



Healthy Spinach & Quinoa SALAD

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%



©2014 Tupperware. All rights reserved. 2014-392-037 EN



TACO SALAD

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

- 1 lb./455 g ground beef
- ½ tbsp. Southwest Chipotle Seasoning
- ¼ tsp. coarse kosher salt
- 3 tbsp. Sizzlin' Vinaigrette (see separate recipe card) or preferred dressing
- ¼ cup chery 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.

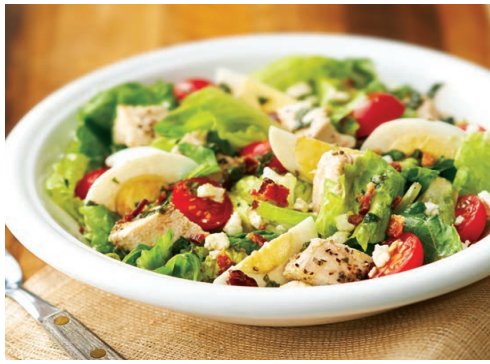
Tips: Garnish with crushed tortilla chips for extra crunch. Recipe can be created five times with suggested amount of ground beef.

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%



©2014 Tupperware. All rights reserved. 2014-392-037 EN





Chicken Cobb SALAD

Tupperware®

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

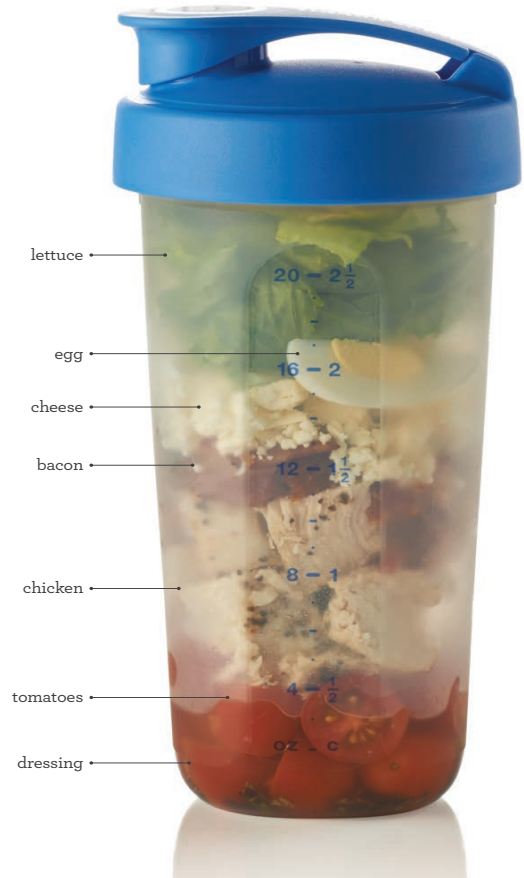
- 4 oz./115 g chicken breast, steamed and cut into small chunks
- 1 hard-boiled egg
- 2 tbsp. Basil Vinaigrette (see separate recipe card) or preferred dressing
- ½ cup cherry tomatoes, halved
- 3 slices pre-cooked bacon, cut into small pieces
- ¼ cup feta cheese
- 1 cup romaine lettuce, chopped

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%



©2014 Tupperware. All rights reserved. 2014-392-037 EN



Quick & Easy PASTA SALAD

Tupperware®

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%



©2014 Tupperware. All rights reserved. 2014-392-037 EN

