

SPRING | SUMMER 2026

pampered  chef®



Season's Best[®]

15 Budget-Friendly Recipes

Food That Fits Your Life

Juggling soccer practice, weeknight dinners, and everything in between? This season's recipes make it easier. We're blending comfort and creativity, from cozy regional favorites to bold global twists. You'll find little indulgences that hit the sweet spot, fresh bites full of color, and easy handhelds that keep everyone happy on the go.

FEATURED

- **5 Ingredients or Less**
Staples like oil, butter, salt, and pepper and optional ingredients aren't included.
- **30 Minutes or Less**
- **Budget Friendly**
≤ \$3 (U.S.) or \$4 (Canada) per serving
- **From the Pantry**
- **Quick Prep**
≤ 10 minutes of hands-on cooking time
- **Kids' Faves**

LIFESTYLE

Gluten-Free
Recipes do not contain wheat, rye, barley, or oats. Read packaged ingredient labels to verify there are no hidden sources of gluten. Optional ingredients may contain gluten.

Low Calorie
≤ 250 calories per serving (main dishes only)

Low Carb
≤ 15 g per serving

High Fiber
≥ 5 g per serving

Vegetarian
Does not contain meat, fish, or poultry.

Recipes in this cookbook can be included in a healthy diet when considered in the context of a daily or weekly meal plan. At the time of printing, the nutrition symbols used in the recipes were based on the U.S. FDA's recommended Daily Values for a 2,000 calorie daily intake for adults. For more information, visit fda.gov (USA) or healthcanada.gc.ca/foodguide (Canada).

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BONUS

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Find even more recipes and categories on our website.

Homemade California Roll

● 30 Minutes or Less ● Budget Friendly ● Quick Prep
Gluten-Free



2 servings | 5-min prep time | 15-min total time

Sushi Rice

- 1 tbsp (15 mL) rice vinegar
- 1 tbsp (15 mL) sugar
- ¼ tsp (1 mL) salt
- 1 cup (250 mL) cooked short grain white rice (sushi rice) or long grain white rice, warm (see cook's tip)

Rolls

- Oil for greasing
 - 2 sticks imitation crab meat, thinly sliced (see cook's tip)
 - ½ avocado, thinly sliced
 - ¼ seedless cucumber, cut into matchsticks
 - 1 sheet nori seaweed
- Optional Toppings: **Everything Bagel Seasoning** (or toasted sesame seeds), soy sauce

Directions

1. Combine the vinegar, sugar, and salt in a small bowl until the salt and sugar are completely dissolved. Drizzle the vinegar mixture over the rice in a large bowl and stir gently to coat. Cool to room temperature.
2. Lightly grease the barrel and plunger of the **Easy Roll Maker**.
3. Fill both sides of the barrel with sushi rice, then press the plunger into both sides to make space for fillings.
4. Add your fillings evenly along the divots.
5. Reattach the plunger, close and latch the barrel, then lock on the end cap.
6. Turn the plunger until it's past the threads, then gently press until you feel resistance.
7. Place a sheet of nori (shiny side down) on a cutting board and press the rice roll onto it, aligning the ends.
8. Roll up the nori, sealing the edge with a little water.
9. Let it rest a few minutes to soften the nori, then slice into 8–12 pieces.
10. Sprinkle with sesame seeds and serve with soy sauce, if you'd like.

Cook's Tips

Traditional sushi rice is made from Japanese short-grain rice. It's stickier and holds its shape in a roll better than standard long-grain white rice. Both will work in this recipe, but sushi rice will give you the best results.

You'll sometimes see imitation crab meat sold as surimi or crab-flavored fish.

U.S. nutrients per serving: Calories 260, Total Fat 8g, Saturated Fat 1 g, Cholesterol 10 mg, Sodium 560 mg, Carbohydrate 41 g, Fiber 4 g, Sugars 10 g (includes 6 g added sugar), Protein 7 g

Veggie Tots




- 5 Ingredients or Less
- 30 Minutes or Less
- Budget Friendly
- From the Pantry
- Kids' Faves
- Vegetarian

4 servings | 5-min prep time | 30-min total time

Ingredients

- | | |
|---|--|
| 1 bag (10.5 oz./298 g) frozen broccoli, cauliflower, carrot blend | 1 egg |
| ½ cup (125 mL) panko breadcrumbs | ½ tsp (2 mL) Seasoning Salt |
| ½ oz. (15 g) Parmesan cheese, finely grated (¼ cup/60 mL) | Oil for spritzing |
| | Optional: Sauce for dipping (see cook's tip) |

Directions

1. Cook the frozen vegetables in the microwave according to the package directions. Pour the cooked vegetables into a colander to cool for 10 minutes. Dry with a paper towel.
2. Place the vegetables in the **Electric Twist & Chop**  until they're chopped but there's still some texture, about 5–6 pulses.
3. Pour the vegetables into a medium mixing bowl. Add the panko, Parmesan cheese, egg, and seasoning. Mix until combined and the mixture holds together.
4. Set the **Deluxe Air Fryer & Oven** to **AIR FRY** for 16 minutes. Press . Grease an Air Fryer Rack with oil.
5. Scoop the vegetable mixture into 1-tbsp (15-mL) balls and squeeze to form a barrel shape. Place the shaped tots on the Air Fryer Rack. Spritz the tots with oil.
6. When the display says, "Add Food," place the pan in the oven and press . Rotate the trays halfway through cooking.
7. Serve with dipping sauce, if you'd like.

Cook's Tip

Want a dipping sauce that's a little more interesting than plain ketchup? Try these combos:

- ½ cup (125 mL) ketchup + 1 tsp (5 mL) **Everything Taco Seasoning**
- ½ cup (125 mL) ranch dressing + 1 tsp (5 mL) **Garlic Parmesan Seasoning**
- ½ cup (125 mL) mayonnaise + 1 tsp (5 mL) **Smoky Barbecue Rub**



U.S. nutrients per serving (tots only): Calories 90, Total Fat 2.5 g, Saturated Fat 1 g, Cholesterol 50 mg, Sodium 220 mg, Carbohydrate 10 g, Fiber 2 g, Sugars 3 g (includes 0 g added sugar), Protein 5 g

Dill Pickle Potato Salad

● Budget Friendly ● From the Pantry ● Quick Prep
Gluten-Free




12 servings | 10-min prep time | 2-hr, 10-min total time

Ingredients

- | | |
|--|--|
| 3 lbs. (1.4 kg) small gold potatoes, quartered | ½ cup (125 mL) mayonnaise |
| 2 tsp (10 mL) salt | ½ cup (125 mL) Greek yogurt |
| ½ cup (125 mL) dill pickle brine | 1 tbsp (15 mL) All-Purpose Dill Mix |
| 2 stalks celery, cut into chunks | ½ tsp (2 mL) salt |
| 4 whole dill pickles, cut into chunks | ¼ tsp (1 mL) black pepper |
| 2 green onions, sliced | Optional Toppings: 3 hard-boiled eggs (chopped), chopped bacon |

Directions

1. Add the potatoes and salt to the **8-qt. (7.6-L) Stainless Steel Stock Pot** with enough water to cover them. Bring to a simmer over medium-high heat and cook until fork tender, about 10–15 minutes. Drain, then pour the pickle brine over the potatoes in a colander (see cook's tip). Set aside.
2.  the celery and pickles in the **Electric Twist & Chop** until finely chopped. Add to a large mixing bowl.
3. Add the remaining ingredients (except the eggs) to the bowl and mix to combine. Gently toss the potatoes and eggs in the dressing. Chill until cold, at least 2 hours.
4. Top with bacon, if you'd like.

Cook's Tips

Here's a foolproof way to make hard-boiled eggs: Place the eggs in a sauce pan with enough cold water to cover them. Bring the water just to a boil, then remove the pan from the heat. Let the eggs stand, covered, for 20 minutes. Then take the eggs out of the pan and place them in ice cold water until they're completely cooled. Then peel and chop.

Pouring a little pickle brine over the hot potatoes right after draining infuses extra tangy flavor and helps them cool faster.

For a Southwest-style potato salad, swap the dill pickles for corn, ½ cup (125 mL) of cheddar cheese, and a sprinkle of barbecue seasoning.

U.S. nutrients per serving: Calories 180, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 50 mg, Sodium 750 mg, Carbohydrate 23 g, Fiber 2 g, Sugars 2 g (includes 0 g added sugar), Protein 5 g

Pickled Veggie & Pork Sandwiches

● Budget Friendly

4 servings | 40-min prep time | 1-hr total time

Pickled Vegetables

- 1 jalapeño, seeded and halved
- 1 small carrot, peeled
- ¼ seedless cucumber
- 5 radishes, trimmed (see cook's tip)
- ¾ cup (175 mL) rice wine vinegar
- ¼ cup (60 mL) water
- ½ tbsp (7 mL) **Crunchy Garlic Crisp Seasoning Mix**
- 2 tbsp (30 mL) sugar
- 1 tsp (5 mL) salt

Pork

- 1 tbsp (15 mL) fish sauce
- 2 tbsp (30 mL) soy sauce
- 2 tbsp (30 mL) brown sugar
- 2 garlic cloves, pressed
- ½ tsp (2 mL) ground ginger
- 1 tsp (5 mL) black pepper
- 1 pork tenderloin (about 1 lb./450 g), cut into thin strips

Sandwiches

- 1 tbsp (15 mL) oil
- 2 demi baguettes
- ¼ cup (60 mL) mayonnaise
- ½ cup (125 mL) cilantro, roughly chopped

Directions

1. Julienne the vegetables on the No. 4 thickness of the **Rapid-Prep Mandoline**. Combine the remaining ingredients for the pickled vegetables in a large bowl. Add the julienned veggies and let sit for 30 minutes or refrigerate overnight.
2. Combine all the pork ingredients in a large bowl and marinate for 30 minutes or refrigerate overnight.
3. For the sandwiches, heat the oil in the **12" (30-cm) Stainless Steel Skillet** over high heat for 2–3 minutes.
4. Add the pork (and any juices) to the pan in an even layer. Cook, undisturbed, for 3–5 minutes, or until caramelized. Stir and cook for 3–5 minutes, or until fully cooked.
5. Split the baguettes in half (don't cut all the way through) and place *one* cut-side down on the warming rack of the **4-Slice Toaster With Warming Rack**. Set the doneness to 3 and press the toaster lever down. Repeat with the other baguette.
6. Spread the mayonnaise on both sides of the baguettes and sprinkle cilantro on the bottom. Top each baguette with half the pork, then use a slotted spoon to add the pickled vegetables, draining any excess liquid. Close the sandwiches and cut in half before serving.

Cook's Tips

This recipe is based on a Vietnamese sandwich called banh mi, which traditionally uses daikon radish, a larger and milder relative of the small red radishes you find at most grocery stores. If you can find it, substitute 1 large daikon for the 5 red radishes.

You can make this recipe with sliced chicken thighs instead of pork.

U.S. nutrients per serving: Calories 710, Total Fat 21 g, Saturated Fat 4 g, Cholesterol 80 mg, Sodium 1,750 mg, Carbohydrate 89 g, Fiber 1 g, Sugars 19 g (includes 14 g added sugar), Protein 40 g



Mini Meatball Soup

● Budget Friendly ● From the Pantry ● Kids' Faves



8 servings | 15-min prep time | 40-min total time

Meatballs

- | | |
|------------------------------------|---|
| ½ lb. (250 g) mild Italian sausage | ½ oz. (15 g) Parmesan cheese, finely grated (¼ cup/60 mL) |
| ½ lb. (250 g) ground turkey | 1 tsp (5 mL) Italian Seasoning Mix |
| ½ cup (125 mL) panko breadcrumbs | 1 egg |
| | Zest of 1 lemon |

Soup

- | | |
|--------------------------------------|--|
| 3 tbsp (45 mL) butter | ¼ tsp (1 mL) black pepper |
| 1 large onion, chopped | 3 qts. (2.8 L) low-sodium chicken broth |
| 4 carrots, chopped | 1 cup (250 mL) pearl couscous, acini di pepe, orzo, or other small pasta |
| 4 stalks celery, chopped | 5 oz. (150 g) baby spinach leaves |
| 1 garlic clove, pressed | Juice of 1 lemon |
| 1 tbsp (15 mL) Italian Seasoning Mix | Optional Toppings: Grated Parmesan cheese, parsley |
| 1 tsp (5 mL) salt | |

Directions

1. Add all the meatball ingredients to the bowl of the **Deluxe Stand Mixer**. Set to **mix** for 45 seconds.
2. Scoop the mixture into 1-tsp (5-mL) portions and roll into small balls. Set aside.
3. Heat the butter in the **8-qt. (7.6-L) Stainless Steel Stock Pot** over medium heat for 2 minutes. Add the onion, carrots, celery, garlic, seasoning mix, salt, and pepper to the pot. Cook until softened, about 8 minutes.
4. Add the broth and bring to a boil, covered, over medium-high heat. Add the pasta and meatballs and cook until the pasta and vegetables are tender and the meatballs are cooked through, about 10–15 minutes. Turn off the heat and add the spinach and lemon juice.
5. Serve with Parmesan cheese and parsley, if you'd like.

Cook's Tips

You can make the meatballs in advance and refrigerate for 1 day or freeze them on a sheet pan. Just drop the frozen meatballs straight into the simmering broth when you're ready to cook.

Add a splash of cream or a spoonful of pesto before serving for a bright flavor boost.

U.S. nutrients per serving: Calories 300, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 75 mg, Sodium 820 mg, Carbohydrate 25 g, Fiber 2 g, Sugars 4 g (includes 2 g added sugar), Protein 16 g

Salmon Caesar Salad

● 30 Minutes or Less ● Budget Friendly
Low Carb



4 servings | 10-min prep time | 30-min total time

Dressing

- ¼ cup (60 mL) mayonnaise
- 3 tbsp (45 mL) Greek yogurt
- ½ oz. Parmesan cheese, finely grated (¼ cup/60 mL)
- Juice of ½ a lemon
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) Worcestershire sauce
- 1 garlic clove, pressed
- ½ tsp (7 mL) white miso paste (see cook's tip)

Salmon

- 1 lb. (450 g) salmon (4 fillets)
- ½ oz. (15 g) Parmesan cheese, finely grated (¼ cup/60 mL)
- ¼ cup (60 mL) panko breadcrumbs
- Salt & pepper

Salad

- 12 oz. (350 g) Romaine lettuce (cut into bite-sized pieces)

Directions

1. Set the **Deluxe Air Fryer & Oven** to **ROAST** for 12 minutes.
2. Whisk together the mayonnaise, yogurt, Parmesan, lemon juice, mustard, Worcestershire sauce, garlic, and miso in a large bowl. Remove *2 tbsp (30 mL)* of the dressing. Set aside the remaining dressing in the large bowl.
3. For the salmon, combine the Parmesan and panko with a dash of salt and pepper. Brush the fillets with the reserved dressing and sprinkle with the panko mixture, pressing down gently. Place the salmon on a foil-lined Air Fryer Rack or Sheet Pan.
4. When the display says, "Add Food," add the salmon to the oven. When there are 3 minutes remaining, preheat the top oven to **BROIL** for 2 minutes. Press **⏻**. Rotate halfway through cooking.
5. When the display says, "Add Food," transfer the salmon to the top compartment and press **⏻**.
6. Add the lettuce to the bowl with the dressing. Toss together until combined. Serve the salad and top each portion with a piece of salmon.

Cook's Tips

White miso paste, which is typically sold in a tub, adds a savory, umami flavor. In this recipe, it takes the place of anchovy paste, which is traditionally used in Caesar dressing. You'll also find it in the *Cinnamon-Sugar Bagel Bites* recipe on p. 25.

You can spritz the top of the salmon with a little oil to make it extra crispy and help the Parmesan melt.

U.S. nutrients per serving: Calories 320, Total Fat 18 g, Saturated Fat 4 g, Cholesterol 65 mg, Sodium 480 mg, Carbohydrate 8 g, Fiber 1 g, Sugars 2 g (includes 0 g added sugar), Protein 28 g

Southwest Chicken Skillet

● Budget Friendly ● From the Pantry ● Kids' Faves
Gluten-Free | High Fiber



5 servings | 10-min prep time | 40-min total time

Ingredients

- 1 tbsp (15 mL) oil
- 1½ lbs. (680 g) boneless skinless chicken thighs, about 5–6 pieces
- 2 tsp (10 mL) **Street Corn Seasoning Mix**, divided
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 can (15 oz./398 mL) fire-roasted or regular diced tomatoes, drained
- 1 can (15 oz./398 mL) black beans, drained and rinsed
- 1 can (15 oz./398 mL) corn, drained
- 4 oz. (125 g) colby jack cheese, grated, (1 cup/250 mL)

Optional for Serving

- **Cilantro-Lime Rice Meal Mix** (prepared according to the package directions)
- Taco-size tortillas
- Chopped cilantro
- Lime wedges
- Guacamole

Directions

1. Heat the oil in the **12" (30-cm) Stainless Skillet** for 2–3 minutes over medium heat. Season both sides of the chicken thighs with *half* of the seasoning mix. Sear the chicken for 5–6 minutes, or until they release easily. Flip and cook for another 2 minutes. Remove the chicken from the skillet.
2. Add the onion and bell pepper and cook until softened, about 6–7 minutes. Add the tomatoes, beans, corn, and remaining seasoning mix; stir to combine.
3. Nestle the chicken into the pan and add any juices. Top each piece of chicken with cheese. Cover with the lid, reduce the heat to low, and cook until the chicken reaches at least 165°F (74°C), about 15 minutes.
4. Serve over Cilantro-Lime Rice or in warmed tortillas and top with cilantro, lime wedges, and guacamole, if you'd like.

Cook's Tip

To warm your tortillas, place them on the warming rack of the **4-Slice Toaster With Warming Rack**. Set the doneness to 1 and press the toaster lever down.

U.S. nutrients per serving: Calories 430, Total Fat 17 g, Saturated Fat 5 g, Cholesterol 130 mg, Sodium 1060 mg, Carbohydrate 35 g, Fiber 6 g, Sugars 9 g (includes 0 g added sugar), Protein 40 g

Low Country Boil

● Budget Friendly ● Quick Prep

8 servings | 5-min prep time | 40-min total time

Ingredients

6 cups (1.4 L) water	14 oz. (370 g) smoked sausage, cut into 1" (2.5-cm) pieces
12 oz. (350 g) beer like wheat beer or pale ale (see cook's tip)	4 ears fresh corn, cut in half or quarters
2 tbsp (30 mL) Seasoning Salt	1½ lbs. (680 g) raw unpeeled, medium-size shrimp
4–5 bay leaves	2–3 tbsp (30–45 mL) butter
1 lemon, cut in half	Optional for Serving: Melted butter, cocktail sauce, tartar sauce, and/or hot sauce
1 medium onion, quartered	
1½ lbs. (680 g) baby red potatoes, cut into 1" (2.5-cm) pieces	

Directions

1. Add the water, beer, seasoning salt, bay leaves, lemon, and onion, to the **8-qt. (7.6-L) Stainless Steel Stock Pot**. Cover and bring to a boil over high heat.
2. Add the potatoes to the pot and boil for 10–12 minutes, or until just fork-tender.
3. Stir in the sausage and corn. Continue boiling for 5–7 minutes, or until the corn is bright and tender.
4. Add the shrimp. Boil for 2–3 minutes, until the shrimp just turns pink and opaque.
5. Turn off the heat and carefully drain the liquid and remove the bay leaves. Stir in the butter. Serve with small bowls of melted butter or cocktail sauce for dipping.

Cook's Tips

To make this recipe gluten-free, use a gluten-free beer. If you don't want to use beer, just replace with water or broth.

Keeping the shells on the shrimp adds flavor to the cooking liquid. It also acts as a barrier, keeping the shrimp from overcooking.

U.S. nutrients per serving: Calories 410, Total Fat 21g, Saturated Fat 9g, Cholesterol 155 mg, Sodium 1,260 mg, Carbohydrate 31 g, Fiber 4 g, Sugars 6 g (includes 0 g added sugar), Protein 24 g

Eggs in Purgatory

● 5 Ingredients or Less ● 30 Minutes or Less ● Budget Friendly
 ● From the Pantry ● Quick Prep
 Gluten-Free | Low Calorie | Low Carb | Vegetarian



6 servings | 5-min prep time | 25-min total time

Ingredients

¼ cup (60 mL) olive oil	½ cup (125 mL) water
1 tsp (5 mL) crushed red pepper flakes	6 eggs
1 tsp (5 mL) Italian Seasoning Mix	Optional for Serving: Parsley, Parmesan cheese, and toasted bread
1 jar (24 oz./700 mL) marinara	

Directions

1. Place the oil, pepper flakes, and seasoning in the **12" (30-cm) Stainless Steel Saute Pan** and heat over medium heat for 2–3 minutes, or until the pepper flakes and herbs begin to sizzle.
2. Reduce the heat to medium. Slowly and carefully (it will sizzle and spit), stir in the marinara and water (see cook's tip). Simmer, uncovered, for 5 minutes.
3. Crack the eggs, spaced out evenly, into the sauce. Cover the pan with the lid and turn the heat to low. Cook the eggs for 10–12 minutes for a runny yolk, or to your desired doneness.
4. Serve with a sprinkle of parsley or Parmesan cheese and crusty, toasted, bread for dipping, if you'd like.

Cook's Tips

To get every last bit of flavor, put your water in the marinara jar, close it, and shake it before adding the water to the pan.

Crack your eggs into a small bowl first. It's an easy way to catch any bits of shell and helps keep the yolks intact when you add them to the pan.

U.S. nutrients per serving: Calories 210, Total Fat 15 g, Saturated Fat 3 g, Cholesterol 190 mg, Sodium 490 mg, Carbohydrate 9 g, Fiber 2 g, Sugars 5 g (includes 0 g added sugar), Protein 8 g

Skillet Gnocchi

- 30 Minutes or Less ● Budget Friendly ● From the Pantry
- Quick Prep ● Kids' Faves
- Vegetarian



6 servings | 5-min prep time | 30-min total time

Ingredients

- | | | | |
|-------|---|---|---|
| 1 | 1/2 cup (125 mL) butter | 6 | oz. (175 g) frozen, chopped spinach (about 1/2 a bag) |
| 1 | lb. (450 g) gnocchi | 2 | oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL), divided |
| 4 | oz. (125 g) cream cheese | 1 | jar (12 oz./340 mL) marinated artichokes, drained and chopped |
| 1 1/2 | cups (375 mL) milk | | |
| 1 | jar (12 oz./340 mL) marinated artichokes, drained and chopped | | |

Directions

1. Heat the butter over medium heat in the **12" (30-cm) Stainless Steel Skillet** for 2 minutes and set the broiler to HIGH.
2. Add the gnocchi to the pan and cook for 3–5 minutes, stirring occasionally, or until the gnocchi start to brown.
3. Add the cream cheese, milk, artichokes, spinach, *half* of the Parmesan, and seasoning to the pan.
4. Bring the mixture to a simmer and cook, uncovered, for 2–3 minutes.
5. Sprinkle the remaining Parmesan on top and place the pan under the broiler for 4–6 minutes, or until the cheese is browned.
6. Let it sit for 5 minutes before serving.

Cook's Tip

For more protein, you can stir 1 cup (250 mL) of cooked chicken into the gnocchi before topping with cheese and broiling, if you'd like.

U.S. nutrients per serving: Calories 340, Total Fat 16 g, Saturated Fat 7 g, Cholesterol 40 mg, Sodium 900 mg, Carbohydrate 40 g, Fiber 1 g, Sugars 5 g (includes 0 g added sugar), Protein 11 g

Philly Cheesesteak Sandwiches

● 30 Minutes or Less ● Budget Friendly ● From the Pantry
● Quick Prep ● Kids' Faves



4 servings | 5-min prep time | 30-min total time

Ingredients

1	1/2 cup (120 mL) oil	24	oz. (680 g) shaved steak (see cook's tip)
1	medium onion, thinly sliced	10	slices provolone cheese, divided
1	bell pepper (any color), thinly sliced	2	oz. (60 g) cream cheese
1	1/2 cup (120 mL) Crushed Peppercorn & Garlic Rub , divided	4	hoagie buns, split
			Optional Toppings: Jalapeño slices

Directions

1. Heat the oil in the **12" (30-cm) Stainless Steel Skillet** over medium heat for 2–3 minutes. Add the onion, pepper, and *half* of the rub. Cook, stirring occasionally, for 10 minutes, or until the vegetables begin to soften.
2. Turn the heat to high and add the meat. Add the remaining rub and cook for 10–12 minutes, breaking up the meat with the **Mix 'N Chop®** or a large spatula as it cooks.
3. Tear up 6 slices of the provolone cheese and scatter it into the meat. Add the cream cheese to the pan and stir until both cheeses are melted and fully incorporated. Divide the mixture into 4 piles in the pan.
4. Add 1 slice of cheese on top of each pile, cover with the lid, and melt over low heat for about 3 minutes.
5. Place a bun, cut-side down, on the warming rack of the **4-Slice Toaster With Warming Rack**. Set the doneness to 3 and press the toaster lever down. Repeat with the remaining buns.
6. Place one pile of the meat mixture into each bun and serve.

Cook's Tips

You can use roast beef from the deli if you can't find shaved steak.

You can also skip the bread and serve the meat on top of fries!

For a lower-sodium rub, you can try our **Garlic & Herb Rub**.

U.S. nutrients per serving: Calories 560, Total Fat 30 g, Saturated Fat 15 g, Cholesterol 65 mg, Sodium 1,340 mg, Carbohydrate 47 g, Fiber 3 g, Sugars 6 g (includes 2 g added sugar), Protein 27 g

Cinnamon-Sugar Bagel Bites

● Budget Friendly ● From the Pantry ● Quick Prep ● Kids' Faves



6 servings | 10-min prep time | 1-hr, 20-min total time

Bagel Bites

- 1 pkg **Bagel Mix**
- 1 cup (250 mL) water
- ¼ cup (60 mL) butter (½ stick), melted
- 3 tbsp (45 mL) **Cinnamon Toast Blend**
- 2 tbsp (30 mL) sugar

Miso Caramel Sauce

- 1 cup (250 mL) brown sugar
- ½ cup (125 mL) heavy whipping cream
- ¼ cup (60 mL) butter (½ of a stick)
- 2 tbsp (30 mL) white miso paste (see cook's tip)
- 1 tbsp (15 mL) Cinnamon Toast Blend
- 1½ tsp (7 mL) vanilla

Directions

1. Place the bagel mix and water into the bowl of the **Deluxe Stand Mixer**. **knead** for 9 minutes. Transfer the dough to a greased bowl and let it rise, covered, for 1 hour, or until it doubles in size.
2. Place all the caramel ingredients (except for the cinnamon blend and vanilla) in the **Deluxe Cooking Blender**. Set to **SAUCE** and press **⏻**. When the screen prompts you to "Add," add the remaining ingredients and press **⏻**.
3. Set the **Deluxe Air Fryer & Oven** to **AIR FRY** for 10 minutes.
4. Pinch off small pieces of dough, about 1 tbsp (15 mL), roll gently in your hands, and place them in an even layer on two Air Fryer Racks lined with parchment paper.
5. When the display says, "Add Food," place the racks into the oven and press **⏻**. Rotate the racks halfway through cooking.
6. Transfer the bagel bites to the **6-qt. (6-L) Stainless Steel Mixing Bowl** and add the melted butter, seasoning blend, and sugar. Place the lid on the bowl and shake to coat.
7. Serve the bagel bites with the caramel sauce.

Cook's Tip

Miso is a savory, umami paste that adds rich, salty depth to caramel, balancing its sweetness with a nutty flavor. It's usually sold in a tub, and you'll also find it in the *Salmon Caesar Salad* recipe on p. 13. Don't have miso? Use ½ tsp (2 mL) of salt instead.

U.S. nutrients per serving: Calories 710, Total Fat 32 g, Saturated Fat 1 g, Cholesterol 85 mg, Sodium 500 mg, Carbohydrate 98 g, Fiber 1 g, Sugars 52 g (includes 48 g added sugar), Protein 11 g

Strawberry Panna Cotta

● 5 Ingredients or Less ● Budget Friendly ● Quick Prep
Gluten-Free



4 servings | 5-min prep time | 4-hr, 45-min total time

Ingredients

1½ cups (375 mL) heavy cream	3 tbsp (45 mL) water
1 cup (250 mL) strawberries, about 8 strawberries, hulled	1 pkt (¼ oz. or 7 g) unflavored gelatin
½ cup (125 mL) sugar	Optional Toppings: Strawberries, whipped cream, lemon zest
1 lemon, zested and juiced	

Directions

1. Add the cream, strawberries, sugar, lemon zest, and ¼ cup (60 mL) of lemon juice to the **Deluxe Cooking Blender**. Set to **SAUCE** and press **⏻**.
2. Add the water to a small bowl and sprinkle the gelatin on top to bloom. Set aside.
3. When the timer on the blender is up, press **⏻**. Add the gelatin and pulse on speed 2 until combined.
4. Divide the mixture evenly into four **1-cup (250-mL) Prep Bowls** (do not fill to the top). Refrigerate until set, at least 4 hours or overnight.
5. Serve topped with fresh strawberries, whipped cream, and lemon zest, if you'd like

Cook's Tip

This recipe is a blank canvas for flavor combinations. Instead of the strawberries, try using 1 cup (250 mL) of blueberries, raspberries, mango, or your favorite fruit.

U.S. nutrients per serving: Calories 430, Total Fat 33 g, Saturated Fat 21 g, Cholesterol 100 mg, Sodium 25 mg, Carbohydrate 36 g, Fiber 2 g, Sugars 32 g (includes 26 g added sugar), Protein 5 g

Carrot Cake Cookies

● Budget Friendly ● From the Pantry ● Quick Prep ● Kids' Faves



25–28 servings | 10-min prep time | 1-hr total time

Cookies

- ½ cup (125 mL) butter (1 stick), softened
- ½ cup (125 mL) brown sugar
- ¼ cup (60 mL) sugar
- 1 egg
- 1 tsp (5 mL) vanilla
- 1½ cups (375 mL) flour
- ¾ cup (175 mL) finely grated carrots (about 1 large carrot)
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) baking soda
- ¼ tsp (1 mL) salt
- Oil for greasing

Frosting & Topping

- 4 oz. (125 g) cream cheese, softened
- ¼ cup (60 mL) butter (½ stick), softened
- ¾ cup (175 mL) powdered sugar
- 1½ tbsp (22 mL) **Honey-Walnut Blend**
- Optional Topping: Chopped walnuts

Directions

1. Preheat the oven to 350°F (175°C).
2. **cream** the butter and sugars in the **Deluxe Stand Mixer** for 2 minutes and 50 seconds
3. Add the egg and vanilla and **beat** for 1 minute.
4. Add the remaining cookie ingredients and **mix** for 2 minutes.
5. Grease 2 **Cookie Sheets** and drop 1-tbsp (15-mL) spoonfuls of the batter 3" (7.5 cm) apart. Bake for 10–12 minutes, or until the edges start to brown.
6. Let the cookies cool for 5 minutes on the cookie sheet before transferring to a cooling rack to cool completely.
7. **beat** the cream cheese and butter in a clean stand mixer bowl for 2 minutes. Add the remaining frosting ingredients to the bowl and **mix** for 2 minutes.
8. Once the cookies have cooled completely, spread the frosting on top. Sprinkle with chopped walnuts, if you'd like.

Cook's Tips

Letting the cookies cool on the pan helps them set before transferring to a cooling rack.

These cookies bake much faster than carrot cake, so grate the carrots finely to ensure they cook through.

U.S. nutrients per serving: Calories 130, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 25 mg, Sodium 45 mg, Carbohydrate 16 g, Fiber 0 g, Sugars 10 g (includes 10 g added sugar), Protein 1 g

High-Protein Cheesecake Soft Serve

- 5 Ingredients or Less
- Budget Friendly
- From the Pantry
- Quick Prep



8–10 servings | 5-min prep time | 1-hr total time

Ingredients

- | | |
|--|---|
| 1½ cups (375 mL) full-fat cottage cheese (see cook's tips) | ½ cup (125 mL) sugar |
| 1¾ cups (425 mL) whole milk (see cook's tip) | 1 tbsp (15 mL) vanilla |
| | Optional Toppings: Pie filling, crushed graham crackers |

Directions

- Place the cottage cheese, milk, sugar, and vanilla in the **Deluxe Cooking Blender**. Blend on **CUSTOM BLEND** speed 2 for at least 30 seconds, or until completely smooth. *(Important Note: The blended mixture should resemble cream and be pourable, with no lumps.)*
- Set the **FreezyFun Ultimate Frozen Drink & Soft-Serve Maker** to **soft serve** and press **⏻**. Slowly pour in the mixture.
- Let the soft serve churn until the machine reads, "END," about 45 minutes.
- Dispense the soft serve into bowls and top with pie filling and crushed graham crackers, if you'd like.

Cook's Tips

Always use full-fat cottage cheese and whole milk for the best results.

Getting the measurements right is key! The sugar-to-fat ratio is what helps it freeze perfectly. Measure the cottage cheese with a dry measuring cup or the dry/solids side of the **Measure-All® Cup**.

U.S. nutrients per serving (about ½ cup/125 mL): Calories 180, Total Fat 3 g, Saturated Fat 2 g, Cholesterol 15 mg, Sodium 150 mg, Carbohydrate 18 g, Fiber 0 g, Sugars 17 g (includes 13 g added sugar), Protein 6 g

Snack Time Simplified

Mix and match these easy, kid-approved combos in the Stay Chill Snackle Box to keep everyone happy at home or on the go.

Charcuterie Lunch

*Candied Nuts**, Crackers, Dip, Veggies, Caprese Skewers, *Marinated Feta & Olives**



Game-Day Fuel

Fruit, Mini Pita, Cucumber, *Energy Oat Bites**, Cured Meat, Cheese, Trail Mix



Movie Night

Candy, Chocolate-Covered Pretzels, *Cinnamon Toast Popcorn**, *Frushi**



More Fun Ideas

High Protein

Hard-Boiled Eggs, Cheese Sticks, Edamame, *Ham & Pickle Roll-Ups**, Peanut Butter, Apples

Ice Cream Topping Bar

*Quick Stovetop Granola**, Sprinkles, Maraschino Cherries, Crushed Cookies, Whipped Cream, Sliced Strawberries

Hungry for More?

*Find these recipes and ideas for using the Stay Chill Snackle Box on our website.



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