

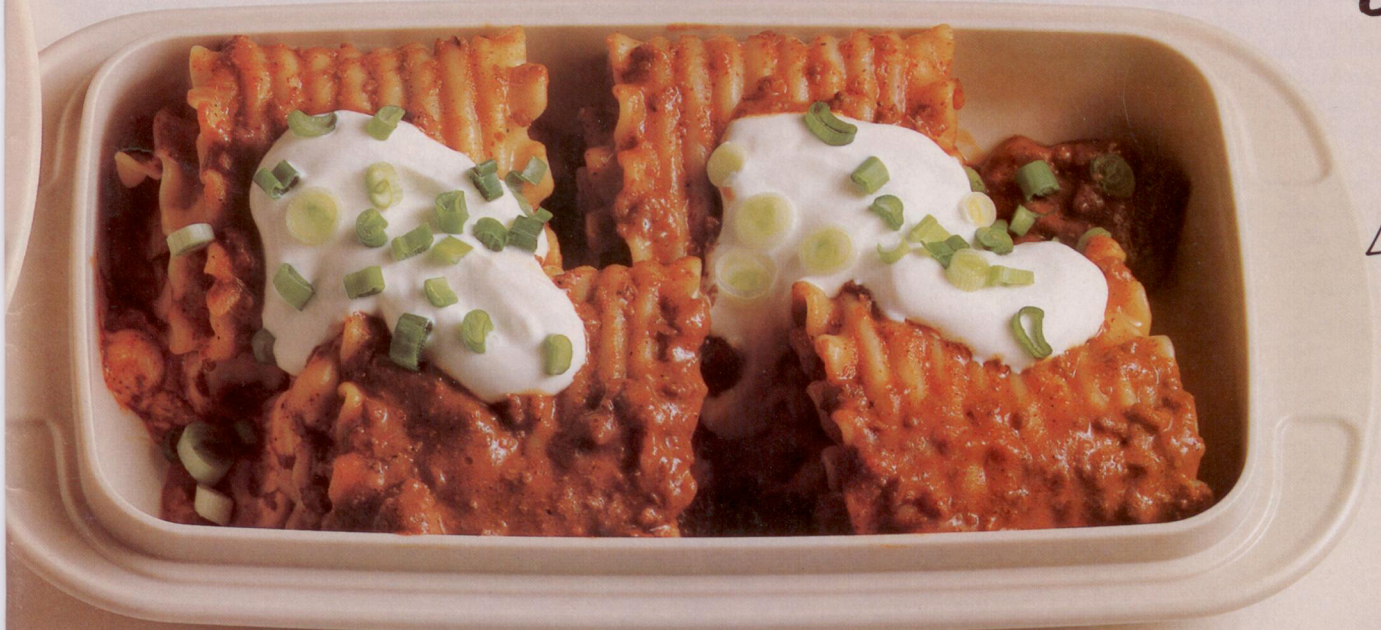
*Now we're cooking
with Ultra 21® Ovenware*



*16-Ounce
Casserole
Set*

Tupperware®

*Now we're cooking
with Ultra 21® Ovenware*



*Loaf Pan
Set*

Tupperware®

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 16-Ounce Casserole Set is made especially for one- or two-serving-size recipes. The set includes a 16-Ounce Casserole, an 8-Ounce Ultra Cover, and a Seal. When inverted, the double-duty Ultra Cover goes to work as an 8-ounce oven-going baking dish. 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 16-Ounce Casserole, 8-Ounce Ultra Cover, and Seal, the 21 recipes in this booklet provide the scaled-down recipes and cooking convenience your life-style demands. With these kitchen-tested recipes, you can prepare last-minute or make-ahead meals you'll enjoy eating—and sharing—whatever the occasion. For great make-ahead recipes to take from the freezer or the refrigerator, try those marked with an asterisk (*).

Pictured on the cover: Fruited Ham 'n Cheese Pilaf (see recipe, page 6) and Pecan Pie (see recipe, page 13)

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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.*

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 Loaf Pan Set includes a 9x5x3½-inch Loaf Pan, an Ultra Loaf Cover which doubles as a Rectangular Baking/Warming Dish, and a Seal. Finally, the unique Tupperware Seal keeps foods—in the Loaf Pan or the inverted Ultra Loaf Cover—tasting fresh, whether you store them overnight in the refrigerator or several months in the freezer.

Like the Loaf Pan, Ultra Loaf 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 that you can store in the freezer or refrigerator, try those marked with an asterisk (*).

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.

2

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

- Do not use the Loaf Pan, Ultra Loaf Cover, or Seal on the stove top or under the broiler.
- Protect the Loaf Pan and Ultra Loaf Cover from scratches by using plastic or wooden utensils.
- Allow the contents of the Loaf Pan or Ultra Loaf Cover to cool before applying the Seal.
- Get the best Seal fit by aligning the Seal edge over a corner of the Loaf Pan. Press Seal over the edge of Loaf Pan.
- Be sure to remove the Seal before baking or micro-cooking.
- Wash the Loaf Pan, Ultra Loaf Cover, and Seal in the dishwasher or in hot soapy water.
- Remove sticky or baked-on food by soaking the Loaf Pan or Ultra Loaf 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 Loaf Pan or Ultra Loaf Cover in a mild solution of household bleach (¼ cup bleach to 1 quart warm water). After soaking, rinse thoroughly.

Pictured on the cover: Chili Lasagna Rolls (see recipe, page 4) and Zucchini Nut Loaf (see recipe, page 9)



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CHICKEN-VEGETABLE LOAF ✱

Makes 1 serving

- | | |
|---|--|
| 1 beaten egg | 1/8 teaspoon pepper |
| 3 tablespoons seasoned
fine dry bread crumbs | 1 6¾-ounce can chunk-style
chicken, undrained and
flaked |
| 2 tablespoons milk | 2 tablespoons slivered
almonds, toasted |
| 1 large carrot, shredded
(¾ cup) | |
| 2 tablespoons thinly sliced
green onion | |

In 16-Ounce Casserole combine beaten egg, bread crumbs, milk, shredded carrot, green onion, and pepper. Add chicken; mix well. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, covered, at 350° about 55 minutes or till done. (Or, bake immediately, uncovered, at 350° about 40 minutes or till done.) Sprinkle with almonds.

To micro-cook: Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 10 to 12 minutes or till done, giving the Casserole a half-turn after 4 minutes. (Or, micro-cook immediately, uncovered, on MEDIUM-HIGH for 7 to 9 minutes or till done, turning every 3 minutes.) Sprinkle with almonds. Cover and let stand for 1 minute before serving.

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 manufacturers. Be sure to check the cooking doneness at the minimum times indicated in many of the recipes in this cookbooklet, adding more cooking time as necessary.

4

SAUCY CHICKEN AND ARTICHOKE

Makes 2 servings

- | | |
|---|---|
| 1 cup cubed cooked chicken | 2 tablespoons snipped parsley |
| 1/2 of a 7¾-ounce can
semi-condensed cream
of mushroom soup | Dash pepper |
| 1/4 cup milk | 1 6-ounce jar marinated
artichoke hearts, drained
Paprika |

In 16-Ounce Casserole combine first 5 ingredients. Cut up artichoke hearts into the chicken mixture; stir till well combined.

To bake: Bake, uncovered, in a 350° oven for 25 to 30 minutes or till the chicken mixture is heated through. Sprinkle with paprika.

To micro-cook: Micro-cook, uncovered, on 100% power (HIGH) for 5 to 7 minutes or till the chicken mixture is heated through, stirring once. Sprinkle with paprika.



LANDLUBBER SALMON LOAF ✱

Makes 6 servings

- | | |
|--|--|
| 1 10-ounce package frozen
asparagus spears, cooked
and drained | 1 teaspoon minced dried
onion |
| 3 eggs | 1/2 teaspoon dried dillweed |
| 2 cups cooked rice | 1/4 teaspoon dry mustard |
| 1 16-ounce can salmon,
drained, flaked, and skin
and bones removed | Few dashes bottled hot
pepper sauce |
| 1 10¾-ounce can cream of
celery soup | 1 hard-cooked egg, thinly
sliced (optional) |

Cut 4 inches from the tip end of each asparagus spear; set aside. Finely chop the remaining asparagus. In Medium Mixing Bowl beat the eggs; add rice, salmon, soup, onion, dillweed, mustard, hot pepper sauce, and chopped asparagus. Mix well; turn into Loaf Pan. Arrange reserved asparagus tips atop the salmon mixture. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, covered, in a 350° oven for 55 to 65 minutes or till set. (Or, bake immediately, covered, at 350° for 50 to 55 minutes.) Let stand for 5 minutes before serving. Garnish with egg slices, if desired.

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 25 to 30 minutes or till set, giving Pan a quarter-turn three times. (Or, micro-cook immediately, covered, on MEDIUM-HIGH for 20 to 25 minutes.) Let stand for 5 minutes before serving. Garnish with egg slices, if desired.

4

CHILI LASAGNA ROLLS

Makes 2 to 4 servings

- | | |
|--|---|
| 4 lasagna noodles, cooked
and drained | 4 1-ounce slices cheddar
cheese, cut in half |
| 1 10-ounce can chili without
beans | 1/4 cup dairy sour cream |
| | 1 small green onion, sliced |

Spread one side of each lasagna noodle with 3 tablespoons of the chili; top with 2 pieces of the cheese. Roll up; place seam side down in greased Ultra Loaf Cover. Spread remaining chili atop rolls.

To bake: Bake, covered with foil, at 350° about 45 minutes or till hot. To serve, top rolls with sour cream and green onion.

To micro-cook: Micro-cook, covered with waxed paper, on 100% power (HIGH) for 8 to 10 minutes or till heated through, giving Cover a half-turn once. Serve as directed above.



Main Dishes

HUEVOS RANCHEROS

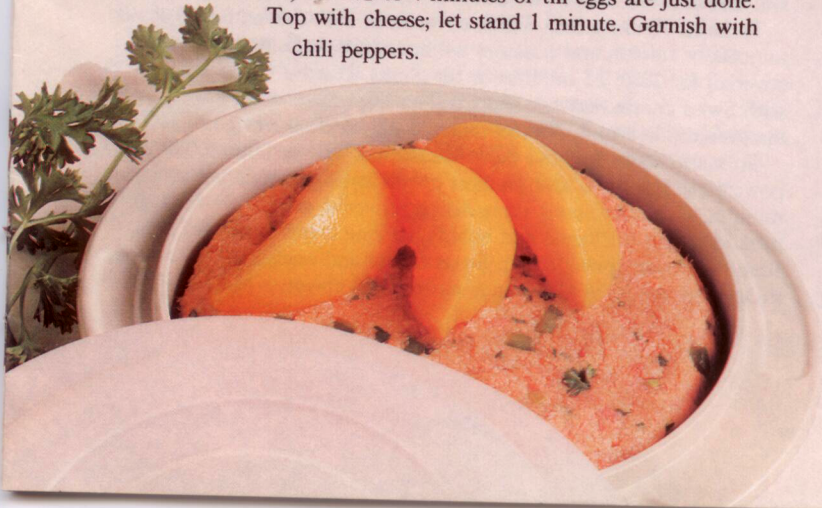
Makes 1 serving

- | | |
|---------------------|--|
| 1 8-inch tortilla | 1 tablespoon shredded Monterey Jack cheese |
| 1/3 cup chili salsa | Chili peppers (optional) |
| 2 eggs | |

To bake: Wrap tortilla in foil. Heat at 350° for 2 to 3 minutes. Press into 16-Ounce Casserole. Add salsa. Break eggs into Casserole atop salsa. Bake, uncovered, at 350° for 20 to 25 minutes or till eggs are just done. Top with cheese; return to oven. Bake 1 minute more or till cheese is melted. Garnish with chili peppers, if desired.

To micro-cook: Place tortilla between 2 paper towels. Micro-cook on 100% power (HIGH) for 15 seconds or till warm. Press into 16-Ounce Casserole. Add salsa. Break eggs into Casserole atop salsa. Prick yolks with tines of fork. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 2 1/2 to 4 minutes or till eggs are just done.

Top with cheese; let stand 1 minute. Garnish with chili peppers.



HAM-PEACH PATTY *

Makes 1 serving

- | | |
|---|--|
| 1 8-ounce can peach slices (juice pack) | 1 tablespoon finely chopped green pepper |
| 1 egg yolk | 1 teaspoon Dijon-style mustard |
| 1 tablespoon soft bread crumbs | 1/2 of a 6 3/4-ounce can chunk-style ham, drained and flaked |
| 1 tablespoon sliced green onion | 1 tablespoon snipped parsley |

Remove 3 peach slices and 1 tablespoon juice from the can of fruit; set aside. (Store the remaining peach slices with juice in Modular Mates® Round 2 for another use.) In Ultra Cover combine the egg yolk, bread crumbs, onion, green pepper, mustard, and the reserved peach juice. Add ham; mix well. Pat mixture into a patty to fit the Cover. Press the peach slices into the ham patty. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, uncovered, at 350° for 30 to 35 minutes or till the ham patty is light brown. (Or, bake immediately, uncovered, at 350° for 20 to 25 minutes or till light brown.) Sprinkle with parsley.

To micro-cook: Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 7 to 9 minutes or till done, giving the Cover a half-turn after 4 minutes. (Or, micro-cook immediately, uncovered, on 100% power (HIGH) for 3 1/2 to 4 1/2 minutes or till done, turning after 2 minutes.) Sprinkle with parsley.

Ham-Peach Patty

5

Main Dishes

HASH-STUFFED PEPPERS *

Makes 2 servings

- | | |
|--|--|
| 2 large green peppers | 1/2 cup shredded Swiss, American, or Monterey Jack cheese (2 ounces) |
| 1 15-ounce can corned beef hash or roast beef hash | |

Cut tops from peppers. Discard seeds and membranes. Cook, uncovered, in boiling salted water for 3 to 4 minutes. Invert to drain. Spoon hash into pepper cups. Sprinkle with cheese. Place stuffed peppers in Loaf Pan. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, covered, in a 350° oven for 1 1/2 to 1 3/4 hours or till peppers are heated through. (Or, bake immediately, covered, at 350° for 45 to 50 minutes.)

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 15 to 20 minutes or till peppers are heated through. (Or, micro-cook immediately, covered, on 100% power (HIGH) for 7 to 8 minutes.)



Pizza for One
(see recipe, page 7)

PINEAPPLE HAM LOAF *

Makes 8 servings

- | | |
|---|---------------------------------|
| 1 8-ounce can sliced pineapple (juice pack) | 1/4 cup finely chopped onion |
| 2 eggs | 1 teaspoon prepared horseradish |
| 1/4 cup water | 1 pound ground fully cooked ham |
| 2 1/4 cups soft bread crumbs (3 slices) | 1 pound lean ground beef |

Using Large Strainer in Large Mix-N-Stor® Pitcher, drain pineapple. Add eggs to pineapple juice; beat to mix well. Add water; stir in bread crumbs, onion, and horseradish. Add ham and beef; mix well. Halve pineapple slices; arrange in bottom of Loaf Pan. Pat meat mixture atop. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, uncovered, at 350° for 1 1/4 to 1 1/2 hours till done. (Or, bake immediately as directed above.) Let stand for 10 minutes. Loosen sides; invert onto Ultra Loaf Cover to serve.

To micro-cook: Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 32 to 38 minutes or till done, shielding the corners with foil, if necessary, to prevent overcooking. (Or, micro-cook immediately as directed above.) Let stand for 10 minutes. Loosen sides; invert onto Ultra Loaf Cover to serve.

Micro-cooked foods cook more rapidly at the corners of the Loaf Pan and Ultra Loaf Cover than in the center. To ensure even cooking, shield the corners with small pieces of aluminum foil when the mixture begins to brown. Be sure the pieces of foil do not touch each other or the walls of the microwave oven.

5

Main Dishes

FRUITED HAM 'N CHEESE PILAF

Makes 2 servings

- | | |
|--|--------------------------------------|
| ½ of an 11-ounce can
mandarin orange
sections with pineapple | ⅓ cup quick-cooking rice |
| 1 teaspoon butter | ⅛ teaspoon ground cinnamon |
| ⅓ cup finely chopped celery | 2 1-ounce slices Swiss cheese |
| | 2 1-ounce slices fully
cooked ham |

Drain orange sections with pineapple, reserving ⅓ cup liquid.

To bake: In 16-Ounce Casserole combine fruit, the reserved liquid, butter, celery, rice, and cinnamon. Bake, covered, at 350° for 25 minutes or till rice is tender, stirring once. Place one slice of cheese, cut into three strips, atop one ham slice. Roll up; cut in half crosswise. Repeat with remaining cheese and ham slices. Place the 4 ham and cheese rolls atop hot rice mixture. Bake, covered, for 5 minutes or till ham rolls are heated through. If desired, lay a narrow strip of *Swiss cheese* across ham roll pieces. Let stand, covered, for 1 minute before serving. Garnish with *celery leaves*, if desired.

To micro-cook: In 16-Ounce Casserole combine butter and celery. Micro-cook, covered, on 100% power (HIGH) for 2 to 2½ minutes or till celery is tender, stirring once. Add fruit, the reserved liquid, and cinnamon. Micro-cook, uncovered, on HIGH for 2 to 2½ minutes or till boiling, stirring once. Add rice; let stand, covered, for 5 minutes or till all liquid is absorbed. Place one slice of cheese, cut into three strips, atop one ham slice; roll up and cut in half crosswise. Repeat with remaining cheese and ham slices. Place the 4 ham and cheese rolls atop hot rice mixture. Micro-cook, covered, on HIGH for 45 seconds to 1¼ minutes or till ham rolls are heated through. If desired, lay a narrow strip of *Swiss cheese* across ham roll pieces. Let stand, covered, for 1 minute. Garnish with *celery leaves*, if desired.

6

POTATO-FISH BAKE *

Makes 2 servings

- | | |
|--|--|
| 2 fresh or thawed frozen
fish fillets
(about 6 ounces total) | Dash pepper |
| ¼ cup plain yogurt or
sour cream | 1 cup frozen hash brown
potatoes with onions
and peppers, thawed |
| 4 teaspoons all-purpose flour | ¼ cup shredded Swiss cheese
(1 ounce) |
| ¼ cup milk | 3 tablespoons crushed rich
round crackers
(5 crackers) |
| ¼ teaspoon dried dillweed | |
| ⅛ teaspoon salt | |

Cut fish fillets into ½-inch cubes. In 16-Ounce Casserole stir together the yogurt and flour; gradually stir in milk, dillweed, salt, and pepper. Fold in fish cubes and hash brown potatoes. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, covered, in a 400° oven for 35 to 40 minutes or till fish and potatoes are done. (Or, bake immediately, covered, for 20 to 25 minutes or till done.) Remove Cover; sprinkle with Swiss cheese and crushed crackers. Return to oven; bake, uncovered, for 3 to 5 minutes more or till cheese is melted.

To micro-cook: Remove Seal. Micro-cook, covered, on 100% power (HIGH) for 6 to 8 minutes or till done, stirring after 4 minutes. (Or, micro-cook immediately, covered, on HIGH for 4 to 6 minutes or till thickened and bubbly, stirring every 2 minutes.) Remove Cover; sprinkle with Swiss cheese and crackers. Micro-cook, uncovered, for 30 to 60 seconds more or till cheese is melted.

Main Dishes

STUFFED CABBAGE ROLLS

Makes 2 servings

- | | |
|----------------------------------|--|
| 4 medium cabbage leaves | 2 tablespoons Italian cooking
sauce |
| Boiling water | ¼ teaspoon salt |
| ¼ cup water | ½ teaspoon dried thyme,
crushed |
| ¼ cup Italian cooking sauce | Dash pepper |
| ¾ cup quick-cooking rice | 8 ounces lean ground beef |
| ¼ teaspoon minced dried
onion | ¼ cup Italian cooking sauce |
| 1 egg | |

Trim heavy center vein of cabbage leaves. Immerse leaves in boiling water for 3 minutes or just till limp; drain. In small saucepan bring ¼ cup water and the ¼ cup Italian cooking sauce to boiling; stir in rice and onion. Cover; remove from heat. Let stand for 5 minutes. Set aside ½ cup rice mixture; spread remaining rice mixture in Ultra Loaf Cover. In Small Mix-N-Stor® Pitcher beat egg. Add the 2 tablespoons Italian cooking sauce, salt, thyme, pepper, and reserved rice mixture. Add ground beef and mix well. Place about ¼ cup of the meat mixture in the center of each leaf; fold in sides and roll ends over meat. Place seam side down on top of rice layer in Ultra Loaf Cover; pour remaining ¼ cup Italian sauce over top.

To bake: Bake the cabbage rolls, covered with foil, in a 350° oven about 30 minutes.

To micro-cook: Micro-cook the cabbage rolls, covered with waxed paper, on 70% power (MEDIUM-HIGH) about 15 minutes, giving the Ultra Loaf Cover a half-turn once.

TUNA-BROCCOLI LASAGNA *

Makes 4 to 5 servings

- | | |
|--|--|
| 1 cup cream-style cottage
cheese, drained | 1 9¼-ounce can tuna,
drained and flaked |
| 1 egg | 1½ cups shredded American
cheese (6 ounces) |
| 3 lasagna noodles, cooked
and drained | 1 7½-ounce can
semi-condensed cream
of mushroom soup |
| 1 10-ounce package frozen
chopped broccoli,
thawed and drained | |

In Small Mix-N-Stor® Pitcher combine cottage cheese and egg; beat to mix well; set aside. Place 1 lasagna noodle in the bottom of Loaf Pan; trim to fit. Top with *half* the cottage cheese mixture, *half* the broccoli, *half* the tuna, and *one-third* of the shredded cheese. Repeat layers of noodle, cottage cheese, broccoli, tuna, and shredded cheese. Top with remaining noodle. Press lightly. Spoon soup atop and sprinkle with remaining shredded cheese. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, covered, in a 350° oven for 60 to 70 minutes or till heated through. (Or, bake immediately, uncovered, at 350° for 45 minutes or till heated through.) Let stand for 10 minutes before serving.

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) about 30 minutes or till heated through, giving Pan a half-turn after 15 minutes. (Or, micro-cook immediately, covered, on MEDIUM-HIGH about 25 minutes or till heated through, giving Pan a half-turn after 15 minutes.) Let stand for 10 minutes before serving.

6

Main Dishes

CHICKEN-CHEESE STRATA *

Makes 1 serving

- | | |
|---|---|
| 2 slices bread | 2 eggs |
| 1 7/4-ounce can semi-condensed chicken- or beef-vegetable soup or chicken noodle soup | 1/4 cup milk |
| | 1/4 cup shredded cheddar cheese (1 ounce) |

Cut bread into 3/4-inch cubes; place in 16-Ounce Casserole. In Small Mixing Bowl combine the soup, eggs, and milk; beat till well mixed. Pour egg mixture over bread cubes; gently stir to mix. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Sprinkle the cheese atop mixture in Casserole. Bake, uncovered, at 325° for 40 minutes or till set. (Or, bake immediately, uncovered, at 325° for 35 minutes or till set.) Sprinkle cheese atop. Return to oven, uncovered, for 5 minutes or till the cheese is melted.

To micro-cook: Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 5 to 7 minutes or till nearly set, turning once. (Or, micro-cook immediately, uncovered, on MEDIUM-HIGH for 4 to 6 minutes.) Sprinkle cheese atop. Micro-cook, uncovered, on 100% power (HIGH) for 1/2 to 1 minute or till cheese is almost melted. Let stand, covered, for 5 minutes; serve.

TURKEY-CRANBERRY LOAF *

Makes 1 serving

- | | |
|---------------------------------|---------------------------------------|
| 1 beaten egg yolk | 1 teaspoon snipped parsley |
| 3 tablespoons soft bread crumbs | 1/8 teaspoon salt |
| 1 tablespoon sliced green onion | Dash ground sage |
| 1 tablespoon water | 4 ounces ground raw turkey |
| | 2 tablespoons cranberry-orange relish |

In 16-Ounce Casserole combine the beaten egg yolk, bread crumbs, green onion, water, parsley, salt, and sage. Add the ground turkey to the egg yolk mixture; mix well. Pat mixture into a 3 1/2 x 2-inch loaf to fit the Ultra Cover. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, uncovered, at 350° for 40 to 45 minutes or till done. (Or, bake immediately, uncovered, in a 350° oven for 25 to 30 minutes or till done.) Drain off fat, if necessary. Spoon the cranberry-orange relish atop the poultry loaf. Let stand, covered with waxed paper, for 2 to 3 minutes before serving.

To micro-cook: Remove Seal. Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 5 to 7 minutes or till done, giving the Cover a half-turn after 3 minutes. (Or, micro-cook immediately, uncovered, on 100% power (HIGH) for 2 to 3 minutes or till done, turning the Cover once.) Drain off fat, if necessary. Spoon cranberry-orange relish atop the poultry loaf. Let stand, covered with waxed paper, for 2 to 3 minutes before serving.

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Main Dishes

CHILI-SAUCED MEAT LOAF *

Makes 8 servings

- | | |
|-------------------------------|-----------------------------------|
| 1 cup milk | 1/8 teaspoon garlic powder |
| 2 eggs | 2 pounds lean ground beef |
| 1 teaspoon minced dried onion | 3/4 cup quick cooking rolled oats |
| 1 teaspoon seasoned salt | 1/3 cup chili sauce |

In Large Mix-N-Stor® Pitcher combine first 6 ingredients; beat till well mixed. Add oats; mix well. Pat into Loaf Pan. For make-ahead, seal and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, uncovered, in 350° oven for 1 1/4 hours. (Or, bake immediately as directed above.) Drain fat. Top with chili sauce. Bake 10 to 15 minutes more. Let stand for 10 minutes before serving.

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 30 to 35 minutes, giving Pan a half-turn once. (Or, micro-cook immediately as directed above.) Drain fat. Top with chili sauce. Let stand for 10 minutes before serving.

TURKEY STUFFING LOAF *

Makes 4 to 5 servings

- | | |
|---|--|
| 1 pound ground raw turkey | 1 cup shredded Swiss cheese (4 ounces) |
| 1 5 1/2-ounce can evaporated milk | 1/3 cup chopped celery |
| 3 beaten eggs | 1/3 cup butter or margarine |
| 1 single-serving envelope instant cream of chicken soup | 2/3 cup water |
| | 2 cups herb-seasoned stuffing mix |

In skillet brown turkey; drain fat. Stir in milk, eggs, and soup mix. Turn into Loaf Pan. Sprinkle with cheese. In skillet, cook celery in butter till tender. Add water and stuffing mix; mix well. Spoon atop cheese. For make-ahead, cool, seal, and chill for 3 to 24 hours.

To bake: Remove Seal. Bake, covered, at 350° for 70 to 75 minutes. (Or, bake immediately, covered, at 350° for 35 to 40 minutes.) Let stand for 10 minutes before serving.

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 26 to 30 minutes. (Or, micro-cook immediately, covered, on MEDIUM-HIGH for 18 to 20 minutes.) Let stand for 10 minutes before serving.

PIZZA FOR ONE

Makes 1 serving

- | | |
|-------------------------------|--|
| 1 tablespoon cornmeal | 1/2 medium green or sweet red pepper, sliced |
| 3/4 cup packaged biscuit mix | 1/4 cup chopped onion or sliced pitted ripe olives |
| 1/4 cup milk | 1/2 cup shredded mozzarella cheese (2 ounces) |
| 1/3 cup quick pizza sauce | |
| 8 to 10 thin slices pepperoni | |

Grease Ultra Loaf Cover; coat with cornmeal. In Small Mixing Bowl combine biscuit mix and milk; stir just till mixed. Pat into Cover.

To bake: Bake at 400° for 8 to 10 minutes. Top with remaining ingredients. Bake at 400° for 8 to 10 minutes more, till cheese melts.

To micro-cook: Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 3 to 4 minutes, giving Cover a half-turn once. Top with remaining ingredients. Micro-cook on MEDIUM-HIGH for 3 to 4 minutes more.

7

Main Dishes

SALMON CABBAGE ROLLS *

Makes 2 servings

- | | |
|-----------------------------------|---|
| 2 large cabbage leaves | Dash pepper |
| Boiling water | 1 3/4-ounce can salmon, |
| 1 beaten egg yolk | drained, flaked, and |
| 1 tablespoon finely chopped onion | skin and bones removed |
| 1/2 teaspoon Worcestershire sauce | 1/4 cup cooked rice |
| 1/8 teaspoon dried dillweed | 1/4 cup tomato sauce with cheese or chopped onion |

Cut out the heavy center rib of each cabbage leaf, keeping each leaf in one piece. Immerse cabbage leaves in boiling water for 2 to 3 minutes or till limp; drain on paper toweling. In Medium Mixing Bowl combine the beaten egg yolk, chopped onion, Worcestershire sauce, dillweed, and pepper. Add flaked salmon and cooked rice; mix well. Place about 1/3 cup of salmon mixture on *each* leaf; fold in sides and roll the leaf around the salmon mixture so that a packet is formed. Place rolls, seam side down, in 16-Ounce Casserole. Pour tomato sauce over rolls. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, covered, at 350° for 40 to 45 minutes or till done. (Or, bake immediately, covered, at 350° for 25 minutes or till done.)

To micro-cook: Remove Seal. Micro-cook, covered, on 70% power (MEDIUM-HIGH) for 9 to 10 minutes or till done, giving the Casserole a half-turn every 2 minutes. (Or, micro-cook immediately, covered, on MEDIUM-HIGH for 6 minutes or till done, turning Casserole once.)

CARROT-PORK LOAF *

Makes 1 serving

- | | |
|-------------------------------------|---------------------------------------|
| 1/4 pound ground pork | 2 teaspoons water |
| 1 beaten egg yolk | Pinch dried oregano, crushed |
| 2 tablespoons fine dry bread crumbs | 1/8 teaspoon salt |
| 2 tablespoons shredded carrot | Dash pepper |
| 1 tablespoon chopped onion | 2 tablespoons shredded cheddar cheese |

In 16-Ounce Casserole combine pork, egg yolk, bread crumbs, carrot, onion, water, oregano, salt, and pepper. Mix well; press to a 3 1/2-inch diameter in Ultra Cover. For make-ahead, seal, label, and freeze.

To bake: Remove Seal. Bake, uncovered, at 350° for 30 to 35 minutes or till no longer pink. (Or, bake immediately, uncovered, at 350° about 20 minutes or till no longer pink.) Drain fat. Sprinkle loaf with the shredded cheese. Let stand, covered with waxed paper, for 2 to 3 minutes or till the cheese is melted.

To micro-cook: Remove Seal. Micro-cook, covered with waxed paper, on 100% power (HIGH) for 6 to 8 minutes or till no longer pink, giving Ultra Cover a quarter-turn every 3 minutes. (Or, micro-cook immediately, covered with waxed paper, on HIGH for 2 1/2 to 3 1/2 minutes, giving Ultra Cover a quarter-turn after 2 minutes.) Drain fat. Top with cheese. Let stand, covered with waxed paper, for 2 to 3 minutes or till cheese is melted.

Carrot-Pork Loaf, above, makes good use of the 16-Ounce Casserole Set. First, you mix up the pork loaf ingredients in the 16-Ounce Casserole and then shape into a loaf in the Ultra Cover. Use the Seal to store for make-ahead or cook immediately.

8

Breads

Enjoy freshly made breads often. It's so easy with Ultra 21® Ovenware. Use the Loaf Pan for flavorful yeast breads and quick breads.

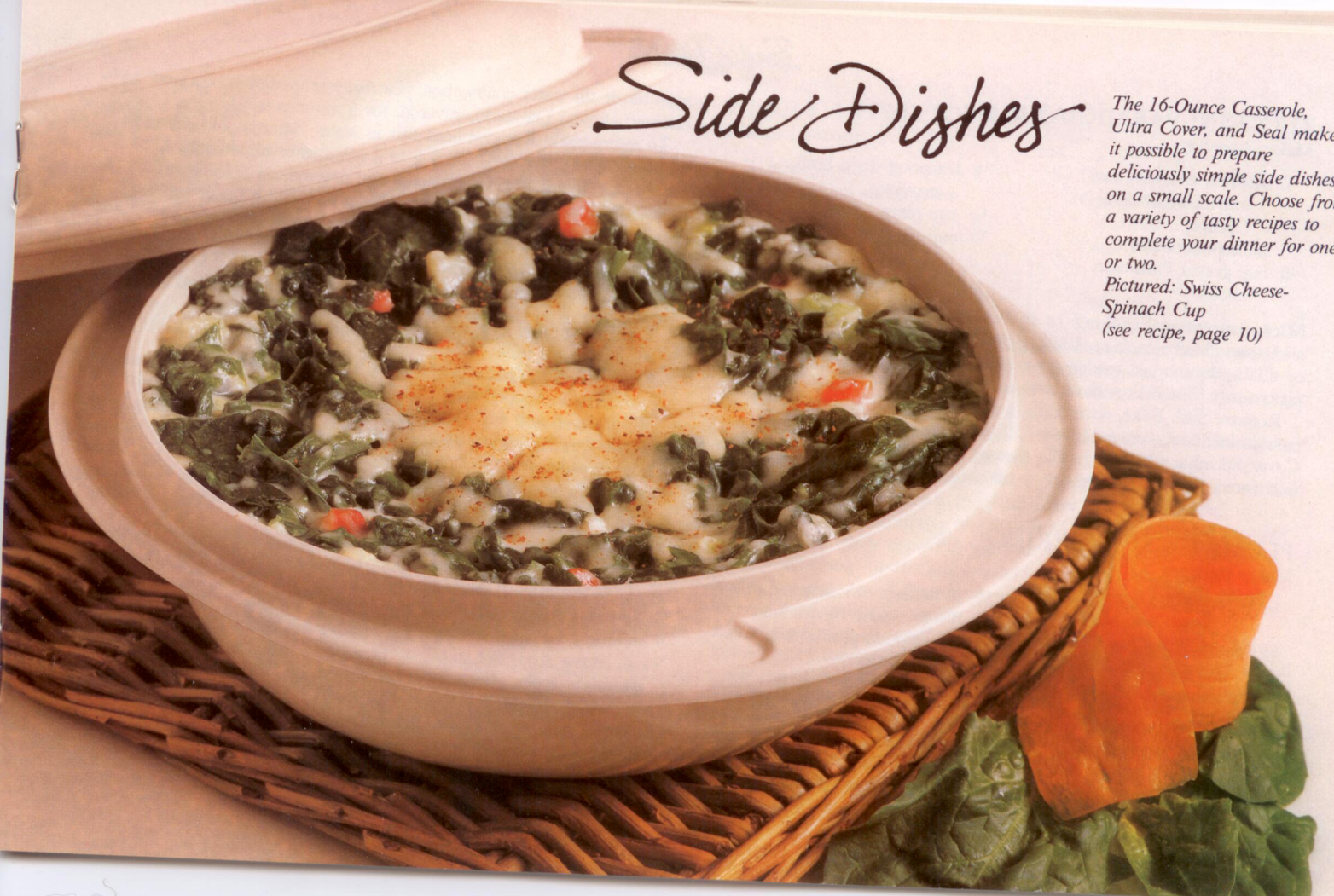
Make quick fix-ups of convenience breads in the Ultra Loaf Cover. Pictured: Monkey Bread (see recipe, page 9)



Side Dishes

The 16-Ounce Casserole, Ultra Cover, and Seal make it possible to prepare deliciously simple side dishes on a small scale. Choose from a variety of tasty recipes to complete your dinner for one or two.

Pictured: Swiss Cheese-Spinach Cup
(see recipe, page 10)



Breads

ZUCCHINI NUT LOAF

Makes 1 loaf

- | | |
|----------------------------|---|
| 1½ cups all-purpose flour | 1 cup finely shredded unpeeled zucchini |
| 1 teaspoon ground cinnamon | ¼ cup cooking oil |
| ½ teaspoon baking soda | ¼ cup milk |
| ½ teaspoon salt | ¼ teaspoon finely shredded lemon peel |
| ½ teaspoon ground nutmeg | ½ cup chopped walnuts |
| ¼ teaspoon baking powder | Powdered sugar |
| 1 egg | Lemon slices, halved (optional) |
| 1 cup sugar | |

Grease Loaf Pan; sprinkle bottom and sides with toasted wheat germ. In Small Mixing Bowl stir together the flour, cinnamon, baking soda, salt, nutmeg, and baking powder; set aside. In Medium Mixing Bowl beat the egg; add sugar and zucchini and beat well. Add oil, milk, and lemon peel; mix well. Stir flour mixture into zucchini mixture. Gently fold in nuts. Turn batter into prepared Pan.

To bake: Bake, uncovered, in a 350° oven for 55 to 60 minutes or till done. Cool 10 minutes; remove from Pan. Cool completely. Return to Pan; seal and store bread overnight. Before serving, sift powdered sugar atop loaf; garnish with lemon slices, if desired.

To micro-cook: Shield corners with foil. Micro-cook, uncovered, on 50% power (MEDIUM) for 15 to 19 minutes or till done, giving Pan a quarter-turn every 3 minutes. Cool 10 minutes; remove from Pan. Cool completely. Return to Pan; seal and store bread overnight. Before serving, sift powdered sugar atop loaf; garnish with lemon slices, if desired.

MONKEY BREAD *

Makes 1 loaf

- | | |
|-----------------------------------|--|
| ⅓ cup butter or margarine, melted | 1 15-ounce package (12) frozen unbaked yeast rolls |
| ⅓ cup chopped walnuts | ¼ cup raisins (optional) |
| ¼ cup sugar | 1½ cups water |
| ½ teaspoon ground cinnamon | |
| ⅛ teaspoon ground nutmeg | |

Micro-conventional cooking: Place 1 tablespoon of the melted butter in bottom of Loaf Pan. Sprinkle with walnuts. In Cereal Bowl combine the sugar, cinnamon, and nutmeg. Brush each frozen roll with melted butter and roll in sugar mixture. Place 6 rolls in a single layer in Loaf Pan. Sprinkle with raisins, if desired. Top with remaining rolls. Seal and chill overnight.

Pour water into Ultra Loaf Cover. Micro-cook on 100% power (HIGH) for 5 to 6 minutes or till boiling. Move to back of oven. Remove Seal from Loaf Pan; place Pan in oven. Micro-cook, covered with waxed paper, on 10% power (LOW) for 8 to 10 minutes or till double, giving Pan a half-turn once. (Or, let stand in a warm place for 1 hour.) Bake in a conventional oven at 350° for 30 to 35 minutes. Invert onto serving platter. Serve warm.

Side Dishes

ZUCCHINI PARMIGIANA *

Makes 2 servings

- | | |
|--|-----------------------------------|
| 2 medium zucchini, cut into ¼-inch slices (3 cups) | ¼ teaspoon dried basil, crushed |
| 1 tablespoon water | ½ cup pizza sauce |
| ¼ cup grated Parmesan cheese | ¼ cup mozzarella cheese (1 ounce) |

Micro-conventional cooking: In 16-Ounce Casserole combine zucchini and water. Micro-cook on 100% power (HIGH) for 6 to 7 minutes or till zucchini is just tender; drain well. Stir in Parmesan, basil, and pizza sauce. For make-ahead, seal and chill for 3 to 24 hours.

Remove Seal. Bake, covered, in a 350° oven for 40 minutes. (Or, bake immediately, covered, in a 350° oven for 15 minutes.) Remove Cover; sprinkle with mozzarella cheese. Return to oven and bake, uncovered, for 3 minutes more or till cheese is melted.

PLUMP RAISIN PORRIDGE *

Makes 1 serving

- | | |
|---------------------------------|----------------------------|
| ½ cup quick-cooking rolled oats | 2 tablespoons chopped nuts |
| ¼ cup nonfat dry milk powder | 1 tablespoon brown sugar |
| 3 tablespoons raisins | ¼ teaspoon ground cinnamon |
| | ⅔ cup water |

In 16-Ounce Casserole combine the oats, milk powder, raisins, nuts, brown sugar, and cinnamon. Stir. For make-ahead, seal and store up to 1 month.

To bake: Remove Seal. Stir in water. Bake, covered, at 350° for 20

minutes or till water is absorbed. (Or, bake immediately, covered, as directed above.) Let stand, covered, for 5 minutes to finish cooking.

To micro-cook: Remove Seal. Stir in water. Micro-cook, covered, on 100% power (HIGH) for 1½ to 2 minutes or till water is absorbed. (Or, micro-cook immediately, covered, on HIGH, as directed above.) Let stand, covered, for 5 minutes to finish cooking.

SWISS CHEESE-SPINACH CUP

Makes 1 serving

- | | |
|---|--|
| 1 slightly beaten egg | 1 tablespoon thinly sliced green onion |
| 3 tablespoons milk | 1 tablespoon chopped pimiento |
| ½ of a 10-ounce package frozen chopped spinach, thawed and well drained | ⅛ teaspoon ground nutmeg (optional) |
| ½ cup shredded Swiss cheese (2 ounces) | Dash salt |
| ½ cup chopped water chestnuts | |

In 16-Ounce Casserole stir together egg and milk; stir in the spinach, half of the Swiss cheese, the chopped water chestnuts, green onion, pimiento, nutmeg (if desired), and salt.

To bake: Bake, uncovered, in a 350° oven about 30 minutes or till a knife inserted near the center comes out clean. Sprinkle remaining Swiss cheese atop. Let stand, covered, for 5 minutes before serving.

To micro-cook: Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 5 to 6 minutes or till a knife inserted near the center comes out clean, giving Casserole a half-turn after 3 minutes. Sprinkle with remaining Swiss cheese. Let stand, covered, for 5 minutes before serving.

10

Breads

WHOLE WHEAT BREAD

Makes 1 loaf

- | | |
|----------------------------------|--------------------------------|
| 1½ cups whole wheat flour | 2 tablespoons shortening |
| 1 package active dry yeast | 1 teaspoon salt |
| 1¼ cups milk | 1½ to 2 cups all-purpose flour |
| 3 tablespoons packed brown sugar | 1½ cups water |

Micro-conventional cooking: In Large Mixing Bowl combine the whole wheat flour and the yeast. Heat the milk, brown sugar, shortening, and salt just till warm (115° to 120°) and shortening is almost melted, stirring constantly. Add to flour mixture. Beat with electric mixer on low speed for ½ minute, scraping bowl constantly. Beat 3 minutes on high speed. Stir in as much of the all-purpose flour as you can mix in with a spoon.

Turn out onto a lightly floured Pastry Sheet. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball; place in well-greased Loaf Pan, turning once. Pour water into Ultra Loaf Cover. Micro-cook, uncovered, on 100% power (HIGH) for 5 to 6 minutes, till boiling. Move to back of oven. Place dough in oven. Micro-cook, covered with waxed paper, on 10% power (LOW) for 6 to 8 minutes, till almost double, giving Pan a half-turn once. (Or, let rise, covered, in a warm place for 1 to 1½ hours.) Punch down. On lightly floured Pastry Sheet shape dough into a loaf. Return to Pan. Micro-cook, covered loosely with waxed paper, on LOW for 6 to 8 minutes, till almost double, giving Pan a half-turn once. Bake, uncovered, at 350° for 35 to 40 minutes. Cover with foil after 20 minutes to prevent overbrowning. Remove from Pan; cool. Store in sealed Loaf Pan.

HONEY PEANUT ROLLS

Makes 6 rolls

- | | |
|---|-------------------------------------|
| 2 tablespoons butter or margarine, melted | 2 tablespoons honey |
| 2 tablespoons chopped peanuts | ⅛ teaspoon ground cinnamon |
| 2 tablespoons currants | 1 package (6) refrigerated biscuits |

In Ultra Loaf Cover combine the butter, peanuts, currants, honey, and cinnamon. Arrange refrigerated biscuits atop.

To bake: Bake, uncovered, in a 375° oven for 15 to 18 minutes or till biscuits are brown. Invert onto serving platter; serve warm.

To micro-cook: Micro-cook, uncovered, on 50% power (MEDIUM) for 3½ to 4 minutes or till biscuits are done, giving Cover a quarter-turn twice. Invert onto serving platter; serve warm.

For crisp crusts, remove yeast breads from the Loaf Pan immediately and cool on a wire rack. Cool fruit and nut breads in the Pan for about 10 minutes, then remove to a rack to cool completely.

10

Side Dishes

GIANT WALNUT MUFFIN

Makes 2 servings

- | | |
|---|---------------------------------------|
| 2 tablespoons quick-cooking rolled oats | 1 tablespoon cooking oil |
| 2 tablespoons warm water | 1 tablespoon milk |
| 1/3 cup all-purpose flour | 3 tablespoons broken walnuts, toasted |
| 2 tablespoons sugar | 2 tablespoons raisins |
| 1/2 teaspoon baking powder | 2 teaspoons all-purpose flour |
| 1/8 teaspoon ground cinnamon | 1 teaspoon brown sugar |
| Dash salt | 1 teaspoon butter <i>or</i> margarine |
| 1 beaten egg | |

In Ultra Cover stir together oats and warm water; let stand for 5 minutes. Meanwhile, in Cereal Bowl stir together the 1/3 cup flour, the sugar, baking powder, cinnamon, and salt. Stir egg, oil, and milk into oat mixture; add to dry ingredients, stirring just till moistened. Fold in 2 *tablespoons* walnuts and the raisins. Turn batter into greased 16-Ounce Casserole. Combine the 2 teaspoons flour, the brown sugar, butter, and the remaining walnuts. Sprinkle mixture atop the batter.

To bake: Bake, uncovered, in a 350° oven for 20 to 25 minutes or till muffin tests done. Let stand 5 minutes. Remove muffin from Casserole; serve warm.

To micro-cook: Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 1 1/2 to 2 1/2 minutes or till muffin tests done, giving Casserole a quarter-turn every 30 seconds. (When done, surface may still appear moist, but a wooden pick inserted near the center should come out clean.) Let stand 5 minutes. Remove muffin from Casserole; serve warm.

HERB-STUFFED TOMATO

Makes 1 serving

- | | |
|---|---|
| 1 large tomato | Dash pepper |
| 1 tablespoon sliced green onion | Grated Romano <i>or</i> Parmesan cheese |
| 1 tablespoon butter <i>or</i> margarine, melted | Parsley (optional) |
| 1/4 cup herb-seasoned stuffing mix | |

Slice a thin portion off the top of tomato; discard top. Scoop out the pulp from tomato. Discard seeds; drain and chop tomato pulp. Cut a scalloped pattern around the top edge of tomato, if desired. Invert the tomato shell on paper toweling to drain.

To bake: In small saucepan cook green onion in butter till tender. Stir in tomato pulp, stuffing mix, and pepper; heat through. Fill tomato shell with the stuffing mixture. Sprinkle with the Romano cheese. Place stuffed tomato in Ultra Cover. Bake, uncovered, in a 375° oven about 10 minutes or till stuffing mixture is heated through and cheese is lightly browned. Garnish with parsley, if desired.

To micro-cook: In 16-Ounce Casserole micro-cook onion and butter, covered, on 100% power (HIGH) for 1 to 2 minutes or till onion is tender. Stir in tomato pulp, stuffing mix, and pepper. Fill tomato shell with the stuffing mixture. Sprinkle with Romano cheese. Place stuffed tomato in Ultra Cover. Micro-cook, covered with waxed paper, on HIGH for 1 to 1 1/2 minutes or till heated through. Garnish with parsley, if desired.

11

Breads

QUICK SWEDISH RYE BREAD

Makes 1 loaf

- | | |
|---------------------------------|--------------------------|
| 1 16-ounce package hot roll mix | 2 tablespoons molasses |
| 1 cup warm water (110° to 115°) | 1 tablespoon brown sugar |
| 2 beaten eggs | 3/4 cup rye flour |
| | 1 teaspoon caraway seed |
| | 1 1/2 cups water |

Micro-conventional cooking: In Medium Mixing Bowl dissolve yeast from the hot roll mix in the 1 cup warm water. Stir in the beaten eggs, molasses, and brown sugar. Add the flour from the hot roll mix, the rye flour, and caraway seed. Stir till well mixed. Turn dough into well-greased Loaf Pan.

Fill Ultra Loaf Cover with 1 1/2 cups water. Micro-cook the water, uncovered, on 100% power (HIGH) for 5 to 6 minutes or till boiling. Move to the back of microwave oven. Place Loaf Pan, covered with waxed paper, in microwave oven. Micro-cook on 10% power (LOW) for 6 to 8 minutes or till double, giving Pan a half-turn once. (Or, let the dough rise in Loaf Pan in a warm place for 45 minutes.) Punch the dough down. Pat dough evenly in Pan with lightly floured hands. Micro-cook, covered with waxed paper, on LOW for 6 to 8 minutes more or till double, giving Pan a half-turn once. (Or, let rise in warm place for 30 minutes more.) Bake the risen dough in a conventional oven at 350° for 35 to 40 minutes or till loaf is golden brown. Cover with foil after 20 minutes to prevent overbrowning. Remove bread from Pan immediately. Cool completely on a wire rack. Store the cooled bread in sealed Loaf Pan.

CORN BREAD

Makes 6 servings

- | | |
|-------------------------------|---------------------------|
| 1/3 cup all-purpose flour | 1/4 teaspoon salt |
| 1/3 cup yellow cornmeal | 1 beaten egg |
| 1 tablespoon sugar | 1/4 cup milk |
| 1 1/2 teaspoons baking powder | 2 tablespoons cooking oil |

In Small Mixing Bowl combine the flour, cornmeal, sugar, baking powder, and salt. Add the egg, milk, and oil; mix with a fork till blended. Spread in well-greased Ultra Loaf Cover.

To bake: Bake corn bread, uncovered, in a 400° oven about 10 minutes or till done.

To micro-cook: Shield corners with foil. Micro-cook, uncovered, at 70% (MEDIUM-HIGH) for 3 to 4 minutes or till done, giving Cover a quarter-turn twice. (Surface near center will have a slightly wet appearance.) Let stand for 5 minutes before serving.

By letting your yeast breads rise in the microwave oven, you can save a substantial amount of time. To see if your oven can be used for this purpose, try this easy test. Take 2 tablespoons stick margarine from the refrigerator and place in a custard cup in the center of the microwave oven. Micro-cook, uncovered, on the lowest power setting available for 4 minutes. If the margarine is not completely melted in 4 minutes, your microwave oven passes the test.

Desserts

With the scaled down 16-Ounce Casserole Set, you can treat yourself and a friend to a special dessert anytime. Try pies, cakes, and fruit crisps or cobblers.

Pictured: Shortcake-For-Two
(see recipe, page 13)



Desserts

Top off dinner in style with a luscious dessert made in the Loaf Pan or Ultra Loaf Cover. Versatile Ultra 21® Ovenware lets you choose a baked or micro-cooked treat, or a convenient refrigerator or freezer dessert.

Pictured: Trifle Loaf
(see recipe, page 13)



Desserts

SHORTCAKE-FOR-TWO

Makes 2 servings

- | | |
|--|--|
| 1 cup packaged biscuit mix | ½ cup pineapple, lemon, or orange yogurt |
| 1 tablespoon sugar | ½ cup frozen whipped dessert topping, thawed |
| ⅓ cup pineapple, lemon, or orange yogurt | Toasted wheat germ (microwave baking only) |
| 1 tablespoon milk | |
| Assorted fresh fruit, drained canned fruit, or thawed frozen fruit | |

For shortcake, stir together the packaged biscuit mix and the sugar. Add the ⅓ cup yogurt and milk; stir just till moistened. Spread batter evenly in greased 16-Ounce Casserole. (Sprinkle the Casserole with wheat germ, if micro-cooking.)

To bake: Bake in a 450° oven for 15 minutes or till golden. Cool for 5 minutes; remove shortcake from Casserole. Slice or cut up fruit as desired. Slice shortcake in half crosswise. For each serving, slice one of the halves in half horizontally. Place bottom half on Ultra Cover. Combine remaining yogurt and the dessert topping. Top with some yogurt mixture and fruit. Top with remaining shortcake slice. Add more yogurt mixture and fruit. Repeat with remaining shortcake half, yogurt mixture, and fruit or seal and store for later use.

To micro-cook: Sprinkle batter with a little toasted wheat germ. Micro-cook shortcake batter, uncovered, on 100% power (HIGH) for 2½ to 3 minutes or till done, giving Casserole a half-turn after 1½ minutes. (When done, surface may still appear moist, but a wooden pick inserted near the center should come out clean.) Complete shortcake as directed above.

PECAN PIE

Makes 2 servings

- | | |
|------------------------------------|------------------------------|
| ¼ cup all-purpose flour | ¼ cup dark corn syrup |
| 1 tablespoon finely chopped pecans | 3 tablespoons sugar |
| 5 teaspoons shortening or lard | 1 beaten egg |
| 2 to 2½ teaspoons cold water | 1 teaspoon all-purpose flour |
| 1 tablespoon butter or margarine | ⅛ teaspoon vanilla |
| | ¼ cup pecan halves or pieces |
| | Vanilla ice cream |

In Small Mixing Bowl stir together the ¼ cup flour and the 1 tablespoon finely chopped pecans. Cut in shortening till pieces are the size of small peas. Sprinkle some of the cold water over part of the flour-pecan mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. On Pastry Sheet roll the ball into a 7-inch circle. Line Ultra Cover with pastry. Flute edge.

To bake: Preheat oven to 350°. Place butter in 16-Ounce Casserole. Melt butter in the preheating oven. Remove Casserole from oven; stir in the corn syrup and sugar. Add egg, the 1 teaspoon flour, and vanilla; mix well. Place the ¼ cup pecan halves in the pastry-lined Cover; pour the beaten egg mixture over nuts. Bake, uncovered, at 350° for 25 to 30 minutes or till just set. Cool before serving. Top with a scoop of ice cream.

13

Desserts

TRIFLE LOAF *

Makes 6 servings

- | | |
|--------------------------------|---|
| 1 1-layer size yellow cake mix | ¼ cup strawberry jam, apricot or pineapple preserves, or orange marmalade |
| ½ cup orange juice | Frozen whipped dessert topping, thawed |
| 1 1½-ounce can vanilla pudding | |

Line the bottom of Loaf Pan with waxed paper. In Large Mix-N-Stor® Pitcher prepare the cake mix according to package directions; pour into prepared Pan.

To bake: Bake, uncovered, in a 350° oven for 30 to 35 minutes. Let cake cool in Loaf Pan about 5 minutes. Remove from Pan and cool completely.

To micro-cook: Shield corners with foil. Micro-cook, uncovered, on 50% power (MEDIUM) for 10½ to 11½ minutes or till cake tests done, giving Pan a quarter-turn every 3 minutes. Let cool about 5 minutes. Remove from Pan and cool completely.

Wash Pan. Cut cake into 1-inch cubes. Place one-third of the cake cubes in Pan; sprinkle with one-third of the orange juice and spread with half the pudding. Spread jam over the pudding. Repeat cake, orange juice, and pudding layers. Top with remaining cake cubes; press in lightly. Sprinkle with remaining one-third of the orange juice. With a pastry bag, pipe whipped topping over cake in a lattice design. (Or, spoon whipped topping over cake.) Spoon one or more flavors of the jam, preserves, or marmalade into spaces between lattice. Seal and chill at least 4 hours or overnight. Spoon into Dessert Set to serve.

CAKE A LA MODE LOAF *

Makes 10 to 12 servings

- | | |
|-----------------------------------|--|
| 1 1-layer size chocolate cake mix | ⅓ cup fudge sauce |
| 1 quart peppermint ice cream | Frozen whipped dessert topping, thawed |

Line the bottom of Loaf Pan with waxed paper. In Large Mix-N-Stor® Pitcher prepare the cake mix according to package directions; pour into prepared Pan.

To bake: Bake, uncovered, in a 350° oven for 30 to 35 minutes. Let cake cool in Loaf Pan about 5 minutes. Remove from Pan and cool completely.

To micro-cook: Shield corners with foil. Micro-cook, uncovered, on 50% power (MEDIUM) for 10½ to 11½ minutes or till cake tests done, giving Pan a quarter-turn every 3 minutes. Let cool in Pan about 5 minutes. Remove cake from Pan and cool completely.

Wash Loaf Pan. Using a long-bladed sharp knife, cut the cake horizontally into 3 layers. Return 1 layer to the Pan. Stir ice cream to soften. Spoon half of the ice cream over cake; smooth evenly. Drizzle with half of the fudge sauce. Repeat layers; top with remaining cake layer. Seal and freeze for at least 6 hours. Unmold; slice to serve. Top each serving with whipped dessert topping.

When micro-cooked cakes and bar cookies are done cooking, the center should still look moist. Scrape away a thin layer of the moist part and insert a wooden toothpick. The toothpick will come out clean if the cake or bar cookies are done.

13

CHOCOLATE SWIRL CHEESECAKE ✕

Makes 2 servings

- | | |
|---|--|
| 1 tablespoon butter <i>or</i>
margarine | ¼ cup dairy sour cream |
| ⅓ cup finely crushed graham
crackers | 3 tablespoons sugar |
| 2 teaspoons sugar | ¼ teaspoon vanilla |
| 1 3-ounce package cream
cheese, softened | 1 egg |
| | 2 tablespoons chocolate-
flavored syrup |

To bake: For crust, in Cereal Bowl use fork to cut butter into crackers. Stir in 2 teaspoons sugar. Transfer mixture to 16-Ounce Casserole. Press mixture against the bottom and 1½ inches up the side to form a crust. Bake, uncovered, at 350° for 5 to 7 minutes. For filling, in Small Mixing Bowl beat cream cheese, sour cream, 3 tablespoons sugar, and vanilla. Add egg, beating till just combined; pour into crust. Drizzle with syrup; gently swirl. Bake, uncovered, at 350° for 25 to 30 minutes or till mixture appears set. Cool; seal and chill for 3 hours before serving.

To micro-cook: For crust, in 16-Ounce Casserole micro-cook butter, uncovered, on 100% power (HIGH) for 30 seconds or till melted. Stir in crackers and 2 teaspoons sugar; press against bottom and 1½ inches up side of Casserole to form crust. Micro-cook, uncovered, on HIGH for 30 seconds to 1 minute or till set, giving Casserole half-turn after 20 seconds. For filling, in Small Mixing Bowl beat cream cheese, sour cream, 3 tablespoons sugar, and vanilla. Add egg, beating till just combined; pour into crust. Drizzle with syrup; swirl. Micro-cook, uncovered, on 50% power (MEDIUM) for 5 to 7 minutes or till mixture appears set, giving Casserole a quarter-turn every minute. (When done, center will be slightly set but not firm.) Cool; seal and chill for 3 hours.

TROPICAL FRUIT CRISP

Makes 2 servings

- | | |
|--|-----------------------------------|
| 1 8-ounce can pineapple
slices, drained | 2 tablespoons brown sugar |
| ¼ cup raisins | 1 tablespoon all-purpose
flour |
| 2 tablespoons quick-cooking
rolled oats | Dash ground cinnamon |
| 2 tablespoons coconut | Dash ground nutmeg |
| | 1 tablespoon butter |

Drain pineapple, reserving ¼ cup of juice. Cut pineapple slices into bite-size pieces. Place pineapple, reserved juice, and raisins in 16-Ounce Casserole. In Small Mixing Bowl stir together oats, coconut, brown sugar, flour, cinnamon, and nutmeg. Cut in butter till mixture resembles coarse crumbs. Sprinkle oat mixture atop the pineapple.

To bake: Bake, uncovered, at 350° for 25 minutes or till heated through and topping is crisp.

To micro-cook: Micro-cook, uncovered, on 100% power (HIGH) for 3 to 5 minutes or till heated through, giving the Casserole a half-turn once.

Chocolate Swirl Cheesecake



APPLE-GINGERBREAD COBBLER

Makes 6 servings

- | | |
|---|---------------------------|
| ⅓ cup packed brown sugar | ¼ cup molasses |
| 1 tablespoon cornstarch | 2 tablespoons cooking oil |
| 1 20-ounce can sliced apples | 1 cup all-purpose flour |
| ⅓ cup water | 1 teaspoon ground ginger |
| 1 tablespoon lemon juice | ½ teaspoon baking powder |
| 1 egg | ½ teaspoon baking soda |
| ⅓ cup buttermilk <i>or</i> sour
milk | |

To bake: In saucepan combine the brown sugar and cornstarch; stir in *undrained* apples, water, and lemon juice. Cook and stir till mixture thickens and bubbles. Keep hot while preparing batter. In Small Mixing Bowl beat together egg, buttermilk, molasses, and cooking oil. Add flour, ginger, baking powder, and soda; beat till smooth. Pour hot apple mixture into Loaf Pan. Immediately pour batter over apples. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till the cake tests done.

To micro-cook: In Loaf Pan combine the brown sugar and cornstarch; stir in apples, water, and lemon juice. Micro-cook, covered, on 100% power (HIGH) for 6 to 8 minutes or till mixture bubbles, stirring twice. Meanwhile, prepare the batter as directed above; pour over the hot apple mixture. Micro-cook on 50% power (MEDIUM) for 11 to 14 minutes or till cake tests done, giving Pan a quarter-turn three times. (Cake may have a small area in the center that seems unset; it will continue to cook as cake stands.) Let stand for 30 minutes before serving.

FROZEN RAINBOW DESSERT ✕

Makes 8 servings

- | | |
|--------------------------|---|
| 1 stick pie crust mix | 1 4-ounce carton frozen
whipped dessert topping,
thawed |
| ¼ cup packed brown sugar | 1 pint raspberry sherbet |
| ½ cup chopped pecans | 1 pint orange sherbet |

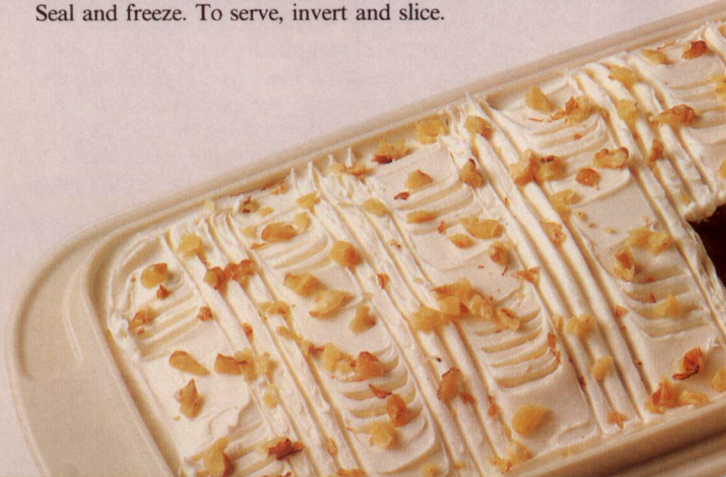
Into Loaf Pan crumble the pie crust mix. Stir in the brown sugar and chopped pecans.

To bake: Bake pecan mixture, uncovered, in a 375° oven for 20 minutes, stirring several times.

To micro-cook: Micro-cook, uncovered, on 100% power (HIGH) for 6 to 8 minutes or till pecans are golden, stirring several times.

Remove from Pan; cool. Fold together crumb mixture and thawed dessert topping; spread about *one-third* of mixture in Pan. Top with spoonfuls of *half* of each sherbet. Repeat layers, ending with topping. Seal and freeze. To serve, invert and slice.

Frosted Coffee Spice Bars



Desserts

HOT FRUIT MEDLEY

Makes 2 servings

- 1 8¼-ounce can pineapple chunks, drained
- 1 8¾-ounce can unpeeled apricot halves, drained
- 3 tablespoons orange juice
- 2 tablespoons brown sugar
- Several dashes ground cinnamon

- Several dashes ground allspice
- 1 teaspoon butter *or* margarine
- Dairy sour cream *or* plain yogurt (optional)

In 16-Ounce Casserole stir together pineapple, apricots, orange juice, brown sugar, cinnamon, and allspice.

To bake: Bake, covered, at 350° about 20 minutes or till heated through. Stir in butter. Serve warm with sour cream, if desired.

To micro-cook: Micro-cook, uncovered, on 100% power (HIGH) about 3 minutes or till heated through, stirring twice. Stir in butter. Serve warm with sour cream, if desired.



CITRUS DUMPLINGS

Makes 2 servings

- ½ cup orange juice
- 1 teaspoon cornstarch
- ⅛ teaspoon ground cinnamon
- 1 11-ounce can mandarin orange sections, drained
- ¼ cup packaged biscuit mix
- 1 tablespoon sugar
- 1 tablespoon milk
- ½ teaspoon sugar
- Dash ground cinnamon

Micro-conventional cooking: In 16-Ounce Casserole stir together orange juice, cornstarch, and ⅛ teaspoon cinnamon. Micro-cook, uncovered, on 100% power (HIGH) for 2 to 3 minutes or till thickened and bubbly, stirring every 30 seconds. Stir in mandarin orange sections. Micro-cook, uncovered, on HIGH for 2 minutes or till mixture is heated through.

Meanwhile, for dumplings, in Small Mixing Bowl stir together biscuit mix and the 1 tablespoon sugar. Add milk, stirring just till moistened. Drop mixture into two mounds atop the hot orange mixture in Casserole. Stir together the ½ teaspoon sugar and dash cinnamon. Sprinkle sugar mixture atop dumplings. Bake, uncovered, at 400° for 15 to 20 minutes or till dumplings are golden.

Micro-conventional recipes combine the best features of cooking in your conventional and microwave ovens. Citrus Dumplings, above, uses the microwave oven to quickly cook the saucy mandarin orange mixture; the conventional oven bakes the dumplings till they're golden brown.

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Desserts

FROSTED COFFEE-SPICE BARS

Makes 12

- 2 tablespoons raisins
- ¼ teaspoon instant coffee granules
- 3 tablespoons boiling water
- 1 tablespoon cooking oil
- 2 tablespoons brown sugar
- 1 egg yolk
- ¼ cup flour
- ½ teaspoon baking powder
- ⅛ teaspoon ground cinnamon
- ⅓ cup canned vanilla frosting
- 3 tablespoons chopped pecans *or* walnuts

In Small Mix-N-Stor® Pitcher combine raisins and coffee granules. Pour boiling water over. Stir in oil and brown sugar. Stir in egg yolk. Add flour, baking powder, and cinnamon; stir till well combined. Turn the batter into ungreased Ultra Loaf Cover; spread evenly.

To bake: Bake, uncovered, in a 375° oven about 12 minutes or till done. Cool completely. Spread frosting atop; sprinkle with nuts.



To micro-cook: Micro-cook, uncovered, on 70% power (MEDIUM-HIGH) for 1½ to 2½ minutes, just till surface appears dry, giving Cover a half-turn once. Cool; frost as directed above.

SEVEN LAYER BARS

Makes 12 to 16

- ¼ cup butter *or* margarine
- ¾ cup crushed graham crackers
- ½ cup semisweet chocolate pieces
- ½ cup butterscotch pieces
- ¼ cup flaked coconut
- ¼ cup chopped peanuts
- ½ cup sweetened condensed milk

To bake: Place butter in Ultra Loaf Cover. Bake in a 350° oven for 7 minutes or till butter melts. Stir in crushed graham crackers. Pat mixture down evenly. Layer chocolate pieces, butterscotch pieces, coconut, and peanuts atop graham cracker mixture. Pour condensed milk evenly over all. (Pour remaining condensed milk into a small Modular Mates® container and store in the refrigerator up to 2 weeks.) Bake, uncovered, in a 350° oven about 20 minutes. Cool; use a plastic or wooden utensil to cut into bars.

To micro-cook: Place butter in Ultra Loaf Cover. Micro-cook on 100% power (HIGH) for 45 to 60 seconds till butter melts. Add remaining ingredients as directed above. Micro-cook, uncovered, on 50% power (MEDIUM) for 6 to 8 minutes or till butterscotch pieces are nearly melted and edges are set, giving Cover a half-turn once. Cool; cut into bars as directed above.

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