

HOMETOWN SPIRIT

Serves: 2 • Serving size: 3 oz./90 g

10
minutes

PREP: 5 minutes
COOK: 5 minutes

Tornado POTATO

1 russet potato, rinsed & halved

2 tsp. oil, divided

Seasonings of choice (paprika, garlic powder, parsley, salt and pepper)

1. Assemble Fusion Master® Spiralizer fitted with ribbon blade. Insert skewer into opening in center of blade. Press skewer down and if it springs back, it is correctly inserted.
2. Attach potato half to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining potato half.
3. Hook the potato where the skin meets the pointy end of the skewer then separate the potato spirals for even cooking.
4. Add 1 tsp. oil to each skewer and sprinkle with seasonings of choice. Arrange on base of UltraPro Lasagna Pan or UltraPro Square Pan so they are suspended.
5. Microwave on high power 4–5 minutes or until crispy.

Nutritional Information (per serving):

Calories: 90 Total Fat: 4.5g Saturated Fat: 0.5g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrate: 13g Fiber: 1g Sugar: 1g Protein: 2g Vitamin D: 0% Calcium: 2% Iron: 4% Potassium: 0%

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Tupperware®



TO DEMO



Fusion Master®
Spiralizer



Ultra Pro Lasagna
Pan

OPTIONAL



Measuring
Spoons



Large Spice
Shaker Set



Potato Smart
Container