



SAKI

AIR FRYER OVEN COOKBOOK

MODEL: RA-018W



SAKI

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COOKBOOK

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BREAKFAST



Sausage Patties

 Calories	72
 Fat	6g
 Protein	4g
 Carbs	0g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	6 mins	370°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients


- Olive oil spray
- 8 raw sausage breakfast patties
- 1 teaspoon paprika (optional)

Directions

- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease one dehydration rack with olive oil spray and set aside.
- Season sausage patties on both sides with paprika and lay on dehydration rack in a single layer.
- Open air fryer; insert oil tray at lowest rack of air fryer and sausage rack on middle insert. Close air fryer.
- Adjust timer to 6 minutes and press “Start/Pause” button to begin cooking sausages. Cook until sausages are golden brown while turning halfway through cooking.
- Open air fryer and transfer sausage patties to a serving platter. Let rest for 3 minutes.
- Serve.



Egg Muffins with Three Flavors

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: Egg base

- Olive oil spray
- 12 large eggs
- Salt and black pepper to taste

Fillings:

Chicken and mushroom

- ½ cup shredded leftover rotisserie chicken
- 1/3 cup chopped mushrooms, cooked
- ½ teaspoon garlic powder
- 1/3 cup chopped chives
- ½ cup grated Parmesan cheese

Cream cheese jalapeño

- 2 jalapeño peppers, deseeded and chopped
- 4 ounces cream cheese, room temperature
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ cup grated cheddar cheese

Italian tomato and kale

- ½ cup chopped tomatoes
- ½ cup chopped baby kale
- ¾ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ cup grated plant-based cheese

 Calories	169	 Protein	9g
 Fat	18g	 Carbs	3g

 Calories	234	 Protein	19g
 Fat	12g	 Carbs	4g





 Calories	132	 Protein	8g
 Fat	10g	 Carbs	4g


Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-holed silicone muffin tray with olive oil spray and set aside.
- Make egg base. Crack eggs into a bowl and season with salt and black pepper; whisk well. Divide eggs into 3 bowls.
- Add fillings to eggs. In one egg bowl, combine chicken and mushroom ingredients, i.e. chicken, mushrooms, garlic powder, chives, and Parmesan cheese. In second egg bowl, combine cream cheese jalapeño ingredients, i.e. jalapeño peppers, cream cheese, garlic powder, onion powder, and cheddar cheese. In third egg bowl, combine Italian tomato and kale ingredients, i.e. tomato, kale, Italian seasoning, garlic powder, and plant-based cheese. Whisk well.
- Separately, fill muffin tray holes two-thirds way up with egg mixture.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on next insert. Place muffin tray on rack and close air fryer.
- Adjust timer to 12 minutes. Press “Start/Pause” button to begin baking. Bake eggs until set at center.
- Open air fryer and transfer muffin tray onto a heatproof surface. Let eggs cool in muffin tray for 5 to 10 minutes.
- Pop egg muffins from tray and serve warm.



Blueberry and Peach Breakfast Cake

 Calories	369
 Fat	14g
 Protein	6g
 Carbs	57g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	25 mins	320°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- Olive oil spray
- 1 $\frac{3}{4}$ cup + 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ cup unsalted butter, room temperature + extra for greasing
- 3 tablespoons vegetable oil
- 2 large eggs, cracked into a bowl
- $\frac{3}{4}$ cup + 2 tablespoons white sugar
- 1 teaspoon vanilla extract
- $\frac{1}{3}$ cup buttermilk
- $\frac{1}{3}$ cup sour cream
- 1 $\frac{1}{2}$ cups fresh blueberries
- 2 peaches, stoned and chopped
- 1 tablespoon turbinado sugar for garnish

Directions

- Preheat air fryer - set temperature to 320°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Lightly grease a 10-inch round cake pan with olive oil spray and set aside.
- In a bowl, combine flour, baking powder, salt, and baking soda; mix well. In another bowl, combine butter, vegetable oil, eggs, white sugar, vanilla, buttermilk, and sour cream; whisk well. Combine both mixtures and whisk until smooth batter forms. Fold in half of blueberries and pour cake batter into cake pan. Level top evenly with a spatula and arrange peach slices on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on next insert. Place cake pan on rack and close air fryer.
- Adjust timer to 25 minutes. Press "Start/Pause" button to begin baking. Bake cake until center sets. You can test doneness with a toothpick. Insert toothpick into cake and if clean when pulled out, cake is ready.
- Open air fryer and remove cake pan onto a heatproof flat surface. Let cake cool completely in pan at room temperature.
- Run a butter knife around edges of cake and turn cake over onto a serving platter.
- Garnish with turbinado sugar, slice, and serve.



Bacon and Sausage Hand Pies

 Calories	464
 Fat	23g
 Protein	19g
 Carbs	44g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	18 mins	320°F and 300°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 5 bacon slices, chopped
- 1 cup sausage crumbles
- 4 (4 ounces) tubes refrigerated crescent rolls
- 1 cup grated cheddar cheese
- 1 egg, beaten


Directions

- Preheat air fryer – select “Bacon” function and set timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Add bacon and sausage to a 6-inch baking dish.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Adjust timer to 8 minutes. Press “Start/Pause” button to begin cooking. Cook until bacon and sausage are light brown and done while stirring halfway through cooking.
- Open air fryer and take out baking dish. Spoon bacon and sausage onto a paper towel-lined plate to drain grease and set aside.
- Separate crescent rolls into eight rectangles and seal perforations. Divide bacon-sausage mixture and cheddar cheese on each dough. Fold dough over filling and pinch edges to seal. Brush top with egg.
- Arrange pies on rack in air fryer and close door.
- Reset temperature to 300°F and set timer for 10 minutes. Press “Start/Pause” button to begin baking. Bake hand pies until golden brown.
- Open air fryer and transfer pastries onto a wire rack to cool slightly.
- Serve warm.



Roasted Sweet Pepper Frittata

 Calories	128
 Fat	8g
 Protein	10g
 Carbs	3g

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





- Olive oil spray
- 12 eggs, cracked into a bowl
- Salt and black pepper to taste
- 1 cup chopped roasted red bell peppers, jarred is fine
- 1/3 cup chopped fresh green onions
- 3 tablespoons chopped fresh basil
- 1 cup chopped baby spinach
- 1/2 crumbled feta cheese

Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch round rimmed baking tray with olive oil spray and set aside.
- Crack eggs into a bowl and season with salt and black pepper; whisk well. Add bell peppers, green onions, basil, spinach, and half of feta cheese. Mix well.
- Pour egg mixture into baking tray and distribute feta cheese on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on middle insert. Place baking tray on rack and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin baking eggs. Cook until eggs set at center.
- Open air fryer, remove baking dish and slide frittata onto a serving platter.
- Slice and serve warm.



Sausages in Puff Pastry

 Calories	352
 Fat	29g
 Protein	10g
 Carbs	13g

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





- Olive oil spray
- 10 hot dogs
- 1 (8 ounces) frozen puff pastry, thawed
- 1 egg, beaten with 1 tablespoon of water
- Salt for sprinkling


Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease one dehydration rack with olive oil spray and set aside.
- Cut each hot dog in half. Lay puff pastry and cut into 20 squares closely to length of each hot dog half. Roll each hot dog in one pastry square and pinch ends to seal. Brush top with egg wash and sprinkle a little salt on top. Arrange pastries on dehydration rack.
- Open air fryer; insert oil tray at lowest rack of air fryer and dehydration rack with pastries on middle insert. Close air fryer.
- Adjust timer to 10 minutes. Press “Start/Pause” button to begin baking. Bake until pastry is golden brown all around and cooked through.
- Open air fryer and transfer pastry to a wire rack to cool.
- Serve.



Bacon, Potato, and Veggie Mix

 Calories	416
 Fat	12g
 Protein	10g
 Carbs	68g

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

Ingredients





- 8 Yukon gold potatoes, well-scrubbed and cut into 1-inch cubes
- 2 ½ tablespoons olive oil
- Salt and black pepper to taste
- 6 bacon slices, chopped
- 1 ½ cups mixed fresh vegetables (onion, bell peppers, carrots, and sweet corn kernels)
- 2 tablespoons chopped fresh chives for garnish



Directions

- Preheat air fryer - set temperature to 380°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add potatoes, olive oil, salt, and black pepper. Toss well.
- Pour potato mixture into rotating basket and close well.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. After 10 minutes of cooking, use fetch tool to take out basket. Open basket and add bacon and vegetables. Close basket, shake to mix ingredients, and return to air fryer using fetch tool. Continue cooking until potatoes and vegetables are fork-tender and bacon golden brown and crispy.
- Open air fryer and remove basket using fetch tool. Open basket and pour food into a serving bowl.
- Garnish with chives and serve warm.



Breakfast Burritos

 Calories	761
 Fat	55g
 Protein	38g
 Carbs	27g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	21 mins	350°F		Easy 

Ingredients





- Olive oil spray
- 2 pounds breakfast sausages
- 16 eggs, beaten
- Salt and black pepper to taste
- 1 medium red bell pepper, chopped
- 2 cups shredded pepper jack cheese
- 8 (6-inch) flour tortillas



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 sausages.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on next insert. Place baking tray on rack and close air fryer.
- Set timer to 8 minutes. Press "Start/Pause" button to begin cooking. Cook sausages until golden brown.
- Open air fryer, remove baking dish, and set aside.
- Crack eggs into a bowl and season with salt and black pepper; whisk until smooth. Add sausages and bell pepper; mix well. Pour mixture into same baking dish.
- Place baking dish in air fryer on rack and close air fryer.
- Set timer for 10 minutes and press "Start/Pause" button to begin cooking. Halfway through cooking, sprinkle half of pepper jack cheese on eggs and mix well. Continue cooking until eggs set and cheese melts.
- Open air fryer and remove baking dish onto a heatproof surface.
- Lay tortillas on a clean flat surface and divide egg mixture and remaining pepper jack cheese on top. Wrap tortillas over filling.
- Arrange burritos on rack in air fryer and close air fryer. Set timer to 3 minutes. Press "Start/Pause" button to begin toasting burritos.
- Open air fryer and take out burritos onto a serving platter.
- Serve warm.



Biscuit Bombs

 Calories	219
 Fat	13g
 Protein	8g
 Carbs	18g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	18 mins	325°F		Easy 

Ingredients

- Olive oil spray
- ¼ pound breakfast sausages
- 3 eggs
- Salt and black pepper to taste
- 1 (10.2 ounces) refrigerated biscuit dough
- 2 ounces cheddar cheese, cut in 8 (½-inch) cubes
- 1 tablespoon water

Directions



- Preheat air fryer - set temperature to 325°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.
- Open air fryer; insert oil tray at lowest rack of air fryer and one dehydration rack on next insert. Place baking tray on rack and close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin cooking. Cook sausages until golden brown.
- Open air fryer, remove baking dish and transfer sausages to a plate. Set aside and wipe baking dish clean with a paper towel.
- Crack two eggs into a bowl and season with salt and black pepper; whisk until smooth. Grease baking dish with olive oil spray and pour eggs inside.
- Place baking dish in air fryer on rack and close air fryer. Set timer for 3 minutes and press “Start/Pause” button to begin cooking. Stir eggs two or three times during cooking to scramble until set.
- Open air fryer, remove baking tray, and set aside.
- Separate dough into 4 pieces and divide each piece into 2 layers. Mold each dough into a 4-inch round. Divide sausage, egg, and cheddar cheese on center of each dough, bring dough together at top over filling, and pinch edges to seal.
- Crack remaining egg in a bowl, add water and whisk well. Brush each dough piece with egg wash.
- Arrange dough pieces on dehydration rack and close air fryer.
- Set timer for 8 minutes and press “Start/Pause” button to begin baking. Bake until dough is golden brown and cooked through.
- Open air fryer and remove biscuit bombs onto a wire rack. Let cool slightly.
- Serve.



APPETIZERS



Mini Quiches with Four Flavors

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	7 mins	325°F		Easy 

Ingredients:

Phyllo cups and egg base

- 12 large eggs
- 2 tablespoons heavy cream
- Salt and black pepper to taste
- 12 frozen mini phyllo cups

Filling:

Chorizo and cheddar

- ½ cup chopped cooked chorizo
- ¼ cup grated cheddar cheese
- ½ green onion, chopped

Bacon and jalapeno pepper

- 2 jalapeño peppers, deseeded and chopped
- ½ cup chopped cooked bacon
- ¼ teaspoon garlic powder

 Calories	243	 Protein	16g
 Fat	15g	 Carbs	9g

 Calories	223	 Protein	15g
 Fat	12g	 Carbs	9g

Ham and Parmesan cheese

- ¼ cup chopped deli ham
- ¼ cup grated cheddar cheese
- ½ scallion, chopped

Ham and Parmesan cheese

- ¼ cup finely chopped baby mushrooms
- ¼ cup chopped cooked spinach
- 2 pinches garlic powder
- 2 pinches onion powder

 Calories	209	 Protein	12g
 Fat	15g	 Carbs	9g

 Calories	142	 Protein	9g
 Fat	6g	 Carbs	9g





Nutritional facts per serving
(including phyllo cups and egg base)


Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Crack eggs into a bowl, add heavy cream, salt, and black pepper; whisk well.
- Arrange phyllo cups on one dehydration rack and separately divide filling options into cups (as desired). Pour egg mixture over filling.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with quiches cups on middle insert in air fryer. Close air fryer.
- Set timer to 7 minutes and press “Start/Pause” button to begin baking. Bake until phyllo cups are golden brown, eggs puffed up, and set.
- Open air fryer and transfer phyllo cups onto a wire rack to cool slightly.
- Serve warm.



Loaded Cheesy Nachos

 Calories	485
 Fat	29g
 Protein	12g
 Carbs	46g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	4 mins	350°F		Easy 

Ingredients





- Olive oil spray
- 2 cups tortilla chips
- 1 ½ cups grated cheddar cheese
- 2 tomatoes, chopped
- ½ cup sliced black olives
- 1 cup sour cream
- 1 cup guacamole
- 2 scallions, chopped


Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease an 8-inch baking tray with olive oil spray.
- Arrange tortilla chips on baking tray in a single layer as much as possible and spread cheddar cheese on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place one dehydration rack on next insert. Place baking tray on rack and close air fryer.
- Set timer to 4 minutes. Press “Start/Pause” button to begin baking. Cook until cheese completely melts.
- Open air fryer and remove baking tray onto a flat heatproof surface.
- Add tomatoes, olives, sour cream, guacamole, and scallions.
- Serve warm.



Margarita Drumettes

 Calories	179
 Fat	3g
 Protein	23g
 Carbs	8g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	2 hours	25 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 pounds chicken drumettes
- 4 limes, 2 zested and 4 juiced
- 1 orange, 1 teaspoon zest, and 1 orange juiced
- 1 cup silver tequila
- 1 tablespoon maple syrup
- ½ teaspoon cayenne pepper
- Salt and black pepper to taste
- Olive oil spray
- 1 tablespoon chopped fresh chives


Directions

- In a bowl, combine chicken, lime zest, lime juice, orange zest, orange juice, silver tequila, maple syrup, cayenne pepper, salt, and black pepper; mix well. Cover bowl with plastic wrap and place chicken in refrigerator to marinate for 2 hours.
- After marinating, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove chicken from refrigerator and lightly grease rotating basket with olive oil spray.
- Use tongs to remove chicken from marinade into rotating basket while making sure to drip off as much liquid from chicken as possible. Mist chicken with olive oil spray and close basket.
- Open air fryer; insert oil tray at lowest rack of air fryer and set in rotating basket using fetch tool. Close air fryer.
- 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.
- Open air fryer and use fetching tool to remove basket. Transfer chicken to a serving platter.
- Garnish with chives and serve warm.



Pub Fries

 Calories	115
 Fat	3g
 Protein	3g
 Carbs	21g

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





- 2 pounds russet potatoes, well-scrubbed
- 1 ½ tablespoons olive oil
- 2 teaspoons garlic powder
- Salt to taste



Directions

- Preheat air fryer - select “French Fries” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Cut potatoes into ½-inch thick wedges and place in a bowl. Add olive oil, garlic powder, and salt. Toss well.
- Pour potatoes in rotating basket and close well.
- Open air fryer; insert oil tray at lowest rack of air fryer and set in rotating basket using fetch tool. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Cook until potatoes are golden brown, crispy and well-done.
- Open air fryer and use fetching tool to remove basket. Transfer potatoes to a serving platter.
- Serve warm with your favorite dipping sauce.



Cheeseburger Egg Rolls

 Calories	331
 Fat	19g
 Protein	20g
 Carbs	20g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	17 mins	400°F and 375°F		Moderate 

Ingredients





- Olive oil spray
- 1 pound ground beef
- 4 bacon slices, chopped
- ½ medium white onion, finely chopped
- 1 teaspoon steak seasoning
- 8 egg roll wrappers
- 1 ¼ cup grated cheddar cheese
- Water for sealing

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 baking dish with olive oil spray and add beef, bacon, onion, and steak seasoning. Mix well.
- Open air fryer; insert oil tray at lowest rack of air fryer and fix dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin cooking. Cook until beef and bacon are brown while stirring halfway through cooking.
- Open air fryer and remove baking dish.
- Lay egg roll wrappers on a clean flat surface and add 1 to 1 ½ tablespoons each of beef mixture and cheddar cheese to center of each wrapper. Lift side ends of wrapper over filling and starting from the end in front of you, roll wrapper over filling. Dip your finger in water, brush on edges and seal.
- Place egg rolls in rotating basket, mist with olive oil spray and close well.
- Open air fryer, set in rotating basket using fetch tool and close air fryer.
- Adjust temperature to 375°F and timer for 12 minutes. Press “Start/Pause” button to begin frying. Fry until egg rolls are golden brown and crispy.
- Open air fryer and use fetch tool to remove basket. Transfer egg rolls to a serving platter.
- Serve warm with your favorite dipping sauce.



Popcorn Shrimp

 Calories	300
 Fat	3g
 Protein	23g
 Carbs	43g

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





- 3 cups all-purpose flour
- Salt and white pepper to taste
- 1 ½ cups Panko breadcrumbs
- ½ teaspoon garlic powder
- 1 teaspoon paprika
- 2 eggs
- 1/3 cup milk
- 2 pounds small shrimp, peeled and deveined
- Olive oil spray
- 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 flour, salt, and white pepper; mix well. In another bowl, combine breadcrumbs, garlic powder, and paprika; mix well. Crack eggs into another bowl, add milk, and whisk well.
- Coat shrimp well in flour mixture, then in eggs and generously in breadcrumbs mixture.
- Add shrimp to rotating basket, mist with olive oil spray, and close basket.
- Open air fryer, place oil tray at bottom insert of air fryer, set in rotating basket using fetch tool and close air fryer.
- Adjust timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry shrimp until golden brown.
- Open air fryer, take out basket using fetch tool and transfer popcorn shrimp to a serving platter.
- Garnish with parsley and serve warm.



Turkey Money Bags

 Calories	225
 Fat	3g
 Protein	9g
 Carbs	39g

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

Ingredients





- 1/3 cup leftover turkey, shredded
- 1/3 cup grated cheddar cheese
- 1/4 cup sweet corn kernels
- 3 green onion bulbs, finely chopped
- 2 teaspoons fresh grated ginger
- 8 spring onions, cut in halves for tying
- 16 dumpling wrappers
- Olive oil spray


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 turkey, cheddar cheese, corn kernels, green onions, and ginger; mix well.
- Lay out dumpling wrappers on a clean flat surface. Add 1 teaspoon of mixture to center of each dumpling wrapper.
- Gather up pastry over top of filling to form a pouch or moneybag shape. Tie neck using a spring onion string each.
- Place moneybags in rotating basket and mist with olive oil spray.
- Open air fryer, place oil tray at bottom insert of air fryer, set in rotating basket using fetch tool and close air fryer.
- Adjust timer to 8 minutes. Press "Start/Pause" button to begin frying. Fry moneybags until golden brown and crispy.
- Open air fryer, take out basket using fetch tool and transfer moneybags to a serving platter.
- Serve warm with your favorite dipping sauce.



Chicken Taquitos

 Calories	184
 Fat	8g
 Protein	17g
 Carbs	13g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 mins	370°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 cups shredded rotisserie chicken
- 1 small yellow onion, finely chopped
- 1 garlic clove, minced
- 1 (7 ounces) can green chilies, chopped
- 1 cup grated Monterey Jack cheese
- Salt and black pepper to taste
- 8 (6-inch) corn tortillas

Directions

- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease one dehydrating rack with olive oil spray and set aside.
- In a bowl, combine chicken, onion, garlic, green chilies, Monterey Jack cheese, salt, and black pepper; mix well. In batches, lay out corn tortillas on a clean flat surface and add 2 tablespoons of chicken mixture on each. Tightly roll up tortillas over filling into log shapes.
- Working in batches, arrange tortillas on dehydration rack in a single layer.
- Open air fryer, place oil tray at bottom insert of air fryer and fix rack with taquitos on middle insert. Close air fryer.
- Adjust timer to 8 minutes. Press “Start/Pause” button to begin baking. Bake taquitos until golden brown while turning halfway through cooking.
- Open air fryer, transfer taquitos to a serving platter.
- Serve warm.



Lemon Pepper Fish Bites

 Calories	159
 Fat	1g
 Protein	20g
 Carbs	15g

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 cup all-purpose flour
- 1 egg
- 1 cup Panko breadcrumbs
- 1 teaspoon lemon pepper seasoning
- 1 teaspoon paprika
- Salt to taste
- 2 pounds skinless cod fillets, cut into 1-inch strips


Directions

- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Add flour to a plate. Crack egg into a bowl and beat well. On another plate, combine breadcrumbs, lemon pepper seasoning, paprika, and salt; mix well.
- Coat fish strips in flour, then in egg, and generously in breadcrumb mixture. Put fish strips in rotating basket and close basket.
- Open air fryer; place oil tray at bottom insert of air fryer, set in rotating basket using fetch tool and close air fryer.
- Adjust timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry fish sticks until golden brown and flaky within.
- Open air fryer, take out basket using fetch tool and transfer fish sticks to a serving platter.
- Serve warm with your favorite dipping sauce.



Honey-Chipotle Tater Tots

 Calories	149
 Fat	10g
 Protein	4g
 Carbs	11g

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





- 3 tablespoons honey, warmed
- 1/2 tablespoon chipotle chile powder
- 16 frozen tater tots
- Olive oil spray


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 honey, chipotle powder, and tater tots. Toss well and add tater tots to rotating basket. Mist with olive oil spray.
- Open air fryer; set in rotating basket using fetch tool and close air fryer.
- Adjust timer to 10 minutes. Press "Start/Pause" button to begin frying. Fry tater tots until golden brown.
- Open air fryer, take out basket using fetch tool and transfer tater tots to a serving platter.
- Serve warm with your favorite dipping sauce.



Buffalo Chicken Sliders

 Calories	701
 Fat	37g
 Protein	22g
 Carbs	69g

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

Ingredients

- 2 chicken breasts, boneless and skinless
- 1 cup buttermilk
- 1 teaspoon pickle juice
- 1 ½ cups + 1 teaspoon buffalo sauce, divided
- 1 cup all-purpose flour
- 1/8 teaspoon baking powder
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- Salt and black pepper to taste
- Olive oil spray

Assembling





- 8 slider buns, split
- 8 pickle slices or spinach
- Blue cheese dressing


Directions

- Wrap chicken in cling film and place on a chopping board. Using a meat tenderizer or rolling pin, gently hit chicken until flat. Cut chicken into ½-inch thick pieces and place in a bowl. Add buttermilk, pickle juice, and 1 teaspoon of buffalo sauce. Mix well and cover bowl with cling film. Let chicken sit in refrigerator for 30 minutes.
- After marinating, remove chicken from refrigerator.
- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine flour, baking powder, paprika, garlic powder, salt, and black pepper. Add 2 to 3 tablespoons of marinade and mix well into a thick batter.
- Remove chicken from marinade and add to flour mixture. Mix to coat well and transfer chicken to rotating basket.
- Mist with olive oil spray and close basket.
- Open air fryer, place oil tray at bottom insert of air fryer and set in rotating basket using fetch tool. Close air fryer.
- Adjust timer to 10 minutes. Press “Start/Pause” button to begin frying. Fry chicken until golden brown and cooked through.
- Open air fryer, take out basket using fetch tool and transfer chicken to a bowl.
- Pour remaining buffalo sauce in a bowl. Working with 2 to 3 chicken pieces at a time, coat chicken in buffalo sauce. Place 1 chicken piece between each slider bun, top with a pickle slice each and some blue cheese dressing.
- Serve immediately.



Beef Wellington Bites

 Calories	481
 Fat	35g
 Protein	16g
 Carbs	26g

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




- Olive oil spray
- 1 pound beef tenderloin, trimmed and cut into 2-inch cubes
- Salt and black pepper to taste
- 2 (8 ounces) frozen puff pastry sheets, thawed
- 3 tablespoons Dijon mustard
- ½ cup chopped cooked mushrooms
- 1 tablespoon chopped fresh rosemary
- 1 egg, lightly beaten


Directions

- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Grease a dehydration tray with olive oil spray and set aside.
- Mist beef cubes with olive oil spray and season with salt and black pepper. Arrange beef pieces on dehydration tray with 1-inch intervals.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with beef on middle insert. Close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin cooking. Cook until beef is ready to your desired doneness.
- Open air fryer and remove beef onto a plate to cool.
- Roll out puff pastry sheets and arrange beef pieces on top with 2-inch intervals. Top with a teaspoon each of Dijon mustard, mushrooms, and rosemary. Cut up pastry to form squares around each beef that can cover beef completely. Wrap pastries over beef pieces and brush with egg.
- Arrange wrapped beef on a dehydration tray, mist with olive oil, and place in middle insert of air fryer. Close air fryer.
- Set timer to 7 minutes. Press “Start/Pause” button to begin baking. Bake until pastries are golden brown and puffed.
- Open air fryer and transfer beef wellington bites to a wire rack to cool.
- Serve.



Spicy Chicken Samosa Pinwheels

 Calories	704
 Fat	49g
 Protein	36g
 Carbs	27g

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





- 1 ½ cups leftover rotisserie chicken, shredded
- 1 tablespoon olive oil
- ½ medium onion, finely chopped
- 2 jalapeño peppers, minced
- 2 teaspoons fresh ginger paste
- 1 teaspoon paprika
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon fresh lime juice
- Salt and black pepper to taste
- 2 (8 ounces) frozen puff pastry sheets, thawed
- Olive oil spray


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a dehydration rack with olive oil spray and set aside.
- In a bowl, combine chicken, olive oil, onion, jalapeño peppers, ginger paste, paprika, cilantro, lime juice, salt, and black pepper. Mix well.
- Roll out each puff pastry sheet onto a clean flat surface. Divide chicken mixture on top and use a spatula to spread out filling into a thin layer. Starting from the long side, tightly roll pastry over filling into logs and carefully pinch ends to seal.
- Using a knife, trim off ½-inch edges on both sides of logs and discard. Cut logs into ½-inch thick rounds and place flat on surface. Use your hands to gently press on pinwheels to flatten a bit.
- Working in batches, arrange pinwheels on dehydration rack in a single layer.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with pinwheels on middle insert. Close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin baking. Bake until pastries are golden brown and puffed.
- Open air fryer and transfer samosa pinwheels to a wire rack to cool to your desire.
- Serve.



Chickpea Fritters with Sweet Chili Sauce

 Calories	118
 Fat	2g
 Protein	7g
 Carbs	18g

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





- Olive oil spray
- 1 (15 ounces) can chickpeas, rinsed and drained
- 1 teaspoon cumin powder
- ½ teaspoon garlic powder
- ½ teaspoon fresh ginger paste
- Salt and black pepper to taste
- 1 large egg
- ½ teaspoon baking soda
- 2 green onions, thinly sliced
- ½ cup chopped fresh cilantro
- 1 cup sweet chili sauce


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Line a dehydration rack with foil and grease with olive oil spray. Set aside.
- In a food processor, combine chickpeas, cumin powder, garlic powder, ginger paste, salt, black pepper, egg, and baking soda. Pulse a few times until smooth. Pour mixture into a bowl and add green onions and cilantro; mix well.
- Drop 1 tablespoon rounds of chickpea mixture on dehydration rack with 1-inch intervals.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with chickpea patties on middle insert. Close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to begin baking. Bake until chickpea fritters are golden brown.
- Open air fryer and transfer chickpea fritters to a serving platter.
- Drizzle sweet chili sauce on top and serve warm.



Sweet Pepper Poppers

 Calories	276
 Fat	23g
 Protein	11g
 Carbs	6g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	6 mins	325°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 1 (8 ounces) pack cream cheese, room temperature
- $\frac{3}{4}$ cup grated Monterey Jack cheese
- $\frac{3}{4}$ cup grated cheddar cheese
- 6 bacon strips, cooked and crumbled
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon chili powder
- 1 pound small red and yellow bell peppers, halved and deseeded with heads on
- $\frac{1}{2}$ cup Panko bread crumbs


Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease a dehydration rack with olive oil spray and set aside.
- In a bowl, combine cream cheese, Monterey Jack cheese, cheddar cheese, bacon, garlic powder, paprika, and chili powder. Mix well.
- Spoon mixture into bell peppers and sprinkle breadcrumbs on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with stuffed peppers on middle insert. Close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to begin baking. Bake until peppers are light golden and tender.
- Open air fryer and remove stuffed peppers onto a serving platter.
- Serve warm.



Cheeseburger Meatballs

 Calories	538
 Fat	40g
 Protein	39g
 Carbs	5g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 pounds ground beef
- 4 tablespoons all-purpose flour
- 2 eggs
- 4 tablespoons milk
- 4 bacon slices, cooked and crumbled
- ½ cup crushed French fried onions
- 16 ounces cheddar cheese, cut into 1-inch cubes


Directions

- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine beef, flour, egg, milk, bacon, and fried onions. Mix well and mold 2-inch ball sizes with mixture.
- Stuff each meatball with a cheddar cheese cube and mold meat over to cover.
- Place meatballs in rotating basket, mist with olive oil spray, and close.
- Open air fryer, place oil tray at bottom insert of air fryer, set in rotating basket using fetch tool and close air fryer.
- Adjust timer to 20 minutes. Press “Start/Pause” button to begin cooking. Cook meatballs until brown and melted cheese possibly oozing out of meat.
- Open air fryer, remove basket using fetch tool, and transfer meatballs to a serving platter.
- Serve warm with your favorite dipping sauce.



Beef Barbecue Cups

 Calories	179
 Fat	6g
 Protein	19g
 Carbs	13g

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

Ingredients





- 1 pound leftover steak, shredded
- 2/3 cup barbecue sauce
- 2 tablespoons dried onion, minced
- 1 (12 ounces) package refrigerated biscuit dough, 8 pieces needed
- ½ 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 an 8-holed muffin tray with olive oil spray and set aside.
- In a bowl, combine steak, barbecue sauce, and dried onion. Mix well.
- Remove biscuit dough from casing and flatten with your hands. Press each dough pieces into muffin holes, making sure dough comes to top of pan. Spoon 2 to 3 tablespoons of steak mixture into cups and divide cheddar cheese on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place one dehydration rack on middle insert. Place muffin tray on rack and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Bake until pastry cups are golden brown.
- Open air fryer and remove muffin tray. Let barbecue cups cool in muffin tray for 5 to 10 minutes.
- Remove barbecue cups from muffin tray and serve.



Chicken Croquettes

 Calories	233
 Fat	11g
 Protein	19g
 Carbs	13g

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

Ingredients





- 2 cups boiled potatoes
- 2 tablespoons butter
- 2 tablespoons milk
- ½ cup grated Parmesan cheese
- ½ cup grated Gruyere cheese
- 1 shallot, finely chopped
- 1 teaspoon chopped fresh sage
- 2 teaspoons chopped fresh rosemary
- Salt and black pepper to taste
- 3 cups chopped cooked chicken
- 1 large egg
- 2 tablespoons water
- 1 ¼ cups panko breadcrumbs
- Olive oil spray


Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a dehydration rack with olive oil spray and set aside.
- Add potatoes, butter, and milk to a bowl. Using a potato masher, mash ingredients until smooth. Add Parmesan and Gruyere cheeses, shallot, sage, rosemary, salt, and black pepper. Mix well and fold in chicken. Form 1-inch thick patties out of mixture.
- Crack egg into a bowl, add water and whisk well. Pour breadcrumbs onto a plate.
- Dip croquette patties in egg and then generously in breadcrumb mixture. Arrange croquettes on dehydration rack and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with patties on middle insert. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin frying. Fry croquettes until golden brown while turning halfway through cooking.
- Open air fryer and remove chicken croquettes onto a serving platter.
- Serve warm with your favorite dipping sauce.



Red Lobster-Stuffed Mushrooms

 Calories	73
 Fat	4g
 Protein	6g
 Carbs	3g

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

Ingredients





- ½ cup chopped lobster meat
- 1 garlic clove, minced
- 1 celery stalk, finely chopped
- 1 small red bell pepper, deseeded and finely chopped
- 1 teaspoon Old Bay seasoning
- 8 medium white mushrooms, stems removed and well-rinsed
- 1 egg
- ½ cup Panko breadcrumbs
- 1 cup grated mozzarella cheese


Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease a dehydration rack with olive oil spray and set aside.
- In a bowl, combine lobster meat, garlic, celery stalk, red bell pepper, and Old Bay seasoning. Spoon mixture into each mushroom cap.
- Crack egg into a bowl and whisk well. Pour breadcrumbs onto a plate.
- Dip mushroom caps in egg and then generously in breadcrumb mixture. Arrange mushrooms on dehydration rack, mist with olive oil spray, and add mozzarella cheese on top of each mushroom.
- Open air fryer; insert oil tray at lowest rack of air fryer and carefully place dehydration rack with mushrooms on middle insert. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin baking. Bake mushrooms until golden brown while turning halfway through cooking.
- Open air fryer and remove mushrooms onto a serving platter.
- Serve warm with your favorite dipping sauce.



Tempura Veggies

 Calories	62
 Fat	1g
 Protein	3g
 Carbs	10g

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

Ingredients

- ½ cup all-purpose flour
- Salt and black pepper to taste
- 2 eggs
- 2 tablespoons water
- 1 cup Panko breadcrumbs
- 1 medium green bell pepper, heads sliced off, deseeded, and cut into 1-inch rings
- 1 medium red bell pepper, heads sliced off, deseeded, and cut into 1-inch rings
- 1 medium zucchini, cut into 1-inch slices
- ½ cup whole green beans, trimmed
- 1 medium red onion, peeled and cut into 1-inch rings
- ½ cup whole asparagus spears

Directions





- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- On a plate, combine flour, salt, and black pepper; mix well. Crack eggs into a bowl, add water, and whisk well. Pour breadcrumbs into another bowl.
- Coat vegetables (bell peppers, zucchini, green beans, red onion, and asparagus) in flour mixture, then in eggs and finally in breadcrumbs. Place vegetables in rotating basket and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin frying. Fry vegetables until golden brown and tender.
- Open air fryer and remove basket using fetch tool. Open and transfer vegetables to a serving platter.
- Serve.




ENTREES



Fathead Pizza

 Calories	478
 Fat	34g
 Protein	27g
 Carbs	16g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	23 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- Olive oil spray
- 1 pound ground beef
- 4 bacon slices, chopped
- 2 Italian sausages, chopped
- Salt and black pepper to taste
- 2 (10-inch) frozen pizza dough, thawed
- 1 cup pizza sauce
- $\frac{3}{4}$ cup grated mozzarella cheese
- $\frac{1}{4}$ cup grated Monterey Jack cheese
- 1 small onion, chopped
- 2 medium green bell peppers, deseeded and chopped
- 4 tablespoons grated Parmesan cheese
- $\frac{1}{2}$ cup pepperoni slices
- Fresh basil leaves for garnish


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Grease a 6-inch baking dish with olive oil spray. Combine beef, bacon, and sausages in baking dish. Season with a little salt and black pepper.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Set timer to 8 minutes. Press "Start/Pause" button to begin cooking meats. Cook until brown and done.
- Open air fryer and remove baking dish. Set aside.
- Line two 10-inch round pizza pans with greaseproof paper and set aside. Lay a pizza dough on each pizza pan and equally divide onto each pizza dough in this order: pizza sauce, meat mixture, mozzarella cheese, Monterey Jack cheese, onion, bell pepper, Parmesan cheese, and pepperoni.
- Open air fryer; place another dehydration rack in next insert upwards. Place pizza pans on racks and close air fryer.
- Set temperature to 400°F and timer to 15 minutes. Press "Start/Pause" button to initiate baking. Cook until cheeses melt and vegetables are tender.
- Open air fryer and remove pizza pans onto a heatproof flat surface. Garnish with basil leaves.
- Slice pizza and serve warm.



Sticky Ginger Soy Sauce Chicken

 Calories	297
 Fat	11g
 Protein	26g
 Carbs	24g

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





- Olive oil spray
- 2 pounds chicken breasts, skinless and boneless
- 4 tablespoons all-purpose flour
- 1 ½ tablespoons baking powder
- Salt and black pepper to taste
- ½ cup soy sauce
- ½ cup brown sugar syrup
- 2 tablespoons cornstarch
- 4 tablespoons fresh ginger paste
- 3 tablespoons garlic powder
- 2 tablespoons chopped scallions


Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease two dehydration racks with olive oil spray and set aside.
- Cut each chicken in half height wise and add to a large zipper bag. Add flour, baking powder, salt, and black pepper. Toss well.
- Arrange chicken on dehydration racks and mist with olive oil spray.
- In a bowl, combine soy sauce, brown sugar syrup, cornstarch, ginger paste, and garlic powder. Mix well and set aside.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with chicken on next inserts. Close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin cooking chicken. At 12 minutes of cooking, open air fryer and brush soy sauce mixture on both sides of chicken. Close air fryer and continue cooking until chicken reaches an internal temperature of 165°F.
- Open air fryer and transfer chicken to a serving platter.
- Garnish with scallions and serve warm.



Maple-Glazed Salmon

 Calories	513
 Fat	14g
 Protein	66g
 Carbs	27g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	8 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 1 cup maple syrup
- ¼ cup soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 8 salmon fillets
- Olive oil spray
- Sesame seeds for garnish


Directions

- In a large zipper bag, combine maple syrup, soy sauce, garlic powder, and black pepper. Add salmon and massage marinade onto fish well. Zip bag and place in refrigerator to marinate fish for 30 minutes.
- After marinating, preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease two dehydration racks with olive oil spray.
- Remove fish from marinade and arrange on dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with salmon on next inserts. Close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin cooking fish. After 4 minutes of cooking, brush salmon with some marinade and continue cooking until timer runs to its end or fish is flaky.
- Open air fryer and remove fish onto a serving platter.
- Garnish with sesame seeds and serve warm.



Honeyed Japanese Chicken

 Calories	285
 Fat	12g
 Protein	25g
 Carbs	22g

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

Ingredients





- ¼ cup olive oil
- ½ cup soy sauce
- ½ cup honey
- 4 tablespoons fresh ginger paste
- 3 tablespoons garlic powder
- 2 pounds chicken thighs, skinless and boneless
- Sesame seeds for garnish


Directions

- In a large zipper bag, combine olive oil, soy sauce, honey, ginger paste, and garlic powder. Add chicken and massage marinade onto chicken well. Zip bag and place in refrigerator to marinate fish for 30 minutes.
- After marinating, preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove chicken from marinade and arrange on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with chicken on next inserts. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin cooking chicken. Cook until chicken reaches an internal temperature of 165°F while turning halfway through cooking.
- Open air fryer and transfer chicken to a serving platter.
- Garnish with sesame seeds and serve warm.



Lamb Burgers

 Calories	822
 Fat	60g
 Protein	34g
 Carbs	36g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- Olive oil spray
- 3 pounds ground lamb
- 1 ¼ teaspoons dried oregano
- Salt and black pepper to taste
- 2/3 cup feta cheese, crumbled
- 8 burger buns, split
- 8 lettuce leaves
- 8 tomato slices
- 1 cup tzatziki sauce


Directions

- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease 2 dehydration racks with olive oil spray and set aside.
- In a bowl, combine lamb, oregano, salt, and black pepper. Mix well and form 8 meat patties out of mixture.
- Place meat patties on dehydration racks and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with meat patties on next inserts. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking lamb. Cook until lamb reaches an internal temperature of 160°F while turning halfway through cooking.
- Open air fryer and transfer lamb onto a serving platter. Let rest for 10 minutes.
- To assemble, place one lettuce leaf on bottom half of each burger bun. Top with a meat patty each and then one tomato slice each. Spoon tzatziki sauce on top and cover buns with other halves.
- Serve.



Korean Spicy Spare Ribs

 Calories	727
 Fat	53g
 Protein	46g
 Carbs	17g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	8 hours	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 4 pounds spare ribs, cut into smaller ribs
- 1/3 cup sesame oil
- 1 1/4 cup soy sauce
- 1/2 cup brown sugar
- 2 teaspoons garlic paste


Directions

- In a large zipper bag, combine spare ribs, sesame oil, soy sauce, brown sugar, and garlic paste. Zip bag and massage seasoning well on ribs. Place bag in refrigerator to marinate ribs for 8 hours.
- After marinating, preheat air fryer. Set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Transfer spare ribs from zipper bag into rotating basket and cover well.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking. Cook ribs until golden brown and internal temperature reaches 145°F.
- Open air fryer and remove basket using fetch tool. Open and transfer pork to a serving platter. Let rest for 10 minutes.
- Serve.



French Onion Roast Chicken

 Calories	258
 Fat	10g
 Protein	35g
 Carbs	4g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	35 mins	380°F		Easy <input checked="" type="checkbox"/>

Ingredients





- Olive oil spray
- ¼ cup unsalted butter, room temperature
- 3 tablespoons French onion seasoning
- 2 tablespoons chopped fresh thyme, divided
- Salt and black pepper to taste
- 1 (4 pound) whole chickens, butterflied


Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Grease an 8-inch rimmed baking tray with olive oil spray and set aside.
- In a bowl, combine butter, French onion seasoning, thyme, salt, and black pepper.
- Using your fingers, loosen chicken skin a little and stuff in half of butter seasoning. Smear body of chicken all around with remaining butter seasoning. Place chicken on baking tray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place baking tray on rack and close air fryer.
- Set timer to 35 minutes. Press “Start/Pause” button to begin roasting. Turn chicken halfway through cooking and roast until golden brown and thickest part of chicken reaches an internal temperature of 165°F.
- Open air fryer and remove chicken onto a chopping board. Let rest for 10 minutes before carving.
- Serve.



Fish Tacos

 Calories	243
 Fat	6g
 Protein	23g
 Carbs	22g

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: Fish

- 2 pounds white fish fillets, cut into 1-inch cubes
- ½ cup taco seasoning mix
- 1 egg
- 1 cup Panko breadcrumbs
- Olive oil spray

Tacos





- 8 (4-inch) corn tortillas
- 1 ½ cups grated red cabbage
- 2 radishes, thinly sliced
- 1 small red onion, sliced
- ½ cup sour cream
- 2 tablespoons chopped fresh cilantro
- Lime wedges for serving

Directions

- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Season fish pieces with taco seasoning mix.
- Crack egg into a bowl and whisk well. Pour breadcrumbs onto a plate. Dip fish pieces in egg and then generously coat in breadcrumbs. Place coated fish in rotating basket, mist with olive oil spray, and cover basket.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry fish until golden brown and flaky within.
- Open air fryer and remove basket using fetch tool. Open and transfer fish onto a plate.
- To assemble tacos, evenly fill tortillas with fish, cabbage, radishes, onion, sour cream, and cilantro.
- Serve tacos with lemon wedges.



Maple–Mustard Chicken Thighs

 Calories	547
 Fat	41g
 Protein	34g
 Carbs	10g

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

Ingredients





- 3 tablespoons olive oil
- 2 tablespoons sesame oil
- 5 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 3 tablespoons Dijon mustard
- 3 tablespoons maple syrup
- 8 chicken thighs, bone-in


Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a large zipper bag, combine olive oil, sesame oil, soy sauce, Worcestershire sauce, garlic powder, onion powder, Dijon mustard, and maple syrup. Add chicken and zip bag. Massage seasoning well on chicken.
- Open bag and arrange chicken on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and place dehydration rack in next inserts. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to cook chicken. Cook chicken until golden brown and reaches an internal temperature of 165°F. Turn chicken halfway through cooking.
- Open air fryer and remove chicken onto a serving platter. Let rest for 10 minutes.
- Serve chicken warm.



Garlic Butter Pork Chops

 Calories	255
 Fat	10g
 Protein	39g
 Carbs	1g

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

Ingredients





- 2 tablespoons butter, room temperature
- 4 teaspoons minced garlic
- 1 ¼ tablespoons chopped fresh parsley
- Salt and black pepper to taste
- 8 pork chops


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 butter, garlic, parsley, salt, and black pepper. Pat dry pork chops with a paper towel and spread butter mixture on both sides of pork chops. Arrange pork chops on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and place dehydration racks in next inserts. Close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to begin cooking. Cook pork chops until golden brown and internal temperature reaches 145°F. Turn pork halfway through cooking.
- Open air fryer and remove pork chops onto a serving platter. Let rest for 10 minutes.
- Serve.



Coconut Cruusted Cod

 Calories	212
 Fat	10g
 Protein	21g
 Carbs	10g

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

Ingredients





- Olive oil spray
- 8 (4 ounces) cod fillets
- Salt and black pepper to taste
- 1 ½ cups unsweetened coconut flakes
- 1 cup coconut flour
- 3 eggs


Directions

- Preheat air fryer – select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease 2 dehydration racks with olive oil spray.
- Season cod fillets with salt and black pepper.
- Combine coconut flakes and coconut flour on a plate and mix well. Crack eggs into a wide bowl and whisk well.
- Dredge fish in eggs and generously coat in coconut flakes mixture. Lay fish on dehydration racks. Mist fish with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and place dehydration racks on next inserts. Close air fryer.
- Set timer to 8 minutes. Press “Start/Pause” button to begin frying. Fry fish until golden brown and flaky within while turning halfway through cooking.
- Open air fryer and transfer fish onto a serving platter.
- Serve warm.



Tarragon Beef Tenderloin

 Calories	402
 Fat	31g
 Protein	23g
 Carbs	8g

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





- Olive oil spray
- 2 (1 pound) beef tenderloin, trimmed and tied
- 4 tablespoons mayonnaise
- ½ cup Dijon mustard
- 2 cups plain breadcrumbs
- 4 tablespoons chopped fresh tarragon
- 2 tablespoons chopped fresh thyme
- 1 teaspoon garlic powder
- Salt and black pepper to taste



Directions

- Preheat air fryer – select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Line an 8-inch rimmed baking tray with foil, grease with olive oil spray, and set aside.
- Pat dry beef with paper towels and set aside.
- In a bowl, combine mayonnaise and Dijon mustard; mix well. On a flat plate, combine breadcrumbs, tarragon, thyme, garlic powder, salt, and black pepper; mix well.
- Brush mayonnaise mixture all over beef and coat meats with herb mixture, making sure to press mixture well onto meats. Place meats on baking tray and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and place one dehydration rack on next insert. Place baking tray with beef on rack and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin roasting. Cook until beef is golden brown and reaches an internal temperature of 140°F. Turn beef halfway during cooking.
- Open air fryer and remove beef from air fryer. Let rest for 20 minutes.
- Slice and serve.



Rotisserie Chicken Parm Casserole

 Calories	886
 Fat	54g
 Protein	64g
 Carbs	34g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	85 mins	350°F		Moderate 

Ingredients: Rotisserie Chicken

- Olive oil spray
- 1 (4 pounds) whole chicken, cleaned
- Salt and black pepper to taste

Chicken Parm Casserole





- 1 pound cooked rigatoni pasta
- 4 ½ cups marinara sauce
- 4 cups grated mozzarella cheese
- Salt and black pepper to taste
- ½ cup Italian breadcrumbs
- 1 cup grated Parmesan cheese
- Chopped fresh parsley for garnish


Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Make rotisserie chicken first. Pat dry chicken with paper towels and mist both sides with olive oil spray. Season well with salt and black pepper.
- Insert chicken fork into chicken through cavity and lock well.
- Open air fryer; insert oil tray at lowest rack of air fryer and fix in fork with chicken using fetch tool. Close door.
- Set timer to 60 minutes. Press “Start/Pause” button to begin roasting. Cook until chicken is golden brown and thickest part reaches an internal temperature of 165°F.
- Open air fryer and remove chicken from air fryer. Let rest for 15 minutes before carving.
- To assemble chicken parm casserole. Shred 2 to 3 cups of rotisserie chicken and preserve extra for later use.
- In a bowl, add chicken, pasta, marinara sauce, mozzarella cheese, salt, and black pepper. Grease a 10-inch baking dish with olive oil spray and add chicken mixture. Spread out evenly and sprinkle breadcrumbs on top. Finish up with Parmesan cheese on breadcrumbs.
- Open air fryer and place a dehydration rack on next insert from oil tray. Place baking dish on rack and close door.
- Set timer to 25 minutes. Press “Start/Pause” button to begin baking. Bake until golden brown and cheeses melt.
- Open air fryer and transfer baking dish to a heatproof surface. Let rest for 10 minutes.
- Garnish with parsley and serve warm.



Mediterranean Short Ribs with Chimichurri

 Calories	568
 Fat	51g
 Protein	24g
 Carbs	5g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
15 mins	30 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients: Short ribs

- ½ cup olive oil
- ½ cup balsamic vinegar
- ¼ teaspoon Worcestershire sauce
- ½ cup chopped fresh basil leaves
- ½ cup chopped fresh oregano
- 5 garlic cloves, peeled and quartered
- Salt and black pepper to taste
- 3 pounds beef short ribs, cut into individual ribs

Chimichurri





- 1 cup finely chopped parsley
- 4 garlic cloves, minced
- 2 red chilies, deseeded and minced
- 1 ¼ teaspoon dried oregano
- 1 cup olive oil
- 3 tablespoons red wine vinegar
- Salt and black pepper to taste


Directions

- First, make short ribs. In a large zipper bag, combine olive oil, balsamic vinegar, Worcestershire sauce, basil, oregano, garlic, salt, and black pepper; mix well. Add short ribs to bag; zip up and massage seasoning well onto ribs. Place bag in refrigerator and let ribs marinate for 30 minutes.
- After marinating, preheat air fryer. Set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Transfer ribs from zipper bag into rotating basket and close well.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking. Cook ribs until golden brown and internal temperature reaches 145°F.
- Meanwhile, as ribs cook, make chimichurri. In a bowl, combine, parsley, garlic, red chilies, oregano, olive oil, red wine vinegar, salt, and black pepper. Mix well.
- Open air fryer and remove basket using fetch tool. Open basket and transfer ribs to a serving platter. Let rest for 10 minutes.
- Serve ribs with chimichurri.



Shrimp and Veggie Stir-Fry

 Calories	144
 Fat	5g
 Protein	17g
 Carbs	8g

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





- 2 medium zucchini, chopped
- 2 cups fresh mixed vegetables
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 2 tablespoons dried mixed herb seasoning
- Salt and black pepper to taste
- 2 pounds jumbo shrimp, peeled and deveined



Directions

- Preheat air fryer - set temperature to 380°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine vegetable,, garlic, olive oil, chili powder, garlic powder, herb seasoning, salt, and black pepper; mix well. Add vegetables to rotating basket and cover.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 7 minutes. Press “Start/Pause” button to begin cooking. Cook vegetables until nearly tender.
- Meanwhile, season shrimp with salt and black pepper.
- When vegetables are ready, open air fryer and add shrimp to basket. Cook further for 3 minutes or until shrimp is pink and opaque.
- Remove basket from air fryer when ready and transfer stir-fry to a serving platter.
- Serve warm.



Pork and Cheddar Chimichangas

 Calories	588
 Fat	37g
 Protein	30g
 Carbs	35g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	400°F		Moderate 

Ingredients





- 2 cups ground pork
- 2 teaspoons olive oil
- 1 (0.85 ounces) taco seasoning mix
- 1 cup refried beans
- 1 (4.5 ounces) cans chopped green chilies
- 8 (6-inch) flour tortillas
- 1 cup grated cheddar cheese
- 2 tablespoons butter, melted


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- In an 8-inch baking dish, combine pork, olive oil, and taco seasoning.
- Open air fryer; insert oil tray at lowest rack of air fryer and set a dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Set timer to 8 minutes. Press "Start/Pause" button to begin cooking. Cook pork until brown while stirring halfway through cooking.
- Open air fryer and remove baking dish onto a heatproof surface.
- Add refried beans and chilies to a bowl and mix well.
- Place one tortilla on a clean flat surface and add 3 tablespoons of refried beans mixture on top. Add ¼ cup of pork mixture and 2 tablespoons of cheddar cheese. Fold sides of tortilla in and tightly roll bottom part over sides and filling. Make more tortilla rolls the same way.
- Brush tortilla rolls with butter and arrange on dehydration rack in air fryer. Close door.
- Set timer to 4 minutes. Press "Start/Pause" button to begin cooking. Cook until tortillas are light golden and heated through.
- Open air fryer and remove chimichangas from air fryer onto a serving platter.
- Serve warm.



Classic Roasted Leg of Lamb

 Calories	183
 Fat	9g
 Protein	23g
 Carbs	0g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	360°F		Easy <input checked="" type="checkbox"/>

Ingredients





- 1 (2 pound) lamb leg roast, butterflied
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme


Directions

- Preheat air fryer - set temperature to 360°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry lamb with a paper towel and rub olive oil on meat. Season with salt, black pepper, rosemary, and thyme.
- Place lamb on one dehydration rack.
- Open air fryer; insert oil tray at lowest rack of air fryer and set in dehydration rack with lamb on next insert. Close door.
- Set timer to 15 minutes. Press “Start/Pause” button to begin cooking. Cook lamb until golden brown and reaches an internal temperature of 145°F. Turn lamb halfway through cooking.
- Open air fryer and remove lamb onto a serving platter. Cover with foil and let rest for 5 to 10 minutes.
- Slice and serve warm.



Southern Fried Catfish

 Calories	362
 Fat	10g
 Protein	43g
 Carbs	24g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	15 mins	8 mins	350°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 1 cup milk
- ½ cup yellow mustard
- 1 lemon, juiced
- 2 pounds catfish fillets
- ½ cup cornmeal
- ¼ cup all-purpose flour
- ¼ teaspoon cayenne pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon onion powder
- 2 tablespoons dried parsley
- Salt and black pepper to taste
- Olive oil spray


Directions

- In a bowl, add milk, yellow mustard, and lemon juice. Mix well and add fish. Spoon mixture over fish and let marinate at room temperature for 15 minutes.
- Meanwhile, in a bowl, combine cornmeal, flour, cayenne pepper, garlic powder, chili pepper, onion powder, parsley, salt, and black pepper. Mix well.
- When fish is done marinating, preheat air fryer. Select “Fish” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove fish from marinade and coat generously in cornmeal mixture. Lay fish on a dehydration rack and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and place in dehydration rack with fish on middle insert. Close door.
- Set timer to 8 minutes. Press “Start/Pause” button to begin cooking. Cook fish until golden brown and flaky within while turning halfway through cooking.
- Open air fryer and remove fish onto a serving platter.
- Serve warm.



Italian Tangy Chicken

 Calories	444
 Fat	40g
 Protein	19g
 Carbs	2g

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 cup mayonnaise
- 1 tablespoon soy sauce
- 2 tablespoons lemon juice or more to taste
- 1 ½ tablespoons Dijon mustard
- 1 ¼ teaspoons Italian seasoning
- ½ teaspoon cayenne pepper
- Salt and black pepper to taste
- 2 pounds chicken thighs, skinless and boneless


Directions

- In a large zipper bag, combine mayonnaise, soy sauce, lemon juice, Dijon mustard, Italian seasoning, cayenne pepper, salt, and black pepper. Add chicken, zip bag, and massage marinade well onto chicken. Place bag in refrigerator and let chicken marinate for 30 minutes.
- After chicken has marinated, preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove chicken from marinade into rotating basket and close basket.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin cooking. Cook chicken until golden brown and reaches an internal temperature of 165°F. Turn chicken halfway through cooking.
- Open air fryer and remove basket using fetch tool. Transfer chicken to a serving platter and let rest for 10 minutes.
- Serve warm.



Lentil Quinoa "Meatloaf"

 Calories	579
 Fat	15g
 Protein	31g
 Carbs	86g

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





- Olive oil spray
- 2 cups cooked quinoa
- 2 cup raw cashew nuts, chopped
- 2 (15 ounce) cans brown lentils, drained and rinsed
- 1 medium white onion, finely chopped
- 2 garlic cloves, minced
- 1 cup ketchup
- 3 tablespoons soy sauce
- 3 tablespoons flax meal

Directions

- Preheat air fryer. Select "Vegetables" function and adjust timer to 3 minutes. Press "Start/Pause" button to begin warming.
- Grease an 8-inch loaf pan with olive oil spray and set aside.
- In a bowl, combine quinoa, cashew nuts, lentils, onion, garlic, ketchup, soy sauce, and flax meal. Mix well and add mixture to loaf pan. Use spoon to press mixture to fit pan.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Close door.
- Set timer to 10 minutes. Press "Start/Pause" button to begin baking. Bake until "meatloaf" is golden brown and compacted.
- Open air fryer and remove loaf pan onto a heatproof surface. Let food cool in pan for 10 minutes. After, run a butter knife along edges of "meatloaf" and turnover onto a serving platter.
- Slice and serve warm.



Sweet Potato and Bean Burgers

 Calories	788
 Fat	43g
 Protein	16g
 Carbs	88g

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

Ingredients

- Olive oil spray
- 2 cups cooked sweet potatoes, mashed (without milk and butter)
- 2 (15 ounces) can black beans drained and not rinsed
- 2 (7 ounces) cans sweet corn kernels, drained
- 1 medium red onion, finely chopped
- 2 green chilies, chopped
- 1 cup plain breadcrumbs
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons smoked paprika
- Salt and black pepper to taste
- 10 drops liquid smoke
- 2 tablespoons flax meal mixed with 5 tablespoons water

Assembling





- 8 vegan burger buns
- 8 lettuce leaves
- 1 cup vegan mayonnaise
- 8 tomato slices


Directions

- Preheat air fryer. Select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease 2 dehydration racks with olive oil spray and set aside.
- In a bowl, combine sweet potatoes, black beans, corn, red onion, green chilies, breadcrumbs, onion powder, garlic powder, paprika, salt, black pepper, liquid smoke, and flax meal mixture. Mix well and form 8 patties out of mixture.
- Arrange patties on dehydration racks and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with patties on next inserts. Close door.
- Set timer for 10 minutes. Press “Start/Pause” button to begin cooking. Cook until patties are golden brown and compacted.
- Open air fryer and transfer patties onto a plate.
- Assemble burgers. On bottom part of each bun, lay a lettuce leaf. Spread some vegan mayonnaise on top; add a burger patty each and then a tomato slice each. Cover with top parts of buns.
- Serve.



Sweet and Sticky Barbecue Ribs

 Calories	902
 Fat	65g
 Protein	77g
 Carbs	3g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 racks of baby back ribs, cut smaller ribs
- 2 tablespoons liquid smoke
- Salt and black pepper to taste
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 1 teaspoon brown sugar
- 2 tablespoons vegetable oil


Directions

- In a large zipper bag, combine ribs, liquid smoke, salt, black pepper, onion powder, garlic powder, chili powder, brown sugar, and vegetable oil. Zip bag and massage seasoning well on pork. Place bag in refrigerator to marinate pork for 30 minutes.
- After marinating, preheat air fryer. Set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Remove ribs from marinade and transfer to rotating basket; cover basket well.
- Open air fryer; insert oil tray at lowest rack of air fryer and set rotating basket in air fryer using fetch tool. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking. Cook ribs until golden brown and internal temperature reaches 145°F.
- Open air fryer and remove basket using fetch tool. Open basket and transfer pork to a serving platter. Let rest for 10 minutes.
- Serve.



Lime and Cumin Roast Chicken with Salsa Verde

 Calories	580
 Fat	40g
 Protein	44g
 Carbs	10g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	6 hours	60 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients: Chicken

- 3 tablespoons olive oil
- 2 limes, juiced
- 1 tablespoon cumin powder
- 4 garlic cloves, chopped
- 2 teaspoons paprika
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 2 teaspoons granulated sugar
- 1 (4 pounds) whole chicken, well-cleaned
- 1 ½ cup chopped white onion
- 2 garlic cloves, minced
- ½ cup fresh cilantro leaves
- ½ lime, juiced
- 2 serrano peppers, deseeded and chopped
- Salt to taste

Salsa verde





- 1 ½ pound tomatillos, husk removed and roasted


Directions

- First, make chicken. In a bowl, combine olive oil, lime juice, cumin powder, garlic, paprika, oregano, salt, black pepper, and sugar. Mix well. Place chicken on a plate and rub mixture all over chicken including cavity. Cover chicken with a plastic wrap and marinate in refrigerator for 6 hours.
- After marinating chicken, preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Insert chicken fork into chicken through cavity and lock well.
- Open air fryer; insert oil tray at lowest rack of air fryer and fix in fork with chicken using fetch tool. Close door.
- Set timer to 60 minutes. Press “Start/Pause” button to begin roasting. Cook until chicken is golden brown and reaches an internal temperature of 165°F on thickest part.
- Meanwhile, as chicken cooks, make salsa verde. In a food processor, combine tomatillos, onion, garlic, cilantro, lime juice, serrano pepper, and salt. Pulse until smooth. Set aside.
- When chicken is ready, remove from air fryer and let rest for 15 minutes.
- Carve chicken into desirable pieces and spoon some salsa verde on top.
- Serve warm.



Rice and Feta Stuffed Eggplants

 Calories	264
 Fat	14g
 Protein	8g
 Carbs	30g

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

Ingredients





- Olive oil spray
- 4 medium eggplants
- Salt and black pepper to taste
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh oregano
- 2 teaspoons chopped fresh mint
- ½ cup chopped fresh tomatoes
- 2 cups cooked rice
- ½ cup sliced black olives
- ½ cup toasted pine nuts
- 1 cup feta cheese, crumbled


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Grease an 8-inch rimmed baking tray with olive oil spray and set aside.
- Cut eggplants in half lengthwise and use a knife or spoon to scoop out (a quarter inch away from skin) flesh to form boat shapes. Make sure not to cut through eggplant skins. Mist eggplants with olive oil spray and season with salt and black pepper. Place on baking tray and set aside.
- Chop removed eggplant flesh and place in a bowl. Add onion, garlic, oregano, mint, tomatoes, couscous, olives, pine nuts, feta cheese, salt, and black pepper. Mix well and spoon rice mixture into each.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place baking tray on rack and close door.
- Set timer for 25 minutes. Press “Start/Pause” button to begin baking. Cook until eggplants are tender and cooked through.
- Open air fryer and remove baking tray with eggplants.
- Serve warm.



Breaded Lemon Pork Cutlets

 Calories	813
 Fat	27g
 Protein	97g
 Carbs	39g

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

Ingredients





- 8 (1/2-thick) pork cutlets
- Salt and black pepper to taste
- 1 cup all-purpose flour
- 4 large eggs
- 2 cups Panko breadcrumbs
- 2 teaspoons lemon pepper
- 1 cup grated Parmesan cheese
- Olive oil spray


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry pork with paper towels and season with salt and black pepper.
- Add flour to a plate. Crack eggs into a bowl and beat well. In another bowl, combine breadcrumbs, lemon pepper, and Parmesan cheese.
- Coat each pork cutlet in flour, then in eggs, and generously in breadcrumbs mixture. Arrange pork cutlets on two dehydration racks and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close door.
- Set timer for 10 minutes. Press “Start/Pause” button to begin frying. Cook until pork cutlets are golden brown and reach an internal temperature of 145°F. Turn pork halfway through cooking.
- Open air fryer and transfer pork cutlets to a serving platter.
- Serve warm.



Lamb, Feta, and Mint Burgers

 Calories	377
 Fat	31g
 Protein	21g
 Carbs	2g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	375°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients

- Olive oil spray
- 2 pounds ground lamb
- 1 cup feta cheese, crumbled
- 2 tablespoons sliced black olives
- ½ cup chopped fresh mint leaves
- 2 teaspoons grated onion
- 2 teaspoons garlic paste
- 4 teaspoons cumin powder
- Salt and black pepper to taste

Topping





- 8 burger buns
- 1 cup tzatziki sauce
- 1 cup arugula leaves


Directions

- Preheat air fryer - set temperature to 375°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Lightly grease 2 dehydration racks with olive oil spray and set aside.
- In a bowl, combine lamb, feta cheese, olives, mint, onion, garlic paste, cumin powder, salt, and black pepper. Mix well and form 8 meat patties out of mixture.
- Place meat patties on dehydration racks and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with meat patties on next inserts. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin cooking lamb. Cook until lamb reaches an internal temperature of 160°F. Turn lamb patties halfway through cooking.
- Open air fryer and transfer lamb onto a serving platter. Let rest for 10 minutes.
- To assemble, place one lamb patty on bottom of each burger bun. Top with tzatziki sauce and arugula. Cover with top buns.
- Serve.



Orange Chicken Bites

 Calories	308
 Fat	20g
 Protein	19g
 Carbs	12g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	31 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients: Chicken

- 2 pounds chicken thighs, boneless and skinless
- Salt and black pepper to taste
- 4 tablespoons cornstarch
- Olive oil spray

Orange sauce





- 1 cup orange juice
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 3 tablespoons brown sugar
- 1 teaspoon ginger powder
- ¼ teaspoon red chili flakes
- 1 orange, zested
- 1 tablespoon cornstarch mixed with 1 tablespoon water
- 2 tablespoons chopped fresh scallions for garnish
- 1 teaspoon sesame seeds for garnish


Directions

- Preheat air fryer – select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Cut chicken into 1-inch cubes and season with salt and black pepper. Add chicken to a large zipper bag. Pour in cornstarch, close bag, and shake vigorously to coat chicken with cornstarch.
- Remove chicken from bag into rotating basket. Mist with olive oil spray and cover basket.
- Open air fryer; insert oil tray at lowest rack of air fryer and set in rotating basket using fetch tool. Close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Cook until chicken is golden brown and cooked within.
- Meanwhile, as chicken cooks, prepare sauce. In a small saucepan, combine orange juice, rice wine vinegar, soy sauce, brown sugar, ginger powder, red chili flakes, orange zest, and cornstarch mixture. Bring to a boil over medium heat, reduce heat to low, and simmer for 5 minutes or until sauce thickens. Turn heat off and set aside.
- When chicken is ready, transfer from air fryer into a large bowl and pour orange sauce on top. Mix well and let rest for 10 minutes. Garnish with scallions and sesame seeds.
- Serve warm.



Bacon-Wrapped Beef Meatloaf

 Calories	418
 Fat	27g
 Protein	29g
 Carbs	16g

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

Ingredients





- Olive oil spray
- 8 bacon slices
- 2 pounds ground beef
- ½ cup plain breadcrumbs
- ½ cup milk
- 2 tablespoons Worcestershire sauce
- 2 eggs, cracked into a bowl
- 4 garlic cloves, pressed
- 1 teaspoon garlic powder
- 2 tablespoons Italian seasoning
- Salt and black pepper to taste
- 1 cup ketchup


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Cut out a large piece of foil and grease with olive oil spray.
- Closely lay out bacon slices on foil to act as a bed for meatloaf.
- In a bowl, combine beef, breadcrumbs, milk, Worcestershire sauce, eggs, garlic paste and powder, Italian seasoning, salt, and black pepper. Mix well and form mixture into a 2-inch thick loaf on bacon leaving 2-inch pieces of bacon on both sides to go over meatloaf. Wrap bacon over meatloaf, brush with ketchup and cover tightly with foil.
- Place foil with meatloaf on a dehydration rack.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration rack on middle insert. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Cook until meatloaf is brown and meat reaches an internal temperature of 165°F.
- Open air fryer and transfer wrapped meatloaf to a serving platter. Let rest for 10 minutes before opening and slicing.
- Serve warm.



Sweet Duck Legs and Heirloom Carrots

 Calories	318
 Fat	12g
 Protein	27g
 Carbs	27g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	2 hours	20 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- ¼ cup hoisin sauce
- 4 tablespoons dark soy sauce
- 4 tablespoons honey or to taste
- 2-inch ginger, peeled and thinly sliced
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste
- 4 pieces star anise
- 4 pieces dried orange peel
- 2 tablespoons five-spice powder
- 1 ½ tablespoons cinnamon powder
- 8 duck legs
- 2 pounds heirloom carrots, peeled and cut into chunks
- Olive oil spray
- Salt and black pepper to taste

Directions

- In a bowl, combine hoisin sauce, soy sauce, honey, ginger slices, ginger paste, garlic paste, star anise, orange peel, five-spice powder, and cinnamon powder. Mix well and place duck in bowl. Coat well with marinade. Place bowl in refrigerator to marinate duck uncovered for 2 hours.
- After marinating duck, remove from refrigerator.
- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Line a 10-inch baking dish with foil and spread carrots on top. Mist with olive oil spray and season with salt and black pepper; mix well. Remove duck from marinade and sit on carrots.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Set timer to 20 minutes. Press "Start/Pause" button to begin baking. Cook until duck is golden brown and cooked within.
- Open air fryer and remove baking dish onto a heatproof surface. Let duck rest for 10 minutes.
- Serve with carrots.



Seafood Pie

 Calories	407
 Fat	22g
 Protein	16g
 Carbs	37g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	12 mins	320°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 (8 ounces) packages refrigerated crescent dough
- Olive oil spray
- 2 cups seafood mix
- 1 cup heavy cream
- ½ cup milk
- 1 (12 ounces) package frozen mixed vegetables
- Salt and black pepper
- 1 egg, beaten


Directions

- Preheat air fryer - set temperature to 320°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Roll out each crescent dough into 11-inch diameter circles.
- Grease a 10-inch pie pan with olive oil spray and line pan with one crescent dough.
- In a bowl, combine seafood mix, heavy cream, milk, mixed vegetables, salt, and black pepper; mix well.
- Pour seafood mixture into pie pan and cover with other crescent dough. Crimp edges of pastry and brush top with egg.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Place pie pan on rack and close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to begin baking. Bake until seafood and vegetables are cooked and sauce thickened.
- Open air fryer and remove pie pan onto a heatproof surface.
- Serve warm.



Super Cheesy Mac and Cheese

 Calories	347
 Fat	26g
 Protein	14g
 Carbs	15g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	360°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 cups cooked elbow macaroni
- ½ cup heavy cream
- 8 ounces cream cheese
- 2 cups grated cheddar cheese
- 1 cup grated Parmesan cheese
- ½ cup grated mozzarella cheese
- 2 teaspoons dry mustard
- ½ teaspoon garlic powder
- Salt and black pepper to taste


Directions

- Preheat air fryer - set temperature to 360°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine macaroni, heavy cream, cream cheese, half of cheddar cheese, Parmesan cheese, mozzarella cheese, dry mustard, garlic powder, salt, and black pepper; mix well.
- Pour macaroni mixture into a 10-inch baking dish and spread remaining cheddar cheese on top.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Place baking dish on rack and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin baking. Bake until cheeses melt.
- Open air fryer and baking dish onto a heatproof surface.
- Serve warm.



Lemon Rosemary Pork Chops

 Calories	331
 Fat	17g
 Protein	40g
 Carbs	1g

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

Ingredients





- 8 pork chops
- Salt and black pepper to taste
- 2 teaspoons lemon pepper
- 2 teaspoons dried rosemary


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Pat dry pork chops with a paper towel and season with salt, black pepper, lemon pepper, and rosemary.
- Grease 2 dehydration racks with olive oil spray and lay pork chops on racks. Mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 12 minutes. Press "Start/Pause" button to begin cooking. Cook pork chops until golden brown and internal temperature reaches 145°F. Turn pork halfway through cooking.
- Open air fryer and remove pork chops onto a serving platter. Let rest for 10 minutes.
- Serve.



Steak and Vegetable Bundles

 Calories	213
 Fat	7g
 Protein	28g
 Carbs	9g

Prep Time	Marinating Time	Cook Time	Temperature	Serves	Difficulty Level
5 mins	2 hours	6 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 pounds flank steak, cut into 8 pieces
- Salt and black pepper to taste
- 3 garlic cloves, pressed
- 2/3 cup soy sauce
- 1 pound asparagus, hard stems trimmed
- 4 large bell peppers (mixed colors), deseeded and julienned
- Olive oil spray
- Balsamic glaze for serving


Directions

- Season steak with salt and black pepper. Place meat in a large zipper bag and add garlic and soy sauce. Close bag and massage seasoning well onto meat. Place in refrigerator to marinate for 2 hours.
- After marinating, preheat air fryer. Select “Steak” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Remove steak from refrigerator and marinade. Lay steaks on a clean flat surface and divide asparagus and bell peppers on top. Roll meat over vegetables and secure with toothpicks.
- Grease two dehydration racks with olive oil spray, arrange steak bundles on top, and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to begin cooking. Cook until steak reaches an internal temperature of 145°F and vegetables are tender.
- Open air fryer and transfer steak bundles to a serving platter. Let rest for 10 minutes.
- Drizzle some balsamic glaze on top.
- Slice and serve warm.



Spicy Pork Meatloaf Patties

 Calories	445
 Fat	34g
 Protein	24g
 Carbs	10g

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





- Olive oil spray
- 2 pounds ground pork
- 1 small white onion, finely chopped
- ½ cup plain breadcrumbs
- 2 tablespoons Worcestershire sauce
- 1 tablespoon barbecue sauce
- 1 tablespoon hot sauce
- 2 eggs, cracked into a bowl
- 2 teaspoons garlic powder
- 2 tablespoons Italian seasoning
- Salt and black pepper to taste
- 4 tablespoons ketchup


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease two dehydration racks with olive oil spray and set aside.
- In a bowl, combine pork, onion, breadcrumbs, Worcestershire sauce, barbecue sauce, hot sauce, eggs, garlic powder, Italian seasoning, salt, and black pepper. Mix well and form mixture into 8 meatloaves.
- Arrange meatloaves on dehydration racks and brush tops with ketchup.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Cook until meatloaf is brown and meat reaches an internal temperature of 165°F.
- Open air fryer and remove meat loaves onto a serving platter. Let rest for 10 minutes.
- Serve warm.



Asian Sesame Chicken Kebabs

 Calories	215
 Fat	8g
 Protein	32g
 Carbs	2g

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





- 4 chicken breasts, skinless and boneless
- 1/3 cup soy sauce
- 2 tablespoons chili garlic sauce
- 1/3 cup orange juice
- 2 tablespoons toasted sesame oil
- 2 teaspoons minced garlic
- 1 teaspoon ginger paste
- 1/2 red onion, cut into chunks
- Olive oil spray
- 1 teaspoon sesame seeds for garnish


Directions

- Cut chicken into 1-inch cubes and put in a large zipper bag. Add soy sauce, chili garlic sauce, orange juice, sesame oil, garlic, and ginger paste. Zip bag and massage seasoning well onto chicken. Place bag in refrigerator and let chicken marinate for 1 hour.
- After marinating chicken, remove from refrigerator.
- Thread chicken and onion on 8 skewers and mist with olive oil spray.
- Preheat air fryer. Select “Chicken” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Open air fryer; insert oil tray at lowest rack of air fryer and set two dehydration racks on next inserts. Place chicken skewers on racks and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin grilling. Grill until chicken is golden brown and cooked within while turning skewers halfway through cooking.
- Open air fryer and remove skewers onto a serving platter. Let rest for 10 minutes.
- Garnish with sesame seeds and serve warm.



Tomato, Halloumi, and Olive Pizza

 Calories	210
 Fat	11g
 Protein	11g
 Carbs	17g

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

Ingredients

- 2 (8-inch) frozen pizza dough, thawed
- 1 cup pizza sauce
- 2 cups red and yellow cherry tomatoes, halved
- 1 cup grated Parmesan cheese
- 1 ½ cups halloumi cheese
- 1 cup sliced black olives
- Fresh basil leaves for garnish

Directions





- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Line two 8-inch round pizza pans with greaseproof paper and set aside. Lay a pizza dough on each pizza pan and equally divide remaining ingredients on pizza doughs in this order: spread pizza sauce on top, then cherry tomatoes, Parmesan cheese, halloumi cheese, and black olives.
- Open air fryer; insert oil tray at lowest rack of air fryer and set two dehydration racks on next inserts. Place pizza pans on racks and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to initiate baking. Cook until cheeses melt and tomatoes are tender.
- Open air fryer and remove pizza pans onto a heatproof flat surface. Garnish with basil leaves.
- Slice pizza and serve warm.




SIDES



Italian Parmesan Roasted Potatoes

 Calories	165
 Fat	6g
 Protein	6g
 Carbs	22g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	18 mins	380°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 2 pounds baby potatoes, well-scrubbed
- 1 ½ tablespoons olive oil
- 2 teaspoons dried Italian seasoning
- 1 cup grated Parmesan cheese
- Salt to taste


Directions

- Preheat air fryer - set temperature to 380°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add potatoes, olive oil, Italian seasoning, Parmesan cheese, and salt. Mix well and add potatoes to rotating basket. Cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 18 minutes. Press “Start/Pause” button to start roasting. Cook until potatoes are golden brown and fork-tender.
- Open air fryer and transfer potatoes to a serving platter.
- Serve warm.



Paprika Eggplants

 Calories	279
 Fat	4g
 Protein	3g
 Carbs	17g

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





- 4 medium eggplants, heads removed and cut into 1-inch wedges
- 1 ½ teaspoons garlic powder
- 2 teaspoons paprika
- 1 teaspoon cumin powder
- 2 tablespoons olive oil
- Salt 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 eggplants, garlic powder, paprika, cumin powder, olive oil, and salt. Toss well and add eggplants to rotating basket. Cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start roasting. Cook until eggplants are golden brown and tender.
- Open air fryer, remove basket using fetching tool, and transfer eggplants to a serving platter.
- Serve warm.



Potato Mash Doughnuts

 Calories	433
 Fat	13g
 Protein	9g
 Carbs	71g

Prep Time	Refrigeration Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	2 hours	10 mins	380°F		Moderate 

Ingredients

- 1 cup warm buttermilk
- 1 (¼ ounce) package active dry yeast
- 1 ½ cups warm mashed potatoes (excluding butter and milk)
- 1/3 cup butter, melted
- 4 teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 cup granulated sugar, divided
- 1 teaspoon nutmeg powder
- 3 cups all-purpose flour + extra for dusting
- Salt to taste
- 3 eggs
- Olive oil spray
- ½ teaspoon cinnamon powder for topping

Directions

- In a bowl, combine buttermilk and yeast; mix until dissolved. Add potatoes, butter, baking powder, baking soda, sugar, nutmeg, flour, and salt. Crack in eggs and mix until smooth batter forms; do not knead. Cover bowl and refrigerate for 2 hours.
- Preheat air fryer - set temperature to 380°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Remove potato dough from refrigerator. Dust a working surface with flour and transfer dough on top. Divide dough into four pieces and roll out each portion into ½-inch thickness. Use a 3-inch doughnut cutter to cut out doughnut pieces.
- Lightly grease two dehydration racks with olive oil spray and arrange potato doughnuts on racks. Mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with doughnuts on next inserts. Close air fryer.





Set timer to 10 minutes. Press “Start/Pause” button to begin frying. Fry until doughnuts are golden brown while turning a few times during cooking.

Open air fryer and transfer potato doughnuts to a serving platter.

Serve warm.



Breaded Artichoke Hearts

 Calories	149
 Fat	3g
 Protein	8g
 Carbs	25g

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

Ingredients





- 2 (13.75 ounces) cans artichoke hearts (in water), drain well
- 1 cup all-purpose flour
- 3 large eggs
- 1 cup Panko breadcrumbs
- Salt to taste
- Olive oil spray


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Pat dry artichoke quarters with paper towels. Add flour to a plate. Crack eggs in a bowl and whisk well. On another plate, combine breadcrumbs and salt; mix well.
- Coat artichoke in flour, then in eggs, and generously in breadcrumbs mixture. Add artichokes to rotating basket, mist with olive oil spray, and cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start roasting. Cook until artichokes are golden brown, crispy and tender.
- Open air fryer, remove basket using fetching tool, and transfer artichokes to a serving platter.
- Serve warm.



Spicy Green Beans

 Calories	69
 Fat	4g
 Protein	2g
 Carbs	9g

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

Ingredients




- 2 tablespoons olive oil
- 2 teaspoons soy sauce
- 2 teaspoons fresh lemon juice
- 2 teaspoons garlic paste
- 1 teaspoon red chili flakes
- 2 pounds green beans, trimmed and cut in halves lengthwise


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, add olive oil, soy sauce, lemon juice, garlic paste, and red chili flakes; mix well. Add green beans and toss well. Put green beans in rotating basket and cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to start roasting. Cook until green beans are golden brown and tender.
- Open air fryer, remove basket using fetching tool and transfer green beans to a serving platter.
- Serve warm.



Jerk Rubbed Corn

 Calories	176
 Fat	7g
 Protein	4g
 Carbs	30g

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

Ingredients





- ¼ cup melted butter
- 2 teaspoons jerk seasoning
- 8 medium corn on cobs
- 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.
- In a bowl, combine butter and jerk seasoning. Brush corn on all sides with jerk mixture and place in rotating basket. Cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to begin roasting. Cook until corn kernels are golden brown and tender.
- Open air fryer, remove basket using fetching tool and transfer corn to a serving platter.
- Garnish with parsley and serve warm.



Roasted Root Vegetables

 Calories	257
 Fat	1g
 Protein	6g
 Carbs	59g

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

Ingredients





- 1 (2 pounds) butternut squash, peeled and cut into 1-inch pieces
- 3 parsnips, peeled and cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- 10 baby potatoes, well-scrubbed and quartered
- 1 medium red onion, peeled and cut into chunks
- 1 teaspoon olive oil
- 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, combine butternut squash, parsnips, carrots, baby potatoes, onion, olive oil, salt, and black pepper. Toss well and add vegetables to rotating basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin roasting. Cook until vegetables are golden brown and fork tender.
- Open air fryer, remove basket using fetching tool, and transfer vegetables to a serving platter.
- Serve warm.



Lemon Roasted Asparagus

 Calories	29
 Fat	1g
 Protein	3g
 Carbs	5g

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





- 2 pounds asparagus
- 1 teaspoon olive oil
- 2 teaspoons fresh lemon juice, divided
- ½ teaspoon granulated garlic
- 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, combine asparagus, olive oil, 1 teaspoon of lemon juice, garlic, salt, and black pepper. Toss well and add asparagus to rotating basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer for 10 minutes. Press “Start/Pause” button to start roasting. Cook until asparagus are tender.
- Open air fryer, remove basket using fetching tool and transfer asparagus to a serving platter.
- Drizzle with remaining lemon juice and serve warm.



Eggplant and Tomato Flatbread

 Calories	192
 Fat	10g
 Protein	10g
 Carbs	17g

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

Ingredients




- 2 large naan flatbreads
- 1 cups pre-cooked sliced eggplants
- ½ cup sliced zucchini
- ½ cup sliced tomatoes
- 1 garlic clove, minced
- Salt and black pepper to taste
- 1 cup ricotta cheese
- 1 ½ teaspoons dried oregano
- 2/3 cup pizza sauce
- 1 cup basil leaves
- 1 cup grated mozzarella cheese
- 4 tablespoons grated Parmesan cheese

Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Wrap two dehydration racks with foil and place one flatbread on each.
- In a bowl, combine eggplants, garlic, salt, and black pepper. Mix well.
- Divide and spread ingredients on flatbreads in this order: ricotta cheese, oregano, pizza sauce, eggplant mixture, basil, mozzarella cheese, and Parmesan cheese.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks with pizza flatbreads on next inserts. Close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin baking. Bake until cheeses melt.
- Open air fryer and transfer pizzas to a serving platter. Let rest for 5 minutes.
- Slice and serve warm.



Rosemary Potato Wedges

 Calories	136
 Fat	5g
 Protein	3g
 Carbs	20g

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

Ingredients





- 4 medium russet potatoes, scrubbed, skin on, and cut into 1-inch wedges
- 3 tablespoons olive oil
- Salt and black pepper to taste
- 1 ¼ tablespoons chopped fresh rosemary
- 1 ¼ teaspoons chopped fresh parsley
- 1 ¼ teaspoons garlic powder
- 1 ½ tablespoons grated Parmesan cheese for garnish


Directions

- Preheat air fryer – select “French Fries” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine potatoes, olive oil, salt, black pepper, rosemary, parsley, and garlic powder. Toss well and add potatoes to rotating basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to start frying. Fry until potatoes are golden brown and fork tender.
- Open air fryer, remove basket using fetching tool, and transfer potatoes to a serving platter.
- Garnish with Parmesan cheese and serve warm.



Curried Cauliflower Steaks

 Calories	28
 Fat	2g
 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 large cauliflower head, washed
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon turmeric powder
- 1 teaspoon garlic powder
- Salt and black pepper to taste
- 1 tablespoon fresh lemon juice for topping (optional)


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Stand cauliflower on a chopping board and using a knife, cut cauliflower from top to bottom into 8 (1-inch) slices leaving core intact.
- In a bowl, combine olive oil, paprika, turmeric powder, garlic powder, salt, and black pepper; mix well. Brush cauliflower steaks on both sides with spice mixture. Arrange cauliflower steaks on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin grilling. Grill cauliflower steaks until golden brown and tender.
- Open air fryer and remove cauliflower steaks onto a serving platter.
- Drizzle lemon juice on cauliflower and serve warm.



Gingered Mixed Mushrooms

 Calories	23
 Fat	2g
 Protein	1g
 Carbs	1g

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

Ingredients





- 1 tablespoon vegetable oil
- 1 tablespoon soy sauce
- 2 tablespoons ginger paste
- ½ teaspoons black pepper to taste
- 2 cups mixed mushrooms
- 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, combine vegetable oil, soy sauce, ginger paste, and black pepper. Mix well and add mushrooms; toss well. Add mushrooms to rotating basket and close basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin roasting. Cook until mushrooms are tender.
- Open air fryer, remove basket using fetching tool, and transfer mushrooms to a serving platter.
- Garnish parsley and serve warm.



Bacon Roasted Brussels Sprouts

 Calories	107
 Fat	6g
 Protein	6g
 Carbs	10g

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 pounds Brussel sprouts, trimmed and halved
- Salt and black pepper to taste
- 1 teaspoon olive oil
- 4 bacon slices, chopped


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine Brussel sprouts, salt, black pepper, and olive oil. Toss well.
- Add Brussel sprouts and bacon to rotating basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 20 minutes. Press “Start/Pause” button to begin roasting. Cook until Brussel sprouts are golden brown and tender.
- Open air fryer, remove basket using fetching tool and transfer Brussel sprouts and bacon to a serving platter.
- Serve warm.



Peri-Peri Parsnip Fries

 Calories	125
 Fat	2g
 Protein	2g
 Carbs	26g

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

Ingredients





- 8 parsnips, peeled and cut into 1-inch juliennes
- 3 tablespoons peri-peri seasoning
- Salt to taste (if needed)
- 1 tablespoon olive oil


Directions

- Preheat air fryer – select “French Fries” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine parsnips, peri-peri seasoning, salt, and olive oil; toss well. Add parsnips to rotating basket and cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Fry until parsnips are golden brown, crispy, and cooked through.
- Open air fryer, remove basket using fetching tool, and pour parsnips into a serving bowl.
- Serve warm.



Pepperoni-Stuffed Hasselback Potatoes

 Calories	209
 Fat	5g
 Protein	5g
 Carbs	38g

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

Ingredients





- 8 medium potatoes, well-scrubbed
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 1 cup pepperoni slices
- ¼ cup grated Parmesan cheese

Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Cut slits along potatoes with ¼-inch spacing and leaving about 3/8-inch base of potato intact. Drizzle olive oil on potatoes and season with salt and black pepper.
- Place 1 pepperoni in each potato slit and sprinkle Parmesan cheese on top. Arrange potatoes on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 30 minutes. Press “Start/Pause” button to begin baking. Bake potatoes until golden brown and tender.
- Open air fryer and remove hasselback potatoes to a serving platter.
- Serve warm.



Crispy Spicy Okras

 Calories	71
 Fat	4g
 Protein	2g
 Carbs	9g

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

Ingredients





- 2 pounds okras, rinsed and cut into half length-wise
- 2 tablespoons olive oil
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon turmeric 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, combine okras, olive oil, cumin powder, chili powder, turmeric powder, salt, and black pepper; toss well. Add okras to rotating basket and close basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 12 minutes. Press “Start/Pause” button to begin frying. Fry okras until golden brown and tender.
- Open air fryer, remove basket using fetching tool and pour okras into a serving bowl.
- Serve warm.



Pecorino Broccoli Melts

 Calories	151
 Fat	10g
 Protein	10g
 Carbs	8g

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 large head broccoli, cut into 8 large floret bunches
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 teaspoon garlic powder
- 1 teaspoon red chili flakes
- 8 slices Pecorino Romano 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 baking tray with greaseproof paper and arrange broccoli florets on top. Season broccoli florets with olive oil, salt, black pepper, and garlic powder. Sprinkle red chili flakes on broccoli and lay one cheese slice on each broccoli bunch.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place baking tray on rack and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin baking. Bake until cheese melts and broccoli is tender.
- Open air fryer and transfer broccoli melts to a serving platter.
- Serve warm.



Sesame Snap Peas

 Calories	17
 Fat	1g
 Protein	0g
 Carbs	1g

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





- 2 cups sugar snap peas
- 1 tablespoon teriyaki sauce
- 1 teaspoon sesame oil
- ½ teaspoon sesame seeds 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, snap peas, teriyaki sauce, and sesame oil; toss well. Add snap peas to rotating basket and cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin cooking. Cook until snap peas are slightly tender and caramelized on some parts.
- Open air fryer, remove basket using fetching tool and pour snap peas into a serving bowl.
- Garnish with sesame seeds and serve warm.



Bacon-Wrapped Asparagus

 Calories	161
 Fat	15g
 Protein	6g
 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





- 30 asparagus, trimmed
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- Salt and black pepper to taste
- 10 bacon slices


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- Sprinkle asparagus with olive oil, garlic powder, paprika, salt, and black pepper. Use your hands to rub seasoning well onto asparagus.
- Divide asparagus into 10 sets of 3 asparagus, wrap each set with one bacon slice and tuck bacon ends within itself.
- You can wrap bacon from top to bottom or in middle of asparagus. Arrange asparagus bundles on a dehydration rack.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration rack on middle insert. Close air fryer.
- Set timer for 15 minutes. Press “Start/Pause” button to begin baking. Cook until bacon is golden brown and asparagus tender while turning bundles halfway through cooking.
- Open air fryer and transfer asparagus bundles to a serving platter.
- Serve warm.



Cheddar Hashbrown Patties

 Calories	160
 Fat	3g
 Protein	5g
 Carbs	30g

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

Ingredients





- 8 frozen hashbrown patties
- ½ cup grated cheddar cheese


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Arrange hashbrown patties on a dehydration rack and top with cheddar cheese.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration rack on middle insert. Close air fryer.
- Set timer to 6 minutes. Press “Start/Pause” button to begin baking. Cook until cheese melts and patties are golden brown.
- Open air fryer and transfer hashbrown patties to a serving platter.
- Serve warm.



Salted Turnip Chips

 Calories	49
 Fat	2g
 Protein	1g
 Carbs	8g

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

Ingredients





- 8 turnips, peeled and cut into 1-inch slices
- 1 tablespoon olive oil
- Salt to taste


Directions

- Preheat air fryer – select “French Fries” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine turnips, olive oil, and salt; toss well. Add turnips to rotating basket and cover basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to begin frying. Fry until turnips are golden brown, crispy and tender.
- Open air fryer, remove basket using fetching tool, and pour turnips into a serving bowl.
- Sprinkle with a little more salt, toss and serve warm.



Garlic Parmesan Bread

 Calories	147
 Fat	8g
 Protein	4g
 Carbs	14g

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

Ingredients





- 4 tablespoons unsalted butter, room temperature
- 4 garlic cloves, minced
- 1 tablespoon dried parsley
- ½ cup grated Parmesan cheese or more as desired
- 1 baguette, cut into 1 ½-inch slices


Directions

- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, mix butter, garlic, parsley, and Parmesan cheese. Spread butter mixture on one side of baguette slices and arrange on two dehydration racks with buttered side up.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration rack on middle insert. Close air fryer.
- Set timer to 5 minutes. Press “Start/Pause” button to begin baking. Cook until cheese melts and bread slices are golden brown.
- Open air fryer and remove bread onto a serving platter.
- Serve warm.



Warm Winter Vegetable Salad

 Calories	177
 Fat	5g
 Protein	5g
 Carbs	32g

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

Ingredients

- 1 (2 pounds) butternut squash, peeled and cut into 1-inch pieces
- 3 parsnips, peeled and cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- 1 medium red onion, peeled and cut into chunks
- 5 garlic cloves, peeled and smashed
- 1 teaspoon olive oil
- Salt and black pepper to taste
- 3 cups baby spinach
- 1 cup cooked quinoa
- ¼ cup chopped almonds
- ¼ cup pumpkin seeds

Dressing





- 1 cup plain yogurt
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh dill


Directions

- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine butternut squash, parsnips, carrots, onion, garlic, olive oil, salt, and black pepper. Toss well and add vegetables to rotating basket.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 15 minutes. Press “Start/Pause” button to begin roasting. Cook until vegetables are golden brown and fork-tender.
- Meanwhile as vegetables cook, prepare dressing. In a bowl, combine yogurt, lemon juice, and dill. Mix well and set aside in refrigerator.
- Open air fryer, remove basket using fetching tool and transfer vegetables to a large bowl.
- Add spinach, quinoa, almonds, and pumpkin seeds. Toss well.
- Drizzle dressing on salad and serve immediately.



Tofu, Broccoli, and Carrot Toss

 Calories	111
 Fat	6g
 Protein	11g
 Carbs	6g

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

Ingredients

- 2 tablespoons cornflour
- Salt and black pepper to taste
- 2 (14 ounces) extra-firm tofu, pressed and cut into 1-inch cubes
- Olive oil spray
- 1 ½ cups broccoli florets
- 4 asparagus spears, cut into thirds
- 1 cup carrot chunks
- ¼ cup green peas
- 1 tablespoon fresh ginger paste

Directions





- Preheat air fryer – select “Vegetables” function and adjust timer to 3 minutes. Press “Start/Pause” button to begin warming.
- In a bowl, combine cornflour, salt, and black pepper. Add tofu and toss well to coat. Remove tofu into rotating basket and mist with olive oil spray.
- In another bowl, combine broccoli, asparagus, carrot, peas, and ginger paste. Mist with olive oil spray and season with salt and black pepper; toss well. Add vegetables to basket and cover.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 25 minutes. Press “Start/Pause” button to start cooking. Cook until tofu is golden brown and vegetables tender.
- Open air fryer, remove basket using fetching tool and transfer food to a serving bowl.
- Serve warm.





DESSERTS



Donuts with Four Glazes

 Calories	280
 Fat	8g
 Protein	7g
 Carbs	44g

Prep Time	Rising Time	Cook Time	Temperature	Serves	Difficulty Level
20 mins	1 hour	4 mins	350°F		Moderate 

Ingredients: Donut

- 1 cup milk, lukewarm
- ¼ cup granulated sugar
- 2 ½ teaspoons dry active yeast
- ¼ cup unsalted butter, melted
- ½ teaspoon salt
- 1 egg, cracked into a bowl
- 3 cups all-purpose flour + extra for dusting
- Olive oil spray

Maple Glaze

- 1 ½ cups confectioner's sugar
- 4 tablespoons maple syrup
- 2 tablespoons milk
- 1 ½ teaspoons vanilla extract

Chocolate Glaze

- 1 ½ cups confectioner's sugar
- 3 tablespoons milk
- 4 tablespoons cocoa powder
- 1 teaspoon vanilla extract

Vanilla Glaze

- 6 tablespoons unsalted butter
- 2 teaspoons vanilla extract
- 2 cups confectioner's sugar
- 4 tablespoons hot water or as needed

Pink Funfetti Glaze

- 1 ½ cups confectioner's sugar
- 1 ½ teaspoons vanilla extract
- 2 to 3 tablespoons milk
- 1 drop pink food coloring

Directions: Donuts





- In bowl of a stand mixer with dough hook fitted, add milk, 1 teaspoon of sugar, and yeast. Let sit for 10 minutes.
- Add remaining sugar, butter, salt, egg, and 2 cups of flour. Mix on low speed until smooth. Gradually add remaining flour while still mixing until dough pulls off sides of bowl.
- Increase speed to medium and mix for 5 more minutes or until dough is smooth and elastic.
- Grease a bowl with olive oil spray and place dough in bowl. Cover bowl with plastic wrap and let sit on top of your fridge until dough doubles.
- Dust a working surface with flour and transfer dough on top. Punch dough down to release air and gently roll out into a ½-inch thick piece.
- Using a 3-inch donut cutter, cut out 10 to 12 donut pieces.
- Line a 10-inch baking sheet with greaseproof paper and place donut pieces on top. Let rise for 30 minutes at room temperature or until doubled.
- Preheat air fryer - set temperature to 350°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration rack on middle insert.
- Mist donuts with olive oil spray and place with baking sheet in air fryer on rack. Close air fryer.
- Set timer to 4 minutes. Press "Start/Pause" button to begin baking. Bake until donuts are golden brown.
- Open air fryer and transfer donuts to a wire rack.
- Top donuts with your preferred glazes (see recipe below) and serve warm.


Glazes

- Gather four separate bowls.
- Add ingredients for each glaze option to a bowl and whisk until smooth.
- Use glazes on donuts as preferred.



Double Chocolate and Banana Empanadas

 Calories	302
 Fat	16g
 Protein	6g
 Carbs	36g

Prep Time	Sitting Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	30 mins	20 mins	360°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients: Dough

- 1 ½ cups all-purpose flour + extra for dusting
- ¼ cup caster sugar
- 1/3 cup cocoa powder
- ½ cup cold butter, roughly chopped
- 1 egg, cracked into a bowl
- 3 tablespoons milk

Banana Chocolate Filling

- 2 bananas, peeled and roughly chopped
- 1 teaspoon cinnamon powder
- 1 tablespoon brown sugar
- 2 ounces milk chocolate, halved

Egg Wash





- 1 egg
- 1 tablespoon milk

Directions

- First make dough. In a food processor, combine flour, sugar, cocoa powder, and butter. Pulse until crumbly mixture forms. Add egg and pulse until well-combined. While still mixing, slowly pour in milk until mixture forms into a firm dough ball.
- Dust a working surface with flour and transfer dough on top. Knead for 1 to 2 minutes, roll into a ball and wrap in cling film. Place in refrigerator for 30 minutes.
- Next, make filling. In a bowl, combine bananas, cinnamon powder, and sugar. Mix well and set aside.
- After dough sits for 30 minutes, preheat air fryer. Set temperature to 360°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Remove dough from refrigerator and unwrap. Place dough between two greaseproof papers and roll out into a ¼-inch thin sheet. Using a round ½-inch cookie cutter, cut out 14 rounds from dough.
- Add a tablespoon of banana filling onto each dough circle and top with some milk chocolate. Fold circles over filling to form half-moon shapes and use a fork to crimp edges. Arrange dough pieces on two dehydration racks.
- To make egg wash. Crack egg into a bowl, add milk and whisk well. Brush dough pieces with egg wash.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts.
- Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Bake until empanadas are light brown around edges.
- Open air fryer and transfer empanadas to a wire rack to cool.
- Serve.



Fried Oreos

 Calories	138
 Fat	4g
 Protein	3g
 Carbs	22g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	6 mins	320°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients





- 1 (8 ounces) package crescents dough sheet
- 8 Oreo cookies, flavor of choice
- Olive oil spray
- Confectioner's sugar for dusting

Directions

- Preheat air fryer - set temperature to 320°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Spread out crescent rolls onto a working surface and seal perforations to form one sheet. Cut into eight squares.
- Place an Oreo on each square, wrap with dough pieces and seal edges with a little water.
- Add wrapped Oreos in rotating basket and mist with olive oil spray.
- Open air fryer, place in rotating basket using fetch tool and close air fryer.
- Set timer to 6 minutes. Press "Start/Pause" button to begin frying. Fry until golden brown.
- Open air fryer, remove basket using fetching tool and transfer fried Oreos to a wire rack to cool.
- Dust with confectioner's sugar and serve.



Key Lime Cupcakes

 Calories	837
 Fat	29g
 Protein	3g
 Carbs	145g

Prep Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	20 mins	320°F		Easy <input checked="" type="checkbox"/>

Ingredients: Cupcakes

- Olive oil spray
- 1 (18.5 ounces) box white cake mix with required box ingredients
- ½ cup lime juice

Frosting




- 1 cup salted butter
- 6 cups confectioner's sugar
- 6 tablespoons fresh lime juice
- 2 teaspoons fresh lime zest
- 1 drop green food coloring

Directions

- Preheat air fryer - set temperature to 320°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Line an 8-holed muffin tray with cupcake liners and mist with olive oil spray. Set aside.
- Combine cake mix, accompanying ingredients, and lime juice in a bowl. Whisk well until smooth batter forms. Spoon batter into cupcake liners two-thirds way up.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place muffin tray on rack and close air fryer.
- Set timer to 20 minutes. Press "Start/Pause" button to begin baking. Bake until cupcakes set in center. You can test doneness with a toothpick. Insert toothpick in cupcakes and if clean when pulled out, cupcakes are ready.
- Meanwhile as cupcakes bake, make frosting. In a bowl, combine butter, confectioner's sugar, lime juice, lime zest, and green food coloring. Whisk well until smooth. Spoon frosting into a piping bag with star nozzle.
- When cupcakes are ready, transfer from air fryer and muffin tray onto a wire rack to cool.
- Press frosting on cupcakes and serve.



Triple Berry and Apple Hand Pies

 Calories	426
 Fat	9g
 Protein	2g
 Carbs	87g

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

Ingredients





- 1 (8 ounces) refrigerated pie crusts, thawed
- 2 cups three-berries pie filling or three-berries jam
- 1 cup apple 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. Mix berry and apple fillings in a bowl and add 1 to 2 tablespoons 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. Arrange pastries on two dehydration racks.
- Open air fryer; insert oil tray at lowest rack of air fryer and set dehydration racks on next inserts. Close air fryer.
- Set timer to 15 minutes. Press "Start/Pause" button to begin baking. Bake until hand pies are golden brown.
- Meanwhile, make glaze. In a bowl, add confectioner's sugar and milk; whisk until smooth.
- When hand pies are ready, remove air fryer onto a wire rack to cool.
- Swirl glaze on hand pies and let set for 1 minute.
- Serve.



Strawberry Cheesecake

 Calories	605
 Fat	42g
 Protein	9g
 Carbs	51g

Prep Time	Refrigeration Time	Cook Time	Temperature	Serves	Difficulty Level
20 mins	4 hours	20 mins	325°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients

- Olive oil spray

Filling

- 1 cup granulated sugar
- 3 (8 ounce) packs cream cheese, room temperature
- ½ cup heavy cream
- ¼ cup condensed milk
- ½ teaspoon fresh lemon juice

Crust

- 1 ½ cups graham crackers, crushed
- 1 tablespoon granulated sugar

- ½ stick salted butter, melted

Topping

- Fresh strawberries, hulled - whole or halved

Directions

- Preheat air fryer - set temperature to 325°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease an 8-inch springform pan with olive oil spray and set aside.

Make crust. In a bowl, combine sugar, graham crackers, and butter. Mix well and pour into springform pan. Use

- bottom of a glass tumbler to press cracker mixture to fit bottom of pan. Place in refrigerator while you make filling.

In bowl of a stand mixer with flat beater fixed, add cream cheese and sugar; whisk until smooth. Pour in heavy cream, condensed milk, lemon juice, and vanilla; mix until smooth. Add eggs, beat evenly and fold in strawberry puree until well combined.

- Remove springform pan from refrigerator and pour on filling. Gently hit pan on a solid flat surface a few times to release air bubbles from filling.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place springform pan on rack and close air fryer.

Set timer to 20 minutes. Press “Start/Pause” button to begin baking. Bake until cheesecake sets.





Remove pan from oven, let cool for 10 minutes and then place in refrigerator for at least 4 hours.

When ready to serve, remove pan from refrigerator and release pan from cake. Garnish with strawberries.

Slice and serve.



Molten Lava Cake

 Calories	635
 Fat	51g
 Protein	8g
 Carbs	36g

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

Ingredients





- 1 ¼ cup unsalted cold butter, cut into pieces
+ extra for greasing
- 12 ounces semi-sweet chocolate bar, broken into pieces
- 3 large eggs, cracked into a bowl
- 3 large egg yolks
- 1 ½ teaspoons vanilla extract
- ½ cup granulated sugar
- ½ cup all-purpose flour
- 2 pinches of salt


Directions

- Preheat air fryer - set temperature to 370°F and timer for 3 minutes. Press “Start/Pause” button to begin warming.
- Grease 8 medium ramekins with butter and set aside.
- Combine butter and chocolate in a heatproof bowl. Melt over a double boiler or microwave until smooth and silky.
- In a large bowl, add eggs, egg yolks, vanilla, and sugar; whisk well using a hand mixer. Add flour, chocolate mixture, and salt. Mix well until smooth batter forms.
- Divide mixture between ramekins halfway up.
- Open air fryer; insert oil tray at lowest rack of air fryer and set two dehydration racks on next inserts. Place ramekins on rack and close air fryer.
- Set timer to 10 minutes. Press “Start/Pause” button to begin baking. Bake until cake sets all around edges.
- Open air fryer and transfer ramekins to a flat surface. Let rest for 10 minutes and run a butter knife around edges of cake.
- Turn cakes over onto serving plates.
- Serve with your favorite toppings like whipped cream, vanilla ice cream, berries, or confectioner’s sugar.



"Grilled" Pineapples

 Calories	234
 Fat	12g
 Protein	1g
 Carbs	35g

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

Ingredients





- 1 pineapple, peeled, cored, and cut into 8 wedges
- Olive oil spray
- ½ cup brown sugar
- ½ cup cinnamon powder
- ½ cup cold butter, cut into tiny cubes
- Vanilla ice cream for serving


Directions

- Preheat air fryer - set temperature to 400°F and timer for 3 minutes. Press "Start/Pause" button to begin warming.
- Arrange pineapples on two dehydration racks and mist with olive oil spray.
- Open air fryer; insert oil tray at lowest rack of air fryer and set two dehydration racks with pineapples on next inserts. Close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to begin grilling. Grill pineapples until slightly charred while turning halfway through cooking.
- Meanwhile, as pineapples grill, make topping. In a bowl, combine brown sugar, cinnamon powder, and butter. Mix well and set aside.
- When pineapples are ready, transfer to a serving platter. Spoon cinnamon butter on top and let melt over pineapples.
- Top with vanilla ice cream and serve immediately.



Salted Caramel Pizookie

 Calories	641
 Fat	27g
 Protein	8g
 Carbs	92g

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

Ingredients





- Olive oil spray
- 1 cup salted butter, room temperature
- 1 cup brown sugar
- ½ cup granulated sugar
- 2 large eggs, cracked into a bowl
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup chocolate chips
- ½ cup salted caramel M&M's
- 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.
- Grease 2 (6-inch) round baking pans with olive oil spray and set aside.
- In a bowl, using a hand mixer, combine butter and sugars; cream until smooth. Add eggs and vanilla; whisk until smooth. Pour in flour, baking powder, and baking soda; mix until well-incorporated. Pour in chocolate chips and fold in well.
- Add cookie dough to baking pans and spread to fit shape of pan. Share M&M's on top and slightly press into doughs.
- Open air fryer; insert oil tray at lowest rack of air fryer and set two dehydration racks on next inserts. Place baking pans on racks and close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to begin baking. Bake until golden brown and dough set.
- Open air fryer and remove baking pans onto a heatproof surface. Let rest for 5 minutes.
- Slice out pizookies, top with vanilla ice cream, and serve.



Apricot and Blueberry Crumble

 Calories	120
 Fat	6g
 Protein	1g
 Carbs	16g

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

Ingredients





- 9 ounces fresh apricots, stoned and chopped
- ½ cup fresh blueberries
- 1/3 cup granulated sugar
- 1 tablespoon fresh lemon juice
- ½ cup all-purpose flour
- ¼ cup cold butter, cut into cubes + extra for greasing
- 1 teaspoon cold water
- Vanilla ice cream for serving


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 baking tray with butter and add apricots, blueberries, sugar, and lemon juice. Mix well and set aside.
- In another bowl, combine flour, butter, and cold water. Mix with your hands until crumbly. Spread mixture over apricot-blueberry filling.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on middle insert. Place baking pan on rack and close air fryer.
- Set timer to 10 minutes. Press "Start/Pause" button to begin baking. Bake until golden brown and fruits bubbly and tender.
- Open air fryer and remove cake pan onto a heatproof surface. Let cool for 10 to 15 minutes.
- Top with vanilla ice cream and serve immediately.



Chocolate Soufflé

 Calories	225
 Fat	18g
 Protein	4g
 Carbs	13g

Prep Time	Refrigeration Time	Cook Time	Temperature	Serves	Difficulty Level
10 mins	10 mins	14 mins	400°F		Easy <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ingredients: Soufflé

- ½ cup chocolate chips
- 3 tablespoons butter
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 4 egg whites
- 1 teaspoon cream of tartar
- 2 tablespoons granulated sugar
- Confectioner's sugar for dusting

Ramekins

- 4 tablespoons butter, partially melted
- 4 tablespoons granulated sugar

Directions

- Combine chocolate chips and butter in a heatproof bowl; melt over a double boiler. Take bowl off double boiler and let cool for 3 to 5 minutes. Add egg yolks, vanilla, and salt to chocolate mixture; whisk well.
- In another bowl, combine egg whites and cream of tartar. Using a hand mixer, whisk on high speed until soft peaks form. Slowly add sugar in 3 portions while beating for 5 seconds after each addition.
- Fold egg whites mixture into chocolate mixture in 3 additions and mix one more time to evenly combine. Place bowl in refrigerator for 10 minutes.
- 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 butter on bottoms and sides. Add sugar and swirl ramekins until sugar coats ramekins well. Pour remaining sugar out of ramekins and discard.
- Remove soufflé batter from refrigerator and divide evenly into ramekins. Use an icing spatula to level top.
- Open air fryer; insert oil tray at lowest rack of air fryer and set one dehydration rack on next insert. Place ramekins on rack and close air fryer.
- Set timer to 14 minutes. Press "Start/Pause" button to begin baking. Bake until soufflé rises over top of pan, edges set and center jiggles a bit when you lightly tap ramekins. Avoid opening and closing air fryer a lot while baking.
- When ready, remove ramekins from air fryer.
- Dust with some confectioner's sugar and serve immediately.

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