

Vegan Lasagna

Suggested Cookware: Electric Skillet



INGREDIENTS:

- 1 box lasagna noodles
- 1 can spaghetti sauce
- 1/2 head of Cauliflower (cone 1) or Vegan Cheese
- 1 large Yellow Squash (cone 2)
- 1 large Carrot (cone 2)
- 1 large Zucchini (cone 2)
- 1 large Onion (cut in quarters)
- 1 pack Spinach
- Oregano
- Basil



INSTRUCTIONS:

- In electric skillet, place onion and $\frac{1}{4}$ of the pasta sauce.
- Layer dry noodles over onion and sauce.
- Add $\frac{1}{2}$ of zucchini, $\frac{1}{2}$ carrot, and spinach. Sprinkle with oregano and basil.
- Add another $\frac{1}{4}$ of the pasta sauce.
- Layer with dry noodles.
- Repeat steps 3 and 4.
- Add the remaining pasta sauce on top, cover with cauliflower or vegan cheese and spread evenly across the top.
- Set electric skillet to 275°F. When Vapo-Valve[™] begins to click, reduce temperature to 225°F and set timer for 25 minutes.



Chicken Alfredo

Suggested Cookware: MP5



INGREDIENTS:

- 1 lb (box) Barilla Penne Pasta
- 1 Bottle of Classico Four Cheese Alfredo Sauce
- 1 Bottle of Classico Roasted Garlic Alfredo Alfredo Sauce
- 12 oz Frozen Vegetables
- 1 Box of Chicken Broth
- 12 oz of Frozen Grilled Chicken Strips
- Parmesan Cheese



INSTRUCTIONS:

- Cooking Time: 350 degrees until it clicks. Then set to 275 for 15 mins.
- Pour 2 bottles of Alfredo sauce into MP5.
- Pour chicken broth into empty bottles, filling up 2/3 of the bottles. Shake and pour into MP5.
- Add box of pasta, frozen vegetables, and frozen chicken strips.
- Set temperature to 350 degrees. When vapo-valve clicks, lower to 275 degrees and set timer to 15 mins.
- When done, add parmesan cheese and pepper. Mix well. Note: To make a Vegetable Alfredo Pasta, omit the frozen chicken strips.



Creamy Tomato Penne

Suggested Cookware:

MP5 or 11" Skillet

INGREDIENTS:

- 1 tsp. VOO (virgin olive oil) (optional)
- 1 medium onion – diced
- 3 garlic clove – minced
- 1 pint cherry tomato – cut in half
- 8 oz penne pasta
- 1 cup red sauce – marinara or spaghetti sauce
- 2 cups chicken broth
- 1 tsp. dried oregano or 1 tbsp fresh oregano
- Salt and pepper to taste
- 2 cups of spinach
- 1/3 cup heavy cream
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped basil (optional)
- Grated parmesan cheese (optional)



INSTRUCTIONS:

- Heat up 1 tsp. VOO (virgin olive oil) in skillet or MP5, add onion and garlic, sauté for couple of minutes add tomato, let it cook until tomato is soft.
- Add the pasta, broth, sauce, salt and pepper, stir all together. Cover to cook until vapo valve start calling you back in the kitchen to turn the heat to low and set up your timer for 15 minutes.
- After you turn down the heat to low, stir in the heavy cream, spinach and cheese, garnish with basil.
- Cooking time, less than 30 minutes.
- You can add pre-cook meat balls or pre-cook chicken (if desire)



Pasta Primavera

Suggested Cookware: Electric Skillet



INGREDIENTS:

- 1 box short pasta
- 1 bunch asparagus cut in 2" lengths
- 1 crown broccoli - cut in florets
- 3 carrots - sliced
- Yellow/red bell pepper - cut in strips
- 1 clamshell cherry tomatoes - halved
- 2 shallots - chopped
- 3 cloves garlic - chopped
- 3 tbsp olive oil
- lemon zest and juice from 1 lemon
- 1/4 tsp red pepper flakes
- 3/4 cup grated parmesan cheese
- 3 cup vegetable broth
- 1 tsp garlic salt
- 2 tsp Italian seasoning

INSTRUCTIONS:

- Spread chopped garlic, shallots and pasta on the bottom of EOC
- Layer the vegetables next (asparagus, broccoli, carrots, bell pepper, tomatoes)
- Top it off with red pepper flakes, lemon zest and juice, italian seasoning, garlic salt and drizzle olive oil
- Cover and cook for 16 mins at 350 degrees
- Uncover and sprinkle parmesan cheese.
- Optional protein: grilled chicken or cooked shrimp



Poached Eggs

Suggested Cookware:
Electric Skillet & Egg cups



INGREDIENTS:

- Diced coloured bell peppers (1/4 of each colour)
- Sliced spring onions
- 6 eggs
- Seasoning (optional)
- 1 cup water

INSTRUCTIONS:

- Preheat skillet at 230°C
- Pour in 1 cup of water and insert rack
- Lightly grease the egg cups and crack in eggs (1 egg per cup)
- Garnish with bell peppers and spring onions and place onto rack
- Cover the skillet and set probe to 170°C for 7 mins



Banana Cue & Kamote Cue

Suggested Cookware: Electric Skillet

INGREDIENTS:

- Banana (Plantain)
- Sweet Potato
- Brown Sugar



INSTRUCTIONS:

- Preheat the EOC for 340 degrees for 2 minutes.
- Spread the 1 cup of brown sugar then lay the banana on top of the brown sugar. Cover for 5 minutes.
- Turn and flip to cook evenly and cook for 10 minutes (Do not cover). After 10 minutes, your Banana Cue is ready to serve!



Puto

Suggested Cookware:

5 Qt Wok

11" Utility Rack

Egg Cups

Mixing Bowl



INGREDIENTS:

- 1 Bag of Puto Mix
- 1 Bag of Bibingka Mix
- 1 can of Coconut Milk
- 1 can of Evaporated Milk
- 2 eggs
- 1/2 cup Ube Condensed (optional)
- 1/2 can of Ube (optional)



INSTRUCTIONS:

- Mix all ingredients in a bowl.
- Fill egg cup 3/4 full.
- Steam about 1-2 cups of water in the 5 Qt. Wok.
- Place Utility Rack in Wok and place the Egg Cups on the Utility Rack
- Steam the puto for 8-10 minutes.
- Cool before removing puto from egg cup.
- Optional: Add cheese on top and steam for 2-4 minutes

