
The Ultimate

AIR FRYER COOKBOOK

for BEGINNERS

2000+ Days of Quick, Healthy, and Delicious Recipes. Step-by-Step Guides to Master Frying, Grilling, Baking, and More

Kid-Friendly Recipes Included

Kristen Bowen

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Readers are encouraged to use their discretion and consult a professional if they have any dietary restrictions, allergies, or medical conditions before trying any recipes. Always adhere to safety guidelines and manufacturer instructions while using kitchen equipment, including air fryers.



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INTRODUCTION

Welcome to the Air Fryer Cookbook for Beginners! Whether you're new to cooking or looking to explore the delightful world of air frying, this book is your ultimate guide to quickly making delicious, healthier meals.

The air fryer has revolutionized how we cook, allowing us to enjoy our favorite fried foods with significantly less oil and fewer calories. With its ability to create crispy textures and rich flavors, the air fryer has quickly become a staple in kitchens worldwide. Its versatility means you can prepare a wide range of dishes—from breakfast staples and savory appetizers to hearty main courses and mouthwatering desserts—all in one appliance!

In this book, you'll find a curated collection of recipes that are easy to follow and perfect for busy lifestyles. Each recipe has been crafted with beginners in mind, featuring clear instructions, cooking tips, and helpful insights to ensure your success in the kitchen. You'll discover how to make everything from crispy bacon and fluffy pancakes to succulent chicken and delightful desserts, all while mastering the air fryer's unique capabilities.

In addition to delicious recipes, this cookbook provides essential information to help you get started with your air fryer. You'll learn about various types of air fryers, how they work, and the must-have accessories that will enhance your cooking experience. Tips on stocking your kitchen with essential ingredients and standard cooking techniques will empower you to experiment and create your culinary masterpieces.

We encourage you to embrace the creativity that comes with cooking. Use these recipes as a foundation and modify them according to your taste preferences or dietary needs. Cooking is about exploration, and the air fryer offers an incredible opportunity to try new flavors and techniques while still enjoying the comfort of home-cooked meals.

Thank you for choosing this cookbook as your companion on your air-frying journey. Let's ignite your culinary passion and transform your kitchen experience with the fantastic possibilities of the air fryer!

Happy cooking!

Kristen Bowen

Getting Started with Your

Air Fryer

What is an Air Fryer?

An air fryer is a compact kitchen appliance that simulates deep frying through convection cooking. Unlike traditional frying methods that require substantial amounts of hot oil, air fryers circulate hot air around the food, achieving a crispy exterior while retaining moisture. This technology allows users to prepare various dishes, from crispy french fries to succulent chicken wings, all with significantly less fat. The appeal of the air fryer lies in its ability to deliver fried flavors and textures with a streamlined cooking process and healthier outcomes.

Tips:

Choose the Right Size: Air fryers come in various capacities, from personal-sized devices to larger models suitable for families. Selecting an appropriate size ensures you can prepare meals efficiently.

Explore the Features: Some models have additional functions like baking, roasting, or dehydrating, offering versatility beyond air frying.

How Does an Air Fryer Work?

The air fryer operates on the principles of convection cooking. At its core, it includes a powerful heating element that generates heat and a fan that circulates this hot air around the food. This process cooks the food quickly and evenly, promoting the Maillard reaction, which gives food its golden-brown color and crispy texture. The hot air envelops the food, ensuring that even pieces are cooked thoroughly while eliminating the need for excessive oils.

Tips:

Preheat the Air Fryer: Just like an oven, preheating your air fryer can help achieve better results. Generally, preheating for 3-5 minutes is sufficient.

Avoid Overcrowding: To ensure optimal air circulation, do not cram too much food into the basket at once. This ensures even cooking and crispiness.

Types of Air Fryers

There are several types of air fryers available, each catering to different cooking preferences and needs:

- *Basket Air Fryers* are the most common and typically feature a pull-out basket. They are compact and easy to use, making them ideal for small kitchens.
- *Oven-Style Air Fryers:* Larger and resembling traditional ovens, these appliances usually have multiple racks. They can handle more food and are suitable for larger families or meal prepping.
- *Toaster Oven Air Fryers:* These multifunctional devices combine the capabilities of a toaster oven with an air fryer, which is suitable for various cooking tasks beyond frying.
- *Air Fryer Pressure Cookers:* Combining pressure cooking with air frying, these appliances can cook dishes quickly while giving them that crispy finish.

Tips:

Consider Your Cooking Style: Choose a model based on whether you often cook for larger groups,

prefer quick meals, or want multifunctionality.

Essential Air Fryer Accessories

To get the most out of your air fryer, consider investing in accessories that enhance its functionality:

- *Silicone Mats:* These mats provide a non-stick surface, making cleanup easier and allowing for better airflow around the food.
- *Cooking Basket Liners:* Parchment or silicone liners keep food from sticking and simplify post-cooking cleanup.
- *Baking Pans:* Ideal for cakes, quiches, or casseroles, ensure they are compatible with your air fryer's basket.
- *Accessory Sets:* Many manufacturers offer accessory kits that include skewers, grilling racks, and more to expand your cooking options.

Tips:

Choose Quality Materials: Look for heat-resistant and dishwasher-safe accessories for convenience and durability.

Key Safety Precautions

Safety is paramount when using kitchen appliances. Here are several precautions to keep in mind:

- *Read the User Manual:* Always familiarize yourself with the manufacturer's instructions before use.
- *Use Oven Mitts:* Air fryer components can become hot, so protect your hands when handling the basket or pan.
- *Avoid Water:* Do not pour water into the cooking compartment; it can damage the unit and create a fire hazard.
- *Unplugging:* Always unplug the air fryer when not in use to prevent accidents.

Tips:

Have a Fire Extinguisher Handy: As a general safety measure in the kitchen, it's advisable to keep a fire extinguisher accessible.

Cleaning and Maintenance Tips

Regular Cleaning and maintenance will prolong the life of your air fryer and enhance its performance:

- *After Each Use:* Allow the appliance to cool before wiping down the exterior and removing the basket and tray for Cleaning.
- *Dishwasher Safe Parts:* Many air fryer parts are dishwasher safe. Check your manual to confirm what can be washed in the dishwasher.
- *Deep Cleaning Monthly:* Perform a deep clean by scrubbing the heating element and food catches with a soft cloth or sponge once a month. Avoid using abrasive cleaners that can scratch non-stick surfaces.
- *Check the Air Inlet and Outlet:* Ensure no grease is blocking the air vents, which can affect airflow and cooking performance. Use a soft brush or damp cloth to clean any build-up.

Tips:

Use Baking Soda: For tough stains or built-up grease, make a paste of baking soda and water, apply it to the affected areas, and let it sit before wiping it clean.

Inspect Regularly: Check for any wear and tear on cords or components to ensure safe operation.

Troubleshooting Common Issues

Even with the best practices, you might need help using your air fryer. Here's how to troubleshoot common problems:

- *Food Not Cooking Properly:* This may be due to incorrect temperature settings. Double-check to ensure you're using the right temperature and time for your specific food.
- *Smoke Emitting During Cooking:* This could indicate excess oil or food residues in the basket. Always clean the basket thoroughly or reduce the oil you use.
- *Food Sticking to the Basket:* If food frequently sticks, try preheating the air fryer or using a light oil spray. Additionally, consider using parchment liners for delicate items.
- *Unpleasant Odors:* If you notice any strange smells, clean the unit thoroughly. Residual food or grease can cause unwanted odors during cooking.

Tips:

Keep a Cooking Journal: Documenting your cooking times, temperatures, and observations can help resolve issues and improve your air frying skills.

Mastering Air Fryer Settings **and Techniques**

Overview of Temperature Settings and Timers

Understanding temperature settings and timers is key to mastering your air fryer. Different foods have varied ideal temperatures for optimal cooking:

- *Frozen Foods:* Typically require a temperature of around 375°F (190°C) for 12-15 minutes.
- *Vegetables:* A good starting point is 375°F for 10-20 minutes, depending on the type and size of the veggies.
- *Proteins:* For chicken, fish, and pork, a familiar setting is 400°F (200°C) for about 15-25 minutes, ensuring the internal temperatures reach safe cooking levels.

Tips:

Use a Meat Thermometer: A meat thermometer accurately checks doneness, especially with meats, and it can also check for safe internal temperatures (e.g., 165°F for chicken).

Converting Traditional Recipes

Converting traditional recipes for use with an air fryer is straightforward and allows you to enjoy classic flavors with less fat:

- *Frying to Air Frying:* If a recipe requires frying, reduce the oil drastically—most air fryer recipes use 1-2 tablespoons of oil or none.
- *Baking Adjustments:* For baked goods like muffins or brownies, lower the cooking temperature by about 25°F and check for doneness sooner than the original recipe suggests.
- *Cooking Times:* Start with a 20-25% reduction in cooking time compared to traditional methods, as air fryers cook faster.

Tips:

Experiment with Small Batches: Try converting your favorite recipes into small batches to get comfortable with timing and adjustments.

Time and Temperature Adjustments

Understanding how to adjust time and temperature is vital for air frying success. Here are some general guidelines:

- *Decrease Cooking Time:* If a dish is browning too quickly, reduce the time by a few minutes or lower the temperature slightly.
- *Cooking Multiple Items:* If cooking different types of food together, place those with longer cooking times on the bottom and those with shorter times on top. Just keep an eye on them as they require different cooking intervals.
- *High vs. Low Temps:* Use higher temperatures (up to 400°F) for foods that need crispiness, like fries or chicken wings, and lower temperatures for more delicate items, like fish or baked goods.

Tips:

Monitor Closely: The first few times you cook a new dish, check it periodically to prevent drying out or burning.

Strategies for Even Cooking

Achieving even results can sometimes take time and effort. Here are effective strategies:

- *Arrange Food in a Single Layer:* This efficient technique ensures that your food is evenly cooked, as it allows the hot air to circulate around each piece. It's a simple yet effective way to maximize airflow and achieve perfect results.
- *Shake the Basket:* Halfway through cooking, pause the air fryer and shake the basket or turn the Food to ensure all sides cook evenly.
- *Use the Right Accessories:* Use racks or skewers that enable better airflow around the Food to promote even cooking.

Tips:

Preheat for Best Results: This preparatory step is key to maintaining the desired temperature from the start, ensuring more even cooking. By preheating your air fryer, you're setting yourself up for success and cooking with confidence.

Common Mistakes to Avoid

Understanding common pitfalls can significantly enhance your experience with the air fryer. Here are mistakes to watch out for:

- *Neglecting Preheating:* Skipping preheating can lead to uneven cooking and longer cooking times. Always preheat unless the recipe specifies otherwise, such as for some baked goods or certain vegetables.
- *Using the Right Oils:* Not all oils are created equal when it comes to air frying. By choosing oils with a high smoke point, like avocado or canola oil, you're empowering yourself to create delicious, crispy dishes. Avoid oils with low smoke points, like butter, to ensure the best results.
- *Ignoring Cooking Times:* Each air fryer is different. Follow the recommended cooking times in recipes or adjust as necessary for your specific model.
- *Overcrowding the Basket:* Filling the basket can trap steam and reduce the air fryer's efficiency, resulting in soggy Food.
- *Not Using Enough Oil:* Although air fryers require less oil, omitting it entirely may lead to a less flavorful or dry dish. A light coat can help achieve that crispy texture.

Tips:

Read Reviews and User Feedback: Checking comments or reviews from other users on recipes can provide valuable insights into timing and preparation.

Stocking Your Kitchen

Essential Ingredients

Having the right ingredients on hand is crucial for effortless cooking. Here's a list of essential items for your air fryer:

- *Proteins:* Chicken breasts, thighs, fish fillets, shrimp, and tofu are not just versatile, they're a canvas for your culinary creativity. Marinated or battered, these proteins work beautifully in an air fryer, allowing you to experiment with different flavors and textures.
- *Frozen Items:* Keep a variety of frozen vegetables, fries, and pre-cooked items (like taquitos or chicken nuggets) ready for quick, convenient meals. Having these items on hand ensures you're always prepared for a delicious, hassle-free meal.
- *Fresh Produce:* Stock up on fresh vegetables (like zucchini, bell peppers, and Brussels sprouts) and fruits (such as apples and bananas) for healthier, quick snacks.
- *Baking Ingredients:* If you enjoy baking, flour, sugar, baking powder, and eggs are handy for sweet or savory baked goods.

Tips:

Opt for Seasonal Produce: This enhances flavor and can be more cost-effective.

Recommended Seasonings and Herbs

Seasonings can elevate your air-fried dishes, impacting flavor dramatically. Here are recommendations:

- *Salt and Pepper:* Essential for every dish; they enhance the natural flavors of your ingredients.
- *Garlic and Onion Powder:* These versatile seasonings add depth to meats and vegetables.
- *Paprika and Cayenne Pepper:* For a subtle heat and smoky flavor, eliminating the need for excess oils.
- *Dried Herbs:* Oregano, basil, and thyme can infuse a fresh taste into your air-fried creations.
- *Marinades and Sauces:* Experiment with your favorite sauces, like teriyaki or barbecue, to add complexity to proteins.

Tips:

Create Your Seasoning Blends: Mix different spices and herbs to create personalized blends tailored to your taste preferences.

Suggested Pantry Staples

A well-stocked pantry makes meal preparation much more straightforward. Here's a list of items that pair perfectly with your air fryer:

- *Oils:* Keep olive, avocado, and spray oil on hand for frying and salad dressings.
- *Flour:* Useful for creating coatings and batters. Consider gluten-free alternatives if needed.
- *Breadcrumbs:* Ideal for breading proteins and veggies, adding crunch to your dishes.
- *Canned Goods:* Beans, tomatoes, and coconut milk can be the basis for stews, sauces, and quick meals.
- *Pasta and Rice:* These staples can complement air-fried dishes and serve as a meal base.

Tips:

Organize Your Pantry: Keep your essentials organized and label them. A well-organized pantry not only simplifies the cooking process but also gives you a sense of control and efficiency, minimizing waste and making meal preparation a breeze.

Conclusion

Embarking on your air fryer journey opens the door to countless culinary possibilities. By understanding how to use and maintain your air fryer effectively, mastering cooking techniques, and stocking your kitchen wisely, you'll find that cooking becomes a more enjoyable and efficient experience. This guide serves as your foundation for delicious and healthier meals. Dive in, experiment with flavors, and let your creativity shine as you explore the endless recipes and techniques the air fryer offers! Enjoy your cooking adventure!

CHAPTER ①

BREAKFAST

CRISPY AIR FRYER BACON



INGREDIENTS:

- Eight slices bacon (regular or thick-cut)
- Optional: black pepper, garlic powder (1/4 tsp), maple syrup (1 tsp)



Total time: 15-20 mins



Servings: 4

INSTRUCTIONS:

- 1.Preheat Air Fryer: Preheat the air fryer to 400°F (200°C) for 5 minutes.
 - 2.Prepare Bacon: Lay bacon in a single layer in the basket. Sprinkle optional seasonings on top.
 - 3.Air Fry: Cook at 400°F (200°C) for 10 minutes. Check at 5 minutes; flip if desired for even cooking.
 - 4.Adjust Time: Cook an additional 2-5 minutes for crispiness.
 - 5.Drain: Transfer bacon to a paper towel-lined plate.
 - 6.Serve: Drizzle with maple syrup if using. Serve warm.
- Nutrition: ~170 calories (2 slices)

AIR FRYER BREAKFAST BURRITOS



INGREDIENTS:

- Four large flour tortillas
- Four large eggs
- 1 cup cooked sausage (or omit for vegetarians)
- 1 cup shredded cheese
- 1/2 cup diced bell peppers
- Optional: onions, salt, pepper, cumin, garlic powder
- Cooking spray/olive oil



Total time: 20-25 mins



Servings: 4

INSTRUCTIONS:

- 1.Make Filling: Scramble whisked eggs with seasonings in a skillet.
 - 2.Combine: Mix eggs, sausage, cheese, and peppers in a bowl.
 - 3.Assemble Burritos: Fill tortillas and roll tightly.
 - 4.Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
 - 5.Air Fry: Grease basket, place burritos seam-side down, and cook for 8-10 minutes, turning halfway.
 - 6.Serve: Slice in half and serve with salsa or avocado.
- Nutrition: ~340 calories (1 burrito)

FLUFFY AIR FRYER PANCAKES



INGREDIENTS:

- 1 cup all-purpose flour (or whole wheat)
- 2 tbsp sugar (or a substitute)
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup milk (dairy or non-dairy)
- One large egg
- 2 tbsp melted butter (or oil)
- Optional: vanilla extract



Total time: 18-20 mins



Servings: 4 (~8 pancakes)

INSTRUCTIONS:

1. Mix Batter: Combine dry ingredients. Mix wet ingredients separately and combine.
 2. Preheat Air Fryer: Set to 320°F (160°C) for 5 minutes.
 3. Prepare Pan: Grease a baking dish and pour half the batter.
 4. Air Fry: Cook for 8-10 minutes until golden; check with a toothpick.
 5. Repeat: Cook the remaining batter.
 6. Serve: Stack pancakes and add toppings.
- Nutrition: ~180 calories (2 pancakes)

GOLDEN AIR FRYER FRENCH TOAST STICKS



INGREDIENTS:

- Six slices whole grain bread
- Two large eggs
- 1/2 cup milk (dairy or non-dairy)
- 1 tsp vanilla extract (optional)
- 1 tsp ground cinnamon
- 1 tbsp maple syrup (optional)
- Pinch of salt
- Cooking spray/butter for greasing



Total time: 18-20 mins



Servings: 4 (about 12 sticks)

INSTRUCTIONS:

1. Prepare Batter: Whisk eggs, milk, vanilla, cinnamon, maple syrup, and salt until smooth.
 2. Cut Bread: Slice bread into 1-inch strips.
 3. Coat Bread: Dip strips into the egg mixture, allowing excess to drip off.
 4. Preheat Fryer: Heat air fryer to 320°F (160°C) for 3-5 minutes.
 5. Prepare Basket: Grease the basket lightly.
 6. Air Fry: Place sticks in a single layer; cook for 8-10 minutes, flipping halfway, until golden.
 7. Serve: Enjoy warm with your favorite toppings.
- Nutrition: ~150 calories (3 sticks)

AIR FRYER SPINACH AND FETA OMELET



INGREDIENTS:

- Four large eggs
- 1/4 cup milk (dairy or non-dairy)
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese
- 1 tbsp olive oil (or cooking spray)
- Salt, pepper, and optional spices



Total time: 15-17 mins



Servings: 2

INSTRUCTIONS:

- 1.Egg Mixture: Whisk eggs, milk, salt, pepper, and spices in a bowl.
 - 2.Add Veggies: Fold in spinach and feta.
 - 3.Preheat Fryer: Heat to 300°F (150°C) for 3 minutes.
 - 4.Prepare Dish: Grease a small baking dish.
 - 5.Cook Omelet: Pour mixture into the dish; air fry at 300°F (150°C) for 10-12 minutes until set.
 - 6.Serve: Let cool slightly, slice, and serve.
- Nutrition: ~210 calories (per serving)

SWEET POTATO HASH IN THE AIR FRYER



INGREDIENTS:

- Two medium sweet potatoes, diced
- One small onion, diced
- One bell pepper, diced
- 2 tbsp olive oil
- Two cloves garlic, minced
- 1 tsp smoked paprika (optional)
- Salt, pepper, and optional herbs



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

- 1.Prepare Veggies: Dice sweet potatoes, onion, bell pepper; mince garlic.
 - 2.Combine & Season: Mix veggies with oil, smoked paprika, salt, and pepper in a bowl.
 - 3.Preheat Fryer: Heat to 400°F (200°C) for about 3 minutes.
 - 4.Cook Hash: Grease the basket; spread the mixture evenly over the layer. Air fry for 15-20 minutes, shaking halfway.
 - 5.Serve: Remove and enjoy immediately.
- Nutrition: ~180 calories (per serving)

AIR FRYER VEGETABLE FRITTATA



INGREDIENTS:

- Six large eggs
- 1/4 cup milk (dairy or non-dairy)
- 1 cup chopped spinach
- 1/2 cup bell peppers, diced
- 1/2 cup onion, diced
- Optional: tomatoes, zucchini, garlic powder, cheese, olive oil spray



Total time: 25 mins



Servings: 4

INSTRUCTIONS:

- 1.Prepare Veggies: Chop all vegetables small.
 - 2.Whisk Egg Mixture: Combine eggs, milk, garlic powder, salt, and pepper.
 - 3.Combine: Fold in veggies and cheese (if using).
 - 4.Preheat Fryer: Heat to 320°F (160°C) for 3-5 minutes.
 - 5.Grease Basket: Lightly spray the basket.
 - 6.Cook Frittata: Pour mixture into the dish and air fry for 12-15 minutes, until firm.
 - 7.Let Cool & Serve: Cool slightly, slice, and garnish as desired.
- Nutrition: ~150 calories (per serving)

QUICK AIR FRYER CHORIZO AND EGG CUPS



INGREDIENTS:

- Four large eggs
- 1 cup cooked chorizo, crumbled
- 1/4 cup bell peppers, diced
- 1/4 cup onion, diced
- Salt and pepper
- 1/4 cup shredded cheese (optional)
- Olive oil spray



Total time: 20 mins



Servings: 4

INSTRUCTIONS:

- 1.Prepare the muffin tray by spraying silicone cups with oil.
 - 2.Preheat Fryer: Heat to 320°F (160°C) for 3-5 minutes.
 - 3.Mix Ingredients: Combine chorizo, peppers, onion, salt, and pepper.
 - 4.Add Eggs: Mix eggs into the chorizo mixture.
 - 5.Fill Cups: Divide mixture into cups; top with cheese if using.
 - 6.Cook: Air fry cups at 320°F (160°C) for 8-10 minutes.
 - 7.Cool & Serve: Let cool and gently remove from cups.
- Nutrition: ~190 calories (per cup)

CINNAMON SUGAR AIR FRYER DONUTS



INGREDIENTS:

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon (plus extra for coating)
- 1/4 cup sugar
- 1/4 cup Greek yogurt
- One large egg
- 1/2 tsp vanilla extract
- 2 tbsp melted coconut oil

For Coating:

- 1/4 cup sugar
- 1 tsp cinnamon



Total time: 20 mins



Servings: 8 donuts

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 320°F (160°C) for 5 minutes.
 - 2.Combine Dry Ingredients: Mix flour, baking powder, baking soda, salt, cinnamon, and sugar.
 - 3.Mix Wet Ingredients: Blend yogurt, egg, vanilla, and oil.
 - 4.Combine Mixtures: Stir wet into dry ingredients; do not overmix.
 - 5.Shape Donuts: Form dough into tiny donuts using your hands or a mold.
 - 6.Prepare Basket: Spray the basket lightly.
 - 7.Air Fry Donuts: Cook at 320°F (160°C) for 8-10 minutes.
 - 8.Coat Donuts: Roll warm donuts in cinnamon sugar.
- Nutrition: ~100 calories (per donut)

PERFECTLY POACHED EGGS IN THE AIR FRYER



INGREDIENTS:

- Two large eggs
- 1/2 cup water
- Salt and pepper (optional)
- Cooking spray (optional)



Total time: 15-17 mins



Servings: 2 eggs

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 270°F (130°C) for 3 minutes.
 - 2.Prepare the dish: Lightly grease the cups; add 1/2 cup of water.
 - 3.Crack Eggs: Place eggs into the prepared dish.
 - 4.Season: Add salt and pepper if desired.
 - 5.Cook Eggs: Set fryer at 270°F (130°C) for 10-12 minutes.
 - 6.Check Doneness: Whites should be set; yolks cooked as desired.
 - 7.Serve: Scoop eggs onto a plate or toast.
- Nutrition: ~70 calories (per egg)

AIR FRYER BREAKFAST SAUSAGES



INGREDIENTS:

- 12 breakfast sausage links (pork, turkey, chicken, or plant-based)
- 1 tbsp olive oil (optional)
- 1 tsp garlic powder (optional)
- 1 tsp onion powder (optional)
- 1/2 tsp black pepper (optional)
- Salt, to taste



Total time: 15-17 mins



Servings: 4 (12 sausages)

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 - 2.Prepare Sausages: Thaw if frozen; toss with olive oil and seasonings.
 - 3.Arrange in Fryer: Place sausages in a single layer in the basket.
 - 4.Cook: Air fry for 10-12 minutes, shaking or flipping midway.
 - 5.Check Doneness: Ensure internal temp is 160°F (71°C) for pork/turkey and 165°F (74°C) for chicken.
 - 6.Serve: Let rest for a minute before serving.
- Nutrition: ~80 calories (per link)-a healthy and nutritious choice for your breakfast.

CHEESY AIR FRYER EGG MUFFINS



INGREDIENTS:

- Six large eggs
- 1/4 cup milk
- 1/2 cup shredded cheese
- 1/2 cup bell peppers, diced
- 1/4 cup onion, diced
- 1/2 cup spinach, chopped
- Salt, pepper, garlic powder (optional), dried herbs (optional)



Total time: 20-22 mins



Servings: 6 muffins

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 300°F (150°C) for 3-5 minutes.
 - 2.Prepare Muffin Tin: Spray with cooking spray.
 - 3.Mix Egg Base: Whisk eggs, milk, and seasonings.
 - 4.Add Ingredients: Stir in vegetables and cheese.
 - 5.Fill Cups: Pour mixture into muffin cups, 3/4 full.
 - 6.Cook: Air fry for 10-12 minutes until set.
 - 7.Serve: Cool slightly before removal.
- Nutrition: ~90 calories (per muffin)

BREAKFAST QUESADILLAS IN THE AIR FRYER



INGREDIENTS:

- Four tortillas
- Four eggs
- 1/2 cup black beans (optional)
- 1/2 cup shredded cheese
- 1/2 cup bell peppers, diced
- 1/4 cup onion, diced
- Salt and pepper



Total time: 18-20 mins



Servings: 4 quesadillas

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
 - 2.Prepare Filling: Whisk eggs with seasonings; add beans, peppers, and onions.
 - 3.Cook Eggs: Scramble in skillet until set.
 - 4.Assemble Quesadillas: Place filling on tortilla; fold with cheese.
 - 5.Prepare the fryer by spraying the basket with cooking spray.
 - 6.Cook: Air fry for 8-10 minutes, flipping halfway.
 - 7.Serve: Let cool, slice, and serve with avocado or salsa.
- Nutrition: ~200 calories (per quesadilla)

MAPLE-GLAZED AIR FRYER WAFFLES



INGREDIENTS:

- 1 cup flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 1/4 tsp salt
- One large egg
- 1 cup milk
- 2 tbsp melted coconut oil
- 1 tsp vanilla extract
- 1/4 cup maple syrup (for glazing)



Total time: 20-22 mins



Servings: 4 waffles

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
 - 2.Prepare Batter: Mix dry ingredients and wet ingredients separately; combine.
 - 3.Prepare Basket: Grease with cooking spray.
 - 4.Pour Batter: Add 1/2 cup batter for each waffle.
 - 5.Cook: Air fry for 10-12 minutes until golden.
 - 6.Glaze: Drizzle maple syrup over hot waffles.
 - 7.Serve: Top with fruit or nuts if desired.
- Nutrition: ~150 calories (per waffle)

AIR FRYER HEALTHY BANANA OATMEAL COOKIES



INGREDIENTS:

- Two ripe bananas, mashed
- 1 cup rolled oats
- 1/2 cup nut butter
- 1/4 cup honey or maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon (optional)
- 1/4 tsp salt
- 1/4 cup dark chocolate chips (optional)



Total time: 18-20 mins



Servings: 12 cookies

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
 - 2.Mix Batter: Combine bananas, oats, nut butter, honey, vanilla, cinnamon, and salt in a bowl. Fold in chocolate chips if using.
 - 3.Shape Cookies: Drop dollops onto parchment paper and flatten slightly.
 - 4.Prepare Basket: Spray the basket with cooking spray or line it with parchment paper.
 - 5.Air Fry: Cook for 8-10 minutes until golden edges form.
 - 6.Cool & Serve: Let cool on a wire rack before serving.
- Nutrition: ~90 calories (per cookie)

SAVORY AIR FRYER POTATO AND EGG SKILLET



INGREDIENTS:

- Two medium potatoes, diced
- Four large eggs
- 1/2 cup bell peppers, diced
- 1/2 cup onion, diced
- 2 tbsp olive oil
- 1 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)
- Salt and pepper to taste



Total time: 30-35 mins



Servings: 2

INSTRUCTIONS:

- 1.Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
 - 2.Prepare Potatoes: Toss potatoes with olive oil, garlic powder, paprika, salt, and pepper.
 - 3.Air Fry Potatoes: Cook for 15-20 minutes, shaking halfway through until golden and tender.
 - 4.Add Vegetables: Add bell peppers and onions; cook for 5 minutes.
 - 5.Prepare Eggs: Add wells and an egg to the potato mixture.
 - 6.Cook Eggs: Return to fryer and cook for 5 minutes until eggs are done to preference.
 - 7.Serve: Let cool slightly and garnish with fresh herbs if desired.
- Nutrition: ~350 calories (per serving)

CHAPTER 2

APPETIZERS & SNACKS

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AIR FRYER CHICKEN WINGS WITH DIPPING SAUCES



INGREDIENTS:

- 2 pounds of chicken wings
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

Dipping Sauces:

- Buffalo Sauce: Mix 1/4 cup hot sauce with 2 tbsp melted butter.
- Honey Mustard Sauce: Combine 2 tbsp honey with 2 tbsp Dijon mustard.
- Ranch Dip: Stir 1/2 cup Greek yogurt with 1 tbsp ranch seasoning.



Total time: 35-40 mins



Servings: 4 (about 2 pounds)

INSTRUCTIONS:

1. Prepare Wings: Pat wings dry and combine with olive oil and seasonings in a bowl.
 2. Preheat Fryer: Heat to 380°F (190°C) for 3-5 minutes.
 3. Air Fry Wings: Arrange wings in the basket and cook for 25-30 minutes, shaking halfway through.
 4. Prepare Dipping Sauces: Mix ingredients for each sauce in small bowls.
 5. Serve: Remove wings and serve with dipping sauces.
- Nutrition: ~350 calories (per serving of 6 wings with Buffalo sauce)

CRISPY AIR FRYER MOZZARELLA STICKS



INGREDIENTS:

- 12 string cheese sticks (mozzarella)
- 1/2 cup all-purpose flour
- Two large eggs
- 1 cup breadcrumbs (panko for extra crunch)
- 1 tsp Italian seasoning (optional)
- 1/2 tsp garlic powder (optional)
- 1/2 tsp salt
- Cooking spray



Total time: 18-20 mins



Servings: 4 (about 12 sticks)

INSTRUCTIONS:

1. Prepare Cheese Sticks: Cut sticks in half if desired and freeze for 30 minutes.
2. Set Up Breading: Prepare three dishes for flour, beaten eggs, and breadcrumb mixture.
3. Bread Cheese Sticks: Coat each stick in flour, dip in eggs, and roll in breadcrumbs.
4. Preheat Fryer: Heat to 390°F (200°C) for 3-5 minutes.
5. Air Fry Mozzarella Sticks: Arrange in basket, spray with cooking spray, and cook for 8-10 minutes, turning halfway.
6. Serve: Cool slightly and enjoy with dipping sauce like marinara.

Nutrition: ~240 calories (per serving of 3 sticks)

SPICY AIR FRYER CAULIFLOWER BITES



INGREDIENTS:

- One head cauliflower, cut into florets (about 4 cups)
- 2 tbsp olive oil (or cooking spray)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper (adjust to taste)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp hot sauce (optional)



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Cauliflower: Wash and cut cauliflower into bite-sized florets.
 2. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 3. Season Cauliflower: Toss cauliflower with olive oil and seasonings in a bowl.
 4. Air Fry: Arrange florets in a single layer in the basket; cook for 15-20 minutes, shaking halfway.
 5. Serve: Remove from the fryer and cool slightly before serving with your choice of dip.
- Nutrition: ~120 calories (per serving)

CRISPY AIR FRYER ONION RINGS



INGREDIENTS:

- 1 large onion, sliced into 1/4-inch rings
- 3/4 cup all-purpose flour (or whole wheat)
- 1/2 cup buttermilk (or milk with 1/2 tsp vinegar)
- 1 cup breadcrumbs (panko preferred)
- 1 tsp garlic powder (optional)
- 1 tsp paprika (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)
- Cooking spray



Total time: 25-27 mins



Servings: 4 (makes about 12-16 onion rings)

INSTRUCTIONS:

1. Prepare onion rings: Peel and slice the onion separately into rings.
 2. Set Up Breeding Station:
 - Bowl 1: Mix flour, salt, pepper, garlic powder, paprika, and cayenne.
 - Bowl 2: Add buttermilk.
 - Bowl 3: Add breadcrumbs.
 3. Bread Onion Rings:
 - Dip rings in flour, then buttermilk, and finally, breadcrumbs. Place on a plate.
 4. Preheat Air Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 5. Air Fry: Spray basket, place rings in a single layer, and cook for 10-12 minutes, shaking halfway, until golden and crispy.
 6. Serve: Enjoy warm with dipping sauces.
- Nutrition: ~150 calories per serving

CRUNCHY AIR FRYER CHICKPEAS



INGREDIENTS:

- One can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp garlic powder (optional)
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- 1/2 tsp ground cumin (optional)



Total time: 25-30 mins



Servings: 4 (about 1 cup)

INSTRUCTIONS:

1. Prepare Chickpeas: Rinse and pat dry to remove moisture.
2. Season: Toss chickpeas with olive oil and spices in a bowl.
3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
4. Air Fry: Cook chickpeas for 15-20 minutes, shaking every 5 minutes.
5. Cool and Serve: Remove and let cool slightly before enjoying.

Nutrition: ~180 calories (per serving)

AIR FRYER SPINACH AND ARTICHOKE DIP



INGREDIENTS:

- 1 cup fresh spinach, chopped (or 1/2 cup frozen)
- 1 cup canned artichoke hearts, drained and chopped
- 1/2 cup Greek yogurt (or sour cream)
- 1/2 cup cream cheese, softened
- 1/2 cup shredded mozzarella (plus more for topping)
- 1/4 cup grated Parmesan cheese
- One clove of garlic, minced (or 1/2 tsp garlic powder)
- 1/2 tsp onion powder (optional)
- Salt and pepper to taste
- 1/2 tsp crushed red pepper flakes (optional)



Total time: 20-22 mins



Servings: 4-6

INSTRUCTIONS:

1. Prepare Mixture: Combine all ingredients in a mixing bowl until well mixed.
2. Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
3. Transfer Mixture: Place the dip in an oven-safe dish in your air fryer.
4. Air Fry: Cook at 350°F (175°C) for 10-12 minutes, adding mozzarella on top during the last 2-3 minutes.
5. Serve: Let cool slightly, then enjoy with crackers, pita chips, or veggies.

Nutrition: ~150 calories (per serving)

ZESTY AIR FRYER BUFFALO CAULIFLOWER WINGS



INGREDIENTS:

- One head cauliflower, cut into florets (about 4 cups)
- 1/2 cup all-purpose flour (or gluten-free)
- 1/2 cup water (or almond milk)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup buffalo sauce
- optional)



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Cauliflower: Cut florets into even sizes.
2. Make Batter: Combine flour, water, and spices to smooth the batter.
3. Coat Cauliflower: Dip florets in the batter, shaking off excess.
4. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
5. Air Fry: Cook cauliflower for 15-20 minutes, shaking halfway.
6. Toss in Sauce: Once cooked, toss cauliflower in buffalo sauce.
7. Serve: Enjoy with celery and your choice of dipping sauce.

Nutrition: ~150 calories (per serving)

MINI AIR FRYER TACOS



INGREDIENTS:

- Eight mini tortillas (corn or flour)
- 1 lb ground turkey, chicken, or beef
- 1 tbsp olive oil (optional)
- One packet of taco seasoning
- 1/2 cup black beans, rinsed (optional)
- 1/2 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/2 cup shredded cheese
- Sour cream or Greek yogurt (optional)



Total time: 16-18 mins



Servings: 4 (makes about eight mini tacos)

INSTRUCTIONS:

1. Prepare Filling: Cook ground meat with olive oil and taco seasoning; add black beans if desired.
2. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
3. Assemble Tacos: Fill tortillas with meat mixture and top with cheese, folding them over.
4. Air Fry: Cook for 6-8 minutes, flipping halfway through.
5. Serve: Top with lettuce, tomatoes, and any additional toppings.

Nutrition: ~320 calories (per serving of two mini tacos)

AIR FRYER JALAPEÑO POPPERS



INGREDIENTS:

- Eight fresh jalapeño peppers
- 1 cup cream cheese, softened
- 1/2 cup shredded cheese (cheddar, mozzarella, etc.)
- 1/4 cup cooked, crumbled bacon (optional)
- 1 tsp garlic powder (optional)
- 1 tsp onion powder (optional)
- Salt and pepper to taste
- Cooking spray (for greasing)



Total time: 23-25 mins



Servings: 4 (about eight poppers)

INSTRUCTIONS:

1. Prepare Jalapeños: Slice peppers in half and remove seeds (use gloves if desired).
 2. Make Filling: Mix cream cheese, shredded cheese, bacon, garlic powder, onion powder, salt, and pepper until creamy.
 3. Preheat Fryer: Heat to 370°F (190°C) for 3-5 minutes.
 4. Fill Jalapeños: Spoon filling into each pepper half.
 5. Air Fry: Place in basket and cook for 8-10 minutes until cheese is bubbly and jalapeños are tender.
 6. Serve: Cool slightly and enjoy with your choice of dip.
- Nutrition: ~150 calories (per popper)

SEASONED AIR FRYER SWEET POTATO FRIES



INGREDIENTS:

- Two large sweet potatoes peeled and cut into fries
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (or regular)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)
- 1/2 tsp dried herbs (optional)



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Sweet Potatoes: Cut into evenly sized fries.
 2. Season Fries: Toss fries with olive oil and all seasonings in a bowl until evenly coated.
 3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 4. Air Fry Fries: Place in a basket in a single layer and cook for 15-20 minutes, shaking halfway through.
 5. Serve: Remove and cool slightly; serve warm with a dip if desired.
- Nutrition: ~180 calories (per serving of about 1 cup)

AIR FRYER COCONUT SHRIMP



INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- 1/2 cup all-purpose flour (or almond flour)
- Two large eggs, beaten
- 1 cup shredded unsweetened coconut
- 1/2 cup breadcrumbs (panko preferred)
- 1 tsp garlic powder (optional)
- 1 tsp paprika (optional)
- Salt and pepper to taste
- Cooking spray



Total time: 25 mins



Servings: 4 (about 16 shrimp)

INSTRUCTIONS:

1. Prepare Shrimp: Pat shrimp dry to help the coating stick.
 2. Set Up Breading Station: Prepare three dishes for flour, beaten eggs, and coconut breadcrumbs.
 3. Coat Shrimp: Dip shrimp in flour first, then egg, and finally coat in coconut-breadcrumb mixture.
 4. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 5. Air Fry: Arrange shrimp in a single layer; cook for 8-10 minutes, flipping halfway.
 6. Serve: Remove and serve warm with dipping sauce.
- Nutrition: ~220 calories (per serving)

CRUNCHY AIR FRYER VEGGIE CHIPS



INGREDIENTS:

- One large zucchini, thinly sliced
- One large sweet potato, thinly sliced
- One large beet, thinly sliced (optional)
- 1 tbsp olive oil (or cooking spray)
- 1 tsp salt
- 1/2 tsp garlic powder (optional)
- 1/2 tsp smoked paprika (optional)
- 1/4 tsp black pepper (optional)



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Veggies: Slice vegetables thinly (about 1/8 inch thick).
 2. Soak (Optional): Soak slices in cold water for 30 minutes; drain and dry.
 3. Season: Toss slices with olive oil and seasonings in a bowl.
 4. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 5. Air Fry: Cook veggie slices in a single layer for 15-20 minutes, shaking every 5 minutes.
 6. Serve: Cool slightly before serving.
- Nutrition: ~100 calories (per serving)

AIR FRYER STUFFED MUSHROOMS



INGREDIENTS:

- 12 large cremini or button mushrooms
- 1/2 cup cream cheese, softened
- 1/4 cup crumbled sausage (optional)
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- Two cloves garlic, minced
- 1 tbsp olive oil (for drizzling)
- 1 tsp Italian seasoning (optional)
- Salt and pepper to taste



Total time: 23-25 mins



Servings: 4 (about 12 mushrooms)

INSTRUCTIONS:

1. Prepare Mushrooms: Clean and remove stems from mushrooms.
2. Make Filling: Combine cream cheese, sausage, Parmesan, breadcrumbs, garlic, and seasonings in a bowl.
3. Stuff Mushrooms: Fill each mushroom cap with the mixture.
4. Prepare for air fry: Drizzle with olive oil or cooking spray.
5. Air Fry: Cook at 350°F (175°C) for 8-10 minutes until golden.
6. Serve: Cool slightly before serving, garnished with parsley if desired.

Nutrition: ~150 calories (per serving of three mushrooms)

LOADED AIR FRYER NACHOS



INGREDIENTS:

- 8 oz tortilla chips (baked or air-fried)
- 1 cup cooked shredded chicken (or ground turkey/beef)
- 1 cup black beans, rinsed and drained
- 1 cup shredded cheese (cheddar, Monterey Jack, etc.)
- 1/2 cup diced tomatoes (fresh or canned)
- 1/4 cup sliced jalapeños (optional)
- 1/2 cup diced onions (optional)
- 1 tbsp olive oil (optional)
- 1 tsp taco seasoning (optional)



Total time: 20-22 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Ingredients: Season chicken with olive oil and taco seasoning.
2. Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
3. Layer Nachos: In the air fryer basket or a bowl, layer half each ingredient, repeating for a second layer.
4. Air Fry: Cook at 350°F (175°C) for 8-12 minutes until cheese is melted and bubbly.
5. Serve: Remove and top with optional toppings like sour cream, guacamole, and cilantro.

Nutrition: ~350 calories (per serving)

AIR FRYER EGG ROLLS WITH DIPPING SAUCE



INGREDIENTS:

- Eight egg roll wrappers
- 2 cups coleslaw mix
- 1/2 cup cooked chicken, shrimp, or tofu (optional)
- Two green onions, sliced
- Two cloves garlic, minced
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil (optional)
- Salt and pepper to taste

For Dipping Sauce:

- 1/4 cup low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp honey or maple syrup (optional)
- 1 tsp sesame seeds (optional)
- 1/2 tsp crushed red pepper flakes (optional)



Total time: 25-27 mins



Servings: 4 (about eight egg rolls)

INSTRUCTIONS:

1. Prepare Filling: Mix coleslaw, protein, green onions, garlic, soy sauce, sesame oil, salt, and pepper.
2. Assemble Egg Rolls: Fill each wrapper, rolling it tightly to seal it with water.
3. Preheat Fryer: Heat to 380°F (190°C) for 3-5 minutes.
4. Air Fry: Spray egg rolls and cook in a single layer for 10-12 minutes, turning halfway.
5. Prepare Dipping Sauce: Whisk sauce ingredients together in a bowl.
6. Serve: Enjoy egg rolls with dipping sauce on the side.

Nutrition: ~120 calories (per egg roll)

SWEET AND SPICY AIR FRYER BACON-WRAPPED DATES



INGREDIENTS:

- 12 Medjool dates, pitted
- Six slices bacon, cut in half
- 1 tbsp honey (or maple syrup)
- 1/2 tsp cayenne pepper (adjust to taste)
- 1/2 tsp smoked paprika (optional)
- 1/4 tsp salt



Total time: 20-22 mins



Servings: 4 (about 12 dates)

INSTRUCTIONS:

1. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 2. Wrap Dates: Wrap each date in a half slice of bacon and secure it with a toothpick.
 3. Season: Mix honey, cayenne, smoked paprika (if using), and salt. Brush on the wrapped dates.
 4. Air Fry: Cook in a single layer for 10-12 minutes, flipping halfway.
 5. Serve: Remove and cool slightly before enjoying.
- Nutrition: ~210 calories (per serving of three dates)

CHAPTER 3

KID-FRIENDLY MEALS

AIR FRYER CHICKEN TENDERS WITH DIPPING SAUCES



INGREDIENTS:



Total time: 27-30 mins



Servings: 4
(approximately 12
tenders)

- 1 lb chicken tenders (or boneless, skinless chicken breasts)
- 1/2 cup all-purpose flour (or whole wheat)
- 1/2 cup buttermilk (or regular milk)
- 1 cup breadcrumbs (panko preferred)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- Cooking spray (for greasing)

For Dipping Sauces:

- Honey Mustard Sauce: 2 tbsp honey + 2 tbsp Dijon mustard.
- Ranch Dressing: 1/2 cup Greek yogurt + 1 tbsp ranch seasoning mix.

INSTRUCTIONS:

1. Prepare Chicken: Pat dry and season with olive oil and taco seasoning (if using).
2. Set Up Breading Station: Prepare three shallow bowls for flour, buttermilk, and breadcrumbs.
3. Coat Chicken: Dip tenders in flour, then buttermilk, and coat with breadcrumbs.
4. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
5. Air Fry: Cook tenders for 12-15 minutes, flipping halfway until golden and cooked through (internal temp 165°F/74°C).
6. Prepare Dipping Sauces: Mix ingredients in small bowls.
7. Serve: Enjoy warm with dipping sauces.

Nutrition: ~320 calories (per serving of three tenders)

CHEESY AIR FRYER MAC AND CHEESE BITES



INGREDIENTS:



Total time: 25-27 mins



Servings: 4 (makes
about 12 bites)

- 2 cups cooked macaroni (about 1 cup dry)
- 1 cup shredded cheddar cheese
- 1/2 cup cottage cheese (or ricotta)
- 1/4 cup grated Parmesan cheese
- Two large eggs
- 1/2 tsp garlic powder (optional)
- 1/2 tsp onion powder (optional)
- Salt and pepper to taste
- 1/2 cup breadcrumbs (for coating)

INSTRUCTIONS:

1. Cook Macaroni: Prepare macaroni according to package instructions.
2. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
3. Prepare Mixture: Combine macaroni, cheese, eggs, and seasonings in a bowl.
4. Form Bites: Shape the mixture into small balls or patties.
5. Coat with Breadcrumbs: Roll each bite in breadcrumbs.
6. Prepare Basket: Spray the air fryer basket with cooking spray.
7. Air Fry: Cook bites at 375°F (190°C) for 10-12 minutes until golden and crispy.
8. Serve: Enjoy warm with dipping sauce.

Nutrition: ~240 calories (per serving of three bites)

AIR FRYER MINI PIZZAS



INGREDIENTS:



Total time: 18-20 mins



Servings: 4 (about eight mini pizzas)

- Eight small whole wheat pita or mini naan
- 1 cup pizza sauce
- 2 cups shredded mozzarella cheese
- 1/2 cup sliced pepperoni (optional)
- 1/2 cup diced bell peppers (optional)
- 1/4 cup sliced olives (optional)
- 1 tsp Italian seasoning (optional)
- Olive oil spray (for greasing)

INSTRUCTIONS:

1. Preheat Fryer: Heat air fryer to 400°F (200°C) for 3-5 minutes.
2. Assemble Pizzas: Spread pizza sauce on each pita, top with cheese, and add any toppings.
3. Air Fry: Place in the basket; cook for 8-10 minutes until cheese melts and edges are golden.
4. Serve: Remove and enjoy warm with additional dips if desired.

Nutrition: ~300 calories (per serving of two mini pizzas)

AIR FRYER TACO CUPS



INGREDIENTS:



Total time: 25-27 mins



Servings: 4 (about eight taco cups)

- Eight small tortillas (corn or flour)
- 1 lb ground turkey, chicken, or beef
- 1 tbsp olive oil (optional)
- One packet of taco seasoning
- 1 cup shredded cheese
- 1/2 cup black beans, rinsed (optional)
- 1/2 cup diced tomatoes (optional)
- Sour cream or Greek yogurt (optional for serving)
- Chopped cilantro (optional for garnish)

INSTRUCTIONS:

1. Prepare Meat: Brown the meat with olive oil; drain the fat and mix in taco seasoning.
2. Preheat Fryer: Heat air fryer to 350°F (175°C) for 3-5 minutes.
3. Prepare Tortillas: Press tortillas into a muffin tin to form cups.
4. Fill Cups: Spoon taco mixture into each tortilla cup and top with cheese and beans.
5. Air Fry: Place in the basket; cook for 10-12 minutes until crispy and cheese is melted.
6. Serve: Let cool slightly, garnish with desired toppings.

Nutrition: ~320 calories (per serving of two taco cups)

KID-FRIENDLY AIR FRYER SLIDERS



INGREDIENTS:

- 1 lb ground turkey or lean beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup fresh parsley, chopped
- One clove of garlic, minced (or 1/2 tsp garlic powder)
- 1 tsp onion powder (optional)
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- One large egg
- Eight slider buns
- Four slices cheese (optional)



Total time: 22-25 mins



Servings: 4 (makes about eight sliders)

INSTRUCTIONS:

1. Prepare Mixture: Combine all meatball ingredients in a bowl and mix well.
2. Form Sliders: Shape into small patties (about 2-3 inches).
3. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
4. Air Fry: Arrange patties in a single layer and cook for 8-10 minutes, flipping halfway, until fully cooked (internal temp of 165°F/74°C).
5. Serve: Place patties on slider buns, add cheese if desired, and enjoy.

Nutrition: ~150 calories (per slider)

AIR FRYER FISH STICKS WITH TARTAR SAUCE



INGREDIENTS:

For Fish Sticks:

- 1 lb white fish fillets (like cod)
- 1/2 cup all-purpose flour (or whole wheat)
- 1/2 cup breadcrumbs (panko preferred)
- 1/2 tsp garlic powder (optional)
- 1/2 tsp onion powder (optional)
- 1 tsp paprika (optional)
- Salt and pepper to taste
- Two large eggs, beaten
- Cooking spray (for greasing)

For Tartar Sauce:

- 1/2 cup Greek yogurt (or mayo)
- 1/2 cucumber, grated and drained
- One clove of garlic, minced
- 1 tbsp lemon juice
- 1 tbsp fresh dill (optional)



Total time: 25-27 mins



Servings: 4 (makes about 12 fish sticks)

INSTRUCTIONS:

1. Prepare Fish: Cut fish into strips; pat dry if using frozen.
2. Set Up Breading: Prepare dishes for flour, beaten eggs, and breadcrumbs mixed with seasonings.
3. Bread Fish Sticks: Coat each piece in flour, egg, and breadcrumbs.
4. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
5. Air Fry: Cook fish sticks for 10-12 minutes, flipping halfway until golden.
6. Prepare Tartar Sauce: Mix all sauce ingredients in a bowl.
7. Serve: Enjoy fish sticks warm with tartar sauce.

Nutrition: ~230 calories (per serving of three sticks)

CRISPY AIR FRYER POTATO WEDGES



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- Four medium russet potatoes cut into wedges
- 2 tbsp olive oil
- 1 tsp garlic powder (optional)
- 1 tsp onion powder (optional)
- 1 tsp smoked paprika (or regular)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper (optional)
- 1/4 tsp cayenne pepper (optional)
- Fresh parsley for garnish (optional)

INSTRUCTIONS:

1. Prepare Potatoes: Wash, scrub, and cut into evenly sized wedges.
 2. Soak (Optional): Soak wedges in cold water for 30 minutes, drain, and dry.
 3. Season Wedges: Toss with olive oil and seasonings until evenly coated.
 4. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 5. Air Fry: Place in a single layer; cook for 20-25 minutes, shaking halfway.
 6. Serve: Cool slightly and garnish with parsley if desired.
- Nutrition: ~180 calories (per serving of 1 cup)

AIR FRYER MINI CORN DOGS



INGREDIENTS:



Total time: 23-25 mins



Servings: 4 (about 12 mini corn dogs)

- 12 small hot dogs or cocktail franks
- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tbsp baking powder
- 1 tbsp sugar (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper (optional)
- 1/2 tsp paprika (optional)
- 1 cup milk (or non-dairy milk)
- One large egg
- Cooking spray (for greasing)

INSTRUCTIONS:

1. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 2. Prepare Batter: Mix cornmeal, flour, baking powder, sugar, salt, pepper, and paprika. Whisk in milk and egg until combined.
 3. Prepare hot dogs: Pat dry and optionally skewer them for easier handling.
 4. Coat Hot Dogs: Dip each hot dog in batter, allowing excess to drip off.
 5. Air Fry: Place in the basket in a single layer; cook for 8-10 minutes, turning halfway.
 6. Serve: Cool slightly before serving with dipping sauces.
- Nutrition: ~220 calories (per serving of three mini corn dogs)

SWEET AND SAVORY AIR FRYER MEATLOAF MUFFINS



INGREDIENTS:

- 1 lb ground turkey or lean beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup fresh parsley, chopped (or 2 tbsp dried)
- One clove of garlic, minced (or 1/2 tsp garlic powder)
- 1 tsp onion powder (optional)
- 1 tsp dried oregano
- 1 tsp ground cumin (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- One large egg
- Ketchup for topping



Total time: 25-28 mins



Servings: 4 (about eight muffins)

INSTRUCTIONS:

1. Prepare Mixture: Mix all ingredients until combined.
 2. Form Muffins: Shape into small patties (~1-1.5 inches) and place on a plate.
 3. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 4. Air Fry: Cook for 15-18 minutes until cooked through (internal temp of 165°F/74°C).
 5. Serve: Optionally top with ketchup before serving.
- Nutrition: ~250 calories (per serving of two muffins)

AIR FRYER VEGGIE NUGGETS



INGREDIENTS:

- 1 cup cooked and mashed sweet potato (or regular potato)
- 1 cup finely chopped vegetables (carrots, spinach, etc.)
- 1/2 cup breadcrumbs
- 1/4 cup grated cheese (cheddar or mozzarella; optional)
- 1/4 cup rolled oats
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika (optional)
- Salt and pepper to taste
- One large egg, beaten



Total time: 25-30 mins



Servings: 4 (about 20 nuggets)

INSTRUCTIONS:

1. Prepare Veggies: Steam or cook until tender, then chop.
 2. Mix Ingredients: Combine all ingredients in a bowl until well-mixed.
 3. Form Nuggets: Shape into small patties (1-2 inches).
 4. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 5. Air Fry: Cook in a single layer for 10-12 minutes, flipping halfway through.
 6. Serve: Cool slightly and enjoy with your favorite dip.
- Nutrition: ~160 calories (per serving of five nuggets)

AIR FRYER PANCAKE BITES WITH MAPLE SYRUP



INGREDIENTS:

- 1 cup all-purpose flour (or whole wheat)
- 2 tbsp sugar (or honey/maple syrup)
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup milk (dairy or plant-based)
- One large egg
- 2 tbsp melted butter or vegetable oil
- 1/2 cup chocolate chips or blueberries (optional)
- Maple syrup (for serving)



Total time: 18-20 mins



Servings: 4 (makes about 12 pancake bites)

INSTRUCTIONS:

1. Prepare the Batter: Whisk flour, sugar, baking powder, and salt in one bowl. In another, mix milk, egg, and melted butter until smooth.
 2. Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
 3. Fill Muffin Tray: Spray a silicone muffin tray and pour in the batter, filling it 2/3 full. If using, add chocolate chips or blueberries.
 4. Air Fry: Cook in the air fryer for 8-10 minutes until puffed and golden.
 5. Serve: Cool slightly, then serve warm with maple syrup.
- Nutrition: ~180 calories (per serving of three bites)

HONEY GARLIC AIR FRYER TERIYAKI CHICKEN BITES



INGREDIENTS:

- 1 lb boneless, skinless chicken breasts cut into pieces
- 1/4 cup low-sodium soy sauce
- 2 tbsp honey
- Two cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp sesame oil (optional)
- 1 tsp fresh ginger, grated (optional)
- 1 tbsp cornstarch (optional)
- Sesame seeds and green onions (optional for garnish)



Total time: 50-52 mins (including marinating)



Servings: 4 (about 4 cups)

INSTRUCTIONS:

1. Prepare Marinade: Whisk together soy sauce, honey, garlic, sesame oil, and ginger in a bowl.
2. Marinate Chicken: Coat chicken in marinade; sit in the fridge for at least 30 minutes.
3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
4. Prepare Chicken: Toss marinated chicken with cornstarch if using.
5. Air Fry: Cook chicken in a single layer for 10-12 minutes, shaking halfway until cooked (internal temp of 165°F/74°C).
6. Serve: Garnish with sesame seeds and green onions if desired.

Nutrition: ~220 calories (per serving of 1 cup)

AIR FRYER CHEESY BROCCOLI AND RICE BALLS



INGREDIENTS:

- 2 cups cooked brown or white rice
- 1 1/2 cups steamed broccoli, chopped
- 1 cup shredded cheese (cheddar, mozzarella, etc.)
- 1/4 cup grated Parmesan cheese (optional)
- One large egg, beaten
- 1/2 cup breadcrumbs
- 1 tsp garlic powder (optional)
- 1/2 tsp onion powder (optional)
- Salt and pepper to taste
- Cooking spray (for greasing)



Total time: 25-27 mins



Servings: 4 (makes about 12 rice balls)

INSTRUCTIONS:

1. Prepare Mixture: Combine all ingredients in a bowl until well mixed.
 2. Form Rice Balls: Shape the mixture into small balls (1-2 inches).
 3. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 4. Air Fry: Lightly spray the basket and place rice balls in a single layer; cook for 10-12 minutes until golden crisp.
 5. Serve: Cool slightly before serving with dipping sauce.
- Nutrition: ~200 calories (per serving of three rice balls)

AIR FRYER CHOCOLATE CHIP COOKIE S'MORES



INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup unsalted butter, softened
- 1/4 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup chocolate chips (semi-sweet or dark)
- 8 graham cracker squares
- 4 large marshmallows



Total time: 15-17 mins



Servings: 4 (makes about eight s'mores)

INSTRUCTIONS:

1. To make Cookie Dough, Cream butter, and sugars, add egg and vanilla, mix in flour, baking soda, and salt, and fold in chocolate chips.
2. Preheat Air Fryer: Heat to 320°F (160°C) for 3-5 minutes.
3. Assemble S'mores: Place 1 tbsp of dough on a graham cracker, top with a marshmallow, then cover with another dough and a graham cracker. Repeat to make four sandwiches.
4. Air-fry S'mores: Cook in an air fryer at 320°F (160°C) for 5-7 minutes until cookies are golden and marshmallows are melted.
5. Serve: Let cool slightly before serving.

Optional Garnishes:

- Drizzle with melted chocolate or sea salt.
- Add peanut butter for a nutty twist.
- Serve with berries or ice cream.

Nutrition: ~220 calories per s'more

AIR FRYER SAUSAGE AND EGG BREAKFAST BURRITOS



INGREDIENTS:

- Four sizeable whole-wheat tortillas
- Four large eggs
- 1/2 cup cooked sausage, crumbled
- 1/2 cup shredded cheese (cheddar or your choice)
- 1/2 cup diced bell peppers (optional)
- 1/4 cup diced onion (optional)
- Salt and pepper to taste
- Cooking spray (for greasing)



Total time: 18-20 mins



Servings: 4 (makes four burritos)

INSTRUCTIONS:

1. Cook Sausage: Brown sausage in a skillet; drain excess fat.
 2. Scramble Eggs: Whisk eggs with salt and pepper; scramble in the same skillet with veggies.
 3. Preheat Fryer: Heat to 350°F (175°C) for 3-5 minutes.
 4. Assemble Burritos: Fill tortillas with sausage, egg mixture, and cheese; roll tightly.
 5. Air Fry: Place in the basket seam-side down; cook for 8-10 minutes until golden.
 6. Serve: Cool slightly and slice for easier handling.
- Nutrition: ~300 calories (per burrito)

AIR FRYER FRUIT AND YOGURT PARFAITS



INGREDIENTS:

- 2 cups Greek yogurt (plain or flavored)
- 2 cups mixed fresh fruit (e.g., strawberries, blueberries, bananas)
- 1 cup granola (whole grain or gluten-free)
- 1 tbsp honey (optional)
- 1 tsp vanilla extract (optional for plain yogurt)
- 1/4 tsp cinnamon (optional)



Total time: 10 mins



Servings: 4

INSTRUCTIONS:

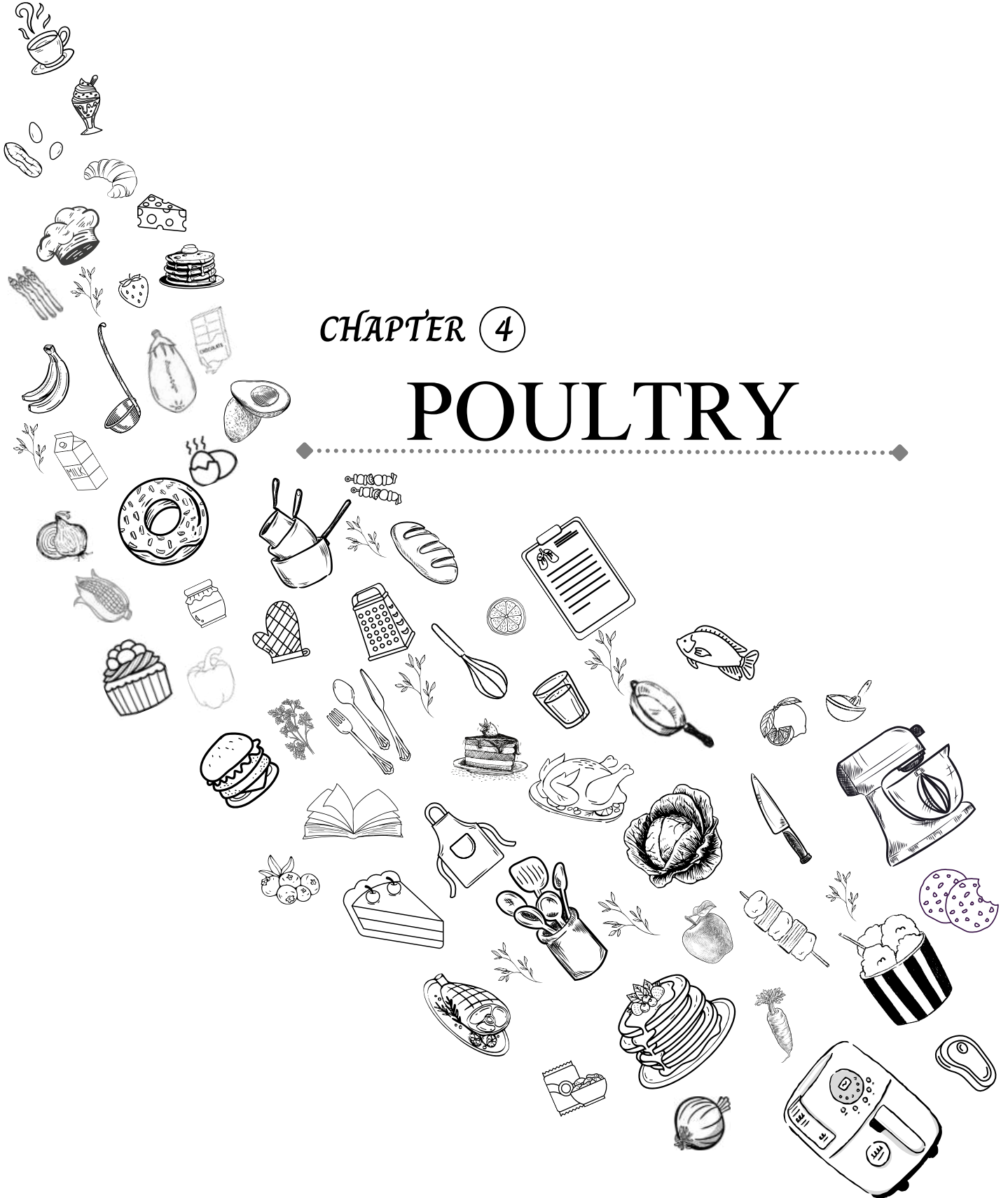
1. Prepare Fruit: Wash and chop your favorite fresh fruit. Get creative with your combinations and discover new flavor profiles. Slice bananas just before serving for that perfect, fresh taste. Flavor Yogurt (Optional): Mix plain yogurt with honey and vanilla to taste.
2. Layer Parfaits: In cups, layer yogurt (1/2 cup), fruit (1/2 cup), and granola (1/4 cup). Repeat until complete, topping with fruit and granola.
3. Optional Air Fryer Step: If desired, toast the granola in the air fryer at 350°F (175°C) for 3-5 minutes.
4. Serve: Enjoy immediately or refrigerate until ready to serve.

Optional Garnishes:

- Drizzle with honey or agave syrup.
- Top with nuts like almonds or walnuts for crunch.
- Add chia seeds or flaxseeds for extra nutrition.

Nutrition: ~250 calories per parfait

POULTRY



CRISPY AIR FRYER CHICKEN WINGS WITH BBQ SAUCE



INGREDIENTS:

- 2 lbs chicken wings (drumettes and flats)
- 1 tbsp olive oil (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (or regular)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)
- 1 cup BBQ sauce (store-bought or homemade)



Total time: 35-40 mins



Servings: 4 (approx. 2 pounds)

INSTRUCTIONS:

1. Prepare Wings: Pat dry with paper towels.
 2. Season Wings: Toss wings with olive oil and seasonings in a bowl.
 3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 4. Air Fry: Place wings in a single layer and cook for 25-30 minutes, shaking halfway through.
 5. Add BBQ Sauce: Toss cooked wings in BBQ sauce.
 6. Optional Finish: Return wings to air fryer for 3-5 minutes for caramelization.
 7. Serve: Cool slightly before serving warm.
- Nutrition: ~300 calories (per serving of 6 wings)

AIR FRYER LEMON GARLIC CHICKEN THIGHS



INGREDIENTS:

- Four chicken thighs (bone-in, skin-on or boneless)
- 2 tbsp olive oil
- 2 tbsp lemon juice (freshly squeezed)
- Three cloves garlic, minced (or 1 tsp garlic powder)
- 1 tsp dried oregano (or Italian seasoning)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika (optional)
- Lemon wedges (optional for serving)
- Fresh parsley (optional for garnish)



Total time: 1 hour (including marinating)



Servings: 4

INSTRUCTIONS:

1. To prepare the Marinade, Whisk olive oil, lemon juice, garlic, oregano, salt, pepper, and paprika in a bowl.
 2. Marinate Chicken: Coat chicken in marinade; refrigerate for 30 minutes.
 3. Preheat Fryer: Heat to 380°F (190°C) for 3-5 minutes.
 4. Air-fry chicken: Place thighs in the basket, skin side up, and cook for 20-25 minutes until internal temperature reaches 165°F (74°C).
 5. Serve: Let rest briefly; serve with lemon wedges and parsley if desired.
- Nutrition: ~280 calories (per serving of one chicken thigh)

JUICY AIR FRYER STUFFED CHICKEN BREASTS



INGREDIENTS:

- Four boneless, skinless chicken breasts (6-8 ounces each)
- 1 cup fresh spinach, chopped (or 1/2 cup frozen, thawed)
- 1/2 cup cream cheese, softened
- 1/2 cup shredded mozzarella (or feta)
- 1 tsp garlic powder (optional)
- 1 tsp Italian seasoning (optional)
- Salt and pepper to taste
- 1 tbsp olive oil (for brushing)
- Panko breadcrumbs (optional for topping)



Total time: 33-35 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Stuffing: Mix cream cheese, spinach, mozzarella, garlic, seasoning, salt, and pepper until combined.
 2. Prepare Chicken: Cut a pocket in each chicken breast.
 3. Stuff Breasts: Fill each pocket with mixture; secure with toothpicks if needed.
 4. Preheat Fryer: Heat to 375°F (190°C) for 3-5 minutes.
 5. Prepare for Cooking: Brush with olive oil and sprinkle panko on top if using.
 6. Air Fry: Cook for 18-20 minutes until cooked through (internal temp of 165°F/74°C).
 7. Serve: Let rest before slicing. Garnish if desired.
- Nutrition: ~320 calories (per serving)

AIR FRYER TERIYAKI CHICKEN DRUMSTICKS



INGREDIENTS:

- Eight chicken drumsticks
- 1/4 cup low-sodium soy sauce
- 2 tbsp honey (or maple syrup)
- 1 tbsp rice vinegar (or apple cider vinegar)
- 1 tbsp sesame oil (optional)
- Two cloves garlic, minced (or 1 tsp garlic powder)
- 1 tsp ground ginger (or 1 tbsp fresh ginger, grated)
- Salt and pepper to taste
- Sesame seeds and green onions for garnish (optional)



**Total time: 1 hour
(including marinating)**



**Servings: 4 (about
eight drumsticks)**

INSTRUCTIONS:

1. Prepare Marinade: Whisk soy sauce, honey, vinegar, sesame oil, garlic, ginger, salt, and pepper in a bowl.
 2. Marinate Chicken: Coat drumsticks in the marinade; refrigerate for 30 minutes to 2 hours.
 3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 4. Prepare Chicken: Remove from marinade and discard excess.
 5. Air Fry: Cook in a single layer for 25-30 minutes, turning halfway until internal temp is 165°F (74°C).
 6. Serve: Cool slightly before serving; garnish as desired.
- Nutrition: ~280 calories (per serving of two drumsticks)

AIR FRYER HONEY MUSTARD CHICKEN SKEWERS



INGREDIENTS:

- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/4 cup honey (or maple syrup)
- 1/4 cup Dijon mustard
- 1 tbsp olive oil (optional)
- 1 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- Eight wooden or metal skewers (soaked if wooden)



Total time: 50-52 mins
(including marinating time)



Servings: 4 (about eight skewers)

INSTRUCTIONS:

1. Prepare Marinade: Whisk honey, Dijon, olive oil, garlic, paprika, salt, and pepper in a bowl.
 2. Marinate Chicken: Coat chicken in marinade and refrigerate for at least 30 minutes.
 3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 4. Prepare Skewers: Thread marinated chicken onto skewers.
 5. Air Fry: Place skewers in basket; cook for 10-12 minutes, flipping halfway through.
 6. Serve: Allow to cool slightly and garnish if desired.
- Nutrition: ~220 calories (per serving of two skewers)

SPICY AIR FRYER BUFFALO CHICKEN MEATBALLS



INGREDIENTS:

For the Meatballs:

- 1 lb ground chicken (or turkey)
- 1/2 cup breadcrumbs (whole wheat or regular)
- 1/4 cup grated Parmesan cheese (optional)
- One large egg
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (or regular)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

For the Buffalo Sauce:

- 1/3 cup hot sauce
- 2 tbsp unsalted butter (or olive oil)
- 1 tbsp apple cider vinegar (optional)



Total time: 30 mins



Servings: 4
(approximately 16 meatballs)

INSTRUCTIONS:

1. Prepare Meatball Mixture: Mix all ingredients in a bowl until combined.
 2. Form Meatballs: Shape into small balls (~1.5 inches).
 3. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
 4. Air Fry: Cook meatballs in a single layer for 12-15 minutes, flipping halfway.
 5. Prepare the sauce: Melt butter, then mix the hot sauce and vinegar in a bowl.
 6. Coat Meatballs: Toss cooked meatballs in sauce and serve hot.
- Nutrition: ~230 calories (per serving based on four meatballs)

AIR FRYER TANDOORI CHICKEN



INGREDIENTS:

- 1 lb chicken thighs or breasts (boneless, skinless)
- 1/2 cup plain yogurt (Greek preferred)
- 2 tbsp fresh lemon juice
- 2 tbsp tandoori masala
- 1 tsp garlic powder
- 1 tsp ginger powder (or 1 tbsp fresh ginger, grated)
- 1 tsp paprika
- 1/2 tsp salt (adjust to taste)
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)



Total time: 1 hour
(including marinating)



Servings: 4 (about 4 chicken thighs or breasts)

INSTRUCTIONS:

1. Prepare Marinade: Mix all marinade ingredients in a bowl until smooth.
2. Marinate Chicken: Coat chicken pieces and refrigerate for at least 30 minutes.
3. Preheat Fryer: Heat to 375°F (190°C) for 5 minutes.
4. Air-fry chicken: Cook the chicken in a single layer for 25-30 minutes, flipping halfway, until its internal temperature reaches 165°F (74°C).
5. Serve: Let rest before serving; garnish with herbs if desired.

Nutrition: ~240 calories (per serving of one chicken thigh)

AIR FRYER CHICKEN PARMESAN BITES



INGREDIENTS:

- 1 lb boneless, skinless chicken breasts cut into bite-sized pieces
- 1/2 cup breadcrumbs (whole wheat or regular)
- 1/4 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning (or oregano)
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- One large egg
- 1/2 cup marinara sauce (for dipping)
- 1/2 cup shredded mozzarella cheese (optional)



Total time: 25-27 mins



Servings: 4 (about 16 bites)

INSTRUCTIONS:

1. Prepare Coating Mixture: Combine breadcrumbs, Parmesan, garlic powder, seasoning, salt, and pepper in a bowl.
2. Prepare Chicken: Dip chicken in beaten egg, then coat in breadcrumb mixture.
3. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook bites for 8-10 minutes, flipping halfway, until cooked through (internal temp 165°F/74°C).
5. Add Cheese (Optional): Top with mozzarella during the last 2 minutes.
6. Serve: Enjoy with warm marinara sauce.

Nutrition: ~220 calories (per serving of four bites)

GARLIC HERB AIR FRYER WHOLE CHICKEN



INGREDIENTS:

- 4-5 lb whole chicken, cleaned and patted dry
- 1/4 cup olive oil
- 1 tbsp minced garlic (3-4 cloves)
- 1 tbsp dried rosemary (or 2 tbsp fresh, chopped)
- 1 tbsp dried thyme (or 2 tbsp fresh, chopped)
- 1 tbsp dried oregano
- 1 tsp salt (to taste)
- 1/2 tsp black pepper
- Juice of 1 lemon (optional)



Total time: 1 hour 45 mins (including marinating)



Servings: 6

INSTRUCTIONS:

1. To prepare the Marinade, Mix olive oil, garlic, herbs, salt, black pepper, and lemon juice in a bowl.
2. Marinate Chicken: Rub marinade over chicken, covering evenly. Refrigerate for at least 30 minutes (or overnight for enhanced flavor).
3. Preheat Fryer: Heat to 360°F (182°C) for about 5 minutes.
4. Air-fry chicken: Place the chicken breast-side down in the basket and cook for 30 minutes. Flip and cook for another 30 minutes until the internal temperature reaches 165°F (74°C).
5. Rest and Serve: Let the chicken rest briefly before carving.

Nutrition: ~320 calories (per serving of 1/6 chicken)

CRISPY AIR FRYER CHICKEN TENDERS



INGREDIENTS:

- 1 lb boneless, skinless chicken breasts cut into strips
- 1/2 cup all-purpose flour (or whole wheat)
- Two large eggs
- 1/2 cup breadcrumbs (whole wheat or regular)
- 1/4 cup grated Parmesan cheese (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- Cooking spray (for greasing)



Total time: 25-27 mins



Servings: 4 (approximately 16 tenders)

INSTRUCTIONS:

1. Prepare the breading station: Set up three bowls of flour, beaten eggs, and breadcrumb mixture with seasonings.
2. Coat Chicken Tenders: Dip chicken in flour, then beaten eggs, then coat with breadcrumbs, pressing gently to adhere.
3. Preheat Fryer: Heat to 400°F (200°C) for about 5 minutes.
4. Air Fry Tenders: Place breaded tenders in a single layer; cook for 10-12 minutes, flipping halfway until golden and internal temp reaches 165°F (74°C).
5. Serve: Enjoy warm with dipping sauces.

Nutrition: ~310 calories (per serving of four tenders)

AIR FRYER CHICKEN FAJITAS WITH PEPPERS AND ONIONS



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- 1 lb boneless, skinless chicken breasts cut into strips
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika (optional)
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- One red bell pepper, sliced
- One green bell pepper, sliced
- One medium onion, sliced

INSTRUCTIONS:

1. To prepare the Marinade, Combine the olive oil, chili powder, cumin, garlic powder, onion powder, smoked paprika, salt, and pepper in a bowl.
 2. Marinate Chicken: Toss chicken in the marinade; let sit for 10 minutes.
 3. Preheat Fryer: Heat to 400°F (200°C) for 3-5 minutes.
 4. Air Fry: Add chicken, peppers, and onions to the basket; cook at 400°F (200°C) for 15-20 minutes, shaking halfway.
 5. Serve: Serve in tortillas with your favorite toppings.
- Nutrition: ~320 calories (per serving)

SWEET AND SOUR AIR FRYER CHICKEN



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- 1 lb boneless, skinless chicken breasts cut into pieces
- 1/4 cup cornstarch
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder

For the Sweet and Sour Sauce:

- 1/2 cup pineapple juice
- 1/4 cup apple cider vinegar
- 1/4 cup ketchup
- 3 tbsp honey (or maple syrup)
- 1 tbsp soy sauce (low sodium)
- 1 tbsp cornstarch mixed with 3 tbsp water (to thicken)

- 1/2 tsp ginger powder (optional)
- 1/2 cup bell peppers, sliced
- 1/2 cup onion, sliced

INSTRUCTIONS:

1. Prepare Chicken: Toss chicken with cornstarch, olive oil, and seasonings.
 2. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
 3. Air Fry Chicken: Cook chicken in the basket for 10-12 minutes, shaking halfway through.
 4. Prepare Sauce: Combine sauce ingredients in a saucepan; simmer until thickened.
 5. Add Vegetables: Mix in peppers and onions; air fry for 3-5 minutes.
 6. Serve: Drizzle sauce over chicken and serve.
- Nutrition: ~290 calories (per serving)

AIR FRYER COCONUT CHICKEN STRIPS



INGREDIENTS:



Total time: 25-27 mins



Servings: 4 (about 12-16 strips)

- 1 lb boneless, skinless chicken breasts cut into strips
- 1/2 cup all-purpose flour (or whole wheat)
- Two large eggs, beaten
- 1 cup unsweetened shredded coconut
- 1/2 cup breadcrumbs (whole wheat preferred)
- 1 tsp garlic powder (optional)
- 1 tsp onion powder (optional)
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- Cooking spray (for greasing)

INSTRUCTIONS:

1. Prepare the breading station: Set up bowls with flour, beaten eggs, and a mixture of coconut, breadcrumbs, and seasonings.
2. Coat Chicken Strips: Dip each strip in flour egg, then coat it with the breadcrumb mixture.
3. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Spray the basket and arrange chicken strips in a single layer; cook for 10-12 minutes, flipping halfway.
5. Serve: Remove and cool slightly before serving with your choice of dip.

Nutrition: ~320 calories (per serving of four strips)

AIR FRYER PAPRIKA CHICKEN WITH POTATOES



INGREDIENTS:



Total time: 40-45 mins



Servings: 4

- 1.5 lbs boneless, skinless chicken thighs (or breasts), cut into pieces
- 1.5 lbs baby potatoes, halved
- 2 tbsp olive oil
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- 1/2 tsp cayenne pepper (optional for heat)

INSTRUCTIONS:

1. Prepare Chicken and Potatoes: Toss chicken and potatoes with olive oil and seasonings in a large bowl until coated.
2. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
3. Air Fry Potatoes: Start with the potatoes in the basket for 10 minutes.
4. Add Chicken: Add the seasoned chicken, cook for another 15-20 minutes, and shake the basket to ensure even cooking.
5. Serve: Remove chicken and potatoes; garnish with parsley if desired.

Nutrition: ~380 calories (per serving)

AIR FRYER HONEY GARLIC CHICKEN BREASTS



INGREDIENTS:

- 1.5 lbs boneless, skinless chicken breasts
- 1/4 cup honey
- 2 tbsp low-sodium soy sauce
- Three cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp olive oil
- 1 tsp apple cider vinegar (optional)
- Salt and pepper to taste



Total time: 40-50 mins
(including marinating)



Servings: 4

INSTRUCTIONS:

1. Prepare Marinade: Whisk honey, soy sauce, garlic, olive oil, and vinegar until combined.
2. Marinate Chicken: Coat chicken in marinade; refrigerate for at least 30 minutes.
3. Preheat Fryer: Heat to 375°F (190°C) for 5 minutes.
4. Air Fry Chicken: Place chicken in the basket; cook for 20-25 minutes until internal temp reaches 165°F (74°C).
5. Serve: Let rest a few minutes and garnish with green onions or sesame seeds, if desired.

Nutrition: ~280 calories (per serving)

AIR FRYER CHICKEN AND BROCCOLI STIR-FRY



INGREDIENTS:

- 1 lb boneless, skinless chicken breasts cut into bite-sized pieces
- 4 cups broccoli florets
- 1 tbsp olive oil
- 3 tbsp low-sodium soy sauce
- 1 tbsp honey (optional)
- Two cloves garlic, minced (or 1 tsp garlic powder)
- 1 tsp ginger, grated (or 1/2 tsp ground ginger)
- Salt and pepper to taste



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Mixture: Toss chicken, broccoli, olive oil, soy sauce, honey, garlic, and ginger in a bowl.
2. Preheat Fryer: Heat to 375°F (190°C) for 5 minutes.
3. Air Fry: Place mixture in a single layer; cook for 12-15 minutes, shaking halfway through.
4. Serve: Remove and let cool slightly before serving, garnished if desired.

Nutrition: ~250 calories (per serving)

CHAPTER ⑤

FISH AND SEAFOOD

AIR FRYER LEMON DILL SALMON



INGREDIENTS:

- Four salmon fillets (about 6 ounces each)
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- Two cloves garlic, minced (or 1 tsp garlic powder)
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- Optional: lemon wedges and dill for garnish



Total time: 20-22 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Marinade: Whisk olive oil, lemon juice, zest, dill, garlic, salt, and pepper in a bowl.
2. Marinate Salmon: Coat salmon with marinade; sit for 10-30 minutes.
3. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry Salmon: Place salmon skin-side down; cook for 10-12 minutes until flaky and cooked through.
5. Serve: Remove and garnish with lemon and dill if desired.

Using an air fryer significantly reduces the amount of oil used in cooking, making these dishes healthier options.

Nutrition: ~300 calories (per serving)

AIR FRYER GARLIC BUTTER SHRIMP



INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- 3 tbsp unsalted butter, melted
- Three cloves garlic, minced
- 2 tbsp fresh parsley, chopped (or 1 tbsp dried)
- 1 tsp lemon juice (fresh)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional)



Total time: 18-20 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Shrimp: Combine melted butter, garlic, parsley, lemon juice, salt, and spices in a bowl.
2. Marinate Shrimp: Toss shrimp in the mixture and let marinate for 5-10 minutes.
3. Preheat Fryer: Heat to 400°F (200°C) for about 5 minutes.
4. Air Fry Shrimp: Place shrimp in the basket; cook for 6-8 minutes, shaking halfway through.
5. Serve: Remove and garnish with lemon wedges and parsley.

Nutrition: ~220 calories (per serving)

CRUNCHY AIR FRYER COD FILLETS



INGREDIENTS:

- 1.5 lbs cod fillets (fresh or thawed)
- ½ cup flour
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp salt (to taste)
- ½ tsp black pepper
- Cooking spray
- Optional: lemon wedges, chopped parsley, tartar sauce



Total time: 22-25 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Cod: Pat cod dry with paper towels.
 2. Set Up Breading: In separate dishes, arrange flour, egg, and a mix of breadcrumbs, garlic powder, onion powder, paprika, salt, and pepper.
 3. Bread Fillets: Dredge cod in flour, dip in egg, then coat with panko mixture.
 4. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
 5. Air Fry Cod: Once the air fryer is preheated, the cod fillets will be ready in just 12-15 minutes, allowing you to enjoy a delicious meal quickly.
 6. Serve: Garnish with lemon and parsley.
- Nutrition: ~250 calories (per serving)

AIR FRYER COCONUT CRUSTED SHRIMP



INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- ½ cup flour
- One large egg, beaten
- 1 cup unsweetened shredded coconut
- ½ cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp salt (to taste)
- ½ tsp black pepper
- Cooking spray
- Optional: sweet chili sauce for dipping



Total time: 25 mins



Servings: 4 (approx. 12 shrimp per serving)

INSTRUCTIONS:

1. Prepare Shrimp: Pat shrimp dry with paper towels.
 2. Set Up Breading: In separate dishes, arrange flour, egg, and a mix of shredded coconut, breadcrumbs, garlic powder, paprika, salt, and pepper.
 3. Bread Shrimp: Dredge shrimp in flour, dip in egg, then coat with coconut-breadcrumb mixture.
 4. Preheat Fryer: Heat to 400°F (200°C) for 5 minutes.
 5. Air-fry shrimp: Spray the basket and arrange the shrimp in a single layer. Lightly spray the tops. Cook for 8-10 minutes, flipping halfway, until golden and crispy.
 6. Serve: Enjoy with your choice of dipping sauce.
- Nutrition: ~340 calories (per serving, approx. 12 shrimp)

TERIYAKI AIR FRYER SALMON BOWLS



INGREDIENTS:

- 1.5 lbs salmon fillets (4 fillets, about 6 oz each)
- ¼ cup teriyaki sauce (low sodium)
- 1 tbsp honey or maple syrup (optional)
- 1 tbsp sesame oil (optional)
- 1 tsp garlic powder
- 1 tsp grated ginger (or ½ tsp ground ginger)
- ½ tsp black pepper
- 2 cups cooked rice (brown, white, or quinoa)
- 2 cups vegetables (broccoli, carrots, snap peas)
- Optional: sesame seeds, green onions, lime wedges



Total time: 35-52 mins
(including marinating)



Servings: 4

INSTRUCTIONS:

1. **Marinade:** Mix teriyaki sauce, honey, sesame oil, garlic, ginger, and pepper.
2. **Marinate Salmon:** Coat salmon in marinade; let sit for 15-30 mins.
3. **Preheat Fryer:** Heat to 400°F (200°C) for 5 mins.
4. **Cook Salmon:** Place salmon in the fryer; cook 10-12 mins until flaky (145°F/63°C).
5. **Prepare Bowls:** Cook rice and steamed vegetables.
6. **Assemble:** Layer rice, vegetables, flaked salmon, and drizzle with marinade.
7. **Garnish:** Top with sesame seeds and onions; serve with lime.

Nutrition: ~460 calories per serving

AIR FRYER PANKO-CRUSTED TILAPIA



INGREDIENTS:

- Four tilapia fillets (about 6 oz each)
- ½ cup flour
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika (optional)
- ½ tsp salt
- ¼ tsp black pepper
- Optional: lemon wedges, parsley, tartar sauce



Total time: 22-25 mins



Servings: 4

INSTRUCTIONS:

1. **Prepare Fillets:** Pat fish dry.
2. **Breading Station:** Arrange flour, beaten egg, and panko mixed with spices in separate dishes.
3. **Bread Fillets:** Coat in flour, then egg, then panko.
4. **Preheat Fryer:** Heat to 400°F (200°C) for 5 mins.
5. **Cook Tilapia:** Arrange fillets in the basket; cook 12-15 mins, flipping halfway, until golden and opaque.
6. **Serve:** Garnish with lemon and parsley; serve hot.

Nutrition: ~280 calories per serving

SPICY AIR FRYER FRIED CALAMARI



INGREDIENTS:

- 1 lb calamari rings, thawed and drained
- ½ cup flour
- ¼ cup cornmeal
- One large egg, beaten
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp cayenne pepper (optional)
- ½ tsp salt
- ½ tsp black pepper
- Cooking spray

Optional Dipping Sauce:

- ¼ cup mayonnaise
- 1 tbsp sriracha
- 1 tsp lime juice



Total time: 25-27 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Calamari: Rinse and dry calamari.
2. Breading Station: Set out flour, beaten egg, and cornmeal with spices in separate dishes.
3. Bread Calamari: Coat in flour, dip in egg, then cornmeal mixture.
4. Preheat Fryer: Heat to 400°F (200°C) for 5 mins.
5. Cook Calamari: Spray basket and arrange calamari. Cook for 8-10 mins, shaking halfway.
6. Dipping Sauce (Optional): Mix mayonnaise, sriracha, and lime juice. Adjust spice as desired.
7. Serve: Serve calamari hot with sauce.

Nutrition: ~320 calories per serving

AIR FRYER GARLIC LEMON SHRIMP SKEWERS



INGREDIENTS:

- 1.5 lbs large shrimp, peeled and deveined
- 3 tbsp olive oil
- Juice and zest of 1 lemon
- Four cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp red pepper flakes
- ½ tsp salt
- ½ tsp black pepper
- Optional: fresh parsley or cilantro, lemon wedges
- Skewers (soak wooden ones for 30 mins)



Total time: 40-55 mins (including marinating)



Servings: 4 (approx. two skewers per serving)

INSTRUCTIONS:

1. Prepare Marinade: Mix olive oil, lemon juice and zest, garlic, oregano, red pepper, salt, and pepper.
2. Marinate Shrimp: Coat shrimp in marinade; chill for 15-30 mins.
3. Preheat Fryer: Heat to 400°F (200°C) for 5 mins.
4. Prepare Skewers: Thread shrimp onto skewers.
5. Cook Skewers: Place in the fryer; cook for 8-10 mins, shaking the basket halfway.
6. Serve: Remove and garnish with parsley or cilantro and lemon wedges.

Nutrition: ~240 calories per serving

LEMON HERB AIR FRYER MAHI-MAHI



INGREDIENTS:

- Four mahi-mahi fillets (about 6 oz each)
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- Two cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp paprika (optional)
- ½ tsp salt
- ½ tsp black pepper
- Optional: lemon wedges, parsley, capers



Total time: 30-45 mins
(including marinating)



Servings: 4

INSTRUCTIONS:

1. Prepare Marinade: Combine olive oil, lemon juice and zest, garlic, oregano, thyme, paprika, salt, and pepper.
 2. Marinate Mahi-Mahi: Coat fillets in marinade; let sit for 15-30 mins.
 3. Preheat Fryer: Heat to 400°F (200°C) for 5 mins.
 4. Cook Mahi-Mahi: Place fillets in the fryer; cook for 12-15 mins until opaque and flaky.
 5. Serve: Garnish with lemon wedges and parsley.
- Nutrition: ~220 calories per serving

AIR FRYER CLAM CAKES



INGREDIENTS:

- One can (6.5 oz) chopped clams, drained (reserve the liquid)
- 1 cup cornmeal
- ½ cup flour
- ½ cup milk (or reserved clam juice)
- One large egg
- 2 tsp baking powder
- 1 tsp Old Bay seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp cayenne pepper (optional)
- Salt and pepper, to taste
- Cooking spray
- Optional: parsley, lemon wedges, tartar or cocktail sauce



Total time: 30 mins



Servings: 4 (makes about 12 clam cakes)

INSTRUCTIONS:

1. Prepare Mixture: Mix cornmeal, flour, baking powder, and seasonings.
 2. Add Wet Ingredients: Combine milk and egg with chopped clams.
 3. Combine Mixtures: Mix wet and dry ingredients until just combined.
 4. Preheat Fryer: Heat to 375°F (190°C) for 5 mins.
 5. Form Clam Cakes: Spoon batter into patties.
 6. Cook Clam Cakes: Spray basket, place patties, and cook 12-15 mins, flipping halfway.
 7. Serve: Garnish with parsley and lemon wedges; serve with dipping sauce.
- Nutrition: ~250 calories per serving

AIR FRYER BLACKENED CATFISH



INGREDIENTS:

- Four catfish fillets (about 6 oz each)
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried thyme
- 1 tsp cayenne pepper (adjust to taste)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- Optional: lime wedges, parsley or cilantro, sliced green onions



Total time: 20-22 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Seasoning: Mix paprika, garlic powder, onion powder, thyme, cayenne, salt, and pepper.
 2. Season Catfish: Pat fillets dry, drizzle with olive oil and rub in. Sprinkle seasoning on both sides.
 3. Preheat Fryer: Heat to 400°F (200°C) for 5 mins.
 4. Cook Catfish: Place in the basket; cook for 10-12 mins, flipping halfway, until flaky (145°F/63°C).
 5. Serve: Garnish with lime wedges and fresh herbs.
- Nutrition: ~250 calories per serving

PARMESAN-CRUSTED AIR FRYER SCALLOPS



INGREDIENTS:

- 1 lb sea scallops, patted dry (about 16-20)
- ½ cup grated Parmesan cheese
- ½ cup breadcrumbs (preferably panko)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried Italian herbs
- ½ tsp salt (to taste)
- ½ tsp black pepper
- Optional: ½ tsp cayenne pepper



Total time: 18-20 mins



Servings: 4 (approx. four scallops per serving)

INSTRUCTIONS:

1. Prepare Coating: In a shallow dish, mix Parmesan, breadcrumbs, garlic, herbs, salt, pepper, and cayenne.
 2. Coat Scallops: Drizzle scallops with olive oil, toss, then dredge in the mixture, pressing gently to adhere.
 3. Preheat Fryer: Heat to 400°F (200°C) for 5 mins.
 4. Cook Scallops: Spray a basket with cooking spray, then place the scallops in a single layer. Cook for 8-10 minutes until golden and opaque.
 5. Serve: Garnish with parsley and lemon wedges.
- Nutrition: ~240 calories per serving

AIR FRYER FISH AND CHIPS



INGREDIENTS:

- 1.5 lbs white fish fillets (cod, tilapia, or haddock)
- ½ cup all-purpose flour (or whole wheat)
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp salt (to taste)
- ½ tsp black pepper

For the Chips:

- Two large russet potatoes, cut into thin fries (or use frozen)
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- Optional: ½ tsp garlic powder or paprika

Optional Garnishes: fresh parsley, chopped, lemon wedges, tartar sauce or malt vinegar



Total time: 40-45 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Fish: Pat fish fillets dry; set up a breading station (flour in one dish, beaten egg in another, and a mix of panko and spices in a third).
2. Bread the fish: Dredge fillets in flour, dip them in egg, then coat them in panko mixture, pressing gently.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 mins.
4. Prepare Chips: Toss cut potatoes with olive oil, salt, pepper, and spices.
5. Air Fry Chips: Cook fries in the basket for about 15 minutes, shaking halfway through.
6. Air-fry fish: Add the fish after the fries have cooked for 5 minutes. Cook for another 10-12 minutes, flipping halfway, until golden and flaky (145°F/63°C).
7. Serve: Remove fish and chips; garnish with parsley lemon wedges, and serve with sauces.

Nutrition: ~370 calories per serving

GARLIC AND HERB AIR FRYER TROUT



INGREDIENTS:

- Four trout fillets (about 6 oz each, skinless or skin-on)
- 3 tbsp olive oil
- Four cloves garlic, minced
- 1 tbsp fresh parsley, chopped (or 1 tsp dried)
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp salt (to taste)
- ½ tsp black pepper

Optional Garnishes:

- Lemon wedges
- Additional fresh herbs



Total time: 22-25 mins



Servings: 4

INSTRUCTIONS:

1. To prepare the Marinade, Whisk olive oil, garlic, parsley, dill, lemon juice, salt, and pepper in a small bowl.
2. Marinate Trout: Coat trout in marinade; let sit for 10-30 mins.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 mins.
4. Air Fry Trout: Place trout in the basket, skin side down, in a single layer. Cook for 12-15 mins until opaque and flaky (145°F/63°C).
5. Serve: Remove trout garnish with lemon wedges and herbs.

Nutrition: ~280 calories per serving

CLASSIC AIR FRYER TUNA CASSEROLE



INGREDIENTS:

- 2 cups egg noodles (or whole wheat)
- One can (12 oz) tuna, drained
- 1 cup frozen peas
- 1 cup low-fat milk (or almond milk)
- 1 cup low-sodium cream of mushroom soup
- 1/2 cup shredded cheddar cheese (optional)
- 1/4 cup breadcrumbs (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper



Total time: 35-40 mins



Servings: 4

INSTRUCTIONS:

1. Cook Noodles: Boil noodles until al dente, then drain.
2. Prepare Mixture: In a bowl, mix tuna, noodles, peas, milk, soup, spices, and salt. Stir in cheese if using.
3. Assemble Casserole: Transfer to an oven-safe dish that fits in your air fryer.
4. Preheat Air Fryer: Heat to 370°F (188°C) for 5 minutes.
5. Air Fry: Cook casserole for 15-20 minutes. Add breadcrumbs on top in the last 5 minutes for crispiness.
6. Serve: Remove from air fryer and let cool slightly before serving.

Nutrition: This Classic Air Fryer Tuna Casserole is not only delicious but also a healthy choice, with each serving containing approximately 300 calories. Packed with protein from the tuna, and nutrients from the peas and whole wheat noodles, it's a meal you can feel good about.

AIR FRYER FISH CURRY



INGREDIENTS:

For the Fish:

- 1.5 lbs white fish fillets, cut into pieces
- 1 tbsp olive oil
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp garlic powder
- 1 tsp ginger powder (or fresh ginger, grated)
- 1 tsp salt (to taste)
- 1/2 tsp black pepper

For the Curry Sauce:

- One can (14 oz) coconut milk
- 1/2 cup diced tomatoes
- 1 tbsp lime juice
- 1 tbsp fish sauce (optional)
- Fresh cilantro and red pepper flakes for garnish (optional)



**Total time: 45-65 mins
(including marinating)**



Servings: 4

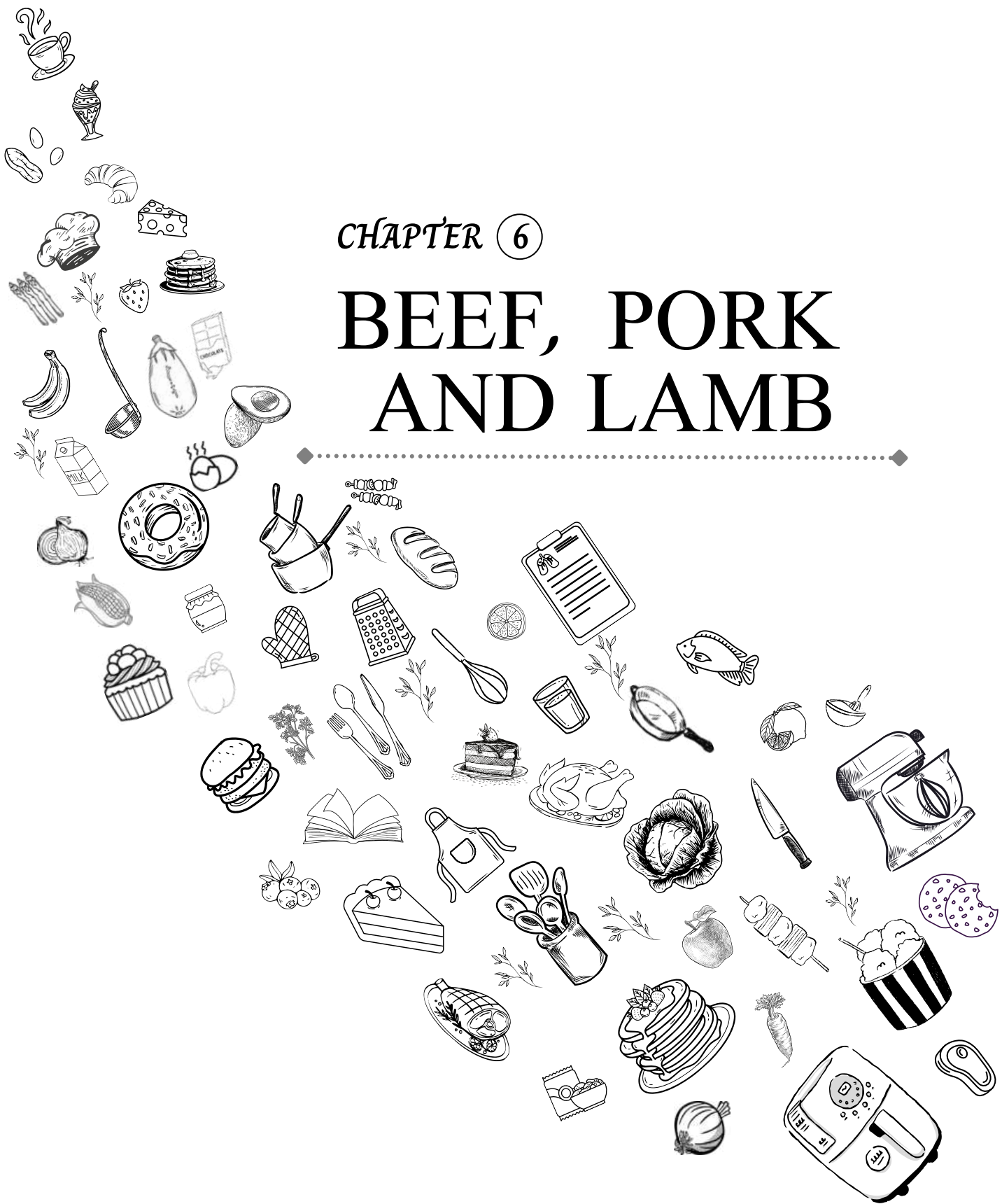
INSTRUCTIONS:

1. Prepare Marinade: Mix olive oil, curry powder, turmeric, and other spices in a bowl.
2. Marinate Fish: Toss fish in marinade; let sit for 15-30 minutes.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Cook Fish: Place fish in a single layer in the air fryer. Cook for 10 minutes, flipping halfway.
5. Prepare Curry Sauce: Simmer coconut milk, tomatoes, lime juice, and fish sauce for 5-7 minutes.
6. Combine and Simmer: Add cooked fish to sauce, stir gently, and simmer for 2-3 minutes.
7. Serve: Garnish with cilantro and red pepper flakes. Serve with rice or quinoa.

Nutrition: ~350 calories per serving

CHAPTER 6

BEEF, PORK AND LAMB



AIR FRYER GARLIC HERB BEEF STEAKS



INGREDIENTS:

- Four beef steaks (sirloin, ribeye, or choice), about 6 oz each
- 3 tbsp olive oil
- Four cloves garlic, minced
- 2 tbsp fresh rosemary, chopped (or 1 tbsp dried)
- 2 tbsp fresh thyme, chopped (or 1 tbsp dried)
- 1 tsp salt (to taste)
- ½ tsp black pepper
- 1 tbsp balsamic vinegar (optional)

Optional Garnishes:

- Fresh parsley, chopped
- Lemon wedges



Total time: 50-55 mins
(including marinating)



Servings: 4

INSTRUCTIONS:

1. To prepare the Marinade, simply whisk together olive oil, garlic, rosemary, thyme, salt, pepper, and balsamic vinegar (if using). Marinate Beef: Coat steaks in marinade and refrigerate for at least 30 minutes (or skip for a quicker preparation).
2. Preheat Air Fryer: Heat to 400°F (200°C) for 5 mins.
3. Air-fry steaks: Remove excess marinade and place steaks in the basket. Cook for 12-15 mins, flipping halfway, until they reach the perfect doneness (130°F for medium-rare). Rest Steaks: Let steaks rest for 5 minutes before serving.
4. Serve: Garnish with parsley and lemon wedges, if desired.

Nutrition: ~320 calories per serving

CRISPY AIR FRYER PORK CHOPS WITH GARLIC BUTTER



INGREDIENTS:

- Four bone-in or boneless pork chops (about 1 inch thick)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ½ tsp salt (to taste)
- ½ tsp black pepper
- 1 tbsp olive oil

For the Garlic Butter:

- 4 tbsp unsalted butter, melted
- Two cloves garlic, minced
- 1 tbsp fresh parsley, chopped (optional)
- 1 tsp lemon juice (optional)



Total time: 22-25 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Pork Chops: Pat chops dry with paper towels.
2. Season Chops: Mix garlic powder, onion powder, paprika, salt, and pepper; rub on chops. Drizzle with olive oil and coat evenly.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 mins.
4. Air-fry chops: Place in the basket without overcrowding; cook for 12-15 mins, flipping halfway, until the internal temperature reaches 145°F (63°C).
5. Prepare Garlic Butter: Combine melted butter, garlic, and lemon juice (if using).
6. Serve: Let the chops rest for 5 minutes, then drizzle with garlic butter before serving. Garnish with parsley, if desired.

Nutrition: ~290 calories per serving

AIR FRYER BEEF MEATBALLS IN MARINARA SAUCE



INGREDIENTS:



Total time: 30-35 mins



Servings: 4 (makes about 16 meatballs)

- 1 lb ground beef (lean, such as 90/10)
 - ½ cup breadcrumbs (whole wheat or regular)
 - ¼ cup grated Parmesan cheese (optional)
 - One large egg
 - Three cloves garlic, minced
 - 1 tsp dried oregano
 - 1 tsp dried basil
 - 1 tsp salt (adjust to taste)
 - ½ tsp black pepper
 - ½ tsp red pepper flakes (optional)
- For the Marinara Sauce:
- One jar (about 24 oz) of marinara sauce (low sodium preferred)
 - 1 tsp Italian seasoning (optional)
 - Fresh basil leaves for garnish (optional)

INSTRUCTIONS:

1. Prepare Meatball Mixture: Combine beef, breadcrumbs, Parmesan (if using), egg, garlic, oregano, basil, salt, pepper, and red pepper flakes in a bowl. Mix gently to combine.
2. Form Meatballs: Shape mixture into meatballs (1 to 1.5 inches in diameter), yielding about 16 meatballs.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air-fry meatballs: Place the meatballs in the basket in a single layer. Cook at 400°F (200°C) for 12-15 minutes until browned and cooked through (internal temp of 160°F/70°C).
5. Heat Marinara Sauce: While meatballs cook, warm marinara sauce in a saucepan. Add Italian seasoning if desired.
6. Combine and Serve: Add the meatballs to the sauce and let sit for a few minutes. Serve in bowls or over pasta, garnished with basil, if desired.

Nutrition: ~340 calories per serving (based on four meatballs)

SPICY AIR FRYER BEEF TACOS



INGREDIENTS:



Total time: 20-22 mins



Servings: 4 (approx. eight tacos)

- 1 lb lean ground beef (or ground turkey)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ½ tsp cayenne pepper (adjust for heat)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- 1 tbsp water (to keep moisture)

For the Tacos:

- Eight small corn or flour tortillas
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- ¼ cup shredded cheese (optional)
- ¼ cup sour cream or Greek yogurt (optional)
- Fresh cilantro, chopped (optional)
- Lime wedges for serving (optional)

INSTRUCTIONS:

1. Prepare Beef Filling: In a bowl, mix beef, olive oil, chili powder, cumin, garlic powder, onion powder, paprika, cayenne, salt, and pepper. Add water to maintain moisture.
2. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
3. Cook Beef Filling: Spread seasoned beef in the basket. Cook at 400°F (200°C) for 8-10 minutes, breaking meat apart halfway through until browned and cooked.
4. Warm Tortillas: Warm tortillas in the microwave (20-30 seconds) or air fryer (at 350°F/175°C for 2-3 minutes).
5. Assemble Tacos: Fill each warmed tortilla with beef mixture and top with desired toppings.
6. Serve: Garnish with cilantro and serve with lime wedges.

Nutrition: ~320 calories per serving (based on two tacos)

AIR FRYER LAMB CHOPS WITH ROSEMARY



INGREDIENTS:

- Eight lamb chops (about 1-inch thick)
- 3 tbsp olive oil
- 2 tbsp fresh rosemary, chopped (or 2 tsp dried)
- Four cloves garlic, minced
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- 1 tsp lemon juice (optional)

Optional Garnishes:

- Fresh rosemary sprigs
- Lemon wedges
- Mint leaves



Total time: 55-57 mins
(including marinating)



Servings: 4 (approx.)
two lamb chops per serving

INSTRUCTIONS:

1. Prepare Marinade: In a bowl, whisk together olive oil, rosemary, garlic, salt, black pepper, and lemon juice (if using).
2. Marinate Lamb Chops: Coat chops in marinade, cover, and refrigerate for at least 30 minutes. This step is crucial as it allows the flavors to infuse into the meat, enhancing its taste and tenderness.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 mins.
4. Air-fry lamb Chops: With the air fryer, cooking the marinated lamb chops is a breeze. Place them in a single basket layer and cook at 400°F (200°C) for 10-12 mins. Flipping the chops halfway through ensures even cooking and a crispy exterior.
5. Serve: Allow to rest for a few minutes before serving. Garnish with rosemary and lemon wedges.

Nutrition: ~380 calories per serving (based on two lamb chops)

JUICY AIR FRYER HAMBURGER PATTIES



INGREDIENTS:

- 1 lb ground beef (80/20 lean-to-fat ratio)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Worcestershire sauce (optional)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- Four hamburger buns (whole wheat or regular)
- Optional: cheese slices (cheddar, Swiss, etc.)

Optional Toppings:

- Lettuce leaves
- Sliced tomatoes
- Sliced red onions
- Pickles
- Mustard or ketchup



Total time: 22-25 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Beef Mixture: In a bowl, combine ground beef, garlic powder, onion powder, Worcestershire sauce (if using), salt, black pepper, and smoked paprika (if using). Mix gently.
2. Form Patties: Shape the mixture into four patties (¾ inch thick), making a slight depression in each center.
3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 mins.
4. Air Fry Patties: The air fryer is not just for fries and snacks. Place the patties in the basket in a single layer and cook at 375°F (190°C) for 12-15 mins, flipping halfway. Add cheese during the last 2 mins to melt.
5. Toast Buns (Optional): Warm the buns in the air fryer after 2 minutes of cooking.
6. Serve: Let patties rest for a few minutes; assemble on buns with your choice of toppings.

Nutrition: ~400 calories per serving (based on one patty with a bun and basic toppings)

SWEET AND SOUR AIR FRYER PORK TENDERLOIN



INGREDIENTS:

- 1 lb pork tenderloin, trimmed
- 2 tbsp olive oil
- 1 tbsp soy sauce (low sodium preferred)
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper, to taste

For the Sweet and Sour Sauce:

- ½ cup low-sodium ketchup
- ¼ cup apple cider vinegar
- 2 tbsp brown sugar or honey (adjust to taste)
- 1 tbsp soy sauce (low sodium preferred)
- 1 tsp cornstarch mixed with 2 tbsp water (to thicken)

Optional Garnishes:

- Sliced green onions
- Sesame seeds
- Lime wedges



Total time: 1 hour
(including marinating)



Servings: 4

INSTRUCTIONS:

1. **Prepare Marinade:** In a bowl, whisk together olive oil, soy sauce, honey, apple cider vinegar, garlic powder, ground ginger, salt, and pepper.
2. **Marinate Pork Tenderloin:** Coat pork in marinade and refrigerate for at least 30 minutes (up to 2 hours for more flavor).
3. **Prepare Sweet and Sour Sauce:** In a saucepan, combine ketchup, apple cider vinegar, brown sugar, and soy sauce. Heat and stir until mixed, then add cornstarch mixture and simmer until thickened (2-3 mins).
4. **Preheat Air Fryer:** Heat to 400°F (200°C) for about 5 mins.
5. **Air Fry Pork Tenderloin:** Remove from marinade, discard marinade, and place in the air fryer basket. Cook at 400°F (200°C) for 20-25 mins, flipping halfway through, until internal temperature reaches 145°F (63°C).
6. **Rest and Slice:** Let the pork rest for 5 minutes before slicing.
7. **Serve:** Serve with sweet and sour sauce drizzled over pork. Garnish as desired.

Nutrition: ~350 calories per serving

AIR FRYER BEEF STROGANOFF BITES



INGREDIENTS:



Total time: 27-30 mins



Servings: 4

- 1 lb beef sirloin or tenderloin cut into bite-sized cubes
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ½ tsp salt (adjust to taste)
- ½ tsp black pepper
- 1 tbsp Worcestershire sauce (optional)
- 1 cup mushrooms, sliced (optional)

For the Stroganoff Sauce:

- ½ cup Greek yogurt (or sour cream)
- ¼ cup beef broth (low sodium preferred)
- 1 tbsp Dijon mustard
- 1 tsp dried dill (optional)
- Salt and pepper to taste

Optional Garnishes:

- Chopped fresh parsley
- Egg noodles or cooked rice for serving (optional)

INSTRUCTIONS:

1. Prepare Beef Bites: In a bowl, combine beef with olive oil, garlic powder, onion powder, smoked paprika, salt, black pepper, and Worcestershire sauce (if using). Add mushrooms if desired, and mix well.
2. Preheat Air Fryer: Heat to 400°F (200°C) for about 5 minutes.
3. Air-fry Beef Bites: Place the beef (and mushrooms) in the air fryer basket in a single layer. Cook at 400°F (200°C) for 10-12 minutes, shaking halfway through, until browned (internal temperature of at least 145°F/63°C).
4. To prepare Stroganoff Sauce, Whisk together Greek yogurt, beef broth, mustard, dill (if using), and seasoning in a bowl.
5. Combine and Serve: Toss cooked beef bites with stroganoff sauce.
6. Serve: Serve hot, garnished with parsley, alongside egg noodles or rice if desired.

Nutrition: ~320 calories per serving

AIR FRYER TERIYAKI BEEF SKEWERS



INGREDIENTS:



Total time: 55-57 mins
(including marinating)



Servings: 4

- 1.5 lbs beef sirloin or flank steak, cut into 1-inch cubes
- ¼ cup teriyaki sauce (low sodium preferred)
- 1 tbsp olive oil
- Two cloves garlic, minced
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 tsp sesame oil (optional)
- ½ tsp black pepper
- Wooden or metal skewers (soak wooden skewers in water for 30 mins if using)

For Optional Vegetables:

- One bell pepper cut into 1-inch pieces
- One small zucchini, sliced
- One red onion, cut into wedges

INSTRUCTIONS:

1. To prepare the Marinade, Whisk together the teriyaki sauce, olive oil, garlic, ginger, sesame oil (if using), and black pepper.
2. Marinate the Beef: Toss beef cubes in the marinade, ensuring they are well coated. Cover and refrigerate for at least 30 mins (optional but recommended).
3. Preheat Air Fryer: To avoid burns, use oven mitts when handling the air fryer. Heat it to 400°F (200°C) for about 5 minutes.
4. Assemble Skewers: Thread marinated beef cubes onto skewers, alternating with vegetables if desired. It's a simple process that you can quickly master.
5. Air-fry skewers: Place them in the basket, ensuring they aren't overcrowded. Cook at 400°F (200°C) for 10-12 minutes, turning halfway, until the internal temperature reaches 145°F (63°C) for medium-rare.
6. Serve: These skewers are delicious, but you can also serve them with steamed rice or a fresh salad for a complete meal.

Nutrition: ~320 calories per serving (based on three skewers)

AIR FRYER BBQ PULLED PORK SLIDERS



INGREDIENTS:

- 1.5 lbs pork tenderloin or pork shoulder, trimmed
- 1 tbsp olive oil
- 1 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp ground cumin
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- ½ tsp cayenne pepper (optional)
- ½ cup BBQ sauce (low sugar or homemade preferred)

For the Sliders:

- Eight whole wheat slider buns or mini hamburger buns
- 1 cup coleslaw (store-bought or homemade)
- Additional BBQ sauce for drizzling (optional)



Total time: 40-45 mins



Servings: 4 (makes about eight sliders)

INSTRUCTIONS:

1. **Prepare Pork:** Pat the pork dry and drizzle with olive oil. Sprinkle with spices and rub evenly over the meat.
 2. **Preheat Air Fryer:** Heat to 400°F (200°C) for about 5 minutes.
 3. **Cook Pork:** Place seasoned pork in the air fryer basket and cook for 25-30 minutes, flipping halfway through until internal temperature reaches 145°F (63°C).
 4. **Shred Pork:** Remove from air fryer and let rest for 5 minutes, then shred using two forks.
 5. **Mix with BBQ Sauce:** Combine shredded pork with BBQ sauce in a bowl.
 6. **Assemble Sliders:** Place pork on each slider bun, top with coleslaw, and add BBQ sauce if desired.
 7. **Serve:** Secure with a toothpick if necessary and serve immediately. Get ready to enjoy these delicious sliders!
- Nutrition: ~380 calories per serving (based on two sliders)

AIR FRYER BEEF AND CHEDDAR STUFFED PEPPERS



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- Four large bell peppers (any color)
- 1 lb lean ground beef (or ground turkey)
- 1 cup cooked rice (brown or white)
- ½ cup shredded cheddar cheese
- ½ cup diced tomatoes (canned or fresh)
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- ½ tsp salt (adjust to taste)
- ½ tsp black pepper

Optional Toppings:

- Additional shredded cheese
- Sliced green onions
- Chopped fresh parsley
- Hot sauce, to taste

INSTRUCTIONS:

1. Prepare Peppers: Cut the tops off the bell peppers, removing the seeds and membranes. Trim the bottoms if needed for stability.
2. Cook Beef Filling: In a skillet over medium heat, cook ground beef until browned and fully cooked, draining any excess fat. Stir in cooked rice, diced tomatoes, Worcestershire sauce, garlic powder, onion powder, oregano, salt, and pepper. Heat through for 2-3 minutes.
3. Stuff Peppers: Preheat the air fryer to 370°F (188°C) for about 5 minutes. Fill each pepper with the beef mixture, pressing down gently.
4. Air Fry Stuffed Peppers: Place peppers upright in the air fryer basket. Cook at 370°F (188°C) for 15-20 minutes until peppers are tender and cheese is melted. Check for doneness at 15 minutes.
5. Serve: Remove stuffed peppers carefully; let cool before serving.

Nutrition: ~350 calories per serving (based on one stuffed pepper)

AIR FRYER LAMB SHAWARMA WRAPS



INGREDIENTS:



Total time: 1 hour
(including marinating)



Servings: 4

For the Lamb:

- 1.5 lbs boneless lamb, cut into strips
- 2 tbsp olive oil
- 2 tbsp plain yogurt (optional)
- 2 tbsp lemon juice
- 3 cloves garlic, minced
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp smoked paprika
- 1 tsp ground cinnamon
- 1 tsp salt (to taste)
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

For the Wraps:

- 4 large tortillas or pita breads
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/4 cup sliced red onion
- 1/2 cup tzatziki or tahini sauce (optional)

INSTRUCTIONS:

1. Prepare Marinade: Mix olive oil, yogurt, lemon, and spices in a bowl.
 2. Marinate Lamb: Coat lamb strips in marinade and chill for 30 minutes.
 3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
 4. Air Fry Lamb: Cook lamb at 400°F (200°C) for 15-20 minutes, shaking halfway, until cooked.
 5. Warm Tortillas: Heat tortillas in an air fryer at 350°F (175°C) for 2 minutes.
 6. Assemble Wraps: Fill tortillas with lamb, lettuce, tomatoes, onion, and sauce.
 7. Serve: Roll up wraps and serve with sides.
- Nutrition: ~380 calories per wrap, making it a healthy and satisfying meal choice.

AIR FRYER PORK SCHNITZEL



INGREDIENTS:



Total time: 30 mins



Servings: 4

- 1.5 lbs pork loin, cut into ½-inch thick cutlets
- ½ cup all-purpose flour
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- Cooking spray

Optional Garnishes:

- Fresh lemon wedges
- Chopped parsley
- Your favorite dipping sauce (e.g., mustard or aioli)

INSTRUCTIONS:

1. **Prep Pork Cutlets:** If needed, pound pork cutlets between plastic wrap to ¼ inch thick for tenderness.
2. **Breading Station:** Place flour in one shallow dish, beaten egg in another, and mix panko breadcrumbs, garlic powder, onion powder, smoked paprika, salt, and black pepper in a third dish.
3. **Bread Cutlets:** Dredge each cutlet in flour, dip it in egg, and coat it in the panko mixture, pressing gently to adhere.
4. **Preheat Air Fryer:** Heat to 400°F (200°C) for about 5 minutes.
5. **Air Fry Schnitzel:** Lightly spray the basket with cooking spray. Place cutlets in a single layer and spray the tops lightly. Cook at 400°F (200°C) for 12-15 minutes, flipping halfway, until golden brown and cooked through (internal temperature of 145°F/63°C).
6. **Serve:** Remove from air fryer, let rest for a minute, and serve garnished with lemon wedges and parsley.

Nutrition: ~280 calories per serving (based on one schnitzel)

BUFFALO AIR FRYER MEATBALL SUBS



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- 1 lb lean ground beef (or ground turkey)
- ½ cup breadcrumbs (whole wheat or regular)
- ¼ cup grated Parmesan cheese (optional)
- One large egg
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley (or fresh parsley, chopped)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- ¼ cup buffalo sauce (adjust for heat)

For the Subs:

- Four whole wheat or regular sub rolls
- 1 cup shredded lettuce
- ½ cup diced tomatoes or salsa
- ½ cup blue cheese or ranch dressing (optional)

INSTRUCTIONS:

1. Prepare Meatball Mixture: In a bowl, mix ground beef, breadcrumbs, Parmesan (if using), egg, garlic powder, onion powder, parsley, salt, and black pepper. Combine gently.
2. Form Meatballs: Shape mixture into about 16 meatballs, roughly 1 inch in size.
3. Preheat Air Fryer: Heat to 400°F (200°C) for about 5 minutes.
4. Air-fry meatballs: Place the meatballs in the air fryer basket in a single layer. Cook at 400°F (200°C) for 10-12 minutes, turning halfway through, until browned (internal temperature of 165°F/74°C).
5. Toss in Buffalo Sauce: Transfer meatballs to a bowl and coat with buffalo sauce.
6. Prepare Rolls: Cut sub rolls lengthwise and lightly toast in the air fryer for about 2-3 minutes at 350°F (175°C).
7. Assemble Subs: Fill each toasted roll with 3-4 buffalo meatballs. If desired, add shredded lettuce, diced tomatoes, and blue cheese or ranch dressing.
8. Serve: Serve immediately with optional toppings.

Nutrition: ~410 calories per serving (based on one sub with four meatballs)

AIR FRYER SMOKED PAPRIKA PORK RIBS



INGREDIENTS:

- 2 lbs pork spare ribs or baby back ribs, trimmed
- 2 tbsp olive oil
- 2 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp brown sugar (optional)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- ½ tsp cayenne pepper (optional)

Optional Sauce for Glazing:

- ¼ cup BBQ sauce (low sugar or homemade preferred)

Optional Garnishes:

- Fresh parsley, chopped
- Lemon or lime wedges



Total time: 35-60 mins
(including marinating)



Servings: 4

INSTRUCTIONS:

1. Prepare the Marinade: In a bowl, mix olive oil, smoked paprika, garlic powder, onion powder, brown sugar, salt, black pepper, and cayenne pepper.
2. Marinate the Ribs: Rub the marinade over the pork ribs, ensuring they are well coated. Let marinate for 15-30 minutes in the refrigerator (optional).
3. Preheat Air Fryer: Heat to 400°F (200°C) for about 5 minutes.
4. Cook the Ribs: If necessary, cut the ribs into smaller sections. Place them in the air fryer basket in a single layer. Cook at 400°F (200°C) for 25-30 minutes, turning halfway to ensure even cooking, until tender and the internal temperature reaches at least 145°F (63°C)
5. Glaze with BBQ Sauce (Optional): In the last 5 minutes, brush BBQ sauce over the ribs and let caramelize.
6. Serve: Let the ribs rest for a few minutes before serving to allow the juices to redistribute, resulting in a more flavorful and tender meat, garnished with parsley and lemon or lime wedges.

Nutrition: ~320 calories per serving (based on 1/4 of the recipe)

AIR FRYER LAMB BURGERS WITH FETA CHEESE



INGREDIENTS:



Total time: 27-30 mins



Servings: 4

- 1 lb ground lamb
- ½ cup feta cheese, crumbled
- ¼ cup breadcrumbs (whole wheat or regular)
- One clove of garlic, minced (or 1 tsp garlic powder)
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp salt (adjust to taste)
- ½ tsp black pepper
- One large egg

For Serving:

- Four whole wheat or regular hamburger buns
- Lettuce leaves
- Sliced tomatoes
- Sliced red onion
- Cucumber slices (optional)
- Tzatziki sauce or Greek yogurt (optional)

INSTRUCTIONS:

1. Prepare the Lamb Burger Mixture: In a bowl, combine ground lamb, feta cheese, breadcrumbs, minced garlic, oregano, cumin, salt, black pepper, and egg. Mix gently without overmixing.
 2. Form the Patties: Divide the mixture into four equal portions and shape them into about ¾-inch thick patties.
 3. Preheat Air Fryer: Heat to 375°F (190°C) for about 5 minutes.
 4. Air-fry Lamb Burgers: Lightly spray the air fryer basket with cooking spray. Place patties in the basket and cook at 375°F (190°C) for 12-15 minutes, flipping halfway, until the internal temperature reaches 160°F (71°C).
 5. Serve: Let the burgers rest for a few minutes. If desired, warm the buns for 1-2 minutes in the air fryer before assembling. Place a patty on each bun and top with lettuce, tomatoes, onion, cucumber, and tzatziki sauce.
- Nutrition: ~420 calories per serving (based on one burger with bun and basic toppings)

VEGETABLES AND SIDE DISHES



CRISPY AIR FRYER BRUSSELS SPROUTS WITH BALSAMIC GLAZE



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

- 1 lb Brussels sprouts, trimmed & halved
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (optional)

For Balsamic Glaze:

- 1/4 cup balsamic vinegar
- 1 tbsp honey (or maple syrup)
- 1 tsp Dijon mustard (optional)

INSTRUCTIONS:

1. Prepare Sprouts: Trim and halve Brussels sprouts.
 2. Season Sprouts: Toss with olive oil, garlic powder, onion powder, salt, pepper, and paprika.
 3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
 4. Air Fry: Cook sprouts in a single layer for 15-20 minutes, shaking halfway through.
 5. Make Glaze: Simmer vinegar, honey, and mustard over medium heat for 5 minutes until thickened.
 6. Glaze Sprouts: Toss cooked sprouts with balsamic glaze.
 7. Serve: Enjoy immediately with extra glaze if desired.
- Nutrition: ~180 calories per serving

AIR FRYER GARLIC PARMESAN GREEN BEANS



INGREDIENTS:



Total time: 18-20 mins



Servings: 4

- 1 lb green beans, trimmed
- 2 tbsp olive oil
- Three cloves garlic, minced (or 1 tsp garlic powder)
- 1/4 cup grated Parmesan cheese (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp red pepper flakes (optional)

INSTRUCTIONS:

1. Prepare Green Beans: Rinse and trim beans.
 2. Season Beans: Toss with olive oil, garlic, salt, pepper, and red pepper flakes.
 3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
 4. Air Fry: Cook in a single layer for 8-10 minutes, shaking halfway through.
 5. Add Cheese: Sprinkle Parmesan on beans in the last 2 minutes of cooking.
 6. Serve: Enjoy hot, garnished with lemon juice or herbs if desired.
- Nutrition: ~130 calories per serving

ROASTED AIR FRYER CAULIFLOWER STEAKS



INGREDIENTS:

- One large head of cauliflower
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper

Optional Garnishes:

- Fresh parsley or cilantro, chopped
- Lemon wedges
- Grated Parmesan cheese (optional)
- Red pepper flakes (optional)



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Cauliflower: Slice cauliflower into 1/2-inch thick "steaks."
2. Season: Whisk together olive oil, garlic powder, onion powder, paprika, salt, and pepper; brush on both sides of the steaks.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook steaks in a single layer for 10 minutes, flip, and cook another 5-10 minutes until golden and tender.
5. Serve: Garnish with parsley, lemon wedges, and optional cheese or flakes.

Nutrition: ~120 calories per serving

AIR FRYER SWEET POTATO FRIES WITH SPICY MAYO



INGREDIENTS:

- Two large sweet potatoes peeled & cut into fries
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

For Spicy Mayo:

- 1/2 cup mayonnaise (or Greek yogurt)
- 1 tbsp sriracha (or hot sauce)
- 1 tsp lime juice (optional)
- Salt to taste



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Sweet Potatoes: Cut sweet potatoes into evenly sized-fries.
2. Season Fries: Toss with olive oil, garlic powder, paprika, salt, black pepper, and cayenne (if using).
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook fries in a single layer for 15-20 minutes, shaking halfway through until golden and crispy.
5. Make Spicy Mayo: Mix mayonnaise, sriracha, lime juice, and salt in a bowl.
6. Serve: Enjoy fries hot with spicy mayo for dipping.

Nutrition: ~270 calories per serving

AIR FRYER ZUCCHINI AND CORN FRITTERS



INGREDIENTS:



Total time: 25-27 mins



Servings: 4 (about eight fritters)

- Two medium zucchinis, grated (about 2 cups)
- 1 cup corn kernels
- 1/2 cup all-purpose flour
- One large egg
- 1/4 cup grated Parmesan cheese (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- Cooking spray

Optional Dipping Sauce:

- 1/4 cup Greek yogurt or sour cream
- 1 tsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS:

1. Prepare Zucchini: Grate zucchini; squeeze out excess moisture using a towel.
2. Mix Ingredients: Combine zucchini, corn, flour, egg, Parmesan (if using), garlic powder, onion powder, oregano, salt, and pepper in a bowl.
3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
4. Form Fritters: Shape the mixture into 2-3 inch patties. Make sure the patties are of similar thickness to ensure even cooking. Spray both sides with cooking spray to help them crisp up in the air fryer.
5. Air Fry: Cook patties in a single layer for 10-12 minutes, flipping halfway until golden brown.
6. Prepare Dipping Sauce (Optional): Mix yogurt, lemon juice, salt, and pepper.
7. Serve: Enjoy the fritters hot with the dipping sauce. These cakes pair well with a fresh salad or steamed vegetables for a complete and balanced meal.

Nutrition: ~180 calories per serving (based on two fritters)

HERBED AIR FRYER CARROTS WITH HONEY



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

- 1 lb baby carrots (or regular carrots, cut into sticks)
- 2 tbsp olive oil
- 1 tbsp honey
- 1 tsp dried thyme (or 1 tbsp fresh)
- 1 tsp garlic powder (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- Optional Garnishes:
 - Fresh parsley, chopped
 - Additional honey
 - Lemon zest

INSTRUCTIONS:

1. Prepare Carrots: Peel and cut regular carrots into sticks; rinse baby carrots.
 2. Season Carrots: Combine olive oil, honey, thyme, garlic powder, salt, and pepper in a bowl; toss in carrots.
 3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
 4. Air Fry: Cook carrots in a single layer for 15-20 minutes, shaking halfway until tender and caramelized.
 5. Serve: Let cool, then garnish with parsley, honey, and lemon zest.
- Nutrition: ~120 calories per serving

AIR FRYER TOMATO BASIL CAPRESE SALAD



INGREDIENTS:



Total time: 15-17 mins



Servings: 4

- 2 cups cherry tomatoes, halved
- 8 oz fresh mozzarella balls (bocconcini)
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup fresh basil leaves, torn

Optional Toppings:

- Additional balsamic glaze
- Crushed red pepper flakes
- Fresh parsley

INSTRUCTIONS:

1. Prepare Ingredients: Rinse and halve tomatoes; tear basil leaves.
2. Season Ingredients: Combine tomatoes, mozzarella, olive oil, salt, and pepper in a bowl and toss gently.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Place seasoned mix in the basket and cook for 5-7 minutes, stirring halfway.
5. Prepare Salad: Transfer to a serving bowl; add basil and drizzle with balsamic vinegar. Toss gently.
6. Serve: Enjoy immediately with optional garnishes like additional basil or parsley.

Nutrition: ~220 calories per serving

AIR FRYER ROASTED ROOT VEGETABLES MEDLEY



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- Two large carrots, chopped
- One large parsnip, chopped
- One medium sweet potato, diced
- One medium red beet, diced (optional)
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (optional)

Optional Garnishes:

- Fresh parsley, chopped
- Feta cheese, crumbled
- Lemon wedges

INSTRUCTIONS:

1. Prep Vegetables: Chop root vegetables into even pieces.
2. Season: Toss with olive oil, thyme, garlic powder, salt, pepper, and paprika until coated.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook vegetables in a single layer for 20-25 minutes, shaking halfway through, until tender and caramelized.
5. Serve: Let cool slightly, then garnish with parsley, feta, and lemon juice if desired.

Nutrition: ~180 calories per serving

AIR FRYER MEXICAN STREET CORN



INGREDIENTS:

- Four ears of corn (or canned corn kernels)
- 2 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp smoked paprika (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper

Toppings:

- 1/4 cup mayonnaise (or Greek yogurt)
- 1/4 cup cotija cheese, crumbled (or feta)
- 2 tbsp fresh cilantro, chopped
- 1 tbsp lime juice
- Hot sauce (optional)



Total time: 20-22 mins



Servings: 4

INSTRUCTIONS:

1. Prep Corn: Husk corn or drain canned corn.
2. Season Corn: Whisk olive oil, chili powder, smoked paprika, salt, and pepper; brush over corn or toss with canned corn.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook corn on the cob for 10-12 minutes, turning halfway, or cook canned corn in a single layer.
5. Prepare Topping: Mix mayonnaise, lime juice, and cilantro in a bowl.
6. Serve: Brush cooked corn with mayo mixture, sprinkle with cheese and cilantro, and serve with lime wedges and hot sauce.

Nutrition: ~230 calories per serving

SPICY AIR FRYER EGGPLANT BITES



INGREDIENTS:

- One large eggplant cut into 1-inch cubes
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne pepper (adjust to taste)
- 1 tsp salt (adjust to taste)
- 1/2 tsp black pepper

Optional Garnishes:

- Fresh parsley or cilantro, chopped
- Crushed red pepper flakes
- Lemon wedges



Total time: 30-35 mins



Servings: 4

INSTRUCTIONS:

1. Prep Eggplant: Cut eggplant into cubes, sprinkle with salt, sit for 10 minutes, then rinse and pat dry.
2. Season Eggplant: Toss eggplant with olive oil, smoked paprika, garlic powder, onion powder, cayenne, salt, and pepper until coated.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Cook eggplant in a single layer for 15-20 minutes, shaking halfway through until golden brown and crispy.
5. Serve: Let cool slightly, garnished with parsley or cilantro and a squeeze of lemon juice.

Nutrition: ~140 calories per serving

SWEET AND SOUR AIR FRYER RED CABBAGE



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

- One medium-head red cabbage, thinly sliced (about 4 cups)
- 2 tbsp olive oil
- 1/4 cup apple cider vinegar
- 2 tbsp honey (or maple syrup)
- 1 tsp salt (to taste)
- 1/2 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp ground ginger (optional)
- 1 tbsp soy sauce (optional)

Optional Garnishes:

- Sesame seeds
- Chopped green onions or cilantro
- Crushed peanuts

INSTRUCTIONS:

1. Prep Cabbage: Thinly slice red cabbage and remove tough outer leaves.
 2. Mix Seasoning: Whisk olive oil, vinegar, honey, salt, pepper, garlic powder, ginger, and soy sauce until combined.
 3. Toss Cabbage: Add cabbage to the bowl and toss until evenly coated.
 4. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
 5. Air Fry: Place cabbage in the basket and cook for 15-20 minutes, shaking halfway through.
 6. Serve: Transfer to a serving dish and garnish with sesame seeds, green onions, and peanuts if desired.
- Nutrition: ~150 calories per serving

AIR FRYER ASPARAGUS WITH LEMON ZEST



INGREDIENTS:



Total time: 18-20 mins



Servings: 4

- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil
- Zest of 1 lemon
- 1 tbsp fresh lemon juice
- 1 tsp garlic powder (optional)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper

Optional Garnishes:

- Fresh lemon wedges
- Grated Parmesan cheese
- Red pepper flakes

INSTRUCTIONS:

1. Prep Asparagus: Rinse and trim tough ends of asparagus; pat dry.
 2. Season Asparagus: Toss asparagus with olive oil, lemon zest, lemon juice, garlic powder, salt, and pepper until coated.
 3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
 4. Air Fry: Cook asparagus in a single layer for 8-10 minutes, shaking halfway through.
 5. Serve: Remove from air fryer and serve immediately.
- Nutrition: ~150 calories per serving

CRUNCHY AIR FRYER MUSHROOM BITES



INGREDIENTS:

- 16 oz fresh button or cremini mushrooms, cleaned and stems trimmed
- 1/2 cup all-purpose flour (or whole wheat)
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional)
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper
- Cooking spray



Total time: 20-22 mins



Servings: 4

INSTRUCTIONS:

1. Prep Mushrooms: Clean and trim mushrooms, cutting larger ones in half or quarters.
 2. Set Up Breading Station: Place flour in one dish, beaten egg in another, and combine panko with seasonings in a third dish.
 3. Bread Mushrooms: Dredge mushrooms in flour, dip them in egg, and coat them with panko mixture, pressing to adhere.
 4. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
 5. Air Fry: Spray the basket with cooking spray, place mushrooms in a single layer, and lightly spray tops. Cook for 10-12 minutes, shaking halfway through.
 6. Serve: Let cool slightly before serving.
- Nutrition: ~160 calories per serving

AIR FRYER LOADED BAKED POTATOES



INGREDIENTS:

- Four medium russet potatoes
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper

For Toppings:

- 1/2 cup shredded cheddar cheese
- 1/2 cup cooked and crumbled turkey bacon
- 1/2 cup Greek yogurt (or sour cream)
- Two green onions, sliced
- 1/2 cup steamed broccoli florets (optional)



Total time: 45-55 mins



Servings: 4

INSTRUCTIONS:

1. Prep Potatoes: Wash and dry potatoes; poke holes with a fork.
 2. Season Potatoes: Rub with olive oil and sprinkle with salt and pepper.
 3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
 4. Air Fry: Cook potatoes in the basket for 35-45 minutes, turning halfway until tender.
 5. Prepare Toppings: Cook bacon, shred cheese, slice green onions, and steam broccoli.
 6. Assemble Potatoes: Cut a slit in each potato, fluff the insides with a fork, and top with cheese, bacon, yogurt, green onions, and broccoli.
 7. Serve: Enjoy loaded baked potatoes hot.
- Nutrition: ~320 calories per serving

AIR FRYER MEDITERRANEAN CHICKPEAS



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

- Two cans (15 oz each) of chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper

Optional Garnishes:

- Fresh parsley, chopped
- Lemon wedges
- Crumbled feta cheese

INSTRUCTIONS:

1. Prep Chickpeas: Preheat the air fryer to 400°F (200°C) for 5 minutes. Pat chickpeas dry with a towel.
2. Season Chickpeas: Toss chickpeas with olive oil, smoked paprika, cumin, garlic powder, oregano, salt, and pepper until coated.
3. Air-fry chickpeas: Place chickpeas in a single layer in the basket. Cook for 15-20 minutes, shaking every 5 minutes, until crispy.
4. Serve: Remove the chickpeas and let them cool slightly. Garnish with parsley, lemon juice, and feta, if desired.

Nutrition: ~180 calories per serving

AIR FRYER RATATOUILLE



INGREDIENTS:



Total time: 35-40 mins



Servings: 4

- One small eggplant, diced
- One zucchini, diced
- One red bell pepper, diced
- One yellow bell pepper, diced
- One small onion, diced
- Two tomatoes, diced
- Three cloves garlic, minced
- 3 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp salt (to taste)
- 1/2 tsp black pepper

Optional Garnishes:

- Fresh basil or parsley, chopped
- Grated Parmesan cheese

INSTRUCTIONS:

1. Prep Vegetables: Wash and dice all vegetables into uniform pieces.
2. Season Vegetables: Toss vegetables in a bowl with garlic, olive oil, thyme, oregano, salt, and pepper until coated.
3. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
4. Air-fry vegetables: Cook vegetables in the basket for 20-25 minutes, shaking halfway through, until tender and caramelized.
5. Serve: Transfer to a serving dish, garnish with basil or parsley, and sprinkle with Parmesan if desired.

Nutrition: ~150 calories per serving

CHAPTER 8

VEGETARIAN DISHES



AIR FRYER CRISPY CHICKPEAS WITH SPICES



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

- One can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp chili powder (optional)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper

Optional Garnishes:

- Fresh herbs (parsley or cilantro), chopped
- Lemon wedges
- Nutritional yeast (optional)

INSTRUCTIONS:

1. Prep Chickpeas: Drain and rinse chickpeas, then pat dry thoroughly.
2. Season Chickpeas: In a bowl, mix chickpeas with olive oil, spices, salt, and pepper until evenly coated.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air Fry: Place chickpeas in a single layer in the basket. Cook for 15-20 minutes, shaking every 5 minutes until crispy and golden.
5. Serve: Remove from the air fryer and cool slightly. Garnish with herbs and lemon juice before serving.

Nutrition: ~120 calories per serving

AIR FRYER STUFFED BELL PEPPERS WITH QUINOA



INGREDIENTS:



Total time: 30-35 mins



Servings: 4 (makes four stuffed peppers)

- Four large bell peppers
- 1 cup cooked quinoa
- One can (15 oz) black beans, drained and rinsed
- 1 cup corn (fresh, frozen, or canned)
- 1/2 cup diced tomatoes
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper
- 1/2 cup shredded cheese (optional)

INSTRUCTIONS:

1. Prep Peppers: Cut tops off bell peppers, removing seeds.
 2. Make Filling: Mix quinoa, black beans, corn, tomatoes, spices, and half of the cheese in a bowl.
 3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
 4. Stuff Peppers: Fill each pepper with the mixture and top with the remaining cheese.
 5. Air Fry: Place peppers upright in the basket and cook for 15-20 minutes until tender.
 6. Serve: Carefully remove from the air fryer and let cool slightly before serving.
- Nutrition: ~290 calories per serving (based on one stuffed pepper)

SPICY AIR FRYER CAULIFLOWER BUFFALO BITES



INGREDIENTS:



Total time: 25-30 mins



Servings: 4

INSTRUCTIONS:

- One medium-head cauliflower, cut into bite-sized florets (about 4 cups)
- 1/2 cup all-purpose flour (or whole wheat)
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

For Buffalo Sauce:

- 1/2 cup hot sauce
- 2 tbsp unsalted butter (or olive oil)
- 1 tbsp apple cider vinegar (optional)

1. Prep Cauliflower: Wash and cut into florets.
2. Set Up Breeding Station: Place flour in one dish, beaten egg in another, and combine panko with the seasonings in a third.
3. Bread Cauliflower: Dredge florets in flour, dip in egg, then coat with breadcrumbs.
4. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
5. Air Fry Cauliflower: Spray basket, place florets in a single layer, and cook for 12-15 minutes, shaking halfway.
6. Prepare Buffalo Sauce: Mix hot sauce, melted butter, and vinegar.
7. Coat Bites: Toss cooked cauliflower in the buffalo sauce to coat.
8. Serve: Enjoy hot, with optional garnishes like celery, carrots, or dressing.

Nutrition: ~150 calories per serving (based on 1 cup of bites)

AIR FRYER EGGPLANT PARMESAN STACKS



INGREDIENTS:



Total time: 35-40 mins



Servings: 4

INSTRUCTIONS:

- One large eggplant, sliced into 1/2-inch rounds
- 1/2 cup all-purpose flour (or whole wheat)
- One large egg, beaten
- 1 cup panko breadcrumbs
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp salt (to taste)
- 1/2 tsp black pepper
- 1 cup marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese (optional)

1. Prep Eggplant: Slice eggplant, salt both sides and let it sit for 15-20 minutes. Rinse and pat dry.
2. Set Up Breeding Station: Place flour in one dish, beaten egg in another, and combine panko with seasonings in a third.
3. Bread Eggplant: Dredge each slice in flour egg and coat it in the panko mixture.
4. Preheat Air Fryer: Heat to 400°F (200°C) for about 5 minutes.
5. Air-fry eggplant: Spray a basket, place slices in a single layer, and cook for 10-12 minutes, flipping halfway, until golden brown.
6. Assemble Stacks: Layer eggplant with marinara and cheese, stack 2-3 slices high, and cook at 375°F (190°C) for 5-7 minutes until cheese is melted.
7. Serve: Let cool slightly before serving, garnished with fresh herbs.

Nutrition: ~280 calories per serving (based on one stack)

CHEESY AIR FRYER BROCCOLI AND RICE CASSEROLE



INGREDIENTS:

- 2 cups cooked brown or white rice
- 2 cups broccoli florets (fresh or frozen)
- 1 cup shredded cheddar cheese
- 1/2 cup Greek yogurt (or sour cream)
- 1/2 cup low-sodium chicken or vegetable broth
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper

Optional Toppings:

- Additional shredded cheese
- Chopped green onions or parsley
- Crushed red pepper flakes



Total time: 35-40 mins



Servings: 4

INSTRUCTIONS:

1. **Prep Broccoli:** Thaw and drain frozen broccoli; steam fresh for 2-3 minutes until tender.
2. **Combine Ingredients:** Mix rice, broccoli, cheese, Greek yogurt, broth, and seasonings in a bowl.
3. **Preheat Air Fryer:** Heat to 350°F (175°C) for about 5 minutes.
4. **Transfer Mixture:** Grease a baking dish suitable for the air fryer, transfer the mixture, and spread evenly.
5. **Cook Casserole:** Cook for 15-20 minutes, adding extra cheese in the last 5 minutes if desired.
6. **Serve:** Remove from the air fryer, cool for a few minutes, and garnish before serving.

Nutrition: ~280 calories per serving

AIR FRYER ZUCCHINI FRITTERS WITH TZATZIKI SAUCE



INGREDIENTS:

- Two medium zucchinis, grated (about 2 cups)
- 1/2 cup all-purpose flour (or whole wheat)
- 1/2 cup grated Parmesan cheese (optional)
- 1/4 cup green onions, chopped
- One large egg, beaten
- Two cloves garlic, minced (or 1 tsp garlic powder)
- 1 tsp dried dill (or 1 tbsp fresh dill)
- Salt and pepper, to taste
- 1/2 tsp paprika (optional)

For Tzatziki Sauce:

- 1 cup Greek yogurt
- 1/2 cucumber, grated and drained
- 1 tbsp fresh dill (or 1 tsp dried dill)
- 1 tbsp lemon juice
- One clove of garlic, minced
- Salt and pepper, to taste



Total time: 30 mins



Servings: 4 (makes about eight fritters)

INSTRUCTIONS:

1. **Prepare Zucchini:** Grate and squeeze out excess moisture.
2. **Make Fritter Mixture:** In a bowl, combine zucchini, flour, cheese (if using), green onions, egg, garlic, dill, salt, pepper, and paprika.
3. **Preheat Air Fryer:** Heat to 375°F (190°C) for 5 minutes.
4. **Form Fritters:** Shape mixture into patties about 2-3 inches wide and 1/2 inch thick.
5. **Air-fry fritters:** Spray a basket, place the fritters in a single layer, and cook for 12-15 minutes, flipping halfway until golden and crispy.
6. **Prepare Tzatziki:** Mix all sauce ingredients in a bowl until smooth.
7. **Serve:** Let cakes cool slightly before serving with tzatziki sauce.

Nutrition: ~250 calories per serving (based on two fritters with sauce)

MEDITERRANEAN AIR FRYER STUFFED ZUCCHINI BOATS



INGREDIENTS:



Total time: 27-30 mins



Servings: 4 (makes about four stuffed zucchini boats)

- Two medium zucchini halved and scooped out
- 1 cup cooked quinoa (or brown rice)
- One can (15 oz) chickpeas, drained and rinsed
- 1/2 cup cherry tomatoes, quartered
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled (optional)
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper

Optional Garnishes:

- Fresh parsley or basil, chopped
- Extra lemon zest
- Balsamic glaze

INSTRUCTIONS:

1. Prep Zucchini: Preheat the air fryer to 370°F (188°C). Cut the zucchini in half lengthwise and scoop out the seeds.
2. Make Filling: In a bowl, mix quinoa, chickpeas, tomatoes, onion, zucchini flesh, feta (if using), olive oil, and seasonings.
3. Stuff Zucchini: Fill each zucchini half with the mixture, pressing gently.
4. Air-fry stuffed Zucchini: Place in the basket and cook for 12-15 minutes until tender and the filling is heated.
5. Serve: Garnish with parsley or basil, and drizzle with balsamic glaze or lemon zest if desired.

Nutrition: ~220 calories per serving (based on 1 stuffed zucchini boat)

AIR FRYER CORN AND BLACK BEAN QUESADILLAS



INGREDIENTS:



Total time: 20-22 mins



Servings: 4 (makes about four quesadillas)

- Four sizeable whole wheat or regular flour tortillas
- 1 cup canned black beans, drained and rinsed
- 1 cup corn (fresh, frozen, or canned)
- 1/2 cup shredded cheese (cheddar or Monterey Jack)
- 1/2 tsp cumin (optional)
- 1/2 tsp chili powder (optional)
- Salt and pepper, to taste

Optional Garnishes:

- Fresh cilantro, chopped
- Sliced avocado
- Salsa or pico de gallo
- Sour cream or Greek yogurt
- Lime wedges

INSTRUCTIONS:

1. Prepare Filling: In a bowl, mix black beans, corn, cheese, cumin, chili powder, salt, and pepper.
2. To assemble Quesadillas, Spoon about 1/4 of the filling on one half of a tortilla, fold it over, and press lightly.
3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
4. Air-fry quesadillas: Spray a basket with cooking spray, place the quesadillas in a single layer, and cook for 8-10 minutes, flipping halfway until golden brown.
5. Serve: Let cool slightly, cut into wedges, and serve with optional garnishes.

Nutrition: ~320 calories per serving (based on one quesadilla)

SWEET AND SPICY AIR FRYER ROASTED BUTTERNUT SQUASH



INGREDIENTS:



Total time: 30-35 mins



Servings: 4

- One medium butternut squash (about 2 lbs)
- 2 tbsp olive oil
- 1 tbsp honey (or maple syrup)
- 1 tsp cinnamon
- 1/2 tsp cayenne pepper (to taste)
- 1/2 tsp salt (to taste)
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)

Optional Garnishes:

- Chopped fresh parsley or cilantro
- Lime juice
- Toasted pumpkin seeds or pecans

INSTRUCTIONS:

1. Prep Squash: Peel, halve, and scoop seeds. Cut into 1-inch cubes.
2. Season Squash: Combine cubes with olive oil, honey, cinnamon, cayenne, salt, black pepper, and garlic in a bowl. Toss to coat.
3. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
4. Air-fry squash: Place cubes in the basket in a single layer; cook for 20-25 minutes, shaking halfway, until tender and caramelized.
5. Serve: Remove the squash and let it cool. If desired, garnish with parsley, lime juice, and seeds/pecans.

Nutrition: ~160 calories per serving

AIR FRYER SPINACH AND FETA STUFFED MUSHROOMS



INGREDIENTS:



Total time: 25-27 mins



Servings: 4 (approx.
eight stuffed
mushrooms)

- Eight large cremini or button mushroom stems were removed
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1/4 cup cream cheese (or Greek yogurt)
- 2 tbsp breadcrumbs (optional)
- Two cloves garlic, minced
- 1 tsp dried oregano
- 1/4 tsp black pepper
- 1/4 tsp salt (to taste)
- Cooking spray

Optional Garnishes:

- Fresh parsley, chopped
- Extra crumbled feta
- Balsamic glaze for drizzling

INSTRUCTIONS:

1. Prep Mushrooms: Clean mushrooms with a damp towel and remove stems.
2. Make Filling: In a bowl, mix spinach, feta, cream cheese, breadcrumbs (if using), garlic, oregano, salt, and pepper until combined.
3. Stuff Mushrooms: Preheat the air fryer to 375°F (190°C) for 5 minutes. Spoon the filling into each mushroom cap, packing it in gently.
4. Air Fry: Spray the tops with cooking spray and cook for 10-12 minutes until the mushrooms are tender and the filling is warm.
5. Serve: Remove mushrooms and let cool for a minute.
6. Garnish: Serve warm, topped with extra feta and parsley; drizzle with balsamic glaze if desired.

Nutrition: ~190 calories per serving (based on two stuffed mushrooms)

CRISPY AIR FRYER POTATO AND CHEESE PIEROGI



INGREDIENTS:



Total time: 32-35 mins



Servings: 4 (makes about 12-16 pierogi)

For the Filling:

- Two medium potatoes (about 1 lb), peeled and cubed
- 1 cup cottage cheese (or ricotta)
- 1/2 cup shredded cheddar cheese
- One small onion, finely chopped
- 1 tbsp butter (or olive oil) for sautéing
- Salt and pepper, to taste

For the Dough:

- 2 cups all-purpose flour (or whole wheat)
- One large egg
- 1/2 tsp salt
- 1/2 cup warm water (as needed)

Optional Toppings:

- Sour cream or Greek yogurt
- Chopped chives or green onions
- Crispy bacon bits (optional)

INSTRUCTIONS:

1. **Make Filling:** Boil potatoes until tender, about 15 minutes. Drain, then sauté onion in butter until golden. Mix mashed potatoes, cottage cheese, cheddar, and onions; season to taste and let cool.
2. **Prepare Dough:** Mix flour and salt in a bowl. Add egg and mix while gradually adding water until dough forms. Knead until smooth, then let rest for 10-15 minutes.
3. **To assemble Pierogi,** Roll the dough to 1/8-inch thickness. Cut out 3-inch circles, fill each with 1 tbsp filling, fold in half, and pinch to seal.
4. **Preheat Air Fryer:** Heat to 375°F (190°C) for 5 minutes.
5. **Air-fry pierogi:** Spray a basket with cooking spray, place the pierogi in a single layer, and lightly spray the tops. Cook for 12-15 minutes, turning halfway, until golden.
6. **Serve:** Let cool slightly, then garnish with sour cream, chives, or bacon bits if desired.

Nutrition: ~310 calories per serving (based on 3-4 pierogi)

AIR FRYER LENTIL TACOS WITH AVOCADO CREAM



INGREDIENTS:



Total time: 25 mins



Servings: 4

For the Lentil Filling:

- 1 cup cooked lentils (canned or pre-cooked)
- One small onion, finely chopped
- Two cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp smoked paprika (optional)
- Salt and pepper, to taste

For the Avocado Cream:

- One ripe avocado
- 1 tbsp lime juice
- 2 tbsp Greek yogurt (or sour cream, optional)
- Salt, to taste
- Water (as needed for consistency)

For Serving:

- Taco-sized whole grain or corn tortillas
- Optional toppings: diced tomatoes, shredded lettuce, chopped cilantro, sliced jalapeños, or cheese

INSTRUCTIONS:

1. Prepare Filling: Mix lentils, onion, garlic, olive oil, and spices in a bowl.
2. Air Fry Filling: Preheat the air fryer to 375°F (190°C). Cook lentil mixture for 10 minutes, stirring halfway.
3. Make Avocado Cream: Mash avocado mix with lime juice, yogurt, and salt. Adjust consistency with water.
4. Heat Tortillas: Warm tortillas in the air fryer for the last 2 minutes of cooking.
5. Assemble Tacos: Fill each tortilla with lentil mixture and top with avocado cream.
6. Serve: Enjoy warm with optional toppings.

Nutrition: ~220 calories per serving

AIR FRYER CABBAGE BURGERS WITH SPECIAL SAUCE



INGREDIENTS:



Total time: 30 mins



Servings: 4

For the Cabbage Burger Patties:

- 3 cups green cabbage, finely shredded
- 1/2 cup cooked quinoa (or brown rice)
- 1/2 cup grated carrots
- One small onion, finely chopped
- Two cloves garlic, minced
- One large egg (or flax egg for the vegan option)
- 1/2 cup breadcrumbs (whole wheat or gluten-free)
- 1 tsp dried oregano
- 1 tsp paprika
- Salt and pepper, to taste

For the Special Sauce:

- 1/4 cup Greek yogurt (or vegan mayonnaise)
- 1 tbsp ketchup
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- 1 tsp honey (or maple syrup for vegan option)
- Salt and pepper, to taste

Optional Toppings:

- Whole grain or gluten-free burger buns
- Lettuce, tomato slices, pickles, sliced onion

INSTRUCTIONS:

1. Prepare Cabbage Mixture: Combine cabbage, quinoa, carrots, onion, garlic, egg, breadcrumbs, and seasonings in a bowl.
2. Form Patties: Shape the mixture into four burger patties.
3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
4. Air Fry Burgers: Spray the basket and place patties in a single layer. Cook for 10-12 minutes, flipping halfway.
5. Make Special Sauce: Mix all sauce ingredients in a bowl.
6. Assemble Burgers: Place burgers on buns, spread sauce, and add toppings.
7. Serve: Enjoy warm with extra sauce on the side.

Nutrition: ~270 calories per serving

AIR FRYER PESTO PASTA WITH CHERRY TOMATOES



INGREDIENTS:



Total time: 25 mins



Servings: 4

- 8 oz whole grain or gluten-free pasta
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil

For the Pesto:

- 1 cup fresh basil leaves
- 1/4 cup grated Parmesan cheese (or nutritional yeast)
- 1/4 cup pine nuts (or walnuts)
- Two cloves garlic
- 1/4 cup olive oil
- Salt and pepper, to taste
- 1 tbsp lemon juice (optional)

Optional Garnishes:

- Extra Parmesan or nutritional yeast
- Fresh basil leaves
- Crushed red pepper flakes

INSTRUCTIONS:

1. Cook Pasta: Boil pasta according to package instructions, then drain.
2. Prepare Pesto: Blend basil, cheese, nuts, garlic, and seasonings, adding olive oil until smooth.
3. Season Tomatoes: Toss cherry tomatoes with olive oil, salt, and pepper.
4. Preheat Air Fryer: Heat to 400°F (200°C) for 5 minutes.
5. Air Fry Tomatoes: Cook tomatoes for 8-10 minutes until blistered.
6. Combine: Toss pasta with air-fried tomatoes and pesto.
7. Serve: Plate and garnish as desired.

Nutrition: ~350 calories per serving

AIR FRYER GREEN BEAN ALMONDINE



INGREDIENTS:

- 1 lb fresh green beans, trimmed
- 1 tbsp olive oil
- Two cloves garlic, minced

For the Almondine:

- 1/4 cup sliced almonds
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped (optional)



Total time: 20 mins



Servings: 4

INSTRUCTIONS:

1. Prep Green Beans: Rinse and trim beans.
 2. Season Beans: Toss with olive oil, garlic, salt, and pepper in a bowl.
 3. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
 4. Air Fry Beans: Cook beans for 8-10 minutes, shaking halfway through.
 5. Toast Almonds: Toast sliced almonds in a dry skillet over medium heat until golden.
 6. Combine and Serve: Mix cooked beans with lemon juice and almonds, garnish with parsley if desired.
- Nutrition: ~130 calories per serving

AIR FRYER CAULIFLOWER RICE STIR-FRY



INGREDIENTS:

- One medium head cauliflower (about 4 cups riced)
- 1 cup bell peppers, diced
- 1 cup snap peas (or green beans), trimmed
- One small onion, diced
- Two cloves garlic, minced
- 2 tbsp soy sauce (or tamari)
- 1 tbsp sesame oil (or olive oil)
- Salt and pepper, to taste

Optional Garnishes:

- Green onions, chopped
- Sesame seeds
- Fresh cilantro, chopped
- Sriracha or hot sauce



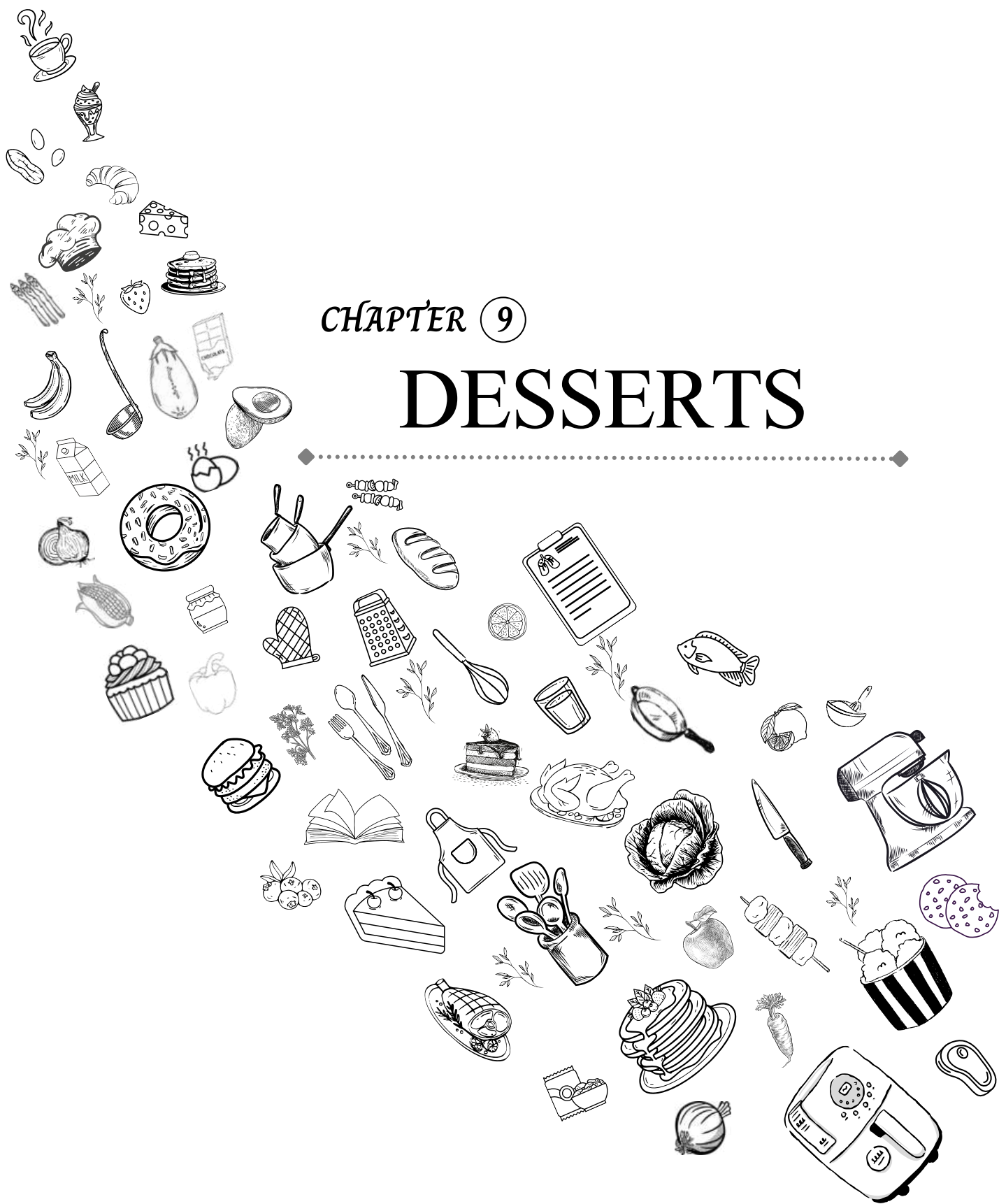
Total time: 25 mins



Servings: 4

INSTRUCTIONS:

1. Prepare Cauliflower Rice: Remove cauliflower leaves and stem, cut into florets, and pulse in a food processor until riced.
 2. Mix Vegetables: Combine riced cauliflower, bell peppers, snap peas, onion, and garlic in a bowl.
 3. Season: Drizzle with soy sauce and sesame oil, then toss to coat.
 4. Preheat Air Fryer: Heat to 375°F (190°C) for 5 minutes.
 5. Air Fry Stir-Fry: Add mixture to the basket and cook for 12-15 minutes, shaking halfway, until veggies are tender-crisp.
 6. Serve: Garnish with green onions, sesame seeds, and cilantro. Add sriracha or hot sauce for spice if desired.
- Nutrition: ~140 calories per serving This dish is not only delicious but also a healthy choice, with each serving containing only about 140 calories.



AIR FRYER CHOCOLATE CHIP COOKIES



INGREDIENTS:

- 1/2 cup coconut oil or unsalted butter, softened
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- One large egg
- 1 tsp vanilla extract
- 1 1/2 cups all-purpose flour (or whole wheat)
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup chocolate chips (semi-sweet or dark)

Optional Add-ins:

- 1/2 cup chopped nuts (walnuts or pecans)
- 1/2 tsp cinnamon (for extra flavor)



Total time: 20 mins



Servings: 12 cookies

INSTRUCTIONS:

1. To make the Dough, Cream the oil (or butter), brown sugar, and granulated sugar until smooth. Mix in the egg and vanilla.
2. Combine Dry Ingredients: In another bowl, whisk flour, baking soda, and salt; then mix into a wet mixture until combined. Fold in chocolate chips (and nuts, if using).
3. Chill Dough: Cover and refrigerate for 15 minutes.
4. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
5. Shape Cookies: Form dough balls (about 1.5 inches) and place on a parchment-lined tray.
6. Air Fry: Cook for 8-10 minutes until edges are golden.
7. Cool and Serve: Let cool on a wire rack before enjoying.

Nutrition: ~170 calories per cookie

AIR FRYER CINNAMON SUGAR DONUTS



INGREDIENTS:

- 1 cup all-purpose flour (or whole wheat)
- 1/4 cup granulated sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground nutmeg (optional)
- 1/2 tsp cinnamon
- 1/2 cup unsweetened applesauce
- 1/4 cup milk (dairy or plant-based)
- One large egg
- 1 tsp vanilla extract

For Cinnamon Sugar Coating:

- 1/4 cup granulated sugar
- 1 tsp cinnamon
- 1 tbsp melted coconut oil or unsalted butter



Total time: 25 mins



Servings: 12 donuts

INSTRUCTIONS:

1. To make Donut Batter, Whisk flour, sugar, baking powder, salt, nutmeg, and cinnamon. In another bowl, combine applesauce, milk, egg, and vanilla. Mix wet and dry ingredients until combined.
2. Preheat Air Fryer: To 350°F (175°C) for 5 minutes.
3. Fill Donut Molds: Lightly grease molds and fill about 3/4 full with batter.
4. Air Fry Donuts: Cook for 8-10 minutes until golden and a toothpick comes out clean.
5. Coat Donuts: Mix sugar and cinnamon. Brush donuts with coconut oil or butter, then coat in the cinnamon-sugar mixture.
6. Serve: Enjoy warm!

Nutrition: ~130 calories per donut

MINI AIR FRYER CHEESECAKES



INGREDIENTS:



Total time: 25 mins



Servings: 4 mini cheesecakes

For the Crust:

- 1 cup graham cracker crumbs (or almond flour)
- 2 tbsp sugar (or honey)
- 4 tbsp unsalted butter, melted

For the Cheesecake Filling:

- 8 oz cream cheese, softened (or low-fat/Greek yogurt)
- 1/3 cup sugar (or coconut sugar)
- One large egg
- 1 tsp vanilla extract
- 2 tbsp sour cream (or Greek yogurt)

INSTRUCTIONS:

1. Prepare Crust: Mix crumbs and sugar, then stir in melted butter. Pack into mini cheesecake molds.
2. To make the Filling, Beat the cream cheese and sugar until smooth, then add the egg, vanilla, and sour cream until combined.
3. Fill Molds: Divide filling among crusts, filling each about 3/4 full.
4. Preheat Air Fryer: Heat to 300°F (150°C) for 5 minutes.
5. Air Fry: Cook at 300°F (150°C) for 8-10 minutes until set but slightly jiggly.
6. Cool and Serve: Let cool at room temperature, then refrigerate for at least 1 hour. Serve topped with fruit or chocolate.

Nutrition: ~150 calories per cheesecake

AIR FRYER BROWNIES WITH NUTS



INGREDIENTS:



Total time: 25-28 mins



Servings: 8 brownies

- 1/2 cup coconut oil or unsalted butter, melted
- 1 cup brown sugar (or coconut sugar)
- Two large eggs
- 1 tsp vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup whole wheat flour (or all-purpose)
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 cup nuts (optional)

INSTRUCTIONS:

1. Prepare Batter: Mix melted oil and sugar, whisk in eggs and vanilla, then add cocoa, flour, salt, and baking powder. Fold in nuts if using.
2. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
3. Line Baking Dish: Grease a small oven-safe dish that fits your air fryer.
4. Pour Batter: Spread brownie batter evenly in the prepared dish.
5. Air Fry: Cook at 320°F (160°C) for 15-18 minutes, checking for doneness with a toothpick.
6. Cool and Serve: Let cool for 10 minutes, then transfer to a rack before slicing. Serve as desired.

Nutrition: ~150 calories per brownie

AIR FRYER BANANA BREAD



INGREDIENTS:

- Three ripe bananas, mashed
- 1/4 cup coconut oil or unsalted butter, melted
- 1/3 cup brown sugar (or coconut sugar)
- One large egg
- 1 tsp vanilla extract
- 1 cup whole wheat flour (or all-purpose)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tsp cinnamon (optional)
- 1/2 cup walnuts or pecans, chopped (optional)



Total time: 40 mins



Servings: 8 slices

INSTRUCTIONS:

1. Mix Wet Ingredients: Mash bananas in a bowl, then mix in oil, sugar, egg, and vanilla until combined.
2. Combine Dry Ingredients: In another bowl, whisk flour, baking soda, baking powder, salt, and cinnamon.
3. Mix: Gradually add dry ingredients to the wet mixture, stirring until combined. Fold in nuts if using.
4. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
5. Prepare Baking Pan: Grease a small, oven-safe pan that fits in your air fryer.
6. Fill Pan: Pour batter into the prepared pan.
7. Air Fry: Cook at 320°F (160°C) for 25-30 minutes, checking for doneness with a toothpick.
8. Cool and Serve: Let cool in pan for 10 minutes, then transfer to a rack and slice.

Nutrition: ~150 calories per slice

AIR FRYER APPLE CRISP WITH OAT TOPPING



INGREDIENTS:

For the Apple Filling:

- Three medium apples, peeled and sliced
- 2 tbsp brown sugar (or maple syrup)
- 1 tsp cinnamon
- 1/4 tsp nutmeg (optional)
- 1 tbsp lemon juice

For the Oat Topping:

- 1 cup rolled oats
- 1/2 cup almond flour (or all-purpose)
- 1/4 cup coconut oil (or unsalted butter), melted
- 1/4 cup brown sugar (or coconut sugar)
- 1/2 tsp vanilla extract
- 1/4 tsp salt



Total time: 35 mins



Servings: 4

INSTRUCTIONS:

1. Prep Filling: Mix sliced apples with sugar, cinnamon, nutmeg, and lemon juice in a bowl.
2. Make Topping: Combine oats, flour, melted oil, sugar, vanilla, and salt until crumbly.
3. Assemble: Spread apple mixture in a dish, then top with oat.
4. Preheat Air Fryer: Heat to 350°F (175°C) for about 5 minutes.
5. Air Fry: Cook for 20 minutes until the apples are tender and the topping is golden.
6. Cool and Serve: Let cool for a few minutes. Serve warm, optionally, with yogurt or ice cream.

Nutrition: ~210 calories per serving

AIR FRYER S'MORES DIP



INGREDIENTS:



Total time: 18-20 mins



Servings: 4

- 1 cup semi-sweet chocolate chips (or dark chocolate)
- 1 cup mini marshmallows
- 1 tbsp milk (dairy or plant-based, optional)
- 1/2 tsp vanilla extract (optional)

For Serving:

- Graham crackers
- Sliced fruit (such as strawberries or bananas, optional)

INSTRUCTIONS:

1. Prepare Dip: Mix chocolate chips with milk and vanilla in a bowl.
2. Assemble: Spread the chocolate mixture in an oven-safe dish top with marshmallows.
3. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
4. Air Fry: Place the dish in the basket and cook for 8-10 minutes until marshmallows are golden.
5. Serve: Cool slightly, then serve with graham crackers and optional sliced fruit.

Nutrition: ~210 calories per serving

AIR FRYER BERRY COBBLER



INGREDIENTS:



Total time: 30 mins



Servings: 4

For the Berry Filling:

- 2 cups mixed berries (fresh or frozen)
- 2 tbsp honey or maple syrup
- 1 tbsp lemon juice
- 1 tsp cornstarch (optional)
- 1/2 tsp cinnamon (optional)

For the Cobbler Topping:

- 1 cup whole wheat flour (or all-purpose)
- 1/4 cup rolled oats
- 1/4 cup coconut sugar (or brown sugar)
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup almond milk (or any milk)
- 3 tbsp coconut oil or unsalted butter, melted
- 1 tsp vanilla extract

INSTRUCTIONS:

1. Prep Filling: Mix berries, honey, lemon juice, cornstarch, and cinnamon in a bowl.
2. Make Topping: Combine flour, oats, sugar, baking powder, and salt, then add milk, oil, and vanilla. Stir until combined.
3. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
4. Assemble Cobbler: Layer berry mixture in a baking dish and top with cobbler batter.
5. Air Fry: Cook for 15-20 minutes until the topping is golden and the filling is bubbling.
6. Serve: Let cool slightly; enjoy warm with yogurt or ice cream if desired.

Nutrition: ~180 calories per serving

AIR FRYER PECAN PIE BARS



INGREDIENTS:



Total time: 30-33 mins



Servings: 8 bars

For the Crust:

- 1 cup whole wheat flour (or all-purpose)
- 1/4 cup coconut oil (or unsalted butter), softened
- 2 tbsp coconut sugar (or brown sugar)
- 1/4 tsp salt
- 3 tbsp cold water

For the Filling:

- 1 cup pecans, chopped (plus extra for topping)
- 1/2 cup maple syrup (or honey)
- Two large eggs
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 tsp cinnamon (optional)

INSTRUCTIONS:

1. Prepare the Crust: In a bowl, mix flour, oil, sugar, and salt. Add water until the dough holds together. Press into an air fryer-safe baking dish.
2. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
3. Air Fry Crust: Cook crust for 8-10 minutes until lightly golden.
4. Make Filling: Whisk together pecans, maple syrup, eggs, vanilla, salt, and cinnamon.
5. Assemble: Pour filling over the crust.
6. Air Fry Bars: Cook at 320°F (160°C) for 15-18 minutes until set and bubbly.
7. Cool and Slice: Let cool before slicing into bars.
8. Serve with additional pecans if desired.

Nutrition: ~180 calories per bar

AIR FRYER LEMON BLUEBERRY MUFFINS



INGREDIENTS:



Total time: 22-25 mins



Servings: 12 muffins

- 1 1/2 cups whole wheat flour (or all-purpose)
- 1/2 cup coconut sugar (or brown sugar)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsweetened applesauce (or Greek yogurt)
- 1/4 cup milk (dairy or plant-based)
- One large egg
- 2 tbsp lemon juice
- Zest of 1 lemon
- 1 cup fresh or frozen blueberries

INSTRUCTIONS:

1. Prepare the Batter: Mix the flour, sugar, baking powder, baking soda, and salt. In another bowl, combine the applesauce, milk, egg, lemon juice, and zest.
2. Combine: Add wet mixture to dry ingredients; fold in blueberries gently.
3. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
4. Prepare Muffin Cups: Grease muffin tins or use liners.
5. Fill Muffin Cups: Fill each cup about 3/4 full with batter.
6. Air Fry Muffins: Cook for 12-15 minutes until a toothpick comes out clean.
7. Cool and Serve: Let cool before enjoying.

Nutrition: ~120 calories per muffin

AIR FRYER CHOCOLATE LAVA CAKES



INGREDIENTS:



Total time: 18-20 mins



Servings: 4

- 1/2 cup semi-sweet chocolate chips (or dark chocolate)
- 1/4 cup coconut oil or unsalted butter
- Two large eggs
- 1/4 cup coconut sugar (or granulated sugar)
- 1 tsp vanilla extract
- 1/4 cup whole wheat flour (or all-purpose)
- 1/4 tsp salt

Optional Garnishes:

- Powdered sugar for dusting
- Fresh berries
- Whipped cream or vanilla ice cream

INSTRUCTIONS:

1. Melt Chocolate: Combine chocolate and oil in a bowl; microwave until smooth.
2. Mix Batter: Whisk eggs, sugar, and vanilla. Stir in melted chocolate, then gently fold in flour and salt.
3. Prepare Ramekins: Grease 4 ramekins with cooking spray.
4. Fill Ramekins: Divide batter evenly among the ramekins.
5. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
6. Air Fry: Cook for 8-10 minutes until set but slightly jiggly in the center.
7. Cool and Serve: Let cool, then dust with powdered sugar and serve with berries or cream.

Nutrition: ~240 calories per cake

AIR FRYER RICE PUDDING



INGREDIENTS:



Total time: 40 mins



Servings: 4

- 1 cup cooked rice (white or brown)
- 2 cups almond milk (or any milk)
- 1/4 cup honey or maple syrup
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon (optional)
- 1/4 cup raisins or dried cranberries (optional)

INSTRUCTIONS:

1. Combine Ingredients: Mix rice, almond milk, honey, salt, vanilla, and cinnamon in a bowl.
2. Prepare for Cooking: Transfer to an oven-safe dish that fits in your air fryer.
3. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
4. Air Fry Pudding: Cook for 25-30 minutes, stirring halfway, until heated and slightly thickened.
5. Add Toppings: Mix raisins or cranberries in the last 5 minutes or top after cooking.
6. Cool and Serve: Let cool slightly before serving warm or chilled.

Nutrition: ~180 calories per serving

AIR FRYER STRAWBERRY SHORTCAKES



INGREDIENTS:



Total time: 25-27 mins



Servings: 4

For the Shortcakes:

- 1 cup whole wheat flour (or all-purpose)
- 1 tbsp baking powder
- 1 tbsp coconut sugar (or granulated sugar)
- 1/4 tsp salt
- 1/4 cup unsalted butter, cold and cubed (or coconut oil)
- 1/2 cup milk (dairy or plant-based)
- 1 tsp vanilla extract

For the Strawberries:

- 2 cups fresh strawberries, hulled and sliced
- 1-2 tbsp honey or maple syrup
- 1 tsp lemon juice (optional)

For the Whipped Topping:

- 1 cup whipped cream (or coconut cream)
- 1 tsp vanilla extract (optional)

INSTRUCTIONS:

1. Prep Strawberries: Mix strawberries with honey and lemon juice; set aside to macerate.
2. To make Shortcakes, Whisk flour, baking powder, sugar, and salt in a bowl. Cut in cold butter, then stir in milk and vanilla until combined.
3. Shape Shortcakes: Pat dough into a rectangle and cut into desired shapes.
4. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
5. Air-fry shortcakes: Spray a basket, place the shortcakes in a single layer, and cook for 8-10 minutes until golden.
6. Make Whipped Topping: Whip cream with vanilla until soft peaks form.
7. Assemble and Serve: Split shortcakes, fill them with strawberries, top them with whipped cream, and serve immediately.

Nutrition: ~210 calories per serving

AIR FRYER NUTELLA-STUFFED PASTRY PUFFS



INGREDIENTS:



Total time: 23-25 mins



Servings: 8 puff pastries

- One sheet puff pastry (thawed if frozen)
- 1/2 cup Nutella (or chocolate hazelnut spread)
- One large egg (for egg wash, optional)
- 1 tbsp granulated sugar (optional for sprinkling)

Optional Garnishes:

- Powdered sugar for dusting
- Whipped cream or vanilla ice cream
- Fresh berries (e.g., strawberries or raspberries)

INSTRUCTIONS:

1. Prepare Pastry: Roll out puff pastry on a floured surface; cut into 3-inch squares.
2. Fill Pastry: Place 1 tbsp of Nutella in each square, careful not to overfill.
3. Seal Pastry: Fold over to form triangles or rectangles and press edges to seal; use a fork for a decorative touch.
4. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
5. Prepare for Cooking: Brush tops with whisked egg and sprinkle with sugar, if desired.
6. Air Fry: Place pastries in a single layer in the basket. Cook at 350°F (175°C) for 8-10 minutes until golden brown.
7. Cool and Serve: Remove pastries; let cool slightly. Dust with powdered sugar and serve with toppings.

Nutrition: ~200 calories per pastry puff

AIR FRYER PUMPKIN SPICE MUFFINS



INGREDIENTS:

- 1 cup whole wheat flour (or all-purpose)
- 1/2 cup rolled oats
- 1/2 cup pumpkin puree (canned or homemade)
- 1/3 cup maple syrup (or honey)
- 1/4 cup almond milk (or any milk)
- 1/4 cup coconut oil or unsalted butter, melted
- Two large eggs
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp pumpkin pie spice (or cinnamon, nutmeg, ginger)
- 1/2 tsp salt



Total time: 25-28 mins



Servings: 12 muffins

INSTRUCTIONS:

1. Prepare Batter: In a bowl, combine flour, oats, baking powder, baking soda, spice, and salt; whisk together.
2. Mix Wet Ingredients: In another bowl, whisk pumpkin, syrup, milk, oil, eggs, and vanilla until smooth.
3. Combine Mixtures: Pour wet ingredients into dry and stir until just combined.
4. Preheat Air Fryer: Heat to 350°F (175°C) for 5 minutes.
5. Prepare Muffin Cups: Grease a muffin tin or line with paper liners.
6. Fill Muffin Cups: Spoon batter into cups, filling each about 3/4 full.
7. Air Fry: Cook in the air fryer for 15-18 minutes, checking for doneness at 15 minutes.
8. Cool and Serve: Let cool for a few minutes before transferring to a wire rack. Enjoy warm or at room temperature!

Nutrition: ~130 calories per muffin

AIR FRYER MAGIC COOKIE BARS



INGREDIENTS:

For the Base:

- 1 cup graham cracker crumbs (or almond flour)
- 1/2 cup coconut oil (or unsalted butter), melted
- 1/4 cup coconut sugar (or brown sugar)

For the Topping:

- 1 cup sweetened shredded coconut
- 1/2 cup dark chocolate chips (or semi-sweet)
- 1/2 cup chopped pecans or walnuts (optional)
- 1/2 cup sweetened condensed milk (or coconut condensed milk for a dairy-free option)



Total time: 27-30 mins



Servings: 12 bars

INSTRUCTIONS:

1. Prepare Base: Mix graham cracker crumbs, melted oil, and coconut sugar until resembling wet sand.
2. Press Base: Grease a small oven-safe dish and press the mixture into the bottom to form a crust.
3. Preheat Air Fryer: Heat to 320°F (160°C) for 5 minutes.
4. Prepare Topping: Layer shredded coconut, chocolate chips, nuts (if using) on the crust, and drizzle condensed milk on top.
5. Air Fry: Cook in the air fryer for 12-15 minutes until golden brown and bubbly, checking at 12 minutes.
6. Cool: Let cool at room temperature for 15-20 minutes to set.
7. Cut and Serve: Cut into squares and enjoy!

Nutrition: ~180 calories per bar

Meat Doneness

Understanding meat doneness is crucial for anyone using an air fryer, as it ensures flavor and safety. The perfect cook can be achieved through knowledge of temperatures, visual cues, and tips that suit various types of meats.

Levels and Temperatures

Cooking meat to the correct internal temperature is key to achieving the desired level of doneness. Here are the USDA-recommended safe cooking temperatures for various types of meat:

1. Beef, Pork, Lamb, and Veal (Steaks, Roasts, Chops):

- Rare: 125°F (51.7°C)
- Medium Rare: 130°F (54.4°C)
- Medium: 145°F (62.8°C)
- Medium Well: 150°F (65.6°C)
- Well Done: 160°F (71.1°C)

2. Ground Meat (Beef, Pork, Lamb, and Veal):

- Minimum Safe Temperature: 160°F (71.1°C)

3. Poultry (Chicken and Turkey):

- Minimum Safe Temperature: 165°F (73.9°C)

4. Fish:

- Minimum Safe Temperature: 145°F (62.8°C)

A meat thermometer is highly recommended to ensure that your meat reaches the correct internal temperature while air-fried.

Tips for Doneness

Achieving the perfect doneness in an air fryer can be easier with these helpful tips:

- 1. Preheat Your Air Fryer:** Just like with a conventional oven, preheating the air fryer for a few minutes can help the meat cook more evenly and thoroughly.
- 2. Know Your Cuts:** Different cuts of meat will require different cooking times. For example, bone-in chicken thighs will take longer than chicken breasts. Familiarize yourself with the specific cooking times for the meat you choose.
- 3. Use a Meat Thermometer:** A reliable meat thermometer is the best way to check for doneness. Please insert it into the thickest part of the meat, avoiding bones and fat, for an accurate reading.
- 4. Let It Rest:** Once your meat comes out of the air fryer, rest for a few minutes before cutting into it. This helps retain the juices and improves flavor and texture.
- 5. Adjust Time for Thickness:** The thicker the meat, the longer it will take to cook through. Be prepared to adjust cooking times based on the size and thickness of the pieces.

Visual Cues

While a meat thermometer gives the most reliable indication of doneness, visual cues can also be beneficial:

- **Color:** The ideal color of cooked meat varies by type. For beef, aim for a warm red for rare, pink for

medium rare, and brown for well done. For poultry, look for clear juices and no pink in the center.

- Juices:** When cutting into the meat, the juice should run clear; if it's pink or bloody, it likely needs more cooking time, especially for poultry.
- Texture:** The surface of well-cooked meat should be firm, while rare meat will still feel soft.
- Crispness:** For cuts meant to be crispy (like chicken skin), a golden brown color usually indicates doneness and a nice crunch.

FAQs

As you begin your air frying journey, you may have many questions about how to use your air fryer effectively. This section addresses common beginner questions to help you make the most out of your air frying experience. It also includes a guide on choosing the right air fryer to suit your cooking needs.

Common Beginner Questions

1. What is an air fryer?

An air fryer is a kitchen appliance that uses rapid air technology to cook food by circulating hot air around it. This method allows for crispy, golden results similar to deep frying but with significantly less oil, making it a healthier cooking option.

2. How does an air fryer work?

Air fryers utilize a heating element and a fan that circulates hot air around the food. This creates a convection effect, cooking food quickly and evenly while promoting browning. The result is food that is crispy on the outside and tender on the inside, without the need for deep frying.

3. Do I need to use oil when air frying?

While air fryers can cook with little to no oil, using a small amount can enhance flavor and achieve a crispy texture. One to two teaspoons of oil can achieve the desired results for most recipes, especially for proteins or vegetables.

4. What food can I cook in an air fryer?

An air fryer is for more than just one type of food. It's a versatile kitchen companion that can cook a wide variety of foods, including meats like chicken, beef, and pork, a range of vegetables, frozen foods, baked goods, and even reheated leftovers. The possibilities are endless, and you'll be amazed at the delicious dishes you can create.

5.. How do I know how long to cook food?

Cooking times vary depending on the type of food, its thickness, and the air fryer model. Most recipes will provide specific times, but a good rule of thumb is to start with the recommended cooking time and check for doneness a few minutes earlier to avoid overcooking.

6. Should I shake or flip food during cooking?

For even cooking, shaking or flipping your food halfway through the cooking process is often recommended. This ensures that all sides are exposed to the circulating hot air, resulting in evenly cooked and browned food.

7. Can I stack food in the air fryer?

Stacking food can lead to uneven cooking, as the hot air may not circulate properly. Place food in a single layer to achieve the best results, allowing space between items. If cooking larger batches, do it in

multiple rounds.

8. How do I clean my air fryer?

Cleaning your air fryer is straightforward, with most parts being dishwasher-safe. A soft sponge and warm, soapy water will suffice for any remaining spots. Regular cleaning after each use will keep your air fryer in top condition and ready for your next culinary adventure. With such easy maintenance, you can focus on the fun part—cooking delicious meals.

9. Can I cook multiple foods at once?

Some air fryers have dividers or multi-layer racks, allowing different foods to be cooked simultaneously. However, consider cooking times and flavors; foods with similar cooking times and complementary flavors work best together to avoid taste transfer. Also, be mindful of the hot surfaces and avoid overfilling the appliance to prevent potential safety issues. Always follow the manufacturer's safety guidelines and never leave the air fryer unattended while in use.

10. Are air fryers safe?

When it comes to safety, air fryers have you covered. They are designed with safety in mind and are safe and convenient cooking appliances when used according to the manufacturer's guidelines. With features that prevent safety issues, such as cautionary hot surfaces and advice on avoiding overfilling the appliance, you can enjoy your air frying experience with peace of mind.

11. What are some common mistakes to avoid?

- Not Preheating: Failing to preheat your air fryer can lead to uneven cooking.
- Overcrowding the Basket: can restrict airflow, resulting in soggy or unevenly cooked food.
- Relying on Time Alone: Always check food for doneness, as sizes and models vary.
- Ignoring a Cooking Guide: Use your cookbook and experiment to discover the best cooking times for your specific air fryer and ingredients.

Conclusion

The journey of cooking with an air fryer can be an exciting and fulfilling experience, especially for beginners. As we conclude this cookbook, let's take a moment to reflect on the key themes: the joy of experimentation and the benefits of embracing a healthier lifestyle.

Encouragement to Experiment

Cooking is as much about creativity as it is about technique. Your air fryer is a gateway to exploring new flavors, textures, and culinary possibilities. Here are several reasons to embrace experimentation in your kitchen:

1. *Discover New Recipes:* While this cookbook provides a variety of tried-and-true recipes, don't hesitate to modify them or create your own. Try swapping out ingredients, adjusting seasonings, or combining recipes to craft unique dishes that suit your taste preferences.
2. *Understand Your Air Fryer:* Air fryers can vary in temperature and cooking times. By experimenting with different foods and methods, you'll better understand how your specific model works and how to achieve the best results.
3. *Let's Have Fun in the Kitchen:* Cooking should be a joyous experience, not a task. Don't be afraid to make mistakes—they are often the best teachers. Treat cooking as a playful adventure, and let your creativity guide you.
4. *Involve Family and Friends:* Invite loved ones to join you in the kitchen. Cooking together can be a delightful way to bond and share ideas. Consider hosting an air-fry party where everyone brings their favorite ingredient to experiment with!
5. *Document Your Culinary Journey:* Keep a cooking journal or digital notes to record your culinary adventures. Note what works, what doesn't, and any personal modifications you make. This will serve as a valuable resource in your cooking journey and give you a sense of accomplishment.

Embracing Healthy Living

One of the significant advantages of using an air fryer is its potential to promote healthier eating habits. Here's how you can continue on your path to healthy living:

1. *Reduce Unnecessary Oils:* Air fryers can help you achieve the crispiness of fried foods without excess fat. Using less oil, you can enjoy your favorite comfort foods with fewer calories while satisfying your taste buds.
2. *Incorporate More Vegetables:* Your air fryer makes it easy to prepare various vegetables. Explore roasting, grilling, or even making veggie chips. Eating a rainbow of vegetables enhances your meals and boosts your nutritional intake.
3. *Control Portions and Ingredients:* Preparing food at home allows you to manage what goes into your meals. You can choose healthier ingredients, control portions, and avoid preservatives commonly found in store-bought products.
4. *Experiment with Whole Foods:* Consider replacing processed snacks and meals with whole foods cooked in your air fryer. Prepare simple, nutritious recipes like roasted sweet potatoes, quinoa-stuffed peppers, or air-fried chickpeas to fuel your body with wholesome energy.
5. *Create a Balanced Diet:* Pair your air-fried meals with fresh salads, whole grains, and lean proteins

for a well-rounded diet. Aim to cultivate a balanced approach to eating that prioritizes nutrient-rich foods while allowing for occasional indulgences.

In conclusion, the air fryer is more than just a cooking appliance; it's a tool that empowers you to embrace a healthier lifestyle while unleashing your culinary creativity. So experiment, explore, and enjoy the countless delicious possibilities. Remember, the key themes of this cookbook are the joy of experimentation and the benefits of embracing a healthier lifestyle. Keep these in mind as you continue your air frying journey.

Happy air frying!

Appendix

Conversion Table

An essential tool for any cook, a conversion table makes navigating between different measurement systems and ingredient volumes easy. Since the air fryer is a versatile kitchen appliance, understanding conversions can help you adapt your favorite recipes for air frying and ensure accurate results. This conversion table will cover common ingredient measurements, oven-to-air fryer temperature conversions, and cooking time adjustments.

Ingredient Measurement Conversions

When it comes to cooking, precise measurements are crucial. Here are some common conversions you can refer to:

Volume Measurements:

Ingredient	1 Cup	$\frac{3}{4}$ Cup	$\frac{1}{2}$ Cup	$\frac{1}{3}$ Cup	$\frac{1}{4}$ Cup	1 Tablespoon	1 Teaspoon
All-purpose flour	120g	90g	60g	40g	30g	8g	2.5g
Brown sugar (packed)	220g	165g	110g	75g	55g	14g	4g
Granulated sugar	200g	150g	100g	67g	50g	12g	4g
Rice (uncooked)	185g	140g	95g	60g	45g	15g	5g
Butter	227g	170g	113g	75g	57g	14g	5g
Milk	240ml	180ml	120ml	80ml	60ml	15ml	5ml

Temperature Conversions

When modifying recipes originally intended for conventional ovens, adjusting the temperatures for air frying is important. Generally, you should reduce the oven temperature by 25°F (or about 15°C) for air frying. Use this quick reference table for conversions:

Oven Temperature (°F)	Air Fryer Temperature (°F)
350°F	325°F
375°F	350°F
400°F	375°F

Cooking Time Conversions

Air fryers cook food faster than traditional methods due to rapid air circulation. Below is a comparison to help you adjust cooking times from conventional ovens to air fryers:

Cooking Method	Traditional Oven Time	Air Fryer Time (approx.)
Baking cookies	10-12 mins	8-10 mins
Roasting vegetables	20-30 mins	15-20 mins
Chicken thighs	40-50 mins	25-30 mins
Pork chops	30-35 minutes	12-15 minutes
Frozen fries	25-30 minutes	15-20 minutes

Tips for Using the Conversion Table

1. *Double-Check Measurements:* When converting recipes, always double-check measurements, especially with flour and sugar, whose weight can vary depending on how the ingredients are packed.
2. *Monitor Food Closely:* Air fryers can vary significantly in performance, so use the recommended times as a guideline, and check on your food periodically to avoid overcooking.
3. *Experiment:* Once you get comfortable with air frying, don't hesitate to experiment with your recipe adjustments using the conversion table as a guide.

This conversion table aims to simplify the cooking process for beginners using air fryers. Having these conversions handy will equip you to adapt recipes and create delicious meals with confidence.

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Sincerely,
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