KitchenAid®

COUNTERTOP OVEN

INSTRUCTIONS AND RECIPES
MODEL KCO1005







1-800-541-6390 Details Inside

Hassle-Free Replacement Warranty



We're so confident the quality of our products meets the exacting standards of KitchenAid that, if your Countertop Oven

should fail within the first year of ownership, KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your original Countertop Oven returned to us. Your replacement unit will also be covered by our one-year full warranty. Please follow these instructions to receive this quality service.

If You Reside In The 50 United States and your KitchenAid® Countertop Oven should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at 1-800-541-6390 Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.)

When you receive your replacement Countertop Oven, use the carton and packing materials to pack-up your original Countertop Oven. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card charge slip, etc.).

For a detailed explanation of warranty terms and conditions, including how to arrange for service, see pages 30 and 31.

Proof of Purchase & Product Registration

Always keep a copy of the sales receipt showing the date of purchase of your Countertop Oven. Proof of purchase will assure you of in-warranty service.

Before you use your Countertop Oven, please fill out and mail your product registration card packed with the unit. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. This card does not verify your warranty.

Please complete the following for your personal records:

Model Number:	KCO1005
Serial Number _	
Date Purchased __	
Store Name	

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Countertop Oven Safety

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:



You can be killed or seriously injured if you don't <u>immediately</u> follow instructions.



You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

- 1. Read all instructions.
- 2. Do not touch hot surfaces. Use handles or knobs.
- 3. To protect against electrical shock do not immerse cord, plugs, or any parts of the oven in water or other liquids.
- 4. Close supervision is necessary when any appliance is used by or near children.
- 5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- 6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest Authorized Service Facility for examination, repair, or adjustment.
- 7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- 8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 9. Do not place on or near a hot gas or electric burner, or in a heated oven.
- 10. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- 11. Use extreme caution when removing broiler pan tray or disposing of hot grease.
- 12. Oversize foods or metal utensils must not be inserted in a Countertop Oven as they may create a fire or risk of electric shock.
- 13. A fire may occur if the Countertop Oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.
- 14. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock.

IMPORTANT SAFEGUARDS

- 15. Extreme caution should be exercised when using containers constructed of materials other than metal or glass.
- 16. Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.
- 17. Do not place any of the following materials in the oven: paper, cardboard, plastic, or anything similar.
- 18. Do not cover crumb drawer or any part of the oven with metal foil. This will cause overheating of the oven.
- 19. Turn oven off by turning the Time control knob to its 0 (off) position.
- 20. Do not use outdoors.
- 21. Do not use appliance for other than intended use.
- 22. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

Electrical Requirements

Volts: 120 V.A.C. only.

Hertz: 60 Hz

AWARNING



Electrical Shock Hazard
Plug into a grounded 3 prong
outlet.

Do not remove ground prong. Do not use an adapter.

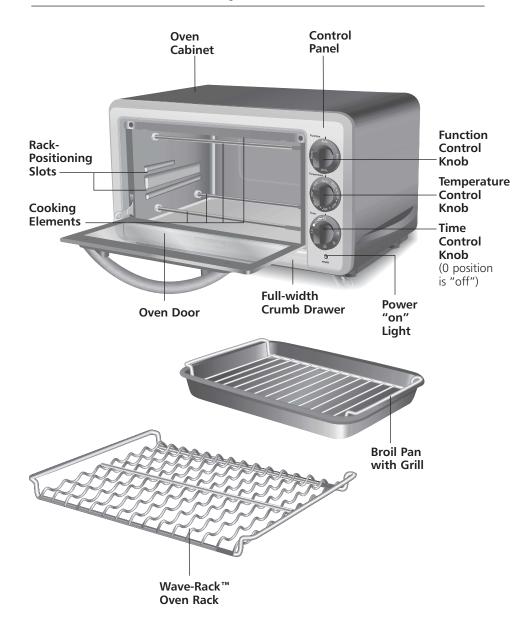
Do not use an extension cord.

Failure to follow these instructions can result in death, fire or electrical shock.

NOTE: This Countertop Oven has a 3 prong grounded plug. To reduce the risk of electrical shock, this plug will fit in an outlet only one way. If the plug does not fit in the outlet, contact a qualified electrician. Do not modify the plug in any way.

Do not use an extension cord. If the power-supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

Countertop Oven Features



Countertop Oven Features

Cooking Elements

Four cooking elements produce up to 1400 watts for baking, broiling, toasting, and warming.

Control Panel

Three large knobs have versatile settings for Function, Temperature, and Time. A Power "on" indicator light glows red when the oven is operating.

Broil Pan with Grill

An easy-to-clean broil pan is used with a special grill for baking, broiling, and warming. This pan with grill combination rests on the Wave-Rack™ oven rack.

Wave-Rack™ Oven Rack

Unique wave-pattern rack lets air circulate around the bread for even toasting. The 6-slice capacity rack is reversible for optimal cooking positions.

Oven Cavity

The 0.5 cu ft cavity features a nonstick Teflon® coating for ease of cleaning.



Rack-Positioning Slots

Upper and lower slots along the oven sides, combined with the reversible Wave-Rack™ oven rack, can hold the food in up to 4 cooking positions.



Full-Width Crumb Drawer

The crumb drawer is designed for easy removal and cleaning. Crumb drawer is located under the oven door, and can be removed without opening the door.

Oven Door

The durable metal-framed door has a large stainless steel handle and a seethrough, tempered glass window.

Oven Cabinet

Stylish stainless steel front is matched with baked enamel-coated sides.

Preparing the Countertop Oven for Use

Before First Use

- Place the Countertop Oven on a dry, flat, level surface such as a countertop or table.
- Be sure the sides, back and top of the oven are at least four inches away from any walls, cabinets or objects on the counter or table.
- 3. Remove all accessories and wash in hot, sudsy water. Dry thoroughly before placing in the oven.

Before Each Use

- 1. Remove all items not required for the next cooking procedure.
- Plug the cord into a grounded 3 prong outlet. The Countertop Oven should be the only appliance operating on the circuit.
- 3. The Countertop Oven is now ready to use.

Understanding Positions of the Wave-Rack[™] Oven Rack

Food cooks uniformly as warmed air moves around the Wave-Rack[™] oven rack. Up to 6 slices of bread may be placed directly on the rack for toasting. This unique 4-position rack also holds the broil pan with grill, baking pans or dishes, and standard bakeware. Here is a guide to adjusting your Wave-Rack[™] oven rack for optimal cooking performance.



Position A

Use the upper slots along oven walls. Slide in the Wave-Rack™ oven rack, using a rack-up orientation.



Position B

Again, use the upper slots along oven walls. Slide in the Wave-Rack™ oven rack, this time using a rack-down orientation.



Position C

Use the lower slots along oven walls. Slide in the Wave-Rack[™] oven rack, using a rack-up orientation.



Position D

Again, use the lower slots along oven walls. Slide in the Wave-Rack™ oven rack, this time using a rack-down orientation.

Baking (and reheating) with the Countertop Oven

Both the top and bottom elements will cycle on and off while baking in order to maintain the desired oven temperature.

Suggested Positions: When first using the oven, position the Wave-Rack™ oven rack as shown by Position C in "Understanding Positions of the Wave-Rack™ Oven Rack" on page 8. Then, adjust as needed for your cooking situation. Remember to allow space for food to rise.

- Place the rack in a low position so that the food to be baked or heated will be in the center of the oven.
- 2. Close door.
- 3. Turn the Function control knob to Bake.
- 4. Turn the Temperature control knob clockwise to the desired temperature. Bake according to package or recipe instructions (usually 350° 425°F).
- 5. Preheat the oven for 5 minutes for baking (and reheating) by turning the Time control knob clockwise past the 10 minute position, then moving it back to a 5 position. After 5 minutes, the bell will sound and the oven will automatically shut off.

- 6. Place the food in the center of the rack. Close door.
- 7. Turn the Time control knob clockwise to the desired time. When the time has elapsed, the bell will ring and the oven will automatically shut off. Turn the Time control knob to 0 (off) if food is removed before the time has elapsed.
- 8. For longer cooking times, make two settings of the Time control knob. Example: For a total of 45 minutes, make one 30 minute setting with the Time control knob. Then, when time elapses, set for an additional 15 minutes. When the food is done, remove pan and grill from the oven.

Broiling (and top browning) with the Countertop Oven

Only the top elements will heat when this oven function is selected.

Recommended Positions: Use the upper slots along oven walls. Slide in the Wave-Rack™ oven rack, using a rack-down orientation (see Position B on page 8). Place the broil pan with grill (with food) on oven rack.

NOTE: Food to be broiled should be at least 1-inch from the heating elements on the top of the oven. For delicate foods such as fish or chicken, or for less browning, place the rack in a lower position.

- Place the food to be broiled on the grill with broil pan, and then close the oven door.
- 2. Set Function control knob to Broil.
- 3. Turn the Temperature control knob clockwise to Broil/Toast.
- 4. Turn the Time control knob clockwise to the desired time.
- 5. Monitor the broiling progress.

- 6. When broiling food on both sides, set the Time control knob for the time desired for one side. When the bell rings, the oven will automatically shut off. Open the door. Use a potholder to pull the rack and pan about half way out of the oven. Turn the food, slide the rack and pan back into the oven, and close the door. Turn the Time control knob to a desired time for the other side.
- When the time elapses, a bell will ring and the oven will automatically shut off.
- 8. If food is to be removed before the bell rings, turn the Time control knob to 0 (off) to shut off the Countertop Oven. Then, remove the food.

Toasting with the Countertop Oven

Both the top and bottom elements will heat when this function is used. **Recommended Positions:** Use the lower slots along oven walls. Slide in the Wave-Rack™ oven rack, using a rack-up orientation (see Position C on page 8).

- 1. For best results, place the bread to be toasted directly on the rack and toward center of the oven.
 - **NOTE:** For best results, do not use broil pan when toasting.
- Toast up to six slices of bread. When toasting only one or two slices of bread, center the bread in the oven.
- 3. Close the door.
- 4. Turn the Function control knob to the Toast setting.
- 5. Turn the Temperature control knob clockwise to the Broil/Toast setting.
- 6. Turn the Time control knob clockwise to the desired toast color. For Dark toast, turn the control to the dark icon (between 5 and 10). For Light toast, first turn the control past the 10-minute indicator mark, and then turn control back to the light icon (between 0 and 5).

TIP: For more consistent results, preheat oven for 5 minutes prior to first batch of toast.

- 7. The bell will ring and the oven will automatically shut off when the Countertop Oven has finished toasting.
- Turn the Time control knob to 0 (off) if toast is removed before the bell rings.
- 9. Adjust Time control knob settings as needed to get desired results.

NOTE: It is normal for condensation to form on the door when toasting moist or fresh breads.

Warming (plus keeping warm and heating) with the Countertop Oven

Select the rack-positioning slots, Wave-Rack™ oven rack, and broil pan with grill positions to match the size of food being heated. Only the lower heating element is on during warming.

Suggested Positions: Use the broil pan with grill combination. When first using the oven, position the Wave-Rack™ oven rack as shown in Position C on page 8. Then, adjust as needed for your cooking situation.

- 1. Turn the Function control knob to the Warm setting.
- 2. Turn the Temperature control knob to a desired setting.
- Turn the Time control knob to a desired setting.

Cleaning the Countertop Oven

- Make sure the Time control knob is in the 0 (off) position. Then, unplug from the wall socket before cleaning.
- Allow oven and accessories to cool completely before cleaning.
- Do not use abrasive cleaners or metal scouring pads. This could scratch the surface.
- Wipe the outside of the oven with a clean, damp cloth and dry thoroughly. A nonabrasive liquid cleaner may be used for stubborn stains. Rinse and dry thoroughly.
- Hand washing is recommended for racks and pan. Remove all items from the Countertop Oven. Wash the rack, broil pan, and grill in hot, sudsy water. Rinse and dry thoroughly. To clean the crumb drawer, slide it out of the oven and brush off crumbs. Wipe with a damp cloth and dry thoroughly.

NOTE: The Wave-Rack[™] oven rack, broil pan, grill, and crumb drawer are dishwasher safe.

- To remove baked-on stains, scrub with a paste made from baking soda and water. Rinse and dry thoroughly.
- The walls on the inside of the oven have a Teflon® coating for easy cleaning. Remove heavy spatter after use with a nylon or polyester mesh pad, sponge or cloth dampened with warm water.
 Dry with a paper towel or soft, dry cloth.

IMPORTANT: Do not use cleaning agents, cleansers or metal scouring pads on the inner oven coating as this may reduce its effectiveness.

Troubleshooting

- If your Countertop Oven should fail to operate, check the following:
- See if the Countertop Oven is plugged into a proper electrical outlet. If it is, unplug the Countertop Oven, then plug it into the same outlet again. If the Countertop Oven still does not work, check the household fuse or circuit breaker on the electrical circuit the Countertop Oven is connected to and make sure the circuit is closed.

If the problem cannot be corrected, see the KitchenAid Warranty and Service section on pages 30-31. Do not return the Countertop Oven to the retailer – they do not provide service.

Countertop Oven Use Tips

Setting very short times

When setting timer for 5 minutes or less, turn the Time control knob beyond the 10-minute mark. Then, turn the knob back to the desired time.

Are guesstimates okay?

Experience will teach you how much time to use for toasting various kinds of bread. Frozen, dark or whole grain breads require a longer time. Fresh, soft or white breads require a shorter time.

For foods that melt

When cooking small pieces of foods or foods that will melt, use the broil pan. This will prevent food from falling onto the cooking elements.

To minimize cleanup

Spray the broil pan with nonstick cooking spray for easier cleanup when cooking wet or sticky foods. Wash pan thoroughly after each use to prevent buildup of cooking spray.

Size limits for food

For best results, food and/or ovensafe containers (see section on "Choosing Bakeware for Countertop Use," page 14) must fit into the Countertop Oven without touching the cooking elements or inside walls of oven. The door must close completely.

When oven is off

Turn the Temperature control knob to Warm, or minimum setting, when Countertop Oven is not in use.

For extended use

When cooking for a long time at high temperatures, you may detect a slight odor from the oven insulation materials. This is normal.

Food Cooking Tips

- Check food cooking progress through the clear, tempered glass door window. Your Countertop Oven will be more energy efficient if you open the door less often.
- Be sure all foods and/or containers fit in the Countertop Oven without touching cooking elements or preventing door from closing.
- Remove all plastic and/or paper wrappers from foods before cooking.
- Use only loosely covered oven-safe containers; airtight containers may cause food to boil over or splatter.

- Follow package directions when preparing frozen or packaged foods. Preheating the oven is not necessary.
- Oven surfaces can become hot during cooking. Touch only the door handle and knobs during oven operation.
- Do not place items on top or near Countertop Oven while in use.
- Replace cardboard, glass or plastic lids with aluminum foil for use in the Countertop Oven.

Helpful Hints

Choosing Bakeware for Countertop Oven Use

- The broil pan included with the oven is suitable for items such as cookies, rolls, biscuits, nachos and pork chops.
- A variety of standard baking dishes, such as a 9-inch round or square cake pan, a 6-cup muffin pan, small baking sheets, and 1- and 2-quart round, square and rectangular casserole dishes, may be used. The oven door must close completely.
- Choose bakeware made of metal, oven-safe glass or ceramic.

- Use lowest Wave-Rack[™] oven rack position when using deep, ovensafe glass or ceramic containers and allow at least 1-inch air space between the top of the container and the upper cooking elements.
- Do not use glass lids. If a cover is desired, use a loosely fitted sheet of aluminum foil.
- Many convenience foods are packaged in nonmetallic containers suitable for use in microwave ovens.
 Check package directions to determine if the container is suitable for use in a regular oven.

Asian Chicken Drummettes

- 1 piece (1-in. long) peeled gingerroot, cut into quarters
- 2 cloves garlic
- ¼ cup orange marmalade
- 1/4 cup soy sauce
- 2 tablespoons white wine
- 1 teaspoon dark sesame oil
- 2 green onions, cut into 1-inch pieces
- 2 pounds chicken wing drummettes*

In food processor, position multipurpose blade in work bowl. With processor running, add gingerroot and garlic through feed tube. Process until chopped, 8 to 10 seconds. Add marmalade, soy sauce, wine, oil, and onions. Process to blend and chop onions, about 10 seconds.

Remove to shallow pan or large, resealable food storage plastic bag. Add chicken; coat with marinade. Cover or seal. Refrigerate 8 hours or overnight, turning occasionally.

Place chicken and marinade in broil pan. Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 375°F for 13 to 18 minutes, or until internal temperature of chicken is 180°F, turning once.

Broil 5 to 8 minutes, or until brown. Serve warm.

Yield: 6 to 8 servings (about 3 drummettes per serving).

*If drummettes are unavailable, use 2½ pounds whole chicken wings. Remove and discard wing tips. Separate remaining 2 sections of each wing at joint using a sharp knife.

Per Serving: About 260 cal, 18 g pro, 10 g carb, 15 g total fat, 4 g sat fat, 65 mg chol, 690 mg sod.

Bacon-Swiss Mini-Quiches

Crust

- 1½ cups all-purpose flour
 - 1/4 teaspoon salt
 - ½ cup cold shortening
 - 1 tablespoon cold butter or margarine, cut into pieces
- 3-5 tablespoons ice water

Filling

- 4 ounces Swiss cheese, chilled
- 1 thin slice onion
- 3 slices bacon
- 2 eggs
- ½ cup half-and-half
- 1/4 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon nutmeg

In food processor, position multipurpose blade in work bowl. Add flour and ¼ teaspoon salt. Process until mixed, about 2 seconds. Add shortening and butter. Pulse 3 to 4 times, 2 to 3 seconds each time, or until crumbly. Sprinkle minimum amount of water evenly over mixture. Pulse 1 to 3 times, 2 to 3 seconds each time, or until mixture pulls away from sides of bowl and forms a loose ball. Separate dough into 2 pieces. Cover and chill 1 piece of dough. Roll remaining dough on floured surface to ¼ inch thick. With 2½-inch biscuit cutter, cut into 12 circles, re-rolling dough as needed. Fit into bottoms and up sides of cups in an ungreased 12-cup (1¾ x 1-inch) miniature muffin pan. Refrigerate crusts while preparing filling.

In food processor, position shredding disc in work bowl. Add cheese. Process to shred. Remove to medium bowl and set aside.

Position multipurpose blade in work bowl. Add onion. Pulse 2 to 3 times, 1 to 2 seconds each time, or until chopped.

In medium skillet, cook bacon until brown and crisp. Remove bacon and set aside. Add onion to skillet with drippings. Cook and stir until tender, about 1 minute. Drain. Coarsely crumble bacon.

In food processor, position multipurpose blade in work bowl. Add eggs, half-and-half, ¼ teaspoon salt, pepper, nutmeg, and onion. Process 4 to 6 seconds, or until blended. Add cheese and bacon. Pulse 1 to 2 times, 1 to 2 seconds each time, or until mixed.

Fill each cup with approximately 1 tablespoon egg mixture, stirring filling frequently. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 18 to 22 minutes, or until puffed and light golden brown. Cool in pan on rack for 5 minutes. Loosen and remove quiches from pan with tip of knife.

Meanwhile, repeat with remaining dough and filling in another 12-cup miniature muffin pan. Serve warm or cool.

Yield: 12 servings (2 quiches per serving).

Tip: Quiches may be prepared in advance of serving. After baking, cool completely, cover, and refrigerate. To reheat, place in broil pan and bake in batches at 350°F for 8 to 10 minutes.

Per Serving: About 180 cal, 6 g pro, 11 g carb, 12 g total fat, 4.5 g sat fat, 55 mg chol, 170 mg sod.

Warm Italian Crostini

- 14 slices (¼-in. thick) French bread
 - 4 teaspoons extra virgin olive oil
 - 6 leaves fresh basil
- ½-1 small clove garlic
 - 1/4 teaspoon salt
 - 2 ounces smoked provolone cheese, chilled
 - 1 large Roma tomato

Place bread on grill in broil pan. Drizzle with oil. Bake with oven rack in up position in lower oven slots (Position C on page 8) at 425°F for 1 to 3 minutes, or until lightly crisp (do not brown).

In food processor, position multipurpose blade in work bowl. With processor running, add basil through feed tube. Process about 10 seconds, or until chopped. Add garlic and salt. Process 5 to 10 seconds, or until chopped.

Position shredding disc in work bowl. Add cheese. Process to shred.

Position multipurpose blade in work bowl. Pulse 1 to 2 seconds, or until mixed. Remove cheese mixture and set aside.

Position slicing disc in work bowl. Add tomato. Process to slice

Top each bread slice with tomato and 1 rounded teaspoon cheese mixture. Bake an additional 2 to 3 minutes, or until cheese melts. Serve warm.

Yield: 7 servings (2 crostini per serving).

Tip: Crostini may be assembled up to 1 hour before heating.

Per Serving: About 80 cal, 3 g pro, 5 g carb, 6 g total fat, 2 g sat fat, 5 mg chol, 150 mg sod.

Crab Phyllo Bundles

- 1 teaspoon butter or margarine
- 4 green onions, finely chopped
- 1/4 cup finely chopped red bell pepper
- 1 can (6 oz.) crab meat, well drained
- 1/4 cup herb and garlic spreadable cheese
- 12 sheets (12 x 8½-in. each) phyllo dough, thawed
- ¼ cup butter or margarine, melted
- ½ cup shredded Asiago cheese

In small nonstick skillet over medium heat, melt 1 teaspoon butter. Add onions and bell pepper; cook 2 to 4 minutes, or until vegetables are tender. Stir in crab and herb cheese; set aside to cool.

Lay 1 sheet phyllo dough on work surface; cover remaining sheets with plastic wrap. Brush sheet with melted butter. Lay second sheet over first sheet; brush with butter. Repeat with third sheet. Cut into 6 squares.

Spoon 1 teaspoon filling in center of each square; top with 1 teaspoon Asiago cheese. Bring all edges together around filling, forming a pouch. Crimp and twist to seal. Repeat once more with 3 more sheets phyllo dough, filling, and cheese.

Place 12 bundles 1 inch apart in broil pan. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 15 to 17 minutes, or until crisp and browned.

Meanwhile, form remaining 12 bundles; bake when first batch is done.

Yield: 12 servings (2 bundles per serving).

Per Serving: About 110 cal, 5 g pro, 6 g carb, 7 g total fat, 4.5 g sat fat, 30 mg chol, 120 mg sod.

Hot Spanakopita Spread

- 4 green onions, cut into 1-inch pieces
- 1/4 cup fresh parsley leaves
- 1 small clove garlic
- 1 tablespoon olive oil
- 1 package (3 oz.) cream cheese, softened
- ¼ cup mayonnaise
- 1 package (1 lb.) frozen cut spinach, thawed and squeezed to drain
- 4 ounces crumbled feta cheese
- ¼ cup shredded Parmesan cheese
- ½ teaspoon salt
- 1/4 teaspoon nutmeg

In food processor, position mini bowl and mini blade in work bowl. With processor running, add onions, parsley, and garlic through feed tube. Process 5 to 8 seconds, or until finely chopped.

In large nonstick skillet over medium heat, heat oil. Add onion mixture. Cook 2 to 3 minutes, or until tender. Remove from heat.

In food processor, position multipurpose blade in work bowl. Add cream cheese and mayonnaise. Process 5 to 10 seconds, or until blended. Remove to skillet; add remaining ingredients. Mix well.

Spoon into 7- or 9-inch pie plate or quiche pan. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 20 to 25 minutes, or until hot and cheese is melted. Serve with pita chips or crackers.

Yield: 18 servings (2 tablespoons per serving).

Per Serving: About 70 cal, 3 g pro, 2 g carb, 7 g total fat, 2.5 g sat fat, 10 mg chol, 200 mg sod.

Beef Nachos Grande

- // pound deli or leftover roast beef*, cut into ½-inch cubes
- 2 teaspoons dry Mexican, fajita, or taco seasoning
- 5 cups (about 5 oz.) tortilla chips
- 1 cup (4 oz.) shredded sharp Cheddar cheese, divided
- 4 green onions, thinly sliced
- ½ cup sliced ripe olives
- ¼ cup salsa
- 1/4 cup sour cream

In food processor, position multipurpose blade in work bowl. Add beef and seasoning. Pulse 4 times, 1 to 2 seconds each time, or until finely chopped.

Layer chips evenly in broil pan. Sprinkle with ½ cup cheese. Top evenly with beef, onions, olives, and remaining ¾ cup cheese.

Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 10 to 15 minutes, or until cheese is melted and bubbly. Top with salsa and sour cream.

Yield: 6 servings

* If desired, substitute seasoned, cooked beef strips and omit Mexican seasoning.

Per Serving: About 260 cal, 11 g pro, 19 g carb, 16 g total fat, 7 g sat fat, 30 mg chol, 590 mg sod.

Twice-Baked Sweet Potatoes

- 2 large (about 8 oz. each) dark orange sweet potatoes (yams)
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter or margarine, softened
- % teaspoon salt
- 2 tablespoons chopped pecans

Prick potatoes 6 to 8 times. Place on grill in broil pan. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 375°F for 50 to 60 minutes, or until soft and sharp knife inserted in potato meets no resistance.

Cut potatoes in half; carefully scoop out flesh into small bowl, leaving ¼ inch around edges of skin. Add brown sugar, cinnamon, butter, and salt to bowl. Using a fork, mix well. Spoon mixture into potato skins. Sprinkle with pecans. Place on grill in broil pan. Bake an additional 10 minutes, or until thoroughly heated.

Yield: 4 servings (½ potato per serving).

Per Serving: About 190 cal, 2 g pro, 33 g carb, 6 g total fat, 2 g sat fat, 10 mg chol, 85 mg sod.

Cranberry Cornbread

- 1 ¼ cups all-purpose flour
 - ³/₄ cup cornmeal
- 1-2 tablespoons finely chopped fresh sage leaves, if desired
 - 1 tablespoon baking powder
 - 1 tablespoon sugar
 - ½ teaspoon salt
 - ½ cup dried cranberries, coarsely chopped
 - 2 eggs
 - ½ cup sour cream
 - ¾ cup milk
 - ¼ cup butter or margarine, melted

In medium bowl, combine flour, cornmeal, sage, if desired, baking powder, sugar, and salt. Stir in cranberries. In mixer bowl, place eggs, sour cream, and milk. With mixer, mix at low speed until blended. Add flour mixture and butter. Mix at low speed until blended.

Pour into greased 8 x 8 x 2-inch baking pan. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 375°F for 18 to 22 minutes, or until golden brown and pick inserted in center comes out clean.

Yield: 9 to 12 servings.

Per Serving: About 230 cal, 5 g pro, 31 g carb, 10 g total fat, 5 g sat fat, 70 mg chol, 330 mg sod.

Oven-Roasted Vegetables

- 8 medium (about 1 lb.) red potatoes, cut into eighths
- 1½ cups fresh broccoli florets
 - 1 cup fresh cauliflower florets
 - 1 medium onion, cut into thin wedges
 - 1 small red pepper, cut into eighths
- 2 cloves garlic, minced
- 3 tablespoons olive oil
- 1 tablespoon chopped fresh marjoram leaves
- ¾ teaspoon salt
- ¼ teaspoon black pepper

In large bowl, combine all ingredients in order listed. Toss to coat evenly. Spread vegetable mixture in broil pan.

Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 425°F for 20 to 30 minutes, or until vegetables are tender and browned, stirring occasionally.

Yield: 10 servings (½ cup per serving).

Per Serving: About 90 cal, 2 g pro, 12 g carb, 4 g total fat, 0.5 g sat fat, 0 mg chol, 180 mg sod.

Blueberry Lemon Scones

- 2 cups all-purpose flour
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- ³/₄ teaspoon salt
- '¼ cup cold butter or margarine, cut into '½-inch pieces
- ½ cup whipping cream
- 2 eggs
- ½ teaspoon grated lemon peel
- 1 cup fresh blueberries
- 1 cup powdered sugar
- 2-3 tablespoons fresh lemon juice

In food processor, position multipurpose blade in work bowl. Add flour, granulated sugar, baking powder, and salt. Process 3 to 4 seconds. Add butter. Process 10 to 15 seconds, or until crumbly. Remove to medium bowl.

Position multipurpose blade in work bowl. Add cream, eggs, and lemon peel. Process 3 to 4 seconds, or until mixed.

Gently stir blueberries into flour mixture. Add cream mixture; stir gently just until moistened. Gather into a ball. Divide dough in half. Pat each half into a 5-inch circle on floured surface. With floured knife, cut each circle into 4 wedges. Place in ungreased broil pan ½ inch apart.

Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 375°F for 12 to 18 minutes, or until golden brown. Cool 10 minutes.

Meanwhile, in small bowl, mix powdered sugar and enough lemon juice for drizzling consistency. Drizzle over warm scones.

Yield: 8 servings (1 scone per serving).

Per Serving: About 320 cal, 5 g pro, 47 g carb, 12 g total fat, 7 g sat fat, 90 mg chol, 430 mg sod.

Broiled Mustard-Caper Salmon

- 1½ pounds fresh salmon fillets
- 2 tablespoons mayonnaise
- 1 tablespoon capers
- 2 teaspoons Dijon mustard
- 1 teaspoon chopped fresh dill Fresh dill, if desired

Place salmon skin-side down on grill in broil pan.

In small bowl, combine mayonnaise, capers, mustard, and 1 teaspoon dill; mix well. Spread 2 teaspoons of mixture on top of salmon.

Broil with oven rack in up position in lower slots of oven (Position C on page 8) for 15 to 20 minutes, or until fish flakes easily with fork. Serve with remaining sauce. Garnish with additional fresh dill, if desired.

Yield: 4 servings.

Per Serving: About 330 cal, 39 g pro, 0 g carb, 18 g total fat, 2.5 g sat fat, 110 mg chol, 250 mg sod.

Garlic-Herb Roast Cornish Hens

- 1 clove garlic
- 2 tablespoons fresh basil leaves
- 2 teaspoons fresh rosemary leaves
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 2 Cornish game hens (about 24 oz. each), giblets removed
- ⅓ cup water

In food processor, position mini bowl and mini blade in work bowl. With processor running, add garlic, basil, and rosemary through feed tube. Process 5 to 10 seconds, or until chopped. Scrape down sides of bowl. Add salt, pepper, and 1 tablespoon oil. Pulse 2 times, about 2 seconds each time.

Place hens, breast side up, in broil pan. Loosen skin from breasts; rub herb mixture over breasts under skin. Truss hen legs with kitchen string, if desired. Brush tops of skin with remaining 1 teaspoon oil. Pour water into pan around hens.

Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 55 to 70 minutes, or until temperature in thickest part of thigh is 180°F. Make sure hens are not touching the upper heating element.

Yield: 4 servings.

Per Serving: About 440 cal, 34 g pro, 0 g carb, 32 g total fat, 8 g sat fat, 200 mg chol, 390 mg sod.

Chipotlé-Orange Roast Turkey Breast

- 2½-2¾ pounds bone-in turkey breast half with skin
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
 - 3 tablespoons orange marmalade
 - 2 chipotlé chiles in adobo sauce, finely chopped
 - 1 clove garlic, sliced
 - ½ orange, thinly sliced
 - 1/3 cup water

Rub bone side of turkey with salt and black pepper. Loosen skin from breast.

In small bowl, mix marmalade and chipotlé chiles. Rub 1 tablespoon of the mixture over the breast under the skin. Place garlic and orange slices between skin and breast. Place skin-side up in broil pan. Pour water into pan around turkey. Cover with aluminum foil. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 325°F for 45 minutes.

Remove aluminum foil. Brush remaining marmalade mixture over turkey skin. Bake an additional 20 to 40 minutes, or until temperature in thickest part of meat is 170°F. If skin is over-browning, cover loosely with small piece of aluminum foil. Let stand 10 minutes before serving.

Yield: 6 servings.

Per Serving: About 280 cal, 37 g pro, 9 g carb, 10 g total fat, 3 g sat fat, 90 mg chol, 340 mg sod.

Spinach Pepperjack Meatloaf

- 1½ pounds extra lean ground beef
 - 1 slice bread, torn into pieces
 - ½ medium onion, cut into quarters
 - 2 cups loosely packed fresh spinach
 - 4 ounces pepperjack cheese, chilled
 - 2 eggs, beaten
 - 1/4 cup chunky salsa
 - ½ teaspoon dried oregano
 - ½ teaspoon salt

In medium bowl, place beef. In food processor, position mini bowl and mini blade in work bowl. Add bread. Process 5 to 10 seconds, or until finely crumbled. Remove to bowl with beef. Add onion to mini bowl. Pulse 2 to 3 times, about 2 seconds each time, or until chopped. Remove to beef mixture; set aside.

Position slicing disc in work bowl. Add spinach. Process to slice. Remove and set aside.

Position shredding disc in work bowl. Add cheese. Process to shred. Set aside.

Add eggs, salsa, oregano, and salt to meat mixture; mix well. On plastic wrap or waxed paper, press meat into 12 x 8-inch rectangle. Spread spinach over meat, leaving ½ inch around edges. Press lightly to compact. Top with cheese; press lightly.

Starting with short end and using plastic wrap, roll meat to enclose filling. Remove plastic wrap as meat is rolled. Place loaf seam-side down in broil pan, discarding plastic wrap. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 350°F for 40 to 45 minutes, or until thoroughly cooked (internal temperature of meat is 160°F). Shield loaf with aluminum foil for final ½ hour of baking to prevent over-browning, if necessary. Let stand 5 minutes before serving.

Yield: 6 servings.

Tip: For milder flavor, try Monterey Jack cheese in place of pepperjack cheese, and choose a mild salsa.

Per Serving: About 290 cal, 30 g pro, 7 g carb, 16 g total fat, 7 g sat fat, 90 mg chol, 800 mg sod.

Prosciutto Provolone Pizza

Crust

- ½ ounce fresh Parmesan cheese, cut into 1-inch pieces
- 1½ cups all-purpose flour
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon dried basil
- ½ cup water
- 1 tablespoon olive oil
- 1 teaspoon active dry yeast Cornmeal

Topping

- 8-10 large fresh basil leaves
 - 2 tablespoons fresh oregano leaves
 - 1 clove garlic
 - 3 ounces provolone or mozzarella cheese, chilled
 - 2 large Roma tomatoes
 - 2 ounces thinly sliced prosciutto or ham

In food processor, position multipurpose blade in work bowl. With processor running, add Parmesan cheese through feed tube. Process 25 to 30 seconds, or until finely grated. Add flour, sugar, salt, and dried basil. Process 4 to 8 seconds, or until mixed.

In small saucepan, combine water and oil. Heat over low heat until warm, 105°F to 115°F. Stir in yeast to dissolve. With processor running, slowly add yeast mixture through feed tube. Process 1 to 1½ minutes, or until dough forms a ball. Remove dough to greased bowl, turning dough to grease all sides. Cover; let rise in warm place until double in size, about 45 to 60 minutes.

Punch dough down. Lightly sprinkle greased broil pan with cornmeal. Press dough into bottom and ½ inch up sides of pan.

Meanwhile, in food processor, position mini bowl and mini blade in work bowl. With processor running, add fresh basil and oregano through feed tube. Process 8 to 10 seconds, or until chopped. Add garlic. Process 5 to 10 seconds, or until chopped. Remove and set aside.

Position shredding disc in work bowl. Add provolone cheese. Process to shred. Remove and set aside.

Position slicing disc in work bowl. Add tomatoes. Process to slice. Remove and set aside. Top pizza crust with ½ provolone cheese, tomatoes, and basil mixture.

Position slicing disc in work bowl. Add prosciutto. Process to slice.

Spread prosciutto and remaining provolone cheese on pizza. Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 400°F for 10 to 18 minutes, or until crust is deep golden brown and top is golden brown. Serve hot.

Yield: 6 servings.

Per Serving: About 220 cal, 11 g pro, 25 g carb, 8 g total fat, 3.5 g sat fat, 20 mg chol, 540 mg sod.

Shiitake-Leek Filet Mignon

- Salt, if desired Black pepper, if desired
- 4 steaks (about 1½ lb.) beef filet mignon, about 1 inch thick
- 1 clove garlic
- 1 small leek, white and light green part only, sliced
- 2 tablespoons butter or margarine
- 2½ ounces fresh shiitake mushrooms
 - 3 tablespoons white wine
 - ½ teaspoon dried marjoram
 - ¼ teaspoon Worcestershire sauce
 - 1/4 cup whipping cream
 - 1/4 teaspoon salt Chopped fresh parsley, if desired

Lightly salt and pepper both sides of steaks, if desired. Place beef on grill in broil pan. Broil with oven rack in up position in lower slots of oven (Position C on page 8) for 9 to 13 minutes per side, or until internal temperature is 150°F for medium or 160°F for well done.

Meanwhile, in food processor, position multipurpose blade in work bowl. Add garlic. Process until finely chopped.

Position slicing disc in work bowl. Add leek. Process to slice. In medium skillet over medium heat, melt butter. Stir in leek and garlic. Cook and stir 2 minutes.

Meanwhile, in food processor, position slicing disc in work bowl. Add mushrooms. Process to slice. Remove to skillet with leek mixture; cook and stir 2 minutes. Stir in wine, marjoram, Worcestershire sauce, cream, and salt. Bring to a boil; boil 4 to 5 minutes, or until thickened. Serve leek mixture over steaks. Garnish with parsley, if desired.

Yield: 4 servings.

Per Serving: About 550 cal, 31 g pro, 5 g carb, 44 g total fat, 20 g sat fat, 145 mg chol, 230 mg sod.

Citrus Shortbread Squares

- 1¼ cups all-purpose flour
 - ½ cup powdered sugar
 - 1/2 teaspoon salt
- 2 teaspoons finely chopped crystallized ginger, if desired
- 1½-2 teaspoons grated orange peel, orange portion only
 - 1 teaspoon grated lemon peel, yellow portion only
 - 3/4 cup cold butter or margarine, cut into 1-inch pieces

Glaze

- ½ cup powdered sugar
- 1/4 teaspoon grated orange peel, orange portion only
- 2-2½ teaspoons fresh orange juice

In food processor, position multipurpose blade in work bowl. Add flour, ½ cup powdered sugar, salt, ginger, if desired, and orange and lemon peels. Process 10 seconds, or until mixed. Add butter. Process 25 to 30 seconds, or until soft dough forms.

With lightly floured hands, press dough onto bottom of ungreased 8 x 8 x 2-inch baking pan. Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 300°F for 15 to 20 minutes, or until set and lightly browned. Cool 10 minutes.

Meanwhile, in glass measuring cup, blend glaze ingredients, adding orange juice just to drizzling consistency. Drizzle over partially cooled bars. Cool completely.

Yield: 16 servings (1 square per person).

Per Serving: About 130 cal, 1 g pro, 13 g carb, 9 g total fat, 5 g sat fat, 25 mg chol, 20 mg sod.

Chocolate Chip Cookie Bars

- ½ cup butter or margarine, softened
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups semisweet chocolate chips*

Glaze

- 3/4 cup semisweet chocolate chips
- 1 teaspoon shortening

In mixer bowl, place butter and sugars. With mixer, beat at medium speed until well blended. Add egg and vanilla; continue beating at medium speed until blended and fluffy. Add flour, baking soda, and salt. Mix at low speed just until moistened. Stir in chocolate chips.

Press mixture into ungreased 9 x 9 x 2-inch baking pan. Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 325°F for 15 to 18 minutes, or until golden brown. Cool 5 minutes.

Meanwhile, in small saucepan over low heat, melt glaze ingredients until chocolate can be stirred smooth. Spread over partially cooled bars. Cool completely.

Yield: 16 servings (1 bar per serving).

*Half of semisweet chocolate chips in dough may be replaced with ¾ cup white baking chips.

Per Serving: About 260 cal, 3 g pro, 36 g carb, 13 g total fat, 6 g sat fat, 30 mg chol, 125 mg sod.

Caramel-Cashew Chocolate Brownies

- 20 individually wrapped caramels
 - 3 tablespoons whipping cream
 - 3/4 cup butter or margarine, softened
- 1½ cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ cup unsweetened cocoa powder
- 1/2 teaspoon salt
- 4 ounces semisweet chocolate, coarsely chopped
- 1 cup roasted cashews, coarsely chopped
- 1 ounce white baking chocolate, chopped, if desired
- ½ teaspoon vegetable oil, if desired

In small saucepan over low heat, heat caramels and cream, stirring until melted and smooth. Set aside.

In mixer bowl, place butter, sugar, eggs, and vanilla. With mixer, beat at medium speed until creamy. Add flour, cocoa, and salt. Mix on low speed until moistened. Stir in semisweet chocolate and cashews. Spread in greased 9 x 9 x 2-inch baking pan. Drizzle caramel evenly over top.

Bake with oven rack in down position in lower slots of oven (Position D on page 8) at 325°F for 25 to 30 minutes, or until set in center.

In small microwave-safe bowl, add white chocolate and oil, if desired. Microwave on High for 45 to 60 seconds, or until melted. Stir until smooth. Drizzle over brownies. Cool 30 minutes. Refrigerate 1½ to 2 hours to set chocolate.

Yield: 16 servings (1 brownie per serving).

Per Serving: About 330 cal, 5 g pro, 40 g carb, 18 g total fat, 9 g sat fat, 65 mg chol, 115 mg sod.

Pear Crumble Tart

Crust

- 1 cup all-purpose flour
- 2 teaspoons granulated sugar
- 1/4 teaspoon salt
- 3 tablespoons cold butter or margarine, cut into ½-inch pieces
- 1 tablespoon cold shortening
- 1 egg yolk
- 2-3 tablespoons ice water

Topping

- ½ cup all-purpose flour
- ⅓ cup packed brown sugar
- ¼ cup cold butter or margarine, cut into ½-inch pieces

Filling

- 3 large ripe Bosc or Anjou pears, peeled, cored, and cut into %-inch slices
- 2 tablespoons lemon juice
- 2 tablespoons granulated sugar
- 1 tablespoon all-purpose flour
- ½ teaspoon nutmeg
- 1/4 teaspoon salt

In food processor, position multipurpose blade in work bowl. Add 1 cup flour, 2 teaspoons granulated sugar, and salt. Process 3 to 4 seconds, or until mixed. Add 3 tablespoons butter and shortening. Process 5 to 10 seconds, or until crumbly. In small bowl, combine egg yolk and 2 tablespoons water; sprinkle over flour mixture. Pulse 4 to 5 times, 1 to 2 seconds each time, or until mixture pulls away from bowl sides and dry ingredients are moistened. Add additional water if necessary.

Remove to floured surface; shape into a ball. Roll dough into an 11-inch circle. Fit into bottom and up sides of 9-inch tart pan; trim edges. Cover with plastic wrap and refrigerate.

In food processor, position multipurpose blade in work bowl. Add ½ cup flour, brown sugar, and ¼ cup butter. Process 5 to 8 seconds, or until crumbly. Set aside.

In large bowl, place pears. Sprinkle with lemon juice. Add 2 tablespoons granulated sugar, 1 tablespoon flour, nutmeg, and salt. Toss lightly to combine.

Spoon pear filling into crust. Cover with topping. Bake with oven rack in up position in lower slots of oven (Position C on page 8) at 350°F for 45 to 50 minutes, or until golden brown and pears are tender.

Yield: 8 servings.

Tip: Place piece of plastic wrap on top of dough to roll out. If crust tears, press together to seal.

Per Serving: About 290 cal, 3 g pro, 43 g carb, 12 g total fat, 7 g sat fat, 50 mg chol, 115 mg sod.

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