🍫 Chocolate-Dipped Dehydrated Oranges



Chocolate-dipped dehydrated oranges made easy with a NESCO Food Dehydrator. Sweet citrus slices slowly dried, then finished with rich chocolate for the perfect snack or garnish.

Your Key Ingredient:

NESCO 8-Tray Stainless Steel Dehydrator

Ingredients:

- 3–4 fresh oranges (navel or blood oranges work great)
- 1–2 cups chocolate (dark, semi-sweet, or milk—your call)
- Optional toppings: flaky sea salt, crushed pistachios, coconut flakes, or drizzle of white chocolate

Instructions:

1. Slice the oranges
Wash and thinly slice oranges into ⅛–¼ inch rounds. Remove any seeds.

2. Dehydrate

Arrange slices in a single layer on Nesco dehydrator trays

Set temperature to **135°F**

Dry for **8–12 hours**, flipping halfway, until fully dry and slightly crisp

3. Cool completely
Let oranges cool to room temp—this helps the chocolate set properly.

4. Dip in chocolate

Melt chocolate using a double boiler or microwave (30-second intervals, stirring between)

Dip half of each orange slice into chocolate

Place on parchment paper

5. Finish & set
Sprinkle toppings while chocolate is still wet.
Let set at room temp or refrigerate for 10–15 minutes.

Creamy Bacon Gnocchi Soup

(Perfect for Vacuum Sealing!)



 Perfect for cozy fall nights—make a big batch and use your **NESCO Liquid Vacuum Sealer** to seal and freeze leftovers for those busy weeks ahead!

Your Key Ingredient:

NESCO Premium Vacuum Sealer Featuring Liquidlock

Ingredients:

- 4 slices thick-cut bacon, chopped
- 1 Tbsp fresh rosemary, chopped
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 6 carrots, chopped
- 4 celery stalks, chopped
- 2–4 garlic cloves, minced

- 2 Tbsp fresh thyme leaves
- 1 Tbsp dried basil
- 1–2 tsp fennel seeds
- Pinch crushed red pepper flakes
- Salt & black pepper to taste
- 2 Tbsp butter
- 2 Tbsp flour
- 4–6 cups low-sodium vegetable broth
- 4–6 cups chopped kale
- 1 ½ cups heavy cream
- ½ cup grated parmesan
- 1 lb gnocchi

Instructions:

1. Cook bacon until crisp (about 5 min). Add rosemary during the last minute.
2. Stir in olive oil and onion; cook until golden, 5 min. Add carrots, celery, garlic, herbs, fennel, red pepper, salt & pepper—cook 5 more min.
3. Mix in butter and flour; cook 1 min. Pour in 4 cups broth and simmer 20 min, until carrots are tender.
4. Add kale, cream, parmesan, and gnocchi 10 min before serving. Add more broth if needed.
5. Top with rosemary bacon & extra parmesan.

Strawberry Cheesecake

Overnight Oats



Creamy, sweet, and packed with strawberry flavor, these Strawberry Cheesecake Overnight Oats are a quick no-cook breakfast made with oats, oat milk, yogurt, and cheesecake pudding—sealed fresh in mason jars with your NESCO Mason Jar Vacuum Sealer.

Your Key Ingredient:

NESCO Mason Jar Vacuum Sealer

Ingredients:

- 1 cup old-fashioned oats
- 1 cup oat milk
- 2 tbsp vanilla yogurt

- 2 tbsp cheesecake pudding mix (dry)
- ¼ tsp vanilla extract
- Pinch of cinnamon
- Pinch of nutmeg
- 3–4 strawberries, chopped

Instructions:

1. In a mason jar, layer the ingredients in this order:
    - Oats
    - Cheesecake pudding mix
    - Yogurt
    - Oat milk
    - Vanilla extract
    - Cinnamon and nutmeg
    - Strawberries on top
2. Do not stir.
3. Seal tightly using your **NESCO Mason Jar Vacuum sealer** for maximum freshness.
4. Place jars in fridge overnight and enjoy in the morning!

 Tip: Top with extra strawberries, a dollop of yogurt, or crushed graham cracker crumbs for the full cheesecake vibe.

Perfect Avocado Toast + Storage Hack!



Tired of tossing brown avocados? Vacuum seal your leftovers and enjoy fresh avocado toast days later! Try it with your Nesco vacuum sealer—perfect for single slices, halves, or guac. □□

Your Key Ingredient:

NESCO Vacuum Sealer

Ingredients:

- 1 ripe avocado
- 2 slices of bread (toasted)
- Pinch of salt

- Squeeze of lemon or lime juice
- Red pepper flakes (optional)
- Olive oil drizzle (optional)

Instructions:

1. Toast your bread to desired crispiness.
2. In a bowl, mash the avocado with a pinch of salt and a squeeze of lemon/lime juice.
3. Spread mashed avocado onto toast.
4. Top with red pepper flakes or a light drizzle of olive oil if desired.

Leftover Avocado? Don’t toss it!
Use your **NESCO Vacuum Sealer** and a canister or vacuum bag to seal any unused avocado. This slows browning and keeps it fresh *much* longer than wrapping in plastic or storing loose.

 Tip: Add a little lemon juice before sealing to help preserve color!

Roaster Oven Egg Bites



These easy, protein-packed egg muffins with spinach and roasted red peppers are baked to perfection in the Nesco Roaster Oven—great for meal prep or a grab-and-go breakfast!

Your Key Ingredient:

NESCO Roaster Oven

Ingredients:

- Extra-virgin olive oil (for greasing muffin cups or silicone molds)
- 6 large eggs
- ¾ cup whole milk cottage cheese
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 3 cups fresh spinach (about 3 oz)
- ½ cup diced roasted red bell pepper (about 1 pepper)
- ½ cup chopped green onion (about 2 green onions)

Directions:

1. **Preheat**: Set your NESCO 18-Quart Roaster Oven to **350°F**. Place the **baking rack** inside the cookwell. Cover and allow it to preheat for about 10 minutes
2. **Grease Muffin Cups**: Lightly grease nonstick muffin tins or silicone muffin molds with olive oil. If using silicone molds, place them on a baking sheet or shallow pan for easy transfer into the roaster.
3. **Prepare Egg Mixture**: In a blender, combine the eggs, cottage cheese, salt, and several grinds of pepper. Blend until smooth and creamy.
4. **Steam the Spinach**: Steam the spinach using your preferred method (e.g., on the stovetop or in the microwave) until just wilted, about 1 minute. Squeeze out any excess moisture and roughly chop.
5. **Mix the Veggies**: In a medium bowl, toss the chopped spinach with roasted red peppers and green onions. Measure out ¼ cup of the mixture and set aside for topping.
6. **Assemble Muffins:** Evenly divide the remaining vegetable mixture among the muffin cups. Pour a scant ¼ cup of the egg mixture over the veggies in each cup. Distribute any leftover egg mixture evenly. Top each with a bit of the reserved veggie mixture.
7. **Bake in NESCO:** Carefully place the filled muffin tins or silicone molds onto the baking rack inside your preheated NESCO Roaster Oven. Cover and bake for **18 to 22 minutes**, or until the egg muffins are set in the center.
8. **Cool & Serve:** Let the muffins cool for about 5 minutes before removing from the molds. Serve warm, or store in the fridge for meal prep.

Pumpkin French Toast



Your Key Ingredient:

NESCO 12″ Electric Skillet

Grocery Ingredients:

- 4 eggs
- 2/3 cup whole milk
- 1/2 cup pumpkin puree (canned)
- 2 tsp. all spice seasoning
- 1/2 tsp. sea salt
- 12 slices thick cut bread
- 3 tbsp. butter, divided

Directions:

1. Beat the eggs in a large bowl that can accommodate a slice of the bread. Add milk, pumpkin puree, all spice

seasoning, sugar, and salt together, until thoroughly mixed.
2. Place the butter in your electric skillet at 375 degrees and let it melt.
3. Dip a slice of bread in the batter and let it soak for about 10 seconds on each side. Let the excess drip off, then place it in your skillet to try until golden and crispy on each size, about 2-3 minutes per side.
4. Repeat with the rest of the bread, adding more butter to your skillet as needed.
5. Serve with maple syrup with powdered sugar sprinkled on.

Pumpkin Pecan Pancakes



Your Key Ingredient:

NESCO Double Burner

Grocery Ingredients:

- 1 cup pumpkin puree
- 1 1/2 cup milk
- 2 large eggs
- 1/4 cup brown sugar
- 1 tablespoons of oil
- 1 teaspoon vanila extract
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sald
- 1 cup chopped pecans

Directions:

1. In a large mixing bowl, whisk together pumpkin puree, milk, eggs, brown sugar, oil, and vanilla.
2. Add flour, baking powder, baking soda, cinnamon, allspice, ginger, nutmeg, and salt. Gently toss dry ingredients together before stirring into wet ingredients. Stir until smooth, but don’t over mix. Fold in the pecans.
3. Turn on your double burner hot plate. If desired, butter or oil the pan. Scoop batter by about 1/4-cup portions onto heated pan. Cook for about 3-4 minutes.
4. Flip and cook for another 2-3 minutes or until golden brown and cooked through. Repeat with remaining batter.
5. Enjoy!