

PEPPY PERFECT PANCAKES: (11” Square Griddle) Preheat 11” square griddle on medium heat. Combine pancake mix, water, and eggs in mixing bowl. Spray griddle lightly with Pam. Pour 3 tablespoons of batter per pancake onto griddle. Cook pancakes until puffy and dry around edges. Turn pancakes over and cook until golden brown.

HEARTY HASHBROWNS: (10” Gourmet Skillet) Preheat skillet on medium heat. Spray with Pam. Place potatoes (that have been cut #2 cone and precooked in the 3 quart and steamer inset) in skillet. Allow to brown. Turn, brown and serve!

HARD BOILED EGGS: (9” Skillet) Place very wet paper towels in the bottom of skillet. Place eggs on top of paper towels. Medium – Click – Low. 20 minutes

EGGS OVER EASY: (10” gourmet skillet) Preheat the gourmet skillet at medium-low for 5 minutes then spray the pan with Pam or use *real* butter. Add eggs and fry until the egg white turns to solid. Flip with spatula until done to liking.

SAUSAGE: (3 quart saucepan with inset) Put water in bottom of saucepan, place sausage in insert with lid on. Cook on medium high heat for about 15-20 min and they are ready to eat. *Can fry in skillet after cooking in saucepan.*

COLESLAW WITH FRUIT: Process carrots #1 cone, apples and cabbage using #2 cone. Toss with pineapple tidbits and coleslaw dressing

APPLESAUCE: 1 Qt. Sauce Pan. Place 2 apples that have been processed on the # 2 cone and 1 teaspoon of cinnamon in pan. Medium- Click-Low for 5 minute. Use topping on crepes, pancakes, cakes, or in oatmeal! Yummy! You can omit cinnamon.

RICE:

Measure 1 part rice to 2 parts chicken stock (or water). Option: add a dry soup mix package or frozen veggies for variety. Medium – Click – Low for 15 minutes

FRESH GREEN BEANS:

(2 QT SAUCE PAN)

You will need: 1 lb. of fresh green beans, or wax, or pole beans

½ cup sliced onions optional: slivered almonds or turkey bacon

Beans are a very dry vegetable. Rinse them well. Place in cold pan. Add onions, bacon and 1 tsp. of water. Place lid on and turn to medium. Click – low for 5-10 minutes or until desired doneness.

WORLD FAMOUS STUFF: *(electric skillet)*

1-2 lbs minced ground turkey or degreased hamburger meat

1 potato 1 onion

1 carrot

1 zucchini

1 yellow squash

1 pkg cheddar cheese

2 cans cream of anything (chicken is great!)

Place meat in bottom of COLD skillet. Add onion (#2 cone)... then cabbage & potatoes (#3 cone)... carrots zucchini & squash (#2 cone). Add cream of (anything) soup... then cheddar cheese (#2 cone) on top. Cover and cook at 200* until valve clicks, then reduce to simmer (180*) for 20 minutes.

FROZEN TO FINISH ITALIAN CHICKEN: Place frozen chicken breasts in skillet.

Cover. Place skillet on 250. When vapo valve clicks, add 1 can stewed tomatoes, chopped green pepper, red pepper (optional), and onion, 1 ½ cups of minute rice and season with oregano.

MARVELOUS MEATLOAF: (9" skillet) In a large bowl mix: 1lb lean ground beef, 1 carrot, 1 potato, 1 celery stalk, 1 onion (shred all on #1 cone), one egg, salt & pepper. Mix well, adding saltines a little at a time until it is solid like a ham. Shape into a loaf and place in skillet. Cover with sauce of choice (ketchup & Worchester) Cover, Med - Click – Low! (30 – 45 Minutes) *NOTE: You can use your own recipe too! Just mix it up and cook it the same way!*

CHUCK ROAST WITH CARROTS & POTATOES – (7 quart roaster)

1- 3-4lb chuck roast

4 large potatoes washed and cut in chunks

4-6 large carrots washed and cut in chunks

1 large onion cut into large pieces

¼ cup of soy sauce ¼ cup of worcestshire sauce

Preheat roaster on medium heat for 5 minutes. Sear roast on both sides. Add remaining ingredients. Leave roaster on medium until it clicks and reduce it to low for 15 minutes per pound. About 1-2 hours.

VEGETABLE LASAGNA: (electric skillet)

You will need: 1 pkg of lasagna noodles, 1 jar of pasta sauce
1 medium container of skim ricotta
or cottage cheese
1 pkg of mozzarella – shredded on # 2 cone
1 zucchini, 1 squash, 1 onion, processed on #
2 cups of fresh spinach
1 cup of fresh mushrooms processed
on #4 cone (optional)

Mix sauce and vegetables together. Place half of mixture on cold skillet. Place uncooked noodles on top of sauce. Layer with half of the ricotta or cottage cheese. Layer with half of the mozzarella. Repeat layer. Turn skillet to 225 for 25-30 minutes. Check noodles. If they are firm they cook another 5-10 minutes. Turn skillet off and let stand for 5 minutes. Serve.

SALADCAKE: (9” skillet or 2qt saucepan) **(DOUBLE FOR ELECTRIC SKILLET)**

You will need: 1 zucchini

1 stalk celery
1 cake mix

1 squash

1/4 head of cabbage
1 egg and 1 egg white or 3 egg whites

Preheat skillet on medium-low for 10 minutes. Using #1 cone process ½ of the zucchini, squash, celery, and cabbage and mix with ½ cake mix and all of the eggs. Spray with cooking spray and pour cake mix in the pan. Cover, reduce heat to low for 20-25 minutes.