

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



## SMART STATION™ SYSTEM

# MEALTIME STREAMLINED

35 Quick & Easy Smart Station Recipes.





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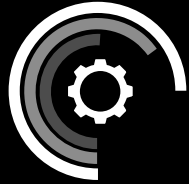


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# THE KITCHEN, RECENTERED.

The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Smart Station™ with Intelli-Sense™ Technology does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now, you've got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the tap of a touchscreen. And there's a whole new reason the kitchen is the most popular room in your house.

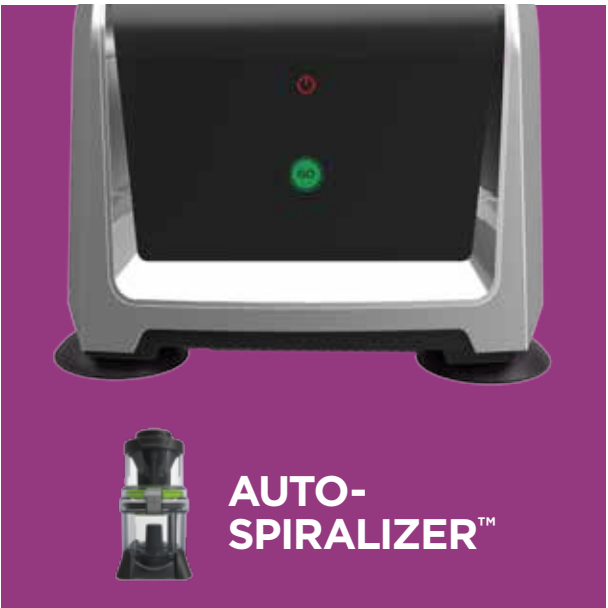




# Intelli-Sense™ TECHNOLOGY

## SMART PROGRAM RECOGNITION

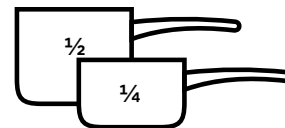
Intelli-Sense Technology uses an advanced interlock system to identify the vessel on the Smart Station's base. With one snap, the touchscreen automatically displays a unique menu of pre-set programs and manual speeds available for your recipe. All that's left to do is select a program and enjoy always-consistent results.



# MEASURING MATTERS

Since dry and liquid measurements differ slightly, it's important to use the correct tool for the ingredient you're measuring. Here's a breakdown of the different measuring cups.

## DRY MEASURING CUPS



Dry measuring cups are used to measure dry ingredients (like flour and sugar) as well as non-pourable wet ingredients (like peanut butter and sour cream).

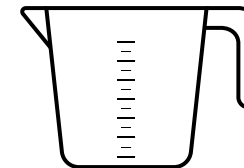
### Measuring Tip

Over a bowl, overfill the measuring cup. Then level the ingredient with a flat edge, like a butter knife or spatula. This will ensure an exact measurement and preserve the excess ingredient for future use.

### Use dry measuring cups for:

- Flour
- Granulated white sugar
- Brown sugar
- Confectioners' sugar
- Rice & other grains
- Bread crumbs
- Cereal
- Peanut butter
- Sour cream
- Yogurt
- Cream cheese
- Fresh & frozen fruit

## LIQUID MEASURING CUPS



Liquid measuring cups are used to measure liquid and pourable ingredients.

### Measuring Tip

Place the measuring cup on your countertop before filling it. Once filled, bend down so you can see the measurement at eye level (looking at the cup from above will skew your view).

### Use liquid measuring cups for:

- Water
- Oil
- Vinegar
- Milk
- Juice
- Stock/broth

# WHO KNEW THIS MUCH FLAVOR COULD FIT IN A CUP.

High-Speed Blending gives you nutrient juices, smoothies, dressings, and sauces that'll make any kitchen jealous. It unlocks the potential of every fruit and veggie it meets,\* giving you tons of flavor and nutritious goodness in every recipe you make.

\*By blending whole fruits and vegetables, including portions that are usually discarded.

## TIPS FOR YOUR HIGH-SPEED BLENDER CUP

### LOADING TIPS

**Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.**



**Top off with ice or frozen ingredients.**

**Next add any dry or sticky ingredients like seeds, powders, and nut butters.**

**Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.**

**Next add leafy greens and herbs.**

**Start by adding fresh fruits and vegetables.**

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the cup.

When loading the cup, make sure ingredients do not go past the max fill line.

**CAUTION:** Remove the Pro Extractor Blades Assembly from the High-Speed Blender Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

# SO MUCH MORE THAN MEAL PREP.

With Precision Processing, you're not just breaking ingredients down into smaller pieces. You're bringing them together in ways you haven't thought of before. From no-bake almond chia bites to full-on quinoa burgers, big mealtime inspiration can come from a relatively small place.

## TIPS FOR YOUR PRECISION PROCESSOR™

### LOADING TIPS

Don't overfill the bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.

1



Place herbs, lettuces, and greens in the bowl first so they are at the bottom.

### PREP TIPS

Cut all ingredients to 1 inch or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

For chopped salads with a lot of lettuce, chop the toppings separately and then layer them on top of a bed of lettuce.

For smoothie bowls and frozen treats, use the following frozen-to-liquid ingredient ratio: 1.5 to 1.

When loading the bowl, make sure ingredients do not go past the max fill line.

Also comes with a dough blade.



# CRUSHING IT HAS NEVER BEEN EASIER.

Ice, whole fruits, vegetables. Check, check, and check.  
With Total Crushing® Technology, blast through the toughest ingredients  
you can find and end up with smooth, delectable results, every time.

## TIPS FOR YOUR TOTAL CRUSHING® PITCHER

### LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This creates a vortex in the pitcher that leads to a smoother breakdown of frozen ingredients.

Top off with ice or frozen ingredients.

Next add any dry or sticky ingredients like seeds, powders, and nut butters.

Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

Next add leafy greens and herbs.

Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.



When loading the pitcher, make sure ingredients do not go past the max fill line.



# OH, THE “PASTA”BILITIES.

Auto-Spiralizing takes “eating your fruits and veggies” to a whole new level. With minimal prep, the Auto-Spiralizer™ easily turns fruits and vegetables into noodles that are as pretty to look at as they are fun to eat—we’re talking slurping zucchini, nibbling apple rings, and crunching on curly fries. Whether you’re looking to increase your veggie intake or get creative in the kitchen, the Auto-Spiralizer has you covered.

## HOW TO: GET NOODLES WITH STYLE

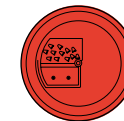


**Trying out our recipes?  
Experimenting with your own?**

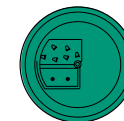
Use this guide for help choosing the best noodle style and corresponding Blade Disc\* for your particular dish.



**ANGEL HAIR**  
YELLOW DISC



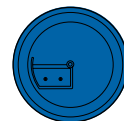
**SPAGHETTI**  
RED DISC



**FETTUCCINE**  
GREEN DISC



**PAPPARDELLE**  
ORANGE DISC



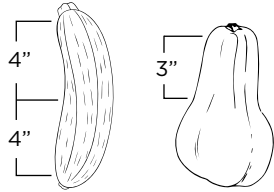
**RIBBON**  
BLUE DISC

**THICK**

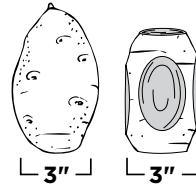
\*Some Blade Discs might not be included with your unit. To see which Blade Discs come with your Ninja® Smart Station™ System, check the parts list on the top panel of your box. Additional Blade Discs can be purchased at [ninjaaccessories.com](http://ninjaaccessories.com)

# SPIRALIZER FOOD PREP

FOR BEST RESULTS, PREPARE YOUR INGREDIENTS BEFORE SPIRALIZING



Trim ingredients so they are no taller than the Feed Chute (4"). For butternut squash and potatoes, the max recommended height is 3".



Cut ingredient so it is no more than 3" wide. Trim evenly from all sides to maintain a roughly cylindrical shape. **DO NOT** cut in half lengthwise.



Peel ingredients with tough skin, like sweet potatoes or butternut squash.



Cut both ends off ingredient to create flat surfaces, helping to secure ingredient to both the Blade Disc pin and Food Pusher.



Trim tapered ingredients like carrots to make them more symmetrical. Ingredients must be larger than 1.5" in diameter.

# SPIRALIZER TIPS

## WHEN SPIRALIZING

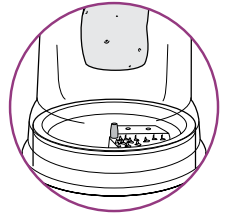
**Having trouble getting long strands? Is it just shredding or creating semicircles?**

Make sure the food is centered on the Blade Disc pin.

**Is ingredient not fully processing and just spinning on the pusher?**

Remove remaining ingredient from Blade Disc pin and re-trim ends to be even.

Make sure you center your ingredient on the Blade Disc pin.



**Can I spiralize continuously?** No, make sure you remove the ingredients from the bowl and the small amount of leftover ingredient from your Blade Disc before spiralizing another ingredient.

## PREPPING/COOKING

**Why are my noodles broken and not long noodles?** If the Collecting Bowl is overfilled, causing the Blade Disc to lift up after spiralizing, your ingredient may have been too large. Make sure to trim and prepare your ingredients properly before spiralizing by following the instructions in the Food Prep section to the left.

**Why are my noodles watery?** To avoid watery noodles, pat them dry with a paper towel after spiralizing.

You can also release excess water from the noodles by salting them and letting sit for 2 to 3 minutes.

## CHOOSING YOUR FRUITS AND VEGETABLES

**Cannot find a wide enough carrot?** Look for carrots that are sold individually rather than in a bag.

**Results will vary.** No 2 fruits or vegetables are the same. For best results, be sure to select fresh, firm, and symmetrical ingredients.

# OODLES OF VEGGIE NOODLE COOKING TECHNIQUES.

Cooking veggie noodles is so quick and easy, you might start wondering if some of your favorite foods can be spiralized. You're in luck, because thanks to the Auto-Spiralizer™, they probably can. Whether you're prepping them raw, sautéing, or deep frying, there's delicious ways to spiralizer and serve everything from carrots to broccoli stems (yes, broccoli stems).

INGREDIENT	PREP	BLADE	COOKING METHOD	COOK TIME
Apple	Stem and core removed	Angel Hair	Raw	N/A
		Spaghetti, Fettuccine	Sauté	4-6 minutes
		Pappardelle, Ribbon	Bake (375°)	8-10 minutes
Beet	Peeled, ends sliced off evenly	Angel Hair	Simmer	3-4 minutes
			Roast (425°)	6-8 minutes
		Spaghetti	Roast (425°)	8-10 minutes
Broccoli Stem	Florets removed, ends sliced off evenly	Angel Hair	Raw	N/A
		Spaghetti	Sauté	5-7 minutes
			Roast (375°)	5-7 minutes
Cucumber	Peeled (if desired), trimmed to 4" long, ends sliced off evenly	All blades	Raw	N/A

INGREDIENT	PREP	BLADE	COOKING METHOD	COOK TIME
Butternut Squash	Peeled, trimmed to 3" wide and 3" long, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	4-6 minutes
		Fettuccine, Pappardelle	Roast (400°)	10-12 minutes
Carrot	Peeled, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	5-7 minutes
			Simmer	3-5 minutes
			Roast (425°)	5-8 minutes
Daikon Radish	Peeled, ends sliced off evenly	Angel Hair	Simmer	2-3 minutes
		Spaghetti	Sauté	3-5 minutes
Onion	Peeled	Pappardelle, Ribbon	Sauté	3-4 minutes
		Ribbon	Deep Fry	3-5 minutes
Potato or Sweet Potato	Peeled (if desired), trimmed to 3" wide and 3" long, ends sliced off evenly	Angel Hair, Spaghetti	Sauté	5-7 minutes
		Spaghetti, Fettuccine	Roast (400°)	8-10 minutes
		Ribbon	Deep Fry	3-5 minutes
Turnip	Peeled, ends sliced off evenly	Angel Hair	Simmer	2-3 minutes
		Spaghetti	Roast (400°)	8 minutes
Zucchini	Peeled (if desired), trimmed to 4" long, ends sliced off evenly	All blades	Simmer	1-3 minutes



# ORANGE BLUSH

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1/2 cup watermelon chunks

3/4 cup orange juice

1 cup frozen strawberries

1/2 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.

### PREPARATION SUGGESTION

Freeze fresh strawberries when they are perfectly ripe to enjoy a taste of summer long after the picking season ends.



# MANGO PROTEIN SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

- 1 1/4 cups 1% milk
- 2 scoops vanilla protein powder
- 2 cups frozen mango chunks

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.





## RISE & SHINE

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 1 SERVING

### INGREDIENTS

- 1/2 Golden Delicious apple, peeled, cored, cut in half
- 2-inch piece English cucumber, cut in half
- 1/2 cup green grapes
- 1 teaspoon hemp hearts
- 3/4 cup kale leaves
- 4 mint leaves
- 1 teaspoon lemon juice
- 1/2 cup coconut water
- 1/2 cup ice

### DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.



# MORNING BERRY

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium ripe banana, cut in half

1 1/2 cups almond milk

3 tablespoons honey

2 tablespoons flaxseed

1 1/2 cups frozen mixed berries

## DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending.





## GRAPE TARRAGON REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 1 SERVINGS

### INGREDIENTS

- 1/3 cup seedless green grapes
- 4 fresh tarragon leaves
- 1 cup maple water
- 1/4 cup ice

### DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.

## PINEAPPLE MINT COCONUT REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 1 SERVING

### INGREDIENTS

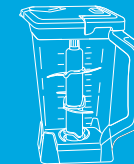
- 1/4 cup pineapple chunks
- 3 fresh mint leaves
- 1 cup coconut water
- 1/4 cup ice

### DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.







# FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 lime, peeled, cut in half, seeds removed

1 lemon, peeled, cut in quarters, seeds removed

1/3 cup orange juice

1/4 cup triple sec

2/3 cup tequila

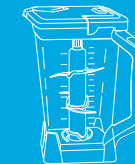
4 cups ice

## DIRECTIONS

**1** Place all ingredients into the Total Crushing Pitcher in the order listed.

**2** Select FROZEN DRINK.





# TROPICAL COOLER

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 8 SERVINGS

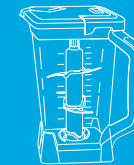
## INGREDIENTS

1 cup pineapple chunks  
 1/2 jalapeño pepper, seeds removed  
 1/2-inch piece fresh ginger, peeled  
 1/3 English cucumber, peeled, cut in quarters  
 Juice of 1 1/2 limes  
 1 1/2 cups coconut water  
 1/2 cup silver tequila  
 3 tablespoons agave nectar  
 1/4 teaspoon ground coriander  
 3 1/2 cups frozen mango chunks  
 1 1/2 cups ice  
 Cucumber slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except cucumber slices, into the Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into glasses and garnish each with a slice of cucumber.





# PEAR GINGER SAKE MARTINI

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 frozen pear, peeled, cored

1/2 teaspoon grated fresh ginger

2 cups pear juice

1/2 cup sake

1 tablespoon agave nectar

1 cup ice

## DIRECTIONS

**1** Place all ingredients into the Total Crushing Pitcher in the order listed.

**2** Select FROZEN DRINK.

**3** Pour into chilled martini glasses.





## SALSA VERDE

**PREP:** 15 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 CUPS

### INGREDIENTS

- 10 tomatillos, cut in quarters
- 1 cup red onion, chopped
- 1 cup fresh cilantro leaves
- 2 tablespoons lime juice
- 4 jalapeño peppers, cut in quarters, seeds removed
- 1/4 teaspoon cumin
- Salt and pepper, to taste

### DIRECTIONS

- 1** Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP.

### INGREDIENT SUGGESTION

Great with tortilla chips and enchiladas, or even as a rice topper.



## CHORIZO TACO DIP

**PREP:** 20 MINUTES **COOK:** 35 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 10-12 SERVINGS

### INGREDIENTS

- 1 package (16 ounces) chorizo sausage, chopped
- 1/2 medium onion, peeled
- 1 green bell pepper, chopped
- 1 tablespoon vegetable oil
- 1 package (8 ounces) low-fat cream cheese
- 1/2 cup low-fat ranch dressing
- 1 cup salsa
- 1 cup shredded Colby-Jack cheese
- 1 package (1.25 ounces) low-sodium taco seasoning
- 1 cup sliced black olives

### DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Place the chorizo, onion, and green bell pepper into the 64-ounce Precision Processor. PULSE until evenly chopped.
- 3** Heat oil in a saucepan and sauté mixture on medium-high heat until vegetables are tender, stirring occasionally, about 10 minutes. Transfer to a mixing bowl.
- 4** Place the cream cheese, ranch dressing, salsa, Colby-Jack cheese, and taco seasoning into the 64-ounce Food Precision Processor. Select DIPS.
- 5** Add the cream cheese mixture and black olives to the chorizo mixture, stirring to combine.
- 6** Transfer mixture to a 9x9-inch baking dish. Bake for 25 minutes, or until heated through.



# MUHAMMARA DIP

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 CUPS

## INGREDIENTS

1 jar (14 ounces) roasted red peppers, liquid reserved

1/2 cup pita bread, torn in pieces

2 cups walnuts, toasted

1/4 cup lemon juice

1/4 cup tomato paste

2 tablespoons Aleppo pepper

2 tablespoons sumac

2 tablespoons harissa paste

1 tablespoon pomegranate molasses

2 teaspoons ground cumin

1/4 cup olive oil

Kosher salt and pepper, to taste

## DIRECTIONS

- 1 Soak pita in 1 cup liquid from roasted red peppers until soft, about 2 to 3 minutes. Remove softened pita, set aside, and discard excess liquid.
- 2 Place all ingredients, including softened pita, into 64-ounce Precision Processor in the order listed.
- 3 Select DIPS.





# CLASSIC HUMMUS

**PREP:** 5 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 1/2 CUPS

## INGREDIENTS

2 cans (14 ounces each) garbanzo beans,  
drained, liquid reserved

3/4 cup garbanzo bean liquid

1/4 cup fresh lemon juice

1/4 cup olive oil

2 cloves garlic, peeled

2 tablespoons tahini

1 teaspoon salt

## DIRECTIONS

**1** Place all ingredients into the 64-ounce Precision Processor in the order listed.

**2** Select PUREE.

## RECIPE SUGGESTION

This recipe makes a big batch, which you can use a base for a few lunches. Top it with avocado, sliced veggies, herbs, and spices of your choice.



# AVOCADO CAESAR DRESSING

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 2 CUPS

## INGREDIENTS

- 1 ripe avocado, peeled, cut in half, pit removed
- 3 cloves garlic, peeled
- 1/2 cup shredded Parmesan cheese
- 1/2 can (1 ounce) oil-cured anchovies
- 1/2 teaspoons ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.

### INGREDIENT SUGGESTION

For a full meal, add grilled chicken breast or salmon to a romaine salad.



# PINEAPPLE CILANTRO DIPPING SAUCE

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6-8 SERVINGS

## INGREDIENTS

3 cups pineapple chunks

1 1/2 small serrano chiles, seeds removed

1 small white onion, peeled, cut in quarters

1/2 cup fresh cilantro leaves

1/4 cup lime juice

3 tablespoons coconut oil

Salt and pepper, to taste

## DIRECTIONS

**1** Place all ingredients into the 64-ounce Precision Processor in the order listed.

**2** Select PUREE.







# TANDOORI MARINADE

**PREP:** 10 MINUTES **COOK:** 15 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 CUPS

## INGREDIENTS

- 1 package (2 ounces) dried ancho chile peppers
- 1/4-inch piece fresh ginger, peeled
- 2 cloves garlic, peeled
- 1/2 cup fresh cilantro leaves
- 2 tablespoons garam masala
- 1/8 teaspoon ground nutmeg
- 1 tablespoon fresh lemon juice
- 1 cup nonfat Greek yogurt
- 1/2 cup cold water

## DIRECTIONS

- 1 Place the dried ancho chile peppers into a small saucepan and pour just enough water to cover them. Bring to a boil, then reduce to a simmer and cook for 10 minutes. Strain peppers and let cool.
- 2 Remove the stems and seeds from the cooled peppers.
- 3 Place all ingredients into the 64-ounce Precision Processor in the order listed. Select PUREE.

**DO NOT BLEND HOT INGREDIENTS.**

## RECIPE SUGGESTION

This delicious tandoori marinade, perfect for lamb, is also a great complement to grilled meats and seafood.



# SUN-DRIED TOMATO SAUCE

**PREP:** 10 MINUTES **COOK:** 25 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2-4 SERVINGS

## INGREDIENTS

- 1 medium onion, peeled, cut in quarters
- 1 tablespoon canola oil
- 4 cloves garlic, peeled
- 1 can (28 ounces) whole peeled tomatoes
- 1 jar (6 ounces) sun-dried tomatoes packed in olive oil
- 1/2 cup dry red wine
- 1/2 teaspoon red pepper flakes
- Salt and pepper, to taste
- 1/4 bunch fresh basil, chopped

## DIRECTIONS

- 1 Place onion and garlic into the 64-ounce Precision Processor. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onions and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes with juice, sun-dried tomatoes, red wine, and red pepper flakes into the 64-ounce Precision Processor. Select PUREE and blend until desired consistency is reached.
- 4 Add tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil before serving.





## CARROT GINGER DRESSING

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER CUP

**MAKES:** 1 1/2 CUPS

### INGREDIENTS

- 1 large carrot, peeled, cut in 1-inch chunks
- 1 shallot, peeled, cut in half
- 2-inch piece fresh ginger, peeled
- 1 tablespoon tamari or soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon roasted sesame seed oil
- 1/4 cup grapeseed oil or other neutral vegetable oil
- 2 tablespoons water

### DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Speed Blender Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.

## GARBANZO & GREENS SALAD

**PREP:** 15 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 SERVINGS

### INGREDIENTS

- 1/3 cup radicchio, cut in 1 1/4-inch pieces
- 1/2 cup fresh parsley leaves
- 1/2 cup watercress
- 1/2 cup Bibb lettuce, cut in 1 1/4-inch pieces
- 1/4 red bell pepper, cut in 1 1/4-inch pieces
- 1/4 cup (2 ounces) feta cheese
- 10 grape tomatoes
- 1/4 cup canned garbanzo beans, drained, blotted dry
- Salt and pepper, to taste
- 1/4 cup salad dressing, for serving

### DIRECTIONS

- 1 Place all ingredients, except dressing, into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP. Toss with your favorite salad dressing and serve.





# CAULIFLOWER COUSCOUS

**PREP:** 15 MINUTES **COOK:** 5-7 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 3 cups cauliflower florets
- 1 clove garlic, peeled
- 1 tablespoon fresh rosemary
- 1/4 cup plus 2 tablespoons extra virgin olive oil, divided
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup slivered almonds
- 1/4 cup green onion, sliced

## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place the cauliflower florets, garlic, and rosemary into the 64-ounce Precision Processor. Select CHOP.
- 3 Toss chopped cauliflower mixture with 2 tablespoons olive oil. Spread evenly on a nonstick baking sheet. Roast for 5 to 7 minutes, then allow to cool slightly.
- 4 Transfer cauliflower to a mixing bowl. Add remaining ingredients and toss to combine.





# BUTTERNUT SQUASH SOUP

**PREP:** 20 MINUTES **COOK:** 35-40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 8 SERVINGS

## INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, peeled, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, peeled, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock
- Kosher salt and black pepper, to taste

## DIRECTIONS

- 1 Heat oil in a large saucepan over medium heat. Add the onions, cooking until they begin to soften, about 5 minutes. Add cashews and cook, stirring, for about 5 minutes.
- 2 Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring soup to a boil, then reduce heat to medium-low. Simmer until the squash is easily pierced with a knife, about 20 to 25 minutes. Remove and discard bay leaf.
- 3 Allow soup to cool to room temperature.
- 4 Working in two batches, ladle half the cooled soup into the 64-ounce Precision Processor. Select PUREE. Repeat with second batch of soup.
- 5 Return soup to saucepan and simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES **COOK:** 35-40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6 SERVINGS

## INGREDIENTS

- 3 tablespoons butter
- 1/2 small yellow onion, peeled, chopped
- 1 medium carrot, peeled, chopped
- 2 tablespoons flour
- 3 cups chicken broth
- 3 cups broccoli florets
- 1 cup whole milk
- 3/4 cup shredded cheddar cheese
- Salt and pepper, to taste

## DIRECTIONS

- 1** Melt butter in a heavy-bottom saucepan on medium heat. Add onion and carrot to saucepan and cook until tender, about 5 minutes.
- 2** Whisk in flour and cook for 5 minutes, stirring constantly. Add broth and continue stirring as mixture thickens. Add broccoli and simmer on medium heat until tender, 20 to 25 minutes, stirring occasionally. Cool to room temperature.
- 3** Place cooled soup into the 64-ounce Precision Processor. Select PUREE.
- 4** Return soup back to saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# SIMPLE CHICKEN ZOODLE SOUP

**PREP:** 15 MINUTES **COOK:** 12-15 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ **BLADE DISC:** SPAGHETTI

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 large carrots, peeled, ends trimmed
- 1 small zucchini, ends trimmed
- 2 tablespoons olive oil, divided
- Salt and pepper, to taste
- 1/2 pound uncooked chicken breast tenders, diced
- 1 clove garlic, peeled, minced
- 2 stalks celery, chopped
- 1 small onion, peeled, chopped
- 5 cups low-sodium chicken broth
- 1 teaspoon fresh thyme, chopped
- 2 bay leaves
- 2 tablespoons fresh parsley leaves, chopped

## DIRECTIONS

- 1** Position the Spaghetti Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place carrot into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process carrot. Remove carrot noodles from Auto-Spiralizer and set aside. Repeat process with second carrot and zucchini, placing carrot and zucchini noodles in separate bowls.
- 2** Heat 1 tablespoon olive oil in a medium stockpot over medium heat. Season chicken with salt and pepper and add to pot. Cook 3 minutes, or until golden brown. Remove chicken from pot and set aside.
- 3** Add remaining olive oil, garlic, celery, and onion to pot. Cook 2 to 3 minutes, stirring occasionally.
- 4** Add broth, thyme, and bay leaves to pot. Turn up heat and bring to a boil. Add chicken and carrot noodles. Reduce heat back to medium and simmer 5 to 7 minutes, or until vegetables are tender.
- 5** Add zucchini noodles to pot and simmer soup for additional 2 minutes, or until zucchini is tender. Stir in fresh parsley and serve.





# ROASTED BEET SALAD WITH ARUGULA, GOAT CHEESE & WALNUTS

**PREP:** 20 MINUTES **COOK:** 8-10 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ **BLADE DISC:** SPAGHETTI

**MAKES:** 3-4 SERVINGS

## INGREDIENTS

### DRESSING

- 1 tablespoons sherry wine vinegar
- 2 tablespoons orange juice
- 1 teaspoon minced shallots
- 1/4 teaspoon sugar
- 6 tablespoons extra virgin olive oil
- Salt and pepper, to taste

### SALAD

- 3 medium red and/or yellow beets, peeled, trimmed
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups arugula
- 1/2 small red onion, peeled, thinly sliced
- 2 large navel oranges, peeled, sliced, pith removed
- 1 container (4 ounces) crumbled goat cheese
- 1/4 cup walnuts, roughly chopped

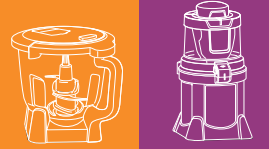
## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place all dressing ingredients in a bowl and whisk until combined; set aside.
- 3 Position the Spaghetti Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place beet into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process beet. Remove beet noodles from Auto-Spiralizer and set aside. Repeat process with second and third beets.
- 4 Toss beet noodles with olive oil, salt, and pepper. Spread evenly on a baking sheet. Bake beets for 8 to 10 minutes, stirring halfway through. Remove from oven and set aside.
- 5 Toss arugula and red onion in a bowl with 2 tablespoons dressing. Toss beets in a separate bowl with 1 tablespoon dressing.
- 6 Arrange greens on plates. Top with beets, oranges, goat cheese, and walnuts. Drizzle with remaining dressing.

## RECIPE SUGGESTION

This is also a great recipe for your Angel Hair Blade Disc.





# SUMMER SQUASH SALAD WITH LOBSTER

**PREP:** 30 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™, AUTO-SPIRALIZER™

**BLADE DISC:** SPAGHETTI

**MAKES:** 2-3 SERVINGS

## INGREDIENTS

### **GREEN GODDESS DRESSING**

1 avocado, peeled, cut in half, pit removed

1/2 cup cilantro leaves

1/4 cup tarragon leaves

1/4 cup mint leaves

2 small cloves garlic, peeled

1 1/2 cups mayonnaise

Juice from 1 lime

1 tablespoon salt

Freshly ground black pepper, to taste

### **SALAD**

2 medium summer squash, ends trimmed

1 teaspoon kosher salt

1/2 cup frozen peas, thawed

1/2 cup frozen corn, thawed

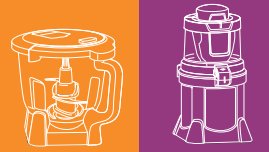
1/2 pound chopped lobster

1/3 cup Green Goddess Dressing

## DIRECTIONS

- 1 Place all dressing ingredients into the 64-ounce Precision Processor. Select HIGH for 10 seconds. Set dressing aside.
- 2 Position Spaghetti Blade onto Collecting Bowl and assemble Feed Chute Lid. Place squash into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process squash. Transfer squash noodles to a colander and set aside. Repeat process with second squash. Toss squash noodles with 1 teaspoon kosher salt and leave in colander for 10 minutes to drain.
- 3 Transfer squash noodles to a serving bowl. Add peas, corn, and lobster, and gently toss with 1/3 cup Green Goddess Dressing.





# ZUCCHINI SPAGHETTI WITH BASIL PESTO & SWEET PEAS

**PREP:** 20 MINUTES **COOK:** 5 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™, 64-OUNCE PRECISION PROCESSOR™

**BLADE DISC:** SPAGHETTI

**MAKES:** 3-4 SERVINGS

## INGREDIENTS

3 medium zucchini, ends trimmed

Pinch salt

1 tablespoon olive oil

1 cup frozen sweet peas, thawed

1 cup grape tomatoes, sliced in half

6 fresh basil leaves, for garnish

## PESTO

3 cups fresh basil leaves

2 cloves garlic, peeled

1/3 cup pine nuts

1/4 cup Parmesan cheese, grated

1/2 teaspoon salt

1/4 teaspoon ground black pepper

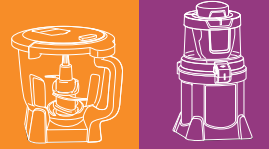
1/2 cup olive oil

## DIRECTIONS

- 1 Position the Spaghetti Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process zucchini. Remove zucchini noodles from Auto-Spiralizer and set aside. Repeat with second and third zucchini.
- 2 To prepare pesto, remove Auto-Spiralizer from base; replace with Precision Processor Bowl. Place basil, garlic, pine nuts, Parmesan, salt, and pepper into the Precision Processor Bowl. PULSE until coarsely chopped. Add olive oil and select GO until smooth. Set aside.
- 3 Heat 1 tablespoon olive oil in a 12-inch nonstick skillet over medium-high heat. Add zucchini noodles and cook 2 to 3 minutes, or until just tender, stirring gently. Add pesto, peas, and tomatoes and cook until just heated, about 1 minute. Garnish with fresh basil leaves.

**DO NOT BLEND HOT INGREDIENTS.**





# BUTTERNUT PASTA WITH BOLOGNESE SAUCE

**PREP:** 20 MINUTES **COOK:** 30-38 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™, 64-OUNCE PRECISION PROCESSOR™

**BLADE DISC:** FETTUCCINE

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 medium butternut squash, peeled, bulb end cut off, seeds removed
- 1/2 medium onion, peeled, cut in 1-inch pieces
- 2 cloves garlic, peeled
- 1 small stalk celery, cut in 1-inch pieces
- 1 small carrot, cut in 1-inch pieces
- 1/4 cup extra virgin olive oil, divided
- 3/4 pound uncooked ground chuck beef
- 1 can (28 ounces) crushed tomatoes
- 1/4 cup fresh flat-leaf Italian parsley, chopped
- 8 fresh basil leaves, chopped
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup freshly grated Parmesan cheese, for garnish

## DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Position Fettuccine Blade onto Collecting Bowl and assemble Feed Chute Lid. Place squash into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process squash. Set aside.
- 3** Remove Auto-Spiralizer from base; replace with 64-ounce Precision Processor. Place onion, garlic, celery, and carrot into the 64-ounce Precision Processor. PULSE 5 times, or until evenly chopped.
- 4** Heat 1 tablespoon olive oil in large skillet. Add vegetable mixture and sauté over medium heat until softened, about 2 to 3 minutes.
- 5** Add ground beef to skillet. Sauté, stirring frequently, until meat is cooked through, about 7 to 10 minutes. Add crushed tomatoes, parsley, and basil. Cook over medium-low heat for 20 to 25 minutes. Season with salt and pepper.
- 6** Meanwhile, place butternut squash noodles on a large baking sheet and drizzle with remaining olive oil. Toss gently. Roast 10 to 12 minutes or until al dente, turning gently halfway through cooking.
- 7** Serve butternut squash noodles topped with warm sauce and Parmesan cheese.





# SALMON BURGERS

**PREP:** 10 MINUTES **COOK:** 6 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 scallions, ends trimmed, cut in 2-inch pieces
- 1 pound uncooked boneless, skinless salmon, cut in 2-inch chunks
- 1 tablespoon lemon juice
- 1 large egg
- $\frac{3}{4}$  teaspoon crab seasoning
- 2 teaspoons Dijon mustard
- $\frac{1}{4}$  cup panko bread crumbs
- 1 tablespoon salt
- $\frac{1}{2}$  teaspoon ground black pepper

## DIRECTIONS

- 1** Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP until mixture is ground. Form mixture into 4 burgers.
- 3** Spray a nonstick skillet or grill pan with vegetable cooking spray and place over medium-high heat. Add burgers and cook until golden brown and cooked through, about 3 minutes per side.

### RECIPE SUGGESTION

This recipe works just as well with tuna.



# CHICKEN POT PIE

**PREP:** 10 MINUTES **COOK:** 55-65 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6 SERVINGS

## INGREDIENTS

### CRUST

Pie dough (recipe page 77)

### FILLING

4 medium carrots, peeled, cut in thirds

3 stalks celery, cut in thirds

1 1/2 small onions, peeled, cut in quarters

2 tablespoons olive oil

1 pound uncooked boneless, skinless chicken breasts

1 stick (1/2 cup) butter

1/2 cup flour

4 cups chicken broth

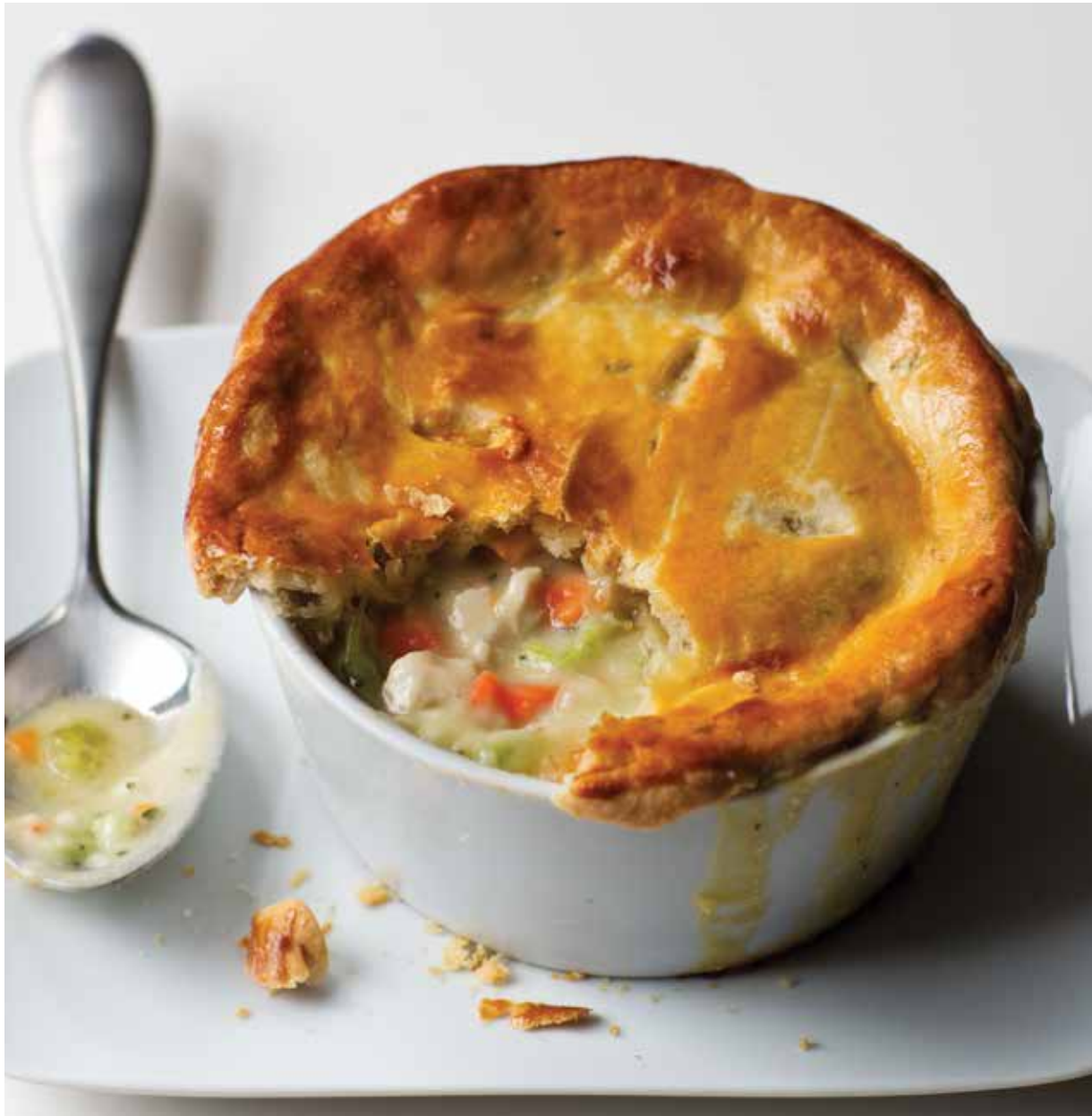
1 tablespoon fresh thyme leaves

Salt and pepper, to taste

2 tablespoons milk

## DIRECTIONS

- 1 To prepare the crust, follow Pie Dough recipe on page 77.
- 2 Preheat oven to 375°F. Place carrots, celery, and onion into the 64-ounce Precision Processor.
- 3 Select CHOP. Transfer chopped vegetables to a bowl and set aside.
- 4 Place chicken into the 64-ounce Precision Processor. Select CHOP.
- 5 Add olive oil to a large skillet over medium heat. Add chopped vegetables and cook for 2 to 3 minutes. Add chopped chicken and continue cooking until vegetables are softened and chicken is cooked through, about 5 to 8 minutes.
- 6 Melt butter in a saucepan over medium heat. Add flour to saucepan, stirring constantly, for 3 minutes. Add broth, stirring constantly with a whisk, until mixture thickens to form a sauce. Add thyme and season with salt and pepper.
- 7 Combine the vegetables and chicken with the sauce, then pour mixture into a casserole dish. Remove one pie dough disc from refrigerator and roll out to 2 inches larger than the casserole dish. Place dough on top of filling and crimp edges. Cut vent holes in dough and brush with milk. Cook for 45 to 50 minutes or until crust is lightly browned.





# LEMON BARS

**PREP:** 25 MINUTES **COOK:** 35–40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 10–12 SERVINGS

## INGREDIENTS

2 sticks (1 cup) unsalted butter, softened

2 cups sugar, divided

2 1/3 cups all-purpose flour, divided

4 large eggs

2/3 cup lemon juice

Confectioners' sugar, for serving

## DIRECTIONS

**1** Preheat oven to 350°F.

**2** Position the Dough Blade in the 64-ounce Precision Processor, then add butter, 1/2 cup sugar, and 2 cups flour. Select DOUGH and blend until smooth.

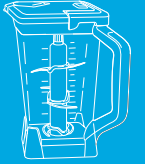
**3** Press crust into the bottom of an ungreased 9x13-inch baking dish. Bake 15 minutes, or until firm and golden in color. Let cool for 10 minutes.

**4** Place eggs, 1 1/2 cups sugar, 1/3 cup flour, and lemon juice into the 64-ounce Precision Processor. Select DOUGH and blend until smooth and sugar is dissolved. Pour mixture over the baked crust.

**5** Bake 20 to 25 minutes. Bars will firm as they cool.

**6** Cool completely, then dust with confectioners' sugar.





# STRAWBERRY CHEESECAKE ICE CREAM

**PREP:** 10 MINUTES **FREEZE:** 15 MINUTES  
**CONTAINER:** TOTAL CRUSHING® PITCHER  
**MAKES:** 6-8 SERVINGS

## INGREDIENTS

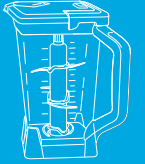
1/2 cup light cream  
 1/2 package (4 ounces) cream cheese  
 1 tablespoon fresh lemon juice  
 1 teaspoon vanilla extract  
 1/3 cup sugar  
 1 1/2 cups frozen unsweetened strawberries  
 1/2 cup ice

## DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM. While program is running, use the tamper to push ingredients toward the blades.
- 3 Remove ice cream from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving.

## RECIPE SUGGESTION

Garnish this ice cream with a mix of fresh berries and whipped cream.



# COCONUT PINEAPPLE SORBET

**PREP:** 10 MINUTES **FREEZE:** 15 MINUTES  
**CONTAINER:** TOTAL CRUSHING® PITCHER  
**MAKES:** 4 SERVINGS

## INGREDIENTS

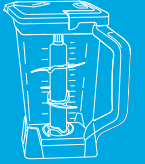
1 cup frozen pineapple chunks  
1 small frozen ripe banana  
1 tablespoon fresh lime juice  
1/2 cup light coconut milk  
1 tablespoon agave nectar  
1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM. While program is running, use the tamper to push ingredients toward the blades.
- 3 Remove ice cream from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving.







# STRAWBERRY SNOW

**PREP:** 2 MINUTES

**CONTAINER:** TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

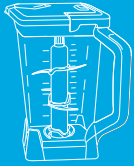
## INGREDIENTS

4 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher.
- 2 Select SNOW CONE.





## COFFEE SNOW CONE

**PREP:** 5 MINUTES **FREEZE:** 8 HOURS  
**CONTAINER:** TOTAL CRUSHING® PITCHER  
**MAKES:** 5 SERVINGS

### INGREDIENTS

2 cups coffee, chilled  
 1/4 cup sugar  
 1 cup ice cubes

### DIRECTIONS

- 1 Stir together coffee and sugar. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2 Place the ice cubes and 5 cups frozen coffee cubes into the Total Crushing Pitcher.
- 3 Select SNOW CONE.

**DO NOT BLEND HOT INGREDIENTS.**

## PIE DOUGH

**PREP:** 20 MINUTES  
**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™  
**MAKES:** 2 PIE CRUSTS

### INGREDIENTS

2 1/2 cups all-purpose flour  
 1 teaspoon salt  
 6 tablespoons unsalted butter, cold, cut in cubes  
 5 tablespoons vegetable shortening baking stick, cold, cut in cubes  
 1/2 cup cold water

### DIRECTIONS

- 1 Position the Dough Blade in the 64-ounce Precision Processor, then add flour, salt, butter, and shortening.
- 2 PULSE until combined.
- 3 Add water. Select DOUGH until a dough ball is formed.
- 4 Transfer dough to a lightly floured work surface and knead.
- 5 Divide dough into two pieces. Form each piece into a 1-inch-thick flattened disc. Wrap each disc in plastic wrap and refrigerate until needed.



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