



**SAKI**

# **AIR FRYER COOKBOOK**

MODEL: HF-8350DT-W



**SAKI**

**AIR FRYER**

COOKBOOK

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# BREAKFAST



# Peanut Butter and Raisins Cookies

 Calories	703
 Fat	20g
 Protein	18g
 Carbs	124g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	300°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- 2 medium ripe bananas, peeled and mashed
- ½ cup peanut butter
- 1 teaspoon vanilla extract
- ½ cup honey
- ½ cup all-purpose flour
- 1 cup old-fashioned oats
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon powder
- ¼ cup milk powder
- 1 cup dried raisins





## Directions


- Preheat air fryer - set temperature to 300°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch round baking tray with olive oil spray and set aside.
- In a bowl, combine bananas, peanut butter, vanilla, and honey. Mix well until smooth.
- In another bowl, mix flour, oats, baking soda, salt, cinnamon powder, and milk powder until even.
- Combine both banana and flour mixtures. Mix well until smooth batter forms and fold in raisins.
- In batches, add ¼ cupfuls of batter onto baking tray with 2-inch intervals. Use back of a spoon to flatten each batter into ½-inch thickness.
- Pull out air fryer basket, place in baking tray, and slide in basket to close.
- Reset timer to 8 minutes and press “Start/Pause” button to begin baking cookies. Cook cookies until light golden and set within.
- Once ready, pull out basket and transfer cookies to a wire rack to cool.
- Serve cookies.





# Pastry Danishes

 Calories	1081
 Fat	65g
 Protein	15g
 Carbs	109g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	325°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 (8 ounces) pack cream cheese, room temperature
- 2 tablespoons all-purpose flour + extra for dusting
- ¼ cup granulated sugar
- ½ teaspoon vanilla extract
- 2 large egg yolks
- 1 tablespoon water
- 1 (17 ounces) package frozen puff pastry, thawed
- 2/3 cup seedless jam of choice
- Olive oil spray

## Directions





- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a bowl, add cream cheese, flour, sugar, and vanilla; mix until smooth. Add one egg yolk and whisk until smooth.
- In another bowl, beat remaining egg yolk and water until even and set aside as egg wash.
- Dust a clean flat surface with flour and unfold puff pastry sheets on top. Roll out sheets into a 12-inch square. Using a sharp knife, cut pastry sheets into nine (4-inch) squares.
- On each square, add 1 tablespoon of cream cheese mixture and a teaspoon of jam. Bring two of four opposite ends of each pastry together and seal edges with some egg wash. After, lightly brush top of pastries with remaining egg wash.
- Open air fryer and lightly grease basket with olive oil spray. In batches, add pastries to basket in a single layer and close basket.
- Reset timer to 10 minutes. Press "Start/Pause" button to begin baking. Bake pastries until golden brown.
- Once ready, remove basket and transfer pastries to a wire rack to cool.
- Serve pastry Danishes.








# Cheddar and Spinach Egg Muffins

 Calories	159
 Fat	11g
 Protein	10g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	325°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- Olive oil spray
- 4 large eggs
- 1 ½ tablespoons heavy whipping cream
- 1/8 teaspoon garlic powder
- Salt and black pepper to taste
- 1 small white onion, peeled and chopped
- ½ cup chopped red bell peppers, cooked sweet potatoes, or chopped sausages
- ¼ cup grated mozzarella cheese
- ¼ cup grated cheddar cheese


## Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a 4-holed silicone muffin tray with olive oil spray and set aside.
- Crack eggs into a bowl and add heavy whipping cream, garlic powder, salt, and black pepper. Whisk until smooth. Add onion, bell peppers or sweet potatoes or sausages, spinach, mozzarella cheese, and cheddar cheese. Mix well.
- Fill muffin tray holes two-thirds way up with egg mixture.
- Pull out air fryer basket, carefully place muffin tray inside and slide in basket to close.
- Reset timer to 12 minutes. Press “Start/Pause” button to begin baking. Cook eggs until done at center. You can test doneness by inserting a toothpick in eggs; if dry when pulled out, eggs are set.
- Once egg muffins are ready, pull out basket and remove muffin tray onto a heat-resistant surface. Let egg cups cool slightly in muffin holes.
- Serve warm.



# Ham and Egg Pockets

 Calories	507
 Fat	37g
 Protein	17g
 Carbs	27g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	13 mins	300°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 teaspoons butter for greasing
- 2 large eggs
- 4 teaspoons milk
- Salt and black pepper to taste
- 2 ounces thinly sliced deli ham, chopped
- ¼ cup shredded zucchini
- 4 tablespoons grated cheddar cheese
- 2 (4 ounces) tubes refrigerated crescent rolls





## Directions



- Preheat air fryer - set temperature to 300°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch round baking dish with butter and set aside.
- Crack eggs into a bowl; add milk, salt, and black pepper. Whisk until smooth and pour into baking dish.
- Pull out air fryer basket, place in baking dish, and close air fryer.
- Reset timer to 3 minutes. Press “Start/Pause” button to initiate cooking. Cook eggs until softly set.
- Pull out basket and remove baking dish. Add ham, zucchini, and cheddar cheese to eggs and mix well. Set aside.
- Separate crescent rolls into four rectangles and seal perforations. Add a quarter of egg-cheese mixture to center of each rectangle and fold dough over filling. Pinch edges to seal.
- Arrange pastry pockets in air fryer basket in a single layer and slide into air fryer.
- Keep temperature at 300°F and set timer to 10 minutes. Press “Start/Pause” button to begin baking. Bake pastry pockets until golden brown.
- Remove basket and transfer pastry pockets to a wire rack to cool slightly.
- Serve warm.





# French Toast Bake with Apples

 Calories	836
 Fat	54g
 Protein	29g
 Carbs	63g

Prep Time	Refrigeration Time	Standing Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	4 hours or overnight	30 mins	15 mins	300°F - 350°F		Moderate 

## Ingredients

- 3 tablespoon unsalted butter + extra for greasing
- 3 large apples, peeled and diced
- 2 tablespoon brown sugar
- 1 ½ teaspoon cinnamon powder, divided
- 1 (16 ounces) loaf brioche bread, cut into cubes
- 1 (8 ounces) package cream cheese, cut into cubes
- 12 large eggs
- 2 cups milk
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ cup chopped pecans
- 1 tablespoon confectioner's sugar





## Directions

- Preheat air fryer - set temperature to 300°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a 6-inch round baking dish, add butter, apples, brown sugar, and 1 teaspoon of cinnamon powder. Mix well.
- Pull out air fryer basket, place baking dish inside, and slide in basket to close.
- Set timer to 5 minutes. Press "Start/Pause" button to start baking apples. Cook apples until tender.
- Remove baking dish and set aside to cool apples. Turn off air fryer.
- Lightly grease an 8-inch round baking dish with butter.
- Spread half of bread cubes in baking dish in a single layer. Spread cream cheese all over bread, distribute half of apple mixture on top, cover with remaining bread cubes and finish topping with rest of apple mixture.
- Crack eggs into a bowl and add milk, maple syrup, vanilla, salt, and remaining cinnamon powder. Whisk until smooth. Pour mixture evenly over bread and apple layers. Cover baking dish with aluminum foil and refrigerate for at least 4 hours or overnight.
- When ready to cook, remove baking dish from refrigerator and let stand for 30 minutes.
- At 27 minutes of bread mixture returning to room temperature, preheat air fryer. Set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Remove foil from baking dish and sprinkle pecans on food.
- Pull out air fryer basket, place baking dish inside, and close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to begin baking. Bake toasts until golden brown and springy at center.
- Take out baking dish and let toast stand for 2 to 3 minutes to cool slightly.
- Sprinkle toasts with confectioner's sugar and serve immediately.





# Cheesy Egg Rolls

 Calories	628
 Fat	29g
 Protein	32g
 Carbs	58g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	13 mins	370°F, 370°F, and 400°F		Moderate 

## Ingredients

- Olive oil spray
- ½ pound ground pork sausage
- 1 tablespoon chopped green onions
- ½ cup shredded sharp cheddar cheese
- 4 large eggs
- 1 tablespoon milk
- Salt and black pepper to taste
- 12 egg roll wrappers





## Directions



- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease a 6-inch round baking dish with olive oil spray and add sausages. Pull out air fryer basket, place baking dish inside, and close air fryer.
- Set timer to 6 minutes. Press Start/Pause button to start cooking. Cook sausage until golden brown while stirring halfway through cooking.
- Once ready, remove baking dish from air fryer and transfer sausage to a bowl. Add green onions and cheddar cheese; mix well and set aside. Also, wipe baking dish clean with a paper towel and grease with olive oil spray. Set aside.
- Crack eggs into a bowl; add milk, salt, and black pepper. Whisk well and pour egg mixture into baking dish. Place baking dish in air fryer basket and close air fryer.
- Reset temperature to 300°F and timer to 3 minutes. Press “Start/Pause” button to begin cooking. Cook eggs until softly set while stirring halfway through cooking.
- Once ready, remove baking dish and add eggs to sausage mixture.
- Lay out one egg roll wrapper with one corner in front of you. Spoon 2 tablespoons of egg filling just below center of wrapper and fold bottom corner over filling. Dip your finger in water and run along the edges of wrapper. Fold side corners towards center over filling, roll tightly over, and press tip to seal. Make more egg rolls.
- In a single layer, arrange egg rolls in air fryer basket, mist with olive oil spray, and slide basket into air fryer.
- Set temperature to 400°F and timer to 4 minutes. Press “Start/Pause” button to initiate frying. Cook until egg rolls are golden brown while shaking basket halfway through frying.
- Remove basket and transfer egg rolls to a serving platter.
- Cool slightly and serve.





# Stuffed Sweet Potato Skins

 Calories	309
 Fat	17g
 Protein	10g
 Carbs	30g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	320°F and 350°F		Easy 

## Ingredients

- 4 bacon slices
- 4 medium pre-cooked sweet potatoes
- 1 teaspoon olive oil
- Salt and black pepper to taste
- ½ cup grated Colby Jack cheese

## Topping Options

- Sour cream
- Crumbled goat cheese
- Chopped tomatoes
- Chopped green onions
- Chopped fresh cilantro





## Directions


- Preheat air fryer – select “Bacon” function and adjust timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer and in a single layer, arrange bacon in basket. Slide in basket to close.
- Set timer to 8 minutes. Press “Start/Pause” button to begin cooking bacon. Cook until golden brown and crispy.
- Use tongs to transfer bacon onto a paper towel-lined plate to drain grease. Let cool and chop into small pieces. Set aside.
- Slice sweet potatoes lengthwise into halves and scoop two-thirds flesh out of each potato half into a bowl. Make sure not to break skins. Brush skins with olive oil, season with salt, black pepper, and place in air fryer basket.
- Close air fryer; set temperature to 320°F and timer for 5 minutes. Press “Start/Pause” button to begin crisping potato skins. Cook until potato skins are golden brown.
- Meanwhile, season potato flesh in bowl with salt, black pepper and add cheese and bacon. Mix well.
- When potato skins are ready, use tongs to remove onto a plate and divide potato flesh mixture into potato skins.
- Carefully place stuffed potato skins in air fryer basket and close air fryer.
- Adjust temperature to 350°F and set timer to 2 minutes. Press “Start/Pause” button to begin baking. Bake until cheese melts.
- Transfer ready stuffed potato skins to a serving platter. Top with sour cream, tomato, and green onions.
- Serve warm.





# Sausage and Vegetable Omelet

 Calories	193
 Fat	14g
 Protein	13g
 Carbs	4g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	18 mins	350°F		Easy 

## Ingredients





- Olive oil spray
- ¼ pound ground pork sausage
- 4 eggs
- ¼ cup milk
- Salt and black pepper to taste
- 1 small red bell pepper, deseeded and chopped
- 2 green onions, chopped
- ¼ cup chopped mushrooms
- ¼ cup grated cheddar cheese



## Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease a 6-inch round baking dish with olive oil spray and add sausage. Open air fryer, place baking dish in basket, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to initiate cooking. Cook sausage until golden brown.
- When ready, remove baking dish and set aside with sausage. Lightly grease an 8-inch baking dish with olive oil spray and set aside too.
- Crack eggs into a bowl, add milk, salt, and black pepper; whisk until smooth. Add sausage, bell pepper, green onions, and mushrooms. Pour mixture into 8-inch baking dish.
- Place dish in air fryer basket and close air fryer.
- Set timer for 8 to 10 minutes and press “Start/Pause” button to initiate cooking. Halfway through cooking, sprinkle cheddar cheese on top of eggs and continue cooking until timer ends or eggs set to your desired doneness.
- Remove baking dish and run a spatula along the edges of omelet. Slide omelet onto a plate and serve warm.



# Apple Fritters

 Calories	899
 Fat	17g
 Protein	20g
 Carbs	167g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	400°F		Easy 

## Ingredients

- Olive oil spray
- 4 ½ cups all-purpose flour
- 2 teaspoons baking powder
- ¼ cup sugar
- ½ teaspoon salt
- 1 ½ teaspoons cinnamon powder
- 2 large eggs, room temperature
- 2/3 cup milk
- 1 tablespoon fresh lemon juice
- 1 ½ teaspoons vanilla extract, divided
- 2 medium Honeycrisp apples, peeled and chopped

## Topping sauce

- ¼ cup butter, melted
- 1 cup confectioner's sugar
- 1 tablespoon milk

## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Line an 8-inch baking tray with greaseproof paper and mist lightly with olive oil spray. Set aside.
- In a large bowl, add flour, baking powder, sugar, salt, and cinnamon powder; mix well. Crack eggs into another bowl; add milk, lemon juice, and vanilla. Whisk well until smooth batter forms. Add apples and fold in well.
- Spoon ¼ cupfuls of batter onto baking tray with 2-inch intervals. Mist lightly with olive oil spray.
- Open air fryer, place baking tray in basket and close air fryer.
- Set timer to 8 minutes. Press "Start/Pause" button to initiate baking. Bake fritter dough until golden brown while turning at 6 minutes of cooking.
- After cooking, remove baking tray and transfer apple fritters to a wire rack to cool.
- Meanwhile, make topping sauce. In a bowl, combine butter, confectioner's sugar, and milk. Whisk well until smooth.
- Place apple fritters on a serving platter, drizzle with topping sauce and serve immediately.













# APPETIZERS



# Honey Garlic Chicken Wings

 Calories	1030
 Fat	62g
 Protein	76g
 Carbs	41g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	35 mins	375°F and 400°F		Easy 

## Ingredients

- 16 pieces chicken wings, separated into drumettes
- Salt and black pepper to taste
- $\frac{3}{4}$  cup potato starch
- Olive oil spray
- 2 tablespoon butter, melted
- 1 teaspoon garlic powder
- 1  $\frac{1}{2}$  teaspoons soy sauce
- $\frac{1}{4}$  cup honey
- 1 tablespoon sliced fresh scallions for garnish





## Directions



- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Pat dry chicken wings with a paper towel and place in a bowl. Season with salt, black pepper, and add potato starch; toss well.
- Open air fryer and lightly grease basket with olive oil spray. Arrange chicken wings in basket in a single layer, lightly mist with olive oil spray, and close air fryer.
- Set timer to 20 minutes and press "Start/Pause" button to initiate frying. After, increase temperature to 400°F and timer to 15 minutes; press "Start/Pause" button to continue frying. Cook chicken until golden brown while shaking basket a few times during cooking.
- While chicken fries, in a bowl, add butter, garlic powder, soy sauce, and honey. Mix well.
- When chicken wings are ready, open air fryer and pour chicken into a large bowl. Pour on honey-garlic sauce and toss well until chicken is well-coated.
- Let chicken sit for 3 minutes before serving.





# Cream Cheese–Stuffed Mushrooms

 Calories	345
 Fat	32g
 Protein	11g
 Carbs	6g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	17 mins	320°F and 350°F		Easy 

## Ingredients

- 3 bacon slices
- 16 medium white mushrooms
- 1 (8 ounces) pack cream cheese, room temperature
- 1/8 teaspoon paprika powder
- 1/4 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese
- 1/3 cup grated cheddar cheese, divided
- 1 scallion, thinly sliced
- Salt and black pepper to taste





## Directions


- Preheat air fryer – select “Bacon” function and set timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lay bacon in basket, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to initiate frying. Cook bacon until golden brown and crispy.
- Open air fryer and use tongs to transfer bacon to a paper towel-lined plate to drain grease. Chop bacon into small bits and set aside.
- Wash mushrooms thoroughly and pat dry with a paper towel. Scoop out mushrooms stems and set aside.
- In a bowl, combine cream cheese, paprika powder, garlic powder, Parmesan cheese, half of cheddar cheese, scallion, salt, and black pepper. Mix well and spoon mixture into mushroom holes until full. Arrange stuffed mushrooms in air fryer basket and close air fryer.
- Adjust temperature to 350°F and set timer to 7 minutes. Press “Start/Pause” button to initiate baking; bake mushrooms until tender. After 7 minutes, add remaining cheddar cheese on top of mushrooms and close air fryer. Set timer to 2 minutes, press “Start/Pause” button, and bake further until cheese melts.
- When ready, open air fryer and use tongs to transfer mushrooms onto a serving platter. Cool for 5 minutes before serving.





# Herbed Mozzarella Sticks

 Calories	275
 Fat	11g
 Protein	15g
 Carbs	29g

Prep Time	Cook Time	Freezing Time	Temperature	Serves	Difficulty Level
5 mins	6 mins	3 hours	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 8 mozzarella sticks
- 1 cup panko bread crumbs
- 1 tablespoon Italian herb mix
- Salt and black pepper to taste
- 2 large eggs
- 3 tablespoons all-purpose flour
- Olive oil spray
- Warm marinara sauce for serving





## Directions



- Freeze mozzarella sticks for 3 hours or more until solid.
- After freezing, in a bowl, mix panko bread crumbs, Italian herb mix, salt, and black pepper. Crack eggs into another bowl and beat well. Add flour to a plate.
- Remove mozzarella sticks from freezer. Coat in flour, then in eggs, and generously in herb-bread crumbs mixture.
- Open air fryer, arrange breaded mozzarella in basket, and lightly mist with olive oil spray. Close air fryer.
- Set temperature to 400°F and timer to 3 minutes. Press “Start/Pause” button to start frying. Fry until mozzarella sticks are golden brown and melty inside.
- When ready, open air fryer and transfer mozzarella sticks to a serving platter.
- Serve with warm marinara sauce.





# Pork and Veggie Spring Rolls

 Calories	379
 Fat	13g
 Protein	16g
 Carbs	49g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	15 mins	400°F and 380°F		Moderate 

## Ingredients

- Olive oil spray
- 6 ounces ground pork
- 2 garlic cloves, minced
- 1 tablespoon fresh grated ginger
- 6 green onions, chopped
- 2 cups shredded green cabbage
- 1 tablespoon light soy sauce
- 1 tablespoon oyster sauce
- ½ tablespoon peanut oil
- 1 teaspoon sesame oil
- 3 teaspoons cornstarch
- 8 frozen spring roll pastry





## Directions



- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch round baking dish with olive oil spray. Add pork, garlic, and ginger. Mix well.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to start cooking. Cook pork until mostly brown.
- Open air fryer, take out baking dish and add green onions, cabbage, light soy sauce, oyster sauce, peanut oil, sesame oil, and cornstarch. Mix well and cover baking dish with foil. Place baking dish in air fryer and close air fryer.
- Adjust temperature to 380°F and timer to 7 minutes. Press “Start/Pause” button to continue cooking. Cook until pork is well done and vegetables tender.
- Remove baking dish when ready and set aside to cool completely.
- Lay out one spring roll pastry on a plate. Add 2 tablespoons of pork filling to one end of pastry. Fold side ends of pastry in and roll the end in front of you over filling. Dip your finger in water, run along pastry edge, and seal. Make more spring rolls.
- Open air fryer, lightly grease basket with olive oil spray and arrange spring rolls in basket in a single layer. Mist spring rolls with olive oil spray, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry until spring rolls are golden brown while shaking basket halfway through cooking.
- Open air fryer and transfer spring rolls to a serving platter.
- Serve warm with your favorite dipping sauce.





# Jerk Chicken Drumsticks

 Calories	357
 Fat	8g
 Protein	62g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	25 mins	380°F		Easy 

## Ingredients

- 16 chicken tenders
- 3 tablespoons jerk seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Salt to taste
- ½ teaspoon olive oil





## Directions


- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry chicken tenders with a paper towel and place in a bowl. Add jerk seasoning, onion powder, garlic powder, salt, and olive oil; toss well.
- Open air fryer, arrange chicken tenders in basket in a single layer and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to initiate cooking. Cook chicken until slightly charred and done within while turning chicken halfway through cooking.
- Remove air fryer basket when ready and transfer chicken to a serving platter.
- Serve warm.





# Pineapple Shrimp Kabobs

 Calories	246
 Fat	3g
 Protein	17g
 Carbs	42g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	5 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- ¼ cup BBQ Sauce
- ½ cup honey
- ½ teaspoon Old Bay seasoning
- ¼ cup pineapple juice, drained from chunks
- 4 mini metal skewers
- 16 jumbo shrimp, peeled and deveined
- 4 ham slices, rolled and cut into 1-inch strips (optional)
- ½ cup pineapple chunks
- Olive oil spray



## Directions

- In a large bowl, combine BBQ sauce, honey, Old Bay seasoning, and pineapple juice. Mix well and set aside.
- On each skewer, alternately thread shrimp, ham (folded over a few times), and pineapple chunks. Place skewers in BBQ sauce mixture and brush well with sauce. Let marinate at room temperature for 15 minutes.
- Preheat air fryer – select “Shrimp” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and arrange skewers in basket in a single layer. Mist skewers with olive oil spray and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to initiate grilling. Grill kabobs until golden brown and shrimp are opaque while turning halfway through cooking.
- Remove kabobs onto a serving platter.
- Serve warm.



# Crispy Green vTomatoes

 Calories	344
 Fat	6g
 Protein	13g
 Carbs	60g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	6 mins	380°F		Easy 

## Ingredients

- 2 medium green tomatoes
- Salt and black pepper to taste
- 2 large eggs
- ½ cup buttermilk
- ½ cup all-purpose flour
- 1 cup panko breadcrumbs
- 1 cup yellow cornmeal
- Olive oil spray





## Directions



- Preheat air fryer – select “Vegetable” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Slice green tomatoes into ¼-inch slices and pat dry with paper towels. Season tomatoes with salt and black pepper.
- Crack eggs into a bowl; add buttermilk and whisk well. Pour flour onto a plate and in another bowl, mix panko breadcrumbs and cornmeal. Coat tomatoes in flour, dip in egg mixture, and then generously coat with breadcrumbs mixture.
- Open air fryer and lightly grease basket with olive oil spray. Cooking in batches, arrange tomatoes in basket in a single layer, mist with olive oil spray, and close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to begin frying. Fry until tomatoes are golden brown and crispy while turning halfway through cooking.
- When ready, open air fryer and transfer tomatoes onto a serving platter. Cook remaining tomatoes.
- Serve warm with your favorite dipping sauce.





# Crab Rangoon

 Calories	671
 Fat	18g
 Protein	25g
 Carbs	101g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	13 mins	370°F		Easy 

## Ingredients





- 6 ounces lump crabmeat
- 6 ounces cream cheese, room temperature
- 1 teaspoon Worcestershire sauce
- 2 garlic cloves, minced
- 2 green onions, chopped
- Salt and black pepper to taste
- 21 wonton wrappers
- Olive oil spray


## Directions

- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a bowl, add crabmeat, cream cheese, Worcestershire sauce, garlic, green onions, salt, and black pepper. Mix well.
- Individually lay out wonton wrappers on clean flat surface and lightly brush each with some water. Spoon 1 ½ teaspoon of crabmeat filling onto center of each wrapper. Fold each wrapper diagonally over filling to form a triangle. After, bring two opposite corners toward each other, push out any air within pouch and squeeze edges together.
- Open air fryer, lightly mist basket with olive oil spray and cooking in batches, arrange crab Rangoon in basket in a single layer. Lightly grease crab Rangoon with olive oil spray and close air fryer.
- Set timer to 13 minutes. Press "Start/Pause" button to begin frying. Fry Rangoon until golden brown and crispy while turning at 10 minutes of cooking.
- When ready, remove crab Rangoon onto a serving platter. Fry remaining crab Rangoon.
- Serve warm with your preferred dipping sauce.



# Spicy Cauliflower Bites

 Calories	110
 Fat	10g
 Protein	2g
 Carbs	6g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
8 mins	15 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 2 tablespoons butter, melted
- ½ cup hot sauce
- ½ cup almond flour
- ½ tablespoon garlic powder
- 3 tablespoons dried parsley
- Salt and black pepper to taste
- Olive oil spray





## Directions

- Preheat air fryer – select “Vegetable” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add cauliflower, olive oil, butter, hot sauce, almond flour, garlic powder, parsley, salt, and black pepper. Mix well.
- Open air fryer and lightly grease basket with olive oil spray. Spoon cauliflower into basket, lightly mist with olive oil spray, and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to start frying. Fry until cauliflower pieces are golden brown and tender while shaking basket a few times during cooking.
- Remove basket when ready and transfer cauliflower to a serving platter.
- Serve warm with your preferred dipping sauce.





# Cajun Shrimps

 Calories	69
 Fat	3g
 Protein	16g
 Carbs	2g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	5 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound medium shrimp, peeled and deveined
- 2 teaspoon Cajun seasoning
- 1 teaspoon olive oil
- Salt and black pepper to taste (if needed)





## Directions

- Preheat air fryer – select “Shrimp” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add shrimp, Cajun seasoning, olive oil, salt, and black pepper. Toss well.
- Open air fryer, add shrimp to basket in a single layer and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to start frying shrimp. Cook shrimp until golden and opaque.
- Open air fryer and remove shrimp onto a serving platter.
- Serve warm with your preferred starter salad.





# Meatball Marinara Poppers

 Calories	431
 Fat	28g
 Protein	40g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 pound ground beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Salt and black pepper to taste
- Olive oil spray
- 1 cup marinara sauce
- 4 ounces grated mozzarella cheese
- 1 tablespoon chopped fresh parsley
- Toothpicks for serving


## Directions

- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine ground beef, onion powder, garlic powder, salt, and black pepper. Mix well and form 16 to 20 meatballs from mixture.
- Open air fryer, lightly grease basket with olive oil spray and add meatballs in a single layer. Mist meatballs with olive oil spray, and close air fryer.
- Set timer to 9 minutes. Press “Start/Pause” button to initiate cooking. Cook until meatballs are golden brown and done within while shaking basket halfway through cooking.
- Open air fryer and carefully add ½ teaspoon of marinara sauce on each meatball. Divide mozzarella cheese on top too. Close air fryer, adjust timer to 1 minute and continue cooking until cheese melts.
- Open air fryer once ready and use tongs to transfer meatballs onto a serving platter. Garnish with parsley and insert toothpicks.
- Serve warm.



# Parmesan-Crusted Fish Sticks

 Calories	497
 Fat	21g
 Protein	54g
 Carbs	24g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 pounds white fish fillets
- Salt and black pepper to taste
- ½ cup grated Parmesan cheese
- 1 cup plain breadcrumbs
- ¼ cup mayonnaise
- ¼ cup sour cream
- ¼ teaspoon garlic powder
- 1 teaspoon black pepper
- 1 tablespoon Dijon mustard
- 1 teaspoon Cajun seasoning
- Olive oil spray





## Directions


- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Cut fish into 3 ½-inch pieces, pat dry with a paper towel, and season with salt and black pepper. In a bowl, mix Parmesan cheese and breadcrumbs. In another bowl, combine mayonnaise, sour cream, garlic powder, black pepper, Dijon mustard, and Cajun seasoning.
- Dip fish pieces in mayonnaise mixture and then coat well in breadcrumb-Parmesan mixture.
- Open air fryer and lightly grease basket with olive oil spray. In batches, arrange fish in basket in a single layer, mist lightly with olive oil spray, and close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to begin frying. Fry until fish is golden brown and crispy while turning halfway through cooking.
- When ready, use tongs to remove fish onto a serving platter.
- Serve warm with your preferred dipping sauce.





# Spiced Pumpkin Fries

 Calories	38
 Fat	1g
 Protein	1g
 Carbs	8g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound pumpkin
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin powder
- Salt and black pepper to taste
- ½ teaspoon olive oil

## Directions





- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Peel and deseed pumpkin and cut into ½-inch thick strips. Place pumpkin in a bowl and add chili powder, garlic powder, cumin powder, salt, black pepper, and olive oil. Toss well.
- Open air fryer, arrange pumpkin in basket and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to initiate frying. Fry until pumpkin is light brown, crispy, and tender while shaking basket halfway through cooking.
- When ready, transfer pumpkin fries to a serving platter.
- Serve warm with your preferred dipping sauce.








# Maryland Crab Cakes

 Calories	112
 Fat	6g
 Protein	9g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 8 ounces lump crabmeat
- 1 small red bell pepper, deseeded and chopped
- 2 green onions, chopped
- 2 tablespoons plain breadcrumbs
- 2 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon Old Bay seasoning
- Salt and black pepper to taste (if needed)
- Olive oil spray
- 1 lemon wedge for squeezing


## Directions

- Preheat air fryer – select “Shrimp” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add crabmeat, red bell pepper, green onions, breadcrumbs, mayonnaise, Dijon mustard, Old Bay seasoning, salt, and black pepper. Mix well and form four patties with mixture.
- Open air fryer, lightly grease with olive oil spray, and gently lay patties in basket in a single layer. Mist with olive oil spray and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry until crab cakes are golden brown and compact while turning halfway at 5 minutes of cooking.
- Remove crab cakes onto a serving platter and squeeze some lemon juice on top of crab cakes.
- Serve warm with your favorite dipping sauce.



# Corned Beef Puffs

 Calories	468
 Fat	27g
 Protein	20g
 Carbs	36g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- 8 ounce thinly sliced deli corned beef
- 2 green onions, chopped
- 1 cup grated Parmesan cheese
- 1 tablespoon Dijon mustard
- 3 tablespoons mayonnaise
- All-purpose flour for dusting
- 1 (8 ounces) crescent dough





## Directions


- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a 4-holed muffin tray with olive oil spray and set aside.
- Add corned beef to a bowl and use a fork to break into little pieces. Add green onions, Parmesan cheese, Dijon mustard, and mayonnaise. Mix well and set aside.
- Dust a clean flat surface with some flour and roll out crescent dough on top into an 11 x 14-inch rectangle. Using a knife, cut dough into 24 equal squares. Working in batches, place a square on each muffin hole. The first should have 4 pieces on muffin tray.
- Add 1 ½ tablespoons of corned beef mixture to center of each square. Bring corners of each dough to center of each cup to form pouches and mist lightly with olive oil spray.
- Open air fryer, carefully place muffin tray in basket and close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to initiate baking. Bake puffs until golden brown.
- Remove muffin tray and transfer corned beef puffs onto a serving platter. Bake remaining puffs.
- Serve warm.





# Fried Pickles with Ranch Dip

 Calories	655
 Fat	42g
 Protein	15g
 Carbs	60g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Fried Pickles

- 30 dill pickles
- ½ cup all-purpose flour
- 1 teaspoon Cajun seasoning
- ½ teaspoon salt
- ½ cup panko breadcrumbs
- 1/3 cup plain breadcrumbs
- ½ teaspoons garlic powder
- 2 medium eggs
- 2 tablespoons pickle juice
- Olive oil spray

## Ranch Dip

- ¾ cup sour cream
- ¾ cup mayonnaise
- ½ teaspoon dried dill weed
- ½ teaspoon dried chives
- ½ teaspoon dried parsley
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Salt and black pepper to taste
- 2 teaspoons fresh lemon juice or to taste




## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- First, make fried pickles. Place pickles on a paper towel and cover with another paper towel to absorb excess liquid.
- In a bowl, mix flour, Cajun seasoning, and salt. In another bowl, mix both breadcrumbs and garlic powder. Crack eggs into a third bowl and whisk with pickle juice. Coat pickles on both sides in flour mixture, then in egg mix, and finally generously in breadcrumbs mixture.
- Open air fryer and lightly grease with olive oil spray. Add coated pickles to basket in a single layer, mist with olive oil spray, and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start frying. Fry pickles until golden brown and crispy while turning halfway through cooking.
- While pickles cook, make ranch dip. In a bowl, add sour cream, mayonnaise, dill weed, chives, parsley, onion powder, garlic powder, salt, black pepper, and lemon juice. Mix well and set aside.
- When pickles are ready, remove onto a serving platter.
- Serve with ranch dip.





# Chicken Satay with Peanut Sauce

 Calories	485
 Fat	32g
 Protein	31g
 Carbs	23g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 hours or overnight	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Chicken Satay Skewers

- 1 pound chicken thighs, skinless and boneless
- 3 tablespoons vegetable oil
- 2 medium shallots, thinly sliced
- 2 stalks lemongrass, white parts only, thinly sliced
- 2 garlic cloves, minced
- 1 teaspoon coriander powder
- 2 teaspoons turmeric powder
- 1 teaspoon cayenne pepper
- 2 tablespoons granulated sugar
- 2 teaspoons salt or to taste

- 12 mini metal skewers
- Olive oil spray

## Ranch Dip

- ½ cup salted creamy peanut butter
- 1 ½ tablespoons maple syrup or to taste
- 1 ½ tablespoons light soy sauce or to taste
- ¼ teaspoon red chili flakes or to taste
- 2 tablespoons fresh lime juice
- ¼ cup water to thin





## Directions


- Begin with chicken satay skewers. Cut chicken into 1 ½-inch pieces.
- In a bowl, add vegetable oil, shallots, lemongrass, garlic, coriander powder, turmeric powder, cayenne pepper, sugar, and salt. Mix well; add chicken and stir until well-coated. Cover bowl with a plastic wrap and marinate in refrigerator for 8 hours or overnight.
- When ready to cook, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove chicken from refrigerator and marinade and thread on skewers.
- Open air fryer and lightly grease basket with olive oil spray. In batches, arrange skewers in basket, mist with olive oil spray, and close air fryer. Make sure to allow excess marinade to drip off skewers before placing in air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin grilling. Grill until chicken is slightly charred and cooked within while turning halfway through cooking.
- Meanwhile, as chicken cooks, make peanut sauce. In a bowl, add peanut butter, maple syrup, soy sauce, red chili flakes, lime juice, and water. Mix well and set aside.
- When chicken skewers are ready, remove onto a serving platter.
- Serve chicken satay skewers warm with peanut sauce.





# Mozzarella-Stuffed Chicken Bites

 Calories	776
 Fat	50g
 Protein	76g
 Carbs	3g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 chicken breasts, boneless and skinless
- Salt and black pepper to taste
- 4 ounces cream cheese
- 4 tablespoons grated Monterey Jack cheese
- 1 cup grated mozzarella cheese
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- Olive oil spray





## Directions


- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Using a sharp knife, cut chicken into 2-inch pieces and make a 1-inch deep incision in each piece, making sure not to cut too deep out of chicken. Season chicken with salt and black pepper.
- In a bowl, mix cream cheese, Monterey Jack cheese, mozzarella cheese, garlic powder, and paprika. Stuff each chicken piece with ¼ to ½ teaspoon of cheese mixture.
- Open air fryer and lightly grease basket with olive oil spray. Arrange stuffed chicken in basket in a single layer, mist with olive oil spray, and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking. Cook chicken until golden brown, cheese melted, and meat cooked through. Turn chicken halfway through cooking.
- When ready, open air fryer and transfer chicken onto a serving platter.
- Serve chicken bites warm with your favorite side sauce.





# Beer-Battered Fried Avocados

 Calories	324
 Fat	15g
 Protein	7g
 Carbs	40g

Prep Time	Setting Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	2 hours	3 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 cup large beer
- 1 cup all-purpose flour
- 2 garlic cloves, minced
- 1 ½ teaspoons paprika
- Salt to taste
- 2 avocados, pitted and peeled
- Olive oil spray
- Salsa for serving





## Directions


- In a bowl, add beer, flour, garlic, paprika, and salt. Mix well and set aside to thicken at room temperature for 2 hours.
- After, preheat air fryer - set temperature to 380°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Cut each half into 3 wedges. Dip avocado wedges in beer mixture and coat well.
- Open air fryer and lightly grease with olive oil spray. Remove avocado from beer and place in basket while making sure to drip off excess batter before placing in air fryer. Mist lightly with olive oil spray and close air fryer.
- Set timer to 3 minutes. Press "Start/Pause" button to initiate frying. Fry avocados until golden brown while shaking basket halfway through cooking.
- When ready, open air fryer and remove avocados onto a serving platter.
- Serve warm with salsa.





# Old Bay Scallops

 Calories	97
 Fat	2g
 Protein	14g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	5 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound scallops
- 1 tablespoon Old Bay seasoning
- ½ tablespoon olive oil
- Lemon wedges for serving

## Directions

- Preheat air fryer – select “Shrimp” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add scallops, Old Bay seasoning, and olive oil. Toss to coat well.
- Open air fryer, arrange scallops in basket in a single layer and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin frying. Fry until scallops are golden brown and just opaque while turning halfway through cooking.
- Open air fryer and remove scallops onto a serving platter.
- Garnish with lemon wedges and serve warm with your favorite dipping sauce.










# ENTREES





# Chicken Parmigiana

 Calories	477
 Fat	16g
 Protein	48g
 Carbs	34g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 large chicken breasts, skinless and boneless
- Salt and black pepper to taste
- 2 large eggs
- 1/3 cup all-purpose flour
- 1 cup Panko breadcrumbs
- ¼ cup grated Parmigiana Reggiano cheese
- ½ teaspoon red chili flakes
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- Olive oil spray
- 1 cup marinara sauce
- 1 cup grated mozzarella cheese
- 1 tablespoon chopped fresh parsley for garnish





## Directions


- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Using a sharp knife, carefully cut each chicken lengthwise into halves to make four thin pieces. Pat dry with paper towels and season on both sides with salt and black pepper.
- Crack eggs into a bowl and whisk well. Pour flour onto a plate and season with salt. On another plate, add Panko breadcrumbs, Parmigiana Reggiano cheese, red chili flakes, oregano, and garlic powder.
- One after the other, dredge chicken in flour, then in eggs, and generously in cheese mixture, making sure to cover chicken well on every side.
- Open air fryer, lightly grease basket with olive oil spray and arrange coated chicken in basket in a single layer. Mist chicken with olive oil spray, and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to initiate baking. Turn chicken after 5 minutes and cook until timer ends. Open air fryer and top each chicken with marinara sauce and mozzarella cheese. Close air fryer and set timer for 5 minutes. Press “Start/Pause” button to continue baking. Bake until mozzarella cheese melts and chicken is golden.
- When ready, open air fryer and use tongs to remove chicken onto a serving platter.
- Garnish with parsley and serve warm.





# Rustic Chicken Leg Quarters

 Calories	352
 Fat	15g
 Protein	51g
 Carbs	1g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 chicken leg quarters, trimmed
- 1 tablespoon olive oil
- ¼ teaspoon dried thyme
- ¼ teaspoon garlic powder
- 1 teaspoon paprika
- Salt and black pepper to taste





## Directions


- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry chicken with a paper towel and set aside. In a bowl, combine olive oil, thyme, garlic powder, paprika, salt, and black pepper; mix well. Brush chicken on both sides with spice mixture.
- Open air fryer, place chicken in basket in a single layer, and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin roasting. Cook until chicken is golden brown and done within while turning halfway.
- Open air fryer and use tongs to remove chicken onto a serving platter.
- Serve warm.





# Herbed Butter Steak

 Calories	1339
 Fat	84g
 Protein	137g
 Carbs	1g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Steaks

- 4 (1-inch) tri-tip steaks
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste
- Olive oil spray

## Herbed Butter

- ¼ cup butter, room temperature
- 1 garlic clove, minced
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh parsley




## Directions


- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Make steaks first. Pat dry steak with paper towels and rub olive oil on them. Season with Italian seasoning, salt, and black pepper.
- Open air fryer, lightly grease basket with olive oil spray, and lay in two steaks in a single layer. Close air fryer.
- Adjust timer to 6 minutes. Press “Start/Pause” button to begin cooking. Turn steak halfway through cooking.
- Meanwhile, as steak cooks, prepare herbed butter. In a bowl, add butter, garlic, thyme, rosemary, and parsley; mix well and place in refrigerator.
- Open air fryer and use tongs to transfer steaks onto a serving platter. Let steak rest for 10 minutes before serving.
- Prepare other two steaks.
- Place steak on serving plates and top each with herbed butter.
- Serve warm.





# Chicken and Vegetable Stir-Fry

 Calories	468
 Fat	27g
 Protein	47g
 Carbs	7g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	13 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 3 chicken breasts, skinless and boneless
- 1 zucchini, chopped
- 1 cup broccoli florets, fresh or frozen
- 1 cup chopped bell peppers, mixed colors
- ½ red onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- 1 tablespoon dried mixed herb seasoning
- Salt and black pepper to taste





## Directions


- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Cut chicken into 1-inch pieces and put in a bowl. Add zucchini, broccoli florets, bell peppers, red onion, garlic, olive oil, chili powder, garlic powder, mixed herb seasoning, salt, and black pepper. Toss well.
- Open air fryer, add chicken to basket and vegetable mixture and close air fryer. You can cook in batches.
- Set timer to 13 minutes. Press “Start/Pause” button to begin frying. Cook until chicken and veggies are slightly charred and chicken cooked. Shake two to three times during cooking.
- Open air fryer and transfer stir-fry to a serving bowl.
- Serve warm.





# Simple Salt and Pepper Roast Chicken

 Calories	286
 Fat	10g
 Protein	46g
 Carbs	1g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	30 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 (2 pounds) whole chicken
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 to 2 teaspoons garlic powder (optional)

## Directions





- Rub chicken all over including cavity with olive oil and season well with salt, black pepper, and garlic powder if using.
- Let chicken sit at room temperature for 10 minutes to marinate.
- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lay chicken in basket, and close air fryer.
- Adjust timer to 30 minutes. Press “Start/Pause” button to initiate baking. Flip chicken after 20 minutes and continue cooking until thickest part of chicken reaches an internal temperature of 165°F and golden brown all around.
- Open air fryer and use tongs to remove chicken onto a chopping board. Let rest for 10 to 20 minutes before carving.
- Serve warm.








# Florentine Pizza

 Calories	1009
 Fat	71g
 Protein	33g
 Carbs	60g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	38 mins	320°F and 400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 3 bacon slices
- 2 (8-inch) frozen pizza dough, thawed
- 1 cup pizza sauce
- 1 cup baby spinach
- 2 cups grated mozzarella cheese
- 1 cup cherry tomatoes
- 6 eggs


## Directions

- Preheat air fryer – select “Bacon” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lay bacon in basket in a single layer, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin cooking bacon. Cook until golden brown and crispy.
- Once ready, use tongs to transfer bacon onto a paper towel-lined plate to drain grease. Let cool and cut into 1-inch pieces. Set aside.
- Line an 8-inch round pizza pan with greaseproof paper and set aside. Lay one pizza dough on pizza pan and spread half of pizza sauce on top, scatter half each of spinach, mozzarella cheese, and cherry tomatoes on top. Set other pizza dough aside.
- Open air fryer, place pizza tray in basket and close air fryer.
- Set temperature to 400°F and timer to 15 minutes. Press “Start/Pause” button to initiate baking. After baking for 10 minutes, open air fryer, add half of bacon on pizza, and crack 3 eggs onto three different sides of pizza. Continue cooking until egg whites set but yolk still runny, pizza crust golden brown and cooked and cheese melted.
- Open air fryer and remove pizza onto a heatproof flat surface. Bake other pizza the same way.
- Slice pizza and serve warm.



# Roast Beef with Herb Crust

 Calories	458
 Fat	23g
 Protein	61g
 Carbs	3g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	30 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 (2 pounds) beef roast
- 2 teaspoons dried thyme
- 2 teaspoons dried basil
- 2 teaspoons dried parsley
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Salt and black pepper to taste
- 1 tablespoon olive oil
- Olive oil spray





## Directions


- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry beef with a paper towel. In a bowl, combine thyme, basil, parsley, garlic powder, onion powder, salt, and black pepper; mix well.
- Rub beef on all sides with olive oil and then generously with herb mixture while gently pressing seasoning onto beef to stick.
- Open air fryer, lightly grease basket with olive oil spray, and place beef in basket. Close air fryer.
- Set timer to 30 minutes. Press “Start/Pause” button to begin roasting. Turn meat over at 15 minutes and continue cooking until beef reaches an internal temperature of your desired doneness.
- Open air fryer and use tongs to remove beef onto a chopping board. Let rest for 15 minutes before slicing.
- Serve warm.





# Buttermilk and Herb Chicken Breasts

 Calories	294
 Fat	16g
 Protein	33g
 Carbs	4g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	1 hour	15 mins	300°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 large chicken breasts, boneless and skinless
- 1 cup buttermilk
- 3 teaspoons dried parsley
- 3 teaspoons dried chives
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 ½ teaspoons salt or to taste
- Olive oil spray
- Lemon wedges for garnish

## Directions




- Add chicken to a bowl, pour on buttermilk and mix well. Let sit at room temperature for 1 hour. Meanwhile, in a bowl, combine parsley, chives, dill, onion powder, garlic powder, and salt.
- After marinating chicken, remove chicken from buttermilk while dripping off excess buttermilk and place chicken on a plate. Sprinkle herb mixture on chicken and gently press to stick seasoning onto chicken.
- Preheat air fryer - set temperature to 300°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, lay chicken in basket, and mist with olive oil spray. Close air fryer.
- Adjust timer to 15 minutes. Press “Start/Pause” button to start baking. Cook until chicken reaches an internal temperature of 165°F and is golden brown.
- Open air fryer and remove chicken onto a chopping board. Let sit for 10 minutes before slicing.
- Garnish chicken with lemon wedges and serve chicken warm.








# Sriracha Salmon Steaks

 Calories	567
 Fat	26g
 Protein	66g
 Carbs	17g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	26 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 2 tablespoons Worcestershire sauce
- 1 ½ teaspoons Sriracha sauce
- 3 tablespoons honey
- 4 tablespoons butter, room temperature
- 1 lime, juiced
- 2 garlic cloves, minced
- Salt and black pepper to taste
- 4 (5 ounces) salmon steaks
- Olive oil spray


## Directions

- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine Worcestershire sauce, Sriracha sauce, honey, butter, lime juice, garlic, salt, and black pepper; mix well.
- Pat dry salmon steaks with a paper towel and brush seasoning mixture on both sides.
- Open air fryer, lightly grease basket with olive oil spray, and lay in two salmon fillets in a single layer. Close air fryer.
- Adjust timer to 13 minutes. Press “Start/Pause” button to begin baking. Cook until salmon skin is golden brown and flesh is flaky.
- Open air fryer and use tongs to transfer salmon to a serving platter. Cook remaining salmon steaks the same way.
- Serve warm with cooked rice and your choice of salad.



# Pretzel and Parmesan Crusted Chicken Breasts

 Calories	998
 Fat	34g
 Protein	75g
 Carbs	94g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	380°F		Easy <input checked="" type="checkbox"/>

## Ingredients

- 2 cups seasoned pretzels
- $\frac{3}{4}$  cup Panko breadcrumbs
- $\frac{1}{2}$  teaspoon Cajun seasoning
- $\frac{1}{2}$  teaspoon smoked paprika
- 1 teaspoon garlic powder
- Salt to taste
- 2 eggs
- 4 medium chicken breasts, skinless and boneless
- Olive oil spray





## Directions


- Add pretzels to a food processor and blend on high speed until smoothly crushed. Pour pretzel crumbs into a bowl and add breadcrumbs, Cajun seasoning, paprika, garlic powder, and salt. Crack eggs into another bowl and whisk well.
- Dip chicken in eggs and then generously dredge in pretzel mixture, making sure to press to stick on a good amount of pretzel mixture.
- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and lay in two chicken breasts. Mist chicken with olive oil spray and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to initiate frying. Halfway through cooking, turn chicken and cook until golden brown and chicken reaches an internal temperature of 165°F.
- Open air fryer, remove chicken onto a serving platter and let chicken sit for 10 minutes before slicing. Cook other two chicken breasts.
- Serve warm.





# Chipotle Pork Chops

 Calories	331
 Fat	17g
 Protein	41g
 Carbs	3g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	24 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 teaspoons onion powder
- 1 tablespoon chipotle chili powder
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 4 (1-inch) thick boneless pork chops
- 1 tablespoon olive oil

## Directions





- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add onion powder, chipotle chili powder, garlic powder, and salt; mix well and set aside.
- Pat dry pork chops with a paper towel and rub olive oil all over meat. Sprinkle spice mixture on meat and rub on well.
- Open air fryer, lay two pork chops in basket, and close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to begin cooking. Halfway through cooking, turn meat over and continue cooking until pork reaches an internal temperature of 145°F.
- Open air fryer and remove pork chops onto a serving platter. Add other pork to air fryer and cook the same way.
- Let pork rest for 5 minutes before serving.








# Irish Fish Pie

 Calories	374
 Fat	14g
 Protein	34g
 Carbs	28g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	26 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 2 cups peeled and chopped sweet potatoes, peeled and cooked
- 3 tablespoons butter, divided
- 1 small white onion, finely chopped
- 1 medium carrot, peel and chopped (optional)
- 2 cups whole milk
- 2 fresh thyme sprigs
- 2 bay leaves
- Salt and black pepper to taste
- 2 tablespoons all-purpose flour
- ¼ cup chopped fresh chives
- ½ pound cod fillets, cut into 1-inch cubes
- ½ pound bay scallops
- ½ pound large shrimp, peeled and deveined


## Directions

- Add sweet potatoes and 1 tablespoon of butter to a food processor and blend until smooth. Set aside.
- Melt remaining butter in a small pot over medium heat and add onion. Sauté for 3 minutes or until onion is tender.
- Pour in milk; add thyme, bay leaves, salt, and black pepper. Bring to a bowl and then simmer over low heat for 3 minutes. Pour in flour and chives; whisk until smooth. Turn heat off.
- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In an 8-inch baking dish, add cod pieces, scallops, and shrimp. Season with salt, black pepper and pour on sauce; mix well. Spread potatoes on top of mixture in an even layer.
- Adjust timer to 20 minutes. Press “Start/Pause” button to begin baking. Bake until topping browns and filling is bubbly.
- Open air fryer, remove baking dish and let rest for 5 minutes.
- Serve warm.



# Roast Chicken and Avocado Tacos

 Calories	538
 Fat	27g
 Protein	56g
 Carbs	20g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	34 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Chicken

- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1 tablespoon chipotle chili powder
- 2 teaspoons smoked paprika
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder
- 2 teaspoons dried oregano
- Salt and black pepper to taste
- 1 (2 pounds) whole chicken

## Tacos

- 4 (4-inch) corn tortillas
- 1 avocado, pitted, peeled, and chopped
- ¼ medium white onion, chopped
- 1 cup grated Mexican cheese blend
- ¼ cup chopped fresh cilantro
- Salsa for topping
- Hot sauce for topping (optional)

## Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Make chicken first. In a bowl, combine olive oil, garlic powder, chipotle chili powder, paprika, coriander powder, cumin powder, oregano, salt, and black pepper. Mix well.
- Pat dry chicken with a paper towel and brush spice mixture all over chicken including cavity. Let sit at room temperature for 30 minutes to marinate.
- After marinating, open air fryer, place chicken in basket, and close air fryer.
- Adjust timer to 30 minutes. Press “Start/Pause” button to initiate baking. Turn chicken over after 20 minutes and continue cooking until golden brown all around and thickest part of chicken reaches an internal temperature of 165°F.
- After cooking, open air fryer and use tongs to remove chicken onto a chopping board. Let rest for 10 to 20 minutes.
- Carve chicken into pieces and shred about 1 cup of meat using two forks. Use shredded meat for tacos and preserve remaining chicken in refrigerator for later use.

To assemble tacos, clean air fryer basket with a paper towel and place two tortillas in basket in a single layer. Close air fryer; set temperature to 350°F and timer for 2 minutes. Press “Start/Pause” button to begin warming tortillas.

Open air fryer and remove tortillas onto a serving platter. Warm remaining two tortillas.





Evenly fill tortillas with shredded chicken, avocado, onion, cheese, cilantro, salsa, and hot sauce.


Serve immediately.





# Buffalo Chicken Legs

 Calories	404
 Fat	15g
 Protein	52g
 Carbs	13g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 tablespoon olive oil
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 cup tomato sauce
- 1 tablespoon hot sauce
- 1 teaspoon soy sauce
- 1 tablespoon brown sugar
- Salt and black pepper to taste
- 4 chicken leg quarters
- Olive oil spray





## Directions

- In a bowl, combine olive oil, onion powder, garlic powder, tomato sauce, hot sauce, soy sauce, brown sugar, salt, and black pepper; mix well. Place chicken in sauce mixture and let marinate at room temperature for 30 minutes.
- After marinating chicken, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer and lightly grease basket with olive oil spray. Using tongs, remove chicken from marinade while dripping off excess sauce and place in air fryer. Mist with olive oil spray and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin baking. Cook until golden brown and chicken reaches an internal temperature of 165°F.
- Once cooked, open air fryer and transfer chicken to a serving platter.
- Serve warm.





# Mixed Vegetable Tart

 Calories	498
 Fat	29g
 Protein	10g
 Carbs	51g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	25 mins	380°F		Easy <input checked="" type="checkbox"/>

## Ingredients





- 1 (8 ounces) shortcrust pastry, room temperature
- 2 parsnips, peeled and cut into chunks
- 2 red onions, peeled and quartered
- 1 red bell pepper, deseeded and cut into chunks
- 1 green bell pepper, deseeded and cut into chunks
- 1 medium zucchini, thinly sliced
- 4 garlic cloves, peeled and halved
- ¼ cup sliced black olives
- 1 tablespoon olive oil
- Salt and black pepper to taste
- ½ cup grated Parmesan cheese


## Directions

- Preheat air fryer. Select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Line an 8-inch pie pan with pastry and set aside.
- In a bowl, add parsnips, onions, bell peppers, zucchini, garlic, black olives, olive oil, salt, and black pepper. Toss well.
- Open air fryer, add vegetables to basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to initiate roasting. Roast until vegetables are slightly charred and tender.
- Open air fryer and spoon vegetables onto pie pastry. Spread out in a single layer and sprinkle Parmesan cheese on top. Place pan in air fryer basket and bake further for 20 minutes or until pastry is golden brown.
- Remove tart when ready and let rest for 5 minutes.
- Slice and serve warm.



# Beef Wellington

 Calories	439
 Fat	26g
 Protein	35g
 Carbs	15g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	22 mins	300°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound ground beef
- 2 shallots, finely chopped
- 1 tablespoon half and half cream
- 1 large egg yolk
- 1 teaspoon dried parsley
- Salt and black pepper to taste
- 1 (4 ounces) refrigerated crescent rolls
- 1 whole egg, beaten
- Olive oil spray





## Directions


- Preheat air fryer - set temperature to 300°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine beef, shallots, half and half cream, egg yolk, parsley, salt, and black pepper. Mix ingredients and form into two loaves.
- Unroll crescent dough, separate into 2 rectangles, and press perforations to seal. Place one meat loaf on center of each rectangle, bring edges of dough together at center and pinch to seal all around. Brush dough with beaten egg.
- Open air fryer, lightly grease basket with olive oil spray, and place dough-wrapped meat in basket. Close air fryer.
- Set timer to 22 minutes. Press “Start/Pause” button to begin baking. Cook until golden brown and meat’s internal temperature reaches 160°F.
- Open air fryer and transfer beef wellington to a chopping board. Let rest for 10 minutes before slicing.
- Serve warm.





# Cajun Cauliflower Tacos

 Calories	151
 Fat	8g
 Protein	3g
 Carbs	18g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	380°F and 350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Cajun Cauliflower

- 1 small head cauliflower, cut into small florets
- 1 tablespoon olive oil
- 2 teaspoons Cajun seasoning
- Salt to taste

## Tacos with topping options

- 4 (4-inch) corn tortillas
- ½ cup guacamole
- ¼ cup chopped fresh cilantro
- ¼ cup baby spinach
- Taco ranch sauce
- Lime wedges

## Directions





- Preheat air fryer. Select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add cauliflower, olive oil, Cajun seasoning, and salt. Toss well.
- Open air fryer, add cauliflower to basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to initiate frying. Cook until cauliflower is golden brown and tender.
- Once cooked, open air fryer and remove cauliflower onto a plate.
- Clean basket, place in tortillas, and close air fryer. Set temperature to 350°F and timer for 2 minutes. Press “Start/Pause” button to begin warming tortillas.
- Place tortillas on a serving platter, add cauliflowers and fill with your preferred toppings.
- Serve immediately.








# Sesame Garlic Tofu

 Calories	225
 Fat	11g
 Protein	12g
 Carbs	23g

Prep Time	Sitting Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	15 mins	370°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 (14 ounces) package extra firm tofu
- ½ cup cornstarch
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- ¼ cup low-sodium soy sauce
- 2 tablespoons garlic paste
- 1 teaspoon fresh ginger paste
- 1 tablespoon fresh lemon juice
- 1 ½ tablespoons brown sugar
- Olive oil spray
- ½ teaspoon toasted sesame seeds
- 2 scallions, chopped


## Directions

- Wrap tofu multiple times in paper towels, place a heavy pot on top, and let sit for 30 minutes to absorb liquid. After, unwrap tofu and cut into 1 to 2-inch cubes.
- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Pour cornstarch into a plastic zipper bag. In a bowl, add olive oil, sesame oil, soy sauce, garlic paste, ginger paste, lemon juice, and brown sugar; mix well.
- Add tofu to cornstarch, close bag and shake vigorously to coat tofu with cornstarch. Remove tofu from cornstarch into sauce mixture; toss well.
- Open air fryer, lightly grease basket with olive oil spray, and add tofu to basket. Close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin frying. Turn tofu after 12 minutes of cooking and continue frying until tofu is golden brown.
- Open air fryer and transfer tofu to a serving platter. Garnish with sesame seeds and scallions.
- Serve warm.



# Peri-Peri Chicken Breasts

 Calories	474
 Fat	39g
 Protein	24g
 Carbs	9g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	1 hour	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- ½ pound red chilies, heads removed
- 1 large red bell pepper, deseeded and cut into chunks
- 8 garlic cloves, roughly chopped
- ½ cup fresh cilantro leaves, tightly packed
- ¼ cup fresh basil leaves, tightly packed
- 1 teaspoon smoked paprika
- ½ cup olive oil
- 3 tablespoons lemon juice
- Salt and black pepper to taste
- 1 pound chicken thighs, skin, and bone on
- Olive oil spray





## Directions


- First make peri-peri sauce. In a blender, combine red chilies, bell pepper, garlic, cilantro, basil, paprika, olive oil, lemon juice, salt, and black pepper. Blend until smooth.
- Place chicken in a bowl and pour on peri peri sauce; mix well. Let chicken sit in refrigerator for 1 hour to marinate.
- After chicken has marinated, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer and lightly grease basket with olive oil spray. Using tongs, remove chicken from marinade while dripping off excess liquid and place in basket in a single layer. Close air fryer and discard marinade.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Cook until chicken is golden brown and reaches an internal temperature of 165°F while turning halfway through cooking.
- When ready, open air fryer and transfer to a serving platter. Let sit for 10 minutes before serving.
- Enjoy warm.





# Tex-Mex Zucchini Burrito Boats

 Calories	334
 Fat	14g
 Protein	15g
 Carbs	39g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 large zucchinis
- 1 tablespoon olive oil
- 1 cup cooked brown rice
- ½ cup sweet corn kernels
- 1 (15 ounces) can black beans, drained
- 1 red bell pepper, deseeded and finely chopped
- ½ yellow onion, finely chopped
- ½ jalapeño pepper, de-seeded and chopped
- 2 garlic cloves, minced
- 1 cup salsa
- 1 teaspoon chili powder
- 2 teaspoons cumin powder
- ¼ cup chopped fresh cilantro, divided
- Salt to taste
- 1 cup grated Mexican cheese blend

## Directions





- Preheat air fryer. Select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Slice each zucchini into halves and use a teaspoon to scoop out two-thirds of flesh to resemble boats. Chop extracted zucchini flesh and add to a bowl. Brush zucchini boats with olive oil and set aside.
- In bowl containing zucchini flesh, add brown rice, corn kernels, black beans, bell pepper, onion, jalapeño pepper, garlic, salsa, chili powder, cumin powder, half of cilantro, and salt. Mix well.
- Spoon mixture into zucchini boats until almost full and top with cheese blend.
- Open air fryer and lightly grease basket with olive oil spray. Place 2 zucchini boats in basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to initiate baking. Cook until cheese melts and zucchini is tender.
- Remove zucchini boats from air fryer onto a serving platter and bake remaining two zucchini boats the same way.
- Garnish with remaining cilantro and serve warm.








# Greek Lamb Chops

 Calories	422
 Fat	39g
 Protein	16g
 Carbs	2g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 4 (1-inch thick) lamb chops
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- Salt and black pepper to taste


## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Place lamb chops in a bowl and add olive oil, lemon juice, garlic, oregano, salt, and black pepper. Mix well with clean hands until meat is well-coated with spices.
- Open air fryer, place 2 lamb chops in basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin cooking. Flip lamb chops after 5 minutes and continue cooking until lamb chops are golden brown and internal temperature reaches 130°F for medium doneness.
- Once cooked, remove lamb chops onto a serving platter and let rest for 10 minutes. Cook other two lamb chops.
- Serve warm.



# Eggplant Gratin

 Calories	117
 Fat	5g
 Protein	6g
 Carbs	15g

Prep Time	Sitting Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	8 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- 1 large eggplant
- Salt and black pepper to taste
- 1 cup marinara sauce
- 1 teaspoon Italian seasoning
- ½ cup breadcrumbs
- 3 tablespoons grated Parmesan cheese
- ¼ cup grated mozzarella cheese
- Chopped fresh parsley for garnish





## Directions


- Preheat air fryer. Select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Grease a 6-inch round baking dish with olive oil spray.
- Cut off eggplant head and slice body into ½-inch thick pieces. Season eggplants with salt and black pepper.
- Spoon half of marinara sauce in bottom of baking dish and arrange eggplant slices on top. Sprinkle Italian seasoning on top; add remaining marinara sauce, breadcrumbs, Parmesan cheese, and mozzarella cheese.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin baking. Cook until cheeses melt and eggplant is tender.
- Once ready, open air fryer and remove baking dish onto a serving platter.
- Garnish with parsley and serve warm.





# Beef and Quinoa Stuffed Peppers

 Calories	696
 Fat	38g
 Protein	51g
 Carbs	39g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	16 mins	400°F and 380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- 1 pound ground beef
- 1 small onion, chopped
- Salt and black pepper to taste
- 1 (8 ounces) can tomato sauce
- 1 (15 ounces) can diced tomatoes
- 2 cups cooked quinoa
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 4 large bell peppers, color of choice
- 1 tablespoon olive oil
- 2 cups grated cheddar cheese





## Directions


- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch round baking dish with olive oil spray. Add beef, onion, salt, and black pepper. Mix well and place baking dish in air fryer basket. Close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to start cooking. Cook beef until brown while stirring halfway through cooking.
- Open air fryer, take out baking dish and add tomato sauce, diced tomatoes, quinoa, Italian seasoning, garlic powder, salt, and black pepper. Mix well.
- Cut heads off bell peppers (keep heads) and core out seeds and membrane. Drizzle with olive oil and season with salt and black pepper. Spoon beef-quinoa mixture into bell peppers two-thirds way up, top with cheddar cheese and place bell pepper heads on top.
- Lightly grease air fryer basket with olive oil spray, place in bell peppers, and close air fryer.
- Set air fryer in “Vegetables” function. Press “Start/Pause” button to start baking. Cook until bell peppers are tender.
- Remove bell peppers when ready and transfer to a serving platter.
- Serve warm.





# Tofu Broccoli Stir-Fry

 Calories	231
 Fat	10g
 Protein	13g
 Carbs	27g

Prep Time	Sitting Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	30 mins	10 mins	390°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Tofu

- 1 (14 ounces) extra-firm tofu
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 3 tablespoons cornstarch

## Sauce

- 3 tablespoons rice vinegar
- ½ cup orange juice
- 2 tablespoons orange zest
- 1 tablespoon chicken stock
- 1 tablespoon light soy sauce
- 2 tablespoons granulated sugar
- 2 garlic cloves, minced

## Vegetables





- 1 head broccoli, cut into small florets
- 2 medium carrots, peeled and thinly sliced (optional)
- 1 red bell pepper, deseeded and thinly sliced (optional)

## Directions

- First, prepare tofu. Wrap tofu in multiple layers of paper towels. Place a heavy pot on top and let sit for 30 minutes to absorb liquid. After, cut tofu into 1 to 2-inch cubes and place in a bowl. Add soy sauce, sesame oil, and cornstarch; toss well.
- Preheat air fryer - set temperature to 390°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and add coated tofu. Close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin frying. Cook until tofu is golden brown while shaking basket halfway.
- Meanwhile, prepare sauce. In a bowl, combine rice vinegar, orange juice, orange zest, chicken stock, soy sauce, sugar, and garlic. Mix well and set aside.
- Once cooked, open air fryer and transfer tofu to an 8-inch round baking dish. Add carrots, broccoli, bell pepper, and sauce mixture. Mix well and cover dish with foil. Use a fork to poke some holes all over foil.
- Place baking dish in air fryer basket and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin cooking. Cook until vegetables are tender.
- Remove baking dish when ready and transfer dish onto a flat surface.
- Remove foil and serve warm.



# Fruit-Stuffed Pork Loin

 Calories	394
 Fat	20g
 Protein	30g
 Carbs	26g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	20 mins	325°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Stuffing

- 1 (15 ounces) can mixed fruits, drained and chopped
- 1/3 cup pineapple jelly
- 3 tablespoons dried onion
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh thyme leaves
- 2 tablespoons olive oil
- Salt and black pepper to taste

## Pork Loin

- 1 pound pork loin
- Salt and black pepper to taste
- 3 fresh thyme sprigs
- Olive oil spray





## Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine stuffing ingredients – mixed fruits, pineapple jelly, dried onion, lemon juice, thyme, olive oil, salt, and black pepper. Mix well and set aside.
- Place pork loin fat side down on a clean flat surface and using a sharp knife, butterfly meat into a ½-inch thick rectangle. Season both sides of meat with salt and black pepper. Spoon and spread fruit mixture on pork and tightly roll meat over stuffing. Use 2 or 3 butcher’s twines to tie meat to secure properly.
- Open air fryer, lightly grease basket with olive oil spray, and place pork in basket. Drop thyme sprigs around pork, mist meat with olive oil spray, and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin roasting. Cook until meat reaches an internal temperature of 145°F while turning meat halfway through cooking.
- When timer is done, open air fryer and use tongs to lift meat onto a chopping board. Let rest for 5 minutes before slicing.
- Serve warm.





# Rosemary Beef Roast

 Calories	335
 Fat	16g
 Protein	47g
 Carbs	1g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	15 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 (2 pounds) beef roast
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 2 teaspoons dried rosemary

## Directions





- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry beef with a paper towel and rub olive oil all over meat. Season with salt, black pepper, and gently press rosemary onto meat.
- Open air fryer, place meat in basket and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to start roasting. Cook until beef reaches your desired internal temperature of doneness.
- Remove beef from air fryer when ready, wrap in foil and let rest on a platter for 10 minutes.
- Unwrap beef and slice. Serve warm.








# Walnut Ricotta Chicken Breasts

 Calories	669
 Fat	37g
 Protein	69g
 Carbs	14g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	15 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 4 chicken breasts, skinless and boneless
- Salt and black pepper to taste
- ½ cup Panko breadcrumbs
- ¼ cup toasted walnuts
- 1 ¼ cup spinach, pre-steamed
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ cup chopped fresh parsley
- 1 tablespoon fresh dill
- ½ cup ricotta cheese
- 1 large egg
- 1 tablespoon water
- Olive oil spray


## Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lay chicken breasts on a clean flat surface and using a sharp curved-tip knife, create a deep pocket in chicken without cutting chicken all the way out. Season lightly with salt and black pepper. Set aside.
- In a food processor, combine breadcrumbs and walnuts; process until smooth crumbs form. Pour mixture into a bowl. In another bowl, combine spinach, onion powder, garlic powder, parsley, dill, ricotta cheese, salt, and black pepper; mix well. Crack egg into a third bowl, add water and whisk well.
- Spoon ricotta mixture into chicken pockets and seal with toothpicks. Dip chicken in egg and then lightly coat in walnut mixture.
- Open air fryer, lightly grease basket with olive oil spray, and place in chicken. Mist chicken with olive oil spray and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to start baking. Cook until chicken is golden brown and reaches an internal temperature of 165°F.
- Using tongs, remove chicken from air fryer and place on a serving platter. Let rest for 10 minutes.
- Serve warm.



# Baked Creamy Ziti with Spinach and Sun-Dried Tomatoes

 Calories	188
 Fat	15g
 Protein	8g
 Carbs	7g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	15 mins	390°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- 2 ½ cups pre-cooked ziti pasta
- 1 ½ cups pre-cooked chicken breasts, cut into 1-inch pieces
- 1/3 cup oil-packed sun-dried tomatoes, drained and roughly chopped
- 2 cups baby spinach, steamed
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste
- 2 tablespoons chopped fresh basil
- 4 tablespoons heavy cream
- 2 tablespoons cream cheese, room temperature
- ½ cup grated mozzarella cheese
- ¼ cup grated Parmesan cheese





## Directions


- Preheat air fryer - set temperature to 390°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease an 8-inch round baking dish with olive oil spray and set aside.
- In a large bowl, combine ziti, chicken, sun-dried tomatoes, spinach, garlic, Italian seasoning, salt, black pepper, basil, heavy cream, cream cheese, and mozzarella cheese. Mix well and spoon mixture into baking dish. Sprinkle Parmesan cheese on top.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to initiate baking. Bake until cheeses melt and food is golden brown on top.
- Remove baking dish when ready and let rest for 3 to 5 minutes.
- Serve warm.





# Beef and Mushroom Pot Pie

 Calories	681
 Fat	34g
 Protein	46g
 Carbs	45g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	51 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 tablespoons olive oil
- 1 ½ pound beef cubed steak, cut into 1-inch pieces
- Salt and black pepper to taste
- 2 cups sliced cremini mushrooms
- 3 medium carrots, peeled and sliced
- 3 celery stalks, sliced
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- ¾ cup red wine
- 1 tablespoon Worcestershire sauce
- 3 tablespoons all-purpose flour
- 2 cups beef stock
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 cup frozen peas
- 1 pre-made pie crust
- 1 large egg, beaten





## Directions


- Heat olive oil in a skillet over medium heat. Season beef with salt, black pepper and cook in oil on both sides for 10 minutes or until brown. Transfer beef to a plate and set aside.
- Add mushrooms, carrots, celery, onion, and garlic to skillet; cook for 5 minutes or until vegetables are tender. Add red wine and cook for 1 minute. Add Worcestershire sauce, flour, beef stock, bay leaf, thyme, peas, and beef. Stir well and simmer for 5 minutes or until sauce thickens.
- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Pour stew into an 8-inch pie pan and cover with pie crust; press seams to seal. Use a small knife to create 2 or 3 holes in pastry and brush with egg.
- Open air fryer, place pie pan in basket and close air fryer.
- Set timer to 30 minutes. Press "Start/Pause" button to start baking. Bake until crust is golden brown and sauce bubbly.
- When ready, remove pie pan from air fryer and let rest for 10 minutes.
- Serve warm.





# Maple Turkey Kebabs

 Calories	1839
 Fat	80g
 Protein	249g
 Carbs	15g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	30 mins	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 2 turkey breasts, skinless and boneless
- 2 tablespoons soy sauce
- 3 tablespoons maple syrup
- Black pepper to taste
- ½ medium green bell pepper, deseeded and cut into chunks
- ½ medium red bell pepper, deseeded and cut into chunks
- ½ medium yellow bell pepper, deseeded and cut into chunks
- ½ zucchini, cut into ½-inch sliced
- ¼ medium red onion, cut into chunks
- 4 mini skewers


## Directions

- Cut turkey into 1-inch cubes and place in a bowl. Add soy sauce, maple syrup, and black pepper. Mix well and cover bowl with a plastic wrap. Let turkey marinate at room temperature for 30 minutes.
- After marinating turkey, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Alternately, thread turkey, bell peppers, zucchini, and onion onto skewers.
- Open air fryer, lightly grease basket with olive oil spray, place in skewers, and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to start grilling. Cook until turkey and vegetables are slightly charred and turkey cooked.
- After cooking, remove kebabs onto a serving platter and let rest for 5 minutes.
- Serve warm.



# Pecan-Crusted Trout

 Calories	404
 Fat	31g
 Protein	21g
 Carbs	14g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 trout fillets
- Salt and black pepper to taste
- ½ cup breadcrumbs
- 1 teaspoon minced basil
- 1 cup ground pecans
- 1 tablespoon lemon juice
- 2 tablespoons olive oil





## Directions


- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry trout fillets with a paper towel, season with salt and black pepper, and set aside.
- On a plate, combine breadcrumbs, basil, pecans, lemon juice, olive oil, salt, and black pepper. Place trout fillets in mixture and press to coat well.
- Open air fryer, place in trout fillets, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin baking. Bake until crust is golden brown and fish is flaky.
- Remove trout onto a serving platter when ready.
- Serve immediately.





# Ginger Scallops and Vegetable Bowls

 Calories	179
 Fat	2g
 Protein	16g
 Carbs	25g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	10 mins	380°F		Easy <input checked="" type="checkbox"/>

## Ingredients

- 3 tablespoons orange juice
- 2 tablespoons honey
- 1 teaspoon sesame oil
- 2 tablespoons fresh ginger paste
- Salt to taste
- 1 cup chopped mixed vegetables, of choice
- 16 sea scallops





## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add orange juice, honey, sesame oil, ginger, and salt; mix well. Add vegetables and toss well.
- Open air fryer, spoon vegetables into basket and close air fryer.
- Set timer to 7 minutes. Press “Start/Pause” button to begin cooking. Cook until vegetables are tender with a bite while shaking basket halfway.
- O
- Open air fryer and place in scallops. Close air fryer and continue cooking for 3 minutes or until scallops are golden brown and opaque.
- Spoon vegetables and scallops into serving bowls.
- Serve warm.





# Portobello Mushrooms with Crispy Goat Cheese

 Calories	273
 Fat	22g
 Protein	13g
 Carbs	8g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	12 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Mushrooms

- 4 large Portobello mushrooms, stems trimmed
- and well-cleaned
- 1 tablespoon olive oil
- Salt and black pepper to taste
- ½ cup chopped and steamed spinach
- 1 teaspoon onion powder
- 1 cup soft goat cheese
- Olive oil spray

## Breadcrumb topping





- ½ cup Panko breadcrumbs
- 2 tablespoons unsalted butter
- 1 shallot, finely chopped
- 1 garlic clove, minced
- Salt and black pepper to taste


## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry mushrooms with a paper towel. Drizzle with olive oil and season with salt and black pepper. In a bowl, combine spinach, onion powder, and goat cheese. Mix well and spoon mixture into mushrooms.
- Open air fryer, lightly grease basket with olive oil spray, and arrange mushrooms in basket in a single layer. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start baking. Cook until mushrooms are tender.
- Meanwhile, as mushrooms cook, in a bowl, combine breadcrumbs, butter, shallot, garlic, salt, and black pepper. Mix well and set aside.
- When mushrooms are ready, open air fryer and spoon breadcrumbs mixture on mushrooms. Close air fryer and cook further for 2 minutes or until crispy.
- Remove mushrooms onto a serving platter and serve warm.



# Tomato-Coated Mackerel

 Calories	463
 Fat	12g
 Protein	81g
 Carbs	4g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 big tomato, halved
- ¼ medium onion, chopped
- 2 medium jalapeño peppers
- 1 garlic clove, crushed
- ½-inch ginger finger, peeled and roughly chopped
- Salt and black pepper to taste
- 1 tablespoon olive oil
- 4 Norwegian mackerel steaks
- Olive oil spray





## Directions


- Cut out a piece of foil to line air fryer basket and set aside.
- In a blender, combine tomato, onion, jalapeño peppers, garlic, ginger, salt, black pepper, and olive oil. Blend until smooth paste forms.
- Place mackerel fillets in a bowl and pour on tomato mixture. Coat mackerel steaks well with mixture.
- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lay foil in basket, and grease with olive oil spray. Using tongs, remove fish from marinade and place on foil in a single layer. Close air fryer and discard marinade.
- Set timer to 8 minutes. Press “Start/Pause” button to begin baking. Cook fish until light golden and flaky. Do not turn fish halfway through cooking.
- Once ready, remove fish onto a serving platter.
- Serve warm.





# Creamy Vegetable and Pesto Bake

 Calories	272
 Fat	17g
 Protein	12g
 Carbs	22g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	10 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 cup cauliflower vegetable mix, steamed
- 1 ½ cups peas and sweet corn kernels
- 1 green onion, chopped
- 2 tablespoons basil pesto
- ½ cup heavy cream
- Salt and black pepper to taste
- 2 tablespoons cream cheese, room temperature
- 1/3 cup grated mozzarella cheese
- ¼ cup Panko breadcrumbs
- ¾ cup grated Parmesan cheese
- Chopped fresh parsley for garnish

## Directions





- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine vegetable mix, peas and corn kernels, green onion, pesto, heavy cream, salt, black pepper, cream cheese, and mozzarella cheese. Mix well and spoon mixture into an 8-inch round baking dish.
- In another bowl, combine breadcrumbs and Parmesan cheese. Mix well and sprinkle over vegetable mixture.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin baking. Cook until top crust is golden brown.
- Open air fryer and transfer baking dish to a flat surface.
- Serve warm.








# Skirt Steak Fajitas

 Calories	391
 Fat	23g
 Protein	37g
 Carbs	9g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	2 to 4 hours	16 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 ½ pound sirloin steak, thinly sliced against the grain
- 2 tablespoons fresh lime juice
- ¼ cup pineapple juice
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon cumin powder
- ½ tablespoon chili powder
- ½ teaspoon smoked paprika
- Salt and black pepper to taste
- 1 medium yellow onion, sliced
- ½ medium red bell pepper, deseeded and sliced
- ½ medium green bell pepper, deseeded and sliced
- Olive oil spray

## Directions

- Place steak in a bowl. In another bowl, combine lime juice, pineapple juice, soy sauce, olive oil, garlic, cumin powder, chili powder, paprika, salt, and black pepper; mix well. Pour mixture over steak and toss well. Cover bowl with plastic wrap and refrigerate for 2 to 4 hours.
- Once meat marinates, remove from refrigerator.
- Cut out a piece of foil to line air fryer basket and set aside.
- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer and place foil in basket. Season bell peppers and onion with salt and black pepper. Add vegetables to basket, spread out in a single layer, and mist with olive oil spray. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start cooking. After 10 minutes, use tongs to remove steak from marinade onto vegetables. Cook further for 6 minutes or until steak cooks to your desired doneness.
- Open air fryer and remove fajitas onto a serving platter.
- Serve warm with tortillas and your favorite fajita toppings.










# **SIDES**





# Honey Mustard Brussels Sprouts

 Calories	101
 Fat	4g
 Protein	4g
 Carbs	16g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound Brussels sprouts, trimmed and cut in half
- ½ red onion, sliced
- 1 tablespoon olive oil
- A pinch of red chili flakes
- Salt and black pepper to taste
- Olive oil spray
- 2 teaspoons Dijon mustard
- 1 tablespoon honey
- ½ lemon, juiced
- 1 tablespoon red wine vinegar
- 1 garlic clove, minced





## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add Brussels sprouts, red onion, olive oil, red chili flakes, salt, and black pepper. Mix well.
- Open air fryer, lightly grease with olive oil spray, and in batches add Brussels sprouts to basket. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start roasting. Cook until Brussels sprouts are slightly charred and tender while shaking basket through cooking.
- Meanwhile as Brussels sprouts cooks, in a bowl, add Dijon mustard, honey, lemon juice, red wine vinegar, and garlic.
- Whisk well.
- When Brussels sprouts are ready, transfer vegetables to a bowl and pour on dressing. Toss well.
- Serve Brussels sprouts warm.





# Cinnamon-Roasted Butternut Squash

 Calories	194
 Fat	7g
 Protein	2g
 Carbs	35g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	16 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 (2 pounds) butternut squash
- ½ teaspoon cinnamon powder
- ¼ teaspoon salt or to taste
- 2 tablespoons olive oil
- 2 tablespoons honey + extra for drizzling
- Olive oil spray



## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Peel butternut squash, cut in half, and remove seeds. Cut each half into 1-inch chunks and place in a bowl. Add cinnamon powder, salt, olive oil, and honey; mix well.
- Open air fryer, lightly grease with olive oil spray, and add butternut squash. Close air fryer.
- Set timer to 16 minutes. Press “Start/Pause” button to start roasting. Cook until butternut squash is light golden and tender while shaking basket a few times through cooking.
- Open air fryer and transfer butternut squash into a bowl. Drizzle with about a teaspoon of honey and toss well.
- Serve butternut squash warm.



# Twice Baked Potatoes

 Calories	876
 Fat	52g
 Protein	38g
 Carbs	67g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	46 mins	320°F and 400°F		Moderate 

## Ingredients

- 3 bacon slices, cooked
- 4 large potatoes
- 1 teaspoon olive oil
- Salt and black pepper to taste
- 4 tablespoons sour cream
- 1 tablespoon butter
- ½ cup grated cheddar cheese, divided
- 1 tablespoon chopped fresh chives for garnish

## Directions

- Preheat air fryer – select “Bacon” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lay bacon in basket, and close air fryer.  
Set timer to 8 minutes. Press “Start/Pause” button to initiate frying. Fry bacon until golden brown and crispy while turning halfway through cooking.
- Once ready, open air fryer and use tongs to remove bacon onto a paper towel-lined plate to drain grease. Chop bacon into small bits and set aside.
- Use a fork to make holes all around potatoes, drizzle with olive oil and season with salt and black pepper. Use your hands to rub seasoning on potatoes.

Place potatoes in air fryer basket and close air fryer.

Adjust temperature to 400°F and timer to 30 minutes. Press “Start/Pause” button to initiate baking. Bake potatoes until tender while turning halfway through cooking.

When potatoes are cooked, open air fryer and remove onto a chopping board. Let cool for 10 minutes.

Cut each potato in half and scoop out flesh into a bowl without destroying skin. Set skins aside.

Onto potato flesh, add sour cream, butter, half of cheddar cheese, salt, and black pepper. Mix until smooth. Spoon mixture into potato skins.

Carefully place stuffed potatoes skins in air fryer basket and close air fryer.




Set timer for 8 minutes. Press “Start/Pause” button to initiate baking. Halfway through baking, open air fryer and add remaining cheddar cheese and bacon on top of potatoes. Continue baking until timer runs out or until cheese melts.



Remove potatoes from air fryer, garnish with chives and serve warm.





# Cheddar Bread Puffs

 Calories	1605
 Fat	111g
 Protein	26g
 Carbs	127g

Prep Time	Dough Rising Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	90 mins	25 mins	375°F		Moderate 

## Ingredients

- 5 cups all-purpose flour + extra for dusting
- 1 ½ teaspoons salt
- ½ tablespoon granulated sugar
- 1 pack active dry yeast
- 2 tablespoons unsalted butter, melted + extra for brushing
- 1 ½ cup whole milk, warmed
- ½ cup grated cheddar cheese
- 4 ounces cream cheese, room temperature

## Directions





- In bowl of a stand mixer, add flour and salt. Mix well and add sugar and yeast. Combine well.
- Pour in butter and milk. Knead mixture at medium speed until dough forms and pulls away from side of bowl. Cover bowl with a clean napkin and let rise at room temperature for 60 minutes.
- Dust a clean flat surface with flour and transfer dough on top. Divide dough into half, then quarters, and each quarter into 8 equal ball sizes. Stretch each dough and add about a teaspoon each of cheddar cheese and cream cheese. Wrap dough around cheeses, pinch ends to seal in cheese, and mold dough into a ball. Let dough balls sit for 30 minutes and then brush with butter.
- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Open air fryer, lightly brush basket with butter and in batches, add dough balls to basket. Close air fryer.
- Set timer to 25 minutes. Press "Start/Pause" button to initiate baking. Bake bread until golden brown and set within.
- When bread puffs are ready, remove from air fryer and transfer to a cooling basket.
- Serve.








# Rainbow Carrots with Balsamic Glaze

 Calories	100
 Fat	6g
 Protein	1g
 Carbs	10g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	10 mins	380°F		Easy <input checked="" type="checkbox"/>

## Ingredients





- 1 pound rainbow baby carrots, peeled and well-rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 tablespoon balsamic glaze
- 1 tablespoon butter, melted
- 2 teaspoons chopped fresh parsley for garnish


## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add carrots, olive oil, salt, and black pepper. Toss well.
- Open air fryer, lightly grease with olive oil spray, and add carrots while spreading out across basket. Close air fryer. Set timer to 10 minutes. Press “Start/Pause” button to start roasting. Cook until carrots are tender while turning halfway through roasting.
- Open air fryer and use tongs to remove carrots into a bowl. Drizzle balsamic glaze and butter on top. Toss well and garnish with parsley.
- Serve carrots warm.



# Sweet Potato Casserole

 Calories	604
 Fat	35g
 Protein	7g
 Carbs	71g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	16 mins	350°F		Easy <input checked="" type="checkbox"/>

## Ingredients

- Olive oil spray
- 4 peeled sweet potatoes, pre-cooked and chopped
- ½ cup heavy cream
- ½ cup brown sugar, divided
- 2 teaspoons cinnamon powder, divided
- 1 cup toasted pecans, crushed into crumbs
- ½ cup all-purpose flour
- ¼ cup butter, melted





## Directions


- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Lightly grease an 6-inch baking dish with olive oil spray and set aside.
- In a bowl, add sweet potatoes, and using a potato masher or fork, mash sweet potatoes well. Add heavy cream, ¼ cup of brown sugar, and 1 teaspoon of cinnamon powder; mix well. Spoon mixture into baking dish and level evenly using a spoon.
- In a bowl, add pecans, remaining brown sugar and cinnamon powder, flour, and butter. Mix well into a crumbly consistency. Spoon pecan topping on mashed sweet potatoes and spread out evenly using spoon.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 16 minutes. Press "Start/Pause" button to initiate baking. Bake casserole until golden brown and sweet potatoes slightly compacted.
- Remove baking dish when ready and let casserole sit for 5 minutes.
- Serve warm.





# Italian Bread Toast Salad with Olives and Tomatoes

 Calories	406
 Fat	22g
 Protein	8g
 Carbs	44g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1/3 cup olive oil
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 loaf ciabatta bread, cut into 1/2-inch cubes
- 2 tablespoons balsamic vinegar
- 1/8 teaspoon salt
- 1 large tomato, chopped
- 2 tablespoons sliced black olives
- 1 tablespoon chopped fresh parsley
- 1/4 cup baby arugula
- 2 tablespoons coarsely chopped fresh basil
- 2 tablespoons shredded Parmesan cheese





## Directions


- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a bowl, add olive oil, black pepper, and garlic powder; whisk well. Pour bread into another bowl, drizzle 2 tablespoons of olive oil mixture on top and toss well.
- Open air fryer, add bread cubes to basket in a single layer and close air fryer.
- Set timer to 8 minutes. Press "Start/Pause" button to initiate toasting. Toast bread until golden brown and crispy.
- Meanwhile, in remaining olive oil mixture, add balsamic vinegar and salt; whisk well. Set aside.
- In a salad bowl, combine tomato, Kalamata olives, parsley, arugula, basil, and olive oil dressing. Toss well.
- When bread toasts are ready, transfer from air fryer to salad and mix well.
- Sprinkle Parmesan cheese on top of salad and serve immediately.





# Smoky Chickpea and Pepper Toss

 Calories	96
 Fat	2g
 Protein	5g
 Carbs	16g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	15 mins	390°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 (15.5 ounces) can chickpeas, drained
- 1 ½ teaspoon paprika
- ¼ teaspoon black pepper
- ½ teaspoon celery salt
- ½ teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1 teaspoon brown sugar
- ½ teaspoon dry mustard
- A drop of liquid smoke
- Olive oil spray

## Directions

- Preheat air fryer - set temperature to 390°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine chickpeas, paprika, black pepper, celery salt, garlic powder, cayenne pepper, brown sugar, dry mustard, and liquid smoke. Toss until chickpeas are well-coated.
- Open air fryer, pour in chickpeas, lightly mist with olive oil spray, and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to start frying. Cook until chickpeas are golden brown while shaking basket every 5 minutes.
- When ready, transfer chickpeas into a serving bowl and serve warm.



# Garlic-Roasted Green Beans

 Calories	59
 Fat	4g
 Protein	2g
 Carbs	6g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	8 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound fresh green beans, trimmed
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Salt and black pepper to taste





## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add green beans, olive oil, garlic powder, salt, and black pepper. Mix well.
- Open air fryer, add green beans to basket, and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to start cooking. Cook green beans until tender while shaking basket a few times.
- When ready, take out green beans onto a serving platter.
- Serve warm.





# Roasted Rainbow Tomatoes, Corn, and Avocado Salad

 Calories	222
 Fat	19g
 Protein	3g
 Carbs	16g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	10 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 cup rainbow cherry tomatoes, halved
- ½ cup sweet corn kernels
- 1 tablespoon olive oil
- ¼ teaspoon chili pepper
- Salt and black pepper to taste
- 2 large avocados, pitted, peeled, and chopped
- 1 small red onion, finely chopped
- ½ lime, juiced
- 2 tablespoons chopped fresh cilantro





## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
  - In a bowl, add cherry tomatoes, corn kernels, olive oil, chili pepper, salt, and black pepper. Toss well.
  - Open air fryer, add tomato mixture to basket and close air fryer.
  - Set timer to 10 minutes. Press “Start/Pause” button to begin roasting. Roast vegetables until slightly charred while shaking basket a few times through cooking.
  - Open air fryer and transfer vegetable mixture to a salad bowl.
  - Add avocados, red onion, lime juice, and cilantro. Toss well.
- Serve salad immediately.





# Ratatouille

 Calories	186
 Fat	11g
 Protein	4g
 Carbs	22g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 2 eggplants, peeled and cut into  $\frac{3}{4}$ -inch cubes
- 1 cup cherry tomatoes
- 1 large red bell pepper, deseeded and cut into  $\frac{3}{4}$ -inch chunks
- 3 tablespoons olive oil, divided
- 7 garlic cloves, sliced in half lengthwise
- 1 teaspoon dried oregano
- $\frac{1}{2}$  teaspoon dried thyme
- Salt and black pepper to taste

## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a 6-inch baking dish with 1 teaspoon of olive oil and set aside.
- In a bowl, add eggplants, cherry tomatoes, red bell pepper, remaining olive oil, garlic, oregano, thyme, salt, and black pepper. Mix well and transfer vegetables to baking dish.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Cook ratatouille until vegetables are tender and juicy.
- Open air fryer when done and take out baking dish.
- Serve ratatouille warm.



# Gruyere Truffle Potato Fries

 Calories	471
 Fat	18g
 Protein	14g
 Carbs	67g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 large russet potatoes
- 3 tablespoons white truffle oil, divided
- Salt to taste
- 3 tablespoons grated Gruyere cheese





## Directions


- Preheat air fryer – select “French Fries” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Peel potatoes and cut into 1-inch juliennes. Put potatoes in a bowl and add truffle oil and salt; toss well.
- Open air fryer, add potatoes to basket and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Fry until potatoes are crispy and cooked within while shaking basket every 5 minutes.
- Transfer French fries to a bowl when ready, drizzle remaining truffle oil on top, and sprinkle on Gruyere cheese. Toss until potatoes are well-coated.
- Serve French fries warm.





# Lemon-Roasted Cauliflower and Broccoli

 Calories	106
 Fat	7g
 Protein	4g
 Carbs	9g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	15 mins	400°F		Easy <input checked="" type="checkbox"/>

## Ingredients

- 3 cups cauliflower florets
- 3 cups broccoli florets
- 1 large carrot, cut into chunks (optional)
- 2 tablespoons olive oil
- ¼ teaspoon lemon pepper
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon turmeric powder
- Salt to taste
- ½ lemon, juiced

## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine cauliflower, broccoli, olive oil, garlic powder, lemon pepper, paprika, turmeric, and salt. Toss well.
- Open air fryer, add vegetables to basket and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin roasting. Cook vegetables until tender while shaking basket every 5 minutes.
- Open air fryer when ready and transfer vegetables to a serving bowl.
- Drizzle lemon juice on top and toss well.





Serve warm.








# Smashed Fingerling Potatoes with Chives

 Calories	241
 Fat	7g
 Protein	5g
 Carbs	41g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 2 pounds small golden baby potatoes
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- Salt and black pepper to taste
- 2 tablespoons chopped fresh chives for garnish

## Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Scrub potatoes thoroughly under running water and pat dry with paper towels. Drizzle olive oil on potatoes, season with garlic powder, salt, and black pepper. Use your hands to rub seasoning well on potatoes.
- Open air fryer, place potatoes in basket, and close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to initiate baking. Cook until potatoes are tender.
- Open air fryer and pull out basket. Use bottom of a heatproof drinking glass to smash potatoes in basket until each bursts open. Return basket to air fryer and set timer to 5 minutes. Press "Start/Pause" button to continue cooking until potatoes are golden brown.
- Transfer potatoes onto a serving platter and garnish with chives.
- Serve warm.



# Spice-Coated Mushroom Champignons

 Calories	78
 Fat	7g
 Protein	2g
 Carbs	3g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	7 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 2 (8 ounce) packages mushroom champignon
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 1 teaspoon garlic paste
- ½ teaspoon cumin powder
- 1 teaspoon coriander powder
- ½ teaspoon allspice powder
- ½ lemon for squeezing
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh parsley





## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Rinse mushrooms well under running water, pat dry with paper towels and cut each mushroom into 8 pieces.
- In a bowl, add mushrooms, olive oil, salt, black pepper, garlic paste, cumin powder, coriander powder, and allspice powder; mix until mushrooms are well-coated with spices.
- Open air fryer, add mushrooms to basket and close air fryer.
- Set timer to 7 minutes. Press “Start/Pause” button to initiate cooking. Cook until mushrooms are tender while shaking basket halfway through cooking.
- Open air fryer and transfer mushrooms to a serving bowl. Squeeze lemon juice on top and toss well. Garnish with mint and parsley.
- Serve warm.





# Garlic-Basil Croutons

 Calories	231
 Fat	15g
 Protein	4g
 Carbs	21g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	7 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 8 bread slices, bread type of your choice
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon salt or to taste
- ½ teaspoon black pepper or to taste
- ¼ cup olive oil
- Fresh parsley leaves for garnish

## Directions





- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Using a bread knife, cut bread slices into ½-inch squares and place in a bowl. In a small bowl, add garlic powder, onion powder, basil, oregano, salt, and black pepper; mix well.
- Drizzle olive oil on bread and in small additions, sprinkle spice mixture on bread and mix well at every addition until bread is well-coated.
- Open air fryer, add bread to basket and close air fryer.
- Set timer to 7 minutes. Press “Start/Pause” button to begin toasting. Toast bread until golden brown and crispy while shaking basket two or three times during cooking.
- Open air fryer, take out basket and transfer croutons to a serving bowl.
- Garnish with parsley and serve with soups or salads.








# Oregano Radishes

 Calories	52
 Fat	4g
 Protein	1g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	7 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 pound fresh radishes, rinsed and halved
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- Salt and black pepper to taste
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 teaspoons chopped fresh oregano for garnish


## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add radishes, olive oil, oregano, salt, black pepper, garlic powder, and onion powder. Mix well.
- Open air fryer, add radishes to basket and close air fryer.
- Set timer to 17 minutes. Press “Start/Pause” button to begin cooking. Cook radishes until fork tender while shaking basket at 10 minutes of cooking.
- Remove basket from air fryer and transfer radishes to a serving platter.
- Garnish with fresh oregano and serve warm.



# Simple Tortilla Chips

 Calories	187
 Fat	5g
 Protein	4g
 Carbs	32g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	5 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 12 (8-inch) tortillas
- 1 tablespoon olive oil
- 2 teaspoons salt





## Directions


- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly brush each tortilla on both sides with olive oil and season with salt. After, cut each tortilla into 6 wedges.
- Open air fryer, add tortillas to basket and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to initiate toasting. Toast until tortilla chips are golden brown and crispy.
- Transfer tortilla chips to a serving bowl when ready.
- Serve with your favorite dipping sauces.





# Maple-Orange Glazed Beets

 Calories	252
 Fat	6g
 Protein	5g
 Carbs	48g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	8 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 3 tablespoons fresh orange juice
- ¼ cup orange marmalade
- 1 tablespoon maple syrup
- 2 tablespoons butter, melted
- Salt and black pepper to taste
- 3 (14.5 ounces) cans quartered or sliced beets, drained

## Directions





- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, mix orange juice, orange marmalade, maple syrup, butter, salt, and black pepper until smooth. Add beets and mix well to coat. Arrange beets in a 6-inch round baking dish in a level layer.
- Open air fryer, place baking dish in basket and close air fryer.
- Set timer for 8 minutes. Press “Start/Pause” button to initiate baking. Bake beets until tender and liquid sticky.
- Open air fryer and remove baking dish onto a flat heatproof surface. Let sit for 3 to 4 minutes.
- Serve warm.








# Cheesy Butternut Squash Bake

 Calories	265
 Fat	18g
 Protein	11g
 Carbs	18g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 (2 pounds) butternut squash
- 2 tablespoons olive oil + extra for greasing
- ½ teaspoon garlic powder
- 1 tablespoon maple syrup
- ½ teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 cup cubed goat cheese
- 1 tablespoon chopped fresh parsley

## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease an 8-inch round baking dish with olive oil and set aside.
- Peel butternut squash, cut in half, remove seeds and chop into 1-inch cubes. Put butternut squash cubes in a bowl and add remaining olive oil, garlic powder, maple syrup, paprika, oregano, and goat cheese. Pour mixture into baking dish and evenly spread out with a spoon.
- Set timer for 20 minutes. Press “Start/Pause” button to initiate baking. Bake until butternut squash is fork-tender.
- Once cooked, open air fryer and remove baking dish. Let sit for 5 minutes.
- Serve warm.



# Pesto Carrot Fries

 Calories	104
 Fat	7g
 Protein	1g
 Carbs	11g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound mixed colored carrots, peeled and stem removed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 teaspoon pesto sauce
- 1 tablespoon unsalted butter, melted





## Directions


- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Using a knife, cut carrots into 1-inch juliennes and place in a bowl. Add olive oil, salt, and black pepper. Toss well.
- Open air fryer, add carrots to basket in a single layer, and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to initiate frying. Fry carrots until golden brown and tender while shaking basket every 5 minutes.
- Meanwhile, as carrots cook, in a bowl, mix pesto and butter. Set aside.
- When carrots are ready, use tongs to remove into a bowl and pour pesto mixture on top. Mix well.
- Serve warm.





# Green Beans, Mushroom, and Red Onion Roast

 Calories	118
 Fat	7g
 Protein	4g
 Carbs	12g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	20 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 pound fresh green beans, trimmed and cut into 2-inch pieces
- ½ pound cremini mushrooms, sliced
- 1 small red onion, halved and thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste

## Directions





- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add green beans, mushrooms, onion, olive oil, Italian seasoning, salt, and black pepper. Mix well.
- Open air fryer, add vegetables to basket in a single layer, and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin roasting. Roast vegetables until lightly charred and tender while shaking basket at 10 minutes of cooking.
- Open air fryer and use tongs to transfer vegetables to a serving platter.
- Serve warm.








# Greek Roasted Vegetable and Quinoa Salad

 Calories	419
 Fat	18g
 Protein	25g
 Carbs	12g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	20 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 1 large red bell pepper, deseeded and cut into 1-inch chunks
- 1 large green bell pepper, deseeded and cut into 1-inch chunks
- 2 cups cherry tomatoes, halved
- 1 small red onion, peeled and cut into chunks
- 2 garlic cloves, minced
- 1 tablespoon olive oil + extra for drizzling
- ½ teaspoon dried oregano
- Salt and black pepper to taste
- 1/3 cup cooked brown rice, fluffed
- 1 cup sliced Kalamata olives
- 2 English cucumbers, deseeded and chopped
- 2 tablespoons chopped fresh dill
- 1 lemon, juiced
- 2 (7 ounce) blocks feta cheese, cubed


## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine bell peppers, tomatoes, onion, garlic, olive oil, oregano, salt, and black pepper. Toss well.
- Open air fryer, add vegetable mixture to basket and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin roasting. Cook until vegetables are tender while shaking basket halfway through cooking.
- Open air fryer and transfer vegetables to a salad bowl. Add rice, olives, cucumbers, dill, lemon juice, feta cheese, and some olive oil. Toss well.
- Serve salad immediately.



# Onion and Zucchini Stir-Fry

 Calories	75
 Fat	7g
 Protein	1g
 Carbs	3g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 medium yellow onion, cut into chunks
- 2 medium zucchinis, cut into 1-inch slices
- 2 medium yellow squash, cut into 1-inch slices
- 2 tablespoons olive oil
- Salt and black pepper to taste
- ¼ teaspoon garlic powder

## Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add onion, zucchinis, squash, olive oil, salt, black pepper, and garlic powder. Toss well.
- Open air fryer basket, add vegetables to basket and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to initiate cooking. Cook until vegetables are tender while stirring every 5 minutes.
- Once ready, remove basket and transfer vegetables to a serving platter.
- Serve warm.













# DESSERTS





# Cream and Chocolate Cannoli

 Calories	602
 Fat	27g
 Protein	15g
 Carbs	71g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
20 mins	24 mins	400°F		Moderate 

## Ingredients Dough

- 2 cups all-purpose flour + extra for dusting
- 2 teaspoons granulated sugar
- 1 teaspoon salt
- 2 tablespoons cold butter, cubed
- 1 egg yolk
- ½ cup dry white wine

- Olive oil spray

## Filling

- 1 cup ricotta cheese
- 2/3 cup confectioner's sugar
- ½ teaspoon cinnamon powder

- 1 cup heavy whipping cream

## Toppings





- Mini chocolate chips
- Confectioner's sugar


## Directions

- To make dough, in a bowl, combine flour, sugar, and salt; mix well. Add butter and using a fork, mix until breadcrumb-like mixture forms. Add egg yolk and wine; mix until well-combined and crumbly dough forms.
- Lightly dust a clean work surface with flour and place dough on top. Knead into a dough ball and cover with plastic wrap. Let dough rest in refrigerator while you prepare filling.
- In a bowl, add ricotta cheese, confectioner's sugar, and cinnamon powder. Mix until smooth and set aside.
- Add heavy whipping cream to a large bowl and using an electric hand mixer, whisk cream until stiff peaks form.
- Gently fold whipped cream into ricotta mixture until smooth. Place mixture in refrigerator until ready to serve.
- Remove dough from refrigerator and cut into 4 equal pieces. Lightly dust clean work surface with flour and place one dough on top. Place other dough pieces in refrigerator. Roll out dough into 1/8-inch thickness and use a round cookie cutter to cut out 4-inch circles.
- Grease 4 cannoli forms with olive oil spray and wrap one dough circle on each form. Dip your finger into water, wet edges, and gently press down to seal.
- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and place in cannoli pieces. Mist dough with olive oil spray and close air fryer.
- Set timer for 6 minutes. Press "Start/Pause" button to start baking. Bake until golden brown.
- When cannolis are ready, use tongs to remove from air fryer and transfer onto a wire rack to cool completely on forms. Meanwhile, as cannoli cools, make more cannolis with remaining dough in refrigerator.
- Once cannolis cool, gently remove cannoli forms and use to bake more cannolis.
- When all cannolis are ready, remove filling from refrigerator and spoon into a piping bag with a round pointed tip.
- Pipe filling into cannoli shells.
- Garnish both ends of cannolis with chocolate chips and sift confectioner's sugar on top.
- Serve.



# Brownie Cups

 Calories	349
 Fat	15g
 Protein	5g
 Carbs	55g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- Olive oil spray
- ½ cup all-purpose flour
- ¾ cup granulated sugar
- ¼ teaspoon salt
- 5 tablespoons cocoa powder, unsweetened
- ¼ teaspoon baking powder
- 2 large eggs
- ½ teaspoon vanilla extract
- 1 tablespoon vegetable oil
- ¼ cup unsalted butter, melted





## Directions


- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease 4 medium ramekins with olive oil spray and set aside.
- In a bowl, mix flour, sugar, salt, cocoa powder, and baking powder. Crack in eggs and add vanilla, vegetable oil, and butter. Whisk until smooth batter forms. Pour batter into ramekins two-thirds way up.
- Open air fryer, place ramekins in basket, and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to start baking. Bake until brownies set at center when tested with a toothpick.
- When ready, open air fryer and remove ramekins. Let brownies cool completely.
- Serve.





# Fried Mars Bars

 Calories	269
 Fat	6g
 Protein	14g
 Carbs	40g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	6 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- ½ cup all-purpose flour
- A pinch of salt
- 10 tablespoons water
- 4 Mars bars
- Olive oil spray
- Confectioner's sugar for garnish

## Directions





- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a bowl, add flour, salt, and water. Mix until smooth batter forms. Dip Mars bars in batter and coat fully while dripping extra batter before placing in air fryer.
- Open air fryer, lightly grease basket with olive oil spray, and place coated Mars bars in fryer basket. Close air fryer.
- Set timer to 6 minutes. Press "Start/Pause" button to start frying. Fry until Mars bars are golden brown.
- Open air fryer and use tongs to remove Mars bars onto a wire rack to cool completely.
- Garnish with confectioner's sugar and serve after.








# Cinnamon Rolls with Raisins

 Calories	951
 Fat	63g
 Protein	9g
 Carbs	89g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	7 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients Cinnamon rolls

- 1 tablespoon cinnamon powder
- 6 tablespoons brown sugar
- $\frac{3}{4}$  stick unsalted butter, room temperature
- 1 (17 ounces) sheet frozen puff pastry, thawed
- 3 tablespoons raisins
- Olive oil spray

## Icing





- $\frac{1}{2}$  cup confectioner's sugar
- 1 tablespoon milk
- 2 teaspoons fresh lemon juice

## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In a bowl, add cinnamon powder, brown sugar, and butter. Mix well.
- Roll out puff pastry on a clean flat surface, sprinkle cinnamon mixture on top in a single and even layer, and scatter raisins on top. Starting from the shorter end, gently and loosely roll pastry over filling. Using a serrated knife, cut rolled pastry into 1-inch pieces.
- Open air fryer, lightly grease basket with olive oil spray and in batches, arrange cinnamon rolls in basket. Close air fryer.
- Set timer to 7 minutes. Press "Start/Pause" button to start baking. Bake until cinnamon rolls puff and are golden brown.
- Meanwhile, as cinnamon rolls bake, make icing topping. In a bowl, combine confectioner's sugar, milk, and lemon juice. Whisk with a fork until smooth.
- Once cinnamon rolls are ready, open air fryer and use tongs to remove them onto a wire rack to slightly cool.
- Drizzle icing on top and serve.



# Cherry Hand Pies

 Calories	1047
 Fat	37g
 Protein	9g
 Carbs	171g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	10 mins	370°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 (17 ounces) refrigerated pie crusts, thawed
- 1 (21 ounces) can cherry pie filling
- 2¼ cups confectioner's sugar
- ¼ cup milk
- Olive oil spray





## Directions


- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Unroll pie crusts onto a clean flat surface and using a 4.5-inch round pastry cutter, cut out dough circles. Add a tablespoon of cherry filling to center of each pastry round. Brush edges of each pastry with a little water and lift one end of each pastry over filling to form half-moon shapes. Crimp edges with a fork and poke some holes on top of pastries.
- Open air fryer, lightly grease basket with olive oil spray, and in batches, arrange hand pies in basket. Close air fryer. Set timer to 15 minutes. Press "Start/Pause" button to begin baking. Bake until golden brown.
- Open air fryer and use tongs to remove hand pies onto a wire rack to cool.
- Meanwhile, make glaze. In a bowl, add confectioner's sugar and milk; whisk until smooth.
- Swirl glaze on hand pies, let set for 1 minute, and serve.





# “Grilled” Peaches with Vanilla Ice Cream

 Calories	203
 Fat	12g
 Protein	1g
 Carbs	28g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	5 mins	350°F		Easy <input checked="" type="checkbox"/>

## Ingredients

- Olive oil spray
- 2 yellow peaches, halved and stoned
- ¼ cup brown sugar
- ¼ cup cinnamon powder
- ¼ cup cold butter, cut into tiny cubes
- Vanilla ice cream for serving

## Directions





- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and arrange peaches in basket with hole side on basket. Close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin grilling. Grill until peaches are slightly charred and well-marked.
- Meanwhile, as peaches grill, make topping. In a bowl, add brown sugar, cinnamon powder, and butter. Mix well and set aside.
- When peaches are ready, open air fryer and use tongs to transfer peaches to a serving platter with hole side facing upwards.
- Spoon cinnamon butter on top and let melt over peaches.
- Top with vanilla ice cream and serve immediately.








# S'mores Stacks

 Calories	67
 Fat	2g
 Protein	1g
 Carbs	12g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients





- 4 graham crackers, broken in half
- 4 marshmallows
- 1 (1.75 ounces) milk chocolate bar, divided into 3 blocks


## Directions

- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer, arrange 4 graham crackers in basket and stick a marshmallow onto each biscuit. Close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to start toasting. Toast until marshmallows are golden brown and partially melted.
- After, open air fryer, add a block of chocolate onto each marshmallow, and cover with a graham cracker each.
- Set timer to 2 minutes. Press “Start/Pause” button to continue toasting until timer ends.
- Open air fryer and use tongs to transfer s’mores stacks to a serving platter.
- Serve warm.



# Beignets

 Calories	268
 Fat	6g
 Protein	6g
 Carbs	47g

Prep Time	Standing Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	13 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 1 cup plain Greek yogurt
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1 cup self-rising flour + extra for dusting
- Olive oil spray
- 2 tablespoons unsalted butter, melted
- ½ cup confectioner's sugar





## Directions

- In a bowl, add Greek yogurt, sugar, and vanilla; mix well. Add flour and mix until smooth dough forms.
- Dust a clean flat surface with flour and move dough onto surface. Fold dough over 2 to 3 times until smooth and press into a 1-inch thick rectangle. Cut dough into 9 pieces, lightly dust each side with flour until smooth and no longer sticky. Set dough pieces aside for 15 minutes.
- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Open air fryer, lightly grease basket with olive oil spray, and in batches arrange dough pieces in basket. Brush dough pieces on both sides with butter and place in basket. Close air fryer.
- Set timer to 13 minutes. Press "Start/Pause" button to start baking. Bake until beignets are golden brown while flipping beignets halfway through baking.
- Open air fryer and use tongs to transfer beignets to a paper towel-lined plate to drain grease. Bake remaining beignets.
- Dust beignets with confectioner's sugar and serve warm.





# Walnut-Stuffed Baked Apples

 Calories	270
 Fat	17g
 Protein	3g
 Carbs	32g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 apples
- 4 tablespoons walnuts
- 4 tablespoons raisins
- ½ teaspoon all spice
- ¼ teaspoon nutmeg powder
- 4 tablespoons butter
- Olive oil spray





## Directions



- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Using a teaspoon, core apples from the top and set aside. In a bowl, add walnuts, raisins, all spice, nutmeg powder, and butter. Spoon raisins mixture into apples until full.
- Open air fryer, lightly grease basket with olive oil spray, stand apples in basket, and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Bake until apples are tender.
- Open air fryer and use tongs to carefully remove apples onto a serving platter.
- Serve warm.





# Chocolate Cake

 Calories	270
 Fat	17g
 Protein	3g
 Carbs	32g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	84 mins	350°F		Moderate 

## Ingredients Cake

- Olive oil spray
- 1½ cups granulated sugar
- 1 cup unsalted butter
- 4 large eggs, room temperature
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- ½ teaspoon salt
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 cup cocoa powder, unsweetened
- 2¼ cups boiled water

## Frosting





- 1 cup unsalted butter
- ½ cup cocoa powder, unsweetened
- 2 cups confectioner's sugar
- 1 teaspoon vanilla extract
- 2 tablespoons milk


## Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Line 3 (6-inch) round cake pans with greaseproof paper and grease with olive oil spray. Set aside.  
To make cake, in a bowl, cream sugar and butter using a hand mixer until smooth. Crack in eggs and add vanilla; whisk until smooth.
- In another bowl, combine flour, salt, baking soda, baking powder, and salt; mix well. In a small bowl, mix cocoa powder and hot water until smooth. Alternating between both mixtures while mixing at each addition, slowly add dry mix and cocoa powder mixture to egg batter. Whisk on low speed until smooth batter forms. Divide cake batter into 3 cake pans two-thirds way up and use a spatula to level evenly.
- Open air fryer, place one cake pan in basket and close air fryer. Set other cake batter aside.
- Set timer to 28 minutes. Press "Start/Pause" button to begin baking. Bake cake until set when tested with a toothpick.
- Open air fryer and remove cake pan. Set aside to cool completely. Bake and cool remaining two pans of cake batter the same way.
- Meanwhile, as cakes bake, make frosting. Combine butter and cocoa powder in a bowl; whisk with a hand mixer until smooth. Pour in confectioner's sugar and mix on low-speed until sugar is well-combined. Add vanilla and milk; whisk until smooth and creamy.
- Once cakes cool, remove from pans and start assembling. Thinly slice off bulging and caramelized top on each cake.
- Dot a bit of frosting on center of a cake platter and sit one cake on top. Spread one-third of frosting on cake and sit second cake on top. Spread another one-third of frosting on cake and sit last cake on top. Apply and spread remaining frosting all around cake layers.
- Slice and serve cake.



# Banana S'mores

 Calories	250
 Fat	5g
 Protein	2g
 Carbs	54g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	6 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Ingredients

- 4 small Bobby bananas
- 1/2 cup small marshmallows
- 4 tablespoons chocolate chips
- 4 graham crackers, crushed

## Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Cut out 4 (12-inch) foil sheets and set aside.  
  
Using a pairing knife, make a deep cut lengthwise along inner bend of each banana, taking care not to cut out of bananas. Open slits to form pockets.
- Fill each banana with 2 tablespoons of marshmallows, a tablespoon of chocolate chips, and 1 tablespoon of crushed graham crackers. Wrap each banana fully in foil.
- Open air fryer, place wrapped bananas in basket, and close air fryer.  
  
Set timer to 6 minutes. Press "Start/Pause" button to begin grilling. Cook until bananas are tender and marshmallows toasted.  
  
Open air fryer and remove bananas onto a serving platter.  
  
Remove foil covering and serve warm.



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