

Cuisinart®

INSTRUCTION
AND RECIPE
BOOKLET



**Cuisinart® Dicing Accessories for the FP/SFP-13 Series
Food Processors**

FP-DC

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

WARNING: RISK OF FIRE OR ELECTRIC SHOCK



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated, dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of fire or electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying appliance.

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WARNING

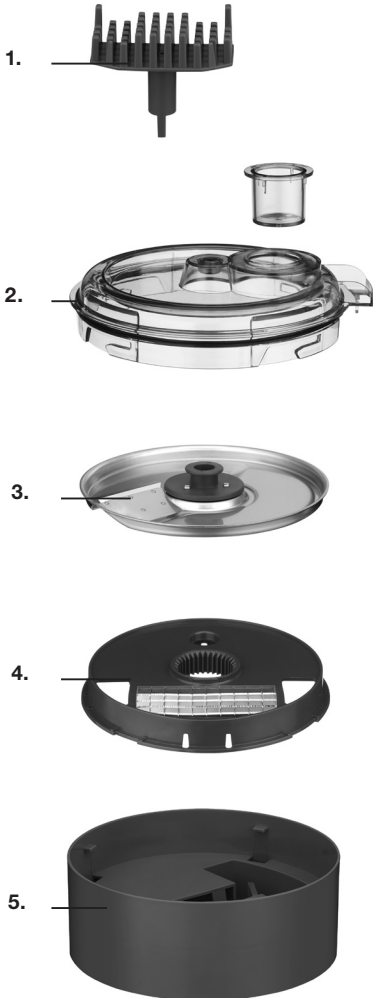
**RISK OF FIRE OR ELECTRIC SHOCK
DO NOT OPEN**



**WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK,
DO NOT REMOVE COVER (OR BACK)
NO USER-SERVICEABLE PARTS INSIDE
REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY**

PARTS

1. Dicing Grid Cleaning Tool
2. Flat Work Bowl Cover with Small Pusher/Dicing Storage Case Cover (not to be used while dicing)
3. Dicing Disc
4. Dicing Grid
5. Dicing Storage Case

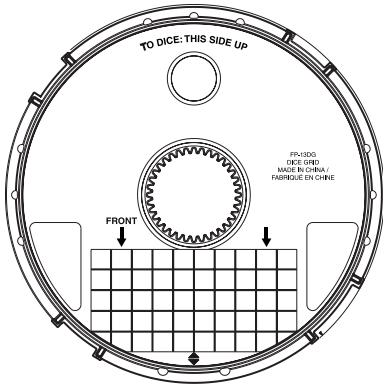
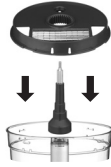


ASSEMBLY

Assembling the Dicing Kit in the Work Bowl

1. With large work bowl on base, insert stem adapter.
2. Carefully place dicing grid onto the stem adapter with the grid positioned closest to the front of the food processor. Be sure "This Side Up" shows on top.

The cutting grid should be facing with the triangle on front of the grid, aligned with the center of the work bowl handle. Dicer will not work if inserted incorrectly.



3. Carefully place dicing disc on top of grid. Push down slightly to lock into place. It should not move if positioned accurately. **NOTE:** Always use caution when handling the dicing disc; it is very sharp.



4. Place the work bowl cover over the work bowl with the feed-tube assembly shifted slightly to the right of the handle. Be sure to assemble the hub pin into the center of the cover. Once the cover is fully seated, rotate the cover to the left to engage the cover-locking mechanism and interlock. To remove the cover, rotate to the cover approximately $\frac{1}{4}$ th of a turn to the right to disengage the interlock and locking mechanism.



Using Dicing Kit

- The dicing disc and grid make cubed pieces of fruit and vegetables. The recommended speed for dicing most fruits and vegetables is High. Use Low speed when dealing with very soft items such as kiwi.
- When dicing, only use the **medium** or **small** feed tube. Be sure to pack single items tightly, to the left of the feed tube, using consistent downward pressure.
- **Use the dicing grid cleaning tool to clear the grid.** First dislodge jammed particles using the long, single tooth on the handle. Then align the two long pins along the right and left of the grid. Guide the cleaner into the correct position and press down to clear the grid of food residue.
- When processing items like squash and potatoes, clean the grid every 3 to 4 times to prevent buildup.
- When large food remnants are lying between the grid and disc, use caution when cleaning off the remains by using the gaps featured to the right and left of the grid.

NOTE: We do not recommend dicing frozen foods and meats. For dicing, use medium or small pusher only.

TIP: Always process foods from soft (kiwi) to hard (potato).

DICING GUIDE

FOOD	SPEED	DIRECTIONS
Most Vegetables (e.g., potato, zucchini)	High	Peel vegetables if necessary, and trim to fit small or medium feed tube before dicing.
Soft/Very Ripe Vegetables (e.g., ripe tomatoes and avocados)	Low	Peel vegetables if necessary, and trim to fit small or medium feed tube before dicing.
Most Fruits (e.g., apples, bananas, strawberries)	High	Peel fruit if necessary, and trim to fit small or medium feed tube before dicing.
Soft/Very Ripe Fruits (e.g., kiwi, ripe pineapple, very ripe bananas)	Low	Peel fruit if necessary, and trim to fit small or medium feed tube before dicing.

CLEANING, STORAGE AND MAINTENANCE

- Keep your Cuisinart® Dicing Accessories for the FP/SFP-13 Series Food Processors ready to use on the kitchen counter.
- Keep the disc and grid out of reach of children.
- All parts except the housing base (of the food processor) are dishwasher safe, and we recommend washing them in the dishwasher on the **top rack only**. Due to intense water heat, washing on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning. Remember to unload the dishwasher carefully wherever you have placed sharp blades and discs.
- To simplify cleaning, rinse the cover, pusher, disc and grid immediately after use so food won't dry on them.
- If you wash the Dicing Accessories by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. Use of a spray attachment is also effective. If necessary, use a brush.

FOR YOUR SAFETY

- Handle and store disc and grid carefully. Their cutting edges are very sharp. Storing in the storage case is best.

Flat Work Bowl Cover Operation

Use the flat cover with your FP/SFP-13 Series Food Processors for added convenience when your recipe calls for chopping, mixing, pureeing or kneading. It is particularly useful when you are preparing baked goods such as cakes, cookies, pies and breads. **NOTE: Do not use flat work bowl cover for slicing, shredding, or dicing.**

• To Assemble the Flat Cover

Begin with the work bowl and the metal blade in place. Place the flat cover on the work bowl so that the **Cuisinart logo written on the cover** is face up and readable. Then turn cover **CLOCKWISE** to lock into place. Make sure the small pusher is in place before using.

• To Disassemble the Flat Cover

Place one hand near the Cuisinart logo and one hand on opposite end of cover; turn cover **COUNTERCLOCKWISE**. Lift cover up and off work bowl. Do not use the Flat Cover with any of the slicing or shredding discs. Use only with the metal blade or dough blade.

TROUBLESHOOTING

1. Problem: Food is stuck in the grid.

Solution:

- First, unplug unit. Carefully remove dicing disc. Then, using the cleaning tool, carefully reach into the large openings on either side of grid to remove large food pieces.
- Do not use your fingers to clean the grid. **ONLY USE THE CLEANING TOOL.**
- Use the long, single tooth on the cleaning tool handle to push stubborn food through grid.

2. Problem: Pieces of food are not evenly cut.

Solution:

- Pack items closest to the left in medium or small feed tube.
- Use the small feed tube for smaller items.
- Apply even pressure when using the pusher.

LIMITED ONE YEAR WARRANTY (U.S. AND CANADA ONLY)

This warranty is available to consumers only. You are a consumer if you own Cuisinart® Dicing Accessories for the FP/SFP-13 Series Food Processors that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Dicing Accessories for the FP/SFP-13 Series Food Processors will be free of defects in materials and workmanship under normal home use for one year from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Dicing Accessories for the FP/SFP-13 Series Food Processors should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase and any other information pertinent to the product's return.

Your Cuisinart® Dicing Accessories for the FP/SFP-13 Series Food Processors have been manufactured to the strictest specifications and designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these

damages, so these exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product to be serviced.

If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

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Baby Food

Any fruit or vegetable can be substituted.
Add more or less liquid based on the consistency desired.

Makes 2 cups

- 1 pound butternut squash, peeled and cut to fit feed tube**
- 2 tablespoons steaming liquid or water**

1. Insert dicing grid and disc. Dice butternut squash. Steam until very tender. Reserve steaming water.
2. Add the steamed butternut squash to the large work bowl fitted with the large chopping blade. Add 2 tablespoons of the reserved steaming water or plain (steaming/warm) water. Process on High until desired consistency.

TIP: Store remaining baby food in covered ice cube trays in the freezer until ready to use. Each “cube” equals 1 ounce of food.

Nutritional information per serving (2 ounces):

Calories 44 (33% from fat) • carb. 7g • pro. 1g • fat 2g • sat. fat 1g • chol. 6mg • sod. 165mg • calc. 0mg • fiber 2g

Zucchini Frittata with Manchego and Ham

This frittata is hearty enough to feed a crowd.

Makes 8 servings

- 8 large eggs, lightly beaten and reserved in a medium bowl**
- 1 small leek, washed well, halved lengthwise, white and light green parts only**
- 1 small zucchini, trimmed and cut to fit feed tube**
- 1 tablespoon extra virgin olive oil**
- ½ teaspoon kosher salt, divided**
- 4 ounces ham slab**
- 3 ounces manchego cheese**
- ¼ teaspoon freshly ground black pepper**

1. Preheat oven to 350°F. Insert dicing grid and disc. Dice leek and zucchini. Reserve in bowl.
2. Heat olive oil in a 10-inch, nonstick skillet over medium-high heat. Once hot, add the

diced leek, zucchini and ¼ teaspoon of the salt. Cook, stirring frequently, until zucchini is just tender, about 5 minutes.

3. While leek and zucchini are cooking, dice ham and add to bowl with the reserved eggs.
4. Remove dicing disc and grid. Insert the shredding disc with the fine setting facing up. Shred cheese. Put half of the cheese into the bowl with the eggs and ham. Add the remaining ¼ teaspoon salt and pepper. Stir. Reserve.
5. Reduce heat to medium and add egg mixture to the pan with the leek and zucchini. Stir constantly until eggs start to set, about 2 minutes. Let cook on stovetop until edges start to firm, about 5 minutes. Add remaining cheese to top of egg mixture.
6. Transfer to oven and cook until fully set, about 10 to 15 minutes.
7. Let cool slightly and serve warm.

Nutritional information per serving:

Calories 140 (67% from fat) • carb. 4g • pro. 8g • fat 10g • sat. fat 4g • chol. 200mg • sod. 477mg • calc. 83mg fiber 1g

Home Fries

The dicing accessory makes it easier than ever to dice a lot of potatoes evenly — in this case, just in time for breakfast.

Makes about 4 cups

- 1 onion, halved**
- 1 large green bell pepper, cut to fit medium feed tube and seeded**
- 2 tablespoons extra virgin olive oil**
- 4 russet potatoes (about 1 to 1½ pounds), scrubbed**
- 1 teaspoon kosher salt**
- ½ teaspoon smoked paprika**
- ¼ teaspoon chili powder**
- ¼ teaspoon freshly ground black pepper**

1. Insert the dicing grid and disc. Dice onion.* Reserve in large work bowl. Dice pepper.* Reserve with diced onion.
2. Heat olive oil in a large skillet over medium heat. When oil is hot, add the diced onion and pepper. Cook, stirring frequently, until soft and onion is translucent, about 5 minutes.
3. While onion and pepper are cooking, dice potatoes. Add to skillet with the salt, paprika,

chili powder and black pepper; stir. Cover and cook until potatoes are fully cooked through, about 20 minutes.

4. Taste and adjust seasoning as desired. Serve immediately.

"It may be necessary to clean the dicing grid after dicing the onion and pepper. Simply use the cleaning tool as directed on page 44.

Nutritional information per serving (½ cup):

Calories 72 (23% from fat) • carb. 12g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 272mg • calc. 6mg •

fiber 1g

White Sangria

The Cuisinart® dicing accessory cuts fruit into perfect bite-sized pieces for sangria; best part is, the prep takes no time!

Makes about 5 servings

- 1 **bottle (750 ml) dry white wine such as Chardonnay**
- $\frac{1}{3}$ **cup orange-flavored liqueur**
- 1 **cup whole strawberries, hulled**
- 1 **small peach, pitted**
- $\frac{1}{2}$ **mango, peeled and pitted**
- 1 **small apple, halved and cored**

1. In a large pitcher or glass serving bowl, combine the wine and orange-flavored liqueur. Reserve.
2. Insert the dicing grid and disc. Dice the fruit in the order listed. Add to the wine mixture. If time allows, let sit overnight so the flavors can develop.
3. Serve cold.

Nutritional information per serving (about 5 ounces):

Calories 174 (11% from fat) • carb. 17g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 27mg • calc. 11mg • fiber 2g

Spring Vegetable Minestrone with Pesto

This recipe contains many ingredients and requires a lot of preparation, but the dicing accessory makes it much easier than dicing by hand — and we promise, the final result is worth it!

Makes 14 cups (with pasta)

- 1 **small leek, washed well and trimmed, white and light green parts only**
- 1 **small celery stalk, trimmed and cut to fit feed tube**
- 6 **ounces green beans, trimmed**
- 1 **small zucchini, trimmed and cut to fit feed tube**
- 1 **small yellow squash, trimmed and cut to fit feed tube**
- $\frac{1}{2}$ **small fennel bulb, trimmed, cored and cut to fit feed tube**
- 4 **medium carrots, peeled and trimmed to fit feed tube**
- 6 **ounces red potatoes, scrubbed**
- $\frac{1}{2}$ **teaspoons extra virgin olive oil**
- 1 **garlic clove, smashed and peeled**
- $\frac{3}{4}$ **teaspoon kosher salt, divided**
- $\frac{1}{2}$ **teaspoon freshly ground black pepper, divided**
- 6 **cups chicken or vegetable broth, low sodium**
- 1 **3- to 4-inch Parmesan rind**
- 1 **can (15 ounces) chickpeas, drained and rinsed**
- 1 **can (15 ounces) red kidney beans, drained and rinsed**
- 2 **cups cooked ditalini pasta, optional**

Pesto:

Makes about $\frac{3}{4}$ cup

- 1 **small garlic clove, peeled**
- 3 **cups packed fresh basil leaves**
- $\frac{1}{4}$ **teaspoons kosher salt**
- $\frac{1}{4}$ **teaspoon freshly ground black pepper**
- $\frac{1}{2}$ to $\frac{2}{3}$ **cup extra virgin olive oil**

1. Prepare all ingredients before beginning recipe. Using the slicing disc first, slice the leek and celery on setting 5. Reserve together. Adjust slicing disc to setting 7. Slice green beans. Reserve.
2. Replace the disc with the dicing grid and disc. Dice zucchini and yellow squash. Reserve together. Dice fennel and carrots. Reserve together. Have potatoes ready to dice.
3. Put olive oil in a large stockpot over medium heat. Once the oil is hot, add the reserved leek, celery, fennel, carrots with the smashed garlic and $\frac{1}{4}$ teaspoon of salt and a pinch of the pepper. Sweat until vegetables are slightly soft, about 10 minutes.
4. While the vegetables are sweating, dice the potatoes. Stir into the pot along with the

green beans and the remaining salt and pepper. Stir well.

5. Add the broth and Parmesan rind. Increase the heat and bring the liquid to a boil. Add the zucchini, squash, chickpeas and beans. Reduce heat to maintain a simmer until all the vegetables are tender, about 20 to 30 minutes. If using the ditalini, stir in during the last 5 to 10 minutes to heat through.
6. While soup is simmering, prepare the pesto in the small bowl fitted with the small chopping blade: With the food processor running on High, drop the garlic through the small feed tube to finely chop. Scrape down the bowl and add basil, salt and pepper. Pulse to roughly chop, about 5 to 6 times. Run food processor on High and drizzle in oil through the small feed tube. Process until combined, about 1 minute.
7. Once the soup has simmered and all vegetables are tender, taste and adjust seasoning as desired.
8. Serve in individual bowls topped with a dollop of pesto. Pesto is best stirred into soup before eating.

Nutritional information per serving (1 cup):

Calories 115 (18% from fat) • carb. 18g • pro. 6g • fat 2g • sat. fat 0g • chol. 0mg • sod. 568mg • calc. 62mg • fiber 4g

Potato Salad

The dicing accessory creates the perfect-sized pieces for potato salad.

Makes about 5 cups

- 2 pounds red potatoes, scrubbed**
 - ¼ cup fresh Italian parsley leaves, loosely packed**
 - ½ small red onion, cut into 1-inch pieces**
 - 3 celery stalks, cut into 1-inch pieces**
 - 3 tablespoons extra virgin olive oil**
 - 2 tablespoons whole-grain Dijon mustard**
 - 1 tablespoon white wine vinegar**
 - 1½ to 2 teaspoons kosher salt**
 - ¼ teaspoon freshly ground black pepper**
1. Insert the dicing grid and disc. Dice potatoes. Put into a large cooking pot. Add water to 1 inch above the potatoes. Boil until tender. Drain, rinse with cold water and drain again; let cool.
 2. While potatoes are cooking, put parsley, onion and celery into the small work bowl fitted with the small chopping blade. Pulse to

roughly chop, about 3 to 4 times.

3. When potatoes are cooked and slightly cool, transfer to a large bowl. Add chopped parsley, onion and celery mixture to the bowl with the potatoes. Add the remaining ingredients. Stir gently.
4. Taste and adjust seasoning as desired.

Nutritional information for salad per serving (½ cup):

Calories 92 (34% from fat) • carb. 13g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 364mg • calc. 13mg • fiber 2g

Chicken Burgers with Mango-Avocado Salsa

Remaining salsa can be served with tortilla chips – you're not going to want to let one bite go to waste.

Makes 6 burgers; 3 cups of salsa

Chicken Burgers:

- 2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces**
 - 3 green onions, trimmed and cut into 1-inch pieces**
 - 1½ teaspoons kosher salt**
 - ½ teaspoon freshly ground black pepper**
 - 1 tablespoon vegetable oil for cooking**
- burgers**

Salsa:

- ½–1 jalapeño, seeded and cut into 1-inch pieces**
- ¼ cup fresh cilantro leaves, loosely packed**
- 2 avocados, halved, pitted and scooped out**
- 1 mango, peeled, halved and pitted**
- 1 teaspoon kosher salt**
- 1–2 teaspoons fresh lime juice**

1. Put cut chicken thigh pieces into the freezer for 30 minutes to slightly harden.
2. While thighs are in freezer, prepare salsa: Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the jalapeño pieces through the small feed tube to finely chop. Add the cilantro and pulse to roughly chop, about 6 times. Remove the large blade and insert the dicing grid and disc. Dice the avocados, followed by the mango. Remove the dicing grid and add the salt and lime juice to the mixture. Gently stir and transfer to a

medium bowl. Taste and adjust seasoning as desired. Cover with plastic wrap and store in the refrigerator until ready to use.

3. Wipe down the large work bowl. Re-insert the large chopping blade and put green onions into the bowl. Pulse to roughly chop, about 6 times. Once 30 minutes have elapsed and the chicken pieces are slightly firm, but not hard, add the chicken thighs to the bowl. Add the salt and pepper. Pulse until medium fine, about 16 times. Form into 6 even patties.
4. To cook chicken patties, preheat oven to 350°F. Heat oil in a large, nonstick pan. Once oil is hot, add 3 of the chicken patties, being careful not to crowd the pan. Brown each side until a nice, golden crust forms, then transfer to a baking sheet. Repeat with remaining patties and finish cooking in the oven, about 10 minutes, until the internal temperature reaches 165°F. Remove from oven and let stand for 5 minutes.
5. Serve, topped with mango-avocado salsa and a lime wedge. May also be served on a soft bun like brioche or potato.

*Nutritional information per serving
(1 burger with ½ cup salsa):*

*Calories 316 (45% from fat) • carb. 12g • pro. 32g • fat 16g
• sat. fat 3g • chol. 125mg • sod. 1026mg •
calc. 36mg • fiber 5g*

Pineapple Fried Rice

Try making this recipe with cauliflower—yes, cauliflower!—instead of rice.

See our tip below on how to prepare.

Makes 5½ cups

- 1 **garlic clove, peeled**
- 1 **1-inch piece fresh ginger, peeled and halved**
- 1 **small onion, trimmed and halved**
- 2 **medium carrots, peeled and cut to fit feed tube**
- ½ **pineapple, cored**
- ¼ **cup grapeseed oil, divided**
- 4 **cups cooked and cooled jasmine rice or cups pulsed cauliflower***
(from about 1 pound cauliflower)
- 1 **cup cashews (toasted)**
- 1 **teaspoon kosher salt, plus more to taste**
- ¼ **teaspoon ground turmeric**
- 2 **large eggs, lightly beaten**
- 2 **tablespoons soy sauce, reduced sodium**
- 1 **teaspoon fish sauce**

- 2 **green onions, trimmed and thinly sliced (white and green parts)**
- 1 **tablespoon sake (or other white wine)**

1. Insert the large chopping blade into the large work bowl. With the food processor running on High, drop the garlic and ginger through the small feed tube to finely chop. Remove the chopping blade and insert the dicing grid and disc. Dice the onion and carrots.* Remove and reserve. Dice the pineapple. Remove and reserve separately.
2. Put 2 tablespoons of the oil into a large, nonstick skillet set over medium heat. Once hot, add the garlic, ginger, onion and carrots. Sauté until vegetables are softened, about 5 minutes. Add the remaining oil and allow to heat for about 1 minute.
3. Add the rice (or cauliflower “rice” if using) and cashews. Cook, allowing rice to sit for 1 to 2 minutes between stirs, until crisped and slightly browned, 6 to 8 minutes. Add the pineapple, salt and turmeric; stir, scraping up brown bits from bottom of pan.
4. Push mixture to one side of the pan. Add eggs and let cover half of the pan, and cook, breaking up with a spatula while cooking. Once eggs have cooked, mix with rice.
5. Reduce heat to low. Stir in soy sauce, fish sauce and green onions. Taste, adding additional salt if desired. Add the sake to deglaze the pan, scraping up brown bits from bottom of the pan. Serve immediately.

TIP: The rice can be substituted with cauliflower. Simply cut into florets and put into the large work bowl fitted with the large chopping blade. Pulse to break up, then run on High to finely and evenly chop. Cauliflower will cook when added to the pan in place of the rice.

*It may be necessary to clean the dicing grid after dicing the onion and carrots. Simply use the cleaning tool as directed on page 4.

Nutritional information per serving (based on 1 cup with rice): *Calories 618 (61% from fat) • carb. 101g • pro. 12g • fat 19g • sat. fat 3g • chol. 53mg • sod. 490mg
calc. 35mg • fiber 2g*

Nutritional information per serving (based on 1 cup with cauliflower “rice”): *Calories 787 (68% from fat) • carb. 128g • pro. 16g • fat 25g • sat. fat 4g • chol. 68mg • sod. 623mg
• calc. 45mg • fiber 3g*

Ratatouille

Make this summer stew when vegetables are abundant in the garden.

Makes about 6 cups

- 2** zucchini, about 1 pound
- 1** eggplant, about 1 pound
- 1** medium onion, trimmed and halved
- 2** tablespoons olive oil
- 1** garlic clove, smashed and peeled
- 1½** pounds plum tomatoes
- 2** tablespoons tomato paste
- 1¼** teaspoons kosher salt
- ¼** teaspoon freshly ground black pepper
- ½** teaspoon dried oregano
- 1** sprig fresh thyme
- 10** fresh basil leaves, thinly sliced

1. Insert the dicing grid and disc. Dice zucchini, eggplant and onion.* Reserve in bowl.
2. Put the olive oil and garlic clove in a large saucepan set over medium-high heat. Once the oil is hot, add the reserved diced vegetables. Stir to coat and allow to cook until slightly browned and tender, about 5 to 6 minutes.
3. While the zucchini, eggplant and onion are cooking, dice plum tomatoes. Reserve in bowl.
4. Add tomato paste to the pan with the cooking vegetables; stir and cook 1 to 2 minutes.
5. Add plum tomatoes, salt, pepper, oregano and thyme sprig; stir. Cover and reduce heat to medium and cook until tender, about 10 minutes. Remove lid and cook until liquid is reduced and slightly thickened, about 5 minutes. Remove from heat and stir in fresh basil. Taste and adjust seasoning as desired. Serve hot.

*It may be necessary to clean the dicing grid after dicing the onion. Simply use the cleaning tool as directed on page 4.

Nutritional information per serving (1 cup)

Calories 176 (41% from fat) • carb. 14g • pro. 3g • fat 5g • sat. fat 1g • chol. 0mg • sod. 473mg • calc. 36mg • fiber 6g

Tropical Fruit Salad

Eat this fruit salad on its own or over waffles or ice cream. It's also a great base for adult beverages mixed with club soda and rum.

Makes 5 cups

- 3** kiwis, peeled
- 2** bananas, halved
- 1** small papaya, peeled and seeded
- 1** pineapple, peeled, quartered and cored
- Toasted coconut flakes, optional

1. Insert the dicing grid and disc. On Low, dice the kiwis. Then, on High, dice the bananas, papaya and pineapple. Stir together and serve, sprinkled with the toasted coconut flakes, if desired.

Nutritional information per serving (½ cup):

Calories 78 (4% from fat) • carb. 20g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg • calc. 19mg • fiber 2g

Apple Tart

This classic French dessert is a sure way to impress guests.

Makes one, 9-inch tart

- ½** recipe Flaky Pastry Dough (page 12)
- 5** apples (about 2 pounds) of your choice, peeled, halved and cored, divided
- 2** tablespoons unsalted butter, plus 1 tablespoon melted
- ¼** cup granulated sugar
- 1** tablespoon fresh lemon juice
- 1** teaspoon pure vanilla extract
- 1** teaspoon ground cinnamon
- Unbleached, all-purpose flour, for rolling dough
- ¼** cup apricot jam, warmed

1. Insert dicing grid and disc. Dice 3 apples. Put apples into a medium saucepan with the 2 tablespoons butter, sugar and lemon juice. Gently simmer over low heat until very tender and liquid, about 30 to 40 minutes. When apples are done cooking, remove from heat, stir in vanilla extract and cool.
2. While apples are cooking, blind bake the pastry dough: Preheat oven to 350°F. On a lightly dusted surface, roll out the pastry dough into a circle about ⅞ inch thick.

Transfer to a 9-inch tart pan (with removable bottom) and gently press dough into the sides and bottom of pan. Use the rolling pin to roll over the tart pan and trim the edges of the dough. Gently prick the bottom of the pan with a fork, being sure not to go all the way through. Coat a piece of aluminum foil with nonstick cooking spray. Place, sprayed side down, onto the top of the dough in the tart pan. Fill with pie weights (dried beans or rice can be used). Bake until bottom of crust is no longer wet, about 20 minutes. Gently remove foil with pie weights and continue baking until golden brown, an additional 10 to 12 minutes. Remove pan from oven and cool slightly.

3. While apple mixture and tart shell are cooling, adjust the slicing disc to setting 3. Insert the slicing disc and slice remaining 2 apples. Toss with 1 teaspoon cinnamon. Reserve in bowl.
4. Pour cooked and cooled apple mixture into the tart pan and spread evenly. Arrange apple slices over the apple mixture in concentric circles. Brush with 1 tablespoon melted butter. Bake until apple slices are soft and lightly golden, about 25 to 30 minutes.
5. Remove from oven and brush with the warm apricot jam. Let cool slightly in pan and then carefully remove from pan. Serve warm.

Nutritional information per serving (based on 8 servings):
Calories 287 (47% from fat) • carb. 37g • pro. 2g • fat 15g •
sat. fat 11g • chol. 41mg • sod. 138mg • calc. 11mg
• fiber 3g

Flaky Pastry Dough (Pâte Brisée)

This versatile dough can be used for sweet or savory treats.

Makes two, single-crust, 9-inch tarts or one, double-crust pie

2 cups unbleached, all-purpose flour
1 teaspoon kosher salt
16 tablespoons (2 sticks) unsalted butter,
cold and cut into ½-inch cubes
¼ cup ice water

1. Put the flour and salt into the large work bowl fitted with the large chopping blade. Process on High to sift, 10 seconds.
2. Evenly disperse the butter on top of the flour mixture. Pulse until the mixture resembles coarse crumbs, about 14 pulses. Pour in

water, 1 tablespoon at a time, and pulse until the mixture just forms a dough—you may not need all of the water.

3. Divide the dough equally into 2 pieces and form each into a flat disk. Wrap each with plastic wrap and refrigerate for at least 30 minutes or until ready to use, up to 1 week. This dough also freezes well, up to 3 months.

TIP: For a sweet pastry dough, add 1½ tablespoons of granulated sugar to the dry ingredients in the work bowl.

Nutritional information per serving (based on 16 servings):
Calories 150 (66% from fat) • carb. 11g • pro. 2g • fat 11g •
sat. fat 8g • chol. 30mg • sod. 133mg • calc. 0mg • fiber 0g

