

“You don’t have to cook fancy or complicated masterpieces — just good food from fresh ingredients.”

— Julia Child

25pasta

creations your family will crave

25 pasta creations • Tupperware® Microwave Pasta Maker

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Treat your family to a night in.

There are few dishes in the culinary world that garner such an emotional response as a bowl of pasta covered in comforting sauce and sprinkled with grated cheese. The aroma of a hot batch of red sauce simmering on the stove brings back vivid memories for many, and now these memories are easier than ever to create for your own family.

The **Tupperware® Microwave Pasta Maker** is the new must-have product for cooking and easily draining pasta. Many of the 25 recipes include the new Simple Indulgence™ Italian Herb Seasoning Blend, which adds depth of flavor and authentic flair. These recipes go beyond the Italian bistro to showcase flavors from around the world, highlighting the versatility of the product. Experiment with flavors and shapes of different pastas you may not have tried before and discover new family favorites

you'll enjoy time and time again.





ziti
“bridegrooms”

egg
noodles

ditalini
“small
thimbles”

farfalle
“butterflies”

penne
“pens”

a symphony of pasta

One of the fun things about pasta is the multitude of different shapes and colors. But did you know these interesting shapes all serve a purpose? Pastas with ridges and crevices like rigatoni or penne are designed to capture sauce in between the ridges. Hollow pastas like cavatappi, ziti and elbow macaroni allow sauce to flow through the holes, and fluted pastas like conchiglie and orecchiette are meant to hold sauce in their indentations.

radiatori
“radiators”

fusilli
“little
spindles”

conchiglie
“shells”

cavatappi
“corkscrews”

garganelli
“scrolls”

fusilli lunghi
“long rifles”

capellini
“angel hair”

fettuccine
“little slices”

linguine
“little tongues”

spaghetti
“little twines”

Long, thin noodles like angel hair are usually best paired with oil-based sauces like pesto that prevent the pasta from sticking together. Thicker strands like linguine and spaghetti are best paired with tomato-based and white sauces.

Science doesn't have to determine your choice of pasta. There are hundreds of different shapes to try, and kids especially love different shapes and colors of pasta.

Pastas made from different kinds of flours and vegetables are becoming more readily available. For a healthier option, choose whole-wheat pastas or vegetable-based ones (like carrot or spinach). Gluten-free choices made from rice or chickpea flour are excellent options for those with restrictive diets.

macaroni
“dumplings”

pipette rigate
“snails”

rigatoni
“large lined ones”

orecchiette
“little ears”

ravioli
“little turnips”

tortellini
“little pies”

tagliatelle
“ribbons”

sauces

The two sauces featured in this recipe book can be your go-to formulas for flavor and finesse in your pasta dishes. Homemade sauce makes a world of difference, and these two will take your meals to new heights. Pour them over your favorite pasta as is, or create many different flavor profiles just by the addition of a few ingredients. The Everyday Marinara is especially versatile and freezes well for sauce at an instant. Put the car keys down—there's no need to eat out when you can make these delicious sauces at home!

Makes 7 cups

everyday marinara

The most important ingredient to the success of a marinara sauce is the quality of the tomatoes you use. Splurge on high-quality San Marzano tomatoes, now available in most supermarkets, canned at the height of freshness and flavor.

- 1 tbsp. extra virgin olive oil
- 1 large onion, chopped
- 4 garlic cloves, peeled and minced
- 2 (28 oz./755 g) cans whole, peeled tomatoes with juices
- 2 tsp. Simple Indulgence™ Italian Herb Seasoning Blend
- 1 tsp. coarse kosher salt

Heat olive oil in Chef Series™ 6-Qt/5.7 L Dutch Oven over medium-high heat. Cook onion 5-10 minutes or until translucent. Add garlic and cook an additional minute.

In batches, place tomatoes and their juices in the base of the Quick Chef™ Pro System. Turn handle to process. Add tomatoes to the Dutch Oven with the remaining ingredients. Bring to a simmer and cook 20 minutes.

Tip: Prepare extra sauce and freeze in Freezer Mates® containers for later use.



Nutritional Information (per serving):
Calories: 80 Total Fat: 2g Saturated Fat: 0g Cholesterol: 0mg
Carbohydrate: 10g Sugar: 7g Fiber: 2g Protein: 2g Sodium: 730mg
Vitamin A: 20% Vitamin C: 40% Calcium: 4% Iron: 8%

Makes 1 cup

white wine sauce

This version of the classic white wine and butter sauce is a healthier option and still adds a tangy, creamy coating to your favorite pasta dishes. Remember to choose unsalted butter so you control how much salt is added to the sauce.

- ½ tbsp. extra virgin olive oil
- 1 large shallot
- 3 garlic cloves, peeled
- 1 cup white wine
- 1 cup chicken stock
- 1 small lemon, juiced
- 3 tbsp. cold unsalted butter, cut into 3 pieces

Add shallot and garlic to base of Chop 'N Prep™ Chef. Cover and pull cord 4-5 times to finely chop. Heat oil in Chef Series™ 11"/28 cm Fry Pan over medium heat. Add garlic and shallot; cook 2 minutes until shallot is translucent and garlic is fragrant. Add wine and chicken stock, increase heat to high, and bring to a boil. Reduce heat to medium high and simmer until liquid is reduced by half. Remove from heat and add lemon juice.

Using a whisk, add cold butter piece by piece, stirring slowly and constantly to melt, fully incorporating one piece before adding another. Serve immediately.



Nutritional Information (per serving):
Calories: 70 Total Fat: 5g Saturated Fat: 3g Cholesterol: 10mg
Carbohydrate: 5g Sugar: 1g Fiber: 0g Protein: 0g Sodium: 240mg
Vitamin A: 4% Vitamin C: 4% Calcium: 0% Iron: 2%



SOUPS

There is nothing more comforting than a simmering pot of soup filling the room with aromas of fresh ingredients. These recipes are perennially delicious for warm or cold weather, and always topped with a healthy shaving of Parmesan cheese. In this section, we've taken favorite soup recipes and added a special Tupperware twist. The Bean & Basil soup is enhanced by the addition of fresh pesto, and the chicken in our Classic Minestrone makes the already-hearty soup even more delectable.

Serves 8 • Serving size: 1 cup

bean & basil

After adding fresh pesto to this hearty soup, you'll never use premade versions again. Fresh basil adds color and vibrant flavor to this protein-rich, homemade comfort soup.

4 oz./115 g elbow macaroni
½ tbsp. extra virgin olive oil
5 garlic cloves, peeled and minced
1 cup chopped celery
¼ tsp. red pepper flakes
2 (15 oz./425 g) cans cannellini beans,
drained and rinsed
3 tbsp. prepared Pesto Sauce
(recipe follows)
4 cups chicken broth
¼ tsp. coarse kosher salt
2 tbsp. grated Parmesan cheese

Cook pasta in **Tupperware® Microwave Pasta Maker** 8 minutes, or until *al dente*. Heat olive oil in Chef Series™ 6-Qt./5.6 L Dutch Oven over medium heat. Sauté garlic, celery and red pepper flakes until fragrant. Add beans, pesto, chicken broth, salt and simmer 15 minutes. Ladle into warm bowls and sprinkle with grated Parmesan cheese.

Pesto Sauce (makes ½ cup)
¾ cup packed basil leaves
3 tbsp. pine nuts, lightly toasted
1 garlic clove, peeled
¼ cup grated Parmesan cheese
¼ cup extra virgin olive oil
½ tsp. coarse kosher salt
⅛ tsp. black pepper

Place all ingredients into base of the Chop 'N Prep™ Chef. Cover and pull cord 4–5 times to process to a coarse paste. Adjust seasoning with salt and pepper.

Tip: Prepare extra pesto and freeze in Freezer Mates® containers for later use.

Nutritional Information (per serving):
Calories: 200 Total Fat: 5g Saturated Fat: 1g Cholesterol: 0mg Carbohydrate: 28g Sugar: 3g
Fiber: 6g Protein: 10g Sodium: 680mg Vitamin A: 4% Vitamin C: 2% Calcium: 8% Iron: 10%



Serves 12 • Serving size: 1 cup

classic minestrone

Make your family a batch of delicious soup in minutes. Canned soups are heavy with sodium, but this recipe is packed with veggies, beans and chicken for a heartier version of the classic.

- 6 garlic cloves, peeled
- 1 medium onion, quartered
- 3 carrots, roughly chopped
- 2 ribs celery, roughly chopped
- 1 medium zucchini, roughly chopped
- 2 tsp. extra virgin olive oil
- 1 cup cooked chicken, steamed in
Tupperware® SmartSteamer, chopped
- 5 cups fat-free low-sodium chicken stock
- 2 (14.5 oz./430 g) cans fire-roasted
tomatoes with juice
- 15 oz./435 g can cannellini beans
- 2 tsp. Simple Indulgence™
Italian Herb Seasoning Blend
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1 cup small pasta, like fusilli
- 6 oz./170 g baby spinach
- 2 tbsp. Parmesan cheese, grated

Nutritional Information (per serving):
Calories: 150 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 10mg Carbohydrate: 25g Sugar: 7g
Fiber: 5g Protein: 10g Sodium: 630mg Vitamin A: 90% Vitamin C: 30% Calcium: 6% Iron: 10%

Chop garlic and onions in base of Quick Chef™ Pro System. Transfer to a small bowl and set aside. In base, coarsely chop carrots, celery and zucchini and transfer to a medium bowl. Set aside.

Preheat Chef Series™ 6-Qt./5.6 L Dutch Oven over medium heat, add olive oil and sauté garlic and onions until translucent. Add carrots, celery, zucchini, chicken, chicken stock, tomatoes, beans, seasoning blend and salt and pepper. Bring to a boil, reduce heat and simmer 15 minutes.

Meanwhile, cook pasta in **Tupperware® Microwave Pasta Maker** 8 minutes. Drain and add to soup along with spinach, and simmer until spinach is tender. Ladle into warm bowls and sprinkle with grated Parmesan cheese.



Serves 8 • Serving size: ¾ cup

pasta fagioli

Leafy greens like kale and Swiss chard are super foods that guard against cancer, while adding unique flavor to this Italian favorite. Use baby spinach if kale or Swiss chard are not available.

5 garlic cloves, peeled
1 small onion, quartered
1 tbsp. extra virgin olive oil
28 oz./755 g can whole tomatoes
¾ cups fat-free low-sodium chicken stock
2 (15 oz./425 g) cans cannellini beans,
drained and rinsed
1 tsp. Simple Indulgence™
Italian Herb Seasoning Blend
4 oz./115 g ditalini or other small pasta
4 cups kale or Swiss chard,
roughly chopped
¼ cup Parmesan cheese, grated
using Grate 'N Measure® Grater
¼ cup chopped parsley

In base of Quick Chef™ Pro System, process onion and garlic until finely chopped. Transfer to a small bowl and set aside.

Preheat a Chef Series™ 6-Qt./5.6 L Dutch Oven over medium-high heat. Add olive oil and sauté onion and garlic until translucent and fragrant. Chop tomatoes in base of Quick Chef™ Pro System. Add tomatoes, chicken stock, beans and seasoning blend to onions and garlic. Bring to a boil, reduce heat and simmer 20-30 minutes.

Cook ditalini in **Tupperware® Microwave Pasta Maker** 8 minutes. Drain. Add kale and cooked pasta to Dutch Oven. Reduce heat and simmer 5-10 minutes until kale is wilted. Sprinkle with grated Parmesan cheese and parsley before serving.

Nutritional Information (per serving):

Calories: 210 Total Fat: 3g Saturated Fat: 1g Cholesterol: 0mg Carbohydrate: 35g Sugar: 6g
Fiber: 7g Protein: 12g Sodium: 730mg Vitamin A: 110% Vitamin C: 45% Calcium: 15% Iron: 15%



classic pasta

Create your favorite restaurant pasta dishes at home and have them on the table in minutes. These sumptuous dishes were specially chosen to reflect the traditions and memories of the home kitchen or your favorite restaurant. Put on a pot of sauce and create flavors that your family will remember forever. They're bound to be dinner table classics.

Serves 4 • Serving size: 1 cup

angel hair pomodoro

With a simple sauce of cherry tomatoes and green onions, plus a few other pantry staples, this dish is a perfect height-of-summer creation when tomatoes are at their finest.

8 oz./225 g angel hair pasta
2 tbsp. extra virgin olive oil
2 green onions
2 garlic cloves, peeled
8 oz./225 g cherry tomatoes, halved
2 tbsp. Parmesan cheese, grated
½ cup fresh basil leaves, roughly chopped
1 tsp. coarse kosher salt
¼ tsp. black pepper

Cook angel hair in **Tupperware® Microwave Pasta Maker** 8-10 minutes, or until *al dente*. Drain and set aside, reserving ½ cup of the pasta water.

Mince garlic and green onions in Chop 'N Prep™ Chef. While pasta cooks, heat olive oil in a Chef Series™ 11"/28 cm Fry Pan over medium-high heat. Add green onions

and garlic and cook 2 minutes or until fragrant. Add tomatoes and cook 2-4 minutes, or until the tomatoes are tender and begin to break down slightly. Add the pasta to the pan and toss with Parmesan cheese, basil, salt and pepper until well coated. Add reserved pasta water if the sauce seems too dry. Top with additional Parmesan cheese and basil, if desired. Serve immediately.

Note: Since many of these pasta recipes require the addition of aromatic fresh basil, the Fresh Herb Planter System from Tupperware is a must-have to keep this essential Italian herb close at hand, adding fresh flavor while saving you money.

Nutritional Information (per serving):

Calories: 290 Total Fat: 9g Saturated Fat: 1.5g Cholesterol: 0mg Carbohydrate: 44g Sugar: 4g
Fiber: 2g Protein: 9g Sodium: 520mg Vitamin A: 10% Vitamin C: 15% Calcium: 4% Iron: 6%



Serves 4 • Serving size: 1 chicken cutlet, 1 cup pasta

chicken picatta

The creamy, zesty lemon sauce spiked with capers is the signature of this Italian entrée classic. A Mediterranean favorite, capers add color and tangy zip.

8 oz./225 g linguine
2 tbsp. extra virgin olive oil
4 chicken cutlets
½ tsp. coarse kosher salt
¼ tsp. black pepper
1 recipe White Wine Sauce (see page 11)
3 tbsp. capers, drained

Cook linguine in **Tupperware® Microwave Pasta Maker** 12 minutes, or until *al dente*. Drain and set aside, reserving ½ cup of the pasta water.

Spread out an arm's length sheet of plastic wrap and place it on a flat surface. Place chicken cutlet in the center and cover with the same amount of plastic wrap. Using a meat mallet (or similar tool) pound the chicken cutlet until it is ¼-inch/0.5 cm thick. Repeat with 3 remaining chicken cutlets.

Heat olive oil over medium-high heat in Chef Series™ 11"/28 cm Fry Pan. Season chicken cutlets with salt and pepper and add to the heated oil. Cook 2 minutes on each side. Transfer to a plate and keep warm by covering loosely with aluminum foil. In the Fry Pan, prepare White Wine Sauce according to directions on page 11, adding capers. Add pasta and chicken cutlets to sauce and toss to coat. Serve immediately.

Nutritional Information (per serving):

Calories: 530 Total Fat: 21g Saturated Fat: 8g Cholesterol: 80mg Carbohydrate: 53g Sugar: 4g Fiber: 2g Protein: 31g Sodium: 850mg Vitamin A: 10% Vitamin C: 10% Calcium: 4% Iron: 20%



Serves 4 • Serving size: 1 cup

easy “peas’y” linguine

This simple dish is full of earthy, cheesy flavor. Try pastas like bucatini to explore new combinations of texture with the versatile sauce.

8 oz./225 g linguine
1 small onion, quartered
2 garlic cloves, peeled
2 cups reduced fat (2%) milk
2 tbsp. all-purpose flour
1 tbsp. extra virgin olive oil
8 oz./225 g bacon, diced
½ cup white wine
1 cup frozen peas, defrosted
2 tbsp. parsley, chopped
½ cup Parmesan cheese, grated
using Grate 'N Measure® Grater
1 tsp. coarse kosher salt
½ tsp. black pepper

Cook linguine in **Tupperware® Microwave Pasta Maker** 12 minutes, or until *al dente*. Drain and set aside.

Add onion and garlic to base of Chop 'N Prep™ Chef. Cover and pull cord 4-5 times to finely chop. Combine milk and flour in a small bowl. Mix well so that no lumps remain and set aside. Heat a Chef Series™ 6-Qt/ 5.7 L Sauté Pan over medium heat. Add oil and cook bacon, onion and garlic 10 minutes or until bacon crisps and onion is translucent. Add wine and reduce 5 minutes or until wine has almost completely evaporated. Add milk and flour mixture and stir constantly, bring to a boil to thicken sauce. Reduce heat to low and simmer 10 minutes, stirring occasionally. Stir in peas, parsley, Parmesan cheese, salt and pepper. Add cooked linguine and toss to coat completely before serving.

Optional: Substitute pancetta or prosciutto for bacon.

Nutritional Information (per serving):

Calories: 720 Total Fat: 32g Saturated Fat: 12g Cholesterol: 85mg Carbohydrate: 64g Sugar: 11g Fiber: 4g Protein: 40g Sodium: 2250mg Vitamin A: 8% Vitamin C: 10% Calcium: 30% Iron: 20%



Serves 8 • Serving size: 1 cup

family fave mac & cheese

There are few people who would turn down a bubbling dish of macaroni and cheese. This version uses robust cheeses to melt into a smooth, creamy sauce.

8 oz./225 g pasta, like elbow macaroni
3 tbsp. butter
3 tbsp. all-purpose flour
2 cups whole milk
1 tsp. dry mustard
1 tsp. Worcestershire sauce
dash of Tabasco sauce
1½ cups cheddar cheese, shredded
using Grate 'N Measure® Grater
½ cup plain bread crumbs

Preheat oven to 350°F/176°C.

Cook pasta in **Tupperware® Microwave Pasta Maker** 9 minutes. Drain and place in a 16" x 9"/40 cm x 23 cm baking dish.

Melt butter in a Chef Series™ 3-Qt./2.8 L Saucepan. Whisk in flour until it forms a paste. Cook flour mixture 2 minutes. Add milk; whisking until smooth. Bring to a boil, stirring constantly until sauce thickens and coats the back of a spoon. Reduce the heat to medium. Add mustard, Worcestershire sauce and Tabasco. Stir in cheese until melted and sauce is smooth.

Pour cheese sauce over the pasta and fold together until well blended. Top evenly with bread crumbs. Bake 30 minutes until hot and bubbly, and topping is golden brown.

Nutritional Information (per serving):

Calories: 300 Total Fat: 14g Saturated Fat: 9g Cholesterol: 35g Carbohydrate: 32g Sugar: 5g
Fiber: 1g Protein: 12g Sodium: 230mg Vitamin A: 10% Vitamin C: 0% Calcium: 25% Iron: 8%



Serves 8 • Serving size: 1¼ cup

fettuccine alfredo

The ultimate in comfort food, this version uses no cream but still retains the flavor you crave. Serve over fettuccine or your favorite pasta along with grilled chicken or shrimp.

16 oz./455 g fettuccine
2 cups reduced fat (2%) milk
2 tbsp. all-purpose flour
¼ onion, quartered
2 garlic cloves, peeled
1 tbsp. extra virgin olive oil
⅓ cup white wine
2 tbsp. lemon juice
2 tbsp. Italian flat-leaf parsley, chopped
½ cup Parmesan cheese, grated
using Grate 'N Measure® Grater
1 tsp. coarse kosher salt
¼ tsp. black pepper

Cook fettuccine in **Tupperware® Microwave Pasta Maker** 14 minutes, or until *al dente*. Drain and set aside.

Combine milk and flour in a small bowl and stir briskly using a whisk until no lumps

remain. Set aside. Place onion and garlic in base of Chop 'N Prep™ Chef. Cover and pull cord 4-5 times to chop.

Heat oil in Chef Series™ 6-Qt/5.7 L Sauté Pan over medium heat. Add onion and cook 5 minutes or until translucent. Add the garlic and cook an additional minute. Add wine and simmer 2 minutes or until the wine has almost completely evaporated. Add milk mixture and stir constantly, bring to a boil to thicken sauce. Reduce heat to low and cook 10 minutes, stirring occasionally until sauce has thickened and coats the back of a spoon. Remove pan from heat and add lemon juice, parsley, Parmesan cheese, salt and pepper. Add pasta to pan with sauce and toss to coat. Serve immediately.

Nutritional Information (per serving):

Calories: 210 Total Fat: 6g Saturated Fat: 3g Cholesterol: 15mg Carbohydrate: 28g Sugar: 5g
Fiber: 1g Protein: 10g Sodium: 480mg Vitamin A: 4% Vitamin C: 6% Calcium: 20% Iron: 8%



Serves 4 • Serving size: 1½ cups

linguine with clam sauce

Purchase fresh whole clams for this simple and elegant favorite. When cooked, whole clams release their own juices to flavor the sauce.

24 littleneck clams
½ tbsp. extra virgin olive oil
1 large shallot, minced
3 garlic cloves, peeled and minced
1 cup white wine
¼ tsp. red pepper flakes
3 tbsp. cold unsalted butter,
cut into 3 pieces
¼ cup Italian flat-leaf parsley, finely
chopped in the Chop 'N Prep™ Chef
8 oz./225 g linguine

Wash and scrub clams well. Discard any that do not close tightly to the touch. In a Chef Series™ 11"/28 cm Fry Pan heat the olive oil over medium heat; sauté shallots and garlic until translucent. Add wine and red pepper flakes, cook 2 minutes. Add clams, cover and cook 5-7 minutes until the clams open. Remove cover and toss clams in the liquid, discarding any that do not open.

While clams are cooking, cook linguine in **Tupperware® Microwave Pasta Maker** 12 minutes, or until *al dente*. Drain and set aside. To the clam sauce, add butter one tablespoon at a time, swirling the pan. The clams will help emulsify the sauce. Add pasta and parsley, tossing together. Transfer to a serving platter and serve immediately.

Nutritional Information (per serving):

Calories: 390 Total Fat: 12g Saturated Fat: 6g Cholesterol: 40mg Carbohydrate: 53g Sugar: 3g
Fiber: 2g Protein: 16g Sodium: 690mg Vitamin A: 10% Vitamin C: 6% Calcium: 4% Iron: 20%



Serves 8 • Serving size: 1½ cups

pasta primavera

Packed with fresh vegetables and a creamy white wine sauce, this pasta dish is a perfect springtime entrée for company. The array of colors and textures create a stunning plate that balances crisp freshness with the creamy comfort of the sauce.

8 oz./225 g rotini
2 tbsp. extra virgin olive oil
½ medium red onion, sliced
¾ cup cremini mushrooms, sliced
2 large carrots, peeled and sliced
½ red bell pepper, sliced
1 cup snow peas, trimmed
1 yellow squash, sliced
6 oz./170 g grape tomatoes
14 oz./395 g can artichoke hearts,
drained and quartered
1 recipe White Wine Sauce (see page 11)
1 tsp. coarse kosher salt, divided
½ tsp. black pepper, divided
¼ cup Parmesan cheese, grated
using Grate 'N Measure® Grater

Cook rotini in **Tupperware® Microwave Pasta Maker** 10 minutes, or until *al dente*. Drain and set aside, reserving ½ cup pasta water.

In Chef Series™ 11"/28 cm Fry Pan, heat olive oil over medium-high heat. Sauté onions and mushrooms, adding ½ tsp. salt and ¼ tsp. pepper, until onions turn translucent, about 5 minutes. Add carrots and sauté 3 minutes. Add red bell pepper and snow pea pods and sauté 3 more minutes. Add squash, grape tomatoes and artichokes and sauté 2 minutes. Season with ½ tsp. salt and ¼ tsp. pepper. Remove from pan, retaining all juices, and set aside, keeping warm.

In the same pan, prepare White Wine Sauce according to directions on page 11. Add cooked pasta, salt and pepper, and reserved vegetables, tossing to coat. Simmer until heated through. If sauce is too thick, add a few tablespoons of reserved pasta water. Sprinkle with grated Parmesan cheese before serving.

Nutritional Information (per serving):
Calories: 260 Total Fat: 9g Saturated Fat: 4g Cholesterol: 15mg Carbohydrate: 34g Sugar: 6g
Fiber: 4g Protein: 7g Sodium: 560mg Vitamin A: 90% Vitamin C: 40% Calcium: 6% Iron: 8%



Serves 4 • Serving size: 1 cup

penne alla vodka

This is a perfect example of the variations you can create from a classic recipe. Use the Everyday Marinara recipe and add heavy cream and vodka to create a whole new flavor profile.

2 cups Everyday Marinara (see page 11)
 ¼ cup vodka
 ¼ cup heavy cream
 ¼ cup Parmesan cheese, grated
 using Grate 'N Measure® Grater
 8 oz./225 g penne
 ¼ cup basil (*optional*)

In Chef Series™ 11"/28 cm Fry Pan, combine marinara sauce and vodka and simmer over low heat until sauce reduces, about 20 minutes. Stir in cream and simmer until sauce is heated through. Add Parmesan cheese and stir until melted.

While sauce simmers, cook penne in **Tupperware® Microwave Pasta Maker** 9 minutes. Drain and add to pan with sauce and stir until well coated.

Optional: Serve with chicken breast or cooked shrimp, and top with basil as garnish.

Nutritional Information (per serving):
 Calories: 350 Total Fat: 9g Saturated Fat: 5g Cholesterol: 30mg Carbohydrate: 47g Sugar: 5g
 Fiber: 3g Protein: 12g Sodium: 460mg Vitamin A: 15% Vitamin C: 20% Calcium: 15% Iron: 15%



Serves 4 • Serving size: 1¼ cup

shrimp fra diavolo

Some like it hot, and this recipe is not for the faint of heart. Kick up the Everyday Marinara recipe with hot red chili flakes and succulent shrimp for a tongue-tingling flavor symphony.

1 tbsp. extra virgin olive oil, divided
3 garlic cloves, peeled and minced
2 anchovy filets or ½ tsp. anchovy paste
¼ tsp. red pepper flakes
½ tsp. coarse kosher salt
¼ tsp. black pepper
1 lb./455 g large shrimp,
peeled and deveined
2 cups Everyday Marinara (see page 11)
¼ cup white wine
½ tsp. Simple Indulgence™
Italian Herb Seasoning Blend
8 oz./225 g pasta, like linguine
½ cup parsley, chopped
in the Chop 'N Prep™ Chef

Heat 1 tbsp. olive oil in a Chef Series™
11"/28 cm Fry Pan over medium-high heat.
Add garlic, anchovies and red pepper flakes.
Sauté until garlic is fragrant. Season shrimp
with salt and pepper and add to the pan.
Cook shrimp 1 minute per side. Remove
shrimp from pan to a plate. Add marinara
sauce, wine and seasoning blend. Reduce
heat and simmer, stirring occasionally, about
10 minutes.

While sauce simmers, cook pasta in
Tupperware® Microwave Pasta Maker
12 minutes. Drain and set aside, reserving
½ cup of the pasta water. Add the parsley,
pasta and shrimp to the sauce, along with
any collected juices from the shrimp, and
toss to combine. If desired, add some of
the reserved pasta water to thin the sauce.

Nutritional Information (per serving):

Calories: 410 Total Fat: 10g Saturated Fat: 1.5g Cholesterol: 145mg Carbohydrate: 51g Sugar: 6g
Fiber: 3g Protein: 25g Sodium: 1450mg Vitamin A: 25% Vitamin C: 35% Calcium: 10% Iron: 20%



Serves 4 • Serving size: 1¼ cups

shrimp scampi

This version of shrimp scampi highlights the shrimp by minimizing the fat in the sauce, upgrading the dish from indulgent to delightful.

8 oz./225 g linguine
1 tbsp. extra virgin olive oil
1 lb./455 g jumbo shrimp,
peeled and deveined
1 recipe White Wine Sauce (see page 11)
1 tsp. coarse kosher salt
¼ tsp. black pepper
¼ cup parsley, chopped
in the Chop 'N Prep™ Chef

Cook linguine in **Tupperware® Microwave Pasta Maker** 12 minutes, or until *al dente*. Drain and set aside, reserving ½ cup of the pasta water.

Heat oil in Chef Series™ 11"/28 cm Fry Pan over medium-high heat. Add shrimp to the hot oil, cooking shrimp 2 minutes on each side. Remove shrimp to a plate and cover to keep warm. Prepare White Wine Sauce according to directions on page 11. Add salt, pepper, shrimp, linguine and parsley and toss to coat. If desired, add some of the reserved pasta water to thin the sauce.

Nutritional Information (per serving):

Calories: 460 Total Fat: 16g Saturated Fat: 7g Cholesterol: 165mg Carbohydrate: 54g Sugar: 4g
Fiber: 2g Protein: 24g Sodium: 1600mg Vitamin A: 15% Vitamin C: 15% Calcium: 10% Iron: 15%



Serves 4 • Serving size: 1 cup

sicilian puttanesca

The Mediterranean-style sauce provides a punch of flavor to this dish. Don't shy away from the anchovies and capers, they complement each other and make delicious music together.

3 anchovy filets or ½ tsp. anchovy paste
2 garlic cloves, peeled
1 tbsp. extra virgin olive oil
¼ tsp. red pepper flakes
¼ cup mixed olives, pitted and chopped
¼ cup capers, drained
2 cups Everyday Marinara (see page 11)
8 oz./225 g linguine

Combine anchovies and garlic in base of Chop 'N Prep™ Chef and pull cord 4–5 times to process until smooth. Set aside.

Heat oil in a Chef Series™ 11"/28 cm Fry Pan over medium heat. Add garlic mixture and cook 2–4 minutes. Add red pepper flakes, olives, capers and marinara sauce and simmer 5 minutes, stirring occasionally.

While sauce simmers, cook linguine in **Tupperware® Microwave Pasta Maker** 12 minutes, or until *al dente*. Drain, add pasta to sauce and toss to coat.

Nutritional Information (per serving):

Calories: 350 Total Fat: 11g Saturated Fat: 1.5g Cholesterol: 15mg Carbohydrate: 49g Sugar: 6g
Fiber: 3g Protein: 15g Sodium: 1560mg Vitamin A: 10% Vitamin C: 20% Calcium: 8% Iron: 20%



Serves 8 • Serving size: 1 cup pasta, 3 meatballs

“that’s amore” spaghetti & meatballs

Because of the depth of flavor in the meatballs, this dish requires a sauce with more sophisticated flavor development. Simmer the meatballs in the sauce to absorb flavor and cook them through. Save half of the sauce for future dishes.

Sauce (make 10 cups)

1 large onion, quartered
2 garlic cloves, peeled
1 tbsp. extra virgin olive oil
28 oz./755 g can crushed tomatoes
12 oz./340 g can tomato paste
3½ cups water
1 tbsp. Simple Indulgence™
Italian Herb Seasoning Blend
1 tbsp. sugar (optional)
1 tsp. coarse kosher salt
½ tsp. black pepper

Add onion and garlic to base of Quick Chef™ Pro System. Turn handle to process. Heat oil in Chef Series™ 6-Qt./ 5.7 L Dutch Oven over medium-high heat. Sauté onion and garlic about 5 minutes. Add remaining ingredients, cover and cook over low heat for between 2 and 6 hours to develop flavors.

Meatballs (makes 24)

1 small onion, quartered
3 garlic cloves, peeled
1 lb./455 g ground chuck
1 lb./455 g ground pork
2 large eggs, lightly beaten
½ cup reduced fat (2%) milk
½ cup seasoned bread crumbs
½ cup Parmesan cheese, grated
using Grate 'N Measure® Grater
1½ tbsp. coarse kosher salt
¼ tsp. black pepper

Add onion and garlic to base of Quick Chef™ Pro System. Turn handle to process until finely chopped. Combine all ingredients in a large bowl until incorporated. Divide mixture into 24 portions and form meatballs. Carefully drop meatballs into simmering sauce and allow to cook at least 20 minutes.

Spaghetti

16 oz./455 g spaghetti

Cook spaghetti in **Tupperware® Microwave Pasta Maker** 10 minutes, or until *al dente*. Drain. Combine with meatballs and 5 cups of the sauce.

Nutritional Information (per serving):

Calories: 530 Total Fat: 18g Saturated Fat: 6g Cholesterol: 115mg Carbohydrate: 59g Sugar: 10g Fiber: 4g Protein: 33g Sodium: 1710mg Vitamin A: 15% Vitamin C: 20% Calcium: 8% Iron: 30%



inspired pasta

The beauty of pasta is that it reaches beyond Italy and permeates continents beyond the Mediterranean. These recipes highlight the versatility of pasta by taking you to Asia, Eastern Europe and beyond. The possibilities are virtually unlimited, so experiment and find your new favorite creations.

Serves 4 • Serving size: 1 cup

asparagus farfalle

This lemon-scented pasta salad is a perfect take-along for potlucks and picnics. Farfalle, which means “butterfly” in Italian, is an easy shape for pasta salads with no twirling required. The pesto in this recipe makes a great dip, too.

8 oz./225 g farfalle
1 tbsp. extra virgin olive oil
2 garlic cloves, peeled and minced
16 oz./455 g asparagus spears,
cut into 1" pieces
1 red bell pepper, cut into 1" strips
½ cup Lemon Artichoke Pesto
(recipe follows)
2 tbsp. Parmesan cheese, grated
1 tbsp. lemon juice
½ tsp. coarse kosher salt
¼ tsp. black pepper

Cook farfalle in **Tupperware® Microwave Pasta Maker** 13 minutes, or until *al dente*. Drain and reserve ½ cup pasta water. Heat Chef Series™ 6-Qt/5.7 L Sauté Pan over medium heat. Add the oil and sauté garlic, asparagus and bell pepper 5-10 minutes or until the vegetables are tender. Add the pasta, pesto, Parmesan cheese, lemon juice, salt and pepper; toss together to combine. If the pasta seems dry, add reserved pasta water. Serve immediately.

Tip: To find the tenderest part of the asparagus, hold the stalk at the pointed end, and break off the opposite end where it naturally snaps. Reserve the pointed part of the asparagus and discard the other half, as it is generally woody and tough.

Lemon Artichoke Pesto (makes ½ cup)
½ cup canned artichoke hearts, drained
3 garlic cloves, peeled
1 tbsp. Parmesan cheese, grated
½ tsp. Simple Indulgence™
Italian Herb Seasoning Blend
½ tbsp. extra virgin olive oil
½ tbsp. lemon juice
¼ tsp. coarse kosher salt

Place all ingredients into base of the Chop 'N Prep™ Chef. Cover and process until coarsely chopped. Adjust seasoning with salt and pepper.

Tip: Prepare extra pesto and freeze in Freezer Mates® containers for later use.

Nutritional Information (per serving):

Calories: 320 Total Fat: 7g Saturated Fat: 1.5g Cholesterol: 5mg Carbohydrate: 52g Sugar: 6g
Fiber: 5g Protein: 13g Sodium: 500mg Vitamin A: 35% Vitamin C: 80% Calcium: 8% Iron: 25%



Serves 3 • Serving size: 2/3 cup

autumn ravioli

The Microwave Pasta Maker works well with refrigerated pastas as well as dried versions. This seasonal favorite combines sweet butternut squash with savory sage and browned butter.

8 oz./225 g package
refrigerated butternut squash ravioli
1 tbsp. honey
1 tbsp. balsamic vinegar
2 tbsp. butter
1/4 cup fresh sage leaves
1/3 cup chopped walnuts
2 tbsp. Parmesan cheese, grated

Cook pasta in **Tupperware® Microwave Pasta Maker** 8 minutes, or until *al dente*. Drain and set aside, reserving 1/2 cup of the pasta water.

Combine honey and balsamic vinegar in a small bowl. Set aside.

In Chef Series™ 11"/28 cm Fry Pan, melt butter over medium heat. Add sage and walnuts to melted butter and cook 3 minutes. Add the reserved pasta water and boil until reduced by half. Add the ravioli to the pan, toss to coat pasta and sprinkle with Parmesan cheese. Before serving, drizzle with balsamic and honey mixture.

Note: If butternut squash ravioli are not available, substitute ravioli filled with cheese or wild mushrooms.

Nutritional Information (per serving):

Calories: 390 Total Fat: 20g Saturated Fat: 8g Cholesterol: 25mg Carbohydrate: 22g Sugar: 7g
Fiber: 2g Protein: 8g Sodium: 90mg Vitamin A: 6% Vitamin C: 0% Calcium: 10% Iron: 2%



Serves 4 • Serving size: 1½ cups

bangkok stir-fried noodles

Serve these stir-fried noodles the next time you crave spicy, salty, sweet Asian food. Made with fresh vegetables, this is a healthful version of a Thai street food favorite.

8 oz./225 g spaghetti or udon noodles
2 cups sugar snap peas
8 garlic cloves, peeled
1 tbsp. fresh ginger, peeled and grated
1 tbsp. red curry paste
½ tsp. ground turmeric
2 tsp. peanut oil, divided
1 cup prepackaged matchstick carrots
1 cup bean sprouts
½ cup vegetable broth
1 tbsp. low-sodium soy sauce
3 green onions, thinly sliced
⅓ cup cilantro leaves, coarsely chopped
¼ cup cashews
1 tbsp. Thai sweet chili sauce (*optional*)

Cook spaghetti or udon in **Tupperware® Microwave Pasta Maker** 10 minutes, or until *al dente*. Drain. While pasta is cooking,

trim peas and set aside. Place garlic, ginger, red curry paste and turmeric in the base of the Chop 'N Prep™ Chef and pull cord 4–5 times to combine.

Heat 1 tsp. oil in a Chef Series™ 6-Qt./5.7 L Sauté Pan over medium-high heat. Sauté carrots, bean sprouts and snap peas 2 minutes and move to the side of the pan. Add the rest of the peanut oil to the pan and sauté garlic mixture 1 minute, stirring constantly. Incorporate the vegetables with the garlic and stir to combine. Add broth and soy sauce. Bring to a boil, cover and reduce heat to simmer 2 minutes. Remove from heat. Add pasta and green onions, tossing to combine. Sprinkle with cilantro and cashews before serving. If more spice is desired, add sweet chili sauce to taste.

Nutritional Information (per serving):

Calories: 370 Total Fat: 11g Saturated Fat: 2g Cholesterol: 0mg Carbohydrate: 58g Sugar: 6g
Fiber: 4g Protein: 14g Sodium: 310mg Vitamin A: 60% Vitamin C: 25% Calcium: 8% Iron: 20%



Serves 4 • Serving size: 1 cup

conchiglie con funghi

Shell pasta is designed to hold delicious pools of sauce in their scooped shape. This shape is almost always ridged, known as *rigate*, for sauce to flow in between the ridges.

8 oz./225 g medium shell pasta
2 tbsp. extra virgin olive oil
6 oz./170 g mixed wild mushrooms
1 tsp. fresh thyme, chopped
1 recipe White Wine Sauce (see page 11)
2/3 cup heavy cream
3 cups broccoli florets, steamed in
Tupperware® SmartSteamer
3/4 tsp. coarse kosher salt
1/4 tsp. black pepper
1/4 cup Asiago cheese, grated
using Grate 'N Measure® Grater

Cook shell pasta in **Tupperware® Microwave Pasta Maker** 12 minutes. Drain and set aside.

Heat olive oil in Chef Series™ 11"/28 cm Fry Pan over medium-high heat. Sauté

mushrooms until lightly browned and most of the liquid has evaporated. Add fresh thyme and sauté 1 minute. Remove mushrooms from pan to a small plate. In the same pan, prepare White Wine Sauce according to directions on page 11. Add cream to sauce and simmer over medium-high heat until sauce thickens, about 2 minutes. Add mushrooms, broccoli, pasta, salt and pepper and stir to combine until well coated. Heat through, 2 minutes. Sprinkle with grated Asiago cheese before serving.

Tip: If you choose dried mushrooms for this bold dish, soak them in hot water 15-20 minutes until they soften. Drain and chop the mushrooms, reserving some of the liquid to add to the sauce at the end if desired.

Nutritional Information (per serving):

Calories: 610 Total Fat: 36g Saturated Fat: 17g Cholesterol: 85mg Carbohydrate: 59g Sugar: 5g
Fiber: 4g Protein: 14g Sodium: 940mg Vitamin A: 50% Vitamin C: 90% Calcium: 15% Iron: 20%



Serves 6 • Serving size: 1½ cups

savory stroganoff

This entrée is an excellent addition to your cuisine repertoire. The aromas and unique flavors of this dish, including the hearty beef and tang of sour cream in the sauce, make it an instant classic.

1 onion, quartered
4 garlic cloves, peeled
2 tbsp. vegetable oil, divided
8 oz./225 g sliced button mushrooms
1 lb./455 g sirloin steak, sliced into thin strips
2 cups beef broth
10 oz./285 g can reduced-fat
cream of mushroom soup
½ tsp. nutmeg
½ tsp. coarse kosher salt
¼ tsp. black pepper
⅓ cup low-fat sour cream
10 oz./285 g egg noodles
2 tbsp. parsley, chopped

In base of the Quick Chef™ Pro System, add onion and garlic. Process until coarsely chopped. Heat Chef Series™ 6-Qt/5.7 L Sauté Pan over medium-high heat with 1 tbsp. of oil, onion mixture and mushrooms. Cook 5 minutes, or until the mushrooms are tender. Add remaining oil and steak, and cook 1 minute or until browned on both sides.

Add beef broth and cream of mushroom soup; season with nutmeg, salt and pepper. Simmer 30 minutes. Stir in sour cream.

Cook pasta in **Tupperware® Microwave Pasta Maker** 9 minutes, or until *al dente*. Drain. Place pasta in a serving bowl. Top with the sauce and sprinkle with parsley. Serve immediately.

Nutritional Information (per serving):

Calories: 480 Total Fat: 20g Saturated Fat: 7g Cholesterol: 125mg Carbohydrate: 43g Sugar: 4g
Fiber: 2g Protein: 31g Sodium: 710mg Vitamin A: 2% Vitamin C: 10% Calcium: 8% Iron: 25%



Serves 4 • Serving size: 1 cup

spinach & cheese tortellini

Hollow tortellini allow sauce to flow through and capture flavor within the pasta creases. The filled pasta in this recipe is a delicious alternative to other pasta varieties.

9 oz./255 g pkg. refrigerated
spinach and cheese tortellini
1 recipe White Wine Sauce (see page 11)
2/3 cup heavy cream
1/4 tsp. crushed red pepper flakes
1/4 tsp. coarse kosher salt
1/4 cup fresh basil leaves, chopped

Cook tortellini in **Tupperware® Microwave Pasta Maker** 10 minutes, or until *al dente*. Drain and set aside.

In Chef Series™ 11"/28 cm Fry Pan, prepare White Wine Sauce according to directions on page 11. Add cream to sauce along with red pepper flakes and salt. Simmer over medium-high heat until sauce thickens slightly, about 2 minutes. Remove from heat, add pasta and toss to coat. Heat through, an additional 2 minutes. Serve garnished with chopped basil.

Nutritional Information (per serving):

Calories: 480 Total Fat: 30g Saturated Fat: 17g Cholesterol: 105mg Carbohydrate: 42g Sugar: 2g
Fiber: 1g Protein: 10g Sodium: 1000mg Vitamin A: 25% Vitamin C: 10% Calcium: 15% Iron: 10%



Serves 4 • Serving size: 1 cup

spinach & goat cheese baked ziti

Baked ziti usually combines red sauce, pasta and cheese, but this one forgoes the old standard and adds spinach—packed with vitamin C, folate, iron and calcium. The zip of goat cheese takes this recipe from standby to superb.

8 oz./225 g ziti
2 cups fresh baby spinach leaves, packed
1 cup shredded part-skim
mozzarella cheese
¼ cup Asiago cheese, grated
1½ cups half and half
2 garlic cloves, peeled and minced
1 tsp. Simple Indulgence™
Italian Herb Seasoning Blend
1 tsp. coarse kosher salt
½ tsp. black pepper
½ cup goat cheese crumbles

Preheat oven to 350°F/176°C. Cook ziti in
Tupperware® Microwave Pasta Maker
12 minutes, or until *al dente*. Drain and set
aside.

Place spinach in base of the Quick Chef™
Pro System and turn handle to process
until finely chopped. Set aside.

In a medium bowl, combine mozzarella and
Asiago cheeses. Add spinach, pasta, half
and half, garlic, seasoning blend, salt and
pepper. Fold together until well combined.
Pour mixture into an 8" x 8"/20 cm x 20 cm
baking dish. Top with goat cheese. Bake
25 to 30 minutes or until bubbly. Allow to
rest 5 minutes before serving.

*Note: The Grate 'N Measure® Grater
makes measuring freshly-shredded cheese
easy. Use this product with this recipe to
save time.*

Nutritional Information (per serving):

Calories: 630 Total Fat: 34g Saturated Fat: 21g Cholesterol: 100mg Carbohydrate: 52g Sugar: 3g
Fiber: 2g Protein: 33g Sodium: 1280mg Vitamin A: 35% Vitamin C: 4% Calcium: 70% Iron: 15%



Serves 10 • Serving size: 1 cup

stracotto

The smell of pot roast simmering on the stove brings back memories of home without fail. By shredding the roast and adding vegetables and pasta after braising, this dish is a northern Italian favorite you can turn into a Sunday family tradition.

2 lb./1 kg beef sirloin tip roast
1 tsp. coarse kosher salt
½ tsp. black pepper
1 tbsp. extra virgin olive oil
1 large onion, quartered
5 garlic cloves, peeled
4 medium carrots, quartered
2 celery stalks, quartered
1 cup beef broth
3½ cups Everyday Marinara (see page 11)
½ cup red wine
2 bay leaves
2 tsp. Simple Indulgence™
Italian Herb Seasoning Blend
16 oz./455 g rigatoni
½ cup Italian flat-leaf parsley, chopped

Season beef with salt and pepper. Heat oil in Chef Series™ 6-Qt./5.6 L Dutch Oven over medium-high heat. Cook beef until well browned on all sides. Remove roast to a plate and set aside.

Add onion and garlic to base of Quick Chef™ Pro System and turn handle to finely chop; transfer to a medium bowl. Repeat with carrots and celery until coarsely chopped. Add chopped vegetables to Dutch Oven, cook 10 minutes and add beef and beef broth. Cover and bring to a boil. Reduce heat and simmer 30 minutes.

Remove roast from the pot and thinly slice across the grain, then return slices to Dutch Oven. Add marinara sauce, red wine, bay leaves and seasoning blend. Cover and bring to a boil. Reduce heat and simmer 1 hour, or until the beef is tender.

Cook rigatoni in **Tupperware® Microwave Pasta Maker** 16 minutes, or until *al dente*. Drain and add to pot with sauce, tossing to coat. Season with salt and pepper and sprinkle with chopped parsley before serving.

Nutritional Information (per serving):

Calories: 390 Total Fat: 12g Saturated Fat: 3.5g Cholesterol: 60mg Carbohydrate: 41g Sugar: 6g Fiber: 3g Protein: 26g Sodium: 670mg Vitamin A: 80% Vitamin C: 20% Calcium: 6% Iron: 20%

