

SALADMASTER®

Diabetic Friendly Recipe Book

Book 2



Recipes approved by the International Diabetes Federation



SALADMASTER®



DIJON & HERB SALMON



PREP TIME
10 MINUTES



COOK TIME
15 MINUTES



SERVINGS
6

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

INGREDIENTS:

- 2 LBS (0.91 KG) SALMON, CUT INTO FILETS
- 1/4 CUP (59.15 G) FRESH PARSLEY, CHOPPED
- 1/3 CUP (78.86 G) DIJON MUSTARD
- 1 TBSP (29.57 ML) LEMON JUICE
- 3 GARLIC CLOVES, MINCED, USE CONE #1
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET OVER MEDIUM HEAT
- 2 COMBINE MUSTARD, PARSLEY, LEMON JUICE, SALT & PEPPER, AND GARLIC IN A BOWL
- 3 TOP SALMON WITH MUSTARD MIX AND ADD TO SKILLET, SKIN SIDE DOWN
- 4 PLACE COVER OVER SKILLET AND LEAVE IT CRACKED. COOK SALMON FOR 10 MINUTES, OR UNTIL FULLY COOKED THROUGH. USE SALADMASTER TURNER TO REMOVE FROM SKILLET
- 5 SERVE WITH A SIDE OF VEGETABLES & ENJOY!

NUTRITION PER SERVING

CALORIES 303 • TOTAL FAT 19g • CARBS 1g • SUGARS 0g
• PROTEIN 32g • SODIUM 123mg • FIBER 0g





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ISRAELI SALAD (V)



PREP TIME
10 MINUTES



COOK TIME
15 MINUTES



SERVINGS
5

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

INGREDIENTS:

- 2 ROMA TOMATOES, DICED
- 2 ENGLISH CUCUMBERS
- 1 RED BELL PEPPER, SLICED
- 1/4 RED ONION
- 1/2 CUP FRESH PARSLEY, CHOPPED
- 1 LEMON, JUICED
- 2 TBSP OLIVE OIL
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PROCESS ONION AND CUCUMBERS IN BOWL USING CONE #2
- 2 ADD TOMATOES, BELL PEPPER, AND PARSLEY
- 3 IN A SMALL BOWL WHISK LEMON, OIL, AND SALT & PEPPER UNTIL COMBINED
- 4 POUR DRESSING OVER SALAD AND TOSS
- 5 SERVE IMMEDIATELY OR REFRIGERATE UNTIL READY TO SERVE

NUTRITION PER SERVING

CALORIES 42 • TOTAL FAT 3g • CARBS 4g • SUGARS 2g •
PROTEIN 1g • SODIUM 19mg • FIBER 1g





SALADMASTER®



LUMPIA IN A BOWL



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVINGS
8

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

INGREDIENTS:

- 1 LB (0.45 KG) GROUND PORK
- 6 GARLIC CLOVES, MINCED, USE CONE #1
- 1 CAN WATER CHESTNUTS, CHOPPED
- 1/2 GREEN CABBAGE, SHREDDED, USE CONE #5
- 1/3 CUP (78.86 G) LOW-SODIUM SOY SAUCE
- 1/4 CUP (59.15 G) ROASTED PEANUTS, CHOPPED
- 1/2 YELLOW ONION, DICED, USE CONE #2
- 2" (5.08 CM) GINGER, MINCED, USE CONE #1
- 5 MUSHROOMS, CHOPPED, USE CONE #3
- 1/2 GREEN ONION, CHOPPED
- 8 OZ (225 G) COOKED SALAD SHRIMP, CHOPPED
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET AT 300°F/150°C
- 2 ADD PORK TO SKILLET AND COOK UNTIL BROWNED.
- 3 ADD MUSHROOMS, WATER CHESTNUTS, GARLIC, GINGER AND ONION TO SKILLET AND COMBINE, COVER AND LOWER TEMPERATURE TO 250°F/120°C
- 4 COOK UNTIL SOFTEND, APPROXIMATELY 4 MINUTES, THEN ADD SOY SAUCE, SHRIMP, PEANUTS, CABBAGE AND GREEN ONIONS.
- 5 ONCE CABBAGE HAS WILTED, SEASON WITH SALT AND PEPPER TO TASTE AND SERVE.

NUTRITION PER SERVING

CALORIES 280 • TOTAL FAT 11g • CARBS 22g • SUGARS 3g
• PROTEIN 17g • SODIUM 361mg • FIBER 2g





SALADMASTER®



CHICKEN & BROCCOLI COCONUT CURRY



PREP TIME
5 MINUTES



COOK TIME
20 MINUTES



SERVINGS
8

UTENSILS: 4 QT. (3.8 L) ROASTER WITH COVER

INGREDIENTS:

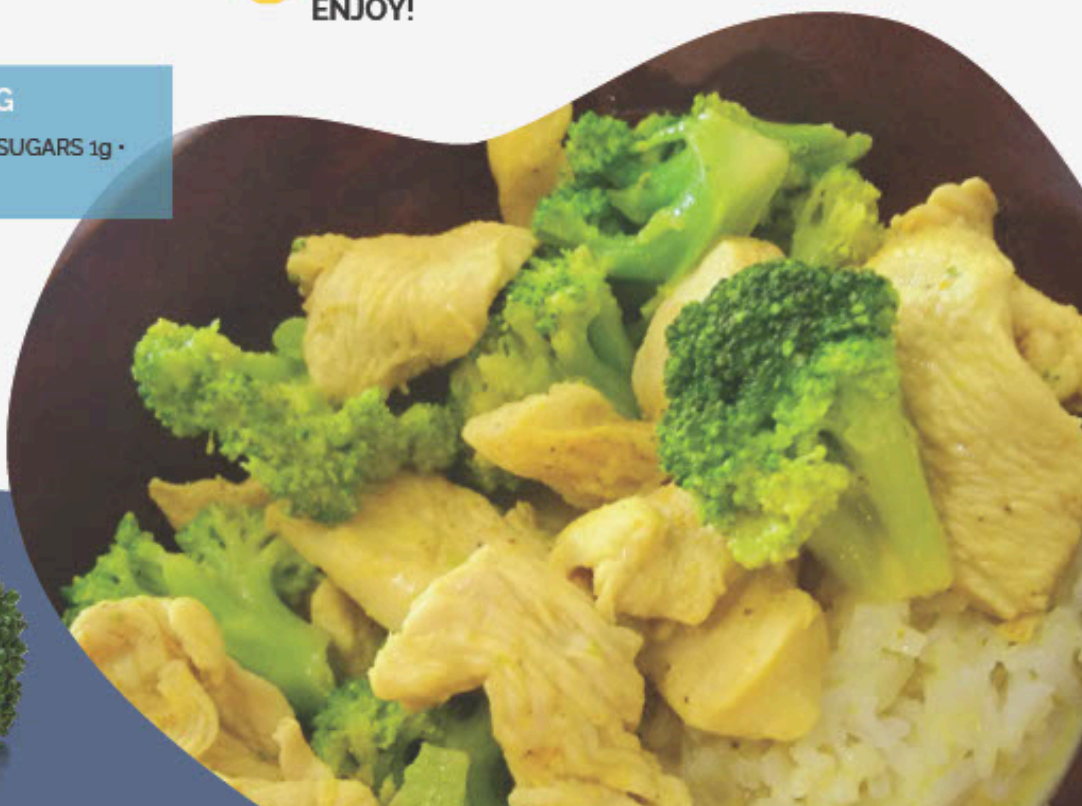
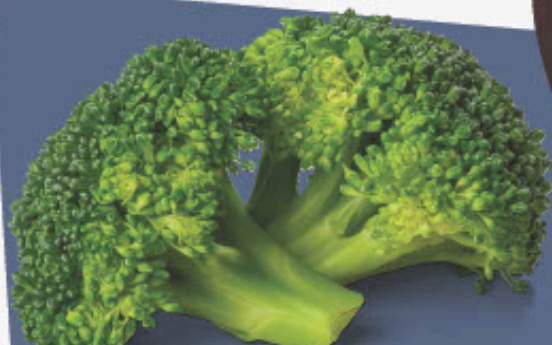
- 4 CUPS (950 ML) BROCCOLI FLORETS
- 3 CHICKEN BREASTS, CUT INTO SLICES
- 2 TBSP (29.57 ML) YELLOW CURRY POWDER
- 15 OZ (425 G) UNSWEETENED COCONUT MILK
- 1/2 TSP (2.5 ML) SUGAR
- 1/2 LIME, JUICED
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 SEASON CHICKEN WITH SALT AND PEPPER AND ADD TO ROASTER. COVER AND COOK OVER MEDIUM HEAT FOR 3 MINUTES, THEN ADD BROCCOLI AND CURRY POWDER.
- 2 SAUTE UNTIL CHICKEN HAS COOKED THROUGH, ABOUT 5 MINUTES.
- 3 STIR IN COCONUT MILK, LIME JUICE AND SUGAR.
- 4 TASTE AND ADJUST SEASONINGS AS NEEDED. COVER AND SIMMER FOR 5 MINUTES.
- 5 SERVE OVER CAULIFLOWER RICE AND ENJOY!

NUTRITION PER SERVING

CALORIES 258 • TOTAL FAT 14g • CARBS 5g • SUGARS 1g •
PROTEIN 19g • SODIUM 125mg • FIBER 2g





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ZOODLES & MEATBALLS IN MARINARA SAUCE



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVINGS
4

UTENSILS: 5" QT. (4.7 L) ROASTER WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

- 2 LARGE ZUCCHINIS, NOODLES, USE CONE #2
- 1 MEDIUM ONION, DICED, USE CONE #2, DIVIDED
- 6 GARLIC CLOVES, MINCED, USE CONE #1, DIVIDED
- 1 JAR OF SPAGHETTI SAUCE
- 1 LB (0.45 KG) GROUND TURKEY
- 1 TBSP (29.57 ML) ITALIAN SEASONING
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 IN A BOWL, COMBINE GROUND TURKEY AND HALF THE ONIONS & GARLIC. MAKE 6-8 MEATBALLS AND SET IN REFRIGERATOR FOR 10 MINUTES
- 2 REMOVE FOOD GUARD FROM FOOD PROCESSOR. USING CONE #2, PLACE ENTIRE ZUCCHINI OVER THE CONE. PLACE PRESSURE DOWN ON ZUCCHINI AND TURN THE HANDLE TO MAKE LONG ZUCCHINI NOODLES. REPEAT
- 3 PREHEAT ROASTER OVER MEDIUM HEAT, ADD MEATBALLS, COVER AND COOK FOR 5 MINUTES
- 4 ONCE MEATBALLS HAVE COOKED THROUGH, REMOVE AND SET ASIDE. ADD ONIONS, GARLIC AND SAUTE UNTIL ONIONS ARE TRANSLUCENT
- 5 ADD SPAGHETTI SAUCE, ITALIAN SEASONING AND ZUCCHINI NOODLES. COVER AND LET SIMMER FOR 5-7 MINUTES OR UNTIL ZUCCHINI HAS REACHED DESIRED TENDERNESS.
- 6 ADD MEATBALLS, SERVE AND ENJOY!

NUTRITION PER SERVING

CALORIES 326 • TOTAL FAT 18g • CARBS 19g • SUGARS 7g
• PROTEIN 19g • SODIUM 113mg • FIBER 5g





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BLACKENED MAHI MAHI TACOS



PREP TIME
20 MINUTES



COOK TIME
10 MINUTES



SERVINGS
6

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

INGREDIENTS:

- 6 ZERO CARB FLOUR TORTILLAS
- 4 MAHI MAHI FILLETS
- 2 TBSP (29.57 ML) BLACKENING SEASONING
- 1/2 RED CABBAGE, SHREDDED, USE CONE #5
- 1/2 GREEN CABBAGE, SHREDDED, USE CONE #5
- 1 LIME, JUICED
- 1/2 CUP (118.29 G) LOW-FAT SOUR CREAM
- 1/2 CUP (118.29 G) CILANTRO, CHOPPED
- 1 AVOCADO

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

DIRECTIONS:

- 1 SEASON FISH FILLETS WITH BLACKENING SEASONING ON ALL SIDES
- 2 ADD FILLETS TO SKILLET OVER MEDIUM HEAT AND COVER
- 3 COOK FOR 10 MINUTES, OR UNTIL FULLY COOKED THROUGH
- 4 IN A BOWL, COMBINE CABBAGE, LIME AND CILANTRO. SEASON TO TASTE
- 5 IN A BLENDER ADD SOUR CREAM AND AVOCADO AND BLEND
- 5 WARM TORTILLAS. ADD FISH, TOP WITH CABBAGE SLAW, DRESSING AND AVOCADO. ENJOY!

NUTRITION PER SERVING

CALORIES 223 • TOTAL FAT 6g • CARBS 18g • SUGARS 2g
• PROTEIN 21g • SODIUM 267mg • FIBER 9g





SALADMASTER®

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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SESAME ASPARAGUS & MUSHROOMS (V)



PREP TIME
10 MINUTES



COOK TIME
10 MINUTES



SERVINGS
5

UTENSILS: 9" (22.9 CM) SKILLET WITH COVER & SALADMASTER FOOD PROCESSOR

INGREDIENTS:

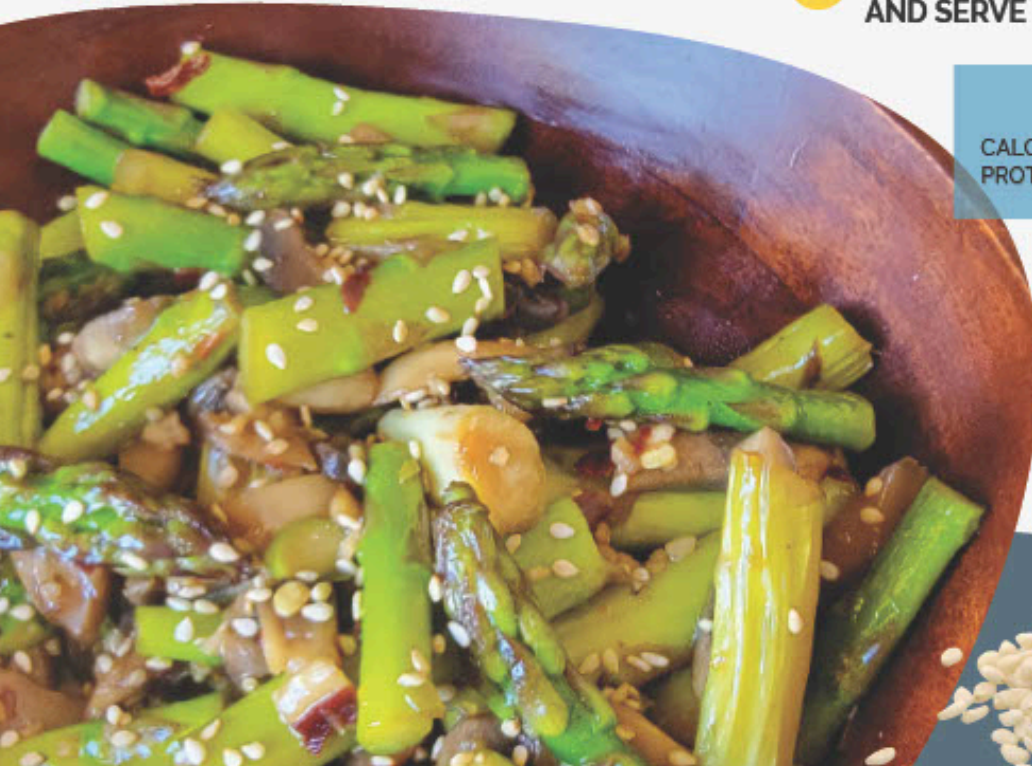
- 2 LBS (.91 KG) ASPARAGUS, CUT INTO 1" (2.54 CM) PIECES
- 10 OZ (283.49 ML) MUSHROOMS, SLICED, USE CONE #4
- 2 GARLIC CLOVES, MINCED, USE CONE #1
- 1 TSP (5 ML) GINGER, SHREDDED, USE CONE #1
- 1 TSP (5 ML) AGAVE NECTAR
- 1/3 TSP (1.64 ML) RED PEPPER FLAKES
- 1 TSP (5 ML) TOASTED SESAME OIL
- 2 TBSP (29.57 ML) LOW-SODIUM SOY SAUCE
- 2 TBSP (29.57 ML) TOASTED SESAME SEEDS
- SALT & PEPPER TO TASTE

DIRECTIONS:

- 1 PREHEAT SKILLET AT MEDIUM HEAT
- 2 ADD ASPARAGUS AND MUSHROOMS AND SAUTE FOR 4 MINUTES
- 3 WHILE VEGETABLES ARE COOKING, ADD SOY SAUCE, GINGER, GARLIC, AGAVE NECTAR, SESAME OIL, AND RED PEPPER FLAKES INTO A BOWL AND COMBINE
- 4 ADD SOY SAUCE MIXTURE TO SKILLET AND TOSS TO COMBINE
- 5 COVER AND COOK FOR AN ADDITIONAL 4 MINUTES
- 6 TASTE FOR SEASONING, TOP WITH SESAME SEEDS AND SERVE

NUTRITION PER SERVING

CALORIES 83 • TOTAL FAT 4g • CARBS 10g • SUGARS 5g •
PROTEIN 6g • SODIUM 210mg • FIBER 4g





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Change Your Life.®**