



**1600**-DAY  
**RECIPES**

~ *The Upgrade* ~

# AIR FRYER COOKBOOK 2023

**1600 Quick,  
Easy and Yummy Air Fryer  
Recipes for Everyday  
Healthy Homemade Meals  
Incl. Tips and Tricks**

*Annie Hines*



# **The Upgrade Air Fryer Cookbook 2023**

1600 Quick, Easy and Yummy Air Fryer  
Recipes for Everyday Healthy Homemade  
Meals Incl. Tips and Tricks

**Annie Hines**

Copyright © 2023 by Annie Hines- All rights reserved.

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or the publisher. Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

**Legal Notice:** This book is copyright protected. It is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

**Disclaimer Notice:** Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaged in the rendering of legal, financial, medical, or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book. By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, that are incurred as a result of the use of the information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.



# CONTENTS

## Bread And Breakfast

[Ham And Egg Toast Cups](#)

[Cinnamon Granola](#)

[Black's Bangin' Casserole](#)

[Green Beans Bowls](#)

[Protein Egg Cups](#)

[Hash Browns](#)

[White Wheat Walnut Bread](#)

[Strawberry Pastry](#)

[Fry Bread](#)

[Eggs Salad](#)

[Mediterranean Egg Sandwich](#)

[Scotch Eggs](#)

[Bagels](#)

[Taj Tofu](#)

[Sausage Solo](#)

[Bacon, Egg, And Cheese Calzones](#)

[Jalapeño And Bacon Breakfast Pizza](#)

[Sausage Bacon Fandango](#)

[Peppered Maple Bacon Knots](#)

[Parsley Omelet](#)

[Crispy Bacon](#)

[Sweet Potato-cinnamon Toast](#)

[Brown Sugar Grapefruit](#)

## Appetizers And Snacks

[Plantain Chips](#)

[Roasted Peanuts](#)

[Wrapped Shrimp Bites](#)

[Sweet Apple Fries](#)

[Italian Bruschetta With Mushrooms & Cheese](#)

[Tortilla Chips](#)

[Cauliflower Buns](#)

[Cheese Straws](#)

[Beet Chips](#)

[Fried Mozzarella Sticks](#)

[Chili Kale Chips](#)

[Crispy Ravioli Bites](#)

[Buttered Corn On The Cob](#)

[Pepperoni Chips](#)

[Sweet Plantain Chips](#)

[Sweet Potato Chips](#)

[Honey Tater Tots With Bacon](#)

[Cheesy Tortellini Bites](#)

[Home-style Taro Chips](#)

[Pickled Chips](#)

[Pork Egg Rolls](#)

[Individual Pizzas](#)

[Bacon Candy](#)

## [Poultry Recipes](#)

[Tuscan Stuffed Chicken](#)

[Chicken Sausage In Dijon Sauce](#)

[Buffalo Chicken Wings](#)

[Shishito Pepper Rubbed Wings](#)

[Quick Chicken For Filling](#)

[Chicken Wrapped In Bacon](#)

[Sweet Nutty Chicken Breasts](#)

[Za'atar Chicken Drumsticks](#)

[Bacon Chicken Mix](#)

[Broccoli And Cheese-stuffed Chicken](#)

[Stuffed Chicken](#)

[Bacon-wrapped Chicken](#)

[Tangy Mustard Wings](#)

[Teriyaki Chicken Legs](#)

[Garlic Parmesan Drumsticks](#)

[Cinnamon Chicken Thighs](#)

[Blackened Chicken Tenders](#)

[Harissa Chicken Wings](#)

[Crispy “fried” Chicken](#)

[Basic Chicken Breasts.](#)

[Zesty Ranch Chicken Drumsticks](#)

[Herb-marinated Chicken](#)

[Italian Chicken Thighs](#)

#### [Beef , pork & Lamb Recipes](#)

[Steak Fingers](#)

[Pork Tenderloin With Bacon And Veggies](#)

[Simple Air Fryer Steak](#)

[Caramelized Pork](#)

[Brown Sugar Mustard Pork Loin](#)

[Crazy Beef Schnitzel](#)

[Sesame Lamb Chops](#)

[Crispy Ham And Eggs](#)

[Bacon And Cheese–stuffed Pork Chops](#)

[Bacon And Blue Cheese Burgers](#)

[Beef & Mushrooms](#)

[Mustard Beef Mix](#)

[Spinach And Mushroom Steak Rolls](#)

[Almond And Sun-dried Tomato Crusted Pork Chops](#)

[Pork Chops](#)

[Sweet And Spicy Pork Ribs](#)

[Bacon Wrapped Pork Tenderloin](#)

[Calzones](#)

[Delicious Cheeseburgers](#)

[London Broil](#)

[Chicken-fried Steak](#)

[Crouton-breaded Pork Chops](#)

[Crispy Pork Pork Escalopes](#)

#### [Fish And Seafood Recipes](#)

[Fried Oysters](#)

[5-minute Shrimp](#)

[Crispy Smelts](#)

[Flounder Fillets](#)

[Crab Rangoon](#)

[Herbed Haddock](#)

[Lobster Tails](#)

[Horseradish-crusted Salmon Fillets](#)

[Crispy Parmesan Lobster Tails](#)

[Crispy Sweet-and-sour Cod Fillets](#)

[Coconut Jerk Shrimp](#)

[Crab Cakes](#)

[Zesty Mahi Mahi](#)

[Miso-rubbed Salmon Fillets](#)

[Simple Salmon Fillets](#)

[Lime Flaming Halibut](#)

[Easy-peasy Shrimp](#)

[Simple Salmon](#)

[Chili Blackened Shrimp](#)

[Maple Butter Salmon](#)

[Garlic-lemon Scallops](#)

[Coconut Shrimp](#)

[Spicy Prawns](#)

#### [Vegetarians Recipes](#)

[Stuffed Portobellos](#)

[Roasted Spaghetti Squash](#)  
[Gourmet Wasabi Popcorn](#)  
[Cheesy Broccoli Sticks](#)  
[Sesame Seeds Bok Choy](#)  
[Zucchini Topped With Coconut Cream 'n Bacon](#)  
[Sweet Pepper Nachos](#)  
[White Cheddar And Mushroom Soufflés](#)  
[Crispy Eggplant Rounds](#)  
[Cottage And Mayonnaise Stuffed Peppers](#)  
[Wine Infused Mushrooms](#)  
[Spicy Celery Sticks](#)  
[Thyme Lentil Patties](#)  
[Bell Peppers Cups](#)  
[Two-cheese Grilled Sandwiches](#)  
[Broccoli With Olives](#)  
[Roasted Cauliflower](#)  
[Tortilla Pizza Margherita](#)  
[Layered Ravioli Bake](#)  
[Cinnamon Sugar Tortilla Chips](#)  
[Portobello Mini Pizzas](#)  
[Crustless Spinach And Cheese Frittata](#)  
[Turmeric Crispy Chickpeas](#)

#### [Vegetable Side Dishes Recipes](#)

[Tomato Candy](#)  
[Roasted Herbed Shiitake Mushrooms](#)  
[Bacon-wrapped Asparagus](#)  
[Herbed Croutons With Brie Cheese](#)  
[Cheesy Cauliflower Tots](#)  
[Crispy Brussels Sprouts](#)  
[Balsamic Green Beans With Bacon](#)  
[Wilted Brussels Sprout Slaw](#)



[Spicy Roasted Potatoes](#)

[Mini Spinach And Sweet Pepper Poppers](#)

[Perfect Asparagus](#)

[Twice-baked Potatoes With Pancetta](#)

[Bacon-jalapeño Cheesy “breadsticks”](#)

[Salt And Pepper Baked Potatoes](#)

[Hot Okra Wedges](#)

[Mushrooms, Sautéed](#)

[Zucchini Fries](#)

[Spiced Pumpkin Wedges](#)

[Honey-roasted Parsnips](#)

[Savory Roasted Carrots](#)

[Cauliflower Rice Balls](#)

[Green Beans And Potatoes Recipe](#)

[Acorn Squash Halves With Maple Butter Glaze](#)

#### [Desserts And Sweets](#)

[Chocolate Chip Cookie Cake](#)

[Dark Chocolate Peanut Butter S’mores](#)

[Peanut Cookies](#)

[Lemon Berries Stew](#)

[Glazed Chocolate Doughnut Holes](#)

[Coconut Rice Cake](#)

[Lemon Iced Donut Balls](#)

[No Flour Lime Muffins](#)

[Baked Apple](#)

[Cinnamon Apple Chips](#)

[Cinnamon Canned Biscuit Donuts](#)

[Peanut Butter S’mores](#)

[Pecan Snowball Cookies](#)

[Pumpkin Cake](#)

[Fried Banana S’mores](#)

[Molten Lava Cakes](#)

[Moon Pie](#)

[Ricotta Lemon Cake](#)

[Merengues](#)

[Fried Oreos](#)

[Brownies](#)

[Pumpkin Pie](#)

[Apple Pie Crumble](#)

# Bread And Breakfast

## Ham And Egg Toast Cups

Servings:2

Cooking Time:5 Minutes

### Ingredients:

- 2 eggs
- 2 slices of ham
- 2 tablespoons butter
- Cheddar cheese, for topping
- Salt, to taste
- Black pepper, to taste

### Directions:

1. Preheat the Air fryer to 400°F and grease both ramekins with melted butter.
2. Place each ham slice in the greased ramekins and crack each egg over ham slices.
3. Sprinkle with salt, black pepper and cheddar cheese and transfer into the Air fryer basket.
4. Cook for about 5 minutes and remove the ramekins from the basket.
5. Serve warm.

## Cinnamon Granola

Servings:4

Cooking Time: 7 Minutes

### Ingredients:

- 2 cups shelled pecans, chopped
- 1 cup unsweetened coconut flakes
- 1 cup slivered almonds
- 2 tablespoons granular erythritol
- 1 teaspoon ground cinnamon

### Directions:

1. In a large bowl, mix all ingredients. Place mixture into an ungreased 6" round nonstick baking dish.
2. Place dish into air fryer basket. Adjust the temperature to 320°F and set the timer for 7 minutes, stirring halfway through cooking.
3. Let cool in dish 10 minutes before serving. Store in airtight container at room temperature up to 5 days.

## **Black's Bangin' Casserole**

Servings: 4

Cooking Time: 40 Minutes

### **Ingredients:**

- 5 eggs
- 3 tbsp chunky tomato sauce
- 2 tbsp heavy cream
- 2 tbsp grated parmesan cheese

### **Directions:**

1. Preheat your fryer to 350°F
2. Combine the eggs and cream in a bowl.
3. Mix in the tomato sauce and add the cheese.
4. Spread into a glass baking dish and bake for 25-35 minutes.
5. Top with extra cheese.
6. Enjoy!

## **Green Beans Bowls**

Servings: 2

Cooking Time: 20 Minutes

### **Ingredients:**

- 1 cup green beans, halved
- 2 spring onions, chopped
- 4 eggs, whisked
- Salt and black pepper to the taste
- ¼ teaspoon cumin, ground

### **Directions:**

1. Preheat the air fryer at 360°F, add all the ingredients, toss, cover, cook for 20 minutes, divide into bowls and serve for breakfast.

## **Protein Egg Cups**

Servings: 4

Cooking Time: 9 Minutes

### **Ingredients:**

- 3 eggs, lightly beaten
- 4 tomato slices
- 4 tsp cheddar cheese, shredded

- 2 bacon slices, cooked and crumbled
- Pepper
- Salt

**Directions:**

1. Spray silicone muffin molds with cooking spray.
2. In a small bowl, whisk the egg with pepper and salt.
3. Preheat the air fryer to 350°F.
4. Pour eggs into the silicone muffin molds. Divide cheese and bacon into molds.
5. Top each with tomato slice and place in the air fryer basket.
6. Cook for 9 minutes.
7. Serve and enjoy.

## Hash Browns

Servings:2

Cooking Time: 30 Minutes

**Ingredients:**

- 2 large russet potatoes, peeled
- 2 cups cold water
- 1 tablespoon olive oil
- ½ teaspoon salt

**Directions:**

1. Grate potatoes into a bowl filled with cold water. Let soak 10 minutes. Drain into a colander, then press into paper towels to remove excess moisture.
2. Dry the bowl and return potatoes to it. Toss with oil and salt.
3. Preheat the air fryer to 375°F. Spray a 6" round cake pan with cooking spray.
4. Pour potatoes into prepared pan, pressing them down.
5. Cook 20 minutes until brown and crispy. Serve warm.

## White Wheat Walnut Bread

Servings: 8

Cooking Time: 25 Minutes

**Ingredients:**

- 1 cup lukewarm water
- 1 packet RapidRise yeast
- 1 tablespoon light brown sugar
- 2 cups whole-grain white wheat flour
- 1 egg, room temperature, beaten with a fork

- 2 teaspoons olive oil
- ½ teaspoon salt
- ½ cup chopped walnuts
- cooking spray

#### **Directions:**

1. In a small bowl, mix the water, yeast, and brown sugar.
2. Pour yeast mixture over flour and mix until smooth.
3. Add the egg, olive oil, and salt and beat with a wooden spoon for 2 minutes.
4. Stir in chopped walnuts. You will have very thick batter rather than stiff bread dough.
5. Spray air fryer baking pan with cooking spray and pour in batter, smoothing the top.
6. Let batter rise for 15 minutes.
7. Preheat air fryer to 360°F.
8. Cook bread for 25 minutes, until toothpick pushed into center comes out with crumbs clinging. Let bread rest for 10 minutes before removing from pan.

## **Strawberry Pastry**

Servings: 8

Cooking Time: 15 Minutes Per Batch

#### **Ingredients:**

- 1 package refrigerated piecrust
- 1 cup strawberry jam
- 1 large egg, whisked
- ½ cup confectioners' sugar
- 2 tablespoons whole milk
- ½ teaspoon vanilla extract

#### **Directions:**

1. Preheat the air fryer to 320°F. Cut parchment paper to fit the air fryer basket.
2. On a lightly floured surface, lay piecrusts out flat. Cut each piecrust round into six 4" × 3" rectangles, reserving excess dough.
3. Form remaining dough into a ball, then roll out and cut four additional 4" × 3" rectangles, bringing the total to sixteen.
4. For each pastry, spread 2 tablespoons jam on a pastry rectangle, leaving a 1" border around the edges. Top with a second pastry rectangle and use a fork to gently press all four edges together. Repeat with remaining jam and pastry.
5. Brush tops of each pastry with egg and cut an X in the center of each to prevent excess steam from building up.
6. Place pastries on parchment in the air fryer basket, working in batches as necessary. Cook 12 minutes, then carefully flip and cook an additional 3 minutes until each



side is golden brown. Let cool 10 minutes.

7. In a small bowl, whisk confectioners' sugar, milk, and vanilla. Brush each pastry with glaze, then place in the refrigerator 5 minutes to set before serving.

## **Fry Bread**

Servings: 4

Cooking Time: 5 Minutes

### **Ingredients:**

- 1 cup flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup lukewarm milk
- 1 teaspoon oil
- 2–3 tablespoons water
- oil for misting or cooking spray

### **Directions:**

1. Stir together flour, baking powder, and salt. Gently mix in the milk and oil. Stir in 1 tablespoon water. If needed, add more water 1 tablespoon at a time until stiff dough forms. Dough shouldn't be sticky, so use only as much as you need.
2. Divide dough into 4 portions and shape into balls. Cover with a towel and let rest for 10 minutes.
3. Preheat air fryer to 390°F.
4. Shape dough as desired:
5. a. Pat into 3-inch circles. This will make a thicker bread to eat plain or with a sprinkle of cinnamon or honey butter. You can cook all 4 at once.
6. b. Pat thinner into rectangles about 3 x 6 inches. This will create a thinner bread to serve as a base for dishes such as Indian tacos. The circular shape is more traditional, but rectangles allow you to cook 2 at a time in your air fryer basket.
7. Spray both sides of dough pieces with oil or cooking spray.
8. Place the 4 circles or 2 of the dough rectangles in the air fryer basket and cook at 390°F for 3 minutes. Spray tops, turn, spray other side, and cook for 2 more minutes. If necessary, repeat to cook remaining bread.
9. Serve piping hot as is or allow to cool slightly and add toppings to create your own Native American tacos.

## **Eggs Salad**

Servings: 4

Cooking Time: 10 Minutes

### **Ingredients:**

- 1 tablespoon lime juice
- 4 eggs, hard boiled, peeled and sliced
- 2 cups baby spinach
- Salt and black pepper to the taste
- 3 tablespoons heavy cream
- 2 tablespoons olive oil

**Directions:**

1. In your Air Fryer, mix the spinach with cream, eggs, salt and pepper, cover and cook at 360°F for 6 minutes. Transfer this to a bowl, add the lime juice and oil, toss and serve for breakfast.

## **Mediterranean Egg Sandwich**

Servings: 1

Cooking Time: 8 Minutes

**Ingredients:**

- 1 large egg
- 5 baby spinach leaves, chopped
- 1 tablespoon roasted bell pepper, chopped
- 1 English muffin
- 1 thin slice prosciutto or Canadian bacon

**Directions:**

1. Spray a ramekin with cooking spray or brush the inside with extra-virgin olive oil.
2. In a small bowl, whisk together the egg, baby spinach, and bell pepper.
3. Split the English muffin in half and spray the inside lightly with cooking spray or brush with extra-virgin olive oil.
4. Preheat the air fryer to 350°F for 2 minutes. Place the egg ramekin and open English muffin into the air fryer basket, and cook at 350°F for 5 minutes. Open the air fryer drawer and add the prosciutto or bacon; cook for an additional 1 minute.
5. To assemble the sandwich, place the egg on one half of the English muffin, top with prosciutto or bacon, and place the remaining piece of English muffin on top.

## **Scotch Eggs**

Servings: 6

Cooking Time: 15 Minutes

**Ingredients:**

- 1 pound ground pork breakfast sausage
- 6 large hard-boiled eggs, peeled

- 1 cup all-purpose flour
- 2 large eggs, beaten
- 2 cups plain bread crumbs

**Directions:**

1. Preheat the air fryer to 375°F.
2. Separate sausage into six equal amounts and flatten into patties.
3. Form sausage patties around hard-boiled eggs, completely enclosing them.
4. In three separate small bowls, place flour, eggs, and bread crumbs.
5. Roll each sausage-covered egg first in flour, then egg, and finally bread crumbs. Place rolled eggs in the air fryer basket and spritz them with cooking spray.
6. Cook 15 minutes, turning halfway through cooking time and spraying any dry spots with additional cooking spray. Serve warm.

## **Bagels**

Servings:4

Cooking Time: 10 Minutes

**Ingredients:**

- 1 cup self-rising flour
- 1 cup plain full-fat Greek yogurt
- 2 tablespoons granulated sugar
- 1 large egg, whisked

**Directions:**

1. Preheat the air fryer to 320°F.
2. In a large bowl, mix flour, yogurt, and sugar together until a ball of dough forms.
3. Turn dough out onto a lightly floured surface. Knead dough for 3 minutes, then form into a smooth ball. Cut dough into four sections. Roll each piece into an 8" rope, then shape into a circular bagel shape. Brush top and bottom of each bagel with egg.
4. Place in the air fryer basket and cook 10 minutes, turning halfway through cooking time to ensure even browning. Let cool 5 minutes before serving.

## **Taj Tofu**

Servings: 4

Cooking Time: 40 Minutes

**Ingredients:**

- 1 block firm tofu, pressed and cut into 1-inch thick cubes
- 2 tbsp. soy sauce

- 2 tsp. sesame seeds, toasted
- 1 tsp. rice vinegar
- 1 tbsp. cornstarch

**Directions:**

1. Set your Air Fryer at 400°F to warm.
2. Add the tofu, soy sauce, sesame seeds and rice vinegar in a bowl together and mix well to coat the tofu cubes. Then cover the tofu in cornstarch and put it in the basket of your fryer.
3. Cook for 25 minutes, giving the basket a shake at five-minute intervals to ensure the tofu cooks evenly.

## **Sausage Solo**

Servings:4

Cooking Time:22 Minutes

**Ingredients:**

- 6 eggs
- 4 cooked sausages, sliced
- 2 bread slices, cut into sticks
- ½ cup mozzarella cheese, grated
- ½ cup cream

**Directions:**

1. Preheat the Air fryer to 355°F and grease 4 ramekins lightly.
2. Whisk together eggs and cream in a bowl and beat well.
3. Transfer the egg mixture into ramekins and arrange the bread sticks and sausage slices around the edges.
4. Top with mozzarella cheese evenly and place the ramekins in Air fryer basket.
5. Cook for about 22 minutes and dish out to serve warm.

## **Bacon, Egg, And Cheese Calzones**

Servings:4

Cooking Time: 12 Minutes

**Ingredients:**

- 2 large eggs
- 1 cup blanched finely ground almond flour
- 2 cups shredded mozzarella cheese
- 2 ounces cream cheese, softened and broken into small pieces
- 4 slices cooked sugar-free bacon, crumbled

**Directions:**

1. Beat eggs in a small bowl. Pour into a medium nonstick skillet over medium heat and scramble. Set aside.
2. In a large microwave-safe bowl, mix flour and mozzarella. Add cream cheese to bowl.
3. Place bowl in microwave and cook 45 seconds on high to melt cheese, then stir with a fork until a soft dough ball forms.
4. Cut a piece of parchment to fit air fryer basket. Separate dough into two sections and press each out into an 8" round.
5. On half of each dough round, place half of the scrambled eggs and crumbled bacon. Fold the other side of the dough over and press to seal the edges.
6. Place calzones on ungreased parchment and into air fryer basket. Adjust the temperature to 350°F and set the timer for 12 minutes, turning calzones halfway through cooking. Crust will be golden and firm when done.
7. Let calzones cool on a cooking rack 5 minutes before serving.

## **Jalapeño And Bacon Breakfast Pizza**

Servings:2

Cooking Time: 10 Minutes

**Ingredients:**

- 1 cup shredded mozzarella cheese
- 1 ounce cream cheese, broken into small pieces
- 4 slices cooked sugar-free bacon, chopped
- ¼ cup chopped pickled jalapeños
- 1 large egg, whisked
- ¼ teaspoon salt

**Directions:**

1. Place mozzarella in a single layer on the bottom of an ungreased 6" round nonstick baking dish. Scatter cream cheese pieces, bacon, and jalapeños over mozzarella, then pour egg evenly around baking dish.
2. Sprinkle with salt and place into air fryer basket. Adjust the temperature to 330°F and set the timer for 10 minutes. When cheese is brown and egg is set, pizza will be done.
3. Let cool on a large plate 5 minutes before serving.

## **Sausage Bacon Fandango**

Servings:4

Cooking Time:20 Minutes

**Ingredients:**

- 8 bacon slices
- 8 chicken sausages
- 4 eggs
- Salt and black pepper, to taste

**Directions:**

1. Preheat the Air fryer to 320°F and grease 4 ramekins lightly.
2. Place bacon slices and sausages in the Air fryer basket.
3. Cook for about 10 minutes and crack 1 egg in each prepared ramekin.
4. Season with salt and black pepper and cook for about 10 more minutes.
5. Divide bacon slices and sausages in serving plates.
6. Place 1 egg in each plate and serve warm.

## **Peppered Maple Bacon Knots**

Servings: 6

Cooking Time: 8 Minutes

**Ingredients:**

- 1 pound maple smoked center-cut bacon
- ¼ cup maple syrup
- ¼ cup brown sugar
- coarsely cracked black peppercorns

**Directions:**

1. Tie each bacon strip in a loose knot and place them on a baking sheet.
2. Combine the maple syrup and brown sugar in a bowl. Brush each knot generously with this mixture and sprinkle with coarsely cracked black pepper.
3. Preheat the air fryer to 390°F.
4. Air-fry the bacon knots in batches. Place one layer of knots in the air fryer basket and air-fry for 5 minutes. Turn the bacon knots over and air-fry for an additional 3 minutes.
5. Serve warm.

## **Parsley Omelet**

Servings: 4

Cooking Time: 15 Minutes

**Ingredients:**

- 4 eggs, whisked
- 1 tablespoon parsley, chopped
- ½ teaspoons cheddar cheese, shredded



- 1 avocado, peeled, pitted and cubed
- Cooking spray

**Directions:**

1. In a bowl, mix all the ingredients except the cooking spray and whisk well. Grease a baking pan that fits the Air Fryer with the cooking spray, pour the omelet mix, spread, introduce the pan in the machine and cook at 370°F for 15 minutes. Serve for breakfast.

## **Crispy Bacon**

Servings: 6

Cooking Time: 20 Minutes

**Ingredients:**

- 12 ounces bacon

**Directions:**

1. Preheat the air fryer to 350°F for 3 minutes.
2. Lay out the bacon in a single layer, slightly overlapping the strips of bacon.
3. Air fry for 10 minutes or until desired crispness.
4. Repeat until all the bacon has been cooked.

## **Sweet Potato-cinnamon Toast**

Servings: 6

Cooking Time: 8 Minutes

**Ingredients:**

- 1 small sweet potato, cut into  $\frac{3}{8}$ -inch slices
- oil for misting
- ground cinnamon

**Directions:**

1. Preheat air fryer to 390°F.
2. Spray both sides of sweet potato slices with oil. Sprinkle both sides with cinnamon to taste.
3. Place potato slices in air fryer basket in a single layer.
4. Cook for 4 minutes, turn, and cook for 4 more minutes or until potato slices are barely fork tender.

## Brown Sugar Grapefruit

Servings: 2

Cooking Time: 4 Minutes

### Ingredients:

- 1 grapefruit
- 2 to 4 teaspoons brown sugar

### Directions:

1. Preheat the air fryer to 400°F.
2. While the air fryer is Preheating, cut the grapefruit in half horizontally (in other words not through the stem or blossom end of the grapefruit). Slice the bottom of the grapefruit to help it sit flat on the counter if necessary. Using a sharp paring knife (serrated is great), cut around the grapefruit between the flesh of the fruit and the peel. Then, cut each segment away from the membrane so that it is sitting freely in the fruit.
3. Sprinkle 1 to 2 teaspoons of brown sugar on each half of the prepared grapefruit. Set up a rack in the air fryer basket (use an air fryer rack or make your own rack with some crumpled up aluminum foil). You don't have to use a rack, but doing so will get the grapefruit closer to the element so that the brown sugar can caramelize a little better. Transfer the grapefruit half to the rack in the air fryer basket. Depending on how big your grapefruit are and what size air fryer you have, you may need to do each half separately to make sure they sit flat.
4. Air-fry at 400°F for 4 minutes.
5. Remove and let it cool for just a minute before enjoying.

## Appetizers And Snacks

### Plantain Chips

Servings: 2

Cooking Time: 14 Minutes

### Ingredients:

- 1 large green plantain
- 2½ cups filtered water, divided
- 2 teaspoons sea salt, divided
- Cooking spray

### Directions:

1. Slice the plantain into 1-inch pieces. Place the plantains into a large bowl, cover with 2 cups water and 1 teaspoon salt. Soak the plantains for 30 minutes; then remove and pat dry.

2. Preheat the air fryer to 390°F.
3. Place the plantain pieces into the air fryer basket, leaving space between the plantain rounds. Cook the plantains for 5 minutes, and carefully remove them from the air fryer basket.
4. Add the remaining water to a small bowl.
5. Using a small drinking glass, dip the bottom of the glass into the water and mash the warm plantains until they're ¼-inch thick. Return the plantains to the air fryer basket, sprinkle with the remaining sea salt, and spray lightly with cooking spray.
6. Cook for another 6 to 8 minutes, or until lightly golden brown edges appear.

## **Roasted Peanuts**

Servings:10

Cooking Time: 14 Minutes

### **Ingredients:**

- 2½ cups raw peanuts
- 1 tablespoon olive oil
- Salt, as required

### **Directions:**

1. Set the temperature of Air Fryer to 320°F.
2. Add the peanuts in an Air Fryer basket in a single layer.
3. Air Fry for about 9 minutes, tossing twice.
4. Remove the peanuts from Air Fryer basket and transfer into a bowl.
5. Add the oil, and salt and toss to coat well.
6. Return the nuts mixture into Air Fryer basket.
7. Air Fry for about 5 minutes.
8. Once done, transfer the hot nuts in a glass or steel bowl and serve.

## **Wrapped Shrimp Bites**

Servings: 4

Cooking Time: 15 Minutes

### **Ingredients:**

- 2 jumbo shrimp, peeled
- 2 bacon strips, sliced
- 2 tbsp lemon juice
- ½ tsp chipotle powder
- ½ tsp garlic salt

### **Directions:**

1. Preheat air fryer to 350°F. Wrap the bacon around the shrimp and place the shrimp in the foil-lined frying basket, seam side down. Drizzle with lemon juice, chipotle powder and garlic salt. Air Fry for 10 minutes, turning the shrimp once until cooked through and bacon is crispy. Serve hot.

## **Sweet Apple Fries**

Servings: 3

Cooking Time: 8 Minutes

### **Ingredients:**

- 2 Medium-size sweet apple(s), such as Gala or Fuji
- 1 Large egg white(s)
- 2 tablespoons Water
- 1½ cups Finely ground gingersnap crumbs (gluten-free, if a concern)
- Vegetable oil spray

### **Directions:**

1. Preheat the air fryer to 375°F .
2. Peel and core an apple, then cut it into 12 slices. Repeat with more apples as necessary.
3. Whisk the egg white(s) and water in a medium bowl until foamy. Add the apple slices and toss well to coat.
4. Spread the gingersnap crumbs across a dinner plate. Using clean hands, pick up an apple slice, let any excess egg white mixture slip back into the rest, and dredge the slice in the crumbs, coating it lightly but evenly on all sides. Set it aside and continue coating the remaining apple slices.
5. Lightly coat the slices on all sides with vegetable oil spray, then set them curved side down in the basket in one layer. Air-fry undisturbed for 6 minutes, or until browned and crisp. You may need to air-fry the slices for 2 minutes longer if the temperature is at 360°F.
6. Use kitchen tongs to transfer the slices to a wire rack. Cool for 2 to 3 minutes before serving.

## **Italian Bruschetta With Mushrooms & Cheese**

Servings: 4

Cooking Time: 25 Minutes

### **Ingredients:**

- ½ cup button mushrooms, chopped
- ½ baguette, sliced
- 1 garlic clove, minced
- 3 oz sliced Parmesan cheese

- 1 tbsp extra virgin olive oil
- Salt and pepper to taste

**Directions:**

1. Preheat air fryer to 350°F. Add the mushrooms, olive oil, salt, pepper, and garlic to a mixing bowl and stir thoroughly to combine. Divide the mushroom mixture between the bread slices, drizzling all over the surface with olive oil, then cover with Parmesan slices. Place the covered bread slices in the greased frying basket and Bake for 15 minutes. Serve and enjoy!

## **Tortilla Chips**

Servings: 4

Cooking Time: 5 Minutes

**Ingredients:**

- 8 white corn tortillas
- ¼ cup olive oil
- 2 tablespoons lime juice
- ½ teaspoon salt

**Directions:**

1. Preheat the air fryer to 350°F.
2. Cut each tortilla into fourths and brush lightly with oil.
3. Place chips in a single layer in the air fryer basket, working in batches as necessary. Cook 5 minutes, shaking the basket halfway through cooking time.
4. Sprinkle with lime juice and salt. Serve warm.

## **Cauliflower Buns**

Servings: 8

Cooking Time: 12 Minutes

**Ingredients:**

- 1 steamer bag cauliflower, cooked according to package instructions
- ½ cup shredded mozzarella cheese
- ¼ cup shredded mild Cheddar cheese
- ¼ cup blanched finely ground almond flour
- 1 large egg
- ½ teaspoon salt

**Directions:**

1. Let cooked cauliflower cool about 10 minutes. Use a kitchen towel to wring out excess moisture, then place cauliflower in a food processor.
2. Add mozzarella, Cheddar, flour, egg, and salt to the food processor and pulse twenty times until mixture is combined. It will resemble a soft, wet dough.
3. Divide mixture into eight piles. Wet your hands with water to prevent sticking, then press each pile into a flat bun shape, about ½" thick.
4. Cut a sheet of parchment to fit air fryer basket. Working in batches if needed, place the formed dough onto ungreased parchment in air fryer basket. Adjust the temperature to 350°F and set the timer for 12 minutes, turning buns halfway through cooking.
5. Let buns cool 10 minutes before serving. Serve warm.

## **Cheese Straws**

Servings: 8

Cooking Time: 7 Minutes

### **Ingredients:**

- For dusting All-purpose flour
- Two quarters of one thawed sheet A 17.25-ounce box frozen puff pastry
- 1 Large egg(s)
- 2 tablespoons Water
- ¼ cup (about ¾ ounce) Finely grated Parmesan cheese
- up to 1 teaspoon Ground black pepper

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Dust a clean, dry work surface with flour. Set one of the pieces of puff pastry on top, dust the pastry lightly with flour, and roll with a rolling pin to a 6-inch square.
3. Whisk the egg(s) and water in a small or medium bowl until uniform. Brush the pastry square(s) generously with this mixture. Sprinkle each square with 2 tablespoons grated cheese and up to ½ teaspoon ground black pepper.
4. Cut each square into 4 even strips. Grasp each end of 1 strip with clean, dry hands; twist it into a cheese straw. Place the twisted straws on a baking sheet.
5. Lay as many straws as will fit in the air-fryer basket—as a general rule, 4 of them in a small machine, 5 in a medium model, or 6 in a large. There should be space for air to circulate around the straws. Set the baking sheet with any remaining straws in the fridge.
6. Air-fry undisturbed for 7 minutes, or until puffed and crisp. Use tongs to transfer the cheese straws to a wire rack, then make subsequent batches in the same way. Serve warm.

## **Beet Chips**



Servings: 4

Cooking Time: 20 Minutes

**Ingredients:**

- 2 large red beets, washed and skinned
- 1 tablespoon avocado oil
- ¼ teaspoon salt

**Directions:**

1. Preheat the air fryer to 330°F.
2. Using a mandolin or sharp knife, slice the beets in ⅛-inch slices. Place them in a bowl of water and let them soak for 30 minutes. Drain the water and pat the beets dry with a paper towel or kitchen cloth.
3. In a medium bowl, toss the beets with avocado oil and sprinkle them with salt.
4. Lightly spray the air fryer basket with olive oil mist and place the beet chips into the basket. To allow for even cooking, don't overlap the beets; cook in batches if necessary.
5. Cook the beet chips 15 to 20 minutes, shaking the basket every 5 minutes, until the outer edges of the beets begin to flip up like a chip. Remove from the basket and serve warm. Repeat with the remaining chips until they're all cooked.

## **Fried Mozzarella Sticks**

Servings: 7

Cooking Time: 5 Minutes

**Ingredients:**

- 7 1-ounce string cheese sticks, unwrapped
- ½ cup All-purpose flour or tapioca flour
- 2 Large egg(s), well beaten
- 2¼ cups Seasoned Italian-style dried bread crumbs (gluten-free, if a concern)
- Olive oil spray

**Directions:**

1. Unwrap the string cheese and place the pieces in the freezer for 20 minutes.
2. Preheat the air fryer to 400°F.
3. Set up and fill three shallow soup plates or small pie plates on your counter: one for the flour, one for the egg(s), and one for the bread crumbs.
4. Dip a piece of cold string cheese in the flour until well coated. Gently tap off any excess flour, then set the stick in the egg(s). Roll it around to coat, let any excess egg mixture slip back into the rest, and set the stick in the bread crumbs. Gently roll it around to coat it evenly, even the ends. Now dip it back in the egg(s), then again in the bread crumbs, rolling it to coat well and evenly. Set the stick aside on a cutting board and coat the remaining pieces of string cheese in the same way.

5. Lightly coat the sticks all over with olive oil spray. Place them in the basket in one layer and air-fry undisturbed for 5 minutes, or until golden brown and crisp.
6. Remove the basket from the machine and cool for 5 minutes. Use a nonstick-safe spatula to transfer the mozzarella sticks to a serving platter. Serve hot.

## **Chili Kale Chips**

Servings:4

Cooking Time: 5 Minutes

### **Ingredients:**

- 1 teaspoon nutritional yeast
- 1 teaspoon salt
- 2 cups kale, chopped
- ½ teaspoon chili flakes
- 1 teaspoon sesame oil

### **Directions:**

1. Mix up kale leaves with nutritional yeast, salt, chili flakes, and sesame oil. Shake the greens well. Preheat the air fryer to 400°F and put the kale leaves in the air fryer basket. Cook them for 3 minutes and then give a good shake. Cook the kale leaves for 2 minutes more.

## **Crispy Ravioli Bites**

Servings: 5

Cooking Time: 7 Minutes

### **Ingredients:**

- ⅓ cup All-purpose flour
- 1 Large egg(s), well beaten
- ⅔ cup Seasoned Italian-style dried bread crumbs
- 10 ounces Frozen mini ravioli, meat or cheese, thawed
- Olive oil spray

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Pour the flour into a medium bowl. Set up and fill two shallow soup plates or small pie plates on your counter: one with the beaten egg(s) and one with the bread crumbs.
3. Pour all the ravioli into the flour and toss well to coat. Pick up 1 ravioli, gently shake off any excess flour, and dip the ravioli in the egg(s), coating both sides. Let any excess egg slip back into the rest, then set the ravioli in the bread crumbs,

turning it several times until lightly and evenly coated on all sides. Set aside on a cutting board and continue on with the remaining ravioli.

4. Lightly coat the ravioli on both sides with olive oil spray, then set them in the basket in as close to a single layer as you can. Some can lean up against the side of the basket. Air-fry for 7 minutes, tossing the basket at the 4-minute mark to rearrange the pieces, until brown and crisp.
5. Pour the contents of the basket onto a wire rack. Cool for 5 minutes before serving.

## **Buttered Corn On The Cob**

Servings:2

Cooking Time:20 Minutes

### **Ingredients:**

- 2 corn on the cob
- 2 tablespoons butter, softened and divided
- Salt and black pepper, to taste

### **Directions:**

1. Preheat the Air fryer to 320°F and grease an Air fryer basket.
2. Season the cobs evenly with salt and black pepper and rub with 1 tablespoon butter.
3. Wrap the cobs in foil paper and arrange in the Air fryer basket.
4. Cook for about 20 minutes and top with remaining butter.
5. Dish out and serve warm.

## **Pepperoni Chips**

Servings:2

Cooking Time: 8 Minutes

### **Ingredients:**

- 14 slices pepperoni

### **Directions:**

1. Place pepperoni slices into ungreased air fryer basket. Adjust the temperature to 350°F and set the timer for 8 minutes. Pepperoni will be browned and crispy when done. Let cool 5 minutes before serving. Store in airtight container at room temperature up to 3 days.

## **Sweet Plantain Chips**

Servings: 4

Cooking Time: 11 Minutes

**Ingredients:**

- 2 Very ripe plantain(s), peeled and sliced into 1-inch pieces
- Vegetable oil spray
- 3 tablespoons Maple syrup
- For garnishing Coarse sea salt or kosher salt

**Directions:**

1. Pour about ½ cup water into the bottom of your air fryer basket or into a metal tray on a lower rack in some models. Preheat the air fryer to 400°F.
2. Put the plantain pieces in a bowl, coat them with vegetable oil spray, and toss gently, spraying at least one more time and tossing repeatedly, until the pieces are well coated.
3. When the machine is at temperature, arrange the plantain pieces in the basket in one layer. Air-fry undisturbed for 5 minutes.
4. Remove the basket from the machine and spray the back of a metal spatula with vegetable oil spray. Use the spatula to press down on the plantain pieces, spraying it again as needed, to flatten the pieces to about half their original height. Brush the plantain pieces with maple syrup, then return the basket to the machine and continue air-frying undisturbed for 6 minutes, or until the plantain pieces are soft and caramelized.
5. Use kitchen tongs to transfer the pieces to a serving platter. Sprinkle the pieces with salt and cool for a couple of minutes before serving. Or cool to room temperature before serving, about 1 hour.

## Sweet Potato Chips

Servings: 4

Cooking Time: 10 Minutes

**Ingredients:**

- 2 medium sweet potatoes, washed
- 2 cups filtered water
- 1 tablespoon avocado oil
- 2 teaspoons brown sugar
- ½ teaspoon salt

**Directions:**

1. Using a mandolin, slice the potatoes into ¼-inch pieces.
2. Add the water to a large bowl. Place the potatoes in the bowl, and soak for at least 30 minutes.
3. Preheat the air fryer to 350°F.
4. Drain the water and pat the chips dry with a paper towel or kitchen cloth. Toss the

chips with the avocado oil, brown sugar, and salt. Liberally spray the air fryer basket with olive oil mist.

5. Set the chips inside the air fryer, separating them so they're not on top of each other. Cook for 5 minutes, shake the basket, and cook another 5 minutes, or until browned.
6. Remove and let cool a few minutes prior to serving. Repeat until all the chips are cooked.

## **Honey Tater Tots With Bacon**

Servings: 4

Cooking Time: 25 Minutes

### **Ingredients:**

- 24 frozen tater tots
- 6 bacon slices
- 1 tbsp honey
- 1 cup grated cheddar

### **Directions:**

1. Preheat air fryer to 400°F. Air Fry the tater tots for 10 minutes, shaking the basket once halfway through cooking. Cut the bacon into pieces. When the tater tots are done, remove them from the fryer to a baking pan. Top them with bacon and drizzle with honey. Air Fry for 5 minutes to crisp up the bacon. Top the tater tots with cheese and cook for 2 minutes to melt the cheese. Serve.

## **Cheesy Tortellini Bites**

Servings: 8

Cooking Time: 10 Minutes

### **Ingredients:**

- 1 large egg
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 12 ounces frozen cheese tortellini
- ½ cup panko breadcrumbs

### **Directions:**

1. Preheat the air fryer to 380°F.
2. Spray the air fryer basket with an olive-oil-based spray.
3. In a medium bowl, whisk the egg with the pepper, garlic powder, and Italian

seasoning.

4. Dip the tortellini in the egg batter and then coat with the breadcrumbs. Place each tortellini in the basket, trying not to overlap them. You may need to cook in batches to ensure the even crisp all around.
5. Bake for 5 minutes, shake the basket, and bake another 5 minutes.
6. Remove and let cool 5 minutes. Serve with marinara sauce, ranch, or your favorite dressing.

## Home-style Taro Chips

Servings: 2

Cooking Time: 20 Minutes

### Ingredients:

- 1 tbsp olive oil
- 1 cup thinly sliced taro
- Salt to taste
- ½ cup hummus

### Directions:

1. Preheat air fryer to 325°F. Put the sliced taro in the greased frying basket, spread the pieces out, and drizzle with olive oil. Air Fry for 10-12 minutes, shaking the basket twice. Sprinkle with salt and serve with hummus.

## Pickled Chips

Servings:4

Cooking Time: 10 Minutes

### Ingredients:

- 1 cup pickles, sliced
- 2 eggs, beaten
- ½ cup coconut flakes
- 1 teaspoon dried cilantro
- ¼ cup Provolone cheese, grated

### Directions:

1. Mix up coconut flakes, dried cilantro, and Provolone cheese. Then dip the sliced pickles in the egg and coat in coconut flakes mixture. Preheat the air fryer to 400°F. Arrange the pickles in the air fryer in one layer and cook them for 5 minutes. Then flip the pickles on another side and cook for another 5 minutes.

## **Pork Egg Rolls**

Servings:4

Cooking Time: 17 Minutes

### **Ingredients:**

- ½ pound 84% lean ground pork
- 3 tablespoons low-sodium soy sauce, divided
- ½ teaspoon salt
- 2 cups broccoli slaw
- ½ teaspoon ground ginger
- 8 egg roll wrappers

### **Directions:**

1. In a medium skillet over medium heat, crumble ground pork and cook about 10 minutes until fully cooked and no pink remains. Drain fat and return meat to skillet.
2. Pour 2 tablespoons soy sauce over pork, then sprinkle with salt and stir. Reduce heat to low and cook 2 minutes.
3. Add broccoli slaw. Pour remaining soy sauce over broccoli slaw and sprinkle with ginger. Stir and continue cooking 5 minutes until slaw is tender.
4. Preheat the air fryer to 350°F.
5. For each egg roll, position a wrapper so that one corner is pointed toward you. Spoon 3 tablespoons pork mixture across the wrapper near the corner closest to you.
6. Roll the point closest to you over the filling. Fold the left and right corners toward the center, then roll the wrapper closed toward the far corner. Repeat with remaining wrappers and filling.
7. Place in the air fryer basket seam side down and cook 10 minutes, turning halfway through cooking time. Serve warm.

## **Individual Pizzas**

Servings: 2

Cooking Time: 7 Minutes

### **Ingredients:**

- 6 ounces Purchased fresh pizza dough (not a prebaked crust)
- Olive oil spray
- 4½ tablespoons Purchased pizza sauce or purchased pesto
- ½ cup Shredded semi-firm mozzarella

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Press the pizza dough into a 5-inch circle for a small air fryer, a 6-inch circle for a

medium air fryer, or a 7-inch circle for a large machine. Generously coat the top of the dough with olive oil spray.

3. Remove the basket from the machine and set the dough oil side down in the basket. Smear the sauce or pesto over the dough, then sprinkle with the cheese.
4. Return the basket to the machine and air-fry undisturbed for 7 minutes, or until the dough is puffed and browned and the cheese has melted.
5. Remove the basket from the machine and cool the pizza in it for 5 minutes. Use a large nonstick-safe spatula to transfer the pizza from the basket to a wire rack. Cool for 5 minutes more before serving.

## **Bacon Candy**

Servings: 6

Cooking Time: 6 Minutes

### **Ingredients:**

- 1½ tablespoons Honey
- 1 teaspoon White wine vinegar
- 3 Extra thick-cut bacon strips, halved widthwise (gluten-free, if a concern)
- ½ teaspoon Ground black pepper

### **Directions:**

1. Preheat the air fryer to 350°F .
2. Whisk the honey and vinegar in a small bowl until incorporated.
3. When the machine is at temperature, remove the basket. Lay the bacon strip halves in the basket in one layer. Brush the tops with the honey mixture; sprinkle each bacon strip evenly with black pepper.
4. Return the basket to the machine and air-fry undisturbed for 6 minutes, or until the bacon is crunchy. Or a little less time if you prefer bacon that's still pliable, an extra minute if you want the bacon super crunchy. Take care that the honey coating doesn't burn. Remove the basket from the machine and set aside for 5 minutes. Use kitchen tongs to transfer the bacon strips to a serving plate.

# **Poultry Recipes**

## **Tuscan Stuffed Chicken**

Servings: 4

Cooking Time: 30 Minutes

### **Ingredients:**

- 1/3 cup ricotta cheese
- 1 cup Tuscan kale, chopped
- 4 chicken breasts



- 1 tbsp chicken seasoning
- Salt and pepper to taste
- 1 tsp paprika

**Directions:**

1. Preheat air fryer to 370°F. Soften the ricotta cheese in a microwave-safe bowl for 15 seconds. Combine in a bowl along with Tuscan kale. Set aside. Cut 4-5 slits in the top of each chicken breast about  $\frac{3}{4}$  of the way down. Season with chicken seasoning, salt, and pepper.
2. Place the chicken with the slits facing up in the greased frying basket. Lightly spray the chicken with oil. Bake for 6-8 minutes. Slide-out and stuff the cream cheese mixture into the chicken slits. Sprinkle  $\frac{1}{2}$  tsp of paprika and cook for another 3 minutes. Serve and enjoy!

## Chicken Sausage In Dijon Sauce

Servings: 4

Cooking Time: 20 Minutes

**Ingredients:**

- 4 chicken sausages
- 1/4 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon dried rosemary

**Directions:**

1. Arrange the sausages on the grill pan and transfer it to the preheated Air Fryer.
2. Grill the sausages at 350°F for approximately 13 minutes. Turn them halfway through cooking.
3. Meanwhile, prepare the sauce by mixing the remaining ingredients with a wire whisk. Serve the warm sausages with chilled Dijon sauce. Enjoy!

## Buffalo Chicken Wings

Servings: 3

Cooking Time: 37 Minutes

**Ingredients:**

- 2 lb. chicken wings
- 1 tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 1 cup buffalo sauce

**Directions:**

1. Wash the chicken wings and pat them dry with clean kitchen towels.
2. Place the chicken wings in a large bowl and sprinkle on salt and pepper.
3. Pre-heat the Air Fryer to 380°F.
4. Place the wings in the fryer and cook for 15 minutes, giving them an occasional stir throughout.
5. Place the wings in a bowl. Pour over the buffalo sauce and toss well to coat.
6. Put the chicken back in the Air Fryer and cook for a final 5 – 6 minutes.

## **Shishito Pepper Rubbed Wings**

Servings:6

Cooking Time: 30 Minutes

**Ingredients:**

- 1 ½ cups shishito peppers, pureed
- 2 tablespoons sesame oil
- 3 pounds chicken wings
- Salt and pepper to taste

**Directions:**

1. Place all Ingredients in a Ziploc bowl and allow to marinate for at least 2 hours in the fridge.
2. Preheat the air fryer to 390°F.
3. Place the grill pan accessory in the air fryer.
4. Grill for at least 30 minutes flipping the chicken every 5 minutes and basting with the remaining sauce.

## **Quick Chicken For Filling**

Servings: 2

Cooking Time: 8 Minutes

**Ingredients:**

- 1 pound chicken tenders, skinless and boneless
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- cooking spray

**Directions:**

1. Sprinkle raw chicken tenders with seasonings.
2. Spray air fryer basket lightly with cooking spray to prevent sticking.

3. Place chicken in air fryer basket in single layer.
4. Cook at 390°F for 4minutes, turn chicken strips over, and cook for an additional 4minutes.
5. Test for doneness. Thick tenders may require an additional minute or two.

## **Chicken Wrapped In Bacon**

Servings: 6

Cooking Time: 25 Minutes

### **Ingredients:**

- 6 rashers unsmoked back bacon
- 1 small chicken breast
- 1 tbsp. garlic soft cheese

### **Directions:**

1. Cut the chicken breast into six bite-sized pieces.
2. Spread the soft cheese across one side of each slice of bacon.
3. Put the chicken on top of the cheese and wrap the bacon around it, holding it in place with a toothpick.
4. Transfer the wrapped chicken pieces to the Air Fryer and cook for 15 minutes at 350°F.

## **Sweet Nutty Chicken Breasts**

Servings:4

Cooking Time: 30 Minutes

### **Ingredients:**

- 2 chicken breasts, halved lengthwise
- ¼ cup honey mustard
- ¼ cup chopped pecans
- 1 tbsp olive oil
- 1 tbsp parsley, chopped

### **Directions:**

1. Preheat air fryer to 350°F. Brush chicken breasts with honey mustard and olive oil on all sides. Place the pecans in a bowl. Add and coat the chicken breasts. Place the breasts in the greased frying basket and Air Fry for 25 minutes, turning once. Let chill onto a serving plate for 5 minutes. Sprinkle with parsley and serve.

## **Za'atar Chicken Drumsticks**

Servings: 4

Cooking Time: 45 Minutes

### **Ingredients:**

- 2 tbsp butter, melted
- 8 chicken drumsticks
- 1 ½ tbsp Za'atar seasoning
- Salt and pepper to taste
- 1 lemon, zested
- 2 tbsp parsley, chopped

### **Directions:**

1. Preheat air fryer to 390°F. Mix the Za'atar seasoning, lemon zest, parsley, salt, and pepper in a bowl. Add the chicken drumsticks and toss to coat. Place them in the air fryer and brush them with butter. Air Fry for 18-20 minutes, flipping once until crispy. Serve and enjoy!

## **Bacon Chicken Mix**

Servings: 2

Cooking Time: 25 Minutes

### **Ingredients:**

- 2 chicken legs
- 4 oz bacon, sliced
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon sesame oil

### **Directions:**

1. Sprinkle the chicken legs with salt and ground black pepper and wrap in the sliced bacon. After this, preheat the air fryer to 385°F. Put the chicken legs in the air fryer and sprinkle with sesame oil. Cook the bacon chicken legs for 25 minutes.

## **Broccoli And Cheese–stuffed Chicken**

Servings:4

Cooking Time: 20 Minutes

### **Ingredients:**

- 2 ounces cream cheese, softened
- 1 cup chopped fresh broccoli, steamed

- ½ cup shredded sharp Cheddar cheese
- 4 boneless, skinless chicken breasts
- 2 tablespoons mayonnaise
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground black pepper

**Directions:**

1. In a medium bowl, combine cream cheese, broccoli, and Cheddar. Cut a 4" pocket into each chicken breast. Evenly divide mixture between chicken breasts; stuff the pocket of each chicken breast with the mixture.
2. Spread ¼ tablespoon mayonnaise per side of each chicken breast, then sprinkle both sides of breasts with salt, garlic powder, and pepper.
3. Place stuffed chicken breasts into ungreased air fryer basket so that the open seams face up. Adjust the temperature to 350°F and set the timer for 20 minutes, turning chicken halfway through cooking. When done, chicken will be golden and have an internal temperature of at least 165°F. Serve warm.

## Stuffed Chicken

Servings: 2

Cooking Time: 11 Minutes

**Ingredients:**

- 8 oz chicken fillet
- 3 oz Blue cheese
- ½ teaspoon salt
- ½ teaspoon thyme
- 1 teaspoon sesame oil

**Directions:**

1. Cut the fillet into halves and beat them gently with the help of the kitchen hammer. After this, make the horizontal cut in every fillet. Sprinkle the chicken with salt and thyme. Then fill it with Blue cheese and secure the cut with the help of the toothpick. Sprinkle the stuffed chicken fillets with sesame oil. Preheat the air fryer to 385°F. Put the chicken fillets in the air fryer and cook them for 7 minutes. Then carefully flip the chicken fillets on another side and cook for 4 minutes more.

## Bacon-wrapped Chicken

Servings: 6

Cooking Time: 20 Minutes

**Ingredients:**

- 1 chicken breast, cut into 6 pieces
- 6 rashers back bacon
- 1 tbsp. soft cheese

**Directions:**

1. Put the bacon rashers on a flat surface and cover one side with the soft cheese.
2. Lay the chicken pieces on each bacon rasher. Wrap the bacon around the chicken and use a toothpick stick to hold each one in place. Put them in Air Fryer basket.
3. Air fry at 350°F for 15 minutes.

## **Tangy Mustard Wings**

Servings:4

Cooking Time: 25 Minutes

**Ingredients:**

- 1 pound bone-in chicken wings, separated at joints
- ¼ cup yellow mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**

1. Place wings in a large bowl and toss with mustard to fully coat. Sprinkle with salt and pepper.
2. Place wings into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 25 minutes, shaking the basket three times during cooking. Wings will be done when browned and cooked to an internal temperature of at least 165°F. Serve warm.

## **Teriyaki Chicken Legs**

Servings: 2

Cooking Time: 20 Minutes

**Ingredients:**

- 4 tablespoons teriyaki sauce
- 1 tablespoon orange juice
- 1 teaspoon smoked paprika
- 4 chicken legs
- cooking spray

**Directions:**

1. Mix together the teriyaki sauce, orange juice, and smoked paprika. Brush on all sides of chicken legs.
2. Spray air fryer basket with nonstick cooking spray and place chicken in basket.
3. Cook at 360°F for 6minutes. Turn and baste with sauce. Cook for 6 moreminutes, turn and baste. Cook for 8 minutes more, until juices run clear when chicken is pierced with a fork.

## **Garlic Parmesan Drumsticks**

Servings:4

Cooking Time: 25 Minutes

### **Ingredients:**

- 8 chicken drumsticks
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 tablespoons salted butter, melted
- ½ cup grated Parmesan cheese
- 1 tablespoon dried parsley

### **Directions:**

1. Sprinkle drumsticks with salt, pepper, and garlic powder. Place drumsticks into ungreased air fryer basket.
2. Adjust the temperature to 400°F and set the timer for 25 minutes, turning drumsticks halfway through cooking. Drumsticks will be golden and have an internal temperature of at least 165°F when done.
3. Transfer drumsticks to a large serving dish. Pour butter over drumsticks, and sprinkle with Parmesan and parsley. Serve warm.

## **Cinnamon Chicken Thighs**

Servings: 4

Cooking Time: 30 Minutes

### **Ingredients:**

- 2 pounds chicken thighs
- A pinch of salt and black pepper
- 2 tablespoons olive oil
- ½ teaspoon cinnamon, ground

### **Directions:**

1. Season the chicken thighs with salt and pepper, and rub with the rest of the

ingredients. Put the chicken thighs in air fryer's basket, cook at 360°F for 15 minutes on each side, divide between plates and serve.

## **Blackened Chicken Tenders**

Servings:4

Cooking Time: 12 Minutes

### **Ingredients:**

- 1 pound boneless, skinless chicken tenders
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- ½ teaspoon ground black pepper
- Cooking spray

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Place chicken tenders into a large bowl.
3. In a small bowl, mix paprika, garlic powder, salt, cayenne, thyme, and black pepper. Add spice mixture to chicken and toss to coat. Spritz chicken with cooking spray.
4. Place chicken in the air fryer basket and cook 12 minutes, turning halfway through cooking time, until chicken is brown at the edges and internal temperature reaches at least 165°F. Serve warm.

## **Harissa Chicken Wings**

Servings: 4

Cooking Time: 25 Minutes

### **Ingredients:**

- 8 whole chicken wings
- 1 tsp garlic powder
- ¼ tsp dried oregano
- 1 tbsp harissa seasoning

### **Directions:**

1. Preheat air fryer to 400°F. Season the wings with garlic, harissa seasoning, and oregano. Place them in the greased frying basket and spray with cooking oil spray. Air Fry for 10 minutes, shake the basket, and cook for another 5-7 minutes until



golden and crispy. Serve warm.

## **Crispy “fried” Chicken**

Servings: 4

Cooking Time: 14 Minutes

### **Ingredients:**

- ¾ cup all-purpose flour
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 2 large eggs
- 1½ cups panko breadcrumbs
- 1 pound boneless, skinless chicken tenders

### **Directions:**

1. Preheat the air fryer to 400°F.
2. In a shallow bowl, mix the flour with the paprika, pepper, and salt.
3. In a separate bowl, whisk the eggs; set aside.
4. In a third bowl, place the breadcrumbs.
5. Liberally spray the air fryer basket with olive oil spray.
6. Pat the chicken tenders dry with a paper towel. Dredge the tenders one at a time in the flour, then dip them in the egg, and toss them in the breadcrumb coating. Repeat until all tenders are coated.
7. Set each tender in the air fryer, leaving room on each side of the tender to allow for flipping.
8. When the basket is full, cook 4 to 7 minutes, flip, and cook another 4 to 7 minutes.
9. Remove the tenders and let cool 5 minutes before serving. Repeat until all tenders are cooked.

## **Basic Chicken Breasts.**

Servings:4

Cooking Time: 15 Minutes

### **Ingredients:**

- 2 tsp olive oil
- 2 chicken breasts
- Salt and pepper to taste
- ½ tsp garlic powder
- ½ tsp rosemary

### **Directions:**

1. Preheat air fryer to 350°F. Rub the chicken breasts with olive oil over tops and bottom and sprinkle with garlic powder, rosemary, salt, and pepper. Place the chicken in the frying basket and Air Fry for 9 minutes, flipping once. Let rest onto a serving plate for 5 minutes before cutting into cubes. Serve and enjoy!

## **Zesty Ranch Chicken Drumsticks**

Servings: 4

Cooking Time: 20 Minutes

### **Ingredients:**

- 8 chicken drumsticks
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup dry ranch seasoning
- ½ cup panko bread crumbs
- ½ cup grated Parmesan cheese

### **Directions:**

1. Preheat the air fryer to 375°F.
2. Sprinkle drumsticks with salt, pepper, and ranch seasoning.
3. In a paper lunch bag, combine bread crumbs and Parmesan. Add drumsticks to the bag and shake to coat. Spritz with cooking spray.
4. Place drumsticks in the air fryer basket and cook 20 minutes, turning halfway through cooking time, until the internal temperature reaches at least 165°F. Serve warm.

## **Herb-marinated Chicken**

Servings: 4

Cooking Time: 25 Minutes

### **Ingredients:**

- 4 chicken breasts
- 2 tsp rosemary, minced
- 2 tsp thyme, minced
- Salt and pepper to taste
- ½ cup chopped cilantro
- 1 lime, juiced
- Cooking spray

### **Directions:**

1. Place chicken in a resealable bag. Add rosemary, thyme, salt, pepper, cilantro, and

- lime juice. Seal the bag and toss to coat, then place in the refrigerator for 2 hours.
2. Preheat air fryer to 400°F. Arrange the chicken in a single layer in the greased frying basket. Spray the chicken with cooking oil. Air Fry for 6-7 minutes, then flip the chicken. Cook for another 3 minutes. Serve and enjoy!

## **Italian Chicken Thighs**

Servings: 4

Cooking Time: 30 Minutes

### **Ingredients:**

- 4 skin-on bone-in chicken thighs
- 2 tbsp. unsalted butter, melted
- 3 tsp. Italian herbs
- ½ tsp. garlic powder
- ¼ tsp. onion powder

### **Directions:**

1. Using a brush, coat the chicken thighs with the melted butter. Combine the herbs with the garlic powder and onion powder, then massage into the chicken thighs. Place the thighs in the fryer.
2. Cook at 380°F for 20 minutes, turning the chicken halfway through to cook on the other side.
3. When the thighs have achieved a golden color, test the temperature with a meat thermometer. Once they have reached 165°F, remove from the fryer and serve.

## **Beef , pork & Lamb Recipes**

### **Steak Fingers**

Servings: 4

Cooking Time: 8 Minutes

### **Ingredients:**

- 4 small beef cube steaks
- salt and pepper
- ½ cup flour
- oil for misting or cooking spray

### **Directions:**

1. Cut cube steaks into 1-inch-wide strips.
2. Sprinkle lightly with salt and pepper to taste.

3. Roll in flour to coat all sides.
4. Spray air fryer basket with cooking spray or oil.
5. Place steak strips in air fryer basket in single layer, very close together but not touching. Spray top of steak strips with oil or cooking spray.
6. Cook at 390°F for 4 minutes, turn strips over, and spray with oil or cooking spray.
7. Cook 4 more minutes and test with fork for doneness. Steak fingers should be crispy outside with no red juices inside. If needed, cook an additional 4 minutes or until well done.
8. Repeat steps 5 through 7 to cook remaining strips.

## **Pork Tenderloin With Bacon And Veggies**

Servings:3

Cooking Time:28 Minutes

### **Ingredients:**

- 3 potatoes
- ¾ pound frozen green beans
- 6 bacon slices
- 3 pork tenderloins
- 2 tablespoons olive oil

### **Directions:**

1. Preheat the Air fryer to 390°F and grease an Air fryer basket.
2. Wrap 4-6 green beans with one bacon slice and coat the pork tenderloins with olive oil.
3. Pierce the potatoes with a fork and arrange in the Air fryer basket.
4. Cook for about 15 minutes and add the pork tenderloins.
5. Cook for about 6 minutes and dish out in a bowl.
6. Arrange the bean rolls into the Air fryer basket and top with the pork tenderloins.
7. Cook for about 7 minutes and dish out in a platter.
8. Cut each tenderloin into desired size slices to serve alongside the potatoes and green beans rolls.

## **Simple Air Fryer Steak**

Servings: 2

Cooking Time: 18 Minutes

### **Ingredients:**

- 12 oz steaks, 3/4-inch thick
- 1 tsp garlic powder
- 1 tsp olive oil
- Pepper

- Salt

**Directions:**

1. Coat steaks with oil and season with garlic powder, pepper, and salt.
2. Preheat the air fryer to 400°F.
3. Place steaks in air fryer basket and cook for 15-18 minutes. Turn halfway through.
4. Serve and enjoy.

## **Caramelized Pork**

Servings:6

Cooking Time:17 Minutes

**Ingredients:**

- 2 pounds pork shoulder, cut into 1½-inch thick slices
- 1/3 cup soy sauce
- 2 tablespoons sugar
- 1 tablespoon honey

**Directions:**

1. Preheat the Air fryer to 335°F and grease an Air fryer basket.
2. Mix all the ingredients in a large bowl and coat chops well.
3. Cover and refrigerate for about 8 hours.
4. Arrange the chops in the Air fryer basket and cook for about 10 minutes, flipping once in between.
5. Set the Air fryer to 390°F and cook for 7 more minutes.
6. Dish out in a platter and serve hot.

## **Brown Sugar Mustard Pork Loin**

Servings:4

Cooking Time: 35 Minutes

**Ingredients:**

- 1 pound boneless pork loin
- 1 tablespoon olive oil
- ¼ cup Dijon mustard
- ¼ cup brown sugar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

**Directions:**

1. Preheat the air fryer to 400°F. Brush pork loin with oil.
2. In a small bowl, mix mustard, brown sugar, salt, and pepper. Brush mixture over both sides of pork loin and let sit 15 minutes.
3. Place in the air fryer basket and cook 20 minutes until internal temperature reaches 145°F. Let rest 10 minutes before slicing. Serve warm.

## **Crazy Beef Schnitzel**

Servings: 2

Cooking Time: 25 Minutes

### **Ingredients:**

- 2 oz breadcrumbs
- 1 whole egg, whisked
- 1 thin beef schnitzel, cut into strips
- 1 whole lemon

### **Directions:**

1. Preheat your fryer to 356°F. In a bowl, add breadcrumbs and oil and stir well to get a loose mixture. Dip schnitzel in egg, then dip in breadcrumbs coat well. Place the prepared schnitzel your air fryer's cooking basket and cook for 12 minutes. Serve with a drizzle of lemon juice.

## **Sesame Lamb Chops**

Servings: 6

Cooking Time: 11 Minutes

### **Ingredients:**

- 6 lamb chops
- 1 tablespoon sesame oil
- 1 tablespoon za'atar seasonings

### **Directions:**

1. Rub the lamb chops with za'atar seasonings and sprinkle with sesame oil. Preheat the air fryer to 400°F. Then arrange the lamb chops in the air fryer in one layer and cook them for 5 minutes. Then flip the pork chops on another side and cook them for 6 minutes more.

## **Crispy Ham And Eggs**

Servings: 3

Cooking Time: 9 Minutes

**Ingredients:**

- 2 cups Rice-puff cereal, such as Rice Krispies
- ¼ cup Maple syrup
- ½ pound ¼- to ½-inch-thick ham steak (gluten-free, if a concern)
- 1 tablespoon Unsalted butter
- 3 Large eggs
- ⅛ teaspoon Table salt
- ⅛ teaspoon Ground black pepper

**Directions:**

1. Preheat the air fryer to 400°F.
2. Pour the cereal into a food processor, cover, and process until finely ground. Pour the ground cereal into a shallow soup plate or a small pie plate.
3. Smear the maple syrup on both sides of the ham, then set the ham into the ground cereal. Turn a few times, pressing gently, until evenly coated.
4. Set the ham steak in the basket and air-fry undisturbed for 5 minutes, or until browned.
5. Meanwhile, melt the butter in a medium or large nonstick skillet set over medium heat. Crack the eggs into the skillet and cook until the whites are set and the yolks are hot, about 3 minutes. Season with the salt and pepper.
6. When the ham is ready, transfer it to a serving platter, then slip the eggs from the skillet on top of it. Divide into portions to serve.

## **Bacon And Cheese–stuffed Pork Chops**

Servings:4

Cooking Time: 12 Minutes

**Ingredients:**

- ½ ounce plain pork rinds, finely crushed
- ½ cup shredded sharp Cheddar cheese
- 4 slices cooked sugar-free bacon, crumbled
- 4 boneless pork chops
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**

1. In a small bowl, mix pork rinds, Cheddar, and bacon.
2. Make a 3" slit in the side of each pork chop and stuff with ¼ pork rind mixture. Sprinkle each side of pork chops with salt and pepper.
3. Place pork chops into ungreased air fryer basket, stuffed side up. Adjust the temperature to 400°F and set the timer for 12 minutes. Pork chops will be browned

and have an internal temperature of at least 145°F when done. Serve warm.

## **Bacon And Blue Cheese Burgers**

Servings:4

Cooking Time: 15 Minutes

### **Ingredients:**

- 1 pound 70/30 ground beef
- 6 slices cooked sugar-free bacon, finely chopped
- ½ cup crumbled blue cheese
- ¼ cup peeled and chopped yellow onion
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### **Directions:**

1. In a large bowl, mix ground beef, bacon, blue cheese, and onion. Separate into four sections and shape each section into a patty. Sprinkle with salt and pepper.
2. Place patties into ungreased air fryer basket. Adjust the temperature to 350°F and set the timer for 15 minutes, turning patties halfway through cooking. Burgers will be done when internal temperature is at least 150°F for medium and 180°F for well. Serve warm.

## **Beef & Mushrooms**

Servings: 1

Cooking Time: 3 Hours 15 Minutes

### **Ingredients:**

- 6 oz. beef
- ¼ onion, diced
- ½ cup mushroom slices
- 2 tbsp. favorite marinade [preferably bulgogi]

### **Directions:**

1. Slice or cube the beef and put it in a bowl.
2. Cover the meat with the marinade, place a layer of aluminum foil or saran wrap over the bowl, and place the bowl in the refrigerator for 3 hours.
3. Put the meat in a baking dish along with the onion and mushrooms
4. Air Fry at 350°F for 10 minutes. Serve hot.



## Mustard Beef Mix

Servings: 7

Cooking Time: 30 Minutes

### Ingredients:

- 2-pound beef ribs, boneless
- 1 tablespoon Dijon mustard
- 1 tablespoon sunflower oil
- 1 teaspoon ground paprika
- 1 teaspoon cayenne pepper

### Directions:

1. In the shallow bowl mix up Dijon mustard and sunflower oil. Then sprinkle the beef ribs with ground paprika and cayenne pepper. After this, brush the meat with Dijon mustard mixture and leave for 10 minutes to marinate. Meanwhile, preheat the air fryer to 400°F. Put the beef ribs in the air fryer to and cook them for 10 minutes. Then flip the ribs on another side and reduce the air fryer heat to 325°F. Cook the ribs for 20 minutes more.

## Spinach And Mushroom Steak Rolls

Servings: 4

Cooking Time: 19 Minutes

### Ingredients:

- ½ medium yellow onion, peeled and chopped
- ½ cup chopped baby bella mushrooms
- 1 cup chopped fresh spinach
- 1 pound flank steak
- 8 slices provolone cheese
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- Cooking spray

### Directions:

1. In a medium skillet over medium heat, sauté onion 2 minutes until fragrant and beginning to soften. Add mushrooms and spinach and continue cooking 5 more minutes until spinach is wilted and mushrooms are soft.
2. Preheat the air fryer to 400°F.
3. Carefully butterfly steak, leaving the two halves connected. Place slices of cheese on top of steak, then top with cooked vegetables.
4. Place steak so that the grain runs horizontally. Tightly roll up steak and secure it closed with eight evenly placed toothpicks or eight sections of butcher's twine.

5. Slice steak into four rolls. Spritz with cooking spray, then sprinkle with salt and pepper. Place in the air fryer basket and cook 12 minutes until steak is brown on the edges and internal temperature reaches at least 160°F for well-done. Serve.

## **Almond And Sun-dried Tomato Crusted Pork Chops**

Servings: 4

Cooking Time: 10 Minutes

### **Ingredients:**

- ½ cup oil-packed sun-dried tomatoes
- ½ cup toasted almonds
- ¼ cup grated Parmesan cheese
- ½ cup olive oil
- 2 tablespoons water
- ½ teaspoon salt
- freshly ground black pepper
- 4 center-cut boneless pork chops

### **Directions:**

1. Place the sun-dried tomatoes into a food processor and pulse them until they are coarsely chopped. Add the almonds, Parmesan cheese, olive oil, water, salt and pepper. Process all the ingredients into a smooth paste. Spread most of the paste onto both sides of the pork chops and then pierce the meat several times with a needle-style meat tenderizer or a fork. Let the pork chops sit and marinate for at least 1 hour.
2. Preheat the air fryer to 370°F.
3. Brush a little olive oil on the bottom of the air fryer basket. Transfer the pork chops into the air fryer basket, spooning a little more of the sun-dried tomato paste onto the pork chops if there are any gaps where the paste may have been rubbed off. Air-fry the pork chops at 370°F for 10 minutes, turning the chops over halfway through the cooking process.
4. When the pork chops have finished cooking, transfer them to a serving plate and serve with mashed potatoes and vegetables for a hearty meal.

## **Pork Chops**

Servings: 2

Cooking Time: 16 Minutes

### **Ingredients:**

- 2 bone-in, centercut pork chops, 1-inch thick
- 2 teaspoons Worcestershire sauce
- salt and pepper

- cooking spray

**Directions:**

1. Rub the Worcestershire sauce into both sides of pork chops.
2. Season with salt and pepper to taste.
3. Spray air fryer basket with cooking spray and place the chops in basket side by side.
4. Cook at 360°F for 16 minutes or until well done. Let rest for 5 minutes before serving.

## **Sweet And Spicy Pork Ribs**

Servings:4

Cooking Time: 20 Minutes Per Batch

**Ingredients:**

- 1 rack pork spareribs, white membrane removed
- ¼ cup brown sugar
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon cayenne pepper

**Directions:**

1. Preheat the air fryer to 400°F.
2. Place ribs on a work surface and cut the rack into two pieces to fit in the air fryer basket.
3. In a medium bowl, whisk together brown sugar, salt, black pepper, chili powder, garlic powder, and cayenne to make a dry rub.
4. Massage dry rub onto both sides of ribs until well coated. Place a portion of ribs in the air fryer basket, working in batches as necessary.
5. Cook 20 minutes until internal temperature reaches at least 190°F and no pink remains. Let rest 5 minutes before cutting and serving.

## **Bacon Wrapped Pork Tenderloin**

Servings:4

Cooking Time:30 Minutes

**Ingredients:**

- 1 pork tenderloins
- 4 bacon strips

- 2 tablespoons Dijon mustard

**Directions:**

1. Preheat the Air fryer to 360°F and grease an Air fryer basket.
2. Rub the tenderloin evenly with mustard and wrap the tenderloin with bacon strips.
3. Arrange the pork tenderloin in the Air fryer basket and cook for about 30 minutes, flipping once in between.
4. Dish out the steaks and cut into desired size slices to serve.

## Calzones

Servings:4

Cooking Time: 15 Minutes

**Ingredients:**

- 1 tube refrigerated pizza dough
- 28 slices pepperoni
- ½ cup full-fat ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 large egg, whisked

**Directions:**

1. Preheat the air fryer to 350°F. Cut parchment paper to fit the air fryer basket.
2. Place dough on a work surface and unroll. Cut into four sections.
3. For each calzone, place 7 slices pepperoni on the bottom half of a dough section. Top pepperoni with 2 tablespoons ricotta and ¼ cup mozzarella.
4. Fold top half of dough over to cover the fillings and press the edges together. Gently roll the edges closed or press them with a fork to seal.
5. Brush calzones with egg. Place on parchment in the air fryer basket and cook 15 minutes, turning after about 10 minutes, until firm and golden brown. Serve warm.

## Delicious Cheeseburgers

Servings: 4

Cooking Time: 12 Minutes

**Ingredients:**

- 1 lb ground beef
- 4 cheddar cheese slices
- 1/2 tsp Italian seasoning
- Pepper
- Salt
- Cooking spray

**Directions:**

1. Spray air fryer basket with cooking spray.
2. In a bowl, mix together ground beef, Italian seasoning, pepper, and salt.
3. Make four equal shapes of patties from meat mixture and place into the air fryer basket.
4. Cook at 375°F for 5 minutes. Turn patties to another side and cook for 5 minutes more.
5. Place cheese slices on top of each patty and cook for 2 minutes more.
6. Serve and enjoy.

**London Broil**

Servings:4

Cooking Time: 12 Minutes

**Ingredients:**

- 1 pound top round steak
- 1 tablespoon Worcestershire sauce
- ¼ cup soy sauce
- 2 cloves garlic, peeled and finely minced
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 2 tablespoons salted butter, melted

**Directions:**

1. Place steak in a large sealable bowl or bag. Pour in Worcestershire sauce and soy sauce, then add garlic, pepper, and salt. Toss to coat. Seal and place into refrigerator to let marinate 2 hours.
2. Remove steak from marinade and pat dry. Drizzle top side with butter, then place into ungreased air fryer basket. Adjust the temperature to 375°F and set the timer for 12 minutes, turning steak halfway through cooking. Steak will be done when browned at the edges and it has an internal temperature of 150°F for medium or 180°F for well-done.
3. Let steak rest on a large plate 10 minutes before slicing into thin pieces. Serve warm.

**Chicken-fried Steak**

Servings: 2

Cooking Time: 12 Minutes

**Ingredients:**

- 1½ cups All-purpose flour

- 2 Large egg(s)
- 2 tablespoons Regular or low-fat sour cream
- 2 tablespoons Worcestershire sauce
- 2 ¼-pound thin beef cube steak(s)
- Vegetable oil spray

**Directions:**

1. Preheat the air fryer to 400°F.
2. Set up and fill two shallow soup plates or small pie plates on your counter: one for the flour; and one for the egg(s), whisked with the sour cream and Worcestershire sauce until uniform.
3. Dredge a piece of beef in the flour, coating it well on both sides and even along the edge. Shake off any excess; then dip the meat in the egg mixture, coating both sides while retaining the flour on the meat. Let any excess egg mixture slip back into the rest. Dredge the meat in the flour once again, coating all surfaces well. Gently shake off the excess coating and set the steak aside if you're coating another steak or two. Once done, coat the steak(s) on both sides with the vegetable oil spray.
4. Set the steak(s) in the basket. If there's more than one steak, make sure they do not overlap or even touch, although the smallest gap between them is enough to get them crunchy. Air-fry undisturbed for 6 minutes.
5. Use kitchen tongs to pick up one of the steaks. Coat it again on both sides with vegetable oil spray. Turn it upside down and set it back in the basket with that same regard for the space between them in larger batches. Repeat with any other steaks. Continue air-frying undisturbed for 6 minutes, or until golden brown and crunchy.
6. Use kitchen tongs to transfer the steak(s) to a wire rack. Cool for 5 minutes before serving.

## **Crouton-breaded Pork Chops**

Servings:4

Cooking Time: 14 Minutes

**Ingredients:**

- 4 boneless pork chops
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 cups croutons
- ½ teaspoon dried thyme
- ¼ teaspoon dried sage
- 1 large egg, whisked
- Cooking spray

**Directions:**

1. Preheat the air fryer to 400°F.

2. Sprinkle pork chops with salt and pepper on both sides.
3. In a food processor, add croutons, thyme, and sage. Pulse five times until croutons are mostly broken down with a few medium-sized pieces remaining. Transfer to a medium bowl.
4. In a separate medium bowl, place egg. Dip each pork chop into egg, then press into crouton mixture to coat both sides. Spritz with cooking spray.
5. Place pork in the air fryer basket and cook 14 minutes, turning halfway through cooking time, until chops are golden brown and internal temperature reaches at least 145°F. Serve warm.

## **Crispy Pork Pork Escalopes**

Servings: 4

Cooking Time: 20 Minutes

### **Ingredients:**

- 4 pork loin steaks
- Salt and pepper to taste
- ¼ cup flour
- 2 tbsp bread crumbs
- Cooking spray

### **Directions:**

1. Preheat air fryer to 380°F. Season pork with salt and pepper. In one shallow bowl, add flour. In another, add bread crumbs. Dip the steaks first in the flour, then in the crumbs. Place them in the fryer and spray with oil. Bake for 12-14 minutes, flipping once until crisp. Serve.

## **Fish And Seafood Recipes**

### **Fried Oysters**

Servings:12

Cooking Time: 8 Minutes

### **Ingredients:**

- 1½ cups All-purpose flour
- 1½ cups Yellow cornmeal
- 1½ tablespoons Cajun dried seasoning blend
- 1¼ cups, plus more if needed Amber beer, pale ale, or IPA
- 12 Large shucked oysters, any liquid drained off
- Vegetable oil spray

**Directions:**

1. Preheat the air fryer to 400°F.
2. Whisk  $\frac{2}{3}$  cup of the flour,  $\frac{1}{2}$  cup of the cornmeal, and the seasoning blend in a bowl until uniform. Set aside.
3. Whisk the remaining  $\frac{1}{3}$  cup flour and the remaining  $\frac{1}{2}$  cup cornmeal with the beer in a second bowl, adding more beer in dribs and drabs until the mixture is the consistency of pancake batter.
4. Using a fork, dip a shucked oyster in the beer batter, coating it thoroughly. Gently shake off any excess batter, then set the oyster in the dry mixture and turn gently to coat well and evenly. Set the coated oyster on a cutting board and continue dipping and coating the remainder of the oysters.
5. Coat the oysters with vegetable oil spray, then set them in the basket with as much air space between them as possible. Air-fry undisturbed for 8 minutes, or until lightly browned and crisp.
6. Use a nonstick-safe spatula to transfer the oysters to a wire rack. Cool for a couple of minutes before serving.

## 5-minute Shrimp

Servings:4

Cooking Time: 5 Minutes

**Ingredients:**

- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons salted butter, melted
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper

**Directions:**

1. In a large bowl, toss shrimp in butter, then sprinkle with salt and pepper.
2. Place shrimp into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 5 minutes, shaking the basket halfway through cooking. Shrimp will be opaque and pink when done. Serve warm.

## Crispy Smelts

Servings:3

Cooking Time: 20 Minutes

**Ingredients:**

- 1 pound Cleaned smelts
- 3 tablespoons Tapioca flour
- Vegetable oil spray



- To taste Coarse sea salt or kosher salt

**Directions:**

1. Preheat the air fryer to 400°F.
2. Toss the smelts and tapioca flour in a large bowl until the little fish are evenly coated.
3. Lay the smelts out on a large cutting board. Lightly coat both sides of each fish with vegetable oil spray.
4. When the machine is at temperature, set the smelts close together in the basket, with a few even overlapping on top. Air-fry undisturbed for 20 minutes, until lightly browned and crisp.
5. Remove the basket from the machine and turn out the fish onto a wire rack. The smelts will most likely come out as one large block, or maybe in a couple of large pieces. Cool for a minute or two, then sprinkle the smelts with salt and break the block(s) into much smaller sections or individual fish to serve.

## **Flounder Fillets**

Servings: 4

Cooking Time: 8 Minutes

**Ingredients:**

- 1 egg white
- 1 tablespoon water
- 1 cup panko breadcrumbs
- 2 tablespoons extra-light virgin olive oil
- 4 4-ounce flounder fillets
- salt and pepper
- oil for misting or cooking spray

**Directions:**

1. Preheat air fryer to 390°F.
2. Beat together egg white and water in shallow dish.
3. In another shallow dish, mix panko crumbs and oil until well combined and crumbly.
4. Season flounder fillets with salt and pepper to taste. Dip each fillet into egg mixture and then roll in panko crumbs, pressing in crumbs so that fish is nicely coated.
5. Spray air fryer basket with nonstick cooking spray and add fillets. Cook at 390°F for 3 minutes.
6. Spray fish fillets but do not turn. Cook 5 minutes longer or until golden brown and crispy. Using a spatula, carefully remove fish from basket and serve.

## Crab Rangoon

Servings:4

Cooking Time: 5 Minutes

### Ingredients:

- ½ cup imitation crabmeat
- 4 ounces full-fat cream cheese, softened
- ¼ teaspoon Worcestershire sauce
- 8 wonton wrappers

### Directions:

1. Preheat the air fryer to 400°F.
2. In a medium bowl, mix crabmeat, cream cheese, and Worcestershire until combined.
3. Place wonton wrappers on work surface. For each rangoon, scoop ½ tablespoon crab mixture onto center of a wonton wrapper. Press opposing edges toward the center and pinch to close. Spray with cooking spray to coat well. Repeat with remaining crab mixture and wontons.
4. Place in the air fryer basket and cook 5 minutes until brown at the edges. Serve warm.

## Herbed Haddock

Servings:2

Cooking Time:8 Minutes

### Ingredients:

- 2 haddock fillets
- 2 tablespoons pine nuts
- 3 tablespoons fresh basil, chopped
- 1 tablespoon Parmesan cheese, grated
- ½ cup extra-virgin olive oil
- Salt and black pepper, to taste

### Directions:

1. Preheat the Air fryer to 355°F and grease an Air fryer basket.
2. Coat the haddock fillets evenly with olive oil and season with salt and black pepper.
3. Place the haddock fillets in the Air fryer basket and cook for about 8 minutes.
4. Dish out the haddock fillets in serving plates.
5. Meanwhile, put remaining ingredients in a food processor and pulse until smooth.
6. Top this cheese sauce over the haddock fillets and serve hot.

## **Lobster Tails**

Servings:4

Cooking Time: 10 Minutes

### **Ingredients:**

- 4 lobster tails
- 2 tablespoons salted butter, melted
- 1 tablespoon finely minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons lemon juice

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Carefully cut open lobster tails with kitchen scissors and pull back the shell a little to expose the meat. Drizzle butter over each tail, then sprinkle with garlic, salt, and pepper.
3. Place tails in the air fryer basket and cook 10 minutes until lobster is firm and opaque and internal temperature reaches at least 145°F.
4. Drizzle lemon juice over lobster meat. Serve warm.

## **Horseradish-crust Salmon Fillets**

Servings:3

Cooking Time: 8 Minutes

### **Ingredients:**

- ½ cup Fresh bread crumbs
- 4 tablespoons (¼ cup/½ stick) Butter, melted and cooled
- ¼ cup Jarred prepared white horseradish
- Vegetable oil spray
- 4 6-ounce skin-on salmon fillets

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Mix the bread crumbs, butter, and horseradish in a bowl until well combined.
3. Take the basket out of the machine. Generously spray the skin side of each fillet. Pick them up one by one with a nonstick-safe spatula and set them in the basket skin side down with as much air space between them as possible. Divide the bread-crumb mixture between the fillets, coating the top of each fillet with an even layer. Generously coat the bread-crumb mixture with vegetable oil spray.
4. Return the basket to the machine and air-fry undisturbed for 8 minutes, or until the topping has lightly browned and the fish is firm but not hard.

5. Use a nonstick-safe spatula to transfer the salmon fillets to serving plates. Cool for 5 minutes before serving. Because of the butter in the topping, it will stay very hot for quite a while. Take care, especially if you're serving these fillets to children.

## **Crispy Parmesan Lobster Tails**

Servings:4

Cooking Time: 7 Minutes

### **Ingredients:**

- 4 lobster tails
- 2 tablespoons salted butter, melted
- 1½ teaspoons Cajun seasoning, divided
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese
- ½ ounce plain pork rinds, finely crushed

### **Directions:**

1. Cut lobster tails open carefully with a pair of scissors and gently pull meat away from shells, resting meat on top of shells.
2. Brush lobster meat with butter and sprinkle with 1 teaspoon Cajun seasoning, ¼ teaspoon per tail.
3. In a small bowl, mix remaining Cajun seasoning, salt, pepper, Parmesan, and pork rinds. Gently press ¼ mixture onto meat on each lobster tail.
4. Carefully place tails into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 7 minutes. Lobster tails will be crispy and golden on top and have an internal temperature of at least 145°F when done. Serve warm.

## **Crispy Sweet-and-sour Cod Fillets**

Servings:3

Cooking Time: 12 Minutes

### **Ingredients:**

- 1½ cups Plain panko bread crumbs (gluten-free, if a concern)
- 2 tablespoons Regular or low-fat mayonnaise (not fat-free; gluten-free, if a concern)
- ¼ cup Sweet pickle relish
- 3 4- to 5-ounce skinless cod fillets

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Pour the bread crumbs into a shallow soup plate or a small pie plate. Mix the

mayonnaise and relish in a small bowl until well combined. Smear this mixture all over the cod fillets. Set them in the crumbs and turn until evenly coated on all sides, even on the ends.

3. Set the coated cod fillets in the basket with as much air space between them as possible. They should not touch. Air-fry undisturbed for 12 minutes, or until browned and crisp.
4. Use a nonstick-safe spatula to transfer the cod pieces to a wire rack. Cool for only a minute or two before serving hot.

## **Coconut Jerk Shrimp**

Servings:3

Cooking Time: 8 Minutes

### **Ingredients:**

- 1 Large egg white(s)
- 1 teaspoon Purchased or homemade jerk dried seasoning blend
- ¾ cup Plain panko bread crumbs (gluten-free, if a concern)
- ¾ cup Unsweetened shredded coconut
- 12 Large shrimp, peeled and deveined
- Coconut oil spray

### **Directions:**

1. Preheat the air fryer to 375°F .
2. Whisk the egg white(s) and seasoning blend in a bowl until foamy. Add the shrimp and toss well to coat evenly.
3. Mix the bread crumbs and coconut on a dinner plate until well combined. Use kitchen tongs to pick up a shrimp, letting the excess egg white mixture slip back into the rest. Set the shrimp in the bread-crumb mixture. Turn several times to coat evenly and thoroughly. Set on a cutting board and continue coating the remainder of the shrimp.
4. Lightly coat all the shrimp on both sides with the coconut oil spray. Set them in the basket in one layer with as much space between them as possible. Air-fry undisturbed for 6 minutes, or until the coating is lightly browned. If the air fryer is at 360°F, you may need to add 2 minutes to the cooking time.
5. Use clean kitchen tongs to transfer the shrimp to a wire rack. Cool for only a minute or two before serving.

## **Crab Cakes**

Servings:4

Cooking Time: 12 Minutes

### **Ingredients:**

- 2 cans lump crabmeat, drained
- ½ cup plain bread crumbs
- ½ cup mayonnaise
- 1 ½ teaspoons Old Bay Seasoning
- Zest and juice of ½ medium lemon
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- Cooking spray

**Directions:**

1. Preheat the air fryer to 375°F.
2. In a large bowl, mix all ingredients.
3. Scoop ¼ cup mixture and form into a 4" patty. Repeat to make eight crab cakes. Spritz cakes with cooking spray.
4. Place in the air fryer basket and cook 12 minutes, turning halfway through cooking time, until edges are brown and center is firm. Serve warm.

## **Zesty Mahi Mahi**

Servings:3

Cooking Time:8 Minutes

**Ingredients:**

- 1½ pounds Mahi Mahi fillets
- 1 lemon, cut into slices
- 1 tablespoon fresh dill, chopped
- ½ teaspoon red chili powder
- Salt and ground black pepper, as required

**Directions:**

1. Preheat the Air fryer to 375°F and grease an Air fryer basket.
2. Season the Mahi Mahi fillets evenly with chili powder, salt, and black pepper.
3. Arrange the Mahi Mahi fillets into the Air fryer basket and top with the lemon slices.
4. Cook for about 8 minutes and dish out
5. Place the lemon slices over the salmon the salmon fillets in the serving plates.
6. Garnish with fresh dill and serve warm.

## **Miso-rubbed Salmon Fillets**

Servings:3

Cooking Time: 5 Minutes

**Ingredients:**

- ¼ cup White (shiro) miso paste (usually made from rice and soy beans)
- 1½ tablespoons Mirin or a substitute
- 2½ teaspoons Unseasoned rice vinegar
- Vegetable oil spray
- 3 6-ounce skin-on salmon fillets

**Directions:**

1. Preheat the air fryer to 400°F.
2. Mix the miso, mirin, and vinegar in a small bowl until uniform.
3. Remove the basket from the machine. Generously spray the skin side of each fillet. Pick them up one by one with a nonstick-safe spatula and set them in the basket skin side down with as much air space between them as possible. Coat the top of each fillet with the miso mixture, dividing it evenly between them.
4. Return the basket to the machine. Air-fry undisturbed for 5 minutes, or until lightly browned and firm.
5. Use a nonstick-safe spatula to transfer the fillets to serving plates. Cool for only a minute or so before serving.

## Simple Salmon Fillets

Servings: 2

Cooking Time: 7 Minutes

**Ingredients:**

- 2 salmon fillets
- 2 tsp olive oil
- 2 tsp paprika
- Pepper
- Salt

**Directions:**

1. Rub salmon fillet with oil, paprika, pepper, and salt.
2. Place salmon fillets in the air fryer basket and cook at 390°F for 7 minutes.
3. Serve and enjoy.

## Lime Flaming Halibut

Servings: 2

Cooking Time: 20 Minutes

**Ingredients:**

- 2 tbsp butter, melted
- ½ tsp chili powder

- ½ cup bread crumbs
- 2 halibut fillets

**Directions:**

1. Preheat air fryer to 350°F. In a bowl, mix the butter, chili powder and bread crumbs. Press mixture onto tops of halibut fillets. Place halibut in the greased frying basket and Air Fry for 10 minutes or until the fish is opaque and flake easily with a fork. Serve right away.

## Easy-peasy Shrimp

Servings:2

Cooking Time: 15 Minutes

**Ingredients:**

- 1 lb tail-on shrimp, deveined
- 2 tbsp butter, melted
- 1 tbsp lemon juice
- 1 tbsp dill, chopped

**Directions:**

1. Preheat air fryer to 350°F. Combine shrimp and butter in a bowl. Place shrimp in the greased frying basket and Air Fry for 6 minutes, flipping once. Squeeze lemon juice over and top with dill. Serve hot.

## Simple Salmon

Servings:2

Cooking Time:10 Minutes

**Ingredients:**

- 2 salmon fillets
- Salt and black pepper, as required
- 1 tablespoon olive oil

**Directions:**

1. Preheat the Air fryer to 390°F and grease an Air fryer basket.
2. Season each salmon fillet with salt and black pepper and drizzle with olive oil.
3. Arrange salmon fillets into the Air fryer basket and cook for about 10 minutes.
4. Remove from the Air fryer and dish out the salmon fillets onto the serving plates.



## Chili Blackened Shrimp

Servings: 4

Cooking Time: 15 Minutes

### Ingredients:

- 1 lb peeled shrimp, deveined
- 1 tsp paprika
- ½ tsp dried dill
- ½ tsp red chili flakes
- ½ lemon, juiced
- Salt and pepper to taste

### Directions:

1. Preheat air fryer to 400°F. In a resealable bag, add shrimp, paprika, dill, red chili flakes, lemon juice, salt and pepper. Seal and shake well. Place the shrimp in the greased frying basket and Air Fry for 7-8 minutes, shaking the basket once until blackened. Let cool slightly and serve.

## Maple Butter Salmon

Servings:4

Cooking Time: 12 Minutes

### Ingredients:

- 2 tablespoons salted butter, melted
- 1 teaspoon low-carb maple syrup
- 1 teaspoon yellow mustard
- 4 boneless, skinless salmon fillets
- ½ teaspoon salt

### Directions:

1. In a small bowl, whisk together butter, syrup, and mustard. Brush ½ mixture over each fillet on both sides. Sprinkle fillets with salt on both sides.
2. Place salmon into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 12 minutes. Halfway through cooking, brush fillets on both sides with remaining syrup mixture. Salmon will easily flake and have an internal temperature of at least 145°F when done. Serve warm.

## Garlic-lemon Scallops

Servings:4

Cooking Time: 12 Minutes

**Ingredients:**

- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 sea scallops, rinsed and patted dry
- 4 tablespoons salted butter, melted
- 4 teaspoons finely minced garlic
- Zest and juice of ½ small lemon

**Directions:**

1. Preheat the air fryer to 375°F.
2. Sprinkle salt and pepper evenly over scallops. Spritz scallops lightly with cooking spray. Place in the air fryer basket in a single layer and cook 12 minutes, turning halfway through cooking time, until scallops are opaque and firm and internal temperature reaches at least 130°F.
3. While scallops are cooking, in a small bowl, mix butter, garlic, lemon zest, and juice. Set aside.
4. When scallops are done, drizzle with garlic–lemon butter. Serve warm.

## **Coconut Shrimp**

Servings:4

Cooking Time: 10 Minutes

**Ingredients:**

- 1 cup all-purpose flour
- 1 teaspoon salt
- 2 large eggs
- ½ cup panko bread crumbs
- 1 cup shredded unsweetened coconut flakes
- 1 pound large shrimp, peeled and deveined
- Cooking spray

**Directions:**

1. Preheat the air fryer to 375°F.
2. In a medium bowl, mix flour and salt. In a separate medium bowl, whisk eggs. In a third medium bowl, mix bread crumbs and coconut flakes.
3. Dredge shrimp first in flour mixture, shaking off excess, then in eggs, letting any additional egg drip off, and finally in bread crumb mixture. Spritz with cooking spray.
4. Place shrimp in the air fryer basket. Cook 10 minutes, turning and spritzing opposite side with cooking spray halfway through cooking, until insides are pearly white and opaque and internal temperature reaches at least 145°F. Serve warm.

## Spicy Prawns

Servings: 2

Cooking Time: 8 Minutes

### Ingredients:

- 6 prawns
- 1/4 tsp pepper
- 1/2 tsp chili powder
- 1 tsp chili flakes
- 1/4 tsp salt

### Directions:

1. Preheat the air fryer to 350°F.
2. In a bowl, mix together spices add prawns.
3. Spray air fryer basket with cooking spray.
4. Transfer prawns into the air fryer basket and cook for 8 minutes.
5. Serve and enjoy.

## Vegetarians Recipes

### Stuffed Portobellos

Servings:4

Cooking Time: 8 Minutes

### Ingredients:

- 3 ounces cream cheese, softened
- ½ medium zucchini, trimmed and chopped
- ¼ cup seeded and chopped red bell pepper
- 1½ cups chopped fresh spinach leaves
- 4 large portobello mushrooms, stems removed
- 2 tablespoons coconut oil, melted
- ½ teaspoon salt

### Directions:

1. In a medium bowl, mix cream cheese, zucchini, pepper, and spinach.
2. Drizzle mushrooms with coconut oil and sprinkle with salt. Scoop ¼ zucchini mixture into each mushroom.
3. Place mushrooms into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 8 minutes. Portobellos will be tender and tops will be browned when done. Serve warm.

## Roasted Spaghetti Squash

Servings:6

Cooking Time: 45 Minutes

### Ingredients:

- 1 spaghetti squash, halved and seeded
- 2 tablespoons coconut oil
- 4 tablespoons salted butter, melted
- 1 teaspoon garlic powder
- 2 teaspoons dried parsley

### Directions:

1. Brush shell of spaghetti squash with coconut oil. Brush inside with butter. Sprinkle inside with garlic powder and parsley.
2. Place squash skin side down into ungreased air fryer basket, working in batches if needed. Adjust the temperature to 350°F and set the timer for 30 minutes. When the timer beeps, flip squash and cook an additional 15 minutes until fork-tender.
3. Use a fork to remove spaghetti strands from shell and serve warm.

## Gourmet Wasabi Popcorn

Servings: 2

Cooking Time: 30 Minutes

### Ingredients:

- 1/2 teaspoon brown sugar
- 1 teaspoon salt
- 1/2 teaspoon wasabi powder, sifted
- 1 tablespoon avocado oil
- 3 tablespoons popcorn kernels

### Directions:

1. Add the dried corn kernels to the Air Fryer basket; toss with the remaining ingredients.
2. Cook at 395°F for 15 minutes, shaking the basket every 5 minutes. Work in two batches.
3. Taste, adjust the seasonings and serve immediately. Bon appétit!

## Cheesy Broccoli Sticks

Servings:2

Cooking Time: 16 Minutes

**Ingredients:**

- 1 steamer bag broccoli florets, cooked according to package instructions
- 1 large egg
- 1 ounce Parmesan 100% cheese crisps, finely ground
- ½ cup shredded sharp Cheddar cheese
- ½ teaspoon salt
- ½ cup ranch dressing

**Directions:**

1. Let cooked broccoli cool 5 minutes, then place into a food processor with egg, cheese crisps, Cheddar, and salt. Process on low for 30 seconds until all ingredients are combined and begin to stick together.
2. Cut a sheet of parchment paper to fit air fryer basket. Take one scoop of mixture, about 3 tablespoons, and roll into a 4" stick shape, pressing down gently to flatten the top. Place stick on ungreased parchment into air fryer basket. Repeat with remaining mixture to form eight sticks.
3. Adjust the temperature to 350°F and set the timer for 16 minutes, turning sticks halfway through cooking. Sticks will be golden brown when done.
4. Serve warm with ranch dressing on the side for dipping.

**Sesame Seeds Bok Choy**

Servings:4

Cooking Time: 6 Minutes

**Ingredients:**

- 4 bunches baby bok choy, bottoms removed and leaves separated
- Olive oil cooking spray
- 1 teaspoon garlic powder
- 1 teaspoon sesame seeds

**Directions:**

1. Set the temperature of air fryer to 325°F.
2. Arrange bok choy leaves into the air fryer basket in a single layer.
3. Spray with the cooking spray and sprinkle with garlic powder.
4. Air fry for about 5-6 minutes, shaking after every 2 minutes.
5. Remove from air fryer and transfer the bok choy onto serving plates.
6. Garnish with sesame seeds and serve hot.

**Zucchini Topped With Coconut Cream 'n Bacon**

Servings:3

Cooking Time: 20 Minutes

**Ingredients:**

- 1 tablespoon lemon juice
- 3 slices bacon, fried and crumbled
- 3 tablespoons olive oil
- 3 zucchini squashes
- 4 tablespoons coconut cream
- Salt and pepper to taste

**Directions:**

1. Preheat the air fryer for 5 minutes.
2. Line up chopsticks on both sides of the zucchini and slice thinly until you hit the stick. Brush the zucchinis with olive oil. Set aside.
3. Place the zucchini in the air fryer. Bake for 20 minutes at 350°F.
4. Meanwhile, combine the coconut cream and lemon juice in a mixing bowl. Season with salt and pepper to taste.
5. Once the zucchini is cooked, scoop the coconut cream mixture and drizzle on top.
6. Sprinkle with bacon bits.

## Sweet Pepper Nachos

Servings:2

Cooking Time: 5 Minutes

**Ingredients:**

- 6 mini sweet peppers, seeded and sliced in half
- ¾ cup shredded Colby jack cheese
- ¼ cup sliced pickled jalapeños
- ½ medium avocado, peeled, pitted, and diced
- 2 tablespoons sour cream

**Directions:**

1. Place peppers into an ungreased 6" round nonstick baking dish. Sprinkle with Colby and top with jalapeños.
2. Place dish into air fryer basket. Adjust the temperature to 350°F and set the timer for 5 minutes. Cheese will be melted and bubbly when done.
3. Remove dish from air fryer and top with avocado. Drizzle with sour cream. Serve warm.

## White Cheddar And Mushroom Soufflés

Servings:4

Cooking Time: 12 Minutes

**Ingredients:**

- 3 large eggs, whites and yolks separated
- ½ cup sharp white Cheddar cheese
- 3 ounces cream cheese, softened
- ¼ teaspoon cream of tartar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup cremini mushrooms, sliced

**Directions:**

1. In a large bowl, whip egg whites until stiff peaks form, about 2 minutes. In a separate large bowl, beat Cheddar, egg yolks, cream cheese, cream of tartar, salt, and pepper together until combined.
2. Fold egg whites into cheese mixture, being careful not to stir. Fold in mushrooms, then pour mixture evenly into four ungreased 4" ramekins.
3. Place ramekins into air fryer basket. Adjust the temperature to 350°F and set the timer for 12 minutes. Eggs will be browned on the top and firm in the center when done. Serve warm.

## **Crispy Eggplant Rounds**

Servings:4

Cooking Time: 10 Minutes

**Ingredients:**

- 1 large eggplant, ends trimmed, cut into ½" slices
- ½ teaspoon salt
- 2 ounces Parmesan 100% cheese crisps, finely ground
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- 1 large egg

**Directions:**

1. Sprinkle eggplant rounds with salt. Place rounds on a kitchen towel for 30 minutes to draw out excess water. Pat rounds dry.
2. In a medium bowl, mix cheese crisps, paprika, and garlic powder. In a separate medium bowl, whisk egg. Dip each eggplant round in egg, then gently press into cheese crisps to coat both sides.
3. Place eggplant rounds into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 10 minutes, turning rounds halfway through cooking. Eggplant will be golden and crispy when done. Serve warm.

## **Cottage And Mayonnaise Stuffed Peppers**

Servings: 2

Cooking Time: 20 Minutes

### **Ingredients:**

- 1 red bell pepper, top and seeds removed
- 1 yellow bell pepper, top and seeds removed
- Salt and pepper, to taste
- 1 cup Cottage cheese
- 4 tablespoons mayonnaise
- 2 pickles, chopped

### **Directions:**

1. Arrange the peppers in the lightly greased cooking basket. Cook in the preheated Air Fryer at 400°F for 15 minutes, turning them over halfway through the cooking time.
2. Season with salt and pepper.
3. Then, in a mixing bowl, combine the cream cheese with the mayonnaise and chopped pickles. Stuff the pepper with the cream cheese mixture and serve. Enjoy!

## **Wine Infused Mushrooms**

Servings:6

Cooking Time: 32 Minutes

### **Ingredients:**

- 1 tablespoon butter
- 2 teaspoons Herbs de Provence
- ½ teaspoon garlic powder
- 2 pounds fresh mushrooms, quartered
- 2 tablespoons white vermouth

### **Directions:**

1. Set the temperature of air fryer to 320°F.
2. In an air fryer pan, mix together the butter, Herbs de Provence, and garlic powder and air fry for about 2 minutes.
3. Stir in the mushrooms and air fry for about 25 minutes.
4. Stir in the vermouth and air fry for 5 more minutes.
5. Remove from air fryer and transfer the mushrooms onto serving plates.
6. Serve hot.



## Spicy Celery Sticks

Servings: 4

Cooking Time: 20 Minutes

### Ingredients:

- 1 pound celery, cut into matchsticks
- 2 tablespoons peanut oil
- 1 jalapeño, seeded and minced
- 1/4 teaspoon dill
- 1/2 teaspoon basil
- Salt and white pepper to taste

### Directions:

1. Start by preheating your Air Fryer to 380°F.
2. Toss all ingredients together and place them in the Air Fryer basket.
3. Cook for 15 minutes, shaking the basket halfway through the cooking time. Transfer to a serving platter and enjoy!

## Thyme Lentil Patties

Servings: 2

Cooking Time: 35 Minutes

### Ingredients:

- ½ cup grated American cheese
- 1 cup cooked lentils
- ¼ tsp dried thyme
- 2 eggs, beaten
- Salt and pepper to taste
- 1 cup bread crumbs

### Directions:

1. Preheat air fryer to 350°F. Put the eggs, lentils, and cheese in a bowl and mix to combine. Stir in half the bread crumbs, thyme, salt, and pepper. Form the mixture into 2 patties and coat them in the remaining bread crumbs. Transfer to the greased frying basket. Air Fry for 14-16 minutes until brown, flipping once. Serve.

## Bell Peppers Cups

Servings: 4

Cooking Time: 8 Minutes

### Ingredients:

- 8 mini red bell peppers, tops and seeds removed
- 1 teaspoon fresh parsley, chopped
- ¾ cup feta cheese, crumbled
- ½ tablespoon olive oil
- Freshly ground black pepper, to taste

**Directions:**

1. Preheat the Air fryer to 390°F and grease an Air fryer basket.
2. Mix feta cheese, parsley, olive oil and black pepper in a bowl.
3. Stuff the bell peppers with feta cheese mixture and arrange in the Air fryer basket.
4. Cook for about 8 minutes and dish out to serve hot.

## Two-cheese Grilled Sandwiches

Servings: 2

Cooking Time: 30 Minutes

**Ingredients:**

- 4 sourdough bread slices
- 2 cheddar cheese slices
- 2 Swiss cheese slices
- 1 tbsp butter
- 2 dill pickles, sliced

**Directions:**

1. Preheat air fryer to 360°F. Smear both sides of the sourdough bread with butter and place them in the frying basket. Toast the bread for 6 minutes, flipping once.
2. Divide the cheddar cheese between 2 of the bread slices. Cover the remaining 2 bread slices with Swiss cheese slices. Bake for 10 more minutes until the cheeses have melted and lightly bubbled and the bread has golden brown. Set the cheddar-covered bread slices on a serving plate, cover with pickles, and top each with the Swiss-covered slices. Serve and enjoy!

## Broccoli With Olives

Servings:4

Cooking Time:19 Minutes

**Ingredients:**

- 2 pounds broccoli, stemmed and cut into 1-inch florets
- 1/3 cup Kalamata olives, halved and pitted
- ¼ cup Parmesan cheese, grated
- 2 tablespoons olive oil

- Salt and ground black pepper, as required
- 2 teaspoons fresh lemon zest, grated

**Directions:**

1. Preheat the Air fryer to 400°F and grease an Air fryer basket.
2. Boil the broccoli for about 4 minutes and drain well.
3. Mix broccoli, oil, salt, and black pepper in a bowl and toss to coat well.
4. Arrange broccoli into the Air fryer basket and cook for about 15 minutes.
5. Stir in the olives, lemon zest and cheese and dish out to serve.

## **Roasted Cauliflower**

Servings: 2

Cooking Time: 20 Minutes

**Ingredients:**

- medium head cauliflower
- 2 tbsp. salted butter, melted
- 1 medium lemon
- 1 tsp. dried parsley
- ½ tsp. garlic powder

**Directions:**

1. Having removed the leaves from the cauliflower head, brush it with the melted butter. Grate the rind of the lemon over it and then drizzle some juice. Finally add the parsley and garlic powder on top.
2. Transfer the cauliflower to the basket of the fryer.
3. Cook for fifteen minutes at 350°F, checking regularly to ensure it doesn't overcook. The cauliflower is ready when it is hot and fork tender.
4. Take care when removing it from the fryer, cut up and serve.

## **Tortilla Pizza Margherita**

Servings: 1

Cooking Time: 15 Minutes

**Ingredients:**

- 1 flour tortilla
- ¼ cup tomato sauce
- 1/3 cup grated mozzarella
- 3 basil leaves

**Directions:**

1. Preheat air fryer to 350°F. Put the tortilla in the greased basket and pour the sauce in the center. Spread across the whole tortilla. Sprinkle with cheese and Bake for 8-10 minutes or until crisp. Remove carefully and top with basil leaves. Serve hot.

## **Layered Ravioli Bake**

Servings:4

Cooking Time: 20 Minutes

### **Ingredients:**

- 2 cups marinara sauce, divided
- 2 packages fresh cheese ravioli
- 12 slices provolone cheese
- ½ cup Italian bread crumbs
- ½ cup grated vegetarian Parmesan cheese

### **Directions:**

1. Preheat the air fryer to 350°F.
2. In the bottom of a 3-quart baking pan, spread ⅓ cup marinara. Place 6 ravioli on top of the sauce, then add 3 slices provolone on top, then another layer of ⅓ cup marinara. Repeat these layers three times to use up remaining ravioli, provolone, and sauce.
3. In a small bowl, mix bread crumbs and Parmesan. Sprinkle over the top of dish.
4. Cover pan with foil, being sure to tuck foil under the bottom of the pan to ensure the air fryer fan does not blow it off. Place pan in the air fryer basket and cook 15 minutes.
5. Remove foil and cook an additional 5 minutes until the top is brown and bubbling. Serve warm.

## **Cinnamon Sugar Tortilla Chips**

Servings: 4

Cooking Time: 20 Minutes

### **Ingredients:**

- 4 flour tortillas
- 1/4 cup vegan margarine, melted
- 1 ½ tablespoons ground cinnamon
- 1/4 cup caster sugar

### **Directions:**

1. Slice each tortilla into eight slices. Brush the tortilla pieces with the melted margarine.

2. In a mixing bowl, thoroughly combine the cinnamon and sugar. Toss the cinnamon mixture with the tortillas.
3. Transfer to the cooking basket and cook at 360°F for 8 minutes or until lightly golden. Work in batches.
4. They will crisp up as they cool. Serve and enjoy!

## **Portobello Mini Pizzas**

Servings:4

Cooking Time: 10 Minutes

### **Ingredients:**

- 4 large portobello mushrooms, stems removed
- 2 cups shredded mozzarella cheese, divided
- ½ cup full-fat ricotta cheese
- 1 teaspoon salt, divided
- ½ teaspoon ground black pepper
- 1 teaspoon Italian seasoning
- 1 cup pizza sauce

### **Directions:**

1. Preheat the air fryer to 350°F.
2. Use a spoon to hollow out mushroom caps. Spritz mushrooms with cooking spray. Place ¼ cup mozzarella into each mushroom cap.
3. In a small bowl, mix ricotta, ½ teaspoon salt, pepper, and Italian seasoning. Divide mixture evenly and spoon into mushroom caps.
4. Pour ¼ cup pizza sauce into each mushroom cap, then top each with ¼ cup mozzarella. Sprinkle tops of pizzas with remaining salt.
5. Place mushrooms in the air fryer basket and cook 10 minutes until cheese is brown and bubbling. Serve warm.

## **Crustless Spinach And Cheese Frittata**

Servings:4

Cooking Time: 20 Minutes

### **Ingredients:**

- 6 large eggs
- ½ cup heavy whipping cream
- 1 cup frozen chopped spinach, drained
- 1 cup shredded sharp Cheddar cheese
- ¼ cup peeled and diced yellow onion
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**

1. In a large bowl, whisk eggs and cream together. Whisk in spinach, Cheddar, onion, salt, and pepper.
2. Pour mixture into an ungreased 6" round nonstick baking dish. Place dish into air fryer basket. Adjust the temperature to 320°F and set the timer for 20 minutes. Eggs will be firm and slightly browned when done. Serve immediately.

## **Turmeric Crispy Chickpeas**

Servings:4

Cooking Time: 22 Minutes

**Ingredients:**

- 1 tbsp butter, melted
- ½ tsp dried rosemary
- ¼ tsp turmeric
- Salt to taste

**Directions:**

1. Preheat the Air fryer to 380°F.
2. In a bowl, combine together chickpeas, butter, rosemary, turmeric, and salt; toss to coat. Place the prepared chickpeas in your Air Fryer's cooking basket and cook for 6 minutes. Slide out the basket and shake; cook for another 6 minutes until crispy.

## **Vegetable Side Dishes Recipes**

### **Tomato Candy**

Servings: 12

Cooking Time: 120 Minutes

**Ingredients:**

- 6 Small Roma or plum tomatoes, halved lengthwise
- 1½ teaspoons Coarse sea salt or kosher salt

**Directions:**

1. Before you turn the machine on, set the tomatoes cut side up in a single layer in the basket. They can touch each other, but try to leave at least a fraction of an inch between them. Sprinkle the cut sides of the tomatoes with the salt.
2. Set the machine to cook at 225°F. Put the basket in the machine and air-fry for 2 hours, or until the tomatoes are dry but pliable, with a little moisture down in their centers.

3. Remove the basket from the machine and cool the tomatoes in it for 10 minutes before gently transferring them to a plate for serving, or to a shallow dish that you can cover and store in the refrigerator for up to 1 week.

## **Roasted Herbed Shiitake Mushrooms**

Servings: 4

Cooking Time: 5 Minutes

### **Ingredients:**

- 8 ounces shiitake mushrooms, stems removed and caps roughly chopped
- 1 tablespoon olive oil
- ½ teaspoon salt
- freshly ground black pepper
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Toss the mushrooms with the olive oil, salt, pepper, thyme and oregano. Air-fry for 5 minutes, shaking the basket once or twice during the cooking process. The mushrooms will still be somewhat chewy with a meaty texture. If you'd like them a little more tender, add a couple of minutes to this cooking time.
3. Once cooked, add the parsley to the mushrooms and toss. Season again to taste and serve.

## **Bacon-wrapped Asparagus**

Servings: 4

Cooking Time: 10 Minutes

### **Ingredients:**

- 1 tablespoon extra-virgin olive oil
- ½ teaspoon sea salt
- ¼ cup grated Parmesan cheese
- 1 pound asparagus, ends trimmed
- 8 slices bacon

### **Directions:**

1. Preheat the air fryer to 380°F.
2. In large bowl, mix together the olive oil, sea salt, and Parmesan cheese. Toss the asparagus in the olive oil mixture.

3. Evenly divide the asparagus into 8 bundles. Wrap 1 piece of bacon around each bundle, not overlapping the bacon but spreading it across the bundle.
4. Place the asparagus bundles into the air fryer basket, not touching. Work in batches as needed.
5. Cook for 8 minutes; check for doneness, and cook another 2 minutes.

## **Herbed Croutons With Brie Cheese**

Servings:1

Cooking Time: 20 Minutes

### **Ingredients:**

- 1 tbsp french herbs
- 7 oz brie cheese, chopped
- 2 slices bread, halved

### **Directions:**

1. Preheat air fryer to 340°F. In a bowl, mix oil with herbs. Brush the bread slices with oil mixture. Place on a flat surface. Top with brie cheese. Place in air fryer's basket; cook for 7 minutes. Cut into cubes.

## **Cheesy Cauliflower Tots**

Servings:4

Cooking Time: 12 Minutes Per Batch

### **Ingredients:**

- 1 steamer bag riced cauliflower
- ⅓ cup Italian bread crumbs
- ¼ cup all-purpose flour
- 1 large egg
- ¾ cup shredded sharp Cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### **Directions:**

1. Cook cauliflower according to the package directions. Let cool, then squeeze in a cheesecloth or kitchen towel to drain excess water.
2. Preheat the air fryer to 400°F. Cut parchment paper to fit the air fryer basket.
3. In a large bowl, mix drained cauliflower, bread crumbs, flour, egg, and Cheddar. Sprinkle in salt and pepper, then mix until well combined.
4. Roll 2 tablespoons of mixture into a tot shape. Repeat to use all of the mixture.
5. Place tots on parchment in the air fryer basket, working in batches as necessary.



Spritz with cooking spray. Cook 12 minutes, turning tots halfway through cooking time, until golden brown. Serve warm.

## **Crispy Brussels Sprouts**

Servings: 3

Cooking Time: 12 Minutes

### **Ingredients:**

- 1¼ pounds Medium, 2-inch-in-length Brussels sprouts
- 1½ tablespoons Olive oil
- ¾ teaspoon Table salt

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Halve each Brussels sprout through the stem end, pulling off and discarding any discolored outer leaves. Put the sprout halves in a large bowl, add the oil and salt, and stir well to coat evenly, until the Brussels sprouts are glistening.
3. When the machine is at temperature, scrape the contents of the bowl into the basket, gently spreading the Brussels sprout halves into as close to one layer as possible. Air-fry for 12 minutes, gently tossing and rearranging the vegetables twice to get all covered or touching parts exposed to the air currents, until crisp and browned at the edges.
4. Gently pour the contents of the basket onto a wire rack. Cool for a minute or two before serving.

## **Balsamic Green Beans With Bacon**

Servings: 4

Cooking Time: 15 Minutes

### **Ingredients:**

- 2 cups green beans, trimmed
- 1 tbsp butter, melted
- Salt and pepper to taste
- 1 bacon slice, diced
- 1 clove garlic, minced
- 1 tbsp balsamic vinegar

### **Directions:**

1. Preheat air fryer to 375°F. Combine green beans, butter, salt, and pepper in a bowl. Put the bean mixture in the frying basket and Air Fry for 5 minutes. Stir in bacon and Air Fry for 4 more minutes. Mix in garlic and cook for 1 minute. Transfer it to

a serving dish, drizzle with balsamic vinegar and combine. Serve right away.

## **Wilted Brussels Sprout Slaw**

Servings: 4

Cooking Time: 18 Minutes

### **Ingredients:**

- 2 Thick-cut bacon strip(s), halved widthwise (gluten-free, if a concern)
- 4½ cups Bagged shredded Brussels sprouts
- ¼ teaspoon Table salt
- 2 tablespoons White balsamic vinegar
- 2 teaspoons Worcestershire sauce (gluten-free, if a concern)
- 1 teaspoon Dijon mustard (gluten-free, if a concern)
- ¼ teaspoon Ground black pepper

### **Directions:**

1. Preheat the air fryer to 375°F .
2. When the machine is at temperature, lay the bacon strip halves in the basket in one layer and air-fry for 10 minutes, or until crisp.
3. Use kitchen tongs to transfer the bacon pieces to a wire rack. Put the shredded Brussels sprouts in a large bowl. Drain any fat from the basket or the tray under the basket onto the Brussels sprouts. Add the salt and toss well to coat.
4. Put the Brussels sprout shreds in the basket, spreading them out into as close to an even layer as you can. Air-fry for 8 minutes, tossing the basket's contents at least three times, until wilted and lightly browned.
5. Pour the contents of the basket into a serving bowl. Chop the bacon and add it to the Brussels sprouts. Add the vinegar, Worcestershire sauce, mustard, and pepper. Toss well to blend the dressing and coat the Brussels sprout shreds. Serve warm.

## **Spicy Roasted Potatoes**

Servings: 2

Cooking Time: 15 Minutes

### **Ingredients:**

- 4 potatoes, peeled and cut into wedges
- 2 tablespoons olive oil
- Sea salt and ground black pepper, to taste
- 1 teaspoon cayenne pepper
- 1/2 teaspoon ancho chili powder

### **Directions:**

1. Toss all ingredients in a mixing bowl until the potatoes are well covered.
2. Transfer them to the Air Fryer basket and cook at 400°F for 6 minutes; shake the basket and cook for a further 6 minutes.
3. Serve warm with your favorite sauce for dipping. Bon appétit!

## **Mini Spinach And Sweet Pepper Poppers**

Servings:16

Cooking Time: 8 Minutes

### **Ingredients:**

- 4 ounces cream cheese, softened
- 1 cup chopped fresh spinach leaves
- ½ teaspoon garlic powder
- 8 mini sweet bell peppers, tops removed, seeded, and halved lengthwise

### **Directions:**

1. In a medium bowl, mix cream cheese, spinach, and garlic powder. Place 1 tablespoon mixture into each sweet pepper half and press down to smooth.
2. Place poppers into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 8 minutes. Poppers will be done when cheese is browned on top and peppers are tender-crisp. Serve warm.

## **Perfect Asparagus**

Servings: 3

Cooking Time: 10 Minutes

### **Ingredients:**

- 1 pound Very thin asparagus spears
- 2 tablespoons Olive oil
- 1 teaspoon Coarse sea salt or kosher salt
- ¾ teaspoon Finely grated lemon zest

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Trim just enough off the bottom of the asparagus spears so they'll fit in the basket. Put the spears on a large plate and drizzle them with some of the olive oil. Turn them over and drizzle more olive oil, working to get all the spears coated.
3. When the machine is at temperature, place the spears in one direction in the basket. They may be touching. Air-fry for 10 minutes, tossing and rearranging the spears twice, until tender.
4. Dump the contents of the basket on a serving platter. Spread out the spears.

Sprinkle them with the salt and lemon zest while still warm. Serve at once.

## **Twice-baked Potatoes With Pancetta**

Servings: 5

Cooking Time: 30 Minutes

### **Ingredients:**

- 2 teaspoons canola oil
- 5 large russet potatoes, peeled
- Sea salt and ground black pepper, to taste
- 5 slices pancetta, chopped
- 5 tablespoons Swiss cheese, shredded

### **Directions:**

1. Start by preheating your Air Fryer to 360 °F.
2. Drizzle the canola oil all over the potatoes. Place the potatoes in the Air Fryer basket and cook approximately 20 minutes, shaking the basket periodically.
3. Lightly crush the potatoes to split and season them with salt and ground black pepper. Add the pancetta and cheese.
4. Place in the preheated Air Fryer and bake an additional 5 minutes or until cheese has melted. Bon appétit!

## **Bacon-jalapeño Cheesy “breadsticks”**

Servings:8

Cooking Time: 15 Minutes

### **Ingredients:**

- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- ¼ cup chopped pickled jalapeños
- 2 large eggs, whisked
- 4 slices cooked sugar-free bacon, chopped

### **Directions:**

1. Mix all ingredients together in a large bowl. Cut a piece of parchment paper to fit inside air fryer basket.
2. Dampen your hands with a bit of water and press out mixture into a circle to fit on ungreased parchment. You may need to separate into two smaller circles, depending on the size of air fryer.
3. Place parchment with cheese mixture into air fryer basket. Adjust the temperature to 320°F and set the timer for 15 minutes. Carefully flip when 5 minutes remain on

timer. The top will be golden brown when done. Slice into eight sticks. Serve warm.

## **Salt And Pepper Baked Potatoes**

Servings: 4

Cooking Time: 40 Minutes

### **Ingredients:**

- 1 to 2 tablespoons olive oil
- 4 medium russet potatoes
- salt and coarsely ground black pepper
- butter, sour cream, chopped fresh chives, scallions or bacon bits (optional)

### **Directions:**

1. Preheat the air fryer to 400°F.
2. Rub the olive oil all over the potatoes and season them generously with salt and coarsely ground black pepper. Pierce all sides of the potatoes several times with the tines of a fork.
3. Air-fry for 40 minutes, turning the potatoes over halfway through the cooking time.
4. Serve the potatoes, split open with butter, sour cream, fresh chives, scallions or bacon bits.

## **Hot Okra Wedges**

Servings: 2

Cooking Time: 35 Minutes

### **Ingredients:**

- 1 cup okra, sliced
- 1 cup breadcrumbs
- 2 eggs, beaten
- A pinch of black pepper
- 1 tsp crushed red peppers
- 2 tsp hot Tabasco sauce

### **Directions:**

1. Preheat air fryer to 350°F. Place the eggs and Tabasco sauce in a bowl and stir thoroughly; set aside. In a separate mixing bowl, combine the breadcrumbs, crushed red peppers, and pepper. Dip the okra into the beaten eggs, then coat in the crumb mixture. Lay the okra pieces on the greased frying basket. Air Fry for 14-16 minutes, shaking the basket several times during cooking. When ready, the okra will be crispy and golden brown. Serve.

## Mushrooms, Sautéed

Servings: 4

Cooking Time: 4 Minutes

### Ingredients:

- 8 ounces sliced white mushrooms, rinsed and well drained
- ¼ teaspoon garlic powder
- 1 tablespoon Worcestershire sauce

### Directions:

1. Place mushrooms in a large bowl and sprinkle with garlic powder and Worcestershire. Stir well to distribute seasonings evenly.
2. Place in air fryer basket and cook at 390°F for 4 minutes, until tender.

## Zucchini Fries

Servings: 3

Cooking Time: 12 Minutes

### Ingredients:

- 1 large Zucchini
- ½ cup All-purpose flour or tapioca flour
- 2 Large egg(s), well beaten
- 1 cup Seasoned Italian-style dried bread crumbs (gluten-free, if a concern)
- Olive oil spray

### Directions:

1. Preheat the air fryer to 400°F.
2. Trim the zucchini into a long rectangular block, taking off the ends and four “sides” to make this shape. Cut the block lengthwise into ½-inch-thick slices. Lay these slices flat and cut in half widthwise. Slice each of these pieces into ½-inch-thick batons.
3. Set up and fill three shallow soup plates or small pie plates on your counter: one for the flour, one for the beaten egg(s), and one for the bread crumbs.
4. Set a zucchini baton in the flour and turn it several times to coat all sides. Gently shake off any excess flour, then dip it in the egg(s), turning it to coat. Let any excess egg slip back into the rest, then set the baton in the bread crumbs and turn it several times, pressing gently to coat all sides, even the ends. Set aside on a cutting board and continue coating the remainder of the batons in the same way.
5. Lightly coat the batons on all sides with olive oil spray. Set them in two flat layers in the basket, the top layer at a 90-degree angle to the bottom one, with a little air space between the batons in each layer. In the end, the whole thing will look like a crosshatch pattern. Air-fry undisturbed for 6 minutes.

6. Use kitchen tongs to gently rearrange the batons so that any covered parts are now uncovered. The batons no longer need to be in a crosshatch pattern. Continue air-frying undisturbed for 6 minutes, or until lightly browned and crisp.
7. Gently pour the contents of the basket onto a wire rack. Spread the batons out and cool for only a minute or two before serving.

## Spiced Pumpkin Wedges

Servings: 4

Cooking Time: 35 Minutes

### Ingredients:

- 2 ½ cups pumpkin, cubed
- 2 tbsp olive oil
- Salt and pepper to taste
- ¼ tsp pumpkin pie spice
- 1 tbsp thyme
- ¼ cup grated Parmesan

### Directions:

1. Preheat air fryer to 360°F. Put the cubed pumpkin with olive oil, salt, pumpkin pie spice, black pepper, and thyme in a bowl and stir until the pumpkin is well coated. Pour this mixture into the frying basket and Roast for 18-20 minutes, stirring once. Sprinkle the pumpkin with grated Parmesan. Serve and enjoy!

## Honey-roasted Parsnips

Servings: 3

Cooking Time: 23 Minutes

### Ingredients:

- 1½ pounds Medium parsnips, peeled
- Olive oil spray
- 1 tablespoon Honey
- 1½ teaspoons Water
- ¼ teaspoon Table salt

### Directions:

1. Preheat the air fryer to 350°F .
2. If the thick end of a parsnip is more than ½ inch in diameter, cut the parsnip just below where it swells to its large end, then slice the large section in half lengthwise. If the parsnips are larger than the basket, trim off the thin end so the parsnips will fit. Generously coat the parsnips on all sides with olive oil spray.

3. When the machine is at temperature, set the parsnips in the basket with as much air space between them as possible. Air-fry undisturbed for 20 minutes.
4. Whisk the honey, water, and salt in a small bowl until smooth. Brush this mixture over the parsnips. Air-fry undisturbed for 3 minutes more, or until the glaze is lightly browned.
5. Use kitchen tongs to transfer the parsnips to a wire rack or a serving platter. Cool for a couple of minutes before serving.

## **Savory Roasted Carrots**

Servings:4

Cooking Time: 12 Minutes

### **Ingredients:**

- 1 pound baby carrots
- 2 tablespoons dry ranch seasoning
- 3 tablespoons salted butter, melted

### **Directions:**

1. Preheat the air fryer to 360°F.
2. Place carrots into a 6" round baking dish. Sprinkle carrots with ranch seasoning and drizzle with butter. Gently toss to coat.
3. Place in the air fryer basket and cook 12 minutes, stirring twice during cooking, until carrots are tender. Serve warm.

## **Cauliflower Rice Balls**

Servings:4

Cooking Time: 8 Minutes

### **Ingredients:**

- 1 steamer bag cauliflower rice, cooked according to package instructions
- ½ cup shredded mozzarella cheese
- 1 large egg
- 2 ounces plain pork rinds, finely crushed
- ¼ teaspoon salt
- ½ teaspoon Italian seasoning

### **Directions:**

1. Place cauliflower into a large bowl and mix with mozzarella.
2. Whisk egg in a separate medium bowl. Place pork rinds into another large bowl with salt and Italian seasoning.
3. Separate cauliflower mixture into four equal sections and form each into a ball.



- Carefully dip a ball into whisked egg, then roll in pork rinds. Repeat with remaining balls.
4. Place cauliflower balls into ungreased air fryer basket. Adjust the temperature to 400°F and set the timer for 8 minutes. Rice balls will be golden when done.
  5. Use a spatula to carefully move cauliflower balls to a large dish for serving. Serve warm.

## **Green Beans And Potatoes Recipe**

Servings: 5

Cooking Time: 25 Minutes

### **Ingredients:**

- 2 lbs. green beans
- 6 new potatoes; halved
- Salt and black pepper to the taste
- 6 bacon slices; cooked and chopped.
- A drizzle of olive oil

### **Directions:**

1. In a bowl; mix green beans with potatoes, salt, pepper and oil, toss, transfer to your air fryer and cook at 390 °F, for 15 minutes. Divide among plates and serve with bacon sprinkled on top.

## **Acorn Squash Halves With Maple Butter Glaze**

Servings: 2

Cooking Time: 33 Minutes

### **Ingredients:**

- 1 medium Acorn squash
- Vegetable oil spray
- ¼ teaspoon Table salt
- 1½ tablespoons Butter, melted
- 1½ tablespoons Maple syrup

### **Directions:**

1. Preheat the air fryer to 325°F.
2. Cut a squash in half through the stem end. Use a flatware spoon to scrape out and discard the seeds and membranes in each half. Use a paring knife to make a crisscross pattern of cuts about ½ inch apart and ¼ inch deep across the “meat” of the squash. If working with a second squash, repeat this step for that one.
3. Generously coat the cut side of the squash halves with vegetable oil spray. Sprinkle

the halves with the salt. Set them in the basket cut side up with at least ¼ inch between them. Air-fry undisturbed for 30 minutes.

4. Increase the machine's temperature to 400°F. Mix the melted butter and syrup in a small bowl until uniform. Brush this mixture over the cut sides of the squash(es), letting it pool in the center. Air-fry undisturbed for 3 minutes, or until the glaze is bubbling.
5. Use a nonstick-safe spatula and kitchen tongs to transfer the squash halves cut side up to a wire rack. Cool for 5 to 10 minutes before serving.

## **Desserts And Sweets**

### **Chocolate Chip Cookie Cake**

Servings:8

Cooking Time: 15 Minutes

#### **Ingredients:**

- 4 tablespoons salted butter, melted
- ⅓ cup granular brown erythritol
- 1 large egg
- ½ teaspoon vanilla extract
- 1 cup blanched finely ground almond flour
- ½ teaspoon baking powder
- ¼ cup low-carb chocolate chips

#### **Directions:**

1. In a large bowl, whisk together butter, erythritol, egg, and vanilla. Add flour and baking powder, and stir until combined.
2. Fold in chocolate chips, then spoon batter into an ungreased 6" round nonstick baking dish.
3. Place dish into air fryer basket. Adjust the temperature to 300°F and set the timer for 15 minutes. When edges are browned, cookie cake will be done.
4. Slice and serve warm.

### **Dark Chocolate Peanut Butter S'mores**

Servings: 4

Cooking Time: 6 Minutes

#### **Ingredients:**

- 4 graham cracker sheets
- 4 marshmallows
- 4 teaspoons chunky peanut butter
- 4 ounces dark chocolate

- ½ teaspoon ground cinnamon

**Directions:**

1. Preheat the air fryer to 390°F. Break the graham crackers in half so you have 8 pieces.
2. Place 4 pieces of graham cracker on the bottom of the air fryer. Top each with one of the marshmallows and bake for 6 or 7 minutes, or until the marshmallows have a golden brown center.
3. While cooking, slather each of the remaining graham crackers with 1 teaspoon peanut butter.
4. When baking completes, carefully remove each of the graham crackers, add 1 ounce of dark chocolate on top of the marshmallow, and lightly sprinkle with cinnamon. Top with the remaining peanut butter graham cracker to make the sandwich. Serve immediately.

## **Peanut Cookies**

Servings: 4

Cooking Time: 5 Minutes

**Ingredients:**

- 4 tablespoons peanut butter
- 4 teaspoons Erythritol
- 1 egg, beaten
- ¼ teaspoon vanilla extract

**Directions:**

1. In the mixing bowl mix up peanut butter, Erythritol, egg, and vanilla extract. Stir the mixture with the help of the fork. Then make 4 cookies. Preheat the air fryer to 355°F. Place the cookies in the air fryer and cook them for 5 minutes.

## **Lemon Berries Stew**

Servings: 4

Cooking Time: 20 Minutes

**Ingredients:**

- 1 pound strawberries, halved
- 4 tablespoons stevia
- 1 tablespoon lemon juice
- 1 and ½ cups water

**Directions:**

1. In a pan that fits your air fryer, mix all the ingredients, toss, put it in the fryer and cook at 340°F for 20 minutes. Divide the stew into cups and serve cold.

## **Glazed Chocolate Doughnut Holes**

Servings: 5

Cooking Time: 22 Minutes

### **Ingredients:**

- 1 cup self-rising flour
- 1 ¼ cups plain full-fat Greek yogurt
- ¼ cup cocoa powder
- ½ cup granulated sugar
- 1 cup confectioners' sugar
- ¼ cup heavy cream
- 1 teaspoon vanilla extract

### **Directions:**

1. Preheat the air fryer to 350°F. Spray the inside of the air fryer basket with cooking spray.
2. In a large bowl, combine flour, yogurt, cocoa powder, and granulated sugar. Knead by hand 5 minutes until a large, sticky ball of dough is formed.
3. Roll mixture into balls, about 2 tablespoons each, to make twenty doughnut holes. Place doughnut holes in the air fryer basket and cook 12 minutes, working in batches as necessary.
4. While doughnut holes are cooking, in a medium bowl, mix confectioners' sugar, cream, and vanilla. Allow doughnut holes 5 minutes to cool before rolling each in the glaze. Chill in the refrigerator 5 minutes to allow glaze to set before serving.

## **Coconut Rice Cake**

Servings: 8

Cooking Time: 30 Minutes

### **Ingredients:**

- 1 cup all-natural coconut water
- 1 cup unsweetened coconut milk
- 1 teaspoon almond extract
- ¼ teaspoon salt
- 4 tablespoons honey
- cooking spray
- ¾ cup raw jasmine rice
- 2 cups sliced or cubed fruit

**Directions:**

1. In a medium bowl, mix together the coconut water, coconut milk, almond extract, salt, and honey.
2. Spray air fryer baking pan with cooking spray and add the rice.
3. Pour liquid mixture over rice.
4. Cook at 360°F for 15 minutes. Stir and cook for 15 minutes longer or until rice grains are tender.
5. Allow cake to cool slightly. Run a dull knife around edge of cake, inside the pan. Turn the cake out onto a platter and garnish with fruit.

**Lemon Iced Donut Balls**

Servings: 6

Cooking Time: 25 Minutes

**Ingredients:**

- 1 can jumbo biscuit dough
- 2 tsp lemon juice
- ½ cup icing sugar, sifted

**Directions:**

1. Preheat air fryer to 360°F. Divide the biscuit dough into 16 equal portions. Roll the dough into balls of 1½ inches thickness. Place the donut holes in the greased frying basket and Air Fry for 8 minutes, flipping once. Mix the icing sugar and lemon juice until smooth. Spread the icing over the top of the donuts. Leave to set a bit. Serve.

**No Flour Lime Muffins**

Servings: 6

Cooking Time: 30 Minutes

**Ingredients:**

- Juice and zest of 2 limes
- 1 cup yogurt
- ¼ cup superfine sugar
- 8 oz cream cheese
- 1 tsp vanilla extract

**Directions:**

1. Preheat the air fryer to 330°F, and with a spatula, gently combine the yogurt and cheese. In another bowl, beat together the rest of the ingredients. Gently fold the

lime with the cheese mixture. Divide the batter between 6 lined muffin tins. Cook in the air fryer for 10 minutes.

## **Baked Apple**

Servings: 6

Cooking Time: 20 Minutes

### **Ingredients:**

- 3 small Honey Crisp or other baking apples
- 3 tablespoons maple syrup
- 3 tablespoons chopped pecans
- 1 tablespoon firm butter, cut into 6 pieces

### **Directions:**

1. Put ½ cup water in the drawer of the air fryer.
2. Wash apples well and dry them.
3. Split apples in half. Remove core and a little of the flesh to make a cavity for the pecans.
4. Place apple halves in air fryer basket, cut side up.
5. Spoon 1½ teaspoons pecans into each cavity.
6. Spoon ½ tablespoon maple syrup over pecans in each apple.
7. Top each apple with ½ teaspoon butter.
8. Cook at 360°F for 20 minutes, until apples are tender.

## **Cinnamon Apple Chips**

Servings: 6

Cooking Time: 8 Minutes

### **Ingredients:**

- 3 Granny Smith apples, wash, core and thinly slice
- 1 tsp ground cinnamon
- Pinch of salt

### **Directions:**

1. Rub apple slices with cinnamon and salt and place into the air fryer basket.
2. Cook at 390°F for 8 minutes. Turn halfway through.
3. Serve and enjoy.

## **Cinnamon Canned Biscuit Donuts**

Servings: 4

Cooking Time: 25 Minutes

**Ingredients:**

- 1 can jumbo biscuits
- 1 cup cinnamon sugar

**Directions:**

1. Preheat air fryer to 360°F. Divide biscuit dough into 8 biscuits and place on a flat work surface. Cut a small circle in the center of the biscuit with a small cookie cutter. Place a batch of 4 donuts in the air fryer. Spray with oil and Bake for 8 minutes, flipping once. Drizzle the cinnamon sugar over the donuts and serve.

## **Peanut Butter S'mores**

Servings:10

Cooking Time: 1 Minute

**Ingredients:**

- 10 Graham crackers (full, double-square cookies as they come out of the package)
- 5 tablespoons Natural-style creamy or crunchy peanut butter
- ½ cup Milk chocolate chips
- 10 Standard-size marshmallows (not minis and not jumbo campfire ones)

**Directions:**

1. Preheat the air fryer to 350°F .
2. Break the graham crackers in half widthwise at the marked place, so the rectangle is now in two squares. Set half of the squares flat side up on your work surface. Spread each with about 1½ teaspoons peanut butter, then set 10 to 12 chocolate chips point side up into the peanut butter on each, pressing gently so the chips stick.
3. Flatten a marshmallow between your clean, dry hands and set it atop the chips. Do the same with the remaining marshmallows on the other coated graham crackers. Do not set the other half of the graham crackers on top of these coated graham crackers.
4. When the machine is at temperature, set the treats graham cracker side down in a single layer in the basket. They may touch, but even a fraction of an inch between them will provide better air flow. Air-fry undisturbed for 45 seconds.
5. Use a nonstick-safe spatula to transfer the topped graham crackers to a wire rack. Set the other graham cracker squares flat side down over the marshmallows. Cool for a couple of minutes before serving.

## **Pecan Snowball Cookies**

Servings:12

Cooking Time: 24 Minutes

**Ingredients:**

- 1 cup chopped pecans
- ½ cup salted butter, melted
- ½ cup coconut flour
- ¾ cup confectioners' erythritol, divided
- 1 teaspoon vanilla extract

**Directions:**

1. In a food processor, blend together pecans, butter, flour, ½ cup erythritol, and vanilla 1 minute until a dough forms.
2. Form dough into twelve individual cookie balls, about 1 tablespoon each.
3. Cut three pieces of parchment to fit air fryer basket. Place four cookies on each ungreased parchment and place one piece parchment with cookies into air fryer basket. Adjust air fryer temperature to 325°F and set the timer for 8 minutes. Repeat cooking with remaining batches.
4. When the timer goes off, allow cookies to cool 5 minutes on a large serving plate until cool enough to handle. While still warm, dust cookies with remaining erythritol. Allow to cool completely, about 15 minutes, before serving.

## **Pumpkin Cake**

Servings:8

Cooking Time: 25 Minutes

**Ingredients:**

- 4 tablespoons salted butter, melted
- ½ cup granular brown erythritol
- ¼ cup pure pumpkin puree
- 1 cup blanched finely ground almond flour
- ½ teaspoon baking powder
- ⅛ teaspoon salt
- 1 teaspoon pumpkin pie spice

**Directions:**

1. Mix all ingredients in a large bowl. Pour batter into an ungreased 6" round nonstick baking dish.
2. Place dish into air fryer basket. Adjust the temperature to 300°F and set the timer for 25 minutes. The top will be dark brown, and a toothpick inserted in the center should come out clean when done. Let cool 30 minutes before serving.



## Fried Banana S'mores

Servings: 4

Cooking Time: 6 Minutes

### Ingredients:

- 4 bananas
- 3 tablespoons mini semi-sweet chocolate chips
- 3 tablespoons mini peanut butter chips
- 3 tablespoons mini marshmallows
- 3 tablespoons graham cracker cereal

### Directions:

1. Preheat the air fryer to 400°F.
2. Slice into the un-peeled bananas lengthwise along the inside of the curve, but do not slice through the bottom of the peel. Open the banana slightly to form a pocket.
3. Fill each pocket with chocolate chips, peanut butter chips and marshmallows. Poke the graham cracker cereal into the filling.
4. Place the bananas in the air fryer basket, resting them on the side of the basket and each other to keep them upright with the filling facing up. Air-fry for 6 minutes, or until the bananas are soft to the touch, the peels have blackened and the chocolate and marshmallows have melted and toasted.
5. Let them cool for a couple of minutes and then simply serve with a spoon to scoop out the filling.

## Molten Lava Cakes

Servings:3

Cooking Time: 10 Minutes

### Ingredients:

- 2 large eggs
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 tablespoons unsalted butter
- ¾ cup milk chocolate chips
- ¼ cup all-purpose flour
- Cooking spray

### Directions:

1. Preheat the air fryer to 350°F. Spray three 4" ramekins with cooking spray.
2. In a medium bowl, whisk eggs, vanilla, and salt until well combined.
3. In a large microwave-safe bowl, microwave butter and chocolate chips in 20-second intervals, stirring after each interval, until mixture is fully melted, smooth,

- and pourable.
4. Whisk chocolate and slowly add egg mixture. Whisk until fully combined.
  5. Sprinkle flour into bowl and whisk into chocolate mixture. It should be easily pourable.
  6. Divide batter evenly among prepared ramekins. Place in the air fryer basket and cook 5 minutes until the edges and top are set.
  7. Let cool 5 minutes and use a butter knife to loosen the edges from ramekins.
  8. To serve, place a small dessert plate upside down on top of each ramekin. Quickly flip ramekin and plate upside down so lava cake drops to the plate. Let cool 5 minutes. Serve.

## **Moon Pie**

Servings:4

Cooking Time: 10 Minutes

### **Ingredients:**

- 8 large marshmallows
- 8 squares each of dark, milk and white chocolate

### **Directions:**

1. Arrange the cracker halves on a cutting board. Put 2 marshmallows onto half of the graham cracker halves. Place 2 squares of chocolate onto the cracker with the marshmallows. Put the remaining crackers on top to create 4 sandwiches. Wrap each one in the baking paper so it resembles a parcel. Cook in the fryer for 5 minutes at 340°F.

## **Ricotta Lemon Cake**

Servings: 8

Cooking Time: 40 Minutes

### **Ingredients:**

- 1 lb ricotta
- 4 eggs
- 1 lemon juice
- 1 lemon zest
- ¼ cup erythritol

### **Directions:**

1. Preheat the air fryer to 325°F.
2. Spray air fryer baking dish with cooking spray.
3. In a bowl, beat ricotta cheese until smooth.

4. Whisk in the eggs one by one.
5. Whisk in lemon juice and zest.
6. Pour batter into the prepared baking dish and place into the air fryer.
7. Cook for 40 minutes.
8. Allow to cool completely then slice and serve.

## **Merengues**

Servings: 6

Cooking Time: 65 Minutes

### **Ingredients:**

- 2 egg whites
- 1 teaspoon lime zest, grated
- 1 teaspoon lime juice
- 4 tablespoons Erythritol

### **Directions:**

1. Whisk the egg whites until soft peaks. Then add Erythritol and lime juice and whisk the egg whites until you get strong peaks. After this, add lime zest and carefully stir the egg white mixture. Preheat the air fryer to 275°F. Line the air fryer basket with baking paper. With the help of the spoon make the small merengues and put them in the air fryer in one layer. Cook the dessert for 65 minutes.

## **Fried Oreos**

Servings: 12

Cooking Time: 6 Minutes Per Batch

### **Ingredients:**

- oil for misting or nonstick spray
- 1 cup complete pancake and waffle mix
- 1 teaspoon vanilla extract
- ½ cup water, plus 2 tablespoons
- 12 Oreos or other chocolate sandwich cookies
- 1 tablespoon confectioners' sugar

### **Directions:**

1. Spray baking pan with oil or nonstick spray and place in basket.
2. Preheat air fryer to 390°F.
3. In a medium bowl, mix together the pancake mix, vanilla, and water.
4. Dip 4 cookies in batter and place in baking pan.
5. Cook for 6 minutes, until browned.

6. Repeat steps 4 and 5 for the remaining cookies.
7. Sift sugar over warm cookies.

## **Brownies**

Servings: 8

Cooking Time: 20 Minutes

### **Ingredients:**

- ½ cup all-purpose flour
- 1 cup granulated sugar
- ¼ cup cocoa powder
- ½ teaspoon baking powder
- 6 tablespoons salted butter, melted
- 1 large egg
- ½ cup semisweet chocolate chips

### **Directions:**

1. Preheat the air fryer to 350°F. Generously grease two 6" round cake pans.
2. In a large bowl, combine flour, sugar, cocoa powder, and baking powder.
3. Add butter, egg, and chocolate chips to dry ingredients. Stir until well combined.
4. Divide batter between prepared pans. Place in the air fryer basket and cook 20 minutes until a toothpick inserted into the center comes out clean. Cool 5 minutes before serving.

## **Pumpkin Pie**

Servings: 6

Cooking Time: 2 Hours 25 Minutes

### **Ingredients:**

- 1 can pumpkin pie mix
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup sweetened condensed milk
- 1 premade graham cracker piecrust

### **Directions:**

1. Preheat the air fryer to 325°F.
2. In a large bowl, whisk together pumpkin pie mix, egg, vanilla, and sweetened condensed milk until well combined. Pour mixture into piecrust.
3. Place in the air fryer basket and cook 25 minutes until pie is brown, firm, and a toothpick inserted into the center comes out clean.

4. Chill in the refrigerator until set, at least 2 hours, before serving.

## **Apple Pie Crumble**

Servings:4

Cooking Time:25 Minutes

### **Ingredients:**

- 1 can apple pie
- ¼ cup butter, softened
- 9 tablespoons self-rising flour
- 7 tablespoons caster sugar
- Pinch of salt

### **Directions:**

1. Preheat the Air fryer to 320°F and grease a baking dish.
2. Mix all the ingredients in a bowl until a crumbly mixture is formed.
3. Arrange the apple pie in the baking dish and top with the mixture.
4. Transfer the baking dish into the Air fryer basket and cook for about 25 minutes.
5. Dish out in a platter and serve.