

Baked Italian-Style Meatballs

Makes: 6 servings

Portion Size: 5 pieces

Prep Time: 30 min.

Cook Time: 25 min.



Ingredients:

½ pound	(225 g)	ground beef
½ pound	(225 g)	ground veal
½ pound	(225 g)	ground pork
¾ cup	(175 mL)	panko bread crumbs
1/3 cup	(75 mL)	grated Parmesan cheese
¼ cup	(50 mL)	chopped fresh parsley
2 tablespoons	(30 mL)	minced shallots
2 teaspoons	(10 mL)	kosher salt
2 teaspoons	(10 mL)	minced garlic
1-½ teaspoons	(7 mL)	fresh thyme leaves
1 teaspoon	(5 mL)	ground black pepper
2	(100 g)	eggs

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 450°F and place Oven Rack in Position B.
2. Coat Broiler Pan with non-stick spray.
3. Mix all ingredients in large bowl. Form mixture into thirty 1-ounce meatballs; arrange on prepared pan.
4. Bake 25 minutes or until cooked through.

Chef's Tip:

Serve with your favorite tomato sauce and soft polenta for an entrée or on fancy skewers as a perfect party hors d'oeuvre!

Home-Made Kale Chips

Makes: 4 servings

Portion Size: 1/2 cup

Prep Time: 10 min.

Cook Time: 15 min.



Ingredients:

6 cups	(1.5 L)	cut-up fresh kale leaves (about 1 bunch)
1-1/2 tablespoons	(22 mL)	extra virgin olive oil
2 cloves	(12 g)	minced garlic
1/4 teaspoon	(1 mL)	kosher salt
1/4 teaspoon	(1 mL)	ground black pepper

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 400°F and place Oven Rack in position F.
2. Toss all ingredients in large bowl until well coated. Transfer to Broiler Pan.
3. Bake 10 to 15 minutes or until leaves are crisp, stirring halfway.

Chefs Tip –

This recipe can be doubled using an additional Broiler Pan and placing a second Oven Rack in position D. Add 5 minutes to total cooking time. After stirring halfway through cooking, rotate position of pans from upper and lower racks.

Honey and Brown Sugar Sweet Potatoes

Makes: 4-6 servings

Portion Size: 3-4 pieces

Prep Time: 10 min.

Cook Time: 30 min.



Ingredients:

2 tablespoons	(30 mL)	extra virgin olive oil
1 tablespoon	(15 mL)	honey
1 tablespoon	(15 mL)	light brown sugar
¾ teaspoon	(3 mL)	kosher salt
1 pinch		cayenne pepper
1-1/2 pounds	(675 g)	sweet potatoes, unpeeled, cut into wedges

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 425°F and place Oven Rack in position E. Coat Broiler Pan with non-stick spray.
2. Mix oil, honey, sugar, salt and cayenne pepper in large bowl. Add sweet potatoes and toss until well coated. Transfer to prepared Broiler Pan.
3. Bake 30 minutes or until potatoes are tender.

Chef's Tips –

Garnish with fried sage leaves, balsamic vinegar reduction or a sprinkle of your favorite cheeses.

These are a perfect side dish for grilled steak, pork chops, roasted fish, or enjoy as an easy, savory snack.

Mini Raspberry-Glazed Cheesecakes

Makes: 4 servings

Portion Size: 1 cheesecake

Prep Time: 15 min.

Cook Time: 30 min.



Ingredients:

4	(128 g)	chocolate brownie cookies
8 ounces	(225 g)	cream cheese, room temperature
1	(50 g)	large egg
2 tablespoons	(30 mL)	granulated sugar
2 tablespoons	(30 mL)	plain yogurt
2 teaspoons	(10 mL)	all-purpose flour
¼ teaspoon	(1 mL)	vanilla extract
1 pint	(500 mL)	fresh raspberries
3 tablespoons	(45 mL)	granulated sugar

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 350°F and place Oven Rack in position E.
2. Coat four 6-ounce ramekins with non-stick spray. Press 1 cookie onto bottom of each ramekin.
3. Add cream cheese, egg, 2 tablespoons sugar, yogurt, flour and vanilla to work bowl of small food processor. Pulse until smooth. Divide filling mixture among ramekins.
4. Place ramekins in Broiler Pan. Fill pan with 3 cups hot water to create a water bath. Bake 20 minutes.
5. Meanwhile, add raspberries and 3 tablespoons sugar to clean work bowl of food processor. Pulse until completely smooth.
6. Remove cakes from oven. Top each with 2 tablespoons raspberry mixture. Bake 10 minutes.

Roasted Vegetables with Balsamic Glaze

Makes: 4 servings

Portion Size: ½ cup

Prep Time: 30 min.

Cook Time: 30 min.



Ingredients:

1 large		portabella mushroom, sliced ½-inch thick
1 small		yellow squash, sliced ½-inch thick
1 small		zucchini, sliced ½-inch thick
1 small		red bell pepper, 1-inch pieces
1 small		red onion, sliced ½-inch thick
2 tablespoons	(30 mL)	olive oil
1 tablespoon	(15 mL)	chopped fresh thyme
2 cloves	(20 g)	garlic, minced
½ teaspoon	(2 mL)	kosher salt
¼ teaspoon	(1 mL)	ground black pepper
2 teaspoons	(10 mL)	balsamic vinegar glaze

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 425°F and place Oven Rack in position E.
2. Toss all ingredients, except balsamic glaze, in large bowl until well coated. Transfer to Broiler Pan.
3. Bake 30 to 35 minutes or until vegetables are tender. Drizzle with balsamic glaze before serving.

Chef's Tip: Look for balsamic vinegar glaze in the vinegar aisle of your grocery store. You can also make this at home by combining 2 cups of balsamic vinegar with ½ cup of light brown sugar. Heat to a simmer and cook 20 minutes or until sugar is dissolved and mixture is reduced by half.

Slow-Roasted Pork Shoulder

Makes: 12 servings

Portion Size: 5 ounces

Prep Time: 5 min. plus refrigerating

Cook Time: 2 hours



Ingredients:

4 pounds	(1.8 kg)	boneless pork shoulder
2 tablespoons	(30 mL)	caraway seed
1 tablespoon	(15 mL)	kosher salt
1 tablespoon	(15 mL)	sweet paprika
1 teaspoon	(5 mL)	granulated garlic

Method of Preparation:

1. Season meat on all sides with caraway, salt, paprika and garlic. Tie with butcher's twine to create uniform shape. Cover with plastic wrap and refrigerate 24 hours.
2. Preheat KitchenAid® Countertop Oven to 325°F and place Oven Rack in Position F. Coat Broiler Pan with non-stick spray.
3. Place meat, fat side up, onto Broiler Pan. Bake 2 hours or until internal temperature registers 155°F in center. Let stand 10 minutes before removing twine and slicing.

Chef's Tip:

Use the pan drippings as a base for a delicious sauce or gravy.

Cremini and Fontina Quiche

Makes: 8 servings

Portion Size: 1 slice

Prep Time: 20 min.

Cook Time: 55 min.



Ingredients:

1		frozen pie crust (9 inch), baked
1 cup	(250 mL) (110 g)	diced cremini mushrooms (½ inch)
¼ cup	(50 mL) (20 g)	sliced shallots
2 tablespoons	(30 mL) (30 g)	extra virgin olive oil
1 teaspoon	(5 mL) (6 g)	minced fresh garlic
1 teaspoon	(5 mL) (6 g)	kosher salt, divided
½ teaspoon	(2 mL)	fresh thyme leaves
1 cup	(250 mL) (240 g)	milk
1 cup	(250 mL) (240 g)	heavy cream
2	(100 g)	whole eggs
2	(40 g)	egg yolks
1 pinch		ground nutmeg
4 ounces	(115 g)	shredded fontina cheese

Method of Preparation:

1. Preheat KitchenAid® Countertop Oven to 400°F and place Oven Rack in Position B. Coat Broiler Pan with non-stick spray.
2. Combine mushrooms, shallots, oil, garlic, ½ teaspoon salt and thyme in large bowl. Toss until coated. Spoon onto prepared pan in single layer.
3. Bake 20 minutes, stirring after 15 minutes. Set aside.
4. Move Oven Rack to Position E and reduce oven temperature to 375°F.
5. Whisk milk, cream, whole eggs, egg yolks, ½ teaspoon salt and nutmeg in large bowl.
6. Spread mushroom mixture and cheese evenly onto bottom of prepared pie crust. Place on Oven Rack and gently pour in egg mixture.

7. Bake 35 to 40 minutes or until crust is light golden brown. A knife inserted 1 inch from the edge will come out clean and the center will be set, but soft. Cool completely on wire rack.

Chef's Tip:

Vary the fillings to your liking. For instance, substitute ½ cup cooked chopped bacon and ½ cup chopped scallions for the mushrooms and shallots, and shredded Swiss or Gruyere cheese for the fontina.