

*Multi***PREP**TM

Slice 'N DiceTM

RECIPE BOOK



***Multi*PREP**TM
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RECIPE BOOK

SLICE 'N DICE YOUR WAY TO
FAST, SIMPLE AND DELICIOUS MEALS

BLACK+DECKERTM



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BLACK+DECKER[™]

INTRODUCTION

Thought your shredding blade was just for cheese? Or that you could only julienne carrots? Think again! These pages are filled with recipes that let you slice, dice, shred or julienne your favorite fruits or veggies into meals the whole family will love. Over half of these recipes cook in 30 minutes or less so you can have a homemade meal on the table in less time than takeout.

4 Breakfasts

10 Side Dishes

28 Main Courses

44 Desserts



BREAK
FASTS

CARROT CAKE OVERNIGHT OATS



Shred/
Grade
disc



Prep time: 5 minutes
Cook time: overnight
Total time: 8 hours, 5 minutes



Servings: 2
Serving Size: 1 jar

- 2 medium carrots, shredded with shredding blade
 - 1 cup old fashioned oats
 - 1 1/2 cups vanilla almond milk
 - 2 Tbsp. maple syrup
 - 1 tsp. vanilla extract
 - 1 tsp. ground cinnamon
 - 1/2 tsp. all spice
 - 1/4 tsp. ground ginger
 - 4 Tbsp. raisins
 - 1/4 cup walnuts, chopped, optional
1. Divide all of the ingredients between two 16 oz glass jars or small containers.
 2. Shake each jar to combine all ingredients. Place in the refrigerator overnight and heat in the microwave the next morning for 2-3 minutes.
 3. Top with chopped walnuts if desired.

Tip: You can use regular dairy milk in place of almond milk.

You'll look forward

to rolling out of bed in the morning when this healthy carrot cake breakfast is waiting for you.



TIP

Make this a gluten free breakfast by subbing in gluten free oats.

This delicious meal is perfect for more than just breakfast; it also makes for a great brinner:

breakfast for dinner!



TIP

Use a large cast iron skillet to make the potatoes perfectly crispy.

CHEESY BACON AND EGG HASH



Slicing
blade



Dicing
blade



Shredding
blade



Prep time: 5 min.
Cook time: 55 min.
Total time: 1 hour



Servings: 4
Serving Size:
2 cups

- 4 medium russet potatoes, peeled and sliced with slicing blade (thickest setting)
 - 1 small onion, diced with dicing blade
 - 8 oz cheddar cheese, shredded with shredding blade
 - 1 leek, sliced
 - Salt and pepper for seasoning
 - Cooking spray
 - 8 oz sliced mushrooms
 - 8 slices uncooked bacon, chopped
 - 4 eggs
1. Preheat oven to 400°F.
 2. In a large bowl, toss the potato slices with onion and leek. Season with salt and pepper.
 3. Pour the mixture into a 12" cast iron skillet. Spray the top of the potato mixture with cooking spray.
 4. Bake for 15 minutes. Remove from the oven, stir the potatoes and add the mushrooms. Season with salt and pepper and continue baking for an additional 15 minutes.
 5. Remove from the oven, stir the mixture again and top with the chopped bacon. Bake for 10-15 minutes, or until the bacon is crispy.
 6. Remove from the oven and make four wells in the potato mixture. Crack an egg into each well and sprinkle shredded cheese around the eggs. Season again with salt and pepper and return to the oven.
 7. Bake for 6-8 minutes, or until the egg whites are set.
 8. Serve hot.

Tip: Spray a small amount of cooking spray on the shredding blade before shredding to keep the cheese from sticking too much.



HOMEMADE PICKLES



Slicing
blade



Prep time: 5 minutes
Cook time: 5 minutes
Total time: 10 minutes



Servings: 10
Serving Size: 1/2 cup

- 2 cucumbers, sliced with slicing blade (thickest setting)
 - 6 sprigs fresh dill
 - 2 cloves garlic, thinly sliced
 - 1 Tbsp. pickling spice
 - 1/2 Tbsp. sugar
 - 1 tsp. salt
 - 1/3 cup white vinegar
 - 3/4 cup water
1. Place the sliced cucumbers in a large bowl and toss with the dill and garlic.
 2. In a small saucepan heat the pickling spice, sugar, salt, vinegar and water over medium-high heat until sugar is dissolved, about 5 minutes.
 3. Pour the vinegar mixture over the cucumber slices and cover tightly with saran wrap.
 4. Place in the refrigerator overnight to allow the cucumbers to pickle.
 5. Use to make your favorite sandwich even tastier.



Who knew making your own perfectly crunchy
and vinegar-y pickles could be so simple?

You may never buy store bought pickles again!

TIP

Use the same vinegar solution to pickle carrots, radishes, onions and more!

Fresh lemon juice, mint, and parsley combine with crunchy vegetables and fluffy quinoa for

this bright side dish



TIP

Turn this side dish into a main course by simply adding cooked chicken, shrimp or beef.

QUINOA TABBOULEH SALAD



Dicing
blade



Prep time: 10 minutes
Cook time: N/A
Total time: 10 minutes



Servings: 8
Serving Size: 1 cup

- 1 medium red pepper, diced with dicing blade
 - 1 medium yellow pepper, diced with dicing blade
 - 1 large tomato, diced with dicing blade
 - 1 English cucumber, diced with dicing blade
 - 1 cup loosely packed flat leaf parsley, finely chopped
 - 1 cup loosely packed mint, finely chopped
 - 3 cups cooked quinoa
 - 1 Tbsp. minced garlic
 - 2 lemons, juiced
 - 2 Tbsp. chicken stock
 - Salt and pepper to taste
1. Place the peppers, tomato, cucumber, parsley, mint, and quinoa in a large bowl and toss together.
 2. In a small bowl, mix together the minced garlic, lemon juice and chicken stock. Pour over the quinoa mixture and toss to coat.
 3. Season with salt and pepper and serve.

Tip: The longer the salad is refrigerated, the better the flavoring becomes.

CAULIFLOWER FRIED RICE



Shredding
blade



Prep time: 5 minutes
Cook time: 7 minutes
Total time: 12 minutes



Servings: 4
Serving Size: 1 cup

- 1 small head cauliflower, cut into florets, shredded with shredding blade
- 2 eggs
- Cooking spray
- 1 cup frozen mixed vegetables
- 2 green onions, sliced
- Salt and pepper
- 3 Tbsp. soy sauce

Tip: Short on time? Use two 10 oz. bags of precut cauliflower florets.

1. In a small bowl, whisk together the eggs.
2. In a large skillet, heat a couple sprays of cooking spray over medium heat. Scramble the eggs, breaking them into smaller pieces as they cook. Place the scrambled eggs into a separate bowl and set aside.
3. In the same skillet, heat an additional few sprays of cooking spray over high heat. Add the shredded cauliflower, frozen vegetables and green onions.
4. Sauté until tender crisp, about 3-4 minutes. Add garlic and season with salt and pepper. Continue to saute until garlic is fragrant, about 1 minute.
5. Add the scrambled eggs back into the skillet and pour the soy sauce over top. Stir to combine. Serve hot.

Just as tasty as take-out, but with a healthier spin
by swapping shredded cauliflower for white rice.

You won't even realize the rice is missing.



TIP

Eat as a side dish, or add chicken, shrimp or beef for a full meal.

The smoky flavor of cumin combines with the earthiness of turmeric to create

a warm and tasty side dish to your next meal.



TIP

Say goodbye to soggy fries! Spread your fries out in a single layer to get perfectly crisp fries every time.

BUTTERNUT SQUASH FRIES



Julienne
blade



Prep time: 5 minutes
Cook time: 30 minutes
Total time: 35 minutes



Servings: 4
Serving Size: 2/3 cup

- 1 large butternut squash, peeled, bulbous end cut off, julienned with julienne blade
 - 1 tsp. cumin
 - 1/2 tsp. curry powder
 - 1/2 tsp. turmeric
 - Salt for seasoning
 - Cooking spray
1. Preheat oven to 450°F. Grease a cookie sheet with cooking spray.
 2. In a medium sized bowl, toss together the butternut squash, cumin, curry powder and turmeric. Season with salt.
 3. Spread the fries in a single layer on the prepared cookie sheet and spray with cooking spray.
 4. Bake for 28-30 minutes, flipping halfway through, or until fries are crispy around the edges.
 5. Serve hot.

ROASTED MAPLE SWEET POTATOES



Dicing
blade



Prep time: 5 minutes
Cook time: 35-40 minutes
Total time: 45 minutes



Servings: 5
Serving Size: 1/2 cup

- 4 small sweet potatoes, peeled and diced with dicing blade
 - 2 Tbsp. olive oil
 - 3 Tbsp. maple syrup
 - 1 tsp. maple extract
 - 2 tsp. cinnamon
 - 1/2 tsp. salt
1. Preheat the oven to 400°F and grease a 9"x13" pan.
 2. In a large bowl mix together all ingredients and pour into the greased pan.
 3. Bake for 35-40 minutes, or until potatoes are soft..
 4. Serve as a delectable side dish at your next meal.

Tip: Have a large toaster oven? Bake your potatoes for 30 minutes, or until soft.

The smells of warm maple syrup

and sweet cinnamon will fill your home while you bake up this perfect fall dish.



TIP

Add a dash of paprika for a smoky sweetness.



Sweet and creamy roasted garlic

helps to create a perfect sauce to pour over fresh vegetables that roast to perfection.

TIP

Have extra pre-peeled garlic? You can roast this garlic just the same as a whole head of garlic. Plus, no additional peeling required once you're done roasting!

ROASTED GARLIC VEGGIES



Dicing
blade



Slicing
blade



Shredding
blade



Prep time: 20 minutes
Cook time: 35 minutes
Total time: 55 minutes



Servings: 4
Serving Size:
1 cup

- 1/2 small onion, diced with dicing blade
 - 1 medium zucchini, sliced with slicing blade (thickest setting)
 - 1 yellow squash, sliced with slicing blade (thickest setting)
 - 1/2 eggplant, sliced with slicing blade (thickest setting)
 - 1 medium red pepper, sliced with slicing blade (thickest setting)
 - 4 oz parmesan cheese, shredded with shredding blade
 - 1 head garlic
 - 1 tsp. olive oil
 - 2/3 cup heavy whipping cream
 - 1 Tbsp. Italian seasoning
1. Preheat oven to 400°F.
 2. Cut the top off the head of garlic and remove any papery layers that come off easily. Place the head of garlic on a small square of aluminum foil and drizzle with the olive oil. Close the foil around the garlic and place on a baking sheet.
 3. Roast the garlic for 25 minutes. Remove from the oven and allow the garlic to cool enough to handle.
 4. Meanwhile, layer the sliced vegetables in a lightly oiled cast iron skillet, starting with zucchini. Next layer the yellow squash, then eggplant, ending with red pepper.
 5. Squeeze the cloves of garlic into a small saucepan and mash with a fork. Pour in the cream and add the onion and Italian seasoning. Stir to combine. Heat over medium heat until the mixture starts to bubble.
 6. Pour the cream mixture over the layered vegetables and top with the shredded parmesan cheese.
 7. Cover the cast iron pan with aluminum foil and bake for 30 minutes. Remove the foil and continue to bake for 5 more minutes.
 8. If desired, broil for 2-3 minutes, until the cheese is nicely browned.

SWEET POTATO GRUYERE GRATIN



Slicing
blade



Shredding
blade



Prep time: 30 minutes
Cook time: 4-6 hours
Total time: 4.5-6.5 hours



Servings: 12
Serving Size:
1/2 cup

- 4 sweet potatoes, sliced with slicing blade (thickest setting)
 - 4 russet potatoes, sliced with slicing blade (thickest setting)
 - 8 oz gruyere, shredded with shredding blade
 - 4 cloves garlic, chopped
 - 1 leek, sliced
 - 1 tsp. ground thyme
 - 1 tsp. dried sage
 - 1 tsp. salt, more to taste
 - 1 tsp. black pepper, more to taste
 - 4 Tbsp. butter for sauce, butter for coating slow cooker
 - 4 Tbsp. flour
 - 3 cups whole milk
 - Salt and pepper for seasoning
- Tip:** For a more velvety texture use Cheddar or Gouda cheeses.
1. In a large bowl, toss the potato slices with chopped garlic, leek, thyme, sage, salt and pepper.
 2. Coat slow cooker with butter.
 3. Layer potato/spice mixture in the bottom of the slow cooker, and sprinkle salt and pepper lightly between every couple layers.
 4. For the cheese sauce, in a medium sauce pan, melt 4 Tbsp. butter over medium-high heat.
 5. Slowly add 4 Tbsp. of flour and 1/2 tsp. salt. Whisk for 1 minute.
 6. Gradually whisk in the whole milk.
 7. Add in the shredded cheese, 1 cup at a time, melting the cheese between each cup.
 8. Once the cheese is completely melted, pour over the potato layers.
 9. Place the lid on the slow cooker and cook for 4-6 hours on low, or until potatoes are soft.

These creamy, cheesy sliced potatoes

may just become your go-to side dish that everyone will ask about.

TIP

Low and slow is the best rule here! Resist the urge to cook on high for a shorter time as the sauce will separate.



Slightly sweet

with a mild piney flavor of fresh rosemary, this is a perfect Italian sauce to top simple pasta noodles.



TIP

Get the most flavor out of your fresh rosemary by using a pressure cooker to make this sauce.

TOMATO SAUCE



Shredding
blade



Prep time: 5 minutes
Cook time: 20 minutes
Total time: 25 minutes



Servings: 8
Serving Size: 1/2 cup

- 3 lbs. greenhouse tomatoes, grated with grating blade
- 1 tsp. salt
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 4 small sprigs fresh rosemary
- 2 Tbsp. butter

Stovetop Directions

1. In a large saucepan heat the oil over medium-high heat. Add the garlic and sauté until fragrant, about 1 minute. Add the rosemary and continue to sauté until it just starts to turn brown around the edges, about 3-4 minutes.
2. Add the grated tomatoes and salt and stir to combine. Bring the mixture to a boil.
3. Turn the heat down to low and allow the sauce to thicken, about 15 minutes.
4. Stir in the butter until melted.
5. Use to top your favorite pasta.

Pressure Cooker Directions

1. In the cooking bowl of a pressure cooker, heat the oil on the BROWNING function.
2. Add the garlic and sauté until fragrant, about 1-2 minutes. Add the rosemary and continue to sauté until it just starts to turn brown around the edges, about 3-4 minutes.
3. Add the grated tomatoes and salt and stir to combine.
4. Place the lid on the pressure cooker and lock into place. Press the SOUP/STEW function and set the time for 8 minutes.
5. When the timer goes off, use Quick Pressure Release.
6. Remove the rosemary sprigs. Press the BROWNING function and set the time for 5 minutes.
7. Stir in the butter until melted and the sauce begins to thicken.
8. Use to top your favorite pasta.



SHREDDED CHICKEN SALAD



Julienne
blade



Prep time: 10 minutes
Cook time: N/A
Total time: 10 minutes



Servings: 7
Serving Size: 2 cups

Salad

- 2 large carrots, julienned with julienne blade
- 3 cups cooked shredded chicken
- 2 (10 oz) bags shredded cabbage
- 1 radicchio, chopped
- 2 green onions, chopped
- Cooking spray

Sauce

- 2 1/2 Tbsp. peanut butter
- 3 Tbsp. rice vinegar
- 4 Tbsp. soy sauce
- 2 tsp. hoisin sauce
- 1 Tbsp. honey
- 1/2 tsp. fish sauce
- 1 Tbsp. grated ginger
- 1/2 Tbsp. minced garlic

1. In a large bowl toss together the salad ingredients.
2. In a small bowl whisk together the sauce ingredients and pour over the salad mixture.
3. Toss well to coat the salad mixture with the sauce.
4. Serve immediately or cover and refrigerate for a few hours to allow the flavors to blend together.


Finally a salad you'll want to eat all day!

Sweet and salty peanut butter sauce combined with cool and crunchy vegetables is a perfect match.



TIP

Make this salad even faster by using leftover rotisserie chicken.

A wooden cutting board is the central focus, displaying several thin, overlapping slices of prosciutto. In the upper right, a light green ceramic dish holds several slices of cantaloupe melon. To the right of the prosciutto, a small bunch of fresh dill is visible. The background is softly blurred, showing more of the cutting board and the melon dish.

Velvety, sweet goat cheese pairs perfectly with cool melon and salty prosciutto for the this ideal lunch time sandwich.

No more sad brown-bag lunch for you!

TIP

Slice your bread on the thicker side for a crunchy exterior and warm, chewy middle.

FIG, MELON AND PROSCIUTTO PANINI



Slicing
blade



Prep time: 10 minutes
Cook time: 10 minutes
Total time: 20 minutes



Servings: 4
Serving Size: 1 sandwich

- 4 fresh figs, sliced with slicing blade (thickest setting)
 - 1/4 melon, peeled and sliced with slicing blade (thickest setting)
 - 8 thick slices Italian bread
 - 4 Tbsp. butter
 - 4 oz honey goat cheese
 - 3 oz prosciutto
 - 1 cup arugula
1. Preheat a Panini press or George Foreman grill.
 2. Spread 1/2 Tbsp. butter onto one side of each slice of bread.
 3. On the unbuttered side of 4 slices of bread, evenly layer the goat cheese, figs, melon, prosciutto and arugula. Top with a buttered slice of bread.
 4. Place the Paninis onto the preheated grill, (both slices of bread should be butter side out).
 5. Cook for 10 minutes, or until bread is golden brown and cheese is slightly melted.
 6. Slice in half and serve hot.

MUSHROOM AND GOUDA QUESADILLA



Shredding
blade



Julienne
blade



Prep time: 5 minutes
Cook time: 30 minutes
Total time: 35 minutes



Servings: 4
Serving Size:
1 quesadilla

- 1 medium red pepper, julienned with julienne blade
- 1 medium red onion, julienned with julienne blade
- 8 oz gouda cheese, shredded with shredding blade
- 8 oz sliced baby bellas
- Cooking spray
- 8 tortillas
- 4 Tbsp. butter

Tip: Spray a small amount of cooking spray on the shredding blade before shredding to keep the cheese from sticking too much.

1. Heat a large skillet with a few sprays of cooking spray over medium-high heat. Sauté the pepper, onion and mushrooms until tender crisp, about 4-5 minutes.
2. Spread 1/2 Tbsp. butter onto one side of each tortilla.
3. Heat a skillet to medium and place a tortilla, butter side down, in the skillet. Sprinkle 1/4 cup cheese and a 1/4 cup mushroom mixture on top. Place the 2nd tortilla, butter side up, on top.
4. Cook for 2-3 minutes per side, or until golden brown. Repeat with the remaining quesadillas.
5. Slice each quesadilla into four slices and serve with guacamole or sour cream.

Even meat-eaters will obsess
over this veggie based quesadilla!



TIP

If Gouda doesn't taste so 'gouda' to you, try subbing in a semi-hard cheese like Monterey Jack or Muenster.

Turning this oniony lamb mixture into small patties makes cooking much faster. Once topped with cool tzatziki sauce,

you'll be wondering why you didn't make more



TIP

Cover pitas with a damp paper towel and microwave for 15-20 seconds for perfectly warm pitas.

GYROS WITH TZATZIKI SAUCE



Dicing
blade



Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes



Servings: 4
Serving Size: 1 gyro

Gyro

- 1/2 small yellow onion, diced with dicing blade
- 1 lb. lean ground lamb
- 1 Tbsp. minced garlic
- 1 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 Tbsp. dried rosemary
- 1 tsp. salt
- 1/2 tsp. black pepper

Tzatziki Sauce

- 1 English cucumber, diced with dicing blade
- 1 cup Greek yogurt
- 1 tsp. minced garlic
- 1/2 lemon, juiced
- 1 tsp. dill weed

For Serving

- 1 small onion, diced with dicing blade
- 1 small tomato, diced with dicing blade
- 4 pitas
- Shredded lettuce

1. In a large bowl combine the gyro ingredients. Form the mixture into 12 small patties.
2. In a medium skillet, heat a few sprays of cooking spray over medium-high heat. Cook four patties for 2-3 minutes per side for medium rare. Repeat with remaining patties
3. In a medium-size bowl mix together the tzatziki sauce ingredients.
4. Warm the pita bread and place 3 patties in the bottom. Top with tzatziki sauce, diced onion, tomato and lettuce. Serve warm.

FRENCH DIP



Julienne
blade



Prep time: 5 minutes
Cook time: 3-4 hours
Total time: 4 hours, 5 minutes



Servings: 6
Serving Size: 1 cup

- 2 medium onions, julienned with julienne blade
 - 3 lbs. sirloin steak
 - Salt and pepper for seasoning
 - 2 Tbsp. minced garlic
 - 3 cups low sodium beef broth
 - 1/4 cup Worcestershire sauce
 - 2 bay leaves
 - 6 hoagie rolls, toasted
 - 12 slices Swiss cheese
1. Season both sides of the steak with salt and pepper and place in the bottom of the slow cooker.
 2. Place the onions and garlic over the steak.
 3. Pour in the beef broth and Worcestershire sauce. Lay the bay leaves on top.
 4. Place the lid on the slow cooker and cook for 3-4 hours on high or 5-6 hours on low, or until the meat is very tender.
 5. Remove the meat from the slow cooker and place on a cutting board. Thinly slice or shred the steak with two forks and set aside.
 6. Remove the bay leaves from the slow cooker and place the shredded beef back into the juices.
 7. Pile each roll with onions and beef and lay two slices of cheese on top. If you would like to have the cheese melted, place the French dips under the broiler and broil until cheese is melted.
 8. Ladle a small amount of the juices into a ramekin for dipping.
 9. Dip the hot sandwiches into the au jus and enjoy!

Crusty hoagie rolls

are the perfect vehicle for this tender beef and onion mixture. Au jus dipping required.



TIP

Place your sandwich under the broiler for a perfectly toasty, melty french dip.



Not only is the name of this dish fun to say,

but it's also an umami packed dish with sweet, salty flavors and just the right amount of heat.

TIP

Have a rice cooker? You can focus on making your meal while it cooks up light and fluffy rice.

KOREAN BIBIMBAP



Julienne
blade



Prep time: N/A
Cook time: 10 minutes
Total time: 10 minutes



Servings: 2
Serving Size: 1 bowl

Bibimbap

- 2 medium carrots, julienned with julienne blade
- 2 Tbsp. soy sauce
- 2 tsp. brown sugar
- 1 Tbsp. rice vinegar
- 1/2 tsp. fish sauce
- 1 tsp. minced garlic
- 1 tsp. salt
- 8 oz sliced mushrooms
- 2 cups baby spinach
- 1 (8 oz) package bean sprouts
- Cooking spray
- 1 1/2 cups cooked white rice

Spicy Chili Sauce

- 1 Tbsp. sweet chili sauce
- 1 tsp. Sriracha sauce
- 2 tsp. brown sugar
- 1 tsp. soy sauce
- 1 1/2 tsp. rice vinegar

1. In a small bowl, combine the soy sauce, brown sugar, rice vinegar fish sauce minced garlic and salt. Set aside
2. In a large skillet, heat a few sprays of cooking spray over medium-high heat. Sauté the carrots and mushrooms until tender-crisp, about 4-5 minutes.
3. Add the spinach, bean sprouts and soy sauce mix and continue to sauté until spinach is wilted, about 2-3 more minutes.
4. In a small bowl mix together the spicy chili sauce ingredients.
5. Place 3/4 cup rice into two bowls and split the sautéed vegetables between the two bowls. Top with the spicy chili sauce.
6. Top with a fried egg if desired.

CHICKEN LO MEIN



Julienne
blade



Dicing
blade



Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes



Servings: 7
Serving Size: 2 cups

Lo Mein

- 2 large carrots, julienned with julienne blade
- 1 medium onion, diced with dicing blade
- 16 oz spaghetti noodles
- 8 oz sliced mushrooms
- 1 (10 oz) bag shredded cabbage
- Cooking spray
- 2 cups cooked shredded chicken
- 1 green onion, chopped

Sauce

- 4 tsp. brown sugar
- 8 Tbsp. low sodium soy sauce
- 4 tsp. ketchup
- 2 tsp. hoisin sauce
- 4 tsp. rice vinegar

1. Bring a large pot of salted water to a boil and cook the spaghetti according to package directions. Drain and set aside.
2. In a small bowl mix together the sauce ingredients and set aside.
3. In a large skillet, heat a few sprays of cooking spray over medium-high heat. Sauté the mushrooms, cabbage, carrots and onion and until tender-crisp, about 6-7 minutes.
4. Add the chicken, sauce and cooked noodles to the sautéed vegetables and toss to coat in the sauce.
5. Top with chopped green onion and serve hot.

Homemade Chinese

done in the time it takes to pick up takeout? Yes, please!



TIP

Use rice noodles in place of spaghetti noodles for a gluten free dish.



MINI FRUIT PIZZAS



Slicing
blade



Prep time: 20 minutes
Cook time: 10-12 minutes
Total time: 30-32 minutes



Servings: 24
Serving Size: 1 cookie

- 1/2 (1 lb) clamshell strawberries, sliced with slicing blade
 - 1 kiwi, peeled and sliced with slicing blade
 - 1 package break and bake sugar cookies (24 cookies)
 - 1 (1 lb) container vanilla frosting
 - 1 (6 oz) clamshell blackberries
1. Preheat the oven to 350°F.
 2. Place the sugar cookies on a baking sheet and bake for 10-12 minutes, or until golden around the edges.
 3. Allow the cookies to cool. Frost each cookie and decorate with sliced fruit.

These mini fruit pizzas are easy to make and

just as easy to eat



TIP

Involve the kids or friends in the fun of frosting and decorating their own cookies.

This perfect fall dessert

is like a giant caramel apple baked into a cake. We recommend savoring every last bite.



TIP

Keep the melted caramel from separating when slicing the cake by pouring it on top of the cake while it's still warm.

CARAMEL APPLE CAKE



Slicing
disc



Prep time: 10 minutes
Cook time: 40 minutes
Total time: 50 minutes



Servings: 16
Serving Size: 1 slice

- 2 Gala apples, sliced with slicing disc (thickest setting)
 - 1/4 cup flour
 - 1/4 cup sugar
 - 2 tsp. cinnamon
 - 1/4 tsp. all spice
 - 1/8 tsp. ground cloves
 - 1 yellow box cake mix
 - 1 cup water
 - 1/2 cup applesauce
 - 3 eggs
 - 1 cup caramel bits, divided
1. Preheat the oven to 350°F and grease a 9"x13" pan.
 2. In a medium-size bowl mix together the apples, flour, sugar, cinnamon, all spice and ground cloves. Pour into the greased pan.
 3. In a large bowl, mix together the cake mix, water, applesauce and eggs. Fold in 3/4 cup caramel bits.
 4. Pour the mixture over the apples and spread evenly.
 5. Bake for 35-40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
 6. Microwave the remaining 1/4 cup caramel bits and drizzle over the top of the warm cake.
 7. Slice and serve with ice cream, if desired.

Tip: Have a large toaster oven? Bake your cake for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.

PEAR AND BLACKBERRY ALMOND GALETTE



Slicing
blade



Prep time: 1 hour 15 minutes
Cook time: 35-40 minutes
Total time: 1 hour 55 minutes



Servings: 10
Serving Size: 1 slice

Galette

- 1 small pear, sliced with slicing blade (thinnest thickness)
- 1 3/4 cups flour
- 1/3 cup plus 1 Tbsp. sugar, divided
- 1/4 cup cornmeal
- 1/4 tsp. salt
- 1/2 cup (1 stick) butter, cut into pieces
- 1 tsp. almond paste
- 1/3 cup buttermilk
- 1 (6 oz) clamshell blackberries
- 1 tsp. corn starch
- 1 egg, beaten
- 2 Tbsp. turbinado sugar

Almond Topping

- 1/4 cup flour
- 1/4 cup brown sugar
- 2 Tbsp. almond paste
- 2 Tbsp. butter
- 1/4 cup slivered almonds

1. In the bowl of a food processor, add the flour, 1/3 cup sugar, cornmeal and salt. Pulse to combine.
2. Add the sliced butter and pulse until the mixture resembles coarse meal.
3. Turn the food processor to On and slowly pour in the buttermilk through the chute. Continue to process until the dough forms a ball.
4. Wrap in plastic wrap and place in the refrigerator for an hour.
5. Preheat the oven to 350°F.
6. In a medium sized bowl, combine the pear, blackberries, corn starch and 1 Tbsp. sugar. Set aside.
7. In a small bowl, combine the almond topping ingredients, using your fingers to break up the butter and almond paste.
8. Cover a baking sheet with parchment paper. Lightly spray with cooking spray and dust with flour.
9. Roll out the dough into a circle, about a 1/2" thick on the parchment paper. Place the pear and blackberry mixture in the center and top with the almond topping.
10. Fold the dough over the pear and blackberries, leaving the top open. Brush with the beaten egg and sprinkle with the turbinado sugar.
11. Bake for 35-40 minutes, or until the crust is golden brown.
12. Slice and serve warm.



Think of a galette as a combination of an open pie and a crumble:

*flaky crust, gooey filling and
crunchy topping rolled in one.*

TIP

Slicing the pears on the thinnest setting allows them to bake to perfection in 40 minutes.

Fast, simple, + delicious meals

In this book you'll find 22 recipes, that with the help of your Slice 'N Dice™, you'll be able to create with ease. Take this recipe book as a kickoff to crafting even more nourishing and fun recipes the whole family will enjoy!

