



Smart Steamer

Save time, eat healthy,
& be well



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9-pc. Accessory set



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Fabulous Veggie Medley

Place in smart steamer the following

1/2 red bell pepper sliced into strips

1/2 sweet potato & 1/2 regular potato
(do not peel!) wash & cut into country fries



1 ear of corn on the cob - cut into three or four sections

2 wedges of cabbage

Cauliflower, broccoli, and fresh green beans. As much that will fit into the steam and get the cover on correctly.

Run fresh water run over the veggies in the middle portion of Steamer, let the water drain off veggies. Place on bottom with water to the fill line and cover the steamer. Do not need strainer for this. Place in the microwave and cook for 16-19 minutes on high.

The point, is you can have what you like - if you don't like cabbage don't take cabbage..... People are in awe and love the taste.



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Honey Lime Chicken Breast with steamed carrots

2 boneless skinless chicken breast halves - 1 lb.

Black pepper

1/2 lime

Honey

16 oz baby carrots

Fill water tray to fill line. Place baby carrots in (deep) steamer base. Pepper chicken breasts on both sides. Use Lemon/Lime press to cover chicken breasts in shallow colander tray. Drizzle honey over chicken. Stack together, cover and cook in microwave on high for 14 minutes.



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Steamed Chicken and Vegetables

One Chicken Breast and 2 Red Potatoes and 1 pkg of Frozen Vegetables

Place water in the water bowl to fill line.

Place Chicken Breast with spices on Bottom colander, with 2 to 3 small red potatoes with seasoning on them cut into quarters.

Place Frozen Vegetables on the top colander and place lid on top (it might not fit as the Frozen veggies are sticking up...that is ok...as it steams the lid will settle on top.)

Cook on high for 16 minutes, test doneness...and serve.



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Tilapia in Smart Steamer

Fill bottom to fill line with water.

Place 3 Tilapia filets in the large piece of steamer, season with lemon juice, Old bay season, sea salt and

cracked pepper.

3 cups frozen French cut green beans on top of filets.

Place top on SmartSteamer and microwave for 10 minutes, let sit for 5 minutes.

Serves 3

128 Calories per serving.



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STEAMED SOY-MARINATED CHICKEN

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|---------------------------------------|--------------------------------------|
| 1 C. low-sodium soy sauce | 1 T. sesame oil |
| 1 T. peanut oil | 1/2 lime, juiced |
| 1 (1-inch) piece ginger, sliced thick | 1 cloves garlic, sliced |
| 1 handful cilantro, chopped | 4 boneless, skinless chicken breasts |
| 1/2 head savoy cabbage | 1/2 cup carrots |
| 1/2 cup mushrooms | 1/2 cup broccoli heads |
| | 1 teaspoon Paprika |

Directions

In small Tupperware bowl add the soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic, and cilantro. Seal the bowl and shake it to mix the ingredients.

In Season – Serve Container add ingredients with chicken breasts and shake it again. Let the chicken marinate in the refrigerator for at least 1/2 hour or up to overnight.

Pour about 1-inch of water into water base of SmartSteamer. Line the bottom of steamer with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Place the marinated chicken on top rack of steamer. Sprinkle paprika on top of chicken. Cover the steamer and put it into the microwave. Steam the chicken until it is cooked through, about 10 to 15 minutes.



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Stuffed Tomatoes

serves 6

6 tomatoes (medium)
6.25 oz Savory Herb Stuffing Mix (1 package)
1/4 cup butter, cut up
1 cup hot water

Cut off tops of tomatoes; remove seeds and pulp, leaving 1/4-inch-thick shells. Chop pulp; drain. Set aside for later use. Discard tomato tops and seeds. Invert shells on paper towels to drain.

Combine water and butter in large Tupperware bowl. Stir in stuffing mix and reserved pulp. Let stand 5 min. Place tomato shells in Smart-Steamer, fill evenly with stuffing mixture. Fill base with water to water line.

Microwave 10 min. or until tomatoes are tender and stuffing is heated through.



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See-thru Noodles with Smoky Salmon

2 coils of cellophane noodles

2 cups of shredded cabbage

½ c matchstick carrots

4 pieces of salmon – about an inch thick

¼ c. Hoison Sauce or Terakyi sauce (your preference)

2 T. toasted sesame or black sesame seeds

Using Chef Series Chef Knife cut cabbage into long fine pieces. Layer shredded cabbage and carrots in bottom layer of SmartSteamer. .Add 4 pieces approx. 1 inch thick of Salmon in the next layer. Add 1 3/4 c. of water to water tray. Cook for 20 minutes on high.

Put Transparent (Cellophane noodles) in base with the water (2 big coils) after cooking Salmon and veggies. Cellophane noodles will hydrate in just a few minutes using the hot water from SmartSteamer. Let stand for 5 minutes Plate with Hoison sauce and black sesame seeds on all.



See-thru Noodles with Smoky Salmon

2 coils of cellophane noodles

2 cups of shredded cabbage

½ c matchstick carrots

4 pieces of salmon – about an inch thick

¼ c. Hoison Sauce or Terakyi sauce (your preference)

2 T. toasted sesame or black sesame seeds

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Asian Spiced Meatballs

Makes 12

½ cup uncooked rice	½ cup minced green onions
½ lb. ground chicken or turkey	1 tbsp. soy sauce
½ cup mushrooms, finely chopped	2 tsp. cornstarch
1 tsp. minced peeled ginger	½ tsp. sesame oil

Place ½ cup of rice in a 6-cup/1.4 L Wonderlier® Bowl.

Cover with water to 1 inch above rice and let stand 1 hour. Drain rice in the Double Colander and place on a Microwave Luncheon Plate. Combine chicken and remaining ingredients in a Thatsa® Bowl. Stir well using a Saucy

Silicone Spatula and form into 12 balls. Roll balls in rice. Place 6 balls in Colander and 6 balls

in Steamer Base. Pour 1¾ cups of water in Water Tray. Place the Steamer Base on the Water

Tray and the Colander on the Steamer Base. Cover, place in the microwave and heat on high



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Steamed Shrimp

Serves 4-6

1 ¾ cup water	1 lb. shrimp, peeled and deveined
juice from 1 lime	lime-seasoned salt
freshly ground pepper	1 lemon, sliced
1 lime, sliced	

Place Shrimp in a Season-Serve® Container. Sprinkle shrimp with lime juice, seasoned salt and freshly ground pepper, toss with lemon lime slices. Refrigerate and marinate for 15 minutes. Fill Water Tray with water and place the Steamer Base over the Water Tray.

Place half of the shrimp in the Steamer Base and half in the Colander. Cover, place in the microwave and heat on high power for 8 minutes or until shrimp are pink. Let stand 5 minutes before serving warm or cold.



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Cilantro Mojo Mahi-mahi with Orange Salsa

Serves 2

1 cup diced orange segments from large navel orange	
¼ cup red pepper, diced	1 scallion, diced
¼ cup red onion, diced	½ jalapeno pepper, diced
¼ cup cilantro, chopped	2 tbsp. lemon juice
citrus-seasoned salt and freshly ground pepper, to taste	

2 six oz.mahi-mahi fillets	3 cups broccoli florets	1 lime, juice
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Orange Salsa

In a Thatsa® Bowl, combine orange segments, red pepper, scallion, red onion, jalapeno, and cilantro. Add 1 tablespoon of lemon juice salt and pepper to taste, mix well and set aside.

Mahi-mahi and Broccoli In a Season-Serve® Container, season fish with lime juice, seasoned salt and freshly ground pepper. Place broccoli in Colander and seasoned fish in Steamer Base Pour 1¾ cups of water in Water Tray. Place the Steamer Base on the Water Tray and the Colander on the Steamer Base. Cover, place in the microwave and heat on high for 10 to 12 inutes or until fish flakes easily and is opaque. Place fish and broccoli on a serving plate and top with Orange Salsa.



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Broccoli Potato Mash

Serves 6

1 lb. Yukon Gold potatoes, peeled and cut into small chunks

2 cups broccoli florets

½ cup low fat milk

¾ cup fontina cheese

½ tsp. salt and pepper

Place potatoes in the Steamer Base of the and add 1 ¾-cups water to Water Tray. Place Steamer Base on top of the Water Tray, cover, place in the microwave and heat on high for 5 minutes. Fill the Colander with broccoli and place the Colander between the Steamer Base and cover. Place in the microwave and heat on high for 12 minutes, until potatoes are soft and can be easily pierced with a fork. Transfer broccoli to a Prep Essentials® Mix-N-Stor® Plus Pitcher and coarsely mash. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.



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¾ cup fontina cheese

½ tsp. salt and pepper

Place potatoes in the Steamer Base of the and add 1 ¾-cups water to Water Tray. Place Steamer Base on top of the Water Tray, cover, place in the microwave and heat on high for 5 minutes. Fill the Colander with broccoli and place the Colander between the Steamer Base and cover. Place in the microwave and heat on high for 12 minutes, until potatoes are soft and can be easily pierced with a fork. Transfer broccoli to a Prep Essentials® Mix-N-Stor® Plus Pitcher and coarsely mash. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.



Broccoli Potato Mash

Serves 6

1 lb. Yukon Gold potatoes, peeled and cut into small chunks

2 cups broccoli florets

½ cup low fat milk

¾ cup fontina cheese

½ tsp. salt and pepper

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Steamed Salmon and Snow Peas

Serves 2-3

1 ¾-cup water

olive oil

freshly ground pepper pink peppercorns

6 oz. snow peas

1 lb. sockeye salmon fillet

salt

Pour water in Water Tray. Place salmon in Steamer Base and place on top of the Water Tray Brush salmon with olive oil and season with salt, pepper and pink peppercorns. Place snow peas in Colander and place Colander on top of the Steamer Base. Season peas with olive oil, salt, pepper and pink peppercorns. Cover, place in the microwave and heat on high for 9 minutes until salmon flakes easily with a fork, is opaque and it reaches an internal temperature of 145°F/63° C. Remove from microwave and let stand for 5 minutes before serving.



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Salmon and Broccoli

2 pieces of Salmon approx. 4 – 6 oz. each

2 – 3 cups of broccoli

Garlic seasoning

Wash and season salmon with garlic seasoning and place in the top part of the Smart Steamer (if you have thin tails, lay tails on top of each to protect them from overcooking.

Cut up broccoli into small pieces wash and put into the base of the smart steamer.

Fill bottom tray with 1 ¼ cups of water.

Cover and cook on high in the microwave for 15 minutes or until done.

Serve with a fresh salad if desired.



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