

SMART Cuisine™ Testimonials

Notice the vibrant color and delectable appearance of the dishes.

Carole C



We were able to easily able to follow the recipe. The appearance and texture of the dish was both good and the dish had a good flavor – very delicious! Thank you for reaching out to me to be a tester! My husband helped me, and it was fun to prepare and enjoyable to eat.



I was able to prepare the “Roman Vegetables and Beef” recipe. It was absolutely delicious! The spices which make up the spice-oil mixture are a very flavorful combination, adding such eating pleasure to the beef, vegetables, and pasta. The addition of a tablespoon or so of walnuts and a bit of parmesan cheese on top help to enhance the taste of the meal. So far I think this was my favorite of the four Smart Cuisine recipes I have prepared! If I wash, cut, and prepare the meat and vegetables early in the day, then the actual cooking process goes very quickly right before dinner time. CC

Carrie Y



I made your Chicken & Vegetables. It was an easy recipe to make, and husband-approved! I used inexpensive fresh and frozen vegetable options from the 99 cent store to demonstrate what a low-income person might use. I like that you indicate to lift the lid away from yourself, since this is a safety concern. 😊 Overall, it is an easy recipe that is versatile and encourages the use of a variety of vegetables. 😊

Ginger F



Good evening, just want you to know how much I am enjoying SMART Cuisines. I have never eaten so healthy! I make several batches of the spice ingredients at once, so they are always on hand. So many different vegetables, never had black bean or red lentil pasta before. It's amazing how one recipe can be so different. I use different sauces, different braising liquids and always extra fresh garlic. One of the side benefits is, I'm losing the weight I wanted! Thanks and blessings.

Ginger F



I'm having so much fun trying all the different combination of the basic Italian recipe. This I made today is one of my favorites. Shrimp with lemon juice braising liquid, marinara sauce, sugar snap peas, Brussels sprouts, broccoli, onions, mushrooms zucchini, and one little red jalapeño from my garden. When the temperature reaches 111, it's nice to be cooking for only fifteen minutes! And I continue to lose weight. Life doesn't get much better. Thank you so much for Smart Cuisine.

Ginger F



Just have to tell you, this is one of my very favorite recipes! As you can see, all the bright colors, textures, and flavor. I used Patak's Tikka Masala Curry Simmer Sauce, (which I loved but may be a tad too spicy for the wimpiest of folks). I liked the combination of black beans, chicken, yellow bell pepper, mushrooms, onions, zucchini, and spinach. I forgot to garnish with slivered almonds, but will add for tomorrow's meal. Besides being healthy, tasting great and feeling wonderful, you should remind folks Covid-19 won't last forever. It is comforting to know I can prepare a delicious meal in a very short amount of time for surprise drop in guest. Now that's smart!

Ginger F



Another picture with a different sauce. Patak's Mango Curry simmer sauce. Great! I stress the great flavors, colors, textures, and health benefits, (I feel great!), and the ease of preparing. Also the fast clean up with only one pan to wash, a cutting board and measuring utensils to rinse. Now that's smart! Thanks again for a really smart way to cook and eat.

Ginger F



I am having so much fun with Smart Cuisine. I'm really liking the Roman recipe. The red grapes add a lot. I throw them in for the last two minutes so as to keep their shape and texture. Great balance, sweet with the spice. This time I used onion, mushrooms, broccoli, cauliflower, yellow cherry tomatoes, zucchini, grapes and of course spinach, chicken, and wild rice. Thank you so much for changing the way I eat! Blessings.

Lisa C



I made the dish with vegetables and chicken. It's quick, light, easy and tasty. I added my home made sauce with tamarind, oyster, and soy sauce. It's delicious.

Doc Vinod



Alu (potato) Gobi (cauliflower).



Here's today's creation Tofu with vegetables. Easy to cook. Delicious.



Today, cooked salmon and rice pilaf. One dish, looks great, tastes delicious.