



Tupperware®

# Recipe Index

Caramel Apple Loaf Cake	11
Chai Doughnuts	14
Christmas Tree Appetizers	03
Cookies N Cream Cookie Cake	15
Cranberry Lime Mocktail	02
Creamy Pumpkin Tart	18
Crunchy Cookies	19
Goat Cheese Stuffed Chicken with Parmesan	06
Green Beans and Spicy Sweet Potatoes	
Microwave Roasted Chicken	07
Scalloped Potato Casserole	10



# Cranberry Lime Mocktail

**Serves: 1**

**Serving Size: 8 oz.**

**Total Time: 5 minutes**

- 4 oz. cranberry juice
- Juice and zest of 1 lime
- 2 oz. seltzer water
- Simple syrup to taste
- Rosemary for garnish

1. Add cranberry juice, lime juice, simple syrup (if using) and ice in base of **All-in-One Shaker**, cover and shake until well combined.
2. Serve over ice and top off with seltzer water. Garnish with lime slices and rosemary.

# Christmas Tree Appetizers

**Serves:** 8

**Serving Size:** 2 pieces

**Total Time:** 20 minutes

- 2 English cucumbers, seedless
- 2 carrots, peeled and sliced into coins
- 16 Feta stuffed olives
- 16 long toothpicks

1. Trim the ends of cucumbers, then use the **5-in-1 Universal Peeler** to cut into long ribbons.
2. Thread cucumber ribbons through the skewer or toothpick to resemble a Christmas tree. Place a carrot coin on the bottom and an olive on top of each tree.
3. Refrigerate until ready to serve. If desired, serve with ranch dressing.

**TIP:** If using Bamboo Picks as shown in the image, thread the olive before the cucumber ribbon.





# Goat Cheese Stuffed Chicken with Parmesan Green Beans and Spicy Sweet Potatoes

**Serves:** 4

**Serving Size:** ¼ portion

**Total Time:** 20 minutes

## **Parmesan Green Beans**

- 2 cups frozen French-style green beans
- 2 garlic cloves, minced
- ¼-cup water
- ¼ tsp. salt
- ½ cup parmesan cheese, grated

## **Sweet Potatoes**

- 16 oz. sweet potatoes, peeled and cubed
- ¼ cup water
- ½ tsp. smoked paprika
- ½ tsp. salt
- 1 tsp. fresh rosemary
- ¼ tsp. cayenne

## **Stuffed Chicken**

- 18 oz. chicken breasts
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- 2 tbsp. all-purpose flour
- 2 tbsp. sun dried tomatoes
- 3 tbsp. goat cheese crumbles
- ⅓ cup dry white wine
- 2 tbsp. lemon juice
- 2 tbsp. unsalted butter

1. In **Thatsa® Medium Bowl**, mix all ingredients for the Parmesan green beans, then transfer to **¾-Qt./750 mL TupperWave Cover** and set aside.
2. Season chicken with salt, pepper and garlic then toss in flour. In a small bowl, mix sun dried tomatoes and goat cheese.
3. Make a pocket-sized cut on the side of each chicken breast and stuff with goat cheese mixture. Place in the center of **1¾-Qt./1.75L TupperWave Casserole**. Then add wine and lemon juice.
4. In **3-Qt./3L TupperWave Casserole**, toss sweet potatoes with remaining ingredients.
5. Stack chicken casserole on top of sweet potato casserole and stack cover on top.
6. Microwave on high power for 15-20 minutes. At the end of cooking time, check for doneness: internal temperature of chicken should be 165° F/74° C (Green beans might be done ahead of time. Remove and set aside, then use cover to cover the chicken and continue cooking.) and potatoes should be fork tender. Stir butter into wine for the chicken casserole and serve warm.

# Microwave Roasted Chicken

**Serves:** 6

**Serving Size:** 1 cup

**Total Time:** 40 minutes

- 4.5 lb. whole chicken
- 4 garlic cloves, minced
- 1 tbsp. salt
- 2 tsp. ground oregano
- ½ tbsp. pepper
- ½ tsp. annatto or paprika
- 3 tbsp. apple cider vinegar
- 4 tbsp. olive oil
- 2 cups of water

1. In a small bowl, mix garlic, salt, oregano, pepper, annatto, vinegar, and olive oil. Stir to combine.
2. Place the whole chicken on a cutting board, breast side up, and hold **Universal Series Kitchen Shears** horizontally to place them between the skin and chicken breast and cut the center connective tissue under the skin to separate it from the meat.
3. Rub spice blend under the skin and all around the chicken until fully covered in seasoning. Add remaining seasoning inside the cavity.
4. Place the chicken, breast side down, in base of **Microwave Pressure Cooker** and add water. Cover, lock in place and microwave on high power for 30 minutes. At the end of cooking time, let the pressure release naturally.
5. Check that internal temperature of the chicken has reached 165° F/74° C. Remove the chicken from the pressure cooker and place on a cutting board. Remove chicken meat from bones. Save the broth to use as chicken stock. Serve warm.



# Scalloped Potato Casserole

**Serves: 8**

**Serving Size: 1 square**

**Total Time: 25 minutes**

- 18 oz. small golden potatoes, peeled and thinly sliced
- 1 tbsp. olive oil
- 2 tbsp. unsalted butter
- 3 tbsp. all-purpose flour
- 1¾ cup milk of choice (such as dairy, almond or oat)
- ½ tsp. salt
- ⅛ tsp. black pepper
- ¼ tsp. nutmeg
- ½ cup gruyere cheese

1. Place sliced potatoes in water to avoid browning.
2. Make sauce in sauté pan by heating oil over medium low heat, add butter and quickly melt. Add flour and cook for 2-3 minutes, then slowly add milk. Cook until thickened, about 5 minutes. Season with salt, pepper, and nutmeg.
3. Assemble casserole by placing a layer of potatoes in center of base of **MicroPro® Grill**, season with salt and pepper, then add a spoonful of sauce. Continue the process until all potatoes and sauce are used.
4. Cover in grill position and bake for 10 minutes. Add cheese and cook for an additional 2-3 minutes to let it melt. Serve warm.

# Caramel Apple Loaf Cake

**Serves: 10**

**Serving Size: 1 slice**

**Total Time: 30 minutes**

- Caramel sauce
- 1 granny smith apple, peeled and thinly sliced
- 1 cup almond milk
- Juice of 1 lemon
- 1¾ cup self-rising flour
- ½ cup light brown sugar, packed
- 2 tbsp. vegetable oil
- 2 large eggs
- 1 tsp. vanilla

1. Preheat oven to 350° F/180° C.
2. Add caramel sauce to base of **Silicone Loaf Form** until there is a single layer and arrange apple slices on top, then set aside.
3. In **2-cup/500 mL Micro Pitcher**, add almond milk and lemon juice, set aside to curdle for 5 minutes.
4. In a medium bowl, mix flour and brown sugar, then make a well in center and pour almond milk mixture, vegetable oil and vanilla. Stir until smooth and well incorporated.
5. Pour batter on top of apple slices and bake for 20 minutes or until toothpick inserted in center comes out clean. Let rest for 5 minutes before inverting. Serve warm.





# Chai Doughnuts

**Serves:** 6

**Serving Size:** 1 doughnut

**Total Time:** 30 minutes

- 1-cup gluten free flour
- ½ cup granulated sugar
- 1 ½ tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. nutmeg
- Pinch of cinnamon
- ½ cup almond milk
- ½ tsp. vanilla
- 1 tbsp. ground flaxseed
- 2 ½ tbsp. water
- 4 tbsp. non-dairy butter, melted

## Chai Glaze

- ¼ cup almond milk
- 1 ½ cups powdered sugar
- 2 chai tea bags

1. Preheat oven to 350° F/180° C.
2. In **Thatsa® Medium Bowl**, whisk together first six ingredients until combined.
3. Add remaining five ingredients in base of **All-In-One Shaker**, cover and shake until combined.
4. Pour mixture into dry ingredients and whisk until combined.
5. Evenly pour batter into **Silicone Ring Form** and bake for 18-20 min or until toothpick inserted into doughnut comes out clean.
6. Let cool before carefully unmolding.

## Chai Glaze

1. Pour almond milk into **1-cup/200 mL Micro Pitcher** and microwave for 30 seconds.
2. Add tea bags to warmed almond milk and steep for 5 minutes. Discard tea bags.
3. Whisk all ingredients until smooth and well combined.
4. Pour evenly over cooled doughnuts.



# Cookies N Cream Cookie Cake

**Serves:** 8

**Serving Size:** 1 slice

**Total Time:** 30 minutes

- ¼ cup dark brown sugar, packed
- ¼ cup granulated sugar
- 1 large egg
- 1 tsp. vanilla extract
- ½ tsp. baking soda
- Pinch of salt
- 1 cup all-purpose flour
- ¼ cup chocolate chunks
- ¼ cup white chocolate chips
- ½ cup chocolate sandwich cookies, crushed

1. Place **Pro Ring** in base of **MicroPro® Grill** and set aside.
2. In a medium bowl, mix butter and sugars until creamy and well combined.
3. Add vanilla, egg, and mix until well combined.
4. Add baking soda, salt, flour, and mix until dough forms and is well incorporated.
5. Fold in chocolate chips and chocolate sandwich cookies, reserving 2 tbsp.
6. Divide dough in half and press into **Pro Ring**. Cover and place in microwave, cook at 50% power for 10-12 minutes or until the top of the cookie is set. Let rest for 2 minutes before unmolding. Repeat the process with remaining cookie dough. Top with remaining cookie crumbs and serve warm.





# Creamy Pumpkin Tart

**Serves: 12**

**Serving Size: 1 slice**

**Total Time: 60 minutes**

- 9-inch piecrust
- 15 oz. pumpkin puree
- 12 oz. evaporated milk
- $\frac{3}{4}$  cup brown sugar, packed
- 2 large eggs
- 1 tsp. pumpkin pie spice
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vanilla extract

1. Preheat oven to 425° F/220° C. Remove cold oven rack and set aside.
2. Unroll piecrust, press into **Silicone Tart Form** in a single layer, and place on cold oven rack.
3. In **Thatsa® Medium Bowl**, whisk all ingredients until smooth and well combined.
4. Pour mixture on top of the piecrust and place the oven rack back in the oven.
5. Bake for 15 minutes, then lower temperature to 350° F/180° C and continue baking for an additional 30 minutes.
6. Remove from oven and let cool completely. Refrigerate until ready to serve.

# Crunchy Cookies

**Serves: 8**

**Serving Size: 2 cookies**

**Total Time: 30 minutes**

- 2 cups coconut flakes
- 1 cup cashews, lightly chopped
- ½ cup slivered almonds
- ½ cup pretzels, chopped
- 1 cup semisweet chocolate chips
- ½ cup sweetened condensed milk

1. Preheat oven to 350° F/180° C.
2. In **Thatsa® Medium Bowl**, mix all ingredients until well combined.
3. Use ¼ measuring cup to portion out cookies, making sure they are compact.
4. Bake for 12 minutes then let cool for 5 minutes. Serve at room temperature.





Every Day  
**Amazing**

**Tupperware**<sup>®</sup>