

TUPPERWARE FUSION MASTER SPIRALIZER

RECIPES AND COOKING GUIDE



Screw Has a veggie holder at the front. At the rear side, the handle is attached.

Hopper With a big opening for vegetables. At the front, cutouts snap the blade cone in place.

Angled Spout Guides juices into the bowl, not your counter.

Auto-unlocking Feature It tells you when you're done! Turn the handle until the switch moves to the unlocked position.

Handle So easy, you can turn with just two fingers.

Master System Base Thanks to the suction pad, the product bonds securely to the countertop. Base sold separately from Fusion Master® Accessories

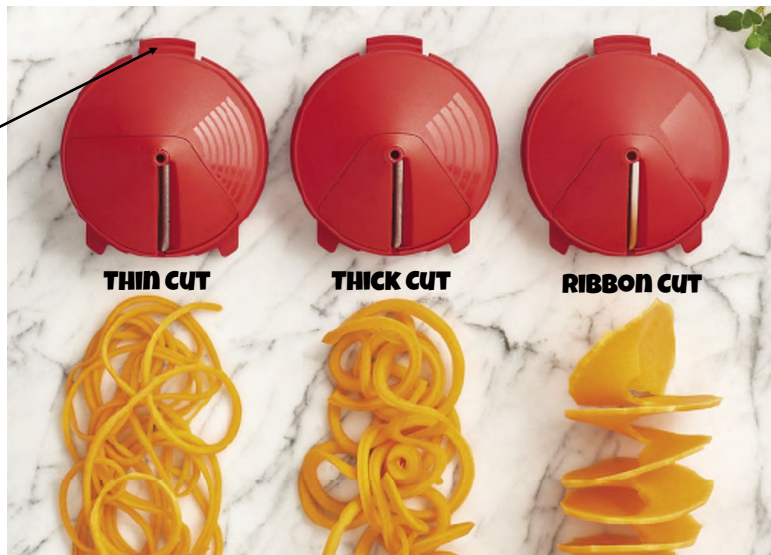
FEATURES	BENEFITS
Auto unlock	When the vegetable is spiralized, the switch unlocks automatically for faster refilling or disassembly, plus it helps reduce food waste. No more guessing when to stop. Just turn the handle until it unlocks to maximize veggies up to the last bit, then save the leftovers for veggie broth.
Highly-engineered veggie holder	Remaining vegetable piece stays on the veggie holder. Easy to use and remove!
Markings as visual aid	For assembly and disassembly, pictograms guide the user intuitively. Each blade cone has an etching of the size of spiral so you always know which one to use.
Angled spout	Vegetable juices can flow into the bowl below the hopper so the countertop stays clean.
Pin inside the center of the cones	Vegetable stays centered while spiralizing.
Part of a system	Your Spiralizer is just the beginning. Add more pieces to your collection from the Master System.

BLADES

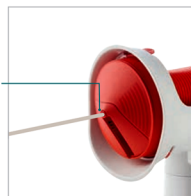
Hold by tab to keep fingers from getting cut

With three different cuts, blades are encased inside cones for blade protection.

They also snap together for easy storage.



A skewer fits into the hole at the tip of the Ribbon blade cone to make Tornado Potatoes or other vegetable skewers.



GET INSPIRALIZED!

SPIRALIZER TIPS

- Use produce at its peak for the best results.
- Invest in a small cleaning brush, like the Tumbler Brushes—it will come in handy This is really helpful after spiralizing a few vegetables in a row.
- Thoroughly wash produce and (if necessary) peel your veggies before spiralizing, to prevent cross-contamination.
- Trim the ends of produce to create a flat, stable base that will properly fit on the Spiralizer, this creates a flat surface for best spiralizing.
- Trim produce to fit spiralizer.
- Food Diameter: Should be 1½- 3¼".
- Food Length: No longer than 5½" to fit into the hopper.
- Center your veggies on the spiralizer for better results, using the PIN on the inside of the blade cone as a guide. This step also ensures proper placement onto the wooden skewer, if using.
- Snip your noodles as you spiralize to get just the right size, before cooking or dressing them. You can go inch by inch or just grab a bunch of noodles and roughly snip. Either way, you'll get regular-sized noodles that are easier to divide onto plates and eat.
- Dry your vegetables on a paper towel to remove excess water.
- When spiralizing beet or carrots, wash immediately to prevent staining.
- Place produce in center of pin on the inside of the blade cone, attach veggie holder by pushing into produce and lock into place. Now, you're ready to spiralize!

Spiralizer Video: <https://www.youtube.com/watch?v=zyK3GEfenaY&feature=youtu.be>

BENEFITS

It's healthy
Guilt-free pasta any time
Save money
Cook quickly

Beautiful Colors
Variety of vegetables
It's fun
Its creative

WHAT TO DO WITH LEFT OVER PRODUCE

- Freeze leftover ends in a freezer-safe Tupperware container and use later in a stock, soup or stew.
- Finely chop leftover vegetables. Sauté and use in casseroles, omelets, pasta sauce or rice.
- Add to smoothies or juice.
- Use leftover cucumber for infused water.
- Use scraps from veggies like carrots, sweet potatoes or butternut squash to make homemade baby food.
- Leftover butternut squash, especially the lower bulb, makes great soup.

STORAGE

- To get the most nutrients, spiralize your produce on the day you plan to use it. They can be stored in the refrigerator for up to 3 days in an airtight Tupperware container.
- Firm vegetables like carrots, butternut squash and root vegetables can be spiralized and frozen in an airtight Tupperware container. Increase the cook time slightly, and stir noodles halfway through to break up.
- To keep apples, white potatoes, golden beets or parsnips from browning (oxidizing), mix equal portions of lemon juice and water and toss with noodles until they're fully coated.

IDEAL FRUITS AND VEGETABLES TO SPIRALIZE

Apple
Beet
Bell Pepper
Broccoli Stem
Butternut Squash
Cabbage
Carrot
Celeriac
Chayote
Cucumber
Daikon Radish
Jicama
Kohlrabi

Onion
Parsnip
Pear
Plantain
Potato
Radish
Rutabaga
Summer Squash
Sweet Potato
Taro Root
Turnip
Yellow Squash
Zucchini

SPIRALIZER COOKING CHART

	STOVETOP	OVEN	MICROWAVE	MICROWAVE PRODUCT	BLADE USED
 Apple or Pear	3-5 minutes	Not recommended	3-4 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 Beets	6-8 minutes	11-15 minutes	6-8 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 Broccoli Stem	3-5 minutes	2 minutes	8-10 minutes	Smart Multi Cooker	Thin or Thick Cut
 Butternut Squash	Not recommended	6-10 minutes	Not recommended	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut
 Carrot	1-2 minutes	7-11 minutes	7-9 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 Celery Root	2-3 minutes	Not recommended	2-3 minutes	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut
 Jicama	3-5 minutes	10-12 minutes	Not recommended	Not recommended	Thin or Thick Cut
 Kohlrabi	2-4 minutes	11-15 minutes	4-8 minutes	Pasta Maker or Stack Cooker	Thin or Thick Cut
 Onion	3-5 minutes	8-10 minutes	3-4 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 Parsnip	Not recommended	5-7 minutes	2-3 minutes	MicroPro Grill: Casserole position	Thin or Thick Cut
 Potato	5-6 minutes	8-10 minutes	4-5 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 Rutabaga	8-10 minutes	Not recommended	4-6 minutes	Pasta Maker or Stack Cooker	Thin or Thick Cut
 Sweet Potato	1-3 minutes	8-12 minutes	2-3 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 Turnip	5-7 minutes	11-15 minutes	4-6 minutes	MicroPro Grill: Grill position	Thin or Thick Cut
 Yellow Squash & Zucchini	2-4 minutes	5-9 minutes	2-5 minutes	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut

Stovetop

Heat 1 tsp. oil in large skillet over medium heat 3-5 minutes. Sauté vegetable noodles for 2 minutes. Add ¼-½ cup water; cover. Cook based on additional time shown with vegetable, or until crisp tender. Add desired seasonings.

Oven

Arrange vegetable noodles in a single layer on parchment-lined baking sheet. Spray veggies with oil and add desired seasonings. Roast in preheated 400°F (200°C) oven for time shown with vegetable.

Microwave

Place vegetables in Pasta Maker or 1¼-qt. Stack Cooker Casserole. Add ¼ cup water; cover and microwave on HIGH. Drain. Add desired seasonings.

FUSION MASTER SPIRALIZER RECIPES

- Apple Slaw with Poppy Seed Dressing
- Baked Parmesan Zucchini Curly Fries
- Butternut Squash Pasta with Bacon and Brussels Sprouts
- Butternut Squash Pasta
- Chicken Parmesan Zoodles
- Cilantro Lime Shrimp Zoodles
- Creamy Butternut Squash Noodles
- Creamy Spinach Sweet Potato Noodles with Cashew Sauce
- Crispy Potato Bake
- Garlic Butter Meatballs
- Garlic Butter Steak Bites with Zucchini Noodles
- Greek Cucumber Salad
- Jicama & Avocado Salad with Honey Lime Dressing
- Jicama Slaw
- Lemon Ricotta Zoodles
- Loaded Tornado Potatoes
- Mediterranean Cucumber Salad
- Mexican Sweet Potato Rice
- Parmesan Butternut Squash Noodles
- Sesame Cucumber Salad
- Shakshuka Zoodle Breakfast
- Spinach Arugula Pesto Zoodles
- Spiralized Broccoli Salad
- Spiralized Potato Gratin
- Spiralized Squash Salad
- Spiralized Yogurt Parfait
- Summer Salad with Apple Balsamic Vinaigrette
- Sweet Potato Curly Fries
- Taco Zoodles
- Tornado Potato
- Vegetable Thick Cuts with Greek Yogurt Alfredo Sauce
- Zoodles with Crushed Tomato Sauce
- Zucchini Fritters and Salad
- Zucchini Pizza



APPLE SLAW WITH POPPY SEED DRESSING

- 2 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- 2 tsp. agave
- 1 tsp. poppy seeds
- ¼ tsp. salt
- Fresh-ground black pepper, to taste
- 2 cups green cabbage, shredded
- 2 cups red cabbage, shredded
- 2 medium-large carrots, peeled
- 1 granny smith apple



Thin Cut Blade Cone

1. Add the olive oil, vinegar, agave, poppy seeds, salt, and pepper to a the Quick Shake Container and shake to combine.
2. Remove the stem from the apple.
3. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place apple into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with carrots, green and red cabbage.
5. Drizzle the dressing over the cabbage, carrots, and apple and toss to combine.



BAKED PARMESAN ZUCCHINI CURLY FRIES

- 12 oz. zucchini noodles (3 medium or 2 large zucchini)
- ¼ cup cornstarch
- 4 large egg whites, lightly beaten
- 1 cup panko (Japanese-style breadcrumbs)
- ¾ ounce Parmesan cheese, finely grated
- 1½ tsp. dried oregano
- Cooking spray
- ¼ teaspoon salt
- ¼ cup light ranch dressing
- ¼ cup marinara sauce



Thick Cut Blade Cone

1. Preheat oven to 425°F. Line 2 baking sheets with the Wonder Mat.
2. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
3. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchinis, repeat.
4. Place cornstarch in a shallow dish. Place egg whites in a separate shallow dish. Stir together panko, Parmesan and oregano in a third shallow dish.
5. Coarsely chop zucchini noodles into 5- or 6-inch-long pieces. Working in batches, dredge the noodles in the cornstarch; shake off excess. Dredge in the egg whites; shake off excess. Dredge in the panko mixture; shake off excess. Arrange the noodles, well spaced apart, in a single layer on the prepared baking sheets. Coat with cooking spray.
6. Bake until golden and crispy, 10 to 12 minutes. Remove from oven; sprinkle with salt.
7. Combine ranch and marinara in a shallow bowl; serve alongside the fries.



BUTTERNUT SQUASH PASTA WITH BACON AND BRUSSELS SPROUTS

- 1 medium butternut squash
- Oil for drizzling
- Salt and pepper, to taste
- 5 slices bacon
- 10 oz. fresh Brussels sprouts, trimmed and sliced in ¼-½" slices
- 6 sage leaves, diced
- ½ cup chicken broth



Thick Cut Blade Cone

1. Preheat the oven to 400°F (200°C).
2. Using a sharp Chef's Knife, trim the ends off the squash, then cut it in half widthwise (between the top and bottom sections). Save the bulbous end for another recipe. Peel the narrow neck section and cut it in half lengthwise.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place squash into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib. Trim the noodles with Kitchen Shears and transfer them to the baking sheet lined with Wonder mat.
5. Drizzle the noodles with oil, then season with salt and pepper. Bake for 14–16 minutes, or until softened.
6. Dice the bacon into small pieces. Cook the bacon over medium heat in the Chef Series Skillet for 8–10 minutes or until crispy. Use a slotted spoon to transfer the bacon to a paper-towel lined plate, leaving the grease in the pan. (Do not remove the grease.)
7. Add the Brussels sprouts and sage to the skillet. Sear for 3–4 minutes, turning and stirring occasionally.
8. Remove the squash from the oven. Add the squash, bacon, and broth to the skillet. Stir to combine and heat for 1–2 minutes, tossing with Tongs.



BUTTERNUT SQUASH PASTA

- 1 butternut squash with the neck 3" in diameter or less
- 3 slices of bacon, cooked and diced
- ½ cup ricotta cheese
- ½ tsp. salt
- ¼ tsp. pepper



Thick Cut Blade Cone

1. Separate the neck of the butternut squash from the bulb. Set aside bulb and peel the neck. Assemble the Spiralizer fitted with Thick Cut Blade Cone and attach the butternut squash neck to pin and vegetable holder. Lock in place and turn handle to spiralize. If desired, use kitchen shears to cut length of butternut squash noodles
2. Place butternut squash noodles in base of Microwave Pasta Maker, add water to the maximum fill line, and microwave on high power 7–10 minutes or until tender.
3. Add remaining ingredients and toss to coat. Serve warm.

CHICKEN PARMESAN ZOODLES

12 oz. chicken tenderloins
Salt and pepper
4 medium zucchini
1 cup marinara sauce
½ cup fresh Parmesan cheese, grated
¾ cup seasoned croutons or crackers



Thick Cut Blade Cone



1. Preheat oven to 425°F.
2. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
3. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini and repeat. Use paper towels to press out excess liquid.
4. Season both sides of the chicken with salt and pepper and place it in the UltraPro 2 qt. Casserole or Square pan. Microwave, covered, on high for 4–5 minutes, or until the internal temperature reaches 165°F (74°C). Remove the chicken from the microwave and chop.
5. Add the zucchini noodles and sauce to the UltraPro pan and stir to combine. Microwave, covered, on HIGH for 5–6 minutes, or until the zucchini is softened.
6. Place the croutons in the Power Chef System with blade attachment, chop until very finely chopped.
7. Remove the pan from the microwave and stir in half of the cheese. Top with the remaining cheese and crouton crumbs.
8. Bake, uncovered, until the crumbs are browned.

CILANTRO LIME SHRIMP ZOODLES

3 medium zucchini, spiralized or cut into noodles
1 lb. shrimp, shelled and deveined
3 Tbsp. olive oil, divided
4 cloves garlic, minced
1 pinch red pepper flakes
¼ cup vegetable broth
1 tsp. honey
Juice of 1½ lime
Salt and fresh cracked pepper to taste
1 tsp. lime zest
2 Tbsp. cilantro, chopped, divided



Thick Cut Blade Cone



1. Preheat oven to 425°F.
2. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
3. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini and repeat. Use paper towels to press out excess liquid.
4. In a bowl, combine 2 Tbsp. olive oil, garlic, red pepper flakes, 1 Tbsp. cilantro, honey, lime juice and lime zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes.
5. Heat 1 Tbsp. olive oil in a Chef Series Fry Pan over medium-high heat, add the drained shrimp, cook for 2 minutes, flip, and add the marinade. Cook for 1 more minute and set the shrimp aside.
6. In the same skillet add vegetable broth to deglaze and simmer for 2 minutes. Add the zucchini noodles and cook until just tender, about 2 minutes. Add the shrimp and adjust seasoning. Toss everything and serve immediately.

CREAMY BUTTERNUT SQUASH NOODLES

1 lb. butternut squash, neck separated from bulb
1 tbsp. unsalted butter
2 garlic cloves, chopped
¼ cup yellow onion, chopped
2 Tbsp. water
¼ cup heavy cream
2-3 Tbsp. parmesan cheese
½ tsp. salt
Pinch cayenne pepper (flakes or ground)
3-4 sage leaves



Thin Cut Blade Cone



1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Peel and trim ends from squash. Place squash into Spiralizer and secure in place. Turn handle until screw unlocks. Use paper towels to press out excess liquid.
3. In Chef Series II 11" fry pan, melt butter over medium heat and add butternut squash noodles. Stir to coat, add 2 tbsp. water and cover for 5-7 minutes or until noodles are fully cooked.
4. Uncover, make a well in the center, and add garlic and onion. Sauté for 1 minute, and mix well with noodles. Add sage, and mix to combine.
5. Remove from heat, and mix in heavy cream, parmesan, salt and red pepper flakes. Serve immediately.

CREAMY SPINACH SWEET POTATO NOODLES WITH CASHEW SAUCE

1 cup cashews
¾ cup water (more for soaking)
½ tsp. salt
1 clove garlic
1 Tbsp. oil
4 large sweet potatoes
2 cups baby spinach
a handful of fresh basil leaves, chives, or other herbs
salt and pepper to taste
olive oil for drizzling



Thick Cut Blade Cone



1. Cover the cashews with water in a bowl and soak for 2 hours or so. Drain and rinse thoroughly. Place in the Power Chef System with blade attachment and add the ¾ cup water, salt, and garlic. Puree until very smooth.
2. Trim ends of sweet potato.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place sweet potato into Spiralizer and secure in place.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining potatoes, repeat.
6. Heat the oil in a large Chef Series Skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp. Remove from heat and toss in the spinach – it should wilt pretty quickly.
7. Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.



CRISPY POTATO BAKE

- 3 medium baking potatoes
- 1 red onion
- 3 Tbsp. extra-virgin olive oil
- 1 tsp. finely chopped rosemary
- 1 tsp. dried oregano
- ½ tsp. chili flakes
- A pinch of salt and pepper

Can add additional toppings, such as cheese, sour cream, green onions



Thick Cut Blade Cone

1. Preheat the oven to 400°F/210°C.
2. Trim ends of potatoes.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place potato into Spiralizer and secure in place.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining potatoes, repeat.
6. Spread out the potato and onion noodles on a baking sheet, lined with Wonder Mat and drizzle with extra-virgin olive oil. Sprinkle with salt, pepper, chili flakes, dried oregano and freshly chopped rosemary. Toss to coat with your fingers and then place in the oven.
7. After 15 minutes, if there are any pieces that are starting to brown too quickly, cover them with aluminum foil. Continue to bake the potato noodles until they crisp up, checking every couple of minutes. After 30 minutes, all noodles should be cooked and ready to eat.
8. Let the potatoes cool for 5 minutes to crisp up a bit more and then serve immediately.



GARLIC BUTTER STEAK BITES WITH ZUCCHINI NOODLES

Marinade

- ¼ cup soy sauce
- 1 Tbsp. olive oil
- 1 Tbsp. hot sauce or Sriracha
- Fresh cracked black pepper, to taste
- Juice of ½ lemon

- 4 medium zucchini, spiralized
- 1½ lb. sirloin steak cut into small cubes
- 1 Tbsp. olive oil
- 3 Tbsp. butter, divided
- 2 tsp. minced garlic
- ¼ cup beef or vegetable broth
- 1 Tbsp. minced parsley
- 1 tsp. fresh thyme leaves
- Juice of ½ lemon



Thick Cut Blade Cone

1. Trim ends of Zucchini. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini, repeat.
3. In a Season Serve container, combine marinade and add the steak bites. Mix well and marinate for 15 to 20 minutes.
4. Heat the olive oil in a Chef Series Fry Pan over high heat. Drain steak from the marinade. Save remaining marinade for later.
5. Place the steak in the skillet in a single layer. Do not overcrowd the skillet or meat will steam, so you may have to work in batches. Cook for 3-4 minutes, stirring occasionally until steak cubes are golden brown. Repeat with remaining meat.
6. Add 2 Tbsp. butter and garlic to the skillet; cook for 1-2 minutes, stirring. Remove to a shallow plate and set aside.
7. In the same skillet, add butter, lemon juice, red pepper flakes, beef broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.
8. Add the zucchini noodles and toss for two to three minutes to cook it up. Stir in the fresh parsley and thyme, then allow the cooking juices to reduce for one minute if the zucchini renders too much water. Push the zucchini noodles on the side, add the steak bites back to the pan and reheat for another minute. Serve immediately.



GARLIC BUTTER MEATBALLS

- 1 lb. zoodles (3 medium zucchinis)
- 1 lb. ground chicken
- 5 garlic cloves, minced and divided
- 1 egg, beaten
- ½ cup grated Parmesan, plus more for garnish
- 2 Tbsp. freshly chopped parsley
- ¼ tsp. red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil
- 4 Tbsp. butter
- Juice of ½ a lemon



Thick Cut Blade Cone

1. Trim ends of Zucchini.
2. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
3. Place zucchini into Spiralizer and secure in place.
4. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini, repeat.
5. In a large bowl mix together ground chicken, 2 garlic cloves, egg, Parmesan, parsley, and red pepper flakes. Season with salt and pepper then form into tablespoon sized meatballs.
6. In a large Chef Series Fry Pan over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, 10 minutes. Transfer to a plate and wipe out skillet with a paper towel.
7. Melt butter in skillet then add remaining 3 garlic cloves and cook until fragrant, 1 minute. Add zoodles to skillet and toss in garlic butter then squeeze in lemon juice.
8. Add meatballs back and heat just until warmed through. Garnish with Parmesan to serve.



LEMON RICOTTA ZOODLES

- 2-3 large zucchini
- 1 cup cherry or grape tomatoes, sliced in half
- Olive oil, for drizzling
- Sea salt and freshly ground black pepper
- Hemp seeds & microgreens, for garnish (optional)
- ¼ cup raw sunflower seeds, soaked at least 4 hours
- ½ cup hemp seeds
- 2 Tbsp. fresh lemon juice + ½ tsp. zest
- 1 Tbsp. white wine vinegar
- 1 small garlic clove
- handful of fresh herbs - basil, mint, oregano or tarragon
- ½ tsp. sea salt
- ¾ cup water, more as needed
- Lemon Macadamia Ricotta
- ½ cup raw macadamia nuts, soaked at least 4 hours



Thick Cut Blade Cone

1. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place zucchini into Spiralizer and secure in place.
3. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of squash and repeat.
4. Drain and rinse your macadamia nuts and sunflower seeds that have been soaking. Add them to Power Chef Pro with blade attachment, add with hemp seeds, lemon juice, lemon zest, white wine vinegar, garlic, herbs, salt and pepper, and water. Add a little olive oil, if necessary, to get your blade moving.
5. Toss zoodles with a few spoonfuls of the ricotta, the tomatoes, a drizzle of olive oil and a few pinches of salt and pepper. Serve with extra ricotta on the side.

JICAMA & AVOCADO SALAD WITH HONEY LIME DRESSING



1 jicama, peeled and halved
1 cup cherry tomatoes, quartered
¼ cup red onion diced
1 jalapeño, minced
½ cup honey lime dressing
1 avocado, diced

Honey Lime Dressing
1 garlic clove minced
1 jalapeño, minced
2 Tbsp fresh cilantro
4 Tbsp fresh lime juice
¼ cup olive oil
¼ cup honey
¼ cup Dijon mustard
¼ tsp ground ginger



Thin Cut Blade Cone

1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Attach jicama to pin and vegetable holder and secure in place.
3. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of jicama and repeat.
4. Add remaining salad ingredients to bowl.
5. In the base of the Quick Shake Container add dressing ingredients, cover and shake well to blend.
6. Pour the dressing over the top and toss to coat.

JICAMA SLAW

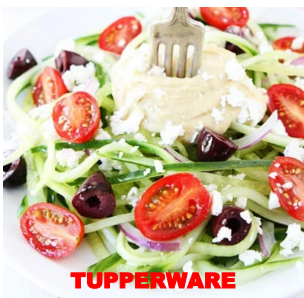


1 jicama, peeled and halved
Zest and juice of 2 limes
½ tsp. salt
1 Tbsp. olive oil



Thin Cut Blade Cone

1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Attach jicama to pin and vegetable holder and secure in place.
3. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of jicama and repeat.
4. Add remaining ingredients to bowl and toss to coat. Serve immediately.



GREEK CUCUMBER SALAD

2 seedless English cucumbers
1 cup grape tomatoes, halved
⅓ cup pitted kalamata olives, chopped
¼ of a small red onion, thinly sliced
4 Tbsp. Sabra Classic Hummus
½ cup crumbled Feta cheese
Salt and black pepper, to taste



Thick Cut Blade Cone

1. Trim ends from cucumber.
2. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
3. Place cucumber into Spiralizer and secure in place.
4. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining cucumber and repeat.
5. Divide the cucumber noodles onto plates. Top with tomatoes, olives, and red onion. In the center of the noodles add a spoonful of hummus. Sprinkle feta cheese over the noodles. Season with salt and black pepper, to taste. Serve immediately.



LOADED TORNADO POTATOES

Whole potatoes
Canola oil
Salt

Toppings
Grated cheese
Bacon bits
Sour cream
Green Onions



Ribbon Cut Blade Cone

1. Assemble Spiralizer with Ribbon Blade Cone. Place a medium bowl under Blade Cone.
2. Insert a bamboo skewer into the Spiralizer, see above picture.
3. Trim one end of potato for a flat surface. Place one of the potatoes into Spiralizer and secure in place.
4. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other potatoes and repeat.
5. Fill a shallow pan with enough oil to come about halfway up the potato when laid down in the oil. Heat the oil to 350 degrees.*
6. Using tongs, place the skewer into the oil. Let fry for a few minutes, then turn over. Fry until golden brown and crispy on all sides. Time will vary depending on size of potato and oil temperature.
7. When finished frying, drain on a paper towel, salt immediately and top with desired toppings.



Skewer

*Can bake if desired: Bake in the oven for about 30- 40 minutes in 400°F/200°C

MEDITERRANEAN CUCUMBER SALAD

- 2 cucumbers, seedless, halved
- 2 tomatoes, diced & deseeded
- ¼ cup red onion, chopped
- ½ cup Kalamata olives, sliced
- ½ cup feta cheese
- 1 (15 oz.) can chickpeas, rinsed & dried

Vinaigrette

- 3 Tbsp. olive oil
- 3 Tbsp. red wine vinegar
- Salt & pepper to taste



TUPPERWARE

Ribbon Cut Blade Cone



1. Assemble Spiralizer with Ribbon Blade Cone. Place a medium bowl under Blade Cone.
2. Attach cucumber half to pin inside holder and push the screw into opposite side. Lock in place and turn handle to spiralizer the cucumber. Repeat with remaining cucumber.
3. Add remaining salad ingredients and toss to combine.
4. In the base of the Quick Shake Container mix olive oil, red wine vinegar, salt and pepper. Add dressing just before serving.

*Tip: If cucumber ribbons seem to big, cut them with kitchen shears

MEXICAN SWEET POTATO RICE

- 2 large sweet potatoes, peeled, ends trimmed and cut in half
- 1 tsp. canola oil
- 1 cup black beans, drained, rinsed
- 1 cup canned corn, drained
- ½ cup vegetable broth
- ¼ cup chopped fresh cilantro leaves
- 1 lime, juiced
- ¼ tsp. salt
- 1 plum tomato, seeded and chopped



TUPPERWARE

Thin Cut Blade Cone



1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place one of the sweet potatoes into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other potatoes and repeat.
3. Place the potatoes on a cutting board. Working in batches, coarsely chop the sweet potatoes with a chef's knife until its the size of rice.
4. Heat the oil in the Chef Series Skillet over medium heat, 3–5 minutes or until shimmering. Add the potatoes, beans, corn, broth, cilantro, lime juice, and salt; cook 4–5 minutes, or until the potatoes are tender, stirring occasionally.
5. Just before serving, top with the chopped tomato.

*Can bake if desired: Bake in the oven for about 30- 40 minutes in 400°F/200°C

PARMESAN BUTTERNUT SQUASH NOODLES

Recipe by ChefMike McCurdy

- 1 small Butternut Squash (as evenly thick as possible)
- 2 garlic cloves, minced
- 2 Tbsp butter + 2 Tbsp olive oil
- ½ tsp. Italian Herb Seasoning
- Freshly grated Parmesan cheese



TUPPERWARE

Thick Cut Blade Cone



1. Place minced garlic, butter, olive oil and Italian herbs in Micro Pitcher. Microwave on high power for 30 seconds. Remove from microwave and set aside.
2. Peel and trim ends from squash. Cut in half crosswise.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place one of the pieces of squash into Spiralizer and secure in place.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of squash and repeat.
6. Transfer squash to Pasta Maker and fill to Max water line. Microwave uncovered on high power for 20 minutes. Place cover on Pasta Maker in draining position and drain thoroughly.
7. Pour over garlic butter mixture and stir gently with Silicone Spatula to coat evenly. Serve topped with grated Parmesan cheese.

SESAME CUCUMBER SALAD

- 2 Tbsp. toasted sesame oil
- 2 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. salt
- ¼-½ tsp. red chili flakes
- 2 cucumbers
- Toasted sesame seeds
- Green onions, sliced for garnish (optional)



TUPPERWARE

Thick Cut Blade Cone



1. Whisk together sesame oil, vinegar, honey, salt and chili flakes.
2. Trim ends from cucumber.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
4. Place one of the pieces of cucumber into Spiralizer and secure in place. Snip with scissors to desired length.
5. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other cucumber and repeat.
6. Pour sauce over cucumbers, stir and serve immediately.



SHAKSHUKA ZOODLE BREAKFAST

- 2 medium zucchini
- ¼ tsp. salt
- 1 jalapeño pepper, deseeded and chopped
- 1 small onion, chopped
- 3 garlic cloves, minced
- 2 tsp. ground cumin
- 2 medium vine-ripened tomatoes
- 2 Tbsp. canola oil, divided
- 1 (8 oz.) can tomato sauce
- 8 eggs
- ½ cup loosely packed fresh parsley, diced



Thick Cut Blade Cone

1. Trim ends from zucchini. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place one of the zucchinis into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other zucchini and repeat.
3. Place the zucchini on a Wonder Mat lined with a paper towel and sprinkle with salt to drain excess moisture.
4. Place the jalapeño, onion, garlic, and cumin in a small bowl.
5. Cut the tomatoes into quarters. Place them into the Power Chef System with blade attachment and chop until pureed.
6. Heat 1 Tbsp. of oil in the Chef Series Skillet over medium heat for 3–5 minutes. Add the zucchini noodles and cook for 3–5 minutes, or until the noodles are softened, stirring. Remove the noodles from the skillet; place them into a colander and press with paper towels to drain.
7. Add the remaining oil to the Chef Series skillet, and cook the pepper mixture for 2–3 minutes, or until softened.
8. Stir in the chopped tomatoes, tomato sauce, and zucchini noodles. Cover and simmer for 5–6 minutes.
9. Crack eggs and gently add them to the skillet, spacing them 1" apart. Cook, covered, for 4–5 minutes, or until the eggs are just set. The egg whites should be firm and the yolk a little runny.
10. Remove the skillet from the heat. Sprinkle parsley over the top of the skillet.



SPINACH ARUGULA PESTO ZOODLES

- 2 large zucchini, ends trimmed
- 1 garlic clove, peeled
- ¼ cup shelled, toasted sunflower seeds or slivered almonds
- 3 cups loosely packed fresh baby spinach
- 2 cups loosely packed arugula
- Zest and juice of half a lemon
- ½ cup grated Parmesan cheese
- ½ cup extra virgin olive oil
- ¼ tsp. coarse kosher salt



Thick Cut Blade Cone

1. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place zucchini into Spiralizer and secure in place.
3. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with the other half of squash and repeat.
4. Fill Base of Smart Multi-Cooker with 1¼-cup water to the Steam Fill Line add salt. Place Large Shielded Colander inside Base.
5. Mince garlic and sunflower seeds using the Quick Chef Pro System. Add spinach, arugula, lemon zest, lemon juice and Parmesan. Chop until finely minced while streaming in olive oil. Add coarse kosher salt and pepper to taste.
6. Place zucchini strands in Large Shielded Colander, cover with Shielded Cover and microwave on high for 2-3 minutes. Remove from microwave.
7. In a large bowl, toss together pesto and vegetable noodles until well coated. Serve warm or cold.



SPIRALIZED BROCCOLI SALAD

- 2 fresh broccoli heads with stems 1.5" in diameter
- 2 Tbsp. extra virgin olive oil
- 1 tsp. garlic powder
- ½ tsp. red pepper flakes
- 1 tsp. salt
- 1 Tbsp. lemon juice
- 4 Tbsp. parmesan



Thin Cut Blade Cone

1. Remove stem from broccoli head by cutting as close to the florets as possible. Cut broccoli florets and place in the Smart Multi-Cooker shielded colander. Add water to the base, to max fill line for steaming, place Shielded Colander inside base, cover with Shielded Cover and microwave on high power 8 minutes.
2. While broccoli is cooking, assemble the Spiralizer fitted with Thin Cut Blade Cone. Attach broccoli stem to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining stem.
3. At the end of cooking time, add spiralized broccoli stem to shallow colander and place in the Shielded Colander. Cover with Shielded Cover and microwave on high power 1 minute and let cool slightly.
4. Toss broccoli with remaining ingredients to combine. Serve warm.



SPIRALIZED POTATO GRATIN

- 4 lbs. russet or yellow potatoes, scrubbed
- 2 Tbsp. olive oil
- 5 cloves garlic, thinly sliced
- 1 tsp. kosher salt
- 1 cup whole milk
- ½ cup heavy cream
- 4 oz. fontina cheese, shredded
- ½ oz. parmesan cheese, shredded
- 2 oz. prosciutto, chopped
- 2 Tbsp. chopped fresh sage leaves
- 2 Tbsp. fresh rosemary leaves



Ribbon Blade Cone

1. Preheat oven to 425F.
2. Assemble Spiralizer with Ribbon Blade Cone. Place a medium bowl under Blade Cone.
3. Place potato into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining potatoes and repeat.
4. Rinse the potatoes to wash away some of the starch and then dry them well. Toss the potatoes in olive oil and salt and arrange them on their edges, standing up in the rows in a casserole dish. Slip garlic slices in between every couple pieces of potato. Bake for 30 minutes.
5. Add the milk and cream to the casserole dish. Bake for 20 minutes more, or until the potatoes are tender.
6. Carefully spread out the potato slices a little and slip cheese, prosciutto, sage, and rosemary in between. Use a utensil such as a spoon or butter knife to help separate. Sprinkle some in between the rows, some in between the slices, and the rest over the top.
7. Bake the gratin for 10-15 minutes, or until the cheese is melted and the prosciutto is a little crispy.



SPIRALIZED SQUASH SALAD

2 yellow squash
2 cup brussels sprouts, chopped
1 cup cooked quinoa
¼ cup bacon bits
¼ cup parmesan cheese, shaved

Vinaigrette
1½ cup extra virgin olive oil
¼ cup apple cider vinegar
1 Tbsp. Dijon mustard
1 Tbsp. garlic powder
3 Tbsp. dry cilantro



Thin Cut Blade Cone

1. Assemble Spiralizer with Thin Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place Squash into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining squash and repeat.
3. Place spiralized yellow squash in base of Microwave Pasta Maker, add water to maximum fill line and microwave on full power for 3-5 minutes.
4. While squash is cooking make vinaigrette by adding all ingredients to Quick Shake, cover, shake to combine.
5. At the end of cooking time, strain water and mix in chopped Brussels sprouts and cooked quinoa.
6. Add 2 tbsp. vinaigrette to spiralized salad and top with bacon bits and parmesan cheese.



SPIRALIZED YOGURT PARFAIT

1 cup plain Greek yogurt
4 tbsp. brown sugar
¼ cup granola
1 green apple



Thin Cut Blade Cone

1. In small bowl, place Greek yogurt and add brown sugar, let rest 5 minutes or until sugar has somewhat dissolved into the yogurt. Stir to combine.
2. Assemble the Spiralizer fitted with Thin Cut Blade Cone attachment and attach apple to pin and vegetable holder. Lock in place, and turn handle to spiralize the apple. If desired, use kitchen shears to cut the length of apple noodles. Remove the seeds from bowl and discard.
3. To assemble parfait, add ¼ cup granola in bowl, top with ½ cup Greek yogurt and top with spiralized apple.



SUMMER SALAD WITH APPLE BALSAMIC VINAIGRETTE

5 oz. baby spinach
10 strawberries, sliced
¼ cup almonds, sliced
¼ cup goat cheese, crumbled
2 pears

Apple Balsamic Vinaigrette
½ cup apple juice
2 Tbsp. balsamic vinegar
2 Tbsp. olive oil
¼ tsp. black pepper
¼ tsp. salt



Thick Cut Blade Cone

1. Assemble the Spiralizer fitted with Thick Cut Blade Cone attachment and attach pear to pin and vegetable holder. Lock in place, and turn handle to spiralize the pear. If desired, use kitchen shears to cut the length of apple noodles. Remove the seeds from bowl and discard.
2. Add all salad ingredients in salad bowl and toss to combine.
3. Add all vinaigrette ingredients to the base of the Quick Shake Container, seal and shake vigorously until well combined.
4. Top salad with vinaigrette and serve.



SWEET POTATO CURLY FRIES

1 large sweet potato, scrubbed
2 Tbsp. canola or olive oil

Seasoning
½ tsp. salt
¼ tsp. cayenne pepper
¼ tsp. garlic powder



Thick Cut Blade Cone

1. Preheat oven to 450°F.
2. Assemble the Spiralizer fitted with Thick Cut Blade Cone attachment and attach potato to pin and vegetable holder. Lock in place, and turn handle to spiralize. If desired, use kitchen shears to cut to the desired length.
3. Drizzle the sweet potato pieces with oil and seasonings to coat well.
4. Spread in a single layer on a large baking sheet lined with aluminum foil. Keep them as spread out as possible, or else they may steam instead of baking which will result in mushy fries.
5. Bake in the top rack of the oven (any lower and the fries may burn) for 20-25 minutes, flipping once.

TACO ZOODLES

- 2 large zucchinis
- 1 Tbsp. olive oil
- 1 lb. lean ground turkey or beef
- 1 clove garlic minced
- ½ small brown onion peeled and finely chopped
- 3 tbsp of homemade taco seasoning or one packet of your
- 3 Tbsp. taco seasoning
- ¼ cup water
- 1 (14 oz.) can diced tomatoes
- ½ cup shredded cheddar cheese
- fresh cilantro leaves
- one lime sliced into wedges



TUPPERWARE

Thick Cut Blade Cone



1. Preheat oven to 450°F.
2. Assemble the Spiralizer fitted with Thick Cut Blade Cone attachment, Place a medium bowl under Blade Cone. Attach zucchini to pin and vegetable holder. Lock in place, and turn handle to spiralize. If desired, use kitchen shears to cut to the desired length. Repeat with 2nd zucchini.
3. In a Chef Series Fry Pan, add olive oil and bring to medium high heat. Add zucchini noodles and cook until zucchini release water and are just cooked. Drain water and remove noodles from pan, set aside.
4. Add garlic, onions and ground meat to your skillet. Cook until meat has browned, crumbling as you cook it. Drain out excess fat.
5. Add taco seasoning, diced tomatoes (including the liquid), water. Stir and cook on medium until sauce has thickened.
6. Turn heat down to low and add in zucchini noodles. Gently toss zucchini into the sauce, but be careful not to cook the zucchini further or else the noodles will release more water and make the sauce watery.
7. Sprinkle cheese over the pasta. Turn off heat and cover with a lid until cheese is melted. Garnish with cilantro and squeeze lime juice if desired before serving.

TORNADO POTATO

- 1 russet potato, rinsed & halved
- 2 tsp. oil, divided
- Seasonings of choice (paprika, garlic powder, parsley, salt and pepper)



TUPPERWARE

Ribbon Blade Cone



Skewer

1. Assemble Spiralizer fitted with Ribbon Blade Cone. Insert skewer into opening in center of blade (see picture above). Press skewer down and if it springs back, it is correctly inserted.
2. Attach potato half to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining potato half.
3. Hook the potato where the skin meets the pointy end of the skewer then separate the potato spirals for even cooking.
4. Drizzle 1 teaspoon oil to each skewer and sprinkle with seasonings of choice. Arrange on base of UltraPro Lasagna Pan or UltraPro Square Pan so they are suspended.
5. Microwave on high power 4–5 minutes or until crispy.

VEGETABLE RIBBON SALAD WITH GREEK YOGURT ALFREDO SAUCE

- 4 large zucchinis, ends trimmed, cut into halves or thirds
- 1 medium sweet potato, peeled, ends trimmed, cut in half
- 2 tbsp. cornstarch
- ½ cup milk
- ¾ cup low-fat Greek yogurt
- *To save time, you may use 1 cup of jarred Alfredo sauce*

Sauce*

- ¼ cup (1 oz.) fresh Parmesan cheese, grated
- 1 Tbsp. butter
- 2 garlic cloves, pressed
- ¼ tsp. ground nutmeg
- ¼ tsp. salt

Toppings

- ¾ cup Italian blend cheese, shredded or shredded mozzarella cheese
- 1 plum tomato, seeded and chopped



TUPPERWARE

Ribbon Blade Cone



1. Preheat oven to 425°F.
2. Assemble Spiralizer with Ribbon Blade Cone. Place a medium bowl under Blade Cone. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini and repeat.
3. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone. Spiralize the sweet potato. Arrange on top of the zucchini.
4. Place vegetables in the UltraPro 2 quart Container and microwave, covered, on HIGH 6–9 minutes or until the vegetables are crisp-tender. Drain the vegetable noodles well and press down with paper towels to get rid of any extra moisture.
5. Place the butter, pressed garlic, nutmeg, and salt in the 2 cup Micro Pitcher. Microwave, uncovered, on HIGH 1 minute or until the butter is melted.
6. Place the cornstarch in a small bowl. Slowly whisk in the milk. Whisk the milk mixture into the 2 cup Micro Pitcher with the garlic mixture. Microwave, uncovered, on HIGH 1–1:30 seconds, stirring every 30 seconds or until sauce is thickened.
7. Whisk until smooth. Stir in the Parmesan cheese and yogurt.
8. Add the sauce to the vegetable noodles in the UltraPro pan. Top with shredded cheese and place in oven until the cheese is melted. Remove from the oven and top with tomato.

ZOODLES WITH CRUSHED TOMATO SAUCE

- 5 medium zucchini, ends trimmed, cut into halves or thirds
- 2 tbsp. + 1 tsp. olive oil, divided

Crushed Tomato Sauce

- 1 small carrot, grated
- 6 garlic cloves, pressed
- ½ tsp. dried basil leaves
- ½ tsp. dried oregano
- ½ tsp. dried red pepper flakes
- 1 can (28 oz.) crushed tomatoes, undrained
- ½ tsp. salt
- ½ cup (2 oz) grated fresh Parmesan cheese, plus additional for topping



TUPPERWARE

Thick Cut Blade Cone



1. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place zucchini into Spiralizer and secure in place. Turn handle until screw unlocks. Remove remaining nib, reload Spiralizer with remaining zucchini and repeat.
3. Heat 1 tsp. of the oil in the Chef Series Skillet over medium-high heat 3–5 minutes or until shimmering. Add the zucchini and cook 3 minutes, stirring occasionally. Turn off the heat. Remove the zucchini; drain well and press down with paper towels to get rid of any extra moisture; set aside.
4. Heat the remaining oil in the skillet. Add the garlic, basil, oregano, and red pepper flakes: cook 1 minute, stirring constantly. Add the carrot, tomatoes with their juices, and salt.
5. Cook over medium heat 12–14 minutes or until the sauce is thickened, stirring occasionally.
6. Add the zoodles and Parmesan cheese to the skillet and toss to coat.
7. Bring to a boil over high heat; reduce the heat and simmer for 2 minutes. Remove from heat. Top with additional Parmesan cheese, if desired.

*Add cooked chicken, shrimp or tofu for an easy weeknight meal

ZUCCHINI FRITTERS AND SALAD

1 medium zucchini
2 large eggs, beaten
1 onion, finely chopped
1 cup almond flour
2 Tbsp. freshly chopped chives
1 Tbsp. freshly chopped parsley
½ tsp. garlic powder
Salt and pepper, to taste
2 Tbsp. extra virgin olive oil

For the salad
4 packed cups of mixed greens
or arugula
2 Tbsp. extra virgin olive oil
1 tsp. Dijon mustard
1 Tbsp. red wine vinegar
Salt and pepper, to taste



TUPPERWARE

Thick Cut Blade Cone



1. Assemble Spiralizer with Thick Cut Blade Cone. Place a medium bowl under Blade Cone.
2. Place zucchini into Spiralizer and secure in place.
3. Turn handle until screw unlocks. Remove remaining nib.
4. Place the spiralized zucchini on a cutting board and chop them with a knife into 1" pieces.
5. In a large mixing bowl, combine the zucchini, eggs, onion, almond flour, chives, parsley, garlic powder, and season with salt and pepper.
6. Heat 1 tablespoon of the oil in a Cher Series Skillet over medium-high heat. Once oil is shimmering, add about ¼ cup of the mixture, 4 times. Cook for 2-3 minutes per side or until set and browned. Transfer to a plate and repeat with remaining mixture and olive oil, until about 8 fritters are made.
7. In the bottom of a large mixing bowl, whisk together the olive oil, Dijon mustard, vinegar, and season with salt and pepper. Add in the lettuce and toss to combine.
8. Divide 2 fritters per plate with a heap of side salad.

ZUCCHINI PIZZA

Dough
1 (.25 oz.) pkg. active dry yeast
1 tsp. granulated sugar
1 cup warm water (110° F/45° C)
2½ cups bread flour
1 tsp. salt
2 Tbsp. olive oil

Topping
¼ cup tomato sauce
2 zucchinis
3 oz. Prosciutto (ham) thinly cut
1 cup parmesan cheese
2 Tbsp. olive oil



TUPPERWARE

Ribbon Blade Cone



1. Preheat oven to 450° F /230° C.
2. In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.
3. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
4. Assemble Spiralizer with Ribbon Cut Blade Cone. Place a medium bowl under Blade Cone.
5. Place zucchini into Spiralizer and secure in place.
6. Turn handle until screw unlocks. Remove remaining nib.
7. Turn dough out onto a lightly floured surface and pat or roll into a rectangle. Transfer crust to a lightly greased UltraPro Rectangle Lid pan.
8. Spread the tomato sauce on the dough and top with zucchini spirals and prosciutto. Sprinkle parmesan cheese and drizzle with olive oil.
9. Bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.