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> GreenPan Lima Healthy Ceramic Nonstick Cookware Set User Manual

## GreenPan Lima 12-Piece Cookware Set & 1QT/2QT Saucepan Set (B091FMSCPH)

# GreenPan Lima Healthy Ceramic Nonstick Cookware Set User Manual

Model: Lima 12-Piece Cookware Set & 1QT/2QT Saucepan Set

## INTRODUCTION

Thank you for choosing the GreenPan Lima Healthy Ceramic Nonstick Cookware Set. This comprehensive set, including a 12-piece cookware collection and a 1-quart and 2-quart saucepan set, is designed for superior cooking performance and ease of use. Featuring GreenPan's signature Thermolon ceramic nonstick coating, this cookware is free of PFAS, PFOA, lead, and cadmium, ensuring a safe and healthy cooking experience. Please read this manual carefully before first use to ensure optimal performance and longevity of your cookware.



Image: The complete GreenPan Lima 12-piece cookware set, including various pots, pans, lids, and bamboo utensils, alongside the 1-quart and 2-quart saucepans.

## SETUP AND FIRST USE

### Unpacking and Initial Cleaning

1. Carefully remove all packaging materials and labels from the cookware.
2. Wash each piece thoroughly with warm, soapy water using a soft sponge or cloth.
3. Rinse well and dry completely.

### Conditioning for Optimal Performance

Before first use, it is recommended to condition your cookware:

1. Place the clean, dry pan on low heat for 30 seconds.
2. Remove from heat and add 1 teaspoon of cooking oil (e.g., vegetable, canola, or refined olive oil).
3. Spread the oil over the entire nonstick surface with a paper towel.
4. Wipe off any excess oil. Your pan is now ready for use.

*Note: This conditioning process helps maintain the nonstick properties and is recommended periodically, especially if you notice a decrease in nonstick performance.*

## OPERATING INSTRUCTIONS

### Heat Settings

GreenPan cookware is designed for efficient heat distribution. Always use **low to medium heat** settings for optimal cooking results and to preserve the nonstick coating. High heat is generally not necessary and can lead to overheating, which may damage the coating over time. The cookware is oven and broiler safe up to 600°F (lids up to 425°F).

### Cooking Fats and Oils

While the Thermolon nonstick coating allows for cooking with minimal oil, we recommend using a small amount of cooking fat or oil, particularly those with a high smoke point. Avoid using low smoke point oils (e.g., extra virgin olive oil) or aerosol spray oils, as these can carbonize on the nonstick surface and become difficult to remove, potentially affecting performance.



Image: A GreenPan Lima skillet with salmon and a saucepan with rice cooking on a gas stovetop, demonstrating typical use.

## Utensils

For best results and to protect the nonstick surface, use heat-resistant nylon, silicone, or wooden utensils. Metal utensils are not recommended as they can scratch the coating.

## Nonstick Performance

The Thermolon ceramic nonstick coating provides excellent food release. Foods will slide easily from the pan, making cooking and cleanup effortless.

# Healthy ceramic nonstick



Image: A hand tilting a GreenPan Lima skillet, showing cooked salmon easily sliding off the nonstick surface onto a plate.



Image: The GreenPan Lima 1-quart and 2-quart ceramic non-stick saucepans, highlighting their design and nonstick interior.

## MAINTENANCE AND CLEANING

### Cleaning Instructions

To maintain the integrity of your GreenPan Lima cookware, **hand washing is recommended**. While some pieces may be dishwasher safe, hand washing prolongs the life of the nonstick coating and the overall appearance of the cookware.

1. Allow the cookware to cool completely before washing. Sudden temperature changes can cause warping.
2. Wash with warm, soapy water using a soft sponge or cloth.
3. For stubborn food residue, soak the pan in warm, soapy water for a few minutes before cleaning.
4. Avoid using abrasive cleaners, steel wool, or harsh scouring pads, as these can damage the nonstick surface.

### Storage

When storing your cookware, place a soft cloth or paper towel between stacked pans to prevent scratching the nonstick surface.

## TROUBLESHOOTING

### Food Sticking

If food begins to stick, it may be due to:

- **Overheating:** Using excessively high heat can degrade the nonstick coating over time. Always use low to medium heat.
- **Residue Buildup:** Accumulation of cooking oil residue (especially from low smoke point oils or sprays) can create a sticky layer. Clean thoroughly with warm, soapy water and a soft brush. For stubborn residue, a mixture of baking soda and water can be used as a gentle abrasive.
- **Lack of Conditioning:** Re-condition the pan as described in the 'Setup and First Use' section.

## Discoloration

Minor discoloration on the exterior or interior of the pan can occur over time due to heat exposure. This is normal and does not affect the performance or safety of the cookware.

## SPECIFICATIONS

Feature	Detail
Brand	GreenPan
Model	Lima Cookware Set
Material	Ceramic (Coating), Hard Anodized Aluminum (Body)
Finish Type	Non-Stick
Color	Gray
Capacity (Saucepans)	1 Quart, 2 Quarts
Oven Safe	Yes (up to 600°F, lids up to 425°F)
Stovetop Suitable	Yes
Coating	Thermolon Ceramic Nonstick (PFAS, PFOA, Lead, Cadmium Free)
Handles	Riveted Stainless Steel

## WARRANTY AND SUPPORT

### Limited Lifetime Warranty

GreenPan Lima cookware comes with a limited lifetime warranty, ensuring peace of mind for your cooking needs. This warranty covers defects in materials and workmanship under normal household use. Please refer to the warranty documentation included with your purchase for full terms and conditions.

### Customer Support

For any questions, concerns, or warranty claims, please contact GreenPan customer support through their official website or the contact information provided with your product packaging. Providing your product model and purchase details will help expedite your request.