

Salmon

Items: 11" Skillet or Electric Skillet

INGREDIENTS:

- Salmon fillet (fresh or frozen)
- Spinach
- Diced almonds
- Broccoli
- Carrots



INSTRUCTIONS:

- Cover bottom of skillet with spinach
- Place fresh or frozen salmon fillet
- Cover salmon with diced almonds
- Add fresh or frozen broccoli
- Add sliced carrots "sticks"
- Medium-click-low for 15 minutes



Fruit Salad

Items:

Large Salad Bowl

Saladmaster Machine



INGREDIENTS:

- Cantaloupe
- Honeydew
- Strawberries
- Bananas
- Apples
- Lemons
- Blue Berries
- 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 Blue Berries
- Lemon zest on the #1 cone
- Juice of 2 lemons pour over salad and mix
- Add almond slivers
- Sunflower seeds



Beef Queso Nacho Dip

Items:

3 Quart Sauce Pan w/ Culinary Basket
MP5



INGREDIENTS:

- 1 lb ground beef
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 4 tbsp butter
- 1/4 cup flour
- 1 cup non fat milk
- 1 cup low fat pepper jack cheese shredded
- 1 cup low fat sharp cheddar cheese shredded
- 1 cup salsa

INSTRUCTIONS:

- Degrease the ground beef by using the Saladmaster 3 quart sauce pan and small culinary basket. Transfer the meat in a bowl and season it with chili powder, cumin and garlic powder. Then set aside.
- Preheat MP5 to 350F. Make a roux to thicken your sauce by melting butter over medium heat and add the flour. Stir with whisk and continue to cook for 2 minutes. Whisk in milk and continue to cook on low for 3-4 minutes until thickened.
- Whisk in the cheeses until smooth. Add the salsa and seasoned, browned beef. Simmer on low 250F for 5 minutes. Then bring heat to 150F to warm the dip.
- Serve warm with tortilla chips or nachos and garnish with chopped cilantro.



Yam Porridge

Item:

7 Quart Roaster



INGREDIENTS:

- 1 medium tuber of Yam
- Blend 2 bell peppers, onions, ginger, 1 habanero pepper
- Smoked turkey (cooked and cut in chunks) Optional
- Dry Fish
- Thyme
- Spinach
- Crayfish
- Salt
- Chicken bouillon

INSTRUCTIONS:

- Dump everything at same time except for the spinach and let it cook at medium heat until yam is cooked soft then add spinach and turn off the heat.

