

### Chocolate Kiss Cake

¼ cup all-purpose flour                      ½ cup granulated sugar  
1½ tbsp. unsweetened cocoa powder      ½ tsp. baking soda  
3 tbsp. canola oil                              ¼ tsp. salt  
½ cup cold strong coffee or water        ½ tbsp. white vinegar  
½ tsp. vanilla extract  
½ tsp. Simple Indulgence™ Cinnamon-Vanilla Seasoning Blend  
16 chocolate candies like Hershey's® Kisses

Place flour, sugar, cocoa powder, baking soda, salt and seasoning blend in base of the Whip 'N Prep™ Chef. Cover and turn handle to combine. Add the canola oil, coffee or water, vinegar and vanilla extract. Replace cover and turn handle to blend until batter is smooth. As needed, use a spatula to scrape the sides of the base to ensure complete mixing. Fill Water Tray with 1¾ cups water. Place Steamer Base over Water Tray. Divide cake batter evenly between 8 CrystalWave® Ramekins. Place 1-2 chocolate candies into each ramekin to completely submerge candy in batter. Place Ramekins in Steamer Base cover and microwave on high power for 9-10 minutes, or until a toothpick inserted near the center of the Ramekin comes out clean. Garnish with fresh berries, grated chocolate and whipped topping if desired.



### BENEFITS OF STEAMING FOOD

*Steaming as a method of cooking is thought to pre-date the discovery of fire, when foods were steamed over hot springs or stones. Asian cooking has always used steaming as a main cooking method, both for health reasons and because ovens are rare.*



### Tupperware SmartSteamer

- **Fail-safe, easy to use**
- **Breakthrough innovation** in microwave steaming technology.
- **Steams everything** from vegetables, to tofu and fish.
- Eat **healthy, tasty** food.
- **Save money** on energy versus traditional stove steaming.
- **Sustainable** for the environment (save energy and lasts a lifetime).

\*\*Unique product is made with encapsulated metal, so it blocks the microwaves that normally cook foods, and directs them to the Water Tray--creating steamed delicious, nutritious meals in minutes.

### Wellness Cooking

- Steaming allows cooking any type of food and is a well-known method for fat-free cooking. It also retains nutrients, fatty acids minerals and vitamins.
- Steaming does not mean bland cooking. The colors are more vibrant, the texture stays firm, the natural flavors are better preserved and the herbs or condiments can develop their aroma fully. Add herbs or spices to the water to add a specific taste. You can also accompany your meals with sauces for a richer taste.
- Steaming is perfect for the whole family – and a great way to introduce vegetables to children who will appreciate the festival of authentic colors and tastes on their plate.

## SmartSteamer Meatloaf

1– 1½ pound ground beef (or ground turkey\*)  
1 small onion  
1 garlic clove  
1 cup bread crumbs or crushed bread cubes  
1 pkg. Lipton vegetable soup\*\*  
1 egg

Using the Chop-N-Prep place quartered onions and cloves of garlic, pull string until chopped, and place in a bowl. Place the cube stuffing in the Chop-N-Prep and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into four sections, and shape into loaves. Place in the lower colander of the SmartSteamer and microwave for 18-20 minutes. Make sure to add water to the base of the SmartSteamer.

\*Add 1/2—1 tsp of salt \* Add 1/2 tsp. of pepper to ground turkey

\*\* I used the Onion/Mushroom Lipton Soup Mix with the ground turkey and an additional 2 garlic cloves.

Optional: Add thin sliced potatoes or broccoli to the top for a side dish.

## Steamed Chicken and Vegetables

One Chicken Breast and 2 Red Potatoes  
1 pkg of Frozen Vegetables

Place water in the water bowl to fill line.

Place Chicken Breast with spices on Bottom colander, with 2 to 3 small red potatoes with seasoning on them cut into quarters.

Place Frozen Vegetables on the top colander and place lid on top (it might not fit as the Frozen veggies are sticking up...that is ok...as it steams the lid will settle on top.)

Cook on high for 16 minutes, test doneness...and serve.

## Steamed Shrimp

1 Pound Whole Raw Shrimp

Use Lemon-Lime squeeze 1/2 lemon 1/2 lime, 1/2 orange over shrimp. Sprinkle shrimp with Citrus salt. Marinate 15 minutes.

Steam in SmartSteamer for 8 minutes.

Serve with Pesto (optional)

**Pesto:** 3TbIs TY nuts, 1 clove garlic, 1/4 cup basil (or parsley, or cilantro etc.), 2 TBLS Olive Oil, 1/2 cup parmesan cheese (can be frozen)

## Chicken, Craisin, and Cashew Bow-Tie Pasta Salad

4 cups steamed chicken breasts in Tupperware Smart Steamer, diced  
6 cups bow tie pasta, cooked al-dente  
1-1/2 cups green grapes, sliced in half  
1-1/2 cups red grapes, sliced in half  
2 (5 ounce) cans water chestnuts, drained and quartered  
1 (10 ounce) cans pineapple tidbits, drained  
2 cups celery, thinly sliced  
1/2 cup scallions, thinly sliced (green onions)  
2 cups cashews, whole and halves  
2 cups craisins (dried cranberries)

### Dressing

1 (16 ounce) bottle coleslaw dressing  
1/2 cup mayonnaise                      1/2 cup Miracle Whip

In a Thatsa' Bowl mix all salad ingredients together, except cashews and Craisins. Whip together Dressing ingredients. Toss dressing with the mixture in the Thatsa Bowl. Let this mixture marinate in the fridge for 2-24 hours.

Mix in cashews and Craisins just before serving. Serve cold.

## TUPPERWARE SMARTSTEAMER HAMBURGER SLIDERS

1lb of lean hamburger meat                      ½ Onion  
1 T Tupperware Chipotle seasoning  
9 Hawaiian rolls (sweet or butter work the best)

### DIRECTIONS:

Place onion in chop'n prep and pull about 6-10 pulls or until it's the consistency you want. Put hamburger into medium size Tupperware bowl and sprinkle Chipotle seasoning and chopped onion on top (you can either mix it in with your hands or just cook it on top. (I prefer mixing it in because it makes the flavors come together more.) Flatten hamburger into one big patty and place in lower tray of Smart Steamer. Cook 8 minutes or until hamburger is cooked.

Cut meat into 9 pieces and place a slice of cheese on each piece.

Place rolls in top tray and put cover on top. Let stand 2 to 3 minutes so cheese melts and rolls are warmed.

Serve with lettuce, tomatoes, pickles, and mayo.

## TUPPERWARE CHIPOTLE MAYO

1 Cup mayo                      1 T Chipotle seasoning

Place both ingredients into Chop'n prep and pull cord 3 to 5 times or until mayo and seasoning are blended.

## Tilapia in the Smart Steamer

Fill the bottom with water up to the fill line. Place 3 Tilapia filets in the main steamer, season with lemon juice, Old Bay seasoning, sea salt and cracked pepper.

Use 3 Cups of frozen French cut green beans, seasoned lightly with sea salt in top colander. Place top on SmartSteamer and microwave for 10 min, let sit for another 5 min.

This was 3 servings and a total of 128 Calories per serving!!! I didn't have to use butter, oil or anything else. The fish was PERFECT, moist and with the Old Bay seasoning visually appetizing. The green beans were crisp and again perfect!

## STEAMED SOY-MARINATED CHICKEN

1 cup low-sodium soy sauce	1 tablespoon sesame oil
1 tablespoon peanut oil	1/2 lime, juiced
1 (1-inch) piece ginger, sliced thick	1 cloves garlic, sliced
1 handful cilantro, chopped	½ cup carrots
4 boneless, skinless chicken breasts	½ cup mushrooms
½ head Savoy cabbage	½ cup broccoli heads

In small Tupperware bowl add the soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic, and cilantro. Seal the bowl and shake it to mix the ingredients. In Season Serve Container add ingredients with chicken breasts and shake it again. Let the chicken marinate in the refrigerator for at least 1/2 hour or up to overnight.

Put water in water tray. Line the base of steamer with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Place the marinated chicken on top rack of steamer. Cover the steamer and put it into the microwave. Steam the chicken for 12 minutes.

## Steamed Salmon and Snow Peas

1 ¾-cup white wine	1 lb. sockeye salmon fillet
Olive oil	salt and freshly ground pepper
Pink peppercorns	6 oz. snow peas

Pour white wine in water tray. Place salmon in steamer base and place on top of the water tray. Brush salmon with olive oil and season with salt, pepper and pink peppercorns. Place snow peas in colander tray and place colander tray on top of the steamer base. Season peas with olive oil, salt, pepper and pink peppercorns. Cover, place in the microwave and heat on high for 9 minutes until salmon flakes easily with a fork, is opaque and it reaches an internal temperature of 145°F. Remove from microwave and let stand for 5 minutes before serving.

**Optional:** Chicken broth or seafood stock may be used as a substitute for white wine.

## Pumpkin Custard

14 oz. can fat-free sweetened condensed milk  
1 can evaporated milk  
8 oz whipped cream cheese, at room temperature  
3 eggs  
1 tsp vanilla extract  
¼ tsp. salt  
1/8 tsp. cloves

1 cup pumpkin  
1 tsp. Cinnamon/Vanilla Seasoning  
1/4 tsp. nutmeg

Place all ingredients in base of the Whip 'N Prep™ Chef. Replace cover, turn handle and mix until well combined. Pour into 6 cup Stuffable container and place in the Tupperware® SmartSteamer. Microwave at 100 percent power for 30 minutes or until the custard is set and a knife inserted into the center comes out clean. Chill in the refrigerator at least an hour or until thoroughly chilled. Run a knife around edge and unmold to a serving plate. Top with whipping cream and Gingersnap cookie crumbs.

## Creamy Custard

14 oz. can fat-free sweetened condensed milk  
8 oz. whipped cream cheese, at room temperature  
1 can evaporated milk  
3 eggs

¼ tsp. salt  
1 tsp. vanilla extract

Place all ingredients in base of the Whip 'N Prep™ Chef. Replace cover, turn handle and mix until well combined. Pour evenly into Snack Cups and place in the Tupperware® SmartSteamer. Microwave at 50 percent power for 20 minutes or until the custard is set and a knife inserted into the center comes out clean. Chill in the refrigerator at least an hour or until thoroughly chilled. Run a knife round edge and unmold to a serving plate.

Serve with fresh berries.

**Note:** This recipe was tested at 1200 watts.

## Mixed Vegetables

Using the Smart Steamer place inside: 1/2 red bell pepper - sliced - 1/2 of a sweet potato (do not peel) cut in country fries, 1/2 of a regular potato cut in country fries, some cauliflower, broccoli, fresh green beans, one ear of corn on the cob - cut into three sections - 2 wedges of cabbage -- as much as will fit into the steamer and still get the cover on correctly.

Add water in bottom tray by allowing fresh water to run over the veggies & into the base. Spritz veggies with olive oil – sprinkle lightly with Italian herb. (Herb will really kick in after steaming)  
Cover & place in microwave. Cook for about 17 minutes on high.  
Incredible!

The point is - you can have what you like - if you don't like cabbage - don't take cabbage!

## Honey/Lime Chicken Breast and Steamed Carrots

2 boneless skinless chicken breast halves (approx 1 lb)  
Black pepper  
Honey

1/2 lime  
16 oz baby carrots

Fill water tray with water. Place baby carrots in (deep) steamer base. Pepper chicken breasts on both sides. Use Lemon/Lime press to cover chicken on both sides with lime juice. Lay chicken breasts in shallow colander steamer tray and drizzle honey over chicken. Stack dishes and cover and cook in microwave on high for 14 minutes.