

# Cuisinart®

## INSTRUCTION AND RECIPE BOOKLET



**Deluxe Microwave Oven**

**CMW-110C**

For your safety and continued enjoyment of this product,  
always read the instruction book carefully before using.

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# IMPORTANT SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy when using your appliance, basic safety precautions should be taken, including the following:

## 1. READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE.

2. Read and follow the specific warning section: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS, page 4.
4. Install or locate this appliance only in, accordance with the SET UP instructions, page 5.
5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – can explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when it is used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service technicians. Contact 1-800-472-7606.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors.
12. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.

15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
17. To reduce the risk of fire in the oven interior:
  - a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
  - d. Do not use the interior for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
18. **Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.**
19. To reduce the risk of injury to persons:
  - a. Do not use straight-sided containers with narrow necks. Use wide-mouth containers.
  - b. Stir liquid both before and halfway through heating it.
  - c. Do not overheat liquid.
  - d. Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
  - e. After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open, as this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and sealing surface.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel. If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

## SPECIAL CORD SET INSTRUCTIONS

### DANGER – Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

### WARNING – Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.



### NOTICE: PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. Patients with pacemakers may wish to consult their physicians if they have concerns.



## WARNING

RISK OF FIRE OR ELECTRIC SHOCK  
DO NOT OPEN



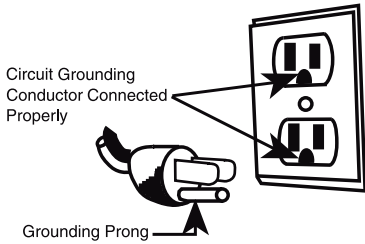
**WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK,**

**DO NOT REMOVE COVER (OR BACK)**

**NO USER-SERVICEABLE PARTS INSIDE**

**REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY**

## GROUNDING INSTRUCTIONS



This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding wire and grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or an extension cord should not be used unless the following precautions are followed (see 3, below).
3. If a long cord or extension cord is used:
  - The marked electrical rating of the cord set or extension cord should match the rating of the appliance.
  - The extension cord must be a grounding-type 3-wire cord.
  - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

## SPECIFICATIONS

Model: CMW-110C	Oven Capacity: 31 L
Rated Voltage: 120V~60Hz	Turntable Diameter: Ø12.4 inches (31 cm)
Rated Input Power: 1500 Watt	External Dimensions: 20.2 in. (51 cm) x 16.9 in. (42 cm) x 12.1 in. (30 cm)
Rated Output Power: 1000 Watt	Approximate Net Weight: 32.0 lb. (14.5 kg)

## IMPORTANT SAFEGUARDS

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, take basic precautions, including the following:

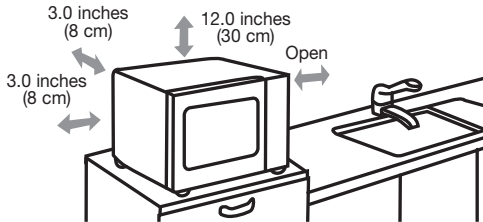
1. The oven must be placed on a level surface.
2. The glass turntable and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
3. Incorrect use of browning dish may cause the turntable to break. See information about cookware you can use, page 6.
4. Use only the correctly specified bag size when using the preset popcorn program.
5. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
6. Do not operate the microwave oven when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and cause injury.
9. Do not heat narrow-necked containers, such as syrup bottles.
10. Do not attempt to deep-fry in your microwave oven.
11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
12. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
13. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.

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## SET UP

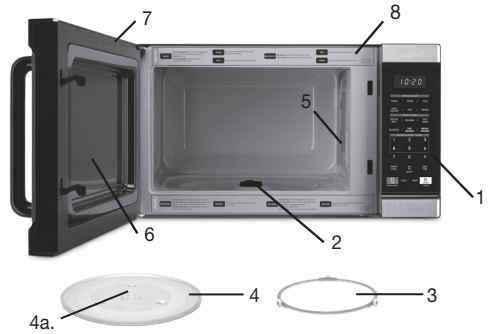
1. Select a level surface with a minimum clearance of 12 inches (30 cm) above the oven and at least 3 inches (8 cm) between the oven and any adjacent walls. **NOTE:** One side must be open.
2. Do not remove bottom oven legs.
3. Remove any protective film from oven.
4. Do not remove the mica cover MicroGuide attached to interior. It shields and protects wave action.



5. Plug oven into a standard household outlet. Be sure voltage and frequency are the same as the voltage and frequency on the rating label.
  - Blocking the intake and/or outlet openings can damage the oven.
  - Operation of the oven may cause interference to nearby electronic equipment.

**WARNING:** Do not install this oven over a range cooktop or other heat-producing appliances. If improperly installed near or over a heat source, the oven could be damaged and the warranty would be void. Surfaces may be hot during operation.

## PARTS AND FEATURES



Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Control panel              | 5. MicroGuide<br>(DO NOT REMOVE) |
| 2. Turntable shaft            | 6. Observation window            |
| 3. Turntable ring<br>assembly | 7. Door assembly                 |
| 4. Glass tray                 | 8. Cooking<br>Guide Chart        |
| 4a. Tray hub                  |                                  |

## TO INSTALL TURNTABLE

1. Set ring assembly (3) onto oven floor, centered over the turntable shaft (2).
2. Place the glass tray (4) into the oven, carefully fitting the tray hub (4a) onto the turntable shaft.
  - Be sure glass tray is never used upside down. Tray must be properly connected to the turntable ring before operating the oven.
  - Food, in or out of containers, must be placed on glass tray for cooking.
  - If glass tray or turntable ring assembly cracks or breaks, contact the retail store where purchased or call Cuisinart consumer service: 1-800-472-7606. See page 13 for details.

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## MATERIALS YOU CAN USE IN MICROWAVE

Arcing is sparks or electric flashes that crackle or pop. Arcing can produce heat that is quite intense and can damage the interior of the microwave or containers being used in the microwave. It can also cause fire. Arcing occurs when certain metals are used in the microwave. To prevent arcing, use the charts below to determine which materials are microwave safe, or follow instructions from container/wrap manufacturer.

Plastic cookware should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

### Follow these guidelines:

Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.

Do not microwave empty containers. Do not permit children to use plastic cookware without complete supervision.

<b>Browning Dish</b>	Use a browning dish in this microwave only if supplied with a microwave trivet that will lift the browning dish $\frac{3}{16}$ -inch [0.47 cm] above the turntable. Incorrect usage may cause the turntable to break.
<b>Dinnerware</b>	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
<b>Glass Jars</b>	Always remove lid. Use only to warm food. Most glass jars are not heat resistant and may break.
<b>Glassware</b>	Heat-resistant oven glassware with no metallic trim only. Do not use if cracked or chipped.
<b>Oven Cooking Bags</b>	Follow manufacturer's instructions. Do not close with metal tie.
<b>Paper Plates and Cups</b>	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. Should be labeled for use in microwave — with no color/dye.
<b>Paper Towels</b>	Cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
<b>Parchment Paper</b>	Use as a cover to prevent splattering or as a wrap for steaming.
<b>Plastic</b>	Microwave-safe only. Follow manufacturer's instructions.
<b>Plastic Wrap</b>	Microwave-safe only. Do not allow plastic wrap to touch food. Vent or pierce before cooking.
<b>Thermometers</b>	Microwave-safe only.
<b>Wax Paper</b>	Use as a cover to prevent splattering and retain moisture inside.

## MATERIALS TO BE AVOIDED IN MICROWAVE

<b>Aluminum tray</b>	May cause arcing. Transfer food to microwave-safe dish.
<b>Food carton with metal handle</b>	May cause arcing. Transfer to microwave-safe dish.
<b>Metal or metal-trimmed utensils</b>	Metal shields the food from microwave energy. Metal trim may cause arcing.
<b>Metal twist-ties</b>	May cause arcing and cause a fire in the oven.
<b>Paper bags</b>	May cause a fire in the oven.
<b>Plastic foam</b>	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
<b>Wood</b>	Wood will dry out when used in the microwave oven and may split or crack.

# OPERATING INSTRUCTIONS



- NOTE:** Timer can be set for up to 99 minutes and 99 seconds, 99:99.
2. Press **START +30 SEC** to confirm the setting. Time will begin to count down on the display.

3. When time has elapsed, the tone will beep 5 times.

**NOTE:** When the kitchen timer is engaged, the oven will not start with any program and the oven light will not light.

## Stop Pause/Cancel

Press the **STOP PAUSE/CANCEL** button to:

- Start over if you make a mistake while programming.
- Cancel the timer.
- Stop the oven during operation. (Press **START +30SEC** to resume.)
- Cancel a program during operation (press twice).

## COOKING OPTIONS

### Cooking with Inverter Technology

Most microwaves cycle on and off, adjusting power to maintain the level selected. An Inverter delivers a steady stream of power at the specific level you set. This cooks food more evenly for superior flavor and texture, and reduces cooked edges when defrosting. This precision microwave technology delivers superior results.

### Manual Cook

You can manually program your desired cooking time and power level.

1. Press **COOK TIME** once, the screen will display "00:00."
2. Use the number buttons to input desired cooking time, up to 99 minutes and 99 seconds.
3. Select power level from the chart on page 8. Press **POWER LEVEL**, the screen will display PL10 (default power level: 100%). To select a different power level, press a number button, 1 through 9.
4. Once cook time and power level are programmed, press **START +30SEC** to start cooking. Time will begin to count down in the display.

## Setting the Clock

1. Press **CLOCK** once, the display will show "00:00" or the previously set time. The first digit will flash.
2. Press the number buttons to set time. Example: To set 12:30, press 1–2–3–0.

**NOTE:** This is a 12-hour clock. Time will display from 01:00–12:59.

3. Once time is selected, press **CLOCK** to set, [.] will flash in display.

**NOTE:** While setting the clock, if the **STOP PAUSE/CANCEL** button is pressed or if nothing is selected for more than 1 minute, the clock will go back to the previous setting.

## Setting the Timer

1. Press **TIMER** once, the display will show "00:00."

Press the number buttons to set the timer. Example: To set 12 minutes and 15 seconds, press 1–2–1–5.

## Power Level Chart

PL 10	100%	High
PL 9	90%	
PL 8	80%	
PL 7	70%	Medium High
PL 6	60%	
PL 5	50%	Medium
PL 4	40%	
PL 3	30%	Medium Low/Defrost
PL 2	20%	
PL 1	10%	Low
PL 0	0%	

## Express Cook

This feature provides a shortcut to programming your oven. Power level is always at 100% when using Express Cook. You can select 1 to 6 minutes or 30-second increments.

1. Select a cooking time from 1 to 6 minutes by pressing Express Cook number buttons 1 to 6.
2. Once the number button is pressed, oven will instantly start cooking.
3. To increase the cooking time by 30-second increments, press START +30SEC.
4. To select cooking time in 30-second increments, skip steps 1 to 3. Press START +30SEC (microwave will begin operating), and then press and release button until desired cooking time appears in the display.

**NOTE:** During manual cooking and timed defrost, time can be added by pressing START +30SEC.

## Sensor Cook

Internal sensors in the microwave measure oven temperature and humidity level, which fluctuate as moisture is released from food during the cooking process. As changes occur, the Sensor Cook feature adjusts cooking time. If the food is not thoroughly cooked when you use the Sensor Cook feature, make sure to complete the cooking process by selecting a power level and cooking the food for an additional amount of time. Do not use the Sensor Cook functions twice in succession on the same food portion—it may result in overcooked or burnt food. Let the oven cool down for **5-10 minutes** before starting the next sensor cook.

1. **Functions:** Press the button for the desired Sensor Cook function. The display window will show the first option for that function, as listed in the DISPLAY column of the Sensor Cook Guide on page 9. See the TIPS column to help you decide which option to use.
2. **Options:** Press the Function button repeatedly until the desired option appears on the display.
3. Once you have made your selection, press START +30SEC to start cooking. The tone will sound once.
4. The display code will flash while oven adjusts time as food is cooking, then 2 tones will sound and final time will count down in the display.
5. When cook time elapses, the tone will sound 5 times.

**NOTE:** Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the Sensor Cook Guide for the best results.

## Auto Cook

Auto Cook functions are preprogrammed to perfectly cook many popular foods using professionally recommended power levels and cooking times.

1. **Functions:** Press the button for the desired Auto Cook function. The display window will show the first option for that function, as listed in the DISPLAY column of the Auto Cook Guide on page 10. See the TIPS column to help you decide which option to use.
2. **Options:** Press the Function button repeatedly until the desired option appears on the display. Options include food weight (oz.), or food portions (tablespoons or units).
3. Once you have made your selection, press START +30SEC to start cooking. The tone will sound once.
4. Once cook time elapses, the tone will sound 5 times.

**NOTE:** Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the Auto Cook Guide for the best results.

## Time Defrost

This feature allows you to defrost by time.

1. Press TIME DEFROST once, the screen will display "00:00."



## Sensor Cook Guide

FUNCTION	SUB-OPTIONS	DISPLAY	WEIGHT RANGE	TIPS
Veggie	Fresh Veggie	S1-1	4–16 oz (113-453 g)	<ul style="list-style-type: none"> <li>• Cooking time is based on crisp tender results</li> <li>• For softer results, cook for additional 30-second increments on PL10 until desired result is achieved</li> <li>• Vegetables should be cut into even-size pieces to ensure even cooking</li> <li>• Cover cooking dish with a vented lid or vented microwave-safe wrap, making sure the cover does not touch the food. Add 1 tablespoon (15 ml) of water per ½ cup (125 ml) or 4 oz. (113 g) of vegetables</li> </ul>
	Frozen Veggie	S1-2	6–16 oz (170-453 g)	<ul style="list-style-type: none"> <li>• No water is necessary</li> <li>• Cover cooking dish with a vented lid or vented microwave-safe wrap, making sure the cover does not touch the food</li> </ul>
Potato	Potatoes	S-2	1–4 potatoes 6–12 oz (170-340 g) each	<ul style="list-style-type: none"> <li>• Scrub potatoes or sweet potatoes well</li> <li>• Prick each potato several times with a fork or tip of a sharp knife</li> <li>• Place on a paper towel towards the edge of the turntable. Do not place at the center of the turntable. If more than 1 potato, distribute evenly.</li> <li>• If the potatoes are not cooked to desired level, do not use the Potato function again. Use Manual Cook instead</li> <li>• After cooking, let stand a couple of minutes before serving</li> </ul>
Pizza	Personal-Size Pizzas	S-3	4–9 oz (113-255 g)	<ul style="list-style-type: none"> <li>• Use this function for microwaveable pizzas</li> <li>• Make sure to use a crisping/browning plate if package instructions recommend it</li> <li>• Very thick pizzas, or ones with many toppings, may require additional time</li> <li>• Add 30 seconds (at preset power level PL10) until desired doneness</li> </ul>
Meat/ Poultry	Meat	S4-1	8–24 oz (227-680 g)	<ul style="list-style-type: none"> <li>• Place ground beef or pieces in a microwave-safe dish</li> <li>• Cover vessel with vented lid or vented microwave-safe wrap, making sure the cover does not touch the food</li> <li>• Ground beef should be broken up before and during cooking</li> <li>• Discard any accumulated liquid after cooking</li> </ul>
	Poultry	S4-2	8–24 oz (227-680 g)	<ul style="list-style-type: none"> <li>• Arrange pieces in a shallow, microwave-safe dish with the thicker pieces along the outside of the dish</li> <li>• Chicken should be in a single layer</li> <li>• Cover with vented lid or vented microwave-safe wrap, making sure the cover does not touch the food</li> <li>• Juices should run clear and meat no longer pink when done</li> <li>• 165°F (74°C) for white meat, 170°F (76°C) for dark meat</li> <li>• If necessary and chicken is not cooked to your satisfaction, use Manual Cook to program additional time</li> <li>• Skin will not brown</li> <li>• Let stand 5 to 10 minutes before serving</li> </ul>
Fish	Fish and Seafood	S-5	4–16 oz (113-453 g)	<ul style="list-style-type: none"> <li>• Arrange pieces in a shallow, microwave-safe dish with the thicker pieces along the outside of the dish</li> <li>• For thinner pieces or fillets, fold over to prevent overcooking</li> <li>• Cover with vented lid or vented microwave-safe wrap, making sure the cover does not touch the food</li> </ul>
Reheat	Dinner Plate/ Leftovers	S-6	8–16 oz (227-453 g)	<ul style="list-style-type: none"> <li>• Place food on microwave-safe plate</li> <li>• Cover with vented lid or vented microwave-safe wrap, making sure the cover does not touch the food</li> </ul>

**NOTE:** Do not use the Sensor Cook functions twice in succession on the same food portion—it may result in overcooked or burnt food. Let the oven cool down for **5-10 minutes** before starting the next sensor cook.

## Auto Cook Guide

FUNCTION	SUB-OPTIONS	DISPLAY	WEIGHT/AMOUNT	TIPS
Soften/Melt	Butter Melt	A1-1	½ stick (4 tbsp [60 ml])	<ul style="list-style-type: none"> <li>Butter should be taken from refrigerator</li> <li>Cut into tablespoons and place in small bowl, uncovered</li> </ul>
	Butter Soften	A1-2	½ stick (4 tbsp [60 ml])	<ul style="list-style-type: none"> <li>Butter should be taken from refrigerator</li> <li>Leave stick as is (wrapped), add an extra cycle if necessary and turn butter over between cycles</li> </ul>
	Chocolate Melt	A1-3	4 oz (113 g)	<ul style="list-style-type: none"> <li>Cut into small pieces or use chips, stir chocolate once program ends to fully incorporate</li> </ul>
Popcorn	1.75 oz (49 g)	1.75	1.75-3 oz (49-85 g)	<ul style="list-style-type: none"> <li>Use only popcorn packaged for microwave-oven use</li> <li>Place popcorn in microwave according to package directions</li> <li>Pop only one bag at a time</li> <li>Do not try to pop unpopped kernels</li> <li>If frequent pops are still heard once the cycle ends, press START+30SEC of additional time</li> <li>Once you hear less than 1 pop every 2 seconds, press STOP PAUSE/CANCEL or open the door to end the cycle</li> </ul>
	3 oz (85 g)	3.0		
Rice/Grain	White Rice	A3-1	1 cup (250 ml) rice, 2 cups (500 ml) water 2 cups (500 ml) rice, 3½ cups (875 ml) water	<ul style="list-style-type: none"> <li>Stir water and rice together in a microwave-safe casserole and cover</li> <li>Fluff and stir before serving</li> </ul>
	Brown Rice	A3-2	1 cup (250 ml) rice, 3 cups (750 ml) water 2 cups (500 ml) rice, 4 cups (1 L) water	<ul style="list-style-type: none"> <li>Stir water and rice together in a microwave-safe casserole and cover</li> <li>Fluff and stir before serving</li> </ul>
	Small Grains (quinoa, bulgur, amaranth, farro, and barley)	A3-3	1 cup (250 ml) grains, 1¼ cups (425 ml) water 2 cups (500 ml) grains, 3½ cups (875 ml) water 2 cups (500 ml) grain, 3½ cups (875 ml) water	<ul style="list-style-type: none"> <li>Stir water and grains together in a microwave-safe casserole with lid and cover</li> <li>Fluff and stir before serving</li> </ul>
	Oatmeal	A3-4	1 cup (250 ml) rolled oats, 1½ cups (375 ml) water	<ul style="list-style-type: none"> <li>Stir water and oats together in a microwave-safe casserole</li> <li>Stir before serving</li> </ul>
Beverage	4 oz (113 g)	4.0	4–12 oz (113-340g)	<ul style="list-style-type: none"> <li>Use to reheat room temperature beverage</li> <li>After heating, stir contents and test for desired heat</li> <li>Add time if beverage has not reached desired temperature</li> </ul>
	8 oz (227 g)	8.0		
	12 oz (340 g)	12.0		

2. Press number buttons to input time from 0:01–99:99 minutes/seconds.
3. The default power level for Defrost is power level 3. To change the power level, press POWER once, the screen will display PL3. Use the number buttons to select another power level.
4. Press START +30SEC to begin defrosting; the display will begin counting down the time.

## Weight Defrost

This feature allows you to defrost by weight.

1. Press WEIGHT DEFROST once, the screen will display “0.”
2. Press number button to input weight to be defrosted. Input the weight in a range 4–100 oz. (113–2834 g)  
**Note:** 16 oz. = 1lb. (454 g)
3. Press START +30SEC to start defrosting; the display will automatically begin counting down the correct defrost time based on the unit’s weight.

## Defrost Tips

- Frozen food in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER the food has partially defrosted. Plastic storage containers should be partially uncovered.
- If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, use Weight Defrost. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If food is still icy, return to the microwave for brief additional cooking time, or let it stand for a few minutes.

## Two-Stage Cooking

This function lets you program your oven to automatically switch from one function to a second function. Be sure to follow steps in the order listed below; cooking time must always be selected before choosing the power level.

Example: To begin cooking at an 80% power level for 5 minutes, and then switch to cook at a 60% power level for 10 minutes:

1. Press COOK TIME once, then press 5–0–0 to set the cooking time.
2. Press POWER LEVEL once, then press 8 to select 80% microwave power.
3. Press COOK TIME once, then press 1–0–0–0 to set the cooking time.

4. Press POWER LEVEL once, then press 6 to select 60% microwave power.
5. Press START +30SEC to start two-stage cooking.

**NOTE:** Auto cook functions cannot be set as part of two-stage cooking.

## MEMORY

You can save up to three cooking procedures (one or two stages) that you frequently use. They will be stored in the oven’s memory as numbers 1, 2 and 3 and can be used at any time. Auto Cook and Sensor Cook cannot be saved as memory.

### To Program Memory Procedure

1. Press 0/MEMORY button. The screen will display 1, 2 or 3 depending on the number of times you press the 0/MEMORY button.
2. Press COOK TIME, then use the number buttons to set the desired cooking time.
3. Press POWER LEVEL button. Default power level PL10 appears in the display, but can be changed by pressing the number button (see Power Level Chart on page 8).
4. Press START +30SEC to save the setting. The tone will sound once and the screen will display the number (1, 2 or 3) for the memory procedure you programmed and saved.
5. Press STOP PAUSE/CANCEL.

**NOTE:** To program a two-stage memory procedure, press 0/MEMORY button to save it as 1, 2 or 3. Follow instructions under Two-Stage Cooking. After pressing START +30SEC to save it, press STOP PAUSE/CANCEL.

### To Run a Saved Procedure

Press 0/MEMORY one, two or three times until the number of the desired saved procedure is displayed, then press START +30SEC.

**NOTE:** If oven is unplugged or power is cut off, memory will need to be reset.

## CHILD LOCK

The child lock prevents unwanted oven operation. The oven can be set so that the control panel is deactivated or locked.

### TO LOCK

- Press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the child lock has been activated.

- The screen will display **---**.
- The button will not be able to be used.

### TO UNLOCK

- To unlock, press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the microwave oven is unlocked.
- The symbol **---** will disappear.

## CLEANING & CARE

Unplug the cord before cleaning any part of this oven. Clean your oven regularly to avoid grease build-up.

### To clean the inside of the unit:

- An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Remove greasy spatters with a sudsy cloth, wipe with a damp cloth. Never use abrasive cleaners or sharp utensils on any part of the microwave.

- Clean surfaces where the door meets the oven when closed with mild, nonabrasive soap or detergent on a soft cloth. Wipe with damp cloth.
- To remove greasy stains, put 1 cup water mixed with 2 tablespoons lemon juice or baking soda in a cup and bring this mixture to a boil in the microwave. Allow it to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp clean towel or a dampened microfiber cloth to remove softened cooking residue.

### To clean the outside of the unit:

- It is important to keep the area clean where the door seals against the microwave.
- Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects as they can damage the unit. **NOTE:** Some paper towels can also scratch the control panel. Use caution.

## TROUBLESHOOTING

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	a. Electrical cord is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided in microwave were used. b. The oven was operated when empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Cooking time, power level is not suitable. d. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Adjust cooking time, power level accordingly. d. Turn or stir food. e. When possible position food off-center
Overcooked foods	Cooking time, power level is not correct	Adjust cooking time, power level accordingly.
Undercooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check oven ventilation ports are not restricted. d. Adjust cooking time, power level accordingly.
Improper defrosting	a. Materials to be avoided in microwave were used. b. Cooking time, power level is not correct. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Adjust cooking time, power level accordingly. c. Turn or stir food.

## To remove unwanted odours:

- Select Power Level 0 (PL0) and the oven will operate with the fan, but no power.

# RECIPES

## Scrambled Eggs

This can be prepared to make one or two servings. If you are preparing for just one person, use only 2 eggs and see note within the recipe for reducing the cooking time.

### Makes 2 servings

- $\frac{1}{2}$  **tablespoon (7 ml) unsalted butter**
- 4 large eggs**
- 1 tablespoon (15 ml) water**
- Kosher salt, to taste**
- Freshly ground black pepper, to taste**

1. Put butter into a 2-cup (500 ml) microwave-safe glass measuring cup or bowl. Microwave on Medium-High (PL7) for 45 seconds to melt. Allow to cool for 1 minute.
2. Break eggs into the cup, add water, and whisk to blend. Microwave, uncovered, on High (PL10) for 1 minute (if cooking only 2 eggs, cook for 30 seconds). Stir to break up solids into curds. Microwave, uncovered on High (PL10) again for an additional 45 seconds, until creamy and firm, but still moist. Stir to reach preferred consistency – eggs will continue to cook even after the microwave has stopped – resist the urge to cook longer; they will be at a safe temperature at 165°F (73°C). If drier eggs are preferred, add an additional 10 to 15 seconds on High (PL10) after the second stirring.
3. Season to taste with salt and pepper and serve warm.

### Omelet Variation

Scrambled eggs can easily be transformed into an herb and cheese omelet. After whisking eggs, add 1 tablespoon (15 ml) shredded cheese of your choice, and 1 tablespoon (15 ml) chopped, fresh herbs (such as dill, parsley and/or thyme). Continue with cooking instructions for eggs above. After cooking, allow the omelet to rest for 30 seconds to 1 minute; it will set nicely and you can invert it onto a serving plate. Season with a pinch of salt and serve warm.

#### Nutritional information per serving:

Calories 168 (67% from fat) • carb. 1g • pro. 13g  
• fat 12g • sat. fat 5g • chol. 380mg • sod. 213mg  
• calc. 56mg • fiber 0g

#### Nutritional information per omelet:

Calories 214 (72% from fat) • carb. 1g • pro. 14g  
• fat 17g • sat. fat 8g • chol. 392mg • sod. 319mg  
• calc. 95mg • fiber 0g

## Maintenance:

- Any other servicing should be performed by an authorized service representative.

## Fried Egg with Bacon

No extra pans to clean or grease covering your stovetop when you cook this breakfast staple in the microwave.

### Makes 1 serving

- 2 slices bacon**
- 1 teaspoon (5 ml) unsalted butter**
- 1 large egg**
- Kosher salt, to taste**
- Freshly ground black pepper, to taste**

1. Line a microwave-safe plate with a paper towel. Lay the bacon on top of the paper towel and place another paper towel on top. Microwave on High (PL10) for 1 minute, flip, re-cover, and microwave on High (PL10) for another minute. Microwave on High (PL10) for an additional 30 seconds for crispier bacon. Reserve.
2. Put the butter on a microwave-safe plate and microwave on High (PL10) for  $\frac{1}{2}$  minutes. Crack egg onto the warmed plate. Using a toothpick, pierce a hole fully into the yolk. Put plate into the microwave and cook on Medium-High (PL7) for 45 seconds.
3. Season with salt and pepper and serve warm.

#### Nutritional information per serving:

Calories 152 (72% from fat) • carb. 0g • pro. 10g  
• fat 12g • sat. fat 5g • chol. 206mg • sod. 360mg  
• calc. 28mg • fiber 0g

## Eggs Benedict

A brunch staple, this dish is sure to please all of your guests.

### Makes 2 servings

- 2 slices Canadian bacon**
- 1 teaspoon (5 ml) white vinegar, divided**
- $\frac{2}{3}$  cup (150 ml) water, divided**
- 2 large eggs**
- 1 English muffin, split and toasted**
- $\frac{1}{2}$  cup (125 ml) Hollandaise Sauce (see following recipe)**

1. Put the Canadian bacon slices on a microwave-safe plate lined with paper towel. Cover bacon with paper towels. Microwave on High (PL10) for 1 minute, flip, re-cover, and microwave on High (PL10) for another minute. For crispier bacon, microwave on High (PL10) for additional 15-second increments. Reserve.

2. Prepare the eggs for poaching. Put half of the vinegar and water into two separate custard cups. Break an egg into each cup and gently prick the yolks with a toothpick. Cover the cups with plastic wrap. Microwave one at a time for 45 seconds on High (PL10) and allow to rest, covered, for 30 seconds in poaching liquid. For runnier yolks, skip the rest time. Allow eggs to drain on a paper towel-lined dish.
3. Put split English muffin halves on two separate plates. Top with bacon, egg and drizzle with Hollandaise Sauce.

*Nutritional information per serving:*

Calories 509 (74% from fat) • carb. 16g • pro. 17g  
 • fat 41g • sat. fat 23g • chol. 2464mg • sod. 1088mg  
 • calc. 83mg • fiber 1g

## Hollandaise Sauce

Makes about  $\frac{3}{4}$  cup (175 ml)

- $\frac{1}{2}$  cup (125 ml) unsalted butter, cut in  $\frac{1}{2}$ -inch (1.25 cm) pieces
  - 3 large egg yolks
  - 2 tablespoons (30 ml) fresh lemon juice
  - 1 tablespoon (15 ml) water
  - $\frac{1}{2}$  teaspoon (2 ml) kosher salt
  - $\frac{1}{4}$  teaspoon (1 ml) dry mustard
1. Put the butter in a small, microwave-safe measuring cup or bowl and cover with waxed paper. Microwave on Soften/Melt (A1-1 Butter Melt) to melt the butter. Let cool slightly, about 4 to 5 minutes.
  2. Put egg yolks, lemon juice, water, salt and dry mustard in a microwave-safe bowl with a handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified. Cook sauce uncovered on Medium-High (PL7) for  $1\frac{1}{2}$  minutes, stopping to whisk briskly every 20 seconds. Cook for additional 15-second increments on Medium-High (PL7) as necessary. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat a metal spoon.
  3. Serve warm with seafood, vegetables, or eggs. If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a "skin" from forming. To reheat, remove waxed paper. Microwave on Medium-Low (PL3) for 2 minutes, stirring with a whisk after 1 minute of cooking, and again when cooking is completed.

*Nutritional information per serving (2 tablespoons [30 ml]):*

Calories 162 (95% from fat) • carb. 1g • pro. 1g  
 • fat 17g • sat. fat 10g • chol. 132mg • sod. 194mg  
 • calc. 11mg • fiber 0g

## Maple Cinnamon Oatmeal

Bananas and blueberries are added here, however any fruit can be substituted.

Makes  $2\frac{1}{2}$  cups (625 ml), about 3 to 4 servings

- 1 cup (250 ml) rolled oats (not the instant variety)
  - $1\frac{1}{2}$  cups (375 ml) water
  - $\frac{1}{2}$  teaspoon (2 ml) ground cinnamon
  - 2 teaspoons (10 ml) pure maple syrup
  - 1 medium banana, cut into small dice
  - $\frac{1}{4}$  cup (60 ml) blueberries
1. Put all ingredients into a 2-quart (1.89 L), microwave-safe casserole dish. Microwave on the Rice/Grain oatmeal function (A3-4).
  2. Once cooking is complete, stir ingredients together and serve immediately.

*Nutritional information per serving (based on 4 servings):*

Calories 115 (12% from fat) • carb. 24g • pro. 3g • fat 2g  
 • sat. fat 0g • chol. 0mg • sod. 3mg • calc. 11mg • fiber 3g

## Blueberry Muffin in a Mug

When you do not have the time to whip up a full batch of muffins, this is a tasty, go-to treat.

Makes 1 serving

- Nonstick cooking spray
  - $\frac{1}{4}$  cup (60 ml) unbleached, all-purpose flour
  - 1 tablespoon (15 ml) light brown sugar
  - $\frac{1}{4}$  teaspoon (1 ml) baking soda
  - $\frac{1}{4}$  teaspoon (1 ml) ground cinnamon
  - Pinch kosher salt
  - 3 tablespoons (45 ml) whole milk
  - 1 tablespoon (15 ml) vegetable oil
  - $\frac{1}{4}$  teaspoon pure (1 ml) vanilla extract
  - 2 tablespoons (30 ml) blueberries, fresh or frozen
1. Spray the interior of a microwave-safe mug with nonstick cooking spray. Add the dry ingredients and stir with a fork to combine. Add the milk, oil and vanilla extract and stir until combined. Add the blueberries and gently fold into the batter.
  2. Microwave on High (PL10) for 1 minute, 20 seconds. Allow to sit for 1 minute prior to serving.

Serving tip: After resting the muffin for 1 minute, it can be inverted onto a plate instead of eaten out of the mug.

*Nutritional information per muffin :*

Calories 283 (47% from fat) • carb. 34g • pro. 4g • fat 15g  
 sat. fat 2g • chol. 5mg • sod. 477mg • calc. 57mg • fiber 1g

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## Queso Fundido

This can be made with or without chorizo – both ways are indulgent and delicious!  
Serve with tortilla chips or crisp veggies.

**Makes 2¼ cups (550 ml)**

- 8 ounces (227 g) raw chorizo, remove and discard casings, if necessary (optional)**
- 8 ounces ([227 g] 1 standard package) cream cheese, cold**
- 4 ounces (113 g) Monterey Jack cheese, shredded**
- ⅓ cup (75 ml) salsa (any flavour or heat variety)**

1. Put the chorizo, if using, in a microwave-safe dish. Spread the chorizo so it is in one layer. Cover and microwave on High (PL10) for 4 minutes. Remove and reserve to cool slightly. Once cool, crumble the cooked chorizo. Drain fat if desired.
2. Mix the remaining ingredients in a microwave-safe bowl. Put into the microwave and cook on High (PL10) for 3½ minutes. Stir in the chorizo, if using. Serve warm.

*Nutritional information per serving (¼ cup [60 ml]):*  
Calories 250 (79% from fat) • carb. 2g • pro. 10g • fat 22g  
sat. fat 10g • chol. 61mg • sod. 589mg • calc. 116mg • fiber 0g

## Party Mix

Regardless of the age of your guests, this will be a hit at any party!

**Makes about 6 cups (1.5 L)**

- ¾ cup (175 ml) mixed nuts**
- 4 tablespoons ([60 ml] ½ stick) unsalted butter, cut into 4 pieces**
- 1 tablespoon (15 ml) Worcestershire sauce**
- 1 tablespoon (15 ml) light brown sugar**
- ½ teaspoon (2.5 ml) kosher salt**
- ½ teaspoon (2.5 ml) onion powder**
- ¼ teaspoon (1 ml) garlic powder**
- Pinch cayenne**
- 1 cup (250 ml) pretzels (small twists or sticks)**
- ½ cup (125 ml) pepitas**
- 4 cups (1 L) multigrain square cereal**

1. Put the nuts in a single layer on a microwave-safe plate. Microwave on High (PL10) for 1½ minutes, remove to toss nuts, and continue to cook for another 1½ minutes; reserve.
2. Put the butter, Worcestershire, brown sugar, salt and spices into a microwave-safe bowl. Cover and select Soften/Melt (A1-1 Butter Melt) to melt.

3. Put the remaining ingredients into a large microwave-safe bowl or casserole dish. Add the toasted nuts and butter/spice mixture and stir to combine. Microwave on High (PL10) for 4½ minutes, stopping to mix at each 1½-minute increments to ensure even cooking.
4. Serve warm or at room temperature. Once cool, store in an airtight container for up to 2 weeks.

*Nutritional information per serving (½ cup [125ml]):*  
Calories 208 (46% from fat) • carb. 24g • pro. 5g • fat 11g  
sat. fat 3g • chol. 10mg • sod. 328mg • calc. 57mg • fiber 3g

## Veggie Chips

You will be amazed how delicious, crispy and easy microwave chips are!

**Makes about 5 cups (1.25 L)**

- 1 russet potato, thinly sliced (about 6 ounces [170 g])**
- 1 sweet potato, thinly sliced (about 8 ounces [227 g])**
- 1 beet, thinly sliced (about 6 ounces [170 g])**
- Extra virgin olive oil**
- Kosher salt**

1. Cook the vegetables individually. Put russet potato slices in a single layer on a microwave-safe plate, spray or brush with olive oil and sprinkle lightly with salt. Microwave for 3 minutes on High (PL10). Flip potato slices and microwave again for 2 minutes on High (PL10).
2. Repeat with remaining potatoes.
3. The sweet potato is prepared in the same way as the russet potato. The slices cook for 3 minutes on High (PL10) and then an additional 2 minutes once flipped.
4. To cook the beet, brush both sides of the slices liberally with olive oil. Arrange slices on a microwave-safe plate so that they slightly overlap and most of the plate's surface area is covered (this may require a smaller plate). Sprinkle lightly with salt. Microwave for 4 minutes on Medium-High (PL7). Flip beet slices and microwave again for 3 minutes on Medium-High (PL7). Allow to cool and further crisp up on plate.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 95 (10% from fat) • carb. 20g • pro. 1g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 85mg • calc. 25mg • fiber 3g

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## Stuffed Jalapeños

A quick way to enjoy jalapeño poppers at home.

### Makes 6 jalapeños

- 6 jalapeño peppers**
- 4 ounces (113 g) cream cheese, room temperature**
- ½ cup (125 ml) shredded Cheddar cheese**

1. Place the peppers with 1 tablespoon (15 ml) of water on a microwave-safe plate and cook for 3 minutes on High (PL10). Allow to cool for handling.
2. While peppers are cooking, mash together the cream cheese and Cheddar.
3. Once peppers are cooked and cool, make a small, lengthwise incision along the pepper from stem to end. Divide the cheese mixture evenly among the 6 peppers and stuff into the pepper cavity. Secure with toothpicks. Microwave on High (PL10) for 2½ minutes, until the cheese is melted.

*NOTE: Depending on the strength of the jalapeños, these could be quite hot. Carefully remove seeds from peppers before stuffing with cheese should a mild popper be desired.*

#### Nutritional information per stuffed jalapeño:

Calories 121 (70% from fat) • pro. 4g • carb. 5g • fat 10g  
sat. fat 6g • chol. 31mg • sod. 122mg • calc. 95mg • fiber 1g

## Bacon-Wrapped Dates with Piquillo Pepper Sauce

A fun hors d'oeuvre.

The sauce can be an optional yet tasty addition – the dates are delicious with or without it!

### Makes 18 stuffed dates

#### Sauce makes about 3 cups (750 ml)

- 1 can (14.5 ounces [411 g]) diced tomatoes, drained**
- 1 can or jar (12 ounces [340 g]) piquillo peppers, drained**
- 9 slices bacon, cut in half**
- 18 small dates**
- ½ cooked chorizo link (about 1½ ounces [43 g]), cut into small strips about 1 in. x ½ in. (2.5 cm x 1.25 cm)**

1. Make the sauce. Put the drained tomatoes and peppers into a 1-quart (0.95 L), microwave-safe, deep dish or measuring cup. Microwave on High (PL10) for 6 minutes. Blend sauce together with a hand blender or blender until smooth. Reserve.
2. Put 9 of the half-cut bacon slices on a plate that is layered with paper towels. Par-cook bacon on High (PL10) for 1 minute. Repeat with remaining; reserve.

3. Prepare the dates by removing the pits, if necessary, by making a slit down the side of the date with the tip of a knife. Put a piece of chorizo into date. Wrap each stuffed date with bacon slice. Put all wrapped dates on a paper towel-lined plate, seam-side down, so that the date stays wrapped.
4. Cook on High (PL10) for 4 minutes. Flip the dates and cook again on High (PL10) for an additional 2 minutes. Blot any excess grease with a paper towel and then serve immediately, with sauce on the side.

#### Nutritional information per date:

Calories 105 (26% from fat) • carb. 18g • pro. 3g • fat 3g  
sat. fat 1g • chol. 7mg • sod. 144mg • calc. 16mg • fiber 2g

#### Nutritional information sauce (2 tablespoons [30 ml]):

Calories 9 (0% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 113mg • calc. 3mg • fiber 0g

## Quinoa Bowl with Teriyaki Salmon

A satisfying and colourful meal.

### Makes 2 to 3 servings

- 1 cup (250 ml) quinoa**
- 1¾ cups (425 ml) water**
- 1 pound (454 g) salmon, cut into 2 to 3 fillets**
- 2 teaspoons (10 ml) mirin or lemon juice**
- 1 garlic clove, crushed**
- ½ cup (125 ml) teriyaki sauce**
- 1 radish, thinly sliced**
- 1 small carrot, grated**
- 1 small green onion, thinly sliced**
- 1 tablespoon (15 ml) fresh cilantro leaves**
- 1 teaspoon (5 ml) sesame seeds**

1. Put the quinoa and water into a 2-quart (1.89 L), microwave-safe casserole dish. Microwave on Rice/Grain (A3-3 Small Grains) function. While the quinoa is cooking, place the salmon, flesh-side up, into a shallow, microwave-safe dish, sprinkle evenly with mirin, rub the flesh with the crushed garlic clove, and put it into the dish. Coat with the teriyaki sauce. Turn the fillets over, flesh-side down, to marinate in the mixture.
  2. Once the quinoa is cooked, remove and rest. Cover and cook the salmon on the Fish (S-5) function. Once cooked, divide the quinoa equally among 3 bowls. Evenly divide the radish, carrot and scallion among the bowls and then place a salmon fillet on each, flesh-side up. Garnish with cilantro and sesame seeds.
  3. Serve immediately – drizzle with extra teriyaki if desired.
-



*Nutritional information per serving (based on 3 servings):*  
Calories 513 (41% from fat) • carb. 3g • pro. 39g • fat 23g •  
sat. fat 5g • chol. 83mg • sod. 713mg • calc. 47mg • fiber 4g

## Fish Stew

This one-pot meal is tasty and satisfying.  
Enjoy it on a cold evening with some crusty  
bread for dipping.

**Makes about 3 cups (750 ml)**

- ½ teaspoon (2.5 ml) olive oil**
- 1 garlic clove, crushed**
- 1 celery stalk, finely diced**
- 1 precooked chorizo link, about 3 ounces (85 g), finely diced**
- 1 can (14.5 ounces [411 g]) diced tomatoes**
- 8 ounces (227 g) clam juice**
- 1 cup (250 ml) water**
- 1 medium new potato, finely diced**
- ½ pound (227 g) cod**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

1. Put the olive oil, garlic, celery and chorizo into a 2-quart (1.89 L), microwave-safe casserole dish with lid. Microwave, uncovered on High (PL10) for 5 minutes. Add the diced tomatoes, clam juice, water and potatoes. Cover and cook for 20 minutes on High (PL10) so that the potatoes are cooked.
2. Season the cod with the salt and pepper and then add to the dish. Cover and cook on High (PL10) for an additional 10 minutes, until the cod is cooked through.
3. Taste and adjust seasoning. Serve immediately.

*Nutritional information per serving (1 cup [250 ml]):*

Calories 279 (40% from fat) • carb. 18g • pro. 23g • fat 12g  
sat. fat 4g • chol. 57mg • sod. 1153mg • calc. 53mg • fiber 4g

## Sole with Garlicky Spinach

The Fish function cooks the sole to perfection,  
making this an easy, go-to recipe  
any night of the week.

**Makes 2 to 3 servings**

- 1 garlic clove, thinly sliced**
- ¾ teaspoon (3.75 ml) kosher salt, divided**
- 2 tablespoons (30 ml) water**
- 5 ounces (145 g) fresh baby spinach**
- ¾ pound (340 g) sole fillets (about 4 small fillets)**
- ¼ teaspoon (1 ml) freshly ground black pepper**

**2 teaspoons (10 ml) fresh lemon juice**  
**1 tablespoon (15 ml) olive oil**

1. Put the garlic, ¼ teaspoon (1 ml) of salt and the water into a 2-quart (1.89 L), microwave-safe casserole dish with lid. Cook, uncovered, on High (PL10) for 1 minute. Add the spinach and cover, cook on Veggie (S1-1 Fresh Veggie) function. Remove and reserve.
2. Put the sole fillets on a shallow, microwave-safe dish and season with remaining salt, pepper, lemon and olive oil. Cover (if using microwave-safe plastic wrap, pierce holes in wrap to vent) and cook on the Fish (S-5) function. Once finished, place the fish on the spinach and serve together immediately.

*Nutritional information per serving (based on 3 servings):*

Calories 133 (47% from fat) • carb. 2g • pro. 15g • fat 7g  
sat. fat 1g • chol. 51mg • sod. 905mg • calc. 71mg • fiber 1g

## Shrimp with Spring Vegetables

This bright and colourful dish is balanced with  
lemon and garlic – serve over freshly steamed rice.

**Makes 2 servings**

- ½ pound (227 g) large shrimp, cleaned and deveined**
- 2 garlic cloves, sliced**
- ½ teaspoon (2.5 ml) olive oil**
- ½ teaspoon (2.5 ml) kosher salt, divided**
- 12 green beans, halved**
- 12 yellow beans, halved**
- ½ cup (125 ml) shelled edamame**
- 2 tablespoons (30 ml) water**
- 1 tablespoon (15 ml) dry white wine**
- ½ lemon**

1. Toss the shrimp with the garlic, olive oil and ¼ teaspoon (1 ml) of salt. Refrigerate for at least 30 minutes and up to 1 hour.
2. Once shrimp have marinated, put vegetables in a shallow, microwave-safe dish with the water, wine and remaining salt. Microwave, covered, on the Veggie (S1-1 Fresh Veggie) function.
3. Put the marinated shrimp in a separate microwave-safe dish and add a squeeze of lemon. Cover and cook on the Fish (S-5) function.
4. Combine the vegetables with the shrimp and serve immediately.

*Nutritional information per serving:*

Calories 368 (16% from fat) • carb. 39g • pro. 38g • fat 6g  
sat. fat 1g • chol. 171mg • sod. 773mg • calc. 200mg • fiber 15g

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## Meat Sauce

The whole family will like this sauce tossed with the house favourite pasta – an easy weeknight meal when time is short.

### Makes 4 cups (1 L)

- 1**    **teaspoon (5 ml) olive oil**
- 1**    **small onion, chopped**
- 2**    **garlic cloves, chopped**
- 1**    **pound (454 g) ground beef**
- ¾**    **teaspoon (3.75 ml) kosher salt**
- ¼**    **teaspoon (1 ml) freshly ground black pepper**
- 1**    **can (28 ounces [793 g]) crushed tomatoes**
- 1**    **tablespoon (15 ml) tomato paste**

1. Put the olive oil, onion and garlic into a 2-quart (1.89 L) microwave-safe casserole dish with a lid. Cook, uncovered, on High (PL10) for 3 minutes. Add beef, salt and pepper, stir well to break apart and mix evenly with the onion mixture. Cover and cook on the Meat (S4-1) function.
2. Once the meat is cooked, pour off any liquid and stir the meat together to break apart evenly. Add the tomatoes and tomato paste. Cook on High (PL10) for 10 minutes. Stir well and then cook again on High (PL10) for 10 minutes. Stir together and taste, adjust seasoning as desired.

*Nutritional information per serving (½ cup [125 ml]):*

*Calories 153 (47% from fat) • carb. 8g • pro. 12g • fat 8g sat. fat 3g • chol. 35mg • sod. 484mg • calc. 43mg • fiber 2g*

## Asian Chicken Salad

Vietnamese flavours are the inspiration for this fresh and flavourful chicken salad.

### Makes 5 cups (1.25 L)

- 2**    **boneless chicken breasts (about 1½ pounds [680 g])**
- ¼**    **cup (60 ml) chicken broth, low sodium, or water**
- 1**    **medium carrot, cut into matchsticks (about ½ cup [125 ml])**
- 1**    **small wedge red cabbage (about ⅛ small cabbage), sliced into 1-inch (2.5 cm) pieces**
- ½**    **cup (125 ml) fresh mint leaves, chopped**
- ½**    **cup (125 ml) fresh cilantro leaves, chopped**
- 2**    **tablespoons (30 ml) fresh lime juice**
- 1**    **tablespoon (15 ml) sriracha sauce**
- ½**    **teaspoon (2.5 ml) fish sauce**
- 4**    **tablespoons (60 ml) vegetable oil**

1. Put the chicken with the broth into a 2-quart (1.89 L), microwave-safe baking dish. Cover (if using microwave-safe plastic wrap, pierce holes in wrap to vent) and cook in the microwave on the Meat/Poultry (S4-2 Poultry) function. Chicken is cooked when the internal temperature reaches 165°F (73°C). Chicken will continue to cook outside of the microwave. If the internal temperature is shy of 165°F (73°C), return chicken to the microwave and cook on High (PL10) for 1 minute.
2. While chicken is cooking, put the carrot, cabbage, mint and cilantro into a large mixing bowl.
3. In a smaller bowl, stir together the lime juice, sriracha, fish sauce and oil and reserve.
4. Once cooked, allow the chicken to cool slightly and then cut into small cubes. Toss in the large mixing bowl with the vegetables and herbs. Fold in the dressing so that all ingredients are evenly coated and mixed.
5. Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 cup [250 ml]):*

*Calories 190 (61% from fat) • carb. 3g • pro. 16g • fat 13g sat. fat 1g • chol. 45mg • sod. 157mg • calc. 25mg • fiber 1g*

## Pesto Chicken

Easy weeknight dinner with minimal ingredients! Leftovers are tasty tossed in a salad or pasta for lunch.

### Makes about 3 to 4 servings

- 3**    **boneless chicken breasts, about 1¼ pounds (625 g)**
  - ½**    **teaspoon (2.5 ml) olive oil**
  - 5**    **tablespoons (75 ml) prepared pesto**
1. Put the chicken in a shallow, microwave-safe dish. Drizzle with the olive oil and then coat liberally with the pesto. Place in refrigerator for about 1 hour.
  2. Cover (if using microwave-safe plastic wrap, pierce holes in wrap to vent) and cook using the Meat/Poultry (S4-2 Poultry) function. Chicken is cooked when the internal temperature reaches 165°F (73°C). Chicken will continue to cook outside of the microwave. If the internal temperature is shy of 165°F (73°C), return chicken to the microwave and cook on High (PL10) for 1 minute.
  3. Once cooked, slice and serve.

*Nutritional information per serving (based on 4 servings):*

*Calories 246 (48% from fat) • carb. 2g • pro. 30g • fat 13g sat. fat 3g • chol. 90mg • sod. 627mg • calc. 53mg • fiber 1g*

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## Red Chile Chicken Enchiladas

Little effort for a dish with restaurant-quality results.

**Makes 6 enchiladas**

**Red chile sauce:**

- 1**      **tablespoon (15 ml) vegetable oil**
- 1**      **medium onion, chopped**
- 2**      **garlic cloves, chopped**
- 1**      **can (14.5 ounces [411 g])  
diced tomatoes, drained**
- 1**      **tablespoon (15 ml) tomato paste**
- ¼**      **cup (60 ml) chili powder**
- ¾**      **teaspoon (3.75 ml) kosher salt**
- ¼**      **teaspoon (1 ml) dried oregano**
- ¾**      **cup (175 ml) vegetable broth**
- 1**      **pound (454 g) boneless, skinless  
chicken thighs**
- ½**      **teaspoon (2.5 ml) kosher salt**
- 6**      **corn tortillas**
- 2**      **cups (500 ml) shredded  
Monterey Jack cheese**

1. Make the sauce. Put the oil, onion and garlic into a microwave-safe casserole dish. Microwave on High (PL10) for 3 minutes. Add the remaining sauce ingredients and cook on High (PL10) for 10 minutes. Blend ingredients with a hand blender or blender. Reserve.
2. Put chicken in a shallow, microwave-safe dish and sprinkle evenly with the salt and then 1 tablespoon (15 ml) of the red chile sauce on each thigh. Cover dish (if using microwave-safe plastic wrap, pierce holes in wrap to vent) and cook on the Meat/Poultry (S4-2 Poultry) function. Chicken is cooked when the internal temperature reaches 165°F (73°C). Chicken will continue to cook outside of the microwave. If the internal temperature is shy of 165°F (73°C), return chicken to the microwave and cook on High (PL10) for 1 minute. Once cooked and cool enough to handle, slice the chicken. Clean the dish to use for the enchiladas.
3. Assemble enchiladas. Put ½ cup (125 ml) of sauce on the bottom of the shallow dish. Dip a tortilla in the chile sauce, put ¼ cup (60 ml) of sliced chicken in center of the tortilla with a healthy pinch of cheese. Roll the enchilada into a tube and place in the baking dish. Continue with remaining tortillas. Spoon another ½ cup (125 ml) of sauce onto the enchiladas. And liberally sprinkle with the remaining cheese. Microwave on High (PL10) for 3 minutes. Should cheese need additional melting, continue to cook on High (PL10) in 1-minute increments.

4. Serve immediately with extra sauce on the side.

*Nutritional information per enchilada:*

*Calories 416 (51% from fat) • carb. 22g • pro. 31g • fat 24g  
sat. fat 9g • chol. 138mg • sod. 939mg • calc. 358mg fiber 4g*

## Vegetarian Chili

The spice and smoke of the chipotle and adobo sauce make this chili rival traditional, meat-packed versions.

**Makes about 4 cups (1 L)**

- 2**      **teaspoons (10 ml) olive oil**
- 1**      **½-inch (1.25 cm) piece fresh ginger,  
finely chopped**
- 1**      **garlic clove, finely chopped**
- ½**      **medium onion, finely chopped**
- ½**      **teaspoon (2.5 ml) kosher salt, divided**
- Pinch** **freshly ground black pepper,  
divided**
- ½**      **medium bell pepper, yellow or green  
preferably (for colour), cored, seeded  
and finely chopped**
- 1**      **can (14.5 ounces [411 g]) diced  
tomatoes, with juices**
- 2**      **cans (15 ounces [425 g] each) beans,  
drained and rinsed (Use two different  
varieties. We recommend kidney  
and black beans.)**
- 1**      **tablespoon (15 ml) tomato paste**
- 1**      **chipotle (left whole) in adobo sauce,  
with additional ½ teaspoon (2.5 ml)  
adobo sauce**
- 1**      **tablespoon (15 ml) pure maple syrup**
- 1**      **teaspoon (5 ml) chili powder**
- ¼**      **teaspoon (1 ml) ground cumin**
- ¼**      **teaspoon (1 ml) ground cinnamon**
- Shredded Cheddar or Monterey Jack,  
for garnish**
- Fresh cilantro, for garnish**

1. Put the oil, ginger, garlic, onion and pinch of salt and pepper into a microwave-safe casserole dish. Microwave on High (PL10) for ½ minutes.
2. Add the remaining ingredients, except for the cheese and cilantro. Stir to combine, cover and cook on High (PL10) for 12 minutes.
3. Divide into serving bowls and top with shredded cheese and fresh cilantro.

*Nutritional information per serving (1 cup [250 ml]):*

*Calories 256 (9% from fat) • carb. 46g • pro. 13g • fat 3g  
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 119mg • fiber 11g*

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## Macaroni and Cheese

Ditch the boxed stuff for a night and give the Cuisinart version a try. The cream cheese in the recipe keeps it nice and creamy and prevents the cheese from separating.

**Makes about 4 cups (1 L)**

- 1½ cups (375 ml) dried macaroni**
- 1 cup (250 ml) water**
- ½ teaspoon (2.5 ml) kosher salt**
- 1 cup (250 ml) milk (whole or reduced fat)**
- 1 cup (250 ml) shredded Cheddar**
- 1 cup (250 ml) shredded Monterey Jack**
- 4 ounces (113 g) cream cheese, cut into 4 pieces**
- Pinch freshly ground black pepper**

1. Put the pasta, water and salt into a large, microwave-safe casserole dish. Cover and microwave on High (PL10) for 6 minutes. Check doneness of the pasta and add an additional 2 minutes on High (PL10) if necessary.
2. Stir in the remaining ingredients. Cover and cook on High (PL10) for 4 minutes. Stop to stir and then cook on High (PL10) for an additional 2 minutes.
3. Stir and serve warm.

*Nutritional information per serving (1 cup [250 ml]):*

*Calories 431 (32% from fat) • carb. 35g • pro. 20g • fat 24g sat. fat 14g • chol. 76mg • sod. 768mg • calc. 35mg • fiber 0g*

## Rice and Beans

A one-pot meal or side dish that needs little attention while cooking.

**Makes 8 cups (2 L)**

- 1 tablespoon (15 ml) vegetable oil**
- 1 jalapeño, seeded and chopped**
- 2 garlic cloves, finely chopped**
- 2 cups (500 ml) long-grain white rice**
- 3½ cups (875 ml) chicken broth, low sodium**
- 1 teaspoon (5 ml) kosher salt**
- 1 bay leaf**
- 1 can (14.5 ounces [411 g]) black beans**

1. Put the oil, jalapeño and garlic into a 2-quart, (1.89 L) microwave-safe casserole dish with lid. Cook uncovered for 3 minutes on High (PL10).
2. Add the rice, broth, salt, bay leaf and beans. Stir ingredients together well. Cover and cook on the Rice/Grain (A3-1 White Rice) function.
3. Once finished cooking, stir ingredients together well, before serving.

*Nutritional information per serving (1 cup [250 ml]):*  
*Calories 235 (9% from fat) • carb. 46g • pro.8g • fat 2g sat. fat 0g • chol. 0mg • sod. 354mg • calc. 43mg • fiber 3g*

## Veggie Rice Pilaf

A tasty upgrade to traditional steamed white rice.

**Makes about 8 cups (2 L)**

- 2 tablespoons (30 ml) olive oil**
- 1 large green onion**
- 1 medium carrot, finely diced**
- 1 medium celery stalk, finely diced**
- 15 green beans, sliced**
- ¼ teaspoon (1 ml) kosher salt**
- 2 cups (500 ml) long-grain white rice**
- 3½ cups (875 ml) chicken broth, low sodium**

1. Put olive oil and prepped vegetables with the salt into a 2-quart (1.89 L), microwave-safe casserole dish with a lid. Cook uncovered on High (PL10) for 3 minutes.
2. Stir in the rice and broth. Cover and cook on the Rice/Grain (A3-1 White Rice) function.
3. When finished cooking, fluff and stir with serving spoon and serve.

*Nutritional information per serving (1 cup [250ml]):*

*Calories 215 (17% from fat) • carb. 39g • pro. 6g • fat 4g sat. fat 1g • chol. 0mg • sod. 63mg • calc. 36mg • fiber 1g*

## Loaded Baked Potatoes

Stuffed baked potatoes – a meal in itself!

**Makes 2 potatoes**

- ½ cup (125 ml) broccoli florets**
- 2 slices bacon**
- 2 russet potatoes, 6 to 8 oz. (170 g to 227 g) each**
- 5 tablespoons (75 ml) shredded Cheddar**

1. Put broccoli into a microwave-safe bowl with a tablespoon (15 ml) of water, cover, and cook on the Veggie (S1-1 Fresh Veggie) function. Remove and reserve.
2. Line a microwave-safe plate with a paper towel. Lay the bacon on top of the paper towel and place another paper towel on top. Microwave on High (PL10) for 1 minute, flip, re-cover, and microwave on High (PL10) for another minute. Microwave on High (PL10) for an additional 30 seconds for crispier bacon. Reserve.
3. Prick the potato all over with the tines of a fork. Put the potatoes on a paper towel directly on the turntable. Select Potato (S-2) and then press Start.

- Once potatoes are finished cooking and are cool enough to handle, slice down the middle to make a pocket and then gently squeeze the ends together to accentuate the pocket.
- Layer on each potato 1 pinch of the cheese, ½ of the broccoli, 1 pinch of cheese, half of the bacon and then the remaining cheese on top.
- Put potatoes on a microwave-safe plate and cook on High (PL10) for 1½ minutes to melt cheese before serving.

*Nutritional information per potato:*

Calories 375 (16% from fat) • carb. 66g • pro. 13g • fat 7g  
sat. fat 4g • chol. 19mg • sod. 209mg • calc. 156mg • fiber 7g

## Loaded Sweet Potatoes

A Southwestern twist for the sweet potato lends a good flavour balance between savory and sweet.

**Makes 2 potatoes each**

- 2 sweet potatoes or yams, 6 to 8 oz. (170g to 227 g) each**
- 4 tablespoons (60 ml) green chiles**
- 4 tablespoons (60 ml) black beans**
- 2 tablespoons (30 ml) sliced green onions**
- ½ cup (125 ml) shredded Monterey Jack cheese**
- 2 tablespoons (30 ml) diced avocado**
- Cilantro and sour cream for garnish and serving**

- Prick the potatoes all over with the tines of a fork. Put the potatoes on a paper towel directly on the turntable. Select Potato (S-2) and then press Start.
- Once potatoes are finished cooking and are cool enough to handle, slice down the middle to make a pocket and then gently squeeze the ends together to accentuate the pocket.
- Layer each potato by dividing evenly the green chiles, black beans, green onions, and finish with the cheese.
- Put potatoes on a microwave-safe plate and cook on High (PL10) for 1½ minutes to melt cheese before serving. Top with the avocado and garnish with cilantro; serve with sour cream.

*Nutritional information per potato:*

Calories 263 (32% from fat) • carb. 35g • pro. 10g • fat 10g • sat. fat 5g • chol. 25mg • sod. 478mg • calc. 253mg • fiber 7g

## Broccoli with Cheddar Sauce

This Cheddar sauce is a quick way to dress up your vegetables; here broccoli and Cheddar are the classic combination.

**Makes 4 servings**

- 4 cups (1 L) broccoli florets (about 12 ounces [340g])**
- 1/3 cup (79 ml) milk (whole or reduced fat)**
- 3 ounces (85 g) shredded Cheddar**
- 3 ounces (85 g) shredded Monterey Jack**
- 4 ounces (113 g) cream cheese, cut into 4 pieces**
- Pinch freshly ground black pepper**

- Put broccoli into a microwave-safe bowl with 3 tablespoons of water, cover and cook on the Veggie (S1-1 Fresh Veggie) function. Remove, drain and discard any excess water, reserve.
- Put milk, cheeses and pepper into a large glass measuring cup or other microwave-safe, 4-cup bowl. Cover and cook on High (PL10) for 2 minutes. Stop to stir and then cook on High (PL10) for an additional 2 minutes.
- Stir cheese sauce, pour over reserved broccoli and serve. Sauce can be thinned with 1 to 2 tablespoons (15 to 30 ml) of milk if necessary.

*Nutritional information per serving:*

Calories 284 (70% from fat) • carb. 8g • pro. 14g • fat 23g  
sat. fat 15g • chol. 68mg • sod. 405mg • calc. 382mg fiber 0g

## Artichokes with Creamy Herb Mayo

Enjoy artichokes any time with this fast and easy method.

**Makes 2 servings**

- 2 globe artichokes, about 8 to 10 oz. (227 to 283 g) each**
- 1 lemon, cut in half**
- ¼ cup (60 ml) water**

**Creamy Herb Mayo (recipe follows)**

- Wash and trim the artichokes. Pull off lower, outer leaves/petals and discard. Trim stem ends slightly. Cut off top inch of artichoke and use kitchen snips/shears to trim sharp tips of leaves. Rub all cut surfaces immediately with lemon to prevent discoloration.
- Put the water into a microwave-safe casserole dish large enough to accommodate the artichokes and squeeze the lemon into the water. Add the squeezed lemon halves to the water. Put the artichokes into the casserole and cover with a sheet of waxed paper, then the lid. Cook in the microwave on the Veggie (S1-1 Fresh Veggie) function. Turn artichokes over, re-cover with waxed paper, and microwave on the Veggie (S1-1 Fresh Veggie) function.

- Stand artichokes upright in liquid and cover. Let stand for 5 minutes before serving. Serve with Creamy Herb Mayo or other favourite dipping sauce.

*Nutritional information per serving  
(one artichoke without mayo):*

*Calories 79 (3% from fat) • carb. 18g • pro. 5g • fat 0g  
sat. fat 0g • chol. 0mg • sod. 152mg • calc. 72mg • fiber 9g*

## Creamy Herb Mayo

This mayonnaise can be whipped up in minutes for an easy yet flavourful dip.

**Makes 1 cup (250 ml)**

- 1 cup (250 ml) prepared mayonnaise**
- 1 small green onion, finely chopped**
- ¼ cup (60 ml) packed fresh mint leaves, chopped**
- ¼ cup (60 ml) packed fresh parsley leaves, chopped**
- 1 teaspoon (5 ml) fresh lemon juice**
- ¼ teaspoon (1 ml) fresh lemon zest**

- Stir ingredients together in a small bowl.
- Taste and adjust seasoning as desired. Flavours will continue to develop as the dip sits.

*Nutritional information per serving (1 tablespoon [15 ml]):*

*Calories 101 (99% from fat) • carb. 0g • pro. 0g • fat 11g  
sat. fat 2g • chol. 10mg • sod. 66mg • calc. 3mg • fiber 0g*

## Baba Ganoush

This Middle Eastern eggplant dip works well as a spread for crackers or as a dip for crudités.

**Makes about 1½ cups (375 ml)**

- 2 large eggplants**
- 1 small garlic clove, finely chopped**
- ½ teaspoon (2.5 ml) kosher salt**
- ⅛ teaspoon (0.5 ml) ground cumin**
- 1 tablespoon (15 ml) fresh lemon juice**
- 2 tablespoons (30 ml) tahini**
- ¼ cup (60 ml) extra virgin olive oil**
- ¼ cup (60 ml) fresh parsley, chopped**

- Prick eggplant in a few places with the tines of a fork or a toothpick, put onto a microwave-safe dish and cook on High (PL10) for about 10 to 12 minutes, until soft.
- Allow the eggplants to cool slightly, enough to handle. Cut the eggplants in half lengthwise and scoop out the flesh, discarding the skin. Put eggplant flesh into a large bowl and mash well with a fork. Once fully mashed, stir in the garlic, salt and cumin. Stir in the lemon juice and tahini and then the olive oil. Finally, stir in the parsley. Taste and adjust seasoning to taste.

*Nutritional information per serving (2 tablespoons [30 ml]):*

*Calories 151 (67% from fat) • carb. 11g • pro. 3g • fat 12g  
sat. fat 2g • chol. 0mg • sod. 192mg • calc. 22mg • fiber 6g*

## Chocolate-Hazelnut Mug Cake

This is the perfect recipe to satisfy the sweet tooth in a hurry.

**Makes 1 serving**

- Nonstick cooking spray**
- 3 tablespoons (45 ml) unbleached, all-purpose flour**
- 2 tablespoons (30 ml) granulated sugar**
- 2 tablespoons (30 ml) cocoa powder**
- ¼ teaspoon (1 ml) baking powder**
- Pinch kosher salt**
- 3 tablespoons (45 ml) whole milk**
- 2 tablespoons (30 ml) vegetable oil**
- ¼ teaspoon (1 ml) pure vanilla extract**
- 2 tablespoons (30 ml) chocolate-hazelnut spread**

- Spray the interior of a microwave-safe mug with nonstick cooking spray. Add the dry ingredients and stir with a fork to combine. Add the milk, oil and vanilla extract and stir until combined. Dollop in the chocolate-hazelnut spread and stir gently to fold into the batter.
- Microwave on High (PL10) for 1 minute, 15 seconds. Allow to sit for 1 minute prior to serving.

Serving tip: After resting the cake for 1 minute, it can be inverted onto a plate instead of eaten out of the mug.

*Nutritional information per cake:*

*Calories 683 (54% from fat) • carb. 72g • pro. 9g • fat 41g  
sat. fat 6g • chol. 5mg • sod. 298mg • calc. 112mg • fiber 3g*

## Chocolate Bark

Personalize this chocolate treat with your favourite blend of nuts and dried fruit.

- Makes about 1½ cups (375 ml) bark pieces**
- 4 ounces (113 g) semi- or bittersweet chocolate, either chips or a bar broken into small pieces**
- ¼ cup (60 ml) mixed nuts, unsalted and raw is preferable**
- ¼ cup (60 ml) dried fruit, such as cherries or cranberries**
- Pinch flaked sea salt**

- Put the chocolate into a small microwave-safe bowl. Microwave on Soften/Melt (A1-3 Chocolate Melt) function.

2. At the end of the cycle, carefully remove the bowl, stir and then spread into a thin layer on a parchment- or foil-lined plate. Top with the nuts and dried fruit and spread evenly. Gently tap the plate to remove any air bubbles. Sprinkle with salt.
  3. Chill in the refrigerator until fully set, for a minimum of 1 hour.
  4. Break into small pieces and serve chilled.
- Nutritional information per serving (based on 6 servings):*  
 Calories 225 (50% from fat) • carb. 27g • pro. 4g • fat 14g  
 sat. fat 5g • chol. 0mg • sod. 7mg • calc. 26mg • fiber 3g

## Lemon Bars

A balanced blend of tart and sweet.

**Makes 16 bars**

**Crust:**

- Nonstick cooking spray**
- 4 tablespoons ([60 ml] ½ stick) unsalted butter**
- 8 graham cracker sheets**
- 1 tablespoon (15 ml) granulated sugar**

**Lemon Curd:**

- 16 tablespoons (2 sticks) unsalted butter cup (250 ml) granulated sugar**
- 1 teaspoon (5 ml) cornstarch**
- 1 cup (250 ml) fresh lemon juice**
- 2 large eggs**
- Pinch kosher salt**
- ½ teaspoon (2.5 ml) pure vanilla extract**

1. Lightly coat a 9-inch (23 cm) square baking pan with nonstick cooking spray. Line the pan with either parchment paper or foil, leaving a 1-inch (2.5 cm) overhang. Reserve.
2. Put the butter in a small, microwave-safe bowl. Microwave on Soften/Melt (A1-1 Butter Melt) function. Carefully remove butter from the microwave and stir to fully melt, if necessary; reserve.
3. Put the graham crackers and sugar into a Cuisinart® Food Processor or Mini Chopper fitted with the chopping blade. Process on High until finely ground. Add the butter and pulse until fully combined.
4. Transfer the graham cracker mixture to the prepared pan and press down to cover the bottom and about ½ inch (1.25 cm) up the sides. Chill in the freezer until the lemon curd is cool.

5. Prepare the curd: Put the butter into a large, microwave-safe bowl or casserole dish. Microwave on Soften/Melt (A1-1 Butter Melt) function. Carefully remove from the microwave and stir to fully melt, if necessary. Whisk in the sugar and cornstarch, and then whisk in the remaining ingredients.
6. Microwave on High (PL10), in 1-minute increments, until the mixture coats the back of a spoon. Stir well between each cooking round. This should take between 4 and 5 minutes, depending on the size and type of cooking vessel that is being used.
7. Strain and cool to room temperature. Once cool, pour into the chilled crust, then cover well and chill overnight in the refrigerator to set.
8. Once fully set, cut into 16 squares and serve chilled.

*Nutritional information per bar:*

*Calories 219 (61% from fat) • carb. 20g • pro. 1g • fat 15g  
 sat. fat 10g • chol. 61mg • sod. 43mg • calc. 6mg • fiber 0g*

## Hot Chocolate

A favourite beverage for kids of all ages.  
 The microwave makes it a breeze!

**Makes 1 serving**

- 1 cup (250 ml) milk (any variety, cow or non-dairy)**
  - 2 tablespoons (30 ml) chocolate chips**
  - 1 tablespoon (15 ml) unsweetened cocoa powder**
  - 1 tablespoon (15 ml) granulated sugar**
1. Put the milk into a large, microwave-safe mug (12 ounces [340 g] or larger). Microwave on Beverage function for 8 ounces (8.0).
  2. At the end of the cycle, carefully remove the mug and stir in the remaining ingredients.
  3. Microwave on High (PL10) for an additional 20 seconds.
  4. Stir before serving.

*Nutritional information per serving:*

*Calories 359 (40% from fat) • carb. 45g • pro. 11g • fat 17g  
 sat. fat 10g • chol. 24mg • sod. 105mg • calc. 276mg • fiber 1*

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# WARRANTY

## LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty.

This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store.

Please contact our Customer Service Centre:

**Toll-free phone number:**  
1-800-472-7606

**Address:**  
Cuisinart Canada  
100 Conair Parkway  
Woodbridge, ON L4H 0L2

**Email:**  
[consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:**  
CMW-110C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\* The date code format we are using on unit is WWYY, representing week, and year. eg.2421 = manufactured in 24th week of the year 2021.

**Note:** We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at **1-800-472-7606**. For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca).

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