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SWISS MADE NONSTICK COOKWARE



# It's Time to Eat **HEALTHY!**

*A healthy eCookbook for breakfast, lunch or dinner!*



Black Bean Cakes with Tomato Salsa and Avocado Sauce, p. 6



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# Spicy Black Bean Soup

## Swiss Diamond Chef

*Prep Time:* 10 minutes

*Cook Time:* 45 minutes

*Yield:* 6-8 servings

*Difficulty:* Easy

### Ingredients:

- 1 1/2 tablespoons olive oil
- 3 cups yellow onions, diced
- 3 celery ribs, diced fine
- 1 large carrot, peeled and sliced into thin rounds
- 6 garlic cloves, pressed or minced
- 4 1/2 teaspoons ground cumin
- 1/2 teaspoon red pepper flakes
- 4 (15-ounce) cans of black beans, rinsed and drained (organic)
- 4 cups low-sodium vegetable broth
- 1/4 cup chopped fresh cilantro
- 1 to 2 tablespoons sherry vinegar, to taste
- 2 tablespoons fresh lime juice
- Sea salt and freshly ground black pepper, to taste
- Optional recommended garnishes: diced avocado, extra cilantro, thinly sliced radishes, or tortilla chips

### Instructions:

1. Heat a **Swiss Diamond Dutch Oven** over medium heat once hot, add olive oil.
2. Add the onions, celery and carrot and a light sprinkle of salt. Cook, stirring occasionally, until the vegetables are soft, about 10 to 15 minutes.
3. Stir in the garlic, cumin and red pepper flakes and cook until fragrant, about 30 seconds.
4. Pour in the beans and broth and bring to a simmer. Cook until the broth is flavorful and the beans are very tender, about 30 minutes.

5. Puree about 4 cups of the soup in a blender until smooth.
6. Return the pureed soup to the pot, stir in the cilantro, vinegar/lime juice and salt and pepper, to taste.
7. Serve with selected garnish



### Photo and Recipe Credit:

Swiss Diamond has chefs all over the world that are consistently coming up with fantastic recipes. From traditional to the most extreme, you are sure to find something you like.

Email us at [marketing@swissgourmetusa.com](mailto:marketing@swissgourmetusa.com) if you have anything you would like our chefs to show you how to make!



# Creamy Tomato Barley

Swiss Diamond Chef

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4 servings

Difficulty: Easy



## Ingredients:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups quick-cook barley
- 1 can (28 oz.) diced tomatoes, drained
- 1 cup dry white wine
- 2 1/2 cups water
- 8 cups mustard green leaves or spinach, torn into pieces
- 8 cups mustard green leaves or spinach, torn into pieces
- 1/2 cup grated Parmesan (2 oz.)

## Instructions:

1. Heat the oil in a **Swiss Diamond 4.8 qt. sauteuse** over medium heat. When the oil is warm, add the onion, salt and pepper. Cook, stirring occasionally, until tender, 6 to 8 minutes.
2. Add the barley, tomatoes, wine and water. Bring to a boil.
3. Reduce heat and simmer, stirring occasionally, until the barley is tender, 12 to 15 minutes.
4. Add the mustard greens, Brie, and 1/4 cup of the Parmesan. Cook, stirring occasionally, until the greens are tender, 3 to 4 minutes.
5. Divide among bowls and sprinkle with the remaining 1/4 cup of Parmesan.

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# Minty Snap Pea Salad

## Swiss Diamond Chef

*Prep Time:* 15 minutes

*Cook Time:* 5 minutes

*Yield:* 4-6 servings

*Difficulty:* Easy



### Ingredients:

- 1.5 lb sugar snap peas
- 4 radishes, if desired
- 2 large bunches of mint leaves
- 1 small shallot
- 1 lemon
- 2 tablespoons salt, divided, plus more to taste
- 4 cups of ice cubes
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 3 tablespoons high-quality Extra Virgin Olive Oil
- 1/4 cup crumbled goat cheese
- Black pepper, to taste

### Instructions:

1. Snap the sugar snap peas to remove stems and strings. Set aside.
2. If using radishes, rinse and slice.

3. Gently wash the mint leaves under cold water and pat dry with a paper towel. Finely chop the mint leaves until you reach a full 1/4 cup.
4. Peel and mince the shallot.
5. Thoroughly rinse the lemon and grate 1 teaspoon of zest. Cut the lemon in half and extract 1 tablespoon of lemon juice.
6. Bring 4 cups of water to boil in a **Swiss Diamond Soup Pot** over high heat.
7. Place the 4 cups of ice cubes in a large bowl and add enough water to cover them. There should be more ice than water in the bowl.
8. When the water on the stove reaches a rolling boil, add 1 tablespoon salt. Stir to mix, make sure the water is still at a rolling boil, and add the snap peas. Cook until crisp-tender, approximately 2 minutes. Remove with a strainer directly into the bowl of ice water.
9. When the peas are cold to the touch, approximately 5 minutes, remove from the ice bath, pat dry, and cut in half to make short pieces. Cutting on an angle adds visual interest.
10. In a large bowl, whisk together the chopped mint, minced shallot, lemon zest, lemon juice, Dijon mustard, honey and olive oil. Add lemon juice, mustard or honey to taste, if needed. Season with salt and pepper.
11. Add snap peas and radish slices to bowl and toss to combine. Toss thoroughly to coat each veggie with dressing.
12. Top with goat cheese and mix gently.
13. Salad will keep in the refrigerator overnight, or can be served at room temperature.

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# Apple Pie Oatmeal with Cran-Raisins

RJ Manoni

*Prep Time:* 5 minutes

*Cook Time:* 10 minutes

*Yield:* 1 servings

*Difficulty:* Easy

## Ingredients:

- 1/2 cup old fashioned rolled oats
- 1/2 cup whole milk
- 1/2 cup water
- 1/8 tsp (heaping) cinnamon
- 1 pinch nutmeg
- 1 pinch ginger
- 1 pinch salt
- 1 tsp packed brown sugar
- 1/2 of a medium apple, small dice
- 1 Tbsp chopped raisin / dried cranberry blend
- 1 1/2 tsp cream

## Instructions:

1. In a **Swiss Diamond Saucepan**, combine oats, almond milk, water, cinnamon, nutmeg, ginger and salt.
2. Heat over medium high heat, slowly bringing to a low roll boil, stirring constantly.
3. Let boil for 3 minutes or until thickened and the oats are soft.
4. Stir in brown sugar, apples, and raisin blend.
5. Allow to cool, then drizzle top with cream. Serve warm.



## PRO TIP:

If you like your oatmeal creamier than it turns out, stir in a bit more milk before topping with cream.

## Photo and Recipe Credit:

RJ Manoni's culinary background stems all the way back to his high school days when he "took the cooking class for free food." After completing culinary school, he worked as head Chef in a couple of high scale restaurants.

Now he spends more time on the computer than in the kitchen, but is still turning out great recipes for us all to enjoy.



# Black Bean Cakes with Tomato Salsa & Avocado Sauce

Laurie Hoaglund

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 8 Cakes

Difficulty: Easy

## Ingredients:

- (2) 15 oz cans black beans, rinsed and drained
- 1 egg lightly beaten
- 4 green onions, finely chopped
- 1 generous cup cilantro, minced
- 1 tsp chili powder
- 1/4 tsp dried oregano
- 1 1/4 tsp ground cumin
- 1/2 cup frozen corn thawed
- 1/4 cup red bell pepper, finely chopped
- 1 tsp jalapeno pepper
- 4 tsp canola oil
- 10 tear drop tomatoes, finely chopped
- 1 avocado
- 1/2 cup plain yogurt
- 2 limes plus 1tbsp lime juice



## Instructions: Black Bean Cakes

1. In large bowl mash beans with fork.
2. By hand mix in egg, 2 green onions, 1/4 cup cilantro, chili powder, oregano, and 1/4 tsp cumin.
3. In a **Swiss Diamond fry pan**, over medium heat, cook 8, 2 inch patties until lightly golden. Approximately 2 minutes on each side.

## Instructions: Salsa

4. In large mixing bowl add - corn, red pepper, jalapeno, 2 green onions and tomatoes and mix.
5. Once mixed, add the juice of 2 limes and salt and pepper to taste.

## Instructions: Sauce

6. Put 1 avocado, yogurt, 1 tsp cumin, and lime juice blender and blend till smooth.
7. Top bean cakes with salsa and sauce!

## Photo and Recipe Credit:

Laurie Hoaglund submitted her “Black Bean Cakes with Tomato Salsa and Avocado Sauce” recipe as part of our “Your Recipe Can Make You Famous” promotion.

Laurie’s recipe will have you enjoying the summer days all year long.

# Tuna, Asparagus, and New Potato Salad with Chive Vinaigrette

Molly Stevens

*Prep Time:* 10 minutes

*Cook Time:* 20 minutes

*Yield:* 6 servings

*Difficulty:* Easy

## Ingredients: For Vinaigrette

- 1/3 cup chopped fresh chives
- 1/4 cup Champagne vinegar
- 1 small shallot, coarsely chopped
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 2/3 cup vegetable oil
- 1/3 cup extra-virgin olive oil

## Ingredients: For Salad

- 1 1/2 pounds thick asparagus, stems peeled
- 1 1/4 pounds baby red potatoes, halved or quartered
- 1/3 cup olive oil
- 1/2 cup capers, drained, patted dry
- 8 ounces mixed spring greens
- 16 large radishes, trimmed, very thinly sliced (about 3 cups)
- 3 large hard-boiled eggs, peeled, quartered
- 12 ounces imported tuna packed in oil, drained
- Chive blossoms (optional)

## Instructions: For Vinaigrette

**DO AHEAD: CAN BE MADE 1 DAY AHEAD. COVER AND CHILL.**

1. In a food processor, puree all ingredients except the oil for vinaigrette until smooth.
2. With machine running, gradually add vegetable oil, then olive oil.
3. Season to taste with salt and pepper.

## Instructions: For Salad

4. Cook asparagus in large **Swiss Diamond skillet** of boiling salted water until just tender, 4 to 5 minutes. Transfer asparagus to bowl of ice water to cool. Drain asparagus and pat dry.

5. Place potatoes in large **Swiss Diamond saucepan**. Add enough water to cover potatoes by 1 inch. Sprinkle with salt. Bring to boil and cook until potatoes are tender, 10 to 15 minutes, depending on size of potatoes. Drain; let cool 5 minutes. Place in medium bowl. Add 1/4 cup vinaigrette; toss to coat. Season to taste with salt and pepper.
6. Heat olive oil in small skillet over medium-high heat. Add capers and fry until capers are crisp and open like flowers, stirring often, 45 to 60 seconds. Using slotted spoon, transfer capers to paper towels to drain.
7. Place asparagus in large bowl. Add 2 tablespoons vinaigrette and toss to coat. Toss potatoes again to coat, adding 1 more tablespoon vinaigrette if dry.
8. Place greens and radishes in another large bowl. Toss with enough vinaigrette to coat.
9. Spread greens and radishes over large platter. Arrange potatoes, asparagus, eggs, and tuna atop greens. Drizzle some vinaigrette over tuna. Sprinkle with fried capers and chive blossoms, if desired.





# Buffalo Chicken Salad Wraps

Katie Sargeant

*Prep Time:* 20 minutes

*Cook Time:* 25 minutes

*Yield:* 4 Servings

*Difficulty:* Easy

## Ingredients:

- 1 lb. boneless, skinless chicken breasts
- ½ c. celery, thinly sliced
- ½ c. shredded carrots
- ¼ c. cider vinegar
- ¼ c. white vinegar
- 2 ½ tbsp. cayenne pepper sauce
- ¼ c. light mayonnaise
- 1/8 tsp. pepper
- 1 c. shredded lettuce
- ½ medium avocado, sliced
- ½ medium tomato, sliced
- 1 oz. blue cheese, crumbled
- 4 whole-wheat wraps

## Ingredients: Spicy Blue Cheese & Chive Potatoes

- 1.5 lb. red potatoes, thinly sliced (about 1/8-inch thick)
- 1/8 c. habanero infused olive oil
- 1 tsp. salt
- ½ tsp. pepper
- 1 oz. blue cheese, crumbled
- ¼ c. chives, chopped

## Instructions:

1. Place chicken in a **Swiss Diamond 3.2 qt. Saucepan** and cover with water. Bring to a boil; simmer 10-15 minutes, until no longer pink in the middle. Transfer to a cutting board and shred using two forks.
2. Meanwhile, combine carrots, celery and vinegars; set aside. Whisk together light mayonnaise and cayenne pepper sauce in a medium bowl; add chicken and stir to coat. Drain vegetables in a colander, shaking to remove liquid. Combine vegetables with chicken and refrigerate until ready to assemble wraps.
3. Fill whole wheat wraps with chicken salad, lettuce, tomato and avocado slices. Sprinkle with blue cheese, roll up and cut in half diagonally.



## Instructions: For Spicy Blue Cheese & Chive Potatoes

4. Preheat oven to 500 degrees. In a large bowl, toss potato slices with olive oil, salt and pepper. Spread in single layer across a Swiss Diamond Double-Burner Grill and place in oven.
5. Roast until golden and crispy, about 25 minutes. Use Swiss Diamond Spatula to flip potatoes every 10 minutes to prevent burning.
6. Remove from oven, top with blue cheese and chives and enjoy!

## Photo and Recipe Credit:

Katie Sargeant has contributed many wonderful recipes to SwissDiamond.com, including Summer Grilled Peach Pizza, Baked Coconut Shrimp, and Fish Tacos with Pineapple Cream Sauce.

To view more of Katie's wonderful recipes, go to [www.swissdiamond.com/recipes](http://www.swissdiamond.com/recipes).

# Healthy, Baked Jelly Filled Doughnuts

ConsiderMeFit.com

Prep Time: 30 minutes

Cook Time: 30 minutes

Yield: 6 Doughnuts

Difficulty: Easy

## Ingredients: Doughnuts

- 1/4 cup coconut flour
- 1 cup oat flour (grind 1 cup quick oats in a food processor and voila!)
- 2 scoops Organic Whey Protein Powder (I recommend Source brand grass-fed organic whey)
- 2 tsp. cinnamon
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 T Sugarleaf (a mixture of organic cane sugar and stevia, great for baking!)
- 4 egg whites
- 1 tsp. vanilla
- 1/4 cup water
- coconut oil to grease your pan

## Ingredients: Jelly

- 1 T chia seed
- 1 cup organic berries (I used raspberries)
- \*Option, use a sugar free, organic jelly as a substitute!



## Instructions:

1. In a small blender, blend chia seed and berries. Set aside.
2. Pre-heat oven to 350 degrees F. In a large mixing bowl, combine dry ingredients.
3. In a small mixing bowl, whisk together egg whites and vanilla.
4. Slowly add wet ingredients to dry ingredients and mix thoroughly.
5. Add in water 1 tablespoon at a time until desired consistency is reached.
6. Pipe or spoon batter into a **Swiss Diamond Roasting Pan** - or a non-stick doughnut mold baking pan.
7. Bake for 10-12 minutes, or until doughnuts are puffed up and golden.
8. Allow to cool.
9. Once cooled, fill a pastry bag or the corner of a ziplock bag with a 1/2 inch round icing tip and fill the bag with jelly. Insert the tip into the end of each and pipe jelly into doughnut.

## PRO TIP:

Don't want to pipe in jelly? Spread jelly on top as a glaze. Looking for a high protein glaze? Combine 1 scoop of whey protein with 1/2 tsp. water. You will need just the smallest amount of water. Keep stirring before adding more water to create a thick, sticky consistency.

Coconut and oat flour will result in a more nutritious, but dense batter than using organic flour. Use 4-6 whole eggs for a lighter, fluffier batter, or add 1/2 to 1 cup of Greek yogurt or apple sauce!

## Photo and Recipe Credit:

Holly Brown is the founder of HollyBrownFit.com, a fitness website and program that offers nutrition/meal plans.

For more information, visit [www.hollybrownfit.com](http://www.hollybrownfit.com).



# Chickpea Cookie Dough

RJ Manoni

*Prep Time:* 15 minutes

*Cook Time:* 0 minutes

*Yield:* 6 servings

*Difficulty:* Easy

## Ingredients:

- 1 cup chickpeas, skins removed, Squeezed dry
- 1/3 cup natural peanut butter
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons agave nectar
- 1/3 cup vegan chocolate chips

## Instructions:

1. In a food processor or blender combine first 4 ingredients until you have a fine puree. (We strongly recommend a food processor for this one.)
2. Remove cookie dough consistency mixture from food processor and a large bowl.

3. Fold in chocolate chips with a wooden spoon until fully incorporated.
4. Enjoy! Yeah, it's really that simple

## PRO TIP:

While baking the “cookie dough” would not be the wisest of decisions, it's a tasty alternative to raw cookie dough.

## Photo and Recipe Credit:

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Now he spends more time on the computer than in the kitchen, but is still turning out great recipes for us all to enjoy.



# Easy Baked Kale Chips

RJ Manoni

*Prep Time:* 10 minutes

*Cook Time:* 2 Hours

*Yield:* 4 servings

*Difficulty:* Easy

## Ingredients:

- 1 Bunch of kale chopped (make sure the leaves are as dry as you can getting them after washing them)
- 1 tbsp of olive oil
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp of salt
- 1/2 tsp of pepper

## Instructions:

1. Preheat oven to 150 degrees F
2. In a large mixing bowl combine the first 5 ingredients (through garlic powder)
3. Line baking sheet with parchment paper and spread the kale mixture out evenly and dehydrate for 2 hours in oven, flipping once half way through.
4. Once dry and crispy, take out of the oven and spring with salt and pepper

## PRO TIP:

Enjoy right away or store in an air tight container for up to a week.

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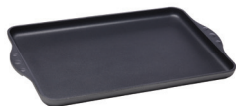
## Featured Products

### Swiss Diamond 12.5" fry pan (shown above)

Swiss Diamond's largest fry pan, the 12.5" (32 cm) skillet is perfect for burgers, pork chops and more.

*Also available with tempered glass lid*

### Swiss Diamond double-burner griddle



The double burner griddle allows you more room to cook your favorite foods without the hassle of an electric griddle. It also serves as a baking sheet - guaranteed never to warp!

### Swiss Diamond grill pan



If the weather isn't right for an outdoor cook-out, enjoy grilling indoors with the grill pan. The ridged base cooks off fat for a healthier meal.

### Swiss Diamond 4.3-qt sauté pan



The 4.3-quart (11") sauté pan is perfect for meat, vegetables, sauces, and more. Includes tempered glass lid with adjustable steam vent.

### Swiss Diamond 3.2-qt saucepan



The 3.2-quart (8") saucepan is ideal for gravy, spaghetti sauce, and more. A heavy-duty cast aluminum bottom ensures even heat transfer and prevents scorching. Includes tempered glass lid.

### Swiss Diamond 5.5-qt soup pot



The 5.5-quart (9.5 inch) soup pot is designed for making soups, stocks, and stews, and is big enough for boiling pasta. Includes lid.



## It's Time to Eat Healthy Recipe Book

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