

# Manual Food Processor Recipe Collection



**Our Manual Food Processor is a great tool for chopping items very quickly. It has become popular with any cook looking to save time. Add a chopped potato to a casserole or make hashbrowns in a few minutes, make a fresh salsa in no time, make fresh baby food, have an onion chopped in under a minute – the list of things you can do are endless. Just check out some of these ideas & recipes!**

## General Uses

Used in conjunction with our **Veggie, Mango, or Apple Wedgers**, our MFP quickly and easily turns chunks of food into small pieces a little smaller than a pea.

- **Fruits:** Blueberries, Raspberries, Nectarines, Mangos, Strawberries into ices, salsas, or toppings for dessert, ice cream, yogurt , frozen sorbets
- **Potato** into hashbrowns or to add to casseroles
- **Baby Food** – almost any fruit or vegetable
- **Tomato** for taco & salad toppings, sauces, or salsa – a firm one is best
- **Cabbage** for coleslaw
- **Eggs** to add as toppings for fresh salads, potato salad, egg salad, or the yoke for Deviled Eggs
- **Nuts** for desserts, salads or making granola
- **Cookies/crackers** for crusts or ice cream toppings
- **Onion** – do the entire onion at once, put the extra in a freezer bag and then you can just break off chunks as needed to save you time
- **Almost any vegetable** –add to salads, casseroles, dips, salsas, bruchetta, fillings, saute for recipes/omlets or appetizers like Veggie Pizza or Garden Dip
- **Dill pickles** for salads or tarter sauce
- **Black olives** for appetizer spreads
- Mix **eggs** for scrambled eggs or omlets, and don't forget the veggies that you want to add. Do veggies first, saute, then add eggs mixed in MFP
- **Beans/Chickpeas** into hummus or other bean dips
- **Iceburg lettuce** for tacos or subs
- **Herbs** for pestos, recipes or beverages – mint, cilantro, basil, or parsley
- **Chicken** for chicken salad or casseroles
- **Butter/cream cheese** (softened) mix with seasonings for flavored spreads
- **Tapenades-** Olive or Artichoke
- Cooking with **kids**
- College **students**
- Cooking by the **single, elderly and handicapped**
- Travel and vacation - camping etc.

## **Notes & Ideas**

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One of the advantages of the MFP is that if you add multiple ingredients at the same time, they will not only be chopped, but already blended by the time you are done.

## Salsas

### APPLE BERRY SALSA WITH CINNAMON CHIPS

#### Cinnamon Chips:

4 7-inch flour tortillas  
1 tablespoon granulated sugar  
½ teaspoon ground cinnamon

#### Salsa:

2 medium Granny Smith apples	1 cup strawberries
1 kiwi	1 small orange
2 tablespoons packed brown sugar	2 tablespoons apple jelly

Heat the oven to 400°F. For the *Cinnamon Chips*, lightly spray the tortillas with water using the *Kitchen Spritzer*. Combine the sugar and cinnamon in the *Flour/Sugar Shaker* and sprinkle over the tortillas. Using the *Pizza Cutter*, cut each tortilla into eight wedges and place in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until lightly browned and crisp. Remove to the *Nonstick Cooling Rack* to cool completely. For the salsa, peel the apples using the *Serrated Peeler*. Wedge the apple using the *Apple Wedger*. Cut the apples pieces in half and chop with the *Manual Food Processor*. Add the strawberries and kiwi to the *Food Processor* and pump the handle until chopped. Zest the orange using the *Microplane® Zester*. Juice the orange using the *Citrus Press*. Add the orange zest, orange juice, brown sugar and apple jelly to the fruit mixture. Mix gently using the *Classic Scraper*. Serve with the *Cinnamon Chips*.  
Makes 16 servings with 70 calories and 1 grams of fat per serving.

#### Apple Raspberry Salsa

by Patsy Reinagel, Director, NY

1 apple (any variety)  
handful of fresh raspberries  
1 tbsp of sugar  
juice from 1/2 a lemon

Pulse in **MFP** until desired consistency. Yummy fresh fruit salsa, or microwave for 15-30 seconds for a topping on oatmeal or ice cream.

### BALSAMIC STRAWBERRY SALSA

3 tbs. Olive oil	1 tbl. white balsamic vinegar
½ pint fresh strawberries, hulled	4 green onions, sliced into 3" pieces
1/4 tsp salt	
¼ cup chopped fresh cilantro	

With Stainless Steel Whisk, whisk together olive oil and vinegar. Put strawberries, tomatoes and onions in MFP; pump handle until coarsely chopped. Remove lid and scraping down sides of bowl as necessary, add remaining ingredients; pump handle to chop to desired consistency. Best if chill at least 1 hour. Serve with tortilla chips.

## **BLACK BEAN, CORN & HOMINY SALSA**

½ cup canned black beans, drained and rinsed      ½ cup thawed, frozen whole kernel corn  
½ cup canned hominy, drained      ½ cup diced red bell pepper  
1 jalapeño pepper, seeded and chopped      2 tablespoons finely chopped red onion  
2 tablespoons snipped fresh cilantro      1 lime  
2 teaspoons olive oil      ¼ teaspoon salt  
*Lime Tortilla Chips* (see recipe)

Drain the hominy in the *Small Colander*. Place in the *Classic Batter Bowl*. Drain the black beans in the same *Colander*, this time rinsing before placing in the *Batter Bowl*. Add the corn to the *Batter Bowl*. Using the *Chef's Knife*, cut the bell pepper into large pieces. Slice off the stem of the jalapeño using the *Utility Knife*. Remove the seeds using the *Cook's Corer*®. Finely chop the pepper, jalapeño, onion and cilantro using the *Manual Food Processor*. Add the bell pepper, jalapeño pepper, onion and cilantro to the *Batter Bowl*. Zest the entire lime using the *Microplane*® Zester. Juice the lime using the *Citrus Press* to measure 2 teaspoons juice. Add the lime zest, juice, oil and salt to the *Batter Bowl*. Mix gently using the *Small Mix 'N Scraper*®. Spoon the salsa into a *Simple Additions*® *Small Bowl*. Serve with *Lime Tortilla Chips*.  
Makes 2 cups with 45 calories and 2 grams of fat per serving.

## **BLACK BEAN SALSA**

2 medium tomatoes, seeded      ¼ cup green onions with tops  
2 tablespoons fresh cilantro, snipped      1 garlic clove, pressed  
2 tablespoons lime juice      1 15oz can black beans, rinsed and drained  
¼ teaspoon salt      ⅛ teaspoon ground black pepper

Cut the tomatoes into wedges using the *Veggie Wedger*. Cut the tomato pieces in half. Cut the green onions into 1-inch pieces using the *Santoku Knife*. Combine the tomatoes, green onions and cilantro in the *Manual Food Processor* and chop. Press the garlic into the tomatoes using the *Garlic Press*. Add the lime juice to the mixture. Transfer the salsa into the *Small Batter Bowl*. Add the beans, salt and pepper and mix gently. Cover and refrigerate 1-2 hours to blend the flavors. Serve warm with *Toasted Cornbread Slices*.  
Makes 24 servings with 62 calories and 2 grams of fat per serving.

## **CALYPSO PEACH SALSA**

1½ cups coarsely chopped, peeled fresh peaches      1 cup coarsely chopped honeydew melon  
1 medium jalapeño pepper, seeded and finely chopped      1 cup coarsely chopped fresh pineapple  
½ cup chopped red bell pepper      2 tablespoons snipped fresh cilantro  
1 lime      2 teaspoons sugar  
¼ teaspoon salt      Plantain Chips

Chop the peaches, melon, jalapeño pepper, pineapple and bell pepper using the *Manual Food Processor*. Juice the lime using the *Citrus Press* to measure 2 tablespoons lime juice and add to the salsa. Mix gently. Spoon into a chilled *Simple Additions*® *Small Square Bowl*. Serve with Plantain Chips or tortilla chips.  
Makes 12 servings with 30 calories and 0 grams of fat per serving.

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## **CHUNKY ARTICHOKE SALSA**

1 6oz jar marinated artichoke hearts	¼ cup pitted ripe olives
2 tablespoons red onion	3 medium plum tomatoes
1 garlic clove	2 tablespoons fresh basil leaves
salt and ground black pepper	lettuce leaves
Baked Pita Chips (see recipe)	

Drain the marinade from the artichokes in the **Classic Batter Bowl**. Using the **Manual Food Processor**, chop the artichokes, olives, and red onion. Add the tomatoes, garlic and basil and chop. Using the **Kitchen Scraper**, place the vegetables in the **Batter Bowl**. Season with salt and pepper. To serve, spoon the salsa into a **Simple Additions® Small Square Bowl** lined with lettuce leaves and place in the center of a serving plate. Surround with *Baked Pita Chips*.

Makes 16 servings with approximately 15 calories and 1 grams of fat per serving.

## **CUCUMBER SALSA**

1 cup cucumber, chopped	¼ cup red bell pepper, chopped
¼ cup red onion, chopped	1 jalapeño pepper, seeded and finely chopped
1 garlic clove, pressed	3 tablespoons rice vinegar
2 tablespoons vegetable oil	¼ teaspoon sugar
½ teaspoon salt	

For the salsa, using the *Manual Food Processor*, chop the cucumber, bell pepper, onion, jalapeño pepper and garlic. Place the vegetables in the *Classic Batter Bowl*. Add the vinegar, oil, sugar, and salt, mixing well.

## **CUCUMBER-MANGO SALSA**

### Chips:

8 6-inch flour tortillas	1 tablespoon sugar
¼ teaspoon cayenne pepper	

### Salsa:

1 jalapeño pepper, stemmed	1 1-inch piece fresh gingerroot, peeled
½ cup chopped fresh cilantro	2 cucumbers
2 mangos, peeled	1 cup pomegranate seeds

For the tortilla chips, heat the oven to 400°F. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Lightly sprinkle with water. Combine the sugar and cayenne pepper into a large resealable bag. Add the tortilla wedges and shake to coat. Arrange half of the tortilla wedges in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until the edges are lightly browned. Remove from the Stone and repeat with the remaining tortilla wedges. For the salsa, chop the jalapeño pepper, gingerroot, and cilantro using the *Manual Food Processor*. Place in the *Classic Batter Bowl*. Peel the cucumbers using the *Utility Knife* and slice in half lengthwise. Remove the seeds from the cucumber halves using the *Easy Adjustable Measuring Spoon*. Cut the cucumber halves lengthwise into ¼-inch strips. Chop using the *Manual Food Processor*. Add the mango and chop. Transfer the cucumbers, mangos and pomegranate seeds to the *Batter Bowl*. Stir gently using the *Small Mix 'N Scraper®*. Serve with the tortilla chips.

Makes 16 servings with 70 calories and 1 gram of fat per serving.

**Chef's Note:** This salsa can be prepared in advance. Combine all of the ingredients except the pomegranate seeds. Cover and refrigerate no more than 24 hours. Add the pomegranate seeds just before serving.

### **Easy Fresh Salsa**

By Bonni Zepp, Director, OH

3-4 plum tomatoes wedged with the **Veggie Wedger**

1 very small onion wedged with the veggie wedger

Put into **MFP** and start to process

Add loose handful of cilantro – can add more to taste

Add 2-3 garlic cloves that have been peeled with the **Garlic Peeler**

Add about 2-3 teaspoons of **Southwestern Seasoning** – can add more to taste

Process to desired texture

Add ½ lime pressed with the **Citrus Press**

### **Fresh Garden Salsa**

By Shannon Dinzeo, Director, MN

6-8 Roma tomatoes

1/2 jalapeno peppers

1 small onion

1 bunch fresh cilantro

2 cloves fresh garlic

1 lime

salt to taste

lime flavored Tortilla chips

On **Large Grooved Cutting Board**, dice and seed tomatoes, jalapeno peppers and cut into 1-in pieces using **Chef's Knife**. Cut onion using veggie wedger. Combine fresh cilantro, 1/2 of the tomatoes, jalapeno, onion, and pressed garlic in **Manual Food Processor**; cover and pump handle until coarsely chopped. Put in **Bamboo Bowl**. Continue with the rest of the ingredients, pump handle to chop to desired consistency, removing lid and scraping down sides of bowl as necessary using **Mini Mix 'N Scraper**. Pour salsa into serving bowl. Serve with tortilla chips, if desired.

### **FRESH VEGGIE SALSA**

1 can diced tomatoes w/green chilies or jalapenos

2 cloves garlic

1 lime

3 Roma (plum) tomatoes

1 tsp Southwest or Taco Seasoning

1 green pepper

Chop tomato and onion and bell pepper with Food Chopper or Manual Food Processor. Add to canned tomatoes in Classic Batter Bowl. Zest lime with Fine Microplane, and juice lime using Citrus Press into bowl. Add 2 cloves garlic along with Southwestern Seasoning and salt/pepper to taste.

### **FRESH PINEAPPLE SALSA**

2 plum tomatoes  
1 4-in. piece seedless cucumber  
1 jalapeño pepper  
1 lime  
Lime Tortilla Chips (optional, see below)

1/2 small red onion  
1/2 cup lightly packed cilantro leaves  
1 medium pineapple  
1/2 tsp salt

Hull and remove seeds from tomatoes using Core & More. Dice tomatoes, onion and cucumber using Santoku Knife. Chop cilantro. Combine tomatoes, onion, cucumber and cilantro in Classic Batter Bowl. Cut jalapeño in half lengthwise with Utility Knife and remove seeds using Core & More. Finely chop jalapeño using Food Chopper; add to batter bowl.

Slice top and bottom off of pineapple using Santoku Knife, creating a flat base. Stand pineapple upright; use Pineapple Wedger to core and peel. Set aside half of the pineapple for another use. Dice pineapple flesh. Juice lime using Juicer to measure about 2 tbsp juice. Add pineapple, lime juice and salt to batter bowl. Mix thoroughly until combined. Serve with Lime Tortilla Chips, if desired. Yield: 16 servings (3 cups)

### **FRESH TOMATO SALSA**

1 small onion  
1/2 cup loosely packed fresh cilantro  
2 garlic cloves, peeled  
2 cups grape tomatoes, divided

1 jalapeño pepper, stemmed  
2 tablespoons fresh lemon juice  
1/2 teaspoon salt  
tortilla chips

Cut the onion into quarters. Cut the jalapeño pepper crosswise into thirds. Combine the onion, jalapeño, cilantro, lemon juice, garlic and salt in the *Manual Food Processor*. Pump the handle until coarsely chopped. Add half of the tomatoes and pump the handle until coarsely chopped, remove the lid and scraping down the sides of the bowl as necessary. Add the remaining tomatoes and pump the handle to chop to the desired consistency. Serve with the tortilla chips.  
Makes 10 servings with 10 calories and 0 grams of fat per serving.

### **HARVEST APPLE SALSA**

2 medium Granny Smith apples, chopped  
1/2 cup chopped seedless red grapes  
1/4 cup chopped walnuts  
3 tablespoons orange juice

1 medium pear, chopped  
1/2 cup chopped celery  
1 tablespoon packed brown sugar  
2 teaspoons grated orange zest

Peel the apples using the *Serrated Peeler*, then wedge using the *Apple Wedger*. Cut the apple wedges in half. Chop the apples, pear, grapes, celery and walnuts using the *Manual Food Processor*. Zest the orange using the *Microplane® Zester* to measure 2 teaspoons. Juice the orange to yield 3 tablespoons using the *Citrus Press*. In the *Classic Batter Bowl*, combine the apples, pear, grapes, celery, walnuts, brown sugar, orange juice and orange zest. Mix to combine. Serve with *Cinnamon Chips*. Makes 8 servings. 0 grams of fat per serving

### **HAWAIIAN PINEAPPLE SALSA**

2 cups fresh pineapple  
2 tablespoons Serrano chili  
1 tablespoons unseasoned rice wine vinegar

2 tablespoons red bell pepper, chopped  
4 teaspoons fresh cilantro  
pinch of sugar

Coarsely chop the pineapple, red bell pepper, chili and cilantro using the *Manual Food Processor*. Transfer to the *Small Batter Bowl*. Stir in the vinegar and sugar. Pour into a *Simple Additions™ Small Bowl* and serve. Makes 2 cups.

## **KILLER SALSA**

6 roma tomatoes, seeded and chopped  
½ cup chopped cilantro  
chopped  
2 tablespoons fresh lime juice  
2 garlic cloves, pressed

1 medium onion, chopped  
3 tablespoons jalapeño peppers, finely  
chopped  
1 teaspoon red pepper flakes  
salt and pepper

Seed the tomatoes using the *Cook's Corer®*, then cut into chunks. Chop the tomatoes and onion using the *Manual Food Processor*. Add the cilantro, jalapeño pepper and garlic and chop. In the *Small Batter Bowl*, build a mound with the chopped vegetables. Top with the red pepper flakes and season with salt and pepper. Pour the lime juice around the mound. Let sit, undisturbed for 30 minutes at room temperature. To serve, stir and serve with tortilla chips.

## **MANGO CONFETTI SALSA**

1 large mango  
1/3 orange bell pepper  
1 jalapeño pepper, stemmed  
1 tbsp fresh lime juice  
1/2 tsp Chili Lime Rub

1/2 small jicama  
1/3 red bell pepper  
1/3 small red onion (see Cook's Tip)  
1/4 tsp salt  
Tortilla chips (optional)

On Large Grooved Cutting Board, cut mango using Mango Wedger. Remove skin from mango using Avocado Peeler. Peel jicama using Serrated Peeler. Dice mango, jicama and bell peppers into 1-in. pieces using Chef's Knife. Cut jalapeño in half; remove seeds using Core & More. Combine mango, jicama, bell peppers, jalapeño and onion in Manual Food Processor; cover and pump handle until coarsely chopped. Add lime juice and salt; pump handle to chop to desired consistency, removing lid and scraping down sides of bowl as necessary using Mini Mix 'N Scraper®. Pour salsa into serving bowl. Sprinkle with rub. Serve with tortilla chips, if desired. Yield: 6 servings (about 2 cups salsa)

Nutrients per serving: (about 1/4 cup salsa, excluding optional ingredient): Calories 40, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 10 g, Protein 1 g, Sodium 120 mg, Fiber 2 g

Cook's Tips: Use the Veggie Wedger to cut the onion into wedges. Use two wedges for this recipe.

## **Mango Salsa**

1 ripe Mango- peeled, pitted, and diced  
1 cup halved red and green seedless grapes  
2 TBS minced red onion  
1 TBS fresh cilantro  
1 jalapeno pepper- seeded and diced  
Lime

Add in this order: cilantro, jalapeno, onion, grapes and mango. Process in MFP.

## **MANGO SALSA**

1 cup strawberries  
1 kiwi

1 ripe mango  
1 lime

Hull strawberries using Core and More. Peel mango & kiwi with Serrated Peeler. Wedge Mango with Mango Wedger. Cut kiwi into quarters. Zest lime using Adjustable Microplane Grater or Microplane Zester to measure 1 teaspoon zest, use Citrus Press or Juicer to measure 1 tablespoon juice. Put strawberries, mango and kiwi into Manual Food Processor. Pump handle until coarsely chopped. Remove lid and scraping down sides of bowl as necessary, add remaining ingredients; pump handle to chop to desired consistency. Serve with cinnamon chips or over ice cream!

## **No Nonsense Salsa**

By Antonio Gonzales Jr., brother of Laurie Garza-Carl, Adv Director, TX

4-6 Serrano peppers  
2-3 tomatoes

Core & Seed peppers. Wedge tomatoes with **Veggie Wedger**. Add peppers and pump until even diced pieces. Add tomato wedges and pump until desired consistency.

## **PAPAYA SALSA**

2 cups papaya  
¼ cup red onion  
½ teaspoon crushed red pepper  
1 lime

½ cup red bell pepper  
1 jalapeño pepper  
2 tablespoons fresh cilantro

Using the *Manual Food Processor*, coarsely chop the papaya, red bell pepper, red onion, jalapeño and cilantro. Juice the lime using the *Citrus Press* over the salsa.

## **Pico de Gallo**

By Laurie Garza-Carl, Adv Director, TX

1/2 onion  
2 tomatoes  
1-2 Tbsp cilantro  
1-2 serrano or jalapeno peppers  
1/2 lime  
1 garlic clove  
Salt to taste  
Optional: 1 tsp **Chipotle Rub** or a little cumin for a different flavor

Wedge onion with veggie wedger, and toss into **MFP**. Core & Seed pepper, add to MFP. Pump until chunky. Wedge tomatoes with **Veggie Wedger**, add to MFP. Press garlic with garlic press, and squeeze lime over ingredients. Add cilantro and desired spices & salt. Pump until desired consistency.

Want Guacamole? Mash 2 avocados and a TBSP for sour cream, add Pico de Gallo.

## ROASTED TOMATO SALSA

12 plum tomatoes  
¼ cup water  
1 teaspoon salt

1 tablespoon olive oil  
1½ teaspoons toasted chili oil  
2 garlic cloves

Heat the oven to 450°F. Line the *Large Bar Pan* with *Parchment Paper*. Cut the tomatoes in half and remove the seeds using the *Cook's Corer®*. Place tomatoes on the *Bar Pan* and drizzle with the olive oil, tossing gently to coat. Arrange the tomatoes, cut sides up, in the *Pan*. Bake 45 minutes or until the tomatoes are slightly shriveled. Cool. Place the tomatoes, water, oil, salt and garlic cloves into the *Manual Food Processor*. Chop until smooth.

Makes 4 servings with 120 calories and 10 grams of fat per serving.

### Salsa

By Stephanie Liles, Director, FL

1/2 green bell pepper  
1/2 red onion  
1 jalapeno  
1 - 2 garlic cloves  
1/4 cup cilantro  
1/2 lemon, pressed  
1/2 lime, pressed  
14 oz. can of regular petite diced tomatoes  
14 oz can of rotel  
salt as necessary

Add the pepper, onion, jalapeno, garlic, cilantro to the **MFP** and process to the desired consistency. Open the cans of tomatoes and rotel and put in **Classic Batter Bowl**. Juice 1/2 lime and 1/2 lemon into the tomatoes. Add the vegetables from the MFP. Mix well. Add salt if necessary.

### SALSA OLE

3 medium tomatoes, finely chopped  
1 8oz can pitted ripe olives, drained and chopped  
chopped  
1 4oz can chopped green chilies, undrained  
2 tablespoons red wine vinegar

3 green onions, finely chopped  
1 small jalapeno pepper, seeded and  
chopped  
3 tablespoons olive oil  
¼ teaspoon garlic salt

Chop the tomatoes, green onions, olives, jalapeno pepper, chilies, olive oil, vinegar and salt using the *Manual Food Processor*. Transfer to the *Classic Batter Bowl*. Cover and chill 2-3 hours for the flavors to blend. Serve with corn or tortilla chips. Makes 8 servings

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## **SALSA PICANTE WITH PEACHES**

### Tortilla Chips:

6 7-inch flour tortillas  
1 tablespoon spicy fruit seasoning mix

### Salsa:

1 15oz can peach halves, well-drained and coarsely chopped  
1 jalapeño pepper, seeded and finely chopped  
½ cup red bell pepper, finely chopped  
1 teaspoon lime zest  
2 teaspoons lime juice  
1 ½-inch piece peeled fresh gingerroot, pressed  
¼ cup fresh cilantro, finely chopped

Heat the oven to 400°F. Lightly spray the tortillas with water. Sprinkle the fruit seasoning evenly over the tortillas. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Place the tortillas in a single layer on the *Large Round Stone*. Bake 8-10 minutes or until lightly browned and crisp. Cool the tortillas completely on the *Stackable Cooling Rack*. Repeat with any remaining tortilla wedges. Blot the drained peach halves gently using a paper towel. Finely chop the peach, seeded jalapeño, red pepper and garlic using the *Manual Food Processor*. Transfer to the *Classic Batter Bowl*. Cover and refrigerate until ready to serve. Place the salsa in the *Simple Additions® Small Bowl*. Place the *Small Bowl* on a *Simple Additions® Medium Square* and surround with the baked tortilla chips and serve. Makes 16 servings with 45 calories and 1 gram of fat per serving.

## **SIMPLY SALSA**

1 medium onion  
2 cloves garlic  
Juice of 1/2 lime  
1 (15 oz.) can diced tomatoes  
1 Tbsp. Southwestern Seasoning  
1 Tbsp. Chipotle Rub  
¼ cup loosely packed fresh cilantro

Peel and slice onion with veggie wedger; place onion and cilantro in Manual Food Processor, cover and pump the handle until onion is roughly chopped. Press the two garlic cloves into Manual Food Processor. Add remaining ingredients; cover and pump handle until desired consistency. Remove blade and place salsa in Snack Cups or a bowl for serving. Serve with chips or as a topping for tacos!

## **SOFRITO**

1 med. green bell pepper, seeded and chopped	1 small red onion, finely chopped
1 cup fresh cilantro, finely chopped	1 lime
6 garlic cloves, pressed	2 tablespoons olive oil
1 tablespoon red wine vinegar	¾ teaspoon salt
½ teaspoon red pepper flakes	½ teaspoon freshly ground black pepper

Finely chop the bell pepper, red onion, cilantro and garlic using the *Manual Food Processor*. Transfer to the *Small Batter Bowl*. Press the lime into the *Batter Bowl* using the *Citrus Press*. Add the olive oil, vinegar, salt, red pepper flakes, and ground black pepper. Mix well using the *Small Mix 'N Scraper®*. Cover and refrigerate until ready to use.

Makes 1½ cups salsa with 30 calories and 3 grams of fat per serving.

## **TEX-MEX CRANBERRY SALSA**

1 16 oz can whole cranberry sauce  
2 fresh jalapenos chopped fine – cut in half, remove membranes & seeds  
1 tsp ground cumin  
1 tsp fresh cilantro  
¼ cup chopped onion  
1 tsp lime juice

Combine & refrigerate. Will keep up to 3 weeks.

## **TROPICAL FRUIT SALSA**

1 8oz can crushed pineapple in juice	1 banana
½ cup kiwi, peeled	¼ cup red bell pepper
1 small jalapeño pepper	2 green onions
2 tablespoons fresh cilantro	1 tablespoon fresh lime juice

Place the pineapple with juice in the *Small Batter Bowl*. Slice the banana and kiwi using the *Egg Slicer Plus®* and cut into quarters using the *Paring Knife*. Seed the jalapeño pepper using the *Grapefruit Knife*. Chop the red pepper, jalapeño pepper, green onions and cilantro using the *Manual Food Processor*. Add to the pineapple in the *Batter Bowl* and mix gently. Serve with *Baked Pita Chips*.

Makes 8 servings with 47 calories and 0 grams of fat per serving.

## **TROPICAL SALSA**

½ cup ripe mango	½ cup ripe papaya
¼ cup ripe pineapple	½ cup ripe banana
1 tablespoon lime juice	2 tablespoons orange juice
2 fresh mint leaves	pulp of 2 passion fruits with seeds

Coarsely chop the mango, papaya, pineapple and banana using the *Manual Food Processor*. Place in the *Classic Batter Bowl*. Add the lime and orange juices. Scrape out the pulp from the passion fruit with the *Small Scoop* and add to the *Batter Bowl*. Snip the mint with the *Kitchen Shears*. Add to the *Batter Bowl* and mix gently with the *Classic Scraper*. This salsa will keep one day in the refrigerator, but is best served at room temperature. Serve in a *Simple Additions™ Small Bowl*. Makes 2 cups.

## **WATERMELON & PEACH SALSA WITH CAYENNE CHIPS**

**Chips:** 1 lime  
1/4 teaspoon salt

1/4 teaspoon cayenne pepper  
8 6-inch flour tortillas

**Salsa:** 1 jalapeño pepper  
2 cups cubed watermelon  
1 lime

1/4 cup chopped fresh cilantro  
2 small peaches  
1/4 teaspoon salt

For the chips, heat the oven to 400°F. Juice the lime into a *Pinch Bowl* using the *Citrus Press*. Combine the cayenne pepper and salt in another *Pinch Bowl*. Brush one side of each tortilla with lime juice. Sprinkle lightly with the cayenne mixture. Cut each tortilla into 8 wedges using the *Pizza Cutter*. Arrange half of the tortilla wedges in a single layer on the *Large Round Stone with Handles*. Bake 8-10 minutes or until the edges are lightly browned and crisp. Remove from the *Stone* to the *Stackable Cooling Rack*. Repeat with the remaining tortilla wedges. For the salsa, cut the jalapeño pepper in half lengthwise using the *Petite Paring Knife*.

Remove and discard the seeds using the *Core & More*. Chop the jalapeño and cilantro using the *Manual Food Processor*. Place into the *Classic Batter Bowl*. Cut the watermelon into thin slices using the *Chef's Knife*. Dice the slices in the *Food Processor*. Remove and discard the pits from the peaches and slice into thin wedges. Dice the wedges. Juice the lime into the *Batter Bowl* using the *Citrus Press*. Add the watermelon, peaches and salt. Stir gently using the *Small Mix 'N Scraper*®. Serve with the cayenne chips. Makes 16 servings with 60 calories and 1 gram of fat per serving.

## **ZESTY TROPICAL FRUIT SALSA**

1 mango, peeled and cut into 1/4-inch cubes  
2 kiwi, peeled and diced  
2 tablespoons snipped fresh cilantro  
1 small jalapeño pepper, seeded and chopped

1/2 cup diced red bell pepper  
1/4 cup sliced green onions with tops  
1 lime  
1 8oz can crushed pineapple in juice, undrained

Cut the mango, bell pepper and green onion into large chunks using the *Utility Knife*. Zest the lime to measure 1 teaspoon zest using the *Microplane*® *Zester*. Juice the lime to measure 1 tablespoon juice using the *Citrus Press*. Chop the mango, bell pepper, green onion, cilantro and jalapeño using the *Manual Food Processor*.

Transfer to the *Classic Batter Bowl*, cover with the *Lid* and refrigerate until ready to serve. Spoon over grilled or baked chicken or fish using the *Small Bamboo Spoons*. Makes 12 servings with 30 calories and

## Dips, Spreads & Tapenades

### ARTICHOKE & SUN-DRIED TOMATO TAPENADE

1 jar (6 ounces) marinated artichoke hearts  
6 sun-dried tomatoes packed in oil  
1 small garlic clove, pressed  
1 tablespoon toasted pine nuts  
1 tablespoon snipped fresh parsley  
1/8 teaspoon salt  
Homemade Flatbread (optional)

Drain artichoke hearts and sun-dried tomatoes using small Colander. Place artichokes, tomatoes, garlic pressed with Garlic Press, pine nuts, parsley and salt on Cutting Board; finely chop together using Food Chopper. Serve with Homemade Flatbread, if desired. Yield: 12 servings

Nutrients per serving: (1 tablespoon): Calories 20, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 2 g, Protein 1 g, Sodium 65 mg, Fiber less than 1 g

### ARTICHOKE TAPENADE

1 lemon	1 can (14 oz or 398 mL) artichoke hearts in water
1/4 cup (50 mL) loosely packed fresh parsley	1 garlic clove, peeled
1/2 cup (125 mL) pitted green olives	1 tbsp (15 mL) capers
5 tbsp (75 mL) olive oil	Toasted Baguette Slices (optional, see below)

Zest lemon using Microplane® Zester to measure 1/2 tsp (2 mL). Juice lemon using Citrus Press to measure 1 tbsp (15 mL) juice. Drain artichokes using small Stainless Mesh Colander; pat dry using paper towels. Combine parsley, garlic, lemon zest, juice, artichokes, olives, capers and oil in Manual Food Processor. Cover and pump handle to process to desired consistency, removing lid and scraping down sides of bowl as necessary using Mini Mix 'N Scraper®. Serve with Toasted Baguette Slices, if desired. Yield: 10 servings (about 2 cups/500 mL)

Nutrients per serving: (about 3 tbsp/45 mL): Calories 90, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrate 3 g, Protein 1 g, Sodium 280 mg, Fiber 1 g

### TOASTED BAGUETTE SLICES

20 slices French bread, cut 1/4 in. (6 mm) thick                      2 tbsp (30 ml) olive oil

1. Preheat oven to 375°F (190°C). Place bread slices on Rectangle Stone; lightly brush bread slices with oil. Bake 10–12 minutes or until lightly browned. Yield: 20 slices

U.S. Nutrients per serving (2 slices): Calories 210, Total Fat 4 g, Saturated Fat .5 g, Cholesterol 0 mg, Carbohydrate 36 g, Protein 8 g, Sodium 420 mg, Fiber 2 g

## **Easy Olive Spread**

By Shannon Dinzeo, Director, MN

1 8 ounce block cream cheese, softened (tofu works great if trying to stay away from dairy)

1 garlic clove pressed

1 teaspoon **Italian Seasoning mix**

Mix 1st three ingredients together and spread onto **Simple Additions Rectangle Platter**

16 kalamata olives

1/2 jar green olives (with pimentos are OK)

1/2 jar Roasted Red Pepper, drained and patted dry

1 garlic clove, pressed

Take olives and roasted red pepper and chop in MFP. Combine with garlic and spread over cream cheese mixture. Serve with Nut Thins, rice crackers or Wheat thins.

## **Guacamole**

2 - Avocados – mash to the texture you like using **Mix & Chop** in **Classic Batter Bowl**.

In **Manual Food Processor** Add

1 jalapeño pepper, seeded

1 clove fresh garlic (**Garlic Press**)

¼ red onion (wedge with **Veggie Wedger**)

¼ c loose fresh cilantro leaves

Pulse a few times to chop then Add

1 Roma tomato, seeded and cut into 4 chunks

1 tsp fresh lime juice (**Citrus Press**)

1 tsp fresh orange juice (Citrus Press)

Pulse a few more times until everything is uniform. Add Manual Food Processor mixture to mashed avocados, stir and serve with tortilla chips

## **Hummus**

1 can chick peas – drained

2 cloves garlic

10 kalamata olives

1 tsp **Greek Rub**

1 tbs olive oil

Salt

Blend in MFP

## **Hummus, low fat**

1 can Chickpeas

A few pieces of roasted pepper

A clove of crushed garlic

A squeeze of lemon juice.

This recipe is less fattening, but also less creamy.

## **Hummus--Another twist on**

10 Pitted Kalamata olives  
Some Lemon juice  
1 can Chickpeas  
Little olive oil  
One crushed clove of garlic  
Hummus & blue corn tortilla chips, yum!

## **OLIVE TAPENADE**

1 6 oz can black olives, drained  
1 5.57 oz jar green olives w/ pimentos, drained  
2 cloves garlic, peeled & sliced  
a little olive oil

Add all ingredients to the Manual Food Processor. Pump to desired consistency, and then pour into small bowl caddy. Serve with crackers, toasted baguettes, or foccacia bread.

## **WHITE BEAN DIP WITH PITA CHIPS**

1 (15-ounce) can cannellini beans, drained and rinsed  
2 cloves garlic  
2 tablespoons fresh lemon juice  
1/3 cup olive oil, plus 4 tablespoons  
1/4 cup (loosely packed) fresh Italian parsley leaves  
Salt  
Freshly ground black pepper  
6 pitas  
1 teaspoon dried oregano

Preheat the oven to 400 degrees F.

Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.

Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet. Pour the remaining oil over the pitas. Toss and spread out the wedges evenly. Sprinkle with the oregano, salt, and pepper. Bake for 8 to 12 minutes, or until toasted and golden in color.

Serve the pita toasts warm or at room temperature alongside the bean puree.

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## Salads

### Chicken Salad

Barbara C. Porter, Director, NY

Pulse a rib of celery which has been cut into 4-5 pieces with some cut up apples a few times.

Add left-over chicken, pulse some more times.

Add a few walnuts, pulse.

Add mayo and salt, pepper pulse, add stir in raisins or cranberries.

### Cole Slaw

¼ head green cabbage, quartered

1/4 of an onion and processed.

1 small carrot, julienned

Dressing:

1/4 cup mayo

1 T white vinegar

1T sugar

1 tsp celery seed

salt & pepper

Put cabbage and onion into mfp, then process. Transfer to batter bowl. Julienne one small carrot into slaw.

Mix dressing ingredients in another small bowl. Pour over slaw and mix. Chill for about one hour.

### Egg Salad

5 hard boiled eggs

1 Stalk celery

1/3 red onion

2T Mayo

1T Grey Poupon

1 tsp dill mix

Salt and pepper

Put ingredients into mfp and process

## **Mom's NC Famous Slaw**

By Robin House, Exec Director, NC

1 very small head of cabbage (green, not purple)  
1 medium green bell pepper  
1 can (14.5 ounces) petite diced tomatoes  
1 cup apple cider vinegar  
2 T sugar  
Salt  
Pepper

Wash the cabbage and cut into chunks.  
Wash the pepper and cut into chunks.  
Open tomatoes with **Smooth Edge Can Opener**.  
Measure vinegar using **Easy Read Measuring Cups**.  
Measure sugar with **Adjustable Measuring Spoons**.

Put cabbage in **MFP** (bits at a time) and pump till desired consistency.  
Remove to **Classic Batter Bowl**.  
Put bell pepper in with last bit of cabbage and pump till desired consistency.  
Remove to Classic Batter Bowl.  
Add rest of ingredients to Classic Batter Bowl and mix well.

## **Tuna Salad**

Into MFP put:

1 stalk celery  
1/4 onion  
*press press press*  
add spoonful of mayo  
can of tuna, strained  
dill mix  
*press press press*  
Done!

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## Meal Ideas

### Chili Lime Salsa Chicken

By Michele

Make your choice of salsa recipes from beginning of booklet

Serve with chicken pieces seasoned with **Chili Lime Rub** and cooked in **Grill Pan** or on grill.

Serve with Goya Yellow Rice in **Rice Cooker**, shredded lettuce and sour cream. 30 minutes and dinner is ready to eat.

### Quick Pasta Ai Fresco

One can of diced tomatoes

some lemon juice

lemon zest

fresh basil

Place in **MFP** and process. Toss it with hot long pasta (spaghetti, linguini types), top with toasted chopped almonds for crunch and some shaved parmesan.

### TPC Seafood Caesar Pasta Salad

Pampered Chef Website

10 oz (300 g) uncooked penne pasta

8 oz (250 g) imitation crabmeat, cut into 1-in. (2.5-cm) pieces

1/2 cup (125 mL) diced red or green bell pepper

2 hard-cooked eggs, chopped

1/4 cup (50 mL) chopped red onion

1 oz (30 g) fresh Parmesan cheese, grated (1/4 cup/50 mL packed)

2 tbsp (30 mL) snipped fresh parsley

1 cup (250 mL) reduced-fat creamy Caesar salad dressing

6 cups (1.5 L) thinly sliced romaine lettuce

1. Cook pasta according to package directions. Drain and rinse under cold running water until cool.
2. **MFP** can chop crabmeat, pepper, eggs, onion & parsley.
3. Combine pasta, crabmeat, bell pepper, eggs, onion, cheese and parsley in large mixing bowl. Pour salad dressing over pasta mixture; mix well. Cover; refrigerate 2-3 hours to allow flavors to blend.
4. To serve, place lettuce in bottom of **Large Bamboo Square Bowl**; top with pasta mixture. Yield: 6 servings

Nutrients per serving: Calories 310, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 75 mg, Carbohydrate 51 g, Protein 15 g, Sodium 720 mg, Fiber 3 g

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## **Dessert Ideas**

Try breaking up cookies to add on top of ice cream.

### **Oreo Truffles**

By Stephanie Liles, Director, FL

8 oz. cream cheese

1 pkg. oreo cookies

1 pkg. semi-sweet chocolate morsels

Soften cream cheese in a batter bowl. Crush the oreo cookies in the **MFP**. Mix well into the cream cheese. Refrigerate the cream cheese mixture until chilled. Melt the chocolate morsels. Using the **Small Scoop**, scoop the cream cheese mixture into balls and dip them into the melted chocolate. Place them slightly apart on a pan covered in **Parchment Paper**. Refrigerate overnight and serve.