

Cuisinart®

INSTRUCTION BOOKLET
AND RECIPE BOOKLET



PrepExpress™ Slicer/Shredder/Spiralizer

SSL-100C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® PrepExpress™ 5-cup Slicer/Shredder/Spiralizer and the accessories for it:

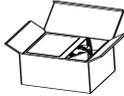
5-cup Work Bowl, Cleaning Brush, 2 Feed Tubes and Pushers, 4 Cutting Cones, Base and Instruction/Recipe Book.

CAUTION:

THE CUTTING CONES HAVE VERY SHARP EDGES.

To avoid injury when unpacking the parts, please follow these instructions.

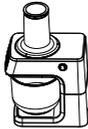
1. Place the box on a low table or floor next to the kitchen counter where you'll use the appliance. Be sure the box is right side up, then open the box.



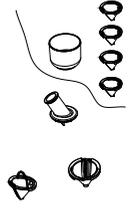
2. Remove the Instruction Book and the Angled Feed Tube and Pusher.



3. Remove cardboard packing materials and pulp molds, and lift the unit out of the box. Remove from plastic bag.



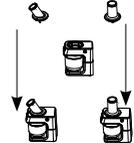
4. Remove the 5-cup Work Bowl from the base of the unit, then carefully remove the four Cutting Cones from the plastic bags in the bowl. Be careful not to touch sharp blades of Cutting Cones.



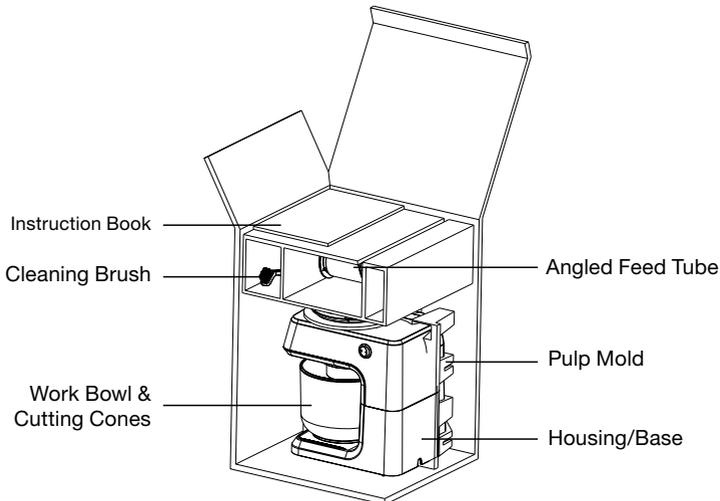
5. Place the Work Bowl back onto the base and refer to the Instruction Book for operating directions.



6. Return cardboard, pulp molds and all plastic bags to the box in case shipping is necessary in the future.



We recommend that you visit our website, www.cuisinart.ca, for a fast, efficient way to complete your product registration.



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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including:

Getting Ready

1. Read all instructions.
2. **Cutting Cones are sharp.** Handle them carefully. Inspect blade prior to use for damage. Do not use blade if damaged.
3. **Always unplug from outlet when not in use, before putting on or taking off parts, before removing food and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
4. Do not use outdoors.
5. Do not let cord hang over edge of table or counter, or touch hot surfaces, including the stove.
6. Do not operate any appliance with a damaged cord or plug, or after appliance malfunctions, or has been dropped or damaged in any way. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
7. This appliance comes with a resettable protection device to prevent damage to the motor in the the case of extreme overload. Should unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing.

Operation

1. Keep hands and other utensils away from Cutting Cones while processing food to prevent the possibility of severe personal injury or damage to the PrepExpress™.
2. Avoid coming into contact with moving parts. Never push food down Feed Tube by hand. Always use Pusher.
3. Make sure motor has completely stopped before removing Feed Tube. (If machine does not stop within 4 seconds after you remove the cover assembly, call 1-800-472-7606 for assistance. Do not use the machine.)
4. Store Cutting Cones as you would sharp knives. Keep out of reach of children.
5. Be sure the Feed Tube is securely locked in place before operating the PrepExpress™.
6. Never try to override or tamper with Feed Tube interlock mechanism.

Cleaning

1. To protect against risk of electrical shock, do not put appliance in water or other liquids.

General

1. This appliance should not be used by or near children or individuals with certain disabilities.
2. Do not operate this, or any other motor-driven appliance while under the influence of alcohol or other substances that affect your reaction time or perception.
3. The Cuisinart® PrepExpress™ is ETL listed for household use. Use it only for food preparation as described in the accompanying recipe and instruction book. Do not use this appliance for anything but its intended use.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your unit.
5. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
6. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTES ON THE CORD PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

NOTES ON THE CORD

1. A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer, detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

3. If a long, detachable power-supply cord or extension cord is used:
 - a. The marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance.
 - b. If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.
 - c. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

WARNING: RISK OF FIRE OR ELECTRIC SHOCK



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated, dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of fire or electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying appliance.

	WARNING RISK OF FIRE OR ELECTRIC SHOCK. DO NOT OPEN.	
WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY		

FEATURES AND BENEFITS

1. Motor Unit

With On/Off control switch.

ON (I) OFF (O)

2. 5-Cup Work Bowl

3. 4 Cutting Cones

- a. 2.5mm Slice/Ribbon (Green)
- b. 3.0mm Crinkle Slice/Ribbon (Blue)
- c. 3.0mm Thin Shred/Spaghetti (Maroon)
- d. 9mm Wide Shred/Spaghetti (Black)

4. Cutting Cone Holder

5. Straight Feed Tube

For spiralizing.

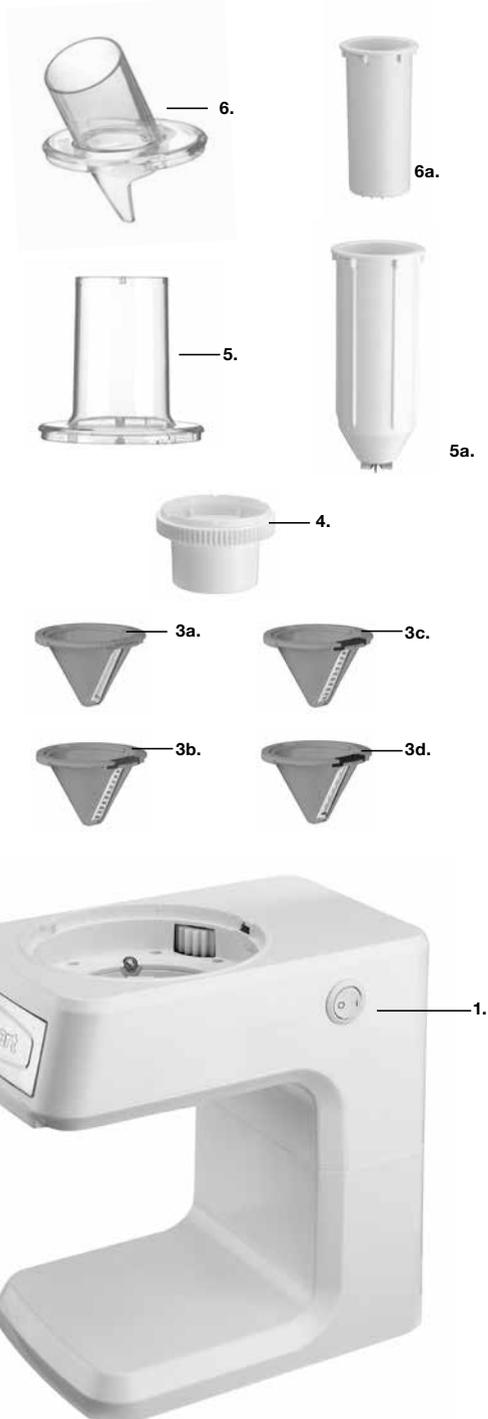
5a. Straight Feed Tube Pusher

6. Angled Feed Tube

For slicing and shredding.

6a. Angled Feed Tube Pusher

7. Cleaning Brush



ACCESSORIES

SELECT		
<p>CUTTING CONES</p>	 <p>Slicer/Shredder</p>	 <p>Spiralizer</p>
RESULTS		
 <p>3.0mm Thin Shred/Spaghetti (Maroon)</p>		
 <p>9mm Wide Shred/Spaghetti (Black)</p>		
 <p>2.5mm Slice/Ribbon (Green)</p>		
 <p>3.0mm Crinkle Slice/Ribbon (Blue)</p>		

OPERATING INSTRUCTIONS

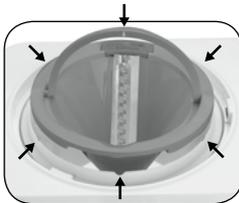
Spiralizing

(Use Straight Feed Tube and Pusher)

1a. Plug unit into outlet. The control switch located on the side of the unit must be in the OFF position before starting. Make sure Cutting Cone Holder is properly positioned in unit. Follow step 1b. to properly insert desired Cutting Cone into the Cutting Cone Holder.



1b. Each Cutting Cone has a thumb recess and an arrow on handle. The arrow must be aligned with one of the 6 notches on the Cutting Cone Holder. (See 6 notch positions in figure to right.)



2. Place Straight Feed Tube on unit and turn clockwise until it clicks to lock into place.



3. Trim the edges of the fruit or vegetable to form a flat surface the width of the Feed Tube. Firmly press the flat end of the item onto the prongs of the Pusher and insert it into the Feed Tube, or place food item directly into the Feed Tube.



4. Be sure Pusher is pressed securely into fruit or vegetable in Feed Tube. Turn control switch located on the side of the unit to ON. Push down with even force to process; processed item will drop into the 5-cup Work Bowl. When processing is complete, turn control switch to OFF.



Results:

Based on desired Cutting Cone used:

- 2.5mm Slice/Ribbon (Green):



- 3.0mm Crinkle Slice/Ribbon (Blue):



- 3.0mm Thin Shred/Spaghetti (Maroon):



- 9mm Wide Shred/Spaghetti (Black):



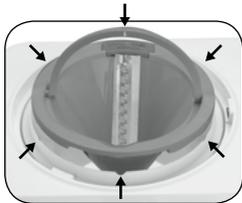
Slicing and Shredding

(Use Angled Feed Tube and Pusher)

1a. Plug unit into outlet. The control switch located on the side of the unit must be in the OFF position before starting. Make sure Cutting Cone Holder is properly positioned in unit. Follow step 1b. to properly insert desired Cutting Cone into the Cutting Cone Holder.



1b. Each Cutting Cone has a thumb recess and an arrow on handle. The arrow must be aligned with one of the 6 notches on the Cutting Cone Holder. (See 6 notch positions in figure on right.)



2. Place Angled Feed Tube on unit and turn clockwise until it clicks to lock into place. Feed Tube should be facing you.



3. Trim the edges of the fruit or vegetable to form a flat surface the width of the Feed Tube. Place food item directly into the Feed Tube.



4. Turn control switch located on side of the unit to ON. Push down with even force to process; items will drop into the 5-Cup Work Bowl. When processing is complete, turn control switch to OFF.



Results:

Based on desired Cutting Cone used:

- 2.5mm Slice/Ribbon (Green):



- 3.0mm Crinkle Slice/Ribbon (Blue):



- 3.0mm Thin Shred/Spaghetti (Maroon) :



- 9mm Wide Shred/Spaghetti (Black):



CLEANING, STORAGE AND MAINTENANCE

- Unplug the power cord before cleaning. Do not put power cord, plug or motor unit in water or other liquids.
- Disassemble all the accessories such as Feed Tubes, Cutting Cones and Cutting Cone Holder.
- Rinse under running water and remove food scraps with Cleaning Brush.
- Wipe the outside surface of the motor unit with a damp cloth, then dry thoroughly.
- All removable parts are top rack dishwasher safe.
- Clean all accessories after each use.

CAUTION:

- Ensure that the motor unit is unplugged when disassembling.
- The blades are sharp; please handle carefully when cleaning.

NOTE: Never immerse the motor unit in water for cleaning.

Maintenance: Any other servicing should be performed by an authorized service representative.

TIPS & HINTS

- Choose vegetables and fruits that are firm and not overripe.
- Ingredients do not need to be cut to fit the height of the Feed Tube. Some ingredients, however, may need to be trimmed to fit the width of the Feed Tube.
- Sometimes, if ingredients are too wide to fit through the Straight Feed Tube for spiralizing, they can first be placed directly into the Cutting Cone before assembling the Feed Tube. If ingredient is still too wide to fit the Feed Tube, the sides may be pared down.
- Before spiralizing, slightly trim tops and bottoms of ingredients to form a flat surface. This will help secure the food to the Pusher.
- Make sure Pusher is firmly inserted into the desired ingredient before spiralizing.
- Put the narrowest end of the food into the

Feed Tube first.

- Round items that fit the Straight Feed Tube spiralize best.
- Use consistent pressure when spiralizing/slicing/shredding to achieve the most even cuts.
- Switching between spiralizing and slicing and shredding is easy—simply switch the Feed Tube.
- When continuously processing ingredients, remove the remaining scrap from the Cutting Cone before processing the next ingredient.
- If the machine runs for a long time (around 60 minutes) and shuts off, the unit may have overheated. Your machine has an overload protection device. It will shut down to protect the motor. Turn off and unplug the unit, and let it rest for a few minutes. The machine will be recovered for use.

WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:

1-800-472-7606

Address:

**Cuisinart Canada
100 Conair Parkway
Woodbridge, ON L4H 0L2**

Email:

consumer_Canada@conair.com

Model:

SSL-100C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at **1-800-472-7606**. For more information, please visit our website at **www.cuisinart.ca**.

RECIPE TIPS AND HINTS

- The Cuisinart® PrepExpress™ allows you to prepare ingredients quickly and easily, whether you're cooking for one person or for a party. Plus, cleanup is a breeze. Just rinse the accessories when you're done and run them through the dishwasher.
- Most vegetables and some fruits can be prepped with the Cuisinart® PrepExpress™. Recommended foods that can be used with all Cutting Cones include zucchini, summer squash, cucumbers, carrots, potatoes, sweet potatoes, beets, radishes, daikon and small apples.
- Larger items, such as butternut squash, may also be processed by trimming the sides or quartering to fit desired Feed Tube. (Keep in mind that round items spiralize best.)
- Some softer items may be sliced, such as firm plum tomatoes, avocados and mangoes.
- Prepped foods can be enjoyed raw, pickled, sautéed, fried, roasted or mixed into recipes. They can be used as toppings, served as a side or main dish, or even as a garnish.
- Other fun uses for the Cuisinart® PrepExpress™ include:
 - Making rose-like garnishes using radishes and the Slice/Ribbon Cone.
 - Making cauliflower rice using cauliflower florets and the Thin Shred/Spaghetti Cone.
 - Making pickled ginger for sushi using peeled, fresh ginger and the Slice/Ribbon Cone.
 - Making homemade pickles using cucumbers and the Slice/Ribbon Cone or Crinkle/Ribbon Cone.
- For easy serving, use kitchen shears to cut spiralized food.

RECIPES

To help your Cuisinart® PrepExpress™ feel right at home in your kitchen, we've assembled a variety of delicious recipes to get you started, from quick and easy to more complex gourmet dishes.

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CARROT AND PARSNIP PANCAKES

An alternative to the traditional potato pancake, spiralizing the vegetables gives this version a lacy look.

- 1 MEDIUM CARROT,
ABOUT 6 OUNCES [170 G]
- 1 MEDIUM PARSNIP,
ABOUT 6 OUNCES [170 G]
- 2 GREEN ONIONS, SLICED
- ¼ CUP FRESH PARSLEY,
CHOPPED
- 2 LARGE EGGS, LIGHTLY BEATEN
- ¾ TEASPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND
BLACK PEPPER
- ¼ CUP EXTRA VIRGIN OLIVE OIL

Makes about 10 pancakes

1. Assemble the Cuisinart® PrepExpress™ with the 3.0mm Shred/Spaghetti Cone and the Straight Feed Tube. Spiralize the carrot and the parsnip.
2. Stir the green onions, parsley, eggs, salt and pepper into the vegetables and toss all together in a larger bowl.
3. Using a ¼ cup (60 ml) measure, form patties out of the carrot/parsnip mixture. Be sure to squeeze out all excess liquid with hands when forming. Reserve.
4. Put a large skillet over medium heat and add the olive oil. When the pan is hot and the oil looks like it's shimmering, add pancakes to the pan and cook in batches so that they are not crowded. Cook 2 to 3 minutes per side, until golden brown and crispy.
5. Drain on paper towels briefly before serving.

Nutritional information per pancake:

*Calories 84 (68% from fat) • carb. 5g • pro. 2g • fat 7g
sat. fat 1g • chol. 43mg • sod. 188mg • calc. 20mg • fiber 1g*

GARLIC DILL PICKLES

The amount of sugar in this recipe may be adjusted to your liking—add more for a sweeter flavor and less for a sharper one.

- 1 SEEDLESS ENGLISH CUCUMBER, ABOUT 12 OUNCES [340 G], TRIMMED
- 1 SMALL BUNCH DILL, ABOUT 1 OUNCE [30 G]
- 3 GARLIC CLOVES, SMASHED
- 1¼ CUPS WATER
- ¾ CUP WHITE VINEGAR
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON WHOLE CORIANDER SEEDS
- ½ TEASPOON DILL SEEDS
- ½ TEASPOON MUSTARD SEEDS
- ½ TO 1 TEASPOON GRANULATED SUGAR

Makes about 100 pickle slices

1. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon or Crinkle/Ribbon Cone and Angled Feed Tube. Slice the cucumber. Add the dill and garlic to the cucumber. Toss and then transfer to a quart container or medium mixing bowl. Reserve.
2. Combine the remaining ingredients in a small saucepan. Bring to a boil and then immediately pour the liquid over the cucumber mixture, making sure all the cucumber slices are submerged.
3. Cool to room temperature, cover and then refrigerate overnight. Pickles will deepen in flavor the longer they marinate.

Nutritional information per serving (10 pickles):

*Calories 10 (12% from fat) • carb. 2g • pro. 0g • fat 0g
sat. fat 0g • chol. 23mg • sod. 239mg • calc. 16mg • fiber 0g*

POTATO CHIPS

The Cuisinart® PrepExpress™ slices vegetables into thin and even slices, perfect for crispy chips that can be seasoned with any of your favorite herbs and spices.

1 MEDIUM POTATO, SCRUBBED,
NOT PEELED

1 MEDIUM SWEET POTATO;
SCRUBBED, NOT PEELED
VEGETABLE/CANOLA OIL,
FOR FRYING

½ TEASPOON KOSHER SALT
(OR USE YOUR FAVORITE
SEASONING SALT SUCH
AS TRUFFLE SALT)

Makes about 4 cups (1 L)

1. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon or Crinkle/Ribbon Cone and the Angled Feed Tube. Slice the potatoes.
2. Fill a medium, heavy-bottomed saucepan halfway with vegetable or canola oil. Heat the oil over medium heat until it reaches 350°F (180 °C). Fry the potato slices in small batches until they are lightly golden, about 3 to 4 minutes. Use a metal skimmer or heatproof, long slotted spoon to strain the chips out of the hot oil and transfer to a paper towel-lined plate. Sprinkle with a small pinch of the salt.
3. Return the oil to 350°F (180 °C) and repeat with remaining potato slices.

Nutritional information per serving (½ cup [125 ml]):

*Calories 219 (71% from fat) • carb. 15g • pro. 1g • fat 18g
sat. fat 3g • chol. 0mg • sod. 26mg • calc. 15mg • fiber 2g*

SUMMER ROLLS

Daikon, also known as Chinese radish or winter radish, makes an excellent and nutritious substitute in these rolls, which are traditionally stuffed with rice noodles.

PEANUT DIPPING SAUCE

- ½ CUP HOISIN SAUCE
- 3 TABLESPOONS CREAMY PEANUT BUTTER
- 1 TABLESPOON WATER
- 1 TEASPOON SOY SAUCE, REDUCED SODIUM
- 1 VERY SMALL GARLIC CLOVE
- 1 ½-INCH (1.25 CM) PIECE FRESH GINGER, PEELED
- ½ TO 1 TEASPOON HOT CHILI SAUCE
- ½ TEASPOON FRESH LIME JUICE

Makes ¾ cup (180 ml) sauce, 24 summer rolls

SUMMER ROLLS

- 1 LARGE DAIKON 12 OUNCES, (340 G) PEELED
- ½ LARGE SEEDLESS CUCUMBER, TRIMMED
- 1 FIRM MANGO, PITTED AND CUT TO FIT ANGLED FEED TUBE
- 2 FIRM AVOCADOS, HALVED, PITTED AND FLESH SCOOPED OUT
- 1 LARGE CARROT, PEELED
- 24 RICE PAPER ROUNDS
WARM WATER,
FOR ASSEMBLING
- 10 SPRIGS FRESH MINT
- 10 SPRIGS FRESH CILANTRO
- 1 LIME
- ½ TEASPOON KOSHER SALT

1. Put all of the Peanut Dipping Sauce ingredients into the small bowl of a Cuisinart® Food Processor or Chopper. Process until completely smooth and homogenous. Transfer to a small serving bowl, cover and refrigerate until ready to use.
2. Assemble the Cuisinart® PrepExpress™ with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube. Spiralize the daikon. Remove and reserve.
3. Replace the Shred/Spaghetti Cone and Straight Feed Tube with the Slice/Ribbon Cone and Angled Feed Tube. Slice the cucumber; remove and reserve. Repeat with the mango and avocados, stopping to clean the Cutting Cone as necessary.
4. Replace the Slice/Ribbon Cone with the 3.0mm Shred/Spaghetti Cone. Shred the carrot. Reserve.
5. Assemble the summer rolls by dipping one of the rice paper rounds into a bowl of warm water. When the rice paper becomes soft and malleable, remove from water, let excess drip off and transfer to a flat plate. Smooth edges to flatten into a circle.
6. Pile a heaping tablespoon of spiralized daikon into the center of the rice paper. In even layers, top with 2 cucumber slices, 3 mint leaves, 2 avocado slices, 3 mango slices, a pinch of carrot, 4 cilantro leaves, a squeeze of lime and a very small pinch of the salt.
7. Fold the bottom of the rice paper over the filling, then fold the right edge inward, and then the left, and roll up from the bottom to seal. Repeat with remaining rice papers.
8. Serve with the Peanut Dipping Sauce.

Nutritional information per serving (1 summer roll):

Calories 49 (32% from fat) • carb. 8g • pro. 1g • fat 2g • sat. fat 0g chol. 0mg • sod. 76mg • calc. 18mg • fiber 2g

Nutritional information per serving (½ [7 ml] tablespoon peanut dipping sauce): *Calories 28 (30% from fat) • carb. 5g • pro. 1g*

• fat 1g • sat. fat 0g • chol. 0mg • sod. 136mg • calc. 28mg • fiber 0g

ZUCCHINI BRUSCHETTA

A fun summer appetizer when zucchini are abundant.

- 12 SLICES ½ INCH (1.25 CM) THICK FRENCH BREAD
- 1 GARLIC CLOVE, SMASHED
- 1 TABLESPOON PLUS 2 TEASPOONS (10 ML) EXTRA VIRGIN OLIVE OIL, DIVIDED
- 1 CUP WHOLE-MILK RICOTTA, STRAINED
- 2 TABLESPOONS GRATED PARMESAN
- ½ TEASPOON KOSHER SALT, DIVIDED
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 1½ TEASPOONS FRESH MINT, THINLY SLICED, DIVIDED
- 1 SMALL ZUCCHINI, ABOUT 3 OUNCES (90 G)
- 1 TEASPOON FRESH LEMON JUICE

Makes 12 bruschetta

1. Preheat toaster oven to 375°F (190 °C). Rub one side of each slice of bread with the garlic and then brush with the tablespoon of olive oil. Bake in oven for about 5 minutes, until golden and crispy.
2. Mix the ricotta together with the Parmesan, ¼ teaspoon (1 ml) of salt, ¼ teaspoon (1 ml) of pepper and 1 teaspoon (5 ml) of mint. Reserve.
3. Assemble the Cuisinart® PrepExpress™ with the 9mm Shred/Spaghetti Cone and the Angled Feed Tube. Shred the zucchini and toss together with the lemon juice, remaining salt, pepper and mint.
4. Assemble the bruschetta by topping each with 1 tablespoon (15 ml) of the ricotta mixture and then 1 teaspoon (5 ml) of the shredded zucchini.

Nutritional information per bruschetta:

Calories 156 (33% from fat) • carb. 19g • pro. 7g • fat 6g sat. fat 3g • chol. 12mg • sod. 309mg • calc. 87mg • fiber 1g

MIXED BEET SALAD WITH GOAT CHEESE

Beet salads are most commonly roasted, but here we keep them raw. You get the same sweet flavor, but in a fraction of the time.

- 2 SMALL GOLDEN BEETS, SCRUBBED
- 2 SMALL RED BEETS, SCRUBBED
- 1½ TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 TEASPOONS FRESH LEMON JUICE
- ¼ TEASPOON KOSHER SALT
- PINCH FRESHLY GROUND BLACK PEPPER
- 1 TABLESPOON CRUMBLLED GOAT CHEESE
- 2 LARGE BASIL LEAVES, THINLY SLICED (CHIFFONADE)

Makes 4 servings [about 2 cups (500 ml)]

1. Assemble the Cuisinart® PrepExpress™ with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube. Spiralize the beets. Transfer to a shallow serving bowl.
2. Add the olive oil, lemon juice, salt and pepper. Toss to combine. Top with the goat cheese and basil. Serve immediately.

Nutritional information per serving [½ cup (125 ml)]:

Calories 82 (64% from fat) • carb. 6g • pro. 2g • fat 6g sat. fat 1g • chol. 2mg • sod. 203mg • calc. 15mg • fiber 2g

DAIKON “NOODLE” SOUP

A simple play on an Asian noodle soup – don’t forget your chopsticks for the “noodles”!

- 4 CUPS CHICKEN BROTH
- 2 CUPS WATER
- 1 3-INCH (7 CM) PIECE FRESH GINGER, PEELED
- 1 SMALL JALAPEÑO
- 1 LARGE CARROT, PEELED
- 1 GARLIC CLOVE, CRUSHED
- 3/4 CUP CILANTRO SPRIGS, DIVIDED
- 1 TABLESPOON FISH SAUCE
- 1 POUND DAIKON, PEELED
- 1 CUP COOKED, THINLY SLICED CHICKEN BREAST, ABOUT 1 BREAST
- 1/4 CUP THINLY SLICED GREEN ONION, ABOUT 1 GREEN ONION
- 1/2 LIME, QUARTERED

Makes 4 servings

1. Put the chicken broth and water into a small stockpot and place on the stove.
2. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon Cone and Angled Feed Tube. Slice the ginger and jalapeño. Replace the Slice/Ribbon Cone with the Crinkle/Ribbon Cone. Slice the carrot.
3. Place sliced vegetables into the stockpot with the garlic, 1/2 cup (125 ml) cilantro and fish sauce. Bring to a boil and then reduce to a simmer for about 20 minutes.
4. While soup is simmering, replace the Crinkle/Ribbon Cone with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube and spiralize the daikon.
5. Divide the daikon noodles (cutting strands with kitchen shears to separate where necessary) among four soup bowls. Put 1/4 cup (60 ml) of chicken in each bowl with 1 tablespoon (15 ml) of green onion.
6. Pour broth and soup vegetables evenly among each bowl. Top each with a tablespoon of cilantro and a squeeze of lime. Serve immediately.

Nutritional information per serving:

*Calories 141 (22% from fat) • carb. 11g • pro. 16g • fat 3g
sat. fat 1g • chol. 63mg • sod. 576mg • calc. 59mg • fiber 4g*

BAKED ZUCCHINI ROSETTES

The PrepExpress™ lives up to its name with this breeze of a dish. There is no need to carve out time to boil pasta or roll finicky noodles; just use the Spiralizer for the zucchini, scoop the cheese and you're on your way to getting a photo-worthy dinner on the table.

2	TEASPOONS OLIVE OIL
4	MEDIUM ZUCCHINI, TRIMMED
1½	OUNCES PECORINO ROMANO
1	POUND [ABOUT 2 CUPS (500 ML)] WHOLE-MILK RICOTTA
1	TABLESPOON PACKED FRESH BASIL, THINLY SLICED (CHIFFONADE)
½	TEASPOON GRATED LEMON ZEST
¼	TEASPOON FRESHLY GROUND BLACK PEPPER
	PINCH KOSHER SALT
½	CUP MARINARA SAUCE, PLUS ADDITIONAL FOR SERVING (WARMED)

Makes 8 servings

1. Coat a 13x9-inch (33 x 23 cm) baking dish with the olive oil. Reserve.
2. Preheat oven to 450°F (230 °C) with the rack in the upper third position.
3. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon or Crinkle/Ribbon Cone and Straight Feed Tube. Spiralize the zucchini, stopping to clean the Cutting Cone as necessary and to remove the prepared zucchini from the work bowl as it gets full.
4. Once all zucchini are processed, cut each spiral so they each have 4 to 5 layers; there should be 3 to 4 pieces per zucchini. Put each piece (they should look like rosettes) into the prepared baking pan – they should fit tightly.
5. Remove the Slice/Ribbon Cone and replace it with the 3.0mm Shred/Spaghetti Cone. Shred the Pecorino. Remove half and reserve. Add the remaining ingredients, except for the sauce, to the prep bowl with the Pecorino and stir to combine. Evenly divide the cheese mixture on top of each zucchini rosette. Top with ½ cup (125 ml) of the marinara sauce and then sprinkle with the reserved Pecorino.
6. Bake for 15 to 20 minutes, or until the cheese is melted and just browned.
7. Serve immediately with additional warm marinara sauce.

Nutritional information per serving:

*Calories 155 (59% from fat) • carb. 6g • pro. 10g • fat 10g
sat. fat 6g • chol. 32mg • sod. 214mg • calc. 131mg • fiber 1g*

BROWN RICE BOWL WITH AVOCADO AND SALMON

While your rice is cooking, you will have plenty of time to prepare the vegetables and salmon for this quick and healthy meal that is high in protein and good-for-you fats. Do not feel like you need to stay in the boundaries of the suggested vegetables - there are so many items that would work nicely. If you have leftover chicken on hand, that works well as a substitute for the salmon.

- ½ LIME
- ¼ TEASPOON KOREAN CHILI PASTE
- 1 SMALL RADISH (THE WATERMELON VARIETY MAKES FOR A BEAUTIFUL PRESENTATION IF YOU CAN FIND IT; IF NOT, THE CLASSIC RED RADISH WORKS WELL, OR EVEN DAIKON)
- ½ MEDIUM CARROT, PEELED
- 1 1- TO 2-INCH (2.5 TO 5 CM) PIECE SEEDLESS CUCUMBER
- ½ SMALL, FIRM AVOCADO
- 1 CUP COOKED, SHORT-GRAIN BROWN RICE, WARM
- 1 3- TO 4-OUNCE (85 TO 115 G) SALMON FILLET, COOKED TO DESIRED DONENESS
- ½ TEASPOON SESAME OIL
- SESAME SEEDS, WHITE OR BLACK OR A COMBINATION OF BOTH
- FRESH BASIL, THINLY SLICED (CHIFFONADE)
- FRESH CILANTRO LEAVES, ROUGHLY CHOPPED

Makes 1 serving

1. Rub the inside of a small bowl with the halved lime and the chili paste. Reserve the lime half for serving.
2. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon Cone and Angled Feed Tube. Slice the radish, carrot, cucumber and avocado, stopping to clean the Cutting Cone as necessary.
3. Put the rice into the prepared bowl. Top with the sliced vegetables and salmon. Drizzle the sesame oil evenly over the food and then squeeze the reserved lime half over as well. Garnish with the sesame seeds and herbs. Serve immediately.

Nutritional information:

*Calories 643 (29% from fat) • carb. 88g • pro. 27g • fat 21g
sat. fat 3g • chol. 47g • sod. 77mg • calc. 84mg • fiber 10g*

"PASTA" PRIMAVERA

Zucchini stands in for pasta in this bright, veggie-loaded dish.

- ½ SMALL LEEK, LIGHT GREEN AND WHITE PARTS ONLY, SLICED LENGTHWISE WITH ROOT END INTACT
- 3 MEDIUM ZUCCHINI, ABOUT 1½ POUNDS (680 G), TRIMMED
- 1 MEDIUM CARROT, TRIMMED
- 3 OUNCES PARMESAN
- 2 TABLESPOONS UNSALTED BUTTER
- 1 CUP FROZEN PEAS
- ½ TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS MINT LEAVES, TORN
- 2 TEASPOONS FRESH LEMON JUICE

Makes 5 cups (1.25 L)

1. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon Cone and Angled Feed Tube. Slice the leek. Reserve. Replace the Slice/Ribbon Cone with the 9mm Shred/Spaghetti Cone and shred the zucchini. Replace the 9mm Shred/Spaghetti Cone with the 3.0mm Shred/Spaghetti Cone and shred the carrot. Reserve the shredded zucchini and carrot together. Shred the Parmesan. Reserve.
2. In a large skillet, heat the butter over medium-high heat. Once butter melts and starts to foam, add the sliced leek. Reduce heat to medium and cook, stirring constantly, to soften, about 5 minutes. Add shredded zucchini, carrot, Parmesan, peas, salt and pepper. Stir and warm until the cheese is melted, about 5 minutes. Remove from heat and add the mint and lemon juice.
3. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per serving [1 cup (250 ml)]:

*Calories 149 (55% from fat) • carb. 9g • pro. 9g • fat 10g
sat. fat 7g • chol. 29mg • sod. 546mg • calc. 249mg • fiber 3g*

"SPAGHETTI" WITH DICED TOMATOES AND WILD SALMON

This satisfying one-pan meal is nutritious and packed with fresh Mediterranean flavor.

- 2 MEDIUM ZUCCHINI, 1 POUND, (450 G) TRIMMED
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- ½ POUND WILD SALMON
- ¼ TEASPOON KOSHER SALT
- 1 PINCH FRESHLY GROUND BLACK PEPPER
- ½ CUP PITTED KALAMATA OLIVES, ROUGHLY CHOPPED
- 1 TABLESPOON CAPERS, DRAINED AND RINSED
- 1 CAN [14 OUNCES (400 ML)] DICED TOMATOES

Makes 2 to 3 servings

1. Assemble the Cuisinart® PrepExpress™ with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube. Spiralize the zucchini. Reserve.
2. In a large sauté pan, heat the olive oil over medium-high heat. Once hot, add the salmon, skin side down. Sprinkle with salt and pepper and sear, about 2 minutes. Add the olives and capers. Cook for 1 minute. Carefully add the diced tomatoes with the liquid, cover, and reduce heat to low. Gently simmer until cooked, about 10 minutes.
3. Once salmon is ready, transfer to a serving plate.
4. Continue cooking sauce, uncovered, until most of the liquid has evaporated. Add the spiralized zucchini zoodles and toss to just warm through.
5. Taste and adjust seasoning as desired. Zucchini will release liquid during cooking; serve sauce and (zoodles) with a slotted spoon.

Nutritional information per serving (based on 3 servings):

Calories 268 (56% from fat) • carb. 12g • pro. 18g • fat 17g sat. fat 2g • chol. 42mg • sod. 924mg • calc. 52mg • fiber 3g

SWEET POTATO FETTUCINE WITH WILD MUSHROOMS AND SWISS CHARD

This “pasta” dish can be served either as a main or hearty side dish on a cool fall evening.

- ½ CUP SMALL DICED PANCETTA
- 4 OUNCES WILD MUSHROOMS, SLICED
- 1 BUNCH SWISS CHARD (SELECT THE RAINBOW VARIETY, IF AVAILABLE, TO ADD COLOR TO THE DISH), STEMS SEPARATED FROM THE LEAVES, BOTH THINLY SLICED
- 2 GARLIC CLOVES, SMASHED
- 1 TEASPOON KOSHER SALT, DIVIDED
- ¼ TEASPOON CRUSHED RED PEPPER
- 1 POUND SWEET POTATO OR YAM, PEELED, ABOUT 2 SMALL TO MEDIUM POTATOES
- 1 CUP CHICKEN BROTH
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- GRATED PARMESAN FOR SERVING

Makes about 4 cups (1 L)

1. Heat a large sauté pan over medium heat. Add the pancetta and sauté until the fat is rendered and the pancetta is crispy.
2. Add the wild mushrooms and chard stems with garlic to the pan with ½ teaspoon (2 ml) salt and crushed red pepper. Continue sautéing on medium/medium-low until slightly browned, at least 10 to 15 minutes. Stir occasionally and scrape the bottom while cooking.
3. While vegetables are sautéing, assemble the Cuisinart® PrepExpress™ with the 9mm Shred/Spaghetti Cone and the Straight Feed Tube. Spiralize the sweet potatoes.
4. Add the chard leaves to the pan over heat, stir until wilted. Add the chicken broth and olive oil to the pan with the remaining salt. Increase the heat so that the mixture begins to boil, add the sweet potatoes and cover tightly. Cook for 3 minutes. Sweet potatoes will be al dente but will continue to cook as it sits.
5. Toss and serve with grated Parmesan on the side.

Nutritional information per serving [1 cup (250 ml)]:

*Calories 230 (46% from fat) • carb. 26g • pro. 6g • fat 12g
sat. fat 3g • chol. 19mg • sod. 861mg • calc. 60mg • fiber 4g*

APPLE TARTLETS

These simple tartlets are a beautiful alternative to the process of making a full apple pie. No pie cutters needed – just serve individually with a topping of vanilla ice cream or whipped cream.

- 1 SHEET PUFF PASTRY, ROLLED SLIGHTLY TO SMOOTH ANY CREASES
- 2 SMALL APPLES
- 1 TABLESPOON CINNAMON SUGAR [EITHER STORE BOUGHT, OR 1 TABLESPOON (15 ML) SUGAR MIXED WITH ¼ (1 ML) TEASPOON CINNAMON]
- APRICOT JAM, FOR FINISHING
- VANILLA ICE CREAM OR SWEETENED WHIPPED CREAM, FOR SERVING

Makes 4 servings

1. Preheat oven to 425°F (220 °C) with the rack in the middle position. Line a baking sheet with parchment paper; reserve.
2. Using a 4-inch (7 mm) round cutter, cut four rounds out of the puff pastry. Transfer to the prepared baking sheet. Using a paring knife, score a small border around each piece of dough, making a ¼-inch border. Using the tines of a fork, evenly prick the dough all over without cutting through. Reserve in refrigerator until ready to use.
3. Assemble the Cuisinart® PrepExpress™ with the Slice/Ribbon Cone and Straight Feed Tube. Spiralize the apples, stopping to clean the Cutting Cone between apples and to remove the processed apple from the Work Bowl before processing the second. Cut each apple horizontally so that each apple forms two rosettes.
4. Remove puff pastry from refrigerator and place the apples on the prepared baking sheet next to the dough rounds. Evenly sprinkle the cinnamon sugar over each apple rosette.
5. Bake the dough and the apples for 15 minutes. Once the 15 minutes have expired, carefully remove from oven, press down the center of each dough round and, using a heatproof utensil (an offset spatula works best), place the cooked apple in the center of each partially baked pastry. Return to oven and allow to cook until the apples are soft and nicely browned, another 10 to 15 minutes.
6. While tartlets are baking, warm the jam slightly until just runny.
7. Remove tartlets from the oven and carefully brush each with the warm jam. Serve with vanilla ice cream or whipped cream.

Nutritional information per tartlet:

Calories 92 (23% from fat) • carb. 18g • pro. 1g • fat 3g
sat. fat 1g • chol. 0mg • sod. 45mg • calc. 5mg • fiber 1g

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Printed in China /
Imprimé en Chine

17CC027556

IB-14725-CAN