

☐ 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 $\frac{1}{8}$ – $\frac{1}{4}$ 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.

Small Batch Canned Pomegranate

Jam



Enjoy the bright, tart flavor of pomegranates all year long with this pomegranate jelly. You can use fresh pomegranates or bottled juice, this recipe is easy to scale—simply double or triple the batch as needed.

Your Key Ingredient to Food Preservation:

[NESCO 9.5 Qt. Smart Canner & Cooker](#)

[NESCO 6-Piece Canning Kit](#)

Ingredients:

- 1 cup (240 ml) pomegranate juice (from about 2 fresh pomegranates or bottled)
- 1 tablespoon (15 ml) lemon juice
- 4 teaspoons (12 g) pectin

- 1 $\frac{1}{4}$ cups (250 g) granulated sugar

Directions:

1. Prepare the Pomegranates

Cut the pomegranates open and remove the arils. Gently crush or juice the arils, then strain to remove seeds and pulp, yielding clear pomegranate juice.

2. Prepare the Jars

Wash jars, lids, and bands in hot, soapy water. Keep jars hot until ready to fill.

3. Cook the Jelly

In a saucepan, combine the pomegranate juice, lemon juice, and pectin. Stir well and bring the mixture to a full rolling boil over medium-high heat, stirring constantly. Once boiling, add the sugar all at once and stir to dissolve. Return to a full rolling boil and boil hard for 1 minute, continuing to stir. Remove from heat.

4. Fill the Jars

Carefully ladle the hot pomegranate jelly into prepared jars, leaving $\frac{1}{4}$ inch of headspace at the top.

5. Wipe and Seal

Wipe jar rims with a clean, hot, damp cloth to remove any residue. Place lids on jars and screw bands on until fingertip-tight.

6. Process the Jars

Place filled jars in a water bath canner, ensuring they are covered by at least 1–2 inches of water. Process for 10 minutes, adjusting for altitude if necessary.

7. Remove and Cool

Using a jar lifter, carefully remove jars and place them

on a towel. Let cool undisturbed for 12–24 hours. Listen for the “pop” sound, indicating the lids have sealed.

8. Check Seals and Store

Once cooled, check that lids are sealed (they should not flex when pressed). Store sealed jars in a cool, dark place. Refrigerate any unsealed jars and use within a few weeks.

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

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.

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 **¼-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).

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 $\frac{1}{2}$ cups heavy cream
- $\frac{1}{2}$ 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.

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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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!

**Home Canned Watermelon
Lemonade Concentrate**



A sweet, tangy watermelon lemonade concentrate perfect for canning. Just mix with water or sparkling water for a refreshing summer drink anytime!

Your Key Ingredient to Food Preservation:

[NESCO Manual Pressure canner – 24 Quart](#)

[NESCO 6-Piece Canning Kit](#)

Ingredients:

- 6 cups puréed and strained watermelon juice
- 4 cups lemon juice
- 6 cups white granulated sugar

Directions:

1. Combine Ingredients:

In a large pot, mix the watermelon juice, lemon juice, and granulated sugar.

2. Heat:

Warm the mixture over medium heat, stirring often, until it reaches 190°F (88°C). Do not boil. Once heated, remove from heat.

3. Fill Jars:

Carefully ladle the hot concentrate into clean, quart-size jars, leaving 1/4 inch of headspace. Remove any air bubbles, then adjust the liquid level as needed.

4. Seal Jars:

Wipe the rims and sides of the jars clean. Place the two-piece canning lids on each jar and tighten until fingertip tight.

5. Process in Water Bath:

Place jars in a hot water bath canner. Make sure the jars are covered with at least 1–2 inches of water. Bring to a boil and process for 10 minutes (adjust time for altitude**).

6. Cool:

Remove jars using a jar lifter and place them on a towel-lined surface, leaving at least 1 inch of space between jars. Let them cool undisturbed for 12 to 24 hours.

7. Check & Store:

After cooling, check the seals. Any unsealed jars should be refrigerated and used soon. Remove the rings from sealed jars and store them in a cool, dark, dry place. Best if used within 6 months.

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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Home Canned Carrots



Preserve garden-fresh carrots with ease using your digital smart canner. This simple method yields tender, flavorful carrots—perfect for quick meals, soups, or side dishes. Just prep, pack, and process!

Your Key Ingredient to Food Preservation:

[NESCO 9.5 Qt. Smart Canner & Cooker](#)

[NESCO 6-Piece Canning Kit](#)

Ingredients:

- 12 lbs. carrots
- Salt
- Water

Directions:

1. Prep your Carrots

- Peel and rinse your carrots thoroughly to remove dirt and debris.
- Slice or dice your carrots into desired pieces. You can also leave them as rounds (no more than 1 1/2 inches thick), or can small carrots whole.

2. Fill the Jars:

- Pack the prepared carrots into **hot, clean jars**, leaving **1 inch of headspace** at the top.
- If desired, add **1 teaspoon of salt per quart** (or 1/2 teaspoon per pint). This is optional but recommended for better flavor.

3. Add Water:

- Ladle boiling water over the carrots in each jar, still maintaining 1 inch of headspace.

4. Wipe and Seal Jars:

- Wipe the jar rimes with a clean, hot, damp cloth to remove any residue.

- Apply the lids and screw bands until they are fingertip tight.

5. Process the Jars:

- Place the filled jars into the water bath canner. Ensure they are fully submerged in water by at least 1-2 inches.
- Process the jars for 25 minutes (adjust for altitude if necessary).

6. Remove and Cool:

- Use a jar lifter to remove the jars carefully from the water bath.
- Place them on a towel, allowing them to cool undisturbed for 12-24 hours. Listen for the “pop” sound, indicating the lids have sealed.

7. Check Seals and Store:

- Once cooled, check that the lids are properly sealed (they should not flex up and down when pressed).
- Store the sealed jars in a cool, dark place. If any jars did not seal, refrigerate and use within a week.

Buttery Slow Cooker Ranch

Mushrooms



These mushrooms make a great side dish for steak, chicken, or pork. They can also be served as an appetizer with toothpicks.

Your Key Ingredient:

[NESCO Slow Cooker](#)

Ingredients:

- 4 lbs. fresh whole button mushrooms
- 2 cups butter, melted
- 2 packets of dry ranch dressing mix
- 2-4 tbsp. fresh parsley minced (optional, for garnish)

Instructions:

1. Clean the mushrooms by gently wiping them with a damp paper towel. Trim stems if necessary.
2. In a microwave-safe bowl or saucepan, melt the

- butter.
3. Add the dry ranch dressing mix to the melted butter and stir well.
 4. Place the mushrooms in the slow cooker and pour the ranch butter mixture over them. Toss to coat evenly.
 5. Cover and cook on **low** for **3-4 hours**, stirring occasionally.
 6. Sprinkle with fresh parsley before serving if desired.
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Slow Cooker Viral Feta Tomato Pasta



This Slow Cooker Feta Tomato Pasta is a creamy, flavorful dish made effortlessly in your NESCO slow cooker. Sweet cherry

tomatoes, creamy feta, and fresh herbs combine to create a rich sauce that's tossed with your favorite pasta for a comforting, crowd-pleasing meal.

Your Key Ingredient:

[NESCO Slow Cooker](#)

Ingredients:

- 2 pints cherry or grape tomatoes
- 1 shallot, quartered
- 3 cloves garlic, smashed
- 1/2 cup extra-virgin olive oil, divided
- Kosher salt, to taste
- Pinch of crushed red pepper flakes
- 1 (8-oz.) block feta cheese
- 3 sprigs fresh thyme
- 10 oz. pasta (such as penne, rotini, or shells)
- Zest of 1 lemon (optional)
- Fresh basil leaves, for serving

Instructions:

1. Set your NESCO slow cooker to the low setting.
2. Place the cherry tomatoes, quartered shallot, and smashed garlic in the bottom of the slow cooker. Drizzle with 1/4 cup of olive oil and season with a pinch of kosher salt and crushed red pepper flakes. Stir to coat evenly.
3. Place the block of feta cheese in the center of the tomato mixture. Drizzle the remaining olive oil over the feta. Lay the thyme sprigs over the top.
4. Cover and cook on low for 3–4 hours or on high for 1.5–2 hours, until the tomatoes are soft and bursting and the feta is creamy.
5. About 20 minutes before the slow cooker is done,

cook the pasta according to package instructions in a pot of salted boiling water. Reserve about 1/2 cup of the pasta water before draining.

6. Remove the thyme sprigs from the slow cooker. Use a spoon or spatula to mash the feta and tomatoes together, creating a creamy sauce. Add the cooked pasta to the slow cooker and stir to combine. If the sauce is too thick, stir in a splash of reserved pasta water until you reach the desired consistency.
7. Stir in the lemon zest (if using) and garnish with fresh basil leaves. Serve warm and enjoy!

This recipe pairs perfectly with a side salad or crusty bread. Using your NESCO Slow Cooker makes this dish effortless and bursting with flavor!

Dehydrated Salmon Jerky



This jerky is perfect for on-the-go snacks, camping trips, or a protein boost after workouts.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1 lb. fresh salmon fillet, skin removed
- 1/4 cup soy sauce (or tamari for gluten-free)
- 1 tbsp. honey or maple syrup
- 1 tbsp. rice vinegar
- 1 tbsp. Worcestershire sauce
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/4 tsp. ground black pepper
- Optional: 1/4 tsp. red pepper flakes for a spicy kick

Instructions:

1. Slice the salmon into thin strips, about 1/4 inch thick. Aim for uniform thickness to ensure even drying.
 2. In a medium bowl, whisk together soy sauce, honey, rice vinegar, Worcestershire sauce, garlic powder, onion powder, smoked paprika, black pepper, and red pepper flakes (if using).
 3. Place salmon strips in the marinade, ensuring each piece is well coated. Cover and refrigerate for at least 4 hours or overnight for a deeper flavor.
 4. Remove salmon from the marinade and pat dry with paper towels. Arrange the salmon strips in a single layer on the dehydrator trays, ensuring they don't overlap.
 5. Set your NESCO Dehydrator to 160°F. Dry the salmon for 4-6 hours, or until it reaches your desired texture. Salmon jerky should be dry but still slightly pliable.
 6. Once cool, store the jerky in an airtight container. For best freshness, keep in the refrigerator for up to 2 weeks, or freeze for longer storage.
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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.

Sous Vide Glazed Carrots



Nothing beats sous-vide cooking your vegetables, especially this delicious glazed carrots recipe. When cooked in a vacuum sealed bag with a little bit of butter, sugar and salt, the natural flavor of the carrot is intensified. It becomes much sweeter, stronger, and downright tastier.

Your Key Ingredient:

[NESCO Sous Vide Cooker](#)

Grocery Ingredients:

- 1 pound whole medium carrots
- 2 tbs. unsalted butter
- 1 tbs. granulated sugar
- 1 tsp. salt & pepper
- 1 tbs. chopped parsley (optional)

Directions:

1. Add water to your container or large pot.

2. Set the Sous Vide Cooker to the vegetable setting. (185 degrees Fahrenheit)
3. Place carrots, butter, sugar, and 1/2 tsp. salt and pepper in a vacuum sealed bag.
4. Cook carrots in the water bath until fully tender, about 1 hour.
5. Carrots can be stored in the refrigerator for up to 1 week.

When ready to eat:

1. Empty entire contents of bag into our NESCO 12 inch electric skillet and cook over high heat, stirring constantly, until liquid has reduced to a shiny glaze.
 2. Season to taste with salt and pepper, stir in parsley, and serve.
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Dehydrated Kale Chips



Next time your craving a crispy snack, reach for Kale Chips. Kale Chips are the perfect balance of light, airy, and slightly chewy. If you're not a fan of raw kale or haven't tried it before, our recipe is the perfect introduction to kale's complex, earthy flavor. All you need is your NESCO Dehydrator. Boost your health and satisfy your appetite with these savory bite-sized morsels.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 6 cups kale
- 1/2 tsp salt or sea salt
- 1/4 cup oil or avocado oil

Instructions:

1. Mix all ingredients in a bowl.
2. Separate the kale on your NESCO® Dehydrator trays ensuring

that it does not overlap too much.

3. Dry 6-8 hours at 135°F.

4. Store in airtight container. ☐

Tip: Adding too much oil will make for longer drying time.

Dehydrated Frozen Corn (Cornmeal)



Who knew making homemade cornmeal could be this easy? Homemade cornmeal is much sweeter, richer, and heartier than any cornmeal that you get from the store. It's also super fun to make!

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1-2 bags frozen corn

Instructions:

1. Place frozen corn on your NESCO® Dehydrator trays using a fruit roll or mesh sheet.
2. Dry 8-10 hours at 135°F.
3. Grind corn in a large blender to make cornmeal.

****1 cup of dried corn: 1/2 cup cornmeal***