

Quick Shake® Container

Freshen things up with one of our delicious “Salads in a Quick Shake®” recipes or create your own with this seriously simple guide:





Chicken Cobb SALAD

Tupperware®

Serves 1
Serving size: 2½ cups
PREP: 10 minutes
COOK: 8-10 minutes

- 4 oz./115 g chicken breast, steamed and cut into small chunks
- 1 hard-boiled egg
- 2 tbsp. Basil Vinaigrette (see separate recipe card) or preferred dressing
- ½ cup cherry tomatoes, halved
- 3 slices pre-cooked bacon, cut into small pieces
- ¼ cup feta cheese
- 1 cup romaine lettuce, chopped

1. Season chicken breast with salt and pepper. Place in SmartSteamer base, fill water tray with 1¾ cups/400 mL water. Place steamer base over water tray and cover. Microwave on high power 8-10 minutes, or until chicken reaches 165° F/ 75° C.
2. Slice the hard-boiled egg using the Slice 'N Wedge fitted with the wedge insert.
3. Reference image on right for layering order.
4. Securely seal container. Store in refrigerator until ready to serve.
5. When ready to serve, shake Quick Shake® Container until all ingredients are combined. Pour into bowl and serve.

Nutritional Information (per serving):
Calories: 450 Total Fat: 28g Saturated Fat: 11g Cholesterol: 305mg Carbohydrate: 7g Sugar: 3g Fiber 2g Protein: 44g Sodium: 940mg Vitamin A: 110% Vitamin C: 10% Calcium: 20% Iron: 10%





Healthy Spinach & Quinoa SALAD

Tupperware®

Serves 1
 Serving size: 2½ cups
 PREP: 10 minutes
 COOK: 15–18 minutes

- 1 cup quinoa
- 1½ cups low-sodium vegetable broth
- ½ cup orange juice
- 2 tbsp. Cilantro Lime (see separate recipe card) or preferred dressing
- ¼ cup red pepper, chopped using Chop 'N Prep Chef
- ¼ cup green pepper, chopped using Chop 'N Prep Chef
- ½ cup black beans canned, drained
- 2 cups spinach

1. Combine quinoa, vegetable broth and orange juice in Microwave Rice Maker. Replace cover and microwave on high power 15–18 minutes. Fluff with a fork and chill in refrigerator.
2. Reference image on right for layering order.
3. Securely seal container. Store in refrigerator until ready to serve.
4. When ready to serve, shake Quick Shake® Container until all ingredients are combined. Pour into bowl and serve.

Tip: You can make this recipe four times with the amount of quinoa.

Nutritional Information (per serving):
 Calories: 440 Total Fat: 13g Saturated Fat: 1.5g Cholesterol: 0mg Carbohydrate: 71g Sugar: 19g Fiber: 14g Protein: 13g Sodium: 1270mg Vitamin A: 110% Vitamin C: 380% Calcium: 15% Iron: 30%



Chop 'N Prep Chef



Microwave Rice Maker



Southwest Chipotle



Measuring Cups



Measuring Spoons



spinach

½ cup chilled quinoa

black beans

peppers

dressing



Quick & Easy PASTA SALAD

Serves 1
Serving size: 2½ cups

PREP: 10 minutes
COOK: 15 minutes

- 2 cups cooked bowtie pasta
- ¼ cup cucumbers
- 3 tbsp. Light Ranch (see separate recipe card) or preferred dressing
- ¼ cup cherry tomatoes, sliced
- ¼ cup baby carrots, chopped using Chop 'N Prep Chef
- ¼ cup broccoli florets, chopped using Chop 'N Prep Chef

1. Place pasta into Microwave Pasta Maker base and fill with water to fill line. Season water with salt. Microwave on high power 15 minutes. Drain after cooking.
2. Set Mandoline round knob to #4, triangular knob to "lock" and select the straight v-shaped blade insert. Attach cucumbers to food guider and place at top of Mandoline and push down to slice. Once sliced, cut in half. Set aside.
3. Reference image on right for layering order.
4. Securely seal container. Store in refrigerator until ready to serve.
5. When ready to serve, shake Quick Shake® Container until all ingredients are combined. Pour into bowl and serve.

Nutritional Information (per serving):

Calories: 510 Total Fat: 2.5g Saturated Fat: 0.5g Cholesterol: 0mg Carbohydrate: 103g Sugar: 9g Fiber: 6g Protein: 19g Sodium: 50 mg Vitamin A: 100% Vitamin C: 45% Calcium: 6% Iron: 25%



Chop 'N Prep Chef



Microwave Pasta Maker



Mandoline

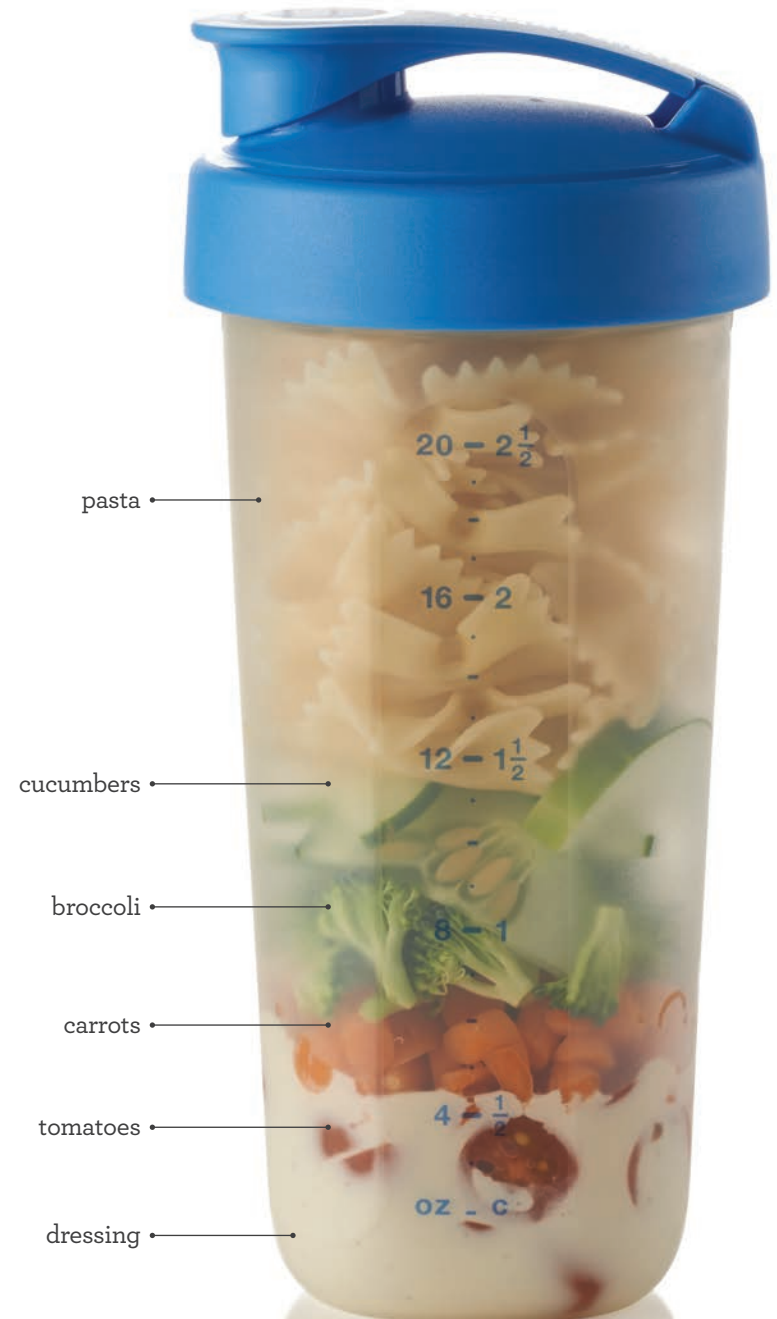


Measuring Cups



Measuring Spoons

Tupperware®





TACO SALAD

Tupperware®

Serves 1
 Serving size: 2½ cups
 PREP: 10 minutes
 COOK: 5 minutes

- 1 lb./455 g ground beef
- ½ tsp. Southwest Chipotle Seasoning
- ¼ tsp. coarse kosher salt
- 3 tbsp. Sizzlin' Vinaigrette (see separate recipe card) or preferred dressing
- ¼ cup cherry tomato, sliced
- ¼ cup green bell pepper, chopped using Chop 'N Prep Chef
- ¼ cup red onion, chopped using Chop 'N Prep Chef
- ½ cup shredded cheddar cheese
- 1 cup romaine lettuce, chopped

1. Place TupperWare® Stack Cooker Colander into Stack Cooker 3-Qt./3 L Casserole. Combine ground beef, seasoning and salt in Colander, cover and microwave on high power 5 minutes.
2. Reference image on right for layering order.
3. Securely seal container. Store in refrigerator until ready to serve.
4. When ready to serve, shake Quick Shake® Container until all ingredients are combined. Pour into bowl and serve.

Tips: Garnish with crushed tortilla chips for extra crunch. Recipe can be created five times with suggested amount of ground beef.

Nutritional Information (per serving):
 Calories: 610 Total Fat: 46g Saturated Fat: 16g Cholesterol: 110mg Carbohydrate: 14g
 Sugar: 7g Fiber: 4g Protein: 36g Sodium: 960mg Vitamin A: 110% Vitamin C: 120%
 Calcium: 45% Iron: 15%



Chop 'N Prep Chef



Southwest Chipotle



TupperWare® Stack Cooker Colander



TupperWare® Stack Cooker 3-Qt./3 L Casserole



Measuring Cups



Measuring Spoons



Homemade salad dressing has never been so simple. To create any one of these recipes, place all ingredients into Chop 'N Prep Chef base. Cover and pull cord until combined. Set aside. Store any extra dressing in Snack Cup for later use.

Basil Vinaigrette

Makes ½ cup

- ½ cup fresh basil
- 1 tbsp. honey
- 2 tbsp. balsamic vinegar
- ½ cup extra virgin olive oil
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

Nutritional Information (per serving):
 Calories: 280 Total Fat: 28g Saturated Fat: 4g Cholesterol: 0mg Carbohydrate: 6g Sugar: 6g Fiber: 0g Protein: 0g Sodium: 0mg Vitamin A: 4% Vitamin C: 2% Calcium: 0% Iron: 2%

Cilantro Lime Dressing

Makes ½ cup

- ¼ cup cilantro
- 2 garlic cloves, peeled
- ⅓ cup extra virgin olive oil
- ½ lime, juiced using Zest 'N Press® Gadget
- 1 tbsp. Dijon mustard
- 1tbsp. Southwest Chipotle Seasoning
- ¼ tsp. coarse kosher salt

Nutritional Information (per serving):
 Calories: 180 Total Fat: 19g Saturated Fat: 2.5g Cholesterol: 0mg Carbohydrate: 4g Sugar: 0g Fiber: 1g Protein: 1g Sodium: 520mg Vitamin A: 25% Vitamin C: 10% Calcium: 2% Iron: 2%

Honey Mustard Dressing

Makes ¾ cup

- ½ cup light mayonnaise
- 2 tbsp. honey
- 2 tbsp. yellow mustard
- 2 tbsp. lemon juice
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

Nutritional Information (per serving):
 Calories: 130 Total Fat: 10g Saturated Fat: 2g Cholesterol: 10mg Carbohydrate: 13g Sugar: 8g Fiber: 0g Protein: 0g Sodium: 470mg Vitamin A: 0% Vitamin C: 6% Calcium: 0% Iron: 0%

Light Ranch Dressing

Makes ¾ cups

- ½ cup reduced-fat (2%) milk
- ½ cup light sour cream
- ½ cup light mayonnaise
- 1 tbsp. lemon juice
- 1 tbsp. chives
- 1 garlic clove, peeled
- ¼ tsp. coarse kosher salt
- ⅛ tsp. black pepper

Nutritional Information (per serving):
 Calories: 35 Total Fat: 2.5g Saturated Fat: 0.5g Cholesterol: 5mg Carbohydrate: 2g Sugar: 1g Fiber: 0g Protein: 1g Sodium: 120mg Vitamin A: 2% Vitamin C: 2% Calcium: 4% Iron: 0%

Sizzlin' Vinaigrette

Makes 1⅛ cup

- ½ tsp. cayenne pepper
- ¼ cup white wine vinegar
- 1 tsp. dry mustard
- 2½ tsp. granulated sugar
- 1 tsp. garlic powder
- 10–12 drops hot pepper sauce
- 1 tsp. coarse kosher salt
- ¾ cup vegetable oil

Nutritional Information (per serving):
 Calories: 170 Total Fat: 18g Saturated Fat: 1.5g Cholesterol: 0mg Carbohydrate: 2g Sugar: 1g Fiber: 0g Protein: 0g Sodium: 270mg Vitamin A: 0% Vitamin C: 0% Calcium: 0% Iron: 0%

