



HEALTHY POWER 5-IN-1

INSTRUCTION BOOKLET
CUSTOMER SERVICE 1-877-926-6526

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage when using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and knobs.
3. It is recommended that this appliance not be moved when it contains hot oil or other hot liquid. If it must be moved when it contains hot oil or other hot liquid, use extreme caution.
4. To protect against electrical shock, do not immerse heat control, cord, or plug in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Do not operate if the handles or legs become cracked or damaged. Return the appliance to the GreenLife Service Department (see page X) for examination, repair, or electrical or mechanical adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries. Use only genuine GreenLife accessory attachments or replacement parts.
9. This appliance is not intended for deep frying foods.
10. Do not use outdoors.
11. Do not let cord hang over edge of table or counter or touch hot surfaces.
12. Do not place on or near a hot gas or electric burner or in a heated oven.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

14. Always attach heat control to appliance first, then plug cord into wall outlet. To disconnect, turn control to OFF then remove plug from wall outlet.
15. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised. If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

Hello!

Welcome to the GreenLife™ family!

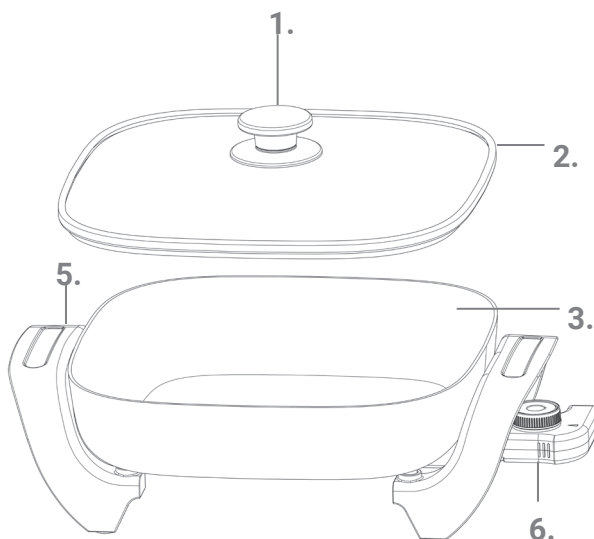
We're dedicated to making every meal a little fresher, a little healthier, and a little better. From our healthy ceramic nonstick cookware to our time-saving appliances, our eye-catching products bring a pop of color and style to your kitchen so you can truly make any meal your own. We hope your purchase gives you a fresh new approach to healthy meals. **Enjoy!**

CONTENTS

| | |
|-------------------------------|----|
| Important Safeguards..... | 2 |
| About GreenLife | 3 |
| Parts..... | 4 |
| Features and Benefits..... | 4 |
| Important Guidelines | 5 |
| Operation | 5 |
| Cooking..... | 6 |
| Cook Time | 7 |
| Cleaning and Maintenance..... | 8 |
| Warranty | 10 |

PARTS

1. Top Lid Handle
2. Glass Lid with Stainless Steel Rim and Steam Vent
3. Healthy Ceramic Nonstick Coating
4. 5QT Capacity
5. Cool Touch Handles
6. Adjustable Temperature Control



FEATURES AND BENEFITS

1 & 2. Glass Lid with Stainless Steel Rim, Steam Vent, and Handle

Cook and look glass lid lets you keep an eye on your food while its cooking. Convenient steam vent helps prevent boil overs and splatter. Dishwasher safe.

3. Healthy Ceramic Nonstick Coating

GreenLife's Healthy Ceramic Nonstick cooking surface is healthy and easy-to-clean. Our ceramic nonstick coating is derived from sand and free of PFAS, PFOA, lead, and cadmium for effortless cooking and quick cleanup. The coating is ultra-durable, super scratch resistant, extra tough, and metal utensil safety tested and approved for use.

4. 5QT Capacity

Big 5-quart capacity with a deep-dish design. The aluminum housing and matching side handles add a pop of color to any kitchen. Dishwasher safe without probe.

5. Cool Touch Handles

Large cool touch handles for convenient countertop cooking.

6. Adjustable Temperature Control

Easy one-knob control. Removable temperature control probe with adjustable heat setting ranging from WARM to 400°F. Indicator light turns off when skillet reaches the desired temperature, so you get perfect results every time.

IMPORTANT GUIDELINES

- GreenLife's Healthy Ceramic Non-stick coating is metal utensil safe. Using wooden or heat-proof plastic utensils will also help the coating last longer.
- We recommend using butter or high smoke point oils. Do not use cooking sprays or low smoke point oils, such as olive oil.
- The steam vent in the cover should always be placed to the back of the Skillet. Lift the lid from the back to the front to prevent steam burns.
- Use pot holders to lift lid or move Skillet.
- Never lift or move Skillet during cooking.
- Do not immerse the temperature control probe in water or any other liquid.
- Temperature control dial must be in the OFF position before the unit is unplugged.
- Do not knock or drop the temperature control probe, as this can damage the probe.

OPERATION

1. Place your GreenLife Healthy Power Electric Skillet on a clean, dry surface.
2. Make sure the temperature control dial is in the OFF position. Insert temperature control probe into the receptacle located on the side of the unit.
3. Plug cord into an electrical outlet.
4. Turn temperature control dial to desired setting—WARM to 400°F. The indicator light will go on.
5. It takes approximately 3 to 10 minutes for your GreenLife Healthy Power Electric Skillet to preheat, depending on the desired temperature setting. For faster heat-up, place glass cover on top of the base.
6. When the indicator light turns off, the Skillet is ready for cooking.
7. Place food in the Skillet. Note: After preheating, do not leave Skillet on without food inside; over time, this can damage the unit.
8. Cook food as directed or until desired results are achieved.
9. After use, turn the temperature control dial to the OFF position and unplug your Skillet.

COOKING



1. Griddle



2. Sear and Sauté



3. Stir Fry



4. Steam



5. Bake

Simmering

In the GreenLife Healthy Power Electric Skillet, foods will simmer somewhere between the WARM setting and 200°F. Heat the Skillet at 350°F until the food boils; then place cover on skillet and reduce the heat to simmer level by turning the heat control down until the indicator light goes out.

Braising or Pot Roasting

This combination cooking method uses both wet and dry heats. First, to brown your meat and/or vegetables, use a temperature setting between 325°F and 350°F. After browning, simmer as instructed above.

Holding Temperature

(after cooking period) WARM

COOK TIMES

| Food | Temperature | Cooking Time* | Tips & Hints |
|------------------------|-------------|----------------|---|
| Vegetables | 325-350°F | 8-10 minutes | Sauté or Stir-Fry |
| Fried Potatoes | 300-350°F | 10-12 minutes | Lightly Fry |
| Meat | 300-400°F | 4 – 45 minutes | Cooking time and temp. will vary depending on the thickness (½"-1 ½") of the meat. Use a meat thermometer to check internal temperature if preferred. (+) |
| Chicken | 325-350°F | 20-45 minutes | Stir-Fry, Bake, Brown |
| Pork Chops | 325-375°F | 20-25 minutes | Bake, Brown |
| Sausage links | 300-325°F | 20-30 minutes | Sear, Brown, Grill (Precooked sausage will take less time) |
| Ham (½", ¾") (+) | 325-350°F | 10-15 minutes | Sear |
| Hamburgers (½") (+) | 325-375°F | 8-12 minutes | Sear |
| Steak (1", 1 ½") (+) | 350-400°F | 10-20 minutes | Sear |
| Cube Steak | 375-400°F | 4-5 minutes | Sear, Brown, Fry |
| Bacon | 300-325°F | 8-10 minutes | Fry |
| Fish | 325-375°F | 5-10 minutes | Steam, Bake, Fry |
| Eggs Scrambled & Fried | 250-275°F | 3-5 minutes | Fry |
| Pancakes | 350-400°F | 2-4 minutes | Griddle |
| French Toast | 300-325°F | 4-6 minutes | Griddle |
| Sandwiches (Grilled) | 300-325°F | 5-10 minutes | Griddle |
| Lasagna | 350-400°F | 25-45 minutes | Bake |

*Cooking Time may vary depending upon ingredients, and thickness of some foods.

CLEANING AND MAINTENANCE

CAUTION: To prevent personal injury or electric shock, always remove the temperature control probe before immersing your Skillet in water. Do not immerse temperature control probe, cord or plug in water or other liquid.

1. Turn the temperature control dial to the OFF position and unplug unit from outlet.
2. Allow unit to cool completely before cleaning.
3. Once unit has cooled, remove the temperature control probe.
4. Wipe the temperature control probe with a damp cloth. Do not immerse the temperature control probe.
5. Wash skillet and glass lid with warm soapy water, using a nonabrasive cloth. Though hand washing is recommended, the unit is dishwasher safe.
6. Dry thoroughly.



Rinse Clean

BEFORE RETURNING YOUR GREENLIFE PRODUCT

If you are experiencing problems with your GreenLife Healthy Power Electric Skillet, we suggest that you call GreenLife customer service at 1-877-926-6526 before returning the product. A representative can confirm whether the product is under warranty and advise on next steps.

IMPORTANT: If the defective product is to be serviced by someone other than GreenLife's authorized service, please tell the servicer to call our consumer service at 1-877-926-6526 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

TROUBLESHOOTING

| Issue | Cause | Solution |
|--|--|--|
| Electric skillet does not turn on | Temperature Probe is loose. | Check if Temperature Probe is securely inserted into the unit. |
| Electric skillet does not turn on | Not plugged into a functional electrical outlet. | Make sure the electric skillet is plugged into a functional electrical outlet. |
| What oils can I use? | | Oils with high smoke points, like canola oil and grapeseed oils, are best. If you use Extra Virgin Olive Oil, cook on moderate heat settings to prevent it from burning onto your cooking surface. |
| Can I use spray oils? | | Avoid all oils in spray form as they may damage the nonstick coating of your cooking surface. |
| Unsure when Electric Skillet has reached the desired temperature | Not checking indicator light. | Indicator light turns off when Electric skillet has reached the desired temperature. |
| Food is undercooked | Check cooking time and temperature. | Increase cooking temperature. |
| Food is overcooked | Check cooking time and temperature. | Decrease cooking temperature. |
| Unsure if Electric Skillet is dishwasher safe | | Though hand washing is recommended, the electric skillet is dishwasher safe without probe. |

LIMITED WARRANTY

GreenLife Electrics are covered by a limited warranty against defects in materials and workmanship, beginning on the date of purchase and lasting for two years. If your GreenLife Electrics product has a defect during the warranty period, The Cookware Company (USA), LLC will either repair or replace the product. Further information on the warranty claim process, exclusions from warranty coverage, and other terms can be found in the complete limited warranty for this product, available online at greenlife-cookware.com/pages/warranty.

TERMS OF SALE; ARBITRATION

The terms on which The Cookware Company (USA), LLC sells GreenLife Electrics are available online at greenlife-cookware.com (the "Terms"). The Terms contain very important information regarding your rights and obligations, as well as conditions, limitations, and exclusions that may apply to you. Please read them carefully.

In particular, the Terms provide that, by your purchase of this product, you and The Cookware Company (USA), LLC are agreeing to give up any rights to litigate in a court or before a jury, or to participate in a class action or representative action with respect to a claim. Other rights that you would have if you went to court may also be unavailable or limited in arbitration. Any claim, dispute, or controversy between you and The Cookware Company (USA), LLC arising from or relating in any way to your purchase of products or services will be resolved exclusively and finally by binding arbitration.

The arbitration will be administered by the American Arbitration Association ("AAA") in accordance with the Consumer Arbitration Rules (the "AAA Rules") then in effect, except as modified hereby. (The AAA Rules are available at adr.org or by calling the AAA at 1-800-778-7879.) The Federal Arbitration Act will govern the interpretation and enforcement of this arbitration and waiver provision. The Cookware Company (USA), LLC will be responsible for the AAA filing fee of any such proceeding. Other than your right to pursue a claim in small claims court, as described in the Terms, the arbitrator will have exclusive authority to resolve any dispute relating to arbitrability and/or enforceability of this arbitration provision, including any unconscionability challenge or any other challenge that the arbitration provision or these Terms are void, voidable or otherwise invalid. The arbitrator will be empowered to grant whatever relief would be available in court under law or in equity. Any award of the arbitrator(s) will be final and binding on each of the parties and may be entered as a judgment in any court of competent jurisdiction. Attorney fee shifting in this case is governed by the Terms. You agree to an arbitration on an individual basis. In any dispute, **NEITHER YOU NOR THE COOKWARE COMPANY (USA), LLC WILL BE ENTITLED TO JOIN OR CONSOLIDATE CLAIMS BY OR AGAINST OTHER CUSTOMERS IN COURT OR IN ARBITRATION OR OTHERWISE PARTICIPATE IN ANY CLAIM AS A CLASS REPRESENTATIVE, CLASS MEMBER OR IN A PRIVATE ATTORNEY GENERAL CAPACITY.** The arbitral tribunal may not consolidate more than one person's claims, and may not otherwise preside over any form of a representative or class proceeding. The arbitral tribunal has no power to consider the enforceability of this class arbitration waiver and any challenge to the class arbitration waiver may only be raised in a court of competent jurisdiction. If any provision of the arbitration agreement described herein and in the Terms is found unenforceable, the unenforceable provision will be severed and the remaining arbitration terms will be enforced.

DID YOU KNOW?

We make cookware too!

Our healthy ceramic nonstick is not stuck in the past!

Our coating is derived from sand and it's toxin free,
no PFAS, PFOAs, lead or cadmium, so you can cook

with confidence. See our full collection:

www.greenlife-cookware.com



