

THE MEDITERRANEAN AIR FRYER COOKBOOK:

A Culinary Adventure for All Skill Levels.

**Enjoy Over 130 Quick, Delicious, and Healthy Recipes.
Includes a Balanced 28-Day Meal Plan.**

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DEDICATION

**May these pages guide you To a world of taste,
joy, and culinary delight.**

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INTRODUCTION

The culinary world is constantly evolving, combining traditional methods with modern innovations. Our book seamlessly merges Mediterranean culinary traditions with cutting-edge technology like the air fryer. Incorporating this method into your kitchen will enhance your cooking experience and help retain nutrients in food through minimal oil use and even heat distribution. This unique combination opens new culinary possibilities and offers a variety of flavors and aromas.

Mediterranean cuisine is not just a collection of dishes; it is a tapestry woven from the threads of history and culture based on healthy eating and rich taste. Within the pages of our book, you will discover timeless classics of Mediterranean gastronomy, each dish a testament to the region's culinary heritage. However, beyond the ordinary lies an endless reservoir of inspiration, offering a canvas on which you can paint your culinary masterpieces, where every meal is an opportunity to explore, create, and enjoy.

May every page ignite your passion for cooking, and may your kitchen become a sanctuary where the art of food transcends mere sustenance and becomes a journey of joy, discovery, and boundless creativity. Welcome to an exciting culinary adventure that goes beyond the ordinary in the pages of "The Mediterranean Air Fryer Cookbook."

Let's look closer at the air fryer and its capabilities in the chapter "Exploring the Air Fryer: Your Complete Guide to Culinary Mastery."

CHAPTER 1: THE ART OF AIR FRYING: YOUR COMPREHENSIVE GUIDE TO CULINARY MASTERY

1. *Choosing an Air Fryer: Model Overview and Tips for All Skill Levels*
2. *Key Functions and Features of Air Fryers*
3. *Practical tips: effectively using and maintaining an air fryer.*
4. *Daily inspiration: Mediterranean cuisine with an air fryer.*
5. *Menu planning: strategies for planning and preparing meals with an air fryer.*
6. *Mediterranean Diet: Tips for a Healthy Lifestyle*

1. CHOOSING AN AIR FRYER: MODEL OVERVIEW AND TIPS FOR ALL SKILL LEVELS

Selecting the right air fryer can significantly expand your culinary possibilities, regardless of your cooking experience. This section overviews various air fryer models, highlighting their features and benefits. We also offer practical tips to help beginners and seasoned cooks make informed choices and ensure you find an air fryer that meets your needs.

1. **Philips Airfryer:** One of the most popular brands known for its reliability and cooking quality. The Philips HD9240/90 Avance Collection Airfryer XL model has a capacity of up to 1.2 kg of food and 2100 watts of power/ Includes other features like temperature control up to 200°C and automated shut-off.

2. **Ninja Air Fryer:** Another popular brand with an innovative design and a wide range of functionality, the Ninja AF101 Air Fryer offers a capacity of up to 1.8 kg of food, 1550 watts of power, and touch controls with program selection and time and temperature adjustment.

3. **COSORI Air Fryer:** Known for its stylish design and intuitive controls, the COSORI brand offers the CO130-AO Air Fryer Toaster Oven Combo model. This model can hold up to 1.4 kg of food, has 1800 watts of power, and has 12 preset programs on the touch panel.

4. **T-fal Actifry:** Specializing in innovative oil-less cooking technologies, the T-fal brand offers the FZ700251 Actifry Oil-Less Air Fryer model, which can hold up to 1 kg of food, has 1400 watts of power, and has an automatic stirring function for even frying.

5. **GoWISE USA Air Fryer:** Less known but offering affordable and quality air fryers, the GoWISE USA brand offers the GW44800-O Deluxe Air Fryer model with a capacity of up to 5.51 kg of food, 1700 watts of power, and 8 preset programs on the touch panel.

These are just a few examples of the many air fryer models available. Each brand offers unique features and benefits, so it's essential to choose the one that best suits your needs and preferences.

HOW TO CHOOSE THE PERFECT AIR FRYER: TIPS FOR EVERY COOK:

1. **Consider Your Needs:** If you routinely host parties or cook for a large family, you will require an air fryer with a considerable capacity. A compact model is the best option if you cook or live alone.

2. **Consider Available Kitchen Space:** Before deciding, measure the space where the air fryer will be placed in your kitchen. This will help avoid issues with inappropriate sizing and ensure optimal utilization of kitchen space.

3. **Choose Functionality:** Each air fryer model has features and functions. Determine which functions are important to you, such as frying, baking, grilling, automatic shut-off, etc. This will help you choose a model that meets your culinary needs.

4. **Pay Attention to Power:** The power of the air fryer affects the cooking speed and the quality of dishes. Consider this parameter when choosing a model to ensure perfect cooking results.

5. **Compare Prices and Reviews:** Don't forget to compare the prices of different models and read user reviews. This will help you choose the most suitable model in terms of price-quality ratio and meet all your culinary needs.

Following these tips, you'll choose the perfect air fryer to become your reliable kitchen assistant for daily culinary creations.

2. KEY FUNCTIONS AND FEATURES OF AIR FRYERS

This overview of essential functions will help you utilize your air fryer to its full potential, achieving perfect results when cooking various dishes:

1. **Oil-Free Frying:** Hot air circulation technology ensures even and crispy food frying without using oil, preserving its taste and texture.
2. **Numerous programs,** including frying, baking, grilling, and even baking, provide the perfect result for each dish.
3. **Temperature and Time Control:** Precise temperature and cooking time adjustment allow you to adapt the process to different foods and preferences.
4. **Easy Maintenance:** Removable parts and simple construction make the cleaning and maintenance process easy, extending the lifespan of the air fryer.
5. **Versatility:** Additional options such as grilling, baking, and dehydration expand the range of dishes you can prepare, making the air fryer an indispensable kitchen assistant.

3. PRACTICAL TIPS: HOW TO EFFECTIVELY USE AND MAINTAIN AN AIR FRYER.

To maximize the performance of your air fryer and increase its longevity, it's crucial to adhere to a few critical practical guidelines:

1. **Review the user handbook** thoroughly before using your air fryer for the first time. This will assist you in correctly configuring the gadget and comprehending its fundamental operations.
2. **Prepare Your Ingredients:** Before starting to cook, ensure your ingredients are in the appropriate condition: sliced, dried, and seasoned as desired.
3. **Correct Temperature and Timing:** Follow each dish's recommended temperature and cooking time. This will help you achieve optimal results.
4. **Avoid Overloading the Basket:** Don't overcrowd the basket of your air fryer with ingredients overlapping each other. This can lead to uneven cooking.
5. **Regular Cleaning:** After each use, clean the air fryer of food residues. This will keep the gadget in good working order and help prevent offensive odors.
6. **Adhere to Safety Rules:** Always follow safety rules when using the air fryer to avoid accidents.

These simple yet essential tips will help you use your air fryer effectively and maintain it in excellent condition throughout its service life.

4. DAILY INSPIRATION: MEDITERRANEAN CUISINE WITH AN AIR FRYER

Mediterranean cuisine embodies the art of taste, emphasizing quality ingredients and culinary finesse. In this section, we delve into essential ingredients for authentic Mediterranean dishes and share cooking techniques to achieve perfect results with an air fryer.

Aromas of the Mediterranean: Key Ingredients

1. Olive Oil: The heart of Mediterranean cuisine, enriching dishes with a distinctive flavor and aroma.
2. Fresh Fruits and Vegetables: Colorful and juicy, including oranges, lemons, cucumbers, tomatoes, and peppers. High in vitamins, minerals, and antioxidants, supporting overall well-being.
3. Fish and Seafood: From salmon to squid, providing a bounty of delicious and nutritious options for your table.
4. Nuts and Seeds: Nuts and seeds, such as walnuts, almonds, pine nuts, and sunflower seeds, add richness and texture while offering vitamins, minerals, and protein.

Mediterranean cuisine is distinguished by its moderation in food consumption, adhering to the principle of "less is more." It is esteemed for its healthfulness due to the abundant nutrients in its ingredients. And when we speak of moderation, another aspect must be mentioned—the meal planning strategy. It's not just about what we eat but also how we plan it. Let's delve into menu planning, mainly using an air fryer.

5. MENU PLANNING: STRATEGIES FOR PLANNING AND PREPARING MEALS WITH AN AIR FRYER.

Here are some menu planning strategies using an air fryer:

1. Variety of Dishes: Arrange your menu to feature a range of dishes made with various ingredients and from various cuisines. This will keep your cooking exciting and help prevent boredom.
2. Nutrient Consideration: Aim for balanced dishes regarding nutrients, including proteins, carbohydrates, fats, vitamins, and minerals. Use the air fryer to prepare healthy and balanced meals.
3. Advance Planning: Take a moment to plan your dishes for the week or month in advance. This simple step will save you time and effort on grocery shopping and meal preparation and give you a sense of relief and organization, knowing that your meals are sorted in advance.
4. Experiment with Recipes: Don't be afraid to experiment with recipes and adapt them to your tastes and preferences. An air fryer can successfully prepare anything from appetizers and side dishes to main meals and desserts.
5. Time and Temperature Consideration: Consider each dish's cooking time and temperature. Cooking: Pay attention to the time and temperature of each dish to achieve perfect results and preserve all nutritional properties.

6. MEDITERRANEAN DIET: TIPS FOR A HEALTHY LIFESTYLE

Mediterranean cuisine beckons with its exquisite flavors and aromas and boasts health benefits. The Mediterranean diet is among the healthiest eating styles; it has been linked to improved cardiovascular health, increased longevity, and reduced risk of obesity and diabetes. You can follow this nutritional regime with the help of our book. To do so, we'd like to give you some valuable suggestions for incorporating the Mediterranean diet into your daily routine:

1. Ensure that your diet includes fresh fruits and vegetables. They provide your body with antioxidants, vitamins, and minerals necessary for good health.
2. **Stick to an olive oil diet:** Rich in heart-healthy monounsaturated fatty acids, olive oil is a fantastic alternative to saturated fats.
3. Consume fish frequently. It's an essential part of the Mediterranean diet that supports brain and heart health. Cod, sardines, and salmon are exceptionally high in omega-3 fatty acids.
4. Limit your meat intake: Reduce your intake of red meat and favor plant-based protein sources such as lentils, chickpeas, and beans.
5. Limit your intake of dairy products by opting for low-fat options such as yogurt and cottage cheese instead of excessive amounts of milk and cheese.
6. Increase whole grain intake: For extra nutrients and fiber, add whole grain products such as oats, barley, and quinoa to your diet.
7. Consume nuts and seeds: They contain healthy fats, proteins, and vitamins. Add them to salads and porridge, or eat them as a healthy snack.
8. Drink red wine moderately: Moderate consumption of red wine is considered acceptable and beneficial for cardiovascular health.

You can get the health benefits of the Mediterranean diet by incorporating these concepts into your daily meals.

This chapter discussed various air fryer models and selection criteria to suit the needs of both novice and experienced users.

We learned about the job's essential functions and gained practical skills that will allow us to use and maintain it effectively. We also became familiar with menu planning criteria, which increased our confidence in creating delicious dishes.

Now, with all this information, let's discover the wonderful world of recipes. Let's start with delicious breakfasts, where we'll learn how to create the perfect start to the day using our trusty air fryer.

CHAPTER 2: **DELICIOUS BREAKFAST**

Breakfast bliss awaits!

Embark on a culinary journey with our delicious breakfast creations, from fluffy pancakes to heavenly muffins.

Forget the ordinary, embrace culinary magic!

Join us for unforgettable breakfasts that inspire and invigorate!

CORN PANCAKES WITH RICOTTA AND HONEY

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes

Ingredients:

- 1 cup cornmeal
- 1/2 cup milk
- 2 eggs
- 1/2 tsp baking soda
- Pinch of salt
- 1/2 cup ricotta cheese
- Honey for serving

Instructions:

1. To make a smooth batter, combine the cornmeal, milk, eggs, baking soda, and a little salt in a large basin.

2. Add the ricotta cheese and stir until thoroughly mixed.

3. Set the air fryer's temperature to 180°C or 350°F.

4. Using a measuring spoon, spoon some batter into the air fryer basket, leaving space between each portion.

5. Air-fry the pancakes for 8 to 10 minutes, or until they are puffed up and golden brown, at 180°C (350°F).

6. Drizzle some honey on top and serve hot.

Nutritional Information: Approximately 100-150 calories per serving, 5-7g protein, 4-6g fat, 10-12g carbohydrates, 1-2g fiber, 1-2mg cholesterol, 50-100mg sodium, 100-150mg potassium.

ARTICHOKE AND OLIVE FRITTATA

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 20 minutes

Ingredients:

- 6 eggs
- 1/2 cup chopped artichokes
- 1/4 cup chopped olives
- 1 onion, sliced
- Seasonings: salt, pepper, basil
- 2 tablespoons olive oil

Instructions:

1. In a bowl, beat the eggs. Add artichokes, olives, onion, and seasonings. Mix well.

2. Set the air fryer's temperature to 180°C or 350°F.

3. Use olive oil to grease the air fryer basket.

4. Evenly distribute the egg and vegetable mixture into the basket.

5. Air fry at 180°C (350°F) for 15-20 minutes until the frittata is set and golden brown.

Nutritional Information: Each serving contains approximately 200-250 calories, 10-12g protein, 6-8g fat, 5-7g carbohydrates, 2-3g fiber, 1-2mg cholesterol, 50-100mg sodium, 150-200mg potassium.

APPLE DONUTS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 10-15 minutes

Ingredients:

- 6 medium apples
- 2 cups flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup sugar
- 2 teaspoons baking powder
- Cinnamon (to taste)
- Pinch of salt
- Vegetable oil (for greasing)

Instructions:

1. Peel and slice the apples into rings about 1 cm thick.
2. Mix flour, baking powder, sugar, cinnamon, and salt in a large bowl.

3. Combine eggs and milk in a different bowl.

4. Coat the apple rings in the egg mixture after dipping them in the flour mixture.

5. Preheat the air fryer and grease it with vegetable oil.

6. Place the egg-coated apple rings in the air fryer until golden brown on both sides.

7. Optionally, sprinkle the finished donuts with sugar or cinnamon.

Nutritional Information: Each serving contains approximately 150-200 calories, 4-6g protein, 6-8g fat, 20-25g carbohydrates, 2-3g fiber, 10-12g sugar, cholesterol, sodium, 50-100mg potassium.

CRISPY FRENCH TOAST STICKS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 10-15 minutes

Ingredients:

- 6 slices of bread (your choice)
- 2 eggs
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 2 tablespoons sugar
- Vegetable oil (for greasing the air fryer basket)

Instructions:

1. Mix eggs, milk, vanilla extract, cinnamon, and sugar until well combined.
2. Make three strips out of each piece of bread.
3. Make sure the bread strips are evenly covered by dipping them into the egg and milk mixture.

4. Set the air fryer's temperature to 180°C or 350°F.

5. Grease the air fryer basket with vegetable oil.

6. Place the egg-coated bread strips in the air fryer basket for 5-7 minutes until golden brown.

7. Flip the sticks halfway through cooking time to ensure even frying.

8. Serve warm with syrup, fresh fruit, or powdered sugar.

Nutritional Information: Each serving contains approximately 150-200 calories, 4-6g protein, 20-25g carbohydrates, 6-8g fat, 1-2g fiber, 50-100mg cholesterol, 150-200mg sodium, 50-100mg potassium.

AVOCADO AND EGG BREAKFAST BOMBS

Yield: 6 servings | **Prep Time:** 25 minutes | **Cook Time:** 10-15 minutes

Ingredients:

- 3 ripe avocados
- 6 large eggs
- 1/2 cup shredded cheddar cheese
- Salt and pepper to taste
- Ground red pepper (optional)
- Fresh parsley or cilantro for garnish (optional)

Instructions:

1. Set the air fryer's temperature to 180 degrees Celsius or 350 degrees Fahrenheit.
2. Halve the avocados and scoop out the pits.
3. Scoop out a little avocado flesh to make room for the eggs.
4. Carefully crack one egg into each

avocado half.

5. Season each half with salt, pepper, and shredded cheese.
6. Place the avocado halves with eggs in the air fryer and cook for about 12-15 minutes, until the egg whites are set and the cheese is melted.
7. Sprinkle the cooked bombs with additional shredded cheese and ground red pepper, if desired.
8. Serve garnished with fresh parsley or cilantro.

Nutritional Information: Calories: 250 | Protein: 10g | Carbohydrates: 14g | Fat: 18g | Fiber: 7g | Cholesterol: 210mg | Sodium: 220mg | Potassium: 730mg.

EGG AND CHEESE BREAKFAST POCKETS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 10-15 minutes

Ingredients:

- 1 package of puff pastry (about 230g)
- 4 large eggs
- Half a cup of shredded cheese, such as gouda or cheddar
- Salt and pepper to taste
- 1 tablespoon milk
- Fresh herbs for garnish (such as parsley or cilantro)

Instructions:

1. Set the air fryer's temperature to 180 degrees Celsius or 350 degrees Fahrenheit.
2. After unrolling, cut the puff pastry into four equal squares.
3. Put a single egg in every square.

4. Add shredded cheese, salt, and pepper to each egg.
5. Fold the pastry's edges over the cheese and egg.
6. Lightly brush the pastry's tops with milk.
7. Air fry for 10-12 minutes until the pastry is golden brown and the egg is cooked to your desired doneness.
8. Garnish with fresh herbs before serving.

Nutritional Information: Calories: 280 | Protein: 13g | Carbohydrates: 18g | Fat: 17g | Fiber: 1g | Cholesterol: 200mg | Sodium: 300mg | Potassium: 150mg.

AVOCADO AND EGG TOAST IN THE AIR FRYER

Yield: 2 servings | **Prep Time:** 10 minutes | **Cook Time:** 6-8 minutes

Ingredients:

- 2 large slices of bread (e.g., multigrain or rye)
- 1 ripe avocado
- 2 eggs
- Salt and pepper to taste
- Ground red pepper (optional)
- Fresh parsley or cilantro for garnish (optional)

Instructions:

- 1 Set the air fryer's temperature to 180 degrees Celsius or 350 degrees Fahrenheit.
2. Halve the avocado and scoop out the pit.
3. Cut the flesh of the avocado into thin pieces.

4. Arrange the avocado slices on top of every piece of toast.

5. In the middle of each avocado slice, crack one egg.

6. Add pepper and salt to the eggs.

7. Put the toast in the air fryer and cook it for five to seven minutes until the bread is golden brown and the egg whites are set.

8. Sprinkle the cooked toast with ground red pepper and garnish with fresh parsley or cilantro.

Nutritional Information: Calories: 280 | Protein: 13g | Carbohydrates: 18g | Fat: 17g | Fiber: 7g | Cholesterol: 370mg | Sodium: 240mg | Potassium: 690mg.

MEDITERRANEAN BREAKFAST ROLLS WITH VEGETABLES FOR AIR FRYER

Yield: 4 servings | **Prep Time:** 30 minutes | **Cook Time:** 10-12 minutes

Ingredients:

- 1 package of puff pastry (about 230g)
- 1 large carrot, thinly sliced into strips
- 100g smoked olives, sliced
- 100g feta cheese, diced
- 2 tablespoons olive oil
- 1 teaspoon dried basil
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Set the air fryer's temperature to 180 degrees Celsius or 350 degrees Fahrenheit.
2. After unrolling, cut the puff pastry into four equal-sized sheets.

3. Place a layer of carrot, red pepper, green pepper, tomato, olives, and feta cheese onto each pastry sheet.

4. Sprinkle the vegetable mixture with dried basil, salt, and pepper, then roll the pastry into rolls.

5. Transfer the rolls to the air fryer and cook for 15-20 minutes until the pastry is golden brown and crispy.

6. Serve garnished with fresh parsley.

Nutritional Information: Calories: 280 | Protein: 8g | Carbohydrates: 18g | Fat: 20g | Fiber: 5g | Cholesterol: 10mg | Sodium: 400mg | Potassium: 320mg.

BANANA PANCAKE BITES FOR AIR FRYER

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 8-10 minutes

Ingredients:

- 2 ripe bananas
- 2 eggs
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- Pinch of salt
- Oil or spray for greasing the air fryer basket
- Maple syrup or honey for serving (optional)
- Fruit for serving (optional)

Instructions:

1. Using a fork, mash the bananas until smooth in a large bowl.
2. Add the eggs, milk, and vanilla essence to the mashed banana bowl. Stir thoroughly.

3. In another basin, stir the flour, baking powder, and salt together.

4. Gradually add dry ingredients to the banana mixture, stirring until smooth and no lumps remain.

5. Preheat the air fryer to 180°C (350°F).

6. Grease the air fryer basket with oil or cooking spray.

7. Spoon about a tablespoon of batter into each well of the air fryer muffin pan.

8. Air fry the pancake bites for about 6-8 minutes until golden brown and cooked through.

9. Serve hot with maple syrup, honey, or your favorite fruit.

Nutritional Information: Calories: 170 | Protein: 5g | Carbohydrates: 30g | Fat: 3g | Fiber: 2g | Cholesterol: 90mg | Sodium: 80mg | Potassium: 280mg.

BLUEBERRY BREAKFAST MUFFINS FOR AIR FRYER

Yield: 4 servings | **Prep Time:** 25 minutes | **Cook Time:** 15-20 minutes

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- Pinch of salt
- 2 eggs
- ½ cup milk
- ⅓ cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen blueberries

Instructions:

1. Combine the flour, sugar, baking powder, and salt in a sizable basin.
2. Beat the eggs in another basin and mix the milk, vanilla essence, and vegetable oil. Blend thoroughly.
3. As you progressively add the dry components to the wet elements, stir well to

avoid lumps.

4. Fold the blueberries into the batter gently.

5. Preheat the air fryer to 180°C (350°F).

6. Place paper liners into the air fryer baking cups.

7. Fill each baking cup with batter about 2/3 full.

8. Place the baking cups with the batter into the air fryer and bake for 15-20 minutes or until done.

9. Before serving, let the muffins cool somewhat.

Nutritional Information: Calories: 290 | Protein: 5g | Carbohydrates: 35g | Fat: 15g | Fiber: 2g | Cholesterol: 45mg | Sodium: 160mg | Potassium: 120mg.

APPLE CINNAMON FRENCH TOAST STICKS FOR AIR FRYER

Yield: 4 servings | **Prep Time:** 25 minutes | **Cook Time:** 10-12minutes

Ingredients:

- 4 slices of bread (white or brioche)
- 2 apples, thinly sliced
- 2 eggs
- 1/4 cup milk
- 1 teaspoon brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- Optional: maple syrup for serving

Instructions:

1. Cut each bread slice into three to four strips.
2. Combine eggs, milk, brown sugar, cinnamon, and vanilla essence in a bowl.

3. Submerge each bread strip into the concoction of egg and milk.

4. Apply frying spray or oil to the air fryer basket to grease it.

5. Insert the apple slices and bread strips into the air fryer basket.

6 Fry in the air for 10 to 12 minutes, turning halfway through, at 180°C (350°F), or until grown. olden b

7. Serve with maple syrup, if desired.

Nutritional Information: Calories: 200 | Protein: 6g | Carbohydrates: 32g | Fat: 5g | Fiber: 4g | Cholesterol: 95mg | Sodium: 200mg | Potassium: 180mg.

SPINACH OMELETTE WITH TOMATOES AND FETA

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Ingredients:

- 4 eggs
- 1/4 cup chopped fresh spinach
- 1/4 cup sliced tomatoes
- 2 tablespoons crumbled feta cheese
- Salt and pepper to taste
- 1 teaspoon olive oil

Instructions:

1. Beat the eggs in a bowl with a fork.
2. Mix well with spinach, tomatoes, feta cheese, salt, and pepper.
3. Preheat the air fryer to 180 degrees Celsius and lightly grease it with olive oil.

4. Pour the egg mixture into the air fryer and bake for 8-10 minutes until the omelet is set and golden brown on top.

5. Serve hot. Optionally, garnish with fresh herbs or an extra sprinkle of feta cheese.

Nutritional Information: Approximately 150 calories per serving, with roughly 5 grams of fiber and 10 grams of protein carbohydrates. This dish is low in fats, only 8 grams per serving, and contains minimal dietary fiber, cholesterol, sodium, and potassium.

As Rhonda Byrne wisely said, "Start your day with something delicious and it will be a successful one." And we were happy to give you that taste - the taste of the sun on your table!

The symphony of breakfast flavors has ended, but the Maestro of the Kitchen is calling for a new tune!

We say goodbye to the world of delicious breakfasts that give us energy for the whole day.

But don't be discouraged!

A new culinary adventure awaits us: the world of light snacks and exquisite bites, where every day becomes a little gourmet feast.

CHAPTER 3:

DELICACIES AT YOUR FINGERTIPS: LIGHT SNACKS AND BITES

Mediterranean food is well known for its rich flavor, complexity, and health advantages. Snacks and bites hold a special place within this culinary tradition. They are an integral part of the Mediterranean table and offer numerous benefits when prepared in an air fryer.

MEDITERRANEAN DELICACY: GARLIC SHRIMP IN OLIVE OIL FOR AIR FRYER

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10-12 minutes

Ingredients:

- 500g large shrimp, peeled and deveined
- 4 tablespoons olive oil
- 4 cloves garlic, minced
- Juice of half a lemon
- Fresh parsley, chopped (for garnish)
- Salt and pepper to taste

Instructions:

1. Heat a skillet to medium temperature and add some olive oil.
2. Add minced garlic to the oil and sauté for about 1 minute until fragrant.

3. Add shrimp to the skillet in a single layer. Cook shrimp for a few minutes on each side until they turn pink and opaque.

4. Squeeze lemon juice over the shrimp and season with salt and pepper to taste.

5. Put the shrimp in the air fryer basket and air fry for five to seven minutes at 180°C or until golden.

6. Serve the shrimp hot, garnished with fresh parsley.

Nutritional Information: Calories: 220 | Protein: 24g | Carbohydrates: 2g | Fat: 13g | Fiber: 0g | Cholesterol: 220mg | Sodium: 300mg | Potassium: 210mg.

CRISPY FETA BALLS: SPICY MEDITERRANEAN DELIGHT

Yield: 4 servings | **Prep Time:** 30 minutes | **Cook Time:** 12-15minutes.

Ingredients:

- 1 cup dried chickpeas
- 1 onion, chopped
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- 2 tablespoons flour
- 1 teaspoon baking powder
- Oil for greasing air fryer

Instructions:

1. Let the dried chickpeas soak in water for the entire night. After draining, pat them dry with paper towels.

2. Transfer the chickpeas to a blender bowl. Add onion, garlic, parsley, cilantro,

cumin, coriander, salt, and pepper. Mix until homogenous.

3. Pour the concoction into a big bowl. Add flour and baking powder. Mix thoroughly.

4. Form small balls from the dough.

5. Preheat the air fryer to 180°C.

6. Grease the air fryer basket with oil.

7. Place the falafel balls in the basket, leaving small gaps between them.

8. Air fry for about 15 minutes or until golden brown, flipping them halfway through.

9. Serve hot with your choice of sauce.

Nutritional Information: Calories: 200 | Protein: 8g | Carbohydrates: 30g | Fat: 6g | Fiber: 6g | Cholesterol: 0mg | Sodium: 300mg | Potassium: 350mg.

SWEET AND SPICY AIR FRYER FIGS WITH GOAT CHEESE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 8-10 minutes.

Ingredients:

- 8 fresh figs
- 100g goat cheese
- 2 tablespoons honey
- 1/4 cup chopped walnuts (optional)
- Fresh mint for garnish (optional)

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Cut the figs in half.
3. Place a small piece of goat cheese on each fig half.

4. Drizzle the figs with honey.
5. Arrange the figs in a single layer in the air fryer basket.
6. Air fry for 8-10 minutes or until the figs are soft and the cheese is melted.
7. Serve hot, sprinkled with chopped walnuts, and garnished with fresh mint, if desired.

Nutritional Information: Calories: 160 | Protein: 6g | Carbohydrates: 25g | Fat: 6g | Fiber: 4g | Cholesterol: 10mg | Sodium: 90mg | Potassium: 280mg.

AIR-FRIED MINI BELL PEPPERS STUFFED WITH FETA CHEESE

Yield: 6 servings | **Prep Time:** 20 minutes | **Cook Time:** 10-12 minutes.

Ingredients:

- 9 mini bell peppers (assorted colors)
- 150g feta cheese, crumbled
- 3 tablespoons olive oil
- 2 tablespoons fresh parsley, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Slice off the bell peppers' tops and remove the seeds.
2. In a bowl, combine the feta cheese that has been crumbled, olive oil, parsley, garlic, salt, and pepper.

3. Stuff each pepper with this mixture
4. Set the air fryer's temperature to 180°C or 350°F.
5. Place the peppers in the air fryer basket in a single layer.
6. Air fry for 10-12 minutes until the peppers are tender and begin to brown.
7. Serve hot as an appetizer or side dish.

Nutritional Information: Calories: 120 | Protein: 5g | Carbohydrates: 5g | Fat: 8g | Fiber: 2g | Cholesterol: 15mg | Sodium: 200mg | Potassium: 250mg.

AIR-FRIED MEDITERRANEAN STUFFED MUSHROOMS

Yield: 4 servings | **Prep Time:** 25 minutes | **Cook Time:** 15-20 minutes.

Ingredients:

- 8 large portobello mushrooms
- 100g cream cheese
- 50g breadcrumbs
- 2 tbsp fresh parsley, finely chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Clean the mushrooms, remove the stems, and hollow out slightly to create space for the filling.

3. Combine the cream cheese, breadcrumbs, garlic, parsley, salt, and pepper in a bowl.

4. Stuff each mushroom with the filling mixture.

5. Drizzle the mushrooms with olive oil and place them in the air fryer basket in a single layer.

6. Air fry for 15-20 minutes until golden brown and mushrooms are tender.

7. Serve hot as an appetizer or side dish.

Nutritional Information: Calories: 150 | Protein: 5g | Carbohydrates: 10g | Fat: 10g | Fiber: 2g | Cholesterol: 15mg | Sodium: 200mg | Potassium: 300mg.

SLICES OF EGGPLANT WRAPPED IN BACON

Yield: 6 servings | **Prep Time:** 20 minutes | **Cook Time:** 10-12 minutes

Ingredients:

- 2 medium eggplants
- 12 slices smoked bacon
- 2 tbsp olive oil
- 1 tsp dried basil
- 1 tsp garlic powder
- Salt and pepper to taste
- Fresh green herbs for garnish (optional)

Instructions:

1. Turn the air fryer on to 200°C, or 400°F.
2. Cut the eggplants into thin, long slices about 0.5 cm thick.
3. Mix olive oil, dried basil, garlic powder, salt, and pepper in a bowl.

4. Wrap each eggplant slice with bacon slices.

5. Drizzle the eggplant slices with the olive oil mixture.

6. Place the wrapped eggplant slices in the air fryer basket in a single layer.

7. Air fry for 10-12 minutes until the bacon is crispy and the eggplants are tender.

8. Flip the slices occasionally for even cooking.

9. Serve the eggplant bacon-wrapped slices hot, garnished with fresh green herbs if desired.

Nutritional Information: Calories: 180 | Protein: 5g | Carbohydrates: 6g | Fat: 15g | Fiber: 3g | Cholesterol: 10mg | Sodium: 350mg | Potassium: 250mg.

CRISPY OKRA IN THE AIR FRYER WITH MEDITERRANEAN HERBS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 12 minutes

Ingredients:

- 1 pound fresh okra, halved
- 2 eggs
- 1/2 cup all-purpose flour
- 1/2 cup breadcrumbs (regular or Japanese)
- 2 tsp Mediterranean herb blend (rosemary, thyme, oregano)
- Salt and pepper to taste
- Lemon wedges (for serving, optional)

Instructions:

1. Set the air fryer's temperature for three to five minutes at 200°C (400°F).
2. In a deep bowl, beat the eggs.
3. Mix the all-purpose flour, breadcrumbs, Mediterranean herb blend, salt, and pepper in another bowl.

4. Dip the okra halves first in the beaten eggs, then in the flour and breadcrumb mixture, ensuring an even coating.

5. Arrange the okra in the air fryer basket in a single layer without overcrowding.

6. Air fry the okra for 10-12 minutes or until golden brown, flipping occasionally for even frying.

7. Transfer to a paper towel to remove excess oil.

8. Serve the crispy okra with Mediterranean herbs, lemon wedges, and any desired sauce.

Nutritional Information: Calories: 220 | Protein: 10g | Carbohydrates: 30g | Fat: 8g | Fiber: 4g | Cholesterol: 120mg | Sodium: 410mg | Potassium: 360mg.

AIR-FRIED OLIVE TAPENADE

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 cup pitted black olives
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 tbsp capers
- 1 tbsp fresh lemon juice
- Freshly ground black pepper, to taste
- Optional: Fresh herbs (basil, parsley) for garnish

Instructions:

1. Set your air fryer's temperature for three to five minutes at 180°C (360°F).
2. Blend the olives, lemon juice, capers, olive oil, and minced garlic in a food processor. Until gritty paste develops, Pulse

3. Taste and season with freshly ground black pepper as desired.

4. Spread the tapenade evenly in the air fryer basket.

5. Air-fry the tapenade for 12-15 minutes or until fragrant and lightly golden.

6. Once done, remove from the air fryer and let it cool slightly.

7. Transfer the olive tapenade to a serving dish. Garnish with fresh herbs if desired.

Nutritional Information: Calories: 70 | Protein: 1g | Carbohydrates: 3g | Fat: 6g | Fiber: 1g | Cholesterol: 0mg | Sodium: 250mg | Potassium: 30mg.

MEDITERRANEAN ZUCCHINI FRITTERS

Yield: 4 servings | **Prep time:** 15 minutes | **Cook time:** 10-12 minutes

Ingredients:

- 2 medium zucchinis
- 1 egg
- 1/4 cup grated Parmesan cheese
- 1/4 cup of fresh mint or basil, chopped finely
- 1/4 cup chopped red onion
- 1/4 cup chopped red bell pepper
- 1/2 cup breadcrumbs
- 2 tbsp olive oil
- Salt and pepper to taste
- Lemon wedges (for serving, optional)

Instructions:

1. Shred the zucchini or slice it into thin rounds using a coarse grater. To remove extra moisture, spread the zucchini on a kitchen towel, season with salt, and let it sit for ten minutes. Then, squeeze out any excess liquid.

2. In a large bowl, mix the zucchini, egg, Parmesan cheese, fresh herbs, red onion, bell pepper, breadcrumbs, and seasonings.

3. Form the mixture into small patties, about 5-6 cm in diameter.

4. Set the air fryer's temperature to 200°C or 400°F.

5. Fry the patties in batches in the air fryer until golden brown, about 7-8 minutes on each side.

6. Transfer to a paper towel to remove excess oil once cooked.

7. Serve the Mediterranean zucchini fritters hot, with lemon wedges and additional seasoning if desired.

Nutritional information: Calories: 120 | Protein: 6g | Carbohydrates: 10g | Fat: 7g | Fiber: 2g | Cholesterol: 45mg | Sodium: 180mg | Potassium: 320mg.

CRISPY GOLDEN BROCCOLI FROM THE AIR FRYER

Yield: 4 servings | **Prep Time:** 5 minutes | **Cook Time:** 10 minutes

Ingredients:

- 1 broccoli head divided into tiny florets
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese (optional)
- Lemon wedges (for serving, optional)

Instructions:

1. Set the air fryer's temperature for three to five minutes at 200°C (400°F).

2. Toss the broccoli with olive oil, salt, and pepper in a large bowl, ensuring an even

coating.

3. Put the broccoli in the air fryer basket in a single layer.

4. Air fry the broccoli for 8-10 minutes or until golden brown, flipping occasionally for even crisping.

5. If desired, sprinkle with grated Parmesan cheese and serve with lemon wedges.

Nutritional Information: Calories: 80 | Protein: 5g | Carbohydrates: 6g | Fat: 4g | Fiber: 3g | Cholesterol: 0mg | Sodium: 140mg | Potassium: 470mg.

CARAMELIZED PUMPKIN BITES IN AN AIR FRYER

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 500g pumpkin, diced
- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- Salt to taste

Instructions:

1. Set the air fryer's temperature for three to five minutes at 180°C (350°F).
2. Combine the chopped pumpkin, vegetable oil, brown sugar, cinnamon, ginger, turmeric, and salt in a big basin and toss until evenly coated.

3. Evenly spread the pumpkin in the air fryer basket in a single layer.

4. Air fry the pumpkin for 12-15 minutes, shaking the basket occasionally for even cooking until the pumpkin is tender and lightly caramelized.

5. Transfer the pumpkin to a paper towel to remove excess oil.

6. Serve the caramelized pumpkin bites as a snack or dessert, optionally sprinkled with additional brown sugar on top.

Nutritional Information: Calories: 120 | Protein: 1g | Carbohydrates: 24g | Fat: 4g | Fiber: 3g | Cholesterol: 0mg | Sodium: 10mg | Potassium: 350mg.

CINNAMON APPLE SLICES FROM THE AIR FRYER

Yield: 6 servings | **Prep time:** 5 minutes | **Cook Time:** 10 minutes

Ingredients:

- 4 large apples, sliced into rings
- 2 tablespoons honey
- 2 teaspoons ground cinnamon
- 2 teaspoons sugar (optional)
- Juice of one lemon

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Combine the honey, cinnamon, sugar (if using), and lemon juice in a large bowl, and gently toss the apple rings until they are

uniformly covered in the spices.

3. Arrange the apple rings in a single layer in the air fryer basket.

4. Air fry for 8-10 minutes, flipping them halfway through cooking until they are evenly caramelized.

5. Transfer the caramelized apples to a plate and serve hot.

Nutritional information (per serving):
Calories: 70 | Protein: 0g | Carbohydrates: 18g | Fat: 0g | Fiber: 3g | Cholesterol: 0mg | Sodium: 0mg | Potassium: 120mg.

AIR-FRIED STUFFED OLIVES

Yield: 4 servings | **Prep time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 1 cup pitted green olives
- 50g cream cheese
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon minced garlic
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes
- (optional)
 - 1/4 teaspoon salt
 - Breadcrumbs or flour for coating

(optional)

- Cooking spray

Instructions:

1. Mix the cream cheese, minced garlic, finely chopped parsley, dried herbs (basil and oregano), salt, black pepper, and red pepper flakes (if used). Mix well until homogeneous and smooth.

2. Carefully slice the olives along one side and remove the pits.

3. Fill each olive with the prepared cream cheese mixture.

4. Coat the stuffed olives in breadcrumbs or flour for extra crispiness.

5. Preheat the air fryer to 180°C (350°F).

6. Apply cooking spray to the air fryer basket's bottom.

7. Arrange the stuffed olives evenly in the air fryer basket.

8. Air fry the olives for 8-10 minutes until golden brown, flipping them halfway through for even cooking.

9. Once cooked, transfer the air-fried stuffed olives to a plate and serve hot.

Nutritional information (per serving): Calories: 95 | Protein: 1g | Carbohydrates: 1g | Fat: 10g | Fiber: 0g | Cholesterol: 5mg | Sodium: 180mg | Potassium: 10mg.

AIR-FRIED GINGER-LIME SWEET POTATO SLICES

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 2 medium sweet potatoes
- 1 tablespoon minced ginger
- Juice and zest 1 lime
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh herbs for garnish (optional)

Instructions:

1. Set the air fryer's temperature for three to five minutes at 200°C (400°F).

2. Slice the sweet potatoes into thin, round slices.

3. Add the minced ginger, olive oil, lime zest juice, salt, and pepper to a bowl.

4. Dip each sweet potato slice into the prepared marinade.

5. Evenly distribute the sweet potato slices in the air fryer basket without overcrowding.

6. Air fry for 12-15 minutes until the sweet potatoes are golden and crispy.

7. Flip the slices occasionally for even frying.

8. Transfer to a plate, sprinkle with fresh herbs if desired, and serve hot.

Nutritional Information (per serving): Calories: 120 | Protein: 2g | Carbohydrates: 20g | Fat: 4g | Fiber: 3g | Cholesterol: 0mg | Sodium: 150mg | Potassium: 350mg

Mediterranean air fryer appetizers are easy, delicious, and healthy!
Get ready to explore the world of fresh vegetables and side dishes, where air frying works its magic!

In the "Vegetables and side dishes" chapter, you'll find

- 1. Recipes that turn ordinary vegetables into culinary masterpieces*
- 2. Secrets of the perfect side dish to complement any meal*
- 3. The art of creating delicious and healthy air-fried dishes*

Join us on a culinary journey!

CHAPTER 4: **VEGETABLES AND SIDES**

Chapter "Vegetables and Sides" lays a rich foundation for culinary creativity. Each dish is filled with flavor and nourishment. Here, amid a rainbow of colors and textures, we honor the essence of nature's generosity.

Join us as we explore a world where vegetables transcend mere accompaniments, becoming vibrant heroes of our culinary narrative. Let's unlock the boundless possibilities of seasonal cuisine, infusing each dish with creativity, passion, and profound gratitude for the earth's abundance.

EGGPLANT LEBANESE-STYLE

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 20 minutes

Ingredients:

- 2 medium eggplants
- 2 eggs
- 1 cup breadcrumbs
- Half a cup of freshly chopped herbs (parsley, cilantro)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon sumac (optional)
- Salt and pepper to taste
- Olive oil spray for air fryer

Instructions:

1. Slice the eggplants into 1 cm thick rounds.
2. In a deep bowl, beat the eggs with salt and pepper.
3. Mix breadcrumbs, chopped herbs, minced garlic, and sumac in another bowl.
4. Dip each eggplant slice into the beaten

egg, then into the breadcrumb mixture, coating evenly.

5. Set the air fryer's temperature to 200°C or 400°F.

6. Use olive oil spray to coat the air fryer basket.

7. Arrange the breaded eggplant slices in a single layer in the air fryer basket.

8. Air fry the eggplants for 15-20 minutes or until golden brown, shaking the basket occasionally for even cooking.

9. When the eggplants are ready to be served, remove them from the air fryer and allow them to cool somewhat.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 160 | Protein: 6g | Carbohydrates: 18g | Fat: 8g | Fiber: 4g | Cholesterol: 90mg | Sodium: 320mg | Potassium: 420mg.

ZUCCHINI FRITTO MISTO

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 2 medium zucchinis
- 2 eggs
- 1 cup all-purpose flour
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon dried Italian herbs
- Salt and pepper to taste
- Olive oil spray for air fryer

Instructions:

1. Slice the zucchini into thin rounds.
2. In a deep bowl, beat the eggs with salt, pepper, and dried Italian herbs.
3. Combine the flour and grated Parmesan cheese in another basin.
4. Pour breadcrumbs into a third bowl.
5. Dip each zucchini slice, beaten eggs, and breadcrumbs in the flour mixture to coat

them evenly.

6. Set the air fryer's temperature to 200°C or 400°F.

7. Spray the air fryer basket with olive oil.

8. Arrange the breaded zucchini slices in a single layer in the air fryer basket.

9. Air fry the zucchini for 12-15 minutes or until golden brown, shaking the basket occasionally for even cooking.

10. Remove the zucchini from the air fryer and let them cool slightly before serving.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 220 | Protein: 10g | Carbohydrates: 25g | Fat: 9g | Fiber: 3g | Cholesterol: 95mg | Sodium: 320mg | Potassium: 380mg.

BAKED PEPPERS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 4 large peppers (any color)
- 2 eggs
- 1 cup breadcrumbs
- 1 teaspoon paprika (optional)
- Salt and pepper to taste
- Olive oil spray for air fryer

Instructions:

1. Slice the peppers into strips or rings, removing the seeds and ribs.
2. In a deep bowl, whisk the eggs with salt, pepper, and paprika (if using).
3. Pour breadcrumbs into another bowl.
4. Dip each piece of pepper into the egg mixture, then into the breadcrumbs, ensuring even coverage.
5. Set the air fryer's temperature to

200°C or 400°F.

6. Use olive oil spray to coat the air fryer basket.
7. Arrange the breaded peppers in a single layer in the air fryer basket.
8. Air fry the peppers for 12-15 minutes or until golden brown, shaking the basket occasionally for even cooking.
9. When all the peppers have been cooked, remove them from the air fryer and let them cool before serving.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 120 | Protein: 5g | Carbohydrates: 15g | Fat: 4g | Fiber: 2g | Cholesterol: 90mg | Sodium: 300mg | Potassium: 360mg.

POTATO CROQUETTES

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 medium potatoes
- 1 egg
- 1/2 cup grated cheese
- 1/4 cup chopped herbs (dill, parsley)
- Salt and pepper to taste
- 1 cup breadcrumbs
- Olive oil spray for air fryer

Instructions:

1. After peeling and chopping the potatoes, boil them in salted water until soft. Drain and let the potatoes cool somewhat.
2. Mash the boiling potatoes in a big bowl of smooth puree.
3. Add the egg, grated cheese, chopped herbs, salt, and pepper to the potato mixture. Blend thoroughly until all components are dispersed equally.
4. Form the potato mixture into balls or

oval-shaped croquettes.

5. Place breadcrumbs in a shallow bowl.
6. Roll each potato ball or croquette in the breadcrumbs, ensuring even coverage.
7. Set the air fryer's temperature to 200°C or 400°F.
8. Spray the air fryer basket with olive oil.
9. Arrange the potato croquettes in a single layer in the air fryer basket.
10. Air fry the croquettes for 15-20 minutes or until golden brown, shaking the basket occasionally for even cooking.
11. When the potato croquettes are finished, remove them from the air fryer and cool slightly before serving.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 220 | Protein: 8g | Carbohydrates: 30g | Fat: 8g | Fiber: 3g | Cholesterol: 65mg | Sodium: 180mg | Potassium: 650mg.

ROASTED BROCCOLI WITH GARLIC AND SOYA SAUCE

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 head of broccoli
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Divide the broccoli into tiny florets.
2. Combine olive oil, soy sauce, and minced garlic in a bowl.
3. Toss the broccoli to coat all the flour thoroughly after adding them to the sauce bowl.
4. Set the air fryer's temperature to

200°C or 400°F.

5. Arrange the broccoli on the air fryer basket in a uniform layer.

6. To ensure uniform cooking, occasionally air the broccoli for 12 to 15 minutes while shaking the basket.

7. After the broccoli is finished, remove it from the air fryer and let it cool.

8. Before serving, season with salt and pepper to taste.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 90 | Protein: 4g | Carbohydrates: 6g | Fat: 6g | Fiber: 3g | Cholesterol: 0mg | Sodium: 430mg | Potassium: 360mg.

COUSCOUS IN POTATO CRUST

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 1 cup couscous
- 2 large potatoes
- 1 egg
- 1/4 cup grated cheese
- 2 tablespoons chopped parsley
- Salt and pepper to taste
- Olive oil spray for air fryer

Instructions:

1. Prepare the couscous as directed on the package and allow it to cool.
2. After peeling and chopping the potatoes, boil them in salted water until they become soft. Drain and let the potatoes cool somewhat.
3. Combine the egg, grated cheese, chopped parsley, salt, and pepper with the boiling potatoes.
4. Split the mixture of potatoes into two portions.
5. To make the crust, spread one portion of the potato mixture over the edges and bottom

of a baking dish.

6. Cover the potato shell with the cooked couscous.

7. To create the top crust, pour the remaining potato mixture over the couscous.

8. Set the air fryer's temperature to 200°C or 400°F.

9. Mist the basket of the air fryer with olive oil.

10. Put the couscous dish into the potato.

11. Air The couscous for 20-25 minutes or until golden brown, shaking the basket occasionally for even cooking.

12. When the couscous is ready to be served, remove it from the air fryer and allow it to cool slightly.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 250 | Protein: 8g | Carbohydrates: 40g | Fat: 6g | Fiber: 4g | Cholesterol: 50mg | Sodium: 320mg | Potassium: 550mg.

ASPARAGUS WITH HOLLANDAISE SAUCE

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 bunch of asparagus
- 2 egg yolks
- 1 tablespoon lemon juice
- 1/2 cup unsalted butter, melted
- Salt and pepper to taste
- Optional: chopped parsley for garnish

Instructions:

1. To prepare the asparagus, break off the woody ends and thoroughly rinse them.
2. Prepare the poivre sauce. Whisk together the egg yolks and lemon juice using a double boiler in a bowl set over a saucepan of boiling water. When the sauce thickens, gradually add the melted butter and whisk constantly—season with salt and pepper to taste.
3. Set the air fryer's temperature to

200°C or 400°F.

4. Place the asparagus on the air fryer tray in a single layer.
5. Air fry the asparagus for 10-15 minutes until tender and lightly browned.
6. Remove the asparagus from the air fryer and arrange it on plates.
7. Drizzle the prepared hollandaise sauce over the asparagus.
8. Optionally, garnish the asparagus with chopped parsley.
9. Serve hot.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 240 | Protein: 4g | Carbohydrates: 4g | Fat: 24g | Fiber: 2g | Cholesterol: 170mg | Sodium: 90mg | Potassium: 230mg.

BRUSSELS SPROUTS BRUSCHETTA

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 250g Brussels sprouts
 - 2 tablespoons olive oil
 - Salt and pepper to taste
 - 4 slices of bread (e.g., baguette)
 - 1 clove garlic, halved
 - 100g cream cheese
 - 2 tablespoons chopped fresh basil or parsley
- ## Instructions:
1. Set the air fryer's temperature to 200°C or 400°F.
 2. Cut the Brussels sprouts in half to remove the outer leaves. Slice them very thinly.
 3. In a big dish, stir Brussels sprouts with olive oil, salt, and pepper.
 4. Spread the Brussels sprouts on the air fryer tray in a single layer.

5. Air fry Brussels sprouts for 10-12 minutes until golden and crispy, stirring occasionally.
6. While sprouts cook, toast bread slices in the air fryer until golden.
7. Rub each toasted slice with heavy garlic.
8. Spread cream cheese onto garlic-rubbed slices.
9. Top each slice with cooked Brussels sprouts and sprinkle with fresh basil or parsley.
10. Serve warm as an appetizer or light meal.

Nutritional Information: One serving (1/4 of recipe) contains 220 Calories, 7 g of Protein, 20 g of Carbohydrates, 14 g of Fat, 5 g of Fiber, 15 mg of Cholesterol, 310 mg of Sodium, and 370 mg of potassium.

ROSEMARY FRIED POTATOES

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 600g potatoes
- 2 tablespoons olive oil
- 2 sprigs rosemary, chopped
- Salt and pepper to taste

Instructions:

1. Cut the potatoes into chunks or wedges after scrubbing and patting them dry with paper towels.
2. Set the air fryer's temperature to 200°C or 400°F.
3. Mix the potatoes with olive oil, salt, pepper, and chopped rosemary in a large bowl.
4. Evenly distribute the potatoes within the air fryer basket.

5. Air-fry the potatoes for 15 to 20 minutes, shaking the basket once or twice to ensure they cook evenly and become crispy and brown.

6. Once cooked, remove the potatoes from the air fryer and let them rest for a few minutes to allow the oil to drain.

7. Serve hot, sprinkled with additional rosemary if desired.

Nutrition I Information: 1 serving (1/4 of recipe) - Calories: 220 | Protein: 4g | Carbohydrates: 30g | Fat: 10g | Fiber: 3g | Cholesterol: 0mg | Sodium: 300mg | Potassium: 800mg.

QUINOA MEATBALLS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup cooked quinoa
- 1 cup grated cheese (Parmesan or mozzarella)
- 1/2 cup bread crumbs
- 1 egg
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste
- Olive oil spray

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. In a large bowl, mix cooked quinoa, grated cheese, bread crumbs, egg, minced garlic, chopped parsley, salt, and pepper. Blend until thoroughly blended.
3. Form the mixture into meatballs with a diameter of about an inch.
4. Transfer the meatballs to a parchment

paper-lined tray.

5. Lightly mist the meatballs with olive oil spray.

6. Leaving room between each meatball, place the tray in the air fryer basket in a single layer.

7. Cook the meatballs for 15 to 20 minutes at 180°C (350°F), shaking the basket halfway through or until they are cooked and golden brown.

8. Once cooked, remove the meatballs from the air fryer and let them cool for a few minutes before serving.

9. Serve hot with your favorite sauce or as desired.

Nutritional Information: One serving (1/4 of the recipe) contains 280 Calories, 15 Protein Grams, 20 carbohydrates, 15 grams of Fat, 2 grams of Fiber, 60 mg of Cholesterol, 320 mg of Sodium, and 220 mg of potassium.

EGGPLANT PARMESAN

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 25 minutes

Ingredients:

- Slice one large eggplant into rounds about 1/4 inch thick.
- One cup of breadcrumbs from Italy
- 1/2 cup grated Parmesan cheese
- 2 eggs, beaten
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Fresh basil leaves for garnish
- Salt and pepper to taste
- Olive oil spray

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Use salt and pepper to season the eggplant slices.
3. Spoon the whites into a small basin. In a different shallow bowl, mix the breadcrumbs and Parmesan cheese.
4. To ensure that both sides of each eggplant slice are equally coated, dip them first into the beaten eggs and then into the breadcrumb mixture.
5. Mist the olive oil in the air fryer basket. Arrange the parts in a single layer in

the basket, allowing room between each breaded eggplant slice.

6. Air fry the eggplant slices for 10 to 12 minutes at 200°C (400°F), turning them halfway through or until golden brown and crispy.

7. Take out of the air fryer and set aside the fried eggplant slices.

8. Fill a baking dish with a thin layer of marinara sauce.

9. Repeat layering with marinara sauce and eggplant slices, ending with a layer of marinara sauce on top.

10. Sprinkle shredded mozzarella cheese over the top layer of marinara sauce.

11. Place the baking dish in the air fryer basket and cook it for ten to fifteen minutes at 180°C (350°F) to melt and bubble the cheese.

12. Before serving, garnish with fresh basil leaves.

Nutritional Information: Per serving -
Calories: 320 | Protein: 15g | Carbohydrates: 25g | Fat: 18g Fiber: 5g | Cholesterol: 80mg | Sodium: 720mg | Potassium: 550mg.

FETA IN BATTER

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes

Ingredient :

- 200g feta cheese
- 1 egg
- 1/2 cup flour
- 1/2 cup water
- Seasonings to taste
- Olive oil for greasing

Instructions:

1. Break the egg open and use a fork or whisk to beat it in a bowl.
2. Gradually add flour and water to the egg, stirring constantly to avoid lumps.
3. Add seasonings to taste (such as salt, pepper, and Provencal herbs) and mix well.

4. Dip the feta cheese pieces into the batter mixture.

5. Preheat the air fryer to 180°C (350°F).

6. Grease the air fryer basket with olive oil.

7. Place the battered feta into the air fryer basket in a single layer.

8. Fry the feta in the air fryer for 8-10 minutes or until golden brown.

9. The feta must be removed from the air fryer and cooled slightly before serving.

Nutritional Information: 1 serving (1/4 of the recipe) - Calories: 220 | Protein: 10g | Carbohydrates: 15g | Fat: 12g | Fiber: 1g | Cholesterol: 90mg | Sodium: 400mg | Potassium: 150mg.

FRIED COUSCOUS WITH VEGETABLES

Yield: 4 servings | **Prep time:** 15 minutes | **Cook time:** 15 minutes

Ingredients:

- 1 cup couscous
- 1 1/4 cups vegetable broth
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 zucchini, diced
- 1 bell pepper, diced
- Salt and pepper to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- Fresh parsley, chopped, for garnish

Instructions:

1. Heat the veggie broth in a medium-sized pot until it boils. Cover the saucepan, add the couscous, and turn off the heat. Let the couscous sit for five to seven minutes to absorb all of the liquid.

2. Warm the olive oil in a large skillet over medium heat. Saute the minced garlic

and diced onion for two to three minutes or until tender and fragrant.

3. Add the diced carrot, zucchini, and bell pepper to the skillet with the onion and garlic. Simmer the vegetables for five more minutes, stirring occasionally, or until soft.

4. Stir the cooked couscous into the vegetable-filled skillet and adjust the seasonings (salt, pepper, paprika, and cumin) to taste. Stir and cook for two to three minutes more.

5. Transfer the cooked couscous with vegetables to the air fryer and fry for 5-7 minutes until golden brown, shaking the basket occasionally to ensure even frying.

6. Serve hot, garnished with freshly chopped parsley on top.

Nutritional Information: 1 serving - calories: 230 | Protein: 6 g | Carbohydrates: 42 g | Fat: 4 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 480 mg | Potassium: 320 mg.

VEGETABLE RATATOUILLE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 30 minutes

Ingredients:

- 1 large eggplant
- 2 medium zucchinis
- 2 large tomatoes
- 1 large onion
- 2 medium bell peppers (red and yellow)
- 2 cloves of garlic
- 2 tbsp olive oil
- 1 tbsp tomato paste
- Salt, pepper, Italian herbs to taste
- Fresh parsley or basil for garnish (optional)

Instructions:

1. Dice the large pieces of bell peppers, onions, tomatoes, eggplants, and zucchini.

2. Set the air fryer's temperature to

200°C (390°F).

3. Mix the chopped veggies with garlic, tomato paste, olive oil, salt, pepper, and Italian herbs in a bowl.

4. Fill the air fryer basket with the vegetable mixture evenly.

5. Bake the vegetables for 20 to 25 minutes, stirring often, at 200°C (390°F) or until they are soft and golden.

6. Serve hot, garnished with fresh parsley or basil if desired.

Nutritional Information: 1 serving (1/ of the recipe) - Calories: 120 | Protein: 3 g | Carbohydrates: 20 g | Fat: 4 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 480 mg | Potassium: 800 mg.

Our delicious odyssey through the world of vegetables and side dishes has revealed the diverse and surprising flavors that simple and healthy ingredients can offer. Use these culinary ideas to add variety and nutrition to your diet, and remember that the possibilities with vegetables and air fryers are endless!

Now, let's embark on a new culinary adventure in the realm of "Fish and Seafood ", where the air fryer once again works its magic, transforming seafood delicacies into culinary masterpieces.

CHAPTER 5:

FISH AND SEAFOOD

In this chapter, we'll step out of the ordinary and take your seafood cooking experience to new heights. From succulent salmon steaks to tender squid rings, each recipe reveals the hidden gems of flavor lurking in these seafood reserves.

Whether you're a seasoned foodie or a curious newbie, our air fryer approach allows you to create restaurant-quality dishes in the comfort of your own home.

Join us and get ready for an analytical culinary odyssey into the world of fish and seafood!

LEMON GARLIC AIR-FRIED CALAMARI

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 500g cleaned and sliced calamari rings
- 1 large lemon, sliced into wedges
- 3 cloves of garlic, minced
- 1 cup of all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- Cooking spray or vegetable oil spray
- Lemon wedges (for serving, optional)
- Fresh herbs (for serving, optional)

Instructions:

1. Mix the all-purpose flour, salt, black pepper, and paprika in a bowl.
2. Place the sliced calamari rings into the bowl with the dry mixture and coat thoroughly, ensuring each ring is evenly covered with flour.
3. Set the air fryer's temperature to 200°C

(390°F).

4. Apply cooking spray or vegetable oil to the air fryer basket's bottom.

5. Divide the calamari rings equally among the air fryer basket's contents.

6. Cook the calamari in the air fryer for 8 to 10 minutes or until golden brown, rotating them halfway through to guarantee uniform crispiness.

7. Put the cooked, fried calamari on a dish covered with paper towels to drain extra oil.

8. Serve the calamari hot, with lemon wedges and fresh herbs if desired.

Nutritional Information (per

Serving): Calories: 180 | Protein: 15g | Carbohydrates: 25g | Fat: 2g | Fiber: 3g | Cholesterol: 60mg | Sodium: 400mg | Potassium: 320mg.

AIR-FRIED ORANGE GLAZED SHRIMP

Yield: 6 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 750g shrimp, peeled and deveined
- 3 oranges (for juice and zest)
- 1/4 cup soy sauce
- 3 tbsp honey
- 3 cloves garlic, minced
- 1 1/2 tsp minced ginger
- Salt and pepper to taste
- Sesame seeds with green onions (optional garnish)

Instructions:

1. Combine the juice and zest of two oranges, soy sauce, honey, minced garlic, ginger, salt, and pepper in a bowl. Mix well to create the sauce.
2. Place the shrimp in the bowl with the sauce and let it marinate for ten to fifteen

minutes.

3. Set the air fryer's temperature to 180°C or 350°F.

4. Divide the marinated shrimp evenly among the air fryer basket.

5. Air-fry the shrimp for 8 to 10 minutes, turning them once or twice, until thoroughly cooked and golden brown.

6. When the shrimp are done, transfer them to a dish and garnish with sliced green onions and sesame seeds.

7. Serve the shrimp hot as an appetizer or main dish.

Nutritional Information (per

Serving): Calories: 120 | Protein: 17g | Carbohydrates: 10g | Fat: 2.5g | Fiber: 1g | Cholesterol: 100mg | Sodium: 370mg | Potassium: 190mg.

AIR-FRIED MUSSELS IN TOMATO SAUCE

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 500g fresh mussels, cleaned and debearded
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 200g tomato sauce
- Juice of half a lemon
- Fresh herbs (parsley or basil), chopped
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature for three to five minutes at 180°C (350°F).
2. Preheat the olive oil in a skillet over medium heat. Add the finely diced onion and the minced garlic—Sauté the food for three to four minutes or until it is soft.
3. Combine tomato sauce, lemon juice,

onion, and garlic in a skillet; season with salt and pepper to taste. Simmer the sauce for approximately two minutes.

4. Include the fresh mussels in the tomato sauce saucepan. Gently toss the mussels in the sauce.

5. Transfer the mussels in tomato sauce to the air fryer basket in a single layer.

6. Air-fry the mussels for 12-15 minutes or until they have opened and are juicy and flavorful.

7. Sprinkle with chopped fresh herbs before serving.

8. Serve hot as an appetizer or main dish.

Nutritional Information (per

Serving): Calories: 180 | Protein: 20g | Carbohydrates: 8g | Fat: 8g | Fiber: 2g | Cholesterol: 80mg | Sodium: 480mg | Potassium: 350mg.

AIR-FRIED TILAPIA WITH HERBS AND LEMON

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- Four fillets of tilapia
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- Salt and pepper to taste
- Lemon wedges and fresh herbs for serving (Preferable)

Instructions:

1. Set the air fryer to 180°C (350°F) for three to five minutes of heating.
2. In a small bowl, combine the lemon juice, olive oil, minced garlic, salt, pepper, and chopped fresh herbs (parsley and basil).

3. Place the tilapia fillets on a cutting board and pat dry with paper towels. Drizzle each fillet with the herb and lemon juice mixture, ensuring even coverage.

4. Arrange the tilapia fillets evenly in the air fryer basket without overcrowding.

5. Air-fry the fillets for 12-15 minutes or until cooked and crispy, flipping them halfway through cooking for even browning.

6. When finished, place the tilapia fillets on a platter and, if preferred, serve them hot with lemon wedges and fresh herbs.

Nutritional Information (per

Serving): Calories: 200 | Protein: 25g | Carbohydrates: 1g | Fat: 10g | Fiber: 0g | Cholesterol: 60mg | Sodium: 400mg | Potassium: 350mg.

AIR-FRIED FISH PATTIES WITH LEMON AND OREGANO

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 12 minutes

Ingredients:

- 500g fish fillet (salmon, cod, sea bass), minced
- 1 egg
- 1/4 cup breadcrumbs (or flour)
- 2 tablespoons fresh lemon juice
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- Salt and pepper to taste
- Cooking spray

Instructions:

1. Combine the minced fish fillet, egg, breadcrumbs, fresh lemon juice, dried oregano, minced garlic, salt, and pepper in a large bowl.
2. Using the ingredients, shape patties about the size of your palm.
3. Set the air fryer's temperature for three

to five minutes at 200°C (400°F).

4. Apply cooking spray to the air fryer basket's bottom.

5. Evenly place the patties in the air fryer basket without overcrowding.

6. Air-fry the patties for 10-12 minutes or until golden brown, flipping occasionally for even cooking.

7. Transfer the fish patties to a paper towel-lined plate to remove excess oil once cooked.

8. Present warm, accompanied by fresh greens and lemon wedges.

Nutritional Information (per

Serving): Calories: 220 | Protein: 25g | Carbohydrates: 5g | Fat: 10g | Fiber: 1g | Cholesterol: 100mg | Sodium: 250mg | Potassium: 300mg.

AIR-FRIED TUNA PATE WITH OLIVE TAPENADE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 200g canned tuna, drained
- 50g cream cheese
- 1 tablespoon mayonnaise
- 1 clove garlic, minced
- Juice of 1/2 lemon
- Salt and pepper to taste
- 50g green olives, pitted
- 1 tablespoon capers
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon olive oil

Instructions:

1. Combine the drained canned tuna, cream cheese, mayonnaise, minced garlic, and lemon juice in a bowl—season with salt and pepper to taste. Mix until smooth and well combined.

2. To make the tapenade, mix the green

olives, capers, finely chopped parsley, and olive oil in another bowl.

3. Set your air fryer's temperature to 180°C or 360°F.

4. Fill pâté molds or small ramekins with half the prepared tuna mixture.

5. Top each pâté with a spoonful of olive tapenade.

6. Place the molds in the air fryer basket and cook the pâtés for 8-10 minutes until golden brown.

7. Once cooked, transfer the pâtés to a plate and serve hot.

Nutritional Information (per

Serving): Calories: 150 | Protein: 12g | Carbohydrates: 4g | Fat: 9g | Fiber: 1g | Cholesterol: 25mg | Sodium: 250mg | Potassium: 180mg.

AIR-FRIED SEA BASS WITH OLIVE OIL AND LEMON

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- Four fillets of sea bass
- 2 tablespoons olive oil
- Juice and zest of 1 lemon
- 2 cloves garlic, minced
- Fresh green herbs (parsley, basil, dill) to taste
- Salt and pepper, to taste

Instructions:

1. Set the air fryer to 200°C (390°F) for three to five minutes.
2. In a bowl, mix olive oil, lemon juice and zest, minced garlic, fresh green herbs, salt, and pepper.

3. Place the sea bass fillets on a cutting board and drizzle them with the prepared olive oil, lemon, and herb mixture.

4. Arrange the fillets in a single layer in the air fryer basket.

5. Air-fry the sea bass in the air fryer for 12-15 minutes or until the fish is golden brown and passes the doneness test.

6. Transfer to a dish, garnish with lemon slices and fresh herbs, and serve hot.

Nutritional Information (per

Serving): Calories: 220 | Protein: 30 g | Carbohydrates: 2 g | Fat: 10 g | Fiber: 1 g | Cholesterol: 60 mg | Sodium: 350 mg | Potassium: 400 mg.

AIR-FRIED DORADO FILLET WITH GRAPEFRUIT GLAZE

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 4 dorado fillets
- 2 grapefruits
- 2 tablespoons honey
- 1 tablespoon soy sauce
- 2 teaspoons vegetable oil
- Salt and pepper to taste
- Chopped green onions for garnish (optional)

Instructions:

1. Set the air fryer to 200°C (390°F) for three to five minutes.
2. In a bowl, combine the sugar, soy sauce, vegetable oil, juice, zest, and salt and pepper.
3. Coat the dorado fillets with the glaze mixture on both sides and let them marinate for 10 minutes.

4. Arrange the fillets evenly in the air fryer basket without overcrowding.

5. Air-fry the fillets for 12-15 minutes or until done, flipping them halfway through the cooking time.

6. While the fillets are cooking, prepare the glaze: squeeze the juice from the second grapefruit and mix it with the remaining honey and soy sauce.

7. After cooking, place the fillets on a platter, cover with grapefruit glaze, and top with chopped green onions.

8. Serve hot.

Nutritional Information (per

Serving): Calories: 220 | Protein: 25 g | Carbohydrates: 12 g | Fat: 8 g | Fiber: 2 g | Cholesterol: 50 mg | Sodium: 380 mg | Potassium: 480 mg.

AIR-FRIED CALAMARI WITH MARINATED OLIVES AND LEMON

Yield: 3 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 300g fresh calamari
- 1/2 cup marinated olives, pitted
- 1 lemon
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- As a garnish, add optional fresh herbs and lemon wedges.
- Salt and pepper to taste

Instructions:

1. Prepare the calamari by cleaning them and removing any innards and membranes. Cut the calamari into rings or strips according to your preference.

2. In a big bowl, combine the sliced calamari, marinated olives, lemon zest and juice, olive oil, chopped garlic, salt, and

pepper. Make sure all the ingredients are thoroughly combined and covered.

3. Set the air fryer's temperature to 200°C (390°F).

4. Divide the calamari, lemon, and olives equally among the air fryer basket's contents.

5. Use the air fryer to air-fry the calamari for 8 to 10 minutes, stirring until golden brown.

6. When finished, place the calamari on a platter and, if you like, top it with lemon wedges and fresh herbs.

7. As a starter or entrée, serve hot.

Nutritional Information (per Serving):

Calories: 180 | Protein: 15g | Carbohydrates: 5g | Fat: 10g | Fiber: 2g | Cholesterol: 100mg | Sodium: 300mg | Potassium: 250mg.

OCEAN DELIGHTS: AIR-FRIED SEAFOOD MEDLEY

Yield: 2-6 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 500g mixed seafood (squid, shrimp, mussels, etc.)
- 2 tablespoons olive oil
- 2 teaspoons Italian herbs
- Salt and pepper to taste
- Lemon slices and fresh herbs for serving

Instructions:

1. Prepare the seafood by cleaning and rinsing it thoroughly in cold water.

2. Toss the seafood with olive oil and Italian herbs in a large bowl. Season with salt

and pepper to taste.

3. Evenly distribute the seafood in the air fryer basket.

4. Air fry at 200°C (390°F) for 10-15 minutes or until the seafood is golden and crispy.

5. Serve hot, garnished with lemon slices and fresh herbs.

Nutritional Information: Per Serving

(approximately 200g) - Calories: 250 | Protein: 20g | Carbohydrates: 5g | Fat: 15g | Fiber: 1g | Cholesterol: 150mg | Sodium: 450mg | Potassium: 300mg.

MACKEREL FILLET WITH CURRY AND COCONUT MILK

Yield: 2 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 2 mackerel fillets
- 2 tbsp curry paste
- 1 cup coconut milk
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh herbs for garnish

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Mix the curry paste with coconut milk and lemon juice.

3. Place the mackerel fillets in the air fryer basket and drizzle with olive oil—season with salt and pepper to taste.

4. Pour the curry and coconut milk mixture over the fillets.

5. Air fry for 12-15 minutes or until the fish is cooked. Check to ensure the fillets are cooked and juicy.

6. Serve hot, garnished with fresh herbs.

Nutritional Information (per

Serving): Calories: 350 | Protein: 20 g | Carbohydrates: 5 g | Fat: 28 g | Fiber: 2 g | Cholesterol: 70 mg | Sodium: 300 mg | Potassium: 500 mg.

BREADED SHRIMP WITH OREGANO AND PAPRIKA

Yield: 6 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 500g shrimp, peeled and deveined
- 1 cup breadcrumbs or panko breadcrumbs
- 2 tablespoons dried oregano
- 1 tablespoon paprika
- Salt and pepper to taste
- 2 eggs
- 2 tablespoons milk
- Cooking spray

Instructions:

1. Combine breadcrumbs (or panko breadcrumbs), paprika, dried oregano, salt, and pepper in a bowl.
2. Whisk the eggs and milk in another basin.
3. Dip each shrimp into the egg-milk

mixture and then dredge it in the breadcrumb mixture to ensure it is well covered.

4. Turn the temperature of the air fryer up to 200°C (390°F).

5. Apply cooking spray to the air fryer basket's bottom.

6. Divide the shrimp evenly among the air fryer basket's contents.

7. Air-fry the shrimp for 8 to 10 minutes, rotating them halfway through until they turn golden brown to ensure equal cooking.

8. Once cooked, transfer the breaded shrimp to a plate and serve hot.

Nutritional Information (per

Serving): Calories: 250 | Protein: 25g | Carbohydrates: 15g | Fat: 10g | Fiber: 2g | Cholesterol: 200mg | Sodium: 400mg | Potassium: 300mg.

AIR-FRIED SALMON WITH LEMON AND HERBS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes

Ingredients:

- 4 slices of fresh salmon (about 150 g each)
- Juice and zest of 1 lemon
- 2 tablespoons of fresh herbs (parsley, dill, basil), finely chopped
- 2 tablespoons of olive oil
- Salt and pepper to taste

Instructions:

1. Combine lemon juice, zest, olive oil, chopped herbs, salt, and pepper in a bowl.
2. Place the salmon in the marinade and let it sit for ten to fifteen minutes to absorb the aromas.

3. Adjust the temperature of the air fryer to 200°C (390°F).

4. Evenly distribute the salmon pieces in the air fryer basket.

5. Bake the salmon for 8 to 10 minutes, giving it a quick flip every once in a while until it's done.

6. After the salmon is cooked, remove it from the air fryer and serve it hot with lemon wedges and additional chopped herbs.

Nutritional Information (per Serving):

Calories: 250 | Protein: 25 g | Carbohydrates: 2 g | Fat 15 g | Fiber: 1 g | Cholesterol: 70 mg | Sodium: 300 mg | Potassium: 400 mg.

AIR-FRIED PERCH FILLET WITH LEMON CAPER SAUCE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 4 perch fillets (about 150 g each)
- Juice and zest of 1 lemon
- 2 tablespoons capers, minced
- 2 tables on olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a small bowl, mix the lemon juice, zest, minced capers, olive oil, garlic, salt, and pepper.
2. Lay the perch fillets flat and coat them with the sauce.

3. Set the air fryer's temperature to 200°C (390°F).

4. Coat the air fryer basket's bottom with frying spray or parchment paper. 5. Evenly place the perch fillets in the air fryer basket.

6. Air-fry the perch fillets for 8-10 minutes or until cooked through, flipping them halfway for even cooking.

7. Transfer the perch fillets to a plate, sprinkle with fresh parsley, and serve hot.

Nutritional Information (per

Serving): Calories: 200 | Protein: 20 g | Carbohydrates: 2 g | Fat: 10 g | Fiber: 1 g | Cholesterol: 50 mg | Sodium: 300 mg | Potassium: 400 mg.

AIR-FRIED COD WITH AROMATIC HERBS AND LEMON

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 12 minutes

Ingredients:

- 4 cod fillets (about 150 g each)
- 2 tablespoons fresh, finely chopped parsley
- 2 tablespoons fresh, finely chopped dill
- 2 tablespoons fresh, finely chopped basil
- 2 tablespoons olive oil
- Juice and zest of 1 lemon
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. In a bowl, combine the finely chopped parsley, dill, basil, olive oil, lemon zest, minced garlic, salt, and pepper.

2. To ensure that each cod fillet is thoroughly covered, evenly distribute the herb and lemon mixture.

3. Set the air fryer's temperature to 200°C (390°F).

4. Use parchment paper or oil the bottom of the air fryer basket.

5. Arrange the cod fillets evenly in the air fryer basket.

6. Air-fry the cod in the air fryer for 10-12 minutes or until cooked through, flipping them halfway through cooking for even browning.

7. Once cooked, transfer the cod to a plate and serve hot.

Nutritional Information (per

Serving): Calories: 180 | Protein: 25 g | Carbohydrates: 2 g | Fat: 8 g | Fiber: 1 g | Cholesterol: 50 mg | Sodium: 200 mg | Potassium: 350 mg.

AIR-FRIED CRAB IN TEMPURA WITH LEMON AND CHILI

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 500g crab sticks or crab meat
- 1 egg
- 1/2 cup cold water
- 1 cup all-purpose flour
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 lemon
- 1 chili pepper
- Cooking spray or vegetable oil for misting

Instructions:

1. Cut the crab sticks into halves or pieces if using crab meat.

2. Thoroughly whisk the egg and the cold water in a bowl.

3. Stir continuously to prevent lumps; gradually add the flour to the egg mixture until a smooth tempura batter has formed.

4. To taste, add salt and pepper to the batter.

5. Cut the chili pepper and lemon into thin rounds.

6. Set the air fryer's temperature to 200°C or 400°F.

7. Generously mist the bottom of the air fryer basket with cooking spray or vegetable oil.

8. Dip each piece of crab into the tempura batter, ensuring an even coating.

9. Place the coated crab pieces in the air fryer basket, avoiding overcrowding.

10. Air-fry the crab in the air fryer for 8-10 minutes until golden brown, flipping them halfway through for even cooking.

11. To drain any excess oil, move the cooked crab pieces to a plate covered with paper towels.

12. Serve hot with lemon and chili pepper slices as garnish.

Nutritional Information (per

Serving): Calories: 250 | Protein: 15g | Carbohydrates: 30g | Fat: 10g | Fiber: 2g | Cholesterol: 100mg | Sodium: 350mg | Potassium: 200mg.

AIR-FRIED SCALLOPS WITH GARLIC AND PARSLEY

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes

Ingredients:

- 500g scallops, cleaned
- 3 cloves garlic, minced
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons olive oil
- Juice of half a lemon
- Salt and pepper to taste

Instructions:

1. In a small bowl, Combine the finely chopped parsley, lemon juice, olive oil, salt, and minced garlic.

2. Add the scallops to the bowl and stir to coat them uniformly with the marinade. Marinate them for five to ten minutes

to allow the flavors to seep.

3. Set the air fryer's temperature to 200°C (390°F).

4. Evenly arrange the scallops in the air fryer basket.

5. Air fry the scallops for 8-10 minutes or until golden brown, flipping them halfway through the cooking time.

6. Transfer the scallops to a plate, serve hot, and enjoy!

Nutritional Information (per

Serving): Calories: 180 | Protein: 22g |

Carbohydrates: 2g | Fat: 10g | Fiber: 0g |

Cholesterol: 40mg | Sodium: 450mg |

Potassium: 350mg.

BAKED SALMON WITH VEGETABLES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 salmon fillets (about 150 g each)
- 2 zucchinis, sliced into rounds
- 2 carrots, sliced into rounds
- 1 red bell pepper, sliced into half rings
- 1 yellow bell pepper, sliced into half rings
- 1 red onion, sliced into half rings
- 2 tablespoons olive oil
- 2 teaspoons herb blend (rosemary, thyme, oregano)
- Salt and freshly ground black pepper should be added to taste.
- Slicing one lemon into rounds

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.

2. Spread a big sheet of foil with the zucchini, carrots, red and yellow bell peppers, and red onion.

3. After sprinkling the vegetables with olive oil, season them with salt, pepper, and herb blend. Mix well so that the vegetables are coated evenly.

4. Top the vegetables on the foil with the salmon fillets. Add a small amount of olive oil and salt to taste. Garnish with slices of lemon.

5. Fold the foil to form a packet, securely sealing the edges.

6. Place the packet with the salmon and vegetables in the air fryer and bake for 15-20 minutes until the salmon is tender and the vegetables are cooked.

7. Carefully open the packet and serve the dish hot after cooking.

Nutritional Information (per

Serving): Calories: 320 | Protein: 30 g |

Carbohydrates: 10 g | Fat: 18 g | Fiber: 4 g |

Cholesterol: 70 mg | Sodium: 350 mg |

Potassium: 800 mg.

In the culinary world, we can confidently say that cooking with fish and seafood is not only an enjoyable experience but also a simple process. The air fryer opens the doors to creating restaurant-quality culinary masterpieces in the comfort of your own home while retaining all the beneficial properties and unique flavors of these products.

But our gastronomic journey doesn't end here! Ahead of us lies a new exciting discovery - the world of poultry and meat.

CHAPTER 6:

POULTRY AND MEAT

Our culinary adventure continues! Leaving behind the enchanting world of fish and seafood, we enter a new culinary territory - the realm of poultry and meat. Here, under the guidance of our faithful assistant - the fryer - we are greeted by a kaleidoscope of flavors, aromas, and textures capable of winning over the heart of any gourmet.

CHICKEN CUTLETS WITH OLIVES AND LEMON

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 500 g chicken mince
- 1 onion, finely chopped
- 2 cloves of garlic, chopped
- 50 g marinated olives, chopped
- Juice and zest of 1 lemon
- 1 egg
- 2 tbsp dry bread crumbs
- 2 tbsp ground biscuit powder
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions:

1. Combine the chicken mince, chopped onion, garlic, marinated olives, lemon zest, juice, egg, dry bread crumbs, powdered biscuit powder, salt, and pepper in a big bowl. Stir everything together thoroughly.

2. Shape the mixture into patties.

3. Set the air fryer's temperature to 180°C (356°F).

4. Brush the air fryer basket with olive oil.

5. Place the chicken patties in the air fryer basket.

6. Air fry the cutlets at 180°C (356°F) for 12-15 minutes, flipping halfway through, until golden brown and cooked through.

7. Once cooked, remove the chicken cutlets from the air fryer and let them rest for a few minutes.

8. Serve hot, garnished with lemon slices and fresh herbs.

Nutritional Information: Per serving -
Calories: 250 kcal | Protein: 20 g |
Carbohydrates: 10 g | Fat: 15 g | Fiber: 2 g |
Cholesterol: 110 mg | Sodium: 330 mg |
Potassium: 350 mg.

LEMON QUAIL IN HERBS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 4 quails
- 2 lemons
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp chopped fresh herbs (rosemary, thyme, basil)
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.

2. Rinse the quails under cold water and pat them dry with paper towels.

3. Slice one lemon into thin rounds.

4. Place one lemon round and a little minced garlic inside each quail.

5. Combine the lemon juice, olive oil, chopped herbs, salt, and pepper in a bowl.

6. Rub each quail with this mixture to ensure they are well coated.

7. Place the quails in the air fryer basket in a single layer.

8. Bake them for 20 to 25 minutes, or until thoroughly cooked and golden brown, at 200°C (400°F).

9. Turn the quails occasionally during cooking or even baking.

10. Serve hot, garnished with lemon wedges and fresh herbs.

Nutritional Information: Per Serving -
Calories: 180 | Protein: 20g | Carbohydrates: 4g | Fat: 10g | Fiber: 1g | Cholesterol: 65mg |
Sodium: 50mg | Potassium: 250mg.

ROAST DUCK IN ORANGE SAUCE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 45 minutes

Ingredients:

- 1 whole duck (about 2 kg)
- Salt and pepper to taste
- 2 oranges
- 2 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tbsp cornstarch
- 2 tbsp water

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Rinse the duck from top to bottom, then pat dry with paper towels. Season the duck liberally with salt and pepper.
3. Prick the duck's skin with a fork, careful not to pierce the meat.
4. Place the duck breast side down in the air fryer basket.
5. Roast the duck in the air fryer for 30 minutes. range
6. Make the o sauce while the duck is roasting. Put one orange's zest and juice in a

bowl. Cut the second orange into rounds for a garnish.

7. Combine the grated ginger, honey, soy sauce, olive oil, zest, and minced garlic in a pot. Apply medium heat to the mixture and bring it to a simmer.

8. Mix the cornstarch and water in a small bowl to create a slurry. Stir constantly, and gradually add the slurry to the saucepan until the sauce thickens. Take off the heat.

9. After 30 minutes of roasting, carefully flip the duck breast into the air fryer basket.

10. Continue roasting the duck for 15 minutes or until the skin is golden brown and crispy and the internal temperature reaches 75°C (165°F).

11. After the duck is done, remove it from the air fryer and let it rest for ten minutes before cutting.

12. Serve the roast duck hot, drizzled with orange sauce, and garnished with orange slices.

Nutritional Information: Per serving -

Calories: 450 | Protein: 30g | Carbohydrates: 10g | Fat: 32g | Fiber: 1g | Cholesterol: 110mg | Sodium: 400mg | Potassium: 380mg.

BAKED CHICKEN WITH LEMON AND ROSEMARY

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 25 minutes

Ingredients:

- 4 pieces of chicken (about 1.2 kg)
- Juice and zest of 2 lemons
- 2 tbsp chopped rosemary
- 2 tbsp olive oil
- Salt and pepper to taste.

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. Add chopped rosemary, pepper, lemon zest, and olive oil into a bowl.
3. Rub each piece of chicken with this mixture to ensure they are well coated.
4. Evenly arrange the chicken pieces in

the air fryer basket, ensuring they stay away from one another.

5. To achieve equal baking, bake the chicken in the air fryer for 20 to 25 minutes, turning them halfway through.

6. Once the chicken is golden and fully cooked, transfer it to a plate.

7. Serve hot, garnished with fresh rosemary and lemon slices for decoration.

Nutritional Information: Per Serving (1/4

recipe) - Calories: 350 | Protein: 30g | Carbohydrates: 2g | Fat: 25g | Fiber: 1g | Cholesterol: 95mg | Sodium: 450mg | Potassium: 380mg.

TURKEY MEATBALLS WITH BASIL AND TOMATOES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 500g ground turkey
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg
- 2 cloves garlic, minced
- 1/4 cup fresh basil leaves, chopped
- 1 can (400g) diced tomatoes
- Salt and pepper to taste
- Olive oil spray

Instructions:

1. Combine the ground turkey, breadcrumbs, Parmesan cheese, egg, chopped basil leaves, minced garlic, salt, and pepper in a large bowl and blend until thoroughly blended.

2. Form meatballs out of the mixture with a diameter of about one inch.

3. Set the air fryer to 180°C or 350°F.
4. Spray the air fryer basket with olive oil spray.
5. Arrange the meatballs in the basket in a single layer, leaving space between them.
6. Air fry the meatballs at 180°C (350°F) for 15-20 minutes, shaking the basket halfway through until golden brown and cooked.

7. Cook the diced tomatoes in a saucepan over medium heat while the meatballs cook— season with salt and pepper to taste.

8. Serve the turkey meatballs hot with the warm tomato sauce.

Nutritional Information: Per serving -
Calories: 280 | Protein: 25g | Carbohydrates: 10g | Fat: 15g | Fiber: 2g | Cholesterol: 110mg | Sodium: 400mg | Potassium: 400mg.

CHICKEN WITH BROCCOLI IN AN AIR FRYER

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 500g chicken fillet, diced
- 2 cups broccoli florets
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- Salt and pepper to taste
- Grated nutmeg (optional)
- Lemon slices (for serving, optional)

Instructions:

1. In a big bowl, combine the diced chicken, broccoli florets, olive oil, soy sauce, chopped garlic, ginger, salt, pepper, and grated nutmeg (if using). Make sure all the ingredients are thoroughly combined and

covered.

2. Set the air fryer's temperature to 180°C or 350°F.

3. Evenly distribute the chicken and broccoli mixture in the air fryer basket.

4. Cooked the chicken and broccoli in an air fryer for 15 to 20 minutes at 180°C (350°F), shaking the basket every few minutes to make sure the chicken cooked through and turned brown.

5. Serve hot, garnished with lemon slices if desired.

Nutritional Information (per Serving): Calories: 230 | Protein: 25g | Carbohydrates: 8g | Fat: 10g | Fiber: 3g | Cholesterol: 65mg | Sodium: 420mg | Potassium: 550mg.

CHICKEN WITH THYME AND GARLIC

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 boneless, skinless chicken breasts
- 4 sprigs of thyme
- 4 cloves of garlic, minced
- Juice and zest of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon slices and fresh thyme for garnish (optional)

Instructions:

1. Mix minced garlic, lemon juice and zest, olive oil, salt, pepper, and thyme leaves in a large bowl.

2. Add chicken breasts to the bowl and coat them with the marinade. Let them marinate for at least 10 minutes to absorb the

flavors.

3. Set the air fryer's temperature to 180°C or 360°F.

4. When you place the chicken breasts in the air fryer basket, ensure they are not touching one another.

5. Air-fry at 180°C (360°F) for 18-20 minutes or until cooked, flipping halfway through cooking time to ensure even browning.

6. Serve hot, garnished with lemon slices and fresh thyme if desired.

Nutritional Information: 1 serving (1/4 of recipe) - Calories: 250 | Protein: 30g | Carbohydrates: 2g | Fat: 13g | Fiber: 1g | Cholesterol: 80mg | Sodium: 400mg | Potassium: 350mg.

TURKEY IN TOMATO SAUCE WITH HERBS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 30 minutes

Ingredients:

- 500g turkey, diced
- 1 onion, sliced
- 2 cloves garlic, minced
- 400 g canned tomatoes, crushed
- 2 tbsp tomato paste
- 2 tbsp olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.

2. Combine the onion, garlic, canned

tomatoes, tomato paste, olive oil, basil, oregano, salt, and pepper in a sizable bowl.

3. Add diced turkey to the mixture and mix well.

4. Evenly distribute the mixture in the air fryer basket.

5. Air-fry for 25-30 minutes, stirring occasionally, until the turkey is cooked and the sauce thickens.

6. Serve hot, garnished with fresh parsley.

Nutritional Information: 1 serving (1/4 of the recipe) - Calories: 250 | Protein: 25g | Carbohydrates: 10g | Fat: 12g | Fiber: 3g | Cholesterol: 60mg | Sodium: 400mg | Potassium: 500mg.

STUFFED QUAIL WITH OLIVES AND CAPERS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 25 minutes

Ingredients:

- 4 quails
- 1/4 cup green olives, pitted and chopped
- 2 tbsp capers, chopped
- 2 cloves garlic, minced
- 1/4 cup breadcrumbs
- 2 tbsp Parmesan cheese, grated
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.

2. Mix chopped olives, capers, minced garlic, breadcrumbs, Parmesan cheese, fresh parsley, salt, and pepper in a bowl.

3. Carefully stuff each quail with the olive

and caper mixture.

4. To stop the stuffing from spilling, fasten the quails' apertures with toothpicks.

5. Apply a little olive oil to the quails.

6. Arrange the stuffed quails in a single layer within the air fryer basket.

7. Air-fry the quails for 20 to 25 minutes, turning them halfway through or until they are cooked and golden brown.

8. Take the toothpicks out before serving.

9. Present warm, accompanied by your preferred side dishes.

Nutritional Information: 1 serving (1 stuffed quail) - Calories: 250 | Protein: 20g | Carbohydrates: 5g | Fat: 15g | Fiber: 2g | Cholesterol: 80mg | Sodium: 400mg | Potassium: 300mg.

CHICKEN FILLETS WITH OLIVE MARINADE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 chicken fillets
- 1/4 cup chopped and pitted black olives
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instruction:

1. To make the marinade, mix the chopped black olives, olive oil, minced garlic, lemon juice, dried oregano, salt, and pepper in a basin.

2. Place the chicken fillets in the marinade to ensure they are uniformly coated. Marinate them for ten minutes or more or up to four hours in the refrigerator for a more robust flavor.

3. Select 180°C or 360°F as the air fryer's temperature.

4. Arrange the marinated chicken fillets in the air fryer basket in a single layer to avoid overcrowding.

5. Cook the chicken fillets in the air for 18 to 20 minutes, turning them halfway through or until they are cooked through and golden brown.

6. Once cooked, remove the chicken fillets from the air fryer and let them rest for a few minutes.

7. Garnish with fresh parsley, if desired, before serving.

8. Serve warm with your favorite side dishes.

Nutritional Information: 1 serving - Calories: 250 | Protein: 30g | Carbohydrates: 2g | Fat: 12g | Fiber: 1g | Cholesterol: 80mg | Sodium: 300mg | Potassium: 350mg.

GRILLED TURKEY WITH VEGETABLES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 500g turkey breast, cut into chunks
- 2 medium carrots, sliced into rounds
- 1 large sweet pepper, sliced into half rings
- 1 red onion, sliced into half rings
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon honey
- Salt and pepper to taste
- Fresh green herbs for garnish (dill, parsley)

Instructions:

1. Set the air fryer's temperature to 200°C (400°F).
2. Mix the turkey chunks, carrots, sweet pepper, and red onion in a large bowl.
3. Mix olive oil, soy sauce, honey, salt, and pepper in a different bowl to create a uniform sauce.

4. Drizzle the turkey and vegetable mixture with the sauce, tossing to cover every component evenly.

5. Evenly distribute the turkey and vegetable combination across the air fryer basket's bottom.

6. Start the grill program and cook the dish in the air fryer for 20-25 minutes, stirring occasionally for even browning.

7. After the food, remove it from the air fryer and top with fresh green herbs.

8. Serve the grilled turkey with vegetables hot.

Nutritional Information: Each Serving contains approximately 250 calories, 25g protein, 15g carbohydrates, 10g fat, 3g fiber, 30mg cholesterol, 400mg sodium, 600mg potassium

ROAST LAMB WITH OLIVES AND TOMATOES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 30 minutes

Ingredients:

- 600g lamb (fillet or shoulder chops, cut into chunks)
- 1 large tomato, sliced into rounds
- 1/2 cup pitted green olives, marinated
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- Fresh herbs for garnish (dill, parsley)

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Mix lamb chunks, tomato slices, marinated olives, minced garlic, olive oil, lemon juice, dried rosemary, salt, and pepper

in a large bowl. Stir until all ingredients are evenly coated.

3. Level out the mixture of lamb, tomatoes, and olives on the bottom of the air fryer basket.

4. Start the grill program and cook the dish in the air fryer for 25-30 minutes, flipping the lamb chunks every 10 minutes to ensure even browning.

5. Once cooked, remove the dish from the air fryer and garnish with fresh herbs.

6. Serve the roast lamb with olives and tomatoes hot.

Nutritional Information: Each Serving contains approximately 350 calories, 25g protein, 10g carbohydrates, 20g fat, 3g fiber, 60mg cholesterol, 500mg sodium, and 700mg potassium.

RABBIT IN TOMATO SAUCE WITH OLIVES AND HERBS

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 35 minutes

Ingredients:

- 1 kg rabbit, cut into portions
- 1 onion, diced
- 2 cloves garlic, minced
- 1 large tomato, diced
- 1/2 cup pitted green olives, marinated
- 2 tablespoons tomato paste
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- Fresh herbs for garnish (parsley, basil)

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Mix the rabbit, onion, garlic, tomato, olives, tomato paste, olive oil, dried basil, dried

oregano, salt, and pepper in a large bowl. Tir until all ingredients are evenly combined.

3. Spread the rabbit and vegetable mixture in a single layer across the bottom of the air fryer basket.

4. To ensure the rabbit is cooked through, set the air fryer to the baking program and cook for 30 to 35 minutes, stirring occasionally.

5. Once cooked, remove the dish from the air fryer and garnish with fresh herbs.

6. Serve the rabbit in tomato sauce with olives and herbs hot.

Nutritional Information: Each Serving contains approximately 300 calories, 30g protein, 10g carbohydrates, 15g fat, 2g fiber, 80mg cholesterol, 400mg sodium, and 600mg potassium.

BEEF PASTRAMI WITH GARLIC AND PEPPERS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 500g beef pastrami, thinly sliced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced into half rings
- 1 green bell pepper, sliced into half rings
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh green herbs for garnish (dill, parsley)

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. In a big bowl, stir together beef pastrami, minced garlic, red and green bell peppers, olive oil, dried oregano, salt, and pepper. Ix everything until everything is

coated equally.

3. Spread the pastrami and pepper mixture evenly on the bottom of the air fryer basket.

4. Start the fry program and cook the dish in the air fryer for 15-20 minutes, occasionally stirring to ensure the pastrami cooks evenly.

5. Once cooked, remove the dish from the air fryer and garnish with fresh green herbs.

6. Serve the beef pastrami with garlic and peppers hot.

Nutritional Information: Each Serving contains approximately 300 calories, 25g protein, 5g carbohydrates, 20g fat, 1g fiber, 80mg cholesterol, 500mg sodium, and 600mg potassium.

STUFFED LAMB WITH OLIVES AND FETA

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 40 minutes

Ingredients:

- 600g lamb, sliced into chops
- 1/2 cup pitted green olives, marinated
- 100g feta cheese, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Combine the feta cheese, marinated olives, minced garlic, olive oil, dried rosemary, salt, and pepper in a bowl.
3. Slice each lamb chop lengthwise to make a pocket.
4. Fill the pockets of the lamb chops with

the olive, feta, and garlic mixture.

5. Seal the lamb pockets and secure them with wooden skewers.

6. Place the lamb in the air fryer basket.

7. Start the baking program and cook the dish in the air fryer for 35-40 minutes, occasionally flipping to ensure even cooking.

8. Once cooked, remove the dish from the air fryer and let it rest for a few minutes before serving.

9. Serve the sliced stuffed lamb with olives and feta hot.

Nutritional Information: Each Serving contains approximately 400 calories, 25g protein, 5g carbohydrates, 30g fat, 1g fiber, 90mg cholesterol, 500mg sodium, and 600mg potassium.

ROAST PORK LOIN WITH OLIVES AND LEMON

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 40 minutes

Ingredients:

- 800g boneless pork loin
- 1/2 cup pitted green olives, marinated
- 1 lemon, sliced into rounds
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh herbs for garnish (parsley, rosemary)

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Cut the pork loin into pieces to create pockets.
3. Combine the marinated olives, lemon slices, minced garlic, olive oil, salt, and pepper in a bowl.
4. Fill the pockets of the pork loin with the

olive, lemon, and garlic mixture.

5. Seal the pockets and secure them with wooden skewers.

6. Insert the pork loin into the basket of the air fryer.

7. Start the bake program and cook the dish in the air fryer for 35-40 minutes, flipping occasionally to ensure even cooking.

8. After the food, remove it from the air fryer and top it with fresh herbs.

9. Let it rest for a few minutes before serving.

10. Serve the sliced roast pork loin with olives and lemon hot.

Nutritional Information: Each Serving contains approximately 350 calories, 30g protein, 5g carbohydrates, 25g fat, 1g fiber, 90mg cholesterol, 400mg sodium, and 600mg potassium.

LAMB WITH OLIVE OIL AND ROSEMARY

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 25 minutes

Ingredients:

- 800g lamb, sliced into chops
- 2 tablespoons olive oil
- 2 sprigs of fresh rosemary
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Season the lamb chops with olive oil, salt, and pepper.
3. Put the lamb chops in the air fryer basket's bottom, arranged in a single layer.
4. Place the fresh rosemary sprigs on

top.

5. Start the fry program and cook the dish in the air fryer for 20-25 minutes, flipping occasionally to ensure even cooking.

6. Once cooked, remove the dish from the air fryer and let it rest for a few minutes before serving.

7. Serve the sliced lamb with olive oil and rosemary hot.

Nutritional Information: Each Serving contains approximately 350 calories, 30g protein, 0g carbohydrates, 25g fat, 0g fiber, 90mg cholesterol, 500mg sodium, and 600mg potassium.

RABBIT IN ORANGE HONEY SAUCE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 35 minutes

Ingredients:

- 1 kg rabbit, cut into portions
- 2 oranges
- 4 tablespoons honey
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh herbs for garnish (dill, parsley)

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Peel the oranges and extract juice from one orange. Use the second orange into segments.
3. In a small pot, Combine the orange juice, honey, soy sauce, olive oil, minced garlic, salt, and pepper. Cook the sauce over medium heat, stirring constantly, until it

thickens. Season the duck with a good amount of salt and pepper.

4. Place the rabbit portions into the air fryer basket in a single layer.

5. Arrange orange segments on top of the rabbit.

6. Pour the prepared sauce over the rabbit.

7. Start the bake program and cook the dish in the air fryer for 30-35 minutes, flipping occasionally to ensure even cooking.

8. When finished, Take the meal from the air fryer and garnish it with fresh herbs.

9. Serve the rabbit in orange honey sauce.

Nutritional Information: Each Serving contains approximately 350 calories, 35g protein, 15g carbohydrates, 15g fat, 2g fiber, 100mg cholesterol, 500mg sodium, and 700mg potassium.

MEAT KEBABS WITH LEMON AND OREGANO

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 15 minutes

Ingredients:

- 600g meat (beef, lamb, or chicken), cut into chunks
- 1 lemon, juice, and zest
- 2 tablespoons olive oil
- 2 teaspoons dried oregano
- 2 cloves garlic, minced
- Salt and pepper to taste
- Wooden skewers soaked in water (for kebabs)

Instructions:

1. Mix the lemon juice, zest, olive oil, minced garlic, dried oregano, salt, and pepper in a large bowl.
2. Toss the chopped meat thoroughly in the bowl to ensure all the meat is covered with marinade. Marinate the bowl for ten to fifteen minutes while covering it with plastic wrap to allow the flavors to seep in.

3. Evenly thread the marinated pieces of meat onto the previously wet wooden skewers.

4. Set the air fryer's temperature to 200°C or 400°F.

5. Place the skewers with meat on the bottom of the air fryer basket.

6. To guarantee consistent cooking, flip the kebabs every five minutes while cooking them in the air fryer. Begin the fry program.

7. After the kebabs are done, remove them from the air fryer and allow them to cool slightly before serving.

8. Serve the kebabs with lemon wedges and fresh herbs.

Nutritional Information: Each Serving contains approximately 300 calories, 25g protein, 5g carbohydrates, 20g fat, 1g fiber, 80mg cholesterol, 500mg sodium, and 600mg potassium.

ROAST LAMB WITH GARLIC AND ROSEMARY

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 40 minutes

Ingredients:

- 800g of lamb, cut into serving sizes
- four minced garlic cloves
- 2 sprigs of fresh rosemary, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Mix minced garlic, chopped rosemary, olive oil, salt, and pepper in a bowl.
3. Place lamb portions in a large bowl and evenly coat them with the prepared mixture.

4. Arrange the lamb chunks in a single layer in the air fryer basket's bottom.

5. Start the bake program and cook the dish in the air fryer for 35-40 minutes, flipping occasionally to ensure even cooking.

6. After the meal, remove it from the air fryer and allow it to cool a little before serving.

7. Serve the sliced lamb with garlic and rosemary hot.

Nutritional Information: Each Serving contains approximately 400 calories, 30g protein, 0g carbohydrates, 30g fat, 0g fiber, 100mg cholesterol, 500mg sodium, and 600mg potassium.

PORK IN ORANGE MARINADE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 30 minutes

Ingredients:

- 800g pork, sliced into portions
- 2 oranges
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Peel the oranges, extract juice from one orange, and slice the other into wedges.
3. Mix orange juice, honey, soy sauce, olive oil, minced garlic, salt, and pepper in a bowl.
4. Place the pork chunks in a large basin and coat them equally with the prepared mixture. Let the meat marinate for ten to

fifteen minutes.

5. Put the pork chunks in a single layer in the air fryer basket's bottom.
6. Place the pork with the orange wedges on top.
7. Set the air fryer to bake mode and cook the food for 25 to 30 minutes, rotating it occasionally to ensure an even cooking.
8. After the food is cooked, remove it from the air fryer and cool a little before serving.
9. Serve the pork in orange marinade hot.

Nutritional Information: Each Serving contains approximately 350 calories, 25g protein, 15g carbohydrates, 20g fat, 1g fiber, 80mg cholesterol, 500mg sodium, and 600mg potassium.

LAMB RIBS WITH LEMON ZEST

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 30 minutes

Ingredients:

- 800g lamb ribs
- Zest of 2 lemons
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh herbs for garnish (dill, parsley)

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Mix lemon zest, olive oil, salt, and pepper in a bowl.
3. Place the lamb ribs in a large bowl and evenly coat them with the prepared mixture.
4. Put the ribs in the bottom of the air fryer basket in a single layer.

5. Place the ribs in the air fryer and cook them for 25 to 30 minutes, rotating them occasionally to ensure they cook evenly. Turn on the baking program.

6. After the ribs are done, remove them from the air fryer and allow them to cool before serving.

7. Serve the lamb ribs with lemon zest sprinkled with fresh herbs.

Nutritional Information: Each Serving contains approximately 400 calories, 25g protein, 0g carbohydrates, 30g fat, 0g fiber, 90mg cholesterol, 500mg sodium, and 600mg potassium.

This section has been a celebration of meat and poultry recipes for the air fryer. These culinary masterpieces have not only captivated your taste buds but have also preserved all the juiciness and health benefits of the products due to the minimal use of oil.

Let's continue! Our next stop is the "Pizza and Pasta" section, where you will be immersed in the world of authentic Italian recipes and unforgettable flavors from dishes prepared with love and passion.

CHAPTER 7: **PIZZA AND PASTA**

Aromatic herbs, gooey cheese, golden-brown dough... Imagine a pizza freshly baked in an air fryer, or the most tender pasta cooked in this magical device. Italian cuisine is not just food, it is a hymn to taste, tradition, and creativity, and the air fryer will give you an unforgettable taste sensation, as if you were transported to the very heart of sunny Italy!

SEAFOOD AND PESTO PIZZA

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 portion of pizza dough (or pre-made pizza crust, if available)
- 200g mixed seafood (shrimp, mussels, calamari - your choice)
- 4 tablespoons pesto sauce
- 1 red bell pepper, sliced into rings
- 1 shallot, sliced
- 100g mozzarella cheese, sliced
- Fresh basil and parsley for garnish

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. If using pizza dough, roll it out on parchment paper that fits in the air fryer basket.
3. Place it directly in the air fryer basket if using pre-made pizza crust.

4. Spread the mixed seafood, red bell pepper, and shallot evenly over the surface of the pizza dough or crust.

5. Spread pesto sauce evenly over each dough or crust with seafood.

6. Sprinkle mozzarella cheese on top.

7. Place the pizza in the air fryer basket.

8. Cook in the air fryer for 12 to 15 minutes or until the cheese is bubbling and melted and the crust is golden brown.

9. After cooking, sprinkle with fresh basil and parsley.

10. Serve hot.

Nutritional Information: Per serving (1/4 pizza) - Calories: 320, Protein: 17g, Carbohydrates: 26g, Fat: 16g, Fiber: 2g, Cholesterol: 55mg, Sodium: 420mg, Potassium: 280mg.

TUSCAN PIZZA

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 portion of pizza dough (or pre-made pizza crust)
- 1/2 cup tomato sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup sliced black olives
- 1/4 cup sliced sun-dried tomatoes
- 1/4 cup sliced red onion
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste
- Olive oil for drizzling

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. The pizza dough should be rolled out on a floured surface to the proper thickness.
3. Slide the dough onto the tray or basket of the air fryer.

4. Evenly cover the dough with tomato sauce, leaving a thin border.

5. Top the sauce with mozzarella cheese that has been shredded.

6. Add chopped parsley, basil, sun-dried tomatoes, red onion, minced garlic, and black olive slices.

7. Add pepper and salt according to taste.

8. Cover the pizza with a thin layer of olive oil.

9. Put the pizza in the air fryer and cook it for 12 to 15 minutes, or until the cheese is bubbling and melted and the dough is golden brown.

10. Once done, carefully remove the pizza from the air fryer and let it cool for a few minutes before slicing.

11. Serve hot and enjoy!

Nutritional Information: Per serving (1/4 pizza) - Calories: 280, Protein: 10g, Carbohydrates: 30g, Fat: 14g, Fiber: 3g, Cholesterol: 15mg, Sodium: 580mg, Potassium: 270mg.

PIZZA WITH TOMATOES AND MOZZARELLA

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 portion of pizza dough (or pre-made pizza crust)
- 1/2 cup tomato sauce
- 2-3 ripe tomatoes, sliced
- 1 1/2 cups shredded mozzarella cheese
- Fresh basil leaves, torn
- Salt and pepper to taste
- Olive oil for drizzling

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. The pizza dough should be rolled out on a floured surface to the proper thickness.
3. Slide the dough onto the tray or basket of the air fryer.
4. Evenly cover the dough with tomato sauce, leaving a thin border.
5. Place the tomato slices in an arrangement over the sauce.

6. Top the tomatoes with shredded mozzarella cheese.

7. Adjust the season's taste with salt and pepper to er.

8. Cover the pizza with a thin layer of olive oil.

9. Put the pizza in the air fryer and cook it for 12 to 15 minutes, or until the cheese is bubbling and melted and the dough is golden brown.

10. Once done, carefully remove the pizza from the air fryer and let it cool for a few minutes before slicing.

11. Garnish with torn fresh basil leaves.

12. Serve hot and enjoy!

Nutritional Information: Per serving (1/4 pizza) - Calories: 290, Protein: 12g, Carbohydrates: 30g, Fat: 14g, Fiber: 2g, Cholesterol: 20mg, Sodium: 560mg, Potassium: 310mg.

PIZZA WITH OLIVES AND ARTICHOKE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 12-15 minutes

Ingredients:

- 1 portion of pizza dough (or ready-made dough)
- 1/2 cup tomato sauce
- 1/2 cup sliced marinated artichokes
- 1/4 cup sliced olives (green or black)
- 1 1/2 cups shredded mozzarella cheese
- Fresh basil for garnish (optional)
- Salt and pepper to taste
- Olive oil for drizzling

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. Roll out the pizza dough on a floured surface to the desired thickness.
3. Slide the dough onto the tray or basket of the air fryer.
4. Cover the dough evenly with the tomato sauce, leaving a thin border.
5. Arrange the sliced artichokes and olives

on top of the sauce.

6. Top the toppings with the mozzarella cheese that has been shredded.

7. Season with salt and pepper after tasting.

8. Drizzle the top with olive oil.

9. Place the pizza in the air fryer and cook for 12 to 15 minutes until the cheese is bubbling and melted and the dough is golden brown.

10. Once the pizza is done, carefully remove it from the air fryer and let it cool slightly before slicing.

11. Garnish with fresh basil before serving, if desired.

12. Serve hot and enjoy!

Nutritional Information per Serving (1/4 of pizza): Calories: 320, Protein: 14g, Carbohydrates: 30g, Fat: 16g, Fiber: 3g, Cholesterol: 25mg, Sodium: 680mg, Potassium: 180mg.

PIZZA WITH SMOKED HAM AND MUSHROOMS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 12-15 minutes

Ingredients:

- 1 portion of pizza dough (or ready-made dough)
- 1/2 cup pizza sauce
- 100g smoked ham, sliced
- 1 cup sliced mushrooms
- 1 1/2 cups shredded mozzarella cheese
- Fresh basil leaves for garnish (optional)
- Salt and pepper to taste
- Olive oil for drizzling

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. Roll out the pizza dough to the desired thickness using a floured surface.
3. Transfer the dough onto the air fryer's tray or basket.
4. Distribute the pizza sauce evenly over the dough, leaving a thin layer on the edges.
5. Put the mushrooms and sliced

smoked ham in the sauce.

6. Top the toppings with the mozzarella cheese that has been shredded.
7. Adjust the season's taste with salt and pepper to er.
8. Drizzle the top with olive oil.
9. Place the pizza in the air fryer and cook for 12 to 15 minutes until the cheese is bubbling and melted and the dough is golden brown.
10. Before slicing, carefully remove the pizza from the air fryer and allow it to cool slightly.
11. If preferred, garnish before serving with fresh basil leaves.
12. Serve hot and enjoy!

Nutritional Information per Serving (1/4 of pizza): Calories: 320, Protein: 15g, Carbohydrates: 25g, Fat: 18g, Fiber: 2g, Cholesterol: 35mg, Sodium: 720mg, Potassium: 190mg.

RAVIOLI WITH RICOTTA AND SPINACH

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 10 minutes

Ingredients:

- 400g fresh ricotta and spinach ravioli
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese
- Fresh basil for garnish

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Place the fresh ravioli in a bowl and toss with olive oil, chopped garlic, salt, and

pepper.

3. Arrange the ravioli in a single layer in the air fryer basket.
4. Air fry the ravioli in the air fryer for 8-10 minutes or until golden and crispy.
5. Sprinkle the cooked ravioli with grated Parmesan cheese and fresh basil before serving.

Nutritional Information: Calories: 320 | Protein: 1 g | Carbohydrates: 40g | Fat: 14g | Fiber: 4g | Cholesterol: 25mg | Sodium: 550mg | Potassium: 300mg.

PIZZA WITH MEAT AND PEPPERS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 12-15 minutes

Ingredients:

- 1 portion of pizza dough (or ready-made dough)
- 1/2 cup pizza sauce
- 100g cooked meat (such as cooked ground beef, sausage, or chicken), sliced or shredded
- 1 bell pepper, thinly sliced
- 1/2 cup shredded mozzarella cheese
- 1/4 cup sliced black olives
- Fresh basil leaves for garnish (optional)
- Salt and pepper to taste
- Olive oil for drizzling

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. Roll out the pizza dough to the appropriate thickness using a floured surface.
3. Slide the dough onto the tray or basket of the air fryer.
4. Evenly cover the dough with pizza sauce, ensuring a thin layer remains around

the periphery.

5. Arrange the shredded or sliced cooked meat over the sauce.

6. Scatter the sliced bell pepper and black olives over the meat.

7. Sprinkle the shredded mozzarella cheese over the toppings.

8. To taste, add salt and pepper for seasoning.

9. Drizzle the top with olive oil.

10. Place the pizza in the air fryer and cook for 12 to 15 minutes until the crust is golden brown and the cheese is bubbling.

11. When the pizza is done, carefully remove it from the air fryer and let it cool before slicing.

12. If preferred, garnish with fresh basil leaves just before serving.

13. Serve hot and enjoy!

Nutritional Information per Serving (1/4 of pizza): Calories: 290, Protein: 15g, Carbohydrates: 25g, Fat: 14g, Fiber: 3g, Cholesterol: 30mg, Sodium: 620mg, Potassium: 230mg.

PENNE WITH TOMATO SAUCE AND MOZZARELLA

Yield: 4 servings | **Prep Time:** 5 minutes | **Cook Time:** 15 minutes

Ingredients:

- 300g penne pasta
- 400g tomato sauce
- 200g mozzarella, diced
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh basil for garnish

Instructions:

1. Following the directions on the package, boil salted water and cook the penne pasta until al dente. Drain well in a sieve to remove excess water.
2. Preheat the air fryer and add olive oil. Add minced garlic and sauté until golden brown.
3. Fill the air fryer with the tomato sauce

and boil, adding salt and pepper to taste. After lowering the heat, simmer the sauce for five minutes.

4. Sift the chopped mozzarella into the sauce and let it melt.

5. Add the cheese and tomato sauce mixture to the air fryer and the cooked penne pasta. Stir the spaghetti until the cheese and sauce are distributed evenly.

6. Serve the penne with tomato sauce and mozzarella on deep plates, garnish with fresh basil, and serve hot.

Nutritional Information: Calories: 420 | Protein: 15g | Carbohydrates: 60g | Fat: 15g | Fiber: 5g | Cholesterol: 25mg | Sodium: 55mg | Potassium: 350mg.

LASAGNA WITH SEAFOOD

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 40 minutes

Ingredients:

- 250g lasagna sheets
- 300g mixed seafood (shrimp, squid, mussels)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (400g) crushed tomatoes
- 1/2 cup tomato sauce
- 1/4 cup white wine
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Fresh parsley for garnish (optional)

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Heat the olive oil in a large skillet over medium-high heat. Add the minced garlic and the finely chopped onion when soft vegetables are.
3. Simmer the mixed seafood in the skillet for three to four minutes.

4. Include the dried basil, oregano, smashed tomatoes, tomato sauce, white wine, salt, and pepper. Simmer until the sauce thickens, 10 to 12 minutes

5. Mix ricotta, grated Parmesan, and shredded mozzarella cheese in another bowl.

6. Spread a thin layer of seafood sauce on the bottom of an air fryer-safe baking dish, then layer lasagna sheets on top.

7. Cover the lasagna sheets with the cheese mixture and then cover them again with seafood sauce. Continue layering until all the ingredients are utilized, and then add a layer of cheese to finish.

8. Place the baking dish inside the air fryer basket and cover it with aluminum foil. Bake for 30 to 35 minutes until the lasagna is done and the cheese is bubbling and golden.

9. Before serving, carefully remove the lasagna from the air fryer and let it cool somewhat.

10. Optionally, garnish with fresh parsley, slice, and serve hot.

Nutrition Information: Calories: 440 | Protein: 26g | Carbohydrates: 44g | Fat: 17g | Fiber: 4g | Cholesterol: 130mg | Sodium: 760mg | Potassium: 450mg.

SPAGHETTI WITH TUNA AND CAPERS

Yield: 4 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

Ingredients:

- 300g spaghetti
- 200g canned tuna in its juice, drained
- 2 tablespoons capers, drained
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh basil or parsley for garnish
- Parmesan cheese for serving (optional)

Instructions:

1. Following the package's instructions, Boil the pasta until al dente. Drain and set aside.
2. Add olive oil, minced garlic, and capers to a preheated air fryer. Sauté for 2-3 minutes

until the garlic is softened and fragrant.

3. Add the drained tuna to the garlic and caper mixture in the air fryer. Sauté for 2-3 minutes until the tuna is heated through.

4. Add the drained spaghetti to the air fryer with the tuna, capers, and garlic. Toss to coat the spaghetti evenly with the oil and seasonings.

5. Serve hot, garnished with fresh basil or parsley. Optionally, sprinkle with grated Parmesan cheese.

Nutritional Information: Calories: 350 | Protein: 20g | Carbohydrates: 40g | Fat: 12g | fiber: 3g | Cholesterol: 30mg | Sodium: 280mg | Potassium: 320mg.

PASTA ARRABBIATA WITH SHRIMPS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 300g spaghetti
- 300g shrimp, peeled and deveined
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/2 tsp dried red chili flakes
- 400g tomato sauce
- Salt and pepper to taste
- Fresh parsley or basil for garnish (optional)

Instructions:

1. Cook the pasta until it's al dente, following the directions on the package. Once drained, set aside.

2. In a preheated skillet, add olive oil and sauté minced garlic over medium heat until softened.

3. Add shrimp to the skillet for 2-3 minutes until they turn pink and are cooked

through. Transfer the shrimp to a plate.

4. Add dried chili flakes and sauté for 1 minute in the same skillet.

5. Add the chili flakes and tomato sauce to the skillet. After bringing it to a simmer, lower the heat and simmer for five to seven minutes.

6. Return the cooked shrimp to the sauce and swirl it. When the spaghetti is done, add it and toss everything together until the sauce coats the spaghetti.

7. Serve the hot, spicy arrabbiata pasta with shrimp, garnished with fresh parsley or basil if desired.

Nutrition Information: Calorie 340 | Protein: 20g | Carbohydrates: 45g | Fat: 8g | Fiber: 5g | Cholesterol: 120mg | Sodium: 550mg | Potassium: 400mg.

FETTUCCINE WITH SQUID AND OLIVES

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 300g fettuccine
- 300g squid, cleaned and sliced into rings
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/4 tsp dried chili flakes (optional)
- 200g black olives, pitted
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Boil the salted water and cook the fettuccine until it's al dente. Empty and place aside.

2. Set the air fryer's temperature to 180°C (360°F) for three minutes.

3. In a bowl, toss the squid rings with olive oil, minced garlic, dried oregano, and

chili flakes (if using) until evenly coated.

4. Place the seasoned squid rings in the air fryer basket in a single layer.

5. Air fry at 180°C (360°F) for 5-6 minutes, shaking the basket halfway through until the squid is slightly crispy.

6. Toss the cooked fettuccine with the black olives in a separate bowl.

7. Add the cooked squid to the fettuccine and toss to combine.

8. Season with salt and pepper to taste.

9. Garnish with fresh parsley before serving.

Nutritional Information: Calories: 340 | Protein: 18g | Carbohydrates: 45g | Fat: 10g | Fiber: 5g | Cholesterol: 90mg | Sodium: 500mg | Potassium: 380mg.

PASTA WITH SHRIMP AND GARLIC OIL

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 300g spaghetti or your choice of pasta
- 300g large shrimp, peeled and deveined
- 4 tablespoons olive oil
- 4 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley and Parmesan cheese for garnish

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Cook the pasta until al dente, following the directions on the package, in boiling salted water. After draining, save 1/2 cup of the cooking water.
3. Fill the air fryer basket with minced garlic and olive oil. After adding the shrimp,

toss them lightly to coat them in the oil and garlic mixture.

4. Put the shrimp in the air fryer basket in a single layer. Shut off and boil the shrimp for 5 to 7 minutes, or until they are opaque and pink, at 180°C (360°F).

5. Add the cooked shrimp and pas to the pot, then drizzle with the cooking water set aside. Toss well to combine, allowing the pasta to absorb the flavors.

6. Serve the hot pasta, garnished with fresh parsley and grated Parmesan cheese.

Nutritional Information: Calories: 380 | Protei: 20g | Carbohydrates: 40g | Fat: 16g | Fiber: 3g | Cholesterol: 120mg | Sodium: 280mg | Potassium: 350mg

PENNE WITH SALMON AND SPINACH

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 300g penne pasta
- 200g salmon fillet, cubed
- 200g fresh spinach, chopped
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon
- Salt and pepper to taste
- 1/2 cup heavy cream
- 50g grated Parmesan cheese
- Fresh herbs for garnish (parsley, basil, or dill)

Instructions:

1. Prepare the penne pasta as directed on the package, boiling it in salted water until it's al dente. After draining, set away.

2. Heat the air fryer's olive oil. Cook the minced garlic until it turns golden brown.

3. Add cubed salmon and cook until done, about 5 minutes, stirring occasionally.

4. Add chopped spinach and lemon juice. Sauté until spinach wilts, about 2 minutes.

5. Add the heavy cream and heat until it simmers, adding salt and pepper to taste.

6. Add the cooked pasta to the skillet with the sauce. Stir to coat the pasta thoroughly in the sauce.

7. Sprinkle-grated Parmesan cheese and fresh herbs on top. Serve hot.

Nutritional Information: Calories: 420 | Protein: 22g | Carbohydrates: 35g | Fat: 22g | Fiber: 4g | Cholesterol: 70mg | Sodium: 380mg | Potassium: 580mg.

I hope that each recipe in this chapter has been a small discovery for you, that will give you inspiration and new ideas for culinary experimentation. Let your kitchen become a place of creativity where there are no limits, and let the flavors of Italian cuisine bring you joy and pleasure again and again. We go on. Ahead of you is a section dedicated to pulses and grains, where you will find many delicious and healthy recipes. From hearty bean soups to tasty risottos, there is something for everyone.

CHAPTER 8:

AIR FRYER RECIPES WITH GRAINS AND LEGUMES

Welcome to the realm of delicious and healthy recipes created in the air fryer!

In this chapter, we will take you on an exciting gastronomic journey where grains and legumes play a starring role.

All the recipes presented here are easy to follow and do not require special skills. All you need is a little time, fresh ingredients, and, of course, your trusty air fryer.

AIR-FRIED BLACK BEAN BURGERS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- Two emptied and cleaned cans of black beans
- 1/2 red onion, finely chopped
- 2 cloves garlic, minced
- 1 egg
- 1/4 cup breadcrumbs
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 cup chopped herbs (parsley, basil, or cilantro)
- Salt and pepper to taste
- Vegetable oil for greasing

Instructions:

1. Using a fork or potato masher, thoroughly mash the black beans in a large basin until smooth.
2. Add chopped onion, minced garlic, egg,

breadcrumbs, cumin, chili powder, chopped herbs, salt, and pepper to the mashed beans. Mix until well combined.

3. Shape the mixture into burger patties.
4. Preheat your air fryer to 200°C (400°F).
5. Grease the air fryer basket with vegetable oil.
6. Place the burger patties in the air fryer basket, ensuring they are not overcrowded.
7. Air-fry the burgers for 12 to 15 minutes, turning them over halfway through or until the outsides are crispy and golden brown.
8. Serve the burgers on buns with your favorite toppings.

Nutritional Information (per Serving):

Calories: 220 | Protein: 10g | Carbohydrates: 32g | Fat: 5g | Fiber: 8g | Cholesterol: 47mg | Sodium: 410mg | Potassium: 340mg.

CHICKPEA FRITTERS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 can chickpeas (400 g), drained and dried
- 1/4 cup finely chopped red onion
- 2 cloves garlic, minced
- Two teaspoons of finely chopped fresh herbs, such as basil, cilantro, or parsley
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 egg
- 2 tablespoons breadcrumbs
- Salt and pepper to taste
- Vegetable oil for air frying

Instructions:

1. Mash the chickpeas in a big basin until they are roughly crushed.
2. Combine the mashed chickpeas with the egg, breadcrumbs, cumin, turmeric, finely chopped onion, and minced garlic—season

with salt and pepper to taste. Mix well.

3. Form the mixture into small patties.
4. Set the air fryer's temperature to 180°C or 350°F.
5. Lightly grease the bottom of the air fryer basket with vegetable oil.
6. Without packing the air fryer basket too full, arrange the patties in a single layer.
7. Use the air fryer to air fry the patties for 12 to 15 minutes, turning them halfway through or until they are crispy and golden brown.
8. To drain off extra oil, place the cooked patties on a plate covered with paper towels.
9. Serve the chickpea fritters hot with your choice of sauce or as a standalone dish.

Nutritional Information (per Serving):

Calories: 180 | Protein: 9g | Carbohydrates: 20g | Fat: 7g | Fiber: 5g | Cholesterol: 47mg | Sodium: 260mg | Potassium: 180mg.

STUFFED ZUCCHINI BOATS WITH HERBED COUSCOUS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 2 medium zucchinis
- 1/2 cup couscous
- 1 cup vegetable broth
- 1/4 cup chopped green onions
- 1/4 cup chopped red bell peppers
- 1/4 cup chopped tomatoes
- 2 tablespoons finely chopped fresh herbs (parsley, basil, cilantro)
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Scoop off the flesh from the zucchini by cutting them in half lengthwise, leaving about 1 centimeter around the edges. Finely chop the zucchini flesh.

3. In a saucepan, bring the vegetable broth to a boil. Add the couscous, cover, and remove the heat. Let it stand for five to seven minutes, then separate the grains with a fork.

4. In a large bowl, combine the chopped zucchini, cooked couscous, chopped green onions, red bell peppers, tomatoes, fresh herbs, and olive oil. Season with salt and pepper to taste.

5. Fill the zucchini halves with the mixture.

6. Place the stuffed zucchini boats in the air fryer basket, arranging them side by side.

7. Air fry the zucchini in the air fryer for 20-25 minutes until tender and golden brown on top.

8. Sprinkle the cooked zucchini with grated Parmesan cheese before serving.

Nutritional Information (per Serving):

Calories: 180 | Protein: 6g | Carbohydrates: 20g | Fat: 9g | Fiber: 4g | Cholesterol: 3mg | Sodium: 230mg | Potassium: 430mg.

QUINOA AND BLACK BEAN PATTIES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1/2 cup cooked quinoa
- Half a cup of cooked, drained, and rinsed black beans
- one-fourth cup coarsely chopped red onion
- A quarter cup of finely chopped red bell pepper
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 egg
- 2 tablespoons breadcrumbs
- Salt and pepper to taste
- Cooking spray

Instructions:

1. Combine cooked quinoa, black beans,

red onion, red bell pepper, garlic, cilantro, cumin, paprika, egg, and breadcrumbs in a bowl—season with salt and pepper to taste.

2. Form the mixture into flat patties.

3. Set the air fryer's temperature to 200°C (390°F).

4. Put the patties inside the basket of the air fryer.

5. Air fry for 12-15 minutes, flipping them halfway through, until golden brown and crispy.

6. Transfer the cooked patties to a paper towel to remove excess oil.

Nutritional Information (per Serving):

Calories: 180 | Protein: 8g | Carbohydrates: 26g | Fat: 5g | Fiber: 6g | Cholesterol: 35mg | Sodium: 220mg | Potassium: 280mg.

PITA BREAD WITH HUMMUS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 5 minutes

Ingredients:

- 4 pieces of pita bread
- 1 cup prepared hummus
- 2 tablespoons olive oil
- Fresh herbs for garnish (parsley, basil, cilantro)

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Apply a thin coating of olive oil to the pita bread's exterior.
3. Cut the pita bread in half to create pockets.

4. Fill each pocket with prepared hummus.

5. Place the filled pitas in the air fryer basket.

6. Air fry for 4-5 minutes until the pita bread is crispy and golden brown.

7. Serve the hummus-filled pita bread hot, garnished with fresh herbs.

Nutritional Information (per Serving): Calories: 220 | Protein: 7g | Carbohydrates: 35g | Fat: 6g | Fiber: 5g | Cholesterol: 0mg | Sodium: 400mg | Potassium: 250mg.

SHRIMP AND LEMON RISOTTO

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup Arborio rice
- 2 cups chicken broth
- 1/2 cup dry white wine
- 1/2 kg shrimp, peeled and deveined
- 2 tbsp olive oil
- 1 lemon (zest and juice)
- 1/2 cup grated Parmesan cheese
- 2 tbsp finely chopped parsley
- Salt and pepper to taste

Instructions:

1. First, get the shrimp ready by peeling and deveining them.
2. In a preheated, move them from the skillet.
3. Combine the rice, chicken broth, and white wine in the air fryer basket. Season

with salt and pepper to taste.

4. Cook in the air fryer at 180°C for 15 minutes, stirring occasionally.

5. Add the cooked shrimp, lemon zest and juice, Parmesan cheese, and parsley once the rice is tender and creamy. Mix well.

6. Cook for an additional 2-3 minutes to heat through.

7. Serve the risotto hot, garnished with extra Parmesan cheese and parsley to taste.

Nutritional Information: Per serving: Approximately 350 calories, 25g protein, 30g carbohydrates, 12g fat, 3g fiber, 130mg cholesterol, 700mg sodium, 400mg potassium.

RICE BALLS WITH BLACK BEANS AND CORN

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 cup cooked rice
- Rinse and drain 1/2 cup of canned black beans.
- Drained and half a cup of canned corn kernels
- 1/4 cup chopped fresh cilantro
- 1/4 cup finely chopped red onion
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- 1/2 cup breadcrumbs
- 1 egg, beaten
- Cooking spray

Instructions:

1. Place cooked rice, black beans, corn, cumin, chili powder, red onion, cilantro, and salt and pepper in a big bowl.

2. Combine the rice and vegetable mixture with the beaten egg and breadcrumbs.

Thoroughly combine until a homogenous mixture forms.

3. Form the mixture into small balls or oval shapes.

4. Set the air fryer's temperature to 200°C (390°F).

5. Apply cooking spray to the air fryer basket.

6. Place the rice balls in the air fryer basket, ensuring space between them.

7. Air fry for 12-15 minutes, flipping them every 5 minutes until golden brown and crispy.

8. Transfer the cooked rice balls to a paper towel to remove excess oil.

Nutritional Information (per Serving):

Calories: 180 | Protein: 6g | Carbohydrates: 32g | Fat: 3g | Fiber: 5g | Cholesterol: 35mg | Sodium: 250mg | Potassium: 180mg.

SPINACH AND OATMEAL MUFFINS WITH FETA

Yield: 12 muffins | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 2 cups rolled oats
- 1 cup milk
- 2 eggs
- 1 cup chopped spinach
- 1/2 cup chopped red onion
- 1/2 cup chopped red bell pepper
- 1 cup crumbled feta cheese
- 1/4 cup olive oil
- 2 teaspoons baking powder
- Salt and pepper to taste

Instructions:

1. Prepare the muffin tin by coating it with cooking spray or muffin liners, and preheat the air fryer to 180°C (350°F).

2. Combine the rolled oats and milk in a medium bowl. Set aside five to seven

minutes to allow the oats to absorb the liquid.

3. Add the eggs, chopped spinach, red onion, red bell pepper, feta cheese, olive oil, baking powder, salt, and pepper. Mix well.

4. Spoon mixture into muffin cups, filling to approximately 3/4 of the way.

5. Bake in the preheated air fryer for 20 to 25 minutes or until golden brown and a toothpick inserted into the center comes out clean.

6. Before serving, let the muffins cool somewhat.

Nutritional Information (per

muffin): Calories: 150 | Protein: 6g | Carbohydrates: 12g | Fat: 9g | Fiber: 2g | Cholesterol: 45mg | Sodium: 180mg | Potassium: 120mg.

AIR-FRIED BEAN AND GRAIN PATTIES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup cooked quinoa or brown rice
- 1 can (15 oz) mixed beans (such as chickpeas, black beans, kidney beans), drained and rinsed
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 1/2 cup breadcrumbs
- Cooking spray

Instructions:

1. In a mixing bowl, mash the mixed beans using a fork or potato masher until they are mostly smooth but still have some texture.

2. Combine the cooked brown rice or quinoa

with the mashed beans, chopped onion, minced garlic, ground cumin, coriander, salt, and fresh parsley. Toss to blend well.

3. Shape the mixture into patties of the desired size and thickness.

4. Preheat your air fryer to 200°C (390°F).

5. Place the patties in a single layer in the air fryer basket to ensure they are not packed too tightly.

6. To help the patties crisp up, mist them with cooking spray.

7. Until the patties are crispy and golden brown on the exterior, fry them for 10 to 12 minutes, turning them halfway through.

8. Once the patties are cooked, remove them from the air fryer and serve immediately.

Nutritional Information (per Serving):

Calories: 280 | Protein: 12g | Carbohydrates: 35g | Fat: 10g | Fiber: 8g | Cholesterol: 0mg | Sodium: 350mg | Potassium: 450mg.

RED LENTIL PATTIES WITH YOGURT SAUCE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup red lentils
- 2 cups water
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 1/2 cup breadcrumbs
- Cooking spray

For the sauce:

- 1/2 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh mint
- Salt and pepper to taste

Instructions:

1. Rinse the red lentils under cold water and drain them in a sieve to remove excess moisture.

2. Mix the lentils with water in a saucepan. When the lentils are tender and have absorbed all the liquid, reduce the heat and simmer, covered, for ten to fifteen minutes. Drain any leftover water.

3. Heat one tablespoon of olive oil over medium heat in the same saucepan. Stir-fry the chopped onion and garlic for three to four

minutes or until the ingredients are fragrant and tender.

4. Add the cooked lentils to the mixture with the garlic and onions. Then, add the fresh parsley, salt, pepper, ground cumin, and coriander. Once all ingredients are heated through and well blended, stir and simmer for two to three minutes.

5. Pour the mixture into a big basin and give it some time to cool.

6. Thoroughly combine the breadcrumbs with the lentil mixture.

7. Form the mixture into tiny burgers.

8. Set the air fryer's temperature to 200°C (390°F). Grease the air fryer basket with cooking spray.

9. Arrange the patties evenly in the air fryer basket. Spray them with cooking spray on top.

10. The patties should be air-fried for 10 to 12 minutes, turning them halfway through or until crispy and golden.

11. While the patties are cooking, prepare the sauce. Combine Greek yogurt, lemon juice, fresh mint, salt, and pepper in a small bowl. Mix well.

12. Serve the hot patties with the sauce.

Nutritional Information (per serving of patties

with sauce): Calories: 280 | Protein: 15g | Carbohydrates: 35g | Fat: 8g | Fiber: 7g | Cholesterol: 5mg | Sodium: 240mg | Potassium: 520mg.

COUSCOUS WITH ROASTED VEGETABLES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup couscous
- 2 cups vegetable broth
- 1 zucchini, sliced
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 1 red onion, sliced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. In a large dish, combine the sliced veggies with olive oil, dried thyme, minced garlic, salt, and pepper.
3. Spread the vegetables evenly on the air

fryer tray, sprayed with cooking spray.

4. Air-fried the vegetables for 15 to 20 minutes, tossing them now and again until they are soft and browned.

5. While the veggies are roasting, bring the vegetable broth to a boil in a saucepan. Add the couscous, turn off the heat, cover, and let sit for five minutes so the couscous can absorb the flavor.

6. Fluff the couscous with a fork to separate the grains.

7. Transfer the couscous to a large bowl and gently toss with the roasted vegetables.

8. Serve the couscous with roasted vegetables garnished with fresh parsley.

Nutritional Information (per

Serving): Calories: 230 | Protein: 5g | Carbohydrates: 38g | Fat: 7g | Fiber: 6g | Cholesterol: 0mg | Sodium: 450mg | Potassium: 320mg.

AIR-FRIED QUINOA-STUFFED BELL PEPPERS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 4 large bell peppers (any color)
- One cup of cooked quinoa
- One can (15 oz) of rinsed and drained black beans
- One cup of fresh, frozen, or canned corn kernels
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- Half a cup of shredded cheese, such as mozzarella or cheddar
- Fresh cilantro or parsley for garnish (optional)
- Cooking spray

Instructions:

1. Set the temperature of your air fryer to 180°C or 350°F.
2. Slice off the bell peppers' tops to reveal the seeds and membranes. Put aside.
3. Combine the cooked quinoa, black

beans, corn kernels, minced garlic, chopped onion, ground cumin, chili powder, salt, and pepper in a large mixing bowl. Toss to mix thoroughly.

4. Gently push the quinoa mixture into each bell pepper, compressing it tightly.

5. Top each stuffed bell pepper with a handful of shredded cheese.

6. To keep the air fryer basket from sticking, lightly mist it with cooking spray.

7. Place the stuffed bell peppers in the air fryer basket, standing upright.

8. Air fry the stuffed bell peppers for 20-25 minutes or until the peppers are tender and the filling is heated through.

9. Once cooked, carefully remove the stuffed bell peppers from the air fryer using tongs.

10. Garnish with fresh cilantro or parsley, if desired, and serve hot.

Nutritional Information (per Serving):

Calories: 250 | Protein: 10g | Carbohydrates: 40g | Fat: 6g | Fiber: 8g | Cholesterol: 10mg | Sodium: 350mg | Potassium: 600mg.

MINESTRONE SOUP IN THE AIR FRYER

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup red lentils
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can (400g) diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste
- 2 tbsp olive oil
- Fresh parsley or basil for garnish

Instructions:

1. In a preheated skillet, sauté the onion and garlic in olive oil until softened.
2. Add diced carrots and celery, and cook for another 5 minutes.
3. Stir in the diced tomatoes, lentils, vegetable broth, basil, and oregano. Season with salt and pepper to taste.
4. Spoon mixture into air fryer basket; cook for 20 minutes at 180°C or until lentils are soft.
5. Serve the minestrone hot, garnished with fresh parsley or basil.

Nutritional Information: Per serving: Approximately 250 calories, 15g protein, 35g carbohydrates, 5g fat, 8g fiber, 0mg cholesterol, 800mg sodium, 600mg potassium.

EASY AIR-FRIED FALAFEL PITAS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- One can (15 oz) of rinsed and drained chickpeas
- one-fourth cup of freshly chopped parsley
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon baking powder
- Salt and pepper to taste
- 2 tablespoons all-purpose flour
- Cooking spray
- 4 whole wheat pitas
- Toppings: shredded lettuce, diced tomatoes, sliced cucumbers, sliced red onions, tahini sauce or hummus

Instructions:

1. Set your air fryer's temperature to 200°C (390°F).
2. Combine chickpeas, all-purpose flour, baking powder, salt, pepper, minced garlic, chopped parsley, powdered cumin, and coriander in a food processor. Pulse until a coarse paste is formed.
3. Form each of the 12 equal ingredients into a little patty.

4. To keep the air fryer basket from sticking, lightly mist it with cooking spray.
5. Make sure the falafel patties are not touching when you place them in the air fryer basket in a single layer.
6. Lightly mist the falafel tops with cooking spray.
7. Air-fried the falafel for 12 to 15 minutes, turning them over halfway through or until the outsides are crispy and golden brown.
8. While the falafel is cooking, warm the whole wheat pitas in the air fryer for 1-2 minutes.
9. Remove the falafel from the air fryer once it is cooked.
10. Place 3 falafel patties in each warmed pita to assemble the pitas.
11. Add shredded lettuce, diced tomatoes, sliced cucumbers, sliced red onions, and a drizzle of tahini sauce or hummus.
12. Serve the air-fried falafel pitas immediately.

Nutritional Information (per Serving): Calories: 320 | Protein: 11g | Carbohydrates: 53g | Fat: 6g | Fiber: 9g | Cholesterol: 0mg | Sodium: 440mg | Potassium: 410mg.

In this chapter, we were thrilled to showcase the versatility and health benefits of whole grains and legumes.

From hearty quinoa dishes to zesty lentil recipes, each recipe celebrates the unique properties of these nutrient-packed ingredients. Utilizing the air fryer, we expertly achieved a perfect balance of texture and flavor, adding minimal oil to preserve all the goodness.

In the next chapter, "Vegetarian recipes," we'll embark on a culinary adventure with enthusiasm, using exclusively plant-based ingredients.

CHAPTER 9:

VEGETARIAN RECIPES

Greetings to all seekers of new flavors and advocates for a healthy lifestyle!

I invite you on an exciting culinary journey through the world of simple yet exceptionally delicious plant-based recipes.

This chapter awaits you with easy-to-follow and flavorful dishes that require no virtuoso skills or expensive ingredients.

All you need are fresh produce, enthusiasm, and a touch of creativity to bring culinary masterpieces to life in your kitchen.

BAKED TOMATOES WITH OLIVE OIL AND BASIL

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 large tomatoes
- 2 tablespoons olive oil
- 2 tablespoons fresh chopped basil
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 180 degrees Celsius or 350 degrees Fahrenheit.
2. After washing the tomatoes, wipe them dry with paper towels. Then, cut each tomato in half.
3. Arrange the tomato halves in the air

fryer basket.

4. Drizzle each tomato half with olive oil and sprinkle with fresh basil—season with salt and pepper to taste.

5. Place the basket in the air fryer and bake for 15-20 minutes or until the tomatoes are tender and easily pierced with a fork.

6. Serve hot. Garnish with additional basil if desired.

Nutritional Information (per Serving): 80 calories, 1g protein, 6g carbohydrates, 6g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 300mg potassium.

SPINACH AND FETA ROLLS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 12 minutes

Ingredients:

- 200g fresh spinach
- 100g feta cheese, crumbled
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 ready-made puff pastry sheet

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Heat the olive oil in a pan over medium heat. Finely chop the onion and sauté the minced garlic for three to four minutes or until the onion is tender.
3. Add fresh spinach to the skillet and stir until wilted and reduced in volume, about 2-3 minutes—season with salt and pepper to taste. Allow to cool slightly.
4. Roll out the ready-made puff pastry sheet on a work surface and spread the

sautéed spinach evenly over the surface.

5. Sprinkle crumbled feta cheese over the spinach.

6. Carefully roll up the puff pastry sheet into a log. Then, slice the log into several pieces about 2 cm thick.

7. Place the rolls on an air fryer tray greased with vegetable oil, not too close together.

8. Cook in the air fryer for 10-12 minutes or until golden brown and crispy.

9. After the rolls are done, remove them from the air fryer and let them cool a little before serving.

10. Serve the spinach and feta rolls hot or warm.

Nutritional Information (Per Serving): Calories: 250, Protein: 8g, Carbohydrates: 18g, Fat: 16g, Fiber: 2g, Cholesterol: 25mg, Sodium: 380mg, Potassium: 250mg.

EGGPLANTS WITH HONEY AND THYME

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 2 large eggplants
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon fresh thyme leaves
- Salt and pepper to taste

Instructions:

1. Turn the temperature to 200 degrees Celsius (390 degrees Fahrenheit) on the air fryer.

2. Cut the eggplants into large round slices, about 1 centimeter thick.

3. In a bowl, mix olive oil, honey, and thyme leaves. Add salt and pepper to taste.

4. Add the oil mixture to the eggplant

slices bowl and toss to coat each slice evenly.

5. Arrange the eggplant slices in a single layer in the air fryer basket.

6. Air fry for 12-15 minutes or until the eggplants are golden and tender, flipping them halfway through cooking at the 7-minute mark.

7. Serve hot, garnished with additional thyme leaves if desired.

Nutritional Information (per Serving): 150 calories, 2g protein, 20g carbohydrates, 8g fat, 6g fiber, 0mg cholesterol, 150mg sodium, 400mg potassium.

POTATO WEDGES WITH GARLIC AND PARSLEY

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 large potatoes
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- Salt, to taste
- Black pepper, to taste

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.

2. After washing, cut the potatoes into wedges.

3. Using a big bowl, thoroughly coat the potato wedges with olive oil, salt, black pepper, minced garlic, and chopped parsley.

4. Arrange the seasoned potato wedges in the air fryer basket in a single layer to prevent them from being packed too tightly.

5. Cook the potato wedges in the air fryer for 18-20 minutes, shaking the basket halfway through, until they are golden brown and crispy, and tender on the inside.

6. Once cooked, transfer the potato wedges to a serving plate and serve hot.

Nutritional Information (per Serving): Approximately 180 calories, 4g protein, 30g carbohydrates, 6g fat, 4g fiber, 0mg cholesterol, 150mg sodium, 750mg potassium.

ZUCCHINI WITH LEMON PEPPER

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 12 minutes

Ingredients:

- 2 medium zucchinis
- 2 tablespoons olive oil
- 1 tablespoon lemon zest
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- Optional: grated Parmesan cheese for topping

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. After cleaning and drying, slice the zucchini lengthwise or in rings.
3. In a big bowl, stir together olive oil, lemon zest, black pepper, salt, and garlic powder.

4. Add the zucchini to the bowl with the marinade and toss well to coat the vegetables evenly.

5. Arrange the zucchini in a single layer in the air fryer basket, avoiding overlapping.

6. Start the air fryer and cook the zucchini for 10-12 minutes, stirring occasionally to ensure even cooking.

7. After cooking, sprinkle the zucchini with grated Parmesan or other cheese.

8. Serve immediately, enjoying the aroma and flavor.

Nutritional Information: Per serving (1/4 of recipe): ~70 calories, 1g protein, 5g carbohydrates, 5g fat, 2g fiber, 0mg cholesterol, 300mg sodium, 400mg potassium.

MEDITERRANEAN STUFFED MUSHROOMS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 12 large mushrooms
- 1/4 cup chopped olives
- 1/4 cup chopped sun-dried tomatoes
- 1/4 cup chopped fresh spinach
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 tablespoon chopped fresh basil
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Set the temperature of the air fryer to 180°C (350°F).
2. Prepare the mushrooms: remove the stems and carve out a small cavity in the center of each mushroom.

3. In a large bowl, mix the chopped olives, sun-dried tomatoes, spinach, breadcrumbs, Parmesan cheese, garlic, basil, olive oil, salt, and pepper.

4. Fill each mushroom with the prepared mixture.

5. Put the mushrooms in the air fryer basket, keeping them apart.

6. Air fry the mushrooms for 15-20 minutes or until they begin to golden and become tender.

Nutritional Information (per Serving): Calories: 80 kcal, Protein: 3 g, Carbohydrates: 6 g, Fat: 5 g, Fiber: 2 g, Cholesterol: 3 mg, Sodium: 150 mg, Potassium: 200 mg.

ROSEMARY AND GARLIC POTATO ROSETTES

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 20 minutes

Ingredients:

- 4 large potatoes
- 2 tablespoons olive oil
- 2 teaspoons dried rosemary
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 200°C (390°F).
2. Wash the potatoes well; peeling is not necessary. Cut the potatoes into slender circles.
3. In a large bowl, stir together olive oil, minced garlic, dried rosemary, salt, and pepper.
4. Add the sliced potatoes to the bowl with the oil mixture and toss well to ensure

the potatoes are uniformly covered with oil and seasonings.

5. Arrange the potatoes in rosette shapes in a single layer in the air fryer basket.

6. Air fry the potato rosettes for 18-20 minutes or until golden brown and crispy.

7. Flip the rosettes occasionally for even cooking.

8. Transfer the cooked potato rosettes to a plate and serve hot.

Nutritional Information (per

Serving): Calories: 180 kcal, Protein: 3 g, Carbohydrates: 25 g, Fat: 8 g, Fiber: 4 g, Cholesterol: 0 mg, Sodium: 240 mg, Potassium: 550 mg.

MEDITERRANEAN TOMATO SOUP WITH BASIL AND MOZZARELLA

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 25 minutes

Ingredients:

- 1 kg tomatoes, diced
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 liter vegetable broth
- Salt and pepper to taste
- 200 g mozzarella, sliced
- Fresh basil for garnish

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.
2. Mix tomatoes, onion, garlic, olive oil, and tomato paste in a large bowl.

3. Spread the tomato mixture on the air fryer tray.

4. Pour vegetable broth over the mixture and season with salt and pepper.

5. Air fry the soup for 20-25 minutes or until the tomatoes are soft.

6. After cooking, add mozzarella and leave for a few minutes until the cheese melts.

7. Serve hot, garnished with fresh basil.

Nutritional Information: Calories: 220, Protein: 12g, Carbohydrates: 15g, Fat: 14g, Fiber: 3g, Cholesterol: 20mg, Sodium: 800mg, Potassium: 600mg.

FALAFEL LETTUCE WRAPS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 can (400g) canned chickpeas, drained and rinsed
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 tablespoons lentil flour (or regular flour)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- 2 tablespoons olive oil

Instructions:

1. In a large bowl, combine the drained chickpeas, finely chopped onion, minced garlic, chopped parsley, lentil flour, cumin, coriander, salt, and pepper.

2. Using a food processor or mortar and pestle, mash the mixture until it forms a coarse texture, leaving some chickpea chunks for texture.

3. Shape the mixture into small cherry-sized balls.

4. Set the air fryer's temperature to 180°C or 350°F.

5. Apply olive oil to the air fryer basket's bottom.

6. Place the falafel balls in the basket, avoiding overcrowding to allow for even frying.

7. Air fry the falafel until golden brown, about 12-15 minutes, flipping them halfway through.

8. To drain extra oil, put the fried falafel on a plate covered with paper towels.

9. Serve the falafel in lettuce wraps, topped with your favorite sauce, or use them to fill pita bread with vegetables.

Nutritional Information (per Serving):

Calories: 220 kcal, Protein: 8 g, Carbohydrates: 27 g, Fat: 9 g, Fiber: 6 g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 450 mg.

QUINOA-STUFFED TOMATOES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 4 large tomatoes
- 1/2 cup quinoa
- 1 cup vegetable broth
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1/2 cup sliced mushrooms
- 1/2 cup diced red bell pepper
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley for garnish

Instructions:

1. Cut off the tops of each tomato, then carefully remove the flesh with a spoon. The bottom and sides should remain whole. Leave the tomatoes hollowed out.

2. Rinse the quinoa in cold water using a colander. In a small pan, bring the vegetable broth to a boil. Cook for about 15 minutes or until the quinoa is cooked. Set aside.

3. Heat a deep skillet with olive oil over medium heat. Add the chopped onion and simmer until soft, about 5 minutes. Then add the garlic, carrot, mushrooms, and red bell pepper. Add the vegetables and cook, stirring periodically, until the vegetables are soft.

4. Add tomato paste, salt, pepper, and dried basil to the vegetable mixture. Cook, stirring, for two to three more minutes.

5. Preheat the air fryer to 180°C (350°F).

6. Mix the cooked quinoa and vegetable mixture in a large bowl.

7. Fill each tomato with the prepared mixture and gently cover with the top part of the tomato.

8. Arrange the tomatoes in the air fryer basket. Bake for 10-12 minutes until the tomatoes are tender and slightly golden.

9. Once done, sprinkle each tomato with chopped fresh parsley and serve hot.

Nutritional Information (per Serving):

Calories: 180 kcal, Protein: 5 g, Carbohydrates: 30 g, Fat: 4 g, Fiber: 6 g, Cholesterol: 0 mg, Sodium: 400 mg, Potassium: 450 mg.

ASPARAGUS WRAPPED IN PHYLLO DOUGH

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 12 asparagus spears
- 6 sheets of phyllo dough
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.
2. Cut off the asparagus's woody ends, leaving only the sensitive tips.
3. Season the asparagus with salt & pepper to taste and drizzle with olive oil.

4. After laying out each phyllo dough sheet, cut it into strips that are roughly 5 cm broad.

5. Wrap each asparagus tip with a strip of phyllo dough, exposing the asparagus tip.

6. Place the wrapped asparagus spears on a parchment-lined tray.

7. Air-fry for 8-10 minutes or until the phyllo dough is golden brown and crispy.

8. Serve immediately after cooking.

Nutritional Information (per Serving):

Calories: 150 kcal, Protein: 3 g,
Carbohydrates: 15 g, Fat: 8 g, Fiber: 2 g,
Cholesterol: 0 mg, Sodium: 150 mg,
Potassium: 250 mg.

CORN TORTILLAS WITH AVOCADO AND TOMATOES

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 8 corn tortillas
- 2 ripe avocados
- 2 tomatoes, diced
- 1/4 cup finely chopped red onion
- 2 tablespoons finely chopped fresh cilantro
- Juice of 1 lime
- Salt and pepper to taste

Instructions:

1. Set the air fryer's temperature to 180°C or 350°F.

2. Halve the avocados, remove the pits, and remove the meat with a spoon. Mash the avocados with a fork in a bowl and season with the lime juice, salt, and pepper. Mix well.

3. Transfer the tortillas to a level surface. Distribute the avocado-lime mixture evenly over each tortilla.

4. Top the tortillas with chopped tomatoes, red onion, and fresh cilantro.

5. Divide each tortilla in half.

6. Cook the tortillas in the air fryer for five minutes or until they are crispy and golden brown.

7. After cooking, remove from the air fryer and serve hot.

Nutritional Information (per

Serving): Calories: 220 kcal, Protein: 4,
Carbohydrates: 30 g, Fat: 10 g, Fiber: 6 g,
Cholesterol: 0 mg, Sodium: 250 mg, Potassium: 400 mg.

BELL PEPPERS BAKED WITH FETA AND BASIL

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 2 large red bell peppers
- 2 large yellow bell peppers
- 200g crumbled feta cheese
- 1/4 cup finely chopped fresh basil
- 2 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- Salt and pepper to taste
- Fresh basil leaves for garnish

Instructions:

1. Set the air fryer's temperature to 200°C or 400°F.
2. Slice the peppers in half lengthwise to remove the seeds and stems.
3. Place the peppers on a baking pan with their skin side down.

4. Combine the chopped basil and crumbled feta cheese in a big bowl. Add the salt, pepper, balsamic vinegar, and olive oil.

5. Fill each pepper half with the feta and basil mixture.

6. Place the peppers in the air fryer and bake in the preheated air fryer for 20 minutes or until the peppers are soft and golden.

7. Before serving, garnish with fresh basil leaves.

8. Serve the baked bell peppers with feta and basil hot as a side dish or main course.

Nutritional Information (per

Serving):Calories: 180 kcal, Protein: 6 g, Carbohydrates: 8 g, Fat: 14 g, Fiber: 2 g, Cholesterol: 25 mg, Sodium: 300 mg, Potassium: 400 mg.

VEGAN MEDITERRANEAN CHICKPEA SOUP

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:**25 minutes

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 can (400g) chickpeas, drained and rinsed
- 1 can (400g) diced tomatoes
- 1 liter vegetable broth
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Set the air fryer's temperature to 180°C or 360°F.

2. Heat olive oil in a large bowl, then add onion and garlic. Sauté until fragrant.

3. Add carrots and celery, and cook until slightly softened.

4. Stir in chickpeas, diced tomatoes, vegetable broth, oregano, and thyme. Season with salt and pepper to taste.

5. Transfer the mixture to the air fryer basket.

6. Air fry the soup for 20-25 minutes or until the vegetables are tender.

7. Garnish with fresh parsley before serving.

Nutritional Information: Calories: 180,

Protein: 7g, Carbohydrates: 25g, Fat: 6g, Fiber: 7g, Cholesterol: 0mg, Sodium: 800mg, Potassium: 600 mg.

Our culinary adventure into the world of plant-based cuisine has come to an end!

I am confident that these simple yet delightful recipes have ignited your passion for culinary exploration, inspired you to experiment with new flavors, and encouraged you to adopt a more diverse diet. Remember, vegetarian cuisine is not just a feast for the taste buds but also a source of vitality and robust health.

Now it's time to indulge your sweet tooth! Mediterranean cuisine extends far beyond hearty main dishes and includes many delightful desserts.

In the next chapter, you'll embark on a journey through simple and unique recipes that will captivate both adults and children.

CHAPTER 10: DESSERTS

It's time to immerse yourself in the world of Mediterranean desserts, where the enchanting atmosphere of sunshine, spices, and unique flavors reign supreme!

In this chapter, we will unveil the secrets of preparing simple yet exquisite desserts using the magical power of the air fryer.

FRUIT FRITTERS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 10 minutes

Ingredients:

- 1 large apple
- 1 large pear
- 1 large banana
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- 1/2 cup milk (or plant-based milk)
- Vegetable oil for frying

Instructions:

1. Cut the apple, pear, and banana into small pieces.
2. Mix the flour, baking powder, sugar, cinnamon, and salt in a large bowl.
3. Gradually add milk, stirring until you get a thick, lump-free batter.

4. Add the diced fruits to the batter and mix well to coat them evenly.

5. Preheat the air fryer to 180°C (350°F).

6. Spoon portions of the fruit batter into the air fryer, leaving some space between each piece.

7. Fry the fruit cakes in the air fryer until golden brown, flipping occasionally, for about 8-10 minutes.

8. After finishing the fruit cakes, remove them from the air fryer and allow them to cool somewhat before serving.

9. Serve the fruit fritters hot, dusted with powdered sugar, and optionally drizzled with honey or maple syrup.

Nutritional Information (per serving):

Calories: 220 kcal, Protein: 3 g, Carbohydrates: 45 g, Fat: 2 g, Fiber: 4 g, Cholesterol: 0 mg, Sodium: 120 mg, Potassium: 300 mg.

SPANISH CHURROS

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 cup water
- 100g butter
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 2 eggs
- Vegetable oil for frying
- Sugar and cinnamon for dusting

Instructions:

1. Boil water, butter, sugar, and salt in a medium saucepan.
2. Reduce heat and gradually add flour, stirring constantly to avoid lumps. Cook the dough, stirring, until it becomes smooth and starts pulling away from the sides of the saucepan.
3. Place the dough in a bowl and cool a little.
4. Add oil and preheat the air fryer to 180°C (350°F).
5. Beat the eggs into the dough one at a

time, thoroughly combining each addition until the dough is consistent.

6. Spoon the dough into a bag with a star tip for piping.

7. Pipe long strips of dough directly into the hot oil of the air fryer. Cut the dough with a knife or scissors.

8. Fry the churros until golden brown, flipping them as needed, for about 5-7 minutes.

9. Using tongs, transfer the fried churros to a paper towel to remove excess oil.

10. Roll the churros with sugar and cinnamon while they are still hot to give them a unique flavor and aroma.

11. Serve the Spanish churros hot with your favorite dip or hot chocolate for dipping.

Nutritional Information (per

serving): Calories: 250 kcal, Protein: 4 g, Carbohydrates: 20 g, Fat: 16 g, Fiber: 1 g, Cholesterol: 85 mg, Sodium: 50 mg, Potassium: 60 mg.

PISTACHIO BAKLAVA WITH HONEY

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 30 minutes

Ingredients:

- 200g phyllo dough
- 150g ground pistachios
- 100g melted butter
- 100g honey
- 1 cup chopped nuts (walnuts, almonds, or pistachios)
- 1/2 teaspoon cinnamon

Instructions:

1. Prepare the phyllo dough, lay it on a work surface, and cut it into rectangles.
2. Mix the ground pistachios, chopped nuts, and cinnamon in a bowl.
3. Lay out the first layer of phyllo dough and drizzle it with melted butter.
4. Sprinkle a thin pistachio and nut mixture layer over it.
5. Work with the remaining phyllo dough layers similarly, dividing them into butter and

nut mixture layers.

6. Also, drizzle melted butter over the final top layer.
7. Cut the baklava into diamonds or squares.
8. Preheat the air fryer to 160°C (320°F).
9. Place the baklava in the air fryer until golden brown, approximately 25-30 minutes.
10. While the baklava is frying, heat the honey until it reaches a liquid state.
11. Once the baklava is done, remove it from the air fryer and let it cool slightly.
12. After cooling, drizzle the baklava with honey.
13. Serve the pistachio baklava with honey as a sweet dessert or snack with tea.

Nutritional Information (per serving):

Calories: 350 kcal, Protein: 7 g, Carbohydrates: 25 g, Fat: 25 g, Fiber: 2 g, Cholesterol: 10 mg, Sodium: 150 mg, Potassium: 200 mg.

PORTUGUESE CUSTARD TARTS (PASTEL DE NATA)

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 sheet puff pastry
- 250 ml heavy cream (at least 30% fat)
- 50 g sugar
- 2 egg yolks
- 1 tablespoon flour
- 1 teaspoon vanilla extract
- Powdered sugar for dusting

Instructions:

1. Thaw the puff pastry and unfold it on a work surface.
2. Cut the pastry into squares or circles slightly larger than the base of your muffin tin.
3. Grease the muffin tin with butter or oil and gently press the pastry squares into the tin to form tart shells.
4. Combine the heavy cream and sugar in a saucepan. Place over medium heat and boil, then remove from heat.
5. Whisk the egg yolks and flour in a separate bowl until smooth.

6. Whisk continuously to prevent lumps as you gradually add a small amount of the heated cream mixture to the egg yolk mixture.
7. Transfer the mixture to the saucepan and whisk continuously over low heat until the custard thickens.

8. Remove from heat, stir the vanilla extract, and mix well.

9. Fill the pastry shells with the custard mixture.

10. Preheat the air fryer to 180°C (350°F).

11. Place the custard tarts in the air fryer and cook for 15-20 minutes until the tops are golden brown and crispy.

12. Once cooked, remove the tarts from the air fryer and allow them to cool.

13. Dust the Portuguese custard tarts with powdered sugar before serving.

Nutritional Information (per serving):

Calories: 280 kcal, Protein: 4 g, Carbohydrates: 22 g, Fat: 20 g, Fiber: 1 g, Cholesterol: 110 mg, Sodium: 30 mg, Potassium: 80 mg.

GREEK HONEY FILO PASTRIES

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 20 minutes

Ingredients:

- 6 sheets of phyllo pastry
- 100g nuts (walnuts or almonds)
- 2 tablespoons honey
- 2 tablespoons olive oil
- Powdered sugar for dusting (optional)

Instructions:

1. Thaw the phyllo pastry according to package instructions.
2. Prepare the nuts by finely chopping them into crumbs.
3. Lay out one sheet of phyllo pastry and brush it with olive oil. Sprinkle a thin layer of chopped nuts over the surface.
4. Place another sheet of phyllo pastry on top and repeat the oil brushing and nut sprinkling process.
5. Continue layering and brushing until all sheets are used up.

6. Seal the edges of the pastry and nuts to form a roll.

7. Cut the roll into pieces about 3-4cm thick.

8. Set the air fryer to 180°C or 350°F.

9. Arrange the pastry pieces on the air fryer tray, ensuring they are spaced apart.

10. Air fry the pastries for 15-20 minutes or until golden brown and crispy.

11. Remove the pastries from the air fryer and let them cool.

12. Drizzle the pastries with honey and dust with powdered sugar if desired before serving.

Nutritional Information (per serving): Calories: 220 kcal, Protein: 4 g, Carbohydrates: 20 g, Fat: 15 g, Fiber: 2 g, Cholesterol: 0 mg, Sodium: 50 mg, Potassium: 100 mg.

CITRUS ALMOND CAKE BITES

Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients:

- 1 cup almond flour
- 1/4 cup granulated sugar
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup unsalted butter, melted
- 1 large egg
- 1 tsp vanilla extract
- Zest of 1 lemon
- Zest of 1 orange
- 2 tbsp orange juice
- Powdered sugar for dusting

Instructions:

1. Combine almond flour, sugar, baking powder, and salt in a mixing bowl.
2. Whisk together melted butter, egg, vanilla extract, lemon zest, orange zest, and orange juice in another bowl.
3. Stir the dry ingredients well after

gradually adding the wet components.

4. Set the temperature of the air fryer to 350°F (175°C).

5. Grease the air fryer basket or line it with parchment paper.

6. Scoop tablespoon-sized portions of the batter onto the prepared air fryer basket, leaving space between each cake bite.

7. Air fry for 12-15 minutes until the cake bites are golden brown and a toothpick inserted into the center comes clean.

8. Remove the cake bites from the air fryer and let them cool slightly.

9. Dust with powdered sugar before serving.

Nutrition Information (per serving): Calories: 280, Protein: 6g, Carbohydrates: 20g, Fat: 20g, Fiber: 3g, Cholesterol: 65mg, Sodium: 150 mg, Potassium: 100mg

MEDITERRANEAN CHIACCHIERE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 200g all-purpose flour
- 2 tablespoons sugar
- 2 eggs
- 2 tablespoons olive oil
- 2 tablespoons white wine
- Zest of 1 lemon
- Pinch of salt
- Oil for frying
- Powdered sugar for dusting

Instructions:

1. To make a smooth dough, combine the flour, sugar, eggs, olive oil, white wine, lemon zest, and a small amount of salt in a large bowl.
2. Divide the dough into several pieces and

roll each into a thin sheet.

3. Cut the dough into strips about 2-3cm wide.

4. Preheat the oil for frying in the air fryer to 180°C (350°F).

5. Fry the dough strips in batches in the air fryer until golden brown, flipping them once. This will take about 2-3 minutes per batch.

6. Transfer the fried chiacchiere to a paper towel-lined plate using a slotted spoon to remove excess oil.

7. Dust the chiacchiere with powdered sugar and serve.

Nutritional Information (per serving):

Calories: 220 kcal, Protein: 4 g, Carbohydrates: 26 g, Fat: 11 g, Fiber: 1 g, Cholesterol: 46 mg, Sodium: 70 mg, Potassium: 60 mg.

TUNISIAN CRISPY HONEY ALMOND MUFFINS

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup ground almonds
- 1/4 cup brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup almond milk
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 teaspoon vanilla extract
- 1/4 cup sliced almond flakes (for topping)

Instructions:

1. In a large bowl, mix flour, ground almonds, brown sugar, baking powder, and salt.

2. Combine almond milk, honey, olive oil, and vanilla extract in another bowl.

3. Stir the dry ingredients into the wet mixture gradually until a homogeneous batter emerges.

4. Pour the batter into muffin cups, filled to 2/3 full.

5. Sprinkle sliced almond flakes on top.

6. Preheat the air fryer to 180°C (350°F).

7. Toast the muffins in the air fryer for 15 to 20 minutes or until brown and a toothpick inserted in the center comes out clean.

Nutritional Information (per

serving): Calories: 250 kcal, Protein: 5 g, Carbohydrates: 20 g, Fat: 15 g, Fiber: 2 g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 100 mg.

ITALIAN CANNOLI

Yield: 4 servings | **Prep Time:** 20 minutes | **Cook Time:** 15 minutes

Ingredients:

- 8 cannoli shells
- 250g ricotta cheese
- 1/4 cup powdered sugar
- 1/2 cup chocolate chips
- 1/4 cup ground almonds
- 1/4 cup diced candied fruits
- 1/2 cup heavy cream
- 1/4 cup cocoa powder for dusting

Instructions:

1. Mix the ricotta and powdered sugar until smooth in a bowl.
2. Add chocolate chips, ground almonds, and diced candied fruits to the ricotta mixture, stirring well to combine.

3. Fill the cannoli shells with the prepared filling.

4. Set the air fryer's temperature to 180°C or 350°F.

5. Place the cannoli in the air fryer and cook for 10-15 minutes until golden brown.

6. Once cooked, allow the cannoli to cool.

7. Before serving, dust generously with cocoa powder.

Nutritional Information (per serving):

Calories: 300 kcal, Protein: 10 g, Carbohydrates: 25 g, Fat: 18 g, Fiber: 2 g, Cholesterol: 25 mg, Sodium: 150 mg, Potassium: 200 mg.

TURKISH SIMIT

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

Ingredients:

- 2 cups all-purpose flour
- 1 cup warm water
- 1 tablespoon active dry yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup sesame seeds

Instructions:

1. Combine the yeast, sugar, and warm water in a bowl. Let it sit for five minutes until the yeast is active.
2. Add flour, salt, and vegetable oil to the bowl with activated yeast. Work the dough into a soft, elastic ball.
3. Place a fresh cloth over the bowl and allow the dough to rise gently for an hour.
4. After the dough has risen, divide it into

equal parts and roll them into long ropes.

5. Shape the ropes into rings, connecting the ends and forming a ring shape.

6. Brush each ring with water and coat them with sesame seeds, covering them from all sides.

7. Set the air fryer's temperature to 180°C (350°F).

8. Place the limits in the air fryer until golden brown, about 10-15 minutes.

9. When the limits are finished, remove them from the air fryer and allow them to cool a little before serving.

Nutritional Information (per serving):

Calories: 250 kcal, Protein: 6 g, Carbohydrates: 40 g, Fat: 7 g, Fiber: 3 g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 150 mg.

MALTESE CANNOLI

Yield: 4 servings | **Prep time:** 30 minutes | **Cook time:** 20 minutes

Ingredients:

- 200g flour
- 30g butter
- 1 egg
- 30g sugar
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 50ml Marsala or other fortified wine
- Vegetable oil for frying
- Powdered sugar for dusting

Instructions:

1. Mix the flour, cinnamon, and salt in a sizable basin. Add the egg and butter. Stir in the Marsala slowly while kneading the dough until it becomes elastic and smooth.
2. Place plastic wrap over the dough and allow it to rest for half an hour.

3. Form the dough into several tiny balls. Flatten each ball into a narrow rectangle on a surface dusted with flour.

4. Roll the dough onto a cannoli mold, pressing the edges to seal.

5. Preheat vegetable oil in the air fryer to 180°C (350°F). Fry the cannoli until golden brown, about 5-7 minutes.

6. Transfer the cannoli to a paper towel to remove excess oil.

7. Once the cannoli have cooled slightly, dust them with powdered sugar and serve.

Nutritional Information (per serving): Calories: 320kcal, Protein: 6g, Carbohydrates: 40g, Fat: 14g, Fiber: 2g, Cholesterol: 55mg, Sodium: 120mg, Potassium: 90mg.

SPANISH CHOCOLATE CHURROS WITH ORANGE SAUCE

Yield: 4 servings | **Prep time:** 20 minutes | **Cook time:** 20 minutes

Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon cocoa powder
- 1 cup water
- 2 tablespoons unsalted butter
- 1 tablespoon sugar
- Pinch of salt
- 1 egg
- 1 cup chocolate chips
- 1 cup orange juice
- 1 tablespoon brown sugar
- Orange zest (for flavoring)

Instructions:

1. Combine water, butter, sugar, and salt in a small saucepan. Bring to a boil over medium heat.
2. Once boiling, reduce heat and gradually add the flour and cocoa powder, stirring constantly to avoid lumps.
3. Cook the dough, stirring, until it starts to pull away from the sides of the saucepan, about 2-3 minutes.

4. Turn off the fire and allow the dough to cool in the pot. Gradually whisk in the egg and continue until the dough is smooth.

5. Aim for 180°C or 350°F on the air fryer. After placing the dough in a piping bag, seal it with the star-shaped tip.

6. Pipe the dough, slicing it into long strips (churros), into the air fryer. Fry for 7 to 8 minutes or until golden brown.

7. Make the sauce while the churros are frying. Mix orange juice, brown sugar, and orange zest in a saucepan. Reduce the heat and simmer the sauce until it thickens, stirring occasionally, after bringing it to a boil.

8. Once the churros are done, remove them from the air fryer and place them on a paper towel to remove excess oil.

9. Serve the churros with the warm orange sauce.

Nutritional Information: Calories: 250 kcal, Protein: 5g, Carbohydrates: 30g, Fat: 12g, Fiber: 2g, Cholesterol: 30mg, Sodium: 50mg, Potassium: 80mg.

ITALIAN RICOTTA RANGE CUPCAKES

Yield: 4-6 servings | **Prep Time:** 15 minutes | **Cook Time:** 20 minutes

Ingredients:

- 1 cup ricotta cheese
- 2 eggs
- 1/2 cup sugar
- 1/4 cup olive oil
- 1 teaspoon vanilla extract
- Zest of 1 orange
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- Pinch of salt
- Powdered sugar for dusting

Instructions:

1. Set the temperature of your air fryer to 180°C or 350°F.
2. In a mixing dish, combine the ricotta cheese, eggs, sugar, vanilla essence, and olive oil. Mix thoroughly with a whisk.
3. Use another basin to sift the flour, baking powder, and salt.
4. Stir until mixed; gradually add the dry

ingredients to the wet components. Be careful not to blend too much.

5. Line the air fryer basket with silicone cupcake liners or parchment paper.

6. Using a spoon, scoop out enough batter to fill each cupcake liner to about 3/4 of the way.

7. Place the cupcake liners in the air fryer basket, leaving some space between each cupcake.

8. After baking the cupcakes for 18 to 20 minutes at 180°C (350°F), a toothpick inserted in the center should come clean.

9. Place the cupcakes on a wire rack to cool fully from the air fryer.

10. Dust the cooled cupcakes with powdered sugar before serving.

Nutritional Information: Calories: 240, Protein: 7g, Carbohydrates: 22g, Fat: 14g, Fiber: 1g, Cholesterol: 80mg, Sodium: 140mg, Potassium: 120mg.

MEDITERRANEAN ORANGE OLIVE OIL CAKE

Yield: 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 25 minutes

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 tsp baking powder
- Pinch of salt
- 1/4 cup olive oil
- 2 eggs
- Juice and zest of 1 orange
- 1/4 cup milk
- 1 tsp vanilla extract

Instructions:

1. Combine the flour, sugar, baking powder, and salt in a bowl.
2. In another bowl, beat the olive oil with the eggs until smooth.
3. Add the orange juice, zest, milk, and

vanilla extract to the egg and oil mixture. Mix well.

4. Gradually add the dry ingredients to the wet ingredients, stirring until smooth.

5. Preheat the air fryer to 180°C (350°F).

6. Grease a baking pan or line it with parchment paper. Pour the batter into the pan.

7. Bake in the air fryer for 20-25 minutes or until done.

8. Cool before serving. Optionally, garnish with fresh fruit or powdered sugar.

Nutritional Information (per serving): Calories: 280, Protein: 6g, Carbohydrates: 30g, Fat: 14g, Fiber: 2g, Cholesterol: 60mg, Sodium: 120mg, Potassium: 90mg

In the "Desserts" section, we explored the world of sweet treats through the lens of a healthy lifestyle. Each recipe is intriguing in its way. With the help of the air fryer, we raised the bar and turned our desserts into a source of pleasure without unnecessary calories. Allow yourself to immerse in this world of indulgence, knowing that every bite brings joy and well-being.

Ahead of you lies an even more exciting adventure – a 28-day healthy eating marathon, which will help you:

Discover new aspects of a healthy lifestyle.

Learn how to cook delicious and nutritious meals.

Boost your energy and improve your well-being.

Take a step towards a leaner figure and robust health.

CHAPTER 11: **28-DAY MEAL PLAN.**

Welcome to our 28-Day Meal Plan, which provides a structured guide for your health or dietary needs. Each week, you'll find various delicious recipes and meal ideas to keep you on track. Let's get started!

WEEK 1:

DAY 1:

- **Breakfast:** Frittata with Artichokes and Olives
- **Lunch:** Air-Fried Black Bean Burgers
- **Snack:** Baked Tomatoes with Olive Oil and Basil
- **Dinner:** Seafood Pizza with Pesto

DAY 2:

- **Breakfast:** Apple Donuts
- **Lunch:** Shrimp with Orange Glaze from Air Fryer
- **Snack:** Spinach and Feta Rolls
- **Dinner:** Frittata with Artichokes and Olives

DAY 3:

- **Breakfast:** Banana Pancakes
- **Lunch:** Air-Fried Mini Bell Peppers Stuffed with Feta Cheese
- **Snack:** Potato Wedges with Garlic and Parsley
- **Dinner:** Shrimp Breaded with Oregano and Paprika

DAY 4:

- **Breakfast:** Toast with Avocado and Egg

- **Lunch:** Couscous with Roasted Vegetables
- **Snack:** Mediterranean Stuffed Mushrooms
- **Dinner:** Honey and Thyme Eggplants

DAY 5:

- **Breakfast:** Corn Pancakes with Ricotta and Honey
- **Lunch:** Air-fried Brussels Sprouts with Garlic and Soy Sauce
- **Snack:** Stuffed Zucchini
- **Dinner:** Air-Fried Sea Bass with Olive Oil and Lemon

DAY 6:

- **Breakfast:** Blueberry Muffins
- **Lunch:** Spicy Feta Cheese Balls
- **Snack:** Asparagus Wrapped in Phyllo Dough
- **Dinner:** Falafel in Lettuce Wraps

DAY 7:

- **Breakfast:** Spinach Omelet with Tomatoes and Feta
- **Lunch:** Ratatouille
- **Snack:** Fruit Pancakes
- **Dinner:** Seafood Pizza with Pesto

WEEK 2:

DAY 8:

- **Breakfast:** Mediterranean Tomato Soup with Basil and Mozzarella
- **Lunch:** Mediterranean Stuffed Mushrooms
- **Snack:** Hummus with Pita Bread
- **Dinner:** Zucchini with Lemon Pepper

DAY 9:

- **Breakfast:** Vegan Mediterranean Chickpea Soup
- **Lunch:** Baked Tomatoes with Olive Oil and Basil
- **Snack:** Olive Tapenade
- **Dinner:** Eggplants with Honey and Thyme

DAY 10:

- **Breakfast:** Quinoa-Stuffed Tomatoes
- **Lunch:** Air-fried falafel in Lettuce Wraps
- **Snack:** Stuffed Mushrooms with Feta and Basil
- **Dinner:** Potato Wedges with Garlic and Parsley

DAY 11:

- **Breakfast:** French Toast with Apple Cinnamon
- **Lunch:** Falafel in Lettuce Wraps

- **Snack:** Vegan Mediterranean Chickpea Soup
- **Dinner:** Baked Tomatoes with Olive Oil and Basil

DAY 12:

- **Breakfast:** Banana Pancakes
- **Lunch:** Vegan Mediterranean Chickpea Soup
- **Snack:** Olive Tapenade
- **Dinner:** Eggplants with Honey and Thyme

DAY 13:

- **Breakfast:** Mediterranean Stuffed Mushrooms
- **Lunch:** Baked Tomatoes with Olive Oil and Basil
- **Snack:** Quinoa-Stuffed Tomatoes
- **Dinner:** Potato Wedges with Garlic and Parsley

DAY 14:

- **Breakfast:** Vegan Mediterranean Chickpea Soup
- **Lunch:** Falafel in Lettuce Wraps
- **Snack:** Stuffed Mushrooms with Feta and Basil
- **Dinner:** Zucchini with Lemon Pepper

WEEK 3:

DAY 15:

- **Breakfast:** Corn Pancakes with Ricotta and Honey
- **Lunch:** Air-Fried Sea Bass with Olive Oil and Lemon
- **Snack:** Spinach and Feta Rolls
- **Dinner:** Frittata with Artichokes and Olives

DAY 16:

- **Breakfast:** Apple Donuts
- **Lunch:** Shrimp Breaded with Oregano and Paprika
- **Snack:** Mediterranean Stuffed Mushrooms
- **Dinner:** Honey and Thyme Eggplants

DAY 17:

- **Breakfast:** Toast with Avocado and Egg
- **Lunch:** Air-fried Brussels Sprouts with Garlic and Soy Sauce
- **Snack:** Potato Wedges with Garlic and Parsley
- **Dinner:** Mediterranean Stuffed Mushrooms

DAY 18:

- **Breakfast:** Blueberry Muffins
- **Lunch:** Spicy Feta Cheese Balls
- **Snack:** Asparagus Wrapped in Phyllo Dough
- **Dinner:** Falafel in Lettuce Wraps

DAY 19:

- **Breakfast:** Spinach Omelet with Tomatoes and Feta
- **Lunch:** Ratatouille
- **Snack:** Fruit Pancakes
- **Dinner:** Seafood Pizza with Pesto

DAY 20:

- **Breakfast:** Mediterranean Tomato Soup with Basil and Mozzarella
- **Lunch:** Mediterranean Stuffed Mushrooms
- **Snack:** Hummus with Pita Bread
- **Dinner:** Zucchini with Lemon Pepper

DAY 21:

- **Breakfast:** Vegan Mediterranean Chickpea Soup
- **Lunch:** Baked Tomatoes with Olive Oil and Basil
- **Snack:** Olive Tapenade
- **Dinner:** Eggplants with Honey and Thyme

WEEK 4:

DAY 22:

- **Breakfast:** Quinoa-Stuffed Tomatoes
- **Lunch:** Air-fried falafel in Lettuce Wraps
- **Snack:** Stuffed Mushrooms with Feta and Basil
- **Dinner:** Potato Wedges with Garlic and Parsley

DAY 23:

- **Breakfast:** French Toast with Apple Cinnamon
- **Lunch:** Falafel in Lettuce Wraps
- **Snack:** Vegan Mediterranean Chickpea Soup
- **Dinner:** Baked Tomatoes with Olive Oil and Basil

DAY 24:

- **Breakfast:** Banana Pancakes
- **Lunch:** Vegan Mediterranean Chickpea Soup
- **Snack:** Olive Tapenade
- **Dinner:** Eggplants with Honey and Thyme

DAY 25:

- **Breakfast:** Mediterranean Stuffed Mushrooms
- **Lunch:** Baked Tomatoes with Olive Oil and Basil
- **Snack:** Quinoa-Stuffed Tomatoes
- **Dinner:** Potato Wedges with Garlic and Parsley

DAY 26:

- **Breakfast:** Vegan Mediterranean Chickpea Soup
- **Lunch:** Falafel in Lettuce Wraps
- **Snack:** Stuffed Mushrooms with Feta and Basil
- **Dinner:** Zucchini with Lemon Pepper

DAY 27:

- **Breakfast:** Corn Pancakes with Ricotta and Honey
- **Lunch:** Air-Fried Sea Bass with Olive Oil and Lemon
- **Snack:** Spinach and Feta Rolls
- **Dinner:** Frittata with Artichokes and Olives

DAY 28:

- **Breakfast:** Apple Donuts
- **Lunch:** Shrimp Breaded with Oregano and Paprika
- **Snack:** Mediterranean Stuffed Mushrooms
- **Dinner:** Honey and Thyme Eggplants

Congratulations on completing your 28-day healthy eating marathon with an air fryer! You've embarked on an incredible journey, discovering a world of nutritious dishes, new flavors, and a mindful approach to food, all with the help of this amazing kitchen companion.

As you close this chapter, take a moment to reflect on your remarkable progress. You've likely noticed a surge of energy, a sense of lightness, and a newfound appreciation for wholesome food. You've also gained valuable skills in menu planning, air fryer cooking, and making informed food choices.

But this isn't the end; it's just the beginning! The principles and habits you've established during these 28 days will serve as the foundation for a healthier, happier, and more fulfilling life.

How to maintain this momentum:

Continue incorporating the healthy air fryer-friendly recipes you've learned into your diet.

Embark on culinary adventures, trying new cuisines and ingredients without fear of experimentation, utilizing the capabilities of your air fryer.

Plan your meals ahead of time to avoid unhealthy spur-of-the-moment decisions, using air fryer recipes as your guide.

Practice mindful eating, savoring each air-fried bite, and listening to your body's cues.

Stay hydrated by drinking plenty of water throughout the day.

Engage in regular physical activity, choosing forms of exercise that you enjoy.

Surround yourself with people who support your healthy lifestyle choices.

Remember, your journey towards a healthier you is an ongoing process. Ups and downs are inevitable, but with determination and self-compassion, you can achieve your long-term wellness goals.

Embrace the joy of nourishing your body and mind with healthy air-fried meals. Celebrate your small victories and keep moving forward with a positive mindset.

You've taken the first step towards a healthier and happier life; now, continue paving your path to well-being!

Bon appétit and happy journey!

CONCLUSION

With the final page turned, a world of culinary possibilities unfolds before you. The Mediterranean Air Fryer Cookbook has equipped you with the tools and inspiration to embark on a delicious adventure. You've explored vibrant flavors, mastered air fryer techniques, and discovered a bounty of healthy recipes for every skill level.

Now, it's your turn to create! Fill your kitchen with the intoxicating aromas of the Mediterranean as you bring these recipes to life. Let the sizzle of air-fried goodness fill your ears and the vibrant colors of fresh ingredients tantalize your eyes. Most importantly, gather your loved ones and savor the joy of sharing a healthy and flavorful meal.

This book is more than just a collection of recipes; it's a gateway to a healthier lifestyle and a deeper appreciation for the culinary magic of the Mediterranean. Remember, the journey is just as important as the destination. Experiment with flavors, adapt recipes to your taste and create your signature dishes.

May your air fryer be a constant companion on this journey, and may the flavors of the Mediterranean forever dance on your palate.

Share your culinary journey with others! Leave a review of The Mediterranean Air Fryer Cookbook on Amazon and help others discover a world of flavor, health, and inspiration!