

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



CORDLESS RECHARGEABLE HAND BLENDER

CSB-44N

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT SAFEGUARDS

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

- 1. READ ALL INSTRUCTIONS.**
- To protect against electrical shock, do not put the charger handle or motor body of this hand blender in water or other liquid. The drive shaft of this appliance, where blades are interchanged, has been designed for submersion in water or other liquids. Never submerge any other portion of this unit. If hand blender falls into liquid, remove immediately. Carefully remove, clean and dry unit thoroughly before continuing.
- This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
- Do not operate in the presence of explosive and/or flammable fumes.
- To avoid possibility of personal injury, always detach the charger handle from the motor body before attaching or removing blades and/or attachments.**
- Unplug charger handle from outlet when not in use, before putting on or taking off parts and before cleaning.
- Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from attachments and mixing container during operation to reduce risk of injury to persons, and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
- Remove detachable shaft from the blender before washing the blades or shaft.
- Blades and accessory attachments are SHARP. Handle carefully.
- When mixing liquids, use a tall container or make small quantities at a time to reduce spillage and possibility of injury.
- Charger handle should be plugged into an electrical outlet away from sink or hot surfaces.
- Do not use an extension cord. Plug charger handle directly into an electrical outlet.
- Do not attempt to use this charger handle with any other product. Also, do not attempt to charge the batteries with any other charger.
- Do not use appliance for other than intended use.
- Do not charge batteries with handle charger plugged into an outdoor outlet.
- Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way, or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.
- The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock or risk of injury.
- Make sure the appliance is "OFF" and the motor has stopped completely before putting on or taking off attachments, and before cleaning.

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19. This appliance is intended for household use only and not for commercial or industrial use.
 20. Do not use this hand blender for other than intended use of preparing foods and beverages.
 21. Use care when stirring hot liquids, to avoid splattering.
 22. To reduce the risk of fire or electric shock, do not operate any heating appliance beneath the mounted charging handle unit.
 23. Do not mount the storage bracket/unit over or near any portion of a heating or cooking appliance, or a sink or wash basin.
 24. Unplug the charger handle from the outlet before attempting any routine cleaning of the charger handle.
 25. Do not operate a damaged charger. Have damaged charger replaced immediately.
 26. Do not incinerate the hand blender, even if it is severely damaged. The batteries can explode in a fire.
 27. This product contains nickel cadmium batteries which must be recycled at the end of the life of the hand blender and disposed of properly. (See Disposal / Recycling of Batteries.) Do not incinerate or compost batteries, as they will explode at high temperatures.
 28. Leaks from battery cells can occur under extreme conditions. If the liquid, which is a 20-35% solution of potassium hydroxide, gets on the skin, (1) wash quickly with soap and water or (2) neutralize with a mild acid such as lemon juice or vinegar. If the liquid gets into eyes, flush them immediately with clean water for a minimum of 10 minutes. Seek medical attention.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

INTRODUCTION

Blending has never been easier! Now you can bring your blender to the food, rather than taking your food to the blender.

The Cuisinart® Cordless Rechargeable Hand Blender may be the most convenient stick blender you ever own. Built with the same expertise that made the Cuisinart® Food Processor a legend, it delivers up to 15 continuous minutes of powerful blending, without a cord.

Consider the possibilities. Take it to the stovetop to purée a pot of simmering split pea soup or to blend pasta sauce just before serving. Bring it out on the patio to mix up a pitcher of margaritas. Take it to an out-of-the-way corner of the kitchen to quickly whip up a dip. Wherever it goes, you get the perfect blend. And this hand blender is comfortable. The handle is contoured to fit like your favorite kitchen utensil. The rubberized grip won't slip, even when hands are wet. And we put the power button right on top, within easy reach of your thumb.

As with all Cuisinart products, the Cordless Rechargeable Hand Blender is designed to be easy to use. Prongs slide out of the charger handle and into any wall outlet to recharge the batteries. The charger handle can be left in the outlet whenever the blender is not in use to guarantee up to 15 minutes of run time whenever you need it. The Cordless Rechargeable Hand Blender is engineered to let the batteries remain on continuous charge and to draw very little power while connected.

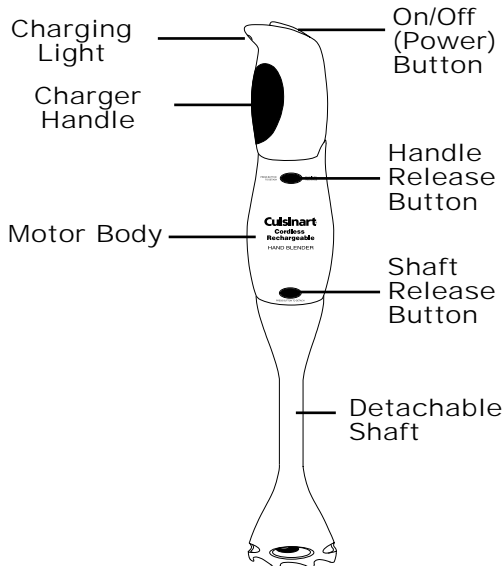
Cuisinart is famous for easy cleanups, too, and this hand blender is no exception. The detachable shaft is dishwasher safe, and the handle wipes clean in seconds.

Enjoy the perfect blend with Cuisinart, wherever life takes you!

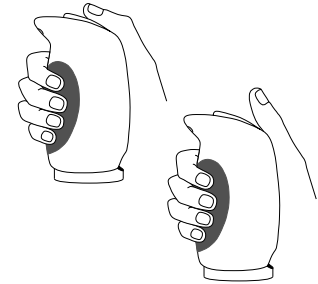
FEATURES AND BENEFITS

MODEL CSB-44N

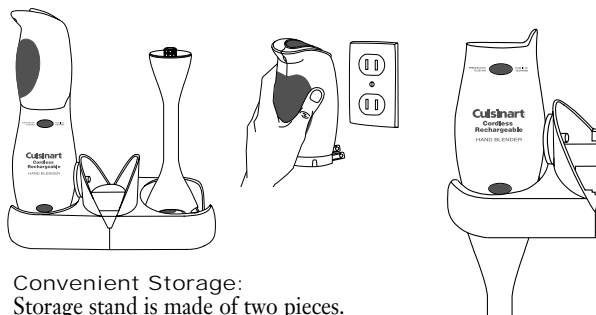
1. Cordless Operation:
No cord! Operates on battery power.
2. Three Stages Snap Together Easily.
Disassemble for compact storage, either separately or together in storage stand.
 - a. Charger Handle:
Batteries are in the handle. Release button allows this combination handle and charger to detach from main motor body.
Plug extends from handle to plug charger into wall socket.
 - b. Motor Body:
Contains powerful DC motor.
 - c. Detachable Shaft:
Release button allows shaft to detach from motor body for easy cleaning in dishwasher or under running water from faucet.



3. Batteries with Long Run Time Recharge Easily:
Runs up to 15 minutes under normal use (depending on specific uses) and regains over half of full power within 3 hours. Full charge in 12 to 24 hours. Normal time required for a blending task is 10 seconds to 2 minutes.
4. Maximum Comfort Handle:
The hand blender handle and power button are designed around the way you actually hold a stirring utensil. The shape of this handle gives you comfortable control and easy access to the power button. Rubberized handle gives better grip, especially when your hands are wet.
5. One Step ON/OFF (Power) Button:
Press and hold the rubberized power button to operate blender. Release button to stop motor.



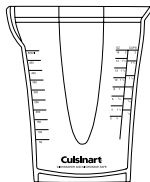
6. Plug-In Charger with Charging Light:
Plugs into wall outlet to recharge the batteries. Charging light is on to let you know the outlet is in operation and batteries are recharging. Light remains on when charging is completed. Detach charger handle from motor body with release button, slide wall plug out of housing, and plug directly into wall outlet. No cords necessary.
7. Detachable Shaft:
Easy to use, easy to clean and easy to store. Detach from motor body by pressing release button. Rinse under faucet or put in top shelf of dishwasher to clean.
8. Long Running Time:
The Cordless Rechargeable Hand Blender runs for 10 to 15 minutes during normal use with a full charge. Maximum usage time for most applications is only 1 to 2 minutes!



9. **Convenient Storage:**
Storage stand is made of two pieces. One side holds the detachable shaft. The other holds the motor body, either with or without the charger handle attached. The 2 storage pieces snap together for compact countertop storage of the motor body and shaft. Detach and mount one section to the wall and hang the entire appliance from the wall as shown. The appliance can also be hung from the wall with charger handle detached. Use anchor and screws included with this appliance.

10. **Easy To Clean:**
The Cuisinart® Cordless Rechargeable Hand Blender has a smooth surface that wipes clean instantly and easily. Detachable shaft is dishwasher safe.

11. **Mixing Beaker is Dishwasher & Microwave Safe:**
See-through mixing beaker is marked in liters and cups for convenient measuring. Use for drinks, shakes, salad dressings, etc. Designed for easy gripping and drip-free pouring.



12. **Detachable Blending Blade:**
Blade can be detached from shaft to replace with the whipping disc, or for cleaning. Blade can also be cleaned without detaching.

13. **Detachable Whipping Disc:**
Detach blade, then replace with this disc for whipping cream, egg whites and some salad dressings.

BEFORE YOU BEGIN

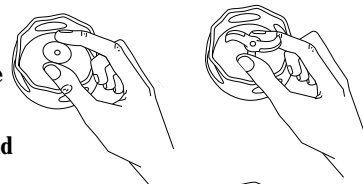
Place the package containing the Cuisinart® Cordless Rechargeable Hand Blender on a sturdy surface. Unpack the hand blender from its box by removing the upper protective insert. Carefully remove each piece from the box.

Note: The blending blade is extremely sharp. Use caution when removing and unpacking the storage stand. The blending blade is stored in the storage stand.

Remove all support materials from the box and replace the upper insert. Save packaging for possible repacking of the unit.

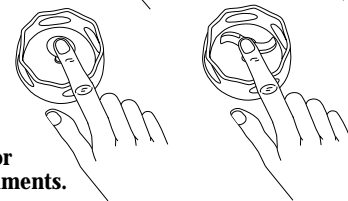
Before using the Cuisinart® Cordless Rechargeable Hand Blender for the first time, we recommend that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft, absorbent cloth. Handle carefully. Wash the blending blade, whipping disc, mixing beaker and detachable shaft by hand or in the dishwasher (upper rack only). Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

The batteries in your Cuisinart® Cordless Rechargeable Hand Blender have not been charged. Before the first use of this appliance, the batteries must be charged for 24 hours! See Charging and Battery Life on page 7.



ASSEMBLY

Note: To avoid possibility of personal injury, always detach the charger handle from the motor body before attaching or removing blades and/or attachments.



1. Attach blade or whipping disc to blender shaft.
For your safety, always detach the shaft from the motor body. To insert the blade or whipping disc, hold the stem of the blade/disc between your fingers. Match the raised notches on the shaft to the open slots on the stem.

Once properly aligned, slide the blade/disc onto the stem and push firmly into position. To ensure that the blade/disc is securely in place, carefully press the center end of each attachment back toward the shaft.

It is important to properly secure the blade/disc to prevent separation during use. Do not begin operating the hand blender until the desired blade/disc is secured!

2. Attach/Detach blender shaft to motor body.

a. Align blender shaft with motor body as shown in illustration. Push together until you feel and hear a click.

b. To detach: Press the release button and pull the shaft away from the body. Do not grasp shaft around the blade or whipping disc.

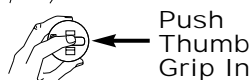
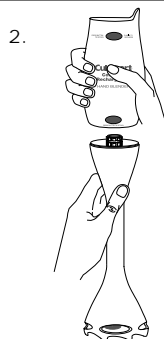
3. Attach/Detach charger handle to motor body.

a. After batteries are fully charged, remove charger handle from wall socket. Push down on thumb grip and slide the plug to the retracted position inside the housing.

b. Press the release button. Align two slots on bottom of charger with two tabs on top of motor body. Press together until you hear a click and the two sections fit together without gaps.

c. To detach: Hold motor body firmly in one hand. Detach charger handle by pressing release button located at top of motor body, then pull charger handle away from motor body by lifting up with other hand.

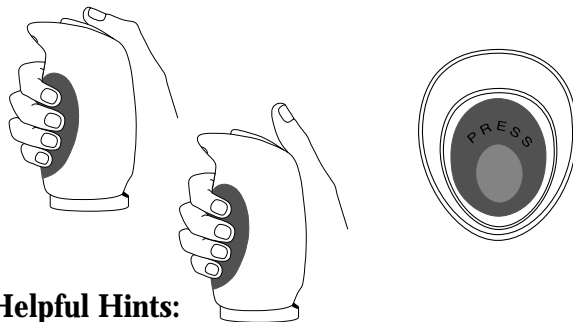
Note: Detach the charger handle from the motor body after each use.



OPERATION

Turning Cordless Rechargeable Hand Blender ON/OFF: Keep hands, hair, clothing and other utensils away from blending blade.

Press and hold rubberized ON/OFF button on top of handle to turn motor ON. The ON/OFF button is marked "PRESS". The hand blender will continue to run as long as the switch is pressed in. To turn hand blender off, release ON/OFF button and the motor will stop.



Helpful Hints:

1. Cut most solid foods into 1/2" cubes for easy blending.
2. Pour liquid ingredients into the mixing container first, unless recipe instructs otherwise.
3. To avoid splashing, do not pull the hand blender out of the mixture while blender is running.
4. Do not let hand blender stand in a hot pot on stove while not in use.
5. To prevent splashing, don't turn the hand blender ON until the blade is beneath the surface of the mixture.
6. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blade.
7. Do not fill mixing containers too full. The level of mixture will rise when blending, and can overflow.
8. Adding liquids that are warm, not cold, facilitates blending solids with liquids.
9. For recipes calling for ice, use *crushed* ice (not whole cubes) for best results.

CHARGING & BATTERY LIFE

Your Cuisinart® Cordless Rechargeable Hand Blender is equipped with nickel cadmium batteries. We have selected these batteries to give you maximum life and long running times, as well as rapid recharging times.

If you run your batteries down completely, it will take between 12 and 24 hours to completely recharge them. They will be over 50% charged after only 3 hours. Normally, you will not run them down completely. The normal running time with a full charge varies depending on what you are blending, but you can expect up to 15 minutes. The maximum time for most mixing tasks is up to 2 minutes.

CHARGING PROCEDURES

When brand new, the Cuisinart® Cordless Rechargeable Hand Blender is not fully charged. Plug the charger handle into the electrical socket and leave it plugged in for 24 hours to insure maximum operating capability. For best performance, fully discharge and recharge the battery 3 times before first use.

To Charge

Detach charger handle from motor body. Turn charger handle upside down. Using the thumb grip on the underside of the charger handle, push down slightly and slide the plug as far as it will go until it is fully exposed and extending from the handle housing (see illustration). Plug the prongs into a wall outlet. The batteries will begin charging. The charging light will be illuminated.



Continuous Charging

The unit is designed so that the batteries may remain on continuous charge. It is recommended that the Cuisinart® Cordless Rechargeable Hand Blender charger be kept plugged into a wall socket to charge, so that it will always be ready to use. Leaving the unit on continuous charge is very inexpensive in terms of the amount of electricity being used.

Holding the Charge

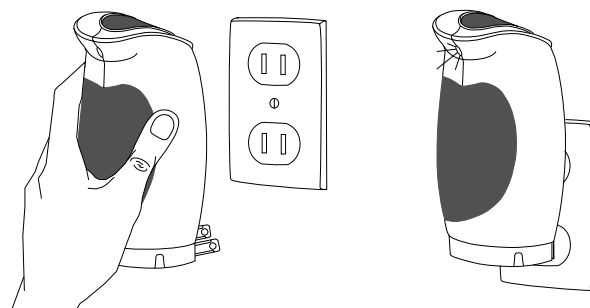
The batteries will keep their charge even when not plugged in. The batteries will lose approximately 1% of their total charge per month, if they are not plugged in and charging.

Short Run Times

If after repeated use the run time seems to get shorter and the hand blender has less power, it may not be the result of a faulty unit. This condition can be remedied by allowing the Cuisinart® Cordless Rechargeable Hand Blender to run until it stops. Then recharge the unit for 24 hours for a new charge. This procedure improves the batteries' capacity. You may need to repeat this a few times for the best results.

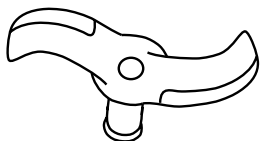
Charging Light

The charging light on the tip of the handle glows when the unit is charging. This light will be illuminated even when the batteries are fully charged. If the unit does not function, make sure that the charger handle is securely plugged into the outlet, and check to see if the outlet is controlled by a wall switch. Also, check for a blown house fuse. Note that if this light is on, the charger is operating.



ATTACHMENTS:

(A) BLENDING / MIXING / CHOPPING / MINCING BLADE



Blending & Mixing

This specially designed blade is for mixing and stirring all kinds of foods, including salad dressings, powdered drink products, soups and sauces. It is also ideal for combining dry ingredients.

The blade mixes and stirs while adding a minimum of air to your mixture. A gentle up-and-down motion is all you need to make the most flavorful, full-bodied liquid recipes. Be careful never to remove the Cuisinart® Hand Blender from the liquid while in operation.

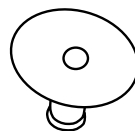
Chopping & Mixing

This blade also chops and blends cooked fruits, vegetables and baby foods. To chop or mince, always cut food into uniform pieces of about 1/2" to ensure perfect results. Keep the Cuisinart® Cordless Rechargeable Hand Blender directly over the food being processed, while placing a free hand on the mixing container for support. You may wish to place your free hand over the top of the container to prevent chopped ingredients from escaping. Use a forceful up-and-down motion when chopping and blending. This allows the blade to process the food more efficiently.

NOTE: If a piece of food becomes lodged in the guard surrounding the blade, follow the safety instructions below:

1. Release the power button and detach the charger handle from the motor body.
2. After the power source is disconnected, use a spatula to carefully remove the food lodged in the guard. Avoid injury. **DO NOT USE YOUR FINGERS TO REMOVE LODGED OBJECTS.**
3. After the lodged food has been removed, reattach the charger handle to the motor body and continue processing.

(B) WHIPPING DISC ATTACHMENT



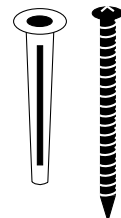
The Whipping Attachment is specially designed to add air and volume to mixtures. Perfect for aerating egg whites, cream and mayonnaise, this attachment makes mixtures light, frothy and thick.

When using this attachment, make sure there is extra room in the mixing container for the recipe to grow! For most recipes such as mayonnaise, beaten egg whites and whipped cream, hold the end of the hand blender in the bottom of the container and turn it on for about 15 seconds. Then continue to process, lifting the hand blender almost to the top of the liquid until mixture is thick.

STORAGE STAND / WALL BRACKETS

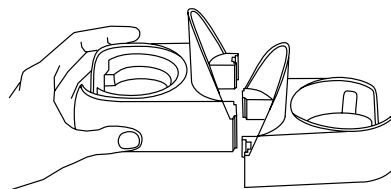
The Cuisinart® Cordless Rechargeable Hand Blender includes a two part storage stand that can be assembled into a single piece for countertop use. You can also separate the stand into two pieces, and mount one of the pieces to your wall to use as a wall storage bracket.

Storage stand kit consists of six (6) pieces: two anchor bolts, two plastic wall anchors, and two storage pieces that can fit together for countertop, or be separated for wall mount.



Countertop Option

The two storage pieces fit together. (See diagram below.)



Align the two pieces back to back on a flat surface, with the ring-shaped reservoirs facing right and left. The raised walls should be in the middle. Lift up the right piece; align the two tabs in the back

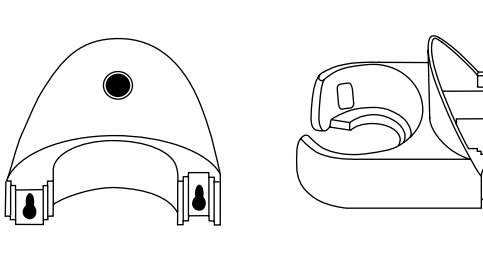
with the two slots of the left piece. Gently slide the tabs into the slots until both pieces are resting flat on the countertop.

To store the hand blender, detach the shaft and place the bottom part (blade guard) into one of the reservoirs. Place the motor body (right side up) into the other reservoir. You should be able to read the Cuisinart® logo when the motor body is in the stand.

The charger handle can be attached to the motor body when you store the unit. This is especially helpful when you want the hand blender close at hand during a heavy use period. Probably you will want to plug the charger handle into the electrical socket to keep the battery charged during other times. The counter storage unit can also be placed in a cupboard or on a shelf.

Wall Mount Option

Separate the two plastic storage stand pieces. You will need only one for wall mount. (See diagram below.)



When selecting a mounting location, be sure to leave enough room above the storage stand for your hand to remove the Cuisinart® Cordless Rechargeable Hand Blender. Also be sure to leave enough room below the stand to allow the appliance to hang freely.

You will need to drill two holes 2-2/3" apart from each other, measured from the center of each hole. To assist in proper location of holes for the mounting screws, remove the wall mount template from this instruction book. Place the template over the back of the wall unit, aligning the outline of the template with the wall bracket. When you have done this, place the template and wall bracket against the wall in the desired location. Remove the wall bracket, leaving the template in

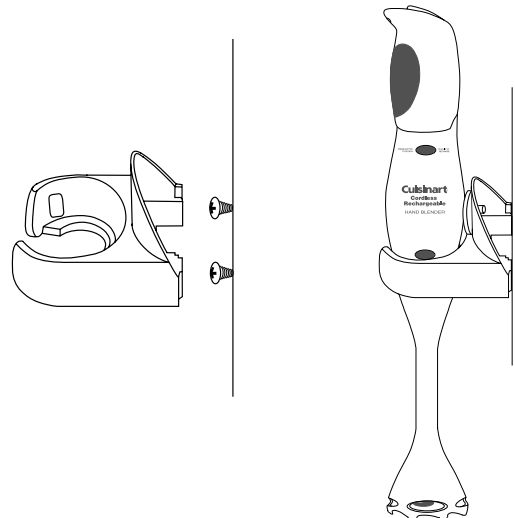
place. Mark the wall with a pencil in the locations indicated for screw holes by the template. Remove the template.

With a drill, make a 3/16" starter hole for each screw. Place the plastic anchor in each hole. Push completely into the hole with fingers, or tap in gently with a hammer. Screw a mounting screw into each hole, leaving 1/8" to 1/4" of the head and screw exposed.

Position the two mounting holes of the wall bracket over the screw heads, and slide wall bracket down the wall until the bracket is resting against the screw head, and will not slide any further. If the wall bracket feels too loose against the wall, remove bracket, put screws further into wall, and replace bracket.

Place the assembled hand blender into the wall bracket. The unit will hang from the bracket, held in place by the motor body width.

The charger handle can be attached to the motor body when you store the unit. This is especially helpful when you want the hand blender close at hand during a heavy use period. At other times, you probably will want to keep the charger handle plugged into the electrical socket to assure the battery is always 100% charged.



CLEANING:

Always clean the hand blender thoroughly after using.

Hand Blender

Detach the charger handle from the motor body before cleaning.

Remove the shaft with the blade from the motor body. The shaft with the blade and the mixing/measuring beaker can be cleaned in the dishwasher (upper rack), or by hand in hot water with a mild detergent. It is not necessary to remove the blade from the shaft.

Clean the motor body and the charger handle with a sponge or damp cloth only. Do not use abrasive cleansers which could scratch the surface.

Never immerse the motor body or charger handle in water.

When the appliance has malfunctioned or has been dropped or damaged in any way, or it is not operating properly, return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.

Suggestion: When processing foods with color (like carrots), the plastic parts of the appliance can become discolored. Wipe these parts with cooking oil before cleaning them with a mild detergent.



DISPOSAL / RECYCLING OF BATTERIES

This product uses four nickel-cadmium rechargeable and recyclable batteries. At the end of the batteries' useful life, they should be recycled. These batteries must not be incinerated or composted.

Nickel-cadmium batteries should not be put in municipal waste systems. Contact your local waste collection agency for proper recycling and disposal information for your area.

Please do not attempt to dismantle the charger handle to replace these batteries on your own. Damage could result to the unit.

When it is time to replace and/or recycle the batteries, or to receive additional instructions for disposing of old batteries, call toll-free 1-800-726-0190 to order a new charger handle which will include the four new batteries. Or send the charger handle to Cuisinart, 150 Milford Road, E. Windsor, NJ 08520.

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ABOUT THE RECIPES

Nutritional analysis are based on number of servings indicated. If a recipe produces a range of servings, analysis are based on the highest serving yield for that particular recipe.

MOCHACCINO SHAKE

A shake ready in just seconds to satisfy the sweet tooth.

Makes 1 serving

- 1 teaspoon instant espresso powder
- 1 tablespoon hot water
- 1/2 cup fat free milk
- 1/2 cup coffee ice cream or frozen yogurt
- 1 tablespoon fat free chocolate syrup

Dissolve the espresso powder in the hot water in the mixing beaker. Add the milk, ice cream, and chocolate syrup. Insert the hand blender. Turn blender ON and process using a gentle up-and-down motion, about 15 to 20 seconds, until thick and smooth. Remove charger handle from the hand blender. Serve immediately.

Nutritional information per serving:

Calories 239 (28% from fat) • carb. 35g • pro. 8g • fat 7g • sat. fat 5g • chol. 32mg • sod. 144mg • calc. 267mg • fiber 0g

STRAWBERRY BANANA BREAKFAST SHAKE

A quick and wholesome breakfast that travels well when served in a thermal mug. Make it even more nutritious by using calcium enriched orange juice.

Makes 2 servings

- 1 cup chilled orange juice
- 10 fresh strawberries, hulled and quartered
- 1/2 fresh banana, cut into 1/2-inch pieces
- 1/2 cup fat free vanilla yogurt
- 1 tablespoon wheat germ

Place all ingredients in mixing beaker in order listed. Insert the hand blender fitted with the metal blending blade. Turn the blender ON and process using a gentle up-and-down motion until smooth, about 20 to 30 seconds. Remove the charger handle from the hand blender. Serve immediately.

Nutritional information per serving:

Calories 156 (5% from fat) • carb. 34g • pro. 5g • fat 1g • sat. fat 0g • chol. 1mg • sod. 34mg • calc. 115mg • fiber 3g

MANGOLADA

A twist on the traditional piña colada, combining mango with the tropical flavors of pineapple, coconut and rum.

Makes 2 servings

- 3/4 cup chilled pineapple juice
- 1 cup mango cubes (1/2 - inch), chilled
- 1/4 cup unsweetened "lite" coconut milk
- 3 ounces rum

Place ingredients in mixing beaker in order listed. Place the hand blender, fitted with the metal mixing blade, into the beaker. Turn the blender ON and process using a gentle up-and-down motion until smooth, about 20 to 30 seconds. Remove the charger handle from the hand blender. Serve immediately over crushed ice.

Nutritional information per serving:

Calories 218 (7% from fat) • carb. 27g • pro. 1g • fat 2g • sat. fat 1g • chol. 0mg • sod. 5mg • calc. 19mg • fiber 2g

FROTHY CAFÉ AU LAIT

Frothing the milk turns everyday “joe” into a coffeehouse treat.

Makes 2 servings (mugs)

1/2 cup fat free milk
2-1/4 cups (20 ounces) freshly brewed hot coffee
Cocoa powder or ground cinnamon for garnish

Just as coffee completes its brewing cycle, place the milk in the mixing beaker. Place the hand blender, fitted with the whipping disc, into the beaker. Turn On and run for 15 to 20 seconds at the bottom of the beaker, then use a gentle up-and-down motion to whip the milk until frothy, about 45 to 60 seconds. Remove the charger handle from the hand blender. Pour the coffee into the two mugs, sweeten as desired, and top each with equal parts of the frothy, whipped milk. Dust lightly with cocoa powder or ground cinnamon.

Nutritional information per serving (without sugar/sweetener):

Calories 29 (5% from fat) • carb. 4g • pro. 3g • fat 0g •
sat fat 0g • chol. 1mg • sod. 36mg • calc. 85mg • fiber 3g

BASIC VINAIGRETTE

Use this basic vinaigrette as a guide and change your vinegar/oil flavors to come up with appropriate combinations to create exciting salads. You may add other flavors such as crushed or roasted garlic, chopped shallots, fresh or dried herbs, sun-dried tomatoes, honey or lemon juice.

Makes 1 cup

1/4 cup wine vinegar
1 tablespoon Dijon mustard
3/4 cup salad or olive oil
kosher salt and freshly ground pepper to taste

Place all ingredients in the mixing container. Place hand blender, fitted with the metal blending blade, into the beaker. Turn On and blend using a gentle up-and-down motion until combined, about 10 to 15 seconds. Remove charger handle from hand blender. Keep unused portions in an airtight container in the refrigerator up to 2 weeks.

Nutritional analysis per tablespoon:

Calories 91 (98% from fat) • carb. 0g • pro. 0g • fat 10g •
sat. fat 1g • chol. 0mg • sod. 23mg • calc. 0mg • fiber 0g

BLUE CHEESE DIP/DRESSING

Use as a dressing for crispy, chilled greens or as a dip for celery when serving “Buffalo Wings.”

Makes about 1 cup

1/2 cup lowfat mayonnaise
1/3 cup fat free plain yogurt
1/2 cup crumbled blue cheese (about 2 ounces)
1 tablespoon dehydrated onion flakes
1 teaspoon cider vinegar
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Place all ingredients in the mixing beaker. Place hand blender, fitted with the metal blending blade, into the beaker. Turn ON and blend using a gentle up-and-down motion until blended and creamy, about 20 to 30 seconds. Remove charger handle from hand blender. Cover and chill for 30 minutes before serving to allow flavors to blend.

Nutritional information per tablespoon:

Calories 37 (78% from fat) • carb. 1g • pro. 1g • fat 3g •
sat. fat 1g • chol. 6mg • sod. 116mg • calc. 27mg • fiber 0g

RUSTIC TOMATO SAUCE

Makes about 5 cups

- 2 teaspoons extra virgin olive oil
- 1 onion (5 – 6 ounce), peeled and cut in 1/2-inch pieces
- 1 carrot (2 ounce), peeled and cut in 1/2-inch pieces
- 1 rib celery, trimmed and cut in 1/2-inch pieces
- 2 cloves garlic, peeled
- 1 teaspoon dried basil
- 1 roasted red bell pepper, cut in 1-inch pieces
- 1/3 cup dry white wine (such as vermouth)
- 2 tablespoons tomato paste
- 2 15-ounce cans recipe ready-diced tomatoes with juices
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

In a Cuisinart® 2-3/4 quart Saucepan, heat the olive oil over medium heat. Add the onion, carrot, celery, garlic, and basil. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Remove pan from heat and let stand 5 minutes. Insert the hand blender fitted with the metal blending blade, and using a gentle up-and-down motion, process the sauce until well blended, about 60 to 90 seconds. Process for shorter time if a more textured sauce is preferred. Remove the charger handle from the hand blender.

Nutritional analysis per half cup serving:

Calories 47 (17% from fat) • carb. 8g • pro. 1g • fat 1g •
sat. fat 0g • chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g

YUKON GOLD POTATO AND ROASTED GARLIC SOUP

Makes eight cups (8 servings)

- 1 ounce peeled garlic cloves (8 – 12 cloves)
- 2 teaspoons extra virgin olive oil
- 1/2 tablespoon unsalted butter
- 1 medium onion (5 ounces), peeled, cut in 1/2-inch pieces
- 1 carrot (2 ounces), peeled, cut in 1/2-inch pieces
- 1 rib celery (2 ounces), peeled, cut in 1/2-inch pieces
- 3-1/2 cups fat free, low-sodium chicken or vegetable stock
- 2 cups water
- 2 pounds Yukon gold potatoes*, peeled, cut in 1/2 -inch slices
- 1 teaspoon herbs de Provence
- 1/2 cup evaporated fat free milk or half-and-half
- 1 teaspoon kosher salt
- 1/2 teaspoon ground white pepper

Preheat oven to 375°F. Place cloves of garlic in the center of a 12-inch square of foil, drizzle with 1 teaspoon of the olive oil and toss to coat. Wrap the foil around the garlic and fold or crimp to seal. Roast until garlic is tender, about 1 hour. Cool slightly before using. (Garlic may be done ahead, and will keep in a resealable container for 5 days in the refrigerator.)

While the garlic is roasting, heat remaining olive oil with butter in a Cuisinart® 3-3/4 quart Saucepan over medium heat. Add the onion, carrot, and celery. Reduce heat to low, cover loosely and cook until vegetables are tender but not browned, 8 to 10 minutes. Stir in the stock, water, potatoes, herbs de Provence, and roasted garlic. Raise heat and bring to a boil. Reduce heat to medium low and simmer, loosely covered, until potatoes are tender, about 20 minutes. Turn off heat and let sit for 2 to 3 minutes.

Insert the hand blender and process using a gentle up-and-down motion, moving the blender slowly throughout the saucepan until well combined, smooth, and without any visible pieces of vegetables remaining, about 1 to 2 minutes. Add half-and half, salt and pepper.

Insert the hand blender and process for an additional 30 to 40 seconds. Remove charger handle from hand blender. Serve hot. Garnish with chopped fresh parsley if desired.

Nutritional information per serving (made with evaporated fat free milk):

Calories 54 (29% from fat) • carb. 6g • pro. 3g • fat 2g • sat. fat 0g • chol. 1mg • sod. 420mg • calc. 67mg • fiber 1g

PROVENÇAL WHITE BEAN SOUP

This hearty yet healthy soup can be ready to serve in about 30 minutes.

Makes 10 cups

- 1 tablespoon “light” flavored olive oil
- 1 cup chopped onions
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 4 cloves garlic, peeled
- 1 teaspoon herbs de Provence (may substitute dry thyme)
- 1 bay leaf
- 6 cups drained cooked white beans (may use canned – rinse and drain)
- 4 cups low-sodium, low-fat chicken or vegetable stock
- 1 cup water
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground white pepper

In a Cuisinart® 3-3/4 quart Saucepan, heat the oil over medium heat and cook the onions, carrots, and celery until softened, but not browned, about 6 to 8 minutes.

Stir in the herbs de Provence and bay leaf; cook for 1 minute. Add stock, water and drained beans. Bring to a boil, then reduce heat and simmer, partially covered, for 20 minutes. Turn off heat; remove bay leaf and discard. Insert the hand blender fitted with the metal blending blade into the saucepan. Turn the hand blender ON, and

using a gentle up-and-down motion, blend until smooth and creamy, about 1 to 1-1/2 minutes. Remove charger handle from hand blender. Season with salt and pepper.

Serve the soup hot. Soup may be garnished with a sprinkling of chopped fresh parsley and diced cooked bacon or ham.

Nutritional analysis per serving (without garnish):

Calories 182 (9% from fat) • carb 30g • pro. 12g • fat 2g • sat. fat 0g • chol. 0mg • sod. 221mg • calc. 111mg • fiber 7g

FAST & FRESH APPLESAUCE

One pan, no fuss applesauce – make it as you like it, chunky or smooth.

Makes 3 cups

- 2 pounds apples (your favorite, Red Delicious not recommended), peeled, cored and cut into eighths
- 1/4 cup water
- 1 tablespoon fresh lemon juice

Combine all ingredients in a Cuisinart® 2-quart Saucepan. Bring to a boil over high heat, then reduce heat to low, cover and simmer until apples are fork tender, 12 to 15 minutes. Remove from heat and let sit 5 minutes, still covered. Uncover and insert hand blender fitted with the metal blending blade. Process using a gentle up-and-down motion until desired consistency is reached, using less time for a chunkier sauce, about 20 to 60 seconds. Remove the charger handle from the hand blender. Serve applesauce warm or chilled. Keeps covered and refrigerated for 3 days.

Nutritional analysis per serving (1/2 cup):

Calories 81 (5% from fat) • carb. 21g • pro. 0g • fat 1g • sat. fat 0g • chol. 0mg • sod 2mg • calc. 8mg • fiber 4g

Variations: Cinnamon Applesauce: add a cinnamon stick when cooking the apples. Remove before processing.

Cranberry Applesauce: Substitute cranberry or cranapple juice for the water and add 1/3 to 1/2 cup dried cranberries to the apples before cooking.

SWEETENED WHIPPED CREAM

Whip cream to top desserts in just seconds.

Makes 1-1/2 cups whipped cream

- 1 cup heavy cream
- 1 tablespoon granulated sugar
- 1 teaspoon vanilla extract

Place all ingredients in mixing beaker. Place the hand blender, fitted with the whipping disc, into the beaker. Turn the hand blender ON and run for 10 seconds. Then use a gentle up-and-down motion to whip the cream until thickened, about 50 to 60 seconds. Remove the charger handle from the hand blender.

Nutritional analysis per tablespoon:

Calories 36 (89% from fat) • carb. 1g • pro. 0g • fat 4g • sat. fat 2g • chol. 14mg • sod. 4mg • calc. 6mg • fiber 0g

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