Apple User Group

January 27th, 2022
103rd Presentation*

*Since Jan 2010

Happy
New Year,
Douglas!

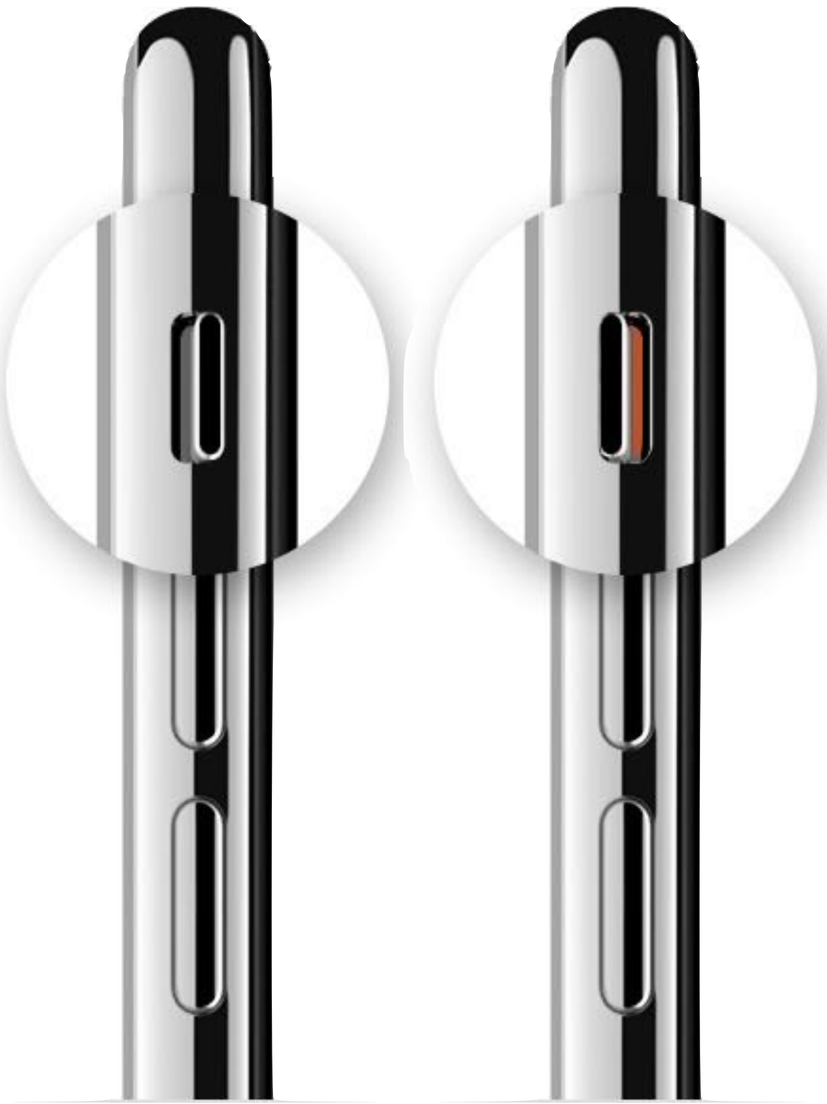
Next Meeting

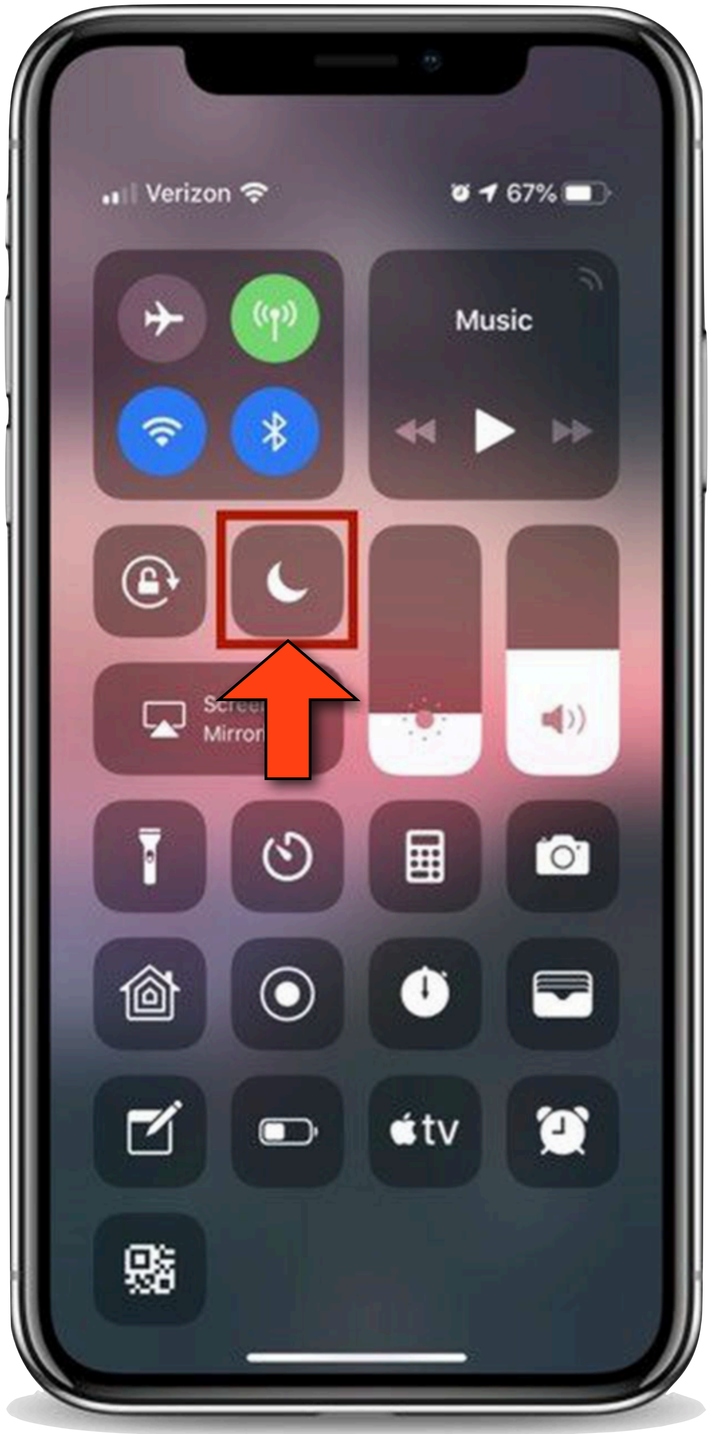
Feb 24th, 2022

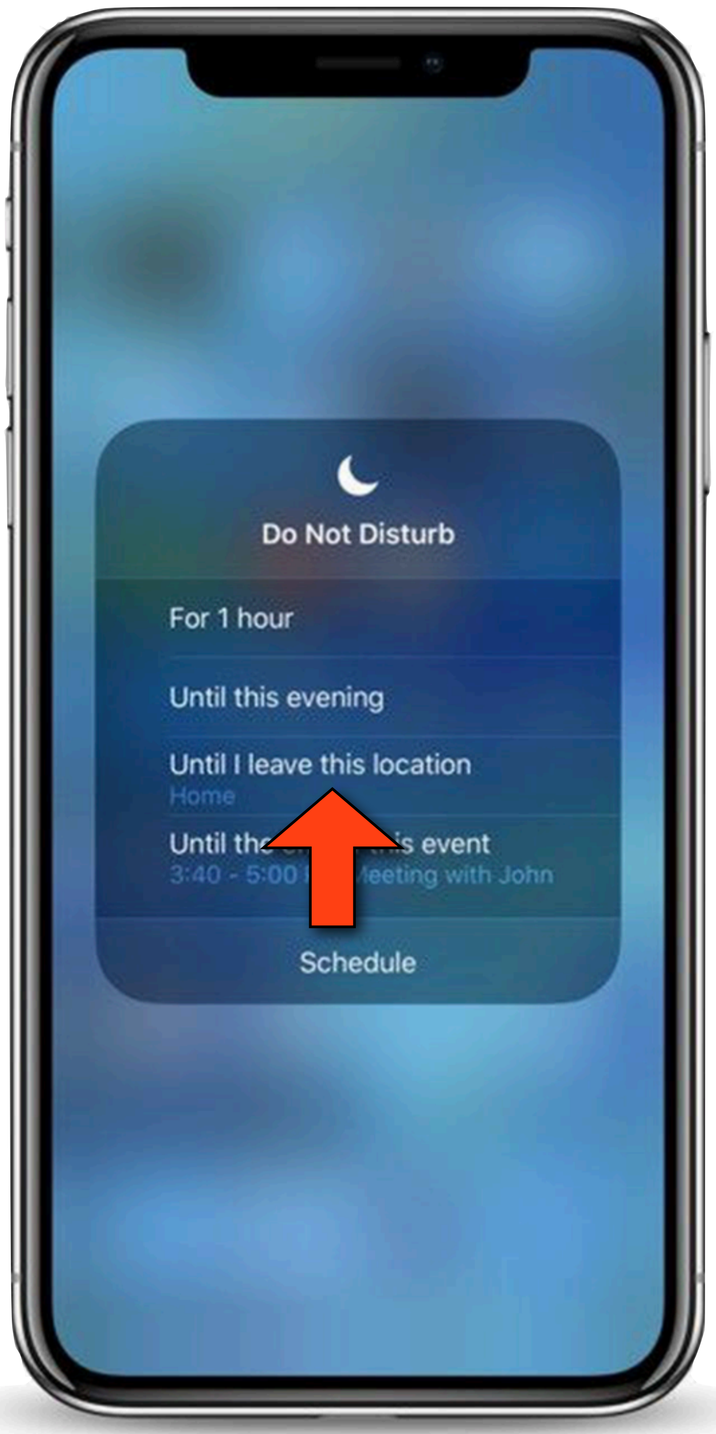
Thursday 1:00pm

As a courtesy to Others

Please Silence Your Phones



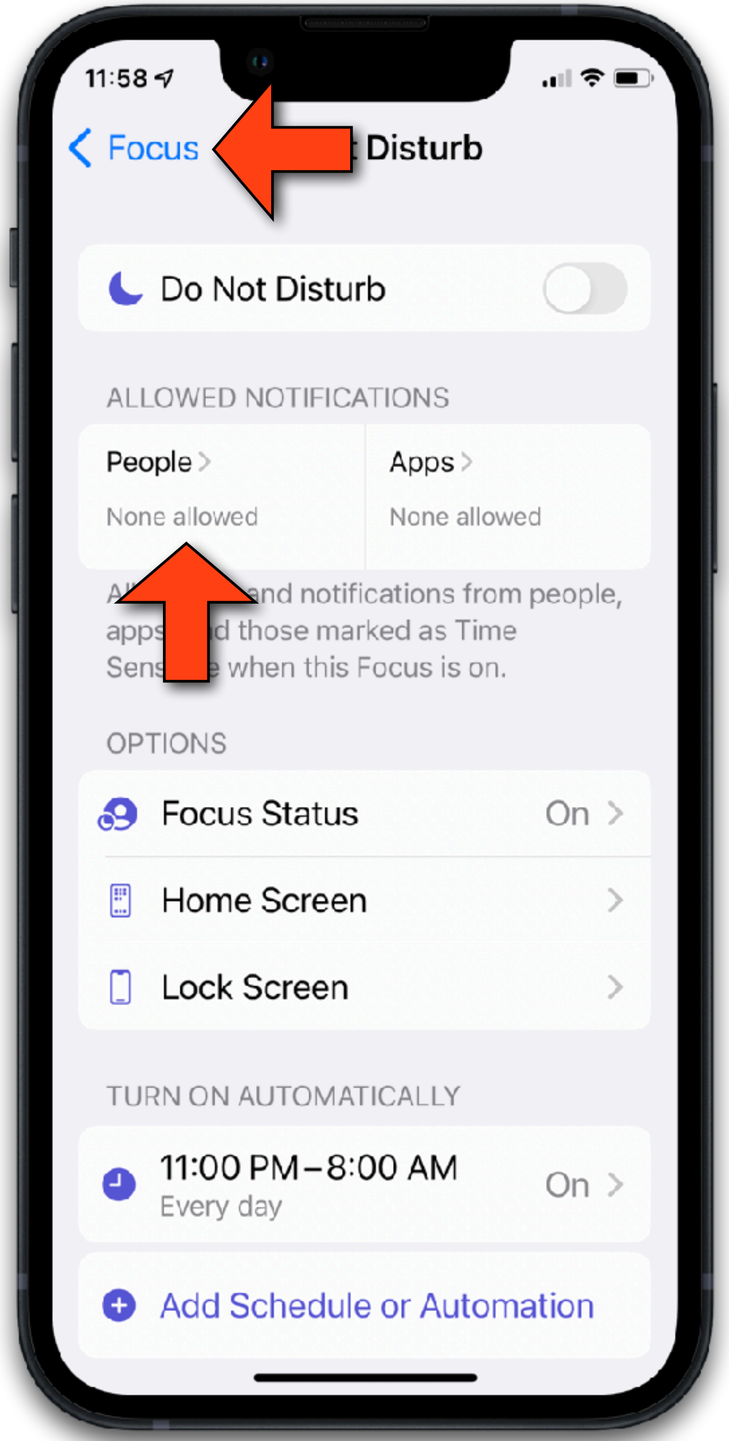

Verizon
67%
Music
Screen Mirror
tv

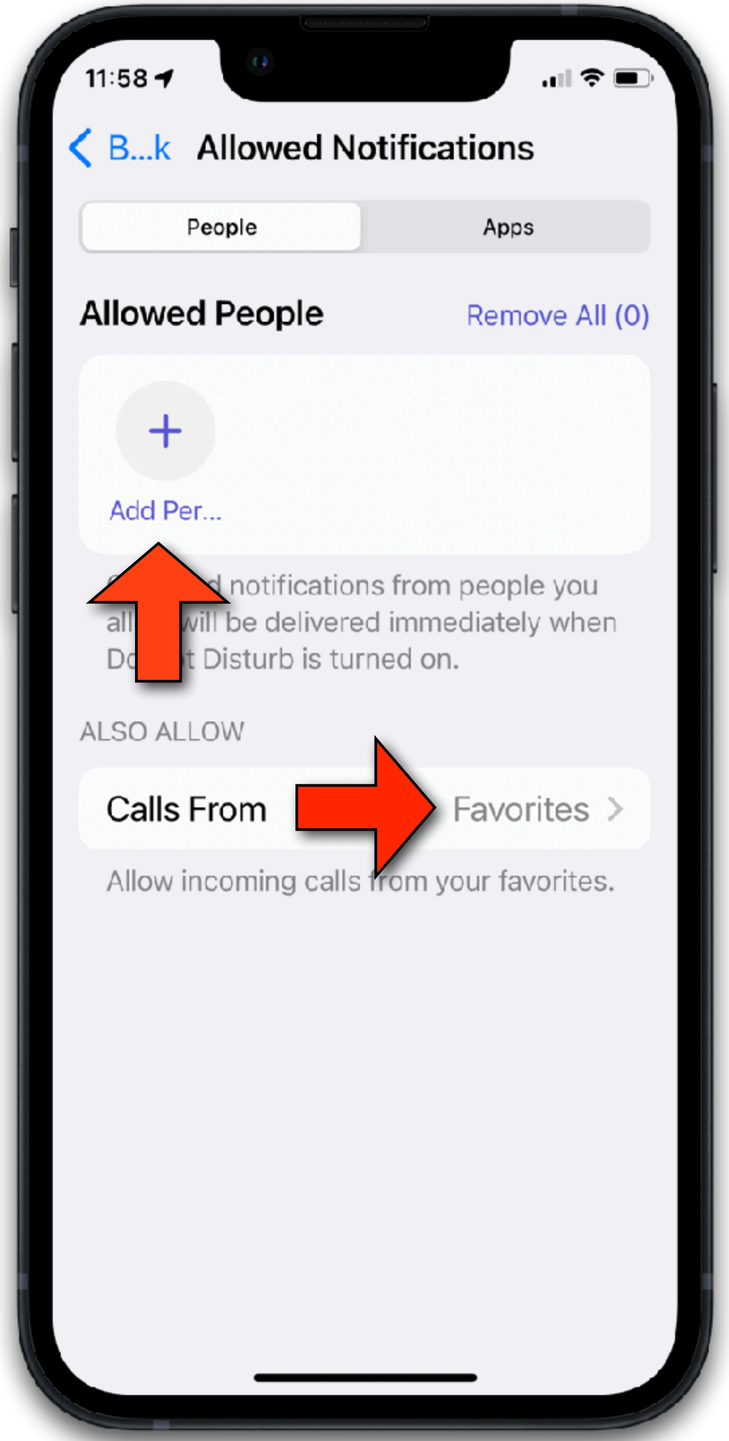

Do Not Disturb
For 1 hour
Until this evening
Until I leave this location
Home
Schedule

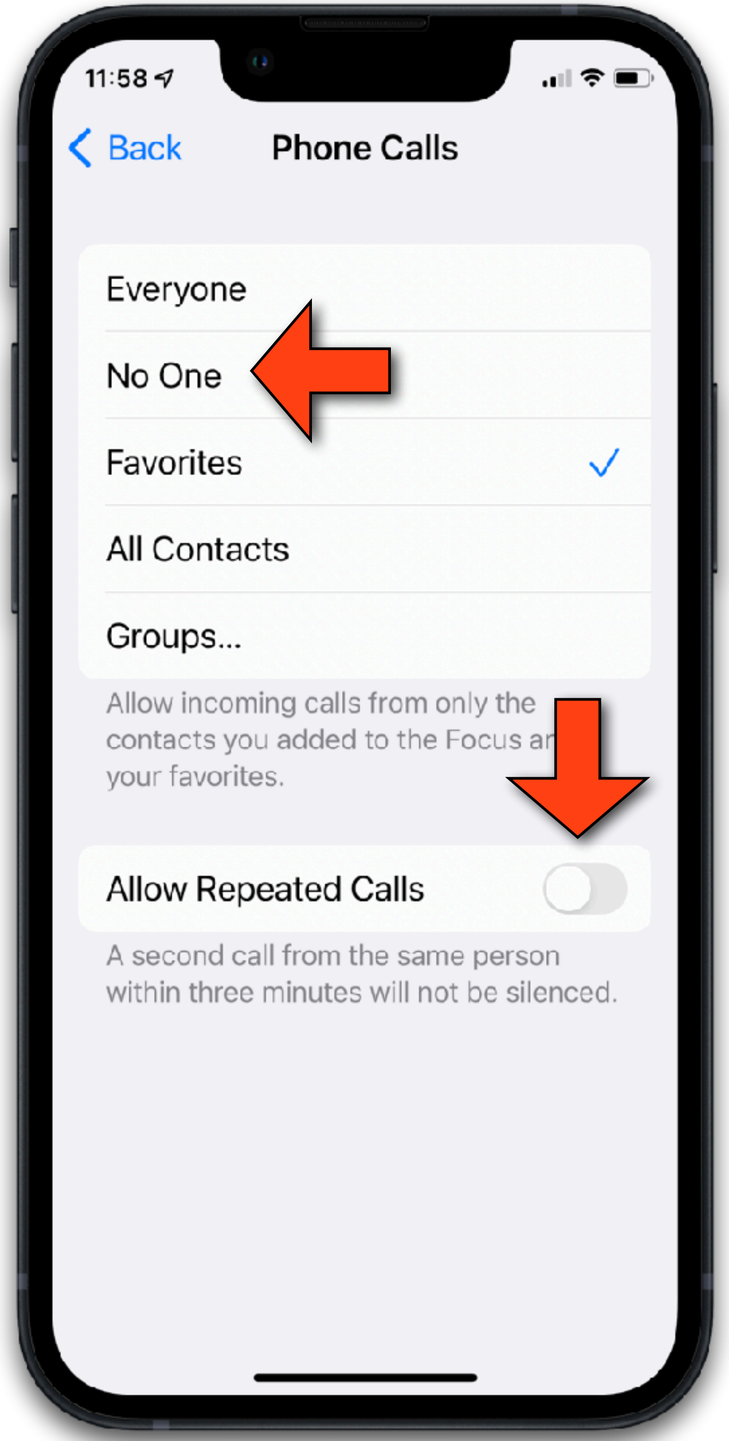
More on Focus

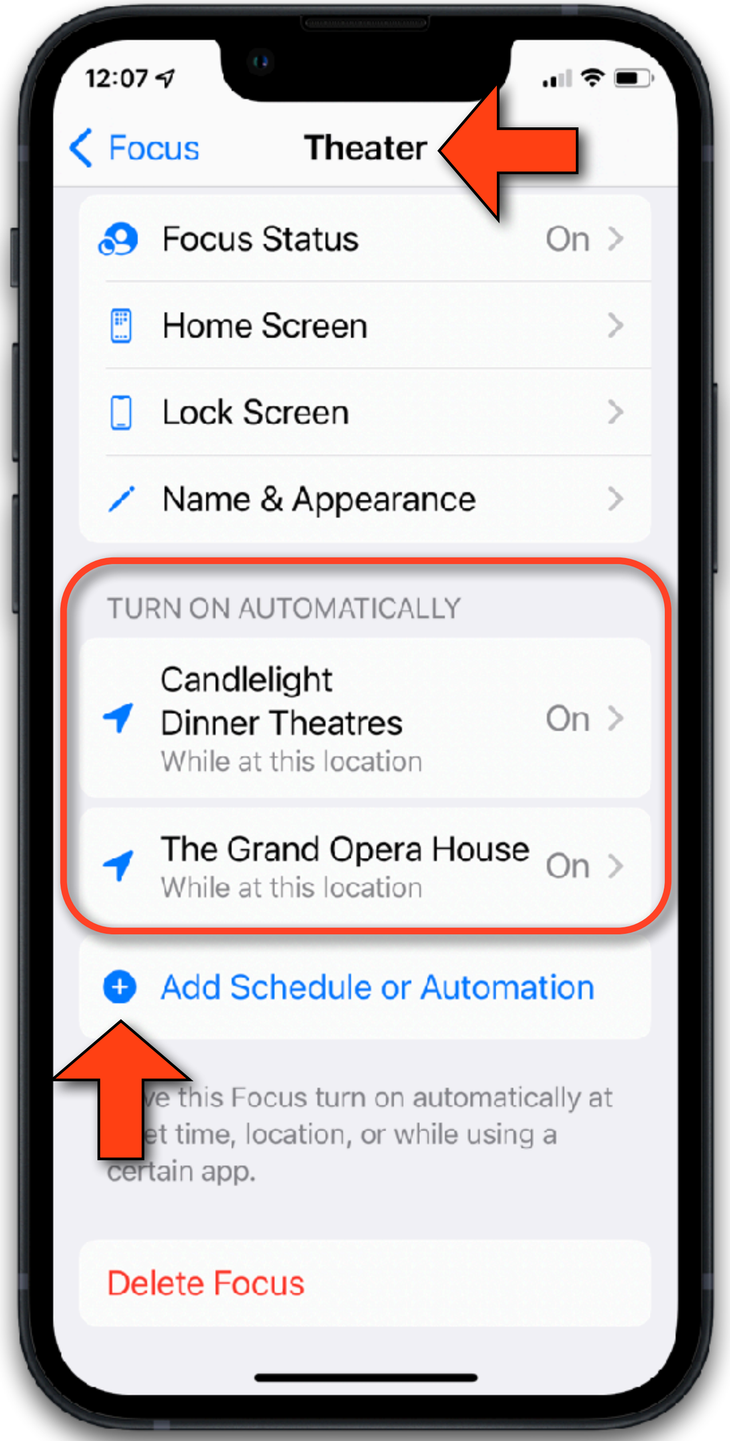
More on Focus

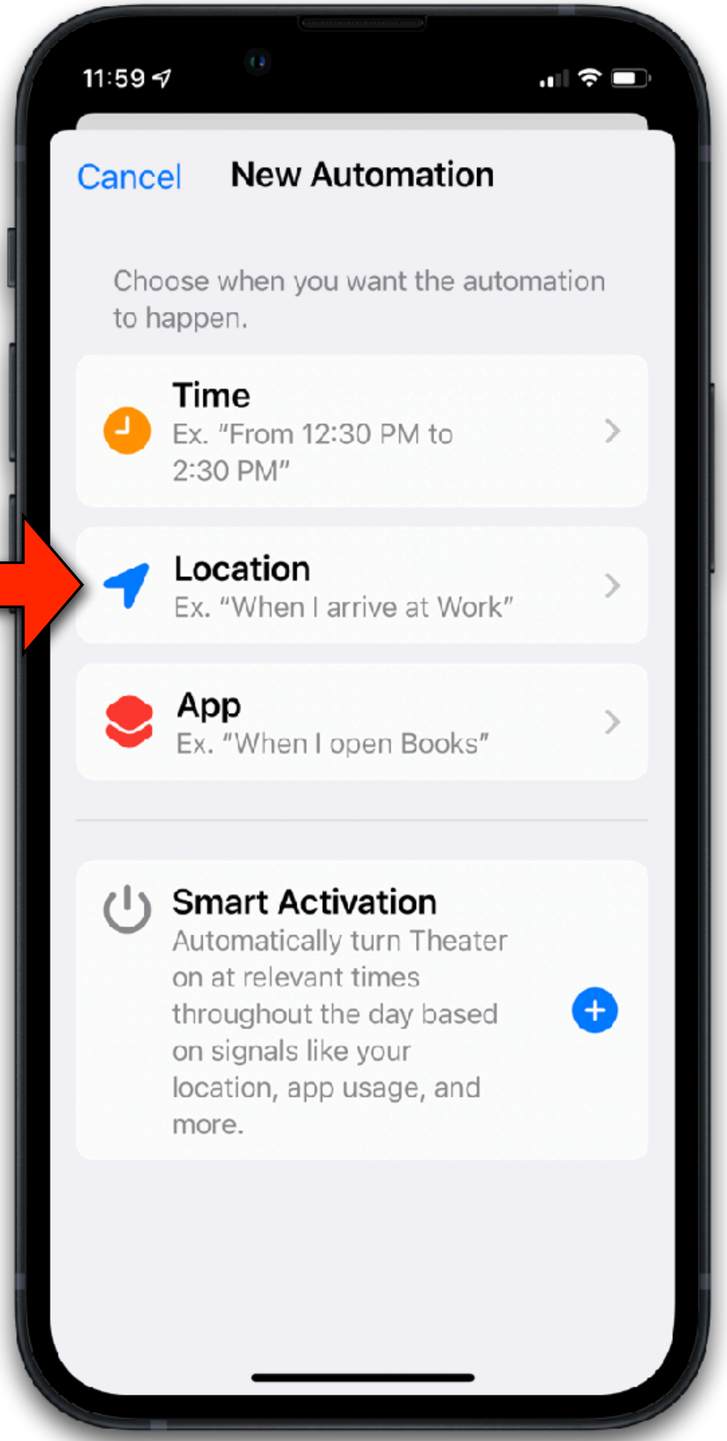
- I covered the Focus feature last year in August and November (Remember: Focus replaced the “Do Not Disturb” feature)
- However, there are a few advanced features you should know about
  - You can still get calls even though you think you have all calls blocked
  - You can add automations that will turn on a specific Focus based on your location

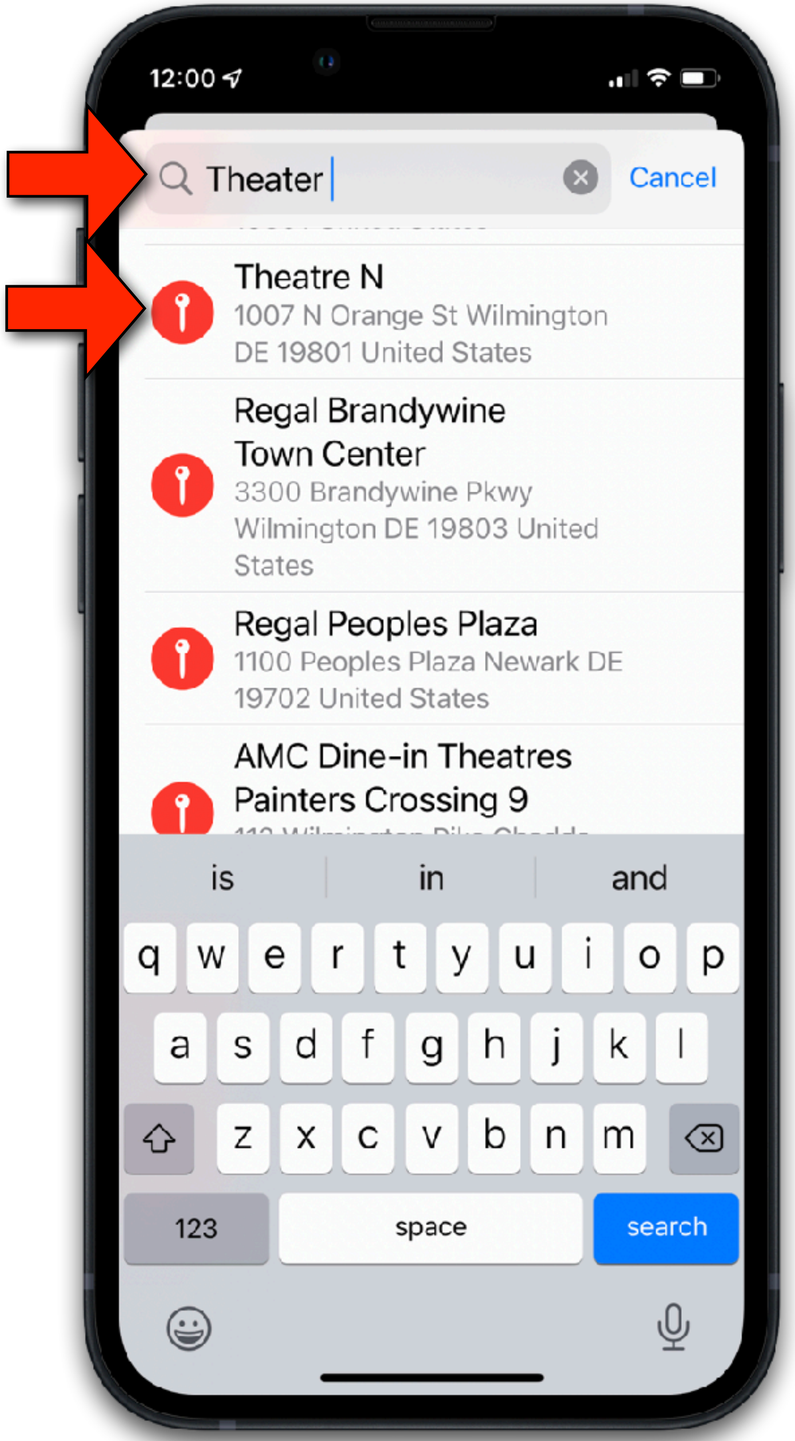

11:58
Focus
Disturb
Do Not Disturb
ALLOWED NOTIFICATIONS
People
None allowed
Apps
None allowed
OPTIONS
Focus Status
On
Home Screen
Lock Screen
TURN ON AUTOMATICALLY
11:00 PM–8:00 AM
Every day
On
Add Schedule or Automation

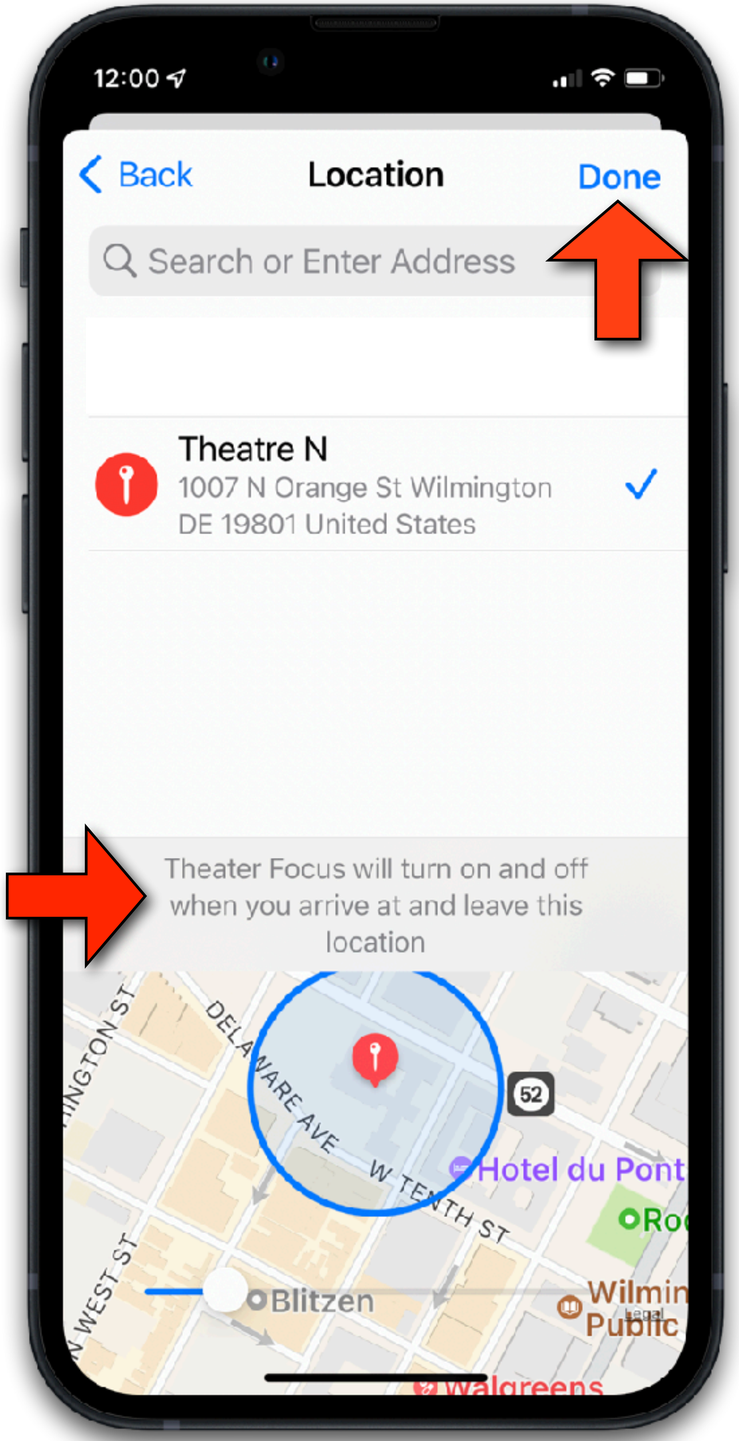

11:58
Allowed Notifications
People
Apps
Allowed People
Remove All (0)
Add Per...
ALSO ALLOW
Calls From
Favorites
Allow incoming calls from your favorites.


11:58
Back
Phone Calls
Everyone
No One
Favorites
All Contacts
Groups...
Allow incoming calls from only the contacts you added to the Focus ar
your favorites.
Allow Repeated Calls
A second call from the same person within three minutes will not be silenced.


12:07
Focus
Theater
Focus Status
On
Home Screen
Lock Screen
Name & Appearance
TURN ON AUTOMATICALLY
Candlelight Dinner Theatres
While at this location
On
The Grand Opera House
While at this location
On
Add Schedule or Automation
this Focus turn on automatically at
et time, location, or while using a
certain app.
Delete Focus


11:59
Cancel
New Automation
Choose when you want the automation to happen.
Time
Ex. "From 12:30 PM to 2:30 PM"
Location
Ex. "When I arrive at Work"
App
Ex. "When I open Books"
Smart Activation
Automatically turn Theater on at relevant times throughout the day based on signals like your location, app usage, and more.


12:00
Theater
Cancel
Theatre N
1007 N Orange St Wilmington DE 19801 United States
Regal Brandywine Town Center
3300 Brandywine Pkwy Wilmington DE 19803 United States
Regal Peoples Plaza
1100 Peoples Plaza Newark DE 19702 United States
AMC Dine-in Theatres Painters Crossing 9
is
in
and
q w e r t y u i o p
a s d f g h j k l
z x c v b n m
123
space
search


12:00
Back
Location
Done
Search or Enter Address
Theatre N
1007 N Orange St Wilmington DE 19801 United States
Theater Focus will turn on and off when you arrive at and leave this location
DELAWARE AVE
W TENTH ST
52
Hotel du Pont
Blitzen

SNOW MAN
FOR SALE
ASSEMBLY
REQUIRED

Alexa News

Alexa News

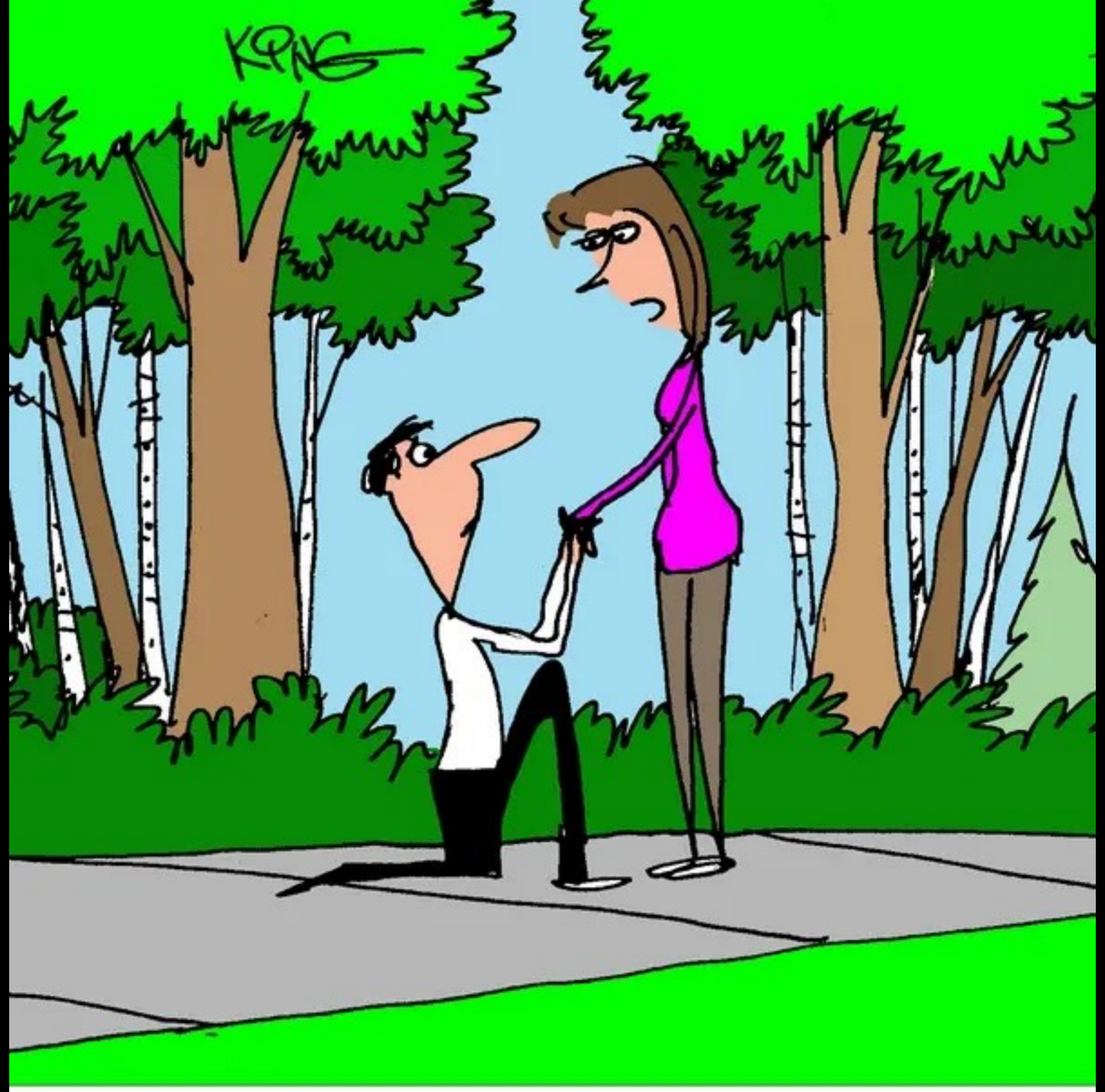
- If you are listening to music, a podcast, or radio station on an Echo and you wish to continue listening but on a different Echo (maybe in another room), you can now
- To move your audio from one Echo device to another, just say, "Alexa, pause" to the Echo device playing music, and say, "Alexa, resume music here" or "Alexa, resume radio here" to the device you'd like to resume listening
- You can also move audio between Groups. If you are listening to a podcast or playlist in your bedroom but want to go to the kitchen, simply say, "Alexa, move my podcast to the kitchen" or "Alexa, move my music to the kitchen"

Alexa News

- Amazon's latest smart home device is a $69.99 Smart Air Quality Monitor
- It tracks 5 key factors: particulate matter (PM), volatile organic compounds (VOCs), carbon monoxide (CO), humidity, and temperature
- Get an indication of current air quality from the color-coded LED, and/or the air quality score in the Alexa app
- If Alexa detects poor air quality, you can also get notifications on your phone or your Echo devices

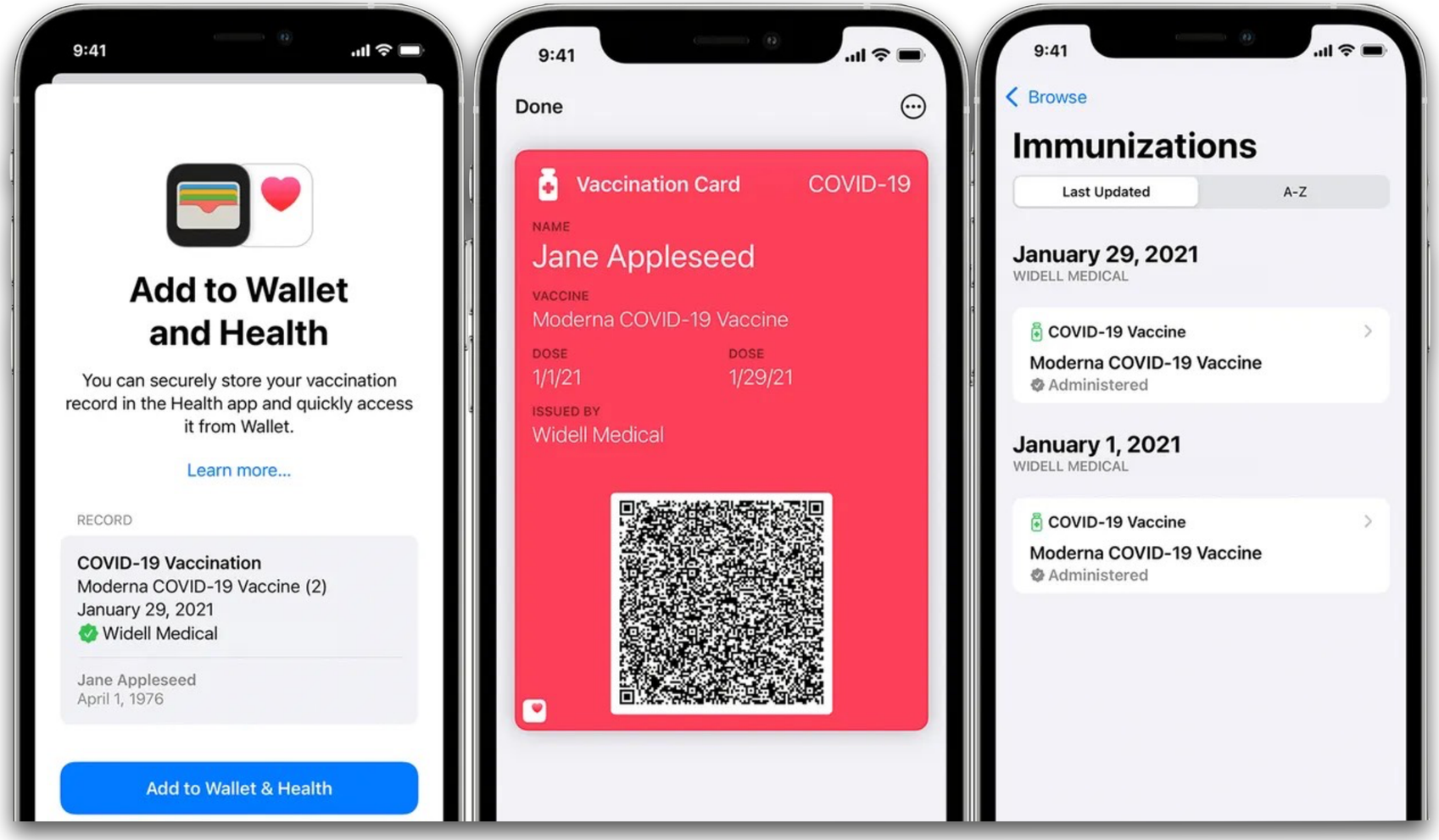
Alexa News

- Alexa can now switch automatically between English and Spanish. If you start speaking in English and switch to Spanish, she'll reply in Spanish. Or if you start in Spanish and switch to English, she'll reply in English.
- It's ideal for households where both languages are spoken. A child can speak to Alexa in English, Grandma can speak in Spanish, and Alexa will understand them both and reply in kind
- It's also great for kids who are studying Spanish in school or Alexa users who want to brush up on Spanish
- To activate, just say, "Alexa, speak English and Spanish." If you want to switch back to just one default language, say "Alexa, speak English" or "Alexa, speak Spanish"

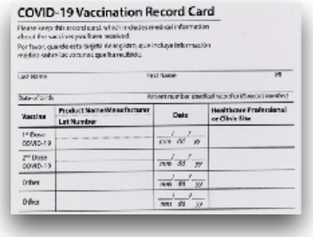


"My name is Anne. You must ask a lot of questions, because you just said, 'Alexa, will you marry me?'"

Add Your Covid Card To Wallet

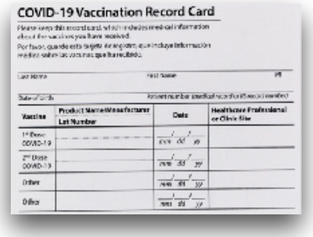


Add Covid Card to Wallet


COVID-19 Vaccination Record Card

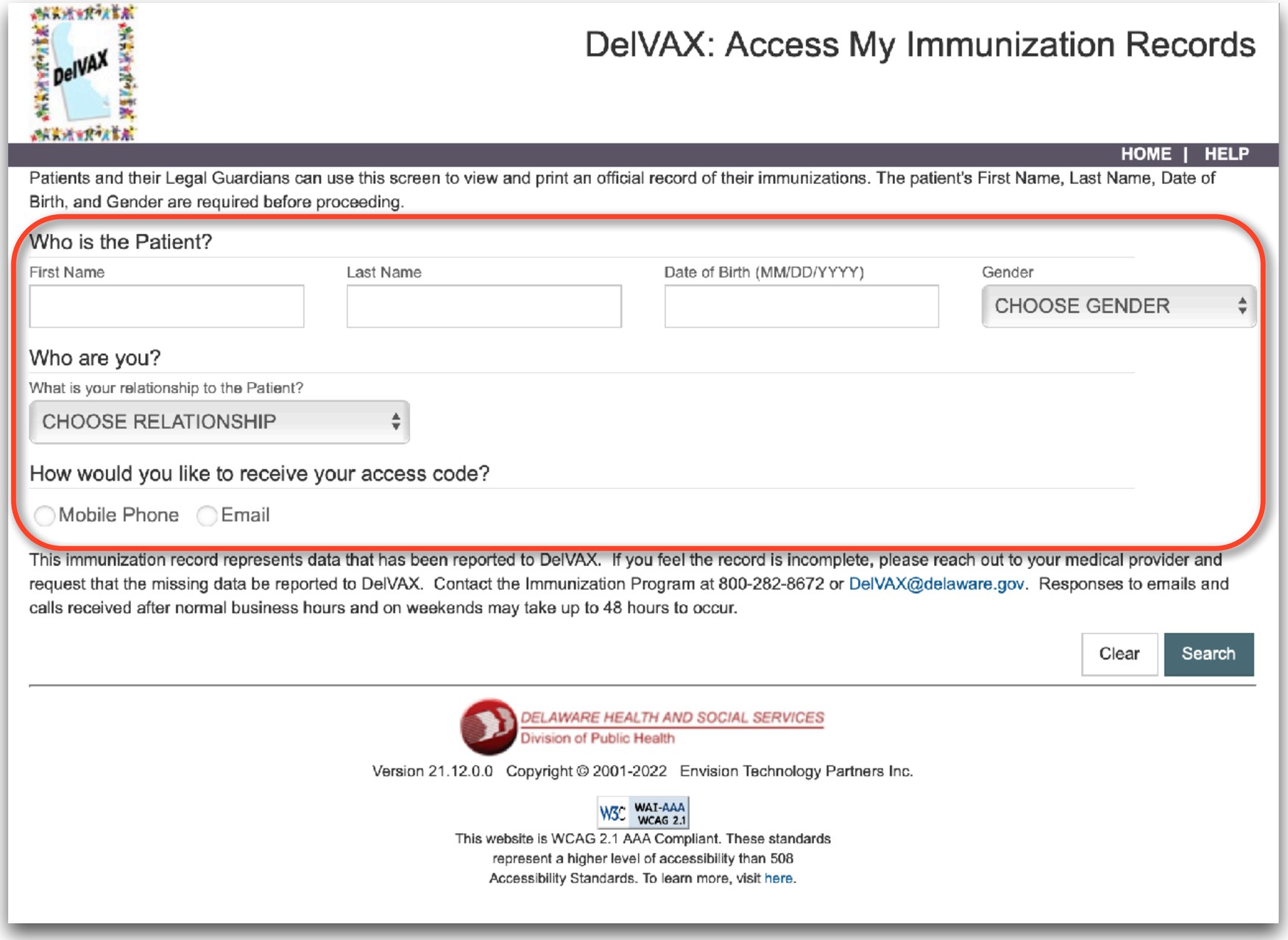
- The Delaware Division of Public Health (DPH) announced that individuals vaccinated in Delaware now have access to a digital COVID vaccination card
- Access to your immunization records is thru the DelVAX Public Portal
- On this site, you can download a PDF which serves as a vaccine card, that also includes a QR Code
- You can use this QR code to add your COVID vaccination record to both the wallet app and the health app

Add Covid Card to Wallet


COVID-19 Vaccination Record Card

- Businesses can verify an individual's vaccination status by scanning this QR code using a SMART Health Card verifier app
- When a business scans the QR code, the vaccination information will only appear for a short period of time for verification purposes and will not be saved on the device, keeping the individual's personal information secure
- Nearly all doses administered in Delaware are reported to DelVAX, including pharmacies, physician offices,…

ACCESSING YOUR COVID-19 VACCINE RECORD AND QR CODE



https://delvax.dhss.delaware.gov/delvax_public/Application/PublicPortal

DelVAX: Access My Immunization Records

HOME | HELP | DOWNLOAD FULL RECORD | DOWNLOAD COVID-19 RECORD

BEAR, YOGI DATE OF BIRTH: 12/15/1995 AGE: 26 years 0 months 5 days GENDER: Male

! = Invalid Dose ⃠ = Dose determined invalid by provider

Dose #	Vaccine	Date Given MM/DD/YYYY	Age at Time of Vaccination
Hep B			
1	Hep B, adult	05/01/2000	4 years 4 months 16 days
2	Hep B, adult	02/01/2021	25 years 1 months 17 days
⃠	Hep B, adult	02/01/2021	25 years 1 months 17 days
COVID-19			
1	COVID-19 mRNA (PFR)	02/01/2021	25 years 1 months 17 days
2	COVID-19 mRNA (PFR)	03/01/2021	25 years 2 months 14 days
3	COVID-19 mRNA (PFR)	10/01/2021	25 years 9 months 16 days

The immunization records on this page may contain acronyms and abbreviations. For a detailed list of the acronyms and abbreviations, as well as their meanings, please refer to the CDC's (Centers for Disease Control) vaccine acronyms and abbreviations guide: https://www.cdc.gov/vaccines/terms/vacc-abbrev.html

COVID-19 Vaccination Record

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

BEAR	YOGI	
Last Name	First Name	Middle Name
12/15/1995	1514114	
Date of birth	Patient number (medical record or IIS record number)	

Vaccine	Product Name / Manufacturer Lot Number	Date	Administering Clinic
1st Dose COVID-19	COVID-19 mRNA (PFR) / Pfizer, Inc. (includes Wyeth, Lederle, and Praxis) 321654	02/01/2021	COVID TEST CLINIC (12345)
2nd Dose COVID-19	COVID-19 mRNA (PFR) / Pfizer, Inc. (includes Wyeth, Lederle, and Praxis) 456123	03/01/2021	COVID TEST CLINIC (12345)
Other	COVID-19 mRNA (PFR) / Pfizer, Inc. (includes Wyeth, Lederle, and Praxis) 456123	10/01/2021	COVID TEST CLINIC (12345)
Other		__/__/__	

SMART®

Digital COVID-19 Vaccination Record

- This SMART Health Card is a Digital COVID-19 Vaccination Record (https://smarthealth.cards/)
- Keep a copy or share this with a trusted organization by letting them scan the 2D barcode (QR code) on your paper or phone screen
- Downloaded/Printed on 12/20/2021 at 12:21:16PM
- You may not misuse, modify, alter, amend or remove any of the content on this card. Misuse of this card in any way is expressly prohibited and may constitute a criminal offense punishable by imprisonment.

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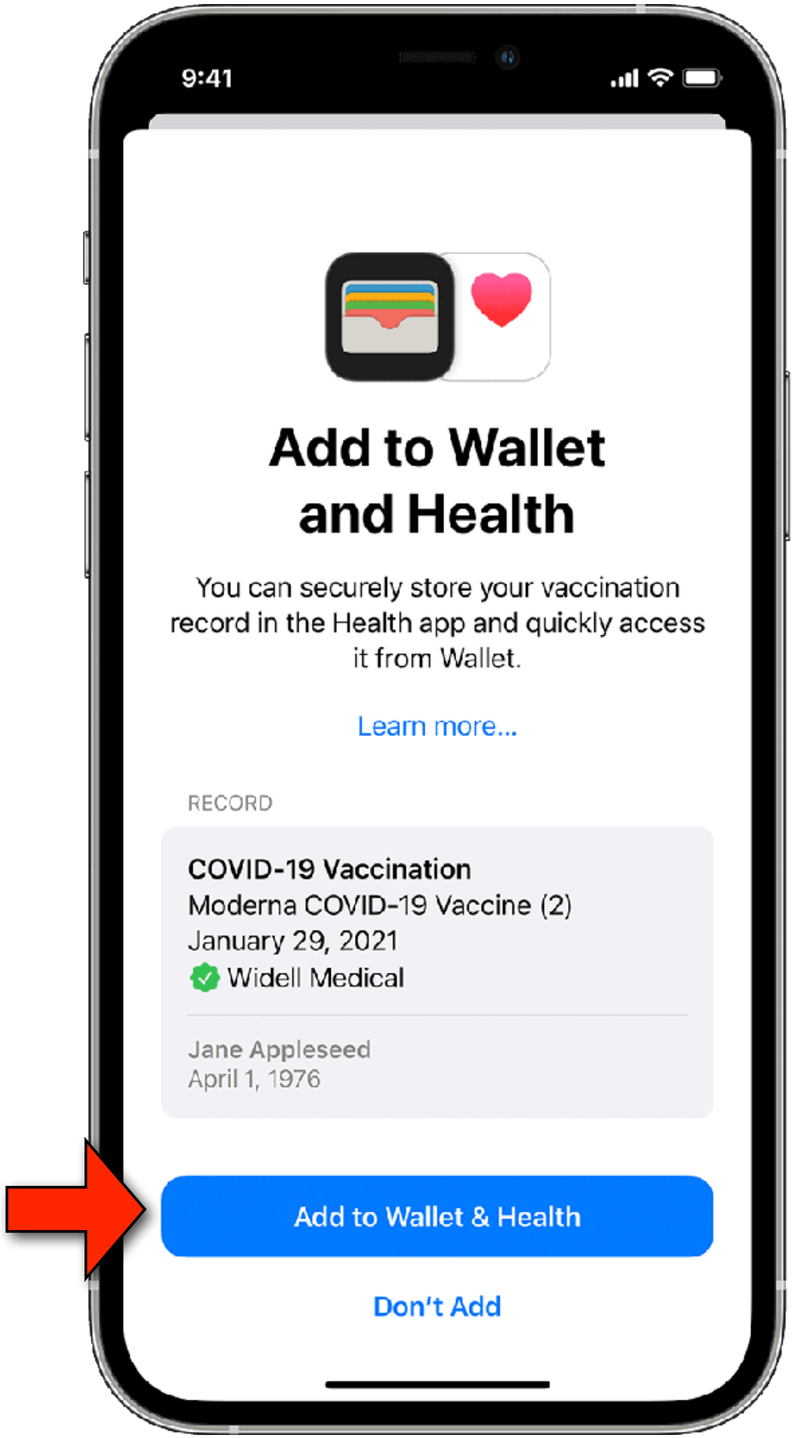
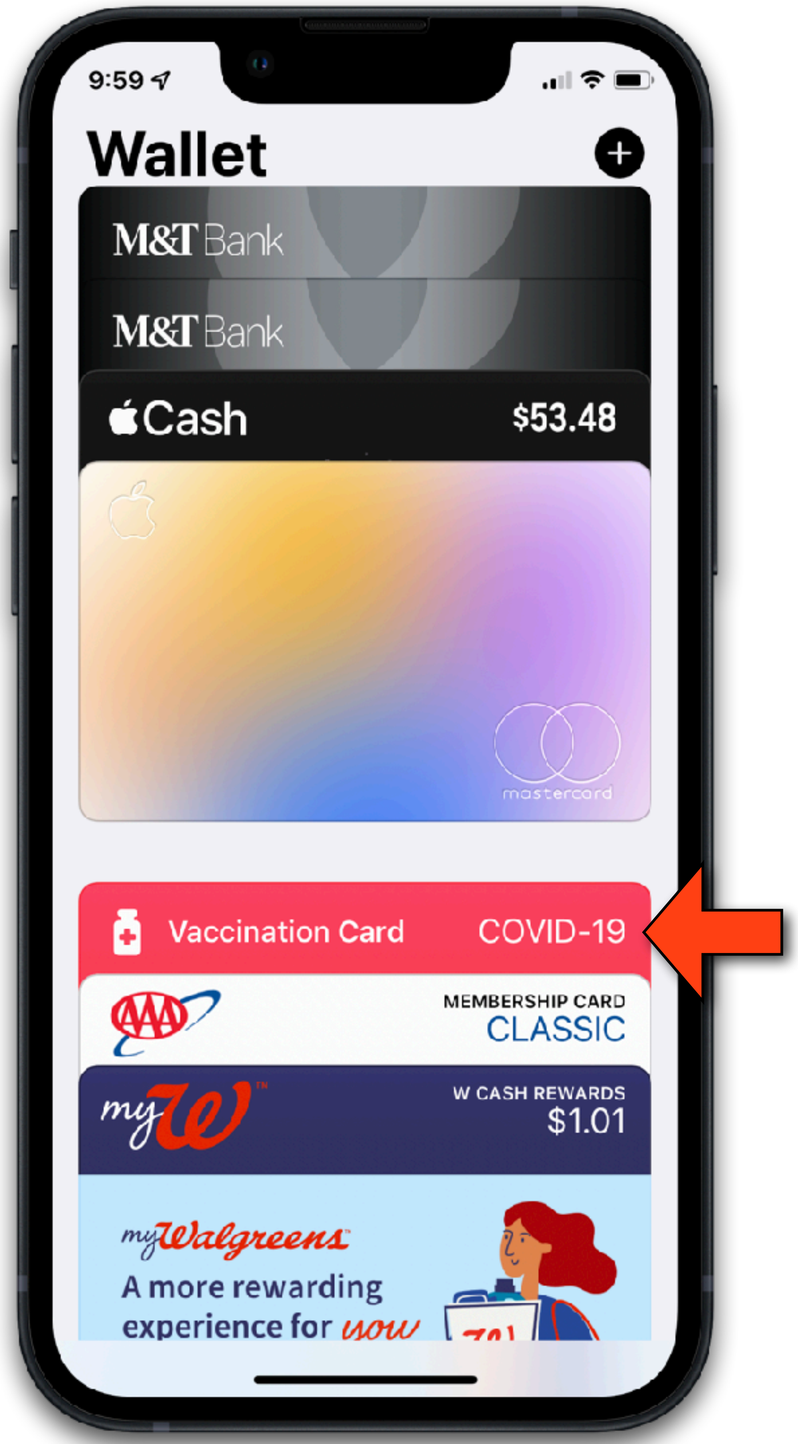
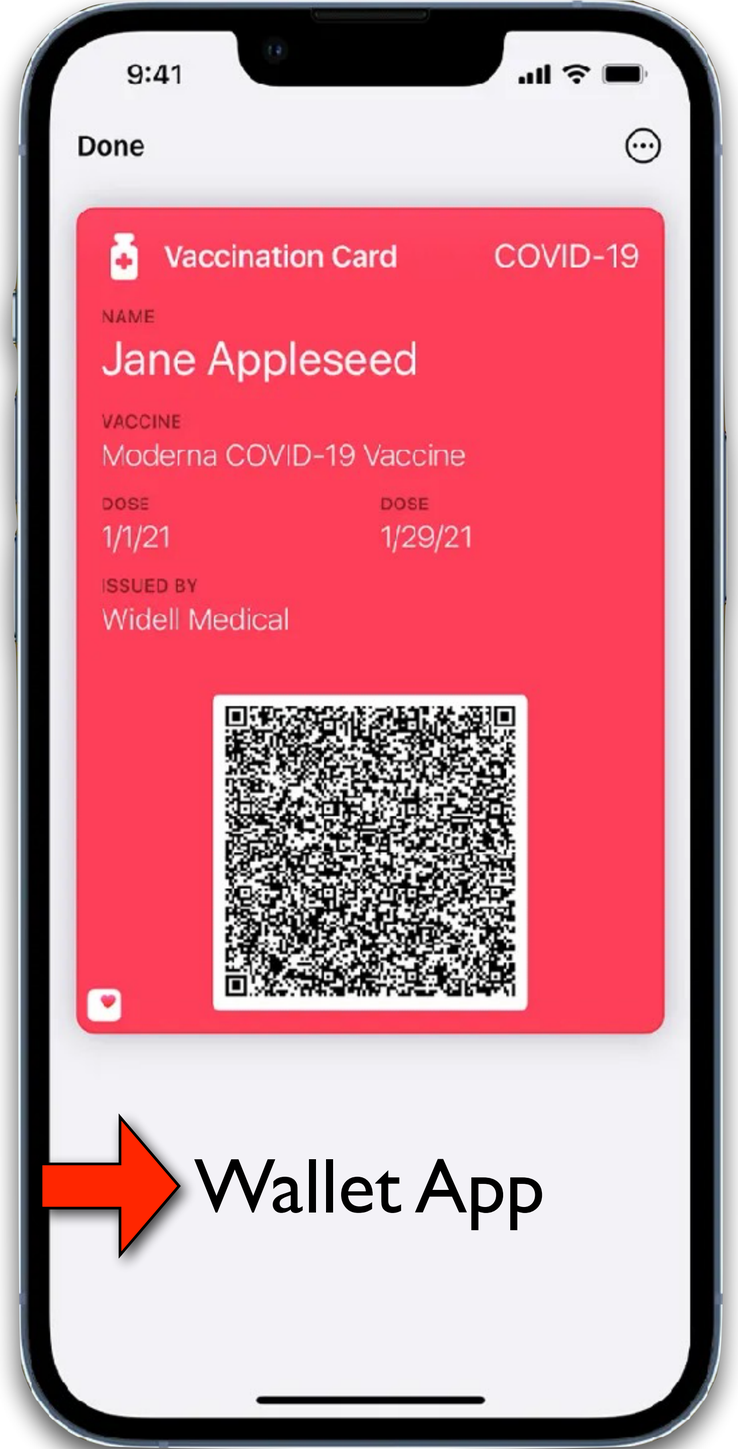
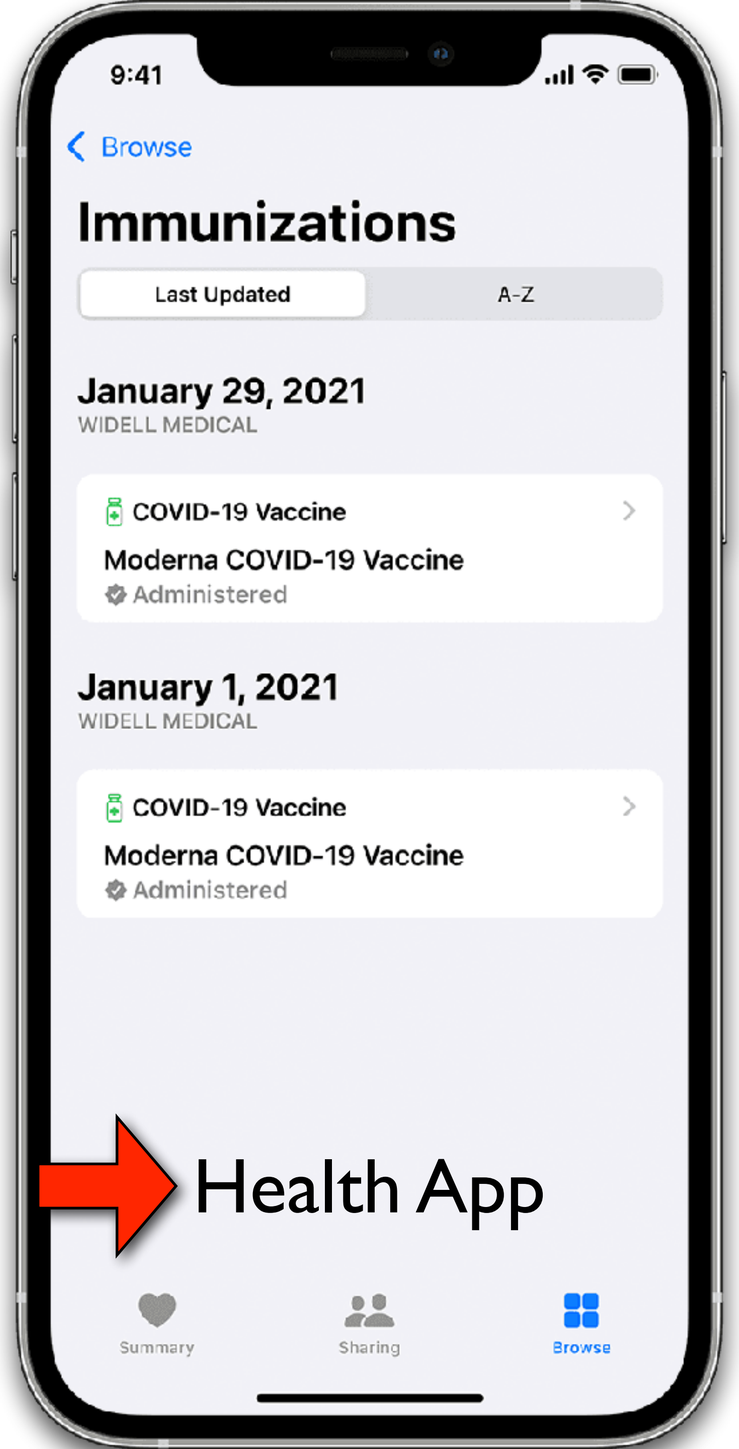

9:41
Add to Wallet and Health
You can securely store your vaccination record in the Health app and quickly access it from Wallet.
Learn more...
RECORD
COVID-19 Vaccination
Moderna COVID-19 Vaccine (2)
January 29, 2021
Widell Medical
Jane Appleseed
April 1, 1976
Add to Wallet & Health
Don't Add


9:59
Wallet
M&T Bank
M&T Bank
Cash
$53.48
mastercard
Vaccination Card
COVID-19
MEMBERSHIP CARD
CLASSIC
W CASH REWARDS
$1.01
myWalgreens
A more rewarding experience for you



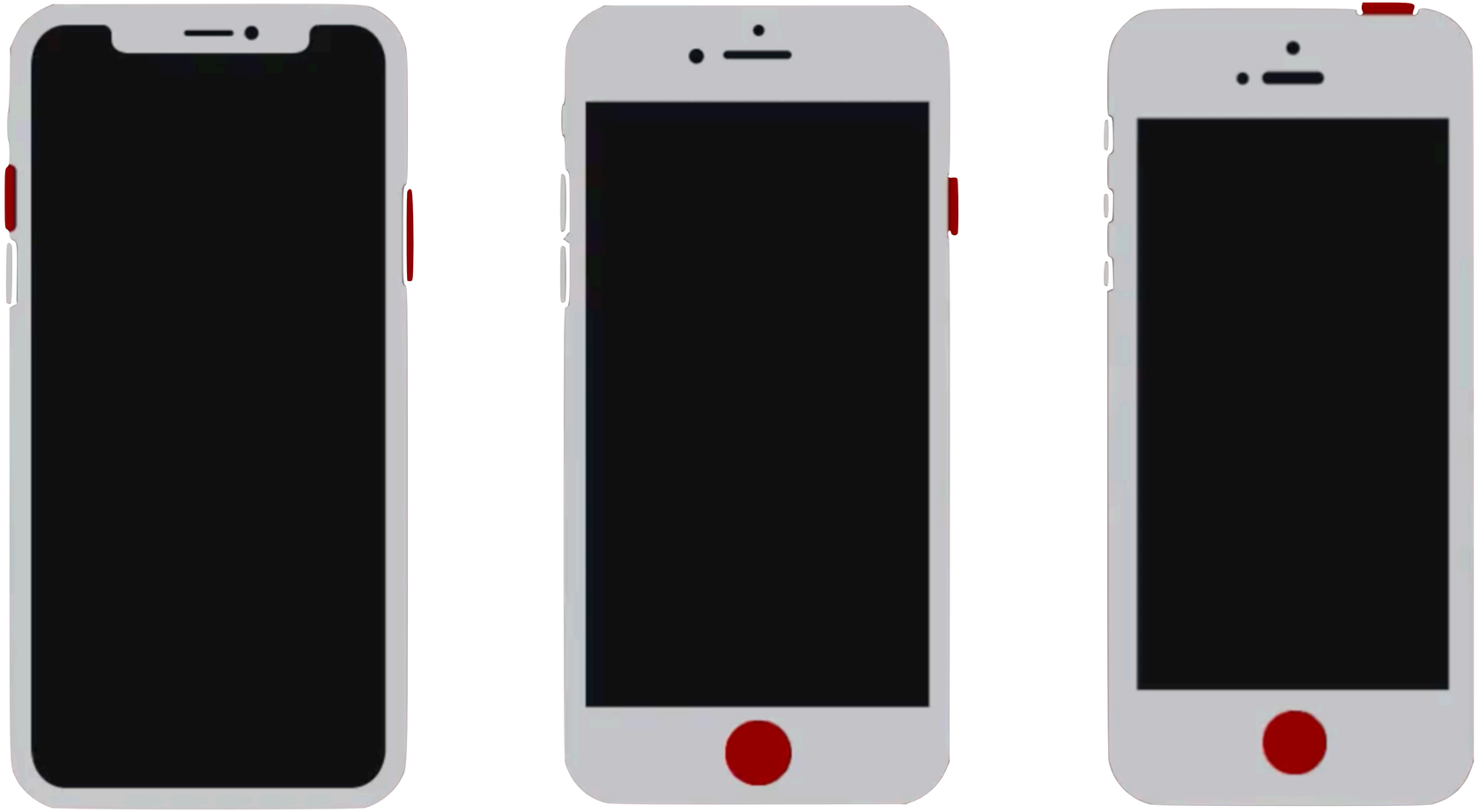
Wallet App

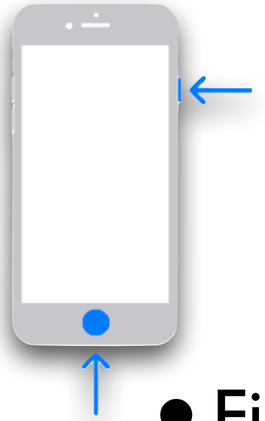


Health App

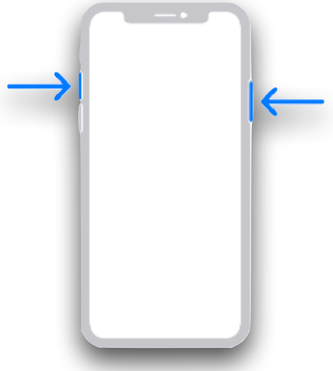
WELL, AFTER JUST A WEEK AT HOME, I'VE COME UP WITH A COMPREHENSIVE LIST ON HOW TO DO THINGS MORE EFFICIENTLY AROUND HERE, HONEY...
THE REAL REASON MANY MEN DON'T LIVE LONG AFTER RETIRING

Screenshots on iOS



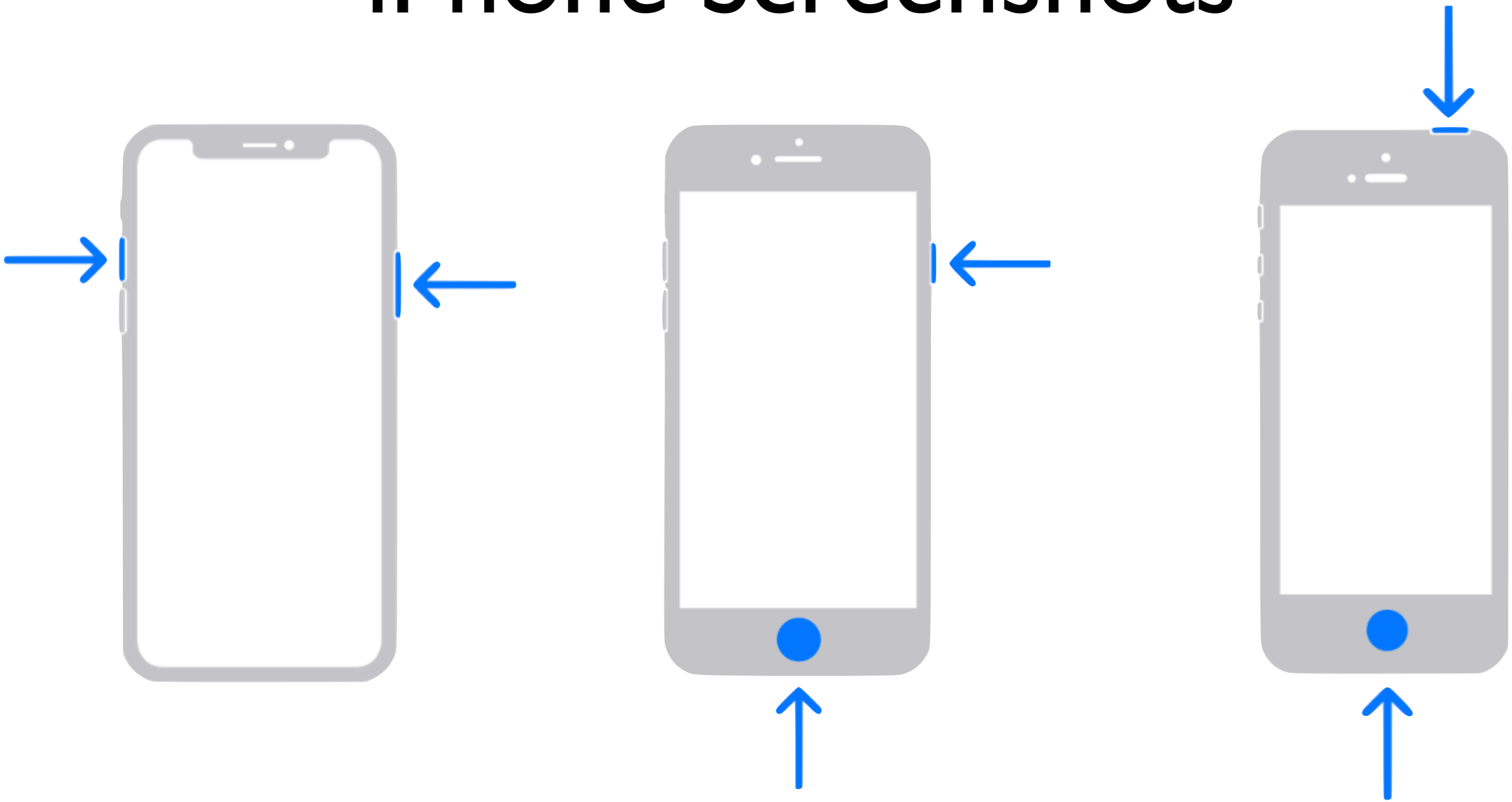


How To Take An iOS Screenshot

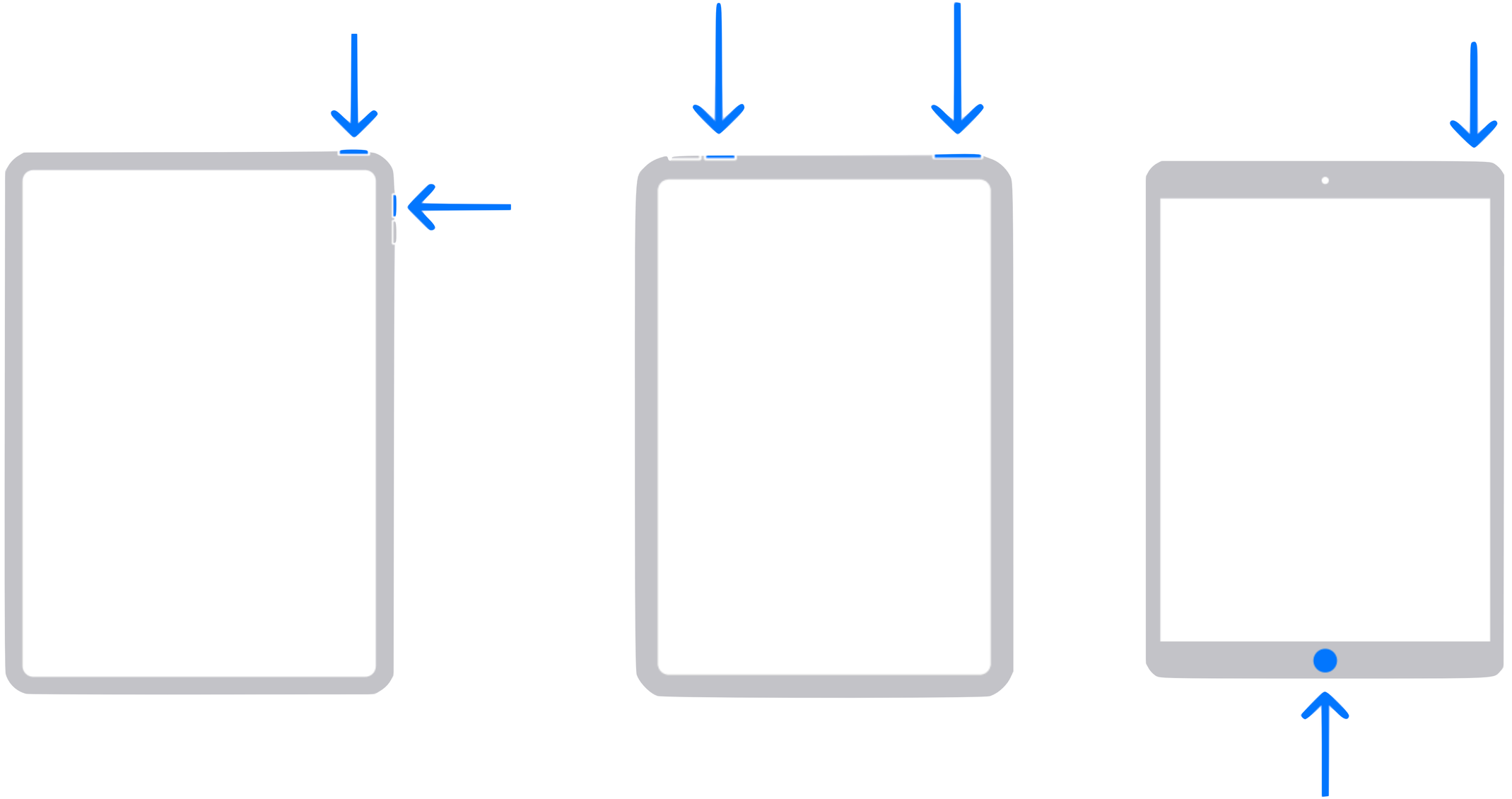


- Find the button that turns the device on/off (Usually on top or right side
- Press this button and the Home button at the same time
- If you don't have a home button (FaceID), press the on/off button and the Volume Up button at the same time
- Release both buttons after you hear a shutter sound
- After you take a screenshot, a thumbnail temporarily appears in the lower-left corner of your screen
- Tap the thumbnail to open it, or swipe left to dismiss it and send it to the Photos app

iPhone Screenshots

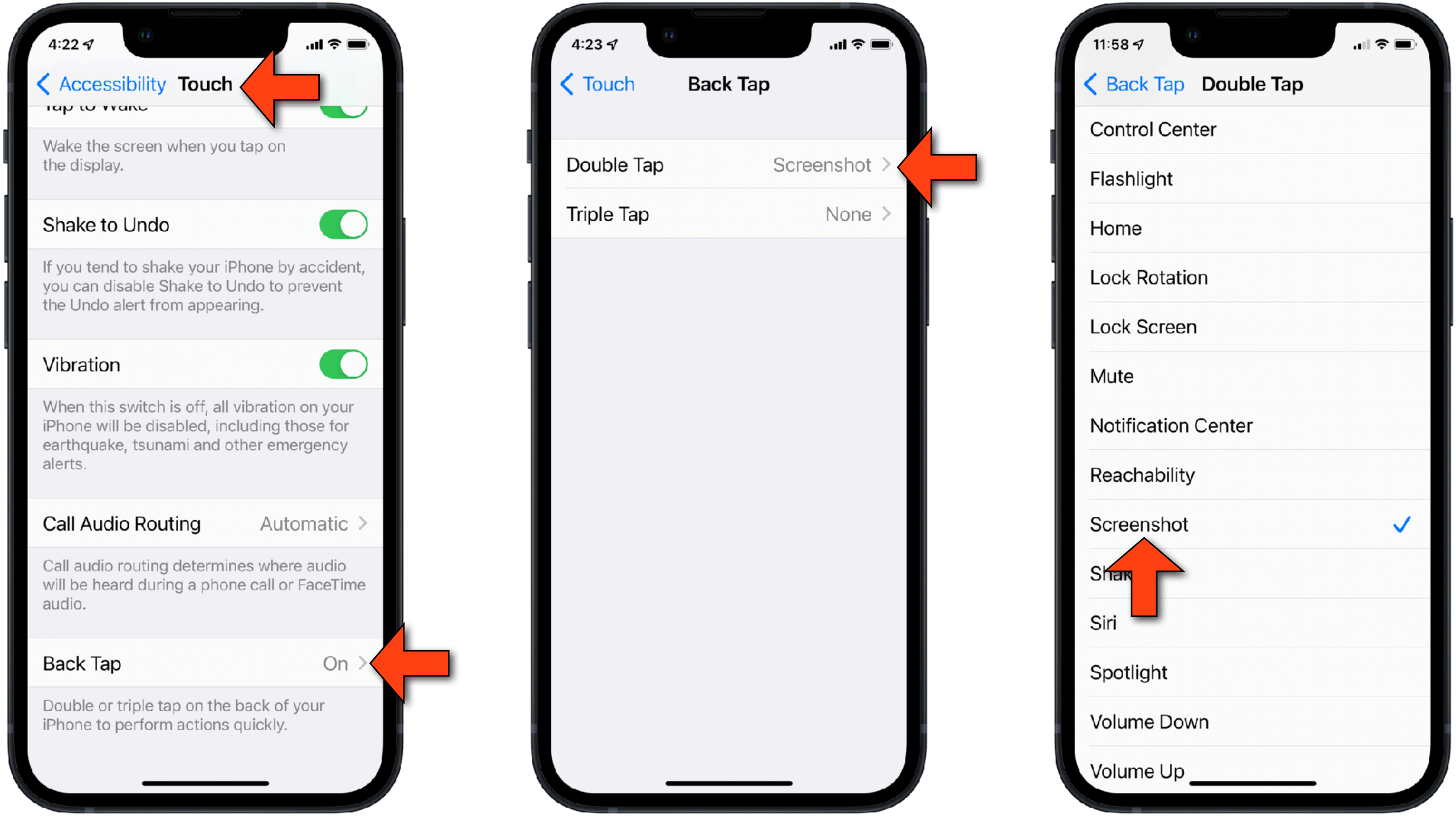


iPad Screenshots



Alternate Methods

- "Hey Siri, Take a screenshot"
- You can set it up so that a "double tap" on back of your iPhone takes a screenshot
  - Go to Settings>Accessibility>Touch
  - Select Back Tap
  - Select Double Tap
  - Select Screenshot
- Warning: This method tends to take screenshots you didn't intend to take


4:22
Accessibility
Touch
Wake the screen when you tap on the display.
Shake to Undo
If you tend to shake your iPhone by accident, you can disable Shake to Undo to prevent the Undo alert from appearing.
Vibration
When this switch is off, all vibration on your iPhone will be disabled, including those for earthquake, tsunami and other emergency alerts.
Call Audio Routing
Automatic
Call audio routing determines where audio will be heard during a phone call or FaceTime audio.
Back Tap
On
Double or triple tap on the back of your iPhone to perform actions quickly.
4:23
Touch
Back Tap
Double Tap
Screenshot
Triple Tap
None
11:58
Back Tap
Double Tap
Control Center
Flashlight
Home
Lock Rotation
Lock Screen
Mute
Notification Center
Reachability
Screenshot
Siri
Spotlight
Volume Down
Volume Up

macmost

Wife crashed the car again today.....
She told the police the man she collided with was on his mobile phone and drinking can of beer !
Police said he can do what he likes in his own living room !

Apple Watch 7

Apple Watch 7

- In December, I bought an Apple Watch 7 (AW7) upgrading from my Apple Watch 3 (AW3)
- I kept the AW3 and found that using 2 AW's is fairly transparent, just put the one you want to use on your wrist
  - It takes a minute or two to transfer data between them, and the fitness data may take a little longer
- Note: You can only use one Apple Watch at a time

Series 7

Series 3

Apple Watch 7

- Improvements of the AW7 over the AW3:
  - The AW7 has a much larger face (45 vs 42mm)
  - It has an always-on display although slightly dimmed
  - It uses haptic feedback on the face, crown, and side buttons which I find makes it easier to use
  - It has additional health features including a Blood Oxygen and ECG app
  - The AW7 supports Fall Detection

Apple Watch 7

- AW7 vs AW3 (continued):
  - It is much faster (S7 vs S3 SOC)
  - It has a compass and "always on" altimeter
  - It has 32 vs 8 GB storage (I was having issues updating the AW3, which was one of the main reasons that I upgraded)
  - It's the first AW that supports "fast charging"
  - Important: The included charging puck uses USB-C vs USB-A therefore you need a USB C wall plug (which is <u>not</u> included)

Fast Charging AW7

- The Apple Watch Series 7 fast charging feature allows it to recharge up to 33% faster than the Series 6, charging from 0 to 80% in 45 minutes
- Fast charging requires the Apple USB-C Magnetic Fast Charging Cable (included with the Apple Watch 7)
  - This cable has a puck with an aluminum back and a USB-C connector
  - Additional cables are available for $29

Fast Charging AW7

- You also need a a power adapter (Wall Plug) that supports fast charging:
  - Any of Apple's USB-C power adapters rated at 18 watts or higher will support fast charging
  - I'd recommend the 20W Apple Charger for $19
    - FYI: This is the same charger that comes with the current iPad Air, Pro and Mini
  - You can also use third-party USB-C power adapters as long as they support USB-C Power Delivery (PD) of 5W or greater

Fast Charging AW7

- Third party USB-C Power sources that I have used that support Fast Charging:
  - Spigen ArcStation Pro GaN Charger, 20W for $15.29 from Amazon
  - Anker Nano Pro 20W for $19.99 from Amazon
  - Anker Power Strip, PowerExtend USB-C Cube with 3 Power Outlets, 2 USB-A and 1 USB-C for $29.99 from Amazon
- Note: Cables and adapters that worked for earlier models may still work, but will not provide "Fast Charging"

Fast Charging Adapters for Apple Watch 7

Apple 20W Charger

Anker Powerstrip

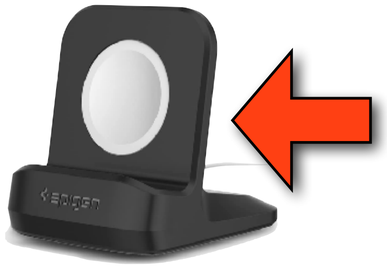
Anker Nano Pro

Spigen ArcStation Pro

Apple Watch Chargers

Apple Magnetic Charging Dock

- I've used this for years on my nightstand with my AW3, and thankfully it works with the AW7 as well
- You can charge your AW with its band open, or on its side
- When docked on its side, your watch automatically goes into Nightstand mode which:
  - Shows time, date, alarms, and charging status
  - Comes on with any vibration and is great for checking status in middle of night
- It connects via a USB-A Cable and does <u>not</u> support Fast Charging
- Price: $79 from Apple or Amazon



Spigen AW Stand

- This is an Apple Watch Charger Stand compatible with official Apple Watch Charging puck ($11)
- Just push your Apple charging puck into the rubber stand
- It provides stability for your charging puck and is compatible with Nightstand Mode
- It has a tacky base for a non-slip mount
- The stand is compatible with most Apple Watch models
- Some bulky Apple Watch cases may not be compatible
- Apple Watch Charging puck is NOT INCLUDED

i.VALUX Portable Wireless Charger

- Pocket-sized 1,000 mAh battery charger ($20 on Amazon)
- This allows you to carry a portable battery charger that fits into your pocket or on your keychain for trips
- It includes a keychain that swings open for fast access
- It has four blue led battery level indicators to easily view the remaining battery capacity that are very bright at night
- Good for only one charge, and is rechargeable thru an included USB micro plug
- Works on both my AW7 and AW3

Zooula Portable AW Stand

- A portable AW charger intended for use while traveling ($14.99)
- You need a USB-A wall plug (not included)
- Folds flat to carry around or pack
- Four angles ranging from 30°, 60°, 80° to 90° are available to achieve the best viewing angle
- Press the upper and front buttons to raise or lower height
- Works great with my AW3 but currently doesn’t work at all with my AW7

Zooula Portable AW Stand

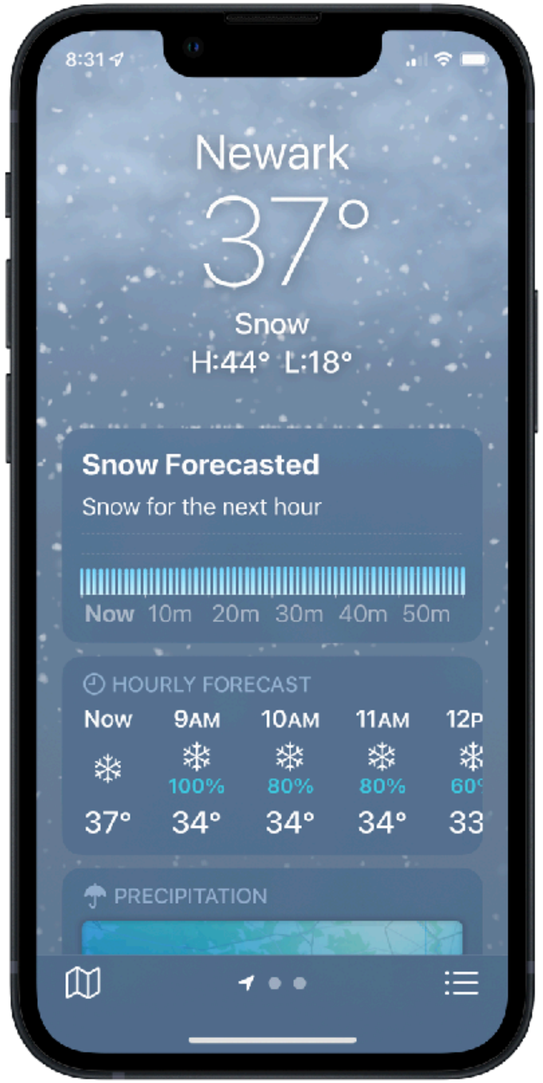
- My AW7 starts charging normally but within minutes it fails
- This may be an AW7 bug?
- Update: According to Apple's release notes, watchOS 8.4 fixes a bug that could cause some Apple Watch chargers not to work as expected
- Update 2: After updating to watchOS 8.4, the problems with this charger have disappeared
- It's now working fine

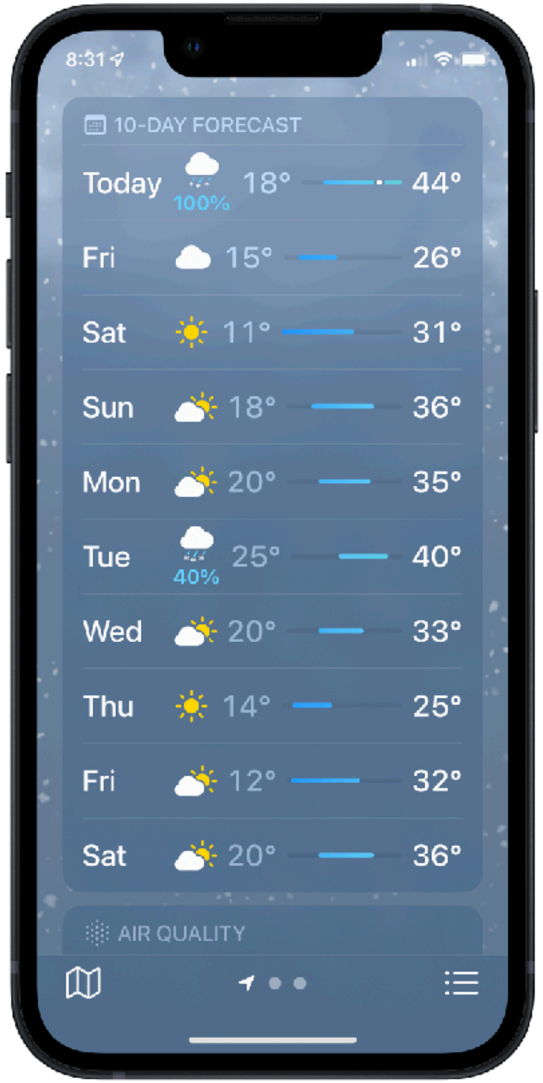
Belkin BOOST↑CHARGE PRO Portable Fast Charger

- This is the charger I'd recommend for an AW7 if you needed something beyond the included Apple puck today
- It costs $59.99 and comes in black or white, available from Apple or Belkin (Note: You must supply your own 20W charger)
- It's the only non-Apple standalone charger available today that will fast charge an Apple Watch 7 (that I am aware of)
- It folds flat and adjusts from 0° to 90°
- It has a dial on bottom to adjust height to fit any watch and it has a place on bottom to coil the excess cord

"One day, son, all of these perfectly good A.C. adapters, which have long outlived the products they were originally designed for, will be yours."

Apple's Weather App





iPhone Weather App

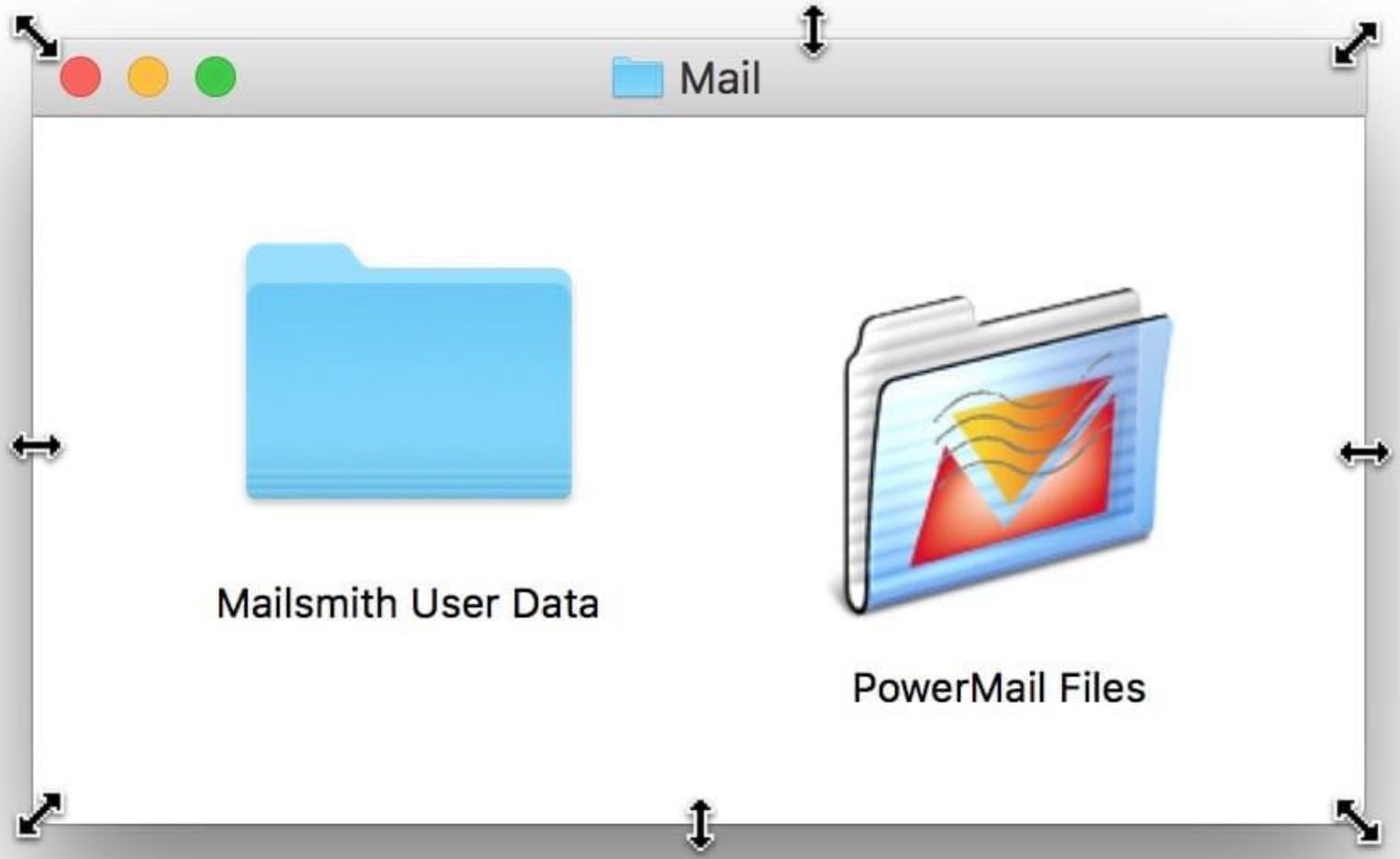
- Until recently Apple's weather app has been a pretty basic weather app
- That changed with iOS 15, and it's well worth taking another look at it
- I now use it as my main iPhone weather app (It's free and no ads!)
- It's only available on the iPhone (Why not include it on the iPad?)
- MacMost does a good job explaining the new features

macmost

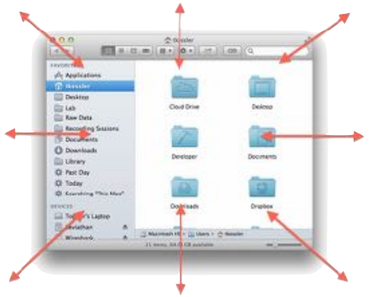
FIRST WARN WEATHER
Honest First Call Forecast
Next Wednesday-Friday
Juneau
Ketchikan
Edmonton
Calgary
Winnipeg
Moosonee
Vancouver
Seattle
Bismarck
Billings
Minneapolis
Québec
Ottawa
St. Jo
Halifax
Rapid City
Toronto
Boston
Omaha
Salt Lake City
New York
Denver
Wichita
Albuquerque
Memphis
Raleigh
Charlotte
Atlanta
Dallas
El Paso
0-100% Chance of
0-24" of Snowfall
@wxbrad
wxbradWCNC
Brad Panovich

Quick Tips

Resizing Windows On a Mac

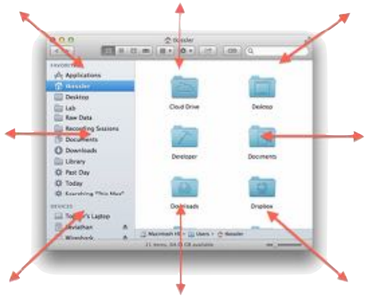


Resizing Mac Windows



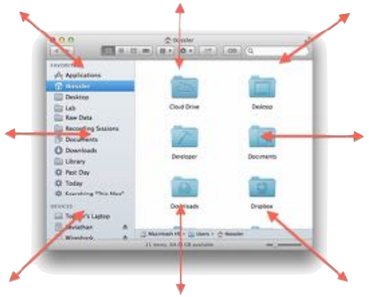
- I'm sure you know that you can change the size and shape of any window by dragging its edges, but there are some tricks that make resizing windows much easier and quicker
- If you drag a corner, it will resize two sides at once
- Drag an edge while holding down the Option key will resize the window on both opposite sides at once
- Drag an corner while holding down the Option key will resize the window on all sides

Resizing Mac Windows



- Drag an edge or corner while holding down the Shift key will resize the window proportionally (keep the same proportion between the width and height of the image)
- When you move your cursor over the left or right edges, you get a horizontal arrow. If you click and drag in the vertical direction, you'll actually move the window, which may help if you need to move it without using the title bar
- The same behavior holds true if you hover over the bottom, getting a vertical arrow, and click and drag horizontally

Resizing Mac Windows



- Double click an edge will resize the window all the way to the side or bottom of the screen
- Double click a corner will resize the window all the way to the side and bottom of the screen at that corner
- Double click on an edge while holding down the Option key will resize the window to the edge on both opposite sides
- Double click on a corner while holding down the Option key will resize the window to the edge on all 4 sides. This creates the largest possible real estate for a window without going into full screen mode

Using Apple Watch to Unlock Your iPhone While wearing a Mask

Use AW to Unlock iPhone

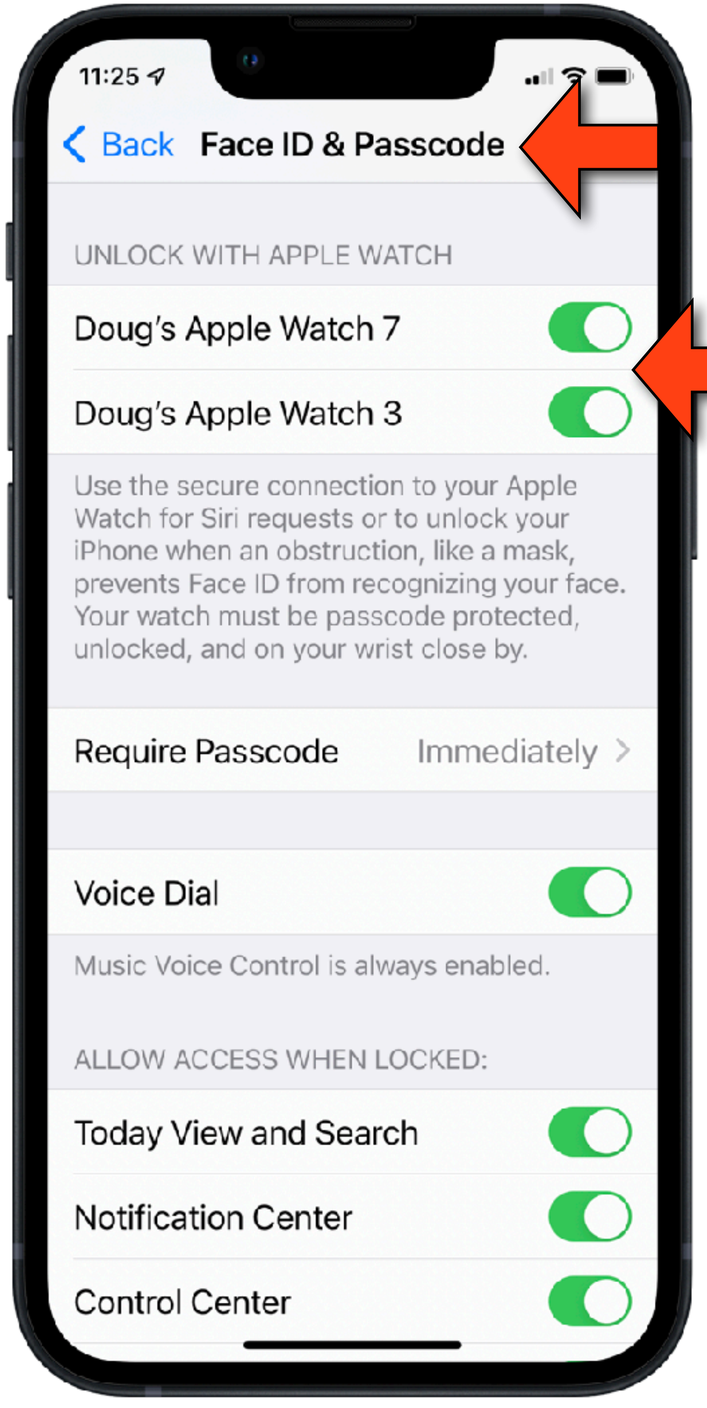
- When you're wearing a mask or sunglasses and your Apple Watch, you can simply raise and glance at your iPhone to unlock it
- This is extremely useful during the pandemic
- Minimum requirements:
  - An iPhone that uses Face ID (iPhone X or later) and has iOS 14.5 or later
  - An Apple Watch Series 3 or later with watchOS 7.4 or later

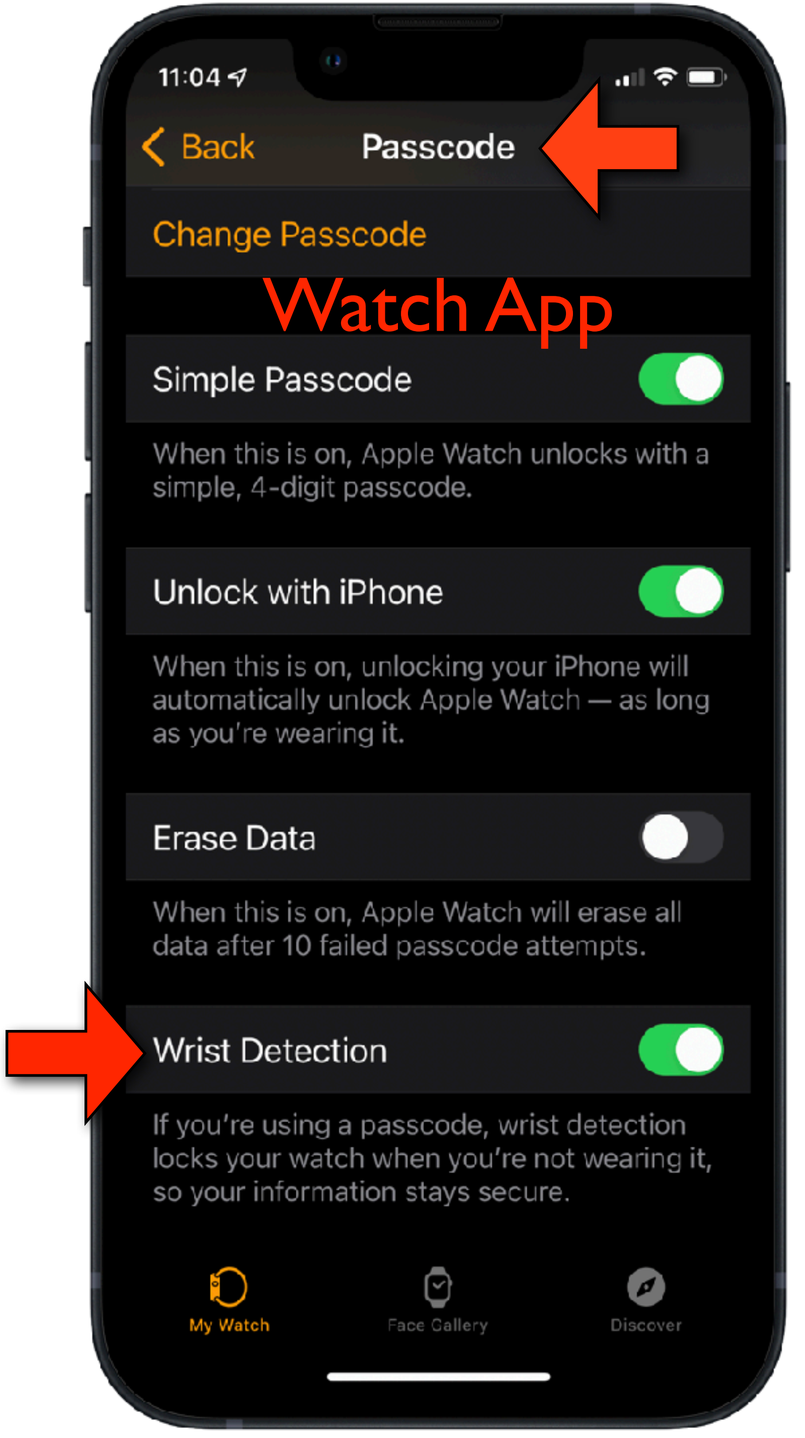
Use AW to Unlock iPhone

- Additional requirements:
  - Your Apple Watch needs to be paired with your iPhone
  - Your iPhone and Apple Watch need to have Wi-Fi and Bluetooth turned on (You don't need to be connected to a Wi-Fi network)
  - Your Apple Watch needs to have a passcode, and wrist detection must be turned on
  - Your Apple Watch needs to be on your wrist and unlocked
  - You need to be wearing a mask that covers your mouth and nose, or sunglasses or ski goggles that cover your eyes

Use AW to Unlock iPhone

- How to set up you phone to unlock with Apple Watch
  - Open the Settings app on your iPhone
  - Tap Face ID & Passcode, then type your passcode
  - Scroll down to Unlock with Apple Watch, then turn on the feature next to your watch's name
  - If your watch doesn't have wrist detection enabled, you'll be asked to turn it on


11:25
Back
Face ID & Passcode
UNLOCK WITH APPLE WATCH
Doug's Apple Watch 7
Doug's Apple Watch 3
Use the secure connection to your Apple Watch for Siri requests or to unlock your iPhone when an obstruction, like a mask, prevents Face ID from recognizing your face. Your watch must be passcode protected, unlocked, and on your wrist close by.
Require Passcode
Immediately
Voice Dial
Music Voice Control is always enabled.
ALLOW ACCESS WHEN LOCKED:
Today View and Search
Notification Center
Control Center


11:04
Back
Passcode
Change Passcode
Watch App
Simple Passcode
When this is on, Apple Watch unlocks with a simple, 4-digit passcode.
Unlock with iPhone
When this is on, unlocking your iPhone will automatically unlock Apple Watch — as long as you're wearing it.
Erase Data
When this is on, Apple Watch will erase all data after 10 failed passcode attempts.
Wrist Detection
If you're using a passcode, wrist detection locks your watch when you're not wearing it, so your information stays secure.
My Watch
Face Gallery
Discover

Use AW to Unlock iPhone

- How to unlock your iPhone with your Apple Watch
  - Make sure that you're wearing a mask, sunglasses, or ski goggles and that your Apple Watch is on your wrist and unlocked
  - Wake your iPhone by raising it or tapping its screen
  - Glance at your iPhone to unlock it
  - Your watch will vibrate to let you know it unlocked your phone
- Note: If you didn't mean to unlock your iPhone, tap the Lock iPhone button on your Apple Watch screen

Doug's iPhone
11 Pro
Unlocked by this
Apple Watch
Lock iPhone

THEY CALL THEM
HEATED SEATS BECAUSE
REAR DEFROSTER WAS
ALREADY TAKEN

Paprika 3

Paprika 3

- Paprika is a recipe app available for iOS/Android ($4.99) and Mac/Windows ($29.99)
- Paprika has a 4.9/5.0 rating with over 30K reviewers
- We installed it on our iPads to replace the “RecipeBook” app which is no longer supported
- I was able to import most of the RecipeBook content into Paprika using directions in the support section of the Paprika web site (paprikapp.com)
- We do not use the Mac version only because we never have a Mac in the kitchen where this would be used

Paprika 3

- Paprika is an app that helps you organize your recipes, make meal plans, and create grocery lists
- You can type in your own recipes or…
- You can import recipes from anywhere on the web, using either Paprika's built-in browser or the share menu in Safari
- Your data syncs across all your devices automatically
- It keeps the screen on while cooking
- You can cross off ingredients, and highlight your current step

Paprika 3

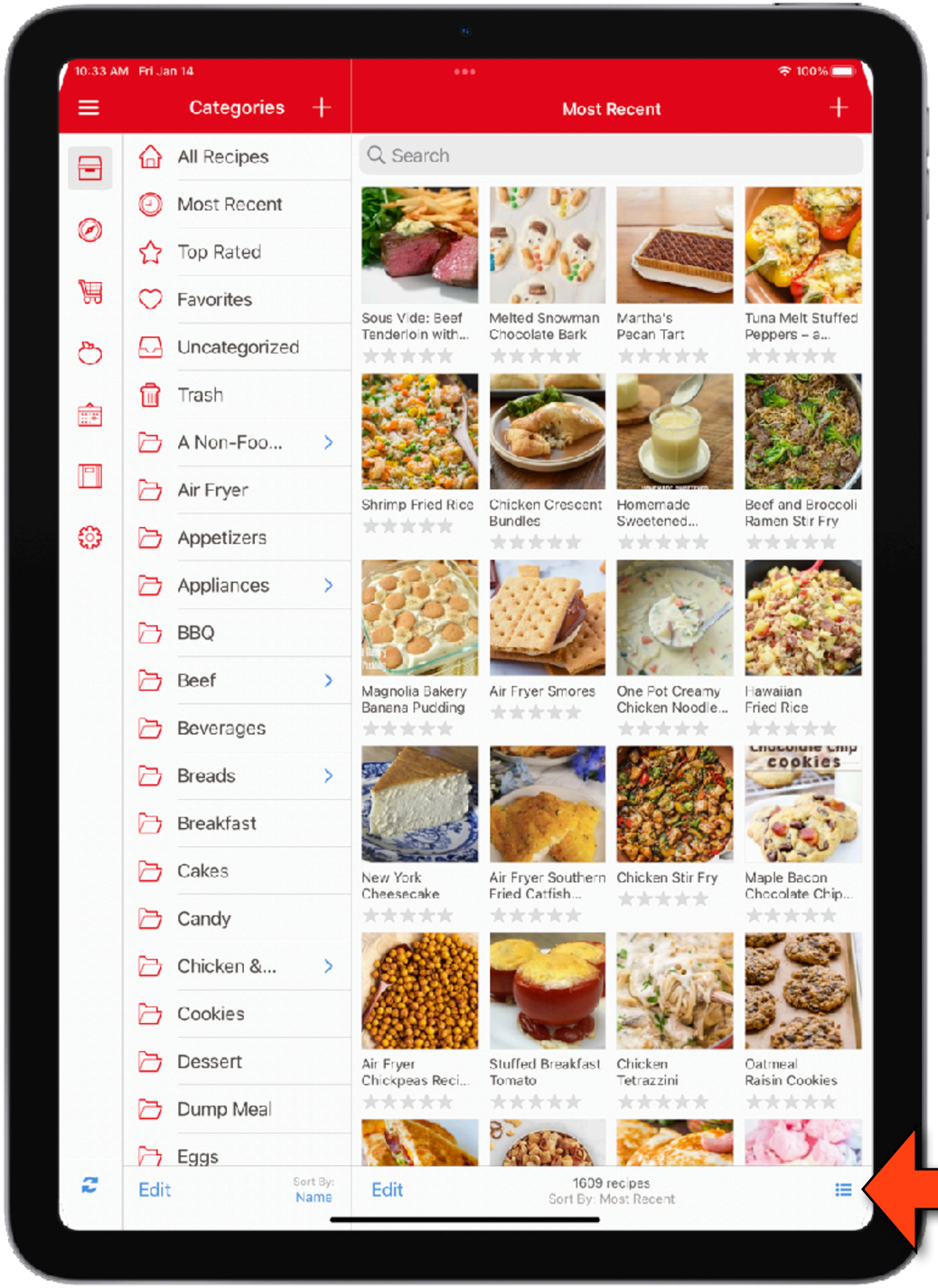
- Other features:
  - Create smart grocery lists that automatically combine ingredients and sort them by aisle
  - Use the pantry to keep track of which ingredients you have on hand and when they expire
  - Plan your meals using the daily, weekly, or monthly calendars
  - Save your favorite meal plans as reusable menus
- Full Disclosure: We have not used any of the above features yet

Paprika 3

- You can scale ingredients to your desired serving size, and convert between imperial and metric measurements
- You can organize your recipes into categories and subcategories
- You can search by name, ingredient, and more
- Cook times are automatically detected in the directions
  - Simply tap on one to start a timer
- All of your data is stored locally so no internet connection is required to view your recipes

Paprika 3

- Import from existing apps such as MacGourmet, YummySoup!, MasterCook & Living Cookbook
- You can export your meal plans to your calendar and export your grocery lists to Reminders
- You can share recipes via AirDrop or email
- Print out recipes, grocery lists, menus, and meal plans
- Printing recipes supports multiple print formats including index cards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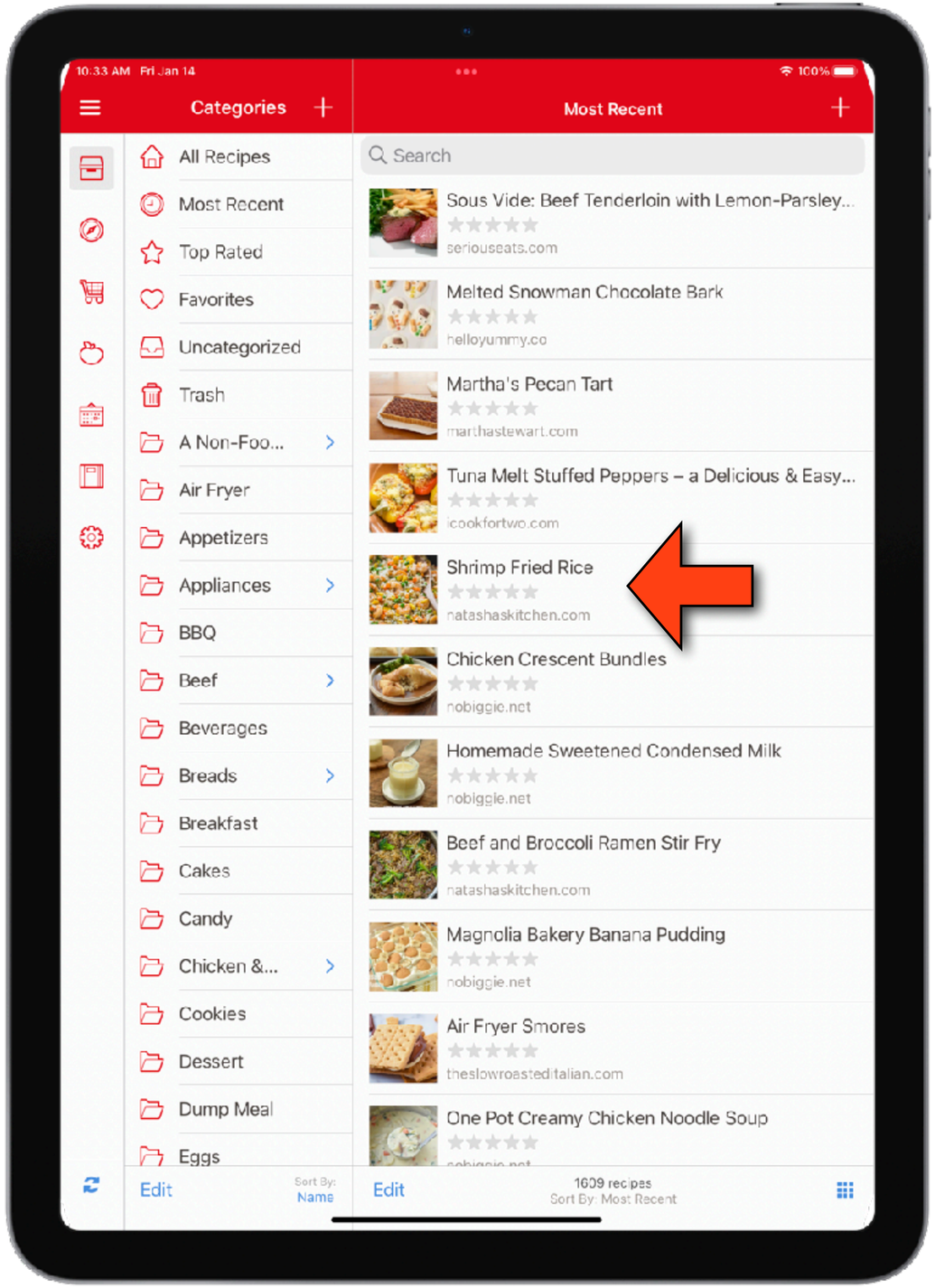
Categories
Most Recent
All Recipes
Most Recent
Top Rated
Favorites
Uncategorized
Trash
A Non-Foo...
Air Fryer
Appetizers
Appliances
BBQ
Beef
Beverages
Breads
Breakfast
Cakes
Candy
Chicken &...
Cookies
Dessert
Dump Meal
Eggs
Search
Sous Vide: Beef Tenderloin with...
Melted Snowman Chocolate Bark
Martha's Pecan Tart
Tuna Melt Stuffed Peppers – a...
Shrimp Fried Rice
Chicken Crescent Bundles
Homemade Sweetened...
Beef and Broccoli Ramen Stir Fry
Magnolia Bakery Banana Pudding
Air Fryer Smores
One Pot Creamy Chicken Noodle...
Hawaiian Fried Rice
New York Cheesecake
Air Fryer Southern Fried Catfish...
Chicken Stir Fry
Maple Bacon Chocolate Chip...
Air Fryer Chickpeas Reci...
Stuffed Breakfast Tomato
Chicken Tetrazzini
Oatmeal Raisin Cookies
Edit
Sort By: Name
Edit
1609 recipes
Sort By: Most Recent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Search
Sous Vide: Beef Tenderloin with Lemon-Parsley...
seriouseats.com
Melted Snowman Chocolate Bark
helloyummy.co
Martha's Pecan Tart
marthastewart.com
Tuna Melt Stuffed Peppers – a Delicious & Easy...
icookfortwo.com
Shrimp Fried Rice
natashaskitchen.com
Chicken Crescent Bundles
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Homemade Sweetened Condensed Milk
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nobiggie.net
Air Fryer Smores
theslowroasteditalian.com
One Pot Creamy Chicken Noodle Soup
Edit
Sort By: Name
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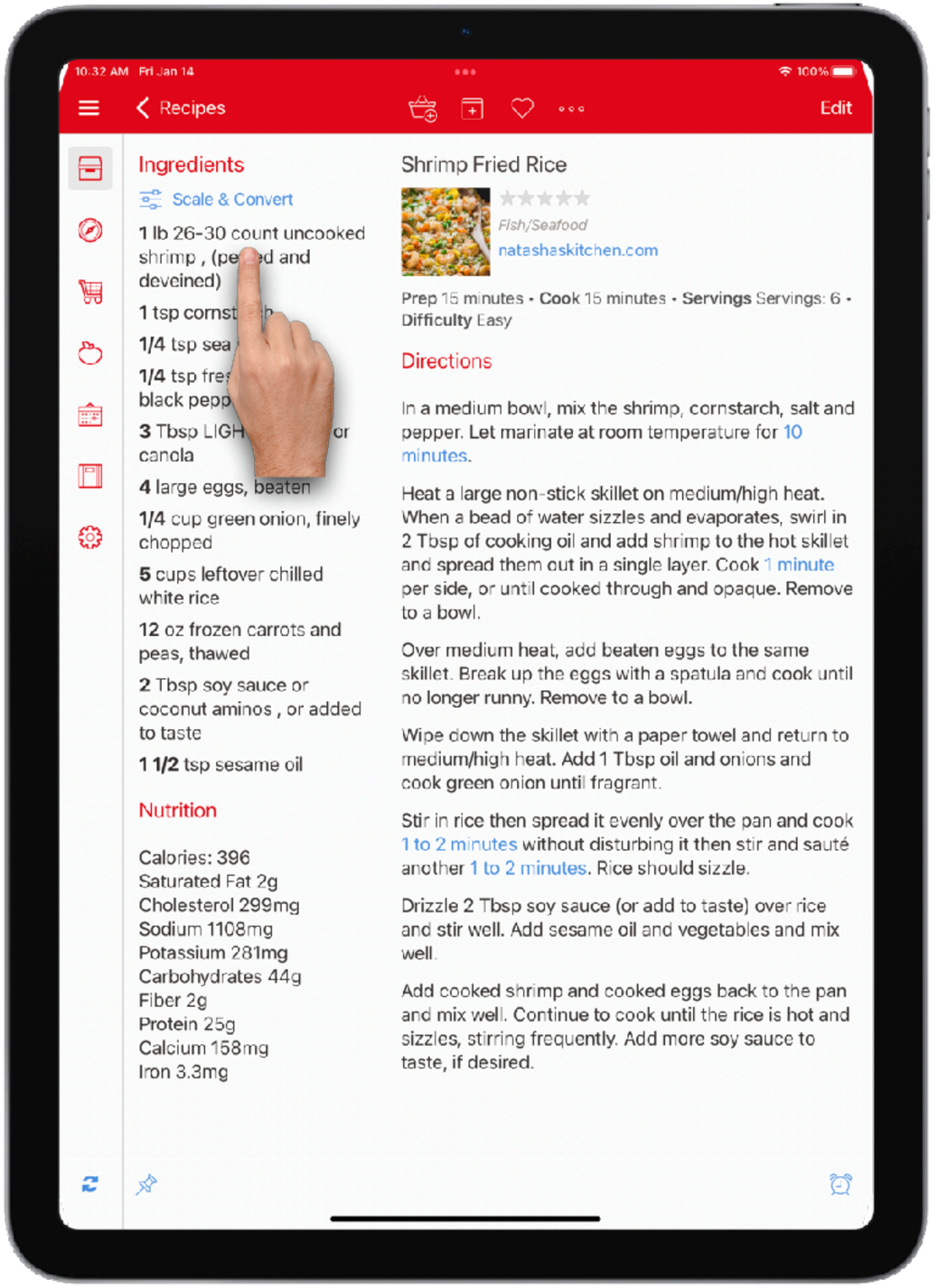
1609 recipes
Sort By: Most Recent


Recipes
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Ingredients
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1 tsp cornstarch
1/4 tsp sea salt
1/4 tsp freshly ground black pepper
3 Tbsp LIGHT olive oil, or canola
4 large eggs, beaten
1/4 cup green onion, finely chopped
5 cups leftover chilled white rice
12 oz frozen carrots and peas, thawed
2 Tbsp soy sauce or coconut aminos , or added to taste
1 1/2 tsp sesame oil
Nutrition
Calories: 396
Saturated Fat 2g
Cholesterol 299mg
Sodium 1108mg
Potassium 281mg
Carbohydrates 44g
Fiber 2g
Protein 25g
Calcium 158mg
Iron 3.3mg
Shrimp Fried Rice
Fish/Seafood
nateshaskitchen.com
Prep 15 minutes • Cook 15 minutes • Servings Servings: 6 • Difficulty Easy
Directions
In a medium bowl, mix the shrimp, cornstarch, salt and pepper. Let marinate at room temperature for 10 minutes.
Heat a large non-stick skillet on medium/high heat. When a bead of water sizzles and evaporates, swirl in 2 Tbsp of cooking oil and add shrimp to the hot skillet and spread them out in a single layer. Cook 1 minute per side, or until cooked through and opaque. Remove to a bowl.
Over medium heat, add beaten eggs to the same skillet. Break up the eggs with a spatula and cook until no longer runny. Remove to a bowl.
Wipe down the skillet with a paper towel and return to medium/high heat. Add 1 Tbsp oil and onions and cook green onion until fragrant.
Stir in rice then spread it evenly over the pan and cook 1 to 2 minutes without disturbing it then stir and sauté another 1 to 2 minutes. Rice should sizzle.
Drizzle 2 Tbsp soy sauce (or add to taste) over rice and stir well. Add sesame oil and vegetables and mix well.
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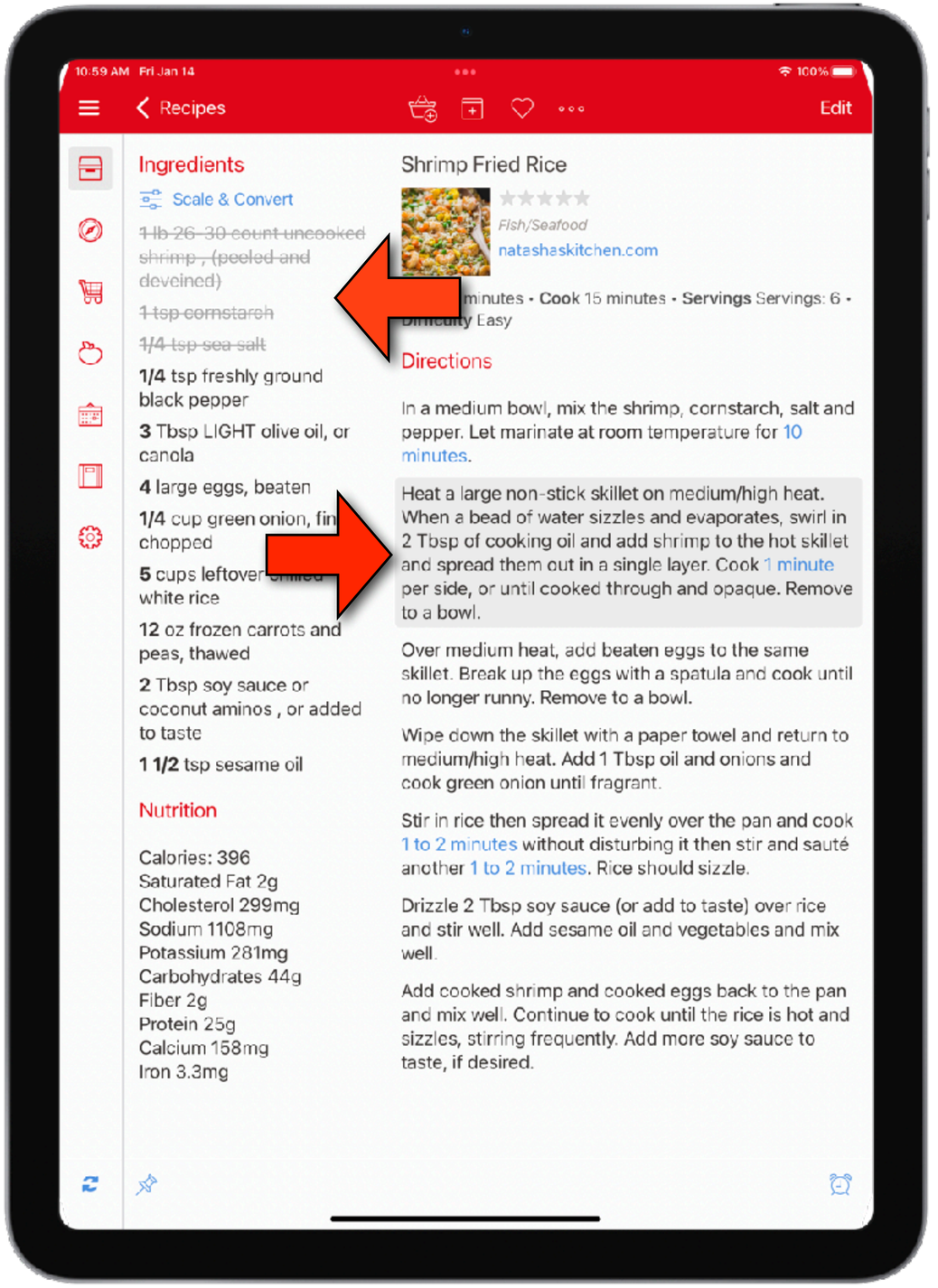
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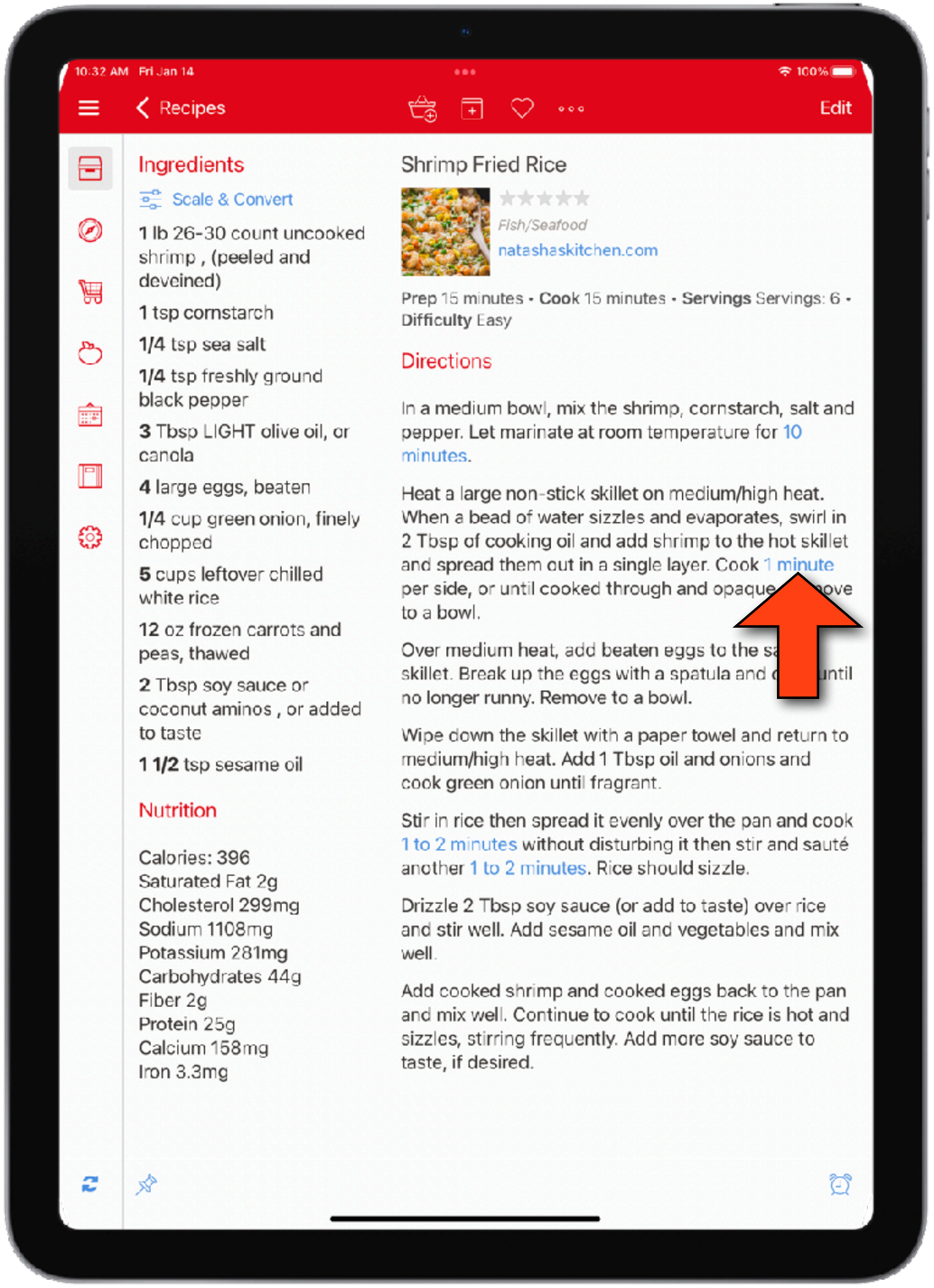
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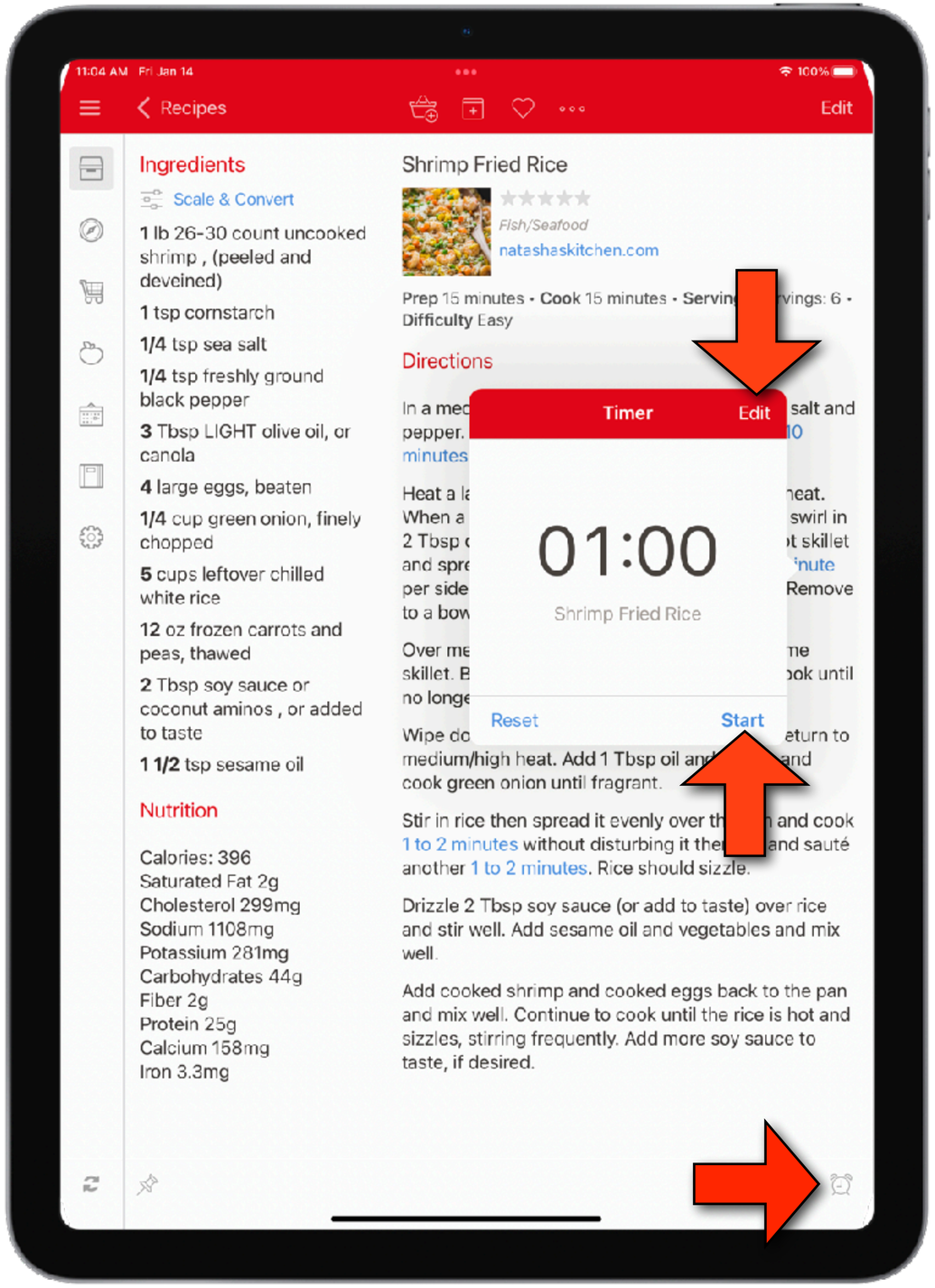
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Shrimp Fried Rice
Fish/Seafood
natashaskitchen.com
Directions
Timer
Edit
01:00
Shrimp Fried Rice
Reset
Start
Drizzle 2 Tbsp soy sauce (or add to taste) over rice and stir well. Add sesame oil and vegetables and mix well.
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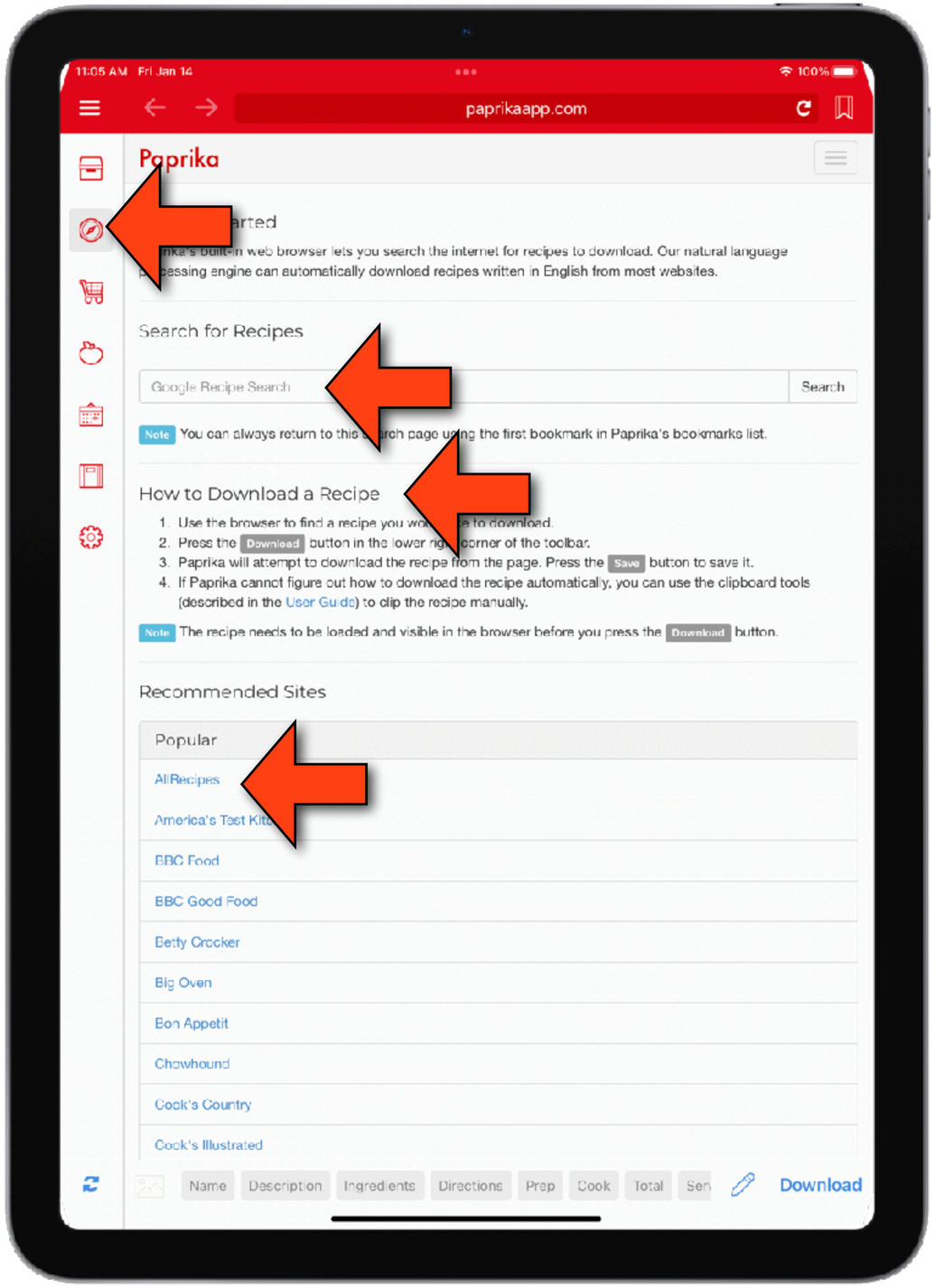
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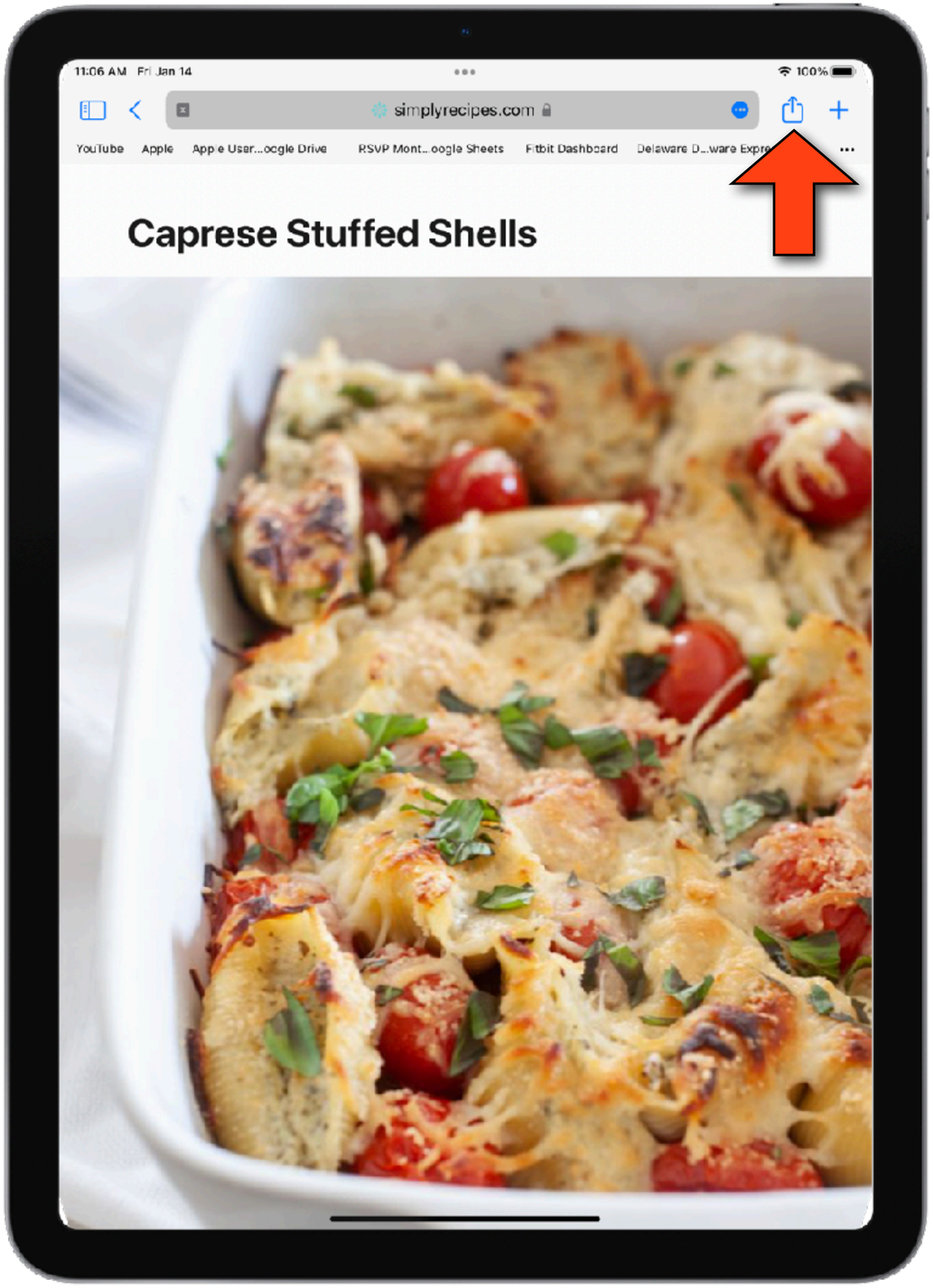
Google Recipe Search
Search
Note You can always return to this search page using the first bookmark in Paprika's bookmarks list.
How to Download a Recipe
1. Use the browser to find a recipe you would like to download.
2. Press the Download button in the lower right corner of the toolbar.
3. Paprika will attempt to download the recipe from the page. Press the Save button to save it.
4. If Paprika cannot figure out how to download the recipe automatically, you can use the clipboard tools (described in the User Guide) to clip the recipe manually.
Note The recipe needs to be loaded and visible in the browser before you press the Download button.
Recommended Sites
Popular
AllRecipes
America's Test Kitchen
BBC Food
BBC Good Food
Betty Crocker
Big Oven
Bon Appetit
Chowhound
Cook's Country
Cook's Illustrated
Name
Description
Ingredients
Directions
Prep
Cook
Total
Download

Or in Safari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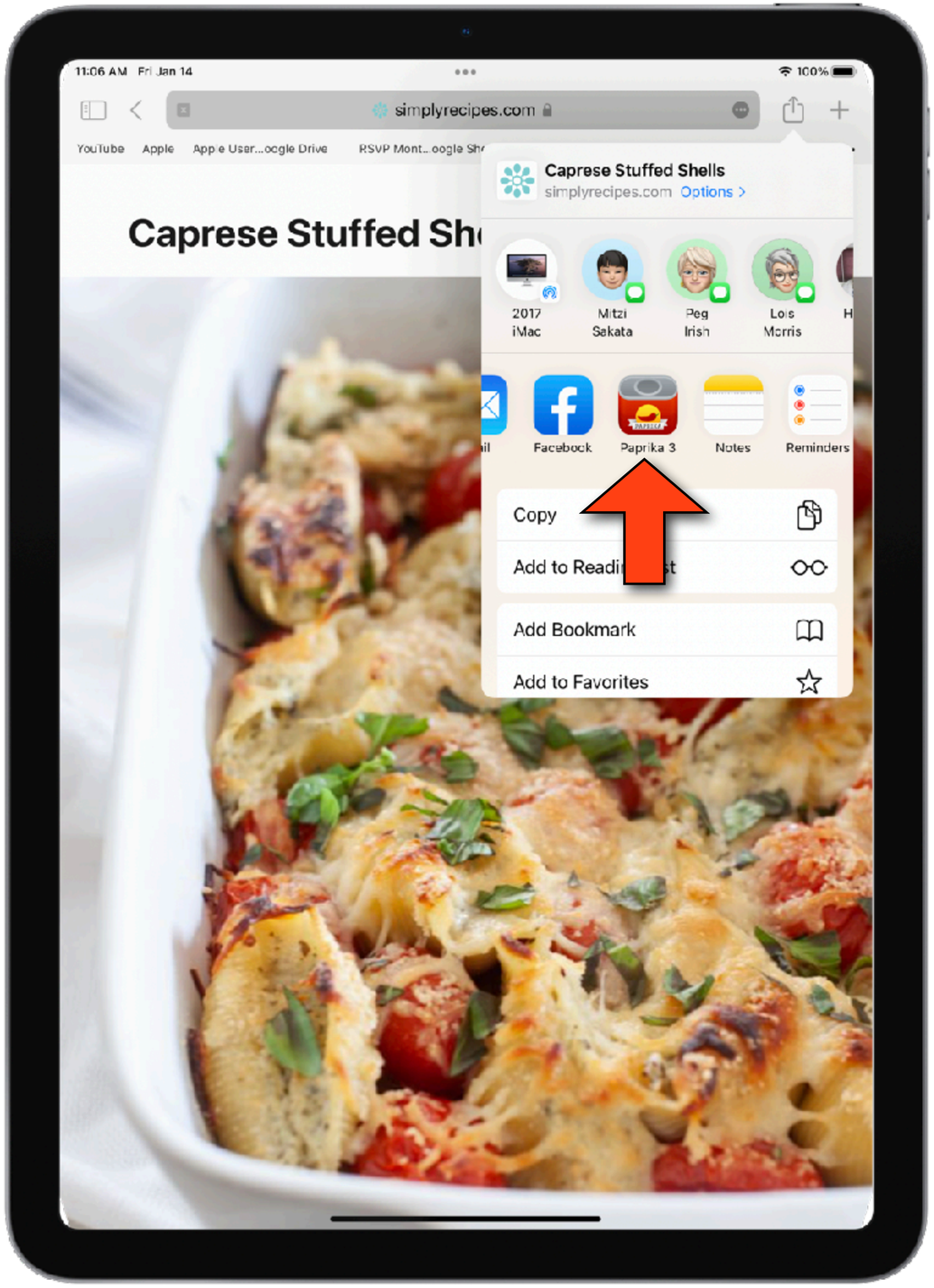
simplyrecipes.com
YouTube
Apple
Caprese Stuffed Shells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Apple
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Caprese Stuffed Shells
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2017 iMac
Mitzi Sakata
Peg Irish
Lois Morris
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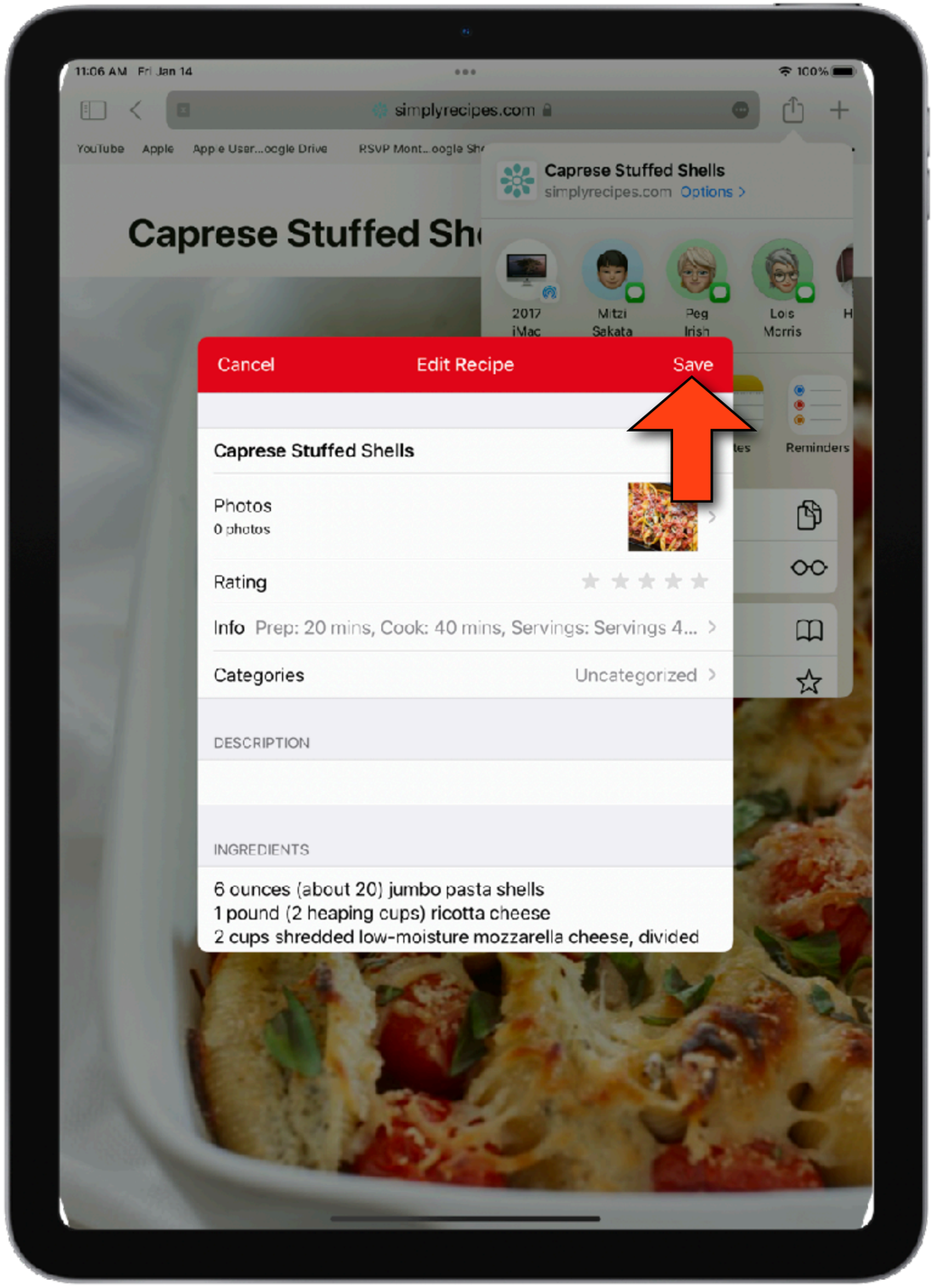
Paprika 3
Notes
Reminders
Copy
Add to Readi st
Add Bookmark
Add to Favorites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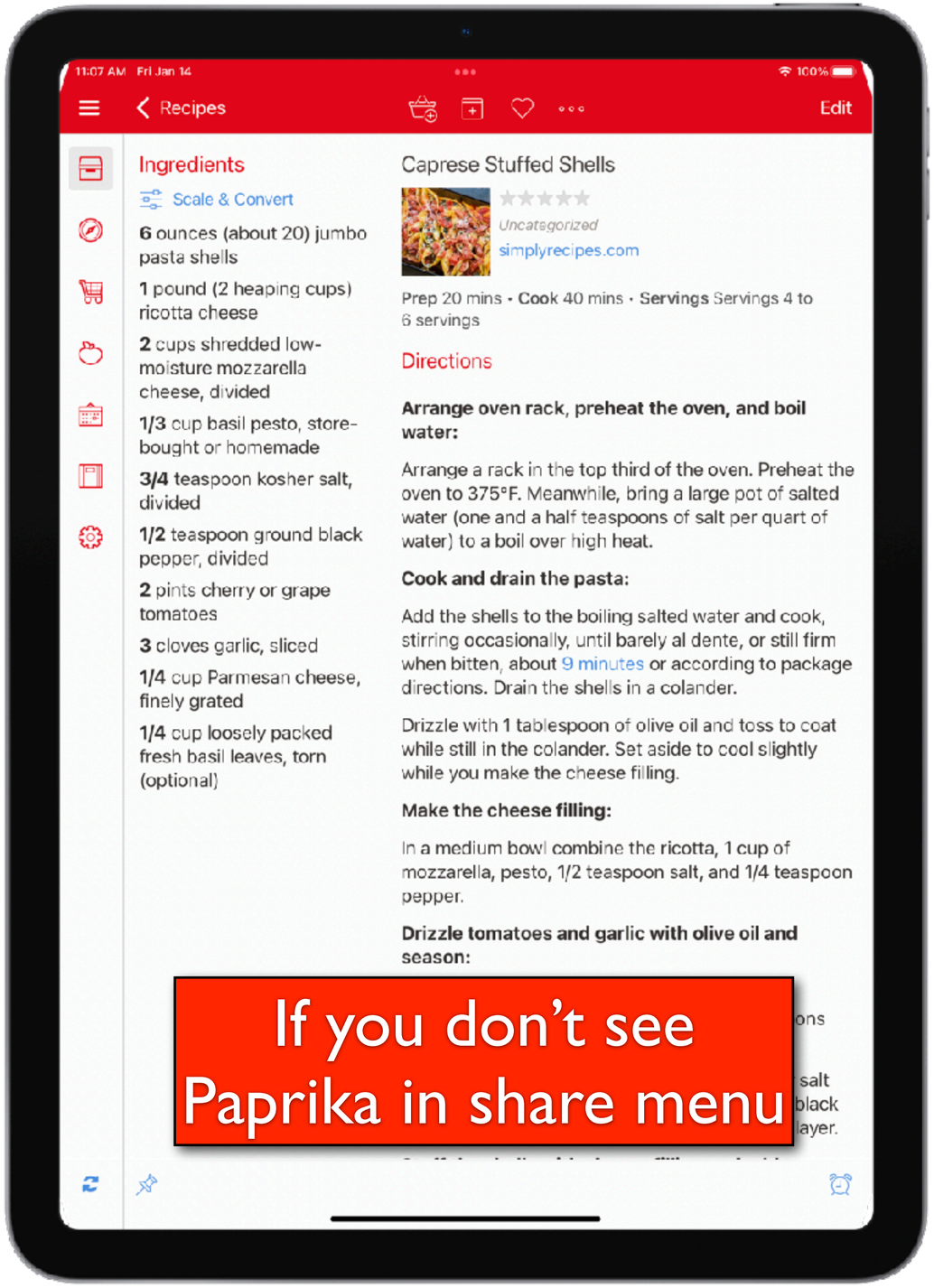
simplyrecipes.com Options
2017 iMac
Mitzi Sakata
Peg Irish
Lois Morris
Reminders
Cancel
Edit Recipe
Save
Caprese Stuffed Shells
Photos
0 photos
Rating
Info Prep: 20 mins, Cook: 40 mins, Servings: Servings 4...
Categories
Uncategorized
DESCRIPTION
INGREDIENTS
6 ounces (about 20) jumbo pasta shells
1 pound (2 heaping cups) ricotta cheese
2 cups shredded low-moisture mozzarella cheese, divided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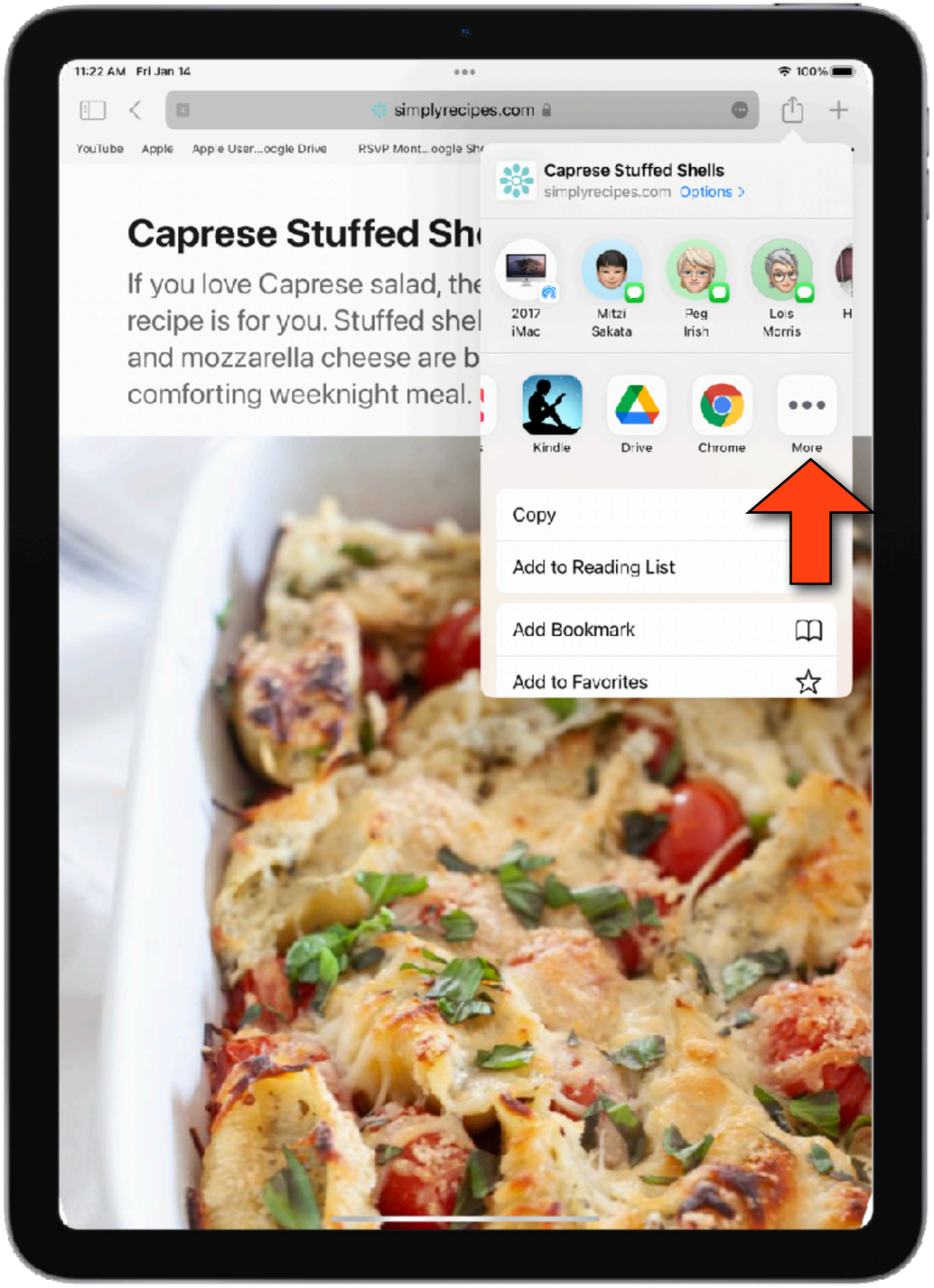
Recipes
Edit
Ingredients
Scale & Convert
6 ounces (about 20) jumbo pasta shells
1 pound (2 heaping cups) ricotta cheese
2 cups shredded low-moisture mozzarella cheese, divided
1/3 cup basil pesto, store-bought or homemade
3/4 teaspoon kosher salt, divided
1/2 teaspoon ground black pepper, divided
2 pints cherry or grape tomatoes
3 cloves garlic, sliced
1/4 cup Parmesan cheese, finely grated
1/4 cup loosely packed fresh basil leaves, torn (optional)
Caprese Stuffed Shells
Uncategorized
simplyrecipes.com
Prep 20 mins • Cook 40 mins • Servings Servings 4 to 6 servings
Directions
Arrange oven rack, preheat the oven, and boil water:
Arrange a rack in the top third of the oven. Preheat the oven to 375°F. Meanwhile, bring a large pot of salted water (one and a half teaspoons of salt per quart of water) to a boil over high heat.
Cook and drain the pasta:
Add the shells to the boiling salted water and cook, stirring occasionally, until barely al dente, or still firm when bitten, about 9 minutes or according to package directions. Drain the shells in a colander.
Drizzle with 1 tablespoon of olive oil and toss to coat while still in the colander. Set aside to cool slightly while you make the cheese filling.
Make the cheese filling:
In a medium bowl combine the ricotta, 1 cup of mozzarella, pesto, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
Drizzle tomatoes and garlic with olive oil and season:
If you don't see Paprika in share menu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Caprese Stuffed Shells
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Caprese Stuffed Sh
If you love Caprese salad, the recipe is for you. Stuffed shel and mozzarella cheese are b comforting weeknight meal.
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Questions?

Thank You!

* Presentation produced on an iMAC using Apple's Keynote software and presented using an iPad/iPhone