

Take Your Kitchen Appliances Out for a Spin

Technology and innovation in the home kitchen are ever changing. This workshop covers four modern kitchen appliances: the spiralizer, slow cookers, the air fryer, and the newest type of electric pressure cooker. The information provided will discuss the purpose and functionality of each appliance, the economic and environmental benefit, safe operation, and using the appliances to make healthier choices.

Spiralizers: Fad? Or New Standard?

What began as a trend for Vegans is now a standard in many kitchens

Why spiralize?

- It's cheap, fun and gets kids to eat more veggies!
- Grain-free "pasta"; 1 cup of spiralized veggies are 300 fewer calories than 1 cup of regular pasta
- Budget-friendly when using in-season veggies/fruits
- Versatile: nearly every type of fruit or vegetable can be spiralized
- Makes beautiful, interesting versions of ordinary fruits and veggies; fettuccine like ribbons, angel hair, chips

What types of spiralizers are available?

- Two general categories: countertop models and handheld models.
- Most have three blades:
 - A flat "fettuccine"-type: slices and veggie chips
 - Small and large julienne blades: "angel hair" and all-purpose "spaghetti" shapes.
 - Additional blades for coarse and fine shredding.
- Most fall in the \$25-\$45 price range and are constructed from a similar molded white plastic.
- Horizontal /countertop:
 - About the size of a large shoebox and operate in much the same manner as an apple peeler with a toothed grip that holds the produce and a crank handle that rotates the grip and guides the fruit or vegetable through one of a series of interchangeable blades.



Pictured Above: Handheld Spiralizer



Pictured Above: Countertop Spiralizer



Pictured Above: Electric Spiralizer

Can spiralized vegetables be frozen?

Many spiralized vegetables can easily be frozen.

- Best for freezing: sweet potato, butternut squash, beet, carrot, and broccoli stems

While zucchini and cucumber noodles can be frozen, they contain such a high amount of water that they break down when thawed. When ready to cook, you can add directly to your pan and cook, covered, until thawed or allow to thaw overnight in the fridge.

Storing spiralized vegetables: In water in the refrigerator for up to three days

Air Fryers

First released in 2010 and originated in Europe and Australia before moving into the Japanese and North American markets.

How do Air Fryers work?

- Operate by circulating hot air that contains fine oil droplets around food, working as a convection appliance
- Cook faster than an oven and produce crispy and crunchy exteriors
- Often for foods that are typically fried, such as French fries, or frozen breaded food

Benefits of using an Air Fryer

- Use 70-85% less oil than traditional frying
 - Although air fryers are a better alternative to conventional frying, limiting intake of fried food is the best option for optimum health
- Desserts made in air fryers are often still high in sugar and low in nutrients. Consume in moderation. Use MyPlate as a guideline to create a healthy meal.

Popular foods in an Air Fryer:

- French Fries
- Fish
- Breaded Appetizers
- Steak
- Chicken
- Potatoes
- Vegetables
- Desserts (brownies, cakes, churros)

Purchasing Guide

Size

3 quart fryer- one or two people
3-4 quart fryer-four or more people

Cost

\$40-\$100 for simple, compact models
\$250-\$400 for large, multifunctional models



Foods that do not work in an Air Fryer

- Raw vegetables: Frozen vegetables crisp up better than fresh
- Light leafy greens: flies around when in the air fryer. The exception of this is kale chips which is weighed down with oil.
- Fresh cheese: tends to melt in the air fryer. If wanting to make fried cheese curds, aim for frozen cheese or freeze mozzarella sticks before air frying.
- Liquid battered food: flies around in the air fryer making a mess.

Cooking Suggestions

- Add 1-2 teaspoons of water to drawer if the food is high in fat. This will prevent a high amount of smoke from coming out the fryer
- Flip food or shake basket when cooking
- Always preheat air fryer before use. Preheat for an average of three minutes.
- Make herbs and spices stick to the food better by mixing with oil and preventing them from flying around the fryer
- Do not flip drawer to serve-the oil in the bottom will cover the food.

- High quality olive oils are okay to use in air fryers since their smoke point is still below the average temperature of an air fryer. Measure out oil to prevent using too much or too little
- Do not overcrowd the basket, this can prevent food from cooking evenly.
- Reheat food: Set temperature to 350°F and check food to make sure it reaches 165°F

What's with the Smoke?

White smoke: Grease/fat is burning on the bottom-add water to the bottom of air fryer to prevent in the future.

Black smoke: Food is stuck in the heating element.

Cleaning & Maintenance

- May vary from one fryer to another, always read instruction manual first
- Always unplug the appliance before cleaning
- Clean basket with hot, soapy water and a brush or sponge after each use, be careful not to damage Teflon coating
- Wipe exterior with a wet kitchen towel
- Use a hard-bristled brush to remove any food particles from the cooled heating element in the air fryer
- Clean after every use

Converting Recipes from Oven to Air Fryer



Reduce temperature by 25-30°F

Reduce cooking time by 20%

Electric Pressure Cookers

Electric pressure cookers have evolved since they were first patented in 1991. There are currently three generations of electric pressure cookers with each generation more innovative than the previous. The first generation electric pressure cookers are seldom used in North America; however, in Asia, they are still popular for the cost-conscious consumer.

What's the Difference: Electric Pressure Cooker, Pressure Canner, and Multi-cooker?

- **Electric Pressure Cooker:** The two main types of pressure cookers are stovetop and electric cookers. Electric pressure cookers are stand-alone appliances only requiring an outlet to function correctly rather than heat from a stovetop. Stovetop pressure cookers need constant monitoring and adjustment for pressure, while electric pressure cookers simplify the process and maintain pressure without constant supervision. Pressure cookers reach temperatures above the boiling point of 212°F trapping steam inside the appliance. Due to the high amount of steam held in the pressure cooker, the temperature is higher, and the food is cooked more quickly than usual. A pressure cooker is NOT a pressure canner and should not be used to process food for preservation. 
- **Pressure Canner:** Explicitly used for preserving low acid foods such as vegetables, meat, poultry or wild game in canning jars. A pressure canner reaches temperatures higher than a water bath canner to destroy harmful microorganisms and maintain consistent pressure over time, unlike a pressure cooker. There are two types of canners: Weighted Gauge and Dial Gauge 
- **Multi-cooker (Example-Instant Pot®):** Typically, a multi-cooker is an electric pressure cooker with additional functions such as a slow cooker, rice cooker, yogurt maker, used as a steamer, or sauté food. 

Advantages & Disadvantages of Electric Pressure Cooker

Advantages

- **Quicker & Less Expensive Meals:** Inexpensive meats are tenderized and cooked faster in a pressure cooker
- **More Flavor:** pressure cooking creates intense flavors with less added fat and seasoning
- **Safe & Efficient**
- **Variety**
- **Energy & Time Saver:** Cooks food 50% faster than a conventional oven, and uses 50-75% less energy due to the shortened cooking time
- **More nutrients:** Food cooked under pressure retains more nutrients as fewer vitamins & minerals are washed away in boiling water

Disadvantages

- **Bulky:** Large, and takes up counter space
- **Price:** Ranges from \$50-\$250
- **Initial Education:** Read the instruction manual before use, and review food safety precautions
- **Unable to check on food:** For safety and cooking accuracy, pressure cookers lock, and food cannot be checked throughout the cooking period to watch for overcooking

Getting Started with an Electric Pressure Cooker/Multi-cooker

Not every electric pressure cooker and multi-cooker is the same. After purchasing, read the instruction manual and review before use:

- Parts of the appliance
- Features
- Settings
- Safety Procedures
- Cleaning

Electric Pressure Cooker Size Guide

3 Quart Pot: 1 Serving

6 Quart Pot: 4-6 Servings

8 Quart Pot: 6-8 Servings

Basic Parts of the Electric Pressure Cooker & Cleaning Recommendations

Always read the instruction manual as different brands and models may differ for care. Always cool down and unplug before cleaning.

Base Unit/Heating Element: Similar to a slow cooker, the heat is produced by the outermost part of the appliance. Never submerge in water for cleaning.

- ❖ Use a damp cloth to clean the outside of appliance as well as the lid.

Inner Pot: The inner pot fits inside the base unit, removable for washing, and is essential for cooking. Never operate an electric pressure cooker without the inner pot in place.

- ❖ Wash after every use as it directly touches food. Stainless steel may develop a bluish or rainbow color caused by salt or minerals found in food or water. A non-abrasive stainless-steel cleaner will remove this, or white vinegar or lemon juice will also remove these marks. Do not use steel wool or it may scratch the pot. For hard stains, pour vinegar on the bottom of the inner pot and allow to sit for 5 minutes then rinse.

Silicon/Inner Ring: The inner ring seals in the pressure in the electric pressure cooker and fits inside the lid. The silicon ring stretches over time and according to the Instant Pot brand, should be replaced every 18-24 months with frequent use.

Tip: Keep two different rings, one for savory and one for sweet food as the inner ring absorbs food odors.

- ❖ Clean often. Wash by hand, or place in dishwasher. Once the sealing ring is completely dry, place back in the lid.

Floating Valve & Shield: The floating valve, when pushed up, indicates the electric pressure is sealed, and serves as a lock, preventing the lid from being opened and pressure released. The shield prevents food from getting trapped in the floating valve.

- ❖ Wipe clean with a damp cloth to remove any food particles and prevent food from getting stuck for future use.
- ❖ To clean the Anti-block shield hand wash in warm, soapy water and dry with a soft cloth. Place back on appliance once completely dry.

Pressure Release Handle: The handle on the lid is used to switch electric pressure cooker to quick release of pressure or natural release of pressure. Always be cautious when using the pressure release handle to avoid steam burns.

Settings

- Refer to owner’s manual first
- The basic setting of an electric pressure cooker or multi-cooker indicate:
 - **Normal**-Indicates the multi-cooker is functioning as a slow cooker and not sealed or under pressure
 - **High**-Food is cooked at high pressure. *10.2-11.6 psi or 239°F-244°F**
 - **Low**-Food is cooked at low pressure. *5.8-7.2 psi or 229°F-233°F**
 - **Keep Warm**-Typically automatically turned on once finished cooking. *Temperatures around 145-172°F**
 - **Manual**- Set a custom pressure cooking time. The timer does not start until pressure is reached

**The temperatures are based on the Instant Pot® Model and may not be applied to every brand of electric pressure cooker*

Releasing Pressure Safely

Recipes should indicate if the food needs a quick release (QR), natural release (NR), or a combination of quick and natural release (NR 10). If not, the third row provides examples of foods for each pressure release method.

Quick Release (QR)	Natural Release (NR)	Combination (NR 10)
Prevents Overcooking	Prevents steam from splattering	Extends cooking time, but prevents splattering
1-2 minutes to completely depressurize	10-30 minutes to completely depressurize	Wait 10-15 minutes, then quick release
Seafood, delicate vegetables such as broccoli, corn & bok choy	Broth, grains, beans, meats, stews, and soups	Stews, Chili, Combination Meals

Cooking with an Electric Pressure Cooker: Tips

- **Doubling the recipe does not mean doubling the cooking time.** The cooker will take longer to get to pressure. Generally, the pressure cooker should not be more than 2/3rd full.
- **When pressure cooking noodles, choose noodles that require at least 8 minutes of normal cooking time.** Cut the cooking time in half in an electric pressure cooker. Noodles that require less than 8 minutes do not hold up well under high temperatures.
 - *When combining noodles with other foods, put the dry noodles on top. Noodles submerged in liquid leads to a mushy texture.*
- **Cut food the same size for even cooking.**
- **Account for the time the pressure cooker takes to preheat and time for pressure to release when considering total cooking time.** Preheat and release time may add an extra 30-45 minutes for meal preparation.
- **Water or liquid must be present for food not to burn.** Because the electric pressure cooker depends on steam to work correctly, the liquid needs to be present. Typically ½ cup -1 cup of liquid.
 - *Hot liquid helps the electric pressure cooker come to pressure quicker than cold. If the recipe calls for cold liquid, follow the recipe and do not add hot liquid. The hot liquid will speed up cooking time and food may come out undercooked.*
- **Dried beans double in volume when cooked.** Avoid overflow by keeping beans less than half full in the inner pot.
 - *Tip: If the electric pressure cooker does overflow, just switch pressure release handle to natural release to prevent a mess.*
- **Foods such as applesauce, cranberries, pearled barley, oatmeal, and split peas may foam or froth during cooking and could potentially clog the vent.** Use extreme caution when cooking with these items and avoid overfilling.

Adjusting a Recipe for an Electric Pressure Cooker

- Cut cooking time by half
- Cut cooking liquid by half
- Avoid adding thickener until after cooking

Food Safety Reminders for an Electric Pressure Cooker

- Do not fill electric pressure cooker past 2/3rd full to prevent overfilling.
- Do not block the steam vent
- Make sure the steam release handle is set in the sealing position during pressure cooking
- Use a food thermometer to check the temperature of food after cooking to kill harmful bacteria
- Frozen food can be placed in an electric pressure cooker, but expect extended cooking time and the increased time for the cooker to come to pressure
- After cooking, place leftovers in a shallow container and refrigerate.

- Read recipes carefully; perishable foods should not be placed in an electric pressure cooker unless food is being prepared immediately. Recipes that indicate delayed cook for perishable food may not destroy harmful bacteria under pressure.
- **It is not recommended to use an electric pressure cooker to preserve food.** Even if there are recipes or features on the electric pressure canner, the USDA does not suggest using the cooker for pressure or steam canning. Scientifically tested recipes have not been developed for an electric pressure cooker. It is unknown if thermal processing work has been done to justify canning advice given by electric and multipurpose pressure cookers. Pressure canning in an electric pressure cooker is a serious health risk.

Slow Cookers



Defining a Slow Cooker: A slow cooker consists of a glazed ceramic or porcelain container, or crock while housed in a metal casing with an electric heating element. The cooker heats from the bottom and sides and slowly builds in temperature.

How Does it Work?

The tight-fitting lid allows condensation to run down inside forming a water seal that aids in the retention of flavor and heat.

Settings

Most cookers have two settings, sometimes more. The settings are how much control you want over the food. Both “HIGH” and “LOW” setting stabilize at the same temperature; it’s just a matter of how long it takes to reach a simmer point (209°F).

- Low Setting:** 7-8 hours to reach the simmer point
- High Setting:** 3-4 hours to reach the simmer point



Food safety disclaimer about large pieces of meat on low

Favorite Uses

- Soups & Stews: The slow cooking helps develop flavors
- Less Tender Meat: The slow moist heat needed to break down proteins makes slow cooking ideal
- Rice Cooker: Anytime recipes need a gentle heat, slow cooking is a great fit. Rice should be cooked with a 1:1 ratio for rice and water.
- Fondue Pot: A good fit for hot holding cheese and chocolate.
- Hot Beverages: Keeps beverages like ciders, tea, or hot chocolate hot.
- Hot Holding Food: Preheat slow cooker before adding hot food for serving only. Preheat and add hot liquid if possible. **Preheating on high for the first hour will ensure a rapid heat start and shorten time food is in the danger zone. NEVER REHEAT FOOD IN A SLOW COOKER.**

Cooking Strategies

- Chop or portion out food the day before, store in the refrigerator, and quickly put in a slow cooker the next morning.
- Use non-stick spray or slow cooker liners for easy clean up.
- Consider the order the food is put in the slow cooker.
 - Put root vegetables like onions, potatoes, carrots, winter squash, and other hard vegetables closest to the heating unit, near the sides or bottom.
 - Vegetables like broccoli and cauliflower can handle a few hours of cooking. Add them at the beginning when cooking 4-6 hours or in the middle for longer cooking times.
 - Delicate vegetables like pea, corn, spinach and other greens should be added in the last half hour of cooking.

Meat Suggestions:

- Buy big cuts of meat that will easily fit the slow cooker or cut into small pieces. The lid should securely fit on top of the cooker.
- Trim off skin from poultry and excess fat to improve the nutritional content and make the produce less oily.
- Fat retains heat causing a rise in temperature of the cooking liquid thus overcooking the meat.
- Browning meat is not necessary but may improve flavor and appearance before placing in a slow cooker.

Additional Tips:

- **Pasta:** Cook in a pot of boiling water until just tender. Add the pasta to the stoneware during the last half hour of cooking.
 - **Rice:** Always use long grain converted rice. If it doesn't seem to cook completely after the suggested time, you may try adding an extra 1 to 1 2/3 cup of liquid per cup of rice.



- **Beans:** Soften completely before combining with sugar and/or acid foods (NOTE: Sugar and acid have a hardening effect on beans and will prevent softening) in the slow cooker.



- **Dried Beans:** Especially red kidney beans, should be boiled before adding the remaining ingredients to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes, reduce heat, cover and allow to simmer 1 1/2 hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

- **Breads & Cakes:** Do not over-beat breads and cakes. Follow all recommended mixing times. When baking these, do not add water to the slow cooker unless it specifically says to in the recipe. After breads and cakes have finished cooking, allow them to stand for 5 minutes before from the cake pan.



- **Thickening:** Add some quick-cooking tapioca to any recipe when you want to make a thick gravy. Add the tapioca at the beginning and it will thicken as it cooks! Many recipes are best thickened at the end of cooking.



- **Delicate Ingredients such as dairy and seafood:** Dairy products and seafood tend to break down during long cooking processes. Add them during the last 15-30 minutes. In some recipes you may add condensed soup in the replace of milk when using the slow cooker for several hours.

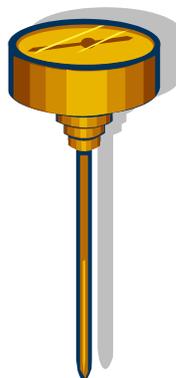


Food Safety for Slow Cookers

- Do not overload the crock. Fill to a minimum of ½ full and maximum of 2/3 full. Underfilling will cause food to burn or dry out and overfilling will prevent the food from cooking properly.
- When cooking with just meat or poultry, cover with liquid, such as water or stock. Adding liquid creates steam and ensures effective heat transfer throughout the crock.
- Do NOT put frozen meat in slow cooker. Frozen meat does not reach a safe temperature fast enough when placed in a slow cooker, leaving food in the temperature danger zone and harmful bacteria to grow.
- Keep the lid in place. Every time the lid is lifted add 20-30 minutes of extra cooking time.

Cleaning & Maintenance

1. Always turn off the slow cooker, unplug it, and allow it to cool before cleaning.
2. Most removeable crocks and lids are dishwasher safe but check manufactures instructions first.



Slow Cooker Test for Safety

Unsure if the slow cooker works correctly or efficiently? Try this test.

1. Fill the slow cooker ½ to 2/3 full of water.
2. Heat on a low setting for 8 hours with the lid on.
3. Check the water temperature with an accurate thermometer. It must read at least 185°F.

Hand Washing:

- Wash with hot soapy water using a cloth, sponge, or rubber spatula
- DO NOT use a scouring pad or abrasive cleaner
- Stoneware does not withstand sudden temperature changes. Do not immerse in cold water when the crock is hot.

Reference in this publication to any specific product or brand name is for educational and informational purposes only and does not constitute an endorsement, recommendation, of any kind by University of Illinois Extension. Persons using such products assume responsibility for their use by current directions of the manufacturer.

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Take Your Kitchen Appliances Out for a Spin Recipes

Slow Cooker Recipes



Sweet & Sour Sausage Balls

Makes 32 2-oz. servings

Ingredients

1/2 cup brown sugar	1 Tbsp. low sodium soy sauce
2 lbs. turkey sausage	1 Tbsp. lemon juice
1 1/4 cups ketchup	1 (20-oz.) can chunk pineapple, in juice

Directions

1. Wash hands with soap and water.
2. Roll sausage in balls the size of a walnut.
3. Brown sausage balls in a skillet.
4. Place browned sausage in slow cooker and add other ingredients.
5. Cook on High for 4 hours or until meatballs test done (160°F) with a thermometer.

Nutrition Facts: (Amount Per Serving) 80 calories, 2.5 g. total fat, 0.5 g. saturated fat, 20 mg. cholesterol, 310 mg. sodium, 9 g. total carbohydrate, 0 g. dietary fiber, 5 g. protein.

Slow Cooker Cider

Makes 10 6-oz. servings

Ingredients

2 quarts apple cider	1 tsp. whole cloves
1/2 cup brown sugar	1 tsp. whole allspice
2 cinnamon sticks (about 4-inch sticks)	1 orange, sliced

Directions

1. Wash hands with soap and water.
2. Place cider and brown sugar in slow cooker on High; stir until sugar dissolves.
3. Place cinnamon sticks, cloves, and allspice in a double thickness of cheesecloth; bring up corners of cloth and tie with a string to form a bag.
4. Add spice bag and orange slices to cider.
5. Cover and cook on low for 3-5 hours.
6. Remove spice bag before serving.

Nutrition Facts: (Amount Per Serving) 140 calories, 0 g. total fat, 0 g. saturated fat, 0 mg. cholesterol, 20 mg. sodium, 35 g. total carbohydrate, 0 g. dietary fiber. 0 g. protein.

Spinach Lasagna

Makes 12 1-cup servings

Ingredients

2 (28-oz.) cans no added salt diced tomatoes, drained	1/2 cup grated Parmesan cheese
1 Tbsp. Italian seasoning (oregano, basil, garlic mixture)	1 (12 oz.) package dry lasagna noodles
Black pepper to taste	1 (10-oz.) package frozen chopped spinach, thawed and drained
16 oz. reduced fat ricotta or cottage cheese	8 oz. part skim mozzarella, grated cheese

Directions

1. Wash hands with soap and water.
2. In a medium bowl, combine the tomatoes, Italian seasoning, and pepper.
3. In another medium bowl, combine the ricotta and Parmesan cheeses.
4. Spoon 1/3 cup of the tomato mixture into the bottom of the slow cooker. Top with a single layer of noodles. Add half of the spinach. Finish with 1/3 of ricotta mixture.
5. Repeat with tomato, noodle, spinach and ricotta layers.
6. Finish with a layer of noodles, tomato and the mozzarella.
7. Set the slow cooker to low and cook, covered until the noodles are tender, about 2 hours.

Nutrition Facts: (Amount Per Serving) 250 calories, 7 g. total fat, 4.5 g. saturated fat, 30 mg. cholesterol, 350 mg. sodium, 30 g. total carbohydrate, 3 g. dietary fiber, 15 g. protein.

Easy Chicken Tacos

Makes 6 tacos

Ingredients

3 skinless, boneless chicken breasts halves	1 small green pepper, chopped
1/2 cup medium salsa	1 teaspoon ground cumin
1/4 cup tomato sauce	1 teaspoon chili powder
2 cloves garlic, minced	1/2 teaspoon black pepper
1 small yellow onion, chopped	1/2 cup low-fat shredded cheese
	6 corn taco shells

Directions

1. Wash hands with soap and water.
2. Arrange chicken breasts in the bottom of a slow cooker.
3. Pour in the salsa and tomato sauce.
4. Add the garlic, onion, green pepper and spices.
5. Cover and cook on Low for 4 to 5 hours, until chicken is tender, and chicken reaches an internal temperature of 165°F with a food thermometer.
6. Shred chicken with 2 forks.
7. Serve in taco shells topped with shredded cheese.

Nutrition Facts: (Amount Per Serving) 190 calories, 5 g. total fat, 1.5 g. saturated fat, 45 mg. cholesterol, 380 mg. sodium, 13 g. total carbohydrate, 2 g. dietary fiber, 21 g. protein.

Recipes Using a Spiralizer



Apple & Cabbage Slaw

Makes 5 servings

Ingredients

2 cups shredded green cabbage	2 Tbsp. golden balsamic vinegar
2 cups shredded red cabbage	1 tsp. poppy seeds
1 granny smith apple, stem removed, spiralized	1 tsp. honey
2 Tbsp. olive oil	¼ tsp. salt
	Freshly ground pepper, to taste.

Directions

1. Wash hands in soap and water.
2. For the dressing, in a medium bowl, whisk together the olive oil, vinegar, poppy seeds, honey, salt and pepper.
3. Spiralize the apple.
4. Using scissors, cut the apple spirals into smaller 6- to 8-inch-long pieces.
5. Transfer to a large bowl along with the cabbage.
6. Pour dressing over slaw and stir to combine.
7. Serve immediately or cover and refrigerate.

Nutrition Facts: (Amount Per Serving) 98 calories, 6 g. total fat, 75 mg. sodium, 12 g. carbohydrate, 3 g. dietary fiber, 1 g. protein.

Source: Gina Homolka, www.skinnytaste.com. 2018

Tuna Zoodle Pasta

Makes 2 servings

Ingredients

2 medium zucchini, washed, spiralized	1 garlic clove, minced
2 Tbsp. fresh parsley, chopped	2 Tbsp. olive oil
2 Tbsp. lemon juice	1/8 tsp. red pepper flakes
3 oz. canned tuna in water, drained	¼ cup pitted sliced olives

Directions

1. Wash hands in soap and water.
2. Heat olive oil in a large skillet over medium heat. Add garlic and pepper, cook until fragrant, about 30 seconds.
3. Add zucchini noodles, and cook 3-5 minutes or until al dente.
4. Once cooked, stir in parsley, lemon juice, tuna, and olives.

Nutrition Facts: (Amount Per Serving) 286 calories, 21 g. total fat, 673 mg. sodium, 16 g. carbohydrate, 3 g. dietary fiber, 12 g. protein.

Source: Inspiralized.com, 2015

Mediterranean Beet and Feta Skillet Bake

Makes 4 servings

Ingredients

1/2 cup halved yellow cherry tomatoes	1 tbsp. extra virgin olive oil
1/2 cup halved yellow red tomatoes	2 small beets, peeled and spiralized
2 medium cloves garlic, minced	1/2 small onion, peeled and spiralized
2 tbsp. minced fresh parsley, plus 1 tsp for garnish	Kosher salt and black pepper, to taste
1 tsp dried oregano	4 oz. feta or halloumi cheese, half block cut horizontally
1 tbsp. red wine vinegar	
10 pitted Kalamata olives	

Directions

1. Wash hands with soap and water.
2. Preheat the oven to 400°F.
3. In a large bowl, combine all the ingredients except for the cheese and parsley for garnish.
4. Place the cheese in the center of a large oven-safe skillet or casserole dish. Top and surround it with beet noodle mixture.
5. Cover with foil and bake 20 minutes, until the beet noodles wilt.
6. Serve hot garnished with remaining parsley.

Nutrition Facts: (Amount Per Serving) 160.5 calories, 12 g. total fat, 483 mg. sodium, 62 g. carbohydrate, 9 g. dietary fiber, 5 g. protein.

Source: Gina Homolka, www.skinnytaste.com. 2018

Avocado Egg Salad Cucumber Salad

Makes 4 servings

Ingredients

1 ripe avocado, peeled, mashed	1 Tbsp. red onion, diced
4 hardboiled eggs, peeled	1 celery stalk, diced
2 cucumbers, spiralized	1 Tbsp. lime juice
1.5 Tbsp. Dijon Mustard	¼ tsp. salt
1 celery stalk, diced	Freshly ground pepper, to taste.

Directions

1. Wash hands in soap and water.
2. Combine avocado, lime juice, eggs, mustard, celery, salt, pepper, and onion in bowl.
3. Spiralize the cucumber and divide into 4 bowls.
4. Put avocado mixture over each bowl of spiralized cucumbers.
5. Serve immediately or cover and refrigerate.

Nutrition Facts: (Amount Per Serving) 142 calories, 10 g. total fat, 75 mg. sodium, 6 g. carbohydrate, 3 g. dietary fiber, 7 g. protein.

Recipes Using an Air Fryer



Roasted Balsamic Brussel Sprouts

Makes 4 servings

Ingredients

1 Tbsp. Olive oil	1/2 tsp. garlic powder
1 Tbsp. Balsamic Vinegar	1/4 tsp. pepper
1/2 tsp. garlic powder	1-pound Brussel sprouts, trimmed & halved
1/4 teaspoon pepper	2 Tbsp. grated parmesan cheese
1 Tbsp. Olive oil	2 Tbsp. panko breadcrumbs
1 Tbsp. Balsamic Vinegar	Cooking spray

Directions

1. Wash hands with soap and water.
2. Preheat air fryer to 350.
3. In a medium bowl, combine olive oil, balsamic vinegar, garlic powder and pepper.
4. Gently toss Brussel sprouts in mixture until covered with seasonings.
5. Place Brussel sprouts in the air fryer basket spray with cooking spray.
6. Cook 5-6 minutes and stir.
7. Cook additional 4-5 minutes. Check for doneness.
8. Mix grated parmesan cheese and panko breadcrumbs in a small bowl, sprinkle over Brussel sprouts.
9. Cook 1-2 minutes until cheese and breadcrumbs are browned.

Nutrition Facts: (Amount Per Serving) 78 calories, 3 g. total fat, 109 mg. sodium, 15 g. carbohydrates, 1 g. dietary fiber, 1 g. protein.

Cauliflower Bites

Makes 8 servings

Ingredients

4 cups cauliflower, chopped into florets	1/2 tsp. smoked paprika
1 tsp. garlic powder	1 Tbsp. olive oil
	1/4 tsp. salt

Directions

1. Wash hands with soap and water.
2. Preheat the air fryer to 400F
3. Coat cauliflower with garlic powder, paprika, and oil
4. Spray air fryer with non-stick cooking spray. Cook for 15 minutes, shaking every 5 minutes, or until desired crispiness.

Nutrition Facts: (Amount Per Serving) 30 calories, 2 g. total fat, 0 g. saturated fat, 90 mg. sodium, 3 g. carbohydrate, 1 g. dietary fiber, 1 g. protein.

Sweet Potato Fries

Makes 4 servings

Ingredients

1 Tbsp. olive oil	½ tsp. chili powder
½ tsp. garlic powder	¼ tsp. salt
½ tsp. rosemary	¼ tsp. ground pepper
½ tsp. thyme	2 (6oz) sweet potatoes, peeled and cut into 1/4-inch sticks
½ tsp. paprika	Cooking spray

Directions

1. Wash hands with soap and water.
2. Preheat air fryer to 400.
3. In a medium bowl, combine olive oil, rosemary, garlic powder, thyme, paprika, chili powder, salt and ground pepper. Add peeled and chopped sweet potatoes.
4. Gently toss until potatoes are covered with oil and seasonings.
5. Place a single layer of potatoes in the air fryer basket, spray with cooking spray. Cook 7-8 minutes, turn potatoes.
6. Cook another 7 minutes until potatoes are tender inside and crispy on the outside.
7. Cook remaining potatoes.

HINT: FROZEN FRIES—Spray air fryer: Preheat for 2-3 minutes at 400°F, cook 10-15 minutes, and shake halfway through

Nutrition Facts: (Amount Per Serving) 135 calories, 4 g. total fat, 1 g. saturated fat, 0 mg. cholesterol, 159 mg. sodium, 25 g. carbohydrates, 4 g. dietary fiber, 2 g. protein

Basic Chicken Tenders

Makes 6 servings

Ingredients

6 chicken tenders	1 cup panko breadcrumbs
3 eggs	½ cup flour
½ cup milk	¼ tsp. salt
1 Tbsp. oil	½ tsp. pepper

Directions

1. Wash hands with soap and water.
2. Place panko in a pan with pepper and salt. Mix with olive oil. In a separate bowl, beat eggs and milk. Set aside.
3. Measure out flour into a gallon-size bag and add tenders. Close bag and shake until chicken tenders are fully coated.
4. Dip flour covered chicken in egg mixture, followed by panko mixture to fully coat. Move tenders into air fryer basket and repeat with remaining 5. Wash hands with soap and water.
5. Adjust cooking time to 14 minutes at 400 degrees. Halfway through (7 minutes) flip the tenders over. Using a food thermometer ensure chicken is cooked to at least 165°F. Serve immediately

Nutrition Facts: (Amount Per Serving) 340 calories, 6 g. total fat, 200 mg. sodium, 6 g. carbohydrate, 3 g. dietary fiber, 20 g. protein

Recipes Using an Electric Pressure Cooker



Quick Burrito Bowls

Makes 6 servings

Ingredients

1 lb. boneless skinless chicken breasts, cut into 1-inch chunks	1 cup salsa
1 cup low sodium chicken broth	1-4.5 oz. can chopped chilies
1 pkg. low sodium taco seasoning	1 cup long-grain brown rice or quinoa
1-15 oz. can no-salt added corn, drained	1 cup shredded low-fat cheese
1-15 oz. can no-salt added black beans, drained	Cilantro & plain Greek yogurt (optional)

Directions

1. Wash hands with soap and water
2. Combine chicken broth, and raw chicken in inner pot of pressure cooker. Wash hands with soap and water after handling chicken.
3. Stir in corn, beans, salsa, seasoning, and chilies. Add rice to top, cover with liquid from pot. Using the manual setting put electric pressure cooker on high for 15 minutes.
4. Use the Quick release method, wait until the float valve drops or according to manufactures instructions.
5. Open pressure cooker. Ensure chicken is cooked to an internal temperature of 165°F using a food thermometer, then add cheese. Add cilantro and yogurt as desired. Serve.

Nutrition Facts: (Amount Per Serving without cilantro and yogurt): 350 calories, 5 g. fat, 440 mg. sodium, 48 g. carbohydrate, 7 g. dietary fiber, 27 g. protein.

Cinnamon-Spice Applesauce

Makes 8 servings

Ingredients

8 apples, peeled and diced	½ tsp. ground nutmeg
½ cup 100% apple juice	1 tsp. ground cinnamon
1 Tbsp. lemon juice	½ tsp. ground ginger

Directions

1. Wash hands with soap and water
2. Put all ingredients into pressure cooker.
3. Place lid on top of electric pressure cooker. Ensure the pressure release valve is sealed.
4. Set appliance to manual pressure cook for 4 minutes on HIGH pressure.
5. When pressure cooker is finished, allow for natural release.
6. Use a potato masher to mash apple mixture to desired consistency.

Nutrition Facts: (Amount Per Serving) 86 calories, 0 g. total fat, 1 mg. sodium, 23 g. carbohydrate, 2 g. dietary fiber, 1 g. protein.

Source: Adapted from *Instant and Healthy*. American Heart Association. 2018.

Hard Boiled Eggs

Makes 12 servings

Ingredients

12 eggs
1 cup of water

Directions

1. Wash hands with soap and water.
2. Pour 1 cup of water into electric pressure cooker. Place a steam basket or trivet on top of water. Place eggs on trivet or in basket.
3. Place lid on top of electric pressure cooker. Ensure the pressure release valve is sealed.
4. Set appliance to manual pressure cook for 5 minutes on HIGH pressure.
5. Prepare an ice bath in a separate bowl while eggs are cooking.
6. When pressure cooker is finished, allow for natural release for 5 minutes then move to quick release to remove all pressure.
7. Once floating valve drops, or when safe to open lid, place eggs in an ice bath for 5 minutes. Peel. Store in the refrigerator until ready to use. Use within 7 days.

Tips: For extra large eggs: Pressure cook 7 minutes, 8 minutes for jumbo eggs, 3 minutes for soft boiled eggs.

Source: *Taste of Home*, Jennifer Bowers, Ph.D., RD

Italian Sausage & Bean Stew

Makes 10 servings

Ingredients

10 oz. skinless turkey sausage (Gluten Free), sliced and quartered	4 Roma tomatoes, washed, seeded, and diced
2 tsp. canola oil	10 oz. spinach, chopped
1 medium yellow onion, diced	1 tbsp. Italian seasoning
3 cloves garlic	2 tsp. rosemary
2-14.5 oz. cans low sodium cannellini beans, drained	1 tsp. pepper
3 russet potatoes, washed, peeled, and diced	¼ tsp. salt
	4 cups low sodium gluten free chicken stock

Directions

1. Wash hands with soap and water
2. Turn the sauté button on. Sauté oil and onions for 2-3 minutes. Add garlic and sauté for another 30 seconds.
3. Turn sauté function off. Add sausage, beans, potatoes, tomatoes, Italian seasoning, rosemary, salt, pepper, and chicken stock. Secure the lid on the multi-cooker, ensure the pressure release valve is set on sealing. Use the manual or pressure cook button, set for 10 minutes. Allow for natural release for 10 minutes, then quick release.
4. Carefully remove lid. Turn multi-cooker back to sauté, add spinach, and stir until spinach wilts. Turn off.

Nutrition Facts: (Amount Per Serving) 170 calories, 4 g. total fat, 20 mg. cholesterol, 310 mg. sodium, 24 g. carbohydrate, 5 g. dietary fiber, 12 g. protein.