



# Herbed Corn, Chicken Picatta and Tomato Rice Recipe

## Ingredients

### Ingredients for Herbed Corn

- 2 Green chilies, chopped
- 2 tbsp. Green chilies
- 4 oz./115 g Cream cheese, softened
- 2 15.25 oz./439g cans Whole kernel corn, drained

### Ingredients for Chicken Picatta

- 1.25 lbs./565 g Chicken breasts, thinly sliced
- 1 tsp. Salt
- 1 tbsp. All-purpose flour
- 1 Juice of lemon
- 2 tbsp. Capers
- ¼ cup White wine
- 2 tsp. Unsalted butter

### Ingredients for Tomato Rice

- 2 cups Quick cooking brown rice
- 2 cups Water
- 1½ tsp. Minced garlic
- ½ cup Diced tomatoes
- 1 tsp. Salt
- 1 tsp. Parsley

## **Directions**

### **Prep the Herbed Corn Casserole**

1. In small bowl, mix all ingredients and transfer to  $\frac{3}{4}$  qt./750 ml Casserole Cover of the Stack Cooker. Set aside.

### **Prep the Chicken Picatta**

1. Place chicken in  $1\frac{3}{4}$  Qt./1.75 L Casserole then season with salt. Toss seasoned pieces in flour to coat. Add remaining ingredients except butter. Set aside.

### **Prep the Tomato Rice**

1. In 3-Qt./3 L Casserole mix all ingredients until well combined.

### **Cook and Serve**

1. Stack components together by placing  $1\frac{3}{4}$ -qt. casserole on top of 3 qt. casserole and top with inverted cover. Place in microwave and cook on high power for 15-20 minutes or until all 3 dishes are fully cooked.
2. At the end of cooking time, stir in the butter for the Chicken Picatta.
3. Serve warm. Enjoy!



# Pineapple Upside Down Cake Recipe

## Ingredients

- 4 tbsp. unsalted butter, divided
- 6 pineapple rings
- 6 maraschino cherries
- 1/4 cup brown sugar
- 16.5-oz./470 g package yellow cake mix
- Eggs, oil and water\* according to cake package directions

## Directions

1. Melt 2 tbsp butter to coat the bottom of TupperWave Stack Cooker 3-qt./3 L Casserole. Insert cone and lay pineapple rings around it and place a cherry in the center of each pineapple ring. Melt remaining butter and brown sugar for 30-60 seconds and drizzle over pineapples.
2. In a bowl add eggs, oil, water and mix to combine. Add cake mix in two increments and continue turning handle, changing to gear II when there is resistance. Pour batter over pineapples.
3. Cook in microwave for 12 minutes or until toothpick inserted in cake comes out clean. Let cool slightly, invert onto Cover and serve.



# Pretzel Bread Recipe

## Ingredients

- 16 oz pizza dough
- 6 cups water, hot
- 1/4 cup baking soda
- 1 large egg + 1 tbsp water
- 4 tbsp. unsalted butter, melted
- 1 tbsp. toppings of choice (coarse salt, cinnamon sugar, etc)

## Directions

1. Preheat oven to 400F/200C.
2. Cut pizza dough into equal portions using kitchen shears.
3. Roll out thin and shape into a pretzel.
4. Heat up water in TupperWave Stack Cooker 1 3/4 qt. casserole, and stir in baking soda. add shaped dough for 30 seconds.
5. Remove dough and transfer to a baking sheet. Mix egg with water and brush over the top of each pretzel. Bake for 15 minutes.
6. Brush with melted butter and quickly add toppings of choice.



# Southwest Salmon Salad Recipe

## Ingredients

- 1 4 oz./115 g skinless salmon fillet
- 1/8 tsp. coarse kosher salt
- 1/2 tsp. smoked paprika, divided
- 1/2 cup frozen yellow corn kernels
- 1/2 cup canned black beans, drained and rinsed well
- 2 cups chopped Romaine
- 4 cherry tomatoes, cut in quarters
- 1/4 cup sour cream
- 2 tbsp. extra virgin olive oil
- 1 tsp. red wine vinegar
- 1/2 small clove garlic, crushed
- 1/4 cup broken corn chips

## Directions

### Prep the salmon

1. Add water to the Tupperware TUPPERWARE® SMART MULTI-COOKER water tray. Season both sides of the salmon with salt and 1/4 tsp. of the smoked paprika. Place salmon in the bottom casserole tray of the Tupperware Smart Multi-Cooker. Place casserole tray on top of water tray.



# Stuffed Apples, Broccoli Chicken and Corn Stuffing Stack Recipe

## Ingredients

### Stuffed Apples

- 1 cup Walnuts, chopped
- 6 Dates, chopped
- 1½ tbsp. Unsalted butter, softened
- 1 tbsp. Brown sugar
- 1 tsp. Cinnamon
- 2 Apples, quartered & deseeded

### Broccoli Chicken

- 1 lb. Chicken breasts, halved
- 1 tsp. Salt
- ¼ tsp. Black pepper
- 1 cup Broccoli, shredded
- ¾ cup Cheddar cheese, shredded
- 1 tsp. Garlic powder
- 2 tbsp. Unsalted butter, softened

### Corn Stuffing

- 2 Chorizo sausages, sliced
- ½ Small onion, chopped
- 4 tbsp. Unsalted butter
- 15.25 oz. Can whole kernel corn, drained
- 2 cups Herb-seasoned classic stuffing mix
- ⅔ cup Chicken broth
- ½ tsp. Salt

# Directions

## Prep apples

1. Place all ingredients, except apples, in a small bowl and mix until well combined. Stuff mixture inside all apples and transfer to 3/4 qt./750 ml Casserole Cover of the Stack Cooker. Set aside.

## Prep the chicken

1. Cut slits lengthwise over the surface of each chicken breast. Season with salt and pepper. In small bowl, mix remaining ingredients and stuff inside each chicken piece. Place chicken breasts in Colander, then on top of 1 3/4-Qt./1.75 L Casserole. Set aside.

## Prep the Corn Stuffing

1. Place chorizo, onion and butter in 3-Qt./ 3 L Casserole and microwave on high power 2 minutes. Mix well and add remaining ingredients.

## Cook & Serve

1. Stack components together by placing 1 3/4-qt. casserole on top of 3qt. casserole and top with inverted cover. Place in microwave and cook on high power 15-20 minutes or until all 3 dishes are fully cooked.
2. Let cool slightly & serve immediately.