

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



SMART STATION™
SYSTEM

MEALTIME
STREAMLINED

35 Quick & Easy Smart Station Recipes





20

CHORIZO
TACO
DIP
31

PINEAPPLE
CILANTRO
DIPPING
SAUCE
38



54



60

CHICKEN
POT PIE
64

TABLE OF CONTENTS

PRODUCT INTRO	2
INTELLI-SENSE™ TECHNOLOGY	4
SLICER/SHREDDER GUIDE	6
PRECISION PROCESSOR™	8
HIGH-SPEED BLENDER	10
TOTAL CRUSHING® BLENDER	12
BEVERAGES	14
DIPS & SPREADS	30
DRESSINGS & SAUCES	36
MAINS & SIDES	45
DESSERTS	66

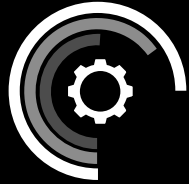


68

THE KITCHEN, RECENTERED.

The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Smart Station™ with Intelli-Sense™ Technology does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now, you've got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the tap of a touchscreen. And there's a whole new reason the kitchen is the most popular room in your house.





Intelli-Sense™ TECHNOLOGY

SMART PROGRAM RECOGNITION

Intelli-Sense Technology uses an advanced interlock system to identify the vessel on the Smart Station's base. With one snap, the touchscreen automatically displays a unique menu of pre-set programs and manual speeds available for your recipe. All that's left to do is select a program and enjoy always-consistent results.



**PRECISION
PROCESSOR™**



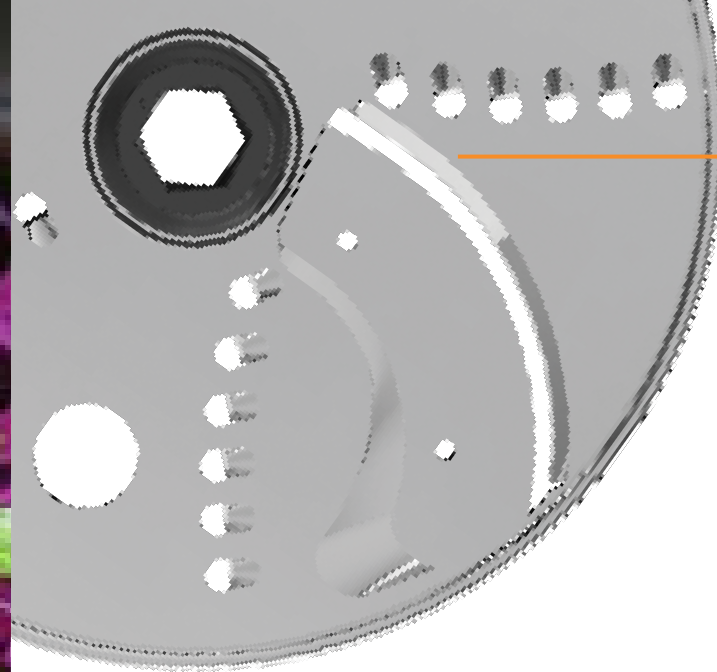
**HIGH-SPEED
BLENDER CUP**



**TOTAL CRUSHING®
PITCHER**

SLICE, SHRED, REPEAT.

Your slicing/shredding disc helps with everything from meal prep to making garnishes, so you'll be using it a bunch. Here's a super simple guide for deciding which side to use with each recipe.

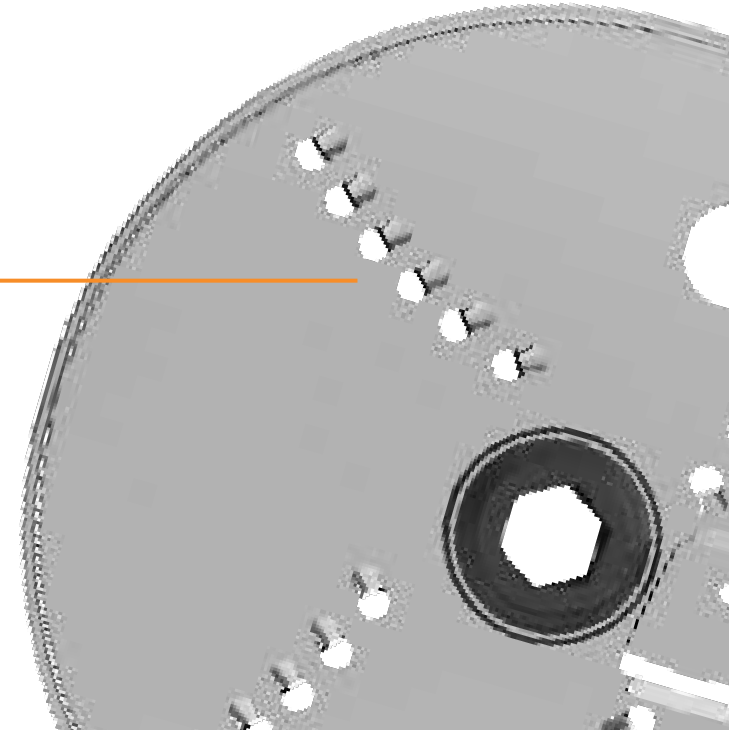


SLICER

- Zucchini
- Summer squash
- Cucumber
- Potatoes
- Yams
- Onions
- Apples
- Celery

SHREDDER

- Cabbage
- Brussels sprouts
- Broccoli stalks
- Zucchini
- Carrots
- Hard cheeses
- Yams
- Beets



SO MUCH MORE THAN MEAL PREP.

With Precision Processing, you're not just breaking ingredients down into smaller pieces. You're bringing them together in ways you hadn't thought of before. Whether you're chopping heirloom tomatoes for fresh salsa, mixing up quinoa burger patties, or shredding cabbage for a crisp slaw, your taste buds are in for a treat.

TIPS FOR YOUR PRECISION PROCESSOR™

LOADING TIPS

Don't overfill the bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.



3



Add liquid on top,
as the last ingredient.

2



Place heavier ingredients, like
chicken and root vegetables,
on top of the greens and lettuces.

1



Place herbs, lettuces, and greens in the
bowl first so they are at the bottom.

PREP TIPS

Cut all ingredients to 1 inch or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

For chopped salads with a lot of lettuce, chop the toppings separately and then layer them on top of a bed of lettuce.

For smoothie bowls and frozen treats, use the following frozen-to-liquid ingredient ratio: 1.5 to 1.

When loading the bowl, make sure ingredients do not go past the max fill line.

Also comes with a dough blade and reversible slicer/shredder disc.



WHO KNEW THIS MUCH FLAVOR COULD FIT IN A CUP.

High-Speed Blending gives you nutrient juices, smoothies, dressings, and sauces that'll make any kitchen jealous. It unlocks the potential of every fruit and veggie it meets,* giving you tons of flavor and nutritious goodness in every recipe you make.

*By blending whole fruits and vegetables, including portions that are usually discarded.

TIPS FOR YOUR HIGH-SPEED BLENDER CUP

LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



Top off with ice or frozen ingredients.

Next add any dry or sticky ingredients like seeds, powders, and nut butters.

Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.

Next add leafy greens and herbs.

Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the cup.

When loading the cup, make sure ingredients do not go past the max fill line.

CAUTION: Remove the Pro Extractor Blades Assembly from the High-Speed Blender Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

CRUSHING IT HAS NEVER BEEN EASIER.

Ice, whole fruits, vegetables. Check, check, and check.
With Total Crushing® Technology, blast through the toughest ingredients
you can find and end up with smooth, delectable results, every time.

TIPS FOR YOUR TOTAL CRUSHING® PITCHER

LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This creates a vortex in the pitcher that leads to a smoother breakdown of frozen ingredients.

Top off with ice or frozen ingredients.

Next add any dry or sticky ingredients like seeds, powders, and nut butters.

Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

Next add leafy greens and herbs.

Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.



When loading the pitcher, make sure ingredients do not go past the max fill line.



ORANGE BLUSH

PREP: 5 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/2 cup watermelon chunks

3/4 cup orange juice

1 cup frozen strawberries

1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.

PREP SUGGESTION

Freeze fresh strawberries when they are perfectly ripe to enjoy a taste of summer long after the picking season ends.



MANGO PROTEIN SHAKE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1 1/4 cups 1% milk
- 2 scoops vanilla protein powder
- 2 cups frozen mango chunks

DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.





RISE & SHINE

PREP: 10 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 Golden Delicious apple, peeled, cored, cut in half
- 2-inch piece English cucumber, cut in half
- 1/2 cup green grapes
- 1 teaspoon hemp hearts
- 3/4 cup kale leaves
- 4 mint leaves
- 1 teaspoon lemon juice
- 1/2 cup coconut water
- 1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.



MORNING BERRY

PREP: 5 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 2 SERVINGS

INGREDIENTS

1 medium ripe banana, cut in half

1 1/2 cups almond milk

3 tablespoons honey

2 tablespoons flaxseed

1 1/2 cups frozen mixed berries

DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending.





GRAPE TARRAGON REFRESHER

PREP: 5 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 1 SERVINGS

INGREDIENTS

- 1/3 cup seedless green grapes
- 4 fresh tarragon leaves
- 1 cup maple water
- 1/4 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.

PINEAPPLE MINT COCONUT REFRESHER

PREP: 5 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 1 SERVING

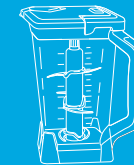
INGREDIENTS

- 1/4 cup pineapple chunks
- 3 fresh mint leaves
- 1 cup coconut water
- 1/4 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.





FRESH CITRUS MARGARITA

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

1 lime, peeled, cut in half, seeds removed

1 lemon, peeled, cut in quarters, seeds removed

1/3 cup orange juice

1/4 cup triple sec

2/3 cup tequila

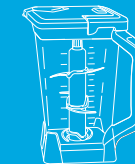
4 cups ice

DIRECTIONS

1 Place all ingredients into the Total Crushing Pitcher in the order listed.

2 Select FROZEN DRINK.





TROPICAL COOLER

PREP: 10 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 8 SERVINGS

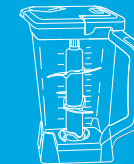
INGREDIENTS

1 cup pineapple chunks
1/2 jalapeño pepper, seeds removed
1/2-inch piece fresh ginger, peeled
1/3 English cucumber, peeled, cut in quarters
Juice of 1 1/2 limes
1 1/2 cups coconut water
1/2 cup silver tequila
3 tablespoons agave nectar
1/4 teaspoon ground coriander
3 1/2 cups frozen mango chunks
1 1/2 cups ice
Cucumber slices, for garnish

DIRECTIONS

- 1** Place all ingredients, except cucumber slices, into the Total Crushing Pitcher in the order listed.
- 2** Select FROZEN DRINK.
- 3** Pour into glasses and garnish each with a slice of cucumber.





PEAR GINGER SAKE MARTINI

PREP: 5 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

- 1 frozen pear, peeled, cored
- 1/2 teaspoon grated fresh ginger
- 2 cups pear juice
- 1/2 cup sake
- 1 tablespoon agave nectar
- 1 cup ice

DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into chilled martini glasses.





SALSA VERDE

PREP: 15 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 4 CUPS

INGREDIENTS

10 tomatillos, cut in quarters
 1 cup red onion, chopped
 1 cup fresh cilantro leaves
 2 tablespoons lime juice
 4 jalapeño peppers, cut in quarters, seeds removed
 1/4 teaspoon ground cumin
 Salt and pepper, to taste

DIRECTIONS

- 1 Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP.

SERVING SUGGESTION

Great with tortilla chips and enchiladas, or even as a rice topper.



CHORIZO TACO DIP

PREP: 20 MINUTES **COOK:** 35 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 10-12 SERVINGS

INGREDIENTS

1 package (16 ounces) chorizo sausage, chopped
 1/2 medium onion, peeled
 1 green bell pepper, chopped
 1 tablespoon vegetable oil
 1 package (8 ounces) low-fat cream cheese
 1/2 cup low-fat ranch dressing
 1 cup salsa
 1 cup shredded Colby-Jack cheese
 1 package (1.25 ounces) low-sodium taco seasoning
 1 cup sliced black olives

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Place the chorizo, onion, and green bell pepper into the 64-ounce Precision Processor. PULSE until evenly chopped.
- 3 Heat oil in a saucepan and sauté mixture on medium-high heat until vegetables are tender, stirring occasionally, about 10 minutes. Transfer to a mixing bowl.
- 4 Place the cream cheese, ranch dressing, salsa, Colby-Jack cheese, and taco seasoning into the 64-ounce Food Precision Processor. Select DIPS.
- 5 Add the cream cheese mixture and black olives to the chorizo mixture, stirring to combine.
- 6 Transfer mixture to a 9x9-inch baking dish. Bake for 25 minutes, or until heated through.



MUHAMMARA DIP

PREP: 10 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 4 CUPS

INGREDIENTS

- 1/2 cup pita bread, torn in pieces
- 1 jar (14 ounces) roasted red peppers, liquid reserved
- 2 cups walnuts, toasted
- 1/4 cup lemon juice
- 1/4 cup tomato paste
- 2 tablespoons Aleppo pepper
- 2 tablespoons sumac
- 2 tablespoons harissa paste
- 1 tablespoon pomegranate molasses
- 2 teaspoons ground cumin
- 1/4 cup olive oil
- Kosher salt and pepper, to taste

DIRECTIONS

- 1** Soak pita in 1 cup liquid from roasted red peppers until soft, about 2 to 3 minutes. Remove softened pita, set aside, and discard excess liquid.
- 2** Place all ingredients, including softened pita, into 64-ounce Precision Processor in the order listed.
- 3** Select DIPS.





CLASSIC HUMMUS

PREP: 5 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 2 1/2 CUPS

INGREDIENTS

2 cans (14 ounces each) garbanzo beans,
drained, liquid reserved

3/4 cup garbanzo bean liquid

1/4 cup fresh lemon juice

1/4 cup olive oil

2 cloves garlic, peeled

2 tablespoons tahini

1 teaspoon salt

DIRECTIONS

1 Place all ingredients into the 64-ounce Precision Processor in the order listed.

2 Select PUREE.

SERVING SUGGESTION

This recipe makes a big batch, which you can use a base for a few lunches. Top it with avocado, sliced veggies, herbs, and spices of your choice.



AVOCADO CAESAR DRESSING

PREP: 10 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 2 CUPS

INGREDIENTS

- 1 ripe avocado, peeled, cut in half, pit removed
- 3 cloves garlic, peeled
- 1/2 cup shredded Parmesan cheese
- 1/2 can (1 ounce) oil-cured anchovies
- 1/2 teaspoons ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water

DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.

RECIPE SUGGESTION

For a full meal, add grilled chicken breast or salmon to a romaine salad.



PINEAPPLE CILANTRO DIPPING SAUCE

PREP: 10 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 6-8 SERVINGS

INGREDIENTS

3 cups pineapple chunks

1 1/2 small serrano chiles, seeds removed

1 small white onion, peeled, cut in quarters

1/2 cup fresh cilantro leaves

1/4 cup lime juice

3 tablespoons coconut oil

Salt and pepper, to taste

DIRECTIONS

1 Place all ingredients into the 64-ounce Precision Processor in the order listed.

2 Select PUREE.





TANDOORI MARINADE

PREP: 10 MINUTES **COOK:** 15 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 2 CUPS

INGREDIENTS

- 1 package (2 ounces) dried ancho chile peppers
- 1/4-inch piece fresh ginger, peeled
- 2 cloves garlic, peeled
- 1/2 cup fresh cilantro leaves
- 2 tablespoons ground garam masala seasoning
- 1/8 teaspoon ground nutmeg
- 1 tablespoon fresh lemon juice
- 1 cup nonfat Greek yogurt
- 1/2 cup cold water

DIRECTIONS

- 1 Place the dried ancho chile peppers into a small saucepan and pour just enough water to cover them. Bring to a boil, then reduce to a simmer and cook for 10 minutes. Strain peppers and let cool.
- 2 Remove the stems and seeds from the cooled peppers.
- 3 Place all ingredients into the 64-ounce Precision Processor in the order listed. Select PUREE.

DO NOT BLEND HOT INGREDIENTS.

SERVING SUGGESTION

This delicious tandoori marinade, perfect for lamb, is also a great complement to grilled meats and seafood.



SUN-DRIED TOMATO SAUCE

PREP: 10 MINUTES **COOK:** 25 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 2-4 SERVINGS

INGREDIENTS

- 1 medium onion, peeled, cut in quarters
- 4 cloves garlic, peeled
- 1 tablespoon canola oil
- 1 can (28 ounces) whole peeled tomatoes
- 1 jar (6 ounces) sun-dried tomatoes packed in olive oil
- 1/2 cup dry red wine
- 1/2 teaspoon crushed red pepper flakes
- Salt and pepper, to taste
- 1/4 cup fresh basil, chopped

DIRECTIONS

- 1 Place onion and garlic into the 64-ounce Precision Processor. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onions and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes with juice, sun-dried tomatoes, red wine, and red pepper flakes into the 64-ounce Precision Processor. Select PUREE and blend until desired consistency is reached.
- 4 Add tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil before serving.





CARROT GINGER DRESSING

PREP: 10 MINUTES

CONTAINER: 24-OUNCE HIGH-SPEED BLENDER CUP

MAKES: 1 1/2 CUPS

INGREDIENTS

- 1 large carrot, peeled, cut in 1-inch chunks
- 1 shallot, peeled, cut in half
- 2-inch piece fresh ginger, peeled
- 1 tablespoon tamari or soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame seed oil
- 1/4 cup grapeseed oil or other neutral vegetable oil
- 2 tablespoons water

DIRECTIONS

- 1 Place all ingredients into the 24-ounce High-Speed Blender Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.

GARBANZO & GREENS SALAD

PREP: 15 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 2 SERVINGS

INGREDIENTS

- 1/3 cup radicchio, cut in 1 1/4-inch pieces
- 1/2 cup fresh parsley leaves
- 1/2 cup watercress
- 1/2 cup Bibb lettuce, cut in 1 1/4-inch pieces
- 1/4 red bell pepper, cut in 1 1/4-inch pieces
- 1/4 cup (2 ounces) feta cheese
- 10 grape tomatoes
- 1/4 cup canned garbanzo beans, drained, blotted dry
- Salt and pepper, to taste
- 1/4 cup salad dressing, for serving

DIRECTIONS

- 1 Place all ingredients, except dressing, into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP.
- 3 Toss with your favorite salad dressing and serve.





CAULIFLOWER COUSCOUS

PREP: 15 MINUTES **COOK:** 5-7 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 4 SERVINGS

INGREDIENTS

3 cups cauliflower florets

1 clove garlic, peeled

1 tablespoon fresh rosemary

1/4 cup plus 2 tablespoons extra virgin olive oil, divided

2 teaspoons lemon juice

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/2 cup slivered almonds

1/4 cup green onion, sliced

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place the cauliflower florets, garlic, and rosemary into the 64-ounce Precision Processor. Select CHOP.
- 3 Toss chopped cauliflower mixture with 2 tablespoons olive oil. Spread evenly on a nonstick baking sheet. Roast for 5 to 7 minutes, then allow to cool slightly.
- 4 Transfer cauliflower to a mixing bowl. Add remaining ingredients and toss to combine.





BUTTERNUT SQUASH SOUP

PREP: 20 MINUTES **COOK:** 35-40 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 8 SERVINGS

INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, peeled, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, peeled, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock
- Kosher salt and black pepper, to taste

DIRECTIONS

- 1** Heat oil in a large saucepan over medium heat. Add the onion, cooking until beginning to soften, about 5 minutes. Add cashews and cook, stirring, for about 5 minutes.
- 2** Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring soup to a boil, then reduce heat to medium-low. Simmer until the squash is easily pierced with a knife, about 20 to 25 minutes. Remove and discard bay leaf.
- 3** Allow soup to cool to room temperature.
- 4** Working in two batches, ladle half the cooled soup into the 64-ounce Precision Processor. Select PUREE. Repeat with second batch of soup.
- 5** Return soup to saucepan and simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.





BROCCOLI CHEDDAR SOUP

PREP: 15 MINUTES **COOK:** 35-40 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 6 SERVINGS

INGREDIENTS

- 3 tablespoons butter
- 1/2 small yellow onion, peeled, chopped
- 1 medium carrot, peeled, chopped
- 2 tablespoons flour
- 3 cups chicken broth
- 3 cups broccoli florets
- 1 cup whole milk
- 3/4 cup shredded cheddar cheese
- Salt and pepper, to taste

DIRECTIONS

- 1** Melt butter in a heavy-bottom saucepan on medium heat. Add onion and carrot to saucepan and cook until tender, about 5 minutes.
- 2** Whisk in flour and cook for 5 minutes, stirring constantly. Add broth and continue stirring as mixture thickens. Add broccoli and simmer on medium heat until tender, 20 to 25 minutes, stirring occasionally. Cool to room temperature.
- 3** Place cooled soup into the 64-ounce Precision Processor. Select PUREE.
- 4** Return soup back to saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.





CANTONESE CHICKEN

PREP: 15 MINUTES **COOK:** 17-22 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™ WITH SLICER/SHREDDER

MAKES: 4 SERVINGS

INGREDIENTS

2 carrots, peeled, cut in 4-inch pieces
 1 medium onion, peeled, cut in quarters
 6 button mushrooms, stems removed
 2 tablespoons soy sauce
 1 tablespoon rice wine vinegar
 1 tablespoon fresh ginger, minced
 1 tablespoon honey
 ¼ teaspoon crushed red pepper flakes
 4 uncooked boneless skinless chicken breasts,
 (4 to 5 ounces each), sliced in strips
 1 tablespoon vegetable oil
 ½ cup low-sodium chicken broth
 1 cup sugar snap peas, strings removed
 Cooked rice noodles, for serving

DIRECTIONS

- 1 Assemble the slicer disc in the 64-ounce Precision Processor and attach lid. Select GO. Use the food pusher to push carrots through feed chute. Transfer sliced carrots to a large mixing bowl.
- 2 Repeat with onion and mushrooms, adding them to the bowl with the carrots once they're sliced.
- 3 Stir soy sauce, vinegar, ginger, honey, and crushed red pepper in a deep mixing bowl. Add chicken and toss to coat.
- 4 Heat a nonstick skillet over medium heat. Add the oil, carrots, onions, and mushrooms to the skillet; sauté until soft, about 5 to 7 minutes, stirring occasionally.
- 5 Add the chicken, soy sauce mixture, and broth to pan; cover and cook for 5 minutes. Add sugar snap peas and cook another 7 to 10 minutes until chicken is cooked through and vegetables are just tender. Serve with rice noodles.



BRUSSELS SPROUT SALAD

PREP: 20 MINUTES **CHILL:** 30 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™ WITH SLICER/SHREDDER

MAKES: 6 SERVINGS

INGREDIENTS

1 tub (7 ounces) Brussels sprouts, washed, trimmed
 1 wedge (3 ounces) Parmesan cheese
 2 cups purple kale, stems removed
 Zest and juice of 1 lemon
 1 tablespoon plus 1 teaspoon unfiltered apple cider vinegar
 ½ cup extra virgin olive oil
 2 ripe red or yellow pears, cored, cut in quarters
 2 stalks celery, trimmed, cut in quarters
 1 cup seedless red grapes
 ½ cup toasted walnuts, chopped
 ½ cup pomegranate seeds
 Salt and pepper, to taste

DIRECTIONS

- 1 Assemble the slicer disc in the 64-ounce Precision Processor and attach lid. Select GO. Use the food pusher to push Brussels sprouts through feed chute. Transfer sliced Brussels sprouts to a large mixing bowl.
- 2 Assemble the shredder disc in the 64-ounce Food Processor Bowl and attach lid. Select GO. Use the food pusher to push Parmesan cheese through feed chute. Remove shredded cheese from bowl and set aside.
- 3 Position the quad blade in the 64-ounce Precision Processor, then add kale. Select CHOP until kale is roughly chopped. Add kale to bowl with Brussels sprouts.
- 4 In a small bowl, whisk together lemon zest and juice, vinegar, and olive oil. Pour half the dressing over the Brussels sprout mixture and toss to coat; reserve remaining dressing for serving.
- 5 Place pears, celery, and red grapes into the 64-ounce Precision Processor. Select CHOP, then add chopped ingredients to Brussels sprout mixture; lightly toss. Cover and chill for 30 minutes.
- 6 Just before serving, add remaining dressing, walnuts, pomegranate seeds, and Parmesan cheese. Season to taste with salt and pepper.



DILLED BEET & GOAT CHEESE SALAD

PREP: 15 MINUTES **COOK:** 1 HOUR

CONTAINER: 64-OUNCE PRECISION PROCESSOR™ WITH SLICER/SHREDDER

MAKES: 8 SERVINGS

INGREDIENTS

2 1/4 pounds beets, scrubbed, stems/greens removed and reserved

2 cups beet greens, thinly sliced

1/2 cup goat cheese

1/2 cup toasted pecans

DRESSING

1/2 cup beet stems

1/2 red onion

3/4 cup fresh dill, plus more for garnish

1/4 cup sherry vinegar

1/2 cup extra virgin olive oil

Salt and pepper, to taste

DIRECTIONS

- 1 Preheat oven to 450°F. Wrap beets in foil and roast for 1 hour or until beets are tender and cooked through. Let cool.
- 2 To make the dressing, place beet stems, onion, and dill into the 64-ounce Precision Processor.
- 3 **PULSE** until coarsely chopped. Add vinegar, oil, salt, and pepper. Select **LOW** for 25 to 30 seconds, until well combined. Transfer to a bowl or jar and set aside.
- 4 Assemble the slicer disc in the 64-ounce Precision Processor and attach lid. Select **GO**. Use the food pusher to push the cooled beets through feed chute. Transfer sliced beets to a serving platter.
- 5 Add beets greens, goat cheese, and pecans to the serving platter. Drizzle the dressing over the top.

DO NOT BLEND HOT INGREDIENTS.





FENNEL APPLE SLAW

PREP: 15 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™ WITH SLICER/SHREDDER

MAKES: 3 1/2 CUPS

INGREDIENTS

- 1 bulb fennel
- 2 green apples, cored, cut in quarters
- 1 large carrot, peeled
- 2 navel oranges, peeled, segmented
- 1/2 cup dry-roasted sunflower seeds
- 1/4 cup coleslaw dressing, for serving

DIRECTIONS

- 1 Assemble the slicer disc in the 64-ounce Precision Processor and attach lid. Select GO. Use the food pusher to push fennel through feed chute. Transfer sliced fennel to a large mixing bowl.
- 2 Repeat with apples and carrot, adding them to the bowl with the fennel once they're sliced.
- 3 Add orange segments and sunflower seeds to slaw mixture. Stir to combine. Toss with coleslaw dressing.





SALMON BURGERS

PREP: 10 MINUTES **COOK:** 6 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 4 SERVINGS

INGREDIENTS

2 scallions, ends trimmed, cut in 2-inch pieces

1 pound uncooked boneless, skinless salmon, cut in 2-inch chunks

1 tablespoon lemon juice

1 large egg

$\frac{3}{4}$ teaspoon crab seasoning

2 teaspoons Dijon mustard

$\frac{1}{4}$ cup panko bread crumbs

1 tablespoon salt

$\frac{1}{2}$ teaspoon ground black pepper

DIRECTIONS

- 1 Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP until mixture is ground. Form mixture into 4 burgers.
- 3 Spray a nonstick skillet or grill pan with vegetable cooking spray and place over medium-high heat. Add burgers and cook until golden brown and cooked through, about 3 minutes per side.

RECIPE SUGGESTION

This recipe works just as well with tuna.



CHICKEN POT PIE

PREP: 10 MINUTES **COOK:** 55-65 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 6 SERVINGS

INGREDIENTS

CRUST

Pie dough (recipe page 73)

FILLING

4 medium carrots, peeled, cut in thirds

3 stalks celery, cut in thirds

1 1/2 small onions, peeled, cut in quarters

1 pound uncooked boneless, skinless chicken breasts

2 tablespoons olive oil

1 stick (1/2 cup) butter

1/2 cup flour

4 cups chicken broth

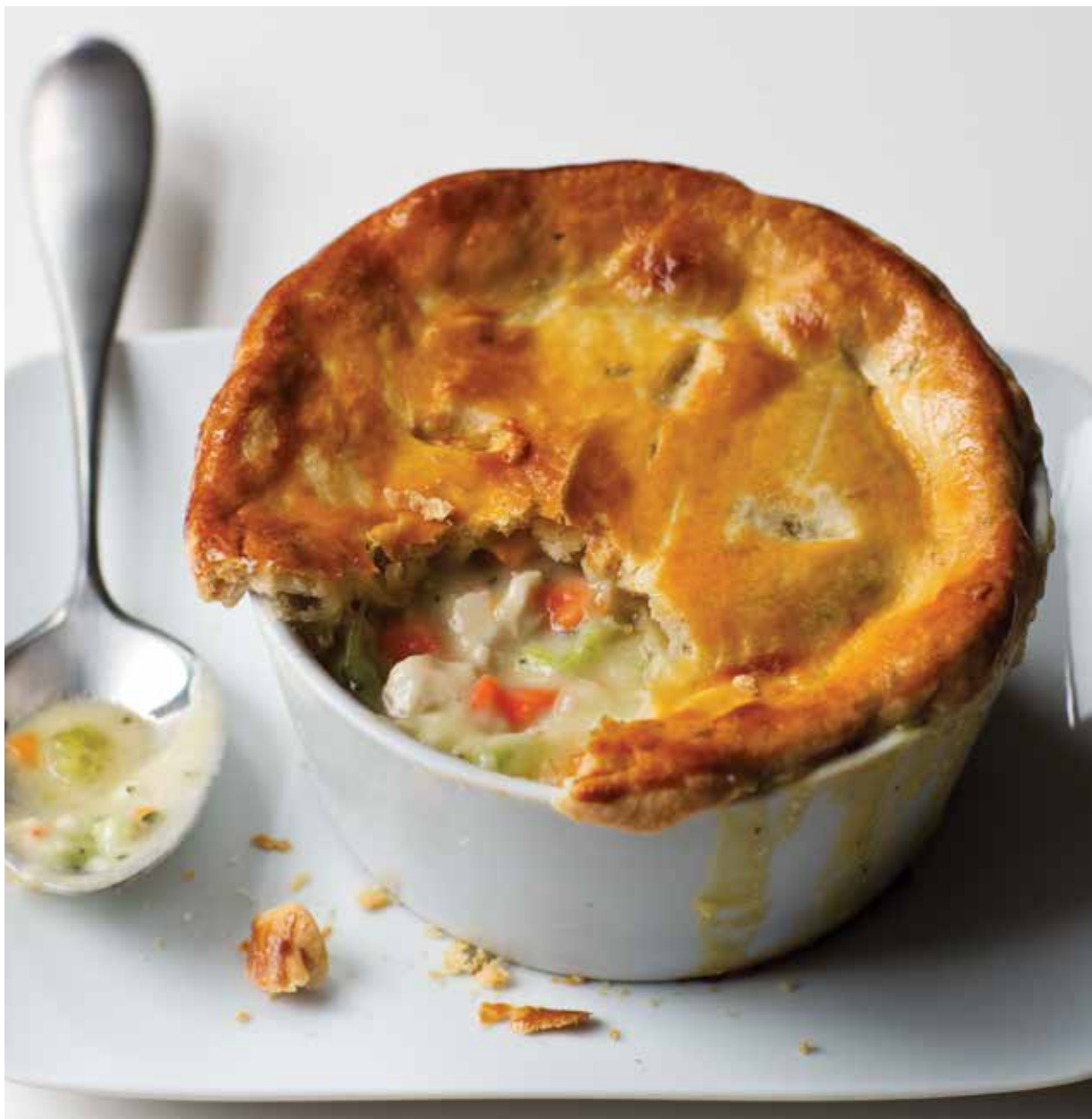
1 tablespoon fresh thyme leaves

Salt and pepper, to taste

2 tablespoons milk

DIRECTIONS

- 1 To prepare the crust, follow Pie Dough recipe on page 73.
- 2 Preheat oven to 375°F. Place carrots, celery, and onions into the 64-ounce Precision Processor.
- 3 Select CHOP. Transfer chopped vegetables to a bowl and set aside.
- 4 Place chicken into the 64-ounce Precision Processor. Select CHOP.
- 5 Add olive oil to a large skillet over medium heat. Add chopped vegetables and cook for 2 to 3 minutes. Add chopped chicken and continue cooking until vegetables are softened and chicken is cooked through, about 5 to 8 minutes.
- 6 Melt butter in a saucepan over medium heat. Add flour to saucepan, stirring constantly, for 3 minutes. Add broth, stirring constantly with a whisk, until mixture thickens to form a sauce. Add thyme and season with salt and pepper.
- 7 Combine the vegetables and chicken with the sauce, then pour mixture into a casserole dish. Remove one pie dough disc from refrigerator and roll out to 2 inches larger than the casserole dish. Place dough on top of filling and crimp edges. Cut vent holes in dough and brush with milk. Cook for 45 to 50 minutes or until crust is lightly browned.





GALA APPLE CROSTATATA

PREP: 30 MINUTES **CHILL:** 40 MINUTES **COOK:** 15-20 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™ WITH SLICER/SHREDDER

MAKES: 8 SERVINGS

INGREDIENTS

2 cups all-purpose flour

1/2 cup sugar, divided

1/2 teaspoon salt

2 sticks butter (1 cup), cut in small pieces

1/4 cup ice water

5 small gala apples, peeled, cored, cut in half

1 teaspoon cinnamon

Confectioner's sugar, for garnish

DIRECTIONS

- 1 Position the Dough Blade in the 64-ounce Precision Processor, then add flour, 1/4 cup sugar, and salt. PULSE until combined.
- 2 Add butter and select DOUGH. While unit is running, add ice water through feed chute and process just until the mixture forms a loose ball, approximately 25 seconds.
- 3 Wrap dough in plastic wrap (mixture will be crumbly) and place in refrigerator for 20 minutes.
- 4 Preheat oven to 450°F. Assemble the slicer disc in the 64-ounce Precision Processor and attach lid. Select GO. Use the food pusher to push apples through feed chute. Transfer sliced apples to a large mixing bowl and set aside.
- 5 Remove dough from refrigerator. Loosely cover dough with another sheet of plastic wrap. Roll out to form an 11-inch round. Place dough on rimmed sheet pan and set in refrigerator to chill, about 20 minutes.
- 6 Toss apples with cinnamon and remaining 1/4 cup sugar in a large bowl. Mound on center of chilled dough. Wrap up apples quickly and gently, turning dough 1 1/2 inches up.
- 7 Bake 15 to 20 minutes, or until crust is golden brown and fruit is softened.



LEMON BARS

PREP: 25 MINUTES **COOK:** 35–40 MINUTES

CONTAINER: 64-OUNCE PRECISION PROCESSOR™

MAKES: 10–12 SERVINGS

INGREDIENTS

2 sticks (1 cup) unsalted butter, softened

2 cups sugar, divided

2 1/3 cups all-purpose flour, divided

4 large eggs

2/3 cup lemon juice

Confectioners' sugar, for serving

DIRECTIONS

1 Preheat oven to 350°F.

2 Position the Dough Blade in the 64-ounce Precision Processor, then add butter, 1/2 cup sugar, and 2 cups flour. Select DOUGH and blend until smooth.

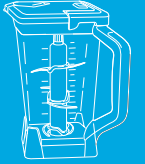
3 Press crust into the bottom of an ungreased 9x13-inch baking dish. Bake 15 minutes, or until firm and golden in color. Let cool for 10 minutes.

4 Place eggs, 1 1/2 cups sugar, 1/3 cup flour, and lemon juice into the 64-ounce Precision Processor. Select DOUGH and blend until smooth and sugar is dissolved. Pour mixture over the baked crust.

5 Bake 20 to 25 minutes. Bars will firm as they cool.

6 Cool completely, then dust with confectioners' sugar.





STRAWBERRY CHEESECAKE ICE CREAM

PREP: 10 MINUTES **FREEZE:** 15 MINUTES
CONTAINER: TOTAL CRUSHING® PITCHER
MAKES: 6-8 SERVINGS

INGREDIENTS

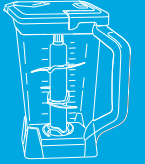
1/2 cup light cream
 1/2 package (4 ounces) cream cheese
 1 tablespoon fresh lemon juice
 1 teaspoon vanilla extract
 1/3 cup sugar
 1 1/2 cups frozen unsweetened strawberries
 1/2 cup ice

DIRECTIONS

- 1** Place all ingredients into the Total Crushing Pitcher in the order listed.
- 2** Select ICE CREAM. While program is running, use the tamper to push ingredients toward the blades.
- 3** Remove ice cream from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving.

SERVING SUGGESTION

Garnish this ice cream with a mix of fresh berries and whipped cream.



COCONUT PINEAPPLE SORBET

PREP: 10 MINUTES **FREEZE:** 15 MINUTES
CONTAINER: TOTAL CRUSHING® PITCHER
MAKES: 4 SERVINGS

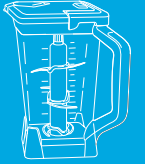
INGREDIENTS

1 cup frozen pineapple chunks
1 small frozen ripe banana
1 tablespoon fresh lime juice
1/2 cup light coconut milk
1 tablespoon agave nectar
1 teaspoon grated fresh ginger

DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM. While program is running, use the tamper to push ingredients toward the blades.
- 3 Remove ice cream from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving.





STRAWBERRY SNOW

PREP: 2 MINUTES

CONTAINER: TOTAL CRUSHING® PITCHER

MAKES: 4 SERVINGS

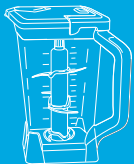
INGREDIENTS

4 cups frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the Total Crushing Pitcher.
- 2 Select SNOW CONE.





COFFEE SNOW CONE

PREP: 5 MINUTES **FREEZE:** 8 HOURS
CONTAINER: TOTAL CRUSHING® PITCHER
MAKES: 5 SERVINGS

INGREDIENTS

2 cups coffee, chilled
 1/4 cup sugar
 1 cup ice cubes

DIRECTIONS

- 1** Stir together coffee and sugar. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2** Place the ice cubes and 5 cups frozen coffee cubes into the Total Crushing Pitcher.
- 3** Select SNOW CONE.

DO NOT BLEND HOT INGREDIENTS.

PIE DOUGH

PREP: 20 MINUTES
CONTAINER: 64-OUNCE PRECISION PROCESSOR™
MAKES: 2 PIE CRUSTS

INGREDIENTS

2 1/2 cups all-purpose flour
 1 teaspoon salt
 6 tablespoons unsalted butter, cold, cut in cubes
 5 tablespoons vegetable shortening baking stick, cold, cut in cubes
 1/2 cup cold water

DIRECTIONS

- 1** Position the Dough Blade in the 64-ounce Precision Processor, then add flour, salt, butter, and shortening.
- 2** PULSE until combined.
- 3** Add water. Select DOUGH until a dough ball is formed.
- 4** Transfer dough to a lightly floured work surface and knead.
- 5** Divide dough into two pieces. Form each piece into a 1-inch-thick flattened disc. Wrap each disc in plastic wrap and refrigerate until needed.



NINJA[®]

SMART STATION[™]
SYSTEM

CT680_IG_35Recipe_Mv1

NINJA and TOTAL CRUSHING are registered trademarks of SharkNinja Operating LLC.
INTELLI-SENSE, PRECISION PROCESSOR, and SMART STATION are trademarks of SharkNinja Operating LLC.