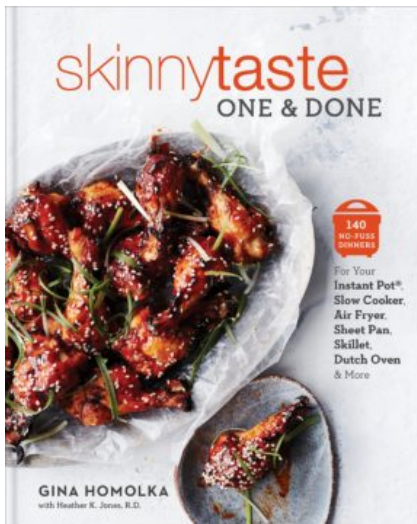


Skinnytaste: "One and Done"



Have you seen the new [Skinnytaste "One and Done" cookbook](#)? Gina just released it and I'm already obsessed with it!]



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?One and Done? is all about one pot meals using five different cooking techniques or equipment like a Saute Pan, Dutch Oven, Baking Sheet, Instant Pot, or Air Fryer, and there are modifications for each recipe if you don't have that specific piece of equipment.

You know how much I love my [Cuisinart Toaster Oven](#) with air-frying capabilities, so I was ALL IN on starting with those recipes!]

First up, we tried the Gnocchi with Sausage and Garlicky Broccoli Rabe. We substituted the traditional gnocchi for Trader Joe's Cauliflower Gnocchi and rather than saute them, we air-fried them at 400 degrees for eight minutes, shaking them up and turning them over halfway through the cooking. This was the DELICIOUS end result:



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Second we made a healthy version of Mr. Big's favorite, Popcorn Shrimp! I paired them with air-fried Alexia Rosemary fries ? which was perfect, and less than half the calories or WW Points of the deep-fried versions so, no guilt!



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Next up: I'm going to explore some flavors I'm not familiar with: Korean sauces and spices, miso paste, and maybe even turmeric! Gina's recipes are user-friendly, and give me the confidence to try home cooking things I'd normally only order out in a restaurant. Stay tuned!

What about you? What's your favorite Skinnytaste recipe? Some of my Skinnytaste favorites, my ?oldies but goodies? are:

[Avocado Toast with Lemon & Kale](#)]

[Slow-Cooked Sweet Barbacoa Pork](#)]

[Waffled Crab Cakes](#)]

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