

Your Tupperware Consultant

# Tupperware SmartSteamer™ Recipes



Tupperware® SmartSteamer

Fail-safe, easy to use

Breakthrough innovation in microwave steaming technology.

Steams everything from vegetables, to tofu and fish.

Eat healthy, tasty food.

Save money on energy versus traditional stove steaming.

Sustainable for the environment (save energy and lasts a lifetime).

\*\*Unique product is made with encapsulated metal, so it blocks

the microwaves that normally cook foods, and directs them to the

Water Tray--creating steamed delicious, nutritious meals in

minutes.

## BENEFITS OF STEAMING FOOD

*Steaming as a method of cooking is thought to pre-date the*

*discovery of fire, when foods were steamed over hot springs or*

*stones. Asian cooking has always used steaming as a main cooking*

*method, both for health reasons and because ovens are rare.*

• Steaming allows cooking any type of food and is a well-known

method for fat-free cooking. It also retains nutrients, fatty acids

minerals and vitamins.

• Steaming does not mean bland cooking. The colors are more

vibrant, the texture stays firm, the natural flavors are better

preserved and the herbs or condiments can develop their aroma

fully. Add herbs or spices to the water to add a specific taste. You

can also accompany your meals with sauces for a richer taste.

• Steaming is perfect for the whole family – and a great way to

introduce vegetables to children who will appreciate the festival of

authentic colors and tastes on their plate.

\*Microwaves of less than 1200 watts will take a bit longer to cook

items in Smart Steamer.

## Flan in Minutes

4 eggs

¾ cup granulated sugar

¼ tsp. salt

1 ½ cups 2% milk

1 tsp. vanilla extract

bottled caramel sauce

Place first five ingredients in base of your **Whip 'N Prep™ Chef.**

Replace cover, turn handle and blend until well combined. Pour

mixture evenly into four **Snack Cups** and place in

the base of **Tupperware® SmartSteamer.** Fill water tray to

minimum fill line. Microwave at 50 percent power for 16

minutes or until custard is set and a knife inserted into the

center comes out clean. Chill in refrigerator for several hours.

To serve, run a knife around the edges to loosen and invert

onto plates. Top with a prepared caramel sauce if desired.

## Chocolate Kiss Cake

¾ cup all-purpose flour

½ tsp. baking soda

¼ tsp. salt

1 ½ tsp. unsweetened cocoa powder

½ tsp. Simple Indulgence™ Cinnamon-Vanilla Seasoning Blend

3 tbsps. canola oil

½ tbsps. white vinegar

½ cup cold strong coffee or water

16 chocolate candies like Hershey's® Kisses

Place flour, sugar, cocoa powder, baking soda, salt and

seasoning blend in base of the **Whip 'N Prep™ Chef.** Cover and

turn handle to combine. Add the canola oil, coffee or water,

vinegar and vanilla extract. Replace cover and turn handle to

blend until batter is smooth. As needed, use a spatula to scrape

the sides of the base to ensure complete mixing. Fill water tray

to minimum fill line. Divide cake batter evenly between 8

**CrystalWave® Ramekins.** Place 1-2 chocolate candies into each

ramekin to completely submerge candy in batter. Place

Ramekins in Base of **Tupperware® SmartSteamer,** cover and

microwave on high power for 9-10 minutes. Garnish with fresh

berries, grated chocolate and whipped topping if desired.

## Pumpkin Custard

3 eggs  
1 tsp. vanilla extract  
1/4 tsp. salt  
1/8 tsp. cloves  
1 can evaporated milk  
14 oz. can fat-free sweetened condensed milk  
8 oz. whipped cream cheese, at room temperature

Fill water tray to minimum fill line. Place all ingredients in base of the **Power Chef™** with whip accessory. Replace cover, turn handle and mix until well combined. Pour into 6 cup **Stufable®** container and place in the **Tupperware® SmartSteamer**. Microwave at 100% power for 30 minutes or until the custard is set and a knife inserted into the center comes out clean. Chill in the refrigerator at least an hour or until thoroughly chilled. Run a knife around edge and unmold to a serving plate. Top with whipping cream and Gingersnap cookie crumbs.

## Creamy Cheesecake

14 oz. can fat-free sweetened condensed milk  
8 oz. whipped cream cheese, at room temperature  
1 can evaporated milk  
3 eggs  
1 tsp. vanilla extract  
1/4 tsp. salt

Place all ingredients in base of the **Whip 'N Prep Chef™**. Replace cover, turn handle and mix until well combined. Pour evenly into **Snack Cups** and place in the base of the **Tupperware® SmartSteamer**. Fill water tray to minimum fill line. Microwave at 50 percent power for 20 minutes or until the custard is set and a knife inserted into the center comes out clean. Chill in the refrigerator at least an hour or until thoroughly chilled. Run a knife around edge and unmold to a serving plate. Serve with fresh berries.

## SmartSteamer Cinnamon Buns

1 package of Pillsbury Grands Cinnamon Buns

Fill water tray to minimum fill line. Unroll one package of Pillsbury Grands Cinnamon Buns & separate into the five buns. Cut a piece of wax paper about 5" diameter, making sure there are holes exposed around the circumference\*. Place buns on top of wax paper in base of **Tupperware® SmartSteamer** in a ring around the outside. Cover & microwave on high power for 15-17 minutes. When done, spread icing over buns, & cover for a minute or two. Remove from **Tupperware® SmartSteamer** before cutting, serve warm & en-joy!  
\*The wax paper will shield the bottom of the buns from excess steam so they aren't soggy.

## Cinnamon Rolls, Sausage & Scrambled Eggs

Cinnamon Grands  
Sausage Links  
3 eggs

Fill water tray to minimum fill line. Put Cinnamon Grands in the base of the **Tupperware® SmartSteamer**. Place the sausage links between the rolls. Cover and place in Microwave for 12 minutes. Scrambled 3 eggs in the accessory tray and add for the last five minutes. You can do just the Cinnamon Grands for 12 minutes without the rest.

## Hard Boiled Eggs in the Smart Steamer

10-12 large eggs

Place one cup of room temperature water into the water tray. Place the eggs into the base of the **Tupperware® Smart Steamer**. Cover and microwave on high for 10 minutes for 10 eggs\* or 12 minutes for 12 eggs. Let stand for 5-10 minutes. Immerse in icy water. You may want to add 1 minute if the eggs are really cold from the refrigerator or let them set out of the refrigerator before microwaving.

## Buffalo Chicken FLATBREAD

8-oz. boneless, skinless chicken breast  
1 celery stalk, quartered  
½ cup buffalo sauce  
2 naan flatbreads, or any flatbread  
3 tbsp. bleu cheese salad dressing

Fill water tray to minimum fill line. Place chicken in base of **Tupperware® SmartSteamer**. Microwave on high 14 minutes. As chicken finishes steaming, preheat oven to 425° F.

Place celery in base of **Quick Chef® Pro System** fitted with blade attachment, cover and turn handle several times to chop. Remove to a small bowl and set aside.

When chicken finishes cooking, allow to rest, covered, 5 minutes. Remove and cut into cubes. Place chicken and buffalo sauce in base of **Quick Chef® Pro System** fitted with blade attachment.

Cover and turn handle several times until finely chopped. Spread chicken over flatbreads, place in Cover from the **UltraPro Lasagna Pan** and bake 6–10 minutes, depending on thickness of chosen flatbread, monitoring to avoid burning. Before serving, sprinkle celery over chicken and drizzle with bleu cheese dressing.

## Smart Steamer Italian Chicken

Boneless Chicken Breast  
Italian Dressing  
Carrots

Cube chicken and marinate in Italian dressing **Season-Serve® Container**. Wash and cut carrots and potatoes. Fill water tray to minimum fill line. Place the potatoes and carrots in the top **Tupperware® SmartSteamer** and marinated chicken in the top colander. Make sure the top is completely on. Place in microwave for 15 minutes, stir the veggies and cook an additional 10 minutes.

## Steamed Soy-marinated Chicken

1 C. low-sodium soy sauce  
1 T. peanut oil  
1 T. sesame oil  
1 bunch cilantro, chopped  
1 clove garlic, sliced  
1 (1-inch) piece ginger, sliced thick  
4 boneless, skinless chicken breasts  
1 teaspoon paprika  
1/2 head savoy cabbage  
1/2 cup mushrooms  
1/2 cup broccoli heads

In **Quick Shake®** add the soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic, and cilantro. Seal and shake to mix the ingredients. In **SeasonServe® Container** chicken breasts with liquid ingredients and shake it again. Marinate in the refrigerator for at least 1/2 hour.

Fill water tray to minimum fill line. Line the base of the **Tupperware® SmartSteamer** with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Place the marinated chicken in top colander. Sprinkle paprika on top of chicken. Cover the steamer and put it into the microwave for 10-15 minutes.

## Smart Steamer Cupcakes

1 box Angel Food cake mix  
1 box cake mix any flavor  
1 can icing

Combine both boxes of cake mix in the That's a Bowl. Store in modular mate. When ready to make cupcakes combine 1 cup of mix and 2/3 c water. Lightly spray each **CrystalWave Ramekins** with baking spray then fill ¾ full. Fill water tray to minimum fill line. Place **CrystalWave Ramekins** in base of **Tupperware® SmartSteamer** and microwave on high for 8 min. Fill squeeze it decorator with icing, decorate and enjoy.

## Smoky Salmon with Cellophane Noodles

2 coils of cellophane noodles  
1/2 c matchstick carrots  
4 pieces of salmon – about an inch thick  
1/4 c. Hoison Sauce or Teriyaki sauce (your preference)  
2 T. toasted sesame seeds

Cut cabbage into long fine pieces. Layer shredded cabbage and carrots in base of **Tupperware® SmartSteamer**. Add 4 pieces approx. 1 inch thick of Salmon in the colander. Fill water tray to minimum fill line. Cook for 20 minutes on high. After cooking salmon and veggies, put Cellophane noodles in water tray with the water (2 big coils). Noodles will hy- drate in just a few minutes using the hot water from **Tupperware® SmartSteamer**. Let stand for 5 minutes. Plate with Hoison sauce and black sesame seeds on all.

## Steamed Chicken and Vegetables

One Chicken Breast  
2-3 Red Potatoes, cut into quarters  
1 pkg of Frozen Vegetables  
Italian Herb Seasoning

Fill water tray to minimum fill line. Place Chicken Breast with spices in base of **Tupperware® SmartSteamer**, with 2 to 3 small red potatoes. Sprinkle with seasoning. Place frozen vegetables in the top colander and place cover on top. It might not fit as the Frozen veggies are sticking up...that is ok...as it steams the lid will settle on top. Cook on high for 16 minutes, test doneness....and serve.

## Firecracker Shrimp 'n Grits

2 Tbsp. Sriracha Hot Sauce  
1 T lime, juiced using **Zest 'n Press®**  
1 T Extra Virgin Olive Oil  
2 garlic cloves, peeled and minced  
1/4 cup onion, diced  
3 Tbsp. quick grits  
1/8 tsp. kosher salt  
1/3 c shredded sharp cheddar cheese  
1/2 lb. peeled, deveined jumbo shrimp

In a small bowl, combine brown sugar, lime juice, hot sauce and olive oil. Mix until sugar dissolves. Add shrimp and stir to coat. Cover and marinate in the refrigerator at least 30 minutes. Place onions and garlic in base of **Chop-N-Prep™**. Cover and pull cord 4-5 times to process until finely chopped. Place mixture in the Slow Cooking Sauce insert, cover and place over base of **Tupperware® SmartSteamer**. Fill water tray to minimum fill line. Place Steamer Base over Water Tray. Cover and microwave on high power for 5 minutes. Add the water, grits and salt to Slow Cooking Sauce insert and stir to combine. Microwave an additional 10 minutes, stopping the microwave to stir halfway through the cook time. Remove steamer from microwave and stir chees into grits. Remove shrimp from marinade. Place shrimp in Steamer Base. Microwave an additional 2 1/2 minutes or until shrimp are pin and opaque. Place 1/4 cup grits in a bowl with three shrimp.

### Asian Spiced Meatballs

1/2 cup uncooked rice  
1/2 cup minced green onions  
1 tsp. soy sauce  
2 tsp. cornstarch  
1/2 lb. ground chicken or turkey  
1/2 cup mushrooms, finely chopped

Place 1/2 cup of rice in a 6-cup **Wonderlier® Bowl**. Cover with water to 1 inch above rice and let stand 1 hour. Drain rice in the Double Colander and place on a Microwave Luncheon Plate. Combine chicken and remaining ingredients in a **Thatsa® Bowl**. Stir well using **Silicone Spatula** and form into 12 balls. Roll balls in rice. Place 6 meatballs in base of **Tupperware® SmartSteamer** and 6 meatballs in colander. Fill water tray to minimum fill line. Cover, place in the microwave for 10 min.

### Steamed Shrimp

1 3/4 cup water  
juice from 1 lime  
Old Bay Seasoning  
1 lemon, sliced  
1 lime, sliced

Place Shrimp in a **Season-Serve® Container**. Sprinkle shrimp with lime juice Old Bay Seasoning. Toss with lemon/lime slices. Refrigerate and marinate for 15 minutes. Fill water tray to minimum fill line and place the Steamer Base over the Water Tray. Place half of the shrimp in the base of the **Tupperware® SmartSteamer** and half in the Colander. Cover, place in the microwave and heat on high power for 8 minutes or until shrimp are pink. Let stand 5 minutes before serving warm or cold.

### Honey Lime Chicken Breast with Carrots

2 boneless skinless chicken breast halves (1lb)  
Black pepper  
1/2 lime  
Honey  
16 oz. baby carrots

Fill water tray to minimum fill line. Place baby carrots in **Tupperware® SmartSteamer** base. Use **Zest 'n Press® Gadget** to cover chicken on both sides with lime juice. Lay chicken breasts in shallow colander and drizzle honey over chicken. Cover and cook in microwave on high for 14 minutes.

### Cilantro Mojo Mahi-mahi with Orange Salsa

2- six oz. mahi-mahi fillets  
1 lime, juice  
3 cups broccoli florets  
citrus-seasoned salt  
freshly ground pepper

Place Mahi-mahi and Broccoli in a **Season-Serve® Container**, season fish with lime juice, seasoned salt and freshly ground pepper. Fill water tray to minimum fill line. Place broccoli in Colander of **Tupperware® Smart Steamer** and seasoned fish in Base. Cover, place in the microwave and heat on high for 10 to 12 minutes or until fish flakes easily and is opaque. Place fish and broccoli on a serving plate and top with Orange Salsa.

### Orange Salsa

1/4 cup red pepper, diced  
1/4 cup red onion, diced  
1/2 jalapeno, diced  
2 T lemon juice  
1 cup diced orange segments from large navel orange

In a **Quick Chet® Pro System** chop red pepper, scallion, red onion, jalapeno, and cilantro. Add lemon juice and orange segment, salt & pepper to taste. Chop until desired consistency is reached.

### Tilapia in Smart Steamer

3 Tilapia filets  
Lemon Juice  
Old bay seasoning  
3 cups frozen green beans  
cracked pepper  
sea salt

Fill water tray to minimum fill line. Place 3 Tilapia filets in the base of the **Tupperware® SmartSteamer**. Season with lemon juice, Old bay seasoning, sea salt and cracked pepper. Add 3 cups frozen French cut green beans on top of filets. Place top on **Tupperware® SmartSteamer** and microwave for 10 minutes, let sit for 5 minutes. Serves 3.

### Tangy Citrus Chicken with Steamed Vegetables

½ lb. green beans, trimmed  
salt and pepper, to taste  
2 boneless, skinless chicken breasts

Fill water tray to minimum fill line. Place chicken in base of

**Tupperware® SmartSteamer**. Season with salt and pepper and brush with Citrus Sauce (recipe below). Place green beans and red pepper strips in Colander Tray. Microwave on High power 14 minutes or until chicken reaches an internal temperature of 165°F/74° C. Remove chicken to a serving platter and brush with sauce. Toss the vegetables with 1 tablespoon Citrus Sauce and serve with chicken.

### Citrus Sauce

¾ cup fresh basil leaves  
1 tbspp. fresh lemon juice  
1 green onion  
2 tbspp. flat-leaf parsley  
3 tbspp. extra-virgin olive oil  
2 tbspp. capers, drained  
salt and pepper, to taste

Place first seven ingredients in the base of your **Chop 'N Prep**

**Chef™**. Pull cord 4–5 times to blend to a coarse puree. Remove blade and transfer sauce to a small bowl and season with salt and pepper to taste.

### BBQ Chicken Sliders

2- 8oz. boneless, skinless chicken breasts  
16 slider buns  
¾ medium onion, chopped  
1 tbspp. dark brown sugar  
1 cup ketchup  
2 tbspp. apple cider vinegar  
1 tbspp. Southwest Chipotle Seasoning Blend

Fill water tray to minimum fill line. Place chicken breasts in base of **Tupperware® Smart Steamer**. Microwave on high for 18-22 minutes. While chicken cooks, prepare Southwest BBQ sauce by stirring together all sauce ingredients in **1-Qt. Micro Pitcher**.

When chicken finishes cooking, allow to rest, covered 5 minutes before removing and cutting into cubes. Cover and microwave BBQ sauce on high power for 3 minutes. Combine chicken and sauce in base of **Quick Chef® Pro System**, cover and turn handle until chopped and well combined. Serve on slider buns.

### Sliders in minutes

¾ lb. hamburger meat  
¼ tsp. Southwest Chipotle Seasoning x2  
Salt / Pepper to taste  
¾ cup chopped onions  
1 pkg sweet Hawaiian rolls  
¾ cup mayo

Fill water tray to minimum fill line. Mix hamburger, seasoning, salt/pepper and form into patty. Place into in **Tupperware® SmartSteamer** base. Sprinkle onions onto patty. Microwave for 7 – 8 min. Slice rolls in half horizontally, place rolls into top tray. Remove burgers from microwave, place rolls into in **Tupperware® SmartSteamer**. Let sit for 3 mins. Cut burger into 9 squares (tic tac toe style), spread Chipotle seasoning and mayo on rolls. Place burger onto rolls and eat. Add cheese / condiments if desired.

## Warm Potato Salad

1 ½ lb. fingerling potatoes or small red potatoes

Fill water tray to minimum fill line. Place whole potatoes in base of **Tupperware® SmartSteamer**. Cover and place in microwave and cook on High power for 16–18 minutes. While potatoes cook, prepare Herb Vinaigrette (recipe below). Remove potatoes from **Tupperware® SmartSteamer** and cool. Cut into large chunks and place in serving bowl. Immediately pour dressing over potatoes and toss gently until combined; season with salt and pepper.

## Herb Vinaigrette

2 tbsp. flat-leaf parsley  
1 tbsp. fresh rosemary  
¼ cup extra-virgin olive oil  
1 shallot  
1 ½ tbsp. balsamic vinegar

Salt and pepper to taste  
Place first six ingredients in base of **Chop 'N Prep Chef™**. Replace cover, pull cord 4–5 times or until herbs are finely chopped and oil and vinegar are blended; season with salt and pepper. Set aside.

## Chicken Salad with Grapes

2 - 8oz. boneless, skinless chicken breasts  
2 tsp. Simple Indulgence Steak & Chop Seasoning Blend  
¼ cup mayonnaise  
¼ cup sour cream  
1 cup halved grapes

Fill water tray to minimum fill line. Place chicken breasts in base of **Tupperware® SmartSteamer**. Cover and microwave on high for 18–22 minutes. Allow to rest, covered for 5 minutes. Remove chicken and cut into cubes. Place chicken breast, mayonnaise, sour cream and seasoning blend in base of **Quick Chef® Pro System** or **PowerChef™ System**. Replace cover and turn handle until desired consistency is achieved. Do not over process. Place in medium bowl and fold in pecans and grapes.

## SmartSteamer Meatloaf

1–1½ pound ground beef (or ground turkey\*)

1 cup bread crumbs or crushed bread cubes  
1 pkg. Lipton vegetable soup or onion/mushroom soup  
1 small onion  
1 egg

Using the **Chop-N-Prep™** place quartered onions and 2 or 3 cloves of garlic, pull string until chopped, and place in a bowl. Place the crackers/bread in the **Chop-N-Prep** and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into 4 sections, shape into loaves. Place in the base of **Tupperware® SmartSteamer**. Thinly slice 2 potatoes. In top colander, layer potatoes, minced garlic, olive oil. Repeat to create a second layer. Fill water tray to minimum fill line. Cover **SmartSteamer** and microwave for 20 minutes. \*Add ½ -1 tsp of salt and ½ tsp. of pepper to ground turkey

## Steamed Salmon with Snow Peas

1 lb. sockeye salmon fillet  
Olive oil  
Salt and freshly ground pepper  
Pink peppercorns  
6 oz. snow peas

Fill water tray to minimum fill line. Place salmon in the base of **Tupperware® Smart Steamer**. Brush salmon with olive oil and season with salt, pepper and pink peppercorns

Place snow peas in Colander and place Colander on top of the **Steamer Base**. Season peas with olive oil, salt pepper and pink peppercorns. Cover, place in the microwave and heat on high for 9 minutes, until salmon flakes easily with a fork, is opaque and it reaches an internal temperature of 145 degrees. Remove from microwave & let stand for 5 minutes before serving.



### Chicken Craisin Cashew Bow-Tie Pasta Salad

6 cups bow tie pasta, cooked al dente  
 1 ½ cups green grapes, sliced in half  
 1 ½ cups red grapes, sliced in half  
 2 (5 ounce) cans water chestnuts, drained and quartered  
 1 (10 ounce) cans pineapple tidbits, drained  
 2 cups celery, thinly sliced  
 ½ cup scallions, thinly sliced (or green onions)  
 4 cups diced chicken breasts steamed in **Tupperware®**  
**SmartSteamer**  
 2 cups cashews, whole and halves  
 2 cups raisins (dried cranberries)  
**Dressing**  
 1 (16 ounce) bottle coleslaw dressing  
 ½ cup mayonnaise  
 ½ cup Miracle Whip

In a **Thatsa® Bowl** mix all salad ingredients together, except cashews and Craisins. In a **Whip 'N Prep™ Chef**, whip together dressing ingredients. Toss dressing with the mixture in the **Thatsa® Bowl**. Let this mixture marinate in the fridge for 2-24 hours. Mix in cashews and Craisins just before serving. Serve cold.

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### Stuffed Tomatoes

6 medium tomatoes  
 1 pkg. 6.25 oz Savory Herb Stuffing Mix  
 1/4 cup butter  
 1 cup hot water

Cut off tops of tomatoes; remove seeds and pulp, leaving 1/4-inch-thick shells. Chop pulp; drain. Set aside for later use. Discard tomato tops and seeds. Invert shells on paper towels to drain. Combine water and butter in large Tupperware bowl. Stir in stuffing mix and reserved pulp. Let stand 5 min. Place tomato shells in base of **Tupperware® SmartSteamer**, fill evenly with stuffing mixture. Fill water tray to minimum fill line. Microwave 10 min. or until tomatoes are tender and stuffing is heated through.

### SmartSteamer Pesto Chicken Pasta

1 small jar of artichoke hearts (drained, oil set aside)  
 3 cloves garlic, peeled  
 2 Tbsp. grated Parmesan Cheese  
 1 Tbsp. Olive Oil  
 ½ Tbsp lemon juice  
 2 boneless, skinless chicken breasts  
 Angel Hair Pasta

In **Chop-N-Prep™** place artichoke hearts, garlic, parmesan cheese, basil, olive oil and lemon juice. Pull string until well chopped. Cut chicken into cubes about 1 inch and toss them in a bowl with the pesto. Put in base of the **Tupperware® SmartSteamer**, add any vegetable for the top colander (green beans with red peppers, or snow peas or broccoli), with little olive oil and salt & pepper. Cook for 12 minutes! Cook angel hair pasta, drain, place in a large bowl and add the oil left over in the marinated artichoke heart jar, toss, and, then add all the chicken and vegetables from **Tupperware® SmartSteamer**. Serve.

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### Fajitas the easy way

4 chicken breasts cut in strips  
 1 Med onion cut in strips  
 1 each red, yellow, and orange pepper cut in strips  
 2 Tablespoons olive oil  
 2 Tablespoons lemon or lime juice  
 Southwest chipotle seasoning to taste

Fill water tray to minimum fill line. Toss all in season serve. Marinate. Put in base of **Tupperware® SmartSteamer**. Cover and cook for 16—19 minutes. Add tortillas to top colander, and cover for about 3 minutes to warm them. Make salsa in **Quick Chef® Pro System**. Also use to shred lettuce. Serve with shredded cheese, salsa, shredded lettuce and sour cream.

## Fabulous Veggie Medley

1/2 red bell pepper sliced into strips

1/2 sweet potato (do not peel!) wash & cut into country fries

1/2 regular potato (do not peel!) wash & cut into country fries

1 ear of corn on the cob - cut into three or four sections

2 wedges of cabbage

Cauliflower, broccoli, and fresh green beans. As much that will

fit into the steam and get the cover on correctly.

Fill water tray to minimum fill line. Run fresh water over the veggies in the base of **Tupperware® SmartSteamer**. Let the water drain off veggies. Cover the steamer. Place in the microwave and cook for 16-19 minutes on high.

## Broccoli Potato Mash

1 lb. Yukon Gold potatoes, peeled and cut into small chunks

2 cups broccoli florets

1/2 cup low fat milk

3/4 fontina cheese

1/2 tsp. salt and pepper

Fill water tray to minimum fill line. Place potatoes in base of the **Tupperware® Smart Steamer**. Cover, place in the microwave and heat on high for 5 minutes. Fill the Colander with broccoli and place the Colander between the Steamer Base and cover. Place in the microwave and heat on high for 12 minutes, until potatoes are soft and can be easily pierced with a fork. Transfer broccoli to a Prep Essentials® Mix-N-Stor® Plus Pitcher and coarsely mash. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

## SmartSteamer Steamed Shrimp with Red

### Peppers & Green Beans

1 lb Shrimp

Crushed Garlic

Ground Pepper

1 lime, sliced

1 red bell pepper cut into strips

1/2 lb green beans

1 lemon, sliced

Seasoned Salt

Juice from 1 lime

Place shrimp in **Season-Serve® Container**. Season shrimp with lime juice, seasoned salt, crushed garlic & ground pepper. Toss with lime & lime slices. Marinate for at least 15 minutes. Fill water tray to minimum fill line. Place Steamer Base over Water Tray. Place Shrimp in Steamer Base. Place green beans and red pepper strips in Colander Tray. Spray lightly with Butter Spray. Sprinkle with crushed garlic. Microwave on High for 8 minutes or until shrimp are no longer pink. Let stand 15 minutes.

### Low Country Steamer

4 lg. red skinned potatoes cut into 1 1/2" cubes

1/2 Polska Kielbasa sausage, cubed

1 1/2 lb med shrimp peeled or unpeeled

3-4 mini corn cobs

1 large vidalia onion, cubed

Water or Flat Beer

In water tray of **Tupperware® SmartSteamer** place liquid and 1 tsp. Old Bay to fill line. Put cubed potatoes, onions, sausage and corn cobs in base. Sprinkle with Old Bay. Steam for 25 minutes with cover on high power. Stir. Place Shrimp in top colander, steam for 2 min at high power. Let stand for 2-3 min with cover on to ensure even cooking. Dump shrimp into veggie mix, add old bay or fresh lemon juice.

Food Tested	Quantity of Food	Steaming Time	900 W
Accorn Squash	16 oz/450 g	10 min	10 min
Apples	16 oz/450 g	6 min	6 min
Artichokes, baby	8 oz/225 g	5 min	5 min
Asparagus, thick	8 oz/225 g	7 min	8 min
Asparagus, thin	8 oz/225 g	5 min	6 min
Bay Scallops	16 oz/450 g	6min	6min
Broccoli (Colander) and Yukon Gold Potatoes (Steamer Base)	16 oz/450 g	14 min	17 min
Broccoli	12 oz/340 g	12 min	14 min
Broccoli (Colander), small red potatoes (Steamer Base)	16 oz/450 g	12 min	15 min
Brussel Sprouts	16 oz/450 g	12 min	12 min
Butternut Squash	16 oz/450 g	10 min	10 min
Cabbage, sliced	8 oz/225 g	6 min	6 min
Carrots, whole baby	16 oz/450 g	15min	15min
Cauliflower florets	12 oz/340 g	12 min	12 min
Chicken breast, chunks	16 oz/450 g	10 min	10 min
Edamame	8 oz/225 g	5 min	7 min
Eggplant, peeled and diced medium size	12 oz/340 g	8 min	10 min
Fish, frozen fillets	12 oz/340 g	9 min	9 min
Fresh corn, 2 ears	2 ears	6 min	8 min
Green Beans	12 oz/340 g	10 min	14 min
Mushrooms	8 oz/225 g	5 min	5 min
Mahi Mahi two (6 oz./170 g fillets) parchment (Steamer Base), broccoli (Colander)	12 oz/340 g	10-12 min	12 min
Onion (rings)	6 oz/170 g	5 min	5 min
Pearl onions	8 oz/225 g	8 min	8 min
Potato, carrots, peas	16 oz/450 g	6 min	7 min
Potatoes, small yellow, Idaho	16 oz/450 g	16 min	20 min
Shrimp (Steamer Base), broccoli and carrots (Colander)	16 oz/450 g	11 min	12 min
Spaghetti Squash, cut in half	16 oz/450 g	22 min	22 min
Spinach	9 oz/255 g	7 min	9 min
Sugar Snap Peas	8 oz/225 g	5 min	6 min
Sweet Potatoes, cubed	12 oz/340 g	10 min	11 min
Tomatoes, whole	16 oz/450 g	7 min	7 min
Yellow Squash	12 oz/340 g	8 min	9 min
Zucchini	12 oz/340 g	9 min	10 min