

Manual Food Processor Recipe Book

Manual Food Processor recipes

The Manual Food Processor is the perfect tool to quickly and efficiently cut, chop and blend foods to create simple recipes. You can combine fruits, vegetables, cream cheese, mayo, herbs and much more to create small servings of salsa, tapenades, sauces, egg salad, chicken salad and dips all with the pump of a handle!

SALSAS

APPLE BERRY SALSA with CINNAMON CHIPS

Cinnamon Chips:

4 7-inch flour tortillas

1 tablespoon granulated sugar

½ teaspoon ground cinnamon

Salsa:

2 medium Granny Smith apples

1 cup strawberries

1 kiwi

1 small orange

2 tablespoons packed brown sugar

2 tablespoons apple jelly

Heat the oven to 400°F. For the Cinnamon Chips, lightly spray the tortillas with water using the Kitchen Spritzer. Combine the sugar and cinnamon in the Flour/Sugar Shaker and sprinkle over the tortillas. Using the Pizza Cutter, cut each tortilla into eight wedges and place in a single layer on the Large Round Stone. Bake 8-10 minutes or until lightly browned and crisp. Remove to the Nonstick

Cooling Rack to cool completely. For the salsa, peel the apples using the Serrated Peeler. Wedge the apple using the Apple Wedger.

Cut the apples pieces in half and chop with the Manual Food Processor. Add the strawberries and kiwi to the Food Processor and pump the handle until chopped. Zest the orange using the Micro plane® Zester. Juice the orange using the Citrus Press. Add the orange zest, orange juice, brown sugar and apple jelly to the fruit mixture. Mix gently using the Classic Scraper. Serve with the Cinnamon Chips.

BLACK BEAN SALSA

2 medium tomatoes, seeded
¼ cup green onions with tops
2 tablespoons fresh cilantro, snipped
1 garlic clove, pressed
2 tablespoons lime juice
1 15-oz can black beans, rinsed and drained
¼ teaspoon salt

1/8 teaspoon ground black pepper

Cut the tomatoes into wedges using the Veggie Wedger. Cut the tomato pieces in half. Cut the green onions into 1-inch pieces using the Santoku Knife. Combine the tomatoes, green onions and cilantro in the Manual Food Processor and chop. Press the garlic into the tomatoes using the Garlic Press. Add the lime juice to the mixture. Transfer the salsa into the Small Batter Bowl. Add the beans, salt and pepper and mix gently. Cover and refrigerate 1-2 hours to blend the flavors. Serve warm with Toasted Cornbread Slices.

BLACK BEAN, CORN & HOMINY SALSA

½ cup canned black beans, drained and rinsed
½ cup thawed, frozen whole kernel corn
½ cup canned hominy, drained
½ cup diced red bell pepper
1 jalapeño pepper, seeded and chopped
2 tablespoons finely chopped red onion
2 tablespoons snipped fresh cilantro
1 lime
2 teaspoons olive oil
¼ teaspoon salt
Lime Tortilla Chips (see recipe)

Drain the hominy in the Small Colander. Place in the Classic Batter Bowl. Drain the black beans in the same Colander, this time rinsing before placing in the Batter Bowl. Add the corn to the Batter Bowl. Using the Chef's Knife, cut the bell pepper into large pieces. Slice off the stem of the jalapeño using the Utility Knife. Remove the seeds using the Cook's Corer®. Finely chop the pepper, jalapeño, onion and cilantro using the Manual Food Processor. Add the bell pepper, jalapeño pepper, onion and cilantro to the Batter Bowl. Zest the entire lime using the Micro plane® Zester. Juice the lime using the Citrus Press to measure 2 teaspoons juice. Add the lime zest, juice, oil and salt to the Batter Bowl. Mix gently using the Small Mix 'N Scraper®. Spoon the salsa into a Simple Additions® Small Bowl. Serve with Lime Tortilla Chips.

CALYPSO PEACH SALSA

1½ cups peeled fresh peaches, quartered
1 cup honeydew melon quartered
1 medium jalapeño pepper
1 cup fresh pineapple, quartered
½ cup red bell pepper
2 tablespoons snipped fresh cilantro
1 lime
2 teaspoons sugar
¼ teaspoon salt
Plantain Chips

Chop the peaches, melon, jalapeño pepper, pineapple and bell pepper using the Manual Food Processor. Juice the lime using the Citrus Press to measure 2 tablespoons lime juice and add to the salsa. Mix gently. Spoon into a chilled Simple Additions® Small Square Bowl. Serve with Plantain Chips or tortilla chips.

CHILI LIME NACHOS WITH MANGO SALSA

1 bag restaurant style tortilla chips
2 fresh boneless chicken breasts
1 bag shredded cheddar jack or cheddar cheese
1 mango
½ orange or red bell pepper
1 small jalapeno
1 small red onion
¼ cup fresh cilantro
1 lime
Salt
Chili Lime Rub (2 tbs)

Fill Bar Pan with about 6 cups of tortilla chips. Cook chicken breasts in DCB for about 8 mins, coated with 1 tbs Chili Lime Rub. While chicken is cooking?. Make Salsa?. Use veggie wedger to cut onion, and mango wedger to cut mango. Place 2 wedges of onion, jalapeño, ½ bell pepper (cut into two pieces), cilantro into MFP and process. Squeeze fresh lime into salsa. Salt. When chicken is done cooking?. Chop with salad choppers and toss with cheese and some additional Chili Lime Rub. Cover tortilla chips with chicken mixture and bake for 5 mins until cheese is melted. Remove from oven and sprinkle with Mango Salsa. Optional ? Serve with sour cream.

CHUNKY ARTICHOKE SALSA

1 6-oz jar marinated artichoke hearts
¼ cup pitted ripe olives
2 tablespoons red onion
3 medium plum tomatoes
1 garlic clove
2 tablespoons fresh basil leaves
salt and ground black pepper
lettuce leaves
Baked Pita Chips (see recipe)

Drain the marinade from the artichokes in the Classic Batter Bowl. Using the Manual Food Processor, chop the artichokes, olives, and red onion. Add the tomatoes, garlic and basil and chop. Using the Kitchen Scraper, place the vegetables in the Batter Bowl. Season with salt and pepper. To serve, spoon the salsa into a Simple Additions® Small Square Bowl lined with lettuce leaves and place in the center of a serving plate. Surround with Baked Pita Chips.

CUCUMBER-MANGO SALSA

Chips:
8 6-inch flour tortillas
1 tablespoon sugar
¼ teaspoon cayenne pepper
Salsa:
1 jalapeño pepper, stemmed
1 1-inch piece fresh gingerroot, peeled
½ cup chopped fresh cilantro
2 cucumbers
2 mangos, peeled
1 cup pomegranate seeds

For the tortilla chips, heat the oven to 400°F. Cut each tortilla into 8 wedges using the Pizza Cutter. Lightly sprinkle with water. Combine the sugar and cayenne pepper into a large resealable bag. Add the tortilla wedges and shake to coat. Arrange half of the tortilla wedges in a single layer on the Large Round Stone. Bake 8-10 minutes or until the edges are lightly browned. Remove from the Stone and repeat with the remaining tortilla wedges. For the salsa, chop the jalapeño pepper, gingerroot, and cilantro using the Manual Food Processor. Place in the Classic Batter Bowl. Peel the cucumbers using the Utility Knife and

slice in half lengthwise.

Remove the seeds from the cucumber halves using the Easy Adjustable Measuring Spoon. Cut the cucumber halves lengthwise into ¼-inch strips. Chop using the Manual Food Processor. Add the mango and chop. Transfer the cucumbers, mangos and pomegranate seeds to the Batter Bowl. Stir gently using the Small Mix 'N Scraper®. Serve with the tortilla chips.

Note: This salsa can be prepared in advance. Combine all of the ingredients except the pomegranate seeds. Cover and refrigerate no more than 24 hours. Add the pomegranate seeds just before serving.

HARVEST APPLE SALSA

2 medium Granny Smith apples, chopped
1 medium pear, chopped
½ cup chopped seedless red grapes
½ cup chopped celery
¼ cup chopped walnuts
1 tablespoon packed brown sugar
3 tablespoons orange juice
2 teaspoons grated orange zest

Peel the apples using the Serrated Peeler, then wedge using the Apple Wedger. Cut the apple wedges in half. Chop the apples, pear, grapes, celery and walnuts using the Manual Food Processor. Zest the orange using the Micro plane® Zester to measure 2 teaspoons. Juice the orange to yield 3 tablespoons using the Citrus Press. In the Classic Batter Bowl, combine the apples, pear, grapes, celery, walnuts, brown sugar, orange juice and orange zest. Mix to combine. Serve with Cinnamon Chips.

KILLER SALSA

6 roma tomatoes, seeded, quartered
1 medium onion, quartered
½ cup cilantro
3 tablespoons jalapeño peppers
2 tablespoons fresh lime juice
1 teaspoon red pepper flakes
2 garlic cloves, pressed
salt and pepper

Seed the tomatoes using the Cook's Corer®, then cut into chunks. Chop the tomatoes and onion using the Manual Food Processor. Add the cilantro, jalapeño pepper and garlic and chop. In the Small Batter Bowl, build a mound with the chopped vegetables. Top with the red pepper flakes and season with salt and pepper. Pour the lime juice around the mound. Let sit, undisturbed for 30 minutes at room temperature. To serve, stir and serve with tortilla chips.

PAPAYA SALSA

2 cups papaya
½ cup red bell pepper
¼ cup red onion
1 jalapeño pepper
½ teaspoon crushed red pepper
2 tablespoons fresh cilantro
1 lime

Using the Manual Food Processor, coarsely chop the papaya, red bell pepper, red onion, jalapeño and cilantro. Juice the lime using the Citrus Press over the salsa.

ROASTED TOMATO SALSA

12 plum tomatoes
1 tablespoon olive oil
¼ cup water
1½ teaspoons toasted chili oil
1 teaspoon salt
2 garlic cloves

Heat the oven to 450°F. Line the Large Bar Pan with Parchment Paper. Cut the tomatoes in half and remove the seeds using the Cook's Corer®. Place tomatoes on the Bar Pan and drizzle with the olive oil, tossing gently to coat. Arrange the tomatoes, cut sides up, in the Pan. Bake 45 minutes or until the tomatoes are slightly shriveled. Cool. Place the tomatoes, water, oil, salt and garlic cloves into the Manual Food Processor. Chop until smooth.

SALSA OLE

3 medium tomatoes, quartered
3 green onions
1 8-oz can pitted ripe olives, drained
1 small jalapeno pepper, seeded
1 4-oz can chopped green chilies, undrained
3 tablespoons olive oil
2 tablespoons red wine vinegar
¼ teaspoon garlic salt

Chop the tomatoes, green onions, olives, jalapeno pepper, chilies, olive oil, vinegar and salt using the Manual Food Processor. Transfer to the Classic Batter Bowl. Cover and chill 2-3 hours for the flavors to blend. Serve with corn or tortilla chips.

SALSA PICANTE WITH PEACHES

Tortilla Chips:

6 7-inch flour tortillas
1 tablespoon spicy fruit seasoning mix

Salsa:

1 15 oz can peach halves, well-drained
1 jalapeño pepper, seeded
½ cup red bell pepper
1 teaspoon lime zest
2 teaspoons lime juice
1 ½-inch piece peeled fresh gingerroot, pressed
¼ cup fresh cilantro, finely chopped

Heat the oven to 400°F. Lightly spray the tortillas with water. Sprinkle the fruit seasoning evenly over the tortillas. Cut each tortilla into 8 wedges using the Pizza Cutter. Place the tortillas in a single layer on the Large Round Stone. Bake 8-10 minutes or until lightly browned and crisp. Cool the tortillas completely on the Stackable Cooling Rack. Repeat with any remaining tortilla wedges. Blot the drained peach halves gently using a paper towel. Finely chop the peach, seeded jalapeño, red pepper and garlic using the Manual Food Processor. Transfer to the Classic Batter Bowl. Cover and refrigerate until ready to serve. Place the salsa in the Simple Additions® Small Bowl. Place the Small Bowl on a Simple Additions® Medium Square and surround with the baked tortilla chips and serve.

SOFRITO

- 1 medium green bell pepper, seeded
- 1 small red onion
- 1 cup fresh cilantro
- 1 lime
- 6 garlic cloves, pressed
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon freshly ground black pepper

Finely chop the bell pepper, red onion, cilantro and garlic using the Manual Food Processor. Transfer to the Small Batter Bowl. Press the lime into the Batter Bowl using the Citrus Press. Add the olive oil, vinegar, salt, red pepper flakes, and ground black pepper. Mix well using the Small Mix 'N Scraper®. Cover and refrigerate until ready to use.

ZIPPY TROPICAL FRUIT SALSA

- 1 8oz can crushed pineapple in juice
- 1 banana
- $\frac{1}{2}$ cup kiwi, peeled
- $\frac{1}{4}$ cup red bell pepper
- 1 small jalapeño pepper
- 2 green onions
- 2 tablespoons fresh cilantro
- 1 tablespoon fresh lime juice

Place the pineapple with juice in the Small Batter Bowl. Slice the banana and kiwi using the Egg Slicer Plus® and cut into quarters using the Paring Knife. Seed the jalapeño pepper using the Grapefruit Knife. Chop the red pepper, jalapeño pepper, green onions and cilantro using the Manual Food Processor. Add to the pineapple in the Batter Bowl and mix gently. Serve with Baked Pita Chips.

TROPICAL SALSA

- $\frac{1}{2}$ cup ripe mango
- $\frac{1}{2}$ cup ripe papaya
- $\frac{1}{4}$ cup ripe pineapple
- $\frac{1}{2}$ cup ripe banana
- 1 tablespoon lime juice
- 2 tablespoons orange juice
- 2 fresh mint leaves
- pulp of 2 passion fruits with seeds

Coarsely chop the mango, papaya, pineapple and banana using the Manual Food Processor. Place in the Classic Batter Bowl. Add the lime and orange juices. Scrape out the pulp from the passion fruit with the Small Scoop and add to the Batter Bowl. Snip the mint with the Kitchen Shears. Add to the Batter Bowl and mix gently with the Classic Scraper. This salsa will keep one day in the refrigerator, but is best served at room temperature. Serve in a Simple Additions(TM) Small Bowl.

WATERMELON & PEACH SALSA WITH CAYENNE CHIPS

Chips:

- 1 lime
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- 8 6-inch flour tortillas

Salsa:

- 1 jalapeño pepper
- ¼ cup chopped fresh cilantro
- 2 cups cubed watermelon
- 2 small peaches
- 1 lime
- ¼ teaspoon salt

For the chips, heat the oven to 400°F. Juice the lime into a Pinch Bowl using the Citrus Press. Combine the cayenne pepper and salt in another Pinch Bowl. Brush one side of each tortilla with lime juice. Sprinkle lightly with the cayenne mixture. Cut each tortilla into 8 wedges using the Pizza Cutter. Arrange half of the tortilla wedges in a single layer on the Large Round Stone with Handles. Bake 8-10 minutes or until the edges are lightly browned and crisp. Remove from the Stone to the Stackable Cooling Rack. Repeat with the remaining tortilla wedges. For the salsa, cut the jalapeño pepper in half lengthwise using the Petite Paring Knife. Remove and discard the seeds using the Core & More. Chop the jalapeño and cilantro using the Manual Food Processor. Place into the Classic Batter Bowl. Cut the watermelon into thin slices using the Chef's Knife. Dice the slices in the Food Processor. Remove and discard the pits from the peaches and slice into thin wedges. Dice the wedges. Juice the lime into the Batter Bowl using the Citrus Press. Add the watermelon, peaches and salt. Stir gently using the Small Mix 'N Scraper®. Serve with the cayenne chips.

ZESTY PEACH SALSA WITH SPICY TORTILLA CHIPS

Tortilla Chips:

- 6 7-inch flour tortillas
- 1 tablespoon spicy fruit seasoning mix

Salsa:

- 1 15oz can peach halves, drained
- 1 jalapeño pepper, seeded
- ½ cup red pepper
- 1 lime
- 1 ½-inch piece fresh gingerroot, pressed
- ¼ cup fresh cilantro, finely chopped

Heat the oven to 400°F. Lightly spray the tortillas with water using the Kitchen Spritzer. Sprinkle the fruit seasoning evenly over the tortillas using the Flour/Sugar Shaker. Cut each tortilla into 8 wedges using the Pizza Cutter. Place the tortillas in a single layer on the Rectangle Stone. Bake 8-10 minutes or until lightly browned and crisp. Transfer to the Stackable Cooling Rack to cool completely. Repeat with any remaining tortilla wedges. Meanwhile, drain the peach halves using the Small Colander. Blot the peach halves gently using paper towels. Finely chop the peach, seeded jalapeño, bell pepper and garlic using the Manual Food Processor. Zest the whole lime using the Micro plane® Zester. Juice the lime with the Citrus Press to measure 2 teaspoons. Mix well using the Classic Scraper. Cover and refrigerate until ready to serve. Place the salsa in the Simple Additions(TM) Small Bowl. Place the Small Bowl on the Medium Square and surround with the tortilla chips.

ZESTY TROPICAL FRUIT SALSA

1 mango, peeled and cut into ¼-inch cubes

½ cup red bell pepper

2 kiwi, peeled

¼ cup sliced green onions with tops

2 tablespoons snipped fresh cilantro

1 lime

1 small jalapeño pepper, seeded

1 8oz can crushed pineapple in juice, undrained

Cut the mango, bell pepper and green onion into large chunks using the Utility Knife. Zest the lime to measure 1 teaspoon zest using the Micro plane® Zester. Juice the lime to measure 1 tablespoon juice using the Citrus Press. Chop the mango, bell pepper, green onion, cilantro and jalapeño using the Manual Food Processor. Transfer to the Classic Batter Bowl, cover with the Lid and refrigerate until ready to serve. Spoon over grilled or baked chicken or fish using the Small Bamboo Spoons.

HAWAIIAN PINEAPPLE SALSA

2 cups fresh pineapple

2 tablespoons red bell pepper

2 tablespoons Serrano chili

4 teaspoons fresh cilantro

1 tablespoons unseasoned rice wine vinegar

pinch of sugar

Coarsely chop the pineapple, red bell pepper, chili and cilantro using the Manual Food Processor. Transfer to the Small Batter Bowl.

Stir in the vinegar and sugar. Pour into a Simple Additions(TM) Small Bowl and serve.

CUCUMBER SALSA

Salsa:

1 cup cucumber

¼ cup red bell pepper

¼ cup red onion

1 jalapeño pepper, seeded

1 garlic clove, pressed

3 tablespoons rice vinegar

2 tablespoons vegetable oil

¼ teaspoon sugar

salt

For the salsa, using the Manual Food Processor, chop the cucumber, bell pepper, onion, jalapeño pepper and garlic. Place the vegetables in the Classic Batter Bowl. Add the vinegar, oil, sugar, and salt, mixing well.

FRESH TOMATO SALSA

1 small onion

1 jalapeño pepper, stemmed

½ cup loosely packed fresh cilantro

2 tablespoons fresh lemon juice

2 garlic cloves, peeled

½ teaspoon salt

2 cups grape tomatoes, divided

tortilla chips

Cut the onion into quarters. Cut the jalapeño pepper crosswise into thirds. Combine the onion, jalapeño, cilantro, lemon juice, garlic and salt in the Manual Food Processor. Pump the handle until coarsely chopped. Add half of the tomatoes and pump the handle until coarsely chopped, remove the lid and scraping down the sides of the bowl as necessary. Add the remaining tomatoes and pump the handle to chop to the desired consistency. Serve with the tortilla chips.

MANGO SALSA

1 ripe mango, peeled, pitted, and diced
1 cup halved red and green seedless grapes
2 TBS minced red onion
1 TBS fresh cilantro
1 jalapeno pepper- seeded and diced
Lime

Add in this order: cilantro, jalapeno, onion, grapes and mango. Process in MFP.

CORN SALSA

2 cups frozen corn kernels, thawed
1/3 purple onion
1/4 red bell pepper
3 tablespoons chopped fresh cilantro
2 tablespoons fresh lime juice
1 jalapeno pepper, cut open and seeded.
1/2 teaspoon salt

Add onion, bell pepper, jalapeno pepper, cilantro, lime, and salt to MFP and process. Put thawed drained corn into batter bowl. Add ingredients from the MFP. Combine all ingredients in a small bowl. Cover and refrigerate for 2 to 4 hours. Remove from refrigerator about 30 minutes before serving. Serve corn salsa with grilled meat or poultry. Makes about 3 cups corn salsa.

TOMATO CORN SALSA

1 1/2 cups fresh ripe tomato (2 medium) Cut into quarters
(28 oz. can of drained diced tomatoes can be substituted for fresh tomatoes)
3/4 cup corn kernels, cooked or frozen corn, thawed and drained
1/4 red onion (sweet onion can be substituted for milder flavor)
1/4 cup fresh cilantro
1 clove garlic
1 teaspoon olive oil
1 tablespoon balsamic vinegar
1/2 fresh lime

In MFP add onion, tomatoes, cilantro, garlic, oil, vinegar, and lime juice. Put thawed drained corn into small bowl. Add MFP ingredients to corn and stir. If you are using canned, diced tomatoes put them in bowl with corn, do NOT put them in MFP to process. This recipe makes approximately 2 1/2 cups of salsa.

HEATHER'S CORN AND BEAN SALSA

1 (15 ounce) can yellow corn, drained
1 (15 ounce) can white corn, drained
2 (15 ounce) cans black beans, drained and rinsed
2 fresh tomatoes, quartered
1 bunch cilantro
5 green onions, quartered
1 small red onion, quartered
1 red bell pepper quartered
4-5 cloves fresh garlic
1/4 cup lime juice
1 avocado - peeled, pitted, and diced
2 tablespoons olive oil, or to taste

Add the yellow corn, white corn, and black beans to bowl. Layer the tomatoes, cilantro, green onion, red onion, and bell pepper in MFP. Press fresh garlic into MFP mix. Add lime juice to MFP. Process. Add MFP

mix to corn and beans in bowl. Add avocado and stir gently. Drizzle oil over top.

MANGO CONFETTI SALSA

1 large mango 1/2 small jicama
1/3 orange bell pepper 1/3 red bell pepper
1 jalapeño pepper, stemmed 1/3 small red onion (see Cook's Tip)
1 tbsp fresh lime juice 1/4 tsp salt
1/2 tsp Chili Lime Rub Tortilla chips (optional)

On Large Grooved Cutting Board, cut mango using Mango Wedger. Remove skin from mango using Avocado Peeler. Peel jicama using Serrated Peeler. Dice mango, jicama and bell peppers into 1-in. pieces using Chef's Knife. Cut jalapeño in half; remove seeds using Core & More. Combine mango, jicama, bell peppers, jalapeño and onion in Manual Food Processor; cover and pump handle until coarsely chopped. Add lime juice and salt; pump handle to chop to desired consistency, removing lid and scraping down sides of bowl as necessary using Mini Mix 'N Scraper®. Pour salsa into serving bowl. Sprinkle with rub. Serve with tortilla chips, if desired. Yield: 6 servings (about 2 cups salsa)

DIPS AND SPREADS

HUMMUS

1 can chick peas ? drained
2 cloves garlic
10 kalamata olives
1 tsp Greek rub
1 tbs olive oil
Salt

WHITE BEAN DIP with PITA CHIPS

1 (15-ounce) can cannellini beans, drained and rinsed
2 cloves garlic
2 tablespoons fresh lemon juice
1/3 cup olive oil, plus 4 tablespoons
1/4 cup (loosely packed) fresh Italian parsley leaves
Salt
Freshly ground black pepper
1 tsp Greek rub
6 pitas

Preheat the oven to 400 degrees F. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of manual food processor. Pulse until the mixture is coarsely chopped. Season with salt, pepper, and Greek rub to taste. Transfer the bean puree to a small bowl. Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet. Drizzle, the remaining oil over the pitas. Toss and spread out the wedges evenly. Sprinkle with the Greek rub, salt, and pepper. Bake for 8 to 12 minutes, or until toasted and golden in color. Serve the pita toasts warm or at room temperature alongside the bean puree.

QUICK PASTA AL FRESCO

One can of diced tomatoes
lemon juice
lemon zest
fresh basil - all chopped together
Place in MFP and process.
Toss it with hot long pasta (spaghetti, linguini types), top with toasted chopped almonds for crunch and some shaved parmesan.

ROASTED RED PEPPER DIP

Two red bell peppers
1 teaspoon paprika
1/4 teaspoon cayenne pepper
1 teaspoon salt (or to taste)
1 tablespoon fresh lemon juice
1/4 cup fresh basil leaves
1 cup reduced fat sour cream
1 tablespoon mayonnaise

Preheat oven to 400-degrees. Wash the peppers.

Place on oven rack in the preheated oven. Roast, turning occasionally, for 12 to 15 minutes or until skin is charred. Remove to a plastic bag and seal. Set aside until peppers are cool. Remove and peel. Cut open and remove stem, seeds and veins. Place the roasted and prepared peppers in the food processor. Add the paprika, cayenne pepper, salt, lemon juice and basil. Process until mixture is pureed. Remove to a bowl. Fold in the sour cream and mayonnaise. Recipe makes about 2-cups.

WHITE BEAN ROASTED RED PEPPER DIP

1 15-ounce can of white cannellini or navy beans
1 small jar roasted red peppers, or about 1 cup, drained
3 ounces cream cheese, softened
1 clove garlic, minced
Juice from half a lemon
Salt and pepper to taste

**Puree everything in food processor until smooth

ARTICHOKE & SUN-DRIED TOMATO TAPENADE

1 jar (6 ounces) marinated artichoke hearts
6 sun-dried tomatoes packed in oil
1 small garlic clove, pressed
1 tablespoon toasted pine nuts
1 tablespoon snipped fresh parsley
1/8 teaspoon salt
Homemade Flatbread (optional)

Drain artichoke hearts and sun-dried tomatoes using small Colander. Place artichokes, tomatoes, garlic pressed with Garlic Press, pine nuts, parsley and salt into MFP. Process to desired consistency. Serve with Homemade Flatbread, if desired. Yield: 12 servings

ARTICHOKE TAPENADE

1 lemon 1 can (14 oz or 398 mL) artichoke hearts in water
1/4 cup (50 mL) loosely packed fresh parsley 1 garlic clove, peeled
1/2 cup (125 mL) pitted green olives 1 tbsp (15 mL) capers
5 tbsp (75 mL) olive oil Toasted Baguette Slices (optional, see below)
Zest lemon using Micro plane® Zester to measure 1/2 tsp (2 mL). Juice lemon using Citrus Press to measure
1 tbsp (15 mL) juice.

Drain artichokes using small Stainless Mesh Colander; pat dry using paper towels. Combine parsley, garlic, lemon zest, juice, artichokes, olives, capers and oil in Manual Food Processor. Cover and pump handle to process to desired consistency, removing lid and scraping down sides of bowl as necessary using Mini Mix 'N Scraper®. Serve with Toasted Baguette Slices, if desired. Yield: 10 servings

Toasted Baguette Slices

20 slices French bread, cut 1/4 in. (6 mm) thick
2 tbsp (30 ml) olive oil

Preheat oven to 375°F (190°C). Place bread slices on Rectangle Stone; lightly brush bread slices with oil. Bake 10-12 minutes or until lightly browned. Yield: 20 slices

OLIVE TAPENADE

1 can pitted black olives
1 jar green olives with pimentos
1-2 cloves of fresh garlic
2 TBS Olive oil
Put ingredients into MFP and process.

BAREFOOT CONTESSA TAPENADE

1/2 pound kalamata olives, pitted
3 tablespoons capers, drained
8 anchovy fillets
1 garlic clove, minced
1/2 cup good olive oil
1 tablespoon freshly squeezed lemon juice
2 teaspoons Dijon mustard
1 tablespoon chopped fresh parsley leaves
1 baguette, sliced and toasted

Combine the olives, capers, anchovies and garlic in manual food processor fitted with a steel blade, and pulse. Add the olive oil, lemon juice, mustard, thyme and parsley and process until chunky. Serve on toasts.

GUACAMOLE

2 - Avocados mash to the texture you like using Mix & Chop in Classic Batter Bowl

In Manual Food Processor add

1 jalapeño pepper, seeded
1 clove fresh garlic (Garlic Press)
1/4 red onion (wedge with Veggie Wedger)
1/4 c loose fresh cilantro leaves

Pulse a few times to chop then add:

1 roma tomato, seeded and cut into 4 chunks
1 tsp fresh lime juice (Citrus Press)
1 tsp fresh orange juice (Citrus Press)

Pulse a few more times until everything is uniform.

Add Manual Food Processor mixture to mashed avocados, stir and serve with tortilla chips

SALADS

COLE SLAW

¼ head green cabbage, quartered
¼ of an onion, processed
1 small carrot, julienned

Dressing:

1/4 cup mayo
1 T white vinegar
1 T sugar
1 tsp celery seed
salt & pepper

Put cabbage and onion into MFP, then process. Transfer to batter bowl. Julienne one small carrot into slaw. Mix dressing ingredients in another small bowl. Pour over slaw and mix. Chill for about one hour.

DILL LOBSTER SALAD

1lb lobster meat
2 T of fresh lemon juice, squeeze with PC juicer or citrus press
1 T fresh lime juice, squeeze with PC juicer or citrus press
½ stalk of celery, chopped with utility or paring knife
1 green onion, cut in half or thirds
1 T fresh dill

1/3 cup of light mayo

Ground black pepper to taste

Put dill in the Pampered Chef manual food processor and process until finely chopped about 3 or 4 times. Then add the rest of the ingredients and process until preferred consistency

EGG SALAD

5 hard boiled eggs
1 stalk celery
1/3 red onion
2 T mayo
1 T Grey Poupon Mustard
1 tsp dill mix
Salt and pepper

Put ingredients into MFP and process

TUNA SALAD

Into MFP put:

1 stalk celery
1/4 onion

Pulse a few times.

Add spoonful of mayo, 1 can of tuna, drained

dill mix

Pulse a few times.

CRAB SALAD

2 cups cooked, cooled crab meat, flaked
1 cup diced celery
1/4 cup chopped green or red bell pepper
1 teaspoon salt, or to taste
1/4 teaspoon pepper
1 tablespoon fresh lemon juice
3 tablespoons mayonnaise
mixed salad greens
6 avocado wedges, optional

Place celery, bell pepper, and crab into MFP. Pulse a few times. Add salt, pepper, lemon juice, and mayonnaise. Pulse until desired consistency. Serve over mixed greens with a slice of avocado, if desired.

APPLE COLESLAW

2 cups cabbage
1 medium carrot
1/2 chopped green pepper
1 apple, peeled and quartered
5 tablespoons yogurt, low fat
1 tablespoon mayonnaise, low fat
1 teaspoon lemon juice
1/4 teaspoon dill mix

Wash the cabbage. Make wedges until you have 2 cups of cabbage. Peel the carrot. Cut into about 3 in pieces. Seed the green pepper and use half. Remove the core and peel and quarter the apple. Put the cabbage, carrot, green pepper, and apple in MFP.

Pulse a few times. Add rest of ingredients and pulse until desired consistency. Add salt and pepper to taste.

CHICKEN SALAD in BREAD BOWL

2 loaves frozen bread dough
1 lb. boneless, skinless chicken breast
2 ribs of celery
1 onion
1 C. Hellmann's light mayo
salt & pepper
1 clove garlic
1 C. grapes
1/2 C. pecans
1 Golden Delicious apple, peeled, cored, quartered
1 tsp dill mix
1 oz. fresh Parmesan cheese
Curly leaf lettuce, washed and dried
Snack crackers

To make Bread Bowl: Spray food storage bag with non-stick spray. Place bread dough in bag and refrigerate the night before the show. Roll the dough into a circle with Dough & Pizza Roller. Spray the outside of Stoneware Baking Bowl with oil using the Spritzer and then place the bread on the outside of the Baking Bowl. Shape the bread so that it will have a nice rim around the top of the bowl when it is baked. Bake in 350 oven until bread bowl is done and nicely browned. Cool Bread. Release bread and invert onto serving dish. Place salted chicken breast in Deep Covered Baker. Microwave until done (approx 12 minutes on high). Cool chicken and quarter. Place celery, chicken, onion, and pecans in MFP. Process. Put in Batter Bowl using Kitchen Scraper. Put grapes and apple into MFP, process. Add to chicken mixture. Add dill and Parmesan cheese grated with the Cheese Grater. Measure mayo in the Measure All Cup and add to other ingredients. Mix with Mix n Scraper until blended. Place bread bowl on platter and line with washed and dried curly leaf lettuce. Fill with chicken salad. Surround bread bowl with snack crackers.

CURRIED CHICKEN SALAD

1/2 cup light mayonnaise
1/2 cup low fat plain yogurt
3/4 tsp curry powder
1/4 tsp salt
3 cups cooked chicken, quartered
1 1/2 cups red seedless grapes
3/4 cup celery
1/3 cup green onions with tops, thinly sliced
2 Granny Smith apples
1/3 cup pecans
2 whole cantaloupe
Lettuce leaves

In small batter bowl, blend mayo, yogurt, curry powder and salt; set aside. Place chicken, grape, celery, and green onions into MFP. Process and scrape into batter bowl. Peel, core, quarter apples. Place apples and pecans into MFP, process. Add to chicken mixture. Add mayo mixture; mix lightly. Cover and refrigerate at least 1 hour. Cut cantaloupes in half lengthwise; remove seeds.

Using curved blade of grapefruit knife, peel rind from melon halves. Place melon halves flat side down on cutting board; cut crosswise into sliced using Crinkle Cutter. To serve, place cantaloupe slices on lettuce-lined plates; top with chicken mixture.