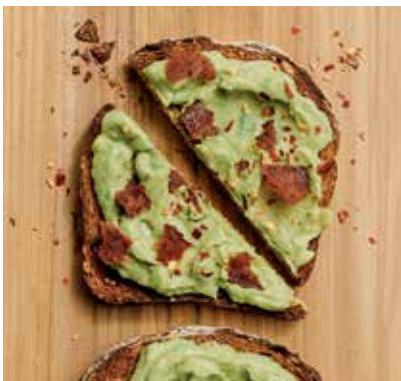


Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



**NINJA**  
—  
**DELICIOUS  
MEETS DIY**  
—  
30 SIMPLE RECIPES



# FRESH OUT OF FRESH IDEAS?

In today's go-go-go world, we're constantly trading fresh for fast. What if we told you we just married the two in perfect harmony? Meet the Ninja® Precision Processor™ with Auto-Spiralizer™. It's got all the power and precision you need to make fresh, healthy meals from breakfast smoothies to new and exciting spiralized dinners, quick and easy. Heck, it'll even help you whip up dessert. When it comes to time and inspiration in the kitchen, Ninja has your back.



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8

GREEN  
HERB EGG  
SALAD

20

OATMEAL  
CRANBERRY  
COOKIES

30



48



60

FRESH  
PEAR  
GALETTE

65

# 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 hadn't thought of before. From chopping a clove of garlic to making a pound of dough, big mealtime inspiration can come from a relatively small place.

## TIPS FOR YOUR PRECISION PROCESSOR™ BOWL

### 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 for best results.**

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.

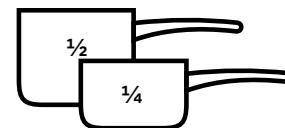
For smoothie bowls and frozen treats, use the following frozen-to-liquid ingredient ratio: 1.5 to 1.

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

# MEASURING MATTERS

Dry and liquid measurements differ slightly, so it's important to use the right tool for the job. Here's a simple breakdown of standard measuring cups for dry and liquid ingredients.

## 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).

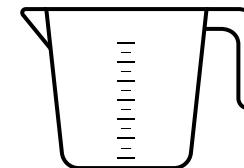
### Measuring Tip

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



### SERVING SUGGESTION

Try other delicious toppers with the avocado for a hearty snack: tomato, over-easy egg, goat cheese, or smoked salmon.

# AVOCADO TOAST

**PREP:** 10 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 2 SERVINGS

## INGREDIENTS

- 1 ripe avocado, peeled, pit removed
- 1 tablespoon sriracha sauce
- 2 slices whole wheat bread, toasted
- 2 slices cooked turkey bacon, chopped

## DIRECTIONS

- 1 Place avocado and sriracha sauce into the Precision Processor Bowl.
- 2 PULSE 5 times or until desired consistency is reached.
- 3 Top each slice of toasted bread with avocado mixture and chopped turkey bacon.



### SERVING SUGGESTION

Top this beautiful smoothie bowl with chopped coconut flakes, dried fruits, nuts, or granola as desired. Also great for dessert!

## RASPBERRY BANANA SMOOTHIE BOWL

**PREP:** 5 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 3 SERVINGS

### INGREDIENTS

1 cup frozen raspberries

2 frozen ripe bananas, cut in 1-inch pieces

1 cup almond milk

### DIRECTIONS

- 1 Place all ingredients into the Precision Processor Bowl in the order listed.
- 2 Select START/STOP until desired consistency is reached.

## BANANA NUT MUFFINS

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 6 MUFFINS

### INGREDIENTS

3 tablespoons butter, melted

1/2 cup light brown sugar

1 egg

1/2 teaspoon vanilla extract

1 cup all-purpose flour

3/4 teaspoon baking soda

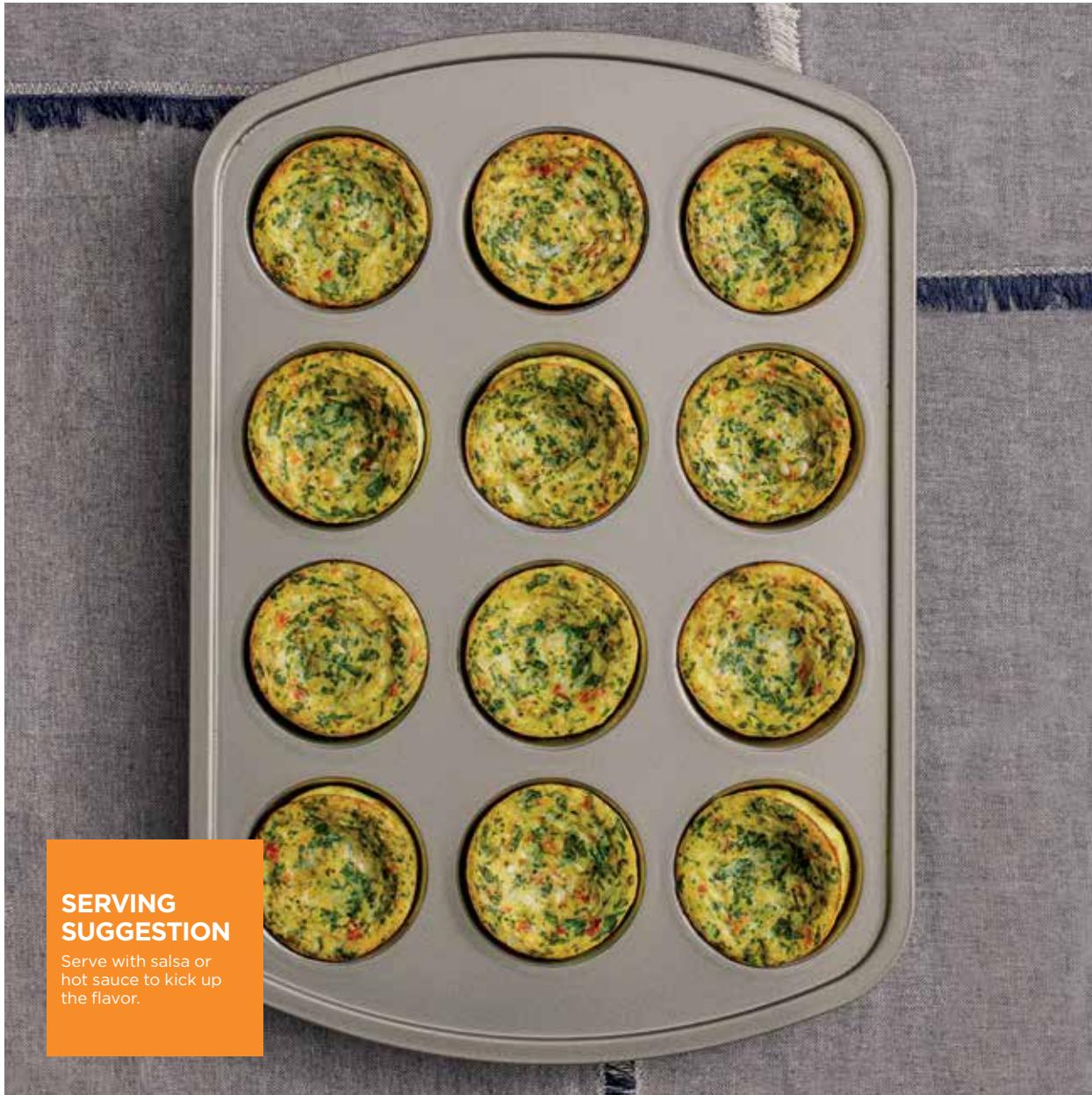
1/4 teaspoon salt

2 ripe bananas, cut in 1-inch pieces

1/2 cup chopped pecans, divided

### DIRECTIONS

- 1 Preheat oven to 375°F. Grease a 6-cup muffin pan, or line with paper liners.
- 2 Position the Dough Blade Assembly in the Precision Processor Bowl, then add all ingredients in the order listed, reserving 1/4 cup pecans. Select START/STOP until just combined.
- 3 Divide batter evenly in the muffin pan, then sprinkle with remaining pecans. Bake for 20 minutes.



### SERVING SUGGESTION

Serve with salsa or hot sauce to kick up the flavor.

## EGG MUFFINS

**PREP:** 15 MINUTES | **COOK:** 23-25 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 12 EGG MUFFINS (6 SERVINGS)

### INGREDIENTS

$\frac{3}{4}$  cup baby spinach

$\frac{1}{2}$  cup feta

$\frac{1}{4}$  small onion, peeled

5 cherry tomatoes

7 large eggs

$\frac{1}{2}$  cup milk

$\frac{3}{4}$  teaspoon salt

$\frac{3}{4}$  teaspoon ground black pepper

### DIRECTIONS

- 1** Preheat oven to 350°F. Lightly coat a 12-cup nonstick muffin pan with cooking spray.
- 2** Place spinach, feta, onion, and tomatoes into the Precision Processor Bowl. PULSE 5 times, or until chopped and well combined.
- 3** In a medium mixing bowl, whisk the chopped mixture with eggs, milk, salt, and pepper.
- 4** Divide mixture evenly in the muffin pan. Bake until knife inserted in center comes out clean, about 23 to 25 minutes.



# HOMEMADE GRANOLA BARS

**PREP:** 20 MINUTES | **CHILL:** 30 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 16 (2-INCH) BARS

## INGREDIENTS

2 tablespoons coconut oil, melted

1/4 cup honey

1 cup granola

1/2 cup crispy rice cereal

1/4 cup dried cranberries

1/2 cup pistachios, shells removed

1/4 cup semisweet chocolate chips

## DIRECTIONS

- 1** Line an 8x8-inch baking dish with plastic wrap; set aside.
- 2** Place all ingredients into the Precision Processor Bowl in the order listed.
- 3** Select START/STOP until mixture is chopped and well combined.
- 4** Spread mixture in prepared baking dish.
- 5** Cover mixture with plastic wrap and refrigerate for 30 minutes.
- 6** Cut in 2-inch squares before serving.



### RECIPE SUGGESTION

Change it up by using boneless chicken breast, salmon, or shrimp.

## TACO NIGHT

**PREP:** 15 MINUTES | **COOK:** 6-8 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 8 TACOS

### INGREDIENTS

- 1/2 medium yellow onion, peeled, cut in quarters
- 1 pound uncooked boneless turkey breast, cut in 2-inch cubes
- 1 tablespoon canola oil
- 1 package (1 ounce) low-sodium taco seasoning mix
- 8 hard taco shells
- 1/2 cup shredded low-fat cheddar cheese
- 1 cup shredded lettuce
- 1/4 cup jalapeño peppers, sliced
- 1/3 cup cilantro, chopped
- 1/2 cup salsa

### DIRECTIONS

- 1 Place the onion and turkey into the Precision Processor Bowl. PULSE until finely ground.
- 2 Heat the oil in a medium skillet over medium heat. Sauté turkey mixture for 6 to 8 minutes, or until cooked through. Add taco seasoning mix and stir to combine.
- 3 Assemble each taco with cooked turkey, cheese, lettuce, jalapeño peppers, cilantro, and salsa.



## INGREDIENT SUGGESTION

For a sweeter tomato sauce, skip the anchovies, rosemary, olives, and capers. Simply add 1/2 cup chopped basil to the finished sauce. Serve with a dollop of fresh ricotta instead of Parmesan.

# CHERRY TOMATO PUTTANESCA PASTA

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 2 SERVINGS

## INGREDIENTS

- 4 cloves garlic, peeled
- 1 1/2 pints medium cherry tomatoes (about 3 cups)
- 2 anchovies
- 1 small sprig rosemary, stems removed
- 3 tablespoons extra virgin olive oil
- 1/2 cup pitted Castelvetrano olives, roughly chopped
- 2 tablespoons capers
- Salt and pepper, to taste
- Cooked pasta, for serving (about 1/2 pound dry),  
1/2 cup pasta water reserved
- 1/4 cup Parmesan cheese, for serving

## DIRECTIONS

- 1 Place the garlic, tomatoes, anchovies, and rosemary into the Precision Processor Bowl.
- 2 **PULSE** 5 times, or until evenly chopped.
- 3 Heat the oil in a medium saucepan over medium heat. Add the tomato mixture and simmer until reduced to a sauce-like consistency, about 20 minutes.
- 4 Stir in olives and capers during the last 5 minutes of cooking. Season with salt and pepper.
- 5 Toss sauce with pasta, using reserved pasta water to thin sauce as needed. Sprinkle with grated Parmesan.



## KALE CHICKEN CAESAR SALAD

**PREP:** 20 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 2 SERVINGS

### INGREDIENTS

6 anchovies  
1 clove garlic, peeled, smashed  
1/4 cup plus 1/2 tablespoon lemon juice, divided  
1 tablespoon Dijon mustard  
1/3 cup grated Parmesan cheese, plus more for serving  
1/2 cup extra virgin olive oil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 1/2 cups grilled chicken, cooled, cut in 1-inch cubes  
4 cups kale, torn  
Croutons, for serving

### DIRECTIONS

- 1** To prepare the dressing, place anchovies, garlic, 1/4 cup lemon juice, mustard, Parmesan, olive oil, salt, and pepper into the Precision Processor Bowl.
- 2** Select START/STOP until smooth.
- 3** Add chicken to Precision Processor Bowl with dressing. PULSE 5 times, or until evenly chopped.
- 4** In a large bowl, massage kale with remaining 1/2 tablespoon lemon juice until greens soften and color becomes more vibrant.
- 5** Add chicken mixture to greens and toss to combine. Top with croutons and sprinkle with additional Parmesan.

**DO NOT BLEND HOT INGREDIENTS.**



### INGREDIENT SUGGESTION

If you don't have cornichons, you can substitute 1 small dill pickle, cut in 1-inch pieces.

## GREEN HERB EGG SALAD

**PREP:** 15 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 6 LETTUCE CUPS

### INGREDIENTS

5 hard-boiled eggs, peeled, cut in half  
1 stalk celery, cut in 1/2-inch pieces  
6 small cornichons, cut in half  
1/4 cup fresh parsley  
2 tablespoons fresh dill  
2 tablespoons mayonnaise  
1 teaspoon Dijon mustard  
Salt and pepper, to taste  
Lettuce cups, for serving

### DIRECTIONS

- 1** Place all ingredients, except lettuce cups, into the Precision Processor Bowl in the order listed.
- 2** PULSE 3 times, or until ingredients are chopped and well combined.
- 3** Season to taste. Serve in lettuce cups.



### RECIPE SUGGESTION

Try with any of your favorite toppings, such as pepperoni, mozzarella, arugula, or grilled portobello mushrooms.

## PEAR ROSEMARY FLATBREAD

**PREP:** 15 MINUTES | **RISE:** 1 HOUR | **COOK:** 10-15 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 4-6 SERVINGS

### INGREDIENTS

#### ***WHOLE WHEAT FLATBREAD***

$\frac{2}{3}$ - $\frac{3}{4}$  cup warm water (110°F-115°F)

1 packet ( $\frac{1}{4}$  ounce) active dry yeast

1 teaspoon salt

1 tablespoon sugar

$\frac{1}{4}$  cup extra virgin olive oil

1 cup unbleached, all-purpose flour

1  $\frac{1}{4}$  cups whole wheat flour

Cornmeal, for dusting

#### ***TOPPINGS***

1 large pear, thinly sliced

$\frac{1}{2}$  cup shredded Gruyère cheese

2 tablespoons fresh rosemary, minced, stems removed, for garnish

### DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Position the Dough Blade Assembly in the Precision Processor Bowl, then add water, yeast, salt, and sugar; PULSE to combine.
- 3 Add oil and flours, and select START/STOP for 30 seconds, or until a loose ball forms. Transfer dough to a lightly oiled bowl and cover. Let rise for 1 hour.
- 4 Sprinkle a 10x15-inch baking sheet with cornmeal and roll out or press the dough into a thin round. Lay pear slices on top and sprinkle evenly with shredded Gruyère.
- 5 Bake 10 to 15 minutes, or until cheese has melted and crust is golden brown. Garnish with fresh rosemary.



### SERVING SUGGESTION

Top these individual cheesecakes with fresh berries or chopped kiwi.

# NO BAKE MINI CHEESECAKES

**PREP:** 20 MINUTES | **CHILL:** 4 HOURS

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 12 SERVINGS

## INGREDIENTS

- 1 sleeve (2 1/2 cups) honey graham crackers, chopped
- 1/4 cup light brown sugar
- 1/4 cup (4 tablespoons) unsalted butter, melted
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup granulated sugar
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla extract
- 1 tub (8 ounces) whipped topping, thawed

## DIRECTIONS

- 1 Line a 12-cup muffin pan with paper or aluminum liners. Lightly coat the inside of liners with cooking spray. Set pan aside.
- 2 Place graham crackers, brown sugar, and butter into the Precision Processor Bowl.
- 3 Select START/STOP until mixture is combined.
- 4 Divide mixture evenly in the prepared muffin pan. Press on mixture until firmly packed. Set pan aside.
- 5 Place cream cheese, granulated sugar, lemon juice, and vanilla extract into the Precision Processor Bowl.
- 6 Select START/STOP until mixture is creamy and well combined, scraping down sides of bowl if needed.
- 7 Spoon cream cheese mixture into a bowl and gently fold in whipped topping until evenly incorporated.
- 8 Spoon cheesecake mixture into prepared muffin pan and spread to level it. Refrigerate at least 4 hours or overnight before serving.



## TROPICAL FROZEN TREAT

**PREP:** 5 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 2 SERVINGS

### INGREDIENTS

$\frac{3}{4}$  cup macadamia milk

1 tablespoon lime juice

$\frac{3}{4}$  cup frozen mango chunks

$\frac{3}{4}$  cup frozen pineapple chunks

### DIRECTIONS

- 1** Place all ingredients into the Precision Processor Bowl in the order listed.
- 2** Select START/STOP until desired consistency is reached.



## STRAWBERRY MINT SORBET

**PREP:** 5 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 2 SERVINGS

### INGREDIENTS

1 1/2 cups frozen strawberries

4 mint leaves

1/2 cup pomegranate juice

1 tablespoon coconut sugar

### DIRECTIONS

- 1** Place all ingredients into the Precision Processor Bowl in the order listed.
- 2** PULSE 5 times, then select START/STOP for 25 seconds.



# OATMEAL CRANBERRY COOKIES

**PREP:** 20 MINUTES | **COOK:** 6-9 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 12 COOKIES

## INGREDIENTS

6 tablespoons unsalted butter, room temperature,  
cut in 1-inch pieces

1/2 cup granulated sugar

1/4 cup light brown sugar, firmly packed

1 egg

1/2 teaspoon vanilla

1/2 teaspoon cinnamon

3/4 cup all-purpose flour

1/4 teaspoon kosher salt

1/2 teaspoon baking powder

3/4 cup old-fashioned oats

1/2 cup dried cranberries

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Position the Dough Blade Assembly in the Precision Processor Bowl, then add butter, sugars, egg, vanilla, and cinnamon.
- 3 Select START/STOP for 15 seconds, or until creamed. Scrape down sides of bowl, then add remaining ingredients in the order listed.
- 4 Select START/STOP for 30 seconds, or until ingredients are combined.
- 5 Spoon dough onto a lightly greased baking sheet in 12 mounds, spaced about 2 inches apart. Bake 6 to 9 minutes. Allow cookies to cool slightly before transferring to a cooling rack to cool completely.



### SERVING SUGGESTION

Enjoy atop a bowl of fresh berries for a quick and impressive dessert.

# DARK CHOCOLATE CHIP MOUSSE

**PREP:** 5 MINUTES

**CONTAINER:** PRECISION PROCESSOR™ BOWL

**MAKES:** 3 CUPS (4-6 SERVINGS)

## INGREDIENTS

1 1/2 cups heavy cream, chilled

1/4 cup dark chocolate syrup

1/3 cup semisweet chocolate chips

## DIRECTIONS

- 1** Place all ingredients into the Precision Processor Bowl in the order listed.
- 2** Select START/STOP until desired consistency is reached.

# 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.



THIN

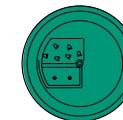
THICK



**ANGEL HAIR**  
YELLOW DISC



**SPAGHETTI**  
RED DISC



**FETTUCCINE**  
GREEN DISC



**PAPPARDELLE**  
ORANGE DISC

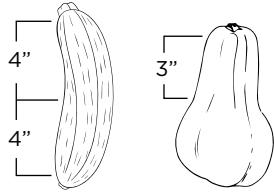


**RIBBON**  
BLUE DISC

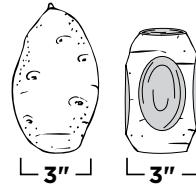
\*Some Blade Discs might not be included with your unit. To see which Blade Discs come with your unit, check the parts list on the top panel of your box. Additional Blade Discs can be purchased at [ninjaaccessories.com](http://ninjaaccessories.com)

# 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

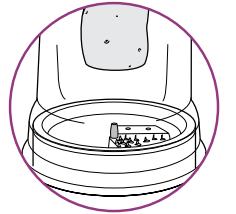
**Having trouble getting long strands? Is it just shredding or creating semicircles?**

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

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

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

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



**Can I spiralize continuously?** No, make sure you remove the ingredient 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 or short?** 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 two fruits or vegetables are the same. For the best results, select fresh, firm, and symmetrical ingredients.

# THERE'S OODLES TO NOODLE.

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.

Use this guide to turn everything from carrots to broccoli stems (yes, really) into fun noodles.

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



# SPICED SWEET POTATO WAFFLES

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES

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

**MAKES:** 4 WAFFLES

## INGREDIENTS

2 medium sweet potatoes, peeled, cut into 3-inch cubes, ends sliced off evenly

1 1/2 teaspoons pumpkin pie spice

1/2 teaspoon baking powder

2 tablespoons flour

1 large egg, beaten

1 teaspoon sugar

Maple syrup, for serving

2 ripe bananas, sliced, for serving

1/2 cup glazed pecans, for serving

## DIRECTIONS

- 1 Preheat a waffle iron.
- 2 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place sweet potato into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in sweet potato. Select START/STOP; process sweet potato. When complete, remove leftover sweet potato from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining sweet potato.
- 3 Place a large skillet over medium heat and coat with cooking spray. Add the sweet potato noodles and cook, turning frequently, 6 to 8 minutes, or until noodles are softened.
- 4 Transfer noodles to a mixing bowl and add pumpkin pie spice, baking powder, and flour. Mix thoroughly. Add egg and toss to combine.
- 5 Spray the waffle iron with cooking spray and spoon in the noodle mixture.
- 6 Cook the waffles according to iron's settings. Serve with maple syrup, bananas, and glazed pecans.

# TUSCAN EGG & PANCETTA FRITTATA

**PREP:** 20 MINUTES | **COOK:** 25-35 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCHINE

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 medium zucchini, ends trimmed to 4-inch length, ends sliced off evenly  
2 tablespoons olive oil  
1/2 cup pancetta (4 ounces), chopped  
1/2 small onion, minced  
1 small red bell pepper, cored, chopped  
6 large eggs  
1/2 cup Parmesan cheese, grated  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons fresh basil, thinly sliced

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Position the Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in zucchini. Select START/STOP; process zucchini. Transfer zucchini noodles to a colander and toss with a pinch of salt to remove excess moisture.
- 3 Heat oil in a 10-inch nonstick ovenproof skillet over medium heat. Add pancetta and cook until crisp; set aside.
- 4 Place onion and red bell pepper into skillet. Cook until onions are softened, about 3 minutes. Add zucchini to skillet and cook for additional 1 to 2 minutes. Add pancetta back to skillet.
- 5 Whisk together eggs, Parmesan, salt, black pepper, and basil in a small bowl.
- 6 Pour egg mixture over vegetables, distributing evenly. Cook 2 minutes, or until eggs begin to set.
- 7 Place skillet in oven. Bake 20 to 25 minutes, or until a wooden toothpick inserted in center comes out clean. Cut in 4 slices and serve with fresh tomatoes or green salad.

# PARSNIP POTATO DILL WAFFLES WITH SMOKED SALMON

**PREP:** 15 MINUTES | **COOK:** 15 MINUTES

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

**MAKES:** 2 SERVINGS

## INGREDIENTS

2 large parsnips, peeled, ends trimmed  
1 medium baking potato, peeled, trimmed to 3-inch cubes  
1 tablespoon canola oil  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 large egg  
3 tablespoons fresh dill, minced  
1/2 cup (4 ounces) smoked salmon, for serving  
1/3 cup sour cream, for serving

## DIRECTIONS

- 1 Preheat a waffle iron.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place parsnip into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in parsnip. Select START/STOP; process parsnip. When complete, remove leftover parsnip from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining parsnip and potato.
- 3 Add oil to a large sauté pan over medium-high heat. Allow oil to heat for 1 minute, then add parsnip and potato noodles. Season with salt and pepper. Cover and cook 5 minutes, or until noodles are softened. Let cool completely.
- 4 Combine cooked noodles, egg, and dill in a mixing bowl.
- 5 Coat waffle iron with cooking spray. Add parsnip mixture to waffle iron. Cook waffles according to iron settings.
- 6 Serve topped with smoked salmon and sour cream.



# CARROT MORNING GLORY MUFFINS

**PREP:** 15 MINUTES | **COOK:** 20-25 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™; PRECISION PROCESSOR™ BOWL | **BLADE DISC:** SPAGHETTI

**MAKES:** 8 MUFFINS

## INGREDIENTS

2 large carrots, peeled, trimmed  
1 cup flour  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
2 eggs, beaten  
1/2 cup unsweetened applesauce  
3 tablespoons coconut oil  
2 tablespoons honey  
1/4 cup brown sugar  
1/2 teaspoon vanilla  
1/4 cup chopped raw walnuts  
1/4 cup shredded coconut  
1/4 cup golden raisins

## DIRECTIONS

- 1 Preheat oven to 350°F. Line an 8-cup muffin pan with paper liners and coat with cooking spray. Set aside.
- 2 Position Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place carrot into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in carrot. Select START/STOP; process carrot. When complete, remove leftover carrot from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining carrot.
- 3 Remove Auto-Spiralizer from base; replace with Precision Processor Bowl. Place carrot noodles into Precision Processor Bowl and PULSE to a rice consistency.
- 4 Combine flour, cinnamon, salt, and baking soda in a large bowl; make a well in center of mixture. Add eggs, applesauce, coconut oil, honey, brown sugar, and vanilla to dry ingredients. Stir just until dry ingredients are moistened. Fold in carrots, walnuts, shredded coconut, and raisins. Spoon batter into baking cups, about 2/3 full.
- 5 Bake 20 to 25 minutes, or until a wooden toothpick inserted in center comes out clean. Cool on wire rack before serving.



## RECIPE SUGGESTION

Keep pancakes warm in a 300°F oven while cooking remaining batches.

# SCALLION PANCAKES WITH GINGER SOY DIPPING SAUCE

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES

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

**MAKES:** 8-10 PANCAKES

## INGREDIENTS

- 3 medium white potatoes, peeled, trimmed
- 1/2 cup scallions, finely chopped
- 2 tablespoons all-purpose flour
- 2 large eggs, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 tablespoons canola oil, divided

## GINGER SOY DIPPING SAUCE

- 1/2 cup soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon fresh ginger, minced
- 1 teaspoon sugar
- 1/4 teaspoon sesame oil
- 1 scallion, sliced thin

## DIRECTIONS

- 1 Place all Ginger Soy Dipping Sauce ingredients into a bowl and whisk until combined; set aside.
- 2 Position Spaghetti Blade onto Collecting Bowl and assemble Feed Chute Lid. Place potato into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in potato. Select START/STOP; process potato. When complete, remove leftover potato from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining potatoes.
- 3 Squeeze excess moisture from potato noodles with paper towels. Add scallions, flour, eggs, salt, and pepper to potatoes and toss to combine.
- 4 Heat 3 tablespoons oil in a large nonstick skillet over medium heat. Form 1/4-cup portions of potato mixture and place in pan. Flatten with spatula to form 4 pancakes. Fry until bottoms are golden brown, about 4 to 5 minutes. Flip over and fry until golden brown and crisp, an additional 3 to 4 minutes.
- 5 Transfer pancakes to paper towels to drain. Repeat process with remaining potato mixture, adding more oil as needed. Serve with Ginger Soy Dipping Sauce.



## RECIPE SUGGESTION

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

# ROASTED BEET SALAD WITH ARUGULA, GOAT CHEESE & WALNUTS

**PREP:** 20 MINUTES | **COOK:** 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 assembled Collecting Bowl and assemble Feed Chute Lid. Place beet into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in beet. Select START/STOP; process beet. When complete, remove leftover beet from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining beets.
- 4 Toss beet noodles with olive oil, salt, and pepper. Spread evenly on a sheet pan. 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.



# CURRIED BROCCOLI CARROT SALAD

**PREP:** 20 MINUTES

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

**MAKES:** 3-4 SERVINGS

## INGREDIENTS

### DRESSING

- ¾ cup plain Greek yogurt
- 1 tablespoon white wine vinegar
- 1 tablespoon orange juice
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper

### SALAD

- 2 large broccoli stalks, trimmed, outer layer peeled
- 2 large carrots, peeled
- ½ small red cabbage, thinly sliced
- ¼ red onion, peeled, chopped
- ½ cup golden raisins
- ¼ cup blanched sliced almonds
- 2 tablespoons fresh flat-leaf parsley, minced

## DIRECTIONS

- 1 Place all dressing ingredients into a bowl and whisk until combined; set aside.
- 2 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place broccoli stalk into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in broccoli stalk. Select START/STOP; process broccoli stalk. When complete, remove leftover broccoli stalk from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining broccoli stalk and carrots.
- 3 Place broccoli noodles, carrot noodles, and cabbage into a large mixing bowl. Add dressing and toss to combine. Toss with onion, raisins, almonds, and parsley before serving.



# SHRIMP SCAMPI WITH ZUCCHINI NOODLES

**PREP:** 20 MINUTES | **COOK:** 10 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 3 medium zucchini, trimmed to 4-inch length, ends sliced off evenly
- 3 tablespoons extra virgin olive oil, divided
- $\frac{3}{4}$  pound medium cooked shrimp, tails removed
- 2 shallots, minced
- 1 teaspoon garlic, minced
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  cup dry white wine
- Juice of 1 lemon
- $\frac{3}{4}$  pound medium cooked shrimp, tails removed
- $\frac{1}{2}$  cup flat-leaf parsley, chopped
- 2 tablespoons unsalted butter

## DIRECTIONS

- 1 Position the Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in zucchini. Select START/STOP; process zucchini. When complete, remove leftover zucchini from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining zucchini.
- 2 In a large skillet, heat 1 tablespoon olive oil over medium heat. Add zucchini noodles and sauté 2 to 3 minutes, or until just tender. Transfer to a bowl and set aside.
- 3 Add 2 tablespoons olive oil to the same skillet over medium-high heat. Add shallots, garlic, salt, and pepper. Sauté for 2 minutes.
- 4 Add wine to skillet and bring to simmer. Cook until reduced by half, 1 to 2 minutes.
- 5 Add lemon juice and shrimp to skillet and sauté 2 to 3 minutes, or until heated through. Stir in parsley and butter.
- 6 Add zucchini to skillet and carefully stir with sauce to heat through. Serve warm.



# BUTTERNUT SQUASH MAC 'N' CHEESE

**PREP:** 15 MINUTES | **COOK:** 40-45 MINUTES

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

**MAKES:** 4-6 SERVINGS

## INGREDIENTS

- 1 medium butternut squash, peeled, bulb end removed, trimmed to 3-inch cubes
- 3 tablespoons olive oil, divided
- 1 small clove garlic, peeled, minced
- $\frac{3}{4}$  cup panko bread crumbs
- 1 tablespoon fresh thyme, finely chopped
- $\frac{1}{4}$  cup Parmesan cheese, grated
- $\frac{1}{4}$  cup unsalted butter
- 3 tablespoons all-purpose flour
- 1 cup whole milk
- 1  $\frac{1}{2}$  cups half & half
- $\frac{1}{2}$  teaspoon dry mustard
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper
- 1  $\frac{1}{2}$  cups Gruyère cheese, grated
- 1 cup extra-sharp cheddar cheese, grated

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place squash into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in squash. Select START/STOP; process squash.
- 3 Place the squash noodles on a large baking sheet and drizzle with 1 tablespoon olive oil. Gently toss to coat. Bake 5 to 7 minutes.
- 4 Heat 2 tablespoons olive oil in a small skillet. Sauté garlic for 2 to 3 minutes. Add bread crumbs and thyme. Cook, stirring constantly, until crumbs are golden brown. Transfer to a bowl and add Parmesan; set aside.
- 5 Melt butter in a saucepan over medium heat. Whisk in flour and cook for 2 minutes, stirring constantly. Whisk in milk, half & half, mustard, salt, and pepper and bring to a boil. Turn down heat to medium and simmer 3 to 4 minutes, whisking frequently, until thick and smooth.
- 6 Remove mixture from heat and add Gruyère and cheddar cheeses. Stir until melted. Stir sauce with squash noodles and pour into a 3-quart baking dish. Top with the bread crumb topping.
- 7 Bake 25 to 30 minutes, or until sauce is bubbly and browned on top.



# ZUCCHINI SPAGHETTI WITH BASIL PESTO & SWEET PEAS

**PREP:** 15 MINUTES | **COOK:** 5 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™; PRECISION PROCESSOR™ BOWL | **BLADE DISC:** SPAGHETTI

**MAKES:** 3-4 SERVINGS

## INGREDIENTS

3 medium zucchini, trimmed to 4-inch length, ends sliced off evenly

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 freshly grated Parmesan cheese

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/2 cup olive oil

## DIRECTIONS

- 1** Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in zucchini. Select START/STOP; process zucchini. When complete, remove leftover zucchini from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining 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 START/STOP 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.**



## RECIPE SUGGESTION

This is also a great recipe for your Ribbon Blade Disc.

# ZUCCHINI NOODLES WITH SAUSAGE & BROCCOLI RABE

**PREP:** 20 MINUTES | **COOK:** 15-20 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

**MAKES:** 4 SERVINGS

## INGREDIENTS

3 medium zucchini, trimmed to 4-inch length, ends sliced off evenly

1/4 cup extra virgin olive oil, divided

1 bunch broccoli rabe, cut in 2-inch pieces

1/3 cup water

4 sweet Italian sausage links, casing removed

4 medium garlic cloves, peeled, minced

1/2 teaspoon crushed red pepper, plus more for garnish

1/2 cup chicken broth

6 sun-dried tomatoes packed in oil, thinly sliced

Juice of 1 lemon

## DIRECTIONS

- 1** Position the Fettuccine Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in zucchini. Select START/STOP; process zucchini. When complete, remove leftover zucchini from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining zucchini.
- 2** Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add broccoli rabe and sauté 2 to 3 minutes, stirring occasionally. Add water and cover. Cook for 3 to 5 minutes, until tender. Remove from skillet and set aside.
- 3** Carefully wipe out excess liquid from pan and return to heat. Heat 1 tablespoon olive oil and add sausage, breaking apart with spatula to crumble. Add garlic and Blade Disc; empty contents of Collecting Bowl and set them aside. and cook 5 to 7 minutes, or until sausage is cooked through.
- 4** Add chicken broth and sun-dried tomatoes. Simmer 2 to 3 minutes, then add lemon juice.
- 5** In a separate skillet, heat remaining tablespoon olive oil over medium-high heat. Add zucchini noodles and stir until heated through and just slightly softened, about 2 to 3 minutes.
- 6** Top noodles with the sausage and broccoli rabe mixture. Garnish with crushed red pepper.



# SIMPLE CHICKEN ZOODLE SOUP

**PREP:** 20 MINUTES | **COOK:** 15 MINUTES

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

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 large carrots, peeled, ends trimmed
- 1 small zucchini, trimmed to 4-inch length, ends sliced off evenly
- 2 tablespoons olive oil, divided
- Salt and pepper, to taste
- 1/2 pound uncooked chicken breast tenders, diced
- 1 clove garlic, peeled, minced
- 2 celery ribs, 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 assembled Collecting Bowl and assemble Feed Chute Lid. Place carrot into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in carrot. Select START/STOP; process carrot. When complete, remove leftover carrot from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining carrot and zucchini, keeping carrot and zucchini noodles separate.
- 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.



# CHOCOLATE CHIP ZUCCHINI BREAD

**PREP:** 15 MINUTES | **COOK:** 50 MINUTES

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

**MAKES:** 1 LOAF

## INGREDIENTS

- 1 medium zucchini, trimmed to 4-inch length, ends sliced off evenly
- 2 <sup>3</sup>/<sub>4</sub> cups all-purpose flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 3 eggs
- 1 1/2 cups granulated sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup semisweet chocolate chips
- 1 cup chopped walnuts
- 1 tablespoon orange zest

## DIRECTIONS

- 1 Preheat oven to 350°F. Grease a 9x5-inch loaf pan.
- 2 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place zucchini into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in zucchini. Select START/STOP; process zucchini. Remove zucchini noodles from Auto-Spiralizer and wrap them in paper towels, then squeeze out excess moisture. Set noodles aside.
- 3 Combine flour, baking powder, baking soda, salt, cinnamon, and nutmeg in a bowl. Set aside.
- 4 In a large bowl, beat eggs with a whisk. Add sugar and continue beating until well blended. Stir in zucchini noodles, oil, vanilla, chocolate chips, walnuts, and orange zest. Stir in flour mixture. Pour into prepared loaf pan.
- 5 Bake 50 minutes, or until a knife inserted in center comes out clean. Remove loaf from pan and let cool before serving.

# CINNAMON APPLE SPIRALS

**PREP:** 10 MINUTES | **COOK:** 6-7 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE

**MAKES:** 2 SERVINGS

## INGREDIENTS

2 medium apples, peeled, trimmed  
2 tablespoons unsalted butter  
1 1/2 teaspoons cinnamon  
2 tablespoons light brown sugar

## DIRECTIONS

- 1 Position the Fettuccine Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place apple into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in apple. Select START/STOP; process apple. When complete, remove leftover apple from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining apple.
- 2 Melt butter in a skillet over medium-high heat. Add apples to pan, spreading evenly.
- 3 Sprinkle apples with cinnamon and brown sugar. Cover and cook for 6 to 7 minutes, or until softened.

# FRESH PEAR GALETTE

**PREP:** 15 MINUTES | **COOK:** 30-35 MINUTES

**CONTAINER:** AUTO-SPIRALIZER™; PRECISION PROCESSOR™ BOWL | **BLADE DISC:** SPAGHETTI

**MAKES:** 4-6 SERVINGS

## INGREDIENTS

2 large ripe pears, trimmed  
1 recipe Pate Sucrée (see recipe below)  
(or 1 store-bought pie crust)  
3 tablespoons apricot preserves  
1 egg, beaten  
2 tablespoons raw sugar

## DIRECTIONS

- 1 Preheat oven to 375°F. Prepare Pate Sucrée according to directions below (if not using a store-bought pie crust).
- 2 Position the Spaghetti Blade onto assembled Collecting Bowl and assemble Feed Chute Lid. Place pear into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in pear. Select START/STOP; process pear. When complete, remove leftover pear from Blade Disc; empty contents of Collecting Bowl and set them aside. Repeat process with remaining pear.
- 3 Roll pastry dough on a floured board to form a 14-inch round. Place dough on a baking sheet. Brush dough with apricot preserves and fan pear slices into a circle, leaving a 2-inch border. Fold border up and around pears, pressing gently. Brush edge of dough with egg and sprinkle with raw sugar.
- 4 Bake 30 to 35 minutes, or until crust is golden brown and pears are cooked through. Let cool slightly before serving.

## *PÂTE SUCRÉE (SWEET PASTRY DOUGH)*

### INGREDIENTS

1 cup unbleached, all-purpose flour  
1 tablespoon sugar  
1 egg  
1/8 teaspoon salt  
2 tablespoons cold butter, cut in small pieces  
1/4 cup ice water

### DIRECTIONS

- 1 Using the Dough Blade, place the flour, sugar, egg, salt, and butter into the Precision Processor Bowl.
- 2 PULSE until just combined. Add the ice water and PULSE until dough forms a rough ball. Remove and form into a firm ball, then flatten into a round disc shape. Chill before using.

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