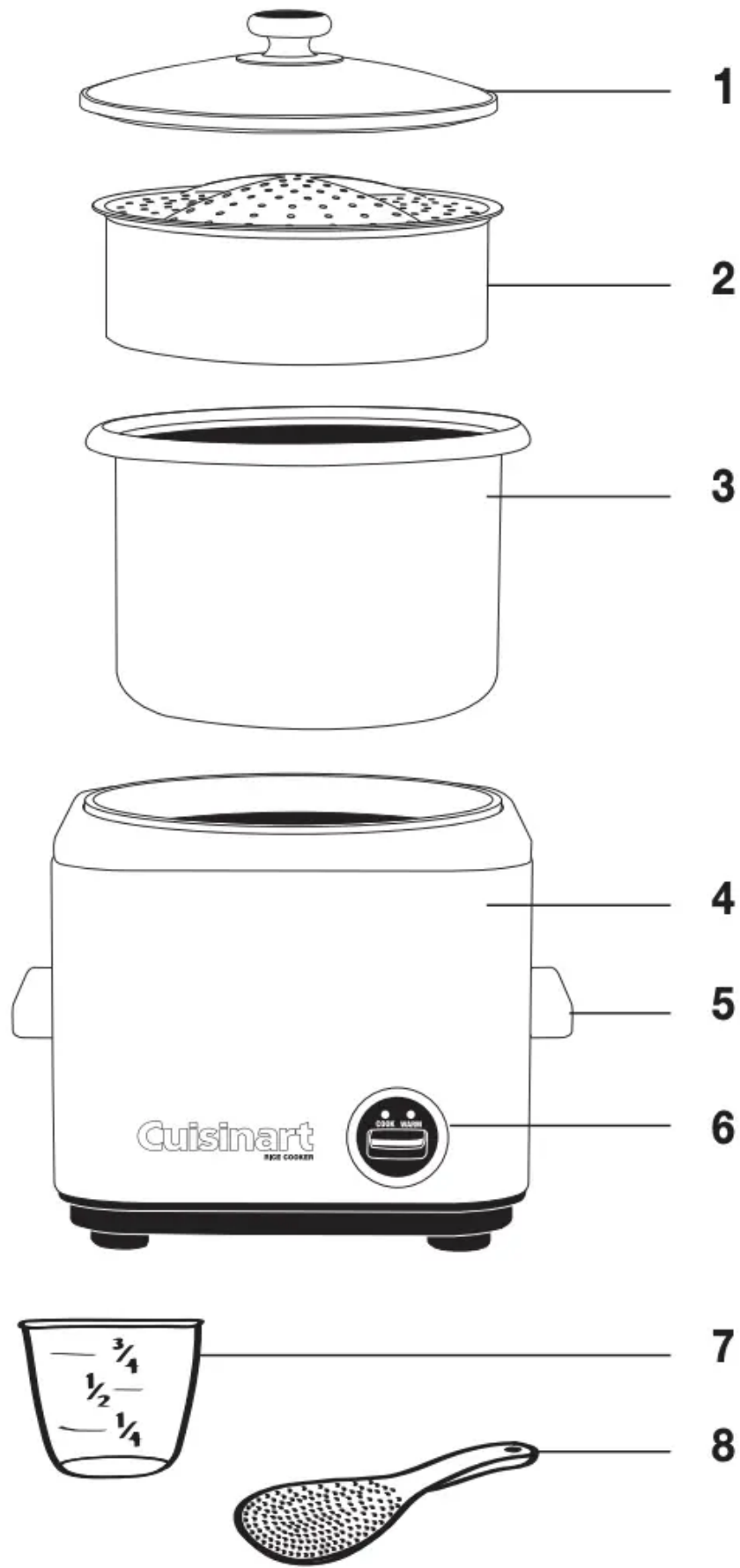


PARTS AND FEATURES

- 1. Glass Lid with Steam Vent:** See-through glass lid allows you to view the rice while the steam vent helps to prevent splattering.
- 2. Steaming Tray:** Allows you to steam a variety of foods while the rice is cooking.
- 3. Cooking Bowl:** Nonstick coating prevents the rice from sticking to the bowl.
- 4. Stainless Steel Housing:** Durable stainless steel construction makes cleanup easy.
- 5. Chrome-plated Handles:** Cool touch handles.
- 6. “Cook” and “Warm” Indicator Switch:** LED lights on top of the switch indicate that the unit is in Cook or Warm mode.
- 7. Measuring Cup:** Calibrated specifically for your Cuisinart® Rice Cooker/Steamer; allows you to measure the proper rice to water proportions with ease.
- 8. Rice Paddle:** Allows you to fluff and scoop the rice out of the cooking bowl.
- 9. BPA-Free (not shown):** All parts that come in contact with food are BPA-Free.



IMPORTANT GUIDELINES

- This appliance generates steam. Do not operate it without the lid in place.
- Do not use your Rice Cooker/Steamer under hanging wall cabinets; the escaping steam could cause damage.
- Do not use metal utensils. Metal utensils will damage the nonstick finish on inner cooking bowl.
- Add rice and water before plugging in the cooker. Because the Rice Cooker/Steamer does not have an Off setting, the unit will automatically be in Warm mode immediately after the unit is plugged in.

TIPS AND HINTS

- The Cuisinart® Rice Cooker/Steamer is a perfect appliance for a busy lifestyle and limited space. It will cook rice and grains perfectly with minimal fuss, taking up little counter space and leaving all your burners free for other tasks. Cleaning up the nonstick bowl is quick and easy and there is virtually no maintenance.
- Your rice cooker can be used for more than just rice. It is a simple way to cook pilafs. Simply turn the unit on and walk away — it will automatically switch to Warm when ready to serve.
- You can use your rice cooker to cook a combination of rice, grains and legumes at the same time. Follow our recipes for ideas and suggested amounts to use — let your imagination be your guide.
- Rinsing/washing rice: Generally the rule is to wash or rinse imported rice and not to wash or rinse domestic (grown in U.S.) rice, as it has been enriched with vitamins. To wash rice: place in a medium bowl and cover with water, swirl until the water appears chalky/cloudy, and drain in a fine mesh strainer. Repeat until water is clear (or nearly clear) when rice is covered and swirled. Rice aficionados will even wash domestic rice, as it removes the starches and reduces stickiness. If you follow a well-balanced diet, then the loss of these vitamins will not be detrimental. Do not wash your rice in the rice cooker bowl – if the outside of the bowl is wet when cooking, it may cause damage to your rice cooker.
- Some varieties of rice may call for a soaking period. This can be done in the rice cooker bowl prior to cooking.
- When cooking rice, boil it until it has absorbed all the liquid. At this time it is not quite done. Rice benefits from a “boil-steam” method of cooking. Allow your rice to rest on the Warm setting for 5 to 10 minutes before serving for best results. Do not remove the cover and peek.

- After rice rests for 5 to 10 minutes, open rice cooker cover and stir rice gently with rice paddle or a wooden spoon. If rice is not ready to serve, re-cover and let stand on Warm until ready.
- The rice cooker will switch to the Warm cycle when it has finished cooking. At this time, you may stir in chopped raw vegetables such as green onions, slivered snow peas, shredded carrots, or even grape tomatoes to add texture to the dish – they will warm while the rice is resting, and if served in 5 to 10 minutes will retain their unique texture.
- The rice cooker can be used to prepare commercially packaged pilafs, rice and grain mixes. Some packages will come with generic rice cooker instructions, or they may be found on the websites of the manufacturers. If the package has a sautéing step, do it right in the rice cooker bowl. Turn on, add specified amount of butter or oil, add rice/vegetables/meat and sauté according to package instructions, with the lid on. Add liquid and continue to cook. If the rice is too wet, allow it to remain on Warm for 15 to 20 minutes before serving. If it is too chewy, add up to ¼ cup more liquid and let stay on Warm until liquid is absorbed (about 15 to 20 minutes).
- When measuring rice with your rice cooker cup, level it off with a table knife or spatula as you would flour for baking.
- If desired, you may spray your cooking bowl with nonstick cooking spray, but this step is not necessary, as it has a nonstick coating.
- When rice is placed in the cooking bowl, level it off to a flat layer that covers the entire bottom of the bowl, to ensure that it cooks evenly.
- The water you use for cooking rice should be the same water that you drink. If you do not like the taste of your tap water, use bottled or filtered water. The taste of the water will affect the taste of the rice.
- For best results, use cold water. Cooking times will vary depending on the temperature of the water being used.
- Liquids other than water may be used to cook rice. Use low-fat, low-sodium meat or vegetable stocks/broths. Fish stock or clam broth may be used for seafood-flavored rice.
- One to two teaspoons of unsalted butter, olive, vegetable or nut oil will help keep grains of rice separate and prevent boiling over.
- If your recipe calls for salt, add and swirl in with the rice paddle or a wooden spoon after adding liquid — then level the rice as evenly as possible.
- The rice cooker can be used to steam vegetables, seafood and some meats while cooking the rice. Use our recipes as a guide, then create your own combinations.
- When steaming vegetables, clean them and trim to similar size. Follow Steaming Guide (page 7) for steaming vegetables alone. To steam vegetables while preparing rice, use Steaming Guide to time when to add vegetables to steaming tray. Most vegetables can be added about 10 minutes before rice has finished cooking.

- When steaming meats such as poultry or sausage, cut all into small, similar sized pieces (such as “finger strips” or 1-inch slices). Arrange in a single layer in the steaming tray, which has been sprayed with cooking spray.
- When steaming shrimp, scallops and other seafood, arrange in a single layer in the steaming tray, which has been sprayed with cooking spray.
- When using your rice cooker, plug it in and arrange it on the counter away from the wall and not under hanging cabinets, to prevent steam damage.
- The steam vent in the cover should always be placed facing the back of the rice cooker. Lift the lid from the back to the front to prevent steam burns.
- One cup of uncooked rice makes approximately three cups of cooked rice.
- 1 rice cooker cup (filled to the top) = $\frac{3}{4}$ cup = 12 tablespoons

ASSEMBLY INSTRUCTIONS

To use your Cuisinart® Rice Cooker/Steamer:

1. Carefully unpack the cooker.
2. Rinse the nonstick cooking bowl, steaming tray and lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the rice cooker base with a soft, damp cloth.
4. Place cooking bowl in base of unit.
5. Place steaming tray in cooking bowl with open part facing down.
6. Place the lid on top of the cooking bowl.
7. Do not plug in unit. Your rice cooker is now ready for use.

OPERATION

Cooking Rice

1. Make sure your Cuisinart® Rice Cooker/Steamer is unplugged.
2. Place cooking pot in the stainless steel housing.
3. Measure desired amount of raw rice with the measuring cup provided. Rinse rice if needed. See Guide for Cooking Rice (page 6) for rice-to-water ratios.
4. Choose one of the following ways to add water or stock for cooking:
 - a. Measure the appropriate amount of water using standard liquid measuring cup. See Guide for Cooking Rice.

- b. Using the water line inside the cooking bowl add water to the rice inside the bowl up to the proper water line. For example, if you added 2 cups of raw rice, add water to line 2 (white rice only).
5. Cover the cooking bowl with lid. Make sure the steam vent is facing toward the back of the unit.
6. Plug in unit.
7. Set to the cook position by pressing the switch down. The Cook LED light will be illuminated.
8. Rice cooker will heat and cook the rice. Cooking time will vary, depending on the amount and type of rice or grain being cooked.
9. Once the rice is cooked, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet.
10. For best texture, allow cooked rice to rest in Warm mode for 5 to 10 minutes.
11. Once you are ready to serve the rice, lift the lid away from you.
12. Fluff rice with paddle or utensil suitable for nonstick cookware.
13. Lift and remove cooking bowl from rice cooker using potholders.

Cooking Rice and Steaming

1. Clean and prepare your vegetables, seafood, fish or poultry.
2. Follow steps 1 to 8 under the Cooking Rice section (page 4).
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking bowl at the appropriate time for food being steamed. See Steaming Guide (page 7), for approximate cooking times.
5. Place lid on top of the steaming tray.
6. When the appropriate cooking time has elapsed, unplug the unit.

Steaming Only

1. Make sure unit is unplugged.
2. Fill cooking bowl with the suggested amount of water based on the Steaming Guide.
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking bowl.
5. Place lid on top of the steaming tray.

6. When water is completely evaporated, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet. Do not allow bowl to boil dry.

7. For best results, unplug unit immediately after the unit switches to Warm, to prevent over-cooking.

Reheating Rice

1. Make sure unit is unplugged.

2. To reheat rice, add $\frac{1}{4}$ cup (4 tablespoons) of cold water per cup of cooked rice.

3. Stir to mix.

4. Place lid on top of the cooking bowl.

5. Plug in unit and set to the cook position by pressing the switch down. The Cook LED light will be illuminated.

6. Once the rice is cooked, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet.

CLEANING AND CARE

1. Unplug your Cuisinart® Rice Cooker/Steamer and allow it to cool before cleaning.

2. Place cooking bowl, steaming tray and lid in the dishwasher or wash with warm, soapy water. If food sticks to the surface, fill with warm, soapy water and allow to soak before cleaning.

3. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

4. Wipe base of unit with a soft, damp cloth or microfiber towel. **NEVER IMMERSE BASE OF UNIT IN WATER.**

5. Make sure all parts are cool before storing. Store unit in a clean, dry place.

Guide for Cooking Rice

Cooking times will vary according to amount and temperature of cooking liquid.

The simplest way to cook long grain (converted) white rice is to place rice in cooking bowl and add liquid to appropriate line marking. For example, using the rice measuring cup provided, fill cooking bowl with 2 cups rice. Then, add water to the 2 cup water marking inside the bowl. If using 3 cups of rice, add water to the 3 cup water marking inside the bowl.

Do the same when using 4 to 8 cups of rice. Please note that preparing less than 2 cups of rice is not recommended.

For grains or brown and specialty rice, use the chart provided below. Note that you should not prepare these in amounts smaller or larger than stated in the chart.

All rice/grain is measured in the rice cooker cup. All water/liquid is measured in a standard liquid measuring cup.

Rice/Grain	Serves	Amount Rice (in Rice Cooker Cups)	Amount Water/Liquid (in standard liquid measure cups)
Long Grain White	2	1	1¼
Long Grain White	4	2	2⅛
Long Grain White	6	3	3
Long Grain White	8	4	3⅔
Medium Grain White	2	1	1¼
Medium Grain White	4	2	2
Medium Grain White	6	3	2¾
Medium Grain White	8	4	3½
Arborio	4	1	3¼
Brown Rice (med/long)	2-4	1	1¾
Brown Rice (med/long)	3-5	1½	2½
Wehani Rice	4	1	1⅞
Red Rice (Carmargue riz rouge; Bhutanese)	4	1	1¾
Wild Pecan	4	7-oz. package	1¾
Black Rice (Forbidden)	4	1	1¾
Sushi (soak rice for 30 minutes before cooking)	makes about 5½ cups	3	2¼ cups water + 2 tablespoons Sake
Pearl Couscous (Israeli)	6	1½	3
Polenta (Cornmeal)	4	1	3
Oatmeal (Rolled Oats)	4	2	3
Oatmeal (Irish – soak overnight in the amount of cooking water)	2 to 3	1	3

* One rice cooker cup equals ¾ cup standard dry measure.

Guide for Steaming Vegetables, Poultry, Seafood and Hard-Cooked Eggs

Place indicated amount of water into the cooking bowl. The amount needed will vary according to the type of food being cooked. Arrange foods in a single layer in the steaming tray. Vegetables should be cut in similar sizes as indicated. Begin timing when unit is turned on. Cooking times are approximate and will yield cooked but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

The rice cooker must be unplugged immediately after vegetables have finished cooking to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to rice cooker. Serve steamed vegetables immediately or plunge into ice water to stop cooking to use in salads and other cold preparations.

Food	Amount	Preparation	Water	Cooking Time (approximate)
Asparagus	4 ounces	3-inch cut	1½ cups	9-10 minutes
Broccoli	4 ounces	1½-2" flowerets	1½ cups	11 minutes
Carrots – baby	8 ounces	Whole	1½ cups	15 minutes
Carrots – sliced	8 ounces	¼-inch slices	1½ cups	15 minutes
Green beans	4 ounces	1 to 1½" slices	1½ cups	8-9 minutes
Peas, snow	4 ounces	Whole, tipped and topped, strings removed	1½ cups	11 minutes
Peas, edible	4 ounces	Whole, tipped and topped, strings removed	1½ cups	10-11 minutes
Potatoes, new (1½" diameter)	4 ounces	Quartered	2 cups	23-24 minutes
Potatoes yellow/gold	12 ounces	¾-inch dice	2 cups	18-19 minutes
Sweet potatoes	8 ounces	Peeled, ½-inch dice	1½ cups	18-19 minutes
Zucchini/ yellow squash	6 ounces	Halve lengthwise, ¾-inch slices	1½ cups	11 minutes
Chicken/turkey fresh	8 ounces (maximum)	Cut into ½-inch slices	1½ cups	12-15 minutes
Sausage, smoked	8-12 ounces	Cut into ½-inch slices	1½ cups	12-15 minutes
Shrimp	8 ounces	Peeled/unpeeled, may be seasoned with herbs or prepared seafood seasoning such as Old Bay® (spray steaming tray with cooking spray)	1½ cups + 1 table-spoon vinegar	12-15 minutes (will depend on size of shrimp). Stir after 10 minutes
Scallops, sea	8 ounces	Season as desired (spray steaming tray with cooking spray or line with leaf lettuce)	1½ cups	10-15 minutes
Fin fish (salmon, haddock, cod, sea bass, etc.)	8 ounces	Cut into 1½-inch squares, arrange on lettuce leaves or parchment rounds in steaming tray	1½ cups	10-15 minutes
Eggs, large	4	In shells	1½ cups	21 minutes (place in ice water immediately to stop cooking)

RECIPES

For all recipes in this Instruction & Recipe Booklet, use the included Rice Cooker Measure Cup to measure the rice or grain. Use a standard liquid measure cup (1 cup = 8 ounces = 16 tablespoons) to measure all liquids. (This keeps your Rice Cooker Measure Cup dry for measuring dry rice/grain.)

The Rice Cooker Measure Cup = $\frac{3}{4}$ cup standard dry measure or 12 tablespoons. Only white rice can be cooked to the maximum amount possible in the Rice Cooker (4 Rice Cooker cups/8 Rice Cooker cups). Do not cook more than the suggested amounts of other rice on the cooking chart, as the amount of liquid needed to cook larger amounts will boil over.

SALADS

Red Onion Vinaigrette

Makes 7/8 cup

$\frac{1}{2}$ small red onion, peeled, cut into $\frac{1}{2}$ -inch pieces (about 1 ounce)

1 $\frac{1}{2}$ teaspoons Dijon-style mustard

1 teaspoon sugar

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

$\frac{1}{4}$ cup white balsamic vinegar (or use a fruit flavored vinegar)

$\frac{1}{2}$ cup extra virgin olive oil

Place the red onion, mustard, sugar, salt, pepper, and vinegar in a food processor or blender; process until smooth. Add the oil and process until emulsified. Keep vinaigrette in a covered container in the refrigerator until ready to use. If vinaigrette separates, stir with a whisk to emulsify.

Nutritional information per tablespoon: Calories 71 (96% from fat) • carb. 1g • pro. 0g • fat 7g • sat. fat 1g • chol. 0mg • sod. 61mg • calc. 0mg • fiber 0g

Konriko Wild Pecan® Rice Waldorf Salad

Wild Pecan® Aromatic Rice is a type of long grain rice. The nutty aroma and flavor are natural to the rice. We use the Wild Pecan® Rice here to make a Waldorf type salad with apples and dried cranberries. This naturally flavored rice makes a great side dish.

Makes 2 cups/4 servings

1 $\frac{1}{2}$ cups (Rice Cooker) Konriko Wild Pecan® Aromatic Rice*

2 $\frac{1}{4}$ cups (standard liquid) water

1 shallot, peeled, finely chopped

2 teaspoons Dijon-style mustard

$\frac{1}{2}$ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

3 tablespoons sherry vinegar

3 tablespoons extra virgin olive oil

2 tablespoons vegetable oil

½ apple, such as Gala, Braeburn, Pink Lady, cored, cut into

¼-inch dice ½ cup dried cranberries or dried tart cherries

1/3 cup chopped toasted pecans

¼ cup chopped red onion

¼ cup chopped celery

Place rice and water in cooking bowl and insert in Cuisinart® Rice Cooker/Steamer. Turn on and cook until water is absorbed; about 30 minutes. When unit switches to Warm, let stand 5 minutes. Spread on a baking sheet to cool.

While rice is cooking and cooling, prepare the vinaigrette. Place the shallot, mustard, salt, pepper and vinegar in a small bowl; stir with a whisk to blend. Add the oils and whisk until emulsified; reserve. When rice is cooled to room temperature, place in a large bowl. Add the diced apple, dried cranberries, chopped pecans, red onion, and celery; stir gently to combine. Pour the dressing over the salad and toss gently to coat and blend. Serve at room temperature. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Konriko Wild Pecan® Aromatic Rice can be found in most well-stocked grocery stores. Use two 7-ounce packages for the right amount for this recipe.

Nutritional information per serving (½ cup): Calories 124 (57% from fat) • carb. 13g • pro. 1g • fat 8g • sat. fat 1g • chol. 0mg • sod. 81mg • calc. 6mg • fiber 1g

Yellow Rice and Black Bean Salad

This colorful salad is delicious with grilled seafood. Garnish with sliced avocado.

Makes 8 cups

1 cucumber, peeled and seeded, cut into

¼-inch dice

1½ teaspoons kosher salt, divided

1 teaspoon vegetable oil

1 teaspoon turmeric

¾ teaspoon ground cumin, divided

1½ cups (Rice Cooker) long grain white rice
2¾ cups (standard liquid measure) water
1 clove garlic, peeled, finely minced
2 tablespoons fresh lime juice
1 tablespoon rice vinegar
¼ teaspoon ground coriander
¼ teaspoon oregano
6 tablespoons extra virgin olive oil
1 can (15-ounce) black beans, rinsed and drained
1 cup diced (¼-inch) jicama
1 cup grape tomatoes, halved
½ cup chopped red bell pepper
¼ cup chopped red onion
1-2 jalapeño peppers, stemmed, seeded, and finely chopped
¼ cup chopped fresh cilantro

Place the diced cucumber in a strainer. Sprinkle with ½ teaspoon of the salt; toss to coat. Place strainer over a bowl to drain for 30 minutes.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Add oil, turmeric and cumin; cover and cook and 2 minutes. Add rice; stir to coat with oil and spices. Cover; cook 2 minutes. Stir in water and ½ teaspoon of the salt. Cover and turn on. Cook until liquid is absorbed, about 18 to 19 minutes. Spread the rice onto a baking sheet to cool.

Place minced garlic, lime juice, vinegar, coriander, oregano, the remaining salt and cumin in a small bowl; stir with a whisk to blend. Add olive oil and whisk until emulsified.

Place the cooled rice in a large bowl. Add the black beans, jicama, tomatoes, chopped red pepper, chopped onion, and chopped jalapeño. Stir gently to mix. Add the vinaigrette and chopped cilantro.

Stir gently to combine. Transfer to a decorative bowl to serve. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Nutritional information per serving (½ cup): Calories 128 (39% from fat) • carb. 17g • pro. 3g • fat 6g • sat. fat 1g • chol. 0mg • sod. 88mg • calc. 18mg • fiber 2g

Greek Rice Salad

Serve this salad as a side dish with grilled tuna, swordfish or lamb.

Makes about 8 cups

1 teaspoon extra virgin olive oil

1 cup (Rice Cooker) long grain white rice

½ cup (Rice Cooker) orzo

½ teaspoon salt

2¼ cups (standard liquid measure) water

1 clove garlic, minced

1 large tomato, seeded and chopped

1 small cucumber, seeded and chopped

1 small red onion, peeled and chopped

¾ cup crumbled feta cheese

½ cup pitted kalamata olives, halved

1 can (15-ounce) artichoke hearts, drained well and quartered

¼ cup chopped fresh parsley

1 tablespoon fresh lemon juice

½ teaspoon oregano

½ teaspoon basil

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

3 tablespoons extra virgin olive oil

Place cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add olive oil. Cover and turn Rice Cooker on; wait 1 minute. Stir in rice and orzo. Cook for 2 minutes, stirring constantly. Add ½ teaspoon salt and water; sprinkle with minced garlic. Cover and cook until liquid is absorbed and cooker switches to “Warm”. Let stand on Warm for 5 minutes. Spread the rice/orzo onto a baking sheet to cool.

While the rice cooks, place the tomato, cucumber, feta, olives, artichokes, parsley, lemon juice, oregano, basil, ½ teaspoon kosher salt, pepper and olive oil in a large bowl; stir. When, rice/orzo mixture is cooled, stir into the vegetable mixture. Chill one hour or longer before serving.

Nutritional information per serving (¾ cup): Calories 153 (50% from fat) • carb. 17g • pro. 3g • fat 8g • sat. fat 2g • chol. 6mg • sod. 555mg • calc. 54mg • fiber 1g

Forbidden Rice Salad

This black rice was once reserved only for the Emperor, forbidden to all others.

Makes about 3 cups (6 servings)

¾ cup (Rice Cooker) Forbidden Rice

1 1/3 cups (standard liquid measure) water

1 sweet potato (6 ounces), peeled and cut into ½ -inch cubes Miso Dressing (recipe follows)

3 green onions (include 2-3 inches of green), trimmed and chopped

¼ cup dried cranberries

2 tablespoons toasted chopped pecans

Rinse and drain rice. Place in cooking bowl. Add water; turn Rice Cooker/Steamer on. Place sweet potato cubes in steaming tray. After 20 minutes of cooking, lift lid and place steaming tray on top of cooking bowl, then cover immediately. Continue to cook until Rice Cooker switches to Warm cycle. Let stand 5 minutes. Remove steamer tray. Transfer rice to large bowl. Add 2 tablespoons Miso Dressing and toss gently. Let cool 10 minutes.

Add cooled sweet potato, green onions, dried cranberries, chopped pecans, and 1 to 2 more tablespoons Miso Dressing. Toss gently to combine and coat evenly with dressing. Add more dressing to taste if desired.

Nutritional information per serving (½ cup), made with 4 tablespoons dressing: Calories 138 (33% from fat) • carb. 23g • pro. 2g • fat 5g • sat. fat 1g • chol. 0mg • sod. 97mg • calc. 15mg • fiber 2

Miso Dressing

Makes ½ cup

1 clove garlic, peeled and finely minced

½ teaspoon dry mustard

½ teaspoon ginger

¼ cup fresh lemon juice

1 tablespoon sherry vinegar

3 tablespoons vegetable oil

2 tablespoons yellow miso*

1 teaspoon toasted sesame oil

Place garlic, mustard, ginger, lemon juice and vinegar in a small bowl; stir with a whisk until emulsified. Add miso and oil.

Nutritional information per tablespoon: Calories 64 (81% from fat) • carb. 3g • pro. 1g • fat 6g • sat. fat 1g • chol. 0mg • sod. 184mg • calc. 5mg • fiber 0g

*Miso is available at Asian grocery stores and health food markets.

Wheat Berry & Vegetable Salad

Makes 6 cups salad (12 servings)

1 cup (Rice Cooker) wheat berries*

1½ cups (standard liquid measure) water

¼ teaspoon kosher salt

2/3 cup cut corn (use frozen, thawed)

½ cup (2 oz.) shredded zucchini

½ cup chopped red bell pepper

¼ cup chopped green onion

¼ cup chopped sun-dried tomatoes

4 tablespoons Red Onion Vinaigrette (recipe, page 8)

2 tablespoons chopped fresh parsley

Soak the wheat berries in 2 inches of water for 1 hour. Drain and place in cooking bowl of Cuisinart® Rice Cooker/Steamer. Add water and ¼ teaspoon salt. Turn on and cook until all water is absorbed and unit switches to Warm, about 35 minutes. Let stand 5 minutes.

Spread out on a baking sheet to cool.

When wheat berries are cooled, place in a medium bowl with the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add 4 tablespoons of the dressing (cover and refrigerate remaining dressing for another use) and the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

*Wheat berries can be found in many well-stocked grocery stores, specialty food stores or health food stores. Wheat berries are whole unprocessed kernels of wheat. They can be cooked in cereals, pilafs and breads and add a nutty flavor. Wheat berries should be soaked prior to using to soften.

Nutritional information per serving: Calories 110 (46% from fat) • carb. 15g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 148mg • calc. 14mg • fiber 3g

SIDE DISHES

Curried Rice Pilaf with Apricots & Pine Nuts

Makes 4 cups (6 to 8 servings)

1 tablespoon unsalted butter

½ cup chopped onion

1½ teaspoons curry powder

½ teaspoon turmeric

2 cups (Rice Cooker) long grain white rice

2¼ cups (standard liquid measure) water

1 teaspoon kosher salt

½ cup slivered dried apricots

2 tablespoons toasted pine nuts

Place the rice cooking bowl in the Cuisinart® Rice Cooker/Steamer. Add the butter, cover and turn on; wait 2 minutes. Add the chopped onion, curry powder and turmeric to the melted butter; stir with rice paddle to coat. Cover and cook 5 minutes. Stir in the rice, water and salt. Top with the slivered apricots. Cover and reset Rice Cooker to On. Cooking time will be approximately 18 minutes, then the Rice Cooker will switch to Warm. Let stand 5 to 10 minutes on Warm (or longer) before serving. Fluff with rice paddle and transfer to a warm serving bowl. Sprinkle with toasted pine nuts just before serving.

Nutritional information per serving (based on 8 servings): Calories 161 (15% from fat) • carb. 33g • pro. 3g • fat 3g • sat. fat 1g • chol. 4mg • sod. 170mg • calc. 10mg • fiber 2g

Brown, Wehani & Wild Rice Pilaf

Makes 2 cups (4 servings)

1 tablespoon unsalted butter

2 tablespoons minced celery

2 tablespoons minced shallot

¾ cup (Rice Cooker) long grain brown rice

½ cup (Rice Cooker) wehani rice

¼ cup (Rice Cooker) wild rice

½ teaspoon herbs de Provence

¼ cup (standard liquid measure) dry white vermouth or dry white wine

1 1/8 cups (standard liquid measure) chicken stock (low-sodium)

1 1/8 cups (standard liquid measure) water

1/2 cup dried cranberries

2 green onions, trimmed and chopped (include several inches of green)

1/3 cup chopped toasted pistachios

Place cooking bowl in Cuisinart® Rice Cooker/ Steamer. Place butter in bowl. Cover and turn on; cook 2 minutes. Add celery and shallot to melted butter; stir with rice paddle. Cover; cook 2 minutes. Add the rice and herbs de Provence; stir to coat with butter, using rice paddle. Add wine; stir. Cover and cook 3 minutes. Add chicken stock and water; stir. Cover; turn on and cook until liquid is absorbed, about 39 minutes – unit will then switch to Warm. Sprinkle the dried cranberries and chopped green onions on top of the rice. Cover and let stand 5 minutes. Stir in half the chopped toasted pistachios. Transfer to a warmed serving bowl and top with remaining pistachios. Serve immediately.

Nutritional information per serving: Calories 134 (18% from fat) • carb. 23g • pro. 4g • fat 3g • sat. fat 1g • chol. 5mg • sod. 264mg • calc. 16mg • fiber 2g

Brown Rice and Lentil Pilaf

Makes 2 cups (4 servings)

1/2 tablespoon extra virgin olive oil

2 tablespoons chopped carrots

2 tablespoons chopped mushrooms

2 tablespoons chopped shallots

1 cup (Rice Cooker) long grain brown rice

1/3 cup (Rice Cooker) brown lentils

1/2 teaspoon thyme

1 1/8 cups (standard liquid measure) chicken stock

3/4 cup (standard liquid measure) water

Place cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add olive oil. Cover and turn on; let heat for 1 minute. Add carrots, mushrooms and shallots to bowl; stir, using rice paddle to coat with oil. Cover and cook for 3 minutes (Rice Cooker will shut off). Stir in rice, lentils and thyme. Add stock and water; stir, using rice paddle. Cover and turn on. Cooking time will be approximately 30 minutes. The Rice Cooker will then switch to Warm. Let stand 5 to 10 minutes (or longer) on Warm before serving. Fluff with rice paddle and transfer to a warm serving bowl.

Nutritional information per serving: Calories 185 (14% from fat) • carb. 34g • pro. 6g • fat 3g • sat. fat 0g • chol. 0mg • sod. 332mg • calc. 20mg • fiber 3g

Confetti Pilaf

This mixture of wheat berries and brown and wild rice is finished off with green peas and chopped red bell pepper – the look is wonderfully full of color, and the pilaf is perfect with grilled chicken or fish.

Makes 4 cups (8 servings)

½ cup (Rice Cooker) wheat berries* (not cracked wheat or bulgur) boiling water

1 teaspoon unsalted butter

1 teaspoon extra virgin olive oil

3 tablespoons finely chopped onion or shallot

2 tablespoons finely chopped carrot

¾ cup (Rice Cooker) long grain brown rice

¼ cup (Rice Cooker) wild rice

½ teaspoon marjoram

2 cups (standard liquid measure) low-sodium chicken stock

1½ cups (standard liquid measure) water

½ teaspoon kosher salt

¾ cup frozen baby peas, thawed

½ cup chopped red bell pepper

2 green onions, trimmed (include 2-3 inches of green), chopped

½ teaspoon freshly ground pepper

Place the wheat berries in a heat proof bowl and cover with 2 inches of boiling water. Let stand 1 hour to soften. Drain.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Place the butter and olive oil in the bowl; cover and turn on. Heat for 1 minute. Add chopped onion and carrot; stir, cover, and cook 2 minutes. Add drained wheat berries, brown rice, wild rice, and marjoram; stir to coat. Cover; cook 2 minutes. Add chicken stock, water and salt; stir. Cover and cook until liquid is absorbed and Rice Cooker switches to Warm, about 45 minutes. When Rice Cooker switches to Warm, add the thawed peas, chopped red pepper and green onions. Cover and let stand 5 minutes. Add ground pepper; toss gently to combine. Transfer to a warm bowl to serve. Serve hot.

*See note about wheat berries on page 10.

Nutritional information per serving: Calories 108 (16% from fat) • carb. 19g • pro. 3g • fat 2g • sat. fat 0g • chol. 1mg • sod. 197mg • calc. 13mg • fiber 3g

Creamy Parmesan Risotto with Asparagus

Use vegetable stock to make this a vegetarian dish.

Makes 3 cups (serves 6 as a side dish, 4 as a first course, 2 as an entrée)

cooking spray

4 ounces asparagus, peeled, cut into 1-inch pieces

1 teaspoon unsalted butter

1 teaspoon extra virgin olive oil

1/3 cup finely chopped onion or shallot

1/3 cup finely chopped carrot

1 cup (Rice Cooker) Arborio rice

1/3 cup dry white wine or vermouth

3 cups (standard liquid measure) water, chicken or vegetable stock (may mix)

4 tablespoons heavy cream

1/4 cup freshly grated Parmesan cheese

1/4 teaspoon ground white pepper

Lightly coat the steaming tray of the Cuisinart® Rice Cooker with cooking spray.

Place asparagus in steaming tray; reserve. Place the butter and olive oil in the cooking bowl of the Cuisinart® Rice Cooker/Steamer. Cover, turn on and wait one minute. Stir in the chopped onion and carrot and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes, until the wine is completely absorbed. Add the water or stock; stir. Cover and cook for 25 minutes, stirring 2 or 3 times during cooking. Place the asparagus filled steaming tray on the cooking bowl and cover. Cook until the Rice Cooker switches to Warm, about 5 minutes longer. When Rice Cooker switches to Warm, stir in the heavy cream, Parmesan, and white pepper. Replace the steaming tray over the cooking bowl and let stand on Warm for 5 to 10 minutes. Stir the steamed asparagus into the risotto. Serve hot.

Nutritional information per serving (based on 6 servings): Calories 110 (37% from fat) • carb. 11g • pro. 4g • fat 4g • sat. fat 2g • chol. 11mg • sod. 334mg • calc. 66mg • fiber 1g

ENTRÉES

Sun-Dried Tomato Pearl Couscous

Makes 2 cups (4 servings)

1 teaspoon extra virgin olive oil

3 tablespoons finely chopped onion or shallot

1 cup (Rice Cooker) pearl couscous (also known as Israeli couscous)*

¾ cup (standard liquid measure) low-sodium chicken stock

¾ cup (standard liquid measure) water

¼ teaspoon kosher salt

¼ cup chopped sun-dried tomatoes (not oil-packed)

½ teaspoon basil

1 tablespoon chopped toasted pine nuts

Insert cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add oil, cover and turn on; heat 1½ minutes. Stir in chopped onion. Cover and cook 2 minutes. Add couscous to bowl. Stir, using rice paddle, for 1 to 2 minutes. Add chicken stock, water and salt; stir. Add sun-dried tomatoes and basil. Cover and cook until liquid is absorbed, about 15 minutes. Rice Cooker will switch to Warm.

Let stand 5 minutes or hold on Warm until ready to serve. Transfer to a warm bowl and sprinkle with chopped toasted pine nuts to serve.

*Pearl or Israeli couscous can be found in wellstocked grocery stores or in specialty food stores.

Nutritional information per serving: Calories 83 (26% from fat) • carb. 13g • pro. 3g • fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg • calc. 12mg • fiber 1g

Saffron Risotto with Snow Peas

Makes 2 cups (4 entrée servings or 6 side dish servings)

2¼ cups (standard liquid measure) water

¼ teaspoon saffron threads

½ tablespoon extra virgin olive oil

½ tablespoon unsalted butter

2 tablespoons minced carrot

2 tablespoons minced celery

2 tablespoons minced shallot

¾ cup (Rice Cooker) Arborio rice

3 tablespoons dry white vermouth or other dry white wine (not Chardonnay)

½ teaspoon kosher salt

¾ cup shredded snow peas

Heat the water until simmering (may be done on stovetop or in microwave). Stir in saffron threads; reserve.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Place the olive oil and butter in the bowl, cover and turn Rice Cooker on.

Heat olive oil and butter for 1 minute. Add the minced carrot, celery and shallot. Cover and cook 2 minutes. Stir in Arborio rice; cover and cook 2 minutes. Stir in wine; cover and cook 3 minutes.

Stir in saffron infused water and salt. Cover and cook until the Rice Cooker switches to Warm, about 28 to 29 minutes. Lift lid, stir with rice paddle and cover again, two or three times while cooking. Add snow peas to the Rice Cooker on top of the risotto; cover and let stand 5 minutes. Stir snow peas into risotto and transfer to a warm serving bowl.

Serve immediately.

Nutritional information per serving (based on 6 servings): Calories 89 (32% from fat) • carb. 12g • pro. 2g • fat 3g • sat. fat 1g • chol. 4mg • sod. 190mg • calc. 21mg • fiber 1g

Creamy Fontina Risotto with Mushrooms

This creamy risotto makes a marvelous side dish or can be served as a first course.

Makes 3 cups (serves 6 as a side dish, 4 as a first course)

2½ teaspoons unsalted butter, divided

2½ teaspoons extra virgin olive oil, divided

1/3 cup finely chopped onion or shallot

1 cup (Rice Cooker) Arborio rice

6 tablespoons dry white vermouth or other dry white wine (not Chardonnay)

3 cups (standard liquid measure) low-sodium chicken broth

6 ounces shiitake mushrooms, tough stems removed, thinly sliced

¼ teaspoon thyme

3 ounces shredded fontina cheese

½ teaspoon freshly ground pepper chopped fresh thyme and Italian parsley as garnish, optional

Place 1½ teaspoons each of the butter and olive oil in the cooking bowl of the Cuisinart® Rice Cooker/Steamer.

Cover, turn on, and wait one minute. Stir in the chopped onion and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the chicken stock; stir. Cover and cook until Rice Cooker switches to Warm, about 28 to 30 minutes, stirring 2 or 3 times during cooking.

While the risotto is cooking, heat the remaining teaspoon of the butter with the remaining teaspoon of the oil in a 10-inch nonstick skillet over medium high heat. When bubbling, add the mushrooms, stir to coat, and cook, stirring now and then until the mushrooms are golden and slightly crispy.

When Rice Cooker switches to Warm, stir in the shredded fontina, cooked shiitakes and ground pepper. Serve risotto hot. May be garnished with chopped fresh thyme and parsley, if desired.

Nutritional information per serving (½ cup): Calories 207 (34% from fat) • carb. 26g • pro. 6g • fat 8g • sat. fat 4g • chol. 21mg • sod. 117mg • calc. 86mg • fiber 1g

Red Beans & Rice

This version of the traditional long-cooking New Orleans dish can be made in less than 30 minutes in the Cuisinart® Rice Cooker/Steamer.

Makes 4 cups

4 ounces smoked chicken or turkey andouille sausage* cooking spray

1 can (15-ounce) red beans, rinsed and drained

1 teaspoon good quality olive oil

3 tablespoons finely chopped onion

2 tablespoons finely chopped celery

3 tablespoons finely chopped green bell pepper

1 clove garlic, finely chopped

1 cup (Rice Cooker) long grain rice

½ teaspoon thyme

1 bay leaf

1½ cups (standard liquid measure) chicken stock

3 tablespoons chopped Italian parsley Tabasco® or other hot sauce

Divide the sausage in half. Finely chop half the sausage; cut the remaining sausage into ½-inch pieces. Lightly coat the interior of the steaming tray with cooking spray. Place the red beans and sliced sausage into the steaming tray; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Place the olive oil in the bowl, cover, and turn on for 1 minute. Add the onion, celery, bell pepper, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice and thyme. Stir until rice is opaque, 3 to 4 minutes. Tuck in the bay leaf and add the chicken stock. Place the filled steaming tray on the bowl; cover. Turn the Rice Cooker on and cook until it switches to Warm, about 18 minutes. Let stand at Warm for 5 minutes. Transfer beans and sausage to a medium bowl; add cooked rice mixture to the same bowl. Remove and discard bay leaf. Gently toss rice mixture with beans and sausage. Add parsley and toss to combine. Transfer to a warmed bowl to serve. Serve with hot sauce if desired.

*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

Nutritional information per serving (½ cup): Calories 265 (14% from fat) • carb. 43g • pro.13g • fat 4g • sat. fat 1g • chol. 18mg • sod. 453mg • calc. 43mg • fiber 5g

“Not” Fried Rice

A quick and healthy version of that carry-out favorite.

Makes 4 cups

cooking spray

3 ounces chicken tender, cut into ¼-inch pieces

½ teaspoon sesame oil

8 medium shrimp, peeled, deveined, cut in half lengthwise

1 tablespoon soy sauce (can use low-sodium)

1 teaspoon rice vinegar

¼ teaspoon sugar

¼ teaspoon freshly ground black pepper

1 teaspoon vegetable oil

¼ ounce Canadian bacon or ham, cut into

¼-inch pieces

2 tablespoons finely chopped onions

2 tablespoons finely chopped carrots

1 tablespoon chopped mushrooms

½ clove garlic, finely chopped

1¼ cups (Rice Cooker) basmati rice

1¾ cups (standard liquid measure) low-sodium chicken stock

1/3 cup frozen peas, thawed

¼ cup julienned red bell pepper (1 x 1/8" pieces) 2 green onions, trimmed and chopped (include 2-3 inches of green)

½ cup mung bean sprouts

Lightly coat the steaming tray with cooking spray. Place the chicken in a small dish and drizzle with half the sesame oil; stir to coat. Place in the steamer tray to one side in a single layer. Repeat with the shrimp. Reserve.

In a small bowl, combine the soy sauce, rice vinegar, sugar, and pepper. Stir until sugar dissolves; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Add the oil; cover and turn on for 1 minute. Add the Canadian bacon, chopped onions, carrots, mushrooms, and garlic. Stir to coat with oil. Cover and cook 4 to 5 minutes. Add the rice; stir to coat. Add the stock, cover and cook. After rice has cooked for 10 minutes, place the steaming tray over the cooking bowl and cover. Continue to cook until Rice Cooker switches to Warm. Using protective pot holders, lift off steaming tray. Add the peas, red pepper and green onions to the bowl on top of the rice — do not stir. Replace the steaming tray on top of the cooking bowl and cover.

Let stand 5 minutes. Transfer the rice and vegetables to a medium bowl, along with the steamed chicken and shrimp and mung bean sprouts. Drizzle the soy mixture over the rice and stir to combine. Serve immediately.

Nutritional information per serving (1 cup): Calories 286 (12% from fat) • carb. 42g • pro. 20g • fat 4g • sat. fat 1g • chol. 75mg • sod. 566mg • calc. 41mg • fiber 2g

Mexican Rice & Shrimp

Makes 3 entrée servings

1 teaspoon extra virgin olive oil

2 tablespoons red onion

1 clove garlic, chopped

¾ teaspoon oregano

¼ teaspoon ground coriander
¼ teaspoon ground cumin
¼ teaspoon kosher salt
¼ teaspoon turmeric
1 cup (Rice Cooker) long grain white rice
1½ cups (standard liquid measure) water
1 can (15-ounce) diced tomatoes, drained – discard liquid
12 ounces shrimp, peeled, deveined, halved lengthwise
2/3 cup frozen thawed peas
2 green onions, chopped
1 jalapeño pepper, stemmed, seeded, and chopped

Place cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add olive oil. Cover and turn on; let heat for 1 minute. Add red onion, garlic, oregano, coriander, cumin, salt, and turmeric to bowl; stir, using wooden spoon, to coat with oil. Cover and cook for 1 minute. Add rice, stir and cook for 2 minutes. Add water; stir. Add drained diced tomatoes on top of rice – do not stir in. Cover and turn on.

Lightly coat the interior of the steaming tray with cooking spray. Place shrimp in steaming tray. After 25 minutes, place steaming tray on cooking bowl; cover. Cook until Rice Cooker switches to Warm. Place the peas, green onions and jalapeño pepper on top of the rice. Cover and let stand on Warm for 5 minutes.

To serve, fluff with rice paddle and stir in vegetables. Transfer to top with steamed shrimp. Garnish with sliced avocado and serve with a wedge of lemon or lime.

Nutritional information per serving: Calories 350 (9% from fat) • carb. 49g • pro. 29g • fat 3g • sat. fat 1g • chol. 221mg • sod. 485mg • calc. 108mg • fiber 4g

Couscous with Shrimp & Scallops

Easy enough to be a weeknight entrée.

Makes 2 entrée servings

6 ounces shrimp, peeled, deveined, cut in half lengthwise
6 ounces bay scallops
2 teaspoons extra virgin olive oil, divided cooking spray
1 shallot, peeled, minced
1 clove garlic, minced

1 teaspoon thyme

1 cup (Rice Cooker) pearl couscous (also known as Israeli couscous)*

¾ cup (standard liquid measure) chicken or vegetable stock

¾ cup (standard liquid measure) water

¼ teaspoon kosher salt

¼ cup chopped green pepper

¼ cup chopped red bell pepper

2 tablespoons chopped fresh parsley

1 teaspoon finely chopped lemon zest lemon wedges

Place shrimp and scallops in a small bowl. Add 1 teaspoon of the olive oil and toss to coat. Lightly coat the interior of the steaming tray with cooking spray. Place the shrimp and scallops in the steaming tray; reserve.

Insert cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add remaining oil, cover, and turn on; heat 1½ minutes. Stir in shallot, garlic and thyme. Cover and cook 1 minute. Add couscous to bowl. Stir for 1 to 2 minutes. Add stock, water and salt; stir. Cover and cook for 7 minutes. Place steaming tray over bowl and continue to cook until Rice Cooker switches to Warm. Stir green and red peppers, parsley and lemon zest into couscous. Cover and let stand on Warm for 5 minutes. To serve, stir steamed shrimp and bay scallops into hot couscous. Garnish with lemon wedges.

*Pearl or Israeli couscous can be found in wellstocked grocery stores, or in specialty food stores.

Nutritional information per serving: Calories 318 (19% from fat) • carb. 26g • pro. 37g • fat 7g • sat. fat 1g • chol. 194mg • sod. 691mg • calc. 85mg • fiber 2g

Risi e Bisi with Shrimp

The traditional Venetian comfort food, Rice and Peas, is taken a step further and garnished with steamed shrimp to make it a complete meal.

Makes 2 entrée servings

8 ounces shrimp, peeled, deveined, halved lengthwise

2 teaspoons extra virgin olive oil, divided

1 teaspoon unsalted butter

1/3 cup finely chopped onion

1/3 cup finely chopped celery

1 cup (Rice Cooker) Arborio rice

3 tablespoons dry white wine or vermouth

3 cups (standard liquid measure) chicken or vegetable stock (may use half water)

1¼ cups fresh or frozen thawed peas

¼ cup freshly grated Parmesan cheese

Place shrimp in a small bowl and drizzle with 1 teaspoon of the olive oil. Toss to coat. Lightly coat the steaming tray with cooking spray. Arrange shrimp in steaming tray; reserve.

Place remaining olive oil and butter in the cooking bowl of the Cuisinart® Rice Cooker/ Steamer. Cover, turn on, and wait one minute. Stir in the chopped onion and celery and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the stock; stir. Cover and cook for 22 minutes, stirring 2 or 3 times during cooking. After 22 minutes, place steaming tray over cooking bowl and cover. Continue to cook until Rice Cooker switches to Warm, about 8 to 10 minutes longer. Add peas to bowl. Cover and let stand on Warm for 5 to 10 minutes.

Just before serving, stir peas and steamed shrimp along with half the Parmesan into the cooked rice. Serve in warm bowls and top with remaining Parmesan.

Nutritional information per serving: Calories 440 (23% from fat) • carb. 40g • pro. 20g • fat 11g • sat. fat 4g • chol. 237mg • sod. 1175mg • calc. 198mg • fiber 5g

Lemony Brown Basmati Rice & Chicken

Turn this into a vegetarian entrée by substituting canned chickpeas (rinsed and drained) for the chicken.

Makes 2 entrée servings

8 ounces boneless, skinless chicken breast*

1 teaspoon extra virgin olive oil cooking spray

1½ teaspoons basil, divided

1 teaspoon unsalted butter

1 tablespoon finely chopped shallot

1 clove garlic, minced

¾ cup (Rice Cooker) brown basmati rice, rinsed and drained

2 teaspoons finely chopped lemon zest, divided

½ teaspoon kosher salt

1¾ cups (standard liquid measure) water (or half water, half chicken stock)

2/3 cup halved grape tomatoes lemon wedges

Cut chicken into “finger” sized strips, about ½ inch thick and 3 inches long. Toss with olive oil and half the basil. Lightly coat the steaming tray with cooking spray. Arrange the chicken in the steaming tray in a single layer; reserve.

Place cooking bowl in Cuisinart® Rice Cooker/ Steamer; add butter. Cover and turn on; let heat for 30 to 40 seconds. Stir in shallot and garlic; cover and cook 30 seconds. Add rinsed and drained rice, 1 teaspoon lemon zest, salt, and remaining basil. Stir to coat. Add water. Cover and cook for 28 minutes. Place steaming tray above rice, and cover. Continue to cook until Rice Cooker switches to Warm setting, about 10 to 12 minutes. Place tomatoes on top of rice and let stand on Warm for 10 minutes. To serve, stir tomatoes and steamed chicken into rice. Arrange on warmed plates, sprinkle with remaining lemon zest and serve with a wedge of lemon.

*You may use sea scallops in place of the chicken. Remove the tough muscle from the side of each scallop and toss scallops in olive oil. Shorten their cooking time slightly – do not add the scallops to the steamer until rice has cooked for 32 minutes.

Nutritional information per serving: Calories 485 (19% from fat) • carb. 58g • pro. 39g • fat 10g • sat. fat 3g • chol. 92mg • sod. 589mg • calc. 54mg • fiber 4g

Teriyaki Steamed Chicken with Cranberry Wild Rice

You may substitute turkey cutlet or tenderloin for the chicken.

Makes 2 entrée servings

1 tablespoon light soy sauce

1 tablespoon honey

2 teaspoons dry sherry

½ clove garlic, peeled, finely minced

½ teaspoon powdered ginger

½ tablespoon vegetable oil

1 tablespoon finely minced green onion

8 ounces boneless, skinless chicken breast cooking spray

¾ cup (Rice Cooker) wild rice

1½ cups (standard liquid measure) chicken stock

6 tablespoons water

½ teaspoon kosher salt

½ cup dried cranberries

3 green onions, very thinly sliced

1 tablespoon minced jalapeño pepper

Place the soy, honey, sherry, garlic, ginger, oil, and green onion in a small bowl. Whisk to blend. Cut the chicken into “finger” sized pieces, about ½-inch thick and 3 inches long. Stir the chicken into the teriyaki marinade and let stand for 15 minutes.

Lightly coat both the steaming tray and bowl with cooking spray. Place the bowl in the Cuisinart® Rice Cooker/Steamer. Place the rice in the bowl. Add the stock, water and salt; stir. Cover and turn on. Cook for 50 minutes. Drain the chicken and place in prepared steamer tray; discard marinade. After rice has cooked for 50 minutes, place the steaming tray over the bowl and cover. Cook for an additional 12 to 15 minutes, until the Rice Cooker switches to Warm. When Rice Cooker switches to Warm, place the dried cranberries, green onions and minced jalapeño peppers on top of the rice. Cover and let stand on Warm for 10 minutes.

To serve, stir rice to blend in cranberries, green onions and jalapeño. Transfer to warmed plates and top with steamed teriyaki chicken fingers.

Nutritional information per serving: Calories 546 (13% from fat) • carb. 74g • pro. 44g • fat 8g • sat. fat 2g • chol. 87mg • sod. 786mg • calc. 36mg • fiber 6g

Jambalaya with Sausage & Shrimp

Makes 4 cups

4 ounces smoked chicken or turkey andouille sausage* cooking spray

8 ounces shrimp, peeled, deveined, cut in half lengthwise

1 teaspoon good quality olive oil

½ cup finely chopped onions

¼ cup finely chopped celery

3 tablespoons chopped green bell pepper (¼-inch chop)

3 tablespoons chopped red bell pepper (¼-inch chop)

1 clove garlic, finely chopped

1½ cups (Rice Cooker) long grain rice

1 teaspoon thyme

½ teaspoon chili powder

1¾ cups (standard liquid measure) chicken stock

¾ cup tomato sauce

1 bay leaf

3 tablespoons chopped Italian parsley Tabasco® or other hot sauce

Cut sausage into ½-inch slices. Lightly coat the interior of the steamer tray with cooking spray. Place the sausage and shrimp into the steaming tray; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Place the olive oil in the bowl, cover, and turn on. After 1 minute, add the onions, celery, green and red peppers, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice, thyme, and chili powder. Stir until rice is opaque, 2 to 3 minutes. Add the chicken stock and tomato sauce; tuck in the bay leaf. Cover and cook for 10 minutes. Place the filled steaming tray on the cooking bowl; cover. Continue to cook until Rice Cooker switches to Warm, 8 to 10 minutes longer. Let stand at Warm for 5 minutes. Remove and discard bay leaf. Gently toss rice mixture with steamed shrimp and sausage. Add half the parsley and toss to combine. Transfer to a warmed bowl to serve. Sprinkle with remaining chopped parsley. Serve with hot sauce if desired.

*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

Nutritional information per serving (1 cup): Calories 299 (8% from fat) • carb. 50g • pro. 19g • fat 3g • sat. fat 0g • chol. 113mg • sod. 644mg • calc. 59g • fiber 2g

Cinnamon Raisin Oatmeal

No fuss, no stirring, no boiling over, no burned pan! Hot oatmeal has never been so easy to serve as it is when cooked in your Cuisinart® Rice Cooker/Steamer.

Makes 4 servings (about ¾ cup each)

2 cups (Rice Cooker) rolled oats (not quick cooking)

3 cups (standard liquid measure) water

1 teaspoon ground cinnamon

¼ teaspoon salt

3 tablespoons raisins

Insert bowl In Cuisinart® Rice Cooker/Steamer. Place oatmeal, water, cinnamon and salt in bowl; stir. Sprinkle raisins over top. Cover and turn on; cooking time will be about 12 to 18 minutes. When unit switches to Warm, Cinnamon Raisin Oatmeal is ready to serve, or it may be kept on Warm. Stir before serving. Serve hot as is, or sprinkle with a sweetener such as

brown sugar, honey or maple syrup. A dollop of yogurt (plain or vanilla) or milk to taste may be added.

Note: Other dried fruits may be substituted for the raisins. Try dried cherries, cranberries or blueberries, slivered dried apricots or plums or chopped dried apples.

You may make this oatmeal using Irish Oats. Combine 1 Rice Cooker cup of Irish Oats with 3 (standard liquid measure) cups water in a bowl; cover, refrigerate and soak overnight. Transfer the soaked oatmeal and liquid to the cooking bowl. Stir in cinnamon, salt and raisins. Turn on. When unit switches to Warm, the Irish Oatmeal is done. Stir before serving.

Nutritional information per serving: Calories 154 (12% from fat) • carb. 32 mg • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 154 mg • calc. 32 mg • fiber 4g

Warning

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