

cook's essentials®

HI-SPEED LOW-ENERGY OVEN



COOK'S ESSENTIALS® WAVE OVEN ITEM#: K32558

RECIPE BOOKLET

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**Traditional cooking-reinvented.
Hi speed & low energy.**

Introducing cook's essentials® oven, the energy efficient tabletop cooker that combines halogen heat, convection and infrared technology leaving foods moist on the inside & browned & crispy on the outside without the use of added fats or oils.

- Triple Cooking Power: Halogen, Convection & Infrared Heat
- Quickly Cooks From Frozen, No Thawing Time Needed
- 2 Trays Cook Multiple Foods At The Same Time
- Uses Less Energy, Cooking Up To 3x Faster



3



Poultry

Roasted Cornish Hens

PREP TIME: 5 minutes COOK TIME: 45 minutes SERVES: 3

- 3 Cornish hens, rinsed, patted dry, giblets and neck removed
- 2 tablespoons salad oil
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup apple jelly, melted

1. Sprinkle body cavity with salt and pepper. Brush hens with oil.
2. Spray lower rack with non stick cooking spray. Place rack inside unit. Lay hens on rack. Brush with melted apple jelly.
3. Turn temperature to 350°F. Cook for 20 minutes. Open lid and brush a little more apple jelly on birds and continue to cook 25 minutes. Hens are done when you can easily move legs up and down and juices run clear.

Herbed Stuffed Roast Turkey

PREP TIME: 20 minutes COOK TIME: 1 hour SERVES: 6

- 1 6 pound turkey breast, remove back wings
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 tablespoons rosemary, fresh, chopped
- 1 tablespoon poultry seasoning

- stuffing:
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| 2 tablespoons butter | 1 teaspoon marjoram |
| 1 onion, chopped | ¼ teaspoon salt |
| 2 cloves garlic, sliced | ½ teaspoon pepper |
| 1 cup celery, chopped | ¼ cup Parmesan cheese |
| 2 tablespoons parsley, chopped | 1 egg |
| 1 teaspoon thyme | 2 cups fresh bread crumbs |

1. Tuck 2 tablespoons of butter under the turkey breast skin. Brush breast with olive oil. Sprinkle with rosemary and poultry seasoning. Set aside.
2. For stuffing, in a medium frying pan, melt butter. Add onion, garlic and celery and cook for 2 minutes.
3. Add parsley, thyme, marjoram, salt and pepper and continue to cook for 1 minute. Remove from heat. Stir in cheese, egg and bread crumbs. Blend well. Stuff turkey breast.
4. Spray lower rack with non stick cooking spray. Carefully place turkey on rack. Place two wing sections alongside breast.
5. Cook at 350°F for 1 hour. Turkey is done when internal temperature reads 170°F.

Apricot Glazed Turkey Legs

PREP TIME: 5 minutes COOK TIME: 45 minutes SERVES: 3

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| 3 turkey legs | 1 teaspoon thyme |
| ¾ cup apricot jam | salt and pepper to taste |
| 1 tablespoon garlic, chopped | |

1. Melt jam in microwave or on stovetop. Brush half on turkey legs. Sprinkle with garlic, thyme, salt and pepper.
2. Spray lower rack with non stick cooking spray. Place legs on rack.
3. Cook at 350°F for 25 minutes. Open the lid, turn legs and brush with remainder of apricot jam. Cook for additional 20 minutes.

Breaded Air-Fried Chicken

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVES: 4

- 2 pounds chicken parts, 8 pieces
- ¼ cup buttermilk
- 1 large egg
- 1 cup boxed bread coating

1. In a shallow glass dish mix buttermilk with egg. Whisk together. Dip one piece of chicken at a time in egg mix then crumbs.
2. Spray lower rack with non stick cooking spray. Place chicken on rack.
3. Cook at 375°F for 35 minutes.

Italian Roasted Chicken Breast

PREP TIME: 15 minutes COOK TIME: 30 minutes SERVES: 4

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| 4 chicken breasts, bone in | 2 tablespoons lemon juice |
| 1 green pepper, THICK slices | 1 tablespoon oregano |
| 1 red pepper, THICK slices | ½ teaspoon pepper |
| 1 small sweet onion, THICK slices | 1 can fire roasted tomatoes |
| ¼ cup olive oil | |

1. Place chicken breasts in a shallow glass dish. In a small bowl, whisk together oil, lemon juice, oregano, and pepper. Pour over chicken and marinate 10 minutes.
2. Spray lower rack with non stick cooking spray. Place peppers and onions on rack and lay chicken on peppers.
3. Cook at 350°F for 25 minutes. Open lid and add fire roasted peppers on top of chicken, continue to cook 5 minutes.

Chicken Quesedilla

PREP TIME: 15 minutes COOK TIME: 20 minutes SERVES: 4

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| 4 thin boneless chicken breasts | 1 tablespoon oil |
| ½ cup oil | 1 small green pepper, sliced thin |
| ⅓ cup lime juice | 1 small red pepper, sliced thin |
| ½ teaspoon mustard | ½ sweet onion, sliced thin |
| 1 teaspoon sugar | ¾ cup salsa |
| 1 teaspoon cumin | Jalapeno peppers, sliced |
| 1 teaspoon pepper | 4 ounces Monterey Jack Cheese, shredded |
| ½ teaspoon salt | 2 tablespoons butter, melted |
| 1 clove garlic, chopped | 8 soft tortillas |

1. In a shallow glass dish whisk together oil, lime juice, mustard, sugar, cumin, pepper, salt, and garlic. Add chicken breast and marinate 10 minutes.
2. While marinating, slice peppers and onions and set aside.
3. Spray lower rack with non stick cooking spray. Place marinated chicken breast on rack. Cook at 350°F for 8 minutes. Remove from rack. Cool and cut diagonally.
4. In a sauté pan heat oil. Add peppers and onions and cook 3 minutes. Remove from heat.
5. Spray high rack with non stick cooking spray. Brush one side of each tortilla with melted butter. Lay one tortilla butter side down at a time on rack. Cook at 350°F for 1 minute. Top with salsa, Jalapeno peppers, chicken and cheese. Top with another tortilla butter side up.
6. Cook at 350°F 3-4 minutes until top tortilla is golden brown. Repeat with remaining tortillas and filling.

Teriyaki Shish Kabobs

PREP TIME: 15 minutes COOK TIME: 10 minutes SERVES: 4

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| ¾ pound chicken breast, boneless, skinless | ¼ cup soy sauce |
| 8 skewers | 1 tablespoon hoisin sauce |
| 1 red onion, cut in wedges | 2 tablespoons sherry |
| 1 red pepper, large slices | 2 tablespoons brown sugar |
| 1 fresh pineapple, chunks | 1 ½ teaspoons ginger |
| 8 cherry tomatoes | 2 cloves garlic, chopped |
| ½ cup oil | |

1. Cut chicken into 1 inch cubes.
2. Arrange vegetables and chicken on skewers ending with 1 cherry tomato on each. Place in a shallow glass dish.
3. In a small glass bowl whisk together oil, soy sauce, hoisin sauce, sherry, brown sugar, ginger, and garlic. Pour this over chicken kabobs. Marinate 10 minutes.
4. Spray lower rack with non stick cooking spray. Place kabobs on rack. Cook at 350°F for 10 minutes.

Stuffed Chicken Rolls

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 6

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| 6 boneless chicken breast | ½ cup bread crumbs |
| ¼ pound ground veal | ½ cup Parmesan cheese, grated |
| ¼ pound ground pork | ½ teaspoon salt |
| 1 onion, chopped fine | ¼ teaspoon pepper |
| 1 clove garlic, chopped fine | ½ teaspoon oregano |
| 1 egg, beaten | 2 tablespoons margarine, melted |

1. Flatten each breast to ¼ inch thickness between sheets of waxed paper.
2. Cook ground veal, pork, onion and garlic over medium heat, stirring occasionally, until pork is no longer pink; drain.

3. In a large bowl add veal and pork mix. Add egg, bread crumbs, Parmesan cheese, salt, pepper, and oregano. Mix well.
4. Divide stuffing onto flattened chicken breast. Roll up each breast and secure with toothpicks.
5. Spray lower rack with non stick cooking spray and place in unit. Lay chicken rolls on rack. Drizzle melted margarine.
6. Turn temperature to 350°F. Cook for 25 -30 minutes.

Rosemary Roast Turkey

PREP TIME: 15 minutes COOK TIME: 3 ½ hours SERVES: 8-10

- 1 16 pound turkey
- ½ salt
- ¼ teaspoon pepper
- 6 tablespoons butter
- 2 tablespoons minced garlic
- ½ cup fresh rosemary, chopped
- 2 tablespoons olive oil
- 1 cup chicken broth

1. Remove wrapping from turkey. Take out giblet packet. Rinse turkey thoroughly with cold water. Drain, pat dry.
2. Season turkey with salt and pepper. Tuck butter and garlic under the turkey breast. Sprinkle ¼ cup rosemary inside the bird's cavity.
3. Spray lower rack with non stick cooking spray. Carefully place turkey on rack. Tuck wings under turkey. Brush turkey with olive oil. Sprinkle with rosemary. Pour in ½ cup chicken broth.
4. Place extender ring on top of cooker (refer to instruction manual for reference). Place the lid on and cook at 350°F for 2 hours basting every half hour.
5. Turn the turkey over (breast side down) and cook for another 1 ½ hours. Turkey is done when internal temperature reads 180°F.



Beef

Italian Stuffed Peppers

PREP TIME: 20 minutes COOK TIME: 35 minutes SERVES: 5

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| 5 bell peppers | 2 cloves garlic, chopped |
| 1 cup rice, cooked | 1 tablespoon oregano |
| ¾ pound ground beef | ½ tablespoon basil |
| 1 tablespoon olive oil | 1 tablespoon parsley, fresh, chopped |
| 1 small onion, chopped | 1 cup plus 5 tablespoons tomato sauce |

1. In a medium pan sauté ground beef until brown.
2. While beef is cooking cut tops off peppers, dice tops and set aside. Remove seeds and membranes from pepper cavities.
3. When beef is browned drain grease and place meat into a bowl. In the same pan add olive oil. Add onions, garlic, and chopped peppers (tops). Saute 2 minutes. Add oregano and basil and stir 1 minute longer. Return meat to pan and add 1 cup tomato sauce. Stir well.
4. In a large bowl combine the meat mixture and 1 cup cooked rice. Stir well. Stuff peppers with filling.
5. Spray lower rack with non stick cooking spray. Arrange peppers on rack. Top each pepper with 1 tablespoon of tomato sauce. Cook at 350°F for 35 minutes.

Montreal Strip Steaks

PREP TIME: 15 minutes COOK TIME: 10 minutes SERVES: 2

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| 2 Strip steaks | 1 clove garlic, chopped |
| ¼ cup olive oil | 1 tablespoon hearty steak sauce |
| 2 tablespoons Montreal Seasoning | 1 tablespoon soy sauce |

1. Mix olive oil and all seasonings in a glass dish. Place steaks in mixture and marinate 15 minutes.
2. Spray lower rack with non stick cooking spray. Place steaks on rack. Cook at 400°F for 10 minutes.
3. Open the lid to check for desired doneness. Continue cooking if needed.

Walnut Crusted Roastbeef

PREP TIME: 10 minutes COOK TIME: 40-50 minutes SERVES: 4

- 2 ½ pounds beef round roast
2 tablespoons grained mustard
1 cup walnuts, chopped
3 cloves garlic, chopped
salt
pepper

1. Season roast with salt and pepper. Spread mustard over roast.
2. Sprinkle garlic over roast. Press walnuts all over the roast.
3. Spray lower rack with non stick cooking spray. Place roast on rack.
4. Cook at 350°F for 40 minutes. Roast is done when internal temperature reads 140°F for rare, 160°F for medium and 170°F for well done.

Hearty Meatloaf

PREP TIME: 10 minutes COOK TIME: 45 minutes SERVES: 4

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| 1 ½ pounds ground beef | 1 egg |
| 1 cup bread crumbs | ½ teaspoon salt |
| 2 cloves garlic, chopped | ¼ teaspoon pepper |
| 1 small onion, chopped | 1 tablespoon oregano |
| 1 small carrot, chopped | ½ cup ketchup |
| 2 tablespoons hearty steak sauce | 2 tablespoons beef stock |

1. In a large bowl mix all ingredients together, blending well. Form into one loaf.
2. Spray lower rack with non stick cooking spray. Place loaf on rack.
3. Cook at 350°F for 45 – 50 minutes.

Peppercorn Beef Brisket

PREP TIME: 20 minutes COOK TIME: 1 hour 20 minutes SERVES: 4

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| 1 2 pound beef brisket | 1 clove garlic, sliced |
| 2 tablespoons red wine vinegar | 1 tablespoon crushed peppercorns |
| ¼ cup oil | 1 teaspoon salt |
| ¼ cup water | |

1. In a glass bowl whisk together vinegar, oil, water, garlic, salt, and crushed peppercorns. Place meat in a shallow glass dish, pour marinade over beef. Marinate 15 minutes.
2. Spray lower rack with non stick cooking spray. Place beef on rack.
3. Cook at 325°F for 1 hour and 20 minutes.

Italian Meatballs

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 4

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| ½ pound ground beef | ½ teaspoon pepper |
| ¼ pound ground pork | 2 cloves garlic, minced |
| ¼ pound ground veal | ¼ cup Parmesan cheese, grated |
| 1 tablespoon fresh basil, chopped | 1 large egg |
| 1 tablespoon fresh parsley, chopped | ¼ cup bread crumbs |
| 1 tablespoon oregano | 1 red pepper, large wedges |
| 1 teaspoon salt | 1 green pepper, large wedges |

1. In a large bowl mix all ingredients except peppers. Form into meatballs.
2. Spray lower rack with non stick cooking spray and place in unit. Lay meatballs on rack. Surround meatballs with peppers.
3. Turn temperature to 350°F. Cook for 25 -30 minutes.



Pork Roast With Garlic And Rosemary

PREP TIME: 5 minutes COOK TIME: 1 hour SERVES: 6

- 1 3 pound pork roast
- 2 tablespoons olive oil
- 1 tablespoon lemon juice, fresh
- 3 cloves garlic, sliced
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons rosemary, fresh, chopped

1. In a small bowl mix olive oil and lemon juice.
2. Make 6 to 8 cuts into the pork with a sharp knife. Tuck garlic into the cuts.
3. Brush oil and lemon mixture over pork. Sprinkle with salt, pepper and rosemary.
4. Spray lower rack with non stick cooking spray. Place roast on rack. Cook at 350°F for 1 hour or until thermometer reads 160°F.
5. Remove roast when done and let rest 15 minutes before cutting.

Cranberry Pork Loin

PREP TIME: 10 minutes COOK TIME: 50 minutes SERVES: 4

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| 2 ½ pound pork loin | 2 tablespoons orange juice |
| salt | ⅛ teaspoon cloves |
| pepper | ⅛ teaspoon nutmeg |
| 1 tablespoon garlic, crushed | 1 tablespoon grated orange peel |
| 4 ounces cranberry sauce | |

1. Trim pork. Sprinkle with salt and pepper. Rub garlic on top.
2. In a small bowl mix together cranberry sauce, orange juice, cloves, nutmeg, and orange peel.
3. Pierce pork deeply all over with fork. Rub cranberry sauce mixture into holes. Leave just a light coating on top.
4. Spray lower rack with non stick cooking spray. Place pork on rack.
5. Cook pork at 350°F for 20 minutes. Add rest of cranberry mixture liberally on top. Continue to cook 30 minutes. Pork is done when temperature reads 170°F.

Pineapple Glazed Ham

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

- 2 ½ pound cooked ham
- 1 8 ounce can sliced pineapples, drained, liquid reserved
- whole cloves
- maraschino cherries
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon cornstarch
- 1 tablespoon butter

1. Using a sharp pointed knife score top of ham in a diamond pattern. Arrange pineapple slices on top securing with whole cloves. Place cherries in center of pineapples.
2. In a small pan add reserved pineapple juice, lemon juice, brown sugar, cinnamon, and cornstarch. Blend well. Stir over medium heat until glaze thickens. Remove from heat and add butter.
3. Spray lower rack with non stick cooking spray. Place ham on rack and brush with glaze.
4. Cook at 325°F for 30 minutes.

Lamb Chops With Mint

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

4 lamb loin chops
1 clove garlic, minced
½ teaspoon salt
¼ teaspoon pepper
1 ½ teaspoon sugar
¼ cup olive oil
½ cup red wine vinegar
½ cup mint leaves, fresh, minced

1. In a small bowl whisk together garlic, olive oil, salt, pepper, sugar, vinegar, and mint leaves.
2. In a shallow glass dish place chops, pour marinade over chops. Cover and marinate 30 minutes.
3. Spray lower rack with non stick cooking spray and place in unit. Lay chops on rack. Brush with marinade.
4. Turn temperature to 375°F. Cook for 15 minutes. Open lid and brush a little more marinade on chops and continue to cook 15 minutes or until cooked as desired.



Stuffed Sole With Crabmeat

PREP TIME: 15 minutes COOK TIME: 20 minutes SERVES: 6

6 sole filets
2 tablespoons butter
½ onion, chopped
1 cup mushrooms, chopped
2 tablespoons parsley
1 tablespoon dill, fresh
¼ teaspoon pepper
¼ teaspoon salt
2 tablespoons white wine
⅓ cup bread crumbs
6 ounces crab meat
6 slices of lemon
juice from 1 lemon

1. In a medium sauté pan, melt butter. Add onions and mushrooms, cook 2 minutes. Add parsley, dill, pepper, salt, white wine, and bread crumbs. Blend well. Add crab meat and stir.
2. Divide stuffing among the six filets. Roll tightly.
3. Spray lower rack with non stick cooking spray. Place stuffed filets on rack. Lay 1 lemon slice on each filet. Squeeze juice from 1 lemon over filets.
4. Cook at 350°F for 20 minutes.

Minted Salmon

PREP TIME: 10 minutes COOK TIME: 15 minutes SERVES: 3

3 salmon filets
¼ cup olive oil
½ cup mint leaves
2 tablespoons lemon juice
1 tablespoon lime juice
1 clove garlic, chopped

1. In a small bowl whisk together olive oil, mint, lemon juice, lime juice, and garlic. Place filets in a shallow dish and pour marinade over fish. Let salmon marinate 5 minutes.
2. Spray lower rack with non stick cooking spray. Place salmon on rack.
3. Cook at 375°F for 12 – 15 minutes.



Side Dishes

Crusty Potato Wedges

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 4

2 large potatoes, cut into wedges
1 tablespoon garlic herb seasoning
½ teaspoon pepper
½ teaspoon salt
½ teaspoon paprika
1 teaspoon oregano
¼ cup Parmesan cheese
½ cup olive oil

1. In a bowl, mix together garlic herb seasoning, pepper, salt, paprika, oregano and Parmesan cheese.
2. In a shallow glass dish place potato wedges, pour olive oil over potatoes to coat. Add spices and blend well.
3. Spray lower rack with non stick cooking spray. Place potato wedges on rack.
4. Cook at 350°F for 20 minutes.

Roasted Potato Medley

PREP TIME: 10 minutes COOK TIME: 20 minutes SERVES: 6

2 sweet potatoes, peeled, cut into large wedges
4 large red potatoes, cut into large wedges
2 golden potatoes, peeled, cut into large wedges
¼ cup olive oil
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon rosemary

1. In a large bowl toss potatoes in oil, salt, pepper, and rosemary.
2. Spray lower rack with non stick cooking spray and place in unit. Arrange potato wedges on rack.
3. Turn temperature to 350°F. Cook for 20 minutes.

Curry Vegetable Medley

PREP TIME: 35 minutes COOK TIME: 10 minutes SERVES: 4

1 cup large cauliflower florets
2 cups large broccoli florets
½ red pepper, cut in 1½-2 inch pieces
1 can coconut milk
1 teaspoon curry powder
½ teaspoon cumin
½ teaspoon salt
6 large fresh basil leaves, chopped

1. In a shallow dish whisk together coconut milk, curry, cumin, and salt. Add vegetables and basil. Evenly coat vegetables with marinade mixture. Marinate 30 minutes.
2. Place lower rack in unit and spray with non stick cooking spray. Place vegetables on rack. Pour marinade over vegetables.
3. Cook at 350°F for 10 minutes.
3. Remove vegetables to serving bowl. Pour remaining marinade over vegetables from the bottom of the glass cooking bowl, if desired.

French Fries

PREP TIME: 5 minutes COOK TIME: 5-6 minutes SERVES: 3

2 large potatoes, cut into strips
½ teaspoon pepper
½ teaspoon salt
2 tablespoons olive oil
(add more seasonings to your taste)

1. In a bowl, mix together pepper, salt and any other seasonings you may want to use.
2. In a shallow glass dish place cut potatoes, pour olive oil over potatoes to coat. Add spices and blend well.
3. Combine both trays to make it a grid. Just place the high cooking rack in first, then layer the low cooking rack over the high rack. Align to form a grid. See Diagram on right.
4. Spray both racks with non stick cooking spray. Place cut potatoes on racks in one layer.
5. Cook at 350°F for 5-6 minutes. Turn fries halfway through cooking. For crispier fries, leave in for a little longer.



Cinnamon Buns

PREP TIME: 5 minutes COOK TIME: 8 minutes SERVES: 4

- 1 roll refrigerated pastry dough
- ¾ cup brown sugar
- 2 tablespoons cinnamon
- 3 tablespoons butter, melted
- 2 tablespoons raisins

1. Roll dough on a flour work surface into a rectangle. Brush with melted butter. Sprinkle with sugar, cinnamon and raisins.
2. Starting from the long side roll dough jelly roll style. Slice dough into 8 thick slices.
3. Spray lower rack with non stick cooking spray. Place slices of dough on rack.
4. Cook at 400°F 8 minutes.

Apple Turnovers

PREP TIME: 15 minutes COOK TIME: 12 minutes SERVES: 6

- 1 roll refrigerated pastry dough
- 2 apples, cored, peeled, sliced
- 2 tablespoons sugar
- ½ teaspoon cinnamon
- dash nutmeg
- 6 teaspoons butter
- 1 tablespoon butter, melted
- 1 tablespoon granulated sugar

1. In a small bowl mix together apples, 2 tablespoons sugar, cinnamon and nutmeg.
2. On a floured work surface roll out pastry dough and divide into 6 equal squares. Place filling in each square. Add 1 teaspoon butter on top of each turnover. Brush edges with melted butter and fold each square over, seal edges with finger tips.
3. Spray lower rack with non stick cooking spray. Place turnovers on rack. Lightly brush tops with melted butter and sprinkle with granulated sugar.
4. Cook at 375°F for 12 minutes or until golden brown.

Pear Turnovers

PREP TIME: 15 minutes COOK TIME: 12 minutes SERVES: 6

- 1 roll refrigerated pastry dough
- 3 pears, peeled, cored, sliced in half
- 2 tablespoons sugar
- ½ teaspoon cinnamon
- dash nutmeg
- 6 teaspoons butter
- 1 tablespoon butter, melted
- 1 tablespoon granulated sugar

1. In a small bowl mix together pear halves, 2 tablespoons sugar, cinnamon and nutmeg.
2. On a floured work surface roll out pastry dough and divide into 6 equal squares. Place pear half in each square. Add 1 teaspoon butter on top of each turnover. Brush edges with melted butter and fold each square over, seal edges with finger tips.
3. Spray lower rack with non stick cooking spray. Place turnovers on rack. Lightly brush tops with melted butter and sprinkle with granulated sugar.
4. Cook at 375°F for 12 minutes or until golden brown.