

# Cuisinart® INSTRUCTION AND RECIPE BOOKLET



**Cuisinart® Spiralizer Accessories for the Elemental™  
13-Cup Food Processor**

**FP-SP**

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

# 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.

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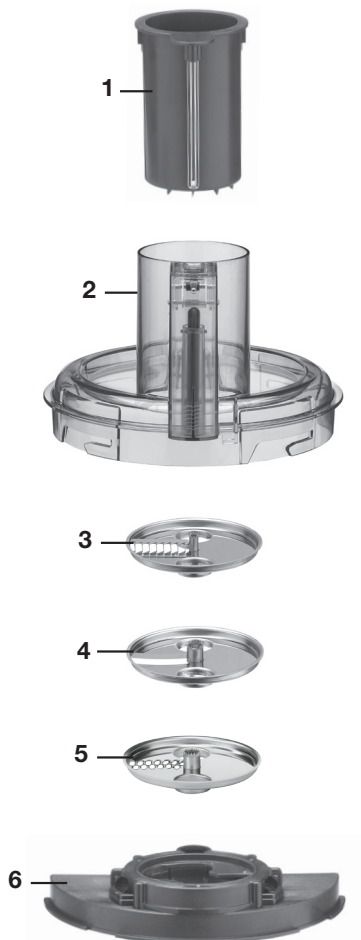
	<b>WARNING</b> RISK OF FIRE OR ELECTRIC SHOCK DO NOT OPEN	
<b>WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY</b>		

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## ACCESSORY PARTS

### Spiralizer Accessories

1. Spiralizer Pusher
2. Spiralizer Cover
3. Spaghetti Cut Disc
4. Ribbon Cut Disc
5. Angel Hair Disc
6. Spiralizer Disc Holder



## BENEFITS OF SPIRALIZING

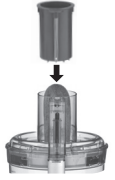
You can spiralize a multitude of vegetables and fruits in the Cuisinart® Elemental™ Food Processor. Spiralizing fruits and vegetables is an easy way to transform a variety of dishes. Our separate Angel Hair, Spaghetti Cut and Ribbon Cut discs let you turn a wide variety of favorite fruits and vegetables into long noodles and ribbons. Vegetable “spaghetti” and “angel hair” can be substituted for regular pasta to change up taste, texture, and add extra vitamins and nutrients to a favorite pasta dish. Colorful ribbons of veggies or fruits add to the look and nutritional value of salads and side dishes, enhancing tastes and textures that turn an ordinary dish into something special.

## OPERATING THE SPIRALIZER

1. With Large Work Bowl on base, insert Stem Adapter.
2. Place the Spiralizer Disc Holder over the Stem Adapter and secure into place.
3. Fit the desired disc onto the Spiralizer Disc Holder. Insert your fingers into the finger holes and turn disc clockwise to lock into place.
4. Lock the Spiralizer Cover into place.
5. Trim the fruit or vegetable to fit the Feed Tube.



6. Using the Spiralizer Pusher, push down item to secure firmly onto the pusher's teeth.
7. Select High or Low to spiralize item. Select OFF to stop spiralizing and remove Spiralizer Cover. Remove scraps remaining on disc. Remove scraps on Spiralizer Pusher. Replace Spiralizer Cover and repeat with next item.



## Spiralizer Tips

- The Spiralizer attachment uses three discs – an Angel Hair Disc, Spaghetti Cut Disc and a Ribbon Cut Disc – to create garnishes or cut slices of vegetables and fruits in wide or narrow spirals.
- Use the Spaghetti Cut Disc to cut long, thin ribbon slices. Use the Ribbon Cut Disc for wider slices. Use the Angel Hair Disc for ultra-thin spaghetti results.
- Once the desired amount of spiralized fruit or vegetable accumulates in the Work Bowl, turn the food processor off, remove the Spiralizer Cover, and remove the food.

- For best results, use firm fruits and vegetables (see chart for suggestions).
- Be sure to clean the entire unit after each usage. All pieces are dishwasher safe.
- Attach shorter foods, such as radishes, by first pressing the Spiralizer Pusher's teeth onto the food, then place into Feed Tube for a more secure hold.



## SPIRALIZER GUIDE

FRUIT	DISC	PREPARATION	RECIPE TIPS
Apple	Spaghetti, Ribbon or Angel Hair	Core (no need to peel!)	Use spaghetti or angel hair raw in salads (be sure to toss with lemon juice to prevent oxidation). Bake in oven with cinnamon sugar for dessert toppings, or bake into a tart or pie.
Pear	Spaghetti, Ribbon or Angel Hair	Core; trim to fit feed tube if pears are large	Break ribbon cuts into smaller pieces and bake into chips. Sauté spaghetti or angel hair to caramelize.
Potato	Spaghetti, Ribbon or Angel Hair	Trim to fit feed tube	Fry spaghetti in oil – toss with salt and pepper (and vinegar for good tang!). Roast in the oven with olive oil.
Yam/Sweet Potato	Spaghetti, Ribbon or Angel Hair	Trim to fit feed tube	Steam or quick boil spaghetti for a “pasta”; roast. Roast ribbon cuts with olive oil and salt.
Beet	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	Use the spaghetti or angel hair raw in a salad, or steam for a light side dish. Roast the ribbon cut beets and serve with a good olive oil.
Daikon	Spaghetti, Ribbon or Angel Hair	Peel	Spaghetti or angel hair for a fresh salad. Add to soups.

Cucumber	Spaghetti, Ribbon or Angel Hair	Trim to fit feed tube	Serve raw with desired dressing. Make ribbons into quick pickles.
Radish	Spaghetti, Ribbon or Angel Hair	Trim to fit feed tube	Pickle ribbons or use raw as a tangy bite to a fresh spring salad.
Carrot	Spaghetti, Ribbon or Angel Hair	Peel	Use raw in salads.
Zucchini/ Summer Squash	Spaghetti, Ribbon or Angel Hair	Trim to fit feed tube	Use spaghetti as “zoodles” with your favorite pasta sauce. Ribbons can be sautéed in olive oil. Angel hair can be served raw in a fresh salad.
Butternut Squash	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube. Use only the neck (save bottom for another use)	Roast or steam to add to soups, salads or as a light side dish.
Turnip	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	Prepare as you would the butternut squash – roasted or steamed.
Kohlrabi	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	Spaghetti or angel hair are best raw in salads or slaws. Roast the ribbon with olive oil and salt.
Jicama	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	Add to raw salads for a nice crunch.
Parsnip	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	These are great added to broth-based soups.
Rutabaga	Spaghetti, Ribbon or Angel Hair	Peel; trim to fit feed tube	Roast for a nice side dish.

## CLEANING, STORAGE AND MAINTENANCE

- Keep your Cuisinart® Spiralizer accessories for the Elemental™ 13-Cup Food Processor ready to use on the kitchen counter.
- Keep the discs out of reach of children.
- All parts except the housing base (of the food processor) are dishwasher safe, and we recommend washing them in the dishwasher on the **top rack only**. Due to intense water heat, washing on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning. Remember to unload the dishwasher carefully wherever you have placed sharp blades and discs.
- To simplify cleaning, rinse the cover, pusher and discs immediately after use so food won't dry on them. Be sure to position the pusher upside down for drainage. If food lodges in the pusher, remove it by running water through it, or use a bottle brush.
- If you wash the Spiralizer accessories by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. Use of a spray attachment is also effective. If necessary, use a brush.

## FOR YOUR SAFETY

- Handle and store discs carefully. Their cutting edges are very sharp.

## TROUBLESHOOTING

### Spiralizer Accessories

- 1. Problem:** No room for ribbon stacks to fall.

**Solution:**

- Turn the food processor OFF, remove the Spiralizer Cover, and transfer the food to a separate bowl before continuing.

- 2. Problem:** Spaghetti/Angel Hair cuts wrap around stem.

**Solution:**

- Turn the food processor OFF, remove the Spiralizer Cover, and transfer the food to a separate bowl before continuing.

- 3. Problem:** Food is not spiralizing.

**Solution:**

- Remove food from Feed Tube, remove scraps from Spiralizer Disc and Spiralizer Pusher and retrim edges of food to form a new, flat surface.

- 4. Problem:** Spaghetti/Angel Hair cuts are not clean cut.

**Solution:**

- Rinse Spiralizer Disc and make sure it is free of any scraps.

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

This warranty is available to consumers only. You are a consumer if you own Cuisinart® Spiralizer Accessories for Elemental™ 13-Cup Food Processor 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® Spiralizer Accessories for Elemental™ 13-Cup Food Processor will be free of defects in materials and workmanship under normal home use for one year from the date of original purchase.

We recommend that you visit our website, [www.cuisinart.com](http://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 date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Spiralizer Accessories for Elemental™ 13-Cup Food Processor 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® Spiralizer Accessories for Elemental™ 13-Cup Food Processor 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.

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# RECIPES

## ACCESSORY KEY

Use the Accessory Key below to identify which accessories you'll need for each recipe. The corresponding symbols are listed before each list of ingredients so you can prepare the blades you need, in addition to the ingredients, before cooking.

Ribbon Cut Disc	Spaghetti Cut Disc	Angel Hair Disc
		

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# PEAR CHIPS

With just the right amount of sweetness, these pear chips make the perfect snack.



- 2 TEASPOONS GROUND CINNAMON
- 1 TEASPOON LIGHT BROWN SUGAR
- 1 TEASPOON GRANULATED SUGAR
- 2 FIRM PEARS, CORED

Makes about 50 chips

1. Preheat oven to 300°F. Line two baking pans with parchment paper. Combine cinnamon and sugars in a small bowl. Reserve.
2. Cut pears to fit feed tube. Fit the Spiralizer with the Ribbon Cut Disc. Process pears on Low.
3. Break large pieces into single layer rounds and place on prepared baking pans. Sprinkle pears evenly with 2 teaspoons of cinnamon-sugar mixture. Turn pears over and sprinkle with remaining cinnamon sugar.
4. Bake until pears are dark brown and dried, about 1 hour to 1 hour 15 minutes. Remove from oven and allow pears to cool so they become crunchy, for at least 5 minutes.

*Nutritional information per serving (10 chips):*

*Calories 56 (2% from fat) | carb. 14g | pro. 0g | fat 0g | sat. fat 0g  
chol. 0mg | sod. 1mg | calc. 8mg | fiber 2g*

# LEMONGRASS CHICKEN SOUP WITH SWEET POTATO NOODLES

The base of this Thai-inspired soup can be made in advance and refrigerated or frozen until ready to use.



- 1½ POUNDS SKINLESS CHICKEN THIGHS
- ½ CUP CILANTRO, STEMS AND LEAVES DIVIDED (LEAVES, ROUGHLY CHOPPED)
- 4 SMALL CELERY STALKS, CUT INTO 3-INCH PIECES
- 2 CARROTS, CUT INTO 3-INCH PIECES
- 1 6-INCH PIECE LEMONGRASS, CUT INTO 2-INCH PIECES AND SMASHED
- 1 2-INCH PIECE GINGER, PEELED
- 1 GARLIC CLOVE, PEELED
- 1 STAR ANISE POD
- ¼ TEASPOON BLACK PEPPERCORNS
- 12 CUPS WATER
- 1 SWEET POTATO
- 2 BABY BOK CHOY, QUARTERED
- 2 TABLESPOONS FRESH LIME JUICE
- 1 TEASPOON KOSHER SALT
- ½ JALAPEÑO, SLICED
- ¼ TEASPOON FISH SAUCE
- 2 LIMES, QUARTERED FOR SERVING

Makes 8 cups

1. Put chicken, cilantro stems, celery, carrots, lemongrass, ginger, garlic, star anise and peppercorns into a large stockpot. Add the water.
2. Bring mixture to a boil, then reduce heat to maintain a simmer; cook until chicken is very tender and falls off the bone, about 2 hours. Strain into another large pot, reserving both the strained stock and chicken. (If making the base in advance, shred the chicken at this point, add it to the stock and let cool before refrigerating or freezing.)
3. Trim the sweet potato to fit the feed tube. Fit the Spiralizer with the Angel Hair Disc and process on Low; reserve.
4. Add the bok choy, cilantro leaves, lime juice, salt, jalapeño and fish sauce to the strained stock. Shred the reserved chicken and add to the soup; reserve.
5. When ready to serve, put a handful of the spiralized sweet potato into a bowl. Reheat the soup until it just comes to a boil. Remove from heat and ladle the hot soup over the sweet potato. Let sit until sweet potato is just tender, about 5 minutes.
6. Serve with a lime wedge.

*Nutritional information per serving (1 cup):*

*Calories 133 (24% from fat) | carb. 7g | pro. 18g | fat 4g sat. fat 1g | chol. 71mg | sod. 417mg | calc. 86mg | fiber 2g*

# BEET SALAD WITH WALNUTS AND RICOTTA SALATA

The saltiness of the cheese combines nicely with the sweetness of the beets and walnuts in this eye-catching salad.



- 2 TABLESPOONS OLIVE OIL, DIVIDED
- 1 BUNCH BEETS (ABOUT 1 POUND,  
4 SMALL TO MEDIUM BEETS),  
SCRUBBED, TRIMMED AND PEELED
- 1 TO 2 PINCHES KOSHER SALT
- 4 CUPS BABY ARUGULA
- ½ CUP TOASTED WALNUT HALVES
- 2 OUNCES CRUMBLLED RICOTTA  
SALATA
- ¼–½ CUP CHAMPAGNE VINAIGRETTE  
(SEE PAGE 12)

Makes about 6 cups

1. Preheat oven to 425°F. Line a baking pan with foil and drizzle with 1 tablespoon of olive oil.
2. Trim the beets so that both the tops and bottoms are cut flat. Fit the Spiralizer with the Ribbon Cut Disc. Process beets on Low, stopping after each beet and clearing the disc when necessary.
3. Spread the beets out on the prepared baking pan. Drizzle with the remaining oil and sprinkle with salt. Bake for 20 minutes.
4. To serve, divide the arugula among four plates. Top each with a beet, fanned across the arugula, and then sprinkle with an even amount of walnuts and cheese, and drizzle with Champagne Vinaigrette.
5. Serve immediately.

*Nutritional information per serving (1½ cups):*

*Calories 283 (74% from fat) | carb. 14g | pro. 6g | fat 24g  
sat. fat 5g | chol. 15mg | sod. 274mg | calc. 145mg | fiber 4g*

# CHAMPAGNE VINAIGRETTE

This quick dressing will soon become a favorite.



- 1 GARLIC CLOVE, PEELED
- 1 SMALL SHALLOT, PEELED AND HALVED
- 1 TEASPOON **D**IJON MUSTARD
- 1/4 TEASPOON KOSHER SALT
- 2 1/2 TABLESPOONS CHAMPAGNE VINEGAR
- 3/4 CUP EXTRA VIRGIN OLIVE OIL

Makes about 1 cup

Fit the food processor with the Small Work Bowl and Small Chopping Blade. With the unit running on High, drop the garlic and shallot through the feed tube to chop. Scrape down and add the mustard, salt and vinegar. While running on Low, slowly add the olive oil through the feed tube. Continue to process until emulsified, about 1 minute.

*Nutritional information per serving (1 tablespoon):*

*Calories 93 (90% from fat) | carb. 1g | pro. 0g | fat 11g | sat. fat 2g | chol. 0mg | sod. 57mg | calc. 1mg | fiber 0*

# CUCUMBER SALAD

The Spaghetti Cut Disc is perfect for preparing your favorite raw vegetables to use in delicate salads like this one.



- ¼ CUP ASIAN-STYLE DRESSING  
(SEE PAGE 15)
- 1 LARGE SEEDLESS CUCUMBER
- 3 MEDIUM RADISHES
- 2 LARGE CARROTS (ONLY USE WIDE  
END OF CARROTS)
- PINCH OF KOSHER SALT, FOR  
SERVING

Makes 3 cups

1. Trim vegetables to fit into the feed tube. Fit the Spiralizer with the Spaghetti Cut Disc. Process vegetables on Low, in the order listed. You may need to stop to clear the disc between processing vegetables.
2. Put the dressing into a large serving bowl. Add the vegetables and toss gently; sprinkle with salt before serving.

*Nutritional information per serving (1 cup):*

*Calories 139 (67% from fat) | carb. 11g | pro. 1g | fat 11g  
sat. fat 1g | chol. 0mg | sod. 426mg | calc. 36mg | fiber 2g*

# PEANUT THAI SALAD

This restaurant favorite is so simple to make at home. You will love the nice balance of sweet and salt in this salad.



- ¼ CUP **ASIAN-STYLE DRESSING**  
(SEE PAGE 15)
- 1 MANGO, PEELED AND PITTED
- ½ LARGE DAIKON
- ⅓ CUP FRESH CILANTRO, ROUGHLY  
CHOPPED\*
- 2 TABLESPOONS PEANUTS, ROUGHLY  
CHOPPED\*

Makes 2 cups

1. Insert the Spiralizer fitted with the Ribbon Cut Disc. Cut mango into pieces to fit the feed tube and then process on Low. Remove the Ribbon Cut Disc and insert the Spaghetti Cut Disc. Process the daikon on Low.
2. Add the mango, daikon and cilantro to serving bowl. Add the dressing and toss to combine. Top with the peanuts and serve immediately.

\*The cilantro and peanuts can both be chopped in the small bowl of the food processor prior to making the dressing.

*Nutritional information per serving (1 cup):*

*Calories 152 (70% from fat) | carb. 11g | pro. 1g | fat 12g  
sat. fat 1g | chol. 0mg | sod. 108mg | calc. 39mg | fiber 2g*

# ASIAN-STYLE DRESSING

This is a very versatile dressing that is perfect for our two salads, but is also nice over a bed of mixed greens.



- 1 GARLIC CLOVE, PEELED
- ½ THAI CHILE, TRIMMED AND SEEDED
- 1½ TEASPOONS FISH SAUCE
- 1 TEASPOON FRESH LIME JUICE
- 1 TEASPOON GRANULATED SUGAR
- 1 TEASPOON RICE VINEGAR
- 1 TEASPOON TOASTED SESAME OIL
- ¼ TEASPOON KOSHER SALT
- 2 TABLESPOONS VEGETABLE OIL

Makes about ¼ cup

Fit the food processor with the Small Work Bowl and Small Chopping Blade. With the unit running on High, drop the garlic and chile through the feed tube to chop. Scrape down and add the remaining ingredients, except for the vegetable oil. While running on Low, slowly add the oil through the feed tube. Continue to process until emulsified, about 1 minute. Remove bowl and reserve.

*Nutritional information per serving (2 tablespoons):*

*Calories 155 (91% from fat) | carb. 4g | pro. 0g | fat 16g  
sat. fat 2g | chol. 0mg | sod. 583mg | calc. 4mg | fiber 0g*

# SWEET POTATO “PASTA” WITH WILD MUSHROOMS AND BROWN BUTTER SAUCE

This simple vegetarian dish is elevated by the warm, nutty flavor of brown butter.



- 1 POUND SWEET POTATOES, PEELED  
**(TIP: FRESH SWEET POTATOES SPIRALIZE BEST)**
- 6 TABLESPOONS UNSALTED BUTTER, DIVIDED
- 2 SPRIGS THYME
- 1 GARLIC CLOVE, PEELED
- 4 OUNCES MIXED WILD MUSHROOMS SUCH AS OYSTER, CREMINI/BABY BELLA
- ½ TEASPOON KOSHER SALT, DIVIDED
- ½ CUP WATER
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER

Makes 3½ cups

1. Trim sweet potatoes to fit into feed tube. Fit the Spiralizer with the Spaghetti Cut Disc. Process sweet potatoes on High. Reserve.
2. Put 2 tablespoons of the butter, thyme sprigs and garlic in a large skillet. Heat over medium-high heat until butter is hot and foamy, about 4 minutes. Add the mushrooms and ¼ teaspoon of the salt; reduce heat to medium. Cook, stirring occasionally, until mushrooms are dark brown on both sides, about 10 minutes.
3. While the mushrooms are cooking, put the remaining butter in a small saucepan. Gently cook over medium heat until fully melted and golden brown in color, about 10 minutes. **NOTE:** Butter browns very quickly. Remove the pan from heat as soon as the butter becomes golden to avoid burning.
4. Once the mushrooms are browned, add the water and stir, scraping up the brown bits from the bottom of the pan. Add the spiralized sweet potatoes to the pan with the mushrooms and spread into a single layer. Add the remaining salt and pepper. Cover, and cook until the sweet potatoes are just softened, about 3 minutes.
5. Remove lid and pour the brown butter evenly over the softened sweet potatoes. Use tongs to gently toss. Remove the pan from heat. Taste and adjust seasoning as desired. Serve immediately.

*Nutritional information per serving (about 1 cup):*  
Calories 343 (58% from fat) | carb. 60g | pro. 4g | fat 22g  
sat. fat 16g | chol. 60mg | sod. 448mg | calc. 48mg | fiber 5g



# ANGEL HAIR “PASTA” WITH LEAFY GREENS AND SAUSAGE

Golden beets stand in for pasta in this dish reminiscent of the traditional favorite made with broccoli rabe and sausage.



- 1 BUNCH GOLDEN BEETS WITH GREENS ATTACHED (ABOUT 3 – 4 SMALL BEETS AND 10 OUNCES OF LEAVES)
- 2 TABLESPOONS OLIVE OIL, DIVIDED
- 8 OUNCES SPICY OR SWEET ITALIAN SAUSAGE (CHICKEN, PORK OR TURKEY MAY BE USED), CASING REMOVED
- ¼ TEASPOON KOSHER SALT
- 1 TO 2 TABLESPOONS WHITE WINE

Makes about 5 cups

1. Prepare beets by cutting the beets away from the greens. Scrub the beets and wash the greens. Separate the leafy parts of the greens from the stems. Roughly chop the leaves and slice the stems into 1-inch pieces. Reserve. Using the Angel Hair Disc, process the beets. Reserve.
2. Put 1½ tablespoons of the oil into a large skillet over medium-high heat. Once hot, add the sausage. Using a wooden spoon, break up the sausage into small pieces, reduce heat to medium. Stir to fully cook through, about 5 minutes. Once cooked, transfer to a large mixing bowl. Reserve.
3. Add half of the remaining oil to the pan. Add the reserved beet stems and stir. Cook for 30 seconds. Add remaining oil and the beet greens and cook until softened, about 5 minutes.
4. While beet greens are cooking, break the spiralized beets into bite-sized pieces. Once the greens are softened, add the beets and salt; stir.
5. Add the reserved sausage and white wine; stir. Cook for 1 minute to allow wine to reduce. Remove from heat and serve immediately. NOTE: Golden beets will oxidize and turn dark brown as they sit.

*Nutritional information per serving (about 1 cup):*  
Calories 231 (68% from fat) | carb. 9g | pro. 9g | fat 18g  
sat. fat 4g | chol. 32mg | sod. 472mg | calc. 93mg | fiber 4g

# FRESH SUMMER “SPAGHETTI”

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



- 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  
FLAKES
- 1 PINT GRAPE TOMATOES, HALVED
- ¾ TEASPOON KOSHER SALT, DIVIDED
- ¼ CUP PACKED FRESH BASIL LEAVES,  
SLICED VERY THIN

Makes 5 cups

1. Trim vegetables to fit into feed tube. Fit the Spiralizer with the Spaghetti Cut Disc. Process the zucchini and carrot on Low; reserve.
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 6 to 8 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 81 (62% from fat) | carb. 7g | pro. 2g | fat 6g | sat. fat 1g  
chol. 0mg | sod. 338mg | calc. 29mg | fiber 2g*

# CRISPY POTATOES AND BEETS WITH CHIPOTLE DIPPING SAUCE

This Spiralizer isn't just for the healthy—after all, doesn't almost everything taste better fried?



## CHIPOTLE DIPPING SAUCE (OPTIONAL):

- ½ CUP MAYONNAISE
- ½ CHIPOTLE IN ADOBE
- PINCH KOSHER SALT

## CRISPY POTATOES AND BEETS:

- 1 RUSSET POTATO, SCRUBBED
- 1 SWEET POTATO, SCRUBBED
- 1 MEDIUM BEET, SCRUBBED
- VEGETABLE OIL, FOR FRYING
- KOSHER SALT, TO TASTE

Serves 4 to 6 people

1. If making the Chipotle Dipping Sauce, put the mayonnaise, chipotle and salt into the Small Work Bowl fitted with the Small Chopping Blade. Process on High until completely combined. Transfer to a small serving bowl, cover and refrigerate until ready to use.
2. Trim the potatoes and beet to fit into feed tube.
3. Fit the Spiralizer with the Spaghetti Cut Disc. Process vegetables on Low. You may need to stop to clear the disc in between processing vegetables.
4. Put vegetable oil in a medium saucepan\*. Heat until oil reaches 375°F. Fry the vegetables, in small batches, until potatoes are golden brown, about 3 to 4 minutes per batch. Adjust the heat as needed to maintain the necessary temperature. Remove from oil and drain on a plate lined with paper towels. Sprinkle each batch with a pinch or two of the salt.
5. Taste and adjust seasoning as desired. Serve immediately with dipping sauce, if desired. In place of the dipping sauce, a spritz of malt or cider vinegar over the fried vegetables is delicious.

\*NOTE: When frying, oil should be a couple of inches deep to prevent crowding.

*Nutritional information per serving (based on 6 servings, without dipping sauce):*

Calories 333 (73% from fat) | carb. 22g | pro. 2g | fat 28g  
sat. fat 48g | chol. 0mg | sod. 327mg | calc. 29mg | fiber 3g

# QUICK APPLE TART

This is more of a rustic-style tart that takes only minutes to prepare.



## TART DOUGH:

- 1 CUP UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TEASPOON KOSHER SALT
- 8 TABLESPOONS (1 STICK) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH CUBES
- ¼ CUP ICE WATER

## FILLING:

- 6 SMALL PINK LADY APPLES (NO MORE THAN 2 INCHES IN DIAMETER), CORED
- 1½ TEASPOONS FRESH LEMON JUICE
- ⅓ CUP CINNAMON SUGAR (⅓ CUP GRANULATED SUGAR AND 1½ TEASPOONS GROUND CINNAMON)
- ¼ TEASPOON KOSHER SALT
- 2 TABLESPOONS UNSALTED BUTTER, COLD AND CUBED
- 2 TABLESPOONS APRICOT JAM, WARMED

Makes 8 servings

1. Make the Tart Dough: Put the flour and salt into the Large Work Bowl fitted with the Large Chopping Blade. Process on Low to sift, 10 seconds. Evenly disperse the butter on top of the flour mixture. Pulse until the mixture resembles coarse crumbs, about 14 pulses. Pour in water, 1 tablespoon at a time, and pulse until the mixture just forms a dough—you may not need all of the water. Form the dough into a disk and wrap with plastic wrap. Refrigerate for at least 30 minutes or until ready to use.
2. When ready to make the tart, roll the chilled dough to fit into a 9-inch tart pan. Chill in the refrigerator for a minimum of 30 minutes. Once chilled, prick the dough all over with the tines of a fork, being sure not to pierce through the dough. Pre-heat oven to 425°F with one rack in the bottom third and one in the middle third of the oven.
3. Prepare the filling: Fit the Spiralizer with the Ribbon Cut Disc. Process apples on Low, one at a time, to cut. Transfer to the chilled tart dough, in a concentric pattern. Drizzle with the lemon juice and then evenly sprinkle the cinnamon sugar and salt over the apples. Top with the butter.
4. Put the prepared tart on a baking sheet and put into the preheated oven in the lower rack position. Bake for 20 minutes. Carefully move tart to the middle position for another 15 minutes, or until the apples are nicely browned and caramelized.
5. Once tart is baked, remove from oven and carefully brush with the warm jam to create a shiny coating. Allow to cool 10 minutes before serving.

*Nutritional information per serving (1 slice):*

*Calories 269 (46% from fat) | carb. 36g | pro. 2g | fat 14g | sat. fat 9g  
chol. 38mg | sod. 207mg | calc. 10mg | fiber 2g*