

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



PrepExpress™ Attachment

SPI-50

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

IMPORTANT SAFEGUARDS

When using electrical appliances, especially when children are present, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. **Cutting Cones are sharp.** Handle them carefully. Inspect blade prior to use for damage. Do not use blade if damaged.
3. Switch off and unplug your Cuisinart® Stand Mixer before fitting or removing the PrepExpress™ Attachment, after use and before cleaning.
4. Close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities. Cuisinart does not recommend the use of this appliance by children or individuals with certain disabilities.
5. Keep hands and other utensils away from Cutting Cones while processing food to prevent the possibility of severe personal injury or damage.
6. Avoid coming into contact with moving parts. Never push food down Feed Tube by hand. Always use Pusher.
7. Store Cutting Cones as you would sharp knives. Keep out of reach of children.
8. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
9. Be sure the Feed Tube is securely locked in place before operating.

10. Do not use more than one attachment at a time.
11. Do not use the stand mixer or attachment if it is damaged or if the cord is damaged. Have it checked and serviced before resuming use.
12. Do not use this attachment for anything other than its intended use.
13. Do not use outdoors.
14. To protect against the risk of electric shock, do not put the base power unit in water or other liquids.
15. Do not let cord hang over edge of table or counter.
16. Never leave your Spiralizer Attachment unattended while the stand mixer is running.
17. The attachments are intended for use with the basic appliance SM-50.
18. 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.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

Refer to stand mixer manual for stand mixer operating instructions.

IMPORTANT: Always unplug the Cuisinart® Stand Mixer from outlet when assembling and disassembling.

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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.



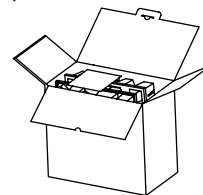
The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the appliance.

UNPACKING INSTRUCTIONS

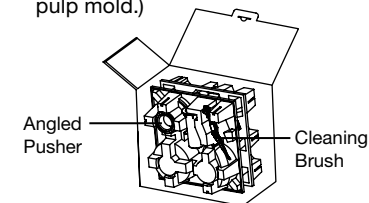
CAUTION: THE CUTTING CONES HAVE VERY SHARP EDGES.

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

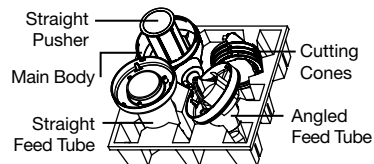
1. Place the box on a low table or floor next to the kitchen counter where you'll use the appliance. Be sure the box is right side up, then open the box.



2. Remove the Instruction Book and the whole set pulp mold. (The cleaning brush and angled pusher are in the back of the set pulp mold.)



3. Place the whole set pulp mold on a flat surface. Remove the Cleaning Brush, Angled Pusher and the upper pulp mold. Then take out the main body, Straight Pusher, Cutting Cones, Straight Feed Tube and Angled Feed Tube, in that order, from the bottom pulp mold.



4. Remove the packing materials and return to the box.

PARTS AND FEATURES

1. Base

2. 4 Cutting Cones

- a. 2.5mm Slice/Ribbon (Green)
- b. 3.0mm Crinkle Slice/Ribbon (Blue)
- c. 3.0mm Thin Shred/Spaghetti (Maroon)
- d. 9.0mm Wide Shred/Spaghetti (Black)

3. Cutting Cone Holder

4. Straight Feed Tube

for spiralizing

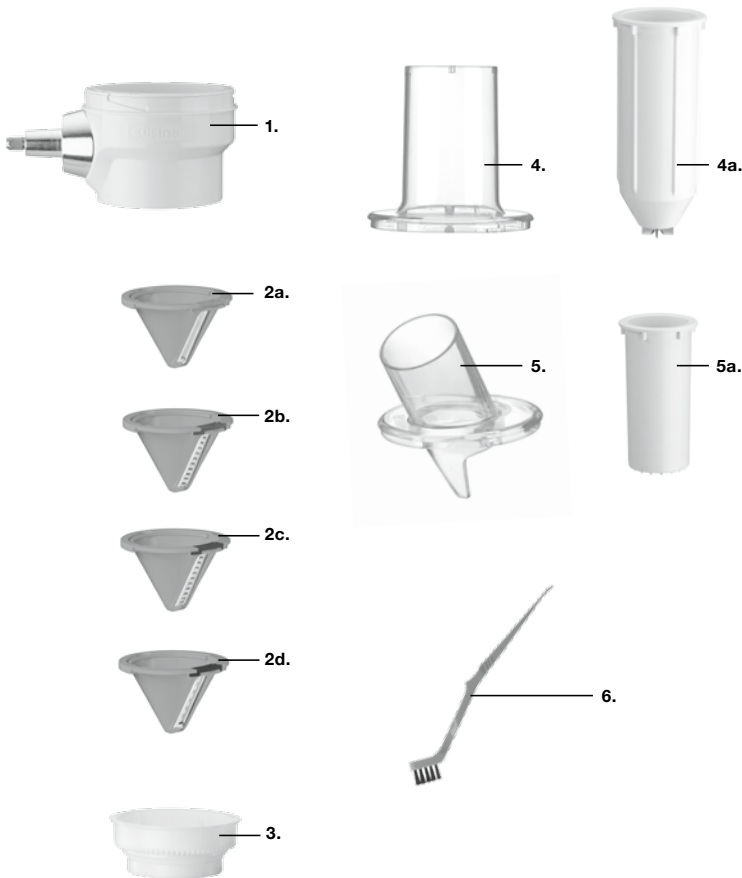
- a. Straight Feed Tube Pusher

5. Angled Feed Tube




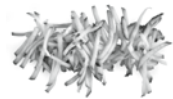










for slicing and shredding

- a. Angled Feed Tube Pusher

6. Cleaning Brush




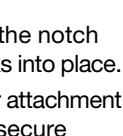
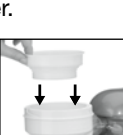





ACCESSORIES

SELECT		
CUTTING CONES	 Slicer/Shredder	 Spiralizer
RESULTS		
 3.0mm Thin Shred/Spaghetti (Maroon)		
 9.0mm Wide Shred/Spaghetti (Black)		
 2.5mm Slice/Ribbon (Green)		
 3.0mm Crinkle Slice/Ribbon (Blue)		





OPERATING INSTRUCTIONS

Attaching to Stand Mixer

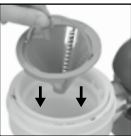
1. Make sure stand mixer is OFF.
2. Gently pull port cover off front of mixer head to remove. 
3. Turn the stand mixer attachment knob counterclockwise until outlet opening is unobstructed. 
4. Insert the square metal end of the unit base into the opening. Turn it back and forth slightly until the knob slips into the notch and attachment locks into place. 
5. Turn the stand mixer attachment knob clockwise to secure attachment to mixer. 
6. Place Cutting Cone Holder on the base. 
7. Place a bowl under nozzle to catch processed food.

2. Place Straight Feed Tube on unit and turn counterclockwise 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. 
4. Be sure Pusher is pressed securely into fruit or vegetable in Feed Tube. Turn stand mixer to speed setting 12. Push down with even force to process; processed item will drop into the bowl. When processing is complete, turn speed setting to 0. 





Results:

- Based on desired Cutting Cone used.
- 2.5mm Slice/Ribbon (Green): 
 - 3.0mm Crinkle Slice/Ribbon (Blue): 
 - 3.0mm Thin Shred/Spaghetti (Maroon): 
 - 9.0mm Wide Shred/Spaghetti (Black): 





Spiralizing (Use Straight Feed Tube and Pusher)

1. Properly insert desired Cutting Cone into Cutting Cone Holder. 

Slicing and Shredding (Use Angled Feed Tube and Pusher)

1. Properly insert desired Cutting Cone into Cutting Cone Holder. 
2. Place Angled Feed Tube on unit and turn counterclockwise 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 stand mixer to speed setting 12. Push down with even force to process; items will drop into the bowl. When processing is complete, turn stand mixer speed setting to 0. 

Results:

- Based on the Cutting Cone used.
- 2.5mm Slice/Ribbon (Green): 
 - 3.0mm Crinkle Slice/Ribbon (Blue): 
 - 3.0mm Thin Shred/Spaghetti (Maroon): 
 - 9.0mm Wide Shred/Spaghetti (Black): 

CLEANING, STORAGE AND MAINTENANCE

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

CAUTION:

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

NOTE: Never immerse the stand mixer in water for cleaning.

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

Tips and 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. May need more force to press pusher when handling hard ingredients.
- 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.

LIMITED 1-YEAR WARRANTY (U.S. AND CANADA ONLY)

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® PrepExpress™ Spiralizer Attachment that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® PrepExpress™ Spiralizer Attachment will be free of defects in materials and workmanship under normal home use for 1 year from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase receipt, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® PrepExpress™ Spiralizer Attachment should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase and any other information pertinent to the product's return.

Your Cuisinart® PrepExpress™ Spiralizer Attachment 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. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to

another retail store that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product to be serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

Recipe Tips and Hints

- The Cuisinart® PrepExpress™ Spiralizer Attachment 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™ Spiralizer Attachment. 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™ Spiralizer Attachment 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.

Makes about 10 pancakes

- 1 medium carrot, about 6 ounces
- 1 medium parsnip, about 6 ounces
- 2 green onions, sliced
- ¼ cup fresh parsley, chopped
- 2 large eggs, lightly beaten
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup extra virgin olive oil

1. Assemble the Cuisinart® PrepExpress™ Attachment with the 3.0mm Shred/Spaghetti Cone and the Straight Feed Tube. Spiralize the carrot and the parsnip. Cut any extra-long spirals with a knife or kitchen shears.
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 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 is 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. 134mg
calc. 20mg • fiber 1g

POTATO CHIPS

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

Makes about 4 cups

- 2 small potatoes; scrubbed, not peeled
- 2 small sweet potatoes; scrubbed, not peeled
- Vegetable/canola oil, for frying
- ½ teaspoon kosher salt (or use your favorite seasoning salt such as truffle salt)

1. Assemble the Cuisinart® PrepExpress™ Attachment with the Slice/Ribbon or Crinkle/Ribbon Cone and the Angled Feed Tube. Trim potatoes to fit feed tube if necessary. 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. 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 and repeat with remaining potato slices.

Nutritional information per serving (½ cup):

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.

Makes 24 summer rolls and ¾ cup sauce

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
1½-inch piece fresh ginger, peeled
½ to 1 teaspoon hot chili sauce
½ teaspoon fresh lime juice

Summer Rolls

1 large daikon (12 ounces), peeled
½ large seedless cucumber, trimmed
1 large 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 to 2 limes
½ teaspoon kosher salt

- Put all of the Peanut Dipping Sauce ingredients into the small bowl of a Cuisinart® Food Processor or Chopper fitted with the chopping blade. Process until completely smooth and homogenous. Transfer to a small serving bowl, cover and refrigerate until ready to use. Thin with water if necessary.
- Assemble the Cuisinart® PrepExpress™ Attachment with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube. Spiralize the daikon. Cut any extra-long spirals with a knife or kitchen shears. Remove and reserve.
- 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.
- Replace the Slice/Ribbon Cone with the 3.0mm Shred/Spaghetti Cone. Shred the carrot. Reserve.
- 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 pliable, remove from water, let excess drip off and transfer to a flat plate. Smooth edges to flatten into a circle.
- 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.
- 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 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

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.

Makes 4 servings (about 2 cups)

- 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 crumbled goat cheese
2 large basil leaves, thinly sliced (chiffonade)
- Assemble the Cuisinart® PrepExpress™ Attachment with the 3.0mm Shred/Spaghetti Cone and Straight Feed Tube. Peel and/or trim beets to fit feed tube if necessary. Spiralize the beets. Cut any extra-long spirals with a knife or kitchen shears. Transfer to a shallow serving bowl.
 - 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):

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

BAKED ZUCCHINI ROSETTES

The PrepExpress™ Attachment 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.

Makes 16 rosettes

- 2 tablespoons olive oil, divided
4 medium zucchini, trimmed
Kosher salt (for seasoning zucchini, plus a pinch for ricotta filling), divided
½ cup shredded Pecorino Romano, divided
1 pound (about 2 cups) whole-milk ricotta
1 tablespoon packed fresh basil, thinly sliced (chiffonade)
½ teaspoon grated lemon zest
¼ teaspoon freshly ground black pepper
½ cup marinara sauce, plus additional for serving (warmed)
- Coat a 13x9-inch baking dish with 2 teaspoons of the olive oil. Reserve.

2. Preheat oven to 450°F with the rack in the upper third position.
3. Assemble the Cuisinart® PrepExpress™ Attachment 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 into 4 equal-length spirals with a knife or kitchen shears. Form each spiral into a rosette and place onto the prepared baking pan – they should fit tightly. Brush each rosette with the remaining olive oil and sprinkle with salt.
5. In a small prep bowl, combine half of the shredded Pecorino Romano with the remaining ingredients, except for the sauce, and stir to combine. Evenly divide the cheese mixture on top of each zucchini rosette. Top with ½ cup of the marinara sauce and then sprinkle with the reserved Pecorino.
6. Bake for 20 to 25 minutes, or until the cheese is melted and just browned.
7. Serve immediately with additional warm marinara sauce.

Nutritional information per rosette:
Calories 91 (64% from fat) • carb. 3g
pro. 5g • fat 7g • sat. fat 3g • chol. 17mg
sod. 108mg • calc. 69mg • fiber 1g

“PASTA” PRIMAVERA

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

Makes 5 cups

- ½ **small leek, light green and white parts only, sliced lengthwise with root end intact**

- 3 to 4 **medium zucchini, about 1½ pounds, 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**

1. Assemble the Cuisinart® PrepExpress™ Attachment 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 until the cheese is melted and the vegetables are warmed through, 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):
Calories 149 (55% from fat)
carb. 9g • pro. 9g • fat 10g • sat. fat 7g
chol. 29mg • sod. 546mg
calc. 249mg • fiber 3g

FRESH, SUMMER “SPAGHETTI”

This light, stovetop dish is full of bright flavors and couldn't be easier to make.

Makes about 3 cups.

- 2 **medium zucchini, about 1 pound total**
- 1 **large carrot (only use wide end of carrot)**
- 2 **tablespoons extra virgin olive oil**
- 2 **garlic cloves, smashed**
- ¼ **teaspoon crushed red pepper**
- 1 **pint grape tomatoes, halved**
- ¾ **teaspoon kosher salt, divided**
- ¼ **cup packed fresh basil leaves, sliced very thin**

1. Assemble the Cuisinart® PrepExpress™ Attachment with the 3.0mm Shred/Spaghetti Cone and the Straight Feed Tube. Spiralize the zucchini and the carrot. Cut any extra-long spirals with a knife or kitchen shears. Set aside.
2. In a large skillet, heat olive oil, garlic and crushed red pepper over medium-high heat until hot and fragrant, about 5 minutes.
3. Add tomatoes and ¼ teaspoon salt; cook until blistered and just starting to pop, about 4 to 6 minutes.
4. Remove skillet from heat. Remove garlic cloves. Stir in zucchini, carrot, basil and remaining salt. Taste and adjust seasoning as desired.
5. Serve immediately.

Nutritional information per serving (1 cup):
Calories 137 (61% from fat) • carb. 12g
pro. 3g • fat 10g • sat. fat 2g • chol. 0mg
sod. 567mg • calc. 49mg • fiber 3g

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.

Makes 4 servings

- 1 **sheet puff pastry, rolled slightly to smooth any creases**
- 2 **small apples**
- 1 **tablespoon cinnamon sugar (either store bought, or 1 tablespoon sugar mixed with ¼ teaspoon cinnamon)**
- Apricot jam, for finishing**
- Vanilla ice cream or sweetened whipped cream, for serving**

1. Preheat oven to 425°F with the rack in the middle position. Line a baking sheet with parchment paper; reserve.
2. Using a 4-inch 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™ Attachment with the Slice/Ribbon Cone and Straight Feed Tube. Peel and/or trim apples to fit the feed tube if necessary. Cut each apple horizontally so that each apple forms 2 rosettes. 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.

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 10 minutes. Once the 10 minutes have expired, remove from oven. Carefully press down the center of each dough round using a heatproof utensil (an offset spatula works best) and place the cooked apple rosette in the center of each partially baked pastry. Return to oven and allow to cook until the apples are soft and nicely browned, another 15 to 20 minutes.
6. While tartlets are baking, warm the jam slightly until just runny. Thin with water if necessary.
7. Remove tartlets from the oven and carefully brush each with the warm jam. Serve warm 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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