

## Cauliflower Steaks

Serving size: 1 steak

Serves: 2

2 wedges of cauliflower, cut ½ inch thick

2 tsp. olive oil

½ tsp. ground cumin

½ tsp. ground garlic

1 tsp. salt

Optional sauce:

¼ cup plain greek yogurt

1 ½ tbsp. hot sauce

1 tsp. Dijon mustard

1 tsp. lemon juice

1. Drizzle cauliflower steak in olive oil until well coated.
2. Divide seasonings evenly between both steaks and transfer them to base of MicroPro® Grill.
3. Cover in grill position and microwave on high power for 8 minutes, stopping halfway through cooking time to flip them.
4. While cauliflower is cooking, mix all sauce ingredients in a small bowl until well combined.
5. Serve cauliflower and drizzle sauce over top.



## Cauliflower Tortillas

Serves: 4

Serving size: 1 Tortilla

1 cup cauliflower florets

$\frac{3}{4}$  cup cheese (sharp cheddar, white cheddar)

1 egg

$\frac{1}{2}$  tsp garlic powder

$\frac{1}{2}$  tsp salt



1. Using the SpeedyMando Grater, secure the food guider into the body and place on top of a medium bowl. Place cauliflower florets into the food guider, position plunger on top and grate. Measuring as you go, repeat with remaining cauliflower until you reach approx. 1 cup.
2. Continue using the SpeedyMando Grater to grate the cheese into the same bowl as the cauliflower. Add remaining ingredients to the bowl and whisk together until combined.
3. Divide mixture into 4 equal portions. One at a time, place portioned mixture into the base of the MicroPro Grill and flatten using the Spatula. Place the cover in the casserole position and microwave for 5 min. on HIGH.
4. Using oven gloves remove from microwave, flip the tortilla using Spatula, and place the cover in the grill/low position. Microwave for an additional 3 min. on HIGH.
5. Remove tortilla from the MicroPro Grill onto a plate. Repeat with remaining mixture\*.

*\*After the first tortilla is cooked the MicroPro Grill will be hot and the cooking times may be slightly less than the first for the remaining tortillas.*



### **Berry N Beets Smoothie**

Serves: 1

Serving size: 12 oz.

$\frac{3}{4}$  cup mixed berries, fresh or frozen  
1 overripe small banana  
 $\frac{1}{4}$  cup greek yogurt  
 $\frac{1}{2}$  cup coconut milk  
 $\frac{1}{4}$  cup sliced beets  
1 tbsp. honey

1. Add all ingredients in base of Smooth Chopper fitted with blade attachment. Place cover and pull cord until smooth and well combined. Serve immediately.

### **Mango Ginger Smoothie**

Serves: 1

Serving size: 12 oz.

$\frac{3}{4}$  cup mango chunks, fresh or frozen  
 $\frac{1}{2}$  cup vanilla greek yogurt  
 $\frac{2}{3}$  cup unsweetened almond milk  
1 tsp. ground turmeric  
Pinch black pepper  
 $\frac{1}{2}$  tsp. grated ginger

1. Add all ingredients in base of Smooth Chopper fitted with blade attachment. Place cover and pull cord until smooth and well combined. Serve immediately.

## Steamed Dumplings

Serves: 4

Serving size: 3 dumplings

1 cup/ 125 g all-purpose flour

1/3 cup/ 75 mL warm water

¼ tsp. salt

12 oz. firm tofu, drained

2 green onions, chopped

2 tsp. grated ginger

1 large carrot, shredded

1 tsp. rice vinegar

2 tbsp. soy sauce

Water for sealing dumplings



1. In small bowl mix flour, water and salt until dough forms. When dough is cool enough to handle, knead with hands until smooth. Let rest for 2 minutes.
2. Place tofu to large bowl and break up with fork, and add remaining ingredients until well incorporated.
3. Divide dough in 12 equal portions and roll out to a thin 10cm/ 4 inch disc. Place 1 heaping tbsp. in middle of each disc, moisten rim with water, fold dumplings and pinch to seal them.
4. Pour 400mL/ 1 ¾ cup water to base of Smart Multi Cooker, arrange 6 dumplings in simple layer in shielded colander, cover and cook on high power for 8 minutes. Let rest before removing and repeat with remaining dumplings. Serve with soy sauce.

## Hydrating Cold Brew

Serves: 8

Serving size: ½ cup

Prep time: 5 mins.

1-cup coarse coffee

5 cups coconut water



1. Insert metal filter into the **Cold Brew Carafe**, add coarse coffee to ready to drink fill line (first line).
2. Slowly add coconut water into Carafe. Allow it to filter down before adding more.
3. Cover and refrigerate for 8-12 hours.
4. Remove filter and discard coffee grounds.
5. Serve over ice as is or with milk of choice and sweetener.

## Stuffed Peppers

Serves: 6

Serving size: 1

Prep time: 10 mins.

Cook time: 20 mins.

6 poblano peppers

2 roma tomatoes, diced

1 onion, chopped

15 oz. can black beans, drained (1  $\frac{3}{4}$  cup)

1  $\frac{1}{2}$  cup cooked white rice

1 tsp. cumin

6 oz. queso de hoja, halved & chopped

1-cup crema acida (sour cream)



1. Insert knife to remove stem with the seeds. Discard the seeds and save the stem. Repeat with all peppers.
2. Mix remaining ingredients except sour cream in medium bowl until well combined.
3. Stuff each pepper with rice mixture and, place 3 at a time, in Smart Multi-Cooker Shielded Colander. Add 400mL/ 1  $\frac{3}{4}$  cup water to base/water reservoir. Place Shielded colander inside base and cover.
4. Cook in microwave in high power for 10-12 minutes. Repeat with remaining peppers and serve with sour cream cream and additional cheese if desired.

## Strawberry Pizza

Serves: 1

Serving size: 1 small pizza

- 1 – 6-inch pita bread
- 1 slice Mozzarella, cut in pieces
- 2 strawberries, sliced
- ¼-cup arugula
- 2 tbsp. feta cheese
- ½ tsp. balsamic glaze



1. Place pita pizza in base of MicroPro® Grill and cover in grill position. Microwave on high power for 2 minutes.
2. Remove from MicroPro® Grill, add remaining ingredients and cover in casserole position for 1 minute. Let cool slightly and serve.

## Butternut Squash Stew

Makes 8 cups

Serving size 1 cup

1-cup dry yellow split peas, rinsed  
1 ½ lb. butternut squash, peeled & cubed  
1 tomato, diced  
½-cup shredded coconut  
4 cups vegetable stock  
1 ½ tsp. kosher salt  
1 tbsp. honey  
1 lime, juiced  
½ cup cilantro, finely chopped



1. Place peas, butternut squash, tomato, coconut and vegetable stock in base of the Microwave Pressure Cooker. Cover, lock in place and microwave on high power 15 minutes.
2. At the end of the cooking time, allow pressure to release naturally.
3. Stir in remaining ingredients and serve.

## Zucchini Sweet Bread

½ cup vegetable oil  
2 large eggs, beaten  
1 cup mashed sweet potato  
1/3 cup water  
1 cup granulated sugar  
1¾ cups self-rising flour  
1 medium zucchini, spiralized thin



1. Preheat oven to 350° F/175° C.
2. In a medium bowl, whisk together oil, eggs, sweet potato, water and sugar until well combined.
3. Make a well in center and add flour; mix until smooth. Fold in spiralized zucchini
4. Pour batter into UltraPro 2-Qt./2 L Casserole Pan and bake for 35 minutes or until toothpick inserted in center comes out clean.

## Pesto Pizza

Serves: 4

Serving size: 2 slices

Prep time: 10 mins

Cook time: 10 mins

$\frac{3}{4}$  cup walnuts

2 cups packed arugula leaves

1 garlic clove

$\frac{3}{4}$  cup extra virgin olive oil

$\frac{1}{2}$  cup parmigiana reggiano cheese

$\frac{1}{4}$  cup all-purpose flour

1 lb. pizza dough

8 oz. fresh mozzarella cheese, sliced

$\frac{1}{4}$  cup sliced red onion

$\frac{1}{2}$  tsp. black pepper



1. Preheat oven to 400° F/200° C. Remove oven rack from oven and place on countertop.
2. In base of Smooth Chopper fitted with blade attachment, place walnuts, arugula and garlic. Replace cover and pull cord until finely chopped. Add olive oil and cheese and continue processing until pureed and mixture is well incorporated. Set aside.
3. Sprinkle half of flour on Silicone Baking Sheet with Rim and roll out pizza dough to desired thickness.
4. Add half of pesto mixture to pizza and spread out evenly. Top with mozzarella cheese slices, red onion and sprinkle black pepper on top.
5. Transfer Silicone Baking Sheet onto oven rack and place in oven. Bake for 10-12 mins or until bottom of pizza is golden and fully cooked. Let cool slightly and transfer pizza to cutting board: slice and serve warm.