Cookin’ with Kilowatts Contest

Seattle City Light challenged all home cooks, foodies or anyone who just cares about the environment to submit a favorite recipe using a cleaner, greener more energy efficient cooking method than a traditional oven or stovetop.

This cookbook is full of amazing recipes that did just that: made great food while using less energy and saving money.

Thank you to our 2017 partners!

Typical appliance costs

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<th>APPLIANCE</th>
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<th>TIME</th>
<th>ENERGY</th>
<th>COST*</th>
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Source: Consumer Guide to Home Energy Savings

*Assumes 12.5¢/kWh
“One pot to sauté and cook, plus using less dishes, equals saving energy in dish washing!”

Sauté onion, garlic and aromatics in pressure cooker. Add chicken and brown.
Place dry beans and remaining ingredients into electric pressure cooker. Season with salt and pepper to taste. Garnish with tortilla chips, cilantro and lime.
Cook 20 minutes manual high pressure or use soup feature and natural release at end of cooking.
**Sweet & Smoky Pork Tacos**

Alicia E.
Seattle

“I’ve tried a few “sweet pork” recipes but wasn’t very impressed with most of them. Thinking about all the different flavors I wanted and their relationship to each other was fun.”

For marinade:
- 3/4 C soy sauce
- 1/3 C (packed) brown sugar
- 1/3 C cider or red wine vinegar
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cardamom

2.5-3 lbs pork roast, trimmed and cut into 1-inch chunks
- 1 tbsp canola oil
- 1 medium onion, finely chopped
- 4 oz can of diced green chilies
- 2 C your choice salsa
- 1/2 C (packed) brown sugar
- 1/2 C water
- 1 tsp ground cumin
- 2 tsp garlic powder
- 1 tsp oregano
- 1/4 tsp smoked paprika
- Juice of 2 limes


**Beef Dip Sandwiches**

Caitlin H.
Seattle

Place roast in Instant Pot®. Cover top of roast with garlic and rosemary. Pour in soy sauce and water, add bay leaves. Close steam release, set on high pressure for 35-40 minutes, then follow instructions for quick release of pressure. Shred beef with two forks. Toast sandwich rolls. Serve beef on sandwich rolls with cheese slices. On side, serve a cup of the liquid to dip the sandwich in.

**Gift Card Winner**

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**Skye Bars (and a latte to Boot!)**

Barbara K.
Lake Forest Park

“Utilize an espresso maker’s steam as an energy source (and then you get a glorious latte to boot) to heat the milk."

Line 8” x 8” baking dish with plastic wrap, and spray with pan spray.
Mix the nuts and dried fruit, set aside.
Heat milk by loading espresso maker with coffee and allowing steam to build. Steam milk until very warm (this step is doable with crockpot or microwave).
Quickly add 3/4 C of the hot milk to the honey and nut butter, and stir until well blended.
If using an espresso maker for this step, stop and pour yourself a latte with the freshly brewed coffee and warm milk.
Mix wet with dry ingredients, stirring to coat well, adding more cereal/nuts as needed until mixture is stiff.
While still warm (but not hot), add chips (if using), not letting the chips melt.
Place in baking dish, and press firmly.
Put in fridge for 3 hours. Cut and enjoy.

**Pulled Pork**

Jennifer G.
Seattle

Place pork in the crockpot and season with salt, vinegar, garlic powder and liquid smoke.
Cover and set to high 6 hours.
Remove pork and transfer onto a large bowl.
Leave the liquid in the crockpot.
Shred the pork with two forks (pulling out any large fatty chunks).
Add the liquid until it reaches the desired moistness.
Stir in BBQ sauce.
Serve on toasted hamburger buns with pickles and extra BBQ sauce!

6 hours in a crockpot

2.5 lb pork tenderloin
2 tsp red wine vinegar
2 tsp hickory liquid smoke
1 tsp garlic powder
1 tsp sea salt
2 C BBQ sauce
Hamburger buns
Pickles

2 C rolled oats
1 1/2 C chopped almonds and walnuts mixture
1 C raisins
1 C nut butter (any)
1 C milk (any)
3/4 C honey (or agave/maple syrup)
1/2 C chocolate chips (optional)
**Sunny Couscous Veggie Frittata**

Linda S.
Shoreline

“It is amazing that you can cook food with very simple materials like cardboard and aluminum foil, with the free clean energy of the sun! It is a lovely experience.”

Oil glass pie dish, and sprinkle dry couscous in the bottom.

Arrange all vegetables in pie dish.

Place eggs in bowl and beat slightly.

Add rice milk with spices and mix.

Pour mixture over vegetables.

Place 8 halved small plum tomatoes on top of frittata filling and sprinkle with cheese and some parsley or cilantro.

Placing the glass dish inside a clear oven bag is helpful to retain heat. Set this on top of another glass dish (or black dish) so the heat reflects onto the bottom of your dish.

To maximize heat, lift the cooking pot enclosed by the bag off the bottom of the cooker by placing it on a low, clear glass bowl or stiff wire ring, to allow light to reflect onto the bottom of the pot.

1/8 C dry couscous (whole wheat, dry, uncooked)
1 small grated carrot
4 sliced mushrooms
1/4 C chopped onion or green onions
1/4 C chopped red pepper
1 garlic clove, minced
1/8 C rice milk
4 organic eggs
Spices as desired: salt, black pepper, dash of smoked paprika, cayenne, basil, garlic, powdered onion, dash turmeric for golden color
8 small plum tomatoes, halved
Parsley or cilantro
3/4 C shredded medium cheddar cheese
1/8 C parmesan cheese

2 hours in a solar oven at 250º

**Traditional Light Spanish Gazpacho**

Lucia S.
Seattle

“This is a Spanish summer staple which requires no heating elements, easy to make will last quite a few days.”

Rinse tomatoes, cut in 3-4 pieces each.
Peel the onion and chop into 5-6 pieces.
Peel the cucumber, cut in half.
Place all ingredients in the food processor or blender.
Once creamy, pour it in a jar and let it chill in your fridge.

5 lbs ripe tomatoes (you might need to let them ripen for a few days at room temperature)
1 cucumber
1 medium to large sized white or sweet onion
Salt
Olive oil
Vinegar (I use white vinegar, but you can play around with different types)

A minute or two in a food processor or blender
Easy Summer Bruschetta

Lyndsey V.
Seattle

“This is an easy recipe for chefs of any skill level, and scales up or down easily for appetizers (or a vegetarian friendly meal).”

Rinse tomatoes well and halve desired amount, place into large mixing bowl. Chiffonade generous amount of your basil leaves, add to halved tomatoes. Finely mince desired amount of garlic and add to bowl. Liberally coat your mixture with extra virgin olive oil, balsamic, salt and pepper, and toss to mix. If you purchased French baguette, slice on the bias. I like it untoasted, but utilize a toaster oven to save energy if you must have crisp toast. Spoon a liberal amount of mixture onto crostinis, serve and enjoy!

2 large cloves garlic (depending on your flavor preference)
1 bunch fresh basil leaves
1 container red grape tomato
1 container yellow grape tomato
1 tbsp extra virgin olive oil
2 tsp balsamic vinegar
Store-bought crostini or 1 loaf of French baguette
Salt and pepper to taste

3-4 minutes in a toaster oven
**Chicken Curry**

Hina A.
Seattle

4 large chicken breasts (frozen is preferred, but not necessary)
3/4 C yogurt
1 C olive oil
2 tbsp ginger paste
3 large serrano chilies (spicy)
5 tbsp lemon juice;
1 bag of Shan curry spice mix
1 pouch instant quinoa

“I love the aroma that fills the house during cooking. I take the naan or pita bread and either microwave it or place it on the lid of the slow cooker to get it nice and warm.”

Place all ingredients into a crockpot in order listed above. If chicken is frozen, set the crockpot on high for first 4 hours and low for next 2.5 hours. If the chicken is thawed, set the crockpot on low for 6 hours.

1/2 way through cooking time, stir the meat in the crockpot to make sure all ingredients are well mixed and cut the chicken into pieces with scissors. 3 minutes before it is done, put quinoa pouch in the microwave for 90 seconds and serve. Serve with naan (optional).

6 to 6.5 hours in a crockpot

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**Mama’s Meatloaf Sliders**

Walker H.
Seattle

1 lb lean ground beef
1 lb ground pork
1/2 C of quick oats
1 tbsp milk
1 egg
1 tbsp mesquite seasoning
1 tbsp Montreal steak seasoning
1 tbsp dried onion flakes

Topping:
1 C ketchup
1/2 C brown sugar
4-6 tbsp of dried mustard

“Using a grill is a great way to cut the heat that your oven and stove produce on hot summer days and is a way to get outside.”

Mix all ingredients together in a bowl until just combined. Split into individual patties and grill! Cooking time depends on the size of your sliders.
For topping: mix all ingredients together and set aside until ready to use. Once the sliders are cooked to your liking, add the topping, place on slider buns (or Hawaiian sweet rolls in our family) and enjoy!

30 minutes on an electric grill
**Football Cream Cheese Dip**

Darien G.
Seattle

“It is fun making a dip that I love and now knowing it doesn’t cost me any money on my electric bill.”

Let cream cheese sit for an hour to get it to room temperature. Mix cream cheese together with garlic and milk in a bowl. If you like it spicy, add cayenne pepper or hot sauce/sriracha. Serve with chips, veggies or pita. No cooking required!

- 2 boxes of cream cheese
- 3 cloves of fresh garlic, crushed
- 1/4 C whole milk
- 1 tsp of cayenne pepper or 1 tsp of hot sauce/sriracha (optional)
- Chips, veggies or pita for serving

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**Fresh Summer Tomato Salsa**

Seana B.
Seattle

“I love cooking with NW grown fresh foods.”

Dice tomatoes into small pieces, keeping juice and seeds with tomatoes. Clean jalapeño, slicing in half lengthwise to remove seeds. In a food processor, add all ingredients except for diced tomatoes (with their juice and seeds). Finely chop in food processor. In a bowl, mix chopped ingredients and tomatoes. Refrigerate for 24 hours. Enjoy with eggs, meat, chips or avocado. It’s very fresh and healthy!

- 3 lbs fresh tomatoes, sun-ripened, organic heirloom varieties
- 1 small jalapeño
- 1 whole Walla Walla sweet onion
- 12 cloves fresh garlic
- 1 small bunch cilantro
- 1/2 C fresh lime juice
- 1/2 C red wine vinegar

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- 12 cloves fresh garlic
- 1 small bunch cilantro
- 1/2 C fresh lime juice
- 1/2 C red wine vinegar
Cilantro Lime Chicken

Erika B.
Seattle

“Something so easy to make can be so delicious!”

Place salsa, taco seasoning, lime juice, and cilantro into a slow cooker, and stir to combine.

Add the chicken breasts, and stir to coat with the salsa mixture.

Cover the cooker, set to high, and cook until the chicken is very tender, about 4 hours.

If desired, set cooker to low and cook 6 to 8 hours.

Shred chicken with 2 forks to serve in taco shells or buns.

Top as desired with more fresh salsa, sour cream, cheese, beans, etc.

- 16 oz salsa
- (I like fresh refrigerated salsa from the deli section, but your favorite jar salsa is great)
- 1 package taco seasoning mix (1.25 oz)
- 1 lime, juiced
- 3 tbsp fresh cilantro, chopped
- 3 lbs boneless, skinless chicken breasts, halved
**Hawaiian Pork**

Guerrero F.
Seattle

“This will be the most delicious tender juicy pork you have ever had.”

Rub the hickory flavor and the black salt all over the pork and place it in the crockpot.

Cook on low for 12 hours.

You can add salsa, guacamole and beans and wrap in a tortilla or just place on a bed of lettuce.

- 6 lbs pork shoulder
- 1 tsp black Hawaiian salt
- 1 tsp hickory flavor

12 hours in a crockpot

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**Pork Carnitas**

Anna B.
Seattle

“This is perfect for Taco Tuesdays. The house will smell super fragrant. Can also use pork to add to rice bowls, or to top nachos, etc.”

In a large bowl, whisk together salt, pepper, oregano, and cumin.

Add the pork and coat evenly in the spices.

Heat the pressure cooker on sear/brown setting and add oil.

When oil is hot, add the pork in batches, and brown on all sides.

Add the rest of the ingredients to the pressure cooker and cook according to manufacturer’s instructions, about 60 minutes, or until pork is tender.

When ready, shred the pork and use as a filling for tacos with your favorite accompaniments.

- 1 tbsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp dried Mexican oregano
- 1 tbsp cumin seeds, toasted and ground
- 3 lbs boneless pork shoulder, trimmed and cut into 1 1/2-inch chunks
- 2 tbsp vegetable oil
- 1 yellow onion, chopped
- 8 garlic cloves, smashed
- 1 bay leaf
- 2 jalapeño chiles, sliced
- 1 tbsp chipotle paste
- 1 C fresh orange juice
- 2 tbsp fresh lime juice

For serving
- Tortillas
- Taco toppings

60 minutes in a pressure cooker
Kahlua Pork

Bryan A.
Seattle

3-4 lbs pork shoulder
1/2 C water
1/2 head cabbage, chopped
1 tbsp liquid smoke
2 tsp salt

“I realized how often I use the stove/oven and didn’t know how much energy they consumed until now.”

Brown the meat on all sides on high.
Add water, cabbage, liquid smoke and salt.
Cook in pressure cooker for 90 minutes on high and allow for the natural release.

90 minutes in a pressure cooker

Herb Roasted Pork

Donna K.
Seattle

Brown the roast on all sides.
In the crockpot, mix up all the herbs/spices.
Place the roast in the slow cooker, and rotate the roast to cover each side with as much of the herb/spice mixture as you can.
Cook on low.
After about 3 hours, heat sauce ingredients in a small saucepan.
Pour onto the roast to coat.
Continue to cook, basting if needed, until the roast is done.
The amount of seasonings and the cooking time will depend on the size of your roast.

Pork roast
1 tbsp sage
1 tbsp onion powder
1 tbsp Italian seasonings
1 tbsp dried thyme
1 tbsp dried rosemary
1 tbsp dried paprika
1/2 tbsp salt
1/2 tbsp pepper.

For sauce:
1/2 C of sugar
1/2 tbsp corn starch
1/4 C vinegar
1/4 C water
2 tbsp soy sauce

3 hours in a crockpot
Stewin’ in the Summer (Beef Stew)

Judith G.
Seattle

“The crockpot is great for summer cooking! It is a meal in one pot!”

Place first six ingredients in gallon-size storage bag and shake well. Add beef stew meat and shake until all pieces are coated. Place in oil-sprayed 2-qt crockpot. Layer potatoes, carrots, onions, and celery on top of meat. Mix beef broth and Worcestershire sauce in small bowl. Pour over all ingredients in crockpot. Add bay leaf. Cover and cook on low for 10–12 hours or on high for 5–6 hours. Remove bay leaf and serve.

1/3 C flour
2 tbsp onion powder
1 tsp paprika
1/2 tsp garlic powder
1/2 tsp salt
1/2 tsp pepper
1 1/4 lbs beef stew meat (already cut in 1” pieces)
2 C fingerling potatoes (smallest size, whole)
2 C baby carrots
1 C pearl onions
1 C celery (cut in 1” pieces)
2 C beef broth
1 tsp Worcestershire sauce
1 bay leaf

5-12 hours in a crockpot
**Green Beans & Potatoes**

Jenny Z.
Seattle

“This is one of my favorite comfort foods. It’s so much faster in the Instant Pot® than on the stove!”

Turn Instant Pot® to sauté.
When it registers hot, add olive oil, onions, and pancetta.
Sauté until onions are beginning to turn golden and the pancetta is cooked.
Turn Instant Pot® off and add the potatoes and green beans.
Pour the chicken broth over the vegetables and close the lid.
Set the vent to “seal”, and set to manual for 10 minutes.
When the Instant Pot® signals that it is done, perform a quick release.
Add salt and pepper to taste and serve.

- 1 C diced onion
- 1 tbsp olive oil
- 1 lb tiny potatoes
- 1 lb green beans, trimmed
- 1 C chicken broth
- Salt and pepper

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**Vegan Taco Soup**

Barbara S.
Shoreline

“Delicious! Interesting learning about the cost to use your oven versus your crockpot. This leaves the house smelling good for hours.”

Mix everything in a crockpot.
Cook on low for 4 hours.

- 1 can crushed tomatoes
- 4 C vegetarian broth
- 1/2 can black beans
- 3 tbsp chili powder
- 2 tbsp cumin
- Pinch of paprika
- 1 tsp of cayenne pepper
- 1 can of Rotel diced tomatoes with green chilies
- Salt as needed
- 1 C frozen corn
- 1 packet of taco seasoning
- 1 C brown lentils

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**Notes**

- 25 minutes in an Instant Pot®
- 4 hours in a crockpot
Easy Slow Cooker Butter Chicken

Angie B.
Seattle

“This is a quick prep slow cooker recipe that uses bone-in chicken thighs for maximum flavor. Serrano chili and chili flakes can be decreased for the heat sensitive ;).”

Dry chicken with paper towels.
Salt and pepper chicken on both sides, nestle in crockpot.
Combine rest of ingredients in a bowl, pour on top of chicken.
Cook on low for 6 hours.
Serve with basmati rice, topped with cilantro.

Ingredients:
- 4lbs bone-in chicken thighs, (about 6) skins removed
- 3 tbsp butter, melted
- 3/4 C heavy cream
- 1 10.5 oz can tomato sauce
- 2 tbsp tomato paste
- 1 tbsp fresh grated ginger
- 1 tbsp minced Serrano pepper
- 1/2 tsp ground fenugreek
- 1/2 tsp ground cumin
- 1/2 tsp red pepper flakes
- 1/2 tsp garam masala
- 1/2 tsp salt
- 2 tbsp sugar

For serving:
- Chopped fresh cilantro
- Cooked basmati rice

6 hours in a crockpot

Waffle Iron Toasty Cheese Sandwich

Angie B.
Seattle

“A fun recipe!”

Butter bread.
Slice cheese and pear (or apple).
Assemble sandwich and grill on waffle iron for about 4 minutes until bread is toasted and cheese has melted.

Ingredients:
- Sliced bread
- Butter
- Cheese
- Pear or apple

4 minutes in a waffle iron
Chocolate Chip Cherry Crock Cake

Patrick T.
Seattle

“Trying this in the crockpot instead of the oven. The cake stays more moist in the crockpot!”

Mix all ingredients together and pour into crockpot.
Cook on high setting for 3.5 hours.
Insert knife into middle to test—if still gooey, cook for another 10-15 minutes.
Serve warm.

1 box devil’s food cake mix
1 C chocolate chips
3/4 C sour cream
2 eggs
1/2 C chopped pecans or walnuts
1 can cherries, or cherry pie filling

3.5 hours
in a crockpot
Summer Salad

Emily S.
Seattle

“Not having to use an appliance during the hot Seattle summer months with no AC is great. This is a quick, yet filling recipe.”

You can be flexible with the ingredients, but the cheese, almonds and balsamic glaze really tie it together. First, rinse, dry and mix all vegetables. Add the cheese and almonds. Drizzle the balsamic glaze to finish. If you are looking to add extra protein, shredded chicken made in a crock pot is a good addition. Enjoy!

- 2 C arugula
- 2 C romaine lettuce
- 1 C orange cherry tomatoes
- 1/4 C crumbled goat cheese
- 1/4 C sliced almonds
- Balsamic glaze to taste
- Shredded chicken (optional)

Italian Sausage, Pepper and Onion Subs

Mary M.
Shoreline

“I use the crockpot often. It makes meats tender. It’s quick and easy to set up and cleanup.”

Slice peppers and onions, fairly thick. Quantities depend on the size of your crockpot, but I fill it to the top with the sausages, peppers and onions. Stir all ingredients, and set crockpot on low for 6-8 hours. Fill your sourdough rolls and enjoy. Some people like with juice, some don’t, but there will be plenty of lovely juice to top your subs with. Enjoy. This is a family favorite!

- Sweet Italian sausages, enough to fill crockpot
- Several sweet peppers—red, orange and yellow
- 2 large sweet onions
- Sourdough rolls

6-8 hours in a crockpot
5-Ingredient White Chicken Chili

Adrienne B.
Seattle

“To simply add everything into the crockpot and let it do the work for you!”

Add chicken broth, chicken breasts, beans, salsa and cumin to a crockpot, and stir to combine.

Cook on low for 6-8 hours, or high for 3-4 hours until the chicken is cooked through and shreds easily with a fork.

Add the beans during the last half hour of cooking.

Shred the chicken.

Serve with toppings.

6 C chicken broth
2 uncooked boneless skinless chicken breasts
2 15-oz cans great northern beans, drained
2 C store-bought salsa verde
2 tsp ground cumin

Optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips

3-8 hours in a crockpot
Happy Cookin’!

seawolfbakers.com