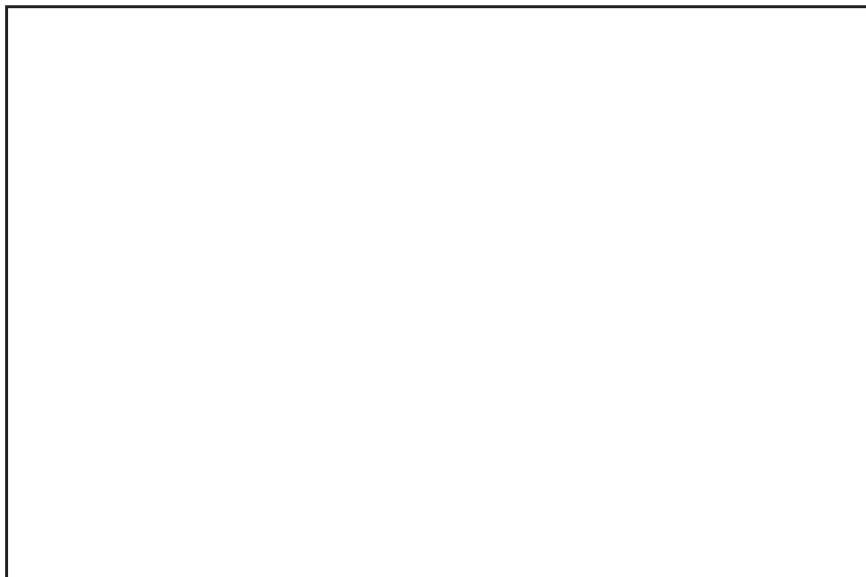


DIGITAL CONVECTION OVEN



MODEL WST3019ZE

OWNER'S MANUAL



Westinghouse

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 appliance in water or other liquid.
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. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, turn any control to "off", then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Oversize foods or metal utensils must not be inserted in a Digital Convection Oven as they may create a fire or risk of electric shock.
15. A fire may occur if the Digital Convection 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.
16. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts involving a risk of electric shock.
17. Extreme caution should be exercised when using containers constructed of other than metal or glass.
18. Do not store any materials, other than manufacturers recommended accessories, in this oven when not in use.
19. Do not place any of the following materials in the oven: paper, cardboard, plastic, and the like.
20. Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.
21. Press STOP button to turn "off" the power.

SAVE THESE INSTRUCTIONS

For Household Use Only

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
- 2. Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse this appliance in water or any other liquid.**
3. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
4. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
5. To reduce the risk of fire, do not leave this appliance unattended during use.
6. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
7. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
8. Do not use this appliance in an unstable position.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and (2) the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

PLASTICIZER WARNING

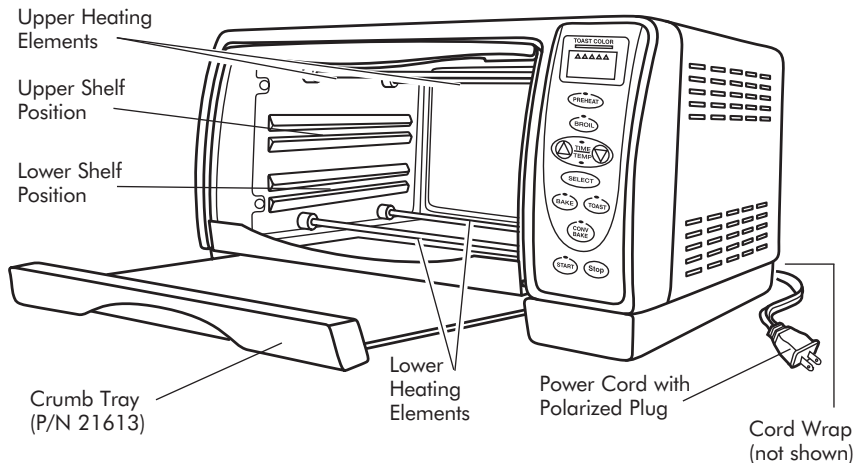
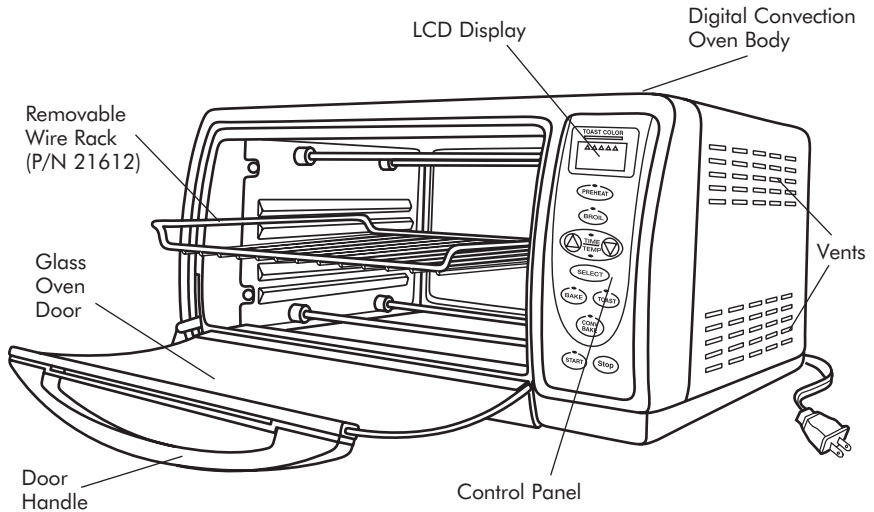
CAUTION: To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the countertop or tabletop.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

GETTING TO KNOW YOUR WESTINGHOUSE WST3019ZE DIGITAL CONVECTION OVEN

Your Westinghouse 6 Slice Digital Convection Oven offers 5 Functions: PREHEAT, BROIL, TOAST, BAKE, and CONVECTION BAKE. The large LCD Display and electronic touch pad controls make operation simple. Its brushed stainless steel housing accented in elegant black and beautiful curved Glass Door make it a handsome addition to any kitchen.

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATION



BEFORE USING FOR THE FIRST TIME

CAUTION: To protect against electric shock, do not immerse the Digital Convection Oven or allow cord to come into contact with water or other liquids.

1. Carefully unpack the oven and accessories removing all packaging materials. Remove any labels from the outer surfaces.
2. Use a clean damp cloth to wipe the inside and outside surfaces of the oven. Wash all accessories in warm soapy water, rinse and dry thoroughly. Do not use abrasive cleaners.
3. To ensure that the oven is free from oils used in manufacturing, select the BAKE Function and set the TEMPERATURE to 450°F, set the TIME to 30 minutes and press the START Button. At the end of the bake time the Digital Convection Oven is ready for use.

HINTS FOR BEST RESULTS

1. To prevent heat loss, avoid opening the door excessively.
2. To speed up browning, brush lean cuts of meat, chicken and fish with oil, margarine or melted butter.
3. If the START Button is not pressed, the Display will revert to: (— — —).

CAUTION: Appliance surfaces are hot during and after use.

CAUTION: Always wear protective, insulated oven mitts on hands when touching hot Oven or hot dishes and food or when inserting or removing Wire Rack, baking dish and food.

COOKING CONTAINERS

1. The Baking Tray included with the Digital Convection Oven is suitable for items such as cookies, rolls, biscuits, nachos and pork chops.
2. A variety of standard baking dishes, such as a 8" round or square cake pan, a 6-cup muffin pan, and 1 & 2 quart round, square, or rectangular casserole dishes may be used for other foods.
3. Choose bakeware made of metal, or glass/ceramic without lids.
4. Dark or dull pans absorb heat faster; foods will bake more rapidly and crust will brown more easily than in shiny bake pans.
5. Check package directions and/or with the ovenware manufacturer to determine if the container is suitable for use in a Digital Convection Oven.
6. Do not use oven roasting bags in this Oven, as they may come in contact with the heating elements.

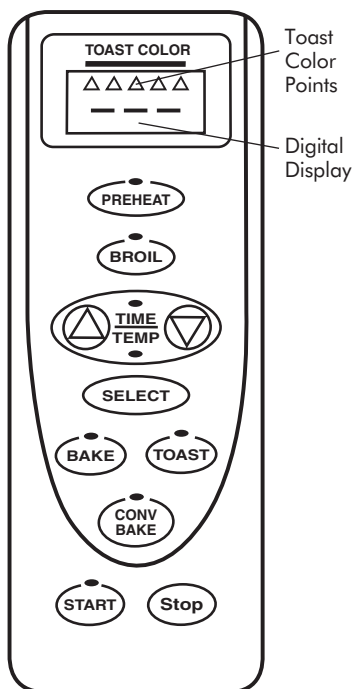
CAUTION: Allow at least 1" air space between the top of the container and the upper heating elements. Never use glass lids on glass or metal bakeware. If a lid is necessary, cover tightly with heavy-duty aluminum foil.

PLEASE NOTE: Ovenware manufacturers do not recommend using see-through glass baking containers or lids in this Oven. Glass-ceramic baking containers (that are not see-through) may be used. Do not use oven roasting bags in this Oven, as they may come in contact with the Heating Elements.

OPERATING INSTRUCTIONS

CONTROL PANEL

1. **Toast Color:** Browning Selector consists of series of 5 points that represent Toast Color, progressively darker each step.
2. **Digital Display:** Shows set TIME/TEMPERATURE or (— — —).
3. **PREHEAT Button:** Fixed temperature setting at 200°F, default time: 30 minutes (0:30). Maximum Time: 1 hour.
4. **BROIL Button:** Fixed temperature setting at 450°F, default time: 30 minutes (0:30). Maximum Time: 2 hours.
5. **BAKE Button:** Default temperature setting at 350°F, default time: 30 minutes (0:30). Maximum Time: 2 hours.
6. **TOAST Button:** Fixed temperature setting at 450°F, default setting: light toast.



7. **CONVECTION BAKE Button:** Default setting at 350°F, 30 minutes (0:30). Maximum Time: 2 hours.
8. **SELECT Button:** Toggles between TIME and TEMPERATURE.
9. **TIME/TEMPERATURE Button:** Press UP or DOWN Arrows to adjust TIME and TEMPERATURE for some Functions and Toast Color selection when toasting.

(Hint: Holding the UP or DOWN Arrows down in place will either fast forward or fast reverse the time and temperature.)

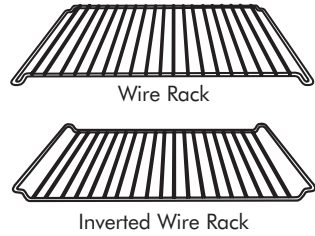
10. **START Button:** Press this Button to begin all Functions. If this Button is not pressed, the Display will revert to: (— — —).
11. **STOP Button:** Press this Button to turn OFF the power. The beeper will sound once, the Display will revert to: (— — —), and all Indicator Lights will turn OFF.

NOTE: Each time you press **PREHEAT, BROIL, TIME/TEMPERATURE, BAKE, CONVECTION BAKE, TOAST, START** or **STOP Buttons**, a red Indicator Light will illuminate and/or you will hear a beep. This lets you know your selection has been made.

OPERATING INSTRUCTIONS (Cont.)

SHELF AND RACK POSITIONS

Depending on the size of your food or the height of your baking pan, you may wish to adjust the height and position of the Wire Rack. There are 2 Shelf Positions that the Wire Rack or inverted Wire Rack fits into. Slide the Wire Rack into the Oven making sure that it is level and properly positioned. You may use the Wire Rack in the normal position or invert it.



1. When using the BROIL Function, your food should be 1- 2 inches from the top element.
2. When baking, the shelf position used will depend on the size of the food being prepared. It is important to place your food as close to the center as possible to ensure even cooking.

PREHEAT FUNCTION

Use the PREHEAT Function at 200°F, for 5 minutes to a maximum time of 1 hour. **The temperature cannot be adjusted.**

1. Plug the Digital Convection Oven into a 120V AC outlet.
2. Press the PREHEAT Button. The red Indicator Light next to the PREHEAT Button will illuminate.
3. The TIME Light will also illuminate and the default TIME 0:30 minutes will appear on the Display. To change the TIME, press the UP or DOWN Arrow and it will change in 5 minute increments. You may set the Oven to PREHEAT for 5 minutes to a maximum of 1 hour.

NOTE: If you press the SELECT Button, the TEMPERATURE Light will illuminate and the preset temperature of 200°F will appear in the Display.

The temperature cannot be adjusted. Press the SELECT Button again.

4. Open the Door and center food on the Wire Rack. Close the Door.
5. Press the START Button to begin warming. The Display will show the last selection, TIME or TEMPERATURE. If TEMPERATURE was selected last, it will remain on the Display for approximately 30 seconds; then it will display the TIME as it counts down. At the end of the pre-set time, the Oven will sound 5 beeps and turn itself OFF.

OPERATING INSTRUCTIONS (Cont.)

PREHEAT FUNCTION (Cont.)

6. You may turn the Oven OFF and cancel warming at any time by pressing the red STOP Button.
7. Wear protective oven mitts to remove food from Digital Convection Oven.
8. Unplug and allow to cool before cleaning.

HINTS FOR PREHEAT

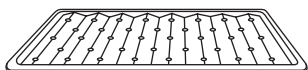
1. Use for short periods of time after food is cooked.

BROIL FUNCTION

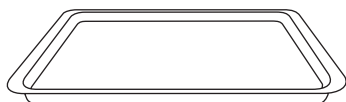
The BROIL Function may be used to broil your favorite foods according to package or recipe instructions.

1. When broiling, always use Baking/Broiling Tray with the Broiling Insert. This allows juices and fat to drip into the Baking/Broiling Tray and decreases splattering while broiling.

Broiling Insert (P/N 21610)



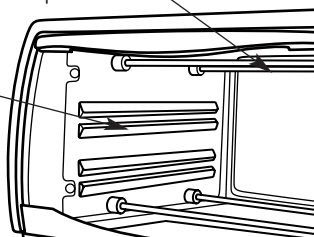
Baking/Broiling Tray (P/N 21611)



Place the Broiling Insert into the Baking/Broiling Tray

Place food 1-2 inches from the top element.

Use the upper shelf position when possible



2. Use the upper shelf position when possible. Food should be placed 1 - 2 inches from the top element. Use the Wire Rack in either the normal or the inverted position depending on the thickness of your food.

CAUTION: NEVER LEAVE DIGITAL CONVECTION OVEN UNATTENDED WHEN BROILING.

OPERATING INSTRUCTIONS (Cont.)

BROIL FUNCTION (Cont.)

3. Plug the Digital Convection Oven into a 120V AC outlet.
4. Open the Door and center Baking/Broiling Tray and Broiling Insert with food on the Wire Rack. Close the Door.
5. Press the BROIL Button. The red Indicator Light next to the BROIL Button will illuminate.
6. The TIME Light will illuminate and the default TIME 0:30 minutes will appear on the Display. To change the TIME, press the UP or DOWN Arrow and it will change in 5 minute increments. You may set the Oven to BROIL for 5 minutes to a maximum of 2 hours.

NOTE: If you press the SELECT Button, the TEMPERATURE Light will illuminate and the preset temperature of 450°F will appear in the Display.

The temperature cannot be adjusted.

7. Press the START Button to begin broiling. The Display will show the last selection, TIME or TEMPERATURE. If TEMPERATURE was selected last, it will remain on the Display for approximately 30 seconds; then it will display the TIME as it counts down. Turn food halfway through cooking time. At the end of the pre-set time, the Oven will sound 5 beeps and turn itself OFF.
8. You may turn the Oven Broiler OFF and cancel cooking at any time by pressing the red STOP Button.
9. Wear protective oven mitts to remove food from Digital Convection Oven.
10. Unplug and allow to cool before cleaning.

HINTS FOR BROIL

1. Do not place aluminum foil on top of Broiling Insert. Doing this traps grease and can cause a fire.
2. When broiling, trim excess fats from meat and score edges to reduce curling, splattering and smoking.
3. Always thaw meat before broiling.
4. The Oven is preset to the highest temperature when broiling.

OPERATING INSTRUCTIONS (Cont.)

BROIL INSTRUCTIONS

1. Position Broiling Insert in Baking/Broiling Tray. Place food on top of Insert.
2. Season food before or after cooking.
3. Broil until done, turning halfway through cooking time.

BROIL CHART

Food	Weight/ Thickness	Broil Time (Minutes)	Internal Temp. (°F)
Beef			
Porterhouse/Sirloin	1 inch	0:15 - 0:25	145 - 170
Rib Eye	1 inch	0:15 - 0:25	145 - 170
Hamburger	4 ounces	0:15 - 0:20	160
Pork			
Chops	½ inch	0:10 - 0:20	160 - 170
Poultry			
Chicken	pieces	0:25 - 0:35	180
Fish			
Fillet	½ inch	0:10 - 0:15	
Steak	1 inch	0:20 - 0:30	

USDA COOKING GUIDELINES

NOTE: The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165°F and ground beef, veal, lamb and pork be cooked to an internal temperature 160°F. Chicken and turkey should be cooked to an internal temperature of 170°F for white meat and 180°F for dark meat. Goose and duck should be cooked to an internal temperature of 180°F. Fresh beef, veal and lamb, etc., should be cooked to an internal temperature of at least 145°F. Fresh pork should be cooked to an internal temperature of at least 160°F. When re-heating meat and poultry products, they should also be cooked to an internal temperature of 165°F.

OPERATING INSTRUCTIONS (Cont.)

BAKE / CONVECTION BAKE FUNCTION

The BAKE Function may be used to bake cakes, cookies, pies, biscuits or your favorite recipe according to package or recipe instructions.

The CONVECTION BAKE Function circulates heated air throughout the oven cavity to maintain uniform temperature around the food. This constant, gentle air flow promotes browning and seals in juices when cooking meats and poultry.

1. Plug the Digital Convection Oven into a 120V AC outlet.
2. Position the Wire Rack in the correct shelf position for the baking dish.
3. Press either the BAKE or CONVECTION BAKE Button. The red Indicator Light next to the BAKE or CONVECTION BAKE Button will illuminate.
4. The TIME Light will also illuminate and the default TIME 0:30 minutes will appear on the Display. To change the TIME, press the UP or DOWN Arrow and it will change in 5 minute increments. You may set the Oven to BAKE or CONVECTION BAKE for 5 minutes to a maximum of 2 hours.
5. Press the SELECT Button. The TEMPERATURE Light will illuminate and the preset temperature of 350°F will appear in the Display. To change the temperature, press the UP or DOWN Arrow. The temperature will change in 25°F increments. To change the temperature more quickly, hold the ARROW down. You may set the Oven to BAKE or CONVECTION BAKE from 100°F to a maximum of 450°F.
6. Press the START Button to begin preheating the Oven for 10 minutes if called for on the package or recipe. The Display will show the last selection, TIME or TEMPERATURE. If TEMPERATURE was selected last, it will remain on the Display for approximately 30 seconds; then it will display the TIME as it counts down. At the end of the pre-set time, the Oven will sound 5 beeps and turn itself OFF.

OPERATING INSTRUCTIONS (Cont.)

BAKE / CONVECTION BAKE FUNCTION

The BAKE Function may be used to bake cakes, cookies, pies, biscuits or your favorite recipe according to package or recipe instructions.

The CONVECTION BAKE Function circulates heated air throughout the oven cavity to maintain uniform temperature around the food. This constant, gentle air flow promotes browning and seals in juices when cooking meats and poultry.

1. Plug the Digital Convection Oven into a 120V AC outlet.
2. Position the Wire Rack in the correct shelf position for the baking dish.
3. Press either the BAKE or CONVECTION BAKE Button. The red Indicator Light next to the BAKE or CONVECTION BAKE Button will illuminate.
4. The TIME Light will also illuminate and the default TIME 0:30 minutes will appear on the Display. To change the TIME, press the UP or DOWN Arrow and it will change in 5 minute increments. You may set the Oven to BAKE or CONVECTION BAKE for 5 minutes to a maximum of 2 hours.
5. Press the SELECT Button. The TEMPERATURE Light will illuminate and the preset temperature of 350°F will appear in the Display. To change the temperature, press the UP or DOWN Arrow. The temperature will change in 25°F increments. To change the temperature more quickly, hold the ARROW down. You may set the Oven to BAKE or CONVECTION BAKE from 100°F to a maximum of 450°F.
6. Press the START Button to begin preheating the Oven for 10 minutes if called for on the package or recipe. The Display will show the last selection, TIME or TEMPERATURE. If TEMPERATURE was selected last, it will remain on the Display for approximately 30 seconds; then it will display the TIME as it counts down. At the end of the pre-set time, the Oven will sound 5 beeps and turn itself OFF.

OPERATING INSTRUCTIONS (Cont.)

BAKE / CONVECTION BAKE FUNCTION (Cont.)

7. Open the Door and center food on the Wire Rack. Close the Door.
8. You may turn the Oven OFF and cancel cooking at any time by pressing the red STOP Button.
9. Wear protective oven mitts to remove food from Digital Convection Oven.
10. Unplug and allow to cool before cleaning.

HINTS FOR BAKE / CONVECTION BAKE

1. When baking, the shelf position used will depend on the size of the food being prepared. It is important to place your food as close to the center of the Oven as possible to ensure even cooking.
2. Dark or dull pans absorb heat faster; foods will bake more rapidly and crust will brown more easily than in shiny bake pans.
3. Shallow baking containers are best when using the Convection Bake because they allow maximum air flow.
4. Choose bakeware made of metal, ovenproof glass, and ceramic.
5. Check package directions to determine if the container is suitable for use in a regular oven.

CAUTION: Allow at least 1" air space between the top of the container and the upper heating elements. Never use glass lids on glass or metal bakeware. If a lid is necessary, cover tightly with aluminum foil.

OPERATING INSTRUCTIONS (Cont.)

CONVECTION BAKE INSTRUCTIONS

1. Preheat Oven. Place meat (fat side up) or food to be cooked into a bake pan.
2. Season meat before or after cooking.
3. Insert meat thermometer into the thickest part of meat, not touching bone or fat.
4. Do not add water. Do not cover.
5. Roast to 5 - 10 degrees below desired doneness. (Internal temperature).
6. Allow meat to stand 15 - 20 minutes before serving. The temperature will continue to rise while standing.

CONVECTION BAKE CHART

Food	Weight	Oven Temp. (°F)	Convection Bake Time	Internal Temp. (°F)
Beef				
Eye of Round, Rib Eye	2 - 5 lbs.	325	1:45 - 2:00	145 - 170
Top Round Roast	2 - 3 lbs.	375	1:45 - 2:15	145 - 170
Pork				
Loin (boneless) Center Cut	2 - 3 lbs.	325	1:15 - 1:30	160 - 170
Pork Loin Filet	2 lbs.	325	1:15 - 1:30	160 - 170
Ham (smoked)	5 lbs.	325	1:45 - 2:15	140
Poultry				
Chicken (whole)	3 - 4 lbs.	350	1:15 - 1:30	180
Cornish Hen	1 to 1½ lbs.	350	1:00 - 1:25	180

OPERATING INSTRUCTIONS (Cont.)

TOAST FUNCTION

The TOAST Function may be used to toast up to 6 slices of bread, English muffin halves, frozen waffles and more!

CAUTION: NEVER LEAVE DIGITAL CONVECTION OVEN UNATTENDED WHEN TOASTING.

1. Plug the Digital Convection Oven into a 120V AC outlet.
2. Make sure the Crumb Tray is firmly inserted in the bottom of the Oven.
3. Remove all protective wrappings from food before placing in Digital Convection Oven. Follow toaster food directions. Place the food directly onto the Wire Rack, in the center of your Oven.
4. Press the TOAST Button. The red Indicator Light next to the TOAST Button will illuminate.
5. At the top of the Control Panel, you will see "TOAST COLOR" and underneath the Browning Selector series of 5 points — starting at the left, the points indicate TOAST progressively darker each step.
6. Press the UP or DOWN Arrow to position point for either darker or lighter TOAST settings.

NOTE: For your first toasting, it is best to position the Browning Selector in the middle for medium toasting, then adjust each subsequent toasting to your preference.

NOTE: Use extra caution when using this Digital Convection Oven for toasting pastry items with runny-type frosting or open fillings.

7. Open the Door and center food on the Wire Rack. Close the Door.
8. Press the START Button to begin toasting. For the first 30 seconds, 450°F will appear on the Display. Depending on the browning selection, the TIME will count down from 2:30 (1st position), 3:30 (2nd position), 4:30 (3rd position), 5:30 (4th position) and 6:30 (5th position). At the end of the pre-set time, the Oven will sound 5 beeps and turn itself OFF.

OPERATING INSTRUCTIONS (Cont.)

TOAST FUNCTION (Cont.)

9. Watch toast until desired color is achieved. You may turn the Oven OFF and cancel cooking at any time by pressing the red STOP Button.
10. Wear protective oven mitts to remove food from Digital Convection Oven.
11. Unplug and allow to cool before cleaning.

HINTS FOR TOAST

1. Frozen and heavy bread require a longer time setting (e.g. bagels and English muffins.)
2. When toasting more than one slice of bread, use slices of similar size, thickness and freshness.
3. Stale bread, thin bread or sweet bread products, such as tea cakes and fruit loaf, brown much more quickly than ordinary bread, so they should be toasted for less time.
4. Different breads require different toasting times. Check your food by looking through the Glass Door. If you are satisfied that the food is toasted satisfactorily, press the STOP Button to turn the Oven OFF. Open the Oven Door to check the toasted food's color. If more toasting time is needed, close the Oven Door, press TOAST Button and then the START Button.
5. For best results, clean Crumb Tray frequently.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact a qualified appliance repair technician if the product requires servicing.

CARE AND CLEANING

1. Always unplug and allow to cool completely before cleaning or moving.
2. Clean the Bake/Broil Pan, Broiling Insert, Wire Rack and Crumb Tray after each use. The Crumb Tray must be in position before using.
3. Clean the interior of the Digital Convection Oven and all removable parts with a mild non-abrasive cleaner and a plastic scouring pad after each use. Rinse and dry thoroughly. Do not rub too hard as the interior surface of the oven can be scratched.
4. Clean the Glass Oven Door and Digital Convection Oven exterior with glass cleaner or mild detergent and a damp cloth or plastic scouring pad. Do not use an abrasive cleaner or pad as they might scratch the finish.
5. Rinse and dry thoroughly with a clean cloth. Allow to dry before closing Glass Door.

STORAGE

Unplug unit, allow to cool, and clean before storing. Store Digital Convection Oven in its box in a clean, dry place. Never store appliance while it is hot or still plugged in. Never wrap cord tightly around the appliance, use the Cord Storage area on the bottom of the back of the Oven. Do not put any stress on the cord where it enters the unit, as it could cause the cord to fray and break.

RECIPES

BREAKFAST CASSEROLE

- 1 tablespoon tarragon, chopped
- ½ lb. sausage, cooked
- 3 slices bread, cubed
- ¾ cup eggs substitute
- ¾ cup cheddar cheese, shredded
- 1 cup milk
- ¼ teaspoon salt
- 1 teaspoon prepared mustard
- ⅛ teaspoon cayenne pepper

Preheat Oven on BAKE to 425°F. Place sausage, tarragon and bread cubes into a greased 8 x 8-inch baking pan. Beat eggs, cheese, milk, salt, mustard and pepper together. Pour over the bread mixture. Bake for 20 minutes or until done.

TOMATOES WITH FRESH HERBS

- 8 tomato slices, ½-inch thick
- 2 slices bread, crumbled
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh basil
- 2 cloves garlic, minced
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Place the Broiling Insert into the Baking/Broiling Tray. Arrange tomato slices on Broiling Insert. BROIL for 3-4 minutes. Mix remaining ingredients. Turn tomato slices over and spoon mixture on top.

BROIL for 3-4 minutes or until topping is lightly browned.

Makes 4 servings

RECIPES

ACCORDION POTATOES

- 4 medium baking potatoes
- 1 medium onion, sliced and cut in half
- $\frac{1}{4}$ cup margarine or butter
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon paprika

Preheat oven on BAKE to 350°F. Wash and scrub potatoes. Make deep slashes at half inch intervals across the length of each potato, being careful not to cut through the bottom. Place a slice of onion and a small pat of margarine in each slot. Season with salt, pepper and paprika.

Tightly wrap each potato in aluminum foil. BAKE 1 hour and 15 minutes or until done.

Makes 4 servings

SALMON STEAKS WITH FRESH DILL

- 4 salmon steaks
- 1 tablespoon olive oil
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon fresh dill weed
- 1 lemon sliced

Place the Broiling Insert into the Baking/Broiling Tray. Place salmon steaks onto Broiling Insert. Brush top with oil, sprinkle with salt and dill weed.

Top with lemon wedges. BROIL 20 - 30 minutes, or until done.

Makes 4 servings

RECIPES

MEXICAN CHICKEN

- 4 chicken breast halves, boneless-skinless
- 1 cup salsa
- 1 (8-ounce) can stewed tomatoes
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Preheat oven on BAKE to 350°F. Cut chicken into cubes and mix with remaining ingredients. Place into 8x8-inch pan.

Cover with foil and BAKE 1 hour or until done. Serve with potatoes or rice.

Makes 4 servings

CURRY BEEF AND WILD RICE

- 2 cups beef broth
- $\frac{1}{2}$ cup onion, chopped
- 2 teaspoons curry powder
- 1 cup wild rice, uncooked
- salt and pepper to taste
- $\frac{1}{2}$ lb. raw ground turkey or lean beef

Preheat Oven on BAKE to 350°F. Mix together broth, onion, curry powder, rice, salt and pepper in a greased 8 x 8-inch baking pan.

Crumble meat on top of rice mixture and BAKE 1 hour or until done.

Makes 4 servings

RECIPES

PORK CANTONESE CASSEROLE

- 4 pork chops
- 1 cup celery, chopped
- 1 cup green pepper, chopped
- 1 cup onion, chopped
- ¼ cup soy sauce
- 1½ tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons Teriyaki sauce
- 3 tablespoons brown sugar
- 2 tablespoons flour

Preheat Oven on BAKE to 350°F. Place pork and vegetables in a greased 2 quart container. Mix together remaining ingredients and pour over meat and vegetables.

BAKE 45 minutes or until done.

APPLE TORTE WITH BLUEBERRIES

- 2 eggs
- 1½ cups sugar
- ½ cup flour
- 2½ teaspoons baking powder
- ¼ teaspoon salt
- 1 cup chopped nuts
- 4 cups chopped apples
- 2 teaspoons vanilla
- 1 pint blueberries

Preheat oven on BAKE to 350°F. Beat together egg and sugar until thoroughly blended and smooth. Sift together dry ingredients; mix into the egg-sugar mixture. Stir in nuts, apples and vanilla. Pour into greased 8x8-inch baking pan.

BAKE 45-50 minutes or until done. Serve warm or cold with whipped cream or ice cream. Top with blueberries.

Makes 6-8 servings

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