



SALADMASTER®

Saladmaster Cooking School!

**A SPECIAL EVENT
for our Saladmaster
Customers ONLY!**

**Saturday, August 1, 2020
11am CST**

-  Simple & easy recipes
-  Healthy & nutritious
-  Drawings for
Saladmaster products!

***Be among the first on
this exclusive event!***

Join Zoom Meeting:
<https://zoom.us/j/91269838815>
Meeting ID: 912 698a 38815
Password: youcook20





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Lemon Chicken Stir Fry

Items: 10" Chef's Gourmet Skillet

INGREDIENTS:

- 2 Lemons
- 1 Chicken Breast
- Breadcrumbs
- Pepper
- 1 ½ Cup Frozen Stir Fry Vegetables
- Stir Fry Sauce



INSTRUCTIONS:

- Preheat 10" Chef's Gourmet Skillet over medium heat for 3 minutes
- Juice from 1 lemon into small bowl
- Cut chicken into small bite-sized pieces
- Dip chicken into lemon, then into breadcrumbs
- Place into 10" Chef Gourmet, let brown for 6 – 7 minutes, turn for another 5 minutes.
Remove from skillet and set aside
- Add vegetables
- Add 2 or 3 small slices of lemon
- Add ¼ - ½ cup of stir fry sauce
- Pepper
- Stir gently over medium heat for 4 - 5 minutes continually
- Add chicken and serve

Bonus Tip: Great with rice!





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Greek Salad

Items: 3.5 QT Double Walled Bowl, Saladmaster Food Processor

INGREDIENTS:

- Green Pepper
- Red Pepper
- Cucumber
- Tomato
- White Onion
- Block Feta Cheese
- Pitted Kalamata Olives
- Balsamic Vinegar Dressing
(or Greek Salad Dressing)
- Salt
- Pepper

INSTRUCTIONS:

- # 3 cone for cucumber
- # 3 cone for onion
- # 3 cone for feta Cheese
- Add bite-sized chopped green pepper
- Add bite-sized chopped red pepper
- Add sliced tomato
- Add Kalamata olives
- Add dressing
- Add salt to taste
- Add pepper to taste





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Italian Sausage

Items: 11" Skillet with cover & Saladmaster Food Processor

INGREDIENTS:

- Vegan Sausage
- Tomato Sauce
- Green Pepper
- Red Pepper
- Mushrooms
- Bok Choy
- Onion
- Salt
- Pepper
- Italian seasoning

INSTRUCTIONS:

- Place vegan sausage into bottom of 11" Skillet
- Dice onion on # 2 cone
- Slice mushrooms on # 4 cone
- Large slices of green peppers
- Large slices of red peppers
- Add bok choy
- Salt to taste
- Pepper to taste
- Italian seasoning to taste





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Apple Walnut Salad

Items: 3.5 QT Double Walled Bowl & Saladmaster Food Processor

INGREDIENTS:

- Granny Smith Apples
- Lemons
- Almond Slivers
- Sunflower Seeds
- Walnuts
- Sweetened Condensed Milk

INSTRUCTIONS:

- Cut apples on #5 cone
- Zest lemon on #1 cone
- Juice from 2 lemons, then pour over apples
- Add almond slivers
- Add sunflower seeds
- Add walnuts
- Pour light coating of sweetened condensed milk





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Mahi-Mahi

Items: 10" Chef's Gourmet Skillet, Cover & Saladmaster Food Processor

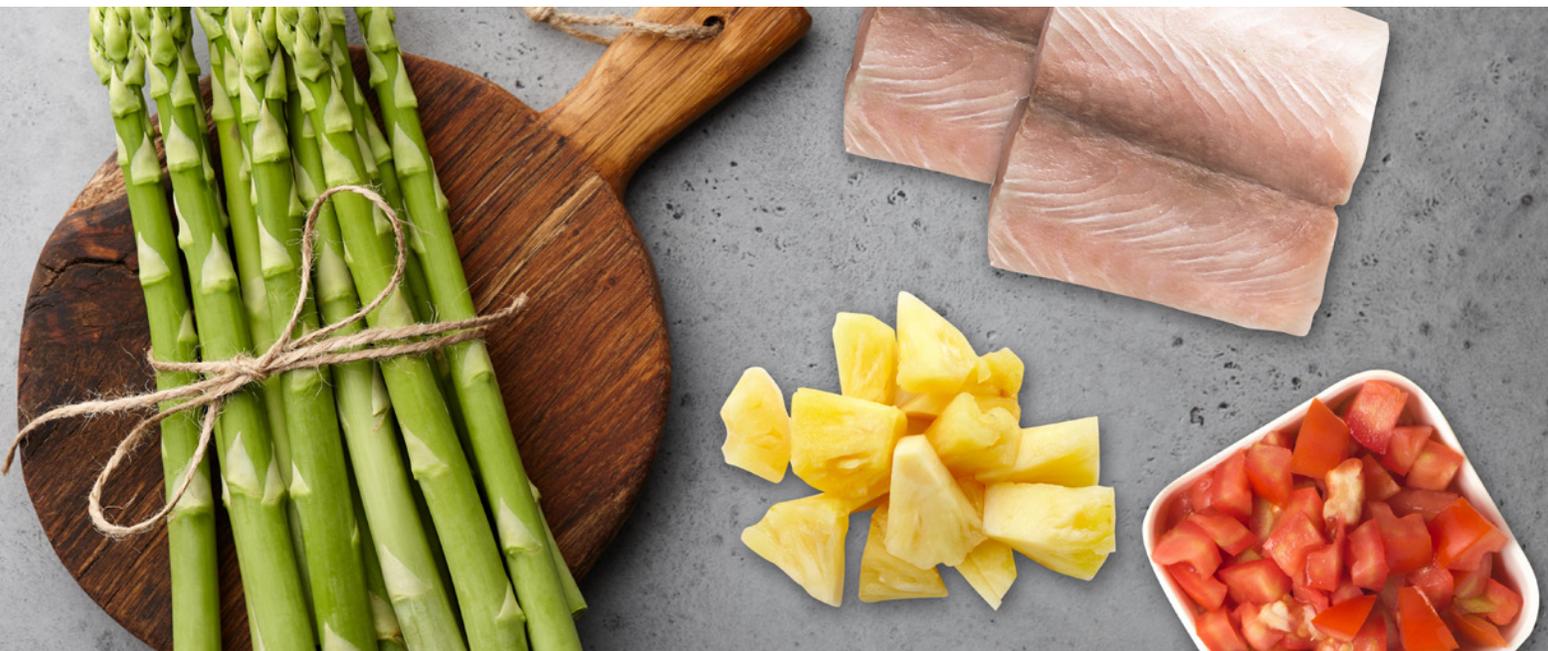
INGREDIENTS:

- Mahi-Mahi Fillet
- Pineapple Chunks
- Asparagus
- Salt
- Pepper
- Tomato
- Avocado

INSTRUCTIONS:

- Preheat 10" Chef's Gourmet Skillet over medium heat for 3 minutes
- Place Mahi-Mahi fillet in skillet for 3 minutes then turn
- Add asparagus
- Add pineapple chunks
- Add diced tomato
- Salt
- Pepper
- Cover, medium-click-low for 5 – 7 minutes.

Bonus Tip: Slice avocado onto plate for serving





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Broccoli Salad

Items: 3.5 QT Double Walled Bowl & Saladmaster Food Processor

INGREDIENTS:

- Fresh Broccoli
- Almond Slivers
- Sunflower Seeds
- Raisins
- Coleslaw Dressing

INSTRUCTIONS:

- Cut broccoli on #3 Cone
- Add almond slivers
- Add sunflower seeds
- Add raisins
- Coleslaw dressing





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Fruit Salad

Items: 6.5 QT Double Walled Bowl & Saladmaster Food Processor

INGREDIENTS:

- Cantaloupe
- Honeydew
- Strawberries
- Bananas
- Apples
- Lemons
- Blueberries
- Almond slivers
- Sunflower seeds

INSTRUCTIONS:

- Cantaloupe and honeydew in to 1/8th slices and cut on # 3 cone
- Bananas, strawberries, apples on the #5 Cone
- Add blueberries
- Lemon zest on the #1 cone
- Juice of 2 lemons. Pour over salad and then mix
- Add almond slivers
- Sunflower seeds





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Helpful Tips to Consider When Cooking!

VITAMIN C

You probably know about vitamin C's connection to the immune system, but did you know you can get it from much more than just citrus fruits? Leafy green vegetables such as spinach and kale, bell peppers, Brussels sprouts, strawberries and papaya are also excellent sources. In fact, vitamin C is in so many foods that most people may not need to take supplements unless a doctor advises it.

VITAMIN E

Like vitamin C, vitamin E can be a powerful antioxidant that helps your body fight off infection. Almonds, peanuts, hazelnuts and sunflower seeds are all high in vitamin E. So are spinach and broccoli if you prefer to increase your intake through meals rather than snacks.

This important vitamin — part of nearly 200 biochemical reactions in your body — is critical in how your immune system functions. Foods high in vitamin B6 include bananas, lean chicken breast, cold-water fish such as tuna, baked potatoes and chickpeas. Bring on the hummus!

VITAMIN A

For vitamin A, go colorful. Foods that are high in colorful compounds called carotenoids — carrots, sweet potatoes, pumpkin, cantaloupe and squash — are all great options. The body turns these carotenoids into vitamin A, and they have an antioxidant effect to help strengthen the immune system against infection.

VITAMIN D

As mentioned above, it's best to get most of your vitamins from food, but vitamin D may be the exception to that rule. You can increase your intake through foods such as fatty fish (salmon, mackerel, tuna and sardines) and fortified foods such as milk, orange juice and cereals. Many people have a hard time absorbing vitamin D from food, so if you have a vitamin D deficiency, talk to your doctor about supplements.



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FOLATE/FOLIC ACID

Folate is the natural form, and folic acid is the synthetic form, often added to foods because of its health benefits. To get more folate, add more beans and peas to your plate on a regular basis, as well as leafy green vegetables. You can also get folic acid in fortified foods (check the label) such as enriched breads, pastas, rice and other 100 percent whole-grain products.

IRON

Iron, which helps your body carry oxygen to cells, comes in different forms. Your body can more easily absorb "heme iron," which is abundant in lean poultry such as chicken and turkey, plus seafood. But never fear, vegetarians: You can get other forms of iron in beans, broccoli and kale.

SELENIUM

Selenium seems to have a powerful effect on the immune system, including the potential to slow the body's over-active responses to certain aggressive forms of cancer. You can find it in garlic, broccoli, sardines, tuna, Brazil nuts and barley, among other foods.

ZINC

You can find zinc in oysters, crab, lean meats and poultry, baked beans (skip the kind with added sugar), yogurt and chickpeas. Zinc appears to help slow down the immune response and control inflammation in your body.

BONUS TIP: WHEN YOU CAN'T EAT FRESH, EAT FROZEN

Depending on where you live and what time of year it is, you can't always get your hands on high-quality fresh produce. Keep this in mind: Frozen is fine. Manufacturers freeze frozen fruits and veggies at "peak" ripeness, which means they'll pack a similar nutritional value as their fresh counterparts. Just choose plain frozen foods rather than those with added sugars or sodium.