

*Now we're cooking  
with Ultra21<sup>®</sup> Ovenware*



*2-Quart  
Casserole  
Set*

**Tipperware<sup>®</sup>**

# Now we're cooking with Ultra 21® Ovenware

Ultra 21 Ovenware is the revolutionary new product that makes cooking, storing, serving, and cleanup easier than ever before. Designed for today's busy cook, this versatile Tupperware® product lets you take delicious dishes from the freezer or refrigerator to the microwave or conventional oven, then to the table for serving and the dishwasher for cleaning. Of course, Ultra 21 Ovenware carries the famous Tupperware full lifetime warranty.

The 2-Quart Casserole Set includes a 2-Quart Casserole, an Ultra Cover which doubles as a ¾-Quart Baking/Warming Dish, and a Seal. The Casserole and Ultra Cover are notched to provide a steam vent which can be opened or closed simply by turning the Cover. (The vent also allows you to use a temperature probe in your microwave oven.) Finally, the unique Tupperware Seal keeps foods—in the Casserole or the inverted Ultra Cover—tasting fresh, whether you store them overnight in the refrigerator or several months in the freezer.

Like the 2-Quart Casserole, Ultra Cover, and Seal, the 21 recipes in this booklet provide the convenience your busy schedule demands. With these kitchen-tested recipes, you can prepare last-minute or make-ahead meals you'll be proud to serve, whatever the occasion. For great make-ahead recipes from the freezer or refrigerator, try those marked with an asterisk ( \* ).

*Pictured on the cover: One-Dish Ham Casserole (see recipe, page 7) and Black Forest Cheesecake (see recipe, page 14)*

For safety's sake, use pot holders whenever you handle a micro-cooked dish. Foods cooked in the microwave oven can make the Casserole or Ultra Cover very hot. Here are some more tips for using your durable Ultra 21 Ovenware:

- Do not use the Casserole, Ultra Cover, or Seal on the stove top or under the broiler.
- Protect the Casserole and Ultra Cover from scratches by using plastic or wooden utensils.
- Allow the contents of the Casserole or Ultra Cover to cool before applying the Seal.
- Get the best Seal fit by aligning the Seal edge over the Casserole handle. Press Seal over the edge of Casserole. To expel excess air, lift the edge of the Seal over one handle, press on center, then press the Seal back in place.
- Be sure to remove the Seal before baking or micro-cooking.
- Wash the Casserole, Ultra Cover, and Seal in the dishwasher or in hot soapy water.
- Remove sticky or baked-on food by soaking the Casserole or Ultra Cover in hot soapy water. If needed, scrub gently with a baking soda paste and soft cloth. Avoid cleaning with abrasives.
- For persistent stains, soak the Casserole or Ultra Cover in a mild solution of household bleach (¼ cup bleach to 1 quart warm water). After soaking, rinse thoroughly.



*This seal assures you that every recipe in **Now We're Cooking with Ultra 21® Ovenware** has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.*

# Main Dishes

Ultra 21® Ovenware takes the hassle out of preparing entrées for a busy family. The 2-Quart Casserole Set is perfect for easy make-aheads or zippy one-dish meals. Mix, bake, and serve in the same dishwasher-safe dish. Pictured: Zucchini-Mushroom Meat Pie (see recipe, page 4)



## Main Dishes

### ZUCCHINI-MUSHROOM MEAT PIE

Makes 6 servings

- |                                      |   |
|--------------------------------------|---|
| 1 beaten egg                         | 1 8-ounce can pizza sauce                                 |
| ½ cup milk                           | 1 4-ounce can mushroom stems and pieces, drained          |
| ½ cup seasoned fine dry bread crumbs | 1 teaspoon prepared mustard                               |
| ¼ teaspoon salt                      | 1 or 2 slices American or cheddar cheese, cut into strips |
| Dash pepper                          | Celery leaves (optional)                                  |
| 1 pound ground beef                  | Pitted ripe olives (optional)                             |
| 2 cups cubed zucchini                |   |
| ½ cup chopped onion                  |   |
| 3 tablespoons water                  |   |

**Micro-conventional cooking:** In Large Mix-N-Stor® Pitcher combine egg, milk, bread crumbs, salt, and pepper. Add ground beef; mix well. Press onto bottom and sides of Ultra Cover to form a shell. Bake, uncovered, in 350° oven for 25 minutes. Drain fat. Meanwhile, in 2-Quart Casserole combine zucchini, onion, and water; micro-cook, covered with waxed paper, on 100% power (HIGH) for 4 to 5 minutes or till vegetables are tender, stirring once; drain. Stir in pizza sauce, mushrooms, and mustard. Micro-cook, uncovered, on HIGH for 2 minutes or till bubbly; spoon into meat shell. Top with cheese strips. Micro-cook, uncovered, on HIGH for 1 to 2 minutes more till cheese melts. Garnish with celery leaves and ripe olives, if desired.

*For safety's sake, cool hot food in refrigerator before sealing the 2-Quart Casserole or Ultra Cover. Apply the Seal when you can comfortably hold your hand against the side or bottom of the Casserole or Cover. Then, transfer to freezer or continue chilling as recipe directs.*

### TURKEY-VEGETABLE SOUP \*

Makes 4 servings


- |  |                                   |
|--|-----------------------------------|
| 1 16-ounce can tomatoes, cut up            | 1 tablespoon Worcestershire sauce |
| 2 cups cubed cooked turkey                 | ¼ teaspoon dried oregano, crushed |
| 1 14½-ounce can chicken broth              | ¼ teaspoon dried basil, crushed   |
| 1 10-ounce package frozen mixed vegetables | ¼ teaspoon garlic powder          |
| 2 tablespoons dry onion-mushroom soup mix  | ⅛ teaspoon pepper                 |

In 2-Quart Casserole combine *undrained* tomatoes and remaining ingredients. For make-ahead, seal and chill for 3 to 24 hours.

**To bake:** Remove Seal. Bake, covered with vent closed, in 375° oven for 1 hour or till vegetables are tender. (Or, bake immediately as directed above.)

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 100% power (HIGH) for 18 to 20 minutes, stirring after 8 minutes. (Or, micro-cook immediately as directed above.)

*Turkey-Vegetable Soup*



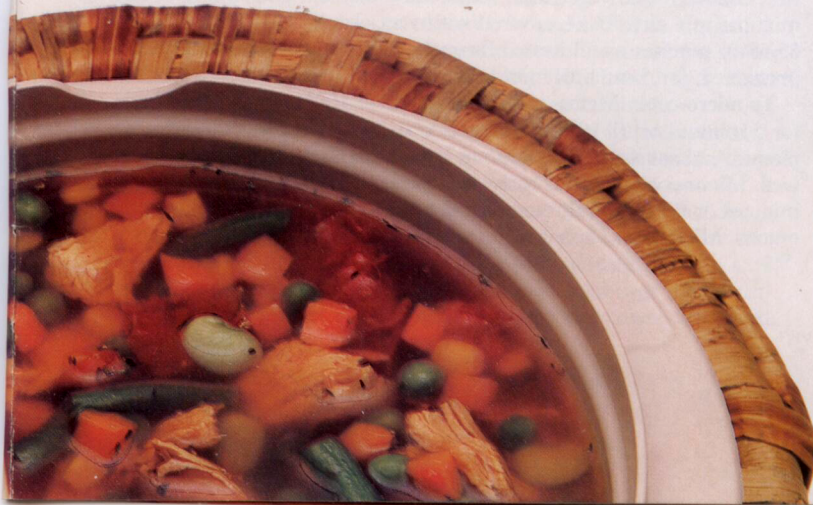
## Main Dishes

### INSTANT REUBEN CASSEROLE

Makes 5 servings

- |  |  |
|--|--|
| 4 slices rye bread<br>Prepared mustard                       | 2 tablespoons sweet pickle<br>relish       |
| 1 12-ounce can corned beef,<br>crumbled                      | 1 6-ounce package shredded<br>Swiss cheese |
| 1 16-ounce can sauerkraut,<br>rinsed, drained and<br>snipped | 1 10¾-ounce can condensed<br>tomato soup   |
|  | ¼ cup water                                |

Spread bread with a little mustard; cut into ½-inch cubes. In greased 2-Quart Casserole layer *half each*: bread cubes, corned beef, sauerkraut, relish, cheese, and condensed soup. Pour *all* of the water over. Repeat layers of all ingredients *except* cheese and water.



**To bake:** Bake, covered with vent closed, at 375° 25 minutes or till bubbly. Sprinkle with remaining cheese. Bake, uncovered, 5 minutes.

**To micro-cook:** Micro-cook, covered with vent open, on 100% power (HIGH) for 9 to 12 minutes. Sprinkle with cheese. Micro-cook, uncovered, on HIGH for 1 to 2 minutes.

### CURRIED CHICKEN BAKE ✱

Makes 4 servings

- |   |                                    |
|---|------------------------------------|
| 2 cups loose-pack frozen<br>crinkle-cut carrots | Dash pepper                        |
| 1½ cups sliced fresh mushrooms                  | 1 13-ounce can evaporated<br>milk  |
| ¼ cup chopped onion                             | ½ cup chicken broth                |
| 1½ teaspoons curry powder                       | 2 cups chopped cooked<br>chicken   |
| 1 clove garlic, minced                          | ½ cup chopped peanuts              |
| ¼ cup butter <i>or</i> margarine                | 1 3-ounce can chow mein<br>noodles |
| ¼ cup all-purpose flour                         |                                    |
| ½ teaspoon salt                                 |                                    |

In saucepan cook first 5 ingredients in butter till tender. Stir in flour, salt, and pepper. Add milk and broth; cook and stir till thickened and bubbly. Stir in chicken and peanuts. Turn into 2-Quart Casserole. For make-ahead, cool. Seal, label, and freeze.

**To bake:** Remove Seal. Bake, uncovered, at 400° for 1 to 1½ hours or till heated through. (Or, bake immediately, uncovered, at 350° for 25 to 30 minutes.) Top with noodles last 5 minutes.

**To micro-cook:** Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) 10 minutes; stir to break up. Micro-cook, uncovered, on MEDIUM-HIGH 20 to 25 minutes till hot, stirring twice. (Or, micro-cook immediately, on 100% power (HIGH) 2 to 4 minutes.) Top with noodles; micro-cook on HIGH 1 to 2 minutes.

## Main Dishes

### WILD RICE-CHICKEN CASSEROLE ✕

Makes 6 servings

- |   |  |
|---|--|
| 1 6¼-ounce package quick-cooking long grain and wild rice mix | ½ cup dairy sour cream                       |
| ½ teaspoon shredded orange peel                               | 2½ cups hot water                            |
| ½ to 1 teaspoon curry powder                                  | ½ cup orange juice                           |
| 1 10¾-ounce can condensed cream of mushroom soup              | 2 cups cubed cooked chicken                  |
|   | 1 6-ounce package chopped mixed dried fruits |

In 2-Quart Casserole stir together rice and seasoning packet, orange peel, and curry powder. Add condensed soup and sour cream; mix well. Gradually stir in water and orange juice. Stir in chicken and dried fruits. For make-ahead, cool. Seal and chill for 3 to 24 hours.

**To bake:** Remove Seal. Bake, covered with vent closed, at 350° about 1 hour or till hot. (Or, bake immediately, covered with vent closed, at 350° for 35 to 40 minutes.) Let stand, covered, 5 minutes.

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 100% power (HIGH) for 14 to 16 minutes or till heated through, stirring once. (Or, micro-cook immediately, covered with vent open, on HIGH for 12 to 14 minutes, stirring once.) Let stand, covered, for 5 minutes.

*Note: Microwave recipes were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times are approximate since microwave ovens vary by manufacturer.*

### SALMON-VEGETABLE BAKE

Makes 6 servings

- |   |  |
|---|--|
| 1 10¾-ounce can condensed cream of celery soup                    | 1 10-ounce package frozen mixed vegetables, cooked and drained |
| 1 cup milk  | ½ cup sliced water chestnuts                                   |
| 1 15½-ounce can salmon, drained and skin and bones removed        | 2 tablespoons chopped pimiento                                 |
| 1 cup quick-cooking rice  | ½ of a 3-ounce can French-fried onions                         |
| 1 cup cubed brick, Monterey Jack, or mozzarella cheese (4 ounces) |  |

In 2-Quart Casserole combine condensed soup and milk; mix well.

**To bake:** Break salmon into large pieces. Add salmon, uncooked rice, cheese, mixed vegetables, water chestnuts, and pimiento to soup mixture; mix well. Bake, covered with vent closed, in 350° oven for 35 to 40 minutes or till heated through. Sprinkle with onions. Bake, uncovered, for 5 minutes more.

**To micro-cook:** Micro-cook, uncovered, on 100% power (HIGH) for 5 minutes or till boiling, stirring once. Break salmon into large pieces. Add salmon and remaining ingredients *except* onions; mix well. Micro-cook, covered with vent open, on HIGH for 6 to 8 minutes or till heated through, stirring every 3 minutes. Sprinkle with onions. Micro-cook, uncovered, on HIGH for 1 minute more.

## Main Dishes

### APPLE-CHEDDAR QUICHE

Makes 4 servings

- |  |   |
|--|---|
| 3 tablespoons butter <i>or</i><br>margarine                                | 2 eggs  |
| 1 tablespoon finely chopped<br>onion                                       | $\frac{3}{4}$ cup cream-style cottage<br>cheese         |
| 1 cup crushed stone-ground<br>whole wheat crackers                         | $\frac{3}{4}$ cup shredded cheddar<br>cheese (3 ounces) |
| $\frac{1}{4}$ cup finely chopped walnuts                                   | $\frac{1}{3}$ cup milk                                  |
| 2 small tart apples, peeled,<br>cored, and sliced<br>( $\frac{1}{2}$ cups) | $\frac{1}{4}$ teaspoon salt                             |
| $\frac{1}{4}$ cup water  | Dash pepper   |
|  | Ground nutmeg   |
|  | Shredded cheddar cheese<br>(optional)                   |

**Micro-conventional cooking:** In Ultra Cover combine butter and onion. Micro-cook, covered with waxed paper, on 100% power (HIGH) for 1 to 2 minutes or till onion is tender. Stir in crushed crackers and walnuts. Press mixture onto bottom and sides of Cover to form a crust. Micro-cook, uncovered, on HIGH for 2 to 3 minutes or till just set, giving Cover a half turn after each minute.

In 2-Quart Casserole micro-cook apple slices in water, covered with waxed paper, on HIGH for 2 to 3 minutes or till tender; drain. Arrange apples slices in crust. In a blender container or food processor bowl combine eggs, cottage cheese, the  $\frac{3}{4}$  cup cheddar cheese, milk, salt, and pepper. Cover and blend till the mixture is nearly smooth. Pour into crust. Sprinkle with nutmeg. Bake in a 325° oven about 40 to 45 minutes or till a knife inserted near the center comes out clean. Sprinkle with additional cheddar cheese, if desired. Let stand for 10 minutes before serving.

### ONE-DISH HAM CASSEROLE

Makes 6 servings

- |   |  |
|---|--|
| 1 cup elbow macaroni  | 1 3- or 4-ounce can sliced<br>mushrooms, drained               |
| $1\frac{1}{2}$ cups loose-pack frozen<br>cut green beans        | 2 tablespoons chopped<br>pimiento                              |
| $1\frac{1}{2}$ cups loose-pack frozen<br>crinkle-cut carrots    | 1 tablespoon minced dried<br>onion                             |
| 2 cups chopped fully cooked<br>ham                              | $\frac{1}{2}$ teaspoon dried basil <i>or</i><br>thyme, crushed |
| 1 10 $\frac{3}{4}$ -ounce can condensed<br>cream of celery soup | Dash pepper  |
| $\frac{1}{3}$ cup milk  | Buttered bread crumbs  |

In saucepan cook macaroni according to package directions adding frozen beans and carrots the last 5 minutes; drain. In 2-Quart Casserole combine drained macaroni mixture and remaining ingredients *except* bread crumbs.

**To bake:** Bake, covered with vent closed, in 375° oven for 30 minutes. Top with bread crumbs. Bake, uncovered, 5 minutes more.

**To micro-cook:** Micro-cook, covered with vent open, on 100% power (HIGH) for 8 to 10 minutes. Top with bread crumbs. Micro-cook, uncovered, on HIGH for 1 minute more.

*Use the 2-Quart Casserole Set to prepare your favorite microwave and conventional recipes. The vent system was designed for terrific results in either appliance. In the conventional oven, you need a tight cover to provide moist cooking, so bake with the vent closed. In the microwave oven, be sure the vent is in the open position to release the steam that can build up when micro-cooking.*

## Main Dishes

### ORIENTAL PORK BAKE \*

Makes 4 or 5 servings

- |                                       |  |
|---------------------------------------|--|
| 1 pound ground pork or<br>ground beef | ½ teaspoon ground ginger   |
| ½ cup chopped green pepper            | 1½ cups loose-pack frozen<br>broccoli, cauliflower,<br>and carrots |
| 1 clove garlic, minced                | 1½ cups water  |
| ½ cup cold water                      | ¾ cup quick-cooking rice   |
| 3 tablespoons soy sauce               | ⅓ cup sliced water chestnuts                                       |
| 3 tablespoons cornstarch              |  |

In skillet cook pork, green pepper, and garlic till meat is browned. Drain fat. Combine ½ cup water, soy sauce, cornstarch, and ginger; stir into meat. Cook and stir till thickened and bubbly. Stir in mixed vegetables, the 1½ cups water, rice, and water chestnuts. Turn into 2-Quart Casserole. For make-ahead, cool. Seal and chill in refrigerator 3 to 24 hours.

**To bake:** Remove Seal. Bake, covered with vent closed, in 350° oven for 40 minutes, till rice is tender, stirring twice. (Or, bake immediately, covered with vent closed, in 350° oven for 30 minutes, stirring twice.)

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 15 to 18 minutes or till rice is tender, stirring twice. (Or, micro-cook immediately, covered with vent open, on MEDIUM-HIGH for 12 to 15 minutes, stirring twice.)

*The vent in the 2-Quart Casserole Set allows you to use a micro-probe when cooking soups and stews. Position the tip of the probe in the center of the liquid. To achieve a proper serving temperature, set the control of your microwave oven to about 165° F.*

### BEEF CHILI BAKE \*

Makes 8 servings

- |  |   |
|--|---|
| 1 pound ground beef                      | 1 1¼-ounce envelope chili<br>seasoning mix        |
| 2 medium onions, chopped                 | 2 cups corn or tortilla chips,<br>crushed         |
| 2 tablespoons cornstarch                 | 1 cup shredded Monterey<br>Jack cheese (4 ounces) |
| ½ cup water                              | Dairy sour cream                                  |
| 1 10¾-ounce can condensed<br>tomato soup | Shredded American cheese                          |
| 1 cup milk                               |   |

In skillet cook beef and onions till meat is browned; drain excess fat. In Small Mixing Bowl combine cornstarch and water. Stir into meat mixture along with condensed soup, milk, and seasoning mix. Cook and stir till slightly thickened and bubbly. Stir in chips and Monterey Jack cheese. Turn mixture into 2-Quart Casserole. For make-ahead, cool. Seal, label, and freeze.

**To bake:** Remove Seal. Bake, uncovered, in 350° oven about 1¾ hours, stirring after 30 minutes. (Or, bake immediately, uncovered, in 350° oven for 30 to 40 minutes till heated through.) Spoon sour cream around edge of casserole; sprinkle American cheese over sour cream. Let stand, covered, for 5 minutes to melt cheese.

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 10 minutes. Uncover, micro-cook on MEDIUM-HIGH for 15 to 20 minutes or till heated through, stirring twice to break up frozen mixture. (Or, micro-cook immediately, uncovered, on MEDIUM-HIGH for 10 to 12 minutes.) Spoon sour cream around edge of casserole; sprinkle American cheese over sour cream. Let stand, covered, 5 minutes to melt cheese.





## Side Dishes

*Cook up a smashing side dish to accompany anything from everyday burgers to a company-special roast—Ultra 21® Ovenware makes it easy, whether you bake it in the conventional or microwave oven.*

*Pictured: Swiss Scalloped Corn (see recipe, page 12)*

## Main Dishes

### ORIENTAL PORK BAKE \*

Makes 4 or 5 servings

1 pound ground pork <i>or</i> ground beef	½ teaspoon ground ginger
½ cup chopped green pepper	1½ cups loose-pack frozen broccoli, cauliflower, and carrots
1 clove garlic, minced	
½ cup cold water	1½ cups water
3 tablespoons soy sauce	¾ cup quick-cooking rice
3 tablespoons cornstarch	⅓ cup sliced water chestnuts

In skillet cook pork, green pepper, and garlic till meat is browned. Drain fat. Combine ½ cup water, soy sauce, cornstarch, and ginger; stir into meat. Cook and stir till thickened and bubbly. Stir in mixed vegetables, the 1½ cups water, rice, and water chestnuts. Turn into 2-Quart Casserole. For make-ahead, cool. Seal and chill in refrigerator 3 to 24 hours.

**To bake:** Remove Seal. Bake, covered with vent closed, in 350° oven for 40 minutes, till rice is tender, stirring twice. (Or, bake immediately, covered with vent closed, in 350° oven for 30 minutes, stirring twice.)

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 15 to 18 minutes or till rice is tender, stirring twice. (Or, micro-cook immediately, covered with vent open, on MEDIUM-HIGH for 12 to 15 minutes, stirring twice.)

*The vent in the 2-Quart Casserole Set allows you to use a micro-probe when cooking soups and stews. Position the tip of the probe in the center of the liquid. To achieve a proper serving temperature, set the control of your microwave oven to about 165° F.*

### BEEF CHILI BAKE \*

Makes 8 servings

1 pound ground beef	1 ¼-ounce envelope chili seasoning mix
2 medium onions, chopped	2 cups corn or tortilla chips, crushed
2 tablespoons cornstarch	
½ cup water	1 cup shredded Monterey Jack cheese (4 ounces)
1 10¾-ounce can condensed tomato soup	Dairy sour cream
1 cup milk	Shredded American cheese

In skillet cook beef and onions till meat is browned; drain excess fat. In Small Mixing Bowl combine cornstarch and water. Stir into meat mixture along with condensed soup, milk, and seasoning mix. Cook and stir till slightly thickened and bubbly. Stir in chips and Monterey Jack cheese. Turn mixture into 2-Quart Casserole. For make-ahead, cool. Seal, label, and freeze.

**To bake:** Remove Seal. Bake, uncovered, in 350° oven about 1¾ hours, stirring after 30 minutes. (Or, bake immediately, uncovered, in 350° oven for 30 to 40 minutes till heated through.) Spoon sour cream around edge of casserole; sprinkle American cheese over sour cream. Let stand, covered, for 5 minutes to melt cheese.

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 10 minutes. Uncover, micro-cook on MEDIUM-HIGH for 15 to 20 minutes or till heated through, stirring twice to break up frozen mixture. (Or, micro-cook immediately, uncovered, on MEDIUM-HIGH for 10 to 12 minutes.) Spoon sour cream around edge of casserole; sprinkle American cheese over sour cream. Let stand, covered, 5 minutes to melt cheese.

## Side Dishes

### STUFFED TOMATO SHELLS

Makes 4 servings

- |   |                                    |
|---|------------------------------------|
| 4 medium tomatoes                       | ¼ teaspoon dried thyme,<br>crushed |
| 2 slices bacon                          | ⅛ teaspoon pepper                  |
| ½ cup chopped onion                     | Fresh spinach leaves<br>(optional) |
| 1 cup cooked peas                       |                                    |
| ¼ cup cooked rice                       |                                    |
| 2 tablespoons grated<br>Parmesan cheese |                                    |

Cut off tops of tomatoes. Remove seeds and pulp from each; reserve for another use. Drain shells, cut side down, on paper toweling; set aside. In small skillet cook bacon till crisp. Drain bacon, reserving drippings in skillet. Crumble bacon; set aside. Add onion to drippings in skillet; cook over medium heat till tender. Remove from heat. Stir in peas, rice, Parmesan cheese, thyme, and pepper; heat through. Spoon rice mixture into drained tomato shells. Arrange filled shells in Ultra Cover.

**To bake:** Bake, uncovered, in a 350° oven for 10 to 15 minutes or till shells are tender and filling is hot. Garnish with crumbled bacon and spinach leaves.

**To micro-cook:** Micro-cook, uncovered, on 100% power (HIGH) for 1½ to 2 minutes or till shells are tender and filling is hot. Garnish with bacon and spinach leaves.

### SPICED SWEET POTATOES

Makes 6 servings

- |   |                          |
|---|--------------------------|
| 1 18-ounce can sweet<br>potatoes, drained and<br>sliced | 1 tablespoon brown sugar |
| 1 8½-ounce can applesauce                               | ½ teaspoon curry powder  |
|   | ⅛ teaspoon salt          |
|   | ¼ cup chopped nuts       |

Arrange sweet potatoes in Ultra Cover. Combine applesauce, brown sugar, curry powder, and salt. Spoon over potatoes.

**To bake:** Bake, uncovered, in 375° oven for 25 minutes. Sprinkle with nuts. Bake 5 minutes more.

**To micro-cook:** Cook, uncovered, on 100% power (HIGH) for 5 to 6 minutes or till heated through, giving Cover a half turn once. Sprinkle nuts atop.

*Stuffed Tomato Shells*



## Side Dishes

### BAKED RICE AND VEGETABLES

Makes 8 servings

- |   |  |
|---|--|
| 2 tablespoons butter <i>or</i><br>margarine   | 1 cup long grain rice                          |
| 2 cups boiling water                          | $\frac{1}{8}$ teaspoon dried basil,<br>crushed |
| 1 10-ounce package frozen<br>mixed vegetables | $\frac{1}{2}$ teaspoon salt                    |
|   | $\frac{1}{4}$ teaspoon pepper                  |

In 2-Quart Casserole stir butter into boiling water. Stir in frozen vegetables, rice, basil, salt, and pepper.

**To bake:** Bake, covered with vent closed, at 350° for 40 to 45 minutes or till rice is tender; stir after 20 minutes. Stir before serving.

**To micro-cook:** Micro-cook, uncovered, on 100% power (HIGH) for 6 to 8 minutes or till boiling. Stir. Micro-cook, covered with vent open, on 50% power (MEDIUM) for 11 to 13 minutes or till rice is just tender. Let stand, covered with vent closed, 3 to 5 minutes.

### VEGETABLE MIX-UP

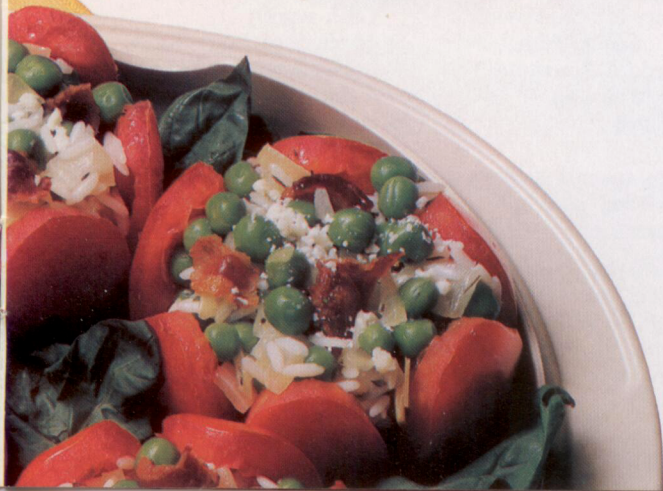
Makes 6 to 8 servings

- |  |   |
|--|---|
| 1½ cups broccoli flowerets   | 2 tablespoons water   |
| 1 cup bias-sliced carrots, cut<br>$\frac{1}{8}$ -inch thick<br>(2 medium)      | 3 tablespoons butter <i>or</i><br>margarine, softened             |
| 1 cup bias-sliced celery, cut<br>$\frac{3}{8}$ -inch thick (2 large<br>stalks) | 1 tablespoon lemon juice  |
| 1 cup bias-sliced zucchini,<br>cut $\frac{3}{8}$ -inch thick<br>(½ medium)     | $\frac{3}{4}$ teaspoon dried basil <i>or</i><br>tarragon, crushed |
| 1 cup mushroom slices, cut<br>$\frac{3}{8}$ -inch thick (4 ounces)             | $\frac{1}{2}$ teaspoon salt                                       |
| 1 medium onion, cut into 8<br>wedges   | $\frac{1}{4}$ teaspoon rosemary <i>or</i><br>thyme, crushed       |
|  | $\frac{1}{8}$ teaspoon pepper                                     |
|  | $\frac{1}{4}$ cup grated Parmesan<br>cheese                       |

In 2-Quart Casserole combine broccoli, carrots, celery, zucchini, mushrooms, onion, and water.

**To bake:** Bake, covered with vent closed, in 375° oven for 40 to 45 minutes or till broccoli and carrots are crisp-tender; drain. Add butter, lemon juice, basil, salt, rosemary, and pepper; stir to coat. Sprinkle with Parmesan cheese; bake, uncovered, for 5 minutes more.

**To micro-cook:** Micro-cook, covered with vent open, on 100% power (HIGH) for 8 to 10 minutes or till broccoli and carrots are crisp-tender, stirring every 4 minutes; drain. Add butter, lemon juice, basil, salt, rosemary, and pepper; stir to coat. Sprinkle with Parmesan cheese. Micro-cook, uncovered, on HIGH for 1½ to 2 minutes.



## Side Dishes

### EASY SCALLOPED POTATOES

Makes 6 servings

- |   |                   |
|---|-------------------|
| 6 to 8 medium potatoes,<br>peeled and thinly sliced | 1 teaspoon salt   |
| ¼ cup finely chopped onion                          | ⅛ teaspoon pepper |
| ½ cup all-purpose flour                             | 2 cups milk       |
|   | Paprika           |

Place *half* the potatoes in greased 2-Quart Casserole. Add *half* the onion. Using Sift-It™ Set, sift *half* the flour over. Sprinkle with *half* the salt and pepper. Repeat layers. Pour milk over all.

**To bake:** Bake, covered with vent closed, at 350° for 1¼ hours; uncover. Bake for 15 to 30 minutes or till potatoes are tender. Sprinkle with paprika.

**To micro-cook:** Micro-cook, covered with vent open, on 100% power (HIGH) for 8 to 10 minutes. Micro-cook, covered with vent open, on 50% power (MEDIUM) for 10 minutes, giving Casserole quarter turn every 3 minutes. Uncover; stir. Micro-cook, uncovered, on MEDIUM for 7 to 10 minutes or till potatoes are tender, giving Casserole quarter turn twice. Sprinkle with paprika.

### SWISS-SCALLOPED CORN \*

Makes 8 to 10 servings

- |  |   |
|--|---|
| 4 beaten eggs                                      | ⅔ cup chopped green pepper                            |
| 2 17-ounce cans cream-style<br>corn                | ¼ cup chopped pimiento                                |
| 2 cups shredded process<br>Swiss cheese (8 ounces) | ¼ cup finely chopped onion                            |
| 1 cup coarsely crushed<br>saltine crackers         | Green pepper strips<br>(optional)                     |
|  | 4 slices bacon, crisp-cooked,<br>drained and crumbled |

In 2-Quart Casserole combine first 7 ingredients. Arrange green pepper strips atop. For make-ahead, seal and chill for 3 to 24 hours.

**To bake:** Remove Seal. Bake, covered with vent closed, at 350° for 1 to 1¼ hours till nearly set. (Or, bake immediately at 350° for 1 hour.) Let stand, covered, for 5 minutes. Sprinkle with bacon.

**To micro-cook:** Remove Seal. Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 20 minutes, stirring every 5 minutes. Stir; micro-cook, uncovered, on MEDIUM-HIGH for 2 to 4 minutes till nearly set. (Or, micro-cook immediately, covered with vent open, on MEDIUM-HIGH for 15 minutes, stirring every 5 minutes; stir. Micro-cook, uncovered, on MEDIUM-HIGH for 5 to 7 minutes.) Let stand, covered, for 5 minutes. Sprinkle with bacon.

### CAULIFLOWER-CHEESE BAKE

Makes 10 to 12 servings

- |  |  |
|--|--|
| 1 10¾-ounce can condensed<br>cream of onion soup | Dash pepper  |
| 1½ cups shredded American<br>cheese (6 ounces)   | 2 16-ounce packages frozen<br>cauliflower, cooked and<br>drained |
| ½ cup shredded carrot                            | ½ cup crushed cheese<br>crackers                                 |
| ¼ cup milk                                       |  |
| 1 tablespoon snipped parsley                     |  |
| ¾ teaspoon dried basil,<br>crushed               |  |

In 2-Quart Casserole combine first 7 ingredients. Stir in cauliflower.  
**To bake:** Bake, uncovered, in a 350° oven for 45 to 50 minutes till heated through. Sprinkle with crushed crackers before serving.  
**To micro-cook:** Micro-cook, uncovered, on 100% power (HIGH) for 6 to 8 minutes till bubbly, stirring once. Sprinkle with crackers.



# *Desserts*

*Finish every meal with a flourish!  
You can create grand and glorious  
desserts in the 2-Quart Casserole  
or Ultra Cover. No one will ever  
guess it was so easy!  
Pictured: Peachy Raspberry Pie  
(see recipe, page 15)*

## Desserts

### BLACK FOREST CHEESECAKE \*

Makes 6 servings

- |   |  |
|---|--|
| 3 tablespoons butter <i>or</i><br>margarine, melted | 1/3 cup dairy sour cream                               |
| 2/3 cup finely crushed graham<br>cracker crumbs     | 3 tablespoons milk                                     |
| 1 tablespoon sugar                                  | 2 squares (2 ounces)<br>semisweet chocolate,<br>melted |
| 2 3-ounce packages cream<br>cheese, softened        | 1/2 cup cherry pie filling                             |
| 1 beaten egg  | Sweetened whipped cream                                |
| 1/3 cup sugar                                       | Grated chocolate                                       |

For crust, in Ultra Cover combine butter, graham cracker crumbs, and the 1 tablespoon sugar. Stir till all is moistened. Press mixture firmly against bottom and sides of Cover. Bake in a 375° oven for 6 to 9 minutes; cool. Or, micro-cook on 100% power (HIGH) for 1 to 1½ minutes, rotating Cover a half-turn after 30 seconds.

In Small Mix-N-Stor® Pitcher combine cream cheese, egg, the 1/3 cup sugar, and sour cream till mixture is smooth. Add milk and melted chocolate; mix well. Pour cream cheese mixture into crust.

**To bake:** Bake, uncovered, at 350° for 30 to 35 minutes or till knife inserted near center comes out clean. Cool. Top with pie filling and dollops of whipped cream. Sprinkle with grated chocolate. Seal and chill in refrigerator at least 3 hours before serving.

**To micro-cook:** Micro-cook, uncovered, on 50% power (MEDIUM) for 8 to 10 minutes or till knife inserted 1 inch from edge comes out clean, giving Cover a quarter turn every 2 minutes. (Center will be slightly set but not firm.) Cool. Top with pie filling and dollops of whipped cream. Sprinkle with grated chocolate. Seal and chill in refrigerator at least 3 hours or till set.

### DESSERT CHEESE SPREAD \*

Makes 8 servings

- |  |  |
|--|--|
| 1 pound Monterey Jack,<br>Port du Salut, <i>or</i> Swiss<br>cheese cut into 1-inch-<br>thick bricks, <i>or</i> two<br>8-ounce packages<br>cream cheese | 1/3 cup strawberry, pineapple<br><i>or</i> chocolate ice cream<br>topping          |
|  | 1/3 cup chopped pecans <i>or</i><br>walnuts <i>or</i> toasted,<br>slivered almonds |
|  | Assorted fresh fruits*   |

Place cheese in Ultra Cover. Spoon ice cream topping over cheese. Sprinkle with walnuts. For make-ahead, seal and chill in refrigerator for 3 to 24 hours.

**To bake:** Remove Seal. Bake, uncovered, in a 375° oven for 10 to 12 minutes. (Or, bake immediately, uncovered, in 375° oven for 8 to 10 minutes.) Serve immediately as a spread on fresh fruit.

**To micro-cook:** Remove Seal and micro-cook, uncovered, on 50% power (MEDIUM) for 4 to 7 minutes or till cheese begins to melt and lose its shape. (Or, micro-cook immediately, uncovered, on MEDIUM for 3 to 6 minutes.) Serve immediately as a spread on fresh fruit.

\*Brush sliced apples or pears with lemon juice to prevent discoloring.

*Wipe excess sauce from the inside of your Ultra 21® Ovenware with a damp paper towel before cooking. The finished food will be more attractive when you take it to the table, and cleanup will be easier.*

## Desserts

### PEACHY RASPBERRY PIE

Makes 6 to 8 servings

- |  |  |
|--|--|
| 2 10-ounce packages frozen red raspberries     | 2 29-ounce cans peach halves or slices |
| 1 9-inch folded refrigerated unbaked pie crust | 3 tablespoons sugar                    |
| Milk   | 3 tablespoons cornstarch               |
| ¼ teaspoon sugar                               | ¼ teaspoon ground cinnamon             |
| ¼ teaspoon ground cinnamon                     | ¼ teaspoon almond extract (optional)   |

**Micro-conventional cooking:** Thaw frozen raspberries. Unfold pie crust; remove plastic sheet and flour according to package directions, *except* do not place in pan. Center the 2-Quart Casserole atop crust, upside down; press gently to make an indentation in crust. With a knife, cut about ½ inch *inside* indentation. Use a small cookie cutter to remove several cut-outs from crust. Set trimmings and cut-outs aside. (If desired, place trimming and cut-outs on small baking sheet and bake with crust, or reserve for another use.) Place crust in Ultra Cover; brush with milk. Combine the ¼ teaspoon sugar and ¼ teaspoon cinnamon; sprinkle over crust. Bake in 400° oven for 12 to 15 minutes or till lightly browned.

Meanwhile, drain raspberries and peaches, reserving ½ cup of each syrup. Chop peaches. In a 2-Quart Casserole combine the 3 tablespoons sugar and the cornstarch. Blend in reserved fruit syrups. Stir in fruit and ¼ teaspoon cinnamon. Micro-cook, uncovered, on 100% power (HIGH) for 12 to 15 minutes till thickened and bubbly, stirring every 3 minutes. Stir in almond extract, if desired. Carefully place crust atop fruit filling. Serve warm.

### MOCHA-NUT PUDDING CAKE

Makes 8 servings

- |  |   |
|--|---|
| 1 cup all-purpose flour                | ½ cup sugar   |
| ½ cup sugar                            | 3 tablespoons unsweetened cocoa powder                  |
| 2 tablespoons unsweetened cocoa powder | 1 tablespoon instant coffee crystals                    |
| 2 teaspoons baking powder              | 1 cup boiling water                                     |
| ¼ teaspoon salt                        | 1 4-ounce carton frozen whipped dessert topping, thawed |
| ½ cup milk                             |   |
| 2 tablespoons cooking oil              |   |
| 1 teaspoon vanilla                     |   |
| ½ cup chopped walnuts                  |   |

In 2-Quart Casserole combine flour, ½ cup sugar, the 2 tablespoons cocoa powder, baking powder, and salt. Stir in milk, oil, and vanilla. Stir in walnuts. In Small Mix-N-Stor® Pitcher combine remaining ½ cup sugar, 3 tablespoons cocoa, and coffee crystals; gradually stir in boiling water. Pour sauce evenly over batter in Casserole.

**To bake:** Bake, uncovered, in 350° oven for 25 to 30 minutes or till cake tests done. Serve warm with dessert topping.

**To micro-cook:** Micro-cook, covered with vent open, on 70% power (MEDIUM-HIGH) for 7 to 9 minutes or till cake tests done, rotating Casserole a half turn every 3 minutes. Serve warm with dessert topping.



Produced by Meredith Publishing Services, Locust at 17th Street, Des Moines, IA 50336  
Recipes © Copyright Meredith Corporation, 1985. All Rights Reserved. Printed in U.S.A.  
© Copyright 1985, Dart Industries Inc. Tupperware is a registered trademark of Dart Industries Inc.

