. Lightly coat the Baking Pan with cooking spray and pour the carrots and syrup mixture into the Pan. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 20 minutes. Allow the carrots to cool slightly and serve. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 93 Total Fat: <1 g Saturated Fat: <1 g % calories from fat: 2 Carbohydrates: 23 g Protein: 1 g Cholesterol: 0 mg Sodium: 73 mg

Roasted Chicken Caesar Salad

An entire meal can be built around this robust salad—just add crusty French bread and a light fruit dessert and dinner is complete!

-
- 3-4 lbs. whole chicken, cleaned, neck and giblets removed
 - salt and pepper to taste
 - 1 fresh lemon, thinly sliced
 - 1 clove garlic, whole
 - 2 large heads romaine lettuce, washed, drained
 - and torn into bite-sized pieces
 - $\frac{1}{4}$ c. Caesar salad dressing of your choice (you may use fat-reduced dressing, if desired)
 - 8 small anchovies
 - 1 c. restaurant-style, unseasoned salad croutons
 - $\frac{1}{4}$ c. Parmesan cheese, freshly grated
-

Preheat the Contact Roaster. Season the chicken with salt and pepper to taste. Place the lemon in the cavity of the chicken. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster and set the Timer for 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a cutting board and discard the skin. Carve the chicken and measure 2 cups of shredded breast meat. Wrap and refrigerate the remaining chicken for another meal.

To prepare the salad, select a large, wooden salad bowl. Thoroughly rub the inside of the bowl with the clove of garlic and discard the garlic. Add the chicken, lettuce and the dressing and toss well. Arrange the anchovies on top of the salad, top with the croutons and sprinkle the Parmesan cheese over all. Serves 4-6.

NUTRITIONAL ANALYSIS: Calories: 356 Total Fat: 12 g Saturated Fat: 3 g % calories from fat: 31 Carbohydrates: 7 g Protein: 54 g Cholesterol: 169 mg Sodium: 632 mg

Roasted Onion Blossoms

A delicious, inviting accompaniment to almost any entrée!

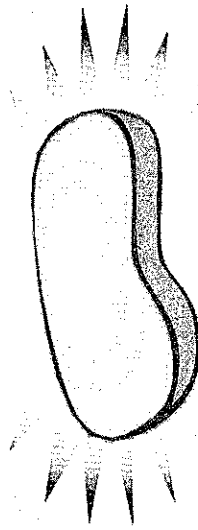
- 4 medium sweet onions, peeled
- 3 c. French bread cubes, preferably from stale bread
- ¼ c. lowfat chicken broth
- 2 T. extra-virgin olive oil
- 2 cloves garlic, finely minced
- 2 slices bacon, cooked and crumbled
- 4 T. Parmesan cheese, finely grated
- 2 T. fresh parsley, finely minced
- 1 t. salt
- ¼ t. freshly ground black pepper

Preheat the Contact Roaster. Gently pull apart the onion layers as much as possible and remove the inner layers, leaving a ¼-inch wall of onion. Dice the inner layers of onion. In a medium bowl, mix the diced onions, bread cubes, broth, oil, garlic, bacon, cheese, parsley, salt and pepper. Toss well to combine. Lightly coat the Baking Pan with cooking spray and arrange the onions in the Pan. (Cut a slice off the bottom of the onions to stabilize them for baking, if needed). Lightly pack the stuffing into each onion, mounding slightly on top. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 30 minutes. When done, the onions will be soft to the touch and lightly browned. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 463 Total Fat: 14 g Saturated Fat: 3 g % calories from fat: 27 Carbohydrates: 69 g Protein: 45 g Cholesterol: 6 mg Sodium: 1458 mg

C H A P T E R

ROASTED BEEF, PORK & LAMB RECIPES



Slow-Roasted Beef Cross Rib Roast

This roast is incredibly rich and tender and the addition of garlic enhances the meat flavors. Remove all visible fat before serving for healthier entrée servings.

-
- 4-5 lbs. beef cross rib roast
 - 2 cloves garlic, finely minced
 - 1 tsp. salt
 - ½ tsp. freshly ground black pepper
-

Preheat the Contact Roaster. In a small bowl, mix together the garlic, salt and pepper. Rub evenly over the roast and, using oven mitts and a plastic or wooden utensil, place the roast in the Contact Roaster. Set the Timer to 75 minutes for rare, 85 minutes for medium and 95 minutes for well-done. Check for doneness and continue roasting, if desired. Place the roast on a carving board, remove and discard all visible fat and slice evenly. Serves 12.



NUTRITIONAL ANALYSIS: Calories: **376** Total Fat: **29 g** Saturated Fat: **12 g** % calories from fat: **72** Carbohydrates: **<1 g** Protein: **26 g** Cholesterol: **107 mg** Sodium: **297 mg**

Cracked Pepper Beef Sirloin Roast

This distinctive beef roast is delicious when served with fresh garden vegetables.

-
- 4-5 lbs. beef sirloin roast
 - 1 t. extra-virgin olive oil
 - 1 t. salt
 - 3 T. cracked black pepper
-

Preheat the Contact Roaster. Rub the oil over the entire roast, including the ends. Evenly sprinkle the salt over the beef. Place the pepper on a piece of waxed paper and spread evenly. Roll the roast in the pepper, pressing the beef into the cracked pepper. Using oven mitts and a plastic or wooden utensil, place the roast in the Contact Roaster. Set the Timer for 75 minutes for rare, 85 minutes for medium and 95 minutes for well-done beef. Check for doneness and continue roasting, if desired. Place the roast on a carving board, remove and discard any visible fat and slice evenly. Serves 12-14.

NUTRITIONAL ANALYSIS: Calories: **282** Total Fat: **19 g** Saturated Fat: **7 g** % calories from fat: **62** Carbohydrates: **<1 g** Protein: **25 g** Cholesterol: **86 mg** Sodium: **236 mg**

Russet-Wrapped Beef Tenderloin

The mashed potato wrap provides a marvelous "crust" for this delicious tenderloin.

-
- 3 russet baking potatoes, peeled and quartered
 - ½ c. hot lowfat milk
 - 3 T. margarine or lowfat margarine
 - 2 cloves garlic, finely minced
 - salt and freshly ground black pepper to taste
 - 2-3 lbs. beef tenderloin roast
 - salt and pepper to taste
 - dash paprika
-

In a medium saucepan, cook the potatoes in boiling water until soft, about 20 minutes. Drain and place the potatoes in a medium bowl. Add the milk, margarine, garlic, salt and pepper and mash with an electric mixer or hand-held masher. The mashed potatoes should be very thick and free of lumps when fully blended.

Place the tenderloin on a large platter and dust with salt and pepper. Cover the beef completely on the top and sides with an even layer of mashed potatoes. Dust the potatoes with paprika. Using oven mitts and a plastic or wooden utensil, place the roast in the Contact Roaster. Set the Timer for 60 minutes for a 2 lb. roast and 75 minutes for a 3 lb. roast. Check for doneness and continue roasting, if desired. To serve, remove the roast from the Contact Roaster and place on a serving platter. Carefully cut through the potatoes to slice the roast in ½-inch thick slices. Serve immediately. Serves 6-8.

NUTRITIONAL ANALYSIS: Calories: **328** Total Fat: **24 g** Saturated Fat: **9 g** % calories from fat: **50** Carbohydrates: **5 g** Protein: **22 g** Cholesterol: **72 mg** Sodium: **431 mg**

Italian Beef & Cheese Lasagna Rolls

Similar to traditional lasagna, these rolls are fun to prepare and easy to serve.

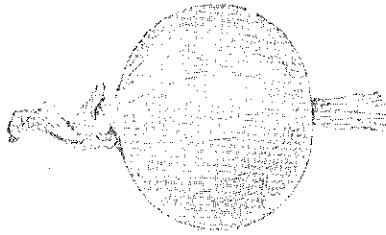
Lasagna Sauce:

-
- 1 t. extra-virgin olive oil
 - 1 small onion, peeled and diced
 - ½ lb. lean ground round beef
 - 14 oz. canned Italian-style stewed tomatoes
 - 8 oz. can tomato sauce
 - ¼ c. water
 - 1 T. fresh parsley, minced
 - 1 t. sugar
 - ¼ t. freshly ground black pepper
 - ½ t. dried Italian seasoning
 - 8 curly lasagna noodles
 - 15 oz. lowfat ricotta cheese
 - ⅓ c. Parmesan cheese, grated
 - 1 bunch fresh parsley
-

In a medium saucepan, sauté the onion in the olive oil until translucent. Add the beef and brown. Drain any fat. Add the tomatoes, tomato sauce, water, parsley, sugar, pepper and Italian seasoning. Simmer on low heat for 30 minutes. Meanwhile, bring 6 cups of water to a rolling boil. Add a pinch of salt and 1 teaspoon of vegetable oil. Add the lasagna noodles and cook until tender. Drain and gently rinse under cool water.

(Continued on next page)

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray. Combine the ricotta cheese and Parmesan cheese in a small bowl and blend well. On a flat working surface, lay out one piece of lasagna noodle. Place a large spoonful of cheese filling on one end of the noodle and roll in jelly-roll fashion. Place the lasagna roll in the Baking Pan with the seam side down and repeat with the remaining lasagna rolls. Pour the lasagna sauce over the pasta rolls, spooning each equally with sauce. Using oven mitts, place the lasagna rolls in the Contact Roaster and set the Timer to 30 minutes. Remove the lasagna rolls from the Roaster and garnish with parsley to serve. Serves 4.



NUTRITIONAL ANALYSIS: Calories: **276** Total Fat: **40 g** Saturated Fat: **4 g** % calories from fat: **16** Carbohydrates: **32 g** Protein: **16 g** Cholesterol: **28 mg** Sodium: **334 mg**

Savory Rolled Flank Steak

This flank steak is all dressed up for a special meal!

- 1 1/2-2 lbs. flank steak
- 1 c. pineapple juice
- 1/2 t. salt
- 1/4 t. freshly ground black pepper
- 1 t. fresh rosemary, finely minced
- 1 t. fresh thyme, finely minced
- 1 t. Worcestershire sauce
- 1 c. Italian-style seasoned bread crumbs
- 1/4 c. lowfat cheddar cheese, shredded
- 2 T. green onions, thinly sliced
- 1/4 c. porcini mushrooms, chopped
- 1 T. fresh parsley, finely minced
- 1 clove garlic, minced

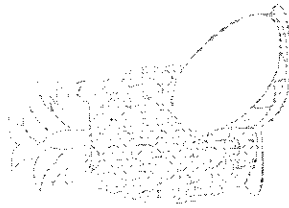
Place the steak in a large, resealable plastic bag. Add the pineapple juice, salt, pepper, rosemary, thyme and Worcestershire sauce and thoroughly blend in the bag with the steak. Seal and refrigerate for at least 4 hours or up to 24 hours. Remove the steak from the bag and reserve the marinade.

Preheat the Contact Roaster. Place the steak on a flat working surface. In a medium bowl, combine the bread crumbs, cheese, onions, mushrooms, parsley and garlic. Add 1/4 cup of the reserved marinade. Pat an even layer of the stuffing over the flat surface of the flank steak. Tightly roll the steak, in a jelly-roll fashion from one of the shortest sides

(Continued on next page)

of the steak to the other, enclosing the stuffing as you roll the steak. Tie the steak with string in several places to ensure that the stuffing remains in place.

Using oven mitts and a plastic utensil, place the rolled steak in the Contact Roaster and set the Timer to 45 minutes. Check for doneness and continue roasting, if desired. Heat the reserved marinade to a boil and simmer for at least 15 minutes. To serve, carefully remove the string, carve thick slices of the steak and serve with the marinade on the side. Serves 8.



NUTRITIONAL ANALYSIS: Calories: 274 Total Fat: 10 g Saturated Fat: 5 g % calories from fat: 33 Carbohydrates: 23 g Protein: 23 g Cholesterol: 62 mg Sodium: 441 mg

Spicy Bangkok Pork Roast

This roast will light up your day with bold and spicy flavor! Add steamed jasmine rice to cool down and complement the roast.

-
- 3-4 lbs. boneless pork roast
 - ½ c. catsup
 - 1 t. chili powder
 - 1 clove garlic, finely minced
 - 1 T. cider vinegar
 - ¼ t. salt
 - ½ t. freshly ground black pepper
-

Lightly spray the interior of the Contact Roaster with cooking spray and preheat. Using oven mitts, place the pork roast in the Contact Roaster and set the Timer for 40 minutes. Meanwhile, in a small bowl, prepare the spicy sauce by combining the catsup, chili powder, garlic, vinegar, salt and pepper. Blend well.

When the Timer indicates the cooking process is done, use oven mitts to carefully open the Contact Roaster. Lightly spoon the sauce over the top and sides of the roast and close the Roaster. Set the Timer for 35 minutes. Check the roast for doneness and continue roasting, if necessary. To serve, allow the roast to cool for 10 minutes, slice and serve. Serves 10-12.

NUTRITIONAL ANALYSIS: Calories: 229 Total Fat: 43 g Saturated Fat: 5 g % calories from fat: 53 Carbohydrates: 3 g Protein: 23 g Cholesterol: 67 mg Sodium: 241 mg

Sweet Red Peppers & Oven-Roasted Pork Chops

This Italian-type entrée is reminiscent of cooking in Southern Italy. The pork chops remain very tender because they are roasted in the sauce.

-
- 4 boneless pork chops, 1/2-inch thick
 - 1 sweet red pepper, cored, seeded and thinly sliced
 - 1 small white onion, peeled and thinly sliced
 - 8 oz. tomato sauce
 - 1/2 t. ground oregano
 - 1/4 t. dried basil
 - or
 - 1 t. fresh basil, finely minced
 - 1 T. fresh parsley
 - 1/2 t. freshly ground black pepper
-

Preheat the Contact Roaster. Arrange the chops in the Baking Pan. Layer the red pepper and onion slices over the top of the chops. In a small bowl, combine the tomato sauce, oregano, basil, parsley and pepper. Pour the sauce over the chops evenly. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 30 minutes. Test the chops and continue roasting, if necessary, until the meat is completely roasted and tender. To serve, arrange the chops on individual plates and spoon the peppers, onions and remaining sauce over the top of each. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 220 Total Fat: 11 g Saturated Fat: 4 g % calories from fat: 46 Carbohydrates: 7 g Protein: 22 g Cholesterol: 59 mg Sodium: 306 mg

St. Louis Style Pork Chops

Great barbeque flavor—with very little effort!

-
- 4 boneless pork chops, 1/2-inch thick
 - 8 oz. tomato sauce
 - 1 t. prepared mustard
 - 1 T. Worcestershire sauce
 - 1 t. brown sugar
-

Preheat the Contact Roaster. Place the pork chops in the Baking Pan. In a small bowl, combine the tomato sauce, mustard, Worcestershire sauce and sugar and mix well. Pour the sauce over the chops. Turn the chops once to coat both sides. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 30 minutes. Check the chops for doneness and continue roasting, if necessary. To serve, arrange the chops on a platter and spoon any remaining sauce over the chops. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 212 Total Fat: 12 g Saturated Fat: 4 g % calories from fat: 50 Carbohydrates: 5 g Protein: 23 g Cholesterol: 59 mg Sodium: 359 mg

Greek Roasted Lamb with Crisped Brown Potatoes

This roast is imbued with all the traditional flavors of Greece and is partnered with beautifully browned potatoes.

- 2 T. extra-virgin olive oil
- 3 large Russet potatoes, scrubbed, unpeeled and cut roughly into ½-inch cubes
- ½ t. salt
- ½ t. freshly ground black pepper
- 3-4 lbs. bone-in leg of lamb, visible fat removed
- 1 T. extra-virgin olive oil
- 3 T. fresh rosemary, finely minced
- 3 cloves garlic, finely minced
- ½ t. freshly ground black pepper

Pour the olive oil in a large, heavy-bottomed frying pan and add the potatoes in a single layer, if possible. Sprinkle with salt and pepper. Heat on high until the oil is sizzling and the potatoes are steaming. As soon as the potatoes are well-browned on the bottom, remove the potatoes from the heat and set aside.

Preheat the Contact Roaster. Rub the oil over the leg of lamb and sprinkle with the rosemary, garlic and pepper. Using oven mitts and a plastic or wooden utensil, place the lamb in the Contact Roaster. Place the browned potatoes around the lamb and set the Timer for 90 minutes. Check for doneness and continue roasting, if desired. To serve, remove the lamb from the Contact Roaster and carve into slices. Place on a warmed serving platter and surround with the potatoes. Serves 8.

NUTRITIONAL ANALYSIS: Calories: 445 Total Fat: 30 g Saturated Fat: 11 g % calories from fat: 46 Carbohydrates: 9 g Protein: 35 g Cholesterol: 116 mg Sodium: 254 mg

Roasted Leg of Lamb with Apple Couli

A light and flavorful sauce accompanies this succulent roasted lamb!

- 3-4 lbs. bone-in leg of lamb, visible fat removed
- 1 clove garlic, finely minced
- salt and pepper to taste
- 1 c. apple jelly
- 2 T. orange juice
- ¼ t. freshly ground black pepper
- 1 red apple, washed, cored and thinly sliced

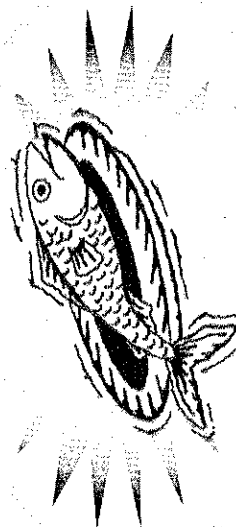
Preheat the Contact Roaster. Rub the oil over the leg of lamb and sprinkle with the garlic, salt and pepper. Using oven mitts and a plastic or wooden utensil, place the lamb in the Contact Roaster. Set the Timer for 90 minutes. In a small saucepan, slowly heat the apple jelly until thinned and smooth. Add the orange juice and black pepper and blend. Keep warm over very low heat.

Check the lamb at the end of the cooking period for doneness and continue roasting, if desired. To serve, remove the lamb from the Contact Roaster and carve into slices. Pour a small amount of the sauce onto individual plates and place lamb slices on top of the sauce. Garnish with slices of apple and serve. Serves 8.

NUTRITIONAL ANALYSIS: Calories: 380 Total Fat: 25 g Saturated Fat: 11 g % calories from fat: 47 Carbohydrates: 3 g Protein: 32 g Cholesterol: 116 mg Sodium: 177 mg

CHAPTER

ROASTED POULTRY & SEAFOOD RECIPES



Garlic-Rubbed Roasted Chicken

Slip sliced fresh garlic under the skin of this chicken to bring out the full, delicious flavor of the poultry.

- 3 cloves garlic, thinly sliced
- 4-5 lbs. whole chicken
- 1 lemon, thinly sliced
- 1 tsp. salt
- ½ tsp. freshly ground black pepper

Preheat the Contact Roaster. Clean the chicken and discard the neck and giblets. Gently separate the skin from the breast and back areas of the chicken and slide several slices of garlic under the skin. Place the lemon slices in the cavity of the chicken and dust the skin of the chicken with the salt and pepper. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster, breast side up, and set the Timer to 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a serving platter and carve. Serves 4-6.

WITH SKIN: Calories: 487 Total Fat: 35 g Saturated Fat: 10 g % calories from fat: 66
Carbohydrates: 3 g Protein: 39 g Cholesterol: 163 mg Sodium: 540 mg

SKINLESS: Calories: 147 Total Fat: 6 g Saturated Fat: 2 g % calories from fat: 37
Carbohydrates: 3 g Protein: 20 g Cholesterol: 60 mg Sodium: 463 mg

Chinese Five-Spice Roasted Chicken

Chicken takes on a distinctly Asian flavor when rubbed with these special spices. Look for five-spice powder in the ethnic food aisle of your grocery store.

-
- 4-5 lbs. whole chicken
 - 1 clove garlic
 - 1 thin slice of fresh ginger
 - 1 T. sesame oil
 - 2 t. Chinese five-spice powder
-

Preheat the Contact Roaster. Clean the chicken and discard the neck and giblets. Gently rub the garlic all over the skin of the chicken. Discard the garlic and rub the ginger all over the skin of the chicken. Discard the ginger. Evenly rub the sesame oil all over the chicken. Dust the skin of the chicken with the Chinese five-spice powder. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster, breast side up, and set the Timer for 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a serving platter and carve. Serves 4-6.

WITH SKIN: Calories: 506 Total Fat: 38 g Saturated Fat: 10 g % calories from fat: 69
Carbohydrates: <1 g Protein: 38 g Cholesterol: 163 mg Sodium: 215 mg

SKINLESS: Calories: 465 Total Fat: 8 g Saturated Fat: 2 g % calories from fat: 47
Carbohydrates: <1 g Protein: 20 g Cholesterol: 60 mg Sodium: 138 mg

Fresh Herb Roasted Chicken

Marinate the whole chicken in herbs for at least 4 hours. The result is a very tender and flavorful roast chicken.

-
- 4-5 lbs. whole chicken, neck and giblets removed
 - ¼ c. butter or margarine (or diet margarine, if preferred)
 - ½ t. dried marjoram
 - ½ t. fresh thyme, finely minced
 - 2 T. fresh parsley, finely minced
 - 2 T. white onion, finely minced
 - ½ t. freshly ground black pepper
 - 1 T. fresh lemon juice
 - 1 c. lowfat chicken broth
-

Place the chicken in a large, resealable plastic bag. In a small saucepan, combine the butter, marjoram, thyme, parsley, onion, pepper, lemon juice and broth. Heat and simmer for 5 minutes. Cool for 5 minutes and pour over the whole chicken. Seal the bag and refrigerate the chicken for at least 4 hours or up to 24 hours.

Preheat the Contact Roaster. Remove the chicken from the bag and discard the marinade. Using oven mitts and a plastic or wooden utensil, place the chicken in the Roaster Oven, breast side up, and set the Timer to 60 minutes. Check the chicken for doneness and continue roasting, if necessary. Serves 4-6.

WITH SKIN: Calories: 520 Total Fat: 39 g Saturated Fat: 11 g % calories from fat: 69
Carbohydrates: <1 g Protein: 39 g Cholesterol: 163 mg Sodium: 271 mg

SKINLESS: Calories: 479 Total Fat: 10 g Saturated Fat: 2 g % calories from fat: 51
Carbohydrates: <1 g Protein: 21 g Cholesterol: 60 mg Sodium: 194 mg

Crustless Chicken & Swiss Cheese Quiche

Perfect for a warm summer evening meal!

- 1 c. Swiss cheese, shredded
- 3 T. flour
- 1 T. instant chicken bouillon granules
- 1 c. chicken breast meat, cooked and shredded or cubed
- 1 c. lowfat milk
- 3 eggs (or egg substitute), well-beaten
- ¼ c. onion, chopped
- 2 T. green pepper, chopped

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray. In a medium bowl, combine the cheese and flour with the chicken bouillon and mix until the ingredients are evenly distributed. Add the chicken, milk, eggs, onion and green pepper and blend again. Pour the quiche into the Baking Pan. Using oven mitts, place the quiche in the Contact Roaster and set the Timer for 55 minutes. Remove from the Roaster and serve while warm. Serves 4.



NUTRITIONAL ANALYSIS: Calories: 262 Total Fat: 13 g Saturated Fat: 7 g % calories from fat: 46 Carbohydrates: 9 g Protein: 26 g Cholesterol: 200 mg Sodium: 198 mg

Summer's Bounty Chicken Breasts & Vegetables

Substitute any fresh seasonal vegetables to create your own favorite!

- 2 whole boneless, skinless chicken breasts, cut in half
- 1 zucchini, cleaned and thinly sliced
- 1 summer squash, cut into 1-inch pieces
- 1 c. baby carrots
- 1 small white onion, peeled and quartered
- 1 sweet red pepper, cored, seeded and quartered
- 1 c. Italian-style stewed tomatoes
- 1 clove garlic, minced
- ½ t. fresh thyme, minced
- ¼ t. ground oregano
- 1 T. fresh parsley, chopped
- ½ t. freshly ground black pepper
- ¼ t. salt

Place the chicken breasts in the bottom of the Contact Roaster. Layer the zucchini, summer squash, carrots, onion and pepper over the chicken. In a small bowl, mix together the tomatoes, garlic, thyme, oregano, parsley, pepper and salt. Pour over the chicken breasts and set the Timer to 40 minutes. When the cooking process is done, remove the chicken and vegetables from the Contact Roaster with a large plastic or wooden spoon and serve immediately. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 123 Total Fat: 1 g Saturated Fat: <1 g % calories from fat: 10 Carbohydrates: 19 g Protein: 11 g Cholesterol: 21 mg Sodium: 345 mg

Spinach & Bacon Stuffed Turkey Breast

This stuffing creates a moist and savory partner for the roasted turkey breast.

- 2 ½ - 3 lbs. turkey breast with skin
- 1 c. seasoned bread crumbs for stuffing
- ½ c. celery, sliced
- 2 T. margarine, melted (you may substitute lowfat margarine, if desired)
- ¼ c. white onion, finely chopped
- 2 T. fresh parsley, minced
- ¼ c. fat-free chicken broth
- 1 c. frozen, chopped spinach, thawed and well-drained
- 3 slices bacon, cooked and crumbled
- 1 t. salt
- ½ t. freshly ground black pepper

Preheat the Contact Roaster. Place the turkey on a cutting board and gently lift and separate the skin from the breast without taking the skin off completely. In a medium bowl, prepare the stuffing by combining the bread crumbs, celery, margarine, onion, parsley, chicken broth, spinach, bacon, salt and pepper. Carefully pack the stuffing in between the breast and the skin, creating an even layer of stuffing. Lightly salt and pepper the turkey breast.

Using oven mitts and a plastic or wooden utensil, place the turkey breast in the Contact Roaster and set the Timer for 70 minutes. Check the turkey for doneness and continue roasting, if necessary. To serve, carve slices of the turkey, preserving the layer of stuffing with each slice. Serves 4-6.

NUTRITIONAL ANALYSIS: Calories: 101 Total Fat: 4 g Saturated Fat: 1 g % calories from fat: 34 Carbohydrates: 5 g Protein: 11 g Cholesterol: 24 mg Sodium: 477 mg

Orange & Pineapple Cornish Game Hens

A lovely entrée for two people.

- 1 c. orange juice
- 1 c. pineapple juice
- 1 t. dark brown sugar
- ½ t. pepper
- 1 clove garlic, minced
- 2- 20 oz. Cornish game hens, cleaned, giblets and necks removed

In a resealable plastic bag, combine the orange juice, pineapple juice, sugar, pepper and garlic. Place the game hens in the bag and seal. Turn the hens to coat with the marinade and refrigerate for at least 4 hours or up to 24 hours. Using oven mitts and a plastic or wooden utensil, place the game hens in the Contact Roaster and set the Timer for 75 minutes. Check for doneness and continue roasting, if necessary. Serves 2.



WITH SKIN: Calories: 807 Total Fat: 48 g Saturated Fat: 13 g % calories from fat: 54 Carbohydrates: 31 g Protein: 59 g Cholesterol: 344 mg Sodium: 227 mg

SKINLESS: Calories: 405 Total Fat: 8 g Saturated Fat: 2 g % calories from fat: 18 Carbohydrates: 31 g Protein: 48 g Cholesterol: 218 mg Sodium: 183 mg

Hawaiian Roasted Mahi-Mahi with Mango-Pineapple Salsa

Mahi-Mahi is a white, mild-tasting fish that absorbs the fruity flavors of Hawaii very well.

16 oz. fresh mahi-mahi fillets
salt and pepper to taste
1 c. fresh mango, diced
1 c. fresh pineapple, diced
¼ c. purple onion, minced
½ t. freshly ground black pepper
½ t. salt

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray and place the fillets in the Pan. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 20 minutes, or until the fish flakes easily with a fork. Meanwhile, in a medium serving bowl, combine the mango, pineapple, onion, pepper and salt. Mix well and let stand at room temperature for 10 minutes. Pass the salsa at the table to accompany the fish. Serves 3-4.

NUTRITIONAL ANALYSIS: Calories: **148** Total Fat: **1 g** Saturated Fat: **<1 g** % calories from fat: **7** Carbohydrates: **13 g** Protein: **22 g** Cholesterol: **83 mg** Sodium: **432 mg**

Fresh Crab Quiche with Dill Cucumber Sauce

Quiche is easy to make and surprisingly good-for-you when not accompanied by a heavy pastry crust.

1 carrot, cleaned and finely chopped
1 small white onion, finely chopped
1 zucchini, finely chopped
½ c. green pepper, finely chopped
2 T. fresh parsley, finely chopped
1 c. fresh crabmeat, shredded or canned
1 t. salt
½ t. freshly ground black pepper
4 eggs, well-beaten (or egg substitute)
1 c. lowfat milk
1 t. fresh dill, finely minced
2 T. cucumber, finely minced
¼ c. lowfat mayonnaise
2 T. lowfat milk
½ t. salt
½ t. freshly ground black pepper

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray and layer the carrot, onion, zucchini, green pepper, parsley and crabmeat. In a medium bowl, blend the salt, pepper, eggs and milk. Pour the eggs and milk mixture over the vegetables and crab. Using oven mitts, place the quiche in the Contact Roaster and set the Timer to 55 minutes. Prepare the sauce by combining the dill, cucumber, mayonnaise, salt and pepper. Chill. When the quiche is done, pass the sauce at the table. Serves 3-4.

NUTRITIONAL ANALYSIS: Calories: **220** Total Fat: **11 g** Saturated Fat: **3 g** % calories from fat: **47** Carbohydrates: **12 g** Protein: **18 g** Cholesterol: **201 mg** Sodium: **1,032 mg**

Spinach Florentine Fillet of Sole

Simple preparation results in this lovely entrée.

- 2 large Petrale sole fillets
- 1 small tomato, cored and diced
- ¼ c. white onion, diced
- 10 oz. package frozen chopped spinach, thawed and well-drained
- 1 t. salt
- ½ t. freshly ground black pepper
- ¼ c. Parmesan cheese, grated

Preheat the Contact Roaster. Place the sole fillets in the Baking Pan and spread the diced tomato on top of each. Add the white onion and layer the spinach over all. Sprinkle the salt and pepper over the spinach and scatter the Parmesan cheese on top. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 20 minutes. Check for doneness and continue roasting, if desired. Serves 2-3.



NUTRITIONAL ANALYSIS: Calories: **200** Total Fat: **11 g** Saturated Fat: **3 g** % calories from fat: **45** Carbohydrates: **12 g** Protein: **18 g** Cholesterol: **201 mg** Sodium: **1,033 mg**

Fresh Herb-Crusted Salmon Steaks

Italian seasonings enhance the rich flavor of salmon.

- 2 6-8 oz. salmon steaks
- ½ c. Italian-style seasoned bread crumbs
- 1 T. fresh parsley, minced
- ¼ t. ground oregano
- ½ t. salt
- ¼ t. freshly ground black pepper
- ⅛ t. thyme
- 2 T. margarine (you may substitute diet margarine, if desired)

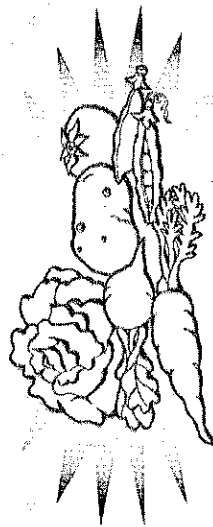
Preheat the Contact Roaster. Place the salmon steaks in the Baking Pan. In a small bowl, combine the bread crumbs, parsley, oregano, salt, pepper, thyme and margarine. Using 2 knives, cut the ingredients together until well-moistened and evenly distributed. Scoop one-half of the herb seasoning and pat it over one salmon steak, covering the top of the steak completely in an even layer. Repeat with the remaining steak.

Using oven mitts, place the salmon fillets in the Contact Roaster and set the Timer to 35 minutes. Check for doneness and continue cooking, if desired. Serves 2.

NUTRITIONAL ANALYSIS: Calories: **451** Total Fat: **14 g** Saturated Fat: **4 g** % calories from fat: **29** Carbohydrates: **37 g** Protein: **42 g** Cholesterol: **151 mg** Sodium: **1,167 mg**

CHAPTER

MEATLESS ENTRÉES



Roasted Sweet Pepper Fusilli

Try this hearty pasta and vegetable dish as a quick pick-me-up dinner.

- 1 c. fresh sugar snap peas, cleaned and cut in thirds
- 1 sweet yellow pepper, diced
- 1 sweet red pepper, diced
- 1 sweet orange pepper, diced
- 1 small white onion, roughly chopped
- 1 T. extra-virgin olive oil
- ½ t. freshly ground black pepper
- 1 t. salt
- 1 lb. fusilli or farfalle pasta, cooked and drained
- ¼ c. Parmesan cheese, freshly grated

Preheat the Contact Roaster. Place the peas, peppers and onion in the Baking Pan. Drizzle the olive oil over the vegetables and sprinkle with the pepper and salt. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 45 minutes. In a large serving bowl, assemble the pasta, roasted vegetables, pepper and salt. Mix well. Sprinkle the Parmesan cheese over the top and serve immediately. Serves 4.

NUTRITIONAL ANALYSIS: Calories: 304 Total Fat: 7 g Saturated Fat: 2 g % calories from fat: 22 Carbohydrates: 45 g Protein: 15 g Cholesterol: 3 mg Sodium: 702 mg

Light & Easy Summer Vegetable Frittata

For those hot summer days when you need a chilled salad and the fresh flavor of harvest vegetables.

- 1 zucchini, thinly sliced
- 1 medium tomato, chopped
- ½ small purple onion, thinly sliced
- ½ c. mushrooms, thinly sliced
- 1 t. dried Italian seasoning
- 4 eggs, well-beaten (or egg substitute)
- 1 c. lowfat milk
- 1 t. salt
- ½ t. freshly ground black pepper

Preheat the Contact Roaster. In the Baking Pan, layer the zucchini, tomato, onion, and mushrooms. In a medium bowl, blend together the Italian seasoning, eggs, lowfat milk, salt and pepper. Pour over the vegetables. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 40 minutes. Serves 2-3.

NUTRITIONAL ANALYSIS: Calories: **155** Total Fat: **8 g** Saturated Fat: **3 g** % calories from fat: **44** Carbohydrates: **11 g** Protein: **11 g** Cholesterol: **216 mg** Sodium: **916 mg**

Pasta & Provolone-Stuffed Roasted Red Peppers

This entrée can serve as a lunch or light evening meal.

- 4 oz. small pasta shapes of your choice, cooked and drained
- 3 small, sweet red peppers
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 1 t. salt
- ½ t. freshly ground black pepper
- 1 stalk celery, diced
- 1 T. fresh parsley, finely minced
- 1 ¼ c. lowfat chicken broth, divided
- ¼ c. Parmesan cheese, grated
- 1 t. dried Italian-style seasoning
- 1 c. Provolone cheese, grated
- ½ c. seasoned bread crumbs

Preheat the Contact Roaster. Cut the peppers in half horizontally, core and seed. In a medium bowl, combine the cooked pasta, onion, garlic, salt, pepper, celery, parsley, ¼ cup chicken broth, Parmesan cheese, Italian seasoning and Provolone cheese. Mound equal portions of the stuffing into each half-shell pepper and dust with the seasoned bread crumbs. Lightly coat the Baking Pan with cooking spray and place the peppers in the Pan. Pour the remaining 1 cup of chicken broth in the bottom of the Baking Pan. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 45 minutes. The peppers will be very tender when done. Serves 6.

NUTRITIONAL ANALYSIS: Calories: **226** Total Fat: **9 g** Saturated Fat: **5 g** % calories from fat: **17** Carbohydrates: **25 g** Protein: **14 g** Cholesterol: **18 mg** Sodium: **975 mg**

Spinach Stuffed Beefsteak Tomatoes

Beefsteak tomatoes form rich and meaty shells for mushrooms and cheese.

-
- 4 ripe beefsteak tomatoes
 - 10 oz. frozen chopped spinach, thawed and well-drained
 - 1 c. lowfat ricotta cheese
 - ¼ c. lowfat Jack cheese, grated
 - ½ c. button mushrooms, sliced
 - 1 t. salt
 - ½ t. freshly ground black pepper
-

Preheat the Contact Roaster. Clean the tomatoes and cut in half horizontally. Scoop out 3 tablespoons of tomato pulp from each tomato half. Chop the tomato and place in a medium mixing bowl. Add the spinach, ricotta cheese, Jack cheese, mushrooms, salt and pepper. Blend well. Pack the stuffing into each of the tomato shells, mounding slightly on the top. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 35 minutes or until the tomatoes are soft and thoroughly heated. Serves 4.



NUTRITIONAL ANALYSIS: Calories: **163** Total Fat: **6 g** Saturated Fat: **3 g** % calories from fat: **29** Carbohydrates: **14 g** Protein: **17 g** Cholesterol: **21 mg** Sodium: **868 mg**

Olive Oil Roasted Portobella Mushrooms

Portobella mushrooms are in a class by themselves in the mushroom family because they are so large, sweet, earthy and tender. Roasting them brings out their very best flavors.

-
- 4 portobella mushrooms, cleaned and dried
 - 1 T. extra-virgin olive oil
 - 1 t. fresh rosemary, finely minced
 - ½ t. fresh thyme, finely minced
 - ½ t. salt
 - ¼ t. freshly ground black pepper
-

Preheat the Contact Roaster. Lightly coat the Baking Pan with cooking spray. Place the mushrooms in the Baking Pan, cap side facing up. Drizzle each mushroom with olive oil and sprinkle with the rosemary, thyme, salt and pepper. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 30 minutes. Serves 4.

NUTRITIONAL ANALYSIS: Calories: **38** Total Fat: **4 g** Saturated Fat: **<1 g** % calories from fat: **81** Carbohydrates: **1 g** Protein: **<1 g** Cholesterol: **0 mg** Sodium: **292 mg**

Sweet Shallots in Angel Hair Pasta

*This lovely meatless entrée is simple to make,
yet sophisticated.*

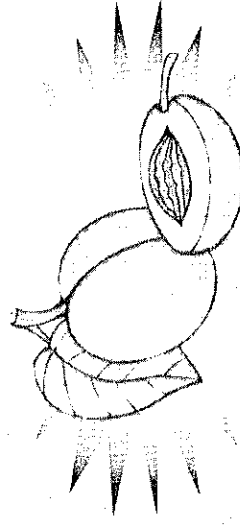
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- 1 T. extra-virgin olive oil
 - 6 sweet shallots, peeled and thinly sliced
 - $\frac{1}{2}$ t. salt
 - $\frac{1}{2}$ t. freshly ground black pepper
 - $\frac{1}{2}$ c. button mushrooms, thinly sliced
 - $\frac{1}{4}$ c. fresh parsley, finely minced
 - 2 cloves garlic, finely minced
 - 1 lb. angel hair pasta, cooked al dente, drained
-

Preheat the Contact Roaster. Pour the olive oil into the Baking Pan and evenly spread over the bottom of the Pan. Add the shallots, salt, pepper and mushrooms. Sprinkle the parsley and garlic over the mushrooms. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 30 minutes. Pour the shallots and mushrooms, along with the sauce from the Pan, over the angel hair pasta and toss. Garnish with additional parsley, if desired. Serves 4.

NUTRITIONAL ANALYSIS: Calories: **231** Total Fat: **4 g** Saturated Fat: **<1 g** % calories from fat: **15** Carbohydrates: **38 g** Protein: **11 g** Cholesterol: **0 mg** Sodium: **303 mg**

C H A P T E R

DESSERT & SWEET TREAT RECIPES



Tangy Lemon Cake with Blueberries

Light and delicious for a simple family dessert.

-
- 2 eggs, beaten (or egg substitute)
 - 1 c. sugar
 - ½ c. butter, margarine or diet margarine, if preferred
 - ½ c. milk
 - 1 t. grated lemon peel
 - 2 t. fresh lemon juice
 - 1 t. vanilla
 - 1 ½ c. flour
 - 1 t. baking powder
 - ½ t. salt
 - 1 c. fresh blueberries, cleaned
 - nonfat whipped topping
-

Preheat the Contact Roaster. In a large mixing bowl, combine the eggs, sugar and butter or margarine. Beat at a high speed with an electric mixer. Add the lemon peel, lemon juice and vanilla. Beat again to mix well. In a small bowl, combine the flour, baking powder and salt and mix with a fork. Add the dry ingredients to the batter and beat for 2 minutes on medium speed. Lightly coat the Baking Pan with cooking spray and pour the batter into the Pan. Using oven mitts, place the cake in the Contact Roaster and set the Timer for 25-35 minutes. When the cake is done, a toothpick inserted in the center will come out clean. Top each piece of cake with the blueberries and whipped topping. Serves 6.

NUTRITIONAL ANALYSIS: Calories: 358 Total Fat: 9 g Saturated Fat: 2 g % calories from fat: 16 Carbohydrates: 63 g Protein: 6 g Cholesterol: 54 mg Sodium: 475 mg

Poached Anjou Pears in Ginger Syrup

A simple, yet elegant dessert.

-
- 4 small Anjou pears, washed
 - 1-inch piece of fresh gingerroot, peeled and finely minced
 - 2 small pieces of crystallized ginger, finely chopped
 - ¼ c. light corn syrup
 - 1 c. water
-

Preheat the Contact Roaster. Cut a small slice from the bottom of each pear. This allows the pear to remain upright while poaching. Place the pears in the Baking Pan. In a small saucepan, combine the fresh gingerroot, crystallized ginger, corn syrup and water. Bring to a rolling boil and simmer for 2 minutes. Carefully pour all of the ginger syrup evenly over the top of each pear. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 60 minutes. The pears are done when tender. To serve, scoop each pear into individual serving dishes and top with any remaining sauce. Serves 4.



NUTRITIONAL ANALYSIS: Calories: 181 Total Fat: 1 g Saturated Fat: <1 g % calories from fat: 4 Carbohydrates: 47 g Protein: 1 g Cholesterol: 0 mg Sodium: 24 mg

Homestyle Gingerbread

An all-around family favorite for over one hundred years.

-
- 1 c. flour
 - 1/4 c. sugar
 - 1/4 t. salt
 - 1/2 t. baking soda
 - 1 t. ground ginger
 - 1/2 t. ground cardamom
 - 1/2 t. ground allspice
 - 1 T. grated orange peel (optional)
 - 2 eggs (or egg substitute)
 - 1/4 c. dark molasses
 - 1/2 c. lowfat milk
 - 1/4 c. butter or margarine, melted (or diet margarine, if preferred)
-

Preheat the Contact Roaster. Mix thoroughly the flour, sugar, salt, soda, ginger, cardamom, allspice and orange peel in a large mixing bowl. In a medium bowl, beat the eggs, molasses, milk and butter for 3 minutes with an electric mixer until smooth and well-blended. Add half of the egg-milk mixture to the dry ingredients and beat for 1 minute. Add the remaining egg-milk mixture and beat for 1 minute. Lightly coat the Baking Pan with cooking spray and pour the gingerbread into the Pan. Using oven mitts, place the gingerbread in the Contact Roaster and set the Timer for 25-35 minutes. The cake is done when a toothpick inserted in the center comes out clean. Serve warm with fat-free whipped topping, if desired. Serves 4-6.

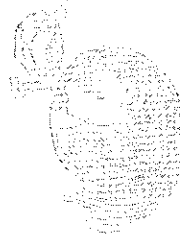
NUTRITIONAL ANALYSIS: Calories: 211 Total Fat: 6 g Saturated Fat: 1 g % calories from fat: 24 Carbohydrates: 36 g Protein: 5 g Cholesterol: 54 mg Sodium: 330 mg

Toffee Roasted Apples

The crunch of toffee combines with the tender sweetness of apples—Yummy!

-
- 4 Golden Delicious apples, peeled, halved and cored
 - 2 T. butter or margarine, melted (or diet margarine, if preferred)
 - 1/4 c. hard toffee candies, crushed (place the candy in a plastic bag and crush with a rolling pin)
 - 1/2 oz. almonds, chopped
 - 2 T. confectioner's sugar
 - 1/4 c. warm water
-

Preheat the Contact Roaster. Place the apples in the Baking Pan, cored side facing up. Brush the apples with the melted butter. Evenly sprinkle the toffee, almonds and confectioner's sugar over the apples. Pour the water into the bottom of the Baking Pan. Using oven mitts, place the apples in the Contact Roaster and set the Timer for 35 minutes. When done, the apples will be soft and tender. Serve the cooked apples with lowfat frozen vanilla yogurt, if desired. Serves 4.



NUTRITIONAL ANALYSIS: Calories: 185 Total Fat: 8 g Saturated Fat: 2 g % calories from fat: 35 Carbohydrates: 30 g Protein: 2 g Cholesterol: 2 mg Sodium: 79 mg

Cinnamon Dusted Raspberry & Apple Crumble

*Spoon fat-free whipped topping over the
warm fruit crumble.*

-
- 4 golden delicious apples, peeled, cored and thinly sliced
 - 1 cup fresh raspberries (or frozen, defrosted raspberries)
 - 1 T. sugar
 - ½ cup flour
 - 3 T. sugar
 - 1 tsp. ground cinnamon
 - ¼ cup butter or margarine, softened
 - ¼ cup instant or regular rolled oats
 - 2 T. walnuts, finely chopped
-

Generously coat the Baking Pan with cooking spray and preheat the Contact Roaster. Combine the apples and raspberries in a medium bowl and toss with 1 tablespoon of sugar. In a medium bowl, make the topping by combining the flour, 3 tablespoons of the sugar and cinnamon. Cut in the butter with 2 knives until the mixture resembles crumbs and the butter is evenly distributed. Stir in the oats and walnuts. Pour the apples and berries into the Baking Pan. Evenly scatter the crumble over the fruit.

Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 40 minutes. To serve, scoop individual portions of the crumble into bowls and top with your favorite ice cream or frozen yogurt. Serves 6.

NUTRITIONAL ANALYSIS: Calories: 398 Total Fat: 6 g Saturated Fat: 1 g % calories from fat: 26 Carbohydrates: 36 g Protein: 2 g Cholesterol: 0 mg Sodium: 93 mg			
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