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## Creamy Corn and Crab Soup

*Save time by using canned chicken stock and a 16-ounce can of corn, drained.*

- 3½ cups chicken stock
- 1½ cups fresh corn kernels
- 2-3 slices fresh ginger root
- 1 T. sake (Japanese rice wine) (optional)
- 2 tsp. sugar
- ½ tsp. salt
- ½ tsp. white pepper
- 3 T. cornstarch
- ¼ c. water
- 2½ oz. flaked crabmeat
- 1 egg white, slightly beaten
- 2 green onions, thinly sliced



3-quart Saucepan with Lid



3-quart Mixing Bowl

Place stock, corn, and ginger in the 3-quart saucepan; cover and place over medium heat. When steam escapes, reduce heat to low. Cook 5 minutes. Discard ginger slices and strain stock mixture into the 3-quart mixing bowl.

Place ½ cup of stock and the corn into a blender or food processor. Pulse 5 seconds. Pour mixture into a fine sieve; using a wooden spoon, push mixture through sieve.

Return corn mixture and stock to saucepan. Place over medium heat and stir in sake, if desired, and sugar, salt, and pepper; cover. Combine cornstarch and water. When stock begins to bubble, stir cornstarch mixture into stock and stir continuously for 1 minute while soup thickens. Reduce heat to low. Stir in crabmeat. Remove saucepan from heat and slowly add beaten egg white, stirring constantly in a circular motion. Garnish with sliced green onions and serve hot. *Serves 8.*

### Nutritional information

*per serving*

Calories	70 cal
Protein	5.6 g
Carbohydrates	8.4 g
Fiber	1.3 g
Potassium	224 mg
Sodium	448 mg
Fat (25% calories from fat)	1 g
Cholesterol	7 mg



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## Tomato Salsa

- 1 pound fresh tomatoes, cored and chopped
- 1/2 onion, chopped
- 1 tsp. olive oil
- 2-3 mild green chilies, diced
- 1 tsp. chili powder, or to taste
- 1/2 tsp. salt
- Squeeze of fresh lime
- Fresh coriander or cilantro, snipped



2-quart Sauté Pan

Heat olive oil in 2-quart Sauté Pan over low heat. Add chopped onion and green chilies; sauté for 5 minutes. Add chopped tomatoes, chili powder, salt, and lime juice. Simmer until tomatoes are soft, approximately 5 minutes. Garnish with snipped coriander or cilantro. *Serves 8.*

### Nutritional information

*per serving*

Calories	27 cal
Protein	0.9 g
Carbohydrates	5.02 g
Fiber	1.3 g
Potassium	198 mg
Sodium	178 mg
Fat (25% calories from fat)	0.7 g
Cholesterol	0 mg



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## Pork Tenderloin à l'Orange

- 2½ pounds pork tenderloin
- 1 tsp. vegetable oil
- ½ cup orange juice
- ¼ cup orange marmalade
- 1 T. cornstarch
- 2 T. fresh lemon juice
- 1 tsp. prepared horseradish
- ½ tsp. ground cinnamon
- 1 10-oz. can mandarin orange segments, drained



3-quart Sauté Pan with Lid



1-quart Mixing Bowl

Slice pork tenderloin across the grain into eight pieces. Using a meat mallet, flatten each piece slightly. Heat oil in the sauté pan over medium heat. Add pork slices and brown quickly for 1 minute on each side.

In the mixing bowl, thoroughly mix the orange juice, marmalade, cornstarch, lemon juice, horseradish, and cinnamon. Add to pork in the sauté pan; cook over medium heat, stirring constantly until sauce thickens. Simmer for 3-4 minutes. Transfer to a warm serving platter and garnish with mandarin orange segments. *Serves 4.*

### Nutritional information

*per serving*

Calories	304 cal
Protein	32.7 g
Carbohydrates	27 g
Fiber	1.27 g
Potassium	574 mg
Sodium	71 mg
Fat (21% calories from fat)	7 g
Cholesterol	90 mg



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## Sizzling Beef Stir Fry

- 1 lb. beef sirloin, all visible fat trimmed
- 2 T. brown sugar
- 2 T. white wine vinegar
- Dash hot pepper sauce
- 1 T. vegetable oil
- 2 cloves garlic, minced
- 3 slices fresh ginger root
- 1 medium onion, peeled and sliced
- 1 red or yellow pepper, seeded and cut in large dice
- 2 T. cornstarch
- 1 T. oyster sauce (soy sauce can be substituted)
- 1 small head Chinese cabbage, shredded
- 4 oz. sugar peas
- Hot cooked rice



12-inch Nonstick Pan  
with Lid



3-quart Mixing Bowl  
with Lid

Cut beef into thin strips and place in the mixing bowl. Add brown sugar, vinegar, and hot sauce. Cover and refrigerate 30 minutes or overnight.

Preheat the nonstick pan over medium heat; add oil, garlic, and ginger. Remove meat from marinade using a slotted spoon; reserve marinade. Add meat to nonstick pan and stir-fry for 2-3 minutes. Add onion and pepper; stir-fry 2-3 minutes until onions become transparent.

Stir cornstarch and oyster sauce into reserved marinade; add to nonstick pan, stirring to coat. Add cabbage and sugar peas; stir-fry about 2 minutes or until cabbage is tender-crisp. Serve over hot, cooked rice. *Serves 4.*

### Nutritional information

*per serving*

Calories	308 cal
Protein	40 g
Carbohydrates	28 g
Fiber	7.25 g
Potassium	1255 mg
Sodium	197 mg
Fat (30% calories from fat)	12.74 g
Cholesterol	102 mg



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## Lemon Chicken

- 2 pounds chicken pieces

### Sauce:

- 1 garlic clove, peeled and crushed
- 1 tsp. salt
- ½ tsp. pepper
- 1 T. olive oil
- Juice of 4 lemons
- 1 medium onion, peeled
- Chopped parsley
- Lemon slices



8-quart Dutch Oven



1-quart Mixing Bowl

Make the sauce several hours ahead of time. Combine the crushed garlic, salt, pepper, olive oil, and lemon juice in the 1-quart Mixing Bowl. Grate the onion into the mixture. Cover. Allow the sauce to remain at room temperature for 3 hours for the flavors to blend.

Preheat the 8-quart Dutch Oven over medium heat until a bead of water scatters and sizzles on the bottom surface. Place the chicken pieces in the hot Dutch Oven to brown. At first, the chicken will stick to the surface, but as natural fat is released, the pieces will loosen. Brown pieces evenly on all sides.

Pour the sauce over the browned chicken pieces. Cover with the Senior Dome Lid; reduce to low heat when steam escapes. Simmer for 1 hour. Serve with sauce; garnish with parsley and lemon slices. *Serves 6.*

### Nutritional information

*per serving*

Calories	229 cal
Protein	35.9 g
Carbohydrates	3.29 g
Fiber	0.3 g
Potassium	433 mg
Sodium	452 mg
Fat (30% calories from fat)	6.59 g
Cholesterol	116 mg



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## Zesty Prawns with Zucchini

- 1 tsp. peanut or vegetable oil
- 1 lb. zucchini, cut into 3-in. strips
- 1 medium tomato, seeded and chopped
- 1 small green pepper, seeded and chopped
- 1 medium onion, peeled and chopped
- 1 clove garlic, peeled and minced
- 1 tsp. coriander
- 1 chili pepper, crushed
- ¾ cup tomato sauce
- 1 T. fresh lemon juice
- 1 tsp. salt
- 16 cooked prawns (large shrimp)
- 2 cups cooked rice



12-inch Nonstick Pan  
with Lid

Preheat nonstick pan over medium heat for 2-3 minutes. Add oil and slowly rotate the pan to cover the bottom and sides with oil. Add zucchini, tomato, green pepper, onion, garlic, coriander, and chili pepper. Stir-fry until the onion is transparent and the zucchini and green pepper are tender. Add tomato sauce, lemon juice, and salt. Bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes. Add prawns and increase heat to medium. Cook, stirring occasionally until prawns are hot. Serve over cooked rice. *Serves 4.*

### Nutritional information

*per serving*

Calories	118 cal
Protein	14.6 g
Carbohydrates	11.6 g
Fiber	2.8 g
Potassium	672 mg
Sodium	276 mg
Fat (16% calories from fat)	1.89g
Cholesterol	11 mg



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## Pasta Primavera

- 1 lb. pasta
- 1 T. olive oil
- 1 medium red onion, peeled and chopped
- 1 small butternut squash, peeled, seeded, and chopped
- 3 medium carrots, cut into matchsticks
- 8 oz. fresh mushrooms
- 1 green pepper, seeded and chopped
- 1 red pepper, seeded and chopped
- 1 yellow pepper, seeded and chopped
- 1 orange pepper, seeded and chopped
- 1 leek, sliced thinly
- 1 clove garlic, peeled and minced
- 1/2 cup dry white wine or chicken broth
- 6 cups tomato sauce
- 2 T. fresh herbs (basil, marjoram, oregano, and parsley), chopped
- 2 oz. Parmesan cheese, grated



8-quart Dutch Oven

Heat water in the Dutch Oven fitted with the pasta insert; cook pasta until al denté. Drain pasta. Remove pasta insert from Dutch oven. Pour cooked pasta back in the Dutch oven.

Heat oil in the sauté pan. Add onion, squash, and carrots. Cook for 3 minutes. Add remaining vegetables; cook 2-3 minutes. Add garlic and wine or broth; simmer for 3 minutes. Place vegetable mixture in Dutch oven. Cover and heat. Stir in tomato sauce, herbs, and 1/3 of the cheese. Top each serving with remaining cheese.

*Serves 6.*

### Nutritional information

*per serving*

Calories	523 cal
Protein	22 g
Carbohydrates	96.1 g
Fiber	14.7 g
Potassium	1780 mg
Sodium	257 mg
Fat (12% calories from fat)	6.09 g
Cholesterol	6.56 mg



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## Fruit Melba with Melba Sauce

### Fruit:

- 6 fresh peaches or nectarines
- 1 large cinnamon stick
- 1 whole clove
- ¼ c. water

### Sauce:

- 8 oz. fresh raspberries
- 2 T. low-sugar berry jam
- 1 T. cornstarch
- ½ tsp. almond extract
- Low-calorie sweetener to taste



3-quart Saucepan  
with Lid



2-quart Saucepan  
with Lid

Cut fruit in half and remove pits. Place fruit, cinnamon and clove in the 3-quart Saucepan. Add the water, cover, and heat at medium heat until steam escapes (lid will flutter). Reduce heat to low and simmer until fruit is tender (approx. 10 minutes). Remove from heat and allow to cool. Discard cinnamon and clove; drain liquid and serve with sauce.

Rinse berries; drain and place in the 2-quart Saucepan. Combine jam, cornstarch, almond extract, and sweetener in a small bowl and stir. Add to berries, gently stirring. Bring mixture to a boil on medium-high heat in the uncovered saucepan. Remove from heat and set aside to cool, stirring occasionally. Serve over cooked fruit with a scoop of low-fat ice cream or frozen yogurt (optional).  
*Serves 6.*

### Nutritional information

*per serving*

Calories	96 cal
Protein	0.9 g
Carbohydrates	24.3 g
Fiber	4.2 g
Potassium	261 mg
Sodium	1.92 mg
Fat (2% calories from fat)	0.2 g
Cholesterol	0 mg



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## The VITALOK™ Cooking Method

The VITALOK cooking method is an iCook Cookware exclusive. The VITALOK method forms a water seal between the lid and the pan that allows meats, fruits, and vegetables to baste in their own natural oils and juices. This locks in more natural flavors and nutrients while preserving color and texture.

### Choosing the right pan

For best results, choose a pan that will be at least two-thirds full with the food you want to cook. Always use the lid sized to fit the pan. Use the burner closest to the pan's diameter.

### Creating the water seal

Place the covered saucepan containing the food on medium heat. In about 3-5 minutes, steam will begin to escape from the lid, and the lid may "flutter". Spin the lid without lifting it. If it spins freely, the water seal has formed. Reduce heat to low. After a few minutes, steam will stop escaping and the proper cooking temperature will have been reached.

For best results, use only low or medium heat. High heat will drive moisture from the pan, prevent the water seal from forming, and cause food to stick and burn.

### What if ...

- Vapor continues to escape?
  - Reduce heat to simmer

- The lid doesn't spin freely?
  - Increase heat slightly
- The lid locks onto the pan?
  - Increase the heat slightly until the lid loosens in a minute or so
  - Do not try to pry the lid off
- The lid sticks to the countertop?
  - Gently twist or slide it while lifting up
  - Put a warm, wet towel on the lid for 60 seconds; it should loosen
  - Always place lids upside down on counters

Vegetable	Cooking Time
Asparagus (cut)	30 min.
Beans (sliced)	25 min.
Broccoli (chopped)	20 min.
Brussels sprouts	15 min.
Carrots (sliced)	20 min.
Corn kernels	5 min.
Peas	15 min.
Potatoes (cubed)	25 min.
Zucchini	15 min.



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## Stack Cooking with iCook Cookware

Stack cooking is a convenient feature of iCook Cookware. You can prepare more foods at one time by stacking a small pan on top of a larger one. Just follow these simple steps:

1. Always have the larger pan on the bottom. Use the appropriate size Dome Lid to cover the bottom utensil.
2. The bottom pan should contain foods with more weight and volume, or those requiring longer cooking times, such as meat, poultry, or stews.
3. The top pan should be used for foods with less weight and volume, or those requiring a shorter cooking time: fruit or fresh or frozen vegetables; sauces or puddings; melting butter or chocolate; reheating foods; or keeping cooked foods warm.
4. Place lower pan (covered with the Dome Lid) on medium heat until the VITALOK™ seal forms, then reduce heat to low. (If you are cooking meat, preheat the pan and brown meat on all sides on medium, then cover and reduce to low after the VITALOK seal forms.)
5. Before stacking your smaller pan on top of the larger one, heat it on another burner until the VITALOK seal forms. (The VITALOK seal isn't necessary if you're melting or reheating food, or keeping food warm.)
6. When the VITALOK seal forms in the smaller pan, remove it from the burner and place it on top of the larger pan.

## Stack cooking pan combinations:

- 2-quart Saucepan and Lid
- Junior Dome Lid
- 3-quart Sauté Pan
  
- 3-quart Saucepan and Lid
- Senior Dome Lid
- 8-quart Dutch Oven
  
- 3-quart Saucepan and Lid
- Senior Dome Lid
- 3-quart Sauté Pan



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## Light Spinach Frittata with Tomato Salsa

*To save time, you can use commercially jarred salsa in place of homemade.*

### Frittata:

- 1 T. extra-virgin olive oil
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 package (10 ounces) frozen spinach, thawed and well-drained
- 2 large eggs
- 3 egg whites
- 1/3 cup fat-free evaporated milk
- 1/2 cup shredded reduced-fat mozzarella cheese

### Salsa:

- 4 plum tomatoes, seeded and chopped
- 2 scallions, minced
- 1 clove garlic, minced
- 2 T. minced fresh cilantro
- 1 T. fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



10-inch Nonstick Frypan



1-quart Mixing Bowl



3-quart Mixing Bowl

To make the frittata: Heat the oil in the 10-inch Nonstick Frypan over medium heat. Add the onion and garlic and cook, stirring, for 3 minutes or until tender. Stir in the spinach. Reduce the heat to low. In the 1-quart Mixing Bowl, beat the eggs and egg whites with the milk until light yellow and frothy. Pour the egg mixture over the spinach in the skillet. Cook for 3-5 minutes, with the lid on, until the egg mixture is cooked on the bottom and starting to set on top. Sprinkle with the cheese, replace the lid, and continue cooking until the eggs are set and the cheese has melted, 5-10 minutes.

To make the salsa: In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serve fresh, at room temperature, over the frittata. Serves 2

### Nutritional information

*per serving*

Calories	389 cal
Protein	27 g
Carbohydrates	28 g
Fiber	8 g
Sodium	740 mg
Fat	17 g
Cholesterol	230 mg

