

Baby Back Ribs vs Country Ribs

It turns out I was cooking my baby back ribs in my air fryer the wrong way.

I was cutting apart and cooking for 12 minutes on each side at 370 degrees. They were on the dry side and not really tender even though I put BBQ sauce on them for a couple of hours prior.

Country Ribs are a lot fattier and juicier than regular back ribs so that is what I use now.

Just used this new way. What a difference - juicy and tender. Cut apart after cooking unless already cut apart. See pic

Cook for 20 minutes at 325°F, flip over and cook for 15 minutes at 325 F or until the meatiest part of the ribs reaches an internal temperature of 170°F.

YUMMY and so juicy



Extracted from - <https://www.insider.com/review-best-method-for-making-baked-potatoes-air-fryer-2021-6>

I made a classic baked potato with 3 different appliances, and I'll never use my oven again

I used russet potatoes for all three methods

- I made a baked potato in the microwave, air fryer, and oven to test the different cooking methods.
- The microwave ended up being the least reliable method, and the oven results were just OK.
- **Out of all three cooking methods, the air fryer was the best by far.**

A perfectly cooked baked potato is a satisfying side or even main course, depending on how you dress it up.

Ideally, you want a fluffy middle and a nicely seasoned, crispy outer skin. But there are a lot of cooking methods out there that won't yield these results.

In an effort to find the best way to cook a baked potato, I tried three different methods using a microwave, air fryer, and oven. For each one, I simply used a cleaned russet potato, oil, and seasoning.

Read on to find out which appliance made the perfect baked potato.

MICROWAVE - First I used a quick microwave method to cook my potato

This was the quickest way to cook the potato. Chelsea Davis for Insider

Using the microwave took almost zero effort.

The only downside was having to poke the uncooked potato with a fork, which wasn't super easy and slowed me down a bit.

I also didn't like worrying whether or not I pricked it enough times to ensure it wouldn't pop in the microwave.

After poking the potato about 10 times, I put it in the microwave on high for five minutes, turned it over, and cooked it for another five minutes.

The potato came out dry and almost chalky

It was cooked unevenly. Chelsea Davis for Insider

I ended up overcooking the potato, which led to a dry, unappealing final product.

Because every microwave has different settings and heat strengths, it was hard to find the right instructions to make an evenly cooked baked potato.

AIR FRYER - For my second variation,

I cooked the potato in an air fryer

This was an effective cooking method.

I liked using the air fryer because I didn't have to poke my potato a bunch of times for airflow.

All I did was spray it with cooking oil, season it with garlic salt, and pop it in the air fryer at 400 degrees for 45 minutes.

It came out crispy on the outside and perfectly fluffy on the inside

I loved the interior of this potato.

I checked it halfway to make sure it wasn't burning and used tongs to rotate the potato for an even fry.

After 45 minutes, the skin was crispy and the potato was done.

When I cut it open, I was shocked at how evenly cooked it was. The potato was easy to fluff, and the skin had a great texture and flavor.

Quick tip: Insider's Reviews team tested 7 air fryers and found the Philips Premium TurboStar Air Fryer the best overall.

OVEN- The last method I tested out involved baking the potato in the oven

This took the longest amount of time.

I used a fork to poke 12 holes all over the potato so moisture could escape while it cooked.

Poking the fork in and out of the spud was just as labor-intensive as it was with the microwave method, mainly because the fork kept getting stuck.

Before I placed it in the oven, I coated the potato in oil and salt. Then I cooked it right on the oven rack for an hour at 350 degrees Fahrenheit.

The potato turned out OK, but it didn't beat the air-fryer variety

The potato was pretty good inside. Chelsea Davis for Insider

After an hour in the oven, the potato was done.

It came out relatively fluffy on the inside, but it wasn't as evenly cooked as the air-fryer method.

Out of the 3 methods, the air fryer totally won

The air-fryer method was simple and foolproof.

The air-fried potato came out perfectly.

It was evenly cooked — fluffy on the inside and crispy on the outside — which gave the potato a great shape. The crispness of the skin also made it ideal for stuffing with hearty toppings.



CANDIED BACON – Serves 4

Ingredients:

- 1 lb. thick bacon**
- 1/4 cup dark brown sugar**
- 1/4 tsp. cayenne pepper**
- 2 tbsp. maple syrup**

Directions:

- 1. Lay the bacon strips onto the Air Flow Racks and trim as needed.**
- 2. Sprinkle the brown sugar and cayenne pepper over the bacon and rub into the meat.**
- 3. Brush the bacon with the maple syrup.**
 - i. I find it easier to put brown sugar & maple syrup in container – and put in microwave for about 15 seconds – easier to spread.**
- 4. Place the Racks in the Power AirFryer Pro. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle.**
- 5. When the cooking cycle is complete, flip the bacon.**
- 6. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle again.**
- 7. Serve on a Charcuterie board.**

Extracted from - <https://airfrywithme.com/breaded-parmesan-chicken/>

BREADED PARMESAN CHICKEN



Are you craving for fried chicken but don't like greasiness? Crispy on the outside, juicy and tender on the inside, these flavorful breaded parmesan chicken thighs are just mouthwatering and so easy to make. You will never want to go back to "fried" chicken again!

Breaded Parmesan Chicken

Prep Time 10 mins

Cook Time 15 mins

Equipment

- Air Fryer

Ingredients

- 4 boneless skinless chicken thighs
- 1 egg
- 2 Tablespoon milk
- Salt and pepper to taste
- 3/4 cups Italian breadcrumbs. If using regular breadcrumbs, add 2 teaspoon of Italian seasoning to the bread crumbs.
- 1/3 cup freshly grated Parmesan cheese
- 1 1/2 teaspoon garlic powder
- Olive oil in a spritzer

Instructions

1. Mix egg and milk in a shallow dish and season with salt and pepper.
2. In a shallow dish, mix bread crumbs, Parmesan cheese, and garlic powder.
3. Dab dry the chicken thighs with paper towels. Dip chicken thighs in the egg mixture and dredge both sides with bread crumbs mix.
4. Place thighs inside the fryer basket without stacking and spray some olive oil on chicken thighs.
5. Air fry at 380F (190C) for 10-12 minutes until the thighs are fully cooked through when the internal temperature exceeds 165F (74C).

Extracted from:

<https://therecipecritic.com/air-fryer-whole-chicken/>

Air Fryer Whole Chicken



Alyssa Rivers

Air Fryer Whole Chicken is going to change the way you do chicken! Super easy, it comes out perfectly tender, juicy and full of flavor!

PREP TIME: 5minutes
 COOK TIME: 1hour
 TOTAL TIME: 1hour -- 5minutes
 COURSE: Dinner, Main Course
 CUISINE: American
 SERVINGS: 8 People
 CALORIES: 327 kcal

INGREDIENTS

- 1 (4-5) pound whole chicken giblets removed
- 2 Tablespoons olive oil
- 1 Tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- salt and pepper

INSTRUCTIONS

1. Rub the chicken with the oil. In a small bowl combine italian seasoning, garlic powder, paprika and salt and pepper. Rub all over the chicken.



2. Place the chicken breast side down in the air fryer. Cook at 360 degrees for 30 minutes.



3. Flip the chicken and cook for an additional 30 minutes or until the chicken reaches an internal temperature of 165 degrees.



NUTRITION

Calories:

327kcal // Carbohydrates: 1g // Protein: 25g // Fat: 24g
 Saturated Fat: 6gTrans

Fat: 1g Cholesterol: 102mg // Sodium: 96mg
 Potassium: 272mg // Fiber: 1g // Sugar: 1g
 Vitamin A: 263IU // Vitamin C: 2mg // Calcium: 26mg // Iron: 2mg

FRESH CORN ON THE COB IN AN AIR FRYER

- Cut end of corn to fit air fryer basket.
 - If needed for smaller air fryer, cut the corn in half.
- Coat all sides of the corn with oil spray or olive oil.
 - Season with salt and pepper around the whole corn.
- Air Fry at 370°F for 12-16 minutes, flipping halfway.
 - Cook until kernels are tender and lightly browned.
 - Add butter and enjoy

FRESH CORN ON THE COB (MICROWAVE)

- Cook fresh corn on the cob in microwave with husks and silk intact. They will cook in their own natural moisture.
- Place on dampened paper towel. Turn ears over and rearrange after 1/2 cooking time.
- **Cooking Timetable:**
 - 1 ear - 1 1/2 minutes
 - 2 ears - 3 to 4 minutes
 - 3 ears - 5 to 6 minutes
 - 4 ears - 7 to 8 minutes
 - 6 ears - 8 to 9 minutes.
- When ears are hot to the touch, remove and wrap in kitchen towel or foil.
- Let stand at least 5 minutes.
- Remove husks and silk (which is easier than when cold) and serve.
- Serve with melted butter.

FRESH CORN ON THE COB - COOKING INSTRUCTIONS - MICROWAVE CONTAINER

- Place corn cobs in dish with 4 tablespoons of water.
- Cover and cook on full power for 5-6 minutes plus 5 minutes standing time.
- These cooking times are approximate and relate to a 600W microwave.
- Timing may need to be adjusted depending on the wattage of microwave used.

CRISPY AIR FRYER ONION RINGS RECIPE

Created by: Gloria | Homemade & Yummy © Visit : <https://homemadeandyummy.com/air-fryer-onion-rings/>

COURSE: APPETIZER

CUISINE: CANADIAN

KEYWORD: AIR FRYER RECIPE

PREP TIME: 1 HOUR // COOK TIME: 12 MINUTES // TOTAL TIME: 1 HOUR 12 MINUTES

SERVINGS: 4 SERVINGS // CALORIES: 506

AUTHOR: [GLORIA | HOMEMADE & YUMMY](#)

These **Crispy Air Fryer Onion Rings** are crispiest the onion rings you have ever tried. THE BEST!



INGREDIENTS

- 13 ounce red onion (1 very large onion) - Can Use Spanish, Sweet White, Vidalia or Red (the variety used in this recipe)
- 2 cups all-purpose flour
- 6 eggs
- 2 1/2 cups panko breadcrumbs
- 1/4 cup Frank's Seasoning (optional)

INSTRUCTIONS

FOR THE ONION RINGS:

1. Peel and cut the onion crosswise into thick slices (approx. 3/4 inch thickness), then separate the slices into rings.
2. Get 3 shallow bowls.
3. Place the flour in one bowl, the beaten eggs in another bowl, and the breadcrumbs in the last bowl.
4. Divide Frank's seasoning evenly between the bowls, and mix to combine.

TO COAT:

1. For EACH ring dip and coat in this order:
 - Egg mixture
 - Flour mixture
 - Egg mixture (this is the second time in egg)
 - Flour mixture (this is the second time in flour)
 - Egg mixture (this is the third time in egg)
 - Finally, in the breadcrumbs (press to coat nicely)
2. Place ALL the coated onion rings on a metal baking sheet, and put in the freezer for at least 30 minutes.

****NOTE**** You can actually do this up to a week in advance.

TO AIR FRY:

1. Preheat your air fryer to 375° F.
2. Remove onion rings from the freezer.
3. Place the onion rings in a single layer in your air fryer container. Spray lightly with cooking spray.
4. Fry for approximately 10-12 minutes (turning over at the halfway point).
5. Onion rings are ready when they are tender, golden brown and crispy.
6. ENJOY!

NOTES

The Frank's Seasoning is rather salty. If you are worried about sodium intake, reduce the amount, leave it out or replace it with something less salty.

Tried this recipe?

Let me know by leaving a comment and rating the recipe below! ALSO take a picture and tag @homemadeandyummy and #homemadeandyummy on Facebook. YOU could be featured in my WEEKLY NEWSLETTER!

NUTRITION

Calories: 506kcal | Carbohydrates: 83g | Protein: 20g | Fat: 8g | Saturated Fat: 2g | Cholesterol: 245mg | Sodium: 3848mg | Potassium: 365mg | Fiber: 4g | Sugar: 6g | Vitamin A: 355IU | Vitamin C: 6.8mg | Calcium: 136mg | Iron: 6.1mg
Nutritional information on this site is generated via a plugin. I am not responsible for the accuracy of the plugin information.

Air Fryer French Toast – Version 1

<https://www.allrecipes.com/recipe/283136/air-fryer-french-toast>

INGREDIENTS

- 2 large eggs
- 1/3 cup milk
- 1 tablespoon salted butter, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 4 slices day-old bread
- cooking spray
- 1 teaspoon confectioners' sugar, or to taste

INSTRUCTIONS

- **Step 1** - Mix eggs, milk, butter, vanilla extract, and cinnamon together in a bowl.
- **Step 2** - Line an air fryer basket with parchment paper and spray with nonstick cooking spray. Dip each slice of bread into the milk mixture and place in the basket. Make sure they are not touching; work in batches if necessary.
- **Step 3** - Preheat the air fryer to 370 degrees F (190 degrees C).
- **Step 4** - Add basket and air fry [French toast](#) for 4 to 6 minutes; flip and cook for 2 to 3 minutes more. Sprinkle with confectioners' sugar.

Air Fryer French Toast – Version 2

<https://thetravelbite.com/recipes/air-fryer-french-toast/>

INGREDIENTS

- 1/2 loaf bread (6-8 slices)
- 1/2 cup milk
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- Non-stick cooking spray
- strawberries and maple syrup (for topping)

INSTRUCTIONS

1. Preheat air fryer by setting temperature to 400 and heating the empty basket for 3 minutes.
2. While air fryer is pre-heating, gather your ingredients: bread, eggs, milk (or almond or soy milk), vanilla extract, and cinnamon.
3. In a medium sized bowl, whisk together 1/2 cup of milk, 1 egg, a teaspoon of vanilla extract, and a teaspoon of cinnamon.
4. Once all ingredients are whisked together well, dunk two pieces of bread into the mixture and coat each side. Hold up the soaked bread and let any extra batter drip away.
5. Spray air fry basket with non-stick spray and add two pieces of batter-dipped bread. Air fry for 4 minutes.
6. Repeat until all the bread is battered and air fried. Serve with fresh strawberries and maple syrup.

Easy French Toast Recipe For One

<https://onedishkitchen.com/french-toast-recipe-for-one/>

Equipment - 10-inch skillet

INGREDIENTS

- 1 egg
- 1/2 cup milk
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon sugar
- pinch ground cinnamon
- 2 slices bread
- 1 tablespoon salted butter

INSTRUCTIONS

1. Whisk together the egg and milk in a medium-sized bowl. Add the vanilla, sugar, and cinnamon and whisk until well incorporated.
2. Place bread slices, one or two at a time, into the egg mixture and flip to make sure both sides of bread are well-coated.
3. Melt the butter in a medium-sized skillet or griddle. Place one of both slices of the bread into the skillet and cook slices until golden brown, then flip to cook the other side. Serve with syrup.

Air Fryer Grilled Cheese

Every air fryer cooks differently, so check on the sandwich often to make sure it doesn't burn. Or to make sure it's cooked enough, just add extra time. If you slice your cheese thick, then it will need more cooking time at the lower temperature to melt the cheese all the way.

If your bread is really thin, it will blow off in the air fryer because of the hot circulating air. Use toothpicks to secure the sandwich during air frying. Remember to remove the toothpicks before eating. CHECK OUT MORE PHOTOS for help on the website write up.



Prep Time 5 mins Cook Time 10 mins Total Time 15 mins Servings: 1 sandwich Calories: 409kcal

Ingredients

- 2 slices bread
- 1 tablespoon (15 g) butter
- 1.5 oz. (43 g) good melting cheese (American, swiss, cheddar, Gruyere, etc.)

Equipment

- [Air Fryer](#)

Instructions

1. Lay cheese in between bread. Butter outside of bread with butter. Lay sandwich in air fryer basket. If needed, use two toothpicks to secure the sandwich together by sticking it through the sandwich.
2. Air Fry at 360°F for about 3-5 minutes for the cheese to melt.
3. Flip the sandwich and increase heat to 380°F to finish and crisp the bread. Finish air frying for about 5 minutes or until the sandwich is to your preferred texture. Check on the sandwich often to make sure it doesn't burn (different breads will toast quicker or slower than others). Allow to cool a bit before biting into the yummy grilled cheese sandwich!
4. Make sure to remove the tooth pics before eating!

Course: Sandwiches Cuisine: Air Fryer

Nutrition

Calories: 409kcal | Carbohydrates: 29g | Protein: 14g | Fat: 27g | Saturated Fat: 15g | Cholesterol: 73mg | Sodium: 1101mg | Potassium: 158mg | Fiber: 2g | Sugar: 4g | Vitamin A: 752IU | Calcium: 522mg | Iron: 2mg

This delicious Air Fryer Grilled Cheese recipe brought to you by Best Recipe Box. <https://bestrecipebox.com/air-fryer-grilled-cheese/>

Air Fryer Mushrooms Recipe

✓ prep time: 5 minutes  cook time: 10 minutes  total time: 15 minutes  serves: 4

≡ INGREDIENTS

- 500 g (1.1 lb) button mushrooms
- 125 g (4.4 oz) unsalted butter, melted
- 1 Tbsp garlic, minced
- 1 tsp Worcestershire sauce
- 1 tsp oregano
- 1 tsp parsley



≡ INSTRUCTIONS

1. Preheat the air fryer to 180°C (350°F). It will take roughly five minutes to heat up.
2. In a bowl, mix the mushrooms with the melted butter, garlic, Worcestershire sauce, oregano, and parsley.
3. Cook for 10 minutes. Shake the air fryer basket half way through cooking.
4. Lightly season with salt and pepper.
5. Serve & Enjoy.

💡 RECIPE TIPS

- Evenly cut the mushrooms for the best result. Uneven mushroom pieces will cook at different rates that may leave you with pieces being undercooked and others overcooked.
- Overloading the air fryer basket may lead to uneven cooking. If the basket is looking too full, you may want to cook in batches.
- Other oils and fats such as coconut oil, lard, and bacon fat are great substitutes for butter. They are also a great way of introducing new flavors into the recipe.

DID YOU MAKE THIS RECIPE?

We want to see! Tag [@cookingperfected](https://www.instagram.com/cookingperfected) on Instagram or use the hashtag [#cookingperfected](https://www.instagram.com/cookingperfected) so we can find you!

This delicious recipe brought to you by Cooking Perfected
<https://cookingperfected.com/air-fryer-mushrooms/>

Air Fryer Stuffed Mushrooms

Delicious Air Fryer Stuffed Mushrooms are an easy snack or appetizer. Easy to make and filled with soft cream cheese, cheddar, and bacon.

PREP TIME
5 mins

COOK TIME
7 mins

COURSE
Appetizer

CUISINE
American

SERVINGS
4

EQUIPMENT

Air Fryer

- 8 ounces mushrooms stems removed
- 4 ounces cream cheese softened
- 4 strips turkey bacon or pork bacon, crumbled
- 1 cup cheddar cheese shredded
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

INSTRUCTIONS

1. To make this recipe, clean mushrooms using cold water. Then, remove the tops of mushrooms from the stems and set aside.
2. In a medium bowl, mix the softened cream cheese with the crumbled bacon, shredded cheese, salt, pepper, and garlic. Stir together until the mixture is well combined and creamy.
3. Scoop the cream cheese mixture into mushroom caps, filling the mushroom cavity. Once all mushrooms are filled, lightly spray or brush the basket with oil, and then gently place the stuffed mushrooms into the air fryer basket without stacking or overlapping.
4. Air fry 400 degrees F 5-7 minutes, until the tops of the mushrooms are golden brown.

NOTES

- If your air fryer has racks, lightly spray the baking tray before you cook mushrooms.
- Because air fryer cooking times can vary, if mushrooms are not golden brown after cooking, add 2-3 additional minutes to cook time.
- Keep leftover mushrooms stored in an airtight container. Keep refrigerated for 3-5 day
- Stuffed mushrooms can be filled with so many fillings. For extra protein, you can add chopped real crab meat, cooked ground meat, and any types of cheeses or sauces you want to mix in. There really is no limit to different varieties of stuffed mushrooms.

Extracted from - https://www.thekitchn.com/air-fried-oranges-recipe-23291640#amp_tf=From%20%251%24s&aoh=16437698054955&csi=0&referrer=https%3A%2F%2Fwww.google.com&share=https%3A%2F%2Fwww.thekitchn.com%2Fair-fried-oranges-recipe-23291640

Air-Fried Oranges May Become Your Favorite Way to Start the Day



BYCHERYL FENTON

Published Yesterday

<https://w>

Credit: [Kelli Foster](#)

What do you kick your day off with every morning? Well, if you have an air fryer at home, there's a citrus treat that's about to give your breakfast staple a run for its money.

[Jen Jones](#), owner of [Nevéll Skin](#), posted "your morning obsession" to her 552,000-plus TikTok followers and it may be one you're surprised to see: air-fried oranges. While Jones' coffee-infused skincare line is all about what the caffeinated bevvie can bring to your beauty routine, she wants to inject a little vitamin C into your most important meal of the day with these little slices of heaven.

These oranges are part of the 31-day plant-based challenge she began on January 1. They're super easy to make and would be good as a quick snack any time of day.

Simply cut the fruit into thick slices and peel with a serrated knife (don't forget to compost the discarded peels).

After a drizzle of maple syrup and a dusting of cinnamon, Jones pops them into her [Ninja Air fryer](#) at 400°F for four minutes.

The result? Caramelized slices of pure morning sunshine.

To add a little more flavor and texture to the dish, she layers the orange slices with plant-based yogurt and granola before digging in. Whether you're an orange-lover or not, these can be the perfect way to start your day.

This isn't the first time this skincare maven has hit the air fryer for some tasty plant-based treats. Her recipe for an [air fryer banana split](#) has grown to be popular, too. If you've decided that you would prefer your oranges chilled in the morning, though, try this [creamy orange date smoothie](#) to please your palate.

Extracted from - <https://knifeandpaddle.com/air-fryer-philly-cheesesteak-egg-rolls/>



Air Fryer Philly Cheesesteak Egg Rolls

All the great flavors of a Philly Cheesesteak wrapped in a neat, little package. These Air Fryer Philly Cheesesteak Egg Rolls are perfect as an appetizer or part of a game day spread.

Living near Boston, the ability to get a good Philly Cheesesteak is challenging, to say the least. When football season comes around, I find myself craving those flavors. These Air Fryer Philly Cheesesteak Egg Rolls hit all the classic flavors. If you are planning a get together for game day or need an appetizer for a party, make them ahead of time. Just do the frying before serving.
PREP TIME: 25 mins // **COOK TIME:** 10 mins
TOTAL TIME: 45 mins // **SERVINGS:** 12 Egg Rolls

EQUIPMENT

- Air Fryer
- Fry pan

INGREDIENTS

16 oz shaved beef Rib Eye Preferred

- 1-2 tbsp oil
- 8 oz provolone cheese shredded
- 1 med onion chopped
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp pepper
- 12 each egg roll wrappers

Sriracha Dipping Sauce

- 1 cup mayonnaise
- 1 tbsp sriracha hot chili sauce plus more until desired heat level is reached

INSTRUCTIONS

1. Chop the onion. Add oil and sauté on medium low heat until translucent.
2. Roughly chop beef and add to the sauté pan.
3. Add salt, pepper and garlic powder. Cook meat all the way through.
4. Remove meat mixture from heat and place in a bowl. Let cool.
5. Shred the cheese. Add half of the cheese to the meat mixture and incorporate.
6. Place an egg roll wrapper on a cutting board so that it looks like a diamond.
7. Roll the bottom corner up to cover the meat. Fold in the sides. Wet the top corner with a little water and roll it down.
8. Place on a tray and repeat until all the meat/cheese mixture is used up. About 12 egg rolls.
9. Preheat the air fryer to 390 degrees.
10. Spray the egg rolls with olive oil. Place them in the air fryer, taking care not to crowd.
11. Cook for 10 minutes, turning half way through. All air fryers cook differently, so you may need to adjust the cooking time based on your machine and cook preference.
12. Remove the egg rolls from the air fryer tray.
13. Serve with the sriracha dipping sauce.
14. Enjoy!

Sriracha Dipping Sauce

1. In a small bowl add mayonnaise and sriracha sauce. Mix together.
2. Add more sriracha sauce until desired heat level is reached.

Cheesesteak Egg Rolls-Ingredients

Egg roll wrappers, beef steak, provolone cheese, onion. Don't forget that olive oil baking spray!

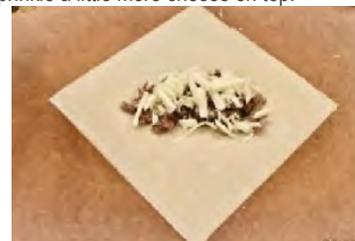


Cheesesteak Egg Rolls-Instructions

For the filling. Chop the onion. Add oil to the pan and sauté on medium low heat until translucent. Roughly chop the beef and add to the sauté pan. Add salt, pepper and garlic powder. Continue until meat is cooked through. Remove from heat, place in a bowl and let cool.



Shred the provolone cheese. Add half of the shredded cheese to the meat mixture and incorporate. Place an egg roll wrapper on a cutting board, so that it looks like a diamond. Add 2 tbsp of the meat mixture and sprinkle a little more cheese on top.



Roll the bottom corner up to cover the meat.



Fold in the sides.



Wet the top corner with a little water and roll it down.



Place on a tray and repeat until all the meat / cheese mixture is used up. About 12 egg rolls.



Preheat the air fryer to 390 degrees. Spray the egg rolls with olive oil. Place them in the air fryer, taking care not to crowd

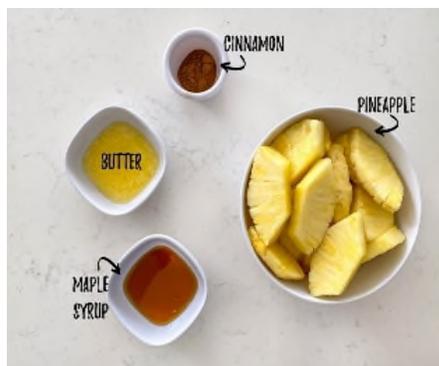


Cook for 10 minutes, turning half way through. All air fryers cook differently, so you may need to adjust the cooking time based on your machine and cook preference. Remove the egg rolls from air fryer tray. Serve with the sriracha dipping sauce. Enjoy!

Air Fryer Pineapple (Tastes like Grilled)

Sweet, caramel-ly air fryer pineapple! An absolutely perfect healthier dessert or side dish that you'll want to devour. Simple to make, with just 4 ingredients required and ready in under 20 minutes.

Serve this delicious treat on the side of your main course, or use it as a healthier dessert option. It's so satisfying, either way! It's similar to grilled pineapple, but no need to fire up the grill!



INSTRUCTIONS

(This is a summary with step by step photos, full recipe measurements and instructions)

Peel, core and slice your pineapple. Place in a mixing bowl and set aside. Then combine the butter, maple syrup and cinnamon in a small bowl and pour it over the pineapple slices. **(photos 1-2)**
Gently mix to evenly coat the slices and arrange them in a single layer in your fryer basket. **(photos 3-4)**

RECIPE

Prep Time: 8 minutes

Cook Time: 12 minutes (start at 10 since each air fryer cooks differently)

Total Time: 20 minutes

Servings: 4 Servings

Equipment

- Air Fryer

Ingredients

- 2 heaping cups sliced pineapple from approx. ½ small pineapple
- 1 tablespoon vegan butter or margarine melted, optional
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon

Optional Chili Lime Dip

- 3 tablespoons cashew cream or vegan mayo
- 1 tablespoon lime juice approx. half a lime
- ½ teaspoon chili powder

Instructions

1. Peel, core and slice your pineapple and place about 2 heaping cups worth in a mixing bowl.
2. Combine the melted butter, maple syrup and cinnamon in a small bowl, then pour it over your pineapple slices. Mix gently to even coat the slices.
3. Then place them in a single layer (slightly overlapping is fine) in your fryer basket and air fry at 380 degrees F for (check at 10 minutes due to different air fryers) 12-15 minutes, or until caramelized. Flip the pineapple once at the halfway point.
4. Enjoy warm or cold, as a side dish or dessert.

Optional Dip

1. If making the chili lime dip, combine the 3 ingredients in a small bowl while your pineapple is cooking.

Notes

Don't dump the pineapple slices into your fryer basket. Instead, spoon them in one at a time to avoid breaking them, and prevent excess liquid from dripping down below your basket and smoking.

STORAGE

In the unlikely event there are leftovers, store them in the fridge for 2-3 days in a sealed container.

You may reheat for 1-2 minutes in your fryer or toaster oven but watch carefully.

From - <https://www.sparklestosprinkles.com/air-fryer-turkey-breast/>

Air Fryer Turkey Breast (*Bone-In or Boneless*)

Air Fryer Turkey Breast is moist juicy and delicious. It will taste just like you deep-fried it but with a fraction of the fat. Once you make this you will be wanting to recreate Thanksgiving dinner every single night!

There is nothing in this world that is better than fried turkey. Seriously if you have never tried it, it is a must! But the process to Deep fry a turkey is lengthy (a bit dangerous if you aren't careful) and costs a lot of money once you buy all the peanut oil! That is why I am so excited to share with you this inexpensive way to enjoy fried turkey all year long right in your Air Fryer!

You will love Air Fryer turkey breast! It has the same flavors we love from deep-fried turkey but has zero mess and is so moist and juicy. Once you try this turkey breast recipe you will be adding it to your monthly dinner menu!

Air Fryer Turkey Breast is moist juicy and delicious. It will taste just like you deep-fried it but with a fraction of the fat. Once you make this you will be wanting to recreate Thanksgiving dinner every single night!

INGREDIENTS

- 3-4 Pound Turkey Breast, **bone-in or boneless** will work
- 2 TBSP Melted Butter
- 2 TSP Season All

INSTRUCTIONS

How to cook your Turkey Breast in the Air Fryer on a Rotisserie Spit

- If using your rotisserie spit, put your turkey breast on and attach well.
- Baste with butter.
- Season with Season All
- Insert into your air fryer.
- Set the temperature to 350 degrees and air fry for 50-60 min and the internal temperature is at least 165 degrees
- Remove the breast carefully. Allow resting for about 10 minutes before slicing.

My girlfriend Janet Deatrick Ash – found this recipe – will try on Xmas 2022 - <https://www.myforkinglife.com/air-fryer-turkey-breast/>

Air Fryer Turkey Breast (*Bone-In or Boneless*) -w/ **Mayonnaise**

Make juicy and delicious turkey breast right in your Air Fryer. Use bone-in or boneless turkey breast to make the perfect golden turkey breast in your Air Fryer.

Prep Time - 10 minutes

Cook Time - 50 minutes

Total Time - 1 hour

Servings - 10 people

Calories - 401kcal

Equipment

- Large Air Fryer
- Quick Read Thermometer

Ingredients

- 3-4 Pound Turkey Breast, **bone-in or boneless** will work
- ¼ cup mayonnaise
- 2 teaspoon poultry seasoning
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Instructions – If using a Rotisserie Spit in Air Fryer - total of 50 minutes or temperature reaches 165 degrees – no need to flip.

Bone-In Turkey Breast

1. Preheat air fryer to 360 degrees Fahrenheit.
2. Season turkey breast with mayonnaise, poultry seasoning, salt, garlic powder, and black pepper.
3. Place turkey breast in the air fryer basket on its side. Cook on one side for 25 minutes, flip, cook on the other side for 25 minutes or until internal temperature has reached a temperature of 165 degrees Fahrenheit.

Boneless Turkey Breast

1. Preheat your Air fryer to 360 degrees Fahrenheit.
2. Season your boneless turkey breast with mayonnaise, poultry seasoning, salt, garlic powder, and black pepper.
3. Air fry on 360 degrees Fahrenheit for 1 hour, turning every 15 minutes or until internal temperature has reached a temperature of 165 degrees Fahrenheit.

Notes - Cook times will vary depending on the size of your turkey breast.

*I find that my boneless breast takes a little longer than bone-in because of the way it is wrapped in the netting. *Use a quick read thermometer to ensure the internal temperature has reached 165 degrees Fahrenheit.



Basic Techniques: How to Brown Butter



by Emma Christensen

Feb 20, 2009

I love over Asparagus - absolutely YUMMY



Brown butter is one of those magical **secret ingredients** that just seems to enhance the flavor of just about anything - sweet or savory. It has a rich nutty taste and the aroma is out of this world. Even better, it's a snap to make...

To make brown butter (also called *beurre noisette*), simply start melting butter over medium heat. Use a pan with a light-colored bottom so you can keep track of the color. Swirl the pan occasionally to be sure the butter is cooking evenly.

As the butter melts, it will begin to foam. The color will progress from lemony-yellow to golden-tan to, finally, a toasty-brown. Once you smell that nutty aroma, take the pan off the heat and transfer the browned butter into a heat-proof bowl to cool.

The milk solids will cook faster and you'll see them settle on the bottom of the pan like the dregs in a bottle of wine. When you transfer the brown butter to a new container, try to leave as much of this sediment in the pan as possible. You can also strain the butter through a fine meshed strainer or cheese cloth to remove all the particles.

Then again, some people like slightly burnt taste these solids give to the butter! Try it both ways to see what you like.

It's easy enough to brown just what you need for your recipe, but you can also brown large batches of butter at a single time. It keeps for quite a while in the fridge, or you can freeze it in ice cube trays.

You can use brown butter in just about any recipe that calls for butter, including cookies, cakes, or sauces. We love spooning a little bit over pasta, fish dishes, or even **steamed vegetables**. It also makes an **excellent spread** for dinner rolls when whipped together with regular butter!

How do you like to use brown butter?

Extracted from - https://news.yahoo.com/trying-whirlpool-trick-making-perfect-scrambled-eggs-140000288.html#amp_tf=From%20%251%24s&aoh=16558265529427&csi=0&referrer=https%3A%2F%2Fwww.google.com&share=https%3A%2F%2Fnews.yahoo.com%2Ftrying-whirlpool-trick-making-perfect-140000288.html

I tried the 'whirlpool' trick for making perfect scrambled eggs, and now it's my go-to method



Paige Bennett - June 2, 2022

- [When I tried a variety of hacks for perfect scrambled eggs](#), I was impressed by the whirlpool trick.
- My new go-to method involves placing raw eggs in a boiling vortex of water and then straining them.
- The finished scrambled eggs come out super fluffy, creamy, and perfectly cooked every time.

[Scrambled eggs are simple to make](#), but they aren't always easy to get right. They can be rubbery if they're cooked over heat that's even a skosh too high, but they can be goopy and runny with too low of a temperature. I've tried many [different methods for making scrambled eggs](#) just how I like them — light yellow and fluffy with no rubbery or dry texture — but my favorite involves a boiling vortex of water.

It sounds weird, and I was pretty reluctant when I came across [this egg-cooking hack](#) online. But once I tried it, I was converted.

All you need is eggs, salt, and boiling water for this relatively simple process



I whisk the eggs in a bowl as the water starts to boil. I start the process by bringing a pot of salted water to a boil, as if I was making pasta. Just as the water begins to boil, I crack some eggs into a separate bowl and whisk vigorously for about 30 seconds. Then, it's time to make a whirlpool. I stir the water clockwise until it's swirling. While the water is still circling the pot, I pour in the whisked eggs and place a lid over them.



Ribbons of eggs quickly swirled around the pot and cooked.

I use a glass lid to cover the pot so I can watch the action unfold as the eggs quickly turn stringy. When I initially tried this method, I thought it was interesting to watch them cook this way, but I was worried — I didn't think eating long strands of eggs sounded particularly appealing.

After straining, these eggs come out light and fluffy with no rubbery texture



I like to add some salt, pepper, and butter to my eggs for extra flavor. Paige Bennett

After about 20 seconds, I use a strainer to lift the eggs out of the water and into a bowl.

I might have to blot a little extra water out of the eggs, but otherwise, they no longer look stringy and [are actually light and fluffy](#).

I like to [add butter, salt, and pepper](#) to the eggs or put them on top of toast. They're creamy, [they're not runny](#), and impressively, they don't make the bread soggy.

Even better, the clean-up process with the whirlpool trick is minimal



I might enjoy these eggs on a sandwich with cheese. Not only do the eggs come out just to my liking and cook quickly, but also the cleanup is pretty easy. There's no need to soak and scrape away caked-on scrambled eggs from a pan.

Instead, you're just cleaning up a pan that held mostly water and a strainer — I like to spray mine down immediately after using it to prevent the eggs from sticking.

Perfect eggs and no-fuss dishwashing? I'll be boiling my scrambled eggs with the whirlpool trick from here on out.

Extracted from: <https://www.allrecipes.com/article/how-to-make-french-onion-soup/>

How to Make Restaurant-Style French Onion Soup at Home



Somewhere between a starter and a full meal lies French onion soup gratinée. Here's how to make it at home.

This French country classic is the perfect mixture of sweet caramelized onions and savory beef broth, and the whole thing is topped with a crusty piece of bread draped with cheese melted until golden brown and bubbly.

It's the final step of baking cheese over the top that makes the recipe "gratinée." I'll take you through each step of making French onion soup and share simple how-to tips, plus recipes made on the stovetop, slow cooker, and Instant Pot.

1. Caramelized Onions

Don't cry over these sliced onions, they just might be the most important part to French onion soup! Ideally, you want to reach for sweeter varieties, like Walla Walla onions or Vidalias.

Or, you can use a combination of [sweet onions and regular yellow onions](#). If all you have available are yellow onions, you can boost the sweet flavor by adding a splash of balsamic vinegar or a pinch of brown sugar after the onions have been caramelized. [Cut your onions](#) in half, and then cut each half into thin slices.

Tip: When caramelizing onions, low and slow is the way to go. Make sure to take your

time and cook the onions over low heat, so that the natural sugars caramelize instead of burn. If you're doing it right, this should take 30 to 40 minutes. Make sure to stir the onions often and scrape the pot with a wooden spoon to keep all of those tasty browned bits on the bottom from burning.

Tip: When you're combining the onions and broth, pour a bit of broth into the hot onion pan and scrape up the browned bits to add to the soup.

2. Broth

Beef stock or broth forms the base of this soup to make it rich, savory, and hearty. It's the perfect complement to the sweet caramelized onions. If you're looking for a slightly lighter fare, you can swap out the beef with chicken or [vegetable stock](#), or broth. Either make your own [beef bone broth](#) or [chicken broth](#), use condensed broth mixed with water, or pop open a box of stock and skip the water. If you are using canned or boxed broth, you can fancy it up by simmering it with a few fresh herbs, a bit of miso paste, aromatics (like peppercorns or whole cloves of peeled garlic), or even a Parmesan cheese rind. Make sure to strain it first, before adding it to your soup!

Tip: Adding a splash of wine gives the soup a nice "pop" from the acid. If you don't have a bottle of red on hand, you can use white wine, red or white wine vinegar, cognac, sherry, or even a splash of brandy!

Tip: Want to add even more flavor? Add a few fresh sprigs of thyme or rosemary, or a few bay leaves to your simmering soup.

3. Bread

Slices of [French baguette](#) form the base of the classic topper for French onion soup gratinée: crusty bread and melted cheese. And, if your

bread happens to be slightly stale, that's even better! A lightly toasted or slightly stale piece of bread will absorb just enough of the broth without becoming a soggy mess by the time the soup is on the table.

Tip: No baguette on hand? Reach for other crusty counterparts, like Italian bread, stale croissants, or even store-bought or [homemade croutons](#). Just make sure to cut them to fit snugly in your bowl.

4. Cheese

Cheese is the other half of the topper for French onion soup gratinée. Traditionally, you'd use Gruyère cheese, which is similar to Swiss but with a slightly milder and nuttier flavor. You can also use Swiss cheese, which is easy to find at many grocery stores. If Swiss isn't your preferred slice, feel free to swap it out with other cheeses you like, or happen to have on hand. Grated Parmesan, shredded or sliced mozzarella, soft and creamy Brie, Havarti, or Gouda — or a combination of any of those — make great substitutions.

Tip: Slice or shred? Some like the simplicity of a slice of cheese on top of their soup. It creates a nice "lid" to the dish and doesn't make much of a mess. However, if you're looking for some authenticity (and amazing flavor), choose grated cheese. It will fall into the soup and melt, resulting in delicious melty strands of cheesy-goodness with every bite.

Tip: For easy serving, place [individual oven-proof bowls](#) on a baking sheet and fill with soup. Top with toasted bread and shredded or slice cheese. Slide the baking sheet under the broiler for 3 to 5 minutes, just until the cheese is melted and bubbly, with a toasted golden crust.

Extracted from - https://30seconds.com/food/tip/46454/Grandmas-Easy-Pineapple-Bread-Recipe-Is-Unbelievably-Moist#amp_tf=From%20%251%24s&aoh=16569619259983&csi=0&referrer=https%3A%2F%2Fwww.google.com&share=https%3A%2F%2F30seconds.com%2Ffood%2Ftip%2F46454%2FGrandmas-Easy-Pineapple-Bread-Recipe-Is-Unbelievably-Moist

Grandma's Easy Pineapple Bread Recipe Is Unbelievably Moist



Who doesn't remember their grandma pulling a warm loaf of [sweet bread](#) out of the oven? From [date bread](#) to [banana bread](#) to [gingerbread](#) to [lemon poppy seed](#) to [chocolate](#), sweet dessert bread comes in all varieties. This easy pineapple [bread recipe](#) gets its moistness from crushed pineapple. The bread is so moist that it doesn't need a glaze. Serve with a cup of coffee or tea for [dessert](#) or a [snack](#).

Cuisine: American

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour and 10 minutes

Servings: Makes 1 loaf

Ingredients

- 1/2 cup (8 tablespoons) butter, melted
- 1 cup [granulated sugar](#)
- 2 eggs
- 2 cups [flour](#)
- 1 teaspoon [baking powder](#)
- 1/2 teaspoon [baking soda](#)
- 1/4 teaspoon salt
- 1 can (8 ounces) [crushed pineapple](#), drained
- 1 teaspoon [vanilla](#)

Here's how to make it:

1. Beat together the butter and sugar with an [electric mixer](#). Add the eggs and vanilla and beat until well combined. Stir in the pineapple.
2. In a bowl, whisk together the flour, baking powder, baking soda and salt. Add the dry ingredients to the wet ingredients until just combined.
3. Pour the batter into a 9x5-inch [loaf pan](#) that's been sprayed with nonstick cooking spray. Bake in a preheated 350-degree F oven for about 1 hour or until a toothpick comes out clean. Cool about 10 minutes before removing from the pan to cool completely.

Extracted from - <https://www.campbells.com/recipes/green-bean-casserole/>

Green Bean Casserole



- prep time: **10**min
- total time: **40**min
- serves: **6**people
- calories: **231** 1 serving

It is the dish everyone is expecting on the holidays, but it is so easy to make, you can serve it any day. Created by Campbell Test Kitchen Manager Dorcas Reilly in 1955, its creamy, smooth sauce and unmatched flavor combined with its simplicity makes Green Bean Casserole so appealing. Just five ingredients and 10 minutes to put together, this family pleasing side has been a favorite for over 60 years. Looking to try a new spin on the traditional? Then try: [Bacon & Cheddar Green Bean Casserole](#).

Ingredients

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup **or** 98% Fat Free Cream of Mushroom Soup **or** Condensed Unsalted Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 4 cups cooked cut green beans
- 1 1/3 cups French's® French Fried Onions (*amount divided in recipe steps below*)

Get Ingredients Powered by Chicory

Instructions

- **Step 1**
Heat the oven to 350°F. Stir the soup, milk, soy sauce, beans and **2/3 cup** onions in a 1 1/2-quart casserole. Season the mixture with salt and pepper.
- **Step 2**
Bake for 25 minutes or until hot. Stir the bean mixture. Sprinkle with the remaining **2/3 cup** onions.
- **Step 3**
Bake for another 5 minutes or until the onions are golden brown.

Chocolate or Strawberry Milkshake without Ice Cream

Extracted from:

<https://wholefoodsoufoodkitchen.com/chocolate-milkshake-without-ice-cream/>

Chocolate Milkshake w/o Ice Cream

Can you make a creamy chocolate milkshake **without ice cream**? Absolutely! The recipe below is a **healthier version** of the classic chocolate milkshake you might know.



This **delicious milkshake** is perfect for everyone who tries to cut back on calories. It can be enjoyed all year round but tastes especially good during **hot summer days!**

Ingredients & substitution notes

- **Frozen Banana:** Instead of ice cream, we use a frozen banana. It helps to create a thick and creamy milkshake and also adds some natural sweetness. Don't worry if you're not a fan of bananas, the flavor isn't really noticeable.
- **(Medjool) Dates:** Dates are the perfect natural sweetener! They also add some fiber and nutrients as well. I highly recommend using Medjool dates because of their gooey texture and caramel-like taste! If you can't find any, regular dates will also work but you will need double to amount! If you don't want to include dates at all, you could use any other sweetener of choice such as maple syrup, honey or granulated sugar.

- **Cocoa Powder:** We used unsweetened cocoa powder in this recipe.
- **Melted Chocolate of Choice (optional):** For some ultimate chocolatey flavors, can be omitted but the milkshake will taste a bit different. Use vegan chocolate vor a vegan milkshake.
- **Milk of Choice:** You could use regular cow's milk or a non-dairy milk of choice such as oat milk, soy milk or almond milk. The higher the fat content of your milk, the creamier your milkshake will be! Make sure to use cold milk!
- **Ice Cubes:** To further thicken the milkshake.

How to make a chocolate milkshake without ice cream

This healthy chocolate milkshake recipe includes only **6 basic ingredients** and is ready within **5 minutes**.

For best results, you'll need a fairly **strong blender**. A regular blender won't be able to chop up the dates and create a perfectly smooth and creamy texture.

Step 1: blend

Add **all of the ingredients** to a high-speed blender and **blend** until smooth.

If you prefer a **thicker** texture, use less milk or add more ice cubes. For a **runnier** milkshake, gradually add more milk.

Step 2: assemble

Transfer the shake to a serving glass and add toppings of choice such as whipped cream or cocoa powder.

Extracted from:

<https://wholefoodsoufoodkitchen.com/strawberry-milkshake-without-ice-cream/>

Strawberry Milkshake w/o Ice Cream



This homemade strawberry milkshake makes a **delicious summer dessert** and the perfect drink to try this **strawberry season**. It's a **healthier milkshake recipe**, made without ice cream, yet thick and creamy.

- **2 cups frozen strawberries**
- **1½ - 2 cups soy milk (or any other milk)**
- **3-5 Medjool dates *or regular, small ones**

Instructions

1. Put **all of the ingredients** to a (high speed) blender. Blend until smooth.
2. Start with 1 ½ cups of milk and gradually add more milk if you prefer a **thinner consistency**. Or add more frozen strawberries for a **thicker and creamier shake**.
3. **Adjust sweetness** by adding more dates or other sweetener of choice (maple syrup, honey, etc.)

Notes

- **Dates:** Feel free to replace them with any sweetener of choice such as regular white sugar, honey, maple syrup, agave syrup, stevia etc.

Tips:

- **Cold Glass:** Pop your serving glass in the freezer. Once its cold, the milkshake will stay cold and thick for longer. And make sure milk is very cold also.

Potato Latkes (Idaho or Russet)



Ingredients:

- 1) 1 egg
- 2) 2 tbsp. All-Purpose Flour
- 3) 1 tsp. Salt
- 4) 1/4 tsp. Baking Powder
- 5) 3 cups Cubed Raw Potatoes
- 6) Optional – Crushed Red Peppers



Assemble blender:

- 1) Put egg, salt, flour, baking powder and 1/2 cup of potato cubes into blender container.
- 2) Cover and process at GRATE until smooth.
- 3) Add remaining potatoes, cover and process 2 cycles at GRIND.
- 4) Pour onto a hot, well-greased griddle.
- 5) Drain on absorbent paper.
- 6) **Makes 12 latkes (pancakes).**

Extracted from - <https://downshiftology.com/recipes/strawberry-banana-smoothie/>

Strawberry Banana Smoothie

This **strawberry banana smoothie** is an easy, wholesome recipe made from fresh ingredients. It's creamy, sweet, healthy and can be made with dairy or dairy-free. It's the perfect summer smoothie!



Best Strawberry Banana Smoothie

One of the best ways to enjoy summer is drinking a cold and refreshing smoothie made from **fresh ingredients**. I'm definitely a smoothie lover as it's so easy to toss a bunch of ingredients into my Vitamix and 30 seconds later have an amazing drink. And with strawberries in abundance in the markets right now, it only makes sense to whip up this classic strawberry banana smoothie recipe. I can get fancy with smoothies and include chia seeds, collagen, hemp seeds and other fun ingredients, but a simple, straightforward smoothie is just as delicious. So think of this **strawberry banana smoothie** as your little black dress. It's a classic. Because what's not to love about fresh, seasonal strawberries, sweet bananas and creamy yogurt?

My Strawberry Banana Smoothie Tips

- **Don't use all frozen fruit.** If you were to use both frozen strawberries and a frozen banana, you're likely to end up with a super thick texture more similar to my [Strawberry Frozen Yogurt](#) recipe. So instead, use fresh strawberries and a frozen banana. If you only have frozen strawberries, let them thaw before using.
- **Don't add any sugar.** It's crazy that some recipes call for a sweetener with a full fruit smoothie. Mother nature has given us plenty of sweetness in the strawberries and banana so there's no need to add extra sugar.
- **Make it with dairy or dairy-free.** You can make this strawberry banana smoothie with dairy or dairy-free/vegan. I've got recipes for both [homemade yogurt](#) and a dairy-free [coconut yogurt](#). You can also use regular milk or my [cashew milk](#) or any healthy store-bought dairy-free milk or yogurt options as well.
- **Don't add ice.** Using a frozen banana in the recipe keeps the drink cold, but it doesn't water it down. Adding ice to smoothies makes them watery pretty quickly.

How To Make A Strawberry Banana Smoothie

It truly is as easy as adding the strawberries, frozen banana, milk and yogurt to your blender and blending until nice and creamy. If you make it as per the recipe below, it should be cold and drinkable but not too thick. The perfect consistency!

Strawberry Banana Smoothie Recipe

PREP TIME: 5 mins

TOTAL TIME: 5 mins

SERVINGS: 2 servings

Strawberry Banana Smoothie Ingredients

Want to know what's in this delicious smoothie? Just a handful of fresh ingredients, including:

INGREDIENTS

- 2 cups **fresh** strawberries, halved
- 1 banana, quartered and **frozen**
- 1/2 cup Greek yogurt
- 1/2 cup milk

Instructions

- Add all ingredients to a high-powered blender and blend until smooth.

SOME GREAT RECIPES I HAVE COLLECTED – Arlene E. Litvin // 856-772-0072 // Updated 2/2/2007

RASPBERRY GLAZED CHICKEN

| | |
|--------------------------------------|--------------------------------------|
| 3 tbsp. olive oil | salt and pepper |
| ½ cup diced red onion | 1/3 cup seedless raspberry preserves |
| 1 tsp. dried thyme | 2 tbsp. balsamic vinegar |
| 4 boneless, skinless chicken breasts | |

In large sauté pan, heat the olive oil. Saute the red onion over low heat until tender, about 5 to 7 minutes. Rub the dried thyme, salt and pepper onto the chicken breasts. Place chicken into pan and sauté for about 10 minutes on each side until golden and cooked through. Remove chicken from pan and keep warm. To the same pan, add the raspberry preserves and balsamic vinegar. Stir constantly until preserves melt. Spoon over chicken and serve.

POTATO LATKES

| | |
|--------------------------------|---------------------------|
| 1 egg | 2 tbsp. All-Purpose Flour |
| 1 tsp. Salt | 1/4 tsp. Baking Powder |
| 3 cups Cubed Raw Potatoes | |
| Optional – Crushed Red Peppers | |

Assemble blender.

Put egg, salt, flour, baking powder and 1/2 cup of potato cubes into blender container.

Cover and process at GRATE until smooth.

Add remaining potatoes, cover and process 2 cycles at GRIND. Pour onto a hot, well-greased griddle. Drain on absorbent paper. Makes 12 latkes (pancakes).

DIPPING OIL FOR BREAD

| | |
|--|----------------------------|
| 1 tsp. Minced Garlic (i.e. - McCormick – California Style) | |
| 8 ozs. Regular Olive Oil | ½ tsp. Crushed Oregano |
| ½ tsp. Crushed Basil | ½ tsp. Crushed Red Peppers |

- Heat olive oil in sauce pan on stove and then put all ingredients in. Let olive oil absorb the flavoring. You can add more of any item (based on your taste).
- Then pour heated ingredients into the container.
- Then pass out the little plates and lots of delicious Italian bread and “Mangia”.
- The dipping oil gets even better after the first days (the ingredients really get into it). Just reheat and enjoy again and again and again.

ORANGE MERINGUE RICE PUDDING

| | |
|-------------------------------|------------------|
| 2 cups milk | 1/2 tsp. vanilla |
| 1/3 cup long grain rice | dash of salt |
| 2 beaten egg yolks | 2 egg whites |
| 2 tbsp. orange marmalade | 3 tbsp. sugar |
| ½ cup dark raisins (optional) | |

In a heavy saucepan combine milk and rice. Bring to boil; reduce heat. Cover and cook over low heat about 15 minutes or until rice is tender. Remove from heat.

Gradually stir about 1 cup of the hot rice mixture into beaten egg yolks. Return all to the saucepan. Stir in orange marmalade, vanilla and salt.

Pour rice mixture into a 8 x 6½ x 2-inch baking dish. Bake, uncovered, in a 350° oven for 12 minutes. Remove from oven. Stir rice mixture well.

At this point – if you want the raisins – add them and stir into rice mixture.

For meringue, beat egg whites until soft peaks form. Gradually add sugar, beating until stiff peaks form. Spread meringue evenly over the rice mixture, sealing to edges of baking dish. Swirl to make decorative peaks.

Return to 350° oven; bake for 8 to 10 minutes more or until meringue is golden brown.

Serve the pudding warm or cool in individual dessert dishes. Makes 6 servings.

SWEET & CREAMY PUMPKIN DIP

| |
|---|
| 1 pkg (8 oz.) cream cheese - softened |
| 2 cups confectioners sugar |
| 1 Can (15 oz.) pumpkin |
| 1 tbsp. McCormick Pumpkin Pie Spice |
| 1 tsp. McCormick Orange Extract |
| ½ tsp. McCormick ground Ginger |
| for Dipping – use Gingerbread Cookies or sliced apples or pears (tossed in lemon juice) |

In a food processor, blend cream cheese and confectioners sugar until smooth.

Remove cover and add pumpkin and remaining ingredients. Blend thoroughly.

Chill 30 minutes or until ready to serve.

Serve with Gingerbread cookies or sliced fruit.

How to Freeze Fresh Strawberries

By Willow Sidhe, eHow Contributor

Extracted from:

http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html



Freeze Fresh Strawberries

Strawberries are a false fruit, meaning that they are not formed by the ovary of the strawberry plant. Instead, they are formed by the bottom of the hypanthium, which holds the ovaries up. They were bred originally in Europe and have become a popular [food](#) worldwide. Strawberries will not remain fresh at room temperature or while refrigerated for very long, but they can be frozen, extending their life span by many months. [Does this Spark an idea?](#)

Things You'll Need

- Strawberries
- Produce wash
- Colander
- Paper towel
- Knife (Optional)
- Baking pan
- Ziploc bags

Instructions

1. Spray down the strawberries with a store-bought produce wash to remove any chemicals or harmful additives on the surface of the strawberries.
2. Move all of the strawberries into a colander and rinse under cool water. Rinse thoroughly, ensuring that all of the produce wash is removed.
3. Dry all of the strawberries with a paper towel. Strawberries are very delicate and can be easily damaged, so dry them gently.
4. Remove the green caps from the top of the strawberries. Use a knife or your fingers to gently tear them from the rest of the strawberry.
5. Form a single layer of strawberries on a baking pan and move them into the freezer. Allow them to sit uncovered for three to four hours, or until thoroughly frozen.
6. Remove the strawberries from the freezer and place them in large Ziploc bags. Leave a small gap in the seal of the bag and press all excess air out of bags, then finish sealing. This will prolong the life of the frozen strawberries.
7. Place them back into the freezer and keep them there until you're ready to use them. The strawberries will stay fresh for about one year.

Read more: [How to Freeze Fresh Strawberries | eHow.com](http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html#ixzz1sLE5djZi)
http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html#ixzz1sLE5djZi

Extracted - <https://www.realsimple.com/food-recipes/shopping-storing/food/how-to-store-watermelon>

How to Store Watermelon So It Stays Juicy & Fresh

By [Melissa Kravitz Hoeffner](#) May 18, 2022



There's no pleasure like biting into a sweet, [juicy summer watermelon](#). The fresh flavor, the texture, the beautiful color. It's perfection! But many of us watermelon lovers have sadly encountered the sad, starchy, less-than-flavorful slice—a major disappointment. This season, keep your watermelon fresh and delicious with our storage tips.

How to Buy Watermelon

The first step to preserving your watermelon's freshness: [buying a nice watermelon](#). No matter what size or seed quantity you're going for, you want a watermelon with a firm exterior. If you can press your finger into it, it's no good. Try finding a watermelon free of dents and cuts, which can also lead to overripening.

When you tap your watermelon, it should sound hollow, like a drum. That means there's delicious fruit and juice inside waiting to escape.

How to Store Watermelon

If you're not eating your watermelon right away, store it on the countertop, but out of direct sunlight. The USDA recommends leaving melons out at room temperature to maintain nutrients and flavor. In air conditioning or temperate weather, a fresh watermelon will be fine sitting on the counter for one to two weeks. According to the [Watermelon Board](#), 55 degrees is the ideal temperature for a whole watermelon to be stored at.

If your watermelon is ripe and you don't have time to eat it, don't panic. But don't slice either. Slide that whole watermelon into the fridge, where it will stay fresh for two to three more weeks. The cool temperature of the refrigerator will slow the ripening process.

How to Store Cut Watermelon

Time to slice? Wash the outside of your watermelon thoroughly and use a [sharp chef's knife](#) or cleaver to slice off the bottom of the rind, leaving a flat surface for the rest of the carving. From here, you can make pie-shaped watermelon slices, cubes, or use a melon baller. If you prefer eating your melon cold, throw the fresh pieces into the fridge for an hour to chill. Make sure all the cut watermelon is tightly wrapped, in an air-tight [food storage container](#) or with plastic wrap (or an eco-friendly alternative) to preserve the texture and the juiciness.

How to Store Watermelon Juice

Watermelon juice is at its best when it's cold, so keep it in the fridge in a sealed container for up to four days. The liquid may separate a bit, so just shake it up before you drink it.

How to Store Watermelon Rind

Before you throw out the rind you separated from your watermelon flesh, consider pickling it! [Pickled watermelon rind](#) is a popular Southern condiment, and can be used in a variety of dishes or just eaten as a snack. The Watermelon Board's [Rind Headquarters](#) is also full of fun ideas for consumers who want to experiment with their rinds. For example, you can roast it, [braise it](#), grind it into a gazpacho, [shred it into a quiche](#), use it as a [charcuterie accoutrement](#), and more. Meet your new favorite ingredient: Watermelon rind, because its applications are (almost) endless for sweet and savory dishes, plus, you already paid for it, so it's kind of a free bonus.

Can You Freeze Watermelon?

Yes, you can freeze watermelon, but definitely don't freeze the fruit whole. A whole watermelon in the freezer will get grimy, be impossible to slice into unless defrosted (and super-mushy at that point), and, depending on the actual juice content, may actually burst in your freezer!

That said, freezing watermelon can yield quite delicious results, and is a great way to [prevent food waste](#). Frozen watermelon will stay fresh in the freezer for about a year. To freeze watermelon properly, follow the steps below:

1. Cut the melon into small pieces. Balls or cubes work best, as they are easy to use in a variety of dishes.
2. Remove the seeds.
3. Spread the watermelon pieces on a baking sheet lined with [parchment paper](#), making sure that they don't touch each other.
4. Place the tray in the freezer for a few hours to flash-freeze the pieces. You will know they're frozen once they are firm.
5. Move the watermelon chunks to a freezer-safe container or storage bag, label it with the date, and place it in the freezer.

You can use these still tasty watermelon pieces in cold summer drinks, like sparkling water, lemonade, or [seasonal cocktails](#). If you are up for juicing your watermelon, freeze it in popsicle molds for a refreshing treat. Frozen watermelon can also be delicious in smoothies or tossed into [blended cocktails](#).