UltraPro Ovenware

No, you’re not dreaming. Yes, it’s **oven-safe Tupperware**. These hot dishes are made of a revolutionary material safe for the oven, microwave, fridge, freezer and dishwasher. Elegant, **lightweight** and stackable, this is the ultimate all-in-one cooking and serving solution.

- **Save time** by starting dinner in the microwave and finishing to a **golden brown crisp** in the oven.
- As if there wasn’t enough to love about this versatile collection, its **nonstick** quality also makes it a breeze to clean.
UltraPro Ovenware

This state-of-the-art collection can do almost everything (and look good doing it). From the freezer to fridge to microwave to oven to table, your meals can be faster, easier and tastier with UltraPro.

- Safe for use up to 482° F/250° C and as low as -13° F/-25° C. Not suitable for broiling or for use with your oven's grill feature.
- Avoid contact with heat sources by placing UltraPro Ovenware at least 2"/5 cm away from the oven/microwave oven walls and heat sources.
- Do not use metal utensils for stirring or serving. Our collection of Kitchen Tools is ideal for use with UltraPro Ovenware.
- Avoid abrasive cleaning materials.

Cover
Can also be inverted to create a shallow dish

Base
3.5-Qt./3.3 L Lasagna Pan shown here

Nonstick quality reduces the need for excess oil or butter and makes the material easy to clean.

Tandem Cook
Microwave to oven

Flip Bases
Accommodate taller dishes

Stack Cook
Invert covers to create layers

Save Space
Nests for compact storage

Same length & width for compatible stacking:
- 3.5-Qt./3.3 L Lasagna Pan = 6-Qt./5.7 L Roasting Pan
- 2.1-Qt./2 L Casserole Pan = 3.7-Qt./3.5 L Casserole Pan

This product, like everything we sell in the U.S. & Canada, is BPA-free.
Weeknight Chicken POT PIE

1 package frozen puff pastry crust, thawed according to package instructions
2 large carrots, peeled and cut into 1/2.5 cm pieces
2 celery stalks, trimmed and cut into 1/2.5 cm pieces
1 small onion, peeled and quartered
8-oz./225 g chicken breast, cut into large chunks
¼ cup unsalted butter
¼ cup all-purpose flour
2 cups reduced-fat (2%) milk
1 tsp. coarse kosher salt
½ tsp. black pepper

1. Preheat oven to 425° F/218° C.
2. Form dough to fit inverted cover of UltraPro 1.6-Qt./1.5 L Round Pan. Bake 15 minutes.
3. Add carrots to base of Quick Chef® Pro System fitted with the blade attachment. Cover and turn handle until roughly chopped and remove to base of UltraPro Round Pan. Repeat with celery and onion.
4. Microwave vegetable mixture, uncovered, on high power 1 minute. Add chicken to veggies and microwave, uncovered, on high power 5 minutes or until chicken is white and cooked through.
5. In Chef Series 11”/28 cm Fry Pan over medium heat, melt butter. Whisk flour into melted butter.
6. Add milk to fry pan and whisk continuously until mixture thickens. (When the mixture reaches a boil it will thicken). Season milk mixture with salt and pepper.
7. Pour milk mixture over chicken mixture in Round Pan and stir to combine.
8. Remove pie crust from inverted cover and use to top pot pie mixture.

Nutritional Information (per serving):
Calories: 340  Total Fat: 19g  Saturated Fat: 10g  Cholesterol: 75mg  Carbohydrate: 24g  Sugar: 12g  Fiber: 3g  Protein: 19g  Sodium: 710mg  Vitamin A: 150%  Vitamin C: 15%  Calcium: 20%  Iron: 6%
Simple
VEGGIE BAKE

2 Idaho potatoes, peeled and halved
½ tsp. coarse kosher salt
1 zucchini, halved
2 Roma tomatoes
1 tsp. Italian Herb Seasoning
2 tsp. extra virgin olive oil
½ cup Parmesan cheese, shredded

1. Preheat oven to 425° F/218° C.
2. Set Mandoline round knob to #4, triangular knob to “lock” and select the straight v-shaped blade insert.
3. Press down on potato half to attach to food guider and place on top of Mandoline. Push food guider down Mandoline to slice potato into discs. Repeat with remaining potato halves.
4. Toss potatoes slices in salt and spread evenly over inverted cover of UltraPro 3.5-Qt./3.3 L Lasagna Pan. Microwave on high power 5 minutes.
5. With Mandoline round knob still set to #4, attach tomato to food guider and push down to slice.
6. Set Mandoline round knob to #2. Attach a zucchini half to the food guider and slice. Repeat with remaining zucchini halves.
7. Toss zucchini slices in seasoning blend and olive oil and layer in even rows over warm potatoes. Layer sliced tomato in two rows over zucchini.
8. Sprinkle Parmesan cheese over vegetables and bake, uncovered, 20 minutes, or until cheese is browned and vegetables are tender.

Nutritional Information (per serving):
Calories: 110  Total Fat: 3.5g  Saturated Fat: 1.5g  Cholesterol: 5mg  Carbohydrate: 16g  Sugar: 2g  Fiber: 2g  Protein: 5g  Sodium: 230mg  Vitamin A: 4%  Vitamin C: 20%  Calcium: 8%  Iron: 2%

©2014 Tupperware. All rights reserved. 2014-178-037 USA EN/SP 96253 • Ordering # 76367
Creamy POLENTA with Veggies

3 cups water
1 cup polenta (yellow corn grits)
1 tsp. coarse kosher salt, divided
½ lb./225 g asparagus, trimmed*
1 cup cherry tomatoes, halved
1 tbsp. extra virgin olive oil
1/8 tsp. black pepper
½ cup Parmesan cheese

1. Preheat oven to 375° F/190° C.
2. Combine water, polenta and ½ tsp. salt in UltraPro 3.5-Qt./3.3 L Lasagna Pan.
3. Invert Lasagna Pan cover and place asparagus and cherry tomato halves on top.
4. Drizzle vegetables with olive oil and sprinkle with black pepper and remaining salt. Place inverted cover over base and bake together 25 minutes.
5. Remove from oven, stir Parmesan into polenta, and serve with vegetables.

*This recipe was written using thick asparagus. If you have thin asparagus, add to the tomatoes on top of the polenta after 10-12 minutes of cooking.

Nutritional Information (per serving):
Calories: 160  Total Fat: 6g  Saturated Fat: 2.5g  Cholesterol: 10mg  Carbohydrate: 20g  Sugar: 1g  Fiber: 2g  Protein: 7g  Sodium: 440mg  Vitamin A: 10%  Vitamin C: 10%  Calcium: 10%  Iron: 10%