

# Fresh Homemade Salsa (Using the NESCO Electric Food Strainer)



Fresh, homemade salsa made easy—use the **NESCO Electric Food Strainer** to remove skins and seeds for a smooth, flavorful salsa in minutes. ☐☐☐

## Your Key Ingredient:

[NESCO Electric Food Strainer](#)

## Grocery Ingredients:

- 8–10 ripe tomatoes
- 1 small onion chopped
- 1–2 jalapeños (seeded if you want mild)
- 2 cloves garlic

- Juice one lime
- $\frac{1}{2}$  cup fresh cilantro, chopped
- Salt to taste

### **Instructions:**

1. **Prep tomatoes** – Wash tomatoes and cut into quarters.
2. **Strain** – Run tomatoes through the **NESCO Electric Food Strainer** to easily remove skins and seeds, collecting the smooth pulp.
3. **Mix** – Add strained tomatoes to a bowl with onion, jalapeños, garlic, lime juice, cilantro, and salt.
4. **Blend or stir** – Blend for smooth salsa or stir for chunky.
5. **Taste & adjust** – Add more salt or lime as needed. Chill before serving.

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## **Dehydrated Cranberries**



A super easy method for turning fresh cranberries into sweet, chewy dried snacks.

**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- 1-2 lbs fresh cranberries
- 1-2 cups boiling water
- Optional:  $\frac{1}{4}$ – $\frac{1}{2}$  cup sugar or honey (for sweeter cranberries)

**Instructions:**

▪ **1. Prep the cranberries**

Rinse cranberries and pick out any soft or bruised ones.

**2. “Pop” the skins**

Cranberries dehydrate better when the skins are cracked.

You can do this two ways:

- **Hot water method:** Pour boiling water over the berries and let sit 3–4 minutes until you see skins split.
- **Freeze method:** Freeze cranberries overnight—this naturally cracks the skin and speeds up drying.

### **3. Optional sweetening**

If you want sweeter dried cranberries:

- Warm  $\frac{1}{2}$  cup sugar or honey with  $\frac{1}{2}$  cup hot water.
- Toss cranberries in the mixture and let sit 10 minutes, then drain.

### **4. Load the dehydrator trays**

Spread cranberries in a single layer on your Nesco dehydrator trays.

Try not to let them touch too much—this helps them dry evenly.

### **5. Dehydrate**

- Set your **NESCO Food Dehydrator to 135°F.**
- Dry for **10–14 hours**, depending on size and moisture.
- They're done when they're slightly pliable but no longer juicy.

### **6. Condition the cranberries**

Place dried cranberries in a jar for 24 hours, shaking occasionally.

If moisture collects on the sides, return them to the dehydrator for a bit longer.

## 7. Store

Keep in an airtight jar or bag. Lasts: **Up to 1 year** in pantry

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# DIY Aromatic Bouquet Assembly



A cozy, homemade gift made with dehydrated fruit and fresh herbs.

**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- Dehydrated pear slices
- Dehydrated apple slices
- Dehydrated orange slices
- Fresh rosemary sprigs
- Cinnamon sticks
- Kraft paper or parchment paper
- Twine or ribbon

### **Instructions:**

- **Prepare your base:** Lay out a sheet of kraft or parchment paper and roll it into a loose cone shape. Secure with tape or a small piece of twine.
- **Layer the aromatics:** Start by sliding in a few cinnamon sticks—they help anchor everything.
- **Add the fruit:** Tuck in slices of dehydrated pears, apples, and oranges. Let some pieces peek out the top for a pretty, rustic look.
- **Finish with herbs:** Add several sprigs of fresh rosemary for fragrance and height.
- **Adjust and secure:** Gently pull pieces forward or back until the bouquet looks full and balanced. Tie a ribbon or twine around the base.
- **Gift or display:** These make perfect stovetop-simmer bundles, hostess gifts, or festive decor.

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## **How to Dehydrate Oranges & Grapefruits for a Bright,**

# Festive Wreath



How to Dehydrate Oranges & Grapefruits for a Bright, Festive Wreath.

## Your Key Ingredient:

[NESCO Dehydrator](#)

## Grocery Ingredients:

- Oranges (navel or blood oranges work great)
- Grapefruits (ruby red for extra color)

## Instructions:

### 1. Prep Your Citrus

Wash and dry your oranges and grapefruits. Using a sharp knife, slice them into  $\frac{1}{4}$ -inch thick rounds. Keep them as

uniform as possible for even drying.

## 2. **Blot Excess Juice**

Lay slices on a paper towel and gently blot the tops to remove extra moisture—this helps them dry faster and prevent browning.

## 3. **Arrange in Dehydrator**

Place slices in a single layer on your dehydrator trays. Make sure none of them overlap so they dry evenly.

## 4. **Dehydrate**

Set your dehydrator to **135°F (57°C)**.

Dry for **8–12 hours**, depending on the thickness of your slices and the juiciness of the fruit.

They're done when the slices feel dry, slightly leathery, and no moisture squeezes out.

## 5. **Cool Completely**

Let the slices cool on a rack for 15–20 minutes. They'll crisp up a bit more as they cool.

## 6. **Optional: Add Warmth**

For extra festive flair, add a drop of clove or orange essential oil to the rind (not the fruit center).

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# Dehydrated Raspberry Fruit Roll Ups



Make your own healthy, chewy fruit roll-ups with your NESCO Dehydrator! Just blend, spread, and dry for a fun, homemade snack everyone will love.

**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- 7 cups raspberries
- 3/4 sugar or honey
- 1 Tbs. lemon juice

**Instructions:**

1. Set your NESCO Dehydrator to 135°F.
2. In a blender or food processor, blend all your ingredients until smooth.
3. Pour about 1 cup of the mixture onto a NESCO Fruit Roll Sheet.
4. Spread the mixture evenly to about  $\frac{1}{8}$  inch thick, making

- the edges slightly thicker since they dry faster.
5. Place the trays in your NESCO Dehydrator and dry for 12 hours.
  6. Check for doneness – the fruit leather should be evenly colored, sticky but not wet.
  7. Once dried, peel the fruit leather off and place it smooth side down on waxed paper.
  8. Roll up the waxed paper and fruit leather together, then cut into 1.5-inch strips.
  9. Store your homemade fruit roll-ups in an airtight container.
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## Dehydrated Apple Chips



Still can't figure out what kind of healthy snacks to make for

your kiddos? Dehydrated Cinnamon Apples are where it's at. They're full of flavor, perfect for snacking, and are super nutritious.

**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- Apples
- Cinnamon (Optional)

**Instructions:**

1. Wash apples.
2. Make sure to peel and core your apples.
3. Cut into slices.
4. You can dip your apple slices in lemon water to prevent browning.
5. Sprinkle cinnamon if desired.
6. Arrange the sliced apples on your **NESCO® Dehydrator** trays.
7. Set the temperature to 135 degrees Fahrenheit.
8. Dehydrate until crispy when cooled.

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# **Strawberry Fruit Roll-Ups (Dehydrator Method – All Natural)**



Homemade strawberry fruit roll-ups are a healthy, all-natural snack made by drying blended fresh strawberries into chewy, sweet fruit leather—no added sugar or preservatives.

**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- 4 cups fresh strawberries (hulled)
- 1–2 tbsp honey or maple syrup (optional)
- 1 tsp lemon juice (for color and flavor)

**Instructions:**

**1. 1. Blend the Fruit**

- In a blender or food processor, combine:

- 4 cups strawberries
  - 1 tsp/ lemon juice
  - Optional: 1–2 tbsp honey or maple syrup if strawberries aren't sweet enough
- Blend until very smooth.

### **3. Prepare Dehydrator Trays**

- Line dehydrator trays with **NESCO Fruit Roll Sheets fruit leather sheets**.
- Pour the puree onto the trays and **spread evenly** to about **1/8 inch thick**.

### **4. Dehydrate**

- Set dehydrator to **135°F (57°C)**.
- Dry for **6–8 hours**, depending on your dehydrator and humidity. It's done when:
  - The surface is dry and not sticky
  - It peels away easily from the liner but is still flexible

### **5. Cool, Cut, and Roll**

- Let it cool completely.
- Cut into strips with scissors or a pizza cutter.
- Roll them up with parchment paper strips if you like for easy snacking.

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# Dehydrated Blueberries



Dehydrated blueberries are perfect for snacking, adding to granola, or mixing into baked goods!

## Your Key Ingredient:

[NESCO Dehydrator](#)

## Grocery Ingredients:

- Fresh blueberries (as many as you like)

## Instructions:

### 1. Wash and Sort:

- Rinse the blueberries thoroughly under cold water and remove any stems, damaged berries, or debris.

## **2. Blanching (Optional):**

- To help the skins crack and dehydrate faster, blanch the blueberries. Boil a pot of water, and place the blueberries in the boiling water for 30 seconds to 1 minute. Then, immediately transfer them to an ice water bath to stop the cooking process. Pat them dry gently with a clean towel.

## **3. Prepare the Dehydrator:**

- Set the temperature to 125°F to 135°F (52°C to 57°C).

## **4. Arrange the Blueberries:**

- Place the blueberries in a single layer on dehydrator trays. Make sure the berries are spread out and not touching to allow for even airflow.

## **5. Dry the Blueberries:**

- In the dehydrator: Dehydrate at 125°F to 135°F for 12-24 hours, checking occasionally. The time will depend on your dehydrator and the size of the blueberries.

## **6. Check for Doneness:**

- The blueberries should be leathery and dry but slightly pliable. They shouldn't feel sticky or moist.

## **7. Cool and Store:**

- Allow the blueberries to cool completely before storing. Store in an airtight container in a cool, dark place.
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# Dehydrated Watermelon



Watermelon jerky is a real fruit snack that will leave your taste buds happy! Learn how easy it is to make it in your Nesco Dehydrator.

## Your Key Ingredient:

[NESCO Dehydrator](#)

## Grocery Ingredients:

- Watermelon

## Instructions:

1. Wash watermelon.
2. Slice watermelon into 1/2" slices.
3. Use your knife to remove the rind.
4. Cut the watermelon into strips.
5. Place sliced watermelon slices on your NESCO® Dehydrator

trays using a NESCO mesh sheet.

6. Dry at 135°F for between 18-22 hrs until dry and leathery, with no signs of stickiness.
7. Store in airtight container. □

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## Strawberry Powder (Dehydrated Strawberries)



Strawberry powder is made from strawberries that have been dehydrated in a food dehydrator, then blended into a fine powder that you can use for yogurt, smoothies, shakes, baking, and more! The best thing is that it does not contain anything else except strawberries.

**Your Key Ingredient:**

## [NESCO Dehydrator](#)

### **Grocery Ingredients:**

- Strawberries

### **Instructions:**

1. Wash strawberries
  2. Remove green stems.
  3. Slice strawberries into 1/4" slices.
  4. Place sliced strawberries on your NESCO® Dehydrator trays using a NESCO mesh sheet.
  5. Dry 8-10 hours at 135°F.
  6. Grind dehydrated strawberries in a large blender or coffee grinder to make strawberry powder.
  7. Store in airtight container. ☐
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# **Dehydrated Pineapple Rings**



Enjoy all the bright, tropical flavor of pineapple without the mess. Dehydrated pineapple is a fun and portable snack that's perfect for taking on camping or hiking trips. It tastes just like candy without the bad ingredients!

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## **St. Patrick's Day Shamrock Sour Cocktail**



The key to every great cocktail is the garnish added at the very end of the mixing process. Celebrate all things Irish with these easy Saint Patty's day cocktail recipe.

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## **Dehydrated Cinnamon Apples**



Still can't figure out what kind of healthy snacks to make for your kiddos? Dehydrated Cinnamon Apples are where it's at.

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## **Dehydrated Cherry Tomatoes**



**Your Key Ingredient:**

[NESCO Dehydrator](#)

**Grocery Ingredients:**

- Cherry Tomatoes
- Dried Oregano, Optional
- Himalayan Salt, Optional

**Instructions:**

1. Wash and drain well.
2. Slice cherry tomatoes in half, lengthwise.
3. Arrange the halved tomatoes on your **NESCO® Dehydrator** trays with the skins facing down.
4. Sprinkle with oregano and sea salt if desired.
5. Set the temperature to 135 degrees Fahrenheit. Allow 10-12 hours to dry.

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# Simple Dehydrated Oranges



## Your Key Ingredient:

[NESCO Dehydrator](#)

## Grocery Ingredients:

- Oranges

## Instructions:

1. Wash well.
2. Slice oranges into 1/4 inch slices.
3. Place on your **NESCO® Dehydrator** trays.
4. Set the temperature to 135 degrees Fahrenheit. Allow 4-10 hours to dry. Or dry until they snap when cooled and no moisture is evident.