

SALADMASTER®

Diabetic Friendly Recipe Book

Book 1



Recipes approved by the International Diabetes Federation



SALADMASTER®



SOUTHWESTERN VEGGIE HASH WITH EGGS



PREP TIME
10 MINUTES



COOK TIME
15 MINUTES



SERVINGS
5

UTENSILS: 11" (27.9 CM) SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 5 WHOLE EGGS
- 1 ZUCCHINI, HALVED, SLICED, USE CONE #4
- 1 RED BELL PEPPER, SLICED
- 1 YELLOW BELL PEPPER, SLICED
- 1 GREEN BELL PEPPER, SLICED
- 1 SWEET POTATO, CUBED
- 1 WHITE ONION, DICED, USE CONE #2
- 2 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD ALL VEGGIES, EXCEPT ZUCCHINI. COVER AND COOK FOR 5 MINUTES
- 3 UNCOVER, ADD ZUCCHINI, SALT & PEPPER AND COMBINE
- 4 PUSH SPOON DOWN INTO VEGETABLES TO CREATE POCKET AND ADD ONE EGG PER POCKET. SEASON AND COVER. WHEN VAPO-VALVE BEGINS TO CLICK STEADILY, TURN HEAT TO LOW AND COOK FOR AN ADDITIONAL 5 MINUTES, OR UNTIL EGGS HAVE SET
- 5 SERVE WARM & ENJOY!

NUTRITION PER SERVING

CALORIES 116 • TOTAL FAT 4g • CARBS 12g • SUGARS 3g •
PROTEIN 7g • SODIUM 143mg • FIBER 2g





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MUSHROOM & SPINACH TOFU SCRAMBLE (V)



PREP TIME
5 MINUTES



COOK TIME
15 MINUTES



SERVINGS
4

UTENSILS: 10" (25.4 CM) CHEF'S GOURMET SKILLET & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 1 PACKAGE FIRM TOFU, DRAINED
- 3 CUPS (360 G) SPINACH
- 10 OZ (295.73 ML) MUSHROOMS, SLICED, USE CONE #4
- 1 WHITE ONION, DICED, USE CONE #2
- 1/2 TSP (2.5 ML) TURMERIC
- 2 TBSP (29.57 ML) NUTRITIONAL YEAST
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD ONION AND SAUTE FOR 3 MINUTES
- 3 ONCE ONION IS TRANSLUCENT, ADD TOFU AND CRUMBLE. COOK FOR 3 MINUTES TO REMOVE EXCESS WATER
- 4 ADD TURMERIC, NUTRITIONAL YEAST, SEASON TO TASTE WITH SALT & PEPPER AND COMBINE
- 5 ADD THE SPINACH AND MUSHROOMS. COOK FOR 3-5 MINUTES UNTIL MUSHROOMS HAVE SOFTENED
- 6 REMOVE FROM HEAT & ENJOY!

NUTRITION PER SERVING

CALORIES 142 • TOTAL FAT 5g • CARBS 7g • SUGARS 3g •
PROTEIN 17g • SODIUM 139mg • FIBER 3g





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TURKEY SAUSAGE & VEGGIE SCRAMBLE



PREP TIME
5 MINUTES



COOK TIME
15 MINUTES



SERVINGS
3

UTENSIL: 8" (20.3 CM) CHEF'S GOURMET SKILLET & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 5 WHOLE EGGS
- 8 OZ (225 G) TURKEY SAUSAGE
- 1/2 TOMATO, DICED
- 1 CUP (128 G) SPINACH
- 1/4 WHITE ONION, DICED, USE CONE #2
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 ADD SAUSAGE AND COOK UNTIL BROWNED, APPROXIMATELY 3-5 MINUTES
- 3 REMOVE EXCESS GREASE IF NECESSARY, AND ADD ONION, TOMATO AND COOK FOR 3 MINUTES
- 4 ADD SPINACH AND COOK UNTIL WILTED
- 5 ADD EGGS, SEASON AND SCRAMBLE ON MEDIUM LOW HEAT UNTIL EGGS ARE COOKED THROUGH.
- 6 SERVE ON ITS OWN OR IN A LOW CARB TORTILLA AS A BREAKFAST BURRITO

TIP: LOW CARB/ZERO CARB FLOUR TORTILLAS CAN BE FOUND AT YOUR LOCAL GROCERY STORE

NUTRITION PER SERVING

CALORIES 231 • TOTAL FAT 13g • CARBS 3g • SUGARS 1g •
PROTEIN 24g • SODIUM 329mg • FIBER 1g





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TUSCAN BEAN SOUP (V)



PREP TIME
10 MINUTES



COOK TIME
45 MINUTES



SERVINGS
20 - 1 CUP (128 G)

UTENSILS: 7 QT. (6.6 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 56 OZ (1.59 KG) (4 CANS) CANELLINI BEANS, DRAINED
- 96 OZ (2.72 KG) VEGETABLE STOCK
- 1 MEDIUM LEEK, DICED, WHITE & LIGHT GREEN PART ONLY
- 4 CARROTS, SLICED, USE CONE #5
- 4 STALKS OF CELERY, SLICED, USE CONE #4
- 6 GARLIC CLOVES, MINCED, USE CONE #1
- 1 BUNCH KALE, STEMS REMOVED, CUT INTO 1/2 INCH (12.7 MM) PIECES
- 10 OZ (256 ML) CHERRY TOMATOES, HALVED
- 2 TBSP (27.57 ML) FRESH PARSLEY, CHOPPED
- 1 TBSP (14.79 ML) FRESH THYME, CHOPPED
- 1 TBSP (14.79 ML) FRESH ROSEMARY, CHOPPED
- 1/2 TSP (2.5 ML) RED CHILI FLAKES (OPTIONAL)
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT ROASTER OVER MEDIUM HEAT
- 2 ADD LEEKS, CARROTS AND CELERY AND SAUTE FOR 7 MINUTES OR UNTIL SOFTENED.
- 3 STIR IN GARLIC, CHILI FLAKES, CHERRY TOMATOES, AND HERBS. COVER AND COOK FOR 5 MINUTES
- 4 ADD VEGETABLE STOCK AND BEANS. COVER AND WHEN VAPO-VALVE BEGINS TO CLICK STEADILY, ADD KALE AND COOK FOR AN ADDITIONAL 10 MINUTES OR UNTIL KALE WILTS.
- 5 SERVE HOT & ENJOY!

NUTRITION PER SERVING

CALORIES 290 • TOTAL FAT 1g • CARBS 52g • SUGARS 4g
• PROTEIN 20g • SODIUM 457mg • FIBER 21g





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CHICKEN CILANTRO LIME & CAULIFLOWER RICE SOUP



PREP TIME
10 MINUTES



COOK TIME
40 MINUTES



SERVINGS
6

UTENSILS: 4 QT. (3.8 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 3 CUPS (360 G) CAULIFLOWER RICE
- 2 CHICKEN BREASTS, SKINLESS & BONELESS
- 4 ROMA TOMATOES, DICED
- 64 OZ (1.81 KG) CHICKEN BROTH
- 1 CUP (128 G) FRESH CILANTRO, CHOPPED
- 1 WHITE ONION, DICED, USE CONE #2
- 1 ZUCCHINI, SHREDDED, USE CONE #2
- 4 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE
- GARNISH: LIME & AVOCADO

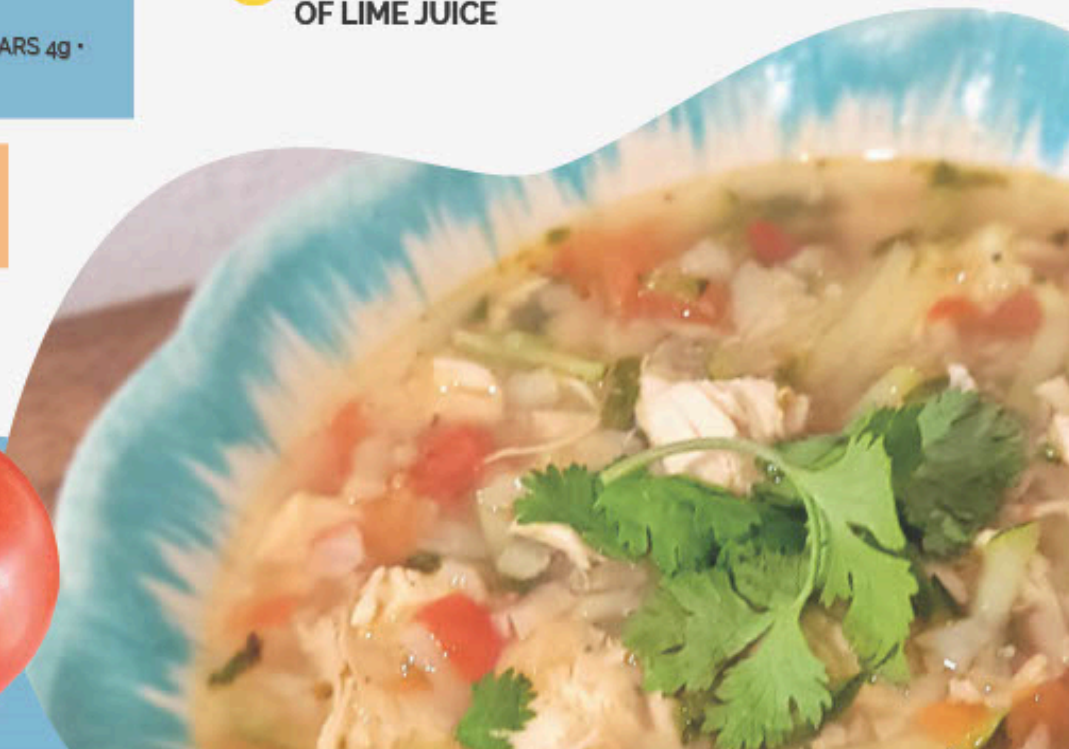
NUTRITION PER SERVING

CALORIES 21g • TOTAL FAT 9g • CARBS 11g • SUGARS 4g •
PROTEIN 24g • SODIUM 211mg • FIBER 2g

TIP: TO RICE A HEAD OF CAULIFLOWER,
USE CONE #2

DIRECTIONS:

- 1 PREHEAT ROASTER AT MEDIUM HEAT
- 2 ADD ONION, TOMATOES, AND CAULIFLOWER RICE AND SAUTE FOR 5 MINUTES
- 3 ADD CHICKEN & SPICES. TOP WITH CHICKEN STOCK AND BRING TO A BOIL.
- 4 ONCE VAPO-VALVE BEGINS TO CLICK STEADILY, REMOVE CHICKEN AND SHRED WITH A FORK
- 5 STIR IN CILANTRO, ZUCCHINI & SHREDDED CHICKEN BACK INTO THE ROASTER AND COVER. COOK FOR AN ADDITIONAL 10 MINUTES.
- 4 SERVE WARM, TOP WITH AVOCADO AND A SQUEEZE OF LIME JUICE





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APPLE & BRUSSELS SPROUTS SLAW (V)



PREP TIME
10 MINUTES



COOK TIME
5 MINUTES



SERVINGS
10

UTENSILS: 3.5 QT. (3.3 L) DOUBLE WALLED BOWL & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 1 LB (453.59 G) BRUSSELS SPROUTS
- 2 HONEY CRISP APPLES
- 1 GREEN ONION, CHOPPED, GREEN PART ONLY
- 1/3 CUP (43 G) CHOPPED PECANS

DRESSING:

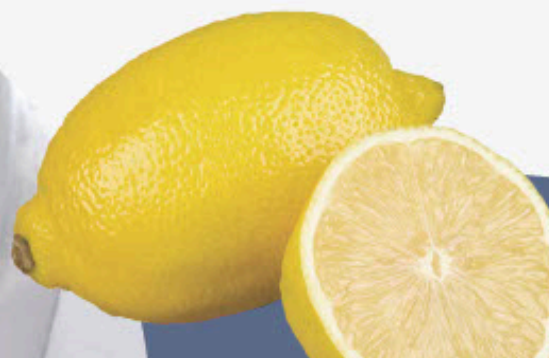
- 2 TBSP (29.57 ML) FRESH LEMON JUICE
- 1 GARLIC CLOVE, MINCED, USE CONE #1
- 1 1/2 TSP (7.39 ML) AGAVE NECTAR
- 1/4 TSP (1.23 ML) SALT
- 1/4 TSP (1.23 ML) PEPPER
- 2 TBSP (29.57 ML) OLIVE OIL

DIRECTIONS:

- 1 SHRED BRUSSELS SPROUTS INTO BOWL USING #5 CONE
- 2 PROCESS APPLE INTO BOWL USING #2 CONE
- 3 ADD GREEN ONION & PECANS
- 4 IN A SMALL BOWL, ADD DRESSING INGREDIENTS AND SLOWLY WHISK IN OLIVE OIL
- 5 POUR DRESSING OVER SALAD AND TOSS UNTIL COMBINED
- 6 SERVE IMMEDIATELY OR REFRIGERATE UNTIL READY TO SERVE

NUTRITION PER SERVING

CALORIES 85 • TOTAL FAT 5g • CARBS 9g • SUGARS 4g •
PROTEIN 2g • SODIUM 69mg • FIBER 3g





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LEMON GARLIC BROCCOLI & CARROTS



PREP TIME
10 MINUTES



COOK TIME
15 MINUTES



SERVINGS
6

UTENSILS: 12" (30.5 CM) ELECTRIC SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 1 LB (0.45 KG) BROCCOLI FLORETS
- 3 CARROTS, SLICED, USE CONE #4
- 4 GARLIC CLOVES, MINCED, USE CONE #1
- 1 LEMON, JUICED & ZESTED, USE CONE #1
- 2 TBSP (29.57 ML) PARMESAN CHEESE
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 ADD ALL INGREDIENTS, EXCEPT PARMESAN CHEESE, TO SKILLET AT 300°F (149°C), TOSS AND COVER
- 2 ONCE VAPO-VALVE BEGINS TO CLICK STEADILY, ADD PARMESAN CHEESE, TURN HEAT TO 200°F (93°C) AND COOK FOR AN ADDITIONAL 3-5 MINUTES UNTIL VEGETABLES HAVE REACHED DESIRED TENDERNESS
- 3 SERVE WARM & ENJOY!

NUTRITION PER SERVING

CALORIES 116 • TOTAL FAT 4g • CARBS 12g • SUGARS 3g •
PROTEIN 7g • SODIUM 143mg • FIBER 2g





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CAULIFLOWER JOLLOF RICE



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVINGS
6

UTENSILS: 3 QT. (2.8 L) SAUCE PAN WITH COVER & BLENDER

INGREDIENTS:

- 5 CUPS (851.72 G) CAULIFLOWER RICE
- 1 TOMATO, QUARTERED
- 1 RED BELL PEPPER, CHOPPED
- 1/2 ONION, CUT INTO 1" (2.54 CM) PIECES
- 1/2 HABANERO PEPPER
- 1/2 CUP (118.29 G) WATER
- 1/2 TSP (2.5 ML) SALT
- 1 TSP (5 ML) CRAYFISH POWDER
- 1 TSP (5 ML) BOUILLON POWDER
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 ADD CAULIFLOWER RICE TO SAUCE PAN OVER MEDIUM HEAT AND COVER. COOK FOR 7 MINUTES
- 2 IN A BLENDER, ADD TOMATO, HABANERO PEPPER, BELL PEPPER, ONION AND WATER. BLEND WELL
- 3 ADD THE BLENDED VEGETABLES AND SPICES TO PAN AND COMBINE
- 4 COOK, UNCOVERED FOR 10 MINUTES, OR UNTIL LIQUID HAS EVAPORATED
- 5 TASTE, ADJUST SEASONINGS IF NECESSARY AND ENJOY!

NUTRITION PER SERVING

CALORIES 32 • TOTAL FAT 0g • CARBS 6g • SUGARS 3g •
PROTEIN 2g • SODIUM 340mg • FIBER 2g

TIP: TO RICE A HEAD OF CAULIFLOWER,
USE CONE #2





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**Change Your Cookware.
Change Your Life.®**