



Air Fryer

Recipe Book

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Simple Sausage Patties

Serves: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 12oz** sausage patties
- nonstick cooking spray

Recipe

1. Preheat the air fryer to 400 °F. Place sausage patties into the basket in 1 layer, working in batches if necessary.
2. Cook in the preheated air fryer for 5 minutes. Pull the basket out, flip sausage over, and cook for approx 3-5 minutes.

Tip: Insert an instant-read thermometer into the center of a patty to ensure it meets 160 degrees symbols.



Breakfast Turkey Sausage

Serves: 6

Prep Time: 5

Cook Time: 6 minutes

Ingredients

9.6oz turkey sausage
breakfast links

Recipe

1. Preheat the air fryer to 350 °F.
2. Place all 12 links in a single layer in the basket of the air fryer.
3. Cook for approx. 6 minutes and enjoy!



Fast Breakfast Frittata

Serves: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- ¼ lb** cooked and crumbled breakfast sausage
- ½ cup** shredded cheddar-monterey jack cheese blend
- 1 pinch** cayenne pepper (optional)
- 2 tbsp** red bell pepper, diced
- 4** eggs, lightly beaten
- 1** green onion, chopped
- cooking spray

Recipe

1. Combine sausage, eggs, cheese, bell pepper, onion, and cayenne in a bowl and mix to combine.
2. Preheat the air fryer to 360 °F. Spray a nonstick 6x2 inch cake pan with cooking spray.
3. Pour egg mixture in the prepared cake pan.
4. Cook for approximately 18 minutes, or until frittata is set.



Toad-in-the-Hole Tarts

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 4 tbsp** shredded cheddar cheese
- 4 tbsp** diced, cooked ham
- 1 tbsp** fresh chives, chopped
- 1** sheet frozen puff pastry, thawed
- 4** eggs

Recipe

1. Preheat the air fryer to 400 °F.
2. Gently unfold pastry sheets on a flat surface and cut into 2 squares.
3. Place 2 pastry squares in the air fryer basket and cook 6 to 8 minutes.
4. Remove basket from air fryer. Use a metal spoon to press each square gently to form an indentation.
5. Place 1 tbsp of cheddar cheese and 1 tbsp ham in each hole and pour 1 egg on top of each.
6. Return basket to air fryer. Cook to desired doneness, about 6 more minutes. Remove tarts from basket and let cool 5 minutes.
7. Garnish tarts with chives.



Easy-Peel Boiled Eggs

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- large or soft eggs

Recipe

1. Place egg in air fryer basket.
2. Place basket in air fryer — for soft boiled eggs, cook at 250°F for 17 minutes.
3. For hard boiled eggs, cook at 300°F for 10 minutes.



Easy Cheesy Egg Toast

Serves: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 slice of bread
- 1 large egg
- shredded cheese
- salt
- pepper
- butter

Recipe

1. Butter your bread.
2. Using a spoon, flatten the center of your piece of bread.
3. Crack egg into center of bread.
4. Salt and pepper to taste.
5. Sprinkle shredded cheese around the egg on bread and egg white.
6. Carefully place egg bread in the air fryer basket.
7. Place basket in air fryer and cook at 350° for 10 minutes for over easy eggs, or 11 minutes for well done eggs.



Strawberries N' Cream Scones

Serves: 6

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients

- 2 cups** all-purpose flour
- ¼ cup** granulated sugar
- 2 tsp** baking powder
- ½ tsp** salt
- 6 tbsp** butter, cold, cut into pieces
- ½ cup** fresh strawberries, chopped
- ½ cup** heavy cream
- 2 tsp** vanilla extract
- 1 tsp** water
- 2** large eggs
- cookie cutter

Recipe

1. Sift together the flour, sugar, baking powder, and salt in a large bowl.
2. Mix the butter into the flour using a pastry blender or with your hands until the mixture resembles coarse crumbs.
3. Mix the strawberries into the flour mixture, then set aside.
4. Whisk together the heavy cream, 1 egg, and vanilla extract in a separate bowl.
5. Fold the cream mixture into the flour mixture until it combines, then roll it out to a 1½-inch thickness.
6. Use a round cookie cutter to cut the scones.
7. Brush the scones with an egg wash made from 1 egg and the water. Set aside.
8. Preheat air fryer to to 350°F.
9. Line the preheated air fryer baskets with parchment paper.
10. Place the scones on top of the parchment paper and cook for 12 minutes at 350°F, until golden brown.



Scrumptious Blueberry Ginger Scones

Serves: 2

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients

- 2 cups** all-purpose flour
- ¼ cup** granulated sugar
- 2 tsp** baking powder
- ½ tsp** salt
- 6 tbsp** butter, cold, cut into pieces
- ½ cup** fresh blueberries
- 2 tsp** fresh ginger, finely grated
- ½ cup** heavy cream
- 2 tsp** vanilla extract
- 1 tsp** water
- 2** large eggs

Recipe

1. Sift together the flour, sugar, baking powder, and salt in a large bowl.
2. Cut the butter into the flour using a pastry blender or by hand until the mixture resembles coarse crumbs.
3. Mix the blueberries and ginger into the flour mixture. Set aside.
4. Whisk together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
5. Fold the cream mixture into the flour until it combines.
6. Form the dough into a round shape with 1½-inch thickness and cut it into eights.
7. Brush the scones with an egg wash made from 1 egg and the water. Set aside.
8. Preheat air fryer to 350°F.
9. Line the preheated air fryer baskets with parchment paper and place the scones on top.
10. Cook for 12 minutes at 350°F, until golden brown.



Baked Parmesan Potted Egg

Serves: 3

Prep Time: 3 minutes

Cook Time: 14 minutes

Ingredients

- 2 cups** baby spinach
- ½ cup** heavy cream
- 3 tbsp** grated parmesan cheese
- 3** eggs
- 6** slices of smoked bacon, diced
- salt
- pepper
- nonstick cooking spray

Recipe

1. Preheat the air fryer to 350°F.
2. Spray three 3-inch ramekins with nonstick cooking spray.
3. Add 1 egg to each greased ramekin.
4. Cook the bacon in a pan for 5 minutes, until crispy.
5. Add the spinach and cook for 2 minutes, or until wilted.
6. Mix in the heavy cream and Parmesan cheese. Cook for 2-3 minutes.
7. Pour the cream mixture on top of the eggs.
8. Place the ramekins into the preheated air fryer and cook for 4 minutes at 350°F, until the egg white is fully set.
9. Add salt and pepper to taste.



Cinnamon French Toast Sticks

Serves: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- ¼ cup** cup milk
- 1 tbsp** maple syrup
- ½ tsp** vanilla extract
- 3 tbsp** sugar
- 1 tsp** ground cinnamon
- 4** slices of white bread, preferably stale
- 2** eggs
 - maple syrup
 - powdered sugar
 - nonstick cooking spray

Recipe

1. Cut each slice of bread into bread sticks, then set aside.
2. Whisk together the eggs, milk, maple syrup, and vanilla.
3. Preheat air fryer to 350°.
4. Dip the bread sticks into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with cooking spray.
5. Cook the French toast sticks for 10 minutes at 350°F. Flip the sticks halfway through cooking.
6. Mix together the sugar and cinnamon in a bowl, then set aside.
7. When French toast sticks are finished cooking, toss each piece in the cinnamon-sugar mixture.
8. Serve with maple syrup and dust with powdered sugar.



Breakfast Sandwich

Serves: 1

Prep Time: 2 minutes

Cook Time: 10 minutes

Ingredients

- 1 tbsp** hot water
- 1** slice white cheddar cheese
- 1** slice canadian bacon
- 1** english muffin
- 1** large egg
- salt
- pepper
- nonstick cooking spray

Recipe

1. Spray the inside of a 3oz ramekin with cooking spray and place into the air fryer.
2. Preheat the air fryer to 320°F.
3. Slice the English muffin into 2 halves, then add the cheese and bacon to 1 half of the muffin.
4. Place both halves of the muffin into the preheated air fryer.
5. Pour the hot water and egg into the heated ramekin and season with salt and pepper.
6. Cook for 10 minutes.
7. Remove the English muffins after 7 minutes. Leave eggs to finish cooking.
8. Assemble your sandwich by placing the cooked egg on top of the English muffin and serve.



Coffee Crumb Streusel Muffins

Serves: 2

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients

Crumb Topping

- 1 tbsp** white sugar
- 1½ tbsp** light brown sugar
- ¼ tsp** cinnamon
- ¼ tsp** salt
- 1 tbsp** unsalted melted butter
- 3 tbsp** all-purpose flour

Muffins

- ¾ cup** all-purpose flour
- ¼ cup** light brown sugar
- 1 tsp** baking powder
- ½ tsp** baking soda
- ½ tsp** cinnamon
- ½ tsp** salt
- ½ cup** sour cream
- 3 tbsp** unsalted butter
- 1 tsp** vanilla
- 1** egg
- nonstick cooking spray

Recipe

1. Mix all the crumb topping ingredients together until it forms coarse crumbs, then set aside.
2. Combine flour, brown sugar, baking powder, baking soda, cinnamon, and salt in a large bowl.
3. Whisk the sour cream, butter, egg, and vanilla together in a separate bowl.
4. Mix the wet ingredients until well combined.
5. Preheat the air fryer to 350°F.
6. Grease muffin cups with cooking spray and pour batter in until cups are ¾ full.
7. Sprinkle the top of the muffins with the crumb topping.
8. Place the muffin cups into the preheated air fryer. (May be done in batches)
9. Cook the muffins at 350°F for 12 minutes.



Sweet BBQ Bacon

Serves: 2

Prep Time: 2 minutes

Cook Time: 8 minutes

Ingredients

- 1 tbsp** dark brown sugar
- 2 tsp** chili powder
- ¼ tsp** ground cumin
- ¼ tsp** cayenne pepper
- 4** slices bacon, halved

Recipe

1. Mix dark brown sugar, chili powder, cumin and cayenne pepper until well combined.
2. Fully coat the bacon in the seasoning, then set aside.
3. Preheat the air fryer to 320°F.
4. Place the bacon into the preheated air fryer.
5. Cook for 8 minutes.



Cream-Cheese Stuffed French Toast

Serves: 1

Prep Time: 4 minutes

Cook Time: 10 minutes

Ingredients

- 2 tbsp** milk
- 2 tbsp** heavy cream
- 3 tbsp** sugar
- 1 tsp** cinnamon
- ½ tsp** vanilla extract
- 4 oz** ounces cream cheese
- 1** slice brioche bread, 2½ inches thick, preferably stale
- 2** eggs
- maple syrup and berries to taste.
- nonstick cooking spray

Recipe

1. Preheat the air fryer to 350°F.
2. Cut a slit in the middle of the brioche slice.
3. Stuff the inside of the slit with cream cheese then, set aside.
4. Whisk the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
5. Soak the stuffed French toast in egg mixtures for 10 seconds on each side.
6. Spray each side of the French toast with cooking spray.
7. Place the French toast in the preheated air fryer and cook for 10 minutes at 350°F.
8. Carefully remove the French toast when done cooking.
9. Serve with maple syrup, strawberries and blueberries to taste.



Homemade Breakfast Pizza

Serves: 1-2

Prep Time: 5 minutes

Cook Time: 8 minutes

Ingredients

- 2 tsp** olive oil
- 1½ tbsp** cilantro, chopped
- 1 oz** low-moisture mozzarella cheese
- 1** pre-made pizza dough (7 inches)
- 2** slices smoked ham
- 1** egg
- 2** garlic cloves, minced

Recipe

1. Brush olive oil on top of the premade pizza dough.
2. Add mozzarella cheese and smoked ham onto the dough.
3. Preheat the air fryer to 350°F.
4. Place the pizza into the preheated air fryer and cook for 8 minutes at 350°F.
5. Remove baskets after 5 minutes and crack the egg on top of the pizza.
6. Replace baskets into the air fryer and finish cooking. Garnish with chopped cilantro and serve.



Side Dishes



Roasted Cauliflower

Serves: 2

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- ½ tsp** salt
- ½ tsp** smoked paprika
- 4 cups** cauliflower florets
- 3** cloves garlic
- 1** peanut oil

Recipe

1. Preheat an air fryer to 400 °F.
2. Cut the garlic cloves in half and crush all pieces.
3. Mix garlic, oil, salt, and paprika. Then add cauliflower and turn to coat.
4. Place the coated cauliflower in the bowl of the air fryer and cook to desired crispiness, shaking every 5 minutes, about 15 minutes total.



Baked-n-Loaded Potato

Serves: 2

Prep Time: 15 minutes

Cook Time: 60 minutes

Ingredients

- 1 tbsp** peanut oil
- ½ tsp** coarse sea salt
- 2** large russet potatoes, scrubbed

Recipe

1. Preheat air fryer to 400 °F.
2. Brush potatoes with peanut oil and sprinkle with salt. Place them in the air fryer basket and place basket in the air fryer.
3. Cook potatoes for approx. 1 hour, or until done. Pierce with a fork to ensure the potato is thoroughly cooked.



Spicy Green Beans

Serves: 4

Prep Time: 5 minutes

Cook Time: 12 minutes

Ingredients

- 12 oz** fresh green beans, trimmed
- 1 tbsp** sesame oil
- 1 tsp** soy sauce
- 1 tsp** rice wine vinegar
- ½ tsp** red pepper flakes
- 1** clove garlic, minced

Recipe

1. Preheat an air fryer to 400 °F.
2. Place green beans in a bowl. Whisk together sesame oil, soy sauce, rice wine vinegar, garlic, and red pepper flakes in a separate bowl and pour over green beans. Toss to coat and let marinate for 5 minutes.
3. Place half the green beans in the air fryer basket. Cook 12 minutes, shaking basket halfway through cooking time. Repeat with remaining green beans.



Garlic - Roasted Mushrooms

Serves: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 8 oz** package cremini mushrooms, halved or quartered
- 2 tbsp** avocado oil
- 1 tsp** low-sodium soy sauce
- ½ tsp** garlic granules
 - salt
 - pepper

Recipe

1. Preheat the air fryer to 375 °F.
2. Combine mushrooms, avocado oil, soy sauce, garlic granules, salt, and pepper in a bowl; toss to coat. Transfer to the air fryer bowl.
3. Cook mushrooms in the air fryer for 10 minutes, shaking occasionally.



Crispy Potato Skin Wedges

Serves: 4

Prep Time: 50 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup** water
- ¼ cup** canola oil
- 1 tsp** paprika
- ¼ tsp** black pepper
- ¼ tsp** salt
- 4** medium russet potatoes

Recipe

1. Clean the potatoes by scrubbing under running water.
2. Fill a medium-sized pot with water and boil over medium-high heat.
3. Add the potatoes to the boiling water.
4. Cook for approx. 20-30 minutes. Then remove from water and cool in the refrigerator for 30 minutes.
5. After potatoes are cool, cut into wedges.
6. In a mixing bowl, combine canola oil, paprika, salt and black pepper.
7. Preheat the air fryer to 390°F.
8. Lightly toss the potatoes into the oil mixture.
9. Place half of the potatoes into the air fryer skin side down. Don't overcrowd.
10. Cook each batch for 6-8 minutes, shaking halfway through.



Golden French Fries

Serves: 4

Prep Time: 45 minutes

Cook Time: 20 minutes

Ingredients

- 1 **tbsp** olive oil
- 2 medium russet potatoes

Recipe

1. Peel the potatoes and cut them into strips (1/2 inch x 3 inch).
2. Soak the potatoes in water for at least 30 minutes. Then drain the potatoes and thoroughly and pat dry.
3. Preheat the air fryer to 320°F.
4. Carefully coat the fries in oil and transfer to fryer basket. Cook for 5 minutes, until crisp. Allow to cool.
5. Increase the air fryer temperature to 390°F.
6. Slide the basket of pre-cooked fries back into the air fryer and cook for 10-15 minutes or until golden brown.

Tip: Instead of cooking the fries in 2 stages, cook all of the fries in a batch for 18-20 minutes at 390 (degrees symbol). This method will result in fries that are less evenly browned.



Crispy Potato Croquettes

Serves: 4

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients

- ½ cup** parmesan cheese, grated
- 2 tbsp** all purpose flour
- 2 tbsp** chives, finely chopped
- 1 pinch** black pepper
- 1 pinch** ground nutmeg
- 2 tbsp** vegetable oil
- ½ cup** breadcrumbs
 - 2** medium russet potatoes, peeled and cubed
 - 1** egg yolk

Recipe

1. Boil the potato cubes in salted water for 15 minutes.
2. Drain the potatoes and mash finely with a potato masher or ricer. Cool completely.
3. Add the egg yolk, cheese, flour, and chives to the potato.
4. Season to taste with salt, pepper, and nutmeg.
5. Shape the potato mixture into the size of golf balls.
6. Place each potato ball into the flour; then the eggs and then the breadcrumbs and roll into a cylinder shape.
7. Preheat the air fryer to 390°F.
8. Place half of the croquettes into the air fryer basket and cook for 7-8 minutes or until golden brown.
9. Repeat until all croquettes are cooked.



Potatoes au Gratin

Serves: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ¼ cup** milk
- ¼ cup** cream
- 1 tsp** black pepper
- ½ tsp** nutmeg
- ¼ cup** gruyère or semi-mature cheese, grated
- 1** medium russet potatoes, peeled

Recipe

1. Preheat the air fryer to 390°F.
2. Slice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper, and nutmeg.
3. Coat the potato slices with the milk mixture.
4. Transfer the potato slices to a 6-inch baking pan and pour the rest of the cream mixture from the bowl on top of the potatoes.
5. Place the baking pan in the cooking basket and slide the basket into the air fryer.
6. Set the timer for 15 minutes and bake the gratin. Distribute the cheese evenly over potatoes. Set the timer for 10 more minutes and bake the gratin until it is nicely browned.



Rosemary Russet Potato Chips

Serves: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 1 tbsp** olive oil
- 1 tsp** chopped rosemary
- 1 pinch** salt
- 2** medium russet potatoes

Recipe

1. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water.
2. Soak the potatoes for 5 minutes, changing the water several times. Drain thoroughly and pat dry.
3. Preheat the air fryer to 330°F.
4. In a mixing bowl, toss the potatoes with olive oil.
5. Place potatoes in the cooking basket and cook for 30 minutes or until golden brown. Shake frequently to ensure chips are evenly cooked.
6. When finished, toss in a large bowl with rosemary and a pinch of salt.



Savory-Sweet Potato Fries

Serves: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 2 tbsp** oil
- 2 tsp** salt
- ½ tsp** black pepper
- ½ tsp** paprika
- ½ tsp** garlic powder
- ½ tsp** onion powder
- 2** large sweet potatoes, cut into ½-inch thick strips

Recipe

1. Cut the sweet potatoes into ½-inch thick strips.
2. Add the cut sweet potatoes to a large bowl and toss with the oil until the sweet potatoes are all coated evenly.
3. Sprinkle in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
4. Place fries in the preheated baskets and cook for 10 minutes at 400°F. Make sure to shake the baskets halfway through cooking.



Breaded Zucchini Fries

Serves: 2-4

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- 2 tsp** salt
- ½ tsp** black pepper
- 2** eggs, beaten
- 1 tbsp** milk
- ¾ cup** italian seasoned panko breadcrumbs
- ¼ cup** parmesan cheese
- ½ cup** all-purpose flour
- 2** medium zucchinis, cut into ¾-inch thick strips
- nonstick cooking spray
- ranch, for serving

Recipe

1. Cut the zucchini into ¾-inch thick strips.
2. Mix together the flour, salt, and pepper in a dish. Whisk together the eggs and milk in a separate dish. Combine the breadcrumbs and parmesan cheese in another dish.
3. Coat each piece of zucchini with flour, then dip in egg, and roll in breadcrumbs. Set aside.
4. Preheat the air fryer to 350°F.
5. Place the coated zucchini evenly into the preheated air fryer and spray with nonstick cooking spray.
6. Cook for 4 minutes, shake basket. Then continue cooking for another 4 minutes.
7. Remove fries and enjoy with a side of ranch.



Crispy Avocado Fries

Serves: 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 cup** panko breadcrumbs
- ½ tsp** garlic powder
- ½ tsp** onion powder
- ½ tsp** smoked paprika
- ¼ tsp** cayenne
- ½ cup** all-purpose flour
- 2** avocados, cut into 1-inch thick wedges
- 2** eggs, beaten
 - salt
 - pepper
 - nonstick cooking spray
 - ketchup or ranch

Recipe

1. Cut the avocados into 1-inch thick wedges.
2. Combine the breadcrumbs, garlic powder, onion powder, smoked paprika, cayenne, salt, and pepper in a bowl.
3. Dredge each avocado wedge in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixtures.
4. Preheat the air fryer at 400°F.
5. Place avocado fries into the preheated air fryer baskets, spray with cooking spray, and cook at 400°F for 10 minutes.
6. Flip the avocado fries halfway through cooking time and spray with more cooking spray.
7. Serve with ketchup or ranch for dipping.



Blooming Onion

Serves: 2

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- ¼ cup** nonfat milk
- ¾ cup** panko breadcrumbs
- 1 tsp** olive oil
- ½ tsp** cajun seasoning
- ¾ cup** whole wheat flour
- ½ tsp** black pepper
- ¼ tsp** sea salt
- ½ tsp** paprika
- 1 tsp** garlic powder
- 2** large eggs
- 1** large onion
- ranch dressing

Recipe

1. Peel onion, cut off top. Place cut side down onto a cutting board.
2. Starting 1/2 inch from the root, cut downward, all the way to the cutting board. Repeat to make 4 evenly spaced cuts around the onion.
3. Continue slicing between each section until you have made 8 cuts total.
4. Place sliced onion in ice water for at least 2 hours/overnight. Remove from water, pat dry. Open onion so "petals" are exposed.
5. Mix panko breadcrumbs with olive oil & Cajun seasoning. In a separate dish, mix salt & pepper, paprika & garlic into the flour. In a separate bowl, mix milk with eggs.
6. Place onion on a tray or in a bowl.
7. Sprinkle onion generously with flour mixture. Make sure to get in between all "petals." Flip onion upside down to remove excess flour.
8. Using a ladle, ladle the egg mixture into every crevice. Lift up onion and turn to make sure excess egg drips off.
9. Sprinkle breadcrumb mixture on onion until it is generously coated. Press mixture into place.
10. Place the blooming onion into the fry basket. Cover the top with aluminum foil like a tent. Place fry basket into the air fryer.
11. Cook for 10 minutes at 360°F. Leave foil on.
12. When timer is done, check crispness of the onion.
13. If you desire a more crispy onion, remove the foil tent and cook 5-10 more minutes to desire crispness.
14. When done, remove carefully and serve with Ranch dressing.



Panko Fried Onion Rings

Serves: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup** panko breadcrumbs
- 1 tsp** smoked paprika
- 1 tsp** salt
- 1 cup** buttermilk
- ½ cup** all-purpose flour
- 2** eggs
- 1** small onion, cut into ½-inch thick rounds & separated into rings
- nonstick cooking spray

Recipe

1. Slice the onion into ½-inch thick rounds and separate the layers into rings.
2. Combine the breadcrumbs, paprika, and salt in a bowl, then set aside.
3. Whisk the eggs and buttermilk together until fully mixed.
4. Dredge each onion ring into the flour, then dip in the beaten eggs, and then breadcrumb mixture.
5. Preheat the air fryer to 370°F.
6. Spray the onion rings liberally with cooking spray.
7. Place onion rings in a single layer in the preheated air fryer baskets, and cook in batches at 370°F for 10 minutes until golden brown. Be sure to use cooking spray in between to make sure they are uniformly cooked.
8. Serve with your favorite dipping sauce.



Hasselback Potatoes

Serves: 2

Prep Time: 3 minutes

Cook Time: 40 minutes

Ingredients

- 2 tbsp** olive oil
- 2 tbsp** melted butter
- 2 tbsp** freshly chopped parsley for garnish
- 2 tsp** salt
- ½ tsp** black pepper
- ¼ tsp** garlic powder
- 4** medium russet potatoes, washed & scrubbed

Recipe

1. Begin with thoroughly cleaned potatoes.
2. Cut slits, ¼-inch apart, into the potato, stopping just before you cut all the way through, so that the slices stay connected by about ½ inch at the bottom of the potato.
3. Preheat the air fryer to 350°F.
4. Cover the potatoes with olive oil, and season evenly with the salt, black pepper, and garlic powder.
5. Add the potatoes into the preheated air fryer, and cook for 30 minutes at 350°F.
6. Brush the melted butter onto the potatoes and cook for another 10 minutes at 350°F.
7. Garnish with freshly chopped parsley.



Honey-Roasted Carrots

Serves: 2-4

Prep Time: 5 minutes

Cook Time: 12 minutes

Ingredients

- 1 lb** heirloom rainbow carrots
- 1 tbsp** olive oil
- 2 tbsp** honey
- 2** sprigs fresh thyme
- salt
- pepper

Recipe

1. Begin with peeled and washed carrots. Pat dry and set aside.
2. Preheat the air fryer.
3. Toss the carrots in a bowl with olive oil, honey, thyme, salt, and pepper.
4. Add carrots to the preheated air fryer and cook for 12 minutes.
5. Make sure to shake the baskets halfway through cooking.
6. Serve hot.



Roasted Garlic Broccoli

Serves: 2

Prep Time: 3 minutes

Cook Time: 10 minutes

Ingredients

- 1 tbsp** olive oil
- 1 tsp** garlic powder
- ½ tsp** salt
- ¼ tsp** black pepper
- 1** large head broccoli, cut into florets

Recipe

1. Preheat the air fryer to 300°F.
2. Drizzle the broccoli with olive oil and toss together until evenly coated.
3. Toss the broccoli with the seasonings.
4. Add the broccoli to the preheated air fryer.
5. Start to cook for 10 minutes.



Homemade Garlic Bread

Serves: 2

Prep Time: 5 minutes

Cook Time: 8 minutes

Ingredients

- 3 tbsp** butter, room temperature
- 1 tbsp** olive oil
- 2 tbsp** parmesan cheese, grated
- 2 tbsp** parsley, freshly chopped
- 1** french baguette (12 inches), cut lengthwise & widthwise
- 4** garlic cloves, minced

Recipe

1. Slice the baguette in half lengthwise, then each piece in half widthwise, creating four 6-inch long slices.
2. Preheat the air fryer to 320°F.
3. Combine garlic, butter, and olive oil together to form a paste.
4. Spread the paste evenly onto the bread and sprinkle with Parmesan cheese.
5. Place the bread into the preheated air fryer.
6. Cook for 8 minutes or until golden.
7. Garnish with freshly chopped parsley.



Cheesy Cornbread Muffins

Serves: 2

Prep Time: 8 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup** all-purpose flour
- 1 cup** cornmeal
- 1 tbsp** white sugar
- 1 tsp** salt
- 1½ tsp** baking powder
- ½ cup** milk
- 1 cup** corn
- 3 tbsp** melted butter
- 3 oz** grated cheddar cheese
- 1** egg
- 3** scallions, chopped
- nonstick cooking spray

Recipe

1. Combine flour, cornmeal, sugar, salt, and baking powder in a bowl. Mix together.
2. Whisk together milk, butter, and egg until well combined.
3. Mix dry ingredients into wet ingredients. Fold in corn, scallions, and grated cheddar cheese.
4. Preheat the air fryer to 320°F.
5. Grease muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
6. Add the muffins into the preheated air fryer.
7. Cook for 15 minutes.
8. Serve muffins with a side of butter or enjoy as is.



Cheddar Buttermilk Biscuits

Serves: 2

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients

- 1 ¼ tsp** baking powder
- 1 tsp** kosher salt
- 1 tsp** sugar
- ½ tsp** baking soda
- 1 ¾ cups** all-purpose flour, plus more for surface
- ½ cup** (1 stick) unsalted butter, chilled, cut into ¼-inch pieces
- ½ cup** cheddar cheese, shredded
- ½ cup** buttermilk, chilled
- melted butter, for brushing

Recipe

1. Sift together the baking powder, salt, sugar, baking soda, and flour.
2. Cut in the chilled butter by using a pastry blender or food processor until it resembles coarse crumbs.
3. Mix in the cheddar cheese and buttermilk until it combines into dough. The dough should look dry.
4. Form dough into a 1-inch thick square.
5. Preheat the air fryer to 350°F.
6. Cut biscuits using a round biscuit/cookie cutter.
7. Line the preheated air fryer baskets with parchment paper.
8. Brush the top of the biscuits with melted butter and place atop the parchment paper.
9. Cook the biscuits at 350°F for 12 minutes.



Lemon Butter Salmon

Serves: 2

Prep Time: 3 minutes

Cook Time: 8 minutes

Ingredients

- 2 tbsp** butter
- 2 tbsp** fresh lemon juice
- ½ tsp** worcestershire sauce
- 1 clove** grated garlic
- 2** salmon fillets
 - salt
 - pepper
 - nonstick cooking spray

Recipe

1. Season the salmon to taste with salt and pepper.
2. Preheat the air fryer to 350°F.
3. Spray the preheated air fryer baskets with cooking spray and place the fish inside.
4. Cook for 8 minutes.
5. Combine the butter, lemon juice, garlic, and worcestershire sauce in a small sauce pan and melt on low heat for 1 minute.
6. Serve the salmon fillets with rice and top with the lemon butter sauce.



Quick & Easy Tofu

Serves: 2

Prep Time: 15 minutes

Cook Time: 18 minutes

Ingredients

- 8 oz** firm tofu, cut into 1-inch cubes
- 2 tbsp** soy sauce
- 2 tsp** rice vinegar
- 2 tsp** sesame oil
- 3 tbsp** cornstarch

Recipe

1. Toss the tofu, soy sauce, rice vinegar, and sesame oil together in a shallow bowl. Allow to marinate for 10 minutes.
2. Preheat the air fryer to 370°F.
3. Drain the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
4. Place the tofu into the preheated air fryer.
5. Cook for 18 minutes, shaking the basket halfway through the cook time.



Entrées



Juicy Fried Chicken

Serves: 2

Prep Time: 2 hours

Cook Time: 25 minutes

Ingredients

- 1 cup** buttermilk, whole
- 2 cups** flour, white
- 1 tbsp** black pepper
- 1 tbsp** garlic powder
- 1 tbsp** onion powder
- ½ tsp** poultry seasoning
- 1 tsp** cumin
- 1 tsp** paprika
- 1 tsp** sea salt
- 1 tsp** olive oil
- 3** chicken thighs with skin, raw
- 3** chicken legs with skin, raw

Recipe

1. Soak the chicken in the buttermilk in the fridge for 2 hours.
2. Add the seasonings to the flour with oil and mix well.
3. Dip the chicken into the flour mix, then in buttermilk, and back into the flour.
4. Place the chicken into the fry basket — Repeat until all the chicken is coated.
5. Place the fry basket into the air fryer.
6. Cook for 20 minutes at 360°F.
7. Turn the chicken every 5 minutes.
8. Serve when chicken is cooked to desired crispness.



Teriyaki Glazed Halibut Steak

Serves: 2

Prep Time: 30 minutes

Cook Time: 10 minutes

Ingredients

- 1 lb** halibut steak
- ¾ cup** soy sauce
- ½ cup** mirin (japanese cooking wine)
- ¼ cup** sugar
- 2 tbsp** lime juice
- ¼ cup** orange juice
- ¼ tsp** crushed red pepper flakes
- ¼ tsp** ground ginger
 - 1** garlic clove
 - basil
 - mint chutney

Recipe

1. In a sauce pan combine soy sauce, mirin, sugar, lime juice, orange juice, seasonings, and smashed garlic clove.
2. Bring to a boil then reduce to low-medium heat until thickened.
3. Cool sauce, then add half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.
5. Preheat the air fryer to 390°F.
6. Place marinated halibut in the air fryer and cook for 9-11 minutes.
7. When finished, brush a little of the remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney.



Santa Maria Ribeye

Serves: 2

Prep Time: 11 minutes

Cook Time: 6 minutes

Ingredients

- ¾ tsp** kosher salt
- ½ tsp** finely ground black pepper
- ½ tsp** garlic powder
- ½ tsp** onion powder
- ½ tsp** dried oregano
- 1 pinch** dried rosemary
- 1 pinch** cayenne pepper
- 1 pinch** dried sage
- 16 oz** ribeye, boneless
- 1 tbsp** olive oil

Recipe

1. Preheat air fryer.
2. Mix all seasonings and a pinch of rosemary, cayenne, and dried sage. Then sprinkle over steak evenly.
3. Drizzle olive oil onto the steak.
4. Place the steak in the preheated air fryer and cook for 6 minutes.
5. Allow to rest for 10 minutes before slicing and serving.



Olive-Brined Turkey Breast

Serves: 14

Prep Time: 8 hours

Cook Time: 20 minutes

Ingredients

- ¾ cup** brine from a can of olives
- ½ cup** buttermilk
- 3½ lbs** boneless, skinless turkey breast
 - 1** sprig fresh rosemary
 - 2** sprigs fresh thyme

Recipe

1. In a bowl, whisk olive brine and buttermilk, then pour mixture into a resealable bag.
2. Add turkey breast, rosemary and thyme sprigs to the resealable bag and refrigerate for 8 hours.
3. Remove the bag from refrigerator and allow to rest until reaching room temperature.
4. Preheat an air fryer to 350 °F.
5. Cook the breast in the air fryer for 15 minutes. Flip over the breast and cook for 5 minutes until turkey breast is no longer pink in the center and the juices run clear.

Tip: Pierce turkey with an instant-read thermometer to ensure at least 165 degrees internal temperature is reached.



Cajun-Blackened Salmon

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 2 (6 oz.) skin-on salmon fillets
- 1 tbsp** cajun seasoning
- 1 tsp** brown sugar
- cooking spray

Recipe

1. Preheat the air fryer to 390 °F.
2. Rinse and dry salmon fillets with a paper towel. Mist fillets with cooking spray. Combine Cajun seasoning and brown sugar in a small bowl. Sprinkle onto a plate. Press flesh sides of fillets into the seasoning mixture.
3. Spray the basket of the air fryer with cooking spray and place salmon fillets skin-side down. Mist salmon again lightly with cooking spray.
4. Cook for 8 minutes. Remove from air fryer and let rest for 2 minutes before serving.

Chimichurri Skirt Steak

Serves: 2

Prep Time: 2 hours

Cook Time: 10 minutes

Ingredients

- 16 oz** skirt steak
- 1 cup** finely chopped parsley
- ¼ cup** finely chopped mint
- 2 tbsp** oregano
- 3 cloves** finely chopped garlic
- 1 tsp** crushed red pepper
- 1 tbsp** cumin ground
- 1 tsp** cayenne pepper
- 1 tsp** smoked paprika
- 1 tsp** salt
- ¼ tsp** black pepper
- ¾ cup** olive oil
- 3 tbsp** red wine vinegar

Recipe

1. Begin chimichurri by combining all seasonings and herbs in a mixing bowl.
2. Cut the steak into 2 8-ounce portions and add to a resealable bag, along with 1/4 cup of the chimichurri. (Refrigerate for 2 hrs up to 24 hrs.)
3. Preheat air fryer to 390°F. Pat steak dry.
4. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare.
5. Garnish with 2 tbsps of chimichurri on top and serve

Tip: The time will vary depending upon the size of the steak and the degree of doneness you prefer.



Roasted Heirloom Tomato with Feta

Serves: 2

Prep Time: 10 minutes

Cook Time: 12-14 minutes

Ingredients

Heirloom Tomato

- 1 tbsp** olive oil
- 8 oz** feta cheese block
- 1** heirloom tomato ea.
- ½** red onions (sliced paper thin and loosely packed)

Basil Pesto

- ½ cup** roughly chopped parsley
- ½ cup** roughly chopped basil
- ½ cup** freshly grated parmesan
- 3 tbsp** toasted pine nuts
- ½ cup** olive oil
- 1 pinch** salt
- 1** garlic clove ea.

Recipe

1. Preheat the air fryer to 390°F.
2. In a mixing bowl combine pine nuts, 1 tbsp olive oil, and pinch of salt.
3. Toss pine nuts into the air fryer and set timer for 1-2 minutes. Remove and place onto a paper towel and set aside.
4. In a food processor, add chopped parsley, basil, fresh grated parmesan, garlic, toasted pine nuts, and salt. Turn on the food processor and drizzle in the olive oil.
5. Once all the olive oil is incorporated, stop the food processor and remove the pesto and refrigerate.
6. Slice the tomato into 1/2 inch thick slices. Also slice the feta into 1/2 inch thick slices.
7. Next, take a circle cutter and cut the feta the same size as the heirloom tomato.
8. Stack the feta on top of the tomato. In between the tomato and feta spread 1 tbsp basil pesto. Then slice the red onions paper thin and toss with 1 tbsp olive oil and apply to the top of the feta.
9. Place tomatoes into the air fryer and cook for 12-14 minutes or until the feta starts to soften and brown.
10. Finish with sea salt and basil pesto to serve.



Sizzling Steak Fajitas

Serves: 2

Prep Time: 10 minutes

Cook Time: 6-8 minutes

Ingredients

- 1 lb sirloin steak
- taco seasoning

Recipe

1. Cut steak into 2" strips ¼ thick.
2. Place steak in bowl and coat with taco seasoning, mix well.
3. Place steak in air fryer basket ensuring it is no more than one layer deep.
4. Place basket in air fryer and cook at 300°F for 3 minutes.
5. Remove basket and stir steak.
6. Place basket in air fryer and cook at 300°F for 3 more minutes.



Crispy Chicken Tenders

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 6 chicken tenders
- 1 cup panko breadcrumbs
- 1 tbsp vegetable oil
- ½ cup flour, white
- 3 large eggs
- 1 cup milk
- 1 tbsp sea salt
- ½ tbsp black pepper

Recipe

1. Place chicken tenders on a plate.
2. Place the panko in a pan. Mix with vegetable oil.
3. Place the flour in a pan. In a bowl, add milk into eggs before beating them.
4. Dip the chicken tenders into the flour, then egg mixture, and finally the panko mixture.
5. Place into the fry basket and repeat until done.
6. Place the fry basket into the air fryer.
7. Cook for 10 minutes at 360°F.
8. Half way through cooking, flip the tenders over.



Roasted Chicken with Herbs

Serves: 2

Prep Time: 45 minutes

Cook Time: 1 hour 5 minutes

Ingredients

- 5 lb** chicken, whole, with skin
- 1 tbsp** garlic powder
- 1 tbsp** onion powder
- 1 tbsp** sea salt
- 1 tbsp** black pepper
- 1 tbsp** rosemary
- ½ tbsp** thyme
- 2 tbsp** olive oil

Recipe

1. Mix seasonings and herbs, then rub onto chicken and drizzle with olive oil.
2. Let sit at room temperature for 45 minutes before cooking.
3. Place the chicken breast side down in the fry basket.
4. Cook for 20 minutes at 360°F.
5. When time runs out, very carefully flip the chicken over
6. Cook for an additional 20 minutes at 360°F.
7. Ensure a thoroughly cooked chicken with a thermometer (165°F).
8. Let rest for 20 minutes before serving.



Roasted Turkey Breast

Serves: 2

Prep Time: 5 minutes

Cook Time: 40 minutes

Ingredients

- 6 lb** turkey breast, bone in
(remove back bone)
- 2 tbsp** sea salt
- 1 tbsp** black pepper
- 2 tbsp** olive oil

Recipe

1. Combine seasonings and rub onto turkey breast, then drizzle with olive oil.
2. Place the turkey breast side down in the fry basket.
3. Cook for 20 minutes at 360°F.
4. When timer is done, carefully flip the breast over.
5. Cook for an additional 20 minutes at 360°F.
6. Ensure a thoroughly cooked chicken with a thermometer (165°F).
7. Let rest for 20 minutes before serving.



Buttery Basted Cornish Hens

Serves: 2

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

- 2 lb** game hen
- 1 tbsp** fresh thyme, chopped
- 4 tbsp** melted butter
- 4 cloves** minced garlic
- 1 tbsp** sea salt
- 1 tbsp** pepper

Recipe

1. Preheat the air fryer to 360°F.
2. Combine the butter, thyme, and garlic in a small bowl.
3. Season the hens with salt and pepper and place them in the fry basket and cook for 20 minutes, stopping to baste the hens with thyme butter every 5 minutes. Be sure to use all of the thyme butter.
4. Cook until an internal temperature of 165°F is reached. Allow the hens to rest for 15 minutes before serving.



Rosemary Lamb Chops

Serves: 2

Prep Time: 1 hour

Cook Time: 10-12 minutes

Ingredients

- 10 oz** lamb chops
- 3 tbsp** cooking wine
- 1 oz** scallions
- 5 slices** ginger
- 1 tbsp** olive oil
 - soy sauce
 - pepper
 - fresh rosemary

Recipe

1. Preheat the air fryer to 350°F for 3 minutes.
2. Mix soy sauce, pepper, cooking wine, scallions, ginger, and olive oil in a bowl for the marinade.
3. Marinate lamb chops thoroughly.
4. Let the lamb chops sit for 30-60 minutes.
5. Place lamb chops into the fry basket with fresh rosemary laid on top.
6. Cook for 10-12 minutes at 350°F. Flip half way through cooking.



Personal Pepperoni Pizza

Serves: 1

Prep Time: 3 minutes

Cook Time: 10 minutes

Ingredients

- 1** pre-made pizza crust (7 inches)
- 3-4 tbsp** marinara sauce
- 5-6 slices** slices pepperoni
- 3 oz** mozzarella cheese, shredded
- 1 tbsp** parmesan cheese
- olive oil, for brushing

Recipe

1. Preheat the air fryer to 320°F.
2. Brush the top of the pizza crust with olive oil.
3. Place the pizza crust in the preheated air fryer, and cook for 10 minutes at 320°F.
4. Layer marinara sauce first, mozzarella second, parmesan third, and top with pepperoni slices.
5. Cook for 5 minutes or until light golden.



Mexican Mini Pizza

Serves: 1

Prep Time: 3 minutes

Cook Time: 10 minutes

Ingredients

- 1** pre-made pizza crust (7 inches)
- 4 tbsp** salsa
- 3 oz** ounces mexican cheese blend, shredded
- 2 tbsp** frozen corn, thawed
- 2 tbsp** cooked black beans
- 1 tbsp** frozen peas, thawed
- olive oil, for brushing

Recipe

1. Preheat the air fryer to 320°F.
2. Brush the top of the pizza crust with olive oil.
3. Place the pizza crust in the preheated air fryer, and cook for 10 minutes at 320°F.
4. Sprinkle the salsa, cheese, corn, black beans, and peas 5 minutes before cooking is finished.

Portobello Mushroom Pizza

Serves: 2

Prep Time: 10 minutes

Cook Time: 4-6 minutes

Ingredients

- 1 tbsp** olive oil
- 1 tbsp** canned tomatoes with basil
- 1 tbsp** shredded mozzarella (loosely packed)
- 1 pinch** salt
- 1 pinch** italian seasonings
- 4** portobello cap

Recipe

1. Preheat air fryer to 320°F.
2. Scoop out the middle of the portobello cap with a spoon; Clean it well and be careful not to break the cap.
3. Drizzle olive oil on both sides of the portabella.
4. Season the inside of the portobello with a pinch of salt and Italian seasonings.
5. Spread crushed tomatoes evenly around.
6. Next spread the shredded mozzarella evenly around the portobello.
7. Place the portobello pizza into the air fryer and cook for 4-6 minutes.
8. Finish with fresh grated parmesan and crushed red pepper flakes.



Italian Meatballs

Serves: 2

Prep Time: 15 minutes

Cook Time: 8 minutes

Ingredients

- ½ lb** ground beef (75/25)
- ¼ cup** panko breadcrumbs
- ½ cup** whole milk
- 1 tsp** garlic powder
- 1 tsp** onion powder
- 2 tsp** dried oregano
- 1 tbsp** dried parsley
- 3 tbsp** grated parmesan cheese
 - 1** egg
 - salt
 - pepper
 - nonstick cooking spray
 - marinara sauce, for serving

Recipe

1. Combine the ground beef, breadcrumbs, milk, egg, spices, salt, pepper, and parmesan and mix well.
2. Roll the meat mixture into medium-sized balls. Set aside in the fridge for 10 minutes.
3. Preheat the air fryer to 400°F.
4. Remove meatballs from the fridge and add to the preheated air fryer baskets. Spray meatballs with cooking spray and cook at 400° for 8 minutes.
5. Serve with marinara sauce and grated parmesan dusted on top.



Morning Feta Frittata

Serves: 2

Prep Time: 15 minutes

Cook Time: 10-12 minutes

Ingredients

- 2 cup** sliced button mushrooms
- ½** red onion
- 1 tbsp** olive oil
- 3 tbsp** crumbled feta
- 1 pinch** salt
- 3** eggs
- 2** 6oz ramekins
- non-stick cooking spray

Recipe

1. Peel and slice half a red onion into 1/4 inch thin slices.
2. Wash button mushrooms; then cut into slice 1/4 inch thin slices.
3. Saute olive oil, red onions, and mushrooms under a medium flame.
4. When tender, remove onions and mushrooms from heat and lay aside to cool.
5. Preheat air fryer to 320°F.
6. In a mixing bowl crack 3 eggs, then whisk the eggs thoroughly and vigorously.
7. Lightly spray the outside and bottom of ramekins with non-stick cooking spray.
8. Pour eggs into the ramekin, next 1/4 cup onion and mushrooms mixture, and then cheese.
9. Place ramekins into the air fryer and cook for 10-12 minutes.
10. Pierce the frittata with a knife, if knife comes out clean it is ready to serve.

Roasted Cornish Game Hen

Serves: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 2 lbs** cornish hen
- ½ cup** olive oil
- ¼ tsp** crushed red pepper flakes
- 1 tsp** chopped thyme
- 1 tsp** chopped rosemary
- ¼ tsp** salt
- ¼ tsp** sugar
 - lemon zest

Recipe

1. Set the Cornish hen upright on a cutting board and with the back of the hen facing you, use a boning knife or a chefs knife to cut from the top of the back bone to the bottom of the back bone, making 2 halves.
2. Remove the back bone. Split the hen lengthwise, cutting through the breastplate.
3. Take the two halves of the hen and set them aside.
4. In a mixing bowl, combine all seasonings and herbs for the marinade, then add the hens.
5. Cover and refrigerate for 1hr - 24hrs.
6. Preheat the air fryer to 390°F. Remove the hens from the marinade. Add the hens to the cooking basket and cook for 14-16 minutes or until the leg is at an internal temperature of 165°F.



Salmon with Dill Sauce

Serves: 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 12 oz** salmon (cut into two 6 oz pieces)
- 2 tsp** olive oil
- 2 pinch** salt
- ½ cup** non-fat greek yogurt
- ½ cup** sour cream
- 2 tbsp** dill, finely chopped

Recipe

1. Preheat the air fryer to 285°F.
2. Pour 1 cup of water in the bottom of the air fryer.
3. Take the two 6oz portions of salmon and drizzle 1 tsp of olive oil on each piece.
4. Coat the salmon with olive oil and season with a pinch of salt.
5. Place both portions of salmon into the air fryer and cook for 9-11 minutes.
6. While the salmon is cooking in a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Leave a pinch of chopped dill as a garnish for the top of the salmon.
7. Garnish with sea salt and dill and serve.



Classic Cajun Shrimp

Serves: 2

Prep Time: 3 minutes

Cook Time: 5 minutes

Ingredients

- 1 ½ tsp** salt
- 1 tsp** smoked paprika
- 1 tsp** garlic powder
- 1 tsp** italian seasoning
- 1 tsp** chili powder
- ½ tsp** onion powder
- ¼ tsp** cayenne pepper
- ¼ tsp** black pepper
- ¼ tsp** dried thyme
- 1 lb** large shrimp, peeled & deveined
- 1 ½ tbsp** olive oil
- lime wedges, for serving

Recipe

1. Preheat the air fryer to 370°F.
2. Combine all the seasonings together in a large bowl, then set aside.
3. Gently toss the shrimp with olive oil until the shrimp is evenly coated.
4. Sprinkle the seasoning mix onto the shrimp and toss until well coated.
5. Place the shrimp into the preheated air fryer.
6. Cook for 5 minutes and shake the basket halfway through cooking.
7. Serve with lime wedges.

Stuffed Steak Rolls

Serves: 4

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Ingredients

- 2 lb** beef flank steak
- 3 tbsp** pesto
- 6 slices** provolone cheese
- ½ cup** red bell peppers, roasted
- ¾ cup** baby spinach, fresh
- 1 tsp** sea salt
- 1 tsp** black pepper

Recipe

1. Open up (butterfly) the steak flat. Spread the pesto evenly on the meat.
2. Layer the cheese, roasted red peppers & spinach 3/4 of the way down the meat.
3. Roll up and secure with toothpicks. Season with sea salt & pepper.
4. Place the roll up in the fry basket and insert basket into the air fryer.
5. Cook for 20-25 minutes at 400°F.
6. Half way through, rotate the meat.
7. When done, let rest for 10 minutes before cutting and serving.



Savory Beef Empanadas

Serves: 2

Prep Time: 25 minutes

Cook Time: 10 minutes

Ingredients

- 1 lb** ground beef
- 1 tbsp** olive oil
- 2 cloves** peeled and minced garlic
- ½** diced green pepper
- ½ tsp** cumin
- ¼ cup** tomato salsa
- 1** minced onion
- 1** egg yolk
- 1 tbsp** milk
- 1 pack** empanada shells
 - sea salt
 - pepper

Recipe

1. In a saute pan, cook ground beef in olive oil until all meat is browned. Drain any excess liquid and fat.
2. Add garlic and onions. Cover and cook for 4 more minutes.
3. Add green peppers, cumin, tomato salsa and seasonings. Cook for 10 more minutes on low.
4. Make an egg wash by combining egg and milk.
5. Lay empanada shell on a flat surface, place a scoop of meat filling on one half of the dough. Brush the remaining edges with egg wash and fold over. Seal with a fork then brush egg wash on top and place into the fry basket.
6. Repeat until all are done.
7. Cook for 10 minutes at 350°F. Flip empanadas half way through cooking.



Roast Pork Tenderloin

Serves: 4

Prep Time: 20 minutes

Cook Time: 25-30 minutes

Ingredients

- 2 lb** pork tenderloin (2 small tenderloins)
- 2 cups** hard cider
- 1 tbsp** chopped rosemary
- 2 cloves** minced garlic
- 1 tsp** olive oil (spray bottle)
- 1** apple, cored and sliced
- 1** small onion, thinly sliced
- salt
- pepper

Recipe

1. Combine hard cider, apples, rosemary, garlic and onion in a baking dish and marinate the pork in the mix for a minimum of 4 hours or overnight.
2. Preheat the air fryer to 350°F.
3. Cook the pork for 25-30 minutes. Check the internal temperature after 20 minutes.
4. At 12 minutes, turn the roast and add more of the apple marinade to the fry basket, spray with oil and continue cooking the pork.
5. Cook until an internal temperature of 165°F is reached. Allow the pork to rest 10-15 minutes before serving.

Juicy Ribeye Steak with Herb Butter

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- ¼ cup** softened, unsalted butter
- 1 tsp** lemon juice
- 1 tbsp** fresh parsley, chopped
- 1 tsp** dijon mustard
- 1 pinch** cayenne pepper
- 1-1 ½ lbs** ribeye steak
- 1 tbsp** salt
- 1 tsp** pepper
- parchment paper

Recipe

1. As prep, use a food processor to combine the first 5 ingredients and roll the butter into a tubular shape using parchment paper. Set aside and chill in the refrigerator.
2. Preheat the air fryer to 400°F.
3. Season the ribeye with salt and pepper and cook for 12 minutes or until the desired temperature is reached.
4. At 6 minutes, gently turn the steak so it cooks evenly.
5. Allow steak to rest for 10 minutes, slice and top with herb-butter.



Cod with Orange Sauce

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 16 oz** cod filets
- 3 tbsp** melted butter
- 1 tbsp** orange zest
 - 1** orange, peeled and sectioned, some juice
- 1 tbsp** orange liquor, (such as triple sec)
- 2 tsp** sea salt
- 1 tsp** pepper
- ½ tbsp** fresh parsley, chopped

Recipe

1. Preheat the air fryer to 350°F. Using a paring knife, section the orange slices, save about 1 tbsp of the juice and set aside.
2. Season with salt and pepper, then place the fish skin side down in the fryer basket. Baste the fish with butter and cook for 10 mins.
3. Combine the orange sections and juice with the zest and liquor, and arrange them on top of the Cod filets, baste with more butter and cook for another 5 minutes at 350°F.
4. When done, carefully remove the Cod filets, garnish with parsley, and serve.



Pesto Panko Crust Salmon

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 16 oz** salmon filets
- 1 tsp** olive oil - spray bottle
- ½ cup** pesto sauce, jarred or homemade
- ½ cup** panko crumbs
- 1 tbsp** sea salt
- 1 tsp** pepper

Recipe

1. Preheat the air fryer to 350°F.
2. Season the salmon with salt & pepper and place the fish in the air fryer. Spray with olive oil and cook for 10 minutes.
3. Spread the pesto on the salmon filets and top with the panko crumbs. Cook for 5 more minutes at 350°F to toast the panko and pesto topping.
4. When done, carefully remove the salmon filets and serve.



Ham & Cheese Stromboli

Serves: 2

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 12 oz** pizza crust, refrigerated
- ½ lb** cooked ham, sliced
- ¾ cup** cheddar cheese, shredded
- ¾ cup** mozzarella cheese, shredded
- 3 oz** red bell peppers, roasted
- 1 tbsp** milk
- 1** egg yolk

Recipe

1. Roll the dough out until 1/4 inch thick.
2. Layer the ham, cheese and peppers on one side of the dough. Fold over the excess dough and seal the stromboli.
3. Mix the egg and milk together and gently brush the top layer of dough.
4. Place the Stromboli into the fry basket by shaping it to the basket at this time.
5. Cook for 15 minutes at 360°F.
6. Every 5 minutes, carefully flip the stromboli over.



Ham & Mushroom Stromboli

Serves: 2

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 1 lb** store-bought pizza dough (left to rise at room temperature for 1-2 hours)
- 1 tbsp** milk
- 6 oz** sliced deli ham (about 5-6 slices)
- 2 cups** gruyere cheese, grated
- 8 oz** white mushrooms, thinly sliced
- ½ cup** diced tomato
- 2 tbsp** butter, clarified
- 1** egg yolk

Recipe

1. Sauté the mushrooms in the butter, then set aside.
2. Preheat the air fryer to 360°F. Meanwhile, roll out the pizza dough on a lightly floured surface to about 1/4 inch thick.
3. Layer the cheese, mushrooms, diced tomato and ham on half of the dough. Fold over and seal the stromboli.
4. Mix the egg and milk together and gently brush the top of the stromboli.
5. Place the Stromboli in the fry basket and cook for 20 minutes, making sure to carefully flip the Stromboli after 10 minutes to cook evenly.
6. Allow to rest, slice, and serve.



Classic Grilled Cheese Sandwich

Serves: 2

Prep Time: 5 minutes

Cook Time: 8 minutes

Ingredients

- 3 tbsp** melted butter
- 4 slices** white bread
- ½ cup** sharp cheddar cheese, shredded, divided

Recipe

1. Preheat the air fryer to 320°F.
2. Brush butter on each side of the bread slices.
3. Split the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
4. Place the grilled cheese sandwiches in the preheated air fryer and cook for 8 minutes.
5. Cut diagonally and serve.



Appetizers



Fried Tater Tots

Serves: 4

Prep Time: 4 minutes

Cook Time: 6 minutes

Ingredients

- 36** frozen bite-size potato nuggets (such as Tater Tots®)

Recipe

1. Preheat an air fryer to 350 °F for 4 minutes.
2. Place desired amount of potato nuggets into the air fryer basket in a single layer, working in batches if necessary.
3. Cook for 6 minutes or until crispy, then shake basket. Cook for an additional 4 minutes or until golden.



Healthy Cauliflower Tots

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 16oz** frozen cauliflower tots
- nonstick cooking spray

Recipe

1. Preheat air fryer to 400 °F. Spray the air fryer basket with nonstick cooking spray.
2. Place as many cauliflower tots in the basket as you can, making sure they do not touch, cooking in batches if necessary.
3. Cook for 6 minutes, flip tots over and cook for an additional 3 minutes or until golden.



Signature Stuffed Peppers

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 8 oz** bulk italian sausage
- 16 oz** package miniature multi-colored sweet peppers
- 2 tbsp** olive oil, divided
- 8 oz** softened cream cheese
- ½ cup** shredded cheddar cheese
- 2 tbsp** crumbled blue cheese
- 1 tbsp** finely chopped chives
- ¼ tsp** ground black pepper
- 2 tbsp** panko bread crumbs
- 1** clove garlic, minced

Recipe

1. Heat a large nonstick skillet over medium-high heat. Cook and stir sausage in the hot skillet for 5 to 7 minutes, or until browned and crumbly. Drain and discard grease, then set aside.
2. Preheat air fryer to 350 °F.
3. Cut a slit in one side of each sweet pepper lengthwise from stem to tip. Brush peppers with 1 tbsp olive oil and place in the air fryer basket.
4. Cook for 3 minutes then shake basket. Cook for an additional 3 minutes or until the peppers soften and brown. Remove and let stand to cool.
5. Stir together sausage, all cheeses, chives, garlic and pepper in a medium bowl until well combined.
6. Mix bread crumbs with remaining olive oil in a small bowl. Spoon cheese mixture into each pepper and sprinkle with breadcrumbs. Place peppers in air fryer and cook for 5 minutes. Cool slightly and serve.



Chicken Taquitos

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 tsp** vegetable oil
- 2 tbsp** diced onion
- 2 tbsp** chopped green chiles
- 2 tbsp** mexican-style hot tomato sauce
- 1 cup** shredded rotisserie chicken
- 2 tbsp** neufchatel cheese
- ½ cup** shredded mexican cheese blend
- 6** corn tortillas
- 1** clove garlic, minced
- salt
- pepper
- avocado oil cooking spray

Recipe

1. Heat oil in a skillet. Add onion and cook until soft and translucent, 3 to 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add green chiles and Mexican tomato sauce; stir to combine. Add chicken, Neufchatel cheese, and Mexican cheese blend. Cook and stir until cheeses have melted and mixture is completely warmed, about 3 minutes. Season with salt and pepper.
2. Heat tortillas in a skillet or directly on the grates of a gas stove until soft and pliable. Place 3 tbsps of chicken mixture down the center of each tortilla. Fold over and roll into taquitos.
3. Preheat an air fryer to 400 °F.
4. Place taquitos in the air fryer basket, making sure they are not touching, and mist with avocado oil. Cook in batches if necessary. Cook for 6 to 9 minutes or until golden brown. Turn taquitos over, mist with avocado oil, and air fry for an additional 3 to 5 minutes.



Bacon-Wrapped Scallops

Serves: 9

Prep Time: 10 minutes

Cook Time: 7 minutes

Ingredients

- ½ cup** cup mayonnaise
- 2 tbsp** Sriracha sauce
- 1 lb** bay scallops (about 36 small scallops)
- 1 pinch** coarse salt
- 1 pinch** freshly cracked black pepper
- 12 slices** bacon, cut into thirds
- olive oil cooking spray

Recipe

1. Mix mayonnaise and Sriracha sauce together in a small bowl. Refrigerate Sriracha mayo until ready to serve.
2. Preheat the air fryer to 390 °F.
3. Spread scallops onto a plate or cutting board and blot dry with a paper towel. Season with salt and pepper. Wrap each scallop with 1/3 slice of bacon and secure with a toothpick.
4. Spray the air fryer basket with cooking spray. Place bacon-wrapped scallops in the basket in a single layer; split into 2 batches if necessary.
5. Cook for 7 minutes then check for doneness; scallops should be opaque and bacon should be crispy. Cook for additional 2 minutes, if necessary.
6. Remove scallops carefully with tongs and place on a paper towel-lined plate to absorb excess oil from bacon.



Bacon Wrapped Shrimp

Serves: 4

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 1 lb** tiger shrimp, peeled and deveined
- 1 lb** bacon, thinly sliced, room temperature

Recipe

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail.
2. Return the wrapped shrimp to the refrigerator for 20 minutes.
3. Preheat the air fryer to 390°F.
4. Remove the shrimp from the refrigerator and add half of them to the cooking basket. Cook each batch for 5-7 minutes.
5. Drain on a paper towel prior to serving.



Cheesy Cheddar Bacon Croquettes

Serves: 6

Prep Time: 35 minutes

Cook Time: 10 minutes

Ingredients

- 1 lb** sharp cheddar cheese, block
- 1 lb** bacon, thinly sliced, room temperature
- 4 tbsp** olive oil
- 1 cup** all-purpose flour
- 2** eggs, beaten
- 1 cup** seasoned breadcrumbs

Recipe

1. Cut the cheddar cheese block into 6 equally sized portions, approximately 1-inch x 1^{3/4} inch each. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese.
2. Trim any excess fat. Place the cheddar bacon bites in the freezer for 5 minutes to firm.
3. Preheat the air fryer to 390°F.
4. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly.
5. Place each cheddar block into the flour; then the eggs and the breadcrumbs.
6. Press coating to croquettes to ensure it adheres. Place croquettes in the basket and cook for 8 minutes or until golden brown.

Tip: To ensure the cheese does not run out, double coat the croquettes by dipping them a second time into the egg and then into the breadcrumbs.



Crispy Fried Spring Rolls

Serves: 4

Prep Time: 20 minutes

Cook Time: 5 minutes

Ingredients

- 4 oz** cooked chicken breast, shredded
- ½ cup** mushrooms, sliced thin
- ½ tsp** ginger, finely chopped
- 1 tsp** sugar
- 1 tsp** chicken stock powder
- 1 tsp** cornstarch
- ½ tsp** vegetable oil
- 1** celery stalk, sliced thin
- 1** medium carrot, sliced thin
- 1** egg, beaten
- 8** spring roll wrappers

Recipe

1. Mix chicken, celery, carrot and mushrooms in a medium bowl.
2. Add the ginger, sugar and chicken stock powder and stir evenly.
3. Combine the egg with the cornstarch and mix to create a thick paste then, set aside.
4. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture.
5. Preheat air fryer to 390°F.
6. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Fry in two batches, cooking each batch for 3-4 minutes or until golden brown.
7. Serve with sweet chilli sauce or soy sauce.



Italian Garlic Knots

Serves: 2

Prep Time: 15 minutes

Cook Time: 12 minutes

Ingredients

- 1 lb** frozen pizza dough/crust
- 1 tbsp** garlic
- 1 tsp** sea salt
- 1 tbsp** fresh parsley, chopped
- 1 tbsp** parmesan cheese, grated
- ½ cup** olive oil
 - marinara sauce

Recipe

1. Roll the pizza dough out until 1/4 inch thick.
2. Slice the dough lengthwise. About 3/4 inch apart.
3. Roll the dough between your palm and countertop. Make a knot with the dough and repeat until all the dough is used.
4. Add the spices, cheese, and olive oil into a bowl and mix well.
5. Roll the knots into the oil mixture and place into the fry basket. Place into the air fryer.
6. Cook for 12 minutes at 360°F.
7. Flip over half way through.
8. Serve with marinara sauce.



Fried Mac and Cheese Balls

Serves: 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 2 cups** cups of cooked macaroni and cheese
- ½ cup** cup cheddar cheese, shredded
- 1 cup** cup breadcrumbs, plain
- ¾ cup** cup white flour
- 3** eggs
- 2** cups milk

Recipe

1. Mix the shredded cheese with cooked mac and cheese then, set aside.
2. Place the breadcrumbs in a bowl. Place the flour in a separate bowl. Mix the egg and milk together and put in a separate bowl.
3. Use a small ice cream scoop to form the mac and cheese balls.
4. Roll the mac and cheese balls in the flour, then the egg mixture. Finally, coat with breadcrumbs.
5. Place the mac and cheese balls in the fry basket.
6. Cook for 10 minutes at 360°F.
7. Rotate halfway through.



Golden Mozzarella Sticks

Serves: 2

Prep Time: 10 minutes

Cook Time: 7 minutes

Ingredients

- 1 lb** mozzarella cheese
- 1 cup** breadcrumbs, plain
- 3 tbsp** milk, nonfat
- ¼ cup** flour, white
- 2** eggs

Recipe

1. Cut cheese into 3 x 1/2 inch sticks.
2. Place breadcrumbs in a bowl. Place flour in a separate bowl. Mix the egg and milk together and put in a separate bowl.
3. Dip cheese sticks in flour, then egg mixture, and finally breadcrumbs.
4. Lay breaded sticks on a flat cookie sheet.
5. Freeze in freezer for 1-2 hours or until solid.
6. Place small batches of breaded sticks into the fry basket.
7. Cook for 7 minutes at 400°F.

Tip: Do not overcrowd mozzarella sticks in the fry basket.



Sausage-Stuffed Mushrooms

Serves: 2-3

Prep Time: 5 minutes

Cook Time: 23 minutes

Ingredients

- 3 tbsp** olive oil, divided
- 4 oz** sweet italian sausage, casing removed
- 2 tbsp** italian style breadcrumbs
- ½ cup** mozzarella cheese, shredded
- ¼ cup** parmesan cheese, grated
- 1 tbsp** parsley, freshly chopped
- 6** extra-large crimini mushrooms
- 1** garlic clove, minced
- ¼** large onion, diced
 - salt
 - pepper

Recipe

1. Remove the mushroom stems from the caps. Mince the stems and set aside.
2. Spoon out the insides of the mushroom caps to create more room for the stuffing, then set aside.
3. Heat a pan over medium heat, add 1tbs olive oil, minced mushrooms stems, and diced onions. Cook for 5 minutes.
4. Add garlic and cook for 1 min, mix sausage and continue cooking for 5 minutes or until brown. Set aside.
5. Mix the sausage with the breadcrumbs, mozzarella, Parmesan, and parsley.
6. Season to taste with salt and pepper.
7. Stuff the mushrooms until full and top with more mozzarella cheese.
8. Drizzle the rest of the oil on the mushrooms.
9. Preheat the air fryer to 320°F.
10. Place stuffed mushrooms in the fry basket and cook at 320°F for 12 minutes until cheese is golden and bubbly.



Grilled Corn on the Cob

Serves: 2

Prep Time: 3 minutes

Cook Time: 10-12 minutes

Ingredients

- 2 cobs on the cob
- olive oil

Recipe

1. Preheat the air fryer to 350°F for 3 minutes.
2. Spread a thin layer of olive oil on the corn cobs, place corn into the fry basket then insert basket into the air fryer.
3. Cook for 10-12 minutes at 390°F, or until the corn is roasted brown. Rotate the corn half way through cooking.



Wontons

Serves: 4

Prep Time: 15 minutes

Cook Time: 11 minutes

Ingredients

- 5 oz** pork
- 1 tsp** peanut oil
- 1 tsp** sesame oil
- 1 tsp** soy sauce
- 2 tsp** salt
- 1 tsp** green onion
- 1 tsp** ginger
- 2 tbsp** water
- 1½ oz** leek
- 6 oz** scallops
- 20** wonton skins

Recipe

1. Cut pork into small pieces.
2. Add peanut oil, sesame oil, soy sauce, salt, green onion, ginger and stir.
3. Add 2 tbsp of water.
4. Chop the leeks and scallops, then add to the mixture.
5. Take a wonton skin and put a spoonful of stuffing into the center of the skin. Pinch the corners, sealing the wonton.
6. Preheat the air fryer to 350°F for 3 minutes.
7. Place wontons into the fryer basket. Space wontons evenly in a single layer. If desired, brush on a thin layer of peanut oil.
8. Cook for 11 minutes at 360°F.



Greek Feta Triangles

Serves: 5

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 4 oz** feta cheese
- 2 tbsp** flat-leafed parsley, finely chopped
- 2 sheets** frozen filo pastry, defrosted
- 2 tbsp** olive oil
- 1** egg yolk
- 1** finely chopped scallion
- black pepper

Recipe

1. Beat the egg yolk in a bowl and mix in the feta, parsley, and scallion. Season with pepper to taste.
2. Cut each sheet of filo dough into three strips.
3. Scoop a full tsp of the feta mixture on the underside of a strip of pastry.
4. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle.
5. Repeat until all the filo and feta has been used.
6. Preheat the air fryer to 390°F.
7. Brush the filo with a little oil and place three triangles in the cooking basket. Slide the basket into the air fryer and cook for 3 minutes.
8. Change the temperature to 360°F and then cook 2 minutes until golden brown.
9. Repeat the process with remaining feta triangles and serve.



Korean BBQ Satay

Serves: 4

Prep Time: 2 hours

Cook Time: 15 minutes

Ingredients

- 1 lb** boneless skinless chicken tenders
- ½ cup** low sodium soy sauce
- ½ cup** pineapple juice
- ¼ cup** sesame oil
- 1 tbsp** fresh ginger, grated
- 2 tsp** sesame seeds, toasted
- 1 pinch** pinch of black pepper
- 4 cloves** chopped garlic
- 4** chopped scallions

Recipe

1. Skewer each chicken tender, trimming excess meat or fat.
2. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hrs up to 24 hrs.
3. Preheat the air fryer to 390°F.
4. Pat chicken completely dry with a paper towel. Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes.



Jerk Chicken Wings

Serves: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- 4 lbs** chicken wings
- 2 tbsp** olive oil
- 2 tbsp** soy sauce
- 1 tbsp** allspice
- 1 tsp** cinnamon
- 1 tsp** cayenne pepper
- 1 tsp** white pepper
- 1 tsp** salt
- 2 tbsp** brown sugar
- 1 tbsp** fresh thyme, finely chopped
- 1 tbsp** fresh ginger, grated
- 5 tbsp** lime juice
- ½ cup** red wine vinegar
- 6** cloves garlic, finely chopped
- 1** habanero pepper; seeds and ribs removed, finely chopped
- 4** scallions, finely chopped

Recipe

1. In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade.
2. Transfer to a 1 gallon resealable bag and refrigerate for 2 hrs up to 24 hrs.
3. Preheat the air fryer to 390°F.
4. Remove the wings from the bag and drain all liquid. Pat wings completely dry.
5. Place half the wings in the cooking basket and cook each batch for 14-16 minutes, shaking halfway through.
6. Serve with blue cheese dipping sauce or ranch dressing.



Garlic Parmesan Chicken Wings

Serves: 2-4

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients

- 2 tbsp** cornstarch
- 4 tbsp** parmesan, grated
- 1 tbsp** garlic powder
- 1¼ lbs** pounds chicken wings
 - nonstick cooking spray
 - salt
 - pepper

Recipe

1. Preheat the air fryer to 380°F.
2. Combine the cornstarch, parmesan, garlic powder, salt, and pepper in a bowl.
3. Toss the chicken wings into the seasoning and dredge until the wings are well coated.
4. Spray the air fryer baskets with cooking spray and add the wings, spraying the top of the chicken wings as well.
5. Start to cook the chicken for about 25 minutes, make sure to shake the baskets halfway through cooking.
6. Sprinkle with the leftover parmesan mix and serve.



Hot Wings

Serves: 4

Prep Time: 18 minutes

Cook Time: 16 minutes

Ingredients

- 12** chicken thighs, drumettes, raw
- ½ cup** cup buffalo sauce

Recipe

1. Place the wings in the fry basket and into the air fryer.
2. Cook for 16 minutes at 400°F.
3. Half way through the cook time, turn the wings over.
4. When done, remove wings from fryer and toss with buffalo sauce.



Pigs in a Blanket

Serves: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

12 oz package cocktail franks

8 oz can of crescent rolls

Recipe

1. Remove the cocktail franks from the package and drain; pat dry on paper towels. Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch.
2. Roll the strips around the franks, leaving the ends visible.
3. Place in the freezer for 5 minutes to firm.
4. Preheat the air fryer to 330°F.
5. Remove the franks from the freezer and place half of them in the cooking basket.
6. Cook each batch for 6-8 minutes or until golden brown.



Crispy Coconut Shrimp

Serves: 3

Prep Time: 8 minutes

Cook Time: 8 minutes

Ingredients

- 12** large shrimp, raw, peeled and deveined
- 1 cup** panko breadcrumbs
- 1 cup** coconut, dried, unsweetened
- 1 tbsp** cornstarch
- ½ cup** flour, white
- ½ cup** egg white, raw

Recipe

1. Place the shrimp on paper towels.
2. Mix the panko and coconut together in a flat pan and set aside. Mix the flour and cornstarch in a different flat pan and set aside.
3. Place the egg whites in a bowl.
4. Dip one shrimp at a time into the flour mixture, then into the egg whites, and finally into the coconut mixture.
5. Place the coated shrimp into the fry basket and repeat until all the shrimp is coated.
6. Place the fry basket into the air fryer.
7. Cook for 10 minutes at 350°F.
8. After 5 minutes, turn if needed.



Sweet Heat Spring Rolls

Serves: 4

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 2 tbsp** grapeseed oil
- 2 cups** cabbage, sliced and chopped
- ½ lb** shitake mushrooms, sliced & stem removed
- 1 tsp** ginger, minced
- 1 clove** garlic, peeled and minced
- 3** scallions, chopped
- 8 oz** water chestnuts, diced
- ½ lbs** cooked shrimp, chopped
- 1 tbsp** water
- 6-8** spring roll wrappers
- 1** egg yolk
- sweet chili sauce

Recipe

1. Place a pan on the stove on high heat. Add 1 tbsp grapeseed oil.
2. Sauté cabbage. Remove and set aside. Repeat with the shitakes, ginger, and garlic and scallions.
3. Chop the cooked shrimp into small pieces.
4. In a bowl add all the ingredients except the spring roll wrappers, egg, and water.
5. Make egg wash with egg yolk and water.
6. Once the filling is cooled, assemble the spring rolls. Lightly squeeze and drain any excess water from filling.
7. On the counter, place one spring roll wrapper and coat the edges with the egg wash. Place a couple tbsps of filling on the top of the wrapper and roll up, folding in the sides as you go. Place each spring roll into the fry basket.
8. Cook for 15 minutes at 360°F.
9. Turn occasionally during the cooking process.
10. Serve with sweet chili sauce.



Bacon-Wrapped Stuffed Jalapeños

Serves: 2

Prep Time: 10 minutes

Cook Time: 16 minutes

Ingredients

- 1 lb** pound ground pork
- 2 oz** ounces cheddar cheese
- 6** strips bacon, halved
- 1** medium jalapeño, halved lengthwise & deseeded
 - salt
 - pepper

Recipe

1. Cut the jalapeño in half; lengthwise, and remove all seeds, then set aside.
2. Mix ground pork, cheddar, salt, and pepper in a bowl.
3. Add about 1 tbs of pork mixture into each jalapeño half.
4. Put the jalapeño halves back together and wrap each jalapeño with bacon.
5. Preheat the air fryer to 320°F.
6. Place the bacon-wrapped jalapeños into the preheated air fryer.
7. Cook for 16 minutes.
8. Serve with your favorite dipping sauce.



Prosciutto-Wrapped Asparagus

Serves: 3

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 2 tsp** olive oil
- 12 slices** prosciutto
- 12 spears** asparagus
 - salt
 - pepper

Recipe

1. Preheat air fryer to 300°F.
2. Cut off the woody ends of the asparagus spears and discard.
3. Drizzle and coat the asparagus spears with oil. Season with salt and pepper.
4. Wrap 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
5. Cook for 10 minutes.



Homemade Tortilla Chips

Serves: 2

Prep Time: 2 minutes

Cook Time: 8 minutes

Ingredients

1 tbsp olive oil

½ tsp salt

1 corn tortillas (6 inch), cut into 8 pieces each

- salsa, for serving

Recipe

1. Cut the tortillas in half, then each half into quarter, making a total of 8 pieces per tortilla.
2. Preheat air fryer to 300°F.
3. Toss the tortillas in the olive oil and salt until all the chips are well coated.
4. Place the tortillas chips in the preheated air fryer and cook for 8 minutes at 300°F.
5. Shake the baskets halfway through cooking.
6. Serve with salsa.



Fried Pickles

Serves: 4

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- ½ cup all-purpose flour
- ½ cup breadcrumbs
- 1 tsp paprika
- ⅓ tsp cayenne pepper
- 4 large dill pickles
- 2 eggs, beaten
- nonstick cooking spray
- salt
- pepper

Recipe

1. Dry the dill pickles very well with a clean kitchen towel and cut into spears.
2. Set up a dredging station using 3 shallow bowls. Fill the first shallow dish with flour. Beat the egg in the second dish. Then combine the breadcrumbs and spices until well incorporated in the last dish.
3. Preheat air fryer to 360°F.
4. Coat the pickles by dredging them first in the flour, then the egg, and then the breadcrumbs, pressing the crumbs on gently with your hands. Set the coated pickles on a tray and spray them on all sides with cooking spray.
5. Add the pickles to the preheated air fryer and cook at 360°F for 10 minutes. Turn them over halfway through cooking and spray lightly again, if necessary.
6. Serve with your favorite dipping sauce.



Runny-Yolk Scotch Eggs

Serves: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 10 oz** ground pork sausage
- ½ tsp** garlic powder
- ½ tsp** onion powder
- ½ tsp** dried sage
- ½ tsp** salt
- ¼ tsp** black pepper
- ½ cup** all-purpose flour
- ¾ cup** italian style breadcrumbs
 - 4** eggs, medium boiled, peeled
 - 1** egg, beaten
 - nonstick cooking spray

Recipe

1. Mix together the sausage, garlic powder, onion powder, sage, salt, and pepper. Divide into four balls.
2. Wrap the sausage around each of the peeled, medium boiled eggs until the egg is fully covered.
3. Coat each sausage-covered egg with flour, then dip in beaten egg, and roll in breadcrumbs. Finally, dip in the breadcrumbs again.
4. Preheat air fryer to 350°F.
5. Spray the scotch eggs liberally with cooking spray.
6. Cook for 15 minutes. Make sure to flip the eggs halfway through cooking.



Garlic & Herb Chicken Skewers

Serves: 2-4

Prep Time: 1 hour 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 lb** chicken thighs, boneless, skinless, cut into 1½-inch pieces
- 3 tbsp** olive oil
- 1 tsp** dried oregano
- ½ tsp** dried thyme
- ½ tsp** salt
- ¼ tsp** black pepper
- 3** garlic cloves, grated
- 1** lemon, juiced
- 2** wooden skewers, halved

Recipe

1. Mix together the olive oil, garlic, oregano, thyme, salt, black pepper, and lemon juice together in a large bowl.
2. Add the chicken to the marinade and marinate for 1 hour.
3. Preheat air fryer to 380°F.
4. Cut the marinated chicken into 1½-inch pieces and place them onto the halved skewers.
5. Place the skewers in the preheated air fryer.
6. Cook for 10 minutes or until golden brown.



Yogurt Chicken Skewers

Serves: 2-4

Prep Time: 4 hours 10 minutes

Cook Time: 10 minutes

Ingredients

- ½ cup** plain whole milk greek yogurt
- 1 tbsp** olive oil
- 1 tsp** paprika
- ¼ tsp** cumin
- ½ tsp** crushed red pepper
- 1 tsp** salt
- ¼ tsp** freshly ground black pepper
- 1 lb** chicken thighs, boneless, skinless, cut into 1½-inch pieces
 - 1** lemon, juiced & zested
 - 4** garlic cloves, minced
 - 2** wooden skewers, halved
 - nonstick cooking spray

Recipe

1. Mix together the yogurt, olive oil, paprika, cumin, red pepper, lemon juice, lemon zest, salt, pepper, and garlic in a large bowl.
2. Add the chicken to the marinade and marinate in the fridge for at least 4 hours.
3. Preheat air fryer 400°F.
4. Cut the marinated chicken thighs into 1½-inch pieces and skewer them onto the halved skewers.
5. Place skewers into the preheated air fryer and spray with cooking spray.
6. Cook for 10 minutes or until golden brown.



Teriyaki Pork Skewers

Serves: 2-4

Prep Time: 35 minutes

Cook Time: 8 minutes

Ingredients

- 1 tbsp** cornstarch
- ½ cup** water
- ¼ cup** soy sauce
- ¼ cup** light brown sugar, lightly packed
- ½ tsp** grated ginger
- 1 lb** pork loin chop, cut into 1½-inch cubes
- 1 clove** minced garlic
- 2** wood skewers, halved
- black pepper, to taste
- nonstick cooking spray
- salt
- pepper

Recipe

1. Whisk the cornstarch and water together.
2. Combine the cornstarch slurry, soy sauce, brown sugar, and garlic, and ginger in a small saucepan. Cook sauce on high heat for 5 minutes, until it boils and thickens.
3. Season the sauce to taste with black pepper and allow to cool.
4. Skewer the pork evenly between the wooden skewers.
5. Marinate the skewered pork in teriyaki sauce for 30 minutes.
6. Preheat the air fryer.
7. Place the skewers in the preheated air fryer and spray with cooking spray.
8. Cook for 8 minutes.
9. Brush the skewers with the teriyaki sauce every 2 minutes during cooking.
10. Season to taste with salt and pepper.



Lamb Shawarma Skewers

Serves: 2-4

Prep Time: 35 minutes

Cook Time: 8 minutes

Ingredients

- ¼ lb** ground lamb
- 1 tsp** cumin
- 1 tsp** paprika
- 1 tsp** garlic powder
- 1 tsp** onion powder
- ½ tsp** cinnamon
- ½ tsp** turmeric
- ½ tsp** fennel seeds
- ½ tsp** ground coriander seed
- ½ tsp** salt
- 4** bamboo skewers (9 inches)
- lemon yogurt

Recipe

1. Combine all ingredients in a bowl and mix well.
2. Skewer 3 ounces of meat onto each stick, then place in the fridge for 10 minutes.
3. Preheat the air fryer to 380°F.
4. Place the skewers into the preheated air fryer and cook for 8 minutes.
5. Serve with lemon yogurt dressing or by itself.



Desserts



Apple Empanadas

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- ½ cup** granulated sugar
- 2 tbsp** brown sugar
- 2 tsp** cinnamon
- 1 tbsp** cornstarch
- ¼ cup** water
- ½ tsp** vanilla extract
- 4 tbsp** butter
- 1** apple, peeled and sliced
- pastry dough

Recipe

1. Peel and slice apples into small chunks and place in pot. In a separate bowl, combine sugars, cinnamon, and cornstarch and mix well.
2. Sprinkle the mixed dry ingredients over apples in pot, and add water, vanilla extract, 2 tbsps of butter and mix well.
3. Cover pot and bring to a boil. Then reduce heat and simmer until apples are tender and mixture thickens.
4. Remove from heat and let cool. Once mixture is room temperature, lay the pastry on a flat surface and fill with mixture. Moisten the edges with water to seal and press the edges with a fork to close pockets.
5. Place the empanadas in the air fryer basket and fry at 350°F degrees for 15 minutes. Do not over fill basket.
6. Remove when golden.



Broiled Grapefruit

Serves: 2

Prep Time: 10 minutes

Cook Time: 7 minutes

Ingredients

- 1 tbsp** softened butter
- 1 tbsp** brown sugar
- 2 tsp** brown sugar
- ½ tsp** ground cinnamon
- 1** red grapefruit, refrigerated
- aluminum foil

Recipe

1. Preheat the air fryer to 400 °F.
2. Cut grapefruit in half crosswise and slice off a thin sliver off the bottom of each half if the fruit isn't sitting flat. Use a sharp paring knife to cut around the outside edge of the grapefruit and between each segment to make the fruit easier to eat once cooked.
3. Combine softened butter and 1 tbsp brown sugar in a small bowl. Spread mixture over each grapefruit half. Sprinkle with remaining brown sugar.
4. Cut aluminum foil into two 5-inch squares and place each grapefruit half on one square; fold up the edges to catch any juices. Set in the air fryer basket.
5. Broil in the air fryer until sugar mixture is bubbling, 6 to 7 minutes. Sprinkle fruit with cinnamon before serving.



New Orleans Style Beignets

Serves: 7

Prep Time: 10 minutes

Cook Time: 14 minutes

Ingredients

- ½ cup** all-purpose flour
- ¼ cup** white sugar
- ⅛ cup** water
- 1½ tsp** melted butter
- ½ tsp** baking powder
- ½ tsp** vanilla extract
- 1 pinch** salt
- 2 tbsp** confectioners' sugar,
 - 1** large egg, separated
 - cooking spray
 - parchment paper

Recipe

1. Preheat air fryer to 370 °F. Spray a silicone egg-bite mold with nonstick cooking spray.
2. Whisk flour, sugar, water, egg yolk, butter, baking powder, vanilla extract, and salt together in a large bowl. Stir to combine.
3. Beat egg white in a small bowl using an electric hand mixer on medium speed until soft peaks form. Fold into batter. Add batter to the prepared mold using a small hinged ice cream scoop.
4. Place filled silicone mold into the basket of the air fryer.
5. Fry for 10 minutes then carefully remove mold from the basket. Pop beignets out and turn over onto a parchment paper round.
6. Place parchment round with beignets back into the air fryer basket. Cook for an additional 4 minutes. Remove beignets from the air fryer basket and dust with confectioners' sugar.



Air Fried Sandwich Cookies

Serves: 9

Prep Time: 10 minutes

Cook Time: ~10 minutes

Ingredients

- ½ cup** cup complete pancake mix
- ⅓ cup** cup water
- 1 tbsp** confectioners' sugar
- 9** chocolate sandwich cookies (such as Oreo®)
- cooking spray

Recipe

1. Mix pancake mix and water until well combined.
2. Line air fryer basket with parchment paper. Spray parchment paper with nonstick cooking spray. Dip each cookie into the pancake mixture and place in the basket. Make sure they are not touching; cook in batches if necessary.
3. Place in basket and cook for 5 minutes. Flip and cook for an additional 2 minutes or until golden brown.
4. Sprinkle with confectioners' sugar.



Homemade Mexican Churros

Serves: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ¼ cup** butter
- ½ cup** milk
- 1 pinch** salt
- ½ cup** all-purpose flour
- ¼ cup** white sugar
- ½ tsp** ground cinnamon
- 2** eggs

Recipe

1. Melt butter in a saucepan over medium-high heat. Pour in milk and add salt. Lower heat to medium and bring to a boil, continuously stirring with a wooden spoon. Quickly add flour all at once. Keep stirring until the dough comes together.
2. Remove from heat and let cool for 5 to 7 minutes. Mix in eggs with the wooden spoon until pastry comes together. Spoon dough into a pastry bag fitted with a large star tip. Pipe dough into strips straight into the air fryer basket.
3. Air fry churros at 340 °F for 5 minutes.
4. Meanwhile combine sugar and cinnamon in a small bowl and pour onto a shallow plate.
5. Remove fried churros from air fryer and roll in the cinnamon-sugar mixture.



Caramelized Bananas

Serves: 1

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients

- 1 banana, sliced into 1/8-inch thick diagonals
- avocado oil cooking spray

Recipe

1. Line air fryer basket with parchment paper.
2. Preheat an air fryer to 375 °F.
3. Place banana slices into the basket, making sure that they are not touching; cook in batches if necessary. Mist banana slices with avocado oil.
4. Cook in the air fryer for 5 minutes.
5. Cook for an additional 3 minutes or until banana slices are caramelized.



Classic Creamy Cheesecake

Serves: 2

Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients

- 1 oz** cream cheese
- 1 tsp** vanilla extract
- 2 tbsp** brown sugar
- 1 pinch** cinnamon
- 1 cup** sweetened, condensed milk
- 1 cup** graham cracker crumbs
- 2 tbsp** sugar
- 1** large egg
- 7 in pie pan

Recipe

1. Preheat air fryer to 350°F degrees.
2. Pulse graham crackers in a food processor or blender until they are finely ground, and pour in a large bowl. Stir in sugar.
3. Pour the crust mixture into the 7 inch pie pan and press gently to flatten and evenly cover the base of the pan. Place in air fryer for 5 minutes then remove and set aside to cool.
4. With a mixer, beat cream cheese on a medium speed until a smooth soft and creamy texture. Add sugar, egg, vanilla extract, and condensed milk.
5. Pour the cream cheese mixture into the 7 inch pie pan over the graham cracker crust. Smooth the top of the cream cheese mixture with a spatula.
6. Place the pie pan in the air fryer basket and bake at 350°F for 40 minutes.
7. Remove when golden and allow to cool completely before serving.



Fudge Brownies

Serves: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- ½ cup** unsalted butter
- 1 cup** granulated sugar
- 1 tsp** vanilla extract
- ½ cup** all purpose flour
- ⅓ cup** unsweetened cocoa
- ¼ tsp** baking powder
- 1 pinch** salt
- 2** eggs
 - walnuts
 - chocolate chips

Recipe

1. Preheat your air fryer to 340°F.
2. Grease cake pan.
3. In a medium bowl mix together melted butter, eggs, and vanilla extract.
4. In a separate bowl, combine flour, sugar, cocoa powder, baking powder, and a pinch of salt.
5. Gradually stir in wet ingredients into dry ingredients until it is well blended. (Walnuts or Chocolate Chips may be added at this point).
6. Spread the batter in the cake pan - Do not overfill, two pans may be made. Once brownie mix is in pan, place in air fryer and bake at 340°F for 20 minutes.
7. Pierce with a knife or fork to ensure the mix does not come up wet and uncooked.
8. Remove carefully and allow to cool.



Old Fashioned Apple Crisp

Serves: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- ½ **cup** brown sugar
- ½ **tsp** cinnamon
- 1 cup** dried cranberries
- 4** large red apples
- 1** large lemon

Crumble Mix

- ½ **cup** unsalted butter (cubed)
- ½ **cup** brown sugar
- 1 cup** all-purpose flour
- ½ **tsp** cinnamon

Recipe

1. Peel and dice apples. Place apple chunks into a medium bowl, then add cranberries, 1/2 cup of brown sugar, cinnamon, juice from lemon, and mix well.
2. To make the crumble, use a large mixing bowl and add 1/2 cup of brown sugar, salt, flour and cinnamon. Mix in butter cubes and mash to make a consistent clumpy texture.
3. Pour the apple mix into a baking dish and top with the crumble. Place the dish into the air fryer basket and bake at 350°F for 30 minutes.
4. Carefully remove when crispy and golden.



Peanut Butter Marshmallow Fluff Turnovers

Serves: 4

Prep Time: 15 minutes

Cook Time: 5 minutes

Ingredients

- 4 sheets** fillo pastry, defrosted
- 4 tbsp** chunky peanut butter
- 4 tsp** marshmallow fluff
- 2 oz** melted butter
- 1 pinch** sea salt

Recipe

1. Preheat the air fryer to 360°F. Brush 1 sheet of fillo with butter. Place a second sheet of fillo on top of the first and also brush with butter. Repeat until you have used all 4 sheets.
2. Cut the fillo layers into 4 3-inch x 12-inch strips.
3. Place 1 tbsp of peanut butter and 1 tsp of marshmallow fluff on the underside of a strip of fillo.
4. Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zig-zag manner until the filling is fully wrapped. Use a touch of butter to seal the ends of the turnover.
5. Place the turnovers into the cooking basket and cook for 4 minutes or until golden brown and puffy.
6. Finish with a pinch of sea salt.



Classic French Vanilla Soufflé

Serves: 2

Prep Time: 1 hour

Cook Time: 20-30 minutes

Ingredients

- ¼ cup** all-purpose flour
- ¼ cup** butter, softened
- 1 cup** whole milk
- ¼ cup** sugar
- 2 tsp** vanilla extract
- 1 oz** sugar
- 1 tsp** cream of tartar
- 1** vanilla bean
- 5** egg whites
- 4** egg yolks
- chocolate sauce (optional)
- powdered sugar

Recipe

1. Mix flour and butter into a smooth paste. In a sauce pan, mix milk and sugar over low heat until sugar granulates are dissolved. Next add vanilla bean and bring mixture to a boil.
2. Add the flour and butter mixture to the boiling milk. With a wire whisk, beat vigorously to ensure there are no lumps. Simmer for several minutes until the mix thickens. Remove from the heat, discard the vanilla bean and cool for 10 minutes in an ice bath. While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes. Coat with butter and sprinkle with a pinch of sugar. In another mixing bowl, quickly beat the egg yolks and vanilla extract and combine with the milk mixture.
3. Separately beat the egg whites, sugar and cream of tartar until the egg whites form medium stiff peaks. Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
4. Preheat the air fryer to 330°F. Place 2 or 3 soufflé dishes into the cooking basket and cook each batch for 12-15 minutes. Serve with powdered sugar on top of the soufflé and with chocolate sauce on the side.



Classic Coconut Flan

Serves: 4

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- ½ cup** sugar
- 1½ tbsp** water
- ¾ cup** canned coconut milk
- ¼ cup** evaporated milk
- ¼ cup** sweetened condensed milk
- 2** whole eggs
- 1** egg yolk
- ¼** sweetened shredded coconut flakes to garnish

Recipe

1. Lightly coat four 4oz ramekins or one 6in round cake pan with vegetable spray.
2. Preheat air fryer to 320°F.
3. Bring 2 cups of water up to a boil and pour into preheated air fryer basket.
4. In a small pot add the sugar and 1.5 tbsp water together. Cook over medium-high heat, swirling the pan constantly, until the sugar turns a rich amber color, about 10 minutes.
5. Immediately pour 1 to 2 tbsps of the caramel into the bottom of each cup.
6. In a mixing bowl, blend the 3 milks with a wire whisk adding the eggs and egg yolks last.
7. Once well blended, ladle the custard base into the ramekins one at a time.
8. Cover each ramekin with aluminum foil and bake for 30 minutes.
9. Remove the ramekins with aluminum foil and bake for 30 minutes.
10. Remove the ramekins and uncover, place into the refrigerator for 2 hours to set completely.
11. In a conventional oven preheat 350°F. Toast for 5-7 minutes. Add coconut flakes on top of the flan.



Doughnut Bread Pudding

Serves: 2-4

Prep Time: 15 minutes

Cook Time: 1 hour 25 minutes

Ingredients

- 1½ cups** cups whipping cream
- 1 tsp** cinnamon
- ¾ cup** sweet cherries, frozen
- ¼ cup** sugar
- ½ cup** chocolate baking chips, semi-sweet
- 6** doughnuts, glazed and cut into small pieces
- 4** egg yolks, raw

Recipe

1. In a bowl, mix all the wet ingredients.
2. Add in the rest of the ingredients and pour into a 7.5" baking pan suitable for oven use. Place foil over the dish. Place the baking pan into the fry basket and then insert basket into the air fryer.
3. Cook for 30 minutes at 310°F with an aluminum foil tent over the dessert.
4. After 30 minutes check on the dessert. Recover and cook for an additional 30 minutes.
5. Check on the dessert. Cover again with the aluminum foil tent for 10 minutes.
6. After 70 minutes of covered cooking, remove the aluminum foil tent and cook undercovered for 15 minutes.
7. When done, chill before serving.



Mixed Berry Crisp

Serves: 2

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients

- 8 oz** blueberries
- 8 oz** strawberries, sliced
- 8 oz** blackberries
- 2 tbsp** sugar
- 1 tsp** vanilla
- 1 tbsp** lemon juice
- ¼ cup** flour
- ½ cup** rolled oats
- 3 tbsp** softened butter
- ½ cup** brown sugar
- 1 tsp** cinnamon
 - ice cream (optional)

Recipe

1. In a mixing bowl, cobbler the berries, sugar, vanilla and lemon juice. Pour this mix into the baking pan.
2. Preheat the air fryer to 310°F. Cook the fruit for 20 minutes. Give it a stir after 10 minutes.
3. In another mixing bowl, combine the remaining ingredients for the topping. After 20 minutes, top the fruit with the oat mix.
4. Place the fry basket back into the air fryer and cook at 310°F for another 10 minutes.
5. When the crisp is done, let it cool for a few minutes and serve with vanilla ice cream.



Banana Nut Bread

Serves: 2-4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients

- ¼ cup** unsalted butter, softened
- ½ cup** sugar
- ¾ tsp** all-purpose flour
- ½ tsp** baking soda
- ½ tsp** salt
- ½ cup** cup chopped walnuts
 - 1** egg, beaten
 - 2** overripe bananas, mashed
 - nonstick cooking spray

Recipe

1. Cream together the butter and sugar.
2. Mix together the egg, mashed bananas, and vanilla. Set aside.
3. Preheat the air fryer to 300°F.
4. Sift together the flour, baking soda, and salt.
5. Fold the dry ingredients into the wet ingredients until combined. Mix in the chopped walnuts.
6. Grease 1 mini loaf pan and then fill with batter. Place into the preheated air fryer.
7. Cook for 40 minutes.



Cinnamon Rolls

Serves: 2

Prep Time: 1 hour

Cook Time: 12 minutes

Ingredients

Cream Cheese Frosting

½ cup cream cheese, room temperature

1 cup powdered sugar

½ cup unsalted butter, room temperature

½ tsp vanilla extract

Cinnamon Rolls

1 cup milk, warm

¼ cup unsalted melted butter

¼ cup white sugar

½ packet active dry yeast

2½ cups all-purpose flour

½ tsp baking powder

1 tsp salt

¼ cup unsalted butter, softened

½ cup dark brown sugar

2½ tsp ground cinnamon

Recipe

1. Mix together all the frosting ingredients until well combined and there are no lumps.
2. Combine the warm milk, melted butter, white sugar, and active dry yeast in a large bowl and allow to bloom for 1 minute.
3. Mix in 2 cups all-purpose flour until well combined and cover with a towel for 1 hour and place in a warm area of your house.
4. Mix in the remaining flour, baking powder, and salt.
5. Knead the dough on a floured surface and roll out to a ¼-inch thickness.
6. Spread the softened butter on the dough, and sprinkle the dark brown sugar and cinnamon on top.
7. Roll the cinnamon rolls tightly beginning at the long edge, until a log of dough has been formed.
8. Cut the dough into 1 to 1½-inch slices, place onto a lightly buttered sheet pan, and cover with a towel for 30 minutes.
9. Preheat the air fryer to 330°F.
10. Place the cinnamon rolls on parchment paper and into the preheated air fryer.
11. Cook the cinnamon rolls at 330°F for 12 minutes.
12. Spread the cream cheese frosting on top when done cooking.



Chocolate Chip Muffins

Serves: 6-8

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ¼ cup** granulated sugar
- ½ cup** coconut milk or soy
- 3 tbsp** coconut oil, melted
- ½ tsp** vanilla extract
- 1 cup** all-purpose flour
- 2 tbsp** cocoa powder
- 1 tsp** baking powder
- ¼ tsp** baking soda
- ¼ tsp** salt
- ½ cup** dark chocolate chips
- ¼ cup** pistachios, cracked (optional)
- nonstick cooking spray

Recipe

1. Combine sugar, coconut milk, coconut oil, and vanilla extract in a small bowl then, set aside.
2. Mix together flour, cocoa powder, baking powder, baking soda, and salt in a separate bowl and set aside.
3. Mix your dry ingredients into your wet ingredients, gradually, until smooth. Then fold in chocolate chips and pistachios.
4. Preheat the air fryer to 300°F.
5. Grease muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
6. Place the muffin cups carefully into the preheated air fryer. Cook for 15 minutes.
7. Allow muffins to cool before serving.



Coconut Macaroons

Serves: 5-6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ½ cup** sweetened condensed milk
- ¼ tsp** almond extract
- ¼ tsp** vanilla extract
- ⅛ tsp** salt
- 1½ cups** shredded, unsweetened coconut
- 1** egg white

Recipe

1. Mix together condensed milk, egg white, almond extract, vanilla extract, and salt in a bowl.
2. Add in 1½ cups shredded coconut and mix until well combined. Mixture should be able to hold its shape.
3. Form 1½-inch balls with your hands. On a separate plate, add ¼ cup of shredded coconut.
4. Roll the coconut macaroons into the shredded coconut until covered.
5. Preheat the air fryer to 300°F.
6. Add the coconut macaroons to the preheated air fryer.
7. Cook for 15 minutes.
8. Allow macaroons to cool for 5 to 10 minutes, then serve.



Blueberry Lemon Muffins

Serves: 6-8

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- ½ tsp** lemon juice
- ½ cup** coconut milk or soy
- 1 cup** all-purpose flour
- 1 tsp** baking powder
- ¼ tsp** baking soda
- ¼ tsp** salt
- ¼ cup** granulated sugar
- 3 tbsp** coconut oil, liquidated
- ½ tsp** vanilla extract
- 1 cup** fresh blueberries
- 1** lemon, zested
- nonstick cooking spray

Recipe

1. Combine lemon juice and coconut milk in a small bowl, then set aside.
2. Mix together flour, baking powder, baking soda, and salt in a separate bowl and set aside.
3. Blend together sugar, coconut oil, lemon zest, and vanilla extract in an additional bowl. Then, combine with coconut-lemon mixture and stir to combine.
4. Mix your dry mixture into your wet mixture, gradually, until smooth. Gently fold in blueberries.
5. Preheat the air fryer to 300°F.
6. Grease muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
7. Cook for 15 minutes.
8. Allow muffins to cool for 10 minutes, then serve.



Lemon Pound Cake

Serves: 2-4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 1 cup** all-purpose flour
- 1 tsp** baking powder
- ½ tsp** salt
- 6 tbsp** unsalted butter, softened
- ¾ cup** granulated sugar
- 1 tbsp** fresh lemon juice
- ¼ cup** buttermilk
 - 1** lemon, zested
 - 1** large egg

Recipe

1. Mix flour, baking powder, and salt in a bowl. Set aside.
2. Add the softened butter to an electric mixer and beat for about 3 minutes, until light and fluffy.
3. Beat the sugar into the whipped butter for 1 minute.
4. Beat the flour mixture into the butter until fully incorporated, about 1 minute.
5. Add in the egg, lemon juice, and lemon zest. Mix on low until fully incorporated.
6. Pour in the buttermilk slowly while mixing at medium speed.
7. Add the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
8. Preheat the air fryer to 320°F.
9. Place the pound cake into the preheated air fryer.
10. Cook for 30 minutes and serve.



Orange Cranberry Muffins

Serves: 2-4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup** all-purpose flour
- ½ cup** sugar
- 1 cup** baking powder
- ¼ tsp** baking soda
- ¼ tsp** salt
- 1 cup** cup cranberries
- ½ cup** orange juice
- ¼ cup** vegetable oil
 - 1** egg
 - 1** orange, zested
 - nonstick cooking spray

Recipe

1. Mix flour, sugar, baking powder, baking soda, salt, and cranberries in a large bowl.
2. Whisk the egg, orange juice, oil, and orange zest in a separate bowl.
3. Mix the wet ingredients into the dry until combined.
4. Grease the muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
5. Preheat the air fryer to 300°F.
6. Place the muffin cups into the preheated air fryer. Avoid overcrowding by working in batches.
7. Cook for 15 minutes and serve.



Chocolate Espresso Muffins

Serves: 2-4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup** all-purpose flour
- ½ cup** cocoa powder
- ¾ cup** light brown sugar
- ½ tsp** baking powder
- ½ tsp** espresso powder
- ½ tsp** baking soda
- ¼ tsp** salt
- ¾ cup** milk
- 1 tsp** vanilla extract
- 1 tsp** apple cider vinegar
- ¾ cup** vegetable oil
- 1** large egg
- nonstick cooking spray

Recipe

1. Mix flour, cocoa powder, sugar, baking powder, espresso powder, baking soda, and salt in a large bowl.
2. Whisk the egg, milk, vanilla, vinegar, and oil in a separate bowl.
3. Mix the wet ingredients into the dry until combined.
4. Grease the muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
5. Preheat the air fryer to 300°F.
6. Place the muffin cups carefully into the preheated air fryer. Avoid overcrowding by working in batches.
7. Cook for 15 minutes and serve.



Questions?

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