

## SATISFACTION GUARANTEE:

If for any reason you are not satisfied with this product return it for repair, replacement, or refund.

OXO® and Houghton Mifflin Harcourt make a great team. OXO is committed to making everyday living easier, and Houghton Mifflin Harcourt is dedicated to curiosity, learning, and helping others find success in their goals. We're both excited to bring you these recipes to help you get to know your new OXO product and make something delicious.



Houghton Mifflin Harcourt



# GOOD GRIPS®

3 BLADE  
HAND-HELD  
SPIRALIZER



## TO SPIRALIZE

Spiralizing works best when the fruit or vegetable is straight. If it's not straight, cut into straight sections.

Food has to be at least 1 ½" in diameter for successful spiralizing.

For storage, twist to secure all three blades and food holder onto Spiralizer.

1. Twist to remove all three blades and food holder from Spiralizer.
2. Select blade and twist to secure onto Spiralizer. Never use Spiralizer with more than one blade attached.
3. Cut ends of fruit/vegetable so they are flat and even.
4. Align center of fruit/vegetable with the circular coring blade in center of Spiralizer.
5. While applying pressure, twist fruit/vegetable clockwise to create spirals.
6. When you start to reach the end of the fruit/vegetable, use the food holder to keep fingers away from blades.

## Barley Salad with Cucumber and Yogurt-Dill Dressing

**1 cup pearled barley**

**Salt (to taste)**

**1 English (long) cucumber**

**3 or 4 scallions, chopped**

**Freshly ground black pepper (to taste)**

**1 cup yogurt**

**2 tablespoons freshly squeezed lemon juice (or more, to taste)**

**2 tablespoons extra virgin olive oil**

**½ cup fresh chopped dill, mint or parsley leaves (or a combination)**



Serves 4

1. Rinse barley and put it in a saucepan with water to cover by at least 2 inches. Add a large pinch of salt and cook over medium-high heat, stirring occasionally until barley is tender, about 20 minutes after boiling. Drain and spread on a plate to cool, or rinse under cold water for a minute or so.
2. Meanwhile, spiralize cucumber using red blade. Put spiralized cucumber in colander or strainer, and sprinkle with about a tablespoon of salt. Let sit for 20 minutes or so, then rinse and drain well.
3. Toss together barley, cucumber and scallions in a salad bowl; sprinkle with pepper. Whisk together lemon juice, oil and yogurt. Toss this dressing with the cucumber mixture, then taste and adjust seasoning. Add herb(s), toss all together, and serve.

Adapted from *How to Cook Everything Vegetarian* by Mark Bittman

## "Pasta" with Fast Tomato Sauce

3 tablespoons extra-virgin olive oil or butter

1 medium onion, chopped

1 ½ to 2 pounds canned tomatoes, drained and chopped

Salt and freshly ground black pepper

3 medium zucchini, spiralized, noodles trimmed

Freshly grated Parmesan or other cheese, to taste (*optional*)

Chopped fresh parsley or basil leaves for garnish (*optional*)



Serves 2

Put the olive oil or butter in a 10- or 12-inch skillet over medium-high heat. When the oil is hot or the butter is melted, add the onion and cook, stirring occasionally, until soft, 2 or 3 minutes. Add the tomatoes and a sprinkling of salt and pepper.

Cook, stirring occasionally, until the tomatoes break down and the mixture comes together and thickens, 10 to 15 minutes.

Add the spiralized zucchini “noodles,” toss to combine with the sauce, and cook for 3 to 4 minutes until slightly softened, adding a little more oil or water if the sauce seems dry. Taste and adjust the seasoning, then toss with some cheese and parsley if you’re using them.

Adapted from *How to Cook Everything* by Mark Bittman