

# Bread Not Butter Roasted Garlic Short Pickles

3 cups cucumber, using Nutrislicer™ slicing blade  
1 cup yellow onion, peeled then cut using Nutrislicer™ slicing blade  
2 cups filtered water  
2 cups cider vinegar  
½ cup granulated cane juice or raw sugar  
1 ½ tsp. sea salt  
4 whole garlic cloves crushed  
2 tbsps. olive oil  
glass or stainless steel bowl

- Heat oven to 375°F.
- Place garlic in small, over proof sauté pan, place in oven for 8-12 minutes or until garlic starts to brown.
- Using oven mitt carefully remove pan, remove garlic place on plate.
- Let oil cool and discard or save for salad dressing or condiment.
- Combine vinegar, water, sugar and salt in small sauce pan.
- Place on medium heat and cook only until sugar has dissolved.
- Place vegetables in glass or stainless steel bowl, add garlic.
- Pour mixture over vegetables, let cool to room temperature.
- Cover and place in refrigerator overnight.
- Drain off liquid, place in glass containers, cover and refrigerate.
- Serve with sandwiches, grilled meats, grilled or baked fish etc. and ENJOY!

# Pickled Cucumber Dip

½ cup Bread Not Butter Roasted Garlic Short Pickles, roughly chopped  
1 cup low fat sour cream  
½ tsp. raw unfiltered honey  
½ tsp. sea salt  
1 tsp. fresh cilantro chopped  
dash of hot sauce (optional)

- In medium bowl mix Bread Not Butter Roasted Garlic Short Pickles, sour cream, honey, salt, cilantro and hot sauce.
- Transfer to serving bowl or covered container.
- Serve with oven baked chips, whole grain corn chips, toasted pita, cut fresh vegetables, condiment for sandwiches, wraps, etc. and ENJOY!



# RECIPE BOOK

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## Diablo Garden Pizza

1 cup zucchini, using Nutrislicer™ grating blade  
1 cup yellow squash, using Nutrislicer™ grating blade  
½ cup peeled yellow onion then cut with Nutrislicer™ grating blade  
½ each of red and green bell pepper, cored, seeded and sliced thin  
½ cup shredded low fat mozzarella  
¼ cup grated Parmesan cheese  
½ tsp. hot pepper flakes (optional)  
8 or 10 inch ready-made whole grain pizza shell  
⅓ cup prepared tomato sauce  
2 tbsp. olive oil  
1 tsp. salt  
pan spray  
half sheet pan or cookie sheet, pastry brush

- Preheat oven to 450°F.
- Place zucchini, squash, peppers, onions, in large bowl, sprinkle sea salt, in medium bowl, spray lightly with pan spray and toss gently.
- Spray sheet pan or cookie sheet with pan spray, spread vegetables out on pan.
- Place in oven for 4 -6 minutes, using oven mitt carefully remove tray from oven. Transfer vegetables onto a plate and let cool slightly.
- Turn pan upside down, spray lightly with pan spray, place pizza shell on sheet pan. Using a pastry brush, lightly brush pizza shell with olive oil.
- Using the back of a tablespoon spread tomato sauce over the shell.
- Distribute vegetables evenly onto pizza shell.
- Top with mozzarella, Parmesan cheese then hot pepper flakes.
- Place in oven for 8-10 min.
- Remove carefully using oven mitt, place pizza on a cutting board.
- Let rest for 5 min. Cut into slices, serve and enjoy!



## Dancing Cajun Wrap

1 recipe **Shrimp Creole Nutrislicer™ Slaw**  
2 cups pre-washed mixed greens  
½ cup diced vine ripe tomatoes  
1 tsp. cocktail sauce  
2 tbsp. low fat mayonnaise  
2-3 each 8 inch whole grain or vegetable tortilla

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- Mix cocktail sauce and mayonnaise in small bowl.
  - Spread 1 tsp. mixture on tortilla.
  - Place some lettuce and tomato in center of tortilla.
  - Spread ¾ - 1 cup Shrimp Creole Slaw on top of lettuce and tomato.
  - Fold in sides of tortilla then roll to incorporate ingredients.
  - Place on cutting board, slice in half using a serrated knife.
  - Place on serving plate and ENJOY!

## Shrimp Creole Slaw

3 cups green cabbage, using Nutrislicer™ slicing blade  
½ cup pears, using Nutrislicer™ shredding blade  
½ cup carrot, using Nutrislicer™ shredding blade  
¾ cup tiny shrimp, cooked, cooled and peeled (if using frozen, let thaw first)  
½ cup sliced green onion  
¼ cup cider vinegar  
1 tbsp. granulated cane juice or raw sugar  
¼ cup mayonnaise  
1 tsp. lemon juice  
1 tbsp. filtered water  
½ tsp. sea salt  
½ tsp. Creole spice

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- Combine vinegar, mayonnaise, water, lemon juice, Creole spice, salt and sugar in medium bowl. Whisk until combined (dressing).
  - In medium bowl combine cabbage, green onion, carrots and pears.
  - Pour dressing over mixture, add shrimp and gently stir until well coated.
  - Place in refrigerator for 15-20 minutes.
  - Stir gently before serving and ENJOY!





## Spicy Chicken Salad Pita

- 1 recipe **Buffalo Chicken Ranch Nutrislicer™ Salad**
- 2 cups pre-washed and cut Romaine lettuce
- 1 tsp. lemon juice
- 1 tsp. low fat sour cream
- 2 tbsp. low fat mayonnaise
- 2-3 each whole grain pita bread cut in half

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- Mix mayonnaise, sour cream and lemon juice in small bowl.
  - Heat sauté pan over low heat.
  - Warm up pita, 1 minute per side in the pan.
  - Remove and place on serving plate.
  - Spread 1 tsp. mayonnaise mixture inside pita.
  - Place some lettuce inside pita bread.
  - Place ½ cup - ¾ cup Buffalo Chicken Ranch Nutrislicer™ Salad into pita.
  - Serve and ENJOY!

## Buffalo Chicken Ranch Salad

- 3 cups green cabbage, using Nutrislicer™ slicing blade
- ½ cup carrots, using Nutrislicer™ slicing blade
- ½ cup diced tomatoes
- ¼ cup sliced green onions
- ¾ cup cooked and cooled chicken breast, shredded or diced
- 2 tbsp. Buffalo wing sauce
- 2 tbsp. rice vinegar
- 1 tsp. low fat sour cream
- 1 tbsp. granulated cane juice or raw sugar
- ¼ cup low fat Ranch dressing
- 1 tsp. lemon juice
- ½ tsp. sea salt
- ½ tsp. fresh chopped dill

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- Combine vinegar, ranch dressing, sour cream, lemon juice, dill, salt and sugar in small bowl. Whisk until combined (dressing).
  - In medium bowl combine cabbage, carrots, tomatoes and green onion.
  - Pour dressing over mixture and gently stir until well coated.
  - In small bowl stir wing sauce into chicken until coated.
  - Fold chicken into salad mixture.
  - Place in refrigerator for 15-20 minutes.
  - Stir gently before serving and ENJOY!



## Chicken Noodley Soup

- 1 ½ cups chicken cooked, cooked and cut medium dice (combination of chicken boneless breast and thighs work best)
- 1 cup zucchini, using Nutrislicer™ grating blade
- 1 cup yellow squash, using Nutrislicer™ grating blade
- ½ cup peeled yellow onion then cut with Nutrislicer™ grating blade
- ½ cup carrots, Nutrislicer™ slicing blade
- 4 ½ cups chicken broth
- ½ tsp. minced garlic
- ½ tsp. Old Bay seasoning
- 2 tbsp. olive oil
- 1 ½ tbsp. corn starch dissolved in ¼ cup filtered water
- 1 tsp. sea salt and fresh ground black pepper to taste

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- Place 2 tbsp. olive oil in stock pot or large sauce pan over medium heat.
  - Add zucchini, squash, onions, carrots, old bay and sauté for 2-3 minutes.
  - Add stock, stir well and heat to low simmer.
  - Cook until vegetables are tender, 8-10 minutes.
  - Stir in chicken, heat 2 minutes, then stir in corn starch mixture, cook 1 additional minute.
  - Remove from heat.
  - Season with salt and pepper.
  - Transfer to soup bowls. Serve and ENJOY!





## Grilled Chicken Parmesan with Spaghetti

2-3 grilled chicken breasts, cooked and kept warm  
*(do this after all other ingredients are prepped and ready)*  
¾ cup prepared tomato sauce  
2-3 slices Provolone cheese  
¼ cup fresh grated Parmesan cheese  
2 cups zucchini, using Nutrislicer™ grating blade  
2 cup yellow squash, using Nutrislicer™ grating blade  
1 cup peeled yellow onion, then cut using Nutrislicer™ grating blade  
½ cup carrots, then cut using Nutrislicer™ grating blade  
¼ cup olive oil  
½ tsp. minced garlic  
¼ tsp. hot pepper flakes (optional)  
½ tsp. sea salt and fresh ground black pepper to taste

- Turn on broiler in oven.
- Place grilled chicken breasts on a rack, on an aluminum covered baking pan.
- Top each chicken breast with some tomato sauce, some Parmesan cheese and 1 slice of Provolone cheese.
- Heat large sauté pan over medium high heat.
- Add olive oil, zucchini, hot pepper flakes, squash, carrots, onion, garlic to pan and sauté for 2-3 minutes.
- Add stock to pan and cover, turn heat down to medium and cook covered for 2-3 minutes.
- Remove cover, reduce all liquid, remove from heat.
- Place chicken breasts under broiler until cheese is melted and slightly browned.
- Using oven mitt carefully remove chicken breasts.
- When ready to serve, place some spaghetti in center of plate then top with chicken Parmesan. Serve and ENJOY!



## Roasted Vegetable Lasagna

2 cups zucchini, using Nutrislicer™ grating blade  
2 cups yellow squash, using Nutrislicer™ grating blade  
1 cup peeled yellow onion, then cut using Nutrislicer™ grating blade  
½ cup carrots, then cut using Nutrislicer™ grating blade  
¼ cup olive oil  
½ tsp. minced garlic  
¼ tsp. hot pepper flakes (optional)  
1 package lasagna noodles, cooked and cooled  
16 oz. jar prepared tomato sauce  
2 cups low fat Ricotta cheese  
2 cups low fat Mozzarella cheese  
⅓ cup shredded Parmesan cheese  
1 large rectangular non-stick baking pan  
pan spray

- Preheat oven to 375°F.
- Heat large oven proof sauté pan over medium high heat.
- Add olive oil, zucchini, hot pepper flakes, squash, carrots, onion, garlic to pan and sauté for 2-3 minutes.
- Place skillet in oven for 6-8 minutes.
- Using oven mitt, carefully remove skillet from oven, transfer to plate and let cool.
- Place layer of tomato sauce on bottom of baking pan.
- Top with noodles, then sauce, then Ricotta, then some roasted vegetables, then Parmesan cheese. Repeat procedure with 1 or two layers depending on how deep pan is.
- Last layer is topped with just sauce and cheese.
- Place in oven and bake 35- 40 minutes.
- Remove from oven and let rest for 10-15 minutes.
- Cut into squares using serrated knife, serve and ENJOY!