

# Sweet Talk

While you're dating with your Date Me recipes, you can dish up some of this sweet talk to educate your Hosts and guests. Play matchmaker as you pair them all up with the perfect products and know-how, and it will be super easy to keep getting dates.

## FUSION MASTER™

### WHY GRIND YOUR MEAT FRESH AT HOME?

- Take control of your food's safety. It's common for pre-ground meat at the grocery store to be ground twice to make it look fresher: once at the warehouse and then again at the store. This can mean higher risk for bacterial growth and contamination.
- Know exactly what you're eating. Recent studies have revealed that fast food chicken nuggets often contain less than 60% chicken meat. The rest is less desirable chicken parts like blood vessels and connective tissue.
- Healthy and creative! Control the fat, saturated fat and sodium content of your food while creating your own flavorful custom blends.

### DELICIOUS

# S T I P S

- Less fat. Full flavor. Add moisture-rich fruit, vegetables and even tofu to lean meat mixtures to make it just as moist, tender and flavorful as fattier meats.
- Freeze whatever you're about to grind for about ten minutes beforehand. The Fusion Master™ blades create heat during processing, which can make meat (especially fattier meat) more difficult to process.
- If your favorite cuts of meat are on sale, buy in bulk, prep some burgers and freeze. (Hint, the Hamburger Press and Keepers Set on page 12 of the Summer Catalog are especially helpful with this).
- You can make smaller Best-Ever Black Bean Burger patties to create a protein-rich side dish to complement any meal.