Oriental Cashews



More and more you read how nuts are a good source of vitamins and nutrients. This recipe for Oriental Cashews made in your NESCO Dehydrator is great tasting as well as a healthy snack. Also, try these delicious cashews on a salad for a wonderful crunch.

Let us know what you think. What are some of your favorite snacks you like to make in your NESCO Dehydrator?

Your Key Ingredient:

NESCO Dehydrator

Grocery Ingredients:

12 oz can dry-roasted whole cashews
1/3 cup soy sauce
1/4 cup water
2 Tbsp garlic powder
1/4 tsp powdered ginger

Instructions:

1. Place nuts in a 9-inch square pan. Combine remaining ingredients and pour over nuts. Let sit at room temperature overnight.
2. Drain liquid from nuts and place on **NESCO® Dehydrator** tray.
3. Dry at 145º F for 3 to 5 hours or until nuts are crunchy. Store in an air-tight container.

Spaghetti Dinner



This recipe for a wholesome spaghetti and meatball dinner is extremely easy in your NESCO® 8 Qt. Pressure Cooker. Simply add all the ingredients in the order of the recipe, lock the lid, and set. In only 10 minutes you have a wonderful meal.

Let us know what you think. What are some of your favorite meals you like to make in your NESCO Pressure Cooker?

Your Key Ingredient:

NESCO Pressure Cooker

Grocery Ingredients:

1 ½ cups spaghetti, break in thirds
1 ½ cups water
1 ½ cups spaghetti sauce
16 frozen meatballs

1 cup sliced black olives or whole
2 tsp olive oil
Optional: top with parmesan cheese

Instructions:

1. Pour all ingredients in the order listed into the cooking pot of your **NESCO® Pressure Cooker**.
2. Lock lid into place and set the pressure regulator knob to SEAL. Cook on High for 10 minutes. Makes 4-6 servings.

Easy Cheesy Broccoli & Cauliflower



The NESCO® 5 Quart Steamer with Rice Bowl makes this Cheesy Broccoli & Cauliflower recipe simple and tasty. The rice bowl is used here to make the creamy cheese sauce that is oh so delicious. The sauce is made right inside the steamer along with your perfectly cooked vegetables.

Try it and let us know what you think. Also, let us know what are some of your favorite foods you like to make in your NESCO Steamer.

Your Key Ingredient:

NESCO 5 Qt. Steamer

Grocery Ingredients:

1 lb broccoli, cut into florets
1 lb cauliflower, cut into florets
4 Tbsp butter or margarine
1 cup soft cheddar cheese spread
1 cup prepared white sauce
1 tsp white pepper
1/2 cup thinly sliced red peppers (optional)

Instructions:

1. Place 1 cup water in water reservoir (base of unit) of **NESCO® 5 Qt. Food Steamer**. Place broccoli, butter, and cauliflower in lower steamer basket. Cover and steam for 20-25 minutes.
2. Mix together cheese spread, white sauce and pepper and pour into rice bowl. Place in upper steamer basket approximately 10 minutes before end of steam cycle to soften.
3. To serve, pour cheese sauce over vegetables. Serves 6.