Recipes

Grilled Marinated Vegetables  Makes 6 servings

Ingredients:
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tablespoon chopped parsley
- 1/2 teaspoon dried rosemary, crushed, or 2 teaspoons chopped fresh rosemary
- 1/2 teaspoon dried thyme or 1/2 teaspoon mild Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:
1. In a small bowl, combine vinegar, olive oil, parsley, thyme, salt, and pepper.
2. Remove stems from peppers and cut lengthwise into six pieces, removing seeds.
3. Cut zucchini in half crosswise, then lengthwise into quarters.
4. Peel onions and cut into quarters.
5. Remove stem from eggplant and cut lengthwise into six pieces. 
   (Cut Japanese eggplants in half lengthwise.)
6. Place vegetables in Foodsaver® Canister.
7. Add marinade and toss to coat well.
8. Vacuum package.
9. Marinate 15 to 20 minutes.
10. Grill vegetables over medium heat, turning once and brushing with any remaining marinade.
11. Or roast on a sheet tray in a 425 degrees oven until vegetables are tender.

Vacuum package and freeze any leftovers to enjoy this meal another time!

Easy Savings Idea:
Vacuum package your homegrown vegetables and enjoy them all year long. Blanched and vacuum packaged vegetables can be stored in the freezer for 2 to 3 years.

To freeze vegetables in individual servings, place them on baking sheets and spread out so that pieces are not touching. This way they will not freeze together in a block.

Asian Citrus Marinated Chicken  Makes 4 servings

Ingredients:
- 1-1/4 to 1-1/2 Boneless Skinless Chicken Thighs
- 1 cup orange or pineapple juice
- 1/2 cup fresh lime juice
- 1/2 cup fresh lemon juice
- 2 tablespoons tarragon vinegar
- 2 tablespoons ginger, peeled and chopped
- 1/3 cup fresh lime juice
- 2 tablespoons light brown sugar
- 1/4 cup peanut oil
- 1/2 teaspoon red pepper flakes
- 2 garlic cloves, crushed
- 1 tablespoon thyme leaves

Directions:
1. Place chicken thighs in Quick Marinator.
2. Combine remaining ingredients and pour over chicken thighs.
3. Vacuum package the canister.
4. Marinate 15-20 minutes in the refrigerator.
5. Remove chicken from canister and broil, bake, or grill.
6. Discard remaining marinade.

Freeze any leftovers to enjoy this meal another time!
**MARINATING WITH YOUR FOODSAVER APPLIANCE**

For use with Foodsaver® SmartSeal Technology (V3000 Series) Models

Your FoodSaver® Vacuum Sealing System has a special Quick Marinate Cycle which will last about ten minutes. The vacuum motor will "hold" the vacuum for several minutes then release the vacuum allowing the food to "rest" for 20 seconds. This process will then repeat two more times. This "pulsing" action of "vacuuming and resting" will allow for quicker marinating. When the Quick Marinate Cycle is completed the appliance will beep to signal marinating is complete. You may now cook or refrigerate your marinated food.

**Tips for Marinating with the Quick Marinator**

You can marinate in a fraction of the time with the FoodSaver® Quick Marinator. What usually takes hours to marinate takes only minutes because vacuum packaging opens up the pores of food to absorb marinade more quickly. All FoodSaver® Vacuum Packaging Canisters work for marinating, but the Quick Marinator is recommended because of its low shape.

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**For Use With All Other Foodsaver Vacuum Sealing Appliance Models**

1. **Prepare enough of your favorite marinade to fully cover food inside a marinating canister.** Always leave at one inch of space between contents and top of rim.
2. **Make sure rubber gasket undermarinade lid is worn or torn.**
3. **Make sure accessory hose is securely inserted into port on the FoodSaver® Quick Marinator lid.**
4. **Make sure knob on accessory lid is set to the OPEN/MARINATE position.**
5. **Make sure lid is firmly attached to marination base.**
6. **Turn the knob on the Accessory Port so the arrow points to Vacuum/Canister.**
7. **Press Accessory Button on the control panel.**
8. **Turn the knob on the canister lid so the arrow points to Closed/Store once vacuum is completed.**
9. **For best results, after 5 to 10 minutes, open canister and turn meat to ensure all sides are coated with marinade.**
10. **Let meat marinate for a total of 5 to 20 minutes in the refrigerator.**

For additional information on FoodSaver® System Accessories, read the steps in your QuickStart Guide.

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**Recipes**

**Fabulous Fajitas Makes 8 servings**

**Ingredients:**
- 1/2 cup red wine vinegar
- 2 tablespoons minced onion
- 2 teaspoons ground cumin
- 1/4 teaspoon oregano, crushed

**Directions:**
1. In a small bowl, combine all ingredients except steak; stir well.
2. Score steak slightly on each side.
3. Place in FoodSaver® canister with marinade.
4. Vacuum.
5. Marinate 20 minutes.
6. Drain, reserving marinade.
7. Grill or broil steak on one side until cooked as desired, basting occasionally with marinade.
8. Slice steak across the grain.
9. Serve in warm flour tortillas with sautéed onions and peppers, salsa, and guacamole, if desired.

**Skewed Greek-Style Shrimp** Makes 8 servings

**Ingredients:**
- 2 teaspoons olive oil
- 1/2 teaspoon coarse-ground black pepper
- 1/2 teaspoon oregano, crushed
- 1/2 cup minced orange zest
- 2 tablespoons minced onion
- 2 tablespoons minced parsley

**Directions:**
1. In a small bowl, combine all ingredients except shrimp; stir well.
2. Place shrimp and marinade in FoodSaver® Canister.
4. Marinate 20 minutes.
5. Thread a shrimp on each skewer. (If using wood skewers, presoak in water 5 minutes.)
6. Grill or broil shrimp until pink.

**Care & Cleaning**

1. Wash canister in warm water using a mild dishwashing soap. Do not immerse lid in water.
2. Dry thoroughly before using.

**Troubleshooting**

If the Quick Marinator will not vacuum:
1. Make sure rubber gasket undermarinade lid is worn or torn.
2. Make sure Accessory Hose into the Accessory Port on your FoodSaver® appliance.
3. Make sure Accessory Hose is securely inserted into port on the FoodSaver® Quick Marinator lid.
4. Make sure knob on accessory lid is set to the OPEN/MARINATE position.
5. Make sure lid is firmly attached to marination base.
6. Turn the knob on the Accessory Port so the arrow points to Vacuum/Canister.
7. Press Accessory Button on the control panel.
8. Turn the knob on the canister lid so the arrow points to Closed/Store once vacuum is completed.
9. For best results, after 5 to 10 minutes, open canister and turn meat to ensure all sides are coated with marinade. Let meat marinate for a total of 5 to 20 minutes in the refrigerator.

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2. Make sure Accessory Hose into the Accessory Port on your FoodSaver® appliance.
3. Make sure Accessory Hose is securely inserted into port on the FoodSaver® Quick Marinator lid.
4. Make sure knob on accessory lid is set to the OPEN/MARINATE position.
5. Make sure lid is firmly attached to marination base.
6. Turn the knob on the Accessory Port so the arrow points to Vacuum/Canister.
7. Press Accessory Button on the control panel.
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9. For best results, after 5 to 10 minutes, open canister and turn meat to ensure all sides are coated with marinade. Let meat marinate for a total of 5 to 20 minutes in the refrigerator.

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**FoodSaver® System with SmartSeal Technology (V3000 Series) Models**

Step 1: Marinate with the knob on the Accessory/Canister modes.
Step 2: Turn knob to the arrow points to Closed/Store.

All Other FoodSaver® System Models

Step 1: Marinate with the knob on the Vacuum/Canister position.
Step 2: Turn knob to the arrow points to Closed/Store.

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**Ingredients:**
- 1/2 teaspoon each salt and pepper
- 1/4 pounds flank steak

**Directions:**
1. In a small bowl, combine all ingredients except steak; stir well.
2. Score steak slightly on each side.
3. Place in FoodSaver® canister with marinade.
4. Vacuum.
5. Marinate 20 minutes.
6. Drain, reserving marinade.
7. Grill or broil steak on one side until cooked as desired, basting occasionally with marinade.
8. Slice steak across the grain.
9. Serve in warm flour tortillas with sautéed onions and peppers, salsa, and guacamole, if desired.

Vacuum package and freeze any leftover to enjoy this meal another time!