

CURRIED CHICKEN SALAD



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CURRIED CHICKEN SALAD

PREP: 5 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR™ | **MAKES:** 4 SERVINGS

INGREDIENTS

½ cup plain yogurt (not Greek)
1 tablespoon Fresh Lime Juice
3 cups cooked chicken, cooled, cut into 1 1/2-inch pieces
½ cup fresh cilantro leaves
¼ small red onion, cut into 1 inch pieces
3 teaspoons curry powder
Garnish: ¾ cup golden raisins

DIRECTIONS

- 1** Place all ingredients, except raisins, into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP until ingredients are chopped and well combined.
- 3** Garnish with golden raisins.

Tip: Serve this salad for lunch on some crunchy toast, or for dinner on a fresh bed of greens.

GRAPE & WALNUT CHICKEN SALAD



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GRAPE & WALNUT CHICKEN SALAD

PREP: 5 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR™ | **MAKES:** 4 SERVINGS

INGREDIENTS

1 rib celery, cut in quarters
3 cups cooked chicken, cooled, cut in 1-inch cubes
¼ cup walnuts
½ cup mayonnaise
½ teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon onion powder
½ cup red grapes
6 slices toasted bread, for serving

DIRECTIONS

- 1** Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP until ingredients are chopped and well combined.
- 3** Divide chicken salad between the bread to make 4 sandwiches.

DO NOT BLEND HOT INGREDIENTS.

MUSHROOM BURGERS

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MUSHROOM BURGERS

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR™ | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound beef sirloin, trimmed, cut in 2-inch pieces
4 ounces mushrooms
½ teaspoon salt
½ teaspoon ground black pepper
1 tablespoon olive oil

FOR SERVING

4 burger buns
4 slices sharp cheddar cheese

DIRECTIONS

- 1** Place beef, mushrooms, salt, and pepper into the 64-ounce Precision Processor.
- 2** Select CHOP. Repeat two more times, or until desired texture.
- 3** Heat olive oil in a large skillet over medium-high heat. Form the meat mixture into 4 patties and place into the skillet. Cook for 5 to 6 minutes per side, or until desired doneness is reached.
- 4** Select CHOP. Repeat two more times, or until desired texture.

BROCCOLI ALMOND CHICKEN SALAD



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BROCCOLI ALMOND CHICKEN SALAD

PREP: 5 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR™ | **MAKES:** 4 SERVINGS

INGREDIENTS

½ cup mayonnaise
1 teaspoon soy sauce
¼ teaspoon sesame oil
3 cups cooked chicken, cooled, cut into ¹ ½-inch pieces
2 cups broccoli florets, loosely packed
¼ cup slivered almonds
Garnish: 1-11 ounce can mandarin oranges, drained

DIRECTIONS

- 1** Place all ingredients, except the mandarin oranges, into the Nutri Bowl in the order listed.
- 2** Select CHOP until desired consistency is achieved.
- 3** Garnish with mandarin oranges.

Tip: *Serve this salad for lunch on some crunchy toast, or for dinner on a fresh bed of greens.*

SWEET POTATO CARROT TOTS



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SWEET POTATO CARROT TOTS

PREP: 20 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR™ | **MAKES:** 24 TOTS

INGREDIENTS

2 small sweet potato, peeled, cut onto 1 ½ inch pieces (about 3 cups)

1 small carrot, peeled, cut into 1 ½ inch pieces

1 large egg

½ cup shredded cheddar cheese

⅔ cup panko breadcrumbs

¼ teaspoon salt

¼ teaspoon ground black pepper

DIRECTIONS

- 1** Preheat oven to 375°F. Line a baking pan with parchment paper and coat with olive oil.
- 2** Place sweet potato and carrots into the 64-ounce Precision Processor. Select CHOP. Repeat a second time until vegetables are finely chopped. Add egg, cheeses, breadcrumbs, salt, and pepper. Select Manual LOW for 8-10 seconds until all ingredients are fully incorporated.
- 3** Shape mixture into cylinders about ¾-inches wide by 1-inch long. Place on baking pan and spray tops with olive oil cooking spray. Cook for 25 – 30 minutes, or until tots are crispy, gently flipping once through the cooking process.

BROCCOLI TOTS



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BROCCOLI TOTS

PREP: 20 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR* | **MAKES:** 24 TOTS

INGREDIENTS

- 3 cups broccoli florets
- 1 large egg
- ¼ cup shredded cheddar cheese
- ¼ cup grated parmesan cheese
- ⅔ cup panko breadcrumbs
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

DIRECTIONS

- 1 Preheat oven to 375°F. Line a baking pan with parchment paper and coat with olive oil cooking spray.
- 2 Place broccoli florets into the 64-ounce Precision Processor. Select CHOP. Repeat a second time until cauliflower is finely chopped. Add egg, cheeses, breadcrumbs, onion powder, salt, and pepper. Select Manual LOW for 8-10 seconds until all ingredients are fully incorporated.
- 3 Shape mixture into cylinders about ¾-inches wide by 1-inch long. Place on baking pan and spray tops with olive oil cooking spray. Cook for 25 – 30 minutes, or until tots are crispy, gently flipping once through the cooking process.

CAULIFLOWER TOTS



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CAULIFLOWER TOTS

PREP: 20 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR* | **MAKES:** 24 TOTS

INGREDIENTS

- 3 cups cauliflower florets
- 1 large egg
- ½ cups grated parmesan cheese
- ⅔ cup panko breadcrumbs
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

DIRECTIONS

- 1 Preheat oven to 375°F. Line a baking pan with parchment paper and coat with olive oil cooking spray.
- 2 Place cauliflower florets into the 64-ounce Precision Processor. Select CHOP. Repeat a second time until cauliflower is finely chopped. Add egg, cheeses, breadcrumbs, garlic powder, salt, and pepper. Select Manual LOW for 8-10 seconds until all ingredients are fully incorporated.
- 3 Shape mixture into cylinders about ¾-inches wide by 1-inch long. Place on baking pan and spray tops with olive oil cooking spray. Cook for 25 – 30 minutes, or until tots are crispy, gently flipping once through the cooking process.

PINEAPPLE CILANTRO DIPPING SAUCE



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PINEAPPLE CILANTRO DIPPING SAUCE

PREP: 10 MINUTES | **CONTAINER:** 64-OUNCE PRECISION PROCESSOR* | **MAKES:** 6-8 SERVINGS

INGREDIENTS

3 cups pineapple chunks
1 ½ small serrano chiles, seeds removed
1 small white onion, peeled, cut in quarters
½ cup fresh cilantro leaves
¼ 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.

SUMMER SQUASH SALAD WITH LOBSTER



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SUMMER SQUASH SALAD WITH LOBSTER

PREP: 20 MINUTES | **CONTAINER:** AUTO-SPIRALIZER™; 64-OUNCE PRECISION PROCESSOR™ | **BLADE DISC:** SPAGHETTI
MAKES: 2-3 SERVINGS

INGREDIENTS

GREEN GODDESS DRESSING

1 avocado, peeled, cut in half, pit removed
½ cup cilantro leaves
¼ cup tarragon leaves
¼ cup mint leaves
2 small cloves garlic, peeled
1 ½ cups mayonnaise
Juice from 1 lime
1 tablespoon salt
Freshly ground black pepper, to taste

SALAD

2 medium summer squash, trimmed
1 teaspoon kosher salt
½ cup frozen peas, thawed
½ cup frozen corn, thawed
½ pound chopped lobster
½ cup Green Goddess Dressing

DIRECTIONS

- 1 Place all dressing ingredients into the 64-ounce Precision Processor. Select HIGH for 10 seconds. Set dressing aside.
- 2 Position Spaghetti Blade onto Collecting Bowl and assemble Feed Chute Lid. Place squash into feed chute; secure on Blade Disc pin. Firmly secure pusher. Select GO; process squash. Transfer squash noodles to a colander and set aside. Repeat process with second squash. Toss squash noodles with 1 teaspoon kosher salt and leave in colander for 10 minutes to drain.
- 3 Transfer squash noodles to a serving bowl. Add peas, corn, and lobster, and gently toss with ½ cup Green Goddess Dressing.

CRISPY ONION STRINGS WITH SPICY HORSERADISH AIOLI



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CRISPY ONION STRINGS WITH SPICY HORSERADISH AIOLI

PREP: 5 MINUTES | **COOK:** 15 MINUTES | **CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** FETTUCCINE | **MAKES:** 4-6 SERVINGS

INGREDIENTS

CRISPY ONION STRINGS

¾ cup vegetable oil
2 small yellow onions, peeled
½ cup all-purpose flour
1 tablespoon cornstarch
Salt and pepper, to taste

SPICY HORSERADISH AIOLI

2 tablespoons prepared horseradish
¾ cup mayonnaise
2 teaspoons sriracha sauce, plus more if desired

Tip: Use as a topping on your favorite salad, sandwich, or soup.

Tip: This recipe also works well with the Ribbon blade disc.

DIRECTIONS

- 1 Heat oil to 365°F or until shimmering in a large, deep skillet.
- 2 Place all aioli ingredients in a bowl and whisk until combined. Set aside.
- 3 Position the Fettuccine Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place onion into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in onion. Select GO; process onion. When complete, remove leftover onion from Blade Disc, then empty contents of Collecting Bowl and set them aside. Repeat process with remaining onion.
- 4 Toss onions with flour and cornstarch, making sure to evenly coat. Shake off any excess flour mixture. Place coated onions into skillet with hot oil in batches. Cook until golden brown, about 3 to 4 minutes.
- 5 Remove onions from skillet and drain on paper towels. Season with salt and pepper and serve with Spicy Horseradish Aioli.

SWEET POTATO CURLY FRIES WITH HONEY MUSTARD SAUCE



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SWEET POTATO CURLY FRIES WITH HONEY MUSTARD SAUCE

PREP: 15 MINUTES | **COOK:** 40-45 MINUTES | **CONTAINER:** AUTO-SPIRALIZER™ | **BLADE DISC:** SPAGHETTI | **MAKES:** 4 SERVINGS

INGREDIENTS

SWEET POTATO CURLY FRIED

3 medium sweet potatoes,
peeled, trimmed
2 tablespoons canola oil
2 teaspoons salt
1 teaspoon ground black
pepper

HONEY MUSTARD SAUCE

½ cup Dijon mustard
½ cup honey
2 tablespoons mayonnaise
1 tablespoon lemon juice
¼ teaspoon salt
½ teaspoon ground black
pepper

Tip: : For extra flavor, add some chili powder, cumin,
and cinnamon when roasting the sweet potatoes.

DIRECTIONS

- 1** Preheat oven to 400°F. Line a baking sheet with parchment paper and coat with cooking spray; set aside.
- 2** Place all Honey Mustard Sauce ingredients in a bowl and whisk until combined; set aside.
- 3** Position the Spaghetti Blade onto the Collecting Bowl and assemble Feed Chute Lid. Place sweet potato into feed chute; secure on Blade Disc pin. Firmly secure Food Pusher in sweet potato. Select GO; process sweet potato. When complete, remove leftover sweet potato from Blade Disc, then empty contents of Collecting Bowl and set them aside. Repeat process with remaining sweet potatoes.
- 4** Toss sweet potato noodles with oil, salt, and pepper. Evenly distribute on prepared baking sheet. Bake 40 to 45 minutes, tossing gently every 15 minutes, until golden brown. Serve with Honey Mustard Sauce.

STRAWBERRY BASIL REFRESHER



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STRAWBERRY BASIL REFRESHER

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER™ CUP | **MAKES:** 1 SERVINGS

INGREDIENTS

⅓ cup fresh strawberries
1 fresh basil leaf
1 cup water
¼ 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



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PINEAPPLE MINT COCONUT REFRESHER

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE HIGH-SPEED BLENDER™ CUP | **MAKES:** 1 SERVINGS

INGREDIENTS

¼ cup pineapple chunks
3 fresh mint leaves
1 cup coconut water
¼ 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.

BANANA S'MORES FROYO



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BANANA S'MORES FROYO

CONTAINER: 72-OUNCE TOTAL CRUSHING* PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 cup vanilla yogurt
¾ cup mini marshmallows
4 graham crackers, broken up with hands
1 ½ Hershey chocolate bars, broken in pieces
4 cups banana, peeled, cut in 2 inch pieces,
frozen (16 ounces)

DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select ICE CREAM.
- 3** Remove ice cream from the Total Crushing Pitcher and place in the freezer for at least 30 minutes before serving.

LEAN GREEN



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LEAN GREEN

PREP: 5 MINUTES | **CONTAINER:** 72-OUNCE PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 cup pineapple chunks
1 cup mango chunks
1 ripe banana
½ cup baby spinach
½ cup kale leaves
1 cup coconut water
2 cups ice

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to EXTRACT, then press START/STOP to begin.