

THE ALL-IN-ONE AIR FRYER COOKBOOK

—#2022—

1000

RECIPES

for Fast and Easy Healthy
Air-fried Meals

SAGE COOKE

Simplify
your daily life!

**2 BONUSES
Included**



AIR FRYER COOKBOOK

The ALL-IN-ONE 2022 Air Fryer Bible.

1000 Recipes for Fast and Easy Healthy Air-Fried Meals. *Simplify your daily life!*

SAGE COOKE

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TABLE OF CONTENTS

Introduction

[What Is An Air Fryer?](#)

[Benefits of Air Fryer](#)

[How to Clean the Air Fryer](#)

[Things You Will Need](#)

[Steps To Clean the Basket-Style Air Fryer](#)

[Steps To Clean an Air fryer -Style Air Fryer](#)

[Deep Cleaning The Air Fryer](#)

[Common Features of Air Fryer](#)

[Buttons of Air Fryer](#)

[Cooking Time Chart](#)

[Handy Accessories for The Air Fryer](#)

[Best Oil for Air Fryer](#)

[Oils: Burning/Smoking Points](#)

[10 Air Fryer Tips Every Air Fryer Owner Should Know](#)

[Choosing From the Different Types of Air Fryer](#)

Authors Note

Chapter No 1: 80 Easy Air Fryer Breakfast Recipes

[Easy Bread Sticks for Breakfast](#)

[Toad-In-The-Hole](#)

[Simple Breakfast Frittata](#)

[Breakfast Potato Hash](#)

[Breakfast Hard Boiled Eggs with Stuffing](#)

[Peanut Butter Filled Holes](#)

[Air Fryer English Style Breakfast](#)

[Tapioca Cheesy Bread](#)

[Potatoes for Breakfast](#)

[Air Fryer Polenta Bites](#)

[Eggs and Ham Muffins](#)

[Eggs in a Bowl of Bread](#)

[Breakfast Muffin Sandwich](#)

[Chipolatas with Eggs](#)

[Breakfast Omelet](#)

[Cheesy Eggs in a Hole](#)

[Breakfast Tortilla Wraps](#)

[Three Berries Muffins](#)

[Egg in an Avocado](#)

[Walnut and Cornmeal Muffins](#)

[Banana and Chocolate Chip Muffins](#)
[Savory and Salty Breakfast Muffins](#)
[Blueberries Oats Muffin](#)
[English Muffins Pizza](#)
[Bacon, Kale, and Eggs Casserole](#)
[Classic Scrambled Eggs](#)
[Kale, Eggs and Cheese Frittata](#)
[Tortillas with Avocado Dipping Sauce](#)
[Breakfast Hardboiled Eggs](#)
[Classic Cinnamon and Nutmeg Toast](#)
[Simple Chicken and Cheese Muffin Quiche](#)
[Frozen Sausage Links](#)
[Breakfast Frozen Hash Browns](#)
[Cinnamon Rolls](#)
[Bacon and Cheese Sandwich](#)
[Three-Cheese Sandwich](#)
[Dijon, Bacon and Cheese Sandwich](#)
[Strawberries Jam Filled Toasts](#)
[Bacon-Wrapped Croquettes](#)
[Cheese and Ham Sandwich](#)
[Harvest Granola](#)
[Homemade Granola](#)
[Cheese Filled Bread for Breakfast](#)
[Breakfast Delicious Donuts](#)
[Pumpkin Muffins](#)
[Chocolate Glazed Donuts](#)
[Banana Bread](#)
[Avocado Toast](#)
[Zucchini Corn Fritters](#)
[Bacon Crescent Rolls](#)
[Cheesy Potato Skins](#)
[Breakfast Banana Raisins Cookies](#)
[Easy Breakfast Pockets](#)
[Prosciutto and Eggs Cups](#)
[Simple Homemade Bagel](#)
[Egg Bites](#)
[Cheddar Quiche](#)
[Breakfast Oats](#)
[Cereal French toast](#)
[Sausage Omelet](#)
[Mushroom Omelet](#)
[Cherries Bread Pudding](#)
[Zucchini Crisps](#)
[Air Fryer Vegetable Omelet](#)
[Classic Milky Bread](#)
[Mini Bread Rolls](#)
[Simple Breakfast Rolls](#)

[Classic Bread](#)
[Sourdough for Breakfast](#)
[Healthy Salmon Omelet](#)
[3 Ingredients Omelet](#)
[Sea Food Egg Scramble](#)
[Breakfast Pancakes](#)
[Banana Pancakes](#)
[Blueberries Pancakes](#)
[Homemade Pancakes](#)
[Frozen Pancakes](#)
[Zucchini Muffins](#)
[Broccoli Omelet](#)
[Savory Bread](#)

Chapter No2: 50 Vegetable Recipes

[Zesty Balsamic Bruschetta](#)
[Easy Ramen Stir Fry](#)
[Purple Medley](#)
[Simple Jicama Chip](#)
[Easy Ratatouille](#)
[Crunchy Vegetable Nuggets](#)
[Veggie Tortillas Wraps](#)
[Garlic Parmesan Green Beans](#)
[Crispy Avocado Fries](#)
[Sesame And Balsamic Vinegar Green Beans](#)
[Spicy Herbed Yellow Squash](#)
[Coated Carrots Fries](#)
[Nuts and Vegetables with Rice](#)
[Roasted Asparagus with Tahini sauce](#)
[Perfect Stack of Tomatoes](#)
[Mixed Veggies With Zesty Vinegar Sauce](#)
[Pumpkin Fries with Sweet Greek Yogurt Sauce](#)
[Lemon Glazed Mushrooms](#)
[Poppers Peppers](#)
[Pickle Fries](#)
[Fried Eggplants Chips](#)
[Whole Baked Potatoes with Creamy Filling](#)
[Beets in Air Fryer](#)
[Cheesy Sriracha Broccoli](#)
[BBQ Coated Cauliflower](#)
[Simple and Easy Zucchini Fritters](#)
[Cauliflower Biscuits](#)
[Air Fryer Stuffed Bell Peppers](#)
[Cheesy Brussels Sprouts](#)
[Savory Spinach Chips](#)
[Eggplant Crisps](#)
[Stuffed Jalapeno Peppers](#)

[Sesame Cauliflower With Sauce](#)
[Artichokes with Honey Dijon](#)
[Quinoa Stuffed Green Bell Peppers](#)
[Parmesan Mushrooms](#)
[Tomato Soup](#)
[Easy Vegetable Stew](#)
[Madagascan Vegetable Stew with Beans](#)
[Mushroom Tofu Stew](#)
[Acorn Squash with Cranberries](#)
[Cheese Zucchini Strips](#)
[Parmesan Parsnip Fries](#)
[Vegetable Steak](#)
[Roasted Air Fryer Sweet Carrots](#)
[Three Cheese Mushrooms](#)
[Spinach and Cheese Muffins](#)
[Vegetable Casserole](#)
[Mushroom and Tofu Stew](#)
[Blooming Onion](#)

Chapter No 3:40 Vegan Recipes

[Mixed Veggies Pancakes](#)
[Vegan Coconut French Toasts](#)
[Delicious Lemon Tofu](#)
[Crispy Potato Nuggets](#)
[Vegan Corn Fritters](#)
[Herbed and Spiced Baked Tofu Fries](#)
[Mushroom Pizzas with Hummus Drizzle](#)
[Vegan Air Fryer Cold Soup](#)
[Mexican Style Corn on the Cob](#)
[Air Fryer Cinnamon Coated Chaffle](#)
[Chocolate Chaffle](#)
[Delicious Vegan Pasta Chips](#)
[Rosemary and Garlic Sweet Potatoes wedges](#)
[Creamy and Classic Vegan Vegetable Fries](#)
[Purple Cauliflower with Asian Chili Sauce](#)
[Vegan Banana Chips](#)
[Artichoke Fries](#)
[Easy Rocket Pancakes](#)
[Vegan Air Fryer Eggplant Parmesan Pasta](#)
[Air Fried Spicy Stir-Fry](#)
[Air Fried Classic Falafel](#)
[Thai Style Vegetable Bites](#)
[Vegan Fried Ravioli](#)
[Air fryer Coconut Pudding](#)
[Vegan Peanut Noodles](#)
[Air Fryer Nuggets](#)
[Spicy Mustard Cabbage Rolls](#)

[Italian Rice Balls](#)

[Vegetable Fried Rice](#)

[Nutrition Facts](#)

[Servings: 2](#)

[Amount per serving](#)

[Calories 1311](#)

[% Daily Value*](#)

[Total Fat 17.3g 22%](#)

[Total Carbohydrate 242.5g 88%](#)

[Protein 62g](#)

[Farro Salad with Beets](#)

[Jerk Grain Bowls with Air-Fried Plantain Chips](#)

[Cauliflower Poppers](#)

[Vegetable Cheesy Pizza](#)

[Vegan Margherita Pizza](#)

[Air Fryer Veggie Noodle](#)

[Flax Seed and Hummus Pancakes](#)

[Easy Crispy Veggies and Potato Cutlet](#)

[Cauliflower and Spinach Pizza](#)

[Vegetable Mirepoix Bites](#)

[*Chapter No 4:70 Poultry Recipes*](#)

[Glazed Chicken Breast with Basil Corn Salad](#)

[Thanksgiving Turkey](#)

[Air Fryer Cheesy Chicken Sausage Rolls](#)

[Air fryer crumbed chicken schnitzel](#)

[Air fryer Japanese chicken tenders](#)

[Air Fryer Whole Turkey with Gravy](#)

[Classic Hawaiian Pineapple Chicken](#)

[Air Fryer Whole BBQ Chicken with baked potatoes](#)

[Nashville Hot Chicken](#)

[Air Fryer Pistachio Crusted Chicken](#)

[Air Fryer Chicken Enchiladas](#)

[Air Fried Chicken Quesadilla](#)

[Cosmic Wings](#)

[Air Fryer Chicken Parmesan Meatballs with Pasta](#)

[Delicious Turkey Meatballs](#)

[Saucy Asian Chicken Wings](#)

[Greek Chicken Meatballs](#)

[Air Fryer Chicken Nuggets](#)

[Perfect Alfredo Chicken](#)

[Crispy Chicken Fingers with ranch dressing](#)

[Chicken Burger with Tomatoes](#)

[Frozen Boneless Chicken with coleslaw](#)

[Crispy Fillets with Sriracha honey Sauce](#)

[Savory Chicken Breast With Ranch Dressing](#)

[Cheesy Chicken Wings with Baked Potatoes](#)

[Honey Soy Chicken Wings](#)
[Crispy Drumstick with Mac and cheese](#)
[Orange and Maple Glazed Chicken](#)
[Alfredo Apple Chicken with blue cheese](#)
[BBQ Chicken Thighs](#)
[Tandoori Chicken Thighs](#)
[Chicken with Beans and Chili](#)
[Chicken Tomatina with rice and coleslaw](#)
[Classic Air fryer Chicken Pizza](#)
[Air Crisp Chicken Tenders with ketchup](#)
[Glazed Tomato chicken Kabobs](#)
[Turkey and Tomatoes Patties](#)
[Chicken Gravy](#)
[Roasted Cinnamon Apple with the Chicken](#)
[Chicken Patties with coleslaw](#)
[Sesame Chicken Breast with Cucumber Salad](#)
[Zesty and Spiced Chicken](#)
[Sriracha-Honey Wings with blue cheese](#)
[Arugula with Chicken Milanese](#)
[Parmesan Chicken Tenders](#)
[Pineapple Marinated Chicken with Rice](#)

[Orange Chicken with cauliflower rice](#)
[Hot Buffalo wings with blue cheese dressing](#)
[Hot Parmesan Chicken Wings](#)
[Montréal Chicken Breasts with chipotle sauce](#)
[Spicy Chicken Breast with Green Beans](#)
[Sesame Soy Wings](#)
[Maple Glazed Wings](#)
[Coconut Chicken Thighs](#)
[Chipotle Chicken](#)
[Chicken, Onion Bell Pepper Skewers](#)
[Chicken Mushroom and Broccoli](#)
[Chicken and Zucchini Kabobs](#)
[Lemon Garlic Sauce Wings](#)
[Buttermilk Breast](#)
[Cajun Cornish Hen](#)
[Tandoori Chicken Tikka](#)
[Rolled Chicken Empanadas](#)
[Cheesy Chicken Cakes](#)
[Chicken Fajitas](#)
[Southern-Style Chicken](#)
[Fajita-Stuffed Chicken](#)
[Air-Fryer Taquitos](#)
[Air-Fryer Lemon Feta Chicken](#)
[Finger licking Fingers](#)

Chapter No5: 40 Quick and Easy Recipes

[Air Fryer Bacon Wrapped Chicken Thighs](#)
[Bacon-Wrapped Asparagus](#)
[Onion Pakoda In Air Fryer](#)
[Air Fryer Bacon Wrapped Green Beans](#)
[Chicken Chimichangas](#)
[Easy Crispy Cups](#)
[Easy And Simple Air Fryer Tortilla Chips](#)
[Air Fryer Kofta Kebab](#)
[Air-Fryer Apple Fritters](#)
[Bread Stuffed Rolls](#)
[Air Fryer Pigs in a Blanket](#)
[Provolone Cheese And Ham Sandwich](#)
[Bacon And Feta Sandwich](#)
[Spicy Air Fryer Steak Fingers with Dill Pickle Dip](#)
[Air Fryer Scotch Eggs](#)
[Cheese Balls](#)
[Air Fryer Tater Tots](#)
[Chocolate Pudding](#)
[Air Fryer Candied Walnuts](#)
[Air Fryer Hot Dog](#)
[Hash Browns Wrapped In Ham](#)
[Easy Popcorn Shrimp](#)
[Easy Turkey Meat Balls](#)
[Easy Pesto Pinwheels](#)
[Easy Frozen Pepperoni Chips](#)
[Honey Goat Cheese Balls](#)
[Bake Pear](#)
[Strawberry Pie](#)
[Yam Mug Cake](#)
[Lemon Pastry Twists](#)
[Air Fryer Cheese Crackers](#)
[Apple And Peach Crisps](#)
[Lemon Meringues](#)
[Mini Bread Rolls](#)
[Cinnamon Rolls](#)
[Vegetarian Mock Meat](#)
[Air Fryer Memos](#)
[Indian Spiced Cauliflower](#)
[Air Fryer Spinach And Potato Nuggets](#)
[Cheesy Eggs in Spaghetti Nests](#)

Chapter No 6: 100 Pork, Beef, And Lamb Recipes

[Pork Tenderloin](#)
[Soy Pork Ribs](#)
[Pear Bake Pork](#)
[Bacon Cauliflower With Cheddar Cheese](#)

[Pork Milanese with Stuffed Mushrooms](#)
[Pork Bacon and Eggs Pockets](#)
[Air Fryer Roast Pork Belly Over Salad](#)
[Garlic Rosemary Pork Chops With Sour Cream](#)
[Pork Chops with Horseradish Sauce](#)
[Chinese Style Pork Chops](#)
[Basil and Lemon Pork Chops](#)
[Simple and Easy Pork Chops](#)
[Crispy Roast Pork Belly](#)
[Classic Pork Chops](#)
[Dijon Pork Chops](#)
[Ginger Pork Shoulder Skewers With Cucumber](#)
[Air Fryer Sweet Pork Barbecue](#)
[Easy Pork Kebabs With Rice](#)
[Pork Satay Skewers](#)
[Filipino Pork Barbecue](#)
[Perfect Pork Ribs](#)
[Steak Strips](#)
[Pork Meat And Cabbage Rolls](#)
[Asian Flavored Pork Chops](#)
[Chinese BBQ Pork](#)
[Jerk Pork Skewers with Black Bean and Mango Salsa](#)
[Air Fryer Pork Belly Bites](#)
[Air Fryer Glazed Pork Belly](#)
[Sweet Glazed Ham](#)
[Pineapple Glaze Ham](#)
[Coated Ham Slices](#)
[Easy Brined Pork Chops](#)
[Easy and Delicious Spiral Ham](#)
[Saucy Beef Chops](#)
[Minced Beef And Vegetables Casserole](#)
[Beef Masala Chops](#)
[Air Fryer Beef Kebabs](#)
[Air Fryer Teriyaki Beef and Pineapple Kabobs](#)
[Easy Air Fryer Steak Bites](#)
[Juicy vegetables and Sirloin Steak with Sour Cream](#)
[Italian-Style Beef Meatballs](#)
[Beef Stuffed Bell Peppers](#)
[Spicy Beef Fillet](#)
[Beef Ribs in Air Fryer](#)
[Sticky Sweet Beef Ribs With Baked Potatoes](#)
[Prosciutto and Cheese Panini](#)
[T-Bone Rib in the Air fryer](#)
[Greek-Style Beef Chops](#)
[Delicious Beef Patties With Rice](#)
[Teriyaki Style Beef Steak](#)
[Simple And Easy Beef Steak](#)

[Maple Glazed Rib Eye Steak](#)
[Garlic Herb Butter Rib Eye](#)
[Chipotle New York Steak](#)
[Steakhouse New York Steak](#)
[Country Style Ribs](#)
[Spare Rib](#)
[Classic BBQ Beef Ribs](#)
[Stuffed Steak Rolls](#)
[Sweet Balsamic Skirt Steak With Shallots](#)
[Marinated Steak With Rice](#)
[Rump Steak](#)
[Saucy Flank Beef Steak with rice](#)
[Coconut Gravy with Steak](#)
[Beef Jerky](#)
[Onion Beef](#)
[Pineapple Steak](#)
[Rib Eye with Veggies Noodles](#)
[Mustard Rosemary Rib Eye Steak](#)
[Easy Coffee Flavored Steak](#)
[Soda Brined Beef](#)
[Beef and Vegetable](#)
[Pepper Steak](#)
[Rice, Veggies with Sausages](#)
[Garlic Butter Glazed Steak](#)
[Montreal Spiced Steak with Coleslaw](#)
[Marinated Beef Ribs](#)
[Spiced Beef Ribs](#)
[Beef Spare Rib](#)
[Coconut Lamb Chops](#)
[Lamb meat Roll-Ups](#)
[Hearty lamb chops Tomatina](#)
[Pesto steak and Pasta](#)
[Rolled Empanadas](#)
[Loin Lamb Chops](#)
[Mojito Spiced Ribs](#)
[Lamb Sandwich](#)
[Mint and Greek yogurt Chops](#)
[Raspberry Chipotle lamb Chop](#)
[Mustard Lamb Chops](#)
[Bourbon Lamb Chops with baked potatoes](#)
[Orange Lamb Chops](#)
[Spicy Yogurt Lamb Chops](#)
[Sweet and Savory lamb Chops](#)
[Sticky Sweet Lamb Ribs](#)
[Short Ribs & Root Vegetables](#)
[Lamb Meatballs in Pasta Sauce](#)
[Lamb Burger](#)

[Vegetable Lamb Roll-Ups](#)

[Lamb Kabobs](#)

[Chapter NO 7 : 100 Seafood Recipes](#)

[Shrimp Omelet With Mushroom In Air Fryer](#)

[Shrimp, Mushroom, And Broccoli](#)

[Shrimp And Cauliflower](#)

[Salmon Cake](#)

[Coconut Shrimp](#)

[Fish Sandwich](#)

[Fish Cakes](#)

[Tandoori Fish Tikka](#)

[Air Fried Tilapia](#)

[Fish Pakora](#)

[Fish Fry](#)

[Shrimp Lettuce Wrap](#)

[Salmon With Asparagus](#)

[Tilapia With Green Beans](#)

[Sundried Tomato Salmon](#)

[Salmon With Dill Dressing](#)

[Lemon Tilapia Parmesan](#)

[Lean And Green Salmon](#)

[Egg, Shrimp, And Avocado](#)

[Fish Nuggets](#)

[Fish Sticks](#)

[Mahi Mahi With Brown Butter](#)

[Air Fryer Spicy Scallops](#)

[Air Fryer Classic French Mussels](#)

[Cheesy Baked Mussels](#)

[Air Fryer Mussels with Cream Sauce](#)

[Mussels with Herbs](#)

[Mussels Dynamite](#)

[Air Fryer Mussels](#)

[Crispy Crab Claws](#)

[Air Fryer Catfish](#)

[Air Fryer Crab Cake Fritters](#)

[Easy Sushi Bake](#)

[Crab And Mushrooms In Air Fryer](#)

[Air Fryer Dungeness Crab Legs](#)

[Air Fried Fish Singing As Miso](#)

[Old Bay Crab Leg](#)

[Lobster Tails](#)

[Air Fryer Cod](#)

[Air Fryer Crab Rangoon](#)

[Air Fryer Crab Cakes](#)

[Delicious Air Fryer Crab Cakes](#)

[Air-Fryer Wasabi Crabs Cakes](#)

[Air-Fried Crab Sticks](#)
[Air Fryer Frozen Crab Cakes](#)
[Crab Cheese Spring Rolls In An Air Fryer](#)
[Frozen Crab Cakes In Air Fryer](#)
[Air Fryer Crab Cake Fritters](#)
[Air Fryer Low Country Boil](#)
[Panko-Breaded Fried Razor Clams](#)
[Sweet & Spicy Mussels](#)
[Clams In The Air Fryer](#)
[Ginger Garlic Shrimp](#)
[Fish Taco](#)
[Lemon Salmon](#)
[Ginger Garlic Salmon](#)
[Coconut Cod Fillets](#)
[Fish Fillet In Air Fryer](#)
[Prawns Snack](#)
[Coconut Pineapple Shrimp](#)
[Masala Fish](#)
[Simple Fish Fry](#)
[Air Fryer Spicy Shrimp](#)
[Frozen Salmon in An Air Fryer](#)
[Air Fryer SWAI Fish](#)
[Air Fryer Skin On Salmon](#)
[Fish And Chips](#)
[Divine Salmon](#)
[Buttered Mint Clams](#)
[Seafood, Shrimp Omelet](#)
[Air Fryer Garlic Shrimp With Lemon](#)
[Bacon-Wrapped Buffalo Shrimp](#)
[Simple Codfish](#)
[Lemon Pepper Shrimp](#)
[Mediterranean Swordfish](#)
[Pecan Sauce with Salmon](#)
[Island Mahi](#)
[Crispy Fish Fillets](#)
[Beer Battered Fish Fillet](#)
[Swordfish With Herb Vinaigrette](#)
[Maple-Glazed Salmon](#)
[Smoked Salmon](#)
[Frozen Fish Fillet](#)
[Pesto Salmon](#)
[Salmon With Broccoli And Cheese](#)
[Salmon With Sauce](#)
[Cajun Salmon](#)
[Salmon With Green Beans](#)
[Healthy Whitefish](#)
[Crab Patties](#)

[Island Scallops With Salsa](#)
[Sundried Tomato With Air-Fried Salmon](#)
[Salmon With Creamy Dill Sauce](#)
[Air Fryer Cajun Scallops](#)
[Air Fried Scallops](#)
[Salmon With Coconut](#)
[Easy Air Fryer Breaded Sea Scallops](#)
[Shrimp Lettuce Wrap](#)
[Egg, Shrimp, And Avocado](#)
[Fish Fillet With Onion Rings](#)

Chapter No 8: 50 Snacks, Sandwiches and wraps Air Fryer Recipes

[Turkey Croquettes](#)
[Tortellini with Prosciutto](#)
[Air-Fryer Beefy Swiss Bundles](#)
[Air-Fryer Caribbean Wontons](#)
[Air-Fryer Bacon Crescent Rolls](#)
[Air Fryer Pumpkin Fries](#)
[General Tso's Cauliflower](#)
[Air-Fryer Cheeseburger Onion Rings](#)
[Air Fryer Toasted Turkey Sandwich Melt](#)
[Air Fryer Veggie Sandwich](#)
[Air Fryer Eggplant Parmesan Sandwich](#)
[Air Fryer Crispy Chicken Caesar Wraps](#)
[Air Fried Pepperoni Wraps](#)
[5-Minute Buffaloes Chicken Wrap](#)
[Beef And Cheese Wrap](#)
[Copy Cat Taco Bell Crunch Wraps](#)
[Air-Fryer Cheesy Spinach Wrap](#)
[Air Fried Chicken Shawarma](#)
[Buffalo Chicken Wrap](#)
[Tex Mex Quesadilla](#)
[Calzones](#)
[Build The Hot Pocket](#)
[Snack time Smoked Chicken Jerky](#)
[Fried Green Tomato BLT](#)
[Snack Time Pizza Toast](#)
[Apple And Cheddar Grilled Cheese](#)
[Tuna Melt](#)
[Air-Fried Chicken Stuffed Tortillas With Peppers And Corn](#)
[Chicken And Green Chili Taquitos](#)
[Chocolate Palmiers](#)
[Asparagus With Crispy Parmesan Breadcrumbs](#)
[Apple Fries With Caramel Cream Dip](#)
[Sriracha Spring Rolls](#)
[Teriyaki Rice Bombs](#)
[Yogurt Pancakes](#)

[Cheese Sticks](#)
[Potato Tots With A Twist](#)
[Cheesy Stuffed Patties](#)
[Kidney Beans In Air Fryer](#)
[Pita Triangles](#)
[Cheese-Filled Eggplants](#)
[Navy Beans With Rice In Air Fryer](#)
[Vegetable Biscuits](#)
[Bbq And Paprika Chickpeas With Tofu](#)
[Oats Biscuits](#)
[Creamy Tomato Soup](#)
[Every Thing Bagel Brussels sprouts](#)
[Cauliflower Au Gratin](#)
[Coconut Pudding With Buns](#)
[Zucchini Noodles With Basil And Cherry Tomatoes](#)

Chapter No 9: 50 Pizzas & Bread

[Vegan Pizza Crust Mix](#)
[Air Fried Cauliflower Pizza Crust](#)
[Grilled Chicken Pizza](#)
[Seafood Pizza](#)
[Meat Lover Pizza](#)
[Three Cheese Pizza](#)
[Sausage Pizza](#)
[Italian Sausage Pizza](#)
[Easy Mix Vegetable Pizza](#)
[Ultimate Veggie Pizza](#)
[Veggies Pizza](#)
[Artichoke Pizza](#)
[Supreme Pizza](#)
[Chorizo Pizza](#)
[Simple Air Fryer Pizza](#)
[White Pizza](#)
[Air Fryer Pizza](#)
[Salami Pizza](#)
[Pepperoni Pizza](#)
[Garlic Pizza](#)
[Mix Vegetable Pizza](#)
[Air Fryer Mini Pizza Calzones](#)
[Air Fryer Calzone Recipe - Easy & Yummy](#)
[Air Fryer French Bread Pizza](#)
[Air Fryer Brazilian Cheese Bread Puffs](#)
[Air Fryer Buffalo mozzarella Pizza](#)
[Air Fryer Naan White Pizza](#)
[5 Minutes Air Fryer Pita Bread Pizza](#)
[Air Fryer Frozen Mini Pizza](#)
[Crustless Pizza In The Air Fryer](#)

[Air Fryer Indian Bread](#)
[Air Fryer Bread – Low Carb](#)
[Air Fryer Easy Bread](#)
[Air Fryer Classic Bread](#)
[Air Fryer Bread](#)
[Air Fryer](#)
[Garlic And Herb Artisan Bread](#)
[Soft Milk Bread Rolls Recipe](#)
[Air Fryer Sourdough Bread](#)
[Air Fryer Banana Nut Bread](#)
[Keto Air Fryer Roll Bread](#)
[Air Fryer Keto Garlic Cheese 'Bread'](#)
[Air Fryer Apple Streusel Quick Bread](#)
[Cheesy Sweet And Savory Garlic Bread](#)
[Dry Cranberries Bread](#)
[Tapioca Cheesy Bread](#)
[Cloud Bread](#)
[Simple Milky Quick Bread](#)
[Air Fryer Chocolate Chip Quick Bread](#)
[Air Fryer Cinnamon Raisin Bread](#)

Chapter No 10: 100 Air Fryer Dessert Recipes

[Air Fryer Toasted Marshmallow Fluff Waffles](#)
[Air Fryer S'mores Dip](#)
[Air Fryer Cupcakes fro cake box mix](#)
[Air-Fryer Carrot Coffee Cake](#)
[Strawberry Shortcake](#)
[Air fryer cupcakes from scratch](#)
[3 Ingredient Strawberry Cobbler in the Air Fryer](#)
[Air Fryer Chocolate Molten Lava Cakes](#)
[Almost Famous Chocolate Cake](#)
[Angel Food Cake](#)
[Chocolate Orange Cupcakes Recipe](#)
[Easy Air Fryer Muffins](#)
[Air Fryer Cupcakes](#)
[Air Fryer Cupcakes](#)
[Air Fryer Strawberry & Cream Mug Cake](#)
[Easy Air Fryer Brownies](#)
[Air Fryer Homemade Coffee Cake](#)
[Air Fryer Apricot and Raisin Cake](#)
[Air Fryer Pineapple Cake](#)
[The Famous 3 Ingredient Christmas Cake](#)
[Air Fryer Fruit Pudding](#)
[Air Fryer, Easy Peach Cobbler](#)
[Air-Fryer Pecan Strawberry Rhubarb Cobbler](#)
[Lemon Biscuits](#)
[Red Velvet Cookies](#)

[Walnut Chocolate Cookies](#)

[Eggless Cake](#)

[Chocolate Oatmeal Cookies](#)

[Air Fryer Beignets](#)

[Air Fryer S'mores](#)

[Grilled Fruit](#)

[Air Fryer Oreos](#)

[Black Forest Hand Pies](#)

[Black And White Brownies](#)

[Marble Cheesecake](#)

[Chocolate Chip Cookie](#)

[Chocolate Peanut Butter Bread Pudding](#)

[Frosted Peanut Butter Cookie](#)

[Chocolate Peanut Butter Cupcakes](#)

[Lime Cheesecake](#)

[Chocolate Chip Cookies](#)

[Strawberry Cupcakes with Creamy Strawberry Frosting](#)

[Cookie Dough](#)

[Flourless Shortbread Cookies](#)

[Oat Sandwich Biscuits](#)

[Smarties Cookies](#)

[Lemon Butterfly Buns with Cherries on Top](#)

[Empanada Wraps](#)

[Mini Strawberry and Cream Pies](#)

[Ginger Cranberry Scones](#)

[Air Fryer Baked Apples](#)

[Grill Peaches](#)

[Air fryer Cookies](#)

[Oat Sandwich Biscuits](#)

[Fryer Keto Brownies](#)

[Peanut Butter Cupcake](#)

[Orange Cornmeal Cake](#)

[Vanilla Bean Meringues](#)

[Coconut Meringues](#)

[Sweet Cookies](#)

[Oreo Chocolate Pudding](#)

[Strawberry Pie](#)

[Honey Goat Cheese Balls](#)

[Air Fryer Donuts](#)

[Air Fryer Donut Sticks](#)

[Chewy Anzac Biscuits](#)

[Gluten Free Air Fryer Kitchen Sink Cookies](#)

[Air-Fried Coconut Butter Cookies Recipe](#)

[Air Fryer Simple Cookies](#)

[Air-Fryer Lime Macaroons](#)

[Air Fryer Canned Biscuits](#)

[Cream Puffs](#)

[Chocolate Filled Cream Puffs](#)

[Jam Filled Buttermilk Scones](#)

[Pignoli Cookies](#)

[Mini Chocolate Peanut Butter Cupcakes](#)

[Super Moist Cupcake](#)

[Air Fryer Banana Cream Pie](#)

[Nutella Banana Bread Pudding Cups](#)

[Banana cake](#)

[Peanut Butter Banana Dessert Bites](#)

[Air Fryer Banana S'mores](#)

[Air Fryer Nutella and Banana Danish](#)

[Air Fryer Chocolate Croissants](#)

[Mini Nutella Doughnut Holes](#)

[3 ingredients Nutella Cookies](#)

[Air Fryer Gulab Jamun](#)

[Air Fryer Oreo Cake](#)

[Air Strawberry thumbprint cookies](#)

[Air Fryer Semolina Pudding](#)

[Semolina pudding with currants](#)

[Air Fryer Blueberry Crisp](#)

[Air Fryer Blueberry Apple Crumble](#)

[JL's Air Fryer Fruit Crumble](#)

[Air Fryer Berry Hand Pies](#)

[Air Fryer Blueberry Turnovers](#)

[Air Fryer Banana Caramel Pie](#)

[Cheat's banoffee pies in the air fryer](#)

[Vegan Coffee Donut Holes with Maple Cream](#)

Chapter No 11: 50 Air fryer Recipes for ONE

Air-Fried Buffalo Broccoli Bites

[Bacon Avocado Fries](#)

[Crunchy Air Fryer Fried Chicken](#)

[Homemade Cannoli](#)

[Air Fryer Meatball Sub](#)

[Zucchini Tots](#)

[Classic Chicken Bowls](#)

[Avocado Tacos](#)

[Crispy Aloo Tikki Recipe](#)

[Spaghetti and Air Fryer Meatballs](#)

[Roasted Aloo Gobi \(Indian Spiced Potato & Cauliflower\)](#)

[Bacon-Roasted Potatoes](#)

[These Fruit Pies](#)

[Gingery Pork Meatballs](#)

[Mushroom and Brussels Sprouts Pizza](#)

[Totchos](#)

[Roasted Cauliflower Tacos](#)

[Roasted Asparagus Salad with Feta Vinaigrette](#)

[Yummy Chicken Wings](#)

[Korean BBQ Egg Rolls in the Air Fryer](#)

[Lumpia in the Air Fryer](#)

[Air Fryer Max's-Style Fried Chicken Recipe](#)

[Lechon Kawali - Air Fryer](#)

[Air Fryer Crispy Pata](#)

[Air Fryer Asian Chicken Drumsticks](#)

[Poutine In Airfryer](#)

[Egg McMuffin](#)

[Air Fryer Mustard-Crusted Pork Tenderloin with Potatoes and Green Beans](#)

[Air Fryer Brown Sugar and Pecan Roasted Apples](#)

[Air Fryer Broiled Grapefruit](#)

[Basic Air Fryer Hot Dogs](#)

[Air Fryer One-Bite Roasted Potatoes](#)

[Air-Fried Korean Chicken Wings](#)

[Idli Fry \(Fried Idli Recipe\)](#)

[Amchoor Potatoes](#)

[Air fryer Okra](#)

[Air Fryer Onion Bhajis](#)

[Chana Dal Fritters](#)

[Tandoori Paneer Naan Pizza - Air Fryer / Air fryer](#)

[Pumpkin Bread Pudding](#)

[Tasty Jumbo Stuffed Mushrooms](#)

[Hearty Meatball Soup](#)

[Air Fryer Roasted Red Pepper Soup](#)

[The Best Tomato Basil Soup](#)

[Air Fryer Potato Leek Cakes](#)

[Cornmeal Fried Leek Rings](#)

[Meatloaf Sliders](#)

Chapter No 12: 150 Air Fryer For 2

[Loaded Pub Fries](#)

[Air Fryer Bacon Cheddar Fries](#)

[Air Fryer Vegetarian Cauliflower and Chickpea Tacos](#)

[Air Fryer Chile Verde Burritos](#)

[Air Fryer Flour Tortilla Bowls](#)

[Vegan Taquitos](#)

[Air Fryer Mini Bean and Cheese Tacos](#)

[Air Fryer Seafood](#)

[Air Fryer Hash Brown Egg Bites](#)

[Air Fryer Croutons](#)

[Air Fryer Juicy Lucy Mushroom Burgers](#)

[Air Fryer Butternut Squash Soup](#)

[Air Fryer Ribs with Collard Greens](#)

[Air Fryer Rice Paper Chicken Roll-Ups](#)

[Air Fryer Green Beans with Gremolata and Toasted Almonds](#)

[Air Fryer Biscuit Egg Sandwiches](#)
[Air Fryer Baked Brie with Pesto, Sundried Tomatoes and Artichoke Hearts](#)
[Air Fryer Gluten-Free Croutons](#)
[Air Fryer Tostones](#)
[Air Fryer Mini Quiches](#)
[Air Fryer Fried Rice with Sesame-Sriracha Sauce](#)
[Air Fryer Shrimp Chimichanga](#)
[Air-Fryer Steak Frites](#)
[Air Fryer Sausage Stuffing](#)
[Air Fryer Bulgogi with Zucchini](#)
[Spicy Air Fryer Pork Belly with Kabocha Squash](#)
[Air Fryer Chicken Thighs with Salsa Verde and Lemony Kale Salad](#)
[Air Fryer Gnocchi and Squash with Brown Butter and Sage](#)
[Air Fryer Beignets](#)
[Air Fryer Arancini](#)
[Air Fryer Mini Swedish Meatballs](#)
[Air Fryer Sesame Chicken](#)
[Air Fryer Chinese Chicken](#)
[Air Fryer Chinese Egg Rolls](#)
[Air Fryer Chinese Sweet and Sour Pork](#)
[Air Fryer Korean Chicken Wings | Asian Air Fryer](#)
[Air Fryer Southern Fried Chicken](#)
[Southern Baked Mac and Cheese](#)
[Air Fryer Fried Chicken KFC Copycat](#)
[Deep-Fried & Air fryer Fried Chicken](#)
[Air Fryer Pork Chops with Mustard Chimichurri Sauce](#)
[Crispy Air Fryer Okra with Creole Seasoning](#)
[Air Fryer Coconut, Caramel, Peanut Butter S'mores](#)
[Baked Walleye](#)
[Vegan Air Fryer Taquitos](#)
[Air Fryer Turkey Fajitas](#)
[Air Fryer Tacos de Papa](#)
[Air Fryer Shrimp "Boil"](#)
[Air Fried Fish Sinigang sa Miso](#)
[Air Fryer Rack of Lamb with Roasted Garlic Aioli](#)
[Air fried Cheesy Chicken Sausage](#)
[Zucchini fries with some tahini dip](#)
[Air fryer fried rice](#)
[Air fried Crispy mushrooms](#)
[Baked Chat potato with roasted garlic aioli](#)
[Air fried Mozzarella Chips](#)
[Salt and Pepper Tofu](#)
[Air fried Ham and cheese croquettes](#)
[Prosciutto wrapped baby potatoes](#)
[Lemon Chicken with crispy potatoes](#)
[Crumbed Asparagus](#)
[Feta Nuggets](#)

[Air fired Lemon Scones](#)
[Spicy Lamb Cigars with Lemon Tahini](#)
[Air fried Vegetarian Pumpkin Schnitzel](#)
[Air fried Celebration bites](#)
[Ratatouille & Persian Feta filo Parcel](#)
[Air fired Japanese chicken tenders](#)
[Air fried pork and apple sausage rolls](#)
[Air fried Lemon drizzle cake](#)
[Feta filo finger](#)
[Air fried Vietnamese spring roll salad](#)
[Burgers With Sweet Potato Chips](#)
[Air fried Popcorn feta with maple sauce](#)
[Coconut crumbed pork with pineapples salad](#)
[Air fried pasta tacos](#)
[Cinnamon nut scrolls](#)
[Turkish delight filo fingers](#)
[Air fried chicken tacos](#)
[Baked chicken nuggets with sweet potato chips](#)
[Tomato and cheese puff pastry tarts.](#)
[Air fried nuts and bolts](#)
[Pizza Bianco](#)
[Stuffed chicken with roasted sprouts and spuds](#)
[Air fried Doritos crumbed chicken tenders](#)
[Vietnamese air fried chicken wings](#)
[Air fried chicken wings with fish sauce](#)
[Vietnamese Air fried Pork Ribs](#)
[Air fried Vietnamese spring roll salad](#)
[Indonesian spring rolls](#)
[Air fried Samosa](#)
[Cauliflower Dumpling](#)
[Chicken Cordon Bleu recipe](#)
[Seared steak with truffle fries](#)
[Air fried stuffed pepper](#)
[Brazilian Tempero baiano Chicken drumsticks](#)
[Tandoori Salmon Recipe](#)
[Air fried turkey breasts](#)
[Air Fryer Mongolian Beef](#)
[Parmesan and Lime Veal Schnitzels](#)
[Air-Fryer Pork Schnitzel](#)
[Crumbed Beef Schnitzel](#)
[Roasted Cinnamon Sugar Orange](#)
[Air Fryer Chicken Fried Steak](#)
[Spicy Shrimp Patties Recipe](#)
[Fudge brownie](#)
[Beef and Bean Meatloaf](#)
[Spiced Pork Chops and Applesauce](#)
[Memphis Ribs](#)

[Pork Saltimbocca](#)
[Beef with oyster sauce and sesame seeds](#)
[Chicken Parmesan Strips with Marinara Sauce](#)
[Crispy Chicken Tenders](#)
[Italian Sausage Hero Sandwiches](#)
[Fish Tacos](#)
[Healthier Cheeseburgers](#)
[Greek Pork Gyros](#)
[Chinese Barbecue Pork](#)
[Mini Grilled Cheese with Roasted Tomatoes](#)
[Mushrooms Stuffed with Chorizo](#)
[Chicken Panzanella Salad](#)
[Crab and corn cake](#)
[Mini Margherita Panzerotti](#)
[Mojo Chicken Tacos](#)
[Chicken tender for two](#)
[Memphis ribs](#)
[Pork Saltimbocca](#)
[Spiced Pork Chops and Applesauce](#)
[BBQ Loaf In Air Fryer](#)
[Korean Meatball](#)
[Pork & mushrooms](#)
[Maple Misco seafood](#)
[root veggies](#)
[Triple turn over](#)
[Air-Fryer Crumb-Topped Sole](#)
[Air-Fryer Shrimp Po'Boys](#)
[Air-Fryer Salmon with Dijon glaze](#)
[Popcorn Shrimp Tacos with Cabbage Slaw](#)
[Air-Fryer Tuna Burgers](#)
[Air Fryer Gingered Honey Salmon](#)
[Air-Fryer Shrimp Caesar Salad](#)
[Air-Fryer Pretzel-Crusted Catfish](#)
[Air Fryer Beef & Bean Chimichangas](#)
[Air Fryer Beef and Bean Taquitos](#)
[Air Fryer Crunchwrap](#)
[Air Fryer Taco Pizza](#)
[Hobo Dinner Foil Packets \(Beef and Potatoes\)](#)
[Air Fryer Cheeseburger Pockets](#)
[Cheesy And Meaty Egg Plants](#)

Chapter no 13: 120 Mediterranean Recipes

[Air fry Margherita Pizza](#)
[Air fried Chicken Saltimbocca](#)
[Air Fried Italian Pork Chops](#)
[Air fried Italian Meat Balls](#)
[Air fryer Stromboli](#)

[Air fried Italian Sausage with peppers and onions](#)
[Air Fryer Lasagna Spring Roll](#)
[Air Fried Italian Pork chops Parmigianino](#)
[Air fried Pepperoni Pizza egg rolls](#)
[Italian Ratatouille](#)
[Quick Pita Pizza](#)
[Crispy Prosciutto Di Parma](#)
[Air fried Italian Stuffed Chicken](#)
[Air fried Stuffed Pork Chops](#)
[Air Fryer Asparagus Frittata](#)
[Air Fried Crème Brûlée](#)
[Air Fried Spaghetti and Meatballs](#)
[Air Fried Lasagna](#)
[Air Fried Ravioli Lasagna](#)
[Italian Bell Pepper Sandwich](#)
[Drunken Ham with mustard](#)
[Italian style Chicken Parmesan](#)
[Air Fried Italian Chicken Thighs](#)
[Air fried Italian Cannolis](#)
[Air fried Zeppoles](#)
[Air Fried Rosemary Focaccia Bread](#)
[Air Fried Zeppole with Cannoli Dip](#)
[Air Fried Italian styled Tofu](#)
[Italian Air fried Cookies](#)
[Air Fried Lemon Ricotta cake](#)
[Chicken filled Turkish bread](#)
[Turkish Chicken Tavuk Shish](#)
[Air Fried Turkish Borek](#)
[Kofta Kebab](#)
[Turkish Iskender Kebab](#)
[Lamb Kofta Kebab](#)
[Air Fried Chicken Kebab](#)
[Turkish Chicken Kebabs](#)
[Air Fryer Chicken Skewers](#)
[Turkish doner Kebab](#)
[Turkish Tulumba Tatlısı](#)
[Turkish Semolina Pudding](#)
[Leftover Air Fried Turkey Burger](#)
[Air Fried Turkey Croquettes](#)
[Air Fried Spinach Sliders](#)
[Air Fried Baklava Bites](#)
[Air Fried Turkish Pizza](#)
[Air fryer Falafel with a side of Israeli Salad and Tahini Sauce](#)
[Latkes](#)
[Air fried Fish](#)
[Air fried Sufganiyot](#)
[Air Fried Tso's Chicken](#)

[Air Fried Falafel](#)
[Air Fried Pickles](#)
[Airfry Schnitzel](#)
[Moroccan Air fried chicken](#)
[Moroccan Sfenji Donuts Recipe](#)
[Air fried Moroccan Chicken COPI](#)
[Moroccan Carrots](#)
[Moroccan Chicken](#)
[Moroccan Beef Meatballs](#)
[Air fried Vegetables and Moroccan chicken](#)
[Moroccan Spicy wings](#)
[Moroccan Harissa Glazed Chicken Wings](#)
[Moroccan Style Pork Tenderloin](#)
[Roasted Moroccan Styled Vegetables](#)
[Air fried Harissa Chicken](#)
[Air fried Lamb meatballs](#)
[Apricot Tagine](#)
[Air Fried Moroccan Cheese Briouat](#)
[Moroccan Orange cake](#)
[Air fried Patatas Barvas](#)
[Air fried Spanish Tortilla](#)
[Air fried Spanish omelet](#)
[Air Fried Spicy Potato](#)
[Air Fried Tostones Recipe](#)
[Lebanese Spicy Potatoes](#)
[Air fried Cauliflower](#)
[Air Fried Zaatar Chicken Wings](#)
[Air fired bread at home with stuffing](#)
[Lebanese Potatoes Batata Harra](#)
[Air fried Cauliflower Bites](#)
[Pomegranate Chicken](#)
[Zaatar Manakeesh](#)
[Kafta Kebab](#)
[Lebanese Beef Kebab](#)
[Air fried Lemon Chicken](#)
[Air fired Halloumi Cheese](#)
[Air fried Halloumi Fries](#)
[Roast Lamb](#)
[Air fried Chicken strips](#)
[Mediterranean Loaded Potatoes](#)
[Broccoli Fritters](#)
[Shrimp And Sweet Chili Sauce.](#)
[Air fired Bay Shrimps](#)
[Souvlaki with Greek salad and Tzatziki](#)
[Greek And Chicken Vegetables](#)
[Greek Air Fried Chicken Kabob](#)
[Air Fried Greek Salmon](#)

[Mediterranean Style Fish](#)

[Air Fried Mediterranean Chicken Tenders](#)

[Mediterranean Roasted Vegetables](#)

[Greek Loaded Fries](#)

[Air fried Feta Stuffed Bifteki](#)

[Air Fried Spanakopiat Bites](#)

[Greek-Style Fried Cheese Balls](#)

[Air Fried Greek Chicken Potatoes](#)

[Mediterranean Chicken Bowls](#)

[Shrimp Pasta Salad](#)

[Mediterranean Scallops](#)

[Salmon Kabob](#)

[Whole Roasted Red Snapper](#)

[Chickpea Farro Salad With Shrimps](#)

[One-Pan Baked Halibut With Vegetables](#)

[Steamed Salmon with lemon and herbs](#)

[Green Chili Eggs](#)

[Eggs Omelet with Tuna Fish and Avocados](#)

[*Cooking Conversions Chart*](#)

[Volume: Liquid Conversion](#)

[Weight Conversion](#)

[Spoons](#)

[Flour Conversion](#)

[Porridge And Oats](#)

[Sugar](#)

[Honey And Syrups](#)

[Margarine And Butter](#)

[*Reference List*](#)

Introduction

Welcome and congratulation on embarking on the journey toward an effortless cooking experience with no-fuss air fryer recipes. Now you can cook the meals effortlessly with just a touch of a button. Does this all sound like a marketing gambit to you? Well, it's 100 % true. Air frying is a new trend, and everyone seems to be in fashion.

People who are new to cooking find it difficult to prepare delicious and healthy meals at home. Moreover, having a busy lifestyle makes it hard for many of us to enjoy home-cooked food. Therefore, most of us adopt junk food and fast food items that affect health, such as obesity, hypertension, diabetes, and much more.

Do not worry, as this cookbook serves not only the beginners but all those who wish to maintain their health by eating less oily food. If you are one of those who find it hard to prepare a meal that leads to optimal health and fitness, then the air fryer is one such appliance that performs magic for you.

The air fryer is not like any ordinary kitchen appliance, as it can handle multiple cooking functions without hustle.

Unlike a traditional deep fryer, which kills most of the food nutrients, the air fryer not only locks the nutrients in the food but also keeps the fat content of the food very low without sacrificing the taste and texture.

In this remarkable cookbook, we have covered about 1000 recipes that are broken down into different categories. The recipes introduced in this cookbook are not only for beginners but also for those who want to lose some weight, want to adopt healthy meals, want to prepare less fussy meals, and want to enjoy a hands-free cooking experience. The overall recipes are organized in chapters including Breakfast, Vegetables, Vegan Meals, Poultry, Beef, Lamb and Pork, Fish and Seafood, Snacks, Wraps and Sandwich, Pizzas and Bread, Dessert and much more.

What makes this cookbook a hit amongst others is the addition of recipes that target European (British) and American favorites.

We are also covering:

- Recipes for one and two: This part serves the needs of couples, parents, or housewives when the kids are away, and singles.
- Bonus Recipes: Include Mediterranean recipes, Low-Carb recipes, and includes a Gift.
- Recipes for 2021 2022: All the recipes are new and personally tested.

All the recipes include snippets of nutritional information to smooth the overall calories intake process.

Surely, this cookbook helps people to develop a healthy relationship with food and also develop a bond with their family and loved ones. Our recipes fit the budget and taste great.

As a beginner, you might be wondering what the air fryer is and how to use it. Well, before

jumping on to the part of the recipe, it is very important to clear all the concepts relating to the air fryer, so let us start with the basic definition of the air fryer.

What Is An Air Fryer?

The air fryer is the top trending appliance because of its health benefits and remarkable features. The air fryer is the coolest appliance that can cook food using hot air.

If you are looking for an alternative to -frying, then the air fryer is the only solution that gives a tender cooked meal that is crispy outside. Air fryers use an effective principle of unique Rapid Air Technology to cook a meal to its perfection. Most of the air fryers use the Maillard effect that circulates the hot air above 200 Degrees C (approx 400 degrees F) around oil-coated food. Now, you can prepare crispy fries, pastries, wings, and steak using just one single appliance.

Since the peak sales of the air fryer, there are numerous studies and researches conducted that claim that the air fryers are the best appliance to make the healthy alternative to fries using 80 percent of less oil and fat content.

One of the studied [1] arguments is that an air fryer is more suitable for frying purposes than the traditional frying methods; thus, air fryers can be used to prepare healthy meals.

As beginners, people fear that air frying may lead to loss of texture or crispiness because the food does not have much oil coating to it. One of the studies [2] stresses that using less oil does not mean that food will lose its texture.

Talking about the health benefits of the air fryer, you can easily accomplish the weight loss goals by cooking meals in an air fryer. According to Ariana Cucuzza, a registered dietitian at the Center for Functional Medicine, using an air fryer for cooking can reduce calorie intake by up to 80%.

Some of the fryer models can do more than just air frying like dehydrate, grill, bake, broil, roast, and reheat. Once you have your hands on this appliance, you will be amazed by its effectiveness.

Now, let us look at its potential benefits.

Benefits of Air Fryer

Easy To Clean

It is a dishwasher-safe appliance, so cleaning becomes easy.

You Can Lose Weight by Using an Air Fryer

An air fryer is the best appliance to cook healthy and less oily meals. The intakes of fried food cause obesity as these food items are high in calories and cholesterol. When a person stops the intake of fatty food and switches to air-fried food, it reduces the intake of excess oils and promotes weight loss.

Air Fryers Are Safer Than Traditional Deep Fryers

Air fryer offers hands-free cooking experiences, and it does not heat the environment and surroundings. There is no risk of spilling or accidentally splashing oil like in traditional deep fryers. The air fryer avoids burning the food. Its preset buttons and functions are easy to use and operate. The air fryer provides odor-free cooking experiences.

It Reduces the Risk of Acrylamide Formation that is Toxic

When we deep fry any food in excess oil, it leads to the formation of acrylamide, which is the major cause of several cancers. This study is also supported by the International Agency for Research on Cancer. But when you switch to the air fryer, you can lower the risk of toxic acrylamide formation.

Achieve the Weight Watcher Goals

It is one of the appliances that help you achieve the weight watcher goals by using less or even no oil. In simple words, healthy, low fat, and air fried items.

The Perfect Companion for Beginner and Busy Moms

It offers simple functions and a preset button that is used with ease as a beginner, and automatic air fryer help moms to do other house chores while making mouthwatering meals for the entire family.

Whenever you are craving some crunchy deep-fried food, think of the air fryer. Whenever you cook, think of the air fryer.

How to Clean the Air Fryer

No doubt, the air fryer is one of the favorite kitchen appliances that you need to clean after every use. Cleaning an air fryer is not a complex process at all, as this handy appliance can easily be cleaned by just following a few simple steps.

Even if you cook less food in the air fryer still, the oil and grease accumulated inside the air fryer can cause a bad odor and create smoke when used for re-cooking.

We have covered some simple step that helps you clean the air fryer, whether it is basket style or air fryer style.

Things You Will Need

The things you need to clean the air fryer are dishwashing soap, a soft bottle Brush, one soft sponge, and a paper towel.

Steps To Clean the Basket-Style Air Fryer

- First, you need to unplug the appliance. If you just cooked something in it, then let it

- get cool completely.
- Take out the drawer and remove the basket. If you want to use a dishwasher, then put the drawer and basket inside it the dishwasher and let it do the rest of the cleaning. But if you want to clean it manually, and then wash all the removable parts with warm soapy water using the sponge, you can use the brush to scrub off any grease or residues. Wash the parts under warm water.
- The brush can also be used to scrub the vents, crannies, and nooks of the tray. Rinse it well and dry. Now you can clean the exterior of the air fryer with a damp paper towel.

Steps To Clean an Air fryer -Style Air Fryer

- It is always important to turn off the air fryer and let it get cool completely.
- Remove all the parts, including racks, crisper trays, baking pan, drip tray, and rotisserie parts.
- You can use a dishwasher to wash all the removable parts of an air fryer.
- Else you can use warm soapy water and a soft sponge to rub off the dirt from the parts.
- Use the brush to clean the grease stick to the parts.
- To clean the exterior of the air fryer, you can use a damp paper towel or soft cloth.
- All parts should be completely dry before adjusting inside the air fryer.

Deep Cleaning The Air Fryer

It is always a good idea to deep clean the air fryer after 40 days, as the usual cleaning does not help you get rid of that funky smell that comes whenever you cook a new meal. You need to follow this simple step to make it possible.

- First, you need to unplug the air fryer and let it cool completely after cooking.
- Remove all the parts of the air fryer and take out the basket, racks, and any tray inside it.
- Now prepare a paste of warm water and baking soda in a small bowl.
- Use a toothbrush to paste this mixture through the interior of the air fryer.
- Scrub it gently, and then rinse the baking soda with a damp cloth or sponge
- Repeat the cleaning process using a damp cloth until all the scrubbed residuals get clean
- Let it dry before using it again for air frying purposes.

Common Features of Air Fryer

- Most of the air fryers have an easy-grip handle.
- The fryers have a glass window to see the food cooked inside the appliance.
- The air fryers incorporate the LED display panel that has automatic buttons.

- Most of the air fryer comes with one-touch 7-8 preset buttons.
- Air fryers can cook larger meals for a whole family.

Buttons of Air Fryer

- Every air fryer has a display panel or functional button or dials.
- The LED control panel on the air fryer is used to select different functions manually.
- The – and + buttons can be used to adjust the cooking time.
- The temperate can be adjusted as well by using a temperature control button.
- The preset buttons, when pressed, the present time and present temperature come into the center of the control panel.
- There is an ON and OFF button on most of the air fryers.
- The manual setting usually appears as M.

Cooking Time Chart

AIR-FRYER COOKING CHART		
Food	Temperature	Air-Fryer Time
MEAT		
Bacon	400°F	5-10 minutes
Pork Chops	375°F	12-15 minutes
Meatballs	400°F	7-10 minutes
Steak	400°F	7-14 minutes
Burgers	350°F	8-10 minutes
POULTRY		
Chicken Breast	375°F	22-23 minutes
Chicken Thighs	400°F	25 minutes
Chicken Tenders	400°F	14-16 minutes
Chicken Wings	375°F	10-12 minutes
SEAFOOD		
Shrimp	375°F	8 minutes
Salmon	400°F	5-7 minutes
VEGETABLES		
Zucchini	400°F	12 minutes
Potato Fries	400°F	10-20 minutes
Potato Chips	360°F	15-17 minutes
Pickles	400°F	14-20 minutes
Cauliflower	400°F	10-12 minutes
Brussels Sprouts	350°F	15-18 minutes
Pasta (Tortellini, Ravioli)	350°F	8 minutes

Handy Accessories for The Air Fryer

You have picked an air fryer for cooking, and now you are learning how to use it and daily discovering and cooking new recipes. While astonished by the remarkable result of the air fryer from creating fries, crispy veggies, and air fried pickles, the air fryer gets handy with some tools or accessories added to it, like a grill tray, baking pan, and cooking rack, which takes the cooking experience to the next level.

Well, there is not just one brand of air fryer out there, so the air fryer size, brand name, and model should be checked before buying some accessories for the air fryer.

Parchment Liners

When placing food in the frying basket or the racks of the air fryer, the food got stuck to the surface.

So, having liners make the cleaning process easier, and the food does not stick to the basket. There are different sizes of liners available in the market that caters to the air fryer needs.

Baking Pan

An air fryer works as the air fryer to bake different items, so having a baking pan that fits inside the air fryer is a great deal. It helps you air-fry almost anything in the air fryer.

Grill Pan

The grill pan becomes handy when you are cooking burgers, steaks, and seafood. You just toss the meat onto the grill and let the air fryer do the magic. The food comes out perfectly cooked with grill marks.

Air Fryer Accessories Pack

The accessory buying decision depends on which tool you want to add to the air fryer. The full accessory pack is available for large air fryers, which has almost everything you need like, cooking racks, baking pan, grill pan, silicon mat, paper liner, silicon cup molds, and pizza pans.

If you think you are missing any tool, then buy the air fryer accessory rack, as it can cook anything you imagine. Air fryer accessories allow you to use your air fryer to replace grills, as in the case of Instant Vortex Plus.[\[H1\]](#)

Best Oil for Air Fryer

A lot of us buy an air fryer with the thought of cooking oil-free meals. But realistically, when we cook raw food with no oil, the air fryer at high temperature dries it out, and the food sticks to the pan bottom. So, it is very important to mist the food and the cooking pan or basket with oil before adding it inside the appliance. You might notice that most of the processed and packet food items have already been sprayed with oil, so they do not need to be oil sprayed.

When you cook the food inside the air fryer, the smoking point is very important, as the temperature reaches about 300 -400 degrees F, so the oil must keep its health properties at these temperatures. The smoking point is referred to as the temperature at which oil burns and starts producing smoke. Thus, the ideal oil that perfectly goes with an air fryer is one having a low smoking point. The best oil options are peanut oil, avocado oil, extra light olive oil, and sesame oil.

A few of the best oil for the air fryer with their burning point are listed below so that you can pick the favorite oil wisely.

Oils: Burning/Smoking Points

- Avocado Oil: 520 Degrees F
- Vegetable Oil: 428 Degrees F
- Canola Oil: 428-446 Degrees F
- Sunflower Oil (Refined): 450 Degrees F
- Sesame Oil: 450 Degrees F
- Mustard Oil: 480 Degrees F
- Extra Light Olive Oil: 468 Degrees F
- Peanut Oil: 441-445 Degrees F
- Almond Oil: 430 Degrees F
- Sunflower Oil 486-489 Degrees F
- (Ghee): 482 Degrees F
- Palm Oil: 455 Degrees F

10 Air Fryer Tips Every Air Fryer Owner Should Know

If you are new to the air fryer used, then here are the top ten tips that you should know for a better cooking experience.

1. Place the air fryer on a flat surface in the kitchen. The air fryer should be leveled with the surface, and there should be a gap of about 5 inches from behind so that the hot air created by the air fryer has room to escape.
2. It is very important to preheat the appliance before starting the cooking process. You can quickly preheat for 2 minutes before using it.
3. Whatever is being cooked in an air fryer needs a proper coating and breading. The food must be coated with flour, egg, oil, or bread crumbs. The firm breading is crucial because the air fryer fan blows most of the outer food particles.
4. Right accessories should be used within the air fryer, which fits inside the air fryer basket properly.
5. The aluminum foil slings should be used to take out the food from the basket. It also makes lifting food much easier and safe. It helps you to avoid accidental burns.
6. While cooking the fatty food items, you need to put the drawer inside the air fryer because it prevents the grease from getting too hot to convert into smoke.
7. Flipping the food during the cooking process is important, as it leads to evenly cooked food.
8. It is very important not to overcrowd the basket with the food.
9. Before taking out the food, remove the basket from the drawer. It is important because if you invert the basket while it is in the drawer, all the grease will be collected along with the food into the serving plate.
10. Clean the drawer and the basket after the cooking is being completed, and wash the air fryer once it cools.

Choosing From the Different Types of Air Fryer

If you want to buy this remarkable appliance, then buying one that suits the needs and budget is quite challenging, as several brands in the market manufacture top-notch products.

Once you decide to buy an air fryer, think of the personal needs, size, features, and the budget. What suits you doesn't mean it suits all others, so make the buying decision wisely. Here is the list of 2021 best air fryers you can choose from:

Air Fryers	Buttons Or Functions	Capacity	List Price Comparison
Cuisinart Air fryer, Convection Toaster Air fryer, Silver	Dial Buttons	16 liter	\$199.9 or above
Instant Pot 6-Qt	Buttons	6-qt. cap	\$119.95 or above
Instant Vortex Pro 9-in-1 Air Fryer Air fryer	LED	10 quarts	\$149 or above
Philips Air fryer, Avance Turbo Star, Digital, Black, HD9641/96	Buttons or LED	0.82 Liters	\$219.95
Ninja Foodi Tender Crisp Pressure Cooker, Black OP300	Automatic		\$117.98
Elite Gourmet EAF-0201BG Personal	Dial button	0.68 liter	\$47.99
COSORI Air Fryer Max XL	LED	5.8 QT	\$99.98

So, what are you waiting for? Grab on to one of the favorite air fryers to get the most benefits out of it.

Authors Note

I've always enjoyed the taste and texture of deep-fried foods. As a result, my health suffered, and I gained a lot of weight in a short period of time. The link of deep-fried food with an increased risk of obesity and certain diseases made me decide to start healthy eating, but I always found myself craving for the crispy taste and texture of deep-fried items. Struggling to find the solution, I discover an air fryer.

This fast and convenient appliance became a real game-changer for me. I fulfill my craving with no fuss while keeping my weight loss goals right on track.

As a beginner, I enjoyed cooking food in the air fryer and was amazed by its versatility. This is the reason I have written this cookbook to help all the beginners out there to try out from the vast collection of **1000 RECIPES**.

The book layout contains a table of content, introduction, recipe measurement conversion, and cooking timetable for the air fryer.

My basic goal is to offer beginners and all those people who want to enjoy easy meals with Variety with **1000 RECIPES**. All these recipes are simple, yet have such ingredient combination clicks that help you master the air fryer.

Now you can prepare comfort food and get the taste of international dishes as well.

My goal is to offer simple, classic, and versatile recipes to beginners. Moreover, these recipes are not limited to newbies. Anyone can take advantage of this cookbook to enjoy from any of my **1000 RECIPES** collection.

Knowing all, let start cooking.

CHAPTER NO 1: 80 EASY AIR FRYER BREAKFAST RECIPES

Easy Bread Sticks for Breakfast

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

5 thick Texas toast slice
3 organic eggs, lightly beaten
½ cup almond milk
Two drops vanilla extract
Few pinches of cinnamon powder
2 pinches of ground cardamom powder

Directions

The first step is to preheat the air fryer at 400 degrees F (204 degrees) for 3 minutes.
Take about 5 bread slices and cut the slices into thirds to make sticks.
Take an air fryer basket and line it with parchment paper that fits inside it easily.
Take a large mixing bowl and pour almond milk in it, then add vanilla extract, cinnamon, and cardamom powder.
Stir it well and next whisk egg in a bowl and add it to the milk mixture. Whisk eggs well with milk.
Now dip each bread stick in the egg wash and then single layer it on the basket of the air fryer according to capacity.
The bread needed to be cooked in batches.
Cook it for 8 minutes at 375 degrees F (190 degrees C).
Flip after 4 minutes of cooking.
Once it's done, serve as a delicious breakfast.

Nutrition Facts

Servings: 2

Amount per serving

Calories 488

% Daily Value*

Total Fat 23.4g 30%

Total Carbohydrate 51.6g 19%

Protein 17.2g

Toad-In-The-Hole

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

1 large sheet frozen puff pastry, thawed
4 tablespoons Parmesan cheese, shredded
4 tablespoons diced spam
4 eggs, organic
4 tablespoons heavy cream

Directions

The first step is to preheat the air fryer to 400 degrees F (204 degrees C).
Take out the pastry sheet and unfold it on a clean kitchen counter.
Cut the sheet into four equal squares.
Take the sheet and add them to the air fryer basket and cook for 5 minutes.
Once puffed, remove from the air fryer and set aside for further use.
Press the cooked squares with a spoon so that they create an indentation.
Then start layering each of the squares with 1 tablespoon of cheese and 1 tablespoon of spam.
Pour one egg on top of each square.
Put it back in the basket and cook for 5-7 minutes.
Repeat these entire steps with the remaining squares.
Once it's done, serve with a garnish of cream.

Nutrition Facts

Servings: 4

Amount per serving

Calories 589

% Daily Value*

Total Fat 42.3g 54%

Total Carbohydrate 30.6g 11%

Protein 22.9g

Simple Breakfast Frittata

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

1/3 pound sausage, cooked and crumbled
6 small eggs, lightly beaten
½ cup cheddar cheese, shredded
4 tablespoons green bell pepper, chopped
½ green onion, chopped
Pinch of salt
Pinch of black pepper
Oil spray, for greasing

Directions

The first step is to preheat the air fryer at 360 degrees F (182 degrees C).
Next, take a large bowl and add sausage, eggs, cheese, green bell pepper, onions, salt, and black pepper.
Mix it very well.
Oil greased a cake pan that fits inside the air fryer basket.
Pour the prepared mixture into the cake pan.
Cook it in the air fryer for 18 to 20 minutes.
Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 304

% Daily Value*

Total Fat 21.4g 27%

Total Carbohydrate 9.8g 4%

Protein 19.1g

Breakfast Potato Hash

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 3 Servings

Ingredients

4 Potatoes, peeled and chopped
1 teaspoon butter, melted
½ tablespoon of olive oil
1 small green onion, chopped
1 Green Pepper, chopped
¼ teaspoon Savory
1/3 teaspoon thyme
¼ teaspoon of red chili flakes
Salt and black pepper, to taste
3-6 eggs

Directions

Preheat the air fryer at 390 degrees F (198 degrees C) for 5 minutes.
Take a cooking pan and melt butter in it.
Then add olive oil and cook for 30 seconds.
Now cook onions in it for 1 minute and add potatoes and green peppers.
Cook it for 5 minutes and season it with savory, thyme, salt, red chili flakes, and black pepper.
Transfer it to the air fryer basket and air fry for 18 minutes.
Meanwhile, oil sprays a cooking pan and cooks eggs according to personal preference.
Once the potato hash is ready, serve it with eggs on top.
Enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 458

% Daily Value*

Total Fat 8.7g 11%

Total Carbohydrate 80.6g 29%

Protein 15.1g

Breakfast Hard Boiled Eggs with Stuffing

Prep: 15 Minutes | Cook Time: 15Minutes | Makes: 4 Servings

Ingredients

4 large organic eggs
A handful of baby spinach
4 tablespoons of tomatoes, paste
4 tablespoons of mayonnaise
Salt and black pepper, to taste
1 lemon, juice only
Water, for boiling

Directions

Preheat the air fryer at 390 degrees F (198 degrees C) for 5 minutes.
Take a large cooking pot and boil water in it.
Thawed the spinach in water and then set aside for further use.
Chop the spinach with a knife.
Now place the egg in the air fryer basket and cook for about 12-15 minutes.
Once eggs are done, take them out and let them get cool.
Peel the eggs and cut them lengthwise.
Scoop all the yolk and add it to a bowl.
In the same bowl, add chopped spinach, mayonnaise, and chopped tomatoes.
Stir to mix and add salt, black pepper, and a squeeze of one lemon.
Once combined, top each egg white with this mixture.
Once all the egg whites are filled, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 132

% Daily Value*

Total Fat 9.9g 13%

Total Carbohydrate 4.5g 2%

Protein 6.6g

Peanut Butter Filled Holes

Prep: 15 Minutes | Cook Time: 40-50 Minutes | Makes: 4 Doughnuts

Ingredients

1 Can of biscuits
1 cup peanut butter, chunky
4 tablespoons butter, salted
Oil spray, for greasing

Directions

Preheat the air fryer at 390 degrees F (198 degrees C) for 5 minutes.
Grease the air fryer basket with oil spray.
Take out the biscuits and cut them into 20 small pieces.
Flatten these pieces onto a flat surface using a rolling pin.
Place a tablespoon of peanut butter in the center and wrap the dough around to seal the edges.
Repeat for each piece.
Brush the doughnut with butter and add it to the oil greased air fryer basket.
Cook in batches for 12 minutes each batch.
Rotate the holes halfway through.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 552

% Daily Value*

Total Fat 47.3g 61%

Total Carbohydrate 22.1g 8%

Protein 17.4g

Air Fryer English Style Breakfast

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

4 breakfast Sausages
4 Bacon strips, un-smoked
4 organic Eggs
2 Cups of Baked Beans
4 Slices whole wheat bread
Few Slices of tomatoes, smoked
Oil spray, for greasing

Directions

The first step is to preheat the air fryer to 325 degrees F (162 degrees C) for about 5 minutes. Now put the bacon strips and the sausages in the oil greased air fryer basket and let it cook for 5 minutes.

Once the sausage and bacon are cooked, take them out and set them aside.

Take two ramekins and grease them with oil Spray.

Pour the beans into the ramekins and cook in the air fryer by placing them in the basket for about 8 minutes.

Meanwhile, fry the egg in a frying pan.

Once everything has been cooked, arrange it on the plate along with the smoked tomatoes slices. Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 617

% Daily Value*

Total Fat 33.7g 43%

Total Carbohydrate 42g 15%

Protein 35.7g

Tapioca Cheesy Bread

Prep: 12 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

6 ounces of Tapioca flour
2 teaspoons baking powder
6 ounces cheddar cheese
6 ounces Swiss cheese
2 large organic eggs, whisked
¼ cup of heavy cream

Directions

Take a large bowl and mix 5 ounces of tapioca flour, baking powder, cheddar cheese, Swiss cheese, whisked eggs, and heavy cream.

Mix to form a dough.

Knead this dough onto the flat surface with the dust of the remaining tapioca flour.

Let it sit for 30 minutes.

Now transfer it to a loaf pan lined with parchment paper.

Place loaf pan inside the air fryer and cook for 15-18 minutes at 400 degrees F (204 degrees C).

Remove it once done. Let it cool before slicing.

Nutrition Facts

Servings: 4

Amount per serving

Calories 554

% Daily Value*

Total Fat 30.7g 39%

Total Carbohydrate 43.1g 16%

Protein 25.3g

Potatoes for Breakfast

Prep: 15 Minutes | Cook Time: 40 Minutes | Makes: 4 Servings

Ingredients

3 large russet potatoes, scrubbed and diced
1 medium onion, diced
2 green pepper, diced
2 tablespoons olive oil
Salt, to taste
2 teaspoons onion powder
1 teaspoon garlic powder
½ teaspoon paprika
Water, as needed

Directions

Preheat the air fryer to 400 degrees F (204 degrees C) for a few minutes.
Take a bowl and add water to it so it gets full.
Soak the potatoes in water for 20 minutes.
Meanwhile, in the mixing bowl, add all the remaining listed ingredients.
Oil sprays the air fryer basket.
Drain the potatoes and pat dry with a paper towel.
Dump the potatoes in a bowl and coat all the potatoes well.
Then add it to the air fryer basket.
Bake it in the air fryer for 40 minutes at 400 degrees F (200 degrees C).
Remember to shake during the cooking process.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 281

% Daily Value*

Total Fat 7.5g 10%

Total Carbohydrate 50.4g 18%

Protein 5.7g

Air Fryer Polenta Bites

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

1 packet Polenta
1/2 cup potato starch
Oil spray, for greasing

Topping Ingredients

Maple syrup, as needed

Directions

Preheat the air fryer to 390 degrees F (198 degrees C) for a few minutes.
Dust the polenta balls with potato starch and put them on an oil sprayed cookie sheet.
Grease the polenta balls with oil spray.
Place cookie sheet inside the basket and add the basket to the air fryer.
Cook for 8 minutes.
Flip the Polenta Balls and cook for 8 more minutes.
Serve and enjoy with topping.

Nutrition Facts

Servings: 4

Amount per serving

Calories 429

% Daily Value*

Total Fat 0.4g 1%

Total Carbohydrate 101.5g 37%

Protein 1.9g

Eggs and Ham Muffins

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

6 ounces of Ham, sliced into pieces
Handful baby spinach
6 organic eggs
6 tablespoons milk, full fat
1 tablespoon olive oil
Salt and pepper, to taste
Oil spray, for greasing

Directions

Preheat the air fryer to 375 degrees F (190 degrees C).
Grease about 6 ramekins with oil spray.
Heat oil in a skillet and stir fry baby spinach for 1 minute.
Then divide ham in ramekins.
Whisk well and add the cooked spinach to it.
Whisk eggs along with milk and olive oil.
Now pour the egg mixture equally amongst the ramekins.
Season it with salt and black pepper.
Place it in an air fryer basket and bake for 15 minutes.
Once it's done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 208

% Daily Value*

Total Fat 14.4g 18%

Total Carbohydrate 3.6g 1%

Protein 16.3g

Eggs in a Bowl of Bread

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 3 Servings

Ingredients

3 dinner rolls
3 large organic eggs
2 tablespoons parsley
Salt and pepper, to taste
1 tablespoon of chives, chopped
1 cup Parmesan cheese, grated

Directions

Take about three dinner rolls and slice the top of the rolls and create a center cavity by removing some part of the bread from the center.

The center hole needs to accommodate eggs, so it should be large enough.

Arrange the rolls to oil greased air fryer basket.

Crack one egg in each hole.

Top the eggs with parsley, salt, black pepper, chives, and parmesan cheese.

Place the air fryer basket inside the air fryer.

Cook at 350 degrees F (176 degrees C) for 18-22 minutes in the air fryer.

Once it's cooked, serve warm.

Nutrition Facts

Servings: 3

Amount per serving

Calories 519

% Daily Value*

Total Fat 22.6g 29%

Total Carbohydrate 47.4g 17%

Protein 33.7g

Breakfast Muffin Sandwich

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 organic eggs
4 bacon slices
2 English muffins

Directions

Take two heat resistance soufflé cups.
Crack one egg in each cup.
Place it in the air fryer basket.
Let it cook for 6 minutes at 400 degrees F or 204 degrees C.
Take it out then oil spray the basket and add bacon and English muffin that are misted with oil spray.
Let it cook for 6 minutes.
Slice the muffin in half and add in the eggs and bacon. Arrange in the form of a sandwich.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 332

% Daily Value*

Total Fat 17.3g 22%

Total Carbohydrate 25.5g 9%

Vitamin D 15mcg

Chipolatas with Eggs

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

6 chestnut mushrooms
6 cherry tomatoes, halved
2 cloves garlic, crushed
4 smoked bacon
4 chipolatas
4 eggs, organic
Salt and pepper, to taste
Oil Spray for Greasing

Directions

Preheat the air fryer to 400 degrees F or 204 degrees, for 5 minutes.
Meanwhile, take a round tin that fits inside the air fryer basket.
Grease it with oil spray and set it aside.
Take a bowl and add tomatoes, salt, pepper, garlic, and mushroom.
Mist the ingredients with oil spray.
Then add the bacon and chipolatas in the tin and place the tin in the air fryer basket. Put the basket in the unit let it air fry for 12 minutes.
Meanwhile, cook the egg in a non-stick skillet.
Serve the tin ingredients with eggs as a delicious breakfast.

Nutrition Facts

Servings: 4

Amount per serving

Calories 275

% Daily Value*

Total Fat 17.6g 23%

Total Carbohydrate 10.4g 4%

Protein 19.9g

Breakfast Omelet

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

4 eggs
1 tablespoon of butter
1/4 cup full-fat milk

½ cup cheese, grated
Salt and pepper, to taste
1 small onion
Oil Spray, For Greasing

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C, for 5 minutes.
Meanwhile, take a medium bowl and whisk eggs along with butter and milk.
Then add grated cheese and mix well.
Now season it with salt and black pepper.
Next, add the chopped green onions and tomatoes.
Pour the omelet mixture into the cake pan greased with oil spray.
Place the cake pan inside the air fryer basket.
Put the basket in the unit.
Let it cook for 8-10 minutes.
Once cooked, serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 163

% Daily Value*

Total Fat 12.6g 16%

Total Carbohydrate 2.9g 1%

Protein 9.8g

Cheesy Eggs in a Hole

Prep: 10 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 slices of bread
Salt and pepper to taste
2 eggs
Oil spray for greasing
2 slices of cheddar cheese

Directions

Take two bread slices and make a hole in the center with a small rounder cutter.
Grease air fryer basket with oil spray or line it with parchment paper.
Arrange the bread slice onto the air fryer basket.
Crack one egg into each bread hole and season it with salt and pepper.
Put the basket in the air fryer and air fry at 350 degrees F or 176 degrees C, for 6-8 minutes.
Open the air fryer by taking out the basket and top each slice with cheese.
Again, put it back inside the air fryer and air fry for 2 more minutes.
Once the cheese melts, take it out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 202

% Daily Value*

Total Fat 14.2g 18%

Total Carbohydrate 5.3g 2%

Protein 13.2g

Breakfast Tortilla Wraps

Prep: 15 Minutes | Cook Time: 13 Minutes | Makes: 4 Servings

Ingredients

4(100 grams each) Chicken Breast, cooked and sliced
8 eggs, whisked
½ avocado, chopped
1 cup of mozzarella cheese, grated
Salt and Pepper, to taste
4 tortillas wrap

Directions

Preheat the air fryer to 350 degrees F (176 degrees C) for 5 minutes.
Take a medium bowl and whisk eggs along with salt and pepper.
Take a shallow tin that fits inside the air fryer basket.
Grease the tin with oil spray.
Pour the egg into the tin.
Put the tin in the air fryer basket and air fry for 8 minutes.
Once eggs are done, fill the tortilla with egg, chicken, cheese, and avocado.
Now fill the tortilla with egg, chicken slices, pepper, avocado, and cheese.
Place the tortilla wrap into an air fryer basket lined with aluminum foil, put it inside the air fryer basket, and let it cook for 5 minutes.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 511

Total Fat 21.9g 28%

Total Carbohydrate 34.1g 12%

Protein 42.8g

Three Berries Muffins

Prep: 20 Minutes | Cook Time: 24 Minutes | Makes: 4 Servings

Ingredients

1-1/3 cups whole wheat flour white
3/4 cup oatmeal
1/2 cup brown sugar
2 tablespoons baking powder
1/2 cup blueberries, fresh
1/3 cup strawberries, fresh
¼ cup raspberries, fresh
1/3 teaspoon cinnamon
Sea salt, pinch
1 cup coconut milk
1/4 cup butter, melted
2 eggs, whisked

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C for 5 minutes.
Take a large bowl and mix flour, oatmeal, brown sugar, baking powder, cinnamon, and sea salt.
In a separate bowl, whisk eggs and add coconut milk to them.
Then add to the eggs the melted butter and mix well.
Now mix ingredients of both the bowl and fold in the listed fresh berries.
Divide this batter amongst 8 ramekins that are lined with muffin cups.
Place the cups in batches inside the basket of the air fryer and add them to the unit.
Cook for 12 minutes per batch.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 449

% Daily Value*

Total Fat 29.3g 38%

Total Carbohydrate 45.1g 16%

Protein 7.6g

Egg in an Avocado

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

1 large Avocado, pitted and cut in half
Oil spray, for greasing
2 small organic eggs
1/3 teaspoon of Paprika powder
Salt and black pepper, to taste
1 teaspoon of chives

Directions

Preheat the air fryer at 370 degrees F or 187 degrees C, for 5 minutes.
Cut and pit the avocado in half. Then, scoop the seed and some flesh from the center to make a cavity for an egg to sit.
Crack one egg on each hole of the avocado.
Then sprinkle salt, paprika, and black pepper on top.
Add it to the already greased air fryer basket and put it in the unit.
Cook for 5 minutes.
Once it's done, serve with a garnish of chives.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 359

% Daily Value*

Total Fat 30.6g 39%

Total Carbohydrate 9.9g 4%

Protein 13.6g

Walnut and Cornmeal Muffins

Prep: 15 Minutes | Cook Time: 32 Minutes | Makes: 4 Servings

Ingredients

½ cup cornmeal
1/2 cup plain flour
1 teaspoon Baking Powder
Pinch of salt
1/2 cup white sugar
1 teaspoon of orange zest
1/4 cup orange juice
2 tablespoons butter
2 small eggs
¼ cup almond milk
½ cup walnuts, chopped

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C for 5 minutes.
In a large bowl, add flour, cornmeal, baking powder, salt, and sugar.
In a separate bowl, whisk egg and add orange zest, almond milk, melted butter, and orange juice.
Fold together both ingredient bowls and add the walnuts at the end.
Divide this batter amongst 8 ramekins that are lined with muffin cups.
Place the cups in batches inside the basket of the air fryer and add them to the unit.
Cook for 16 minutes per batch.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 423

% Daily Value*

Total Fat 21.1g 27%

Total Carbohydrate 53.5g 19%

Protein 9.5g

Banana and Chocolate Chip Muffins

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

Salt, pinch
2 eggs, whisked
2 tablespoons butter
4 tablespoons of almond milk
½ teaspoon of baking powder
1-1/2 cup almond flour
1 cup mashed bananas
4 tablespoons of chocolate chip

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C for 2 minutes.
In a large bowl, add almond flour, baking powder, and salt.
In a separate bowl, whisk egg and add butter, almond milk.
Fold in mashed bananas and chocolate chips.
Now incorporate ingredients of both the bowls.
Divide this batter amongst 6 ramekins that are lined with muffin cups.
Place the ramekins inside the basket of the air fryer and add them to the unit.
Cook for 16 minutes at the same temperature.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 249

% Daily Value*

Total Fat 18.1g 23%

Total Carbohydrate 17.6g 6%

Protein 5.9g

Savory and Salty Breakfast Muffins

Prep: 16 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

4 small organic eggs, whisked
2 tablespoons olive oil
6 tablespoons of full-fat milk
1-1/2 cup all-purpose flour
1 tablespoon baking powder
¼ teaspoon of mustard powder
6 ounces of Parmesan, grated
1/3 teaspoon Worcestershire sauce
Oil spray, for greasing

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C for a few minutes.
Grease 6 ramekins with oil spray.
Take a small bowl and whisk the eggs in it, then pour oil and milk.
Once mixed well, add the Worcestershire sauce, baking powder, parmesan cheese, and mustard powder.
Fold in the flour.
Mix well for fine incorporation.
Divide the batter among ramekins.
Place ramekins inside the basket of the Air Fryer
Close the Air Fryer and bake it for 15 minutes.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 382

% Daily Value*

Total Fat 20.9g 27%

Total Carbohydrate 28.7g 10%

Protein 22.4g

Blueberries Oats Muffin

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

Salt, pinch
2 eggs
1/3 cup sugar
1/3 cup melted butter
4 tablespoons of almond milk
1 teaspoon of lemon zest
¼ teaspoon of vanilla extract
½ teaspoon of baking powder
1 cup all-purpose flour
1/3 cup oats
1 cup blueberries

Directions

Grease about 6 ramekins with oil spray.
Now, whisk eggs in a bowl and add butter, milk, lemon zest, vanilla extract.
Then in a separate bowl, mix salt, sugar, flour, baking powder, and oats.
Mix well, and then add the egg mixture to the flour mixture.
At the end, fold in the blueberries.
Pour this mixture into 4 ramekins.
Place ramekins inside the air fryer.
Adjust the time to 375 degrees F (190 degrees C) for 15 minutes.
Once muffins are done, serve them as breakfast.

Nutrition Facts

Servings: 4

Amount per serving

Calories 426

% Daily Value*

Total Fat 22g 28%

Total Carbohydrate 51.8g 19%

Protein 7.7g

English Muffins Pizza

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 3 Serving

Ingredients

3 organic eggs, scrambled
3 Sausage, Cooked and crumbled
1/2 cup pepper jack cheese, shredded
3 English Muffins, sliced
Oil spray, for greasing

Directions

Take an air fryer basket and grease it with oil spray.
Grease ramekins with oil spray.
Put half of the English muffin in an oil greased air fryer basket and cook for 4 minutes at 350 degrees F or 176 degrees C.
Cook remaining half in next batch same way.
Now top the muffin with cooked eggs and sausage.
Add in the cheese on top.
Cook in the air fryer for 5 more minutes in a batch.
Once done, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 255

% Daily Value*

Total Fat 10.5g 14%

Total Carbohydrate 25.7g 9%

Protein 14.1g

Bacon, Kale, and Eggs Casserole

Prep: 22 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

4 eggs, whole
1 cup egg whites
1 cup kale, fresh and chopped
4 slices cooked bacon, crumbled
1 cup mushrooms, sliced
1 white onion, chopped
2 green pepper, chopped
1 1/2 cup shredded white cheddar
Salt and black pepper to taste

Directions

The first step is to preheat the air fryer to 375 degrees F or 190 degrees C, for a few minutes. Next, take a cake pan and grease it with oil spray. Set it aside for use. Next, take a cooking pan and heat it over medium flame. Add all the vegetables, excluding the kale, into the pan and sauté it for about 2 minutes. Now transfer the cooked veggies to the cake pan and spread the vegetables throughout. Top the veggies with Kale. Take a small bowl to whisk egg whites, and then season it with salt and black pepper. Pour the whisked egg over the vegetables. Top the eggs with bacon and cheese. Now place the cooking pan inside the basket and about 15-18 minutes. Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 403

% Daily Value*

Total Fat 26.6g 34%

Total Carbohydrate 9.3g 3%

Protein 31.6g

Classic Scrambled Eggs

Prep: 10 Minutes | Cook Time: 6 Minutes | Makes: 1-2 Servings

Ingredients

1/2 tablespoon unsalted butter
1/8 cup cheddar cheese
3 large eggs
2 tablespoons full-fat milk
Salt and black pepper to taste
1 tablespoon of chives, chopped

Directions

First, preheat the air fryer to 300 degrees F or 149 degrees C for 5 minutes.
Add butter to an air fryer pan and add it to the unit. Let it cook for 1 minute.
Whisk eggs along with milk in a bowl.
Once the butter melts and gets warm, add in the egg mixture.
Add salt and pepper and mix well.
Add it back to the unit and cook for 2 minutes. Take out the pan and whisk the eggs and then add cheddar cheese. Cook for 3 more minutes
Remove the pan from the unit and serve with a garnish of chives.

Nutrition Facts

Servings: 1

Amount per serving

Calories 342

% Daily Value*

Total Fat 26.4g 34%

Total Carbohydrate 3g 1%

Protein 23.6g

Kale, Eggs and Cheese Frittata

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

6 large organic eggs
4 tablespoons heavy whipping cream
1/3 cup kale, chopped
1/3 cup feta cheese
¼ cup cherry tomatoes halved
1/4 cup green onion, diced
1 teaspoon thyme, dried
½ teaspoon of rosemary, dried
Salt and black pepper, to taste

Directions

The first step is to preheat the air fryer at 350 degrees F or about 175 degrees C for about 5 minutes.

Take a cake pan that fits inside the basket.

Grease the pan with oil spray.

In a bowl, whisk eggs, along with cream cheese, feta cheese, kale, tomatoes, thyme, onions, salt, rosemary, and pepper.

Whisk it well, and then pour this into the cake pan.

Cover the cake pan with aluminum foil tightly.

Put the cake pan in the basket and add it to the unit.

Cook at 250 degrees FF or 175 degrees C for about 12 -15 minutes.

Then serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 268

% Daily Value*

Total Fat 21g 27%

Total Carbohydrate 4.6g 2%

Protein 15.9g

Tortillas with Avocado Dipping Sauce

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

2 tablespoons of butter
10 eggs, beaten
1 teaspoon of cumin powder
¼ teaspoon of paprika powder
Salt and black pepper, to taste
4 large tortillas
6 ounces of cream cheese
10 bacon slices, cooked
½ cup mozzarella cheese, shredded

Ingredient for Avocado Dipper

2 large avocados
1/3 cup heavy cream
¼ cup sour cream
1 teaspoon of lemon juice
Salt and black pepper, to taste
1 dill pickle, chopped

Directions

First, mix all the avocado dipper ingredients in a bowl and set them aside for further use.
Next, take a non-stick pan and cook the eggs in butter to make a scramble.
Season the eggs with salt, black pepper, paprika powder, and cumin powder.
Layer the tortilla with cream cheese, and top each tortilla with one bacon slice.
Divide egg scramble between the tortillas.
Top tortillas with cheese and then place it in the air fryer seam side down.
Turn on the air fryer to 400 degrees F or degrees C.
Set time to 15 minutes.
Remember to flip it halfway through.
Once done, serve with avocado dipper.

Nutrition Facts

Servings: 4

Amount per serving

Calories 950

% Daily Value*

Total Fat 79.2g 101%

Total Carbohydrate 23.7g 9%

Protein 39.8g

Breakfast Hard-boiled Eggs

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

4 organic and large Eggs

Olive oil spray, for greasing

Directions

The first step is to preheat the air fryer at 260 degrees F or about 125 degrees C for 5 minutes.

Arrange the wire rack that came with the air fryer inside the air fryer.

Put the eggs on the wire rack.

Close the unit and set the timer to 10-12 minutes.

Remove eggs with a hand towel and place them in a water bath inside a large pot.

Let it sit for 5 minutes, and then peel the eggs.

Serve and enjoy as a simple and healthy breakfast option.

Nutrition Facts

Servings: 2

Amount per serving

Calories 146

% Daily Value*

Total Fat 9.9g 13%

Total Carbohydrate 0.7g 0%

Protein 12.6g

Classic Cinnamon and Nutmeg Toast

Prep: 8 Minutes | Cook Time: 4 Minutes | Makes: 1 Serving

Ingredients

2 thick slices of whole wheat bread
1 teaspoon of cinnamon
2 teaspoons of brown sugar
½ teaspoon of nutmeg
1 tablespoon of white sugar
2 teaspoons of butter

Directions

First, you need to preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a medium bowl to combine cinnamon, brown sugar, nutmeg, and white sugar.
Now use a knife to butter both sides of the bread slices evenly.
Now sprinkle the bowl mixture on both sides of bread slices.
Put the bread slice on an air fryer basket lined with parchment paper.
Air fry it in a preheated air fryer at the same temperate for 4 minutes, flipping halfway through.
One done, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 285

% Daily Value*

Total Fat 9.9g 13%

Total Carbohydrate 43.4g 16%

Protein 7.5g

Simple Chicken and Cheese Muffin Quiche

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

4 organic eggs
1/3 cup Parmesan cheese, shredded
1 cup chicken, cooked and crumbled
Salt and black pepper, to taste

Directions

First, preheat the air fryer to 350 degrees F or 175-177 degrees C for 5 minutes.
Take a medium bowl and whisk the egg in it.
Then add salt and black pepper for flavoring.
Next, add the cheese and chicken pieces.
Take 4 ramekins and grease them with oil spray.
Pour this egg mixture into the ramekins and add it to the air fryer basket.
Let it cook inside the air fryer for 15 minutes at 350 degrees F or 177 degrees C.
Once cooked, serve hot and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 367

% Daily Value*

Total Fat 19.9g 25%

Total Carbohydrate 2.2g 1%

Protein 44.9g

Frozen Sausage Links

Prep: Minutes | Cook Time: 8-13 Minutes | Makes: 5 Servings

Ingredients

10 links of breakfast sausage, frozen

Directions

First, preheat the air fryer at 400 degrees or 204 degrees C, for a few minutes.

Line the bottom of the air fryer basket with parchment paper.

Layer the Sausage Links inside the basket.

Cook in the preheated air fryer for 8 minutes, flipping halfway through.

If the sausage link is large, you can add 5 more minutes to the overall cooking time.

Then serve and enjoy.

Nutrition Facts

Servings: 5

Amount per serving

Calories 840

% Daily Value*

Total Fat 84g 108%

Total Carbohydrate 4g 1%

Protein 24g

Breakfast Frozen Hash Browns

Prep: 20 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

10 hash browns (600 grams pack)
Olive oil spray, for greasing
Salt and black pepper, to taste

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C, for a few minutes.
Meanwhile, line an air fryer basket with parchment paper.
Now layer the frozen hash brown inside the air fryer basket that has been lined with parchment paper.
Sprinkle salt and black pepper on top accordingly to taste.
Grease the hash browns with oil spray.
Place it in the unit.
Bake for 16 minutes, flipping halfway through for 16 minutes. After it gets brown, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 798

% Daily Value*1

Total Fat 37.9g 49%

Total Carbohydrate 105.4g 38%

Protein 9g

Cinnamon Rolls

Prep: 5 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

8 cinnamon rolls, canned

Toppings

Icing sugar, as needed

Directions

The first step is to preheat the air fryer to 340 degrees F or 171 degrees C for 5 minutes. Take out the cinnamon rolls from the packet and place them inside the air fryer basket that is lined with parchment paper. Cook it for 15 minutes. Remember to flip halfway through. Once done, serve with a drizzle of icing sugar.

Nutrition Facts

Servings: 4

Amount per serving

Calories 647

% Daily Value*

Total Fat 27.2g 35%

Total Carbohydrate 92g 33%

Protein 10.3g

Bacon and Cheese Sandwich

Prep: 8 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

2 slices bread
2 tablespoons of butter
1 slice of Parmesan cheese
1 slice of cheddar cheese
2 slices of bacon strips

Directions

The first step is to preheat the air fryer to 310 degrees F or 154 degrees C for a few minutes.
Coat one side of both bread slices with butter.
Now layer bacon strips, Parmesan cheese, cheddar cheese on a bread slice, and make a sandwich by placing the other half on top, keeping the butter side up.
Now, line a parchment paper on an air fryer basket.
Now, put the bread sandwich on the basket and place it inside the unit.
Set the timer to 12 minutes.
Flip the sandwich halfway through.
Serve and enjoy with coffee.

Nutrition Facts

Servings: 1

Amount per serving

Calories 720

% Daily Value*

Total Fat 65.1g 83%

Total Carbohydrate 10.8g 4%

Protein 21.2g

Three-Cheese Sandwich

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

2 slices of Texas toast
1 slice of Parmesan cheese
1 slice of Swiss cheese
1tablespoons of butter softened
1slice of provolone

Directions

The first step is to preheat the air fryer to 310 degrees F or 154 degrees C, for a few minutes.
Now coat both of the bread slices with butter.
Put the one bread slice on an air fryer basket lined with parchment paper.
Layer it with each slice of Parmesan, Swiss, and provolone cheese.
Top it with another bread slice, butter side up.
Put it inside the basket.
Place the basket inside the air fryer.
Set the timer to 12 minutes at 310 degrees F or 154 degrees C.
Flip it halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 524

% Daily Value*

Total Fat 30g 38%

Total Carbohydrate 40.3g 15%

Protein 22.6g

Dijon, Bacon and Cheese Sandwich

Prep: 10 Minutes | Cook Time: 14 Minutes | Makes: 1 Serving

Ingredients

2 thick slices of sourdough bread
1 tablespoon of Dijon mustard
1 slice of cheddar cheese
2 slices of bacon
1 tablespoon of butter

Directions

The first step is to preheat the air fryer to 310 degrees F or 154 degrees C, for five minutes.

Now coat both bread slices with butter.

Now coat one bread butter side with Dijon mustard and place it into the air fryer basket lined with parchment paper.

Top it with a cheddar cheese slice, bacon slices, and another slice of butter, keeping the butter side up.

Place the basket inside the air fryer.

Set the timer to 12-14 minutes.

Flip it halfway through, and once done, serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 308

% Daily Value*

Total Fat 19.2g 25%

Total Carbohydrate 18.9g 7%

Protein 14.7g

Strawberries Jam Filled Toasts

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

4 ounces cream cheese
2 eggs, organic
2 bread slices, thick-cut
½ cup half and half cream
2 fresh strawberries, chopped
1/4 cup Whipped Cream, topping
2 tablespoons of strawberry jam
Oil spray, for greasing
1 teaspoon of vanilla extract

Directions

The first step is to preheat the air fryer to 310 degrees F or 154 degrees C.
Combine the cream cheese, chopped strawberries, and jam in a bowl and set aside for further use.
Layer this mixture evenly on one slice of bread; place the other slice on top to make a sandwich.
Press to seal the edges.
Meanwhile, whisk eggs in a bowl and add Vanilla and half and half cream.
Dip the sandwich in egg wash.
Layer parchment paper inside the cake pan.
Put the bread inside the cake pan.
Adjust the pan inside the basket.
Put the basket in the unit and let it cook for 15 minutes at 310 degrees F or 154 degrees C.
Flip halfway through.
Once the sandwich is golden from the top, take and serve with whipped cream topping.

Nutrition Facts

Servings: 2

Amount per serving

Calories 495

% Daily Value*

Total Fat 36.4g 47%

Total Carbohydrate 29.2g 11%

Protein 12.7g

Bacon-Wrapped Croquettes

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

4 potato croquettes
8 bacon strips
½ cup of sour cream, side serving

Directions

Preheat the air fryer at 390 degrees F (198 degrees C) for 2minutes.
Wrap each croquette with two bacon strips.
Layer the potato croquette on the oil-greased basket.
Place basket inside the unit.
Set the temperate to 350 degrees F or 176 degrees C, for 12 minutes.
Remember to flip it halfway through
Once it's one serves and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 304

% Daily Value*

Total Fat 25.5g 33%

Total Carbohydrate 6.9g 3%

Protein 9.8g

Cheese and Ham Sandwich

Prep: 8 Minutes | Cook Time: 8 Minutes | Makes: 1 Serving

Ingredients

2 bread slices
2 tablespoons butter
2 slices of cheddar cheese
2 slices tomato, round cut
2 slices of ham

Directions

Preheat the air fryer at 360 degrees F (182 degrees C) for 5 minutes.
Coat both bread slices with butter.
Put one slice of butter side down on an air fryer basket lined with parchment paper.
Top the slice with slices of ham, cheese, and tomatoes.
Put another bread slice on top to make a sandwich.
Put the basket inside the unit.
Adjust the time for 8 minutes, flip the sandwich halfway through.
Once it's done, enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 574

% Daily Value*

Total Fat 47.1g 60%

Total Carbohydrate 13.2g 5%

Protein 25.1g

Harvest Granola

Prep: 10 Minutes | Cook Time: 30 Minutes | Makes: 2 Servings

Ingredients

1 cup almonds, sliced
½ cup rolled oats
¼ cup pumpkin seeds
Pinch of sea salt
2 teaspoons Canola Oil
¼ cup maple syrup
1 cup Dried Cranberries

Side Servings

2 cups milk, personal preference

Directions

Take a large bowl and add all the listed ingredients, excluding milk.
Take an air fryer basket and adjust a cake pan inside it.
Line a cake pan with parchment paper.
Now transfer the bowl mixture to the cake pan.
Add the basket to the unit.
Set the temperate to 220 degrees F or 104 degrees C for 30 minutes.
Stir the ingredients halfway through.
Once done and the ingredients get roasted, serve with the milk.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 742

% Daily Value*

Total Fat 42.7g 55%

Total Carbohydrate 70.5g 26%

Protein 25g

Homemade Granola

Prep: 12 Minutes | Cook Time: 33 Minutes | Makes: 3 Servings

Ingredients

Main Ingredients

2 cups whole rolled oats
¼ cup chopped walnuts
¼ cup coconut flakes, optional
1 teaspoon cinnamon
Pinch of sea salt
2 tablespoons melted coconut oil

Other Ingredients

2 tablespoons peanut butter
1/3 cup chopped strawberries, fresh
4 cups of milk, as needed

Directions

Take a medium-sized bowl and stir together all the main ingredients in it.
Take an air fryer basket and adjust a cake pan inside it.
Line a cake pan with round parchment paper.
Now transfer the bowl mixture to the cake pan.
Set the temperate to 220 degrees F or 104 degrees C for 33 minutes.
Stir the ingredients halfway through.
Once done, add the milk, peanut butter, and strawberries.
Enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 499

% Daily Value*

Total Fat 31.3g 40%

Total Carbohydrate 40g 15%

Protein 19.7g

Chess Filled Bread for Breakfast

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

½ pound top round, cooked and thinly sliced
½ white onions, caramelized
1 cup Parmesan cheese, shredded
Salt and Pepper, to taste
1 round crusty loaf of bread

Directions

Take a bowl and add onions, half cheese, and sliced meat.
Mix it well, and season it with salt and pepper according to taste.
Cut the top of the bread loaf about the size of a thin slice.
Remember not to cut through the bread.
Take out the bread from the bread loaf to create the cavity.
Add the bowl ingredients to the bread and top it with the remaining cheese.
Put it inside a basket lined with parchment paper.
Cook for 20 minutes at 350 degrees F, 176 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 586

% Daily Value*

Total Fat 29.7g 38%

Total Carbohydrate 17.6g 6%

Protein 63.5g

Breakfast Delicious Donuts

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

1 packet of yeast
1 cup of full-fat milk
2 small organic eggs
¼ teaspoon cinnamon
2 tablespoons unsalted butter
2 cups of flour
¼ teaspoon nutmeg
½ cup sugar
Pinch of sea salt

Directions

Take a mixing bowl and add the salt, cinnamon, nutmeg, butter, sugar, milk, and yeast inside it. Turn on the mixer and slowly add flour to the bowl. Crack eggs inside the mixer while it's running. Once the smooth dough is formed, transfer it to a clean work surface. Knead the dough and then put it on a large butter paper. Roll the dough and cut it into the shapes of a doughnut with the help of a cutter. Layer it on the oil greased air fryer basket. Set the timer to 5 minutes at 400 degrees F or 204 degrees C. Once it's done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 399

% Daily Value*

Total Fat 4.5g 6%

Total Carbohydrate 78.8g 29%

Protein 11.2g

Pumpkin Muffins

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

2 cups of all-purpose flour
1 teaspoon baking soda
½ teaspoon of baking powder
1 teaspoon cinnamon, ground
½ teaspoon ground nutmeg, grated
3 large eggs
Salt, pinch
½ cup dark brown sugar
1 cup pumpkin puree
1/4 cup almond milk

Directions

Line muffin cups in 4 ramekins and set them aside for further use.
Take a bowl and add baking powder, baking soda, nutmeg, brown sugar, and cinnamon.
Now add in flour gradually.
Whisk eggs in a bowl and add almond milk, mix it well and add it to the flour mixture.
Once the batter is ready, fold in the pumpkin puree.
Fill the ramekins with the mixture.
Now, put the ramekins in air fryer baskets and put them inside the air fryer.
Adjust the timer to 350 degrees F or 176 degrees C, for 16-18 minutes.
Remember to rotate the ramekins after 7 minutes of cooking.
Once the muffins are done, serve them as a delicious breakfast.

Nutrition Facts

Servings: 4

Amount per serving

Calories 409

% Daily Value*

Total Fat 8.2g 11%

Total Carbohydrate 72.5g 26%

Protein 12.3g

Chocolate Glazed Donuts

Prep: 10 Minutes | Cook Time: 8Minutes | Makes: 2 Servings

Ingredients

1 large can of Biscuits
2 tablespoons of Butter
2 teaspoons Cinnamon
1/4 cup brown Sugar

Ingredients for Glaze

½ cup Powdered Sugar
16 tablespoons of Milk
1 teaspoon Vanilla extract
10 tablespoons Cocoa Powder
4 tablespoons of coconut oil

Directions

First, prepare the glaze. For that, mix all the ingredients for glaze in a bowl and set aside for further use.

Preheat the air fryer to 350 degrees F or 176 degrees C for few minutes.

Roll out the biscuit can and cut it in the shape of doughnuts.

Whisk butter with sugar and cinnamon and then brush it over doughnuts.

Place doughnut in air fryer basket lined with parchment paper.

Set the timer to 6-8 minutes.

Flip the donuts halfway through.

Once done, serve with the glaze on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 758

% Daily Value*

Total Fat 49.5g 63%

Total Carbohydrate 84.3g 31%

Protein 10.9g

Banana Bread

Prep: 22 Minutes | Cook Time: 40 Minutes | Makes: 4 Servings

Ingredients

2 cups of all-purpose flour

1-1/4 teaspoon baking powder
Salt, pinch
4 large bananas, peeled and ripe
1 cup brown sugar
4 large eggs
2 tablespoons of Greek yogurt
4 tablespoons of peanut butter
1 teaspoon vanilla extract
½ cup mini chocolate chips, optional

Directions

First, preheat the air fryer to 350 degrees F or 176 degrees C for a few minutes.
Line a parchment paper on a cake pan.
Take a bowl and add flour, baking powder, salt, sugar.
In a separate bowl, whisk eggs and add peanut butter, Greek yogurt, and vanilla extract.
Mix well, and then add the flour mixture to the egg mixture.
Mix well, then fold in mashed bananas and chocolate chips.
Stir and fill the cake pan with the batter.
Place it in the basket and cook at 310 degrees F or 154 degrees C for 40 minutes.
Once done, slice and serve after cool down.

Nutrition Facts

Servings: 4

Amount per serving

Calories 706

% Daily Value*

Total Fat 15.7g 20%

Total Carbohydrate 122.3g 44%

Protein 23.4g

Avocado Toast

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 ripe avocados
1 tablespoon of lemon juice
Salt, to taste
Pinch of paprika
4 slices of grain bread
2 tablespoons of butter
½ cup feta
2 teaspoons balsamic vinegar

Directions

Add the pitted avocados to a bowl and mix with lemon juice, paprika, and salt.
Put butter on one side of bread slices.
Place bread slices butter side up, inside basket lined with parchment paper.
Set the temperature to 350 degrees F or 176 degrees C, for 10 minutes.
Flip the bread halfway through.
Once the bread is toasted, spread the avocado mash on the toast.
Top it with feta cheese and drizzle balsamic vinegar on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 752

% Daily Value*

Total Fat 61g 78%

Total Carbohydrate 41.7g 15%

Protein 16.3g

Zucchini Corn Fritters

Prep: 40 Minutes | Cook Time: 12Minutes | Makes: 2 Servings

Ingredients

3 medium zucchinis, peeled
1 cup corn kernels
½ potatoes cooked
6 teaspoons of chickpea flour
1 garlic clove, minced
2 tablespoons olive oil
1/3 cup parmesan cheese, shredded
Salt and black pepper, to taste
Oil spray, for greasing

Directions

First, grate the peeled and washed zucchini using a grater.
Put it in a bowl and add salt.
Let it sit for 20 minutes, then drain the salt by squeezing liquid.
Mix in the remaining listed ingredients and make roughly shaped patties.
Grease a basket with oil spray and arrange patties inside the basket in batches.
Cook it for 12 minutes at 375 degrees F or 190 degrees C.
Remember to flip halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 488

% Daily Value*

Total Fat 25.6g 33%

Total Carbohydrate 49.8g 18%

Protein

Bacon Crescent Rolls

Prep: 10 Minutes | Cook Time: 12Minutes | Makes: 2 Servings

Ingredients

6 ounces crescent rolls
6 bacon strips, cooked and crumbled
½ teaspoon onion powder

Directions

The first step is to preheat the air fryer to 300 degrees F or 148 degrees C for a few minutes.
Take the crescent dough and roll it over a flat surface.
Cut into 8 triangles.
Season it with onion powder and top with bacon bits.
Roll up the triangle and press slights to adhere.
Put it inside the oil grease basket and cook for 12 minutes.
Flip halfway through.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 566

% Daily Value*

Total Fat 32.5g 42%

Total Carbohydrate 44.7g 16%

Protein 21.3g

Cheesy Potato Skins

Prep: 10 Minutes | Cook Time: 12Minutes | Makes: 3 Servings

Ingredients

3 medium sweet potatoes
4 teaspoons olive oil
4 eggs
1/3 cup whole milk
Salt and black pepper, to taste
5 slices cooked bacon
1/3 cup parmesan cheese

Directions

Washed potatoes and pat dry.
Microwave it for 5 minutes.
Then scoops the flesh out of the potato, leaving one-inch thickness.
Now brush the potatoes skins with oil and season them with salt.
Put them in greased air fryer basket and cook for 12 minutes at 400 degrees F or 204 degrees C.
Meanwhile, take a cooking pan and add eggs and milk at low flame.
Then add salt and pepper, stirring constantly.
Top the potato skin with a topping of bacon crumble and cheese and cooked eggs.

Nutrition Facts

Servings: 3

Amount per serving

Calories 550

% Daily Value*

Total Fat 40.7g 52%

Total Carbohydrate 23.4g 9%

Protein 24.1g

Breakfast Banana Raisins Cookies

Prep: 10 Minutes | Cook Time: 8Minutes | Makes: 2 Servings

Ingredients

3 large ripe bananas
1/3 cup almond butter
1/2 cup maple syrup
1 teaspoon vanilla extract
1 cup old-fashioned oats
1/2 cup all-purpose flour
1/3 cup dry milk powder
2 teaspoons ground cinnamon
Pinch of salt
1/4 teaspoon baking powder
1 cup raisins

Directions

Preheat the air fryer to 300 degrees F or 148 degrees C.
Now take a bowl and mix banana, maple syrup, and almond butter.
Blend it well using a food processor and then add in the oats, vanilla extract, flour, milk powder, salt, cinnamon, and baking powder.
Beat it again in a food processor until smooth.
At the end, folds in the raisins.
Now put this mixture in scoops inside a basket lined with parchment paper.
Press to flatten it.
Cook it inside the air fryer for 8 minutes.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 901

% Daily Value*

Total Fat 4.5g 6%

Total Carbohydrate 208.7g 76%

Protein 18.8g

Easy Breakfast Pockets

Prep: 10 Minutes | Cook Time: 12minutes | Makes: 2 Servings

Ingredients

2 large eggs
2 teaspoons full-fat milk
2 teaspoons butter
2 ounces deli ham, chopped
4 tablespoons shredded cheddar cheese
4 crescent rolls, frozen or refrigerated

Directions

The first step is to preheat the air fryer to 300 degrees F or 148 degrees C.
Take a bowl, whisk the egg, pour in the milk, and stir well.
Transfer this egg mixture to skillet and let it cook at low flame until it gets firm using butter.
Now let it get slightly cool and add cheese and ham.
Now cut the crescent roll in rectangle shapes, fill the roll with the egg filling, and seal the edges by folding dough overfilling.
Put it in an oil grease basket o air fryer and cook for 12 minutes.
Flip halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 486

% Daily Value*

Total Fat 31.1g 40%

Total Carbohydrate 29.4g 11%

Protein 19.7g

Prosciutto and Eggs Cups

Prep: 10 Minutes | Cook Time: 12Minutes | Makes: 4 Servings

Ingredients

4 slices prosciutto
4 eggs
1/4 cup baby spinach
Salt and black pepper, to taste

Directions

The first step is to preheat the air fryer to 375 degrees F or 190 Degrees C.
Take 4 rankings and layer it with muffin cups.
Lay one bacon slice on each ramekin.
Press the bacon slightly down.
Crack one egg inside each cup.
Top it with spinach leaves and season with salt and black pepper.
Put it inside the basket and cook for 12 minutes.
Once done, take out and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 222

% Daily Value*

Total Fat 15.4g 20%

Total Carbohydrate 0.4g 0%

Protein 20.6g

Simple Homemade Bagel

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

½ cup self-rising flour
½ cup nonfat plain Greek yogurt
1 egg, beaten

Directions

Preheat the air fryer to 280 degrees F or 137 degrees F.
Take a bowl and add self-rising flour and mix it with Greek yogurt.
Combine it and then knead it for 5 minutes.
Divide the dough into an equal roll and then shape it in bagels.
Grease an air fryer basket with oil spray.
Brush the bagels with the egg and put it inside the basket.
Cook 15 minutes, then serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 295

% Daily Value*

Total Fat 2.5g 3%

Total Carbohydrate 34.5g 13%

Protein 33g

Egg Bites

Prep: 10 Minutes | Cook Time: 14 Minutes | Makes: 3 Servings

Ingredients

6 eggs
1 tablespoon heavy cream
¼ cup cheddar cheese shredded
3 slices bacon pre-cooked and chopped
1 green onion, chopped
¼ teaspoon mustard powder
Salt and black pepper to taste

Directions

The first step is to preheat the air fryer to 375 degrees F or 190 Degrees C.
Take a medium bowl and whisk eggs in it.
Then add the mustard powder, salt, black pepper, and heavy cream and whisk well.
Now squeeze any excess liquid from onions and then take a small bowl and grease it with oil spray.
Equally distribute bacon, green onions, and cheese over the bowls.
Pour egg mixture equally over the bowl.
Put it in the basket and cook in the air fryer for 14 minutes.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 188

% Daily Value*

Total Fat 14g 18%

Total Carbohydrate 1.6g 1%

Protein 14g

Cheddar Quiche

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

6 eggs, organic
1-1/4 cup heavy cream
Salt, pinch
6 broccoli florets, chopped
½ cup cheddar cheese, shredded

Directions

Whisk eggs in a bowl and add in the heavy cream.
Then add salt and broccoli, mix well, and pour this mixture into a quiche dish.
Top it with cheddar cheese.
Now adjust the dish inside the air fryer basket and put the basket inside the unit.
Set the time to 12 minutes at 325 degrees F or 62 degrees C.
Once done, serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 510

% Daily Value*

Total Fat 44.7g 57%

Total Carbohydrate 3.1g 1%

Protein 24.9g

Breakfast Oats

Prep: 10 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

½ cup steel-cut oats
1 cup of coconut milk
½ apple peeled and chopped
2 tablespoons of brown sugar
¼ teaspoon of cinnamon

Directions

Mix all the listed ingredients in a heatproof bowl and add them to the basket.
Put the basket inside the unit.
Cook for 8-10 minutes at 350 degrees F or 176 degrees C.
Serve it as a healthy breakfast option.

Nutrition Facts

Servings: 2

Amount per serving

Calories 372

% Daily Value*

Total Fat 29.5g 38%

Total Carbohydrate 28.2g 10%

Protein 4.3g

Cereal French toast

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

12 ounces of almond milk
4 organic eggs
¼ teaspoon cinnamon
2 cups flake cereal, sugar-coated
4 rolls of brioche bread slices
Oil spray, for greasing
Maple syrup, for serving

Directions

Crack eggs in a bowl, whisk, and pour almond milk and cinnamon.
Crush the cereals and then put them in a separate bowl.
Dip bread in the milk then in cereal.
Layer it on a basket lined with parchment paper.
Repeat these steps for all slices.
Put the slices inside the basket according to capacity, and add them to the unit.
Cook at 400 degrees F or 204 degrees C for 5-6 minutes, flipping halfway through.
Once it's done, remove and let it serve with maple syrup drizzle on top.

Nutrition Facts

Servings: 4

Amount per serving

Calories 483

% Daily Value*

Total Fat 28.9g 37%

Total Carbohydrate 47.5g 17%

Protein 12.1g

Sausage Omelet

Prep: 10 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 breakfast sausage, cooked and crumbled
4 eggs, beaten
¼ cup pepper Jack cheese blend
2 tablespoons green bell pepper, sliced
2 teaspoons green onion, chopped
Salt and black pepper, to taste
Oil spray, for greasing

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C, for 5 minutes.
Whisk eggs in a bowl and add sausage, cheese, onions, and bell peppers.
Add in season in of salt and black pepper.
Stir it well.
Take a cake pan and grease it with oil spray.
Pour the egg into the pan.
Add the pan to the air fryer and cook for 10 minutes.
Once the eggs get stiff, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 261

% Daily Value*

Total Fat 17g 22%

Total Carbohydrate 10.4g 4%

Protein 17.9g

Mushroom Omelet

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

4 shitake mushrooms, chopped
4 eggs, uncooked
½ tablespoon of green onion
1 tablespoon of tomatoes, chopped
Salt and black pepper, to taste
2 tablespoons of milk, full fat
Oil spray, for greasing

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C, for 5 minutes.
Whisk eggs in a bowl and add chopped mushrooms, cheese, tomatoes, green onion, salt pepper, and milk.
Whisk it very well.
Take a cake pan and grease it with oil spray.
Pour the egg into the pan.
Add the pan to the air fryer and cook for 10-12 minutes.
Once the eggs get stiff, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 215

% Daily Value*

Total Fat 9.7g 12%

Total Carbohydrate 21.7g 8%

Protein 13.9g

Cherries Bread Pudding

Prep Time: 15 Minutes| Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

5 eggs, organic
3/4 cup heavy cream
1 tablespoon sugar
1 teaspoon orange liqueur
Salt, to taste
2 cinnamon buns, broken into pieces
1/4 cup dried cherries

Directions

Take a bowl and crack the egg in it, then add heavy cream to eggs along with sugar and mix well until sugar dissolves.

At this stage, add the orange liquor and cherries add a pinch of salt.

Place bun pieces in a shallow bowl.

Mix and then coat the bun pieces with egg mixture.

Preheat the air fryer at 400 degrees F or 20 degrees C for 5 minutes.

Now place the bowl inside the basket.

Cook at 310 degrees F or 154 degrees C, for 35 minutes.

Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 809

% Daily Value*

Total Fat 45.6g 59%

Total Carbohydrate 63.9g 23%

Protein 25g

Zucchini Crisps

Prep Time: 15 Minutes| Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

2 large zucchini cut in sticks or round
Salt, to taste
1 cup all-purpose flour
3 eggs, beaten
2.5 cups bread crumbs
1/3 cup Parmesan cheese, grated
1 tablespoon garlic powder
1 teaspoon onion powder

Directions

Grate the zucchini with a grater and put it in a bowl along with salt.
Let it sit for a few minutes, then drain excess liquid, add cheese, garlic powder, onion powder to the zucchini.
Make small patties shaped with the hands.
Crack an egg in a bowl, and whisk. Set it aside for further use.
Then in a separate bowl, add flour, toss zucchini in egg wash, and then in flour mixture.
At the end coat, it with breadcrumbs.
Arrange it on an oil greased air fryer basket.
Cook in the air fryer for 20 minutes at 350 degrees F to 176 degrees C, flipping halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 973

% Daily Value*

Total Fat 20.4g 26%

Total Carbohydrate 152.7g 56%

Protein 43g

Air Fryer Vegetable Omelet

Prep: 32 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

3 eggs
3 tablespoons cream
2 tablespoons red bell pepper, diced
1 tablespoon of green bell pepper diced
1 tablespoon yellow bell peppers, diced
2 tablespoons red onion, diced
1/2 cup Cheddar cheese, divided
Oil spray, for greasing

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C, for 5 minutes.
Whisk eggs in a bowl and add cream, salt, pepper, red bell pepper, green bell pepper, yellow bell pepper, red onion, and cheese.
Mix it well.
Take a small cake pan and grease it with oil spray.
Pour the egg into the pan.
Add the pan to the air fryer and cook for 10 minutes.
Once the eggs get stiff, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 264

% Daily Value*

Total Fat 17.5g 22%

Total Carbohydrate 11.4g 4%

Protein 16.8g

Classic Milky Bread

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

¼ cup of warm water
2 tablespoons of brown sugar
1 packet of dry yeast
¼ cup almond milk
Pinch of salt
1-1/2 cup all-purpose flour
2 tablespoons of butter

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for a few minutes.
Take a mixing bowl and add in the sugar, yeast, and warm water.
Allow it to stir for 8 minutes.
Then pour in the milk, butter, and salt.
Let it whisk and start adding flour gradually.
Once the dough is formed, take out the dough on a flat surface and knead the dough.
Let the dough rise to double.
Split the dough into loaf shapes.
Place the dough into a loaf pan grease death oil spray.
Let it rise aging or 1 hour.
Then place it in the basket of air fryers and cook for 16 minutes at 300 degrees F or 165 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 433

% Daily Value*

Total Fat 19.3g 25%

Total Carbohydrate 58.2g 21%

Protein 7.3g

Mini Bread Rolls

Prep: 60 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

1-7/8 cup 450 g all-purpose flour
2/3 cup of butter
2 cups of full-fat Milk
2 tablespoons of coconut oil
1 packet yeast

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for a few minutes.
Take a cooking pan, add warm milk and oil to it.
Then add the yeast and let it dissolve completely.
Now let it sit for a few minutes and add flour and butter.
Mix to prepare the dough.
Knead the dough for 5 minutes on a flat surface by oiling the hands.
Let it sit for 20 minutes
Now grease an air fryer basket and create mini rolls of the dough.
Put it inside the air fryer basket.
Bake it for 15 minutes at 360 degrees F or 180 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 519

% Daily Value*

Total Fat 41.8g 54%

Total Carbohydrate 29.9g 11%

Protein 7.6g

Simple Breakfast Rolls

Prep: 90 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1 cup of whole wheat flour
1 cup of plain flour
1/3 sachet instant yeast
Salt, pinch
2 cups of warm water

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for a few minutes.
Take a bowl and add both the flours to it
Then add salt and yeast packet.
Add about 2 cups of warm water.
Mix well to form a dough.
Knead the dough for 5 minutes and then cover it with a wet towel.
Let it sit for 1 hour, so the dough rises.
Then grease a cake pan with oil.
Brush the dough with water and make mini rolls with your hands.
Put it inside the cake pan.
Put the cake pan in the basket and then bake in an air fryer for 18 minutes at 350 degrees F or 176 degrees C.
Once the bread is ready, allow it to cool, then serve by slicing.

Nutrition Facts

Servings: 2

Amount per serving

Calories 439

% Daily Value*

Total Fat 1.8g 2%

Total Carbohydrate 93.1g 34%

Protein 15g

Classic Bread

Prep: 90 Minutes | Cook Time: 18 Minutes | Makes: 3 Servings

Ingredients

2 cups self-rising flour
1 cup plain yogurt
1 tablespoon olive oil
1 tablespoon of butter
Salt, pinch
2 tablespoons of sunflower seeds

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for a few minutes.
Take a bowl and add all the listed ingredients to it.
Mix well to form a dough.
Knead the dough on a flat surface for 4 minutes.
Then let the dough sit by covering it with a wet towel for 1 hour.
Once the dough rises, let it knead again for 2 minutes and let it sit for 30 minutes.
Then take a loaf pan and grease it with oil spray.
Put the dough into the loaf pan and place it inside the air fryer.
Cook for 15-18 minutes at 350 degrees F, or 176 degrees C.
Once the bread is cooked, take it out and let it cool.
Then slice and serve.
Enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 447

% Daily Value*

Total Fat 11.3g 15%

Total Carbohydrate 69.7g 25%

Protein 13.7g

Sourdough for Breakfast

Prep: 60 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

½ cup bread flour
1 cup spelt flour
½ cup sourdough starter
2 tablespoons extra-virgin olive oil
Pinch of sea salt
½ cup warm water

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for a few minutes.
Take a large mixing bowl and add the flours, sourdough starter, salt, and oil.
Attach a stand mixer and let the mixing begin.
Pour the water until the ingredients are turned into dough.
Let it knead for 5 minutes at a low speed.
Now fold the dough into small balls and then place it inside the air fryer basket lined with butter paper.
Let it sit overnight.
The next day put the basket into the air fryer and let it bake for 20 minutes at 390 degrees F or 300 degrees C.
Once done, serve and enjoy after cooling.

Nutrition Facts

Servings: 2

Amount per serving

Calories 437

% Daily Value*

Total Fat 15.4g 20%

Total Carbohydrate 67.4g 25%

Protein 11.5g

Healthy Salmon Omelet

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

½ fillet of salmon, smoked and chopped
3 eggs, large
Salt and black pepper, to taste
1 teaspoon of parsley, chopped
1 tablespoon of half and half
¼ cup parmesan cheese, for garnish

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for 2 minutes.
Take a bowl, whisk eggs, and then add salt and black pepper.
Add in the half and half and whisk well.
Now put in salmon bits and parsley.
Whisk it well and pour it into the cake pan greased with oil spray.
Put the cake pan in the air fryer and cook for 12 minutes at 350 degrees F or 176 degrees C.
Once done, take out and sprinkle Parmesan cheese on top.
Fold and serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 208

% Daily Value*

Total Fat 13.2g 17%

Total Carbohydrate 1.4g 1%

Protein 21.7g

3 Ingredients Omelet

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

4 eggs, room temperature
1/2 cup Parmesan cheese, shredded
Salt and pepper to taste

Directions

Preheat the air fryer to 390 degrees F or 200 degrees C, for 2 minutes.
Whisk eggs in a bowl and add salt and pepper.
Then add in the cheese. Pour this into oil greased air fryer basket cook for 5 minutes.
Once eggs get cooked, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 261

% Daily Value*

Total Fat 17.8g 23%

Total Carbohydrate 2.2g 1%

Protein 24.6g

Sea Food Egg Scramble

Prep: 10 Minutes | Cook Time: 5-6 Minutes | Makes: 4Servings

Ingredients

4 organic eggs, whisked
2 tablespoons of coconut milk
1.5 cups of smoked tuna, diced
2 tablespoons of avocado, chopped
Salt and black pepper to taste
2 tablespoons of tomatoes, chopped

Directions

Whisk eggs in a bowl and add in milk.
Whisk it well.
Then season it with salt and add avocado, tomatoes, and tuna.
Whisk it and pour it into the cake pan greased with oil spray.
Put it in the air fryer.
Cook for 5 minutes at 390 degrees F or 200 degrees C.
Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 184

% Daily Value*

Total Fat 11.7g 15%

Total Carbohydrate 1.4g 1%

Protein 17.9g

Breakfast Pancakes

Prep: 10 Minutes | Cook Time: 5-15 Minutes | Makes: 2 Servings

Ingredients

Oil spray, for greasing
½ cup pumpkin puree
1/3 cup peanut butter
3 eggs
½ teaspoon vanilla extract
1 teaspoon pumpkin pie spice
¼ teaspoon baking soda
2 tablespoons of brown sugar
Sea salt, pinch

Directions

Take an air fryer basket and line it with parchment paper.
Take a large bowl and whisk eggs in it, then add pumpkin puree, peanut butter, vanilla, and pumpkin spice. Add brown sugar, baking powder, and salt stir all the ingredients well.
Then pour it inside an oil greased basket.
Work in batches and let it cook for 4 minutes at 300 degrees F or 150 degrees C without flipping
Repeat until all the batter is consumed.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 410

% Daily Value*

Total Fat 28.8g 37%

Total Carbohydrate 23.5g 9%

Protein 19.8g

Banana Pancakes

Prep: 10 Minutes | Cook Time: 5-15 Minutes | Makes: 2 Servings

Ingredients

Oil spray, for greasing
2 bananas puree
1/3cup almond butter
4 small eggs
½ teaspoon vanilla extract
¼ teaspoon baking powder
2tablespoons of sugar
Salt, pinch

Directions

Take an air fryer basket and line it with parchment paper.

Take a large bowl and whisk eggs in it, then add banana puree, almond butter, vanilla, and baking powder, then add brown sugar, and salt. Stir all the ingredients well, and then pour it inside the oil greased basket.

Work in batches, allow it to cook for 4 minutes at 300°F/150°C without flipping.Repeat until all the batter is consumed.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 473

% Daily Value*

Total Fat 19.2g 25%

Total Carbohydrate 13.5g 5%

Protein 9.9g

Blueberries Pancakes

Prep: 10 Minutes | Cook Time: 5-15 Minutes | Makes: 2 Servings

Ingredients

Oil spray, for greasing
½ cup fresh blueberries
1/3 cup melted butter, salted
3 eggs
½ teaspoon vanilla extract
¼ teaspoon baking soda
2tablespoons sugar

Directions

Take an air fryer basket and grease it with oil spray.
Take a large bowl and whisk eggs in it, then add butter, vanilla, sugar, and baking soda.
Stir all the ingredients well, and then fold in blueberries.
Pour this batter into the air fryer basket.
Work in batches and let it cook for 3-5 minutes at 300 degrees F or 150 degrees C without flipping.
Repeat until all the batter is consumed.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 437

% Daily Value*

Total Fat 37.7g 48%

Total Carbohydrate 17.9g 7%

Protein 8.9g

Homemade Pancakes

Prep: 10 Minutes | Cook Time: 4 Minutes | Makes: 2 Servings

Ingredients

1 1/2 cup flour
3 1/2 teaspoons baking powder
1 1/2 teaspoon baking soda
1 teaspoon salt
1 tablespoon sugar
1 1/4 cups milk
1 egg
3 tablespoons melted butter

Directions

Take a bowl and mix flour, baking soda, baking powder, salt, sugar.

Pour in the milk and whisked eggs, then add melted butter and make a runny batter.

Pour this batter into an oil grease air fryer basket.

Work in batches and let it cook for 4 minutes at 300 degrees F or 150 degrees C without flipping.
, repeat until all the batter is consumed.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 633

% Daily Value*

Total Fat 23.6g 30%

Total Carbohydrate 89.3g 32%

Protein 17.6g

Frozen Pancakes

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 1 Serving

Ingredients

4 tablespoons maple syrup
1 cup mixed fruit, chopped
2 frozen pancakes

Directions

Take out the frozen pancakes from the packet and air fryer in a single layer at 250 degrees F or 5 minutes.

Once it's done, serve with a drizzle of maple syrup and the favorite fruit toppings.

Nutrition Facts

Servings: 1

Amount per serving

Calories 803

% Daily Value*

Total Fat 15.6g 20%

Total Carbohydrate 157.8g 57%

Protein 13.4g

Zucchini Muffins

Prep: 10 Minutes | Cook Time: 4 Minutes | Makes: 2 Servings

Ingredients

2 zucchinis, grated
4 teaspoons of olive oil
2 eggs, whisked
1/3 cup low-fat cheese
Salt and black pepper, to taste
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
4 chopped mushrooms
Oil spray, for greasing

Directions

Grate the zucchinis with the help of a food grater and add them into salted water. Let it sit for 20 minutes, then drain and squeeze excess water. Add it to the bowl after pat drying with a paper towel. Then add all the listed ingredients to it. Take 4 ramekins and grease them with oil spray. Put the prepared zucchini batter into the ramekins and put the ramekins in the air fryer basket. Cook for 4 minutes at 400 degrees F, or 204 degrees C. Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 272

% Daily Value*

Total Fat 21.1g 27%

Total Carbohydrate 8.9g 3%

Protein 14.6g

Broccoli Omelet

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

3 eggs, beaten
5 broccoli florets steamed
2 medium buttoned mushrooms, sliced
1/4 cup shredded cheese Mexican Blend
1 tablespoon milk
Salt and black pepper, to taste
Oil spray, for greasing

Directions

Take a small cake pan and grease it with oil spray.
Crack eggs in a bowl and add all the listed ingredients to it.
Stir well and pour it into greased cake pan.
Put the cake pan inside the air fryer and let it cook for 10-12 minutes at 320 degrees F or 160 degrees C.
Once the eggs get firm, take out and serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 148

% Daily Value*

Total Fat 8.8g 11%

Total Carbohydrate 4.1g 1%

Protein 13.6g

Savory Bread

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 4 Servings

Ingredients

2 cups almond flour
2 eggs, whisked
2 tablespoons of flaxseed
1/2 cup of cauliflower florets, grated
½ cup of buttermilk
4 tablespoons of butter, melted
Pinch of salt
Oil spray, for greasing

Directions

You need to grate the cauliflower florets in a food processor.
Then add the remaining ingredients one by one.
Pulse all the ingredients well in the food processor.
Pour this bread batter into the oil greased loaf pan.
Put the pan inside the air fryer.
Cook for 30-25 minutes at 320 degrees F.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 252

Total Fat 21.9g 28%

Total Carbohydrate 6.3g 2%

Protein 7.8g

CHAPTER NO2: 50 VEGETABLE RECIPES

Zesty Balsamic Bruschetta

Prep: 12 Minutes | Cook Time: 6minutes | Makes: 4 Servings

Ingredients

6 plum tomatoes, (diced)
1/2 cup fresh basil, diced
1/4 cup cheddar cheese
2 teaspoons minced garlic
1 tablespoon balsamic vinegar
1 tablespoon olive oil
1 Loaf of French bread

Directions

Add the tomatoes, basil, Parmesan cheese, garlic, vinegar, olive oil, salt, and pepper in a mixing bowl.

Meanwhile, cut the slices of the bread.

Place the slices in the basket of the air fryer, fill the basket with bread, and make sure that it is not overfilled.

Toast the bread slightly for 6 minutes at 200 degrees C or 400 degrees F.

Place the bread on a serving plate, top with the tomato mixture.

Enjoy the Balsamic Bruschetta.

Nutrition Facts

Servings: 2

Amount per serving

Calories 671

% Daily Value*

Total Fat 15.4g 20%

Total Carbohydrate 110.5g 40%

Protein 27.1g

Easy Ramen Stir Fry

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 cups broccoli florets
12 ounces mushrooms (sliced)
1/4 cup green onions (chopped)
1 cup purple cabbage (chopped)
1/2 cup white cabbage (chopped)
1 1/2 red bell pepper, (thinly sliced)
1.5 inches piece of ginger (grated)
4 individual Ramen Noodle blocks
Vegetable broth as needed

Sauce Ingredients

1/2 cup white Miso paste
1/4 cup water
4 Tablespoons rice wine vinegar
1 tablespoon grated fresh ginger
2 teaspoons chili paste
2 Teaspoon soy sauce
2 cloves of garlic, minced
2 Teaspoons Pure Maple Syrup
2 teaspoons chopped fresh cilantro
Freshly ground black pepper as per taste

Directions

For noodles

Put a cooking pot of water on the flame, add the salt to it and bring it to a boil.

Add Ramen noodles for cooking.

According to package instructions, then set aside.

For the sauce, whisk all ingredients of the sauce ingredients together.

Now cook garlic, along with ginger and onion, in a skillet, over medium heat.

Add mushrooms and a little vegetable broth if the vegetable sticks.

Put in the broccoli, stirring frequently.

Add both cabbages and peppers.

Transfer this to the air fryer basket and cook at 200 degrees F or 400 degrees F for 12 minutes.

Then serve over noodles with sauce

Nutrition Facts

Servings: 2

Amount per serving

Calories 1365

% Daily Value*

Total Fat 55.3g 71%

Total Carbohydrate 176g 64%

Protein 37.4g

Purple Medley

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

4 beets, chopped
4 purple carrots, chopped
1 1/2 cup red onion, chopped
2 tablespoons balsamic vinegar
Salt and black pepper, to taste

Directions

Preheat the air fryer to 200 degrees C (400 degrees F), for 10 minutes.
In a large dish, add the listed veggies.
Drizzle the vinegar, sprinkle salt and black pepper, and cover it with foil.
Put it in the air fryer and cook for 20 minutes.
Once vegetables get crisp, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 176

% Daily Value*

Total Fat 0.5g 1%

Total Carbohydrate 40.2g 15%

Protein 5.3g

Simple Jicama Chip

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

10 ounces jicama, cut into small sticks after peeling
1& 1/2 tablespoon avocado or olive oil
1/2 tablespoon paprika
1/2 tablespoon garlic powder
1/2 tablespoon salt
Pinch of cayenne pepper
Few drops of lime

Directions

Wash jicama thoroughly.
Cut it into small sticks, about ¼ inches thick.
Put all the sticks into a medium-sized bowl and coat with listed ingredients.
Place the seasoned Jicama sticks in a single layer in the air-fryer basket.
Cook at 400 Degrees or 200 Degrees C, for 12-15 minutes.
Flip the sticks after 6 minutes.
Serve with your favorite dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 126

% Daily Value*

Total Fat 7.4g 9%

Total Carbohydrate 15.1g 5%

Protein 1.6g

Easy Ratatouille

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

½ medium eggplants
1 small zucchini
1 medium tomato
½ yellow bell pepper
½ red bell pepper
½ medium-sized onions
1 fresh cayenne pepper (diced)
6 sprigs of fresh basil, (chopped)
3 sprigs of fresh oregano, (chopped)
2 clove garlic, (crushed)
Salt as per the taste
½ teaspoon ground black pepper
1 tablespoon olive oil
1.5 tablespoons white wine
1.5 teaspoons vinegar

Directions

Preheat an air fryer to 200 degrees C or 400 degrees F.
Put all the chopped and sliced vegetables in a bowl and add all the remaining ingredients.
Toss well for fine coating.
Pour the mixture into the air fryer basket.
Cook for 10 minutes, flipping halfway through.
Turn off the air fryer; leave the dish inside the fryer for 5 minutes before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 151

% Daily Value*

Total Fat 7.6g 10%

Total Carbohydrate 18.9g 7%

Protein 3.5g

Crunchy Vegetable Nuggets

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

4 Potatoes mashed after boiling
1 cup Peas (crushed)
1 cup Broccoli (grated)
1 cup Soy nuggets (soaked and crushed)
1.5 cup Bread crumbs
5 tablespoons Coriander leaves, (chopped)
5 tablespoons walnuts, (chopped)
2 Green chills, (chopped)
2 teaspoons Italian Mixed herbs seasoning
Oil spray
Salt and black pepper, to taste

Directions

Add all the listed ingredients in a large bowl.
Mix them well with a spatula, then make a soft dough using the wet hands.
Take out a small portion of the mixture and give it a shape of the choice: round or square.
Preheat the air fryer at 400 degrees F or 200 degrees C for 3 minutes.
Grease the nuggets with oil spray.
Place the nuggets in the air fryer basket.
Air fry for 8 to 10 minutes, flipping halfway through.
Crispy air-fried veggie nuggets are ready.
Serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 615

% Daily Value*

Total Fat 20.8g 27%

Total Carbohydrate 81.3g 30%

Protein 29.7g

Veggie Tortillas Wraps

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 3 Servings

Ingredients

1 cup Portobello mushrooms
2 sweet peppers, yellow), chopped
2 medium-sized onions, chopped

Ingredients For Fajita Sauce

6 teaspoon sweet chili sauce
2 teaspoon soy sauce
½ teaspoon smoked paprika
1/4 teaspoon chili powder or to taste
1/2 teaspoon cumin
Salt, to taste

Side Servings

8 tortillas
Toppings of the choice
Guacamole
Salsa
Sour cream

Directions

Whisk all the ingredients of fajita sauce in a bowl.
Cut mushrooms, peppers, and onions into slices and place them in a large bowl
Add in the sauce.
Preheat the air fryer to 200 Degrees C or 400 degrees F.
Transfer the bowl ingredients to the air fryer basket and cook for 20 minutes.
Toss and shake basket halfway through.
The vegetables get a little bit scorched, so serve it with warm tortillas and the toppings of your choice.

Nutrition Facts

Servings: 3

Amount per serving

Calories 436

% Daily Value*

Total Fat 18.3g 23%

Total Carbohydrate 57.4g 21%

Protein 16g

Garlic Parmesan Green Beans

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1.5 cups of green beans
2 tablespoons of olive oil
Salt and black pepper, to taste
1/3 teaspoon garlic powder
1/3 teaspoon onion powder
½ cup parmesan cheese
Oil spray, for greasing

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Take a large bowl and mix all the listed ingredients in it.
Toss well and then transfer it to an air fryer basket that is greased with oil spray.
Set the timer to 400 degrees F or 204 degrees C, for 10-12 minutes.
Toss the green beans halfway through.
Once it's cooked, serve and enjoy with a sprinkle of parmesan cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 286

% Daily Value*

Total Fat 23.4g 30%

Total Carbohydrate 8.1g 3%

Protein 15.1g

Crispy Avocado Fries

Prep: 5 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

Main ingredients

2 cups kale, shredded
1/4 cup cilantro
1/4 cup plain Greek yogurt
2 tablespoons lime juice
1 teaspoon honey
1/4 teaspoon salt
1/4 teaspoon ground chipotle pepper
1/4 teaspoon pepper
1 large egg, beaten
1/4 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon ground chipotle pepper
2 medium avocados, peeled and sliced
Oil spray for greasing

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 5 minutes.
Take a bowl and add kale, cilantro, yogurt, lime juice, honey, salt, chipotle pepper, pepper, and mix well, set aside for further use.
Whisk egg in a bowl and set aside.
In a shallow bowl, mix cornmeal, salt, garlic powder, and chipotle pepper
Dip avocado slices in egg and then in cornmeal mixture.
Layer it in oil greased air fryer basket in batches.
Spray the slices with oil as well.
Cook for 5 minutes in the air fryer, flipping halfway through
Once cooked, serve and enjoy with prepared kale and yogurt mix.

Nutrition Facts

Servings: 2

Amount per serving

Calories 563

% Daily Value*

Total Fat 42.6g 55%

Total Carbohydrate 41.3g 15%

Protein 11.9g

Sesame And Balsamic Vinegar Green Beans

Prep: 15minutes | Cook Time: 12minutes | Makes: 2servings

Ingredients

2cups of green beans
2 tablespoons of sesame oil
1 teaspoon of sesame seeds
Salt and black pepper, to taste
1 teaspoon of balsamic vinegar
Oil spray, for greasing

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 3 minutes.
In a large bowl, combine all the listed ingredients and toss well.
Transfer it to an air fryer basket that is greased with oil spray.
Set the timer to 400 degrees F or 204 degrees C, for 10-12 minutes.
Toss the green beans, flipping halfway through.
Once it's cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 166

% Daily Value*

Total Fat 14.8g 19%

Total Carbohydrate 8.2g 3%

Protein 2.3g

Spicy Herbed Yellow Squash

Prep: 15 Minutes | Cook Time: 15Minutes | Makes: 3 Servings

Ingredients

3 cups yellow squash, halved
1 tablespoon olive oil
1 garlic cloves, minced
Salt and black pepper, to taste
1/4 teaspoon oregano, dried
1/4 teaspoon thyme, dried
1 tablespoon parsley, chopped

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.
In a bowl, add all the listed ingredients and coat the squash well.
Put it inside the oil greased air fryer basket and air fry for 15 minutes, flipping halfway through.
Once cooked, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 61

% Daily Value*

Total Fat 4.9g 6%

Total Carbohydrate 4.4g 2%

Protein 1.5g

Coated Carrots Fries

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 -1/2 cup of carrots, sliced thinly into ½ inches
1 cup Panko bread , crumbs
2 eggs
1/3 cup parmesan cheese
½ teaspoon garlic powder
Salt and black pepper, to taste

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 4 minutes.
Take a bowl and crack eggs in it.
Then add garlic powder, salt, and black pepper.
Dip the carrots sticks in egg wash and then coat them with bread crumbs
Put it on to basket lined with parchment paper.
Cook it for 10-12 minutes at 400 degrees F or 204 degrees C.
Once it's cooked, serve with a sprinkle of parmesan cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 103

% Daily Value*

Total Fat 5.4g 7%

Total Carbohydrate 6.5g 2%

Protein 7.6g

Nuts and Vegetables with Rice

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

1 cup of green beans
1 cup pine nuts
½ teaspoon garlic powder
Salt and black pepper, to taste
1 teaspoon of avocado oil
½ cup cooked rice

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 5 minutes.
Take a bowl and toss all the listed ingredients in it.
Transfer it to a basket lined with parchment paper.
Cook it for 8 minutes at 400 degrees F or 204 degrees C.
Once it's cooked, serve with boiled rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 649

% Daily Value*

Total Fat 47.2g 60%

Total Carbohydrate 50.5g 18%

Protein 13.8g

Roasted Asparagus with Tahini sauce

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

1 cup of fresh asparagus, trimmed
1 tablespoon sesame oil
½ teaspoon tamari sauce
½ teaspoon paprika
Salt, pinch

Tahini sauce ingredients

4 cloves garlic, pressed or minced
1/3 cup lemon juice
1/3 cup tahini
pinch of sea salt
¼ teaspoon ground cumin
6 tablespoons water, or more

Topping Ingredients

Chopped sparsely, a handful

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Take a bowl and mix well all the listed ingredients.
Then transfer it to a basket lined with parchment paper.
Cook for 15 minutes at 400 degrees F or 204 degrees C.
Meanwhile, blend all the tahini ingredients in a -speed blender and pulse until smooth.
Once asparagus is ready, drizzle tahini over the top.
Once it's done, serve.

Perfect Stack of Tomatoes

Prep: 5 Minutes | Cook Time: 4-16Minutes | Makes: 2 Servings

Ingredients

1/3 cup fat-free mayonnaise
1/4 teaspoon lemon zest, grated
2 tablespoons lemon juice
1 teaspoon thyme, dried
1/3 cup all-purpose flour
2 large egg whites, lightly beaten
3/4 cup cornmeal
Salt and black pepper, to taste
2 medium green tomatoes sliced
2 medium red tomatoes, sliced

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.
Meanwhile, mix mayo, lemon juice, lemon zest, thyme, salt, and pepper in a bowl.
In a separate bowl, add flour, salt, pepper, and cornmeal.
Take a small bowl and whisk the egg in it.
Cut the tomatoes crosswise into a few slices, and then dip in egg and at the end adds it to the cornmeal mix.
Cook in the air fryer in batches for 4 minutes, flipping halfway through.
Once all slices are done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 461

% Daily Value*

Total Fat 15.6g 20%

Total Carbohydrate 71.2g 26%

Protein 12.3g

Mixed Veggies With Zesty Vinegar Sauce

Prep: 10 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

- ¼ cup of Eggplants, trimmed
- 1 cup pumpkin, cubed
- ½ cup baby spinach
- 1 cup cauliflower florets
- 1 cup cherry tomatoes, whole
- 1 tablespoon sesame oil
- ½ teaspoon soy sauce
- ½ teaspoon rice wine vinegar
- 2 clove garlic, minced
- ½ teaspoon red pepper flakes
- Oil spray, for greasing

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Take a bowl and mix well all the veggies in it, and drizzle oil on top
Season it with salt and pepper.
Transfer it to a basket lined with parchment paper.
Cook for 15-20 minutes at 400 degrees F or 204 degrees C.
Meanwhile, take a skillet and pour sesame oil for heating.
Then add red pepper flakes, garlic, and cook until aroma comes.
Then add the rice wine vinegar and soy sauce.
Cook until it reaches a simmer.
Once the veggies are cooked, drizzle over the top and serve.

Pumpkin Fries with Sweet Greek Yogurt Sauce

Prep: 15Minutes | Cook Time: 8 Minutes | Makes: 2Servings

Ingredients

1/3 cup plain Greek yogurt
1 tablespoon maple syrup
4 teaspoons minced chipotle peppers in adobo sauce
Salt, to taste
1 medium pumpkin, slices into 1 inch thick pieces
1/3 teaspoon garlic powder
1/4 teaspoon ground cumin
1/4 teaspoon chili powder

Directions

Take a bowl and yogurt, maple syrup, chipotle pepper, and salt.
Sit it in the refrigerator for 20 minutes.
Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.
Peel and cut the pumpkin lengthwise.
Discard any of the seeds.
Transfer slices to a large bowl and season it with salt, garlic powder, cumin, and chili powder.
Toss well and then cook it in the air fryer for 8 minutes, flipping halfway through.
Once it's cooked, serve with prepared sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 305

% Daily Value*

Total Fat 1.2g 2%

Total Carbohydrate 47.6g 17%

Protein 31.2g

Lemon Glazed Mushrooms

Prep: 15 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

2 cups of mushrooms, sliced
4 cloves of garlic, minced
4 tablespoons of butter, melted
1 teaspoon of lemon juice
¼ teaspoon of lemon zest

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Take a bowl and toss together all the listed ingredients.
Transfer it to a basket lined with parchment paper.
Cook for 12-14 minutes at 400 degrees F or 204 degrees C.
Once it's done, toss with melted butter and parmesan cheese.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 228

% Daily Value*

Total Fat 23.3g 30%

Total Carbohydrate 4.4g 2%

Protein 2.9g

Poppers Peppers

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2-4 Servings

Ingredients

10 ounces of cream cheese, softened
3/4 cup cheddar cheese, shredded
3/4 cup Monterey Jack cheese, shredded
4 bacon strips, cooked and crumbled
1/4 teaspoon garlic powder
1/4 teaspoon chili powder
Salt, to taste
1/4 teaspoon smoked paprika
1 pound fresh jalapenos, halved lengthwise and seeded
1/2 cup dry bread crumbs
2 eggs
Optional: Sour cream

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C, for 4 minutes.

Wisk egg in a bowl and set aside.

In a separate bowl, add bread crumbs.

Now in a bowl, mix cream cheese, cheddar cheese, jack cheese, bacon, garlic, powder, chili powder, salt, and paprika.

Spoon cheese mix inside the pepper cut lengthwise.

Roll the pepper in egg wash and then in the bread crumbs.

Layer it into a basket greased with oil spray.

Cook for 15-20 minutes. Then serve with sour cream and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 635

% Daily Value*

Total Fat 49.8g 64%

Total Carbohydrate 19.4g 7%

Protein 29g

Pickle Fries

Prep: 10Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

12 dill pickle slices
1/4 cup all-purpose flour
Salt, to taste
2large eggs, lightly beaten
½ tablespoons dill pickle juice
1/4 teaspoon cayenne pepper
1/4 teaspoon garlic powder
2 cups Panko bread crumbs
Cooking spray, for greasing
Ranch salad dressing, optional

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Pat dries the pickles with a paper towel.
In a bowl, add the flour, salt.
Whisk egg in a separate bowl and add pickle juice, cayenne pepper, and garlic powder.
Dip pickles in flour mixture, then in egg wash, and put them into bread crumbs.
Cook in the air fryer for 10 minutes at 400 degrees F or 204 degrees C.
Serve with ranch dressing.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 570

% Daily Value*

Total Fat 11.3g 14%

Total Carbohydrate 92.7g 34%

Protein 22.7g

Fried Eggplants Chips

Prep: 15Minutes | Cook Time: 5-15Minutes | Makes: 2 Servings

Ingredients

2 large eggs
1/2 cup grated Parmesan cheese
1/2 cup toasted wheat germ
1 teaspoon Italian seasoning
3/4 teaspoon garlic salt
1 medium eggplant (about 1-1/4 pounds)
Cooking spray

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes
In a bowl, mix cheese, wheat germ, and all seasonings.
Crack and whisk the egg in a separate bowl.
Trim and cut eggplant lengthwise into 1/2-inch of thick slices.
Dip eggplant in eggs, then in cheese mixture.
Arrange eggplant in a single layer on greased air fryer basket.
Cook for 5 minutes, shaking halfway through.
Once all the eggplant is cooked, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 257

% Daily Value*

Total Fat 12.3g 16%

Total Carbohydrate 20.3g 7%

Protein 20.3g

Whole Baked Potatoes with Creamy Filling

Prep: 25 Minutes | Cook Time: 45 Minutes | Makes: 2 Servings

Ingredients

2 large baking potatoes
Salt and black pepper, to taste
4 teaspoons of avocado oil

Filling ingredients

2 cups sour cream
2 teaspoon of garlic clove, minced
1 teaspoon fresh dill
1/2 teaspoons chopped chives
Salt and black pepper, to taste
1 teaspoon Worcestershire sauce

Directions

Mix all the filling ingredients in a bowl and set them aside for further use.
Pierce the potato skin and rub it with avocado oil, pepper, and salt.
Put it in the air fryer basket
Cook at 350 degrees F or 176 degrees C, for 45 minutes.
Once done, take out the potatoes and make a slit in-between. Fill the cavity with the prepared mixture.
Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 321

% Daily Value*

Total Fat 24.8g 32%

Total Carbohydrate 21.3g 8%

Protein 5.6g

Beets in Air Fryer

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2 cups of beets, peeled and sliced thin

Salt, pinch

Directions

First preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.

Layer the beets into an oil greased basket of the air fryer.

Do not overlap the slices.

Set it to 400 degrees F or 204 degrees C, for 15 minutes, flipping halfway through.

Season with salt and serve once it gets crisp.

Nutrition Facts

Servings: 2

Amount per serving

Calories 75

% Daily Value*

Total Fat 0.3g 0%

Total Carbohydrate 16.9g 6%

Protein 2.9g

Cheesy Sriracha Broccoli

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 1 Serving

Ingredients

1 cup broccoli florets
1 tablespoon of olive oil
Salt, to taste
2 tablespoons of Sriracha sauce

Toppings

½ cup parmesan cheese, hard

Directions

Take a bowl and toss all the ingredients together.
Now transfer the broccoli to the air fryer basket lined with parchment paper.
Put the basket inside the air fryer.
Set the timer to 16 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve and enjoy with a sprinkle of parmesan cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 211

% Daily Value*

Total Fat 16.2g 21%

Total Carbohydrate 4.5g 2%

Protein 14.8g

BBQ Coated Cauliflower

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 cup cauliflower florets
1 tablespoon of olive oil
Salt, to taste
Pinch of paprika
½ tablespoon of hot sauce
2 tablespoons of BBQ sauce

Directions

Take a bowl and toss all the ingredients together so the florets are coated well.
Now transfer the cauliflower to the air fryer basket lined with parchment paper.
Put the basket inside the air fryer.
Set the timer to 12 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 193

% Daily Value*

Total Fat 14.2g 18%

Total Carbohydrate 16.8g 6%

Protein 2g

Simple and Easy Zucchini Fritters

Prep: 20 Minutes | Cook Time: 10 -20Minutes | Makes: 4 Servings

Ingredients

2 cups grated zucchini
1 large egg
1/4 cup parmesan cheese
3 teaspoons of almond flour
1/2 teaspoon sesame seeds
Salt, to taste

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C, for 2-5 minutes.
Grate the washed zucchinis and press to squeeze excess liquid.
Then add it to a bowl.
Crack an egg in a bowl and add the remaining ingredients as well.
Mix well and form patties.
Add it to the oil greased basket and cook for 10 minutes at 375 degrees F or 204 degrees C.
Flip halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 104

% Daily Value*

Total Fat 7.2g 9%

Total Carbohydrate 3.7g 1%

Protein 8g

Cauliflower Biscuits

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1 cup of cauliflower, florets
2 garlic cloves, minced
2 large eggs
1 cup shredded cheddar cheese
1/4 cup low-fat plain Greek yogurt
1/4 cup diced scallions
Cooking spray, for greasing
Salt and black pepper, to taste

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C, for 2-5 minutes.
Add steamed cauliflower to a food processor and put all the listed ingredients one by one.
Once combined, transfer it to an oil greased ramekins.
Put the ramekins in the air fryer.
Cook for 15 minutes at 350 degrees F or 176 degrees.
Serve this savory biscuit any time you like.

Nutrition Facts

Servings: 2

Amount per serving

Calories 373

% Daily Value*

Total Fat 24.1g 31%

Total Carbohydrate 9.2g 3%

Protein 30.8g

Air Fryer Stuffed Bell Peppers

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

4 Green Bell Peppers
1 tablespoon olive oil
1/4 cup green onion diced
1/4 cup fresh parsley
1 teaspoon ground sage
1/4 teaspoon garlic salt
1 cup marinara sauce
1/2 cup shredded mozzarella Cheese

Directions

Cook the green onion, parsley, sage, and garlic salt in a skillet using oil.
Cook for 3 minutes, then add marinara sauce.
Mix and let it cook for 3 minutes.
Cut the top of bell peppers and create the cavity by scoping out seeds.
Add the skillet mixture to each of the peppers.
Top it with mozzarella cheese.
Cook for 18 minutes at 355 degrees For 180 degrees C, in the air fryer.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 135

% Daily Value*

Total Fat 6.2g 8%

Total Carbohydrate 18.2g 7%

Protein 3.5g

Cheesy Brussels Sprouts

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

2 cups of Brussels sprouts
Avocado oil spray, for greasing
Salt, to taste
1/3 teaspoon of paprika
1 cup parmesan, hard and shredded

Directions

Trim the Brussels sprout from the edges and season it with paprika, salt, and oil spray.
Cook in the air fryer for 15 minutes at 390 degrees F or 198 degrees C.
Once the Brussels sprouts get crisp, take them out and serve with a topping of the parmesan cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 309

% Daily Value*

Total Fat 18.4g 24%

Total Carbohydrate 11.2g 4%

Protein 30.1g

Savory Spinach Chips

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 cup of baby spinach
Olive oil as cooking spray
1 Teaspoon of malt vinegar powder

Directions

Preheat the air fryer to 350 F or 176 degrees C, for a few minutes.
Wash the spinach and pat dry with a paper towel.
Drizzle the malt vinegar on top.
Then add in malt vinegar powder.
Oil sprays the basket or pan of the air fryer and puts spinach in it.
Cook for 12 minutes.
Once it's crisp, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 63

% Daily Value*

Total Fat 7.1g 9%

Total Carbohydrate 0.5g 0%

Protein 0.4g

Eggplant Crisps

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

2 large eggplants, thinly round cut
Salt, to taste
½ teaspoon of red chilies
¼ teaspoon of coriander
¼ teaspoon of baking soda
¼ teaspoon of dry pomegranate seeds
1 cup chickpea flour
½ cup water

Directions

Add all the listed ingredients in a bowl and mix well, so the eggplants are coated with it.
Then layer eggplant into an air fryer basket lined with parchment paper.
Cook at 400 degrees F or 204 degrees C, for 16 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 502

% Daily Value*

Total Fat 7g 9%

Total Carbohydrate 93g 34%

Protein 24.7g

Stuffed Jalapeno Peppers

Prep: 12 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 cup cream cheese
Salt, to taste
5 jalapeno peppers, sliced lengthwise

Directions

Cut the jalapeno pepper lengthwise
Discard any seeds and fill the cavity with cream cheese.
Season it with salt and spray with oil.
Put it in the air fryer and cook for 16 minutes at 300 degrees F or 148 degrees C.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 420

% Daily Value*

Total Fat 41g 53%

Total Carbohydrate 5.7g 2%

Protein 9.3g

Sesame Cauliflower With Sauce

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1/3 head white cauliflower, cut in florets
1/3 head purple cauliflower, cut into florets
4 tablespoons extra virgin olive oil
Salt and black pepper, to taste

Sauce Ingredients

4 tablespoons Asian chili paste
1/2 cup extra virgin olive oil
2 tablespoons rice wine vinegar
4 tablespoons maple syrup
1 tablespoon coconut amino
1/2 cup roasted peanuts
1/4 tablespoon sesame seeds

Directions

Combine all the listed sauce ingredients in a bowl and whisk well.

Set it aside for further use.

Next, season the cauliflower florets with salt, pepper, and oil.

Cook the cauliflower in the air fryer at 350 degrees F or 176 degrees C, for 16 minutes.

Once done, serve it with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 766

% Daily Value*

Total Fat 69.1g 89%

Total Carbohydrate 34.1g 12%

Protein 10.1g

Artichokes with Honey Dijon

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

4 whole artichokes
10 cups of water
Sea salt, to taste
½ cup raw honey
¼ cup boiling water
4 tablespoons of Dijon mustard

Directions

Pour water into a pot and add salt.
Mix to dissolve.
Then add artichokes to it.
Let it sit for 20 minutes, then drain and set aside for further use.
Mix Dijon mustard with honey and add a few teaspoons of water.
Mix well, and then baste the artichoke with this sauce.
Put it in an oil greased air fryer basket and cook for 18 minutes at 350 degrees F or 176 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 166

% Daily Value*

Total Fat 0.6g 1%

Total Carbohydrate 40.2g 15%

Protein 3g

Quinoa Stuffed Green Bell Peppers

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 6 Servings

Ingredients

6 Green Bell Peppers
2 tablespoons olive oil
1/4 cup green onion diced
1/4 cup fresh parsley
1 teaspoon ground sage
1/4 teaspoon garlic salt
1.5 cup cooked quinoa
1 cup shredded parmesan Cheese

Directions

Cook onion in a skillet using oil, add parsley, sage, garlic salt, salt, and cook for 5 minutes.
Then add quinoa and let it cook for 3 minutes.
Cut the bell pepper from the top and remove the seeds from the center core.
Fill the center with skillet mixture.
Sprinkle cheese on top.
Cook in the air fryer at 400 degrees F or 204 degrees C for 16 minutes.
Once done, serve and enjoy.

Nutrition Facts

Servings: 6

Amount per serving

Calories 326

% Daily Value*

Total Fat 13.6g 17%

Total Carbohydrate 37.6g 14%

Protein 16.3g

Parmesan Mushrooms

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

12 ounces white mushrooms cleaned, sliced
2 tablespoons olive oil
1 teaspoon Worcestershire sauce
¼ teaspoon garlic powder
2 tablespoons butter melted
Salt and pepper to taste
4 tablespoons of parmesan cheese, hard and grated

Directions

Mix all the listed ingredients in a bowl, excluding butter and garlic.
Cook for 10 minutes at 350 degrees F or 176 degrees C.
Once done, remove it from the air fryer and add butter and garlic.
Stir and serve with a sprinkle of parmesan cheese.

Nutrition Facts

Servings: 4

Amount per serving

Calories 763

% Daily Value*

Total Fat 15.8g 20%

Total Carbohydrate 91.7g 33%

Protein 95.3g

Tomato Soup

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

2 cups tomatoes soup
¼ cup of coconut milk
2 basil leaves
Salt and black pepper

Directions

Take a heat-proof cooking pot that fits inside the air fryer.
Add coconut milk, tomato soup, salt, and pepper to it.
Cook in the air fryer for 8 minutes at 350 degrees F or 176 degrees C.
Serve with the sprinkle of basil leaves.

Nutrition Facts

Servings: 2

Amount per serving

Calories 159

% Daily Value*

Total Fat 8.7g 11%

Total Carbohydrate 18.7g 7%

Protein 2.7g

Easy Vegetable Stew

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons olive oil
1 cup potatoes, halved and sliced
Salt and black pepper, to taste
1 cup zucchini, halved and sliced
¼ cup leek, thinly sliced
4 stalks celery, sliced
12 ounces baby Bella mushrooms, quartered
2 cups frozen artichokes, thawed
1 cup diced tomatoes, canned
1 cup Parmesan cheese rind
4 cups of water

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.
Now take a pot and add oil to it.
Cook potatoes in it for 5 minutes, then add salt and remaining listed ingredients.
Cook for 5 minutes.
Add water at the very end and then transfer this mixture to the air fryer basket.
Now cook for 15 minutes at 300 degrees F 148 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 568

% Daily Value*

Total Fat 33.1g 42%

Total Carbohydrate 41.5g 15%

Protein 36.8g

Madagascan Vegetable Stew with Beans

Prep: 30 Minutes | Cook Time: 25Minutes | Makes: 3Servings

Ingredients

6 ounces baby new potatoes
2 teaspoon of olive oil
1 small onion, finely diced
½ cup of arugula
1 cup black beans, drained
2 cloves garlic, minced
½ teaspoon of ginger
6 tablespoons of tomatoes puree
Black pepper and salt, to taste
1 cup of vegetable stock
½ tablespoon of cornstarch+2 tablespoon of eater

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Now, take a pot and add oil to it.
Cook potatoes in it for 5 minutes, then add all the listed ingredients, excluding the corn starch mixture.
Pour this mixture into an air fryer basket.
Cook it for 12 minutes at 400 degrees F or 204 degrees C.
Then open the air Frye and add corn starch mixture.
Let it cook in the air fryer for 5 more minutes
Serve, then stew.

Nutrition Facts

Servings: 3

Amount per serving

Calories 309

% Daily Value*

Total Fat 4.2g 5%

Total Carbohydrate 45.9g 17%

Protein 15.9g

Mushroom Tofu Stew

Prep: 10 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons olive oil
1 cup tofu, cubed
Salt, to taste
1 large zucchini, halved and sliced
10 ounces baby Bella mushrooms, quartered
12 ounces of tomatoes, canned
½ teaspoon red chili powder
4 cups of coconut milk

Directions

Preheat the Air Fryer Air fryer at 350 degrees F for 5 minutes.
Take a cooking pot to add the olive oil with mushrooms, salt, black pepper, and tomatoes.
Then add zucchini and red chili powder.
Pour in the coconut milk and bring it to a boil.
Transfer it to the air fryer basket and add tofu.
Put it in the Air Fryer and cook for 25 minutes at 330 degrees F.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1408

% Daily Value*

Total Fat 134.7g 173%

Total Carbohydrate 48.3g 18%

Protein 28.4g

Acorn Squash with Cranberries

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

Salt, to taste
4 small acorn squash, steam trimmed, and seeded
2 tablespoons of olive oil
½ shallot, chopped
1 cup of baby Bella mushrooms, chopped
1 cup cranberries

Directions

Mix all the listed ingredients in a bowl and toss well.
Add it to an oil greased air fryer basket.
Cook at 360 degrees F or 182 degrees C, for 12-15 minutes.
Serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 281

% Daily Value*

Total Fat 14.1g 18%

Total Carbohydrate 37.2g 14%

Protein 3.1g

Cheese Zucchini Strips

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 cups zucchini, sliced into thick strips
1 tablespoon olive oil
1/4 teaspoon salt
Black pepper, to taste
2 tablespoons of parmesan cheese

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 3 minutes.
Take a bowl and mix all the listed ingredients.
Then transfer the ingredients to the oil greased air fryer basket.
Cook for 12 minutes at 400 degrees F or 204 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 123

% Daily Value*

Total Fat 10.2g 13%

Total Carbohydrate 4.3g 2%

Protein 5.9g

Parmesan Parsnip Fries

Prep: 10Minutes | Cook Time: 12Minutes | Makes: 4 Servings

Ingredients

1 pound of parsnip cut in thin slices
1 teaspoon of garlic powder
Pinch of sea salt
4 tablespoons of parmesan cheese, hard
2 teaspoons of olive oil

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for a few minutes.
Add all the listed ingredients in a bowl and toss well.
Place the slices into the basket lined with parchment paper and cook for 12 minutes at 350 degrees F or 176 degrees C.
Shake the basket halfway through.
Once done, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 305

% Daily Value*

Total Fat 11.4g 15%

Total Carbohydrate 42.8g 16%

Protein 12g

Vegetable Steak

Prep: 10Minutes | Cook Time: 8-32Minutes | Makes: 4Servings

Ingredients

1 head cabbage cut in thick round cuts
2 tablespoons of butter, or as needed
1/4 teaspoon Old Bay seasoning
Salt

Directions

Pour water under the air fryer basket.
Preheat it at 360 degrees F or 182 degrees C, for 5 minutes.
Slice cabbage into thick slices.
Place cabbage slice in preheated air fryer basket and top with 1 teaspoon of butter.
Then add seasoning on top.
Cook it for 8 minutes.
Repeat for all cabbage pieces.
Then serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 96

% Daily Value*

Total Fat 5.9g 8%

Saturated Fat 3.7g 19%

Total Carbohydrate 10.4g 4%

Protein 2.3g

Roasted Air Fryer Sweet Carrots

Prep: 20Minutes | Cook Time: 20Minutes | Makes: 2 Servings

Ingredients

1 pound of carrots washed, peeled, and chopped into 1 inch pieces
2 tablespoons of butter melted
2 teaspoons of brown sugar
Salt, to taste

Directions

Add the melted butter, salt, sugar, salt over the carrots.
Stir to combine.
Add the carrots into an air fryer oil greased basket.
Cook for 20 minutes at 400 degrees F or 204 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 206

% Daily Value*

Total Fat 11.5g 15%

Total Carbohydrate 25.3g 9%

Protein 2g

Three Cheese Mushrooms

Prep: 8 Minutes | Cook Time: 10 Minutes | Makes: 1 Serving
Ingredients

6 Portobello mushrooms
2 tablespoons olive oil
1 cup ricotta cheese
6 tablespoons Parmesan cheese, divided
6 tablespoons of feta cheese
1/4 cup bread crumbs
¼ teaspoon rosemary, minced fresh

Directions

Preheat the air fryer for 5 minutes at 375 degrees F.
Remove the upper cap of mushrooms and coat it with oil spray.
Now mix three cheese, bread crumbs, and rosemary in a bowl.
Fill the top of the mushroom with cheese mix.
Add it to the air fryer basket.
Cook for 10 minutes at 400 degrees F or 204 degrees C.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1138

% Daily Value*

Total Fat 73.1g 94%

Total Carbohydrate 54.7g 20%

Protein 75.8g

Spinach and Cheese Muffins

Prep: 8 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

4 strips of breakfast bacon, chopped
½ purple onion, chopped
½ cups cheddar cheese, shredded
1/4 cup of spinach
4 large organic eggs
Salt and black pepper, to taste

Directions

Cook breakfast bacon in a skillet.
Take it out and then cook the onion in the skillet.
Then add the spinach.
Season it with salt and pepper.
Take the ramekins and put bacon in them.
Then add spinach and pour one egg per ramekin.
Add an equal amount of cheddar cheese on top.
Put it in the air fryer basket and cook for 12 minutes at 375 degrees F or 190 degrees C.
Serve and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 389

% Daily Value*

Total Fat 28.3g 36%

Total Carbohydrate 7.9g 3%

Protein 24g

Vegetable Casserole

Prep: 14 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds of green beans, trimmed
2 cups of mushrooms, diced
¼ cup of onion, diced
2 tablespoons of olive oil
2 tablespoons of almond flour
¾ cup vegetable broth
1 cup coconut milk

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a cooking pot and bring water to a boil.
Add in the green beans let it simmer for 6 minutes.
Set aside for draining.
Take a skillet and sauté onion in oil for a few minutes.
Then add broth and coconut milk.
Cook for 5 minutes.
Put green beans and skillet mixture in an air fryer -safe dish
Cook in the air fryer for 15 minutes at 400 degrees F or 204 degrees C.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 384

% Daily Value*

Total Fat 31.5g 40%

Total Carbohydrate 24.3g 9%

Protein 9.8g

Mushroom and Tofu Stew

Prep: 20 Minutes | Cook Time: 35 Minutes | Makes: 4 Servings

Ingredients

2 tablespoons olive oil
1 cup tofu, cubed
Salt, to taste
2 small zucchini, halved and sliced
8 ounces baby Bella mushrooms, quartered
12 ounces diced tomatoes, canned
½ teaspoon red chili powder
6 cups of coconut milk

Directions

Preheat the air fryer at 350 degrees F or 176 degrees C, for 3minutes.

In a skillet, pour the olive oil and add mushrooms, salt, pepper, zucchini, red chili pepper, and tomatoes.

Cook for 5 minutes, then pour the coconut milk and bring it to a boil with the lid on top.

Then add tofu

Transfer it to the air fryer basket.

Cook it for 20 minutes at 300 degrees F or 148 degrees C.

Then serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 973

% Daily Value*

Total Fat 95.9g 123%

Total Carbohydrate 29.3g 11%

Protein 16.3g

Blooming Onion

Prep: 10 Minutes | Cook Time: 12-14 Minutes | Makes: 2 Serving

Ingredients

1-2 large white onions
Salt and black pepper, to taste
4 eggs, whisked
2 tablespoons of olive oil
2 cups Panko bread crumbs
1 teaspoon of garlic powder
¼ teaspoon of paprika
1cup almond flour
Oil spray, for greasing

Directions

Peel the onions and cut the top.
Afterward, makes 4 slices of onion, till the bottom of the onion, leaving about one cm.
The onion will bloom open.
Put the onion in ice water for 2 hours.
Mix the salt, garlic powder, paprika, black pepper, and flour in a bowl.
Take out the onions and pat dry.
Once dry, dredge the onions into the spicy flour mix.
Crack an egg in a bowl and then coat the egg with this mixture.
Transfer the breadcrumbs and olive oil to a separate bowl.
Next, dump the onion in bread crumbs.
Take a basket and grease it with oil spray, and add blooming onion to it.
Set a timer to 22 minutes at 400 degrees F or 204 degrees C.
Once the onions are Crisp, serve with the favorite dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 790

% Daily Value*

Total Fat 35.9g 46%

Total Carbohydrate 89.6g 33%

Protein 29.6g

CHAPTER NO 3:40 VEGAN RECIPES

Mixed Veggies Pancakes

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

4 tablespoons ground flaxseed
1/2 cup water
3 medium russet potatoes, shredded and squeezed
1 small onion, shredded and squeezed
Salt and black pepper, to taste
½ cup carrots, chopped
½ cup peas
¼ cup corn, drained
½ cup frozen peas, thawed and drained
1/4 cup finely chopped fresh cilantro
1/2 cup unbleached all-purpose flour
Oil spray for greasing

Directions

Take a large bowl, start mixing flaxseed with water, and add shredded potatoes, onions, carrots, peas, and corn.
Mix it very well.
Add in the cilantro and flour and season it with salt and black pepper.
Make a batter for pancakes.
Scoop this mixture in the form of patties on to basket lined with parchment paper.
Cook in batches for 15 minutes, at 400 degrees F or 204 degrees C, halfway through.
Once all pancakes are done, serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 514

% Daily Value*

Total Fat 5.9g 8%

Total Carbohydrate 98.9g 36%

Protein 16.4g

Vegan Coconut French Toasts

Prep: 10 Minutes | Cook Time: 4 Minutes | Makes: 1 Serving

Ingredients

2 Slices of Gluten-Free Bread
1 cup coconut milk
½ teaspoon of Baking Powder
1 cup Coconut, unsweetened and shredded
2 tablespoons of maple syrup

Directions

Mix the baking powder and coconut milk in a bowl.
Spread coconut flake in a flat tray.
Soak each bread slice into coconut milk then into shredded coconut.
Put the slices of bread in the air fryer, close it, and cook for 4 minutes at 400 degrees F or 204 degrees C or 204 degrees C, flipping halfway through.
Once done, remove and drizzle the maple syrup on top.

Nutrition Facts

Servings: 1

Amount per serving

Calories 947

% Daily Value*

Total Fat 84.2g 108%

Total Carbohydrate 54.3g 20%

Protein 8.3g

Delicious Lemon Tofu

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 pound super-firm tofu, drained and pressed
2 teaspoons of tamari
2 teaspoons of arrowroot powder

Ingredients for lemon sauce

1 teaspoon lemon zest
¼ cup lemon juice
½ cup water
3 Tablespoon organic sugar
2 teaspoons arrowroot powder

Directions

The first step is to cut the tofu into cubes and then place it in a zip lock bag,
Add tamari sauce to the bag and shake well.
Add in arrowroot powder and again shake it well.
Let it sit for 20 minutes
Then grease an air fryer basket and add tofu to it.
Cook for 15 minutes at 400 degrees F or 204 degrees C.
Meanwhile, add all the lemon sauce ingredients to a skillet and cook for 5 minutes.
After you're done cooking the tofu, add it to a skillet along with the sauce.
Cook for 2 minutes.
Then serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 238

% Daily Value*

Total Fat 9.7g 12%

Total Carbohydrate 23g 8%

Protein 19.5g

Crispy Potato Nuggets

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

2 cups potatoes, chopped
1 teaspoon canola oil
1 clove garlic, minced
4 cups coarsely chopped kale, cooked
1/6 cup almond milk
Oil spray, for greasing
Salt and black pepper, to taste

Directions

Take a saucepan and pour it into the boiling water.
Add potatoes and cook for 30 minutes.
Then drain and pat dry the potatoes
Heat oil in a pan and add garlic. Cook for 2 minutes.
Then add kale and sauté for 2 minutes.
Transfer potatoes to a bowl and add milk, salt, and black pepper.
Mash the potatoes well.
Then add kale mixture and mix well.
Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
Roll the potato and kale mixture into nuggets shape.
Grease the air fryer basket with oil spray.
Put the nuggets in the air fryer and cook for 15 minutes, shaking halfway through.
Once cooked, serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 88

% Daily Value*

Total Fat 3.8g 5%

Total Carbohydrate 12.6g 5%

Protein 1.5g

Vegan Corn Fritters

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

Dry ingredients

1/4 cup cornmeal, grounded
1/3 cup almond flour or all-purpose flour
1/2 teaspoon Baking Powder
Onion Powder to taste
Garlic Powder to taste
1/4 tsp Paprika
Salt and black pepper to taste
2 teaspoon of Green Chiles with juices
¼ cup of Parsley, chopped

Cream corn mixture ingredients

1 cup corn
4 tablespoons of almond milk
Salt and pepper, to taste

Other Ingredients

2 cups Corn Kernels, grilled

FOR DIPPINGS

6 tablespoons of Dijon Mustard

Directions

Take a bowl and add all the listed dry ingredients to it.
In a blender, pulse all the cream corn mixture ingredients.
Add it to the dry mixture in a bowl. Mix it well.
Add the grilled kernels and mix well.
Preheat an air fryer to 400 degrees F or 204 degrees C
Now line a basket of air fryer with parchment paper
Use a cookie scoop to firmly pack the batter and place it into the basket.
Cook for 15 minutes, flipping halfway through
Once cooked, serve it Dijon as a dipping

Nutrition Facts

Servings: 4

Amount per serving

Calories 185

% Daily Value*

Total Fat 5.6g 7%

Total Carbohydrate 31.9g 12%

Protein 5.6g

Herbed and Spiced Baked Tofu Fries

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

16 ounces extra-firm tofu drained and pressed
2 tablespoons olive oil
¼ teaspoon basil
¼ teaspoon oregano
¼ teaspoon paprika
1/3 teaspoon cayenne pepper
1/3 teaspoon onion powder
¼ teaspoon garlic powder
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a bowl and mix the herbs and spices listed above.
Slice the tofu and then coat it with marinade.
Place it on the air fryer basket lined with parchment paper.
Cook at 400 degrees F or 204 degrees C for 15 minutes. Once crisp, serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 423

% Daily Value*

Total Fat 25.1g 32%

Total Carbohydrate 0.5g 0%

Protein 44.1g

Mushroom Pizzas with Hummus Drizzle

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

6 large Portobello mushrooms
½ tablespoon of balsamic vinegar
Salt and black pepper
4 tablespoons pasta sauce
2 cloves of garlic, minced
4 ounces zucchini, julienned
3 tablespoons sweet red pepper diced
2 olives kalamata olives, sliced
½ teaspoon dried basil
1/2 cups hummus

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cut the stem of mushrooms and press with a spoon.
Drizzle balsamic vinegar on it and season with salt and pepper.
Put mushroom in the air fryer and cook for 4 minutes.
Take a bowl and mix pasta sauce, garlic, olives, salt, pepper, basil, and zucchini.
Afterward, top mushroom with an equal portion of bowl mixture.
Add it to air fryer and cook for 4 minutes more
Plate with a drizzle of hummus and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 234

% Daily Value*

Total Fat 9.6g 12%

Total Carbohydrate 26.8g 10%

Protein 15.6g

Vegan Air Fryer Cold Soup

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

1 cup raw peanuts
2 cups coconut milk
1-1/2 cups broccoli, fresh or frozen
½ cup spinach, fresh or frozen
½ cup of leeks, sliced
2 garlic cloves, chopped
½ teaspoon ginger, grated
2 tablespoons of lemon juice
Salt and black pepper, to taste

Directions

Grease an air fryer basket with oil spray and add broccoli, spinach, leeks, garlic, ginger, salt, and pepper.

Cook for 8 minutes at 400 degrees F or 204 degrees C.

Take it out and add it to the blender once cool enough.

Then add remaining listed ingredients and pulse until soupy in consistency.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1029

% Daily Value*

Total Fat 93.9g 120%

Total Carbohydrate 37.4g 14%

Protein 28.2g

Mexican Style Corn on the Cob

Prep: 20 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

4 ears fresh corn, shucked
Oil spray, for greasing
2 teaspoons garlic minced
2 tablespoons of vegan butter
1 teaspoon lime zest
1 teaspoon of lemon juice
Salt and black pepper, to taste
2 tablespoons chopped fresh cilantro

Directions

Coat the corn from all the sides with oil spray.
Put in inside air fryer basket and cook for 20 minutes at 400 degrees F or 204 degrees C, flipping it halfway through.
Mix garlic, vegan butter, lemon juice, lime zest, salt, pepper, and cilantro in a bowl.
Microwave these mixtures for 1 minute in the microwave.
Then coat the cooked corn with this mixture
Serve immediately.

Nutrition Facts

Servings: 4

Amount per serving

Calories 296

% Daily Value*

Total Fat 7.5g 10%

Total Carbohydrate 56.1g 20%

Protein 9.1g

Air Fryer Cinnamon Coated Chaffle

Prep: 10Minutes | Cook Time: 10-20Minutes | Makes: 2 Servings

Ingredients

½ cup apple sauce
2 tablespoons of vegan butter, melted
2 teaspoon of vanilla extract
1 cup of vegan cheese
¼ cup of almond flour
½ teaspoon of baking Powder
2 teaspoon of stevia
Oil spray, for greasing

For the Coating

¼ cup of stevia
1 tablespoon of ground Cinnamon

Directions

Melt butter in a microwave and add apple sauce to it.
Whisk well and add vanilla extract, vegan cheese, stevia, and baking powder.
Whisk to combine and start adding almond flour to it.
Once the smooth batter is formed, Fill oil greased and heart-shaped silicone waffle mold with it
Add it to an air fryer basket.
Then, Air fry at 400 degrees F or 204 degrees C, for 10 minutes.
Repeat unit all batter is consumed
Serve it with a drizzle of stevia and cinnamon on top
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 412

% Daily Value*

Total Fat 15.6g 20%

Total Carbohydrate 62.6g 23%

Protein 9.9g

Chocolate Chaffle

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

½ cup apple sauce, unsweetened
2 tablespoons of cocoa powder
1 teaspoon of sweetener, personal choice
1 cup vegan cheddar

Directions

Take a large bowl and add in applesauce, then add cocoa powder, sweetener, and vegan cheddar. Mix well, so the Chaffle batter is ready to be cooked.
Fill oil greased and heart-shaped silicone waffle mold with it.
Add it to an air fryer basket.
Then air fry at 400 degrees F or 204 degrees C, for 10 minutes.
Repeat until all batter is consumed
Serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 159

% Daily Value*

Total Fat 6.7g 9%

Total Carbohydrate 21g 8%

Protein 7g

Delicious Vegan Pasta Chips

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

1 cup bow tie pasta, cooked and drained
1 tablespoon aquafaba
1 tablespoon nutritional yeast
1 teaspoon Italian Seasoning Blend
Salt and black pepper, to taste

Preparation

Toss the pasta with aquafaba, yeast, Italian seasoning, salt, and black pepper.
Put the mixtures in the air fryer basket according to capacity.
Cook for 5 minutes at 400 degrees F or 204 degrees C.
Shake the basket halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 230

% Daily Value*

Total Fat 2g 3%

Total Carbohydrate 45.3g 16%

Protein 9.8g

Rosemary and Garlic Sweet Potatoes wedges

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

2 medium sweet potatoes, wedges
2 tablespoons avocado oil
2 cloves Garlic, minced
½ teaspoon of rosemary
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 5 minutes.
Take a bowl and mix avocado oil, garlic cloves, salt, pepper, and rosemary.
Toss it well by adding potato wedges to it.
Transfer it to the air fryer basket and cook for 22 minutes at 400 degrees F or 204 degrees C.
Flip or shake the wedges halfway through.
Once done, serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 201

% Daily Value*

Total Fat 2.1g 3%

Total Carbohydrate 43.8g 16%

Protein 2.7g

Creamy and Classic Vegan Vegetable Fries

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2 large eggplants, very thin sliced
¼ teaspoon of red chilies
½ teaspoon of coriander
¼ teaspoon of baking powder
¼ teaspoon of dry pomegranate seeds
1 cup chickpea flour
Salt, to taste
½ cup water, or more

Directions

Mix red chilies, coriander, salt, baking powder, dry pomegranate seeds, chickpea flour, and water in a bowl and make a smooth paste.

The batter should be runny.

Dip the eggplant's slice in the batter, and layer them on a baking pan lined with parchment paper.

Add it to the refrigerator for 1 hour.

Then put it in an air fryer basket and cook for 15 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once it's cooked, serve with yogurt.

Nutrition Facts

Servings: 2

Amount per serving

Calories 514

% Daily Value*

Total Fat 7g 9%

Total Carbohydrate 96.2g 35%

Protein 24.8g

Purple Cauliflower with Asian Chili Sauce

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1/2 head purple cauliflower, cut into florets
2 tablespoons avocado oil
Salt and black pepper, to taste
2 pinches of paprika

Asian Chili Sauce Ingredients

4 tablespoons Asian chili paste
1/4 cup extra virgin olive oil
2 tablespoons rice wine vinegar
2 tablespoons maple syrup
1/2 tablespoon of coconut amino
1/4 cup roasted peanuts, crushed
1/4 tablespoon sesame seeds, roasted

Directions

Put all the sauce ingredients in a large bowl and mix it very well.
Then, season the cauliflower florets with paprika, pepper, salt, and avocado oil.
Toss it well and add the florets in an air fryer basket lined with parchment paper.
Cook it for 400 degrees F or 204 degrees C, for 12 minutes.
Once done, serve it with a coating of sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 413

% Daily Value*

Total Fat 36.6g 47%

Total Carbohydrate 18.6g 7%

Protein 5.6g

Vegan Banana Chips

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

4 raw bananas, peeled and thinly sliced
1 teaspoon of olive oil
¼ teaspoon of cinnamon
1 teaspoon of brown sugar

Directions

Slice the peeled bananas in thin round cuts.
Season it with cinnamon, brown sugar, and oil.
Add it to oil greased air fry basket, and cook for 10 minutes, at 400 degrees F or 204 degrees C.
Flip the banana chips halfway through.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 236

% Daily Value*

Total Fat 3.1g 4%

Total Carbohydrate 55.6g 20%

Protein 2.6g

Artichoke Fries

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 2-4 Servings

Ingredients

16 ounces can Artichoke Hearts, quartered

Ingredients for Wet Mix

1 cup All-Purpose Flour
Salt and black pepper, to taste
1 cup almond milk
1/2 tsp Garlic Powder

Ingredients for Dry Mix

1-1/2 cup Panko bread crumbs
¼ teaspoon of paprika
Salt, pinch

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Cut the Artichoke Hearts into quarters.
Clean it with a paper towel.
Take a bowl and add all the wet mix ingredients to it.
It should be thick batter at the end.
In a separate bowl, add all the dry mix ingredients and mix well.
Dip artichoke hearts in the wet mix, shake excess off.
Then put it in a dry mixture.
Once all the hearts are coated, add them to an air fryer basket greased with oil spray.
Cook at 400 degrees F or 204 degrees C for 18 minutes.
Cook it in batches.
Once all the hearts are cooked, serve with the favorite dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 786

% Daily Value*

Total Fat 32.1g 41%

Total Carbohydrate 105.2g 38%

Protein 20.4g

Easy Rocket Pancakes

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

2 cups of all-purpose flour
2 tablespoons of olive oil
2 handfuls of rocket
½ cup pitted olives, roughly sliced
1 cup of red peppers, sliced
Salt, to taste
¼ cup parsley, chopped
2 cups water
Oil spray, for greasing

Directions

Take a large bowl and add all-purpose flour, water, and salt
Mix it well and add in rockets, red pepper, olives, parsley, and olive oil.
Take an oil greased basket and pour this pancake mixture in batches.
Cook for 5 minutes at 400 degrees F or 204 degrees C.
Once all the batter is consumed and pancakes are done, serve and enjoy

Nutrition Facts

Servings: 4

Amount per serving

Calories 361

% Daily Value*

Total Fat 9.7g 12%

Total Carbohydrate 61.3g 22%

Protein 7.4g

Vegan Air Fryer Eggplant Parmesan Pasta

Prep: 15 Minutes | Cook Time: 20Minutes | Makes: 2 Servings

Ingredients

1 large Eggplant stems, removed and sliced
½ cup all-purpose flour
½ cup almond milk
½ cup Panko Bread Crumbs
4 tablespoons Vegan Parmesan, grated
½ teaspoon Onion Powder to taste
¼ teaspoon of Garlic Powder to taste
Salt and black pepper to taste

Topping for EGGPLANT

1 cup Marinara Sauce plus more for serving
1/2 cup Vegan Mozzarella, shredded

To serve

5 ounces of pasta, cooked
Parsley for garnish

Directions

Wash the eggplants and remove the green part.
Slice it thinly.
Now in a bowl, whisk almond milk and flour.
In a separate bowl, add Panko bread crumbs, onion powder, parmesan cheese, garlic powder, salt, and black pepper
Dip the slices in this flour mixture then in the bread crumbs mixture.
Grease air fryer basket with oil spray.
Cook for 400 degrees F or 204 degrees C, for 20 minutes.
Flip it halfway through.
Meanwhile, cook the pasta according to package instructions and drain.
Take a bowl and add pasta to it, then add cooked eggplants, top it with Mariana sauce.
Sprinkle grated mozzarella on top with a sprinkle of parsley.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1214

% Daily Value*

Total Fat 64.2g 82%

Total Carbohydrate 127.4g 46%

Protein 33.4g

Air Fried Spicy Stir-Fry

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

1 head cauliflower cut into florets
¾ cup onion white, thinly sliced
5 cloves garlic finely sliced
1 ½ tablespoons tamari
1 tablespoon rice vinegar
½ teaspoon coconut sugar
Salt and black pepper, to taste
1 tablespoon Sriracha sauce
2 scallions, chopped for garnish

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for 2 minutes.
Add cauliflower to the basket and cook for 12 minutes.
Next, add the sliced onion, stir and cook for 9 more minutes.
Then add the garlic, stir and cook for 3 more minutes.
Meanwhile, in a bowl.
Add it to cooked veggies and toss.
Let it cook for 5 minutes.
Then serve with sliced scallion as garnish.

Nutrition Facts

Servings: 4

Amount per serving

Calories 32

% Daily Value*

Total Fat 0.1g 0%

Total Carbohydrate 5.9g 2%

Protein 2.3g

Air Fried Classic Falafel

Prep: 12 Minutes | Cook Time: 10Minutes | Makes: 4 Servings

Ingredients

1 -1/2 cups dry garbanzo beans
½ cup parsley, chopped
½ cup cilantro, chopped
½ cup onion, chopped
6 cloves garlic
2 tablespoons of purpose flour
Salt, to taste
1 teaspoon ground cumin
1/6 teaspoon of ground cardamom
1teaspoon ground coriander
Pinch of cayenne pepper

Directions

Drain the presoaked beans and add them to a bowl.
Bring it to a boil in a cooking pot with water about 2 inches
Let it boil for 2 minutes, then drain and set aside
Put the cilantro, onion, parsley, and garlic in a food processor.
Pulse it well.
Then add beans, flour, cumin, coriander, cayenne, cardamom, and pulse into the meal.
Transfer mixture into a bowl, and refrigerate for 1-2 hours
Take it out and form into 1½-inch balls, then flatten into patties.
Cook it in the air fryer for 10 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
One cooked, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 204

% Daily Value*

Total Fat 3.3g 4%

Total Carbohydrate 34.9g 13%

Protein 10.6g

Thai Style Vegetable Bites

Prep: 25 Minutes | Cook Time: 25-35 Minutes | Makes: 2 Servings

Ingredients

1/3 cup of broccoli
1/4 cup of cauliflower
3 large carrots
1/2 cup garden peas
1/2 cauliflower, grated
1/2 large onion peeled and diced
4 leeks cleaned and thinly sliced
2 cup coconut milk
1/4 cup plain flour
1 teaspoon of ginger garlic paste
2 teaspoons of olive oil
2 teaspoons of Thai green curry paste
1 tablespoon coriander
1 teaspoon mixed spice
1/2 teaspoon cumin
Salt and black pepper, to taste

Directions

Cook onions along with ginger garlic paste in oil.
Cook for a few minutes.
Take a steamer basket and steam the vegetables, excluding cauliflower and leeks.
Cook it for 16 minutes.
Now add curry paste, cauliflower rice, and leek to the onion in skillet and cook for 5 minutes.
Add in the rest of the seasoning and coconut milk.
Next, add the vegetables and mix them well.
Mix and let it cool, transfer it to the refrigerator for 2 hours
Then add it to the air fryer basket and cook for 10 minutes at 350 degrees F or 176 degrees C.
Once cooked serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 720

% Daily Value*

Total Fat 62.2g 80%

Total Carbohydrate 40.5g 15%

Protein 9.7g

Vegan Fried Ravioli

Prep: 12Minutes | Cook Time: 8-16 Minutes | Makes: 2 Servings

Ingredients

1 cup Panko bread crumbs
2 teaspoons nutritional yeast flakes
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon garlic powder
Salt and black pepper, to taste
¼ cup aquafaba liquid
8 ounces vegan ravioli
Oil spray, for greasing
½ cup marinara for dipping

Directions

Take a bowl and mix Panko bread crumb, basil, oregano, garlic, yeast, garlic powder, salt, and pepper.

Add aquafaba to a bowl.

Dip the ravioli in aquafaba, then in a bread crumb mixture.

Once the ravioli get covered, add them to an air fryer basket lined with parchment paper.

Grease the ravioli with oil spray.

Set a timer to 400 degrees F or 204 degrees C for 8 minutes.

Flip it halfway through.

Sever it with marinara dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 584

% Daily Value*

Total Fat 8.4g 11%

Total Carbohydrate 106.8g 39%

Protein 18g

Air fryer Coconut Pudding

Prep: 15 Minutes | Cook Time: 20Minutes | Makes: 2 Servings

Ingredients

1/3 cup apple sauce, organic
3/4 cup coconut cream
3/4 cup coconut flakes, shredded
Pinch of ground cinnamon, as a garnish
2tablespoon of old plain brown sugar
Pinch of salt
4 whole-grain buns, broken into small piece
Oil spray, for greasing

Directions

Take a bowl and add apple sauce, coconut cream, salt, sugar, and cinnamon
Whisk until sugar dissolves.
Then add shredded coconut.
Pour this into an oil greased round pan and add in torn bread pieces.
Let the bread soak.
Put the pan in an air fryer basket.
Cook for 20 minutes at 400 degrees F or 204 degrees C.
Once cooked eve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 579

% Daily Value*

Total Fat 34.8g 45%

Total Carbohydrate 64.7g 24%

Protein 13.1g

Vegan Peanut Noodles

Prep: 15 Minutes | Cook Time: 25Minutes | Makes: 2 Servings

Ingredients

Peanut sauce ingredients

½ cup natural peanut butter, smooth or crunchy

1/4 cup water

4 tablespoons of coconut amino

2 cloves garlic, minced

2 tablespoons of lemon juice

2 tablespoons of agave syrup

1- inch piece fresh ginger, peeled and minced

1 tsp sesame oil

For the noodles:

6 ounces of vegan rice noodles

1 red bell pepper, chopped

2 medium carrots, peeled and cut into matchsticks

2 green onions, chopped

Directions

Mix all the peanut sauce ingredients in a bowl and whisk well.

Cook the noodles according to the package directions and drain.

Then set aside for further use

Add the bell pepper, onions, and carrots in an air fryer oil greased basket and cook for 15 minutes at 400 degrees F or 204 degrees C.

Once cooked, add it to noodles and serve with a drizzle of peanut sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 214

% Daily Value*

Total Fat 6.3g 8%

Total Carbohydrate 35.4g 13%

Protein 4.7g

Air Fryer Nuggets

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1 block of tofu, pressed and drained
Salt and black pepper, to taste
1 teaspoon of smoked paprika
1/4 teaspoon garlic powder
1 cup Panko bread crumbs
Oil spray, for greasing

Directions

Cut the drained tofu into bite-size cubes.
Use a bowl to coat tofu with salt, pepper, smoked paprika, and garlic powder.
Coat it with Panko bread crumbs.
Grease it with oil spray.
Cook it in the air fryer basket at 400 degrees F or 204 degrees C for 15 minutes.
Once it's golden from top serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 279

% Daily Value*

Total Fat 6.8g 9%

Total Carbohydrate 41.5g 15%

Protein 13.8g

Spicy Mustard Cabbage Rolls

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

10 egg roll wrappers
½ cup of cooked pasta, drained
1 cup of cabbage, thinly sliced
Salt and black pepper, to taste
1/4 cup peas, cooked
2 teaspoon of lemon juice
¼ teaspoon red chili flakes
4 tablespoons of Spicy Mustard
Oil spray, for greasing

Directions

Take a skillet and add oil to it.
Add in cabbage and cook until tender for about 10 minutes.
Then add cooked peas, salt, pepper, spicy mustards, pasta.
Let it cook for 10 minutes.
Add in red pepper flakes and lemon juice, stir well, and set aside for cooling.
Next, lay the egg rolls on a flat surface.
Starting from one side, add cabbage mixture to the rolls equally.
Roll from the edges and seal the ends.
Mist the rolls with oil spray from all sides.
Cook in the air fryer for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once it's cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1046

% Daily Value*

Total Fat 7.3g 9%

Total Carbohydrate 202.5g 74%

Protein 38.9g

Italian Rice Balls

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 cup creamy vegan risotto
1 cup Panko bread crumbs
¼ teaspoon granulated onion
Salt and black pepper
Oil spray, for greasing
1 cup warm marinara sauce

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a bowl and add all vegan risotto to it.
Form the balls with hands.
Add Panko bread crumbs, onion, salt, and pepper in a bowl.
Roll each ball in the bread crumb mixture.
Put a few rice balls in the air fryer.
Grease it with oil spray as well.
Cook at 400 degrees F or 204 degrees C for 10 minutes.
Serve it with marinara sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 445

% Daily Value*

Total Fat 16.5g 21%

Total Carbohydrate 74.1g 27%

Protein 12g

Vegetable Fried Rice

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons of vegetable oil
½ cup of green onions, chopped
1 cup of celery, chopped
½ cup carrot, thinly sliced
2 cups rice, boiled
1 cup green peas,
1 cup tofu, cubed
½ teaspoon of ginger, grated
½ teaspoon of garlic
Salt, to taste
Pinch of black pepper
4 tablespoons of lemon juice
2 tablespoons of coconut amino

Directions

Heat oil in a skillet and add onion for cooking.

Sauté the garlic and ginger in a skillet.

Set the timer to 2 minutes and cook.

take a cooking pan and grease it with oil spray, then add to it the celery, carrots, tofu, peas, salt, pepper, lemon juice, and coconut amino

Add it to an air fryer and cook for 7 minutes to 16 minutes at 400 degrees F or 200 degrees C.

Then open the fryer and add tofu, green peas, and rice.

Set timer to 5 minutes.

Once it's cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 980

% Daily Value*

Total Fat 20.8g 27%

Total Carbohydrate 167.8g 61%

Protein 28.8g

Greek Salad with Air-Fryer Falafel

Prep: 25Minutes | Cook Time: 12Minutes | Makes: 4 Servings

Ingredients

16 ounces of chickpeas, in liquid
¼ cup shredded zucchini
1 chopped onion
¼ cup parsley
4 tablespoons chickpea flour
1 teaspoon cumin
¾ teaspoon coriander
Sea Salt and Black Pepper, To Taste

Salad Ingredients

4 cups chopped romaine
1.5 cups bulgur, cooked
1.5 cups cherry tomatoes, halved
1 cucumber, cut into ½-inch slices
¼ cup chopped red onion
2 tablespoons Kalamata olives

Dressing Ingredients

¼ cup raw cashews, presoaked in hot water
¼ cup white wine vinegar
4 teaspoons Dijon mustard
2 cloves garlic
6 to 8 tablespoons almond milk

Directions

Mix all the salad ingredients and set them aside.

First, preheat the air fryer to 400 degrees F or 204 degrees C.

Prepare the dressing by adding cashews, vinegar, mustard, and garlic to a processor and pulse it until milky.

Take a blender or food processor and add tablespoons of aquafaba, chickpeas, zucchini, onion, parsley, chickpea flour, cumin, and coriander.

Add in salt and pepper.

Pulse until a smooth consistency is formed.

Add it to a bowl and add more Aquafresh.

Once smooth in texture, make small falafel balls with your hands.

Cook it in an air fryer basket greased with oil spray.

Cook for 12 minutes at 400 degrees F or 204 degrees C.

Once cooked, serve and enjoy with prepared dressing and salad.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1311

% Daily Value*

Total Fat 17.3g 22%

Total Carbohydrate 242.5g 88%

Protein 62g

Farro Salad with Beets

Prep: 15Minutes | Cook Time: 10Minutes | Makes: 2 Servings

Ingredients

Dressing Ingredients

1 cup orange juice
4 tablespoons red wine vinegar
3 tablespoons chopped walnuts, toasted
3 teaspoons pure maple syrup
3 teaspoons Dijon mustard
Sea salt and black pepper, to taste

Other Ingredients

2 red beets, peeled and cut into slices
4 cups fresh baby spinach
4 cups chilled cooked farro
3 pears, cored and chopped
1 red onion, chopped

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Whisk dressing ingredients in a bowl and mix well.
Take a bowl and add beets along with spinach and onion.
Add it to the air fryer basket and cook for 10 minutes at 400 degrees F or 204 degrees C.
Then add faro and pears.
Serve with a drizzle of prepared dressing.

Nutrition Facts

Servings: 2

Amount per serving

Calories 987

% Daily Value*

Total Fat 32.4g 42%

Total Carbohydrate 158.5g 58%

Protein 33.1g

Jerk Grain Bowls with Air-Fried Plantain Chips

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 3 Servings

Ingredients

1 half-ripe plantain
2 teaspoons Jamaican jerk seasoning
1 teaspoon packed brown sugar

Salad ingredients

2 teaspoons Jamaican jerk seasoning
¾ cup pineapple juice
6 ounces of baby spinach
32 cups fresh pineapple, chopped
1 cup cooked sorghum
1 cup cooked steel-cut oats
1 cup green bell peppers
Sea salt and black pepper, to taste
2 tablespoons coconut flakes

Directions

First, preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Peel the plantains thinly.
Mist it with water and toss with seasoning and sugar.
Add it to the air fryer basket in a single layer.
Cook for 8 minutes, flipping halfway.
Meanwhile, in a bowl.
Pour it over cooked plantain.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1290

% Daily Value*

Total Fat 19.5g 25%

Total Carbohydrate 294.1g 107%

Protein 16.8g

Cauliflower Poppers

Prep: 12 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1-1/2 cup of cauliflower florets

Salt, to taste

Black pepper, to taste

1/3 cup flour

1/4 teaspoon of paprika

½ teaspoon of onion powder

½ cup water

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.

Add cauliflower, salt, black pepper, almond flour, paprika, onion powder, and water in a bowl.

Mix it well to form runny consistency.

Dip the cauliflower florets in it and place them in the basket lined with parchment paper.

Cook it for 15 minutes at 350 degrees F 176 degrees C.

Once golden from the top, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 91

% Daily Value*

Total Fat 0.3g 0%

Total Carbohydrate 19.2g 7%

Protein 3.3g

Vegetable Cheesy Pizza

Prep: 25 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1 Pizza Dough, whole wheat, -free
Oil spray, for greasing

Ingredients for Topping

6 cremini mushrooms
6 slice White Onion
4 tablespoons vegan Pesto
1 cup vegan cheese, mozzarella style
1 green pepper, chopped
½ cup baby spinach
2 large Tomatoes, round sliced

Directions

Grease an air fryer basket with oil spray.
Roll the pizza dough into the size of the air fryer basket.
Grease the dough from both sides with oil spray.
Place the dough on the basket.
Cook at 400 degrees F or 204 degrees C, for 10 minutes.
After 5 minutes, flip the dough.
Once the cooking cycles are complete, remove the dough and add listed toppings.
Again cook for 8 minutes at 400 degrees F or 204 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 656

% Daily Value*

Total Fat 41.2g 53%

Total Carbohydrate 61.1g 22%

Protein 12.7g

Vegan Margherita Pizza

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 thin pizza dough, whole wheat, and -free
1/3 cup marinara sauce
1 large Roma tomato, thinly sliced
4 ounces of fresh vegan mozzarella
6 large fresh basil leaves, torn
2 teaspoons of avocado oil, for coating
Oil spray, for greasing

Directions

Grease an air fryer basket with avocado oil.
Lay the dough on a flat surface and cut the pizza dough according to the size of the air fryer basket.
Grease the dough from both sides with oil spray.
Place the dough on the basket.
Cook at 400 degrees F or 204 degrees C, for 8 minutes.
After 4 minutes, flip the dough.
Once the cooking cycles are complete, remove the dough and top with pizza sauce, Roma tomato, vegan mozzarella, and fresh basil leaves
Again cook for 8 minutes at 400 degrees F or 204 degrees C.
Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 687

% Daily Value*

Total Fat 41.5g 53%

Total Carbohydrate 57g 21%

Protein 24.3g

Air Fryer Veggie Noodle

Prep: 15minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 teaspoons of olive oil
2 large zucchinis, spiralized
Salt and black pepper, to taste
1 cup vegan cheese, mozzarella style

Directions

Put spiralized zucchini in a colander and add salt.
Let it sit for 10 minutes, then squeeze excess water.
Now add it to the oil greased air fryer basket along with cherry tomatoes, black pepper, and olive oil drizzle.
Cook for 10 minutes at 400 degrees F or 200 degrees C.
Once cooked, serve with a topping of vegan cheese.
Enjoy hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 147

% Daily Value*

Total Fat 10.1g 13%

Total Carbohydrate 12.9g 5%

Protein 4.9g

Flax Seed and Hummus Pancakes

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

½ teaspoon ground cumin, divided
¼ teaspoon paprika
¼ teaspoon chili powder
1 /4 teaspoon coriander, ground
2 cups chickpeas, drained
¼ cup tahini sauce
1-1/2 cups water
2 tablespoons of flax seed+6 tablespoons of water
4 tablespoons olive oil
1 lemon, juice only
¼ tablespoon minced garlic
Salt and black pepper, to taste
1 cup whole wheat flour, or as needed
Oil spray, for greasing

Directions

Add all the listed ingredients to a high-speed blender.
Pulse at high for 2 minutes until a smooth batter is formed. If it's thick, add in some water to make it runny.
Pour the generous amount of this mixture into an oil greased cake pan.
Cook it inside the air fryer at 350 degrees F or 176 Degrees C for 5 minutes.
Repeat until all the batter is consumed.
Once the pancakes are cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1619

% Daily Value*

Total Fat 66.8g 86%

Total Carbohydrate 202.3g 74%

Protein 58.7g

Easy Crispy Veggies and Potato Cutlet

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 4 Servings

Ingredients

4 large potatoes, washed and peeled
1 cup of vegan mozzarella cheese
½ cup Panko breadcrumbs
1 tablespoon of olive oil
Salt and black pepper, to taste
1 small onion, chopped
2 green chilies, chopped
1/3 teaspoon of garlic powder
¼ teaspoon of oregano
¼ cup bell pepper, chopped

Directions

Take a large bowl and mash the boiled potatoes and add all the listed ingredients one by one, excluding Panko bread crumbs.

Make small potato cutlets with your hand and set them aside.

Then roll all cutlets in breadcrumbs.

Air fryer it in air fryer basket greased with oil spray.

Cook for 6 minutes at 400 degrees, flipping halfway through

Then serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 707

% Daily Value*

Total Fat 10.4g 13%

Total Carbohydrate 138.1g 50%

Protein 20.1g

Cauliflower and Spinach Pizza

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

12 ounces of store brought pizza dough
2 tablespoons of avocado oil

Ingredients for toppings

½ cup of Marinara Sauce
1 teaspoon of oregano
1 onion, sliced
1 cup green olives pitted
¼ cup baby spinach,
1 cup cauliflower, thin cut
½ cup vegan mozzarella cheese

Directions

Roll out the pizza dough on a clean, flat work area.
Grease the dough with avocado oil from both sides.
Then roll out this dough to the size of the air fryer basket or rack.
Add it to the air fryer and cook for 8 minutes at 400 degrees, flipping halfway through.
Next, take it out and add listed toppings.
Again put it in the air fryer and cook to 400 degrees F, for 6 minutes.
Serve it once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 970

% Daily Value*

Total Fat 30.2g 39%

Total Carbohydrate 162.5g 59%

Protein 27.8g

Vegetable Mirepoix Bites

Prep: 25 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

8 celery stalks, chopped
2 carrots, peeled and chopped
2 small onions, white onion
Oil spray, for greasing
Pinch of salt
Black pepper, to taste
1 medium sweet potato, mashed
1/2 cup cassava flour
2 tablespoons coconut amino
½ teaspoon garlic powder
1 teaspoon onion powder

Directions

Add celery stalk, carrots, and onions to a bowl, grease it with oil spray, and add salt and black pepper to taste.
Place the vegetables in an oil greased air fryer basket, then inside the air fryer.
Adjust the cooking time to 400 degrees F or 204 degrees C for 12 minutes.
Once it's done, take it out and add it to a bowl along with the remaining ingredients. Mix it well.
Make small bites with your hand, add them to the air fryer basket, and cook for 12 minutes at 300 degrees F or 148 degrees C.
Serve it warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 226

% Daily Value*

Total Fat 1.1g 1%

Total Carbohydrate 51.8g 19%

Protein 3.6g

CHAPTER NO 4:70 POULTRY RECIPES

Glazed Chicken Breast with Basil Corn Salad

Prep: 25 Minutes | Cook Time: 22 Minutes | Makes: 3 Servings

Ingredients for Marinade

¼ cup olive oil
2 garlic cloves, minced
½ cup white wine vinegar
1/2 cup soy sauce, reduced-sodium
¼ cup Worcestershire sauce
1 teaspoon lemon juice
Salt and black pepper, to taste
2 tablespoons of Italian seasoning
2 teaspoon of smoked paprika
4 tablespoons of mustard
½ cup maple syrup
Chicken Ingredient
Oil spray, for greasing
8 chicken breasts

Salad ingredients

2 cups fresh corn
1 cup cherry tomatoes, halved
1cup crumbled feta
1/4 red onion, finely chopped
½ cup basil, thinly sliced
2 tablespoons of extra-virgin olive oil
Juice of 1 lime
Salt and black pepper, to taste

Directions

Mix all the salad ingredients in a large bowl and set them aside for later use.
Preheat the unit for 2 minutes at 325 degrees F.
Take a large bowl and add all the marinade ingredients. Whisk it well.
Put the marinade in a zip lock bag and add breast pieces to it.
Let it sit for 2 hours.
Now take out the basket and grease the basket with oil spray.
Now put the breast pieces in batches in the basket.
Set unit at 350 degrees F for 22 minutes.
Afterward, flip the breasts halfway through.

Once done, serve the juicy and tender breasts with salad.

Enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1522

% Daily Value*

Total Fat 77.2g 99%

Saturated Fat 20.1g 101%

Cholesterol 398mg 133%

Sodium 3539mg 154%

Total Carbohydrate 75.2g 27%

Dietary Fiber 6.9g 25%

Total Sugars 45.5g

Protein 130.6g

Thanksgiving Turkey

Prep: 10 Minutes | Cook Time: 35Minutes| Makes: 4Servings

Ingredients

Salt and black pepper, to taste
½ teaspoon dried thyme
2 teaspoons ground rosemary
1/3 teaspoon dried sage
1/3 teaspoon garlic powder
1/3 teaspoon paprika
1 teaspoon dark brown sugar
2 pounds of bone-in turkey breast
Oil spray, for greasing

Directions

Take an air fryer basket and grease it with oil spray.
Then, combine salt, black pepper, thyme, sage, garlic powder, paprika, brown sugar, and mix well in a large bowl.
Rub it all over turkey breast.
Place the turkey breast skin side down in an air fryer basket.
Cook for 20 minutes at 400 degrees F.
Flip the breast afterward.
Cook for additional 15 minutes.
Take out and let it get cool, then slice and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 393

% Daily Value*

Total Fat 16.5g 21%

Saturated Fat 4.1g 21%

Cholesterol 142mg 47%

Sodium 284mg 12%

Total Carbohydrate 1.5g 1%

Dietary Fiber 0.4g 2%

Total Sugars 0.8g

Protein 48.7g

Air Fryer Cheesy Chicken Sausage Rolls

Prep: 12 Minutes | Cook Time: 14 Minutes | Makes: 4 Servings

Ingredients

4 cups chicken mince
1 cup corn kernels, drained, roughly chopped
1 cup zucchini, grated
2 small carrots, grated
2/3 cup cheddar cheese
1 cup Panko breadcrumbs
2 teaspoons of Vegemite Squeeze
1 green onion, chopped
2 garlic cloves, crushed
1 sheet frozen puff pastry, partially thawed, halved
1 egg, lightly beaten
Sweet chili sauce, to serve

Directions

Take a large bowl and add minced chicken, corn, carrots, cheese, zucchini, and breadcrumbs. Mix and add green onions, vegemite, and garlic. Season it well with salt and black pepper according to taste. Finely mix it. Then, place one pastry half on a clean flat surface, add 1/3 cup of minced mixture, brush the edges with egg, and roll up. Cut into 3 equal pieces. Repeat with remaining pastry. Add it to the oil greased air fryer basket and cook for 14 minutes, at 400 degrees F. Serve with sweet chili sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 2127

% Daily Value*

Total Fat 57.6g 74%

Saturated Fat 7.8g 39%

Cholesterol 61mg 20%

Sodium 348mg 15%

Total Carbohydrate 245g 89%

Dietary Fiber 23g 82%

Total Sugars 101.3g

Protein 156.1g

Air fryer crumbed chicken schnitzel

Prep: 10 Minutes | Cook Time: 16 Minutes| Makes: 4 Servings

Ingredients

8 chicken thigh fillets
1 cup Panko breadcrumbs
1 teaspoon o herb seasoning
2 eggs, lightly whisked
1/3 cup plain flour
2 cups of coleslaw
Salt and pepper, to taste

Directions

Place the half chicken between the 2 sheets of plastic wrap.
Use a rolling pin to pound.
Repeat with the remaining chicken.
Combine the breadcrumbs and herb seasoning in a shallow bowl.
Crack the egg in a medium bowl.
Place the flour on a plate and season it with salt and pepper.
Coat each piece of chicken with flour, then dip in egg and bread crumb mixture
Let it sit in the refrigerator for 30 minutes
Then cook in an air fryer basket for 16 minutes at 400 degrees F.
Serve with coleslaw.

Nutrition Facts

Servings: 4

Amount per serving

Calories 952

% Daily Value*

Total Fat 26.9g 34%

Saturated Fat 6.3g 31%

Cholesterol 225mg 75%

Sodium 349mg 15%

Total Carbohydrate 41.2g 15%

Dietary Fiber 0.9g 3%

Total Sugars 0.5g

Protein 41.2g

Air fryer Japanese chicken tenders

Prep: 10 Minutes | Cook Time: 14 Minutes| Makes: 4Servings

Ingredient

2 pounds of chicken tenderloins
2 tablespoons of sachet McCormick kits crumb seasoning
Oil spray, for greasing
1/2 cup Japanese-style mayonnaise
2 teaspoons of pickled ginger, reserved 2 tsp pickling liquid

Directions

Season chicken with listed seasoning from all sides.
Then grease it with oil spray.
Preheat the air fryer to 400 degrees F for 3 minutes.
Add chicken to the air fryer basket and cook for 14 minutes.
Meanwhile, in a bowl, combine mayonnaise and reserved pickling liquid.
Once the chicken is cooked, serve with it, enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 260

% Daily Value*

Total Fat 7.6g 10%

Saturated Fat 0.7g 3%

Cholesterol 103mg 34%

Sodium 610mg 27%

Total Carbohydrate 1.9g 1%

Dietary Fiber 0.1g 0%

Total Sugars 0g

Protein 45.9g

Air Fryer Whole Turkey with Gravy

Prep: Minutes | Cook Time 2 hours 10 Minutes | makes: 5-6 Servings

Ingredients

8 pounds of Whole Turkey
6 tablespoons of butter, cut into slices
4 cloves of garlic, sliced thin
Oil, to coat turkey
Salt and black pepper, to taste
1 1/2 cups chicken broth
3/4 cup of flour
2 cups potato salad, side serving

Directions

Tuck the garlic cloves and butter under the skin of the turkey.
Season the turkey with oil, salt, and black pepper
Place the turkey in an oil greased air fryer basket and pour in 1/2 cup broth
Cook at 350 degrees F, for about 2 hours.
Once 20 minutes, baste it with more chicken broth
Once done, take it out of the air fryer and let it rest for 30 minutes.
Meanwhile, prepare the gravy for that add air fryer liquid in a pan and add flour
Whisk it until smooth
Cook it for 10 minutes in an air fryer basket at 400 degrees F
Once it is thickened, serve over the cooked turkey.
Serve with potato salad.

Nutrition Facts

Servings: 5

Amount per serving

Calories 1450

% Daily Value*

Total Fat 74.4g 95%

Saturated Fat 26.5g 133%

Cholesterol 558mg 186%

Sodium 3190mg 139%

Total Carbohydrate 26.6g 10%

Dietary Fiber 1.9g 7%

Total Sugars 0.3g

Protein 142.4g

Classic Hawaiian Pineapple Chicken

Prep: 10 Minutes | Cook Time: 25Minutes| Makes: 2Servings

Ingredients

1/3 cup coconut amino
1/3 cup pineapple juice
1/3 cup brown sugar, packed
2 tablespoons hot sauce, optional
2 cloves garlic, minced
1/2 tablespoon freshly grated ginger
2 teaspoons sesame oil
2 teaspoons Sriracha, optional
6 boneless, skinless chicken breasts
4 tablespoons chopped fresh cilantro leaves

For The Pineapple

1 large pineapple, peeled, cored, and cut into wedges
1/4 cup brown sugar

Directions

Mix well.

Reserve ¼ of this mixture in a cup for later use.

Take a -lock plastic bag and mix well.

Marinate the chicken overnight.

Drain the marinade and add chicken to the air fryer basket along with pineapple and brown sugar
Cook for 25 minutes, flipping halfway through, and baste it with marinade drained liquid every 10 minutes.

Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 522

% Daily Value*

Total Fat 18.7g 24%

Saturated Fat 4.8g 24%

Cholesterol 195mg 65%

Sodium 401mg 17%

Total Carbohydrate 21.6g 8%

Dietary Fiber 0.8g 3%

Total Sugars 18g

Protein 63.9g

Air Fryer Whole BBQ Chicken with baked potatoes

Prep: 12 Minutes | Cook Time: 45 Minutes| Makes: 6Servings

Ingredients

3 pounds of chicken, whole
4 tablespoons of BBQ Dry Rub
Olive Oil Spray, for greasing
2 large baked potatoes, cooked

Directions

Preheat the air fryer to 400 degrees F.
Wash and rinse and pat dry the chicken and remove the giblets.
Spray the chicken with oil and rub it with BBQ rub.
Add it to the air fryer basket and cook for 45 minutes at 400 degrees F.
Flip and turn the chicken halfway through
Once cooked, serve it with the favorite dipping sauce and baked potatoes.

Nutrition Facts

Servings: 6

Amount per serving

Calories 412

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Cholesterol 175mg 58%

Sodium 150mg 7%

Total Carbohydrate 15.6g 6%

Dietary Fiber 1.8g 6%

Total Sugars 0.9g

Protein 67.5g

Nashville Hot Chicken

Prep: 10Minutes | Cook Time: 14Minutes| Makes: 4 Servings

Ingredients

2 tablespoons dill pickle juice, divided
2 tablespoons hot pepper sauce, divided
2 pounds chicken tenderloins
1-1/2 cup all-purpose flour
1 large egg
1 cup buttermilk
Oil spray, for greasing
1/2 cup olive oil
1 tablespoon cayenne pepper
2 tablespoons dark brown sugar
½ teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon garlic powder
Dill pickle slices
Salt and black pepper, to taste

Directions

Take a large bowl and mix pickle juice about 1 tablespoon along with 1 tablespoon of hot sauce and salt.

Coat chicken with it

Let it sit in refrigerators for 2 hours

Then take it out from the marinade.

Preheat air fryer to 375 degrees F for a few minutes

In a large bowl, combine flour, salt, and pepper.

In another shallow bowl, crack an egg and whisk it with buttermilk and the remaining pickle juice and hot sauce.

Dip chicken first in the flour, then in the egg mixture, then again in the flour mixture.

Arrange chicken in an oil greased air fryer basket.

Cook for 6 minutes per side.

Cook in batches,

Meanwhile, combine oil, cayenne pepper, sugar, paprika, chili powder, and garlic powder.

Pour this over cooked hot chicken and toss to coat it well

Serve it with pickles.

Nutrition Facts

Servings: 4

Amount per serving

Calories 592

% Daily Value*

Total Fat 29g 37%

Saturated Fat 4.5g 22%

Cholesterol 145mg 48%

Sodium 546mg 24%

Total Carbohydrate 32.9g 12%
Dietary Fiber 1.6g 6%
Total Sugars 7.8g
Protein 53g

Air Fryer Pistachio Crusted Chicken

Prep: 10Minutes | Cook Time: 18Minutes| Makes: 2Servings

Ingredients

2(6 ounces each) chicken breast, boneless, skinless
Salt and black pepper, to taste
4 tablespoons of mayonnaise
½ cup roasted pistachios, crushed
Oil spray, for greasing

Directions

Wash and pat dry the chicken and season it with salt and black pepper.
Top it with mayonnaise and coat it well.
Now put pistachios in a baking tray and coat the pieces with it to have a fine crust all over the chicken.
Place the chicken in an air fryer basket and mist it with oil spray.
Cook for 18 minutes at 375 degrees F, flipping halfway through
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1065

% Daily Value*

Total Fat 41.6g 53%

Saturated Fat 3.3g 16%

Cholesterol 438mg 146%

Sodium 681mg 30%

Total Carbohydrate 15.6g 6%

Dietary Fiber 3.3g 12%

Total Sugars 4.4g

Protein 149.6g

Air Fryer Chicken Enchiladas

Prep: 10 Minutes | Cook Time: 12 Minutes| Makes: 4 Servings

Ingredients

16 flour tortillas
2 pounds of rotisserie chicken
2 onions chopped
28 ounces of enchilada sauce 28 ounces, mild
¼ cup brown sugar
1cup Colby jack cheese shredded

Topping

Green onions chopped
Sour cream
Cherry tomatoes

Directions

Take a large bowl and shred the meat from the rotisseries chicken.
Add in the onions and set aside
In a saucepan, heat enchilada sauce and heat it over a flame
Add in the brown sugar and heat well
Then turn off the stove and let it get cool
Place some amount of sauce over the tortilla and add cheese, onion, and chicken
Fold all the tortillas once prepared.
Add it to an oil greased air fryer basket.
Cover it with foil and cook for 12 minutes at 350 degrees F
Once cooked, serve and enjoy with a topping of green onion, black olives, and sour cream,
Enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 817

% Daily Value*

Total Fat 32.2g 41%

Saturated Fat 18.5g 92%

Cholesterol 234mg 78%

Sodium 1212mg 53%

Total Carbohydrate 61.9g 22%

Dietary Fiber 6.4g 23%

Total Sugars 10.5g

Protein 73.2g

Air Fried Chicken Quesadilla

Prep: 12 Minutes | Cook Time: 6Minutes| Makes: 1 Serving

Ingredients

2 corn tortillas (gluten-free)

Few tablespoons of guacamole

A handful of grated cheddar cheese

6 ounces of chicken breast, cubed

Directions

Preheat the air fryer to 350 degrees F.

Grease the air fryer basket with oil spray.

Place the tortilla inside the air fryer basket

Top it with cheese, chicken, guacamole, and top it with a second tortilla

Cook for 6 minutes at 350 degrees F. flipping carefully halfway through

Once cooked, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 415

% Daily Value*

Total Fat 24.7g 32%

Saturated Fat 14g 70%

Cholesterol 124mg 41%

Sodium 464mg 20%

Total Carbohydrate 11.6g 4%

Dietary Fiber 1.5g 5%

Total Sugars 0.6g

Protein 35.8g

Cosmic Wings

Prep: 10Minutes | Cook Time: 12Minutes| Makes: 4 Servings

Ingredients

1.5 pounds of chicken wings
1 tablespoon garlic powder
½ tablespoon onion powder
½ tablespoon paprika
1 tablespoon dried parsley
1/4 teaspoon salt
1 /3 teaspoon of rosemary
1/4 teaspoon pepper
8 ounces Tessemae's Cosmic Jerry Sauce
1 lemon, juice only

Directions

Take a mixing bowl and add garlic powder, onion powder, paprika, parsley, rosemary, salt, pepper.

Rub it over the chicken and toss well.

Add it to an air fryer basket greased with oil spray.

Cook for 12 minutes at 375 degrees F, flipping halfway through.

Once wings are done, toss it with the cosmic jerry sauce.

Serve and enjoy with a drizzle of lemon juice on top.

Nutrition Facts

Servings: 4

Amount per serving

Calories 337

% Daily Value*

Total Fat 12.8g 16%

Saturated Fat 3.5g 18%

Cholesterol 151mg 50%

Sodium 296mg 13%

Total Carbohydrate 2.9g 1%

Dietary Fiber 0.7g 2%

Total Sugars 0.9g

Protein 49.8g

Air Fryer Chicken Parmesan Meatballs with Pasta

Prep: 25Minutes | Cook Time: 16 Minutes| Makes: 2Servings

Ingredients

1.4 pounds of ground chicken breast
1 cup breadcrumbs
1 egg
1 tablespoon Italian seasoning
Salt and black pepper, to taste
½ cup parmesan cheese
½ cup marinara sauce
1/3 cup shredded mozzarella cheese
2 cups cooked pasta

Direction

Take a large mixing bowl and mix parmesan cheese, salt, black pepper, breadcrumbs, eggs, and Italian seasoning n.

Add in chicken and mix well, then make meatballs.

Mist the meatballs with oil spray.

Add the chicken meatballs to the air fryer basket and cook for 12 minutes at 375 degrees F, flipping halfway through.

Then pour the marinara sauce on top of each chicken meatball

Then at the end, top it with mozzarella cheese

Cook for 4 more minutes

Then serve over pasta

Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1384

% Daily Value*

Total Fat 36.5g 47%

Saturated Fat 14.6g 73%

Cholesterol 286mg 95%

Sodium 3825mg 166%

Total Carbohydrate 156.9g 57%

Dietary Fiber 8g 29%

Total Sugars 25.5g

Protein 102.4g

Delicious Turkey Meatballs

Prep: 12 Minutes | Cook Time: 12 Minutes| Makes: 2Servings

Ingredients

1 pound of ground turkey
1/2 cup Panko bread crumbs
1 egg
1/4 cup fresh parsley
1 tablespoon low sodium soy sauce
Black pepper, to taste
Oil spray, for greasing

Directions

Take a large mixing bowl and add turkey, Panko bread crumbs, parsley, egg, salt, and pepper, along with soy sauce.

Mix it well and form meatballs.

Mist the meatballs with oil spray.

Add it to the air fryer basket and cook for 12 minutes at 400 degrees F.

Flip and turn the meatballs halfway through.

Once cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 591

% Daily Value*

Total Fat 28.9g 37%

Saturated Fat 5.2g 26%

Cholesterol 313mg 104%

Sodium 775mg 34%

Total Carbohydrate 20.9g 8%

Dietary Fiber 1.6g 6%

Total Sugars 2.1g

Protein 69.1g

Saucy Asian Chicken Wings

Prep: Minutes | Cook Time: 14 Minutes | Makes: 3 Servings

Ingredients

12 chicken wings cut at joints
Salt and black pepper
4 garlic cloves
Oil spray, for greasing
1/3 cup chicken broth
1/3 teaspoon of garlic powder
1 tablespoon soy sauce
3/4 cup sugar
1/4 cup vinegar
2 tablespoons of cornstarch + 3 tablespoons of cold water

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Season the wings with salt and pepper and mist with oil spray.
Cook it in the air fryer for 12 minutes at 400 degrees F.
Meanwhile, pour the broth into a cooking pan and simmer for a few minutes.
Then add garlic cloves, soy sauce, sugar, vinegar and cook for 5 more minutes.
Then add cornstarch mixed in water.
Let it cook until half.
Add wings to the sauce and cook for 2 minutes.
Then serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 928

% Daily Value*

Total Fat 43.1g 55%

Saturated Fat 11.8g 59%

Cholesterol 156mg 52%

Sodium 729mg 32%

Total Carbohydrate 83g 30%

Dietary Fiber 0.4g 2%

Total Sugars 75.6g

Protein 51.9g

Greek Chicken Meatballs

Prep: 15 Minutes | Cook Time: 14Minutes| Makes: 2 Servings

Ingredients

1 pound of ground chicken
1 large egg
1 ½ tablespoon garlic paste or 4-5 grated garlic cloves
1 tablespoon dried oregano
1 teaspoon lemon zest
1 teaspoon dried onion powder
¾ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
Oil spray, for greasing
Side servings

2 servings of rice
1 cup mixed vegetables, roasted (personal prepared)

Directions

Take a large mixing bowl and add in the listed ingredients one by one
Mix it well and make meatballs.
Mist the meatballs with oil spray.
Add it to oil greased air fryer basket and cook for 14 minutes at 350 degrees F.
Halfway through, turn and flip the meatballs.
Once the cooking time is complete, add it to severing bowl along with rice and the roasted mixed vegetables
Enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 535

% Daily Value*

Total Fat 20.2g 26%

Saturated Fat 5.6g 28%

Cholesterol 295mg 98%

Sodium 1379mg 60%

Total Carbohydrate 13.8g 5%

Dietary Fiber 6g 21%

Total Sugars 0.8g

Protein 71.3g

Air Fryer Chicken Nuggets

Prep: 12 Minutes | Cook Time: 10 Minutes| Makes: 4 Servings

Ingredients

2 pounds of chicken breasts, cut into 1 – 1/2 inch cubes

1/3 cup pickle juice

1/3 cup milk

2 large eggs

Breading Ingredients

1 cup all-purpose flour

2 Tablespoons powdered sugar

1/4 teaspoon paprika

¼ teaspoon chili powder

Salt and black pepper, to taste

1/2 teaspoon baking powder

2 teaspoons cayenne pepper

Directions

First, marinate the chicken in a large bowl by adding pickle juice.

Let it sit for 10 minutes.

Meanwhile, prepare the coating for that mixing flour, cayenne pepper, sugar, paprika, pepper chili powder, and salt along with baking powder in a bowl.

Crack an egg in a separate bowl and mix in milk.

Preheat the air fryer to 370 degrees F.

Coat the chicken with egg wash then with flour batter.

Shake excess flour.

Arrange it to air fryer basket and mist with oil spray.

Cook for 10 minutes at 400 degrees F, flipping halfway through.

Once it's cooked, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 612

% Daily Value*

Total Fat 20.3g 26%

Saturated Fat 5.8g 29%

Cholesterol 297mg 99%

Sodium 399mg 17%

Total Carbohydrate 30.3g 11%

Dietary Fiber 1.4g 5%

Total Sugars 5.4g

Protein 72.9g

Perfect Alfredo Chicken

Prep: 10 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

½ tablespoon lemon juice
2 chicken breast, halved
1 teaspoon chicken seasoning
½ teaspoon of garlic powder
Salt and black pepper, to taste
2 slices provolone cheese
½ cup blue cheese, crumbled
½ cup Alfredo sauce

Directions

Take a large bowl and mix lemon juice with chicken seasoning, salt, pepper, and garlic powder. Rub the chicken breast pieces with it.
Then grease the basket of the air fryer with oil spray.
Put the chicken in an air fryer basket and cook for 8 minutes per side at 400 degrees F.
Meanwhile, in a small bowl.
Serve with chicken breast pieces.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 458

% Daily Value*

Total Fat 25.1g 32%

Saturated Fat 14.4g 72%

Cholesterol 119mg 40%

Sodium 2228mg 97%

Total Carbohydrate 16.3g 6%

Dietary Fiber 0.1g 0%

Total Sugars 0.6g

Protein 40.2g

Crispy Chicken Fingers with ranch dressing

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 3 Servings

Ingredients

2 pounds of chicken breast fillet, striped
2 tablespoons olive oil
2 eggs, whisked
2 ounces of ranch dressing seasoning mix
2 cups breadcrumbs

Directions

The first step is to mist the strip with oil spray.
Season it with ranch dressing and salt.
Coat the pieces with eggs, then dump them into bread crumbs.
Put it inside the air fryer basket and cook for 12 minutes at 400 degrees F.
Flip it halfway through, and serve with a favorite sauce you like.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 981

% Daily Value*

Total Fat 38.5g 49%

Saturated Fat 9.3g 46%

Cholesterol 378mg 126%

Sodium 828mg 36%

Total Carbohydrate 52.1g 19%

Dietary Fiber 3.2g 12%

Total Sugars 4.7g

Protein 100.8g

Chicken Burger with Tomatoes

Prep: 10 Minutes | Cook Time: 8 Minutes| Makes: 4 Servings

Ingredients

6 ounces plain granola, grounded
1.5 pounds lean turkey, grounded
4 burger buns of choice, sliced in half
1 cup tomatoes, chopped
1 cup feta cheese, crumbled
Salt and black pepper, to taste
2 red onions, chopped
Oil spray, for greasing

Topping ingredients

Cheese slices
1 large tomato, sliced
Few pickles
Ketchup
Mayonnaise

Directions

Take a bowl and combine the granola, turkey, tomatoes, cheese, salt, pepper, and red onion, mix it well and form patties with hand
Mist the patties with oil spray.
Add it to an oil greased air fryer basket.
Cook at 400 degrees F for 8 minutes, flipping halfway through.
Once cooked, serve it over a bun and top it with listed toppings.
Enjoy hot!

Nutrition Facts

Servings: 4

Amount per serving

Calories 464

% Daily Value*

Total Fat 18.3g 23%

Saturated Fat 8.2g 41%

Cholesterol 50mg 17%

Sodium 1038mg 45%

Total Carbohydrate 57.4g 21%

Dietary Fiber 4.5g 16%

Total Sugars 6.9g

Protein 18.1g

Frozen Boneless Chicken with coleslaw

Prep: 22 Minutes | Cook Time: 17-20 Minutes| Makes: 2 Servings

Ingredients

4 chicken breasts, frozen boneless, skinless (8 ounces each)
3 tablespoons canola oil
Salt and black pepper, to taste
1 cup of barbecue sauce
1 cup coleslaw, homemade

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Take the frozen chicken and rub it with salt, pepper, and oil.
Add the chicken to an oil greased basket of air fryers and cook for 12 minutes, flipping halfway through.
Once done, open the air fryer and bastes the chicken with barbecue sauce, and cook for 5 more minutes.
Once done, serve and enjoy with coleslaw.
Enjoy hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1026

% Daily Value*

Total Fat 50.3g 65%

Saturated Fat 8.6g 43%

Cholesterol 263mg 88%

Sodium 1828mg 79%

Total Carbohydrate 53.8g 20%

Dietary Fiber 0.8g 3%

Total Sugars 32.6g

Protein 85.5g

Crispy Fillets with Sriracha honey Sauce

Prep: 12 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

Chicken Sauce

1/3 cup mayonnaise
2 tablespoons raw honey
1 tablespoon Sriracha sauce or to taste

Chicken Batter ingredients

½ cup buttermilk
½ cup all-purpose flour more if needed
½ cup cornstarch
2 eggs, whisked
2 teaspoons Sriracha sauce or to taste
Salt and black pepper to taste

Other ingredients

1 pound of chicken breast cut in half
2 cups Panko bread crumbs
Oil spray, for greasing

Directions

Mix all the batter ingredients in one bowl and set aside.
In a separate bowl, mix all the sauce ingredients.
Arrange bread crumbs in a baking tray.
Coat the chicken pieces in the batter mixture, then coat them with the breadcrumbs.
Repeat for all the pieces.
Arrange it on an air fryer basket greased with oil spray.
Cook at 400 degrees F for 12 minutes, flipping halfway through.
Once done, serve with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1227

% Daily Value*

Total Fat 30g 38%

Saturated Fat 5g 25%

Cholesterol 321mg 107%

Sodium 1315mg 57%

Total Carbohydrate 160.8g 58%

Dietary Fiber 6g 22%

Total Sugars 29.8g

Protein 73.8g

Savory Chicken Breast With Ranch Dressing

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

4 Chicken Breasts
1/2 Cup Olive Oil
4 tablespoons Soy Sauce
2 tablespoons Balsamic Vinegar
1/3 Cup Brown Sugar
½ tablespoon of garlic powder
1 teaspoon for onion powder
Salt & pepper to taste

Side Servings

10 tablespoons of ranch

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Mix together all the main ingredients in a large bowl, excluding ranch.
Coat the chicken well with the mixture and let it sit to marinate for a few hours.
Use a fork to poke the chicken and then add it to oil greased air fryer basket
Cook for 20-25 minutes, flipping halfway through
Once the internal temperature reaches 165 degrees F, it's ready to be served.
Serve it with ranch dressing and enjoy it hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1128

% Daily Value*

Total Fat 72.2g 93%

Saturated Fat 13.2g 66%

Cholesterol 260mg 87%

Sodium 2160mg 94%

Total Carbohydrate 32.7g 12%

Dietary Fiber 0.6g 2%

Total Sugars 25.9g

Protein 87g

Cheesy Chicken Wings with Baked Potatoes

Prep: 20 Minutes | Cook Time: 18 Minutes| Makes: 3 Servings

Ingredients

12 Chicken wings
4 teaspoons of olive oil
Salt and black pepper, to taste
1/4 cup butter, unsalted
1 teaspoon of garlic powder
1/2 cup parmesan cheese or cheddar cheese, grated
1/2 teaspoon Italian seasoning, dried
1 tablespoon lemon juice
2 large potatoes, baked

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
In a large bowl, add chicken wings, and then rub it with olive oil, salt, pepper, butter, garlic powder, Italian seasoning, and lemon juice.
Let it sit for 30 minutes, and then add it to an air fryer basket.
Cook at 400 degrees F for 15 -18 minutes, flipping halfway through.
Once done, take the chicken out and sprinkle the parmesan cheese on top.
Enjoy hot with baked potatoes.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1565

% Daily Value*

Total Fat 71.4g 92%

Saturated Fat 26.7g 133%

Cholesterol 581mg 194%

Sodium 888mg 39%

Total Carbohydrate 40.6g 15%

Dietary Fiber 6g 22%

Total Sugars 3.3g

Protein 182.4g

Honey Soy Chicken Wings

Prep: 25 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

8 chicken wings
¼ cup flour
Salt & pepper to taste,
2 tablespoons olive oil

Sauce Ingredients

¼ cup honey
3 tablespoons soy sauce
2 large garlic cloves crushed
1 tablespoon ginger finely diced
¼ teaspoon chili flakes
1 teaspoon cornstarch
¼ cup water

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
In a bowl, combine all the listed sauce ingredients.
Set it aside for further use.
Rub the chicken wings with salt, olive oil, and pepper
Dust little flour all around the pieces.
Add it to the air fryer basket and cook for 25 minutes at 375 degrees F, flipping halfway through.
Take it out from the basket once cooked and dump it in sauce, toss to coat well then serve and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 1434

% Daily Value*

Total Fat 57.4g 74%

Saturated Fat 13.9g 70%

Cholesterol 520mg 173%

Sodium 1858mg 81%

Total Carbohydrate 50.2g 18%

Dietary Fiber 0.7g 3%

Total Sugars 35.3g

Protein 172.2g

Crispy Drumstick with Mac and cheese

Prep: 12Minutes | Cook Time: 25 Minutes| Makes: 2Serving

Ingredients

8 chicken drumsticks
2 teaspoons olive oil
Salt and black pepper, to taste
1 tablespoon garlic powder
1/2 teaspoon of smoked paprika
1/2 teaspoon of cumin
¼ teaspoon of thyme
2 servings of Mac and cheese, cooked

Directions

Take a bowl and add drumsticks to it.
Then coat the drumsticks with salt, pepper, garlic powder, paprika, cumin, thyme, and oil
Coat it well and cook it in the air fryer for 20-25 minutes at 400 degrees F.
Remember to flip it halfway through.
Meanwhile, warm the Mac and cheese in the microwave and serve it with cooked drum sticks
Enjoy a delicious meal like lunch or dinner.

Nutrition Facts

Servings: 2

Amount per serving

Calories 369

% Daily Value*

Total Fat 15.4g 20%

Saturated Fat 3.5g 17%

Cholesterol 162mg 54%

Sodium 149mg 6%

Total Carbohydrate 3.7g 1%

Dietary Fiber 0.7g 3%

Total Sugars 1.1g

Protein 51.5g

Orange and Maple Glazed Chicken

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 4 Servings

Ingredients

2 garlic cloves, minced
1/2 teaspoon garlic powder
2 teaspoons onion powder
¼ teaspoon pepper
½ cup teriyaki sauce
½ cup maple syrup
1/2 cup orange marmalade
2 pounds chicken wings, bone-in

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Take a large bowl, combine the entire listed ingredient, coat the chicken wings, and then marinate it for 30 minutes in refrigerators.
Once preheating is done, add wings to the air fryer basket greased with oil spray.
Let it cook for 15-20 minutes at 400 degrees F.
Remember to flip halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 672

% Daily Value*

Total Fat 16.9g 22%

Saturated Fat 4.6g 23%

Cholesterol 202mg 67%

Sodium 1602mg 70%

Total Carbohydrate 60.3g 22%

Dietary Fiber 0.5g 2%

Total Sugars 53.1g

Protein 68.2g

Alfredo Apple Chicken with blue cheese

Prep: 20 Minutes | Cook Time: 22 Minutes | Makes: 2Servings

Ingredients

1 tablespoon of apple juice
1 tablespoon lemon juice
4 chicken breast, halved
Salt and black pepper, to taste
4 teaspoons chicken seasoning
¼ cup blue cheese, crumbled

Directions

Preheat the air fryer to 400 degrees F for 5 minutes.
Take a large mixing bowl and add chicken to it, then add lemon juice, apple juice, salt, pepper, seasoning, and mix well.
Coat the chicken well with these ingredients.
Once the unit is preheated, add chicken to the air fryer basket.
Cook for 15-22 minutes at 400 degrees F.
Remember to flip halfway.
Once it's done, serve it with topping with crumbled cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 346

% Daily Value*

Total Fat 10.1g 13%

Saturated Fat 3.3g 16%

Cholesterol 141mg 47%

Sodium 344mg 15%

Total Carbohydrate 14.6g 5%

Dietary Fiber 0.3g 1%

Total Sugars 12.2g

Protein 46.2g

BBQ Chicken Thighs

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 1Serving

Ingredients

6 chicken thighs bone-in
1/2 cup barbecue sauce
4 tablespoons of peach preserve
2 tablespoons Lemon Juice
Salt and black pepper, to taste
1 cup coleslaw

Directions

Whisk together BBQ sauce, peach preserve, lemon juice, salt, and black pepper.
Mix it well, and then add in the thighs.
Coat the thighs and layer them into an air fryer basket greased with oil spray.
Let it cook for 25 minutes, flipping halfway through.
Once it's done, serve hot with homemade coleslaw.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1573

% Daily Value*

Total Fat 75.3g 97%

Saturated Fat 20.4g 102%

Cholesterol 547mg 182%

Sodium 2237mg 97%

Total Carbohydrate 118.1g 43%

Dietary Fiber 1.8g 6%

Total Sugars 72g

Protein 116.5g

Tandoori Chicken Thighs

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 4 Servings

Ingredients

2 pounds chicken thighs or legs
1-1/2 cup plain yogurt
2-inches ginger, crushed
6 garlic cloves, crushed
1 teaspoon of red chili powder
1 tablespoon tandoori paste or powder
1/2 teaspoon turmeric
1/2 teaspoon coriander powder
1/2 teaspoon cumin powder
1 teaspoon Garam Masala
Salt and black pepper, to taste
2 tablespoons lemon juice
2 tablespoons of desi ghee

Directions

Whisk together all the listed ingredients in a large bowl and add the chicken.
Coat the chicken well and let it sit in refrigerators for 30 minutes.
Let it sit for 30 minutes.
Afterward, arrange chicken in the air fryer basket inside the air fryer.
Cook at 350 degrees F for 30 minutes, flipping halfway through.
Remember to flip halfway through. Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 588

% Daily Value*

Total Fat 29.3g 38%

Saturated Fat 12.3g 61%

Cholesterol 229mg 76%

Sodium 265mg 12%

Total Carbohydrate 6.7g 2%

Dietary Fiber 0.4g 1%

Total Sugars 4.4g

Protein 69.6g

Chicken with Beans and Chili

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

6 chicken breast, cut into pieces
1 can corn kernels, drained
½ teaspoon garlic powder
1 cup black beans, drained and rinsed
2 tablespoons olive oil
1 tablespoon chili powder
1 bell pepper, finely chopped
½ teaspoon garlic powder
Salt, to taste

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Dump all the listed ingredients in a bowl and mix well
Transfer it to an air fryer basket greased with oil spray.
Let it cook at 390 degrees F for 25 minutes.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 892

% Daily Value*

Total Fat 24.6g 32%

Saturated Fat 2.6g 13%

Cholesterol 192mg 64%

Sodium 286mg 12%

Total Carbohydrate 82.1g 30%

Dietary Fiber 19g 68%

Total Sugars 8g

Protein 88.2g

Chicken Tomatina with rice and coleslaw

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2Servings

Ingredients

4 chicken breasts, boneless and skinless
¼ cup fresh basil leaves
8 plum tomatoes
¾ cup lemon juice
2 tablespoons olive oil
1 teaspoon of ginger garlic paste
Salt and black pepper, to taste
2 servings cooked rice
1 cup coleslaw

Directions

Pulse basil, oil, ginger garlic paste, salt, lemon juice, and black pepper in a blender.
Then add in the tomatoes and pulse into a paste.
Pour this paste into a bowl and add in chicken.
Let it sit for 30 minutes in the refrigerator.
Now add it to a round pan and put it in an air fryer basket.
Cook for 18-22 minutes at 360 degrees F.
Meanwhile, cook rice in a rice cooker.
Once the chicken is done, serve it over cooked rice and enjoy with coleslaw.

Nutrition Facts

Servings: 2

Amount per serving

Calories 908

% Daily Value*

Total Fat 44.7g 57%

Saturated Fat 9.9g 50%

Cholesterol 263mg 88%

Sodium 512mg 22%

Total Carbohydrate 35.6g 13%

Dietary Fiber 5.8g 21%

Total Sugars 21.6g

Protein 92.2g

Classic Air fryer Chicken Pizza

Prep: 12 Minutes | Cook Time: 12 Minutes| Makes: 1 Serving

Ingredients

2 tablespoons all-purpose flour,
Store-bought pizza dough (6 ounces)
1 tablespoon olive oil
1/2 cup pizza or Alfredo sauce
1 cup shredded mozzarella cheese
1/2 cup ricotta cheese
1 cup grilled chicken breasted, cubed

Directions

Preheat the air fryer to 400 degrees F for a few minutes.
Roll out the ready-made pizza dough on a flat work surface to the size of an air fryer basket.
Keep dusting the flour into the dough, so it does not stick to the surface.
Brush the surface of the dough with half of the oil and poke it with a fork.
Now lay the dough on the basket and cook for 5 minutes.
Then take it out and add all spread Alfredo sauce all over.
Then top it with the grilled chicken pieces, mozzarella cheese, and ricotta cheese
Put it back into the basket of the air fryer
Cook for another 6 minutes
Once cheese melts, serve and enjoy

Nutrition Facts

Servings: 4

Amount per serving

Calories 484

% Daily Value*

Total Fat 24.3g 31%

Saturated Fat 6.2g 31%

Cholesterol 115mg 38%

Sodium 1864mg 81%

Total Carbohydrate 18.7g 7%

Dietary Fiber 0.4g 1%

Total Sugars 0.1g

Protein 49.7g

Air Crisp Chicken Tenders with ketchup

Prep: 12 Minutes | Cook Time: 16 Minutes| Makes: 2 Servings

Servings

Ingredients

1.5 pounds of chicken tender
Salt and black pepper, to taste
1 cup Panko bread crumbs
2 cups Italian bread crumbs
1-1/2 cup parmesan cheese
2 eggs
Oil spray, for greasing
1 teaspoon of Italian seasoning
Few tablespoons of ketchup

Directions

Coat the chicken tender with pepper and salt.
Add Panko bread crumbs in a bowl and mix in the Italian bread crumbs, Italian seasoning, and Parmesan cheese.
Whisk eggs in a separate bowl.
Dip the chicken tender first in the eggs, and then cut the pieces with crumbs.
Then add it to the air fryer basket and cook for 16 minutes, flipping halfway through.
Once done, serve and enjoy with ketchup.

Nutrition Facts

Servings: 4

Amount per serving

Calories 821

% Daily Value*

Total Fat 28.7g 37%

Saturated Fat 11.6g 58%

Cholesterol 264mg 88%

Sodium 1665mg 72%

Total Carbohydrate 61.3g 22%

Dietary Fiber 3.2g 11%

Total Sugars 6g

Protein 77.1g

Glazed Tomato chicken Kabobs

Prep: 35Minutes | Cook Time: 26 Minutes| Makes: 3Servings

Ingredients

1.5-pounds chicken breast, boneless, skinless, and cut into cubes of 2 inches
4 tablespoons Greek yogurt, plain
2 lemons juice
½ teaspoon lemon zest
¼ cup extra-virgin olive oil
1 tablespoon oregano
2 large red tomatoes, quarter
2 large red onions, quartered
4 garlic cloves, minced
Salt and black pepper, to taste

Glazed ingredients

1/4 cup brown sugar
½ cup soy sauce
1/2 cup pineapple juice
1 teaspoon of garlic powder
Salt and black pepper, to taste

Directions

Mix all the glaze ingredients in a bowl and set them aside for further use.
Take a large bowl and whisk the yogurt with oil, garlic, oregano, zest of lemon, pepper, and lemon juice.
Mix and add in chicken.
Let it sit for 1 hour before cooking.
Then take wooden skewers that fit inside the air fryer basket and thread tomatoes, chicken, and onion alternatively.
Repeat until all ingredients are consumed
Add skewer in the air fryer and cook for 26 minutes at 400 degrees F
Once all the skewers are done, serve with brushing the glaze on top.

Nutrition Facts

Servings: 3

Amount per serving

Calories 769

% Daily Value*

Total Fat 28.4g 36%

Saturated Fat 6.5g 33%

Cholesterol 159mg 53%

Sodium 2621mg 114%

Total Carbohydrate 48g 17%

Dietary Fiber 4.8g 17%

Total Sugars 34.2g

Protein 81.1g

Turkey and Tomatoes Patties

Prep: 12 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

3 ounces almond flour, grounded
1.5 pounds lean turkey, grounded
4 burger buns of choice, sliced in half
½ cup tomatoes, chopped
1 cup feta cheese, crumbled
Salt and black pepper, to taste
2 red onions, chopped
Oil spray, for greasing

Directions

Mix almond flour, tomatoes, grounded turkey, cheese, salt, pepper, and onions in a bowl.
Make round meat patties with the hand.
Grease patties from both sides with oil spray.
Add it to the air fryer basket.
Cook for 8 minutes, per side.
Serve to warm over burger buns
Enjoy hot!

Nutrition Facts

Servings: 3

Amount per serving

Calories 712

% Daily Value*

Total Fat 30.8g 39%

Saturated Fat 12.4g 62%

Cholesterol 147mg 49%

Sodium 2156mg 94%

Total Carbohydrate 65.6g 24%

Dietary Fiber 4.9g 18%

Total Sugars 11g

Protein 42.4g

Chicken Gravy

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 3 Servings

Ingredients

1 tablespoon of olive oil
2 tablespoons soy sauce
½ teaspoon of ginger garlic paste
1 teaspoon poultry seasoning
¼ cup cream of mushroom soup
1.5 cups of chicken breasts, cubed
6 tablespoons of tomato paste
½ cup coconut milk /cream
2 cups rice

Directions

Mix soy sauce, oil, tomato paste, poultry seasoning, cream of mushroom soup, and ginger garlic paste in a bowl.

Add in the chicken and coat it well.

Transfer it to the air fryer basket and cook at 400 degrees F for 25 minutes.

Meanwhile, cook the rice in the rice maker.

Once 25 minutes and open the air fryer basket and add on coconut milk.

Cook it for 4 minutes, and once cooked, serve over prepared rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1200

% Daily Value*

Total Fat 42g 54%

Saturated Fat 25.9g 129%

Cholesterol 93mg 31%

Sodium 1114mg 48%

Total Carbohydrate 156.4g 57%

Dietary Fiber 4.9g 18%

Total Sugars 4.2g

Protein 47.3g

Roasted Cinnamon Apple with the Chicken

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 3 Servings

Ingredients

2 gala apples, peeled and sliced round
4 tablespoons organic butter
1 tablespoon orange zest
1/3 teaspoon cinnamon
1 pound of whole chicken, pieces or cut in half
Salt, to taste
1 teaspoon of garlic powder
Oil spray, for greasing

Directions

Take an air fryer basket and grease it with oil spray.
Arrange apples on the bottom of the air fryer basket.
Sprinkle some cinnamon on top
Add butter on top along with the orange zest.
No season chicken with salt, garlic powder, and mist it with oil spray.
Arrange it on top of apples.
Cook at 400 degrees F for 22-27 minutes
Once done, serve and enjoy

Nutrition Facts

Servings: 3

Amount per serving

Calories 473

% Daily Value*

Total Fat 34.8g 45%

Saturated Fat 16.5g 82%

Cholesterol 149mg 50%

Sodium 268mg 12%

Total Carbohydrate 12.1g 4%

Dietary Fiber 1.8g 6%

Total Sugars 9.6g

Protein 28.8g

Chicken Patties with coleslaw

Prep: 12 Minutes | Cook Time: 22 Minutes| Makes: 4 Servings

Ingredients

2 pounds of chicken, cooked and shredded
Salt and black pepper, to taste
4 eggs whisked
2 shallots, chopped
4 potatoes, boiled and mashed
3 green chili, chopped
½ teaspoon coriander powder
¼ teaspoon of turmeric
1 cup Panko bread crumbs
Oil spray for greasing

Directions

Combine the cooked chicken, shallots, salt, pepper, eggs, mashed potatoes, green chili, coriander powder, and turmeric.
Mix it very well and make patties with your hands. Mist the patties from both sides with oil spray.
Coat the patties with Panko bread crumbs.
Arrange it in the oil greased air fryer basket.
Cook it for 22 minutes at 400 degrees F, flipping halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 670

% Daily Value*

Total Fat 13.5g 17%

Saturated Fat 3.9g 20%

Cholesterol 361mg 120%

Sodium 424mg 18%

Total Carbohydrate 53.4g 19%

Dietary Fiber 6.4g 23%

Total Sugars 4.7g

Protein 79.2g

Sesame Chicken Breast with Cucumber Salad

Prep: 20 Minutes | Cook Time: 22 Minutes| Makes: 4 Servings

Ingredients

2 tablespoons of sesame seeds
4 tablespoons of sesame oil
2 tablespoons of coconut sugar
2 tablespoons coconut amino
Salt and black pepper, pinch
2 tablespoons of lemon juice
2 pounds of chicken breasts

Salad ingredients

¼ cup sour cream
2 tablespoons white wine vinegar
2teaspoons dill weed, chopped
1large English cucumber, cut crosswise into 1/3-inch slices
1 large red onion, sliced
Salt and black pepper, to taste

Directions

Whisk sesame oil, coconut amino, salt, pepper, sesame seed, coconut sugar, lemon juice, and chicken in a bowl.

Let the chicken sit in it for 30 minutes.

Preheat air fryer to 400 degrees F for a few minutes

Then add chicken to the air fryer basket and cook for 22 minutes at 400 degrees F, flipping halfway through.

Mix all the salad ingredients in a bowl and serve it with chicken.

Enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 1259

% Daily Value*

Total Fat 71.6g 92%

Saturated Fat 17.6g 88%

Cholesterol 416mg 139%

Sodium 416mg 18%

Total Carbohydrate 12.3g 4%

Dietary Fiber 3g 11%

Total Sugars 4.1g

Protein 135.1g

Zesty and Spiced Chicken

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1.5 pounds chicken breasts, boneless and skinless
2 cloves of garlic, minced
1-inch ginger, paste
1-1/2 tablespoons of lemon juice
¼ teaspoon of lemon zest
2 tablespoons olive oil
2 cups plain yogurt
Salt and black pepper, to taste
1 teaspoon of red chili powder
1 teaspoon of turmeric powder
1 teaspoon of thyme
1 teaspoon of five-spice powder

Directions

Add all the listed ingredients and coat the chicken well with it.
Marinate the chicken for 2 hours in the refrigerator.
Afterward, add it to air fryer basket grease with oil spray.
Cook for 18-25 minutes at 400 degrees F, flipping halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 957

% Daily Value*

Total Fat 42.7g 55%

Saturated Fat 11.5g 58%

Cholesterol 317mg 106%

Sodium 480mg 21%

Total Carbohydrate 20.2g 7%

Dietary Fiber 1g 4%

Total Sugars 17.6g

Protein 112.9g

Sriracha-Honey Wings with blue cheese

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

10 chicken wings
1/3 cup honey
2 tablespoons Sriracha sauce
1 tablespoon soy sauce
4 tablespoons butter, melted
Salt and black pepper, to taste
2 teaspoons of lemon juice
Oil spray, for greasing
Topping
Blue cheese

Directions

Combine honey, Sriracha sauce, soy sauce, melted butter, salt, pepper, and lemon juice in a large bowl.

Cook it at low flame and simmer until it reduces to half.

Meanwhile, rub the chicken wings with salt and peppers and mist them with oil spray.

Add chicken wings to the air fryer for 15-20 minutes, flipping halfway through.

Add cooked wings to the saucepan and coat it well with the mixture.

Top with blue cheese and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1800

% Daily Value*

Total Fat 79.9g 102%

Saturated Fat 31.2g 156%

Cholesterol 717mg 239%

Sodium 1364mg 59%

Total Carbohydrate 47.5g 17%

Dietary Fiber 0.2g 1%

Total Sugars 46.7g

Protein 214g

Arugula with Chicken Milanese

Prep: 20 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

4 boneless, skinless chicken breasts, 16 oz total
1 cup Panko breadcrumbs
1 tablespoon of poultry seasoning
1 tablespoon of Italian seasoning
Salt and black pepper to taste
2 tablespoons grated Parmesan cheese
2 large eggs, beaten
2 teaspoons of water
Olive oil spray
6 cups baby arugula
4 lemons cut into wedges

Directions

Preheat the air fryer to 400 Degrees F for a few minutes.
Cut chicken into the form of cutlets.
Put the cutlets between 2 sheets of parchment paper and pound well.
Season it with salt and pepper.
In a large bowl, beat the egg and add water together.
Add the breadcrumbs, salt, pepper, Italian seasoning, poultry seasoning, and parmesan cheese in a medium bowl.
Dip the chicken into the egg wash, then into the breadcrumb mixture.
Mist it from both sides with oil spray.
Transfer to the air fryer basket.
Cook for 12 minutes, flipping halfway through
Serve chicken with arugula
Top it with lemon juice if liked
Enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 956

% Daily Value*

Total Fat 39.3g 50%

Saturated Fat 13.5g 67%

Cholesterol 471mg 157%

Sodium 600mg 26%

Total Carbohydrate 13.8g 5%

Dietary Fiber 1.4g 5%

Total Sugars 2.4g

Protein 103g

Parmesan Chicken Tenders

Prep: 10 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

1 pound skinless chicken breast, cut into strips
1 cup parmesan cheese, grated
½ cup Panko bread crumbs
2 eggs
1 /2 cup buttermilk
¼ teaspoon of paprika
Salt and pepper, to taste
Oil spray, for greasing

Directions

Whisk eggs along with buttermilk in a bowl.
Combine parmesan cheese, salt, pepper, Panko bread crumbs, and paprika in a separate bowl.
Dip the strips in egg wash, then in the parmesan cheese mix.
Mist the chicken from all sides with oil spray.
Cook for 12 minutes at 400 degrees F, flipping halfway through
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 898

% Daily Value*

Total Fat 41.5g 53%

Saturated Fat 18.7g 93%

Cholesterol 428mg 143%

Sodium 1299mg 56%

Total Carbohydrate 25.9g 9%

Dietary Fiber 1.3g 5%

Total Sugars 5g

Protein 103.8g

Pineapple Marinated Chicken with Rice

Prep: 14 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

Marinated Ingredients

1/2 cup of pineapple juice
4 tablespoons of ketchup
1/3 cup of soy sauce
2 tablespoons of dark brown sugar
Salt, to taste
3 tablespoons rice vinegar
2 tablespoon fish sauce
1 tablespoon olive oil, plus more for cooking
½ teaspoon garlic powder
½ teaspoon ground cayenne

Other Ingredients

4 large boneless skinless chicken breasts, 6 ounces each
Oil spray, for greasing
2 servings of cooked rice

Directions

In a large bowl, whisk all the marinade ingredients.
Marinate the chicken in it for a few 2 hours.
Grease an air fryer basket with oil spray and arrange chicken in it for cooking
Let it cook for 22 minutes, flipping halfway through.
Cook in an air fryer basket greased with oil spray for 20 minutes, flipping halfway through.
Once cooked, serve, and enjoy with rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 760

% Daily Value*

Total Fat 29.1g 37%

Saturated Fat 7g 35%

Cholesterol 260mg 87%

Sodium 4452mg 194%

Total Carbohydrate 28.8g 10%

Dietary Fiber 0.6g 2%

Total Sugars 23.4g

Protein 88.9g

Orange Chicken with cauliflower rice

Prep: 10Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 pound boneless skinless chicken breasts or chicken thighs
2 tablespoons potato starch
Salt and black pepper, to taste
Orange Sauce
1/2 cup orange juice
3 tablespoons brown sugar
1 tablespoon soy sauce
1 tablespoon lemon juice
1 teaspoon of orange zest
¼ teaspoon of ginger
2 teaspoons cornstarch +2 teaspoons water
2 servings of cauliflower rice, cooked

Directions

Preheat the air fryer to 400 degrees F for 5 minutes.
Dust the chicken with potato starch, salt, and pepper.
Cook the chicken in the air fryer for 12 minutes, flipping halfway through
Meanwhile, in a large bowl, whisk orange juice, lemon juice, brown sugar, soy sauce, ginger, and orange zest,
Simmer down at medium flame in a saucepan.
Meanwhile, add in corn four mixed in water.
Cook it for 5 minutes.
Remove chicken from air fryer and drizzle it with sauce
Serve and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 17g 22%

Saturated Fat 4.7g 24%

Cholesterol 202mg 67%

Sodium 652mg 28%

Total Carbohydrate 20.9g 8%

Dietary Fiber 0.4g 1%

Total Sugars 18.6g

Protein 66.7g

Hot Buffalo wings with blue cheese dressing

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 4 Servings

Ingredients

Oil spray, for greasing
2 pounds chicken wings split at the joint
Salt and black pepper, to taste
2 tablespoons of butter
1 tablespoon of olive oil
1/3 cup hot sauce
1 cup blue cheese dressing, for serving
2 cups of coleslaw

Directions

Take a bowl and add butter, salt, pepper, and oil.
Mix it and coat the wings with it
Arrange the wings in an air fryer basket lined with parchment paper
Cook it for 25 minutes at 370 degrees F, flipping halfway through
Once cooked, serve and enjoy with blue cheese dressing and coleslaw.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1148

% Daily Value*

Total Fat 93g 119%

Saturated Fat 23.7g 118%

Cholesterol 219mg 73%

Sodium 1583mg 69%

Total Carbohydrate 13.4g 5%

Dietary Fiber 0.1g 0%

Total Sugars 1.9g

Protein 65g

Hot Parmesan Chicken Wings

Prep: 15Minutes | Cook Time: 25 Minutes| Makes: 1 Serving
Ingredients

Other Ingredients

6 chicken wings
1 cup parmesan, hard
1 cup ranch

Sauce Ingredients

1/4 cup honey
1 tablespoon hot sauce
¼ cup soy sauce
1 teaspoon of sesame oil
1/3 teaspoon of red pepper flakes
Salt and black pepper, to taste
1/4 teaspoon of paprika

Directions

Take a bowl and combine all the sauce ingredients in it.
Coat the chicken with the sauce and cook in an air fryer for 24 minutes at 400 degrees F, flipping halfway through.
Remember to Baste the chicken with prepared sauce after every 8 minutes.
Once cooked, serve and enjoy with a sprinkle of parmesan cheese on top.
Serve it with ranch.

Nutrition Facts

Servings: 1

Amount per serving

Calories 948

% Daily Value*

Total Fat 45.8g 59%

Saturated Fat 12.7g 63%

Cholesterol 176mg 59%

Sodium 4201mg 183%

Total Carbohydrate 75.8g 28%

Dietary Fiber 1.1g 4%

Total Sugars 71g

Protein 61.2g

Montréal Chicken Breasts with chipotle sauce

Prep: 14 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

4 large chicken breasts, 6 ounces each
2 tablespoons Montreal chicken seasoning
1 teaspoon of thyme
1 teaspoon of cumin
1/4 teaspoon of paprika
Salt, to taste
Oil spray, for greasing

Sauce ingredient
6-ounce chipotles in adobo sauce
1/2 cup sour cream
1/3 cup mayonnaise
2 tablespoons chopped cilantro
1/2 teaspoon cayenne powder
1 teaspoon garlic powder
1/3 teaspoon cumin
Salt to taste

Directions

Mix the entire sauce ingredient in a bowl and set it aside for later use.
Season the breasts with all listed spices.
Coat it very well and mist me with oil spray from all the sides.
Arrange it onto the air fryer basket and cook for 22 minutes at 390 degrees F, flipping halfway through.
Once cooked, serve with sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 423

% Daily Value*

Total Fat 23.7g 30%

Saturated Fat 7.7g 39%

Cholesterol 148mg 49%

Sodium 320mg 14%

Total Carbohydrate 7g 3%

Dietary Fiber 0.3g 1%

Total Sugars 1.5g

Protein 43.6g

Spicy Chicken Breast with Green Beans

Prep: 20 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

4 chicken breasts
2 eggs, whisk
4 tablespoons of almond milk
1 cup of almond flour
Salt, to taste
2 tablespoons of Italian seasoning
1 teaspoon of red chili flakes
Oil spray, for greasing
1 cup green beans

Directions

Take a bowl and crack eggs in a bowl and pour in the almond milk.
In a separate medium bowl, mix well the almond flour, Italian seasoning, red chili flakes, and salt.
Dip the chicken into egg wash, then into the almond flour mixture.
Once finely coated, arrange it on to air fryer basket and cook for 25 minutes at 390 degrees F.
Flip the breast piece halfway through and add in green beans.
Cook for the remaining minutes, and then serve the chicken with green beans.

Nutrition Facts

Servings: 2

Amount per serving

Calories 833

% Daily Value*

Total Fat 44.3g 57%

Saturated Fat 14.9g 74%

Cholesterol 433mg 144%

Sodium 407mg 18%

Total Carbohydrate 10.5g 4%

Dietary Fiber 4g 14%

Total Sugars 3.3g

Protein 94.8g

Sesame Soy Wings

Prep: 25 Minutes | Cook Time: 26 Minutes| Makes: 2 Servings

Ingredients

8 chicken drumsticks

Sesame soy ingredients

Oil spray, for greasing

4tablespoons of honey

4 tablespoons soy sauce

1/2 tablespoon of ginger garlic paste

2 tablespoons of sesame seeds

4 tablespoons of sesame oil

Directions

Mix all the sesame soy ingredients in a zip lock bag and add the chicken for marinating.

Meanwhile, grease the air fryer basket with oil spray.

Once the chicken is marinated, arrange it on to basket and cook for 26 minutes at 400 degrees F.

Once cooked, serve and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 750

% Daily Value*

Total Fat 42.5g 54%

Saturated Fat 7.3g 37%

Cholesterol 162mg 54%

Sodium 1954mg 85%

Total Carbohydrate 39.2g 14%

Dietary Fiber 1.4g 5%

Total Sugars 35.1g

Protein 54.3g

Maple Glazed Wings

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 1Serving

Ingredients

1 tablespoon of coconut amino
2 teaspoons of Worcestershire Sauce
4 teaspoons maple syrup
1 teaspoon of Garlic, paste
6 wings, chicken

Directions

Take a bowl and whisk the coconut amino, maple syrup, garlic paste, Worcestershire sauce, and mix well.

Then add the wings to it.

Let the wings marinate in the refrigerator for 30 minutes.

Preheat the air fryer to 400 degrees F for 2 minutes.

Arrange the wings in an air fryer basket and cook for 16-20 minutes at 400 degrees F.

Serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 675

% Daily Value*

Total Fat 39.8g 51%

Saturated Fat 11.1g 56%

Cholesterol 171mg 57%

Sodium 280mg 12%

Total Carbohydrate 20.8g 8%

Dietary Fiber 0.1g 0%

Total Sugars 17.9g

Protein 55g

Coconut Chicken Thighs

Prep: 15 Minutes | Cook Time: 22Minutes| Makes: 3 -4Servings

Ingredients

18 chicken thighs, skinless
8 ounces of full-fat coconut milk
1/4 cup reduced-sodium soy sauce
1/3 cup rice vinegar
2 red Thai Chile pepper, sliced
1/2 tablespoon honey
1 teaspoon unsalted butter
2 garlic cloves, minced

Directions

Take a zip lock bag and pour coconut milk into it.
Then add chili pepper, honey, butter, garlic, soy sauce, and rice vinegar.
Add the thighs to the plastic zip-lock bag and marinate for 1 hour in the refrigerator...
Then take out the thighs and layer them onto the air fryer backset greased with oil spray.
Cook for almost 22 minutes at 380 degrees F
Flip it halfway through
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 641

% Daily Value*

Total Fat 42.9g 55%

Saturated Fat 10.9g 55%

Cholesterol 408mg 136%

Sodium 1850mg 80%

Total Carbohydrate 5.1g 2%

Dietary Fiber 0.2g 1%

Total Sugars 2.5g

Protein 95.8g

Chipotle Chicken

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

Salt and black pepper, to taste
1 tablespoon of olive oil
½ teaspoon chili powder, divided
2 boneless chicken breasts
2 teaspoons chipotle flakes
½ teaspoon oregano

Directions

In a bowl, combine salt, pepper, oil, chili powder, chipotle flakes, and oregano.
Rub the chicken with it.
Grease the air fryer basket with oil spray.
Add the chicken to the basket and cook for 22 minutes at 400 degrees F, flipping halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 341

% Daily Value*

Total Fat 18g 23%

Saturated Fat 4g 20%

Cholesterol 130mg 43%

Sodium 132mg 6%

Total Carbohydrate 0.6g 0%

Dietary Fiber 0.4g 1%

Total Sugars 0.1g

Protein 42.4g

Chicken, Onion Bell Pepper Skewers

Prep: 10 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1.5-pounds chicken breast, boneless, skinless, and cut into cubes of 2 inches
2 tablespoons coconut milk
Salt and black pepper, to taste
4 teaspoons lemon juice
½ teaspoon of red chili flakes
½ cup extra-virgin olive oil
2 red onions, quartered
2 red bell pepper, sliced

Directions

Take a bowl and combine salt, pepper, chili flakes, coconut milk, lemon juice, and oil.
Coat the chicken, onions, and bell pepper with it.
Let it sit for 30 minutes.
Thread skewer with onion, chicken pieces, and red bell pepper.
Add it to the air fryer basket and cook for 15 minutes at 400 degrees F.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 939

% Daily Value*

Total Fat 63g 81%

Saturated Fat 10.5g 52%

Cholesterol 218mg 73%

Sodium 185mg 8%

Total Carbohydrate 20.3g 7%

Dietary Fiber 4.3g 16%

Total Sugars 11.4g

Protein 75g

Chicken Mushroom and Broccoli

Prep: 12 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

2 cups of chicken breast pieces
2 garlic cloves, minced
1 cup broccoli
4 tablespoons of soy sauce
2 teaspoons brown sugar
Oil spray, for greasing
2 tablespoons of lemon juice
1 cup of shiitake mushroom

Directions

Take a bowl and mix garlic cloves, soy sauce, brown sugar, and mix until sugar dissolve. Then add lemon juice and coat the breast pieces, mushrooms, and broccoli to this sauce. Take an air fryer basket and grease it with oil spray. Add chicken pieces, broccoli, and mushroom to a basket. Set the timer for 16 minutes at 400 degrees F. Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 407

% Daily Value*

Total Fat 17.4g 22%

Saturated Fat 3.1g 16%

Cholesterol 80mg 27%

Sodium 1969mg 86%

Total Carbohydrate 33.9g 12%

Dietary Fiber 2.5g 9%

Total Sugars 3.6g

Protein 29.4g

Chicken and Zucchini Kabobs

Prep: 20Minutes | Cook Time: 14 Minutes | Makes: 4 Servings

Ingredients

1.5-pounds chicken breast, boneless, cubed
4 tablespoons Greek yogurt, plain
2 lemons, juice only
1/2 lemon, zest only
1/3 cup extra-virgin olive oil
2 tablespoons oregano
2 red onions, quartered
2 zucchinis, sliced
1 teaspoon of onion powder
1 teaspoon of garlic powder
Salt and black pepper, to taste

Directions

Take a large bowl and add lemon juice, yogurt, lemon zest, oil, oregano, garlic powder, onion powder, salt, and black pepper.

Marinate the chicken in it for 30 minutes.

Take a presoaked wooden skewer, thread the zucchini, red onion, and chicken alternatively until all ingredients are consumed.

Baste the skewers with a bowl, marinate and lock in the air fryer for 14minutes, flipping halfway through.

Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 538

% Daily Value*

Total Fat 25.6g 33%

Saturated Fat 5.5g 28%

Cholesterol 119mg 40%

Sodium 165mg 7%

Total Carbohydrate 18.9g 7%

Dietary Fiber 3.3g 12%

Total Sugars 12.6g

Protein 58.5g

Lemon Garlic Sauce Wings

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2Servings

Ingredients

10 chicken wings

Oil spray, for greasing

Lemon pepper seasoning

6 tablespoons of melted butter

½ tablespoon black pepper

1/4 teaspoon of lemon juice

1 teaspoon of lemon zest

Directions

Take a large bowl, add all the lemon pepper ingredients, and mix and set aside for further use.
Coat the wings with it and let it sit for 30 minutes.

Next, put the wings inside the air fryer basket greased with oil spray.

Set the time to 22 minutes at 400 degrees F, flipping the wings halfway through.

Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 614

% Daily Value*

Total Fat 53.2g 68%

Saturated Fat 26.8g 134%

Cholesterol 274mg 91%

Sodium 1137mg 49%

Total Carbohydrate 4.9g 2%

Dietary Fiber 0.9g 3%

Total Sugars 3g

Protein 28.9g

Buttermilk Breast

Prep: 20Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

4 large organic eggs
6 ounces buttermilk
1 cup of cornmeal
1 cup Panko bread crumbs
Salt and black pepper, to taste
6 chicken breasts
4 teaspoons of poultry seasoning
1 cup ranch

Directions

Take a bowl and mix buttermilk and eggs.
Season it with salt and pepper.
Mix the cornmeal, Panko bread crumbs poultry seasoning in a separate bowl, and mix well.
Dip the breast in egg, then into the cornmeal mixture.
Add it into an air fryer basket greased with oil spray.
Cook for 25 minutes at 370 degrees F, flipping it halfway through.
Once cooked, serve with ranch.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1278

% Daily Value*

Total Fat 29.5g 38%

Saturated Fat 8.3g 42%

Cholesterol 713mg 238%

Sodium 926mg 40%

Total Carbohydrate 90.6g 33%

Dietary Fiber 6.9g 25%

Total Sugars 8.6g

Protein 154.5g

Cajun Cornish Hen

Prep: 20 Minutes | Cook Time: 26 Minutes| Makes: 2Servings

Ingredients

2 Cornish hens
Oil spray, for coating

Dry Rub Ingredients

2 teaspoons of lemon pepper
2 teaspoons of Garlic powder
2 teaspoons of Cajun seasoning
Salt and black pepper, to taste

Directions

In a bowl, mix all the dry rub ingredients and rub the chicken.
Then coat the Cornish hen with oil spray.
Add it to the air fryer basket and cook for 26 minutes at 400 degrees F, flipping halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 165

% Daily Value*

Total Fat 4.6g 6%

Saturated Fat 1.2g 6%

Cholesterol 117mg 39%

Sodium 121mg 5%

Total Carbohydrate 3.4g 1%

Dietary Fiber 0.8g 3%

Total Sugars 0.7g

Protein 26.4g

Tandoori Chicken Tikka

Prep: 25 Minutes | Cook Time: 12Minutes| Makes: 2 Servings

Tikka Ingredients

1.5 pounds of breast cut in 1.5-inch pieces
2 rainbow peppers, de-seeded
1 medium onion, chunks

Tandoori Marinade

2 tablespoons light olive oil
6 tablespoons plain yogurt
1-1/2 teaspoons ginger, crushed
2 teaspoons garlic, crushed
2 tablespoons of lemon juice
½ teaspoon turmeric
2 teaspoons ground coriander
1 teaspoon cumin powder
Salt and black pepper, to taste
2 teaspoons Garam Masala
1 teaspoon red chili powder or paprika
2 teaspoons dry fenugreek leaves

Directions

Combine the tandoori marinade in a large bowl and add the breast pieces to it
Coat the rainbow pepper and onions chunk as well.
In an oil greased air fryer basket, arrange the breasts, onions, and peppers in a single layer.
Cook for 12 minutes at 400 degrees F.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 592

% Daily Value*

Total Fat 23.9g	31%
Saturated Fat 2.6g	13%
Cholesterol 220mg	73%
Sodium 230mg	10%
Total Carbohydrate 13.7g	5%
Dietary Fiber 3g	11%
Total Sugars 5.8g	
Protein 76.9g	

Rolled Chicken Empanadas

Prep: 20 Minutes | Cook Time: 6 Minutes| Makes: 4Servings

Ingredients

4 cups of chicken breast pieces, minced
450 grams puff pastry
4 tablespoons olive oil
3 green peppers, diced
2 small onions, peeled and chopped
2 garlic cloves, peeled and chopped
1 teaspoon cumin
1 cup tomato sauce
Sea salt and pepper to taste
3 egg yolks
6 tablespoons full-fat milk

Directions

Take a cooking pan and heat oil in it.
Then add minced chicken and cook for 5 minutes.
Now add the garlic and cook for 2 minutes.
Add all the listed ingredients, excluding milk, egg yolks, and pastry.
Whisk egg and milk in a bowl.
Now lay flat the pastry pockets on the flat surface.
Let the cooking pan mixture cool, and then add it to the pastry.
Roll to seal the edges with egg wash.
Once all the pastries are done, add them to the oil greased air fryer basket.
Mist the rolls with oil spray as well.
Cook for 6minutes at 400 degrees F, flipping the rolls halfway through.
Serve with ketchup.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1104

% Daily Value*

Total Fat 72.1g 92%

Saturated Fat 17.7g 88%

Cholesterol 278mg 93%

Sodium 402mg 17%

Total Carbohydrate 60.2g 22%

Dietary Fiber 4g 14%

Total Sugars 5.7g

Protein 54g

Cheesy Chicken Cakes

Prep: 20Minutes | Cook Time: 16 Minutes| Makes: 2 Servings

Ingredients

1 cup mashed potatoes
2 cups cooked chicken, chopped
2 small onions
1teaspoonbutter
1teaspoon almond milk plus extra for poaching
½ lime zest and rind
2 teaspoons chili
½ teaspoon Worcestershire sauce
½ teaspoon coriander
A teaspoon of Italian seasoning
1teaspoonmixed herbs
Panko bread crumbs
½ cup parmesan cheese
Salt and black pepper

Directions

Take a large bowl and pour milk and chicken pieces.
Take it out and put it in a large mixing bowl.
Combine all the spices and mashed potatoes in this large mixing bowl.
Add in the chicken pieces as well.
Combine the ingredient.
After that, make the chicken cakes, refrigerate for 2 hours.
Add it to the oil greased air fryer basket and cook for 16 minutes at 375 degrees F.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 490

% Daily Value*

Total Fat 15.8g 20%

Saturated Fat 8g 40%

Cholesterol 143mg 48%

Sodium 799mg 35%

Total Carbohydrate 28.8g 10%

Dietary Fiber 1.7g 6%

Total Sugars 3.5g

Protein 58g

Chicken Fajitas

Prep: 20 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound boneless and skinless chicken breasts cut into 1/2-inch wide strips
2 small red bell pepper, cut into strips
1 small red onion, cut into strips
1 tablespoon olive oil
1/2 tablespoon chili powder
2 teaspoons lime juice
½ teaspoon cumin
Salt and pepper to taste
Pinch of cayenne pepper
Few tortillas for serving

Directions

Preheat the air fryer to 370 degrees for a few minutes.
Cut the chicken into strips and add it to the bowl
Add, and the remaining listed ingredients to the bowl.
Mix well.
Add chicken to the air fryer basket and cook for 15 minutes.
Shake the basket halfway through
Serve over warm tortillas.
Enjoy with the favorite sauce

Nutrition Facts

Servings: 2

Amount per serving

Calories 528

% Daily Value*

Total Fat 15.5g 20%

Saturated Fat 3.1g 16%

Cholesterol 175mg 58%

Sodium 181mg 8%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 18%

Total Sugars 7.9g

Protein 69.4g

Southern-Style Chicken

Prep: 15 Minutes | Cook Time: 20Minutes| Makes: 3 Servings

Ingredients

3 cups of Ritz cracker
2 teaspoons of parsley
2 teaspoons garlic salt
1/2 teaspoon paprika
1/3 teaspoon pepper
1/3 teaspoon ground cumin
1/3 teaspoon rubbed sage
1 large egg, beaten
3 pounds of broiler/fryer chicken, cut up
Oil spray, for greasing

Directions

Preheat the air fryer to 400 degrees F for a few minutes
Take a bowl and all the first 7 ingredients and mix well.
Crack the egg in a separate bowl
First, dip the chicken in egg, then in the cracker mixture, and coat it finely.
Put the chicken in a single layer inside the oil greased fryer basket.
Cook 14 -20 minutes.
Cook until juices run clear
Enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1084

% Daily Value*

Total Fat 39.6g 51%

Saturated Fat 9.9g 49%

Cholesterol 380mg 127%

Sodium 1273mg 55%

Total Carbohydrate 65.8g 24%

Dietary Fiber 3g 11%

Total Sugars 8.9g

Protein 107.2g

Fajita-Stuffed Chicken

Prep: 10 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

4 boneless skinless chicken breast
2 small onions, halved and thinly sliced
1/3 medium green pepper, thinly sliced
1 tablespoon olive oil
1 tablespoon chili powder
½ teaspoon ground cumin
Salt, to taste
1/4 teaspoon garlic powder
6 ounces cheddar cheese, sliced
Optional toppings: salsa, sour cream, or jalapeno slices

Directions

Preheat the air fryer to 400 degrees F.
Cut to create a pocket in the thickest part of each chicken breast.
Fill it with onion and green pepper.
Then take a bowl and mix olive oil and seasonings, coat chicken with it
Cook in batches, place chicken on to oil greased air-fryer basket.
Cook 6 minutes, then top the chicken with cheese slices
Cook for 4 more minutes, then serve with toppings

Nutrition Facts

Servings: 2

Amount per serving

Calories 1007

% Daily Value*

Total Fat	57.7g	74%
Saturated Fat	25g	125%
Cholesterol	349mg	116%
Sodium	899mg	39%
Total Carbohydrate	11.5g	4%
Dietary Fiber	3.4g	12%
Total Sugars	4.5g	
Protein	107.3g	

Air-Fryer Taquitos

Prep: 20 Minutes | Cook Time: 12 Minutes| Makes: 3 Servings

Ingredients

2 large eggs
1/3 cup dry bread crumbs
2 tablespoons taco seasoning
1 pound ground chicken meat
10 corn tortillas, warm
Oil spray, for greasing
2 cups of Salsa and guacamole

Directions

Preheat air fryer to 400 degrees F for a few minutes

Take a bowl and mix eggs with Taco seasoning, ground meat, and bread crumbs.

Spoon 1/4 cup of this mixture down the center of each tortilla. Roll up and then secure with toothpicks.

In batches, arrange inside the greased basket.

Cook for 12 minutes, flipping halfway through.

Once done, serve with salsa and guacamole.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1331

% Daily Value*

Total Fat 30.6g 39%

Saturated Fat 4.7g 23%

Cholesterol 662mg 221%

Sodium 743mg 32%

Total Carbohydrate 133.8g 49%

Dietary Fiber 16.7g 60%

Total Sugars 5.1g

Protein 127.2g

Air-Fryer Lemon Feta Chicken

Prep: 10Minutes | Cook Time: 20Minutes| Makes: 1Serving

Ingredients

2 boneless skinless chicken breast, halved
2 tablespoons lemon juice
4 tablespoons crumbled feta cheese
1/3 teaspoon dried oregano
Black pepper, to Taste

Directions

Preheat the air fryer to 400 degrees F.
Put the chicken in a lightly greased baking dish inside the air fryer.
Drizzle of lemon juice over chicken
Then season it with oregano and pepper
Sprinkle feta on top
Cook for 20 minutes at 350 degrees F
Once cooked, serve

Nutrition Facts

Servings: 1

Amount per serving

Calories 663

% Daily Value*

Total Fat 29.9g 38%

Saturated Fat 11.8g 59%

Cholesterol 293mg 98%

Sodium 676mg 29%

Total Carbohydrate 2.6g 1%

Dietary Fiber 0.4g 1%

Total Sugars 2.2g

Protein 90.1g

Finger licking Fingers

Prep: 10Minutes | Cook Time: 16 Minutes| Makes: 1-2 Servings

Ingredients

1 pound boneless skinless chicken breasts
1 cup buttermilk
Salt and black pepper, to taste
1 cup all-purpose flour
2 cups corn chips, crushed
1 tablespoon taco seasoning
Sour cream ranch dip

Directions

Preheat the air fryer to 400 degrees F
Pound well the chicken breasts with a meat mallet
Then cut it into strips.
Take a bowl and whisk buttermilk, salt, and pepper.
Put the flour in a separate shallow bowl.
Take a third bowl and mix corn chips and taco seasoning
Dip chicken in flour; shake off excess
Then Dip in buttermilk, then in corn chip mixture.
Arrange chicken into air fryer basket greased with oil spray.
Cook for 16 minutes, flipping halfway through.
Serve with ranch dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1733

% Daily Value*

Total Fat 74.8g 96%

Saturated Fat 12.6g 63%

Cholesterol 207mg 69%

Sodium 1545mg 67%

Total Carbohydrate 178.4g 65%

Dietary Fiber 12.2g 44%

Total Sugars 8.3g

Protein 88.1g

CHAPTER NO5: 40 QUICK AND EASY RECIPES

Air Fryer Bacon Wrapped Chicken Thighs

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

8 boneless, skinless chicken thighs
Salt and black pepper, to taste
16 tablespoons cup shredded gruyere Swiss cheese
4 ounces roasted red peppers, sliced thinly
8 pieces large sliced bacon

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes
Take an air fryer basket and grease it with oil spray.
Season the thighs with salt and black pepper.
Add about 2 tablespoons of shredded cheese to each chicken thigh.
Then top it with roasted red peppers.
Closely wrap each thigh with bacon slices.
Make sure you cover the whole chicken with it.
Add the wrapped thighs to an air fryer basket and cook for 15 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once it's cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1896

% Daily Value*

Total Fat 102.1g 131%

Total Carbohydrate 4.6g2%

Protein 221.6g

Bacon-Wrapped Asparagus

Prep: 20 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

1 bunch asparagus, 1 pound
10 slices bacon
Salt and black pepper, to taste
1 teaspoon of paprika
Oil spray, for greasing

Directions

Wash and pat dry the asparagus.
Take an air fryer basket and grease it with oil spray.
Combine paprika, salt, and black pepper.
Mist the asparagus with oil spray and sprinkle seasoning all over.
Take a bacon slice and wrap two asparagus around.
Once all asparagus is wrapped, add it to the air fryer basket and cook for 14 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 586

% Daily Value*

Total Fat 40.8g 52%

Total Carbohydrate 14.3g 5%

Protein 42.6g

Onion Pakoda In Air Fryer

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

Onion pakoda ingredients

1 cup gram flour
2 onions medium, peeled and thinly sliced
1 teaspoon coriander seeds of crushed
1 teaspoon red chili powder
Salt, to taste
1/4 teaspoon turmeric powder
1/4 teaspoon baking soda

Mint Sauce Ingredients

1 cup yogurt
1 tablespoon of mint, fresh
4 tablespoons of coriander leaves,
Salt
1 green chili
Black pepper
1 teaspoon of dry pomegranate seeds

Directions

Blend all the sauce ingredients in a blender and set them aside for further use.

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.

Take an air fryer basket and grease it with oil spray.

Take a large bowl and add all the pakoda ingredients to it. Mix it well, and set aside until onion release some water and makes it moist.

Then mix it again and add a few tablespoons of water until batter gets a bit watery. It should be sticky.

Take the bite-size pakoda by using oiled plums.

Layer the basket with aluminum foil and add onion fritter to it.

Cook for 6 minutes, flipping until golden brown

Once all the onion pakoda are done, serve with mint sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 158

% Daily Value*

Total Fat 2.5g 3%

Total Carbohydrate 23.4g 9%

Protein 9.4g

Air Fryer Bacon Wrapped Green Beans

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

30 fresh green beans
10 slices uncured bacon
Oil spray, for greasing

Directions

Trim the edges of green beans.

Take 3 green beans and wrap tightly with bacon, around the stalk.

Once all green beans are wrapped, add a single layer in the air fryer basket greased with oil spray.

Cook for 15 minutes at 400 degrees F or 204 degrees C.

Once it's all are done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 772

% Daily Value*

Total Fat 41g 53%

Total Carbohydrate 60.2g 22%

Protein 50.2g

Chicken Chimichangas

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2 teaspoons vegetable oil
2.5 cups shredded rotisserie chicken
1-ounce taco seasoning mix
4 tablespoons water
 $\frac{3}{4}$ cup refried beans
4 ounces green chilies
8 flour tortillas (6 inches)
1 cup shredded Cheddar cheese (4 oz)
2 tablespoons butter, melted
Oil spray, for greasing

Directions

Take a nonstick pan and heat oil and butter over low flame.
Then add the chicken and cook for a few minutes
Pour in the water and taco seasoning.
Once the water evaporates, turn off the flame.
Now in a bowl, add beans and chilies
Take a tortilla and add it to the work surface
Add bean mixture and chicken to the tortilla and top with cheese.
Fold it tightly.
Repeat with remaining.
Add it to air fryer basket greased with oil spray
Cook for 6 minutes at 350 degrees F, or 176 degrees C, flipping halfway
Once it's done, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 823

% Daily Value*

Total Fat 41.1g 53%

Total Carbohydrate 67.3g 24%

Protein 45.5g

Easy Crispy Cups

Prep: 20 Minutes | Cook Time: 13 Minutes | Makes: 2 Servings

Ingredients

Nonstick cooking spray
4 slices of wheat bread
2 tablespoons of butter
3 ounces of deli-style ham
4 large eggs
Salt and black pepper, to taste

Directions

The first step is to preheat the air fryer to 400 degrees F or 204 degrees C.
Take a custard cup or ramekins and grease it with oil spray.
Remove the crusts from the bread and spread butter on one side of the bread
Put the butter side down in a ramekin and press gently
Slice the ham into strips and add the strips in a single layer in the ramekins
Crack one egg into each ramekin.
Season it with salt and pepper
Place it in the air fryer basket. And cook for 10–13 minutes at 400 degrees F or 204 degrees C.
Once eggs get firm, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 594

% Daily Value*

Total Fat 34.6g 44%

Total Carbohydrate 28.8g 10%

Protein 41.1g

Easy And Simple Air Fryer Tortilla Chips

Prep: 20 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

12 corn tortillas
½ tablespoon olive oil
Salt and black pepper, to taste
1 tablespoon Jazzy Spice Blend
5 ounces of Guacamole, for serving

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Brush the tortilla with oil on all the sides.
Season it with salt, spice blend, and pepper
Cut it into 6 wedges and add in batches into the air fryer basket
Cook for 6 minutes, or until golden in color
Serve with guacamole.

Nutrition Facts

Servings: 2

Amount per serving

Calories 552

% Daily Value*

Total Fat 27.6g 35%

Total Carbohydrate 74.3g 27%

Protein 10.7g

Air Fryer Kofta Kebab

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 tablespoon olive oil
1 pound Ground Beef, lean
¼ cup Parsley, fresh and chopped
1 tablespoon Garlic, minced
2 tablespoons kofta kabab spice mix
Salt, to taste
Side serve
Tzatziki sauce, side serving

Directions

Take a stand mixer and add all the ingredients to it one by one
Once blended, let it sit in the refrigerator for 25 minutes.
Take it out and make sausage shapes with the oil greased hands
Add it to the basket of the air fryer and cook for 10 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Check with a meat thermometer to check the internal temperature of 145 Degrees F.
Sprinkle parsley and serve with tzatziki sauce
Enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 490

% Daily Value*

Total Fat 21.2g 27%

Total Carbohydrate 1.9g 1%

Protein 69.3g

Air-Fryer Apple Fritters

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 3 Servings

Ingredients

Oil spray, for greasing
1-1/2 cups all-purpose flour
1/3 cup sugar
1-1/2 teaspoons baking powder
1-1/2 teaspoons ground cinnamon
Pinch of sea salt
2/3 cups of milk
2 large eggs, organic
1 tablespoon lemon juice
2 teaspoons vanilla extract, divided
2 apples, peeled and chopped

Butter drizzle ingredients

1/4 cup butter
1 cup confectioners' sugar
1 tablespoon milk
Few drops of vanilla

Directions

Layer parchment paper on to air fryer basket.
Preheat the air fryer for 3 minutes at 400 degrees F or 204 degrees C.
Take a large bowl and mix baking powder, cinnamon, sugar, flour, and salt.
Whisk milk, eggs, lemon juice, and vanilla extract in a separate bowl.
Fold ingredients of both the bowl and add apples.
Drop dough by 1/4 cupfuls onto the air-fryer basket.
Coat it with oil spray.
Cook for 5-6 minutes, flipping halfway through.
Meanwhile, melt butter and cook until brown.
Let it get cool.
Add in sugar and milk.
You can also add a few drops of vanilla, whisk it until smooth.
Drizzle it all over the cooked apple fritters serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 637

% Daily Value*

Total Fat 20.7g 27%

Total Carbohydrate 104.4g 38%

Protein 10.9g

Bread Stuffed Rolls

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

6 boiled Potatoes
8 slice bread
2 green chilies, chopped
2 small Onions, chopped
¼ teaspoon Turmeric
½ teaspoon Mustard seeds
2 springs Curry leaf
Olive oil
Salt, to taste

Directions

Mash the boiled potatoes in a bowl and set them aside
Take a cooking pan and heat oil in it, then add mustard seeds and add onions.
Fry until translucent.
Then add curry leaves and turmeric.
Fry for a few seconds, add the mashed potatoes, salt and mix well. Cool this mixture.
Make equal portions of the mixture; shape them in an oval shape.
Trim the bread and wet it with water. Press the bread with wet palms.
Put the oval-shaped potato, roll the bread in a spindle shape, and seal the edges.
Cool in the air fryer for 12 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 570

% Daily Value*

Total Fat 2.2g 3%

Total Carbohydrate 125.6g 46%

Protein 14.5g

Air Fryer Pigs in a Blanket

Prep: 12 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

1 large can of crescent rolls
22 cocktail sausages

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.

Open up the crescent rolls and cut them into thirds.

Take one cocktail sausage and wrap it with a third of the crescent dough.

Repeat until all cocktail sausages are done.

Layer the parchment paper on an Air Fryer Basket and add the prepared pigs in a blanket in the air fryer and cook for 6 minutes at 400 degrees F or 204 degrees C, flipping halfway.

Once all are cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 402

% Daily Value*

Total Fat 28.1g 36%

Total Carbohydrate 17.5g 6%

Protein 20.6g

Provolone Cheese And Ham Sandwich

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

2 bread slices
1 tablespoon butter
2 slices of provolone cheese
2 slices of ham

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.
Next, take the two bread slices and coat each side with butter.
Put the one butter side down on to air fryer basket, then top it with ham and cheese slices.
Put the other slice to make a sandwich.
Cook for 8 minutes, flip the sandwich halfway through.
Once it's done, enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 219

% Daily Value*

Total Fat 15.9g 20%

Total Carbohydrate 6.2g 2%

Protein 12.6g

Bacon And Feta Sandwich

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

2 slices bread
2 tablespoons butter
6 ounces of feta
1 small avocado
4 slices of bacon strips
Salt and black pepper
Oil spray, for greasing

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 2 minutes.
Now put butter on one side of two bread slices.
Take a bowl and mix well.
Place the one bread, butter side down, into the air fryer basket.
Top it with avocado mash and bacon strips.
Place another slice on top.
Cook for 8 minutes, flipping halfway through.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 778

% Daily Value*

Total Fat 69.8g 89%

Total Carbohydrate 18.7g 7%

Protein 24.8g

Spicy Air Fryer Steak Fingers with Dill Pickle Dip

Prep: 16 Minutes | Cook Time: 8Minutes | Makes: 2 Servings

Ingredients

For the finger steaks:

1 pound cube steak
1-1/2 teaspoons cayenne pepper
2 teaspoons brown sugar
1/4 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon kosher salt
1/6 teaspoon black pepper

4 large eggs

1.5 cup of almond flour

Olive oil spray

For the dill pickle dip:

1 cup sour cream
2 tablespoons milk
4 tablespoons finely chopped dill pickles
2 tablespoons pickle juice

Directions

Mix dip pickle dip ingredients in a bowl and set aside.

Cut the steak into strips and set aside in a bowl. Mix sugar, paprika, cayenne pepper, salt, garlic powder, and black pepper.

Combine half of this spice with half of the almond flour in a separate bowl.

Add remaining almond flour to a dish.

Then whisk the egg into a separate bowl.

First, put the strips, dry seasoning, then add in the almond flour mix, the plain almond flour.

Once all strips are coated, put them into an air fryer basket greased with oil spray.

Cook for 8 minutes, at 400 degrees F or 204 degrees C, flipping halfway through.

Once cooked, serve with dill pickle sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 911

% Daily Value*

Total Fat 49.6g 64%

Total Carbohydrate 12.3g 4%

Protein 100.4g

Air Fryer Scotch Eggs

Prep: 14 Minutes | Cook Time: 12 Minutes | Makes: 3 Servings

Dipping Sauce ingredients

4 tablespoons Greek yogurt
1.5 tablespoons mango chutney
1 tablespoon mayonnaise
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 Teaspoon curry powder
1/4 teaspoon cayenne pepper (Optional)

Scotch Eggs:

1 pound pork sausage
6 eggs, hard-boiled and peeled
1/3 Cup almond flour
3 eggs, lightly beaten
1.5 cup Panko bread crumbs
Oil spray, for greasing

Directions

Take a large bowl and mix chutney, yogurt, salt, curry powder, mayonnaise, and cayenne pepper. Mix well and set it refrigerator for further use.

Divide the pork sausage into equal portions.

Flatten each into a thin patty.

Place one egg in the middle of each patty and wrap it around the eggs, sealing ends.

Set eggs aside on a plate.

Preheat the air fryer to 400 degrees F or 204 degrees C.

Mix flour with egg in a small bowl

Add in the Panko bread crumb in a separate bowl.

Dip each sausage, egg into the flour, and then dip into eggs.

Roll it into Panko bread crumbs at the end.

Spray the air fryer basket with oil and place eggs into the basket.

Let it cook for 12 minutes, flipping halfway through

Once cooked, serve and enjoy by slices in half.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1725

% Daily Value*

Total Fat 123.7g 159%

Total Carbohydrate 99.8g 36%

Protein 71.5g

Cheese Balls

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

2.5 cups of ricotta cheese
2 tablespoons fresh basil
2 eggs separated
2 tablespoons of chopped chives
4 slices of white bread, freshly ground
Salt and black pepper, to taste
1.5 cup Panko bread crumbs

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.
In a large bowl and whisk the egg yolk.
Then add the cheese and bread pieces.
Season it with salt and black pepper.
Then add the basil and chives.
Make small round balls with hands.
Next, beat egg whites in a separate bowl.
Roll the prepared balls into the egg wash and then in breadcrumbs.
Cook for 12 minutes in the air fryer.
Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 430

% Daily Value*

Total Fat 16.9g 22%

Total Carbohydrate 42g 15%

Protein 26.6g

Air Fryer Tater Tots

Prep: 5 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

12 ounces Tater Tots frozen

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.

Grease the basket of the air fryer with oil spray.

Put the tater tots in a single layer in the basket.

Cook at 400 degrees F or 204 degrees Fahrenheit for 14 minutes, flipping every 2 minutes.

Serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 840

% Daily Value*

Total Fat 42g 54%

Total Carbohydrate 102g 37%

Protein 12g

Chocolate Pudding

Prep: 10 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

¼ cup of butter
¼ cup full-fat milk
½ cup of chocolate chips, melted
1 egg
4 tablespoons of sugar
Oil spray, for greasing
1 cup of flour

Directions

Whisk the butter in a bowl, melt in the microwave for 1 minute, and add sugar and milk.
Add in the whisked egg and flour.
Fold and add the melted chocolate chips.
Pour this mixture into an oil greased ramekins
Put the ramekins in the air fryer basket.
Cook for 6 minutes at 200 degrees F or 95 degrees C.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 798

% Daily Value*

Total Fat 39.6g 51%

Total Carbohydrate 98.3g 36%

Protein 13.7g

Air Fryer Candied Walnuts

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

3 teaspoons of unsalted butter, melted
3 teaspoons of vanilla extract
4 cups walnuts halved
2 tablespoons sugar
Salt, pinch
Cinnamon, pinch

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a bowl and add walnuts to it.
Then add butter and vanilla
Stir it all very well.
Next, add in sugar, cinnamon, salt.
Toss and transfer it to an air fryer basket greased with oil spray.
Cook for 12 minutes at 200 degrees F or 195 degrees C.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 294

% Daily Value*

Total Fat 26.5g 34%

Total Carbohydrate 12.4g 4%

Protein 5.1g

Air Fryer Hot Dog

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 3 Servings

Ingredients

6 hot dogs
6 hot dog buns
Optional toppings:
Little relish
Ketchup, to taste
Mustard, to taste

Directions

Take an air fryer basket and grease it with oil spray.
Put the hot dogs in the basket and cook for 10 minutes at 400 degrees F or 204 degrees C.
Flip it halfway through.
Once cooked, top it on a hot dog bun with relish, ketchup, and mustard.

Nutrition Facts

Servings: 3

Amount per serving

Calories 617

% Daily Value*

Total Fat 37.8g 48%

Total Carbohydrate 50.7g 18%

Protein 20.8g

Hash Browns Wrapped In Ham

Prep: 10 Minutes | Cook Time: 7 Minutes | Makes: 3 Servings

Ingredients

6 potato croquettes

6 ham slice

1/2 cup of ranch

Directions

First, preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.

Wrap each potato croquette with one ham slice

Add it to the oil greased air fryer basket.

Cook for 7 minutes at 250 degrees F, 120 degrees C.

Serve with ranch as a dipping sauce.

Nutrition Facts

Servings: 3

Amount per serving

Calories 292

% Daily Value*

Total Fat 10g 13%

Total Carbohydrate 37g 13%

Protein 11.5g

Easy Popcorn Shrimp

Prep: 10 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

8 ounces popcorn shrimp
Oil spray, for greasing
1 cup coleslaw
Few pickles

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes
Take frozen popcorn shrimps and add them to oil greased air fryer basket
Cook it for 6 minutes, shaking halfway through.
Once done, serve with coleslaw and pickles.

Nutrition Facts

Servings: 2

Amount per serving

Calories 478

% Daily Value*

Total Fat 29.2g 37%

Total Carbohydrate 40.9g 15%

Protein 13.3g

Easy Turkey Meat Balls

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound of turkey meat, boneless, skinless
1/3 cup Buffalo wing hot sauce
1 cup Sharp Cheddar Shredded
1 teaspoon ground black pepper
4 eggs, whisked
1 cup Panko bread crumbs
1 cup Blue cheese dressing

Directions

Minced the meat in a food processor and transfer it to a bowl.
Then add hot sauce, black pepper, cheese.
Make meatballs and roll them in egg wash and then bread crumbs.
Cook in the air fryer for 10 minutes at 370 degrees F or 187 Degrees C.
Serve with a blue cheese dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1400

% Daily Value*

Total Fat 91.6g 117%

Total Carbohydrate 49.8g 18%

Protein 93.7g

Easy Pesto Pinwheels

Prep: 12 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

1 Puff Pastry Sheet
2 teaspoons Basil Pesto
4 ounces Black Forest Ham, sliced
¼ cup Parmesan Cheese, Shredded

Directions

Thawed the pastry sheet if frozen and roll out onto a flat surface.
Cut it into rectangle shapes.
Spread the basil pesto sauce over the pastry.
Put ham slices on a flat surface and top with Parmesan cheese.
Roll the pastry tightly from the long end.
Cut the roll into one-inch pieces and place them cut side down in the air fryer basket, in batches.
Avoid overcrowding the basket.
Mist it with an oil spray and cook for 14 minutes at 350 degrees F or 176 degrees C.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 402

% Daily Value*

Total Fat 25.8g 33%

Total Carbohydrate 14.8g 5%

Protein 29.2g

Easy Frozen Pepperoni Chips

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

20 slices pepperoni

Directions

Put a single layer of pepperoni into an oil greased air fryer basket.

Cook in batches according to the capacity of the air fryer.

Let it cook for about 8 minutes at 360 degrees F, 186 degrees C.

Remove the chips from the basket

Serve with a dip of your choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 272

% Daily Value*

Total Fat 24.2g 31%

Total Carbohydrate 0g 0%

Protein 12.5g

Honey Goat Cheese Balls

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

12 ounces soft goat cheese
4 teaspoons of all-purpose flour
1 large egg, beaten
1/2 cup Panko bread crumbs
¼ cup honey

Directions

Slice the goat cheese into 24 pieces, make balls, let it sit in the refrigerator for 30 minutes.
Beat egg in a bowl and set it aside.
Put flour in a separate bowl and lay the bread crumbs on a flat tray.
Coat the cheese balls with flour, then egg wash and coat it with Panko bread crumbs.
Cook for 8 minutes at 400 degrees F or 204 degrees C
Serve it with the honey drizzle

Nutrition Facts

Servings: 2

Amount per serving

Calories 890

% Daily Value*

Total Fat 46g 59%

Total Carbohydrate 76.5g 28%

Protein 43.4g

Bake Pear

Prep: 12 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

4 puff pastry sheets
2 cups of vanilla custard, cooked
2 pears, peeled

Directions

Wash and peel the pears and slice lengthwise.
Take all the pips out and then cut through the indication.
Take a pastry sheet and layer it on a flat surface
Top each sheet with vanilla custard and pears
Close the pastry into parcel shapes, and seal edges well
Cook it in the air at 350 degrees or 176 degrees C, for 16 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 995

% Daily Value*

Total Fat 55.8g 72%

Total Carbohydrate 109.5g 40%

Protein 17g

Strawberry Pie

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 box Store-Bought Pie Dough, Trader Joe's
1/3 cup strawberries, cubed
4 tablespoons of cream, heavy
3 tablespoons of almonds
1 egg white, for brushing

Directions

Take pie dough and flat it over a clean work area.
Cut it into 6-inch circles with a cutter
Brush the edges with egg white.
Top the rounds with almonds, strawberries, and cream.
Put on top one additional circular.
Press down the edges
You can use a fork to seal edges and make a shape.
Add it to oil greased air fryer basket and cook for 12 minutes at 400 degrees F or 204 degrees C
Once cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 308

% Daily Value*

Total Fat 18.4g 24%

Total Carbohydrate 31.1g 11%

Protein 6.6g

Yam Mug Cake

Prep: 10 Minutes | Cook Time: 6 Minutes | Makes: 1 Serving

Ingredients

1/3 cup yam, cooked and mashed

8 tablespoons almond butter

2 eggs

¼ teaspoon cinnamon

6 tablespoons sugar

Directions

Take a mug and mash yam in it

Then add in the butter, eggs and mix it well until finely incorporated.

Add in cinnamon and sugar.

Mix until sugar dissolves.

Add it to the air fryer basket and cook for 6 minutes at 370 degrees F or 187 degrees C.

Once cooked, serve

Nutrition Facts

Servings: 1

Amount per serving

Calories 1234

% Daily Value*

Total Fat 80.8g 104%

Total Carbohydrate 109.6g 40%

Protein 39g

Lemon Pastry Twists

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 store-bought puff pastry
2 teaspoons lemon zest
2 tablespoons of lemon juice
4 teaspoons brown sugar
4 tablespoons Parmesan cheese, grated

Directions

Put the pastry on a clean, flat surface.
Layer it all over.
Take a bowl and combine lemon zest, lemon juice, brown sugar, and Parmesan cheese.
Layer this mixture onto the pastry.
Press it down a bit.
Cut the pastry into strips and twist the strips.
Grease the strips with oil spray.
Add it to the air fryer basket and cook for 12 minutes at 400 degrees F or 204 degrees C.
Flip it halfway through.
Once cooked, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 801

% Daily Value*

Total Fat 53.3g 68%

Total Carbohydrate 63.6g 23%

Protein 18.3g

Air Fryer Cheese Crackers

Prep: 5 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

1 package ultra-thin cheese, personal choice

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.

Use ultra-thin cheese slices and add them to an air fryer basket lined with parchment paper.

Cook at 350 degrees F or 176 degrees C, for 5 minutes.

Once done, allow it to cool before servings.

Once it gets hard, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 202

% Daily Value*

Total Fat 16.6g 21%

Total Carbohydrate 0.6g 0%

Protein 12.5g

Apple And Peach Crisps

Prep: 15 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

2 apples, peeled and chopped
2 peaches, peeled and chopped
1/3 cup dried cranberries
4 tablespoons maple syrup
½ cup almond flour
1 cup oatmeal
4 tablespoons butter, soften

Directions

Take a heat-proof and air fryer-safe bowl and add all the listed fruits along with maple syrup.

In a separate bowl, mix oatmeal, butter, and almond flour.

Mix it into a fine crumble.

Put it all over the fruit bowl.

Add the heat-proof bowl to the air fryer basket and cook for 14 minutes at 400 degrees F or 204 degrees C.

Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 688

% Daily Value*

Total Fat 30.1g 39%

Total Carbohydrate 102.5g 37%

Protein 9.1g

Lemon Meringues

Prep: 15 Minutes | Cook Time: 3 hours 30 Minutes | Makes: 2 Servings

Ingredients

4 eggs, whites only
1 teaspoon Cream of tartar
1/3 cup granulated sugar
1/2 teaspoon of lemon zest

Directions

Take a bowl and mix eggs with sugar.
Beat it until stiff peaks form on top.
Then add the lemon zest.
Now add the cream of tartar and blend it until stiff peaks form on top.
Fill a piping bag with the mixture with the start tip.
Arrange parchment paper onto the air fryer basket.
Now, place the mixture inside the basket, keeping the distance between.
Cook at 170 degrees F or 75 degrees C, for 3 hours 30 minutes.
Once it's done, let it get cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 255

% Daily Value*

Total Fat 8.8g 11%

Total Carbohydrate 35g 13%

Protein 11.1g

Mini Bread Rolls

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2-1/2 cups all-purpose flour
2 cups of butter
2 cups of full-fat Milk
4 tablespoons of coconut oil, coating hands
2 packets of yeast

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Take a pan and boil milk in it.
Then add in the yeast to warm mix.
Let it sit for a few minutes
Then add butter and flour
Mix well.
Knead the dough for 5 minutes with oily hands.
Allow for 30 minutes of rest.
Shape the dough into small rolls and place inside the air fryer basket.
Bake for 15 minutes.
Serve and enjoy once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2016

% Daily Value*

Total Fat 219.3g 281%

Total Carbohydrate 12.9g 5%

Protein 10g

Cinnamon Rolls

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

6 cinnamon rolls, canned

Toppings

Icing sugar, as needed

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.

Remove the cinnamon buns from the box.

Add them to an air fryer basket that is lined with parchment paper.

Cook for 16 minutes, flipping halfway through.

Serve and enjoy it with icing sugar sprinkles.

Nutrition Facts

Servings: 2

Amount per serving

Calories 926

% Daily Value*

Total Fat 40.8g 52%

Total Carbohydrate 126.7g 46%

Protein 15.4g

Vegetarian Mock Meat

Prep: 10 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

1 cup vegetarian mock meat

Directions

Take the monk meat and cut it into smaller pieces.

Add it to an air fryer basket lined with parchment paper.

Cook for 6 minutes at 350 degrees F or 176 degrees C, flipping halfway through.

Once it's done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 650

% Daily Value*

Total Fat 55g 71%

Total Carbohydrate 10g 4%

Protein 30g

Air Fryer Memos

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 3 Servings

Ingredients

1 tablespoon vegetable oil
3/4 cup shredded cabbage
3/4 cup shredded carrots
1/3 cup chopped green onions
2 teaspoons soy sauce
18 wonton wrappers
1/3 cup water, or as needed
Oil spray, for greasing

Directions

Heat oil in a skillet and cook green onions, cabbage, and carrots.
Let it cook until sautéed.
Then add soy sauce and cook for 2 more minutes.
Preheat the air fryer to 350 degrees F or 176 degrees C, for a few minutes.
Add this cabbage mixture into wonton wrappers and fold the wrappers for memos with water.
Grease the momos with oil spray from all sides.
Add it to an air fryer basket lined with parchment paper.
Cook in batches for 5 minutes per side.
Once done, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 622

% Daily Value*

Total Fat 7.6g 10%

Total Carbohydrate 116g 42%

Protein 19.7g

Indian Spiced Cauliflower

Prep: 5 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

¼ tablespoon of cumin seeds
½ teaspoon of coriander seeds
Sea salt, to taste
Black pepper, to taste
1/4 teaspoon of red pepper
¼ teaspoon of Turmeric
2 tablespoons of olive oil
1 medium cauliflower, cut into florets

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
Meanwhile, in a bowl and coat the cauliflower well with it.
Add it to the air fryer basket lined with parchment paper.
Let it cook for 16 minutes, tossing halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 130

% Daily Value*

Total Carbohydrate 2g 1%

Protein 0.4g

Air Fryer Spinach And Potato Nuggets

Prep: 5 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

2 cups potatoes, pre-boiled and peeled
1 teaspoon avocado oil
2 cloves of garlic, minced
1 cup spinach, sautéed
2 tablespoons of coconut milk
Salt and black pepper, to taste
Oil spray, for greasing
1 cup bread crumbs

Directions

Mash the potatoes in the bowl
Add avocado oil, garlic, salt, spinach, pepper, and coconut milk.
Mix all the ingredients well.
Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes, and grease an air fryer basket with oil spray.
Roll the potato and spinach mixture into nugget shapes.
Coat the nuggets with bread crumbs.
Place the nuggets inside the air fryer basket.
Cook the nuggets for 16 minutes, flipping halfway through.
Once cooked, serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 182

% Daily Value*

Total Fat 3.6g 5%

Total Carbohydrate 32.5g 12%

Protein 5.4g

Cheesy Eggs in Spaghetti Nests

Prep: 5 Minutes | Cook Time: 5 Minutes | Makes: 3 Servings

Ingredients

1 cup of Spaghetti Squash, spiraled and cooked
4 Eggs
1/3 cup of Chopped fresh Parsley, for serving
1 cup parmesan cheese, shredded
Salt and black pepper, to taste
Oil spray, for greasing

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 4 minutes.
Equally, spread the spiralized spaghetti squash inside the four ramekins greased with oil spray.
Now crack one egg in each ramekin.
Top the ramekins with cheese and parsley.
Season it with salt and black pepper.
Put the ramekins inside the air fryer basket.
Cook for 12 minutes at 400 degrees F or 204 degrees C.
Once eggs get firm, enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 279

% Daily Value*

Total Fat 18.3g 23%

Total Carbohydrate 5.2g 2%

Protein 25.8g

CHAPTER NO 6: 100 PORK, BEEF, AND LAMB RECIPES

Pork Tenderloin

Prep: 12 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons of olive oil
1 pound of pork tenderloin
1/4 cup cherries, peeled
1 large onion, peeled
¼ cup of brown sugar
Salt and black pepper, to taste

Directions

Rub the pork well with oil, salt, sugar, and pepper.
Add onions, cherries to a bowl and season with salt and black pepper.
Add pork tenderloin to the air fryer basket along with cherries and onions.
Cook it for 22 minutes at 400 degrees F or 204 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 543

% Daily Value*

Total Fat 22g 28%

Saturated Fat 4.7g 24%

Cholesterol 166mg 55%

Sodium 137mg 6%

Total Carbohydrate 24.8g 9%

Dietary Fiber 1.6g 6%

Total Sugars 20.8g

Protein 60.2g

Soy Pork Ribs

Prep: 16 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 pound pork ribs
¼ cup balsamic vinegar
1/4 cup of soy sauce
½ teaspoon garlic powder
¼ cup hoisin sauce
Salt, pinch

Directions

Mix well together with the balsamic vinegar, soy sauce, garlic sauce, hoisin sauce, and salt in a bowl, and marinate the pork rib in it.

Then cook the chops in the air fryer basket at 400 degrees F or 204 degrees C, for 22 minutes. Remember flipping halfway through. Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 715

% Daily Value*

Total Fat 41.3g 53%

Saturated Fat 14.5g 72%

Cholesterol 235mg 78%

Sodium 2525mg 110%

Total Carbohydrate 17.3g 6%

Dietary Fiber 1.2g 4%

Total Sugars 9.6g

Protein 63.3g

Pear Bake Pork

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

2 pounds pork tenderloin, $\frac{3}{4}$ inch slices
2 garlic cloves, minced
 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{4}$ cup lime juice
2 tablespoons olive oil

Pear Mix ingredients

2 jalapeno peppers, seeded and chopped
2 tablespoon lime juice
2 pears, chopped peeled
4 teaspoons sugar
 $\frac{1}{2}$ cup chopped red onion
 $\frac{1}{2}$ tablespoon chopped mint
 $\frac{1}{2}$ tablespoon lime zest, grated
Salt and black pepper, to taste

Directions

The first step is to rub the chops with cumin, garlic, oregano, lime juice, and oil, and marinate the pork for 20 minutes.

In a large bowl, add all the pear mix ingredients.

Add pork chops to the air fryer and cook for 16 minutes at 400 degrees F or 204 degrees C.

Serve the pork with a prepared pear mixture.

Nutrition Facts

Servings: 4

Amount per serving

Calories 473

% Daily Value*

Total Fat 15.3g 20%

Saturated Fat 3.7g 19%

Cholesterol 166mg 55%

Sodium 316mg 14%

Total Carbohydrate 22.7g 8%

Dietary Fiber 4.1g 15%

Total Sugars 15.1g

Protein 60.2g

Bacon Cauliflower With Cheddar Cheese

Prep: 15 Minutes | Cook Time: 1 Minute | Makes: 4 Servings

Ingredients

10 strips bacon
½ cups cooked pork meat, ground
1 cup of water
1/3 medium cauliflower, diced small
6 ounces cream cheese
1/2 cup heavy cream
½ cup shredded cheddar cheese
Salt, to taste
¼ teaspoon cayenne pepper
1/4 teaspoon paprika

Directions

Cook the bacon in the air fryer for about 4 minutes until crispy at 400 degrees F or 204 degrees C.

Boil the cauliflower in hot water for 2 minutes.

Drain it and add it to the bowl along with cream cheese, heavy cream, cheddar cheese, salt, pepper, bacon, meat, cayenne pepper, and paprika.

Put this mixture into a basket of air fryers and cook for 6 minutes.

Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 715

% Daily Value*

Total Fat 59.5g 76%

Saturated Fat 28.1g 141%

Cholesterol 134mg 45%

Sodium 2060mg 90%

Total Carbohydrate 4.7g 2%

Dietary Fiber 1.1g 4%

Total Sugars 1.4g

Protein 40.1g

Pork Milanese with Stuffed Mushrooms

Prep: 25 Minutes | Cook Time: 37 Minutes | Makes: 4 Servings

Ingredients

2 eggs, beaten
2 cups seasoned breadcrumbs
4 thin-sliced boneless pork chops
6-ounce cream cheese
1 /2 cup sour cream
½ cup baby spinach, chopped
¼ teaspoon Garlic powder
Salt and black pepper, to taste
5 medium-sized Portobello mushrooms, cored
1 cup Parmesan cheese, shredded

Directions

Season the chops with salt and black pepper.

Put bread crumbs in a tray.

Whisk eggs in a bowl.

First, coat chops in the eggs and then in bread crumbs.

Add it to the oil greased air fryer basket and cook for 25 minutes at 350 degrees F or 176 degrees C, flipping halfway through.

Meanwhile, in a small bowl, mix cream cheese, sour cream, garlic powder, salt, pepper, and add spinach.

Mix it well and add it to the mushroom cavity and top with parmesan.

Add it to the air fryer and cook for 12 minutes at 350 degrees F or 176 degrees.

Serve it with cooked steak and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 595

% Daily Value*

Total Fat 38.6g 49%

Saturated Fat 21.4g 107%

Cholesterol 237mg 79%

Sodium 780mg 34%

Total Carbohydrate 16.6g 6%

Dietary Fiber 1.9g 7%

Total Sugars 0.4g

Protein 47.9g

Pork Bacon and Eggs Pockets

Prep: 10Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

6 pork bacon, large slices
4 organic eggs, whisked
4 ounces cream cheese, full fat
1 tablespoon chives, fresh and chopped
6-8 ounces of whole-wheat pizza dough
Oil spray, for greasing

Directions

Preheat the air fryer for 3 minutes at 400 degrees F or 204 degrees C.
In a large skillet, cook the bacon until crispy, and then crumble it once cool down.
Cook the eggs in the same skillet until firm.
Transfer the cooked eggs to a bowl along with bacon crumbs, chives, and cream cheese.
The next step is to roll out the pizza dough on a flat
Cut and divide it into 4 equal pieces.
Divide the prepared mixture between the pizza dough's
Brush the outer edges of the pizza dough and wrap the dough while sealing the edges.
Place it inside an air fryer basket that is greased with oil spray.
Cook for 12 minutes, flipping halfway through.
Once cooked, serve and enjoy hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 832

% Daily Value*

Total Fat 53.4g 68%

Saturated Fat 26.1g 130%

Cholesterol 452mg 151%

Sodium 2079mg 90%

Total Carbohydrate 39.5g 14%

Dietary Fiber 6.1g 22%

Total Sugars 5.4g

Protein 45.6g

Air Fryer Roast Pork Belly Over Salad

Prep: 25 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

2 pounds of piece boneless pork belly

Salt and black pepper, to taste
Oil spray, for greasing

Arugula salad ingredients

2 bunches of arugula, washed, dried, and torn
1/3 cup extra-virgin olive oil
1/3 lemon, juiced
Salt and black pepper, to taste
1/3 cup of Parmigiano-Reggiano

Directions

Mix all the arugula salad in a bowl and set aside for further use.
Preheat the air fryer for 2 minutes at 400 degrees F or 204 degrees C.
Grease the pork with oil and add it to the air fryer basket.
Cook for 22-15 minutes, or until the rinds started to crackle.
Low it down the temperature to 320 degrees F, or 160 degrees Celsius.
Set the timer for 25 minutes and cook until the pork gets tender.
Season it with salt and black pepper, and then serve with arugula salad.
Sprinkle flaky salt over the top.
Serve with salad.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1430

% Daily Value*

Total Fat 146.4g 188%

Saturated Fat 50.2g 251%

Cholesterol 139mg 46%

Sodium 8339mg 363%

Total Carbohydrate 1.2g 0%

Dietary Fiber 0.1g 0%

Total Sugars 0.1g

Protein 25g

Garlic Rosemary Pork Chops With Sour Cream

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

2 rosemary leaves
½ teaspoon of fresh thyme, chopped
Salt and black pepper, to taste
2 cloves of garlic cloves

4 tablespoons of butter
3 tablespoons of olive oil
6 pork chops
1 cup sour cream

Directions

In a high-speed processor, blend the oil, thyme, rosemary, salt, black pepper, butter, garlic cloves, and pulse it into a paste.

Add it to a bowl and marinate the chops for 1 hour in the refrigerator.

Afterward, add it to oil greased air fryer basket and cook for 18 minutes at 400 degrees F or 204 degrees C

Flip it halfway through

Once it's cooked, serve with a dollop of sour cream.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1403

% Daily Value*

Total Fat 127.8g 164%

Saturated Fat 54.9g 275%

Cholesterol 318mg 106%

Sodium 393mg 17%

Total Carbohydrate 6.1g 2%

Dietary Fiber 0.2g 1%

Total Sugars 0.2g

Protein 58g

Pork Chops with Horseradish Sauce

Prep: 15Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

6 pork chops
4 tablespoons vegetable oil
4 cloves garlic, minced
Oil spray, for greasing
Salt and black pepper, to taste

Horseradish Sauce Ingredients

½ cup mayonnaise
2 tablespoons Dijon mustard
1 tablespoon prepared horseradish
2 tablespoons sugar

Directions

Add all the Horseradish Sauce Ingredients to a bowl and mix it well.
Coat the pork chops with vegetable oil, garlic, salt, and black pepper.
Add it to the air fryer basket that is greased with oil spray.
Cook for 16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once cooked, serve and enjoy with already prepared sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 654

% Daily Value*

Total Fat 53.7g 69%

Saturated Fat 15.3g 77%

Cholesterol 111mg 37%

Sodium 394mg 17%

Total Carbohydrate 14.9g 5%

Dietary Fiber 0.5g 2%

Total Sugars 8.3g

Protein 27.8g

Chinese Style Pork Chops

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Meat Ingredients

2 pounds of pork chops

Marinade Ingredients

4 tablespoons of soy sauce

¼ cup red wine

4 tablespoons of oyster sauce

4 tablespoons of hoisin sauce

1/3 cup honey

¼ cup dark brown sugar

2 teaspoons of ginger garlic, paste

2 teaspoons of five-spice powder

Salt and black pepper, to taste

Directions

Put all the listed marinade ingredients in a bowl and mix well to prepare the sauce.

Marinate the pork chops and set for 1 hour in the refrigerator.

Add the pork chops into the oil greased air fryer basket.

Cook for 25 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Baste the chop with sauce each after 12 minutes.

Once done, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1808

% Daily Value*

Total Fat 113.8g 146%

Saturated Fat 42.4g 212%

Cholesterol 391mg 130%

Sodium 2866mg 125%

Total Carbohydrate 82.6g 30%

Dietary Fiber 1.3g 5%

Total Sugars 73.5g

Protein 105.3g

Basil and Lemon Pork Chops

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

4 pork chops
1 cup mashed potatoes

Rub ingredients

4 cloves garlic, minced
½ cup fresh basil
2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
Salt and black pepper, to taste

Directions

Blend all the rub ingredients using a high-speed blender.
Transfer it to a bowl and coat the chops with it.
Then cook the chops in an air fryer oil greased basket for 12 minutes at 400 degrees F or 204 degrees C., flipping halfway through.
Once cooked, serve and enjoy with mashed potatoes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 747

% Daily Value*

Total Fat 55.4g 71%

Saturated Fat 17.6g 88%

Cholesterol 140mg 47%

Sodium 391mg 17%

Total Carbohydrate 22g 8%

Dietary Fiber 0.3g 1%

Total Sugars 0.4g

Protein 39.5g

Simple and Easy Pork Chops

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

6 pork chops
1 tablespoon of old bay seasoning
2 eggs, whisked
1 cup buttermilk
1 cup cornmeal
Salt and black pepper, to taste
1 cup almond flour
1 cup Panko bread crumbs
Oil spray, for greasing

Directions

Crack an egg in a bowl and whisk it with buttermilk.
Mix together cornmeal, old bay seasoning, salt, pepper, and almond flour in a separate large bowl.
Dip the pork chop in egg and milk wash and then dump it in the flour mixture.
At the end, coat with bread crumbs.
Cook in the air fryer basket greased with oil for 22 minutes at 400 degrees F or 204 degrees C., flipping halfway through.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1397

% Daily Value*

Total Fat 77.4g 99%

Saturated Fat 25.9g 129%

Cholesterol 375mg 125%

Sodium 1735mg 75%

Total Carbohydrate 95g 35%

Dietary Fiber 8.4g 30%

Total Sugars 10.5g

Protein 78.7g

Crispy Roast Pork Belly

Prep: 25 Minutes | Cook Time: 40 Minutes | Makes: 2 Servings

Ingredients

2 pounds of pork belly

4 cups water
Sea salt, to taste
2 tablespoons sugar

Skin Rub Ingredients

1 teaspoon vinegar
1 teaspoon sea salt

Chinese Meat Rub Ingredients

1/2 teaspoon Chinese
1/2 teaspoon five-spice powder
Pinch of sea salt

Directions

Pour the water, salt, and sugar into a cooking pot and boil it.
Put the pork belly skin-side down in the pan and cook for 10 minutes.
Take it out and pat dry with a paper towel.
Make the holes in the skin of the pork belly.
Brush the pork skin in the vinegar and salt.
Let it sit in the refrigerator for 12 hours.
Make the Chinese rub and rub it all over pork.
Cook in the air fryer for 40 minutes at 400 degrees F or 204 degrees C.
Allow it to rest for 15 minutes before serving and cutting.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1070

% Daily Value*

Total Fat 61.1g 78%

Saturated Fat 26.2g 131%

Cholesterol 262mg 87%

Sodium 3729mg 162%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Total Sugars 6g

Protein 104.7g

Classic Pork Chops

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

2 pounds boneless pork chops or 3 pieces, 1/2-inch thick
1 tablespoon olive oil
Salt, to taste
1 teaspoon paprika
1 tablespoon garlic powder
1 teaspoon onion powder
Pinch of ground black pepper
½ teaspoon Italian seasoning

Directions

Mix all the seasoning ingredients in a bowl and coat the boneless pork chops with it.
Preheat the air fryer for 5 minutes at 400 degrees F or 204 degrees C.
Add it to the air fryer basket and cook for 18 minutes or until they reach 145 degrees.
Flip it halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 367

% Daily Value*

Total Fat 11.7g 15%

Saturated Fat 3.3g 16%

Cholesterol 166mg 55%

Sodium 169mg 7%

Total Carbohydrate 2.4g 1%

Dietary Fiber 0.5g 2%

Total Sugars 0.8g

Protein 59.8g

Dijon Pork Chops

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

- 4 bone-in thick-cut pork chops
- 4 tablespoons almond flour
- 1 teaspoon smoked paprika
- 1 tablespoon of Olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons soy sauce
- Salt and black pepper, to taste
- 2 tablespoons brown sugar
- 2 teaspoons Dijon mustard

Directions

Mix all the ingredients in a bowl and coat the chops with it.
Preheat the air fryer for 3 minutes at 400 degrees F or 204 degrees C.
Cook the pork chops in the air fryer for 400 degrees F or 204 degrees C, for 16 minutes or until internal temperatures are 165 degrees F. Flip the pork chops halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 619

% Daily Value*

Total Fat 47.1g 60%

Saturated Fat 15.9g 80%

Cholesterol 138mg 46%

Sodium 471mg 20%

Total Carbohydrate 10.3g 4%

Dietary Fiber 0.6g 2%

Total Sugars 9g

Protein 36.7g

Ginger Pork Shoulder Skewers With Cucumber

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

2 pounds pork shoulder
½ tablespoon ginger, peeled and crushed
½ tablespoon garlic, crushed
2 tablespoons soy sauce
3 tablespoons honey
1 tablespoon rice vinegar
1 teaspoon toasted sesame oil
2 cucumber, sliced

Directions

The pork should be sliced into ¼ inches thick cut.

Pound the pork with a meat mallet.

Then put it into the mixing bowl.

Mix the ginger, garlic, honey, soy sauce, rice vinegar, and sesame oil in a bowl.

Pour 2/3 of the marinade, cover the pork, and the rest should use to baste the pork.

Marinate pork for 25-30 minutes at room temperature.

Thread pork onto skewers afterward

As directed in the manual, pre-heat the air fryer to 400 degrees F or 204 degrees C.

Cook for 6 minutes by adding to air fryer

Baste both sides of the pork skewers with the reserved marinade, cook for 4 more minutes, and then serve with cucumbers.

Nutrition Facts

Servings: 4

Amount per serving

Calories 753

% Daily Value*

Total Fat 49.9g 64%

Saturated Fat 18.1g 90%

Cholesterol 204mg 68%

Sodium 609mg 26%

Total Carbohydrate 19.9g 7%

Dietary Fiber 1g 3%

Total Sugars 15.6g

Protein 54.5g

Air Fryer Sweet Pork Barbecue

Prep: 26 Minutes | Cook Time: 32 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons olive oil
6 boneless pork loin chops
1/3 cup packed brown sugar
1/3 tablespoon of onion powder
1/3 cup barbecue sauce
French salad dressing

Directions

Combine the oil, BBQ sauce, sweet onion, brown sugar in a bowl.

Place the cubed pork on a foiled sheet.

Seal in a foil packet dinner shape with the marinade.

Refrigerate it overnight.

The next day, place them on sticks, transfer the barbecue pork on sticks to the silver foil packet, seal it, and place it in the air fryer.

Cook at 375 degrees F or 190 degrees C, for 32 minutes, then serves with French dressing salad,

Nutrition Facts

Servings: 2

Amount per serving

Calories 1707

% Daily Value*

Total Fat 49.2g 63%

Saturated Fat 14g 70%

Cholesterol 729mg 243%

Sodium 1043mg 45%

Total Carbohydrate 39.8g 14%

Dietary Fiber 0.3g 1%

Total Sugars 34.7g

Protein 261.6g

Easy Pork Kebabs With Rice

Prep: 16 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

2 pounds country-style pork ribs, cut into cubes
1 packet of Italian dressing and seasoning mix
½ cup olive oil
1/4 cup soy sauce
1 cup rice, cooked

Directions

Cut the pork into cubes and add to a zip-lock plastic bag.
Mix the soy sauce, seasoning packet, and olive oil into the bag.
Mix it well and seal the bag in the dressing.
Refrigerate for 2 hours.
Place the cubes on wooden skewers
Add it to the air fryer and cook for 18 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve and enjoy with rice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 718

% Daily Value*

Total Fat 33.5g 43%

Saturated Fat 6.4g 32%

Cholesterol 166mg 55%

Sodium 1030mg 45%

Total Carbohydrate 38.2g 14%

Dietary Fiber 0.7g 3%

Total Sugars 0.3g

Protein 63.7g

Pork Satay Skewers

Prep: 26 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

Ingredients for pork:

1 pound pork shoulder, cut into 1/2 inch cubes
1/3 cup soy sauce
4 tablespoons brown sugar
2 tablespoons Thai sweet chili sauce
1 tablespoon sesame oil
1 tablespoon minced garlic
½ tablespoon fish sauce

Ingredients for the sauce

1/2 cup peanut butter
4 tablespoons coconut milk or milk or water
2 tablespoons Thai sweet chili sauce
½ teaspoon minced garlic
12 teaspoon brown sugar
1 teaspoon fish sauce

Directions

Combine all the sauce ingredients in a bowl and set it aside for further use.

Mix all the pork ingredients in a large bowl and marinate the pork in ingredients for 1 hour.

Afterward, thread them onto skewers.

Then add to air fryer cook for 8-10 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once it's cooked, serve with peanut sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1299

% Daily Value*

Total Fat 95g 122%

Saturated Fat 32g 160%

Cholesterol 204mg 68%

Sodium 3309mg 144%

Total Carbohydrate 43.8g 16%

Dietary Fiber 4.9g 18%

Total Sugars 31.4g

Protein 72.8g

Filipino Pork Barbecue

Prep: 26 Minutes | Cook Time: 20-30 Minutes | Makes: 2 Servings

Ingredients

1 pound of Pork, Cubes
1 cup of Filipino Barbecue Marinade
oil spray, for greasing optional

Directions

The first step is to preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.

Put the cubed pork on an aluminum foil sheet.

Coat the pork with a Filipino BBQ marinade.

Close the aluminum foil into a pocket and marinate overnight in the refrigerator.

Once ready to cook, add the foil to the air fryer

Cook for 26-32 minutes at 370 degrees F or 187 degrees C.

Once cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 324

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2.7g 14%

Cholesterol 166mg 55%

Sodium 129mg 6%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 59.4g

Perfect Pork Ribs

Prep: 10 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

6 pork ribs
2 tablespoons almond flour
2 tablespoons coconut oil
1/4 teaspoon dry mustard
1/4 teaspoon garlic powder
1/4 teaspoon dried marjoram
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.

Combine all the listed ingredients in a bowl.

Then marinate the ribs in it for 2 hours by placing it in the refrigerator.

Then add it to the oil greased air fryer basket, and cook for 22 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2056

% Daily Value*

Total Fat 139.4g 179%

Saturated Fat 56.3g 281%

Cholesterol 726mg 242%

Sodium 410mg 18%

Total Carbohydrate 0.9g 0%

Dietary Fiber 0.3g 1%

Total Sugars 0.1g

Protein 187.3g

Steak Strips

Prep: 10 Minutes | Cook Time: 65 Minutes | Makes: 3 Servings

Ingredients

1 .5 pounds Boston butt
1/4 teaspoon of ground clove
¼ teaspoon of ground ginger
¼ teaspoon of cinnamon
Salt and black pepper, to taste

Directions

In a large bowl, combine all the listed ingredients.
Marinate Boston's butt in it for 20 minutes in the refrigerator.
For cooking, add it to the air fryer basket.
Cook it for 65 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Then serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 296

% Daily Value*

Total Fat 18.9g 24%

Saturated Fat 6.8g 34%

Cholesterol 108mg 36%

Sodium 79mg 3%

Total Carbohydrate 0.6g 0%

Dietary Fiber 0.3g 1%

Total Sugars 0g

Protein 29.1g

Pork Meat And Cabbage Rolls

Prep: 20 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

6 egg roll wrappers
1 cup of pork meat, shredded cooked and boneless
½ cups stewed cabbage
5 tablespoons of Spicy Mustard
Oil spray, for greasing

Directions

Add the cabbage, mustard, and meat to a bowl and mix.
Next, layer egg rolls on a flat, clean surface.
Start from one side and equally add the bowl mixture to the rolls.
Roll it and seal the edges.
Now grease the rolls with oil spray.
Cook for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through in an air fryer.
Once it's cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 625

% Daily Value*

Total Fat 28.3g 36%

Saturated Fat 9g 45%

Cholesterol 78mg 26%

Sodium 2016mg 88%

Total Carbohydrate 56.5g 21%

Dietary Fiber 1.7g 6%

Total Sugars 0g

Protein 32.9g

Asian Flavored Pork Chops

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 pound pork spare ribs
1/4 cup apple cider vinegar
1/4 cup of soy sauce
2 teaspoons onion powder
1 teaspoon garlic powder
1 cup hoisin sauce
Salt, to taste

Directions

Combine all the listed ingredients in a large bowl.
Coat the pork chops well.
Then let it sit in the refrigerator for 2 hours.
Afterward, cook the chop in an air fryer basket that is greased with oil spray for 16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 905

% Daily Value*

Total Fat 53g 68%

Saturated Fat 19g 95%

Cholesterol 166mg 55%

Sodium 4411mg 192%

Total Carbohydrate 62.1g 23%

Dietary Fiber 4.1g 15%

Total Sugars 36.7g

Protein 41.2g

Chinese BBQ Pork

Prep: 20 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

2 pounds of pork shoulder, sliced

Sauce Ingredients

4 tablespoons of coconut amino

½ tablespoons of hoisin sauce

½ cup maple syrup

Salt and black pepper, to taste

½ teaspoon of ginger, garlic, paste

½ teaspoon of five-spice powder

Directions

Whisk together the maple syrup, coconut amino, hoisin sauce, salt, pepper, ginger garlic paste, and five-spice powders and coat the steak with it.

Then drain the liquid and add it to the skillet, cook, and simmer it down a bit.

Cook the steak by placing it in the air fryer basket, cook for 16 minutes at 400 degrees F or 206 degrees C, flipping halfway through.

Keep basting the steak in sauce every 5 minutes during cooking

Once done, serve with any remaining sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1541

% Daily Value*

Total Fat 97.4g 125%

Saturated Fat 35.7g 179%

Cholesterol 408mg 136%

Sodium 380mg 17%

Total Carbohydrate 54.9g 20%

Dietary Fiber 0.2g 1%

Total Sugars 48g

Protein 105.8g

Jerk Pork Skewers with Black Bean and Mango Salsa

Prep: 26 Minutes | Cook Time: 7 Minutes | Makes: 4 Servings

Ingredients

Jamaican Jerk Seasoning:

4 tablespoons white sugar
3 ½ teaspoons onion powder
3 ½ teaspoons dried thyme, crushed
1/2 tablespoon ground allspice
1-1/2 tablespoon ground black pepper
1 ½ teaspoons cayenne pepper, or to taste
1 teaspoons salt
¾ teaspoon ground nutmeg
¼ teaspoon ground cloves
1/3 cup shredded coconut

Other ingredients

1 (1 pound) pork tenderloin, cut into cubes
2 tablespoons vegetable oil
Mango salsa
2 mangos - peeled, seeded, and chopped
½ (16 ounces) can black beans, rinsed and drained
1/3 cup finely chopped red onion
4 tablespoons fresh lime juice
1 tablespoon honey
1 /2 tablespoon chopped fresh cilantro
Salt and black pepper, to taste

Directions

In a small bowl, mix all Jamaican jerks seasoning.
Preheat the air fryer to 350 degrees F or 187 degrees C, for few minutes.
Use the skewers, thread pork chunks to it.
Brush the pork with oil and jerk seasoning.
Add it to the air fryer basket.
Cook it for 10 minutes until internal temperature reaches 145 degrees F.
In a medium bowl, combine all the mango salsa ingredients and mix.
Serve it with skewers.

Nutrition Facts

Servings: 4

Amount per serving

Calories 435

% Daily Value*

Total Fat 14g 18%

Saturated Fat 5g 25%

Cholesterol 83mg 28%

Sodium 130mg 6%

Total Carbohydrate 48.1g 18%

Dietary Fiber 5g 18%
Total Sugars 40.3g
Protein 32.6g

Air Fryer Pork Belly Bites

Prep: 26 Minutes | Cook Time: 20 Minutes | Makes: 6 Servings

Ingredients

2 pounds pork belly, patted dry
4 tablespoons canola oil
2 tablespoons brown sugar
1 teaspoon garlic powder
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for a few minutes.
Take a knife and slice the pork belly into 1-inch pieces patting it dry.
Take a large bowl and combine sugar, oil, garlic powder, salt, and pepper.
Add the pork belly pieces, make sure they're all covered, arrange the pork belly pieces in a single layer in air fryer baskets.
Cook for 20 minutes, flipping halfway through.
once cooked, serve

Nutrition Facts

Servings: 6

Amount per serving

Calories 793

% Daily Value*

Total Fat 50g 64%

Saturated Fat 18.1g 91%

Cholesterol 174mg 58%

Sodium 2443mg 106%

Total Carbohydrate 3.3g 1%

Dietary Fiber 0.1g 0%

Total Sugars 3g

Protein 69.9g

Air Fryer Glazed Pork Belly

Prep: 26 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

2 pounds pork belly, patted dry
1 teaspoon cumin
1 teaspoon smoked paprika
1/2 teaspoon garlic powder
1/2 teaspoon cayenne powder
1/2 cup maple syrup
2 tablespoons dry sherry
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Take a knife and slice the pork belly into 1-inch pieces patting it dry.
In a bowl, whisk all remaining ingredients.
Add the pork belly pieces to it, and coat it well.
Cook pork belly in the air fryer for 20 minutes at 400 degrees F or 204 degrees C.
Baste the pork belly every 5 minutes with leftover liquid in the bowl.
Once cooked, Serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1184

% Daily Value*

Total Fat 61.4g 79%

Saturated Fat 26.2g 131%

Cholesterol 262mg 87%

Sodium 3668mg 159%

Total Carbohydrate 27.6g 10%

Dietary Fiber 0.4g 1%

Total Sugars 23.6g

Protein 104.9g

Sweet Glazed Ham

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

1 pound of ham
1 cup orange juice
6 tablespoons maple syrup
Pinch of cloves, powder
¼ teaspoon of salt

Directions

Whisk the orange juice with maple syrup, cloves, and salt in a bowl.

Next, coat the ham with it.

Cook it inside an air fryer basket lined with parchment paper for 25 minutes at 400 degrees F or 204 degrees C.

Baste the ham after every 5 minutes.

Once cooked, serve once cool.

Nutrition Facts

Servings: 2

Amount per serving

Calories 583

% Daily Value*

Total Fat 19.9g 26%

Saturated Fat 6.7g 34%

Cholesterol 129mg 43%

Sodium 3255mg 142%

Total Carbohydrate 61.9g 23%

Dietary Fiber 3.2g 12%

Total Sugars 46.1g

Protein 38.5g

Pineapple Glaze Ham

Prep: 20 Minutes | Cook Time: 35 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds of ham, boneless
1/3 cup pineapple juice
1/4 cup mustard
1/4 cup brown sugar
2 teaspoons of cloves

Directions

Add sugar, cloves, mustard, and pineapple juice to a bowl and mix well.
Coat the ham with it.
Cook ham in the air fryer for 25 minutes at 400 degrees F or 204 degrees C.
Baste the ham every 5 minutes.
Once it's done, serve by slicing.

Nutrition Facts

Servings: 3

Amount per serving

Calories 497

% Daily Value*

Total Fat 23.6g 30%

Saturated Fat 6.9g 35%

Cholesterol 129mg 43%

Sodium 2965mg 129%

Total Carbohydrate 29.6g 11%

Dietary Fiber 5.4g 19%

Total Sugars 15.4g

Protein 41.1g

Coated Ham Slices

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes:
2 Servings

Ingredients

1 cup of Panko bread crumbs
1 cup of buttermilk
12 ounces of cubed ham
4 ounces of shredded cheddar cheese
2 tablespoons of mustard
6 eggs
Salt and black pepper, as desired

Directions

Preheat the air fryer for 5 minutes at 400 degrees F or 204 degrees C.
Whisk eggs in a bowl and mix in the mustard, salt, black pepper, buttermilk, cheese.
Dip the ham slices into the egg mixture and coat it with the bread crumbs.
Cook it in an air fryer for 12 minutes at 400 degrees F or 204 degrees C.
Then serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 984

% Daily Value*

Total Fat 46.8g 60%

Saturated Fat 20.2g 101%

Cholesterol 639mg 213%

Sodium 3069mg 133%

Total Carbohydrate 63.5g 23%

Dietary Fiber 5.7g 20%

Total Sugars 6.9g

Protein 74.8g

Easy Brined Pork Chops

Prep: 10 Minutes | Cook Time: 35 Minutes | Makes: 4 Servings

Ingredients

- 1 -quart water
- 2 small onion, thinly sliced
- 3 sprigs thyme
- 3 sprigs rosemary
- 3 cloves garlic, smashed flat with the back of a knife
- Salt, to taste
- 3 tablespoons molasses
- 2 teaspoons allspice berries
- 2 cloves
- 2 bags orange pekoe tea, Lipton
- 5 bone-in pork loin chops, m12 ounces each

Directions

Boil water in a large pot, then add all the ingredients, excluding pork
Cook it for 25 minutes, then set it aside for further use.
Remove the teabag and put it in the chops for marinating overnight.
The next day, take out the pork chops and pat dry with a paper towel.
Add it to the air fryer and cook for 22 minutes at 350 degrees F or 187 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 680

% Daily Value*

Total Fat 50g 64%

Saturated Fat 18.7g 93%

Cholesterol 172mg 57%

Sodium 237mg 10%

Total Carbohydrate 9.4g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Protein 46.1g

Easy and Delicious Spiral Ham

Prep: 25 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

2 pounds spiral ham
1 cup brown sugar
3/4 cup apple cider, mulled
1/2 cup ginger snaps, crushed
3/4 cup California walnut pieces, toasted

Directions

Preheat the air fryer for 5 minutes at 400 degrees F or 204 degrees C.
Take a saucepan and simmer all other ingredients in it for 7 minutes.
Cook ham in the air fryer for 18 minutes.
Meanwhile, baste the ham with sauce every 5 minutes.
Once the ham is done, slice and serve with the remaining sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1078

% Daily Value*

Total Fat 71.2g 91%

Saturated Fat 13.1g 65%

Cholesterol 120mg 40%

Sodium 2681mg 117%

Total Carbohydrate 58.7g 21%

Dietary Fiber 4.9g 17%

Total Sugars 51.7g

Protein 59.8g

Saucy Beef Chops

Prep: 25 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

Sauce Ingredients

2 tablespoons dry mustard powder
1/4 cup brown sugar, packed
1/4 cup bourbon
1/3 cup of ketchup
1 tablespoon Worcestershire sauce
1/4 cup of soy sauce
Salt and pepper, to taste

Meat Ingredients

6 beef chops
Oil spray, for greasing

Directions

In a large bowl, mix the sauce ingredients well.

Marinate beef chops by coating them with a bowl marinate and letting them sit in the refrigerator for 2 hours.

For cooking, add it to an air fryer basket greased with oil spray.

Cook for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Baste the steak with bowl sauce after halftime passes.

Drizzle with sauce once cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 495

% Daily Value*

Total Fat 18.7g 24%

Saturated Fat 6.7g 33%

Cholesterol 29mg 10%

Sodium 3659mg 159%

Total Carbohydrate 42.3g 15%

Dietary Fiber 3.1g 11%

Total Sugars 34.9g

Protein 25.4g

Minced Beef And Vegetables Casserole

Prep: 25 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

1 pound beef, minced
1/3 cup chopped onion
1/2 cup green bell pepper, diced
1 cup shredded Cheddar cheese
2 eggs whisked
Salt and black pepper, to taste
½ cup almond milk
Oil spray, for greasing

Directions

Grease a round air fryer-safe dish with oil spray.
Layer with half of onions, green pepper meat, and then cheese.
Repeat and create one more layer.
Beat the eggs and whisk in the milk, salt, and pepper in a large bowl.
Pour the egg mixture on top.
Add it to the air fryer and cook for 25 minutes at 390 degrees F or 198 degrees C.
once cooked serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 870

% Daily Value*

Total Fat 51.9g 67%

Saturated Fat 31.3g 157%

Cholesterol 426mg 142%

Sodium 572mg 25%

Total Carbohydrate 8.5g 3%

Dietary Fiber 2.1g 8%

Total Sugars 4.9g

Protein 90.3g

Beef Masala Chops

Prep: 15 Minutes | Cook Time: 30-35 Minutes | Makes: 2 Servings

Ingredients

1 pound of beef chops
1 teaspoon red chili powder
1 teaspoon Turmeric powder
1 teaspoon Garam Masala powder
Salt, to taste
1 teaspoon Cumin powder
2 teaspoons White vinegar
2 teaspoons Ginger Garlic paste
4 tablespoons of olive oil
½ cup beef broth

Directions

Take a skillet and

Heat oil in it

Add in the ginger-garlic paste and cook until aroma comes.

Add chops evaporated.

Add the remaining ingredients once by one.

Cook for almost 15 minutes by adding 1/2 cup broth.

Once broth evaporated, add it to the air fryer basket and cook for 8 minutes at 400 degrees F or 204 degrees C.

Serve with the favorite dip

Nutrition Facts

Servings: 2

Amount per serving

Calories 585

% Daily Value*

Total Fat 44.3g 57%

Saturated Fat 10.5g 53%

Cholesterol 147mg 49%

Sodium 3330mg 145%

Total Carbohydrate 4.4g 2%

Dietary Fiber 0.8g 3%

Total Sugars 0.3g

Protein 45.4g

Air Fryer Beef Kebabs

Prep: 26 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

Kebabs Ingredients

2 pounds of beef, trimmed
2 large ripe mangos
1 large red bell pepper

Marinade Ingredients

1/3 cup orange juice
4 tablespoons of honey
2 tablespoons of vegetable oil
2 tablespoon of Rotisserie Seasoning

Salad Ingredients

4 ounces of baby arugula
2 ripe avocados cut into cubes
2 red onion, thinly sliced
1 cup canned black beans, drained and rinsed

Directions

mix all the salad ingredients in a bowl and set aside.

Cut the tenderloin into 16 pieces.

In a large bowl, mix all the marinade ingredients.

Stir the meat, mango, bell pepper, and prepared marinade together in a large mixing bowl.

Mix it well.

Thread 2 pieces of meat cubes, 2 pieces of mango, and 2 pieces of bell pepper onto each skewer.

Once all are arranged, add it to the air fryer and cook for 6 minutes at 400 degrees F or 204 degrees C.

Place the assembled skewers in the Air Fryer and cook for 10–12 minutes, for 400 degrees F or 204 degrees C

Just before serving, toss with 2 tablespoons of marinade.

The remaining marinade should be drizzled over and served with salad.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1064

% Daily Value*

Total Fat 42.2g 54%

Saturated Fat 11.1g 56%

Cholesterol 203mg 68%

Sodium 171mg 7%

Total Carbohydrate 91.9g 33%

Dietary Fiber 18.9g 67%

Total Sugars 47.9g

Protein 84.4g

Air Fryer Teriyaki Beef and Pineapple Kabobs

Prep: 26 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

1.5 pound beef, cubed
22 ounces pineapple chunks

teriyaki sauce Ingredients

1/3 cup soy sauce
1/3 cup brown sugar
4 teaspoons pineapple juice
4 teaspoons minced garlic
1 tablespoon minced ginger

slurry for sauce

2 teaspoons cold water
2 teaspoons cornstarch

Directions

take a saucepan and simmer all the sauce ingredients in it.
Save half of this sauce for later use.

Marinate beef steaks in it for 30 minutes.

While it's marinating, heat the leftover sauce, add corn starch and water mixture, and cook for 5 minutes.

Now thread the wooden skewers with beef cubes and pineapple alternatively.

Mist with oil spray and add it to an air fryer basket and cook for 12 minutes at 400 degrees F or 204 degrees C.

with the reserved sauce and enjoy

Nutrition Facts

Servings: 4

Amount per serving

Calories 1064

% Daily Value*

Total Fat 42.2g 54%

Saturated Fat 11.1g 56%

Cholesterol 203mg 68%

Sodium 171mg 7%

Total Carbohydrate 91.9g 33%

Dietary Fiber 18.9g 67%

Total Sugars 47.9g

Protein 84.4g

Easy Air Fryer Steak Bites

Prep: 12 Minutes | Cook Time: 9 Minutes | Makes: 2 Servings

Ingredients

1 pound of sirloin steak, cut into bite-size pieces
1 tablespoon Steak seasoning
Salt and pepper, to taste
Olive oil, as needed

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
combine the steak bites, steak seasoning, salt, and black pepper in a bowl.
Toss in a tablespoon of olive oil and coat the steak bites completely.
Arrange the steak bites in a single layer in the air fryer basket and cook for 5 minutes.
Flip the steak bites and cook for another 4 minutes.
Remove from the air fryer and set aside for 7 minutes to allow the meat to absorb the juices.
Serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 481

% Daily Value*

Total Fat 21.1g 27%

Saturated Fat 6.3g 32%

Cholesterol 203mg 68%

Sodium 149mg 6%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 68.8g

Juicy vegetables and Sirloin Steak with Sour Cream

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds beef sirloin steak, cut into strips
¼ cup beef broth
½ cup diced tomatoes, un-drained
6 ounces green beans, halved
6 ounces of frozen pearl onions, thawed
1 tablespoon paprika
1 cup sour cream
Oil spray, for greasing
Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
take a large bowl and combine the steak bites with broth, green beans, tomatoes, onions, paprika, salt, and black pepper.
Add all of it to the oil greased air fryer basket.
Cook for 12 minutes, and set aside for 5-10 minutes to allow the meat to absorb the juices.
Serve with a dollop of sour cream.

Nutrition Facts

Servings: 3

Amount per serving

Calories 620

% Daily Value*

Total Fat 30.9g 40%

Saturated Fat 15.5g 77%

Cholesterol 236mg 79%

Sodium 259mg 11%

Total Carbohydrate 9.9g 4%

Dietary Fiber 3.2g 11%

Total Sugars 2g

Protein 73.3g

Italian-Style Beef Meatballs

Prep: 26 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons olive oil
2 medium shallot, minced
2 cloves garlic, minced
1/2 cup Panko crumbs
6 tablespoons whole milk
1.3-pound lean ground beef
1 pound bulk turkey sausage
2 large eggs, lightly beaten
1/4 cup fresh flat-leaf parsley, chopped
2 tablespoons rosemary, chopped
1 tablespoon thyme, chopped
2 tablespoons Dijon mustard

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Heat oil in a skillet and cook shallots in it for 2 minutes.
Then add garlic and cook for 2 minutes.
Combine Panko and milk in a separate bowl and add in the beef, turkey sausage egg, parsley, rosemary, thyme, mustard, and salt.
Then add cooked shallot and garlic.
Toss gently and form about 1 1/2-inch meatball.
Place shaped balls in an air-fryer and cook at 400°F or 204 degrees C, for 12 minutes, or until lightly browned Once all are cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1540

% Daily Value*

Total Fat 103g 132%

Saturated Fat 31.5g 158%

Cholesterol 640mg 213%

Sodium 2147mg 93%

Total Carbohydrate 5.7g 2%

Dietary Fiber 2.7g 10%

Total Sugars 0.6g

Protein 141.2g

Beef Stuffed Bell Peppers

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

4 large bell peppers
1/2 cup rice, cooked
1 cup cooked minced beef, cooked and minced
1 cup Parmesan cheese
Salt and black pepper, to taste
1 teaspoon of cayenne pepper
½ teaspoon paprika
Oil spray, for greasing

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.
Cut the bell peppers from the top and center core by removing all seeds.
Add the entire remaining ingredient to a bowl and add it to the cavity of the bell pepper.
Add it to air fryer basket and cook for 20 minutes at 400 degrees F or 204 degrees C
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1120

% Daily Value*

Total Fat 41g 53%

Saturated Fat 21.2g 106%

Cholesterol 336mg 112%

Sodium 1115mg 48%

Total Carbohydrate 59.3g 22%

Dietary Fiber 4.3g 15%

Total Sugars 12.2g

Protein 127.8g

Spicy Beef Fillet

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 1 Serving

Ingredients

1 beef fillet, 8 ounces
Salt and black pepper, to taste
1 tablespoon of butter, melted
1/2 teaspoon of lemon juice
1/2 teaspoon of rosemary, chopped
1/2 teaspoon of thyme, chopped
Oil spray, for greasing

Directions

First, rub the fillet of beef with salt, lemon juice, thyme, rosemary, and black pepper. Then add it to the air fryer for cooking at 400 degrees F or 204 degrees C for 16 minutes, flipping halfway through. Remember to top it with butter. Once done, serve, and enjoy after resting for 5 -10 minutes.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1111

% Daily Value*

Total Fat 52.2g 67%

Saturated Fat 23.5g 117%

Cholesterol 391mg 130%

Sodium 4083mg 178%

Total Carbohydrate 16.9g 6%

Dietary Fiber 0.5g 2%

Total Sugars 16.1g

Protein 144.2g

Beef Ribs in Air Fryer

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

4 tablespoons of BBQ sauce
Salt and black pepper, to taste
4 tablespoons brown sugar
1.5 pounds of beef ribs, cut in thirds
Oil spray, for greasing

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for 2 minutes.
In a large bowl, combine the Beef ribs and rub them with salt, black pepper, and brown sugar.
Then coat it with BBQ sauce, half of it.
Add it to an air fryer basket that is greased with oil spray.
Cook it at 400 degrees F or 204 degrees C for 16-18 minutes.
Once done, serve with remaining BBQ sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 750

% Daily Value*

Total Fat 21.6g 28%

Saturated Fat 8g 40%

Cholesterol 304mg 101%

Sodium 579mg 25%

Total Carbohydrate 29g 11%

Dietary Fiber 0.2g 1%

Total Sugars 25.6g

Protein 103.2g

Vitamin D 0mcg

Sticky Sweet Beef Ribs With Baked Potatoes

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

6 short ribs
2 teaspoons minced garlic
2 tablespoons olive oil
2 tablespoons brown sugar
2 tablespoons oyster sauce
Salt, to taste
1 teaspoon sesame oil
Side servings

2 baked potatoes

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for 5 minutes.

In a large bowl, put the Beef ribs and add all the listed ingredients to it.

Now add it to an air fryer basket and cook the ribs in it for 16 minutes at 400 degrees F or 204 degrees C.

Serve and enjoy with baked potatoes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2481

% Daily Value*

Total Fat 144g 185%

Saturated Fat 48.5g 243%

Cholesterol 674mg 225%

Sodium 1379mg 60%

Total Carbohydrate 73.4g 27%

Dietary Fiber 6.7g 24%

Total Sugars 12.3g

Protein 212g

Prosciutto and Cheese Panini

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

4 teaspoons of butter, softened
4 Italian sandwich bread, sliced round
2 sliced fresh mozzarella
1 roasted red pepper, cut in half
1 cup of prosciutto
salt and black pepper, to taste

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for a few minutes.
Take bread sandwiches and brush them with butter.
Now put the bread slices with half of the prosciutto, roasted pepper, mozzarella slices.
Then season it with salt and black pepper.
Top it with the remaining bread slice, and then add it to an air fryer basket.
Cook at 400 degrees F or 204 degrees C for 14-16 minutes, flipping halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 249

% Daily Value*

Total Fat 9.8g 13%

Saturated Fat 4.6g 23%

Cholesterol 36mg 12%

Sodium 817mg 36%

Total Carbohydrate 24.2g 9%

Dietary Fiber 1.2g 4%

Total Sugars 1.8g

Protein 16.5g

T-Bone Rib in the Air fryer

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds of beef T-bone ribs
4 teaspoons of granulated onion
½ teaspoon of basil
1 teaspoon of red pepper flakes
1 tablespoon dry mustard
salt and freshly ground black pepper, to taste
2 tablespoons of brown sugar
Oil spray, of greasing

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
In a bowl, combine all the dry ingredients and make a rub.
Coat the t bone rib with it .add it to air fryer basket grease with oil spray.
Cook for 22 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once cooked, serve and enjoy

Nutrition Facts

Servings: 3

Amount per serving

Calories 646

% Daily Value*

Total Fat 47.5g 61%

Saturated Fat 18.2g 91%

Cholesterol 171mg 57%

Sodium 112mg 5%

Total Carbohydrate 7.5g 3%

Dietary Fiber 0.7g 3%

Total Sugars 6.1g

Protein 45.2g

Greek-Style Beef Chops

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

6 tablespoons of Greek yogurt
4 tablespoons of fresh cream
¼ teaspoon of cumin powder
1 tablespoon of coriander seeds, crushed
1/2 teaspoon paprika
1 teaspoon Italian seasoning
4 tablespoons lemon juice
Salt and black pepper, to taste
8 beef chops

Directions

Mix the cream and Greek yogurt in a bowl and add cumin powder, coriander seeds, paprika, Italian seasoning, lemon juice, salt, and pepper.

Marinate chops in it by leaving it in the refrigerator for a few hours.

Now cook in the air fryer for 12-16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once cooked, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 504

% Daily Value*

Total Fat 21.2g 27%

Saturated Fat 11g 55%

Cholesterol 164mg 55%

Sodium 2476mg 108%

Total Carbohydrate 12.5g 5%

Dietary Fiber 0.4g 1%

Total Sugars 9.4g

Protein 65.2g

Delicious Beef Patties With Rice

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

2 pounds of minced beef, boneless
2 tablespoons of avocado oil
1/2 cup of purple onions, chopped
4 green peppers, chopped
1 teaspoon of Italian seasoning
1 teaspoon old bay seasoning
2 organic eggs, cooked
1 tomato, chopped
Salt and black pepper, to taste
2 cups cooked rice

Directions

In a bowl and add all listed ingredients in a bowl. Make patties with hand, and let it sit for a few minutes.

Then layer it on to air fryer basket greased with oil spray.

Cook for 18-22 minutes at 350 degrees F or 198 degrees C, flipping halfway through.

Once cooked, serve and enjoy with cooked rice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 836

% Daily Value*

Total Fat 18.4g 24%

Saturated Fat 6.5g 33%

Cholesterol 285mg 95%

Sodium 350mg 15%

Total Carbohydrate 82.1g 30%

Dietary Fiber 4g 14%

Total Sugars 4.3g

Protein 79.6g

Teriyaki Style Beef Steak

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 pound beef Steak

Teriyaki Glaze Ingredients

1/3 cup Soy Sauce

1/4 cup Japanese cooking wine

1/4 cup Brown Sugar

1 tablespoon Lime Juice

1/3 cup Orange Juice

1 teaspoon Ginger, ground

1/2 teaspoon of garlic, paste

Directions

preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.

Mix all the teriyaki glazed ingredients' in a bowl and set aside for further use.

Then cook the steak in an air fryer for 12 minutes at 400 degrees F or 204 degrees C, Flipping halfway through.

Baste the steak with teriyaki glaze every 5 minutes.

Once it's cooked, serve by letting it cool for 10 minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 536

% Daily Value*

Total Fat 14.3g 18%

Saturated Fat 5.4g 27%

Cholesterol 203mg 68%

Sodium 2551mg 111%

Total Carbohydrate 26.2g 10%

Dietary Fiber 0.5g 2%

Total Sugars 21.8g

Protein 71.9g

Simple And Easy Beef Steak

Prep: 15Minutes | Cook Time: 12Minutes | Makes: 3Servings

Ingredients

1 cup tamari sauce
2-ounce package dry onion soup mix
2 pounds beef Steak
1 teaspoon freshly ground black pepper

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
Mix listed ingredients in a bowl and coat steak with it
Let it sit for 30 minutes.
Then add it to the air fryer basket greased with oil spray.
Cook for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 845

% Daily Value*

Total Fat 28.3g 36%

Saturated Fat 10.7g 53%

Cholesterol 405mg 135%

Sodium 299mg 13%

Total Carbohydrate 0.7g 0%

Dietary Fiber 0.3g 1%

Total Sugars 0g

Protein 137.7g

Maple Glazed Rib Eye Steak

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

Salt and black pepper, to taste
1.5 pounds of beef steak
1/4 tablespoon garlic, minced
2 tablespoons of olive oil
1 tablespoon lemon juice
½ tablespoon fresh rosemary, chopped
½ cup Maple syrup

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
Next, rub the beef steak with salt, pepper, lemon juice, garlic, rosemary, and olive oil.
Add the steak to the air fryer basket greased with oil spray and put it inside the air fryer.
Cook at 400 degrees F or 204 degrees C for 16 minutes, flipping halfway through.
Baste the steak with maple syrup after every 5 minutes.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 964

% Daily Value*

Total Fat 35.6g 46%

Saturated Fat 10.2g 51%

Cholesterol 304mg 101%

Sodium 233mg 10%

Total Carbohydrate 53.9g 20%

Dietary Fiber 0.4g 1%

Total Sugars 47g

Protein 103.4g

Garlic Herb Butter Rib Eye

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

3 Rib-eye New York steaks
3 tablespoons olive oil
2 teaspoons Italian seasoning
Salt and pepper, to taste

Garlic Herb Butter ingredients

1/2 cup butter, softened
4 garlic cloves, minced
1/2 teaspoon fresh rosemary
1/2 teaspoon fresh thyme
1/2 teaspoon fresh parsley

Directions

Mix all the garlic herb ingredients in a bowl.

Set it aside for further use.

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.

Rub the steak with oil, Italian seasoning, salt, and pepper.

Now cook it in the air fryer for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once cooked, serve it with a dollop of herbed butter.

Once butter melts, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 858

% Daily Value*

Total Fat 73.7g 94%

Saturated Fat 32.6g 163%

Cholesterol 234mg 78%

Sodium 330mg 14%

Total Carbohydrate 2g 1%

Dietary Fiber 0.3g 1%

Total Sugars 0.3g

Protein 50.6g

Chipotle New York Steak

Prep: 10 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

2 New York steaks, 1 pound
1 tablespoon chipotle powder
1 tablespoon dark brown sugar
1/3 teaspoon cumin
Oil spray, for greasing
2 tablespoons of olive oil

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.
Then coat the steak with oil, chipotle powder, sugar, cumin and set it aside for a few minutes.
Then greased an air fryer basket with oil spray and put the steak in it.
Cook for 14 minutes, flipping halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 591

% Daily Value*

Total Fat 42.4g 54%

Saturated Fat 13.1g 65%

Cholesterol 150mg 50%

Sodium 112mg 5%

Total Carbohydrate 4.6g 2%

Dietary Fiber 0g 0%

Total Sugars 4.4g

Protein 50.1g

Steakhouse New York Steak

Prep: 10 Minutes | Cook Time: 12-14 Minutes | Makes: 2 Servings

Ingredients

4 tablespoons of olive oil
2 clove Garlic
1 tablespoon tarragon
½ tablespoon rosemary
Salt and black pepper, to taste
½ teaspoon Dijon mustard
2 teaspoons of lemon juice
1 pound rib-eye steaks
1 tablespoon Meat rubs seasoning

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for a few minutes.

Mix all the spices and herbs in a bowl along with olive oil.

Mix well and coat the steak with it.

Now marinate the steak with this rub for 30 minutes.

Cook the steak in an air fryer basket greased with oil, spray for 12-14 minutes, flipping halfway through.

Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 874

% Daily Value*

Total Fat 78.5g 101%

Saturated Fat 24.2g 121%

Cholesterol 151mg 50%

Sodium 147mg 6%

Total Carbohydrate 2.2g 1%

Dietary Fiber 0.6g 2%

Total Sugars 0.2g

Protein 40.7g

Country Style Ribs

Prep: 12 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

16 ounces of pork ribs, country-style

2 tablespoons cornstarch, for dusting

Rub ingredients

4 tablespoons olive oil

2 teaspoons dry mustard

1 teaspoon thyme

1 teaspoon garlic powder

½ teaspoon dried marjoram

Salt and black pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.

Combine all the rub ingredients in a bowl and rub the steak with it.

Refrigerate it for 60 minutes.

Cook the steak by adding to an air fryer basket greased with oil spray.

Cook for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once it's cooked, serve after resting for a few minutes by slices.

Nutrition Facts

Servings: 2

Amount per serving

Calories 912

% Daily Value*

Total Fat 69.2g 89%

Saturated Fat 18.4g 92%

Cholesterol 234mg 78%

Sodium 133mg 6%

Total Carbohydrate 9.9g 4%

Dietary Fiber 1g 3%

Total Sugars 0.6g

Protein 61.2g

Spare Rib

Prep: 10 Minutes | Cook Time: 16-20 Minutes | Makes: 2 Servings

Ingredients

Marinade Ingredients

3 teaspoons ketchup

2 teaspoons Honey

2 teaspoons cooking wine
1/2 inch ginger
2 cloves Garlic, minced
1 teaspoon five-spice powder
Salt, to taste
1 teaspoon sweet chili sauce
2 tablespoons of olive oil

Other Ingredients

Oil spray, for greasing
2 pounds pork spares ribs, boneless

Directions

Take a bowl and mix well all the marinade ingredients in it.
Coat the spare rib with the marinade.
Let it sit in the refrigerator for 20 minutes.
Then cook in the air fryer for 16-20 minutes at 400 degrees F or 204 degrees C.
Baste the ribs with marinade each after 6 minutes of cooking.
Once it's done, let it rest, then serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1158

% Daily Value*

Total Fat 93.5g 120%

Saturated Fat 36.5g 183%

Cholesterol 324mg 108%

Sodium 1519mg 66%

Total Carbohydrate 9.8g 4%

Dietary Fiber 0.1g 0%

Total Sugars 8.5g

Protein 69.2g

Classic BBQ Beef Ribs

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Ingredients

2 pounds beef ribs
1 cup barbecue sauce
4 tablespoons of barbecue spice rub
Salt and black pepper
4 tablespoons oyster sauce

2 tablespoons of brown sugar
1 teaspoon of five-spice powder

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 5 minutes.
Combine the BBQ rub, salt, pepper, oyster sauce, five-spice powder, brown sugar, along with BBQ sauce in a bowl.
Then coat the steak with it.
Let it sit in the refrigerator for 60 minutes.
Cook the steak in the air fryer for 14 minutes at 400 degrees F or 204 degrees C, flipping it halfway through cooking.
Baste the steak every 5 minutes with sauce in a bowl.
Serve with the favorite dipping sauce.
Enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 534

% Daily Value*

Total Fat 14.3g	18%
Saturated Fat 5.3g	27%
Cholesterol 203mg	68%
Sodium 959mg	42%
Total Carbohydrate 27.5g	10%
Dietary Fiber 0.4g	1%
Total Sugars 20.7g	
Protein 68.9g	

Stuffed Steak Rolls

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 beef steaks
2 tablespoons pesto
2 slices of Provolone cheese
1/4 cup roasted red bell peppers
½ cup fresh spinach
Salt and black pepper, to taste
Oil spray, for greasing

Directions

Rub the beef steaks with pesto.
Next, put it on a flat surface and add bell pepper, spinach, cheese, and roll the steaks.
Secure edges with a toothpick.
Mist it with oil spray and season it with salt and pepper.
Cook in an air fryer basket for 20 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Serve once done.
Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1435

% Daily Value*

Total Fat 56.7g 73%

Saturated Fat 22.1g 110%

Cholesterol 631mg 210%

Sodium 795mg 35%

Total Carbohydrate 1.9g 1%

Dietary Fiber 0.4g 2%

Total Sugars 1.2g

Protein 215.4g

Sweet Balsamic Skirt Steak With Shallots

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

Marinade Ingredients

1/2 cup balsamic vinegar
4 teaspoons Brown Sugar
Salt and black pepper, to taste
2 cloves garlic, chopped
1/2 cup of Olive Oil

Steak Ingredients

1 .5 pounds skirt steak
4 shallots, peeled

Directions

Combine all the marinade ingredients in a bowl.
Add the steak and shallots to it and marinate it for 60 minutes.
Then arrange inside air fryer basket and cook for 12-15 minutes at 400 degrees F or 204 degrees C, flipping them halfway through.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 704

% Daily Value*

Total Fat 61.8g 79%

Saturated Fat 11.6g 58%

Cholesterol 67mg 22%

Sodium 91mg 4%

Total Carbohydrate 7.5g 3%

Dietary Fiber 0.1g 0%

Total Sugars 6.1g

Protein 30.4g

Marinated Steak With Rice

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1.5 pounds beef Ribeye
2 cup cooked rice
Steak rub ingredients
4 teaspoons olive oil
Salt and black pepper, to taste
1/4teaspoon dried garlic powder
¼ teaspoon dried onion powder
1 teaspoon Montreal Steak Seasoning
1/2 teaspoon cayenne pepper
½ teaspoon of red chili flakes

Directions

Combine all the steak marinade in a bowl.
Coat the steak, add it to the air fryer basket, and cook for 18 minutes at 400 degrees F or 204 degrees C.
Flip the steak halfway through.
Once cooked, serve with rice

Nutrition Facts

Servings: 2

Amount per serving

Calories 1659

% Daily Value*

Total Fat 67.7g 87%

Saturated Fat 23.8g 119%

Cholesterol 429mg 143%

Sodium 190mg 8%

Total Carbohydrate 148.4g 54%

Dietary Fiber 2.6g 9%

Total Sugars 0.4g

Protein 103.7g

Rump Steak

Prep: 10Minutes | Cook Time: 14Minutes | Makes: 3 Servings

Ingredients

1.5 pounds of rump steak
4 tablespoons of steak seasoning
2 tablespoons of vegetable oil
Oil spray, for greasing

Directions

Rub the steak with listed ingredients, and add it to the air fryer basket.
Cook for 12-14 minutes at 350 degrees F or 198 degrees C, flipping halfway through.
Once cooked, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 488

% Daily Value*

Total Fat 22.9g 29%

Saturated Fat 1.8g 9%,

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 70.3g

Saucy Flank Beef Steak with rice

Prep: 10Minutes | Cook Time: 14Minutes | Makes: 3 Servings

Ingredients

1 pound of flank steak

1/4 cup corn starch

Oil spray, for greasing

Sauce Ingredients

2 teaspoons of vegetable oil

1/2 teaspoon of ginger garlic paste

1/3 cup soy sauce or gluten-free soy sauce

1/3 cup water

1/4 cup brown sugar

Directions

Dust the steak with corn starch and put it in an air fryer basket greased with oil spray and the air fryer for 5 minutes at 400 degrees F or 204 degrees C.

In a skillet, simmer down all the listed sauce ingredients.

Put the steak once cooked in the sauce and let it cook for 3 minutes.

Serve over cooked rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 644

% Daily Value*

Total Fat 23.7g 30%

Saturated Fat 8.8g 44%

Cholesterol 125mg 42%

Sodium 2529mg 110%

Total Carbohydrate 39g 14%

Dietary Fiber 0.3g 1%

Total Sugars 18.3g

Protein 65.8g

Coconut Gravy with Steak

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2-3 Servings

Ingredients

1 pound beef steak
2 tablespoons olive oil
¼ teaspoon of paprika
1/3 teaspoon of cumin
½ teaspoon of red chili flakes
Salt, to taste
½ cup of coconut milk
2 tablespoons of tomato paste
1 onion, chopped
Salt and black pepper, to taste

Directions

Take an air fryer basket and cover it with Aluminum foil.
Rub the steak with olive oil and the listed spices.
Put it in the Air Fryer and bake for 14 minutes at 400 degrees F or 204 degrees C.
In a skillet, heat the oil and cook the onion for 3 minutes
Then add salt, black pepper, and tomato paste along with coconut milk.
Reduce it, and once the steak is cooked, serve it with coconut tomato gravy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 717

% Daily Value*

Total Fat 42.7g 55%

Saturated Fat 20.1g 100%

Cholesterol 203mg 68%

Sodium 254mg 11%

Total Carbohydrate 11.8g 4%

Dietary Fiber 3.3g 12%

Total Sugars 6.3g

Protein 71.6g

Beef Jerky

Prep: 15 Minutes | Cook Time: 3 hours | Makes: 2-3 Servings

Ingredients

1.5 pounds beef roast, sliced thinly
3 tablespoons of jerky mix
Oil spray, for greasing

Directions

slice beef into strips and Season it with jerk mix.

Let it sit for marinating for 2 hours in the refrigerator.

Cook it in an air fryer by placing it in an air fryer basket for 3 hours at 160 degrees F or 60 degrees C.

serve once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 634

% Daily Value*

Total Fat 21.5g 28%

Saturated Fat 8g 40%

Cholesterol 304mg 101%

Sodium 224mg 10%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 103.2g

Onion Beef

Prep: 12 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

2 pounds beef
2 medium onions, strip-cut
4 sticks celery, sliced
6 cloves of garlic, peeled and crushed
2 tablespoons butter
Salt and black pepper, to taste

Directions

Combine all the listed ingredients in a bowl and mix well.
Preheat the air fryer for 8 minutes at 400 degrees F or 204 degrees C.
dump the bowl ingredients in the basket, then cook for 22 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once done, serve

Nutrition Facts

Servings: 4

Amount per serving

Calories 501

% Daily Value*

Total Fat 20g 26%

Saturated Fat 9g 45%

Cholesterol 218mg 73%

Sodium 193mg 8%

Total Carbohydrate 6.7g 2%

Dietary Fiber 1.3g 5%

Total Sugars 2.4g

Protein 69.8g

Pineapple Steak

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 2-3 Servings

Ingredients

1/2 teaspoon of chili powder
2 tablespoons lime juice
Salt and pepper to taste
2 tablespoons canola oil
2 fillet mignon steaks, 6 ounces
1 medium red onion, diced
2 jalapenos, seeded and stemmed, diced
1/2 cup pineapple, diced

Directions

Rub the fillets with oil, salt, and pepper.
Preheat the air fryer at 400 degrees F or 204 degrees C for 10 minutes.
Transfer the meat fillet to the air fryer basket and cook for 14 minutes at 400 degrees F or 204 degrees C.
Take a large bowl and mix pineapple, jalapeno, lime juice, chili powder, and onion.
Serve it with cooked steak.
Serve hot.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1270

% Daily Value*

Total Fat 56.2g 72%

Saturated Fat 20g 100%

Cholesterol 580mg 193%

Sodium 467mg 20%

Total Carbohydrate 7.4g 3%

Dietary Fiber 1.4g 5%

Total Sugars 4.3g

Protein 176.7g

Rib Eye with Veggies Noodles

Prep: 20 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

12 ounces Beef Rib Eye steak, cubed
½ tablespoon paprika
2 tablespoons of olive oil
1-1/2 teaspoons caraway seeds
Salt and pepper, to taste
1 cup sour cream
2 cups zucchini noodles, cooked

Directions

spiral the 3 zucchinis and boil in water until tender.
Set aside after draining.

In a large bowl, mix all ingredients except zucchini noodles and sour cream.

Rub the steak well with seasoning and oil.

Transfer the steak to the air fryer basket and cook for 16 minutes t 400 degrees F or 204 degrees C.

Take a bowl, mix sour cream and zucchini noodles and serve over cooked steak.

Nutrition Facts

Servings: 2

Amount per serving

Calories 861

% Daily Value*

Total Fat 76.3g 98%

Saturated Fat 32.2g 161%

Cholesterol 164mg 55%

Sodium 172mg 7%

Total Carbohydrate 10.6g 4%

Dietary Fiber 2.4g 9%

Total Sugars 2.5g

Protein 35.7g

Mustard Rosemary Rib Eye Steak

Prep: 16 Minutes | Cook Time: 16 Minutes | Makes: 3Servings

Ingredients

1.5 pounds beef Rib eye steak, cubed
2 tablespoons of apple cider vinegar
½ cup honey mustard barbecue sauce
2 teaspoons crushed caraway seeds
Salt and pepper, to taste

Directions

Mix all ingredients in the bowl and rub the steak well with seasoning and oil.
Transfer it to the air fryer and cook for 16 minutes at 400 degrees F or 204 degrees C.
Serve once done.

Nutrition Facts

Servings: 3

Amount per serving

Calories 624

% Daily Value*

Total Fat 50.2g 64%

Saturated Fat 20.1g 100%

Cholesterol 151mg 50%

Sodium 131mg 6%

Total Carbohydrate 0.1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 40.1g

Easy Coffee Flavored Steak

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 3 Servings

Ingredients

1 pound beef flank steak
1 teaspoon espresso powder
1 teaspoon garlic powder
1 teaspoon chili powder
4 tablespoons olive oil
Salt and pepper, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 9 minutes.
Combine the espresso powder, salt, black pepper, garlic powder, chili powder, oil in a bowl.
Coat the steak with it, then cook for 16 minutes inside the air fryer, flipping halfway through.
Serve once cool.

Nutrition Facts

Servings: 2

Amount per serving

Calories 666

% Daily Value*

Total Fat 42.1g 54%

Saturated Fat 9.3g 47%

Cholesterol 203mg 68%

Sodium 150mg 7%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0.2g 1%

Total Sugars 0.3g

Protein 69.1g

Soda Brined Beef

Prep: 15 Minutes | Cook Time: 26 Minutes | Makes: 2 Servings

Ingredients

1 pound beef sirloin roast
2 garlic cloves, minced
1 can soda beverage
2 bay leaves
Salt and black pepper, to taste
Oil spray, for greasing

Directions

Preheat the air fryer for 2 minutes at 400 degrees F or 204 degrees C.
In a bowl, add beef and garlic cloves, soda, salt, bay leaves, and pepper.
Marinate it overnight.
Take out the roast and pat dry with a paper towel.
Mist it with oil and arrange it in the air fryer.
Cook for 26 minutes at 400 degrees F or 204 degrees C.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 326

% Daily Value*

Total Fat 10.4g 13%

Saturated Fat 4.1g 20%

Cholesterol 91mg 30%

Sodium 1263mg 55%

Total Carbohydrate 22.6g 8%

Dietary Fiber 0.1g 0%

Total Sugars 19.6g

Protein 36.7g

Beef and Vegetable

Prep: 12 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

2 pounds of sirloin steak, cut into strips

Sauce Ingredients

2 cloves garlic, minced

3 tablespoons grated ginger-garlic, paste

1/4 teaspoon red chili flakes

1/4 cup coconut amino

1/4 cup rice vinegar

2 teaspoons sesame oil

1/2 cup brown sugar

2 teaspoons of Chinese five spices

2 cups rice, side servings

Directions

Put and mix all the listed ingredients in a bowl.

Add the steak to it for marinating.

Next, cook it in an air fryer basket and add to air fryer and cook at 400 degrees F or 204 degrees C, for 16 minutes.

Once it's cooked, serve with rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 878

% Daily Value*

Total Fat 5.8g 7%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 184.5g 67%

Dietary Fiber 2.5g 9%

Total Sugars 35.4g

Protein 13.4g

Pepper Steak

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2Servings

Ingredients

2 sirloin steaks, 1.5 pounds
Salt, pinch
1 teaspoon of pepper, black crushed
2 tablespoons of olive oil

Directions

The first step is to coat the steak with oil, salt, and pepper.
Grease the air fryer basket with oil spray.
Cook steak in the air fryer for 15 minutes at 400 degrees F or 204 degrees C by placing it in the basket.
Remember to flip halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1071

% Daily Value*

Total Fat 45.9g 59%

Saturated Fat 14g 70%

Cholesterol 456mg 152%

Sodium 414mg 18%

Total Carbohydrate 0.7g 0%

Dietary Fiber 0.3g 1%

Total Sugars 0g

Protein 155g

Rice, Veggies with Sausages

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1 pound of beef sausages
2 green bell peppers, whole
Oil spray, for greasing
Salt, to taste
¼ teaspoon of paprika

Side servings

½ cup of sour cream
2 cups cooked rice

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C, for 4 minutes.
Put the sausages and bell peppers in an air fryer basket greased with oil spray.
Sprinkle it with paprika and salt and coat it with oil spray.
Cook it for 18 minutes at 400 degrees in the air fryer, flipping ingredients halfway through.
Once done, serve over rice with sour cream.
Enjoy hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1738

% Daily Value*

Total Fat 96.1g 123%

Saturated Fat 37.3g 186%

Cholesterol 186mg 62%

Sodium 1946mg 85%

Total Carbohydrate 165.6g 60%

Dietary Fiber 4.1g 15%

Total Sugars 6.3g

Protein 47.6g

Garlic Butter Glazed Steak

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

2 pounds of beef steaks
1/4 cup, soy sauce
Salt and black pepper, to taste
2 teaspoons of olive oil
1/3 teaspoon of grated ginger
2 cloves garlic, minced
2 tablespoons of honey
2 tablespoons of garlic butter, solid, and for topping

Directions

Mix the salt, pepper, olive oil, soy sauce, ginger, garlic, and honey in a bowl.
Rub the steak with it.
Marinate in the refrigerator for 60 minutes.
Take the steak out and cook it in an air fryer for 20 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once done, serve and enjoy with a topping of garlic butter.

Nutrition Facts

Servings: 4

Amount per serving

Calories 491

% Daily Value*

Total Fat 17g 22%

Saturated Fat 5.7g 28%

Cholesterol 203mg 68%

Sodium 190mg 8%

Total Carbohydrate 11.8g 4%

Dietary Fiber 0.1g 0%

Total Sugars 9.2g

Protein 69.5g

Montreal Spiced Steak with Coleslaw

Prep: 15Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

2 teaspoons of olive oil
2 tablespoons of Montreal steaks seasoning
1.5 pound of beef steak, rib eye
2 cups homemade coleslaw

Directions

Season the steak with steak seasoning.

Coat it with oil.

Cook it in the air fryer for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once the steak is cooked, take it out and serve with coleslaw.

Nutrition Facts

Servings: 2

Amount per serving

Calories 795

% Daily Value*

Total Fat 61.2g 78%

Saturated Fat 9g 45%

Cholesterol 26mg 9%

Sodium 1378mg 60%

Total Carbohydrate 65.7g 24%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 7.5g

Marinated Beef Ribs

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 4 Servings

Meat Ingredients

Oil spray, for greasing
2 pounds of beef ribs lean

Marinate Ingredients

1/4 cup olive oil
2 garlic cloves, minced
1/4 cup white wine vinegar
1/4 cup coconut amino, reduced-sodium
1/4 cup Worcestershire sauce
1/2 lemon, juice only
Salt and black pepper, to taste
1/2 tablespoon of Italian seasoning
1/2 tablespoon of dry mustard
1/2 cup brown sugar

Directions

Combine all the listed marinade ingredients and mix.
Marinate the ribs in the refrigerator for 30 minutes.
Add the ribs to an air fryer basket and cook for 16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 880

% Daily Value*

Total Fat 54.8g 70%

Saturated Fat 19.5g 97%

Cholesterol 212mg 71%

Sodium 303mg 13%

Total Carbohydrate 22.1g 8%

Dietary Fiber 0.3g 1%

Total Sugars 20.9g

Protein 70.2g

Spiced Beef Ribs

Prep: 20 Minutes | Cook Time: 22 Minutes | Makes: 3-4 Servings

Ingredients

1.5 pounds of beef ribs, bone-in
Salt and black pepper, to taste
¼ teaspoon of lemon zest
2 tablespoons of lemon juice
1/4 teaspoon of garlic cloves, minced
2-inches ginger, grated
1 cup yogurt
¼ teaspoon of turmeric
1/3 teaspoon of Italian seasoning
1/3 teaspoon of five-spice powder
2 tablespoons of olive oil, or as needed

Directions

In a large bowl, mix all the ingredients.
Then marinate the ribs in it for 2 hours in the refrigerator.
Preheat the air fryer for 4 minutes at 400 degrees F or 204 degrees C.
Now line a parchment paper onto the air fryer basket
Cook the ribs in it for 18-22 minutes, at 400 degrees F or 204 degrees C, flipping halfway through.
Once it's done cooking, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 485

% Daily Value*

Total Fat 15.4g 20%

Saturated Fat 6.3g 31%

Cholesterol 208mg 69%

Sodium 209mg 9%

Total Carbohydrate 6.3g 2%

Dietary Fiber 0.1g 0%

Total Sugars 6g

Protein 73.6g

Beef Spare Rib

Prep: 10 Minutes | Cook Time: 16-20 Minutes | Makes: 2 Servings

Ingredients

Marinade Ingredients

6 teaspoons ketchup
2 teaspoons Honey
2 teaspoons cooking wine
1/2 inch ginger
2 cloves Garlic, minced

1 teaspoon five-spice powder
Salt, to taste
2 teaspoons sweet chili sauce
2 tablespoons of olive oil

Other Ingredients

Oil spray, for greasing
2 pounds Beef spares ribs, boneless

Directions

In a large bowl, combine all the marinade ingredients.
Coat the spare beef rib with it and let it sit for 20 minutes in the refrigerator.
Then take it out and place it inside the air fryer basket that is greased with oil spray.
Set the timer to 18 minutes at 400 degrees F or 204 degrees C.
Baste the ribs with marinade each after 5 minutes of cooking.
Once it's done,

Nutrition Facts

Servings: 2

Amount per serving

Calories 900

% Daily Value*

Total Fat 28.6g	37%
Saturated Fat 10.7g	54%
Cholesterol 405mg	135%
Sodium 584mg	25%
Total Carbohydrate 12.7g	5%
Dietary Fiber 0.1g	0%
Total Sugars 11.2g	
Protein 138.1g	

Coconut Lamb Chops

Prep: 12 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

Oil spray, for greasing
6 lamb chops

Sauce ingredients

Salt and ground black pepper, to taste
2 tablespoons butter, for frying
½ tablespoon red curry paste
1 cup of coconut cream
2 tablespoons fresh cilantro, grated
3 green chilies, grated

Directions

Preheat the air fryer to 400 degrees F for 2 minutes.
In a large bowl, mix all the sauce ingredients.
Combine it well and let the chops sit in it for 2 hours in the refrigerator.
Afterward, cook it in the air fryer for 22 minutes at 400 degrees F or 204 degrees C.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2220

% Daily Value*

Total Fat 113.5g 145%

Saturated Fat 58.8g 294%

Cholesterol 913mg 304%

Sodium 1041mg 45%

Total Carbohydrate 7.5g 3%

Dietary Fiber 2.7g 10%

Total Sugars 4g

Protein 278.4g

Lamb meat Roll-Ups

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 packages of refrigerated crescent rolls
10 sliced of smoked lamb meat
4 slices of Swiss cheese
8 ounces of Sauerkraut
1 tablespoon of Bagel seasoning, as needed
Oil spray, for greasing

Directions

Preheat the air fryer to 400 degrees F for 2 minutes
Flat lay the Crescent dough on a clean work surface, then separate it into 10 rectangles.
Cut the cheese into small slices and distribute it among the rectangle shapes.
Put equal slices of meat, seasoning, and sauerkraut
Roll up and pinch the edges.
Cut the rolls in half, and grease with oil spray.
Cook it in an air fryer basket lined with parchment paper for 12 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1487

% Daily Value*

Total Fat 97g 124%

Saturated Fat 47.5g 238%

Cholesterol 452mg 151%

Sodium 1477mg 64%

Total Carbohydrate 18.9g 7%

Dietary Fiber 3.3g 12%

Total Sugars 4.8g

Protein 122.1g

Hearty lamb chops Tomatina

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

6 lamb chops, boneless and cubed
¼ cup fresh basil leaves
4 plum tomatoes
¾ cup vinegar
2 tablespoons olive oil
2 garlic cloves, minced
Salt and pepper, to taste

Directions

Take a blender and pulse the listed ingredients in it, excluding lamb chops. Marinate the lamb chops into a blended mixture, and refrigerate for 1 hour. Then cook in an air fryer for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once cooked, serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2025

% Daily Value*

Total Fat 86.4g 111%

Saturated Fat 27.8g 139%

Cholesterol 883mg 294%

Sodium 783mg 34%

Total Carbohydrate 14.5g 5%

Dietary Fiber 2.8g 10%

Total Sugars 10.2g

Protein 278.7g

Pesto steak and Pasta

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 4 Servings

Ingredients

Salt and black pepper, to taste
1 cup feta cheese, crumbled
¼ cup pesto, prepared and homemade
½ cup walnuts, chopped
1 cup grape tomatoes, halved
1 cup penne pasta, uncooked
6 ounces baby spinach, chopped
2 lamb steaks

Directions

Preheat the air fryer to 400 degrees F for 2 minutes
Cook the pasta according to the package instruction.
Then once cooked, drain and set aside for further use.
Season lamb with salt, pepper, and oil.
cook it in an air fryer for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through
Once done, add cooked pasta, walnuts, spinach, tomatoes, and pesto sauce in a bowl.
Top it with cooked steak slices and serve with feta crumbs.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1138

% Daily Value*

Total Fat 40.4g 52%

Saturated Fat 12.3g 62%

Cholesterol 324mg 108%

Sodium 724mg 31%

Total Carbohydrate 112.5g 41%

Dietary Fiber 2.8g 10%

Total Sugars 4.1g

Protein 79.8g

Rolled Empanadas

Prep: 30 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

4 cups of minced lamb meat
450 grams puff pastry
2 tablespoon olive oil
2 green pepper, diced
1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
½ teaspoon cumin
1 cup tomato sauce
Sea salt and pepper to taste
2 egg yolks
4 tablespoons full-fat milk

Directions

Heat oil in a skillet and cook lamb meat for 10 minutes.
Then drain any liquid, add garlic and cook until aroma comes.
Then add all ingredients except pastry, milk, and egg yolks.
Let the skillet ingredients cook for 10 minutes.
Whisk egg and milk in a separate bowl to prepare a binding agent.
Now open the pastry pockets on the flat surface.
Let the cooking mixture cool, and then add it to the pastry.
Roll to seal the edges with egg wash.
Repeat until all pastries are done.
Put the pastries in an air fryer to cook for 14 minutes at 400 degrees F or 204 degrees C, flipping it halfway through.
Once done, serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1142

% Daily Value*

Total Fat 71.8g 92%

Saturated Fat 20g 100%

Cholesterol 221mg 74%

Sodium 1519mg 66%

Total Carbohydrate 76.8g 28%

Dietary Fiber 7.4g 26%

Total Sugars 10.3g

Protein 44g

Loin Lamb Chops

Prep: 12 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

3 clove Garlic, sliced
2 tablespoons minced rosemary leaves
2 teaspoons Red Wine Vinegar
2 tablespoons Soy sauce
2 tablespoons Olive Oil
4-5 loin lamb chops, 1 ½ in. thick

Directions

Mix all the ingredients in a bowl, excluding lamb chops.
Marinate the chops in it for 1 hour.
Cook the chops inside the air fryer basket greased with oil spray.
Cook for 16 minutes at 350 degrees F or 176 degrees C, flipping halfway through.
Once done, serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 1191

% Daily Value*

Total Fat 99.3g 127%

Saturated Fat 38.1g 191%

Cholesterol 261mg 87%

Sodium 1117mg 49%

Total Carbohydrate 4.9g 2%

Dietary Fiber 1.6g 6%

Total Sugars 0.3g

Protein 63.4g

Mojito Spiced Ribs

Prep: 20 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

2 lemons, juice only
1/4 cup olive oil
1/ cup fresh mint, chopped
4 large cloves garlic, minced
4-6 lamb rib chops, trimmed
Salt, to taste

Directions

Combine the lemon juice, salt, oil, mint leaves, and garlic in a blender.
Pulse it until smooth.
Coat the lamb with it and let it sit for 30 minutes in the refrigerator.
Now put the lamb chops in the air fryer basket.
Cook for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Serve once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1432

% Daily Value*

Total Fat 73.1g 94%

Saturated Fat 20.7g 104%

Cholesterol 589mg 196%

Sodium 575mg 25%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 183.6g

Lamb Sandwich

Prep: 10 Minutes | Cook Time: 25-28 Minutes | Makes: 4 Servings

Ingredients

12 strips of bacon
4 slices of white bread
¼ cup ranch dressing
1 pound of cooked lamb meat
4 slices Parmesan cheese
2 teaspoons salted butter

Directions

Add the bacon strip onto the air fryer basket and cook for 12 minutes at 400 degrees until crisp, then set aside.

Butter the two bread slices and cook them in the air fryer basket with the butter side down.

Layer the bread slices with ranch dressing, shredded lamb meat, cooked bacon slices from the air fryer, and Parmesan cheese on each of the bread.

Top it with remaining bread slices to make sandwiches.

Cook for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 622

% Daily Value*

Total Fat 41.8g 54%

Saturated Fat 17.4g 87%

Cholesterol 138mg 46%

Sodium 1166mg 51%

Total Carbohydrate 12.4g 4%

Dietary Fiber 3.3g 12%

Total Sugars 0.8g

Protein 47.9g

Mint and Greek yogurt Chops

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 4 Servings

Ingredients

2 tablespoons of lemon juice
1 cup Greek yogurt
¼ cup parsley, chopped
½ cup mint, chopped
1 teaspoon of five-spice powder
Salt and black pepper, to taste
½ teaspoon of ginger garlic paste
8 lamb chops
Oil spray, for greasing

Directions

Pulse all the ingredients except the lamb chops in a blender and make a smooth paste.
Marinate chops in it for a few hours in the refrigerator.
Put the chop in the air fryer basket and cook for 16 minutes at 350 degrees F or 176 degrees C, flipping halfway through.
Once cooked done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2527

% Daily Value*

Total Fat 98.5g 126%

Saturated Fat 36g 180%

Cholesterol 1182mg 394%

Sodium 1041mg 45%

Total Carbohydrate 6.7g 2%

Dietary Fiber 1.9g 7%

Total Sugars 4.4g

Protein 378.4g

Raspberry Chipotle lamb Chop

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

6 lamb chops
2 cups of fresh homemade coleslaw
1 cup cheese sauce

Sauce Ingredients

2 teaspoons of chipotle seasoning
½ cup coconut amino
½ cup raspberry sauce
2 tablespoons honey
1/4 teaspoon garlic powder
Salt, to taste
1 /4 teaspoon of paprika powder

Directions

Whisk all the sauce ingredients in a bowl.
Marinate chops in the sauce for 1 hour in the refrigerator.
Cook it in an air fryer basket greased with oil spray for 12 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Simmer bowl leftover sauce in a skillet and then cook for 5 minutes until it reduces slightly.
Once done, serve hot with coleslaw and cheese sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1673

% Daily Value*

Total Fat 93.3g 120%

Saturated Fat 26.2g 131%

Cholesterol 528mg 176%

Sodium 2363mg 103%

Total Carbohydrate 56.4g 20%

Dietary Fiber 0.3g 1%

Total Sugars 49.2g

Protein 147.7g

Mustard Lamb Chops

Prep: 15 Minutes | Cook Time: 15-20 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds of lamb chops
4 teaspoons of olive oil
1 cup Parmesan cheese grated
1 teaspoon onion powder
4 teaspoons mustard powder
Salt and black pepper, to taste
1 /2 teaspoon of paprika powder
1 teaspoon of garlic powder

Directions

Whisk the cheese, oil, salt, mustard powder, paprika, garlic powder, onion powder, and black pepper in a bowl.

Coat the chops with this mixture.

Cook it inside the air fryer basket lined with parchment paper.

Let it cook for 15-20 minutes at 350 degrees F or 176 degrees C, flipping halfway through.

Once it's done, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 682

% Daily Value*

Total Fat 36.1g 46%

Saturated Fat 14.9g 74%

Cholesterol 244mg 81%

Sodium 693mg 30%

Total Carbohydrate 4.9g 2%

Dietary Fiber 0.8g 3%

Total Sugars 0.8g

Protein 83g

Bourbon Lamb Chops with baked potatoes

Prep: 20 Minutes | Cook Time: 14 Minutes | Makes: 2Servings

Ingredients

Ingredients for marinade

1 tablespoon dry mustard powder
2 tablespoons brown sugar, packed
1/2 cup bourbon
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
¼ cup balsamic vinegar
Salt and black pepper to taste

Other ingredients

2 baked potatoes
6 boneless pork chops

Directions

Combine all the marinade ingredients in a bowl and coat the chops with it.

Let it sit in the refrigerator for 1 hour.

Afterward, cook the lamb chops in air fryer for 14 minutes at 400 degrees F or 204 degrees C

Flip the chops halfway through.

Serve the chops once cooked with baked potatoes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1636

% Daily Value*

Total Fat 36.7g 47%

Saturated Fat 12.1g 60%

Cholesterol 729mg 243%

Sodium 1108mg 48%

Total Carbohydrate 13.2g 5%

Dietary Fiber 0.9g 3%

Total Sugars 10.9g

Protein 263.4g

Orange Lamb Chops

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

Orange Marinade Ingredients

½ cup orange marmalade
¼ cup orange juice
1 lemon juice and zest
1/4 cup of olive oil
2 cloves Garlic
Salt and black pepper, to taste
1/3 teaspoon cumin

Other Ingredients

2-pounds boneless lamb chops
Olive oil
Salt and black pepper, to taste
2 tablespoons butter, organic
2 tablespoons of almond flour

Directions

In a large bowl, combine orange marinade ingredients.
Rub the chops olive oil, salt, and black pepper.
Put the chops in an oil greased air fryer basket.
Then cook it for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Add marinade to a saucepan and simmer it for 5-8 minutes.
Then add butter and almond flour and cook until it gets thick
Once chops are cooked, take out and serve it with sauce drizzled on top.
Enjoy hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 785

% Daily Value*

Total Fat 42.2g 54%

Saturated Fat 14.3g 71%

Cholesterol 239mg 80%

Sodium 283mg 12%

Total Carbohydrate 30.9g 11%

Dietary Fiber 0.7g 2%

Total Sugars 25.4g

Protein 69.3g

Spicy Yogurt Lamb Chops

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

2 cups Greek yogurt
1 teaspoon ground cumin
1 teaspoon of lemon juice
1 teaspoon ground coriander
½ teaspoon ground allspice powder
2 pounds rib lamb chops
4 tablespoons olive oil, divided
1 cup assorted vegetables

Directions

Take a large bowl and combine Greek yogurt, lemon juice, cumin, coriander, allspice powder, olive oil, and lamb chop.

Coat the lamb chops and marinate for a few minutes.

Then add the chops to an air fryer and cook for 14 minutes at 400 degrees F or 204 degrees C, flipping halfway through.

Once it's cooked, serve with assorted vegetables of choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1414

% Daily Value*

Total Fat 64.1g 82%

Saturated Fat 20.7g 103%

Cholesterol 594mg 198%

Sodium 531mg 23%

Total Carbohydrate 4.3g 2%

Dietary Fiber 0.1g 0%

Total Sugars 4g

Protein 193.7g

Sweet and Savory lamb Chops

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

1 cup salsa
1/2 cup onions, chopped
1/3 cup molasses
1/4 cup lime juice
1/4 cup chicken broth
2 garlic cloves, minced
4 tablespoons jalapeno peppers, chopped seeded
1 teaspoon brown sugar
6 lamb chops
2 teaspoons of olive oil
Salt and black pepper, to taste

Directions

take a bowl and combine the molasses, salsa, broth, jalapeno pepper, onion, lime juice, brown sugar, and stir it well.

Transfer it to a skillet and cook so it gets down to half.

Season the chops with oil, salt, and pepper.

Cook the chops in the air fryer for 14 minutes at 400 ways through, flipping halfway through.

Once chops are done, serve with the sauce drizzled on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2088

% Daily Value*

Total Fat 77.2g 99%

Saturated Fat 26.5g 132%

Cholesterol 883mg 294%

Sodium 1861mg 81%

Total Carbohydrate 54.9g 20%

Dietary Fiber 3.1g 11%

Total Sugars 37.4g

Protein 278.7g

Sticky Sweet Lamb Ribs

Prep: 10 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

6 short ribs
1 teaspoon minced garlic
2 tablespoons olive oil
2 tablespoons brown sugar
2 tablespoons oyster sauce
Salt, to taste
2 teaspoon sesame oil

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for 5 minutes.
In a bowl, add beef ribs and rub them with all the listed ingredients.
Cook it in an air fryer basket greased with oil spray.
Cook at 360 degrees F for 25 minutes, flipping halfway through.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1523

% Daily Value*

Total Fat 142g 182%

Saturated Fat 56.8g 284%

Cholesterol 256mg 85%

Sodium 355mg 15%

Total Carbohydrate 9.7g 4%

Dietary Fiber 0g 0%

Total Sugars 8.7g

Protein 48.3g

Short Ribs & Root Vegetables

Prep: 10 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 pound of beef short ribs, bone-in and trimmed
Salt and black pepper, to taste
2 tablespoons canola oil, divided
1/4 cup red wine
3 tablespoons brown sugar
2 cloves garlic, peeled, minced
4 carrots, peeled, cut into 1-inch pieces
2 parsnips, peeled, cut into 1-inch pieces
1/2 cup pearl onions
oil spray, for greasing

Directions

Preheat the air fryer for 10 minutes at 400 degrees F or 204 degrees C.

Rub the lamb ribs with oil, salt, and black pepper.

Cook in the air fryer by placing it in an oil greased air fryer basket for 26 minutes at 400 degrees F or 204 degrees C.

Meanwhile, take a bowl and combine all remaining listed ingredients.

Put this mixture over lamb ribs once 10 minutes of cooking pass.

Once the cooking is complete, take out and serve short ribs with mixed vegetables and sauce.

Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 833

% Daily Value*

Total Fat 35.2g 45%

Saturated Fat 8.9g 45%

Cholesterol 206mg 69%

Sodium 240mg 10%

Total Carbohydrate 53.7g 20%

Dietary Fiber 10.2g 36%

Total Sugars 27g

Protein 68.7g

Lamb Meatballs in Pasta Sauce

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

1 green onion, minced
3 teaspoons of garlic cloves, minced
2 eggs, cooked
1/3 cup saltine cracker crumbs
Salt and black pepper, to taste
1.5-pound lamb meat, ground boneless
Oil spray, for greasing
a hand full of parsley
1 cup Parmesan cheese
1.5 cups cooked pasta
1 cup pasta sauce

Directions

Combine the minced garlic, green onions, salt, cooked egg, cracker crumbs, black pepper, minced meat in a bowl, mix and make round meatballs.

Coat the meatballs with oil spray.

Place the meatballs in the air fryer basket greased with oil spray.

Set the timer to 20 minutes at 400 degrees F or 204 degrees C.

Remember to shake the basket a few times.

Next, in a skillet, cook pasta sauce and simmer it down.

Add the cooked meatballs to the pasta sauce and top it with parsley.

Dump the pasta and sprinkle Parmesan cheese, serve hot.

Nutrition Facts

Servings: 4

Amount per serving

Calories 999

% Daily Value*

Total Fat 33.9g 43%

Saturated Fat 12.4g 62%

Cholesterol 292mg 97%

Sodium 1520mg 66%

Total Carbohydrate 133.5g 49%

Dietary Fiber 2.3g 8%

Total Sugars 1.8g

Protein 51.7g

Lamb Burger

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

Meat Ingredients

1.5 pounds of ground beef
Salt and pepper, to taste
¼ teaspoon of red chili powder
¼ teaspoon of coriander powder
4 tablespoons of chopped onion
2 green chilies, chopped
Oil spray for greasing

Toppings

2-4 buns, toasted
6-8 slices of cheddar cheese
6 slices of tomato
A hand full of Iceberg lettuce, torn pieces
1 cup ketchup, as needed
1 cup mayonnaise, as needed

Directions

Combine all meat ingredients in a bowl, and make burger patties with wet hands.
Spray the patties with oil.
Put the patties into an oil greased basket of the air fryer.
Cook for 16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once it is cooked, top it with cheese slices and add it to the air fryer to cook for 4 minutes.
Then serve it over a toasted bun with all the listed toppings enjoy a delicious lamb burger.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1685

% Daily Value*

Total Fat 91g 117%

Saturated Fat 32.1g 160%

Cholesterol 423mg 141%

Sodium 3130mg 136%

Total Carbohydrate 84.4g 31%

Dietary Fiber 2.4g 8%

Total Sugars 40g

Protein 132g

Vegetable Lamb Roll-Ups

Prep: 25Minutes | Cook Time: 8-16Minutes | Makes: 2 Servings

Ingredients

10 egg rolls
1.5 pounds smoked lamb meat, shredded
1 cup purple cabbage, thinly sliced
6 tablespoons of Spicy mustard, as needed
Oil spray, for greasing

Directions

Put and spread out the egg rolls on a flat surface.
Distribute an equal amount of smoked lamb meat and cabbage amongst rolls.
Roll the egg rolls and seal the edges.
Mist the rolls with oil spray.
Cook rolls in the air fryer, according to capacity, at 400 degrees F or 204 degrees C, for 6-8 minutes, flipping halfway through.
Once cooked, serve with spicy mustard.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1187

% Daily Value*

Total Fat 41.9g 54%

Saturated Fat 14g 70%

Cholesterol 270mg 90%

Sodium 2913mg 127%

Total Carbohydrate 123.4g 45%

Dietary Fiber 13.8g 49%

Total Sugars 18.2g

Protein 69.8g

Lamb Kabobs

Prep: 20 Minutes | Cook Time: 16 Minutes| Makes: 5 Servings

Ingredients

2 limes, zest, and juice
1/4 cup olive oil
A handful of fresh mint, chopped
4 large cloves garlic, minced
10 lamb loin chops, trimmed and boneless
Salt and black pepper, to taste

Directions

Take a large bowl and combine lime zest, olive oil, mint, garlic cloves, salt, and black pepper. Marinate the lamb chops in it for 2 hours.
Add the chops to the air fryer and cook for 16 minutes at 400 degrees F or 204 degrees C, flipping halfway through.
Once tender, take out and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 3257

% Daily Value*

Total Fat 145.1g 186%

Saturated Fat 46.4g 232%

Cholesterol 1472mg 491%

Sodium 1243mg 54%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 459.1g

CHAPTER NO 7 : 100 SEAFOOD RECIPES

Shrimp Omelet With Mushroom In Air Fryer

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 eggs
1 small onion
1 tablespoon butter
1/4 cup almond milk
1/4 cup grated cheese
2 chopped shrimps
2 chopped mushrooms
Salt, to taste
Pepper to taste

Directions

Add eggs, butter, and almond milk into the bowl and mix it thoroughly.
Add the grated cheese to the mixture.
Now add salt, pepper, and onion to the bowl and the other ingredients.
Preheat the air fryer to 350 degrees Fahrenheit.
Pour the combined mixture into ramekins.
Set the air fryer for 12 minutes at 400 degrees Fahrenheit.
Tasty Shrimp Omelet with mushroom is now ready to eat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 284

% Daily Value*

Total Fat 22.4g 29%

Saturated Fat 14.4g 72%

Cholesterol 240mg 80%

Sodium 328mg 14%

Total Carbohydrate 6.4g 2%

Dietary Fiber 1.6g 6%

Total Sugars 3.2g

Protein 15.8g

Shrimp, Mushroom, And Broccoli

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 1 Serving

Ingredients

1 pound of shrimp
3 chopped garlic cloves
1/2 cup broccoli
1 tablespoon soy sauce
1 teaspoon stevia
Oil for greasing
1 tablespoon lemon juice
1/4 pound of shitake mushroom

Directions

Preheat the air fryer for 5 minutes at 350 degrees Fahrenheit.
Add garlic cloves, soy sauce, and stevia to the mixing bowl.
Now add the shrimps to the bowl and mix it well.
Add the veggies and lemon juice to the shrimp.
Spray the air fryer basket with cooking oil and then add shrimps to it.
Cook for the shrimp for 8 minutes.
Once it is cooked, delicious shrimp is ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 641

% Daily Value*

Total Fat 8.3g 11%

Saturated Fat 2.5g 13%

Cholesterol 955mg 318%

Sodium 2300mg 100%

Total Carbohydrate 30.1g 11%

Dietary Fiber 3.9g 14%

Total Sugars 5.5g

Protein 108g

Shrimp And Cauliflower

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

1 pound of shrimp
3 chopped garlic cloves
1/2 cup cauliflower

1 tablespoon oyster sauce
1 teaspoon brown sugar
Oil for greasing
1 tablespoon lemon juice

Directions

Preheat the air fryer for 5 minutes at 350 degrees Fahrenheit.
Add garlic cloves, oyster sauce, and sugar to the mixing bowl.
Now add the shrimps to the bowl and mix it well.
Add the cauliflower and lemon juice to the shrimp.
Spray the air fryer basket with cooking oil and then add shrimps to it.
Cook for the shrimp for 8 minutes.
Once it is cooked, delicious shrimp is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 321

% Daily Value*

Total Fat 4.1g 5%

Saturated Fat 1.3g 6%

Cholesterol 478mg 159%

Sodium 1150mg 50%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 2.8g

Protein 54g

Salmon Cake

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 1 Serving

Ingredients

5 ounces of pink salmon
1 medium-size egg
1/4 cup Panko breadcrumbs
1 tablespoon fresh dill, chopped
1 tablespoon mayonnaise
1 teaspoon Dijon mustard
2 sliced lemon wedges
Salt and black pepper, to taste
Cooking spray, for greasing

Directions

Preheat the air fryer to 390°F and cook for 12 minutes.
First, clean the salmon by removing the bones and skin and place it in a mixing bowl.
Then whisk the egg, salmon, dill, mustard, pepper, and mayonnaise together in a mixing bowl.
Using the hands, make small patties.
Coat the patties with an oil spray.
Take the Panko bread crumbs and coat both sides of the patties with them.
Now place the patties in the air fryer and cook for 6 minutes.
Flip the patties halfway through.
Once it is cooked, the delicious salmon cake is ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 300

% Daily Value*

Total Fat 14.8g	19%
Saturated Fat 2.1g	10%
Cholesterol 66mg	22%
Sodium 298mg	13%
Total Carbohydrate 10.9g	4%
Dietary Fiber 1.5g	5%
Total Sugars 1.7g	
Protein 32.7g	

Coconut Shrimp

Prep: 15 Minutes | Cook Time: 14 Minutes | Makes: 1 Serving

Ingredients

5 cleaned large shrimp

1/2 cup unsweetened coconut, dried
1/2 cup Panko breadcrumbs
1 large egg
1 teaspoon Cornstarch
1/2 cup flour

Directions

Preheat the air fryer for 5 minutes at 320 degrees Fahrenheit.
Thoroughly wash the shrimp and place it on a paper towel to dry.
Prepare the egg by whisking and make it ready for later use.
Mix the coconut flakes and breadcrumbs on a baking sheet.
Combine flour and corn starch in a separate baking pan.
Now take the shrimp one by one and put flour mixture on it.
Then dip the shrimp in eggs.
Finally, dip in coconut mixture.
Now place the shrimp in the air fryer basket.
Set the timer for 14 minutes at 320 degrees F.
Once it is cooked, yummy coconut shrimp is ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 776

% Daily Value*

Total Fat 24.6g 31%

Saturated Fat 15.6g 78%

Cholesterol 418mg 139%

Sodium 348mg 15%

Total Carbohydrate 66.5g 24%

Dietary Fiber 5.5g 20%

Total Sugars 3.1g

Protein 40.6g

Fish Sandwich

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

1 pound white fish fillet
2 Toasted buns
1 Tablespoon mayonnaise
1/4 cup Panko breadcrumbs
1 Tablespoon Cajun Seasoning
Salt, pinch

Ingredients For the lemon mayo

1/4 cup mayo
1 teaspoon lemon zest
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 tablespoon dill relish

Toppings for sandwich

2 Sliced tomato
2 leaves of Lettuce or arugula
few Pickles

Directions

Preheat the air fryer at 450 degrees Fahrenheit.
Make the lemon mayo by mixing all the ingredients and keep it aside.
Mix Cajun seasoning and a pinch of salt and season each fillet.
Then apply mayonnaise to the fillet.
Now dip each fillet in Panko.
Place it in an air fryer tray and cook for 20 minutes.
Once the fish is cooked, add it to the bun and put it on the listed toppings.
The appetizing fish sandwich is now ready to eat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 655

% Daily Value*

Total Fat 29.7g 38%

Saturated Fat 4.6g 23%

Cholesterol 186mg 62%

Sodium 873mg 38%

Total Carbohydrate 32.2g 12%

Dietary Fiber 2.3g 8%

Total Sugars 7.2g

Protein 61g

Fish Cakes

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1/2 cup mashed potatoes
1 Cup White Fish
1 Small Onion
1 teaspoon Butter
2 teaspoons Milk
1 teaspoon lime zest
2 teaspoons Chili powder
1 teaspoon Worcester Sauce
1 teaspoon Coriander powder
1 teaspoon Mixed Spice
1 teaspoon Mixed Herbs
Breadcrumbs from whole-meal bread
Salt & Pepper to taste

Directions

Place the fish in a pan and add milk to it
Now drain the fish and place it in the mixing bowl
Mix the mashed potatoes with the above-listed spices in the bowl.
The mixture should not form any lumps.
Then add the butter and the remaining ingredients to the bowl.
Keep the bowl in the refrigerator for 3 hours so that the fish gets coated well.
Now cook the fish in the air fryer for 15 minutes at 200 degrees Fahrenheit.
Once it is cooked, tasty fish cakes are ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 203

% Daily Value*

Total Fat 5.8g 7%

Saturated Fat 2.3g 12%

Cholesterol 43mg 14%

Sodium 532mg 23%

Total Carbohydrate 15.1g 5%

Dietary Fiber 1.9g 7%

Total Sugars 2g

Protein 22.7g

Tandoori Fish Tikka

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 Fish Mahi-Mahi cut
1/2 rainbow pepper
1 medium-sized onion

For Tandoori Marinating

2 tablespoons light olive oil
2 tablespoons plain yogurt
1 teaspoon crushed ginger
1 teaspoon crushed garlic
1 tablespoon lime juice
1 teaspoon salt
1/4 teaspoon turmeric
1 teaspoon ground coriander
1/2 teaspoon cumin powder
1 teaspoon Garam Masala
1 teaspoon Kashmir red chili powder/paprika
1/2 teaspoon cayenne
1 teaspoon dry fenugreek leaves

Directions

In a mixing bowl, combine all the tandoori marinating.
Marinate the fish in the above mixture in the bowl along with rainbow pepper and onion.
Place the fish, onions, and peppers in the basket.
Set the temperature to 360°F. Set the timer for 8-10 minutes.
Once it is ready, serve and enjoy the tasty Tandoori Fish Tikka.

Nutrition Facts

Servings: 2

Amount per serving

Calories 216

% Daily Value*

Total Fat	17.4g	22%
Saturated Fat	2.9g	14%
Cholesterol	9mg	3%
Sodium	1301mg	57%
Total Carbohydrate	11.8g	4%
Dietary Fiber	2g	7%
Total Sugars	3.5g	
Protein	5.4g	

Air Fried Tilapia

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 tilapia fillets
1 tablespoon olive oil
¼ teaspoon paprika powder
¼ teaspoon black pepper powder
1 egg
¼ cup all-purpose flour
¼ cup breadcrumbs
Salt, as needed

Directions

Clean, drain the fish, and apply olive oil on both sides.
Preheat the air fryer to 350° F for 3-4 minutes.
Now add paprika powder, salt, and black peppercorn powder. Then add the mixture to the fish.
Rub the fish with the all-purpose flour.
Dip the coated fish in the whisked egg mixture.
Finally, coat the fish fillets in bread crumbs and keep it aside.
Place the fish fillet in the air fryer. And spray olive oil on the fish fillets.
Cook the fish fillets in the air fryer for 6 minutes per side.
Once the fish is cooked, hot crispy fish tilapia is now ready.
Serve fish tilapia with ketchup, sauce, or a dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 760

% Daily Value*

Total Fat 16.2g 21%

Saturated Fat 4.6g 23%

Cholesterol 412mg 137%

Sodium 447mg 19%

Total Carbohydrate 21.8g 8%

Dietary Fiber 1g 4%

Total Sugars 1.1g

Protein 132.3g

Fish Pakora

Prep: 15 Minutes | Cook Time: 13 Minutes | Makes: 2 Servings

Ingredients

4 fish fillets

1 teaspoon cumin seeds
½ teaspoon turmeric powder
2 teaspoon red chili powder
1 tablespoon ginger garlic paste
2 teaspoons rice or tapioca flour
2 teaspoons of gram flour
1 tablespoon of lemon juice
2 teaspoons olive oil

Directions

Cut the fish fillet into cubes and wash the fish in the water.
Add red chili powder, turmeric powder, salt, ginger-garlic paste, rice flour, gram flour, lemon juice, cumin seeds, and a teaspoon of olive oil to the fish fillet cubes.
Combine everything and marinate the fish with thickly coated Masala.
Keep the fish in the refrigerator for 30 minutes to an hour.
Preheat the air fryer to 400 degrees Fahrenheit for 5 minutes.
Now take the fish from the refrigerator and cook it for 8 minutes.
Delicious fish Pakora is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 500

% Daily Value*

Total Fat 28g 36%

Saturated Fat 6g 30%

Cholesterol 62mg 21%

Sodium 999mg 43%

Total Carbohydrate 37.5g 14%

Dietary Fiber 2.3g 8%

Total Sugars 0.6g

Protein 28g

Fish Fry

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

Oil for greasing

1 pound fish, fillets

For Marinate

1 onion or shallot

2 tablespoons of red chili powder
1/2 teaspoon turmeric powder
Required salt
Few tablespoons of water

Directions

Add the above ingredients under marination in a bowl and mix it well.
Clean the fish and coat it with a marination mixture.
Apply oil on both sides of the fish and place it in the air fryer.
Cook the fish for 15 minutes at 380 degrees in the air fryer.
Yummy fish fry is ready to eat now.

Nutrition Facts

Servings: 2

Amount per serving

Calories 574

% Daily Value*

Total Fat 29.2g 37%

Saturated Fat 6.6g 33%

Cholesterol 77mg 26%

Sodium 1285mg 56%

Total Carbohydrate 48.1g 17%

Dietary Fiber 5g 18%

Total Sugars 2.9g

Protein 34.8g

Shrimp Lettuce Wrap

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound of shrimp
1/4 cup olive oil
1/4 cup red wine vinegar
2 finely chopped garlic cloves
1 tablespoon Italian seasoning
1 tablespoon lemon juice
1 tablespoon soy sauce
1 teaspoon Dijon mustard
1 tablespoon Worcestershire sauce
2 lettuce leaves
Salt, to taste
pepper, to taste

Directions

In a mixing bowl, add red wine vinegar, chopped garlic cloves, olive oil, salt, pepper, Lemon juice, Italian seasoning, and soy sauce.

Then add Worcestershire sauce and mustard to the above mixture.

Now add the shrimps to the bowl in the prepared marination and refrigerator for 2 hours

After 2 hours, take the shrimps out and place them in the air fryer basket.

Air fries the shrimps at 400 degrees for 10 minutes.

Once the shrimps are cooked, serve it with lettuce wraps.

Nutrition Facts

Servings: 2

Amount per serving

Calories 534

% Daily Value*

Total Fat 31.3g 40%

Saturated Fat 5.2g 26%

Cholesterol 483mg 161%

Sodium 1199mg 52%

Total Carbohydrate 8.1g 3%

Dietary Fiber 0.3g 1%

Total Sugars 2.6g

Protein 52.6g

Salmon With Asparagus

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

½ cup of green asparagus

2 Salmon fillets

Salt and black pepper to taste

2 tablespoons of coconut amino

½ teaspoon of lemon zest

Oil for greasing

Directions

Clean and trim the asparagus well and pat dry with a paper towel.

Spray some oil on asparagus.

In a mixing bowl, add coconut amino, lemon zest, salt, and black pepper.

Apply oil on the fish fillets.

Keep Fish fillets and asparagus in the basket.

Place the fish in the air fryer for 15 minutes at 400 degrees Fahrenheit.

After 5 minutes, remove asparagus from the air fryer basket.

Once the fish is completely cooked, tasty air-fried salmon is ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 485

% Daily Value*

Total Fat 22.1g 28%

Saturated Fat 3.2g 16%

Cholesterol 157mg 52%

Sodium 158mg 7%

Total Carbohydrate 2.9g 1%

Dietary Fiber 1.5g 5%

Total Sugars 1.3g

Protein 70.6g

Tilapia With Green Beans

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

2 tilapia fillets

1 teaspoon olive oil

1 teaspoon of smoked paprika

Salt, to taste

Black pepper to taste

1/2 cup broccoli

1 tablespoon lemon juice

1/2 cup green beans

Oil for greasing

Directions

Add a few drops of oil to the broccoli and green beans.

Now season them with salt and black pepper.

Sprinkle the olive oil, smoked paprika, salt, and lemon juice into the fillet.

Place the salmon fillets and vegetables in the air fryer basket.

Cook at 400 degrees Fahrenheit and set it to AIRFRY mode for 12 minutes.

Once the fish is cooked, serve the fish with greens.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1199

% Daily Value*

Total Fat 17.5g 22%

Saturated Fat 6.3g 31%

Cholesterol 660mg 220%

Sodium 657mg 29%

Total Carbohydrate 8.5g 3%

Dietary Fiber 3.9g 14%

Total Sugars 2.1g

Protein 254.9g

Sundried Tomato Salmon

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

4 ounces raw salmon

¼ cup fresh parsley, chopped

1 tablespoon Sun-Dried Tomato Dressing

Oil for greasing

Required salt

Black pepper to taste

2 Cherry tomatoes

1/2 cup broccoli

Directions

Preheat the air fryer to 350°Fahrenheit.

Prepare a bowl with parsley, dressing, salt, and pepper.

Spray the fish with oil spray and add the above mixture to the fish.

Place the salmon fillets with the veggies in the air fryer basket.

Set it to AIRFRY mode for 12 minutes at 400 degrees Fahrenheit.

Serve the yummy fish once it is cooked.

Nutrition Facts

Servings: 1

Amount per serving

Calories 215

% Daily Value*

Total Fat 7.8g 10%

Saturated Fat 1.1g 5%

Cholesterol 50mg 17%

Sodium 85mg 4%

Total Carbohydrate 13.6g 5%

Dietary Fiber 4.7g 17%

Total Sugars 7.4g

Protein 25.9g

Salmon With Dill Dressing

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

2 Salmon fillets
2 teaspoons fresh dill
Salt , to taste
Black pepper to taste

For Dill Sauce,

1/4 cup low fat plain Greek yogurt
2 teaspoons Dijon mustard
2 teaspoons lemon juice
2 tablespoons chopped fresh dill

Directions

Take a mixing bowl to add all the ingredients for dill sauce and mix it well.
Place the salmon fillet on a foil sheet.
Now season the fish with dill, salt, and pepper.
Seal the Salmon fillet by wrapping the foil.
Cook the fish for 18 minutes in an air fryer basket at 350 degrees Fahrenheit.
Air fried Salmon is now ready to eat.
Serve the fish with Dill sauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 261

% Daily Value*

Total Fat 11.8g 15%

Saturated Fat 2g 10%

Cholesterol 80mg 27%

Sodium 224mg 10%

Total Carbohydrate 2g 1%

Dietary Fiber 0.3g 1%

Total Sugars 1.2g

Protein 37.5g

Lemon Tilapia Parmesan

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1 pound of tilapia/codfish fillet
1 tablespoon olive oil
2 chopped garlic cloves
Salt, to taste
Freshly ground black pepper
1 cayenne pepper dashes
1 tablespoon lemon juice
¼ Cup shredded parmesan cheese

Ingredients

Clean the fish fillet and pat dry it using a paper towel
Then season the fillet with cayenne pepper, lemon juice, chopped garlic, olive oil, salt, and black pepper.
Spray oil in the air fryer basket and place the fish in it.
Cook the fish for 15 minutes at 350°F.
Serve the fillet by sprinkling cheese on top and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 204

% Daily Value*

Total Fat 16.1g 21%

Saturated Fat 7.1g 35%

Cholesterol 30mg 10%

Sodium 570mg 25%

Total Carbohydrate 12.2g 4%

Dietary Fiber 0.6g 2%

Total Sugars 0.7g

Protein 13.8g

Lean And Green Salmon

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 1 Serving

Ingredients

1 pound of salmon fillet
1/4 cup ricotta cheese
1 green onion
2 chopped garlic cloves
¼ teaspoon of Red pepper
2 chopped cherry tomatoes

4 ounces of baby spinach
Salt and black pepper
oil, as needed

Directions

Leave a few drops of oil in a skillet and wait till the oil gets heated.
Add the onion, garlic cloves, tomatoes, red pepper, and baby spinach to the skillet.
Cook for another 2 minutes and add cheese.
Then Switch off the flame.
Season the fish is seasoned with oil, salt, and black pepper.
Place the fillet on top of the cheese mixture.
Put the fillet in the air fryer basket.
Cook at 390 degrees Fahrenheit for 16-18 minutes.
Once the fish is cooked, flavorful salmon is ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 779

% Daily Value*

Total Fat 34g 44%

Saturated Fat 7.2g 36%

Cholesterol 219mg 73%

Sodium 383mg 17%

Total Carbohydrate 22.3g 8%

Dietary Fiber 6.4g 23%

Total Sugars 9.1g

Protein 101.4g

Egg, Shrimp, And Avocado

Prep: 10 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 avocado
Garlic salt to taste
Cooking oil for greasing
1 egg
¼ teaspoon of Paprika powder
6 ounces of chopped large shrimp

Directions

Preheat the air fryer for 5 minutes at 350 degrees F.
Cut the avocado in half and pit.
Scoop out part of the avocado pulp.
Add eggs, garlic salt, paprika powder, chopped shrimp, and avocado pulp to the mixing bowl.
Now fill the avocado cavity with the combined mixture.
Keep the avocados and bacon strips in the air fryer basket.
Cook for 10 minutes at 400 degrees Fahrenheit.
Once it is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 507

% Daily Value*

Total Fat 21.8g 28%

Saturated Fat 4.8g 24%

Cholesterol 562mg 187%

Sodium 457mg 20%

Total Carbohydrate 15g 5%

Dietary Fiber 6.8g 24%

Total Sugars 0.7g

Protein 67.7g

Fish Nuggets

Prep: 12 Minutes | Cook Time: 8-10 Minutes | Makes: 2 Servings

Ingredients

1/4 cup honey
1 cup croutons
1 large egg

¼ teaspoon chipotle pepper
Sea salt
1 pound of salmon fillet
Cooking oil for greasing

Directions

Take a saucepan, put honey and chipotle pepper, and keep it in simmer for 10 minutes.
Combine honey and chipotle pepper in a saucepan and simmer for 10 minutes.
Pulse croutons in a mini food processor.
Whisk the egg in the mixing bowl.
Preheat the air fryer to 390 degrees Fahrenheit for a few minutes.
Now season salmon with salt.
Dip salmon into the egg mixture and then in crouton.
Spray oil in the air fryer basket.
And cook in the air fryer for 8 minutes.
Once done, serve tasty fish nuggets with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 586

% Daily Value*

Total Fat 24.3g 31%

Saturated Fat 4g 20%

Cholesterol 193mg 64%

Sodium 241mg 10%

Total Carbohydrate 46.2g 17%

Dietary Fiber 0.9g 3%

Total Sugars 35g

Protein 49.1g

Fish Sticks

Prep: 10 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound cod fillet
1/4 cup flour
1 organic egg
1 tablespoon dried parsley
Black pepper, to taste
Cooking oil for greasing
1/2 cup Panko bread crumbs
¼ cup grated Parmesan cheese
2 teaspoons paprika

Directions

Preheat the air fryer at 450 degrees Fahrenheit for 5 minutes.
Add flour into a mixing bowl.
Whisk the egg in a separate bowl.
Add the left ingredients to a mixing bowl.
Now coat the fish with flour.
Then dip the fish in the egg mixture and the Panko mixture.
Cook the fish for 5 minutes.
Flip and cook the fish for another 5 minutes.
Repeat with the same process for the remaining fish.
The crispy fish stick is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 517

% Daily Value*

Total Fat 20.4g 26%

Saturated Fat 8.2g 41%

Cholesterol 127mg 42%

Sodium 1061mg 46%

Total Carbohydrate 53.4g 19%

Dietary Fiber 3.5g 13%

Total Sugars 2.1g

Protein 31.9g

Mahi Mahi With Brown Butter

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

4 Mahi Mahi fillets
Salt , to taste
Required black pepper
Cooking spray
1/4 cup butter

Directions

Add salt and pepper in a bowl and mix it with fish
Use cooking spray on fish and place the fish in the air fryer basket.
Cook the fish for 10 minutes.
Add butter to the pan and cook for 5 minutes.
Then pour the cooked butter over the fish.
The tasty fish fillet is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1808

% Daily Value*

Total Fat 39.9g 51%

Saturated Fat 20g 100%

Cholesterol 1609mg 536%

Sodium 2545mg 111%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 340.4g

Air Fryer Spicy Scallops

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

1 pound scallops
1 teaspoon smoked paprika
1 teaspoon avocado oil
1 teaspoon garlic powder
Black pepper to taste
1/8 Teaspoon cayenne pepper

Directions

Preheat the air fryer to 400 degrees Fahrenheit for a few minutes.

Add all the spices to the mixing bowl and rub scallops with it.
Make sure scallops are coated well with spices.
Place the scallops in the air fryer basket and Cook for 8 minutes.
Once the scallops are cooked well, serve it hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 210

% Daily Value*

Total Fat 2.2g 3%

Saturated Fat 0.3g 1%

Cholesterol 75mg 25%

Sodium 366mg 16%

Total Carbohydrate 7.1g 3%

Dietary Fiber 0.6g 2%

Total Sugars 0.5g

Protein 38.5g

Air Fryer Classic French Mussels

Prep: 15 Minutes | Cook Time:12 Minutes | Makes: 2 Servings

Ingredients

1 pound mussels
2 tablespoons chopped garlic
2 tablespoons melted butter
1 tablespoon dry white wine
1 tablespoon heavy cream

Directions

Preheat the air fryer to 420 degrees Fahrenheit.
Add the mussels, garlic, butter, white wine to a bowl and mix it well.
Whisk the heavy cream and add it to the mixture.
Place the mussels in the air fryer and bake for 5-7 minutes.
Shake the mussels and cook for 5 more minutes.
Once the mussels are cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 341

% Daily Value*

Total Fat 19.4g 25%

Saturated Fat 10g 50%

Cholesterol 104mg 35%

Sodium 735mg 32%

Total Carbohydrate 11.6g 4%

Dietary Fiber 0.2g 1%

Total Sugars 0.2g

Protein 27.8g

Cheesy Baked Mussels

Prep: 15 Minutes | Cook Time:12 Minutes | Makes: 1 Serving

Ingredients

1 pounds mussels
1/4 cup butter
1 tablespoon lemon juice
1 teaspoon chopped garlic
1 teaspoon dried parsley
1/5 cup grated cheddar cheese

Directions

Preheat the Air Fryer to 300 degrees Fahrenheit.
Remove the shell from mussels, clean and steam it.
Add the butter, lemon juice, garlic, and parsley to the bowl and mix well.
Place some butter-garlic mixture and cheddar cheese on the mussel.
Keep in the Air Fryer basket and cook for 12-15 minutes.
Once cooked, serve the mussels with lemon wedges and spicy sauce.

Nutrition Facts

Servings: 1

Amount per serving

Calories 896

% Daily Value*

Total Fat 63.8g 82%

Saturated Fat 36g 180%

Cholesterol 273mg 91%

Sodium 1769mg 77%

Total Carbohydrate 18.4g 7%

Dietary Fiber 0.2g 1%

Total Sugars 0.5g

Protein 60.4g

Air Fryer Mussels with Cream Sauce

Prep: 15 Minutes | Cook Time:6 Minutes | Makes: 1 Serving

Ingredients

1pound fresh mussels
1 tablespoon salted butter
1 tablespoon chopped garlic
1 tablespoon chopped shallot
1/4 cup dry white wine
1 tablespoon heavy cream
Few saffron threads
2 slices of warm crusty bread, side serving

Directions

In the air fryer, set the temperature to 350 Fahrenheit.

Add butter to the pan.

When the butter is melted, add garlic and shallots to the pan.

Cook for 3 minutes. Then add the mussels, white wine, cream, and saffron

Cook the mussels for 4-6 minutes at 370 Fahrenheit.

Once it is cooked, serve mussels with the sauce and warm crusty bread.

Nutrition Facts

Servings: 1

Amount per serving

Calories 984

% Daily Value*

Total Fat 46.5g 60%

Saturated Fat 17.5g 88%

Cholesterol 189mg 63%

Sodium 1790mg 78%

Total Carbohydrate 64.8g 24%

Dietary Fiber 0.2g 1%

Total Sugars 0.6g

Protein 63.5g

Mussels with Herbs

Prep: 15 Minutes | Cook Time:10 Minutes | Makes: 1 Serving

Ingredients

1 pound mussels
2 tablespoons lemon juice
2 garlic cloves
2 teaspoons dried parsley
1/4 cup oil
Salt, to taste
Required black pepper
1/2 tablespoon parsley
1/2 tablespoon thyme

Directions

Preheat the Air Fryer to 350 degrees Fahrenheit.
Combine all the ingredients in a bowl.
Place the mixture in the air Fryer basket and cook for 10 minutes.
Once the mussels are cooked, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 893

% Daily Value*

Total Fat 65.1g 83%

Saturated Fat 9.3g 46%

Cholesterol 127mg 42%

Sodium 1463mg 64%

Total Carbohydrate 20.5g 7%

Dietary Fiber 0.9g 3%

Total Sugars 0.8g

Protein 54.9g

Mussels Dynamite

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 1 Serving

Ingredients

6 green mussels
1 tablespoon tobiko

For the Sauce:

1/4 teaspoon salt
1 teaspoon Sriracha
1/2 teaspoon brown sugar
3 tablespoons Kewpie mayonnaise

2 tablespoons Parmesan cheese
1 teaspoon lime juice

Directions

Take a mixing bowl and add all the sauce ingredients and mix well.
Add the sauce mixture on top of the mussel.
Then wrap the mussels in aluminum foil and place them in the air fryer.
Cook for 8 minutes at 350°Fahrenheit.
Once it is cooked, take the mussels out of aluminum foil and serve with tobiko on top.
Delicious mussel is ready to eat.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1246

% Daily Value*

Total Fat	32.4g	41%
Saturated Fat	13.2g	66%
Cholesterol	307mg	102%
Sodium	6436mg	280%
Total Carbohydrate	51.1g	19%
Dietary Fiber	0g	0%
Total Sugars	0g	
Protein	193.8g	

Air Fryer Mussels

Prep: 15 Minutes | Cook Time: 4 Minutes | Makes: 1 Serving
Ingredients

1 pound mussels
1 tablespoon butter
1 teaspoon chives
1 teaspoon basil
salt
1/2 cup water
1 teaspoon chopped garlic
2 teaspoons parsley

Directions

Preheat the air fryer to 390 degrees Fahrenheit.
Clean the mussels thoroughly.
Put all the above-listed ingredients in the air fryer.
Cook it for 4 minutes until the mussels are opened.

Once all of the mussels are cooked, serve and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 497

% Daily Value*

Total Fat 21.7g 28%

Saturated Fat 9.2g 46%

Cholesterol 158mg 53%

Sodium 1385mg 60%

Total Carbohydrate 17.9g 7%

Dietary Fiber 0.2g 1%

Total Sugars 0.1g

Protein 54.4g

Crispy Crab Claws

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

6 Crab claws

1 whole egg

1/4 cup all-purpose flour

1/4 cup breadcrumbs

1/4 cup Dim Sum shrimp paste

Cooking oil spray

Chili-garlic sauce, as needed

Directions

Clean and cook the crab claws.

And remove excess moisture by using a paper towel.

In a bowl, mix the flour and Panko.

Whisk the egg in the bowl.

And add the dim shrimp paste in a small bowl.

Now apply the dim shrimp paste to the crab claws.

Completely seal the crab claw with the paste.

Rub the crab claws in flour one by one.

Then dip in the whisked egg.

Finally, roll in breadcrumbs.

Repeat the same procedure for the remaining crab claws.

Preheat the air fryer to 400 degrees Fahrenheit.

Place the coated crab claws in the air fryer basket.
And coat it with a few drops of oil.
Cook for claws for 15 minutes until it changes to a golden brown.
Once it is cooked, toss the crab claws with the chili-garlic sauce.
Appetizing crab claws are ready to eat now.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1104

% Daily Value*

Total Fat 11.3g 15%

Saturated Fat 0.9g 5%

Cholesterol 1042mg 347%

Sodium 2210mg 96%

Total Carbohydrate 21.8g 8%

Dietary Fiber 1g 4%

Total Sugars 1.1g

Protein 230.2g

Air Fryer Catfish

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

1 pound catfish fillets
1/2 cup of cornmeal
2 teaspoons Cajun seasoning
Cooking oil for greasing

Directions

Clean and cut the catfish into pieces.
Pat the catfish dry with a paper towel.
Combine the spice and cornmeal in a sealed bag.
Now add the catfish pieces and shake to ensure the fish is properly coated with spice.
Spray oil on the bottom of the air fryer.
Place the catfish chunks in the air fryer.
Cook for 8 minutes at 400 degrees Fahrenheit.
Flip it and cook for another 8-10 minutes.
Tasty catfish is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 417

% Daily Value*

Total Fat 18.3g 23%

Saturated Fat 3.3g 17%

Cholesterol 107mg 36%

Sodium 181mg 8%

Total Carbohydrate 23.5g 9%

Dietary Fiber 2.2g 8%

Total Sugars 0.2g

Protein 37.8g

Air Fryer Crab Cake Fritters

Prep: 15 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

12 ounces crab meat
2 tablespoons breadcrumbs
2 Eggs
Salt, to taste
Pepper to taste

Directions

Coat the basket of the air fryer with nonstick spray.
Take a mixing bowl and add all the ingredients and mix it well.
Make balls out of the mixture using the hands.
Place the crab cake balls in the air fryer.
Cook the crab meat for 14 minutes at 350 degrees.
Delicious crab is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 242

% Daily Value*

Total Fat 7.8g 10%

Saturated Fat 1.4g 7%

Cholesterol 255mg 85%

Sodium 1252mg 54%

Total Carbohydrate 8.3g 3%

Dietary Fiber 0.3g 1%

Total Sugars 0.8g

Protein 27.7g

Easy Sushi Bake

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving
Ingredients

1 cup cooked sushi rice
¼ cup furikake seasoning
2 ounces cream cheese
¼ cup basic mayo
2 tablespoons Sriracha
¼ teaspoon sugar
¼ teaspoon kosher salt
1 finely chopped green onion
1 cup chopped imitation crab meat

1 cup lump crab meat

sides

Julienned cucumbers

Sliced avocado

Directions

Layer the rice in the baking dish.

Set aside the rice with furikake spice on top.

Put the cream cheese, mayonnaise, Sriracha, sugar, and kosher salt in a large mixing bowl.

Mix until everything is well combined.

Add the sliced green onions.

Massage the lump crab meat and imitation crab meat into the bowl.

Put gently into the cream cheese mixture until all the ingredients are covered.

Make sure the crab mixture is evenly distributed on top of the rice.

Place the dish in an air fryer and cook for 15 minutes at 375°Fahrenheit.

Once the sushi bake is cooked, take it out from the air fryer.

Drizzle with sauce and massage in green onion pieces.

Tasty crab meat is ready to serve with cucumber and avocado slices.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1829

% Daily Value*

Total Fat 65.1g 83%

Saturated Fat 21.9g 110%

Cholesterol 182mg 61%

Sodium 5447mg 237%

Total Carbohydrate 251.8g 92%

Dietary Fiber 18.8g 67%

Total Sugars 34.6g

Protein 64.9g

Crab And Mushrooms In Air Fryer

Prep: 12 Minutes | Cook Time:9 Minutes | Makes: 2 Servings

Ingredients

4 ounces mushrooms

For Stuffing

4 ounces chopped crab meat

1 finely chopped green onions

1/8 cup mayo

1/4 cup Parmesan cheese

1 teaspoon parsley

¼ teaspoon paprika

Required salt

Pepper to taste

Directions

Preheat the air fryer to 380 degrees Fahrenheit.

Clean the mushrooms under running water.

Remove the stems and inner gills of the mushroom.

Cover the air fryer with aluminum foil.

Mix the filling ingredients in a medium mixing bowl.

Stuff the mushroom with crab filling.

Place the mushrooms in the air fryer in a single layer.

Cook in a few batches so that the mushroom is not overlapped in the air fryer.

Cook for 9 minutes until the stuffing changes to brown color.

Nutrition Facts

Servings: 2

Amount per serving

Calories 214

% Daily Value*

Total Fat 12.1g 16%

Saturated Fat 4.7g 24%

Cholesterol 54mg 18%

Sodium 724mg 31%

Total Carbohydrate 8.1g 3%

Dietary Fiber 0.9g 3%

Total Sugars 2.1g

Protein 18.2g

Air Fryer Dungeness Crab Legs

Prep: 15 Minutes | Cook Time:12 Minutes | Makes: 1 Serving

Ingredients

1 pound crab legs
1 teaspoon Cajun seasoning
1/4 cup melted butter

Directions

Preheat the air fryer to 345°F and cook for 5 minutes.
Season the crab with Cajun seasonings.
Place the crab legs in the air fryer and cook for 12 minutes.
Once the crab is cooked, delicious crab legs are ready to serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 487

% Daily Value*

Total Fat 46.5g 60%

Saturated Fat 29.2g 146%

Cholesterol 122mg 41%

Sodium 1317mg 57%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 0.5g

Air Fried Fish Singing As Miso

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 fillets tilapia fish
20 grams Knorr Singing as Sample Recipe mix
¼ cup Miso
1 bunch mustard leaves
4 pieces okra
1 piece wedged yellow onion
2 ounces of sliced daikon radish
1 wedged tomato
2 green chili

4-6 cups water
¼ teaspoon ground black pepper
1 teaspoon cooking oil
1 teaspoon salt
Fish sauce to taste

Directions

Slit the fish on both sides.
Apply salt and oil all over the fish.
Cook the fish in the air fryer for 10 minutes at 350F.
Once the fish is cooked, remove the fish from the air fryer and let it cool down.
Boil the water in the cooking pot.
Add onion, tomato, daikon radish, recipe mix seasoning, and Miso. And continue to cook the added veggies.
Put the fish into the pot. Let it cook for 2 minutes.
Now add the okra and long green peppers into the pot.
Cover and cook on medium heat for 5 minutes.
Cook for 3 minutes by adding the mustard leaves, fish sauce, and crushed black pepper.
Transfer to a serving bowl.
Delicious fish is now ready to eat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 249

% Daily Value*

Total Fat 6.5g 8%

Saturated Fat 1.7g 9%

Cholesterol 85mg 28%

Sodium 2552mg 111%

Total Carbohydrate 13g 5%

Dietary Fiber 3.5g 13%

Total Sugars 2.9g

Protein 37g

Old Bay Crab Leg

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

1 pound crab legs
2 tablespoons olive oil
1 teaspoon old bay
¼ teaspoon garlic powder

Directions

Clean the crab legs thoroughly.
Mix the olive oil, old bay, and garlic powder with the crab legs in a large bowl.
Season crab legs by adding oil.
Now place the legs in foil paper and wrap tightly.
Keep it in an air fryer basket and cook for 5 minutes at 380 degrees Fahrenheit.
Remove the crab from the air fryer.
Serve the hot crab legs and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 335

% Daily Value*

Total Fat 18g 23%

Saturated Fat 2g 10%

Cholesterol 120mg 40%

Sodium 2748mg 119%

Total Carbohydrate 0.3g 0%

Dietary Fiber 0g 0%

Total Sugars 0.1g

Protein 42.8g

Lobster Tails

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

4 lobster tails
4 tablespoons melted unsalted butter
2 tablespoons chopped garlic
Required salt

2 teaspoons chopped chives
2 teaspoons lemon juice

Directions

Take a bowl and add butter, garlic, salt, chives, and lemon juice. Mix it well.
Cut and clean the Butterfly lobster tails by removing the shell.
Place the butter on top of lobster meat and keep it in the air fryer basket.
Cook the lobster for 4 minutes at 380 degrees Fahrenheit.
Add more butter and continue to cook the lobster for 4 minutes.
Once it is completely cooked, yummy lobster is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 477

% Daily Value*

Total Fat 25.5g 33%

Saturated Fat 15.2g 76%

Cholesterol 484mg 161%

Sodium 1575mg 68%

Total Carbohydrate 3g 1%

Dietary Fiber 0.2g 1%

Total Sugars 0.2g

Protein 55.9g

Air Fryer Cod

Prep: 12 minutes | cook time: 10 minutes | makes: 3 servings

Ingredients

2 cod loins
2 tablespoons melted butter
3 chopped garlic cloves
1 tablespoon lemon juice
1 teaspoon dried dill
Required salt

Directions

Preheat the air fryer to 370 degrees Fahrenheit.
In a mixing bowl, add the butter, garlic, lemon juice, dill, and salt.
Place a cod in the bowl and season it thoroughly with the sauce.
Place garlic inside of the fish.

Keep all of the cod loins in one layer in the air fryer.

Cook the fish for 10 minutes.

Spicy fish is ready to serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 134

% Daily Value*

Total Fat 8.4g 11%

Saturated Fat 4.9g 25%

Cholesterol 54mg 18%

Sodium 230mg 10%

Total Carbohydrate 1.3g 0%

Dietary Fiber 0.1g 0%

Total Sugars 0.2g

Protein 13.7g

Air Fryer Crab Rangoon

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

15 square wonton wrappers

4 ounces cream cheese

2 ounces lump crab meat/Imitation crab

2 tablespoons chopped scallions

2 teaspoons soy sauce

A nonstick spray for air fryer

For the dipping sauce

1/8 cup soy sauce

1 tablespoon sesame oil

1 tablespoon rice wine vinegar

Sesame seeds

Red pepper flakes

Directions

Mix all the dipping sauce in a bowl and mix well, set aside for further use.

Take a bowl and add cream cheese, crab, scallion, and soy sauce.

Mix well to ensure that the crab is evenly coated.

Prepare the wontons by placing a 1/2 spoonful of filling in the middle of each square wrapper.

Paint the edges of the wonton with warm water using the finger.
Then squeeze the corners together in the middle to create a dumpling.
By filling a wonton wrapper, make crispy homemade wontons in the air fryer.
Coat the air fryer basket using a nonstick spray.
Place the wontons in the air fryer basket and make sure the wontons touch each other.
Cook the wontons for 6 minutes at 350 degrees Fahrenheit.
Once the wontons change to a golden brown, remove them from the air fryer and let them cool down.
Serve the hot wontons with the dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 473

% Daily Value*

Total Fat 29.5g 38%

Saturated Fat 13.9g 69%

Cholesterol 112mg 37%

Sodium 923mg 40%

Total Carbohydrate 31.2g 11%

Dietary Fiber 1.6g 6%

Total Sugars 0.4g

Protein 20.2g

Air Fryer Crab Cakes

Prep: 15 Minutes | Cook Time:10 Minutes | Makes: 2 Servings

Ingredients

1 Pound crabmeat
1/8 cup Parmesan cheese
2 tablespoons mayonnaise
1 egg
1/4 tablespoon fresh/dried chives
1/4 tablespoon fresh/dried dill
1 teaspoon old bay seasoning
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup crushed pork rinds
Olive oil, to taste

Directions

Preheat the air fryer for 5 minutes at 360 degrees Fahrenheit.
Add crabmeat, Parmesan, mayonnaise, eggs, chives, parsley, old bay seasoning, salt, and pepper in a mixing bowl.
Make equal-sized thick patties.
Spray the crab cakes with olive oil spray and place them in the air fryer.
Cook the crab in the air fryer for 5 minutes.
Flip the crab cakes and sprinkle with olive oil spray.
And cook for another 5 minutes until the crab changes to a golden brown.
Delicious crab cakes are ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 384

% Daily Value*

Total Fat 13.3g 17%

Saturated Fat 3.9g 19%

Cholesterol 150mg 50%

Sodium 2620mg 114%

Total Carbohydrate 37.8g 14%

Dietary Fiber 1.2g 4%

Total Sugars 15.3g

Protein 28g

Delicious Air Fryer Crab Cakes

Prep: 15 Minutes | Cook Time:5-10 Minutes | Makes: 2 Servings

Ingredients

2 eggs
3 teaspoons Worcestershire
4 tablespoons Mayonnaise
3-4 teaspoons Dijon Mustard
2 tablespoons of Lemon Juice
Dash of Sea Salt
2 teaspoon Smoked Paprika
1 tablespoon of Franks Hot Sauce
2 sticks of chopped celery
1 pound Crab Meat
1/2 C Panko Bread Crumbs
2-3 tablespoons of Olive Oil or Canola Oil

Directions

Preheat the air fryer to 390 degrees Fahrenheit.
Take a mixing bowl and add egg, Worcestershire, mayonnaise, spicy sauce, mustard, lemon juice, sea salt, smoked paprika, and celery and mix it well.
Fold in lump crab meat and Panko after everything is evenly combined.
Make 6 portions out of the mixture by using a spoon.
Take each piece and gently form crab cakes using the hands.
If you push too hard, the lump crab will fall apart.
Apply oil on the air fryer basket.
Place the crab cakes in the air fryer and ensure they are not overlapping.
Brush oil over the top of each cake.
Cook the crab cakes in the Air Fryer for 5 minutes.
Once the crab cakes are cooked, repeat the same process.
Delicious crab cakes are ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 633

% Daily Value*

Total Fat 34.4g 44%

Saturated Fat 4.3g 22%

Cholesterol 293mg 98%

Sodium 2174mg 95%

Total Carbohydrate 34.3g 12%

Dietary Fiber 2.3g 8%

Total Sugars 6g

Protein 38.5g

Air-Fryer Wasabi Crabs Cakes

Prep: 15 Minutes | Cook Time:12 Minutes | Makes: 2 Servings

Ingredients

Main

1 finely chopped red pepper
1 finely chopped celery rib
3 finely chopped green onion
2 large egg whites
3 tablespoons mayonnaise
1/4 teaspoon prepared wasabi
1/4 teaspoon salt
3/4 cup dry bread crumbs
1-1/2 cups drained lump crabmeat
Cooking spray

For Sauce

1 chopped celery rib
1/3 cup mayonnaise
1 chopped green onion
1 tablespoon sweet pickle relish
1/2 teaspoon prepared wasabi
1/4 teaspoon celery salt

Directions

Preheat the air fryer to 300 degrees Fahrenheit.
Take a mixing bowl, add all the main ingredients, and mix it well.
Now add the 1/3 cup bread crumbs to the mixture. And stuff the mixture in the crab.
Take the crab mixture and coat it with bread crumbs and make patties.
Now place crab cakes in the air-fryer basket.
Sprinkle the top with cooking spray and cook for 12 minutes.
Once it is half cooked, flip the crab cake and apply the cooking spray.
Put the sauce ingredients in the food processor and pulse it smooth.
Now serve the crab cakes with dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 439

% Daily Value*

Total Fat 17.2g 22%

Saturated Fat 2.7g 13%

Cholesterol 95mg 32%

Sodium 1218mg 53%

Total Carbohydrate 43.6g 16%

Dietary Fiber 2.8g 10%

Total Sugars 8.2g
Protein 27.1g

Air-Fried Crab Sticks

Prep: 15 Minutes | Cook Time:7 Minutes | Makes: 2 Servings

Ingredients

250 grams imitation crab sticks
Cooking spray

Directions

Gently peel and unroll the crab sticks.
Cut the crab sticks into 1 cm wide strips.
Toss peeled crab sticks between two big plates with frying spray and tongs to coat evenly.
Preheat the air fryer for 5 minutes at 320° Fahrenheit.
Place the peeled crab sticks in the air fryer basket.
Set the timer for 7minutes to cook.
Ensure that the crab cake is evenly cooked by gently shaking the crab cakes.
Once all the batches of crab cakes get ready, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 113

% Daily Value*

Total Fat 1.4g 2%

Saturated Fat 0g 0%

Cholesterol 11mg 4%

Sodium 22mg 1%

Total Carbohydrate 16.5g 6%

Dietary Fiber 0g 0%

Total Sugars 7.8g

Protein 7.8g

Air Fryer Frozen Crab Cakes

Prep: 15 Minutes | Cook Time:8 Minutes | Makes: 4 Servings

Ingredients

4 Crab Cakes frozen

Directions

Preheat the air fryer to 375 degrees Fahrenheit for 3-5 minutes.

Now add the frozen crab cakes to the air fryer basket.

Cook for the crab cakes for 5-8 minutes.

Once the crab cakes are cooked, it changes to golden brown on the surface.

Serve with the preferred sauce and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1125

% Daily Value*

Total Fat 50g 64%

Saturated Fat 3.2g 16%

Cholesterol 0mg 0%

Sodium 1938mg 84%

Total Carbohydrate 81.3g 30%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 75g

Crab Cheese Spring Rolls In An Air Fryer

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

12 Spring roll wrappers

1 cup Crabmeat

1 8 ounces Cream cheese, softened

1 tablespoon Garlic, Minced

2 tablespoons Olive oil

Directions

Take a mixing bowl and add crab, cream cheese, and garlic. Mix it well.

Pour some hot tap water into the dish and soak one rice paper wrapper for 5-10 seconds in the water.

Place the wrapper on a plastic board or plate to keep it from sticking.
Add the mixture to the wrapper.
Roll the wrapper up, tuck the sides in and then roll it up again.
Repeat the same process for the remaining mixture. This will take up to 12 wrappers.
Once all the sheets are wrapped up, refrigerate for 30 minutes.
After 30 minutes, take out the rolls from the refrigerator and brush little oil all over them.
In one batch, 6 spring rolls can fit in.
Bake the spring rolls in the air fryer basket for 8 minutes at 375 degrees Fahrenheit.
Once the batches are complete, serve the yummy crab cakes and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1323

% Daily Value*

Total Fat 57.6g 74%

Saturated Fat 27.9g 139%

Cholesterol 193mg 64%

Sodium 3579mg 156%

Total Carbohydrate 153.8g 56%

Dietary Fiber 4.8g 17%

Total Sugars 16.2g

Protein 47.1g

Frozen Crab Cakes In Air Fryer

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

4 Phillips Frozen Crab Cakes

Directions

Preheat the air fryer for 5 minutes at 375 degrees Fahrenheit.
Place the frozen crab cakes in the air fryer basket.
Check on the crab cakes after 5 minutes to ensure cooking.
Cook the crab cakes for an additional 5 to 8 minutes.
Once it is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 186

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.8g 9%

Cholesterol 180mg 60%
Sodium 396mg 17%
Total Carbohydrate 0.6g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Protein 24.3g

Air Fryer Crab Cake Fritters

Prep: 12 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings
Ingredients

1 (12 ounces) can of lump crab meat
3 tablespoons of breadcrumbs
Salt to taste
Pepper to taste
2 whisked eggs

Directions

Gently coat the air fryer using a nonstick spray.
Take a bowl and add all of the ingredients and mix it well.
Using the hand, make golf ball-sized balls with the mixture.
Place the crab cake balls in the air fryer and cook for 14 minutes at 350 degrees.
Cook the crab cake balls until they become golden and crispy.
The tasty crab cake is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 363

% Daily Value*

Total Fat 29.5g 38%

Saturated Fat 5.9g 30%

Cholesterol 496mg 165%

Sodium 1323mg 58%

Total Carbohydrate 12g 4%

Dietary Fiber 0.5g 2%

Total Sugars 2.2g

Protein 39.1g

Air Fryer Low Country Boil

Prep: 10 Minutes | Cook Time:15 Minutes | Makes: 2 Servings

Ingredients

2 cups water
8 clams
2 pounds sausage
3 lobster tails
2 Half cut lemons
3 Half cut ears corn
1 pound shrimp
2 tablespoons boil seasoning

Directions

Preheat the air fryer for 4 minutes at 400 degrees Fahrenheit.
Add water to the basket of the air fryer and set the temperature to 400 degrees.
Put all listed ingredients to it.
Then cook it for 15 minutes at 400 degrees Fahrenheit.
Serve hot and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2549

% Daily Value*

Total Fat 139g178%

Saturated Fat 44.2g 221%

Cholesterol 1975mg 658%

Sodium 8112mg 353%

Total Carbohydrate 16.7g 6%

Dietary Fiber 0.5g 2%

Total Sugars 4g

Protein 285.9g

Panko-Breaded Fried Razor Clams

Prep: 15 Minutes | Cook Time:8 Minutes | Makes: 2 Servings

Ingredients

6 razor clams
2 eggs
1 cup all-purpose flour

Salt, to taste
Required black pepper
Garlic powder to taste
1 cup Panko
¼ cup shredded Parmesan cheese

Directions

Clean the razor clams.
Place a wax paper in the flat baking sheet,
Then whisk the eggs into a large bowl.
Combine the flour, salt, pepper, and garlic powder in a separate bowl.
Combine the Panko and Parmesan cheese in a separate bowl.
Dip the clams in the eggs, then roll them in the Panko mixture.
Freeze the baking sheet until it gets hard.
Cook clams in the air fryer for 8 minutes at 400 degrees Fahrenheit.
Yummy clams are ready to serve.

Nutrition Facts
Servings: 2
Amount per serving
Calories 672
% Daily Value*
Total Fat 17.3g 22%
Saturated Fat 8.2g 41%
Cholesterol 208mg 69%
Sodium 950mg 41%
Total Carbohydrate 89.7g 33%
Dietary Fiber 4.1g 15%
Total Sugars 3.9g
Protein 38.3g

Sweet & Spicy Mussels

Prep: 15 Minutes | Cook Time: 7 Minutes | Makes: 4 Servings

Ingredients

2 pounds Blue Mussels
2 teaspoons Granulated Sugar
1/4 cup Mayonnaise
2 tablespoons chopped Fresh Scallion
1 Persian Lime juice
2 tablespoons Sweet Chili Sauce

Directions

Wash the mussels in cold water.
Combine all the ingredients in a medium mixing bowl.
Then add half of the sauce over the mussels.
Place the mussels in the air fryer basket.
Cook the mussels for 5–7 minutes at 390°Fahrenheit.
Cook until mussels are opened.
Remove the mussels from the shells.
Serve the mussels with sauce and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 471

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 2.7g 13%

Cholesterol 131mg 44%

Sodium 1002mg 44%

Total Carbohydrate 25.5g 9%

Dietary Fiber 0.1g 0%

Total Sugars 6g

Protein 54.2g

Clams In The Air Fryer

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

1 cup bread crumb
salt and black pepper, to taste
½ cup mozzarella
1.2 cup parsley
½ teaspoon of lemon zest
6 tablespoons of butter
2 garlic cloves
1 dozen clams
1 lemon, wedges

Directions

Take a mixing bowl and add cheese, breadcrumbs, lemon zest, garlic, parsley, and melted butter.
Mix the ingredients well and put the mixture on the clams in a large bowl.

Add salt and black pepper to taste

Cook the clams in the air fryer basket for 5 minutes at 400 degrees Fahrenheit.

Once the clams are cooked, serve with lemon slices.

Nutrition Facts

Servings: 4

Amount per serving

Calories 323

% Daily Value*

Total Fat 20.1g 26%

Saturated Fat 11.7g 59%

Cholesterol 68mg 23%

Sodium 386mg 17%

Total Carbohydrate 22.8g 8%

Dietary Fiber 1.9g 7%

Total Sugars 1.9g

Protein 13.1g

Ginger Garlic Shrimp

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

12 large shrimp

2 tablespoons of oyster sauce

2 finely chopped garlic cloves

2-inch finely chopped ginger

2 tablespoons of butter

Salt, to taste

Pepper to taste

Directions

Add all ingredients and mix it well in the large bowl.

In the air fryer basket, place the shrimp mixture.

Cook 10 minutes at 400 degrees Fahrenheit.

Serve hot and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 148

% Daily Value*

Total Fat 12.1g 16%

Saturated Fat 7.5g 37%
Cholesterol 100mg 33%
Sodium 350mg 15%
Total Carbohydrate 2g 1%
Dietary Fiber 0.1g 0%
Total Sugars 0g
Protein 7.9g

Fish Taco

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

12 ounces codfish fillet
1 cup Panko crumbs
1 cup coleslaw

For tempura batter

1 cup flour
1 1/3 cup corn starch
1 cup of water

Directions

Cut the fish fillets into chunks.

Mix all of the tempura batter ingredients in a medium bowl.

Dip the fish fillet in tempura batter, and then rub with Panko bread crumbs.

Place the fish in the air Fryer and bake it.

Cook for 6 minutes at 400 degrees F, flipping halfway through.

Once the fish is cooked, serve with a side of cabbage.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1764

% Daily Value*

Total Fat 23.7g 30%
Saturated Fat 2.9g 14%
Cholesterol 46mg 15%
Sodium 716mg 31%
Total Carbohydrate 360.1g 131%
Dietary Fiber 3.9g 14%
Total Sugars 2.4g

Protein 31.1g

Lemon Salmon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound salmon fillet
¼ teaspoon lemon zest with juice
2 tablespoons olive oil
¼ teaspoon of turmeric
1/3 teaspoon of cumin
½ teaspoon of red chili flakes
1/3 teaspoon of oregano
Salt and black pepper, to taste

Directions

Preheat the Air Fryer Air fryer to 350 degrees F, for 10 minutes.
Take an aluminum foil and cover the aluminum foil-coated mesh basket.
Add all the ingredients to the bowl and evenly coat the fillet.
Arrange the fish in the mesh basket.
Bake salmon for 8 minutes by putting it in a basket.
Afterward, take out the salmon and under the broiler of the air fryer, keep the salmon for 2 minutes at 400 degrees Fahrenheit to bake(optional)
Delicious lemon salmon is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 423

% Daily Value*

Total Fat 28.1g 36%

Saturated Fat 4g 20%

Cholesterol 100mg 33%

Sodium 101mg 4%

Total Carbohydrate 0.5g 0%

Dietary Fiber 0.2g 1%

Total Sugars 0g

Protein 44.1g

Ginger Garlic Salmon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

4 salmon fillets
4 tablespoons melted butter
4 finely chopped garlic cloves
1-inch finely chopped ginger
Red chili flakes
1 tablespoon coconut amino
Salt and black pepper, to taste

Directions

Preheat the Air Fryer Air fryer to 350°F and leave it there for 10 minutes.
Use aluminum foil to cover an aluminum foil-coated mesh basket.
Arrange the fish fillets in the basket.
Take a mixing bowl and combine the garlic, ginger, coconut amino, black salt, red chili flakes, and pepper butter.
Put the bowl mixture over the fish fillets.
Now place the mesh basket in the Air Fryer.
Cook for 10 minutes at 375 degrees Fahrenheit.
Once the fish is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 684

% Daily Value*

Total Fat 45.1g 58%

Saturated Fat 17.7g 89%

Cholesterol 218mg 73%

Sodium 322mg 14%

Total Carbohydrate 2g 1%

Dietary Fiber 0.1g 1%

Total Sugars 0.1g

Protein 69.7g

Coconut Cod Fillets

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 pound of codfish fillet
1 cup of coconut milk

¼ teaspoon of smoked paprika
Salt and black pepper

Directions

Preheat the Air Fryer Air fryer for 5 minutes to 375 degrees Fahrenheit.
Prepare the mixture by combining salt, black pepper, coconut milk, and paprika.
Marinate the fish for 2-3 hours.
Then bake the fish for 12 minutes at 375 degrees F, in an air fryer.
Serve hot coconut codfish and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1031

% Daily Value*

Total Fat 61.4g 79%

Saturated Fat 52.6g 263%

Cholesterol 239mg 80%

Sodium 29639mg 1289%

Total Carbohydrate 13.7g 5%

Dietary Fiber 5.5g 20%

Total Sugars 8.1g

Protein 124.9g

Fish Fillet In Air Fryer

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

2 cups breadcrumbs
4 tablespoons fresh parsley
2 pounds white fish fillet
1 cup plain all-purpose flour
2 eggs
salt, to taste
Black pepper, to taste

Ingredients for Sauce,

½ cup mayonnaise
1 tablespoon of drained capers

2 chopped jalapeños
1 tablespoon of lemon juice
Pinch of chili flakes
Required salt

Directions

Preheat the Air Fryer Air fryer for 3 minutes at 375 degrees Fahrenheit.
Take a bowl and add salt, pepper, breadcrumbs, and parsley. Mix it well.
Whisk the eggs in a separate bowl.
Place the flour on a flat dish and spread it out evenly.
Flour the fish, dip in the egg, and then roll in the crumb mixture.
Arrange the coated fillets without overlapping on the basket.
Bake the fish for 12 minutes in the Air Fryer.
Meanwhile, whisk together all of the sauce ingredients in a bowl.
Flip the fish halfway to cook the other side of the fish.
Once the fish is cooked, serve with the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1554

% Daily Value*

Total Fat 63.9g 82%

Saturated Fat 10.9g 54%

Cholesterol 528mg 176%

Sodium 1648mg 72%

Total Carbohydrate 103.8g 38%

Dietary Fiber 5.4g 19%

Total Sugars 11g

Protein 133.3g

Prawns Snack

Prep: 15 Minutes | Cook Time:6 Minutes | Makes: 2 Servings

Ingredients

12 Fresh king prawns
1 tablespoon wine vinegar
4 tablespoons mayonnaise
1 teaspoon ketchup
1 teaspoon chili flakes
Salt and black pepper, to taste
½ teaspoon chili powder

Directions

Preheat the Air Fryer air fryer for 2-3 minutes to 320 degrees Fahrenheit.
Combine all the spices and add prawns to the mixing bowl.
Place the prawns into the basket of Air Fryer.
Cook the prawns for 6 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 576

% Daily Value*

Total Fat 34.8g 45%

Saturated Fat 6.8g 34%

Cholesterol 208mg 69%

Sodium 1790mg 78%

Total Carbohydrate 57.6g 21%

Dietary Fiber 0.8g 3%

Total Sugars 3g

Protein 19.3g

Coconut Pineapple Shrimp

Prep: 15 Minutes | Cook Time:8 Minutes | Makes: 2 Servings

Ingredients

1 cup sour cream
2 cups pineapple chunks
2 egg whites

1 cup cornstarch
2/3 cup sweetened coconut
1 cup breadcrumbs
1-1/2 pound large shrimp
Olive oil, for greasing

Directions

Add the pineapple and sour cream to a small bowl and mix.
Whisk the egg whites and the pineapple juice together and set aside.
Keep the cornstarch on a plate.
Combine the coconut and breadcrumbs.
Dip the shrimp in the Cornstarch.
Then dip again in the egg mixture.
Now roll the shrimp in a crumb mixture.
Arrange the shrimp in the Air Fryer basket greased with oil.
Cook the shrimp for 8 minutes at 375 degrees Fahrenheit.
Serve the shrimp with a pineapple-based dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1139

% Daily Value*

Total Fat 43.2g 55%

Saturated Fat 24.6g 123%

Cholesterol 375mg 125%

Sodium 786mg 34%

Total Carbohydrate 132.2g 48%

Dietary Fiber 7.7g 28%

Total Sugars 21.7g

Protein 58.9g

Masala Fish

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

2 pounds white fish fillets
4 tablespoons extra virgin olive oil
3/4 teaspoon turmeric
1 teaspoon cayenne pepper
1 teaspoon salt
1 tablespoon Fenugreek leaves
1 and 1/2 teaspoon freshly ground cumin

2 teaspoons amchoor powder
2 tablespoons ground almonds

To garnish
Extra lemon juice
Chopped coriander leaves
Sliced almonds

Directions

Take a mixing bowl and add oil, turmeric, cayenne, salt, fenugreek leaves, cumin, and amchoor powder.

Combine the ground almonds in a separate bowl.

Put the fish in the spicy Masala, then keep aside for 15 to 20 minutes.

Then dip the fish in the almond flour.

Arrange the fish in the air fryer basket.

Cook the fish for 12 minutes at 450 degrees.

Serve the fish with lemon juice, chopped cilantro, and sliced almonds on top.

Spicy fish is now ready to serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 539

% Daily Value*

Total Fat 32.8g 42%

Saturated Fat 4.8g 24%

Cholesterol 175mg 58%

Sodium 731mg 32%

Total Carbohydrate 2.8g 1%

Dietary Fiber 1.3g 5%

Total Sugars 0.2g

Protein 56.9g

Simple Fish Fry

Prep: 25 Minutes | Cook Time: 18 Minutes | Makes: 3 Servings

Ingredients

3 Frozen or Fresh Tilapia Fillets
1/2 teaspoon salt
1 teaspoon Garam Masala
1/4 teaspoon turmeric
1/4 tablespoon Ginger-garlic paste
1/2 tablespoon avocado oil

Directions

Clean and cut the Tilapia fillets into even pieces.
Season the fish with the above-listed ingredients.
Marinate the fish for 15-20 minutes.
Arrange the fish pieces on the foil in the basket and spray some avocado oil.
Cook the fish for 15-18 minutes at 400° Fahrenheit.
Serve the tasty fish fry and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 624

% Daily Value*

Total Fat 7.1g 9%

Saturated Fat 3.1g 15%

Cholesterol 367mg 122%

Sodium 656mg 29%

Total Carbohydrate 0.3g 0%

Dietary Fiber 0.1g 1%

Total Sugars 0g

Protein 140.2g

Air Fryer Spicy Shrimp

Prep: 12 Minutes | Cook Time: 7 Minutes | Makes: 2 Servings

Ingredients

1 pound shrimp
1 teaspoon olive oil
1 teaspoon chili powder

1/2 teaspoon paprika powder
1/4 teaspoon garlic powder
1/4 teaspoon ground cayenne pepper
1/4 teaspoon thyme
1/4 teaspoon oregano
Salt and black pepper to taste
1/4 teaspoon cumin
1/4 teaspoon mustard

Directions

Preheat the air fryer to 400 degrees Fahrenheit for 5 minutes.
Defrost the shrimp using paper towels and wipe it dry.
Combine all of the ingredients in a large mixing bowl.
Apply avocado or olive oil on shrimps and toss them in the spice mixture.
Keep shrimp in a single layer in a preheated air fryer basket.
Spray the shrimp with cooking spray if desired.
Bake the shrimp for 7 minutes in the air fryer.
Serve and enjoy the spicy shrimp.

Nutrition Facts

Servings: 2

Amount per serving

Calories 303

% Daily Value*

Total Fat 6.7g 9%

Saturated Fat 1.5g 8%

Cholesterol 478mg 159%

Sodium 554mg 24%

Total Carbohydrate 5.4g 2%

Dietary Fiber 1g 4%

Total Sugars 0.2g

Protein 52.2g

Frozen Salmon in An Air Fryer

Prep: 25 Minutes | Cook Time:16 Minutes | Makes: 2 Servings

Ingredients

4 fillets Salmon Fish Frozen
1/ 8 teaspoon Cayenne pepper
1/4 teaspoon garlic powder
1/ 4 teaspoon Onion Powder
1/4 teaspoon Oregano
1/4 teaspoon Paprika
1 tablespoon olive oil
Salt, to taste
Required black Pepper

Directions

Preheat the air fryer for 5 minutes at 400°F.
Combine all of the spices (except oil) in the mixing bowl.
Season the fish on both sides.
Cook the salmon for 10 minutes in the air fryer basket.
If the fish has skin, cook for another 5 to 6 minutes in the air fryer.
If using skinless salmon, cook for an extra 3–5 minutes.
Delicious salmon is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 264

% Daily Value*

Total Fat 12.1g 15%

Saturated Fat 2g 10%

Cholesterol 90mg 30%

Sodium 578mg 25%

Total Carbohydrate 0.8g 0%

Dietary Fiber 0.3g 1%

Total Sugars 0.3g

Protein 38g

Air Fryer SWAI Fish

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

24 ounces SWAI fillets
1 teaspoon olive oil
Blackened seasoning to taste

Directions

Preheat the Air Fryer to 390°Fahrenheit.
Coat the air fryer basket by using olive oil spray/ nonstick cooking spray/ parchment paper.
Brush both sides of the fish fillets with olive oil.
Season the fish with the blackened seasoning on both sides.
Cook for 10 minutes in the air fryer basket by then flipping back and forth.
Serve the fish with a side dish of your choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 859

% Daily Value*

Total Fat 20g 26%

Saturated Fat 5.8g 29%

Cholesterol 359mg 120%

Sodium 2519mg 110%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 168.1g

Air Fryer Skin On Salmon

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

2 salmon fillets
2 tablespoons melted butter
2 finely chopped cloves garlic cloves
1 teaspoon chopped fresh Italian parsley

Salt and pepper

Directions

Preheat the air fryer to 360 degrees Fahrenheit.
Season the salmon with salt and pepper.
Take a bowl, add the melted butter, garlic, and parsley, and mix it well.
Add the garlic butter mixture to the salmon fillets.
Place the fish fillets in the air fryer basket.
Cook for 10 minutes.
Once it is cooked, serve the hot salmon and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 342

% Daily Value*

Total Fat 22.5g 29%

Saturated Fat 8.9g 44%

Cholesterol 109mg 36%

Sodium 161mg 7%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0.1g 0%

Total Sugars 0.1g

Protein 34.9g

Fish And Chips

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 pound of potatoes, cut lengthwise
1 cup seasoned flour
2 organic eggs
1/3 cup buttermilk
2 cup seafood fry mix
1/2 cup bread crumbs
2 codfish fillets, 6 ounces each
Oil spray for greasing

Directions

Preheat the air fryer to 400 degrees F and cook for 22 minutes on AIR FRY mode.
Take a bowl and whisk together the eggs and buttermilk.

Combine the seafood fry mix and bread crumbs in a separate bowl.
Dust a baking pan with flour.
Dip the fillets in the egg wash first, then the flour, and then the breadcrumb mixture.
Half-fill the fish fillet in the air fryer basket.
Spray cooking oil in the fish fillet.
Arrange the basket with potato chips and gently coat with oil.
Cook the fish after 12 minutes and repeat the same process for the remaining fish fillets.
Serve the hot fish and chips and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1002

% Daily Value*

Total Fat 10.2g 13%

Saturated Fat 2.6g 13%

Cholesterol 446mg 149%

Sodium 567mg 25%

Total Carbohydrate 90.4g 33%

Dietary Fiber 7.4g 26%

Total Sugars 5.3g

Protein 133.6g

Divine Salmon

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

20 ounces of salmon fillets, 2 pieces

4 cloves of garlic, minced

½ tablespoon ginger, grated

½ tablespoon brown sugar

4 teaspoons sesame seeds

1/3 cup tamari

1/3 cup water

1/3 cup dry sherry

4 tablespoons sesame oil

Directions

Take a bowl and mix the tamari sauce, garlic, water, sesame oil, dry sherry, sesame seeds, ginger, and brown sugar.

Mix until the ingredients get dissolved in the bowl.

Marinate the fish in this mixture for 30 minutes.

Using aluminum foil, cover the baking tray.

Place the fish fillet in the baking tray.

Cover the fish with aluminum foil.

In the air fryer, cook the fish at 390 degrees for 18 minutes by selecting air fry mode.

Flip the fish halfway through to ensure even cooking.

Remove the aluminum foil and bake it for 4 more minutes.

Salmon is ready to serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 701

% Daily Value*

Total Fat 47.8g 61%

Saturated Fat 6.8g 34%

Cholesterol 125mg 42%

Sodium 2810mg 122%

Total Carbohydrate 9.2g 3%

Dietary Fiber 1.4g 5%

Total Sugars 3.1g

Protein 61.6g

Buttered Mint Clams

Prep: 25 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

½ teaspoon lemon zest
½ cup chopped mint
6 tablespoons melted butter
2 dozen clams
Salt and black pepper

Directions

Combine all ingredients in the bowl except clams.
Place the mixture on top of the exposed clams.
Cook for 2-3 minutes at 400 degrees Fahrenheit in the air fryer basket.
Once the clams are cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 405

% Daily Value*

Total Fat 35.9g 46%

Saturated Fat 22g 110%

Cholesterol 132mg 44%

Sodium 319mg 14%

Total Carbohydrate 5.2g 2%

Dietary Fiber 1.6g 6%

Total Sugars 0.1g

Protein 16.5g

Seafood, Shrimp Omelet

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

6 large shrimp
6 eggs
½ tablespoon melted butter
2 tablespoon sliced green onions

1/3 cup of mushrooms, chopped
1 pinch paprika
Salt and black pepper
Oil spray for greasing

Directions

Take a large bowl, add eggs, chopped shrimp, butter, green onions, mushrooms, paprika, salt, black pepper, and mix.

Spray oil on the Grease the cake pan using oil spray.

Keep the cake pan in the air fryer basket and pour the egg mixture into it.

Bake the shrimp for 15 minutes at 320 degrees Fahrenheit in the air fryer.

Repeat the same process for the remaining shrimp.

Once the cooking is done, serve the shrimp and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 241

% Daily Value*

Total Fat 16.6g 21%

Saturated Fat 6g 30%

Cholesterol 533mg 178%

Sodium 247mg 11%

Total Carbohydrate 2.1g 1%

Dietary Fiber 0.3g 1%

Total Sugars 1.4g

Protein 20.9g

Air Fryer Garlic Shrimp With Lemon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound peeled raw shrimp
Vegetable oil or spray
1/4 teaspoon garlic powder
salt and black pepper, to taste
Lemon wedges

Directions

Coat the shrimp with oil by tossing them.

Add garlic powder, salt, and pepper to the bowl and mix it.

Now add shrimp to the bowl and toss them.

Place the shrimp in the air fryer basket.
Cook the shrimp for 8-14 minutes at 400°Fahrenheit.
Once the shrimp is cooked, sprinkle lemon juice over it.
Yummy shrimp is now ready to eat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 332

% Daily Value*

Total Fat 10.7g 14%

Saturated Fat 2.5g 13%

Cholesterol 478mg 159%

Sodium 554mg 24%

Total Carbohydrate 4.1g 1%

Dietary Fiber 0.1g 1%

Total Sugars 0.2g

Protein 51.8g

Bacon-Wrapped Buffalo Shrimp

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 5 Servings

Ingredients

20 shrimps

1-1/4 cup buffalo wing sauce

20 slice bacon

½ cup ranch

Directions

Pour the buffalo sauce into a bowl.

Then add the shrimp to the bowl and evenly cover the shrimp.

Marinate the shrimp for an hour

Using bacon strips, wrap the shrimp.

Place the shrimp on the Air fryer basket.

Cook at 390 degrees Fahrenheit for 12 minutes.

Flip the shrimp to the other side and cook.

Once the shrimps are cooked, serve with ranch sauce.

Nutrition Facts

Servings: 5

Amount per serving

Calories 2028

% Daily Value*

Total Fat 150.1g 192%

Saturated Fat 49.3g 247%

Cholesterol 576mg 192%

Sodium 8429mg 366%

Total Carbohydrate 6.4g 2%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 151.8g

Simple Codfish

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 1 Serving

Ingredients

1.5 pounds codfish fillets

2 tablespoons olive oil

Salt and black pepper

1 teaspoon of paprika

Directions

Season the fish with salt, black pepper, paprika, and olive oil.

Arrange the fish in the air fryer basket.

Set the timer for 16 minutes at 390°F on AIR FRY mode.

Serve the fillets with preferred sauce.

Nutrition Facts

Servings: 1

Amount per serving

Calories 254

% Daily Value*

Total Fat 28.3g 36%

Saturated Fat 4g 20%

Cholesterol 0mg 0%

Sodium 301mg 13%

Total Carbohydrate 29.7g 11%

Dietary Fiber 2.3g 8%

Total Sugars 1.7g

Protein 0.3g

Lemon Pepper Shrimp

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 pound medium raw shrimp
½ cup olive oil
2 tablespoons lemon juice
1 teaspoon black pepper
¼ teaspoon salt

Side Servings

8 ounces of pasta, cooked per directions
1 cup Parmesan, shredded

Directions

Preheat the air fryer to 400 degrees Fahrenheit for 2 minutes.
Add the shrimp, olive oil, lemon juice, black pepper, and salt to the mixing bowl.
Place parchment paper and prawns in the crisper basket and keep them in the air fryer.
Set the timer for 10-minutes at 390°F and cook the shrimp.
Sprinkle some cheese on top of the cooked spaghetti to finish.
Delicious lemon pepper shrimp is ready to serve now.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1304

% Daily Value*

Total Fat 75g 96%

Saturated Fat 20.9g 104%

Cholesterol 620mg 207%

Sodium 1657mg 72%

Total Carbohydrate 69.5g 25%

Dietary Fiber 0.3g 1%

Total Sugars 0.3g

Protein 91.7g

Mediterranean Swordfish

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 cloves of Garlic
2 tablespoons olive oil

½ tablespoon Lemon juice
1 teaspoon cumin
Required salt
¼ teaspoon paprika
Required freshly ground black pepper
¼ teaspoon crushed red pepper
2 swordfish steaks
Oil spray

Ingredients for Salad

1 cup lettuce leaves
1 tablespoon capers
½ sun-dried tomatoes
½ cup parsley
¼ black olives
A pinch of salt
2 teaspoons Lemon juice
1 teaspoon of olive oil
½ cup feta cheese

Directions

Mix garlic, lemon juice, olive oil, cumin, salt, paprika, black pepper, and red pepper in the bowl.
Arrange the fish in the basket of the air fryer.
Cook the fish in the air fryer for 18 minutes at 390 degrees Fahrenheit.
Flip the fish fillet halfway through.
Add the salad ingredients together in a separate bowl.
Once the fish is cooked, serve with the salad.

Nutrition Facts

Servings: 2

Amount per serving

Calories 415

% Daily Value*

Total Fat 28.5g 37%

Saturated Fat 9.3g 46%

Cholesterol 86mg 29%

Sodium 769mg 33%

Total Carbohydrate 6.8g 2%

Dietary Fiber 1.6g 6%

Total Sugars 3g

Protein 33.7g

Pecan Sauce with Salmon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

2 salmon fillets, 6 ounces each

Pinch of Sea Salt

¼ cup maple syrup

4 tablespoons Honey

Ingredients for sauce

1 Orange Rosemary Sauce

1/3 cup orange juice

2 rosemary sprigs

1 cup pecans, chopped

1 tablespoon brown sugar

Other Ingredients

2 tablespoons unsalted butter

3 tablespoons all-purpose flour

Directions

Season the salmon fillets with black pepper and salt.

Spread a thin layer of maple syrup on the fillets.

Arrange the salmon skin-side down on the air fryer.

Sprinkle pecans on the fillets.

Set the timer for 8 minutes at 390 degrees Fahrenheit.

Prepare the sauce by combining all ingredients in a pot and cook for 5 minutes on low heat.

Mix the flour and butter in a bowl, and then stir them into the sauce.

Wait until the sauce gets thickened.

Serve the fish with yummy sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 567

% Daily Value*

Total Fat 36.4g 47%

Saturated Fat 7g 35%

Cholesterol 55mg 18%

Sodium 142mg 6%

Total Carbohydrate 44.3g 16%

Dietary Fiber 4g 14%

Total Sugars 34.2g

Protein 21.9g

Island Mahi

Prep: 15 Minutes | Cook Time: 30 Minutes | Makes: 2 Servings

Ingredients

Sauce Ingredients

½ cups sweetened coconut milk
1/3 cup Soy sauce
2 teaspoons Lemon juice
¼ teaspoon red pepper flakes
¼ teaspoon ginger

Other Ingredients

Mahi steaks, 6 ounces each

Ingredients for Mango Salsa

2 chopped mangoes
½ chopped Red bell pepper
1 chopped small red onion
2 chopped jalapenos
½ cup cilantro
1 tablespoon Extra Virgin Olive Oil
1 lime (juice)
Salt and black pepper

Directions

Mix mango salsa in a bowl and set aside.
Add all the sauce's components to a bowl and mix it well.
Marinate the fish in sauce and set it aside for 30 minutes.
Place the fish in the air fryer basket.
Set the timer for 20 minutes at 390 degrees F.
Once cooked, serve the fish with mango salsa.

Nutrition Facts

Servings: 2

Amount per serving

Calories 570

% Daily Value*

Total Fat 28.7g 37%

Saturated Fat 15.9g 80%

Cholesterol 20mg 7%

Sodium 2592mg 113%

Total Carbohydrate 73.3g 27%

Dietary Fiber 8.8g 31%

Total Sugars 52.2g

Protein 14.3g

Crispy Fish Fillets

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 cup seasoned flour
2 organic eggs
½ cup buttermilk
2 cups seafood fry mix
½ cup bread crumbs
2 codfish fillets
Oil spray for greasing

Directions

Whisk the eggs and buttermilk together in a bowl
Add breadcrumb to the seafood fry mix in a separate bowl.
Now layer the flour in a baking pan.
Take the fillets to dip them in the egg mixture, add flour, and coat with breadcrumbs.
Repeat the same process for all the fillets.
Arrange the fish fillet in the crisper basket.
Now set the timer to 18- 22 minutes at 390 degrees Fahrenheit and press the fish button.
Cook for another 10 minutes, then flip the fish and continue to cook.
Crispy fish fillet is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 529

% Daily Value*

Total Fat 17g 22%

Saturated Fat 4.4g 22%

Cholesterol 197mg 66%

Sodium 611mg 27%

Total Carbohydrate 66.4g 24%

Dietary Fiber 2.2g 8%

Total Sugars 3.4g

Protein 27.4g

Beer Battered Fish Fillet

Prep: 15 Minutes | Cook Time: 220 Minutes | Makes: 2 Servings

Ingredients

1 cup all-purpose flour
4 tablespoons cornstarch
1 teaspoon baking soda
8 ounces buttermilk

2 eggs
½ cup all-purpose flour
1 teaspoon smoked paprika
2 tablespoons of Italian seasoning
Salt and black pepper, to taste
¼ teaspoon of cayenne pepper
2 cod fillets

Directions

Add flour, corn starch, salt, Italian seasoning, paprika, salt, pepper, cayenne pepper, and baking soda in the mixing bowl.

Whisk the egg and buttermilk together in a separate bowl.

Dip the fish in an egg mixture, then coat with seasoned flour.

Apply oil on the fish fillet.

Place the fillets in a crisper basket lined with parchment paper in an air fryer.

Set the timer for 18-20 minutes at 390 degrees F and press the fish button.

Once the fish is completely cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 674

% Daily Value*

Total Fat 10.8g 14%

Saturated Fat 2.9g 14%

Cholesterol 193mg 64%

Sodium 1258mg 55%

Total Carbohydrate 112.5g 41%

Dietary Fiber 4.3g 15%

Total Sugars 8.3g

Protein 29.1g

Swordfish With Herb Vinaigrette

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

Dressing Ingredients

½ cup parsley leaves
1 cup basil leaves
½ cup mint leaves
2 tablespoons thyme leaves
1/4 teaspoon red pepper flakes
2 cloves of garlic
4 tablespoons of red wine vinegar
¼ cup of olive oil
Required salt

Other Ingredients,

1.5 pounds codfish fillets
2 tablespoons olive oil
Salt and black pepper
1 teaspoon of paprika
1teasbpoon of Italian seasoning

Directions

Add all the dressing ingredients to the food processor and pulse until a creamy consistency is formed. And transfer it to a bowl.

Season the swordfish fillet with salt, oil, paprika, Italian spice, pepper, and baste it with mixed sauce.

Place the fillets on a foiled-lined basket of the air fryer.

Set the timer to 18 minutes at 390 degrees Fahrenheit, by pressing the fish button.

Once cooked, serve with the remaining mixed vinaigrette.

Nutrition Facts

Servings: 2

Amount per serving

Calories 565

% Daily Value*

Total Fat 41.5g 53%

Saturated Fat 6.1g 30%

Cholesterol 99mg 33%

Sodium 160mg 7%

Total Carbohydrate 6.9g 3%

Dietary Fiber 3.8g 13%

Total Sugars 0.5g

Protein 43.3g

Maple-Glazed Salmon

Prep: 15 Minutes | Cook Time: 120 Minutes | Makes: 2 Servings

Ingredients

½ cup maple syrup
1/3 cup sweet soy sauce
2 tablespoons light brown sugar
2 ounces orange juice
2 tablespoons Lemon juice
½ tablespoon Red Wine Vinegar
2 teaspoons olive oil
2 cloves of garlic
1 scallion, chopped finely
2 salmon fillets, 4 ounces each
Salt and black pepper

Directions

Add maple syrup, garlic, soy sauce, brown sugar, orange juice, lemon juice, red wine vinegar, and salt in a bowl and mix.

Cook the sauce until it thickens in a saucepan.

Drizzle oil on fish and Season the fish with salt and black pepper.

In the basket, layer parchment paper.

Place the salmon in the basket and coat with the sauce.

Turn on the air fryer to 390°Fahrenheit and set the timer for 10–12 minutes.

Flip the fish and cook for 5 minutes.

Once the cooking cycle is complete, brush the salmon with the sauce.

Serve the fish with sliced scallions and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 562

% Daily Value*

Total Fat 16.1g 21%

Saturated Fat 2.4g 12%

Cholesterol 78mg 26%

Sodium 2489mg 108%

Total Carbohydrate 69.8g 25%

Dietary Fiber 0.7g 3%

Total Sugars 59.2g

Protein 37.9g

Smoked Salmon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

2 pounds of salmon fillets

6 ounces cream cheese

2 tablespoons mayonnaise

2 teaspoons of fresh chives

½ teaspoon of lemon zest

Salt and freshly ground black pepper, to taste

2 tablespoons of olive oil

Directions

Add the cream cheese, chives, mayonnaise, salt, pepper, and lemon zest and mix in a large bowl.

Season the salmon with salt, pepper, and olive oil.

Place the salmon fillets on the basket of an air fryer.

Arrange the fish in the air fryer and set the timer for 10 minutes at 390 degrees Fahrenheit.

Flip the fillets when it's half cooked.

When the salmon is cooked, top it with a mayonnaise mixture.

Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 537

% Daily Value*

Total Fat 38.3g 49%

Saturated Fat 12.7g 64%

Cholesterol 149mg 50%

Sodium 278mg 12%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 0.6g

Protein 47.3g

Frozen Fish Fillet

Prep: 15 Minutes | Cook Time: 18-22 Minutes | Makes: 2 Servings

Ingredients

4 Frozen Breaded Fish Fillets

Oil spray, for greasing

1 cup mayonnaise

Directions

Defrost the fish. Spray the fish with oil spray on both sides.

Arrange the fish in the air fryer for 18-22 minutes at 390 degrees Fahrenheit.

Press the start button in the air fryer.

Flip the fillets halfway through the cooking.

Once the fish is cooked, serve it hot with mayonnaise.

Nutrition Facts

Servings: 2

Amount per serving

Calories 883

% Daily Value*

Total Fat 61.9g 79%

Saturated Fat 10.9g 55%

Cholesterol 92mg 31%

Sodium 1804mg 78%

Total Carbohydrate 59g 21%

Dietary Fiber 0.9g 3%

Total Sugars 7.5g
Protein 27.7g

Pesto Salmon

prep: 15 minutes | cook time: 10 minutes | makes: 2 serving
ingredients

2 salmon fillets
Salt and black pepper
1 tablespoon of melted butter

Ingredients for Green Sauce,

1 cup mayonnaise
1 teaspoon of pesto
6 tablespoons Greek yogurt
Salt and black pepper, to taste

directions

Brush the salmon with butter and season the salmon with salt and pepper.
Combine mayonnaise, pesto, Greek yogurt, salt, and black pepper in a bowl and set aside.
Arrange the fish fillets inside the basket of the air fryer.
Cook the salmon for 10 minutes at 390 degrees Fahrenheit.
Flip the salmon and continue cooking.
Serve the salmon with the pesto sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1210

% Daily Value*

Total Fat 69.2g 89%

Saturated Fat 20.3g 101%

Cholesterol 155mg 52%

Sodium 1167mg 51%

Total Carbohydrate 52.5g 19%

Dietary Fiber 0.1g 0%

Total Sugars 31.9g

Protein 96.4g

Salmon With Broccoli And Cheese

prep: 15 minutes | cook time: 20 minutes | makes: 2 servings
ingredients

1 cup of broccoli
1/3 cup of melted butter
Oil spray for greasing
1 cup of grated cheddar cheese
½ cup full-fat milk
½ mashed white potatoes
A ¼ teaspoon garlic powder
Salt and black pepper
2 fillets of salmon

directions

Add salt and black pepper to season salmon.
Now spray the fish and broccoli with oil.
Arrange the broccoli and salmon fillet in an air fryer basket.
Place the basket in the air fryer.
And set the timer for 10 minutes at 390 degrees Fahrenheit.
Cook for 6 minutes and then flip the fish.
Complete the cooking in batches.
Then melt the butter in a pot and add the cheddar cheese.
Mix the mashed potatoes, milk, salt, garlic powder, and black pepper in a bowl.
Serve the tasty fried fish and broccoli with it.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1230

% Daily Value*

Total Fat 84.4g 108%

Saturated Fat 39.7g 199%

Cholesterol 228mg 76%

Sodium 1099mg 48%

Total Carbohydrate 24g 9%

Dietary Fiber 2.8g 10%

Total Sugars 5.1g

Protein 53.8g

Salmon With Sauce

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings
Ingredients

2 salmon fillets
1 lemon cut in half
Salt and black pepper
Oil spray for greasing

Sauce Ingredients

1 teaspoon coriander seeds
1 teaspoon cumin seeds
½ cup packed mint leaves
1/4 small pack coriander
1 lemon (zest & juice)
2 garlic cloves
¼ teaspoon chili flakes
Required salt
1/3 cup of water as needed

Directions

Combine all of the sauce ingredients in a blender and little water.
Prepare and set the sauce aside.
Season the salmon with cooking oil, salt, black pepper, and lemon juice.
Arrange the salmon fillets in the air fryer basket.
Set the timer for 12 minutes at 390°F.
Flip the salmon and cook again.
Arrange the fish fillets on a serving plate with the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 247

% Daily Value*

Total Fat 11.5g 15%

Saturated Fat 1.6g 8%

Cholesterol 78mg 26%

Sodium 82mg 4%

Total Carbohydrate 1.5g 1%

Dietary Fiber 0.2g 1%

Total Sugars 0.1g

Protein 34.9g

Cajun Salmon

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings
Ingredients

2 salmon fillets
1 tablespoon of Cajun seasoning
1 tablespoon of jerk seasoning
4 tablespoons of lemon juice

Oil spray for greasing
½ cup blue cheeses dressing

Directions

Mix the Cajun spice, lemon juice, and jerk seasoning in a bowl.
Apply oil on the fillets and sprinkle the spice mixture.
Place the salmon fillets in the air fryer basket.
Cook the salmon at 390 degrees F for 8 minutes.
Flip the fish once it is half cooked.
After the fish is cooked, serve them with blue cheese dressing.

Nutrition Facts

Servings: 2

Amount per serving

Calories 298

% Daily Value*

Total Fat 17.2g 22%

Saturated Fat 3.1g 15%

Cholesterol 86mg 29%

Sodium 240mg 10%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0.1g 0%

Total Sugars 1.1g

Protein 35.3g

Salmon With Green Beans

Prep: 15 Minutes | Cook Time: 13 Minutes | Makes: 1 Serving

Ingredients

2 salmon fillets
2 teaspoons of smoked paprika
Salt and black pepper, to taste
1 cup green beans
Oil spray for greasing

Directions

Coat the salmon and green beans with oil.
Season the salmon with smoked paprika, salt, pepper, and green beans.
Apply oil on the air fryer basket and add green beans to the bottom.

Place the salmon fillets on the top.
Set it to the fish mode for 13 minutes at 370 degrees Fahrenheit.
Flip the salmon and cook again.
Serve the salmon with green beans and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 522

% Daily Value*

Total Fat 23.2g 30%

Saturated Fat 3.3g 17%

Cholesterol 157mg 52%

Sodium 165mg 7%

Total Carbohydrate 10.2g 4%

Dietary Fiber 5.3g 19%

Total Sugars 2g

Protein 71.7g

Healthy Whitefish

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

2 tilapia fish fillets

1/4 teaspoon garlic powder

1 teaspoon of onion powder

1/3 teaspoon lemon pepper seasoning

1 lemon slices

2 tablespoons of olive oil

1/4 cup chopped parsley

Directions

Season the fish fillet with garlic powder, lemon pepper, and onion powder.

Then coat the fish with olive oil.

Using spices, season the Fillet.

Place the fish in an air fryer basket and arrange the lemon slices on top.

Set the air fryer to 390 degrees Fahrenheit and bake the fish for 18 minutes.

Garnish the fish with chopped parsley and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories	380	
% Daily Value*		
Total Fat 26.1g	33%	
Saturated Fat 4g	20%	
Cholesterol 25mg	8%	
Sodium 485mg	21%	
Total Carbohydrate 25.3g	9%	
Dietary Fiber 1.5g	6%	
Total Sugars 1.7g		
Protein 12.5g		

Crab Patties

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1.5 pounds crab meat
1 tablespoon red bell pepper
1 tablespoon green bell pepper
1 tablespoon fresh parsley leaves
1 tablespoon mayonnaise
2 eggs
1 teaspoon Worcestershire sauce
2 teaspoons Old Bay seasoning

Other Ingredients

Cooking spray

Directions

Add all the ingredients to a mixing bowl.
Using the crab mixture, make patties and spray oil.
In the air fryer, arrange the patties after greasing with oil.
Set the timer for 10 minutes at 300 degrees Fahrenheit.
Flip the patties through halfway cooking.
Once it is cooked, serve with sauce.
Serve with the preferred dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 420

% Daily Value*

Total Fat 13.4g 17%

Saturated Fat 1.8g 9%

Cholesterol 348mg 116%

Sodium 2910mg 127%

Total Carbohydrate 13.3g 5%

Dietary Fiber 0.9g 3%

Total Sugars 4.3g

Protein 48.8g

Island Scallops With Salsa

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 cup coconut milk

12-ounce Pineapple juice
1/4 teaspoon Sea Salt
2 tablespoons rum
1 pound sea scallops
2 cups cubed pineapple

Salsa Ingredients

½ cup cubed pineapple, cubed
½ cup coconut flakes
1 large papaya, diced
1 diced avocado
2 diced Red onions
2 teaspoons lime juice
2 tablespoons of Olive Oil
Salt and black pepper
½ cup cilantro

Directions

Mix the coconut milk, rum, pineapple juice, and sea salt in a bowl.
Marinate the scallops in this mixture for a few hours in the refrigerator.
Take a bowl and mix all the salsa ingredients in it.
Now add scallops and pineapple pieces to the skewers.
Place skewers into rotisserie holder.
Add it to the air fryer basket and set the time for 10 minutes at 400 degrees Fahrenheit.
Once cooked, serve it with prepared salsa.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1143

% Daily Value*

Total Fat 71.5g 92%

Saturated Fat 37.7g 189%

Cholesterol 75mg 25%

Sodium 654mg 28%

Total Carbohydrate 82.7g 30%

Dietary Fiber 18g 64%

Total Sugars 46.8g

Protein 46.5g

Sundried Tomato With Air-Fried Salmon

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 salmon fillets, 6 ounces each
¼ cup chopped fresh parsley
4 tablespoons Sun-Dried Tomato Dressing

Oil spray
Salt and black pepper, to taste
6 Cherry tomatoes
1-1/2 cup broccoli

Directions

Preheat the Air Fryer Pro for 3 minutes at 350 degrees Fahrenheit.
Add parsley, sun-dried tomatoes dressing, salt, and pepper to the bowl and mix it well
Coat the fish in the bowl mixture.
Then spray both sides of the salmon with oil spray.
Place the salmon fillets, cherry tomatoes, and broccoli florets in the Air Fryer basket.
Set the air fryer to 390 degrees F for 10 minutes.
Flip the fillets when it's half cooked.
Once it is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 323

% Daily Value*

Total Fat	12.2g	16%
Saturated Fat	1.7g	9%
Cholesterol	78mg	26%
Sodium	116mg	5%
Total Carbohydrate	17.9g	6%
Dietary Fiber	5.9g	21%
Total Sugars	10.5g	
Protein	39.3g	

Salmon With Creamy Dill Sauce

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 Salmon fillets
1 teaspoon fresh dill
Salt and black pepper, to taste
Oil spray for greasing

Ingredients for Dill Sauce

1 cup low fat plain Greek yogurt

1 teaspoon Dijon mustard
1 teaspoon lemon juice
2 Tablespoons Chopped Dill

Directions

Combine all of the sauce ingredients in a large mixing bowl.
Set aside the sauce for later use.
Season the salmon fillet with salt, black pepper, and fresh dill.
Coat the sides of the fillets with oil.
The air fryer basket should be lined with heavy-duty foil. Place the fillet in the basket.
Cook at 390 degrees F, for 10–12 minutes.
Once cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 313

% Daily Value*

Total Fat 13.3g 17%

Saturated Fat 3.1g 15%

Cholesterol 83mg 28%

Sodium 140mg 6%

Total Carbohydrate 4.3g 2%

Dietary Fiber 0.2g 1%

Total Sugars 3.9g

Protein 44.3g

Air Fryer Cajun Scallops

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 1 Serving

Ingredients

10 Sea scallops

Cooking spray

salt, to taste

1 teaspoon of Cajun seasoning

1 tablespoon Garlic butter

Directions

Add the scallops, salt, and Cajun spice to a bowl and mix well.
Coat the scallops evenly in the bowl mixture.
Arrange the scallops in the basket and spray them with oil.
Place the basket in the air fryer.
And set the timer for 10 minutes at 400 degrees F by pressing the power button.

Serve the scallops with garlic butter dip.

Nutrition Facts

Servings: 1

Amount per serving

Calories 359

% Daily Value*

Total Fat 12.9g 16%

Saturated Fat 5.3g 27%

Cholesterol 119mg 40%

Sodium 798mg 35%

Total Carbohydrate 7.1g 3%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 50.4g

Air Fried Scallops

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

8 sea scallops

Salt and freshly ground black pepper, to taste

¼ cup olive oil

2 tablespoons chopped parsley

2 teaspoons chopped capers

1 teaspoon lemon zest and juice

½ teaspoon chopped garlic

Directions

Season the scallops with salt and black pepper.

Then spray oil on the air fryer basket.

Cook the scallop for 10 minutes at 400 degrees Fahrenheit.

Add parsley, capers, olive oil, lemon zest, lemon juice, and garlic together and mix it well.

Serve the scallops with sauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 325

% Daily Value*

Total Fat 26.2g 34%
Saturated Fat 3.7g 19%
Cholesterol 40mg 13%
Sodium 281mg 12%
Total Carbohydrate 3.4g 1%
Dietary Fiber 0.2g 1%
Total Sugars 0.1g
Protein 20.4g

Salmon With Coconut

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

2 salmon fillets
Salt and ground black pepper
2 tablespoons organic butter
½ tablespoon red curry paste
1 cup of coconut cream
½ cup Parmesan cheese

Directions

Take a bowl and add the salt, pepper, butter, red curry paste, and coconut cream and mix it well.
Marinate the fish fillet in the mixture.
Arrange the salmon fillets inside the air fryer basket lined with parchment paper.
Cook the salmon for 12 minutes at 375 degrees Fahrenheit
Flip the fish when it's half cooked and cook again.
Serve salmon with Parmesan cheese on top.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1797

% Daily Value*

Total Fat 140.5g 180%
Saturated Fat 93.2g 466%
Cholesterol 338mg 113%
Sodium 2307mg 100%
Total Carbohydrate 20.8g 8%
Dietary Fiber 5.3g 19%
Total Sugars 8g

Protein 128.8g

Easy Air Fryer Breaded Sea Scallops

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

16 ounces of sea scallops
4 teaspoons olive oil
Salt and black pepper, to taste
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/3 cup traditional bread crumbs
1 teaspoon of Old Bay seasoning

Directions

Add olive oil to the mixing bowl and add scallops to the bowl.
Combine onion powder, oil, bay seasoning, garlic powder, salt, and pepper in a separate bowl.
Add the bread crumbs to a separate bowl.
Coat the scallops in the spice mixture then in bread crumbs.
Place the scallops on the air fryer basket.
Set the timer for 12 minutes at 400 degrees F and cook
Flip the scallops through halfway cooking.
Once the scallops are cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 284

% Daily Value*

Total Fat 11.1g 14%

Saturated Fat 1.5g 8%

Cholesterol 75mg 25%

Sodium 686mg 30%

Total Carbohydrate 6.4g 2%

Dietary Fiber 0.1g 0%

Total Sugars 0.4g

Protein 38.3g

Shrimp Lettuce Wrap

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings
Ingredients

10 large shrimps
Salt and pepper
1/2 cup olive oil
1/4 cup red wine vinegar
2 chopped garlic cloves
1 heaping tablespoon Italian seasoning
1 tablespoon lemon juice
2 teaspoons Dijon mustard
1 tablespoon Worcestershire sauce
5 lettuce leaves
½ cup ranch

Directions

Combine the olive oil, salt, pepper, shrimp, red wine vinegar, garlic clove, Italian seasoning, lemon juice, Worcestershire sauce, and mustard and mix it well.
Marinate the shrimp in the mixture and refrigerate for 2 hours.
Place the shrimp in the basket of the air fryer.
Cook for 12 minutes at 400 degrees Fahrenheit.
Remember to flip the shrimp when it's half cooked.
Once shrimp is cooked, serve it over lettuce leaves and sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 511

% Daily Value*

Total Fat 53.3g 68%

Saturated Fat 7.7g 39%

Cholesterol 63mg 21%

Sodium 213mg 9%

Total Carbohydrate 4.8g 2%

Dietary Fiber 0.4g 1%

Total Sugars 2.6g

Protein 6.8g

Egg, Shrimp, And Avocado

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings
Ingredients

2 large avocados

¼ teaspoon of Garlic salt
Oil spray
3 small organic eggs
¼ teaspoon of Paprika powder
6 chopped large shrimp
Chopped parsley

Directions

Remove the pits from the avocados and cut them in half lengthwise.
Scoop out the avocado flesh from the avocado and put it in a bowl.
In the same dish, combine the shrimp and eggs.
Add the garlic salt and paprika powder to this mixing bowl.
Place the mixture in the avocado cavities.
Keep the avocados in the basket of the air fryer.
Set the timer for 12 minutes at 390 degrees Fahrenheit.
After the shrimp gets cooked, garnish with chopped parsley.

Nutrition Facts

Servings: 2

Amount per serving

Calories 711

% Daily Value*

Total Fat 56.1g 72%

Saturated Fat 11.9g 59%

Cholesterol 366mg 122%

Sodium 399mg 17%

Total Carbohydrate 28.3g 10%

Dietary Fiber 13.9g 50%

Total Sugars 1.5g

Protein 30.1g

Fish Fillet With Onion Rings

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2 cups of onion rings, frozen and packed
2 codfish fillets, 8 ounces each
Salt and black pepper, to taste
1 teaspoon of lemon juice
Oil spray, for greasing

Directions

Pat dry the fish fillets with a paper towel.
Next, season them with salt, black pepper, and lemon juice.
Grease the fillet with oil spray from both sides.
Put the fish in an oil greased air fryer basket; add in the onion rings
Cook at 350 degrees for 15 minutes.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 777

% Daily Value*

Total Fat 6.3g 8%

Saturated Fat 1.2g 6%

Cholesterol 374mg 125%

Sodium 537mg 23%

Total Carbohydrate 14.1g 5%

Dietary Fiber 3.2g 12%

Total Sugars 6.4g

Protein 156.9g

CHAPTER NO 8: 50 SNACKS, SANDWICHES AND WRAPS AIR FRYER RECIPES

Turkey Croquettes

Prep: 15Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

2 cups mashed potatoes
1/2 cup grated Parmesan cheese
1/2 cup shredded Swiss cheese
1 finely chopped shallot
2 teaspoons minced fresh rosemary
1 teaspoon minced fresh sage
Required salt
1/4 teaspoon pepper
3 cups finely chopped cooked turkey
1 large egg
2 tablespoons water
1-1/4 cups Panko bread crumbs
Butter-flavored cooking spray
Sour cream optional

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
In a large bowl, add the mashed potatoes, cheeses, shallot, rosemary, sage, salt, and pepper.
Add turkey and make patties.
In a small bowl, whisk egg and water. Place bread crumbs in another bowl.
Dip croquettes in egg, and then in bread crumbs mixture.
Arrange croquettes in the air-fryer basket.
Cook for 5 minutes, flipping halfway through.
Once it is golden brown, serve with sour cream.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1087

% Daily Value*

Total Fat 55.8g 72%

Saturated Fat	30.7g	154%
Cholesterol	367mg	122%
Sodium	1256mg	55%
Total Carbohydrate	50.5g	18%
Dietary Fiber	0.7g	3%
Total Sugars	0.8g	
Protein	95.6g	

Tortellini with Prosciutto

Prep: 15 Minutes | Cook Time: 5-8 Minutes | Makes: 2 Servings

Ingredients

1 tablespoon olive oil
3 tablespoons finely chopped onion
4 chopped garlic cloves
1 can tomato puree
1 tablespoon minced fresh basil
1/4 teaspoon salt
1/4 teaspoon pepper

Tortellini Ingredients

2 large eggs
2 tablespoons 2% milk
2/3 cup seasoned bread crumbs
1 teaspoon garlic powder
2 tablespoons grated Pecorino Romano cheese
1 tablespoon minced fresh parsley
1/2 teaspoon salt
1 package refrigerated prosciutto ricotta tortellini
Cooking spray

Directions

Heat oil in a saucepan.
Add onion and garlic and cook for 3-4 minutes.
Then add tomato puree, basil, salt, pepper, and cook.
Now preheat the air fryer to 400 degrees F or 204 degrees C.
Whisk eggs and milk together in a bowl.
Add bread crumbs, garlic powder, cheese, parsley, and salt in a separate bowl.
Dip tortellini in the egg wash, then coat in bread crumb mixture.
Arrange tortellini in the air-fryer basket.
Cook for 3-5 minutes. And flip and use cooking spray.
Once it is completely cooked, serve with sauce and fresh basil.

Nutrition Facts

Servings: 2

Amount per serving

Calories 691

% Daily Value*

Total Fat 31g 40%

Saturated Fat 13.2g 66%

Cholesterol 247mg 82%

Sodium 1869mg 81%

Total Carbohydrate 72.2g 26%

Dietary Fiber 10.5g 38%

Total Sugars 24.7g
Protein 38.1g

Air-Fryer Beefy Swiss Bundles

Prep: 15 Minutes | Cook Time: 12Minutes | Makes: 2 Servings

Ingredients

1 pound ground beef
1-1/2 cups sliced fresh mushrooms
1/2 cup chopped onion
1-1/2 chopped teaspoons garlic
4 teaspoons Worcestershire sauce
3/4 teaspoon crushed dried rosemary
3/4 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 sheet frozen puff pastry
2/3 cup refrigerated mashed potatoes
1 cup shredded Swiss cheese
1 large egg
2 tablespoons water

Directions

Preheat air fryer to 375 degrees F or 190 degrees C.
Cook beef, mushrooms and onion over medium heat for 8-10 minutes in a skillet.
Crumble meat and add garlic and cook for a minute.
Now season it with Worcestershire sauce, salt, pepper, paprika and rosemary.
Roll pastries and place about 2 tablespoons of potatoes. And top each with 3/4 cup beef mixture; sprinkle with 1/4 cup cheese.
Brush egg mixture on pastry edges.
Keep the pastries in the air-fryer basket; cook until golden brown for 10-12 minutes.
Once done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1559

% Daily Value*

Total Fat 31.2g 40%

Saturated Fat 13.8g 69%

Cholesterol 97mg 32%

Sodium 2367mg 103%

Total Carbohydrate 273.9g 100%

Dietary Fiber 12.6g 45%

Total Sugars 39.6g

Protein 45.6g

Air-Fryer Caribbean Wontons

Prep: 15 Minutes | Cook Time: 20Minutes | Makes: 2Servings

Ingredients

4 ounces cream cheese
1/4 cup sweetened shredded coconut
1/4 cup mashed banana
2 tbsp chopped walnuts
2 tbsp canned crushed pineapple
1 cup marshmallow crème
24 wonton wrappers
Cooking spray

Ingredients for sauce,

1 pound fresh strawberries
1/4 cup sugar
1 tsp cornstarch
Confectioners' sugar
Cinnamon

Directions

Preheat air fryer to 328 degrees F. Whip the cream cheese and add coconut, banana, walnuts, pineapple, and marshmallow crème in a bowl.

Place the filling in the wonton wrapper. Fold and seal the wrapper. Repeat with remaining batches.

Place the wontons in a single layer in the air-fryer basket, Spritz with cooking spray.

Cook until crisp for 11-12 minutes.

While cooking, add sugar and cornstarch to the saucepan and add the pureed strawberries. Cook until it gets thickened.

Use confectioners' sugar and ground cinnamon as toppings

Serve wontons with sauce.

Enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1863

% Daily Value*

Total Fat 68.1g 87%

Saturated Fat 50.4g 252%

Cholesterol 35mg 12%

Sodium 2202mg 96%

Total Carbohydrate 272.4g 99%

Dietary Fiber 12.6g 45%

Total Sugars 39.5g

Protein 41.3g

Air-Fryer Bacon Crescent Rolls

Prep: 12 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

1 can pizza crust
1/4 pound thinly sliced ham
1 thinly sliced pear
1/4 cup toasted walnuts
2 tablespoons crumbled blue cheese

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cut the pizza crust into 4 squares.
Layer ham, half of the pear slices, walnuts, and blue cheese
Make a triangle. And press edges with a fork to seal.
Arrange the rolls in the air-fryer basket. Cook for 6 minutes.
Serve with remaining pear slices and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 399

% Daily Value*

Total Fat 22.7g 29%

Saturated Fat 4.4g 22%

Cholesterol 69mg 23%

Sodium 1028mg 45%

Total Carbohydrate 44.5g 16%

Dietary Fiber 6g 21%

Total Sugars 11g

Protein 17.3g

Air Fryer Pumpkin Fries

Prep: 15 Minutes | Cook Time: 8 Minutes | Makes: 1 Serving

Ingredients

1/2 cup plain Greek yogurt
2 tbsp maple syrup
3 tsp chopped chipotle peppers
Salt, to taste
1 medium pie pumpkin
1/4 teaspoon garlic powder
1/4 teaspoon ground cumin
1/4 teaspoon chili powder
1/4 teaspoon pepper

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
In a small bowl, combine yogurt, maple syrup, chipotle peppers, and 1/8 teaspoon salt and refrigerate for a few hours.
Cut the pumpkin in half slices.
Sprinkle with salt, garlic powder, cumin, chili powder, and pepper.
In batches, arrange pumpkin on a greased tray in the air-fryer basket.
Cook for 6-8 minutes. Cook until browned.
Serve with sauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 107

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 101mg 4%

Total Carbohydrate 22.3g 8%

Dietary Fiber 1.7g 6%

Total Sugars 15.3g

Protein 5.7g

General Tso's Cauliflower

Prep: 15 Minutes | Cook Time: 20Minutes | Makes:2 Servings

Ingredients

1/2 cup all-purpose flour
1/2 cup cornstarch
Required salt
1 tsp baking powder
3/4 cup club soda
1 medium cauliflower

Ingredients for sauce:

1/4 cup orange juice
3 tbsp sugar
3 tbsp soy sauce
3 tbsp vegetable broth
2 tbsp rice vinegar
2 tsp sesame oil
2 tsp cornstarch
2 tbsp canola oil
2 to 6 dried pasilla
3 thinly sliced green onions
3 chopped garlic cloves
1 tsp grated fresh ginger root
1/2 tsp grated orange zest

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Mix flour, cornstarch, salt and baking powder.
Add club soda and blend the ingredients. Put the florets in the batter.
Arrange cauliflower on a greased tray in the air-fryer basket.
Cook until golden brown for 10-12 minutes.
Meanwhile, whisk together the first 6 sauce ingredients and cornstarch until smooth.
In a large saucepan, heat canola oil.
Cook and add the green chili and sauté for 1-2 minutes.
Add the white part of onions, garlic, ginger, orange zest, and cook for 1 minute.
Add orange juice mixture to saucepan.
Cook and stir until thickened.
Add cauliflower to sauce and toss.
Sprinkle with thinly sliced green onions.

Nutrition Facts

Servings: 2

Amount per serving

Calories 485

% Daily Value*

Total Fat 14.6g 19%

Saturated Fat	1.1g	6%	
Cholesterol	0mg	0%	
Sodium	1454mg	63%	
Total Carbohydrate	80.8g	29%	
Dietary Fiber	2.2g	8%	
Total Sugars	21.8g		
Protein	6.2g		

Air-Fryer Cheeseburger Onion Rings

Prep:25Minutes | Cook Time: 15 | Makes: 2Servings

Ingredients

1 pound lean ground beef
1/3 cup ketchup
2 tbsp mustard
1/2 tsp salt
1 large onion
4 ounces cheddar cheese
3/4 cup all-purpose flour
2 tsp garlic powder
2 large eggs
1-1/2 cups panko bread crumbs
Cooking spray
Spicy ketchup optional

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cut onion into 1/2-inches of thick slices.
Then separate in rings.
Combine beef, ketchup, mustard, and salt together in a bowl.
Cut the onion into slices.
Fill half of the rings with beef mixture and top each with a square of cheese and remaining beef.
In a small bowl, mix flour and garlic powder.
Place eggs and breadcrumbs and eggs in separate bowls.
Dip the filled onions in flour to coat both sides. The dip in egg, then in bread crumbs.
In batches, place onion rings in the air-fryer basket; spritz with cooking spray.
Cook until golden brown for 12-15 minutes.
Serve with spicy ketchup and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1238

% Daily Value*

Total Fat 44.9g 58%

Saturated Fat 19.8g 99%

Cholesterol 448mg 149%

Sodium 1999mg 87%

Total Carbohydrate 98.8g 36%

Dietary Fiber 7.4g 26%

Total Sugars 17.9g

Protein 106.1g

Air Fryer Toasted Turkey Sandwich Melt

Prep: 0 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

2 Ciabatta Rolls
4 Tablespoons Mayonnaise
6-8 slices Peppered Turkey
4 slices Mild Cheddar cheese
4 slices cooked bacon, cut in half
1 sliced thinly Roma tomato
1 ripe avocado
8-10 pepperoncini peppers
Spring Mix lettuce
Mustard
Coarse black pepper to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 5 minutes.
Spread 1 Tbsp mayonnaise on the ciabatta roll.
Place sandwich roll in the basket of the air fryer.
Bake for 2 minutes at to 400 degrees F or 204 degrees C.
Remove the basket from the air fryer and place cheese on the sandwich roll.
Place a few slices of turkey meat on the bottom half of the rolls. Top it with 2 slices of precooked bacon.
Place the basket back into the air fryer at 400° and cook for 2-3 minutes until cheese is melted.
Remove sandwich and layer sandwiches with avocado, pepperoncini, tomatoes, spring mix lettuce or sprouts, and condiments.
Cut the sandwiches and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2275

% Daily Value*

Total Fat 162.1g 208%

Saturated Fat 52.5g 263%

Cholesterol 425mg 142%

Sodium 9326mg 405%

Total Carbohydrate 66.5g 24%

Dietary Fiber 11g 39%

Total Sugars 15.8g

Protein 137.9g

Air Fryer Veggie Sandwich

Prep:10 Minutes | Cook Time: 8 Minutes | Makes:2 Servings

Ingredients

½ cup handful of grated cheese
few mushroom slices
A few red bell pepper slices
A large spoonful of pesto
1 cherry tomato, quartered
2 slices of bread
A little olive oil

Directions

Add oil on the mushrooms and peppers air fry for 5 minutes at 390 degrees Fahrenheit.
Arrange the sandwich. Spread pesto on the bread and fill with cheese, mushrooms, pepper and tomato.
Brush olive oil on the outer sides of the bread and sprinkle a little extra cheese on top of the sandwich.
Air fry for 5 minutes at 390 degrees F or 200 degrees C, until the bread is crispy.
Veggie toast is now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 150

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2.9g 14%

Cholesterol 7mg 2%

Sodium 107mg 5%

Total Carbohydrate 7.9g 3%

Dietary Fiber 1.2g 4%

Total Sugars 2.2g

Protein 3.5g

Air Fryer Eggplant Parmesan Sandwich

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1/3 cup Italian bread crumbs
1/4 cup Panko bread crumbs

1/4 cup grated Parmesan cheese
1 teaspoon Italian seasoning
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon freshly ground black pepper
1/4 cup all-purpose flour
2 eggs
1 sliced eggplant
Olive oil spray
1 cup spaghetti-sauce
8 slices mozzarella cheese
Buns/Sliders
Fresh Basil, optional

Directions

Combine both types of bread crumbs, Italian seasoning, cheese, garlic powder, and black pepper. Keep the flour on a separate plate and the beaten eggs in a shallow bowl. Put sliced eggplant, breadcrumbs and egg wash in a bowl. Dip each slice of eggplant into the flour first, then into the beaten eggs and finally into the breadcrumb mixture last. Keep the coated eggplants on a plate and spray oil on it. Preheat the air fryer to 400 degrees F or 204 degrees C. Place the breaded eggplant rounds in the air fryer basket. Cook for 8 minutes and flip each round. Cook until it gets crispy. Top each cooked eggplant slice with Traditional Sauce and 1 slice of mozzarella cheese. Place the basket back in the air fryer and cook until the cheese starts to melt. Cook for 2 more minutes. Then repeat the same process for the remaining eggplant. Keep 2 eggplant parmesan slices inside of each toasted bun. Top with fresh basil and extra warmed sauce as desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 891

% Daily Value*

Total Fat 37.8g 48%

Saturated Fat 19.2g 96%

Cholesterol 248mg 83%

Sodium 3187mg 139%

Total Carbohydrate 83.1g 30%

Dietary Fiber 13.7g 49%

Total Sugars 21.9g

Protein 59.3g

Air Fryer Crispy Chicken Caesar Wraps

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

8 ounces chicken breast
2 eggs
1 cup of all-purpose flour
1/4 cup of cornstarch
3 tablespoons of nature's seasoning
1/4 cup light Caesar dressing
1/4 cup shredded parmesan cheese
1/2 cup croutons
1 head of romaine lettuce
4 - 8" tortillas

Directions

Combine flour, cornstarch and seasoning together in a bowl.
Beat the eggs and place the chicken strip in the flour in another bowl.
Then dip in the eggs and then back into the flour filling coating.
Repeat the same for the remaining strips.
Spritz cooking spray and place the battered strips in the air fryer basket.
Cook to 400 degrees F or 204 degrees C for 8 minutes, flip and cook for 3 minutes.
Add lettuce to the bowl with dressing, cheese, and croutons.
Put 1/2 cup of salad mixture and 3-4 chicken strips in each tortilla.
Roll into a burrito and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 697

% Daily Value*

Total Fat 15.5g 20%

Saturated Fat 5.7g 28%

Cholesterol 256mg 85%

Sodium 413mg 18%

Total Carbohydrate 89.9g 33%

Dietary Fiber 5.9g 21%

Total Sugars 2.6g

Protein 48.6g

Air Fried Pepperoni Wraps

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

2 flour tortillas
28 pepperoni slices
2 slices cooked and crumbled bacon
2 tablespoons mozzarella cheese
2 tablespoons sharp cheddar cheese

Directions

Put tortillas on a flat surface and add a layer of 14 pepperoni slices on each tortilla.
Sprinkle 1 piece of crumbled bacon on each tortilla.
Sprinkle 1 tablespoon of mozzarella. And add 1 tablespoon of sharp cheddar cheese.
Wrap up and place seam side down in the air fryer basket.
Spray with butter-flavored cooking spray.
Cook in the air fryer at 400 degrees F or 204 degrees C for 3-5 minutes.
Once the cheese is melted, serve the pepperoni wraps and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1228

% Daily Value*

Total Fat 94.9g 122%

Saturated Fat 33.5g 167%

Cholesterol 243mg 81%

Sodium 4431mg 193%

Total Carbohydrate 13.6g 5%

Dietary Fiber 1.5g 5%

Total Sugars 0.3g

Protein 75.6g

5-Minute Buffaloes Chicken Wrap

Prep:15 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

6 cups Leftover Chicken
1/2 cup Buffalo Sauce
4 Flour Tortillas
1/4 cup Chunky Blue Cheese
1/4 cup shredded lettuce
Shredded Cheddar Cheese

Directions

Chop up chicken into smaller pieces to a bowl.

In the bowl, add buffalo Sauce over chicken and mix it thoroughly.

Add it to the air fryer and cook for 5 minutes at 400 degrees F or 204 degrees C.

Put buffalo chicken, blue cheese, and lettuce into each wrap of tortilla.

Wrap each tortilla. Serve and enjoy with shredded cheddar cheese as additional cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 897

% Daily Value*

Total Fat 63.2g 81%

Saturated Fat 14.9g 75%

Cholesterol 264mg 88%

Sodium 1322mg 57%

Total Carbohydrate 4.7g 2%

Dietary Fiber 0g 0%

Total Sugars 4.2g

Protein 73.4g

Beef And Cheese Wrap

Prep: 15Minutes | Cook Time: 20 Minutes | Makes: 2Servings

Ingredients

2 cups ground beef

1 cup shredded cabbage

1/3 cup cheddar cheese

6 flour tortillas

3-4 garlic

1 lime zest

1 sweet bell pepper

¼ cup sour cream

1 tablespoon taco seasoning

Directions

Chop the garlic and cube the sweet bell pepper.

In a bowl, mix shredded cabbage, half the sour cream and half the taco seasoning.

Add diced pepper, garlic, lime zest and juice in another bowl.

Add the beef and taco seasoning to the basket of air fryer greased with oil spray.
Cook for 18 minutes at 400 degrees F or 204 degrees C.
Cut the tortillas and place toppings such as diced pepper, cabbage slaw, ground beef, and cheddar cheese.
Serve and enjoy the beef wrap.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1271

% Daily Value*

Total Fat 46.3g 59%

Saturated Fat 20.1g 100%

Cholesterol 489mg 163%

Sodium 509mg 22%

Total Carbohydrate 40.1g 15%

Dietary Fiber 6.2g 22%

Total Sugars 4.9g

Protein 165.7g

Copy Cat Taco Bell Crunch Wraps

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

2 pounds ground beef
2 Servings Homemade Taco Seasoning
1 1/3 c water
6 large flour tortillas
3 Roma tomatoes
12 oz nacho cheese
2 cup shredded lettuce
2 c Mexican blend cheese
2 c sour cream
6 tostada shell
Cooking Spray

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cook the beef in a pan.
Add the taco seasoning and 1.5 cups of water.
Cook until it gets thickened.
In the tortilla, stuff beef, nacho cheese, tostada, sour cream, lettuce, tomatoes, and cheese.

And wrap the taco and Repeat the same process for the remaining wraps.
Spray the fry basket with oil.
Cook for 2 minutes or until golden brown.
Flip and cook for an additional 2 minutes.
Allow to cool and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2521

% Daily Value*

Total Fat 142.3g 182%

Saturated Fat 76.3g 382%

Cholesterol 648mg 216%

Sodium 2866mg 125%

Total Carbohydrate 118g 43%

Dietary Fiber 8g 28%

Total Sugars 9.6g

Protein 185.1g

Air-Fryer Cheesy Spinach Wrap

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2/3 cup cooked roughly chopped spinach

1 wedge creamy Swiss cheese

1/4 tsp garlic powder

3 - 4 chopped sun-dried tomato halves

2 flour tortilla

1 stick light string cheese

Directions

Add the cooked spinach, cheese wedge, and garlic powder to a microwave bowl and cook for 1 minute.

Combine until cheese has melted and mixture is uniform. And now add chopped sun-dried tomatoes.

Spread mixture along the center of the tortilla. Add cheese over the spinach mixture.

Wrap the tortilla like a burrito, then keep the wrap inside the air fryer by facing the seam side down.

Cook for 5 minutes to 400 degrees F or 204 degrees C.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 131

% Daily Value*

Total Fat 6.5g 8%
Saturated Fat 3.6g 18%
Cholesterol 19mg 6%
Sodium 140mg 6%
Total Carbohydrate 12g 4%
Dietary Fiber 1.5g 6%
Total Sugars 0.4g
Protein 7.6g

Air Fried Chicken Shawarma

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

2 pounds chicken thighs
2 tbsps olive oil
1 lemon, juiced and zested
8 crushed cloves garlic
2 tablespoons honey
2 tsp ground cumin
2 tsp smoked paprika
1 teaspoon ground cinnamon
1 teaspoon coriander powder
1 teaspoon ground ginger
1 teaspoon dried oregano
1 teaspoon ground turmeric
1/2 teaspoon cayenne pepper
2 teaspoon salt
1 teaspoon ground black pepper
4 shawarma wraps

Directions

Clean the chicken and pat dry.
Put the chicken thighs in the bowl, add the above ingredients, and mix well.
Keep the marinated chicken in the fridge for at least 30 minutes.
Place the chicken in the air fryer basket for 10-15 minutes at 400 degrees Fahrenheit.
Repeat the same process for the remaining chicken thighs.
Serve and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 1076

% Daily Value*

Total Fat 48.7g 62%

Saturated Fat 11.4g 57%

Cholesterol 404mg 135%

Sodium 397mg 17%

Total Carbohydrate 23.1g 8%

Dietary Fiber 2.7g 10%

Total Sugars 17.7g

Buffalo Chicken Wrap

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

8-ounce chicken breasts
1/2 tsp salt
1/4 tsp black pepper
1 tbsp butter
1 tbsp vegetable oil
1/4 cup hot sauce
4 flour tortillas
1 cup shredded cabbage
1 rib celery
1/4 cup crumbled blue cheese

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Put the salt and pepper in the chicken for seasoning.
Cook the chicken for 6 to 8 minutes.
Add the butter, vegetable oil, and hot sauce to the small bowl and microwave for 30 seconds.
Melt the butter in a pan.
Once the chicken is cooked, put the chicken in the sauce.
Arrange the wraps, place shredded cabbage on the tortilla.
Add toppings, cabbage with buffalo chicken, celery sticks, and blue cheese.
Sides should be folded. Serve. And enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 679

% Daily Value*

Total Fat 32g 41%

Saturated Fat 12.5g 62%

Cholesterol 129mg 43%

Sodium 2523mg 110%

Total Carbohydrate 51.1g 19%

Dietary Fiber 3g 11%

Total Sugars 3.6g

Protein 45.1g

Tex Mex Quesadilla

Prep: 25 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1/4 pound lean ground beef
1/2 teaspoon chopped garlic

1/4 cup chopped onion
1/2 teaspoon taco seasoning
1 teaspoon extra-virgin olive oil
2 flour tortillas
1/4 cup cooked pinto beans
1/2 cup shredded Mexican cheese
1 tablespoon barbecue sauce
2 tablespoon chopped cilantro

Directions

Cook the beef in the skillet until it gets soft.

Stir in the garlic, onion, and taco seasoning, and let the ingredients cook together.

Preheat the air fryer to 400 degrees F or 204 degrees C.

Keep the flour tortillas on a flat surface and spread 2 tbsp of mashed beans on each tortilla.

Add 1/4 cup shredded cheese and then half of the ground beef mixture as toppings for each.

Sprinkle the remaining shredded cheese on top.

Cover with the other tortilla, bean side down. Spray the air fryer basket using an olive oil spray and arrange to place the quesadilla into it.

Cook for 7 to 9 minutes.

Once it is cooked completely, drizzle barbecue sauce over the top, and sprinkle with cilantro.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 320

% Daily Value*

Total Fat 16.6g 21%

Saturated Fat 7.9g 39%

Cholesterol 67mg 22%

Sodium 346mg 15%

Total Carbohydrate 21.5g 8%

Dietary Fiber 3.8g 13%

Total Sugars 2.3g

Protein 24g

Calzones

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 pound whole-wheat pizza dough
1/2 cups jarred marinara sauce
2 cups fresh baby spinach leaves
1/3 cups shredded mozzarella cheese
1/4 cup chopped red onions
1/4 cup chopped red bell peppers
4 Italian sausage, chopped

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Divide the dough equally into pieces.
Roll the dough and put 2 tbsp marinara sauce.
Add 1/2 cup spinach leaves, 1/3 cup mozzarella, 1 tbsp onions, 1 tbsp bell peppers, and 1/4 cup sausage on half of the dough.
Fold the dough over the top and seal the edges.
Repeat the same for other calzones.
Place calzones into the air fryer basket.
Cook for 10 to 12 minutes. Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 740

% Daily Value*

Total Fat 18.3g 23%

Saturated Fat 13.6g 68%

Cholesterol 48mg 16%

Sodium 1713mg 74%

Total Carbohydrate 100.9g 37%

Dietary Fiber 17.4g 62%

Total Sugars 13.7g

Protein 37.3g

Build The Hot Pocket

Prep: 10 Minutes | Cook Time: 7 Minutes | Makes: 2 Servings

Ingredients

1 pound whole-wheat pizza dough
1-1/2 cups diced ham or cooked turkey
1-1/2 cups grated cheddar cheese

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Place the dough on a floured surface. Roll out the dough into a large square, about 1/2 inch thick.
Using a pizza cutter, cut the dough into twelve rectangles.
Place 2 tablespoons chopped ham or turkey and 2 tablespoons grated cheese down the center of the dough rectangles.
Place the other six rectangles on top.
Poke the surface of the top piece with the fork to create a vent to release steam while cooking.
Spray the surface of the hot pocket with cooking spray.
Place hot pockets into the air fryer basket and cook for 5 to 7 minutes.
Once it's cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 873

% Daily Value*

Total Fat 24.2g 31%

Saturated Fat 21.2g 106%

Cholesterol 112mg 37%

Sodium 1655mg 72%

Total Carbohydrate 97.9g 36%

Dietary Fiber 16.2g 58%

Total Sugars 12.5g

Protein 58.9g

Snack time Smoked Chicken Jerky

Prep: 15 Minutes | Cook Time: 2 Hours | Makes: 2 Servings

Ingredient

1 pound chicken breast, cut in ¼ inch strips
¾ cup coconut amino
¼ cup teriyaki marinade
2 tablespoon Worcestershire sauce
1 teaspoon thyme, dried
½ teaspoon lemon zest
½ teaspoon ginger, powder
½ teaspoon garlic powder
salt and black pepper, to taste
Cooking spray, for greasing

Directions

Mix all the listed spices in a bowl.
Next, coat the chicken strip with it.
Let it marinate overnight in the refrigerator.
Grease the air fryer basket with oil spray.
Arrange chicken into the air fryer basket
Cook for 2 hours at 180 Degrees F or 80 degrees C.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 282

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.1g 0%

Cholesterol 145mg 48%

Sodium 281mg 12%

Total Carbohydrate 4.3g 2%

Dietary Fiber 0.4g 1%

Total Sugars 3.2g

Protein 48.3g

Fried Green Tomato BLT

Prep: 20 Minutes | Cook Time: 10-15 Minutes | Makes: 4 Servings

Ingredients

1 large green tomato
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup Panko breadcrumbs
1/4 cup all-purpose flour
1 egg, whisked
4 slices bacon
4 slices sourdough bread
2 leaves lettuce
1 tablespoon mayonnaise

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C. for 3 minutes.
Mix together the salt, pepper, breadcrumbs, and flour in a bowl.
Slice the tomato into 4 thick slices. Dip the tomato slices into the whisked egg and then in the flour mixture to create a breading.
Spray the tomato with cooking spray. Place the breaded tomato slices into the air fryer basket on one side and lay out the bacon in a single layer.
Cook for 5 minutes. Flip over, and cook another 5 minutes.
Toast the bread in a toaster.
To assemble sandwiches, place 1 leaf of lettuce on 2 slices of bread.
On the other slices, spread 1-1/2 tsp mayonnaise on each slice.
Keep 2 slices of crisped bacon on top of the mayonnaise, and then place the tomatoes on top.
Serve the sandwiches and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1029

% Daily Value*

Total Fat 59.9g 77%

Saturated Fat 21.2g 106%

Cholesterol 182mg 61%

Sodium 3473mg 151%

Total Carbohydrate 60.8g 22%

Dietary Fiber 2.3g 8%

Total Sugars 3g

Protein 58.1g

Snack Time Pizza Toast

Prep:20 Minutes | Cook Time: 10-15 Minutes | Makes: 4 Servings

Ingredients

4 slices turkey bacon
2 eggs
½ red bell pepper, sliced
1 avocado, sliced
3 tablespoons of salsa
salt and pepper, to taste
4 tortillas wrap

Directions

Whisk egg in a bowl and add in the salt and pepper.
Pour the egg mixture into a dish tin and place it into the Air fryer basket.
Cook the egg in the air fryer at 400 degrees F or 204 degrees C for 6 minutes.
Then remove from the air fryer.
Now fill the tortilla with egg, turkey bacon crumbles, pepper, avocado.
Put salsas per liking.
Wrap it and cook in an air fryer with aluminum foil and place wraps on top.
Cook for 6 minutes at 350 degrees.
Once done, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 684

% Daily Value*

Total Fat 35.1g 45%

Saturated Fat 7.5g 37%

Cholesterol 184mg 61%

Sodium 1492mg 65%

Total Carbohydrate 72.8g 26%

Dietary Fiber 15.5g 55%

Total Sugars 5.1g

Protein 24.1g

Apple And Cheddar Grilled Cheese

Prep: 15 Minutes | Cook Time: 7 Minutes | Makes: 2 Servings

Ingredients

2 slices seeded whole-grain bread
1 teaspoon extra-virgin olive oil
3 ounces cheddar cheese slices
1/2 small Honey crisp apple
1/8 teaspoon black pepper
Salt, to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Brush the bread's outer sides with olive oil.
Flip the slices of bread over. Place 1-1/2 ounces of cheese on the bread; then add apple slices and top with a pinch of black pepper.
Top the apples with the remaining cheddar cheese, then cover with the bread slice.
Spray the air fryer basket with olive oil, then place the sandwich into the basket.
Cook for 5 to 7 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 273

% Daily Value*

Total Fat	17.2g	22%
Saturated Fat	8.1g	41%
Cholesterol	45mg	15%
Sodium	872mg	38%
Total Carbohydrate	16.2g	6%
Dietary Fiber	2.5g	9%
Total Sugars	2.7g	
Protein	13.3g	

Tuna Melt

Prep: 15 Minutes | Cook Time: 6-12 minutes | Makes: 2 Servings

Ingredients

4 ounces canned tuna in water
2 tbsp finely chopped onion
1 tbsp mayonnaise

1 tbsp Greek yogurt
1/8 tsp dill
1/4 tsp black pepper
Required salt
4 slices whole-grain bread
1 tsp extra-virgin olive oil
4 slices white cheddar cheese
8 dill pickle slices

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Combine the tuna, onion, mayonnaise, yogurt, dill, pepper, and salt together in a bowl.
Apply the olive oil to the bread. Flip the bread and keep cheese slices on the bread.
Put half of the filling per slice of bread; then keep the pickle slice above the mixture.
Make sandwiches.
Arrange the sandwich in the air fryer basket.
Cook for 4-6 minutes.
Take the sandwich from the air fryer and let it cool down.
Serve hot and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 478

% Daily Value*

Total Fat	27.7g	36%
Saturated Fat	14.6g	73%
Cholesterol	90mg	30%
Sodium	923mg	40%
Total Carbohydrate	17.4g	6%
Dietary Fiber	1.1g	4%
Total Sugars	6.3g	
Protein	39g	

Air-Fried Chicken Stuffed Tortillas With Peppers And Corn

Prep: 15 Minutes | Cook Time: 7-4 Minutes | Makes: 4 Servings

Ingredients

4-ounce cream cheese
2½ cup grated Cheddar cheese
2 cup shredded cooked chicken
½ cup diced roasted peppers
1 cup corn kernels fresh
1 minced Jalapeño pepper
3 chopped scallions
Required salt and black pepper
12 flour tortillas

¼ cup canola oil
1 tsp chili powder
Salsa optional

Directions

Combine the cream cheese and cheddar cheese in a bowl and mix them together.
Add the shredded chicken, roasted peppers, peppers, corn and scallions. Season with salt and black pepper.
In a small bowl, mix the oil and chili powder together and set aside.
Cut the tortillas in half and start rolling one-half tortillas into a cone.
Fill tortillas with 2 tablespoons of the chicken and cheese mixture. And make a triangle out of it.
Lay the stuffed tortilla triangle on a sheet tray.
Repeat the same process for the remaining tortilla. Spray the tortillas with chili oil.
Pre-heat air fryer to to 400 degrees F or 204 degrees C.
Cook for 6 to 7 minutes until the tortillas are lightly browned.
Serve warm, with salsa

Nutrition Facts

Servings: 4

Amount per serving

Calories 1723

% Daily Value*

Total Fat 126.6g 162%

Saturated Fat 70.8g 354%

Cholesterol 397mg 132%

Sodium 2188mg 95%

Total Carbohydrate 47.2g 17%

Dietary Fiber 6.2g 22%

Total Sugars 4.9g

Protein 102g

Chicken And Green Chili Taquitos

Prep: 15 Minutes | Cook Time:12-15 Minutes | Makes: 2 Servings

Ingredients

2 chicken breasts, shredded and cooked
5 tablespoons salsa verde
½ tsp chili powder
½ tsp ground cumin
required salt
10 small corn tortillas
1 ½ cups grated Monterey jack pepper jack
1 teaspoon of vegetable oil

avocado crema ingredients

½ clove garlic
1 avocado
¼ cup sour cream
¼ tsp cumin
1/8 tsp cayenne pepper
1 tablespoon of lime juice
3 tbsp warm water
salt, to taste

Directions

Add the shredded chicken, salsa, and spices to a bowl, mix it together, and keep aside.
Microwave the corn tortillas by wrapping them up in the kitchen towel for 30 seconds.
Stuff the chicken in the tortillas. Add grated cheese over the chicken.
Keep the filling, roll the tortillas up, and keep the taquitos closed with a toothpick.
Repeat the same for other batches.
Brush the taquitos with oil.
Arrange the taquitos in the air fryer. Cook at 400 degrees F or 204 degrees C, for 10-12 minutes.
Flip it when it's half cooked.
Prepare the avocado crema by adding all the ingredients in a food processor to get a smooth consistency. Season with salt.
The taquitos goes well with the salsa fresca, avocado crema and queso fresco.
Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 416

% Daily Value*

Total Fat 21g 27%

Saturated Fat 5.9g 29%

Cholesterol 69mg 23%

Sodium	245mg	11%
Total Carbohydrate	33.1g	12%
Dietary Fiber	7.5g	27%
Total Sugars	1.1g	
Protein	25.5g	

Chocolate Palmiers

Prep: 15 Minutes | Cook Time:10 Minutes | Makes: 2 Servings

Ingredients

1 sheet defrosted puff pastry
1 egg
¼ cup sugar
1-ounce bittersweet chocolate

Directions

Place the puff pastry down on the sugar and roll it out into an evenly square.
Brush the pastry lightly with some egg wash and sprinkle sugar to cover evenly.
Flip the pastry over. Brush the top surface of the pastry with a little egg wash and sprinkle the remaining sugar on top.
Pulse the chocolate in a mini chopper and sprinkle this on top.
Fold and make a log of puff pastry.
Line the air fryer basket with parchment paper. Slice the log into thin slices and place the slices flat in the air fryer basket.
Transfer the palmiers to the air fryer basket and cook for 10 minutes at 400 degrees F or 204 degrees C.
Chocolate palmiers are now ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 229

% Daily Value*

Total Fat 8.3g 11%

Saturated Fat 4.1g 21%

Cholesterol 85mg 28%

Sodium 75mg 3%

Total Carbohydrate 35.9g 13%

Dietary Fiber 0.6g 2%

Total Sugars 32.8g

Protein 4.4g

Asparagus With Crispy Parmesan Breadcrumbs

Prep: 15 Minutes | Cook Time:12-15 minutes | Makes: 2 Servings

Ingredients

½ tbsp unsalted butter
3 tbsp seasoned fine bread crumbs
Pinch of crushed red pepper flakes
2 Tbsp grated Parmesan cheese
1 bunch asparagus
olive oil
Required salt and pepper

Directions

Switch on the heat and melt the butter in a sauté pan.
Mix the breadcrumbs and red pepper flakes in the pan and toast for 1 to 2 minutes.
Switch off the heat and toss in the Parmesan cheese. Set aside.
Preheat the air fryer to 400 degrees F or 204 degrees C.
Drizzle asparagus olive oil and season with salt and black pepper.
Arrange the asparagus in the air fryer basket and cook for 8 to 10 minutes.
Once it's cooked, transfer the asparagus to a plate and immediately sprinkle the toasted breadcrumbs on top.
Using crumbs toss the asparagus and serve warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 176

% Daily Value*

Total Fat 15.9g 20%

Saturated Fat 6.8g 34%

Cholesterol 28mg 9%

Sodium 280mg 12%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 9g

Apple Fries With Caramel Cream Dip

Prep: 15 Minutes | Cook Time:12-15 Minutes | Makes: 2 Servings

Ingredients

3 Pink Lady apples
½ cup flour
3 eggs beaten
1 cup graham cracker crumbs
¼ cup sugar
8 ounce whipped cream cheese
½ cup caramel sauce

Directions

Cut the apple into wedges. Toss the apple slices and flour together in a bowl.
Whisk the eggs in a bowl. Combine the graham crackers and sugar in another bowl.
Take an apple slice, dip in the egg mixture, and then dip into the crumbs.
Keep the coated slices on a cookie sheet.
Preheat the air fryer to 400 degrees F or 204 degrees C.
Bake the apples for Air-fry for 5 minutes. Turn the apples overcook for 2 more minutes.
Repeat the same for the remaining batches.
Prepare the caramel cream dip by adding the whipped cream cheese and caramel sauce.
Serve the apple fries with the caramel cream dip.
Serve and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 735

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1.2g 6%

Cholesterol 10mg 3%

Sodium 1328mg 58%

Total Carbohydrate 144.5g 53%

Dietary Fiber 4.3g 15%

Total Sugars 33.9g

Protein 28.9g

Sriracha Spring Rolls

Prep: 15 Minutes | Cook Time:30-40 Minutes | Makes: 2 Servings

Ingredients

3 cups coleslaw mix (about 7 ounces)
3 green onions, chopped
1 tablespoon soy sauce
1 teaspoon sesame oil
1 pound boneless skinless chicken breasts
1 teaspoon seasoned salt
2 packages (8 ounces each) cream cheese, softened
2 tablespoons Sriracha chili sauce
24 spring roll wrappers
Cooking spray
Optional: Sweet chili sauce and additional green onions

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Add the coleslaw mix, green onions, soy sauce, and sesame oil and mix it together. Place chicken in the air-fryer basket.
Cook for 20 minutes.
Once the chicken is cooked, chop the chicken and season with salt.
Set the air-fryer temperature to 400°.
In a bowl, mix cream cheese and Sriracha chili sauce. Add the chicken to the coleslaw mixture.
Place the filling inside the wrapper. And fold the bottom corner overfilling. Fold side corners toward center and roll-up.
Press the tip to seal. And repeat the same process for the remaining batches.
Arrange spring rolls in the air-fryer basket; use cooking spray in the rolls.
Cook for 5-6 minutes until it gets lightly browned. Flip and cook for 6-7 minutes.
Serve with sweet chili sauce and sprinkle some green onions.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1010

% Daily Value*

Total Fat 29.7g 38%

Saturated Fat 12.7g 63%

Cholesterol 172mg 57%

Sodium 1950mg 85%

Total Carbohydrate 124.6g 45%

Dietary Fiber 5.1g 18%

Total Sugars 0.4g

Protein 56.5g

Teriyaki Rice Bombs

Prep: 15 Minutes | Cook Time: 15 minutes | Makes: 4 Servings

Ingredients

3 cup cooked white rice
1/2 cup shredded cheddar cheese
3 eggs scrambled with 2 chopped green onions
1/2 cup cooked and diced Chinese sausage
Extra shredded cheddar cheese for stuffing
1/4 cup Teriyaki Sauce
Sesame seeds to garnish

Directions

Mix cooked white rice with shredded cheddar cheese.
Add wraps in a bowl, then add white rice into the bowl. Make some hollow in the center of the rice.
Add some eggs, cheese, and sausage into the bowl.
Take the saran wrap from the bowl. Make some rice balls. Refrigerate for 25-30 minutes.
Keep aluminum foil in the air fryer basket and spray some oil on it.
Then, remove the saran wrap and place the rice ball into the air fryer.
Apply the teriyaki sauce to the rice ball and sprinkle sesame seeds. Cook at 400 degrees F or 204 degrees C, for 3-5 minutes.
Take the fryer basket out, apply another layer of the teriyaki sauce onto the rice balls, and cook again at 380F for 2-3 minutes.
Serve with some scallions.

Nutrition Facts

Servings: 4

Amount per serving

Calories 709

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 8.4g 42%

Cholesterol 105mg 35%

Sodium 1111mg 48%

Total Carbohydrate 115.3g 42%

Dietary Fiber 1.8g 7%

Total Sugars 3g

Protein 25.7g

Yogurt Pancakes

Prep: 15 Minutes | Cook Time: 6 -12 minutes | Makes: 2 Servings

Ingredients

¾ cup all-purpose flour
½ cup Greek Yogurt
1 egg
¼ cup sugar
½ teaspoon baking soda
¼ teaspoon salt
½ cup cottage cheese
½ teaspoon vanilla extract
½ teaspoon lemon extract
½ cup fruit (any)

Directions

Mix flour, baking soda, sugar, salt in a bowl.
Take a bowl and whisk the egg in it.
Then add the egg, Greek yogurt, lemon, cottage cheese, vanilla, and then put the flour mixture to the yogurt mixture.
Take a cake pan and line it with parchment paper.
Pour the small quantity of batter into the cake pan.
Put the cake pan in the air fryer.
Cook for 6 minutes at 300 degrees F Or 150 degrees C.
Repeat the same process for the remaining batter.
Once all the pancakes are ready, serve and enjoy with fruit toppings.

Nutrition Facts

Servings: 2

Amount per serving

Calories 387

% Daily Value*

Total Fat 4.7g 6%

Saturated Fat 2.2g 11%

Cholesterol 89mg 30%

Sodium 883mg 38%

Total Carbohydrate 65.1g 24%

Dietary Fiber 1.3g 5%

Total Sugars 27.6g

Protein 20.4g

Cheese Sticks

Prep: 15 Minutes | Cook Time: 16 minutes | Makes: 2 Servings

Ingredients

1 pound of mozzarella cheese
4 organic eggs
4 tablespoons nonfat milk
Required salt and black pepper
1 cup of white flour
1 cup ketchup
1 cup of Panko breadcrumbs

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C, for 5 minutes.
Cut the cheese block into the stick.
Whisk the eggs along with milk, salt, and pepper together in a bowl.
In a small bowl, mix white flour.
In another bowl, add the bread crumbs.
Dip cheese first in egg, then in flour, and then in bread crumbs.
Arrange in the air fryer basket lined with a cookie sheet.
Cook for 16 minutes at 375 degrees F or 190 degrees C.
Once cooked, serve and enjoy the Wedges with ketchup.

Nutrition Facts

Servings: 2

Amount per serving

Calories 600

% Daily Value*

Total Fat 15.6g 20%

Saturated Fat 5.8g 29%

Cholesterol 335mg 112%

Sodium 226mg 10%

Total Carbohydrate 58.6g 21%

Dietary Fiber 1.9g 7%

Total Sugars 2.5g

Protein 24g

Potato Tots With A Twist

Prep: 15 Minutes | Cook Time: 12 Minutes| Total Time: 27 Minutes| Servings: 2

Ingredients

6 crispy potato tots
6 sliced bacon strips
½ cup shredded cheddar cheese
Oil spray

Directions

Take one potato tot and wrap it with a bacon strip.

Grease them with oil spray.

Arrange in the air fryer and cook for 12 minutes at 390 degrees F or 198 degrees C.

Remove the potato tots and then sprinkle them with cheese.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1724

% Daily Value*

Total Fat 93.6g 120%

Saturated Fat 28.5g 143%

Cholesterol 165mg 55%

Sodium 3760mg 163%

Total Carbohydrate 162.4g 59%

Dietary Fiber 12g 43%

Total Sugars 78.2g

Protein 58g

Cheesy Stuffed Patties

Prep: 15 Minutes | Cook Time: 8 minutes | Makes: 2 Servings

Ingredients

1 pound mozzarella

20 slices of pepperoni

4 eggs

2 cups Panko bread crumbs

2 teaspoons of Italian seasoning

Directions

Take the block of cheese and cut it into thin sticks.

Keep one pepperoni between two slices to make a sandwich, and seal it well.

Repeat the same for the remaining batches.

Take a mixing bowl and add Panko bread crumbs and Italian seasoning.

Whisk the eggs in another bowl.

Coat these patties first with egg, and then rub them in the bread crumbs.

Place it inside the air fryer and cook for 8 minutes at 400 degrees F or 204 degrees C.

Once cooked, serve and enjoy.

Nutrition Facts

Servings: 2
Amount per serving
Calories 878
% Daily Value*
Total Fat 42.6g 55%
Saturated Fat 13.9g 70%
Cholesterol 396mg 132%
Sodium 1909mg 83%
Total Carbohydrate 79.4g 29%
Dietary Fiber 4.9g 17%
Total Sugars 7.8g
Protein 42g

Kidney Beans In Air Fryer

Prep: 15 Minutes | Cook Time: 18 minutes | Makes: 2 Servings

Ingredients

2 cups pre-soaked kidney beans
3 chopped large red onion
Oil spray
4 chopped garlic cloves
½ inch or tsp ginger paste
Required salt
1/4 teaspoon of turmeric
1/2 teaspoon of red chili powder
3-4 cups water

Directions

Cook the onions, ginger, garlic, turmeric, salt, and chili for 5 minutes in a skillet.
Keep the beans to the air fryer and add to the skillet mixture.
Add water and cook it for 18 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve with rice.

Nutrition Facts

Servings: 2
Amount per serving
Calories 725
% Daily Value*
Total Fat 2.6g 3%
Saturated Fat 0.4g 2%

Cholesterol 0mg 0%
Sodium 49mg 2%
Total Carbohydrate 136.3g 50%
Dietary Fiber 33.2g 119%
Total Sugars 13.5g
Protein 44.4g

Pita Triangles

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings
Ingredients

4 pita pockets
1 tablespoon olive oil
Required salt and black pepper
½ teaspoon garlic powder
1 teaspoon parsley

Directions

Cut the pita pocket into triangles.
Add salt, pepper, garlic powder, and parsley to the bowl and mix them together.
Toss and add it to the air fryer.
Cook for 10 minutes at 400 degrees F or 204 degrees C.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 223

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 201mg 9%

Total Carbohydrate 32.6g 12%

Dietary Fiber 8.1g 29%

Total Sugars 2.2g

Protein 8.2g

Cheese-Filled Eggplants

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 eggplants
2 tbsp Olive Oil
sea salt
1 cup tomatoes
½ cup chopped mint leaves
1 tsp ginger garlic paste
1 finely chopped onion
1 cup cooked shredded chicken
¼ cup Parmesan cheese

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cut the eggplant from the center. Using a skillet, sauté the onion in oil.
Now add ginger and garlic paste, tomatoes, and mint leaves.
Put salt and cook for 5-7 minutes.
Cook for 5-7 minutes by adding chicken.
Switch off the heat. And let it cool.
Then fill the eggplants with the mixture.
Add cheese on top. Keep the eggplant in the air fryer.
Cook for 14-16 minutes at 400 degrees F or 204 degrees C.
Once cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 411

% Daily Value*

Total Fat 17.5g 22%

Saturated Fat 2.7g 13%

Cholesterol 54mg 18%

Sodium 69mg 3%

Total Carbohydrate 42.8g 16%

Dietary Fiber 23.2g 83%

Total Sugars 21.1g

Protein 27.8g

Navy Beans With Rice In Air Fryer

Prep: 15 Minutes | Cook Time: 25-30 Minutes | Makes: 2 Servings

Ingredients

2 cups navy beans

2 chopped large white onions
Oil
2 chopped garlic cloves
1 tsp ginger paste
Required salt
1/3 tsp turmeric
1 tsp red chili powder
Required black pepper
2 cups water

Directions

Place the beans in the air fryer basket.
Cook onion and ginger by adding oil to the skillet, then add the remaining ingredients.
Mix well and let it cook for 5 minutes.
Add this skillet mixture over the beans.
Pour about 1-2 cups of water and cook for 20 minutes at 390 degrees F or 198 degrees C.
Once cooked, serve it with rice and enjoy

Nutrition Facts

Servings: 2

Amount per serving

Calories 774

% Daily Value*

Total Fat 3.6g 5%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 38mg 2%

Total Carbohydrate 143g 52%

Dietary Fiber 54.7g 195%

Total Sugars 14.6g

Protein 48.6g

Vegetable Biscuits

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings
Ingredients

½ cup broccoli
½ cup of cauliflower
3 chopped garlic cloves
2 large eggs
½ cup shredded cheddar cheese

½ cup low-fat plain Greek yogurt
1/3 cup diced scallions
Cooking spray
Required salt and black pepper
Oil spray

Directions

Preheat the air fryer at 400 degrees F or 204 degrees C for 3 minutes.
Steam the cauliflower and broccoli florets and keep them aside.
Then add all the ingredients to the florets.
Transfer this batter to four ramekins after being greased with oil spray.
Cook for 16 minutes at 350 degrees F or 176 degrees C.
Serve this savory biscuit and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 241

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 7.6g 38%

Cholesterol 218mg 73%

Sodium 286mg 12%

Total Carbohydrate 8.8g 3%

Dietary Fiber 1.7g 6%

Total Sugars 4.2g

Protein 18.6g

Bbq And Paprika Chickpeas With Tofu

Prep: 15 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 teaspoon paprika
½ teaspoon brown sugar
½ teaspoon celery salt
1 cup tofu
½ teaspoon dry mustard
2 cups of chickpeas
Oil spray

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C for 2 minutes.
Mix the paprika, sugar, celery salt, and dry mustard in a bowl.

Toss chickpeas and tofu in it.
Then add it to the air fryer basket greased with oil spray.
Cook for 16 minutes at 390 degrees F or 198 degrees C.
Once crispy, serve and enjoy.

Nutrition Facts
Servings: 2
Amount per serving
Calories 829
% Daily Value*
Total Fat 18g 23%
Saturated Fat 2.4g 12%
Cholesterol 0mg 0%
Sodium 66mg 3%
Total Carbohydrate 125.1g 45%
Dietary Fiber 36.5g 130%
Total Sugars 23.1g
Protein 49.3g

Oats Biscuits

Prep: 15 Minutes | Cook Time: 15Minutes | Makes: 2 Servings
Ingredients

1.5 cups plain flour
1/4 cup butter
1/4 cup white sugar
2 small eggs
¼ cup desiccated coconut
1 cup oats
1 cup white chocolate
½ teaspoon of vanilla extract

Directions

Whisk the butter and sugar using a hand beater in a large bowl.
Now add in the eggs and whisk well
Then add coconut, oats, chocolate, and vanilla extract.
Now add the all-purpose flour and mix.
Make biscuits shapes. Then place it in the Air Fryer and bake for 15 minutes at 375 degrees F or 190 degrees C.
Then serve the hot biscuits and enjoy.

Nutrition Facts
Servings: 2
Amount per serving
Calories 1494
% Daily Value*
Total Fat 75.8g 97%
Saturated Fat 49g 245%
Cholesterol 217mg 72%
Sodium 307mg 13%
Total Carbohydrate 181.7g 66%
Dietary Fiber 11.4g 41%
Total Sugars 78.3g
Protein 26.9g

Creamy Tomato Soup

Prep: 15 Minutes | Cook Time: 9 Minutes | Makes: 1 Serving

Ingredients

1 cup of tomato soup
¼ cup of coconut milk
½ cup sour cream
2 basil leaves
Salt and black pepper

Directions

Take a round pan that fits inside the air fryer.
Pour it in the milk to the pan along with tomato soup, salt, and black pepper.
Cook for 9 minutes at 375 degrees F or 190 degrees C in the air fryer.
Once cooked, serve with a topping of basil leave and sour cream.

Nutrition Facts
Servings: 1
Amount per serving
Calories 397
% Daily Value*
Total Fat 25.5g 33%
Saturated Fat 15.4g 77%
Cholesterol 51mg 17%
Sodium 1444mg 63%

Total Carbohydrate 38.7g 14%
Dietary Fiber 3.1g 11%
Total Sugars 20.5g
Protein 7.7g

Every Thing Bagel Brussels sprouts

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings
Ingredients

26 ounces of Brussels sprout
2 tablespoons of avocado oil
½ teaspoon of regular sesame seeds
½ teaspoon of garlic powder
½ teaspoon of onion powder
¼ cup of Parmesan cheese
¼ cup of almonds
salt, to taste
½ teaspoon of black sesame seeds
2 tablespoons bagel seasoning

Directions

Add water and cook the Brussels sprouts in the cooking pot for 10 minutes.
Leave it aside. Cut the Brussels sprout to half.
In a bowl and add avocado oil, almonds, salt, Parmesan cheese, and all listed ingredients.
Combine all the ingredients well and add them to the air fryer basket.
Cook for 15 minutes, at 400 degrees F or 204 degrees C. Once done, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 345

% Daily Value*

Total Fat 15.4g 20%

Saturated Fat 5.3g 26%

Cholesterol 20mg 7%

Sodium 431mg 19%

Total Carbohydrate 39g 14%

Dietary Fiber 16.1g 58%

Total Sugars 8.9g
Protein 24.6g

Cauliflower Au Gratin

Prep: 15 Minutes | Cook Time: 28 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons butter
1 chopped small onion
2 teaspoons of xanthan gum
1 cup cream
1 cup sour cream
½ pounds of bacon
2 cups shredded cheddar
½ cup shredded Parmesan
2 cups chopped cauliflower
salt and Black pepper
1 tablespoon Garlic Powder
1 chopped Scallion

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.
Cook the cauliflower in the boiling water for 8-10 minutes.
Melt butter in a skillet and sauté along with the onions.
Put the xanthan gum and combine it with it.
Add the cream and sour cream together, turn off the heat.
Transfer it to bowl.
Add the cauliflower to the bowl. And keep it aside.
Thoroughly mash the cauliflower using a spoon or the hands, then add garlic powder, salt and pepper.
Put this mixture into a casserole dish.
Add toppings such as cheese sauce, bacon, cheese, Parmesan cheese, and green onion.
Place it in the air fryer and cook for 12-15 minutes.
Serve the yummy casserole.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1424

% Daily Value*

Total Fat 106.8g 137%

Saturated Fat 53g 265%

Cholesterol 282mg 94%

Sodium 3917mg 170%

Total Carbohydrate 26.2g 10%

Dietary Fiber 3.9g 14%

Total Sugars 8.3g

Protein 91g

Coconut Pudding With Buns

Prep: 15 Minutes | Cook Time: 16Minutes | Makes: 2 Servings
Ingredients

1/3 cup organic apple sauce
3/4 cup coconut cream
3/4 cup shredded coconut flakes
2tablespoon brown sugar
Pinch of salt
4 whole-grain buns
Oil spray

Directions

Mix the applesauce, coconut cream, coconut flakes, pinch of salt, and brown sugar in a bowl. Whisk the unit well and pour it into a round pan. Now add in the torn bread pieces. Place it in an air fryer and cook for 16 minutes at 400 degrees F or 204 degrees C. Once cooked, serve, and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 432

% Daily Value*

Total Fat 32.6g 42%

Saturated Fat 28g 140%

Cholesterol 0mg 0%

Sodium 235mg 10%

Total Carbohydrate 34g 12%

Dietary Fiber 7.1g 25%

Total Sugars 17.1g

Protein 7.1g

Zucchini Noodles With Basil And Cherry Tomatoes

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 teaspoons of avocado oil
2 large zucchinis

Salt and black pepper, to taste
1 cup vegan cheese
1 cup cherry tomatoes
2 tablespoons of balsamic vinegar
1 tablespoon of basil leaves

Directions

Spiral the zucchinis using a colander.
Sprinkle the zucchinis with salt and let them sit for 30 minutes.
Once squeezed and drained, add it to the air fryer basket along with cherry tomatoes.
Then season it with black pepper.
Now toss and cook in the air fryer for 20 minutes at 375 degrees F or 190 degrees C.
Serve with a drizzle of balsamic vinegar, cheese and fresh basil leaves.
Enjoy hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 528

% Daily Value*

Total Fat 41.4g 53%

Saturated Fat 15.3g 76%

Cholesterol 0mg 0%

Sodium 613mg 27%

Total Carbohydrate 29.8g 11%

Dietary Fiber 14.9g 53%

Total Sugars 13g

Protein 14.8g

CHAPTER NO 9: 50 PIZZAS & BREAD

Vegan Pizza Crust Mix

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

1 cup quinoa or millet
1 teaspoon dried oregano
1 teaspoon dried basil
1teaspoon garlic powder
1/2 teaspoon dried rosemary
Required salt

Toppings

½ cup Marinara sauce
few slices of Vegan cheese
6 Kalamata olives
2 artichoke hearts
1 small thinly sliced onions
few banana peppers
Spinach, few leaves
Basil microgreens

Directions

For the crust:

Soak the quinoa with water overnight.

Strain off the water and pulse the drained quinoa/millet in a blender with water and the remaining ingredients, excluding toppings.

For the pizza,

Apply oil in the baking pan.

Put the pizza crust batter in the pan and set the air fryer at 350 degrees F or 170 degrees C for 18-20 minutes.

Once it's half cooked, gently flip the crust over. And bake for another 13-15 minutes at 350 degrees.

Take the pizza out of the air fryer and top it with the toppings.

Then air fry for 5-6 minutes at 400 degrees or 204 degrees C.

Enjoy the pizza with basil microgreens and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 934

% Daily Value*

Total Fat 53.7g 69%

Saturated Fat 23.8g 119%

Cholesterol 1mg 0%

Sodium 1142mg 50%

Total Carbohydrate 91.5g 33%

Dietary Fiber 18.4g 66%

Total Sugars 9g

Protein 24.7g

Air Fried Cauliflower Pizza Crust

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

For crust,

1 head of cauliflower
½ cup of shredded mozzarella
¼ cup grated Parmesan
½ teaspoon dried oregano
½ teaspoon kosher salt
¼ teaspoon garlic powder
2 eggs, lightly beaten

For toppings

4 tablespoons Pizza sauce
Few Pepperoni
Few Mushrooms
5 tablespoons Mozzarella

Directions

Finely cut the cauliflower florets and pulse them in the food processor.

Then cook the cauliflower in a steamer. And drain the cauliflower.

Add the mozzarella, Parmesan, oregano, salt, garlic powder, and eggs to the mixing bowl.

Now add the cauliflower to the mixture, switch to the parchment paper, and make a pizza shape.

Keep the pizza in the air fryer and set the timer to 350 degrees Fahrenheit or 170 degrees C, for 14 minutes.

Once the pizza crust is baked, add the pizza sauce on both sides of the pizza crust.

Add mozzarella cheese to the crust, and then add pepperoni and mushrooms.

Now keep the pizza back in the air fryer and set the time for 4 minutes at 350 degrees Fahrenheit.

Nutrition Facts

Servings: 2

Amount per serving

Calories 201

% Daily Value*

Total Fat 11.6g 15%

Saturated Fat 4.6g 23%

Cholesterol 182mg 61%

Sodium 949mg 41%

Total Carbohydrate 11.3g 4%

Dietary Fiber 4g 14%

Total Sugars 4.5g

Protein 15.1g

Grilled Chicken Pizza

Prep: 25 Minutes | Cook Time: 19-20 Minutes | Makes: 2 Servings

Ingredients

1 cup of grilled chicken breasts
1 tablespoon olive oil
10 inches pizza dough
1/3 cup prepared pesto
1 large tomato, chopped
1/2 cup shredded mozzarella cheese

Directions

Roll the dough on a flat area and grease it with oil spray.
Keep it on the baking pan.
Turn to pizza mode and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.
Flip the pizza when it's half-baked.
And take out the pizza and put pesto.
Then top with grilled chicken, tomatoes, and mozzarella cheese.
Then continue baking the pizza by placing it inside the air fryer.
Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 9 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 608

% Daily Value*

Total Fat 39.6g	51%
Saturated Fat 9.2g	46%
Cholesterol 36mg	12%
Sodium 540mg	23%
Total Carbohydrate 44.8g	16%
Dietary Fiber 4.4g	16%
Total Sugars 2.5g	
Protein 18.9g	

Seafood Pizza

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

8 ounces pizza crust
Oil spray

Topping Ingredients

6 uncooked shrimp
6 tablespoons of pizza sauce
4 ounces shredded mozzarella cheese
½ cup shredded provolone cheese
1/3 cup of scallops
½ cup chopped fresh basil leaves
Few chopped garlic cloves

Directions

Roll the dough on a flat area and grease it with oil spray.
Keep it on the baking pan.
Turn to pizza mode and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.
Flip the pizza when it's half-baked. Take out the pizza; put pizza sauce over it.
Then add toppings with; scallops, shrimp, mozzarella cheese, provolone cheese, garlic, and basil.
Put the pan in the air fryer and switch to pizza mode at 400 degrees F or 204 degrees C, for 9 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 668

% Daily Value*

Total Fat 24.1g 31%

Saturated Fat 13g 65%

Cholesterol 193mg 64%

Sodium 1791mg 78%

Total Carbohydrate 63.3g 23%

Dietary Fiber 2.6g 9%

Total Sugars 8.7g

Protein 50g

Meat Lover Pizza

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 3 Servings

Ingredients

10 ounces of pizza dough
2 tablespoons of olive oil

Toppings

1/3 cup pizza sauce

1-1/4 cup mozzarella cheese

½ cup cooked and crumbled sausage

10 pepperoni slices

6 slices of bacon, cooked and sliced

4 tablespoons shredded Parmesan cheese

Directions

Roll the dough on a flat area and grease it with oil spray.

Transfer it to the baking pan or basket.

Turn to pizza mode and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.

Flip the pizza when it's half-baked. And take out the pizza, and put the pizza sauce all over.

Then add pizza toppings. Now put the baking pan in the air fryer.

And switch to pizza mode at 400 degrees F or 204 degrees C for 8 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 2063

% Daily Value*

Total Fat 156.8g 201%

Saturated Fat 48.9g 245%

Cholesterol 312mg 104%

Sodium 6901mg 300%

Total Carbohydrate 47.4g 17%

Dietary Fiber 3.7g 13%

Total Sugars 1g

Protein 110.1g

Three Cheese Pizza

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 2-3 Servings

Ingredients

13 ounces of store-bought pizza dough

2 tablespoons of olive oil

Topping Ingredients

1 cup marinara sauce

½ cups shredded mozzarella cheese

½ cup shredded parmesan

½ cup ricotta cheese

Few basil leaves

DIRECTIONS

Roll the dough on a flat area and grease it with oil spray.

Add to baking tin or basket of air fryer, and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.

Flip the pizza when it's half-baked. And take out the pizza, and put marinara sauce all over.

Then add cheese as toppings.

Now sprinkle a few basil leaves.

Put the pizza in the air fryer and switch pizza mode at 400 degrees F or 204 degrees C, for 8 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1334

% Daily Value*

Total Fat 89.3g 114%

Saturated Fat 26.8g 134%

Cholesterol 55mg 18%

Sodium 1911mg 83%

Total Carbohydrate 100.1g 36%

Dietary Fiber 9.5g 34%

Total Sugars 11.5g

Protein 35.3g

Sausage Pizza

Prep: 12 Minutes | Cook Time: 18-22 Minutes | Makes: 2 Servings

Ingredients

12 ounces pizza dough

½ cup marinara sauce

12 ounces cooked and crumbled spicy sausage

¼ cup thinly sliced onion

2 cups shredded mozzarella cheese

1 tablespoon chili oil

Required black pepper

Directions

Spray olive oil and roll the dough on the baking pan or air fryer basket.

Turn to pizza mode and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.

Flip the pizza when it's half-baked. And take out the pizza and put marinara sauce all over it.

Now add toppings to the pizza with the sausage, onion, and mozzarella cheese.

Spray chili oil and sprinkle with pepper.

Put the pizza in the air fryer and switch to pizza mode at 400 degrees F or 204 degrees C, for 8 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1575

% Daily Value*

Total Fat 114.3g 147%

Saturated Fat 33g 165%

Cholesterol 159mg 53%

Sodium 2521mg 110%

Total Carbohydrate 82.9g 30%

Dietary Fiber 7.7g 28%

Total Sugars 6.4g

Protein 52g

Italian Sausage Pizza

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

10 ounces of thin-crust pizza dough

Topping Ingredients

4 hot cubed Italian sausages

1/2 cup sliced onion

1/2 cup chopped mushrooms

1/2 cup pizza sauce

2 cups parmesan cheese

2 tablespoons of chili oil

Required black pepper

Directions

Spray olive oil and roll the dough on the pan or air fryer basket.

Set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.

Now spread pizza sauce, Italian sausage, raw onion, mushrooms, and parmesan cheeses over the pizza.

Spray chili oil and sprinkle pepper on the pizza.

Put the pizza in the air fryer and switch to pizza mode at 400 degrees F or 204 degrees C, for 15 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1728

% Daily Value*

Total Fat 95.7g 123%

Saturated Fat 38.4g 192%

Cholesterol 250mg 83%

Sodium 3597mg 156%

Total Carbohydrate 141.4g 51%

Dietary Fiber 1.8g 6%

Total Sugars 3.5g

Protein 81.5g

Easy Mix Vegetable Pizza

Prep: 15 Minutes | Cook Time: 17 -20 Minutes | Makes: 2 Servings

Ingredients

10 ounces store-bought pizza dough

Toppings

1 cup cream cheese

½ cup mayonnaise

1/2 teaspoon of dry ranch dressing

1 cup broccoli

4 baby tomatoes

¼ cup of shredded carrots

½ cup of red bell peppers

Directions

Spray olive oil and roll the dough on the baking pan or basket of an air fryer.

Turn to pizza mode and set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 8 minutes.

Flip the pizza when it's half-baked.

Combine mayonnaise, cream cheese, and ranch dressing in the bowl.

Take the pizza out and spread the ranch layer along with the remaining toppings.

Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 9 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1054

% Daily Value*

Total Fat 88.5g 113%

Saturated Fat 41.3g 207%

Cholesterol 216mg 72%

Sodium 1771mg 77%

Total Carbohydrate 34.6g 13%

Dietary Fiber 2.4g 8%

Total Sugars 8.6g

Protein 34.8g

Ultimate Veggie Pizza

Prep: 18 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

1 batch of store-bought pizza dough

Topping Ingredients

1 cup pizza sauce or marinara sauce

2 cups baby spinach

2 cups shredded mozzarella cheese

½ cup fresh red bell pepper

½ cup red onion

½ cups halved cherry tomatoes

½ cup pitted Kalamata olives

½ cup sliced almonds

Few basil leaves

Italian seasoning

Directions

Spray olive oil and roll the dough on the baking pan or basket of the air fryer.

Turn to pizza mode and set the air fryer to 350 degrees Fahrenheit or 170 degrees C, for 10 minutes.

Flip the pizza when it's half-baked. And take out the pizza, and put pizza sauce all over.

Then add pizza toppings with the listed ingredients.

Put the pizza in the air fryer and switch to pizza mode at 400 degrees F or 204 degrees C, for 12 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1189

% Daily Value*

Total Fat 51.4g 66%

Saturated Fat 12g 60%

Cholesterol 100mg 33%

Sodium 2349mg 102%

Total Carbohydrate 153.3g 56%

Dietary Fiber 7.7g 28%

Total Sugars 7.9g

Protein 31.9g

Veggies Pizza

prep: 20 minutes | cook time: 15 minutes | makes: 2 servings

ingredients

10 ounces of store-bought thin-crust pizza dough

toppings

Required salt

1 Japanese eggplant

1 cup thinly sliced yellow squash

1 cup thinly sliced red onion

1 thinly sliced yellow bell pepper

3/4 cup pizza sauce

8 ounces shredded mozzarella cheese

Directions

Spray olive oil and roll the dough onto the baking pan.

Turn to pizza mode and set the air fryer to 400 degrees Fahrenheit for 8 minutes.

Cook for 8 minutes at 400 degrees F or 204 degrees C.

Flip the pizza when it's half-baked. And take out the pizza, and spread pizza sauce all over.

Then add listed toppings.

Put the pizza in the air fryer and cook for 6 minutes at 350 degrees F or 170 degrees C.

Then take the pizza out, sprinkle cheese on top, and cook for 5 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1327

% Daily Value*

Total Fat 51.3g 66%

Saturated Fat 19.6g 98%

Cholesterol 145mg 48%

Sodium 2440mg 106%

Total Carbohydrate 167.5g 61%

Dietary Fiber 13.8g 49%

Total Sugars 17.6g

Protein 53.2g

Artichoke Pizza

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 3 Servings

Ingredients

16 ounces of store-bought pizza dough

Oil spray

pizza toppings

1 cup marinara

2 cups thawed baby spinach

2 cups mozzarella cheese

1 cup canned artichoke, drained

½ cup thinly sliced bell pepper

½ cup thin wedged red onion

½ cup cherry tomatoes halved

1 teaspoon of red pepper flakes

1 cup Parmesan cheese

Directions

Spray olive oil and roll the dough on the baking pan.

Add it to the air fryer and set it to 400 degrees Fahrenheit or 204 degrees C, for 10 minutes.

Flip the pizza when it's half-baked. And take out the pizza, and add toppings with the above-listed ingredients.

Now sprinkle with red pepper flakes.

Place the pizza in the air fryer and switch to pizza mode at 400 degrees F or 204 degrees C, for 8 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1261

% Daily Value*

Total Fat 48g 62%

Saturated Fat 18g 90%

Cholesterol 141mg 47%

Sodium 2381mg 104%

Total Carbohydrate 166.4g 60%

Dietary Fiber 15g 54%

Total Sugars 3.7g

Protein 48.5g

Supreme Pizza

Prep: 17 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

1 pizza dough, store-bought
2 tablespoons olive oil

Topping ingredients

6 cremini mushrooms
6 slices of white onion
3 tablespoons pesto
2 cups shredded mozzarella
1 green pepper
1 cup spinach
12 slices of tomato

Directions

Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer
set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 15 minutes.
Flip the pizza when it's half-baked. And take out the pizza; and add toppings with mushrooms, pesto, white onion, green pepper, spinach, tomato, and cheese.
Put the pizza in the air fryer and switch to pizza mode.
Now cook at 400 degrees F or 204 degrees C, for 5 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 815

% Daily Value*

Total Fat 59.1g 76%

Saturated Fat 14.4g 72%

Cholesterol 21mg 7%

Sodium 803mg 35%

Total Carbohydrate 55.3g 20%

Dietary Fiber 7g 25%

Total Sugars 7.7g

Protein 19.3g

Chorizo Pizza

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 3-4 Servings

Ingredients

2 tablespoons of olive oil

13 ounces of thin-crust pizza dough

Topping Ingredients

4 tablespoons basil pesto

1/2 cup pizza sauce

12 slice chorizo

½ sliced yellow pepper

2 sliced small red onion

12 slices of fresh mozzarella

Directions

Roll the dough on a flat area and grease it with oil spray.

Add to baking tin or basket of an air fryer.

Set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 5 minutes.

Flip the pizza when it's half-baked. Take out the pizza; and spread basil pesto, pizza sauce, chorizo, yellow pepper, red onion, and fresh mozzarella.

Put the pizza back in the air fryer and switch to pizza mode.

And cook at 400 degrees F or 204 degrees C, for 5 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 2267

% Daily Value*

Total Fat 147.5g 189%

Saturated Fat 54.3g 272%

Cholesterol 345mg 115%

Sodium 5013mg 218%

Total Carbohydrate 128g 47%

Dietary Fiber 2g 7%

Total Sugars 3.3g

Protein 104.5g

Simple Air Fryer Pizza

Prep: 14 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

10 ounces of thin-crust pizza dough
Oil spray

Topping Ingredients

1 chopped small onion
½ sliced red sweet pepper
½ sliced yellow sweet pepper
3 chorizo links
1/3 cup tomato sauce
½ cup shredded jack cheese

Directions

Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer
set the air fryer to 400 degrees Fahrenheit or 204 degrees C, for 15 minutes.
Flip the pizza when it's half-baked. And take out the pizza, and spread toppings with the above-listed ingredients.
Put the pizza in the air fryer back and switch to pizza mode
Now, cook the pizza at 400 degrees F 204 degrees C, for 5 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 996

% Daily Value*

Total Fat 40.4g 52%

Saturated Fat 19.5g 98%

Cholesterol 90mg 30%

Sodium 1827mg 79%

Total Carbohydrate 127g 46%

Dietary Fiber 11.2g 40%

Total Sugars 3g

Protein 43.7g

White Pizza

Prep: 20 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 thin-crust pizza dough
1 tablespoon extra virgin olive oil

Topping Ingredients

¼ cup ricotta cheese
7 slices of fresh mozzarella
2 cloves of garlic
1 teaspoon red pepper flakes

Directions

Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer, and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.
Flip the pizza when it's half-baked. And take out the pizza, and add toppings with the above-listed ingredients.
Then continue baking the pizza by placing it inside the air fryer.
Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 6 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1230

% Daily Value*

Total Fat 33.1g 42%

Saturated Fat 13.1g 65%

Cholesterol 62mg 21%

Sodium 1535mg 67%

Total Carbohydrate 168.6g 61%

Dietary Fiber 6.3g 23%

Total Sugars 0.2g

Protein 61.8g

Air Fryer Pizza

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

10 ounces fresh homemade pizza dough

Topping Ingredients

1/4 cup pizza sauce

6 slices Pepperoni, as needed

1/2 cup mozzarella cheese

1 teaspoon of Italian seasoning

Directions

Roll the dough on a flat area and grease it with oil spray.

Add to baking tin or basket of air fryer, and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.

Flip the pizza when it's half-baked, take out the pizza, and spread the pizza sauce all over.

Take out the dough and layer the pizza sauce along with a sprinkle of Italian seasoning, pepperoni, and mozzarella cheese.

Then continue baking the pizza, by placing it inside the air fryer.

Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 726

% Daily Value*

Total Fat 19.4g 25%

Saturated Fat 3.4g 17%

Cholesterol 23mg 8%

Sodium 1631mg 71%

Total Carbohydrate 124g 45%

Dietary Fiber 10.5g 38%

Total Sugars 1.2g

Protein 26.3g

Salami Pizza

Prep: 20 Minutes | Cook Time: 20minutes | Makes: 2 Servings

Ingredients

1 pizza dough
2 tablespoons of vegetable oil

Topping Ingredient

½ cup of mozzarella
50 grams salami strips
6 sliced mushrooms
1 teaspoon dried oregano
Freshly ground black pepper
4 tablespoons grated Parmesan cheese
A handful of fresh arugula.

Directions

Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer, and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.
Flip the pizza when it's half-baked. And take out the pizza, and add the toppings.
Then continue baking the pizza by placing it inside the air fryer.
Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 764

% Daily Value*

Total Fat 56.5g 72%

Saturated Fat 17.4g 87%

Cholesterol 42mg 14%

Sodium 1058mg 46%

Total Carbohydrate 45g 16%

Dietary Fiber 4.2g 15%

Total Sugars 1.5g

Protein 21.5g

Pepperoni Pizza

Prep: 20 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

10 ounces store-bought pizza dough
Oil spray for greasing

Toppings

1/3 cup marinara
¼ cup shredded mozzarella cheese
¼ cup shredded cheddar cheese
10 slices of pepperoni
1 teaspoon chopped parsley

Directions

Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer, and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.
Flip the pizza when it's half-baked. And take out the pizza, and spread the marinara sauce all over.
Then layer the pizza with toppings; mozzarella cheese, cheddar cheese, pepperoni slices, and parsley.
Continue baking the pizza by placing it inside the air fryer.
Set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 6 minutes.
When the cheese starts melting, serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 276

% Daily Value*

Total Fat 18.2g	23%
Saturated Fat 7.5g	37%
Cholesterol 46mg	15%
Sodium 639mg	28%
Total Carbohydrate 13.9g	5%
Dietary Fiber 0.5g	2%
Total Sugars 0.1g	
Protein 13.3g	

Garlic Pizza

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

12 ounces store-bought pizza dough
2 tablespoons of olive oil

Ingredients for the Pizza Sauce

2 cups of pizza sauce

2 tablespoons dried oregano
1 teaspoon garlic-infused oil
Required salt and pepper

Ingredients for the Toppings
4 tablespoons mozzarella, sliced
1/3 cup fresh basil
2 tablespoons of olive oil

Directions

Prepare the pizza sauce by combining the ingredients in a bowl and set aside.
Roll the dough on a flat area and grease it with oil spray.
Add to baking tin or basket of air fryer, and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 10 minutes.
Flip the pizza when it's half-baked. And take out the pizza and spread the sauce all over.
Add pizza toppings with basil and mozzarella.
Continue baking the pizza by placing it inside the air fryer.
Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 6 minutes.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 848

% Daily Value*

Total Fat 58.4g 75%

Saturated Fat 25.4g 127%

Cholesterol 103mg 34%

Sodium 2076mg 90%

Total Carbohydrate 37.8g 14%

Dietary Fiber 6.1g 22%

Total Sugars 7.4g

Protein 49.8g

Mix Vegetable Pizza

Prep: 18 Minutes | Cook Time: 30 Minutes | Makes: 2 Servings

Ingredients

10 ounces store-bought thin-crust pizza dough

Olive oil

Required Salt

Ingredients for Pizza Sauce,

6 chopped medium tomatoes

1 chopped garlic cloves

½ cup olive oil

1 teaspoon of basil

1 teaspoon of oregano

Topping Ingredients

1 sliced onion

1 sliced bell pepper

1 sliced tomato

1 cup green olives

¼ cup sautéed kale

Directions

Spray olive oil and roll the dough on the baking pan.

Set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 15 minutes.

Meanwhile, cook the pizza sauce ingredients in a saucepan by adding oil.

Cook until tomatoes are soft.

Flip the pizza when it's half-baked. And take out the pizza and spread the prepared sauce all over.

Then add the pizza with listed toppings one-by-one.

Switch to pizza mode and set the air fryer to 400 degrees Fahrenheit 204 degrees C, for 6 minutes.

When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 542

% Daily Value*

Total Fat 13.7g 18%

Saturated Fat 2.4g 12%

Cholesterol 0mg 0%

Sodium 1309mg 57%

Total Carbohydrate 94.5g 34%

Dietary Fiber 9.6g 34%

Total Sugars 24.3g

Protein 16.1g

Air Fryer Mini Pizza Calzones

Prep: 18 Minutes | Cook Time: 8-10 Minutes | Makes: 3 Servings

Ingredients

1 package refrigerated pizza dough
9 teaspoons pizza sauce
few slices of pepperoni
6 tablespoons of shredded mozzarella cheese
Avocado oil cooking spray

Directions

Spread the pizza dough and cut it into 9 circles.
Fill each circle with 1 tsp pizza sauce, 3 slices of pepperoni, and 1/2 tbsp mozzarella cheese.
Fold the pizza and seal the edges.
Preheat the air fryer to 400 degrees Fahrenheit 204 degrees C.
Put the parchment paper in the air fryer basket and grease it with avocado oil.
Put a batch of calzones in the basket and spray them with avocado oil.
Cook for 6 to 8 minutes. Flip and spray with avocado oil and cook until golden brown.
Repeat the same for the remaining calzones.

Nutrition Facts

Servings: 3

Amount per serving

Calories 2578

% Daily Value*

Total Fat 52.9g 68%

Saturated Fat 7.3g 37%

Cholesterol 42mg 14%

Sodium 5328mg 232%

Total Carbohydrate 483.8g 176%

Dietary Fiber 40.3g 144%

Total Sugars 0.5g

Protein 94.7g

Air Fryer Calzone Recipe - Easy & Yummy

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 pound Pizza Dough

1/2 to 1 cup Cheese
1/4 cup Marinara Sauce
1/2 cup Onion chopped
1-2 cloves chopped Garlic
1/2 cup chopped Zucchini
1/2 cup chopped Bell peppers
1 cup chopped Spinach
Oil & Spices
1/2 tbsp Olive Oil
1 teaspoon Italian Seasoning
salt and black pepper, to taste

Directions

Pour oil into a pan.
Add garlic & onion to it and sauté for 2-3 minutes till onions are soft.
Then add zucchini, bell peppers, Italian seasoning to the bowl.
Then add salt & black pepper and cook for 2-3 minutes.
Now, add spinach and cook till it shrinks for about 1 minute. Switch off the flame.
Take a bowl and add cheese, vegetable stuffing, and marinara sauce to it. Mix it well.
Roll out the pizza dough and cut out 7-8 circles.
Now take a circle and stuff 1-2 tbsp vegetable filling and close the calzones tight.
Create 2 slits on the top part of the calzone. Keep it on the parchment paper.
Repeat the process for the remaining calzones
Finally, apply some melted butter on top of the calzones.
Cook for 16 minutes with air fryer for 400 degrees F or 204 degrees C

Nutrition Facts

Servings: 2

Amount per serving

Calories 1273

% Daily Value*

Total Fat 84.5g 108%

Saturated Fat 24.2g 121%

Cholesterol 32mg 11%

Sodium 1414mg 61%

Total Carbohydrate 107.8g 39%

Dietary Fiber 10.2g 37%

Total Sugars 6.7g

Protein 22g

Air Fryer French Bread Pizza

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 loaf French
Any pizza sauce
Shredded mozzarella cheese
Crumbled cooked sausage or ground beef
Diced bell peppers, red onion, mushrooms
Pizza toppings of the choice
Italian seasonings optional

Directions

Cut the French bread into slices.
Keep the slices in the air fryer basket, and then spread with pizza sauce.
Add toppings to the pizza sauce with cheese, meat, and vegetables, along with the preferred pizza toppings.
Keep the pizzas in the air fryer for 4-5 minutes at 350 degrees Fahrenheit 170 degrees C.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 673

% Daily Value*

Total Fat 20.3g 26%

Saturated Fat 7.9g 39%

Cholesterol 236mg 79%

Sodium 612mg 27%

Total Carbohydrate 31.6g 11%

Dietary Fiber 2.1g 7%

Total Sugars 5.3g

Protein 86.1g

Air Fryer Brazilian Cheese Bread Puffs

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 cups milk
¼ cups of vegetable oil
2.5 cups tapioca flour
2 eggs
70 grams finely grated parmesan cheese

Directions

Boil the milk and oil in a saucepan for 2 minutes.
In the milk, add the flour and stir nicely. Now, transfer to the mixer.
Beat the mixture for 2 minutes until it turns to a smooth texture.
Then add the eggs and beat well and combine cheese to the mixer.
Make balls from the prepared batter.
Place baking paper in the air fryer basket with baking paper. Keep the balls apart in the air fryer.
Cook on 180C for 15 minutes or until the ball becomes puffed.
Repeat with remaining batches.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1108

% Daily Value*

Total Fat 44.1g 57%

Saturated Fat 14.7g 74%

Cholesterol 209mg 70%

Sodium 517mg 22%

Total Carbohydrate 150.1g 55%

Dietary Fiber 1.5g 5%

Total Sugars 11.3g

Protein 24.8g

Air Fryer Buffalo mozzarella Pizza

Prep: 7 Minutes | Cook Time: 7 Minutes | Makes: 2 Servings

Ingredients

4 slices of Buffalo mozzarella

1 can of Pizza dough

2 teaspoons of Olive oil

4 tablespoons Tomato sauce

others:

Fresh basil, parmesan cheese, pepper flakes

Directions

Preheat the air fryer to 400 degrees or 204 degrees C.

Grease the air fryer basket with oil.

Roll out pizza dough and arrange it in the air fryer basket. Then spray with olive oil.

Spread the tomato sauce over the pizza and add toppings with buffalo mozzarella.

Bake for about 5-7 minutes until the cheese starts melting.

You can add pizza toppings with basil, grated parmesan, and pepper flakes.

Serve the crispy pizza and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 932

% Daily Value*

Total Fat 62.6g 80%

Saturated Fat 26.1g 131%

Cholesterol 90mg 30%

Sodium 1748mg 76%

Total Carbohydrate 47.7g 17%

Dietary Fiber 3.8g 13%

Total Sugars 1.5g

Protein 48.9g

Air Fryer Naan White Pizza

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

2 Naan
2 tablespoons olive oil or pesto or pizza sauce
1/4 teaspoon chopped garlic
1 sprig rosemary
¼ cup of Parmesan cheese or any cheese

Directions

Put the Naan in the air fryer.
Spray the Naan with olive oil or pesto.
Then top with the ingredients except for cheese on the pizza.
Cook for 4-5 minutes at 350 degrees Fahrenheit 170 degrees C.
Take out the pizza from the air fryer.
Sprinkle with parmesan cheese on top.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 410

% Daily Value*

Total Fat 17.4g 22%

Saturated Fat 2.4g 12%

Cholesterol 2mg 1%

Sodium 438mg 19%

Total Carbohydrate 52.2g 19%

Dietary Fiber 2.3g 8%

Total Sugars 2.3g

Protein 9.4g

5 Minutes Air Fryer Pita Bread Pizza

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 3 Servings

Ingredients

2 -3 Pita bread
6 tablespoons tomato sauce
6 tablespoons of mozzarella cheese

Directions

Preheat the air fryer to 400 degrees Fahrenheit 204 degrees C.
Add tomato sauce and sprinkle with mozzarella on top of the pizza.
Keep the baking parchment in the Air Fryer basket.
And place the pita bread pizza on the parchment paper.
Cook for 5-8 minutes. When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 274

% Daily Value*

Total Fat 10.5g 13%

Saturated Fat 6.1g 30%

Cholesterol 30mg 10%

Sodium 635mg 28%

Total Carbohydrate 25.1g 9%

Dietary Fiber 1.1g 4%

Total Sugars 1.2g

Protein 19.8g

Air Fryer Frozen Mini Pizza

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

504 grams Pack Frozen Mini Pizzas

Directions

Keep the grill pan in the air fryer.

Now, place the Frozen Mini pizza in the Air Fryer.

Cook for 6 minutes at 400 degrees Fahrenheit or 204 degrees C.

When the pizza turns golden brown, crispy mini pizza is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 432

% Daily Value*

Total Fat 22.2g 28%

Saturated Fat 7g 35%

Cholesterol 22mg 7%

Sodium 902mg 39%

Total Carbohydrate 41.6g 15%

Dietary Fiber 3.2g 11%

Total Sugars 0g

Protein 16.4g

Crustless Pizza In The Air Fryer

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

1 Pound Italian Sausage
½ cup sugar-free pizza sauce
1-1/4 cup mozzarella cheese
2 ounces sliced pepperoni
½ diced green pepper
¼ cup sliced black olives
4-5 thinly sliced mushrooms

Directions

Take a skillet and add sausage and cook for 5 minutes.
Now, transfer the sausage to the plate to drain.
Cut the sausage and place it into 4 ramekins.
Add 2 tbsp pizza sauce to each ramekin. Add one tbsp mozzarella to each ramekin.
Add toppings with pepperoni, green peppers, black olives, and mushroom.
Then top with the mozzarella cheese.
Put the ramekins in the basket of the air fryer and cook for 12 minutes at 350 degrees Fahrenheit
170 degrees C.
When the cheese starts melting, serve the pizza and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 988

% Daily Value*

Total Fat 81.2g 104%

Saturated Fat 26.7g 133%

Cholesterol 228mg 76%

Sodium 2447mg 106%

Total Carbohydrate 5.6g 2%

Dietary Fiber 1.6g 6%

Total Sugars 2.1g

Protein 56.3g

Air Fryer Indian Bread

Prep: 20 Minutes | Cook Time: 6minutes | Makes: 2 Servings

Ingredients

1 1/2 cups warm water
1 tablespoon sugar
2 teaspoons active dry yeast
pinch of salt
3 cups flour

Directions

Take a bowl and add warm water, sugar, and yeast and mix it well until it gets foamy.
Then add salt and flour to the mixture.
Prepare the dough and knead well until it gets tight.
Cover the dough with a towel and let it sit for 45 minutes.
Make 8 balls from the dough.
Roll the dough, spray olive oil, and cook in the air fryer for 8 minutes at 204 degrees C or 400 degrees F.
Serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 717

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.3g 2%

Cholesterol 0mg 0%

Sodium 89mg 4%

Total Carbohydrate 150.6g 55%

Dietary Fiber 5.9g 21%

Total Sugars 6.5g

Protein 20.9g

Air Fryer Bread _ Low Carb

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

3 tablespoons Psyllium Husk
1 tablespoon almond flour
1/2 teaspoon baking power
2 tablespoons cottage cheese
2 tablespoons egg white
Pinch of salt

Directions

Combine the dry ingredients in a bowl.
And mix the wet ingredients in a separate bowl.
Next, combine the ingredients of both bowls.
Using the hands, make the mixture into a bun or bagel.
Bake the bun in the air fryer for 6 minutes at 350 degrees F or 170 degrees C
Then flip the bun and bake for another 6 to 8 minutes
Once the bun becomes golden brown, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 147

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.2g 1%

Cholesterol 1mg 0%

Sodium 277mg 12%

Total Carbohydrate 51.3g 19%

Dietary Fiber 42.2g 151%

Total Sugars 0.2g

Protein 3.6g

Air Fryer Easy Bread

Prep: 25 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 tablespoons melted unsalted butter
1.5 teaspoons sugar
1.5 teaspoons active dry yeast
1.5 teaspoons kosher salt

2.5 cups all-purpose flour
1 tablespoon of butter, for greasing

Directions

Grease the pan with the butter

Add the butter, yeast, sugar, salt, flour, and 1 cup of warm water to the dough maker.

Knead on slow to medium speed for 8-10 minutes.

Take the prepared dough and let it sit for 1 hour to double in size.

Place the pan with the dough in the air fryer and set it to 380 degrees F or 170 degrees C.

Cook for 20 minutes at 200 degrees F until it gets golden brown.

Once it gets cools down, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 298

% Daily Value*

Total Fat 17.4g 22%

Saturated Fat 11g 55%

Cholesterol 46mg 15%

Sodium 1788mg 78%

Total Carbohydrate 31.6g 12%

Dietary Fiber 1.3g 5%

Total Sugars 3g

Protein 5.1g

Air Fryer Classic Bread

Prep: 22Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

For the roux starter

2 tablespoons bread flour

6 tablespoons water

For the bread dough

2.5 cups bread flour

1.5 cup milk

2 tablespoons melted unsalted butter

2 teaspoons instant yeast

1 egg
2 tablespoons sugar
1 teaspoon salt

Directions

Add the water to the flour in a saucepan, and whisk together till no lumps are formed.
Place the saucepan on low heat and whisk for 3-5 minutes until it thickens.
Remove from the heat and set it to cool.
Add the flour, yeast, sugar, and salt into a big bowl. Stir to combine all the ingredients.
Add eggs to the roux in the saucepan and stir. Keep the quarter portion of the egg aside.
Now, combine the milk, melted butter, and roux starter into the flour mixture.
Using hands or stand mixer, knead the flour mixture to a nice dough.
Then transfer the dough to an Instant Pot and let it sit for 30 minutes.
Cover the dough with a clean kitchen towel and let it sit for 1 hour to rise.
Knead the dough, shape it into a ball, and keep it in the parchment lining in the Air Fryer cake pan.
Again leave the dough to rise for 40 minutes.
Preheat the Air Fryer to 400degrees Fahrenheit or 204 degrees C. Spray the bun with the quarter portion of the egg.
Bake the milk bread for about 12-15 minutes.
Once the bun gets nice brown color, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 381

% Daily Value*

Total Fat 3.1g 4%

Saturated Fat 1.5g 7%

Cholesterol 48mg 16%

Sodium 642mg 28%

Total Carbohydrate 69.8g 25%

Dietary Fiber 0.5g 2%

Total Sugars 12.7g

Protein 15.6g

Air Fryer Bread

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

1/4 cup water warm
1 1/2 tablespoons sugar
1 1/4 tsp active dry yeast
1/4 cup milk warm
1/2 teaspoon salt
1 tablespoon vegetable oil
1 1/2 cup all-purpose flour
1 tablespoon melted butter

Directions

Combine whisk warm water, sugar, and yeast in a mixing bowl.
Let it sit for 5-10 minutes. Then add milk and whisk again.
Now, add salt and vegetable oil and mix it well.
Prepare the dough by adding 1/2 cup flour.
Knead the dough on a floured surface using the hands for 5 minutes.
Spray oil on all sides of the dough.
Cover the dough with a clean kitchen towel and let the dough sit for an hour to rise.
Knead the dough again and cover with a clean kitchen towel. Let the dough sit for an hour to rise in the pan.
Grease dough with melted butter. Keep the pan in the air fryer basket.
Bake for 12 minutes at 350 degrees Fahrenheit or 170 degrees C.

Nutrition Facts

Servings: 2

Amount per serving

Calories 536

% Daily Value*

Total Fat 14.9g 19%

Saturated Fat 5.7g 29%

Cholesterol 15mg 5%

Sodium 682mg 30%

Total Carbohydrate 88.9g 32%

Dietary Fiber 3.4g 12%

Total Sugars 14.3g

Protein 11.3g

Air Fryer Eggless Pull-Apart bun

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

3 tablespoons warm water
1 ½ t tablespoons instant yeast
1 tablespoon sugar
1.5 cups bread flour
3 tablespoons sugar
¼ tsp salt
1 cup milk
3 tablespoons unsalted butter

Directions

Take a bowl and combine the yeast, warm water, and sugar.

Let it rest for 10 minutes.

Put all the ingredients for the dough in a dough maker.

Cover the dough with a clean kitchen towel and sit for an hour, so the dough rises double in size.

Knead the dough with your hands and keep seam side down in the air fryer basket. Make sure the air fryer basket is lined with parchment paper.

Let the dough rise again at a warm place for about 40 minutes to one hour.

Preheat the air fryer at 350 degrees F, or 170 degrees C for 5 minutes.

Put the air fryer basket in the air fryer and bake for 18-20 minutes.

The yummy bun is fresh out of the air fryer to eat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 616

% Daily Value*

Total Fat 17.6g 23%

Saturated Fat 10.3g 51%

Cholesterol 43mg 14%

Sodium 122mg 5%

Total Carbohydrate 97.7g 36%

Dietary Fiber 4.5g 16%

Total Sugars 2g

Protein 18.2g

Garlic And Herb Artisan Bread

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 2 Servings

Ingredients

1 cup water
1/2 tablespoon instant dry yeast
1/2 tablespoon salt
2 1/4 cup all-purpose flour
2 tablespoons garlic powder
1/2 tablespoon onion powder
1 tablespoon thyme
1/2 tablespoon dried parsley

Directions

Take a bowl and combine the water and yeast.
In another mixing bowl, combine all the dry ingredients.
Now add both ingredients and cover the mixing bowl with a clean kitchen towel.
Let the dough sit for 2 hours.
Line the baking pan with parchment paper. Now put the dough to the pan, add flour, and let it sit for another 30 minutes. The dough will rise double in size.
Preheat the air fryer at 400 degrees Fahrenheit for 4 minutes.
Place the baking pan in the fryer basket and bake at 400 degrees F or 204 degrees C, for 10-12 minutes.
Flip the bread and cook for 4-6 minutes at 400 degrees Fahrenheit.
Once the bread gets cools down, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 525

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.2g 1%

Cholesterol 0mg 0%

Sodium 1752mg 76%

Total Carbohydrate 110.2g 40%

Dietary Fiber 4.3g 15%

Total Sugars 1.3g

Protein 15.1g

Soft Milk Bread Rolls Recipe

Prep: 30Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

5 cups all-purpose flour
2 large eggs
2 tablespoons butter
3 tablespoons sugar
1 ½ teaspoon kosher salt
2 ¼ teaspoon instant yeast
1 ¼ cup lukewarm milk
1 egg yolk

Directions

Boil the milk and store it in the bowl.
And whisk the eggs and keep them aside.
Sift the flour by using a sieve and store it in the mixing bowl.
Add the sugar, salt, and yeast to the mixing bowl of the machine. Then add milk and whisked eggs to it.
Then add butter and set the timer to 12 minutes. Continue kneading the dough.
Place the dough in a large clean bowl, preferably lightly oiled to avoid sticking.
Cover the bowl with a clean kitchen towel and let rise for 1 hour.
Once the dough gets doubled in size, knead the dough and make it into shape.
Take a baking pan and line it with parchment paper.
Place the dough in the baking pan and cover. Let it rest for 45 minutes.
Preheat the air fryer to 350 degrees F or 204 degrees C.
In a large bowl, whisk together the 1 tbsp milk and egg.
Apply the top of the dough with the egg yolk.
Bake the bread in the air fryer for 15 minutes at 300°F.
Then spray with melted butter and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 709

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5.1g 25%

Cholesterol 161mg 54%

Sodium 954mg 41%

Total Carbohydrate 129.4g 47%

Dietary Fiber 4.7g 17%

Total Sugars 9.6g

Protein 20.9g

Air Fryer Sourdough Bread

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

1 cup bread flour
½ cup spelt flour
½ cup sourdough starter
1 tablespoon extra-virgin olive oil
½ teaspoon fine sea salt
½ cup water

Directions

Add the bread flour, spelt flour, sourdough starter, oil, and salt to the dough maker.
Knead for 5 minutes. Make balls from the dough.
Put the dough in the air fryer by using a baking pan.
Cover with dough with a clean kitchen towel for 5 hours to overnight.
Preheat the air fryer to 400 degrees F or 204 degrees C
Put the baking dish in the air fryer and cook for 15 minutes or until bread is browned.
Allow cooling before slicing the bread.

Nutrition Facts

Servings: 2

Amount per serving

Calories 669

% Daily Value*

Total Fat 11.2g 14%

Saturated Fat 1.2g 6%

Cholesterol 0mg 0%

Sodium 973mg 42%

Total Carbohydrate 123.5g 45%

Dietary Fiber 7.4g 26%

Total Sugars 4.3g

Protein 20.6g

Air Fryer Banana Nut Bread

Prep: 15 Minutes | Cook Time: 15Minutes | Makes: 2 Servings

Ingredients

1 ½ cups all-purpose flour
½ teaspoon salt
1 teaspoon baking soda
3 medium bananas
1 cup sugar
¼ cup unsalted melted butter
1 organic egg
⅓ cup walnuts chopped

Directions

Take a mixing bowl and add the flour, salt, and baking soda. Combine the mixture well.
Take the bananas and mash them with sugar and keep it aside.
Add the egg and melted butter to the banana mixture.
Fold in nuts.
Add the flour mixture and stir together until the dough is properly formed.
After greasing the pan with oil, place the mixture into a bread pan.
Put the pan in the air fryer basket and bake for 12 minutes at 390 degrees F or 190 degrees C
Once the bread becomes golden brown, serve the hot bread and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1226

% Daily Value*

Total Fat 33g 42%

Saturated Fat 5.7g 28%

Cholesterol 82mg 27%

Sodium 1394mg 61%

Total Carbohydrate 221.2g 80%

Dietary Fiber 10.4g 37%

Total Sugars 125.6g

Protein 25.5g

Keto Air Fryer Roll Bread

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

2 cups almond flour
2 cups shredded mozzarella cheese
4 tablespoons butter
1 and 1/2 teaspoons baking powder
1 teaspoon vinegar
1 egg
1 tablespoons butter

Directions

In a bowl, add almond flour, mozzarella cheese, and 2 tablespoons of butter.
Microwave until cheese and butter gets melted.
Prepare the dough by adding baking powder and vinegar.
Once the dough is prepared, separate dough into balls. Let the dough sit idle for 5 minutes.
Add melted butter to the egg wash. Apply the mixture on the dough roll.
Place parchment paper in the air fryer basket and arrange rolls in the air fryer.
Set air fryer to for 10 minutes 350 degrees F or 170 degrees C.
When the dough is half cooked, flip the dough and continue baking.
Serve the hot roll bread and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 244

% Daily Value*

Total Fat 22.5g 29%

Saturated Fat 9.8g 49%

Cholesterol 80mg 27%

Sodium 192mg 8%

Total Carbohydrate 4.3g 2%

Dietary Fiber 1.5g 5%

Total Sugars 0.6g

Protein 8.6g

Air Fryer Keto Garlic Cheese 'Bread'

Prep: 15 Minutes | Cook Time: 10Minutes | Makes: 2 Servings

Ingredients

1-1/4 cup mozzarella cheese
¼ cup grated Parmesan cheese
1 organic egg
½ teaspoon garlic powder

Directions

Place the parchment paper in the air fryer basket.

Add the mozzarella cheese, Parmesan cheese, egg, and garlic powder to a bowl. Mix it thoroughly.

Make the dough into a circle in the parchment in the air fryer basket.

Heat the air fryer to 350 degrees Fahrenheit or 170 degrees C.

Bake the bread for 10 minutes.

Serve the garlic cheese bread warm and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 164

% Daily Value*

Total Fat 10.7g 14%

Saturated Fat 6.2g 31%

Cholesterol 109mg 36%

Sodium 376mg 16%

Total Carbohydrate 2.2g 1%

Dietary Fiber 0.1g 0%

Total Sugars 0.3g

Protein 15.9g

Air Fryer Apple Streusel Quick Bread

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

Streusel Topping,

1/2 cup brown sugar

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

Apple Quick Bread

2 apples, peeled and diced

2/3 cup sugar

1/2 cup butter

2 eggs

1 teaspoon vanilla extract

1 1/2 cup all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 cup sour cream

Directions

Grease the baking pan with olive oil.

Take a mixing bowl and add the brown sugar, cinnamon, and nutmeg. Mix it well thoroughly.

Peel the apples and chop them with 1 tablespoon of sugar, add it to the mixing bowl .mix well.

Take another bowl, add the sour cream, sugar, and butter, and add the eggs and vanilla extract.

Now, mix in the flour, baking powder, baking soda.

Put the batter (half) into the baking pan, sprinkle the apple mixture, then pour the remaining batter.

Add toppings with the brown sugar/cinnamon/nutmeg mixture.

Place the pan in the air fryer basket for 12-20 minutes at 350 degrees F or 170 degrees C.

Once the bread is completely cooked, serve and enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories 728

% Daily Value*

Total Fat 32.1g 41%

Saturated Fat 19.2g 96%

Cholesterol 156mg 52%

Sodium 533mg 23%

Total Carbohydrate 105.2g 38%

Dietary Fiber 4.4g 16%

Total Sugars 63.2g

Protein 9.1g

Cheesy Sweet And Savory Garlic Bread

Prep: 12 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

1 whole baguette
5 tablespoons coriander leaves chopped
5 tablespoons condensed milk
5 tablespoons vegan butter
1 teaspoon oregano
1 teaspoon red chili flakes
5 cloves garlic minced
1 cup grated cheese or vegan cheese

Directions

Cut the baguette into slices. Take a bowl and add melted unsalted butter, garlic cloves minced, coriander leaves chopped, oregano, red chili flakes.

Then pour the condensed milk into the mixture and whisk it nicely.

Brush the baguette with the prepared mixture.

Then add toppings with grated cheese.

Then spray oil in the air fryer with oil.

Set the timer of the Air fry for 5 minutes at 350° Fahrenheit or 170 degrees C.

Serve the bread and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 524

% Daily Value*

Total Fat 45.5g 58%

Saturated Fat 22.5g 112%

Cholesterol 0mg 0%

Sodium 756mg 33%

Total Carbohydrate 19.6g 7%

Dietary Fiber 1.7g 6%

Total Sugars 0.6g

Protein 8g

Dry Cranberries Bread

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 3-4 Servings

Ingredients

1-1/2 cups almond flour
¼ cup melted butter
1/2 cup almond milk
1teaspoon vanilla extract
4 tablespoons brown sugar
1/3 cup cranberries
1 teaspoon of dry yeast, dissolved in 2 tablespoons of warm water
Salt, pinch
Oil spray

Directions

Mix the melted butter, vanilla extract, and yeast water in a large bowl.
Combine the mixture with a pinch of salt and sugar.
Now add the flour and almond milk to the mixture to form a batter.
Finally, add a few cranberries to the batter.
After greasing the pan, spread the bread mixture in the pan.
Put the pan in the air fryer and set the timer to 25 minutes for 400 degrees F or 200 degrees C.
Once the bread is baked, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 259

% Daily Value*

Total Fat 22.2g 28%

Saturated Fat 13.9g 70%

Cholesterol 31mg 10%

Sodium 131mg 6%

Total Carbohydrate 13.3g 5%

Dietary Fiber 2g 7%

Total Sugars 10.2g

Protein 2.7g

Tapioca Cheesy Bread

Prep: 12 Minutes | Cook Time: 15-18Minutes | Makes: 2 Servings

Ingredients

7 ounces of Tapioca flour
3 teaspoons baking powder
7 ounces cheddar cheese
7 ounces Swiss cheese
3 large whisked organic eggs
1 cup of heavy cream

Directions

Add the tapioca flour, baking powder, cheddar cheese, Swiss cheese, whisked eggs, and heavy cream in the large mixing bowl.

Prepare the dough from the mixture.

Knead the dough with the tapioca flour on a flat surface.

Let the dough rest for 30 minutes.

Line with the parchment paper on the baking pan.

Bake for 15-18 minutes at 400 degrees F or 204 degrees C in an air fryer or 204 degrees F.

When it's baked, let the bread gets cool down.

Then serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1473

% Daily Value*

Total Fat 89.4g 115%

Saturated Fat 54.7g 273%

Cholesterol 600mg 200%

Sodium 944mg 41%

Total Carbohydrate 103.6g 38%

Dietary Fiber 1.2g 4%

Total Sugars 1.9g

Protein 61.7g

Cloud Bread

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings:

Ingredients

3-4 teaspoons Cream of Tartar
4 Eggs Separated
1 cup Greek Yogurt
4tablespoons of Stevia

Directions

Take a mixing bowl and whisk egg whites together.
Combine the stevia and cream of tartar into the mixture.
Whisk the egg yolks and Greek yogurt in a small bowl.
Then add egg whites to the mixture.
Line the cake pan with parchment paper.
Put the cake pan in the air fryer basket.
Set it for 6-8 minutes at 350 degrees or 170 degrees C
When the bread becomes fluffy, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 229

% Daily Value*

Total Fat 11.9g 15%

Saturated Fat 4.6g 23%

Cholesterol 375mg 125%

Sodium 165mg 7%

Total Carbohydrate 7.5g 3%

Dietary Fiber 0g 0%

Total Sugars 4.8g

Protein 22.5g

Simple Milky Quick Bread

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
6 tablespoons melted butter
3 eggs
1 teaspoon vanilla extract
1 cup almond milk

Directions

Combine the flour, baking soda, salt, and softened butter.
Then add the sugar, eggs, and almond milk and mix it well.
Grease the air fryer-safe pan with non-stick cooking spray.
Spread the prepared batter into the pan.
Set the air fryer basket to 400 degrees F or 204 degrees C for 20 minutes.
Let the bread gets cool down before slicing.
Serve and enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories 570

% Daily Value*

Total Fat 35.5g 45%

Saturated Fat 24.7g 124%

Cholesterol 169mg 56%

Sodium 1076mg 47%

Total Carbohydrate 52g 19%

Dietary Fiber 3g 11%

Total Sugars 2.6g

Protein 12.2g

Air Fryer Chocolate Chip Quick Bread

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

2 cups all-purpose flour
1 tablespoon baking soda
1 tablespoon baking powder
pinch of salt
6 tablespoons melted butter
2/3 cups sugar
3 eggs
1 teaspoon vanilla extract
1 cup buttermilk
1/2 cup chocolate chips

Directions

Combine the flour, baking soda, baking powder, salt, and softened butter.
Then add the sugar, eggs, vanilla extract, and buttermilk and mix it well.
Grease the air fryer with cooking spray or oil.
Add the chocolate chips to the batter.
Spread the prepared batter into the pan.
Set the air fryer basket to 350 degrees Fahrenheit or 170 degrees C for 20 minutes.
Let the bread get cool down before slicing.
Serve and enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories 693

% Daily Value*

Total Fat 28g 36%

Saturated Fat 16.8g 84%

Cholesterol 176mg 59%

Sodium 1148mg 50%

Total Carbohydrate 97.4g 35%

Dietary Fiber 2.4g 9%

Total Sugars 47.6g

Protein 14.4g

Air Fryer Cinnamon Raisin Bread

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 3-4 Servings

Ingredients

Yeast Mixture

1 tablespoon active dry yeast
1 cup warm water
1/4 cup granulated sugar

Dough Ingredients

1/4 cup sugar
1/8 cup olive oil
pinch salt
1 egg
3 cups all-purpose flour
1 cup raisins
1/2 tablespoon ground cinnamon

Other ingredients

Melted butter, as needed

Directions

Combine the yeast, sugar, and warm water in a small mixing bowl.

Let the yeast mixture sit for about 10 minutes.

Then add the sugar, oil, salt, egg, all-purpose flour, ground cinnamon, and raisins to the mixing bowl.

Now, add this mixture to the yeast. Let the dough mixture sit for an hour until it gets doubled in size.

Then knead the dough and add ground cinnamon.

Now roll the dough and put it in a greased loaf pan.

Cover the dough with a clean kitchen towel and sit for about an hour.

Grease the pan with melted butter and air fry at 350 degrees Fahrenheit or 170 degrees C for 10-12 minutes.

Once the bread is completely baked, serve and enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories 652

% Daily Value*

Total Fat 13.4g 17%

Saturated Fat 3.6g 18%

Cholesterol 55mg 18%

Sodium 681mg 30%

Total Carbohydrate 122.3g 44%

Dietary Fiber 4.5g 16%

Total Sugars 38.8g

Protein 14g

CHAPTER NO 10: 100 AIR FRYER DESSERT RECIPES

Air Fryer Toasted Marshmallow Fluff Waffles

Prep: 16 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

8 large marshmallows
2 Fluffy Belgian Style Waffles
½ cup of maple syrup

Directions

Start by spraying the air fryer basket with the non-stick spray to prevent it from sticking. Pack the marshmallows together tightly and add them to the air fryer in an upright position. Remember to set the fryer for eight minutes at a temperature of 350 degrees F or 176 degrees C. While the marshmallows are in the fryer, cook the Kellogg's Eggo Thick & Fluffy Belgian Style Waffles according to the directions written on the pack.

Put it aside for later.

When the marshmallows are done, use a butter knife or a knife with a blunt blade like the offset spatula, and scoop out of the marshmallow to the top of each waffle.

Add some maple syrup, and you can also add some chocolate chips, depending on the preferences.

You should note that this recipe works great with any size of air fryer; just be sure to pay attention to the difference in the cooking time stated on the air fryer.

Nutrition Facts

Servings: 2

Amount per serving

Calories 681

% Daily Value*

Total Fat 4.3g 5%

Saturated Fat 0.7g 3%

Cholesterol 5mg 2%

Sodium 346mg 15%

Total Carbohydrate 159g 58%

Dietary Fiber 1g 3%

Total Sugars 101.8g

Protein 3.4g

Air Fryer S'mores Dip

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

1 cup of chocolate chips
1 cup of marshmallows
8 Graham Crackers

Directions

Fill the bottom of a 7 inches Springform pan or any dish suitable for the air fryer with 1/2 of the chocolate chips.

Add some marshmallows to the chocolate chips

Add the remaining chocolate chips to cover the marshmallows.

Cook in the Air Fryer at a temperature of 350 degrees F or 176 degrees C for 6 minutes. At this point, the chocolate should be soft, while the marshmallows should have a light golden-brown color.

Carefully remove the dish from the Air Fryer and serve with graham crackers or any of the other favorite dipping items.

Nutrition Facts

Servings: 2

Amount per serving

Calories 960

% Daily Value*

Total Fat 30.8g 40%

Saturated Fat 18.4g 92%

Cholesterol 19mg 6%

Sodium 473mg 21%

Total Carbohydrate 160g 58%

Dietary Fiber 4.5g 16%

Total Sugars 100.4g

Protein 11g

Air Fryer Cupcakes fro cake box mix

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 box cake mix

All the ingredients listed on the cake mix box

Directions

Decide on which cake mix you desire to use.

Gather the Ingredients needed for the cake mix.

Follow the Directions and mix all the ingredients in appropriate portions.

Add some silicone muffin liners into the air fryer basket.

Fill each silicone liner about $\frac{3}{4}$ full.

Place the cupcakes in the air fryer at a temperature of 350 degrees F or 176 degrees C, for up to 12 minutes. You can stick a toothpick in one of the cupcakes. If it comes out clean, then it's ready.

Allow the cupcakes to cool off before frosting according to the preferences.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1116

% Daily Value*

Total Fat 28.6g 37%

Saturated Fat 4.3g 22%

Cholesterol 0mg 0%

Sodium 1740mg 76%

Total Carbohydrate 204.4g 74%

Dietary Fiber 2.4g 8%

Total Sugars 142.8g

Protein 11.8g

Air-Fryer Carrot Coffee Cake

Prep: 15 Minutes | Cook Time: 30 Minutes | Makes: 2 Servings

Ingredients

Here is a list of the things you need for the air-fryer carrot coffee cake:

1 egg beat at room temperature
½ cup of buttermilk
1/3 cup sugar plus two tablespoons sugar, divided
3 tablespoons of canola oil
2 tablespoons of dark brown sugar
1 teaspoon grated orange zest
1 teaspoon of vanilla extract
2/3 cup of all-purpose flour
1/3 cup of white whole wheat flour
1 teaspoon of baking powder
1 teaspoon of pumpkin pie spice, divided
1/4 teaspoon baking soda
1/4 teaspoon salt
1 cup of shredded carrots
1/4 cup of dried cranberries
1/3 cup of chopped walnuts, toasted

Directions

Preheat the air fryer to about 350 degrees F or 175 degrees C

Grease and flour a 6-in. round baking pan.

Whisk the egg, buttermilk, sugar, oil, brown sugar, orange zest, and vanilla Whisk

In another bowl, whisk flour, baking powder, teaspoon pumpkin pie spice, baking soda, and salt.

Add this to the previous egg mixture.

Add the carrots and cranberries, then pour into the greased pan.

Combine walnuts, two tablespoons of sugar, and one teaspoon of pumpkin spice in a small bowl.

Sprinkle evenly over the batter, after which you should gently place the pan in the air fryer.

Cook for about 30 minutes.

Cover tightly with foil if the top gets too dark. Cool in pan on a wire rack for 10 minutes before removing from pan. Serve warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 679

% Daily Value*

Total Fat 38.1g 49%

Saturated Fat 3.7g 19%

Cholesterol 87mg 29%

Sodium 602mg 26%

Total Carbohydrate 69.1g 25%

Dietary Fiber 6.7g 24%

Total Sugars 16.6g

Protein 17.6g

Strawberry Shortcake

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

2 cups of sliced fresh strawberries
3 tablespoons of granulated sugar
1 cup of all-purpose flour
1 tablespoon of baking powder
A pinch of baking soda
¼ tablespoons kosher salt
3 tablespoons cold unsalted butter diced
A 1/2-cup of low-fat buttermilk
Whipped cream for serving

Directions

After gathering the Ingredients, here are the steps you to follow:

First off, mix the strawberries and sugar in a bowl and set it aside for later.

Preheat the air fryer to a temperature of 350 degrees F or 176 degrees C, and spray the baking pan with a non-stick spray to prevent it from sticking.

Whisk the flour, sugar, baking powder, baking soda, and salt together in a bowl.

Add some butter and reduce it to smaller pieces using the clean hands or a pastry cutter mix.

Slowly pour in the buttermilk and mix all until the dough comes together and becomes sticky!

Pour the mixture into the baking pan; spread out, and press down in an even layer.

Cook for about 15 minutes or until the top becomes golden brown.

Allow it to cool for about 10 minutes, then serve with strawberries and some whipped cream.

Nutrition Facts

Servings: 4

Amount per serving

Calories 2691

% Daily Value*

Total Fat 50g 64%

Saturated Fat 29g 145%

Cholesterol 289mg 96%

Sodium 5486mg 239%

Total Carbohydrate 348.6g 127%

Dietary Fiber 2.6g 9%

Total Sugars 301.5g

Protein 216g

Air fryer cupcakes from scratch

Prep: 16 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

2 cups sugar
2 cups butter
4 eggs
½ cup of milk
2 cups all-purpose flour
½ cup of rainbow sprinkles
½ tablespoon of Vanilla extract

Directions

Mix butter and sugar till it's well-blended, light, and fluffy.

Add the eggs one at a time till incorporated. It may look curdled at the moment, but it doesn't matter.

Add the milk, vanilla extract and the flour, then whisk with the hand mixer till combined. (Take note to not over mix)

Add some sprinkles to the batter.

Scoop batter into silicon cupcake liners or the air fryer cupcake pan.

Air fry at a temperature of 350 degrees F or 176 degrees C, for about 12 minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2998

% Daily Value*

Total Fat 195.4g 250%

Saturated Fat 120.3g 601%

Cholesterol 820mg 273%

Sodium 1462mg 64%

Total Carbohydrate 299.6g 109%

Dietary Fiber 3.4g 12%

Total Sugars 204.3g

Protein 27.9g

3 Ingredient Strawberry Cobbler in the Air Fryer

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1 box of Jiffy Golden Cake Mix
4 tablespoons of softened butter
1 can of Strawberry Pie Filling

Directions

You first have to preheat the air fryer to a temperature of 400 degrees F or 204 degrees C, for a few minutes.

Mix the cake mix and the softened butter in a medium-sized bowl.

You can use a fork or pastry butter for this; mix it until it becomes crumbly.

Pour the strawberry pie filling into a cake barrel of about seven to eight inches.

Top the pie filling with the crumbly cake mix butter mixture. Spread it over the entire top of the pie filling.

Place the cake barrel into the air fryer.

Set the air fryer to 400 degrees F or 204 degrees C for about 15 minutes.

Wait till the cake mix topping becomes golden brown.

Allow it to cool for a while before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 211

% Daily Value*

Total Fat 9.9g 13%

Saturated Fat 5.6g 28%

Cholesterol 22mg 7%

Sodium 210mg 9%

Total Carbohydrate 29.5g 11%

Dietary Fiber 1g 4%

Total Sugars 19g

Protein 1.1g

Air Fryer Chocolate Molten Lava Cakes

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

6 tablespoons of unsalted butter, already cut into smaller pieces
4 ounces of the semi-sweet chocolate bar also broken into pieces
A large egg
Egg yolk from the previously-listed large egg
3 tablespoons of white sugar
A 1/2 tablespoon of vanilla extract
3 tablespoons of all-purpose flour
A pinch of salt

Directions

Grease 3 6-ounce ramekins and set aside.
Melt the butter and chocolate in a microwave-safe bowl for about a minute until it's melted.
Make sure to stir it every thirty seconds before setting it aside.
In a separate large bowl, use an electric beater to beat the egg with its yolk, the vanilla extract, and sugar until they are all well-blended.
Add the flour, the chocolate mixture, and a pinch of salt and mix. Pour the mixture into the ramekins, filling each one in 1/2.
Place in the air fryer at a temperature of 350 degrees F or 176 degrees C for 8-10 minutes.
Once done air frying, use a clean thick dish towel to remove ramekins from the air fryer basket.
Allow the cake to cook for some minutes. You can use a blunt knife to remove the cake from the ramekin and turn it over onto a plate.
Serve with fresh whipped cream, fresh berries, or top it with powdered sugar and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 451

% Daily Value*

Total Fat 37.2g 48%

Saturated Fat 22.7g 113%

Cholesterol 185mg 62%

Sodium 358mg 16%

Total Carbohydrate 27.2g 10%

Dietary Fiber 0.3g 1%

Total Sugars 18.3g

Protein 4.7g

Almost Famous Chocolate Cake

Prep: 20 Minutes | Cook Time: 35 Minutes | Makes: 4 Servings

Ingredients

12 tablespoons of brown sugar
7 tablespoons of all-purpose flour
4 tablespoons of unsweetened cocoa powder
3/4 tablespoon of baking powder
3/4 tablespoon of baking soda
A 1/2 tablespoon of salt
1 large egg
1/2 cup of milk
1/4 cup of vegetable oil
1 tablespoon of vanilla extract
1/2 cup of hot water with some instant coffee powder

Directions

Preheat the air fryer at a temperature of 400 degrees F or 204 degrees C for about five minutes.

In a large bowl, mix the sugar, flour, cocoa powder, baking powder, baking soda, and salt.

Add in the egg, milk, oil, and vanilla extract to the dry mixture while stirring the mixture gently.

Lastly, add the hot water and also stir as you did earlier.

Remember that the batter becoming thin is no cause to worry.

Pour the mixture into the baking pan and cover the batter with foil. You can also randomly poke holes in it.

Place the baking tray in the air fryer and adjust the temperature to about 350 degrees F or 176 degrees C.

Remove foil and continue baking for another 10 minutes until the skewer comes out clean.

Allow the cake to cool before attempting to remove it from the pan; this is to prevent it from falling apart.

Nutrition Facts

Servings: 2

Amount per serving

Calories 661

% Daily Value*

Total Fat 32.8g 42%

Saturated Fat 7.8g 39%

Cholesterol 98mg 33%

Sodium 1505mg 65%

Total Carbohydrate 86.3g 31%

Dietary Fiber 4.5g 16%

Total Sugars 56.4g

Protein 10.2g

Angel Food Cake

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

2 whole eggs
6 tablespoons of sugar

1/4 tablespoons of vanilla
1/4 cup of flour
1/4 tablespoon of baking soda
1/2 tablespoon containing cream of tartar
8 ounces of cool whipped cream
1 cup of sliced strawberries

Directions

For the first layer, beat the sugar and egg together for six minutes.
Add the vanilla, flour, baking soda, and cream of tartar, mix for an extra minute.
Pour the batter into the cake pan.
Bake at a temperature of 350 degrees F or 176 degrees C for about 15 minutes.
Cool it off for flipping into a plate.
Repeat these first steps for the additional layer
Add some cool whip to the top of the first layer.
Place the second layer on top of the first layer the cool whip has been added
Add the remaining cool whip
Garnish with strawberries as you so desire

Nutrition Facts

Servings: 2

Amount per serving

Calories 283

% Daily Value*

Total Fat 4.7g 6%

Saturated Fat 1.4g 7%

Cholesterol 164mg 55%

Sodium 536mg 23%

Total Carbohydrate 54g 20%

Dietary Fiber 1.9g 7%

Total Sugars 40.1g

Protein 7.6g

Chocolate Orange Cupcakes Recipe

Prep: 25 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

6 ounces of really good chocolate cut into smaller pieces

1 tablespoon of coconut oil

A pinch of salt

1/2 cup of almond flour

2 tablespoons of brown sugar

1/4 teaspoon of orange zest

1 teaspoon of pure vanilla extract

1 organic egg

Directions

Preheat the air fryer to a temperature of 320°F.

Melt the coconut oil and chocolate in a bowl and whisk.

Add in the orange zest and vanilla and continue whisking

Add the egg to the cool chocolate mixture and whisk

Add in the almond flour, brown sugar, and salt and whisk well.

Spoon into silicone molds and place molds in the air fryer.

Tear/cut large pieces of foil gently but firmly tent the foil over the top of the molds.

Air fry cupcakes at 350 degrees F or 176 degrees C for about seven minutes.

Stop, carefully remove silicone molds out of the air fryer, spread out aluminum foil tents, and wrap around the molds to make a package

Place aluminum foil-wrapped silicone molds back into the air fryer and air fry cupcakes at 300°F for 7 more minutes.

Remove from air fryer and let sit about 10-15 minutes in packages. Then remove and let cool.

Frost with the favorite frosting and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 921

% Daily Value*

Total Fat 51.5g 66%

Saturated Fat 21.8g 109%

Cholesterol 97mg 32%

Sodium 186mg 8%

Total Carbohydrate 100.9g 37%

Dietary Fiber 6.8g 24%

Total Sugars 84.4g

Protein 19.2g

Easy Air Fryer Muffins

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 cup of all-purpose flour
1 tablespoon of baking powder
A pinch of salt
1 egg
1/3 cup of sugar
1/3 cup of whole milk. You can use other kinds of milk
1 tablespoon of vanilla
2 tablespoons of already melted butter
1/2 cup of total mix-in of choice (fruit pieces, shredded veggies, or baking chips)

Directions

Preheat the air fryer to a temperature of about 350 degrees F or 176 degrees C.
In a medium-sized bowl, mix flour, baking powder, and salt and set aside.
In another bowl, mix the egg, sugar, milk, vanilla, and butter.
Slowly add in the flour mixture.
Add the mix-ins to the batter
Pour batter evenly into the silicone muffin liners.
Cook the muffins at 350 degrees F or 176 degrees C for 12 minutes total. You can rotate them
1/2way to allow for equal rising.
Allow muffins to cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 434

% Daily Value*

Total Fat 4.2g 5%

Saturated Fat 1.6g 8%

Cholesterol 86mg 29%

Sodium 133mg 6%

Total Carbohydrate 87.4g 32%

Dietary Fiber 1.9g 7%

Total Sugars 36.6g

Protein 10.6g

Air Fryer Cupcakes

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 box of prepared cake mix
Rainbow sprinkles

Directions

Preheat the air fryer to a temperature of 350 degrees F or 176 degrees C if necessary.
Prepare the cake batter according to the directions on the cake mix
Fill each cupcake liner $\frac{3}{4}$ of the way full of cake batter and place them in the air fryer.
Leave it for about 10 minutes until a toothpick inserted in it comes out clean.
Allow the cupcakes to cool completely before frosting or adding the sprinkles.

Nutrition Facts

Servings: 2

Amount per serving

Calories 89

% Daily Value*

Total Fat 1.6g 2%

Saturated Fat 0.5g 2%

Cholesterol 0mg 0%

Sodium 133mg 6%

Total Carbohydrate 17.7g 6%

Dietary Fiber 0g 0%

Total Sugars 9.8g

Protein 0.8g

Air Fryer Cupcakes

Prep: 25 Minutes | Cook Time: 1 Minute | Makes: 4 Servings

Air Fryer

Cupcake Ingredients

1-1/2 of self-rising flour
1-1/2 Caster Sugar
4 tablespoons of cocoa powder
1 cup Butter at room temperature
4 medium-sized eggs
1 tablespoon of Vanilla Essence
2 cups Skimmed Milk
1 tablespoon of Extra Virgin Olive Oil

Chocolate Buttercream Ingredients

1-1/3 cup of Butter
1-1/2 cup of Icing Sugar
2 tablespoons of Cocoa Powder
3 tablespoon Single Cream
2 Tablespoons of Vanilla Essence
1 tablespoon of Maple Syrup

Directions

Mix butter and sugar in a bowl.

Add eggs into the mixture, vanilla essence, extra virgin olive oil, and continue mixing.

Once it is creamy, add cocoa powder, flour, and milk and mix with a wooden spoon. Avoid using a hand mixer for this as it will mix it more than necessary. You can add some water and milk if it is too thick.

Pour into muffin cups and cook the chocolate cupcakes in the air fryer for 12 minutes at 350 degrees F or 176 degrees C. Set it aside and allow it to cool

Make the chocolate butter by mixing some icing sugar and butter with the hand. Add in remaining buttercream ingredients and mix until it becomes creamy. You can put it in the fridge after.

Grab the piping bag from the bottom and make a fist. Make a funnel shape with the piping bag and add the right nozzle for piping. Put the buttercream inside the piping bag.

When the piping bag is almost full, twist it tight and squeeze to let any air out. Start to squeeze gently to the pipe.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1100

% Daily Value*

Total Fat 56.3g 72%

Saturated Fat 32.3g 162%

Cholesterol 310mg 103%

Sodium 877mg 38%

Total Carbohydrate 105.5g 38%

Dietary Fiber 2.5g 9%
Total Sugars 77.5g
Protein 42.6g

Air Fryer Strawberry & Cream Mug Cake

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

4 tablespoons of all-purpose flour
1/2 teaspoon of baking powder
2 tablespoons of milk
2 tablespoons of heavy cream
1 1/2 tablespoon of sugar
2 diced strawberries

Directions

Mix the flour, baking powder, heavy cream, milk, sugar, and diced strawberries.
Spray the mug or ramekin with some cooking spray.
Pour the cake batter into the ramekin or cup.
Put it in the air fryer and set for about 12 minutes, at a temperature of 350 degrees F or 176 degrees C. Remember that the larger the mug or cup is, the longer it will take to air dry. Continue to air fry until the cake is fully cooked.
Add some whipped cream and strawberries!
Serve and enjoy the goodness

Nutrition Facts

Servings: 2

Amount per serving

Calories 155

% Daily Value*

Total Fat 6.1g 8%

Saturated Fat 3.7g 18%

Cholesterol 22mg 7%

Sodium 14mg 1%

Total Carbohydrate 23.6g 9%

Dietary Fiber 0.7g 2%

Total Sugars 10.3g

Protein 2.5g

Easy Air Fryer Brownies

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1/2 cup of all-purpose flour
6 tablespoons of unsweetened cocoa powder
3/4 cup of sugar
1/4 cup of melted unsalted butter
2 large eggs
1 tablespoon of vegetable oil
1/2 tablespoon of vanilla extract
A pinch of salt
1/4 tablespoon of baking powder

Directions

Grease the air pan with some butter
Preheat the Air Fryer by setting the temperature to 350 degrees F or 176 degrees C and allowing it to run for about 5 minutes while you prepare the brownie batter.
Add the all-purpose flour, cocoa powder, sugar, butter, eggs, vegetable oil, vanilla extract, salt, and baking powder into a large bowl and stir until thoroughly mixed.
Pour the mixture into the pan and ensure that the top of the batter is smooth.
Place in the preheated Air Fryer and bake for 15 minutes or until a toothpick entered in the center comes out mostly clean.
Remove and allow to cool in the pan before removing and cutting.

Nutrition Facts

Servings: 4

Amount per serving

Calories 287

% Daily Value*

Total Fat 7.2g 9%

Saturated Fat 2.1g 11%

Cholesterol 93mg 31%

Sodium 77mg 3%

Total Carbohydrate 54.7g 20%

Dietary Fiber 3.1g 11%

Total Sugars 38.1g

Protein 6.4g

Air Fryer Homemade Coffee Cake

Prep: 25 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

Cake:

2 cups of flour
3/4 cup sugar
2 teaspoons of baking powder
1/2 teaspoon of salt
1/2 cup of melted butter
3/4 cup of milk+2 tablespoons of coffee (mixed)
1 teaspoon of vanilla
1 egg

Topping:

1/4 cup of flour
2/3 cup of sugar
2 teaspoons of ground cinnamon
1/4 cup of melted butter

Directions

Make the cake batter by mixing the dry and wet ingredients.

Spray the air fryer pan with some cooking spray

Pour the batter into the pan.

Then make the topping, mix it all in a small bowl. Mix well, then sprinkle it on top of the cake.

Place the pan in the air fryer and set the temperature to 350 degrees F or 176 degrees C for 25-35 minutes.

The time depends on how thick the batter is, so look out and make sure it's nicely done by sticking a toothpick and making sure that it comes out clean.

Set it aside to cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1275

% Daily Value*

Total Fat 54.5g 70%

Saturated Fat 32.6g 163%

Cholesterol 204mg 68%

Sodium 1049mg 46%

Total Carbohydrate 183.3g 67%

Dietary Fiber 5.2g 19%

Total Sugars 76.2g

Protein 17.6g

Air Fryer Apricot and Raisin Cake

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 3 Servings

Ingredients

1/3 cup dried apricots
4 tablespoons of orange juice
½ self-raising flour
4 tablespoons Sugar
1 egg
2 tablespoons Raisins

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.

In a blender or food processor, blend the dried apricots and juice until they are smooth.

In a separate bowl, mix the sugar and flour.

Beat the egg. Add it to the flour and sugar and continue mixing.

Add the apricot puree and raisins and mix

Spray an air fryer-safe baking tin with a little oil. Transfer the batter and smoothen the top

Cook in the air fryer for 12 minutes; check it at 10 minutes. Use a toothpick to see if it is done. If need be, return the cake to the air fryer to cook for a few more minutes to brown up.

Set aside to cool.

Nutrition Facts

Servings: 2

Amount per serving

Calories 289

% Daily Value*

Total Fat 2.8g 4%

Saturated Fat 0.8g 4%

Cholesterol 82mg 27%

Sodium 33mg 1%

Total Carbohydrate 61.2g 22%

Dietary Fiber 1.7g 6%

Total Sugars 34.5g

Protein 6.8g

Air Fryer Pineapple Cake

Prep: 20 Minutes | Cook Time: 40 Minutes | Makes: 2 Servings

Ingredients

1-1/4 cup Self Raising Flour
½ cup of Butter
½ cup of Caster Sugar
2 cups of chopped pieces of pineapple
¼ cup of pineapple juice
¼ cup of grated dark chocolate
1 medium egg
2 tablespoons of whole milk

Directions

Preheat the Air fryer to 200c and grease the tin
Mix the flour and butter until it becomes breadcrumbs.
Mix the sugar, the pineapple chunks, juice, and the dark chocolate and set aside.
Beat the egg and milk together in a jug.
Mix the liquid to the breadcrumbs mixture until you have a soft cake mixture.
Cook in the air fryer for 40 minutes at 350 degrees F or 176 degrees C.
Set aside to cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 991

% Daily Value*

Total Fat 55.6g 71%

Saturated Fat 34.6g 173%

Cholesterol 210mg 70%

Sodium 382mg 17%

Total Carbohydrate 115.1g 42%

Dietary Fiber 2.5g 9%

Total Sugars 65.1g

Protein 11.9g

The Famous 3 Ingredient Christmas Cake

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 3 Servings

Ingredients

6 cups of mixed dried fruit
2 ½ cups of iced coffee
2 cups of self-rising flour

Directions

Place the mixed dried fruit into a very large bowl.
Add the iced coffee to any other liquid substitute and mix well.
Cover with plastic wrap and place into the fridge overnight.
Preheat the air fryer to 350 degrees F or 176 degrees C
Grease and line the cake tin with baking paper and set aside.
Mix the self-rising flour and the fruit mixture and pour into the prepared cake tin.
Add it to the air fryer and Bake for approximately 25 minutes or until the cake is firm in the middle and a toothpick inserted comes out with a few moist crumbs on it.

Nutrition Facts

Servings: 3

Amount per serving

Calories 793

% Daily Value*

Total Fat 1.7g 2%

Saturated Fat 0.3g 1%

Cholesterol 0mg 0%

Sodium 17mg 1%

Total Carbohydrate 184.7g 67%

Dietary Fiber 11.8g 42%

Total Sugars 0.2g

Protein 15.7g

Air Fryer Fruit Pudding

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 3 Servings

Ingredients

For topping:

3 ounces of flour

2 ounces sugar

1 egg

2 tablespoons of milk

2 ounces of soft butter

1/2 tablespoon of baking powder

For filling:

1 cup of canned or fresh sliced fruit

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C.

Mix the ingredients for topping in a bowl.

Continue for three minutes until the mixture is creamy and soft.

Pour the filling ingredient into a baking dish, add the topping mixture over the fruit and smoothen the top.

Bake in a preheated air fryer at 320°F/ 160°C for 25-30 minutes, until golden brown.

Nutrition Facts

Servings: 2

Amount per serving

Calories 492

% Daily Value*

Total Fat 19g 24%

Saturated Fat 4.3g 22%

Cholesterol 83mg 28%

Sodium 189mg 8%

Total Carbohydrate 69.8g 25%

Dietary Fiber 3.1g 11%

Total Sugars 32.3g

Protein 15.7g

Air Fryer, Easy Peach Cobbler

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 3 Servings

Ingredients

21 ounces of peach pie filling

1/4 cup of flour

1 cup of sugar

Cobbler Topping:

1 cup of flour

1/4 cup of sugar

1 teaspoon of baking powder

1 teaspoon of ground cinnamon

1 egg

1/4 of cup milk

Directions

Start by mixing peaches, flour, and sugar.

Pay attention and be sure that all of the peaches are coated.

Then spray an air fryer safe pan with olive oil, and spread the bottom layer into the pan.

Then, mix the cobbler, the flour, sugar, baking powder, ground cinnamon, egg, and milk in another bowl.

Drop the cobbler over the bottom layer.

Then place the pan in the air fryer basket or the air fryer. Set the temperature to 350 degrees F or 176 degrees C, for about ten minutes.

Remove once golden on top.

Set aside to cool before serving it.

Nutrition Facts

Servings: 4

Amount per serving

Calories 519

% Daily Value*

Total Fat 4.4g 6%

Saturated Fat 1g 5%

Cholesterol 43mg 14%

Sodium 101mg 4%

Total Carbohydrate 107.3g 39%

Dietary Fiber 5.2g 19%

Total Sugars 88.6g

Protein 17.2g

Air-Fryer Pecan Strawberry Rhubarb Cobbler

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 3 Servings

Ingredients

1 cup of sliced fresh or frozen rhubarb
1 cup of sliced fresh strawberries
1/4 cup of sugar
1 tablespoon of quick-cooking tapioca
1 teaspoon of lemon juice
A pinch of salt

Topping:

1/3 cup all-purpose flour
1/4 cup chopped pecans
3 tablespoons sugar
1/8 teaspoon baking powder
Dash salt
2 tablespoons cold butter
1 large egg

Sauce:

1/2 cup of vanilla ice cream
2-1/4 teaspoons of Marsala wine

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C.

Mix the first six Ingredients listed; divide between 2 greased 8-ounces of ramekins or custard cups. Let it stand for 15 minutes.

In a small bowl, mix the flour, pecans, sugar, baking powder, and salt; add in butter until mixture resembles coarse crumbs. Add the egg. Drop it by bit by bit over the fruit mixture and spread evenly.

Place ramekins on a tray in the air-fryer basket. Cook until filling is bubbly and a toothpick inserted in topping comes out clean. This can take about thirty minutes.

In a microwave-safe bowl, combine ice cream and wine. Cook uncovered, at 50% power for 1-2 minutes or until heated through; stir until blended.

Serve the warm mixture cobbler.

Nutrition Facts

Servings: 4

Amount per serving

Calories 258

% Daily Value*

Total Fat 15.6g 20%

Saturated Fat 5.4g 27%

Cholesterol 65mg 22%

Sodium 105mg 5%

Total Carbohydrate 27g 10%

Dietary Fiber 2.2g 8%

Total Sugars 16.6g
Protein 4.4g

Lemon Biscuits

Prep: 20 Minutes | Cook Time: 8 Minutes | Makes: 4 Servings

Ingredients

Here is a list of what you need:

1/4 cup of melted butter
1/2 cup of caster sugar
2 cups of self-rising flour
1 small lemon, zest, and juice
2 organic eggs
Oil spray, for greasing

Directions

Preheat the Air Fryer to 400 degrees F or 204 degrees C for three minutes.
In a bowl, mix all the dry ingredients.
In a separate bowl, whisk all wet ingredients.
Add the dry and wet ingredients and knead it into a soft nice dough.
Roll out the dough and cut in the shape of biscuits.
Put the biscuits into an oil greased air fryer basket greased with oil spray.
Cook for 8 minutes at 400 degrees F or 204 degrees C, and do not flip.
Serve it once it's done.

Nutrition Facts

Servings: 4

Amount per serving

Calories 456

% Daily Value*

Total Fat 14.5g 19%

Saturated Fat 8.1g 40%

Cholesterol 112mg 37%

Sodium 114mg 5%

Total Carbohydrate 72.9g 26%

Dietary Fiber 1.7g 6%

Total Sugars 25.4g

Protein 9.4g

Red Velvet Cookies

Prep: 24 Minutes | Cook Time: 22 Minutes | Makes: 3 Servings

Ingredients

2-1/2 cups of all-purpose flour

6 tablespoons of unsweetened cocoa powder
2 teaspoons of baking soda
Pinch of salt
1 cup of softened butter
2/4 cup of brown sugar
1/2 cup of granulated sugar
3 whisked eggs
1 tablespoon of cream cheese
2 tablespoons of milk
1 teaspoon of vanilla extract
2 tablespoons of red food coloring
8 ounces of white chocolate chips

Directions

In a mixing bowl, mix the cocoa powder, salt, flour, and baking soda and set aside for later.
Mix the butter and brown sugar in another bowl, then add the egg and beat with a hand mixer.
In a mixing dish, mix cream cheese, vanilla, food coloring, and milk.
Add the dry ingredients into the well-mixed egg mixture.
After that, fold in the white chocolate chips.
Arrange about nine cookies on the pan of an air fryer.
Preheat the air fryer to 350 degrees F or 176 degrees C and bake the cookies for 22 minutes.
Serve once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1304

% Daily Value*

Total Fat 42g 54%

Saturated Fat 24.8g 124%

Cholesterol 31mg 10%

Sodium 1538mg 67%

Total Carbohydrate 208.5g 76%

Dietary Fiber 9g 32%

Total Sugars 104.1g

Protein 30.3g

Walnut Chocolate Cookies

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

2 cups of all-purpose flour
6 tablespoons of unsweetened cocoa powder
2 teaspoons of baking soda
2/3 cup of softened butter

1 cup of brown sugar
3 eggs
5 tablespoons of milk
2 teaspoons of vanilla extract
8 ounces of chopped walnuts

Directions

Mix cocoa powder, flour, and baking soda.
Whisk the eggs, butter, and sugar in a separate bowl.
Add the vanilla and milk to the mixture.
Add the dry ingredient to the egg mixture.
Add the walnuts into the mixture.
Place cookie shapes on the air fryer pan.
Make sure to preheat the air fryer to a temperature of 350 degrees F or 176 degrees C and insert the pan inside.
Bake for about 16-22 minutes.
Set it aside and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 922

% Daily Value*

Total Fat 52.9g 68%

Saturated Fat 12.8g 64%

Cholesterol 162mg 54%

Sodium 156mg 7%

Total Carbohydrate 94.7g 34%

Dietary Fiber 8.2g 29%

Total Sugars 37.5g

Protein 26.7g

Eggless Cake

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

2/3 cup of all-purpose flour
5 tablespoons of white sugar
3 teaspoons of vanilla extract
3 tablespoons of cocoa powder
3/8 teaspoon of baking soda
5 tablespoons of coconut milk
3 tablespoons of olive oil
2 teaspoons of warm water
Oil spray to grease the pan

Directions

Preheat the air fryer to a temperature of 350 degrees F or 176 degrees C for about 2 minutes.
Mix all the dry ingredients.
Whisk the egg and the remaining wet ingredients.
Mix the dry and wet ingredients.
Pour the batter into an already greased pan.
Place the cake pan in the air fryer and cook for 12 minutes on air fry mode.
Check if it's done by sticking a toothpick in and checking if it comes out clean.
Set it aside to cool before serving.

Nutrition Facts

Servings: 4

Amount per serving

Calories 283

% Daily Value*

Total Fat 15.7g 20%

Saturated Fat 5.8g 29%

Cholesterol 0mg 0%

Sodium 122mg 5%

Total Carbohydrate 34.6g 13%

Dietary Fiber 2.2g 8%

Total Sugars 16.2g

Protein 3.3g

Chocolate Oatmeal Cookies

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 3 Servings

Ingredients

3 cups of quick-cooking oatmeal
2 cups of all-purpose flour
2/3 cup of cocoa powder
7 ounces of a packet of instant chocolate pudding mix
2 teaspoons of baking soda
2 cups of softened butter
1 cup of brown sugar
3 eggs
2 teaspoons of vanilla extract
2 cups of chocolate chips
Non-stick cooking spray

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C for a few minutes.
Coat the air fryer sheet with non-stick cooking spray.
Mix the flour, baking soda, oats, cocoa powder, pudding mix, and salt in a mixing bowl.
In another dish, whisk the cream butter and brown sugar with a hand mixer.
Add the vanilla essence and the eggs.
Combine the oats and the other ingredients in a large mixing basin.
Add the chocolate chips and stir until all of the ingredients are well mixed.
Drop dough onto a baking sheet in the shape of a cookie scoop.
Bake for 12 minutes in the air fryer or until it becomes light brown.
Cool using a wire rack, and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1203

% Daily Value*

Total Fat 38.2g 49%

Saturated Fat 22.5g 113%

Cholesterol 153mg 51%

Sodium 910mg 40%

Total Carbohydrate 192g 70%

Dietary Fiber 15.5g 55%

Total Sugars 80g

Protein 29.2g

Air Fryer Beignets

Prep: 15 Minutes | Cook Time: 7 Minutes | Makes: 3-4 Servings

Ingredients

2 cups of Self-Rising Flour
2 cups of plain Greek Yogurt
3 tablespoons of sugar
2 teaspoons of vanilla
3 tablespoons of melted unsalted butter
Canola oil spray

Directions

Mix the yogurt, sugar, and vanilla.
Add in the flour until it forms a dough.
Place the dough on a floured work surface.
Several times fold the dough in 1/2.
Preheat the air fryer to 350 degrees F or 176 degrees C.
Spray the air fryer tray/basket with canola spray.
Brush the tops of the dough with melted butter.
Place butter side down on the tray or basket.
Air fry for about 6-7 minutes until they are golden brown.

Nutrition Facts

Servings: 3

Amount per serving

Calories 709

% Daily Value*

Total Fat 16.3g 21%

Saturated Fat 3.4g 17%

Cholesterol 0mg 0%

Sodium 407mg 18%

Total Carbohydrate 57.3g 21%

Dietary Fiber 6.6g 23%

Total Sugars 44.7g

Protein 80g

Air Fryer S'mores

Prep: 14 Minutes | Cook Time: 7 Minutes | Makes: 1 Serving

Ingredients

3 Graham Crackers broken half
3 marshmallows broken half
3 small pieces of chocolate

Directions

In the bottom of the Air fryer, put Graham cracker halves.

Place the marshmallow's sticky side on the Graham Cracker and gently press it down, so it adheres.

Close the Air Fryer and cook for 5-7 minutes at 400 degrees F or 204 degrees C, or until the tops of the marshmallows have become a beautiful golden color.

After that, top the marshmallows with a piece of chocolate and the other 1/2 of the graham cracker.

Serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 200

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.9g 5%

Cholesterol 1mg 0%

Sodium 173mg 8%

Total Carbohydrate 38.7g 14%

Dietary Fiber 1.2g 4%

Total Sugars 17.6g

Protein 2.4g

Grilled Fruit

Prep: 5 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

4 peaches
2 pears
6 plums
4 tablespoons of melted butter
2 tablespoons of brown sugar
2 teaspoons of curry powder

Directions

Wash the fruits and remove the seeds.

Cut each fruit into halves.

Arrange the fruits on a piece of foil on the work surface.

Drizzle the butter and honey over the fruits.

Add some curry powder to it

Using the foil, create a fruit trap.

Make sure there's enough room for the foil to breathe.

Cook for 5 minutes at 350 degrees F or 176 degrees C in the air fryer basket. Make sure to cover it with foil.

Serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories 287

% Daily Value*

Total Fat 12.5g 16%

Saturated Fat 7.3g 37%

Cholesterol 31mg 10%

Sodium 85mg 4%

Total Carbohydrate 46.9g 17%

Dietary Fiber 7.2g 26%

Total Sugars 39.1g

Protein 2.8g

Air Fryer Oreos

Prep: 10 Minutes | Cook Time: 7 Minutes | Makes: 3 Servings

Ingredients

2 cans of Crescents Dough
10 Oreo cookies
1-3 tablespoons of powdered sugar

Directions

Spread the dough evenly over the Oreos, ensuring no air bubbles and that the cookies are fully covered.

Place the wrapped Oreos on the air fryer rack or basket, and cook for 4 minutes on the lowest rack setting at 350 degrees F or 176 degrees C.

After 3-4 minutes, flip the Oreos once the tops have become a light golden-brown color. Before serving, sprinkle the Oreos with powdered sugar after they've been cooked.

Nutrition Facts

Servings: 2

Amount per serving

Calories 369

% Daily Value*

Total Fat 14.5g 19%

Saturated Fat 3.8g 19%

Cholesterol 0mg 0%

Sodium 542mg 24%

Total Carbohydrate 55.8g 20%

Dietary Fiber 2.5g 9%

Total Sugars 27.2g

Protein 4.7g

Black Forest Hand Pies

Prep: 18 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

4 tablespoons chocolate chips or dark chocolate chips
3 tablespoons hot fudge sauce
3 tablespoons chopped dried cherries
1 sheet of puff pastry
2 egg white, beaten
3 tablespoons sugar
1 teaspoon cinnamon

Directions

In a mixing bowl, mix the chocolate chips, hot fudge sauce, and chopped dried cherries. The puff pastry should now be laid out on a floured board. Preheat the air fryer to 350 degrees F or 176 degrees C. The bowl mixture should be put in the center of the puff pastry, which should be sliced into 6 pieces. To create triangles, fold the puff pastry in 1/2. Brush the egg whites on the sides of the triangles and push the dough corners together tightly. Sprinkle cinnamon and sugar streusel on top. In the air fryer basket, bake for 18 minutes at 340 degrees or until it becomes golden brown. Set aside to cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 513

% Daily Value*

Total Fat 27.3g 35%

Saturated Fat 17.9g 89%

Cholesterol 60mg 20%

Sodium 344mg 15%

Total Carbohydrate 66.2g 24%

Dietary Fiber 4.9g 17%

Total Sugars 46.1g

Protein 8.3g

Black And White Brownies

Prep: 24 Minutes | Cook Time: 20 Minutes | Makes: 3 Servings

Ingredients

2 eggs
2/3 cup of brown sugar
3 tablespoons of white sugar
3 tablespoons of melted coconut oil
2 teaspoons of vanilla
1 cup of cocoa powder
1 cup of all-purpose flour
2/4 cup of white chocolate chips

Directions

Sprinkle some flour on the non-stick baking dish.
Beat the egg in a mixing bowl.
Add in both sugars.
Mix the remaining ingredients and stir in the oil and vanilla to make the brownie dough along with white chocolate chip and cocoa powder.
Fill the pan 1/2way with brownie batter.
Bake for 20 minutes at 350 degrees F in the air fryer.
Let the cake cool for about twenty minutes.

Nutrition Facts

Servings: 3

Amount per serving

Calories 663

% Daily Value*

Total Fat 25.2g 32%

Saturated Fat 16.5g 82%

Cholesterol 115mg 38%

Sodium 82mg 4%

Total Carbohydrate 108.5g 39%

Dietary Fiber 9.7g 35%

Total Sugars 61.2g

Protein 14.9g

Marble Cheesecake

Prep: 26 Minutes | Cook Time: 20 Minutes | Makes: 3 Servings

Ingredients

2 cups of graham cracker crumbs
3 tablespoons of softened butter
10 ounces of softened cheese cream
2/3 cup of sugar
3 organic eggs
1 tablespoon of flour
2 teaspoons of vanilla extract
2/3 cup of chocolate syrup

Directions

Mix the graham cracker crumbs and butter thoroughly in a bowl.
After flattening this mixture onto a 6-by-6 baking sheet, place it in the freezer for a few hours.
Mix the cream cheese and sugar thoroughly in a bowl.
Pour the beaten egg into the pan.
Add the flour and vanilla essence to the egg.
Mix in the chocolate syrup until it's completely combined.
Fill the crust-lined pan with the filling.
Preheat air fryer to 350 degrees F or 176 degrees C, and bake for 20 minutes, or until set.
Allow cooling on the rack for a few hours before serving.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1258

% Daily Value*

Total Fat 43.4g 56%

Saturated Fat 15.1g 75%

Cholesterol 220mg 73%

Sodium 2289mg 100%

Total Carbohydrate 153.7g 56%

Dietary Fiber 7.9g 28%

Total Sugars 92.7g

Protein 65.5g

Chocolate Chip Cookie

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 3 Servings

Ingredients

3 tablespoons of softened butter

1 cup of brown sugar
2 egg yolks
2/3 cup of flour
5 tablespoons of ground white chocolate
2/3 teaspoon of baking soda
2 teaspoons of vanilla
3/4 cup of chocolate chips

Directions

Mix the butter and brown sugar.

Add the egg yolk when the mixture becomes foamy, then whisk in the flour, chocolate, baking soda, and vanilla.

Mix in the chocolate chips well.

Line a small baking pan with parchment paper.

Using floured parchment paper, spread the prepared batter into the baking pan, leaving a 1-inch border around the edges.

Preheat the air fryer to 350 degrees F or 176 degrees C and bake for 10 minutes.

Set aside to cool before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1835

% Daily Value*

Total Fat 82.8g 106%

Saturated Fat 40.7g 203%

Cholesterol 224mg 75%

Sodium 731mg 32%

Total Carbohydrate 243.8g 89%

Dietary Fiber 8.4g 30%

Total Sugars 199.6g

Protein 31.5g

Chocolate Peanut Butter Bread Pudding

Prep: 24 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

To make this magic, you need the following Ingredients

2 organic eggs
2 egg yolks
3/4 cup of chocolate milk
2 tablespoons of cocoa powder
4 tablespoons of brown sugar
5 tablespoons of peanut butter
3 teaspoons of vanilla
Few slices of a firm and cubed white bread
Oil spray

Directions

After gathering the ingredients, here are the steps you follow:

First, spray a baking pan with oil spray.

Mix the first five ingredients.

Using an oil spray, coat a 6-by-6-by-2-inch baking pan.

Add the peanut butter, vanilla, and bread cubes.

Allow the bread to absorb the liquid for a while.

Preheat the air fryer to 350 degrees F or 176 degrees C

Allow it to be baked in the air fryer for 15 minutes.

That's all. Serve hot or cool, and enjoy the delicious pudding

Nutrition Facts

Servings: 2

Amount per serving

Calories 613

% Daily Value*

Total Fat 33.5g 43%

Saturated Fat 9.7g 49%

Cholesterol 385mg 128%

Sodium 477mg 21%

Total Carbohydrate 56.7g 21%

Dietary Fiber 5.4g 19%

Total Sugars 31.9g

Protein 24.9g

Frosted Peanut Butter Cookie

Prep: 25 Minutes | Cook Time: 20 Minutes | Makes: 3 Servings

Ingredients

Cookie

4 tablespoons of melted butter
4 tablespoons of brown sugar
2 egg yolks
2/3 cup of flour
5 tablespoons of divided peanut butter
½ teaspoon of baking soda
2 teaspoons of vanilla

For the sauce, here is what you need:

1 cup of semisweet chocolate chips
4 tablespoons of peanut butter

Directions

Here are the steps to take in making Frosted Peanut Butter Cookie

Mix the butter and brown sugar until it becomes smooth.

Add the egg yolk.

Add in the remaining ingredients.

Then with parchment paper, line a 6-by-6-inch baking pan.

Bake for 10 minutes at 350 degrees F or 176 degrees C, evenly distributing the batter in the pan.

Afterward, remove the pan from the air fryer and set it aside to cool down for 15 minutes.

Remove the cookie from the pan and move it to a wire rack to cool completely.

Mix the chocolate chips and peanut butter in a mixing bowl.

Put it in the air fryer for a couple of minutes, and then spread evenly over the prepared cookie.

The Frosted Peanut Butter is ready. Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1708

% Daily Value*

Total Fat 116.4g 149%

Saturated Fat 47.9g 239%

Cholesterol 271mg 90%

Sodium 653mg 28%

Total Carbohydrate 144.6g 53%

Dietary Fiber 13.8g 49%

Total Sugars 84.6g

Protein 35.3g

Chocolate Peanut Butter Cupcakes

Prep: 24 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

To make the chocolate peanut butter cupcakes, the ingredients below are required:

3 cups of chocolate cake mix

2 eggs

3 egg yolks

2/3 cup of olive oil

2/3 cup of hot water

2/3 cup of sour cream

5 tablespoons of peanut butter

2 tablespoons of powdered sugar

Directions

You may obtain 8 muffin cups by laying down the 16 muffin cups.

Set aside a non-stick pan that has been gently oiled.

Mix the cake mix, egg, egg yolks, olive oil, boiling water, and sour cream in a medium mixing bowl.

Mix all of the ingredients in a mixing bowl.

Combine the peanut butter and sugar in a separate bowl.

Now fill 8 muffin cups with 1/4 cup chocolate batter.

Prepared peanut butter balls should be placed on top of each cup.

In the air fryer basket, arrange the muffin cups.

Cook at 350 degrees F or 176 degrees C and bake for 15 minutes.

Allow the cupcake to cool for a few minutes before serving.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1493

% Daily Value*

Total Fat 102.9g 132%

Saturated Fat 24g 120%

Cholesterol 341mg 114%

Sodium 1601mg 70%

Total Carbohydrate 137.5g 50%

Dietary Fiber 5.7g 20%

Total Sugars 73.2g

Protein 24.7g

Lime Cheesecake

Prep: 24 Minutes | Cook Time: 25 Minutes | Makes: 3 Servings

Ingredients

Here are the ingredients needed to make the Lime Cheesecake

10 digestive biscuits
½ cup of melted Butter
6 cups of soft Cheese
1 cup of caster Sugar
5 large Eggs
3 tablespoons of honey
2 Limes
6 tablespoons of Greek Yogurt
1 tablespoon of Vanilla extract

Directions

After getting the ingredients, follow the steps to make the magic happen
First, preheat the air fryer to 350 degrees F or 176 degrees C.
Then, dust the sides of a springform with flour to prevent it from sticking.
Using the hands and a rolling pin, crush the digestive biscuits till they become crumbs.
In a mixing bowl, combine the melted butter and crumbs, and press into the bottom of a springform pan.
It will be the foundation for a biscuit.
Combine the sugar and cheese in a mixing bowl and beat with a hand mixer until the mixture thickens and the sugar is uniformly distributed.
Whisk together the three eggs, honey, and vanilla extract in a mixing dish.
In a mixing bowl, combine the limes, zest, and juice.
Add the Greek yogurt after that.
Mix all of these ingredients well with a fork.
Cook for 10 minutes at 320 degrees F in an air fryer.
This mixture should be spooned over the biscuit base and smoothed out with a spatula.
After 10 minutes, increase the temperature to 375 degrees and cook for another 15 minutes.
Before serving, let it cool for at least 6 hours.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1120

% Daily Value*

Total Fat 61.5g 79%

Saturated Fat 34.7g 174%

Cholesterol 372mg 124%

Sodium 770mg 33%

Total Carbohydrate 97g 35%

Dietary Fiber 0.5g 2%

Total Sugars 84.6g

Protein 46.5g

Chocolate Chip Cookies

Prep: 10 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

Here are the ingredients needed to make the chocolate chip cookies

1 cup of butter

1 cup of brown sugar

1 cup of self-rising flour

1 cup of chocolate chips

4 tablespoons of honey

4 tablespoons of milk

Directions

First, preheat the air fryer to 350 degrees F or 176 degrees C.

Mix the flour, butter, sugar, honey, and milk in a mixing bowl.

Afterward, you mix in the flour as well.

Now you add the chocolate chips to the cookie batter and scoop the cookies onto the basket of the air fryer.

The cookie is allowed to cook at 350 degrees F or 176 degrees C for 8 minutes.

The Chocolate Chip Cookie is ready to be served.

Nutrition Facts

Servings: 4

Amount per serving

Calories 955

% Daily Value*

Total Fat 59.1g 76%

Saturated Fat 38.1g 191%

Cholesterol 133mg 44%

Sodium 379mg 16%

Total Carbohydrate 102.4g 37%

Dietary Fiber 2.3g 8%

Total Sugars 74.9g

Protein 7.5g

Strawberry Cupcakes with Creamy Strawberry Frosting

Prep: 24 Minutes | Cook Time: 8 Minutes | Makes: 3 Servings

Ingredients

Gather the following ingredients to make the fluffy Strawberry treat:

1 cup of butter

½ cup of caster sugar

2 medium eggs

2 cups of self-rising flour

1 teaspoon of vanilla extract

And for the Topping, here are the ingredients

2/3 cup of butter

2 cups of icing sugar

2 tablespoons of whipped cream

1 cup of blended strawberries

Directions

After the ingredients, these are steps that you should take to bring this magic alive.

The first step is to preheat the air fryer to 350 degrees F or 176 degrees C.

Meanwhile, using a hand mixer or a beater, mix the butter and sugar in a mixing dish.

Then you whisk the eggs and vanilla extract into a separate dish until frothy.

After that, add a little quantity of flour to the mix.

After that, fold in all of the flour.

The flour should be mixed well.

Now add it to the cupcake and put it in the air fryer.

Cook for 8 minutes at 350 degrees F or 176 degrees C in an air fryer.

Meanwhile, prepare the topping by whisking all of the topping ingredients together until frothy in a mixing dish.

Fill a piping bag 1/2way with the sauce.

When the cupcakes are done, top them with the prepared topping.

The tongue-dazzling dessert is ready to be enjoyed.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1001

% Daily Value*

Total Fat 49.3g 63%

Saturated Fat 30g 150%

Cholesterol 204mg 68%

Sodium 360mg 16%

Total Carbohydrate 132.9g 48%

Dietary Fiber 1.7g 6%

Total Sugars 84.3g

Protein 9.9g

Cookie Dough

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

Ingredients needed to turn Pinocchio into a real boy include

1 cup of butter
5 tablespoons of brown sugar
3 cups of self-rising flour
2 cups of chocolate chips
5 tablespoons of honey
2 tablespoons of milk
2 cups of cream

Directions

After the ingredients are gathered, proceed with the following steps

The first step is to preheat the air fryer at 400 degrees F or 204 degrees C for 5 minutes.

Then you whisk butter and sugar together in a mixing bowl until creamy.

After that, add the cream.

Now you add the honey and flour.

Mix everything well.

On top, sprinkle the chocolate chips.

After that, pour in the milk.

The batter should be adequately mixed.

After which, you fill an air fryer pan 1/2way with the mixture and bake for 20 minutes.

The dessert is ready to be enjoyed.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1401

% Daily Value*

Total Fat 78.7g 101%

Saturated Fat 51g 255%

Cholesterol 165mg 55%

Sodium 442mg 19%

Total Carbohydrate 158.3g 58%

Dietary Fiber 5.4g 19%

Total Sugars 78.8g

Protein 17.9g

Flourless Shortbread Cookies

Prep: 24 Minutes | Cook Time: 20 Minutes | Makes: 2-3 Servings

Ingredients

Here are the ingredients needed to make the Flourless shortbread cookies:

2 cups of almond flour
1 cup of brown sugar
1 cup of butter
2 teaspoons of Vanilla Essence

Directions

The following steps assure you a sumptuous flourless shortbread cookie:

First, you preheat the air fryer to 350 degrees F or 176 degrees C.

Then, combine all of the ingredients in a mixing bowl to create soft ice dough.

Afterward, using the cutter, cut it into the required shapes.

Now, place it in the air fryer basket for 10 minutes to cook.

After 10 minutes, remove the air fryer from the air fryer and sprinkle chocolate buttons on top.

Cook for another 10 minutes, or until all of the chocolate has melted.

This dessert is ready to be served.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1261

% Daily Value*

Total Fat 106.1g 136%

Saturated Fat 59.3g 296%

Cholesterol 244mg 81%

Sodium 674mg 29%

Total Carbohydrate 77.7g 28%

Dietary Fiber 3g 11%

Total Sugars 71.9g

Protein 7.1g

Oat Sandwich Biscuits

Prep: 24 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

To make the magic happen, the following ingredients are required

3 cups of plain flour
1 cup of butter
1 cup of white sugar
½ eggs of beaten eggs
¼ cup of desiccated Coconut
1 cup of oats

½ cup of white chocolate

2 teaspoons of vanilla extract

Filling Ingredients

And for the filling, these items should be gathered

1 cup of icing Sugar

¼ cup of Butter

2 Small Lemon juice

2 teaspoons of vanilla extract

Directions

The Oatmeal Sandwich Biscuit can be made following these steps

The first step is to mix the butter and sugar in a mixing dish until light and fluffy.

After that, Mix the eggs, coconut, oats, chocolate, and vanilla essence in a bowl.

Afterward, you add the flour and thoroughly combine all of the ingredients.

Then roll the dough into medium biscuit shapes and coat with oats.

Cook for 15 minutes at 350 degrees F or 176 degrees C, in an air fryer.

Meanwhile, prepare the filling by mixing all of the ingredients and whisking them well.

When the biscuits are done and cooled, spread the filling on top and sandwich two biscuits together.

The oatmeal biscuit is ready to be savored. Serve and have fun!

Nutrition Facts

Servings: 2

Calories 2655

% Daily Value*

Total Fat 105.7g 135%

Saturated Fat 34g 170%

Cholesterol 70mg 23%

Sodium 844mg 37%

Total Carbohydrate 384.2g 140%

Dietary Fiber 19.6g 70%

Total Sugars 196.2g

Protein 59.4g

Smarties Cookies

Prep: 24 Minutes | Cook Time: 10 Minutes | Makes: 3 Servings

Ingredients

Here are some of the ingredients required to make these magical smart cookies happen

1/3 cup of butter

½ cup of caster sugar

3 cups of flour

2 teaspoons of vanilla essence

6 tablespoons of milk

5 tablespoons of cocoa powder

2 ounces of smarties

¼ cup dark chocolate

Directions

After getting the ingredients, follow these steps to make this particular variety of the Smart cookies

First, you would have to preheat the air fryer to 356 degrees F.

Then you would combine the cocoa, flour, and sugar in a mixing bowl.

Then add the butter and vanilla extract.

Make a thorough mix.

Next, thoroughly incorporate the chocolate chips and milk.

Using a cookie cutter, cut out biscuit shapes from the dough.

On top of each cookie, sprinkle the Smarties.

Cook the cookies for 10 minutes at 350 degrees F or 176 degrees C in an air fryer.

Serve and enjoy after it has cooled.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1319

% Daily Value*

Total Fat 41.5g 53%

Saturated Fat 25.7g 128%

Cholesterol 90mg 30%

Sodium 263mg 11%

Total Carbohydrate 215.8g 78%

Dietary Fiber 9.8g 35%

Total Sugars 64.2g

Protein 25.2g

Lemon Butterfly Buns with Cherries on Top

Prep: 24 Minutes | Cook Time: 10 Minutes | Makes: 3 Servings

Ingredients

The following ingredients should be available to make the lemon butterfly buns with cherries on top.

1 cup of butter
1 cup of Caster Sugar
3 Medium Eggs
2 cups of Self-Raising Flour
2 teaspoons of vanilla extract

Topping ingredients

For the topping, these are the ingredients needed

6 teaspoons Cherries
1/2 cups Butter
2 cups of Icing Sugar
2 cups of cream

Directions

After the ingredients are got, the following steps should be followed to achieve the needed result
First off, you have to preheat the air fryer to 350 degrees F or 176 degrees C.

In a mixing bowl, mix the butter and caster sugar.

Then you add in the egg, vanilla extract, and flour in a large mixing bowl.

To create a good dough, gently combine all of the components.

Now you fill 6 bun pans 1/2way with the filling.

Cook for 10 minutes at 350 degrees F or 176 degrees C in an air fryer, depending on capacity.

Meanwhile, combine the icing sugar, cream, butter, and cherries to make the topping.

After the buns have finished cooking, slice them and fill the center with the icing sugar mixture.

The exquisite dessert is ready to be enjoyed.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1200

% Daily Value*

Total Fat 57g 73%

Saturated Fat 34.5g 173%

Cholesterol 268mg 89%

Sodium 419mg 18%

Total Carbohydrate 164.5g 60%

Dietary Fiber 1.8g 6%

Total Sugars 111.9g

Protein 12.2g

Empanada Wraps

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

To make the Empanada wraps, get the following Ingredients

12 empanada wrappers, thawed

1 apple

5 tablespoons raw honey

2 teaspoons vanilla extract

1 teaspoon cinnamon

2/8 teaspoon nutmeg

4 teaspoons corn-starch

3 teaspoons water

2 eggs beaten for coating

Oil spray, for greasing

Directions

After the ingredients are got, follow these steps to make the yummy Empanada wraps

First, you preheat the air fryer to 400 degrees F or 204 degrees C for 7 minutes by pressing the power button.

Then you take a pot and cook apples, honey, vanilla essence, cinnamon, and nutmeg in it for 2 minutes.

After that, combine corn-starch and water in a mixing bowl and add to the sauce.

1 minute of cooking time is recommended.

Allow for full chilling before proceeding.

Using an egg wash brush, moisten the empanada wrapper and place the apple filling over the edges.

Now, get rid of the empanadas.

Seal the edges with a fork.

The fork should be pressed against the edges.

Using an oil spray, grease the basket.

Place the wrappers on the basket of the air fryer.

Then cook it for 10 minutes at 400 degrees F or 204 degrees C.

Once it's done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 896

% Daily Value*

Total Fat 29.9g 38%

Saturated Fat 16g 80%

Cholesterol 101mg 34%

Sodium 1070mg 47%

Total Carbohydrate 144.5g 53%

Dietary Fiber 8.3g 30%

Total Sugars 55.6g

Protein 15.4g

Mini Strawberry and Cream Pies

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

First, the following ingredients should be bought:

2 boxes of Store-Bought Pie Dough

2 cups of cubed strawberries

4 tablespoons of heavy cream

3 tablespoons of almonds

2 egg whites, for brushing

Directions

With the ingredients got, the following steps assure you of a sumptuous Mini Strawberry and Cream Pies

First, you flatten out the pie dough on a clean, level surface.

Then you cut the dough into 4-inch circles using a circular cutter.

Brush the dough's edges with egg white. Then draw another circle on top of it.

With a fork, push the edges together to seal them.

In the middle of the dough, place the almonds, strawberries, and cream.

Place it on a baking pan and put it inside the basket of the air fryer.

Cook at 400 degrees F or 204 degrees C for 12 minutes.

After the cook comes the enjoying. Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 350

% Daily Value*

Total Fat 20.5g 26%

Saturated Fat 9.7g 48%

Cholesterol 26mg 9%

Sodium 185mg 8%

Total Carbohydrate 38.1g 14%

Dietary Fiber 3.4g 12%

Total Sugars 24.9g

Protein 6.1g

Ginger Cranberry Scones

Prep: 24 Minutes | Cook Time: 15 Minutes | Makes: 3-4 Servings

Ingredients

To make the Ginger Cranberry Scones, the following ingredients should be got

3 cups of all-purpose flour

1/6 cup of dark brown sugar
1 teaspoon of Baking Powder
1 teaspoon of cinnamon
2 teaspoons of freshly ground nutmeg
2 teaspoons of cloves
2 teaspoons of salt
Pinch of ginger powder
2 cups of dried cranberries
14 tablespoons unsalted butter, frozen, grated on a box grater
2/3 cup heavy cream, plus more for glazing
2 teaspoons of Canola Oil
2 large eggs
2 teaspoons Vanilla Extract
2 cups sour cream
Demerara sugar, for sprinkling

Directions

After the ingredients have been gathered, follow these steps to achieve the desired result

First, you have to preheat the air fryer to 350 degrees F or 176 degrees C.

Mix flour, sugar, baking soda, baking powder, nutmeg, cinnamon, salt, cloves, ginger, and cranberries in a large basin.

Add the butter after that.

In a separate bowl, whisk together heavy cream, egg, vanilla, and sour cream.

In a mixing dish, combine the wet and dry ingredients.

Form the dough into a 34" thick circle.

Cut the dough into 8 wedges.

Using oil and Demerara sugar, toss the top of the wedge.

Put it in an air fryer basket and cook for 15 minutes.

Rotate the scones, 1/2way through.

Serve others and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 1140

% Daily Value*

Total Fat 78.2g 100%

Saturated Fat 46.6g 233%

Cholesterol 278mg 93%

Sodium 1560mg 68%

Total Carbohydrate 90.7g 33%

Dietary Fiber 5.5g 20%

Total Sugars 9.1g

Protein 17.5g

AIR FRYER BAKED APPLES

Prep: 18 Minutes | Cook Time: 8 Minutes | Makes: 3 Servings

Ingredients

3 Apples
1 teaspoon cinnamon
Salt, to taste

Topping Ingredients

2 tablespoons melted butter
2 tablespoons Maple syrup
1 teaspoon Cinnamon

Directions

Preheat an air fryer to 400 degrees F.
Take a bowl and mix the cinnamon and salt.
Apply cinnamon on the apple slices. Then arrange the apple slices in the air fryer basket.
Bake the apple for 6-8 minutes and toss the apple slices halfway through the cooking time.
Once baked, serve the apple slices with topping ingredients.

Nutrition Facts

Servings: 3

Amount per serving

Calories 222

% Daily Value*

Total Fat 8.1g 10%

Saturated Fat 4.9g 24%

Cholesterol 20mg 7%

Sodium 58mg 3%

Total Carbohydrate 41g 15%

Dietary Fiber 6.2g 22%

Total Sugars 31.2g

Protein 0.7g

Grill Peaches

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

3 yellow peaches
1/4 cup graham cracker crumbs
1/4 cup brown sugar
1/4 cup cubed butter
Whipped Cream, as needed

Directions

Clean the peaches and cut them into wedges.
Line the air fryer basket with parchment paper. Arrange the peach wedges on the air fryer basket.
Bake the peaches for 5 minutes at 350 degrees F or 176 degrees C.
Add the graham crumbs, brown sugar, and cubed butter in a bowl and mix it well.
Place the peaches by keeping the skin side down and add crumb mixture on top.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 728

% Daily Value*

Total Fat 61g 78%

Saturated Fat 37.7g 188%

Cholesterol 194mg 65%

Sodium 312mg 14%

Total Carbohydrate 42g 15%

Dietary Fiber 0.7g 2%

Total Sugars 29.7g

Protein 3.5g

Air fryer Cookies

Prep: 15 minutes | Cook Time: 10 minutes | makes: 3 servings

Ingredients

1/6 cup melted Butter
1 cup caster sugar

3 cups self-rising flour
1 teaspoon vanilla essence
8 tablespoons coconut milk
1 cup cocoa powder
Oil spray

Directions

Preheat an air fryer to 350 degrees F or 176 degrees C.
Take a bowl and add cocoa, flour to the bowl. Mix it well.
Now, whisk the melted butter and vanilla extract together.
Then add coconut milk to the mixture.
Once the dough is ready, cut the cookies using a cookie cutter.
Arrange the cookies in the baking sheet lined with parchment paper.
Keep it in the air fryer and cook for 10 minutes at 350 degrees F or 176 degrees C.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 957

% Daily Value*

Total Fat 25g 32%

Saturated Fat 17.4g 87%

Cholesterol 27mg 9%

Sodium 87mg 4%

Total Carbohydrate 180.2g 66%

Dietary Fiber 12.8g 46%

Total Sugars 69g

Protein 19.1g

Oat Sandwich Biscuits

Prep: 12 minutes | Cook Time: 15 minutes | makes: 3 servings

Ingredients

3 cups plain flour
1/4 cup butter
1/4 cup white sugar
2 eggs
1 cup desiccated coconut
2 cups oats
2 cups white chocolate
2 teaspoons vanilla extract

Directions

Take a bowl and combine the butter and sugar using a hand mixer or processor.
Beat the eggs, then add coconut, oats, chocolate, and vanilla extract to the mixture.
Then add the flour to the prepared mixture.
Now, add oats to the bowl. Grease the air fryer basket with spray.
Cook for 15 minutes at 350 degrees F or 176 degrees C in the air fryer.
Once the biscuits are baked, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1957

% Daily Value*

Total Fat 102g 131%

Saturated Fat 71.2g 356%

Cholesterol 174mg 58%

Sodium 283mg 12%

Total Carbohydrate 232.3g 84%

Dietary Fiber 19.9g 71%

Total Sugars 89.9g

Protein 35.1g

Fryer Keto Brownies

Prep: 10 minutes | Cook Time: 10 minutes | makes: 4 servings

Ingredients

1/2 cup Almond Flour
5 tablespoons Sweetener
1/4 teaspoon Baking Powder
5 tablespoons Unsweetened Cocoa Powder
3 Eggs
6 tablespoons melted butter
4 tablespoons chocolate chip
4 chopped pecans

Directions

Preheat an air fryer to 350 degrees F or 176 degrees C.
Take a mixing bowl and whisk the almond flour, baking powder, cocoa powder, and powdered sweetener together.
Mix the egg and butter with the dry ingredients to smooth consistency.
Now, add the pecans and chocolate chips to the mixture.

Pour the mixture into the greased ramekins and bake for 10 minutes.
Once the brownies are cooled enough, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 389

% Daily Value*

Total Fat 36.3g 47%

Saturated Fat 15.8g 79%

Cholesterol 171mg 57%

Sodium 179mg 8%

Total Carbohydrate 13.1g 5%

Dietary Fiber 4.5g 16%

Total Sugars 6.4g

Protein 8.7g

Peanut Butter Cupcake

Prep: 10 Minutes | Cook Time: 16 Minutes | Makes: 3 Servings

Ingredients

1 -1/2 cups all-purpose flour
1/3 cup cocoa powder
½ teaspoon baking powder
1/2 teaspoon baking soda
Salt, to taste
3 eggs
½ cup brown sugar
½ cups Almond oil
1 teaspoon pure vanilla extract
1/2 cup almond milk

Directions

Whisk the eggs and the sugar in a large bowl.
Once it is completely mixed, add the milk and vanilla extract to the egg mixture.
In a mixing bowl, add the dry ingredients and thoroughly mix.
Combine all the ingredients together.
Pour the batter into muffin cups.
Keep the muffin cups in the air fryer and cook for 14- 16 minutes at 350 degrees F or 176 degrees C.
Serve and enjoy the cupcakes.

Nutrition Facts

Servings: 3

Amount per serving

Calories 746

% Daily Value*

Total Fat 51.9g 67%

Saturated Fat 13.6g 68%

Cholesterol 164mg 55%

Sodium 289mg 13%

Total Carbohydrate 63.9g 23%

Dietary Fiber 4.9g 17%

Total Sugars 25.6g

Protein 12.5g

Orange Cornmeal Cake

Prep: 10 Minutes | Cook Time: 25 Minutes | Makes: 3 Servings

Ingredients

2 cups all-purpose flour
1 cup yellow cornmeal
1 cup white sugar
1 teaspoon baking soda
1/2 cup olive oil
1 cup orange juice
1 teaspoon vanilla
1/2 cup powdered sugar
Oil spray

Directions

Grease the baking pan with oil and keep it aside.
Take a mixing bowl and all the ingredients one by one.
Once the batter consistency is reached, fill the baking pan.
Cook at 350 degrees F or 176 degrees C in the air fryer for 25 minutes.
Once the cake is cooled enough, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1109

% Daily Value*

Total Fat 36.3g 46%

Saturated Fat 5.2g 26%

Cholesterol 0mg 0%

Sodium 436mg 19%

Total Carbohydrate 190.2g 69%

Dietary Fiber 5.4g 19%

Total Sugars 93.8g

Protein 12.5g

Vanilla Bean Meringues

Prep: 15 Minutes | Cook Time: 3 Hours 30 Minutes | Makes: 2 Servings

Ingredients

1/4 cup sugar
Salt, to taste
6 extra-large egg whites
2 vanilla beans

Directions

Using a hand beater, whisk the eggs to smooth consistency.
Now, add the salt, vanilla seeds, sugar to the egg mixture.
Then add the egg mixture to the piping bag, after it has formed peaks.
Grease the air fryer basket with parchment paper.
Place the pipe mixture in the air fryer basket.
Bake at 160 degrees F for 3-4 hours.
Once it's done, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 219

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 453mg 20%

Total Carbohydrate 25g 9%

Dietary Fiber 0g 0%

Total Sugars 25g

Protein 25g

Coconut Meringues

Prep: 10 Minutes | Cook Time: 3 Hours 30 Minutes | Makes: 1 Serving

Ingredients

¼ teaspoon cream of tartar
Salt, to taste
4 egg whites
½ cup granulated sugar
½ teaspoon coconut extract

Directions

Using a hand beater, whisk the eggs to smooth consistency.
Now, add the salt, coconut extract, sugar, and cream of tartar to the mixture.
Whisk with a hand beater until it forms peaks, and then place it in the piping bag.
Place a parchment paper in the air fryer basket.
Then pipe the mixture in the air fryer basket.
Cook at 170 degrees F for 3-4 hours.
Once it is cooked, let it cool and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 226

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 144mg 6%

Total Carbohydrate 50.8g 18%

Dietary Fiber 0g 0%

Total Sugars 50.6g

Protein 7.2g

Sweet Cookies

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 3 Servings

Ingredients

8 ounces almond butter
¼ cup sugar
4 egg whites
1 cup confectioner's sugar
½ cup pine nuts

Directions

Add almond butter, sugar, and egg to the mixing bowl.
Whisk using a hand mixer to a smooth consistency.

Now, add the remaining ingredients to the bowl. Mix it thoroughly.
Make small balls from the dough. Layer the balls in the air fryer basket.
Set the temperature to 350 degrees F or 176 degrees C for 18 minutes.
When the cookies are done, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 499

% Daily Value*

Total Fat 39.6g 51%

Saturated Fat 3g 15%

Cholesterol 0mg 0%

Sodium 47mg 2%

Total Carbohydrate 28g 10%

Dietary Fiber 5.1g 18%

Total Sugars 19.7g

Protein 17g

Oreo Chocolate Pudding

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 3 Servings

Ingredients

2 tablespoons Chocolate Pudding

10 ounces cream

4 Oreos

2 teaspoons chocolate syrup

1 teaspoon butter

Directions

Grease the ramekins with oil spray.

Crush the Oreos, mix them with butter and chocolate, and bake for 1-2 minutes.

Then Keep the mixture on the ramekins.

Beat the cream with pudding and add as topping over the ramekins.

Arrange in the air fryer basket and cook for 12 minutes at 350 degrees F or 176 degrees C.

Once it's baked, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 351

% Daily Value*

Total Fat 24.2g	31%	
Saturated Fat 14.8g	74%	
Cholesterol 81mg	27%	
Sodium 247mg	11%	
Total Carbohydrate 29.1g	11%	
Dietary Fiber 0.3g	1%	
Total Sugars 21.2g		
Protein 5.3g		

Strawberry Pie

Prep: 10 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 box Pie Dough
½ cup cubed strawberries
4 tablespoons heavy cream
2 tablespoons almonds
1 egg white

Directions

Place the dough on a flat surface.
Cut the dough into circles with the help of a cookie cutter.
Spray the egg whites on the edges.
Then add almonds, strawberries, and cream as toppings.
Fold the dough and then seal the edge with a fork.
Arrange it on the air fryer basket and cook at 400 degrees F or 204 degrees C for 10 -12 minutes.
Once baked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 336

% Daily Value*

Total Fat 24.1g 31%

Saturated Fat 12.1g 61%

Cholesterol 56mg 19%

Sodium 128mg 6%

Total Carbohydrate 26.2g 10%

Dietary Fiber 1.3g 5%

Total Sugars 17.9g

Protein 5.7g

Honey Goat Cheese Balls

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 3 Servings

Ingredients

10 ounces soft goat cheese
4 teaspoons all-purpose flour
1 egg
1/3 cup Panko bread crumbs
1/3 cup honey

Directions

Crumble the goat cheese and make them into balls.
Then refrigerate the balls for 20 minutes.
After 20 minutes, remove the balls from the fridge and rub them in flour, beaten egg, and Panko.
Again keep the cheese balls in the freezer for up to 12 hours.
Place the goat cheese balls in the air fryer basket.
Grease the balls with olive oil and cook for 6-8 minutes at 400 degrees F.
Serve the balls with honey drizzled on top.

Nutrition Facts

Servings: 3

Amount per serving

Calories 539

% Daily Value*

Total Fat 30.3g 39%

Saturated Fat 20.1g 100%

Cholesterol 129mg 43%

Sodium 596mg 26%

Total Carbohydrate 44.8g 16%

Dietary Fiber 0.7g 3%

Total Sugars 34.2g

Protein 24.3g

Air Fryer Donuts

Prep: 25 Minutes | Cook Time: 20 Minutes | Makes: 3-4 Servings

Ingredients

1 cup milk
2 1/2 teaspoons active dry yeast
1/4 cup granulated sugar
1/2 teaspoon salt
1 egg
1/4 cup melted unsalted butter
3 cups all-purpose flour
Oil Spray

FOR THE GLAZE

6 Tablespoons unsalted butter
2 cups powdered sugar
2 teaspoons vanilla extract
4 Tablespoons hot water

Directions

Add the milk, sugar and yeast to the dough maker.
When it becomes foamy, then add sugar, salt, egg, melted butter, and 2 cups of flour to the mixture.
Then knead the dough in the dough maker.
Keep the dough covered and let it sit for a few hours or until it gets double in size.
Once the dough is ready, make donuts from the dough using a pizza cutter.
Then keep the donuts in the parchment paper until they rise again.
Preheat the air fryer to 328 degrees F.
Grease the air fryer basket with oil and arrange the donuts in the air fryer.
Bake at 350 degrees F or 176 degrees C until golden brown for 4 minutes.
Repeat the same process with the remaining donuts.
Meanwhile, melt the butter in a pan.
Add the sugar and vanilla extract until smooth consistency.
Soak the donuts in the glaze mixture.
Let the donut get set for 10 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 835

% Daily Value*

Total Fat 20.9g 27%

Saturated Fat 12.2g 61%

Cholesterol 92mg 31%

Sodium 462mg 20%

Total Carbohydrate 148.1g 54%
Dietary Fiber 3.1g 11%
Total Sugars 74.6g
Protein 14.2g

Air Fryer Donut Sticks

Prep: 25 Minutes | Cook Time: 5-10 Minutes | Makes: 2 Serving

Ingredient

1 package crescent roll dough
¼ cup melted butter
½ cup white sugar
2 teaspoons ground cinnamon
½ cup any flavor fruit jam

Directions

Cut the crescent roll into rectangles.
Then cut the dough into half-inch thick sticks using a pizza cutter.
Now, dip the donut sticks in the butter.
Arrange the donuts in the air fryer basket.
Bake the donuts at 400 degrees F or 204 degrees C for 4-5 minutes in the air fryer.
Combine the sugar and cinnamon in a bowl.
Once the donuts are removed from the air fryer, roll the donuts in the cinnamon mixture.
Serve the donuts with jam and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 442

% Daily Value*

Total Fat 25.3g 32%

Saturated Fat 15.6g 78%

Cholesterol 61mg 20%

Sodium 274mg 12%

Total Carbohydrate 57.9g 21%

Dietary Fiber 1.2g 4%

Total Sugars 51.1g

Protein 1.3g

Chewy Anzac Biscuits

Prep: 25 Minutes | Cook Time: 25 Minutes | Makes: 3-4 Servings

Ingredients

1/2 cup rolled oats
1/2 cup all-purpose flour
1/4 cup white or brown sugar
1/4 cup desiccated sweet coconut
90 gram organic butter
2 tablespoons golden syrup
1/2 teaspoon bicarb soda
required water

Directions

Combine the flour, oats, brown sugar, and coconut in the large mixing bowl.
Boil the butter and syrup into a large pan. Cook until the butter melts.
Add a few teaspoons of boiling water to the soda and to the pan.
Now, combine the liquid ingredients into the large clean bowl and mix it well.
Make balls from the mixture. Then press the balls to flat using the hands.
Arrange the biscuits in the air fryer basket.
Place the air fryer basket in the air fryer and cook at 350 degrees F or 176 degrees C for 13-15 minutes.
Once the biscuit turns golden brown, remove the biscuits and let it cool for 10 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 427

% Daily Value*

Total Fat 25.4g 33%

Saturated Fat 15.6g 78%

Cholesterol 65mg 22%

Sodium 198mg 9%

Total Carbohydrate 47.3g 17%

Dietary Fiber 1.9g 7%

Total Sugars 15.5g

Protein 4.2g

Gluten Free Air Fryer Kitchen Sink Cookies

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 3-4 Servings

Ingredients

1 cup unsalted butter
1-1/2 cups coconut sugar
2 eggs
1 tablespoons vanilla extract
3 cups gluten-free oat flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup unsweetened desiccated coconut
1 cup Glutino Pretzel Twists
2 cups semisweet chocolate chunks
2 cups Kettle Corn

Directions

Preheat an air fryer to 400 degrees F or 204 degrees C and place parchment paper on the racks. Whisk the butter and coconut sugar in an electric beater for 2 minutes. Then beat the eggs and vanilla for 1-2 minutes. Then add oat flour, baking powder, salt and coconut. Beat until a smooth consistency is reached. Now, add the Glutino pretzel pieces, chocolate chunks, and corn to the mixture. Divide the dough into balls and flatten the balls into cookies using the hands. Bake the cookies for 5-10 minutes. Repeat the same processing for the remaining cookies. Once the cookies are cooled enough, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 594

% Daily Value*

Total Fat 51.7g 66%

Saturated Fat 29.8g 149%

Cholesterol 204mg 68%

Sodium 661mg 29%

Total Carbohydrate 24.8g 9%

Dietary Fiber 3.1g 11%

Total Sugars 0.6g

Protein 8.8g

Air-Fried Coconut Butter Cookies Recipe

Prep: 25 Minutes | Cook Time: 15-18 Minutes | Makes: 2 Servings

Ingredients

1cup all-purpose flour
2 tablespoons semolina
4 teaspoons sugar powder
1teaspoon vanilla essence
2 teaspoons coconut powder
2 teaspoons homemade white butter
1 teaspoon baking powder
Oil for greasing
Two teaspoon milk

Directions

Sift the all-purpose flour, baking powder, and rawa and transfer to a bowl.
Then add the butter and sugar into the flour.
Add coconut powder, vanilla essence, all-purpose flour, rawa, baking powder to the bowl.
Add milk to the dough and make the dough to medium size log.
Cover it with foil and keep it in the refrigerator for 20-30 minutes.
Then cut the log into balls. Make circles from the balls.
Bake the balls in a preheated air fryer for 15 minutes at 350 degrees F or 176 degrees C.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 393

% Daily Value*

Total Fat 14.9g 19%

Saturated Fat 9.1g 46%

Cholesterol 38mg 13%

Sodium 104mg 5%

Total Carbohydrate 56.5g 21%

Dietary Fiber 2.2g 8%

Total Sugars 0.2g

Protein 7.9g

Air Fryer Simple Cookies

Prep: 25 Minutes | Cook Time: 7-12 Minutes | Makes: 3 Servings

Ingredients

15 tablespoons refined coconut oil
1 1/2 cups coconut sugar
1 tablespoon vanilla extract
2 eggs
1 1/2 cups almond flour
3/4 cup arrowroot starch
1/2 cup + 1 1/2 tablespoons coconut flour
1/4 cup + 2 tablespoons tapioca flour/starch
1 teaspoon baking soda
1 teaspoon salt
1 1/2 cups mini chocolate chips

Directions

Beat the oil, coconut sugar, and vanilla using an electric beater in a large bowl.
Then add eggs to the bowl and beat it well.
Now, add the dry ingredients to the above mixture and beat it well.
Add the chocolate chips to it.
Preheat the air fryer to 350 degrees F or 176 degrees C . Place the air fryer basket with parchment paper as a lining.
Divide the dough into balls and then arrange the balls in the air fryer basket.
Bake for 5-7 minutes in the air fryer or until the cookies turns lightly browned.
Let it rest for 5 minutes to get cooled enough.
Serve and enjoy the warm cookie.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1301

% Daily Value*

Total Fat 97.2g 125%

Saturated Fat 77.7g 389%

Cholesterol 114mg 38%

Sodium 1032mg 45%

Total Carbohydrate 91g 33%

Dietary Fiber 35.5g 127%

Total Sugars 40.3g

Protein 21.6g

Air-Fryer Lime Macaroons

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

4 egg whites
2/3 cup sugar
3 tablespoons gin
1-1/2 teaspoon grated lime zest
1/4 teaspoon salt
1/4 teaspoon almond extract
1 package sweetened shredded coconut
1/2 cup all-purpose flour
8 ounces white baking chocolate

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C.
Beat the eggs, sugar, gin, lime zest, salt, and almond extract in a bowl until it gets blended.
Take another bowl and add coconut and flour. Mix it well.
Now, combine the flour with the egg mixture.
Grease the air fryer basket with oil. And keep the mixture in the air fryer rack.
Then dip the bottoms of macaroons in the melted chocolate.
Bake until the macaroons get set. Serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 227

% Daily Value*

Total Fat 0.2g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 181mg 8%

Total Carbohydrate 45.6g 17%

Dietary Fiber 0.5g 2%

Total Sugars 33.7g

Protein 5.2g

Coconut Macaroons

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 3-4 Servings

Ingredient

1 package sweetened flaked coconut
2/3 cup sweetened condensed milk
3/4 teaspoon kosher salt
1/2 teaspoon vanilla extract
2 egg whites
8 ounces bittersweet chocolate

Directions

Preheat an air fryer to 320 degrees F for 10 minutes.
Combine the coconut, condensed milk, salt, and vanilla in a mixing bowl.
Beat the eggs in the electric beater and add them to the coconut mixture.
Place the parchment in the air fryer basket as a lining.
Make balls from the above mixture and place the coconut balls in the air fryer basket.
Cook the coconut balls until golden brown for 9-10 minutes.
Repeat the same process for the remaining coconut balls.
Microwave the chopped chocolate and add the melted chocolate to the macaroons.
Keep the macaroons in the air fryer. Let the macaroons get set for 20-30 minutes.
Once the macaroons are set, serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 689

% Daily Value*

Total Fat 33.4g 43%

Saturated Fat 23.9g 119%

Cholesterol 41mg 14%

Sodium 753mg 33%

Total Carbohydrate 84.4g 31%

Dietary Fiber 3.9g 14%

Total Sugars 77.1g

Protein 14.1g

Air Fryer Canned Biscuits

Prep: 25 Minutes | Cook Time:8-9 Minutes | Makes: 2 Servings

INGREDIENTS

2 boxed biscuits Grands

Directions

Place the parchment paper in the air fryer basket as a lining.

Arrange the flaky biscuits in the air fryer basket.

Bake the biscuits for 2 minutes at 350 degrees F or 176 degrees C.

Then cook for 8-9 minutes at 330 degrees F.

Once the cookies are baked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 190

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g 15%

Cholesterol 0mg 0%

Sodium 590mg 26%

Total Carbohydrate 24g 9%

Dietary Fiber 1g 4%

Total Sugars 5g

Protein 4g

Cream Puffs

Prep: 15 Minutes | Cook Time: 35 Minutes | Makes: 2-3 Servings

Ingredients

½ cup whole milk
2 tablespoons sugar
Salt, to taste
2 tablespoons butter
½ cup flour
3 eggs
½ cup vanilla pudding

Directions

Beat the milk along with butter, salt, and sugar in a bowl.
Then transfer it to the pan and boil the mixture on medium heat.
Add the flour once the mixture gets cooled enough.
Then add egg to the mixture to form a dough.
Using a dough maker, make the balls with rounded tips.
Layer the baking tray lined with parchment paper.
Place the puffs in the air fryer basket and bake for 35 minutes, 350 degrees F or 176 degrees C.
Once done, make a hole in the puff.
Top up the puff with vanilla pudding.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 277

% Daily Value*

Total Fat 13.6g 17%

Saturated Fat 7g 35%

Cholesterol 188mg 63%

Sodium 243mg 11%

Total Carbohydrate 30g 11%

Dietary Fiber 0.6g 2%

Total Sugars 14.4g

Protein 9.1g

Chocolate Filled Cream Puffs

Prep: 15 Minutes | Cook Time: 35 Minutes | Makes: 4 Servings

INGREDIENTS

½ cup almond milk
2 tablespoons brown sugar
2 tablespoons almond butter
½ cup all-purpose flour
2 eggs
1 cup chocolate sauce

Directions

Add the almond milk, butter, and sugar to the saucepan.
Bring the mixture to a boil. Then add flour to the milk and mix it well.
Now add eggs to the mixture and make dough from the mixture.
Using a dough maker, pipe this dough into rounds.
Layer the baking tray lined with parchment papers.
Keep the baking tray in the air fryer and bake for 35 minutes at 350 degrees F or 176 degrees C.
Once the puffs are cooled enough, make a hole in the bottom of the puff.
Then top the puff with chocolate sauce.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 2371

% Daily Value*

Total Fat 135.3g 173%

Saturated Fat 70.3g 351%

Cholesterol 366mg 122%

Sodium 740mg 32%

Total Carbohydrate 285.8g 104%

Dietary Fiber 11.3g 40%

Total Sugars 7.9g

Protein 31.8g

Jam Filled Buttermilk Scones

Prep: 10 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

2 cups of flour
Salt, to taste
1/3 cup sugar
2 teaspoons baking powder
12 tablespoons butter
3 eggs
1/3 cup buttermilk
1 teaspoon vanilla extract
½ cup strawberry jam

Directions

Combine the salt, sugar, baking powder, and flour in a mixing bowl and set aside.
Whisk the eggs, buttermilk, and vanilla extract in a separate bowl.
Add the butter to the flour mixture. Then add the egg mixture to the flour mixture.
Make two discs from the dough and keep the disc in the refrigerator for an hour by sealing it in a wrapper.
Take the discs from the refrigerator and layer them with strawberry jam.
Now place the second disc on top and seal the edges.
Cut the disc edges into 8 wedges. Arrange the wedges in the baking tray.
Apply buttermilk on the wedges. Keep it in the air fryer and bake for 18 minutes at 350 degrees F or 176 degrees C.
Toss the wedges through halfway cooking.
Once it is baked, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 808

% Daily Value*

Total Fat 38.6g 50%

Saturated Fat 23.1g 116%

Cholesterol 215mg 72%

Sodium 355mg 15%

Total Carbohydrate 104.1g 38%

Dietary Fiber 1.8g 6%

Total Sugars 18.2g

Protein 11.7g

Pignoli Cookies

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 3-4 Servings

Ingredients

10 ounces almond butter
½ cup sugar
4 egg whites
1 cup confectioner's sugar
2 cups pine nuts

Directions

Beat the almond and sugar to a fine paste using a hand mixer.
Then add the egg whites and confectioners' sugar to the almond mixture.
Make a dough using the mixture.
Now add the remaining egg whites to the batter mixture.
Make the dough into balls.
Run the balls in the pine nuts.
Arrange the balls in the baking tray lined with parchment paper.
Set the air fryer temperature at 400 degrees F for 15 minutes.
Flip the cookies halfway through baking.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1085

% Daily Value*

Total Fat 92.1g 118%

Saturated Fat 6.8g 34%

Cholesterol 0mg 0%

Sodium 49mg 2%

Total Carbohydrate 55.5g 20%

Dietary Fiber 8.7g 31%

Total Sugars 39.2g

Protein 28.5g

Mini Chocolate Peanut Butter Cupcakes

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

1 egg
½ cup whole milk
1 cup vegetable oil
¼ teaspoon vanilla extract
½ cup flour
1 cup sugar
¼ cup cocoa
1 teaspoon baking powder
1/4 teaspoon salt
¼ cup water

Peanut Butter Frosting Ingredients

1 stick unsalted butter
2 cups confectioners' sugar
1 tablespoon whole milk
Few chocolate chips

Directions

Beat the eggs in a mixing bowl and add milk, oil, and vanilla extract to it.
Then add flour, sugar, cocoa, baking powder, salt and combine well in a separate bowl.
Now, add water to the flour mixture and the egg mixture.
Fill the mixture into an aluminum cupcake tray.
Then keep the cupcake tray in the baking tray of the air fryer.
Bake the cookie for 13-15 minutes at 350 degrees F or 176 degrees C.
Meanwhile, prepare the frosting by mixing all the peanut butter frosting ingredients.
Then top the cupcake with frosting.
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1613

% Daily Value*

Total Fat 107.2g 137%

Saturated Fat 35.4g 177%

Cholesterol 140mg 47%

Sodium 452mg 20%

Total Carbohydrate 169g 61%

Dietary Fiber 2.7g 10%

Total Sugars 147.5g

Protein 6.9g

Super Moist Cupcake

Prep: 10 Minutes | Cook Time: 15 Minutes | Makes: 2-3 Servings

Ingredients

1 cup all-purpose flour
½ cup cocoa powder
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
2 eggs
½ cup granulated sugar
½ cup light brown sugar
½ cups coconut oil
1 teaspoon pure vanilla extract
½ cup buttermilk

Directions

Whisk the egg, sugar, and brown sugar in a bowl.
Then add the buttermilk and vanilla extract to the egg mixture.
Take a bowl and mix the remaining dry ingredients.
Now add the ingredients to the egg mixture.
Then add oil to the batter. Mix it well.
Fill the mixture in the aluminum cupcake tray.
Keep the cupcake tray in the air fryer.
Bake the cupcake for 15 minutes at 350 degrees F or 176 degrees C.
Now, prepare the frosting by mixing the frosting ingredients.
Add the topping on the cupcake.

Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 777

% Daily Value*

Total Fat	41.9g	54%
Saturated Fat	33.7g	169%
Cholesterol	111mg	37%
Sodium	393mg	17%
Total Carbohydrate	99.5g	36%
Dietary Fiber	5.4g	19%
Total Sugars	59.5g	
Protein	12g	

Air Fryer Banana Cream Pie

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

Ingredients

1 package mini graham cracker crusts
1 package pudding mix
1 cup or more Milk for pudding
1 container whipped cream
1 banana

Directions

Remove the crust and place them in the air fryer.
Set the temperature to 350 degrees F or 176 degrees C for 2 minutes.
Let the pie shell gets cooled enough.
Prepare pudding with milk in a saucepan.
Pour the prepared pudding into the pie shell. Let it get cool in the refrigerator.
Top the pie shell with whipped cream and bananas.
Serve and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 965

% Daily Value*

Total Fat 55.6g 71%

Saturated Fat 22.3g 111%

Cholesterol 93mg 31%

Sodium 787mg 34%

Total Carbohydrate 108.7g 40%

Dietary Fiber 3.6g 13%

Total Sugars 66.6g

Protein 11.8g

Nutella Banana Bread Pudding Cups

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1/2 cup almond milk
few drops of vanilla extract
2-4 slices cubed bread
2 eggs
1/3 cup Nutella
1 banana

Directions

Take a mixing bowl and add the milk and a few drops of the vanilla mixture.
Then put the bread in the bowl.
Add in the egg and Nutella in another bowl.
Place the egg mixture in the bowl which contains bread.
Coat the muffin cups with oil spray.
Pour the prepared pudding into the cups.
In an air fryer, bake at 350 degrees F or 176 degrees C for 10 minutes.
Once baked, serve the bread pudding and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 306

% Daily Value*

Total Fat 18.2g 23%

Saturated Fat 15g 75%

Cholesterol 41mg 14%

Sodium 198mg 9%

Total Carbohydrate 33.4g 12%

Dietary Fiber 3.8g 14%

Total Sugars 13.7g

Protein 5.6g

Banana cake

Prep: 25 Minutes | Cook Time: 14-18 Minutes | Makes: 3-4 Servings

Ingredients

3 Mashed banana
2/3 Cup Brown Sugar
7 tablespoons Butter
4 tablespoons Honey
2 Eggs
2 cups Self Rising Flour
2 teaspoons Cinnamon
1 teaspoon salt

CREAM CHEESE ICING

2 tablespoons Butter
2 Ounces Cream Cheese
1 cup Powdered Sugar
1 teaspoon Vanilla Extract
1-2 tablespoons Heavy Cream

Directions

Preheat an air fryer to 350 degrees F or 176 degrees C.
Grease the air fryer with canola spray.
Whisk the butter and sugar in a mixing bowl to a smooth consistency.
Add the bananas to the bowl and mash them with the back of a spoon.
Now, add eggs and honey to the mixture.
Then mix the banana and the butter mixture together. Add the flour, cinnamon & salt to the mixture. Keep the mixture in the pan and place it in the air fryer.
Cover the top with aluminum foil and bake for 14 minutes.
Once baked, let the banana cake gets cooled enough.
Microwave the cream cheese and butter for a few seconds.
Microwave for 5 more seconds until it reaches a smooth consistency.
Then add powdered sugar and vanilla to it.
Beat the heavy cream to the mixture to form thin consistency.
Add the frosting over the banana cake and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1166

% Daily Value*

Total Fat 42.2g 54%

Saturated Fat 25.2g 126%

Cholesterol 215mg 72%

Sodium 1079mg 47%

Total Carbohydrate 187.4g 68%
Dietary Fiber 6.2g 22%
Total Sugars 108.6g
Protein 15.6g

Peanut Butter Banana Dessert Bites

Prep: 25 Minutes | Cook Time: 8 Minutes | Makes: 3-4 Servings

Ingredients

2 Sliced banana
8 Won Ton Wrappers
½ cup Peanut Butter
2 teaspoon Oil
few Semi-Sweet Chocolate Chips

Directions

Put the sliced banana in a large bowl and pour water.
Mix well
Layer the banana slice and put some chocolate chips, Peanut Butter into the Won Ton Wrapper.
Moist the edges of the wrapper and fold the opposite sides.
Cook the won ton wrapper in the air fryer basket and grease the wrapper with oil.
Cook the banana wrapper for 8 minutes at 400 degrees F.
Serve with Vanilla Ice Cream and sprinkle with cinnamon and Sugar.

Nutrition Facts

Servings: 3

Amount per serving

Calories 814

% Daily Value*

Total Fat 28.3g	36%
Saturated Fat 5g	25%
Cholesterol 32mg	11%
Sodium 1223mg	53%
Total Carbohydrate 114.4g	42%
Dietary Fiber 8.2g	29%
Total Sugars 15.9g	
Protein 27.7g	

Air Fryer Banana S'mores

Prep: 25 Minutes | Cook Time: 6 Minutes | Makes: 3-4 Servings

Ingredients

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

Directions

Preheat an air fryer to 400 degrees F or 204 degrees C.
Slice the banana lengthwise without peeling the skin.
Add the toppings to the banana.
For S'Mores, combine the chocolate chips and marshmallows together.
Keep the graham cracker in the toppings.
Now fold the sides and keep the foil-wrapped bananas in the air fryer basket.
Bake the bananas for 4- 6 minutes. Once baked, let it cool for some time.
Serve with ice cream on top and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 1210

% Daily Value*

Total Fat 47.2g 60%

Saturated Fat 28.4g 142%

Cholesterol 228mg 76%

Sodium 1080mg 47%

Total Carbohydrate 187.4g 68%

Dietary Fiber 6.2g 22%

Total Sugars 108.6g

Protein 15.7g

Air Fryer Nutella and Banana Danish

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 3-4 Servings

Ingredients

2 Sheets, Puff Pastry
2 Bananas
1-1/3 cup Nutella
1 Egg

Directions

Thaw pastry and place it on a baking sheet.
Cut the baking sheet into 3 equal parts.
Apply some of the Nutella on the middle part by leaving the top and bottom part free.
Place the thinly sliced banana on the Nutella for two layers.
Fold the top and cut the 2 top strips to form a crisscross pattern.
Then cut the bottom half-panel away and fold it, forming a crisscross pattern again.
Preheat the air fryer for 2 minutes at 180 degrees C.
Beat the egg and coat the Danish.
Grease the air fryer basket with oil spray and cook at 350 degrees F or 176 degrees C for 10 minutes.
Let the Danish get cool.
Then melt the Nutella and place it in the piping bag and top over the Danish in a zigzag motion.
Serve the Danish and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 236

% Daily Value*

Total Fat 9.8g 13%

Saturated Fat 5.7g 28%

Cholesterol 41mg 14%

Sodium 92mg 4%

Total Carbohydrate 33.1g 12%

Dietary Fiber 2.5g 9%

Total Sugars 17.3g

Protein 5g

Air Fryer Chocolate Croissants

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 3-4 Servings

Ingredients

1 package Pillsbury crescent rolls
3 tablespoons Nutella
2 tablespoons melted butter
2 teaspoon sugar
1/4 cup chocolate chips
Powdered sugar

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C for 6 minutes.
Unroll and cut the crescent rolls into triangles.
Then add 1 teaspoon of Nutella to the crescent roll.
Now, roll up the dough and fold the sides to seal.
Beat the melted butter and sugar together and apply the mixture on both sides of the crescent roll.
Arrange the crescent rolls in the air fryer.
Melt the chocolate for 15 seconds and add Nutella to it.
Once the croissants are baked, top them with powdered sugar and chocolate chips.
Serve warm and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 397

% Daily Value*

Total Fat 24.8g 32%

Saturated Fat 19.1g 96%

Cholesterol 24mg 8%

Sodium 154mg 7%

Total Carbohydrate 40.3g 15%

Dietary Fiber 2.5g 9%

Total Sugars 33.5g

Protein 3.5g

Mini Nutella Doughnut Holes

Prep: 10 Minutes | Cook Time: 8-10Minutes | Makes: 2-3 Servings

Ingredients

1 egg
1 tablespoons water
1 tube large refrigerated flaky biscuits
2/3 cup Nutella
Confectioners' sugar

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C .
Beat the egg and water to smooth consistency.
Roll the biscuit into a circle and cut the biscuits into wedges.
Apply egg mixture over the biscuit and top it with Nutella.
Fold the corners up and seal it.
Keep the biscuits in the air fryer basket. Cook the biscuits until golden brown for 8-10 minutes.
Sprinkle confectioners' sugar on top and serve warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 474

% Daily Value*

Total Fat 21.9g 28%

Saturated Fat 8.2g 41%

Cholesterol 82mg 27%

Sodium 956mg 42%

Total Carbohydrate 81.8g 30%

Dietary Fiber 2.7g 10%

Total Sugars 20.8g

Protein 9.4g

3 ingredients Nutella Cookies

Prep: 25 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

1/3 cup Nutella
1 cup Flour
1 Egg
additional ingredients
few tablespoons of Nutella

Directions

Combine the Nutella and egg in a bowl.
Then add the flour to the mixture and form the dough.
Refrigerate the dough for 15 minutes.
Make small balls from the dough.
Then press the balls to flat and top it with Nutella.
Bake the balls in the air fryer for 6 minutes at 175 degrees F or 80 degrees C.
Once the cookies are baked, let the cookies cool on a wire rack.
Serve the warm cookie and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 479

% Daily Value*

Total Fat 17g 22%

Saturated Fat 5.2g 26%

Cholesterol 204mg 68%

Sodium 272mg 12%

Total Carbohydrate 64.5g 23%

Dietary Fiber 2.7g 10%

Total Sugars 8.7g

Protein 16.8g

Air Fryer Gulab Jamun

Prep: 25 Minutes | Cook Time: Minutes | Makes: 3-4 Servings

Ingredients

1 cup powdered milk
3 tablespoons all-purpose flour
2 tablespoons chopped pistachios
1 teaspoon ground cardamom
1/2 teaspoon baking powder
1/2 cup warm milk
2 tablespoons ghee, melted
Cooking spray

Simple Syrup

1 1/4 cups white sugar
1 cup water
1 teaspoon rose water
1/2 teaspoon ground cardamom

Directions

Combine the milk powder, flour, pistachios, 1 teaspoon cardamom, and baking powder in a mixing bowl. Stir it well.

Now, add warm milk and ghee to the mixture and stir until the dough forms.

Allow dough to sit for 15-20 minutes.

Then add sugar, water, rose water, and cardamom to the skillet.

Boil the syrup on medium heat.

Preheat the air fryer to 329 degrees F or 165 degrees C.

Knead the dough and divide the dough into balls.

Arrange the balls in the air fryer basket and cook for 5 minutes at 400 degrees F or 204 degrees C .

Bake the balls until golden brown.

Serve the balls with syrup and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 614

% Daily Value*

Total Fat 10.8g 14%

Saturated Fat 5.9g 30%

Cholesterol 32mg 11%

Sodium 267mg 12%

Total Carbohydrate 115.9g 42%

Dietary Fiber 0.7g 2%

Total Sugars 106.7g

Protein 18.7g

Air Fryer Oreo Cake

Prep: 25 Minutes | Cook Time: Minutes | Makes: 3-4 Servings

Ingredients

4 Oreo Cookies
4-5 tablespoons milk
whipped cream , as needed

Directions

Crush the oreo cookies and add milk to them. Mix it well.

Keep the ramekin in the air fryer basket and cook at 350 degrees F or 176 degrees C for 5-7 minutes.

Once the cookies are cooled enough, add whipped cream on top.

Serve, and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 108

% Daily Value*

Total Fat 4.4g 6%

Saturated Fat 1.1g 6%

Cholesterol 3mg 1%

Sodium 111mg 5%

Total Carbohydrate 15.8g 6%

Dietary Fiber 0.6g 2%

Total Sugars 9.5g

Protein 2.1g

Air Strawberry thumbprint cookies

Prep: 25 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

INGREDIENTS

6 tablespoons Butter
¼ cup powdered sugar
¾ cup + 2 tablespoons all-purpose flour
¼ cup strawberry jam

For glaze
¼ cup Confectioners' sugar
1 - 2 teaspoon milk

Directions

Beat the cream and sugar together. Then add flour to the mixture.
Using the hands, make balls from the dough.
Cover the dough with plastic wrap and let it sit for 5 minutes at room temperature.
Then divide the dough into balls.
Place the balls in the baking tray lined with parchment paper.
Arrange the cookies in the air fryer basket and bake at 350 degrees F or 176 degrees C for 8-10 minutes. Once the cookies are cooled enough, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 554

% Daily Value*

Total Fat	34.6g	44%
Saturated Fat	21.9g	110%
Cholesterol	92mg	31%
Sodium	247mg	11%
Total Carbohydrate	60.5g	22%
Dietary Fiber	0.4g	1%
Total Sugars	15.2g	
Protein	1.6g	

Air Fryer Semolina Pudding

Prep: 25 Minutes | Cook Time: 20 Minutes | Makes: 1-2 Servings

Ingredients

2 ounces semolina
2 cups milk
1 teaspoon pure vanilla extract
1/2 cup caster sugar

Directions

Combine the semolina with 1/2 cup of the milk to a smooth paste.
Then add the remaining milk, vanilla extract, and caster sugar. Mix it thoroughly.
Pour the mixture into a small baking dish and place it in the air Fryer basket.
Cook the semolina for 15-20 minutes at 350 degrees F or 176 degrees C .
Serve the semolina warm or cold and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories 835

% Daily Value*

Total Fat 10.6g 14%

Saturated Fat 6.1g 30%

Cholesterol 40mg 13%

Sodium 231mg 10%

Total Carbohydrate 165.8g 60%

Dietary Fiber 2.2g 8%

Total Sugars 122.5g

Protein 23.2g

Semolina pudding with currants

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 3-4 Servings

Ingredients

1/4 cup flaked almonds
3 teaspoon butter
2/3 cup semolina
4 3/4 cups reduced-fat milk
1/3 cup caster sugar
1/2 vanilla bean, split lengthways
1 teaspoon ground cardamom
2 1/2 tablespoons currants
1/4 teaspoon ground nutmeg
1 tablespoon sultanas

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C. Then, place the almonds in a basket and roast for 5-7 minutes, and keep them aside.

Then melt the butter in a pan and add the semolina and cook for 4-5 minutes or until lightly golden.

Now, combine the milk and sugar in the pot. And add the vanilla bean to the milk.

Bring to the milk to boil over medium heat.

Add the semolina into the milk and pour into a pan and add it to the air fryer. Cook for 2-3 minutes.

Add a few almonds and currants to the mixture.

Once done, take out the pan.

Once the semolina is cooled enough, serve with the nutmeg, almonds and currants, and sultanas.

Nutrition Facts

Servings: 2

Amount per serving

Calories 645

% Daily Value*

Total Fat 12.2g 16%

Saturated Fat 7.5g 37%

Cholesterol 44mg 15%

Sodium 323mg 14%

Total Carbohydrate 108.7g 40%

Dietary Fiber 3.6g 13%

Total Sugars 65.7g

Protein 27.3g

Air Fryer Blueberry Crisp

Prep: 25 Minutes | Cook Time: 14 Minutes | Makes: 4 Servings

Ingredients

Fruit:

1 cup frozen blueberries
2 teaspoons all-purpose flour
1 teaspoon lemon juice
1 pinch salt

Topping:

3 tablespoons quick-cooking oats
1 ½ tablespoon all-purpose flour
1 ½ tablespoons brown sugar
½ teaspoon ground cinnamon
1 ½ tablespoon salted butter

Directions

Preheat an air fryer to 360 degrees F .
Take a mixing bowl and add blueberries, flour, and lemon juice, salt to it.
Mix it well and pour it into the ramekins.
Then add oats, flour, brown sugar, and cinnamon to the small bowl.
Then add the butter and sprinkle the blueberries to it.
Arrange the ramekins in the air fryer basket for 12-14 minutes.
Cook until the topping is golden brown, serve and enjoy.

Nutrition Facts

Servings: 4

Amount per serving

Calories 102

% Daily Value*

Total Fat 7.3g 9%

Saturated Fat 4.4g 22%

Cholesterol 18mg 6%

Sodium 89mg 4%

Total Carbohydrate 9.1g 3%

Dietary Fiber 1.5g 5%

Total Sugars 3.7g

Protein 1g

Air Fryer Blueberry Apple Crumble

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 3-4 Servings

Ingredients

Blueberry Apple Filling

1 lb fresh blueberries
½ cup apple sauce
2 teaspoon granulated sugar
2 teaspoon vanilla extract
1 teaspoon lemon zest

Crumble Topping

7 tablespoons all-purpose flour
2 tablespoons quick oats
3 tablespoons granulated sugar
3 tablespoons unsalted butter
1 pinch salt

Directions

Clean the blueberries and place them in the pan, then add apple sauce with lemon zest to it. Then combine the sugar and vanilla and top it over the blueberries. Combine the dry ingredients for the streusel until the mixture gets crumble. Place the crumbles over the blueberry mixture and bake at 350 degrees F or 176 degrees C for 15 minutes. Cook until the streusel gets golden brown. Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 226

% Daily Value*

Total Fat 11.9g 15%

Saturated Fat 7.4g 37%

Cholesterol 31mg 10%

Sodium 133mg 6%

Total Carbohydrate 28.2g 10%

Dietary Fiber 0.8g 3%

Total Sugars 12.1g

Protein 2.5g

JL's Air Fryer Fruit Crumble

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 3-4 Servings

Ingredients

1 medium apple
1/2 cup frozen blueberries
1/4 cup plus 1 tablespoon brown rice flour
2 tablespoons sugar
1/2 teaspoon ground cinnamon
2 tablespoons non-dairy butter

Directions

Preheat the air fryer to 350 degrees F or 176 degrees C for 5 minutes.
Place the apple and frozen blueberries in an air fryer-safe baking pan.
Take a mixing bowl and combine the flour, sugar, cinnamon, and butter.
Add the flour mixture to the fruit and cook at 350 degrees F or 176 degrees C for 15 minutes.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1131

% Daily Value*

Total Fat 33g 42%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 441mg 19%

Total Carbohydrate 188.9g 69%

Dietary Fiber 7.7g 27%

Total Sugars 27.2g

Protein 16.8g

Air Fryer Berry Hand Pies

Prep: 25 Minutes | Cook Time: 12 Minutes | Makes: 2 Servings

INGREDIENTS

1 box store-bought or homemade pie crust
1/2 cup berry jam
1/2 cup berries
1 egg white
2 tablespoons Caster sugar

Directions

Unroll the pie crust and cut them into circles using a cutter.
Place a few tablespoons of jam and top with fresh fruit.
Apply egg white on the circle's edges.
Crimp the circle edges using a fork.
Then apply egg white wash on pie and top them with sugar.
Preheat the air fryer to 350 degrees F or 176 degrees C .
Arrange the pies in the air fryer basket and bake for 12 minutes.
Once the pies get golden brown, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 254

% Daily Value*

Total Fat 3.2g 4%

Saturated Fat 1.3g 6%

Cholesterol 2mg 1%

Sodium 49mg 2%

Total Carbohydrate 57.9g 21%

Dietary Fiber 1.3g 4%

Total Sugars 48.6g

Protein 2.1g

Air Fryer Blueberry Turnovers

Prep: 25 Minutes | Cook Time: 18 Minutes | Makes: 2 Servings

Ingredients

1 box puff pastry
1.5 cups fresh blueberries
1/4 cup sugar
1 tablespoons cornstarch
1 tablespoon lemon zest

cream cheese filling

1/2 cup cream cheese
1/4 cup powdered sugar
1.5 tablespoons lemon juice

Directions

Take a mixing bowl and combine the blueberries, sugar, cornstarch, and lemon juice. Mix it well and set it aside.
Combine the cream cheese, icing sugar and lemon juice in another bowl. Set them aside.
Roll out the pastry and cut it into squares using a pizza cutter.
Keep cream cheese in the square and add berries.
Then fold the opposite corner and seal all edges with the use of a fork.
Arrange the turnovers in the air fryer basket and bake at 350 degrees F or 176 degrees C , for 18 minutes.
Bake until the turnovers are crisp and golden.
Once the turnovers are cooked, allow them to cool.
Serve and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 566

% Daily Value*

Total Fat 29.7g 38%

Saturated Fat 15.1g 76%

Cholesterol 64mg 21%

Sodium 234mg 10%

Total Carbohydrate 72.3g 26%

Dietary Fiber 3.3g 12%

Total Sugars 51.2g

Protein 7.1g

Air Fryer Banana Caramel Pie

Prep: 15 Minutes | Cook Time: 3 Minutes | Makes: 2 Servings

Ingredients

1 tablespoon melted butter
1/3 cup graham cracker crumbs
1 banana
2 tablespoons caramel

Directions

Add the melted butter to the ramekin.
Mix the graham cracker crumbs. Make the crumbs into the sides.
Place the sliced bananas on top of the crumbs. Add the caramel sauce over the bananas as spreading.
Place the ramekins in the air fryer for 3 minutes at 350 degrees F or 176 degrees C .
Add the whipped cream as topping along with some sliced banana.
Serve and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 204

% Daily Value*

Total Fat 8.1g 10%

Saturated Fat 4g 20%

Cholesterol 16mg 5%

Sodium 191mg 8%

Total Carbohydrate 32.8g 12%

Dietary Fiber 2.4g 9%

Total Sugars 16.5g

Protein 2.1g

Cheat's banoffee pies in the air fryer

Prep: 25 Minutes | Cook Time: 5 Minutes | Makes: 3-4 Servings

Ingredients

4 pack vol-au-vent shells
½ tin of caramel
1 tablespoon of Tia Maria
1 banana
Marshmallows

Directions

Arrange the banana slices in the vol-au-vent cases.
Combine the caramel and the Tia Maria together.
Add the caramel into the vol-au-vent cases.
Arrange the pastries in the air fryer and cook for 5 minutes at 350 degrees F or 176 degrees C .
Add the sliced marshmallows on the top of the caramel.
Cook until marshmallows get puffed up.
Serve hot and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 409

% Daily Value*

Total Fat 9.1g 12%

Saturated Fat 2.8g 14%

Cholesterol 9mg 3%

Sodium 212mg 9%

Total Carbohydrate 69.3g 25%

Dietary Fiber 2g 7%

Total Sugars 31.3g

Protein 5g

Vegan Coffee Donut Holes with Maple Cream

Prep: 25 Minutes | Cook Time: 6 Minutes | Makes: 3-4 Servings

Ingredients

For the Coffee Donut Holes

1 cup all-purpose flour
¼ cup organic sugar
1 teaspoon baking powder
½ teaspoon salt
2 tablespoons aquafaba
1 tablespoon oil
¼ cup brewed coffee
1 teaspoon coffee extract

For the Maple Cream,

½ cup raw cashews
½ cup brewed coffee
1 ½ tablespoons maple syrup

Directions

Take a bowl and combine the flour, sugar, baking powder and salt. Mix it well.
Then add the aquafaba, oil, coffee, and coffee extract to the mixture.
Mix it well until the dough forms and refrigerate the dough for an hour.
Line the baking tray with parchment paper as a lining.
Knead the dough and divide the dough into balls.
Make a hole at the bottom for the air to circulate and roll them in the sugar.
Arrange the balls in the air fryer and bake for 6 minutes at 400 degrees F or 204 degrees C .
Serve and enjoy.

Nutrition Facts

Servings: 3

Amount per serving

Calories 307

% Daily Value*

Total Fat 7.8g 10%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 391mg 17%

Total Carbohydrate 56g 20%

Dietary Fiber 1.2g 4%

Total Sugars 22.7g

Protein 4.3g

CHAPTER NO 11: 50 AIR FRYER RECIPES FOR ONE

Air-Fried Buffalo Broccoli Bites

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 1 Serving

Ingredients

1/4 large head cauliflower, cut into 1½-inch florets
2 tablespoons melted butter
1/6 cup cayenne pepper sauce
1 cup almond flour or breadcrumbs
2 teaspoons no-salt seasoning (optional)
¼ cup ranch dressing, for dipping or as needed

Directions

Preheat the air fryer to the lowest temperature and then turn it off. Alternatively, turn it to a “keep warm” setting.

Place the broccoli florets in a large bowl.

In a small bowl, mix the melted butter and cayenne pepper sauce, then pour the sauce over the cauliflower. Mix everything together well.

In a separate large bowl or large resealable plastic bag, combine the almond flour or breadcrumbs and seasoning (if using). Transfer the broccoli to the bowl or bag with the breading. Use tongs or a slotted spoon, so you don’t end up pouring in extra sauce. Toss (or shake) the Broccoli to coat it in the breading.

Transfer half of the coated Broccoli to the air fryer, using both the bottom and upper racks to avoid overcrowding.

Set the air fryer to 350 degrees F or 176 degrees C, and cook for 12 to 15 minutes until the Broccoli is golden brown and cooked through, but not mushy.

Place the cooked Broccoli on a sheet pan in the air fryer to keep warm. Continue to cook the remaining Broccoli in the air fryer.

To make the buffalo ranch dipping sauce, add the desired amount of wing sauce to the ranch dressing to taste. Serve the buffalo Broccoli with the dipping sauce.

Nutrition Facts

Servings: 1

Amount per serving

Calories 695

% Daily Value*

Total Fat 31.4g 40%

Saturated Fat 16.4g 82%

Cholesterol 61mg 20%

Sodium	1297mg	56%
Total Carbohydrate	89.3g	32%
Dietary Fiber	9g	32%
Total Sugars	9.9g	
Protein	17.2g	

Bacon Avocado Fries

Prep: 12 Minutes | Cook Time: 8 Minutes | Makes: 1 Serving

Ingredients

1 avocado
8 thin strips of bacon
1/4 cup ranch dressing, for serving

Directions

FOR AIR FRYER

Slice each avocado into 8 equally-sized wedges. Wrap each wedge with a strip of bacon, cutting the bacon if needed.

Working in batches, arrange in air fryer basket in a single layer. Cook at 400 degrees F or 204 degrees C , for 8 minutes until bacon is cooked through and crispy.

Serve warm with ranch.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1228

% Daily Value*

Total Fat 111.4g 143%

Saturated Fat 32.2g 161%

Cholesterol 0mg 0%

Sodium 2750mg 120%

Total Carbohydrate 20.6g 7%

Dietary Fiber 13.6g 49%

Total Sugars 2.6g

Protein 36.6g

Crunchy Air Fryer Fried Chicken

Prep: 20 Minutes | Cook Time: 12 -15 Minutes | Makes: 1 Serving

Ingredients

1 teaspoon garlic powder
2 cups buttermilk, divided
1 teaspoon celery seed, divided
1 teaspoon smoked paprika, divided
salt and freshly ground black pepper
cooking spray
4 bone-in chicken thighs or drumsticks
1 cup all-purpose flour
4 cups cornflakes cereal, crushed

Directions

Combine 1 cup buttermilk, garlic powder, and 1/2 teaspoon of each paprika, celery seed, and salt in a gallon-sized bag or large bowl. Add chicken, making sure each piece is fully coated, and marinate in the refrigerator, at least 30 minutes and up to 24 hours.

Spray air fryer basket with cooking spray and preheat at 350 degrees for 3 to 4 minutes. Combine flour and the remaining 1/2 teaspoon of each paprika and celery seed.

Season with salt and pepper. Place remaining cup buttermilk in a second bowl and season with salt and pepper. Place crushed cornflakes in a shallow bowl or tray.

Remove chicken from marinade, letting excess drip off. Roll chicken into the flour mixture, dip in buttermilk (again letting excess drip off), then coat with cornflakes, pressing gently to help adhere.

Place chicken in preheated air fryer basket and fry for 15 minutes. Turnover and fry until the internal temperature of each piece reads 165°F on an instant-read thermometer, 10 to 12 minutes.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1755

% Daily Value*

Total Fat 65.9g 84%

Saturated Fat 19.6g 98%

Cholesterol 644mg 215%

Sodium 1316mg 57%

Total Carbohydrate 59.5g 22%

Dietary Fiber 4g 14%

Total Sugars 28.4g

Protein 217.3g

Homemade Cannoli

Prep: 20 Minutes | Cook Time: Minutes | Makes: 1 Serving

INGREDIENTS

FOR THE FILLING:

6ounces container ricotta
1/4 cup mascarpone cheese
1/6 cup powdered sugar, divided
3/4 cup heavy cream
1/4 teaspoon pure vanilla extract
1/4 teaspoon orange zest
1/4 teaspoon kosher salt
1/2 cup mini chocolate chips, for garnish

FOR THE SHELLS:

1 cup all-purpose flour, plus more for surface
1/8 cup granulated sugar
1/6 teaspoon kosher salt
1/2 teaspoon cinnamon
2 tablespoons cold butter, cut into cubes
2 tablespoons white wine
1 large egg
1 egg white, for brushing

DIRECTIONS

MAKE FILLING:

Drain ricotta by placing it a fine-mesh strainer set over a large bowl. Let drain in the refrigerator for at least an hour and up to overnight.

In a large bowl using a hand mixer, beat heavy cream and 1/4 cup powdered sugar until stiff peaks form.

In another large bowl, combine ricotta, mascarpone, remaining 1/4 cup powdered sugar, vanilla, orange zest, and salt. Fold in whipped cream. Refrigerate until ready to fill cannoli, at least 1 hour.

MAKE SHELLS:

In a large bowl, whisk together flour, sugar, salt, and cinnamon. Cut butter into flour mixture with the hands or pastry cutter until pea-sized. Add wine and egg and mix until a dough forms. Knead a few times in a bowl to help the dough come together. Pat into a flat circle, then wrap in plastic wrap and refrigerate for at least 1 hour and up to overnight.

On a lightly floured surface, divide dough in half. Roll one half out to 1/8" thick. Use a 4" circle cookie cutter to cut out dough. Repeat with remaining dough. Re-roll scraps to cut a few extra circles.

Wrap dough around cannoli molds and brush egg whites where the dough will meet to seal together.

FOR AIR FRYER:

Working in batches, place molds in the basket of the air fryer and cook at 350 degrees F or 176 degrees C, for 12 minutes, or until golden.

When cool enough to handle or using a kitchen towel to hold, gently remove twist shells off of molds.

Place filling in a pastry bag fitted with an open star tip. Pipe filling into shells, then dip ends in mini chocolate chips.

Nutrition Facts

Servings: 1

Amount per serving

Calories 2231

% Daily Value*

Total Fat 113.4g 145%

Saturated Fat 68.9g 344%

Cholesterol 515mg 172%

Sodium 1522mg 66%

Total Carbohydrate 238.9g 87%

Dietary Fiber 7.6g 27%

Total Sugars 94.7g

Protein 59.9g

Air Fryer Meatball Sub

Prep: 20 Minutes | Cook Time: 11 Minutes | Makes: 1 Serving

Ingredients

2 large eggs
2 teaspoons balsamic vinegar
Kosher salt and pepper
1/3 cup Panko
4 large cloves garlic (2 grated and 2 chopped)
1/4 cup freshly grated Parmesan cheese, plus more for serving
1/2 cup flat-leaf parsley, chopped
6 ounces sweet Italian sausage, casings removed
6 ounces ground beef
4 cherry tomatoes
1 red chili, sliced
1 tablespoon olive oil
2 small hero rolls, split and toasted
6 tablespoons ricotta cheese
Basil, for serving

Directions

In a large bowl, whisk together eggs, vinegar and 1/2 teaspoon each salt and pepper. Stir in Panko and let sit 1 minute. Stir in grated garlic and Parmesan, then parsley. Add sausage and beef and gently mix to combine.

Shape the meat mixture into 20 balls (about 1 1/2 inches each) and place in a single layer on the air-fryer rack (the balls can touch but should not be stacked; cook in batches if necessary). Air-fry meatballs at 400 degrees F or 204 degrees C, for 5 minutes.

Toss tomatoes, Chili, and chopped garlic with oil and 1/4 teaspoon each salt and pepper in a bowl. Scatter over meatballs and continue air-frying until meatballs are cooked through, 5 to 6 minutes more.

Spread ricotta on toasted rolls, then top with meatballs, grated Parmesan, roasted tomatoes and chili and basil if desired.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1117

% Daily Value*

Total Fat 57.3g 74%

Saturated Fat 24.9g 124%

Cholesterol 581mg 194%

Sodium 2078mg 90%

Total Carbohydrate 44.3g 16%

Dietary Fiber 2.6g 9%

Total Sugars 3.5g

Protein 105.3g

Zucchini Tots

Prep: 20 Minutes | Cook Time: 22Minutes | Makes: 1 Serving

Ingredients

2 medium zucchini
1 large egg
1/2 cup grated pecorino
1/2 cup Panko crumb
1 clove garlic, crushed with press
1/2 teaspoons black pepper

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C. Coat one large baking sheet with nonstick cooking spray. Shred zucchini and squeeze dry with paper towels. Mix shredded zucchini with egg, pecorino, Panko crumb, garlic, and pepper.

Use a small cookie scoop to drop tablespoonfuls of mixture onto the prepared baking sheet. Then, shape each into a small log. Bake in 400 degrees F or 204 degrees C air fryer, turning halfway through, until golden brown, 20 to 22 minutes.

Nutrition Facts

Servings: 1

Amount per serving

Calories 605

% Daily Value*

Total Fat 28.6g 37%

Saturated Fat 12.4g 62%

Cholesterol 236mg 79%

Sodium 1905mg 83%

Total Carbohydrate 54.1g 20%

Dietary Fiber 7.1g 25%

Total Sugars 10.6g

Protein 38.5g

Classic Chicken Bowls

Prep: 20 Minutes | Cook Time: 20-25Minutes | Makes: 1 Serving

Ingredients

½ pound of boneless, skinless chicken breasts, cut into 1 1/2-in. pieces
1 tablespoon olive oil
1 teaspoon dried oregano
1 teaspoon ground sumac
Kosher salt and pepper
1 pint grape or cherry tomatoes
1 medium onion, roughly chopped
1 cup couscous
1 teaspoon grated lemon zest plus 1 tablespoon lemon juice, plus lemon wedges for serving
1/4 cup fresh dill, divided
1 cup Crumbled feta, for serving

Directions

In a large bowl, toss chicken with oil, then oregano, sumac, and ½ teaspoons each salt and pepper. Add tomatoes and onion and toss to combine.
Arrange in even layer in air fryer basket and air-fry at 400 degrees F or 204 degrees C , shaking the basket occasionally, until chicken is golden brown and cooked through, 15 to 20 minutes. Meanwhile, toss couscous with lemon zest and prepare per package directions. Fluff with a fork and fold in lemon juice and 2 tablespoons dill.
Serve chicken and vegetables over couscous, spooning any juices collected at the bottom of the air fryer over the top. Sprinkle with remaining dill and feta and serve with lemon wedges if desired.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1969

% Daily Value*

Total Fat 99.6g 128%

Saturated Fat 23.6g 118%

Cholesterol 134mg 45%

Sodium 3161mg 137%

Total Carbohydrate 219.8g 80%

Dietary Fiber 14.9g 53%

Total Sugars 40.8g

Protein 48.3g

Avocado Tacos

Prep: 20 Minutes | Cook Time: 6 Minutes | Makes: 1 Serving

Ingredients

1/4 cup all-purpose flour
Kosher salt and pepper
2 large egg whites
1 1/4 cup panko
2 tablespoons olive oil, plus more for misting or brushing
2 avocados, peeled and halved
1 lime
1/4 cup mayonnaise
1/2 small red cabbage, thinly sliced
2 scallions, thinly sliced
1 jalapeño, seeded and thinly sliced
1/2 cup cilantro leaves
2 Flour tortillas, warmed

Directions

In a small bowl, whisk together the flour and ¼ teaspoon each salt and pepper. Lightly beat the egg whites in a second small bowl. In a third small bowl, combine the panko with the oil.

Cut avocados into ½-inch-thick slices. Working with one slice at a time, coat avocado slices lightly in flour, then in the egg, letting any excess drip off, and finally in the panko, pressing gently to help it adhere.

Spray or brush the air fryer basket with oil. Spray or brush the avocados. In batches, place the avocado slices in the basket in a single layer and air-fry at 400 degrees F or 204 degrees C until golden brown, 6 minutes.

Meanwhile, finely grate the lime zest into a large bowl, then squeeze in 2 tablespoons of juice.

Whisk in the mayonnaise and a pinch of salt. Add the cabbage, scallions and jalapeño and toss to coat; fold in the cilantro.

Serve the avocados and slaw in tortillas with lime wedges and sour cream if desired.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1858

% Daily Value*

Total Fat 107.1g 137%

Saturated Fat 21.3g 106%

Cholesterol 15mg 5%

Sodium 1535mg 67%

Total Carbohydrate 196.6g 71%

Dietary Fiber 39g 139%

Total Sugars 17.3g

Protein 40.7g

Air Fryer Tandoori Gobi / Cauliflower Tikka Bites

Prep: 20 Minutes | Cook Time: 18 Minutes | Makes: 1 Serving

INGREDIENTS

1/4 head Cauliflower (Gobi)
¼ cup Greek Yogurt or thick yogurt
1/4 tablespoon Gram flour
1/4 tablespoon Ginger Garlic paste
1/6 teaspoon Garam Masala
1/6 teaspoon Cayenne or Red Chili powder
1/6 teaspoon Ground Turmeric
1/8 teaspoon Chaat Masala
1/8 tablespoon Dried Fenugreek leaves
1/6 teaspoon Ground Cumin
1/6 teaspoon Carom seeds
Oil for brushing
salt to taste

Directions

Cut cauliflower into equal-size florets. Wash under running water and pat dry.

In a large bowl, mix all the ingredients except cauliflower to get a smooth paste-like consistency.

Add the cauliflower florets and mix well, so they get coated with the marinade.

Add the cauliflower florets to the air fryer basket. Brush with oil and bake at 360°F (or 180°C) for 18 minutes. Shake in between at 10 minutes. You might have to use a fork. (Note: Check after 16 minutes and adjust cooking time as needed)

When done, remove to a serving bowl and sprinkle the juice of a lemon.

Tandoori Gobi is ready. Enjoy with chutney

Nutrition Facts

Servings: 1

Amount per serving

Calories 68

% Daily Value*

Total Fat 1.4g 2%

Saturated Fat 0.8g 4%

Cholesterol 3mg 1%

Sodium 40mg 2%

Total Carbohydrate 7.7g 3%

Dietary Fiber 2.4g 8%

Total Sugars 3.8g

Protein 7.1g

Crispy Aloo Tikki Recipe

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 cup Boiled and peeled Potatoes
1/4 cup Poha (flattened rice) washed and drained in a colander
1/6 cup Fresh Cilantro (Coriander) Chopped
1/4 teaspoon Ginger Grated
1/4 Green Chili Chopped
1/4 teaspoon Red Chili Powder
1/6 teaspoon Black Salt
1/6 teaspoon Dry Mango Powder (amchur)
1/4 teaspoon Roasted cumin powder
3 tablespoons Rice Flour
Oil spray for crisp frying

Directions

Soak the poha in water and drain the excess water by putting it in the colander.
Mash the potatoes. Add all the other tikki ingredients in a bowl and mix well.
Grease the hands with oil and divide the potato mixture into 6 equal parts.
Make each part into a smooth ball shape by kneading it in the palm. Then press gently to make a flat patty /cutlet.
Spray the air fryer basket with oil spray. Arrange the patties in a single layer on the basket. Spray some oil on the Pattie.
Choose Air Fry / Bake option at 350 degrees F or 176 degrees C. Choose 12 minutes. Halfway through check and spray one or more mist of oil.

Nutrition Facts

Servings: 1

Amount per serving

Calories 244

% Daily Value*

Total Fat 1.3g 2%

Saturated Fat 0.3g 1%

Cholesterol 0mg 0%

Sodium 411mg 18%

Total Carbohydrate 54.5g 20%

Dietary Fiber 3.3g 12%

Total Sugars 1.3g

Protein 5.4g

Spaghetti and Air Fryer Meatballs

Prep: 20 Minutes | Cook Time: 6Minutes | Makes: 1 Serving

Ingredients

2 large eggs
2 teaspoons balsamic vinegar
Kosher salt and pepper
1/3 cup panko
1 large cloves garlic (2 grated and 2 chopped)
1/4 cup grated Parmesan plus more for serving
1/4 cup flat-leaf parsley, chopped
1/2 pound sweet Italian sausage, casings removed
1/2 pound ground beef
4 ounces spaghetti
4 cherry tomatoes
1 red chile, sliced
1 tablespoon olive oil
1 1/2 cup marinara sauce, warmed
Fresh basil, for serving

Directions

In a large bowl, whisk together eggs, vinegar and 1/2 teaspoon each salt and pepper. Stir in panko and let sit 1 minute. Stir in grated garlic and Parmesan, then parsley. Add sausage and beef and gently mix to combine.

Shape meat mixture into 20 balls (about 1 1/2 inches each) and place in a single layer on air fryer rack (balls can touch but should not be stacked; cook in batches if necessary). Air-fry meatballs at 400 degrees F or 204 degrees C 5 minutes.

Meanwhile, cook spaghetti per package directions.

In a bowl, toss tomatoes, chile and chopped garlic with oil and 1/4 teaspoon each salt and pepper. Scatter over meatballs and continue air-frying until meatballs are cooked through, 5 to 6 minutes more.

Toss meatballs and tomatoes with marinara, then gently with pasta. Serve topped with Parmesan and basil if desired.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1844

% Daily Value*

Total Fat 82.5g 106%

Saturated Fat 28.4g 142%

Cholesterol 652mg 217%

Sodium 3414mg 148%

Total Carbohydrate 140.4g 51%

Dietary Fiber 24.1g 86%

Total Sugars 50.4g

Protein 136g

Roasted Aloo Gobi (Indian Spiced Potato & Cauliflower)

Prep: 20 Minutes | Cook Time: 15-25 Minutes | Makes: 1 Serving

Ingredients

1/4 head Cauliflower
1 Potato peeled, cut into small cubes (about 1 cup)
1/2 cup Onion sliced
1/2 cup Tomato chopped
2 tablespoon Oil I used Avocado oil
Spices
1/2 teaspoon Garlic powder
1/2 teaspoon Ground Cumin
1/2 teaspoon Ground Turmeric
1/4 teaspoon Coriander powder
1/2 teaspoon Kashmiri red chili powder
1/5 teaspoon Kosher Salt adjust to taste
To Finish
1 teaspoon Lime juice
Cilantro leaves chopped, to garnish
Directions

In a large bowl, add the cauliflower florets, potatoes, onions, tomatoes, oil, and all spices. Mix until well combined.

cauliflower, potato with onions, tomato, and spices

Air Fryer Method

Transfer the spiced cauliflower and potatoes to the air fryer basket. Make sure they are spread in a single layer.

spiced potato and cauliflower in the air fryer basket

Air Fryer at 400 degrees F or 204 degrees C, for 12-15 minutes.

Air fryer roasted aloo gobi

Sprinkle the lime juice and mix. Adjust salt and spices to the liking.

Transfer to a serving bowl. Garnish with chopped cilantro and enjoy!

Nutrition Facts

Servings: 1

Amount per serving

Calories 46

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 42mg 2%

Total Carbohydrate 9.2g 3%

Dietary Fiber 3.8g 14%

Total Sugars 3.6g

Protein 3.1g

Bacon-Roasted Potatoes

Prep: 22 Minutes | Cook Time: 40-45 Minutes | Makes: 1 Serving

Ingredients

½ pound small new potatoes
4 sprigs thyme, plus 1 teaspoon thyme leaves
1 tablespoon olive oil
Kosher salt and pepper
3 slices bacon
3 medium shallots, cut into 1/4-in. wedges
1 tablespoon white or regular balsamic vinegar
2 teaspoons whole-grain mustard

Directions

In a large bowl, toss potatoes and thyme sprigs with oil, ½ teaspoons salt and ¼ teaspoons pepper. Add to air fryer and top with bacon. Air-fry at 400 degrees F or 204 degrees C until bacon is crisp, 6 to 12 minutes. Transfer bacon to paper towel and let cool before breaking into pieces.

Shake potatoes and continue to air-fry 8 minutes. Add shallots to the basket with potatoes, toss to combine, and air-fry until the vegetables are golden brown and tender for 8 to 12 minutes.

Meanwhile, in a large bowl, whisk together vinegar, mustard and thyme leaves. Transfer cooked vegetables to bowl, adding any oils from bottom of the basket, and toss to combine; fold in bacon.

Nutrition Facts

Servings: 1

Amount per serving

Calories 496

% Daily Value*

Total Fat 37.9g 49%

Saturated Fat 9.9g 49%

Cholesterol 63mg 21%

Sodium 1326mg 58%

Total Carbohydrate 16.2g 6%

Dietary Fiber 1.2g 4%

Total Sugars 0.6g

Protein 22.9g

These Fruit Pies

Prep: 20 Minutes | Cook Time: 35 Minutes | Makes: 1 Serving

Ingredients

2 Fuji apples, peeled, cored, and cut into 1/4-inch dice (2 cups)

3/4 cup raspberries

1 tablespoon light brown sugar, lightly packed

1 tablespoon granulated sugar, plus additional for sprinkling

1/4 teaspoon ground cinnamon

pinch kosher salt

1 tablespoon apple juice or cider

1-1/2 teaspoons cornstarch mixed with 1 teaspoon water (slurry)

1 pie crusts

1 large egg yolk mixed with 1 teaspoon water (egg wash)

Directions

In a medium pot, stir together apples, raspberries, sugars, cinnamon, salt, and apple juice or cider. Bring to a simmer over medium heat, cover, and reduce heat to low. Cook, occasionally stirring until apples begin to soften but still retain their shape, about 15 minutes

Add the slurry to the filling mixture. Increase heat to medium and cook for 1-2 minutes, until thickened. Remove from heat and cool to room temperature.

While the filling is cooling, unroll pie crusts. Cut the dough into 4-inch circles using a cookie cutter, re-rolling the scraps as needed. You'll need 12 circles.

Place 1 tablespoon of filling on the center of each circle. Brush the edges of the dough with water, fold the dough in half over the filling, and press to seal. Don't overfill.

Use a fork to crimp the sealed edges. Lightly brush the pies with egg wash and use the tip of a paring knife to pierce two small slits in the top of each pie. Sprinkle the tops with sugar.

Preheat KRUPS air fryer to 400 degrees F or 204 degrees C. Add the pies in a single layer, 6 at a time, and bake for 15 minutes until the tops are golden. (Refrigerate the pies that aren't being baked, so the dough doesn't become too soft.) Remove to a wire rack to cool.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1422

% Daily Value*

Total Fat 64g 82%

Saturated Fat 15.6g 78%

Cholesterol 0mg 0%

Sodium 1148mg 50%

Total Carbohydrate 207.4g 75%

Dietary Fiber 20.7g 74%

Total Sugars 95.5g

Protein 14.1g

Gingery Pork Meatballs

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

For Noodles

4 ounces rice noodles

1/2 cup Asian-style sesame dressing

1 large carrot, shaved with a julienne peeler or cut into matchsticks

1/2 English cucumber, shaved with a julienne peeler or cut into matchsticks

1 scallion, thinly sliced

1/4 cup cilantro, chopped

For Meatballs

1 large egg

2 teaspoons grated lime zest plus 2 Tablespoons lime juice

1 1/2 tablespoons honey

1 teaspoon fish sauce

Kosher salt

1/2 cup panko

1 clove garlic, grated

2 scallions, finely chopped

1 tablespoon grated fresh ginger

1 small jalapeño, seeds removed, finely chopped

1 pound ground pork

1/4 cup cilantro, chopped

Directions

Prepare noodles: Cook noodles per package directions. Rinse under cold water to cool, drain well and transfer to a large bowl. Toss with dressing, carrot, cucumber and scallion; set aside.

Prepare meatballs: In a large bowl, whisk together egg, lime zest and lime juice, honey, fish sauce and 1/2 teaspoon salt; stir in panko and let sit 1 minute. Stir in garlic, scallions, ginger, and jalapeño, then add pork and cilantro and mix to combine.

Shape into Tablespoons -size balls and air-fry at 400 degrees F or 204 degrees C (in batches, if necessary; balls can touch but should not be stacked), shaking the basket occasionally until browned and cooked through, 8 to 12 minutes. Fold cilantro into noodles and serve with meatballs.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1069

% Daily Value*

Total Fat 24.1g 31%

Saturated Fat 7.7g 38%

Cholesterol 517mg 172%

Sodium 1368mg 59%

Total Carbohydrate 70g 25%

Dietary Fiber 4.1g 15%

Total Sugars 4.4g

Protein 134.1g

Mushroom and Brussels Sprouts Pizza

Prep: 20 Minutes | Cook Time: 12Minutes | Makes: 1 Serving

Ingredients

Flour, for surface

½ pound refrigerated (or thawed from frozen) pizza dough

2 ounces fontina cheese, coarsely grated, divided

2 ounces shiitake mushrooms, stems discarded, torn

1 1/2 tablespoons balsamic vinegar

4 large Brussels sprouts, trimmed, loose leaves separated, remaining thinly sliced

1 small red onion, sliced

2 tablespoons olive oil

Kosher salt and pepper

2 ounces fresh goat cheese

6 sprigs of fresh thyme

Directions

Heat air fryer to 400 degrees F or 204 degrees C. Sprinkle the baking sheet with cornmeal or line with parchment paper. On a lightly floured surface, shape pizza dough into a large oval. Transfer to prepared sheet and sprinkle with all but ½ cup fontina.

In a large bowl, toss mushrooms with balsamic vinegar. Add Brussels sprouts (whole leaves and slices) and onion, drizzle with oil, and season with ½ teaspoons each salt and pepper. Toss to combine and scatter over dough.

Sprinkle with remaining fontina, then crumble goat cheese over the top and sprinkle with thyme.

Bake until crust is deep golden brown and vegetables are tender, 10 to 12 min.

Nutrition Facts

Servings: 1

Amount per serving

Calories 835

% Daily Value*

Total Fat 67g 86%

Saturated Fat 28.9g 144%

Cholesterol 125mg 42%

Sodium 909mg 40%

Total Carbohydrate 28.5g 10%

Dietary Fiber 3.7g 13%

Total Sugars 7.1g

Protein 35.5g

Totchos

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 1 Serving

Ingredients

4 frozen potato tots
1/6 teaspoon chili powder
1/4 teaspoon ground cumin
1/6 teaspoon ground coriander
1/8 teaspoon cayenne
1 cup finely grated extra-sharp Cheddar cheese

Directions

Toss tots with chili powder, cumin, coriander, and cayenne. Heat air fryer to 400 degrees F or 204 degrees C . Arrange tots in a single layer in air fryer basket and cook 20 minutes.

Transfer half of the tots to a small platter and sprinkle with half of Cheddar. Top with remaining tots and cheese, then cover loosely with aluminum foil for about 30 seconds to melt the cheese.

Serve immediately.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1819

% Daily Value*

Total Fat 93.7g 120%

Saturated Fat 33.9g 169%

Cholesterol 119mg 40%

Sodium 2747mg 119%

Total Carbohydrate 210.1g 76%

Dietary Fiber 16.3g 58%

Total Sugars 96.7g

Protein 40.3g

Roasted Cauliflower Tacos

Prep: 20 Minutes | Cook Time: 22 Minutes | Makes: 1 Serving

Ingredients

½ tablespoon olive oil
1 tablespoon fresh lime juice, plus wedges for serving
1/2 teaspoon honey
1 tablespoon tomato paste
1/6 teaspoon chili powder
1/6 teaspoon ground coriander
1/6 teaspoon ground cumin
1/8 teaspoon cayenne
Kosher salt
1/3 medium cauliflower, cored and cut into small florets
2 small tortillas, charred
Spicy Taco Slaw
Cilantro, for serving

Directions

Heat the air fryer to 400 degrees F or 204 degrees C.

In a large bowl, whisk together oil, lime juice, and honey. Whisk in tomato paste and then spices and 1/2 teaspoon salt.

Add cauliflower and toss to coat. Arrange on a rimmed baking sheet and roast until golden brown and tender, 18 to 22 minutes.

Spoon cauliflower into tortillas and top with slaw. Serve with lime wedges and cilantro.

Nutrition Facts

Servings: 1

Amount per serving

Calories 193

% Daily Value*

Total Fat 8.6g 11%

Saturated Fat 1.3g 6%

Cholesterol 0mg 0%

Sodium 199mg 9%

Total Carbohydrate 28.1g 10%

Dietary Fiber 4.1g 14%

Total Sugars 5.4g

Protein 3.7g

Roasted Asparagus Salad with Feta Vinaigrette

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 pound asparagus
2 tablespoons olive oil, divided
Kosher salt and pepper
1 tablespoon rice vinegar
1 small shallot, finely chopped
1/4 cup fresh mint, finely chopped
2 ounces feta, crumbled
2 tablespoons fresh dill, roughly chopped

Directions

Heat air fryer to 400 degrees F or 204 degrees C. On a small rimmed baking sheet, toss asparagus with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Roast until just tender, 8 to 12 minutes; transfer to a platter.

Meanwhile, in a small bowl, combine vinegar, shallot, and ¼ teaspoon each salt and pepper. Let sit, occasionally tossing, until asparagus is done.

Stir remaining tablespoon oil into shallot mixture, then gently toss with mint and feta. Spoon over asparagus and sprinkle with dill.

Nutrition Facts

Servings: 1

Amount per serving

Calories 506

% Daily Value*

Total Fat 41.1g 53%

Saturated Fat 12.7g 64%

Cholesterol 50mg 17%

Sodium 662mg 29%

Total Carbohydrate 25.3g 9%

Dietary Fiber 11.9g 43%

Total Sugars 10.9g

Protein 20g

Air Fried Rice Balls

Prep: 20 minutes | cook time: 8 minutes | makes: 1 serving

Ingredients

2 cups leftover risotto
1 cup plain Panko breadcrumbs
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
Thrive Algae Oil for frying
Vegan Mozzarella at room temperature
Serve with Arrabbiata Sauce and garnish with parsley

directions

Set up a breading and stuffing station - one bowl for the panko breadcrumbs and one bowl for the mozzarella. Crush the panko breadcrumbs a bit in their bowl, so they are more crumb in texture. Roll the risotto into golf size balls, which are about two tablespoons. Flatten one tablespoon into the palm, then spoon or pull about a teaspoon of vegan mozzarella into the center. Add the other tablespoon on top and then roll into a tight rice ball, squeezing slightly. It should not fall apart easily. If it does, see notes below.

Roll that ball into the panko breadcrumbs to cover completely, or place it in the bowl, then cover it with more breadcrumbs by sprinkling it over it, turning it.

Add balls to the air fryer and allow to cook about 8 minutes on one side, then flip and cook for about 2-3 minutes on the other side at 400 degrees F or 204 degrees C. The balls should be golden brown.

Nutrition Facts

Servings: 1

Amount per serving

Calories 301

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 468mg 20%

Total Carbohydrate 74.3g 27%

Dietary Fiber 0.1g 1%

Total Sugars 0g

Protein 6.1g

Yummy Chicken Wings

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 1 Serving

Ingredients

3/4 cup apricot preserves
3 tablespoons bourbon (we used Jack Daniels)
2 tablespoons fresh lime juice
2 tablespoons low-sodium soy sauce
1/2 tablespoon Sriracha, optional
1 pound chicken wings, separated, tips discarded
Chopped scallions or cilantro, for serving

Directions

In a large bowl, whisk together apricot preserves, bourbon, lime juice, soy sauce, and Sriracha (if using) until smooth and combined. Transfer 1/4 cup to a small bowl and set aside.

To sauce in a large bowl, add chicken wings and toss to coat. Cover and refrigerate for at least 2 hours and up to 4 hours.

Place wings bone side down on air fryer basket lined with parchment paper, cook for 10 minutes at 400 degrees F or 204 degrees C.

Flip and continue grilling until cooked through 15 minutes more. Toss with reserved sauce and serve sprinkled with chopped scallions or cilantro.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1556

% Daily Value*

Total Fat 34.1g 44%

Saturated Fat 9.3g 46%

Cholesterol 404mg 135%

Sodium 2299mg 100%

Total Carbohydrate 158.1g 57%

Dietary Fiber 0.7g 3%

Total Sugars 106.2g

Protein 134.9g

Korean BBQ Egg Rolls in the Air Fryer

Prep: 20 Minutes | Cook Time: 12 Minutes | Makes: 1 Serving

Ingredients

1 pound boneless chicken breasts, cooked and shredded
1/4 cup Korean-style BBQ Sauce + additional for serving
1/4 cup chopped red onion
1/4 cup chopped fresh pineapple
6 egg roll wrappers
Non-stick cooking spray

Directions

In a large bowl, combine the shredded chicken breast and BBQ sauce and stir until well combined.

Fold in the onion and pineapple.

Place an egg roll wrapper on the table in front of you with a corner facing you. Place 3 Tablespoons of the chicken mixture in the middle in a rectangular shape.

Dip the finger in water and run it along the edge of the wrapper to moisten.

Fold the side corners of the wrapper in, then fold the corner facing you up.

Roll the egg roll tightly towards the remaining corner until sealed.

To cook in the air fryer: lay in the air fryer in a single layer and spray generously with non-stick cooking spray. Cook at 390 degrees F or 198 degrees C, for 12 minutes, flipping after 8 minutes.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1453

% Daily Value*

Total Fat 36.6g 47%

Saturated Fat 9.8g 49%

Cholesterol 421mg 140%

Sodium 1490mg 65%

Total Carbohydrate 119.3g 43%

Dietary Fiber 4.7g 17%

Total Sugars 5.3g

Protein 150.6g

Lumpia in the Air Fryer

Prep: 20 Minutes | Cook Time: 20 Minutes | Makes: 1 Serving

Ingredient Checklist

1/3 pound Italian hot sausage links
½ cup finely sliced green onions
¼ cup diced onions
½ cup finely chopped carrots
½ cup finely chopped water chestnuts
2 cloves garlic, minced
2 tablespoons soy sauce
½ teaspoon salt
¼ teaspoon ground ginger
4 spring roll wrappers
Avocado oil cooking spray

Directions

Remove casing from sausage and cook in a skillet over medium heat until slightly browned, 4 to 5 minutes. Add green onions, onions, carrots, and water chestnuts. Cook and stir until onions are soft and translucent, 5 to 7 minutes. Add garlic and cook for 1 to 2 minutes. Season with soy sauce, salt, and ginger. Stir until filling is well combined, then remove from heat.

Lay a spring roll wrapper at an angle. Place a scant 1/4 cup filling in the center of the wrapper. Fold bottom corner over filling and tuck in the sides to form a roll. Use the finger to lightly moisten edges with water. Repeat with remaining wrappers and filling. Mist each roll with avocado oil spray.

Preheat an air fryer to 390 degrees F (198 degrees C). Place lumpia rolls in the basket, making sure they are not touching; cook in batches if necessary. Fry for 4 minutes; flip and cook until skins are crispy, about 4 minutes more

Nutrition Facts

Servings: 1

Amount per serving

Calories 727

% Daily Value*

Total Fat 36.9g 47%

Saturated Fat 12.1g 61%

Cholesterol 94mg 31%

Sodium 3846mg 167%

Total Carbohydrate 64.7g 24%

Dietary Fiber 4.3g 15%

Total Sugars 5.7g

Protein 33g

Air Fryer Max's-Style Fried Chicken Recipe

Prep: 20 Minutes | Cook Time: 35 Minutes | Makes: 1 Serving

Air Fryer Max's-Style Fried Chicken Ingredients

1 pound of whole chicken
1/4 cup rock salt
1 teaspoon ground black pepper, or to taste
2 liters water, or as needed
2 tablespoons fish sauce (patis)

Directions

Cut chicken in half through the backbone and the breast. Place chicken in a container with a lid. Rub the salt all over the chicken and season with ground black pepper. Pour enough water to cover. Place a plate on top to weigh down the chicken and ensure it's completely submerged in the brine. Cover and set aside for at least 4 hours or overnight in the refrigerator.

When ready to air fry, preheat the air fryer for 5 minutes at 350 degrees F or 176 degrees C or 180 degrees F.

Remove a half chicken from the brine and pat dry as much as possible. Pour or brush the patis all over the chicken. (Reserve the other half chicken in the brine for another meal.) Place half chicken in the air fryer basket.

Air fry the half chicken for 30 minutes, checking the fat from the chicken skin has rendered and beginning to turn crispy. (Cover any parts that are browning faster than others with foil, i.e., wingtips.)

Check doneness with a meat thermometer or pierce chicken in the thigh part for clear juices before removing from the air fryer basket. (Repeat with the other half chicken if desired.) Serve with banana ketchup, Worcestershire sauce, and hot sauce.

Nutrition Facts

Servings: 1

Amount per serving

Calories 874

% Daily Value*

Total Fat 33.6g 43%

Saturated Fat 9.3g 46%

Cholesterol 404mg 135%

Sodium 26209mg 1140%

Total Carbohydrate 1.3g 0%

Dietary Fiber 0g 0%

Total Sugars 1.3g

Protein 133g

Lechon Kawali - Air Fryer

Prep: 20 Minutes | Cook Time: 50 Minutes | Makes: 1 Serving

Ingredients

½ pound pork belly, whole slab, fat trimmed

½ cup pineapple juice

½ cup water

2 cloves garlic minced

1 /2 whole medium-sized onion sliced

salt and black pepper, to taste

For serving:

lechon sauce, on the side; use bottled from Asian markets

steamed rice

Directions

How to boil and prepare the Pork:

In a stockpot, combine the whole slab of pork with the pineapple juice, water, garlic, onion, salt, and pepper. Stir the liquid. Cover and cook over medium-high heat for 35 minutes till pork is tender and cooked thoroughly. Pierce the meat with a fork to check on tenderness.

Remove the pork slab from the liquid. (Note: Keep the broth in the refrigerator or freezer as a base for other dishes).

Place the pork in a container. Refrigerate and let the pork dry out for 4 to 6 hours or overnight.

How to cook in the Air Fryer:

Take the slab of pork from the refrigerator. Place it on the basket of the Air Fryer and close the drawer containing the pork.

Set the temperature at 400 F or 204 degrees F and cook in the Air Fryer for 7 minutes.

Then turn down the temperature to 400 degrees F or 204 degrees F. Continue cooking in the Air Fryer for 7 minutes more.

*Note: In between cooking in the Air Fryer, you will hear the pork 'bursting'. Do not be alarmed - it's the pork, not the machine.

When pork is cooked, click to turn the air fryer off. Unplug before touching anything else.

Slide open the drawer. Use a pair of long tongs to take out the pork. It will be hot and sizzling, so be careful not to touch the inside parts of the machine that can burn the hands.

Place the slab of pork on a chopping board. Using a cleaver or large knife, chop the pork into bite-sized cubes (about 1-2 inches).

Serve while warm with a side of Lechon sauce and steamed rice.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1122

% Daily Value*

Total Fat 61.2g 79%

Saturated Fat 26.2g 131%

Cholesterol 262mg 87%

Sodium 3671mg 160%

Total Carbohydrate 18.1g 7%

Dietary Fiber 0.4g 1%

Total Sugars 12.5g
Protein 105.5g

Air Fryer Crispy Pata

Prep: 20 Minutes | Cook Time: 25 Minutes | Makes: 1 Serving

Ingredients

1 piece whole pork ham hock
3 pieces dried bay leaves
2 pieces star anise
1 piece onion wedged
3 cloves garlic crushed
2 tablespoons white vinegar
1 tablespoon whole peppercorn
3 tablespoons cooking oil
Salt and ground black pepper to taste

Directions

Combine pork ham hock, garlic, bay leaves, star anise, whole peppercorn, onion, and salt in a wide cooking pot. Add water until the pork hocks are fully submerged. Cover and let it boil.

Adjust heat to low and continue boiling for 60 to 90 minutes or until the pork gets tender.

Remove pork hock from the pot. Let it cool down. Rub vinegar all over, followed by salt and ground black pepper. Let it air dry for at least 6 hours (note: you may also soak it under the sun or dehydrate in the air fryer for 3 hours).

Rub cooking oil all over the pork hock. Place it in an air fryer and air-fry at 400 degrees F or 204 degrees C, for 15 minutes. Adjust the temperature to 350F and continue air frying for 10 minutes.

Remove from the air fryer and arrange in a serving plate. Serve with spicy vinegar dipping sauce. Share and enjoy!

Nutrition Facts

Servings: 1

Amount per serving

Calories 398

% Daily Value*

Total Fat 31.8g 41%

Saturated Fat 12g 60%

Cholesterol 179mg 60%

Sodium 2984mg 130%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 31.8g

Air Fryer Asian Chicken Drumsticks

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 1 Serving

Ingredients

4 chicken drumsticks
1/6 tablespoons garlic powder
1.6 tablespoons ginger powder
1 tablespoon sesame oil
1 tablespoon the favorite soy sauce
2 tablespoons of honey
1/6 teaspoons ground black pepper
1/2 tablespoons sesame seeds

Directions

Add the chicken legs to a bowl with sesame oil and all the marinade ingredients.
Marinate the chicken for 30 minutes before air frying.
Place the chicken in or on the air fryer and allow it to do the cooking.
The chicken will be ready in 30 minutes!
Sprinkle with sesame seeds prior to serving. Enjoy!

Nutrition Facts

Servings: 1

Amount per serving

Calories 629

% Daily Value*

Total Fat 26.9g 34%

Saturated Fat 5.2g 26%

Cholesterol 162mg 54%

Sodium 1055mg 46%

Total Carbohydrate 44.3g 16%

Dietary Fiber 2.1g 7%

Total Sugars 35.4g

Protein 53.6g

Poutine In Airfryer

Prep: 20 Minutes | Cook Time: 30-35 Minutes | Makes: 1 Serving

For the air fried potatoes:

2 russet potatoes or 6 red potatoes – sliced into fries

Spritz of olive oil

Sprinkle of salt

For the gravy:

2 tablespoons salted butter

1 tablespoon flour

14 ounces beef broth

14 ounces chicken broth

1/8 teaspoon black pepper

1/2 teaspoon salt

2 tablespoons milk of choice

2 tablespoons cornstarch

1/8 teaspoon dried thyme (optional)

1/8 teaspoon dried rosemary (optional)

Topping:

1 cup or 8 ounces white cheddar cheese curds or mozzarella if you can't find cheese curds

Directions

Slice potatoes, skins left on, into preferred French fry size.

Spritz each side of the potato with olive oil or oil of choice.

Bake in the air fryer for 25 minutes on 400 degrees F or 204 degrees F, stopping mid-way through and tossing a little so the potatoes in the middle get browned. Continue cooking until done. Sprinkle with salt immediately after they finish cooking.

To make the gravy, In a saucepan, add butter and cook until it starts to bubble and brown slightly.

Whisk in flour and add both beef and chicken broths.

Add black pepper, salt, thyme, and rosemary (if adding the herbs).

Bring the mixture to a boil and simmer for 2 minutes.

Whisk together the cornstarch and milk and add to the gravy.

Whisk until the mixture starts to thicken slightly.

Pour gravy over potatoes, top with the desired amount of gravy and desired amount of cheese curds.

Optional step: Turn the air fryer on broil and stick the Poutine under the broiler for 2 minutes for melted cheese.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1451

% Daily Value*

Total Fat 62.7g 80%

Saturated Fat 36.1g 181%

Cholesterol 172mg 57%

Sodium 6472mg 281%
Total Carbohydrate 168.7g 61%
Dietary Fiber 16.9g 60%
Total Sugars 12g
Protein 59.8g

Egg McMuffin

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 1 Serving

Ingredients

2 Eggs
2 muffins
2 slices bacon
2 slices cheese

Directions

Preheat air fryer to 400
Using 2 rings from the top of a ball mason jar
Place foil over the rack
Spray with cooking oil
Crack one egg in each jar lid
Place bacon on the rack
Cook for 5 minutes and flip the bacon
Continue cooking for another 5 minutes
Remove egg.
Place split muffin in the air fryer and toast for 5 minutes or until brown.
Put a slice of cheese on the muffin, egg, and bacon.

Nutrition Facts

Servings: 1

Amount per serving

Calories 825

% Daily Value*

Total Fat 46g 59%

Saturated Fat 20.2g 101%

Cholesterol 428mg 143%

Sodium 1972mg 86%

Total Carbohydrate 55.3g 20%

Dietary Fiber 8.8g 32%

Total Sugars 11.7g

Protein 50.7g

Air Fryer Mustard-Crusted Pork Tenderloin with Potatoes and Green Beans

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 1 Serving

Ingredients

¼ cup Dijon mustard
2 tablespoons brown sugar
1 teaspoon dried parsley flakes
½ teaspoon dried thyme
¼ teaspoon salt
¼ teaspoon ground black pepper
1 ¼ pound pork tenderloin
¾ pound small potatoes
1 (12 ounces) package fresh green beans, trimmed
1 tablespoon olive oil
salt and ground black pepper to taste

Directions

Preheat an air fryer to 400 degrees F or 204 degrees C (200 degrees C) according to manufacturer's Directions.

Whisk mustard, brown sugar, parsley, thyme, salt, and pepper together in a large bowl. Place tenderloin into the bowl and roll through the mustard mixture until evenly coated on all sides. Place potatoes, green beans, and olive oil into a separate bowl. Season with salt and pepper to taste and stir until evenly combined. Set aside.

Place tenderloin into the basket of the preheated air fryer and cook, undisturbed, until slightly pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Transfer to a cutting board and let rest for 10 minutes. Meanwhile, place green beans and potatoes into the air fryer basket and cook for 10 minutes, shaking halfway through cook time.

Slice tenderloin and serve with potatoes and green beans.

Nutrition Facts

Servings: 1

Amount per serving

Calories 734

% Daily Value*

Total Fat 21.3g 27%

Saturated Fat 3.7g 19%

Cholesterol 83mg 28%

Sodium 1402mg 61%

Total Carbohydrate 99.1g 36%

Dietary Fiber 22g 79%

Total Sugars 26.7g

Protein 44.4g

Air Fryer Brown Sugar and Pecan Roasted Apples

Prep: 20 Minutes | Cook Time: Minutes | Makes: 1 Serving

Ingredients

2 tablespoons coarsely chopped pecans
1 tablespoon brown sugar
1 teaspoon all-purpose flour
¼ teaspoon apple pie spice
2 medium apples, cored and cut into wedges
1 tablespoon butter, melted

Directions

Preheat the air fryer to 360 degrees F (180 degrees C).

Combine pecans, brown sugar, flour, and apple pie spice in a small bowl. Place apple wedges in a medium bowl; drizzle with butter and toss to coat. Arrange apples in a single layer in the air fryer basket and sprinkle them with pecan mixture.

Cook in the preheated air fryer until apples are tender, 10 to 15 minutes.

Nutrition Facts

Servings: 1

Amount per serving

Calories 379

% Daily Value*

Total Fat 12.4g 16%

Saturated Fat 7.3g 37%

Cholesterol 31mg 10%

Sodium 89mg 4%

Total Carbohydrate 72.7g 26%

Dietary Fiber 10.9g 39%

Total Sugars 55.2g

Protein 1.6g

Air Fryer Broiled Grapefruit

Prep: 20 Minutes | Cook Time: 7Minutes | Makes: 1 Serving

Ingredients

1 red grapefruit, refrigerated
1 tablespoon softened butter
1 tablespoon brown sugar
2 teaspoons brown sugar
½ teaspoon ground cinnamon

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C (200 degrees C).

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.

Combine softened butter and 1 tablespoon brown sugar in a small bowl. Spread mixture over each grapefruit half. Sprinkle with remaining brown sugar.

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.

Broil in the air fryer until the sugar mixture is bubbling, 6 to 7 minutes. Sprinkle fruit with cinnamon before serving

Nutrition Facts

Servings: 1

Amount per serving

Calories 121

% Daily Value*

Total Fat 4.4g 6%

Saturated Fat 2.6g 13%

Cholesterol 14mg 5%

Sodium 119mg 5%

Total Carbohydrate 20.5g 7%

Dietary Fiber 2g 7%

Total Sugars 18g

Protein 2g

Basic Air Fryer Hot Dogs

Prep: 20 Minutes | Cook Time: 5 Minutes | Makes: 1 Serving

Ingredients

2 hot dog buns

2 hot dogs

Directions

Preheat the air fryer to 390 degrees F (200 degrees C).

Place buns in the basket of the air fryer and cook for 2 minutes. Remove buns to a plate.

Place hot dogs in the basket of the air fryer and cook for 3 minutes. Transfer hot dogs to buns.

Nutrition Facts

Servings: 1

Amount per serving

Calories 656

% Daily Value*

Total Fat 36.7g 47%

Saturated Fat 13.3g 67%

Cholesterol 60mg 20%

Sodium 1740mg 76%

Total Carbohydrate 58.6g 21%

Dietary Fiber 2g 7%

Total Sugars 9.9g

Protein 20.8g

Air Fryer One-Bite Roasted Potatoes

Prep: 20 Minutes | Cook Time: 10-12 Minutes | Makes: 1 Serving

Ingredients

½ pound mini potatoes
2 teaspoons extra-virgin olive oil
2 teaspoons dry Italian-style salad dressing mix
salt and ground black pepper to taste

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C (200 degrees C).

Wash and dry the potatoes. Trim edges to make a flat surface on both ends.

Combine extra-virgin olive oil and salad dressing mix in a large bowl. Add potatoes and toss until potatoes are well coated. Place in a single layer into the air fryer basket. Cook in batches if necessary.

Air fry until potatoes are golden brown, 5 to 7 minutes. Flip potatoes and air fry for an additional 2 to 3 minutes. Season with salt and pepper.

Nutrition Facts

Servings: 1

Amount per serving

Calories 440

% Daily Value*

Total Fat 9.3g 12%

Saturated Fat 1.3g 7%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 80g 29%

Dietary Fiber 8g 29%

Total Sugars 8g

Protein 8g

Air-Fried Korean Chicken Wings

Prep: 20 Minutes | Cook Time: 25-35 Minutes | Makes: 1 Serving

Ingredients

Sauce:

¼ cup hot honey
3 tablespoons gochujang
¼ tablespoon brown sugar
¼ tablespoon soy sauce
¼ teaspoon lemon juice
2 teaspoons minced garlic
1/4 teaspoon minced fresh ginger root
½ teaspoon salt
¼ teaspoon black pepper
¼ cup finely chopped green onions (green part only)

Wings:

1 pound chicken wings
1/4 teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon onion powder
½ teaspoon black pepper
½ cup cornstarch

Garnish:

2 tablespoons chopped green onions
1 teaspoon sesame seeds

Directions

Combine hot honey, gochujang, brown sugar, soy sauce, lemon juice, garlic, ginger, salt, and black pepper in a saucepan. Bring sauce to a boil over medium heat, reduce heat, and simmer for 5 minutes. Add green onions and stir.

Preheat air fryer to 400 degrees F or 204 degrees C (200 degrees C).

Place wings in a large bowl and toss with salt, garlic powder, onion powder, and black pepper. Add cornstarch and toss wings until fully coated. Shake each wing and place in the air fryer basket, making sure they are not touching; cook in batches if necessary.

Cook in the preheated air fryer for 10 minutes, shake the basket and cook for an additional 10 minutes. Flip wings over and fry until chicken is cooked through and juices run clear, 7 to 8 more minutes.

Dip each wing in the sauce and garnish with chopped green onions and sesame seeds. Serve with remaining sauce on the side.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1203

% Daily Value*

Total Fat 35.4g 45%

Saturated Fat 9.5g 48%

Cholesterol 404mg 135%

Sodium 2472mg 107%
Total Carbohydrate 77.5g 28%
Dietary Fiber 2.4g 9%
Total Sugars 11.3g
Protein 134.6g

Idli Fry (Fried Idli Recipe)

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

6 idlis usually leftover ones
oil spray based on the method of frying

Directions

Cut idlis into small bite-sized pieces
Spray the air fryer basket with oil (or grease the basket with oil), then add the idli bites in.
Air fry at 400 degrees F or 204 degrees C, for 10-15 minutes, till idli bites are lightly crispy on the outside. Time might vary based on the kind of air fryer and the level of crisp you prefer.
Serve fresh with a dip of choice.

Nutrition Facts

Servings: 1

Amount per serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 0g

Protein 4g

Air Fryer Tandoori Chicken

Prep: 20 Minutes | Cook Time: 17-20 Minutes | Makes: 1 Serving

Ingredients

6 chicken drumsticks

⅓ cup plain yogurt

1 tablespoon ginger paste

1 tablespoon garlic paste

1 tablespoon Kashmiri red chili powder or any other mild red chili powder

½ teaspoon ground turmeric

1 teaspoon garam masala

1½ teaspoons kosher salt

1 tablespoon dried fenugreek leaves Kasoori methi

1 tablespoon lemon juice

cooking oil spray

Directions

Pat dry the chicken drumsticks with a paper towel. Then, using 2 pieces of paper towels, pick up one drumstick, pull the skin down from the thickest part of the chicken to the narrow end, and remove the skin. Repeat for the remaining chicken drumsticks. Paper towels will help you get a grip on the skin and remove it easily.

Make 3-4 slits across the thick part of each drumstick.

Add yogurt, ginger, garlic, red chili powder, turmeric, garam masala, and salt. Place the dried fenugreek leaves on the palm of the hands and gently crush them by rubbing your hands together. Add to the chicken. Add lemon juice and mix everything, coating the chicken with the marinade

Allow the chicken to marinate for at least 20 minutes or you can also marinate in the refrigerator for up to 24 hours.

Preheat the air fryer to 400 degrees F or 204 degrees C . Lightly spray the air fryer basket with cooking oil. Line the marinated chicken in the basket and spray with oil.

Air fry at 350°F for 15 minutes. Shake the basket halfway and lightly spray with oil.

Once the cooking cycle is completed, check the internal temperature of the thickest piece and make sure it's at 165°F. You may continue to cook the chicken or add 1 to 2 minutes for charred marks but make sure not to overcook.

Serve with fresh lemon wedges, cilantro mint chutney. Pair it with the crunchy cucumber salad for a delicious low-carb meal.

Nutrition Facts

Servings: 1

Amount per serving

Calories 565

% Daily Value*

Total Fat 17.8g 23%

Saturated Fat 5.3g 27%

Cholesterol 248mg 83%

Sodium 13074mg 568%

Total Carbohydrate 12.7g 5%

Dietary Fiber 0.9g 3%

Total Sugars 6.3g

Protein 81.7g

Amchoor Potatoes

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

1 cup Baby New Potatoes, cut into 4 pieces each
½ tablespoon Vegetable Oil
¼ teaspoon Turmeric
¼ teaspoon Amchoor
1/6 teaspoon Kosher Salt
1/6 teaspoon Ground Cumin Coriander Blend
1/6 teaspoon Cayenne Pepper
1 tablespoon fresh lime or lemon juice
1/4 cup Chopped Cilantro or Parsley, chopped

Directions

In a large bowl, add potatoes, oil, turmeric, amchoor, salt, cumin-coriander blend, and cayenne pepper. Mix well.
Place the seasoned potatoes in the air fryer basket and cook at 400 degrees F or 204 degrees C, for 15 minutes. Check to ensure the potatoes are cooked through.
Sprinkle lemon juice and chopped cilantro onto the potatoes and serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 216

% Daily Value*

Total Fat 7.3g 9%

Saturated Fat 1.5g 8%

Cholesterol 0mg 0%

Sodium 12mg 1%

Total Carbohydrate 5.8g 2%

Dietary Fiber 3.2g 11%

Total Sugars 1.9g

Protein 4.7g

Air fryer Okra

Prep: 20 Minutes | Cook Time: 12-15 Minutes | Makes: 1 Serving

Ingredients

½ pound okra
¼ teaspoon ground turmeric
1 teaspoon Kashmiri red chili powder
¼ teaspoon Garam Masala
¾ teaspoon kosher salt
2 tablespoons gram flour besan
2 tablespoons rice flour
1 teaspoon carom seeds ajwain seeds
½ lemon juiced
1 tablespoon water
1 tablespoon oil
½ lemon cut into wedges for serving

Directions

Rinse and drain the okra. Completely dry each okra individually with a kitchen towel or paper towels.

Cut the top and bottoms off of the okra. Then cut each okra into 4 quarters lengthwise. If the okra is thick, you can also cut it into 6 pieces lengthwise.

Preheat the air fryer at 400° F for 5 minutes.

Place the cut okra in a medium-sized mixing bowl. Add turmeric, red chili powder, garam masala, salt, gram flour besan, rice flour, and ajwain seeds. Mix well. Add lemon juice and water. Mix well, coating all the ingredients well to the okra. Add the oil and mix well again. Lightly spray the air fryer basket with cooking oil. Evenly place the okra in the air fryer basket without overcrowding. Having slightly layered okra is ok but spread out as much as possible within the basket. Cook in 2 batches if you have a smaller air fryer.

Cook at 350°F for about 10 minutes. Shake the basket, lightly spray the okra with oil and then cook for an additional 2 minutes at 400 degrees F or 204 degrees C.

Serve immediately with lemon wedges and ketchup

Nutrition Facts

Servings: 1

Amount per serving

Calories 213

% Daily Value*

Total Fat 14.1g 18%

Saturated Fat 1.8g 9%

Cholesterol 0mg 0%

Sodium 1762mg 77%

Total Carbohydrate 17.3g 6%

Dietary Fiber 7.4g 26%

Total Sugars 3.4g

Protein 4.4g

Air Fryer Onion Bhajis

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

2 white onions slightly larger than tennis balls
1 red onion slightly larger than a tennis ball
1 teaspoon fine sea salt
1 tablespoon garlic paste
1 x 2.5cm (1 inch) ginger - julienned
3 green chilies - pounded to a paste
1 tablespoon panch poran*
1 teaspoon Kashmiri chili powder (optional)
2 tablespoons rapeseed (canola) oil
1/2 teaspoon turmeric
4 tablespoons rice flour
140g (approx) sifted gram flour
3 tablespoons finely chopped coriander leaves

Directions

Cut the onions in half and then finely slice them. Mix the salt into them and set aside for an hour or up to four hours.

After an hour, the onions will be limp and moist. Squeeze the onions to release the water into the bowl. Add the remaining ingredients to the onions, being careful not to add too much gram flour. You should easily be able to pick up a ball of the onion mixture.

Divide the mixture into small bhajis.

Heat the air fryer to 390 degrees F for 190 degrees C. Spray the basket with oil spray generously.

Place the bhajis in the basket. You will need to cook these in batches.

After 15 minutes, the first batch will be cooked to perfection.

Serve hot or at room temperature.

Nutrition Facts

Servings: 1

Amount per serving

Calories 691

% Daily Value*

Total Fat 10.1g 13%

Saturated Fat 1.2g 6%

Cholesterol 0mg 0%

Sodium 91mg 4%

Total Carbohydrate 113.4g 41%

Dietary Fiber 16.4g 59%

Total Sugars 15.3g

Protein 33.9g

Chana Dal Fritters

Prep: 20 Minutes | Cook Time: 15Minutes | Makes: 1 Serving

Ingredients

1/6 cup onions finely chopped
coriander leaves, as required
1/4 teaspoons fennel seeds
salt as required
oil to brush
to grind coarsely
1/2 cup black gram soaked for 1 -2 hrs
2 green chili
1/4 inch ginger

Directions

Grind all the ingredients under 'To grind' coarsely without water. A few bits may be visible. Remove it to a bowl.

Add other ingredients except oil to the ground dal.

Mix it with your hands. Take a small lime-sized portion and flatten it slightly in the palm.

Transfer it to the plate.

Repeat with the remaining dal mixture. Brush all the Fritters with oil.

Set the air fryer for 400 Degrees F or 204 degrees C. Preheat for 2 minutes.

Arrange the Fritters in the air fryer basket. Do not crowd the basket. Leave little space between the Fritters for air circulation. Mine did occupy 5 Fritters in one batch. (Depends on the size of the Fritters)

Slide the basket into the Air fryer and set the time to 15 minutes. Flip the Fritters twice to get it cooked crisp.

Once the timer ends, remove Fritters from the basket. So it doesn't get overcooked.

Repeat till you are done with all Fritters. Serve warm with your favorite chutney.

Nutrition Facts

Servings: 1

Amount per serving

Calories 342

% Daily Value*

Total Fat 1.1g 1%

Saturated Fat 0.2g 1%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 58.3g 21%

Dietary Fiber 29.5g 106%

Total Sugars 2g

Protein 24.9g

Tandoori Paneer Naan Pizza - Air Fryer / Air fryer

Prep: 20 Minutes | Cook Time: 10Minutes | Makes: 1 Serving

Ingredients

2 Garlic Naan

¼ cup Pizza sauce or Marinara sauce

¼ cup Grape Tomatoes cut into halves

¼ cup Red Onions sliced

¼ cup Bell pepper sliced

¾ cup Mozzarella grated

2 tablespoons Feta (optional)

2 tablespoons Cilantro chopped

For Tandoori Paneer

½ cup Paneer small cubes

1 tablespoon Yogurt thick

½ teaspoon Garam Masala

½ teaspoon Garlic powder

¼ teaspoon Ground Turmeric (Haldi powder)

½ teaspoon Kashmiri Red Chili powder or mild paprika, adjust to taste

¼ teaspoon Salt adjust to taste

Directions

Mix all the ingredients mentioned for Tandoori Paneer in a bowl.

Line a baking tray with parchment paper. Place naans on the baking tray and apply sauce on each, and spread evenly. Spread a little mozzarella on the two naans.

Place the paneer cubes (mixed with yogurt and spices) on the two naans. Next, start spreading the red onions, bell peppers, and grape tomatoes.

Next, spread an even layer of mozzarella on top of the veggies. Optionally, sprinkle some feta cheese on top. Finally, add some chopped cilantro.

Air Fryer: Cook on 400 degrees F or 204 degrees C, for 8-10 minutes. Start checking after 7 minutes and crisp to the preference.

Top with chili flakes and enjoy!

Nutrition Facts

Servings: 1

Amount per serving

Calories 462

% Daily Value*

Total Fat 9.4g 12%

Saturated Fat 5.2g 26%

Cholesterol 28mg 9%

Sodium 1372mg 60%

Total Carbohydrate 74.2g 27%

Dietary Fiber 4.2g 15%

Total Sugars 6.4g

Protein 22.5g

Pumpkin Bread Pudding

Prep: 20 Minutes | Cook Time: 40 Minutes | Makes: 1 Serving

Ingredients

For Pudding:

¾ cup heavy cream
1/3 cup whole milk
½ cup canned pumpkin puree
2 tablespoons sugar
1 large egg
1 egg yolk
½ teaspoon pumpkin pie spice
1/8 teaspoon salt
4 cups day-old baguette, cubed
4 tablespoons unsalted butter, melted

For Sauce:

¼ cup heavy cream
¼ cup pure maple syrup
1 tablespoon unsalted butter
½ teaspoon vanilla extract

Method:

For the pudding: in a bowl, add the cream, milk, pumpkin puree, sugar, egg, egg yolk, pumpkin pie spice, and salt and beat until well combined.

Add the bread cubes and melted butter to another large bowl and toss to coat well.

Add the pumpkin mixture and gently toss to coat.

Transfer mixture to an ungreased 6-inch round baking pan.

Arrange the “Crisper Basket” in the air fryer.

Set the temperature to 350 degrees F or 176 degrees C to preheat.

Press “Start/Stop” to begin preheating.

When the display shows “Add Food,” open the lid and place the pan into the “Crisper Basket.”

Close and set the time for 40 minutes.

Press “Start/Stop” to begin cooking.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1978

% Daily Value*

Total Fat 156.2g 200%

Saturated Fat 96.9g 484%

Cholesterol 849mg 283%

Sodium 1139mg 50%

Total Carbohydrate 128.8g 47%

Dietary Fiber 4.7g 17%

Total Sugars 85.2g

Protein 19.3g

Tasty Jumbo Stuffed Mushrooms

Prep: 20 Minutes | Cook Time: 10 Minutes | Makes: 1 Serving

Ingredients

6 jumbo Portobello mushrooms
1 tablespoon olive oil
¼ cup ricotta cheese
6 tablespoons Parmesan cheese, divided
½ cup frozen chopped spinach, thawed and drained
⅓ cup bread crumbs
¼ teaspoon minced fresh rosemary

Directions

Wipe the mushrooms with a damp cloth. Remove the stems and discard.

Coat the mushrooms with oil.

Insert the Crisper Basket, and close the hood.

Select AIR CRISP, set the temperature to 350°F.

Set the time to 3 minutes and begin preheating.

Bake mushrooms for 3 minutes.

Remove the mushroom caps.

In a medium bowl, combine the ricotta, 3 tablespoons of Parmesan cheese, spinach, bread crumbs, and rosemary, and mix well.

Stuff this mixture into the drained mushroom caps.

Sprinkle with the remaining Parmesan cheese.

Put the mushroom caps back into the basket

Bake for 6 minutes or until the filling is hot at 400 degrees F or 204 degrees C.

enjoy

Nutrition Facts

Servings: 1

Amount per serving

Calories 652

% Daily Value*

Total Fat 32.9g 42%

Saturated Fat 13.5g 68%

Cholesterol 59mg 20%

Sodium 873mg 38%

Total Carbohydrate 49.8g 18%

Dietary Fiber 8.1g 29%

Total Sugars 2.5g

Protein 48.3g

Hearty Meatball Soup

Prep: 20 Minutes | Cook Time: 28-30Minutes | Makes: 1 Serving

Ingredients

Meatball Ingredients

- 1 pound ground turkey, about 500g
- 1/4 cup yellow onion finely chopped
- 1/2 cup Panko breadcrumb
- 1/2 tablespoon Italian seasoning
- 2 tablespoon grated Parmesan cheese
- 1 tablespoon soy sauce
- 2 teaspoon corn starch
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon black pepper or to taste

Soup Ingredients

- 2 tablespoons olive oil
- 1 stalk celery diced
- 2 tablespoon garlic chopped
- 1/4 cup yellow onion diced
- 1/4 cup tomato ketchup
- 1/2 cup carrot diced
- 1 large zucchini diced
- 1/4 cup wine I used rice wine
- 1 can crushed tomatoes
- 1/2 can corn kernels
- 2 cups broth I used chicken
- 1 tablespoon Italian seasoning
- 2 teaspoons garlic powder
- salt and pepper to taste

Directions

Line the fryer basket with a grill mat or lightly greased aluminum foil.

In a large bowl, combine all the meatball ingredients.

Take about 1 tablespoonful of the mixture and roll it into a ball.

Place the meatballs into the fryer basket.

Spritz the meatballs with oil and air fry at 380 degrees F or 190 degrees C, for about 8 minutes, shake the basket once in the middle.

In the meantime, pour olive oil into a pot and saute garlic, celery, and onion until fragrant. Add in the rest of the soup ingredients and bring it to a boil.

When the meatballs are done, transfer them to the pot.

Fill the pot with water just enough to cover all the ingredients. Let it simmer for about 20 minutes.

Serve on its own or with pasta or bread.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1027

% Daily Value*

Total Fat 28.5g 37%

Saturated Fat 9.1g 45%

Cholesterol 352mg 117%

Sodium 2838mg 123%

Total Carbohydrate 43.1g 16%

Dietary Fiber 3g 11%

Total Sugars 19.4g

Protein 145.3g

Air Fryer Roasted Red Pepper Soup

Prep: 20 Minutes | Cook Time: 50 Minutes | Makes: 1 Serving

Ingredients

2 red bell peppers, seeds removed and quartered
2 tablespoons olive oil, divided
salt and black pepper, to taste
2 tablespoons butter
1 large yellow onion, diced
2 garlic cloves, minced
¼ teaspoons dried basil
¼ teaspoons dried oregano
1 ½ cups chicken or vegetable broth
¼ teaspoons soy sauce
½ cup half & half
¼ teaspoon onion powder
½ teaspoon garlic powder
1 dash of Worcestershire sauce

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.

Toss the peppers with oil, salt, and pepper. Place the peppers into the air fryer basket and roast for 15 minutes.

Meanwhile, heat the remaining oil and butter in a medium pot over medium-high heat.

Add the onion, cooking for 7 minutes, until translucent, then stir in the garlic and cook for 1 minute, until fragrant. Add the peppers, basil, oregano, broth, and soy sauce, stirring together.

Bring to a boil, reduce to a simmer, cover, and simmer for 20 minutes. Use an immersion blender and blend until the soup is smooth. Stir in the half & half, cook for 5 minutes, and serve.

Nutrition Facts

Servings: 1

Amount per serving

Calories 1073

% Daily Value*

Total Fat 72.2g 93%

Saturated Fat 29.1g 145%

Cholesterol 268mg 89%

Sodium 441mg 19%

Total Carbohydrate 41.3g 15%

Dietary Fiber 6.9g 25%

Total Sugars 19.4g

Protein 69.6g

The Best Tomato Basil Soup

Prep: 20 Minutes | Cook Time: 30 Minutes | Makes: 1 Serving

Ingredients

Oil for spraying

½ pound of red tomatoes cut in half

1 medium red bell pepper quartered

1 large yellow onion quartered

1 medium carrot chopped into large pieces

2 garlic cloves peeled

1.5 cups chicken broth

½ cup heavy cream

4 fresh basil leaves finely chopped

Splash of balsamic vinegar

Grated Parmesan Cheese optional

Directions

Spray the bottom of the air fryer basket with a little oil to prevent sticking. Add the tomatoes, red bell pepper, onion, carrot, garlic cloves to the air fryer and set for 350 degrees F or 176 degrees C and 25 minutes to roast.

Check the air fryer basket about halfway through and shake to ensure even roasting. Shake again when there is about 5 minutes left on the timer.

Once the air fryer timer goes off, transfer vegetables to a medium stock pan and add chicken broth to the stock pan. Allow mixture to come to a boil. Reduce heat and simmer for about 5 minutes. Once done, blend the soup with an immersion blender or allow it to cool and use a traditional blender to blend the soup.

Add basil, heavy cream, a splash of balsamic vinegar. Salt and pepper to taste. Top with parmesan cheese.

Nutrition Facts

Servings: 1

Amount per serving

Calories 325

% Daily Value*

Total Fat 26g 33%

Saturated Fat 15.3g 77%

Cholesterol 86mg 29%

Sodium 1234mg 54%

Total Carbohydrate 12.1g 4%

Dietary Fiber 2.7g 10%

Total Sugars 7.1g

Protein 12.4g

Air Fryer Potato Leek Cakes

Prep: 15 Minutes | Cook Time: 10-20 Minutes | Makes: 1 Serving

Ingredients

2 medium russet potatoes, peeled and 1/4 inch diced
1 medium leek, white part only, stem removed, washed, and 1/4 inch diced
1 medium garlic clove, minced
4 Tablespoons butter
2 1/2 Tablespoons kosher salt
1/2 Teaspoons ground black pepper
3/4 cup(s) heavy cream
1/4 cup(s) Panko bread crumbs
1 egg white, beaten until frothy
1 Tablespoon parsley, minced

Directions

Place the potatoes, leeks, and garlic in a large pot, cover with water and bring to a boil. Cook until potatoes are fork-tender, about 8 to 10 minutes. Drain and place in a large bowl. Add butter, salt, pepper, and cream to potato/leek mixture and mash with a potato masher or large spoon until the consistency of mashed potatoes with small chunks. Add Panko, egg white, and parsley and stir to combine. Cool 5 to 10 minutes in the refrigerator. Slightly wet the hands and form 1/3 cup of potato mixture into about a 2 inch wide by 1/2 inch thick patty. Place on wax or parchment paper and repeat with the remaining mixture. Place a single layer of potato cakes in an air fryer basket and cook at 350°F for 10 minutes. Remove carefully and set aside. Repeat until all cakes have been cooked.

Bottom of Form

Nutrition Facts

Servings: 1

Amount per serving

Calories 1240

% Daily Value*

Total Fat 95.3g 122%

Saturated Fat 58.8g 294%

Cholesterol 308mg 103%

Sodium 461mg 20%

Total Carbohydrate 85.8g 31%

Dietary Fiber 12g 43%

Total Sugars 8.8g

Protein 14.7g

Cornmeal Fried Leek Rings

Prep: 10 Minutes | Cook Time: 5Minutes | Makes: 1 Serving

Ingredients

4 small to medium leeks cut into rings
1 cup buttermilk
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{8}$ Stone ground cornmeal any color
Oil spray, for greasing
Kosher salt and freshly ground black pepper

Directions

Take off the dark green parts of the leeks, save them for the compost pile. Slice the leeks into rings. The rings don't need to be separated.

Soak the leeks rings in a bowl of water to remove dirt (it should sink to the bottom).

Soak the leeks in the buttermilk for 10 to 15 minutes.

Combine the flour, cornmeal, salt and pepper to taste in a mixing bowl.

Preheat the air fryer to 350 degrees F or 176 degrees C , dredge the rings into the flour mixture, and then mist with oil spray. Don't overcrowd them.

Cook for 5 minutes or until golden brown.

Nutrition Facts

Servings: 1

Amount per serving

Calories 513

% Daily Value*

Total Fat 5.3g 7%

Saturated Fat 2.5g 13%

Cholesterol 10mg 3%

Sodium 1105mg 48%

Total Carbohydrate 94.7g 34%

Dietary Fiber 3.6g 13%

Total Sugars 14g

Protein 19.9g

Meatloaf Sliders

Prep: 18 Minutes | Cook Time: 15 Minutes | Makes: 1 Serving

Ingredients

Burger Ingredients

1 pounds ground beef
1 small organic eggs
1 /2 tablespoons of tomato paste
1/2 teaspoons Worcestershire sauce
Salt, to taste
½ tablespoon brown sugar
1 green chili, chopped
¼ cup almond flour
2 tablespoon white onion, chopped
Oil spray, for greasing

Other Ingredients

2 slices cheddar cheese, sliced
2 large tomatoes, sliced
2 slider buns

Directions

set the temperature to 400 degrees F or 204 degrees C for 5 minutes of the air fryer.
Mix all of the burger ingredients in a bowl, then make burger patties as required.
Place the patties on the oil-greased basket of the air fryer.
Put the basket inside the unit.
Adjust the time to 12 minutes.
Remember to flip the patties halfway through.
Now take out the patties and top each with cheddar slices and tomato slices.
Cook in the air fryer for 4 more minutes.
Place each of them on the potato buns.
Serve hot.

Nutrition Facts

Servings: 1

Amount per serving

Calories 935

% Daily Value*

Total Fat	32.6g	42%
Saturated Fat	11.9g	60%
Cholesterol	543mg	181%
Sodium	543mg	24%
Total Carbohydrate	8.6g	3%
Dietary Fiber	0.8g	3%
Total Sugars	7g	
Protein	142.8g	

CHAPTER NO 12: 150 AIR FRYER FOR 2

Loaded Pub Fries

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

1 pound of potatoes (you can use 4 medium potatoes)
1 cup of cheddar cheese
3 green onions
20-25 slices of pickled jalapeno peppers
3 strips of cooked and crumbled bacon
1/4 cup of ranch for drizzling on top or as a dipping sauce (optional)

Directions

Make fries in the Air Fryer at 400 degrees F or 204 degrees C for 15 minutes.
Change the air fryer settings to broil.
Cut the green onions and separate the white and green parts.
Layer fries on a baking sheet and top with cheddar cheese, bacon crumbles, jalapenos, and the whites of the green onion.
Broil the loaded pub fries until the cheese is melted. This should take about 2 minutes.
Remove from air fryer and top with the remaining green onion and ranch, according to the preferences.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 702

% Daily Value*

Total Fat 44.1g 57%

Saturated Fat 18.6g 93%

Cholesterol 113mg 38%

Sodium 2137mg 93%

Total Carbohydrate 44.2g 16%

Dietary Fiber 7g 25%

Total Sugars 5.4g

Protein 35.5g

Air Fryer Bacon Cheddar Fries

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

12 ounces of frozen French fries (you can use any variety)

1/2 cup of cheddar cheese

3 slices of cooked and chopped bacon

Chives or Scallions to garnish

Directions

Preheat the air fryer to about 400 degrees F or 204 degrees C.

Line the air fryer with aluminum foil.

Place the frozen French fries on the foil used. Put the air fryer and cook for 12 minutes.

Open the basket and add some cheese on top of the fries. Cook till the cheese has melted.

Add some cooked chopped bacon to the top.

Enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 662

% Daily Value*

Total Fat 38.5g 49%

Saturated Fat 12.9g 64%

Cholesterol 61mg 20%

Sodium 1232mg 54%

Total Carbohydrate 54.7g 20%

Dietary Fiber 6g 21%

Total Sugars 1.7g

Protein 23.6g

Air Fryer Vegetarian Cauliflower and Chickpea Tacos

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredient

1 tablespoon of olive oil

1 tablespoon of lime juice

1 teaspoon of chili powder

1 teaspoon of ground cumin
1 teaspoon of sea salt
¼ teaspoon of garlic powder
1 (15 ounces) can of chickpeas, drained
1 small head cauliflower, cut into bite-sized pieces

Sauce:

1 cup of sour cream
¼ cup of chopped fresh cilantro
⅓ cup of lime juice
1 tablespoon of Sriracha
salt to taste
6 corn tortillas

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.

Whisk together olive oil, lime juice, chili powder, cumin, salt, and garlic powder in a large bowl.

Add chickpeas and cauliflower and stir until it becomes evenly coated.

Stir together sour cream, cilantro, lime juice, and Sriracha in a bowl until evenly combined.

Season with salt to taste.

Place cauliflower mixture in the basket of the air fryer.

Cook for 10 minutes, stir and cook for another 10 minutes.

Stir once more and cook until desired crispness, about 5 more minutes.

Spoon cauliflower mixture into corn tortillas and top with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1260

% Daily Value*

Total Fat 46.6g 60%

Saturated Fat 17.7g 88%

Cholesterol 51mg 17%

Sodium 1138mg 49%

Total Carbohydrate 169.7g 62%

Dietary Fiber 42.6g 152%

Total Sugars 23.9g

Protein 49.4g

Air Fryer Chile Verde Burritos

Prep: 15 Minutes | Cook Time: 6-10 Minutes | Makes: 2 Servings

Ingredient

2 cups of finely chopped leftover pulled pork
1 cup of salsa verde
2 tablespoons of cojita cheese
10 (6 inches) flour tortillas
cooking spray

Instructions

Preheat the air fryer to 400 degrees F (200 degrees C) according to the manufacturer's instructions.

Combine pulled pork, salsa verde, and cojita cheese in a bowl., and stir until evenly combined.

Place a heaping tablespoon of filling into the bottom half of a tortilla. Make 2 folds on either side of the large fold, creating an envelope shape.

Roll it up using the tips of the fingers to tuck the filling in as you go.

Repeat with remaining tortillas.

Spray the basket of the air fryer with non-stick cooking spray.

Place some burritos in the basket seam-side-down, making sure to not overcrowd.

Spray the tops of the burritos with cooking spray.

Air fry for 6 minutes. Repeat with remaining burritos.

Serve with additional salsa verde for dipping if desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2288

% Daily Value*

Total Fat 49.2g 63%

Saturated Fat 18.8g 94%

Cholesterol 167mg 56%

Sodium 2337mg 102%

Total Carbohydrate 350.7g 128%

Dietary Fiber 45.8g 164%

Total Sugars 32.2g

Protein 80.4g

Air Fryer Flour Tortilla Bowls

Prep: 15 Minutes | Cook Time: 5 -10 Minutes | Makes: 2 Servings

Ingredient

1 (8 inches) flour tortilla
1 (4 1/2-inch) souffle dish

Instructions

Preheat the air fryer to 400 degrees F or 204 degrees C.

Heat the tortilla in a large skillet or directly on the grates of a gas stove until it becomes soft and pliable.

Place the tortilla inside the souffle dish, patting the bottom down and fluting the tortilla up the sides of the dish.

Air fry until the tortilla starts to turn golden brown. This should take about four to five minutes.

Remove the tortilla bowl from the souffle dish and place it upside down in the basket.

Air fry until golden brown. This should take an additional two minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 209

% Daily Value*

Total Fat 2.7g 4%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 43mg 2%

Total Carbohydrate 42.9g 16%

Dietary Fiber 6.1g 22%

Total Sugars 0.8g

Protein 5.5g

Vegan Taquitos

Prep: 15 Minutes | Cook Time: 16 Minutes| Makes: 2 Servings

Ingredients

2 tablespoons of olive oil

1 cup of diced onion

1 teaspoon of minced garlic

1 (12 ounces) package vegetarian ground beef crumbles (such as MorningStar Farms®), thawed

2 canned chipotle chilies in adobo sauce, minced

2 tablespoons of adobo sauce from chipotle peppers

1 teaspoon of ground cumin

1 teaspoon of onion powder

½ (8 ounces) tub vegan cream cheese (such as Toffutti®)

1 tablespoon of nutritional yeast
½ teaspoon of salt
16 corn tortillas

Instructions

Heat olive oil in a large skillet over medium heat. Add onion and garlic and cook for 3 minutes. Add vegetarian beef crumbles, chipotle peppers, adobo sauce, cumin, and onion powder. Cook and stir for 5 minutes.

Add cream cheese, nutritional yeast, and salt. Cook until cheese is melted and everything is evenly combined for about 2 minutes. Remove from heat.

Preheat the air fryer to 400 degrees F or 204 degrees C.

Spoon a heaping tablespoon of mixture into the middle of each tortilla and roll up. Working in batches, place a single layer of taquitos in the air fryer basket, seam-side down. Spray the tops with cooking spray.

Air fry for 6 minutes. Transfer to a paper towel-lined plate. Repeat with remaining taquitos.

Nutrition Facts

Servings: 2

Amount per serving

Calories 703

% Daily Value*

Total Fat 29.4g 38%

Saturated Fat 8.9g 44%

Cholesterol 30mg 10%

Sodium 851mg 37%

Total Carbohydrate 95.6g 35%

Dietary Fiber 14.8g 53%

Total Sugars 4.7g

Protein 21.3g

Air Fryer Mini Bean and Cheese Tacos

Prep: 15 Minutes | Cook Time: 6 -8 Minutes| Makes: 2 Servings

Ingredients

1 (16 ounces) can refried beans
1 (1 ounce) envelope taco seasoning mix
12 slices American cheese, cut in half
12 (6 inches) flour tortillas
cooking spray

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.

Place refried beans in a bowl. Add taco seasoning and stir until evenly combined.

Place 1 piece of cheese in the middle of a tortilla. Spoon 1 tablespoon of the bean mixture over the cheese. Place another piece of cheese on top of the beans.

Fold tortilla over and press down to seal the taco. Repeat with remaining tortillas, beans, and cheese.

Spray both sides of the tacos with non-stick cooking spray. Place tacos in the basket of the air fryer, making sure none are overlapping.

Cook for 3 minutes. Flip tacos and cook for 3 minutes more. Repeat with remaining tacos.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1721

% Daily Value*

Total Fat 48.3g 62%

Saturated Fat 22g 110%

Cholesterol 119mg 40%

Sodium 3302mg 144%

Total Carbohydrate 268.4g 98%

Dietary Fiber 42.3g 151%

Total Sugars 14.1g

Protein 63g

Air Fryer Seafood

Prep: 15 Minutes | Cook Time: 9-12 Minutes| Makes: 2 Servings

Ingredients

1 pound (450g) raw shrimp thawed
3 small mixed bell peppers sliced

1 small yellow onion sliced
1 tablespoon of vegetable oil divided
1 tablespoon of fajita seasoning divided

For Serving

4 tortillas
pico de gallo
1 avocado sliced
lime crema

Directions

Preheat the air fryer to 375°F (190°C) for 5 minutes.

Meanwhile, season the vegetables. Toss with half of the oil and half of the fajita seasoning.

Add the vegetables to the Air Fryer basket and Air fry for 3 minutes.

As the vegetables are being air fried, season the shrimp with the rest of the oil and fajita seasoning.

When the 3 minutes are up, with a spatula, move the vegetables to one side of the air fryer basket, and add the shrimp to the other half.

Air fry for 6 minutes at 375°F (190°C), flipping halfway through. Mix everything together and serve.

Assemble the fajitas over tortillas, and top with the favorite toppings (pico de gallo, guacamole or avocado slices, and lime crema).

Nutrition Facts

Servings: 2

Amount per serving

Calories 710

% Daily Value*

Total Fat 32.1g 41%

Saturated Fat 6.8g 34%

Cholesterol 478mg 159%

Sodium 587mg 26%

Total Carbohydrate 50.3g 18%

Dietary Fiber 12.9g 46%

Total Sugars 11.4g

Protein 58.5g

Air Fryer Hash Brown Egg Bites

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

Nonstick cooking spray (meant for the mold)
4 eggs in large sizes
1/4 cup heavy cream
Cooking salt
2/3 cup of shredded Cheddar
1/4 cup of red peppers (diced)
1 scallion, white and green parts sliced
1/2 cup of thawed and shredded hash browns

Directions

Spray the cavities of the egg bites mold with the non-stick spray.
Mix the eggs, heavy cream, and 1/2 teaspoon salt very perfectly.
Share the egg mixture, 1/3 cup of the Cheddar, the bell peppers, and scallions among the cavities of the silicon mold. Mix each mixture with a spoon.
Place the mold in the air fryer and set it to a temperature of about 400 degrees F or 204 degrees C and cook for 3 minutes.
Mix the hash browns and remaining 1/3 cup Cheddar in another bowl. Gently top each egg bite with this mixture.
Set the air fryer to a temperature of 400 degrees and cook for 6 minutes more. Check when the top of the egg bite is golden brown.
Remove the mold and set aside for 10 minutes before removing the egg bites.
Serve warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 356

% Daily Value*

Total Fat 21.9g 28%

Saturated Fat 8.6g 43%

Cholesterol 356mg 119%

Sodium 496mg 22%

Total Carbohydrate 17.7g 6%

Dietary Fiber 1.7g 6%

Total Sugars 2.6g

Protein 22.2g

Air Fryer Croutons

Prep: 15 Minutes | Cook Time: 6 Minutes| Makes: 2 Servings

Ingredients

8 ounces of country white, sourdough, or whole-grain bread, cut into 3/4-inch cubes
1/4 cup of olive oil
1/2 teaspoon of dried oregano
1/4 teaspoon of granulated garlic
Kosher salt and freshly ground black pepper

Directions

Toss the bread, olive oil, oregano, garlic, 3/4 teaspoon salt, and several grinds of pepper in a large bowl until evenly mixed.

Preheat an air fryer to 400 degrees F or 204 degrees C.

Add the seasoned bread cubes in an even layer to the air fryer basket.

Cook it while tossing halfway through, until golden brown and toasted, for about 6 minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 498

% Daily Value*

Total Fat 29g 37%

Saturated Fat 4.5g 22%

Cholesterol 0mg 0%

Sodium 535mg 23%

Total Carbohydrate 47.2g 17%

Dietary Fiber 7.9g 28%

Total Sugars 6.3g

Protein 14.8g

Air Fryer Juicy Lucy Mushroom Burgers

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

Four 4-inch portobello mushrooms, stems removed
1 tablespoon of olive oil
Kosher salt and freshly ground black pepper
3 ounces of white Cheddar, shredded (about 1 cup)
3 ounces of Havarti cheese, shredded (about 1 cup)
2 ounces of cream cheese, at room temperature

1/4 teaspoon of chili powder
1/4 teaspoon of garlic powder
1/4 teaspoon of onion powder
1 large egg
1 cup panko
Olive oil cooking spray
1/4 cup of mayonnaise
2 tablespoons barbecue sauce
1 tablespoon ketchup
4 brioche burger bun, split
4 leaves Bibb or green leaf lettuce
1 large tomato, sliced

Directions

Preheat an air fryer to 400 degrees F or 204 degrees C.

Toss together the mushrooms, oil, 1/4 teaspoon salt, and a few grinds of pepper. Place the mushrooms in the air-fryer basket and fry until tender, about 3 minutes per side.

Transfer to a plate to cool, 5 to 8 minutes.

Meanwhile, stir together the Cheddar, Havarti cheese, cream cheese, chili powder, garlic powder, and onion powder in a medium bowl.

Divide the mixture into 4 portions.

Form each portion into a disk about 3 1/2 inches wide to fit inside the mushroom caps.

Once the mushrooms are cool enough to handle, horizontally cut off the upper third of each mushroom cap.

Place 1 cheese disk inside each mushroom, gill-side up, and sandwich with the top of the mushroom cap, pressing down to cover the cheese filling.

Whisk the flour and 1/4 teaspoon salt in a small baking dish.

Whisk the egg in a second baking dish. Put the panko in a third baking dish.

Dredge the mushrooms in the flour, shake off any excess, and coat in the egg mixture. Allow the excess egg to drip off, then coat in the panko, pressing to adhere.

Spray the mushrooms with the cooking spray and place them in the air fryer basket.

Cook until golden brown, about 4 minutes per side.

In a small mixing bowl, combine the mayonnaise, barbecue sauce, and ketchup. Spread the sauce generously on both sides of the buns. 1 lettuce leaf, 1 tomato slice, and 1 mushroom burger per bottom bun. Finish with the bun tops, slice in half, and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1129

% Daily Value*

Total Fat 63.8g 82%

Saturated Fat 29.2g 146%

Cholesterol 222mg 74%

Sodium 1749mg 76%

Total Carbohydrate 97.8g 36%

Dietary Fiber 5.6g 20%

Total Sugars 17g
Protein 43.3g

Air Fryer Butternut Squash Soup

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

1 1/2 pounds of butternut squash (Peel and cut it to pieces of about one inch)
2 medium carrots (cut into pieces of 1 1/2 inches)
1 orange bell pepper, stemmed, seeded, and cut into 1-inch-thick slices
1/2 medium onion, cut into 4 slices
3 tablespoons of olive oil
3/4 teaspoon of granulated garlic
1/2 teaspoon of smooth ginger
1/4 teaspoon of dried thyme
Cooking salt and fresh black pepper
3 cups of low-sodium vegetable broth
1/2 cup of heavy cream
Roasted, salted pepitas, to serve
Crème fraîche or full-fat plain yogurt, to serve
Finely chopped chives, to serve

Directions

Set the air fryer to a temperature at 400 degrees F or 204 degrees C and leave to heat.
Mix the butternut squash, carrots, pepper, onion, olive oil, garlic, ginger, thyme, salt, and some black pepper together in a separate bowl.
Place the mixture in the air fryer and fry until it becomes golden brown and tender on all sides.
Put the vegetables in a large pot or Dutch air fryer and add the broth and cream.
Make use of a hand blender to blend the mixture on low heat [\[H2\]](#) until it becomes very smooth.
You can also make use of a standard blender. Make sure to set it aside for 5 minutes before pouring into the blender. Make sure it only fills half of the blender.
Place the lid and leave a corner open.
You may cover the lid with some paper towels and blend until it becomes smooth.
Cook the soup over low heat, stir it once in a while until it simmers in about 5 minutes.
Have a taste and adjust the seasoning. Pour into bowls and top with pepitas, drizzle with crème fraîche or yogurt and sprinkle with chives.

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 32.6g 42%

Saturated Fat 10g 50%

Cholesterol 41mg 14%

Sodium 175mg 8%

Total Carbohydrate 56g 20%

Dietary Fiber 9.8g 35%

Total Sugars 14.9g

Protein 8.6g

Air Fryer Ribs with Collard Greens

Prep: 15 Minutes | Cook Time: 50 Minutes| Makes: 2 Servings

Ingredients

1 rack baby back ribs (about 2 1/4 pounds), cut into four pieces (3 or 4 ribs per section)
4 teaspoons of chile-lime seasoning (such as Tajín)
1 tablespoon of extra-virgin olive oil
1/2 onion, diced
1 stalk celery, diced
1 carrot, diced
1 clove garlic, smashed
Kosher salt and freshly ground pepper
1 large bunch collard greens (about 1 pound), stems removed and leaves roughly chopped
1/4 cup of apple cider vinegar
1 teaspoon of sugar
1 cup of chipotle barbecue sauce, plus more for serving
4 soft dinner rolls

Directions

Preheat an air fryer to 400 degrees F or 204 degrees C.

Sprinkle the ribs with chile-lime seasoning.

Arrange in the air fryer basket in an even layer (it's OK if they fit snugly).

Cook, turning halfway through until the ribs are browned and crisp, 25 to 30 minutes.

Meanwhile, heat the olive oil in a medium pot over medium-high heat. Add the onion, celery, carrot, and garlic; cook until the vegetables are tender, 6 to 8 minutes. Season with 1/2 teaspoon salt and pepper.

Add the collard greens, vinegar, sugar, and 3/4 cup water and bring to a boil.

Reduce the heat to a simmer, loosely cover, and cook until the collards are tender, 20 to 25 minutes.

Season with salt and pepper, if needed.

Transfer the ribs to a large bowl; add the barbecue sauce and toss to coat. Return the ribs to the air fryer and cook until the sauce is slightly sticky, 5 min

Nutrition Facts

Servings: 2

Amount per serving

Calories 415

% Daily Value*

Total Fat 26.1g 34%

Saturated Fat 7.6g 38%

Cholesterol 0mg 0%

Sodium 436mg 19%

Total Carbohydrate 17.9g 7%

Dietary Fiber 1.9g 7%

Total Sugars 5.6g

Protein 2g

Air Fryer Rice Paper Chicken Roll-Ups

Prep: 15 Minutes | Cook Time: 15-22 Minutes| Makes: 2 Servings

Ingredients

2 boneless skinless chicken breasts (6 ounces each)
Kosher salt and freshly ground black pepper
Non-stick cooking spray
12 (8 1/2 inch) round rice paper wrappers
1 scallion (green part only), thinly sliced
2 tablespoons of cilantro leaves
1/4 small Fresno chili, thinly sliced
Sweet Thai chili sauce, for serving

Directions

Spray a baking sheet with cooking spray and set aside.
Pat the chicken breasts dry between paper towels, then cut each breast into 6 equal tenders, about 1 ounce each.
Season with a pinch of salt and a few grinds of black pepper.
Soak 1 rice paper wrapper in a large shallow bowl of warm water until pliable, about 15 seconds, then lay on a cutting board.
Arrange 1 chicken tender lengthwise across the middle of the wrapper.
Fold the bottom of the wrapper over the chicken, then fold in the sides and roll up into a tight log.
Place the roll-up on the prepared baking sheet and repeat with the remaining wrappers and chicken tenders.
Preheat the air fryer to 400 degrees F or 204 degrees C.
Spray the air fryer basket with cooking spray.
Working in batches, place the roll-ups in a single layer in the basket, spacing them apart, then spray them with cooking spray.
Cook, flipping halfway through until the roll-ups are golden brown and the chicken is cooked through about 15 minutes.
Garnish the roll-ups with the scallions, cilantro, and chiles and serve with sweet Thai chili sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 280

% Daily Value*

Total Fat 10.8g 14%

Saturated Fat 3g 15%

Cholesterol 130mg 43%

Sodium 127mg 6%

Total Carbohydrate 0.6g 0%

Dietary Fiber 0.2g 1%

Total Sugars 0.2g

Protein 42.4g

Air Fryer Green Beans with Gremolata and Toasted Almonds

Prep: 10 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

1 pound of trimmed green beans
1 tablespoon of olive oil
Cooking salt and fresh black pepper
1/4 cup of roughly chopped fresh parsley
1 small finely grated clove garlic
Finely grated zest from 1/2 lemon
3 tablespoons of roasted sliced almonds

Directions

Set the air fryer to a temperature of about 400°F and set aside to heat [\[H3\]](#). Mix the green beans, olive oil, salt, and pepper in a large bowl

Put in the air-fryer basket and air-fry the green beans until it's tender and blistered on both for about 12 minutes.

Mix the parsley, garlic, lemon zest, 1/8 teaspoon salt, and some pepper together in a bowl. Add the toasted almonds.

Put the green beans on a serving platter, top with the gremolata mixture, and drizzle lightly with more olive oil.

Nutrition Facts

Servings: 2

Amount per serving

Calories 213

% Daily Value*

Total Fat 14.2g 18%

Saturated Fat 1.6g 8%

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrate 19.6g 7%

Dietary Fiber 9.5g 34%

Total Sugars 3.9g

Protein 7.3g

Air Fryer Biscuit Egg Sandwiches

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

Non-stick cooking spray
4 eggs (large)
Cooking salt
4 slim slabs of deli ham
One refrigerated flaky biscuit dough (16.3-ounces tube)
Some sauce to serve, personal choice

Directions

Spray the baking cups with the non-stick spray. Place the cups in the air fryer.
Whisk the eggs together perfectly and ensure that the mixture is properly mixed. Proceed to add ½ teaspoon of salt.
Fill each baking cup with some eggs. Add a slice of crumpled ham into the cups and ensure that they fit. You should be able to see some parts of the ham over the eggs.
Remove 4 biscuits from the dough and put them in one part of the air fryer's basket.
Set the air fryer to a temperature of 400 degrees F and cook for about 10 minutes till the biscuits turn golden brown. Put them on a cutting board.
Check to see if the egg muffin is set. There should be no watery egg beneath it. Place the mold on a cutting board if it's ready.
Slice each biscuit in half across. Slice the egg muffins the same way also.
Put the two egg halves on each bottom biscuit, add some sauce and sandwich to the top of the biscuit.

Nutrition Facts

Servings: 2

Amount per serving

Calories 160

% Daily Value*

Total Fat 10.3g 13%

Saturated Fat 3.1g 16%

Cholesterol 329mg 110%

Sodium 147mg 6%

Total Carbohydrate 5.4g 2%

Dietary Fiber 0.2g 1%

Total Sugars 0.7g

Protein 11.5g

Air Fryer Baked Brie with Pesto, Sundried Tomatoes and Artichoke Hearts

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 demi-baguette
3 tablespoons of olive oil
Kosher salt and fresh black pepper
1/3 cup of chopped and soaked artichoke hearts
1/3 cup of chopped sundried tomatoes
3 tablespoons of basil pesto
1 large egg
Some all-purpose flour, to dust
One sheet of thawed puff pastry
One 8-ounce wheel of brie
Crackers, sliced red bell peppers, and endive, to serve

Directions

Set the air fryer to a temperature of 400 degrees F or 204 degrees C and leave.
Brush all the sides of the sliced bread with olive oil, sprinkle some salt and black pepper. Put in the air fryer and ensure it's well fitted.
Air fry until it becomes golden brown and well toasted. Flip it to the other side and leave for about 4 minutes.
Mix the artichokes, tomatoes, and 2 tablespoons of pesto in a bowl.
Whisk the egg and a dash of water in a bowl.
Dust the cutting board with some flour and roll out the puff pastry to a 14-by-12-inch rectangle. Cut 1/4-inch-wide strips of dough off the shorter end to create a 12-by-12-inch square. Set aside the strips.
Brush the center puff pastry lightly with the egg wash. Add the strips in a crisscross pattern in the center of the square of pastry, hold it down gently to adhere.
Place a parchment paper above the puff pastry and use it to turn everything over so that the crisscross pattern faces down.

Nutrition Facts

Servings: 2

Amount per serving

Calories 235

% Daily Value*

Total Fat 23.6g 30%

Saturated Fat 3.8g 19%

Cholesterol 93mg 31%

Sodium 62mg 3%

Total Carbohydrate 4.3g 2%

Dietary Fiber 1.9g 7%

Total Sugars 1.3g

Protein 4.4g

Air Fryer Gluten-Free Croutons

Prep: 15 Minutes | Cook Time: 6 Minutes | Makes: 2 Servings

Ingredients

8 ounces of gluten-free bread (thawed if frozen), cut into 3/4-inch cubes (about 5 cups)

1/4 cup of olive oil

1/2 teaspoon of dried oregano

1/4 teaspoon of granulated garlic

Kosher salt and freshly ground black pepper

1/4 teaspoon of rubbed sage, this is optional

Directions

Toss the bread, oil, oregano, garlic, 3/4 teaspoon salt, several grinds of pepper and sage (if used) in a large bowl to coat evenly.

Preheat an air fryer at 400 degrees F or 204 degrees C.

Add the bread in an even layer to the air fryer and cook, tossing halfway through, until golden brown and toasted, for about six minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 30g 39%

Saturated Fat 4.6g 23%

Cholesterol 0mg 0%

Sodium 476mg 21%

Total Carbohydrate 49.5g 18%

Dietary Fiber 8.6g 31%

Total Sugars 7.3g

Protein 15.2g

Air Fryer Tostones

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

2 large green plantains, sliced into 3/4-inch-thick rounds
1 tablespoon of vegetable oil
Kosher salt
Sea salt
Salsa verde, for serving

Directions

Preheat a 6-quart air fryer at 400 degrees F or 204 degrees C.
Toss the plantains with vegetable oil and 3/4 teaspoon kosher salt.
Add to the air fryer basket in an even layer and cook until tender, 3 to 4 minutes per side.
Transfer the plantains to a large piece of parchment and cover with another piece of parchment; smash each plantain with the bottom of a glass.
Increase the fryer temperature to 400 degrees F or 204 degrees C.
Return the plantains to the fryer in an even layer (it's OK if they overlap slightly) and continue cooking until crisp, about 4 more minutes per side.
Sprinkle with sea salt.
Serve with salsa verde.

Nutrition Facts

Servings: 2

Amount per serving

Calories 278

% Daily Value*

Total Fat 7.5g 10%

Saturated Fat 1.6g 8%

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 57.1g 21%

Dietary Fiber 4.1g 15%

Total Sugars 26.9g

Protein 2.3g

Air Fryer Mini Quiches

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 2 Servings

Ingredients

Cooking spray

12 frozen mini phyllo cups

1/2 3-ounce of diced link fully cooked chorizo

1/2 sliced scallion

1/4 cup of shredded pepper jack cheese

2 large eggs

2 tablespoons of heavy cream

Kosher salt and freshly ground pepper

Directions

First, you preheat an air fryer to 400 degrees F or 204 degrees C.

Then you line the air fryer basket with foil and coat it with cooking spray.

After lining the air fryer, you arrange the phyllo cups in the basket in an even layer.

The next thing is to divide the chorizo, scallion, and cheese among the cups.

Now you whisk the eggs with the heavy cream and 1/2 teaspoon each salt and pepper; pour into the phyllo cups.

The portion should be cooked until the eggs are puffed, for about 5 to 7 minutes.

The food is ready to be enjoyed

Nutrition Facts

Servings: 2

Amount per serving

Calories 181

% Daily Value*

Total Fat 15.2g 20%

Saturated Fat 8g 40%

Cholesterol 221mg 74%

Sodium 164mg 7%

Total Carbohydrate 1.3g 0%

Dietary Fiber 0.1g 0%

Total Sugars 0.6g

Protein 10.2g

Air Fryer Fried Rice with Sesame-Sriracha Sauce

Prep: 15 Minutes | Cook Time: 18 Minutes| Makes: 2 Servings

Ingredients

2 cups of cooked white rice
1 tablespoon of vegetable oil
2 teaspoons of toasted sesame oil
Kosher salt and freshly ground black pepper
1 teaspoon of Sriracha
1 teaspoon of soy sauce
1/2 teaspoon of sesame seeds, preferably toasted, plus more for topping
1 large egg, lightly beaten
1 cup of frozen peas and carrots, thawed

Directions

The first step is to combine the rice, vegetable oil, 1 teaspoon of sesame oil, and 1 tablespoon of water in a bowl.

Then you season the rice with salt and pepper and toss to coat the rice.

Afterward, you transfer to a 7-inch round air fryer insert, metal cake pan, or foil pan.

Now put the pan in a 5.3-quart air fryer and cook at 400 degrees F or 204 degrees C, stirring halfway through, until the rice is lightly toasted and crunchy for about 12 minutes.

Meanwhile, stir together the sriracha, soy sauce, sesame seeds, and the remaining 1 teaspoon sesame oil in a small bowl.

Open the air fryer and pour the egg over the rice.

Close and cook until the egg is cooked through, about 4 minutes.

Open again, add the peas and carrots and stir into the rice to distribute and break up the egg.

Close and cook 2 minutes more to heat the peas and carrots.

Spoon the fried rice into bowls, drizzle with some of the sauce and sprinkle with more sesame seeds.

And the delicacy is ready to be served.

Nutrition Facts

Servings: 2

Amount per serving

Calories 860

% Daily Value*

Total Fat 15.6g 20%

Saturated Fat 3.2g 16%

Cholesterol 93mg 31%

Sodium 232mg 10%

Total Carbohydrate 156.9g 57%

Dietary Fiber 5.1g 18%

Total Sugars 3.9g

Protein 18.8g

Air Fryer Shrimp Chimichangas

Prep: 15 Minutes | Cook Time: 45-55 Minutes| Makes: 2 Servings

Ingredients

One 18-ounce package of popcorn shrimp

1/4 cup of long-grain white rice

Cooking salt

1/3 cup of roughly chopped fresh cilantro leaves

1 teaspoon of finely grated lime zest

Four 10-inch (burrito-size) flour tortillas

1 cup of canned refried black beans

1 1/2 cups of ripped Mexican cheese blend

Olive oil, to brush

Directions

Make the popcorn shrimp according to the package directions for the air fryer.

Put 1/2 cup water to a simmer in a small saucepan over medium-high heat.

Add the rice and 1/2 teaspoon salt.

Return to boil gently, cover with a well-fitted lid and place on a low heat

Allow the water to be absorbed and the rice to be tender.

Bring it down and set it aside for five minutes before fluffing it with a fork.

Add the cilantro and lime zest.

Surround the flour tortillas with a damp paper towel and microwave until warm and flexible.

Arrange the tortillas on a cutting board or on a clean work surface.

Using the back of a spoon, spread rectangularly 1/4 cup of the refried beans in the center of each tortilla.

Add 1/4 cup rice, a quarter of the popcorn shrimp, and 1/4 cup of the cheese.

Fold in the contrasting sides of the tortilla over the filling.

Fold the closest side to you over the filling, then tightly roll the burrito away from you.

Place the chimichanga seam-side down and brush the top and bottom with olive oil.

Take the process again with others.

Set the air fryer to a temperature of 400 degrees F or 204 degrees C and heat.

Put the chimichangas in the air fryer basket seam-side down.

Air fry until it becomes golden brown and crisp.

Sprinkle the remaining cheese on the chimichangas.

Air fry till it melts in about a minute.

Serve as desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1166

% Daily Value*

Total Fat 35.3g 45%

Saturated Fat 19.8g 99%
Cholesterol 626mg 209%
Sodium 1178mg 51%
Total Carbohydrate 105.6g 38%
Dietary Fiber 18.2g 65%
Total Sugars 3g
Protein 104.6g

Air-Fryer Steak Frites

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

2 boneless New York strip steaks (1 inch thick)
salt and pepper
oil spray , for greasing
12 ounces bag French fries
1/3 cup of extra-virgin olive oil
3 tablespoons of white wine vinegar
2 teaspoons of honey Dijon mustard
3/4 teaspoon of chopped fresh thyme
5 cups frisée (about 3 small heads) or mesclun greens
Chopped fresh chives, for topping
Ketchup and mayonnaise, for serving

Directions

The first step is to preheat an air fryer at 400 degrees F or 204 degrees C.

Then you season the steaks with salt and pepper.

After which, you spray the air-fryer basket and grate with cooking spray, and place the steaks in the basket.

Now cook the steaks until browned, 4 to 6 minutes; flip and cook 4 to 6 more minutes for medium-rare.

Transfer the steaks to a cutting board and tent with foil to keep warm.

Wipe the air-fryer basket clean with a paper towel.

Reheat the air fryer at 400 degrees F or 204 degrees C.

Add the French fries to the air-fryer basket and cook until golden and crisp, 10 to 12 minutes.

Season the French Fries with salt.

Meanwhile, whisk together the olive oil, vinegar, mustard, thyme, and 1/2 teaspoon of each salt and pepper in a large bowl.

Add the frisée and toss well to coat.

Slice the steaks and divide among plates along with the fries and salad.

Sprinkle the steak and salad with chives.

Serve with ketchup and mayonnaise. Enjoy the taste of this homemade delicacy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 961

% Daily Value*

Total Fat 69.1g 89%

Saturated Fat 14.9g 74%

Cholesterol 65mg 22%

Sodium 404mg 18%

Total Carbohydrate 56.4g 21%

Dietary Fiber 6.1g 22%

Total Sugars 2.6g

Protein 29g

Air Fryer Sausage Stuffing

Prep: 15 Minutes | Cook Time: 50-60 Minutes| Makes: 2 Servings

Ingredients

8 ounces of sliced country white bread (about 6 slices), cut into 1-inch cubes
4 tablespoons of unsalted butter, plus more for the baking dish
8 ounces of breakfast sausage (6 to 9 links), casings removed
2 stalks celery, finely diced
2 cloves garlic, minced
1 large shallot, finely diced
1 tablespoon of chopped fresh sage
1 tablespoon of chopped fresh thyme
Kosher salt and freshly ground black pepper
1 1/2 cups of low-sodium chicken broth
2 large eggs

Directions

The first thing to do is to preheat a 3.5-quart air fryer at 400 degrees F or 204 degrees C. Then you add the bread cubes to the air-fryer basket (it's okay if they're not in a single layer). Air-fry until completely dry and lightly golden, tossing halfway through, about 15 minutes. Meanwhile, melt the butter in a medium skillet over medium-high heat. Add the sausage and cook, breaking up the meat with a wooden spoon into small pieces, until lightly browned and no longer pink, about 5 minutes. Add the celery, garlic, shallot, sage, thyme, 1 teaspoon salt, and several grinds of pepper. Continue to cook, occasionally stirring, until the vegetables are tender, 3 to 5 minutes. Pour in the chicken broth and cook until warmed through, about 1 minute, using a wooden spoon to scrape any brown bits from the bottom of the pan. Remove from the heat. Whisk the eggs in a large bowl, then add the bread cubes and warm sausage mixture. Toss until the bread is nicely saturated and the mixture is well combined. Preheat the air fryer at 400 degrees F or 204 degrees C and butter a 6-by-3-inch round baking dish with butter. Transfer the stuffing mixture to the prepared baking dish and cover tightly with aluminum foil. Place the dish in the air-fryer basket, then air-fry until the stuffing is heated through and starting to brown at the edges, about 15 minutes. Remove the foil, then continue to cook until the top is crisp and deep golden brown, 8 to 10 minutes more. Let it cool for 5 minutes before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1165

% Daily Value*

Total Fat	70.5g	90%
Saturated Fat	30.7g	153%
Cholesterol	362mg	121%
Sodium	1951mg	85%
Total Carbohydrate	84.3g	31%
Dietary Fiber	3.3g	12%
Total Sugars	12.8g	
Protein	42.7g	

Air Fryer Bulgogi with Zucchini

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

1/4 cup of soy sauce
1/4 cup of sugar
2 tablespoons of mirin
2 tablespoons of toasted sesame oil
3 cloves garlic, grated
Kosher salt and freshly ground black pepper
1 large zucchini (about 10 ounces), halved lengthwise and cut on the bias into 1/2-inch pieces
1 pound thinly sliced ribeye or other thinly sliced beef
Toasted sesame seeds and white rice, for serving

Directions

Heat the air fryer at a temperature of 400 degrees F or 204 degrees C and set aside.
Whisk the soy sauce, sugar, mirin, sesame oil, garlic, with 1/2 teaspoon pepper and some water in a bowl until the sugar is dissolved and it's well marinated.
Leave about one tablespoon of the marinade in a separate bowl, add the zucchini and salt, and coat well.
Coat the beef with the remaining marinade.
Place the marinated beef in the air fryer until it becomes brown and well cooked.
Place the beef on a plate and leave the basket uncleaned.
Place the marinated zucchini in the basket until it's brown and well-cooked in about six minutes.
Make smaller pieces out of the beef.
Place the zucchini in the same serving plate with the beef and pour the marinade left in the air fryer over the beef.
Add some sesame seeds and serve with rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 710

% Daily Value*

Total Fat 28.1g 36%

Saturated Fat 7.3g 37%

Cholesterol 203mg 68%

Sodium 2093mg 91%

Total Carbohydrate 41.3g 15%

Dietary Fiber 2.1g 8%

Total Sugars 32.4g

Protein 73g

Spicy Air Fryer Pork Belly with Kabocha Squash

Prep: 15 Minutes | Cook Time: 3 Minutes| Makes: 2 Servings

Ingredients

Gochujang Sauce:

2 tablespoons of gochujang (Korean red chile paste)

1 tablespoon of toasted sesame oil

1 teaspoon mirin

1 teaspoon of soy sauce

1 teaspoon of sugar

1 clove garlic, finely grated

Pork Belly and Squash:

1/2 kabocha squash (about 1 1/4 pounds), seeds removed and quartered into wedges

Non-stick cooking spray

Kosher salt and freshly ground black pepper

1-piece skinless pork belly (about 1 pound)

1 scallion, thinly sliced on a bias

Toasted sesame seeds, for sprinkling

Cooked white rice, for serving

Directions

Special equipment: a 6-quart air fryer.

Preheat a 6-quart air fryer to 400 degrees F or 204 degrees C.

For the gochujang sauce: Stir together the jarred gochujang, sesame oil, mirin, soy sauce, sugar, and garlic in a small bowl; set aside.

For the pork belly and squash: Spray the kabocha squash with cooking spray and season with 1/4 teaspoon salt. Set aside.

Season the pork belly with 1/2 teaspoon salt and pepper.

Place the pork belly in the basket of a 6-quart air fryer, then spray it lightly with cooking spray.

Air fry until the pork belly browns and crisps on top and around the edges, about 25 minutes.

Flip the pork belly over with cooking tongs and then arrange the kabocha squash around the perimeter.

Cook until the pork belly is crisp all over and the squash is tender and charred for about 20 minutes.

Brush the pork belly with the gochujang sauce, letting any excess runoff.

Cook until the sauce is slightly sticky and charred, 3 to 4 minutes more.

Remove the pork belly onto a plate and let rest for 10 minutes (the squash can keep warm in the air fryer).

Cut into 1/4- to 1/2-inch-thick slices and brush with more sauce, if desired.

Sprinkle the scallion and sesame seeds over the pork belly and serve with the squash, rice, and remaining sauce.

Nutrition Facts

Servings: 2

Amount per serving
Calories 1125
% Daily Value*
Total Fat 67.9g 87%
Saturated Fat 27.1g 136%
Cholesterol 262mg 87%
Sodium 3836mg 167%
Total Carbohydrate 4.4g 2%
Dietary Fiber 0.3g 1%
Total Sugars 2.9g
Protein 105.1g

Air Fryer Chicken Thighs with Salsa Verde and Lemony Kale Salad

Prep: 25 Minutes | Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

Lemony Kale Salad:

3 tablespoons of lemon juice

2 teaspoons of Dijon mustard

1 teaspoon of finely grated zest

Pinch crushed red pepper flakes

Kosher salt and freshly ground black pepper

5 tablespoons of olive oil

1 bunch curly kale (about 10 ounces), woody stems removed and leaves very thinly sliced

1/2 cup of panko

1 tablespoon of finely grated Pecorino Romano, plus more for serving

Chicken Thighs:

Four bone-in skin-on chicken thighs (about 2 pounds total)

2 teaspoons of finely grated lemon zest

Kosher salt and freshly ground black pepper

1 tablespoon of olive oil

Salsa Verde:

2 teaspoons of capers

2 oil-packed anchovy fillets (optional)

1 clove garlic

Kosher salt

1/4 cup plus 2 tablespoons olive oil

1 teaspoon of red wine vinegar

1 teaspoon of finely grated lemon zest

1 cup of fresh parsley leaves, finely chopped

1 cup of fresh basil leaves, finely chopped

1/2 small bunch chives, finely chopped (about 1/4 cup chopped)

Direction

For the lemony kale salad:

Whisk the lemon juice, Dijon, lemon zest, pepper flakes, 1 teaspoon salt, and several grinds of pepper in a large bowl until combined.

Slowly whisk in 3 tablespoons of the olive oil until smooth and emulsified.

Add the kale and toss until well coated.

Taste and adjust the seasoning with salt and pepper, if needed.

Set aside at room temperature to marinate and soften for at least 15 minutes and up to 8 hours in the refrigerator.

Meanwhile, preheat the air fryer to 400 degrees F or 204 degrees C.

Toss together the panko, remaining 2 tablespoons olive oil, a pinch of salt, and a few grinds of pepper in a 6- to 7-inch baking dish until evenly combined.

Place the baking dish in the air fryer basket and air fry until the panko is golden brown, stirring halfway through, 4 to 6 minutes.

Remove the dish from the air fryer, stir in the Pecorino, and set aside.

For the chicken thighs: Preheat the air fryer to 400 degrees F.

Pat the chicken dry between a few paper towels (this will help the skin get crispy).

Rub the lemon zest onto the skinless side of each thigh and season with a good pinch of salt and several grinds of pepper.

Flip the thighs over, rub the olive oil onto the skin, and season each thigh with a good pinch of salt and several grinds of pepper.

Place the thighs in the air fryer basket skin-side up, leaving a little space between each piece.

Air fry until the skin is crispy and the chicken is browned all over and cooked through 22 to 25 minutes.

For the salsa verde:

Meanwhile, finely chop the capers, anchovy fillets (if using), garlic, and a small pinch of salt with a sharp chef's knife, mashing and scraping the mixture until it becomes a paste.

Transfer to a small bowl and stir in the olive oil, vinegar, and lemon zest.

Fold in the parsley, basil, and chives until thoroughly combined.

Taste and adjust the seasoning with salt and pepper, if needed.

To serve, give the kale salad a good toss, then top with the toasted panko and some more grated Pecorino.

Transfer the chicken thighs to a dinner plate or serving platter and spoon the salsa verde over the top.

Serve with the kale salad

Nutrition Facts

Servings: 2

Amount per serving

Calories 1184

% Daily Value*

Total Fat 35.3g 45%

Saturated Fat 19.8g 99%

Cholesterol 626mg 209%

Sodium 1168mg 51%

Total Carbohydrate 105.6g 38%

Dietary Fiber 18.2g 65%

Total Sugars 3g

Protein 102g

Air Fryer Gnocchi and Squash with Brown Butter and Sage

Prep: 15 Minutes | Cook Time: 45-55Minutes| Makes: 2 Servings

Ingredients

Kosher salt
1 pound of fresh or frozen gnocchi
1 large delicata squash (about 1 1/2 pounds)
Extra-virgin olive oil, for the squash and gnocchi
Freshly ground black pepper
6 tablespoons of unsalted butter
1/2 cup of coarsely chopped walnuts
8 large fresh sage leaves, sliced into thin ribbons
1/2 cup of coarsely grated or shaved Parmesan

Directions

Bring a large pot of salted water to a boil and line a baking sheet with paper towels.

Cook the gnocchi in the boiling water until they float, then remove them with a slotted spoon to the lined baking sheet to dry.

Empty the pot, rinse and set aside.

Preheat an air fryer to 400 degrees F or 204 degrees C.

Trim the ends of the squash, cut in half lengthwise, and scoop out the seeds.

Slice into roughly 1/4-inch-thick half-moons.

Toss the squash in a medium bowl with 1 tablespoon olive oil, 1/2 teaspoon salt, and several grinds of pepper.

Put the squash in the air fryer basket (reserve the bowl) and cook, flipping halfway through, until golden brown in spots, about 15 minutes.

Transfer to a large serving bowl.

Preheat the air fryer again to 400 degrees F or 204 degrees C.

Add the gnocchi to the reserved bowl and toss with 2 teaspoons olive oil and 1/2 teaspoon salt.

Transfer the gnocchi to the air fryer basket and cook, flipping halfway through, until golden and crispy, about 10 minutes.

Transfer the gnocchi to the serving bowl with the squash.

While the gnocchi cooks, place the reserved pot over medium heat and melt the butter (make sure the pot is completely dry; any remaining water will make the butter splatter).

Watching closely, cook the butter, occasionally swirling, until it begins to turn light golden and smell nutty, 2 to 3 minutes.

Add the walnuts, sage, and a pinch of salt and continue to cook, stirring; the butter will become foamy and begin to deepen in color.

Continue to brown the butter until it is deep golden, about 2 more minutes.

Pour the brown butter sage sauce over the gnocchi and squash, gently toss to coat, and top with the Parmesan.

Nutrition Facts

Servings: 2

Amount per serving

Calories 602

% Daily Value*

Total Fat	61.1g	78%
Saturated Fat	24.5g	122%
Cholesterol	93mg	31%
Sodium	277mg	12%
Total Carbohydrate	11.1g	4%
Dietary Fiber	5.5g	20%
Total Sugars	3.2g	
Protein	10.8g	

Air Fryer Beignets

Prep: 15 Minutes | Cook Time: 6-12 Minutes| Makes: 2 Servings

Ingredients

2 cups of all-purpose flour, plus more for working the dough
6 tablespoons of granulated sugar
One 1/4-ounce packet (2 1/4 teaspoons) instant yeast
1/2 teaspoon of kosher salt
1 large egg, plus 1 large egg yolk
1/2 cup of lukewarm whole milk (about 110 degrees F)
3 tablespoons of unsalted butter, melted, plus more for brushing the bowl
1 teaspoon of pure vanilla extract
Non-stick cooking spray

Directions

Combine the flour, sugar, yeast, and salt in the bowl of a stand mixer fitted with the dough hook and mix to combine.

Add the egg, egg yolk, milk, butter, and vanilla and mix on low to combine.

Increase the speed to medium-high and knead until the dough forms a loose ball around the hook and is smooth and elastic for about 3 minutes.

Transfer the dough to a floured surface and lightly knead by hand just enough to bring it together into a smooth ball.

Brush a medium bowl with melted butter and add the dough, turning to coat.

Cover and let rise in a warm area until doubled in size, 1 hour to 1 hour 15 minutes.

Punch the dough down and roll out on a lightly floured surface to a square slightly larger than 10 inches by 10 inches.

Trim the edges with a sharp knife or pizza cutter to make an even square.

Cut the square in a 4 by 5 grid pattern to make 20 rectangles.

Loosely cover the dough and let rise right on the countertop for about 15 minutes.

Preheat a 3.5-quart air fryer to 400 degrees F or 204 degrees C.

Spray the basket with cooking spray and add half the beignets.

Spray the beignets lightly with cooking spray.

Allow cooking until puffed and golden, about 6 minutes.

Remove and repeat with the remaining beignets.

Dust the beignets with confectioners' sugar and serve warm.

Nutrition Facts

Servings: 2

Amount per serving

Calories 828

% Daily Value*

Total Fat 22.5g 29%

Saturated Fat 12.7g 63%

Cholesterol 144mg 48%

Sodium 773mg 34%

Total Carbohydrate 136.6g 50%

Dietary Fiber 4.3g 15%

Total Sugars 39.6g

Protein 20g

Air Fryer Arancini

Prep: 15 Minutes | Cook Time: 40 Minutes| Makes: 2 Servings

Ingredients

1 tablespoon of olive oil
1 shallot, minced
2 cloves of minced garlic
1 cup of arborio rice
1/4 cup of dry white wine
3 cups of low-sodium chicken broth, warmed
1/2 cup of freshly grated Parmesan
Kosher salt and freshly ground black pepper
1/2 cup of plus 3 tablespoons Italian-style seasoned breadcrumbs
Fifteen 1/2-inch cubes of whole-milk mozzarella cheese (from a 3.5-ounce piece)
Non-stick cooking spray, for the air fryer
Warmed marinara sauce, for serving

Directions

Heat the olive oil in a medium saucepan over medium heat.
Add the shallot and garlic and cook, stirring occasionally, until tender and translucent, about 2 minutes.
Add the rice and stir until lightly toasted, about 2 minutes.
Pour in the wine and cook until completely absorbed, 1 to 2 minutes more.
Pour in the warm chicken broth, about 1/2 cup at a time; cook, stirring constantly and allowing all of the liquid to be absorbed before adding more until the rice is just tender, about 20 minutes.
Stir in the Parmesan, 3/4 teaspoon salt, and a few grinds of pepper.
Transfer the risotto to a shallow bowl and refrigerate until completely cool, about 1 hour and up to 8 hours (cover with plastic wrap).
Stir 3 tablespoons of the breadcrumbs into the risotto until evenly combined.
Form the mixture into 15 arancini (each about 3 tablespoons and 1 1/2 inches in diameter).
Insert 1 mozzarella cube in the center of each one, then roll between the palm of the hands to make a smooth, round ball.
Refrigerate until chilled through, about 30 minutes more.
Preheat an air fryer to 400 degrees F and spray the basket with non-stick cooking spray. Place the remaining 1/2 cup breadcrumbs in a small bowl, then roll the arancini in the breadcrumbs until evenly coated.
Add the arancini to the basket and spray the tops with more non-stick cooking spray.
Cook until golden brown and crisp, about 10 minutes at 400 degrees F or 204 degrees C.
Transfer to a platter and serve with warm marinara sauce, for dipping.

Nutrition Facts

Servings: 2

Amount per serving

Calories 671

% Daily Value*

Total Fat	21.7g	28%
Saturated Fat	9.8g	49%
Cholesterol	40mg	13%
Sodium	1678mg	73%
Total Carbohydrate	80.8g	29%
Dietary Fiber	2.7g	9%
Total Sugars	1.3g	
Protein	32g	

Air Fryer Mini Swedish Meatballs

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

2 slices white bread
1/2 cup of milk
8 ounces of ground beef
8 ounces of ground pork
1/4 yellow onion, grated
3/4 teaspoon of ground allspice
1 large egg
Kosher salt and freshly ground black pepper
Non-stick cooking spray, for the tray
Lingonberry jam, for serving

Directions

Place the bread in the milk in a bowl for 5 minutes.
Then remove the remaining milk and tear into smaller forms.
Place the bread in the bowl.
Add the bread to the ground beef, pork, onion, allspice, egg, salt, and pepper.
Make them into the shape of small balls.
Spray the air fryer with the non-cooking spray and heat at a temperature of 400 degrees F or 204 degrees C, then set aside.
Add the meatballs to the air fryer and cook, shaking the tray halfway through until it turns brown and tender.
Serve with the jam.

Nutrition Facts

Servings: 2

Amount per serving

Calories 469

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 5.6g 28%

Cholesterol 282mg 94%

Sodium 265mg 12%

Total Carbohydrate 9g 3%

Dietary Fiber 0.5g 2%

Total Sugars 3.9g

Protein 70.1g

Air Fryer Sesame Chicken

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

For the chicken

- 1 ½ pound boneless, skinless chicken thighs, cut into bite-size pieces
- 2 tablespoons of rice vinegar
- 1 tablespoon of soy sauce
- 2 teaspoons of minced fresh ginger
- 1 garlic of minced glove
- ¾ teaspoon of kosher salt
- ½ teaspoon of freshly ground black pepper
- 2 large eggs, beaten
- 1 cup of corn-starch

For the sauce

- ¼ cup of soy sauce
- 2 tablespoons of rice vinegar
- 1/3 cup of brown sugar
- ¼ cup of water
- 1 tablespoon of corn-starch
- 2 teaspoons of sesame oil
- 2 tablespoons of vegetable oil
- 2 garlic of minced gloves
- 1 to 2 teaspoons of chile paste (optional)
- 1 tablespoon of toasted sesame seeds

Directions

Line the air fryer basket with parchment paper.

In a medium bowl, combine the chicken, soy sauce, vinegar, ginger, garlic, salt, and pepper.

Toss to coat well.

If desired, let the chicken marinate for about 20 minutes or as long as overnight (refrigerate it if marinating longer than 20 minutes).

In a small bowl, beat the eggs.

Put the corn-starch in a separate shallow bowl.

Remove the chicken from the marinade and place it in the bowl with the beaten eggs.

Toss to coat.

Remove the chicken pieces from the eggs, a few at a time, letting the excess egg runoff.

Drop the chicken pieces into the corn starch and toss to coat them well, and then arrange them in the air fryer in a single layer (you will probably have to cook the chicken in 2 batches).

Once all of the chicken is coated and arranged in the air fryer (you will likely have to do this in 2 batches), spritz or brush the chicken with a bit of cooking oil.

Air fry the chicken at 400 degrees F or 204 degrees C, for 10 minutes until the chicken pieces are golden brown on top. Turn the chicken pieces over, spritz or brush with a bit more oil, and then cook for another 7 minutes at 400°F.

While the chicken is cooking, make the sauce.

runoff into

In a small bowl, stir together the soy sauce, vinegar, brown sugar, corn-starch, water, and sesame oil.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1018

% Daily Value*

Total Fat 50.7g 65%

Saturated Fat 12.2g 61%

Cholesterol 489mg 163%

Sodium 1695mg 74%

Total Carbohydrate 27.4g 10%

Dietary Fiber 1g 3%

Total Sugars 24.1g

Protein 106.3g

Air Fryer Chinese Chicken

Prep: 15 Minutes | Cook Time: 25-30 Minutes| Makes: 2 Servings

Ingredients

8 boneless chicken thighs

1 egg

1/2 cup corn-starch

1 tablespoon salt

Cooking oil spray

Sauce

1/2 cup of water

3 tablespoons of. less-sodium soy sauce

2 ½ tablespoons of hoisin sauce

2 tablespoons of rice vinegar

1/2 tablespoon of sesame oil

4 tablespoons of brown sugar

1 1/2 tablespoons of corn-starch

1 tablespoon of canola oil

1/4 tablespoons of minced fresh ginger

1 pressed garlic clove

1 tablespoon of green onions

Directions

Cut chicken thighs into chunks.

Whisk the egg in a small bowl

Mix corn-starch with salt in another bowl

Dip each chunk of chicken into an egg and then corn-starch.

Spray the bottom of the basket and crisper of the air fryer with cooking spray.

Add chicken chunks, leaving some space between the pieces.

You will need to cook the chicken in several batches.

It depends on the brand of the air fryer, but it will cook in about 2 – 4 batches.

Spray the chicken with cooking oil spray.

Set the air fryer to cook at 400 degrees F or 204 degrees C for 15 minutes.

After 5 minutes of cooking, shake the basket.

Cook for the remaining 10 minutes.

If the chicken is not done after 15 minutes, add about 2 – 3 minutes more.

Preparing the Sauce

Mix water, soy sauce, hoisin sauce, rice vinegar, sesame oil, brown sugar, and corn-starch in a medium bowl.

Then set it aside.

Heat the canola oil in a large frying pan.

Add ginger and garlic.

Cook on low heat for about 30 seconds, being careful not to burn it.

Add the sauce mixture.

Cook on low/medium heat for about 5 – 8 minutes until the sauce thickens, whisking often.

Add chicken to the sauce, toss it and cook for about 1 – 2 minutes until the chicken is nicely coated with the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1313

% Daily Value*

Total Fat 54.8g 70%

Saturated Fat 13.2g 66%

Cholesterol 581mg 194%

Sodium 4331mg 188%

Total Carbohydrate 27.4g 10%

Dietary Fiber 0.7g 3%

Total Sugars 23.2g

Protein 165.6g

Air Fryer Chinese Egg Rolls

Prep: 15 Minutes | Cook Time: 25-35 Minutes| Makes: 2 Servings

Ingredients

For the egg rolls:

1 tablespoon of olive oil
1 pound ground pork or chicken
1 clove garlic, minced
1 tablespoon of grated fresh ginger
1 medium carrot, shredded
3 chopped scallions
3 cups of shredded green cabbage
1 tablespoon of soy sauce
1 tablespoon of rice wine vinegar
12 egg roll wrappers
Oil, for brushing

For dipping:

Duck sauce
Plum sauce
Soy sauce

Direction

Cook the filling:

In a large skillet over medium heat, add the olive oil along with the ground pork or chicken.

Break apart the meat with a spatula or wooden spoon as it cooks.

Cook until the meat is cooked through, 6 to 8 minutes.

Add garlic, ginger, carrot, scallions, and cabbage.

Continue to cook until cabbage wilts down and is soft, another 3 to 4 minutes, stirring regularly.

Season the filling with soy sauce and rice wine vinegar and take off the heat to cool.

Assemble the egg rolls:

Place a single egg roll wrapper on a dry surface with one point of the square facing you (like a diamond).

Place about 1/4 cup of the egg roll filling mixture in the middle of the wrapper.

Dip the fingers in water and run around the edges of the wrapper.

Then fold the edges of the wrapper over the center and start rolling the egg roll away from you to form a tight cylinder.

Place on a plate and repeat until you are out of filling.

You should get at least a dozen egg rolls.

Air fry the egg rolls:

Place the egg rolls in the basket of the air fryer.

Spray or brush them lightly with oil.

Add as many as you can without stacking the egg rolls, making sure they don't touch.

Air needs to circulate around them.

Brush the egg rolls lightly with oil.

Place the basket in the air fryer and turn the air fryer to 400 degrees F or 204 degrees C. Cook for

5Minutes

Then flip the egg rolls, spray or brush with oil a second time on the bottom side, and cook for another 4 to 5 minutes.

Finished egg rolls should be golden brown and crispy! Serve immediately.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1010

% Daily Value*

Total Fat 18.2g 23%

Saturated Fat 4.3g 22%

Cholesterol 183mg 61%

Sodium 1723mg 75%

Total Carbohydrate 124.9g 45%

Dietary Fiber 7.9g 28%

Total Sugars 5.6g

Protein 81g

Air Fryer Chinese Sweet and Sour Pork

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1 ½pound pork cutlets, cut into bite-sized pieces

3 tablespoons of corn-starch

1 teaspoon sesame oil

Non-stick cooking spray

Sauce:

¼ cup of white sugar

¼ cup of rice vinegar

4 tablespoons of ketchup

2 tablespoons of soy sauce

Directions

Place pork, corn-starch, and sesame oil in a bowl and toss to coat. Let sit for 5 minutes.

Meanwhile, preheat the air fryer to 400 degrees F or 204 degrees C.

Spray the basket of the air fryer with cooking spray. Place pork in the basket of the air fryer and spray the top of pork with cooking spray.

Shake the basket and cook pork until desired crispness, about 20 minutes more.

While the pork is cooking, combine sugar, vinegar, ketchup, and soy sauce in a saucepan over medium-high heat.

Whisk constantly until sugar is dissolved and the mixture comes to a boil. Reduce heat to low and keep sauce warm until ready to use.

Transfer pork to a bowl. Pour sauce on top of the pork and toss to coat.

Nutrition Facts

Servings: 2

Amount per serving

Calories 334

% Daily Value*

Total Fat 6.4g 8%

Saturated Fat 1.7g 8%

Cholesterol 83mg 28%

Sodium 1301mg 57%

Total Carbohydrate 33.8g 12%

Dietary Fiber 0.2g 1%

Total Sugars 32.1g

Protein 31.2g

Air Fryer Korean Chicken Wings | Asian Air Fryer

Prep: 15 Minutes | Cook Time: 20-25 Minutes| Makes: 2 Servings

Ingredients

12 chicken wings Marinade
2 tablespoons of rice wine
1 tablespoon of onion powder
1 tablespoon of garlic powder
½ tablespoon of ginger powder
1 tablespoon of salt
pepper
Sauce
1 tablespoon of gochujang
2 tablespoons of brown sugar
2 tablespoons of ketchup
1 tablespoon of soy sauce
1 tablespoon of minced garlic
½ tablespoon of sesame oil
sesame seeds for garnish

Instructions

To prepare the chicken wings, you will need to marinate them in rice wine, onion powder, garlic powder, ginger powder, salt, and pepper.

Preheat the air fryer at 400 degrees F or 204 degrees C and cook the wings for 10 minutes on each side, a total of 20 minutes

While the chicken is cooking, prepare the spicy sauce by mixing ketchup, Korean chili paste or gochujang, brown sugar, soy sauce, minced garlic, and sesame oil.

Slowly heat the sauce in a small pot and cook until thick.

Once the air fryer Korean chicken wings are done, baste them with the sauce, and it is ready to serve.

You can have them on their own or have them with a side of rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 175

% Daily Value*

Total Fat 3.6g 5%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 1775mg 77%

Total Carbohydrate 34.4g 13%

Dietary Fiber 1g 4%

Total Sugars 24.6g

Protein 2.2g

Air Fryer Southern Fried Chicken

Prep: 15 Minutes | Cook Time: 35-40 Minutes| Makes: 2 Servings

Ingredients

- 4 pounds whole fryer chicken (Divided into 8 pieces)
- 3 cups of buttermilk divided
- ¼ cup of hot sauce
- ½ tablespoon of seasoned salt divided
- 2 tablespoons of freshly ground black pepper divided
- 3 cups of all-purpose flour
- ½ cup of corn-starch
- 1 tablespoon of granulated garlic or garlic powder
- 1 tablespoon of onion powder
- 1 tablespoon of paprika
- 3 large eggs
- vegetable oil spray or cooking spray

Directions

Season chicken pieces on all sides with 1 tsp seasoned salt and ½ tsp black pepper.

Place into an oblong baking dish.

Whisk together 2 ½ cups buttermilk and hot sauce, pour over chicken. Turn to coat.

Chill for at least 4 hours or overnight, turning once.

Remove chicken from buttermilk; discard marinade.

On a plate, sift together the flour, corn-starch, 2 tsp seasoned salt, 1 tsp black pepper, garlic powder, onion powder, and paprika.

In a large shallow bowl, whisk together eggs, ½ tsp salt, ½ tsp black pepper, ½ cup buttermilk.

Dredge chicken pieces in flour mixture, into egg wash and then into flour again. Arrange on a baking sheet.

Let stand for 15 minutes to set the bread.

To fry:

Spray basket of air fryer liberally with cooking spray.

You may also brush with oil.

Preheat the air fryer to 400 degrees F or 204 degrees C for 3 minutes.

(Tip: If using Spray chicken pieces liberally on all sides with oil taking care to leave no dry flour spots.

Arrange chicken in an air fryer, leaving space between pieces for air to circulate.

Cook for 15 minutes.

Gently turn pieces taking care not to disturb breading.

Spray any dry spots with additional oil if needed, and continue to cook for another 10-15 minutes or until an internal temperature of 165°F is reached.

To keep chicken pieces warm between batches:

Preheat the air fryer to 400 degrees F or 204 degrees C.

Prepare a rimmed baking sheet with an air fryer-safe baking rack.

Place fried chicken on the rack.

Let chicken rest 5 minutes, then serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 2300

% Daily Value*

Total Fat 93g 119%

Saturated Fat 24.7g 123%

Cholesterol 976mg 325%

Sodium 3026mg 132%

Total Carbohydrate 169.5g 62%

Dietary Fiber 7.1g 25%

Total Sugars 21.7g

Protein 195.1g

Southern Baked Mac and Cheese

Prep: 15 Minutes | Cook Time: 35Minutes| Makes: 2 Servings

Ingredients

Kosher salt

1 pound of elbow macaroni

5 large eggs

3 1/2 cups of heavy cream

2 1/2 teaspoons of Cajun seasoning

1/2 teaspoon of ground mustard

1/4 teaspoon of ground nutmeg

1 pound of sharp Cheddar, shredded

1 pound of whole-milk mozzarella, shredded

1 pound of Gouda, shredded

Directions

Preheat the air fryer to 400 degrees F or 204 degrees C.

Bring a large pot of salted water to a boil.

Cook the macaroni according to the package directions until 3 minutes less than fully cooked.

Drain and rinse under cold water until cooled; drain well.

Add the cooked pasta back to the pot.

Put the eggs, heavy cream, Cajun seasoning, ground mustard, nutmeg, and a big pinch of salt in a medium bowl and whisk to combine.

Pour over the cooked pasta and stir to combine.

Toss together the Cheddar, mozzarella, and Gouda in a large bowl.

Add the cheeses to the pot and stir to combine evenly.

Transfer the mixture to a baking dish.

Bake in an air fryer until the center of the mac and cheese is set and the top is golden brown, 25 minutes.

Let cool for about 10 minutes before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 5188

% Daily Value*

Total Fat 438g 561%

Saturated Fat 268.1g 1341%

Cholesterol 1985mg 662%

Sodium 2098mg 91%

Total Carbohydrate 200.1g 73%

Dietary Fiber 7.4g 27%

Total Sugars 9.4g

Protein 125.1g

Air Fryer Fried Chicken KFC Copycat

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

Here are the ingredients required to make the Air Fryer Fried Chicken KFC Copycat

10 chicken drumsticks or thighs

1 cup of buttermilk

2 eggs

2 cups of flour

2/3 teaspoon of salt

Half teaspoon of thyme

1/2 teaspoon of basil

1/3 teaspoon of oregano

1 teaspoon of celery salt

Black pepper, to taste

1teaspoon of dried mustard

4 teaspoons of paprika

2 teaspoons of garlic salt

1 teaspoon of ground ginger

3 teaspoons of white pepper

Instructions

Here are the steps to be followed:

Soak the chicken legs in buttermilk for up to 24 hours before starting this recipe.

Beat the eggs in one bowl and the flour and spices in a second bowl.

Stir the spices well into the flour and beat the eggs.

Place an air fryer-safe cooling rack over top of a baking sheet.

Remove chicken one piece at a time from the buttermilk.

Dredge each chicken leg in the flour, then the eggs, and then the flour once again.

Place the coated drumstick on the cooling rack and repeat with the remaining chicken.

Preheat the Air Fryer to 400 degrees F or 204 degrees C.

Place Parchment round in the bottom of the air fryer, so the chicken doesn't stick to the bottom.

Lay chicken in a single layer in Ninja Foodie or Air Fryer, so the pieces aren't touching.

Air Fry for 20 minutes. Flip over.

If there are any dry spots where the flour is showing, you can spritz with olive oil.

Fry for another 5 minutes.

Check that the internal temperature is 165°.

If not, then cook for 5 minutes at a time until done.

Enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 992

% Daily Value*

Total Fat 21g 27%

Saturated Fat 5.8g 29%
Cholesterol 371mg 124%
Sodium 1160mg 50%
Total Carbohydrate 108.1g 39%
Dietary Fiber 6g 21%
Total Sugars 7.9g
Protein 87.5g

Deep-Fried & Air fryer Fried Chicken

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

2 cups buttermilk

1 pound chicken

2 eggs

2 cups almond flour

1 teaspoon of poultry seasoning

Directions:

6+ cups oil of choice (peanut or vegetable oil) (for deep frying version)

Preheat the air fryer to 400 degrees F or 204 degrees C.

Soak the chicken legs in buttermilk for up to 24 hours before starting this recipe.

Break the eggs in one bowl and the flour and spices in a second bowl.

Stir the seasoning well into the flour and beat the eggs.
Remove chicken one piece at a time from the buttermilk.
Dredge each chicken leg in the flour, then the eggs, and then the flour once again.
Place the coated drumstick on the cooling rack and repeat with the remaining chicken.
Add it to the air fryer and cook for 25 minutes.
Serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 515

% Daily Value*

Total Fat 13.7g 18%

Saturated Fat 4.8g 24%

Cholesterol 353mg 118%

Sodium 227mg 10%

Total Carbohydrate 13.3g 5%

Dietary Fiber 0g 0%

Total Sugars 12.3g

Protein 79.3g

Air Fryer Pork Chops with Mustard Chimichurri Sauce

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 bone-in pork chops (1 1/4" to 1 1/2" thick, about 1 lb each)

1 tablespoon of kosher salt

1 tablespoon of black pepper

1 tablespoon of butter (melted, or olive oil)

For the mustard chimichurri sauce

1/2 cup olive oil

1 tablespoon of lime juice

1 tablespoon of whole-grain Dijon mustard

1 tablespoon of honey

1 tablespoon of fresh parsley (finely chopped)

1 tablespoon of fresh cilantro (finely chopped)

1 tablespoon of red onion (finely chopped)

1 clove garlic (pressed)

1/2 tablespoon of kosher salt (plus more to taste)

1/4 tablespoon of black pepper (plus more to taste)

Instructions

To prepare chimichurri sauce, place all of the ingredients in a small bowl and mix well.
Refrigerate until ready to serve.
Pat the pork chops dry with paper towels.
Make small cuts along the fatty edge about 1-2 inches apart.
Season with salt and pepper on both sides.
Transfer to a plate and refrigerate uncovered for a few hours or overnight.
Straight from the fridge, place the pork chops on the air fryer rack and brush with melted butter.
Cook at 400 degrees F or 204 degrees C for about 20 minutes, or until the internal temperature reaches 140F.
Do not flip or rotate.
Remove pork chops from the air fryer, allow the chops rest for 5 minutes, and serve with chimichurri sauce and the favorite side dish.

Nutrition Facts

Servings: 2

Amount per serving

Calories 784

% Daily Value*

Total Fat 76.2g 98%

Saturated Fat 18.3g 92%

Cholesterol 84mg 28%

Sodium 3589mg 156%

Total Carbohydrate 11.8g 4%

Dietary Fiber 1.1g 4%

Total Sugars 8.9g

Protein 18.7g

Crispy Air Fryer Okra with Creole Seasoning

Prep: 15 Minutes | Cook Time: 16-20 Minutes| Makes: 2 Servings

Ingredients

Okra:

1/2 pound of fresh okra
1/2 cup of whole milk
1/2 cup of all-purpose flour
1/2 teaspoon of paprika
1/2 teaspoon of dried thyme
1/2 teaspoon of kosher salt
1/4 teaspoon of garlic granules
1/4 teaspoon of onion granules
1/4 teaspoon of dried oregano
1/4 teaspoon of freshly ground black pepper
Pinch ground white pepper
Pinch cayenne
Non-stick cooking spray

Sauce:

1/2 cup of mayonnaise
1 tablespoon of hot sauce
1/2 the zest of a small lemon
1 teaspoon of lemon juice

Instruction

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For the okra:

Slice off the tops (stem ends) of the okra pods.

Then slice them in half lengthwise, so you get two long okra halves from each pod.

Place in a medium bowl, pour in the milk and toss to coat.

Combine the flour, paprika, thyme, salt, garlic granules, onion granules, oregano, black pepper, white pepper, and cayenne in a large bowl and whisk to combine.

Preheat an air fryer to 400 degrees F or 204 degrees C and set for 15 minutes.

Drain excess milk from the okra and toss the okra in the flour and spice mix to evenly coat.

The okra should look dry and be thoroughly coated.

Place the individual coated okra pieces flat on a cutting board, shaking any excess flour back into the bowl.

Spray each piece with cooking spray until the flour on the okra looks slightly wet.

Remove the air fryer tray from the air fryer and place the okra sprayed-side down in the tray.

Be sure that the okra pieces are not overlapping (work in 2 batches if necessary).

Spray the other side of the okra with cooking spray.

Place the tray in the air fryer and cook the okra until it is golden brown and crunchy for about 8 minutes.

You do not want any parts of the okra to look dry or ashy, so about halfway through the cooking time, gently shake and toss the okra and spray them again with cooking spray.

Meanwhile, for the sauce: Stir the mayonnaise, hot sauce, lemon zest, and lemon juice together

in a small bowl.
Serve the okra hot with the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 430

% Daily Value*

Total Fat 22.3g 29%

Saturated Fat 4.2g 21%

Cholesterol 21mg 7%

Sodium 1223mg 53%

Total Carbohydrate 50.2g 18%

Dietary Fiber 5g 18%

Total Sugars 8.9g

Protein 8.1g

Air Fryer Coconut, Caramel, Peanut Butter S'mores

Prep: 15 Minutes | Cook Time: 6-8 Minutes| Makes: 2 Servings

Ingredients

1 marshmallow of a regular size

1 sheet of honey graham cracker, halved crosswise into 2 squares

1 1/2 teaspoons of sweetened coconut chips

One 0.375-ounce square milk chocolate

1/2 teaspoon of peanut butter

1/4 teaspoon of caramel sauce

Directions

Preheat the air fryer at a temperature of 400 degrees F or 204 degrees C and set aside.

Put the marshmallow in the air fryer for about 3 minutes.

Put the graham cracker squares hole-side down on a plate.
Add some coconut chips to one graham square, then some chocolate on top.
Spread the peanut butter on the remaining plain one.
After 2 minutes, put the graham squares inside the air fryer.
Roll the marshmallow onto the one with the peanut butter and cook for a minute.
Place the graham squares on a plate with a spatula carefully, leaving no chocolate chips around.
Add some caramel to the chocolate and coconut chips
Then sandwich them before the s'more turns cold.

Nutrition Facts

Servings: 2

Amount per serving

Calories 71

% Daily Value*

Total Fat 1.4g 2%

Saturated Fat 0.3g 1%

Cholesterol 0mg 0%

Sodium 52mg 2%

Total Carbohydrate 6.6g 2%

Dietary Fiber 0.3g 1%

Total Sugars 2.5g

Protein 0.8g

Baked Walleye

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

2 pounds Walleye Fillets

½ cup Onion, chopped

1 tablespoon of olive oil

1/2 teaspoon of salt

1/4 teaspoon of Morton's Seasoning Blend

Directions

Gather all of the ingredients to make the air fryer-baked walleye.

Preheat the air fryer to 400 degrees F or 204 degrees C.

Using a standard baking sheet, cut a piece of foil that is double the size of the sheet pan.

Cover the sheet pan with ½ of the foil so that the shiny side is down and the dull side of the foil is up.

The idea of this is to be able to fold the other ½ of the foil over the fish and seal to cook.

Spread the olive oil on the sheet pan foil.

Sprinkle some of the seasoned salt and pepper onto the oiled foil.

Lay the walleye fillets in a single layer on top of the seasoned oil, making sure that you are doing this on the sheet pan.

Lightly season the fish fillets one last time.

Slice the onion into thin rings, separate the rings, and place them onto the top of the walleye fillets.

Fold the foil over so that you are completely covering the fish.

Roll the foil ends together, starting with the opposite side of the folded foil.

Then roll both the end sides to completely seal the fish into the foil pouch.

With a sharp knife, gently poke a few holes into the top of the foil pouch.

Make sure not to puncture the bottom of the foil.

How Long to Bake Walleye?

Place the sheet pan into the preheated air fryer and bake for 25 minutes.

Serve once done.

Nutrition Facts

Servings: 2

Amount per serving

Calories 568

% Daily Value*

Total Fat 13.1g 17%

Saturated Fat 1g 5%

Cholesterol 263mg 88%

Sodium 306mg 13%

Total Carbohydrate 5.1g 2%

Dietary Fiber 1.2g 4%

Total Sugars 2.3g

Protein 105.9g

Vegan Air Fryer Taquitos

Prep: 15 Minutes | Cook Time: 35-40 Minutes| Makes: 2 Servings

Ingredients

1 large russet potato, peeled
1 teaspoon of plant-based butter
2 tablespoons of diced onions
1 clove garlic, minced
¼ cup of plant-based butter
2 tablespoons of unsweetened, plain almond milk
salt and ground black pepper to taste
6 corn tortillas
avocado oil cooking spray

Direction

Place the potato into a saucepan and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.

While the potato is boiling, melt 1 teaspoon of plant-based butter in a skillet and saute onions until soft and translucent, 3 to 5 minutes. Add garlic and cook until fragrant, about 1 minute. Set aside

Drain the potato and transfer it to a bowl. Pour in 1/4 cup plant-based butter and almond milk, season with salt and pepper, and mash. Mix in onion and garlic until well combined.

Heat tortillas in a skillet or directly on the grates of a gas stove until soft and pliable. Place 3 tablespoons of potato mixture down the center of each tortilla, fold over, and roll up.

Preheat an air fryer to 400 degrees F or 204 degrees C.

Place taquitos in the air fryer basket, making sure they are not touching, and mist with avocado oil. Cook in batches if necessary.

Air fry until taquitos are golden brown and crispy, 6 to 9 minutes. Turn taquitos over, mist with avocado oil, and air fry for 3 to 5 minutes more.

Nutrition Facts

Servings: 2

Amount per serving

Calories 584

% Daily Value*

Total Fat 13.4g 17%

Saturated Fat 3.6g 18%

Cholesterol 0mg 0%

Sodium 46mg 2%

Total Carbohydrate 66.6g 24%

Dietary Fiber 9.2g 33%

Total Sugars 3g

Protein 18.7g

Air Fryer Turkey Fajitas

Prep: 15 Minutes | Cook Time: 25-30 Minutes| Makes: 2 Servings

Ingredients

1 tablespoon of chili powder
1 tablespoon of ground cumin
½ tablespoon of paprika
½ tablespoon of dried Mexican oregano
1 teaspoon of freshly ground black pepper
1 teaspoon of garlic powder
½ teaspoon of onion powder
2 limes, divided
1-pound skinless, boneless turkey breast, cut into 1/2-inch-thick slices
1 ½tablespoon of vegetable oil, divided
1 large red bell pepper, sliced into strips
1 medium yellow bell pepper, sliced into strips
1 large red onion, halved and sliced into strips
n1 jalapeno pepper, seeded and chopped, or more to taste
¼ cup chopped fresh cilantro

Directions

Mix chili powder, cumin, paprika, oregano, pepper, garlic powder, and onion powder together in a small bowl.

Squeeze the juice of 1 lime over the turkey breast.

Sprinkle seasoning mixture over the meat.

Add 1 tablespoon of oil.

Toss to coat and set aside.

Place bell peppers and onion into a bowl and cover with remaining oil. Toss to coat.

Preheat an air fryer to 400 degrees F or 204 degrees C , according to the manufacturer's instructions.

Cook the bell peppers and onion in the preheated air fryer for 8 minutes.

Shake and cook for another 5 minutes.

Add jalapenos. Cook for 5 minutes.

Open the basket, shake, and place turkey strips in one single layer on top of the vegetables. Close the basket and cook, 7 to 8 minutes.

Open, shake the basket to distribute mixture, and continue to cook until turkey strips are a bit crispy and no longer pink in the centers and peppers are tender, about 5 minutes more.

Remove the basket and place the fajitas in a bowl or on a platter.

Top with cilantro and squeeze juice of remaining lime over.

Nutrition Facts

Servings: 2

Amount per serving

Calories 373

% Daily Value*

Total Fat 10g 13%

Saturated Fat 3.3g 16%
Cholesterol 132mg 44%
Sodium 130mg 6%
Total Carbohydrate 18.8g 7%
Dietary Fiber 5.6g 20%
Total Sugars 7.3g
Protein 53.8g

Air Fryer Tacos de Papa

Prep: 15 Minutes | Cook Time: 5-15 Minutes| Makes: 2 Servings

Ingredients

2 cups of water
1 (4 ounces) package instant mashed potatoes
½ cup of shredded Cheddar cheese
1 green onion, chopped
½ teaspoon ground cumin
10 corn tortillas
1 serving non-stick cooking spray
½ cup of salsa verde
¼ cup of crumbled cotija cheese

Directions

Heat water in a medium saucepan to boiling.

Remove from the heat and stir in instant mashed potatoes.

Mix thoroughly with a fork to moisten all potatoes and let stand for 5 minutes.

Stir in Cheddar cheese, green onion, and cumin.

Preheat an air fryer to 400 degrees F or 204 degrees C.

Wrap tortillas in a damp paper towel and microwave on high until warm, about 20 seconds.

Spread 1 tablespoon potato mixture in the center of a tortilla and fold over to make a taco. Repeat with remaining tortillas.

Working in batches, place tacos in the basket of an air fryer.

Spray the tops with cooking spray and cook until crispy, about 5 minutes.

Transfer to a serving platter and repeat to cook the remaining tacos.

Drizzle salsa verde over tacos and top with cotija cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 596

% Daily Value*

Total Fat 13.3g 17%

Saturated Fat 6.6g 33%

Cholesterol 30mg 10%

Sodium 642mg 28%

Total Carbohydrate 103.3g 38%

Dietary Fiber 11.8g 42%

Total Sugars 4.2g

Protein 19.6g

Air Fryer Shrimp "Boil"

Prep: 15 Minutes | Cook Time: 20-25 Minutes| Makes: 2 Servings

Ingredient

1 pound baby red potatoes
¼ cup of water
8 ounces Cajun-style andouille sausage, sliced
1 ear corn, sliced in half lengthwise and cut into 2-inch pieces
1 medium onion, sliced into petals
4 tablespoons of olive oil, divided
3 teaspoons of seafood seasoning divided
1 pound of large raw shrimp, peeled and deveined
1 lemon, cut into wedges

Direction

Preheat the air fryer to 400 degrees F or 204 degrees C.
Place potatoes in a microwave-safe bowl.
Add water and microwave on high for 5 minutes.
Run the bowl under cold water until potatoes are cool enough to touch.
Slice potatoes in half lengthwise and place in a large bowl.
Add sausage, corn, and onion. Mix in 3 tablespoons olive oil and 2 teaspoons seafood seasoning; stir to coat.
Place shrimp in a separate bowl and add the remaining 1 tablespoon olive oil and 1 teaspoon seafood seasoning; stir to coat.
Place 1/2 of the potato mixture in the basket of the air fryer and cook for 10 minutes. Stir and cook for another 5 minutes. Add 1/2 of the shrimp and cook until potatoes are tender, sausage is cooked through, shrimp are bright pink on the outside, and meat is opaque for about 5 more minutes. Transfer to a serving plate and repeat with remaining potato mixture and shrimp. Serve with lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1026

% Daily Value*

Total Fat	61.4g	79%
Saturated Fat	14.6g	73%
Cholesterol	419mg	140%
Sodium	1170mg	51%
Total Carbohydrate	51.9g	19%
Dietary Fiber	9g	32%
Total Sugars	4.8g	
Protein	73.5g	

Air Fried Fish Sinigang sa Miso

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

2 pieces of cleaned tilapia
40 grams of Knorr Sinigang sa Sampaloc Recipe mix
¼ cup oof miso
1 bunch mustard leaves
8 pieces of okra
1 piece of yellow onion wedged
6 ounces of daikon radish sliced
2 pieces of tomato wedged
4 pieces of long green chili
6 to 8 cups of water
1/2 teaspoon of ground black pepper
1 ½ teaspoon of cooking oil
1 teaspoon of salt
Fish sauce to taste

Instructions

Create slits on both sides of the fish. Rub salt all over and then rub the cooking oil.
Use an air fryer to cook the fish. Air fry each side at 400 degrees F or 204 degrees C F for 10 minutes.

Remove and let it cool down.

Pour water into a cooking pot. Let it boil.

Add onion, tomato, daikon radish, and miso. Let the water- re-boil.

Put the fish into the pot. Let it cook for 2 minutes after the water re-boils.

Add Knorr Sinigang Recipe Mix. Stir.

Put the okra and long green peppers into the pot. Cover and cook in medium heat for 5 minutes.

Add the mustard leaves and then season with fish sauce and ground black pepper. Cover and cook for 3 minutes.

Transfer to a serving bowl. Serve.

Share and enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories 36

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Cholesterol 2mg 1%

Sodium 23mg 1%

Total Carbohydrate 0.6g0%

Dietary Fiber 0.3g 1%

Total Sugars 0.1g

Protein 0.8g

Air Fryer Rack of Lamb with Roasted Garlic Aioli

Prep: 15 Minutes | Cook Time: 22 Minutes | Makes: 2 Servings

Ingredients

Rack of lamb:

One 8-rib rack of lamb, frenched (1 1/4 to 1 1/2 pounds)
3 tablespoons of extra-virgin olive oil
Kosher salt and freshly ground black pepper
1/2 cup of grated Parmesan
1/3 cup of Panko breadcrumbs
1 large of clove garlic, grated
1 teaspoon of finely chopped fresh thyme
1 teaspoon of finely chopped fresh rosemary
Non-stick cooking spray, for the air-fryer basket and lamb

Aioli:

6 large cloves garlic (unpeeled)
2 tablespoons of olive oil
1/2 cup of mayonnaise
1 teaspoon of lemon zest plus 2 teaspoons fresh lemon juice
1 1/2 teaspoons of Worcestershire sauce
Kosher salt and freshly ground black pepper

Directions

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Rub the rack of lamb on both sides with 1 tablespoon of olive oil, then season with 2 teaspoons salt and several grinds of pepper.

Set aside on a large plate.

Combine the Parmesan, Panko, remaining 2 tablespoons olive oil, grated garlic, thyme, and rosemary in a large shallow bowl or pie plate.

Add the lamb and firmly press the Parmesan mixture onto the meat in an even layer.

For the aioli:

Place the unpeeled garlic cloves on a piece of aluminum foil, then add the olive oil, a pinch of salt, and several grinds of pepper.

Fold the sides of the foil upwards and seal into a pouch.

Preheat an air fryer to 400 degrees F or 204 degrees C, then spray the basket with cooking spray.

Place the lamb, fat side up, and the garlic pouch into the basket.

Spray the top of the lamb with cooking spray.

Air-fry the lamb until the crust is crisp and deep golden brown and the meat is desired doneness, about 18 minutes for medium-rare, 20 minutes for medium-rare, and 22 minutes for medium-well. *(The garlic can cook for the same time as the lamb.)*

Transfer the lamb to a cutting board, cover loosely with foil, and allow to rest for 10 minutes.

Meanwhile, carefully open the foil packet. Squeeze out the tender cloves of garlic into a medium bowl and mash with the olive oil from the pouch until smooth.

Mix in the mayonnaise, lemon zest and juice, and Worcestershire to combine.

Season it with salt and pepper. Set it aside.

Once the lamb has rested, slice between the bones into individual chops and serve warm with the aioli.

Nutrition Facts

Servings: 2

Amount per serving

Calories 891

% Daily Value*

Total Fat 73.1g 94%

Saturated Fat 21.7g 109%

Cholesterol 120mg 40%

Sodium 1364mg 59%

Total Carbohydrate 27.4g 10%

Dietary Fiber 1g 4%

Total Sugars 6.3g

Protein 37.6g

Air fried Cheesy Chicken Sausage

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

17 ounces Minced Chicken
4 ounces corn kernels (roundly chopped)
1 Zucchini (grated)
1 Small Carrot (grated)
2/3 cup Cheddar Cheese (grated)
1/3 cup breadcrumbs
1 ½ tablespoon Vegemite Squeeze
1 Green onion (chopped)
1 Clove of garlic (crushed)
3 sheets puff pastry (partially thawed)
1 egg (lightly beaten)
Sesame seeds
Sweet chili sauce

Directions

Take a large mixing bowl and mix the corn kernels, minced chicken, cheddar cheese, carrots, breadcrumbs, Vegemite squeeze, the green onions, and the garlic. Also, season it with salt and pepper to the taste.

Take the pastry and put it over a flat surface. Take about 1/3 cup of the mixture and place it on the long side of the pastry, brush the edges with an egg mixture and roll it off from both sides. Make sure to trim all the edges and cut the pastry into 4 equal sides. Make more pastry rolls with the remaining mixture.

Before frying the rolls in the air fryer, brush a little bit of egg on top and add some sesame seeds. Make sure to line the bottom of the air fryer with baking paper while leaving about 1 cm of space for the circulation of the air. For Cook Time, set the temperature of the air fryer to about 400 degrees F or 204 degrees C, and let them cook for about 13 to 15 minutes or until they turn golden brown.

Once they are cooked, let them sit for about 5 minutes and serve them a dip of your choice, like sweet chili sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 911

% Daily Value*

Total Fat 26.7g 34%

Saturated Fat 11.5g 58%

Cholesterol 307mg 102%

Sodium 623mg 27%

Total Carbohydrate 77.9g 28%

Dietary Fiber 11.1g 40%

Total Sugars 14.6g

Protein 95.9g

Zucchini fries with some tahini dip

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

¼ cup polenta
¼ cup Parmesan (finely grated)
½ teaspoon lemon rind
1 egg
17 ounces zucchini (cut into fries shape)
1 tablespoon tahini
1 ½ tablespoon lemon juice
2 tablespoons Greek yogurt
1 tablespoon Olive oil
1 Clove of garlic (crushed)

Directions

Before starting, make sure to preheat the air fryer to around 350 degrees F or 170 degrees C. Start by mixing the polenta, parmesans, and rind in a large mixing bowl. Also, Season it with some salt and pepper to the taste. Take another large bowl and beat the eggs in it lightly. Add the zucchini to the beaten eggs and beat them until they are properly coated with the egg throughout. Make sure to leave the extra egg inside the bowl. Once the zucchini is coated with eggs, put them in the polenta mixture and give them a good toss until the zucchini is coated throughout. When that is done, transfer the zucchini fries to the air fryer basket and fry them in it for about 10 to 12 minutes, shaking the basket throughout the Cook process. You will know the zucchini fries are cooked properly when they are golden brown and very tender. While the fries are being cooked, take a medium-sized mixing bowl and add the lemon juice and tahini sauce in it. Start whisking this and add 1 tablespoon of water and oil. Mix for some more time, and then add the yogurt and garlic. Also, add salt and pepper to the taste. For the serving, you can serve the fries with some tahini dip or a dip of your choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1175

% Daily Value*

Total Fat 45.1g 58%

Saturated Fat 15.9g 80%

Cholesterol 307mg 102%

Sodium 749mg 33%

Total Carbohydrate 99.1g 36%

Dietary Fiber 12.3g 44%

Total Sugars 15.9g

Protein 99.8g

Air fryer fried rice

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

10 ounces chicken tenderloins
4 strips of bacon
15 ounces long grain rice (packet microwave)
2 tablespoons oyster sauce
2 tablespoons light soy sauce
1 teaspoon sesame oil
3 teaspoons Ginger (finely grated)
2 eggs (whisked lightly)
¾ cups frozen peas
2 shallots (sliced)
1 red chili (thinly sliced)
Oyster sauce

Directions

Before starting, make sure the air fryer is preheated to about 350 degrees F or 170 degrees C. Then add the chicken and bacon to the air fryer rack and let them cook for about 8 minutes. Once the chicken and bacon are cooked, let them rest for some time so they can cool down. Once the chicken and bacon have cooled down, slice them into pieces.

While the chicken is being cooked, separate the rice in the packet and microwave them for about 1 minute or as much as the packet instruction. Once it is cooked, transfer it to a high-sided air fryer-proof dish and add the oyster sauce, soy sauce, ginger, sesame oil, ginger, and a tablespoon of water. Mix everything until it becomes a well-incorporated mixture.

Once everything is mixed thoroughly, place the dish in the air fryer and let it cook for about 5 minutes. Halfway the cooking, add the egg, mix it inside, add the peas, the chicken, and the bacon, cook it for another 3 minutes, so the egg inside gets cooked properly. Put in the shallots and season with some salt and pepper to the taste.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1215

% Daily Value*

Total Fat 27.4g 35%

Saturated Fat 8.4g 42%

Cholesterol 176mg 59%

Sodium 33739mg 1467%

Total Carbohydrate 287.4g 105%

Dietary Fiber 6.5g 23%

Total Sugars 67.3g

Protein 58.8g

Air fried Crispy mushrooms

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

2 tablespoons flour
1 egg
1 tablespoon milk
2 ounces southern fried chicken coating mix
7 ounces button mushrooms
Spray oil

For the dipping sauce

1 cup Greek yogurt
1 Lebanese cucumber (grated)
Juice of one lemon

Directions

Start by making a breading station. For that, take a shallow bowl and add the flour to it. Take another similar bowl and add the coating mixture. In the third bowl, add the beaten egg and the milk. Start by tossing the mushrooms in the flour, making sure to shake off the excess, and then give it a coating of the egg mixture. Finally, coat the mixture with the fried chicken coating. Put the mushrooms inside the air fryer and spray a little oil on them. Fry them for 10 to 12 minutes for 400 degrees F or 204 degrees C until they turn golden brown throughout. While the mushrooms are Cook Time, you can start making the dipping sauce. For that, mix all the dipping ingredients in a mixing bowl and season it with some salt and pepper.

Nutrition Facts

Servings: 2

Amount per serving

Calories 111

% Daily Value*

Total Fat 3.2g 4%

Saturated Fat 0.9g 5%

Cholesterol 82mg 27%

Sodium 44mg 2%

Total Carbohydrate 15.3g 6%

Dietary Fiber 2g 7%

Total Sugars 4.8g

Baked Chat potato with roasted garlic aioli

Prep: 15 Minutes | Cook Time: 45 Minutes| Makes: 2 Servings

Ingredients

17 ounces baby potatoes
2 tablespoons olive oil
1 teaspoon paprika
Salt and pepper (to taste)
1 whole garlic head
 $\frac{3}{4}$ cup whole egg mayonnaise

Directions

Start by preheating the air fryer to about 350 degrees F or 170 degrees C

Take a large mixing bowl and mix the olive oil, paprika, salt and pepper. Put the potatoes inside the mixture and toss to coat the potatoes completely. Shift the coated potatoes on a dish lined with baking paper.

Take the garlic and halve it from the middle and drizzle some olive oil on it. Put the garlic in the baking dish and bake the potatoes and garlic for about 45 minutes or until they turn golden brown. Once they are done, let them rest for some time after taking them out.

Once the garlic has cooled off, take it out of the skin and put it in a small bowl. Mash it using a fork and add the mayonnaise until it is combined thoroughly.

For serving, serve the potatoes with some aioli.

Nutrition Facts

Servings: 2

Amount per serving

Calories 613

% Daily Value*

Total Fat 43.8g 56%

Saturated Fat 6.4g 32%

Cholesterol 23mg 8%

Sodium 652mg 28%

Total Carbohydrate 53.2g 19%

Dietary Fiber 6.5g 23%

Total Sugars 5.8g

Protein 7.4g

Air fried Mozzarella Chips

Prep: 1 hour 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

2 tablespoons flour
3 teaspoons garlic powder
2 eggs
2/3 cups breadcrumbs
¼ cup cornflake
20-ounce mozzarella block
Olive oil (for spraying)
1 avocado (chopped roughly)
1/3 cups lemon juice
¼ cup Greek yogurt
2 tablespoons basil
1 green onion (chopped roughly)

Directions

For the dipping sauce:

Put the avocado, lemon juice, yogurt, pesto, and onion with some salt and pepper in a food processor and pulse it until the mixture becomes smooth and combines to form a homogeneous mixture. Put it in the fridge and let it sit there until needed.

Take a big tray and line it with a baking sheet. Then you will need to make a breading station.

For that, take a shallow bowl and put some garlic powder and flour in it. In another bowl, add some whisked eggs, put the breadcrumbs in the final bowl.

Take the mozzarella block and cut them into about ½ inches thick slices. Dip this slice into the flour while shaking off the excess, then coat it in breadcrumbs, finish it by coating with the breadcrumbs. Put these mozzarella sticks in the dish that you lined with a baking sheet. Freeze it for about 1 hour so they firm up and become easier to handle.

Drizzle some oil on the mozzarella stick and cook them for about 5 to 7 minutes at a temperature of 350 degrees or 170 degrees C in an air fryer.

Once the sticks turn golden brown, serve them immediately with the dip you made earlier.

Nutrition Facts

Servings: 3

Amount per serving

Calories 889

% Daily Value*

Total Fat 70.6g 91%

Saturated Fat 35.5g 178%

Cholesterol 110mg 37%

Sodium 1762mg 77%

Total Carbohydrate 44.1g 16%

Dietary Fiber 8.2g 29%

Total Sugars 5.1g
Protein 21.6g
Vitamin D 10mcg 52%
Calcium 663mg 51%
Iron 3mg 18%
Potassium 528mg 11%

Salt and Pepper Tofu

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

2 teaspoons vegetable oil
1 spring onion (sliced thinly)
1 red chili (thinly sliced)
1 clove of garlic (crushed)
½ cup soy sauce
¼ cup caster sugar
1 teaspoon sesame oil
1 tablespoon sea salt flakes
1 tablespoon black peppercorn
1 teaspoon dried chili flakes
¼ cup rice flour
10 ounces firm tofu (sliced to about ½ inch thick cubes)
Vegetable oil

Directions

Start by heating the vegetable oil over high heat. In that, put the spring onions and chili. If you are using garlic, add that in the oil also. Let it sauté until it starts to give a fragrant smell. Then add the soy sauce and sugar and let it cook for another 3 to 4 minutes or until all the sugar has dissolved. Then let it simmer on the heat until it thickens a little. Then add some sesame oil to the sauce.

Take the sea salt, peppercorn, chili flakes and crush them to a fine powder. Put this in a medium mixing bowl and add the rice flour. Then coat the tofu with the rice flour mixture, making sure to shake off the excess.

Then coat the basket with oil.

Cook the tofu for about 5 minutes or until they turn golden brown at 400 degrees F, or 204 degrees C in an air fryer.

Once the tofu is done, transfer them over to a serving plate and serve them with the dip you made before.

Nutrition Facts

Servings: 2

Amount per serving

Calories 373

% Daily Value*

Total Fat 13.2g 17%

Saturated Fat 2.5g 13%

Cholesterol 0mg 0%

Sodium 4745mg 206%

Total Carbohydrate 51.4g 19%

Dietary Fiber 3.4g 12%

Total Sugars 27.3g

Protein 17.4g

Air fried Ham and cheese croquettes

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1.5 pounds white potatoes (peeled and chopped)
3 ounces leg ham (chopped)
2 ounces Cheddar cheese (grated)
2 shallots (chopped)
1 ounce plain flour
2 eggs
3 ounces breadcrumbs
Tonkatsu sauce
Lemon wedges

Directions

Take the potatoes and put them in boiling water. Boil them for 10 to 12 minutes or until they turn tender. Once they are done, drain out the water and mash them until they become smooth. Evaporate all the water out of the mashed potatoes by mashing them over the heat in a saucepan. Put them in a bowl and let them rest to cool down
Put the ham, cheese, and shallots in the potatoes, and make sure to season the mix with some salt and pepper. Take 2 tablespoons of the mixture and make them into a ball. Make ball the same way out of all the batter.
Take three bowls, add flour in one, some whisked eggs in the other, and breadcrumbs in the third bowl. Coat the balls first with flour, then soak them in eggs and finish with a layer of breadcrumbs. Let them stay in the fridge for about 15 minutes so that they get firm and easy to handle
Preheat the air fryer around 400 degrees F or 204 degrees C and cook the croquettes in them. Let them cook for 8 to 10 minutes or until they turn golden brown.
Top the croquettes with some tonkatsu sauce and a side of lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 738

% Daily Value*

Total Fat 20.5g 26%

Saturated Fat 9.4g 47%

Cholesterol 233mg 78%

Sodium 793mg 34%

Total Carbohydrate 99.7g 36%

Dietary Fiber 10.6g 38%

Total Sugars 9.6g

Protein 38.2g

Prosciutto wrapped baby potatoes

Prep: 15 Minutes | Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

5 prosciutto slices
2 bunch baby carrots (peeled and stems scrubbed)
½ cup water
2 tablespoons honey

Directions

Cut the prosciutto in half along its width and half again, lengthwise. Take 1 piece and wrap it around the carrot. Put the wrapped carrots in the baking dish.

Mix the honey and water in a bowl to drizzle over the carrots. Cook the carrots in the air fryer at about 400 degrees or 204 degrees C, for about 30 minutes, making sure to baste the carrots occasionally.

Nutrition Facts

Servings: 2

Amount per serving

Calories 77

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 32mg 1%

Total Carbohydrate 20.4g 7%

Dietary Fiber 1.1g 4%

Total Sugars 19g

Protein 0.3g

Lemon Chicken with crispy potatoes

Prep: 45 Minutes | Cook Time: 1 hour 22 Minutes| Makes: 2 Servings

Ingredients

3 pounds free-range chicken
1 pound roasted potatoes (cut to 1 inch cubes)
1 lemon zest
2 tablespoons olive oil
2 teaspoons salt flakes
1 teaspoon dried oregano
½ teaspoon black pepper (cracked)

Directions

Clean off the chicken with water and dry it using a paper towel. Let it rest for at least 20 minutes before working with it.

Take the potatoes and toss them in a saucepan filled with cold water.

Let the water come to a boil. Once the water starts boiling, reduce the heat and let it simmer for 15 minutes, or until the potatoes become tender.

You can either drain the potatoes or let them steam dry.

Take the remaining ingredients and whisk them together to make the marinade. Use half of the marinade and coat the chicken without leaving any corners.

Put the halved lemon in the cavity of the chicken.

Get a piece of foil in which you can fit the chicken.

Put the chicken covered in foil inside of the air fryer and cook it for 30 minutes at 400 degrees F or 204 degrees C.

Keep on rotating the air fryer tray for even cooking throughout.

While the chicken is Cook Time, soak the potatoes in the remaining marinade.

Then put them inside the air fryer around the chicken, and cook it for another 30 minutes.

The chicken will be cooked when the internal temperature of reaches about 165 degrees F. But make sure the reading taken is taken from the thickest part of the leg.

Once the required internal temperature is reached, take it out of the air fryer and let it rest for about 15 minutes. Do not take out the potatoes; let them rest in the air fryer so they get a crispy layer.

For serving, cut the chicken into the required servings and serve with the potatoes as a side.

Greek salad or steamed vegetables also go good as sides with the chicken.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1234

% Daily Value*

Total Fat 35.9g 46%

Saturated Fat 8.3g 42%

Cholesterol 526mg 175%

Sodium 507mg 22%

Total Carbohydrate 18.6g 7%

Dietary Fiber 2.9g 10%
Total Sugars 0.8g
Protein 199.3g

Crumbed Asparagus

Prep: 15 Minutes | Cook Time: 2 Minutes| Makes: 2 Servings

Ingredients

1-1/3 asparagus bunch (cut in half)

2 eggs

2 tablespoons plain flour

1 cup breadcrumbs

Peanut oil

Aioli

Directions

In a bowl, whisk the eggs lightly

In another bowl put the flour and breadcrumbs in the third bowl.

Heat some peanut oil, enough to cover 1/3 of the wok

Coat the asparagus with the flour then soak them in eggs and finally give a good coat of breadcrumbs. Cook them in the oil for 1 to 2 minutes in air fryer at 400 degrees F or 204 degrees C

For serving, serve them with some aioli.

Nutrition Facts

Servings: 2

Amount per serving

Calories 407

% Daily Value*

Total Fat 18.6g 24%

Saturated Fat 3.9g 20%

Cholesterol 164mg 55%

Sodium 497mg 22%

Total Carbohydrate 45.7g 17%

Dietary Fiber 2.8g 10%

Total Sugars 3.9g

Protein 13.7g

Feta Nuggets

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 2 Servings

Ingredients

1 tablespoon plain flour
1 teaspoon onion powder
1 teaspoon dried chili flakes
1 egg
¼ cup breadcrumbs
8 ounces Feta cheese (cut to 1/3 of an inch)
¼ cup barbecue sauce
1 ½ teaspoon apple cider vinegar
½ teaspoon dried chili flakes

Directions

Start by making a breading station. For that, mix onion powder, flour, and chili flakes in one bowl. Put whisked eggs in another bowl, then breadcrumbs and sesame seeds in the third bowl. Coat feta cheeses at a time with the flour first, then the eggs, and finally the breadcrumbs. Once all the feta is coated, transfer them to a plate.

Heat the air fryer to about 400 degrees F or 204 degrees C. Start by placing a single layer of feta cheese in the air fryer basket, and let it cook for around 6 minutes or until they turn golden brown.

To make the barbecue sauce, mix the barbecue sauce of your choice with some apple cider vinegar and ½ teaspoon of dried chili flakes.

Once the feta is done, serve it with a garnish of chives and the side of the barbecue sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 450

% Daily Value*

Total Fat 27.2g 35%

Saturated Fat 17.8g 89%

Cholesterol 183mg 61%

Sodium 1746mg 76%

Total Carbohydrate 29.9g 11%

Dietary Fiber 1g 4%

Total Sugars 14.3g

Protein 21.2g

Air fired Lemon Scones

Prep: 15 Minutes | Cook Time: 42 Minutes| Makes: 2 Servings

Ingredients

3 ½ cups self-rising flour
1/3 cups caster sugar
1 cup thickened cream
¾ cup lemonade
1 teaspoon vanilla extract
Milk
Raspberry jam (for serving)
Whipped cream (for serving)

Directions

Mix the flour and sugar inside a large bowl, then add the cream, lemonade, and vanilla extract to the mixture and mix it slowly using a flat-bladed knife.

Once the dough is strong enough to not be moved using a knife, start kneading it gently on a floured surface for about 30 seconds or until it turns smooth. Once it is smooth to the liking, roll it flat until it becomes about 1 inch thick. Take a round cutter about 2 inches in width and cut out scones from the dough. Press the remaining dough together and make more scones out of it.

About 1 scone will be made from the dough.

While making sure there is about ½ inch space at the edges of the air fryer, line the bottom of it using baking paper. The space left at the edges will allow for air circulation. Put about 5 to 6 scones at a time and brush them with some milk. Once the scones have been given a milk bath, cook them for about 15 minutes at 400 degrees F or 204 degrees C.

Once all the scones have been cooked, serve the scones with some jam or whipped cream.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1188

% Daily Value*

Total Fat 22.6g 29%

Saturated Fat 13.5g 68%

Cholesterol 10mg 3%

Sodium 41mg 2%

Total Carbohydrate 219.3g 80%

Dietary Fiber 5.9g 21%

Total Sugars 50.3g

Protein 24.5g

Spicy Lamb Cigars with Lemon Tahini

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1 tablespoon Olive oil
1 brown onion (finely chopped)
½ pound minced lamb
2 cloves of garlic (crushed)
2 teaspoons cumin (grounded)
1 teaspoon turmeric (grounded)
2 teaspoons lemon juice
¼ cup parsley leaves (chopped roughly)
4 sheets filo pastry
Spray oil

For the Lemon tahini

½ cup tahini
¼ cup lemon juice
1 teaspoon cumin
1 teaspoon Olive oil

Directions

Start by preheating the air fryer to about 400 degrees F or 204 degrees C and lining baking paper on two large baking trays.

Take some oil in the frying pan and heat it over medium heat. Once the oil is heated, add the onions and let them simmer until they are softened. Then cook the minced lamb in it for 3 minutes. Add the garlic and cook it for a minute. Then start adding the spices like cumin, cinnamon, turmeric, and lemon juice. Cook it for about 3 minutes or until the juice of the lemon is absorbed. Once the juice is absorbed, kill the heat and put in the parsley. Make sure to season with salt and pepper at this point. Once everything is mixed thoroughly, let it rest for about 20 minutes.

While the lamb is at rest, you can begin making the tahini sauce. For that, you need to combine the tahini, cumin, and lemon juice, with 2 tablespoons of cold water and a sprinkle of salt and pepper. Also, don't forget to add some oil at the end

Take the pastry and lay it down over a flat surface. Put some oil and add another layer of pastry, cut it lengthwise to form 2 strips of long pastry. Take about 1/3 cup of the lamb mixture and set it at the side of the pastry. Once the meat has settled, start rolling it up and close the edges firmly. You can cut it to about 8 pieces lengthwise. Once cut, arrange them on the prepared baking tray.

Once everything is prepared, cook the cigars for about 15 minutes.

Once they turn golden brown, serve them with the tahini side.

Nutrition Facts

Servings: 2

Amount per serving

Calories 988

% Daily Value*

Total Fat	50.8g	65%
Saturated Fat	8.6g	43%
Cholesterol	102mg	34%
Sodium	607mg	26%
Total Carbohydrate	86.1g	31%
Dietary Fiber	7.5g	27%
Total Sugars	2.9g	
Protein	51.6g	

Air fried Vegetarian Pumpkin Schnitzel

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

1 pound potatoes (peeled and cut to 1 inch cubes)
½ pound sweet turnip (peeled and cut to 1-inch cubes)
2 ½ tablespoons Olive oil
½ cup breadcrumbs
¼ cup Cheddar (grated)
2 tablespoons hazelnuts (finely chopped)
1 tablespoon parsley (finely chopped)
1 pound butternut pumpkin (peeled)
1 egg
Lemon wedges

Directions

Boil the potatoes in a medium-sized saucepan filled with seasoned water. Let the potatoes and turnip boil for about 15 minutes or until they turn tender. Once they are done, drain the potatoes and the saucepan, return the turnip and potatoes inside the saucepan, add 2 tablespoons of oil, and mash them together until they become smooth.

Heat the air fryer to around 350 degrees F or 170 degrees C

In a shallow dish, mix the cheddar, parsley, hazelnuts, breadcrumbs, and oil. Make sure to add some salt and pepper to it for taste. Cut the pumpkin to around ½ inch thick cubes and lightly beat the egg on a shallow plate.

Soak the pumpkin chunk first in the beaten eggs and then give them a coat of breadcrumb mixture, making sure to cover all the edges. Put these breaded pumpkin cubes in the air fryer.

Arrange a second layer of the pumpkin using the grill separator, and cook it for about 12 minutes or until they become tender.

Once the pumpkin becomes tender enough to the liking, serve them with the mash you made earlier and some lemon wedges. You can also give it a garnish of some chopped parsley.

Nutrition Facts

Servings: 2

Amount per serving

Calories 602

% Daily Value*

Total Fat 25.5g 33%

Saturated Fat 4.4g 22%

Cholesterol 85mg 28%

Sodium 339mg 15%

Total Carbohydrate 83.2g 30%

Dietary Fiber 11.8g 42%

Total Sugars 9.8g

Protein 16.7g

Air fried Celebration bites

Prep: 35 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

4 sheets shortcrust pastry (partially thawed)
1 egg (lightly beaten)
24 Mars Celebration chocolate
Cinnamon sugar (for dusting)
Icing sugar (for dusting)
Whipped cream (to serve)

Directions

Cut the pastry into 6 rectangles. Give them a light brush of egg. Put one chocolate in the center of the pastry and fold it on the chocolate to enclose the pastry. Make sure to seal the edge of the pastry and trim the edges. Shift them to a baking paper-lined tray. Brush the tops of the pastry with egg once more and sprinkle some cinnamon sugar.

Put a baking paper on the air fryer basket, leaving some space at the end for air ventilation. Put 6 of the celebration bites and cook them at 400 degrees F or 204 degrees C, for about 8 minutes or until they give a golden brown color at the edges.

When they are done, take them out and dust some icing sugar on top and serve them with a side of whipped cream

Nutrition Facts

Servings: 2

Amount per serving

Calories 2965

% Daily Value*

Total Fat 110.8g 142%

Saturated Fat 73.5g 367%

Cholesterol 68mg 23%

Sodium 913mg 40%

Total Carbohydrate 445.2g 162%

Dietary Fiber 12.5g 45%

Total Sugars 364.4g

Protein 25.2g

Ratatouille & Persian Feta filo Parcel

Prep: 50 Minutes | Cook Time: 60 Minutes| Makes: 2 Servings

Ingredients

2 green shallots (sliced thinly)
2 large zucchini (cut to ½ inch cubes)
1 red capsicum (cut to ½ inch cubes)
1 large eggplant (cut to ½ inch cubes)
1 clove of garlic (finely chopped)
2 tablespoon olive oil
2 teaspoons plain flour
¼ cup parsley
2 tablespoons red wine
12 sheets filo pastry
3 ½ ounces butter (melted)
3 ½ Persian Feta (crumbled)
Basil (for serving)
Rocket (for serving)

Directions

Start by preheating the air fryer to around 400 degrees F or 204 degrees C.

In a large bowl, put the shallots, capsicum, eggplant, zucchini, garlic, oil, and a pinch of salt.

Mix everything by tossing it around. Once everything is properly coated, lay it out on a baking tray and bake it for around 15 minutes. Give the veggies a little shake and cook them for another 5 minutes or until the vegetables become nice and tender.

Stir some flour over the vegetable and add some parsley and vinegar to it. Once everything is well incorporated, set it aside and let it cool down.

Bring down the temperature of the air fryer from 400 degrees F or 204 degrees C, to around 350 degrees F and line the bottom with some baking paper. Put the filo pastry sheet on a clean and flat surface, brush some melted butter over the pastry. Put another 2 layers of filo sheets and brush some more butter on top, fold it in half widthwise and brush some more butter. Take about ¼ of the ratatouille and add it to the center of the sheet. Make a small indentation in the mixture and add the feta cheese to it. While bringing the edges of the pastry in the center, enclose the filling inside, making a kind of parcel.

Shift this to the prepared tray and bake it for around 40 minutes. Once done, let the pastry cool slightly and then drizzle some pesto and some rockets.

Nutrition Facts

Servings: 2

Amount per serving

Calories 3414

% Daily Value*

Total Fat 235.5g 302%

Saturated Fat 136.8g 684%

Cholesterol 340mg 113%

Sodium 9870mg 429%

Total Carbohydrate 227.5g 83%

Dietary Fiber 34.4g 123%
Total Sugars 72.9g
Protein 92.6g

Air fired Japanese chicken tenders

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

1 pound chicken tenderloins
¾ ounce McCormick katsu crumb seasoning
Canola oil spray
1/3 cup Japanese style mayonnaise
1 tablespoon pickled ginger

Directions

Put the chicken on the tray and sprinkle half of the seasoning, reserving some for the other side. Then flip the chicken and use the remaining seasoning to sprinkle the other side. Drizzle some oil on top of it.

Then heat the air fryer to around 400 degrees F or 204 degrees C. Cook the seasoned chicken for 12 to 15 minutes or until the internal temperature reaches around 165 degrees.

Mix the mayonnaise and pickling liquid in a small bowl, while the chicken is being cooked.

When the chicken has reached the required internal temperature, take it out of the air fryer and let it rest for some time.

For serving, serve the chicken with the dipping sauce you made and a side of ginger.

Nutrition Facts

Servings: 2

Amount per serving

Calories 247

% Daily Value*

Total Fat 18.5g 24%

Saturated Fat 2.7g 14%

Cholesterol 33mg 11%

Sodium 409mg 18%

Total Carbohydrate 11.3g 4%

Dietary Fiber 0.3g 1%

Total Sugars 2.6g

Protein 10.1g

Air fried pork and apple sausage rolls

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound minced pork
1 Granny Smith apple (peeled and grated)
½ cup vintage cheddar (grated)
2 green onions (chopped)
2 garlic cloves (crushed)
2 tablespoons parsley
2 teaspoons thyme leaves
2 eggs (beaten lightly)
3 sheets puff pastry (thawed partially)
2 teaspoons fennel seeds
2 teaspoons sesame seeds
Tomato relish

Directions

Take a bowl and add the cheddar, parsley, apple, thyme, minced beef, half egg, and a pinch of salt, and start mixing it thoroughly to create a mixture.

Put one pastry sheet on a flat surface and cut it to form two rectangles. Take about 1/3 cup of the mixture and lay it out along the long side of the pastry, leaving around ½ inch space at the edge. Brush some egg at the edge that you left and roll it to form a pastry roll. Make sure to trim the excess edges and cut them into about 2 pieces. Put the rolls (steam side down) on the baking paper-lined tray.

Brush some eggs on top of the roll for a golden crust when cooked. You can also score the top of it using a small knife. Sprinkle a little fennel and sesame seed on the top, and cook it in the air fryer preheated to 400 degrees F or 204 degrees C. Let the sausage roll cook for 10 to 12 minutes or until the pastry is puffed and golden.

For serving, serve the sausages with the side of tomato relish

Nutrition Facts

Servings: 2

Amount per serving

Calories 855

% Daily Value*

Total Fat 39.3g 50%

Saturated Fat 18g 90%

Cholesterol 382mg 127%

Sodium 895mg 39%

Total Carbohydrate 55.3g 20%

Dietary Fiber 6.7g 24%

Total Sugars 14.1g

Protein 71.8g

Air fried Lemon drizzle cake

Prep: 15 Minutes | Cook Time: 45 Minutes| Makes: 2 Servings

Ingredients

5 ounces butter (softened)
2/3 cup caster sugar
2 teaspoon lemon rind (finely grated)
1 teaspoon cardamom (grounded)
3 eggs
1 ½ cups self-rising flour
¾ cup honey-flavored yogurt
Lemon zest

For lemon icing

1/3 ounce butter (softened)
1 cup icing mix
1 ½ tablespoon lemon juice

Directions

Start by greasing a round cake pan about 7 inches in diameter and add some baking sheet on the base. Beat the butter, lemon rind, cardamom, and sugar using an electric mixer until it turns to a pale color and creamy. While beating, add the eggs 1 at a time. Mix some flour and yogurt and transfer it to the prepared pan, making sure to smooth the surface after pouring it.

For cooking the cake, preheat the air fryer to around 400 degrees F or 204 degrees C. Put the pan inside of the air fryer and let it bake for around 35 minutes. To know if the cake is cooked throughout, poke a skewer in the center. If it comes out clean, that means the cake is ready to be taken out. Once it becomes cooked, take it out of the air fryer and let it rest for about 5 minutes before moving it to a wire rack, where it will cool completely.

For the lemon icing, mix some butter icing sugar and some lemon juice. Mix all the ingredients in the bowl until they form a smooth paste.

Put the cake on the serving plate and drizzle some n icing with a sprinkle of lemon zest.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1231

% Daily Value*

Total Fat 65.2g 84%

Saturated Fat 38.8g 194%

Cholesterol 399mg 133%

Sodium 543mg 24%

Total Carbohydrate 144.9g 53%

Dietary Fiber 3g 11%

Total Sugars 72.6g

Protein 21.3g

Feta filo finger

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

12 ounces creamy feta
12 sheets filo pastry
2 tablespoons lemon rind (finely grated)
2 tablespoons mint (finely shredded)
2 teaspoons black sesame seeds
Honey (to drizzle)
Lemon wedges(to serve)

Directions

Start by preheating the air fryer to around 400 degrees F or 204 degrees C. Cover 2 baking trays with some baking paper. Cut the feta cheese in crossways motion to form about 8 ½ inches thick pieces.

Put three filo sheets on a flat working surface and grease them with some oil. Cut each of the sheets in half and fold it on itself crossway. Sprinkle the filo sheets with some lemon rind and mint. Lay the feta on the filo sheets across lengthwise and fold the short ends on it. Put it on the prepared tray with the seam side down and drizzle a little oil on top of it. With the ingredients, you will be able to make 24 rolls. Make sure to sprinkle some sesame seed on top of each roll for an enhance in flavor.

Bake the filo rolls for around 12 minutes or until the crust turns golden brown.

Once the crust turns golden brown, take it out and leave it to cool down before serving it. You can drizzle some honey and mint springs for an even better taste.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2485

% Daily Value*

Total Fat 153g196%

Saturated Fat 94.1g 470%

Cholesterol 151mg 50%

Sodium 7301mg 317%

Total Carbohydrate 195g 71%

Dietary Fiber 19.1g 68%

Total Sugars 62.1g

Protein 70.7g

Air fried Vietnamese spring roll salad

Prep: 25 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

11 ounces vermicelli rice noodles
8 ounces Australian Pork mince
1 clove of garlic (crushed)
2 teaspoons ginger (finely grated)
1 teaspoon lemongrass paste
2 teaspoons fish sauce
2 carrots (cut into matchsticks)
3 spring onions (thinly sliced lengthwise)
10 sheets spring rolls (partially thawed)
1 cup bean sprouts
½ cup mint leaves
½ cup coriander leaves
2/3 cup Vietnamese salad dressing
1 red chili (thinly sliced, optional)

Directions

Start by cooking the noodles in a big saucepan with boiling water for around 4 minutes. It may take longer depending upon the noodles being used. Take 1 cup of noodles to cut into shorter lengths, reserving the remaining for later use.

Mix the noodles with the pork mince, ginger, garlic, lemongrass, half of the carrots, fish sauce, and 1/3 spring onions.

Put one pastry sheet on a flat and clean surface. Put 2 tablespoons of the mixture on the pastry diagonally at one corner and brush the opposite corner with some water so that it can stick when folded. After folding the edge on the mixture, enclose the edges and roll them up. Do this with all the remaining pastries and filling.

Heat the air fryer to around 400 degrees F or 204 degrees C and spray the rolls with some olive oil. Put them inside the basket and let them cook for around 15 minutes. Make sure to flip them halfway for an even cook throughout.

While the rolls are being cooked, divide the noodles evenly among serving bowls. Garnish the bowls with some bean sprouts, mint, carrots, spring onion, and coriander.

Once the spring rolls are done, cut them in half and place them over the noodles. With a little drizzle of dressing and chili, the dish will be ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1672

% Daily Value*

Total Fat 67g 86%

Saturated Fat 14.4g 72%

Cholesterol 79mg 26%

Sodium 2941mg 128%

Total Carbohydrate 225.1g 82%

Dietary Fiber 15.7g 56%
Total Sugars 12.6g
Protein 43.6g

Burgers With Sweet Potato Chips

Prep: 15 Minutes | Cook Time: 45 Minutes| Makes: 2 Servings

Ingredients

1 pound sweet potato (cut to ½ inch batons)
1 teaspoon sweet paprika
1 pound extra lean beef mince
1 zucchini (finely grated)
1/3 cup quinoa flakes
2 tablespoons chives (chopped)
2 teaspoons Dijon mustard
1 egg
4 field mushrooms (stalks trimmed)
2 ounces rocket leaves
3 ounces roasted capsicum, not in oil (sliced)
1 tablespoon basil pesto

Directions

Preheat the air fryer to around 400 degrees F or 204 degrees C. Line the bottom of a large baking tray with some baking sheets. Put the sweet potatoes on that tray and sprinkle some paprika on top with a drizzle of olive oil. Put them in the air fryer and bake them for around 24 minutes making sure to flip them halfway so you get a nice crispy outside.

While the potatoes are cooking, in a large bowl, mix the zucchini, chives, quinoa, mustard, beef, and eggs. Season them with some black pepper and salt, give it a good mix and divide it into 4 equal portions. Shape these portions to 3.5 inches long patties.

Heat the chargrill pan over medium heat and spray the patties with some oil. Also, spray the oil on the mushrooms. Then cook the mushrooms and patties for around minutes or until the mushrooms become tender and charred, while the patty is cooked throughout.

Separate the mushrooms among different plates and add some rockets to those plates. Put the patty on it and add some capsicum, a little rocket, and a bit of pesto on top, and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 729

% Daily Value*

Total Fat 12.2g 16%

Saturated Fat 2.8g 14%

Cholesterol 82mg 27%

Sodium 272mg 12%

Total Carbohydrate 69.6g 25%

Dietary Fiber 11.6g 41%

Total Sugars 25.7g

Protein 13.4g

Air fried Popcorn feta with maple sauce

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

8 ounces Castello marinated feta cubes in oil and garlic
2 tablespoons cornflour
3 teaspoons Cajun seasoning
1 egg
2/3 cup breadcrumbs
1 tablespoon coriander (chopped)

For maple sauce

2 tablespoon maple syrup
1 tablespoon Sriracha

Directions

Drain out the feta, making sure to leave about 1 tablespoon of oil for the sauce.

Take a medium-sized bowl and mix corn flour and Cajun seasoning in it. Whisk the egg in another bowl. In the third bowl, mix some breadcrumbs and coriander, while seasoning it with some salt and pepper. Start coating the feta cubes, first with corn flour mixture, then soak it in the egg and finally give it a good coat of breadcrumbs mixture. Put it aside on a plate and freeze them for at least one hour so they harden up.

For the maple sauce, mix the maple syrup, Sriracha sauce, and the 1 tablespoon of oil saved from the feta marinade inside of a saucepan and whisk it for around 3 to 4 minutes over medium heat. Let the sauce simmer in the saucepan for some time. Once the sauce has to thicken up a little, remove it from the heat and let it rest.

For cooking the feta cheese, preheat the air fryer to 400 degrees F or 204 degrees C, and add the cheese inside the basket. Let the feta popcorn cook for around 3 to 4 minutes or until the crust becomes golden brown.

Once the feta is cooked, take it out of the air fryer, serve it with a side of maple syrup, and give it a garnish of some coriander leaves.

Nutrition Facts

Servings: 2

Amount per serving

Calories 559

% Daily Value*

Total Fat 28.6g 37%

Saturated Fat 18.1g 91%

Cholesterol 183mg 61%

Sodium 1690mg 73%

Total Carbohydrate 51.3g 19%

Dietary Fiber 2.2g 8%

Total Sugars 19g

Protein 24.3g

Coconut crumbed pork with pineapples salad

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

3 eggs (beaten lightly)
1/3 cups plain flour
1 ½ cups breadcrumb
½ cup coconut (desiccated)
2 pounds pork fillets (two fillets one pound each)
2 tablespoons peanut oil
½ pineapples (sliced thinly)
½ radishes (peeled, cut into matchsticks)
1 bunch coriander (leaves picked)
1 tablespoon fish sauce
1 tablespoon soy sauce
1 lime zest (and juice)
1 teaspoon dried chili flakes

Directions

Firstly, start by heating the air fryer to around 350 degrees F or 170 degrees C.

Make yourself a breading station, for which you will need eggs in one bowl, seasoned flour in another, and breadcrumbs mixed with coconut on the third plate. Start breading the pork fillets by first dipping it in the flour, then soaking it in eggs, and finally giving it a good coat of breadcrumbs. Dip it in the egg again and give another layer of breadcrumbs. Repeat the same process with the other fillet.

Take a frying pan and fill it with oil about 2/3 of an inch, and heat it over medium-high heat. Cook the pork in this oil for around 4 minutes or until it turns golden brown. Shift it over to a baking tray and let it roast in the air fryer for around 20 minutes or till it cooks throughout. Let it rest for some time after cooking, and cover it up with some foil.

While the pork is being cooked, you can begin making the pineapple salad. For that mix the pineapple, coriander, and daikon in a medium-sized bowl. In a different bowl, mix the remaining ingredients while adding about 2 tablespoons of oil to it.

For serving, thinly slice the pork and serve it with a side of pineapple salad.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1766

% Daily Value*

Total Fat 88.8g 114%

Saturated Fat 32.6g 163%

Cholesterol 586mg 195%

Sodium 2028mg 88%

Total Carbohydrate 84.4g 31%

Dietary Fiber 6.9g 24%

Total Sugars 11.5g

Protein 149.4g

Air fried pasta tacos

Prep: 25 Minutes | Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

24 jumbo pasta shells
¼ cup olive oil
1 small red onion (chopped)
1 pound minced beef
2 teaspoons cumin (grounded)
2 teaspoons coriander
1 teaspoon garlic powder
13 ounces store-bought salsa
4 ounces canned black beans
1 ½ teaspoon Mexican chili powder
1 cup cheddar (grated)
2 tomatoes (diced)
1 avocado (diced)
Coriander springs (to serve)
Sour cream (to serve)
Lime cheeks (to serve)

Directions

In a large saucepan, add some water and bring it to a boil.

Cook the pasta in the boiling water for 10 minutes or until they become tender.

Once done, use a slotted spoon and drain out the pasta to a tray lined with some paper towel to aid in draining.

While the pasta is boiling, take a large frying pan and heat half of the required oil over medium-high heat. Add the onions in the oil and let cook for 5 minutes, stirring it continually throughout the process. Once the onions are nice and soft, add the minced garlic and cook it using a wooden spoon. Once the meat turns brown, add the coriander, garlic powder, and cumin to the mixture. Stir it for another 1 minute and then add the salsa and beans. Make sure to add some salt and pepper to the mince. Then let it simmer for some 15 minutes.

Let the air fryer be heated to around 390 degrees or 190 degrees C. In a large bowl, mix some Mexican chili powder, garlic powder, and oil. Add the cooked pasta to this mix with some seasoning of salt and pepper. Coat the pasta with the oil completely and put the mince mixture in the pasta shell to fill it. With the cheese side up, put the pasta inside of the air fryer and cook it for 8 minutes.

Once the edges turn golden brown, shift it to a large serving bowl and serve it with a side of sour cream and lime cheeks.

Nutrition Facts

Servings: 2

Amount per serving

Calories 3955

% Daily Value*

Total Fat 79.4g 102%

Saturated Fat 16.8g 84%

Cholesterol 217mg 72%
Sodium 3333mg 145%
Total Carbohydrate 593.9g 216%
Dietary Fiber 51.7g 185%
Total Sugars 31.2g

Cinnamon nut scrolls

Prep: 22 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

2 ¼ cups self-rising flour
1 tablespoon caster sugar
3 ounces butter (chilled)
2/3 cup milk
1 egg
2/3 cup walnuts (finely chopped)
¼ cup slivered almonds (toasted)
¼ cup brown sugar
1 teaspoon cinnamon
2 tablespoons golden syrup

Directions

Start by preheating the air fryer to around 390 degrees F or 200 degrees C, and prepare a 1.5-inch deep pan and grease it with some butter

Take a bowl and mix the caster sugar and half of the butter. Mix the mixture until it starts to like coarse bread crumbs.

Then, in a jug, mix the egg and milk. Mix it with the sugar and butter mixture until it forms a soft thick, and firm dough. Transfer it to a flat surface that is floured lightly.

Knead the dough to smooth out, and the air is introduced into the dough.

Take the dough and roll it flat to 12-inch x 15-inch rectangles. Add some walnuts on top of the dough and sprinkle some cinnamon and brown sugar. With the remaining butter, dot the dough.

Start rolling it up tightly from one side and cut it into 12 slices, making sure to trim the edges.

Put the slices in the air fryer and bake it for about 25 minutes or until the outer crust of the dough becomes golden brown.

For the serving, serve the scrolls with a little drizzle of golden syrup.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1367

% Daily Value*

Total Fat 70.3g 90%

Saturated Fat 25.6g 128%

Cholesterol 180mg 60%

Sodium 354mg 15%

Total Carbohydrate 158.4g 58%

Dietary Fiber 8.7g 31%

Total Sugars 34.2g

Protein 32.9g

Turkish delight filo fingers

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

¼ cup honey
¼ cup caster sugar
¼ cup water
¼ cup rosewater
1 cup walnut (finely chopped)
1 cup pistachios (finely chopped)
10 ounces Turkish delight (finely chopped)
1 teaspoon cinnamon (grounded)
3 ounces butter (melted)
12 sheets filo pastry (cut in half lengthwise)

Directions

In a small saucepan over low heat, mix some honey, sugar, and water. Cook it for around 2 minutes or till the sugar is completely dissolved. Once the sugar is dissolved, crank up the heat and let it boil for 2 minutes so that it thickens to form a sort of syrup. Once it comes to the desired consistency, add the rosewater.

Take a medium bowl and mix in the pistachios, Turkish delight, walnuts, and cinnamon with half of the rosewater syrup.

Then heat the air fryer to around 350 degrees or 170 degrees C, and place the filo sheet on a clean and flat work surface. Brush it with some melted butter and add 1 tablespoon of the nut mix at the edge of the sheet. Start folding it from the side and enclose the filling. Transfer it to an air fryer tray and make rolls from the remaining filo and nut mix.

In the preheated air fryer.

cook all the filo rolls for about 15 minutes or until the crust turns golden. Once the desired color is reached, remove it from the air fryer and serve it hot with the remaining rosewater syrup garnish.

Nutrition Facts

Servings: 2

Amount per serving

Calories 914

% Daily Value*

Total Fat 71.4g 92%

Saturated Fat 24g 120%

Cholesterol 91mg 30%

Sodium 249mg 11%

Total Carbohydrate 66.1g 24%

Dietary Fiber 4.3g 15%

Total Sugars 60.5g

Protein 15.5g

Air fried chicken tacos

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1 ½ cups breadcrumb
1-ounce Smokey chipotle seasoning
2 teaspoons lime rind (finely grated)
2 eggs
1/3 cup plain flour
1 pound chicken tenderloins
2 corn combs (cleaned)
Olive oil
8 stand and stuff taco shells
3 ounces mixed salad leaves
Greek-style yogurt (for serving)
2 tomatoes
1 avocado
¼ cup coriander leaves
1 tablespoon lime juice, with lime cheeks

Directions

For the salsa, take a mixing bowl and mix avocado, tomatoes, coriander with some lime juice, also. Don't forget to season the salsa with salt and pepper.

Then you will need to make a breading station. For that, you will need to mix breadcrumbs, lime rind, and some seasoning in a bowl. In a separate bowl, crack and whisk some eggs together. In the third bowl, put the flour. Start by coating the chicken tenders with flour, then soak them with eggs, and finally give them a good coat of breadcrumbs. Once done, shift it to a plate and spray some oil on it.

Put the breaded chicken and the cleaned corn on the rack inside the air fryer. Let them for around 350 degrees or 170 degrees C, for 12 minutes or so. After 12 minutes, remove the corn but cook the chicken for another 8 to 10 minutes.

For serving, divide the salad among taco shells. Put the chicken on top with the salad and salsa. Serve it with a side of corn and lime cheeks.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1652

% Daily Value*

Total Fat 67.6g 87%

Saturated Fat 19g 95%

Cholesterol 290mg 97%

Sodium 6021mg 262%

Total Carbohydrate 187.3g 68%

Dietary Fiber 21.7g 78%

Total Sugars 22.2g

Protein 83g

Baked chicken nuggets with sweet potato chips

Prep: 15 Minutes | Cook Time: 40 Minutes| Makes: 2 Servings

Ingredients

1 pound chicken breast fillets
1 ½ tablespoons salt (or to taste)
Olive oil
2 cups breadcrumbs
1 ½ pound sweet potato (peeled)
1 tablespoon olive oil
1 tablespoon corn flour
2 eggs
½ cup plain flour
½ pound green beans (trimmed and steamed)
Parsley (chopped)

Sweet and sour sauce

1 teaspoon corn flour
¼ cup brown sugar
1 tablespoon tomato ketchup
1 teaspoon soy sauce

Directions

Cut the chicken to 1-inch x 2-inch pieces. Take a ¼ cup of water and mix in the salt. Once it is dissolved, add 1 ¼ cup of cold water and stir well. Then add the chicken to the brine. Cover it using a serene wrap and let it rest in the refrigerator for around 15 minutes. Then drain the mix and shift the chicken to a large plate to dry it using a paper towel.

While the chicken is resting in the fridge, heat the air fryer to around 350 degrees F or 170 degrees C. On a large tray, lay out the breadcrumbs and bake them for around 3 minutes. Give it a shake and let it bake for another 1 minute or till the breadcrumbs turn golden.

Cut the sweet potatoes in the shape of the chip, which is about 1 inch wide and 3 inches long. Put it in a bowl and drizzle some oil on top of it. Toss around the chips to completely coat it.

Sprinkle some corn flour and seasoning of salt and pepper. Once well coated, bake them for around 15 minutes.

While the chips are cooking, make the breading station for breading the chicken. For that, you will need 3 trays, one with whisked eggs, the other with flour, and the last with flour. Start by coating the chicken with flour, making sure to take off the excess, then soak it in eggs, finally give it a coat of breadcrumbs.

Drizzle a generous amount of oil on the chicken.

Shift the chips from the top shelf of the air fryer and place the chicken on top. Let it bake for around 10 minutes. After 10 minutes, take out the chips, turn the chicken and cook it for another 5 minutes, so the chicken is properly cooked throughout.

To make the sweet and sour sauce, blend the corn flour with a tablespoon of water in a small saucepan. Once it turns smooth, add some vinegar, sugar, soy sauce, and ketchup. Let it simmer over medium heat for 1 to 2 minutes, stirring it continually. Let it simmer until you are satisfied with the thickness of the sauce.

Serve the chicken with the side of chips and the sweet and sour cream dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1529

% Daily Value*

Total Fat 35.2g 45%

Saturated Fat 8.4g 42%

Cholesterol 366mg 122%

Sodium 6650mg 289%

Total Carbohydrate 203.5g 74%

Dietary Fiber 21.4g 76%

Total Sugars 50.2g

Protein 98.5g

Tomato and cheese puff pastry tarts.

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

1 sheet puff pastry (partially thawed)
2 Roma tomatoes (sliced)
1 tablespoon basil
4 ounces bocconcini
 $\frac{3}{4}$ ounce goat cheese in oil
1 tablespoon olive oil
Green salad

Directions

Start by heating the air fryer to around 390 degrees or 170 degrees C.

Then cut the puff pastry into 4 quarters and fit them on a 3.5 inches tart tin.

If the pastry goes over, cut off the excess. Then prick it using a fork or anything pointy.

Put the tins in the air fryer. Then let it cook for around 6 minutes or till it puffs up and turns golden brown. Then using a clean tea towel, push down the center of the tart, making sure to be careful of the steam that comes out. Once done, return the tins onto the basket and let it cook for another 2 minutes.

While it is cooking, add some basil, salt, and pepper to the tomatoes to season them.

Once the tarts are to your liking, transfer them to serving plates and arrange the tomatoes on top with the cheese on the side. Drizzle some olive oil for an enhancement in taste. You can serve it with a side of salad or mixed leaves.

Nutrition Facts

Servings: 2

Amount per serving

Calories 431

% Daily Value*

Total Fat 31.2g 40%

Saturated Fat 17.2g 86%

Cholesterol 73mg 24%

Sodium 652mg 28%

Total Carbohydrate 20.4g 7%

Dietary Fiber 2.5g 9%

Total Sugars 3.8g

Protein 19.3g

Air fried nuts and bolts

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

2 cups pasta
¼ cup extra virgin olive oil
2 tablespoons brown sugar
1 teaspoon smoked paprika
1 teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon chili powder
½ ounce cup raw macadamias
½ ounce raw cashews
1 cup grain cereal
1 teaspoon sea salt (or to taste)

Directions

Start by cooking the pasta in boiling water salted with salt. Cook them until just cooked, don't cook them completely. Once done, drain the pasta and pat dry using a paper towel.

In a bowl, mix sugar, onion, paprika, garlic, and chili powder. Take about half of this mixture and add it to the pasta. Toss the pasta in the mixture to coat it completely.

Heat the air fryer to around 390 degrees F and put the pasta inside it. Let it cook for about 5 minutes, shake it in between and cook it for another 5 minutes.

Put some pretzels and nuts in one bowl and add the remaining spice mix. Put it in the air fryer and cook it at a temperature of 400 degrees F or 204 degrees C, for 3 minutes.

When the cooking is finished, shift it to a serving plate, add some cereal on top, and season it with some salt and pepper. Make sure it is cooled off before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 982

% Daily Value*

Total Fat 57.6g 74%

Saturated Fat 8.8g 44%

Cholesterol 93mg 31%

Sodium 985mg 43%

Total Carbohydrate 102.3g 37%

Dietary Fiber 3.8g 14%

Total Sugars 11.4g

Protein 21.7g

Pizza Bianco

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 ½ tablespoon extra virgin olive oil
2 teaspoons rosemary leaves (chopped)
1 plain pizza bases
7 ounces mozzarella (thinly sliced)
5 ounces marinated artichokes (drained)
3 ounces prosciutto slices
Spinach leaves

Directions

Start by heating the air fryer to around 400 degrees F or 204 degrees C.

Mix some oil and rosemary in a bowl. Brush this oil mixture over the pizza base. Put this base on the tray and add the mozzarella between the two bases. Top this off with the artichokes. Let it bake in the air fryer for around 12 minutes or until the mozzarella is completely melted and becomes golden brown on top.

Once the cheese is completely melted, top it with some prosciutto and spinach leaves.

Nutrition Facts

Servings: 2

Amount per serving

Calories 625

% Daily Value*

Total Fat 34.1g 44%

Saturated Fat 14.3g 72%

Cholesterol 90mg 30%

Sodium 1752mg 76%

Total Carbohydrate 40.6g 15%

Dietary Fiber 6.4g 23%

Total Sugars 0.7g

Protein 43.4g

Stuffed chicken with roasted sprouts and spuds

Prep: 35 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1 pound coliban potatoes (halved)
14 ounces Brussels sprouts (halved)
2 ½ tablespoons extra virgin olive oil
4 chicken breasts (about 2 pounds each)
3 ounces gorgonzola (cut into 4 pieces each)
4 slices prosciutto
Lemon cheeks

Directions

Start by heating the air fryer to around 400 degrees F or 204 degrees C. Using baking paper, line a large baking tray with it. Put some potatoes in a saucepan with cold water and leave it to boil over high heat. Let it boil for about 4 minutes. After 4 minutes and the sprouts and let it boil for another 2 minutes. Drain the potatoes and sprouts, pat dry with a paper towel.

Take the potato mixture and lay it on the prepared tray. Drizzle the mix with about 2 tablespoons of oil and sprinkle some salt. Let it roast in the air fryer for about 15 minutes or until the potatoes become soft and tender.

While the potatoes are roasting, make a slit in the thickest part of the chicken using a knife. Fill the slit with gorgonzola and wrap the prosciutto around the breast.

In a large nonstick frying pan, heat the remaining oil over medium heat. Cook the chicken on it for 5 minutes, and then transfer the chicken to the tray with vegetables. Roast it in the air fryer for about 10 to 12 minutes.

Once the chicken is cooked and the veggies turn golden, serve it with the side of lemon.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1247

% Daily Value*

Total Fat 61.3g 79%

Saturated Fat 19.8g 99%

Cholesterol 390mg 130%

Sodium 2886mg 125%

Total Carbohydrate 38.5g 14%

Dietary Fiber 9.9g 36%

Total Sugars 4.9g

Protein 137.9g

Air fried Doritos crumbed chicken tenders

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

1 pound chicken tenderloins (halved crossway)
1 cup buttermilk
5 ounces Doritos nacho cheese chips
1 egg (whisked lightly)
1/3 cup plain flour
Salsa (for serving)

Directions

Put the chicken in a ceramic bowl and soak it completely with buttermilk. Cover the plate using the serene wrap and let it rest in the fridge for around 4 hours at least. If you have more time, let it stay in the buttermilk overnight.

Prepare a baking tray with some baking paper and preheat the air fryer to around 400 degrees F or 204 degrees C.

Put the Doritos chips in a food processor and process them until they turn into crumbs. Shift it to a plate and add some whisked eggs in a shallow bowl. Put the flour in the third bowl to make a breading station.

Drain the chicken from the buttermilk and dip it in flour to coat it. Make sure to shake off the extra flour. Then soak it in the eggs and finally coat it with the chips making sure to coat it completely. Shift it to a prepared dish and cook it in the air fryer for about 10 minutes. Let it cook until the crust becomes nice and crispy.

Once done, take it out of the air fryer and let it rest for some time before serving it with the salsa.

Nutrition Facts

Servings: 2

Amount per serving

Calories 701

% Daily Value*

Total Fat 19.7g 25%

Saturated Fat 2.7g 13%

Cholesterol 183mg 61%

Sodium 971mg 42%

Total Carbohydrate 67.3g 24%

Dietary Fiber 5.7g 20%

Total Sugars 6.2g

Protein 59.9g

Vietnamese air fried chicken wings

Prep: 15 Minutes | Cook Time: 45 Minutes| Makes: 2 Servings

Ingredients

1.5-pound chicken wings
1 teaspoon coarse sea salt (or to taste)
½ teaspoon black pepper
½ teaspoon garlic powder

For the sweet chili sauce

1 whole Serrano red chili pepper
2 garlic cloves (finely minced)
2 tablespoons honey
2 tablespoons fish sauce
1 teaspoon toasted sesame oil
2 teaspoons cilantro (chopped)

Directions

Start by drying out the wings using a paper towel. Season the dried wings with some pepper, garlic powder, and some salt. Make sure to press the spice so that it penetrates the wings. Put the wings inside of the air fryer and cook them for about 24 minutes at a temperature of 400 degrees F or 204 degrees C. Make sure to leave some space between the wings so air can pass through. Flip wings halfway and let it cook on the other side for 12 minutes, so you get wings cooked evenly from all sides.

While the wings are cooking, mix all the ingredients for the sauce in a large bowl.

Put the wings inside the sauce and give it a nice coat. Serve the wings with a garnish of chopped herbs.

Nutrition Facts

Servings: 2

Amount per serving

Calories 746

% Daily Value*

Total Fat 27.5g 35%

Saturated Fat 7.3g 36%

Cholesterol 303mg 101%

Sodium 2644mg 115%

Total Carbohydrate 20g 7%

Dietary Fiber 0.4g 1%

Total Sugars 18.2g

Protein 99.8g

Air fried chicken wings with fish sauce

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

½ cup Asian fish sauce

½ cup superfine sugar

4 cloves of garlic

4 pounds chicken wings

Directions

Mix the crushed garlic cloves with the fish sauce and sugar.

Put the chicken wings in the marinade and seal it with a lid. Shake the wings to thoroughly coat the wings and let the chicken sit in the marinade overnight.

Once the chicken has been marinated, put in the air fryer and cook it for 18 minutes at around 400 degrees F or 204 degrees C.

For serving, serve the wings as they are with a dipping sauce or as a side item with rice or pizza.

Nutrition Facts

Servings: 2

Amount per serving

Calories 2040

% Daily Value*

Total Fat 67.3g 86%

Saturated Fat 18.5g 93%

Cholesterol 807mg 269%

Sodium 7261mg 316%

Total Carbohydrate 52g 19%

Dietary Fiber 0.1g 0%

Total Sugars 50.1g

Protein 286.9g

Vietnamese Air fried Pork Ribs

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

1.5 pounds baby back pork ribs
½ cup fish sauce
½ cup sugar
5 garlic cloves (crushed)
3 garlic cloves (minced)
2 tablespoons cilantro (minced)

Directions

Prepare the ribs by cutting them into a segment for 3 to 5 ribs. Make sure the ribs do fit in the air fryer.

Peel the membrane from the back of the ribs. This membrane layer can be discarded as it is not needed.

Take a small bowl and mix sugar, garlic, and fish sauce. Whisk this mixture until everything is well incorporated and the sugar is mixed completely.

Marinate the ribs by putting them in a ziplock bag and adding the fish marinade on top. Let it sit in the refrigerator for about 3 hours at least. If you have time, let it stay in there for a whole night.

Once the ribs have been rested enough in the marinade, take it out and save the marinade.

Heat the air fryer to about 400 degrees F or 204 degrees C, and add the ribs (meaty side up) in them, letting them cook for about 15 minutes. Then flip it on the other side and let them cook for another 15 minutes.

While the ribs cook, boil the minced garlic and leftover marinade for 5 to 10 minutes. Let it boil until it becomes thick enough to be used as a glaze.

For serving, drizzle a little bit of glaze on top of the ribs with the garnish of cilantro and mint.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1187

% Daily Value*

Total Fat 81.3g 104%

Saturated Fat 30.1g 151%

Cholesterol 271mg 90%

Sodium 5816mg 253%

Total Carbohydrate 55.1g 20%

Dietary Fiber 0.2g 1%

Total Sugars 52.7g

Protein 58.3g

Air fried Vietnamese spring roll salad

Prep: 35 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

12 ounces vermicelli rice noodles
9 ounces Australian Pork mince
1 clove of garlic (crushed)
2 teaspoons ginger (finely grated)
1 teaspoon lemongrass paste
2 teaspoons fish sauce
2 carrots (cut into matchsticks)
3 spring onions (sliced lengthwise)
10 sheets spring roll pastry (partially thawed)
1 cup bean sprouts
½ cup mint leaves
½ cup coriander leaves
2/3 cups Vietnamese style dressing
1 red chili (sliced)

Directions

Take a large saucepan with boiling water and cook the noodles in it until tender. Once done, drain it properly. Form all the noodles, take half, and cut them into shorter lengths while keeping some for later.

Mix the noodles with fish sauce, lemongrass, ginger, mince, and garlic, add half of the carrots and 1/3 of spring onions.

On a clean and flat surface, put the pastry sheet and add 2 tablespoons of the mince mixture in a diagonal across the corner. Brush a little water on the opposite side and start rolling the pastry enclosing the filling inside it.

Spray some olive oil on a preheated air fryer heat to about 400 degrees F or 204 degrees C.. Put the spring rolls and let them cook until they are golden and cooked throughout.

While the rolls are Cook Time, divide the noodles you reserved in equal serving bowls. Add in some mint, sprouts, beans, coriander, and the remaining carrots and spring onions.

Cut the rolls half along the width and put them over the mixture. Drizzle some dressing and garnish it with some chili.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1475

% Daily Value*

Total Fat 38.6g 49%

Saturated Fat 15.3g 76%

Cholesterol 89mg 30%

Sodium 2923mg 127%

Total Carbohydrate 237g 86%

Dietary Fiber 10g 36%

Total Sugars 4.1g

Protein 42.1g

Indonesian spring rolls

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

½ pound minced beef
½ pound shrimp
½ tablespoon coriander
2 ounces leek
3 cloves of garlic
1 egg
1 stalk celery
½ teaspoon salt (or to taste)
½ teaspoon pepper (or to taste)
12 lumpia sheet quartered
1 egg white

For the sour and sweet tomato sauce

3 tomatoes
1 ½ inch ginger
2 lime juice
1 tablespoon sweet soy sauce
2 teaspoons palm sugar

Directions

Grate both the garlic and the ginger.

Slice the leek into thin strips

Dice the tomatoes and celery into cubes small in size

Make stuffing for the mini spring rolls

Put the meat and shrimp in a bowl and add coriander and cumin, leek and egg in it, making sure to mix it well.

In a frying pan, heat 2 tablespoons of oil and put the filling in the pan.

Let it cook for around 5 minutes and then add the cubes of celery, some salt, and pepper to the mix.

Once cooked through, let it cool off for 30 minutes

Whisk the egg white in a bowl

Arrange the spring roll on a flat and clean surface in a diamond shape.

Add 1 tablespoon on the roll and roll the pastry upwards over the filling.

Brush a little egg on the edges of the lumpia so it can stick well together.

For the sauce.

In a saucepan, heat around 2 tablespoons of oil and add the tomatoes, ginger, and soy sauce.

Let it simmer for 2 minutes on high heat before adding lime juice. Then lower the temperature and let it simmer for 10 minutes, in this time dissolve the sugar in it.

To cook, time the spring rolls and fry them in an air fryer for 8 minutes at a temperature of 400 degrees F or 204 degrees C.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1751
% Daily Value*
Total Fat 103.8g 133%
Saturated Fat 17.2g 86%
Cholesterol 422mg 141%
Sodium 1601mg 70%
Total Carbohydrate 117.8g 43%
Dietary Fiber 4.5g 16%
Total Sugars 3.4g
Protein 83.4g

Air fried Samosa

Prep: 45 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

1 ½ cups All-purpose flour
1 teaspoon Ajwain seeds
Salt (to taste)
2 tablespoons oil

For the filling

3 potatoes (boiled)
1 onion (large)
2 green chilies (chopped)
Green peas (a hand full)
½ teaspoon Mustard seeds
4 curry leaf
½ teaspoons ginger (minced)
½ teaspoon garlic (minced)
½ teaspoon Turmeric powder
¾ teaspoon Red chili powder
1 teaspoon coriander powder
1 teaspoon Amchur mango powder
½ teaspoon Garam masala
Salt (to taste)
2 tablespoon oil
2 tablespoon coriander (chopped)
Sesame seeds

Directions

In heated oil, add some mustard seeds and curry leaves, let them splutter in it. Then add the ginger and minced garlic. Sauté some chopped onions till the raw taste disappears. After that, add peas, green chili, and all the rest of the spices. Once everything has been nicely cooked, mix it using a spatula with the boiled samosas. Then add the fresh coriander and any other herb you want.

For the samosa:

Add some oil to the flour, the ajwain seeds, and salt. Knead the dough with water until it makes a smooth and stiff dough.

Divide this dough into 10 equal portions, rolling each to around 6 inches in diameter.

Make a cone and fill it with the filing.

By using water, close the edges and put them in the air fryer for 5 minutes at a temperature of 400 degrees F or 204 degrees C.

Once the samosas turn to a beautiful golden color, take them out and garnish them with some sesame seeds.

Nutrition Facts

Servings: 2

Amount per serving

Calories 814

% Daily Value*

Total Fat	17.3g	22%
Saturated Fat	2.4g	12%
Cholesterol	0mg	0%
Sodium	113mg	5%
Total Carbohydrate	146.2g	53%
Dietary Fiber	19.7g	70%
Total Sugars	11g	
Protein	21.6g	

Cauliflower Dumpling

Prep: 3 hours 30 minutes| Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

2 cups Cauliflower florets
2 tablespoons cornflour
2 tablespoons all-purpose flour
Salt and red chili (as needed)

The Manchurian sauce

2 tablespoons ginger garlic paste
2 tablespoons spring onions (finely chopped)
½ cup onions (diced into cubes)
½ cup bell pepper (diced to a cube)
2 tablespoon soy sauce
2 tablespoons chili garlic sauce
1 tablespoon tomato ketchup
1 tablespoon cornstarch.

Directions

Add the flours, red chili peppers, and salt to a mixing bowl and mix it with water to make a batter.

Take each cauliflower floret and dip it in the batter, making sure to coat all the edges well. Set it aside on a tray lined with parchment paper.

Let the coated florets stay in the freezer for at least 3 hours.

When they are done staying in the freezer, cook it in the air fryer for around 8 minutes at the temperature of 400 degrees F or 204 degrees C. Let the cauliflower cook until they become nice and crispy.

While this is Cook Time, take a frying pan and sauté the onions and spring rolls over sesame oil, then add the ginger and garlic paste

Once they are well soft, add the ketchup, soy sauce, and a sprinkle of salt.

Serve the cauliflower with the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 134

% Daily Value*

Total Fat 0.6g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 1309mg 57%

Total Carbohydrate 29g 11%

Dietary Fiber 4.6g 16%

Total Sugars 7.3g

Protein 5.2g

Vitamin D 0mcg 0%

Calcium	42mg	3%
Iron	2mg	9%
Potassium	512mg	11%

Chicken Cordon Bleu recipe

Prep: 25 Minutes | Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

3 chicken breasts (sliced in 6 thin pieces)

6 ham slices

6 Swiss cheese

½ cup breadcrumbs

oil spray

2 tablespoons butter

2 tablespoons flour

¾ cup mil

¾ cup chicken broth

½ teaspoon salt (or to taste)

2 tablespoon Parmesan cheese (grated)

Directions

Start by heating the air fryer to about 400 degrees F or 204 degrees C., in a 9x9 baking dish add some oil. Add breadcrumbs to a flat dish. For the chicken roll-up, add one ham slice with one slice of Swiss cheese and roll the chicken up. Then coat the chicken with breadcrumbs and close it with a toothpick. Give it a spray of oil and bake it for about 30 to 35 minutes in the air fryer. Meanwhile, you can begin making the sauce. For that melt the butter inside of the saucepan and add the flour. Whisk it until it forms a smooth paste then add in the milk, making sure to whisk constantly as adding the milk. After the milk, add the broth slowly and keep whisking it to prevent forming of lumps. Once the sauce has thickened, remove it from the heat and add the parmesan.

For serving you can serve the chicken over some rice and a drizzle of sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1114

% Daily Value*

Total Fat 57.7g 74%

Saturated Fat 27.9g 139%

Cholesterol 342mg 114%

Sodium 2820mg 123%

Total Carbohydrate 36.9g 13%

Dietary Fiber 2.5g 9%

Total Sugars 6.7g

Protein 107.8g

Seared steak with truffle fries

Prep: 15 Minutes | Cook Time: 60 Minutes| Makes: 2 Servings

Ingredients

2 strip steak
Kosher salt (to taste)
Black pepper (cracked)
4 tablespoons unsalted butter

For the fires

3 russet potatoes (sliced thinly)
Olive oil
1 teaspoon truffle salt
2 tablespoons parsley
2 tablespoons parmesan cheese (grated)
1/3 cup mayo
1 clove of garlic
1 tablespoon Dijon mustard
2 teaspoons honey

Directions

Heat the iron skillet over high heat, season the steak on both sides generously with salt and pepper, making sure to cover the edges also.

On the hot skillet, add 2 tablespoons of butter, and add the steak on it. Let it cook for 3 minutes per side, so the meat gets a nice color on both sides. Then add the remaining butter and sear the steak by spooning the butter on top of the steak for 1 to 2 minutes. For a medium-well steak, cook the steak until its internal temperature becomes about 140 degrees F or 60 degrees C.

Before slicing, make sure to let it rest for about 15 minutes.

Truffle fries

Soak the sliced potatoes in a large bowl filled with cold water for 30 minutes. Once the starch has escaped, drain the potatoes and pat them dry using kitchen towels.

Shit the fries to a baking sheet and drizzle some olive oil on top of it. Then put them in the air fryer preheated to 375 degrees F and let it cook for about 13 minutes.

While it is cooking, mix parmesan cheese and parsley in a bowl. Once the fires are done, take them out of the air fryer and sprinkle the truffle salt immediately, then add the herbs, the parmesans mix and serve steak with fries and aioli.

Nutrition Facts

Servings: 2

Amount per serving

Calories 855

% Daily Value*

Total Fat 48.1g 62%

Saturated Fat 22.6g 113%

Cholesterol 167mg 56%

Sodium 1161mg 50%

Total Carbohydrate 67.5g 25%

Dietary Fiber 8.1g 29%

Total Sugars 12.1g
Protein 41.4g

Air fried stuffed pepper

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

4 bell peppers (seeds removed)
15 ounces diced tomatoes
1 cup rice (cooked)
1 can kidney beans (drained and rinsed)
1-2 tablespoons Italian seasoning
½ cup mozzarella
1 tablespoon parmesan cheese

Instructions:

Take the top of the bell peppers and dice them to make cubes. Mix it with tomatoes (diced), rice, seasoning, and beans, making sure to mix all the ingredients thoroughly.

Now take this mixture and fill it inside the bell pepper.

Put this stuffed pepper in the air fryer basket and cook it for about 12 minutes at 400 degrees F or 204 degrees C.

Once the bell pepper is cooked, top it with some cheese and let it cook for another minute so the cheese melts. Once the cheese is melted, serve it with the side of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 848

% Daily Value*

Total Fat 9g 11%

Saturated Fat 3.5g 17%

Cholesterol 19mg 6%

Sodium 207mg 9%

Total Carbohydrate 158.1g 58%

Dietary Fiber 20.9g 75%

Total Sugars 20.2g

Protein 38.1g

Brazilian Tempero baiano Chicken drumsticks

Prep: 24 hours 15 minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

1 teaspoon cumin seeds
1 teaspoon dried oregano
1 teaspoon dried parsley
1 teaspoon ground turmeric
½ teaspoon coriander seeds
1 teaspoon kosher salt (or to taste)
½ teaspoon black peppercorns
½ teaspoon cayenne pepper
¼ cup fresh lime juice
2 tablespoons olive oil
1 ½ pound chicken drumsticks

Directions

In a clean grinder, grind the cumin, parsley, oregano, turmeric, salt, coriander seeds, and peppercorns.

Shift them to a bowl and mix them with oil and lime juice. Put the marinade and a chicken in a zip lock bag and let it rest at room temperature for about 24 hours.

When done, put the drumsticks inside of the air fryer and cook it for 25 minutes at 400 degrees F or 204 degrees C, making sure to turn them around after half of the time so you get an even cook throughout.

The chicken will be ready to serve once the internal temperature of the chicken reaches about 165 degrees F.

Nutrition Facts

Servings: 2

Amount per serving

Calories 709

% Daily Value*

Total Fat 33.9g 44%

Saturated Fat 7.2g 36%

Cholesterol 299mg 100%

Sodium 1438mg 63%

Total Carbohydrate 2.7g 1%

Dietary Fiber 1g 3%

Total Sugars 0.2g

Protein 94.1g

Tandoori Salmon Recipe

Prep: 24 hours 15 minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

2 salmon fillets
1 teaspoon ginger and garlic paste
½ cup Greek yogurt
2 teaspoon olive oil
½ lemon juice

Spices for tandoori mix

1/8 teaspoon Turmeric powder
1 teaspoon Red Kashmiri chili powder
1 teaspoon coriander powder
1 teaspoon Cumin Powder
1 teaspoon Garam Masala
1 teaspoon Fenugreek Leaves

Directions

Take a large bowl, in which mix the yogurt with ginger garlic paste, lemon juice and all the tandoori spice mix.

Soak the salmon in this mixture and let it stay in the marinade for about 10 minutes.

Cook this salmon in an air fryer at the temperature of 400 degrees F or 204 degrees C. and cook it for about 10 minutes.

Once the 10 minutes are done, take it out of the air fryer and flip it on the other side. Cook the other side for another 5 to 7 minutes so you get an even cook throughout.

Serve the cooked salmon with some salad or rice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 332

% Daily Value*

Total Fat 17.4g 22%

Saturated Fat 3.2g 16%

Cholesterol 81mg 27%

Sodium 129mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 1.1g 4%

Total Sugars 2.4g

Protein 40.5g

Air fried turkey breasts

Prep: 15 Minutes | Cook Time: 25 Minutes| Makes: 2 Servings

Ingredients

2-pound turkey breasts (deboned)

Salt and Pepper to taste

For the filling

4 bacon slices (chopped to bite-size pieces)

4 oz. mushrooms (sliced)

½ onion (diced)

2 garlic cloves (minced)

2 cups spinach

½ teaspoon thyme (dried)

¼ teaspoon sage (dried)

¼ teaspoon kosher salt

¼ teaspoon black pepper

¼ cup parmesan cheese (shredded)

Directions:

For the filling,

Start by cooking the bacon until it becomes well cooked and crispy. Then add the garlic, mushrooms and onions in it. Let them cook until the mushrooms shrink down and they release their moisture. Then in this mix, add the spinach and cook it throughout until it is soft. After that, add the herbs and seasoning (salt and pepper).

Preparing the turkey

Pound the turkey pieces with a hammer, making sure to first cover the top with saran wrap, keep beating it until it is ½ inch thick.

Then add the filling on top of the breast and close it from the edges. Use toothpicks to lock the breast in the place.

Before cooking the chicken breasts, grease the air fryer with some olive oil, and put the turkey with its skin side down. Let the breasts cook for at least 20 minutes at a temperature of 30 degrees.

The breast will be properly cooked once the internal temperature reaches around 165 degrees F or 75 degrees C .

Serve it with the side of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 297

% Daily Value*

Total Fat 17.7g 23%

Saturated Fat 5.9g 30%

Cholesterol 63mg 21%

Sodium 1666mg 72%

Total Carbohydrate 9.2g 3%
Dietary Fiber 2.2g 8%
Total Sugars 3.8g
Protein 25.7g

Air Fryer Mongolian Beef

Prep: 15 Minutes | Cook Time: 22 Minutes| Makes: 2 Servings

Ingredients

1 pound flank steak
¼ cup cornstarch
2 tbsp olive oil
4 cloves chopped garlic
1 tbsp chopped ginger
½ cup low sodium soy sauce
½ cup water
½ cup brown sugar
2 chopped green onions

Directions

Take the beefsteak and slice into thin strips.
Coat the beef with the cornstarch and let it rest for 5 minutes.
Preheat the air fryer to 400 degrees F or 204 degrees C.
Place the steak in the air fryer basket and spray the steaks with oil.
Cook the steak for 10 minutes. Spray oil on the steaks through halfway cooking.
Meanwhile, add a few drops of oil on the pan and sauté ginger and garlic for a few seconds.
Then add the soy sauce, water, and brown sugar to the pan and mix it well.
Cook for 7 minutes until the sauce gets thickened.
Now, add the beef steaks to the sauce and toss it well.
Serve the beef steaks with chopped green onions on the top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 816

% Daily Value*

Total Fat 33.2g 43%

Saturated Fat 9.9g 50%

Cholesterol 125mg 42%

Sodium 2269mg 99%

Total Carbohydrate 60.6g 22%

Dietary Fiber 1.5g 5%

Total Sugars 36.8g

Protein 67.4g

Parmesan and Lime Veal Schnitzels

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

4 veal schnitzel steaks
1 lime juice with zest
Few Lemon wedges
2 tbsp chopped chives
1/3 cup parmesan
1 cup panko breadcrumbs
1/2 cup plain flour
2 eggs
1/4 cup olive oil
1/2 cup natural yogurt
1 tbsp chopped baby capers
Coleslaw mix
Char-grilled corn on the cob

Directions

Take a bowl and add zest, chives, parmesan and breadcrumbs to it. Mix it well.
Clean and dry the veal thoroughly.
Put the flour in the mixing bowl and keep the whisked egg mixture in a separate bowl and keep it aside.
Now, take a veal and coat with the flour mixture and then dip in the egg mixture.
Then rub the veal in the bread crumbs to coat well. Repeat the same process for the remaining veal and arrange it in the plate.
Add it to the air fryer and cook for 400 degrees F or 204 degrees C, for 20 minutes.
Cook the veal in batches and place the cooked veal on the plate covered with a kitchen towel.
Take a mixing bowl and add yogurt, lime juice and capers and stir it well.
Add coleslaw mix with half the yogurt dressing to the mixing bowl.
You can serve veal with yogurt dressing, chives and lime wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 545

% Daily Value*

Total Fat 36.8g 47%

Saturated Fat 9.6g 48%

Cholesterol 188mg 63%

Sodium 400mg 17%

Total Carbohydrate 33.3g 12%

Dietary Fiber 1.3g 5%

Total Sugars 4.9g

Protein 21.9g

Air-Fryer Pork Schnitzel

Prep: 15 Minutes | Cook Time: 7-12 Minutes| Makes: 2 Servings

Ingredients

1/4 cup all-purpose flour
1 tsp seasoned salt
1/4 tsp pepper
1 large egg
2 tbsp milk
3/4 cup dry bread crumbs
1 tsp paprika
4 pork cutlets

Cooking spray

Dill sauce:

1 tbsp all-purpose flour
3/4 cup chicken broth
1/2 cup sour cream
1/4 tsp dill weed

Directions

Preheat your air fryer at 400 degrees F or 204 degrees C.

In a first bowl, add the flour, salt and pepper.

In the second bowl, whisk egg and milk together.

In a third bowl, add bread crumbs and paprika to it.

Take the pork and add flour mixture to pork to coat it well.

Then dip the pork in egg mixture, then in bread crumb mixture.

Arrange the pork in the air-fryer basket. Grease the pork with cooking spray.

Cook the pork for 4-5 minutes.

Toss the pork through halfway cooking and sprinkle cooking spray.

Once the pork is cooked and becomes golden brown, transfer to the plate.

Add the flour and broth to the saucepan and boil for 2 minutes.

Cook and stir the sauce until thickened.

Then add the sour cream and dill and switch off the flame.

Serve the pork with sauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 403

% Daily Value*

Total Fat 17.9g 23%

Saturated Fat 9.2g 46%

Cholesterol 120mg 40%

Sodium 1417mg 62%

Total Carbohydrate 45.7g 17%

Dietary Fiber 2.7g 10%

Total Sugars 3.9g
Protein 14.7g

Crumbed Beef Schnitzel

Prep: 15 Minutes | Cook Time: 8-10 Minutes| Makes: 2 Servings

Ingredients

2 large Crumbed Beef Schnitzel

Mushroom Sauce

Pepper Sauce

Directions

Preheat your air fryer at 400 degrees F or 204 degrees C for 3 minutes.

Keep the Beef Schnitzel in the air fryer basket and cook for 8-10 minutes.

Serve and enjoy with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 71

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 480mg 21%

Total Carbohydrate 13.1g 5%

Dietary Fiber 3g 11%

Total Sugars 11g

Protein 2.2g

Roasted Cinnamon Sugar Orange

Prep: 15 Minutes | Cook Time: 4-5 Minutes| Makes: 2 Servings

Ingredients

4 Oranges
1/2 tsp cinnamon
2 tsp brown sugar

Directions

Combine the cinnamon and sugar in a bowl and set it aside.
Take the oranges and cut them into half and scope the inner part.
Sprinkle the cinnamon sugar the orange.
Bake at 400 degrees F or 204 degrees C for about 4-5 minutes in an air fryer
Serve the roasted cinnamon with ice cream and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 186

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 46.7g 17%

Dietary Fiber 9.1g 33%

Total Sugars 37.3g

Protein 3.5g

Air Fryer Chicken Fried Steak

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound cube steak
1/3 cup all-purpose flour
1 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt
1/4 tsp pepper
1 medium egg
1/4 cup water

FOR THE GRAVY

2 tablespoons butter
2 tablespoons flour
3/4 cup milk
Required salt and pepper

I Directions

Preheat your air fryer to 400 degrees F or 204 degrees C.
Take a mixing bowl and add the flour, garlic powder, paprika, salt, and pepper.
Beat the egg thoroughly and then add the water to the bowl. Mix it well.
Now, coat the steak with the flour mixture, and then with the egg mixture.
Again, coat the steak with a flour mixture to ensure a thick coating.
Arrange the steak in the air fryer basket and cook for 15 minutes.
Flip the steak halfway to cooking.
Meanwhile, add butter to a saucepan and whisk the milk, flour, salt and pepper thoroughly.
Boil the sauce until it gets thickened and add little milk to it to get the desired consistency.
Once the steak is cooked enough, serve the steak with sauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 713

% Daily Value*

Total Fat 27.2g 35%

Saturated Fat 13g 65%

Cholesterol 324mg 108%

Sodium 841mg 37%

Total Carbohydrate 22.1g 8%

Dietary Fiber 1g 3%

Total Sugars 4.8g

Protein 90.3g

Spicy Shrimp Patties Recipe

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

Shrimp Patties

1 pounds shrimp
1 tbsp avocado oil
1/2 cup finely chopped red bell pepper
1 clove finely chopped garlic
1/4 cup finely chopped red onion
1/4 cup cilantro finely chopped
1/4 cup finely chopped green onion
1/2 small finely chopped jalapeno
1 1/2 cup Panko breadcrumbs
1 egg
3 tbsp mayo
1 1/2 tsp hot pepper sauce
1 tbsp lime juice
1/2 tsp organic sugar
Required salt & pepper

Directions

Pulse the shrimp into fine pieces using a food processor.
Add oil to the skillet and then add bell pepper; sauté for 3 minutes in medium heat.
Then add chopped garlic to the skillet.
Preheat y Air Fryer to 400 degrees F or 204 degrees C.
Add and mix the remaining ingredients to the shrimp in a large mixing bowl.
Now, add the garlic and bell pepper to the shrimp.
Form patties using the shrimp mixture and coat them in the bread crumbs.
Grease the air fryer with oil. Arrange the shrimp patties in the air fryer.
Cook the patties for 10-12 minutes and toss through halfway cooking.
Once cooked, serve the shrimp patties with lemon wedges and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 428

% Daily Value*

Total Fat 14.5g	19%
Saturated Fat 3.1g	16%
Cholesterol 565mg	188%
Sodium 745mg	32%
Total Carbohydrate 16.6g	6%
Dietary Fiber 2g	7%
Total Sugars 5.8g	
Protein 55.8g	

Fudge brownie

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1/2 cup almond flour
1/4 cup cocoa powder
1/4 tsp baking powder
1/4 tsp salt
1 1/2 oz unsweetened baker's chocolate
1/4 cup unsalted butter
1/2 cup granulated sugar
1 egg
1 egg yolk
1/2 tsp vanilla extract

Directions

Sift the flour, cocoa powder and baking powder in a separate bowl.

Take a saucepan and add chopped chocolate to it.

Stir it well and until the chocolate gets completely melted.

Then add the egg until well combined.

Now, add vanilla and flour mixture to the saucepan.

Pour the mixture into the baking cup and bake for 10-15 minutes in the air fryer at 400 degrees F or 204 degrees C.

Once it is baked, sprinkle with cocoa powder and serve the yummy brownie.

Nutrition Facts

Servings: 2

Amount per serving

Calories 526

% Daily Value*

Total Fat 32.8g 42%

Saturated Fat 17.2g 86%

Cholesterol 248mg 83%

Sodium 497mg 22%

Total Carbohydrate 58.9g 21%

Dietary Fiber 4.4g 16%

Total Sugars 50.9g

Protein 8.6g

Beef and Bean Meatloaf

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound extra-lean ground beef
1 cup canned black beans
1/2 cup barbecue sauce
1/4 cup quick-cooking oats
1/4 cup bread crumbs
1/4 cup Parmesan cheese
1/3 cup grated onion
1 stalk finely diced celery
3 eggs
2 tbsp tomato paste
1tbsp Worcestershire sauce
1 tbsp olive oil
2cloves chopped garlic
1 tsp chili powder
1/2 tsp each salt and pepper

Directions

Grease the air fryer rack with oil.

Mix all the above ingredients and make them into a loaf.

Keep the loaf in the air-fryer on the rack and cook for 15 minutes at 400 degrees F or 204 degrees C.

Apply barbecue sauce on the meatloaf through halfway cooking.

Once it is cooked, serve the meatloaf and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1315

% Daily Value*

Total Fat 43.1g 55%

Saturated Fat 17g 85%

Cholesterol 488mg 163%

Sodium 1672mg 73%

Total Carbohydrate 111g 40%

Dietary Fiber 18.7g 67%

Total Sugars 24.2g

Protein 120.6g

Spiced Pork Chops and Applesauce

Prep: 15 Minutes | Cook Time: 10-25 Minutes| Makes: 2 Servings

Ingredients

Applesauce

2 Honey sliced crisp apples

4 tsp brown sugar

1/4 tsp ground cinnamon

Spiced Pork Chops:

1 tsp cracked peppercorns

1 tsp triple crunch mustard

1/4 tsp each salt

1 tsp ground coriander

1 tsp cumin

Pinch smoked paprika

Pinch brown sugar

1 tbsp olive oil

2 bone-in pork chops

Directions

Prepare the applesauce by mixing apples, brown sugar and cinnamon in the saucepan.

Cook for 8-10 minutes on medium heat.

Once the apples are well cooked, blend the apples into smooth paste.

Combine the peppercorns, mustard, salt, coriander, and cumin, smoked paprika and brown sugar in a large bowl.

Then spray oil and peppercorn on the pork chops.

Grease the air fryer rack and keep the pork chops in the air fryer.

Cook for 10 to 12 minutes at 160 degrees F or 70 degrees C.

Flip the pork chops through halfway cooking for 5 minutes.

Serve the pork with applesauce and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 414

% Daily Value*

Total Fat 27.1g 35%

Saturated Fat 8.5g 42%

Cholesterol 69mg 23%

Sodium 60mg 3%

Total Carbohydrate 25.6g 9%

Dietary Fiber 3.3g 12%

Total Sugars 20.9g

Protein 18.2g

Memphis Ribs

Prep: 15 Minutes | Cook Time: 25-30 Minutes| Makes: 2 Servings

Ingredients

- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp pepper
- 1 tsp brown sugar
- 1 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp each ground cumin
- ¼ tsp coriander
- 1/4 tsp dried thyme
- 1/4 tsp cayenne pepper
- 1/4 tsp celery seeds
- 1/4 tsp mustard powder
- 1 rack back ribs

Directions

Take a mixing bowl and add chili powder, pepper powder, brown sugar, thyme, garlic, cumin, coriander, cayenne, celery seeds, and mustard powder.

Now put the ribs into the bowl and toss with the mix. Set it aside for 30 minutes.

Arrange the ribs in the air fryer and cook for 25-30 minutes at 400 degrees F or 204 degrees C.

Ensure to flip the ribs through halfway cooking.

Once it is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 576

% Daily Value*

Total Fat 42.9g 55%

Saturated Fat 16.3g 82%

Cholesterol 125mg 42%

Sodium 2047mg 89%

Total Carbohydrate 7.3g 3%

Dietary Fiber 1.3g 5%

Total Sugars 4.3g

Protein 42.3g

Pork Saltimbocca

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

1 pork tenderloin
1 tbsp olive oil
1/4 tsp each salt and pepper
8 slices prosciutto
8 large fresh sage leaves
1/4 cup grated Parmesan cheese
Lemon wedges

Directions

Chop the pork and add salt and pepper to it.

Take a slice of prosciutto and add torn sage leaf and wrap the medallion and cover tightly with the help of the toothpick .

Repeat the same process for the remaining medallion.

Grease the air fryer rack with oil and arrange the wrapped prosciutto in the air fryer.

Cook for 10-15 minutes at 400 degrees F or 204 degrees C.

Once it is well cooked, remove the pork from the air fryer. Let it settle down for 5 minutes.

Serve the pork medallions with lemon wedges, sprinkle cheese on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 663

% Daily Value*

Total Fat 30.6g 39%

Saturated Fat 10.8g 54%

Cholesterol 228mg 76%

Sodium 3385mg 147%

Total Carbohydrate 4.8g 2%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 88.5g

Beef with oyster sauce and sesame seeds

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

1 tbsp oyster sauce
3 tbsp sodium-reduced soy sauce
1 1/2 tbsp honey
1 1/2 tbsp rice wine vinegar
2 tsp sesame oil
2 cloves chopped garlic
1 tsp chopped fresh ginger
1 lb thinly sliced beef sirloin
1 1/2 tbsp cornstarch
1 tsp pepper
1/2 tsp salt
1 tbsp vegetable oil
1 broccoli
2 cups rice
1 tbsp sesame seeds

Directions

Combine the oyster sauce, soy sauce, honey, rice wine vinegar, sesame oil, garlic and ginger in a mixing bowl and set it aside.

In a separate bowl, add cornstarch, pepper and salt and beef. Toss it well.

Place beef in a bowl of air-fryer. Drizzle with vegetable oil.

Cook the beef for 10 minutes in the air fryer at 400 degrees F or 204 degrees C.

Now add broccoli and soy sauce mixture in a saucepan.

Cook for 5 minutes until the sauce thickens and broccoli gets crispy.

Serve the beef with rice and broccoli and sprinkle toasted sesame seeds on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1328

% Daily Value*

Total Fat 29.2g 37%

Saturated Fat 8g 40%

Cholesterol 203mg 68%

Sodium 813mg 35%

Total Carbohydrate 173g 63%

Dietary Fiber 4.7g 17%

Total Sugars 14g

Protein 84.5g

Chicken Parmesan Strips with Marinara Sauce

Prep: 15 Minutes | Cook Time: 15-20Minutes| Makes: 2 Servings

Ingredients

1 cup bread crumbs
1/4 cup grated Parmesan cheese
1 tsp Italian seasoning
1/4 tsp each salt and pepper
1 lb chicken tenders
1/3 cup all-purpose flour
1 egg
1 tbsp olive oil
1/2 cup prepared marinara sauce
1/2 cup shredded mozzarella cheese
2 tbsp fresh basil

Directions

Take a mixing bowl and add the bread crumbs, Parmesan, Italian seasoning, salt and pepper to it. Spread flour on the chicken tenders and dip the chicken in the egg mixture. Then coat the tenders in a bread crumb mixture.

Arrange the chicken tenders in a bowl and spray oil on it.

Cook the chicken for 15 to 20 minutes until it becomes crisp and cooked through, in an air fryer at 400 degrees F or 204 degrees C.

Flip the chicken halfway through cooking time.

Combine the marinara sauce, mozzarella and basil together.

Add the sauce to the chicken and cook for 2 to 3 minutes.

Once the cheese melts, serve the chicken and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 929

% Daily Value*

Total Fat 37g 47%

Saturated Fat 11.9g 59%

Cholesterol 309mg 103%

Sodium 925mg 40%

Total Carbohydrate 56.5g 21%

Dietary Fiber 3g 11%

Total Sugars 3.8g

Protein 88.8g

Crispy Chicken Tenders

Prep: 15 Minutes | Cook Time:15-20 Minutes| Makes: 2 Servings

Ingredients

Crispy Chicken Tenders:

1 1/2 cups panko bread crumbs
1/2 cup quick rolled oats
1/2 tsp each salt and pepper
1 lb chicken tenders
1/3 cup all-purpose flour 2 eggs
1 tbsp safflower oil

Honey Garlic Dipping Sauce:

3/4 cup honey
1/4 cup brown sugar
1/3 cup rice wine vinegar
2 tbsp soy sauce
1 tbsp sesame oil
3 cloves chopped garlic
1/2 tsp garlic powder
1 tbsp cornstarch

Directions

Take a mixing bowl and add panko crumbs, oats, salt and pepper to it.
Rub the chicken tenders in flour and dip the chicken in an egg mixture, then coat in panko crumbs.
Arrange the chicken in the air fryer basket and spar oil on the chicken.
Cook the chicken tenders for 15 to 20 minutes at 400 degrees F or 204 degrees C.
Flip the chicken through halfway cooking.
Meanwhile, prepare the honey dipping sauce by combining honey, brown sugar, rice wine vinegar, soy sauce, sesame oil, garlic and garlic powder in a small saucepan over medium heat.
Add the corn starch with water and stir until the sauce gets thickened.
Serve chicken tenders with honey garlic dipping sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1566

% Daily Value*

Total Fat 40.2g 52%

Saturated Fat 8.6g 43%

Cholesterol 366mg 122%

Sodium 1766mg 77%

Total Carbohydrate 211g 77%

Dietary Fiber 5.8g 21%

Total Sugars 128.1g

Protein 87.4g

Italian Sausage Hero Sandwiches

Prep: 15 Minutes | Cook Time: 5Minutes| Makes: 2 Servings

Ingredients

4 turkey sausages
1 thinly sliced onion
1 thinly sliced red pepper
1 thinly sliced yellow pepper
1/4 cup fresh basil
1 tbsp olive oil
1/4 tsp each salt and pepper
Pinch chili pepper flakes
4 hoagie or sub buns
3/4 cup shredded mozzarella cheese

Directions

Grease the air fryer rack with oil and place sausages in it.
Cook for 15 to 18 minutes in the air fryer at 400 degrees F or 204 degrees C.
Turn the sausage through halfway cooking.
Sauté the onion, red pepper, yellow pepper, basil, oil, salt, pepper and chili flakes in a pan.
Then add the vegetables to the sausage.
Cook for 5 minutes.
Keep the sausage stuffed in buns and top it with cheese and veggies.

Nutrition Facts

Servings: 2

Amount per serving

Calories 340

% Daily Value*

Total Fat 24.6g 32%

Saturated Fat 7.1g 35%

Cholesterol 51mg 17%

Sodium 474mg 21%

Total Carbohydrate 16g 6%

Dietary Fiber 2.9g 10%

Total Sugars 5.3g

Protein 15.7g

Fish Tacos

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound white-fleshed fish
1/2 tsp each salt and pepper
1/2 tsp Old Bay seasoning
1/4 cup cornmeal
1 tbsp canola oil 8 corn tortillas
2 cups shredded lettuce
1 cup prepared green salsa
1/2 cup sour cream
2 thinly sliced jalapeño peppers
Lime wedges

Directions

Cut and clean the fish thoroughly. Then season the fish with salt, pepper and Old Bay seasoning. Now, add cornmeal to the fish and toss it well. Arrange the fish in the air fryer and drizzle with oil. Cook the fish for 15 minutes at 400 degrees F or 204 degrees C. Then serve the fish in tortillas with toppings like shredded lettuce, green salsa, sour cream and jalapeños. Plate the fish tacos with lemon wedges and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 452

% Daily Value*

Total Fat 19.7g 25%

Saturated Fat 9.6g 48%

Cholesterol 121mg 40%

Sodium 1491mg 65%

Total Carbohydrate 9.4g 3%

Dietary Fiber 1.1g 4%

Total Sugars 1.2g

Protein 56.5g

Healthier Cheeseburgers

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

1 pound extra-lean ground beef
1/2 cup quinoa cooked
1/4 cup onion
1 egg
1/4 cup bread crumbs
1 tbsp Worcestershire sauce
1 tbsp tomato paste
2 cloves chopped garlic
1/2 tsp each salt and pepper
4 slices aged Cheddar cheese
2 tbsp mayonnaise
2 tbsp pickles
4 tsp ketchup
4 tsp Dijon mustard
6 whole wheat burger toasted buns
1 cup spinach
1 ripe sliced avocado
6 thick slices of tomato
6 red onion rings

Directions

Combine the ground beef, quinoa, onion, egg, bread crumbs, Worcestershire sauce, tomato paste, garlic, salt and pepper in a mixing bowl.

Make patties from the beef mixture.

Grease the air fryer rack with oil and arrange the burgers on it.

Cook for 20 minutes at 165 degrees Fahrenheit or 75 degrees C

Add cheese to the burger while it's half cooked.

Meanwhile, combine mayonnaise, pickles, ketchup and mustard and whisk it well.

Now, take a bun and spread the mixture on it, then add spinach, avocado, cheeseburger, tomato and onion as toppings.

Serve the warm cheeseburgers and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1205

% Daily Value*

Total Fat 63.4g 81%

Saturated Fat 23.2g 116%

Cholesterol 347mg 116%

Sodium 1189mg 52%

Total Carbohydrate 61.2g 22%

Dietary Fiber 12.4g 44%

Total Sugars 9.6g
Protein 97.6g

Greek Pork Gyros

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

- 1 pork tenderloin
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2 cloves chopped garlic
- 1 teaspoon dried oregano
- 1/2 tsp dried dill
- 1/2 tsp each salt and pepper
- 1/2 cup prepared tzatziki sauce
- 4 wheat pita bread
- 1 cup shredded lettuce
- 1 cup diced cucumber
- 1 cup diced tomatoes
- 1/2 cup Kalamata olives
- 1/3 cup crumbled feta cheese

Directions

Take a mixing bowl and place pork, then add oil, vinegar, garlic, oregano, dill, salt and pepper to the pork.

Keep the bowl in the air fryer and cook for 8-10 minutes at 400 degrees F or 204 degrees C.

Now, place tzatziki sauce on pita bread. Then add lettuce, pork, cucumber, tomatoes, olives and feta on the bread.

Serve the pita bread and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 499

% Daily Value*

Total Fat 29.2g 37%

Saturated Fat 8.3g 41%

Cholesterol 144mg 48%

Sodium 675mg 29%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Total Sugars 4.6g

Protein 49g

Chinese Barbecue Pork

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

1/2 cup hoisin sauce
2 tablespoons honey
4 teaspoons Sriracha hot sauce
4 teaspoons soy sauce
Lettuce Cups
1 tablespoon chopped fresh ginger
1 tablespoon rice wine vinegar
2 teaspoons sesame oil
1 pork tenderloin
1/4 tsp each salt and pepper
1 tablespoon vegetable oil
16 large Boston lettuce leaves
1 cup matchstick carrots
1 cup matchstick cucumber
1 cup thinly sliced red pepper
4 thinly sliced green onions
1/2 cup cashews

Directions

Grease the air fryer rack with oil.

Combine the hoisin sauce, honey, Sriracha, soy sauce, ginger, and vinegar and sesame oil in a small bowl.

Take the pork and season with salt, pepper and hoisin mixture.

Place the pork in the air fryer and apply oil over it and cook for 20 minutes at 400 degrees F or 204 degrees C.

Flip the pork and apply the hoisin mixture halfway, while cooking.

Once the pork is well cooked, slice it into sheets and serve the pork in lettuce leaf cups.

You can top pork with carrots, cucumber, red pepper, green onions and cashews.

And drizzle with the hoisin mixture on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 491

% Daily Value*

Total Fat 23g 29%

Saturated Fat 4.2g 21%

Cholesterol 2mg 1%

Sodium 1645mg 72%

Total Carbohydrate 66.1g 24%

Dietary Fiber 4.9g 17%
Total Sugars 40.4g
Protein 9.6g

Mini Grilled Cheese with Roasted Tomatoes

Prep: 15 Minutes | Cook Time: 15Minutes| Makes: 2 Servings

Ingredients

1 cup cherry tomatoes
2 teaspoons olive oil
1/4 teaspoon each salt and pepper
4 tsp mayonnaise
16 baguette rounds
1/2 cup shredded Cheddar cheese
2 tablespoons melted butter

Directions

Take a mixing bowl, add cherry tomatoes, oil, salt and pepper together, and keep it in the air fryer.

Cook for 8-10 minutes until the tomatoes become soft.

Put mayonnaise on the baguette rounds and add cooked tomatoes and sprinkle with cheddar cheese as toppings.

Grease the baguette with butter. Keep the mini grilled cheese sandwiches in the air fryer.

Cook for 3 to 5 minutes at 400 degrees F or 204 degrees C.

Once the cheese starts melting, serve the mini grilled cheese sandwich and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 310

% Daily Value*

Total Fat 29g 37%

Saturated Fat 14.4g 72%

Cholesterol 63mg 21%

Sodium 331mg 14%

Total Carbohydrate 6.2g 2%

Dietary Fiber 1.1g 4%

Total Sugars 3.2g

Protein 8g

Mushrooms Stuffed with Chorizo

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

1/2 cup goat cheese
3 tbsp grated Parmesan cheese
1 tbsp finely chopped fresh thyme
1 tbsp balsamic vinegar
1 clove chopped garlic
1/3 cup cured chorizo sausage
2 tbsp finely chopped sun-dried tomatoes
1/4 tsp chili pepper flakes
16 cremini mushrooms
1 tbsp olive oil

Directions

Grease the air fryer rack with cooking spray.
Combine the goat cheese, Parmesan, thyme, vinegar and garlic in a bowl.
Then add chorizo, sun-dried tomatoes and chili flakes.
Now stuff the chorizo mixture in the mushroom caps.
Arrange the mushrooms in the air fryer and spray oil on it.
Cook for 12 minutes at 400 degrees F or 204 degrees C.
Once the mushrooms are cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 280

% Daily Value*

Total Fat 20.2g 26%

Saturated Fat 9.4g 47%

Cholesterol 39mg 13%

Sodium 212mg 9%

Total Carbohydrate 9.5g 3%

Dietary Fiber 1.7g 6%

Total Sugars 3.8g

Protein 16.1g

Chicken Panzanella Salad

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

Chicken:

2 boneless skinless chicken breasts
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 clove chopped garlic
salt and pepper, to taste

Salad:

2 1/2 cups cubed baguette
1/2 cup olive oil
1/4 cup grated Parmesan cheese
3 tbsp red wine vinegar
1 tsp Dijon mustard
1/2 tsp dried oregano
1/2 tsp each salt and pepper
1/2 cup thinly sliced red onion
2 cups cherry tomatoes
2 cups chopped cucumber
1/4 cup fresh basil
3/4 cup black olives

Directions

Take a mixing bowl and add chicken, oil, vinegar, garlic, salt and pepper.
Toss it well. Grease the air fryer rack and place the chicken in the air fryer.
Cook for 25 minutes at 400 degrees F or 204 degrees C.
Flip the chicken halfway through cooking.
Slice the chicken when it gets slightly cool down.
Meanwhile, prepare the salad by mixing baguette cubes and 2 tbsp olive oil.
Then add Parmesan and keep in the air fryer basket.
Cook for 5 minutes.
Combine the remaining oil, vinegar, mustard, oregano, salt and pepper in a bowl.
Now, add the sliced onion, vinaigrette, tomatoes, cucumber and basil.
Serve the toasted bread with chicken and olives.

Nutrition Facts

Servings: 2

Amount per serving

Calories 485

% Daily Value*

Total Fat 25.4g 33%

Saturated Fat 5.8g 29%

Cholesterol 135mg 45%
Sodium 671mg 29%
Total Carbohydrate 17.9g 7%
Dietary Fiber 5.2g 19%
Total Sugars 7.8g
Protein 47.8g

Crab and corn cake

Prep: 15 Minutes | Cook Time: 15-20Minutes| Makes: 2 Servings

Ingredients

Crab Cakes:

1/4 cup mayonnaise
1 egg
1 tbsp Dijon mustard
1/2 tsp Old Bay seasoning
1/4 tsp pepper
2 cups lump crab meat
1/2 cup cooked corn kernels
1/2 cup dry bread crumbs
2 tbsp finely chopped chives
1 tbsp vegetable oil

Dill Sauce:

1/2 cup mayonnaise
1 tsp lemon zest
2 tbsp lemon juice
2 tbsp finely chopped fresh dill
1/4 tsp salt and pepper

Directions

Take a bowl and add mayonnaise, egg, mustard, Old Bay seasoning and pepper.

Combine the crab meat, corn, bread crumbs and chives.

Form patties from the mixture and refrigerate for 30 minutes.

Grease the air fryer rack with oil. Keep the patties in the air fryer.

Cook for 15 minutes and flip the patties halfway through cooking, at 400 degrees F or 204 degrees C.

Meanwhile, prepare the sauce by combining mayonnaise, lemon zest, lemon juice, dill, salt and pepper.

Enjoy the crab cakes with dollop sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 387

% Daily Value*

Total Fat 23.8g 31%

Saturated Fat 4g 20%

Cholesterol 107mg 36%

Sodium 876mg 38%

Total Carbohydrate 37.4g 14%

Dietary Fiber 3.2g 12%

Total Sugars 5.5g
Protein 13.6g

Mini Margherita Panzerotti

Prep: 15 Minutes | Cook Time: 2 Minutes| Makes: 2 Servings

Ingredients

1/2 pounds prepared pizza dough
1/2 cup tomato sauce
1/2 cup shredded mozzarella cheese
1 tbsp fresh basil
4 tsp olive oil

DIRECTIONS

Grease the air fryer rack with oil.
Form rounds from the pizza dough by rolling it on the flat surface.
Spoon sauce over the round and add mozzarella and basil.
Fold and seal the dough. Apply panzerotti with oil.
Slit the dough on top of each panzerotti for easy cooking while steaming.
Keep the panzerotti in the air fryer and cook for 12 minutes at 400 degrees F or 204 degrees C.
Once the cheese starts melting, serve the panzerotti with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 647

% Daily Value*

Total Fat 45.6g 59%

Saturated Fat 10.8g 54%

Cholesterol 4mg 1%

Sodium 910mg 40%

Total Carbohydrate 51.6g 19%

Dietary Fiber 4.8g 17%

Total Sugars 2.8g

Protein 9.3g

Mojo Chicken Tacos

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1/4 cup lime juice
2 tbsp orange juice
3 tbsp olive oil, divided
3 cloves chopped garlic
1 tsp dried oregano
1 tsp ground cumin
1 tsp chili powder
1/2 tsp each salt and pepper
1 lb boneless skinless chicken breasts
8 corn tortillas
1 cup prepared guacamole
1 cup canned black beans drained and rinsed
1/2 cup finely crumbled feta cheese
1/3 cup diced red onion
Lime wedges
Directions

Combine the lime juice, orange juice, oil, garlic, oregano, cumin, chili powder, salt and pepper in a mixing bowl.

Then toss with chicken with the mixture and refrigerate for up to 4 hours.

Remove the chicken from the refrigerator and keep the chicken in the air fryer basket.

Add few drops of oil to the chicken and cook for 15 minutes at 400 degrees F or 204 degrees C.

Place the chicken in tortillas with guacamole, black beans, feta and red onion.

Serve the chicken with lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1286

% Daily Value*

Total Fat 50.6g 65%

Saturated Fat 14.1g 70%

Cholesterol 235mg 78%

Sodium 665mg 29%

Total Carbohydrate 111.8g 41%

Dietary Fiber 22.4g 80%

Total Sugars 6.6g

Protein 98.5g

Chicken tender for two

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

1 cup bread crumbs
1/4 cup grated Parmesan cheese
1 teaspoon Italian seasoning
1/4 tsp each salt and pepper
1 pound chicken tenders
1/3 cup all-purpose flour
1 egg
1 tablespoon olive oil
1/2 cup prepared marinara sauce
1/2 cup shredded mozzarella cheese
2 tbsp fresh basil

Directions

Take a mixing bowl and add bread crumbs, Parmesan, Italian seasoning, salt and pepper. Then toss chicken tenders in flour and dip chicken in egg mixture. At last coat the chicken tenders in a bread crumb mixture. Arrange the tenders in the air fryer basket. Drizzle oil on the chicken. Cook for 15 to 20 minutes at 400 degrees F or 204 degrees C. Flip the chicken halfway through cooking. Meanwhile, combine the marinara sauce, mozzarella and basil and add chicken. Cook the chicken for 2 to 3 minutes. Once the cheese starts melting, serve the chicken and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 884

% Daily Value*

Total Fat 34g 44%

Saturated Fat 9.9g 49%

Cholesterol 299mg 100%

Sodium 795mg 35%

Total Carbohydrate 56g 20%

Dietary Fiber 3g 11%

Total Sugars 3.8g

Protein 84.3g

Memphis ribs

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 2 Servings

Ingredients

- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon pepper
- 1 teaspoon brown sugar
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon coriander
- 1/4 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon celery seeds
- 1/4 tsp mustard powder
- 1 rack baby back ribs

Directions

Combine the chili powder, paprika, pepper, thyme, brown sugar, cumin salt, garlic, coriander, cayenne, celery seeds and mustard powder in a mixing bowl.

Now toss the ribs with the prepared mixture. Refrigerate the ribs for 30 minutes.

Keep the ribs in the air fryer.

Cook for 30 minutes at 400 degrees F or 204 degrees C.

Flip the ribs halfway through cooking.

Once cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 326

% Daily Value*

Total Fat 24g 31%

Saturated Fat 9.8g 49%

Cholesterol 75mg 25%

Sodium 1675mg 73%

Total Carbohydrate 6.1g 2%

Dietary Fiber 1.6g 6%

Total Sugars 3.2g

Protein 22.6g

Pork Saltimbocca

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pork tenderloin
1 tbsp olive oil
1/4 tsp each salt and pepper
8 slices prosciutto
8 large fresh sage leaves
1/4 cup freshly grated Parmesan cheese
Lemon wedges

Directions

Cut the pork into medallions and season it with oil, salt and pepper.
Fold the prosciutto and place torn sage leaf.
Cover the medallion by wrapping around.
Repeat the same process for the remaining medallions.
Lightly grease the air fryer rack and arrange the prosciutto-wrapped pork in the air fryer.
Cook for 15 minutes and internal temperature reaches 400 degrees F or 200 degrees C.
Flip the pork halfway through cooking time.
Let the pork sit outside the air fryer for some time.
Add cheese as toppings to the pork and serve with lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 567

% Daily Value*

Total Fat 23.7g 30%

Saturated Fat 7.1g 35%

Cholesterol 217mg 72%

Sodium 2205mg 96%

Total Carbohydrate 2.8g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 81.4g

Spiced Pork Chops and Applesauce

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

Applesauce:

2 Sliced Honeycrisp apples

4 tsp brown sugar

1/4 tsp ground cinnamon

Spiced Pork Chops:

1 tsp cracked peppercorns

1 tsp triple crunch mustard

1/4 tsp salt,

1/4 tsp coriander

1/4 tsp cumin

Pinch smoked paprika

Pinch brown sugar

1 tbsp olive oil

2 bone-in pork chops

Directions

For the applesauce, combine the cored apples, brown sugar and cinnamon in a small bowl.

Keep the bowl in the air fryer and cook for 8 to 10 minutes.

Once cooled enough, blend the apples until smooth.

For the Spiced Pork Chops, combine the peppercorns, mustard, salt, coriander, cumin, smoked paprika and brown sugar in a mixing bowl.

Now, add peppercorn mixture to the pork chops.

Grease the air fryer rack with oil. Arrange the pork chops in the air fryer on the rack.

Cook for 10 to 12 minutes at 160 degrees F or 70 degrees C.

Flip the pork halfway through cooking time.

Serve the pork chops with applesauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 341

% Daily Value*

Total Fat 27g 35%

Saturated Fat 8.5g 42%

Cholesterol 69mg 23%

Sodium 349mg 15%

Total Carbohydrate 6.3g 2%

Dietary Fiber 0.2g 1%

Total Sugars 5.9g

Protein 18.1g

BBQ Loaf In Air Fryer

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 lb extra-lean ground beef
1 cup canned pureed black beans
1/2 cup barbecue sauce
1/4 cup quick-cooking oats
1/4 cup bread crumbs
1/4 cup Parmesan cheese
1/3 cup grated onion
1 stalk celery
3 eggs
2 tbsp tomato paste
1 tbsp Worcestershire sauce
1 tbsp olive oil
2 chopped garlic cloves
1 tsp chili powder
1/2 tsp each salt and pepper

Directions

Grease the air fryer rack with oil.

Combine the ground beef, beans, barbecue sauce, oats, bread crumbs, Parmesan, onion, celery, eggs, tomato paste, Worcestershire sauce, olive oil, garlic, chili powder, salt and pepper in a mixing bowl.

Arrange the loaf in the air fryer and cook for 15 minutes at 400 degrees Fahrenheit or 204 degrees C.

Put some more barbeque sauce on the loaf halfway through cooking.

Serve and enjoy the warm meatloaf!

Nutrition Facts

Servings: 2

Amount per serving

Calories 1157

% Daily Value*

Total Fat 32.6g 42%

Saturated Fat 10g 50%

Cholesterol 453mg 151%

Sodium 1217mg 53%

Total Carbohydrate 109.2g 40%

Dietary Fiber 18.7g 67%

Total Sugars 24.2g

Protein 104.8g

Korean Meatball

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

Meatballs:

- 1 lb extra-lean ground beef
- 1/3 cup panko bread crumbs
- 1 egg
- 2 chopped cloves garlic
- 2 tbsp Korean chili paste
- 4 tsp reduced-sodium soy sauce
- 4 tsp brown sugar
- 1 tbsp chopped fresh ginger
- 1 tbsp sesame oil
- 1 tbsp rice wine vinegar
- 1/4 tsp each salt and pepper

Rice bowl:

- 2 bunches bok choy
- 2 tsp sesame oil
- 2 cups steamed rice
- 1 ripe sliced avocado
- 1 cup matchstick carrots
- 4 thinly sliced radishes
- 4 thinly sliced green onions
- 2 tbsp sesame seeds

Directions

For the Meatballs, combine the ground beef, bread crumbs, egg, garlic, chili paste, soy sauce, brown sugar, ginger, sesame oil, vinegar, salt and pepper in a mixing bowl.

Make meatballs from the mixture.

Arrange the meat balls in the air fryer for 10-15 minutes at 350 degrees F or 170 degrees C.

Put the bok Choy in the fryer and add few drops of oil and Cook for about 5 minutes.

Add meatballs, bok Choy, avocado, carrots and radishes. Sprinkle with green onions and sesame seeds on the rice bowl and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1683

% Daily Value*

Total Fat 51.3g 66%

Saturated Fat 12.6g 63%

Cholesterol 285mg 95%

Sodium 1239mg 54%

Total Carbohydrate 202.3g 74%

Dietary Fiber 20.8g 74%
Total Sugars 18.9g
Protein 104.9g

Pork & mushrooms

Prep: 15 Minutes | Cook Time: 25-30 Minutes| Makes: 2 Servings

Ingredients

Steak:

2 strip loin steaks
4 tsp crushed mixed peppercorns
1/2 tsp salt

Air-Fried Mushrooms:

1/2 lb sliced cremini mushrooms
1 tbsp Worcestershire sauce
1 tbsp olive oil
1 chopped clove garlic
2 tsp finely chopped fresh thyme
1/4 tsp each salt and pepper
1 tbsp finely chopped chives

Directions

Season the steak with pepper and salt.

Grease the air fryer rack and keep the steak in the air fryer.

Cook for 10 to 12 minutes at 400 degrees F or 204 degrees C.

And flip the steak halfway through cooking.

Meanwhile, combine the mushrooms, Worcestershire sauce, oil, garlic, thyme, salt and pepper in a mixing bowl.

Cook the mushroom for 8 to 10 minutes

Once cooked, serve steak with mushrooms by sprinkling chives on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 634

% Daily Value*

Total Fat 20.4g 26%

Saturated Fat 5.6g 28%

Cholesterol 235mg 78%

Sodium 791mg 34%

Total Carbohydrate 10.1g 4%

Dietary Fiber 2.2g 8%

Total Sugars 3.6g

Protein 97.8g

Maple Misco seafood

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

2 tbsp miso paste
2 tbsp maple syrup
2 tbsp soy sauce
1 tsp sesame oil
1/4 tsp each salt and pepper
4 skinless salmon fillets
2 thinly sliced green onions
1 tbsp sesame seeds

Directions

Combine the miso paste, maple syrup, soy sauce, sesame oil, salt and pepper in a bowl.
Add salmon to the bowl and refrigerate for 1 hour.
Grease the air fryer rack with oil.
Arrange the salmon in the air fryer rack and cook for 15 minutes at 350 degrees F or 170 degrees C.
Once cooked, serve the salmon with green onions and toasted sesame seeds.

Nutrition Facts

Servings: 2

Amount per serving

Calories 616

% Daily Value*

Total Fat 27.6g 35%

Saturated Fat 4g 20%

Cholesterol 157mg 52%

Sodium 1704mg 74%

Total Carbohydrate 21.4g 8%

Dietary Fiber 2g 7%

Total Sugars 13.6g

Protein 73.2g

root veggies

prep: 15 minutes | cook time: 25 minutes| makes: 2 servings

ingredients

1 yukon gold potato
1 small sweet potato
1 carrot
1 parsnip
1 tbsp olive oil
1 tbsp finely chopped fresh thyme
1/2 tsp each salt and pepper

tahini ranch dressing:

2 tbsp tahini paste
2 tbsp lemon juice
1/3 cup yogurt
1 chopped clove garlic
2 tbsp finely chopped fresh parsley
1 tbsp fresh dill and chives
1/2 tsp salt

directions

cut the potato, sweet potato, carrot and parsnip into French fries.

Then season with oil, thyme, salt and pepper.

keep in the air fryer and cook for 25 minutes at 400 degrees F or 170 degrees C

cook the vegetables until they become tender.

for the tahini ranch dressing, mix tahini, lemon juice and 2 tbsp water until smooth.

then add yogurt, garlic, parsley, dill, chives and salt to it.

whisk it well.

serve the root veggies with tahini ranch dressing.

Nutrition Facts

Servings: 2

Amount per serving

Calories 294

% Daily Value*

Total Fat 16g 20%

Saturated Fat 2.7g 14%

Cholesterol 2mg 1%

Sodium 670mg 29%

Total Carbohydrate 32g 12%

Dietary Fiber 5.7g 21%

Total Sugars 7.4g

Protein 7.9g

Triple turn over

Prep: 15 Minutes | Cook Time: 15 -25 Minutes| Makes: 2 Servings

Ingredients

1/2 cup chopped mixed berries
1/2 cup berry jam
1 packet refrigerator rolled pie pastry
1 egg
1/2 cup icing sugar
1 tbsp milk

Directions

Combine the berries and jam and keep it aside.
Roll the pie pastry and cut into rounds. Meanwhile, whisk the egg with water and apply the mixture on the edges of the rounds.
Put berry jam on the pastry and fold it by pressing the edges using a fork.
Make slits at the top of the party for easy cooking.
Now, apply egg mixture on the tarts and arrange the pastry in the air fryer and cook for 15 minutes at 350 degrees F or 170 degrees C
Once it becomes golden brown, remove it from the air fryer and let it cool.
Prepare the icing by mixing icing sugar and milk in a small bowl.
Top the turnovers with icing and berry jam and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 596

% Daily Value*

Total Fat 23.2g 30%

Saturated Fat 3.9g 19%

Cholesterol 82mg 27%

Sodium 444mg 19%

Total Carbohydrate 94g 34%

Dietary Fiber 1.9g 7%

Total Sugars 59.1g

Protein 6g .

Air-Fryer Crumb-Topped Sole

Prep: 15 Minutes | Cook Time: 8-12 Minutes| Makes: 2 Servings

Ingredients

3 tablespoons reduced-fat mayonnaise
3 tablespoons grated Parmesan cheese
2 teaspoons mustard seed
1/4 teaspoon pepper
4 sole fillets
1 cup soft bread crumbs
1 finely chopped green onion
1/2 teaspoon ground mustard
2 teaspoons melted butter
Cooking spray

Directions

Preheat your air fryer to 400 degrees F or 204 degrees C.
Combine mayonnaise, cheese, mustard seed and pepper in a mixing bowl.
Now spread the mixture over the tops of fillets.
Arrange the fish in the air fryer basket and cook for 3-5 minutes.
Meanwhile, combine bread crumbs, onion, ground mustard, butter, and little cheese in a bowl.
Add the mixture to the fillets and drizzle with cooking spray. Cook for 2-3 minutes.
Once the fish is cooked, serve with green onions.

Nutrition Facts

Servings: 2

Amount per serving

Calories 520

% Daily Value*

Total Fat 20.8g 27%

Saturated Fat 6.1g 31%

Cholesterol 188mg 63%

Sodium 554mg 24%

Total Carbohydrate 14.3g 5%

Dietary Fiber 1.2g 4%

Total Sugars 2.4g

Protein 66g

Air-Fryer Shrimp Po'Boys

Prep: 15 Minutes | Cook Time: 8-16 Minutes| Makes: 2 Servings

Ingredients

1/2 cup mayonnaise
1 tbsp Creole mustard
1 tbsp chopped cornichons
1 tbsp chopped shallot
1-1/2 tsp lemon juice
1/8 tsp cayenne pepper

Coconut shrimp:

1 cup all-purpose flour
1 tsp herbes de Prair fryer
1/2 tsp sea salt
1/2 tsp garlic powder
1/2 tsp pepper
1/4 tsp cayenne pepper
1 large egg
1/2 cup 2% milk
1 tsp hot pepper sauce
2 cups sweetened shredded coconut
1 pound uncooked shrimp

Cooking spray

4 hoagie buns
2 cups shredded lettuce
1 thinly sliced tomato

Directions

For remoulade, add the first 6 ingredients to the bowl and mix it well.

Then refrigerate for few hours.

Preheat your air fryer to 400 degrees F or 204 degrees C.

Combine flour, herb fryer, sea salt, garlic powder, pepper and cayenne in a mixing bowl.

In the second bowl, mix egg, milk and hot pepper sauce together.

Keep the coconut in a third bowl.

Now, dip shrimp in flour first, then soak in egg mixture, then in coconut mixture.

Keep shrimp in the air fryer basket and drizzle oil over it.

Cook for 6-8 minutes and ensure to flip the shrimp halfway through cooking.

Place remoulade on the bun and add shrimp, lettuce and tomato as toppings.

Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1071

% Daily Value*

Total Fat 32.8g 42%

Saturated Fat	6.7g	34%
Cholesterol	591mg	197%
Sodium	2147mg	93%
Total Carbohydrate	115.6g	42%
Dietary Fiber	4.5g	16%
Total Sugars	13.9g	
Protein	72.8g	

Air-Fryer Salmon with Dijon glaze

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

3 tbsp butter
3 tbsp maple syrup
1 tbsp Dijon mustard
1 lemon juice
1 chopped garlic clove
1 tablespoon olive oil
4 salmon fillets
1/4 tsp salt
1/4 tsp pepper

Directions

Preheat the air fryer to 400 degrees Fahrenheit or 204 degrees C
Add butter to the pan and let the butter melt over medium heat.
Now, add maple syrup, mustard, lemon juice and minced garlic to the pan.
Boil for 2-3 minutes until the sauce gets thickened.
Brush olive oil on the salmon and add season with salt and pepper.
Arrange the salmon in the air-fryer basket. Cook for 5-7 minutes.
Once the fish is cooked, serve the salmon with sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 769

% Daily Value*

Total Fat 46.6g 60%

Saturated Fat 15.1g 76%

Cholesterol 203mg 68%

Sodium 662mg 29%

Total Carbohydrate 21.1g 8%

Dietary Fiber 0.3g 1%

Total Sugars 18g

Protein 69.7g

Popcorn Shrimp Tacos with Cabbage Slaw

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

2 cups coleslaw mix
1/4 cup minced fresh cilantro
2 tbsp lime juice
2 tbsp honey
1/4 tsp salt
1 jalapeno pepper optional
2 large eggs
2 tbsp 2% milk
1/3 cup all-purpose flour
1-1/2 cups panko bread crumbs
1 tbsp ground cumin
1 tbsp garlic powder
1 pound uncooked shrimp
Cooking spray
8 corn tortillas
1 medium ripe sliced avocado

Directions

Take a mixing bowl and combine coleslaw mix, cilantro, lime juice, honey, and salt. Keep it aside.

Preheat your air fryer to 400 degrees F or 204 degrees C

Beat eggs and milk in a separate bowl until it gets smooth.

Keep the flour in a second bowl. Prepare the mixture of Panko, cumin and garlic powder in the third bowl.

First, rub the shrimp in flour and then dip in egg mixture. At last, dip the shrimp in a Panko mixture.

Repeat the same process for the remaining shrimp in batches.

Keep the shrimp inside of the air fryer basket.

Drizzle with cooking spray and cook for 5 minutes.

Flip the shrimp halfway through cooking.

Once cooked, serve shrimp in tortillas by adding toppings as coleslaw mix and avocado.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1235

% Daily Value*

Total Fat 38.4g 49%

Saturated Fat 8.7g 43%

Cholesterol 674mg 225%

Sodium 1402mg 61%

Total Carbohydrate 147.5g 54%

Dietary Fiber 18.4g 66%
Total Sugars 24.2g
Protein 78.1g

Air-Fryer Tuna Burgers

Prep: 15 Minutes | Cook Time: 6 Minutes| Makes: 2 Servings

Ingredients

1 large egg
1/2 cup dry bread crumbs
1/2 cup finely chopped celery
1/3 cup mayonnaise
1/4 cup finely chopped onion
2 tablespoons chili sauce
1 pouch tuna
4 toasted hamburger buns
Optional: Lettuce leaves and sliced tomato

Directions

Preheat your air fryer to 400 degrees F or 200 degrees C
In a mixing bowl, combine the first 6 ingredients and add tuna to the bowl.
Make the patties out of the mixture.
Arrange the patties in the air fryer basket and cook for 5-6 minutes.
Flip the patties halfway through cooking.
Once cooked, serve the tuna with bun and top with lettuce and tomato.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1008

% Daily Value*

Total Fat	38.4g	49%
Saturated Fat	6.8g	34%
Cholesterol	173mg	58%
Sodium	1466mg	64%
Total Carbohydrate	85.3g	31%
Dietary Fiber	4g	14%
Total Sugars	11.5g	
Protein	75.7g	

Air Fryer Gingered Honey Salmon

Prep: 12 Minutes | Cook Time: 18 Minutes| Makes: 2 Servings

Ingredients

1/3 cup orange juice

1/3 cup reduced-sodium soy sauce
1/4 cup honey
1 chopped green onion
1 tsp ground ginger
1 tsp garlic powder
1 salmon fillet

Directions

Prepare the marinade by mixing the first 6 ingredients.
In a mixing bowl, add the marinated mixture to the salmon and refrigerate for 30 minutes.
Keep the remaining marinade for later use.
Preheat your air fryer to 350 degrees F or 170 degrees C.
Arrange the fillet in the air fryer basket.
Cook the fish for 15-18 minutes. Flip the salmon halfway through cooking and brush the remaining marinated mixture.
Once cooked, serve the salmon and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 298

% Daily Value*

Total Fat 5.7g 7%

Saturated Fat 0.8g 4%

Cholesterol 39mg 13%

Sodium 1460mg 63%

Total Carbohydrate 45.1g 16%

Dietary Fiber 1g 3%

Total Sugars 39.5g

Protein 20.3g

Air-Fryer Shrimp Caesar Salad

Prep: 25 Minutes | Cook Time: 6Minutes| Makes: 2 Servings

Ingredients

2 coarsely chopped romaine hearts
1 cup cherry tomatoes
1/4 cup shredded Parmesan cheese
1/3 cup all-purpose flour
3/4 tsp salt
1/2 tsp pepper
1 pound uncooked shrimp
Cooking spray
1/2 cup creamy Caesar salad dressing

Directions

Preheat your air fryer to 350 degrees F or 170 degrees C.
Take a mixing bowl and combine romaine, tomatoes and cheese and refrigerate for 5 minutes.
Add the flour, salt and pepper to a separate bowl. Now, add shrimp to the flour mixture.
Arrange the shrimp in the air-fryer basket and drizzle with cooking spray.
Cook the shrimp for 2-3 minutes.
Flip the shrimp and drizzle with spray and continue cooking for 3 more minutes.
Spread the dressing over romaine mixture and add shrimp to it.
You can also add cheese and pepper as toppings and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1401

% Daily Value*

Total Fat 138g177%

Saturated Fat 23.8g 119%

Cholesterol 156mg 52%

Sodium 3513mg 153%

Total Carbohydrate 27.6g 10%

Dietary Fiber 1.8g 6%

Total Sugars 2.4g

Protein 5.3g

Air-Fryer Pretzel-Crusted Catfish

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

5 catfish fillets
salt and pepper, to taste
3 large eggs
1/4 cup Dijon mustard
2 tablespoons milk
1/3 cup all-purpose flour
3.5 cups honey mustard miniature pretzels
oil spray

Directions

Preheat your air fryer to 350 degrees F or 170 degrees C
Season the catfish with salt and pepper in a bowl.
Combine the eggs, mustard and milk in a small bowl.
Keep the flour in the first bowl and pretzels in the second bowl.
Rub the fillets with flour first, then dip in egg mixture and then coat with pretzels.
Arrange the fillets in the air fryer basket and drizzle with cooking spray.
Cook the fish for 10-12 minutes. Once the fish is cooked, serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 752

% Daily Value*

Total Fat 39.6g	51%
Saturated Fat 8.2g	41%
Cholesterol 468mg	156%
Sodium 679mg	30%
Total Carbohydrate 18.9g	7%
Dietary Fiber 1.6g	6%
Total Sugars 1.6g	
Protein 75.7g	

Air Fryer Steak Wrapped Asparagus

Prep: 14 Minutes | Cook Time:18 Minutes| Makes: 2 Servings

Ingredients

1 Pound Trimmed Asparagus
2 Cups Grape Tomatoes
1 1/2 Pound Thinly Sliced Skirt Steak
4 Tbsp Balsamic Vinegar
4 Tbsp Olive Oil
1 Clove chopped Garlic
1 Tsp Salt
Olive oil Cooking Spray

Directions

Grease the air fryer basket using olive oil cooking spray.
Cut the steaks into thin slices.
And take a bowl and add the vinegar, oil, garlic, and salt. Mix it well.
Keep the asparagus in the steak slice and fold it up.
Now place the steak in the air fryer and keep the halved tomatoes in the basket.
Drizzle oil and vinegar on the steak and veggies.
Cook the steak at 350 degrees F or 170 degrees C, for 10 minutes.
Repeat the same process for the remaining steak and check the steak halfway through cooking.
Once cooked, serve the steak with asparagus and tomatoes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1024

% Daily Value*

Total Fat	62.9g	81%
Saturated Fat	17.2g	86%
Cholesterol	201mg	67%
Sodium	1436mg	62%
Total Carbohydrate	16.6g	6%
Dietary Fiber	7g	25%
Total Sugars	9.1g	
Protein	97.4g	

Air Fryer Beef & Bean Chimichangas

Prep: 25 Minutes | Cook Time: 16 Minutes| Makes: 2 Servings

Ingredients

1 Pound Ground Beef
1 Package Taco Seasoning
1/2 Cup Refried Beans
1/2 Cup Shredded Colby Jack Cheese
5 Burrito Flour Size Tortillas
Toppings include Queso, Lettuce, Tomato, Sour Cream, Salsa

Directions

Add the taco seasoning and Fry the ground beef.
Add the refried beans to the beef.
Now, place the mixture in the tortillas and add shredded cheese as a topping.
Seal the tortilla and keep it in the air fryer after greasing the air fryer with olive oil.
Cook the tortilla at 350 degrees Fahrenheit or 170 degrees C for 8 minutes.
Once cooked, serve the Chimichangas and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 907

% Daily Value*

Total Fat 35.9g 46%

Saturated Fat 17.6g 88%

Cholesterol 261mg 87%

Sodium 946mg 41%

Total Carbohydrate 50.9g 19%

Dietary Fiber 7.1g 25%

Total Sugars 0.7g

Protein 92g

Air Fryer Beef and Bean Taquitos

Prep: 16 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

1 Pound Ground Beef
1 Package Regular Taco Seasoning
1 Can of Refried Beans
1 Cup Shredded Sharp Cheddar
20 White Corn Tortillas

Directions

Prepare the ground beef by frying on medium heat and add taco seasoning to the beef.
Then keep the corn tortillas in the heat for few seconds.
Grease the air fryer basket with oil.
Now, place ground beef, beans, and cheese in the middle of the tortilla.
Seal them tightly and place them on the air fryer basket.
Spritz the basket with cooking spray and cook the beef at 350 degrees Fahrenheit or 170 degrees C for 12 minutes.
Repeat the same process for the remaining tortillas in batches.
Serve the Taquitos and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1346

% Daily Value*

Total Fat 36.8g 47%

Saturated Fat 15.2g 76%

Cholesterol 253mg 84%

Sodium 1381mg 60%

Total Carbohydrate 141.2g 51%

Dietary Fiber 21.8g 78%

Total Sugars 2.7g

Protein 113.5g

Air Fryer Crunchwrap

Prep: 15 Minutes | Cook Time: 16Minutes| Makes: 2 Servings

Ingredients

6 Burrito Size Flour Tortillas
6 Crispy Corn Tostada Shells
1 Lb Ground Beef
Nacho Cheese
Sour Cream
Tomato
Shredded Mexican Cheese
Tomato
Cilantro
Preferred additional Toppings
Cooking Oil Spray

Directions

Prepare the beef by frying them on a skillet and add taco seasoning to it.
Add nacho cheese, ground beef, sour cream, tomato, cheese as toppings to the tostada corn shell.
Then keep the burrito flour tortilla on the corn shell and seal it completely.
Grease the air fryer basket with your preferred cooking spray.
Arrange the wrap in the air fryer and cook at 355 degrees F or 170 degrees C, for 8 minutes.
Repeat the same process for the remaining crunch wrap.
Serve and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 578

% Daily Value*

Total Fat 16.2g 21%

Saturated Fat 5.7g 28%

Cholesterol 203mg 68%

Sodium 182mg 8%

Total Carbohydrate 32.1g 12%

Dietary Fiber 4.5g 16%

Total Sugars 0.6g

Protein 72.9g

Air Fryer Taco Pizza

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

4 Gluten-Free or Regular Pizza Crust
1 lb Ground Beef
1 Package Gluten-Free or Regular Taco Seasoning
15oz Can Ranch Style Beans
1 1/2 Cups Shredded Mexican Style Cheese
1 1/2 Cups Shredded Lettuce
Black Olives, Optional
Grape Tomatoes, Optional
Catalina Dressing
Fritos
Directions

Prepare the beef by frying them on a skillet and add taco seasoning to it.
Place ground beef, beans, and shredded cheese in the pizza crust.
Keep the pizza crust in the air fryer basket and cook at 350 degrees F or 170 degrees C, for 8 minutes.
Once cooked, remove and add toppings and season with Catalina Dressing.
Repeat the same process for the remaining pizza crust in batches.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1274

% Daily Value*

Total Fat 56.6g 73%

Saturated Fat 29.9g 149%

Cholesterol 320mg 107%

Sodium 2019mg 88%

Total Carbohydrate 77.7g 28%

Dietary Fiber 2.3g 8%

Total Sugars 8.9g

Protein 110.4g

Hobo Dinner Foil Packets (Beef and Potatoes)

Prep: 15 Minutes | Cook Time: 25Minutes| Makes: 2 Servings

Ingredients

1 Pound Ground Beef
2 Cups Sliced Red Potatoes
2 Cups Fresh or Frozen Green Beans
1/4 Cup Diced Sweet Onion
1/2 Tbsp Rosemary
1/2 Tbsp Garlic Salt
1/2 Tbsp Fennel Seed
Olive Oil Cooking Spray

Directions

Grease the air fryer basket with olive oil and then keep the potatoes, beans, and onion in the basket.

Divide the meat into meatballs and keep it in the air fryer basket.

Sprinkle the rosemary, salt, and fennel seed on top of the beef and potatoes.

Cook at 350 degrees or 170 degrees C for 25 minutes.

Once cooked, top the beef and potatoes with cheese and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 581

% Daily Value*

Total Fat 14.9g 19%

Saturated Fat 5.5g 27%

Cholesterol 203mg 68%

Sodium 168mg 7%

Total Carbohydrate 35.9g 13%

Dietary Fiber 7.7g 28%

Total Sugars 4.2g

Protein 74.4g

Air Fryer Cheeseburger Pockets

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

1 Can of Pillsbury Grands Biscuits

1 Lb Ground Beef

Shredded Sharp Cheddar Cheese

Directions

Crush the biscuits using your hands and roll them into a thin sheet.

Place the ground beef and cheese on the flat dough.

Now, again make dough from the biscuit and place it over the toppings and seal it like a pocket.

Arrange the pocket in the air fryer basket.

Grease the air fryer with olive oil cooking spray and bake at 350 degrees Fahrenheit or 170 degrees C for 4-5 minutes.

If required, you can bake for another 5 minutes.

Once the cheeseburger gets browned, serve warm and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 18.3g 24%

Saturated Fat 6.9g 35%

Cholesterol 203mg 68%

Sodium 465mg 20%

Total Carbohydrate 12.6g 5%

Dietary Fiber 0.4g 1%

Total Sugars 2.1g

Protein 70.9g

Cheesy And Meaty Egg Plants

Prep: 15 Minutes | Cook Time: 45 Minutes| Makes: 2 Servings

Ingredients

4 medium eggplants
1 tablespoon of olive oil
1cup spring onion
1 cup spinach
1 cup beef meat, grounded
1 teaspoon ginger garlic paste
1 cup marinara sauce
Salt to taste
1 teaspoon of red chili powder

Directions

The first step is to make the filling; for that, heat the oil in a skillet and add onions, marinara sauce, and ginger garlic paste.

Cook for 5 minutes and then add red chili powder and salt.

add grounded meat and cook for 20 minutes.

Then add spinach and let it cook for 5 more minutes.

Now wash the eggplants and remove the stem and core center of the eggplants.

Mix the cored part into the spinach mixture.

Now fill the center of the eggplant with the mixture and let it cook for 20 minutes in an air fryer by placing in the air fryer basket at 400 degrees For 204 degrees C

Then serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 866

% Daily Value*

Total Fat 37.7g 48%

Saturated Fat 9.4g 47%

Cholesterol 228mg 76%

Sodium 832mg 36%

Total Carbohydrate 86.6g 31%

Dietary Fiber 44g 157%

Total Sugars 45.3g

Protein 62g

CHAPTER NO 13: 120

MEDITERRANEAN RECIPES

Italian Recipes

Air fry Margherita Pizza

Prep: 15 Minutes | Cook Time: 3 Minutes| Makes: 2 Servings

Ingredients

1 Medium Pizza dough
4 tablespoons Spaghetti sauce
4 pieces Fresh basil leaves
3 pieces Cherry tomatoes , halved
¼ cup fresh mozzarella cheese ,halved

Directions

Layer the spaghetti sauce on to the pizza dough
Preheat the Air fryer 400 degrees F or 204 degrees C to 3 minutes.
Take out the pizza dough. Add the toppings in this order.
Air fryer for 3 minutes and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 555

% Daily Value*

Total Fat 31.1g 40%

Saturated Fat 8g 40%

Cholesterol 2mg 1%

Sodium 2194mg 95%

Total Carbohydrate 61.3g 22%

Dietary Fiber 6.2g 22%

Total Sugars 5g

Protein 9.5g

Air fried Chicken Saltimbocca

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

3 chicken breasts cut half (horizontally).
2 prosciutto slice (per half chicken breasts).
Sage
Salt and Pepper (to taste)
1.5 oz. French Chicken Dem Glaze
1 cup white wine (dry)
1 small shallot (minced)
2 Cloves Garlic (minced)
4 tablespoons butter
Fresh thyme (as required)
1 teaspoon Lemon zest

Directions

Chicken Saltimbocca

Take the chicken and season it with some salt and pepper. Make sure not to over season your meat, as the prosciutto is already salty. Place a few sage leaves on top of the chicken and wrap it with some prosciutto. Make sure the air fryer is preheated to 400 degrees F. Drizzle some olive oil on top of the air fryer rack. You can also use avocado oil rather than olive oil. Remember to drizzle some oil on the chicken also. Place the prosciutto side of the chicken on the rack and let it cook for 8 to 10 minutes. Make sure not to turn your chicken as then you will not get a good crunchy prosciutto.

For the Pan Sauce

On a medium heat, put a sauté pan and heat some olive oil. While the olive oil is being heated, add the shallots and garlic and cook them until they become translucent. This will take some 3 to 5 minutes. Then you should add the demi-glaze, fresh thyme, white wine and lemon zest. Cook all the ingredients until they are reduced to half. Simultaneously Whisk some butter in the pan. Season the sauce with some salt and pepper accordingly.

You can sever the chicken Saltimbocca with pasta, parmesan potatoes or roasted vegetables. It's all up to you. Before serving, make sure to drizzle a good amount of pan sauce on the chicken.

Nutrition Facts

Servings: 2

Amount per serving

Calories 731

% Daily Value*

Total Fat 39.4g 50%

Saturated Fat 19.1g 95%

Cholesterol 257mg 86%

Sodium 372mg 16%

Total Carbohydrate 6.1g 2%

Dietary Fiber 0.1g 0%
Total Sugars 1g
Protein 64.4g

Air Fried Italian Pork Chops

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

2 tablespoons all-purpose flour

1 egg

¼ teaspoon salt

¼ cup Italian style panko

2 pork loin chops, ¾ inch thick (boneless)

Directions

Cut a parchment paper so that it fits in the bottom of the air fryer, and fit it in there.

Make a breading station put flour in one pan, beat some eggs, season it with some salt and place it into another pan, in the third pan, place the panko breadcrumbs and parmesan cheese.

Then coat the pork loin first with flour, then dip them into the egg mix, finally coat them with breadcrumbs. Make sure to coat the pork completely without leaving any surface.

For the frying of the pork loin, preheat the air fryer to 400 degrees F or 204 degrees C. Cook the pork for about 10 to 12 minutes. Make sure to turn the pork chops halfway. By using a meat thermometer, check the temperature of the meat. When the internal temperature reaches 160°F, the pork chops will be ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 350

% Daily Value*

Total Fat 22.8g 29%

Saturated Fat 8.1g 41%

Cholesterol 151mg 50%

Sodium 531mg 23%

Total Carbohydrate 12.8g 5%

Dietary Fiber 0.6g 2%

Total Sugars 0.4g

Protein 22.6g

Air fried Italian Meat Balls

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

2 tablespoons olive oil
1 medium shallot (minced)
3 Garlic cloves (minced)
¼ cup Panko Crumbs
2 tablespoons whole milk
2/3 pound lean ground beef
1/3 pound bulk turkey sausage
1 egg (lightly beaten)
¼ cup parsley (finely chopped)
1 tablespoon Rosemary (finely chopped)
1 tablespoon Thyme (finely chopped)
1 tablespoon Dijon mustard
½ tablespoon Kosher salt (or to taste)

Directions

Before starting, preheat the air fryer to 400 degrees F or 204 degrees C.

Take a nonstick pan and heat some oil over a medium-high flame. Add the shallots and cook them in the oil until they become soft. This might take about 1 to 2 minutes.

Then add the garlic to the oil and fry it until it becomes fragrant. Once it becomes fragrant, kill the heat and let it rest for some time.

Take a mixing bowl, mix the panko and milk, and rest for at least 5 minutes.

Then add the cooked shallots and garlic and all the other ingredients. Mix all the ingredients together completely.

Take the mixture and make it into 1 to ½ inch balls. Next, put the meatballs in the air fryer basket and let them cook at 400 degrees F or 204 degrees C for 10 to 12 minutes. Leave some space between the meatballs. If all the meatballs do not fit completely, then cook them in batches.

These meatballs can be served as an appetizer or with some pasta, rice or noodles.

Nutrition Facts

Servings: 2

Amount per serving

Calories 688

% Daily Value*

Total Fat 53.8g 69%

Saturated Fat 14.1g 70%

Cholesterol 247mg 82%

Sodium 2129mg 93%

Total Carbohydrate 10.8g 4%

Dietary Fiber 1.8g 6%

Total Sugars 5.4g

Protein 41.5g

Air fryer Stromboli

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

10 ounces pizza crust
4 cups of cheddar cheese
½ cups mozzarella cheeses
7 ounces cooked ham (sliced)
4 ounces of red bell pepper (roasted)
1 egg (yolk only)
1.5 tablespoon milk

Directions

Take the dough and roll it into a ¼ inch thick pizza dough.

Put a layer of cheese one half of the dough, then add the toppings on top of the cheese. Finally, take the other half of the dough and fold it on the toppings.

In a mixing bowl, mix the egg yolk and milk. Then spread it on the dough.

To cook the Stromboli, place it inside the air fryer basket. Set the temperature of the air fryer to 400 degrees F or 204 degrees C.

Let the Stromboli cook for at least 20 minutes. Make sure to flip the Stromboli every 5 to 6 minutes so that you can get an even cook all around.

Nutrition Facts

Servings: 2

Amount per serving

Calories 195

% Daily Value*

Total Fat 18g 23%

Saturated Fat 3.3g 16%

Cholesterol 89mg 30%

Sodium 181mg 8%

Total Carbohydrate 5.2g 2%

Dietary Fiber 1.8g 6%

Total Sugars 1.2g

Protein 5.6g

Air fried Italian Sausage with peppers and onions

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 2Servings

Ingredients

1 tablespoon oil
1 sweet pepper
1 small onion
4 Italian Sausages
4 Sausage roll

Directions

Cut the sweet potato into slices and clean them by removing the seeds, stem, and membrane.

Take the onion and cut it into long thin slices.

Take a pan containing oil and heat the oil in the air fryer for 10 to 12 minutes at 400 degrees F or 204 degrees C .

Then add the chopped vegetables inside the oil and cook for at least 10 minutes. Be careful while adding the vegetables as the oil may be hot.

For the Italian Sausage, heat the air fryer to 350 degrees F and let the Italian sausage cook for 12 to 15 minutes. Make sure to rotate the sausage halfway for even cooking.

Take out the sausage and assemble everything together. Once all the ingredients are assembled, put the sausage in the air fryer for another 2 minutes to get a crunchy layer of sausage rolls.

Serve with the side dip of the choice

Nutrition Facts

Servings: 2

Amount per serving

Calories 632

% Daily Value*

Total Fat 31.6g 41%

Saturated Fat 10.1g 51%

Cholesterol 2mg 1%

Sodium 1418mg 62%

Total Carbohydrate 55.8g 20%

Dietary Fiber 7.6g 27%

Total Sugars 9.5g

Protein 32.3g

Air Fryer Lasagna Spring Roll

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

3 cups cooked lasagna
1 cup Mozzarella (shredded)
15 Spring roll wrappers
Water (used to seal the wrapper)
Oil Spray
½ cup of Dip sauce (any sauce you prefer)

Directions

Firstly, cook the lasagna and let it cool.
Once the lasagna has cooled off, cut it into medium-sized slices.
Take two tablespoons of the lasagna pieces and add them to the spring rolls.
Top the spring roll with two tablespoons of shredded cheese and roll the spring roll around the filling. Take a brush and just brush a little water on the edges of the spring roll.
This will allow the spring roll to stick easily.
Repeat the process for all the spring rolls.
Once all the spring rolls are rolled perfectly and ready to be cooked, brush some oil on top of the rolls and place it in the air fryer basket, leaving some space between the spring rolls.
Set the temperature of the air fryer to 400 degrees F or 204 degrees C and fry them for 12 to 15 minutes.
Make sure to flip the spring rolls halfway for a good and even cook all around it.
Let the rolls cool down a little before serving. Once they are cool enough, sever the Lasagna spring rolls with the dip of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1188

% Daily Value*

Total Fat 7.6g 10%

Saturated Fat 2.4g 12%

Cholesterol 29mg 10%

Sodium 1458mg 63%

Total Carbohydrate 234g 85%

Dietary Fiber 8.8g 32%

Total Sugars 3g

Protein 44g

Air Fried Italian Pork chops Parmigianino

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

3 Pork Chops (cleaned)
Salt (to taste)
Black Pepper (to taste)
Garlic powder (to taste)
½ cups Panko breadcrumbs.
½ cup Parmesan cheese (grated)
2 tablespoon Italian parsley
1 egg
Spray oil
½ cups Mozzarella cheese (grated)
1 cup Marinara Sauce (heated)

Directions

Take the Pork chops and generously season them with black pepper, salt, smoked paprika, and garlic powder.

Next, you will need to make a breading station. For that, you need to take a tray and mix the parmesan cheese, chopped parsley, and breadcrumbs together to make a breading mixture.

Then take the egg in another tray and beat it lightly.

For the breading first take the pork chops and soak them with egg.

This will help the panko mixture stick on the chops nicely.

Then you will take the pork chops and drench them in the panko mixture. Make sure you cover all the edges with the breadcrumbs. Finally, drizzle some olive oil on the pork chops before cooking them.

For the cooking of pork chops, preheat the air fryer to 400 degrees F or 204 degrees C.

Let the chops fry at that temperature for 8 to 12 minutes. Flip the pork chops halfway for an even cook throughout. This will give a beautiful sear to the pork chops. You will know the pork chops are completely cooked and ready to serve when their internal temperature reaches 165 degrees F.

Once the Pork chops are completely cooked, take them out of the air fryer and top it with some cheese. Then air fry it for another 2 minutes so the cheese melts on top of the pork chops. For serving, the chops can be served with some marinara sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 796

% Daily Value*

Total Fat 49.1g 63%

Saturated Fat 21.5g 107%

Cholesterol 231mg 77%

Sodium 1329mg 58%

Total Carbohydrate 34.9g 13%

Dietary Fiber 5.4g 19%

Total Sugars 11.7g

Protein 54.1g

Air fried Pepperoni Pizza egg rolls

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

4 ounces pepperoni slices (chopped)
1 cup mozzarella cheese (shredded)
1 teaspoon dried Italian seasoning.
½ cup bell pepper (chopped)
15 egg roll Wraps.
Water (for sealing egg rolls)
Spraying oil
Dipping Sauce (of choice).

Directions

Take a mixing bowl and mix the Italian seasonings, mozzarella cheese, bell pepper, and sauce. Mix this mixture properly. This will make the filling of the egg rolls.

In the egg roll wrapper, add about 2 tablespoons of the pizza filling. Take the edge of the roll and tuck them around the filing. Brush the corner of the egg roll to help it seal the wrapper.

Spray some of the oil on top of the egg roll, then place them inside the air fryer. Make sure to leave some space between the egg rolls for proper air ventilation. Cook the egg roll in the air fryer for 12 to 15 minutes at 400 degrees F or 204 degrees C. Flip it halfway to get an even cook throughout. Cook the egg rolls until you get a crispy, golden brown edge.

Before serving, let the rolls cool for a little while as the filling will be very hot. Once it is cooled down, serve it with the favorite dip sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1127

% Daily Value*

Total Fat 42.8g 55%

Saturated Fat 14.3g 71%

Cholesterol 197mg 66%

Sodium 2519mg 110%

Total Carbohydrate 139.5g 51%

Dietary Fiber 10.1g 36%

Total Sugars 13g

Protein 40.6g

Italian Ratatouille

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

½ eggplant (diced into cubes)
1 zucchini (diced into cubes)
1 Tomato (diced into cubes)
½ Yellow bell pepper (diced into cubes)
½ Red Bell pepper (diced into cubes)
½ Onion (diced into cubes)
1 cayenne pepper (diced)
5 springs Basil (chopped and stemmed)
5 oregano sprigs (chopped and stemmed)
1Garlic Cloves (crushed)
1 tablespoon olive oil
1 tablespoon white wine

Directions

Before starting, preheat the air fryer to 400 degrees F or 204 degrees C.

Take a mixing bowl, put the onions, bell pepper, tomatoes, eggplant, and zucchini in it, and mix all the ingredients thoroughly. Sprinkle some vinegar, wine, and oil on top of the vegetables and mix them to give the vegetables a nice coat of the mixture.

Place the vegetable mixture on a baking sheet and let it bake into the air fryer basket.

Cook this for 8 to 12 minutes and stir it throughout the process. Keep cooking the vegetables until they render and become soft and tender.

Before serving the ratatouille, let it rest for at least 5 minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 161

% Daily Value*

Total Fat 7.9g 10%

Saturated Fat 1.1g 6%

Cholesterol 0mg 0%

Sodium 37mg 2%

Total Carbohydrate 21.6g 8%

Dietary Fiber 8.7g 31%

Total Sugars 10.9g

Protein 4.1g

Quick Pita Pizza

Prep: 15 Minutes | Cook Time: 5 Minutes| Makes: 2 Servings

Ingredients

1 Pita bread
1 tablespoon Pizza sauce (of tomato sauce)
¼ cup mozzarella cheese (shredded)
Extra Virgin Oil

Directions

Before starting, let the air fryer be heated to 400 degrees F or 204 degrees C.
Take the tablespoon of tomato and spread it evenly around the surface of the pita bread.
Then add the cheese on top of the sauce. Optionally you can also add some other toppings of choice.
Sprinkle a good amount of dried basil and drizzle a little virgin oil over the toppings.
Put the pita in the air fryer and let it cook in there for 5 minutes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 97

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0.4g 2%

Cholesterol 2mg 1%

Sodium 211mg 9%

Total Carbohydrate 17.7g 6%

Dietary Fiber 0.8g 3%

Total Sugars 0.6g

Protein 3.9g

Crispy Prosciutto Di Parma

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

Prosciutto di Parma (thinly sliced)

Directions

Prosciutto in Air fryer

Put the slices of prosciutto on some parchment paper.

Bake it in the air fryer for 12 to 15 minutes for 400 degrees F.

Once it gets cooked, you can either chop it or crumble it.

Nutrition Facts

Servings: 2

Amount per serving

Calories 102

% Daily Value*

Total Fat 3.9g 5%

Saturated Fat 1.3g 6%

Cholesterol 37mg 12%

Sodium 842mg 37%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 14.7g

Air fried Italian Stuffed Chicken

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

4 chicken breasts, skinless and boneless
2 Tomatoes (sliced into 8 slices)
2 Garlic cloves (minced)
8 leaves of fresh basil
½ teaspoon kosher salt (or to taste)
½ teaspoon Black Pepper (grounded)
4 slices Prosciutto

Directions

Firstly, pound the chicken with serene wrap and beat the chicken until they become ¼ to ½ inch thick.

Put 2 fresh basil leaves, 2 tomato slices, and ¼ minced garlic on one half of the chicken.

Then take the other half and put it on top of the filling. At this point, season the chicken with salt and pepper.

Take the chicken and wrap a piece of prosciutto around it.

Close everything using a toothpick.

Put the chicken inside of the air fryer while leaving some space for ventilation.

Let the chicken cook for at least 12 minutes for 400degrees F or 204 degrees C. Make the air fryer does not become overcrowded. It is better to work in two batches if you have more chicken.

Be sure to flip the chicken halfway around.

Nutrition Facts

Servings: 2

Amount per serving

Calories 830

% Daily Value*

Total Fat 31.3g 40%

Saturated Fat 9.1g 45%

Cholesterol 350mg 117%

Sodium 2884mg 125%

Total Carbohydrate 8.7g 3%

Dietary Fiber 1.7g 6%

Total Sugars 3.3g

Protein 121.5g

Air fried Stuffed Pork Chops

Prep: 15 Minutes | Cook Time: 12-25 Minutes| Makes: 2 Servings

Ingredients

1 bone-in ribeye pork chop (about 12 inches)
1 ounce Fontana cheese (sliced)
1 slice prosciutto (sliced)
2 teaspoons roasted red pepper (finely chopped)
¾ teaspoon Italian parsley (chopped)
1 pinch red pepper flake (optional)
1 egg (beaten)
1/3 cup Panko breadcrumbs (Italian seasoned)
Olive oil (or spray oil)

Directions

Let the air fryer preheat to almost 400 degrees F or 204 degrees C, or according to the manufacturer's direction.

While the air fryer is heating up, dry the pork ribeye using a paper towel.

While cutting horizontally on the chop, make a pocket-type cut on it. This cut should be on the fat side and cut to almost the bone on the opposite end.

Take the prosciutto, fontina cheese, parsley, roasted peppers, and optionally some red pepper flakes and mix them to create the filling.

Then stuff the stuffing in the pockets made using a knife. You can use a toothpick to close the gaps.

Then the need to make a breading station.

For that, you need to mix the breadcrumbs and parmesan and put them on a shallow tray.

Also, beat the eggs in another tray and place them at the side. First, dip the pork in the egg and cover it completely. Then dip the ribeye inside the egg and give a good coating of the breadcrumbs mixture.

Before cooking, coat the air fryer with a layer of oil, and put the pork chops inside the baskets.

Don't forget to spray the above of the pork chop also. Cook the ribeye for at least 6 minutes and then flip it on the other side for an even cook. When the internal temperature of the meat reaches 165 degrees C, it will be ready to serve. Let it rest for at least 3 minutes before serving

Nutrition Facts

Servings: 2

Amount per serving

Calories 283

% Daily Value*

Total Fat 17.3g 22%

Saturated Fat 7.5g 37%

Cholesterol 72mg 24%

Sodium 706mg 31%

Total Carbohydrate 8.7g 3%

Dietary Fiber 1.1g 4%

Total Sugars 0.5g

Protein 22.5g

Air Fryer Asparagus Frittata

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

2 eggs
2 tablespoon milk
5 Asparagus tips (steamed)
Salt and pepper (to taste)
Spray oil

Directions

Take a mixing bowl and mix together the milk, eggs, and cheese. Season them with a pinch of salt and pepper (or to the taste)

Transfer the egg mix to an air fryer safe dish. Make sure to spray a coating of spraying oil on the dish before putting the egg mix.

Then place this dish in the air fryer and cook it for 8 minutes at 400 degrees F or 204 degrees C. When the eggs are done, serve them with some of the steamed asparagus tips.

Nutrition Facts

Servings: 2

Amount per serving

Calories 79

% Daily Value*

Total Fat 4.7g 6%

Saturated Fat 1.6g 8%

Cholesterol 165mg 55%

Sodium 70mg 3%

Total Carbohydrate 2.6g 1%

Dietary Fiber 0.8g 3%

Total Sugars 1.8g

Protein 6.9g

Air Fried Crème Bruee

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

1 cup of Milk
2 egg yolks
1.5 cups of light cream
40 tablespoons of sugar
1 dash Vanilla extract

Directions

In a mixing bowl, whisk the egg yolks, light crème and vanilla extract. After that, dissolve 20g of sugar in the mix, which is being simmered in a pan. Let the flames under the pan be no more than a soft flame.

Take a ramekin and pour the mixture into it once the sugar is done.

Set the temperature of the air fryer to 400 degrees F or 204 degrees C. Slowly cook the ramekins for 20 to 30 minutes. To see whether it is cooked or not, gently shake the ramekin. If it has set, then it is ready to serve; otherwise, let it cook for a bit longer. Once they are done, leave them to cool off in the refrigerator before sprinkling some more sugar on top. You can also caramelize the top of the Crème Brulee by using a blow torch.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1278

% Daily Value*

Total Fat 34.8g 45%

Saturated Fat 20.5g 103%

Cholesterol 320mg 107%

Sodium 96mg 4%

Total Carbohydrate 249.3g 91%

Dietary Fiber 0g 0%

Total Sugars 245.7g

Protein 8.7g

Air Fried Spaghetti and Meatballs

Prep: 15 Minutes | Cook Time: 15-20 Minutes| Makes: 2 Servings

Ingredients

1 pound ground protein (mutton, chicken, veggie, protein)
½ cup Panko breadcrumbs
½ cup red onions (diced)
¼ cup parsley (chopped)
1 egg
1 teaspoon garlic salt
1 teaspoon oregano
12 ounces pasta
500ml spaghetti sauce
Parmesan (optional)

Directions

Take a mixing bowl and mix the protein, onion, garlic salt, egg, parsley, and oregano together.

Take this mixture and shape them into 1 to ½ inch thick meatballs.

Before cooking the meatballs in the air fryer, set a piece of parchment paper on its base.

Then set the meatballs in the air fryer in such a way that none of them touch each other. Let the meatball cook for about 15 minutes at a temperature of about 400 degrees F or 204 degrees C.

As the meatballs are being cooked, boil the spaghetti according to the instructions provided with the packet.

Once both the meatballs and the spaghetti are cooked, shift them into plates and top them with the pasta sauce of choice. Optionally you can also add some parmesan to the spaghetti.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1073

% Daily Value*

Total Fat 23.2g 30%

Saturated Fat 6g 30%

Cholesterol 408mg 136%

Sodium 1156mg 50%

Total Carbohydrate 119.4g 43%

Dietary Fiber 2.1g 8%

Total Sugars 2.3g

Protein 91.1g

Air Fried Lasagna

Prep: 15 Minutes | Cook Time: 35 Minutes| Makes: 2 Servings

Ingredients

1pounds Beef (Minced)
1 Onion (Large)
3 cloves of Garlic
4 Tomatoes
400g Tinned Tomatoes
6 Lasagna sheets
50 ml red wine
1 tablespoon oregano
Salt and Pepper (to taste)
3 eggs
750g Ricotta
350g Grated Cheese
100g Parmesan
2 tablespoon Basil

Directions

Peel the onions and dice them into medium-sized chunks, grate the garlic and dice the tomatoes as thinly as possible. Put all the chopped vegetables in the air fryer along with the minced beef. Let it cook for at least 6 minutes at 350 degrees F. For the cheese sauce, add all the cheeses, basil, and eggs in a blender and mix them till you get a nice thick cheese sauce.

After the 6 minutes of the minced beef pass, stir it a little bit and then add the rest of the ingredients, such as the wine and tinned tomatoes. Let cook for another 6 minutes at the same temperature.

Shift the minced beef to a mixing bowl and drain all the excess liquid.

Then start layering the lasagna. Start with a layer of lasagna sheet, then add the minced beef and top it with the thick cheese sauce. Repeat this process until you finish the minced beef. Once the beef is finished, add the final layer of cheese sauce and lasagna sheet. You can optionally add some of the cheese sauce at the very top of the cheese.

Put the lasagna in the air fryer and let it cook for 20 minutes at a temperature of 400 degrees F or 204 degrees C.

Nutrition Facts

Servings: 2

Amount per serving

Calories 3059

% Daily Value*

Total Fat 140.7g 180%

Saturated Fat 76.5g 382%

Cholesterol 1028mg 343%

Sodium 2458mg 107%

Total Carbohydrate 147.2g 54%

Dietary Fiber 9g 32%

Total Sugars 11.8g
Protein 284.5g

Air Fried Ravioli Lasagna

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 2 Servings

Ingredients

1 pack frozen ravioli
24 ounces pasta sauce
2 cups Mozzarella (shredded)

Directions

Begin with a frying pan and place a single layer of ravioli.

Then take the pasta sauce and spread some of it on top of the ravioli. Finish it with a sprinkle of cheese.

Repeat this process until you run out of either ravioli or pasta sauce.

Make sure the layers of the lasagna fit inside the air fryer easily.

Finish off the lasagna with a final layer of mozzarella, then transfer everything to a pan and place it in the air fryer.

Let the lasagna cook for about 5 to 7 minutes at 400 degrees F or 204 degrees C.

Before removing, make sure that the last layer is properly cooked.

Nutrition Facts

Servings: 2

Amount per serving

Calories 521

% Daily Value*

Total Fat 18.2g 23%

Saturated Fat 7.6g 38%

Cholesterol 52mg 17%

Sodium 1685mg 73%

Total Carbohydrate 67.8g 25%

Dietary Fiber 9.8g 35%

Total Sugars 31.1g

Protein 20.6g

Italian Bell Pepper Sandwich

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 2 Servings

Ingredients

- 1 Bell pepper (cut in half)
- 2 Provolone Cheese slices
- 1 Ham slice
- 1 salami slice
- 1 pepperoni slice
- 1 Capitola slice

Directions

Give the air fryer a coat of oil.

Take half of the pepper and fill a slice of cheese in it. You can cut or fold the excess cheese if necessary.

Use the other half of the pepper and fill it with the meat. Once again, you can fold or cut the excess meat.

Put it in the air fryer and bake it for 15 minutes at a temperature of 400 degrees F or 204 degrees C.

Around 7 minutes of cooking, open the air fryer and add one more slice of cheese on top of it.

When done, place both the halves together to form a sandwich. This can be served with the toppings and dip of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 170

% Daily Value*

Total Fat 11.4g 15%

Saturated Fat 6.3g 32%

Cholesterol 35mg 12%

Sodium 560mg 24%

Total Carbohydrate 5.9g 2%

Dietary Fiber 1g 4%

Total Sugars 3.3g

Protein 11.5g

Drunken Ham with mustard

Prep: 15 Minutes | Cook Time: 40 Minutes| Makes: 2 Servings

Ingredients

1 Ham joint (about 750g)
2 tablespoons French Mustard
2 tablespoons honey
200ml whiskey

Directions

Before starting, make sure the ham is not in the refrigerator and sitting at room temperature. Find a casserole that fits inside of the air fryer. To make the marinade, take a mixing bowl and mix together the whiskey, the honey, and the French mustard.

Put the ham inside of the dish and soak it in the marinade. Preheat the air fryer to 400 degrees F or 204 degrees C, and cook it for about 15 minutes.

Add another shot of whiskey to turn in the marinade and cook the ham for another 25 minutes.

The ham goes great with a side of potatoes and vegetables.

Nutrition Facts

Servings: 2

Amount per serving

Calories 318

% Daily Value*

Total Fat 0.8g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 166mg 7%

Total Carbohydrate 17.4g 6%

Dietary Fiber 0g 0%

Total Sugars 17.3g

Protein 2.9g

Italian style Chicken Parmesan

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 1 -2Servings

Ingredients

2 chicken breasts (boneless and skinless)

½ teaspoon salt (or to taste)

¼ teaspoon black pepper (or to taste)

½ cup all-purpose flour

6 tablespoons unsalted butter (melted)

½ cups breadcrumbs

¼ cup Parmesan Cheese (grated)

1/3 cup Tomatoes (crushed)

¾ teaspoon Italian Seasoning

½ Garlic powder

½ cup Mozzarella cheese.

Basil or Parsley (for garnish)

Directions

Slice the chicken breasts into 4 thin cutlets. Season it well with salt and pepper. Make sure to do both sides.

For the breading station, add flour in one tray, mix parmesan and breadcrumbs in the other tray and get some melted butter in the third dish. First coat the chicken with flour, then soak it in butter, and finally add the breadcrumbs. Make sure to cover all the parts of the chicken with the breadcrumbs.

You can cook the chicken on a rack or basket. Optionally you can add extra parmesan if you want.

Mix some Italian seasoning, crushed tomatoes, and garlic powder. Put this mixture aside for now.

Heat the air fryer to 400 degrees F or 204 degrees C, and cook the chicken for about 5 to 7 minutes. While cooking, make sure to flip the chicken and top it with the crushed tomatoes and mozzarella. You will know that the chicken is cooked when its internal temperature reaches 165° F.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1015

% Daily Value*

Total Fat 61g 78%

Saturated Fat 34.1g 170%

Cholesterol 267mg 89%

Sodium 1715mg 75%

Total Carbohydrate 47.1g 17%

Dietary Fiber 2.5g 9%

Total Sugars 2.7g

Protein 69.7g

Air Fried Italian Chicken Thighs

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

6 Chicken thighs (bone-in and skin)
1 Pack Dry Italian Seasoning
Spray oil
Paper Towel

Directions

Before starting, preheat the air fryer to 400 degrees F or 204 degrees C.

Season both sides of the chicken with the Italian mix.

Cook the chicken on an air fryer rack

Make sure to spray the top and bottom of the thighs with spray oil.

Let the chicken cook for about 10 minutes or until the internal temperature reaches 165degrees F.

Make sure to flip the chicken halfway in the cooking process.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1175

% Daily Value*

Total Fat 65.8g 84%

Saturated Fat 14.2g 71%

Cholesterol 469mg 156%

Sodium 412mg 18%

Total Carbohydrate 12.3g 4%

Dietary Fiber 0g 0%

Total Sugars 9.8g

Protein 127.2g

Air fried Italian Cannolis

Prep: 15 Minutes | Cook Time: 7 Minutes| Makes: 2 Servings

Ingredients

1 cup all-purpose flour
1 tablespoon sugar
2 tablespoon butter
1 egg yolk
¼ cup marsala wine
¼ cup heavy whipping cream
1 cup ricotta cheese
1 teaspoon pure vanilla extract
½ teaspoon Cinnamon (grounded)
¼ cup mini choco chips (optional)

Directions

For the Dough

Take a mixing bowl and add the flour and butter and mix it until it forms the size of a small pea. Then add the egg yolk and wine and mix them until it comes together to form a large ball. Let the dough rest in the fridge for some time. Make sure to cover the dough before putting it inside the fridge.

For the Filling

In another bowl, whisk the heavy cream at high speeds until the cream stiffens. Then add the ricotta, ground cinnamon, and vanillas extracts and mix the ingredients together until they are completely mixed together. Put this mix inside a piping bag.

Air frying the Dough

Roll the dough on a lightly rolled surface until it becomes about ½ inches thick.

Make 3 inches circle from the dough

Cook these circles inside the air fryer for 5 to 7 minutes at 400 degrees F or 204 degrees C.

Make sure the shells are crispy before taking out the dough.

Fill the fried dough with the ricotta mixture, and optionally, you can dip them in some chocolate chips.

Nutrition Facts

Servings: 2

Amount per serving

Calories 634

% Daily Value*

Total Fat 29.8g 38%

Saturated Fat 17.8g 89%

Cholesterol 194mg 65%

Sodium 249mg 11%

Total Carbohydrate 62.3g 23%

Dietary Fiber 2g 7%
Total Sugars 7.1g
Protein 22.4g

Air fried Zeppoles

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

1 Pizza dough

½ cup sugar

2 tablespoons butter (melted)

Directions

Start by rolling the pizza dough into balls the size of a squash ball.

Put a little bit of oil on the bottom of the air fryer. You can rub butter if you like.

Set the temperature of the air fryer to 400 degrees F or 204 degrees C and let the balls be cooked for 3 to 5 minutes.

Check to see whether the dough is cooked or not. If not, cook it for another 3 minutes.

You need to melt two tablespoons of butter in a microwave and brush it on the air-fried dough.

Sprinkle some granulated sugar on the dough balls, and they will be ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 744

% Daily Value*

Total Fat 41.4g 53%

Saturated Fat 14.7g 74%

Cholesterol 31mg 10%

Sodium 549mg 24%

Total Carbohydrate 91g 33%

Dietary Fiber 3.3g 12%

Total Sugars 50.2g

Protein 5.7g

Air Fried Rosemary Foccacia Bread

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound Pizza dough
3 tablespoons olive oil
2 teaspoons minced garlic
1 teaspoon dried rosemary
½ cups cherry tomatoes (diced)
1 teaspoon thyme
1 teaspoon basil
1 teaspoon Italian seasoning

Directions

Before starting, grease the baking pan with a little oil.

By using the fingers, press out the dough in a circle.

Sprinkle some olive oil and a bit of minced garlic on top of the dough. You can also add some diced tomatoes as it will give a nice roasted flavor when baked.

Put the pan inside the air fried and let I cook It for 10 to 15 minutes at 400 degrees F or 204 degrees C.

Once the bread is cooked, garnish it with some spices, olive oil, and tomatoes.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1267

% Daily Value*

Total Fat 91.8g 118%

Saturated Fat 20.6g 103%

Cholesterol 2mg 1%

Sodium 1097mg 48%

Total Carbohydrate 99.6g 36%

Dietary Fiber 8.8g 31%

Total Sugars 1.8g

Protein 13.6g

Air Fried Zeppole with Cannoli Dip

Prep: 15 Minutes | Cook Time: 5-7Minutes| Makes: 2 Servings

Ingredients

½ cups all-purpose flour
1 teaspoon baking powder
2 tablespoon Sugar (granulated)
Kosher salt (to taste)
¾ cup Ricotta cheese (whole milk)
1 egg (beaten)
Vanilla extract
2 tablespoons Greek vanilla yogurt
1 tablespoon Chocó chips
1 teaspoon granulated sugar

Directions

Before starting, preheat the air fryer to 400 degrees F or 204 degrees C.
Take a medium mixing bowl and mix the baking powder, sugar and salt.
Add only ½ cup of ricotta cheese, egg, and only a ¼ teaspoon of vanilla extract and mix it thoroughly.
Grease the air fryer with some nonstick spray.
Take 8 spoonfuls of the batter, put it in the fryer basket, and let it cook for 5 to 7 minutes.
Take another bowl and mix the remaining ricotta cheese with the yogurt, a ¼ teaspoon of vanilla extract and Chocó chips.
Sprinkle the zeppole with some granulated sugar and serve it some dip.

Nutrition Facts

Servings: 2

Amount per serving

Calories 492

% Daily Value*

Total Fat 19.7g 25%

Saturated Fat 11.4g 57%

Cholesterol 149mg 50%

Sodium 305mg 13%

Total Carbohydrate 48.3g 18%

Dietary Fiber 0.9g 3%

Total Sugars 12.9g

Protein 30.7g

Air Fried Italian styled Tofu

Prep: 5 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

8 ounces Tofu (extra firm)
1 tablespoon soy sauce
1 tablespoon broth
½ teaspoon Oregano (dried)
½ teaspoon Basil (dried)
½ teaspoon Garlic (granulated)
¼ teaspoon onion (granulated)
Black pepper (to taste)

Directions

Take the tofu and drain it from all the water.

Then cut 2 to 3 slices from it lengthwise.

Lay down two layers of tea towels and place the tofu on its top. Cover it with some more towels. With the hands, gently press on the tofu, increasing the pressure slowly. Do this until you have pressed out enough water.

Once the water has drained out, cut the tofu into 10 cubes and place it in a large ziplock bag.

Take all the other ingredients and give them a good mix. Pour this mix over the tofu inside the ziplock bag and coat it from every side. Marinate the tofu for 10 minutes minimum. You can let it marinate for longer if you have the time.

Heat the air fryer to 400 degrees F or 204 degrees C and place the tofu (without the marinade) inside and turn down the temperature 400 degrees F or 204 degrees C.

Let the tofu fry for something between 6 to 8 minutes.

Make sure to check it after 3 to 4 minutes.

Once the edges become brown and the center becomes golden brown, the tofu will be ready to serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 87

% Daily Value*

Total Fat 4.8g 6%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 489mg 21%

Total Carbohydrate 3.1g 1%

Dietary Fiber 1.3g 5%

Total Sugars 0.9g

Protein 10g

Italian Air fried Cookies

Prep: 25 Minutes | Cook Time: 5 Minutes| Makes: 2 Servings

Ingredients

2 cups all-purpose flour
2 tablespoons sugar (granulated)
½ tablespoon baking powder
Salt (to taste)
2 eggs (whisked lightly)
2 tablespoons olive oil
2 tablespoon brandy (or any other liquor of choice)
1 lemon zest
Cinnamon Sugar
3 tablespoons Cinnamon

Directions

Take the dry ingredients in a mixing bowl and mix them together.
In another bowl, lightly whisk the eggs and add them to the mix. Use a mixer and mix all the dry ingredients with the eggs. The final result will resemble breadcrumbs.
Then add the lemon zest oil and liquor. Then mix these ingredients for a few more minutes.
When the dough becomes hard and forms a ball shape, cover it with saran wrap and let it sit for about an hour.
Preheat the air fryer at 400 degrees F or 204 degrees C.
When working with the dough, cut it into 6 pieces and work with each one individually.
Flatten out the dough as much as you can. Try using a pasta roller as it will give you a more uniform thickness to work with.
First, start with the widest settings of the pasta roller as possible. Pass the dough through a few times and fold it onto itself.
Slowly decrease the thickness.
Then by using a pastry cutter, cut the edges of the dough and save the trimmings for later use.
Put about a teaspoon of the cinnamon-sugar mixture on the surface and press the dough, so the sugar seeps in the dough.
Let the dough cook for about 3 to 5 minutes or until the dough looks puffed and golden.

Nutrition Facts

Servings: 2

Amount per serving

Calories 712

% Daily Value*

Total Fat 19.8g 25%

Saturated Fat 3.6g 18%

Cholesterol 164mg 55%

Sodium 69mg 3%

Total Carbohydrate 117.7g 43%

Dietary Fiber 8.9g 32%

Total Sugars 12.9g

Protein 18.9g

Air Fried Lemon Ricotta cake

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

3 egg whites
3 egg yolks
1 teaspoon salt
¾ cup sugar
1 1/3 cup butter (melted)
1 cup flour
1 tablespoon baking powder
1 cup ricotta
2 lemon zests

Directions

Begin with the mixing of the egg whites into soft peaks.
Keep on whisking until the whites turn solid.
After that, in another bowl, mix the yolks and salt with some sugar.
Mix it until well blended. Finally, mix the melted butter, baking powder, lemon zest, ricotta cheese and flour. Whisk all these ingredients until fully combined.
Grease the basket of the air fryer with some non-stick cooking spray.
Pour the batter in the pan and bake it for 20 minutes at 400 degrees F or 204 degrees C.
Make sure to check the cake before taking it out.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1896

% Daily Value*

Total Fat 140.2g 180%

Saturated Fat 86.4g 432%

Cholesterol 678mg 226%

Sodium 1098mg 48%

Total Carbohydrate 139.4g 51%

Dietary Fiber 3.5g 12%

Total Sugars 77.6g

Protein 32g

Turkish Recipes

Chicken filled Turkish bread

Prep: 25 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

1 Turkish bread
½ kg chicken fillet, cut into thin strips
100g olives (black olives)
200g tomatoes
2 onions
1 teaspoon smoked paprika
1 teaspoon cumin powder
1 tablespoon olive oil
Chili Powder (to taste)
75g of rocket leaves
For Sauce:
¼ pounds of Yogurt (Turkish Yogurt 0% fat)
3 cloves of garlic
15g chopped parsley
For the bread:

Directions

Take your ½kg chicken and slice it into neat strips.
For the marinade, take 2 tablespoons of olive oil and add smoked paprika, cumin, chili powder, and some salt and pepper (to taste).
Soak the chicken in the marinade, make sure the meat is properly covered and leave it for at least 1 hour.
Take the garlic and cut it very finely with the parsley. Take this mixture and mix it with the yogurt, cover with saran wrap and let it rest for at least 1 hour. This will allow the garlic and parsley flavors to develop.
Preheat your air fryer to about 400 degrees F or 204 degrees C.
Put the chicken into the Air Fryer and let it cook for 10 to 12 minutes. While the chicken is cooking, slice the tomatoes and onions in round slices and rings, respectively.
Slice the Turkish bread into 4 equal slices and stuff it with the chicken, sliced tomatoes and onions, and the delightful garlic sauce. Serve it with a garnish of rocket leaves

Nutrition Facts

Servings: 2

Amount per serving

Calories 761

% Daily Value*

Total Fat 33.2g	43%
Saturated Fat 8.1g	41%
Cholesterol 230mg	77%
Sodium 759mg	33%
Total Carbohydrate 29.4g	11%
Dietary Fiber 6g	21%

Total Sugars 16.3g
Protein 82.9g

Turkish Chicken Tavuk Shish

Prep: 25 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

50g Greek Yogurt (full fat)
1 tablespoon Garlic (Minced)
1 tablespoon Tomato Paste
1 tablespoon Vegetable oil
1 tablespoon Lemon Juice
1 tablespoon Salt (Kosher Salt)
1 teaspoon Cumin
1 teaspoon Smoked Paprika Powder
½ teaspoon Cinnamon
½ teaspoon Black Pepper (Grounded)
½ teaspoon Cayenne Pepper
1 pound of Chicken Thighs (Boneless and Skinless), cut into 4 equal slices

Directions

Take the Greek yogurt in a large bowl and mix garlic, lemon juice, salt, paprika, tomato paste, oil, cumin, cinnamon, cayenne pepper and black pepper in the yogurt.

Make sure all the spices are mixed properly.

After the spices are properly mixed with the yogurt, put the chicken pieces into the marinade.

Make sure the chicken is well coated with the marinade and that no part of the chicken is left uncoated. Let the chicken rest in the marinade for at least 30 minutes. However, if possible let the chicken rest for a whole day in the refrigerator.

Heat the Air Fryer to 400 degrees F or 204 degrees C and place the chicken one at a time. Cook the chicken for 10 to 12 minutes. Make sure to flip the chicken and cook the other side for another 5 minutes so that the chicken cooks evenly.

To check if the chicken is cooked or not, use a meat thermometer. If the internal temperature of the chicken reaches 165° F then it is ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 533

% Daily Value*

Total Fat 24.6g 32%

Saturated Fat 6.5g 32%

Cholesterol 203mg 68%

Sodium 216mg 9%

Total Carbohydrate 5.6g 2%

Dietary Fiber 1.1g 4%

Total Sugars 2.3g

Protein 69.1g

Air Fried Turkish Borek

Prep: 25 Minutes | Cook Time: 20-30 Minutes| Makes:2- 3 Servings

Ingredients

250g Spinach leaves (Chopped)
1 Red Bell Pepper (Diced)
1 Green Bell Pepper (Diced)
150g Feta Cheese
4 tablespoon olive oil
 $\frac{3}{4}$ cup Coconut milk
 $\frac{3}{4}$ cup Tomato puree
6 cloves Garlic (minced)
1 tablespoon yeast
1 medium onion (chopped)
25 Cashew (chopped)
1 teaspoon Black Pepper (Grounded)
Spring roll sheet
Salt (to taste)
For Garnish:
Nigella seeds
Sesame seeds

Directions

Take the cashews and soak them in lukewarm water for 10 to 15 minutes. Add olive oil and minced garlic to medium flames. Fry the garlic in the olive oil for 1 minute. Add some chopped onions and stir fry them until they become slightly translucent. Then add the diced red and green bell pepper. Cook it for about 3 minutes. After the 3 minutes, add the cashews that were placed in lukewarm water.

On a medium-low flame, put the spinach leaves and cook them for 5 to 7 minutes. Add the tomato puree to a pan and vaporize all the moisture (water). After all the water is evaporated, remove it from the stove and let it rest for some time.

In a blender, pour the spinach mixture. Then put in the feta cheese, black pepper and salt to taste. Keep in mind that the feta cheese already contains salt, so use the salt accordingly. Next, blend the mixture into a paste and add the coconut milk and 2 tablespoons of olive oil. Cut one spring sheet into two halves. Brush the coconut milk mixture to the spring roll and put the spinach. Make all the boreks in the same way. Apply the coconut milk on the borek and garnish them with the garnishes.

Place some parchment paper in the air fryer and brush some oil on top of it. Heat the air fryer to 400 degrees F or 204 degrees C, and let the borek cook for 5 to 7 minutes. Make sure to cook the boreks in a batch, 5 at a time. After 5 to 7 minutes, the borek will be ready to serve

Nutrition Facts

Servings: 2

Amount per serving

Calories 947

% Daily Value*

Total Fat 79.8g 102%

Saturated Fat	37g	185%
Cholesterol	67mg	22%
Sodium	989mg	43%
Total Carbohydrate	45.9g	17%
Dietary Fiber	11.1g	40%
Total Sugars	18g	
Protein	26.4g	

Kofta Kebab

Prep: 15 Minutes | Cook Time: 18 Minutes| Makes: 2 Servings

Ingredients

1 pound ground beef
¼ cup onions (grated)
¼ cup parsley (finely chopped)
1 tablespoon mint
2 garlic cloves (minced)
Salt (to taste)
½ teaspoon cumin
1 teaspoon oregano
½ teaspoon garlic salt
1 egg

Directions

Take a mixing bowl and put the ground beef in it.

Add the parsley, onion, mint, garlic, cumin oregano and garlic salt in the mixing bowl and mix it thoroughly with the ground beef.

Take the mixed ground beef and mold it in a kebab shape.

Put the kebab in the air fryer and cook them for 18 minutes at 400 degrees F or 204 degrees C.

Serve the kebabs with tzatziki sauce

Nutrition Facts

Servings: 2

Amount per serving

Calories 471

% Daily Value*

Total Fat 16.6g 21%

Saturated Fat 6.1g 30%

Cholesterol 285mg 95%

Sodium 187mg 8%

Total Carbohydrate 3.9g 1%

Dietary Fiber 1.2g 4%

Total Sugars 0.9g

Protein 72.4g

Turkish Air Fried Chicken Wing Kebab

Prep: 15 Minutes | Cook Time: 10-15 Minutes| Makes: 2 Servings

Ingredients

½ Cup yogurt
1 tablespoon Garlic (minced)
1 teaspoon turmeric
1 teaspoon paprika
1 teaspoon Cayenne pepper
Salt (to taste)
1pound Chicken Wings
Red Onions (finely chopped)
Lemon Juice
Sumac for finishing (optional)

Directions

Take a mixing bowl and add the yogurt to it. Add the garlic, paprika, turmeric, cayenne pepper and salt into the yogurt and mix thoroughly. Make sure the spices are well incorporated into the yogurt.

Next, take the chicken wings and soak them in the marinade. Let the wings rest in the marinade for at least 1 hour, or rest them overnight.

Take the air fryer and set its temperature to 400 degrees F or 204 degrees C. Once the air fryer is hot, add the chicken wings. It is a good idea to do the wings in batches as. Cook the wings for 10 minutes on one side, then turn them and cook for another 8 to 10 minutes.

Serve the wings with some lemon juice and sumac (optional)

Nutrition Facts

Servings: 2

Amount per serving

Calories 1010

% Daily Value*

Total Fat 38.2g 49%

Saturated Fat 10.9g 54%

Cholesterol 449mg 150%

Sodium 475mg 21%

Total Carbohydrate 7.5g 3%

Dietary Fiber 1g 3%

Total Sugars 4.6g

Protein 148.8g

Turkish Iskendr Kebab

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

1 tablespoon olive oil
4 Pocket Bread (Pita bread)
4 Chicken Breasts (chopped into medium strips)
1 Garlic Clove (finely minced)
Tomato Puree
Salt (to taste)
Black Pepper (to taste)

Directions

Preheat the air fryer to around 400 degrees F or 204 degrees C and lay out the bread on the baking sheet paper.

If you want to use the air fryer, please refer to air fryer reviews. Toast the bread lightly for 5 to 10 minutes or until the bread turns golden brown. The bread can also be cut into bite-size pieces. Heat the olive oil on a medium-high flame and add your chicken breast, garlic and onions. Cook the chicken until all the moisture is gone. Then add the tomato puree, cumin, salt and pepper. Cook it for another 10 minutes, so the puree thickens a bit. Set the slices of pita bread on the serving dish and sprinkle some butter over the top. Pour the chicken and tomato puree on top of the bread pieces. Serve it with some parsley and yogurt.

Nutrition Facts

Servings: 2

Amount per serving

Calories 947

% Daily Value*

Total Fat 30.1g 39%

Saturated Fat 7.2g 36%

Cholesterol 260mg 87%

Sodium 895mg 39%

Total Carbohydrate 67.3g 24%

Dietary Fiber 2.7g 10%

Total Sugars 1.6g

Protein 95.5g

Lamb Kofta Kebab

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

500g Minced Lamb
1 teaspoon Coriander
1 teaspoon Mixed Spices
1 teaspoon Chili Flakes
1 teaspoon Turmeric
1 teaspoon Cumin
1 teaspoon Mixed Herbs
½ teaspoon Tandoori Seasoning

Directions

Put the minced lamb and all the other ingredients in a mixing bowl and thoroughly mix them.

Using the will yield much better results.

Take the mixture and shape them in a sausage-like shape.

You can use skewers or directly place the kebabs in the air fryer. Make sure to leave some space between the kebabs to assist in airflow. Cook them for 8 to 10 minutes at 400 degrees F or 204 degrees C.

Once cooked, they can be served with any dipping of choice or flatbreads.

Nutrition Facts

Servings: 2

Amount per serving

Calories 474

% Daily Value*

Total Fat 18.7g 24%

Saturated Fat 6.6g 33%

Cholesterol 225mg 75%

Sodium 219mg 10%

Total Carbohydrate 1.4g 1%

Dietary Fiber 0.5g 2%

Total Sugars 0.1g

Protein 70.5g

Air Fried Chicken Kebab

Ingredients

Prep: 15 Minutes | Cook Time: 20-30 Minutes| Makes: 2 Servings

Ingredients

16 Ounces chicken breasts chopped into 1-inch cubes (skinless)
2 tablespoons soy sauce (keto and gluten free)
1 tablespoon Chicken Seasoning
1 tablespoon BBQ seasoning
Salt and Pepper (to taste)
½ green bell pepper (Diced)
½ red bell pepper (Diced)
½ yellow bell pepper (Diced)
½ Zucchini (Diced)
¼ red onions (chopped)
5-6 grape tomatoes
Spraying oil (optional)

Directions

You can marinate the chicken beforehand if you want to; however, it is not necessary. For the marinating process of the chicken, place the chicken in a zip lock bag, add both the seasoning (chicken and BBQ seasoning) with the soy sauce in the zip lock bag with the chicken. Add salt and pepper to taste and let it rest for a few hours in the refrigerator.

Put some skewers through the marinated chicken. Make sure you use some gloves and keep a cleaning towel with you as this might get very messy.

Add the diced zucchini, bell pepper, and onions on top of the chicken. Add the small cherry tomato at the end of each skewer. The tomato can also be sautéed a bit beforehand to get soft grape tomatoes.

Before putting your skewers in the air fryer, you can spray the chicken with some olive oil. This will give juicier chicken at the end. Cook your skewers for 10 to 12 minutes at 400 degrees F or 204 degrees C.

Make sure to flip the skewer and let it cook for another 10 to 12 minutes.

The chicken will be ready to serve once the internal temperature reaches 165°F.

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 17.6g 23%

Saturated Fat 4.7g 24%

Cholesterol 202mg 67%

Sodium 1118mg 49%

Total Carbohydrate 18.4g 7%

Dietary Fiber 5.1g 18%

Total Sugars 11.3g

Protein 70.4g

Turkish Chicken Kebabs

Prep: 15 Minutes | Cook Time: 5-15 Minutes | Makes: 2 Servings

Ingredients

1 cup Greek Yogurt
2 tablespoons Lemon Juice
2 tablespoons olive oil
2 tablespoons ketchup
6 cloves Garlic (minced)
1 tablespoon red Pepper flakes
1 tablespoon Kosher Salt
1 ½ teaspoon ground cumin
1 teaspoon Black pepper (grounded)
½ teaspoon Cinnamon (grounded)
2 ½ pounds boneless chicken thighs (skinless)
4 metal Skewers

Directions

Add your yogurt, lemon juice, garlic, red pepper flakes, salt, olive oil, ketchup, cumin, black pepper, paprika and cinnamon in a mixing bowl and mix them together.

Take your chicken thighs and soak them in the yogurt marinade. Coat the chicken thoroughly and cover all the sides. Close the bowl with any plastic wrap and let it rest in the refrigerator for a few hours.

Preheat the air fryer to 400 degrees F or 204 degrees C high heat and brush a bit of olive oil on a basket. Arrange with a grill grate.

Thread the chicken thighs using 2 skewers. Put half of the chicken on one skewer and the other half on the other skewer. This will create quite a thick log-type shape.

Put the chicken on the grill grate and let it stay there for some time. Make sure not to move the skewer until it starts to unstick from the grill. This process should take about 3 to 5 minutes.

Keep on cooking the chicken until all the juices run out and the center is not pink. You will know that the chicken is ready to serve when the internal temperature of the chicken reaches 165°F.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1550

% Daily Value*

Total Fat 65.1g 84%

Saturated Fat 19.9g 99%

Cholesterol 525mg 175%

Sodium 4283mg 186%

Total Carbohydrate 26.5g 10%

Dietary Fiber 1.8g 6%

Total Sugars 20.3g

Protein 206g

Air Fryer Chicken Skewers

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes:2 Servings

Ingredients

2 cups Garden Lamb Kebab
1-1/2 cup BBQ Chicken Kebab
2 cups Piri Piri Chicken Kebab
200 gram sSweet chili Chicken Kebab
2 cups Tandoori Chicken
Kebab Skewers

Directions

Tread the kebabs onto the skewers. If the kebabs are a bit long, you can cut some of the kebabs
Cook the kebab for at least 30 minutes with a temperature of 400 degrees F or 204 degrees C.
After every 10 to 15 minutes, make sure to check if the chicken is still attached to the skewers.

Nutrition Facts

Servings: 2

Amount per serving

Calories 640

% Daily Value*

Total Fat 67g 88%

Saturated Fat 19.9g 99%

Cholesterol 525mg 175%

Sodium 4283mg 186%

Total Carbohydrate 26.5g 10%

Dietary Fiber 1.8g 6%

Total Sugars 20.3g

Protein 206g

Turkish donor Kebab

Prep: 15 Minutes | Cook Time: 30 Minutes| Makes: 3 Servings

Ingredients

1 teaspoon Flour
1teaspoon dried Oregano
½ teaspoon Salt (or to taste)
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried Italian herb seasoning
¼ teaspoon black pepper (grounded)
¼ teaspoon cayenne pepper
1 ¼ pounds ground lamb

Directions

The air fryer should be preheated to 400 degrees F or 204 degrees C.

In a large mixing bowl, mix together flour, oregano, garlic powder, Italian seasoning, salt and pepper, and cayenne pepper.

Put in the lamb and thoroughly knead with the flour mixture until everything is well incorporated. Keep mixing the mixture for about 3 minutes.

Take your well-seasoned ground lamb and set it on a loaf pan. Make sure to set it on a baking sheet.

Preheat the air fryer for a good bake. Let the loaf bake for about 30 minutes. While baking, make sure to turn the loaf halfway for a good and even browning.

When you take out the loaf, cover it with aluminum and let it rest for about 10 minutes. This will ensure that no juice seeps from the meat. Once the loaf is well-rested, slice it as thinly as possible.

Nutrition Facts

Servings: 2

Amount per serving

Calories 540

% Daily Value*

Total Fat 20.9g 27%

Saturated Fat 7.5g 37%

Cholesterol 255mg 85%

Sodium 218mg 9%

Total Carbohydrate 2.8g 1%

Dietary Fiber 0.6g 2%

Total Sugars 0.4g

Protein 80.1g

Turkish Tulumba Tatlisi

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

For the syrup:

3 ½ cups water

3 cups sugar

1 tablespoon lemon juice

For the Dough:

2 cups water

2 tablespoon butter

2 tablespoon sugar

2 ½ cups all-purpose Flour (sifted)

3 Large eggs

3 tablespoon Semolina

2 tablespoon cornstarch

2 cups vegetable oil

½ cups Pistachios (grounded)

Directions

Take a saucepan and mix together water and sugar.

Bring the water to a boil and keep stirring the mixture until all the sugar has completely dissolved.

When all the sugar has dissolved, reduce the heat and let it simmer for about 15 minutes. Simmer the mixture for about another 1 minute after adding in the lemon juice. Finally, kill the heat and let the syrup cool.

In another saucepan, add some water, butter and sugar. Stir the mixture on heat until all the butter has completely melted.

In the same pan, add the sifted flour and mix it using a wooden spoon. Mix the mixture until a loose dough is formed. When the dough starts sticking around the spoon, kill the heat and remove the pan from the flames.

Take one egg at a time and carefully break it into the loose dough one by one. Make sure to be careful not to get any shell in the mixture. Break and mix the egg in the dough quickly as the heat from the dough can quickly cook the eggs into scrambled eggs. Then add the semolina and cornstarch, mixing the whole mixture well. Move the whole batter to a pastry bag with a star tip. In an air fryer, pour roughly about 1 inch of oil (vegetable oil) and heat the oil to around 400 degrees F or 204 degrees C.

, you can check the temperature using a thermometer.

When the oil is hot, take the pastry bag containing the dough and squeeze it out inside the oil in small strip-like shapes.

Cook at 400 degrees F or 204 degrees C for 4 minutes, flip and cook from the other side for 5 more minutes.

Once the tulumba is done, take them out of the oil and drain them. For draining, use a paper towel and drain all the excess oil.

Take out the tulumba and dip them in the sugar syrup. Let them rest there for a few minutes so they soak the syrup. A slotted spoon can be used to drain the tulumba before serving.

For serving, garnish the tulumba with some ground nuts. This will further enhance the taste of the tulumba. The tulumba can be refrigerated for about 3 days.

Nutrition Facts

Servings: 2

Amount per serving

Calories 3999

% Daily Value*

Total Fat 245.7g 315%

Saturated Fat 53.5g 267%

Cholesterol 310mg 103%

Sodium 285mg 12%

Total Carbohydrate 442.7g 161%

Dietary Fiber 6.4g 23%

Total Sugars 302.2g

Protein 30.8g

Turkish Semolina Pudding

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

5 tablespoon Semolina
8 tablespoon Sugar
4 tablespoon Milk
1 teaspoon Vanilla extract

For the Garnishing:

10 Pieces Walnut
2 teaspoon Granulated sugar

Directions

Take the butter and melt it in a saucepan.

Put the sugar and milk in the saucepan and mix them together.

Add mixture to a bowl and air fry for 5 minutes at 400 degrees F or 204 degrees C.

Take it out and let it cool.

Once the pudding has cooled a little, carefully pour it into dishes or casserole.

Let the pudding settle down and chill it for at least 30 minutes.

For the Walnut Garnish – Take a pan and slightly roast the walnut in them. Shower some sugar on the walnut evenly all over the walnuts. Make sure to sprinkle the sugar while the walnuts are hot, as this will allow the sugars to dissolve due to the heat. Then turn off the flames and let the walnuts cool down. When they have been cooled down, you will get beautiful crunchy walnuts. Chop these walnuts and set them aside for garnishing.

Nutrition Facts

Servings: 2

Amount per serving

Calories 383

% Daily Value*

Total Fat 9.2g 12%

Saturated Fat 0.9g 5%

Cholesterol 3mg 1%

Sodium 15mg 1%

Total Carbohydrate 70.2g 26%

Dietary Fiber 2g 7%

Total Sugars 49.8g

Protein 7.7g

Leftover Air Fried Turkey Burger

Prep: 15 Minutes | Cook Time: 20 Minutes| Makes: 2 Servings

Ingredients

2 Yorkshire Puddings
30g Cooked Turkey
150g Slow Cooker Stuffing (for Turkey)
100g Instant Pot Cauliflower Cheese
5 Roasted Potatoes (Air Fryer)
5 Roasted Parsnips
2 tablespoon Mashed Potato
25 Brussels Sprouts
1 tablespoon Gravy
1 teaspoon Chives
2 teaspoon Parsley
Salt and pepper (to taste)

Directions

Take all the meat and chop it into medium chunks to make it easier to mix everything and all the leftovers become more manageable. Nobody will like huge chunks of Yorkshire pudding or turkey. Mix everything inside a mixing bowl and let it rest in the fridge overnight.

You can add extra things, such as cheese and breadcrumbs, etc.

While using the hands, mash everything and mix them together to form a sort of homogenous mixture. Take the mixture and shape them into a burger patty. Put these patties back into the fridge to settle and form a hard shape.

Cook the turkey burgers on the air fryer grill pan for 18 to 20 minutes at 400 degrees F or 204 degrees C .

Try to cook your burgers in batches of 4 to avoid overcrowding.

Serve the burgers with some crusty bread rolls.

Nutrition Facts

Servings: 2

Amount per serving

Calories 618

% Daily Value*

Total Fat 18.5g 24%

Saturated Fat 11.1g 55%

Cholesterol 64mg 21%

Sodium 445mg 19%

Total Carbohydrate 88.2g 32%

Dietary Fiber 13.5g 48%

Total Sugars 6.9g

Protein 26.6g

Air Fried Turkey Croquettes

Prep: 15 Minutes | Cook Time: 10-15 Minutes| Makes: 2 Servings

Ingredients

1 cup Turkey Breasts (chopped)
2 cups stuffing
2 Eggs
½ cup Potato Starch
1 cup Panko breadcrumbs (Japanese Style)
½ cups Cranberry Sauce

Directions

Take the Turkey breasts and stuff them inside the stuffing, creating a ball of stuffing with a center of turkey breasts.

Roll this ball as tight as possible.

For the breading of these stuffing balls, make a breading station with potato starch in one try, eggs in the other, and the Panko mix in the last one.

Season the Potato starch with some pepper and salt.

For the eggs, beat them until they become frothy.

Coat the croquettes completely with potato starch, then dip it into eggs and give a complete coat. Finally, coat the croquettes with Panko to complete the breading process.

Spray some vegetable oil on the basket of the air fryer and the croquettes. This will rehydrate the breadcrumbs, and thus they will not burn while cooking. Then place your croquettes in the air fryer. Make sure to leave some space for air ventilation. Cook the croquettes for 8 to 10 minutes at 400 degrees F or 204 degrees C.

Fry the croquettes until they turn golden brown.

Serve your croquettes with some Gravy and Cranberry Sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 965

% Daily Value*

Total Fat 8.9g 11%

Saturated Fat 2.1g 11%

Cholesterol 173mg 58%

Sodium 636mg 28%

Total Carbohydrate 200.5g 73%

Dietary Fiber 3.8g 14%

Total Sugars 3.5g

Protein 11.3g

Air Fried Spinach Sliders

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

3 cups baby spinach (finely chopped)
3 scallions (finely chopped)
1 Clove of garlic (minced)
1 teaspoon Cumin
½ teaspoon Kosher Salt (or to taste)
¼ teaspoon Pepper (or to taste)
500g ground turkey
Cooking oil (in a spray bottle)
Slider buns (toasted)
Different toppings (mayo, onions, etc.)

Directions

Take a large mixing bowl and mix in the chopped spinach, cumin, scallions, garlic, salt, and pepper. Also, add the turkey to the mixing bowl and mix all the ingredients using a fork.

Make ½ inches thick patties with all the mixture. Spray both sides lightly with oil.

Take the patties and put them in the air fryer. Depending on the air fryer, you may be able to fit 4 to 5 each time. Try not to overcrowd the air fryer.

Fry the patties for 7 to 10 minutes at 400 degrees F or 204 degrees C.

Be sure to flip the patties halfway so you can get an even cook all around. Make sure to measure the internal temperature of the patties. Once the internal temperature of the patties reaches 165° F, it will be ready. Let them rest a while before serving.

For serving, serve the patties with some toasted buns and toppings of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 512

% Daily Value*

Total Fat 27.9g 36%

Saturated Fat 4.6g 23%

Cholesterol 255mg 85%

Sodium 309mg 13%

Total Carbohydrate 4.2g 2%

Dietary Fiber 1.7g 6%

Total Sugars 0.8g

Protein 70.4g

Air Fried Baklava Bites

Prep: 15 Minutes | Cook Time: 10 Minutes| Makes: 2 Servings

Ingredients

4 stacks of 8 sheet filo dough (4x4 inches in size).

¼ cups Walnuts (chopped)

1 teaspoon Honey

Cinnamon (to taste)

Orange zest (to taste)

2 tablespoons Butter (melted)

1 tablespoon Pistachios (chopped)

Directions

Take the melted butter and brush every other filo dough with it. Put a handful of walnuts in the center of the sheet. Sprinkle some honey on the top of those nuts in the center. Finally, add the cinnamon and orange zest.

To close the pastry take all the corners and press them down on the honey so it sticks on top. This will create a purse-type shape.

Place this purse of pastry in the air fryer preheated to 400 degrees F or 204 degrees C for 7 to 10 minutes. The Baklava is done when it turns golden brown on the outside.

Before serving, garnish the baklava with some pistachios and walnuts. Serve them with some honey if needed.

Nutrition Facts

Servings: 2

Amount per serving

Calories 224

% Daily Value*

Total Fat 21.9g 28%

Saturated Fat 8g 40%

Cholesterol 31mg 10%

Sodium 474mg 21%

Total Carbohydrate 5.3g 2%

Dietary Fiber 1.3g 5%

Total Sugars 3.5g

Protein 4.6g

Air Fried Turkish Pizza

Prep: 15 Minutes | Cook Time: 8 Minutes| Makes: 2 Servings

Ingredients

3 Turkish Bread Rolls (Make sure it fits in the air fryer)

½ cups Tomato Paste (or Pizza Sauce)

120g Ham (sliced or shaved)

50g sliced salami

1-2 Tomatoes

1 red onion

250g Cheese (Blend of Cheddar and Mozzarella)

Basil Leaves

Other toppings of choice (chicken, pineapple, capsicum, etc.)

Directions

Prep the toppings, dice the onions, slice the tomatoes. Shred the cheese etc.

Slice the Turkish bread in two halves (lengthwise). This will give you two thin slabs of bread on which you can put the toppings.

Spread your bread with a good layer of pizza sauce and add a thin layer of cheese. Add the toppings of choice on top of the cheese. Finish it with some more cheese on top of the toppings.

Next, put the pizza inside the air fryer. Be very careful while placing it inside the air fryer as this can get a bit hard. Before baking the pizza, sprinkle it with some fresh basil.

Bake the pizza for 8 to 10 minutes at 400 degrees F or 204 degrees C.

Remove the pizza from the air fryer. Optionally, you can dress the pizza with some ranch dressing. Or else serve it as it is.

Nutrition Facts

Servings: 2

Amount per serving

Calories 853

% Daily Value*

Total Fat 53.9g 69%

Saturated Fat 31g 155%

Cholesterol 183mg 61%

Sodium 2168mg 94%

Total Carbohydrate 43.3g 16%

Dietary Fiber 6.3g 22%

Total Sugars 14.6g

Protein 51.1g

Israeli Recipes

Air fryer Falafel with a side of Israeli Salad and Tahini Sauce

Prep: 15 Minutes | Cook Time: 15-20 Minutes | Makes: 2 Servings

Ingredients

1 cup Garbanzo beans (dried)
1 cup onions (chopped)
¾ cup Parsley (chopped)
¼ cup Cilantro
¾ teaspoon Kosher Salt (or to taste)
¼ teaspoon cayenne pepper
2 tablespoons Cornstarch
1 teaspoon Baking Powder
Spray Oil
¼ cup Tahini
2 tablespoons Lemon juice
1 ½ cups cucumber
1 ½ cup Tomatoes

Directions

To make the falafel, you need to soak the chickpeas in about 2 inches of water for about 24 hours. This will help soften the chickpeas.

Once the chickpeas have been soaked in the water for long enough, take them out of the water and transfer it to the food processor. In the food processor, add the onions, ¼ cup cilantro, and ½ cup parsley. 2 garlic cloves, ¼ teaspoon cayenne and ½ teaspoon salt or to the taste. Process the mixture until it becomes finely ground. Give it about 1 to 2 minutes. Once it has been processed, add the cornstarch and a teaspoon of baking powder. Then pulse it a little more until it turns into a good mixture. Then shape the mixture in the shape of a ball. Make about 20 chickpeas balls with the batter. Make sure to wet the hands so that it becomes easier to handle the mixture.

For the frying process, preheat the air fryer to about 400 degrees F. Then grease the air fryer basket with some spray oil. Place the falafel inside the basket while leaving some space in between them. If all of the falafel does not fit in the air fryer basket, you can work in batches. Let the falafel cook until they turn golden brown. This will take something from 10 to 15 minutes.

While the falafels are being cooked, you can start working on the sauce to go with the falafel. In a mixing bowl, mix ¼ cup tahini, a tablespoon of lemon juice and a pinch of salt, and mix everything together until they form a homogenous mixture. You might want to add some water to thin the sauce a little bit.

To make the salad, all you need to do is to mix the cucumbers and tomatoes with the remaining parsley and a tablespoon of lemon juice. Add some salt and pepper to taste. Serve the falafel warm and side it with the salad and sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 647

% Daily Value*

Total Fat 23g 29%

Saturated Fat 3.1g 16%

Cholesterol 0mg 0%

Sodium 961mg 42%

Total Carbohydrate 90.9g 33%

Dietary Fiber 24.5g 87%

Total Sugars 18.7g

Protein 27.6g

Latkes

Prep: 18 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

2 Russet Potatoes (peeled)
1 Onion (white)
2 eggs (beaten)
¼ cup matzah meal
1 ½ teaspoons Salt (or to taste)
½ teaspoon black pepper (grounded)
Spraying oil

Directions

Take the coarse side of a box grater and grate the potatoes.

Shift them into a bowl and soak them with water to remove all the starch from the potatoes.

Let them rest for 15 minutes.

When removing the potatoes from the water, try to squeeze out as much water as you can. Put the dried potatoes in a new bowl. Do it for all the potatoes.

Also, grate the onions using the same side of the grater.

Try to remove as much water as you can from the onions also. Put the onions in the same bowl as the potatoes.

Take the beaten eggs, the matzah meal, and salt and pepper and put them in the same bowl as the onions and potatoes. Mix them until they are properly mixed. Use a fork for mixing as it will be easier with it.

Take about 1/3 of the mixture and make a patty shape from it. From the mixture, you will be able to make about 6 patties.

Before frying, grease the air fryer tray with some oil and put it in the basket.

Do not overcrowd the air fryer. Drizzle some oil on top of the patties also.

Heat the air fryer to about 400 degrees F and let them cook for about 8 to 10 minutes.

Make sure to flip the patties halfway and then drizzle some oil on the other side.

If the patties don't look cooked, you can let them stay inside the fryer for 5 more minutes.

Remove the patties once they turn brown and crunchy.

Once cooked, take them out and serve them with some sour cream or apple sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 142

% Daily Value*

Total Fat 2.3g 3%

Saturated Fat 0.7g 4%

Cholesterol 87mg 29%

Sodium 910mg 40%

Total Carbohydrate 19.6g 7%

Dietary Fiber 3.7g 13%

Total Sugars 2.8g

Protein 5.6g

Air fried Fish

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

800g Fish Fillets
1 tablespoon olive oil (vegetable oil can also be used)
1 cup Panko breadcrumbs
½ teaspoon paprika
¼ chili powder
¼ Black pepper (grounded)
¼ teaspoon garlic powder
¼ teaspoon of onion Powder
½ teaspoon salt (or to taste)

Directions

Defrost the fish if you are using frozen fish. Spread some olive oil on the fish and make sure the fish fillet is properly coated with the oil throughout.

Make the breading station, for which you will need a dish in which you will put the panko breadcrumbs and mix the spices with it.

Properly coat the fish throughout using the breadcrumbs mixture that you made.

For cooking the fish, turn the heat of the air fryer to about 390 degrees and let it cook for 8 to 10 minutes. Make sure to flip the fish halfway for an even cooking throughout.

Nutrition Facts

Servings: 4

Amount per serving

Calories 565

% Daily Value*

Total Fat 28.6g 37%

Saturated Fat 6.2g 31%

Cholesterol 68mg 23%

Sodium 1492mg 65%

Total Carbohydrate 49.2g 18%

Dietary Fiber 3.1g 11%

Total Sugars 0.6g

Protein 31.4g

Air fried Sufganiyot

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

2 cups all-purpose flour
¼ cups sugar
2 teaspoons yeast
½ teaspoon salt (or to taste)
1 egg
2 tablespoons oil (preferably olive oil)
½ cup water (warm)
Chocolate (melted)
Pretzels (chopped)
White chocolate (melted)
Sprinkles
Granulated Sugar
Jam (Strawberry Jam)

Directions

Take a mixing bowl and mix the sugar, yeast, flour and salt. Mix them until they are properly combined. Then add the oil, egg, and warm water. Keep mixing this mixture until it firms to form a dough consistency. Grease a bowl and place the dough in it. Let it rest in a warm room for about 45 minutes. This will allow the dough to rise to double in size.

After 45 minutes, transfer the dough to a floured surface. Flatten out the dough until it becomes about ½ of an inch thick. Take a cookie cutter or a similar-sized glass and cut about 2 inched sized dough.

Make sure to preheat the air fryer to about 350 degrees. Put the dough in the greased air fryer basket. Make sure to drizzle a good amount of oil on the dough before cooking it. Air fry the doughnuts until they puff up and turn into a golden brown color. Let it cook for 5 to 10 minutes.

Once they are done let them cool off before topping them up.

For the toppings, you can do multiple things. You can put some melted chocolate on the doughnuts and top it off with pretzels pieces.

Second, you can dip it into some white chocolate and top it off with sprinkles.

Or fill the doughnuts with jam using a piping bag. Garnish with some granulated sugar at the end.

Nutrition Facts

Servings: 2

Amount per serving

Calories 712

% Daily Value*

Total Fat 17.2g 22%

Saturated Fat 2.7g 13%

Cholesterol 82mg 27%

Sodium 618mg 27%

Total Carbohydrate 122.1g 44%

Dietary Fiber 4.2g 15%

Total Sugars 25.5g
Protein 17.2g

Air Fired Tso's Chicken

Prep: 15 Minutes | Cook Time: 10-18 Minutes | Makes: 4 Servings

Ingredients

2 pounds boneless chicken breasts (diced into cubes)
½ cups soy sauce
½ cups rice wine
½ tablespoon cornstarch
2 tablespoon vegetable oil (canola oil can also be used)
2 Garlic cloves (minced)
1 tablespoon Ginger (grated)
12 Red Chilies (dried)
¼ cup rice wine vinegar
¼ cup sugar
2 teaspoons hoisin sauce (totally optional)
2 scallions (sliced)
1 teaspoon sesame seeds

Directions

Mix the ¼ cups soy sauce and ¼ cup rice wine in a mixing bowl. Put the chicken in it and toss it around so it gets completely coated with the marinade. Cover the soaked chicken with some serin wrap and let it rest in the fridge for 15 to 30 minutes.

Take a flat dish and put the cornstarch on top of it. Cover the chicken with the cornstarch completely. Make sure to shake off the excess. Grease the air fryer with some oil. Place the chicken on the basket and brush some oil on top of it. Let the chicken cook for about 8 to 10 minutes. Cook it in batches, so you do not overcrowd the air fryer.

In a bowl, mix the remaining ½ tablespoon of cornstarch and add a ½ tablespoon of water. This will create a slurry mixture that you will set aside.

Over medium heat, heat about 2 tablespoons of oil. In that oil, add ginger, garlic, and dried chilies. Sauté them for 1 to 2 minutes. Then add the rice wine, mirin, soy sauce, vinegar, and sugar. Let it come to a boil and the sugar dissolves. Then add the cornstarch mix and let it cook until it begins to thicken. Take about 1 to 2 minutes.

Take the cooked chicken and add it to the sauce you made. Give the chicken a good coat of the sauce.

You can serve the chicken with some scallions and a garnish of sesame seed for serving.

Nutrition Facts

Servings: 4

Amount per serving

Calories 638

% Daily Value*

Total Fat 24.2g 31%

Saturated Fat 6.1g 30%

Cholesterol 202mg 67%

Sodium 2297mg 100%

Total Carbohydrate 33.2g 12%

Dietary Fiber 0.8g 3%
Total Sugars 22g
Protein 68.2g

Air Fried Falafel

Prep: 14 Minutes | Cook Time: 15 Minutes | Makes: 3 Servings

Ingredients

1 cup chickpeas (dried)
1 Onion (diced)
4 Garlic Cloves (diced)
1 cup parsley
1 cup cilantro
1 jalapeno pepper (diced)
2 tablespoons tahini
½ Lemon Juice
2 teaspoons baking powder

Directions

Take a food processor and mix all the ingredients together.

Mix the ingredients until they are properly mixed together. However, there may still be little chunks.

Take this processed mixture and let it rest in the fridge for 3 hours.

If you have time to spare, let it rest in the fridge for 2 days.

Before cooking, heat the air fryer to 380 degrees F.

Use the hands and make small balls the size of ping pong balls from the batter. Put the falafel balls inside of the air fryer basket and let it cook for 12 to 15 minutes. Make sure to turn them halfway to get an even cook.

For serving, the falafels go great with hummus, tahini sauce.

Nutrition Facts

Servings: 3

Amount per serving

Calories 336

% Daily Value*

Total Fat 9.7g 12%

Saturated Fat 1.2g 6%

Cholesterol 0mg 0%

Sodium 46mg 2%

Total Carbohydrate 50.6g 18%

Dietary Fiber 14.4g 51%

Total Sugars 9.2g

Protein 16g

Air Fried Pickles

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

32 dill pickle slices
½ cup all-purpose flour
½ teaspoon salt (or to taste)
3 eggs (lightly beaten)
2 tablespoons dill pickle juice
½ teaspoon cayenne pepper
½ teaspoon Garlic Powder
2 cups breadcrumbs
2 tablespoons dill
Spraying oil
Ranch dressing (optional)

Directions

Before starting, make sure to preheat the air fryer to about 400 degrees F.
Dry out the pickles using a towel and absorb all possible water for about 15 minutes.
Simultaneously, you need to make a breading station. For that, you need one shallow bowl in which you will add flour and salt. In another identical bowl, mix the egg and pickle juice with the cayenne pepper and garlic powder. In a third shallow bowl, add the breadcrumbs and dill. For the breading, start with dipping the pickle in flour; make sure to cover all sides. Then soak it in the egg mix. Finally, end it with putting the breadcrumbs. Cook these pickles in the air fryer for 8 to 10 minutes or until golden brown and crispy. Make sure to brush some oil before frying. Serve it with the dip of your choice. Ranch dressing goes very well with it.

Nutrition Facts

Servings: 2

Amount per serving

Calories 545

% Daily Value*

Total Fat 12.7g 16%

Saturated Fat 3.4g 17%

Cholesterol 246mg 82%

Sodium 2824mg 123%

Total Carbohydrate 83.3g 30%

Dietary Fiber 6.8g 24%

Total Sugars 8.6g

Protein 23.9g

Airfry Schnitzel

Prep: 18 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

1 cup all-purpose flour
2 teaspoons Garlic powder
salt, to taste
1 teaspoon Black pepper (or to taste)
½ teaspoon paprika
2 eggs
2 cups breadcrumbs.
4 chicken breasts, skinless and boneless (thinly cut)
Spraying oil

Directions

Start with making a breading station. For that, mix the garlic powder, salt, pepper, paprika, and flour in one large dish. In another dish, add the breadcrumbs. In a final bowl, crack the eggs and beat them with a tablespoon of water.

Then start the breading process.

First, dip the chicken breasts in the flour mixture. Make sure to shake the excess flour.

Then dip the chicken in the eggs and make sure to cover all the edges completely.

Finally, dip the chicken in the breadcrumbs and set it aside on a plate.

Grease the air fryer basket with some spraying oil. Put two chicken breasts in the air fryer, spray a little oil on top and let them cook for 8 to 10 minutes at a temperature of 375 degrees.

Make sure to flip the chicken halfway and coat it with a layer of oil and let it cook for another 7 minutes.

You can serve the chicken with some and a dipping sauce of your choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1147

% Daily Value*

Total Fat 27.1g 35%

Saturated Fat 7.3g 36%

Cholesterol 359mg 120%

Sodium 3369mg 146%

Total Carbohydrate 128.8g 47%

Dietary Fiber 7.3g 26%

Total Sugars 8g

Protein 90.4g

Moroccan

Moroccan Air fried chicken

Prep: 15 Minutes | Cook Time: 15 Minutes| Makes: 2 Servings

Ingredients

1 pound chicken breasts
1 tablespoon olive oil
2 cloves of Garlic
¼ teaspoon onion powder
¼ teaspoon black pepper (or to taste)
¼ teaspoon turmeric
½ teaspoon paprika
½ teaspoon cumin

Directions

Start with cleaning the chicken and slicing it into smaller pieces.

You can use any size of sliced chicken, but 2.5 to 3 inches of slices go best with the recipe, as this will speed up the cooking process.

Put the chicken in a mixing bowl and mix it with all the other spices. Make sure to add olive oil also. Mix the chicken thoroughly and coat all the sides of the chicken.

Cook it in batches for 12 to 15 minutes at 400 degrees F or 204 degrees C.

Use the air fryer for the cooking of the chicken.

Nutrition Facts

Servings: 2

Amount per serving

Calories 501

% Daily Value*

Total Fat 24.1g 31%

Saturated Fat 5.7g 28%

Cholesterol 202mg 67%

Sodium 197mg 9%

Total Carbohydrate 1.9g 1%

Dietary Fiber 0.4g 1%

Total Sugars 0.2g

Protein 66g

Tartar Battered Fish

Prep: 15 Minutes | Cook Time: 12 Minutes| Makes: 2 Servings

Ingredients

1/3 cup mayonnaise
2 tablespoons dill pickle relish
2 teaspoon seafood seasoning
1.5 pounds cod fillets, cut into sticks
1 cups Panko bread crumbs

Directions

Mix well the relish, mayonnaise, and seafood seasoning and coat the fish well.
Put the bread crumbs in a bowl. Coat each fish stick with crumbs.
Cook at 400 degrees F or 204 degrees C for 12 minutes in the air fryer.
Serve hot.

Nutrition Facts

Servings: 2

Amount per serving

Calories 653

% Daily Value*

Total Fat 15.2g 19%

Saturated Fat 2.3g 12%

Cholesterol 70mg 23%

Sodium 2161mg 94%

Total Carbohydrate 90.7g 33%

Dietary Fiber 4.2g 15%

Total Sugars 6.9g

Protein 40.4g

Moroccan Sfenji Donuts Recipe

Prep: 15 Minutes | Cook Time: 5 Minutes | Makes: 4 Servings

Ingredients

500g all-purpose flour
2 teaspoons dried yeast
1 teaspoon salt (or to taste)
1 tablespoon sugar
2 egg yolks
1 ½ cup water (lukewarm)
Vegetable oil (canola can also be used)
Powdered sugar

Directions

Take a big mixing bowl and mix the dry ingredients together like flour, yeast, salt and sugar. Give it a good whisk. Then put the wet ingredients like egg yolks and slowly pour the water in the bowl while mixing the dough with the hand. Keep on mixing until it forms a sticky, soft and firm dough.

Drizzle a little bit of oil on top of the dough and cover it with some siren wrap. Let this dough rest for at least 1 to 2 hours so it can rise up.

Take a cookie sheet and put some vegetable oil on top.

Once the dough has risen up, take it out and make about 15 parts from it.

Roll all the pieces into a small bowl, then put these balls on the cookie sheet greased with vegetable oil. You can also use canola oil instead. Cover these dough balls with a damp kitchen towel, but make sure the towel is slightly damp and not very wet. Leave the dough to rise for 60 minutes more

Preheat the oil to about 350 to 400 degrees. Use the thumb and make an indentation in the middle of the dough and cook it inside the oil for 3 to 5 minutes at maximum.

You will know that the doughnuts are ready when they turn slightly golden.

Once completely cooked, sprinkle some powdered sugar on top of it, or optionally, you can also use honey on top. Serve the doughnuts immediately.

Nutrition Facts

Servings: 4

Amount per serving

Calories 499

% Daily Value*

Total Fat 3.6g 5%

Saturated Fat 1g 5%

Cholesterol 105mg 35%

Sodium 592mg 26%

Total Carbohydrate 99.5g 36%

Dietary Fiber 3.8g 14%

Total Sugars 3.4g

Protein 15g

Air fried Moroccan Chicken COPI

Prep: 15 Minutes | Cook Time: 12 Minutes | Makes: 4 Servings

Ingredients

1 pound Chicken breasts
1 tablespoon olive oil
2 garlic cloves
¼ teaspoon onion powder
¼ teaspoon black pepper
¼ teaspoon salt (or to taste)
¼ teaspoon turmeric
½ teaspoon paprika
½ teaspoon cumin

Directions

Start by cleaning the chicken and cut it into small pieces.

Try keeping it about 3 inches wide and about ½ inch thick, however, you can use any size chicken you want, but this size chicken will speed up the cooking process.

Take your chicken and mix it with all the spices, don't forget the olive oil. Coat every chicken with the marinade completely, and do not leave any corner.

Let the chicken cook in the air fryer for about 12 minutes at a temperature of 400 degrees F.

Nutrition Facts

Servings: 4

Amount per serving

Calories 251

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2.8g 14%

Cholesterol 101mg 34%

Sodium 246mg 11%

Total Carbohydrate 1.1g 0%

Dietary Fiber 0.2g 1%

Total Sugars 0.1g

Protein 33g

Moroccan Carrots

Prep: 15 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients

3 Carrots

Olive oil

Salt (to taste)

Cumin (grounded)

Directions

Before starting, peel off the carrots and cut them to equal sized sticks.

Drizzle it with some olive oil and coat it with them thoroughly.

Put them on the air fryer and let them cook for a few minutes, or until they are soft.

Once they are cooked and you are happy with the result, sprinkle some cumin salt on top of it.

Make sure to mix the salt together.

Nutrition Facts

Servings: 2

Amount per serving

Calories 158

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Cholesterol 0mg 0%

Sodium 63mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 2.3g 8%

Total Sugars 4.5g

Protein 0.8g

Moroccan Chicken

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients

1 pound chicken breasts, boneless and skinless (diced into cubes)
2 teaspoons salt (or to taste)
1 onion (chopped)
2 Garlic cloves (chopped)
2 carrots (sliced)
2 Stalks celery (sliced)
1 tablespoon ginger root (minced)
½ teaspoon paprika
½ teaspoon cumin (grounded)
½ teaspoon oregano (dried)
¼ teaspoon cayenne pepper (grounded)
¼ teaspoon turmeric (grounded)
1 cup chicken broth
1 cup crushed tomatoes
1 cup chickpeas (drained)
1 zucchini (sliced)
1 tablespoon lemon juice

Directions

Season the chicken with a good amount of Salt and brown the edges over medium heat. Let it cook until it is completely cooked throughout.

Once the chicken is cooked, remove it from the pan and let it rest for some time.

In the same pan as you cooked the chicken, sauté the garlic, carrots, onions and celery. When they become soft and tender, add the paprika, oregano, cumin, turmeric and cayenne pepper. Stir fry all these ingredients for about 1 minute, then add the tomatoes and broth, then let the mix simmer for about 10 minutes on a low heat.

Finally, add the zucchini and chickpea and let bring the ingredients to a simmer again. This time cover the pan and let it cook for 15 minutes. You will know to kill the heat when the zucchini is soft and tender.

Before serving, stir it in a little lemon juice and serve it with the side of the choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 472

% Daily Value*

Total Fat 12.1g 16%

Saturated Fat 2.8g 14%

Cholesterol 101mg 34%

Sodium 1619mg 70%

Total Carbohydrate 44.3g 16%

Dietary Fiber 13.1g 47%

Total Sugars 12.8g

Protein 46.7g

Moroccan Beef Meatballs

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients

200g minced beef
75g onions
50g dried apricots
25g nibbed almonds
1 tablespoon harissa paste
½ tablespoon zaatar
1 egg
30g breadcrumbs
½ teaspoon salt (or to taste)
50ml Pomegranate Molasses

Directions

Take the onions and dice them as thinly as possible and add them to a bowl with the minced beef. Then cut the dried apricots into small 3mm cubes and put them to a bowl.

Then add the zaatar, almonds and eggs and mix them together well.

Wet the hands and make about 10 meatballs from the batter, each ball should come out to about 45g each.

Once the meatballs are shaped, put them in the air fryer, greased with some oil and cook them for about 8 minutes at a temperature of about 400 degrees F.

Make sure to flip them halfway for an even cook.

Once cooked, take them out and drizzle some pomegranate molasses before serving.

Nutrition Facts

Servings: 2

Amount per serving

Calories 474

% Daily Value*

Total Fat 15.7g 20%

Saturated Fat 3.7g 19%

Cholesterol 171mg 57%

Sodium 802mg 35%

Total Carbohydrate 45.2g 16%

Dietary Fiber 3.5g 13%

Total Sugars 24.2g

Protein 38.5g

Air fried Vegetables and Moroccan chicken

Prep: 10 Minutes | Cook Time: 15-30 Minutes | Makes: 2-4 Servings

Ingredients

2 pounds chicken thighs (boneless)
½ pound red bell pepper (seeded and sliced to large slices)
½ cups shallots (peeled and halved)
1 tablespoon paprika powder
2 teaspoons cumin (grounded)
1 teaspoon salt (or to taste)
1 teaspoon coriander (grounded)
1 teaspoon cinnamon
1 teaspoon turmeric (grounded)
½ teaspoon ginger (grounded)
1/5 teaspoon cayenne pepper (optional)
1 tablespoon olive oil

Tzatziki

3 ounces cucumber (grated)
1 tablespoon Mint
Black pepper (to taste)
2 cloves of garlic (chopped)
1 cup Greek yogurt
Salt (to taste)

Directions

Before starting, make sure to preheat the air fryer to 400 degrees F.

Take a large mixing bowl and mix together the chicken and vegetables.

Then add the spices like cumin, coriander, cinnamon, salt, turmeric, ginger and cayenne, don't forget to add the olive oil also. Let the chicken stay in the marinade for at least 10 minutes.

If you have more time, keep it inside of 3 to 4 hours.

Once it has been marinated for a good amount of time, add the chicken and vegetables in the preheated air fryer and let it cook for at least 15 minutes, making sure to flip halfway for an even cook. If the air fryer you are using is small, you can work in 2 to 3 batches.

Tzatziki

While the chicken is being cooked, add the grated cucumbers to a strainer and add some salt on top. This will extract most of the water. After 5 to 6 minutes take the cucumbers and wrap them in a tea towel, squeeze the cucumber to remove the excess liquid. Put the drained cucumbers in a bowl with the garlic mint and oil.

While mixing the yogurt, add some black pepper and salt (to taste). Let the sauce rest for some time, so that it can develop the taste. Keep it inside the refrigerator for 3 days to properly develop its taste

For serving, serve the chicken and veggies with the Tzatziki sauce on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories	1291	
% Daily Value*		
Total Fat 49.5g	64%	
Saturated Fat 16.4g	82%	
Cholesterol 424mg	141%	
Sodium 1696mg	74%	
Total Carbohydrate 30.9g	11%	
Dietary Fiber 2g	7%	
Total Sugars 18.5g		
Protein 174g		

Moroccan Spicy wings

Prep: 15 Minutes | Cook Time: 35-40 Minutes | Makes: 4 Servings

Ingredients

2 pounds chicken wings
Extra virgin olive oil (for spraying)

Moroccan Spice Blend

½ cup Olive oil
1 lime (juiced)
1 teaspoon salt (to taste)
1 teaspoon Cardamom
3 teaspoons Ground cloves
½ teaspoon turmeric
½ teaspoon ginger powder (grounded)
½ teaspoon allspice
¼ teaspoon cinnamon
1 teaspoon black pepper
1 teaspoon red pepper flakes

Directions

Put the chicken wings in the air fryer making sure not to over crowd them. Drizzle a little bit of olive oil on the wings and let them cook for 30 minutes on 400 degrees F. make sure to flip them half way to get an even cook throughout. Once you flip them, spray a little more oil on top of the wings. You will know that the wings have been properly cooked once the internal temperature reaches 165 degrees.

As the wings are being cooked, take the Moroccan spice blend and mix them inside a small bowl. Sauté the spice mix inside some oil over a medium low heat for 3 to 5 minutes. After 3 to 5 minutes kill the heat and let the oil and spice mix cool for some time.

Once the wings are done, take them from the air fryer and put them in a bowl. Add the spice mix oil on top of the wings and give them a good shake. Make sure to coat all the wings with the spices to get the most perfect wings.

For serving, serve the wings hot with a dip of choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 228

% Daily Value*

Total Fat 25.7g 33%

Saturated Fat 3.7g 19%

Cholesterol 0mg 0%

Sodium 586mg 25%

Total Carbohydrate 2.5g 1%

Dietary Fiber 1.2g 4%

Total Sugars 0.1g

Protein 0.3g

Moroccan Harissa Glazed Chicken Wings

Prep: 12 Minutes | Cook Time: 35 Minutes | Makes: 4 Servings

Ingredients

2 pounds chicken wings
4 to 6 ounces dried chilies
¼ cup roasted red pepper
1 tablespoon oil
1 lemon juice with zest
1 tablespoon white wine vinegar
1 tablespoon tomato paste
2 teaspoons smoked paprika
1 teaspoon cumin
4 garlic cloves (minced)

Directions

Start off with sautéing some garlic in some oil until they turn golden in color.
Then soak the dried chilies in a bowl with boiling water, and let it rest in there for 15 minutes so that they can get rehydrated. Once they are rehydrated, remove their seeds and the stems.
Add all the other ingredients (except the chicken) in a food processor and process them until they turn into a thick paste.
Marinate the chicken wings for at least 3 to 5 hours or overnight with harissa sauce.
Heat the air fryer to about 400 degrees and air fry the wings in them for about 10 minutes. Coat them with the remaining harissa sauce and flip them so that they cook on the other side also.

Nutrition Facts

Servings: 4

Amount per serving

Calories 569

% Daily Value*

Total Fat 22.2g 28%

Saturated Fat 5.3g 27%

Cholesterol 202mg 67%

Sodium 254mg 11%

Total Carbohydrate 23.1g 8%

Dietary Fiber 9g 32%

Total Sugars 12.8g

Protein 69.3g

Moroccan Style Pork Tenderloin

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

2 Pork Tenderloins (1 pound each)
1 teaspoon cumin
½ teaspoon cayenne pepper
¼ teaspoon smoked paprika
1 tablespoon chili powder
¼ teaspoon coriander (grounded)
¼ cinnamon (grounded)
1 teaspoon ginger (grounded)
Salt (to taste)
Pepper (to taste)
¼ cup olive oil
2 to 3 Garlic cloves (smashed)

Directions

Add all the ingredients to a ziplock bag.

Give all the ingredients until they have mixed together and coated the meat.

For the cooking process, fry the tenderloins in the air fryer for about 15 to 20 minutes at around 400 degrees F. You will know the tenderloin is cooked when the internal temperature reaches 145 degrees.

Once the pork tenderloins are cooked let it rest for about 5 to 10 minutes.

For serving, serve it by cutting them into medallions and serve it with vegetables and sides of the choice like mashed potatoes.

Nutrition Facts

Servings: 4

Amount per serving

Calories 359

% Daily Value*

Total Fat 19g 24%

Saturated Fat 3.9g 19%

Cholesterol 122mg 41%

Sodium 115mg 5%

Total Carbohydrate 2.3g 1%

Dietary Fiber 0.9g 3%

Total Sugars 0.2g

Protein 44.1g

Roasted Moroccan Styled Vegetables

Prep: 25 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

5 tablespoons olive oil (extra virgin oil)
1 tablespoon lemon juice
2 Garlic cloves (minced)
Kosher salt (to taste)
1 teaspoon coriander (grounded)
1 1/2 teaspoon cinnamon (grounded)
1/4 teaspoon cumin (grounded)
1/4 teaspoon ginger (grounded)
1 Onion (diced)
1 eggplant unpeeled (about 1 pound, cut to 1/2 inches cubes)
1 sweet potato, unpeeled (about 12 ounces, cut to 1/2 inches cubes)
1 cup grape tomato (halved)
8 dried apricots (thinly sliced)
2 packs golden raisins
1/2 cup cilantro (chopped)

Directions

Preheat the air fryer to about 400 degrees F, and spray some cooking spray on a backing sheet. Mix together about 3 tablespoons of olive oil with the lemon juice, garlic, coriander, cinnamon, ginger, cumin and 2 teaspoons (or to taste). In this mixture, add the sweet potatoes, onions, and eggplant. Coat the vegetables with the marinade well without leaving any uncoated veggie. Arrange the coated vegetables on the baking sheets in a single layer. Put them inside of an air fryer and roast them until the onions and eggplants become golden brown and softened. Once the vegetables are done, transfer them to a bowl and add the apricots, cilantro and the remaining oil. Add some salt and pepper (to the taste).

Nutrition Facts

Servings: 4

Amount per serving

Calories 449

% Daily Value*

Total Fat 18.5g 24%

Saturated Fat 2.6g 13%

Cholesterol 0mg 0%

Sodium 63mg 3%

Total Carbohydrate 76g 28%

Dietary Fiber 6.2g 22%

Total Sugars 53.5g

Protein 4.6g

Air fried Harissa Chicken

Prep: 18 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients

2 Chicken breasts (about 500g each)
500g Baby Potatoes
1 bell pepper
1 Lemon
1 tablespoon Olive oil
1 tablespoon Harissa dry rub
2 teaspoons paprika
1 teaspoon Cumin
1 teaspoon garlic powder
1 teaspoon rosemary
Salt and pepper (to taste)

Directions

Take the bell pepper and chicken and slice them into long slices.

Similar to the way you do when making chicken fajitas

Take all the ingredients (except the lemon) and mix them together in a large bowl using the hands.

Then shift all the ingredients in the air fryer and mix spread out everything together. Once the chicken is spread out, heat it in the air fryer for about 360 degrees for 20 to 25 minutes. Once the chicken is cooked, it will be ready to serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 518

% Daily Value*

Total Fat 18.8g 24%

Saturated Fat 4.2g 21%

Cholesterol 130mg 43%

Sodium 155mg 7%

Total Carbohydrate 38.6g 14%

Dietary Fiber 8.4g 30%

Total Sugars 3.6g

Protein 50g

Air fried Lamb meatballs

Prep: 25 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients

1 pound ground lamb
1 teaspoon cumin (grounded)
2 teaspoons onions (granulated)
2 tablespoons Parsley
¼ teaspoon cinnamon (grounded)
Salt and pepper (to taste)

Directions

Take a large mixing bowl and mix the lamb, onion, cumin, parsley and cinnamon. Mix everything together thoroughly until all the ingredients are completely mixed together. With the mixed meat, make meat balls about 1 inch thick. Put the meatballs in the air fryer and let them cook for about 12 to 15 minutes at 350 degrees F. Make sure to turn the meat balls half way for an even cook throughout.

Nutrition Facts

Servings: 2

Amount per serving

Calories 429

% Daily Value*

Total Fat 16.9g 22%

Saturated Fat 6g 30%

Cholesterol 204mg 68%

Sodium 176mg 8%

Total Carbohydrate 1.2g 0%

Dietary Fiber 0.5g 2%

Total Sugars 0.2g

Protein 64g

Apricot Tagine

Prep: 15 Minutes | Cook Time: 20 -30Minutes | Makes: 3 Servings

Ingredients

13g Chickpeas (drained and rinsed)
1 Sweet onion (quartered into slices)
1 tablespoon Tagine Spice
1 cup Couscous
2 cups Vegetable Stock
4 ounces dried apricots
1 ounce Almond slices
2 Lemon's zest (and juiced)
1 Jalapeno (diced, optional)
1 Cilantro (chopped)
4 tablespoons olive oil
½ cup sour cream
1 Sriracha Sauce

Directions

Before starting, wash all the vegetables thoroughly. Mix the chickpeas, onions and zucchini in a medium mixing bowl and lightly drizzle a tablespoon of olive oil and tagine spice. Once the veggies are coated, add them to the air fryer and roast them for about 10 minutes at 400 degrees. While the veggies are being roasted, start the couscous in a instant pot. Mix 2 cups of vegetables stock, 1 tablespoon of minced garlic, 1 cup of couscous, 1 tablespoon of lemon zest, 3 ounces dried apricots, and finally a tablespoon of lemon juice.

Cook it in the high pressure cooker for about 5 minutes and let the air vent out at the end.

Then create two toppings for the dish.

For the first sauce, Start with mixing 1 teaspoon of water with 2 tablespoon of lemon zest and juice of half a lemon.

For the second sauce, mix together ¼ cup of chopped cilantro, a teaspoon of minced garlic, 2 tablespoon olive oil and salt and pepper to the taste. Add some lemon juice and as much dried jalapenos as you like.

Once all the air has come out of the pressure cooker, remove the lid carefully and fluff the couscous with a slotted spurtle. Divide it into the portions you like, add the air fried veggies on top and drizzle both of the sauces, sliced almonds and apricots. The Apricot Tagine will be ready for serving.

Nutrition Facts

Servings: 3

Amount per serving

Calories 498

% Daily Value*

Total Fat 27.5g 35%

Saturated Fat 7.8g 39%

Cholesterol 17mg 6%

Sodium 78mg 3%

Total Carbohydrate 54.8g 20%

Dietary Fiber 4.9g 18%
Total Sugars 5.7g
Protein 9.9g

Air Fried Moroccan Cheese Briouat

Prep: 10 Minutes | Cook Time: 4-8 Minutes | Makes: 2 Servings

Ingredients

1 package Wonton Wrappers
4 ounces greek Feta
4 ounces shredded mozzarella
1 egg (beaten)
½ teaspoon Garlic (crushed)
¼ teaspoon pepper (or to taste)

Directions

In a mixing bowl, mix together the garlic, the two cheeses, pepper and egg. Make sure to break any large pieces of feta cheese in the mixture.

Take the wonton wrappers and place it on a flat surface. Brush a little water around the edges of the wrapper. Take about ½ teaspoon of the cheese filling and place it in the center of the wonton wrapper

Then fold the edges around in such a way, that it forms a triangle once the edges are closed.

Make sure you press down on the wrapper so that the excess air is removed. Put them aside and begin working on the briouat.

Keep on making until all the filling has been used.

Put the briouat in the air fryer and let them cook for about 4 minutes at a temperature of 400 degrees F.

Nutrition Facts

Servings: 2

Amount per serving

Calories 240

% Daily Value*

Total Fat 12.4g 16%

Saturated Fat 6.7g 34%

Cholesterol 113mg 38%

Sodium 463mg 20%

Total Carbohydrate 11.8g 4%

Dietary Fiber 0.4g 1%

Total Sugars 0.2g

Protein 20.4g

Moroccan Orange cake

Prep: 15 Minutes | Cook Time:30 Minutes | Makes: 4 Servings

Ingredients

4 eggs
1 ½ cups Sugar (granulated)
½ cups Canola oil
2 cups all-purpose flour
4 teaspoons baking powder
½ teaspoon salt (or to taste)
½ cup fresh orange juice
2 orange zest (medium sized oranges)
1 teaspoon vanilla extract
Powdered Sugar

Directions

Before starting preheat the air fryer to about 400 degrees and grease it with some oil.
Take a large mixing bowl and mix the eggs and sugar until they become thick, then slowly beat the oil in the mixture. Once the oil is well incorporated in the mixture start adding the dry ingredients which are the baking powder, salt, flour, orange zest, and the vanilla extract.
Shift this mixture on a pan and tap out all the air bubbles. airfryer the orange cake for 35 minutes or until the knife comes out clean when you put it in the center.
Once cooked remove the orange cake and let it rest for about 10 to 12 minutes.
Before serving, dust the cake with some powdered sugar and some topping of the choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 834

% Daily Value*

Total Fat 32.3g 41%

Saturated Fat 3.5g 17%

Cholesterol 164mg 55%

Sodium 358mg 16%

Total Carbohydrate 128.7g 47%

Dietary Fiber 1.9g 7%

Total Sugars 78.2g

Protein 12.2g

Spanish Recipes

Air fried Patatas Barvas

Prep: 12 Minutes | Cook Time: 24 Minutes | Makes: 4 Servings

Ingredients

4 Potatoes
2 tablespoons olive oil
Pinch of salt

Directions

Start by peeling the potatoes and washing them with cold water.

Dry off the excess water once thoroughly washed.

Cut the potatoes into halves, then cut those halves into further halves two times, making 8 cubes from one potato. Take a pan of boiling water and boil the potatoes for 2 to 4 minutes and let them cool off on a cutting board.

Drizzle some of the olive oil on the potatoes and coat all edges using a brush. Similarly, you can also use put the potatoes and oil in a ziplock bag and shake the cubes to coat them. Heat the air fryer to about 370 degrees and layer the basket with some parchment paper.

Air fry the potatoes for about 24 minutes and make sure to see them after every 7 to 10 minutes. Once the potatoes turn brown, you will know that they are cooked and you can serve them immediately.

Nutrition Facts

Servings: 4

Amount per serving

Calories 207

% Daily Value*

Total Fat 7.2g 9%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 33.5g 12%

Dietary Fiber 5.1g 18%

Total Sugars 2.5g

Protein 3.6g

Air fried Spanish Tortilla

Prep: 15 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

1 potato (sliced into 1 inch cubes)
1 tablespoon Extra Virgin Olive oil
½ cup leek (sliced to ¼ inch slices)
5 eggs
¼ cup Pecorino Romano cheese (grated)
Salt and Pepper (to taste)
½ cup Parsley (chopped)

Directions

Start by rinsing the potato cubes under some water and soak them for about 10 to 12 minutes.

Also preheat the air fryer to about 325 degrees F.

After some time, take the potatoes out of the water and pat dry them. Shift them to a bowl and mix it with some olive oil. Make sure the potatoes are completely coated with the oil. Add them to the air fryer basket and let them cook for about 18 minutes and raise the temperature to about 400 degrees F. After 2 to 3 minutes, add the leak and cook until it has softened.

While cooking, whisk the eggs, salt and pepper, and the Pecorino Romano Cheese in a mixing bowl and move them to a nonstick cake pan. Cook them mix them thoroughly with the potatoes and leek. Shift this cake pan in the air fryer and cook it until the top has browned up and the middle no longer jiggles.

Once the leek and potatoes are cooked, remove them from the air fryer and let them rest for a few minutes before serving. Serve them with a garnish of fresh Italian Parsley.

Nutrition Facts

Servings: 4

Amount per serving

Calories 178

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3.4g 17%

Cholesterol 212mg 71%

Sodium 171mg 7%

Total Carbohydrate 10.2g 4%

Dietary Fiber 1.4g 5%

Total Sugars 1.3g

Protein 10.4g

Air fried Spanish omelet

Prep: 5 Minutes | Cook Time: 30-35 Minutes | Makes: 4 Servings

Ingredients

4 medium Potatoes

5 eggs

1 onion

Chorizo (optional)

Extra Virgin olive oil

Salt (to taste)

Directions

Start off by peeling the potatoes, washing them and cutting them to small cubes. You can also cut them into slices if you prefer. Add everything in a mixing bowl and 2 teaspoons of olive oil with some salt and mix everything well.

Heat the air fryer to about 400 degrees f. Once it gets heated, add the potatoes, onions and the chorizo. Once everything is inside, cook for at least 25 minutes. Make sure you stir them every 5 to 7 minutes.

While the potatoes are being cooked, you can start beating the eggs, add some salt and shift them to a deep bowl. Once the potatoes are cooked, take them out and add them to the bowl and mix everything together.

Use a nonstick pan and put them over a medium heat. Add a tiny bit of olive oil on it and let it heat up a little. Then pour the mixture and wait for about 3 to 5 minutes, until the egg starts to curd. Make sure the eggs do not stick on the pan while cooking.

Once the egg has set, turn it over by putting the plate over the pan. Make sure to be firm when turning it around. Then let it slide back into the pan and let it curd again. You can change the cooking time to how you like the egg to be.

Nutrition Facts

Servings: 4

Amount per serving

Calories 237

% Daily Value*

Total Fat 5.7g 7%

Saturated Fat 1.8g 9%

Cholesterol 205mg 68%

Sodium 91mg 4%

Total Carbohydrate 36.5g 13%

Dietary Fiber 5.7g 20%

Total Sugars 4g

Protein 10.8g

Air Fried Spicy Potato

Prep: 15 Minutes | Cook Time: 20-25 Minutes | Makes: 4 Servings

Ingredients

Patatas Ingredients

4 Potatoes
1 tablespoon Olive oil
2 teaspoons paprika
2 teaspoons Garlic (dried)
1 teaspoon Barbacoa Seasoning
Salt and Pepper (to taste)

Bravas Ingredients

½ Small onions (diced)
100ml Tomato Sauce
1 Tomato (thinly diced)
1 tablespoon Red wine Vinegar
1 teaspoon Paprika
1 teaspoon chili powder
2 teaspoons Coriander
2 teaspoon Thyme
2 teaspoon mixed spice
1 teaspoon oregano
1 teaspoon Rosemary

Directions

Start by chopping the potatoes in shape of wedges and put them in the bowl with some extra virgin olive oil and dried seasoning, make sure to mix the ingredients well before placing them in the air fryer.

Once the potato wedges are nicely coated, you will cook them for about 20 minutes at a temperature of 320 degrees F. After 20 minutes crank up the heat to 400 degrees F and cook them for 3 more minutes.

As the potatoes are being cooked, you can begin with making the bravas sauce. For that take a mixing bowl and mix all the bravas sauce ingredients.

For serving, serve the potatoes with a top of the bravas sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 201

% Daily Value*

Total Fat 4.2g 5%

Saturated Fat 0.6g 3%

Cholesterol 0mg 0%

Sodium 183mg 8%

Total Carbohydrate 38.5g 14%

Dietary Fiber 7g 25%

Total Sugars 4.6g

Protein 4.6g

Air Fried Tostones Recipe

Prep: 12 Minutes | Cook Time: 12-14 Minutes | Makes: 2 Servings

Ingredients

3 cups Green Plantain

1 ½ tablespoons avocado oil (coconut oil can be used instead)

Sea salt (to taste)

For the seasoning

1 cup Water (warm)

2 Cloves of garlic (minced)

1 teaspoon onion powder

2 teaspoon salt and pepper

Directions

Before starting preheat the air fryer to around 400 degrees F.

Then peel off the skin of the plantain, chop off the edges and make long cuts along the side of the plantain, make sure not to cut too deep as this will ruin the plantain.

Cut the plantain into about 1 inch thick pieces and put them to the air fryer while leaving space between them for air ventilation. Air fry them for about 6 minutes or until they turn golden brown. Pick something that has a flat surface and smash the plantain using it so that it creates the tostones.

Dip the tostones in the seasoned water, but make sure to go one by one. Once they are dipped in the seasoned water put them back to the air fryer and let them dry out. When they have completely dried out drizzle a little bit of oil on top and air fry them for another 5 to 7 minutes. Make sure to flip them half way for a more even cook throughout.

Nutrition Facts

Servings: 2

Amount per serving

Calories 14

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 3.3g 1%

Dietary Fiber 0.7g 2%

Total Sugars 0.5g

Protein 0.5g

Lebanese Recipes

Lebanese Spicy Potatoes

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

500g boiled Potatoes (diced into cubes)
2 tablespoons olive oil
Salt (to taste)
7 Garlic cloves
4 green chili (chopped)
¼ cup coriander leaves (chopped)
½ teaspoon Lemon juice

Directions

Before starting, preheat the air fryer to about 400 degrees F.

Cut the potatoes into cubes and drizzle the olive oil on them, also sprinkle some Salt on them as well. Once they are well coated with the olive oil, put them in the air fryer and let them cook for about 15 to 20 minutes, or until they turn golden brown on the outside. While the potatoes are being cooked, add a tablespoon of olive oil into a pan and sauté the crushed garlic and green chili. Then add the roasted potatoes in the oil and coat them with the oil nicely.

Serve the roasted potatoes with some lemon juice on top and coriander leaves for a change in color

Nutrition Facts

Servings: 4

Amount per serving

Calories 154

% Daily Value*

Total Fat 7.2g 9%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 21.4g 8%

Dietary Fiber 3.1g 11%

Total Sugars 1.5g

Protein 2.5g

Air fried Cauliflower

Prep: 10 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

1 Cauliflower (cut into florets)
1 tablespoon olive oil
1 teaspoon oil (or to taste)
1 teaspoon cumin Powder
¼ teaspoon black pepper (or to taste)

Directions

Before starting, preheat the air fryer to around 400 degrees F.

Take a large mixing bowl and add the cauliflower in it, with the oil and all the other spices.

Make sure to toss the cauliflower well so that everything is well coated.

Once you have coated them, put them in the air fryer and fry them for about 15 to 20 minutes or until they turn golden brown and crispy. Depending upon the size of the florets, it might take more time to cook them. Make sure not to overcrowd the air fryer with the cauliflower, it is a good idea to work in batches for better results.

Once they are done sprinkle some salt on top and sumac (optional). The cauliflower can be served as it is, with a dip of choice or with some pita bread.

Nutrition Facts

Servings: 4

Amount per serving

Calories 43

% Daily Value*

Total Fat 4.8g 6%

Saturated Fat 0.7g 3%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 0.5g 0%

Dietary Fiber 0.2g 1%

Total Sugars 0.1g

Protein 0.2g

Air Fried Zaatar Chicken Wings

Prep: 12 Minutes | Cook Time: 35 Minutes | Makes: 3 Servings

Ingredients

1.5 pounds Chicken Wings
1 teaspoon olive oil
1 teaspoon salt (or to taste)
½ black pepper (or to taste)
1 tablespoon Terranean Herbs Spicy Zaatar.

Directions

Start by drying out the chicken using a paper towel.

Then stretch out the chicken wings and by using a knife, cut between the drumettes (meatiest portion) and the wing. If you like you can also chop off the tip.

Then take a medium sized bowl and add the olive oil, salt and pepper in it.

Add the chicken wings and give it a good toss to coat all the wings completely.

Lay these coated chicken wings on the air fryer basket, leaving some space for the air to pass through it. Let the chicken wings cook at about 400 degrees F for 15 to 25 minutes depending upon the size of the wings.

Once they are done, take them out of the basket and put them in a new and clean bowl. Add the spicy zaatar sauce and give it a good mix. Make sure to properly coat everything, get the hands dirty if necessary. Then put them back inside the wings back inside the air fryer basket and cook them for an additional 7 to 10 minutes.

Once they turn golden brown, they will be ready to serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 431

% Daily Value*

Total Fat 16.8g 22%

Saturated Fat 4.6g 23%

Cholesterol 202mg 67%

Sodium 970mg 42%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 65.6g

Air fried Kibbe Recipe

Prep: 15 Minutes | Cook Time: 20-25 Minutes | Makes: 2 Servings

Ingredients

The filling

2 cups onions (diced)

2 tablespoons Oil

½ cup pine nuts

½ teaspoon kosher salt (or to taste)

The Lamb

1 cup fine grain bulgur

1 pound ground Lamb

1 teaspoon kosher salt (or to taste)

1 tablespoon Lebanese spice mix

1 teaspoon Cumin (grounded)

Directions

Start by rinsing the bulgur with water and let it rest in some cold water until you start on the other ingredients. Take a small mixing bowl and start mixing the onions, oil, pine nuts and salt. Spray a baking pan with some spray oil. Take the onion and put it in the pan, let it cook in the air fryer for about 8 minutes at a temperature of 400 degrees F. Make sure to give it a stir half way throughout.

Simultaneously, for the lamb you will be needing a standard mixer with a paddle attachment, mix the soaked bulgur with the lamb, salt, cumin and 7 spice mix together until they form a smooth and somewhat sticky mixture.

When the timer on the air fryer finishes, take out the onion and nuts mixture out of the air fryer and shift it to a small bowl.

Now you will start layering the kibbe. Make sure to grease the sides of the 7x3 pan. Begin by spreading out half of the lamb mixture into the bottom of pan. Add the onion and nuts mixture. Then top it off with the remaining lamb mixture.

Place the kibbe in the air fryer for 20 minutes at temperatures of about 400 degrees F.

Serve it with some tahini and a side of Tzatziki.

Nutrition Facts

Servings: 2

Amount per serving

Calories 896

% Daily Value*

Total Fat 54g 69%

Saturated Fat 9.4g 47%

Cholesterol 204mg 68%

Sodium 1928mg 84%

Total Carbohydrate 32.6g 12%

Dietary Fiber 7.9g 28%

Total Sugars 6.2g

Protein 72.6g

Air fired bread at home with stuffing

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

For Dough

1 ½ cup whole wheat flour
1 tablespoon Yeast
1 tablespoon Sugar
¼ teaspoon Salt
½ teaspoon Baking Powder
40 ml cooking oil
75ml Milk

For the stuffing

½ cup nutella
4 tablespoons Milk
2 tablespoon Sesame Seeds (for a garnish)
2 tablespoons Butter

Directions

Preheat air fryer to 400 degrees F.

Take a mixing bowl and add the 75ml milk with about 50 ml lukewarm water. Add sugar and yeast in this mixture and give it a good mix. Let the mixture rest covered for 5 minutes so that the yeast gets activated.

Then in another bowl, mix all the dry ingredients like flour, baking powder and the salt. Give everything a good stir and add the yeast mix in it with the oil.

Now start kneading the dough until it turns into a soft and sticky dough. Keep on adding the water and milk as required.

Once the dough gets the consistency as you like, rub a little oil on top of it and add let it rest in a warm environment of 1 hour so that it ferments.

Once the dough has been fermented, massage the dough with the fingers and make about 12 equal sized small balls from the dough. Make sure not to push the dough hard, as then the air will escape creating dead dough.

Once the balls are created, roll them using a rolling pin to create a quarter inch thick bread.

Spread the nutella spread over half of the bread and close it from the other end. Use a fork to properly close the edges. This will not only close the edges but also give it a cool design at the end.

Then give the dough milk wash and put some sesame seeds over it. Airfry the bread at around 400 degrees F for 15-22 minutes.

Once properly cooked (you will know when the dough becomes golden brown) put some butter on top and let it melt for some time.

When the butter melts, the Nutella bread will be ready to be served.

Nutrition Facts

Servings: 4

Amount per serving

Calories 559

% Daily Value*

Total Fat	29.2g	37%
Saturated Fat	16.2g	81%
Cholesterol	17mg	6%
Sodium	216mg	9%
Total Carbohydrate	65.2g	24%
Dietary Fiber	4.4g	16%
Total Sugars	24g	
Protein	9.5g	

Lebanese Potatoes Batata Harra

Prep: 12 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

2 cups Potatoes (diced into cubes)
1 tablespoon olive oil
1 cup cilantro (finely chopped)
1 Lemon's juice
3 cloves of garlic (minced)
1 tablespoon olive oil
1 chili Pepper (chopped)
½ teaspoon salt (or to taste)

Directions

Start by dicing the potatoes into medium or small sized cubes. The smaller the cubes will be, the crispier it will get. Once all the potatoes are diced, rinse them thoroughly in water to remove the excess starch. The more the starch you remove the crispier the potatoes will get. To get the most starch out of the water, let them rest inside warm water for 5 to 7 minutes. Once you are happy with the amount of starch removed, dry them thoroughly with a clean towel. This is very important as if they are soggy, they will not crisp up while cooking. When you reach this point preheat the air fryer to around 400 degrees F

Spread the potatoes on a baking tray while leaving some space for air flow. Drizzle some olive oil on top of these potatoes and sprinkle some salt. Then toss them lightly so they become properly coated throughout.

Roast these potatoes in the preheated air fryer for about 25 minutes at the same temperature.

While the potatoes are being roasted, chop the cilantro, chili and dice you garlic. Sauté the garlic in a skillet lightly and then add the chili and lemon, sauté it a little longer before adding the cilantro. At the end sprinkle some salt over the sauté mixture and mix it properly.

When the potatoes are ready add them to the sauté oil and give it a through mix.

Nutrition Facts

Servings: 4

Amount per serving

Calories 86

% Daily Value*

Total Fat 3.6g 5%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 298mg 13%

Total Carbohydrate 12.8g 5%

Dietary Fiber 2g 7%

Total Sugars 1g

Protein 1.5g

Air fried Cauliflower Bites

Prep: 15 Minutes | Cook Time: 25 Minutes | Makes: 4 Servings

Ingredients

1 medium Cauliflower (chopped to small florets)
1 ½ tablespoons vegetable oil (coconut or avocado oil can also be used)
1 tablespoon corn starch
1 teaspoon cumin
¼ teaspoon salt (or to taste)
Parsley
Lemon wedges
Tahini

Directions

Take a mixing bowl in which you will add the cauliflower, cornstarch, drizzle the oil and ¼ teaspoon of salt. Toss everything around to give a good mix and so that everything becomes well coated with the spices. For cooking the cauliflower bites you will need to air fry the bites at about 400 degrees F for 20 to 25 minutes. You will know that the bites are properly cooked once they start to turn golden brown.

Remove the crispy and tasty bites from the air fryer and drizzle some salt on it. Serve it with a garnish of salt cumin and parsley. Add a side dip sauce of choice like tahini sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 57

% Daily Value*

Total Fat 5.2g 7%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 2.7g 1%

Dietary Fiber 0.1g 1%

Total Sugars 0.1g

Protein 0.2g

Pomegranate Chicken

Prep: 18 Minutes | Cook Time: 18 Minutes | Makes: 4 Servings

Ingredients

5 drumsticks (about 500g each)
2 tablespoons pomegranate molasses
1 tablespoon honey
1 tablespoon olive oil
3 garlic cloves
1 teaspoon salt (or to taste)

Directions

Begin by crushing the garlic and mixing the pomegranate molasses with the honey and olive oil. Add the teaspoon of salt for taste. Mix all the ingredients of marinade together until it makes a good minute.

Take the chicken and marinate it in the marinade. Make sure to cover all the drumsticks with the marinade and everything is well incorporated. Place the drumsticks soaked in marinade, inside the fridge and let it rest for at least 2 hours or if you have time soak it for overnight.

Take them out of the fridge and let them come to room temperature.

Once they reach room temperature, put them in the air fryer and fry them for 15 to 18 minutes at 400 degree F. You will know the drumsticks are cooked properly when the internal temperature reaches 165 degrees.

Once the internal temperature reaches 165 degrees serve them with the dip of choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 342

% Daily Value*

Total Fat 18.5g 24%

Saturated Fat 4.6g 23%

Cholesterol 153mg 51%

Sodium 758mg 33%

Total Carbohydrate 12.7g 5%

Dietary Fiber 0.1g 0%

Total Sugars 9.9g

Protein 28.9g

Zaatar Manakeesh

Prep: 15 Minutes | Cook Time: 10-12 Minutes | Makes: 4 Servings

Ingredients

1 tablespoon yeast
1 cup water (warm)
1 teaspoon salt (or to taste)
1 teaspoon sugar (granulated)
4 cups all purpose flour
2 tablespoons olive oil
Zaatar Spread

Directions

Start by activating the yeast by putting it in warm water, allow it at least 10 minutes to proof.

Add the sugar oil and salt in a bowl and mix it using a wooden spoon. Then add the flour and rest of the wet ingredients. Mix it until the dough becomes stiff and can no longer be mixed using a spoon.

Shift the dough to a floured surface and knead it using the hands until it becomes stiffer and turns into a tight ball.

Put this kneaded dough in bowl greased using oil. Cover it using saran wrap and let it puff at room temperature for about 45 to 60 minutes.

As the dough is puffing, you can start working on the Zaatar spread.

For the zaatar sauce begins with adding some olive oil to a small bowl and mixing it with zaatar until it gets to a spreadable consistency.

Heat up the air fryer to around 400 degrees F and line the basket parchment paper.

Divide the dough into 6 to 8 equal portions depending upon the amount of dough you made.

Spread the zaatar spread on the dough using the back of a spoon or the fingers, however you like.

Let the dough bake inside the air fryer for about 10 to 12 minutes or until the dough becomes golden brown and starts to puff slightly.

For serving, serve you dough with some cheese or vegetables.

Nutrition Facts

Servings: 4

Amount per serving

Calories 468

% Daily Value*

Total Fat 1.4g 2%

Saturated Fat 0.2g 1%

Cholesterol 0mg 0%

Sodium 587mg 26%

Total Carbohydrate 97.5g 35%

Dietary Fiber 4g 14%

Total Sugars 1.3g

Protein 14.1g

Kafta Kebab

Prep: 12 Minutes | Cook Time: 6-10 Minutes | Makes: 4 Servings

Ingredients

1 pound ground beef (with 10 to 15% fats)
1 Onion (halved)
1 parsley (steams removed)
1 teaspoon all spice (grounded)
1 teaspoon cinnamon (grounded)
½ teaspoon black pepper (grounded)
1 teaspoon salt (or to taste)

Directions

In the food processor put the onion, salt, and parsley, pulse the mixture until it becomes finely minced.

Take a large mixing bowl and mix the beef, spices and the minced onions. Use the hand and mix them until they become well mixed.

Take the mixture and put them on the wooden skewer. Skewer all the mixture in a similar manner.

For the cooking, preheat the grill to around 400 degrees F and spray the grills with some oil. Put the skewers and cook them form each side for 6 to 10 minutes.

For the serving, serve them with a side of the choice like hummus.

Nutrition Facts

Servings: 4

Amount per serving

Calories 224

% Daily Value*

Total Fat 7.1g 9%

Saturated Fat 2.7g 13%

Cholesterol 101mg 34%

Sodium 657mg 29%

Total Carbohydrate 3.2g 1%

Dietary Fiber 1g 3%

Total Sugars 1.2g

Protein 34.8g

Lebanese Beef Kebab

Prep: 15 Minutes | Cook Time: 10-15 Minutes | Makes: 4 Servings

Ingredients

1 pound ground beef
1 onion (finely chopped)
3 tablespoons cilantro (chopped)
1 teaspoon chili powder
1 teaspoon coriander (grounded)
Salt and pepper (to taste)

Directions

If the skewers you are using are made of wood, soak them in water so they don't burn during the cooking process.

Take a large mixing bowl and mix the ground meat, onions, spices, herbs, seasoning and mix them until they form a homogeneous mixture. You can also use a food processor until everything is mixed together.

Drizzle some oil on top of the basket so nothing sticks on to it.

Put the skewers in the basket and cook them until they get a nice brown color throughout in air fryer at 400 degrees F.

Make sure to turn them occasionally for an even cook throughout.

Once properly cooked, serve them with the side of the choice like salad, rice or a yogurt sauce.

Nutrition Facts

Servings: 4

Amount per serving

Calories 224

% Daily Value*

Total Fat 7.2g 9%

Saturated Fat 2.7g 13%

Cholesterol 101mg 34%

Sodium 83mg 4%

Total Carbohydrate 3g 1%

Dietary Fiber 0.8g 3%

Total Sugars 1.2g

Protein 34.8g

Air fried Lemon Chicken

Prep: 15 Minutes | Cook Time: 20 Minutes | Makes: 4 Servings

Ingredients

(500g) chicken breasts (sliced to 1 inch pieces)
1 tablespoon soy sauce
1 teaspoon sesame oil
½ cup all purpose flour
1 egg (lightly whisked)
Spraying oil
Scallions (thinly sliced)

Lemon sauce

2 teaspoons peanut oil
1 tablespoon Ginger (julienned)
2 cloves of garlic (chopped)
½ cup chicken stock
¼ cup Lemon juice
¼ cup Sugar (granulated)
1 tablespoon Shaoxing wine
1 tablespoon soy sauce
3 teaspoons cornflour

Directions

Put the chicken in the bowl with soy sauce and the sesame oil. Stir everything so that everything combines. Let it rest in the marinade for about 1 hour.

While the chicken is resting in the sauce you can begin making the lemon sauce. Put the oil inside a small sauce pan and heat it up over a medium low heat. Put in the ginger, garlic and sauté it for about a minute or so. Then add the stock, the juice of a lemon, wine sugar and soy sauce. Let everything simmer for about 5 minutes. Then add the cornflower and stir it until it gets thick.

Begin making the breading station, for that you need to put the eggs in one dish and the flour in the other. Start by coating the chicken in the flour and then put a coat of egg on top of it. Finish it off with another layer of flour.

Grease the air fryer with some oil and add the chicken in the basket. Let the chicken cook for about 10 to 15 minutes at a temperature of 350 degrees F. Work in batches if the chicken doesn't fit inside of the air fryer basket.

For serving drizzle some of the sauce on top of the chicken and coat it properly. Put some scallions on top and serve it with the dip of the choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 170

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.1g 5%

Cholesterol	41mg	14%	
Sodium	340mg	15%	
Total Carbohydrate	28.1g	10%	
Dietary Fiber	0.8g	3%	
Total Sugars	13.2g		
Protein	3.8g		

Cyprus Recipes

Air fired Halloumi Cheese

Prep: 10 Minutes | Cook Time: 7 Minutes | Makes: 4 Servings

Ingredients

1 tablespoon olive oil

1 block halloumi cheese (cut to 8 slices, 225 grams each)

Directions

Before starting, preheat the air fryer to around 400 degrees F.

Drizzle some olive oil on both sides of the halloumi cheese and put them in the air fryer leaving some space between them for air to go through.

Cook the cheese slices for about 7 to 10 minutes or until they turn golden brown and crunchy on the outside.

Nutrition Facts

Servings: 4

Amount per serving

Calories 58

% Daily Value*

Total Fat 5.8g 7%

Saturated Fat 2g 10%

Cholesterol 7mg 2%

Sodium 43mg 2%

Total Carbohydrate 0.1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 1.7g

Air fried Halloumi Fries

Prep: 13 Minutes | Cook Time: 10 Minutes | Makes: 4 Servings

Ingredients

1 pound halloumi
½ cups breadcrumbs
1 egg
½ teaspoon salt
½ teaspoon Garlic powder.

Directions

Start by slicing your halloumi cheese into the shape of thick fries.
Then begin by making a breading station, for that take a tray and beat the cracked egg.
Then in another dish add the breadcrumbs salt and the garlic powder.
While using a fork (so the hand doesn't get dirty) dip each halloumi cheese into the egg and give it a good coat of breadcrumbs.
Then for cooking, heat the air fryer to around 400 degrees F, and add the fries.
Let the cheese cook for about 8 to 10 minutes.
Serve them as soon as they are done. You can pair them with a side of the choice like hummus or ketchup.

Nutrition Facts

Servings: 4

Amount per serving

Calories 70

% Daily Value*

Total Fat 1.8g 2%

Saturated Fat 0.5g 3%

Cholesterol 41mg 14%

Sodium 405mg 18%

Total Carbohydrate 10.1g 4%

Dietary Fiber 0.6g 2%

Total Sugars 1g

Protein 3.2g

Roast Lamb

Prep: 25 Minutes | Cook Time: 45 Minutes | Makes: 3 Servings

Ingredients

1 ½ pound lamb leg
2 teaspoons cumin
2 teaspoons coriander
2 teaspoons cinnamon
1 ½ teaspoon sea salt (or to taste)
Black pepper (to taste)
4 onions (sliced in half)
5 garlic cloves (sliced in half)
3 tablespoon olive oil
3 bay leaves
2 cups baby potatoes
3 bunches cherry tomatoes (with vine)
Parsley

Directions

Shape up the lamb using a cooking twine if you have removed the bone.

To make the marinade, mix the spices, salt and pepper, with 2 tablespoons of oil. Completely coat the lamb with the marinade let it sit for at least an hour. You can let it rest in the marinade for longer if you have the time.

Heat the air fryer to about 400 degrees and grease it with some oil. let the lamb cook in it for about 25 minutes. Half way through the cooking add the onions, garlic and bay leaves inside the air fryer; make sure to give them a nice coat of oil also. Once 25 minutes have passed, turn the lamb the other way around and add the potatoes and tomatoes. Let it cook for another 20 minutes.

For serving, serve the lamb with a garnish of parsley and some vegetables for side.

Nutrition Facts

Servings: 3

Amount per serving

Calories 674

% Daily Value*

Total Fat 35.5g 45%

Saturated Fat 9.5g 47%

Cholesterol 209mg 70%

Sodium 1111mg 48%

Total Carbohydrate 20.9g 8%

Dietary Fiber 5.3g 19%

Total Sugars 8.7g

Protein 67.3g

Air fried Chicken strips

Prep: 12 Minutes | Cook Time: 30 Minutes | Makes: 6 Serving

Ingredients

6 chicken breast (cut into strips)
1/3 cup corn flour
1 egg (beaten)
Salt and pepper (to taste)
1 cup breadcrumbs
1 teaspoon chili powder
1 teaspoon smoked paprika
Coconut oil

For fries

2 courgetts (cut in shape of thick fries)
1 egg (beaten)
1 cup breadcrumbs
Salt and pepper (to taste)
Coconut oil

Directions

Start by preparing a breading station.

In a flat dish, add the cornflour, add eggs in the other and breadcrumbs in the third dish. Season the breadcrumbs with salt and pepper, chili powder and paprika.

Start by first coating the chicken with cornflour, then the egg and finally the breadcrumbs mix.

Put the chicken into the air fryer and let it cook for about 15 minutes at 400 degrees F.

Make sure to drizzle some oil on the chicken so the breadcrumbs don't start melting. The chicken will be cooked once the internal temperature reaches 165 degrees.

For the courgette fries, bread them the same way as you breaded the chicken and air fry them for about 10 to 15 minutes also. Make sure they are also coated with a little coconut oil.

For serving, you can serve them with the sauce of your choice.

Nutrition Facts

Servings: 6

Amount per serving

Calories 232

% Daily Value*

Total Fat 5.3g 7%

Saturated Fat 0.7g 4%

Cholesterol 119mg 40%

Sodium 208mg 9%

Total Carbohydrate 18.5g 7%

Dietary Fiber 1.6g 6%

Total Sugars 1.4g

Protein 26g

Greek Recipes

Mediterranean Loaded Potatoes

Prep: 22 Minutes | Cook Time: 60 Minutes | Makes: 2 Servings

Ingredients:

2 Potatoes
1 tablespoon vegetable oil
4 cups spinach
½ cup artichoke hearts (prepared and chopped)
2 tablespoons Sun-dried tomatoes (finely chopped)
1 tablespoon lemon juice
1 tablespoon olive oil
1 garlic clove , minced
¼ teaspoon oregano (dried)
½ cup yogurt
1/3 cup feta cheese (crumbled)
2 tablespoons chives (chopped)

Directions:

Start by pricking the skin of potatoes all over; drizzle some oil and rub it all over the potatoes. Put in the air fryer basket and cook for 40 to 50 Minutes or until the potatoes become tender. Once cooked, let it rest for a little while. Mix the artichokes, spinach, lemon juice, sun-dried tomatoes, olive oil, oregano, and garlic in a big mixing bowl. Then, put the mix in the air fryer and let it cook for 5 to 7 Minutes.

Cut the cooked potatoes in half, lengthwise. Take about 1 spoon of the spinach mixture and add it to the potato. Top it off with a little yogurt and give it a garnish of feta and chives.

You can substitute the sweet potato with normal potatoes if desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 426

% Daily Value*

Total Fat 21.4g 27%

Saturated Fat 7g 35%

Cholesterol 26mg 9%

Sodium 432mg 19%

Total Carbohydrate 46.9g 17%

Dietary Fiber 8.8g 31%

Total Sugars 8.6g

Protein 14g

Broccoli Fritters

Prep: 12 Minutes | Cook Time: 25 Minutes | Makes: 2 Servings

Ingredients:

3 cups broccoli florets
2 flax eggs

½ cup superfine blanched almond flour
3 tablespoons nutritional yeast
½ teaspoon onion powder
½ teaspoon garlic powder
1 teaspoon smoked paprika
2 ½ tablespoons unsweetened almond milk
2 green onions (sliced)
Olive oil
Optional:
Lemon wedges
Sour cream

Directions:

In a large bowl, add water and bring it to a boil.

Once the water is steaming, add the broccoli and cook it until they become soft and tender.

Then drain the broccoli out and let them cool down.

Once cooled, cut it into small pieces using a knife, a potato masher or food processor can also be used. In a bowl, mix all the ingredients with broccoli, and make sure to season the mix with black pepper and salt. Let it sit in the fridge for at least 20 Minutes.

If the mixture feels too soggy, more almond flour can be added, if it feels dry, use some liquid to make it less dry.

Take a tablespoon of mixture and put it in the air fryer basket lined with baking paper. Make sure the broccoli batter is at least 1 inch apart. Put pressure on top of the mix to turn them into a patty and spray a little olive oil on top.

Cook the broccoli patties for about 12 to 15 Minutes at 400 degrees F or 204 degrees C, make sure to flip it halfway through for an even cook throughout.

Once the patties become crispy to desire, take them out and put some sour cream on top, with some lemon wedges at the side.

Nutrition Facts

Servings: 2

Amount per serving

Calories 374

% Daily Value*

Total Fat 23.4g 30%

Saturated Fat 2.9g 15%

Cholesterol 3mg 1%

Sodium 118mg 5%

Total Carbohydrate 25.6g 9%

Dietary Fiber 11.4g 41%

Total Sugars 3.5g

Protein 21.2g

Shrimp And Sweet Chili Sauce.

Prep: 22 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients:

1.5-pound shrimps (uncooked, peeled, and deveined)
1 1/3 cups almond flour
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon paprika
½ teaspoon sea salt
¼ teaspoon pepper
2 teaspoons parsley
1 egg (beaten)
1 ½ teaspoon red pepper flakes

For the sweet sauce

½ cup apple cider vinegar
½ cup water
1 ½ tablespoon coconut anions
½ cup powdered sweetener
1 teaspoon ground ginger
¼ teaspoon salt
2 teaspoons salt
¼ teaspoon xanthan gum

Directions:

Add the garlic powder, paprika, almond flour, parsley, salt, and pepper in a medium bowl and stir to combine all the ingredients. Crack the eggs and beat them in another bowl.

Start by soaking the shrimps first with eggs and then giving them a coat of the flour mixture

Drizzle some oil on top of the shrimps and add them to the air fryer to let them cook for about 400 degrees F or 204 degrees C.

Let the shrimp cook for around 10 to 12 Minutes . Make sure to flip them halfway for an even cook.

The sweet chili sauce

Take a small saucepan and put all the ingredients of the sauce except the xanthan gum. Let the ingredients simmer for some time. Then reduce the heat and add the xanthan gum.

Once the shrimps are cooked, shift them to a serving plate and serve them with the side of the sauce.

Nutrition Facts

Servings: 2

Amount per serving

Calories 921

% Daily Value*

Total Fat 43.9g 56%

Saturated Fat 5.2g 26%

Cholesterol 798mg 266%

Sodium 2074mg 90%

Total Carbohydrate 38.3g 14%
Dietary Fiber 21.8g 78%
Total Sugars 1.1g
Protein 97.9g

Air fired Bay Shrimps

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients:

12 ounces shrimps (raw, peeled)
4 tablespoons mayo
2 teaspoons old bay seasoning
3 ¼ oz. pork rinds (crushed)

Directions:

Process the pork rinds in a food processor and turn them into fine crumbs.

Mix them in a bowl with the old bay seasoning

Put the mayo in another bowl and coat the shrimps with the mayo, then coat them with the pork rind and seasoning mix.

Grease the air fryer with some oil and cook the shrimp in it for 10 Minutes at around 380 degrees F or 190 degrees C

Nutrition Facts

Servings: 2

Amount per serving

Calories 580

% Daily Value*

Total Fat 29.2g 37%

Saturated Fat 8.9g 45%

Cholesterol 432mg 144%

Sodium 2153mg 94%

Total Carbohydrate 9.6g 3%

Dietary Fiber 0g 0%

Total Sugars 1.9g

Protein 68.6g

Souvlaki with Greek salad and Tzatziki

Prep: 12 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients:

For the Souvlaki

2-pound pork
3 teaspoons cumin (grounded)
1 teaspoon paprika powder
Corn oil
Vinegar

For the Greek salad

½ cucumber
1 red onion
4 tomatoes
7 ounces feta cheese
1 ounces Greek olives
20 Green chili (small)
Wine vinegar

For the Tzatziki

2 sweet bell peppers
½ cucumber
Greek yogurt

Directions:

Take a grater and grate the cucumber with it. Crush the garlic and mix it with Greek yogurt, also add the grated cucumber and leaves.

In another bowl mix paprika, oil, cumin, vinegar, salt, and pepper for marinating the meat. Dice the meat into equal-sized cubes and dip them in the marinade. Once properly coated, thread them to a skewer.

For the other half of the cucumber, cut it with the tomatoes into cubes. Add these cubes to a bowl and mix them with the crumbled feta, red onions, chili pepper, olives and vinegar, salt, and pepper to taste.

Slice the bell pepper in half and fill them in with Tzatziki. Heat the air fryer to around 400 degrees F or 204 degrees C, and put the souvlaki and the pepper inside it to cook for at least 8 Minutes.

Once everything is cooked, serve it on a serving plate and enjoy.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1490

% Daily Value*

Total Fat 76.4g	98%
Saturated Fat 27g	135%
Cholesterol 424mg	141%
Sodium 2831mg	123%

Total Carbohydrate 57.8g 21%
Dietary Fiber 5.7g 20%
Total Sugars 28.7g
Protein 145.9g

Greek And Chicken Vegetables

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients:

- 1 red onion (diced)
- 1 bell pepper (diced)
- 1-pint Grape Tomatoes
- 1 tablespoon olive oil
- 1 teaspoon Black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried oregano
- 1 pound boneless chicken breast (skinless, diced)
- 1 tablespoon Greek Seasoning
- 1 teaspoon black pepper

Directions:

Dice the bell peppers and onions to about 1-inch cubes and mix them with tomatoes. Drizzle 1 tablespoon of olive oil and coat the veggies completely.

Add the chicken breasts in the same bowl with the Greek seasoning and salt and pepper to liking.

When all the ingredients have been mixed, and them to air fryer and cook it all for about 15 Minutes at 400 degrees F or 204 degrees C.

The salad can be served as a side, or with some crumbled feta cheese on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 587

% Daily Value*

Total Fat 24.6g 32%

Saturated Fat 5.7g 29%

Cholesterol 202mg 67%

Sodium 445mg 19%

Total Carbohydrate 21.8g 8%

Dietary Fiber 4.8g 17%

Total Sugars 10.9g

Protein 69.2g

Greek Air Fried Chicken Kabob

Prep: 15 Minutes | Cook Time: 15 Minutes | Makes: 4 Servings

Ingredients:

For Marinade

½ cup red wine vinegar

1/3 cups olive oil

2 tablespoons oregano (dried)

3 cloves of garlic , minced

2 tablespoons parsley

½ teaspoon salt

½ pepper

For the chicken

2-pound chicken breasts (diced)

2 large sweet bell pepper (diced into cubes)

1 large red onion (diced)

8 ounces white button mushrooms (cleaned, without steam)

Directions:

Take a bowl and mix all the ingredients for the marinade. Take out about 3 tablespoons of this marinade for later use, in the rest, add the chicken and coat it throughout. Let the chicken stay in the marinade for at least 1 hour. Let it rest in the marinade for 24 hours for the best results.

Thread the vegetables and chicken through metal or wooden skewers. Make sure the skewers fit inside of the air fryer.

Put these chicken kabob in an air fryer preheated to around 400 degrees F or 204 degrees C, and let the chicken cook for 13 to 15 Minutes . The chicken will be ready to serve once the internal temperature reaches around 165 degrees F.

When the chicken is done, serve it on a serving plate with a little drizzle of the marinade and the side of your choice.

Nutrition Facts

Servings: 4

Amount per serving

Calories 638

% Daily Value*

Total Fat 34.2g 44%

Saturated Fat 7.1g 35%

Cholesterol 202mg 67%

Sodium 495mg 22%

Total Carbohydrate 12.5g 5%

Dietary Fiber 3.2g 12%

Total Sugars 5.8g

Protein 68.9g

Air Fried Greek Salmon

Prep: 16 Minutes | Cook Time: 7 Minutes | Makes: 2 Servings

Ingredients:

4 salmon fillets (each about 1 inch thick)
1 tablespoon olive oil
1 lemon juice
2 cloves of garlic (crushed)
½ teaspoon dried oregano
½ teaspoon dried pepper flakes
Salt and pepper (to taste)

For the Greek Salad

4 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
½ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon black pepper
3 vine ripe tomatoes (chopped, seeded)
½ English cucumber (chopped, peeled)
½ small red onion (chopped)
4 oz. sliced black kalamata olives
Parsley (chopped)
2 oz. feta cheese

Directions:

Start by drying out the salmon fillets using kitchen towels.
Once they are dried, put them inside of a shallow bowl.
Drizzle some lemon juice, oregano, garlic, olive oil, dill, and red pepper flakes on top of the fish.
Make sure all the corners of the salmon fillets are coated properly.
Let this mixture rest in the refrigerator for around 15 Minutes.
Grease the air fryer basket with some olive oil and put the salmon inside it, making sure the side is down. Let cook in there for 7 Minutes at 400 degrees F or 204 degrees C.
Meanwhile, begin whisking together red wine vinegar, olive oil, oregano salt, and pepper.
Then add the tomatoes, cucumbers, red onions, kalamata olive and feta cheese in the same bowl coating them also.
Once the salmon is cooked, serve it on a serving plate with the side of the salad made earlier.

Nutrition Facts

Servings: 2

Amount per serving

Calories 748

% Daily Value*

Total Fat 42g 54%

Saturated Fat 9.5g 48%

Cholesterol 182mg 61%

Sodium 1293mg 56%

Total Carbohydrate 20g 7%
Dietary Fiber 6.1g 22%
Total Sugars 8.9g
Protein 77.2g

Mediterranean Style Fish

Prep: 22 Minutes | Cook Time: 12 Minutes | Makes: 2 Serving

Ingredients

1 pound cod fillets
2 cups grape tomatoes (halved)
¼ cup sliced olives
1 lemon's zest
2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
2 garlic cloves
Salt and pepper to taste

Directions

Start by heating the oven to around 400 degrees F or 204 degrees C.

Take a medium bowl and mix the olives, tomatoes, lemon juice and its zest, seasoning of salt and pepper. Dry out the codfish using paper towels. Drizzle some olive oil on the cod and rub it all over, then season it with salt and pepper.

Tear out 4 parchment paper, each about 14 inches, and place the seasoned cod on it with the skin side up. Roll out the parchment paper to seal the packets and bake them in an air fryer for about 15 Minutes.

Once the fillets are cooked, serve them on a serving plate with the side of lemon juice and some rice or potatoes if desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 373

% Daily Value*

Total Fat 12g 15%

Saturated Fat 1.2g 6%

Cholesterol 111mg 37%

Sodium 279mg 12%

Total Carbohydrate 25.4g 9%

Dietary Fiber 2.3g 8%

Total Sugars 19.6g

Protein 42.4g

Air Fried Mediterranean Chicken Tenders

Prep: 12 Minutes | Cook Time: 14 Minutes | Makes: 2 Servings

Ingredients

Spice Rub

2 tablespoons Salt

2 tablespoons coriander (grounded)

2 tablespoons cinnamon (grounded)

1 tablespoon cumin

1 tablespoon black pepper

Chicken tenders

Directions

In a mixing bowl, start mixing all the spices for rub.

Put the chicken inside the bowl and toss to coat completely.

Make sure to coat all the chicken leaving no chicken unseasoned.

Shift it to the air fryer basket and spray a bit of oil on it. Before cooking, make sure the chicken tenders are not touching each other. Let the tender cook for about 400 degrees F or 204 degrees C, for about 7 Minutes . After 7 Minutes , shake the basket and let it cook for another 7 Minutes. When done, serve it with the side of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 175

% Daily Value*

Total Fat 6.3g 8%

Saturated Fat 1.6g 8%

Cholesterol 65mg 22%

Sodium 7047mg 306%

Total Carbohydrate 8.9g 3%

Dietary Fiber 4.8g 17%

Total Sugars 0.3g

Protein 22.3g

Mediterranean Roasted Vegetables

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Serving

Ingredients:

½ eggplant (diced to 1-inch cube)
1 zucchini (cut in slices and quarter)
1 red pepper (sliced)
1 yellow pepper
1 red onion (chopped)
5 garlic cloves (diced)
1 teaspoon Italian herbs
½ teaspoon salt
½ teaspoon pepper
3 tablespoons olive oil
Feta cheese (crumbled)

Directions:

Dice all of the vegetables into cubes and add them into a large bowl. Add the flavoring and drizzle it with some olive oil. Toss all the veggies together to coat them thoroughly.

Preheat the air fryer to 400 degrees F or 204 degrees C, and add the vegetables inside the basket. Let it cook for about 10 to 15 Minutes, making sure to stir it by tossing the vegetables every 5 Minutes. Halfway in the cooking process, add the tomatoes.

Once the chicken is well cooked and tender, shift them to the serving plate and garnish it with some feta cheese and fresh herbs.

Nutrition Facts

Servings: 2

Amount per serving

Calories 380

% Daily Value*

Total Fat 25.2g 32%

Saturated Fat 4.6g 23%

Cholesterol 8mg 3%

Sodium 980mg 43%

Total Carbohydrate 40.7g 15%

Dietary Fiber 15.7g 56%

Total Sugars 10.9g

Protein 11.7g

Greek Loaded Fries

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients:

1 pound potatoes (scrubbed)
2 tablespoons olive oil
½ teaspoon onion powder
¼ teaspoon cumin [Minutes \[H4\]](#)
Pinch of ginger
Salt and pepper (to taste)
1 diced tomato
¼ cup Tzatziki
4 tablespoons feta cheese (crumbled)

Directions:

Slice the potatoes in the shape of matchsticks and let them soak in cold water for about 10 Minutes .

Once most of the starch has been removed, take them out of the ice bath and pat them dry using a paper towel. Then drizzle a bit of olive oil and the seasoning on the fries.

Cook them for around 15 to 20 Minutes at 400 degrees Foe 204 degrees C; make sure to spread out the fries so they lay in the basket as a single layer. Let the fries cook until they turn golden and crispy.

Once they are cooked, shift them to the serving plate and garnish it with feta, Tzatziki, and feta cheese.

Nutrition Facts

Servings: 2

Amount per serving

Calories 380

% Daily Value*

Total Fat 22.4g 29%

Saturated Fat 5.9g 29%

Cholesterol 22mg 7%

Sodium 375mg 16%

Total Carbohydrate 40.3g 15%

Dietary Fiber 5.9g 21%

Total Sugars 5.4g

Protein 7.9g

Air fried Feta Stuffed Bifteki

Prep: 12 Minutes | Cook Time: 18 Minutes | Makes: 2 Serving

Ingredients:

1 tablespoon olive oil
1 onion (diced)
1 stale bread roll
1 cup lukewarm water
1 pound ground beef
2 tablespoon parsley (chopped)
2 eggs
2 teaspoons dried oregano
½ teaspoon ground cumin
½ teaspoon salt
½ teaspoon pepper
6 ounces Feta cheese (cubes)

Directions

In a small pan, heat 1 tablespoon of olive oil and sauté the onions until they turn translucent and soft.

Take the bread roll and soak it completely in water, once it is soaked completely, take it out and take out the excess water.

In a mixing bowl, put all the ingredients except the feta cheese, and knead them until they combine thoroughly.

The ground beef can be either divided to make 4 large patties or 6 small patties, take the divided ground beef and flatten them out to make patties.

Add the feta cubes on top of the meat and close the patties so the cheese does not leak out when cooking.

Put the beef in the air fryer and fry them for about 12 to 14 minutes at 400 degrees F or 204 degrees C.

Once the bite is nice and cooked, take it out and serve it immediately.

Nutrition Facts

Servings: 2

Amount per serving

Calories 844

% Daily Value*

Total Fat 44.4g 57%

Saturated Fat 20.5g 102%

Cholesterol 442mg 147%

Sodium 1821mg 79%

Total Carbohydrate 19.2g 7%

Dietary Fiber 2.6g 9%

Total Sugars 7.7g

Protein 88.9g

Air Fried Spanakopita Bites

Prep: 12 Minutes | Cook Time: 12 Minutes | Makes: 2 Serving

Ingredients:

10 ounces baby spinach leaves
2 tablespoons water
¼ cup low fat cottage cheese
1-ounce feta cheese (crumbled)
2 tablespoons Parmesan cheese (grated)
1 egg white
1 teaspoon lemon zest
1 teaspoon dried oregano
¼ teaspoon black pepper
¼ teaspoon kosher salt (or to taste)
1/8 teaspoon cayenne pepper
Filo dough (13 x 18 inches)
1 tablespoon olive oil

Directions:

In a large pot, add some water and bring it to a boil and add the spinach to cook until wilted.

Once done, drain out the water and let it cool for about 10 Minutes.

Dry it out by pressing it using a paper towel.

In a bowl and the cottage cheese, spinach, feta cheese, egg white, Parmesan cheese, lemon zest, oregano, salt, and pepper, mix all of them until they become well blended.

On a clean and flat surface, sprinkle some flour and put the filo pastry on top. Grease it with a little oil. Add another greased sheet on top of the first one to make a stack of 4 filo pastries.

Starting from the long side, make 8 strips of the filo stacks about 2 ½ inches wide. Then cut these strips in half to make a total of 16 strips. Take 1 tablespoon of the filling and spoon it onto the short end of the strip. Starting to form the corner, fold the film strip to create a triangle-shaped packet for the filing.

Spray the basket of air fryers with a little oil and place the filo packets onto the basket. Let it cook for about 12 Minutes at 400 degrees F or 204 degrees C.

Once the filo packets become golden and crispy, take them out and let them cool down before serving them.

Nutrition Facts

Servings: 2

Amount per serving

Calories 258

% Daily Value*

Total Fat 17.3g 22%

Saturated Fat 7.6g 38%

Cholesterol 35mg 12%

Sodium 953mg 41%

Total Carbohydrate 8.8g 3%

Dietary Fiber 3.6g 13%

Total Sugars 1.5g
Protein 20.9g

Greek-Style Fried Cheese Balls

Prep: 12 Minutes | Cook Time: 15 Minutes | Makes: 2 Serving

Ingredients

½ cup feta cheese (crumbled)
2/3 cup Gouda cheese (shredded)
½ cup Parmesan cheese
½ cup all-purpose flour
2 eggs
2 tablespoons mint, chopped
1 tablespoon dried oregano
½ cup breadcrumbs
Vegetable oil

Directions

In a bowl, mix the mint, oregano, cheese, and flour.
Crack and whisk the eggs with the cheese mix.
Form balls about the size of walnuts from the mixture
In a flat tray, mix breadcrumbs with parmesan cheese, also add some salt and oregano.
Take the cheese balls and roll them over the breadcrumbs.
In an air fryer, cook the cheese balls until they turn golden brown at 400 degrees F or 204 degrees C.
Cook it for 12 minutes, shaking the basket halfway through.
For serving, serve it hot with the dip of choice and some lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1411

% Daily Value*

Total Fat 127.5g 163%

Saturated Fat 31.5g 157%

Cholesterol 213mg 71%

Sodium 823mg 36%

Total Carbohydrate 47.5g 17%

Dietary Fiber 3.4g 12%

Total Sugars 3.9g

Protein 22.7g

Air Fried Greek Chicken Potatoes

Prep: 12 Minutes | Cook Time: 36 Minutes | Makes: 2 Servings

Ingredients

2 garlic cloves
1 lemon
4 chicken thighs (bone-in, skin-on)
2 tablespoons olive oil
2 teaspoons dried oregano
2 teaspoons kosher salt
1 ½ pounds Potatoes
½ teaspoon Dill

Directions

In a medium bowl, add half of the grated garlic and zest of half a lemon, leaving the other half for later use.

In the same bowl, add the chicken thighs, dried oregano, olive oil, and kosher salt. Mix them thoroughly and rub them all over the thighs making sure to cover the entire surface. Let the chicken rest inside of the fridge for at least 30 Minutes, or overnight.

While the chicken is resting, begin working on the potatoes. Slice the potatoes in half lengthwise. Then cut the half into about 3 to 4 wedges. Put the wedges in a large bowl and add some cold water on top, so the starch escapes from the potatoes.

After 30 Minutes, take out the chicken and put it inside of the air fryer heated to around 400 degrees F or 204 degrees C. Make sure to put the chicken skin side down and let it cook for around 10 to 16 Minutes. Make sure to flip the chicken and let it cook, this will allow the chicken to cook throughout. The chicken will be cooked and ready to serve when its internal temperature becomes 165 degrees.

While the chicken is cooking, take out the potatoes and pat dry them using a paper towel. Shift it to a large bowl and mix it with 1 tablespoon of olive oil and about 1 teaspoon of kosher salt. When taking out the chicken, make sure to cover it using aluminum foil. Then put the potato wedges in the air fryer and let it cook for 20 Minutes. Let the wedges cook till they turn golden brown.

For serving, shift the chicken and wedges in the serving bowl and garnish it with some dill, the reserved lemon zest, and a side of lemon wedges.

Nutrition Facts

Servings: 2

Amount per serving

Calories 897

% Daily Value*

Total Fat 35.3g 45%

Saturated Fat 7.8g 39%

Cholesterol 249mg 83%

Sodium 2588mg 113%

Total Carbohydrate 55.9g 20%

Dietary Fiber 9g 32%

Total Sugars 4.1g
Protein 87.2g

Mediterranean Chicken Bowls

Prep: 12 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients:

1 pound chicken breasts (boneless, skinless, cut to 1 inch pieces)
1 tablespoon olive oil
1 teaspoon dried oregano
1 teaspoon sumac (grounded)
Kosher salt (to taste)
1-pint cherry tomatoes
1 onion (chopped)
1 cup couscous
1 teaspoon lemon zest (grated)
¼ dill
Feta cheese (crumbled)

Directions

Take a large bowl mix together oregano, sumac, and salt, and pepper to taste, and then add the chicken. Toss the chicken in the bowl to coat it throughout.

Put it in the air fryer and cook it at 400 degrees F for about 20 Minutes .

While it is cooking, add some couscous with lemon zest and prepare it. Whisk it using a fork till it fluffs, while whisking makes sure to add the lemon juice gradually.

Once the chicken is cooked, put it on a serving plate over the couscous. Give it a garnish of dill and feta cheese and sides of the lemon.

Nutrition Facts

Servings: 2

Amount per serving

Calories 912

% Daily Value*

Total Fat 27.9g 36%

Saturated Fat 7.9g 40%

Cholesterol 214mg 71%

Sodium 451mg 20%

Total Carbohydrate 80.6g 29%

Dietary Fiber 8.1g 29%

Total Sugars 7.7g

Protein 81g

Shrimp Pasta Salad

Prep: 12 Minutes | Cook Time: 4 Minutes | Makes: 2 Servings

Ingredients:

¼ cup lemon juice
1 teaspoon lemon zest
1/3 cup olive oil
1 clove garlic
1 tablespoon dried oregano
1 teaspoon sweet Spanish paprika
Salt and pepper (to taste)

For the pasta

2 cups elbow pasta (cooked)
1 green pepper
1-pint cherry tomatoes (halved)
½ cup onions (chopped)
½ cup kalamata olives (pitted, halved)
12 oz. large shrimps (cooked)
3 avocados (chopped)
1 cup parsley
1 cup Minutes t leaves
4 oz. Feta cheese (crumbled)

Directions

preheat the air fryer to 400 degrees F or 204 degrees C and cook the shrimp for 4 minutes in air fryer basket.

Once done, take it out.

In a large bowl, mix all the ingredients for the lemon dressing.

Make the salad in the same bowl, add all the other ingredients except the feta cheese. Give it a nice toss to coat everything and mix everything.

Once done, sprinkle some feta cheese on top and serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 858

% Daily Value*

Total Fat 58.2g 75%

Saturated Fat 15.7g 79%

Cholesterol 293mg 98%

Sodium 1072mg 47%

Total Carbohydrate 45.9g 17%

Dietary Fiber 10.9g 39%

Total Sugars 26.9g

Protein 45.9g

Mediterranean Scallops

Prep: 22 Minutes | Cook Time: 20 Minutes | Makes: 2 Servings

Ingredients:

1 shallot (diced)
Extra virgin olive oil
½ red bell pepper (chopped into strips)
½ green bell pepper (chopped into strips)
4 garlic cloves
10 oz. grape tomatoes (halved)
2 tablespoons capers (drained)
Kosher salt (to taste)
Black pepper (to taste)
½ teaspoon oregano
½ teaspoon cumin
½ teaspoon paprika
1 pound sea scallops
Lemon juice
Parsley

Directions:

Heat 3 tablespoons of extra virgin olive oil in a large cast-iron skillet over medium-high heat.

Heat it until it starts to shimmer but does not smoke.

Put the red bell pepper, green bell pepper, and the shallots in the skillets and let them cook for around 3 Minutes .

Then add the garlic, tomatoes, and capers, at this point, season the mix with salt and pepper and let it cook for around 7 Minutes.

Take a spate skillet and heat 2 tablespoons extra virgin olive oil over medium-high heat and add the scallops in this skillet. Cook the scallops for about 1 to 2 Minutes on each side, making sure not to overcook them.

Once done, swiftly transfer them over the tomatoes and pepper mixture. Add some lemon juice to it and a garnish of parsley.

This can be served with a side of lemon rice or orzo.

Nutrition Facts

Servings: 2

Amount per serving

Calories 354

% Daily Value*

Total Fat 10.6g 14%

Saturated Fat 2.3g 11%

Cholesterol 75mg 25%

Sodium 749mg 33%

Total Carbohydrate 21.6g 8%

Dietary Fiber 4.4g 16%

Total Sugars 8.2g

Protein 42.4g

Salmon Kabob

Prep: 12 Minutes | Cook Time: 10 Minutes | Makes: 2 Servings

Ingredients:

1.5 pounds Salmon fillet (cut into cubes about 1 inch)
1 zucchini (sliced in the round)
1 red onion (diced)

For the marinade

¼ cup extra virgin olive oil
1 lemon zest
1 lemon juice
3 cloves of garlic
2 teaspoons thyme leaves
2 teaspoons dry oregano
1 teaspoon ground cumin
1 teaspoon chili pepper
½ teaspoon coriander

Directions:

Take a small bowl and mix the ingredients for the marinade, making sure to season it with pepper at the end.

In another bowl, add the salmon fillet and the zucchini, season it with salt and pepper, and then add the marinade. Let the fillets rest in the marinade for at least 15 Minutes .

Once it has stayed in the marinade for enough time, take it out and thread the salmon, onion, and zucchini on a skewer.

Heat the grill and put the salmon kabob on top of it. Let the salmon grill on it for about 6 to 8 Minutes, making sure to flip in between the cooking.

Once done, transfer it to a serving plate and serve it immediately.

Nutrition Facts

Servings: 2

Amount per serving

Calories 737

% Daily Value*

Total Fat 47.2g 61%

Saturated Fat 6.9g 35%

Cholesterol 150mg 50%

Sodium 171mg 7%

Total Carbohydrate 15.4g 6%

Dietary Fiber 4.5g 16%

Total Sugars 5.6g

Protein 69.1g

Whole Roasted Red Snapper

Prep: 12 Minutes | Cook Time: 30 Minutes | Makes: 2 Servings

Ingredients

2 large snapper fish (cleaned and gutted)
15 large garlic cloves (Minutes)[\[H5\]](#)
2 teaspoon coriander (grounded)
Salt (to taste)
1 teaspoon Black pepper
1 teaspoon sumac (grounded)
½ cup chopped dill
3 bell pepper (different colors)
1 large tomato (sliced in the round)
1 red onion (sliced)
extra virgin olive oil
2 lemons

Directions

Start by heating the oven to around 425 degrees F.

Dry out the snapper fish using a paper towel, and make two slits on each side of the fish using a large knife. Fill these slits and coat the gut with garlic.

For the spice rub, mix coriander, salt, pepper, and sumac in a bowl. Take about ¾ of the spice mix and season the snapper with it.

In the gut cavity, fit some chopped dill, sliced peppers, tomatoes, and onions as much as possible.

Lightly grease a baking tray and put the fish on top of it. Put the remaining sliced vegetables at either corner of the fish to make a sort of frame around it. Put the fish inside of the oven and let it roast for around 25 Minutes .

Once the fish is cooked, sift it to a plate and squeeze some lemon on top.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1162

% Daily Value*

Total Fat 103.5g 133%

Saturated Fat 14.6g 73%

Cholesterol 0mg 0%

Sodium 133mg 6%

Total Carbohydrate 72.6g 26%

Dietary Fiber 14.2g 51%

Total Sugars 19.8g

Protein 12.7g

Chickpea Farro Salad With Shrimps

Prep: 20 Minutes | Cook Time: 15 Minutes | Makes: 2 Servings

Ingredients:

2 ½ cup cooked farro
2 cups cooked chickpeas
10 oz. cherry tomatoes
1 English cucumber (diced)
2 green onions (chopped)
1 teaspoon parsley
15 Minutes t leaves
1 pound large shrimps
Kosher salt (to taste)
Black pepper (to taste)
Extra virgin olive oil

For the salad dressing

1 lemon's juice
Kosher salt (to taste)
Black pepper (to taste)
½ teaspoon oregano (dried)
½ teaspoon sumac

Directions:

Take a small mason jar and add all the ingredients of the salad dressings, close the jar and shake it so everything becomes well combined.

Take a large salad bowl and mix the cooked farro with chickpeas and the cherry tomatoes, green onions, parsley, tomatoes, and Minutes t leaves.

Put all the dressing on top of the salad, leaving some for later use, and mix it well.

For making the shrimps, pat them dry using a paper towel and season them with salt, pepper, and a drizzle of olive oil.

Heat a skillet on high heat and toss the shrimps in it, cook it from all the sides until it starts turning pink in color. When the shrimps are done, add the remaining dressing on top of the shrimps and coat it all over the shrimps.

For serving, shift the shrimps to the farro salad and serve it in a serving bowl.

Nutrition Facts

Servings: 2

Amount per serving

Calories 1070

% Daily Value*

Total Fat 20.5g 26%

Saturated Fat 2.7g 14%

Cholesterol 324mg 108%

Sodium 453mg 20%

Total Carbohydrate 145.7g 53%

Dietary Fiber 43.8g 156%

Total Sugars 28.5g
Protein 86.8g

One-Pan Baked Halibut With Vegetables

Prep: 12 Minutes | Cook Time: 15-20 Minutes | Makes: 2 Servings

Ingredients

2 Lemons zest
2 lemon ,juice only
1 cup extra virgin olive oil
1 ½ tablespoon garlic , minced
2 teaspoon dill
1 teaspoon seasoned salt
½ teaspoon black pepper
1 teaspoon dried oregano
½ teaspoon coriander

For the fish

1 pound green beans
1 pound cherry tomatoes
1 onion (sliced to half-moon)
1 ½ pound halibut (sliced to 1-inch pieces)

Directions

Start by heating the oven to about 400 degrees F or 204 degrees C.

Mix all the ingredients of the sauce in one bowl and mix it with the tomatoes and onions. Use a slotted spoon and shift the vegetables to a baking sheet, making sure to spread out the veggies in one single layer.

In the remaining sauce, add the halibut and toss it to coat completely. Then shift them over to a baking sheet also and put the tray inside of the oven. Let them cook for about 15 minutes before adding the tomatoes to it. Once the tomatoes are added, let them boil for another 3 or so Minutes. When ready, transfer it to a plate and serve it with the grain of choice.

Nutrition Facts

Servings: 2

Amount per serving

Calories 13873

% Daily Value*

Total Fat 293.2g 376%

Saturated Fat 39.8g 199%

Cholesterol 3955mg 1318%

Sodium 7434mg 323%

Total Carbohydrate 66.6g 24%

Dietary Fiber 12.5g 45%

Total Sugars 41.6g

Protein 2580.6g

Steamed Salmon with lemon and herbs

Prep: 10 Minutes | Cook Time: 5 Minutes | Makes: 2 Servings

Ingredients

1 yellow onion (sliced)
4 spring onion (sliced lengthwise)
1 pound salmon filet (skin on, 4 portions)
Kosher salt
Black pepper
1 teaspoon coriander (grounded)
1 teaspoon cumin (grounded)
½ teaspoon Aleppo pepper
5 cloves garlic (chopped)
Extra virgin olive oil
1 ounce parsley
1 lemon (thinly sliced)
½ cup white wine

Directions:

Take a 10-inch pan and line it with wax paper or parchment paper.

Cut the onions and place them on the bottom of the deep pan.

On top of the onions, arrange the salmon such that the skin side is down, at this time season the pan with kosher salt and black pepper.

Take a small bowl and mix coriander, Aleppo pepper, and cumin together. With this mixture, coat the top of the salmon and drizzle a little olive oil.

Then add the garlic, some green onion, and parsley on top. Add the lemon slices on top also.

Drizzle some more olive oil, and then pour the white wine.

Then fold the parchment paper on top of the salmon to secure all the corners and cover the salmon. Cook the salmon in the air fryer at 400 degrees F or 204 degrees C, for 5 minutes.

Once cooked, let the fish rest for about 5 minutes and then serve however desired.

Nutrition Facts

Servings: 2

Amount per serving

Calories 569

% Daily Value*

Total Fat 22.5g 29%

Saturated Fat 3.2g 16%

Cholesterol 157mg 52%

Sodium 255mg 11%

Total Carbohydrate 13g 5%

Dietary Fiber 3.4g 12%

Total Sugars 4.4g

Protein 71.2g

Green Chili Eggs

Prep: 13 Minutes | Cook Time: 8 Minutes | Makes: 2 Servings

Ingredients

6 eggs, whisked
1-1/2 cup half and half
8 ounces of green chilies
Salt, to taste
1/3 teaspoon ground cumin
1 cup cheddar cheese

Directions

Mix the half and half with eggs in a bowl and use a hand beater to mix the ingredient until fluffy.
Now mix in the salt, cumin, green chili, and half of the shredded cheese.
Pour this mixture into a greased silicone cup cover the silicon cup with foil.
Add it to the air fryer and cook for 8 minutes at 400 degrees F or 204 degrees C.
Now take out the silicon cup and sprinkle the remaining cheese on top.
Broil in oven until golden from the top at high if wanted to.
Then serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories 613

% Daily Value*

Total Fat 45.8g 59%

Saturated Fat 24.7g 123%

Cholesterol 595mg 198%

Sodium 1117mg 49%

Total Carbohydrate 14.7g 5%

Dietary Fiber 0g 0%

Net Carbohydrate 14.7g

Total Sugars 5.3g

Protein 34.3g

Eggs Omelet with Tuna Fish and Avocados

Prep: 10Minutes| Cook Time: 7 Minutes | Makes: 3 Servings

Ingredients

½ pound tuna fish, de-boned
1 medium tomato, diced
1 avocado, diced
Pinch of sea salt
4 tablespoons of coconut oil
6 eggs, beaten

Directions

Whisk eggs in a bowl, and then add the remaining listed ingredients.
Pour the egg batter into a small pan.
Add pan to basket
Cook at 400 degrees F or 204 degrees C for 7 minutes at high.
Take out afterward.
Once slightly cool down, serve.

Nutrition Facts

Servings: 3

Amount per serving

Calories 523

% Daily Value*

Total Fat 42.3g 54%

Saturated Fat 21.8g 109%

Cholesterol 359mg 120%

Sodium 492mg 21%

Total Carbohydrate 8g 3%

Dietary Fiber 5g 18%

Net Carb 3g

Total Sugars 2.1g

Protein 30.6g

COOKING CONVERSIONS CHART

Volume: Liquid Conversion

Metric	Imperial	USA
250ml	8 fl oz	1 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 1/2 fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
15ml	1/2 fl oz	1 tablespoon
180ml	6 fl oz	3/4 cup

Weight Conversion

1/2 oz	15 grams
2 oz	60 grams
4 oz	110 grams
5 oz	140 grams
6 oz	170 grams
7 oz	200 grams
8 oz	225 grams
9 oz	255 grams
10 oz	280 grams
11 oz	310 grams
12 oz	340 grams
13 oz	370 grams
14 oz	400 grams
15 oz	425 grams
1 lb	450 grams

Spoons

16 tablespoons	1 cup
1 tablespoon	1/16 cup
12 tablespoons	3/4 cup
2 tablespoons	1/8 cup
10 tablespoons	2/3 cup
4 tablespoons	1/4 cup
5 tablespoons	1/3 cup
8 tablespoons	1/2 cup

Flour Conversion

USA	Metric	Imperial
1/2 cup	65 grams	2 1/4 oz
1/8 cup	15 grams	1/2 oz
1/4 cup	30 grams	1 oz
1/3 cup	40 grams	1 1/2 oz
1 cup	125 grams	4 1/2 oz
1/4 cup	30 grams	1 oz
2/3 cup	85 grams	3 oz

Porridge And Oats

USA	Metric	Imperial
1/8 cup	10 grams	1/3 oz
1 cup	85 grams	3 oz
1/4 cup	20 grams	3/4 oz
3/4 cup	60 grams	2 1/4 oz
1/3 cup	30 grams	1 oz
1/2 cup	45 grams	1 1/2 oz

Sugar

USA	Metric	Imperial
1/8 cup	25 grams	1 oz
1 cup	200 grams	7 oz
1/4 cup	50 grams	1 3/4 oz
3/4 cup	150 grams	5 1/4 oz
1/3 cup	70 grams	2 1/4 oz
1/2 cup	100 grams	3 1/2 oz
2/3 cup	135 grams	4 3/4 oz

Honey And Syrups

USA	Metric	Imperial
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1/8 cup	45 grams	1 1/2 oz
1/3 cup	110 grams	4 oz
3/4 cup	250 grams	9 oz
2/3 cup	225 grams	8 oz
1 cup	340 grams	12 oz
1/4 cup	85 grams	3 oz
1/2 cup	170 grams	6 oz

Margarine And Butter

USA	Metric	Imperial
1/8 cup	25 grams	1 oz
1 cup	225 grams	8 oz
1/4 cup	60 grams	2 oz
3/4 cup	180 grams	6 1/4 oz
1/3 cup	75 grams	3 oz
1/2 cup	110 grams	4 oz
2/3 cup	150 grams	5 1/4 oz

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1. (Shaker, M. Arafat. Air Frying a New Technique for Produce of Healthy Fried Potato Strips. Journal of Food and Nutrition Sciences. Vol. 2, No. 4, 2014, pp. 200-206. doi: 10.11648/j.jfns.20140204.26)
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[\[H1\]](#) Please review this. The statement looks wrong

[\[H2\]](#) Review this

[\[H3\]](#) A temperatute of?

[\[H4\]](#) Of?

[\[H5\]](#) What do you mean?