

THE ESSENTIAL
AIR FRYER COOKBOOK
FOR BEGINNERS:
THE FOOLPROOF COOKING GUIDE
WITH
200+
EASY, CRISPY & DELICIOUS,
BUDGET-FRIENDLY RECIPES
FOR QUICK & HEALTHY
EVERYDAY MEALS

Leonora Key

2025 Leonora Key
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Dedication

This book is dedicated to my amazing mom, Lucy—the queen of the kitchen and my toughest, yet fairest, critic. Your passion for cooking has been my greatest inspiration. You always knew how to bring us together around the table, filling our home with the most incredible flavors and love.

I can still picture myself as a child, standing beside you in the kitchen for hours, watching you turn simple ingredients into something magical. I remember the scent of cinnamon and vanilla on your hands and how you encouraged me when I made my first (slightly burnt) omelet when I was three. Your kindness, patience, and encouragement shaped my love for cooking, and I will always be grateful for it.

This book is a tribute to our family traditions and the joy of home-cooked meals. It's my way of saying thank you for your guidance and inspiration, and for showing me that the best meals aren't just about food but also about the love we share while making them.

This book is a small way of saying thank you for all the delicious lessons you have shared with me.

I love you

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Introduction

Welcome to Your New Favorite Air Fryer Cookbook!

There's something magical about the way food brings people together. Whether it's a casual Sunday breakfast, a busy weekday dinner, or a festive holiday gathering, the heart of every home is the kitchen.

American families have passed down cherished recipes for generations—handwritten on recipe cards, shared over dinner tables, or taught by loving parents or grandparents. These dishes offer more than just flavor; they bring memories, traditions, and the warmth of home.

That's exactly why I wrote this book.

As a passionate home cook who has spent years perfecting recipes, I wanted to create a collection of dishes that celebrate the flavors of traditional American cuisine while making them accessible for modern kitchens. Cooking at home isn't just about following a recipe—it's about bringing families together, keeping traditions alive, and making everyday moments special.

I hope this book becomes a staple in your kitchen—a go-to source for inspiration, comfort, and the joy of sharing meals with the people you love. Because at the end of the day, cooking isn't just about food—it's about creating memories that last a lifetime.

Happy cooking,

Leonora Key

What is an Air Fryer & Why You'll Love It

Air fryers have taken the world by storm—and for good reason. They offer the crispy, golden texture many love, but with significantly less oil and effort. If you've ever wished for a way to enjoy your favorite fried foods without guilt, an air fryer is your new best friend.

How Does It Work?

Unlike deep fryers, which submerge food in hot oil, an air fryer uses rapid hot air circulation to crisp up food from all angles. Think of it as a mini convection oven that mimics frying—but in a much healthier way.

Why an Air Fryer is a Game Changer

Healthier Cooking with Less Oil

Enjoy crispy fries, golden-brown chicken, and crunchy veggies with up to 85% less oil than traditional frying. Say goodbye to greasy, heavy meals and hello to light, flavorful, and better-for-you food.

Faster Meals, Less Waiting

Air fryers preheat in minutes and cook food up to 30% faster than conventional ovens. Whether you're making a quick dinner after a long day or whipping up a last-minute snack, you'll spend less time cooking and more time enjoying.

Crispy Perfection, Every Time

Tired of soggy oven fries? An air fryer gives food that irresistible crunch without drying it out. Whether it's chicken wings, onion rings, or roasted vegetables, expect flavor-packed, crispy results every time.

Versatile & Multi-Functional

It's not just for frying! You can bake, roast, grill, and even reheat leftovers all in one compact appliance. An air fryer does everything from fluffy cinnamon rolls to juicy steak.

Less Mess, Easy Cleanup

Forget about dealing with piles of greasy pans or scrubbing an oven for hours. Most air fryer baskets are dishwasher-safe, making cleanup a breeze.

Once you start using your air fryer, you'll wonder how you managed to cook without it.

Who Is This Book For?

No matter your experience level, this book is designed to make air frying simple, delicious, and enjoyable. Whether you're a beginner or simply looking for new ideas, you'll find recipes that fit your lifestyle.

➤ For Beginners

Have you ever used an air fryer before? No worries! This book includes step-by-step instructions, foolproof recipes, and practical tips to help you get started with confidence. You'll master the basics quickly and impress your family with crispy, flavorful meals.

➤ **For Busy People**

Life can get hectic, but that doesn't mean you must sacrifice home-cooked meals. These recipes are designed for quick prep and easy cleanup, so you can enjoy delicious food without spending hours in the kitchen.

➤ **For Families**

Cooking for loved ones is one of the greatest joys in life. With recipes for kid-friendly snacks, family dinners, and even holiday favorites, this book will help you create meals that bring everyone together.

➤ **For Food Lovers & Home Chefs**

If you love experimenting with flavors and trying new techniques, the air fryer is your new best friend. This book includes classic comfort foods, gourmet dishes, and unique flavor pairings to elevate your cooking experience.

✓ This book is here to help you cook with ease, confidence, and joy, no matter who you are.

How to Use This Book

This cookbook is designed to make air frying easy, fun, and completely accessible for everyone. Whether you are a beginner exploring your air fryer for the first time or a seasoned cook looking for new inspirations, this book will help you create delicious, crispy meals effortlessly.

By following the step-by-step recipes, handy tips & tricks, and expert techniques, you'll quickly gain confidence in using your air fryer to its full potential.

How This Book is Organized

To make it easy for you to find exactly what you're looking for, this cookbook is divided into clear, practical sections:

- **Breakfast & Brunch** – Start your day with delightful air-fried pancakes, fluffy omelets, and perfectly crispy bacon.
- **Snacks & Side Dishes** – From crunchy fries and loaded potato skins to cheesy appetizers and flavorful dips, these quick bites will keep you coming back for more.
- **Salads & Light Meals** – Discover fresh, vibrant dishes featuring air-fried elements, adding the perfect balance of textures and flavors.
- **Quick & Easy Meals** – Need a satisfying meal in a flash? These recipes focus on speed, simplicity, and convenience, perfect for busy days.
- **Fish & Seafood** – Light, flaky, and perfectly seasoned dishes for seafood lovers, cooked effortlessly in your air fryer.
- **Chicken, Duck & Turkey** – From weeknight dinners to special occasions, enjoy classics like Buffalo Chicken Wings or Duck Breast with Balsamic Glaze.

- **Pork, Beef & Lamb** – Cook juicy steaks, crispy pork chops, and tender lamb dishes with ease, all with golden, crispy exteriors.
- **Vegetables & Vegetarian** – Discover exciting plant-based meals with irresistible textures and deep flavors—air frying makes vegetables even more delicious.
- **Sweets & Desserts** – Yes, your air fryer can make amazing desserts! From warm pastries to gooey cobblers, there's something for every sweet tooth.

Each section is designed to maximize the air fryer's versatility, enabling you to cook everything from quick snacks to gourmet meals with ease."

How to Read the Recipes

Each recipe follows a simple and user-friendly format, ensuring a smooth cooking experience:

- ✓ **Prep Time, Cook Time, and Servings** – Know exactly how much time is needed and how many portions the recipe makes.
- ✓ **Ingredients List** – Clear, well-organized, and easy-to-find ingredients for accurate and consistent results.
- ✓ **Step-by-Step Instructions** – Foolproof, straightforward directions to guide you from start to finish.
- ✓ **Pro Tips & Variations** – Additional expert tips, flavor adjustments, and alternative ingredients to help you customize the dish to your taste.
- ✓ **Pro Tip:** Don't hesitate to experiment! Your air fryer is incredibly versatile, and many recipes can be adapted to your preferences.

Helpful Cooking Tips for Best Results

- **Preheat your air fryer** – Just like an oven, preheating ensures the crispiest texture and even cooking. Most air fryers take just 3-5 minutes to reach temperature.
- **Don't overcrowd the basket** – Air circulation is key to crispiness! Cook in single layers and batches if necessary.
- **Shake or flip halfway through cooking** – Ensures even browning and prevents soggy spots.
- **Use the right oil** – Lightly coat food with avocado, canola, or peanut oil for the best crispiness. Avoid aerosol sprays- they can damage the nonstick coating.
- **Use parchment paper liners** – These prevent sticking and make cleanup much easier.
- **Experiment with seasonings** – Spices and marinades intensify flavors in an air fryer—don't be afraid to get creative!
- **Pro Tip:** Cooking times may vary slightly depending on your air fryer model. If unsure, start with the lower suggested time and check for doneness.

What to Expect from This Cookbook

Foolproof, beginner-friendly guidance – no complicated techniques, just straightforward, tasty meals.

- **A diverse selection of classic and creative recipes** - from American favorites to exciting international dishes.
- **Healthier versions of comfort foods** – get crispy textures with less oil and better nutrition.
- **Time-saving hacks & expert tips** – maximize your air fryer's potential with minimal effort.

With this book as your guide, you'll quickly become comfortable and confident using your air fryer, realizing how easy it is to create crispy, healthy, and incredibly delicious meals day after day.

Step-by-Step Guide: Getting Started with Your Air Fryer

Welcome to the world of air frying! Whether you're a beginner or looking to enhance your skills, this guide will help you set it up properly and use it effectively.

First-Time Use & The "Test Run"

Before cooking, it's essential to familiarize yourself with your air fryer and perform a quick test run. This ensures that it's working properly and removes any residual factory coating.

Step-by-Step Setup for First-Time Use

- ✓ **Read the Manual** – Each air fryer model has unique features. Check the manufacturer's guide for specific settings.
- ✓ **Assemble the Parts** – Attach any removable trays, racks, or baskets correctly;
- ✓ **The "Test Run"** – Most air fryer manuals recommend running the appliance empty at 375°F (190°C) for 5-10 minutes. You might notice a slight odor—this is normal and will disappear after the first use.
- ✓ **Clean Before Cooking** – After the test run, let the air fryer cool completely and wash the basket, tray, or racks with warm, soapy water.
 - **Pro Tip:** Never use aerosol nonstick sprays like PAM—they damage the air fryer's nonstick coating. Instead, use a refillable oil sprayer.

Essential Air Frying Techniques for Perfect Results

"Now that your air fryer is ready, let's review the most important techniques to ensure crispy, delicious food every time!"

Preheating: Do You Need It?

- ✓ **Why Preheat?** Like an oven, preheating helps achieve better crispiness and even cooking.

- ✓ **When to Preheat** – Preheat for foods that need a crisp exterior, like fries, chicken wings, or breaded items.
- ✓ **How to Preheat** – Run the air fryer empty at the desired temperature for 3-5 minutes. Some models even have a preheat function.
 - **Pro Tip:** If you're cooking delicate foods (like fish), skip preheating to prevent overcooking!

Oil Usage: Less is More!

Air fryers require significantly less oil than deep frying, but a little goes a long way in achieving crispiness.

- ✓ **Use high-smoke-point oils** – Avocado, canola, grapeseed, or peanut oil.
- ✓ **How Much to Use?** Lightly coat food using an oil sprayer or brush—don't drench it!
- ✓ **Avoid olive oil for high temps** – It has a low smoke point and can burn.
- **Pro Tip:** Toss fries and vegetables with a teaspoon of oil before cooking for an even crispier finish!

Food Placement: Avoid Overcrowding!

One of the biggest mistakes new air fryer users make? Overloading the basket!

- ✓ **Single Layer = Better Crisp** – Always spread food in a single layer for even cooking.
- ✓ **Cook in Batches** – If making large portions, cook in separate batches instead of piling food on top of each other.
- ✓ **Use a Rack for More Space** – Some air fryers allow stacking with a wire rack to cook multiple layers simultaneously.
- **Pro Tip:** Want to cook a large batch of food at once? Consider a dual-basket or oven-style air fryer for larger capacities.

Shaking & Flipping: The Secret to Even Cooking

- ✓ **Why Shake or Flip?** This ensures that every part of the food is exposed to circulating hot air.
- ✓ **When to Shake?** For fries, nuggets, and small foods, shake the basket halfway through cooking.
- ✓ **When to Flip?** When cooking larger foods like steaks, chicken breasts, or fish fillets, turn them over halfway through for even cooking.
- **Pro Tip:** If you're making breaded foods, lightly spritz with oil before flipping to keep the crust crispy.

Adjusting Cooking Time & Temperature

Since air fryers cook faster than traditional ovens, here's a simple conversion rule for adapting recipes:

- ✓ **Reduce oven temperature by 25°F (15°C)** when converting recipes to the air fryer.
- ✓ **Reduce cooking time by 20-30%** – Check food a few minutes before the estimated time.
- ✓ **Use a meat thermometer** – To ensure proteins are safely cooked:
 - Chicken: **165°F (75°C)**
 - Steak: **130-145°F (55-63°C)**

- Fish: **145°F (63°C)**

- **Pro Tip:** Always let the meat **rest for 5 minutes** after cooking—it helps retain juices!

Air Fryer Safety Tips & Common Mistakes to Avoid

Air fryers are generally very safe, but proper handling is key.

Dos for Safe Air Frying:

- *Use heat-resistant gloves when handling the basket.*
- *Keep the air fryer in a well-ventilated area.*
- *Always check cords & plugs for damage before use.*
- *Clean after every use to prevent grease buildup.*

Don'ts: What to Avoid

- ✗ **Never submerge the air fryer in water** – Only removable parts should be washed.
 - ✗ **Don't use metal utensils** – They can scratch the nonstick surface.
 - ✗ **Don't block the ventilation openings** – Proper airflow is crucial.
 - ✗ **Never leave it unattended** while cooking.
- **Pro Tip:** If your air fryer starts smoking, immediately turn it off, unplug it, and clean the heating element to remove grease buildup.

Cleaning & Maintenance: Keep Your Air Fryer in Top Shape

Regular cleaning helps prevent odors, prolongs your appliance's lifespan, and guarantees consistently excellent results.

After Every Use:

- ✓ Let it cool completely before cleaning.
- ✓ Remove and wash baskets, trays, and racks with warm, soapy water.
- ✓ Wipe down the interior and heating element to remove grease splatters.

Deep Cleaning (Once a Month)

- ✓ Use a baking soda paste (baking soda + water) for stuck-on residue.
 - ✓ Check air vents for dust and grease buildup.
 - ✓ Avoid harsh chemical cleaners—a damp cloth is enough!
- **Pro Tip:** Use perforated parchment liners to reduce mess and make cleanup easier!

Air Fryer Cooking Temperatures & Time Guide

Understanding temperature settings is crucial for achieving the perfect crisp. Here's a quick reference guide for common foods:

Food	Temperature	Cooking Time
French Fries	400°F (200°C)	15-20 min
Chicken Wings	380°F (193°C)	25-30 min
Salmon Fillet	375°F (190°C)	10-12 min
Brussels Sprouts	375°F (190°C)	12-15 min
Steak (Medium)	400°F (200°C)	8-12 min

- **Pro Tip:** Always shake the basket or flip food halfway through cooking to ensure even browning.

Must-Have Accessories for Air Fryer Cooking

Adding a few essential accessories can expand your cooking possibilities and make cleanup easier.

Accessory	Why You Need It
Silicone or Parchment Liners	Prevents food from sticking, makes cleanup easy
Tongs with Silicone Tips	Helps flip food without scratching the basket
Baking Pan	Perfect for cakes, quiches, and casseroles
Oil Sprayer	Evenly coat the food with minimal oil
Grill Rack	Allows multi-layer cooking & better airflow
Pizza Pan	Ideal for homemade pizzas and flatbreads
Meat Thermometer	Ensures accurate cooking of meats

Best Air Fryer Cooking Tips for Perfect Results

To get crispy, flavorful results every time, follow these proven tips from air fryer pros:

How to Get That Perfect Golden-Brown Crisp

- ✓ **Preheat your air fryer** – Spending just 3-5 minutes can make a big difference!
- ✓ **Don't overcrowd the basket** – Air must circulate for crispiness. Cook in batches if needed.

- ✓ **Apply a thin layer of oil.** – A little goes a long way; too much oil can make food soggy.
- ✓ **Shake or flip food halfway through** – This ensures even browning on all sides.
- ✓ **Pat food dry before air frying** – Removes excess moisture for a crispier texture.
 - **Pro Tip:** Want extra crisp? Sprinkle cornstarch or breadcrumbs on food before cooking!

Avoiding Dry, Overcooked Meat

- ✓ **Marinate meats before cooking** – Keeps them juicy and flavorful.
- ✓ **Use a meat thermometer** – Chicken: **165°F (75°C)**, Steak: **130-145°F (55-63°C)**.
- ✓ **Brush meat with oil or butter before air frying** – It preserves moisture.
- ✓ **Let meat rest after cooking** – Juices redistribute, keeping it tender.
 - **Pro Tip:** To maintain moisture, place a small heatproof bowl filled with water in the air fryer while cooking!"

Common Mistakes to Avoid

Even seasoned cooks make mistakes when first using an air fryer. **Avoid these pitfalls for the best results!**

- ✗ **Skipping preheating** – Cold air fryers don't crisp food properly.
 - ✗ **Overcrowding the basket** – Blocks airflow and makes food soggy.
 - ✗ **Using too much oil** – A light misting is enough!
 - ✗ **Ignoring shaking/flipping** – Uneven cooking = uneven crispiness.
 - ✗ **Lining the basket completely with foil** – Prevents air circulation.
 - ✗ **Forgetting to dry food before cooking** – Excess moisture prevents crisping.
 - ✗ **Cooking wet-battered foods** – Batter drips off, making a mess. Stick to dry coatings like panko.
- **Pro Tip:** Always check on your food a few minutes before the end of cooking time - every air fryer cooks slightly differently!



CRISPY BACON & EGGS WITH AVOCADO

INGREDIENTS

- 4 slices of bacon
- ½ small onion, diced
- ½ bell pepper, diced
- 2 large eggs
- ½ avocado, sliced
- Salt & pepper to taste
- **Optional:** Whole-wheat toast, fresh chives, or parsley for garnish

Prep. time: 5 min

Cook time: 10-12 min

Serves: 2

DIRECTIONS

- ❖ Place bacon strips in the air fryer basket. Cook at 400°F (200°C) for 8-10 minutes until crispy. Drain on paper towels & crumble once cooled.
- ❖ While the bacon cooks, heat a skillet over medium heat. Add diced onion & bell pepper; sauté for 5 minutes until softened.
- ❖ Crack eggs in the same skillet and cook to preference (scrambled, sunny-side up, or over-easy). Season with salt & pepper.
- ❖ Place cooked eggs in a bowl or plate. Top with crumbled bacon, sautéed vegetables & sliced avocado. Adjust seasoning if needed.
- ❖ Serve immediately with whole-wheat toast (optional).
- ❖ Garnish with fresh chives or parsley for extra flavor.
- ✓ **Tip:** Top with grated cheese, hot sauce, or a drizzle of salsa.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:10g; Fats:15g; Fiber:2g; Cholesterol:180mg; Sodium: 200mg; Potassium:500mg

FRENCH TOAST STICKS WITH MAPLE SYRUP

INGREDIENTS

For the French Toast Sticks:

- 4 slices whole-grain bread (or any thick-cut bread)
- 2 large eggs
- ¼ cup unsweetened almond milk (or regular milk)
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tbsp honey or maple syrup
- ½ tsp salt
- Olive oil spray (for greasing)

For Serving:

- ¼ cup of maple syrup (for dipping)
- Powdered sugar (optional, for garnish)

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

- ❖ In a shallow bowl, whisk together eggs, milk, vanilla extract, cinnamon, honey (or maple syrup), and salt until smooth.
- ❖ Cut each slice into 3-4 sticks to make approximately 12-16 sticks.
- ❖ Dip each breadstick into the mixture, ensuring full coverage. Shake off any excess.
- ❖ Set the air fryer to 375°F (190°C) and preheat for 3-5 minutes.
- ❖ Lightly grease the air fryer basket with olive oil spray. Arrange the sticks in a single layer, ensuring they don't overlap. Air fry for 8-10 minutes, flipping halfway, until golden brown and crispy.
- ❖ Remove from the air fryer and serve immediately. Drizzle with maple syrup and sprinkle with powdered sugar if desired.
- ✓ **Tip:** Serve with fresh fruit (like berries or banana slices).

Nutritional Information: Calories:200; Protein: 6g; Carbohydrates: 30g; Fats:7g; Fiber:4g; Cholesterol: 120mg; Sodium: 250mg; Potassium: 180mg

CINNAMON ROLLS WITH ICING

INGREDIENTS

For the Rolls:

- 1 (8-ounce) can of refrigerated crescent roll dough
- ¼ cup brown sugar
- 1 tbsp ground cinnamon
- 1 tbsp unsalted butter, melted
- 1 tsp vanilla extract
- ¼ cup chopped walnuts or pecans (optional)

For the Icing:

- ¾ cup powdered sugar
- 2 tbsp milk (or plant-based milk)
- ¼ tsp vanilla extract
- ✓ **Tip:** Add a pinch of nutmeg or ginger to the cinnamon sugar mixture.

Prep. time: **20** min

Cook time: **10** min

Serves: **4**

DIRECTIONS

- ❖ Mix brown sugar, cinnamon, melted butter, and vanilla extract until combined.
- ❖ Unroll crescent dough and separate it into triangles. Spread 1-2 teaspoons of the filling over each triangle. Sprinkle with nuts if using.
- ❖ Starting at the wide end, roll each triangle into a crescent shape.
- ❖ Arrange in a single layer in the air fryer basket. Cook at 350°F (175°C) for 8-10 minutes until golden brown.
- ❖ Whisk powdered sugar, milk, and vanilla extract until smooth.
- ❖ Drizzle icing over warm rolls and serve immediately.
- ✓ **Tip:** Add chopped apples or dried cranberries to the filling.
- ✓ **Tip:** Substitute the powdered sugar icing with cream cheese frosting.

Nutritional Information: Calories:300; Protein: 5g; Carbohydrates: 40g; Fats:15g; Fiber:2g; Cholesterol: 20mg; Sodium: 150mg; Potassium: 100mg

FLUFFY PANCAKES WITH BERRIES

INGREDIENTS

- 1 large egg
- ¼ cup milk (dairy or plant-based)
- ¼ cup all-purpose or whole-wheat flour
- 1 tbsp granulated sugar (or substitute)
- ½ tsp baking powder
- Pinch of salt
- 1 tbsp melted butter (optional)
- ¼ cup mixed berries (fresh or frozen)
- Maple syrup or honey (for serving)
 - **Optional:** Whipped cream, powdered sugar, or chopped nuts

Prep. time: **10** min

Cook time: **5** min

Serves: **2**

DIRECTIONS

- ❖ In a bowl, whisk together the egg, milk, flour, sugar (if using), baking powder, salt, and melted butter (if using).
- ❖ Gently fold the berries into the batter.
- ❖ Spray the air fryer basket with cooking spray. Drop 1-2 tablespoons of batter onto the basket, creating small pancakes.
- ❖ Cook at 350°F (175°C) for 2-3 minutes per side until golden brown and cooked through.
- ❖ Cook the remaining batter in batches, adding more batter to the basket as needed.
- ❖ Serve immediately with maple syrup or honey. Garnish with whipped cream, powdered sugar, or chopped nuts, if desired.
- ✓ **Tip:** Let the batter rest for 5-10 minutes before cooking.

Nutritional Information: Calories:200; Protein: 6g; Carbohydrates: 25g; Fats:5g; Fiber: 2g; Cholesterol: 50mg; Sodium: 50mg; Potassium: 150mg

BREAKFAST BURRITOS WITH CHEDDAR CHEESE

INGREDIENTS

- 2 large eggs
- ¼ cup chopped onion
- ¼ cup chopped bell pepper (any color)
- ¼ cup chopped spinach
- ¼ cup shredded cheddar cheese
- ¼ tsp chili powder (optional)
- Salt & pepper to taste
- 2 large flour tortillas
 - **Optional:** Salsa, sour cream, hot sauce.
 - **Tip:** Add a pinch of cumin, oregano, or garlic powder to the egg mixture.

Prep. time: **15** min

Cook time: **10** min

Serves: **2**

DIRECTIONS

- ❖ Whisk the eggs in a bowl. Stir in onion, bell pepper, spinach, cheese, chili powder (if using), salt, and pepper.
- ❖ Lightly grease the air fryer basket. Pour the egg mixture into the basket and air fry at 375°F (190°C) for 5-7 minutes until set.
- ❖ Divide the cooked egg mixture between the tortillas. Fold the bottom over the filling, then roll it tightly in the sides.
- ❖ Place seam-side down in the air fryer. Air fry at 350°F (175°C) for 1-2 minutes per side until golden.
- ❖ Serve with salsa, sour cream, or hot sauce.
 - ✓ **Tip:** Include diced ham, sausage, or cooked bacon in the filling for extra protein.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats:15g; Fiber:2g; Cholesterol:180mg; Sodium: 300mg; Potassium: 400mg

CLASSIC VEGGIE & CHEESE OMELETTE

INGREDIENTS

- 3 large eggs
- ¼ cup milk (or unsweetened almond milk)
- ½ cup mixed diced vegetables (bell peppers, spinach, tomatoes, onions, mushrooms)
- ¼ cup shredded cheese (cheddar, feta, or mozzarella)
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- ¼ tsp paprika (optional)
- 1 tbsp olive oil or melted butter
- Fresh herbs (parsley, chives, or cilantro) for garnish

Prep. time: **10** min

Cook time: **10** min

Serves: **2**

DIRECTIONS

- ❖ Set to 350°F (175°C) and preheat for 3 minutes.
- ❖ In a bowl, whisk eggs, milk, salt, pepper, garlic powder, and paprika until frothy.
- ❖ Heat 1 tbsp olive oil or butter in a pan and sauté veggies for 2-3 minutes for added flavor.
- ❖ Grease a small oven-safe dish. Pour the egg mixture in, add vegetables, and sprinkle with cheese.
- ❖ Place the dish in the air fryer and cook at 350°F (175°C) for 8-10 minutes, checking for doneness at 8 minutes.
- ❖ Carefully remove, let it rest for a minute, and slide onto a plate. Garnish with fresh herbs and serve hot.
 - ✓ **Tip:** Add avocado slices for extra healthy fats.

Nutritional Information: Calories: 280; Protein:18g; Carbohydrates: 5g; Fats:20g; Fiber:1g; Cholesterol:320mg; Sodium:420mg; Potassium: 310mg

SWEET POTATO WITH SPINACH BREAKFAST

INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 1 cup fresh spinach
- 2 large eggs
- ¼ cup chopped onion
- ¼ cup chopped bell pepper (any color)
- 1 tbsp olive oil
- Salt and pepper to taste
 - **Optional:** Feta cheese, goat cheese, or nutritional yeast
 - **Tip:** Mix in diced ham, sausage, or crumbled tofu.

Prep. time: **10 min**

Cook time: **15 min**

Serves: **2**

DIRECTIONS

- ❖ Toss cubed sweet potato with 1 tbsp olive oil, salt, and pepper. Air fry at 400°F (200°C) for 10-15 minutes until tender and slightly crispy.
- ❖ While sweet potatoes cook, heat a small pan over medium heat. Sauté onion and bell pepper for 5 minutes. Add spinach and cook until wilted.
- ❖ Whisk eggs in a bowl and season with salt and pepper. Stir in the cooked spinach and veggie mixture.
- ❖ Lightly spray the air fryer basket with cooking spray. Pour the egg mixture into a greased, oven-safe dish. Air fry at 375°F (190°C) for 5-7 minutes until set.
- ❖ Divide sweet potatoes onto plates and top with egg mixture. Garnish with feta, goat cheese, or nutritional yeast if desired.
 - ✓ **Tip:** Add a pinch of red pepper flakes, cumin, or garlic powder to the sweet potato during baking.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats:15g; Fiber: 5g; Cholesterol:180mg; Sodium: 200mg; Potassium: 700mg

GREEK-STYLE SPINACH & FETA OMELETTE

INGREDIENTS

- 3 large eggs
- ¼ cup milk (or unsweetened almond milk)
- ½ cup chopped fresh spinach
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil or butter
- ½ tsp dried oregano
- ¼ tsp black pepper
- ¼ tsp salt (adjust if feta is salty)
- ¼ tsp garlic powder (optional)
- 1 tbsp diced red onion (optional)
 - **Tip:** Add sun-dried tomatoes for extra flavor.

Prep. time: **10 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ Set to 350°F (175°C) and preheat for 3 minutes.
- ❖ Whisk eggs, milk, oregano, black pepper, salt, and garlic powder until well combined.
- ❖ Heat olive oil in a small pan and sauté spinach and red onion for 1-2 minutes until wilted. (Skip this step for a fresher taste.)
- ❖ Grease an air fryer-safe dish. Pour in the egg mixture and evenly distribute the sautéed spinach and onion. Sprinkle crumbled feta on top.
- ❖ Place the dish in the basket and cook at 350°F (175°C) for 8-10 minutes. Check at 8 minutes—it's ready when the center is set and no longer runny.
- ❖ Carefully remove the omelet, let it rest for 1 minute, then slide it onto a plate. Garnish with fresh herbs or extra feta crumbles if desired.
 - ✓ **Tip:** Serve with avocado slices or a fresh side salad.

Nutritional Information: Calories: 290; Protein:20g; Carbohydrates: 5g; Fats:22g; Fiber:1g; Cholesterol: 320mg; Sodium: 420mg; Potassium: 300mg

BAGELS WITH CREAM CHEESE & SMOKED SALMON

INGREDIENTS

- 2 bagels, halved
- 2 oz cream cheese, softened
- 3 oz smoked salmon, sliced
- ¼ cup red onion, thinly sliced
- 2 tbsp fresh dill, chopped
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp capers (optional)
- Lemon slices for serving
 - **Tip:** Add a pinch of red pepper flakes or a squeeze of lemon juice to the cream cheese.

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

- ❖ Preheat the air fryer to 350°F (175°C). Place bagel halves, cut-side up, in the basket. Air-fry for 2-3 minutes until golden and crisp.
- ❖ Spread cream cheese evenly over each toasted bagel half. Top with smoked salmon, red onion, and dill.
- ❖ Sprinkle with salt, pepper, and capers (if using). Serve with lemon slices for a fresh, tangy finish. Enjoy!
 - ✓ **Tip:** Substitute the smoked salmon with thinly sliced cucumber, avocado, or tomato.
 - ✓ **Tip:** Sprinkle with toasted sesame seeds or chopped nuts.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats: 20g; Fiber: 3g; Cholesterol: 25mg; Sodium: 400mg; Potassium: 200mg

CLASSIC WESTERN DENVER OMELETTE

INGREDIENTS

- 3 large eggs
- ¼ cup milk (or almond milk)
- ¼ cup diced ham (or turkey)
- ¼ cup bell pepper, diced
- ¼ cup onion, diced
- ¼ cup shredded cheddar cheese
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- 1 tbsp olive oil or butter
 - **Tip:** Add red pepper flakes or diced jalapeños.

Prep. time: 10 min

Cook time: 10 min

Serves: 2

DIRECTIONS

- ❖ Set to 350°F (175°C) and preheat for 3 minutes.
- ❖ In a bowl, whisk eggs, milk, salt, pepper, and garlic powder until frothy.
- ❖ Heat olive oil in a pan over medium heat. Sauté bell peppers, onions, and ham for 2-3 minutes until slightly softened. (Skip this step for a crunchier texture.)
- ❖ Grease an oven-safe dish that fits in the air fryer. Pour in egg mixture, add sautéed veggies and ham, and top with cheese.
- ❖ Air-fry at 350°F (175°C) for 8-10 minutes, checking at 8 minutes. It's done when the center is firm.
- ❖ Let rest for 1 minute, then transfer to a plate. Garnish with extra cheese, parsley, or hot sauce. Enjoy warm!
 - ✓ **Tip:** Serve with avocado slices for extra healthy fats.

Nutritional Information: Calories:320; Protein: 22g; Carbohydrates: 6g; Fats:24g; Fiber:1g; Cholesterol: 330mg; Sodium:450mg; Potassium: 320mg

SMOKED SALMON & CREAM CHEESE OMELETTE

INGREDIENTS

- 3 large eggs
- ¼ cup milk (or almond milk)
- ¼ cup smoked salmon, chopped
- 2 tbsp cream cheese, softened
- 1 tbsp fresh dill or chives, chopped
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- 1 tbsp olive oil or butter
 - **Tip:** Sprinkle with red pepper flakes or smoked paprika.

Prep. time: **10 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ Set to 350°F (175°C) and preheat for 3 minutes.
- ❖ In a bowl, whisk eggs, milk, salt, black pepper, and garlic powder until smooth.
- ❖ Grease an oven-safe dish that fits in your air fryer. Pour in the egg mixture and cook for 5 minutes.
- ❖ Carefully drop small dollops of cream cheese over the omelet. Sprinkle smoked salmon and dill on top.
- ❖ Return the dish to the air fryer and cook at 350°F (175°C) for 3-5 minutes until the center is set.
- ❖ Let the omelet rest for 1 minute before serving. Garnish with extra dill or chives.
 - ✓ **Tip:** Add a squeeze of fresh lemon juice before serving.
 - ✓ **Tip:** Serve with avocado slices for extra healthy fats.

Nutritional Information: Calories:310; Protein: 12g; Carbohydrates: 3g; Fats:23g; Fiber:0g; Cholesterol: 330mg; Sodium:450mg; Potassium: 310mg

CRISPY BREAKFAST POTATOES WITH PAPRIKA

INGREDIENTS

- 2 large potatoes, cubed
- 2 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh rosemary or thyme (optional)

Prep. time: **15 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

- ❖ Wash, scrub, and cut potatoes into 1-inch cubes.
- ❖ In a bowl, toss potatoes with olive oil, paprika, garlic powder, onion powder, salt, and pepper.
- ❖ Place in a single layer in the air fryer basket. Cook at 400°F (200°C) for 15-20 minutes, shaking the basket halfway.
- ❖ Garnish with fresh rosemary or thyme (if using) and serve hot.
 - ✓ **Tip:** Try different herbs and spices, such as cumin, oregano, or smoked paprika.
 - ✓ **Tip:** Sprinkle with grated Parmesan cheese before air frying

Nutritional Information: Calories:150; Protein: 3g; Carbohydrates: 25g; Fats: 7g; Fiber: 3g; Cholesterol: 0mg; Sodium: 100mg; Potassium: 500mg

CHEDDAR & CHIVE BISCUITS WITH GARLIC BUTTER

INGREDIENTS

- 2 cups all-purpose flour
- 1 tbsp baking powder
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup cold butter, cubed
- ¾ cup shredded cheddar
- ¼ cup chopped chives
- ¾ cup milk
- 4 tbsp melted butter
- 2 cloves garlic, minced
- 1 tbsp chopped parsley (optional)
- ⅛ tsp salt
 - **Tip:** A pinch of red pepper flakes adds a nice kick.

Prep. time: **15 min** Cook time: **10-12 min** Serves: **8-10** biscuits

DIRECTIONS

- ❖ In a large bowl, whisk together flour, baking powder, salt, and pepper.
- ❖ Add cold butter and mix until the texture resembles coarse crumbs.
- ❖ Stir in shredded cheddar and chives.
- ❖ Pour in milk and stir gently until combined. Avoid overmixing. Shape dough into ¾-inch thick rounds or squares.
- ❖ Preheat air fryer to 375°F (190°C). Place biscuits in a single layer and cook for 10-12 minutes until golden brown.
- ❖ Mix melted butter, garlic, parsley (if using), and salt.
- ❖ Brush warm biscuits with garlic butter and serve immediately.
 - ✓ **Tip:** Use other herbs like thyme, rosemary, or dill instead of chives and parsley.
 - ✓ **Tip:** Use coconut oil and almond milk for a completely dairy-free version.

Nutritional Information: Calories:200; Protein: 6g; Carbohydrates: 25g; Fats: 10g; Fiber: 2g; Cholesterol: 30mg; Sodium: 300mg; Potassium: 75mg

SWEET & SAVORY MAPLE-GLAZED BACON TWISTS

INGREDIENTS

- 8 strips thick-cut bacon
- 2 tbsp of maple syrup
- 1 tbsp Dijon mustard (optional)
- 1 tsp apple cider vinegar (optional)
- ¼ tsp black pepper
- ¼ tsp smoked paprika
- ¼ tsp garlic powder
- 1 tbsp chopped parsley or chives (optional)
 - **Tip:** Use sugar-free maple syrup to reduce sugar content.

Prep. time: **10 min** Cook time: **15 min** Serves: **4**

DIRECTIONS

- ❖ Twist each bacon strip into a spiral shape (3-4 twists work best).
- ❖ Whisk together maple syrup, Dijon mustard, vinegar, black pepper, paprika, and garlic powder.
- ❖ Preheat air fryer to 375°F (190°C). Lightly grease the basket or use parchment paper.
- ❖ Brush bacon twists with glaze and place them in a single layer. Air fry for 10-12 minutes, flipping halfway.
- ❖ Brush with extra glaze if desired. Sprinkle with parsley or chives before serving.
 - ✓ **Tip:** Feel free to adjust the spice levels by adding a pinch of cayenne pepper for heat or a dash of cinnamon for a warming flavor.
 - ✓ **Tip:** Serve with veggies or a low-carb dipping sauce.

Nutritional Information: Calories: 180; Protein:12g; Carbohydrates: 3g; Fats: 14g; Fiber: 0g; Cholesterol: 35mg; Sodium: 380mg; Potassium: 160mg

MINI BREAKFAST PIZZAS WITH MOZZARELLA & BASIL

INGREDIENTS

- 4 small English muffins, halved
- ¼ cup pizza sauce
- ½ cup shredded mozzarella
- ¼ cup chopped fresh basil
- ¼ tsp dried oregano (optional)
- ⅛ tsp garlic powder (optional)
- Salt & black pepper to taste
 - **Tip:** Add a pinch of red pepper flakes or a sprinkle of Italian seasoning.

Prep. time: **15** min

Cook time: **5-7** min

Serves: 4

DIRECTIONS

- ❖ Place the English muffin halves cut-side up on the air fryer basket.
- ❖ Spread a thin layer of pizza sauce on each muffin half. Top evenly with shredded mozzarella cheese.
- ❖ Sprinkle with chopped basil, oregano (if using), garlic powder (if using), salt, and pepper.
- ❖ Cook at 375°F (190°C) for 5-7 minutes, or until the cheese is melted and bubbly, and the edges of the English muffins are lightly toasted.
- ❖ Serve immediately while hot and bubbly.
 - ✓ **Tip:** Top with optional toppings such as sliced mushrooms, chopped onions, diced bell peppers, or sliced olives.
 - ✓ **Tip:** Use whole-wheat English muffins and reduced-fat mozzarella cheese.

Nutritional Information: Calories:150; Protein: 6g; Carbohydrates: 20g; Fats: 7g; Fiber: 2g; Cholesterol: 15mg; Sodium: 250mg; Potassium: 100mg

CRISPY SCRAPPLE

INGREDIENTS

- 1 lb. pre-cooked scrapple, chilled
- 1 tbsp chopped fresh sage (optional)
- 1 tsp dried thyme (optional)
- ½ tsp black pepper
- ¼ tsp red pepper flakes (optional)
- Cooking spray (olive or avocado oil)
- Maple syrup (optional, for serving)
- Apple butter (optional, for serving)
- Fried egg (optional, for serving)
- Mustard (optional, for serving)
 - **Tip:** Feel free to experiment with other herbs and spices.

Prep. time: **5** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ Cut into ½ - ¾ inch thick slices.
- ❖ Set to 400°F (200°C) and heat for 5 minutes.
- ❖ Place slices in a single layer. Lightly spray with oil. Air fry for 8-10 minutes per side, flipping halfway, until crispy.
- ❖ Pair with maple syrup, apple butter, fried egg, or mustard.
 - ✓ **Tip:** Adjust cooking time based on the thickness of your scrapple slices. Thicker slices will need more time.
 - **Tip:** *Scrapple is a processed meat, and it's important to consume it in moderation as part of a balanced diet.*

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats:15g; Fiber: 2g; Cholesterol:180mg; Sodium: 300mg; Potassium: 400mg

MINI QUICHES WITH VEGETABLES & CHEESE

INGREDIENTS

- 4 large eggs
- ¼ cup milk (low-fat or non-dairy)
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup chopped vegetables (spinach, peppers, mushrooms, onions)
- ¼ cup shredded cheese (cheddar, mozzarella, or feta)
- 6 mini tart shells (pre-made or whole wheat)
- Cooking spray
- ¼ tsp red pepper flakes (optional)
- ½ tsp dried herbs (thyme or oregano)

Prep. time: 15 min

Cook time: 15 min

Serves: 6

DIRECTIONS

- ❖ Whisk eggs, milk, salt, and pepper. Stir in vegetables, cheese, and optional red pepper flakes or dried herbs.
- ❖ Preheat air fryer to 375°F (190°C). Lightly spray the basket. Place tart shells inside and evenly pour in the egg mixture.
- ❖ Cook for 12-15 minutes, until set and golden. A toothpick should come out clean.
- ❖ Let it cool slightly before serving. Garnish with fresh herbs or a sprinkle of paprika.
 - ✓ **Tip:** Use skim milk, part-skim cheese, and veggies. Egg whites can also reduce fat and cholesterol.
 - ✓ **Tip:** No mini tart shells? Use ramekins or small oven-safe dishes.
 - ✓ **Tip:** Avoid overfilling the tart shells, as the egg mixture expands while cooking.

Nutritional Information: Calories:150; Protein: 8g; Carbohydrates: 8g; Fats: 8g; Fiber: 2g; Cholesterol: 60mg; Sodium: 200mg; Potassium: 100mg

HIGH-PROTEIN OMELET WITH MEAT & CHEESE

INGREDIENTS

- 2 large eggs
 - 1 tbsp milk or water (optional)
 - ¼ cup cooked meat (ham, bacon, or sausage)
 - ¼ cup shredded cheese (cheddar, mozzarella)
 - ⅛ tsp salt
 - ⅛ tsp black pepper
 - Olive oil spray
- Optional Add-ins:**
- 2 tbsp chopped vegetables (onion, bell pepper, or spinach)
 - ½ tsp fresh herbs (chives, parsley)
 - ⅛ tsp paprika or red pepper flakes

Prep. time: 5 min

Cook time: 10 min

Serves: 1

DIRECTIONS

- ❖ Whisk eggs, milk, salt, and pepper. Stir in paprika or red pepper flakes, if using.
- ❖ Preheat air fryer to 375°F (190°C) for 2-3 minutes. Lightly spray an oven-safe dish with olive oil.
- ❖ Pour egg mixture into the dish. Sprinkle meat, cheese, and any vegetables evenly on top.
- ❖ Place in an air fryer and cook for 8-10 minutes, checking at 7 minutes. The omelet is ready when set and the cheese is melted.
- ❖ Remove carefully, fold, or transfer to a plate. Garnish with fresh herbs, extra cheese, or hot sauce.
 - ✓ **Tip:** Serve with avocado slices for healthy fats.
 - ✓ **Tip:** Add hot sauce or diced jalapeños.
- **Tip:** Swap out meats or mix in shredded rotisserie chicken for variety.

Nutritional Information: Calories:250; Protein: 20g; Carbohydrates: 5g; Fats: 5g; Fiber: 2g; Cholesterol: 180mg; Sodium: 300mg; Potassium: 150mg

CRISPY GRILLED MOZZARELLA STICKS

INGREDIENTS

- 8 oz mozzarella cheese, cut into 1-inch cubes
- ½ cup all-purpose flour
- ¾ cup panko bread crumbs
- 1 large egg
- 2 tbsp milk
- ½ tsp Italian seasoning (optional)
- ¼ tsp garlic powder (optional)
- Salt and pepper to taste
- Cooking spray or olive oil
- Marinara sauce for dipping
 - **Tip:** Add a pinch of red pepper flakes to the flour mixture.

Prep. time: **15 min**

Cook time: **5-7 min**

Serves: **4**

DIRECTIONS

- ❖ In a shallow bowl, mix flour, Italian seasoning (if using), garlic powder (if using), salt, and pepper. In another bowl, whisk an egg with milk. Place panko in a third bowl.
- ❖ Dip each mozzarella cube in flour, then egg mixture, and coat evenly with panko.
- ❖ Arrange coated mozzarella in a single layer in the air fryer basket. Lightly spray with cooking oil. Air fry at 400°F (200°C) for 5-6 minutes, until golden and crispy.
- ❖ Enjoy hot with marinara sauce for dipping.
 - ✓ **Tip:** Season the flour mixture with bread crumbs or herbs such as oregano or basil.
 - ✓ **Tip:** Use whole-wheat flour and low-fat milk.

Nutritional Information: Calories: 200; Protein: 8g; Carbohydrates: 15g; Fats: 12g; Fiber: 2g; Cholesterol: 25mg; Sodium: 200mg; Potassium: 60mg

LEMON-GARLIC ROASTED CHICKPEAS

INGREDIENTS

- 1 can (**15 oz**) chickpeas, drained and patted dry
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp lemon zest
- 1 tbsp lemon juice
 - **Optional:** Fresh parsley or cilantro for garnish

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, toss chickpeas with olive oil, garlic powder, paprika, salt, pepper, lemon zest, and lemon juice until well coated.
- ❖ Spread chickpeas in a single layer in the air fryer basket. Cook at 400°F (200°C) for 15-18 minutes, shaking the basket halfway, until crispy and golden.
- ❖ Enjoy warm as a crunchy snack or topping for salads.
 - ✓ **Tip:** Sprinkle a pinch of cayenne or red pepper flakes for extra heat.
 - ✓ **Tip:** Enhance the taste with spices like cumin, oregano, or smoked paprika.
 - ✓ **Tip:** Sprinkle with grated Parmesan cheese before air frying.

Nutritional Information: Calories: 150; Protein: 8g; Carbohydrates: 15g; Fats: 5g; Fiber: 6g; Cholesterol: 0mg; Sodium: 100mg; Potassium: 300mg

CRISPY POTATO WEDGES WITH GARLIC SAUCE

INGREDIENTS

- 2 large potatoes, cut into wedges
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley
- ¼ cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 garlic clove, minced
 - **Optional:** Fresh rosemary or thyme
 - **Tip:** Experiment with herbs and spices like cumin, oregano, or smoked paprika.

Prep. time: **15** min

Cook time: **25** min

Serves: **4**

DIRECTIONS

- ❖ Wash and scrub potatoes. Cut into 1-inch wedges.
- ❖ Toss wedges with olive oil, garlic powder, paprika, onion powder, salt, and pepper.
- ❖ Preheat air fryer to 400°F (200°C). Arrange wedges in a single layer. Cook for 15-20 minutes, shaking halfway, until crispy and golden.
- ❖ In a small bowl, mix Greek yogurt, garlic, lemon juice, and parsley.
- ❖ Serve crispy potato wedges with garlic sauce. Garnish with extra parsley.
 - ✓ **Tip:** Mix a pinch of cayenne or red pepper flakes into the potato seasoning.
 - ✓ **Tip:** Combine potatoes with carrots, broccoli, or Brussels sprouts for a complete meal.
 - ✓ **Tip:** Top with grated Parmesan cheese before air frying.

Nutritional Information: Calories:150; Protein: 3g; Carbohydrates: 30g; Fats: 7g; Fiber: 3g; Cholesterol: 0mg; Sodium: 100mg; Potassium: 500mg

GOLDEN ONION RINGS WITH BBQ SAUCE

INGREDIENTS

- 1 large onion, sliced into rings
- ½ cup all-purpose flour
- ¾ cup panko bread crumbs
- 1 large egg
- 2 tbsp milk
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- Cooking spray or olive oil
- **BBQ** sauce for dipping
 - **Tip:** Add a pinch of cayenne or red pepper flakes to the flour mixture.

Prep. time: **15** min

Cook time: **10-12** min

Serves: **4**

DIRECTIONS

- ❖ Peel and slice the onion into ½ - inch thick rings.
- ❖ In one bowl, mix flour, paprika, garlic powder, salt, and pepper. In another, whisk an egg with milk. Place panko in a third bowl.
- ❖ Dip each ring in flour, then in the egg mixture, and finally coat with panko.
- ❖ Arrange rings in a single layer in the air fryer basket. Lightly spray with oil. Air fry at 400°F (200°C) for 10-12 minutes, flipping halfway, until crispy and golden.
- ❖ Enjoy hot with BBQ sauce for dipping.
 - ✓ **Tip:** Use seasoned bread crumbs and add herbs like oregano or basil to the flour mixture.
 - ✓ **Tip:** Use whole-wheat flour and low-fat milk.

Nutritional Information: Calories:150; Protein: 2g; Carbohydrates: 20g; Fats: 8g; Fiber: 2g; Cholesterol: 10mg; Sodium: 150mg; Potassium: 100mg

SPICY POPCORN WITH PARMESAN CHEESE

INGREDIENTS

- ½ cup popcorn kernels
- ¼ tsp chili powder
- ⅛ tsp cayenne pepper (optional)
- ¼ tsp garlic powder
- ⅛ tsp onion powder
- ¼ tsp salt
- 1 tbsp grated Parmesan cheese
 - **Tip:** Add other spices like cumin, paprika, or smoked paprika.
 - **Tip:** Add a pinch of dried oregano or thyme to the popcorn.

Prep. time: 5 min

Cook time: 5 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, toss popcorn kernels with chili powder, cayenne, garlic powder, onion powder, and salt.
- ❖ Preheat air fryer to 400°F (200°C). Add 1 tbsp of kernels to the basket. Cook for 1-2 minutes until popping slows.
- ❖ Repeat in small batches for even popping.
- ❖ Immediately toss warm popcorn with Parmesan and enjoy!
 - ✓ **Tip:** Use other cheeses like cheddar, Monterey Jack, or a blend.

Nutritional Information: Calories:100; Protein: 2g; Carbohydrates: 18g; Fats: 3g; Fiber: 1g; Cholesterol: 0mg; Sodium: 50mg; Potassium: 50mg

BUFFALO CAULIFLOWER BITES

INGREDIENTS

- 1 head of cauliflower, cut into florets
- ¼ cup all-purpose flour
- ¼ cup panko bread crumbs
- 1 large egg
- ¼ cup milk
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ cup olive oil
- ¼ cup hot sauce
- 1 tbsp melted butter (optional)
 - **Tip:** Add a pinch of cayenne or red pepper flakes to the flour mixture.

Prep. time: 15 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ Cut cauliflower into bite-sized florets.
- ❖ In a bowl, mix flour, paprika, garlic powder, onion powder, and salt. In another bowl, whisk egg and milk. Place panko in a third bowl.
- ❖ Dip florets into the flour mixture, then the egg mixture, and coat with panko.
- ❖ Preheat to 400°F (200°C). Air fry for 10-12 minutes, shaking halfway.
- ❖ Whisk together hot sauce and butter (if using). Serve crispy bites with sauce for dipping.
 - ✓ **Tip:** Use seasoned bread crumbs and add herbs like oregano or basil to the flour mixture. Use whole-wheat flour and low-fat milk.
 - ✓ **Tip:** Try ranch dressing, blue cheese dressing, or a yogurt-based dipping sauce.

Nutritional Information: Calories:150; Protein: 5g; Carbohydrates: 15g; Fats: 8g; Fiber: 4g; Cholesterol: 25mg; Sodium: 200mg; Potassium: 300mg

CRISPY ZUCCHINI STICKS WITH YOGURT DIP

INGREDIENTS

- 1 medium zucchini, cut into sticks
- ½ cup all-purpose flour
- ½ cup panko bread crumbs
- 1 large egg
- ¼ cup milk
- ½ tsp Italian seasoning (optional)
- ½ tsp garlic powder (optional)
- ¼ tsp salt
- ¼ cup olive oil

For Yogurt Sauce:

- ½ cup plain Greek yogurt
- 1 clove garlic, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- ¼ tsp salt
- ✓ **Tip:** Use whole-wheat flour and low-fat milk.

Prep. time: 15 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ Cut zucchini into sticks, about ½-inch thick.
- ❖ In a bowl, mix flour, seasoning, garlic powder, and salt. In another bowl, whisk egg and milk. Place panko in a third bowl.
- ❖ Dip the zucchini into the flour mixture, then into the egg mixture, and coat with panko.
- ❖ Preheat to 400°F (200°C). Air fry for 10-12 minutes, flipping halfway.
- ❖ Mix Greek yogurt, garlic, dill, lemon juice, and salt. Serve crispy zucchini sticks with sauce for dipping.
- ✓ **Tip:** Add a pinch of red pepper flakes or cayenne to the flour mixture.
- ✓ **Tip:** Use seasoned bread crumbs and add herbs like oregano or basil to the flour mixture.
- ✓ **Tip:** Try ranch dressing, hummus, or marinara sauce.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats:15g; Fiber:2g; Cholesterol:180mg; Sodium: 300mg; Potassium: 400mg

SPINACH & ARTICHOKE DIP WITH PARMESAN

INGREDIENTS

- 1 cup fresh spinach, chopped
- ½ cup canned artichoke hearts, chopped
- ½ cup grated Parmesan cheese
- ¼ cup mayonnaise
- ¼ cup Greek yogurt
- 2 cloves garlic, minced
- ¼ tsp red pepper flakes (optional)
- ¼ tsp salt
- ¼ cup panko bread crumbs
- **Tip:** Add a pinch of cayenne or a dash of hot sauce to the dip.

Prep. time: 10 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, combine spinach, artichokes, Parmesan, mayonnaise, yogurt, garlic, red pepper flakes, and salt. Stir well.
- ❖ Transfer the mixture to an oven-safe dish. Sprinkle with panko bread crumbs.
- ❖ Preheat to 375°F (190°C). Air fry for 10-12 minutes until golden and bubbly.
- ❖ Serve warm with pita chips, crackers, or fresh veggies.
- ✓ **Tip:** Include diced sun-dried tomatoes, chopped olives, or roasted red peppers.
- ✓ **Tip:** Use low-fat mayonnaise and reduced-fat cheese.
- ✓ **Tip:** Garnish with chopped fresh parsley or chives.

Nutritional Information: Calories:150; Protein: 5g; Carbohydrates: 10g; Fats: 10g; Fiber: 3g; Cholesterol: 10mg; Sodium: 300mg; Potassium: 200mg

CRISPY JALAPEÑO POPPERS WITH CREAM CHEESE

INGREDIENTS

- 4 large jalapeños, halved and seeded
- 4 oz cream cheese, softened
- ¼ cup grated Parmesan cheese
- ¼ cup panko bread crumbs
- 1 egg, beaten
- 1 tbsp milk
- 1 tsp chili powder
- ½ tsp garlic powder
- ¼ tsp salt
- **Tip:** Add a pinch of cayenne or red pepper flakes to the cream cheese mixture.

Prep. time: **15 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ Slice jalapeños in half, remove seeds, and set aside.
- ❖ In a bowl, mix cream cheese, Parmesan, chili powder, garlic powder, and salt.
- ❖ Fill each jalapeño with the cheese mixture. Dip in egg-milk mix, then coat with panko.
- ❖ Preheat to 375°F (190°C). Cook for 10-12 minutes until golden brown.
- ❖ Crispy, spicy, and creamy—perfect for snacking!
 - ✓ **Tip:** Include diced jalapeños, chopped bacon, or crumbled cooked sausage in the cream cheese mixture.
 - ✓ **Tip:** Use low-fat cream cheese and skim milk.
 - ✓ **Tip:** Garnish with chopped chives, cilantro, or a drizzle of hot sauce.

Nutritional Information: Calories: 150; Protein: 5g; Carbohydrates: 5g; Fats: 10g; Fiber: 2g; Cholesterol: 20mg; Sodium: 200mg; Potassium: 100mg

STUFFED MUSHROOMS WITH GARLIC BUTTER

INGREDIENTS

- 8 large mushrooms, stems removed
- 1 tbsp olive oil
- 1 clove garlic, minced
- ¼ cup chopped spinach
- ¼ cup chopped onion
- ¼ cup crumbled feta
- 1 tbsp chopped parsley
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup breadcrumbs (optional)
- **Tip:** Add chili powder, cumin, or paprika to the filling for extra flavor.

Prep. time: **15 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ Remove stems and wipe caps clean. Chop the stems finely.
- ❖ Heat olive oil in a pan. Sauté garlic, onion, and mushroom stems for 5 minutes. Stir in spinach and cook until wilted. Remove from heat, then mix in feta, parsley, salt, and pepper.
- ❖ Fill mushroom caps with the mixture. Arrange in the air fryer at 390°F (200°C) and cook for 10-12 minutes until tender.
- ❖ Garnish with fresh parsley and serve warm.
 - ✓ **Tip:** Use goat cheese, ricotta, or a vegetarian cheese blend instead of feta.
 - ✓ **Tip:** Include diced sun-dried tomatoes, chopped olives, or roasted red peppers in the filling.
 - ✓ **Tip:** Use whole-wheat breadcrumbs or omit them entirely.

Nutritional Information: Calories: 100; Protein: 5g; Carbohydrates: 5g; Fats: 7g; Fiber: 2g; Cholesterol: 15mg; Sodium: 150mg; Potassium: 200mg

SWEET & SPICY MAPLE-GLAZED WALNUTS

INGREDIENTS

- 1 cup of walnuts, halves or pieces
- 2 tbsp of maple syrup
- 1 tbsp olive oil
- ½ tsp cinnamon
- Pinch of salt
- Pinch of nutmeg (optional)
- ¼ tsp vanilla extract (optional)
 - **Tip:** A pinch of cayenne pepper for a little kick.

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, whisk maple syrup, olive oil, cinnamon, salt, and nutmeg (if using).
- ❖ Add walnuts and toss until evenly coated.
- ❖ Set to 375°F (190°C) and preheat for 3 minutes.
- ❖ Spread walnuts in a single layer in the basket. Cook for 8-10 minutes, shaking halfway through.
- ❖ Let them cool for a few minutes to crisp up. Serve warm or at room temperature.
 - ✓ **Tip:** Sprinkle with chopped pecans or other nuts after cooking.
 - ✓ **Tip:** A drizzle of honey after cooking (if you want them even sweeter).
 - ✓ **Tip:** Sprinkle with sea salt after cooling for a sweet and salty combination.

Nutritional Information: Calories:200; Protein:4g; Carbohydrates:12g; Fats: 16g; Fiber: 2g; Cholesterol: 0mg; Sodium: 10mg; Potassium: 100mg

CINNAMON SUGAR ROASTED PECANS

INGREDIENTS

- 1 cup pecan halves
- 1 tbsp coconut oil, melted
- 2 tbsp coconut sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg (optional)
- Pinch of salt
 - A pinch of cayenne pepper for a little kick.

Prep. time: 5 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, combine coconut oil, coconut sugar, cinnamon, nutmeg (if using), and salt.
- ❖ Add pecans and toss until evenly coated.
- ❖ Set to 350°F (175°C) and preheat for 3 minutes.
- ❖ Spread pecans in a single layer in the basket. Cook for 10-12 minutes, shaking halfway through.
- ❖ Let them cool for a few minutes to crisp up. Enjoy warm or at room temperature.
 - ✓ **Tip:** A drizzle of maple syrup after cooking.
 - ✓ **Tip:** Sprinkle with sea salt after cooling.

Nutritional Information: Calories: 220; Protein:3g; Carbohydrates: 15g; Fats: 18g; Fiber: 2g; Cholesterol: 0mg; Sodium: 10mg; Potassium: 100mg

PUMPKIN FRIES WITH HERB DIP

INGREDIENTS

- 1 medium pumpkin (about 1 lb.), peeled & cut into fries
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried rosemary
- Salt & pepper to taste

For the Dip:

- ½ cup Greek yogurt
- 2 cloves garlic, minced
- 1 tbsp parsley, chopped
- 1 tbsp lemon juice
- Salt & pepper to taste
- **Tip:** Try using different herbs for the dip, such as dill or tarragon.

Prep. time: **15 min**

Cook time: **25 min**

Serves: **2**

DIRECTIONS

- ❖ Set to 400°F (200°C) for 5 minutes.
- ❖ In a bowl, toss pumpkin fries with olive oil, smoked paprika, garlic powder, onion powder, rosemary, salt & pepper.
- ❖ Arrange in a single layer in the basket. Cook for 20-25 minutes, flipping halfway through.
- ❖ Mix Greek yogurt, garlic, parsley, lemon juice, salt & pepper in a bowl.
- ❖ Serve crispy pumpkin fries with the garlic herb dip.
 - **Tip:** Add a pinch of cayenne pepper to the spice mix for a little heat.
 - **Tip:** Add a drizzle of honey or maple syrup to the fries after cooking for a sweet and savory flavor.
 - **Tip:** To make it vegan, substitute Greek yogurt with a plant-based yogurt alternative.

Nutritional Information: Calories:150; Protein: 5g; Carbohydrates: 20g; Fats: 7g; Fiber: 5g; Cholesterol: 10mg; Sodium: 100mg; Potassium: 300mg

CRISPY POTATO BALLS

INGREDIENTS

- 2 cups mashed potatoes
- ½ cup shredded cheese
- ¼ cup chopped green onions
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional)
- 1 egg, beaten
- ½ cup breadcrumbs
- 1 tbsp olive oil
- **Tip:** Sprinkle with grated Parmesan or fresh parsley for extra flavor.

Prep. time: **15 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ If using fresh potatoes, boil until soft, mash, and let cool.
- ❖ In a bowl, combine mashed potatoes, cheese, green onions, salt, pepper, garlic powder & paprika. Stir in the egg and mix well.
- ❖ Roll 1 tbsp of the mixture into balls. Coat with breadcrumbs, pressing gently.
- ❖ Set to 375°F (190°C) for 3 minutes.
- ❖ Lightly spray with olive oil. Air fry for 12-15 minutes, shaking halfway, until golden brown.
- ❖ Let cool slightly & enjoy crispy potato balls as a snack or side dish!
 - ✓ **Tip:** Serve with dipping sauces like sour cream, ranch, marinara, or garlic aioli.
 - ✓ **Tip:** For a spicy twist, drizzle with hot sauce or sriracha.

Nutritional Information: Calories:180; Protein: 6g; Carbohydrates: 24g; Fats: 6g; Fiber: 2g; Cholesterol: 40mg; Sodium: 320mg; Potassium: 400mg

CHEESY STUFFED BAKED POTATOES

INGREDIENTS

- 2 large russet potatoes
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp smoked paprika (optional)
- ½ cup shredded cheddar cheese
- 2 tbsp butter (or Greek yogurt)
- 2 tbsp milk (or dairy-free alternative)
- 1 tbsp chopped chives or parsley
 - **Tip:** Try different cheese mixes in parmesan or cream cheese for a richer flavor.

Prep. time: **10 min**

Cook time: **40 min**

Serves: **2**

DIRECTIONS

- ❖ Wash, dry, and poke holes in the potatoes with a fork. Rub with olive oil, then season with salt, pepper, garlic powder & paprika (if using).
- ❖ Preheat the air fryer to 200°C (400°F) for 3 minutes. Air fry for 35–40 minutes, flipping halfway.
- ❖ Slice the potatoes in half, scoop out the insides, and mash with butter, milk & half the cheese until smooth.
- ❖ Spoon the mixture back into the potato skins, top with the remaining cheese, and air fry at 180°C (350°F) for 3–5 minutes until melted.
- ❖ Garnish with chives or parsley and serve hot.
 - ✓ **Tip:** If you prefer a crispier texture, increase the initial air frying time by 5 minutes.
 - ✓ **Tip:** Stir in cooked bacon bits, shredded chicken, or sautéed mushrooms.

Nutritional Information: Calories:320; Protein:11g; Carbohydrates:42g; Fats: 12g; Fiber: 5g; Cholesterol: 22mg; Sodium: 420mg; Potassium: 950mg

FRENCH FRIES "POUTINE" WITH CHEESE & GRAVY

INGREDIENTS

- 3 large russet potatoes
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp smoked paprika (optional)
- 1 cup low-sodium broth (chicken or vegetable)
- 1 tbsp cornstarch (or flour)
- 1 tbsp cold water
- ½ tbsp unsalted butter (or olive oil)
- ½ tsp Worcestershire sauce
- ¼ tsp black pepper
- ¼ tsp onion powder
- 1 cup of cheese curds (or diced mozzarella)

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Wash and cut potatoes into ¼-inch thick fries. Soak in cold water for 15 minutes (optional for crispiness), then drain and pat dry.
- ❖ Toss fries with olive oil, salt, black pepper, garlic powder & paprika. Preheat the air fryer to 190°C (380°F) for 3 minutes. Arrange fries in a single layer and air fry for 15 minutes, shaking halfway. Increase temperature to 200°C (400°F) and cook 5 more minutes until crispy.
- ❖ Whisk cornstarch & cold water in a small bowl. Heat broth, butter, Worcestershire sauce, black pepper, and onion powder in a saucepan over medium heat. Gradually add the cornstarch mixture while stirring, and cook until thickened (3–5 minutes). Remove from heat.
- ❖ Place crispy fries on a plate. Sprinkle cheese curds over hot fries. Pour warm gravy on top and serve immediately.
 - **Tip:** Serve with grilled chicken or sautéed mushrooms for extra protein.

Nutritional Information: Calories: 280; Protein:8g; Carbohydrates: 42g; Fats: 15g; Fiber: 4g; Cholesterol: 10mg; Sodium: 450mg; Potassium: 700mg

CRISPY FRIED GREEN TOMATOES

INGREDIENTS

- 2 medium green tomatoes, sliced ¼-inch thick
- ½ cup whole wheat flour (or all-purpose)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp garlic powder
- 1 egg, beaten
- ½ cup almond milk (or regular milk)
- ¾ cup whole wheat breadcrumbs
- ¼ cup cornmeal
- 1 tsp olive oil spray
- Chopped parsley
- Hot sauce or remoulade
- Lemon wedges

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ Slice green tomatoes into ¼-inch rounds and pat them dry.
 - ❖ In a shallow bowl, mix flour, salt, pepper, smoked paprika & garlic powder. In another bowl, whisk the egg & almond milk. In a third bowl, combine breadcrumbs & cornmeal.
 - ❖ Dredge each slice in the flour mixture, dip in the egg mixture, and coat with the breadcrumb-cornmeal mix.
 - ❖ Preheat air fryer to 190°C (375°F) for 3 minutes. Lightly spray the basket & tops of the tomatoes with olive oil. Arrange in a single layer. Air fry for 10–12 minutes, flipping halfway, until golden brown.
 - ❖ Garnish with parsley and serve with hot sauce or remoulade.
- ✓ **Tip:** This air fryer version of fried green tomatoes delivers amazing crunch with minimal oil, making it a lighter yet satisfying Southern classic. Enjoy!

Nutritional Information: Calories:180; Protein: 6g; Carbohydrates: 30g; Fats: 4g; Fiber: 4g; Cholesterol: 35mg; Sodium: 280mg; Potassium: 320mg

CHEESY GREEN BEAN CASSEROLE

INGREDIENTS

- 1 lb. fresh green beans, trimmed & halved (or 2 cans (14.5 oz) drained)
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- 8 oz cremini mushrooms, sliced
- ¼ cup chopped onion
- 2 cloves garlic, minced
- ¼ cup broth (chicken or vegetable)
- ¼ cup milk (or almond milk)
- 2 tbsp flour (or cornstarch)
- ¼ tsp salt
- ¼ tsp black pepper
- ¾ cup shredded cheddar cheese
- ¾ cup crispy fried onions

Prep. time: **15 min**

Cook time: **20 min**

Serves: **6**

DIRECTIONS

- ❖ If using fresh green beans, toss them with olive oil, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Air fry fresh green beans for 5–7 min until tender-crisp. For canned beans, drain & rinse; skip air frying.
- ❖ Heat olive oil in a skillet over medium heat. Sauté mushrooms & onions for 5 minutes, then add garlic & cook for 1 minute. In a bowl, whisk broth & milk. Stir into skillet & bring to a simmer. Whisk flour (or cornstarch) with a little sauce, then stir into skillet until thickened. Season with salt & pepper.
- ❖ In an oven-safe dish, combine green beans & mushroom sauce. Sprinkle ½ the cheese evenly over the mixture.
- ❖ Top with crispy fried onions & place dish in air fryer. Cook at 375°F (190°C) for 10–12 min, until topping is golden & crispy. Sprinkle the remaining cheese in the last 2 min. Let it cool slightly before serving.

Nutritional Information: Calories: 250; Protein:7g; Carbohydrates: 20g; Fats:12g; Fiber:3g; Cholesterol: 20mg; Sodium: 400mg; Potassium: 250mg

GOLDEN BRUSSELS SPROUTS WITH BACON

INGREDIENTS

- 1 lb. Brussels sprouts, trimmed & halved
- 4 slices thick-cut bacon, chopped
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ¼ tsp smoked paprika (optional)
- ¼ tsp onion powder (optional)
- 1 tbsp chopped fresh parsley (optional)

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Trim ends, remove damaged leaves & slice in half.
- ❖ Cut bacon into 1-inch pieces.
- ❖ Toss sprouts with olive oil, salt, pepper, garlic powder, paprika & onion powder (if using).
- ❖ Set air fryer to 375°F (190°C) & preheat for 3 minutes.
- ❖ Place Brussels sprouts in a single layer in the basket. Top with chopped bacon. Cook for 12–15 minutes, shaking halfway.
- ❖ For crispier bacon, cook 3–5 minutes longer.
- ❖ Transfer to a dish & sprinkle with fresh parsley (if using). Serve immediately. Enjoy!
- ✓ **Tip:** Feel free to experiment with additional spices such as chili flakes for heat, lemon zest for a citrusy touch, or Parmesan cheese sprinkled on top after cooking for added flavor.

Nutritional Information: Calories: 200; Protein: 8g; Carbohydrates: 9g; Fats: 14g; Fiber: 4g; Cholesterol: 25mg; Sodium: 600mg; Potassium: 450mg

SPICY SHRIMP WITH CHILI SAUCE

INGREDIENTS

- 1 lb. shrimp, peeled & deveined
- ¼ cup chili sauce (Sriracha or Gochujang)
- 2 tbsp soy sauce (low-sodium or tamari)
- 1 tbsp rice vinegar
- 1 tbsp honey (or maple syrup)
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp sesame oil
- 1 tbsp chopped green onions (optional)
- 1 tsp sesame seeds (optional)

Prep. time: **20 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, whisk together chili sauce, soy sauce, vinegar, honey, garlic, ginger & sesame oil.
- ❖ Place shrimp in a bowl or bag, pour marinade over them, and coat well. Let sit for 15 minutes (or up to a few hours for deeper flavor).
- ❖ Set air fryer to 400°F (200°C) & preheat for 3 minutes.
- ❖ Remove shrimp from marinade & arrange in a single layer in the basket. Cook for 4–5 minutes, flip, then cook another 4–5 minutes until pink and opaque.
- ❖ Transfer to a plate & sprinkle with green onions & sesame seeds. Enjoy hot!
- ✓ **Tip:** Add other spices, such as garlic powder, onion powder, or smoked paprika, to the marinade.

Nutritional Information: Calories: 200; Protein: 20g; Carbohydrates: 10g; Fats: 8g; Fiber: 1g; Cholesterol: 150mg; Sodium: 300mg; Potassium: 200mg

ROASTED CHESTNUTS WITH GARLIC & ROSEMARY

INGREDIENTS

- 12 chestnuts (fresh or pre-scored)
- 2 tbsp olive oil (or avocado oil)
- 2 cloves garlic, minced
- 1 tsp chopped fresh rosemary (or ½ tsp dried)
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- 1 tsp lemon juice (optional)
- ½ tsp smoked paprika (optional)

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

- ❖ If using fresh chestnuts, score an "X" into the rounded side with a knife for easier peeling.
- ❖ In a bowl, toss chestnuts with oil, garlic, rosemary, salt & pepper until evenly coated.
- ❖ Set air fryer to 375°F (190°C) & preheat for 3 minutes.
- ❖ Place chestnuts in a single layer & cook for 12–15 minutes, shaking halfway. The shells should open, & the nuts should be soft inside.
- ❖ Let chestnuts cool slightly before peeling. Enjoy warm with a squeeze of lemon or paprika!
 - ✓ **Tip:** You can substitute the olive oil with another option, like avocado or coconut oil, to suit your taste or dietary preference.
 - ✓ **Tip:** This recipe is naturally vegan and gluten-free, making it suitable for various dietary needs.

Nutritional Information: Calories:180; Protein: 3g; Carbohydrates: 29g; Fats: 7g; Fiber: 5g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 400mg

BACON-WRAPPED ASPARAGUS BUNDLES

INGREDIENTS

- 1 lb. fresh asparagus, trimmed
- 8 slices prosciutto (or bacon)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp black pepper
- ¼ tsp red pepper flakes (optional)
- ¼ cup grated Parmesan (optional)
- ½ tsp lemon zest (optional)
 - **Tip:** Add a sprinkle of crushed nuts (like almonds or walnuts) for extra crunch.

Prep. time: 5 min

Cook time: 8 min

Serves: 4

DIRECTIONS

- ❖ Wash & trim the ends. Toss with oil, garlic powder, black pepper & red pepper flakes.
- ❖ Bundle 3-4 spears together & wrap tightly with 1 slice of prosciutto, leaving tips exposed.
- ❖ Preheat to 375°F (190°C) for 3 minutes. Place bundles in a single layer & air fry for 7-8 minutes, shaking halfway.
- ❖ Sprinkle with Parmesan & lemon zest. Serve warm as an appetizer or side dish!
 - ✓ **Tip:** Drizzle with balsamic glaze for a sweet and tangy touch.
 - ✓ **Tip:** Serve with a light dipping sauce like garlic aioli or Greek yogurt dip.
 - ✓ **Tip:** Don't overcook the asparagus as it will become mushy. You want it to be tender-crisp.

Nutritional Information: Calories:150; Protein: 10g; Carbohydrates: 4g; Fats:10g; Fiber:2g; Cholesterol: 20mg; Sodium: 500mg; Potassium: 300mg

MUSHROOM & SWISS TARTLETS

INGREDIENTS

- 1 cup finely chopped mushrooms
- ½ medium onion, diced
- 1 tbsp olive oil
- ½ cup shredded Swiss cheese
- ¼ cup cream cheese
- 1 tbsp Dijon mustard
- ¼ tsp garlic powder (optional)
- Salt & pepper to taste
- 1 sheet puff pastry
- 1 egg, beaten
- 1 tbsp grated Parmesan (optional)
- 1 tbsp chopped parsley or chives (optional)

➤ **Tip:** Mixing cooked chicken or bacon into the mushroom filling makes the dish more satisfying.

Prep. time: **15 min**

Cook time: **10 min**

Serves: **6**

DIRECTIONS

- ❖ Heat olive oil in a pan over medium heat. Sauté mushrooms and onions for 5-7 minutes until soft. Season with salt, pepper, and garlic powder (if using). Mix Swiss cheese, cream cheese, and Dijon mustard. Stir in the cooked mushroom mixture.
- ❖ Preheat air fryer to 375°F (190°C) for 3 minutes. Roll out the puff pastry & cut into 6 circles (3 inches each). Press pastry into tart molds or silicone cups.
- ❖ Fill each tartlet with the mushroom mixture. Brush pastry edges with egg wash. Air fry at 375°F (190°C) for 8-10 minutes, until golden brown.
- ❖ Let cool slightly, then garnish with Parmesan & parsley. Serve warm as an appetizer or snack!

Nutritional Information: Calories:180; Protein: 5g; Carbohydrates: 14g; Fats: 13g; Fiber: 1g; Cholesterol: 35mg; Sodium: 250mg; Potassium: 150mg

BRIE BITES WITH HONEY & WALNUTS

INGREDIENTS

- 6 oz Brie cheese, cubed
- 1 tbsp honey (or maple syrup)
- ¼ cup chopped walnuts (or pecans)
- ¼ tsp ground cinnamon (optional)
- 1 sheet puff pastry
- 1 tbsp olive oil
- Pinch of sea salt (optional)

Prep. time: **10 min**

Cook time: **7 min**

Serves: **6**

DIRECTIONS

- ❖ Preheat air fryer to 350°F (175°C) for 3 minutes. Roll out the puff pastry & cut it into 3x3-inch squares. Place a Brie cube in the center of each square. Fold the corners over the cheese to form a sealed pouch.
- ❖ Brush tops with olive oil for a golden finish. Arrange bites in a single layer in the air fryer. Cook at 350°F (175°C) for 5-7 minutes, until golden & crispy.
- ❖ Drizzle with honey & sprinkle with walnuts & cinnamon. Add a pinch of sea salt if desired. Serve warm & enjoy!
- ✓ **Tip:** Swap the Brie for a plant-based cheese and use maple syrup instead of honey to make it fully vegan.
- ✓ **Tip:** Experiment with other nuts, like hazelnuts or pistachios.

Nutritional Information: Calories:180; Protein: 5g; Carbohydrates: 15g; Fats: 13g; Fiber: 1g; Cholesterol: 15mg; Sodium: 120mg; Potassium: 90mg

CHEESY GARLIC PINWHEELS

INGREDIENTS

- 1 sheet puff pastry
- ½ cup shredded mozzarella
- ¼ cup grated Parmesan
- 2 cloves garlic, minced
- 2 tbsp melted butter (or olive oil)
- 1 tsp Italian seasoning (optional)
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley (optional)

Prep. time: **10 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ In a small bowl, mix the mozzarella, Parmesan, garlic, butter, Italian seasoning, salt, and pepper.
- ❖ Unroll the puff pastry on a flat surface. Evenly spread the cheese mixture over the pastry, leaving a small border. Roll the pastry into a tight log & slice into 1-inch pinwheels.
- ❖ Preheat air fryer to 375°F (190°C) for 3 minutes. Lightly grease the air fryer basket & arrange the pinwheels in a single layer. Cook at 375°F (190°C) for 8-10 minutes until golden & crispy.
- ❖ Sprinkle with parsley if desired. Serve warm as a snack or appetizer with marinara sauce or yogurt dip.
 - ✓ **Tip:** For a more decadent version, try combining mozzarella and cheddar or add a touch of cream cheese to the filling.
 - ✓ **Tip:** Serve with marinara sauce, ranch dressing, or a garlic aioli.

Nutritional Information: Calories: 230; Protein: 7g; Carbohydrates: 18g; Fats: 15g; Fiber: 1g; Cholesterol: 25mg; Sodium: 400mg; Potassium: 150mg

CRISPY SHRIMP TEMPURA

INGREDIENTS

- 1 lb (450g) large shrimp, peeled & deveined
- ½ cup (60g) all-purpose flour (or gluten-free flour)
- ¼ cup (30g) cornstarch
- ½ tsp baking powder
- ½ cup (120ml) cold sparkling water
- 1 egg (optional, for extra crispiness)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp paprika (optional)
- Cooking spray (avocado or olive oil)

Prep. time: **15 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, whisk flour, cornstarch, baking powder, salt, pepper & optional spices. Slowly add cold sparkling water, stirring until smooth. If using, whisk in the egg for extra crispiness.
- ❖ Pat shrimp dry & lightly dust with flour. Dip each shrimp in batter, letting excess drip off.
- ❖ Preheat air fryer to 375°F (190°C) for 3 minutes. Lightly spray the basket & arrange the shrimp in a single layer. Air fry for 8-10 minutes, flipping halfway, until crispy & golden.
- ❖ Let the shrimp cool slightly on a wire rack for crispiness. Serve with lemon wedges, sweet chili sauce, or soy sauce.
 - ✓ **Tip:** Avoid over-mixing the batter—a few lumps are fine and help create a light, airy texture.
 - ✓ **Tip:** Spray the shrimp lightly with cooking oil before air frying.

Nutritional Information: Calories: 200; Protein: 22g; Carbohydrates: 18g; Fats: 4g; Fiber: 1g; Cholesterol: 180mg; Sodium: 400mg; Potassium: 280mg

SALADS

CHICKEN CAESAR SALAD WITH PARMESAN

INGREDIENTS

- 1 boneless, skinless chicken breast, cubed
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp onion powder
- Salt & black pepper to taste
- 2 slices whole-wheat bread, cubed
- 6 cups romaine lettuce, chopped
- ½ cup grated Parmesan cheese
- ¼ cup Greek yogurt (plain)
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp Dijon mustard
- Cooking spray (as needed)

Prep. time: **15** min

Cook time: **20** min

Serves: **2**

DIRECTIONS

- ❖ Toss chicken with olive oil, garlic powder, onion powder, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Place chicken in a single layer & cook for 10-12 minutes, flipping halfway.
- ❖ Toss bread cubes with olive oil. Add to the air fryer during the last 5 minutes of cooking. Air fry until crispy, about 3-5 minutes.
- ❖ Whisk Greek yogurt, lemon juice, olive oil, garlic, Dijon mustard, salt & pepper.
- ❖ Combine romaine, Parmesan, chicken & croutons in a large bowl. Drizzle with dressing & toss to coat. Serve immediately & enjoy!
 - ✓ **Tip:** Add a pinch of red pepper flakes to the chicken marinade for a little heat. Add fresh parsley or chives to the salad.
 - ✓ **Tip:** Include other veggies, like cucumber slices or cherry tomatoes.

Nutritional Information: Calories:350; Protein:35g; Carbohydrates:20g; Fats: 15g; Fiber: 5g; Cholesterol: 80mg; Sodium: 400mg; Potassium: 600mg

CHICKPEA SALAD WITH LEMON DRESSING

INGREDIENTS

- 1 can (15 oz) chickpeas, drained & rinsed
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 5 oz mixed greens (spinach, kale, arugula)
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- ¼ cup red onion, thinly sliced
- ¼ cup crumbled feta (optional)
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup

Prep. time: **10** min

Cook time: **20** min

Serves: **2**

DIRECTIONS

- ❖ Pat chickpeas dry with a paper towel for extra crispiness. Toss with olive oil, smoked paprika, garlic powder, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Spread the chickpeas into a single layer. Air fry for 15-20 minutes, shaking halfway through, until crispy.
- ❖ Whisk lemon juice, olive oil, Dijon mustard, honey (if using), salt & pepper.
- ❖ Combine greens, tomatoes, cucumber & red onion. Add crispy chickpeas & crumbled feta (if using).
- ❖ Drizzle with dressing & toss gently. Serve immediately & enjoy!
 - ✓ **Tip:** Add fresh herbs like parsley, cilantro, or dill to the salad.
 - ✓ **Tip:** Include other vegetables, like shredded carrots or avocado.
 - ✓ **Tip:** Sprinkle with toasted almonds, walnuts, or pumpkin seeds.
- **Tip:** Add grilled chicken, shrimp, or hard-boiled eggs for extra protein.

Nutritional Information: Calories:300; Protein:12g; Carbohydrates:35g; Fats:15g; Fiber:10g; Cholesterol:20mg; Sodium:300mg; Potassium: 500mg

SALADS

AVOCADO, TOMATO & FETA SALAD WITH CROUTONS

INGREDIENTS

- 2 slices whole-wheat bread, cubed
- 1 tbsp olive oil
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 1 ripe avocado, diced
- 1 pint cherry tomatoes, halved
- ½ cup crumbled feta cheese
- ¼ red onion, thinly sliced (optional)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup
 - **Tip:** Add a pinch of red pepper flakes to the croutons for a little heat.

Prep. time: **10 min**

Cook time: **7 min**

Serves: **2**

DIRECTIONS

- ❖ Toss cubed bread with olive oil, garlic powder, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Place bread cubes in a single layer. Air fry for 5-7 minutes, shaking halfway, until golden brown.
- ❖ In a bowl, whisk olive oil, lemon juice, Dijon mustard & honey (if using).
- ❖ In a large bowl, combine avocado, tomatoes, feta & red onion (if using).
- ❖ Toss salad with crispy croutons & drizzle with dressing. Serve immediately & enjoy!
 - ✓ **Tip:** Add fresh herbs like basil, parsley, or cilantro to the salad.
 - ✓ **Tip:** Drizzle a little balsamic glaze over the salad for added flavor.
 - ✓ **Tip:** A Sprinkle of toasted sesame seeds.
- **Tip:** Include other vegetables like cucumber, bell peppers, or spinach.
- **Tip:** Add grilled chicken, shrimp, or hard-boiled eggs for extra protein.

Nutritional Information: Calories:300; Protein:10g; Carbohydrates:20g; Fats: 20g; Fiber: 5g; Cholesterol: 30mg; Sodium: 300mg; Potassium: 500mg

SWEET POTATO & PINE NUT SALAD

INGREDIENTS

- 1 large sweet potato, peeled & cubed
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt & black pepper to taste
- ¼ cup pine nuts
- 5 oz mixed greens (spinach, kale, arugula)
- ½ cup crumbled goat cheese
- ¼ cup dried cranberries or chopped dates
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup

Prep. time: **15 min**

Cook time: **25 min**

Serves: **2-3**

DIRECTIONS

- ❖ Toss sweet potato cubes with olive oil, smoked paprika, garlic powder, salt & pepper. Preheat the air fryer to 400°F (200°C). Air fry for 15-20 minutes, shaking halfway, until tender & caramelized.
- ❖ In the last 5 minutes of cooking, add pine nuts to the air fryer. Toast for 2-3 minutes until golden brown. Watch closely to prevent burning.
- ❖ Whisk together olive oil, apple cider vinegar, Dijon mustard, honey (if using), salt & pepper. Combine mixed greens, roasted sweet potatoes, toasted pine nuts, goat cheese & cranberries/dates.
- ❖ Drizzle with dressing & toss gently. Serve immediately & enjoy!
 - ✓ **Tip:** Include other vegetables like red onion, bell peppers, or roasted beets. Add grilled chicken, chickpeas, or lentils for extra protein.
 - ✓ **Tip:** Substitute walnuts or pecans for pine nuts.

Nutritional Information: Calories:350; Protein:90g; Carbohydrates:40g; Fats:20g; Fiber:7g; Cholesterol: 20mg; Sodium: 250mg; Potassium: 600mg

SALADS

COBB SALAD WITH BLUE CHEESE & BACON

INGREDIENTS

- 4 slices turkey bacon (or regular)
- 1 lb boneless, skinless chicken breast (or pre-cooked chicken)
- 1 tbsp olive oil
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 6 cups chopped romaine lettuce
- 1 cup cherry tomatoes, halved
- ½ cup cucumber, diced
- ½ cup hard-boiled eggs, quartered (2-3 eggs)
- ¼ cup crumbled blue cheese
- 1 avocado, diced
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup

Prep. time: 15 min

Cook time: 10 min

Serves: 2

DIRECTIONS

- ❖ Preheat air fryer to 375°F (190°C). Place bacon in a single layer & cook for 6-8 minutes, flipping halfway. Transfer to a paper towel-lined plate to drain.
- ❖ Preheat air fryer to 400°F (200°C). Toss chicken with olive oil, garlic powder, salt & pepper. Cook for 10-12 minutes, flipping halfway, until it reaches 165°F (74°C). Let it rest, then slice or shred.
- ❖ Whisk together olive oil, red wine vinegar, Dijon mustard & honey. Season with salt & pepper to taste.
- ❖ Arrange romaine in a large bowl. Add tomatoes, cucumber, eggs, blue cheese, avocado, bacon & chicken.
- ❖ Drizzle with dressing & toss gently. Serve immediately & enjoy!
- ✓ **Tip:** Substitute crumbled blue cheese or feta cheese for blue cheese.
- ✓ **Tip:** Include other vegetables like bell peppers, corn, or green beans.

Nutritional Information: Calories:400; Protein:30g; Carbohydrates:20g; Fats:25g; Fiber:7g; Cholesterol:100mg; Sodium: 500mg; Potassium:700mg

CRISPY FALAFEL SALAD WITH TAHINI DRESSING

INGREDIENTS

- 12-15 store-bought falafel (or homemade)
- 5 oz mixed greens (spinach, kale, arugula)
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- ¼ cup red onion, thinly sliced (optional)
- ¼ cup Kalamata olives, halved
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp ground cumin
- 2-3 tbsp water (to thin)
- Salt & black pepper to taste

Prep. time: 15 min

Cook time: 20 min

Serves: 2-3

DIRECTIONS

- ❖ Preheat air fryer to 400°F (200°C). Place falafel in a single layer & cook for 10-15 minutes, flipping halfway, until golden & crispy.
- ❖ Whisk together tahini, lemon juice, olive oil, minced garlic, cumin, salt & pepper. Add water, 1 tbsp at a time, until smooth & pourable.
- ❖ In a large bowl, toss mixed greens, tomatoes, cucumber, red onion & olives (if using).
- ❖ Top salad with crispy falafel. Drizzle with tahini dressing & toss gently. Serve immediately as a light meal or side dish!

Bonus: Homemade Falafel: You'll need 1 cup dried chickpeas (soaked overnight), ½ onion, ¼ cup fresh parsley, ¼ cup fresh cilantro, 2 cloves garlic, 1 tsp ground cumin, 1 tsp ground coriander, ½ tsp baking soda, and salt and pepper to taste. Process all ingredients in a food processor until finely ground. Form into small balls and air fry as directed above.

Nutritional Information: Calories:400; Protein:15g; Carbohydrates:40g; Fats:25g; Fiber:12g; Cholesterol:30mg; Sodium:400mg; Potassium: 600mg

SALADS

ROASTED BEET SALAD WITH GOAT CHEESE

INGREDIENTS

- 2 medium beetroots, peeled & cubed
- 1 tbsp olive oil
- ¼ tsp dried thyme
- Salt & black pepper to taste
- 5 oz mixed greens (spinach, kale, arugula)
- ¼ cup crumbled goat cheese
- ¼ cup chopped walnuts or pecans
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup (optional)
 - **Tip:** Add a pinch of red pepper flakes to the beetroot for heat.

Prep. time: **10 min**

Cook time: **25 min**

Serves: **2-3**

DIRECTIONS

- ❖ Preheat air fryer to 400°F (200°C). Toss beetroot cubes with olive oil, thyme, salt & pepper. Air fry for 20-25 minutes, shaking halfway, until tender.
- ❖ Whisk together olive oil, balsamic vinegar, Dijon, honey (if using), salt & pepper.
- ❖ In a bowl, combine greens, roasted beetroot, goat cheese & nuts (if using).
- ❖ Drizzle with balsamic dressing, toss gently & enjoy!
 - ✓ **Tip:** Add fresh herbs like parsley, chives, or dill to the salad.
 - ✓ **Tip:** Include other vegetables like red onion, cucumber, or roasted carrots.
 - ✓ **Tip:** Add grilled chicken, chickpeas, or lentils for extra protein.
 - ✓ **Tip:** Substitute crumbled feta cheese for goat cheese.

Nutritional Information: Calories:300; Protein:10g; Carbohydrates:25g; Fats: 18g; Fiber: 5g; Cholesterol: 25mg; Sodium: 200mg; Potassium: 500mg

BRUSSELS SPROUTS & NUT SALAD

INGREDIENTS

- 1 lb Brussels sprouts, halved
- 1 tbsp olive oil
- ¼ tsp garlic powder
- Salt & black pepper to taste
- ¼ cup chopped walnuts or pecans
- 5 oz mixed greens (spinach, kale, arugula)
- ¼ cup dried cranberries or dates (optional)
- ¼ cup crumbled feta or goat cheese (optional)
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup (optional)

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2-3**

DIRECTIONS

- ❖ Preheat air fryer to 400°F (200°C). Toss Brussels sprouts with olive oil, garlic powder, salt & pepper. Air fry for 15-20 minutes, shaking halfway, until crispy.
- ❖ In the last 3-5 minutes, add nuts to the air fryer & toast until golden.
- ❖ Whisk together olive oil, vinegar, Dijon, honey (if using), salt & pepper.
- ❖ In a bowl, combine greens, Brussels sprouts, nuts, cranberries/dates & cheese (if using).
- ❖ Drizzle with dressing, toss gently & enjoy!
 - ✓ **Tip:** Add a pinch of red pepper flakes to the Brussels sprouts for heat.
 - ✓ **Tip:** Add fresh herbs like parsley, thyme, or rosemary to the salad.
 - ✓ **Tip:** Include other vegetables like red onion, shaved carrots, or roasted butternut squash.
 - ✓ **Tip:** Add grilled chicken, chickpeas, or lentils for extra protein.

Nutritional Information: Calories:300; Protein:10g; Carbohydrates:20g; Fats: 20g; Fiber:7g; Cholesterol: 25mg; Sodium: 250mg; Potassium:400mg

SALADS

AVOCADO & SHRIMP SALAD WITH LEMON DRESSING

INGREDIENTS

- 1 lb shrimp, peeled & deveined
- 1 tbsp olive oil
- ¼ tsp paprika
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 5 oz mixed greens (spinach, kale, arugula)
- 1 ripe avocado, diced
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, thinly sliced (optional)
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup (optional)

Prep. time: **10 min**

Cook time: **5-7 min**

Serves: **2-3**

DIRECTIONS

- ❖ Toss shrimp with olive oil, paprika, garlic powder, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Place shrimp in a single layer & cook for 3-5 minutes, flipping halfway, until pink & cooked through.
- ❖ Whisk together lemon juice, olive oil, Dijon, honey (if using), salt & pepper.
- ❖ In a bowl, combine greens, avocado, tomatoes & red onion (if using).
- ❖ Add shrimp, drizzle with dressing, toss gently & enjoy!
 - ✓ **Tip:** Add a pinch of cayenne or red pepper flakes to the shrimp for a little heat.
 - ✓ **Tip:** Add fresh herbs like parsley, cilantro, or dill to the salad.
 - ✓ **Tip:** Include vegetables like cucumber, bell peppers, or shredded carrots.
 - ✓ **Tip:** Add grilled chicken or hard-boiled eggs for extra protein.

Nutritional Information: Calories:300; Protein:20g; Carbohydrates:15g; Fats:20g; Fiber: 5g; Cholesterol:100mg; Sodium:300mg; Potassium: 400mg

GRILLED CHICKEN & OLIVE SALAD

INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 1 tbsp olive oil
- ½ tsp dried oregano
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 5 oz mixed greens (spinach, kale, arugula)
- ½ cup Kalamata olives, halved
- ¼ cup green olives, halved
- ¼ cup red onion, thinly sliced
- ¼ cup crumbled feta cheese
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp honey or maple syrup

Prep. time: **10 min**

Cook time: **15 min**

Serves: **2-3**

DIRECTIONS

- ❖ Toss chicken with olive oil, oregano, garlic powder, salt & pepper.
- ❖ Preheat air fryer to 400°F (200°C). Cook for 12-15 minutes until the internal temp reaches 165°F (74°C). Let it rest, then slice or shred it.
- ❖ Whisk together olive oil, red wine vinegar, Dijon, honey (if using), salt & pepper.
- ❖ In a bowl, combine greens, olives, red onion (if using), chicken & feta (if using).
- ❖ Drizzle with dressing, toss gently & enjoy!
 - ✓ **Tip:** Add a pinch of red pepper flakes to the chicken or dressing for a little heat.
 - ✓ **Tip:** Include other vegetables like cucumber, bell peppers, or roasted vegetables.
 - ✓ **Tip:** Substitute crumbled goat cheese or blue cheese for feta.

Nutritional Information: Calories:350; Protein:25g; Carbohydrates:15g; Fats:20g; Fiber:4g; Cholesterol: 50mg; Sodium: 500mg; Potassium: 500mg

SALADS

KALE CHIPS SALAD WITH SESAME SEEDS

INGREDIENTS

Kale Chips:

- 8 oz kale, stems removed, torn
- 1 tbsp olive oil
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt to taste

Salad:

- 5 oz mixed greens (spinach, arugula)
- ¼ cup shredded carrots
- ¼ cup diced cucumber
- 1 tbsp sesame seeds

Dressing:

- 1½ tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp honey or maple syrup
- ½ tsp soy sauce

Prep. time: 10 min

Cook time: 5-8 min

Serves: 2-3

DIRECTIONS

- ❖ Toss kale with olive oil, garlic powder, onion powder, and salt.
- ❖ Preheat air fryer to 375°F (190°C). Arrange kale in a single layer (work in batches if needed). Air fry for 5-7 minutes, shaking halfway, until crispy.
- ❖ Whisk together rice vinegar, sesame oil, honey, and soy sauce.
- ❖ Toss mixed greens, carrots, cucumber, and crispy kale chips in a bowl.
- ❖ Drizzle with dressing, sprinkle with sesame seeds, and serve immediately!
- ✓ **Tip:** Add a pinch of red pepper flakes to the kale chips for a little heat.
- ✓ **Tip:** Add grilled chicken, tofu, or chickpeas for extra protein.
- ✓ **Tip:** Include vegetables like bell peppers, edamame, or avocado.
- ✓ **Tip:** Add nuts or seeds like almonds, walnuts, or pumpkin seeds.
 - **Tip:** The sesame seeds add a nutty flavor and satisfying crunch.

Nutritional Information: Calories: 250; Protein: 8g; Carbohydrates: 20g; Fats: 15g; Fiber: 5g; Cholesterol: 0mg; Sodium: 300mg; Potassium: 400mg

TOFU SALAD WITH PEANUT DRESSING

INGREDIENTS

- 14 oz extra-firm tofu, cubed
- 1 tbsp olive oil
- 1 tbsp soy sauce or tamari
- ½ tsp garlic powder
- ¼ tsp ground ginger
- 5 oz mixed greens (spinach, kale, arugula)
- ½ cup shredded carrots
- ¼ cup diced red bell pepper
- ¼ cup chopped cilantro (optional)
- 2 tbsp peanut butter
- 2 tbsp rice vinegar
- 1 tbsp soy sauce or tamari
- 1 tbsp honey or maple syrup
- 1 clove garlic, minced
- 1-2 tbsp warm water (to thin)

Prep. time: 5 min

Cook time: 20 min

Serves: 2-3

DIRECTIONS

- ❖ Press tofu to remove excess moisture, then cut into 1-inch cubes. Toss with olive oil, soy sauce, garlic powder, and ginger.
- ❖ Preheat air fryer to 400°F (200°C). Place tofu in a single layer and air fry for 15-20 minutes, shaking halfway, until crispy.
- ❖ Whisk together peanut butter, rice vinegar, soy sauce, honey, and garlic. Gradually add warm water until smooth and pourable.
- ❖ Toss greens, carrots, and bell pepper in a bowl. Add crispy tofu and chopped cilantro (if using).
- ❖ Drizzle with peanut dressing, toss gently, and serve immediately!
- ✓ **Tip:** Add a pinch of red pepper flakes to the tofu or dressing for a little heat.
- ✓ **Tip:** Include vegetables like cucumber, shredded cabbage, or edamame.

Nutritional Information: Calories: 350; Protein: 20g; Carbohydrates: 20g; Fats: 20g; Fiber: 7g; Cholesterol: 0mg; Sodium: 500mg; Potassium: 500mg

SALADS

MEDITERRANEAN AIR FRYER OCTOPUS SALAD

INGREDIENTS

- 1 lb cleaned octopus, cut into bite-sized pieces
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- ⅓ cup Kalamata olives, halved
- ¼ cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and black pepper to taste

Prep. time: **15** min

Cook time: **20** min

Serves: **2-3**

DIRECTIONS

- ❖ In a bowl, toss the octopus with olive oil, lemon juice, oregano, salt, and pepper, ensuring an even coating.
- ❖ Preheat air fryer to 400°F (200°C). Place the octopus in a single layer in the air fryer basket. Cook for 15-20 minutes, shaking the basket halfway through, until the chicken is tender and slightly crispy on the edges.
- ❖ In a large bowl, combine cucumber, cherry tomatoes, red onion, olives, feta (if using), and parsley.
- ❖ In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper until smooth.
- ❖ Add cooked octopus to the salad. Drizzle with dressing and toss gently to combine. Serve immediately.
- ✓ **Tip:** Use other fresh herbs like dill or mint in the salad.

Nutritional Information: Calories:400; Protein:25g; Carbohydrates:20g; Fats: 25g; Fiber: 5g; Cholesterol: 80mg; Sodium: 500mg; Potassium: 600mg

GRILLED SWEET CORN SALAD WITH AVOCADO & LIME

INGREDIENTS

- 2 fresh ears of corn, husked
- 1 ripe avocado, diced
- 1 medium lime, juiced
- 1 tbsp olive oil
- ¼ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp sea salt
- ¼ tsp black pepper
- 2 tbsp fresh cilantro, chopped
- ¼ cup cherry tomatoes, halved
- 2 tbsp red onion, finely chopped
- ¼ cup cotija cheese (optional)

Prep. time: **10** min

Cook time: **15** min

Serves: **4**

DIRECTIONS

- ❖ Preheat the air fryer to 375°F (190°C). Brush the corn with olive oil and season with smoked paprika, chili powder, salt, and black pepper.
- ❖ Place corn in the basket, cutting if needed. Cook for 12-15 min, turning halfway, until golden and slightly charred.
- ❖ While the corn cooks, dice avocado, halve tomatoes, and chop onion and cilantro.
- ❖ Let corn cool slightly, then cut kernels off. Mix the corn, avocado, lime juice, tomatoes, onion, and cilantro. Toss gently and top with cotija cheese if using.
- ❖ Enjoy chilled or at room temp. Add extra lime or seasoning if desired.
- ✓ **Tip:** Add pumpkin seeds or crushed tortilla chips for crunch. If you're avoiding dairy, omit the cotija cheese, add more avocado, or sprinkle with nutritional yeast for a cheesy flavor.

Nutritional Information: Calories:210; Protein: 3g; Carbohydrates: 22g; Fats: 11g; Fiber: 5g; Cholesterol: 0mg; Sodium: 170mg; Potassium: 400mg

SALADS

GRILLED TOMATO SALAD WITH MOZZARELLA & PESTO

INGREDIENTS

- 4 medium ripe tomatoes, halved
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp Italian seasoning
- ½ tsp garlic powder
- 1 cup fresh mozzarella balls (bocconcini)
- 2 tbsp pesto
- 2 tbsp fresh basil, chopped
- 1 tbsp balsamic glaze (optional)
 - ✓ **Tip:** Add a sprinkle of red pepper flakes or a dash of lemon zest before serving.

Prep. time: **10 min**

Cook time: **8 min**

Serves: **4**

DIRECTIONS

- ❖ Set the air fryer to **375°F (190°C)** and preheat for **3 min**.
- ❖ Place halved tomatoes in a bowl. Drizzle with olive oil, then season with salt, pepper, Italian seasoning, and garlic powder. Toss gently to coat.
- ❖ Arrange the tomatoes cut-side up in the air fryer basket. Cook at **375°F (190°C) for 6–8 min** until softened and slightly caramelized.
- ❖ Arrange the air-fried tomatoes on a serving plate. Top each tomato half with a piece of fresh mozzarella.
- ❖ Sprinkle with fresh basil and add balsamic glaze if using. Serve warm and enjoy!
 - ✓ **Tip:** Replace mozzarella with a plant-based cheese or avocado slices.

Nutritional Information: Calories: 180; Protein: 7g; Carbohydrates: 5g; Fats: 15g; Fiber: 1g; Cholesterol: 20mg; Sodium: 250mg; Potassium: 300mg

CHICKEN TACO SALAD IN A TORTILLA BOWL

INGREDIENTS

- 1 lb boneless, skinless chicken breasts, cubed
- 1 tbsp olive oil
- 1 tbsp taco seasoning
- 1 tbsp lime juice
- ½ tsp salt
- ¼ tsp black pepper
- 2 (6-inch) whole-wheat tortillas
- 4 cups shredded romaine lettuce
- 1 cup diced tomatoes
- ½ cup diced red onion
- ½ cup black beans, rinsed
- ½ cup corn, thawed
- ½ avocado, diced (optional)
- ¼ cup salsa
- 2 tbsp Greek yogurt or sour cream

Prep. time: **15 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix the chicken with olive oil, taco seasoning, lime juice, salt, and pepper. Mix well.
- ❖ Preheat air fryer to 400°F (200°C). Arrange chicken in a single layer. Cook for 10–12 min, shaking halfway, until fully cooked.
- ❖ Lightly spray tortillas with oil. Press into oven-safe bowls that fit in the air fryer.
- ❖ Cook at 375°F (190°C) for 3–5 min until crispy and golden.
- ❖ Fill each tortilla bowl with lettuce, chicken, tomatoes, onion, corn, beans, and avocado (if using). Top with salsa and a dollop of Greek yogurt or sour cream. Serve & Enjoy!
 - ✓ **Tip:** Sprinkle with shredded cheddar or Monterey Jack cheese.
 - ✓ **Tip:** Add sliced jalapenos for a spicy kick.
 - ✓ **Tip:** Drizzle with your favorite hot sauce.

Nutritional Information: Calories: 400; Protein: 35g; Carbohydrates: 30g; Fats: 10g; Fiber: 8g; Cholesterol: 70mg; Sodium: 600mg; Potassium: 500mg

SALADS

QUICK & HEALTHY ROAST BEEF SALAD

INGREDIENTS

- 1 lb beef tenderloin or sirloin tip
- 1 tbsp olive oil
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper
- 5 oz mixed salad greens
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ red onion, thinly sliced
- ½ avocado, diced (optional)
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ Mix olive oil, Worcestershire sauce, garlic powder, onion powder, thyme, salt, and pepper. Rub the mixture all over the beef.
- ❖ Set air fryer to 400°F (200°C) and preheat for 5 min.
- ❖ Place beef in the basket and cook for 15–20 min for medium rare (135°F internal temp). Adjust time for desired doneness.
- ❖ Remove and let it rest for 10 minutes before slicing.
- ❖ In a large bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, and avocado (if using). Whisk together olive oil, red wine vinegar, Dijon mustard, honey, salt, and pepper.
- ❖ Slice beef thinly against the grain. Add to the salad and drizzle with dressing. Toss gently and enjoy!
 - ✓ **Tip:** Add crumbled feta or goat cheese, hard-boiled eggs, quartered.

Nutritional Information: Calories:300; Protein:30g; Carbohydrates:15g; Fats: 15g; Fiber: 5g; Cholesterol: 70mg; Sodium: 300mg; Potassium: 500mg

GRILLED EGGPLANT & BELL PEPPER SALAD

INGREDIENTS

- 1 medium eggplant (sliced into rounds)
- 1 red bell pepper (halved)
- 1 yellow bell pepper (halved)
- 2 medium tomatoes (halved)
- ½ red onion (thinly sliced)
- 2 cloves garlic (minced)
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- ½ tsp smoked paprika
- Salt & black pepper to taste
- ¼ cup fresh parsley or cilantro
- 2 tbsp crumbled feta cheese
- 1 tbsp toasted pine nuts or almonds

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **2**

DIRECTIONS

- ❖ Set your air fryer to 375°F (190°C) or preheat a grill pan.
- ❖ Brush eggplant, bell peppers, and tomatoes with 1 tbsp olive oil and season with salt, pepper, and smoked paprika.
- ❖ Cook for 10–12 minutes, flipping halfway.
- ❖ Cook over medium heat for 4–5 minutes per side, until charred and tender.
- ❖ Dice the grilled veggies into bite-sized pieces. Combine with red onion, minced garlic, and fresh parsley/cilantro in a large bowl.
- ❖ Whisk together balsamic vinegar, Dijon mustard, and 1 tbsp olive oil.
- ❖ Drizzle the dressing over the salad and mix well. Garnish with feta cheese and toasted nuts if desired.
 - ✓ **Tip:** Enjoy this smoky, nutrient-packed salad warm or chilled!

Nutritional Information: Calories:220; Protein: 5g; Carbohydrates: 20g; Fats: 14g; Fiber: 6g; Cholesterol: 5mg; Sodium: 170mg; Potassium: 600mg

FRIED RICE WITH VEGETABLES & SOY SAUCE

INGREDIENTS

- 2 cups cooked brown rice (day-old)
- 1 cup of frozen mixed vegetables
- ½ cup diced onion
- ½ cup diced bell pepper
- 2 cloves garlic, minced
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp honey or maple syrup (optional)
- 1 egg, lightly beaten (optional)
- 2 tbsp chopped green onions
 - **Tip:** Add ½ teaspoon grated ginger to the sauce for added flavor.

Prep. time: **10** min

Cook time: **20** min

Serves: **2-3**

DIRECTIONS

- ❖ In a small bowl, whisk together soy sauce, sesame oil, rice vinegar, and honey (if using).
- ❖ Preheat air fryer to 400°F (200°C). Toss frozen vegetables, onion, and bell pepper with 1 tbsp sauce. Air fry for 8–10 min, shaking halfway, until tender.
- ❖ Grease an air fryer-safe dish, pour the beaten egg, and cook for 3–4 min until set. Chop into pieces.
- ❖ In a bowl, mix cooked rice, air-fried vegetables, minced garlic, and remaining sauce. Add egg if using.
- ❖ Return the mixture to the air fryer and cook for 5–7 min, stirring occasionally, until rice is heated and slightly crispy. Garnish with green onions and serve warm.
- ✓ **Tip:** Add cooked chicken, shrimp, tofu, or edamame for extra protein.

Nutritional Information: Calories:280; Protein: 8g; Carbohydrates: 42g; Fats: 15g; Fiber: 4g; Cholesterol: 10mg; Sodium: 450mg; Potassium: 700mg

CREAMY GARLIC PARMESAN RISOTTO

INGREDIENTS

- 1 cup Arborio rice
- 3 cups low-sodium broth
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- ½ cup grated Parmesan cheese
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- ¼ cup dry white wine (optional)
- Salt and black pepper to taste
- **Tip:** Add vegetables like asparagus, peas, or spinach during the last few minutes of cooking.
- Add cooked chicken, shrimp, or scallops for extra protein.

Prep. time: **10** min

Cook time: **25** min

Serves: **2-3**

DIRECTIONS

- ❖ Preheat air fryer to 400°F (200°C). Mix onion, garlic, and olive oil in a safe dish for the air fryer. Cook for 3–5 min until softened.
- ❖ Stir in Arborio rice and white wine (if using). Cook for 2–3 min, stirring occasionally, until lightly toasted.
- ❖ Pour 2 cups of broth, stir, and cover tightly with foil. Air fry at 400°F (200°C) for 15 min.
- ❖ Remove the dish from the air fryer, uncover it, and stir. Add 1 cup of broth, stir, and cover again.
- ❖ Return to the air fryer and cook for 5–7 minutes until creamy. If too dry, add broth 1 tbsp at a time.
- ❖ Stir in Parmesan, parsley, and thyme. Season with salt and pepper to taste. Serve warm and enjoy!
- ✓ **Tip:** Sauté sliced mushrooms with the onion & garlic for added flavor.

Nutritional Information: Calories:350; Protein:15g; Carbohydrates:50g; Fats:10g; Fiber:2g; Cholesterol: 30mg; Sodium: 300mg; Potassium: 200mg

MAC & CHEESE WITH BÉCHAMEL SAUCE

INGREDIENTS

- 1 cup elbow macaroni
- 2 tbsp butter or olive oil
- 2 tbsp all-purpose flour
- 2 cups milk or non-dairy alternative
- ¼ tsp nutmeg
- Salt and black pepper, to taste
- 1 cup shredded cheddar cheese
- ½ cup shredded Gruyere or Monterey Jack
- ¼ cup breadcrumbs
- 1 tbsp melted butter or olive oil
- ¼ tsp paprika
 - **Tip:** Add 1 minced garlic clove to the béchamel sauce for flavor.

Prep. time: **15** min

Cook time: **25** min

Serves: **2-3**

DIRECTIONS

- ❖ Cook macaroni according to package directions until al dente. Drain and set aside.
- ❖ In a saucepan, melt butter over medium heat. Stir in flour and cook for 1–2 min until smooth. Gradually whisk in milk, stirring constantly until thickened. Add nutmeg, salt, and pepper.
- ❖ Remove sauce from heat and stir in both cheeses until melted.
- ❖ Mix cooked macaroni with the cheese sauce until well coated.
- ❖ In a small bowl, combine breadcrumbs, melted butter, and paprika.
- ❖ Transfer mac and cheese to an air fryer-safe dish. Sprinkle evenly with breadcrumb topping. Air fry at 375°F (190°C) for 10–15 min until golden and bubbly. Serve & Enjoy!
- ✓ **Tip:** Sauté diced vegetables like broccoli, cauliflower, or bell peppers and add them to the mac and cheese.

Nutritional Information: Calories:400; Protein:20g; Carbohydrates:40g; Fats: 15g; Fiber: 5g; Cholesterol: 50mg; Sodium: 500mg; Potassium: 300mg

CRISPY QUINOA WITH VEGETABLES & LEMON

INGREDIENTS

- 2 cups cooked quinoa (day-old)
- 1 cup of frozen mixed vegetables
- ½ cup diced onion
- ½ cup diced bell pepper
- 2 cloves garlic, minced
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 tsp honey or maple syrup (optional)
- 1 egg, lightly beaten (optional)
- 2 tbsp chopped green onions
 - **Tip:** Add ½ tsp grated ginger to the sauce for added flavor.

Prep. time: **10** min

Cook time: **20** min

Serves: **2-3**

DIRECTIONS

- ❖ In a small bowl, whisk together lemon juice, olive oil, soy sauce, and honey (if using).
- ❖ Preheat air fryer to 400°F (200°C). Toss frozen vegetables, onion, and bell pepper with 1 tbsp sauce. Air fry for 8–10 min, shaking halfway, until tender.
- ❖ If using, grease an air fryer-safe dish, add beaten egg, and cook for 3–4 min until set. Chop into pieces.
- ❖ In a bowl, mix cooked quinoa, air-fried vegetables, minced garlic, and remaining sauce. Add egg if using.
- ❖ Return the mixture to the air fryer and cook for 5–7 minutes, stirring occasionally, until the quinoa is fully heated and slightly crispy.
- ❖ Garnish with green onions and serve warm.
- ✓ Include other vegetables like mushrooms, broccoli, or bean sprouts.

Nutritional Information: Calories:300; Protein:10g; Carbohydrates:40g; Fats: 8g; Fiber: 6g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 300mg

STUFFED PEPPERS WITH RICE & BEANS

INGREDIENTS

- 2 large bell peppers, halved & seeded
- 1 cup cooked brown rice
- 1 (15 oz) can black beans, rinsed
- ½ cup diced onion
- ½ cup diced bell pepper (different color)
- 2 cloves garlic, minced
- 1 tbsp chili powder
- ½ tsp cumin
- ¼ tsp smoked paprika
- Salt & black pepper, to taste
- 1 (15 oz) can crushed tomatoes
- 1 tsp dried oregano (optional)
- ½ tsp dried basil (optional)
- ¼ cup shredded cheddar or Monterey Jack (optional)

Prep. time: **15 min**

Cook time: **30 min**

Serves: **2-3**

DIRECTIONS

- ❖ In a bowl, mix brown rice, black beans, onion, bell pepper, garlic, chili powder, cumin, smoked paprika, salt, and pepper.
- ❖ Cut bell peppers in half lengthwise, and remove seeds.
- ❖ Fill each pepper half with the rice and bean mixture.
- ❖ If using, mix crushed tomatoes, oregano, basil, salt, and pepper in a saucepan. Simmer for 5–7 min until thickened.
- ❖ Preheat air fryer to 375°F (190°C). Place stuffed peppers in the air fryer basket. If using sauce, spoon some over each pepper.
- ❖ Air fry for 20–25 min until peppers are tender. If using cheese, sprinkle on top in the last 5 min. Serve & Enjoy!
- ✓ **Tip:** Add cooked ground turkey, chicken, or sausage to the filling.
- ✓ **Tip:** Include other diced vegetables like corn, zucchini, or mushrooms in the filling.

Nutritional Information: Calories:250; Protein:10g; Carbohydrates:40g; Fats: 5g; Fiber: 7g; Cholesterol: 0mg; Sodium: 300mg; Potassium: 400mg

VEGETABLE PAELLA WITH SAFFRON

INGREDIENTS

- 1 cup of paella or long-grain rice
- 3 cups vegetable broth
- 1 cup of frozen mixed vegetables
- ½ cup diced onion
- ½ cup diced red bell pepper
- 2 cloves garlic, minced
- ¼ cup chopped fresh parsley
- ½ tsp saffron threads
- 1 tsp smoked paprika
- ½ tsp dried thyme
- Salt & black pepper, to taste
- 1 tbsp olive oil
- 1 lemon, cut into wedges
- **Tip:** Add ½ cup of artichoke hearts, quartered, along with the other vegetables.

Prep. time: **15 min**

Cook time: **30 min**

Serves: **2-3**

DIRECTIONS

- ❖ Heat vegetable broth, add saffron, and steep for 10 min. Keep warm.
- ❖ Preheat air fryer to 400°F (200°C). Mix onion, bell pepper, garlic, and olive oil in a safe dish for the air fryer. Cook for 3–5 min until softened.
- ❖ Stir in rice, smoked paprika, and thyme. Cook for 1–2 min, stirring until rice is lightly toasted.
- ❖ Pour in warm saffron broth, add frozen vegetables, and season with salt and pepper. Stir gently.
- ❖ Cover tightly with foil. Air fry at 375°F (190°C) for 20–25 min until rice absorbs broth.
- ❖ Remove from the air fryer, uncover, and stir in parsley. Serve with lemon wedges.
- ✓ **Tip:** Sauté sliced mushrooms with the onion and bell pepper for added flavor.

Nutritional Information: Calories:250; Protein: 7g; Carbohydrates: 45g; Fats: 7g; Fiber: 5g; Cholesterol: 0mg; Sodium: 200mg; Potassium: 300mg

QUICK & EASY

ZUCCHINI BOATS STUFFED WITH RICE & CHEESE

INGREDIENTS

- 2 medium zucchinis, halved & seeded
- 1 cup cooked brown rice
- ½ cup shredded mozzarella
- ¼ cup diced onion
- ¼ cup diced bell pepper
- 2 cloves garlic, minced
- ¼ cup tomato sauce
- 1 tsp dried oregano
- ½ tsp dried basil
- Salt & black pepper, to taste
- ¼ cup shredded Parmesan (optional)
- 2 tbsp breadcrumbs (optional)
 - **Tip:** Add a pinch of red pepper flakes or a few dashes of hot sauce to the filling.

Prep. time: **15** min

Cook time: **25** min

Serves: **2-3**

DIRECTIONS

- ❖ Cut zucchini in half lengthwise, and scoop out seeds to create a boat shape.
- ❖ In a bowl, mix brown rice, mozzarella, onion, bell pepper, garlic, tomato sauce, oregano, basil, salt, and pepper.
- ❖ Fill each zucchini half with the rice mixture.
- ❖ Preheat air fryer to 375°F (190°C). Place stuffed zucchini in the basket.
- ❖ Air fry for 15–20 min until tender. If using Parmesan cheese and breadcrumbs, sprinkle them over the zucchini boats during the last 5 minutes of cooking. Serve & Enjoy!
 - ✓ **Tip:** Add cooked ground turkey, chicken, or sausage to the filling.
 - ✓ **Tip:** Include other diced vegetables like corn, mushrooms, or spinach in the filling.

Nutritional Information: Calories:250; Protein:10g; Carbohydrates:35g; Fats: 8g; Fiber: 5g; Cholesterol: 20mg; Sodium: 300mg; Potassium: 400mg

QUICK & FLAVORFUL CHICKEN FAJITAS

INGREDIENTS

- 1 lb chicken breast, cut into strips
- 2 bell peppers, sliced
- 1 medium onion, sliced
- 2 tbsp olive oil
- 2 tbsp lime juice
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- Olive oil spray, as needed
- Warm tortillas for serving
- Salsa, guacamole, sour cream
- Shredded cheese, chopped cilantro, lime wedges (optional)

Prep. time: **10** min

Cook time: **15** min

Serves: **2-3**

DIRECTIONS

- ❖ In a bowl, mix the chicken with olive oil, lime juice, chili powder, cumin, garlic powder, onion powder, salt, and pepper. Toss to coat and marinate for 30 minutes (or longer for extra flavor).
- ❖ Set the air fryer to 400°F (200°C) and preheat for 3–5 min.
- ❖ Spray the air fryer basket with oil. Cook chicken in a single layer for 5–7 min. Add bell peppers and onion, toss, and cook for 7–8 minutes until tender-crisp.
- ❖ Serve immediately with warm tortillas and optional toppings.
 - ✓ **Tip:** Add a pinch of red pepper flakes or a dash of cayenne pepper to the marinade for extra heat.
 - ✓ **Tip:** Add chopped fresh cilantro to the marinade or as garnish.
 - ✓ **Tip:** Serve the fajitas with a side of Mexican rice or black beans.

Nutritional Information: Calories:350; Protein:30g; Carbohydrates:30g; Fats:15g; Fiber:4g; Cholesterol: 70mg; Sodium: 500mg; Potassium: 400mg

SAUCY GRILLED BEEF FAJITAS

INGREDIENTS

- 1 lb flank or skirt steak, trimmed
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper (optional)
- Salt & black pepper, to taste
- 1 large bell pepper, sliced
- 1 medium onion, sliced
- 8 small tortillas
- Fresh cilantro for garnish
- Lime wedges for serving
- Salsa, guacamole, or sour cream

Prep. time: **15 min**

Cook time: **12-15 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, whisk olive oil, lime juice, soy sauce, and spices. Coat steak in the marinade and refrigerate for 30 min (or up to 2 hours).
- ❖ Toss bell pepper and onion with 1 tbsp olive oil, cumin, salt, and pepper.
- ❖ Set to 375°F (190°C) and preheat for 3–5 min.
- ❖ Remove from marinade, place in the air fryer, and cook for 10–12 min, flipping halfway. Rest for 5 minutes, then slice thinly against the grain.
- ❖ Air fry bell pepper and onion for 8–10 min, shaking halfway, until tender.
- ❖ Warm tortillas in the air fryer for 1–2 min if desired. Fill with steak and veggies, garnish with cilantro and lime, and add toppings as desired.
 - ✓ **Tip:** Feel free to add your favorite fajita toppings, like shredded cheese, avocado slices, or chili flakes.

Nutritional Information: Calories:350; Protein: 32g; Carbohydrates: 30g; Fats: 14g; Fiber: 6g; Cholesterol: 70mg; Sodium: 560mg; Potassium:500mg

HEALTHY BBQ CHICKEN SANDWICH

INGREDIENTS

- 2 boneless, skinless chicken breasts
- ¼ cup BBQ sauce
- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- Pinch of cayenne pepper (optional)
- 2 whole-wheat buns
- Lettuce leaves
- 1 medium tomato, sliced
- ¼ red onion, thinly sliced (optional)
- Pickles, sliced (optional)
 - **Tip:** Add slices of avocado for healthy fats and creaminess.

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix olive oil, paprika, garlic powder, onion powder, and cayenne (if using). Rub evenly over both sides of the chicken.
- ❖ Set air fryer to 400°F (200°C) and preheat for 5 min.
- ❖ Place chicken in the air fryer basket. Cook for 10–12 min, flipping halfway.
- ❖ Brush both sides with BBQ sauce. Cook for another 3–5 min until sauce is bubbly and chicken reaches 165°F (74°C).
- ❖ Place buns in the air fryer for 1–2 min until lightly toasted.
- ❖ Slice the chicken and place it on the bottom bun. Add lettuce, tomato, onion, pickles (if using), and top bun. Serve & Enjoy!
 - ✓ **Tip:** Top with a dollop of light coleslaw for added texture & flavor.
 - ✓ **Tip:** Use smoked paprika instead of regular paprika.

Nutritional Information: Calories:350; Protein:30g; Carbohydrates:35g; Fats: 10g; Fiber: 5g; Cholesterol: 70mg; Sodium: 400mg; Potassium:400mg

QUICK & EASY

QUICK & EASY AIR FRYER LASAGNA

INGREDIENTS

- ½ lb lean ground beef or turkey
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 1 (28 oz) can of crushed tomatoes
- 1 tsp dried oregano
- ½ tsp dried basil
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- 1 cup ricotta cheese
- ½ cup shredded mozzarella
- ¼ cup grated Parmesan
- 1 large egg
- 2 tbsp chopped fresh parsley
- 6 no-boil lasagna noodles
- ½ cup shredded mozzarella
- Fresh basil & extra Parmesan

Prep. time: **20** min

Cook time: **25** min

Serves: **2**

DIRECTIONS

- ❖ Heat olive oil in a pan over medium heat. Cook ground meat until browned, then drain. Add onion and garlic and cook for 5 minutes until soft. Stir in tomatoes, oregano, basil, salt, and pepper. Simmer for 10 minutes, stirring occasionally.
- ❖ In a bowl, mix ricotta, mozzarella, Parmesan, egg, and parsley.
- ❖ Grease 2 small oven-safe dishes. Spread a thin layer of sauce at the bottom. Layer 2 lasagna noodles, half the cheese filling, and more sauce. Repeat layers, finishing with sauce.
- ❖ Sprinkle mozzarella over the top. Preheat the air fryer to 375°F (190°C) for 5 min. Cook for 20–25 minutes until bubbly and golden.
- ❖ Let the lasagna rest for 5 minutes before serving. Garnish with fresh basil and extra Parmesan if desired.

✓ **Tip:** Add a pinch of red pepper flakes to the sauce for a little heat.

Nutritional Information: Calories:400; Protein:40g; Carbohydrates:30g; Fats: 15g; Fiber: 4g; Cholesterol: 80mg; Sodium: 500mg; Potassium:400mg

CLASSIC & EASY PATTY MELT

INGREDIENTS

- 1 lb. lean ground beef (90% or higher)
- ½ medium onion, thinly sliced
- 4 slices whole-wheat bread
- 4 slices of cheddar cheese
- 1 tbsp olive oil
- 1 tbsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp Dijon mustard (optional)
- Sliced pickles (optional)

Prep. time: **10** min

Cook time: **10-12** min

Serves: **2**

DIRECTIONS

- ❖ Toss onions with ½ tbsp olive oil, salt, and pepper.
- ❖ Mix ground beef with Worcestershire, salt, pepper, and garlic powder (if using). Shape into 2 patties, slightly larger than bread slices.
- ❖ Preheat air fryer to 400°F (200°C). Air fry the onions for 5–7 min, shaking halfway, until caramelized. Remove and set aside.
- ❖ Lightly spray the air fryer basket. Cook patties for 5–7 min, flipping halfway, until cooked through (160°F/71°C).
- ❖ Brush one side of each bread slice with the remaining olive oil. Place cheese, a patty, onions, and an additional cheese slice, then top with bread. Cook at 375°F (190°C) for 2–3 min, flipping halfway, until the bread is golden and the cheese melts.

✓ **Tip:** Add Dijon mustard or pickles if desired.

✓ **Tip:** Add a sprinkle of red pepper flakes for a touch of heat.

Nutritional Information: Calories:500; Protein:40g; Carbohydrates: 30g; Fats:20g; Fiber: 5g; Cholesterol:100mg; Sodium:700mg; Potassium: 400mg

JUICY GRILLED SKIRT STEAK

INGREDIENTS

- 1 lb skirt steak, trimmed
- 1 tbsp olive oil
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp salt, divided
- ½ tsp black pepper, divided
- 1 tbsp Worcestershire sauce
- 1 tbsp low-sodium soy sauce
- ½ tsp red pepper flakes (optional)
 - **Tip:** Add guacamole for a creamy and healthy addition
 - **Tip:** Fresh cilantro adds a bright and herbaceous note.
 - Top with your favorite salsa for a fresh & vibrant flavor.

Prep. time: **10 min**Cook time: **8-12 min**Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix olive oil, lime juice, garlic, chili powder, cumin, ½ tsp salt, ½ tsp black pepper, and optional ingredients if using.
- ❖ Coat steak with marinade in a resealable bag or dish. Marinate for 30 minutes (or up to 4 hrs for deeper flavor).
- ❖ Set air fryer to 400°F (200°C).
- ❖ Lightly spray the air fryer basket. Place the steak in a single layer. Cook according to doneness:
 - Medium-Rare: 4–6 min per side (130–135°F)
 - Medium: 6–8 min per side (140–145°F)
 - Medium-Well: 8–10 min per side (150–155°F)
- ❖ Let steak rest for 5 minutes, then slice against the grain. Sprinkle with the remaining ½ tsp salt and ¼ tsp black pepper. Serve & Enjoy!
 - ✓ **Tip:** Sautéed onions & bell peppers make a great accompaniment.

Nutritional Information: Calories:350; Protein:32g; Carbohydrates:30g; Fats: 14g; Fiber: 6g; Cholesterol: 70mg; Sodium: 560mg; Potassium: 500mg

CRISPY & MELTY REUBEN SANDWICH

INGREDIENTS

- 4 slices of rye bread
- 6 oz thinly sliced corned beef
- ½ cup sauerkraut, drained
- 4 slices Swiss cheese
- 2 tbsp light Thousand Island dressing
- 1 tbsp melted butter or olive oil
 - **Homemade Light Thousand Island Dressing (Optional):**
- ¼ cup light mayonnaise
- 1 tbsp ketchup
- 1 tbsp sweet pickle relish
- ½ tsp Worcestershire sauce
- Pinch of paprika

Prep. time: **5 min**Cook time: **8-10 min**Serves: **2**

DIRECTIONS

- ❖ Spread ½ tbsp butter or olive oil on one side of each bread slice. On two slices (butter-side down), layer corned beef, sauerkraut, and Swiss cheese. Top with remaining bread slices (butter side up).
- ❖ Set to 375°F (190°C). Place the pieces in the air fryer basket, ensuring space between them. Cook for 4–5 min per side until golden brown and cheese melts.
- ❖ Once the sandwiches are toasted, carefully open them and spread 1 tablespoon of light Thousand Island dressing on the inside of one bread slice of each sandwich. Close the sandwiches, slice them, and enjoy!
 - ✓ **Tip:** Serve with dill pickle spears or chips.
 - ✓ **Tip:** Offer Dijon mustard or spicy brown mustard alongside the sandwiches.

Nutritional Information: Calories:350; Protein:25g; Carbohydrates:30g; Fats: 15g; Fiber: 4g; Cholesterol: 60mg; Sodium: 800mg; Potassium: 200mg

CHICKEN & PESTO PASTRY PUFFS

INGREDIENTS

- 1 sheet (10 oz) refrigerated puff pastry
- 1 cup cooked shredded chicken
- ¼ cup pesto
- ¼ cup shredded mozzarella
- 1 tbsp grated Parmesan (optional)
- 1 egg, beaten
- 1 tbsp milk
- Salt & black pepper, to taste
 - **Tip:** ¼ cup ricotta cheese (for a creamier filling)
 - **Tip:** ¼ cup sun-dried tomatoes, chopped (for added flavor)
 - **Tip:** ¼ tsp garlic powder or onion powder (for extra seasoning)

Prep. time: **15 min**

Cook time: **10-12 min**

Serves: **12 puffs**

DIRECTIONS

- ❖ In a bowl, mix the chicken, pesto, mozzarella, Parmesan (if using), salt, and pepper.
- ❖ Lightly flour a surface, unfold the puff pastry, and roll it slightly.
- ❖ Cut pastry into 12 squares (about 3 inches each). Place 1 tbsp of filling in the center of each.
- ❖ Fold each into a triangle and seal the edges with a fork.
- ❖ Whisk the egg with the milk and brush over the pastry.
- ❖ Preheat air fryer to 375°F (190°C). Arrange puffs in a single layer, leaving space. Cook for 10–12 min until golden brown.
- ❖ Let the puffs cool slightly before serving. Enjoy warm!
 - ✓ **Tip:** Sprinkle with fresh basil leaves.
 - ✓ **Tip:** Serve with a side of marinara sauce for dipping.
 - ✓ **Tip:** Fresh basil leaves, chopped (for garnish)

Nutritional Information: Calories:200; Protein:12g; Carbohydrates:15g; Fats: 10g; Fiber: 2g; Cholesterol: 40mg; Sodium: 250mg; Potassium: 100mg

CHEESY & FLAKY TWISTS

INGREDIENTS

- 1 sheet refrigerated puff pastry
- ½ cup shredded cheddar cheese
- 1 tbsp olive oil or cooking spray
- 1 tsp dried Italian herbs
- ¼ tsp garlic powder
- Salt & black pepper, to taste
- 1 egg, beaten (for egg wash)
- Cooking spray
 - **Tip:** Add a pinch of red pepper flakes, onion powder, or paprika.
 - **Tip:** Use fresh herbs like chopped parsley, thyme, or rosemary instead of dried herbs.

Prep. time: **10 min**

Cook time: **8-10 min**

Serves: **12 twists**

DIRECTIONS

- ❖ Unroll the puff pastry on a lightly floured surface. Mix cheese, olive oil, herbs, garlic powder, salt, and pepper.
- ❖ Preheat air fryer to 400°F (200°C). Spread the cheese mixture over half of the pastry sheet. Fold over, press lightly to seal, and cut into 12 strips.
- ❖ Twist each strip into a spiral.
- ❖ Brush with beaten egg. Lightly spray the air fryer basket and place the twists in a single layer. Air fry for 8–10 min until golden and puffed.
- ❖ Serve & Enjoy! Let it cool slightly before serving.
 - ✓ **Tip:** Experiment with another cheese, such as Parmesan, mozzarella, Gruyere, or a blend. Goat cheese crumbles would also be delicious.
 - ✓ **Tip:** Sprinkle with sesame seeds or poppy seeds.

Nutritional Information: Calories:200; Protein: 8g; Carbohydrates: 15g; Fats: 12g; Fiber: 2g; Cholesterol: 30mg; Sodium: 250mg; Potassium: 50mg

JUICY & CHEESY PIZZA POCKETS

INGREDIENTS

- 1 package (14 oz) whole wheat pizza dough
- ½ cup marinara sauce
- 1 cup shredded mozzarella
- ¼ cup mini pepperoni or chopped veggies
- ¼ cup chopped fresh basil (optional)
- ¼ tsp garlic powder (optional)
- Salt & black pepper, to taste
- 1 tbsp olive oil
- ¼ tsp dried oregano (optional)
 - **Tip:** Swap mozzarella for part-skim ricotta, feta, or vegan cheese.

Prep. time: **15 min** Cook time: **8-10 min** Serves: **8 pizza pockets**

DIRECTIONS

- ❖ Roll out the dough on a floured surface to ⅛-inch thickness. Cut into 8 circles (about 4 inches each).
- ❖ Place 1–2 tsp marinara in the center of each. Top with 1 tbsp mozzarella and pepperoni or veggies. Add basil and garlic powder if using. Fold the dough into half-moons, sealing the edges with a fork.
- ❖ Set to 375°F (190°C) and preheat for 3–5 min.
- ❖ Brush the tops with olive oil and sprinkle with oregano. Place the chicken in the air fryer basket in a single layer. Air fry for 8–10 min, flipping halfway, until golden. Let it cool slightly before serving.
 - ✓ **Tip:** Use pesto or BBQ sauce instead of marinara for variety.
 - ✓ **Tip:** Add shredded chicken or turkey for extra protein.
 - ✓ **Tip:** Sprinkle sesame seeds or grated Parmesan on top before air frying.

Nutritional Information: Calories:180; Protein: 7g; Carbohydrates: 22g; Fats: 7g; Fiber: 2g; Cholesterol: 25g; Sodium: 300mg; Potassium: 350mg

SPICED LAMB & APRICOT PASTRIES

INGREDIENTS

- 1 lb lean ground lamb
- ½ cup dried apricots, chopped
- ¼ cup red onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cinnamon
- Pinch of cayenne pepper
- Salt & black pepper, to taste
- 6 sheets of puff pastry, thawed
- 1 egg, beaten (for egg wash)
- Cooking spray
 - **Tip:** Add 2 tbsp of chopped pistachios or almonds for added crunch and flavor.

Prep. time: **20 min**

Cook time: **20 min**

Serves: **6**

DIRECTIONS

- ❖ In a skillet over medium-high heat, cook lamb until browned. Drain excess fat. Add onion, cooking for 5 min until soft. Stir in garlic, ginger, apricots, and spices. Cook for 2–3 min to blend flavors. Remove from heat and let cool slightly.
- ❖ Preheat air fryer to 375°F (190°C). Roll out the puff pastry on a lightly floured surface and cut into 4-5 inch squares. Place 1 tbsp of filling in the center of each square. Fold over into a triangle or rectangle, sealing edges with a fork. Brush the tops with beaten egg.
- ❖ Lightly spray the air fryer basket. Place pastries in a single layer, leaving space between them. Air fry for 15–20 min until golden brown and crisp.
- ❖ Let it cool slightly before serving. Garnish with Greek yogurt, fresh herbs, or a desired drizzle of honey.

Nutritional Information: Calories:300; Protein:20g; Carbohydrates:25g; Fats: 15g; Fiber: 2g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 250mg

QUICK & EASY

CORN ON THE COB WITH GARLIC BUTTER

INGREDIENTS

- 4 medium corn on the cob, shucked
- 2 tbsp olive oil or melted butter
- ½ tsp garlic powder
- ¼ tsp paprika (optional)
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- Fresh parsley, chopped (optional)
- Lemon wedges (optional)
 - **Tip:** Add a pinch of cayenne pepper or sprinkle Parmesan cheese over the hot corn for richness.

Prep. time: 5 min

Cook time: 20 min

Serves: 4

DIRECTIONS

- ❖ Brush corn with olive oil or melted butter. Season with garlic powder, paprika, salt, and black pepper.
- ❖ Set to 350°F (180°C) and preheat for 3–5 min.
- ❖ Place the food in the air fryer basket in a single layer. Cook for 15–20 min, turning halfway for even roasting. For extra char, increase to 400°F (200°C) for the last 2–3 min.
- ❖ Garnish with parsley and serve with lemon wedges if desired.
 - ✓ **Tip:** You can adjust the spices to your taste.
 - ✓ **Tip:** The crispy, charred exterior adds a smoky flavor, and the juicy corn kernels stay tender. Perfect for a weeknight dinner or summer barbecue!
 - ✓ **Tip:** Perfect for a weeknight dinner or summer barbecue!

Nutritional Information: Calories:120; Protein: 3g; Carbohydrates: 26g; Fats: 4g; Fiber: 3g; Cholesterol: 0mg; Sodium: 200mg; Potassium:290mg

HEALTHY & EASY AIR FRYER JUICY LUCY

INGREDIENTS

- 1 lb of lean ground beef (90% or higher)
- 4 slices sharp cheddar cheese
- 4 whole-wheat burger buns
- ¼ medium red onion, thinly sliced (optional)
- 1 tbsp olive oil
- 1 tbsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp smoked paprika (optional)
- Sliced pickles (optional)
- Lettuce & tomato (optional)
- 1 tsp Dijon mustard (optional)

Prep. time: 10 min

Cook time: 15 min

Serves: 2

DIRECTIONS

- ❖ Toss onions with ½ tbsp olive oil, salt, and pepper.
- ❖ In a bowl, mix ground beef, Worcestershire, salt, pepper, garlic powder, and paprika. Divide into 4 portions.
- ❖ Flatten 2 portions, place cheese in the center, top with remaining portions, and seal edges.
- ❖ Preheat air fryer to 400°F (200°C). Air fry the onions for 5–7 min, shaking halfway, until soft. Remove and set aside.
- ❖ Lightly spray the air fryer basket. Cook patties for 12–15 min, flipping halfway, until cheese melts and internal temp reaches 160°F (71°C).
- ❖ Brush cut sides with ½ tbsp olive oil and air fry for 1–2 min.
- ❖ Place patties on buns and add onions, pickles, lettuce, tomato, and Dijon mustard. Serve & Enjoy!
 - ✓ **Tip:** Pair with air-fried sweet potato fries for a full meal.

Nutritional Information: Calories:550; Protein:45g; Carbohydrates:35g; Fats:25g; Fiber: 6g; Cholesterol:120mg; Sodium:700mg; Potassium: 500mg

SALMON WITH LEMON & DILL

INGREDIENTS

- 2 (6 oz) salmon fillets
- 1 lemon, thinly sliced
- 2 tbsp fresh dill, chopped
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 1 clove garlic, minced (optional)
- ¼ tsp paprika (optional)
 - **Tip:** Use other fresh herbs like parsley, thyme, or rosemary in place of or in addition to dill.
 - **Tip:** Add a pinch of red pepper flakes to the seasoning for a little heat.

Prep. time: 5 min

Cook time: 10-12 min

Serves: 2

DIRECTIONS

- ❖ Pat salmon dry with a paper towel for crispiness.
- ❖ In a bowl, mix olive oil, dill, salt, pepper, garlic (if using), and paprika (if using). Rub the mixture over both sides of the salmon.
- ❖ Place lemon slices on top of each fillet.
- ❖ Preheat air fryer to 400°F (200°C). Place fillets skin-side down in the basket, ensuring space between them.
- ❖ Air fry for 8–10 min, checking at 8 min. Salmon should flake easily with a fork and reach an internal temp of 145°F (63°C).
 - ✓ **Tip:** Add some asparagus spears, broccoli florets, or other vegetables to the air fryer basket alongside the salmon for a complete meal. Toss the vegetables with olive oil, salt, and pepper before adding them. They may require slightly less cooking time than the salmon, so add them a few minutes later.

Nutritional Information: Calories:250; Protein: 30g; Carbohydrates: 3g; Fats: 15g; Fiber: 0g; Cholesterol: 70mg; Sodium: 200mg; Potassium: 400mg

GARLIC BUTTER SHRIMP WITH LEMON

INGREDIENTS

- 1 lb shrimp, peeled & deveined
- 2 tbsp butter or olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- ¼ tsp red pepper flakes (optional)
- ¼ tsp dried parsley
- Salt & black pepper, to taste
 - **Tip:** Add 1/2 teaspoon of lemon zest to the garlic butter for extra lemon flavor.
 - **Tip:** Add other fresh herbs like dill, thyme, or oregano with or instead of the parsley.
 - **Tip:** Add a dash of cayenne pepper for a spicier kick.

Prep. time: 5 min

Cook time: 8-10 min

Serves: 2-3

DIRECTIONS

- ❖ Melt butter (or warm olive oil). Stir in garlic, lemon juice, red pepper flakes (if using), parsley, salt, and pepper.
- ❖ Toss shrimp in the garlic butter mixture until evenly coated.
- ❖ Preheat air fryer to 400°F (200°C). Place shrimp in a single layer in the basket.
- ❖ Air fry for 4–5 min, flip, then cook another 4–5 min until shrimp turn pink and opaque.
- ❖ Garnish with extra parsley or lemon wedges if desired.
 - ✓ **Tip:** Add chopped vegetables like bell peppers, onions, or asparagus to the air fryer basket alongside the shrimp for a complete meal. Toss the vegetables with a bit of garlic butter sauce before adding them. They may require slightly less cooking time than the shrimp, so add them a few minutes later.

Nutritional Information: Calories:200; Protein: 20g; Carbohydrates: 3g; Fats: 12g; Fiber:1g; Cholesterol:150mg; Sodium: 200mg; Potassium: 200mg

CRISPY FISH TACOS WITH FRESH SALSA

INGREDIENTS

- 1 lb white fish fillets, cut into pieces
- ¼ cup all-purpose flour
- ½ tsp chili powder
- ¼ tsp cumin
- ¼ tsp garlic powder
- ¼ tsp black pepper & ¼ tsp salt
- 1 egg, beaten
- ½ cup panko breadcrumbs
- Cooking spray
- 6 small corn or flour tortillas
- 1 cup diced tomatoes
- ½ cup diced red onion
- ¼ cup chopped cilantro
- 2 tbsp lime juice
- 1 jalapeño, minced (optional)
- Shredded lettuce or cabbage

Prep. time: 15 min

Cook time: 20 min

Serves: 4-6 tacos

DIRECTIONS

- ❖ In a bowl, mix tomatoes, red onion, cilantro, lime juice, jalapeño (if using), and salt. Set aside.
 - ❖ In one bowl, mix flour, chili powder, cumin, garlic powder, salt, and pepper. In a second bowl, place the beaten egg. In a third bowl, add panko breadcrumbs.
 - ❖ Coat fish in flour mixture, dip in egg, then press into panko to coat.
 - ❖ Preheat air fryer to 400°F (200°C). Spray the air fryer basket and place the fish in a single layer. Lightly spray fish with cooking spray. Air fry for 10–12 min, flipping halfway, until golden and flaky.
 - ❖ While the fish cooks, warm tortillas in the air fryer for 1–2 min.
 - ❖ Fill each tortilla with crispy fish, salsa, and optional toppings like lettuce or avocado. Serve immediately with lime wedges.
- **Tip:** Add diced vegetables like bell peppers or corn to the salsa.

Nutritional Information: Calories:300; Protein:25g; Carbohydrates:30g; Fats: 10g; Fiber: 3g; Cholesterol: 60mg; Sodium: 400mg; Potassium: 300mg

SCALLOPS WITH GARLIC HERB BUTTER

INGREDIENTS

- 1 lb sea scallops, patted dry
 - 2 tbsp butter or olive oil
 - 2 cloves garlic, minced
 - 1 tbsp lemon juice
 - ¼ tsp red pepper flakes (optional)
 - 1 tbsp chopped fresh parsley
 - Salt & black pepper, to taste
- **Tip:** Add 2 tbsp of dry white wine to the garlic butter sauce for extra flavor.
- **Tip:** Add ½ tsp lemon zest to the garlic butter for a more intense lemon aroma.
- **Tip:** Use dill, thyme, or chives in place of or in addition to the parsley.

Prep. time: 5 min

Cook time: 6-8 min

Serves: 2-3

DIRECTIONS

- ❖ Melt butter (or warm olive oil). Stir in garlic, lemon juice, red pepper flakes (if using), parsley, salt, and pepper.
 - ❖ Pat scallops dry with paper towels for a good sear.
 - ❖ Toss the scallops in the garlic butter mixture.
 - ❖ Preheat air fryer to 400°F (200°C). Arrange the scallops in a single layer, ensuring space between them.
 - ❖ Air fry for 3–4 min per side until opaque and slightly firm. Avoid overcooking to keep them tender.
- ✓ **Tip:** Add chopped vegetables, like asparagus, bell peppers, or zucchini, to the air fryer basket alongside the scallops for a complete meal. Toss the vegetables with a bit of garlic butter sauce before adding them. They may require slightly less cooking time than the scallops, so add them a few minutes later.

Nutritional Information: Calories:200; Protein: 25g; Carbohydrates: 7g; Fats: 12g; Fiber: 1g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 300mg

CRAB CAKES WITH TARTAR SAUCE

INGREDIENTS

- 1 lb lump crab meat
- ½ cup panko breadcrumbs
- ¼ cup mayonnaise (Greek yogurt)
- ¼ cup finely chopped red onion
- 2 tbsp finely chopped celery
- 1 tbsp Dijon mustard
- 1 egg, beaten & 1 tbsp lemon juice
- 1 tsp Old Bay seasoning
- ¼ tsp black pepper
- Cooking spray

Tartar Sauce:

- ¼ cup mayonnaise (Greek yogurt)
- 2 tbsp finely chopped dill pickle
- 1 tbsp finely chopped red onion
- 1 tbsp lemon juice & fresh parsley
- 1 tsp Dijon mustard
- Salt & black pepper, to taste

Prep. time: **20** min Cook time: **20** min Serves: **4-6** crab cakes

DIRECTIONS

- ❖ In a bowl, gently mix the crab meat, breadcrumbs, mayo, onion, celery, mustard, egg, lemon juice, seasoning, and pepper.
- ❖ Shape the mixture into 4–6 patties, keeping them firm but not overworked.
- ❖ In a small bowl, mix the mayo, pickle, onion, lemon juice, mustard, parsley, salt, and pepper. Set aside.
- ❖ Preheat air fryer to 400°F (200°C). Spray the air fryer basket and place the crab cakes in a single layer. Lightly spray the tops with cooking spray.
- ❖ Air fry for 10–15 min, flipping halfway, until golden and 165°F (74°C) inside. Serve warm with tartar sauce.
 - ✓ **Tip:** Add other finely chopped vegetables like bell peppers or green onion to the crab cake mixture.

Nutritional Information: Calories:250; Protein:20g; Carbohydrates:15g; Fats: 10g; Fiber: 1g; Cholesterol: 80mg; Sodium: 400mg; Potassium: 200mg

TILAPIA WITH LEMON & FRESH HERBS

INGREDIENTS

- 2 (4–6 oz) tilapia fillets
- 1 lemon, thinly sliced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 1 clove garlic, minced (optional)
 - **Tip:** Use fresh herbs, such as dill, oregano, or rosemary, as a substitute for or alongside parsley and thyme.
 - **Tip:** Add a pinch of red pepper flakes to the seasoning for a little heat.

Prep. time: **5** min

Cook time: **10-12** min

Serves: **2**

DIRECTIONS

- ❖ Pat fillets dry with a paper towel for crispiness.
- ❖ In a bowl, mix olive oil, parsley, thyme, garlic (if using), salt, and pepper. Rub evenly over both sides of the fillets.
- ❖ Place thin lemon slices on top of each fillet.
- ❖ Preheat air fryer to 400°F (200°C). Place fillets skin-side down in a single layer.
- ❖ Air fry for 8–10 min until flaky and 145°F (63°C) inside. Serve immediately with extra lemon if desired.
 - ✓ **Tip:** Add some asparagus spears, broccoli florets, or other vegetables to the air fryer basket alongside the tilapia for a complete meal. Toss the vegetables with olive oil, salt, and pepper before adding them. They may require slightly less cooking time than the tilapia, so add them a few minutes later.

Nutritional Information: Calories:200; Protein: 25g; Carbohydrates: 3g; Fats: 10g; Fiber: 0g; Cholesterol: 50mg; Sodium: 200mg; Potassium: 300mg

SHRIMP SCAMPI WITH GARLIC SAUCE & PASTA

INGREDIENTS

- 1 lb shrimp, peeled & deveined
- 2 tbsp butter or olive oil
- 4 cloves garlic, minced
- ¼ cup dry white wine or broth
- 2 tbsp lemon juice
- ¼ tsp red pepper flakes (optional)
- 2 tbsp chopped fresh parsley
- Salt & black pepper, to taste
- 6 oz linguine or pasta (optional)
 - **Tip:** Use other fresh herbs like dill, thyme, or oregano along with or instead of the parsley.
 - **Tip:** Add ½ tsp lemon zest to the garlic sauce for extra lemon flavor.

Prep. time: 5 min

Cook time: 8-10 min

Serves: 2-3

DIRECTIONS

- ❖ Melt butter (or warm olive oil). Stir in garlic, wine, lemon juice, red pepper flakes (if using), parsley, salt, and pepper.
- ❖ Toss shrimp in the garlic sauce to evenly coat.
- ❖ Preheat air fryer to 400°F (200°C). Place shrimp in a single layer. Air fry for 4–5 min, flip, then cook another 4–5 min until pink and opaque.
- ❖ Cook pasta per package instructions, drain, and set aside.
- ❖ Toss shrimp and sauce with pasta if using. Garnish with extra parsley and serve immediately.
- ✓ **Tip:** Add chopped vegetables, such as asparagus, bell peppers, or zucchini, to the air fryer basket alongside the shrimp for a complete meal. Toss the vegetables with a little of the garlic sauce before adding them. They may require slightly less cooking time than the shrimp, so add them a few minutes later.

Nutritional Information: Calories:250; Protein: 25g; Carbohydrates: 7g; Fats:12g; Fiber:1g; Cholesterol:170mg; Sodium: 300mg; Potassium: 250mg

TUNA STEAKS WITH SOY-GINGER GLAZE

INGREDIENTS

- 2 (6 oz) tuna steaks (1 inch thick)
- ¼ cup low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp honey or maple syrup
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- ¼ tsp red pepper flakes (optional)
- Sesame seeds (optional)
- Green onions, sliced (optional)
 - **Tip:** Add 1 tbsp lime or orange juice to the marinade for a brighter flavor.
 - **Tip:** Use other sweeteners like brown sugar or agave nectar in the marinade.

Prep. time: 15 min

Cook time: 8-10 min

Serves: 2

DIRECTIONS

- ❖ In a bowl, whisk soy sauce, vinegar, sesame oil, honey, garlic, ginger, and red pepper flakes (if using). Set aside some marinade for serving.
- ❖ Coat tuna steaks in marinade and let sit for 15 minutes (or up to a few hours for a stronger flavor).
- ❖ Preheat air fryer to 400°F (200°C). Remove tuna from the marinade and discard the used marinade. Place steaks in a single layer in the basket. Air fry 4–5 min per side for medium rare (125–130°F / 52–54°C) or longer for well done. Drizzle with reserved marinade and garnish with sesame seeds & green onions if desired.
- ✓ **Tip:** To finish, add quick-cooking vegetables—such as broccoli florets or asparagus spears—to the basket alongside the tuna during the last few minutes of air frying. Toss the vegetables with a little sesame oil and soy sauce before adding.

Nutritional Information: Calories:300; Protein:35g; Carbohydrates:10g; Fats: 10g; Fiber: 1g; Cholesterol: 70mg; Sodium: 400mg; Potassium: 400mg

CRISPY FISH FILLETS WITH TARTAR SAUCE

INGREDIENTS

- 1 lb white fish fillets, cut into portions
- ¼ cup all-purpose flour
- ½ tsp paprika
- ¼ tsp garlic & ¼ tsp onion powder
- ¼ tsp salt & ¼ tsp black pepper
- 1 egg, beaten
- ½ cup panko breadcrumbs
- Cooking spray

Tartar Sauce:

- ¼ cup mayonnaise (Greek yogurt)
- 2 tbsp finely chopped dill pickle
- 1 tbsp finely chopped red onion
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh parsley
- Salt & black pepper, to taste

Prep. time: **15 min**

Cook time: **15 min**

Serves: **2-3**

DIRECTIONS

- ❖ In a bowl, mix the mayo, pickle, onion, lemon juice, mustard, parsley, salt, and pepper. Set aside.
- ❖ In a dish, mix flour, paprika, garlic powder, onion powder, salt, and pepper. In another dish, place the beaten egg. In a third dish, add panko breadcrumbs.
- ❖ Dredge fish in flour, dip in egg, then coat with panko, pressing gently.
- ❖ Preheat air fryer to 400°F (200°C). Lightly spray the basket, place the fish in a single layer, and spray the tops.
- ❖ Air fry for 8–10 min, flipping halfway, until golden and 145°F (63°C) inside. Serve immediately with tartar sauce.
 - ✓ **Tip:** Add lemon wedges to the plate for squeezing over the fish.
 - ✓ **Tip:** Add other finely chopped fresh herbs like dill or chives to the tartar sauce.

Nutritional Information: Calories:300; Protein:25g; Carbohydrates:20g; Fats: 12g; Fiber: 2g; Cholesterol: 70mg; Sodium: 400mg; Potassium: 300mg

COCONUT SHRIMP WITH PINEAPPLE SAUCE

INGREDIENTS

- 1 lb shrimp, peeled & deveined
- ¼ cup all-purpose flour
- ½ tsp salt
- ¼ tsp black pepper
- 1 egg, beaten
- 1 cup shredded coconut
- ½ cup panko breadcrumbs
- Cooking spray

Pineapple Sauce:

- ½ cup pineapple chunks
- 2 tbsp pineapple juice
- 1 tbsp soy sauce or tamari
- 1 tbsp honey or maple syrup
- 1 tsp cornstarch
- ½ tsp grated fresh ginger (optional)

Prep. time: **15 min**

Cook time: **10-12 min**

Serves: **2-3**

DIRECTIONS

- ❖ In a saucepan, mix pineapple, juice, soy sauce, honey, cornstarch, and ginger (if using). Heat over medium, stirring until thickened. Set aside.
- ❖ In one dish, mix flour, salt, and pepper. In a second dish, place the beaten egg. In a third dish, mix coconut and panko.
- ❖ Dredge shrimp in flour, dip in egg, then coat with coconut-panko mixture.
- ❖ Preheat air fryer to 400°F (200°C). Lightly spray the basket, place the shrimp in a single layer, and spray the tops.
- ❖ Air fry for 8–10 min, flipping halfway, until golden and opaque. Serve immediately with pineapple sauce.
 - ✓ **Tip:** Stir a pinch of cayenne pepper or a few dashes of hot sauce into the flour mixture to enhance the heat. Add a squeeze of lime juice to the pineapple sauce for a brighter flavor.

Nutritional Information: Calories:350; Protein:20g; Carbohydrates:30g; Fats:18g; Fiber: 3g; Cholesterol:100mg; Sodium: 400mg; Potassium: 250mg

CALAMARI WITH LEMON-GARLIC AIOLI

INGREDIENTS

- 1 lb calamari tubes, sliced into rings
- ¼ cup all-purpose flour
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 egg, beaten
- ½ cup panko breadcrumbs
- Cooking spray
- Lemon-Garlic Aioli:**
- ¼ cup mayonnaise or Greek yogurt
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tbsp chopped fresh parsley
- Salt & black pepper, to taste

Prep. time: **15** minCook time: **8-10** minServes: **2-3**

DIRECTIONS

- ❖ In a bowl, mix the mayo, garlic, lemon juice, parsley, salt, and pepper. Set aside.
- ❖ Pat rings dry with a paper towel for better coating. Mix flour, paprika, garlic powder, salt, and pepper. In another place, the beaten egg. In a third, add panko breadcrumbs.
- ❖ Dredge calamari in flour, dip in egg, then coat with panko. Air Fry the
- ❖ Preheat air fryer to 400°F (200°C). Spray the basket, place calamari in a single layer, and spray the tops.
- ❖ Air fry for 4–5 min, flipping halfway, until golden. Serve immediately with aioli.
 - ✓ **Tip:** Add 1 teaspoon of lemon zest to the aioli for a more intense lemon flavor.
 - ✓ **Tip:** Add finely chopped fresh herbs like chives or dill to the aioli.

Nutritional Information: Calories:350; Protein:20g; Carbohydrates:30g; Fats:15g; Fiber:2g; Cholesterol:150mg; Sodium: 500mg; Potassium: 300mg

MEDITERRANEAN GRILLED SARDINES

INGREDIENTS

- 1 lb of fresh sardines, cleaned & scaled
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tbsp dried oregano
- ½ tbsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper
- Olive oil spray
- Fresh parsley & lemon wedges (optional)
 - **Tip:** Add a pinch of red pepper flakes to the marinade for a little heat.

Prep. time: **10** minCook time: **8-10** minServes: **2**

DIRECTIONS

- ❖ In a bowl, mix olive oil, lemon juice, garlic, oregano, thyme, salt, and pepper. Toss sardines in marinade and let sit for 15 min.
- ❖ Set air fryer to 400°F (200°C) for 3–5 min.
- ❖ Spray the air fryer basket, place sardines in a single layer, and lightly spray the tops.
- ❖ Cook for 8–10 min, flipping halfway, until golden and 145°F (63°C) inside.
- ❖ Garnish with parsley and lemon wedges if desired.
 - ✓ **Tip:** Experiment with other herbs like rosemary or basil in the marinade.
 - ✓ **Tip:** Serve the sardines with a side salad, grilled vegetables, quinoa, or crusty bread.

Nutritional Information: Calories:350; Protein: 30g; Carbohydrates: 8g; Fats: 20g; Fiber:1g; Cholesterol:100mg; Sodium:400mg; Potassium: 400mg

GOLDEN FRIED CATFISH WITH DIJON YOGURT SAUCE

INGREDIENTS

- 4 catfish fillets (4–6 oz each)
- ½ cup whole wheat flour or all-purpose flour
- ½ cup cornmeal
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ¼ tsp cayenne pepper (optional)
- ½ tsp dried thyme
- Salt & black pepper, to taste
- 1 large egg, beaten
- 1 tbsp olive oil (for spraying)

Dijon Yogurt Sauce (Optional):

- ¼ cup Greek yogurt
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- Salt & black pepper, to taste

Prep. time: **15 min**

Cook time: **15 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix flour, cornmeal, garlic powder, onion powder, paprika, cayenne (if using), thyme, salt, and pepper. In another bowl, whisk the egg.
- ❖ Pat fillets dry. Dip in egg, then coat in breading, pressing lightly.
- ❖ Set air fryer to 400°F (200°C) for 3–5 min.
- ❖ Spray the basket with oil. Place fillets in a single layer and spray tops lightly.
- ❖ Air fry for 8–10 min, flipping halfway, until 145°F (63°C) inside.
- ❖ Mix yogurt, Dijon, lemon juice, salt, and pepper. Adjust seasoning if needed.
- ❖ Let catfish rest briefly before serving. Pair with sauce & lemon wedges.
 - ✓ **Tip:** Pair the fried catfish with a fresh salad, roasted vegetables, or steamed green beans.

Nutritional Information: Calories:230; Protein:25g; Carbohydrates:20g; Fats: 8g; Fiber: 3g; Cholesterol: 65mg; Sodium: 350mg; Potassium: 400mg

BAKED COD WITH VEGETABLES

INGREDIENTS

- 2 cod fillets (4–6 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tbsp dried herbs (oregano, thyme, or dill)
- 1 cup broccoli florets
- ½ bell pepper, chopped
- 1 cup cherry tomatoes, halved
- ¼ tsp salt
- ⅛ tsp black pepper
- ¼ tsp paprika (optional)
- Red pepper flakes (optional)
- Fresh parsley & lemon wedges (optional)

Prep. time: **15 min**

Cook time: **12-15 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix olive oil, lemon juice, garlic, herbs, salt, pepper, and spices (if using). Toss vegetables with half of the mixture. Brush the rest on the cod fillets.
- ❖ Set air fryer to 400°F (200°C) for 3–5 min. Cook the Cod & Vegetables: Place vegetables in a single layer, lay cod on top.
- ❖ Cook for 12–15 min, checking at 12 min. Cod should flake easily at 145°F (63°C).
- ❖ Remove from the air fryer. Garnish with parsley & lemon wedges if desired.
 - ✓ **Tip:** Experiment with different herb combinations. Tarragon and chives work particularly well with fish.
 - ✓ **Tip:** Serve the baked cod and vegetables independently or over rice, quinoa, or couscous.

Nutritional Information: Calories:250; Protein:25g; Carbohydrates:10g; Fats: 8g; Fiber: 3g; Cholesterol: 50mg; Sodium: 250mg; Potassium: 500mg

CRISPY & JUICY FISH PATTIES

INGREDIENTS

- 1 lb white fish fillets (cod, haddock, tilapia)
- ½ cup panko breadcrumbs
- ¼ cup onion, finely chopped
- 1 clove garlic, minced
- 1 egg, lightly beaten
- 2 tbsp light mayonnaise
- 1 tbsp lemon juice
- 2 tbsp fresh dill, chopped (or 1 tsp dried)
- ½ tsp salt
- ¼ tsp black pepper
- Olive oil spray
- ¼ tsp paprika (optional)
- Pinch of cayenne (optional)
- Lemon wedges & tartar sauce (optional)

Prep. time: 20 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ If frozen, thaw completely and pat dry. Chop finely or pulse in a food processor.
- ❖ In a bowl, combine fish, breadcrumbs, onion, garlic, egg, mayo, lemon juice, dill, salt, pepper, and spices. Mix well.
- ❖ Shape into ½-inch thick patties, using about ¼ cup per patty for even sizes.
- ❖ Set air fryer to 400°F (200°C) for 3–5 min. Spray basket with oil, place patties in a single layer, and lightly spray tops. Air fry for 10–12 min, flipping halfway, until golden & 145°F (63°C) inside.
- ❖ Pair with lemon wedges and tartar sauce if desired.
 - ✓ **Tip:** Experiment with other herbs like parsley, chives, or tarragon.
 - ✓ **Tip:** Serve fish patties on buns with your favorite toppings (lettuce, tomato) for fish burgers, or with a side salad or roasted vegetables.

Nutritional Information: Calories:200; Protein:20g; Carbohydrates:10g; Fats: 8g; Fiber: 1g; Cholesterol: 60mg; Sodium: 300mg; Potassium: 300mg

FLAVORFUL BAKED MACKEREL WITH LEMON

INGREDIENTS

- 2 mackerel fillets (6–8 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp paprika
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ¼ tsp salt
- ¼ tsp black pepper
- Olive oil spray
- Fresh parsley & lemon wedges (optional)
 - **Tip:** Add a pinch of red pepper flakes to the seasoning mix for a little heat.

Prep. time: 10 min

Cook time: 10-12 min

Serves: 2

DIRECTIONS

- ❖ In a bowl, mix olive oil, lemon juice, garlic, paprika, thyme, rosemary, salt, and pepper. Rub mixture evenly over both sides of fillets. Let sit for 15 minutes.
- ❖ Set air fryer to 400°F (200°C) for 3–5 min.
- ❖ Spray air fryer basket with oil. Place fillets skin-side down in a single layer.
- ❖ Cook for 10–12 min until golden & flaky at 145°F (63°C) inside.
- ❖ Sprinkle with parsley & serve with lemon wedges.
 - ✓ **Tip:** Experiment with herbs like dill, oregano, or basil.
 - ✓ **Tip:** Serve the mackerel with roasted vegetables (asparagus, broccoli, or potatoes), a side salad, quinoa, or rice.

Nutritional Information: Calories:350; Protein: 30g; Carbohydrates: 5g; Fats: 20g; Fiber:1g; Cholesterol:100mg; Sodium:400mg; Potassium: 400mg

CRISPY CHICKEN WINGS WITH BUFFALO BBQ SAUCE

INGREDIENTS

- 2 lbs chicken wings, split
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup BBQ sauce
- ¼ cup hot sauce
- 1 tbsp apple cider vinegar
- 1 tbsp butter (or vegan alternative)
- 1 tsp Worcestershire sauce (optional)
 - **Tip:** Can add chili powder, smoked paprika, or cayenne pepper.
 - **Tip:** Add 1 tbsp of lemon zest.

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, toss wings with olive oil, garlic powder, onion powder, paprika, salt, and pepper.
- ❖ Set air fryer to 400°F (200°C) for 5 min. Arrange in a single layer. Air fry for 10 minutes, flip, and cook for 10–15 minutes more until golden brown and the internal temperature is 165°F (74°C).
- ❖ In a saucepan, combine BBQ sauce, hot sauce, vinegar, butter, and Worcestershire (if using) over medium-low heat until combined.
- ❖ Toss cooked wings in sauce until evenly coated.
- ❖ Serve immediately with your favorite dipping sauce.
 - ✓ **Tip:** Adjust the amount of hot sauce in the BBQ sauce to your preferred level of spiciness. For a milder sauce, use less hot sauce or a mild variety.
 - ✓ **Tip:** Sprinkle with chopped fresh parsley or cilantro for garnish.

Nutritional Information: Calories:400; Protein:30g; Carbohydrates:20g; Fats: 20g; Fiber:1g; Cholesterol:100mg; Sodium: 500mg; Potassium: 300mg

CHICKEN NUGGETS WITH TERIYAKI GLAZE

INGREDIENTS

- 1 lb chicken breast, cubed
- ¼ cup low-sodium soy sauce
- 2 tbsp honey
- 1 tbsp mirin (or rice vinegar)
- 1 tbsp cornstarch
- 1 tsp sesame oil
- ½ tsp garlic powder
- ½ tsp ground ginger
- ¼ tsp black pepper
- ½ cup panko breadcrumbs
- 1 clove garlic, minced
 - **Tip:** Add a pinch of red pepper flakes to the marinade or the teriyaki sauce for a bit of heat.

Prep. time: 20 min

Cook time: 20 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, mix soy sauce, 1 tbsp honey, sesame oil, garlic powder, ginger, and pepper. Add chicken, toss to coat, and marinate 15 min.
- ❖ Dredge each piece in panko breadcrumbs, pressing gently to adhere.
- ❖ Set to 400°F (200°C) for 5 min.
- ❖ Arrange in a single layer, cook 8 min, flip, and cook 7–12 min more until golden & 165°F (74°C) inside.
- ❖ In a pan, whisk soy sauce, 1 tbsp honey, mirin, cornstarch, ginger, and garlic over medium heat until thickened (2–3 min).
- ❖ Coat cooked nuggets in sauce & serve immediately.
 - ✓ **Tip:** Sprinkle with sesame seeds, chopped green onions, or cilantro for garnish.
 - ✓ **Tip:** Serve the nuggets with steamed broccoli, carrots, or other vegetables for a complete meal.

Nutritional Information: Calories:300; Protein: 3g; Carbohydrates: 20g; Fats: 5g; Fiber: 1g; Cholesterol: 70mg; Sodium: 400mg; Potassium: 300mg

CHICKEN, DUCK & TURKEY

GARLIC PARMESAN CRUSTED CHICKEN BREAST

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- ½ cup grated Parmesan
- 2 cloves garlic, minced
- 1 tsp Italian herbs
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika (optional)
 - **Tip:** Add a pinch of red pepper flakes to the olive oil mixture for heat.
 - **Tip:** Add 1 tsp of lemon zest to the olive oil mixture for a bright, citrusy flavor.

Prep. time: **10** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ In a small bowl, mix olive oil, garlic, herbs, salt, pepper, and paprika.
- ❖ Brush chicken with the mixture. Dredge in Parmesan, pressing to coat evenly.
- ❖ Set to 400°F (200°C) for 5 min.
- ❖ Arrange in a single layer, cook 7 min, flip, and cook 8–13 min more until golden & 165°F (74°C) inside.
- ❖ Let rest 2 min before serving.
 - ✓ **Tip:** Sprinkle with chopped fresh parsley or basil for garnish and added flavor.
 - ✓ **Tip:** You can substitute fresh garlic with 1/2 teaspoon of garlic powder.
 - ✓ **Tip:** Mix 1/4 cup of panko breadcrumbs with the Parmesan cheese for a crispier crust.

Nutritional Information: Calories:250; Protein: 30g; Carbohydrates: 5g; Fats: 10g; Fiber: 1g; Cholesterol: 80mg; Sodium: 300mg; Potassium: 200mg

SPICY CHICKEN DRUMSTICKS WITH HONEY MUSTARD

INGREDIENTS

- 8 chicken drumsticks (~2 lbs)
- 2 tbsp olive oil
- 1 tbsp paprika
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp cayenne (optional)
- ½ tsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper
- 4 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp mayonnaise
- 1 tsp apple cider vinegar
 - **Tip:** Garnish with chopped fresh parsley or chives.

Prep. time: **15** min

Cook time: **25** min

Serves: **4**

DIRECTIONS

- ❖ Mix olive oil, spices, salt, and pepper in a bowl. Toss drumsticks to coat. Marinate 30 min (or overnight).
- ❖ Set to 400°F (200°C) for 5 min.
- ❖ Place drumsticks in a single layer. Air fry for 10 minutes, flip, and cook for 10–15 minutes more until crispy and 165°F (74°C) inside.
- ❖ Whisk mustard, honey, mayo, and vinegar until smooth.
- ❖ Enjoy drumsticks with honey mustard sauce.
 - ✓ **Tip:** Adjust the amount of cayenne pepper in the dry rub to control the spiciness. You can also add a pinch of red pepper flakes.
 - ✓ **Tip:** Use smoked paprika instead of regular paprika for a smoky flavor.
 - ✓ **Tip:** Add 1 tbsp of brown sugar to the dry rub for a sweetness.

Nutritional Information: Calories:350; Protein:30g; Carbohydrates:15g; Fats:15g; Fiber:1g; Cholesterol:100mg; Sodium: 400mg; Potassium: 300mg

BBQ CHICKEN WITH CHILI SAUCE

INGREDIENTS

- 4 boneless, skinless chicken breasts (or thighs, ~1.5 lbs)
- ¼ cup low-sodium soy sauce
- 2 tbsp apple cider vinegar
- 1 tbsp brown sugar (or honey)
- 1 tbsp chili sauce (adjust to taste)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp black pepper
- ¼ cup BBQ sauce
- 1 tbsp chili sauce (for basting)
 - **Tip:** Add 1 tbsp of brown sugar to the dry rub for a sweetness.

Prep. time: **10 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl or bag, mix soy sauce, vinegar, sugar, chili sauce, paprika, garlic powder, and pepper. Add chicken, coat well, and marinate 30 min (or overnight for more flavor).
- ❖ Set to 400°F (200°C) for 5 min.
- ❖ Arrange chicken in a single layer in the air fryer. Cook 10 min.
- ❖ Flip the chicken, brush with BBQ & chili sauce, and cook 10-12 min more until 165°F (74°C) inside.
- ❖ Let rest a few minutes, then enjoy!
 - ✓ **Tip:** Adjust the amount of cayenne pepper in the dry rub to control the spiciness. You can also add a pinch of red pepper flakes.
 - ✓ **Tip:** Use smoked paprika instead of regular paprika for a smoky flavor.
 - ✓ **Tip:** Garnish with chopped fresh parsley or chives.

Nutritional Information: Calories:250; Protein:30g; Carbohydrates:10g; Fats: 5g; Fiber: 1g; Cholesterol: 70mg; Sodium: 400mg; Potassium: 300mg

STUFFED CHICKEN BREAST WITH SPINACH & CHEESE

INGREDIENTS

- 4 boneless, skinless chicken breasts (~1-inch thick)
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- For the Filling:**
 - 1 cup frozen spinach, thawed & squeezed dry
 - ¼ cup ricotta cheese (part-skim)
 - ¼ cup shredded mozzarella
 - 2 cloves garlic, minced
 - ¼ tsp Italian herbs (or mix of oregano, basil, thyme)
 - Salt & pepper to taste
 - **Tip:** Add a pinch of red pepper flakes.

Prep. time: **15 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix spinach, ricotta, mozzarella, garlic, herbs, salt & pepper.
- ❖ Butterfly each breast to create a pocket. Season inside with salt & pepper.
- ❖ Fill each pocket with the spinach mixture and secure with toothpicks.
- ❖ Brush outside with olive oil and season with salt & pepper.
- ❖ Set to 400°F (200°C) for 5 min.
- ❖ Arrange in a single layer and cook for 10 min. Flip and cook 10-12 min more until 165°F (74°C) inside.
- ❖ Let rest a few minutes, remove toothpicks & enjoy!
 - ✓ **Tip:** Use other cheeses like feta, goat cheese, or provolone in the filling.
 - ✓ **Tip:** Add 2 tbsp chopped sun-dried tomatoes (oil-packed, drained) and 1 tbsp of finely chopped onion to the filling.

Nutritional Information: Calories:250; Protein: 30g; Carbohydrates: 5g; Fats: 10g; Fiber: 2g; Cholesterol: 80mg; Sodium: 300mg; Potassium: 300mg

CHICKEN, DUCK & TURKEY

JUICY DUCK TACOS WITH MANGO SALSA

INGREDIENTS

- 6 small corn or whole wheat tortillas
- 1 duck breast, skin removed & diced
- 1 tbsp olive oil
- ½ tsp chili powder
- ¼ tsp cumin
- ¼ tsp salt & ¼ tsp black pepper

Mango Salsa:

- 1 ripe mango, diced
- ½ red onion, finely chopped
- ¼ cup cilantro, chopped
- 1 tbsp lime juice & ¼ tsp salt

Optional Garnishes:

- Sour cream or Greek yogurt
- Avocado, sliced
- Shredded lettuce

Prep. time: 15 min

Cook time: 20 min

Serves: 2-3

DIRECTIONS

- ❖ In a bowl, toss duck with olive oil, chili powder, cumin, salt & pepper.
- ❖ In another bowl, mix mango, red onion, cilantro, lime juice & salt. Set aside.
- ❖ Preheat air fryer to 400°F (200°C). Spread duck in a single layer. Cook 8-10 min, shaking halfway.
- ❖ Heat tortillas in an air fryer, 1-2 min, skillet, or microwave.
- ❖ Fill tortillas with duck & salsa. Add optional garnishes and enjoy!
- ✓ **Tip:** A squeeze of lime juice over the duck after cooking.
- ✓ **Tip:** A sprinkle of cotija cheese or crumbled queso fresco adds a salty, cheesy element.
- ✓ **Tip:** For a spicier salsa, leave some seeds in the jalapeno or add a dash of hot sauce.
- ✓ **Tip:** Black beans or pinto beans add a hearty element to the tacos.

Nutritional Information: Calories:200; Protein:10g; Carbohydrates:20g; Fats: 8g; Fiber: 2g; Cholesterol: 40mg; Sodium: 200mg; Potassium: 200mg

CLASSIC CHICKEN CACCIATORE

INGREDIENTS

- 1.5 lbs boneless, cut into 1-inch pieces
- 1 tbsp olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 8 oz cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1 (28-oz) can crushed tomatoes
- 2 tbsp tomato paste
- ½ cup dry white wine (or chicken broth)
- 1 tsp dried oregano & dried basil
- 1 tsp salt
- ½ tsp black pepper
- 1 bay leaf (optional)

Prep. time: 15 min

Cook time: 30 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, toss the chicken pieces with olive oil, ½ tsp salt & ¼ tsp black pepper.
- ❖ Preheat the air fryer to 400°F (200°C). Place the chicken in a single layer & cook for 10-12 minutes, flipping halfway. Remove & set aside.
- ❖ While the chicken cooks, heat olive oil in a skillet over medium heat. Add onion and cook for 5 minutes until softened. Add bell peppers and mushrooms and cook for 5 more minutes. Stir in garlic and cook 1 minute until fragrant. Add crushed tomatoes, tomato paste, white wine (or broth), oregano, basil, remaining salt and pepper, and bay leaf (if using). Stir well and simmer for 10 minutes, stirring occasionally.
- ❖ Add cooked chicken to the sauce, stir to coat. For deeper flavor, transfer to an air fryer-safe dish & cook at 350°F (175°C) for 5-10 minutes. Remove bay leaf if used. Serve with parsley & Parmesan.

Nutritional Information: Calories:300; Protein:30g; Carbohydrates:20g; Fats: 8g; Fiber: 4g; Cholesterol: 70mg; Sodium: 500mg; Potassium: 600mg

CHICKEN, DUCK & TURKEY

CRISPY FRIED CHICKEN

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 1.5 lbs)
- ½ cup unsweetened almond milk (or regular milk)
- 1 large egg, lightly beaten

For the Breading:

- 1 cup all-purpose flour
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- Cooking spray
- Fresh parsley, chopped
- Lemon wedges & hot sauce

Prep. time: **20** min

Cook time: **25** min

Serves: **4**

DIRECTIONS

- ❖ In one shallow dish, whisk almond milk & egg. Mix flour, paprika, garlic powder, onion powder, thyme, oregano, salt & pepper in another dish. Dip each chicken breast into the milk mixture, then coat evenly in the flour mixture, pressing gently to adhere.
- ❖ Preheat to 400°F (200°C) for 5 minutes.
- ❖ Lightly spray both sides of the breaded chicken with cooking spray. Place the chicken in the air fryer basket in a single layer.
- ❖ Cook for 10-12 min, then flip & spray again. Continue cooking another 10-12 min, until golden brown & crispy (internal temp 165°F/74°C).
- ❖ Let rest for a few minutes, then serve with lemon wedges, parsley & hot sauce if desired.
 - **Tip:** For extra crispy skin, you can spray the chicken with cooking spray several times during the cooking process.

Nutritional Information: Calories:250; Protein:30g; Carbohydrates:15g; Fats: 8g; Fiber: 1g; Cholesterol: 75mg; Sodium: 400mg; Potassium: 300mg

CHICKEN & MUSHROOM TURNOVERS

INGREDIENTS

For the Filling:

- 1 lb boneless, skinless chicken breasts, cubed
- 8 oz cremini mushrooms, sliced
- ½ cup onion, chopped
- 2 cloves garlic, minced
- ¼ cup low-sodium chicken broth
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- ½ tsp dried sage
- Salt & pepper to taste

For the Turnovers:

- 6 sheets phyllo dough, thawed (or puff pastry)
- 2 tbsp olive oil or cooking spray
- 1 egg, lightly beaten (for egg wash)

Prep. time: **20** min

Cook time: **20** min

Serves: **6** turnovers

DIRECTIONS

- ❖ Heat 1 tbsp olive oil in a skillet (or use cooking spray). Add chicken and cook until browned on all sides. Stir in onion & mushrooms; cook 5 minutes until softened. Add garlic and cook 1 minute until fragrant. Pour in broth, Worcestershire sauce, thyme, sage, salt & pepper. Simmer a few minutes until slightly thickened. Let cool.
- ❖ Preheat air fryer to 375°F (190°C). Lightly brush each phyllo sheet with olive oil. Stack 2 sheets together, then cut into 4-inch squares. Place 1 tbsp of filling in the center of each square. Fold into triangles or rectangles, pressing edges to seal. Brush the tops with egg wash.
- ❖ Lightly spray the air fryer basket with cooking spray. Place turnovers in a single layer (cook in batches if needed). Air fry for 15-20 min until golden brown & crispy. Let it cool slightly before serving.
- ❖ Garnish with Greek yogurt, fresh herbs, or balsamic glaze if desired.

Nutritional Information: Calories:250; Protein:20g; Carbohydrates:20g; Fats: 10g; Fiber: 1g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 250mg

WHOLE CHICKEN WITH ROSEMARY & GARLIC

INGREDIENTS

For the Chicken:

- 1 whole chicken (3-4 lbs)
- 2 tbsp olive oil
- 2 tbsp fresh rosemary, chopped (or 2 tsp dried)
- 4 cloves garlic, minced (or 2 tsp garlic powder)
- ½ lemon, juiced (or 1 tbsp lemon juice)
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp paprika (optional, for color)
- ½ tsp onion powder (optional)

For the Vegetables (Optional):

- 1 lb potatoes or carrots, chopped
- 1 tbsp olive oil
- Salt & pepper to taste

Prep. time: **15** min

Cook time: **60** min

Serves: **4-6**

DIRECTIONS

- ❖ Pat the chicken dry with paper towels. Mix olive oil, rosemary, garlic, lemon juice, salt, pepper, paprika, and onion powder. Rub the mixture all over the chicken, including under the skin if possible.
- ❖ Toss potatoes or carrots with olive oil, salt & pepper. Set aside while preheating the air fryer.
- ❖ Preheat air fryer to 400°F (200°C) for 5 minutes. Place chicken breast-side up in the air fryer basket. If using vegetables, arrange them around the chicken.
- ❖ Air fry for 50-60 minutes, flipping once halfway through. Check the internal temperature in the thickest part of the thigh (165°F/74°C). If needed, cook for an additional 5-10 minutes.
- ✓ **Tip:** Let the chicken rest for 10-15 minutes before carving. Serve with roasted vegetables & extra lemon wedges.

Nutritional Information: Calories:250; Protein:30g; Carbohydrates:10g; Fats: 8g; Fiber: 2g; Cholesterol: 80mg; Sodium: 300mg; Potassium: 400mg

HEALTHY AIR FRYER CHICKEN BITES

INGREDIENTS

- 1 lb boneless, skinless chicken breasts, cubed
- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- ¼ tsp dried oregano
- ½ tsp salt
- ¼ cup panko breadcrumbs
- 1 egg white, lightly beaten
 - **Tip:** Add 1 tablespoon of lemon juice and 1 teaspoon of dried thyme to the spice mix.
 - **Tip:** Add a pinch of cayenne or red pepper flakes.

Prep. time: **15** min

Cook time: **12-15** min

Serves: **4**

DIRECTIONS

- ❖ In a bowl, combine the chicken, olive oil, paprika, garlic powder, onion powder, black pepper, oregano, and salt. Toss well to coat evenly.
- ❖ If using panko breadcrumbs, set up a breading station: Place beaten egg whites in one dish. Place panko breadcrumbs in another dish. Dip each chicken cube into the egg whites, then coat with panko.
- ❖ Preheat air fryer to 400°F (200°C) for 5 minutes. Arrange the chicken in a single layer in the air fryer basket. Air fry for 12-15 minutes, flipping halfway through, until golden brown and crispy. Check internal temperature (165°F/74°C).
- ✓ **Tip:** Sprinkle with grated Parmesan cheese during the last few minutes of cooking.
- ✓ **Tip:** Serve with your favorite dipping sauce (honey mustard, BBQ, or yogurt-based dip).

Nutritional Information: Calories:150; Protein: 25g; Carbohydrates: 7g; Fats: 7g; Fiber: 1g; Cholesterol: 60mg; Sodium: 300mg; Potassium: 300mg

HEALTHY BUTTERMILK RANCH CHICKEN TENDERS

INGREDIENTS

- 1 lb chicken tenders
- ½ cup buttermilk
- 1 tbsp ranch seasoning mix
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika (optional)
- ½ tsp salt
- ¼ tsp black pepper
- ¾ cup whole wheat breadcrumbs
- ¼ cup grated Parmesan (optional)
- ½ tsp dried parsley
- Olive oil spray
- Ranch dressing (for serving, optional)

- **Tip:** Add ¼ tsp cayenne pepper to the breadcrumb mixture for extra spice.

Prep. time: **15** min

Cook time: **12** min

Serves: **4**

DIRECTIONS

- ❖ In a bowl, whisk together buttermilk, ranch seasoning, garlic powder, onion powder, smoked paprika, salt, and pepper. Add chicken tenders, coat well, cover, and refrigerate for 30 minutes.
- ❖ In another bowl, mix breadcrumbs, Parmesan, and dried parsley.
- ❖ Remove chicken from marinade, letting excess drip off. Dredge each tender in the breadcrumb mixture, pressing lightly to coat evenly.
- ❖ Preheat the air fryer to 375°F (190°C). Lightly spray the basket with olive oil and place the chicken in a single layer. Spray the tops with oil and air fry for 10–12 minutes, flipping halfway, until golden brown and the internal temperature reaches 165°F (75°C).
- ❖ Garnish with fresh parsley if desired. Serve with ranch dressing or veggies for a balanced meal.
- ✓ **Tip:** Use gluten-free panko or almond flour for a gluten-free option.

Nutritional Information: Calories:280; Protein:30g; Carbohydrates:18g; Fats:10g; Fiber:2g; Cholesterol:75mg; Sodium:420mg; Potassium:550mg

GOOSE BREAST WITH RED WINE REDUCTION

INGREDIENTS

- 2 goose breasts (about 6 oz each), skin on
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp dried thyme (optional)
- Olive oil spray

Red Wine Reduction:

- ½ cup red wine (Merlot or Cabernet)
- ¼ cup low-sodium chicken broth
- 1 tbsp balsamic vinegar
- 1 tbsp honey or maple syrup
- 1 shallot, minced (or ¼ small onion)

- **Tip:** Fresh rosemary or thyme sprigs add an aromatic touch.

Prep. time: **10** min

Cook time: **15-20** min

Serves: **2**

DIRECTIONS

- ❖ Pat goose breasts dry with paper towels for crispy skin. Season with salt, pepper, and thyme (if using).
- ❖ In a saucepan, combine wine, broth, balsamic vinegar, honey, and shallot. Simmer for 10–12 minutes until reduced by half and slightly thickened.
- ❖ Preheat air fryer to 400°F (200°C). Place goose breasts skin-side up in the basket. Air fry for 8 minutes. Flip the breast skin-side down and air fry for another 5–7 minutes. Check doneness with a meat thermometer:
 - 140°F (60°C) for medium-rare
 - 150°F (66°C) for medium
 - 160°F (71°C) for well-done
- ❖ Let goose rest for 5–10 minutes before slicing against the grain. Drizzle with a red wine reduction and enjoy!

Nutritional Information: Calories:300; Protein:25g; Carbohydrates:15g; Fats:15g; Fiber:2g; Cholesterol:80mg; Sodium:200mg; Potassium:300mg

TURKEY BREAST WITH CRANBERRY GLAZE

INGREDIENTS

For Turkey:

- 2-2.5 lb boneless turkey breast
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)

For the Cranberry Glaze:

- 1 cup fresh or frozen cranberries
- ¼ cup of maple syrup or honey
- 2 tbsp apple cider vinegar
- 1 tbsp orange juice
- ¼ tsp ground cinnamon
- Pinch of ground cloves (optional)

Prep. time: 15 min

Cook time: 40 min

Serves: 4-6

DIRECTIONS

- ❖ In a small bowl, mix olive oil, thyme, rosemary, salt, pepper, and garlic powder. Rub the mixture evenly over the turkey breast.
- ❖ Preheat air fryer to 375°F (190°C). Place the turkey skin-side up in the air fryer basket. Cook for 15 minutes.
- ❖ In a small saucepan, combine cranberries, maple syrup, apple cider vinegar, orange juice, cinnamon, and cloves. Simmer over medium heat for 10-15 minutes, stirring occasionally, until the cranberries burst and the sauce thickens.
- ❖ After 15 minutes, brush half of the glaze over the turkey. Continue cooking for 15-25 minutes, basting with the remaining glaze halfway through. Check doneness: Internal temp should reach 165°F (74°C).
- ❖ Let the turkey rest for 10 minutes before slicing. Serve with extra cranberry glaze on the side.

Nutritional Information: Calories:250; Protein:35g; Carbohydrates:15g; Fats: 5g; Fiber: 2g; Cholesterol: 80mg; Sodium: 300mg; Potassium: 400mg

DUCK BREAST WITH BALSAMIC GLAZE

INGREDIENTS

For the Duck:

- 2 duck breasts (about 170g each), skin on
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried thyme (optional)

For the Balsamic Glaze:

- ¼ cup balsamic vinegar
- 1 tbsp honey
- 1 tsp Dijon mustard (optional)
 - **Tip:** Fresh rosemary or thyme sprigs add an aromatic touch.
 - **Tip:** Serve the duck with roasted vegetables (asparagus, Brussels sprouts, or sweet potatoes pair well), and a simple salad.

Prep. time: 10 min

Cook time: 20 min

Serves: 2

DIRECTIONS

- ❖ Pat the duck breasts dry with paper towels for extra-crispy skin. Score the skin in a crisscross pattern without cutting into the meat. Season both sides with salt, black pepper, and thyme (if using).
- ❖ In a small saucepan, combine balsamic vinegar, honey, and Dijon mustard. Simmer over medium heat for 5-7 minutes, stirring occasionally, until the glaze thickens slightly.
- ❖ Preheat the air fryer to 400°F (200°C). Place duck breasts, skin-side up, in the air fryer basket. Cook for 8 minutes. Flip the duck breasts, skin-side down. Air fry for 5-7 more minutes, checking for doneness.
- ❖ Remove duck from the air fryer & let rest for 5-10 minutes. Slice thinly against the grain. Drizzle with balsamic glaze & serve warm. After cooking, a sprinkle of flaky sea salt on the duck skin enhances the crispiness.

Nutritional Information: Calories:300; Protein: 25g; Carbohydrates:15g; Fats:15g; Fiber:16g; Cholesterol:80mg; Sodium: 200mg; Potassium: 300mg

CHICKEN, DUCK & TURKEY

NASHVILLE HOT CHICKEN

INGREDIENTS

- 4 boneless, skinless chicken breasts or thighs (about 150g each)
- 1 cup buttermilk (or ½ cup milk + ½ tsp vinegar)
- 1 large egg
- ¾ cup whole wheat flour
- ½ cup panko breadcrumbs
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp salt & ½ tsp black pepper
- Olive oil spray

For the Hot Sauce Coating:

- ¼ cup hot sauce (Frank's Red Hot)
- 2 tbsp melted butter (light butter)
- 1 tbsp honey (optional)
- ½ tsp smoked paprika
- ½ tsp garlic powder

Prep. time: **15** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ In a bowl, whisk together the buttermilk and egg. Add chicken and marinate for at least 15 minutes (or overnight for deeper flavor).
- ❖ In another bowl, mix flour, panko, paprika, garlic powder, salt, and black pepper. Remove chicken from buttermilk mixture, letting excess drip off. Dredge evenly in flour mixture, pressing gently for better adhesion. Let it sit for 5 minutes before air frying.
- ❖ Preheat air fryer to 375°F (190°C) for 3 minutes. Lightly spray the basket with olive oil. Arrange chicken in a single layer. Cook for 10 minutes, flip, spray with oil, and cook another 8-10 minutes until crispy. Ensure the internal temp reaches 165°F (75°C).
- ❖ In a small bowl, mix melted butter, hot sauce, honey, smoked paprika, and garlic powder. Brush or drizzle over cooked chicken.
- ❖ Enjoy on buns with pickles or with a side of coleslaw.

Nutritional Information: Calories:350; Protein:38g; Carbohydrates:28g; Fats:10g; Fiber:2g; Cholesterol:110mg; Sodium:600mg; Potassium: 550mg

CRISPY PEKING DUCK (SIMPLIFIED)

INGREDIENTS

For the Duck:

- 1 whole duck (4-5 lbs)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp ground ginger
- ¼ tsp five-spice powder (optional)
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 2 tbsp honey

For Serving (Optional):

- 6 small Mandarin pancakes
- 1 cucumber, julienned
- 2 scallions, thinly sliced
- ¼ cup hoisin sauce

Prep. time: **20** min

Cook time: **50** min

Serves: **2-3**

DIRECTIONS

- ❖ Pat the duck dry with paper towels. Mix salt, pepper, ginger, five-spice powder (if using), soy sauce, rice vinegar, sesame oil, and honey. Rub the mixture all over the duck, including the cavity.
- ❖ Place the duck on a wire rack in the fridge, uncovered, for 4-6 hours or overnight. This helps achieve crispy skin.
- ❖ Preheat the air fryer to 375°F (190°C). Place the duck breast-side up in the basket. Cut the duck in half or spatchcock it for a better fit.
- ❖ Air fry for 25 minutes. Carefully flip the duck breast-side down and cook for another 20 minutes.
- ❖ Increase the temperature to 400°F (200°C) and cook breast-side up for 5-10 minutes until the skin is crispy and golden brown.
- ❖ Let the duck rest for 10 minutes before carving. Serve with Mandarin pancakes, cucumber, scallions, and hoisin sauce.

Nutritional Information: Calories:400; Protein: 30g; Carbohydrates: 5g; Fats:30g; Fiber:1g; Cholesterol:150mg; Sodium:400mg; Potassium: 300mg

CHICKEN, DUCK & TURKEY

DUCK LEGS WITH ORANGE & GINGER SAUCE

INGREDIENTS

- 2 duck legs (about 300g total)
- Zest & juice of 1 large orange
- 1 tbsp fresh ginger, grated
- 1 tbsp honey
- 1 tbsp low-sodium soy sauce
- ½ tsp sesame oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp five-spice powder (optional)
 - **Tip:** Thinly cut green onions or cilantro add a fresh element.
 - **Tip:** A drizzle of extra honey or a sprinkle of toasted sesame seeds can be added before serving.

Prep. time: **15** min

Cook time: **30** min

Serves: **2**

DIRECTIONS

- ❖ Pat the duck legs dry. Mix orange zest, juice, ginger, honey, soy sauce, sesame oil, salt, pepper, and five-spice (if using). Coat the duck legs evenly. Cover and refrigerate for at least 2 hours (or overnight).
- ❖ Set the air fryer to 400°F (200°C). Remove the duck from the fridge and pat dry again for crispier skin.
- ❖ Place duck legs, skin-side up, in the air fryer. Cook for 15 minutes, then flip and continue cooking for 10-15 minutes, until crispy and the internal temp reaches 165°F (74°C).
- ❖ Let rest for 5-10 minutes before serving. Enjoy with your favorite side!
 - ✓ **Tip:** A sprinkle of flaky sea salt on the duck skin enhances its crispiness.
 - ✓ **Tip:** Serve the duck legs with roasted vegetables, rice, or quinoa.

Nutritional Information: Calories:300; Protein:15g; Carbohydrates:30g; Fats:15g; Fiber:2g; Cholesterol:180mg; Sodium: 300mg; Potassium: 400mg

SAVORY CHICKEN & CHEESE PATTIES

INGREDIENTS

- 1 lb ground chicken
- ½ cup shredded cheese (cheddar, mozzarella, or a blend)
- ½ cup breadcrumbs (or almond flour for a low-carb option)
- 1 large egg
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley (optional)
- Cooking spray (as needed)

Prep. time: **15** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ Preheat the air fryer to 375°F (190°C) for 3 minutes.
- ❖ In a large bowl, combine ground chicken, shredded cheese, breadcrumbs, egg, olive oil, garlic powder, onion powder, smoked paprika, salt, black pepper, and parsley (if using). Mix until well combined.
- ❖ Divide the mixture into 8 equal portions and form them into ½-inch thick patties.
- ❖ Lightly spray the air fryer basket with cooking spray and place the patties in a single layer, ensuring they do not touch.
- ❖ Air fry at 375°F (190°C) for 10-12 minutes, flipping halfway through, until the patties are golden brown and the internal temperature reaches 165°F (74°C). Remove from the air fryer and let it rest for a few minutes before serving

Nutritional Information: Calories:180; Protein: 18g; Carbohydrates: 5g; Fats:10g; Fiber:1g; Cholesterol: 60mg; Sodium:280mg; Potassium: 250mg

CHICKEN, DUCK & TURKEY

TURKEY STRIPS WITH HONEY & LEMON GLAZE

INGREDIENTS

- 1 lb turkey breast, cut into strips
- 1 tbsp olive oil
- 3 tbsp lemon juice, divided
- 1 clove garlic, minced
- ½ tsp dried thyme
- ¼ tsp salt & ⅛ tsp black pepper
- 2 tbsp honey
- 1 tsp lemon zest
- Olive oil spray
 - **Tip:** Add a pinch of red pepper flakes or a dash of cayenne pepper to the marinade for extra heat.

Prep. time: **10 min**

Cook time: **8-10 min**

Serves: **2-3**

DIRECTIONS

- ❖ Mix turkey strips with olive oil, 2 tablespoons of lemon juice, garlic, thyme, salt, and pepper. Let it marinate for 30 minutes or more.
- ❖ Set to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Lightly spray the air fryer basket. Arrange the turkey in a single layer. Cook for 8-10 minutes, flipping halfway, until fully cooked.
- ❖ In the last 2 minutes, brush with a mix of honey, 1 tbsp lemon juice, and lemon zest. Serve immediately!
 - ✓ **Tip:** Serve the turkey strips with roasted vegetables, a salad, quinoa, or rice.
 - ✓ **Tip:** Experiment with other herbs like rosemary or oregano in the marinade.

Nutritional Information: Calories:180; Protein: 25g; Carbohydrates: 8g; Fats: 5g; Fiber: 1g; Cholesterol: 60mg; Sodium: 200mg; Potassium: 300mg

CHICKEN TERIYAKI IN THE AIR FRYER

INGREDIENTS

- 1 lb boneless, skinless chicken thighs, cubed
- 3 tbsp low-sodium soy sauce
- 2 tbsp honey
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tbsp cornstarch
- ¼ cup water
- Olive oil spray
- Sesame seeds & green onions (optional)
 - **Tip:** Add a pinch of red pepper flakes to the teriyaki sauce for heat.

Prep. time: **15 min**

Cook time: **12-15 min**

Serves: **2-3**

DIRECTIONS

- ❖ In a bowl, mix 2 tablespoons soy sauce, 1 tablespoon honey, 1 tablespoon rice vinegar, sesame oil, garlic, and ginger. Add chicken, coat well, and marinate for 30+ minutes.
- ❖ Set it to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Lightly spray the basket. Arrange chicken in a single layer. Cook for 12-15 min, flipping halfway, until internal temp reaches 165°F (74°C).
- ❖ In a pan, whisk 1 tbsp soy sauce, 1 tbsp honey, 1 tbsp rice vinegar, cornstarch, and water. Simmer until thickened.
- ❖ Coat chicken in sauce, then garnish with sesame seeds and green onions.
 - ✓ **Tip:** Add grilled pineapple chunks to the dish for a tropical twist.
 - ✓ **Tip:** Serve the chicken teriyaki with rice, quinoa, or steamed vegetables.

Nutritional Information: Calories:250; Protein:30g; Carbohydrates:25g; Fats: 8g; Fiber:1g; Cholesterol: 80mg; Sodium: 500mg; Potassium: 300mg

CHICKEN, DUCK & TURKEY

CREAMY ONION CHICKEN

INGREDIENTS

- 1 lb boneless, skinless chicken breasts, cubed
- 1 large onion, thinly sliced
- ½ cup plain Greek yogurt
- ¼ cup low-sodium chicken broth
- 2 cloves garlic, minced
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ¼ tsp salt
- ⅛ tsp black pepper
- Olive oil spray
- 1 tbsp flour or cornstarch (optional)
- Fresh parsley (optional)
 - **Tip:** Add sliced mushrooms to the air fryer for extra flavor.

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2-3**

DIRECTIONS

- ❖ Toss chicken with salt, pepper, garlic, thyme, and rosemary. Lightly spray the air fryer basket.
- ❖ Place chicken in a single layer, add onions, and spray lightly with oil. Cook at 400°F (200°C) for 10 minutes.
- ❖ Whisk yogurt, broth, and flour/cornstarch (if using) until smooth.
- ❖ Stir chicken and onions, pour sauce over, and cook for 5-10 more minutes until chicken reaches 165°F (74°C) and sauce thickens.
- ❖ Serve: Garnish with parsley and enjoy!
- **Tip:** Add a splash of white wine to the sauce for added depth of flavor.
 - ✓ **Tip:** Add a pinch of red pepper flakes to the chicken seasoning or a dash of hot sauce to the sauce.
 - ✓ **Tip:** Serve the creamy onion chicken over rice, pasta, mashed potatoes, or quinoa.

Nutritional Information: Calories: 250; Protein: 30g; Carbohydrates: 10g; Fats: 8g; Fiber: 1g; Cholesterol: 70mg; Sodium: 300mg; Potassium: 400mg

MAPLE-GLAZED VERMONT TURKEY

INGREDIENTS

- 1 whole turkey (6-8 lbs) or turkey breast
- ¼ cup pure maple syrup
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp dried thyme
- ½ tsp black pepper
- ¼ cup unsalted butter or olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh sage, chopped
- 2 cloves garlic, minced
- ½ tsp salt
- Olive oil spray

Prep. time: **20 min**

Cook time: **12-15 min**

Serves: **6-8**

DIRECTIONS

- ❖ Remove giblets and pat the turkey dry. Mix butter (or olive oil) with herbs, garlic, salt, and pepper, then rub under the skin and all over.
- ❖ Whisk maple syrup, Dijon, vinegar, olive oil, thyme, and pepper.
- ❖ Set to 375°F (190°C) and heat for 5 minutes.
- ❖ Place turkey breast-side up in the air fryer. Brush with glaze. Cook 12-15 minutes per pound. Brush with glaze during the last 30 minutes.
- ❖ The internal temp should reach 165°F (74°C) in the thickest part.
- ❖ Let rest 15-20 minutes before carving.
 - ✓ **Tip:** Stuff the cavity with aromatics like onion, celery, and apple.
 - ✓ **Tip:** Drizzle with pan juices after carving.
 - ✓ **Tip:** Garnish with fresh herbs.
 - ✓ **Tip:** Serve with your favorite healthy sides (like roasted vegetables or a large salad).

Nutritional Information: Calories: 320; Protein: 22g; Carbohydrates: 6g; Fats: 24g; Fiber: 1g; Cholesterol: 330mg; Sodium: 450mg; Potassium: 320mg

CRISPY AIR-FRYER PORK CHOPS

INGREDIENTS

- 2 boneless pork chops (1 inch thick)
- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- ¼ tsp salt
- ⅛ tsp black pepper
- Pinch of cayenne (optional)
 - **Tip:** Fresh herbs like parsley or cilantro, chopped and sprinkled over the chops, enhance the presentation and flavor.

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **2**

DIRECTIONS

- ❖ Pat pork chops dry with paper towels.
- ❖ Combine paprika, garlic powder, onion powder, thyme, salt, pepper, and cayenne (if using).
- ❖ Rub spice mix evenly on both sides of the chops.
- ❖ Set to 400°F (200°C) and heat for 5 minutes.
- ❖ Lightly brush or spray with olive oil.
- ❖ Place in the basket without overcrowding. Cook for 5-6 minutes per side until the internal temp reaches 145°F (63°C).
- ❖ Let rest 5 minutes before serving for maximum juiciness.
 - ✓ **Tip:** A squeeze of lemon juice after cooking adds a bright flavor.
 - ✓ **Tip:** A simple side salad or roasted vegetables complement the pork perfectly.

Nutritional Information: Calories:250; Protein: 25g; Carbohydrates: 5g; Fats:15g; Fiber:1g; Cholesterol: 70mg; Sodium: 300mg; Potassium: 300mg

PULLED PORK SLIDERS WITH BBQ SAUCE

INGREDIENTS

- 1.5-2 lb boneless pork shoulder or loin
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- ¼ tsp salt
- ⅛ tsp black pepper
- ½ cup low-sodium chicken broth
- ½ cup BBQ sauce (low-sugar option)
- 6 slider buns
- Coleslaw (optional)
 - Add a pinch of cayenne pepper to the spice rub for a little heat.

Prep. time: **15 min**

Cook time: **60 min**

Serves: **6**

DIRECTIONS

- ❖ Trim excess fat.
- ❖ Mix paprika, garlic powder, onion powder, chili powder, salt, and pepper. Rub it evenly over the pork.
- ❖ Heat olive oil in a skillet over medium-high heat. Sear pork 2-3 minutes per side for extra flavor.
- ❖ Place pork in the basket. Pour broth into the bottom (not on the pork).
- ❖ Set the air fryer to 375°F (190°C) and cook for 45-60 minutes, until the internal temp reaches 200°F (93°C).
- ❖ Let rest 10-15 minutes, then shred with forks.
- ❖ Mix with Sauce: Toss shredded pork with BBQ sauce.
 - ✓ **Tip:** Top the sliders with pickled onions, sliced pickles, or your favorite cheese.

Nutritional Information: Calories:250; Protein:20g; Carbohydrates:25g; Fats: 10g; Fiber: 1g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 250mg

HONEY GARLIC GLAZED PORK TENDERLOIN

INGREDIENTS

- 1 pork tenderloin (1-1.5 lbs)
- 2 tbsp honey
- 2 tbsp low-sodium soy sauce
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp ground ginger
- ¼ tsp black pepper
- 1 tbsp apple cider vinegar (optional)
 - **Tip:** A sprinkle of red pepper flakes adds a touch of heat.
 - **Tip:** Fresh herbs like parsley or cilantro, chopped and sprinkled over the sliced pork, enhance the presentation and flavor.

Prep. time: **10 min**

Cook time: **15-20 min**

Serves: **4**

DIRECTIONS

- ❖ Trim excess silver skin and pat dry.
- ❖ Whisk honey, soy sauce, garlic, olive oil, mustard, ginger, pepper, and vinegar (if using).
- ❖ Coat pork with glaze in a dish or bag. Marinate for 15 minutes to 2 hours.
- ❖ Set to 400°F (200°C) and heat for 5 minutes.
- ❖ Place in the basket, reserving some glaze. Cook for 12-15 minutes, brushing with glaze halfway.
- ❖ Internal temp should be 145°F (63°C).
- ❖ Let cool for 5 minutes, then slice and drizzle with the remaining glaze.
 - ✓ **Tip:** Serve with roasted vegetables, quinoa, or a side salad for a complete and healthy meal.

Nutritional Information: Calories:200; Protein:25g; Carbohydrates:10g; Fats: 5g; Fiber: 1g; Cholesterol: 60mg; Sodium: 300mg; Potassium: 300mg

BACON-WRAPPED PORK MEDALLIONS

INGREDIENTS

- 1 lb pork tenderloin
- 4 slices center-cut bacon
- 1 tbsp olive oil
- 1 tsp dried thyme
- ½ tsp garlic powder
- ¼ tsp salt
- ⅓ tsp black pepper
- Toothpicks (optional)
 - **Tip:** Fresh herbs like parsley or rosemary, chopped and sprinkled over the medallions, enhance the presentation and flavor.

Prep. time: **15 min**

Cook time: **12-15 min**

Serves: **4**

DIRECTIONS

- ❖ Slice the tenderloin into 1-inch medallions.
- ❖ Mix thyme, garlic powder, salt, and pepper. Rub onto medallions.
- ❖ Wrap each medallion in 1 slice of bacon. Secure it with toothpicks if needed.
- ❖ Set to 400°F (200°C) and heat for 5 minutes.
- ❖ Place in a single layer and brush lightly with olive oil.
- ❖ Cook for 12-15 minutes, flipping halfway, until pork reaches 145°F (63°C) and bacon is crispy.
- ❖ Let rest 5 minutes before serving. Remove toothpicks if used.
 - ✓ **Tip:** A drizzle of balsamic glaze adds a touch of sweetness and acidity.
 - ✓ **Tip:** Serve with roasted vegetables, a side salad, or mashed sweet potatoes for a complete and healthy meal.

Nutritional Information: Calories:250; Protein:25g; Carbohydrates:10g; Fats: 10g; Fiber: 1g; Cholesterol: 70mg; Sodium: 300mg; Potassium: 300mg

SPICY AIR FRYER PORK RIBS

INGREDIENTS

- 2 lbs pork ribs, cut into pieces
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp cayenne pepper
- ½ tsp chili powder
- ½ tsp ground cumin
- ½ tsp dried oregano
- 1 tbsp honey (optional)
- Lime wedges (optional)
- Chopped cilantro (optional)
- **Tip:** Add 1/2 tsp chipotle powder.

Prep. time: **10 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Pat dry, then rub with olive oil and vinegar.
- ❖ Mix all spices and coat the ribs evenly. If using honey, rub it on for caramelization.
- ❖ Place the ribs in a single layer. Cook at 375°F (190°C) for 25 minutes, flipping halfway.
- ❖ Increase to 400°F (204°C) and cook 5 more minutes for a crispy crust.
- ❖ Let rest 5 minutes, then garnish with lime juice, cilantro, or sesame seeds (optional).
- ✓ **Tip:** Brush with honey & soy sauce during the last 5 minutes.
- ✓ **Tip:** Reduce or omit cayenne pepper.
- ✓ **Tip:** You can use the same recipe for chicken drumsticks or beef ribs if preferred.

Nutritional Information: Calories:370; Protein: 30g; Carbohydrates: 4g; Fats: 26g; Fiber: 1g; Cholesterol: 95mg; Sodium: 550mg; Potassium: 480mg

PORK ROAST WITH ROSEMARY & GARLIC

INGREDIENTS

- 2-3 lb boneless pork loin roast
- 1 tbsp olive oil
- 2 tbsp fresh rosemary (or 2 tsp dried)
- 4 cloves garlic, minced
- 1 tbsp Dijon mustard (optional)
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp onion powder
- ½ tsp paprika (optional)
- Lemon wedges (optional)
- **Tip:** Add more garlic if you love the robust flavor, or reduce it for a milder taste.

Prep. time: **10 min**

Cook time: **40 min**

Serves: **4-6**

DIRECTIONS

- ❖ Pat dry and rub with olive oil.
- ❖ Mix rosemary, garlic, mustard, salt, pepper, onion powder, and paprika.
- ❖ Coat evenly with the seasoning mixture.
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Place it in the basket with space around it. Air fry for 30-40 minutes, flipping halfway. The internal temp should reach 145°F (63°C).
- ❖ Let rest 5-10 minutes, then slice. Garnish with lemon wedges, if desired.
- ✓ **Tip:** You can experiment with other herbs like thyme, sage, or oregano.
- ✓ **Tip:** To achieve a milder roast, omit the Dijon mustard.

Nutritional Information: Calories:250; Protein: 30g; Carbohydrates: 2g; Fats:1g; Fiber: 15g; Cholesterol: 80mg; Sodium: 500mg; Potassium: 450mg

GOLDEN & CRISPY PORK SCHNITZEL

INGREDIENTS

- 4 boneless pork chops (1 lb)
- ½ cup all-purpose flour
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- Lemon wedges (optional)
 - **Tip:** Use gluten-free breadcrumbs or crushed rice crackers for a gluten-free version.

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Pound chops to ½-inch thickness for even cooking.
- ❖ Place flour in one dish, eggs in another, and breadcrumbs in a third. Mix salt, pepper, garlic powder, and onion powder into the flour. Dredge each chop in flour → egg → breadcrumbs, pressing gently.
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Lightly brush with olive oil. Arrange in a single layer, cooking in batches if needed. Air fry for 10-12 minutes, flipping halfway. The internal temp should reach 145°F (63°C).
- ❖ Rest briefly, garnish with parsley, and serve with lemon wedges.
 - ✓ **Tip:** You can adjust the seasonings to your preference. Add some paprika for a smoky touch or cayenne pepper for a spicy kick.
 - ✓ **Tip:** For added freshness, zest some lemon over the schnitzels before serving.

Nutritional Information: Calories:350; Protein:30g; Carbohydrates:25g; Fats:1g; Fiber:18g; Cholesterol:120mg; Sodium: 700mg; Potassium: 400mg

AIR FRYER BBQ PORK KEBABS

INGREDIENTS

- 1 lb pork tenderloin, cubed
- 1 bell pepper, chopped
- 1 small red onion, chopped
- 8 cherry tomatoes (optional)
- 1 tbsp olive oil
- ⅓ cup BBQ sauce
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp black pepper
- ¼ tsp salt
- ¼ tsp cayenne (optional)
- Lemon wedges (optional)

Prep. time: **10 min**

Cook time: **12-15 min**

Serves: **4**

DIRECTIONS

- ❖ Mix BBQ sauce, soy sauce, honey, paprika, garlic, onion powder, pepper, salt, and cayenne.
- ❖ Toss pork with marinade. Refrigerate for 30 minutes to 2 hours.
- ❖ Thread pork, bell peppers, onions, and tomatoes onto skewers. Brush lightly with olive oil.
- ❖ Set to 380°F (193°C) and heat for 3-5 minutes.
- ❖ Arrange in a single layer. Air fry for 12-15 minutes, turning halfway. Baste with BBQ sauce in the last 2 minutes. The internal temp should reach 145°F (63°C).
- ❖ Let rest 5 minutes, then garnish with lemon wedges if desired.
 - ✓ **Tip:** Use pork tenderloin instead of pork loin.
 - ✓ **Tip:** Add zucchini, mushrooms, or pineapple to the skewers.

Nutritional Information: Calories:280; Protein:28g; Carbohydrates:15g; Fats: 10g; Fiber: 2g; Cholesterol: 75mg; Sodium: 600mg; Potassium: 500mg

GLAZED GRILLED RIBEYE WITH MAPLE & DIJON

INGREDIENTS

- 1 lb ham steak (bone-in or boneless)
- 1 tbsp olive oil (optional)
- ¼ cup of maple syrup
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp black pepper
- Pinch of salt
- ¼ tsp ground cloves (optional)
 - **Tip:** For extra warmth, add a pinch of nutmeg.

Prep. time: 5 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ Whisk maple syrup, Dijon, vinegar, cinnamon, ginger, pepper, salt, and cloves (if using).
- ❖ Pat dry and brush with olive oil (optional).
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Place in basket, cutting if needed for space. Air fry for 5-6 minutes, flipping halfway.
- ❖ Brush ham with glaze. Air fry for 4-5 more minutes until caramelized.
- ❖ Internal temp should reach 145°F (63°C).
- ❖ Let rest a few minutes, then slice and enjoy!
 - ✓ **Tip:** Adjust the cinnamon, ginger, and cloves based on your flavor preference.
 - ✓ **Tip:** Alternatively, you can substitute maple syrup with honey for a different sweetness.

Nutritional Information: Calories:250; Protein:24g; Carbohydrates:18g; Fats: 12g; Fiber: 0g; Cholesterol: 60mg; Sodium: 800mg; Potassium: 350mg

CLASSIC CHEESEBURGERS WITH AN AIR FRYER TWIST

INGREDIENTS

- 1 lb lean ground beef (90 %+))
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ⅛ tsp black pepper
- 4 slices of cheese (cheddar, Swiss, or preferred)
- 4 whole wheat burger buns
- Lettuce, tomato, onion, pickles (optional)
 - **Tip:** Add a pinch of red pepper flakes to the ground beef mixture, or use a steak seasoning for extra flavor.

Prep. time: 10 min

Cook time: 8-12 min

Serves: 4

DIRECTIONS

- ❖ Gently mix beef, Worcestershire, garlic, onion powder, salt, and pepper.
- ❖ Form 4 equal patties, pressing a small indent in the center.
- ❖ Set to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Place in the basket without overlapping. Air fry 4-5 minutes per side (internal temp: 160°F (71°C)). Melt the Cheese: Add cheese 1 minute before finishing.
- ❖ Air fry buns for 2 minutes.
- ❖ Add lettuce, tomato, onion, pickles, or favorite condiments.
 - ✓ **Tip:** Fresh or dried herbs like thyme, oregano, or rosemary can be mixed into the beef for added aroma.
 - ✓ **Tip:** Top your burger with avocado, a fried egg, or balsamic glaze to add a gourmet flair.

Nutritional Information: Calories:300; Protein:25g; Carbohydrates:20g; Fats: 15g; Fiber: 3g; Cholesterol: 70mg; Sodium: 500mg; Potassium: 300mg

STEAK BITES WITH GARLIC BUTTER

INGREDIENTS

- 1 lb sirloin or ribeye, cubed
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp fresh rosemary or thyme (optional)
- ¼ cup unsalted butter, melted
- 2 cloves garlic, minced
- 1 tsp fresh parsley, chopped (optional)
- ½ tsp lemon juice (optional)
- ¼ tsp chili flakes (optional)
 - **Tip:** Add more chili flakes or even a few dashes of hot sauce to the garlic butter.

Prep. time: **10** min

Cook time: **10-12** min

Serves: **4**

DIRECTIONS

- ❖ Toss steak cubes with olive oil, garlic powder, onion powder, salt, pepper, and herbs (if using).
- ❖ Set to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Arrange in a single layer in the basket. Air fry for 6-8 minutes, shaking halfway. Internal temp for medium doneness: 145°F (63°C).
- ❖ Melt butter and mix with garlic, parsley, lemon juice, and chili flakes (if using).
- ❖ Toss steak bites with garlic butter and enjoy immediately.
 - ✓ **Tip:** Add more garlic powder or onion powder. For a smoky twist, try adding a pinch of smoked paprika.
 - ✓ **Tip:** Serve with a side of ranch or blue cheese dressing for dipping, or sprinkle extra fresh herbs (like thyme or rosemary) over the top before.

Nutritional Information: Calories:250; Protein: 25g; Carbohydrates: 4g; Fats: 18g; Fiber: 0g; Cholesterol: 70mg; Sodium: 500mg; Potassium: 400mg

BEEF & BROCCOLI STIR-FRY

INGREDIENTS

- 1 lb flank steak, thinly sliced
- 4 cups broccoli florets
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tbsp honey
- 2 tsp garlic powder
- 1 tsp ground ginger
- ¼ tsp black pepper
- ¼ tsp salt
- Sesame seeds (optional)
- Chopped green onions (optional)
 - **Tip:** Add a pinch of red pepper flakes to the beef marinade if you like a bit of heat.

Prep. time: **10** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ Toss beef with soy sauce, oyster sauce (if using), honey, garlic, ginger, pepper, and salt. Let it sit for 5-30 minutes.
- ❖ Toss florets with olive oil.
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Place in a single layer, avoiding overcrowding. Air fry for 6-8 minutes, shaking halfway.
- ❖ Remove beef, then air fry broccoli for 8-10 minutes, shaking halfway.
- ❖ Toss beef and broccoli together. Garnish with sesame seeds and green onions if desired.
 - ✓ **Tip:** You can increase the amount of soy sauce for a saltier flavor or add a dash of hoisin sauce for extra sweetness.
 - ✓ **Tip:** Top with chopped cilantro, a squeeze of fresh lime juice, or a sprinkle of toasted sesame seeds.

Nutritional Information: Calories:250; Protein:30g; Carbohydrates:15g; Fats: 10g; Fiber: 4g; Cholesterol: 60mg; Sodium: 600mg; Potassium: 600mg

CLASSIC SALISBURY STEAK

INGREDIENTS

- 1 lb lean ground beef (90%+)
- ¼ cup whole wheat breadcrumbs
- ¼ cup finely chopped onion
- 1 clove garlic, minced
- 1 egg
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard (optional)
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika (optional)
- 1 tbsp olive oil or butter
- ½ cup sliced mushrooms
- ½ cup low-sodium beef broth
- 1 tbsp all-purpose flour
- Fresh parsley (optional)

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Mix beef, breadcrumbs, onion, garlic, egg, Worcestershire, mustard, salt, pepper, and paprika until combined. Shape into 4 patties.
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Place in basket without overcrowding. Air fry for 8-10 minutes, flip, and cook another 7-10 minutes until the internal temp reaches 160°F (71°C). Set aside.
- ❖ Sauté mushrooms in olive oil or butter for 3-4 minutes. Stir in flour; cook 1 minute. Gradually add broth; simmer 3-5 minutes until thick. Stir in Worcestershire sauce and black pepper.
- ❖ Top steaks with gravy; garnish with parsley if desired.
 - ✓ **Tip:** Serve the Salisbury steaks with steamed vegetables or a salad to complete the meal.

Nutritional Information: Calories:300; Protein:30g; Carbohydrates:15g; Fats: 20g; Fiber:1g; Cholesterol:100mg; Sodium: 600mg; Potassium: 400mg

BEEF EMPANADAS WITH A GOLDEN CRUST

INGREDIENTS

- 1 lb lean ground beef
- 1 small onion, chopped
- ½ red bell pepper, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp chili powder (optional)
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup beef broth
- ¼ cup frozen peas (optional)
- 1 tbsp olive oil
- 14 oz empanada dough discs
- 1 tbsp olive oil or egg wash

Prep. time: **20 min**

Cook time: **10-12**

Serves: **6-8** empanadas

DIRECTIONS

- ❖ Heat olive oil in a skillet. Sauté onion, bell pepper, and garlic for 3-4 minutes. Add beef; cook until browned (6-7 minutes). Stir in cumin, chili powder, paprika, salt, pepper, and broth. Simmer for 3-4 minutes. Add peas (if using), cook 2 minutes. Let cool.
- ❖ Preheat air fryer to 375°F (190°C) for 3-5 minutes. Spoon 1-2 tbsp of filling onto each dough disc. Fold into half-moons and seal edges with a fork.
- ❖ Lightly brush with olive oil or egg wash. Air fry at 375°F (190°C) for 8-10 minutes, flipping halfway.
- ❖ Let cool slightly. Serve with salsa, guacamole, or sour cream.
 - ✓ **Tip:** A pinch of cinnamon can add a warm, slightly sweet note.
 - ✓ **Tip:** Serve with fresh cilantro, lime wedges, or a sprinkle of cheese (such as cotija or cheddar).

Nutritional Information: Calories:180; Protein:12g; Carbohydrates:18g; Fats: 10g; Fiber: 1g; Cholesterol: 35mg; Sodium: 200mg; Potassium: 200mg

LAMB CHOPS WITH ROSEMARY & GARLIC

INGREDIENTS

- 4 lamb chops (1 inch thick)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried)
- 1 tsp lemon zest (optional)
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp balsamic vinegar (optional)
- Lemon wedges (optional)
 - **Tip:** Feel free to experiment with additional spices, such as paprika, thyme, or even a pinch of red pepper flakes for some heat.

Prep. time: 10 min

Cook time: 10-12 min

Serves: 4

DIRECTIONS

- ❖ Pat dry for better seasoning adherence.
- ❖ Mix olive oil, garlic, rosemary, lemon zest, salt, and pepper. Rub it onto the lamb. Marinate for 5+ minutes.
- ❖ Set to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Arrange in a single layer, avoiding overcrowding. Air fry for 10-12 minutes, flipping halfway. Internal temp: 135°F (57°C) for medium rare, 140°F (60°C) for medium.
- ❖ Let rest 5 minutes. Drizzle with balsamic vinegar (if using). Serve with lemon wedges.
 - ✓ **Tip:** Top the lamb chops with a small dollop of garlic butter.
 - ✓ **Tip:** Roasted vegetables like carrots, potatoes, or asparagus pair beautifully with these lamb chops.

Nutritional Information: Calories:300; Protein: 28g; Carbohydrates: 2g; Fats: 25g; Fiber:1g; Cholesterol: 80mg; Sodium: 250mg; Potassium: 400mg

MEDITERRANEAN LAMB KEBABS WITH TZATZIKI

INGREDIENTS

- 1 lb ground lamb
- 2 cloves garlic, minced
- ½ small onion, grated
- 1 tbsp parsley, chopped
- 1 tbsp mint, chopped (optional)
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp smoked paprika
- ½ tsp oregano
- ½ tsp salt & ¼ tsp black pepper
- 1 tbsp olive oil
- ½ tsp red pepper flakes (optional)
- 8 small wooden skewers (soaked)
- 1 cup of Greek yogurt
- ½ cucumber, grated & squeezed
- 1 tbsp lemon juice
- 1 tbsp olive oil

Prep. time: 15 min

Cook time: 12 min

Serves: 4

DIRECTIONS

- ❖ Mix lamb, garlic, onion, parsley, mint, spices, salt, pepper, and olive oil. Chill for 30+ minutes.
- ❖ Form 8 sausage-like shapes around the skewers.
- ❖ Set to 375°F (190°C) and heat for 3 minutes.
- ❖ Arrange in a single layer. Air fry for 10-12 minutes, flipping halfway. The internal temp should reach 160°F (71°C).
 - ✓ **Tip: Make Tzatziki:** Mix yogurt, cucumber, lemon juice, and olive oil. Chill until serving.
 - ✓ **Tip: Optional Garnishes & Serving Suggestions:** Pita bread or lettuce wraps. Cherry tomatoes and cucumber slices. Feta cheese crumbles. Lemon wedges.
 - ✓ **Tip:** Add a pinch of cinnamon or nutmeg to the lamb mixture.
 - ✓ **Tip:** No skewers? Shape the lamb into patties instead!

Nutritional Information: Calories:320; Protein: 26g; Carbohydrates: 6g; Fats: 22g; Fiber: 1g; Cholesterol: 75mg; Sodium: 400mg; Potassium: 350mg

LAMB MEATBALLS WITH HERBS & SPICES

INGREDIENTS

- 1 lb ground lamb
- ¼ cup red onion, finely chopped
- 2 cloves garlic, minced
- ¼ cup fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika (optional)
- ¼ tsp cinnamon (optional)
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- ½ cup breadcrumbs
- 1 egg (optional)
 - **Tip:** If you like spicier meatballs, add ¼ tsp cayenne pepper.

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix the lamb, onion, garlic, parsley, spices, olive oil, breadcrumbs, and egg (if using) until just combined.
- ❖ Form into 1-inch balls (about 16 meatballs).
- ❖ Set to 375°F (190°C) and heat for 3 minutes.
- ❖ Lightly grease the basket. Arrange in a single layer. Air fry for 10-12 minutes, shaking halfway. The internal temp should reach 160°F (71°C).
- ❖ Pair with tzatziki, lemon wedges, or crumbled feta.
 - ✓ **Tip: *Optional Garnishes & Serving Suggestions:*** Greek yogurt or tzatziki sauce. Fresh lemon wedges. Crumbled feta cheese. Chopped fresh mint or dill. Pita bread or lettuce wraps.
 - ✓ **Tip:** You can swap lamb for ground beef, turkey, or chicken for a lighter version.

Nutritional Information: Calories:320; Protein: 24g; Carbohydrates: 7g; Fats: 22g; Fiber: 2g; Cholesterol: 85mg; Sodium: 370mg; Potassium: 390mg

RACK OF LAMB WITH DIJON HERB CRUST

INGREDIENTS

- 1 rack of lamb (1.5 lbs), Frenched
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried)
- 1 tbsp fresh thyme, chopped (or 1 tsp dried)
- 1 tsp Dijon mustard (optional)
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp paprika (optional)
- ½ tsp lemon zest (optional)
- Lemon wedges (optional)
 - **Tip:** Fresh parsley or rosemary
 - **Tip:** Roasted vegetables or mashed potatoes

Prep. time: **10 min**

Cook time: **22 min**

Serves: **4**

DIRECTIONS

- ❖ Pat dry. Mix olive oil, garlic, herbs, mustard, salt, pepper, paprika, and lemon zest. Coat the lamb evenly.
- ❖ Set to 375°F (190°C) and heat for 3 minutes.
- ❖ Place the fat side up in the basket. Air fry for 18-22 minutes, depending on doneness:
 - Rare: 125°F (52°C) – 18 min
 - Medium-rare: 130-135°F (54-57°C) – 20 min
 - Medium: 140°F (60°C) – 22 min
- Use a meat thermometer for accuracy.
- ❖ Let rest 5-10 minutes before slicing. Serve with lemon wedges.
 - ✓ **Tip:** Serve with a mint or garlic yogurt sauce for an extra Mediterranean touch.

Nutritional Information: Calories:350; Protein: 28g; Carbohydrates: 1g; Fats: 25g; Fiber: 1g; Cholesterol: 85mg; Sodium: 380mg; Potassium: 400mg

JUICY LAMB BURGERS WITH FETA & TZATZIKI

INGREDIENTS

- 1 lb ground lamb
- ¼ cup red onion, chopped
- 2 cloves garlic, minced
- 1 tbsp parsley, chopped
- 1 tsp ground cumin
- ½ tsp smoked paprika (optional)
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- Feta cheese crumbles (optional)
- Tzatziki or Greek yogurt

Optional Garnishes & Toppings:

- **Tip:** Whole wheat or brioche burger buns
- **Tip:** Sliced tomatoes & avocado

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ Mix lamb, onion, garlic, parsley, cumin, paprika, oregano, salt, pepper, and olive oil. Form 4 patties.
- ❖ Set to 375°F (190°C) and heat for 3 minutes.
- ❖ Lightly grease the basket. Air fry for 10-12 minutes, flipping halfway.

Internal temp:

- 130-135°F (medium rare),
- 140-145°F (medium),
- 160°F (well-done).

- ❖ Let rest 2-3 minutes. Serve with tzatziki, feta, and your favorite toppings.
- ✓ **Tip:** For extra flavor, mix crumbled feta into the patties before cooking.
- ✓ **Tip:** Add a pinch of cayenne pepper for some heat.
- ✓ **Tip:** Pair with sweet potato fries or a side salad for a balanced meal.

Nutritional Information: Calories:320; Protein: 25g; Carbohydrates: 2g; Fats: 23g; Fiber: 1g; Cholesterol: 85mg; Sodium: 360mg; Potassium: 400mg

LAMB KOFTA WITH MIDDLE EASTERN SPICES

INGREDIENTS

- 1 lb ground lamb
- ½ medium onion, chopped
- 2 cloves garlic, minced
- ¼ cup parsley, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp cinnamon (optional)
- ½ tsp allspice (optional)
- ½ tsp salt & ½ tsp black pepper
- 1 tbsp olive oil
- ½ cup Greek yogurt
- 1 tbsp cucumber, grated
- 1 tsp garlic, minced
- 1 tbsp lemon juice
- 1 tbsp fresh dill (optional)

Prep. time: **5 min**

Cook time: **12-15 min**

Serves: **4**

DIRECTIONS

- ❖ Mix lamb, onion, garlic, parsley, spices, salt, and pepper until well combined. Shape into 8-10 logs.
- ❖ Set to 375°F (190°C) and heat for 3 minutes.
- ❖ Brush lightly with olive oil. Arrange in a single layer. Air fry for 12-15 minutes, flipping halfway.
- ❖ Mix yogurt, cucumber, garlic, lemon juice, and dill. Season to taste.
- ❖ Enjoy with tzatziki, pita, or fresh veggies.
- **Tip:** You can make vegetarian koftas by replacing the ground lamb with chickpeas or lentils, along with the same spices and herbs. Blend them to form a similar texture and shape.
- **Tip:** Feel free to add more spices, such as turmeric or cayenne pepper for extra heat. You can also use dried mint instead of cilantro.

Nutritional Information: Calories:300; Protein: 32g; Carbohydrates: 4g; Fats: 23g; Fiber:1g; Cholesterol: 75mg; Sodium: 350mg; Potassium: 400mg

STUFFED PORK CHOPS WITH CHEESE & HERBS

INGREDIENTS

- 2 boneless pork chops (1 inch thick)
- ½ cup shredded cheddar or mozzarella
- ¼ cup dried cranberries
- ¼ cup chopped walnuts or pecans
- 1 stalk celery, finely chopped
- ¼ cup onion, finely chopped
- 1 tbsp fresh thyme (or 1 tsp dried)
- ¼ tsp salt
- ⅛ tsp black pepper
- Olive oil spray
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)
- ½ tsp paprika (optional)

Prep. time: **15 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ Mix cheese, cranberries, nuts, celery, onion, thyme, salt, and pepper.
- ❖ Cut a pocket into each chop. Season with salt, pepper, and optional spices.
- ❖ Fill pockets evenly. Secure with toothpicks or kitchen twine.
- ❖ Set to 400°F (200°C) and heat for 3-5 minutes.
- ❖ Lightly spray the basket with olive oil. Place chops inside, not overcrowding. Lightly spray the tops and cook for 15-20 minutes, flipping them halfway. The internal temp should reach 145°F (63°C).
- ❖ Let it rest for a few minutes before slicing.
 - ✓ **Tip:** Add a pinch of red pepper flakes to the stuffing for a mild heat.
 - ✓ **Tip:** Serve the stuffed pork chops with roasted vegetables, a salad, or a side of quinoa.

Nutritional Information: Calories:350; Protein:30g; Fats: 15g; Carbohydrates:120g; Fiber: 1g; Cholesterol: 90mg; Sodium: 300mg; Potassium: 300mg

PORK & APPLE SKEWERS WITH MAPLE GLAZE

INGREDIENTS

- 1 lb pork tenderloin, cubed
- 2 medium apples, cubed
- 1 tbsp olive oil
- 1 tsp cinnamon (optional)
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- 1 tbsp fresh rosemary (or 1 tsp dried)
- 2 tbsp honey or maple syrup
- 1 tbsp Dijon mustard
- ½ tsp apple cider vinegar
- **Tip:** Fresh thyme or sage would also pair nicely with this recipe.

Prep. time: **10 min**

Cook time: **10-12 min**

Serves: **4**

DIRECTIONS

- ❖ Thread pork and apple chunks onto skewers, alternating.
- ❖ Mix olive oil, cinnamon, salt, pepper, paprika, and rosemary. Brush over skewers.
- ❖ Set to 375°F (190°C) and heat for 3-5 minutes.
- ❖ Arrange skewers in a single layer. Air fry, flipping halfway through, for 10-12 minutes. The internal temp should reach 145°F (63°C).
- ❖ Mix honey, Dijon mustard, and vinegar.
- ❖ Brush glaze over cooked skewers. Let rest a few minutes, then serve.
 - ✓ **Tip:** If you prefer a thicker glaze, reduce the honey or maple syrup in a small saucepan before applying it to the skewers.
 - ✓ **Tip:** Adjust the spices to your taste. Add some cayenne pepper or chili flakes.

Nutritional Information: Calories:280; Protein:28g; Carbohydrates:20g; Fats: 12g; Fiber: 3g; Cholesterol: 70mg; Sodium: 500mg; Potassium: 450mg

PORK STUFFED BELL PEPPERS

INGREDIENTS

- 4 large bell peppers
- 1 lb ground lean pork
- ½ cup cooked quinoa or brown rice (optional)
- ½ cup diced tomatoes
- ¼ cup chopped onion
- 2 cloves of garlic, minced
- ½ tsp ground cumin
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup shredded cheddar (optional)
- 1 tbsp olive oil
- ¼ cup tomato sauce
- 1 tsp dried oregano
- 1 tsp lemon juice (optional)

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

- ❖ Preheat air fryer to 375°F (190°C) for 3-5 minutes. Cut the tops off the peppers, remove the seeds, and brush lightly with olive oil.
- ❖ Heat olive oil in a pan. Sauté onion and garlic for 2-3 minutes. Add pork and cook until browned, 5-7 minutes. Stir in tomatoes, cumin, paprika, salt, and pepper. Simmer for 2-3 minutes. Mix in quinoa or rice (if using).
- ❖ Fill each pepper tightly. Top with cheese if using.
- ❖ Place it upright in the basket. Cook at 375°F (190°C) for 15-20 minutes, checking at 10 minutes.
- ❖ Mix tomato sauce, oregano, lemon juice, and salt/pepper.
- ❖ Drizzle sauce over peppers. Garnish with fresh herbs, if desired.
 - ✓ **Tip:** Garnish with a dollop of Greek yogurt or sour cream, or sprinkle with fresh herbs like basil or parsley.

Nutritional Information: Calories:280; Protein:24g; Carbohydrates:18g; Fats: 15g; Fiber: 4g; Cholesterol: 60mg; Sodium: 450mg; Potassium: 600mg

CLASSIC COWBOY STEAK

INGREDIENTS

- 2 cowboy (ribeye with a long bone) steaks (1 inch thick)
- 1 tbsp olive oil
- 1 tsp salt (divided)
- ½ tsp black pepper (divided)
- 2 cloves garlic, minced
- 1 tsp dried rosemary (or 2 tsp fresh)
- 2 tbsp Worcestershire sauce (optional)
- 1 tbsp Dijon mustard (optional)
 - **Tip:** Top the rested steaks with a pat of garlic butter for extra richness.

Prep. time: 10 min

Cook time: 12-18 min

Serves: 2

DIRECTIONS

- ❖ Pat dry for better browning.
- ❖ Mix ½ tsp salt, ¼ tsp pepper, garlic, and rosemary. Rub it onto both sides. To use the marinade, mix Worcestershire and Dijon, then brush it onto the food. Marinate for 30 minutes to 4 hours.
- ❖ Set to 400°F (200°C).
- ❖ Lightly spray the basket. Place steaks inside (cook in batches if needed).
- ❖ Air fry, flipping halfway:
 - Medium-Rare: 6-8 min per side (130-135°F)
 - Medium: 8-10 min per side (140-145°F)
 - Medium-Well: 10-12 min per side (150-155°F)
- ❖ Let rest for 5-10 minutes. Sprinkle with the remaining ½ tsp of salt and ¼ tsp of pepper.

Nutritional Information: Calories:400; Protein: 40g; Carbohydrates: 0g; Fats: 25g; Fiber:0g; Cholesterol:100mg; Sodium:400mg; Potassium: 300mg

PORK, BEEF & LAMB

CARAWAY-ROSEMARY ROAST BEEF

INGREDIENTS

- 2-3 lbs beef roast (sirloin, round, or tenderloin)
- 1 tbsp olive oil
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- ½ cup beef broth (optional)

Prep. time: 10 min

Cook time: 45 min

Serves: 4-6

DIRECTIONS

- ❖ Pat dry the beef for better seasoning adherence. Rub with olive oil.
- ❖ Mix garlic powder, onion powder, rosemary, thyme, salt, pepper, and paprika. Coat roast evenly. Set to 400°F (200°C) & heat for 5 minutes.
- ❖ Place in the basket or on a rack if available. Set the air fryer to 375°F (190°C). Cook 20-25 min per pound (medium-rare) or 25-30 min per pound (medium). Internal temp:
 - Rare: 120-125°F (49-52°C)
 - Medium-Rare: 130-135°F (54-57°C)
 - Medium: 140-145°F (60-63°C)
 - Well-Done: 150-155°F (66-68°C)
- **Tip:** For extra flavor, add beef broth for moisture (Optional).
- ❖ Let rest 10 minutes before slicing against the grain. Serve with roasted veggies, mashed potatoes, or salad.

Nutritional Information: Calories:280; Protein: 45g; Carbohydrates: 3g; Fats: 12g; Fiber: 0g; Cholesterol: 90mg; Sodium: 400mg; Potassium: 350mg

FLAVORFUL MINI LAMB PIES

INGREDIENTS

- 1 lb ground lamb
- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ cup of peas
- ½ cup diced carrot
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp paprika (optional)
- ½ tsp salt
- ½ tsp black pepper
- ½ cup beef broth
- 1 sheet puff pastry, thawed
- 1 egg (for egg wash)

Prep. time: 15 min

Cook time: 15-18 min

Serves: 4 mini pies

DIRECTIONS

- ❖ Sauté onion in olive oil (3-4 min). Add garlic and cook for 30 seconds. Brown lamb (5-7 min), drain excess fat. Stir in tomato paste, spices, salt, and pepper; cook 2 minutes. Add carrots, peas, and broth; simmer 5 min. Let cool.
- ❖ Roll out the puff pastry and cut 4 circles, each 4 inches in diameter. Press into greased tart pans or the air fryer basket.
- ❖ Fill each crust with the lamb mixture. Top with pastry lids, seal edges, and crimp with a fork. Brush with egg wash.
- ❖ Preheat to 375°F (190°C) for 3 min. Arrange the pies in a single layer.
- ❖ Cook for 15-18 min until golden brown.
- ❖ Let it cool before serving. Pair with salad, tzatziki, or roasted veggies.
 - ✓ **Tip:** Add a pinch of cinnamon or allspice for an extra layer of flavor in the filling.

Nutritional Information: Calories:290; Protein:15g; Carbohydrates:20g; Fats:18g; Fiber:2g; Cholesterol: 40mg; Sodium: 380mg; Potassium: 400mg

CLASSIC BEEF POT PIE

INGREDIENTS

- ½ lb beef stew meat, cubed
- ½ cup beef broth
- ½ cup diced carrots
- ½ cup of peas
- ½ cup diced potatoes
- ¼ cup diced onions
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tbsp flour (or cornstarch)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp thyme
- ½ tsp rosemary
- ½ tsp Worcestershire sauce (optional)
- 1 pre-made pie crust
- 1 egg, beaten

Prep. time: **15** min

Cook time: **25** min

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a pan. Brown beef (3-4 min). Add onions, garlic, carrots, and potatoes. Cook 2 min. Stir in flour; cook 1 minute. Add broth and Worcestershire sauce. Simmer for 3-5 min. Stir in peas, thyme, rosemary, salt, and pepper. Let cool.
- ❖ Roll out the pie crust and cut 4 circles. Fill ramekins with beef mixture.
- ❖ Cover with crust, seal edges, and cut vents. Brush with egg wash.
- ❖ Preheat to 350°F (175°C) for 3 min. Arrange ramekins in the basket.
- ❖ Cook 15-18 min until golden.
- ❖ Let it cool for 5 minutes before serving.
 - **Tip:** Perfect for a quick, comforting meal!

Nutritional Information: Calories:380; Protein:24g; Carbohydrates:40g; Fats: 15g; Fiber:4g; Cholesterol: 55mg; Sodium:400mg; Potassium: 550mg

BEEF & CHEDDAR POCKETS

INGREDIENTS

- 1 lb lean ground beef
- ½ cup shredded cheddar
- ¼ cup chopped onion
- ¼ cup chopped bell pepper
- 1 clove garlic, minced
- 1 tbsp Worcestershire sauce
- 1 tsp Italian herbs
- ½ tsp salt
- ¼ tsp black pepper
- 6 whole wheat tortillas
- Cooking spray
 - **Tip:** Add ¼ cup of cooked and diced mushrooms, zucchini, or spinach to the filling to boost its nutrients.

Prep. time: **20** min

Cook time: **15-20** min

Serves: **6** pockets

DIRECTIONS

- ❖ Cook beef over medium heat, breaking apart (5 minutes). Drain fat. Add onion and bell pepper, and cook 5 minutes until soft. Stir in garlic and cook 1 minute. Mix in Worcestershire sauce, herbs, salt, and pepper. Remove from heat. Let it cool slightly, then stir in cheese.
- ❖ Preheat air fryer to 375°F (190°C). Spoon ¼ cup filling onto one half of each tortilla. Fold over, pressing edges with a fork to seal.
- ❖ Lightly coat the basket with cooking spray. Arrange the pockets in a single layer. Cook 15-20 min, flipping halfway, until golden brown.
- ❖ Let it cool a few minutes before serving. Enjoy with salsa, guacamole, or sour cream.
 - ✓ **Tip:** Serve with salsa, guacamole, light sour cream, or a dollop of plain Greek yogurt.

Nutritional Information: Calories:250; Protein:20g; Carbohydrates:30g; Fats: 10g; Fiber:2g; Cholesterol:40mg; Sodium: 300mg; Potassium: 200mg

SAVORY PORK NUGGETS IN SOY SAUCE

INGREDIENTS

- 1 lb pork tenderloin, cut into 1-inch cubes
- ¼ cup low-sodium soy sauce
- 1 tbsp honey
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 tsp sesame oil
- 1 tbsp cornstarch
- Olive oil spray
- 1 tbsp sesame seeds (optional, for garnish)
- 2 tbsp chopped green onions (optional, for garnish)
 - **Tip:** Add ½ tsp of rice vinegar to the marinade.

Prep. time: **15 min**

Cook time: **12-15 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, combine soy sauce, honey, garlic, ginger, and sesame oil. Add pork cubes and toss to coat. Marinate for at least 30 minutes (or up to 4 hours for a deeper flavor).
- ❖ After marinating, sprinkle cornstarch over the pork and mix well to coat.
- ❖ Preheat the air fryer to 400°F (200°C) for 5 minutes. Lightly spray the air fryer basket with olive oil. Arrange pork bites in a single layer, ensuring they are not overcrowded. Lightly spray the tops with olive oil.
- ❖ Air fry for 12-15 minutes, flipping halfway through. Cook until golden brown and the internal temperature reaches 145°F (63°C).
- ❖ Sprinkle with sesame seeds and green onions if using. Serve immediately and enjoy!
 - ✓ **Tip:** Serve the pork nuggets with stir-fried vegetables

Nutritional Information: Calories:200; Protein:25g; Carbohydrates:10g; Fats: 5g; Fiber: 1g; Cholesterol: 60mg; Sodium: 400mg; Potassium: 300mg

CLASSIC PHILLY CHEESESTEAK

INGREDIENTS

- 1 lb thinly sliced sirloin steak or ribeye
- 1 medium yellow onion, thinly sliced
- 1 green bell pepper, thinly sliced (optional)
- 4 slices provolone cheese (or white American)
- 2 hoagie rolls (or sturdy bread of choice)
- 1 tbsp olive oil
- ½ tsp salt, divided
- ¼ tsp black pepper, divided
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)

Prep. time: **10 min**

Cook time: **15-20 min**

Serves: **2**

DIRECTIONS

- ❖ Toss beef with ½ tbsp olive oil, ¼ tsp salt, ¼ tsp black pepper, and garlic powder (if using). Toss onion and bell pepper (if using) with remaining oil, salt, and pepper.
- ❖ Preheat air fryer to 400°F (200°C). Cook onions and peppers for 5–7 min, shaking halfway, until soft and caramelized. Remove and set aside.
- ❖ Place beef in the air fryer in a single layer. Cook for 3–5 min until browned. Work in batches if needed.
- ❖ Split rolls, fill with beef, onions, and peppers. Top each with 2 slices of cheese.
- ❖ Air fry assembled sandwiches at 375°F (190°C) for 1–2 min until cheese melts and bread toasts slightly. Serve immediately.
 - ✓ **Tip:** Serve with a side of air fryer fries or a simple salad.

Nutritional Information: Calories:450; Protein:40g; Carbohydrates:30g; Fats:15g; Fiber:3g; Cholesterol: 80mg; Sodium: 400mg; Potassium: 600mg

FLAVORFUL PORK TENDERLOIN SANDWICHES

INGREDIENTS

For the Pork Tenderloin:

- 1 lb pork tenderloin, trimmed
- ¼ cup low-sodium soy sauce
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp honey or maple syrup
- 2 cloves garlic, minced
- 1 tsp dried thyme
- ½ tsp black pepper

For the Sandwiches:

- 4 whole-wheat buns, toasted
- 4 lettuce leaves or spinach
- 4 tomato slices
- ¼ cup sliced red onion (optional)
- ¼ cup pickles or avocado
- 2 tbsp spicy mayo or aioli

Prep. time: 5 min

Cook time: 10-12 min

Serves: 2

DIRECTIONS

- ❖ Mix soy sauce, olive oil, vinegar, mustard, honey, garlic, thyme, and pepper. Add pork tenderloin, coat well, and refrigerate for 30 minutes (up to 4 hours).
- ❖ Preheat air fryer to 400°F (200°C) for 5 minutes. Remove pork from the marinade and place in the air fryer basket. Cook for 15-20 minutes or until the internal temperature reaches 145°F (63°C).
- ❖ Let the pork rest for 5-10 minutes before slicing into thin medallions.
- ❖ Toast buns if desired. Layer lettuce, tomato, pork slices, and any optional toppings. Spread spicy mayo or aioli on the top bun.
- ❖ Serve immediately for the best taste.
 - ✓ **Tip:** To make it vegetarian, substitute the pork tenderloin with grilled halloumi cheese or thick slices of portobello mushrooms.
 - ✓ **Tip:** Use gluten-free bread or lettuce wraps.

Nutritional Information: Calories:300; Protein:25g; Carbohydrates:30g; Fats: 8g; Fiber:3g; Cholesterol: 60mg; Sodium: 400mg; Potassium:300mg

ZESTY GROUND STEAK PATTIES

INGREDIENTS

- 1 lb. lean ground steak (90% lean or higher)
- ¼ cup finely diced onion (optional)
- 2 cloves garlic, minced (optional)
- 1 tbsp Worcestershire sauce
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt (to taste)
- ¼ tsp black pepper
- Olive oil spray
- **Tip:** Add a pinch of red pepper flakes or cayenne to the ground steak mixture.
- **Tip:** Mix in 1 tbsp of chopped fresh parsley or chives.

Prep. time: 10 min

Cook time: 10-12 min

Serves: 4 patties

DIRECTIONS

- ❖ In a bowl, mix ground steak, onion, garlic, Worcestershire sauce, smoked paprika, garlic powder, onion powder, salt, and black pepper. Stir gently until just combined.
- ❖ Divide the mixture into 4 equal portions. Shape each into a patty about ¾ inch thick. Press the center slightly to prevent it from bulging.
- ❖ Set air fryer to 400°F (200°C) and preheat for 5 minutes.
- ❖ Lightly spray the air fryer basket with olive oil. Place patties in a single layer and spray tops with oil. Air fry for 10–12 minutes, flipping halfway through, until the internal temperature reaches 145–160°F (63–71°C).
- ❖ Let patties rest for a few minutes before serving. Pair with your favorite sides!
 - ✓ **Tip:** Top the patties with your favorite cheese during the last minute of cooking.

Nutritional Information: Calories:200; Protein:25g; Carbohydrates: 2g; Fats:10g; Fiber:1g; Cholesterol: 70mg; Sodium: 300mg; Potassium: 300mg

SAVORY AIR FRYER VENISON STEAK BITES

INGREDIENTS

For the Venison:

- 1 lb venison steak, cut into 1-inch cubes
- 1 tbsp olive oil
- 1 tbsp Worcestershire sauce
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper

For the Garlic Herb Butter:

- 2 tbsp unsalted butter, melted
- 1 clove garlic, minced
- 1 tsp fresh parsley, chopped

Prep. time: **10 min**

Cook time: **8-10 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix olive oil, Worcestershire sauce, paprika, garlic powder, onion powder, thyme, salt, and black pepper. Add venison cubes, toss to coat, and let marinate for at least 30 minutes.
- ❖ Preheat air fryer to 400°F (200°C) for 5 minutes. Arrange the venison in a single layer in the air fryer basket. Air fry for 6-8 minutes, shake halfway through until lightly browned and tender.
- ❖ In a small bowl, mix melted butter, garlic, and parsley.
- ❖ Toss hot venison bites with garlic herb butter. Serve immediately with your favorite dipping sauce or some roasted vegetables.
 - ✓ **Tip:** Fresh herbs boost flavor! Try adding rosemary or oregano for a different twist.
 - ✓ **Tip:** Serve with avocado slices or a fresh salad instead of bread.

Nutritional Information: Calories:210; Protein: 34g; Carbohydrates: 2g; Fats:8g; Fiber:1g; Cholesterol:90mg; Sodium: 450mg; Potassium:520mg

GARLIC HERB AIR FRYER RABBIT

INGREDIENTS

For the Rabbit:

- 1 lb rabbit, cut into pieces
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

For Serving (Optional):

- 1 tbsp fresh parsley, chopped
- 1 lemon wedge

Prep. time: **10 min**

Cook time: **18-20 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix olive oil, lemon juice, garlic, rosemary, thyme, paprika, salt, and pepper. Coat rabbit pieces evenly and marinate for at least 30 minutes (or overnight for best flavor).
- ❖ Preheat air fryer to 375°F (190°C) for 5 minutes. Place the rabbit in a single layer in the air fryer basket. Air fry for 15-18 minutes, flipping halfway through, until golden brown and the internal temperature reaches 160°F (71°C).
- ❖ Garnish with fresh parsley and a squeeze of lemon for extra freshness. Serve with roasted vegetables, mashed potatoes, or a fresh salad.
 - ✓ **Tip:** Pair with roasted vegetables, mashed cauliflower, or a side salad for a balanced meal.
 - ✓ **Tip:** Serve with garlic aioli, lemon herb sauce, or Dijon mustard.

Nutritional Information: Calories:220; Protein: 34g; Carbohydrates: 2g; Fats:8g; Fiber:1g; Cholesterol: 950mg; Sodium: 450mg; Potassium: 500mg

CRISPY BRUSSELS SPROUTS WITH MAPLE GLAZE

INGREDIENTS

- 1 lb Brussels sprouts, halved
- 1 tbsp olive oil
- 1 tbsp of maple syrup
- 1 tsp balsamic vinegar (optional)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional)
- ¼ tsp red pepper flakes (optional)
- 2 tbsp chopped pecans or walnuts (optional)

Prep. time: 10 min

Cook time: 12 min

Serves: 4

DIRECTIONS

- ❖ Set to 375°F (190°C) for 3 minutes.
- ❖ Trim and halve Brussels sprouts. Place in a bowl.
- ❖ Toss with olive oil, maple syrup, balsamic vinegar (if using), salt, pepper, garlic powder, paprika, and red pepper flakes.
- ❖ Arrange in a single layer in the basket. Cook 10-12 min, shaking halfway, until crispy.
- ❖ In the last 2 minutes, sprinkle in pecans or walnuts.
- ❖ Transfer to a plate. Drizzle with extra maple syrup or balsamic glaze, if desired.
 - ✓ **Tip:** Add crispy chickpeas or roasted tofu.
 - ✓ **Tip:** Sprinkle with Parmesan or feta cheese before serving.
 - ✓ **Tip:** Reduce the salt or use a salt-free seasoning blend.
 - **Tip:** Vegan & Gluten-Free: Naturally fits both diets!

Nutritional Information: Calories:120; Protein: 3g; Carbohydrates: 14g; Fats: 6g; Fiber: 4g; Cholesterol: 0mg; Sodium: 220mg; Potassium: 350mg

CAULIFLOWER STEAKS WITH GARLIC & PARMESAN

INGREDIENTS

- 1 large cauliflower (2-3 steaks)
- 1 tbsp olive oil
- 1 tsp curry powder
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp turmeric (optional)
- ½ tsp salt
- ¼ tsp black pepper
- Fresh cilantro or parsley (optional)
- Lemon juice (optional)
- Sesame or pumpkin seeds (optional)
 - **Tip:** Add a pinch of cayenne pepper to the curry rub for a touch of heat, if desired.

Prep. time: 10 min

Cook time: 18-22 min

Serves: 2-3

DIRECTIONS

- ❖ Trim leaves and cut into 1-inch thick steaks. Preheat the air fryer to 375°F (190°C).
- ❖ Mix olive oil, curry powder, garlic powder, onion powder, turmeric, salt, and pepper. Brush both sides of the cauliflower steaks.
- ❖ Arrange in a single layer. Cook 9-11 min, flip, and cook 9-11 min more.
- ❖ Steaks should be golden, crispy on the edges, and tender inside.
- ❖ Garnish with cilantro, lemon juice, and seeds if desired.
 - ✓ **Tip:** For a deeper flavor, add a touch of smoked paprika or garam masala to the curry rub.
 - ✓ **Tip:** A dollop of yogurt (dairy or dairy-free) on top pairs wonderfully with the curry flavor. You could also drizzle it with a little tahini sauce for added creaminess.

Nutritional Information: Calories:160; Protein: 4g; Carbohydrates: 12g; Fats: 12g; Fiber: 5g; Cholesterol: 0mg; Sodium: 200mg; Potassium: 500mg

STUFFED BELL PEPPERS WITH QUINOA & VEGGIES

INGREDIENTS

- 2 large bell peppers, halved
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, diced
- ½ cup zucchini, chopped
- ¼ cup red onion, chopped
- ¼ cup black beans, rinsed
- ¼ cup corn
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp cumin (optional)
- ½ tsp smoked paprika (optional)
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp feta or shredded cheese (optional)
- 1 tbsp parsley or cilantro
- ½ tsp red pepper flakes (optional)

Prep. time: **10** min

Cook time: **15** min

Serves: **4**

DIRECTIONS

- ❖ Set to 375°F (190°C) for 2-3 minutes.
- ❖ Cut bell peppers in half, remove seeds. Lightly brush with olive oil.
- ❖ Mix quinoa, tomatoes, zucchini, onion, beans, corn, oil, and seasonings.
- ❖ Fill bell pepper halves with the mixture, pressing gently.
- ❖ Place in a single layer in the basket. Cook 12-15 min until tender.
- ❖ Sprinkle cheese in the last 2 min of cooking.
- ❖ Top with parsley, cilantro, or red pepper flakes.
- ✓ **Tip:** Add cooked ground turkey or tofu to increase the protein content.
- ✓ **Tip:** Top with chopped nuts or sunflower seeds before serving.
- ✓ **Tip:** Mix in a dash of hot sauce or chili powder.
 - **Tip:** Prepare the stuffing in advance and refrigerate for up to 3 days.

Nutritional Information: Calories:180; Protein: 6g; Carbohydrates: 28g; Fats: 5g; Fiber: 5g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 400mg

GRILLED SWEET POTATOES WITH A TANGY GLAZE

INGREDIENTS

- 3 medium sweet potatoes, sliced
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp black pepper
- ½ tsp sea salt
- 1 tbsp of maple syrup (or honey)
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard (optional)
- 1 tbsp chopped cilantro or parsley
- 1 tbsp crumbled feta or goat cheese (optional)
- 1 tsp toasted sesame or pumpkin seeds

Prep. time: **10** min

Cook time: **20** min

Serves: **4**

DIRECTIONS

- ❖ Set to 375°F (190°C) for 2-3 minutes.
- ❖ Toss slices with olive oil, paprika, cumin, garlic, salt, and pepper.
- ❖ Arrange in a single layer. Cook 15-18 min, flipping halfway.
- ❖ Mix maple syrup, vinegar, and mustard.
- ❖ Toss potatoes with glaze.
- ❖ Garnish with herbs, cheese, or seeds.
- ✓ **Tip:** Add a pinch of cayenne pepper or chili powder to the sweet potatoes before cooking for a spicy kick.
- ✓ **Tip:** Top with toasted sesame seeds or crunchy pumpkin seeds for extra crunch.
- ✓ **Tip:** Leftovers can be stored in an airtight container in the fridge for up to 3 days. Reheat in the air fryer for a few minutes to regain crispiness.

Nutritional Information: Calories:160; Protein: 2g; Carbohydrates: 35g; Fats: 4g; Fiber: 5g; Cholesterol: 0mg; Sodium: 200mg; Potassium: 600mg

GARLIC PARMESAN EGGPLANT STEAKS

INGREDIENTS

- 2 medium eggplants, sliced
- 2 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup grated parmesan
- ¼ cup breadcrumbs
- 1 tsp oregano
- 1 tsp basil
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- ½ tsp salt
- 1 tbsp parsley, chopped
- 1 tbsp balsamic glaze (optional)
- 1 lemon, cut into wedges
 - **Tip:** Add other herbs like thyme or rosemary to the breadcrumb mixture.

Prep. time: **10 min**

Cook time: **15-18 min**

Serves: **4**

DIRECTIONS

- ❖ Set to 375°F (190°C) for 2-3 minutes.
- ❖ Slice into ¾-inch rounds. Pat dry with paper towels to remove moisture.
- ❖ Mix olive oil, garlic, oregano, basil, garlic powder, onion powder, salt, and pepper. Brush both sides of the eggplant slices.
- ❖ Mix parmesan and breadcrumbs in a shallow dish. Press eggplant slices into the mixture.
- ❖ Arrange in a single layer. Cook 15-18 min, flipping halfway.
- ❖ Garnish with parsley, balsamic glaze, and lemon wedges.
 - ✓ **Tip:** Increase the temperature to 400°F (200°C) during the last 3-4 minutes of cooking to achieve a crispier exterior.
 - ✓ **Tip:** Experiment with different cheeses, such as Asiago or mozzarella.

Nutritional Information: Calories:180; Protein: 6g; Carbohydrates: 15g; Fats: 12g; Fiber: 5g; Cholesterol: 20mg; Sodium: 350mg; Potassium: 500mg

GRILLED ZUCCHINI WITH LEMON & GARLIC

INGREDIENTS

- 2 medium zucchinis, sliced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- Zest of ½ lemon
- Salt & black pepper, to taste
- 1 tbsp chopped parsley or basil
- Extra lemon zest or slices (for serving)
 - **Tip:** If you don't have fresh parsley or basil, use thyme, oregano, or dill for a different flavor profile.

Prep. time: **10 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ Set to 375°F (190°C) for 2-3 minutes.
- ❖ Slice into ¼-inch rounds or half-moons. Pat dry with paper towels to remove moisture.
- ❖ Toss zucchini with olive oil, garlic, lemon juice, zest, salt, and pepper.
- ❖ Arrange in a single layer. Cook for 8 – 10 minutes, flipping halfway.
- ❖ Garnish with herbs, extra lemon zest, or slices.
 - ✓ **Tip:** For a spicier version, sprinkle red pepper flakes or add a pinch of cayenne pepper to the zucchini.
 - ✓ **Tip:** For extra richness, sprinkle grated Parmesan over the air-fried zucchini and return to the air fryer for an additional minute to melt the cheese.
 - ✓ **Tip:** This recipe is naturally gluten-free, making it an excellent choice for individuals with dietary restrictions.

Nutritional Information: Calories: 90; Protein: 2g; Carbohydrates: 8g; Fats: 6g; Fiber: 2g; Cholesterol: 0mg; Sodium:200mg; Potassium: 350mg

AIR FRYER ASPARAGUS WITH PARMESAN & GARLIC

INGREDIENTS

- 1 bunch asparagus (12-15 spears)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup grated Parmesan
- ½ tsp garlic powder (optional)
- ½ tsp lemon zest (optional)
- Salt & black pepper, to taste
- **Tip:** Instead of Parmesan, you can use Pecorino Romano for a sharper taste, or a dairy-free Parmesan if you prefer a vegan option.

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

- ❖ Set to 375°F (190°C) for 3 minutes.
- ❖ Trim tough ends (about 1-2 inches). Pat dry with paper towels.
- ❖ Toss with olive oil, garlic, garlic powder, lemon zest, salt, and pepper.
- ❖ Arrange in a single layer. Cook for 8 - 10 minutes, shaking halfway.
- ❖ Sprinkle with Parmesan while hot. Garnish with extra cheese or fresh herbs if desired.
- ✓ **Tip:** To enhance the garlic flavor, increase the amount of garlic powder or add more minced garlic.
- ✓ **Tip:** Try garnishing with fresh chopped parsley, basil, or thyme.
- ✓ **Tip:** To enhance the freshness, squeeze lemon juice over the asparagus after cooking.
- ✓ **Tip:** It's a perfect dish for any dietary preference!

Nutritional Information: Calories: 80; Protein: 4g; Carbohydrates: 5g; Fats: 5g; Fiber: 3g; Cholesterol: 10mg; Sodium: 250mg; Potassium: 400mg

STUFFED PORTOBELLO MUSHROOMS WITH CHEESE

INGREDIENTS

- 4 large Portobello mushrooms
- ½ cup shredded mozzarella
- ¼ cup grated Parmesan
- 2 tbsp cream cheese (optional)
- 1 tbsp olive oil
- 1 clove garlic, minced
- ¼ tsp dried thyme
- ¼ tsp dried oregano
- ¼ tsp garlic powder
- Salt & black pepper, to taste
- Fresh parsley (optional, for garnish)
- **Tip:** Use vegan cheese (mozzarella-style) and vegan cream cheese for a dairy-free version of this recipe.

Prep. time: 10 min

Cook time: 12-15

Serves: 4

DIRECTIONS

- ❖ Wipe mushrooms with a damp paper towel. Remove stems and scrape out gills to create space for filling.
- ❖ In a bowl, mix the mozzarella, Parmesan, cream cheese, garlic, thyme, oregano, garlic powder, salt, and pepper. Stir until smooth.
- ❖ Brush olive oil over the outside of each mushroom. Fill each cap with the cheese mixture, pressing down gently.
- ❖ Preheat to 350°F (180°C) for 3 minutes. Place mushrooms in a single layer in the air fryer. Cook for 12-15 minutes until tender and golden brown. For extra crispiness, cook 2-3 more minutes.
- ❖ Sprinkle with fresh parsley if desired. Serve immediately while hot and gooey!
- ✓ **Tip:** You can also add finely chopped spinach or onions to the cheese mixture.

Nutritional Information: Calories: 150; Protein: 9g; Carbohydrates: 5g; Fats: 12g; Fiber: 2g; Cholesterol: 30mg; Sodium: 300mg; Potassium: 400mg

GRILLED CORN ON THE COB WITH CHILI LIME BUTTER

INGREDIENTS

- 4 medium ears of corn, husked
- 1 tbsp olive oil (or melted butter)
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh lime juice
- 2 tbsp melted butter
- ½ tsp chili powder (for butter)
- Zest of 1 lime
- Fresh cilantro or parsley (optional)
 - **Tip:** A sprinkle of cotija, feta, or parmesan cheese adds a creamy and savory contrast to the spicy butter.

Prep. time: 5 min

Cook time: 12-15 min

Serves: 4

DIRECTIONS

- ❖ Remove husks and silk, then rinse the corn. Pat dry with a paper towel.
- ❖ Brush evenly with olive oil or melted butter. Mix smoked paprika, chili powder, garlic powder, salt, and black pepper. Sprinkle seasoning evenly over the corn.
- ❖ Preheat air fryer to 400°F (200°C) for 3 minutes. Place the corn in a single layer in the basket. Air fry for 12-15 minutes, flipping halfway through.
- ❖ Corn should be golden brown with slight charring.
- ❖ In a small bowl, mix melted butter, chili powder, and lime zest. Brush this mixture over hot corn after air frying.
- ❖ Sprinkle with chopped cilantro or parsley if desired. Serve warm with extra lime wedges for a tangy boost.

Nutritional Information: Calories:210; Protein: 5g; Carbohydrates: 31g; Fats: 9g; Fiber: 3g; Cholesterol:15mg; Sodium: 220mg; Potassium:270mg

MEDITERRANEAN VEGGIE SKEWERS WITH BALSAMIC GLAZE

INGREDIENTS

- 1 medium zucchini, sliced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, cut into wedges
- 8-10 cherry tomatoes
- ½ cup mushrooms, halved (optional)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp paprika
- ½ tsp salt & ¼ tsp black pepper
- ½ tsp ground cumin (optional)
- Fresh lemon juice for serving
- Fresh parsley for garnish

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

- ❖ Wash and chop all veggies into bite-sized pieces. If using mushrooms, remove stems and cut them in half.
- ❖ In a bowl, mix olive oil, garlic powder, oregano, basil, paprika, cumin (if using), salt, and pepper. Toss the vegetables in the seasoning mix until they are evenly coated.
- ❖ Thread veggies onto skewers, alternating colors for a vibrant look.
- ❖ Preheat air fryer to 375°F (190°C) for 3 minutes. Arrange skewers in a single layer in the air fryer basket. Air fry for 12-15 minutes, flipping halfway through, until tender and slightly charred.
- ❖ Drizzle with fresh lemon juice and sprinkle with parsley. Optionally, top with crumbled feta or olives for extra Mediterranean flavor.
 - ✓ **Tip:** Pair with a side of hummus or tzatziki sauce for a complete Mediterranean experience.

Nutritional Information: Calories:150; Protein: 3g; Carbohydrates: 20g; Fats: 7g; Fiber: 4g; Cholesterol: 0mg; Sodium:100mg; Potassium: 500mg

LEMON-KISSED ZUCCHINI CHIPS

INGREDIENTS

- 2 medium zucchinis, thinly sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp red pepper flakes (optional)
- Fresh parsley or dill for garnish (optional)
 - **Tip:** Experiment with other herbs such as thyme, oregano, or rosemary.
 - **Tip:** Add a touch of fresh lemon zest for a more intense citrus flavor.

Prep. time: **10 min**

Cook time: **15-20 min**

Serves: **2-3**

DIRECTIONS

- ❖ Wash and trim the zucchinis. Slice into thin rounds (about ⅛ inch thick) using a mandoline or a sharp knife.
- ❖ In a bowl, toss zucchini slices with olive oil, lemon juice, garlic powder, onion powder, salt, and pepper. Add red pepper flakes for extra heat, if desired.
- ❖ Preheat air fryer to 400°F (200°C) for 3 minutes. Place the zucchini slices in a single layer in the air fryer basket. Cook in batches if needed. Cook for 15-20 minutes, shaking the basket halfway through. Watch closely in the last few minutes to prevent burning.
- ❖ Let the chips cool slightly, and they'll crisp up further. Garnish with fresh parsley or dill, if desired.
 - ✓ **Tip:** Sprinkle with grated Parmesan cheese during the last few minutes of cooking.

Nutritional Information: Calories: 60; Protein: 2g; Carbohydrates: 5g; Fats: 4g; Fiber: 2g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 200mg

SPICY EGGPLANT BITES WITH TAHINI SAUCE

INGREDIENTS

- 1 medium eggplant (about 1 lb), cut into 1-inch cubes
 - 1 tbsp olive oil
 - 1 tsp smoked paprika
 - ½ tsp cumin
 - ¼ tsp cayenne pepper (optional)
 - ¼ tsp garlic powder
 - ¼ tsp salt & ¼ tsp black pepper
- For the Tahini Sauce:**
- 2 tbsp tahini
 - 1 tbsp lemon juice
 - 1-2 tbsp water (adjust for consistency)
 - 1 clove garlic, minced
 - ¼ tsp salt
 - 1 tsp honey or maple syrup

Prep. time: **15 min**

Cook time: **15-20 min**

Serves: **2-3**

DIRECTIONS

- ❖ Wash and trim the eggplant. Cut into 1-inch cubes (peeling is optional).
- ❖ In a bowl, toss the eggplant cubes with olive oil, smoked paprika, cumin, cayenne, garlic powder, salt, and black pepper to coat evenly.
- ❖ Preheat air fryer to 400°F (200°C) for 3 minutes. Place the eggplant in a single layer in the air fryer basket, and cook in batches if needed.
- ❖ Cook for 15 to 20 minutes, shaking the basket halfway through, until they are crispy and golden.
- ❖ Whisk together tahini, lemon juice, water, garlic, salt, and honey/maple syrup until smooth. Use water to achieve the desired consistency.
- ❖ Drizzle tahini sauce over the crispy eggplant. Serve immediately as a side or appetizer!
 - ✓ **Tip:** Sprinkle toasted sesame seeds over the finished dish for added texture and flavor.

Nutritional Information: Calories: 130; Protein: 4g; Carbohydrates: 12g; Fats: 9g; Fiber: 5g; Cholesterol: 0mg; Sodium: 250mg; Potassium: 350mg

CRISPY CARROT STICKS WITH YOGURT DIP

INGREDIENTS

- 1 lb carrots, peeled and cut into sticks (3-4 inches)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp paprika (smoked or sweet)
- ¼ tsp salt
- ¼ tsp black pepper

For the Yogurt Dip:

- ½ cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste
 - **Tip:** For a bright and fresh flavor, add a little fresh lemon zest to the yogurt sauce.

Prep. time: **10 min**

Cook time: **15-20 min**

Serves: **2-3**

DIRECTIONS

- ❖ Peel and cut carrots into uniform sticks.
- ❖ Toss carrot sticks with olive oil, garlic powder, onion powder, paprika, salt, and pepper until evenly coated.
- ❖ Preheat to 400°F (200°C) for 3 minutes. Arrange in a single layer in the air fryer basket. Cook for 15 to 20 minutes, shaking the basket halfway through, until they are golden and slightly crispy.
- ❖ Mix Greek yogurt, lemon juice, minced garlic, salt, and pepper in a small bowl. Stir until smooth.
- ❖ Let the carrots cool slightly before serving. Dip in the creamy yogurt sauce and savor!
 - ✓ **Tip:** Get creative with the dip! Add a little sriracha for a spicy kick or a touch of honey or maple syrup for a hint of sweetness. A sprinkle of smoked paprika over the dip can also add a delicious touch.

Nutritional Information: Calories:100; Protein: 4g; Carbohydrates: 12g; Fats: 7g; Fiber: 5g; Cholesterol: 5mg; Sodium:200mg; Potassium: 300mg

GREEN BEANS WITH ALMONDS & GARLIC

INGREDIENTS

- 1 lb green beans, trimmed
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup slivered almonds
- ¼ tsp salt
- ¼ tsp black pepper
 - **Tip:** Red pepper flakes for heat
 - **Tip:** Fresh lemon juice or zest for brightness
 - **Tip:** Add a sprinkle of grated Parmesan cheese during the last minute of cooking for a cheesy touch.

Prep. time: **10 min**

Cook time: **8-10 min**

Serves: **2-3**

DIRECTIONS

- ❖ Wash and trim the ends of the green beans. If desired, cut them in half for smaller pieces.
- ❖ In a bowl, toss green beans with olive oil, garlic, salt, black pepper, and red pepper flakes (if using).
- ❖ Set to 400°F (200°C) and preheat for 3 minutes.
- ❖ Arrange in a single layer in the air fryer basket. Cook for 5-7 minutes, shaking the basket halfway through.
- ❖ Sprinkle slivered almonds over the green beans. Continue cooking for 3 to 5 minutes until the almonds are toasted and the beans are tender-crisp. Transfer to a serving plate. **Optional:** For added freshness, squeeze fresh lemon juice or sprinkle with lemon zest.
 - ✓ **Tip:** Sautéed shallots can be added along with the garlic for a more complex flavor.

Nutritional Information: Calories: 120; Protein: 4g; Carbohydrates: 8g; Fats: 9g; Fiber: 3g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 250mg

CRISPY BEET CHIPS WITH SEA SALT & ROSEMARY

INGREDIENTS

- 2 medium beets, peeled
- 1 tbsp olive oil
- 1 clove garlic, minced
- 2 tbsp grated Parmesan
- ¼ tsp salt
- ¼ tsp black pepper
- **Tip:** Fresh thyme or rosemary for garnish
- **Tip:** Add a pinch of red pepper flakes or smoked paprika for a touch of heat.
- **Tip:** A touch of fresh lemon zest will add a brighter flavor.

Prep. time: **15** min

Cook time: **15-20** min

Serves: **2-3**

DIRECTIONS

- ❖ Peel and thinly slice the beets using a mandoline or sharp knife. Keep slices uniform for even cooking.
- ❖ In a bowl, toss the beet slices with olive oil, garlic, Parmesan, salt, and pepper.
- ❖ Set to 375°F (190°C) and preheat for 3 minutes.
- ❖ Arrange slices in a single layer in the basket. Cook for 15-20 minutes, shaking halfway through. Keep an eye on them in the last few minutes to prevent burning.
- ❖ Let chips cool slightly to crisp up further.
- ✓ **Tip:** Experiment with other herbs such as oregano or parsley.

Nutritional Information: Calories: 90; Protein: 3g; Carbohydrates: 8g; Fats: 6g; Fiber: 2g; Cholesterol: 2mg; Sodium: 150mg; Potassium: 250mg

SPINACH & FETA PASTRY POCKETS

INGREDIENTS

- 1 cup fresh spinach, chopped
- ½ cup crumbled feta cheese
- ¼ cup finely chopped onion (optional)
- 1 clove garlic, minced (optional)
- 1 tbsp olive oil (for sautéing)
- ¼ tsp dried oregano
- ¼ tsp salt
- ¼ tsp black pepper
- 1 sheet puff pastry, thawed
- 1 egg, beaten (for egg wash)
- **Tip:** Opt for a low-carb puff pastry or make one with almond flour as a keto-friendly alternative.

Prep. time: **10** min

Cook time: **8-10** min

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a pan over medium heat. Add spinach and cook for 2-3 minutes until wilted. Let cool, then mix with feta, onion, garlic, oregano, salt, and pepper.
- ❖ Preheat the air fryer to 375°F (190°C). Roll out the puff pastry and cut into 4 equal squares. Place a spoonful of filling in the center of each square. Fold the dough into triangles or rectangles, sealing edges with a fork. Brush with egg wash for a golden crust.
- ❖ Arrange in a single layer in the air fryer basket. Cook at 375°F (190°C) for 8-10 minutes, flipping halfway through.
- ❖ Let it cool slightly before serving. Pair with tzatziki or a fresh salad for a delicious meal!
- ✓ **Tip:** Add shredded fried chicken, turkey, or beans to the filling to increase the protein content.

Nutritional Information: Calories: 250; Protein: 6g; Carbohydrates: 20g; Fats: 18g; Fiber: 2g; Cholesterol: 35mg; Sodium: 350mg; Potassium: 250mg

MUSHROOM & BRIE PASTRIES

INGREDIENTS

- 8 oz cremini mushrooms, sliced
- ¼ cup chopped shallots or red onion
- 2 cloves garlic, minced
- 1 tbsp olive oil (or cooking spray)
- 4 oz brie cheese, rind removed, cut into pieces
- 6 sheets phyllo dough, thawed (or crescent roll dough)
- 1 egg, beaten (for egg wash)
- 1 tsp fresh thyme (or ½ tsp dried)
- Salt & black pepper to taste
 - **Tip:** Adding a splash of dry white wine, such as Pinot Grigio, to the mushrooms while cooking enhances the flavor.

Prep. time: **15** min Cook time: **10-12** min Serves: **6** pastries

DIRECTIONS

- ❖ Heat olive oil in a pan over medium heat. Add mushrooms and shallots, cooking for 5 minutes until softened. Stir in garlic, thyme, salt, and pepper; cooking for 1 minute more. Remove from heat and let cool.
- ❖ Preheat the air fryer to 375°F (190°C). Lightly brush phyllo sheets with oil, stacking them. Cut into 6 squares. Place brie in the center of each square, topping with the mushroom mixture. Fold the fabric into triangles or squares, sealing the edges. Brush the tops with egg wash.
- ❖ Lightly spray the air fryer basket and arrange the pastries in a single layer. Cook at 375°F (190°C) for 10-12 minutes, until golden brown.
- ❖ Let it cool slightly before serving. Optionally, drizzle with honey or maple syrup for a sweet contrast.

Tip: Don't overfill the pastries, as the filling may ooze out during cooking.

Nutritional Information: Calories:200; Protein: 8g; Carbohydrates: 15g; Fats: 12g; Fiber: 2g; Cholesterol: 40mg; Sodium: 250mg; Potassium: 150mg

PUMPKIN & QUINOA PATTIES

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup pumpkin puree (canned or homemade)
- ½ cup rolled oats
- ¼ cup chopped onion
- 2 cloves garlic, minced
- ¼ cup fresh parsley (or cilantro), chopped
- 1 large egg (or flax egg: 1 tbsp ground flaxseed + 3 tbsp water)
- 1 tbsp olive oil
- 1 tsp pumpkin-pie spice
- ½ tsp smoked paprika
- ¼ tsp salt & ¼ tsp black pepper
- ¼ cup crumbled feta or goat cheese (optional)

Prep. time: **20** min Cook time: **20** min Serves: **8-10** patties

DIRECTIONS

- ❖ In a large bowl, mix quinoa, pumpkin puree, oats, onion, garlic, parsley, egg, olive oil, and spices until well combined. If using, stir in crumbled feta or goat cheese.
- ❖ Form the mixture into ½-inch thick patties. Place them on a lined tray while shaping the rest.
- ❖ Set your air fryer to 400°F (200°C) and preheat for 3-5 minutes.
- ❖ Lightly grease the air fryer basket and arrange the patties in a single layer. Cook for 15-20 minutes, flipping halfway through, until golden and firm.
- ❖ Garnish with Greek yogurt, sour cream, or a drizzle of maple syrup. Pair with a side salad or roasted vegetables for a complete meal.
- ✓ **Tip:** Add chopped pecans or walnuts for extra crunch!

Nutritional Information: Calories:100; Protein: 4g; Carbohydrates: 15g; Fats: 4g; Fiber: 2g; Cholesterol: 20mg; Sodium: 100mg; Potassium: 150mg

GOLDEN ARANCINI - PUMPKIN RISOTTO BALLS

INGREDIENTS

- 1 cup pumpkin puree (fresh or canned)
- 1 cup cooked arborio rice (cooled)
- ¼ cup grated Parmesan (optional)
- ¼ cup shredded mozzarella
- ¼ cup breadcrumbs (+ extra for coating)
- 1 egg, lightly beaten
- ¼ cup chopped parsley (or basil)
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme (optional)
- Salt & black pepper, to taste
- ½ cup panko breadcrumbs (for extra crunch)
- Olive oil spray

Prep. time: **20** min

Cook time: **15** min

Serves: **4**

DIRECTIONS

- ❖ In a large bowl, mix pumpkin puree, rice, cheeses, breadcrumbs, egg, herbs, and seasonings until well combined. If the mixture is too sticky, add more breadcrumbs; if it's too dry, add a splash of water or extra puree.
- ❖ Roll the mixture into 1-inch balls. You should get about 12 risotto balls.
- ❖ Roll each ball in panko breadcrumbs, pressing lightly to help them stick. Set your air fryer to 375°F (190°C) and preheat for 3-5 minutes.
- ❖ Lightly spray the basket with olive oil. To prevent overcrowding, place the risotto balls in a single layer. Air fry for 12-15 minutes, shaking halfway through, until golden and crispy.
- ❖ Serve warm with marinara sauce or garlic aioli for dipping.
 - ✓ **Tip:** A drizzle of balsamic reduction could add a sweet and tangy contrast to the savory pumpkin.

Nutritional Information: Calories:250; Protein: 8g; Carbohydrates: 33g; Fats: 10g; Fiber: 3g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 400mg

CRISPY PARMESAN BRUSSELS SPROUTS

INGREDIENTS

- 1 lb Brussels sprouts, trimmed & halved
- 1 tbsp olive oil
- ¼ tsp salt (adjust to taste)
- ¼ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional)
- ¼ cup grated Parmesan cheese
- 1 tbsp balsamic vinegar (optional)
- Fresh parsley (for garnish, optional)
 - **Tip:** Fresh minced garlic or onions can replace the powdered versions for a more intense flavor.

Prep. time: **10** min

Cook time: **15** min

Serves: **4**

DIRECTIONS

- ❖ Wash, trim the ends, and remove any yellow leaves. Slice in half for even cooking.
- ❖ Toss Brussels sprouts with olive oil, salt, pepper, garlic powder, and smoked paprika until well coated.
- ❖ Set to 390°F (200°C) and preheat for 3 minutes.
- ❖ Place Brussels sprouts in a single layer in the basket. Cook for 12-15 minutes, shaking the basket halfway through, until a crispy and golden texture is achieved.
- ❖ Sprinkle Parmesan over hot Brussels sprouts so it melts slightly. Drizzle with balsamic vinegar for a tangy kick(optional).
- ❖ Transfer to a dish, garnish with fresh parsley, and serve immediately.
 - ✓ **Tip:** Replace Parmesan with nutritional yeast or a vegan cheese alternative for a dairy-free version.

Nutritional Information: Calories: 130; Protein: 4g; Carbohydrates: 9g; Fats:10g; Fiber: 4g; Cholesterol:10mg; Sodium: 250mg; Potassium: 450mg

STUFFED AVOCADO WITH BLACK BEANS & SALSA

INGREDIENTS

- 2 ripe avocados, halved and pitted
- ½ cup canned black beans, drained
- ¼ cup diced tomatoes
- ¼ cup diced red onion
- 1 tbsp chopped cilantro
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tsp lime juice
- ¼ cup shredded cheese (optional)
- Olive oil spray
 - **Tip:** Add a pinch of cayenne pepper or some chopped jalapeno for a tangy kick.

Prep. time: 5 min

Cook time: 7 min

Serves: 2

DIRECTIONS

- ❖ In a bowl, mix black beans, tomatoes, red onion, cilantro, cumin, garlic powder, salt, pepper, and lime juice. Stir well.
- ❖ Preheat the air fryer to 375°F (190°C). Lightly spray avocado halves with olive oil. Spoon the black bean mixture into the center of each avocado. Place avocados in the air fryer basket. Sprinkle cheese on top if using. Cook for 5–7 minutes until warm and slightly golden.
- ❖ Let cool slightly and serve warm. Garnish with extra cilantro or a squeeze of lime juice.
 - ✓ **Tip:** Add a crunchy topping of roasted chickpeas, nuts, or crispy bacon.
 - ✓ **Tip:** Add a dollop of Greek yogurt or avocado puree to the filling for a creamier texture.
- **Tip:** Add roasted chicken, shrimp, or quinoa for an extra protein boost.

Nutritional Information: Calories:210; Protein: 5g; Carbohydrates: 12g; Fats: 17g; Fiber: 7g; Cholesterol: 10mg; Sodium: 250mg; Potassium: 200mg

BEST CAULIFLOWER BUFFALO BITES WITH RANCH DIP

INGREDIENTS

- 1 small head of cauliflower, cut into florets
- ½ cup all-purpose or whole wheat flour
- ½ cup water or unsweetened plant milk
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup breadcrumbs (panko or regular)
- ⅓ cup buffalo sauce
- 1 tbsp melted butter (or olive oil)
- Olive oil spray

Prep. time: 10 min

Cook time: 15-18 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, whisk flour, water (or milk), garlic powder, onion powder, smoked paprika, salt, and pepper until smooth.
- ❖ Dip the cauliflower florets in the batter, then coat in the breadcrumbs.
- ❖ Preheat the air fryer to 375°F (190°C). Place the florets in the basket and lightly spray with oil. Cook for 12 to 15 minutes, until golden brown.
- ❖ Whisk the buffalo sauce with the melted butter. Transfer the cauliflower to a bowl, pour the sauce over it, and toss gently.
- ❖ Cook in the air fryer for an extra 3 to 5 minutes after returning it.
- ❖ Toss together dip ingredients and serve with kale buffalo bites. Enjoy!
 - ✓ **Ranch Dip (Optional):** ½ cup Greek yogurt; ½ tsp dried dill; ½ tsp garlic powder; ½ tsp onion powder; 1 tsp lemon juice; Salt & pepper to taste;

Nutritional Information: Calories:140; Protein: 4g; Carbohydrates: 22g; Fats: 4g; Fiber: 3g; Cholesterol: 10mg; Sodium: 550mg; Potassium: 200mg

AIR FRYER CARAMELIZED PINEAPPLE RINGS

INGREDIENTS

- 1 medium fresh pineapple (or pre-cut rings)
- 2 tbsp brown sugar (or coconut sugar)
- ½ tsp cinnamon (optional)
- Olive oil spray
 - **Tip:** Add a pinch of ground ginger or nutmeg to the sugar mixture for warmth.
 - **Tip:** Add a sprinkle of shredded coconut to the sugar mixture.
 - **Tip:** For extra indulgence, drizzle with honey or a squeeze of lime juice before serving!

Prep. time: 15 min

Cook time: 8-10 min

Serves: 2-4

DIRECTIONS

- ❖ Peel, core, and slice into ½ to ¾-inch rings. If using pre-cut rings, drain any excess liquid.
- ❖ Mix brown sugar and cinnamon in a small bowl. Sprinkle evenly on both sides of the pineapple rings.
- ❖ Set to 400°F (200°C) and preheat for 2-3 minutes.
- ❖ Lightly spray the basket with olive oil. Arrange pineapple in a single layer (cook in batches if needed). Spray lightly with olive oil for extra caramelization.
- ❖ Air fry for 8-10 minutes, flipping halfway through. Cook until golden and slightly caramelized on the edges.
- ❖ Serve warm as a snack, dessert, or topping for yogurt, ice cream, or salads.
- ✓ **Tip:** Top with a dollop of Greek yogurt or a scoop of vanilla ice cream.

Nutritional Information: Calories:150; Protein: 1g; Carbohydrates: 30g; Fats: 3g; Fiber: 2g; Cholesterol: 0mg; Sodium: 5mg; Potassium: 150mg

MOLTEN CHOCOLATE LAVA CAKE WITH BERRIES

INGREDIENTS

- 4 oz dark chocolate (70% cacao or higher), chopped
- 2 tbsp unsalted butter (or coconut oil for dairy-free)
- 2 large eggs
- 2 tbsp granulated sugar (or coconut sugar)
- 1 tbsp all-purpose or almond flour
- Pinch of salt
- ½ cup mixed berries
- Powdered sugar for dusting
- **Tip:** Add a pinch of cayenne pepper or cinnamon to the batter for a subtle kick.
- **Tip:** Add 1 tsp of instant coffee to the batter for a mocha twist.

Prep. time: 10 min

Cook time: 8-10 min

Serves: 2

DIRECTIONS

- ❖ In a microwave-safe bowl, melt chocolate and butter or coconut oil in 30-second intervals, stirring between each, until smooth.
- ❖ In a separate bowl, whisk the eggs and sugar until pale and slightly thickened. Pour in the melted chocolate mixture and whisk until smooth. Gently fold in flour and salt, mixing until just combined.
- ❖ Grease two small ramekins about 4 inches in diameter. Optionally, line with parchment paper circles for easy removal.
- ❖ Preheat your air fryer to 375°F (190°C). Divide batter evenly between the ramekins. Air fry for 8-10 minutes. The edges should be set, but the center should still be soft and slightly jiggly.
- ❖ Let the cakes cool for a couple of minutes. Optionally, dust with powdered sugar and serve with mixed berries.

Tip: Top with a dollop of whipped cream or a scoop of vanilla ice cream.

Nutritional Information: Calories:250; Protein: 6g; Carbohydrates: 25g; Fats:15g; Fiber:2g; Cholesterol: 80mg; Sodium: 100mg; Potassium: 150mg

CLASSIC APPLE PIE WITH CINNAMON

INGREDIENTS

- 2 medium apples (Gala or Fuji), diced
- 1 tbsp lemon juice
- 1 tbsp honey or maple syrup
- 1 tsp ground cinnamon
- ¼ tsp nutmeg (optional)
- 2 tbsp rolled oats (optional)
- 4 small whole wheat or flour tortillas
- 1 tbsp melted butter or coconut oil
- Pinch of salt
- Powdered sugar, Greek yogurt, or whipped cream (optional)
 - **Tip:** Add a pinch of ground ginger or cloves for a spicier twist on the classic apple cinnamon flavor.

Prep. time: **10** min

Cook time: **12-15** min

Serves: **4**

DIRECTIONS

- ❖ In a bowl, toss diced apples with lemon juice, cinnamon, nutmeg, and honey or maple syrup. If using, stir in rolled oats for added texture.
- ❖ Lay tortillas on a flat surface. Spoon the apple filling onto one half of each tortilla, leaving space around the edges. Fold over to create a half-moon shape. Seal the edges by pressing them together. Brush tops with melted butter or coconut oil and sprinkle lightly with salt.
- ❖ Preheat air fryer to 350°F (175°C) for 3 minutes. Place pies in the basket, ensuring they don't overlap. Cook for 10-12 minutes, flipping halfway, until golden brown.
- ❖ Let cool slightly before serving. Dust with powdered sugar or add a dollop of Greek yogurt or whipped cream for extra indulgence.
 - ✓ **Tip:** For a bit of crunch, sprinkle chopped walnuts or pecans on top of the filling.

Nutritional Information: Calories:180; Protein: 3g; Carbohydrates: 32g; Fats: 6g; Fiber: 4g; Cholesterol: 15mg; Sodium: 150mg; Potassium: 210mg

CRISPY CHURROS WITH VANILLA SAUCE

INGREDIENTS

- 1 cup water
- ¼ cup unsalted butter (or coconut oil)
- ¼ tsp salt
- 1 cup all-purpose flour (or gluten-free blend)
- 3 large eggs
- 1 tsp vanilla extract
- 2 tbsp granulated sugar
- 1 tsp ground cinnamon
- For the Vanilla Sauce:**
 - 1 cup milk
 - 2 tbsp granulated sugar(or honey)
 - 1 tbsp cornstarch (or arrowroot powder)
 - 1 tsp vanilla extract

Prep. time: **15** min

Cook time: **10-12** min

Serves: **6-8** churros

DIRECTIONS

- ❖ In a saucepan, bring water, butter, and salt to a boil. Remove from heat and stir in flour until a dough ball forms. Return to low heat and stir for 1 minute. Let cool slightly. Beat in egg, one at a time, mixing well. Stir in vanilla extract. Transfer dough to a piping bag with a star tip.
- ❖ Preheat air fryer to 400°F (200°C). Pipe 4-inch strips into the basket, leaving a space between each one. Air fry for 10-12 minutes, until golden brown. Mix sugar and cinnamon in a dish and roll warm churros in the mixture.
- ❖ In a saucepan, whisk milk, sugar, and cornstarch over medium heat. Simmer, whisking, until thickened. Remove from heat and stir in vanilla extract. Enjoy churros warm with the vanilla sauce for dipping!
 - ✓ **Tip:** For extra indulgence, drizzle with melted chocolate!

Nutritional Information: Calories:200; Protein: 5g; Carbohydrates: 30g; Fats: 8g; Fiber: 3g; Cholesterol: 60mg; Sodium: 200mg; Potassium: 100mg

PEACH COBBLER WITH WARM SPICES

INGREDIENTS

Prep. time: 20 min

Cook time: 20-25 min

Serves: 6-8

For the Filling:

- 4 cups sliced peaches (fresh or thawed frozen)
- ¼ cup granulated sugar (or honey/maple syrup)
- 2 tbsp cornstarch (or arrowroot powder)
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 tbsp lemon juice

For the Cobbler Topping:

- 1 cup all-purpose flour (or whole wheat)
- ½ tsp salt
- ½ cup cold butter, cubed (or coconut oil)
- ¼ cup ice water

DIRECTIONS

- ❖ In a bowl, mix peaches, sugar, cornstarch, cinnamon, nutmeg, and lemon juice until well coated.
 - ❖ In a bowl, whisk flour and salt. Cut in cold butter using a pastry cutter or fingers until the mixture resembles coarse crumbs. Add ice water, 1 tbsp at a time, stirring until a dough forms.
 - ❖ Preheat air fryer to 350°F (175°C). Place peach filling in an air fryer-safe dish. Drop cobbler topping over the peaches in spoonfuls.
 - ❖ Cook for 18-22 minutes until the topping is golden brown and crisp.
 - ❖ If needed, cover with foil halfway to prevent over-browning.
 - ❖ Let cool slightly and serve warm. Pairs well with vanilla ice cream or Greek yogurt!
- **Tip:** Sprinkle the top of the crust with granulated sugar or coarse sugar before baking for added sweetness and a glistening effect.

Nutritional Information: Calories:250; Protein: 5g; Carbohydrates: 40g; Fats: 10g; Fiber: 4g; Cholesterol: 20mg; Sodium: 200mg; Potassium: 200mg

FUDGY BROWNIES WITH NUTS & CHOCOLATE GLAZE

INGREDIENTS

Prep. time: 15 min

Cook time: 20-25 min

Serves: 9 brownies

- ½ cup unsalted butter, melted
- ½ cup granulated sugar (or coconut sugar/maple syrup)
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup all-purpose flour (or whole wheat pastry flour)
- ¼ cup unsweetened cocoa powder
- ¼ tsp salt
- ½ cup chopped nuts (walnuts, pecans, or almonds)

For the Chocolate Glaze:

- 2 tbsp semi-sweet chocolate chips (or dark chocolate)
- 1 tbsp milk (or almond/soy milk)
- 1 tsp coconut oil (or butter)

DIRECTIONS

- ❖ In a bowl, whisk together melted butter and sugar. Beat in eggs one at a time, then stir in vanilla extract. In a separate bowl, mix flour, cocoa powder, and salt. Gradually fold the dry ingredients into the wet mixture until just combined. Stir in chopped nuts.
- ❖ Preheat air fryer to 350°F (175°C). Grease a 6- to 8-inch baking pan (or one that fits your air fryer) or line with parchment paper. Pour brownie batter into the prepared pan and spread evenly.
- ❖ Bake for 20-25 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs. The edges should be set, but the center will remain slightly fudgy. In a microwave-safe bowl, melt chocolate chips, milk, and coconut oil in 30-second intervals, stirring after each interval, until smooth. Let brownies cool completely before slicing. Drizzle with chocolate glaze and enjoy!

Nutritional Information: Calories:200; Protein:7g; Carbohydrates: 20g; Fats:12g; Fiber: 3g; Cholesterol:40mg; Sodium: 150mg; Potassium: 150mg

BANANA MUFFINS WITH WALNUTS

INGREDIENTS

- 2 ripe bananas, mashed
- ¼ cup unsweetened applesauce (or Greek yogurt)
- ¼ cup maple syrup (or honey)
- 1 large egg (or flax egg: 1 tbsp ground flaxseed + 3 tbsp water)
- 1 tsp vanilla extract
- 1 cup whole wheat pastry flour (or all-purpose)
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup chopped walnuts
- ½ tsp cinnamon (optional)
- **Tip:** Top with fresh berries or sliced fruit.
- **Tip:** Serve with a dollop of whipped cream or Greek yogurt.

Prep. time: **15 min** Cook time: **15-20 min** Serves: **6-8** muffins

DIRECTIONS

- ❖ In a bowl, mash bananas until smooth. Stir in applesauce, maple syrup, egg, and vanilla. Mix well. In a separate bowl, whisk together flour, baking soda, salt, and cinnamon. Gradually fold dry ingredients into the wet mixture until just combined. Stir in walnuts, being careful not to overmix.
- ❖ Set air fryer to 350°F (175°C) and preheat for 3 minutes.
- ❖ Grease silicone muffin molds or ramekins or use paper liners. Fill each mold about ⅔ full with batter.
- ❖ Arrange the muffin molds in the air fryer basket, leaving room for airflow. Cook for 15-20 minutes, or until a toothpick inserted in the center comes out clean.
- ❖ Allow muffins to cool slightly before removing them from the molds. Enjoy warm or at room temperature!

Nutritional Information: Calories:150; Protein: 4g; Carbohydrates: 25g; Fats: 5g; Fiber: 2g; Cholesterol: 20mg; Sodium: 150mg; Potassium: 200mg

CHEESECAKE BITES WITH BERRY TOPPING

INGREDIENTS

For the Crust:

- ¾ cup graham cracker crumbs (or digestive biscuits)
- 2 tbsp melted coconut oil (butter)
- 1 tbsp honey (optional)

For the Cheesecake Filling:

- 8 oz cream cheese, softened
- ⅓ cup Greek yogurt (plain)
- ¼ cup honey (or maple syrup)
- 2 eggs
- 1 tsp vanilla extract
- ¼ cup mixed berries (fresh or frozen)

For the Topping:

- ½ cup fresh mixed berries
- 1 tbsp honey

Prep. time: **15 min** Cook time: **20-52 min** Serves: **6-8**

DIRECTIONS

- ❖ In a small bowl, mix graham cracker crumbs, melted coconut oil, and honey (if using). Press the mixture into the bottom of a 7-inch springform pan (or silicone muffin cups for bite-sized versions). Refrigerate while preparing the filling.
- ❖ In a bowl, beat cream cheese until smooth. Add Greek yogurt, honey, eggs, and vanilla, mixing until creamy. Gently fold in ¼ cup berries.
- ❖ Preheat air fryer to 325°F (160°C). Pour the cheesecake batter over the crust. Air fry for 18-22 minutes, or until the center is slightly jiggle but set around the edges.
- ❖ Let the cheesecake cool in the pan, then refrigerate for at least 2 hours. Before serving, top with fresh berries and drizzle with honey.
- ✓ **Tip:** Add ¼ tsp of cinnamon or nutmeg to the filling for a warm touch.
- ✓ **Tip:** Top with a dollop of whipped cream (or a dairy-free alternative).

Nutritional Information: Calories:200; Protein: 8g; Carbohydrates: 20g; Fats:12g; Fiber:1g; Cholesterol: 40mg; Sodium: 150mg; Potassium: 100mg

CRISPY BANANA CHIPS WITH CINNAMON

INGREDIENTS

- 2 ripe bananas
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
 - **Tip:** Experiment with other spices such as nutmeg, ginger, or cardamom.

Prep. time: 5 min

Cook time: 10-15 min

Serves: 2-3

DIRECTIONS

- ❖ Peel and slice bananas into 1/8-inch thin rounds for extra crispiness.
- ❖ Toss banana slices with lemon juice and cinnamon to prevent browning and enhance flavor.
- ❖ Preheat the air fryer to 350°F (175°C). Arrange banana slices in a single layer in the air fryer basket. Cook in batches if needed. Air fry for 8-12 minutes, flipping halfway, until golden and slightly crisp.
- ❖ Let banana chips cool completely on a wire rack—they will crisp up further as they cool.
 - ✓ **Tip:** If you prefer sweeter chips, lightly sprinkle them with coconut sugar or maple syrup before air frying. Be very sparing as this can cause them to burn more easily.
 - ✓ **Tip:** You can enjoy the banana chips on their own or serve them with a yogurt or nut butter dip.

Nutritional Information: Calories:100; Protein: 1g; Carbohydrates: 20g; Fats: 1g; Fiber: 2g; Cholesterol: 0mg; Sodium: 5mg; Potassium: 200mg

GRILLED PEACHES WITH HONEY & ALMONDS

INGREDIENTS

- 2 ripe peaches, halved and pitted
- 1 tbsp melted butter or coconut oil
- 1 tbsp honey (or maple syrup)
- 1/4 tsp ground cinnamon
- 2 tbsp sliced almonds

Prep. time: 5 min

Cook time: 8-10 min

Serves: 2

DIRECTIONS

- ❖ Cut peaches in half and remove pits. Brush cut sides with melted butter or coconut oil.
- ❖ Preheat air fryer to 375°F (190°C). Put the peaches in the basket with the cut side facing upwards. Air fry for 8-10 minutes until tender and slightly caramelized.
- ❖ Drizzle with honey and sprinkle with cinnamon & sliced almonds.
- ❖ Serve warm on its own or with Greek yogurt or vanilla ice cream.
 - ✓ **Tip:** Try adding a pinch of sea salt for extra flavor contrast!

Nutritional Information: Calories:100; Protein: 1g; Carbohydrates: 25g; Fats: 2g; Fiber: 3g; Cholesterol: 0mg; Sodium: 5mg; Potassium: 150mg

COCONUT MANGO & DATE BITES

INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup dried mango, chopped
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped almonds or cashews (optional)
- 1 tbsp coconut oil (optional, for crispiness)
- ¼ tsp ground ginger or cinnamon (optional)
 - **Tip:** Experiment with different spices like cinnamon, cardamom, or a pinch of sea salt.

Prep. time: **15 min** Cook time: **5-7 min** Serves: **12-15 bites**

DIRECTIONS

- ❖ In a food processor, pulse dates, mango, coconut, and nuts (if using) until the mixture forms a sticky, crumbly texture. If needed, add coconut oil for a smoother consistency.
- ❖ Roll into 1-inch balls using your hands.
- ❖ Preheat air fryer to 350°F (175°C). Place bites in a single layer and air fry for 5-7 minutes, until lightly golden.
- ❖ Let cool for a few minutes before serving. Store in an airtight container for up to a week.
 - ✓ **Tip:** Sprinkle extra shredded coconut on top for a decorative touch!
 - ✓ **Tip:** Drizzle with a honey or maple syrup for extra sweetness if desired.
 - ✓ **Tip:** Drizzle with melted dark chocolate for a more decadent treat.

Nutritional Information: Calories: 80; Protein: 2g; Carbohydrates: 15g; Fats: 3g; Fiber: 2g; Cholesterol: 0mg; Sodium: 5mg; Potassium: 100mg

GRILLED PEARS WITH BALSAMIC GLAZE

INGREDIENTS

- 2 ripe pears (Bartlett or Anjou), halved and cored
- 1 tbsp olive oil or melted coconut oil
- 1 tbsp balsamic vinegar
- 1 tsp honey or maple syrup
- Pinch of salt
- Pinch of black pepper (optional)
 - **Tip:** Add a pinch of ground ginger or cardamom to the pear seasoning.

Prep. time: **5 min** Cook time: **8-12 min** Serves: **2-4**

DIRECTIONS

- ❖ Cut pears in half and remove the cores. Leave the skin on for texture or peel if preferred.
- ❖ In a small bowl, mix oil, balsamic vinegar, honey, salt, and pepper (if using). Brush the mixture over the cut side of the pears.
- ❖ Preheat air fryer to 400°F (200°C). Place pears cut-side down in the air fryer basket. Air fry for 8-12 minutes until tender and caramelized.
- ❖ Drizzle any extra balsamic glaze over the pears. Enjoy warm as is or with Greek yogurt or vanilla ice cream.
 - ✓ **Tip:** Sprinkle with cinnamon for extra warmth!
 - ✓ **Tip:** Top with crumbled goat cheese or blue cheese.
 - ✓ **Tip:** Sprinkle with chopped walnuts, pecans, or almonds for added crunch and healthy fats.

Nutritional Information: Calories: 100; Protein: 1g; Carbohydrates: 20g; Fats: 5g; Fiber: 3g; Cholesterol: 5mg; Sodium: 50mg; Potassium: 150mg

BEST APPLE CHIPS WITH CARDAMOM & SEA SALT

INGREDIENTS

- 2 medium apples (Honeycrisp, Gala, or Fuji)
- ¼ tsp ground cardamom
- Pinch of sea salt
 - **Tip:** Experiment with other spices like ginger or nutmeg.
 - **Tip:** A squeeze of lemon juice before air frying can help prevent browning and add a little tang.

Prep. time: 10 min

Cook time: 15-20 min

Serves: 2-3

DIRECTIONS

- ❖ Wash, core, and thinly slice apples (about ⅛ inch thick). A mandoline works best for uniform slices, but a sharp knife will do.
- ❖ In a bowl, toss apple slices with cardamom and sea salt. Ensure even coating for balanced flavor.
- ❖ Preheat air fryer to 375°F (190°C). Arrange slices in a single layer in the air fryer basket. Cook for 15-20 minutes, flipping halfway through. Watch closely near the end, as they crisp up quickly.
- ❖ Transfer to a wire rack to cool completely—they will crisp up further. Enjoy as a snack or add to yogurt, oatmeal, or trail mix!
 - ✓ **Tip:** Sprinkle with a little cinnamon for extra warmth!
 - ✓ **Tip:** If you prefer sweeter chips, lightly sprinkle them with coconut sugar or maple syrup before air frying. Be very sparing, as this can cause them to burn more easily.

Nutritional Information: Calories: 50; Protein: 1g; Carbohydrates: 10g; Fats: 1g; Fiber: 2g; Cholesterol: 0mg; Sodium: 50mg; Potassium: 100mg

MINI PUMPKIN PIES WITH SPICES

INGREDIENTS

For the Crust:

- 1 cup whole wheat or all-purpose flour
- ¼ tsp salt
- ¼ cup cold unsalted butter (or coconut oil)
- ¼ cup ice water

For the Filling:

- 1 cup pumpkin puree
- ¼ cup maple syrup (or honey)
- 1 large egg (or flax egg: 1 tbsp flaxseed + 3 tbsp water)
- ½ tsp pumpkin pie spice
- ¼ tsp cinnamon
- Pinch of salt

Prep. time: 20 min

Cook time: 15-20 min

Serves: 6 mini pies

DIRECTIONS

- ❖ In a bowl, whisk flour and salt. Cut in butter (or coconut oil) until the mixture resembles coarse crumbs. Gradually add ice water, stirring until a dough forms. Shape into a disc, wrap, and refrigerate for 30 minutes.
- ❖ In a bowl, mix pumpkin puree, maple syrup, egg, spices, and salt until smooth.
- ❖ Preheat the air fryer to 375°F (190°C). Roll out chilled dough to ⅛-inch thickness and cut into 4-inch circles. Press each circle into a small ramekin or muffin tin. Fill each crust with pumpkin filling.
- ❖ Place pies in the air fryer in a single layer (cook in batches if needed). Air fry for 15-20 minutes until the crust is golden and the filling is set.
- ❖ Let the pies cool slightly before serving. Enjoy warm or chilled!
 - ✓ **Tip:** Serve with a dollop of whipped cream or a sprinkle of cinnamon!

Nutritional Information: Calories: 150; Protein: 3g; Carbohydrates: 20g; Fats: 8g; Fiber: 2g; Cholesterol: 20mg; Sodium: 100mg; Potassium: 150mg

SWEET & CRISPY APPLE TURNOVERS

INGREDIENTS

- 2 medium apples (Honeycrisp, Gala, or Fuji), diced
- ¼ cup granulated sugar (or sugar substitute)
- 1 all-purpose flour
- ½ tsp cinnamon
- 1 tbsp lemon juice
- 6 small puff pastry squares, thawed
- 1 egg, beaten (for egg wash)
- Cooking spray
 - **Tip:** Add a pinch of ground cloves or cardamom to the apple filling.

Prep. time: **15 min** Cook time: **20 min** Serves: **6** turnovers

DIRECTIONS

- ❖ In a bowl, mix apples, sugar, flour, cinnamon, and lemon juice. Let it sit for a few minutes to enhance the flavors.
- ❖ Preheat air fryer to 375°F (190°C). Lightly flour a surface and roll out the puff pastry slightly thinner. Place a spoonful of filling in the center of each pastry square. Fold into a triangle or rectangle and crimp the edges with a fork. Brush with egg wash.
- ❖ Lightly spray air fryer basket with cooking spray. Arrange turnovers in a single layer. Air fry for 15-18 minutes until golden brown and crisp.
- ❖ Let cool slightly before serving.
 - ✓ **Tip:** Dust with powdered sugar, or serve with a dollop of whipped cream.
 - ✓ **Tip:** Mix ¼ cup powdered sugar with 1 tbsp milk or lemon juice for a simple glaze to drizzle over the finished turnovers.

Nutritional Information: Calories:200; Protein: 5g; Carbohydrates: 25g; Fats: 8g; Fiber: 2g; Cholesterol: 30mg; Sodium: 150mg; Potassium: 100mg

CHOCOLATE HAZELNUT PASTRY PUFFS

INGREDIENTS

- 1 sheet refrigerated puff pastry, thawed
- ¼ cup chocolate hazelnut spread (Nutella or alternative)
- ¼ cup chopped hazelnuts
- 1 egg, beaten (for egg wash)
- Cooking spray
- Powdered sugar (optional, for dusting)
 - **Tip:** Add a dollop of ricotta cheese or a few chocolate chips to the chocolate hazelnut spread.
 - **Tip:** A pinch of cinnamon or cardamom in the filling adds warmth.

Prep. time: **15 min** Cook time: **10-12 min** Serves: **8** puffs

DIRECTIONS

- ❖ In a small bowl, mix the chocolate hazelnut spread with chopped hazelnuts.
- ❖ Preheat air fryer to 375°F (190°C). Roll out the puff pastry on a lightly floured surface. Cut into 8 equal squares. Place 1 tbsp filling in the center of each square. Fold into a triangle and pinch edges to seal. Brush tops with egg wash.
- ❖ Lightly spray air fryer basket with cooking spray. Arrange puffs in a single layer, leaving space between them. Air fry for 10-12 minutes until golden and crispy.
- ❖ Let cool slightly before serving. Dust with powdered sugar for a finishing touch.
 - ✓ **Tip:** Fresh berries, a scoop of ice cream, or a drizzle of chocolate sauce are delicious additions.

Nutritional Information: Calories:250; Protein: 5g; Carbohydrates: 25g; Fats: 15g; Fiber: 2g; Cholesterol: 30mg; Sodium: 150mg; Potassium: 50mg

CINNAMON SUGAR PALMIERS

INGREDIENTS

- 1 sheet puff pastry, thawed
- 2 tbsp granulated sugar
- 1 tsp ground cinnamon
- Pinch of salt
- 1 tbsp melted butter or coconut oil
- Cooking spray (optional)
 - **Tip:** Finely chopped nuts, such as pecans or almonds, can be added to the cinnamon-sugar mixture for a crunchy twist.
 - **Tip:** For a decadent touch, drizzle some melted dark chocolate over the palmiers after they've cooled slightly.

Prep. time: **10 min** Cook time: **10 min** Serves: **8-10** palmiers

DIRECTIONS

- ❖ In a small bowl, mix sugar, cinnamon, and salt.
- ❖ Lightly flour a clean surface. Unfold the puff pastry and gently roll it out to smooth.
- ❖ Brush melted butter or coconut oil evenly over the pastry. Sprinkle the cinnamon sugar mixture over the top.
- ❖ Roll one long side toward the center. Repeat with the opposite side, meeting in the middle. Chill the rolled pastry for 10 minutes (optional but helps with slicing).
- ❖ Preheat air fryer to 375°F (190°C). Slice into ½-inch pieces and arrange in a single layer in the air fryer basket. Cook for 8-10 minutes, flipping halfway, until golden and crispy.
 - ✓ **Tip:** Let the palmiers cool slightly before serving. Serve with a dollop of lightly sweetened whipped cream for an extra treat.

Nutritional Information: Calories:150; Protein: 3g; Carbohydrates: 20g; Fats: 7g; Fiber: 1g; Cholesterol: 20g; Sodium: 150mg; Potassium: 20mg

BLUEBERRY COBBLER WITH ALMOND CRUMBLE

INGREDIENTS

For the Blueberry Filling:

- 2 cups fresh or frozen blueberries
- 1 tbsp lemon juice
- ¼ cup maple syrup (or honey)
- 1 tbsp cornstarch

For the Topping:

- 1 cup whole wheat flour (or all-purpose)
- ¼ cup sugar (or sugar substitute)
- 1 tsp baking powder
- ¼ tsp salt
- ½ cup almond milk (or any milk of choice)
- ¼ cup melted coconut oil (butter)
 - **Tip:** Add ½ tsp of cinnamon or nutmeg to the topping.

Prep. time: **15 min** Cook time: **15-20 min** Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix blueberries, lemon juice, maple syrup, and cornstarch until well coated.
- ❖ In another bowl, whisk flour, sugar, baking powder, and salt. Stir in almond milk and melted coconut oil until just combined.
- ❖ Preheat air fryer to 375°F (190°C). Divide blueberry mixture into four ramekins or use an air fryer-safe baking dish. Spoon the topping evenly over the blueberries. Air fry for 15-20 minutes, until golden and a toothpick inserted in the topping comes out clean.
- ❖ Let cool slightly before serving, top with a scoop of vanilla ice cream or Greek yogurt!
 - **Tip:** Add 1 tsp of lemon zest to the filling for extra flavor.
 - **Tip:** Add ¼ cup of rolled oats to the topping for a slightly crunchier texture.

Nutritional Information: Calories:200; Protein: 7g; Carbohydrates: 30g; Fats: 8g; Fiber: 3g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 150mg

CLASSIC BOSTON CREAM PIE

INGREDIENTS

- ½ cup all-purpose flour
- ¼ cup granulated sugar
- 1 tsp baking powder & ¼ tsp salt
- ¼ cup unsweetened applesauce (or Greek yogurt)
- 2 tbsp almond milk (or milk)
- 1 large egg
- 1 tsp vanilla extract

For the Filling:

- 1 cup almond milk (or milk)
- ¼ cup sugar (substitute)
- 2 tbsp cornstarch & 1 egg yolk
- 1 tsp vanilla extract

For the Ganache:

- 4 ounces semi-sweet chocolate chips (or dark chocolate)
- ½ cup almond milk (or milk)

Prep. time: **20** minCook time: **12-15** minServes: **4**

DIRECTIONS

- ❖ In a bowl, whisk together flour, sugar, baking powder, and salt. Mix in another bowl, whisk applesauce, milk, egg, and vanilla extract. Stir the wet mixture into the dry ingredients until just combined. Grease four 4-inch ramekins or oven-safe bowls. Divide batter evenly. Preheat air fryer to 350°F (175°C). Air fry for 12-15 minutes until a toothpick inserted in the center comes out clean. Let cool.
- ❖ In a saucepan, whisk together milk, sugar, and cornstarch over medium heat until thickened. Remove from heat, quickly whisk in egg yolk, then stir in vanilla extract. Refrigerate until thickened.
- ❖ Warm milk in a small saucepan until it simmers. Pour over chocolate chips, let sit 1 minute, then whisk until smooth.
- ❖ Trim cake tops if needed. Spread cream filling over each cake. Pour chocolate ganache over the filling. Refrigerate 30 min before serving.

Nutritional Information: Calories:250; Protein: 8g; Carbohydrates: 30g; Fats:12g; Fiber: 4g; Cholesterol: 60mg; Sodium: 150mg; Potassium:200mg

HEALTHY & EASY PECAN PIE

INGREDIENTS

For the Crust:

- 1 cup almond flour
- 2 tbsp melted coconut oil or butter
- 1 tbsp maple syrup or honey
- ½ tsp vanilla extract
- ¼ tsp salt

For the Filling:

- 1 cup pecans, chopped
- ½ cup maple syrup or honey
- 1 tbsp coconut sugar or brown sugar
- 1 tbsp melted coconut oil or butter
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ¼ tsp salt
- 1 large egg, beaten

Prep. time: **10** minCook time: **25** minServes: **6**

DIRECTIONS

- ❖ In a bowl, mix almond flour, melted coconut oil, maple syrup, vanilla extract, and salt until a dough forms. Press into a 6-inch oven-safe dish. Preheat air fryer to 320°F (160°C) and bake for 5 minutes until firm. Set aside.
 - ❖ In a bowl, whisk maple syrup, coconut sugar, melted coconut oil, vanilla extract, cinnamon, and salt. Stir in the beaten egg, then fold in chopped pecans.
 - ❖ Pour the filling into the pre-baked crust and spread evenly. Air fry at 320°F (160°C) for 15-18 minutes until the center is set but slightly jiggle.
 - ❖ Let the pie cool for 10 minutes before slicing. Enjoy as is or with a dollop of Greek yogurt or whipped coconut cream.
- ✓ **Tip:** For extra crunch, toast pecans before mixing.

Nutritional Information: Calories:290; Protein: 5g; Carbohydrates: 23g; Fats:21g; Fiber: 3g; Cholesterol:30mg; Sodium:100mg; Potassium: 120mg

GOLDEN CHOCOLATE CROISSANTS

INGREDIENTS

- 1 sheet refrigerated croissant dough
- ¼ cup chocolate hazelnut spread (or dark chocolate chunks)
- 1 egg, lightly beaten (for egg wash)
- Cooking spray
- Optional Garnishes: Powdered sugar or melted chocolate drizzle
 - **Tip:** Use whole wheat croissant dough and a healthier chocolate hazelnut spread.
 - **Tip:** You could also use dark chocolate with a higher cocoa percentage.

Prep. time: **15** min Cook time: **8-10** min Serves: **6** croissants

DIRECTIONS

- ❖ Preheat air fryer to 375°F (190°C). Unroll the croissant dough and separate the pre-scored triangles. Spread 1 tsp of chocolate spread (or a few chocolate chunks) on the wide end of each triangle. Roll each triangle from the wide end to the tip, forming a crescent shape. Lightly brush the tops with beaten egg.
- ❖ Lightly spray the air fryer basket with cooking spray. Place croissants in the basket, leaving space between them. Air fry for 8-10 minutes until golden brown and flaky.
- ❖ Let it cool slightly before serving. Dust with powdered sugar or drizzle with melted chocolate for extra indulgence.
 - ✓ **Tip:** Don't overfill the croissants; the filling may leak during cooking.
 - ✓ **Tip:** These croissants are best served warm.

Nutritional Information: Calories: 250; Protein: 5g; Carbohydrates: 30g; Fats: 12g; Fiber: 1g; Cholesterol: 30mg; Sodium: 200mg; Potassium: 50mg

RUSSIAN TEA CAKES

INGREDIENTS

- 1 cup almond flour (or whole wheat flour)
- ½ cup chopped pecans or walnuts (lightly toasted)
- ¼ cup coconut oil (or softened unsalted butter)
- 3 tbsp honey or maple syrup
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ tsp cinnamon (optional)
- ⅓ cup powdered sugar (or sugar substitute) for coating
 - **Tip:** Use coconut oil instead of butter and maple syrup instead of honey.

Prep. time: **10** min Cook time: **8-10** min Serves: **12** cookies

DIRECTIONS

- ❖ In a bowl, mix almond flour, nuts, salt, and cinnamon (if using). Whisk together coconut oil (butter), honey (or maple syrup), and vanilla. Combine wet and dry ingredients, stirring until a soft dough forms. Cover and refrigerate for 15-20 minutes to firm up.
- ❖ Preheat the air fryer to 320°F (160°C). Roll the dough into 1-inch balls and place them in the air fryer basket, leaving space between them. Air fry for 8-10 minutes until lightly golden. Let the cookies cool for 5 minutes (they will firm up as they cool).
- ❖ Roll the slightly cooled cookies in powdered sugar. For an extra snowy look, roll them again once fully cooled.
 - ✓ **Tip:** Toast the nuts before mixing for a deeper flavor.
 - ✓ **Tip:** Replace nuts with sunflower seeds or omit them entirely.
- **Tip:** Add 1 extra tablespoon of honey or a few drops of liquid stevia.

Nutritional Information: Calories: 90; Protein: 2g; Carbohydrates: 8g; Fats: 7g; Fiber: 1g; Cholesterol: 0mg; Sodium: 20mg; Potassium: 40mg

CLASSIC KEY LIME PIE WITH GRAHAM CRUST

INGREDIENTS

For the Crust:

- 1 ¼ cups graham cracker crumbs (or whole-wheat biscuit crumbs)
- 3 tbsp melted coconut oil or butter
- 1 tbsp honey (optional)

For the Filling:

- ½ cup fresh Key lime juice (or regular lime juice)
- 1 tbsp lime zest
- 3 egg yolks
- 1 can (14 oz) low-fat sweetened condensed milk
- ½ tsp vanilla extract

For Garnishing (Optional):

- Light whipped cream
- Extra lime zest
- Lime slices

Prep. time: 15 min

Cook time: 10-12 min

Serves: 6

DIRECTIONS

- ❖ In a bowl, mix graham cracker crumbs, melted coconut oil (or butter), and honey until combined. Press into a 6-inch air fryer-safe pie pan, forming an even base and slightly pressing up the sides. Preheat the air fryer to 320°F (160°C) for 3 minutes. Air fry for 4-5 minutes until golden. Let cool.
 - ❖ In a bowl, whisk egg yolks, condensed milk, lime juice & zest, and vanilla extract until smooth. Pour into the cooled crust.
 - ❖ Reduce air fryer temperature to 300°F (150°C). Air fry for 10-12 minutes until the filling is set but slightly jiggly in the center. Let cool for 10 minutes, then refrigerate for at least 1 hour until fully set.
 - ❖ Garnish with whipped cream, lime zest, or thin lime slices. Slice and enjoy this creamy, tangy treat!
- ✓ **Tip:** Add 1 extra tbsp of honey.

Nutritional Information: Calories:220; Protein: 5g; Carbohydrates: 35g; Fats: 7g; Fiber: 1g; Cholesterol: 70mg; Sodium: 140mg; Potassium: 180mg

HOMEMADE CHERRY PIE

INGREDIENTS

For the Crust:

- 1 cup whole wheat pastry flour (or all-purpose flour)
- ¼ tsp salt
- ¼ cup cold unsalted butter, cubed
- ¼ cup ice water

For the Filling:

- 1 (14.5 oz) can tart cherries, drained (reserve ¼ cup juice)
- 2 tbsp cornstarch
- ¼ cup granulated sugar (or sweetener to taste)
- ½ tsp almond extract (optional)
- ¼ tsp cinnamon (optional)
- Cooking spray

Prep. time: 15 min

Cook time: 15-20 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, mix flour and salt. Cut in butter until crumbly. Gradually add ice water, mixing until dough forms. Shape into a disc, wrap, and chill for 10 minutes.
 - ❖ In a saucepan, whisk reserved cherry juice with cornstarch until smooth. Add sugar, vanilla, and cinnamon. Cook on medium, stirring, until thickened. Stir in cherries, then let cool.
 - ❖ Preheat air fryer to 375°F (190°C). Roll out the chilled dough and divide it into four. Press into greased ramekins. Fill with cherry mixture.
 - ❖ Leave open or cover with dough circles. Crimp edges and cut small vents. Lightly spray the crust. Air fry for 15–18 minutes until golden.
 - ❖ Let cool slightly before enjoying!
- ✓ **Tip:** Perfect with a scoop of vanilla ice cream or whipped cream!

Nutritional Information: Calories:200; Protein: 25g; Carbohydrates: 7g; Fats: 12g; Fiber: 1g; Cholesterol: 50mg; Sodium: 300mg; Potassium: 300mg

Traditional Flavor Combinations

Welcome to a game-changing section of this cookbook! Flavor combinations are the key to creating unforgettable meals. With just a few tweaks in seasonings, sauces, and ingredients, you can completely transform a dish, turning simple meals into gourmet experiences.

This guide will help you:

- ✓ **Master the art of seasoning** – Which spices work best together?
- ✓ **Pair meats, sides, and sauces** – What flavors naturally complement each other?
- ✓ **Create "new" flavors** – How small ingredient swaps can elevate your dish!

The Art of Flavor Pairing: How to Combine Spices & Ingredients Like a Pro

The right combination of spices and flavors can take your dish from average to outstanding. Here's how to build layers of flavor in your cooking:

- ✓ **Start with a Base Flavor** – The main ingredient (chicken, beef, veggies, etc.)
 - ✓ **Add Supporting Spices** – These enhance the dish without overpowering.
 - ✓ **Include a "Surprise" Element** – A small twist that makes it special!
- **Pro Tip:** Want to make your air-fried dishes taste even better? Try blending opposite flavor profiles (sweet & spicy, tangy & savory) for a more exciting taste experience.

How to Create "New" Flavors by Tweaking Just a Few Ingredients

Even a small adjustment can lead to a completely new flavor experience! Here's how swapping a few ingredients can completely transform your dish:

Dish	Classic Flavor	Try This for a Twist!
French Fries	Salt & Black Pepper	Add lemon zest for freshness
Grilled Chicken	Garlic & Paprika	Swap paprika for smoked paprika for a deeper flavor
Roasted Vegetables	Olive Oil & Sea Salt	Add cinnamon & honey for a Moroccan-style dish
Fish Fillet	Lemon & Dill	Swap lemon for orange zest for a citrusy twist
BBQ Ribs	Brown Sugar & Chili	Add cocoa powder for a richer, smokier taste
Mashed Potatoes	Butter & Cream	Stir in roasted garlic & parmesan for extra umami

- **Pro Tip:** Add a pinch of cinnamon to tomato-based sauces, enhancing the natural sweetness!

Flavor Pairing Cheat Sheet: Meat, Spices, Sides & Sauces

This ultimate flavor combination table will help you match meats, seasonings, sides, and sauces for perfectly balanced meals!

Protein	Best Spices & Herbs	Ideal Side Dishes	Perfect Sauce Pairings
Chicken	Garlic, thyme, smoked paprika, lemon zest	Roasted potatoes, grilled asparagus	Honey mustard, garlic aioli
Beef	Black pepper, rosemary, cumin, onion powder	Mashed potatoes, grilled mushrooms	Red wine sauce, chimichurri
Pork	Sage, fennel, brown sugar, mustard powder	Apple slaw, roasted sweet potatoes	BBQ sauce, apple cider glaze
Lamb	Mint, coriander, garlic, oregano	Roasted carrots, couscous	Tzatziki, balsamic reduction
Fish	Dill, lemon zest, Old Bay seasoning, parsley	Rice pilaf, steamed vegetables	Lemon butter sauce, tartar sauce
Seafood	Cayenne, garlic, paprika, oregano	Coleslaw, grilled corn	Remoulade, spicy mayo
Vegetables	Italian seasoning, chili flakes, cumin	Quinoa, roasted chickpeas	Pesto, balsamic glaze

- **Pro Tip:** To make flavors pop, add a splash of acidic elements (lemon juice, vinegar, or wine) just before serving!
- **Pro Tip:** Toast your spices in a dry pan for 30 seconds before seasoning to bring out deeper flavors!

Advanced Flavor Pairing: The Science of Taste

Each dish has 5 basic taste elements:

- ✓ **Sweet** – Honey, maple syrup, coconut milk
 - ✓ **Salty** – Sea salt, soy sauce, miso
 - ✓ **Sour** – Lemon, vinegar, yogurt
 - ✓ **Bitter** – Dark chocolate, coffee, kale
 - ✓ **Umami (Savory)** – Parmesan, mushrooms, Worcestershire
- **Pro Tip:** Balance flavors by combining different taste elements:
- ✓ **Sweet + Salty** → Chocolate-covered pretzels
 - ✓ **Sour + Sweet** → Honey-lime glaze
 - ✓ **Umami + Bitter** → Parmesan kale chips

Final Takeaways: How to Master Flavor Like a Chef!

- ✓ **Layer flavors strategically** – Combine spices, acids, and fats for depth.
 - ✓ **Use the flavor cheat sheet** – The right spice & sauce pairings make all the difference!
 - ✓ **Experiment with ingredient swaps** – Small changes create bold new flavors.
 - ✓ **Balance all 5 taste elements** – Sweet, salty, sour, bitter, and umami work together to create unforgettable meals.
- With over **3000 flavor combinations** at your fingertips, you'll never run out of inspiration in the kitchen!

Conclusion.

Your Air Frying Journey Starts Here!

As you reach the end of this cookbook, I hope you feel excited, inspired, and ready to start your journey into the world of air frying. Whether making quick weeknight meals, experimenting with new flavors, or recreating traditional family recipes, your air fryer is now your ultimate kitchen companion!

Cooking should never feel like a chore—it's about creativity, joy, and sharing moments with loved ones. Don't be afraid to experiment, adjust flavors to your taste, and try new combinations. Some of the best dishes come from unexpected twists and happy accidents!

- **Remember:** The beauty of cooking lies not just in the recipes, but in the experiences and memories you create along the way.

Keep Exploring & Keep Cooking!

- ✓ **Try new ingredients** – Switch up spices, explore different cuisines, and discover **unexpected flavor pairings**.
- ✓ **Make recipes your own** – Feel free to tweak cooking times, swap seasonings, or mix and match sauces.
- ✓ **Cook with family & friends** – Food is always better when shared! Involve your loved ones and make cooking an event.

Your air fryer is more than just an appliance—it's your gateway to endless delicious possibilities.

Bonus Gift for You:

As a special thank-you, you'll get access to exclusive downloads:

"30 Must-Have Sauces for Every Kitchen" — your go-to flavor booster

These bonuses are available in digital format for easy viewing or download anytime, anywhere.



Bonus Section: Quick Reference Tables & Cheat Sheets

Best & Worst Foods for Air Frying

Best Foods to Cook in an Air Fryer

These foods come out crispy, juicy, and delicious!

- ✓ Chicken wings & nuggets
- ✓ French fries & potato wedges
- ✓ Breaded seafood (shrimp, fish sticks)
- ✓ Roasted vegetables
- ✓ Bacon & sausage
- ✓ Homemade pizza
- ✓ Mozzarella sticks

➤ **Pro Tip:** To make your food even crispier, lightly coat food in oil and breadcrumbs before air frying!

⊗ Foods to Avoid in the Air Fryer

Certain foods aren't well-suited for the air fryer!

- ✗ **Wet-battered foods** (like beer-battered fish) – The batter won't set properly.
- ✗ **Cheese-heavy foods** (like grilled cheese) – Cheese melts into the basket and creates a mess.
- ✗ **Leafy greens (kale, spinach)** – They fly around and burn.
- ✗ **Large roasts** – Air fryers work best with smaller cuts of meat.

➤ **Pro Tip:** Want crispy fried chicken? Use panko breadcrumbs instead of wet batter!

Universal Spice Blends to Keep in Your Kitchen

- ✓ **Italian Blend:** Basil + Oregano + Thyme + Garlic Powder
- ✓ **Mexican Blend:** Cumin + Paprika + Chili Powder + Oregano
- ✓ **BBQ Blend:** Smoked Paprika + Brown Sugar + Mustard Powder
- ✓ **Cajun Blend:** Garlic Powder + Cayenne + Thyme + Black Pepper
- ✓ **Indian Blend:** Turmeric + Cumin + Coriander + Garam Masala

➤ **Pro Tip:** Mix your spice blends at home for fresher, more intense flavors!

Your Go-To Guide for Effortless Air Frying!

As a special bonus, this section includes quick-reference tables with essential air fryer cooking times, the best foods to cook (and which to avoid), and a handy spice pairing guide. Keep this section bookmarked for easy access whenever you need it!

Air Fryer Temperature & Time Chart

Meat & Poultry

Food	Temperature	Time	Flip/Shake?
Chicken Breast	375°F (190°C)	18-22 min	Yes, halfway
Chicken Wings	380°F (193°C)	25-30 min	Yes, halfway
Chicken Thighs	375°F (190°C)	20-25 min	Yes, halfway
Whole Chicken	360°F (182°C)	60 min	Yes, halfway
Pork Chops	400°F (200°C)	12-15 min	Yes, halfway
Steak (Medium)	400°F (200°C)	8-12 min	Yes, halfway
Meatballs	375°F (190°C)	10-15 min	Shake basket

Fish & Seafood

Food	Temperature	Time	Flip?
Salmon Fillet	375°F (190°C)	10-12 min	No
Shrimp	375°F (190°C)	8-10 min	Shake basket
Tilapia	400°F (200°C)	10 min	No
Scallops	400°F (200°C)	6-8 min	No

➤ **Pro Tip:** Always shake the basket or flip food halfway through cooking for even browning and crispiness!

Bonus Gift for You:

As a special thank-you, you'll get access to exclusive downloads:

"Air Fryer Cooking Guide" — packed with cooking charts, conversions, and tips

These bonuses are available in digital format for easy viewing or download anytime, anywhere.



UPDATED VOLUME MEASUREMENT CONVERSION CHART

(Including additional precise conversions for accurate cooking)

U.S. Measurement	Metric Equivalent	Common Uses
1/8 teaspoon	0.6 mL	Very small spice/liquid measurements
1/4 teaspoon	1.25 mL	Spices, small amounts of liquids
1/2 teaspoon	2.5 mL	Seasonings, small liquid amounts
1 teaspoon (tsp)	5 mL	Cooking oil, sauces, extracts
1/2 tablespoon	7.5 mL	Half a tablespoon, for precise baking
1 tablespoon (tbsp)	15 mL	Sauces, dressings, liquid measures
1 fluid ounce (fl oz)	30 mL	Juices, broth, small portioned liquids
1/4 cup	60 mL	Measuring smaller amounts of liquid
1/3 cup	80 mL	Measuring small batter portions
1/2 cup	120 mL	Soups, sauces, wet ingredients
2/3 cup	160 mL	Baking, liquid recipes
3/4 cup	180 mL	Measuring liquids for cooking
1 cup	240 mL	Standard for most liquid measurements
1 1/2 cups	360 mL	Common baking and cooking measures
2 cups (1 pint)	475 mL	Standard for dairy, soups
1 quart (qt)	960 mL	Used for larger liquid portions
1 gallon (gal)	3.8 L	Used for bulk liquids (water, milk)

OVEN TEMPERATURE CONVERSION CHART

Fahrenheit (°F)	Celsius (°C)	Oven Setting	Common Uses
200°F	93°C	Very Low	Warming, drying foods
250°F	121°C	Very Low	Slow cooking, dehydrating
275°F	135°C	Low	Slow roasting
300°F	149°C	Low	Baking delicate cakes
325°F	163°C	Moderate	Baking cookies, pies
350°F	177°C	Moderate	General baking (cakes, muffins)
375°F	190°C	Moderate	Roasting vegetables, meats
400°F	204°C	Moderate-High	Baking breads, pizzas
425°F	218°C	High	Crisping, roasting
450°F	232°C	High	Broiling meats, quick baking
475°F	246°C	Very High	Pizza baking, charring
500°F	260°C	Very High	Extreme high-heat roasting

Bonus: Pro Tips & Cooking Hacks!

Welcome to the ultimate cheat sheet for elevating your air fryer cooking! Whether you're looking to season your food like a pro, craft delicious homemade sauces, or replicate restaurant-quality flavors at home, these insider tips and tricks will take your meals to the next level.

Mastering the Art of Seasoning: How to Properly Flavor Your Food.

Seasoning is the secret to mouthwatering food! In the air fryer, where oil use is minimal, proper seasoning is essential to bring out bold, delicious flavors.

Understanding Seasonings & How They Work

- ✓ **Salt Enhances Flavor** – A small amount of kosher or sea salt enhances the flavor of any dish.
- ✓ **Acidity Brightens Dishes** – A small amount of lemon juice, vinegar, or lime zest can enhance flavors.
- ✓ **Sweet Balances Heat** – A hint of honey or maple syrup balances spicy dishes.
- ✓ **Umami Adds Depth** – Soy sauce, miso, mushrooms, or Worcestershire sauce boosts savoriness.
- **Pro Tip:** Seasoning food before and after cooking enhances flavor, making every bite more delicious.

The Best Homemade Sauces for Air Fryer Dishes

No great meal is complete without a perfect sauce! These quick & easy homemade sauces will complement your air-fried dishes beautifully.

Classic Garlic Aioli (Perfect for Fries & Burgers)

- ✓ ½ cup mayonnaise
- ✓ 2 cloves garlic (minced)
- ✓ 1 tsp lemon juice
- ✓ ½ tsp salt
- ✓ ¼ tsp black pepper

Mix everything & let sit for 10 minutes for the best flavor!

Zesty Honey Mustard (Great for Chicken & Veggies)

- ✓ ¼ cup Dijon mustard
- ✓ 2 tbsp honey
- ✓ 1 tbsp apple cider vinegar
- ✓ ¼ tsp cayenne pepper (optional)

Whisk together until smooth – drizzle over air-fried meats or use as a dipping sauce!

Spicy Buffalo Sauce (The Ultimate Wing Sauce)

- ✓ ¼ cup hot sauce (like Frank's Red Hot)
- ✓ 2 tbsp melted butter
- ✓ ½ tsp garlic powder

- ✓ ½ tsp Worcestershire sauce

Heat ingredients together for 1-2 minutes – toss with freshly air-fried wings!

Pro Tip: Want a thicker sauce? Add a ½ tsp of cornstarch mixed with water to thicken it up!

How to Achieve Restaurant-Quality Results at Home

Have you ever wondered why restaurant food tastes so much better? Here are simple techniques chefs use to make their meals irresistible!

Layer Your Flavors

- ✓ Season food before cooking, after cooking, and in between for a deeper taste.
- ✓ Use a mix of dry spices, marinades, and finishing salts to add complexity.
- ✓ Always add fresh herbs at the end for a burst of flavor.

Use Butter (or an Alternative) for Extra Richness

- ✓ Brush melted butter or ghee on proteins like chicken or steak for a golden, juicy finish.
- ✓ Drizzle truffle oil or garlic-infused olive oil over fries and veggies after cooking.
- **Pro Tip:** Sprinkling parmesan cheese & herbs over fries right after cooking locks in flavor!

Play with Texture for More Enjoyable Bites

- ✓ Add crushed nuts, crispy onions, or toasted breadcrumbs to enhance crunch.
- ✓ Lightly coat meats with panko before air frying for an extra crispy crust.
- ✓ Toss veggies in a mix of olive oil & cornstarch for perfect restaurant-style crispness.
- **Pro Tip:** For extra-crispy fries, soak them in cold water for 30 minutes before air frying!

Finish with an Extra Touch of Flavor

- ✓ A squeeze of fresh lemon or lime brightens up air-fried fish & veggies.
- ✓ A sprinkle of flaky sea salt on fries & meats enhances natural flavors.
- ✓ A drizzle of balsamic glaze or honey can add depth to roasted vegetables.
- **Pro Tip:** Don't underestimate garnishes! Fresh herbs, citrus zest, or sesame seeds take a dish from good to gourmet.

Final Takeaways: Pro-Level Cooking in Your Air Fryer!

- ✓ **Use sauces to elevate dishes** – Try aioli, honey mustard, or buffalo sauce!
- ✓ **Finish like a chef** – A drizzle of oil, a squeeze of lemon, or fresh herbs makes all the difference.
- ✓ Use the temperature & time chart – No more guessing cooking times!
- ✓ Stick to air fryer-friendly foods – Crispy, delicious results every time.
- ✓ Experiment & have fun! – Cooking is an adventure—try new flavors and techniques!

With these pro tips & tricks, your air-fried meals will taste like they came from a five-star restaurant—right in your kitchen! **Happy air frying!**

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A Final Note

Cooking is more than just making meals—it's an act of love, a way to unite people, and a tradition connecting generations. Every time you prepare a dish, you create something more than just food — warmth, comfort, and moments that turn into memories.

As you close this book, I hope you feel inspired to keep exploring, keep experimenting, and most of all—keep enjoying the process of cooking. Whether it's a quick weekday dinner, a holiday meal, or a spontaneous craving, I hope your air fryer becomes your trusted kitchen companion.

But this is just the beginning.

There are still so many flavors to explore, techniques to master, and new recipes to try. This book is just the first step in a journey we'll continue together. I'm already working on new cookbooks filled with even more delicious, easy-to-make meals.

- Want to be the first to know about my next book?

Be sure to check back on Amazon for new releases! Your continued support means everything to me, and I can't wait to share what's next.

- If you enjoyed this book, please consider leaving a review on Amazon.

Your feedback helps others discover this cookbook and allows me to keep creating recipes that make your life in the kitchen easier and more enjoyable.

Thank you for allowing me to be a small part of your kitchen and cooking journey. May your meals always be delicious, your air fryer always be ready, and your table always be filled with laughter and love.

Happy cooking, and see you in my next book!

Leonora Key