



Philipiak

MILANO
1967

Whole Foods Cooking

The Quick and Easy Way!

Unlock the potential of every meal

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Whole Grain Oats with Strawberries and Almonds

Serves 4

Preparation time: 10 minutes

Difficulty level: Easy

This hearty, whole grain breakfast will super-charge your day! Top with slivered almonds for extra protein, nutrition and crunch.

Ingredients

- 2 cups whole grain rolled oats
- 4 cups filtered water
- 2 cups sliced strawberries
- ¼ cup slivered almonds
- Honey, for serving
- Skim milk or fat free half and half, for serving

Philipiak Milano Cookware Needed



2.7 L Medium Pot and Lid



Instructions

1. Place Medium Pot over medium heat, and heat for 2 minutes.
2. Add oats to pot, and stir occasionally for 1 minute or until fragrant and beginning to toast.
3. Add water and strawberries to oats in pan, and stir. Cook until oats boil.
4. Once water boils, cover and turn off heat.
5. Allow strawberry oatmeal to cook for about 5 minutes, or until all water is absorbed.
6. Serve topped with honey, milk and slivered almonds.



Blueberry and Banana Chia Quinoa

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Want a change from your usual oatmeal in the morning? This Blueberry and Banana Chia Quinoa provides a powerful nutritional start to your day with superfoods and antioxidants, and will leave you feeling full all morning. Best of all, you can go about your morning routine once you turn the stove off, and your breakfast will continue to cook until it's time to eat.

Ingredients

- 2¼ cups filtered water
- 1 cup quinoa
- ¼ cup chia seeds
- 1 cup blueberries
- 1 banana, sliced thinly
- ¼ cup water
- 2 Tbsp honey
- Milk, for serving

Philippiak Milano Cookware Needed



Instructions

1. Place Medium Pot over medium heat, and heat for 2 minutes.
2. Rinse quinoa well in a strainer to remove the saponin, a "soapy" tasting substance that naturally coats the grain.
3. Place quinoa, 2 cups water and chia seeds in the Medium Pot over medium heat.
4. Bring to a boil, then cover with the Small Bowl and remove from heat.
5. In the Small Pot, combine blueberries, banana, ¼ cup water and honey.
6. Bring blueberry banana mixture to a boil over medium heat.
7. Once mixture boils, cover with Small Lid, remove from heat, and place on top of Medium Pot, creating a small tower.
8. Let mixture cook within the tower (without turning on the burner) for 15 minutes.
9. After 15 minutes, remove the Small Pot from the tower and set aside.
10. Using the Suction Knob, remove the Small Bowl from the Medium Pot and ensure that the quinoa chia mixture has fully absorbed all the water.
11. Remove the Lid from the Small Pot, stir the blueberry banana mixture, and then add it to the quinoa chia mixture in the Medium Pot.
12. Stir the blueberry quinoa mixture until combined.
13. Serve in bowls with milk of choice.



Steamed Egg Frittata with Red Peppers and Asparagus

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Start the day with protein! This hearty and delicious frittata combines high protein eggs with green and red veggies for an easy and nutritious breakfast that gives you an excellent boost for the morning. Set it in the steamer and go about your morning routine. In 15 minutes, the entire family can sit down to a hot and healthy breakfast.

Ingredients

- 8 eggs (or egg whites, if preferred)
- ¼ cup milk
- 8 stalks asparagus, choppe
- 1 red pepper, chopped
- Salt & pepper to taste
- 8-10 fresh basil leaves, chopped
- Cooking spray
- 8 slices whole grain bread

Philipiak Milano Cookware Needed



Instructions

1. Place 1 cup of water in Large Pot. Heat over medium-low heat.
2. Place Colander/Steaming Pot over Large Pot.
3. Spray Small Bowl lightly with cooking spray.
4. Add eggs, milk and a small amount of salt and pepper to Small Bowl, and whisk until fairly smooth.
5. Add chopped asparagus and red pepper to egg mixture.
6. Place Small Bowl with egg mixture inside Colander/Steaming Pot and cover with Large Lid.
7. Steam for 15 minutes or until set.
8. Sprinkle frittata with chopped basil leaves, and serve with whole grain toast.



Turkey Sausage with Sweet Potatoes

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Skip the packaged sausage with all kinds of additives and make your own! It's easy and delicious. You can even make these ahead of time and just warm up for breakfast in the morning. Serve sausages with steamed sweet potato rounds for a hearty and nutritious breakfast.

Ingredients

- 2 sweet potatoes, cut into rounds
- 1 lb lean ground turkey
- ½ Tbsp sage
- 1 tsp marjoram
- 1 tsp thyme
- ¼ tsp cayenne pepper
- ½ Tbsp maple syrup
- ½ tsp salt
- ¼ tsp black pepper

Philipiak Milano Cookware Needed



5.2 L Large Pot and Lid



3.5 L Large Bowl



Colander/Steaming Pot



Classic Frying Pan with Spherical Lid

Instructions

1. Preheat Classic Frying Pan on medium-high heat for 5 minutes.
2. Add 1/2 cup water to Large Pot, and heat over medium-low heat. Place sweet potato rounds into Colander/Steaming Pot, and then position Insert into Large Pot. Cover with Large Lid.
3. In Large Bowl, combine ground turkey, sage, marjoram, thyme, cayenne pepper, maple syrup, salt and black pepper until well combined.
4. Using an ice cream scoop or 1/4 cup measuring cup, shape turkey mixture into patties.
5. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
6. When the pan is ready, place the turkey sausage patties in the pan. Let the sausage sear for 1-2 minutes.
7. Once the turkey sausages no longer stick, flip them and then cover the Classic Frying Pan with the Spherical Lid. Reduce heat to low and cook for 5-7 minutes or until sausages are no longer pink in the middle.
8. Serve turkey sausage patties with steamed sweet potato rounds.



Grilled Ham, Tomato & Cheese Sandwiches with Cucumber and Tomato Salad

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Take your grilled cheese sandwich to the next level with simple, fresh ingredients prepared well. The cucumber and tomato salad makes a delicious and refreshing accompaniment to the sandwich.

Ingredients

- 1 cucumber, sliced
- ½ small red onion, sliced in very thin half circles
- 2 tomatoes, 1 sliced in wedges and 1 sliced in thin round slices
- 8 -10 fresh basil leaves
- 2 Tbsp rice vinegar
- 1 tsp grapeseed or canola oil
- Salt & pepper to taste
- 8 slices whole grain bread
- 4 slices nitrite-free ham
- 4 slices cheese (American, Provolone, Mozzarella or variety of choice)

Philipiak Milano Cookware Needed



2 L Small Bowl



Classic Frying Pan



Instructions

1. In Small Bowl, place cucumber slices, red onion slices, tomato wedges and fresh basil leaves.
2. To vegetables, add rice vinegar, grapeseed or canola oil, salt and pepper. Stir to combine, and set aside.
3. Heat Classic Frying Pan over medium heat.
4. On each of 4 slices of bread, place one slice of ham, one slice of cheese and tomato slices. Top with remaining slices of bread.
5. Toast sandwiches, 2 at a time, on Classic Frying Pan for 2 minutes on each side, or until toasted.
6. Repeat with remaining 2 sandwiches.
7. Serve sandwiches with cucumber and tomato salad on the side.



Grilled Nut Butter, Banana and Raisin Sandwich

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

If you're ready for a fresh take on your boring peanut butter sandwich, try this! It's a great source of protein that will help you avoid that afternoon slump and is delicious served with apple slices on the side.

Ingredients

- ¼ cup raisins
- ¼ cup hot water
- 8 slices whole grain bread
- 4 Tbsp nut (or seed) butter of choice, such as peanut butter, almond butter, or sunflower seed butter
- 1 banana, sliced thinly
- Apple slices, for serving

Philipiak Milano Cookware Needed



2 L Small Bowl

Classic Frying Pan with Spherical Lid



Instructions

1. Place raisins in Small Bowl with hot water. Allow raisins to plump for about 5 minutes.
2. Heat Classic Frying Pan over medium heat.
3. Spread 1 Tbsp nut butter on each of 4 slices of bread.
4. Place bananas and raisins over nut butter.
5. Top with remaining 4 slices of bread.
6. Toast sandwiches, 2 at a time, on Classic Frying Pan for 2 minutes on each side, or until toasted.
7. Repeat with remaining 2 sandwiches.
8. Serve with apple slices.



Black Beans & Rice

Serves 4

Preparation time: 15 minutes

Difficulty level: Easy

A hot meal for lunch? Absolutely, when you use our tower system. Simply get the rice and beans started in their pots, stack them in a small tower and remove from heat. Your lunch will cook while you get ready in the morning. When it's time to leave, simply pack up the rice and beans in thermoses for each member of the family, and lunch is hot and ready to go!

Ingredients

- 1 ¾ cups water
- 2 cups instant brown rice
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cans black beans, undrained
- 1 Tbsp dried oregano
- Orange slices

Philipiak Milano Cookware Needed



Instructions

1. Add 1 ¾ cups water to Medium Pot and bring to a boil.
2. Once water boils, add rice and cover and cover with Small Bowl. Turn off heat.
3. Heat Small Pot over medium heat.
4. Add chopped onions and peppers to Small Pot, and cook over medium heat until softened, stirring occasionally, about 5 minutes.
5. Add black beans and oregano to Small Pot, and stir to combine.
6. Once beans boil, cover with Small Lid, remove from heat, and place on top of Medium Pot, creating a small tower.
7. Let mixture cook within the tower (without turning on the burner) for 10 minutes.
8. After 10 minutes, remove the Small Pot from the tower and set aside.
9. Using the Suction Knob, remove the Small Bowl from the Medium Pot and ensure that the rice has fully absorbed the water.
10. Serve beans over rice, with orange wedges on the side.



Red Pepper Tomato Soup

Serves 4

Preparation time: 15 minutes

Difficulty level: Medium

Nonfat evaporated milk is a great substitution for cream when you want creamy flavor without all the fat. It makes this vegetarian soup deliciously rich.

Ingredients

- 2 red peppers, chopped
- 1 sweet onion, chopped
- 2 garlic cloves
- 2 Tbsp tomato paste
- 1 tsp paprika
- 1 15 oz can diced tomatoes
- 2 cups vegetable broth
- Fresh ground pepper
- 1 12 oz can nonfat evaporated milk
- Chopped fresh basil

Philippiak Milano Cookware Needed



5.2 L Large Pot and Lid



Instructions

1. Heat Large Pot over medium heat.
2. Add chopped onion and saute for 3 minutes.
3. Add chopped red peppers and saute for an additional 3 minutes.
4. Stir in garlic, tomato paste, diced tomatoes and paprika.
5. Add vegetable broth and bring to boil. Reduce heat to low, cover with lid and simmer for 15 minutes.
6. Using an immersion blender or traditional blender, carefully blend hot soup until smooth. Return pureed soup to pot if using a traditional blender.
7. Stir in evaporated milk and basil, and season with pepper.
8. Serve with crusty French bread.



Grilled Chicken Spinach Salad with Oranges

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

This hearty spinach salad is packed with nutrition. Combining oranges and spinach is a classic combination. In fact, the oranges boost your absorption of iron from the spinach. Plus, it's delicious!

Ingredients

- 2 boneless, skinless chicken breasts
- 1 navel orange
- 2 Tbsp rice vinegar
- 1 Tbsp olive oil
- 1 Tbsp honey
- Salt and pepper to taste
- 2 clementine oranges
- 2 sprigs fresh rosemary
- 1 cucumber, chopped
- 2 cups baby spinach leaves
- ½ red onion, sliced thinly (optional)

Philipiak Milano Cookware Needed



2 L Small Bowl



3.5 L Large Bowl



Classic Frying Pan with Spherical Lid



Instructions

1. Place Classic Frying Pan on burner, place Spherical Lid on pan, and heat for 5-7 minutes on medium-high heat.
2. In Small Bowl, squeeze juice from ½ of the navel orange. Add to it the rice vinegar, olive oil, honey, salt and pepper, and whisk to combine. Set aside.
3. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
4. When the pan is ready, place the chicken breasts in the pan. Let the chicken sear for 1-2 minutes.
5. While waiting for the sear, peel and segment the mandarin oranges, and slice the rest of the navel orange into rounds.
6. Once chicken lifts easily from the pan without sticking, flip chicken breasts over. Place 2 navel orange rounds on each chicken breast, cover with rosemary sprigs, and cover with Spherical Lid. Turn off heat and allow chicken to cook for 7 minutes, or until cooked through.
7. In Large Bowl, combine baby spinach leaves, chopped cucumber, mandarin orange slices and sliced red onion. Add dressing from Small Bowl and toss to coat.
8. Once chicken is fully cooked through, remove to cutting board and allow to rest for 5 minutes.
9. Slice chicken breasts and serve on top of spinach salad.



Steak Fajita Quesadillas

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Beef, peppers and onion are a classic combination, and they combine deliciously in these Steak Fajita Quesadillas. Cook the steak in the Classic Frying Plan, and watch how easily it cleans so that you can grill the quesadillas in the same pan!

Ingredients

- ½ tsp garlic powder
- ½ tsp sea salt
- ½ tsp chili powder
- ¼ tsp paprika
- ⅛ tsp onion powder
- Pinch of cayenne pepper
- ⅛ tsp cumin
- 1 lb skirt steak
- 2 bell peppers, sliced in strips
- 1 yellow onion, sliced in strips
- 1 lime, sliced into rounds
- 4 large flour tortillas
- 1 block cheddar cheese
- ½ cup prepared salsa
- ½ cup reduced fat sour cream
- 1 avocado, sliced

Philippiak Milano Cookware Needed



2 L Small Bowl



3.5 L Large Bowl



Grater



Classic Frying Pan with Spherical Lid



Reduction Ring



5.2 L Large Pot and Lid

Instructions

1. Place Classic Frying Pan on burner, place Spherical Lid on pan, and heat for 5-7 minutes on medium-high heat.
2. In Small Bowl, combine garlic powder, sea salt, chili powder, paprika, onion powder, cayenne pepper and cumin.
3. Rub skirt steak with spice mixture and let sit for 5 minutes.
4. Place Large Pot on burner and heat over medium-low heat.
5. Add onions and peppers to pot and stir occasionally until soft.
6. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
7. When the pan is ready, place the skirt steak in the pan. Let the skirt steak sear for 1-2 minutes.
8. Once steak lifts easily from the pan without sticking, flip it over. Place several lime rounds on the steak, and cover with spherical lid. Turn off heat and allow beef to cook for 7 minutes, or until cooked through.
9. Meanwhile, place Reduction Ring on the rim of the Large Bowl, and insert the Grater, cutting side up. Grate cheddar cheese block into Bowl until you have about 1 cup of grated cheese.
10. Remove onions and peppers from heat.
11. Once steak is cooked through, remove it from the Classic Frying Pan and let rest for 5 minutes. Immediately add water to hot pan and let sit.
12. Begin assembling quesadillas by laying out each tortilla. On half of each tortilla add ¼ cup grated cheese, and a mixture of onions and peppers.
13. Slice skirt steak after resting, and add slices to each tortilla. Fold in half.
14. Rinse out Classic Frying Pan and dry thoroughly. Return to medium-high heat.
15. Working one at a time, place each folded tortilla into Classic Frying Pan and grill until toasted. Flip and continue to cook until quesadilla is crispy on the outside, and cheese is melted.
16. Continue to cook each quesadilla in the same manner.
17. Slice each quesadilla into 3-4 pieces and serve with salsa, sour cream and avocado slices.



Lemon Basil Chicken with Steamed Vegetables and Brown Rice

Serves 4

Preparation time: 30 minutes

Difficulty level: Easy

When you need a quick and healthy dinner, this one can't be beat. Made without salt or oil, the true flavors and colors of the food shine through. You'll be amazed how the lemon and basil perfectly season the chicken without any need for added salt.

Ingredients

- 1 ¾ cups water
- 2 cups instant brown rice
- 4 chicken breasts
- 1 lemon, cut into 8 rounds
- 1 bunch fresh basil
- ½ cup cherry tomatoes
- 1 head broccoli, cut into florets
- 1 cup baby carrots, sliced in half lengthwise

Philipiak Milano Cookware Needed



2.7 L Medium Pot and Lid



Classic Frying Pan with Spherical Lid



3.5 L Large Bowl



5.2 L Large Pot and Lid



Colander/Steaming Pot



Grater



Suction Knob

Instructions

1. Place Classic Frying Pan on burner, cover with Spherical Lid, and heat for 5-7 minutes over medium-high heat.
2. Put 1 ¾ cups cups water in Medium Pan and bring to a boil. Once water boils, add rice and cover with Medium Lid. Turn off heat.
3. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
4. When the pan is ready, place the chicken breasts in the pan. Let the chicken sear for 1-2 minutes.
5. While waiting for the sear, place 1 cup of water in the Large Pot and set it over medium-low heat.
6. Place broccoli and carrots in Colander/Steaming Pot, and place over Large Pot.
7. Cover with large bowl and place Medium Pot with rice on top.
8. Once chicken lifts easily from the pan without sticking, flip chicken breasts over. Add tomatoes to the pan. Place 2 lemon rounds on each chicken breast, top with basil leaves, and cover Frying Pan with Spherical Lid. Turn off heat and allow all food to cook for 10 minutes.
9. After 10 minutes, remove Medium Pot from tower and ensure that all water has been absorbed. (If not, cover and place back over medium heat for a few minutes.)
10. Remove Large Bowl with Suction Knob.
11. Remove broccoli and carrots from Colander/Steaming Pot and place on serving plate.
12. Uncover chicken breasts, remove lemon slices and basil and move to cutting board. Slice chicken and place on serving plate with cherry tomatoes and juice poured over top.
13. Serve chicken, rice and vegetables.



Southwest Chicken and Rice Skillet

Serves 4

Preparation time: 30 minutes

Difficulty level: Easy

This one-pan meal comes together quickly and tastes great. Instant rice gives you the benefits of brown rice in a fraction of the time of regular brown rice. Enjoy the flavors of the Southwest tonight in this quick and healthy dish.

Ingredients

- 1 lb boneless skinless chicken breast, cut into cubes
- 2 Tbsp salt-free southwest seasoning blend
- 1 cup frozen corn
- 1 green pepper, chopped
- 1 can black beans, drained and rinsed
- 1 tsp olive oil
- 2 cups instant rice
- 2 cups chicken broth
- ½ cup salsa
- ½ cup shredded cheddar cheese (optional)

Philipiak Milano Cookware Needed



Instructions

1. Preheat Classic Frying Pan on medium-high heat for 5 minutes.
2. In Small Bowl, toss chicken cubes with southwest seasoning blend. Set aside.
3. Add corn and green pepper to Classic Fry Pan and spread evenly along the bottom of the pan. Allow corn and green pepper to start caramelizing. Remove from pan and set aside.
4. Add black beans to Classic Frying Pan and saute for 3-5 minutes or until warm. Remove from pan and set aside.
5. Add seasoned chicken to the Classic Frying Pan. Allow to sear on one side, and then flip. Allow to cook for 3-5 more minutes or until cooked through. Remove chicken from Classic Frying Pan and set aside.
6. Add 1 tsp olive oil to Classic Frying Pan. Coat bottom of skillet, and then add rice. Stir to coat rice in oil.
7. Add chicken broth and salsa to rice in pan and bring to a simmer. Cover with Spherical Lid and reduce heat to low. Simmer for 5-7 minutes, or until most of the liquid has been absorbed.
8. Remove lid and add corn, green pepper, beans and chicken to pan on top of rice. If desired, add grated cheese (freshly grate cheddar cheese into 3.5 L Large Bowl using Reduction Ring and Grater). Cover and let simmer another 3 minutes or until cheese melts.
9. Place Large Pot Lid upside down on table. Place Classic Frying Pan on top of Large Pot Lid and serve directly from the Pan.



Tuscan Chicken Bundles with New Potatoes and Asparagus

Serves 4

Preparation time: 30 minutes

Difficulty level: Medium

This delicious meal looks so elegant, yet comes together quickly. Our Classic Frying Pan makes it easy to prepare a healthy Italian meal that your whole family will love!

Ingredients

- 4 chicken breasts
- 1 ball fresh mozzarella
- 1 tomato, cut into wedges
- 8 leaves fresh basil
- Parmesan reggiano cheese block
- 1 bunch asparagus, washed and trimmed
- 1 lemon
- 1 lb new potatoes, scrubbed and halved
- 1 tsp olive oil
- Salt and pepper to taste

Philipiak Milano Cookware Needed



Classic Frying Pan with Spherical Lid



Reduction Ring



Grater



Large Lid



3.5 L Large Bowl

Instructions

1. Preheat Classic Frying Pan on medium-high heat for 5 minutes.
2. Place each chicken breast between 2 pieces of plastic wrap or waxed paper and pound with a mallet or rolling pin until ½ inch thick. Discard wrap.
3. At one end of each chicken breast, place 2 basil leaves, 1 wedge of tomato, and 1 slice of fresh mozzarella. Roll chicken up tightly around filling and secure with toothpicks. Repeat with remaining chicken breasts.
4. Place Reduction Ring and (cutting side up) Grater onto Large Bowl. Grate parmesan reggiano cheese into bowl using small holes.
5. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
6. Roll each chicken bundle in grated parmesan reggiano, and then place into preheated Classic Frying Pan.
7. Once each chicken bundle gets a good sear and no longer sticks (a few minutes), flip each bundle.
8. Cover the Classic Frying Pan with the Spherical Lid, and let the chicken bundles cook for 10 minutes, or until cooked through.
9. Meanwhile, in the Large Pot, add 1/2 cup water and heat over medium-low heat.
10. Put the potatoes in the Colander/Steaming Pot, and place into the Large Pot. Cover with the Large Lid. After 7 minutes, remove lid and add asparagus to the Colander/Steaming Pot. Allow to steam until potatoes are soft and asparagus are crisp-tender, about another 3-5 minutes.
11. Remove vegetables from Colander/Steaming Pot and drizzle with olive oil. If desired, add salt and pepper to taste.
12. Serve Tuscan Chicken Bundles with potatoes and asparagus.



Easy Italian Pasta Soup

Serves 4

Preparation time: 25 minutes

Difficulty level: Easy

This delicious soup is a kid favorite, and it comes together in no time at all!

Ingredients

- 1 onion, peeled
- 1 carrot
- 1 small zucchini
- 1 28 oz can diced tomatoes
- 1 qt chicken broth, divided
- 1 cup elbow pasta (can be gluten free)
- ¼ cup chopped parsley
- Freshly grated parmesan cheese, to taste
- Freshly ground pepper, to taste

Philipiak Milano Cookware Needed



Grater



Reduction Ring



5.2 L Large Pot and Lid



3.5 L Large Bowl



Instructions

1. Place Reduction Ring over Large Pot, and position Grater within Ring, cutting side up.
2. Carefully grate onion, using large holes, into the Pot.
3. Next, slice carrot using thin slicing strip, into the Pot.
4. Next, slice the zucchini using the thin slicing strip, into the Pot.
5. Remove Reduction Ring and Grater from Large Pot. Place Pot on burner and heat over medium-low heat, stirring occasionally, for 5 minutes.
6. Add diced tomatoes and chicken broth to pot. Cover and let cook for 5-7 minutes or until boiling.
7. Add elbow pasta, stir, and let cook for time specified on the pasta package.
8. Stir in chopped parsley, parmesan cheese and pepper.
9. Serve with extra parmesan cheese at the table, so people can help themselves, along with a loaf of crusty bread.



Quinoa Ginger Shrimp Bowls

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

When you want a delicious and nutritious meal, but don't have a lot of time to fuss, a veggie, grain and protein bowl is a great choice. Simply choose a protein, veggies of choice, and a grain like brown rice or quinoa, and you've got an impressive and delicious meal that is packed with nutrition.

Ingredients

- 1 cup quinoa
- 2 cups filtered water
- 1 Tbsp olive oil
- ¼ inch knob of fresh ginger, peeled and sliced
- 1 lemon
- 2 lbs shrimp, shelled
- 1 clove garlic, minced
- 1 lb baby bok choy, rinsed and chopped
- 4 carrots, julienned
- ½ onion
- 2 Tbsp butter or olive oil
- Sriracha, for serving (optional)

Philipiak Milano Cookware Needed



Instructions

1. Rinse quinoa well in a strainer to remove the saponin, a "soapy" tasting substance that naturally coats the grain.
2. Place quinoa and water in the Large Pot over medium heat. Bring to a boil.
3. Meanwhile, place carrots and bok choy in Steamer Insert, and place inside Large Pot.
4. Cover with Large Lid and reduce heat to low. Cook for 15 minutes.
5. Meanwhile, place shelled shrimp into Small Bowl. Add 1 Tbsp olive oil, the freshly squeezed juice of a lemon, sliced ginger and minced garlic to shrimp. Stir to combine.
6. Preheat Classic Frying Pan on medium-high heat for 5 minutes.
7. Place Reduction Ring over Large Bowl, and position Grater within Ring, cutting side up.
8. Grate onion into Large Bowl. Set aside.
9. Perform water test in Classic Frying Pan by sprinkling a few drops of water in the pan. If the water dances along the surface of the pan, it's hot enough for fat-free frying.
10. Add shrimp in a single layer to Classic Frying Pan, working in batches if necessary. Flip as soon as first side is cooked, and remove from pan immediately, once shrimp are opaque and cooked through. Set aside and keep warm.
11. Once quinoa is fully cooked, remove Steamer Insert with vegetables from top of Large Pot and set aside. To pot of quinoa, add 2 Tbsp butter or olive oil and grated onion. Stir to coat quinoa and then allow onion to cook for 5 minutes or until softened. Stir again to combine.
12. To serve, portion quinoa equally into 4 bowls. Top with shrimp, bok choy and steamed carrots. If desired, offer sriracha sauce on the side for serving.



Steamed Mussels with Chorizo and Beer

Serves 4

Preparation time: 30 minutes

Difficulty level: Easy

These mussels are quick and easy to make, and packed with flavor. Serve with crusty bread to soak up the broth.

Ingredients

- 3-4 lbs mussels, scrubbed and debearded
- 2 cloves garlic, sliced
- 1 onion, chopped

- 1 cup cherry tomatoes
- ¼ lb Spanish chorizo, thinly sliced
- 1 12 oz bottle dark beer of choice
- 2 Tbsp chopped flat leaf parsley

Philipiak Milano Cookware Needed



5.2 L Large Pot and Lid



Instructions

1. Heat Large Pot over medium heat for 5 minutes.
2. Add chopped onion and chorizo and saute for 3 minutes.
3. Add sliced garlic and cherry tomatoes and continue to cook for another 2 minutes.
4. Add beer and bring to a boil. Allow to cook for 5 minutes to reduce.
5. Add cleaned mussels and cover with Lid. Reduce heat to low. Allow to cook for 3-4 minutes, or until mussels open.
6. Spoon mussels into serving bowls, along with cooking liquid, chorizo and tomatoes. Top each bowl with chopped flat leaf parsley.
7. Serve with crusty bread to soak up the broth.



Pumpkin Ricotta Stovetop Cheesecake

Serves 8 - 10

Preparation time: 10 minutes

Difficulty level: Medium

Classic New York cheesecake is delicious but heavy! We lightened up this stovetop recipe using lowfat ricotta and lowfat cream cheese, cut back on the sugar, and added delicious pureed pumpkin. We made a gluten free crust using almond flour so even your gluten free friends and family can enjoy this dessert. The result is a delightful cross between pumpkin pie and cheesecake that everyone is sure to love!

Ingredients

For the crust:

- 1 cup almond flour
- ½ tsp cinnamon
- ¼ cup turbinado cane sugar
- Pinch of salt
- 3 Tbsp butter, melted

For the filling:

- 2 cups lowfat ricotta cheese

- 1 8oz package lowfat cream cheese
- ½ cup turbinado cane sugar
- ½ cup brown sugar
- 3 eggs
- 2 Tbsp all purpose flour (can use gluten free all purpose blend)
- 1 tsp vanilla
- 1 ¼ cup pumpkin puree (NOT pumpkin pie filling)
- 1 tsp pumpkin pie spice
- 1/8 tsp salt

Philipiak Milano Cookware Needed



2 L Small Bowl



5,2 L Large Bowl



Classic Frying Pan and Spherical Lid Lifter

Instructions

1. Line Classic Frying Pan with parchment paper. Cut so that top edges come up just slightly above the top of the sides of the pan.
2. In Small Bowl, combine almond flour, cinnamon, turbinado sugar, and salt with a whisk.
3. Add melted butter and stir until thoroughly combined.
4. Press almond flour mixture into the parchment paper-lined Classic Frying Pan, using a rubber spatula to flatten the mixture evenly in the bottom of the pan.
5. Cook over low heat for 5 minutes. Cool.
6. In the Large Bowl, combine ricotta cheese, cream cheese, turbinado sugar, brown sugar, eggs, flour, vanilla, pumpkin puree, pumpkin pie spice, and salt with an electric mixer.
7. Pour cheesecake mixture into Classic Frying Pan on top of crust.
8. Place Lifter tool on edge of Classic Frying Pan near handle. Place Spherical Lid on Classic Frying Pan propped open with Lifter tool so that steam can escape.
9. Cook over low heat for 1 hour or until center is nearly set.
10. Turn off heat, remove Lifter, cover, and let sit for 45 minutes.
11. Slide cheesecake onto serving plate using parchment paper to help you lift it easily. Place cheesecake into refrigerator and chill for at least an hour or overnight.
12. Slice and serve.



Steamed Bananas with Dark Chocolate

Serves 4

Preparation time: 10 minutes

Difficulty level: Easy

Chocolate and banana is a classic combination, and this dessert is ready in no time. Be ready to eat this decadent, guilt free dessert with a spoon!

Ingredients

- 4 bananas
- ¼ cup dark chocolate chips (recommended: Ghirardelli 60% Cacao Bittersweet Chocolate Chips)

Philipiak Milano Cookware Needed



5.2 L Large Pot and Lid

Colander/Steaming Pot



Instructions

1. Add ½ cup water to Large Pot and heat over medium heat.
2. Add bananas (in their peels) to Steamer Insert, place Insert into Large Pot, and cover with Large Lid.
3. Let bananas steam for 5-7 minutes, or until peels turn black.
4. Place bananas on serving plate and slit lengthwise, but not all the way through.
5. Place chocolate chips in slit in bananas. Cover bananas with still-warm lid and let sit for 1-2 minutes.
6. To serve, pull open peels and slice bananas and melted chocolate into 4 pieces each. Serve with a spoon.



Steamed Apples with Raisins and Cinnamon

Serves 4

Preparation time: 20 minutes

Difficulty level: Easy

Reminiscent of apple pie, this healthy dessert packs lots of apple and spice flavor without all the sugar, relying instead on the natural sweetness of the fruit.

Ingredients

- ½ cup water
- 4 baking apples, peeled and sliced
- ½ cup raisins
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp lemon juice

Philipiak Milano Cookware Needed



Instructions

1. Add ½ cup water to Large Pot and place over medium-low heat.
2. In Large Bowl, combine apple slices, raisins, cinnamon, nutmeg and lemon juice.
3. Place apple mixture into Steamer Insert, and place Steamer Insert inside Large Pot. Cover with Lid.
4. Allow apple mixture to steam for 7-8 minutes or until tender.
5. Serve with freshly whipped cream or vanilla ice cream, if desired.



Chai Poached Pears

Serves 4

Preparation time: 30 minutes

Difficulty level: Easy

Poached pears make an elegant dessert, the perfect ending to a delicious meal.

Ingredients

- 2 cups apple cider
- 3 ripe pears
- 3 chai tea bags
- 1 cup vanilla Greek yogurt
- Cinnamon

Philipiak Milano Cookware Needed

5.2 L Large Pot and Lid

**Instructions**

1. Add apple cider to Large Pot and place over medium-low heat.
2. When cider comes to a simmer, add chai tea bags and allow to simmer for 5 minutes. Remove tea bags.
3. Meanwhile, peel and core pears. Cut in half lengthwise.
4. After removing tea bags, add pears to chai-spiced cider, making sure pears are covered completely by the liquid.
5. Cook on low for 10-20 minutes, or until tender but not mushy. Remove pears from liquid.
6. Serve poached pears with Greek yogurt and a sprinkling of cinnamon.



