

# Why You Should Be Eating Jerky



The next time you need a snack to bring to a party, hiking, or just hanging out, grab your [NESCO Dehydrator](#) and whip up some jerky. Even though it's a wildly underrated snack, it brings way more to the table than most snacks because it's savory, salty, and healthy.



### **Jerky is a Low-Carb, High-Protein Food**

Studies have shown that a high protein, low carb diet can lead to a healthier lifestyle. Protein keeps your metabolism running smoothly and leaves you feeling satisfied, keeping cravings at a minimum.

### **No Unnatural Chemicals or Preservatives**

Jerky, especially homemade, is free of unnatural dyes, chemicals, and weird preservatives. Typically, jerky only has three ingredients—meat, cure, and spices. Making your own jerky is an easy way to control the chemicals you and your family put into your bodies.



Ground beef ready for dehydration

### **Satisfy Your Salt Cravings, Without Going Overboard**

It doesn't matter how healthy your diet is, salty food cravings are real. Don't overdo it with unhealthy snacks like potato chips, cheese puffs, or pizza. Quash your salt cravings with a serving of beef jerky, it'll satisfy your taste for salty foods while actually giving your body fuel.

### **Jerky Is Easy to Bring Anywhere**

There's a reason hikers and cyclists use jerky to keep moving throughout the day. It's lightweight and easy to carry, just keep it in a plastic Tupperware container or zipper bag for up to two weeks.

### **There Are Endless Flavor Options**

Create unique flavor varieties that can be mixed and matched with NESCO's variety of [seasonings](#). Find your favorite flavor or mix them together to create your own unique blend. You can also experiment with different types of meat, like turkey, bison, or even tofu. Experimenting with different flavors and textures lets you find the perfect blend that suits you best. Jerky is the pizza of the snack meat world, there are a million different varieties and they're always great.

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## Mother's Day Frittata



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## **Your Key Ingredient:**

[NESCO 12 Inch Electric Skillet](#)

## **Grocery Ingredients:**

1/2 cup of fresh or fully cooked maple sausage links, sliced and browned  
1 cup of diced potatoes, browned until tender  
6-8 large eggs  
1/3 cup milk  
1/3 cup dehydrated mushrooms  
1/3 cup dehydrated tomatoes  
1 Tbsp of Italian Seasoning  
1/2 cup of cheddar cheese  
Salt and pepper to taste

## **Instructions:**

1. On medium heat brown the sausage and potatoes and set aside.
  2. In a separate bowl, whisk eggs and milk together. Add all ingredients to **NESCO® 12 Inch Electric Skillet** and stir just until everything is mixed well.
  3. Set temperature to medium heat and cook for 5-7 minutes, or until center is firm. Remove from Skillet, cut, and serve fresh.
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# 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 145° F for 3 to 5 hours or until nuts are crunchy. Store in an air-tight container.

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## **Apricot-Raisin Granola**



## Deluxe Dehydrators Apricot-Raisin Granola

Make fresh and wholesome granola at home with your NESCO Dehydrator. This recipe for Apricot-Raisin Granola is one you'll want to make again and again. A tasty way to start your day, or as a snack at home or away.

### **Your Key Ingredients:**

[NESCO Dehydrator](#)

[NESCO Fruit Roll Sheets](#)



## Grocery Ingredients:

4 cups old-fashioned oatmeal (not quick) or rolled oats  
1/2 cup vegetable oil  
1/2 cup brown sugar  
1/2 cup sunflower seeds  
1/2 cup almonds, sliced  
1/2 cup apricots, chopped  
1/2 cup raisins

## Instructions:

1. Pour 4 cups oatmeal or rolled oats into bowl. Add oil and brown sugar (more sugar for sweeter bars). Toss gently until blended. Add sunflower seeds and almonds. Mix well.
2. Sprinkle onto **NESCO® Fruit Roll Sheets** 1/2 inches thick. Place in your **NESCO® Dehydrator** on dehydrator trays. Dry 4 to 7 hours at 145° F until crunchy.
3. Toss with apricots and raisins. Store in air-tight container.

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# Kale And Blueberry Dehydrating Tips



## Deluxe Dehydrators Handy Dehydrating Tips

### Tip #1

Did you know that drying Kale only takes a short time of drying? Substitute them for those high-calorie snacks and you will do your body good.

Average Drying Time: 2 – 4hrs.

### Tip #2

Did you know you can speed up the drying time in blueberries by cracking the skin? Use either method – boiling them in hot water for 1 to 2 minutes and rinse immediately in cold water, or freezing them for a couple of days, thaw and dry.

Average Drying Time: 10-18hrs.

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## **NESCO Gardenmaster Dehydrator Featured On Inspired Home Blog!**



Check out this great article on how to make fruit leather with NESCO® the Gardenmaster Dehydrator!

<http://theinspiredhome.com/articles/homemade-fruit-leathers>





[Click HERE to purchase your own NESCO Gardenmaster Pro Food Dehydrator.](#)