

# SALADMASTER®

## Diabetic Friendly Recipe Book

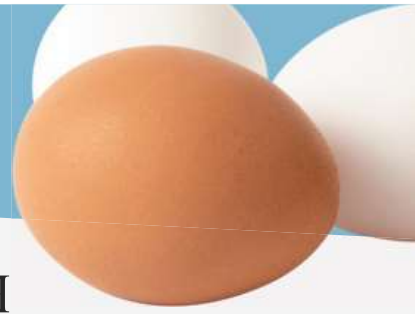


Recipes approved by the International Diabetes Federation





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## SOUTHWESTERN VEGGIE HASH WITH EGGS



**PREP TIME**

10 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

5

**UTENSILS:** 11" (27.9 CM) SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 5 WHOLE EGGS
- 1 ZUCCHINI, HALVED, SLICED, USE CONE #4
- 1 RED BELL PEPPER, SLICED
- 1 YELLOW BELL PEPPER, SLICED
- 1 GREEN BELL PEPPER, SLICED
- 1 SWEET POTATO, CUBED
- 1 WHITE ONION, DICED, USE CONE #2
- 2 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD ALL VEGGIES, EXCEPT ZUCCHINI. COVER AND COOK FOR 5 MINUTES
- 3 UNCOVER, ADD ZUCCHINI, SALT & PEPPER AND COMBINE
- 4 PUSH SPOON DOWN INTO VEGETABLES TO CREATE POCKET AND ADD ONE EGG PER POCKET. SEASON AND COVER. WHEN VAPO-VALVE BEGINS TO CLICK STEADILY, TURN HEAT TO LOW AND COOK FOR AN ADDITIONAL 5 MINUTES, OR UNTIL EGGS HAVE SET
- 5 SERVE WARM & ENJOY!

### NUTRITION PER SERVING

CALORIES 116 • TOTAL FAT 4g • CARBS 12g • SUGARS 3g •  
PROTEIN 7g • SODIUM 143mg • FIBER 2g





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## MUSHROOM & SPINACH TOFU SCRAMBLE (V)



**PREP TIME**

5 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

4

**UTENSILS:** 10" (25.4 CM) CHEF'S GOURMET SKILLET & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 1 PACKAGE FIRM TOFU, DRAINED
- 3 CUPS (360 G) SPINACH
- 10 OZ (295.73 ML) MUSHROOMS, SLICED, USE CONE #4
- 1 WHITE ONION, DICED, USE CONE #2
- 1/2 TSP (2.5 ML) TURMERIC
- 2 TBSP (29.57 ML) NUTRITIONAL YEAST
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD ONION AND SAUTE FOR 3 MINUTES
- 3 ONCE ONION IS TRANSLUCENT, ADD TOFU AND CRUMBLE. COOK FOR 3 MINUTES TO REMOVE EXCESS WATER
- 4 ADD TURMERIC, NUTRITIONAL YEAST, SEASON TO TASTE WITH SALT & PEPPER AND COMBINE
- 5 ADD THE SPINACH AND MUSHROOMS. COOK FOR 3-5 MINUTES UNTIL MUSHROOMS HAVE SOFTENED
- 6 REMOVE FROM HEAT & ENJOY!

### NUTRITION PER SERVING

CALORIES 142 • TOTAL FAT 5g • CARBS 7g • SUGARS 3g •  
PROTEIN 17g • SODIUM 139mg • FIBER 3g





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## TURKEY SAUSAGE & VEGGIE SCRAMBLE



**PREP TIME**

5 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

3

**UTENSIL:** 8" (20.3 CM) CHEF'S GOURMET SKILLET & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 5 WHOLE EGGS
- 8 OZ (225 G) TURKEY SAUSAGE
- 1/2 TOMATO, DICED
- 1 CUP (128 G) SPINACH
- 1/4 WHITE ONION, DICED, USE CONE #2
- SALT & PEPPER TO TASTE

TIP: LOW CARB/ZERO CARB FLOUR TORTILLAS CAN BE FOUND AT YOUR LOCAL GROCERY STORE

### DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD SAUSAGE AND COOK UNTIL BROWNEED, APPROXIMATELY 3-5 MINUTES
- 3 REMOVE EXCESS GREASE IF NECESSARY, AND ADD ONION, TOMATO AND COOK FOR 3 MINUTES
- 4 ADD SPINACH AND COOK UNTIL WILTED
- 5 ADD EGGS, SEASON AND SCRAMBLE ON MEDIUM LOW HEAT UNTIL EGGS ARE COOKED THROUGH.
- 6 SERVE ON ITS OWN OR IN A LOW CARB TORTILLA AS A BREAKFAST BURRITO

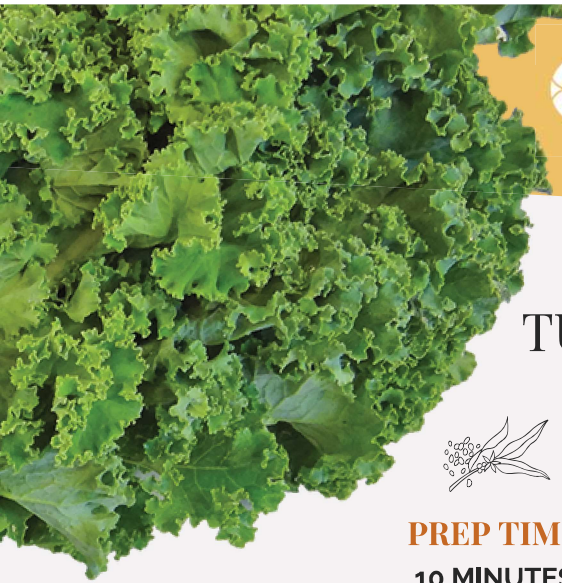
### NUTRITION PER SERVING

CALORIES 231 • TOTAL FAT 13g • CARBS 3g • SUGARS 1g •  
PROTEIN 24g • SODIUM 329mg • FIBER 1g





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## TUSCAN BEAN SOUP (V)



### PREP TIME

10 MINUTES



### COOK TIME

45 MINUTES



### SERVINGS

20 - 1 CUP (128 G)

**UTENSILS:** 7 QT. (6.6 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 56 OZ (1.59 KG) (4 CANS) CANELLINI BEANS, DRAINED
- 96 OZ (2.72 KG) VEGETABLE STOCK
- 1 MEDIUM LEEK, DICED, WHITE & LIGHT GREEN PART ONLY
- 4 CARROTS, SLICED, USE CONE #5
- 4 STALKS OF CELERY, SLICED, USE CONE #4
- 6 GARLIC CLOVES, MINCED, USE CONE #1
- 1 BUNCH KALE, STEMS REMOVED, CUT INTO 1/2 INCH (12.7 MM) PIECES
- 10 OZ (256 ML) CHERRY TOMATOES, HALVED
- 2 TBSP (27.57 ML) FRESH PARSLEY, CHOPPED
- 1 TBSP (14.79 ML) FRESH THYME, CHOPPED
- 1 TBSP (14.79 ML) FRESH ROSEMARY, CHOPPED
- 1/2 TSP (2.5 ML) RED CHILI FLAKES (OPTIONAL)
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT ROASTER OVER MEDIUM HEAT
- 2 ADD LEEKS, CARROTS AND CELERY AND SAUTE FOR 7 MINUTES OR UNTIL SOFTENED.
- 3 STIR IN GARLIC, CHILI FLAKES, CHERRY TOMATOES, AND HERBS. COVER AND COOK FOR 5 MINUTES
- 4 ADD VEGETABLE STOCK AND BEANS. COVER AND WHEN VAPO-VALVE BEGINS TO CLICK STEADILY, ADD KALE AND COOK FOR AN ADDITIONAL 10 MINUTES OR UNTIL KALE WILTS.
- 5 SERVE HOT & ENJOY!

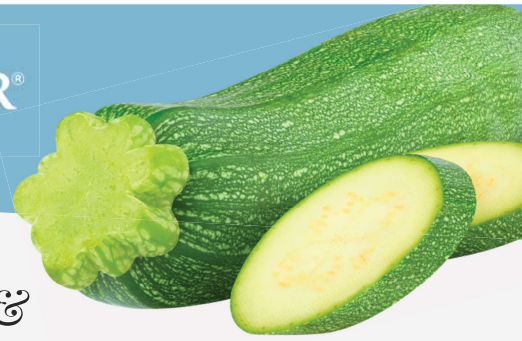
### NUTRITION PER SERVING

CALORIES 290 • TOTAL FAT 1g • CARBS 52g • SUGARS 4g  
• PROTEIN 20g • SODIUM 457mg • FIBER 21g





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## CHICKEN CILANTRO LIME & CAULIFLOWER RICE SOUP



**PREP TIME**

10 MINUTES



**COOK TIME**

40 MINUTES



**SERVINGS**

6

**UTENSILS:** 4 QT. (3.8 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 3 CUPS (360 G) CAULIFLOWER RICE
- 2 CHICKEN BREASTS, SKINLESS & BONELESS
- 4 ROMA TOMATOES, DICED
- 64 OZ (1.81 KG) CHICKEN BROTH
- 1 CUP (128 G) FRESH CILANTRO, CHOPPED
- 1 WHITE ONION, DICED, USE CONE #2
- 1 ZUCCHINI, SHREDDED, USE CONE #2
- 4 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE
- GARNISH: LIME & AVOCADO

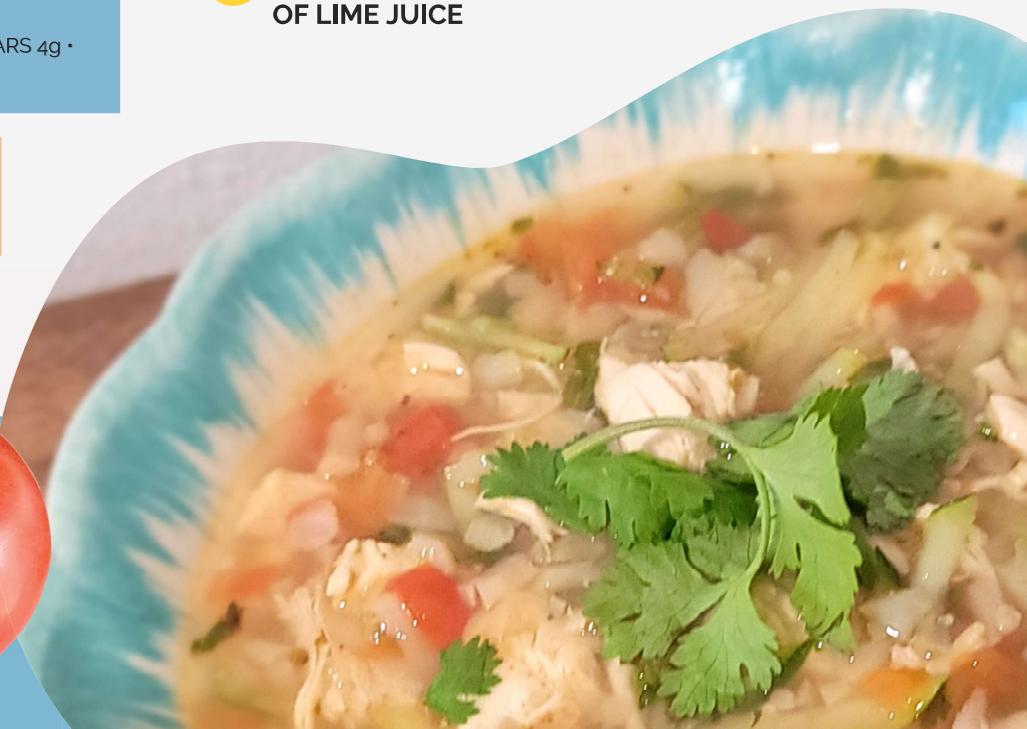
### DIRECTIONS:

- 1 PREHEAT ROASTER AT MEDIUM HEAT
- 2 ADD ONION, TOMATOES, AND CAULIFLOWER RICE AND SAUTE FOR 5 MINUTES
- 3 ADD CHICKEN & SPICES. TOP WITH CHICKEN STOCK AND BRING TO A BOIL.
- 4 ONCE VAPO-VALVE BEGINS TO CLICK STEADILY, REMOVE CHICKEN AND SHRED WITH A FORK
- 5 STIR IN CILANTRO, ZUCCHINI & SHREDDED CHICKEN BACK INTO THE ROASTER AND COVER. COOK FOR AN ADDITIONAL 10 MINUTES.
- 4 SERVE WARM, TOP WITH AVOCADO AND A SQUEEZE OF LIME JUICE

### NUTRITION PER SERVING

CALORIES 219 • TOTAL FAT 9g • CARBS 11g • SUGARS 4g •  
PROTEIN 24g • SODIUM 211mg • FIBER 2g

TIP: TO RICE A HEAD OF CAULIFLOWER,  
USE CONE #2





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## APPLE & BRUSSELS SPROUTS SLAW (V)



**PREP TIME**

10 MINUTES



**COOK TIME**

5 MINUTES



**SERVINGS**

10

**UTENSILS:** 3.5 QT. (3.3 L) DOUBLE WALLED BOWL & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 1 LB (453.59 G) BRUSSELS SPROUTS
- 2 HONEY CRISP APPLES
- 1 GREEN ONION, CHOPPED, GREEN PART ONLY
- 1/3 CUP (43 G) CHOPPED PECANS

### DRESSING:

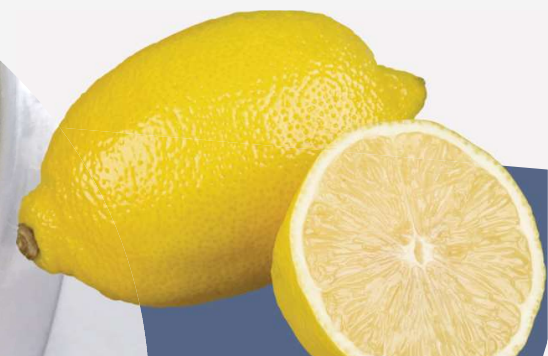
- 2 TBSP (29.57 ML) FRESH LEMON JUICE
- 1 GARLIC CLOVE, MINCED, USE CONE #1
- 1 1/2 TSP (7.39 ML) AGAVE NECTAR
- 1/4 TSP (1.23 ML) SALT
- 1/4 TSP (1.23 ML) PEPPER
- 2 TBSP (29.57 ML) OLIVE OIL

### DIRECTIONS:

- 1 SHRED BRUSSELS SPROUTS INTO BOWL USING #5 CONE
- 2 PROCESS APPLE INTO BOWL USING #2 CONE
- 3 ADD GREEN ONION & PECANS
- 4 IN A SMALL BOWL, ADD DRESSING INGREDIENTS AND SLOWLY WHISK IN OLIVE OIL
- 5 POUR DRESSING OVER SALAD AND TOSS UNTIL COMBINED
- 6 SERVE IMMEDIATELY OR REFRIGERATE UNTIL READY TO SERVE

### NUTRITION PER SERVING

CALORIES 85 • TOTAL FAT 5g • CARBS 9g • SUGARS 4g •  
PROTEIN 2g • SODIUM 69mg • FIBER 3g







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## ISRAELI SALAD (V)



**PREP TIME**

10 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

5

**UTENSILS:** 3.5 QT. (3.3 Lo DOUBLE WALLED BOWL & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 2 ROMA TOMATOES, DICED
- 2 ENGLISH CUCUMBERS
- 1 RED BELL PEPPER, SLICED
- 1/4 RED ONION
- 1/2 CUP FRESH PARSLEY, CHOPPED
- 1 LEMON, JUICED
- 2 TBSP OLIVE OIL
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PROCESS ONION AND CUCUMBERS IN BOWL USING CONE #2
- 2 ADD TOMATOES, BELL PEPPER, AND PARSLEY
- 3 IN A SMALL BOWL WHISK LEMON, OIL, AND SALT & PEPPER UNTIL COMBINED
- 4 POUR DRESSING OVER SALAD AND TOSS
- 5 SERVE IMMEDIATELY OR REFRIGERATE UNTIL READY TO SERVE

### NUTRITION PER SERVING

CALORIES 42 • TOTAL FAT 3g • CARBS 4g • SUGARS 2g •  
PROTEIN 1g • SODIUM 19mg • FIBER 1g





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## SESAME ASPARAGUS & MUSHROOMS (V)



**PREP TIME**

10 MINUTES



**COOK TIME**

10 MINUTES



**SERVINGS**

5

**UTENSILS:** 9" (22.9 CM) SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 2 LBS (.91 KG) ASPARAGUS, CUT INTO 1" (2.54 CM) PIECES
- 10 OZ (283.49 ML) MUSHROOMS, SLICED, USE CONE #4
- 2 GARLIC CLOVES, MINCED, USE CONE #1
- 1 TSP (5 ML) GINGER, SHREDDED, USE CONE #1
- 1 TSP (5 ML) AGAVE NECTAR
- 1/3 TSP (1.64 ML) RED PEPPER FLAKES
- 1 TSP (5 ML) TOASTED SESAME OIL
- 2 TBSP (29.57 ML) LOW-SODIUM SOY SAUCE
- 2 TBSP (29.57 ML) TOASTED SESAME SEEDS
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET AT MEDIUM HEAT
- 2 ADD ASPARAGUS AND MUSHROOMS AND SAUTE FOR 4 MINUTES
- 3 WHILE VEGETABLES ARE COOKING, ADD SOY SAUCE, GINGER, GARLIC, AGAVE NECTAR, SESAME OIL, AND RED PEPPER FLAKES INTO A BOWL AND COMBINE
- 4 ADD SOY SAUCE MIXTURE TO SKILLET AND TOSS TO COMBINE
- 5 COVER AND COOK FOR AN ADDITIONAL 4 MINUTES
- 6 TASTE FOR SEASONING, TOP WITH SESAME SEEDS AND SERVE

### NUTRITION PER SERVING

CALORIES 83 • TOTAL FAT 4g • CARBS 10g • SUGARS 5g •  
PROTEIN 6g • SODIUM 210mg • FIBER 4g





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## LEMON GARLIC BROCCOLI & CARROTS



**PREP TIME**  
10 MINUTES



**COOK TIME**  
15 MINUTES



**SERVINGS**  
6

**UTENSILS:** 12" (30.5 CM) ELECTRIC SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 1 LB (0.45 KG) BROCCOLI FLORETS
- 3 CARROTS, SLICED, USE CONE #4
- 4 GARLIC CLOVES, MINCED, USE CONE #1
- 1 LEMON, JUICED & ZESTED, USE CONE #1
- 2 TBSP (29.57 ML) PARMESAN CHEESE
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 ADD ALL INGREDIENTS, EXCEPT PARMESAN CHEESE, TO SKILLET AT 300°F (149°C), TOSS AND COVER
- 2 ONCE VAPO-VALVE BEGINS TO CLICK STEADILY, ADD PARMESAN CHEESE, TURN HEAT TO 200°F (93°C) AND COOK FOR AN ADDITIONAL 3-5 MINUTES UNTIL VEGETABLES HAVE REACHED DESIRED TENDERNESS
- 3 SERVE WARM & ENJOY!

### NUTRITION PER SERVING

CALORIES 116 • TOTAL FAT 4g • CARBS 12g • SUGARS 3g •  
PROTEIN 7g • SODIUM 143mg • FIBER 2g





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## CAULIFLOWER JOLLOF RICE



### PREP TIME

10 MINUTES



### COOK TIME

20 MINUTES



### SERVINGS

6

**UTENSILS:** 3 QT. (2.8 L) SAUCE PAN WITH COVER & BLENDER

### INGREDIENTS:

- 5 CUPS (851.72 G) CAULIFLOWER RICE
- 1 TOMATO, QUARTERED
- 1 RED BELL PEPPER, CHOPPED
- 1/2 ONION, CUT INTO 1" (2.54 CM) PIECES
- 1/2 HABANERO PEPPER
- 1/2 CUP (118.29 G) WATER
- 1/2 TSP (2.5 ML) SALT
- 1 TSP (5 ML) CRAYFISH POWDER
- 1 TSP (5 ML) BOUILLON POWDER
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 ADD CAULIFLOWER RICE TO SAUCE PAN OVER MEDIUM HEAT AND COVER. COOK FOR 7 MINUTES
- 2 IN A BLENDER, ADD TOMATO, HABANERO PEPPER, BELL PEPPER, ONION AND WATER. BLEND WELL
- 3 ADD THE BLENDED VEGETABLES AND SPICES TO PAN AND COMBINE
- 4 COOK, UNCOVERED FOR 10 MINUTES, OR UNTIL LIQUID HAS EVAPORATED
- 5 TASTE, ADJUST SEASONINGS IF NECESSARY AND ENJOY!

### NUTRITION PER SERVING

CALORIES 32 • TOTAL FAT 0g • CARBS 6g • SUGARS 3g •  
PROTEIN 2g • SODIUM 340mg • FIBER 2g

TIP: TO RICE A HEAD OF CAULIFLOWER,  
USE CONE #2





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## DIJON & HERB SALMON



**PREP TIME**

10 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

6

**UTENSILS:** 12" (30.5 CM) ELECTRIC SKILLET WITH COVER, SALADMASTER FOOD PROCESSOR & TURNER

### INGREDIENTS:

- 2 LBS (0.91 KG) SALMON, CUT INTO FILETS
- 1/4 CUP (59.15 G) FRESH PARSLEY, CHOPPED
- 1/3 CUP (78.86 G) DIJON MUSTARD
- 1 TBSP (29.57 ML) LEMON JUICE
- 3 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 COMBINE MUSTARD, PARSLEY, LEMON JUICE, SALT & PEPPER, AND GARLIC IN A BOWL
- 3 TOP SALMON WITH MUSTARD MIX AND ADD TO SKILLET, SKIN SIDE DOWN
- 4 PLACE COVER OVER SKILLET AND LEAVE IT CRACKED. COOK SALMON FOR 10 MINUTES, OR UNTIL FULLY COOKED THROUGH. USE SALADMASTER TURNER TO REMOVE FROM SKILLET
- 5 SERVE WITH A SIDE OF VEGETABLES & ENJOY!

### NUTRITION PER SERVING

CALORIES 303 • TOTAL FAT 19g • CARBS 1g • SUGARS 0g  
• PROTEIN 32g • SODIUM 123mg • FIBER 0g





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## LEMON GARLIC SHRIMP & ASPARAGUS



**PREP TIME**

10 MINUTES



**COOK TIME**

15 MINUTES



**SERVINGS**

5

**UTENSIL:** 5 QT. (4.7 L) WOK WITH COVER

### INGREDIENTS:

- 2 LBS (0.91 KG) ASPARAGUS
- 2 LBS (.91 KG) SHRIMP, DEVEINED, TAIL OFF
- 6 GARLIC CLOVES, MINCED, USE CONE #1
- 1 LEMON, JUICED & ZESTED
- 1/2 CUP (118.29 G) DRY WHITE WINE
- 2 TBSP (29.57 ML) BUTTER
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT UNTIL SEVERAL DROPS OF WATER SPRINKLED IN PAN SKITTER AND DISSIPATE, APPROXIMATELY 6 - 8 MINUTES
- 2 ADD ALL VEGGIES, EXCEPT ZUCCHINI. COVER AND COOK FOR 5 MINUTES
- 3 UNCOVER, ADD ZUCCHINI, SALT & PEPPER AND COMBINE
- 4 ADD EGGS, SEASON AND COVER. WHEN VAPO-VALVE BEGINS TO CLICK STEADILY, TURN HEAT TO LOW AND COOK FOR AN ADDITIONAL 5 MINUTES, OR UNTIL EGGS HAVE SET
- 5 SERVE WARM & ENJOY!



### NUTRITION PER SERVING

CALORIES 128 • TOTAL FAT 4g • CARBS 6g • SUGARS 2g •  
PROTEIN 15g • SODIUM 327mg • FIBER 2g





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## BLACKENED MAHI MAHI TACOS



**PREP TIME**  
20 MINUTES



**COOK TIME**  
10 MINUTES



**SERVINGS**  
6

**UTENSILS:** 10" (25.4 CM) CHEF'S GOURMET SKILLET WITH COVER, SALADMASTER FOOD PROCESSOR & BLENDER

### INGREDIENTS:

- 6 ZERO CARB FLOUR TORTILLAS
- 4 MAHI MAHI FILLETS
- 2 TBSP (29.57 ML) BLACKENING SEASONING
- 1/2 RED CABBAGE, SHREDDED, USE CONE #5
- 1/2 GREEN CABBAGE, SHREDDED, USE CONE #5
- 1 LIME, JUICED
- 1/2 CUP (118.29 G) LOW-FAT SOUR CREAM
- 1/2 CUP (118.29 G) CILANTRO, CHOPPED
- 1 AVOCADO

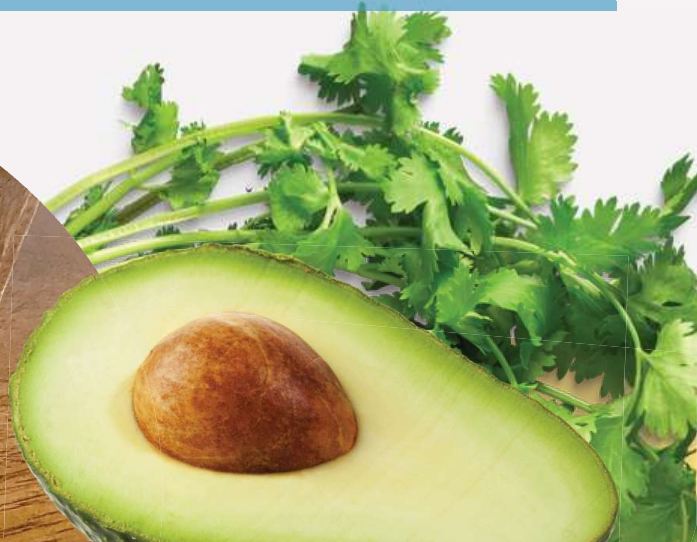
### DIRECTIONS:

- 1 SEASON FISH FILETS WITH BLACKENING SEASONING ON ALL SIDES
- 2 ADD FILETS TO SKILLET OVER MEDIUM HEAT AND COVER
- 3 COOK FOR 10 MINUTES, OR UNTIL FULLY COOKED THROUGH
- 4 IN A BOWL, COMBINE CABBAGE, LIME AND CILANTRO. SEASON TO TASTE
- 5 IN A BLENDER ADD SOUR CREAM AND AVOCADO AND BLEND
- 5 WARM TORTILLAS. ADD FISH, TOP WITH CABBAGE SLAW, DRESSING AND AVOCADO. ENJOY!

TIP: LOW CARB/ZERO CARB FLOUR TORTILLAS CAN BE FOUND AT YOUR LOCAL GROCERY STORE

### NUTRITION PER SERVING

CALORIES 223 • TOTAL FAT 6g • CARBS 18g • SUGARS 2g  
• PROTEIN 21g • SODIUM 267mg • FIBER 9g





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## LUMPIA IN A BOWL



### PREP TIME

10 MINUTES



### COOK TIME

20 MINUTES



### SERVINGS

8

**UTENSILS:** 12" (30.5 CM) ELECTRIC SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 1 LB (0.45 KG) GROUND PORK
- 6 GARLIC CLOVES, MINCED, USE CONE #1
- 1 CAN WATER CHESTNUTS, CHOPPED
- 1/2 GREEN CABBAGE, SHREDDED, USE CONE #5
- 1/3 CUP (78.86 G) LOW-SODIUM SOY SAUCE
- 1/4 CUP (59.15 G) ROASTED PEANUTS, CHOPPED
- 1/2 YELLOW ONION, DICED, USE CONE #2
- 2" (5.08 CM) GINGER, MINCED, USE CONE #1
- 5 MUSHROOMS, CHOPPED, USE CONE #3
- 1/2 GREEN ONION, CHOPPED
- 8 OZ (225 G) COOKED SALAD SHRIMP, CHOPPED
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 PREHEAT SKILLET AT 300°F/150°C
- 2 ADD PORK TO SKILLET AND COOK UNTIL BROWNED.
- 3 ADD MUSHROOMS, WATER CHESTNUTS, GARLIC, GINGER AND ONION TO SKILLET AND COMBINE, COVER AND LOWER TEMPERATURE TO 250°F/120°C
- 4 COOK UNTIL SOFTEND, APPROXIMATELY 4 MINUTES, THEN ADD SOY SAUCE, SHRIMP, PEANUTS, CABBAGE AND GREEN ONIONS.
- 5 ONCE CABBAGE HAS WILTED, SEASON WITH SALT AND PEPPER TO TASTE AND SERVE.

### NUTRITION PER SERVING

CALORIES 280 • TOTAL FAT 11g • CARBS 22g • SUGARS 3g  
• PROTEIN 17g • SODIUM 361mg • FIBER 2g







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## CHICKEN & BROCCOLI COCONUT CURRY



**PREP TIME**

**5 MINUTES**



**COOK TIME**

**20 MINUTES**



**SERVINGS**

**8**

**UTENSILS:** 4 QT. (3.8 L) ROASTER WITH COVER

### INGREDIENTS:

- 4 CUPS (950 ML) BROCCOLI FLORETS
- 3 CHICKEN BREASTS, CUT INTO SLICES
- 2 TBSP (29.57 ML) YELLOW CURRY POWDER
- 15 OZ (425 G) UNSWEETENED COCONUT MILK
- 1/2 TSP (2.5 ML) SUGAR
- 1/2 LIME, JUICED
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 SEASON CHICKEN WITH SALT AND PEPPER AND ADD TO ROASTER. COVER AND COOK OVER MEDIUM HEAT FOR 3 MINUTES, THEN ADD BROCCOLI AND CURRY POWDER.
- 2 SAUTE UNTIL CHICKEN HAS COOKED THROUGH, ABOUT 5 MINUTES.
- 3 STIR IN COCONUT MILK, LIME JUICE AND SUGAR.
- 4 TASTE AND ADJUST SEASONINGS AS NEEDED. COVER AND SIMMER FOR 5 MINUTES.
- 5 SERVE OVER CAULIFLOWER RICE AND ENJOY!

### NUTRITION PER SERVING

CALORIES 258 • TOTAL FAT 14g • CARBS 5g • SUGARS 1g •  
PROTEIN 19g • SODIUM 125mg • FIBER 2g





## ZOODLES & MEATBALLS IN MARINARA SAUCE



**PREP TIME**  
10 MINUTES



**COOK TIME**  
20 MINUTES



**SERVINGS**  
4

**UTENSILS:** 5" QT. (4.7 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

### INGREDIENTS:

- 2 LARGE ZUCCHINIS, NOODLES, USE CONE #2
- 1 MEDIUM ONION, DICED, USE CONE #2, DIVIDED
- 6 GARLIC CLOVES, MINCED, USE CONE #1, DIVIDED
- 1 JAR OF SPAGHETTI SAUCE
- 1 LB (0.45 KG) GROUND TURKEY
- 1 TBSP (29.57 ML) ITALIAN SEASONING
- SALT & PEPPER TO TASTE

### DIRECTIONS:

- 1 IN A BOWL, COMBINE GROUND TURKEY AND HALF THE ONIONS & GARLIC. MAKE 6-8 MEATBALLS AND SET IN REFRIGERATOR FOR 10 MINUTES
- 2 REMOVE FOOD GUARD FROM FOOD PROCESSOR. USING CONE #2, PLACE ENTIRE ZUCCHINI OVER THE CONE. PLACE PRESSURE DOWN ON ZUCCHINI AND TURN THE HANDLE TO MAKE LONG ZUCCHINI NOODLES. REPEAT
- 3 PREHEAT ROASTER OVER MEDIUM HEAT, ADD MEATBALLS, COVER AND COOK FOR 5 MINUTES
- 4 ONCE MEATBALLS HAVE COOKED THROUGH, REMOVE AND SET ASIDE. ADD ONIONS, GARLIC AND SAUTE UNTIL ONIONS ARE TRANSLUCENT
- 5 ADD SPAGHETTI SAUCE, ITALIAN SEASONING AND ZUCCHINI NOODLES. COVER AND LET SIMMER FOR 5-7 MINUTES OR UNTIL ZUCCHINI HAS REACHED DESIRED TENDERNESS.
- 6 ADD MEATBALLS, SERVE AND ENJOY!

### NUTRITION PER SERVING

CALORIES 326 • TOTAL FAT 18g • CARBS 19g • SUGARS 7g  
• PROTEIN 19g • SODIUM 113mg • FIBER 5g







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